

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

Heart Chakra/Fourth Gate
The Heart of the Goddess
with Cayelin K Castell and Tami Brunk



5th/Throat Chakra Sharing

Grandmother Goddess
your Crown, Staff, and Rod
are safe at the higher gates
and they're glistening
Now you descend through
mines of blue gems to
remind you your voice is a choice
and we're listening
Let the beads fall from your neck
they've grown heavy through neglect
free your wisdom from the prison
of ism and schism
Shine your light through the Prism of Life
and Sing out your Song
It's been too long

Now the Earth needs your Words
like sky needs the birds
like sea needs the fish
and our only wish is to honor the Gifts of
our Grandmother Goddess
Goddess Grandmother
You are the Roots that bring the Waters of
Life
You are the Truth that sings to Daughters
and Wives
to Sisters and Mothers
Below and Above Us
You are Spirit's Kiss
Our Grandmother Goddess

--Gemini Brett

5th/Throat Chakra Sharing



5th/Throat Chakra Sharing

My grandmothers once stated, "Only that born of LOVE IS REAL; all else is but an illusion. Follow the love and remain free of the illusive." --Ronda Still

--One thing is clear: I really really really need to let people know I love them. I feel our survival depends on knowing how deeply we are loved! Not just the personal inner circle of friends and family but All My Relations.

I was born in the Wilds, was of the Wilds, want to reclaim the Wilds. The Wilds = Sacred Place. The Wilds lives in me, in the Now, in the ever present Moment of Love and Truth. When I enter Here, the Wilds is revealed in everything. From the tiniest spider to deep within; from the immense clouds above and beyond. --Aida Troedsson

I have been processing the visceral memories of my GrandMother coming from her country homeland in southern Italy to NY city in the 1920's. Such shock and un-held grief and all kinds of things as I prepare to move and allow the process to be a healing for myself and my ancestors. --Laura Centurrino

An image that comes to mind in thinking of Monsanto is one of a serpent consuming itself. It will come to a realization that it is part of what is being consumed...the question remains as to whether it will be too late to recover. --Teresa Kelly

