



Cayelin's Underworld Venus Journal from July to September, 2011

My Intention for this underworld time, is to die to what no longer serves and reclaim my divine authority, along with a direct connection to source.

I am already working with light therapy for the purpose of activating my light body, knowing that my very cells are made of light, scalar energy, sunlight. I am imagining the light of the Sun is helping to disassemble any distortions and is clearing debris from my body, mind, emotions, and my spirit, opening a pathway of light that is transforming all of me into a light body, a solar light body. The bio photons of light or scalar energy are also lighting up my shadow and providing me with an opportunity to align with high vibration light frequencies.



Venus is being consumed by the light where she can more fully release (into the light) all her pain, guilt, shame, fear, grief and blame to the golden flame or the transformative power of the light. She is (and I am) dying to all that prevents me from knowing my true divine nature. I am surrendering the beliefs that suggest I am separate from anyone or anything. I am inquiring into the nature of what is necessary for rebirth to happen?

When Venus is with the Sun, the Moon comes by every 29.5 days very near the Sun Moon conjunction – a powerful symbol for endings and beginnings. Usually the first time the Moon is with Venus in the Underworld it is just prior to the Sun Moon conjunction. The second time is often within hours or minutes of the Sun Moon conjunction or just after depending on where the cycle began. And if there is a third time it is within hours after the Sun Moon conjunction. Once Venus rises into the evening sky when the Moon catches up to Venus it is always in the new crescent phase visible above the western horizon after sunset.

July 4, 2011

Preparing for the Underworld Journey, I drew the **Son of Wands** from the *Mother Peace Tarot* by Vicki Noble. How perfect is that? As the SON represents the SUN.

This card is described as the Horned God, dancing around the Divine feminine mother. This is pre-macho - it is light and fire. The divine masculine son remains within the orbit of the goddess not seeking personal glory - though wildly sexual, is also gentle and tender – a lover of the great mother – delights, amuses and entertains while also celebrating life.

This is the son that is also glowing like the SUN. The I-Ching says this is the aspect of the Sun that is a gentle penetrating initiating force. The suit of Wands focus energy in a sacred way - keeping it clean and light. This is also about the power of the mind fired by intuition and joy. Eros and logos integrated beyond opposites.

This is the untamed part of all of us - refusing to be compromised, diluted, made safe, molded or tampered with.





The Horned God has no father, is his own father, is pre-patriarchy before being a father became about ownership. The Sun or Son is the light, is charisma, is fun, is illuminating, attracts others, it's not overly serious, is playful, is creative.

Also supporting my underworld journey is the Priestess of Wands or Witch. This is perfectly scorpionic, very much the Dark Goddess, and the Scorpio overtone. She is the mistress of fire, generating power on behalf of the group or the greater collective. This is about the cauldron of transformational change fueled by the fire of the Sun drawing life force energy from the cosmos and storing it for herself and others to draw upon.



This card connects with the Egyptian Goddess, Sekhmet, daughter of the Sun God Ra, who has knowledge of kundalini fire, serpent fire, and the alchemy of the Sun through its fiery light works regenerative magic for personal healing and for the community.

This reminds me that the Dark Goddess exists within the light of the Sun. She is fierce, with an intensity of purpose and she knows how to channel this light, fire, kundalini energy for the benefit of all who enter her realm. She defends and protects - channeling life force energy into the magic of healing and renewing the Earth and as well as all those who encounter her.

The Sun (Sol) also represents our own SOUL that is awakening a deeper understanding and appreciation for life. This journey of dying is also about rebirth into the joy of being alive, and an expanded sense of creative play.

What is the illusion banished by the dawn - dissolved by the coming light? Through the light of the Sun we are all connected by the eternal rays of life force that bless our world and can be a source for a growing sense of acceptance, a greater sense of oneness, feeling less attached to our egoic hurts and grievances.



The inner Sun within each of us radiates to our outer sphere, healing fractured parts, harmonizing them under the guidance of our soul (SOL), transmuting the limiting grip of the ego. Not annihilating the ego but raising consciousness from our power center (personality or ego) or third chakra to our heart center or fourth chakra.

