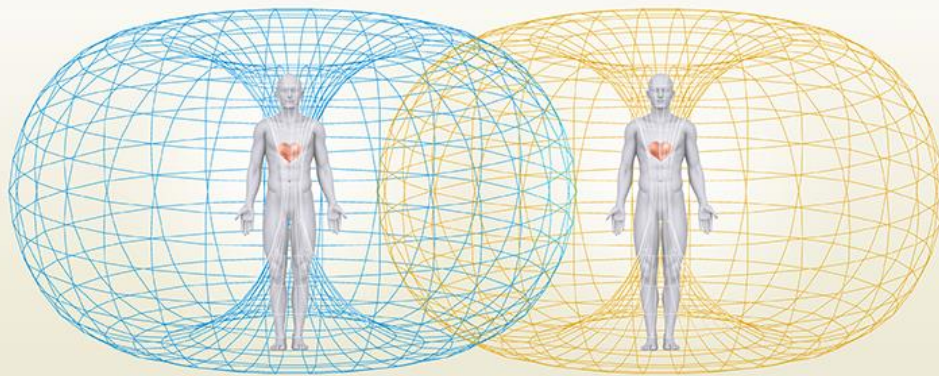




2019 December Celestial Timings by Cayelin K Castell

Magnetic Field of the Heart

Our thoughts and emotions affect the heart's magnetic field, which energetically affects those in our environment whether or not we are conscious of it.



Exploring the Power of the Heart through the Power of Love

<https://cayelincastell.com/the-power-of-love/>

What we think, say, feel and do becomes part of the energetic field that surrounds us. This field impacts our health and well-being and affects everyone around us, including our family, friends, co-workers, community and so on.

- What energy are you rippling into the greater collective consciousness grid that surrounds our planet?
- How is your energetic field affecting your experience of life from day to day, week to week and year to year?
- What can you do to up-level your vibrational field to seed new possibilities for YOU and all of life on Earth?

There are many ways to increase our personal vibration. Focusing on gratitude, love, appreciation, compassion and kindness are all high vibrational energies we can cultivate. It's a choice. Yes some days are easier than others.

Yes it might take a while to see meaningful results in your outer world, but if you stick with cultivating a consistent practice of loving kindness and compassion you will see results. It is universal law.

We are an energetic field and we can choose to vibrate with love and in fact that is our reason for being here – to vibrate with love no matter what is going on around us. It is possible and it takes practice.

Heartmath reminds us: *the electromagnetic field generated by the heart is the most powerful rhythmic energy field produced by the body. Studies conducted in HMI's laboratory have shown that the heart's electromagnetic field can be detected by other individuals and can produce measurable effects in a person 5 feet away. Our data shows that the heart's electromagnetic field becomes more organized during positive emotional – heart-coherent – states. Read more, [The Electricity of Touch: Detection and Measurement of Cardiac Energy Exchange Between People](#).*

As we end 2019 and head toward a new decade and a year that implies perfect vision (2020) there has never been a better time to consciously cultivate these higher vibrational energies. Oxytocin breathing and stimulating the Vagus nerve is a quick and easy way to move out of fight, flight, freeze into greater ease as explained by Ellie Drake founder of Braveheart Women in this 2 minute YouTube video <https://youtu.be/5gDfmBAh3ww>

If you find yourself in an intense, tension filled environment breathing into your belly and exhaling with an audible Hahhhhhh breath releases oxytocin and helps to shift your vibration from surviving to thriving. It helps to focus on your belly and your heart while breathing and allowing those energies to calm you.

Calming your response to whatever is going on **helps you AND** the entire energetic field around you. Yes it takes practice and it may not work completely the first few times you try it. However, practice is the key to creating a better way of dealing with tense situations.