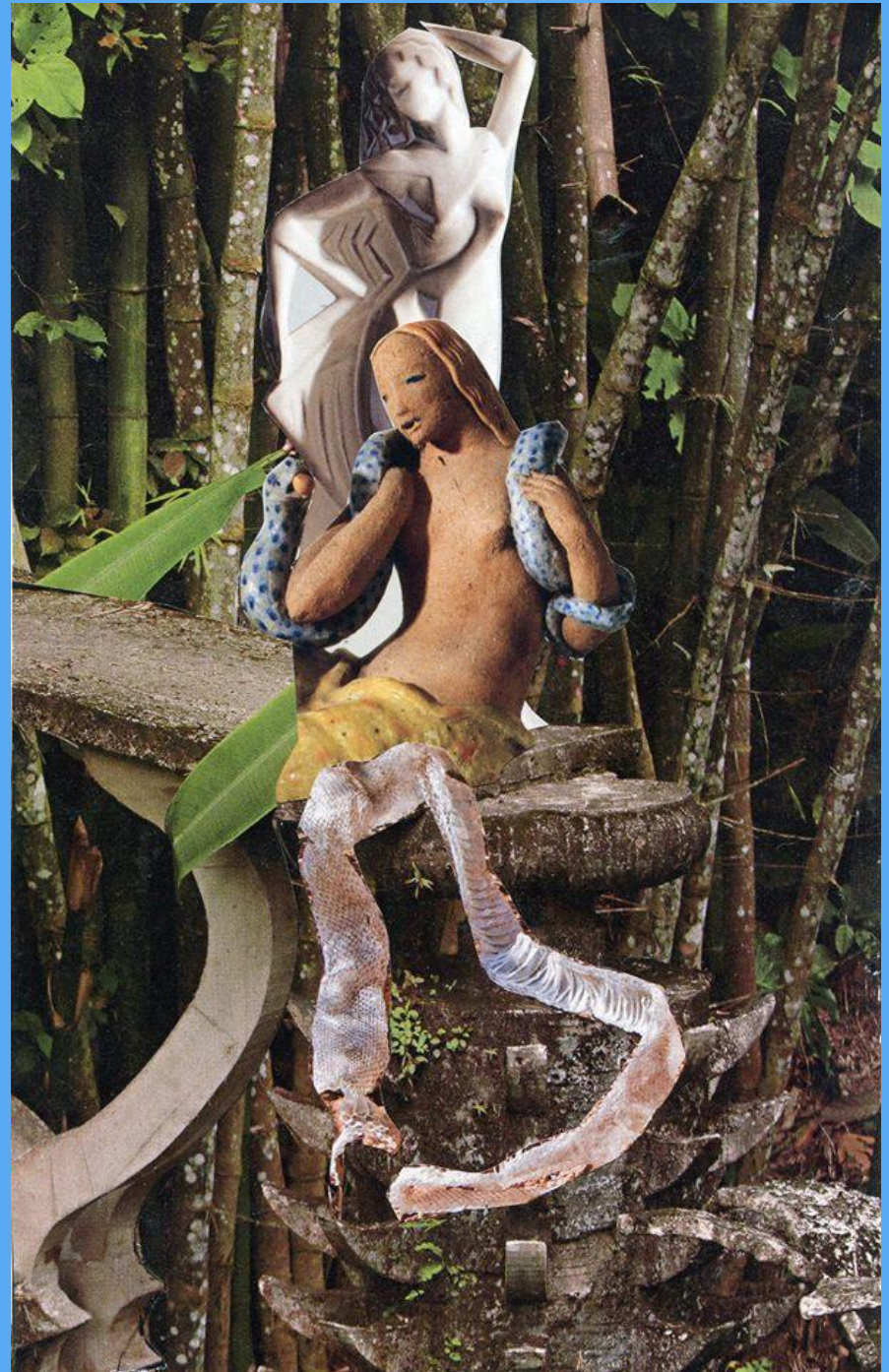
5th/Throat Chakra Sharing



5th/Throat Chakra Sharing

*Stephanie
Anderson
Ladd*

Shedding Skin



5th/Throat Chakra Sharing

Long ago when I was younger, I wanted to be a singer and an actress. I all ways loved to sing. all day long I AM singing to Mattea (my granddathter.” . I wake her up with a song and I sing a song to her before she goes to sleep. She loves it and I AM reminded of how much I love to sing. And guess what? I still have a pretty wonderful voice. She is a joy full audience and I feel so much lighter with the joy that I feel using my voice. In gratitude for the awareness of the 5th Chakra!

--Shelley Grod Tatelbaum

I found one of my voices today. It was fierce. --Suzan Steinberg

In the past I spoke more from a place of emotion / reaction or I went to the other extreme of not speaking / repressing my opinions. Now I am back applying what I have learnt and speaking with a clear intention and from truth - more healthy and conscious choices starting with this post! --Jane Banks

Sharing my story as a survivor of physical, verbal and sexual abuse from a very young age at One Billion Rising was one of the most empowering things I have done. I have felt such a sense of release and freedom after all the years of secrecy and trying to hide it. This was definitely a throat healing experience.

--Kathleen Plant McIntire

5th/Throat Chakra Sharing

I'm holding a Brene Brown quote strongly--"Don't shrink away, Don't puff up and Stand your Sacred Ground. "

By standing and speaking from my Sacred Ground it does sometimes require way more energy than being quiet. Yet as long as I Stand in my Sacred Ground and Space my voice will make a difference.

My normal way of working with energy is through containment, a few healers, and a couple of close friends I'm blessed to have in my life. Opening up on this chat is an out of the box experience. Because it is the 5th Chakra I needed to express myself here. --Lyn Goldberg

*This journey we're on is very real and even if you forget you're on it or feel detached from it, it is on-going. I am grateful to let loose and let go of all that no longer serves me! Thank you for holding space for my healing. I hold space for your's, in love. --**Melody Lambert***

*These truly are magical times...I've been wearing my necklace each day with a pair of crystal earrings. Each night I lay them on my altar. It has kept me focused on my voice, when I am properly using it, when I withhold it and why. --**Karen Salvador***

