

# **Morning Star Venus Teleclass Series: Journey Through Inanna's Seven Gates**

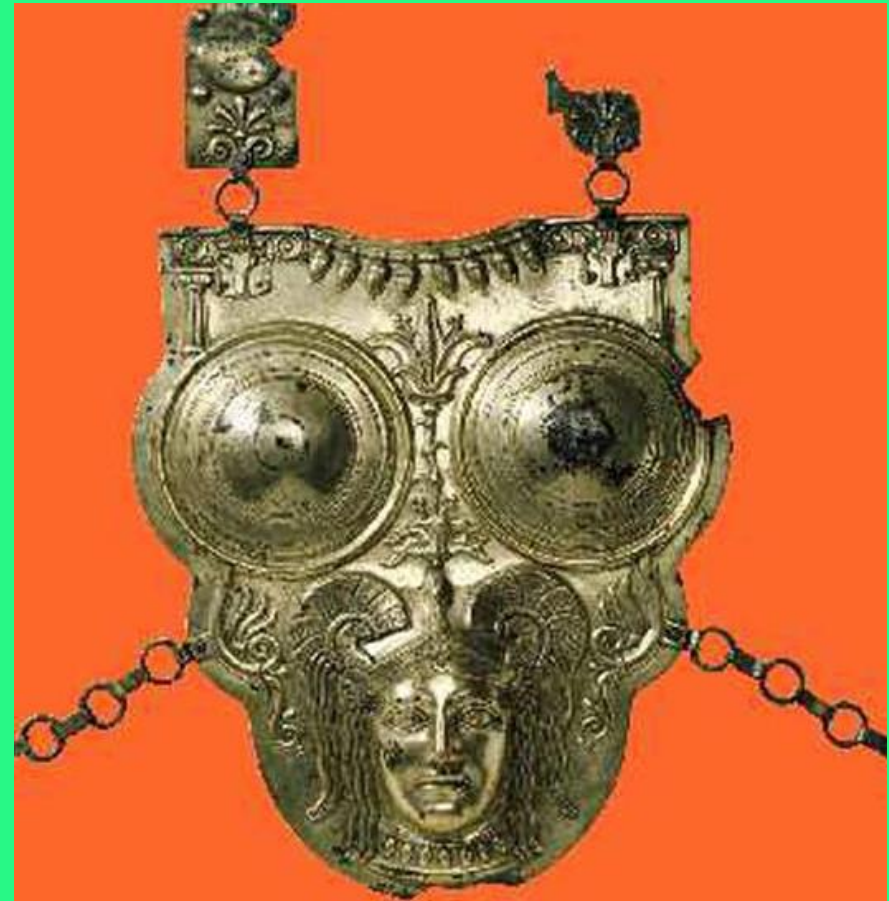
**Solar Plexus/3<sup>rd</sup> Chakra**

**The Power Center of the Goddess  
with Cayelin K Castell and Tami Brunk**



At the 4<sup>th</sup> Gate Inanna hands over her breast plate that guards the vulnerability of her heart, symbolically releasing all the ways she has guarded her heart from pain.

She is also releasing all the ways she no longer truly loves herself and therefore others.



## Heart/4th Chakra Sharing

...what my heart said to me.....

Can you keep me open even when you do not get what you want?

Can you keep me open when you do not receive the love back which you give?

Can you keep me open when you do not receive the affection, or the respect that you believe you are deserving of?

Can you keep me open when there is disappointment or disillusionment?

~Shelley Tattlebaum



## Heart/4th Chakra Sharing

**This gate has expanded my heart in amazing ways.**

At the exact day Venus past through the gate the carpenter I have been working on my home project for over a year decided to show me his greed face and how little respect he had for me while he envied my ideas and work. So we parted.



Also a friend in which I invested a lot emotionally for the last half year turned out not to be my friend. So in the midst of all this clouds my heart made a choice to align with the brightest possible light. And in turn I am almost moved to tears when anything loving or lovable crosses my way.

I look at the shadow and I know as long as I hold the flame of unconditional love alive I am on my purpose. I know transformation can not happen if we do not walk our talk. We are the living examples for those around even if we do not shout about it, even if we stay humble, even if they have no idea of it.

Love, like Water, always finds its ways to the surface from the most dark places in Gaia's depth. Thank you. ~Cristina Van Bladel



# Heart/4th Chakra Sharing

Loving the renewal of my practice to collage each new moon. The added dimension of the Venus Gates creates a juicy environment for a deeper level of investigation, contemplation and manifestation.  
~ Teresa Kelly



# Heart/4th Chakra Sharing

## Facebook Links Shared by:

**Stephanie Anderson Ladd – Deva Premal singing the Heart Sutra Mantra**

<http://www.youtube.com/watch?v=vSR1L9IN03g&list=RDvSR1L9IN03g#t=157>

**Shelley Tattlebaum – Ho’ono pono Hawaiian prayer** for clearing negative emotions and bringing love back into your heart ! There is a guided meditation on this link.