It feels important to remember that personality (ego) is the vehicle for our consciousness or soul. It is not good or bad. It is not something to get rid of, but rather to be in conscious relationship with so we are not being run by it.

The Sun does not judge, and it does not choose to shine on some and not on others, but rather shines on everyone. The Sun shines on all life everywhere, bringing light to wherever its rays are radiating.



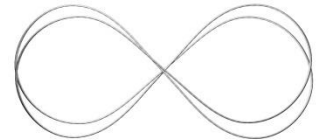
Remember this journey is also about the butterfly emerging from the dark chrysalis to the light of the Sun - finally able to soar to the heavens.

July 11, 2011

Today while doing ceremony around this underworld journey, a huge iridescent green beetle or scarab flew above my outdoor stone altar flying above me in very a distinct figure 8 pattern for several minutes. Then the scarab dropped down level with me. As it did I felt a huge rush of energy and was guided to draw infinity symbols in the air copying what the scarab was doing. We interacted like this for what seemed like several minutes. It felt like time was standing still, it was an underworld experience where we pause and are still.



Inspired, I looked up this symbol and found that the Egyptians viewed **the scarab as a symbol of resurrection**, they also saw it as a symbol of the Sun and immortality. Scarab symbols were placed on the bodies of the dead so they would have a way to connect to source and new life in the next world.



The alchemists also drew scarab symbols and diagrams of the double spiral leading to the center of the universe. This symbolized new life and vitality and could help bring insights into past lives and what had come before, through spiritual alignment. The Egyptians and alchemists believed that a scarab amulet could be imbued with the power to ward off evil.



So my scarab was flying in the double spiral mode perhaps opening a portal to the center of the universe. I imagine that I was there for a brief moment in that still point ... very cool.

July 29, 2011 at 7 AM approaching the Leo new Moon with Sun, Venus and the Moon altogether

So far the Venus underworld has been an interesting journey of forgetting so much. I forget she's in the underworld. I forget to meditate. I forget to stay centered. I forget to just be with what IS. I forgot to be gentle and kind to myself.



As I sit here writing, I can see the disk of the Sun through the clouds. The clouds are moving fast and now the disk is completely obscured by the clouds. In the time it took for me to write that – the Sun was gone, reappeared, brightened, dimmed, disappeared and reappeared.

The shadow – represented by the clouds -moving over the Sun- is darkening the Sun, blotting it out once again. Now there is a small brief opening and the Sun light is shining on the lake. The Sun is so bright it hurts to look at it – now hidden again. I am witness to the play of light and shadow, to what happens in the underworld journey. Once again, I am seeing the play of light and shadow and then for a moment I am so completely illuminated by the light I am awed. Then I notice my own shadow judgments that rush in. I am not doing enough – not disciplined enough – not focused enough - not brave enough - not accepting enough - not enlightened enough.



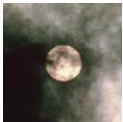
This reminds me that I recently defined enlightenment for someone else as the place where we are no longer in judgment or resistance to anything in the human experience. I had the sense of it as taming the inner critic but not resisting or judging that either. An interesting paradox - as taming the inner critic implies using our will to make it be different than what it is. So that is not really accepting what IS and yet there is a sense of being aware of the inner judge so we can consciously move out of judgment into preferences. I prefer to see myself as being enough just the way I am. I prefer my inner judge see me the same way.



And the clouds keep rushing over the Sun, moving fast. The Sun reappears for a moment, quickly being covered by another dark cloud. The Sun is not resisting the clouds but is still shining the whole time even when it is not being seen because the clouds are hiding it. Then suddenly the clouds thin and the Sun pops out so bright. Its radiance is so clear and unquestionable and then it vanishes again behind another dark cloud.