Entering The Heart Chakra Gate

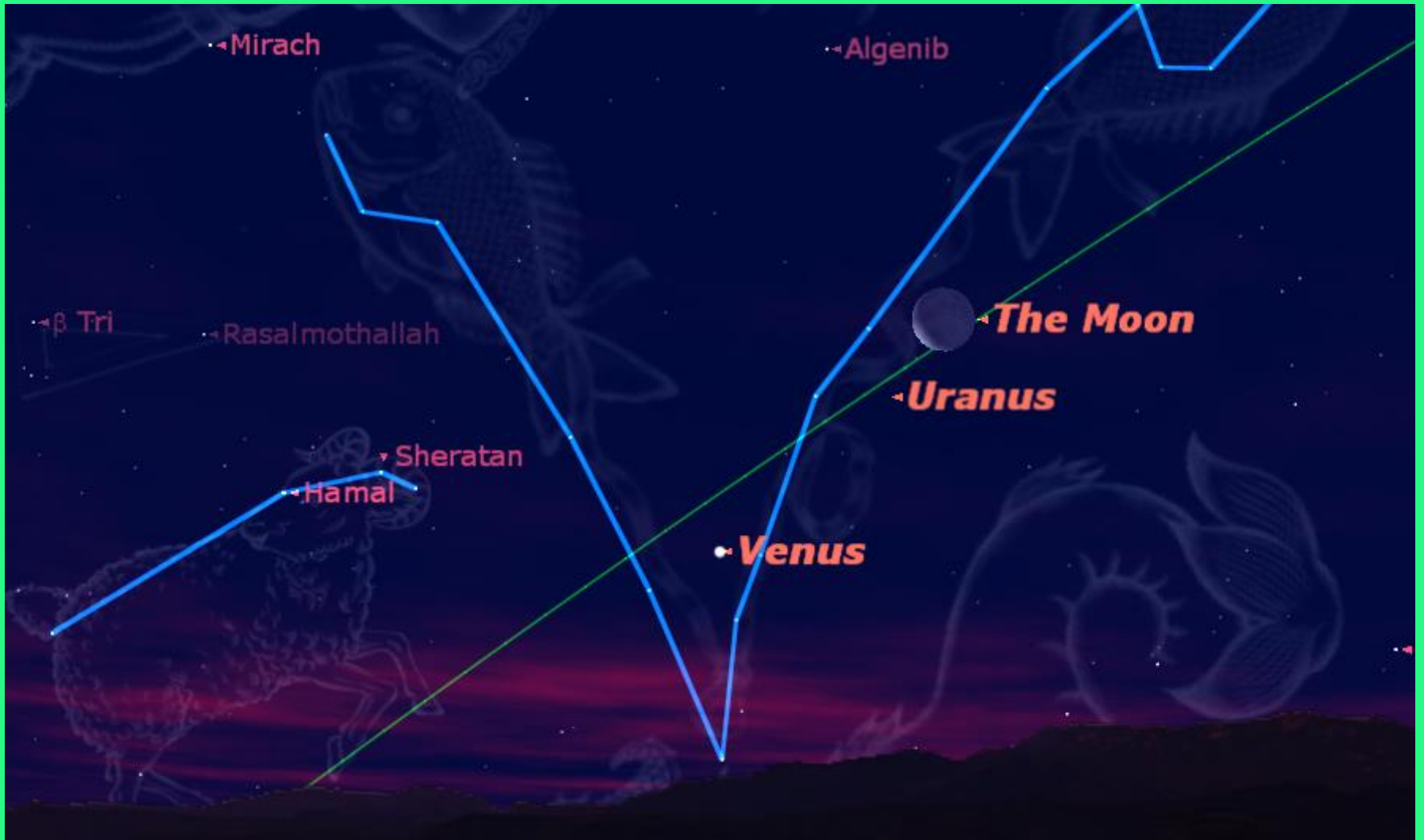




May 24 around 4:30 am Non Daylight Time

3:30 am Daylight Time

Uranus not visible to Naked Eye



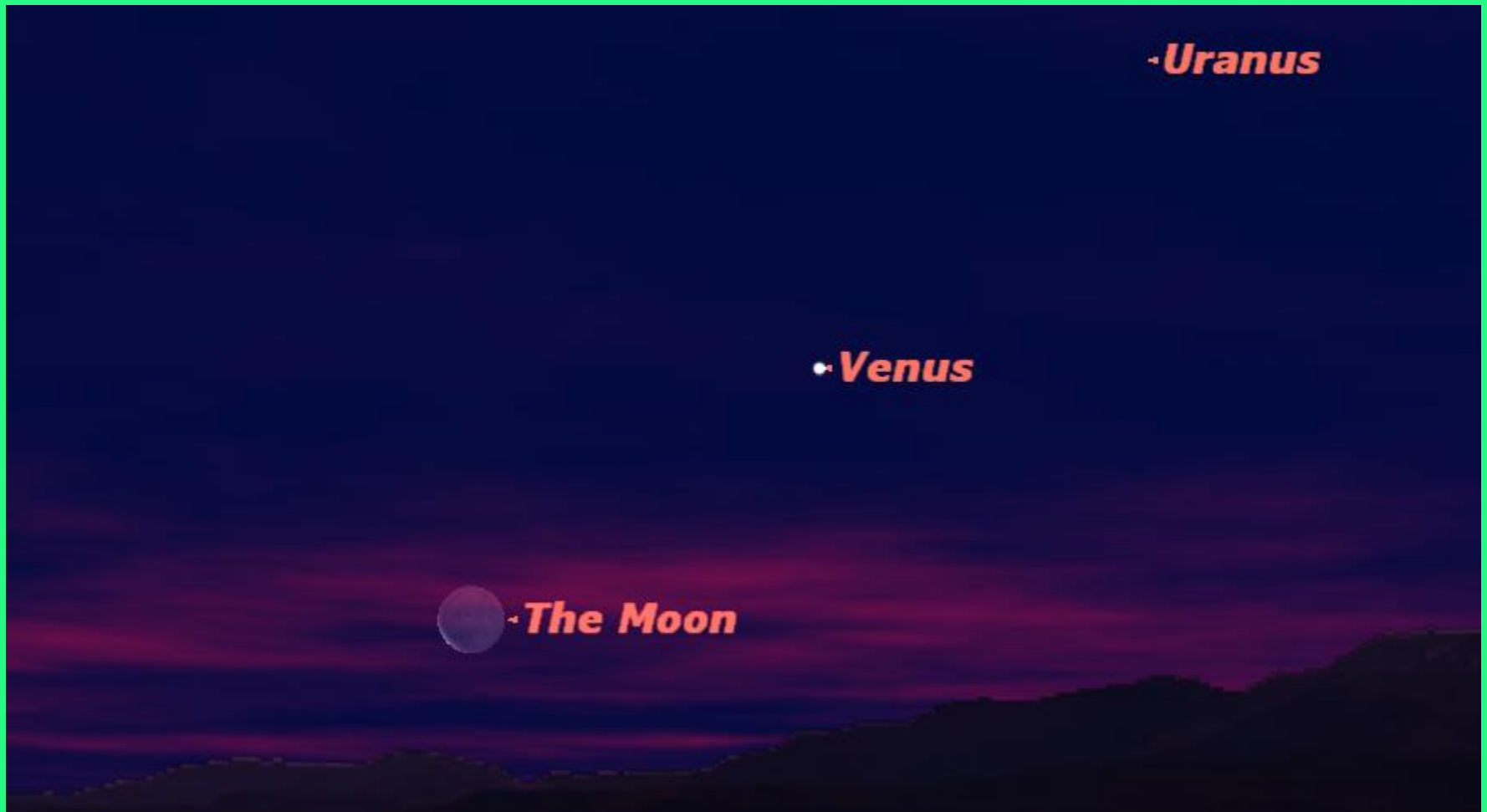
**May 24 about 4:30 am Non-Daylight Time
3:30 Daylight Time
Uranus not visible to Naked Eye**