Oxytocin Breathing

**Gently Place your Hands
on Your Belly. Feel it rise as you
direct your breath into your
belly**

**Exhale with an audible
Haaahhhhhhhhhhhhhh
Repeat 2 more times**

**This activates the Vagus Nerve
Raises your Vibration
Shifts your body out of
Flight, Fight or Free into
Calmness and Ease.**

**It also releases Oxytocin
the feel good, relaxing
Hormone lasting for
about 20 minutes.**

Use as needed!



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Preparing for 2020

December is the last month of 2019 before we reach a new decade with powerful planetary alignments encouraging us to plant seeds of intention for a New Way of Being in the World (and with each other) and a New World or New Earth. It is time to create a vision, create a plan and build a new structure – something that is needed now more than ever.

If you haven't been cultivating a vision for 2020 (a year that implies perfect vision) NOW is the time. December is the time for preparing your seeds, your vision, your intent for the coming decade and beyond. Plus, December planetary alignments provide a lot of support for each of us doing just that.



Use your creative tools – create a vision board, a prayer stick, an intention statement, an altar (to alter your awareness), a poem, a drawing, a song, a chant, a dance, a way of life, that somehow expresses the essence of your heart-felt intention. Know you are planting seeds and when the time is right they will bloom.

Annual December Solstice Online Celebration
with Daniel Giamario & Cayelin Castell December 21, 2019
Including 2020 Preview, Jupiter/Saturn/Pluto and More

Early Sign up by December 10 includes
an option to have your name
included in a drawing where your natal
chart is reviewed by Daniel and Cayelin
with focus on how 2020 is impacting you

This Event Also Includes
The Most Important
2020 Planetary Aspects
in an easy to read
PDF Handout



Additional Details and Sign-up here

<https://shamanicastrology.com/2019-december-solstice-online-celebration>

December Sky Mysteries

December features two Out of Bounds Planets - meaning they are outside the boundaries of ordinary reality...

Mercury is Out of Bounds Dec 22, 2019 at 03:53 pm PST until Jan 12, 2020 at 05:47 am PDT

Venus is Out of Bounds Nov 13, 2019 at 03:49 PST until Dec 14, 2019 at 01:29 am PDT

More on Out of Bounds Planets <https://cayelincastell.com/wild-cards-or-the-out-of-bounds-planets/>

Venus is Out of Bounds Venus for the first two weeks of December during the time when the Divine Feminine is reclaiming her power at the Solar Plexus chakra gate. This is not power over others or situations. This is not about being more powerful than those around you or a way to create a false sense of significance.

This is about the authentic power of our divine essence that comes from the inside out. With Venus *Outside the Boundaries of Ordinary Reality* it is the perfect time to actively reclaim our personal power. With Chiron square Jupiter and Chiron stationing direct on December 12 (see end of Timings for more) YOU may find this a perfect month to say daily (or several times a day):

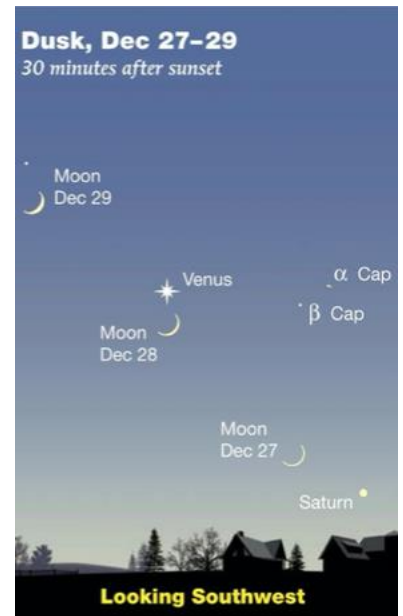
I am a woman of power!
I am a man of power!
Or I am Divinely Powerful!

Claim the power of who you authentically are. Even if you might not feel it is true - that is okay.

The important thing is to claim it and act as IF it is true. We are all powerful co-creators and its time we claim it, live it, BE it and celebrate it in ways that inspire others to claim their authentic healthy expression of power. The more powerful we are within ourselves, the more powerful we are together and the more powerfully we will co-create a New Earth fulfilled in love, beauty, peace and plenty for all.