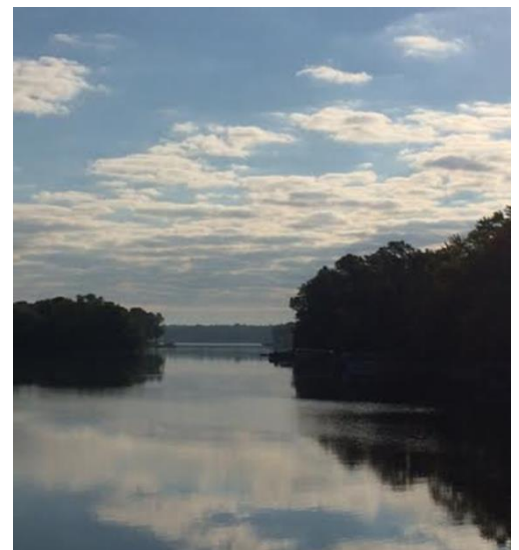
What I am getting - the thing to remember - is what we are seeing in our life may simply be the appearance in the moment because ultimately the Sun is always shining, always bright. It's just appears to disappear, then reappear to disappear again, but the reality behind the illusion is the Sun is always present even when it appears to not be there. We are always connected to the light, to divine source, even when it appears we are not...

Somehow this seems to be a great metaphor for the Venus underworld time. She just appears to disappear when actually she is with the Sun in the light. So the light of Venus seemingly vanishes in the brilliance of the Sun, the source. This is only from the Earth's perspective - in reality she is still shining as brightly as ever.



As I sit and write, once again the disk of the Sun reappears, shining ever so brightly. I can only look at it directly for a few seconds, until the clouds cover it and then I can see it looking much like the Moon when it is shining at night.

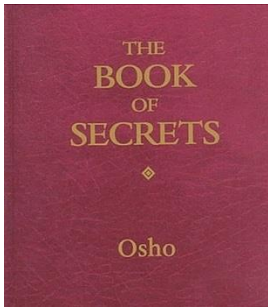
As I watch the Sun's light appear over the lake I'm seeing the reflection in the water - an as above so below expression. The clouds above reflected in the water below. The shimmering light of the Sun shines down and a path of sparkling light appears on the water. The water is moving in gentle ripples and the light ripples on the water. The clouds above are gently rippling across the sky and suddenly the Sun appears brighter than it has all morning reflecting the sky in the water. This is a teaching, reminding me of the appearance and disappearance of life - the flow and ebb - the ebb and flow.



I recently received a Venus message to give myself fully to the darkness created within the embrace of the bright light. The symbol I got was of the womb, incubating in the seeming dark to later emerge into the light. The dark Moon is reborn as the new crescent Moon but the Moon is not in the dark but is actually hidden by the brilliance of the Sun - as is Venus when she is in the underworld.



This seems like a fusion of the double spiral vortex. The image comes to me that this is connected to the winds of dissolution, existing beyond the still point where the bliss of union transcends the opposites. This comes from being in the moment, without trying to figure out what's next, what's coming, what's ahead. Rather this is about accepting this moment just as it is.



I came across a concept in *The Book of Secrets* by OSHO the other day that spoke about being absorbed in the present. It can happen when following the breath in and out, then suddenly and without warning or realizing, it is possible to be in the gap, the transcendent, the place of bliss. The point is it's not about trying to get there, it's about allowing, so that it happens suddenly and without warning to just be there. It doesn't happen through trying, it happens through allowing and accepting and simply being. Grasping, trying, doing, doesn't get us to this experience of bliss. That is also a teaching of the underworld. It is about surrender, letting go of trying and doing.

Journal practice of asking questions from my higher self and opening to receive answers:

Are there any more messages for me from my higher self or the part of me that knows? What do I need to see about my own shadow - what am I not being conscious of?

Be aware. Choose to be conscious in what you say and do. When you realize you are being unconscious - no judgment - just be aware. Observe. Allow what you observe to inform your experience in a loving way. Don't forget there are times when you are a vehicle for spirit to send a message to someone. It may feel like you are unaware when in reality you are serving spirit. If your ego wasn't in charge then perhaps you were just the messenger.

Oh yes, because I have been feeling unconscious at times around communicating with others and that has left me feeling like I couldn't trust myself to be aware, to really pay attention, to be conscious of what I'm saying and doing. That is a great reminder. Thank you!