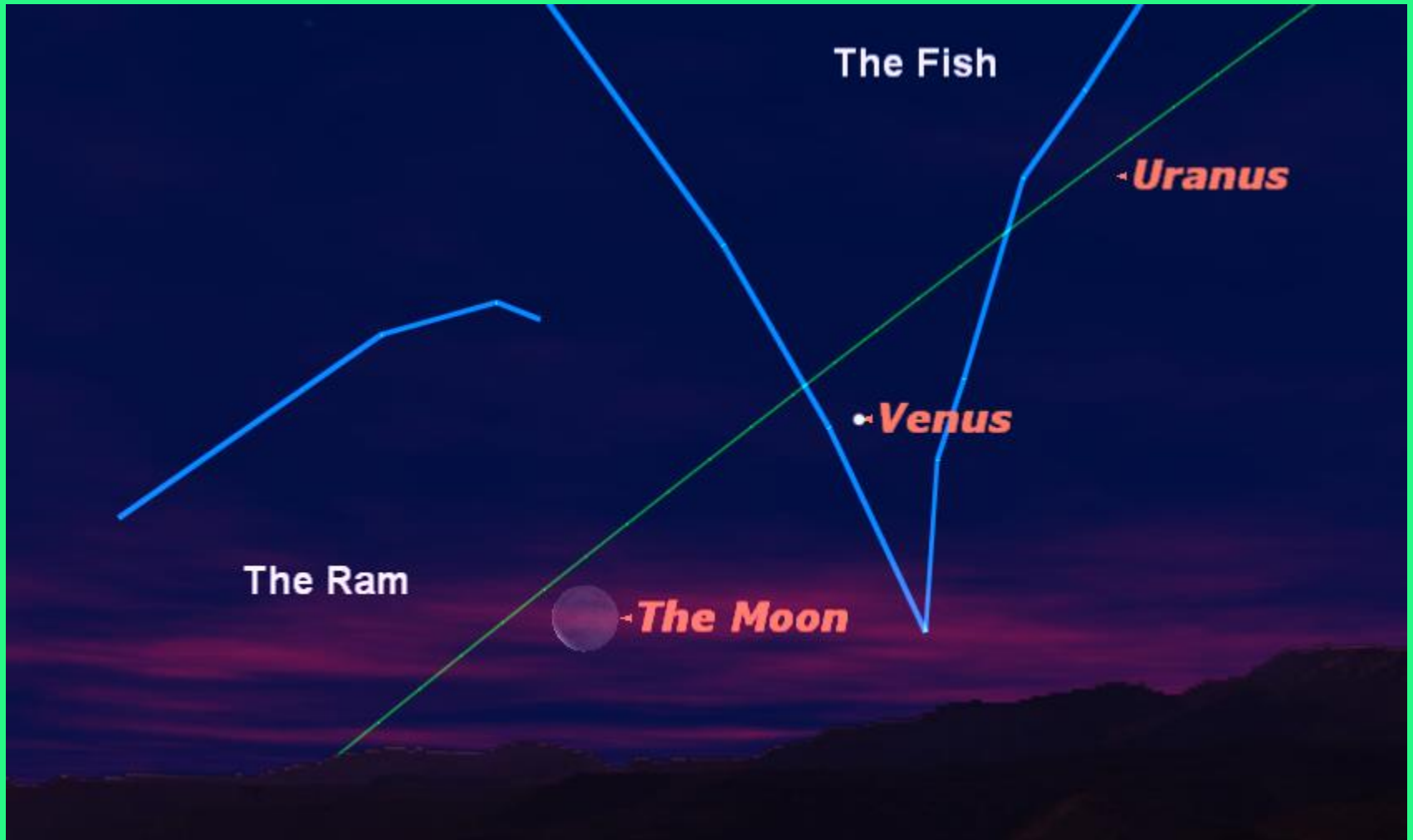
**May 25 around 4:30 Non-Daylight Time
3:30 am Daylight time**



