

# Cayelin K Castell

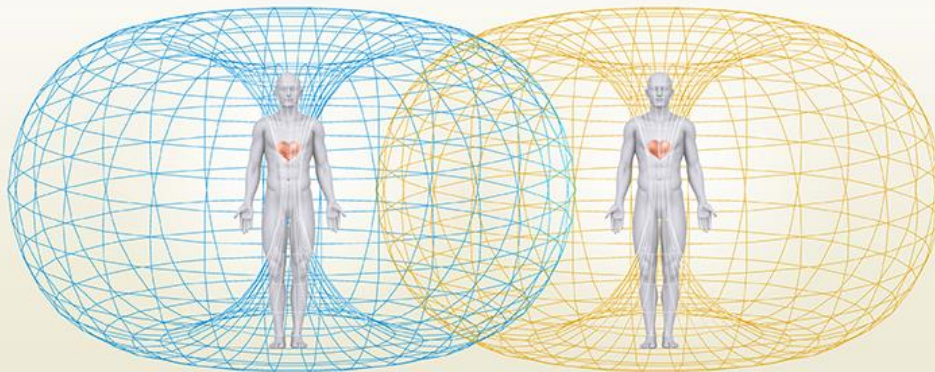
We Inform The Mysteries  
As Much As They Inform Us



## 2021 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.

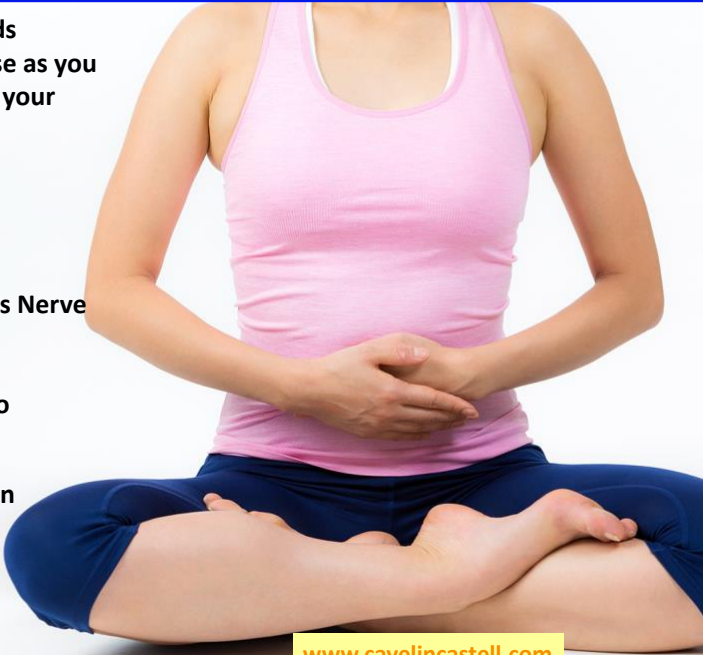
**Heartmath reminds us:** *the electromagnetic field generated by the heart is the most powerful rhythmic energy field produced by the body. Studies conducted in HMI's laboratory have shown that the heart's electromagnetic field can be detected by other individuals and can produce measurable effects 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 go through the Grand Finale of 2021 and head toward another wild and life changing year 2022** 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, fawn 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 Hahhhhh 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 Haaahhhhhhhhhhhhhhhhh Repeat 2 more times**

**This activates the Vegus 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!**

[www.cayelincastell.com](http://www.cayelincastell.com)



## Preparing for 2022

December wraps up 2021 with many powerful planetary alignments reminding us that we are informing the mysteries as much as they are informing us and the old world is continuing to die and a New World or New Earth is ready to birth born of our collective vision.

NOW is the time to dream into what is true and alive for us.

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.



**My Current Medicine Wheel sending out Love and Blessings to our Beloved Earth and ALL Life also connecting with Sirius etc...**

Use your creative tools – create a vision board, a medicine wheel or rock cairn, a prayer stick, an intention statement, an altar (to alter your awareness), a poem, a drawing, a song, a chant, a dance, or anything that somehow expresses the essence of your heart-felt intention.