[http://www.thereisaway.org/Ho%27ono pono\\_cleaning\\_meditation.htm](http://www.thereisaway.org/Ho%27ono pono_cleaning_meditation.htm)

**Elizabeth Montrey – Music Loving Bird**

<https://www.facebook.com/photo.php?v=1001109316600091&fref=nf>

**Karen Salvadore – Amazing LightDancers**

<http://blog.petflow.com/these-japanese-girls/#64v1K1OrVO5RlaLp.01>

**Tami – Judith Orloff Article**

<http://www.psychologytoday.com/blog/finding-love/201406/interview-judith-orloff-md-the-power-surrender>

**Maire Mish – crowns and wands**

[http://www.heartsongs-crystal-wands-crowns.com/headband\\_hummingbird\\_moon.jpg](http://www.heartsongs-crystal-wands-crowns.com/headband_hummingbird_moon.jpg)

## Heart/4th Chakra Sharing

A friend of mine is a "heart coach".... He once made a great point. What does the term "this just came to mind" come from?....

Where does what comes to mind, come from? What informs your mind?

He says: It comes from your heart.

Open up to the messages of the heart. Just listen...

Let the heart lead the way and the mind will follow~

~Levi Banner





# Heart/4th Chakra Sharing

The Heart Chakra hasn't had the instant deep resonance that the first 3 chakras had for me. I've thought it was because it was the first Moon/Venus conjunction I was unable to see. I was in Seattle with large cedar trees on the Eastern Horizon.

I have so appreciated seeing the Moon/Venus conjunction in the sky. It's as though I'm instantly penetrated with their energy. With the wisdom in the posts and especially with Cayelin's Heart meditation I'm moving strongly now with opening to even more love coming through. I'm clear that it is only me that keeps love at bay because when I'm open to this harmonic it comes pouring in and through.

I've wondered on the breastplate. I so often wear a protective shield in necklace form that hangs right above my heart. This month I'm very consciously not doing that. I have removed my shield -- knowing that I need to show up with love and that is my protection. The key is--I need to be conscious of bringing the love and not fall asleep. That's what I rely on my shield for--when I fall asleep. Thank you all for your wisdom. ~Lyn Goldberg





# Heart/4th Chakra Sharing

## What will it take to heal the Capricorn heart?

As I seek to investigate the full spectrum of Capricorn (the light and dark shadows such as serious, perfectionist, pessimistic....radical responsibility, wise elder, willing to do the work)...it leads me closer to my highest goals being in harmony with the highest goals of those around me and the world in which I work and administrate.

How may I cultivate more compassion and loving kindness for myself and others? What daily practice will help to grow my connection to my own divinity?

What would it take for me to be in absolute authority of my own consciousness 100% of the time?

What contribution of pure love can I be? How can I show up more consistently and connect with others from my heart. What is possible when I do this more and more? What vision of health, love, bliss, ease, harmony, compassion, awareness and joy can my body, home and place of work be? Blessings, Zan