**May 25 around 4:30 Non-Daylight Time
3:30 am Daylight time**



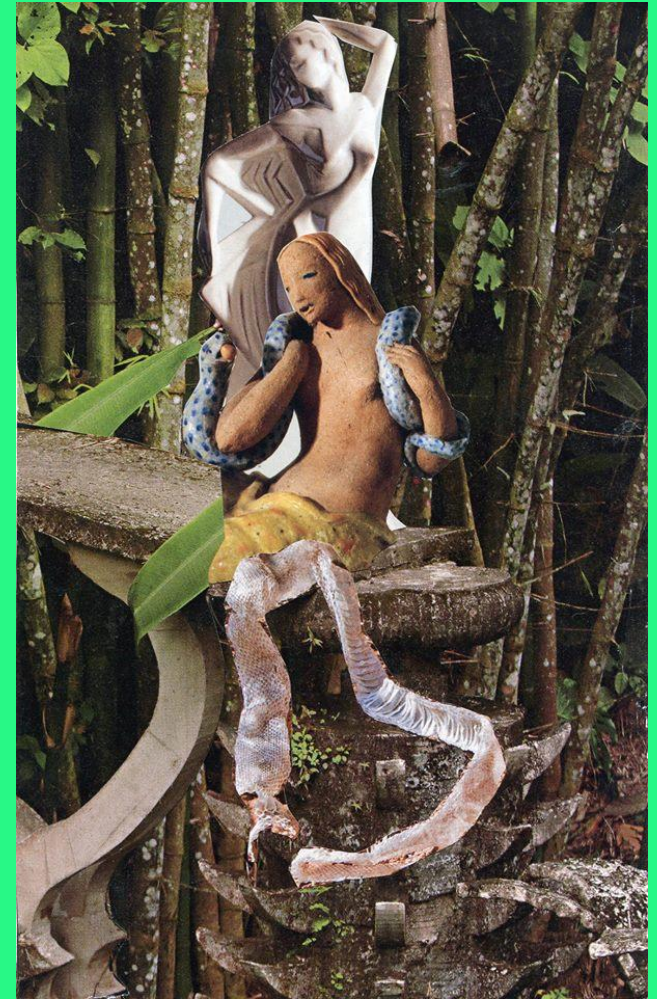
**May 26 around 4:30 am – Non Daylight Time
3:30 am Daylight Time**