Here are a few more **Power statements you can use or make up your own...this will get you started.**

I am Power!
I am the Power of LOVE!
I am the Power of KINDNESS!
I am the Power of CARING!
I am the Power of COMPASSION!
I am the Power of COURAGE!
I am the Power of COSMIC AWARENESS!
I am the Power of CREATIVITY!
I am the Power of CONSCIOUS CO-CREATION and COLLABORATION!
I am the Power of DECISIVE, INSPIRED, RIGHT ACTION!



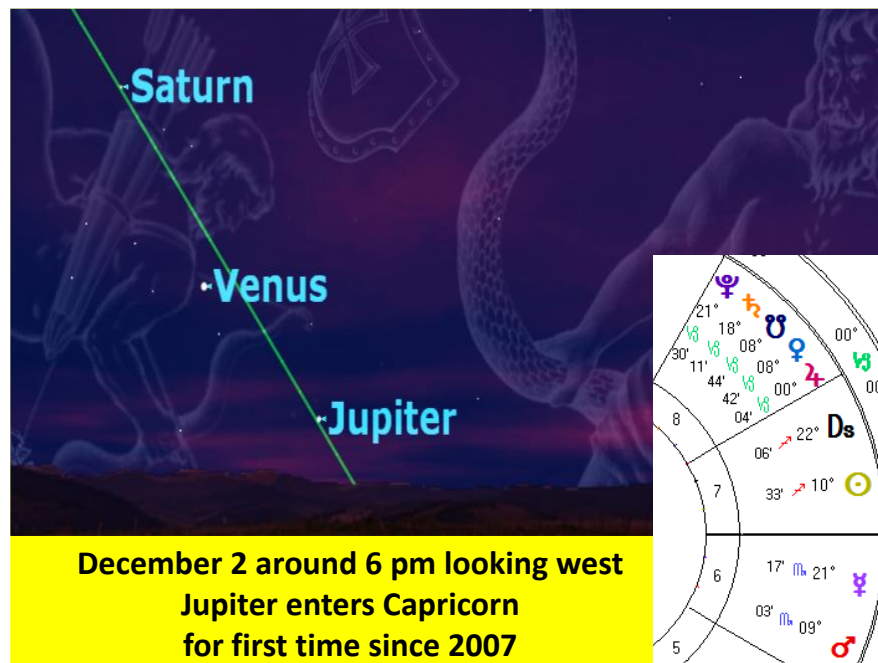
Venus Alchemy Presents the:
Ceremonial Ascent through Inanna's Seven Gates
with Evening Star Venus as Libra Relational Goddess
Rising in Our Awareness and Inner Personal Lives

This magical journey is facilitated by
Cayelin K Castell and Tami Brunk
Join anytime. December Features the Solar Plexus Chakra Gate
No Previous Knowledge of Astrology Is Necessary
to Be a Part of This Remarkable Ceremonial Journey!

Details at this link <https://venusalchemy.com/libra-evening-star-ascent-journey/>

Sky Magic

Saturn, Venus, and Jupiter are beautiful to see in the evening sky as December begins. Saturn is about 10° to the upper left of Venus and Jupiter is about 7° to the lower right of Venus. On December 2 these three planets are evenly spaced with 8° to 9° separating Venus from Saturn and Jupiter.



To find out more about Jupiter's remarkable move through Capricorn check out the Webinar Daniel and I facilitated on November 27 exploring the last time Jupiter entered Capricorn on Dec 2, 1936 and much more. <https://shamanicastrology.com/2019-webinar-series>

By December 9 Jupiter is more than 15° to the lower right of Venus and setting less than an hour after the Sun - disappearing from the evening sky around December 13 reaching conjunction with the Sun on December 27 in constellation of the Archer.