# Entering The Solar Plexus Chakra Gate





**June 23 about 4:00 am Daylight Time**

**5:00 am Non - Daylight Time**

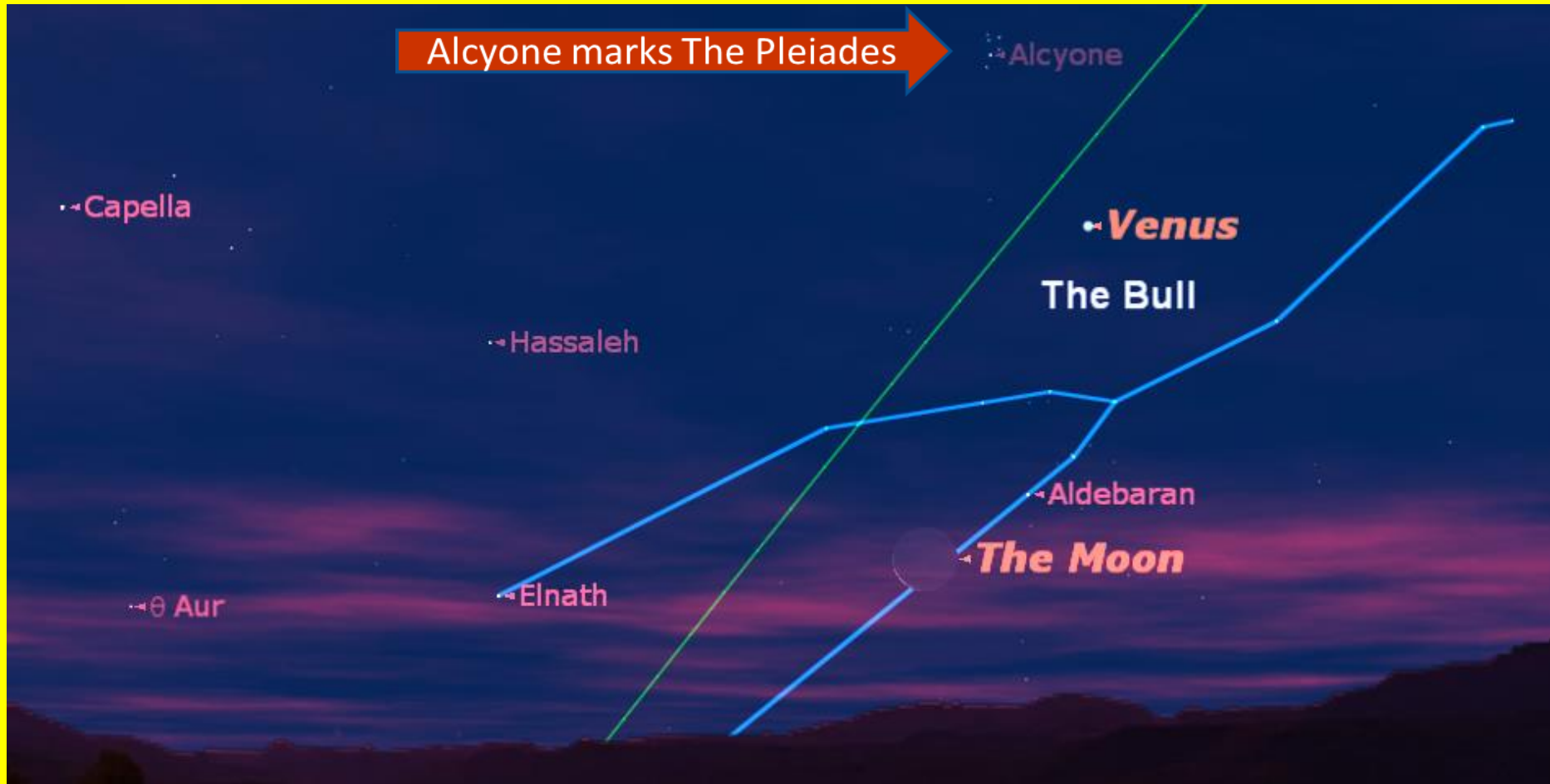
**Venus sits between the Pleiades and Aldebaran**



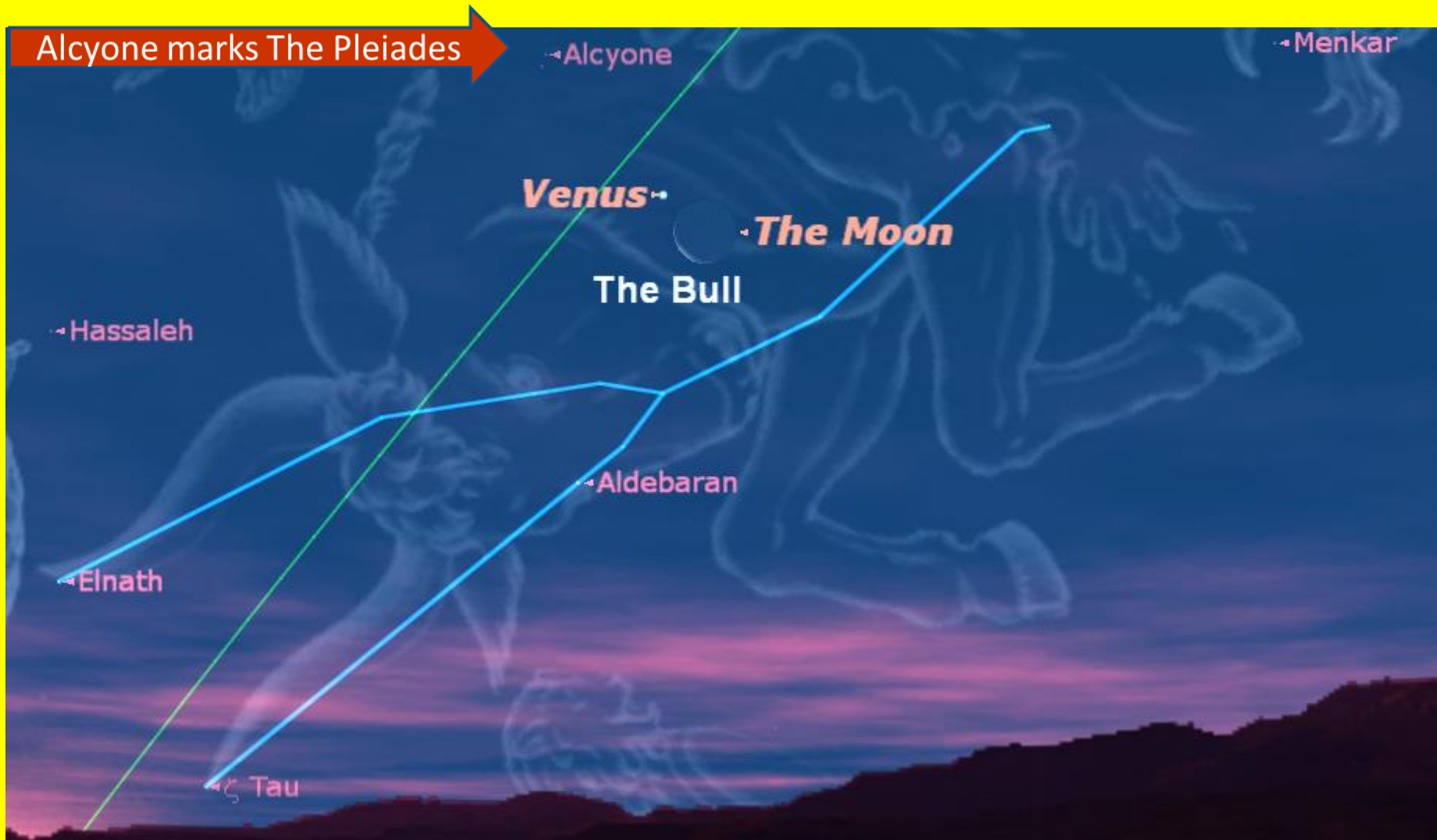
**Jun 24 around 4:30 am Non Daylight Time  
3:30 am Daylight Time**