**May 26 around 4:30 Non-Daylight Time
3:30 am Daylight time**

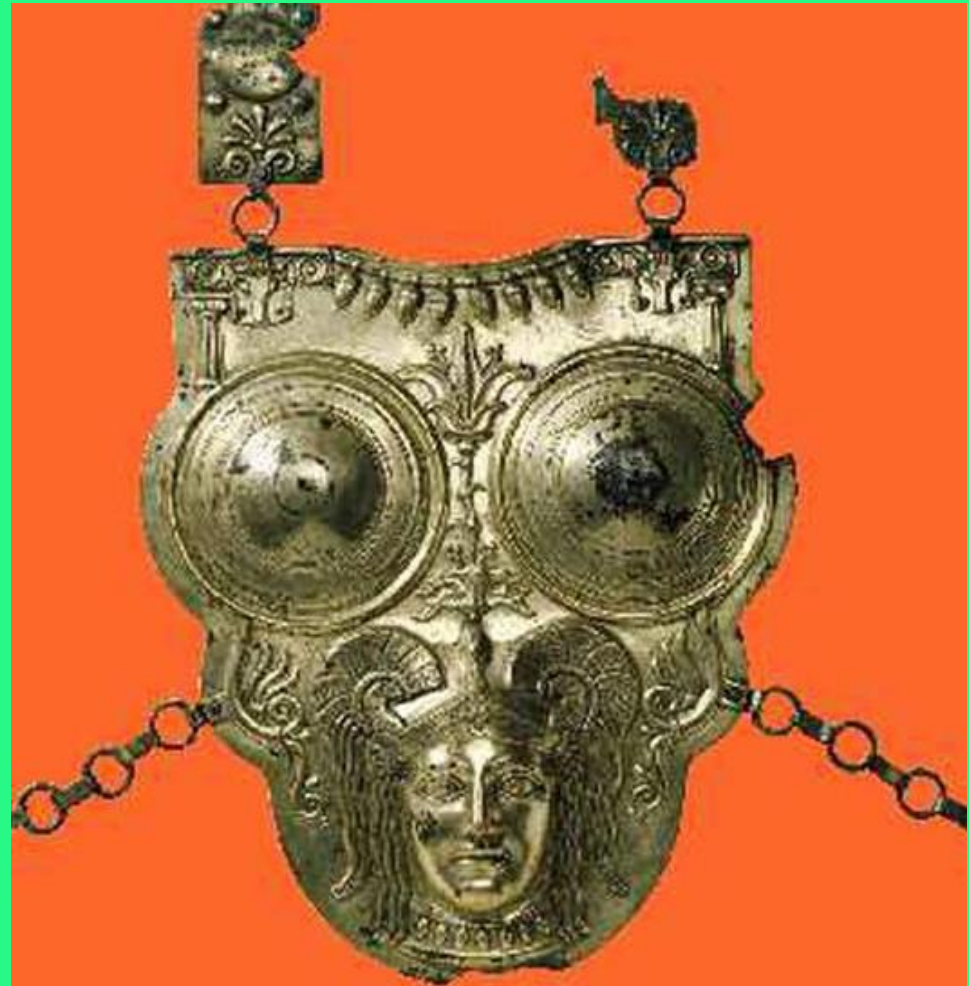
Descent Into Matter as Birth Initiation

- Crown—loss of connection to Spirit
- Third eye—forgetting of past lives, past knowledge
- Throat--First cry, first breath
- Heart—Loss of surrounding constant sound of mother's heartbeat
- Solar Plexus--Cutting of umbilical cord—must actively seek out nutrients
- Sacral—Expelled from the womb
- Root—Powerless to survive without family/community



At the 4th 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.





As Scapegoat, Capricorn took on the sins and burdens of the culture, developing an armored heart
What will it take to heal the Capricorn Heart?



Heart Chakra - the Center

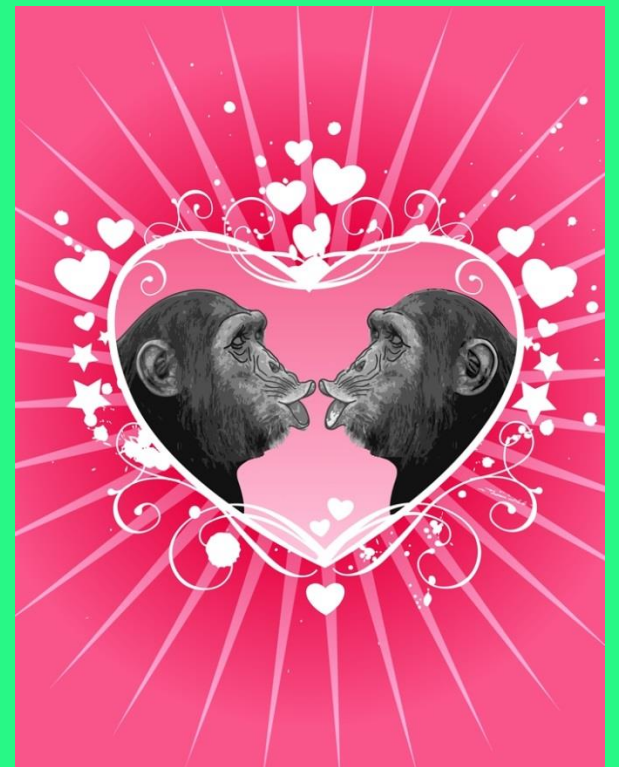
The Heart Chakra (or *Anahata* Chakra is the Sanskrit word for "unhurt, unstuck, or unbeaten") is the seat of the soul - located where our physical heart is around the area of the breastbone or sternum.

This chakra represents pure love and is the connecting link between the upper and lower chakras. Stated another way it connects the Spiritual and the Physical or Heaven and Earth.

The Heart Chakra governs the Thymus gland, circulatory and respiratory systems, lungs, Ribs, breasts, arms, shoulders, hands, diaphragm.



It also governs empathy, harmony, kindness, caring, sensitivity, emotional balance, our relationships and how we interact with others.