December 6

Venus and Saturn about 5° apart. You might be able to see Nunki (marking the nape of the arrow of the Archer) just 2° from Venus with the help of binoculars.

On December 10 and 11

Venus and Saturn are less than 2° apart with Saturn to the upper right. Venus outshines Saturn of course. The gap between Venus and Saturn increases to 3° on December 13 and 5° on December 15 and almost 11° by December 20.

While together Venus and Saturn are setting about two hours after the Sun. Then Venus continues leaping higher into the evening sky and Saturn sinks lower until it disappears from view by late December.

On December 12

Venus is only 1.3° south of Pluto (Pluto is not visible. Venus Saturn and Pluto fit together within a circle of 2 and 1/2° in diameter but Pluto is only visible with a telescope. However, Saturn and Venus will be easy to spot.

Venus ends December setting nearly 3 hours after the Sun. For observers in mid-northern latitudes Venus is stunning to see as 2020 begins.

Plus December 12 is the Gemini Full Moon (19 Gemini) occurring around the time of the Geminid meteor shower - so not easily visible due to the Full Moon.

Mars is rising about three hours before the Sun as December begins and more than three hours before the Sun by month and year's end brightening from up +1.7 magnitude to a +1.6 magnitude and nearly 20° above the ESE horizon between Spica and Mercury.

December 22

The waning Crescent Moon is 8 to 9° above Mars the next morning 5° to 6° to the lower left of Mars. On December 24 low in the south east about 45 minutes before sunrise a thin crescent moon is several degrees to the left of Antares.

On December 27 the very thin Crescent New Moon is about 5° to the upper left of Saturn. **December 28** the Lunar Crescent is spectacularly aligned with Venus at the Heart Chakra Gate...

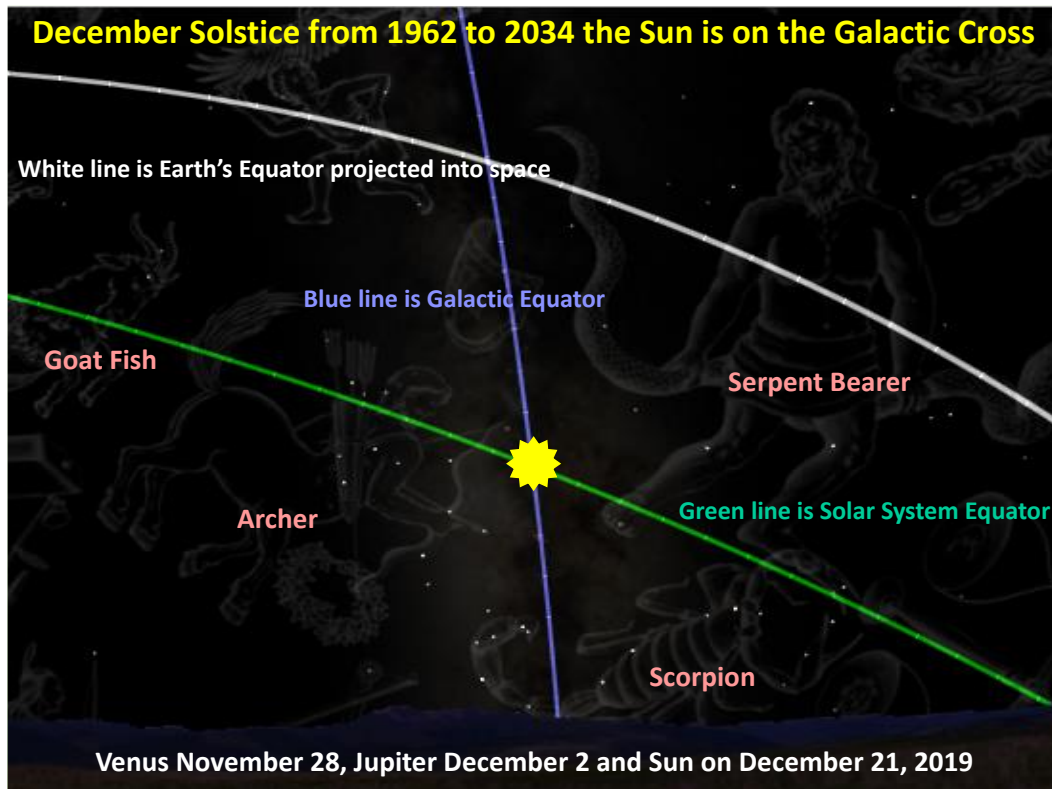
Mercury ended November at greatest elongation on November 28 and continues to be visible in the morning sky as December begins. Mercury is bright at magnitude - 0.6 (brighter than Mars) rising about 90 minutes before the Sun. **By December 16** Mercury is also 5° NE of first magnitude star Antares. **After December 17** Mercury is too low in the morning sky to be seen before sunrise.