**With Moon and Venus between the Pleiades and Aldebaran  
in the constellation of the Bull**

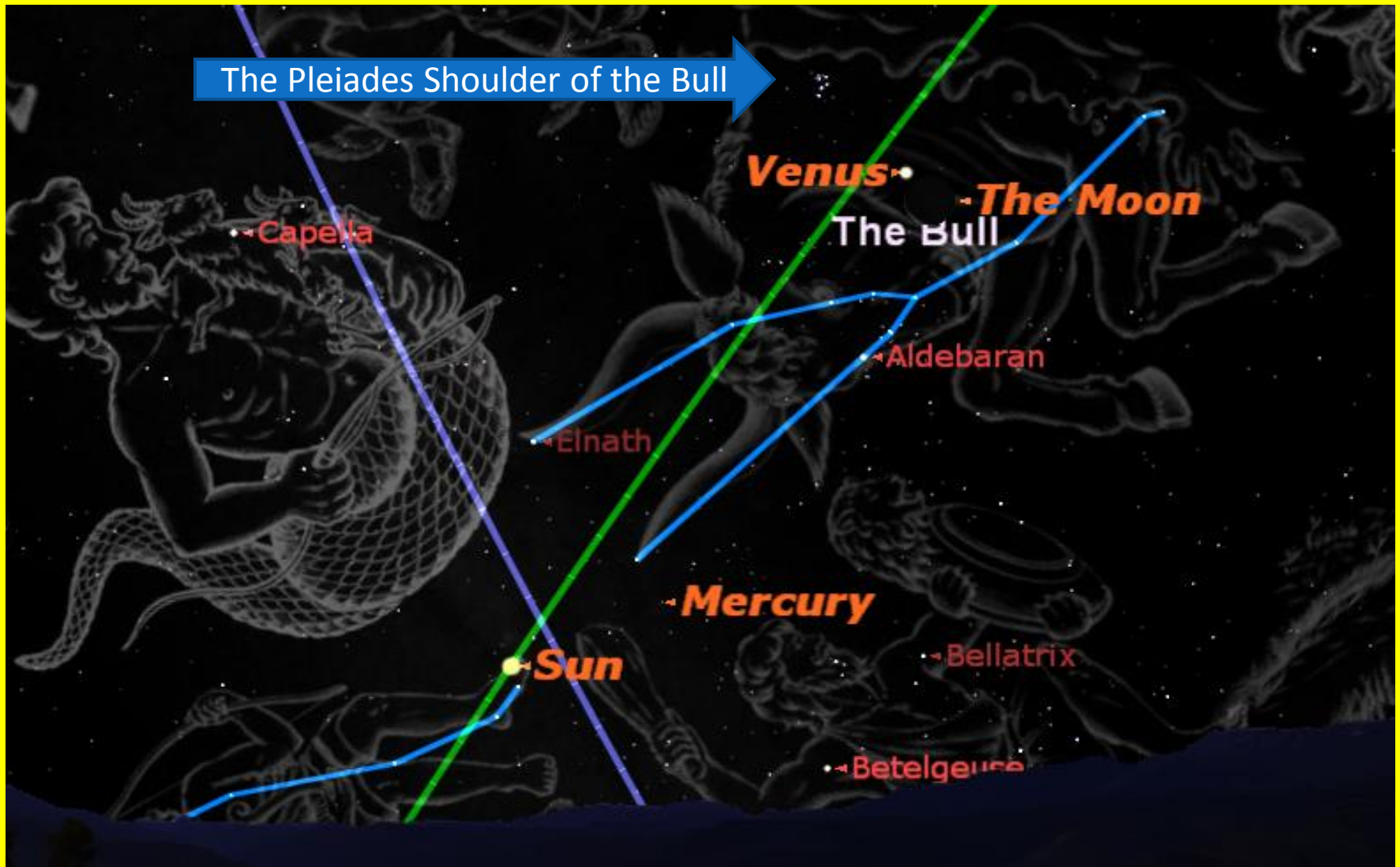




**Jun 25 around 3:45 am Daylight Time  
4:45 am Non Daylight Time**



**Moon and Venus in the Constellation of the Bull  
On June 24, 2014**



The Pleiades Shoulder of the Bull

Venus

The Moon

The Bull

Capella

Elnath

Aldebaran

Mercury

Sun

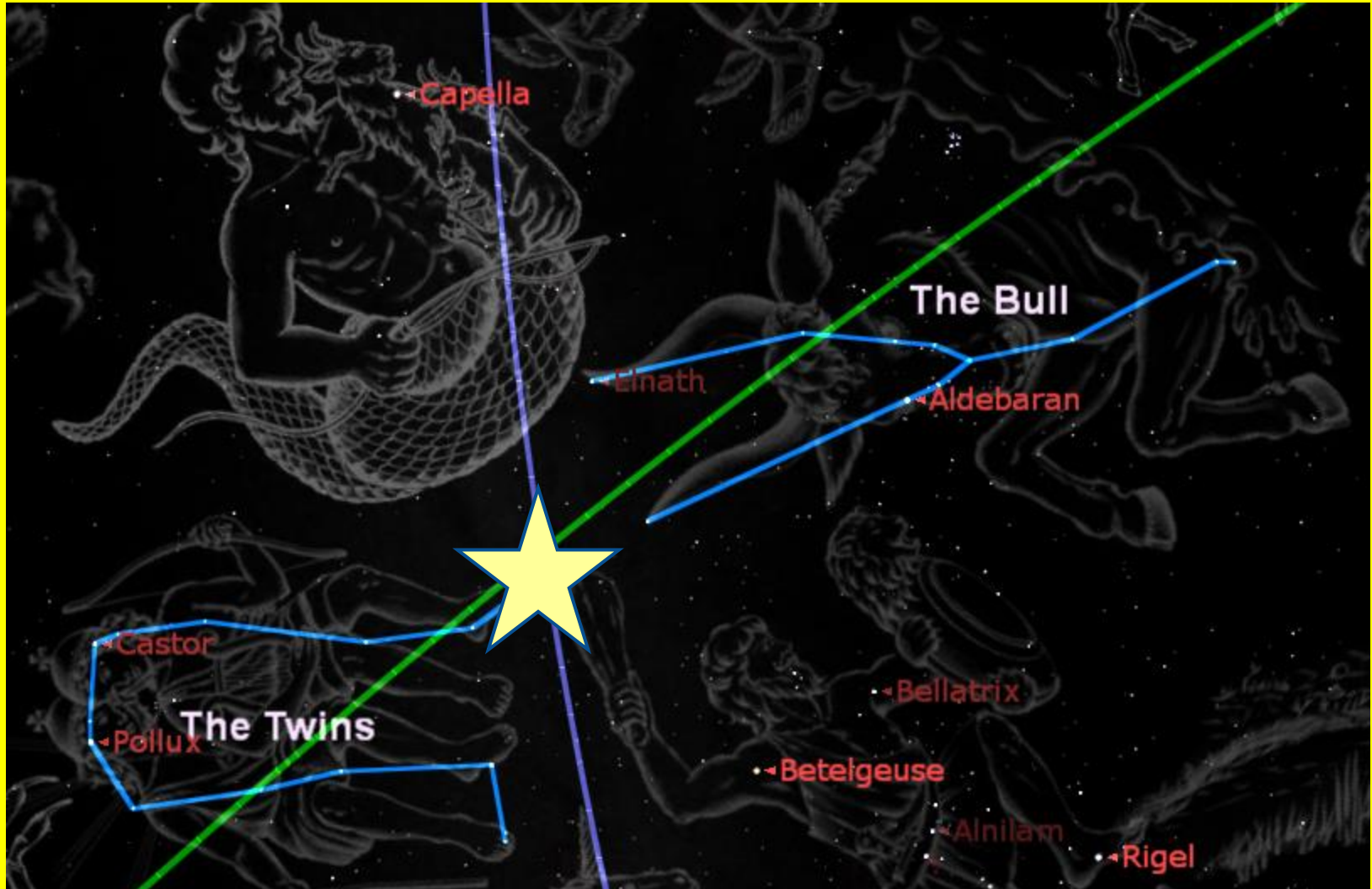
Bellatrix

Betelgeuse

**The Bull (or Bata) is near the Galactic Cross  
On June 24, 2014**

# Venus on The Galactic Cross exact on July 18

Venus enters Zero Cancer at 7:06 am PDT  
Between the Bull and The Twins





## At the 3<sup>rd</sup> Gate

Inanna hands over her Golden Hip Girdle/Belt or the Ring or Power symbolically releasing or letting go of all the ways she has either given her power away or tried to have power over others.