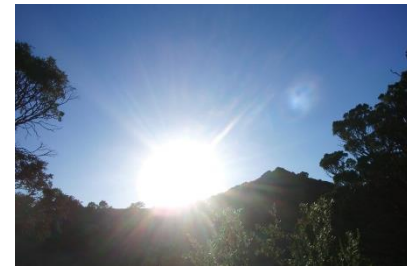
July 31, 2011 8:30 AM

It is a gorgeous day not a cloud in the sky. The New Moon with Venus was exact yesterday. I am finding self-worth and self-love issues are so up for me. The message and blessing I just received about this was from my youngest son who left me the perfect voicemail.

He was saying that the affirmation *I am love* has been the most powerful way for him to raise his vibration. So instead of letting his thoughts run on about what he should be doing or what he was worried about or the judgments he was having about himself or other people - he affirms *I am love*. What a great message from my wise youngest Son/Sun. *I am love!*

So now for a message from the part of me that knows – higher self?

You are loved. Even when it doesn't feel like it. You are love - love is the essence of who you are. Notice the space between things. It's only love in those spaces. Notice the space between the pain in your heart, the tightness, the pressure of uncertainty and your lack of trust in yourself.





Notice the space of love permeating and surrounding it all. Notice the space around feeling unsafe and the space around feeling safe, nurtured, love and supported. Notice the space between thoughts, between your eyelids and the light behind your closed eyes.

See the space between the boards on the deck - the slats on the railing the holes on the metal table. Looking into the space between is looking between the dimensions. The water's edge - the Earth's edge, the dock, the deck, the edges of time, the edges of reality, the edge between the worlds, my edge of fear and distress. The edge between feeling really comfortable, or terrified, or just a bit uncomfortable.

***Be willing** to be with these edges. Not fixing or solving them - learning from them. The paradox of their coexistence - it's all paradox - fear and courage coexist. The courage is to face the fear and uncertainty about your ability to face fear successfully.*



I am love. Love is the answer to it all. Love just IS!

August 3, 2011 7 AM

I've been meditating for the last hour. Feeling restless, settled, restless again. Today I'm asking who am I? Today the answer feels like restless, I am restless. Though I know that's not the deeper answer - it's what's on the surface now. My ego mind is having a grand time jumping all over the place, really feeling my monkey mind.



I saw the last of the Harry Potter movies yesterday. I was struck by the battle between good and evil. Interesting that Harry Potter was a horcrux for Voldemort and Voldemort was intent on killing Harry - ultimately killing a part of himself - suggesting evil destroys even its self - and new life results.

It is the battle of the ego mind for power and control over all life. Our journey is to integrate the seeming duality - the quest for power and control, the quest for love and connection. The two seem to be at odds. Much like my experience of being so restless at times, then other times settled into loving meditative space. It seems I am jumping between the two experiences.



August 11, 2011 9:50 PM

I had an amazing day that included clearing stuff on the five-year anniversary of my second divorce. Thank you Dark Goddess. Yay.

I've been connecting to the idea of vibrating with the energy of love - love being a higher frequency and a way to get a vibrational match for my intentions and desires with the feeling of love. I have been practicing sending blessings of love and light to myself and others.



August 27, 2011

Dumbledore talking to Harry Potter in the Deathly Hallows

The true master of death does not seek to run away from death. He accepts he must die and understands there are far far worse things in the living than dying.



Last of the Harry Potter movies - about the battle between good and evil. As mentioned before Harry Potter was a horcrux for Voldemort meaning that a part of Voldemort's soul was in Harry. Voldemort was obsessed with killing Harry, even though it meant he would be killing a part of himself.

So I wonder how do we kill off parts of who we are especially when we desire revenge? Perhaps the desire for revenge is really a desire to be released from the pain a person carries. If we really understood the underworld time we would know it is the time to grieve that pain and find release without destroying others in the process. Perhaps this was the only way Voldemort could experience the death he so desperately needed but was too afraid to experience directly - so he created the experience indirectly and eventually died as a result?