The December 21 Solstice

The Sun reaches the December Solstice at 8:19 pm Pacific and 11:19 PM Eastern on December 21. The Sun is on the Galactic Cross near Galactic Center for at least 72 years as shown below.

<https://cayelincastell.com/celebrating-the-solstices>



Annular and Partial Solar Eclipse

An Annular eclipse has many of the same features as a Total Solar Eclipse but instead of completely blocking out the light of the Sun so it feels like night, a Ring of Fire remains around the edge of the Sun as pictured here. The **Ring of Fire brings to mind a cauldron of fire - an alchemy through transformation that represents ALL that must be burned before something new can birth.**

This Ring of Fire occurs due to the fact that the Moon is far from the Earth so the Moon appears smaller from the Earth's perspective and is not quite big enough to create a total solar eclipse. Hence the disc of the Moon creates a ring of fire covering all but the outer edges of the Sun.

For more about working with this powerful Solar Eclipse check out this article <https://cayelincastell.com/the-total-solar-eclipse-opportunity-to-activate-a-new-timeline/>

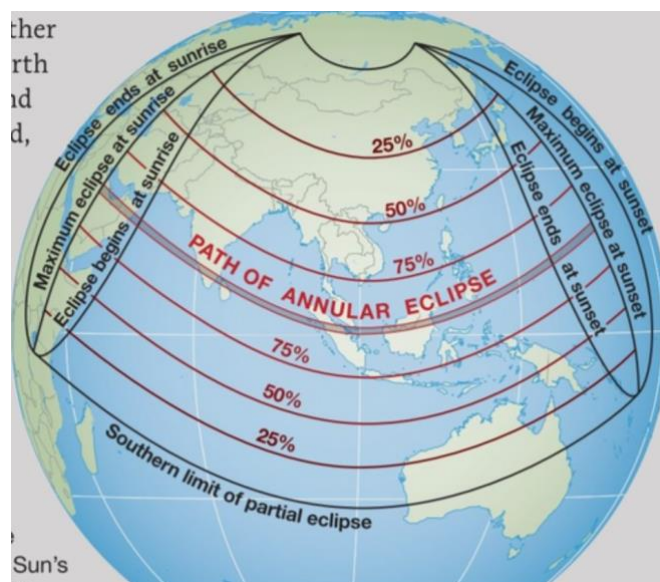


The night of December 25 in the western time zones and on the day of December 26 in the eastern time zone's weather permitting, parts of Africa most of Asia, northern and western Australia will see a partial solar eclipse. This lasts for more than three hours from the moment the Moon begins its journey over the Sun until the Sun again appears perfectly round.

For observers in western Asia and eastern Africa the eclipse is already in progress as the sunrises, with the final partial phase wrapping up while the Sun is still low in the morning sky.

South and Central Asia the eclipse begins early morning and ends before or near noon local time. Those on the eastern end of the eclipse path see a partial eclipse in the afternoon. Some pacific islanders will see the Sun drop below the horizon before the eclipse concludes.