Imbalanced Heart Chakra

- Lack of self discipline
- Difficulty in relationships
- Fear of Betrayal
- Inability to forgive
- Lack of empathy
- Living vicariously through others
- Looking to others for acceptance & happiness
- Strong jealousy and harsh judgment of others
- Fear of being alone - feeling shy and lonely
- Leading with logic & reason & disregarding what you *feel* as unimportant or having no value
- Giving to Get



Balanced Heart Chakra

Expresses as:

Love and Compassion for All Life

Kindness, Empathy, Harmony

Acceptance of Others

Expansion, Freedom and Growth

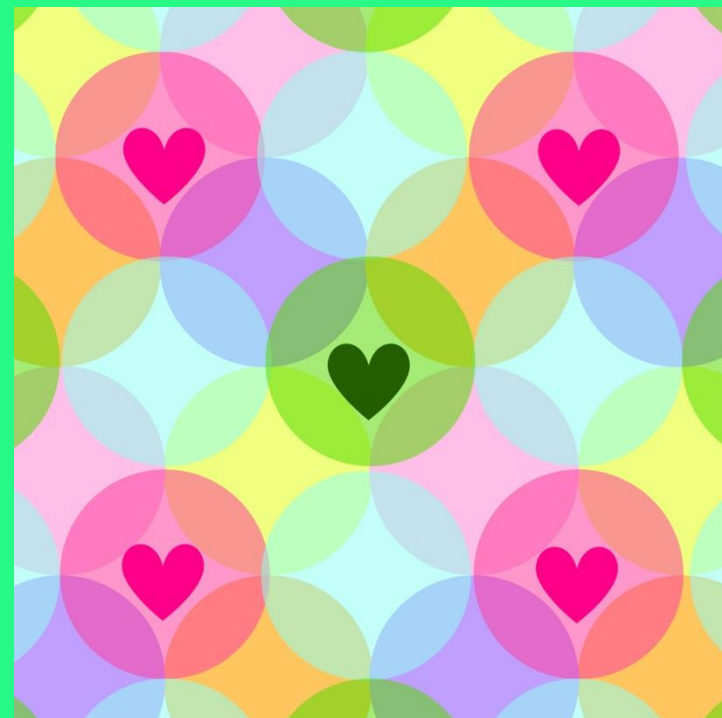
Healthy personal values and ethics

Following your unique direction in life

Open to Giving and Receiving Equally

Connecting to Limitless Universal Energy

Self-Confidence, Self Approval, Self Acceptance



Ways to Balance this Chakra:

Chant the Mantra “Yam”

Wear Green or Pink

Green is combination of Yellow for the Soul

And Blue for the Spirit

Eat Green Foods like Kale or Spinach,
Broccoli, Zucchini, Avocados, Apples,

Gems/Minerals:

Emerald, Jade, Green Tourmaline, Malachite,
Peridot, Aventurine, Moss Agate,
Green Jasper, Rose Quartz, Rhodochrosite

Essential Oils :

Sandalwood, Cardamon, Lemon, Neroli, Palma
Rosa, Chamomile Rose, Rosemary, Rosewood,
Jasmine, Eucalyptus, and Peppermint

Exercise:

Practice the “Thymus Thump” Exercise



Releasing and Healing the Heart Chakra

Four Questions

What emotional memories need healing?

What trauma from past or current relationships need healing?

What emotional wounds do I have that cause me to want to control people or situations around me?

What do I need to forgive myself for and what do I need to forgive others for?



Feel what you FEEL

Especially the not so great feelings for the purpose of releasing the charge these feelings may have for you.

Find healthy expressions for your feelings

Don't take your feelings out on others

Do scream, cry, beat on pillows, or find other forms of emotional release work that can help you get these feelings moving

Talk to someone who is not involved and can be a compassionate supporter!

Write or journal your feelings as honestly as possible - for your eyes only. This isn't about any one but you. Do Radical Forgiveness for yourself and others.

Here is the link to the [Radical Forgiveness Worksheet & the Website](#)



You Get What You Give Song by the New Radicals

Practice being in the present moment – meaning when you find you are reliving a painful past experience do your emotional release work.

Dance to This Song or what ever music gets you going.

Do yoga or some kind of meditative movement (walking meditations are great) that will help you release your feelings and bring you into the present.