# The Goddess Bata

Depicted as a Cow Goddess **Bata is an ancient Egyptian Cow Goddess**, a.k.a. The **White Goddess**, symbolizing the Milky Way – Cow's Milk – possessing all the power of the Stars in the Milky Way.

Bata is the feminine word for "ba", or "soul" to the Egyptians.

Bata's symbol was the ankh – the key of life, looking a lot like a ring of power.



## More on Bata and her Ring of Power

[http://www.thegandenboutique.com/The\\_Ganden\\_Boutique/The\\_White\\_Goddess\\_Bata.html](http://www.thegandenboutique.com/The_Ganden_Boutique/The_White_Goddess_Bata.html)



# The Goddess Bata AND the Ring of Power

The Goddess Bata protected her followers from all evil things and she possessed the ability to see clearly into the past and the future.

**The Ring of Power** associated with The White Goddess is connected to the power of the goddess protecting and blessing family, children and ancestors.

Bata's blessings increase prosperity, fertility, happiness, harmony, and ability to move beyond blocked conditions.

More on Bata and her Ring of Power

[http://www.thegandenboutique.com/The\\_Ganden\\_Boutique/The\\_White\\_Goddess\\_Bata.html](http://www.thegandenboutique.com/The_Ganden_Boutique/The_White_Goddess_Bata.html)

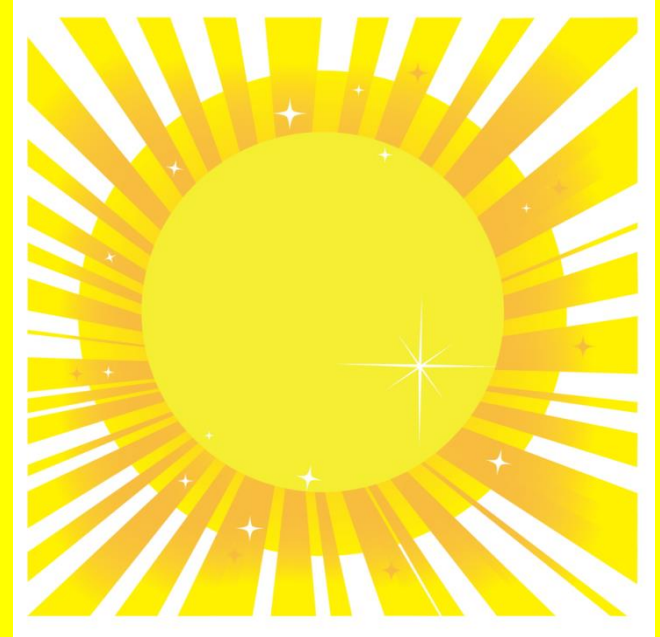




**The Solar Plexus or Manipura Chakra.** Manipura is a Sanskrit word meaning 'city of jewels'. This chakra is located just above the naval and below the rib cage radiating vital life force (a.k.a. Prana or Chi) through out our entire body. This is where Will Power is generated including our ability to accomplish our desires. This is also where the “gut feeling” or intuition is located.



**The Solar Plexus Chakra** governs self-confidence, vitality, dynamism, and personal power, shining like the Sun radiating heat or life force through out the entire body.



This chakra governs self-worth and self-confidence, along with the energy and motivation to see projects through to completion.

**It also governs:** Metabolism, Digestion, Elimination, Solar Plexus, Liver, Gallbladder, Pancreas, Spleen and Stomach.



# Imbalanced Solar Plexus

- Poor Digestion, Stomach Ulcers,
- Belly Fat, Allergies, Fatigue, Diabetes,
- Controlling, Angry, Addictive Personality
- Judgmental, Superior, Aggressive
- Oversensitive to Criticism
- Needs constant reassurance, Insecure
- Worried about what others think
- Low self-esteem “I am not worthy.”
- Archetype of the drudge - Doing for external approval
- “Doing Addiction” Workaholic



## Over Active Solar Plexus

Judgemental/Critical

Demanding, Rigid, Stubborn,  
Aggressive, Controlling

Procrastor or Driven Workaholic

Perfectionist – nothing ever  
good enough – Including Self

## Under-active

Dependency

Mistrust/Doubting Self and Others

Worry including what others think

Avoiding feelings anxiety/depression

**Physical Symptoms:** Digestive/Weight Issues, Anorexia, Bulimia, Ulcers, Diabetes, Arthritis, Issues with Pancreas, Liver or Kidneys, Hepatitis, Constipation and Colon disease.