Observing from Saudi Arabia through the United Arab Emirates southern India, Sri Lanka, Indonesia, and Malaysia to the Philippines will see an annular eclipse also known as a *ring of fire*.



[Details and Early Registration Special for Event Below](#)

**The Shamanic Astrology Mystery School Presents
A Gathering On the Land with the Founders
and the remarkable Night Sky
of March 22-27, 2020
At El Rancho Robles,
Near Tucson Arizona**

*Galactic Center Rising Over the Mountain
Sean Parker in Starr Pass, Tucson, Arizona.*

DECEMBER features the second Friday the 13th of this year...

<https://cayelincastell.com/what-is-up-with-the-number-13/>

Chiron goes direct December 12 around 07:47 pm Pacific Time at 1 Aries 26

This occurs just after retrograde Chiron squares Jupiter in Capricorn on December 08, 2019 placing an additional emphasis on healing our relationship to our own personal power and the Power of Love, Kindness and Forgiveness. <https://cayelincastell.com/chiron-in-aries-healing-the-wounds-of-injustice/>

Venus and Saturn come together at 19 Capricorn on Dec 11.

More HERE <https://cayelincastell.com/saturn-in-capricorn-from-2017-to-2020/>

December Significant Events

Dec 2 2019	Venus	08°Cp44' D	Cnj	South Node	08°Cp44' D
Dec 2 2019	Mercury	21°Sc31' D	Sxt	Pluto	21°Cp31' D
Dec 3 2019	Venus	09°Cp28' D	Sxt	Mars	09°Sc28' D
Dec 8 2019	Venus	15°Cp58' D	Sxt	Neptune	15°Pi58' D
Dec 8 2019	Jupiter	01°Cp26' D	Sqr	Chiron	01°Ar26' R
Dec 10 2019	Mercury	01°Sg26' D	Tri	Chiron	01°Ar26' R
Dec 11 2019	Venus	19°Cp04' D	Cnj	Saturn	19°Cp04' D
Dec 13 2019	Mars	16°Sc00' D	Tri	Neptune	16°Pi00' D
Dec 13 2019	Venus	21°Cp48' D	Cnj	Pluto	21°Cp48' D
Dec 15 2019	Jupiter	02°Cp57' D	Tri	Uranus	02°Ta57' R
Dec 19 2019	Mars	19°Sc57' D	Sxt	Saturn	19°Cp57' D
Dec 19 2019	Mercury	16°Sg04' D	Sqr	Neptune	16°Pi04' D
Dec 21 2019	Venus	01°Aq28' D	Sxt	Chiron	01°Ar28' D
Dec 22 2019	Venus	02°Aq49' D	Sqr	Uranus	02°Ta49' R
Dec 22 2019	Mars	22°Sc05' D	Sxt	Pluto	22°Cp05' D
Dec 29 2019	Mercury	01°Cp34' D	Sqr	Chiron	01°Ar34' D
Dec 30 2019	Mercury	02°Cp42' D	Tri	Uranus	02°Ta42' R

Dec 27 2019	Sun	conjunct	Jupiter	05°Cp42' D
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Join Me and The Remarkable Women of Natural Rhythms

For a Special Online Event January 3-4

2020 – A New Year, A New You:

The New Earth An Experiential Celebration of Divine Feminine Magical Habits

<https://naturalrhythmsrevolution.com/global-goddess-gathering-2020/new-years/>

AND a Live Ceremonial Event

April 23-26, 2020

at Unicoi State Park, Georgia

about 2 ½ hours from the Atlanta Airport

**This Spectacular Gathering of Women as Priestesses is
Dreaming the New Earth through Ceremony and Celebration
Recognizing we exponentially increase the power of our Intent
when we collaborate and dream together**

<https://naturalrhythmsrevolution.com/global-goddess-gathering-2020/>