Some of the Words to the Song

But when the Night is Falling
And you cannot find the Light
You Feel your Dreams are Dying

Hold Tight

You've got the Music in You

Don't Let Go

You've Got the Music in You

One Dance Left

This World is Gonna Pull Through

You've Got a Reason to Live

Can't Forget

We Only Get what We Give



Practice the Art of Acceptance

Accept What Is For Now

Accept what you can't change

Attend to what you can change

Go with the Flow



Remember

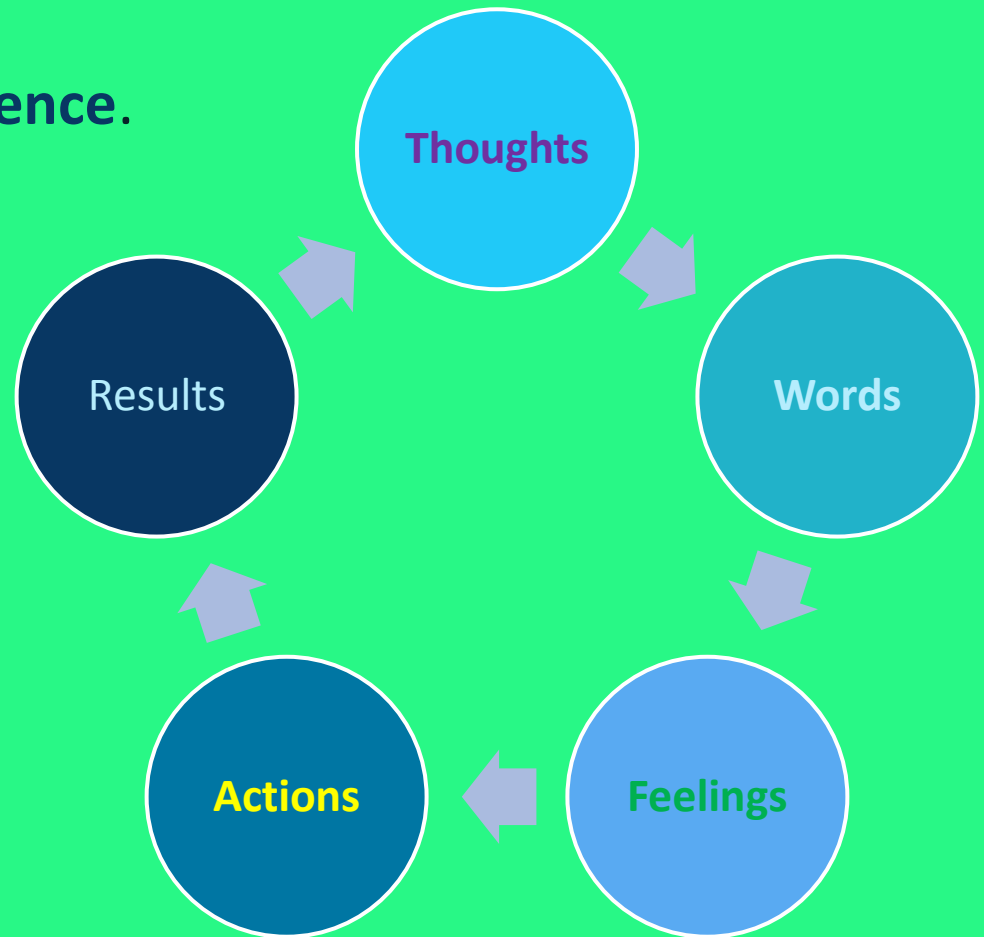
6th Chakra Our Thoughts, what we **Think**

5th Chakra Our Words, what we **Say**

4th Chakra Our Feelings, what we **Feel**

3rd Chakra Our Actions, what we **Do**

Create the Results we experience.



Heart Math

"Since emotional processes can work faster than the mind, it takes a power stronger than the mind to bend perception, override emotional circuitry, and provide us with intuitive feeling instead. It takes the power of the heart."

**– Doc Childre, Founder,
Institute of HeartMath**



Heart Connection Across Cultures

Inlakesh

You are another myself

~Mayan Greeting

Namaste

~East India Greeting

Mitakuye Oyasin

~Lakota Greeting

Aloha and Ho-oponopono

I love you, I'm sorry,

Please forgive me, Thank you



Additional Resources

Heart Math: <http://www.heartmath.org/research/science-of-the-heart/introduction.html> and Mother's Heart Beat <http://www.heartmath.org/free-services/articles-of-the-heart/mother-baby-study-supports-heart-brain-interactions.html>

EMDR: <http://www.emdr.com/general-information/what-is-emdr.html>

Undefended Love (book) <http://undefendedlove.com/>

Hummingbird Story - Associated with Love and Joy
<http://cayelincastell.com/hummingbird-magic/>

Additional Resources

Tonglen Meditation with Pema Chodron

<http://www.shambhala.org/teachers/pema/tonglen1.php>

Tonglen Meditation with Joan Halifax

<http://www.upaya.org/dox/Tonglen.pdf>

Thymus Thump: <http://rawforbeauty.com/blog/the-thymus-thump-also-known-as-the-happiness-point.htm>

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Mars Tele-Class Series

with Daniel Giamario and Erik Roth

<http://shamanicastrology.com/audios/the-mars-teleclass-series>