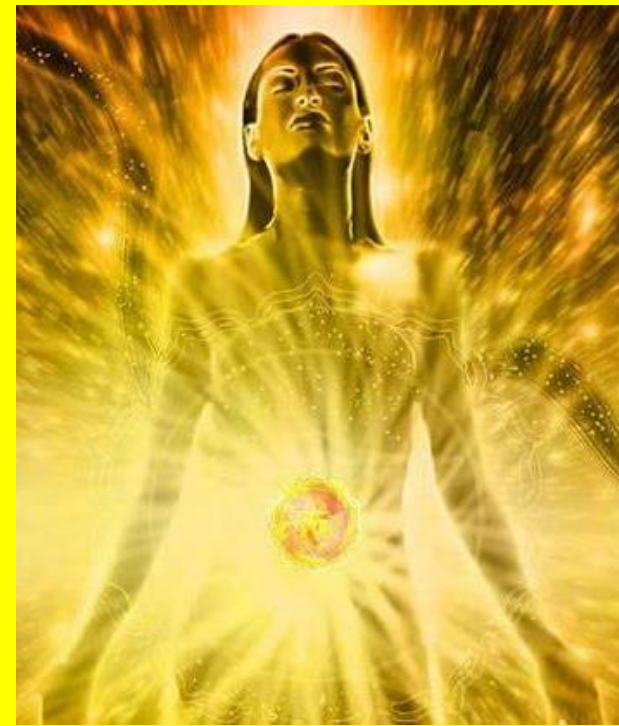
# Ways to Balance this Chakra:

Chant the Mantra Ram  
Wear Yellow, Eat Yellow Foods  
Be willing to face challenges with courage.  
Commit to something you care about –  
even if you don't have all the answers,  
and you might make mistakes.

**Gems/Minerals:** Yellow Citrine, Topaz, Jasper  
Tigers Eye, Sunstone, Amber, Yellow Tourmaline

**Herbs and Essential Oils:** Vetivert, Rose,  
Bergamot, Ylang ylang, Cinnamon, Carnation,  
Dragon's Blood, Saffron, Musk, Ginger

**Practices:** Any Physical exercise that raises  
your energy - hiking, dance, kundalini or other yoga.  
Sun Salutation. Any ceremony that connects you  
with the inner and outer Sun. Responsible  
sunbathing. Pranyama, Belly Breathing

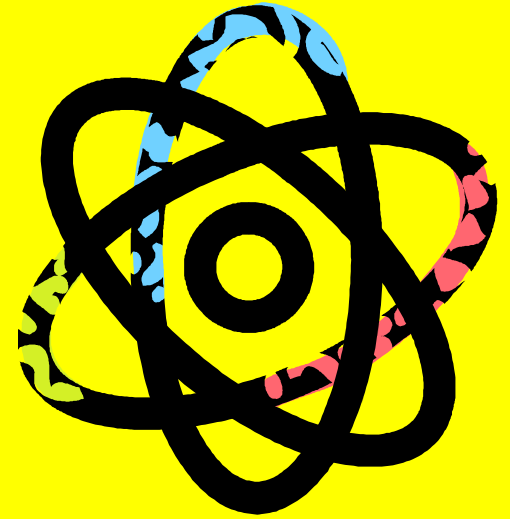




# Balanced Solar Plexus Chakra

## Expresses as:

- Self Confidence and Self Esteem
- Genuine Self Acceptance
- Acceptance of Others
- Self Knowing and Individuality
- Command of Thoughts and Emotions
- Motivation with Healthy Action
- Clear Intuition and Discernment
- Charisma, Generosity
- Experiencing Joy AND sharing it with others



# Questions For a Healthy Solar Plexus

Are you confident in how you respond to most of the situations you encounter?

Do you speak up for yourself?

Are you able to take risks when needed?

Do you have a healthy digestive system?

Do you laugh easily and with delight?

Are you able to listen to other points of view without feeling threatened or defensive?

Are you able to create and stick to healthy boundaries for yourself?

Do you take responsibility for your commitments and see things through to completion?