## December Sky Mysteries and Magic

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

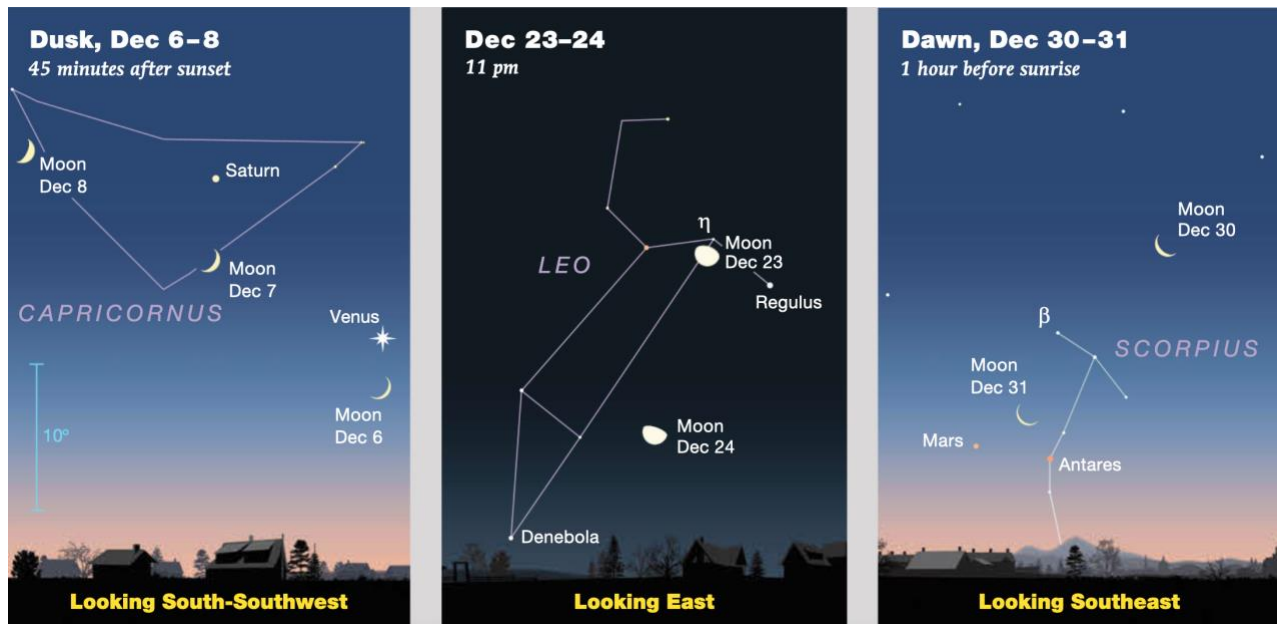
**Mercury is Out of Bounds** Dec 02, 2021 at 10:39 am PDT until Dec 28, 2021 at 09:23 am PDT (maximum is 25 degrees 26)

**Venus is Out of Bounds** until December 07

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

**Venus is Out of Bounds at the 8<sup>th</sup> Gate** reclaiming her divine authority at the Soul Star chakra gate.

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 their own divine 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.



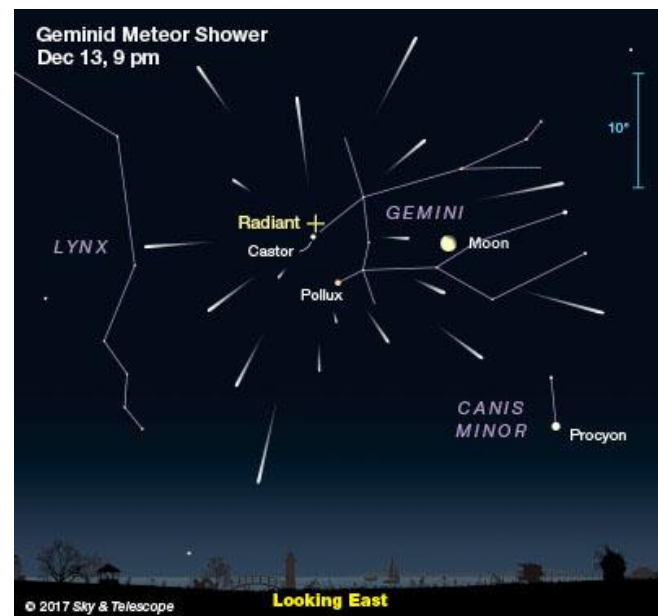
**Venus is at maximum brilliance on December 4** at a magnitude of -4.9 meaning Venus appears brighter than usual at the same time we have a total Solar Eclipse near the star Royal Antares also a Perigee New Moon <https://cayelincastell.com/perigee-moons/> suggesting this is a Mega Super New Moon close to the Solstice worth our time and attention.

**December 6 is a close encounter of the Moon and Venus** with the Moon about  $2\frac{1}{2}^\circ$  below the left of Venus. (see star map above) Marking the eighth gate or the ascension gate – the last gate of this current Venus cycle that began in June of 2020. Venus begins a new 19 month cycle starting in January 2022. Throughout the month of December Venus is dropping toward the western horizon. Setting about three hours after the Sun around December 1 and only about an hour after the Sun by December 31.

**Venus also goes retrograde on December 19 at 26 Capricorn 29** within  $1^\circ$  of Pluto having made an exact conjunction to Pluto on December 11 staying very close to Pluto all month with a second conjunction on December 25 – Christmas Day.

**Dec 13 and 14 the Geminids Meteor Shower Peaks** with a waxing Moon about 78% full. peaks **on the night between Dec. 13 and 14**. The Geminids are usually one of the best meteors shower of the year, capable of producing 150 or more meteors per hour at a dark site.