Feeling a death phase is upon me as Venus is another month or so in the underworld. Feeling restless, achy, sleep has been elusive. Feeling a little discouraged with myself and challenged in dealing with that.

Is it possible to keep what works or is radical surgery required?

Am I really letting go of things that aren't working? Including the things that aren't so obvious like the foods that can cause inflammation but we have been taught they are good for you...wheat, dairy, eggs, a major part of my diet until a few years ago. Of course sugar and soy can also be placed on that list. When I eliminated those foods I notice a huge difference in how I felt. I didn't even know how much they were affecting me until I let them go.

Removing these foods for 30 days causes a detox or releasing of the inflammation in the body to happen. A perfect practice for the underworld time. For me after being off those foods for a while I have found I go into intense digestive distress. The contrast was so clear, so why would I want to feel that way? That has helped me to continue to make the healthier choices for myself even when social situations mean it's more challenging.

Besides having eliminated those foods, my health plan includes:

- Drinking lots of water for hydration
- Breathing practices, deep, conscious, intentional
- Exercise that is fun, enjoyable and effective
- Lots of fresh air and time outdoors in nature
- Conscious thoughts
- Enjoying what I'm doing
- Living from love



I am doing all of this and I'm grateful. Yet I'm still feeling challenged, restless, like I'm missing something? But what? Oh yeah I am in the underworld. Duh... What more am I being asked to let go of?



September 2, 2011

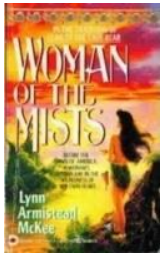
The Sun is rising pink and orange above the lake and clouds at 6:30 AM. Stunning! As I write the Sun is just clearing the clouds. A perfect round globe of pure love and light, pure life force, pure source Energy and a pinkish orange path of light is coming straight toward me and I know Venus is there too - even though she isn't visible!



Illumination, light, shimmering edges and I feel/see a new path is opening up to me. Yay!

Contemplating the power of the voice. The spoken words. The decree, the declaration, the invocation. The creative process begins with thoughts, then words, and actions, as reflected in the saying *thoughts, words and deeds*.

We are constantly co-creating, or un-creating, by what we think, say, and do. Speaking - as in the ancient practice of saying prayers or chanting mantras out loud is a way to empower and manifest what we are thinking.



Woman Of the Mists by Lynn Armistead page 119. This strikes me as two possible ways of handling the underworld process when tragedy has occurred?

I remembered it was time to immerse myself in my pain as a way to release it - to put it outside of me. I wondered how others could go on with daily chores. I was angry with everyone who did not suffer as I did, but then those feelings did pass. It was a cleansing process. There was still pain but it no longer was choking me.

Auro has not left that feeling of anger. It makes him turn on his own. He is choking on his torment and lets himself be swallowed by it. He feels only his pain. Nothing else matters. He does not care if the suffering continues. He cannot see into the future. He has no visions. He is trapped in the day this happened. He will never seek peace. He would rather feed on his grief and is frustrated he cannot pass his agony onto the rest of us.

I am getting more than ever that **being in the Underworld is a Still Point Time** so perfectly described by T.S. Elliot's poem *The Still Point*.

Yes - it is a place of release from everything that causes us to suffer when we are willing to surrender to the process.

It may feel dark at first. That is the paradox because ultimately it is the white light of grace within the embrace of the Sun – still and moving! It is a gift of empowerment...

The Still Point

T.S. Elliot

*At the still point of the turning world. Neither flesh nor fleshless;
Neither from nor towards; at the still point, there the dance is,
But neither arrest nor movement. And do not call it fixity,
Where past and future are gathered.
Neither movement from nor towards,
Neither ascent nor decline.
Except for the point, the still point,
There would be no dance, and there is only the dance,
I can only say, there we have been: but I cannot say where.
And I cannot say, how long, for that is to place it in time.
The inner freedom from the practical desire,
The release from action and suffering, release from the inner
And the outer compulsion, yet surrounded
By a grace of sense, a white light still and moving.*