# Remember

6th Chakra Our Thoughts, what we Think

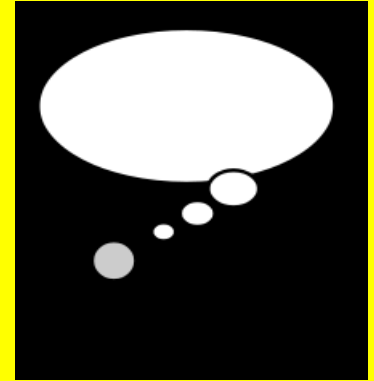
5th Chakra Our Words, what we Say

4th Chakra Our Feelings, what we Feel

3rd Chakra Our Actions, what we Do

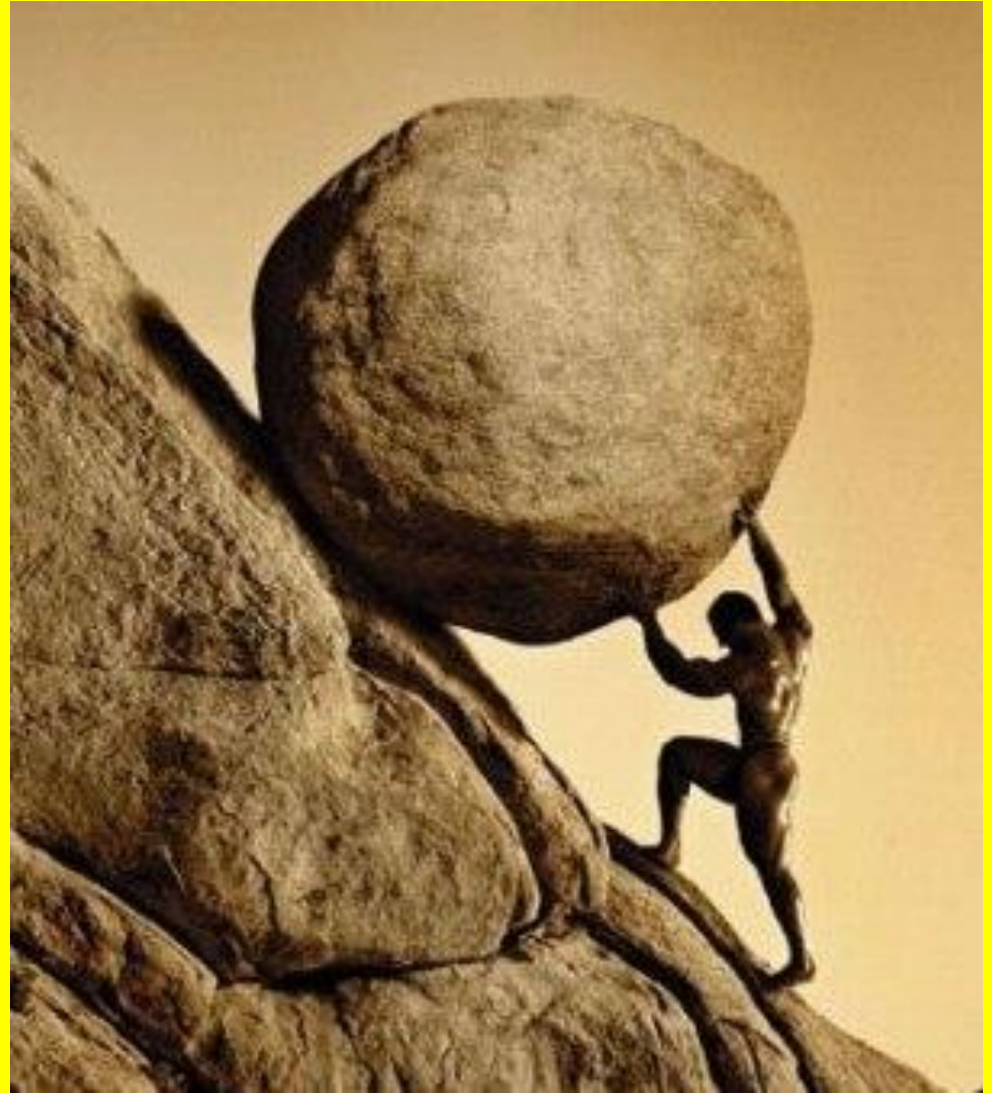
Actions, what we Do

Create the Results we experience.



# Capricorn and the Solar Plexus Chakra

Doing Addiction &  
Taking on the World







## The Importance of Doing Nothing



## Some Ways to Heal a Doing Addiction

- **First Step** is Awareness of the Addiction and what is driving it.
- Why am I doing what I am doing? AM I having Fun? If not why I am doing it? Review Doing Addiction Handout for clues about what drives your Doing...
- When aware you are **DOING** out of the addiction and it is diminishing your joy and fulfillment - either stop or find a way to change the core motivation for how and why you are **DOING**
- Choose times when you are **DOING Nothing** - that is about getting results...see homeplay

# Taking on the World & the Grandmothers' Tears

## Broken Heart of the Culture Change Activist:

How has the Grandmother's heart in all of us been broken when we attempt to change the culture and its institutions: when we "take on the world?"





# Change From the Inside Out



*If there is no transformation inside of us, all the structural change in the world will have no impact on our institutions. – Peter Block*



# Action from Joy, Inspiration, and New Models



Act as if what you do  
makes a difference. It  
does.

-William James

**You never change things by  
fighting the existing reality.**



**To change something, build  
a new model that makes  
the existing model obsolete.**

**~Richard Buckminster Fuller**

# Four Questions

**What would it take** to truly know and live the power of who I am?

**What would it take** for me to clear and release all the ways I have given my power away?

**What would it take** for me to clear and release all the ways I have asserted power over other?

**What would it take** for me to clear and release blocks around my power to influence society?



# Additional Resources

The Doing Addiction <http://cayelincastell.com/wp-content/uploads/2014/03/The-Doing-Addiction-3rd-Chakra.pdf>

Inspiring Trailer for **THE SHIFT** Movie – Help Get It Done  
<https://www.indiegogo.com/projects/the-shift-movie-a-movie-made-by-a-movement>

Joanna Macy: <http://www.activehope.info/>

## Books

*Blessed Unrest*, by Paul Hawken

<http://www.blessedunrest.com/>

*The Impossible Will Take a Little While* by Paul Loeb

<http://www.paulloeb.org/impossible.html>