**December 18 is the apogee Full Moon at 8:35 PM Pacific, 11:35 PM Eastern.** This Full Moon is smaller than normal because it is happening about 27 hours after apogee (the time when the Moon is furthest from the Earth in its monthly cycle). This is the most distant apogee of the Moon in 2021. So that means this is the smallest Full Moon of the year.



Sky and Telescope suggests this is Micro Moon or an Apogean Full Moon - opposite of what is often referred to as a Super Full Moon or a Perigean Full Moon (closest to Earth).

This is also the Full Moon closest to the Winter Solstice that was so important to many indigenous cultures of the past. In the winter season in the Northern Hemisphere the nights are LONG lit by the light of the Full Moon tracking high across the sky.

**December 17 or 19 is Saturnalia and on December 19 Chiron stations direct at 08 Aries 26 near the same time Venus goes retrograde.**

<https://cayelincastell.com/saturnalia-and-what-december-means/>

**December 21** is the Solstice exact at 7:59 Pacific, 10:59 AM Eastern where we begin a New Solar Year (not a new calendar year until January 1). More here <https://cayelincastell.com/celebrating-the-solstices/>

**December 23 the waning Gibbous Moon** rises about  $4\frac{1}{2}^{\circ}$  above and to the left of **Regulus**. <https://cayelincastell.com/planets-with-regulus-heart-star-of-the-lioness/>

**Dec 24 Saturn  $11^{\circ}\text{Aq } 05'$  squares retrograde Uranus  $11^{\circ}\text{Ta } 05'$  for the third time this year.** <https://cayelincastell.com/what-is-really-real-an-aquarius-question/>

**On December 25** we have the second Venus Pluto conjunction at 25 Capricorn 43. More on Pluto <https://youtu.be/inKiOxqO9pQ>

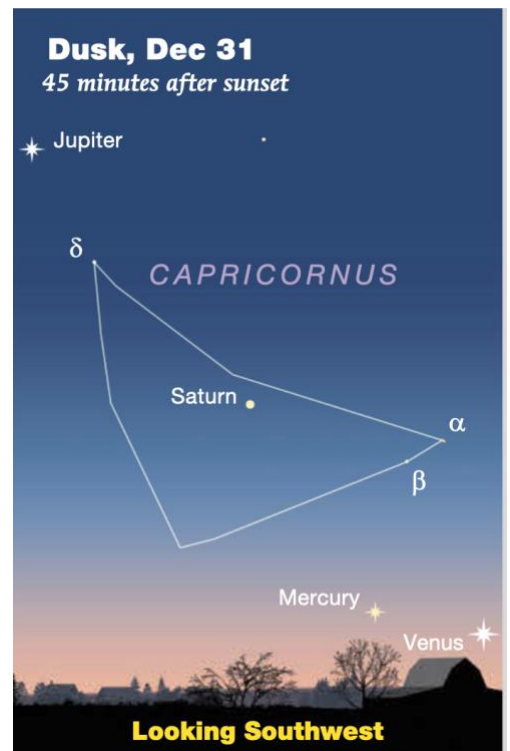
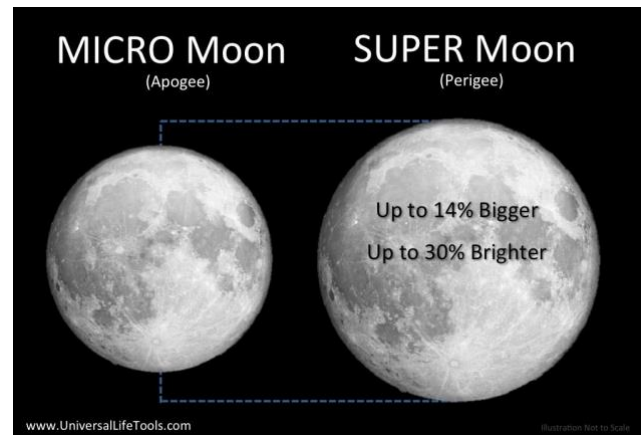
**December 28** Jupiter is returning to Pisces. **Plus**, Mercury and Venus are within  $4\frac{1}{2}^{\circ}$ . Mercury is it a  $-0.7$  magnitude and Venus is 33 times brighter at a magnitude of  $-4.5$ . It will be easier to see Mercury on the night of the 30th and 31st when it's elevation matches that of Venus though they will be further apart than on the night of the 28th.

This is the last significant conjunction of Venus and Mercury in 2021 and it will be September 26, 2022 before they come back together again.

**December 29 Venus and Mercury** are conjunct at 24 a Capricorn very near Pluto.

**Friday, December 31 the Moon is with Mars and Antares** forming a symmetrical triangle in the SE before the sunrises. The Lunar Crescent is about  $3\frac{1}{2}^{\circ}$  from Mars and about  $3^{\circ}$  from Antares.

Plus at mid-night during the New Year's Eve celebration when Sirius is over head it is the perfect time wish upon with magical star. See Sirius video <https://youtu.be/iXCD5EWfgCQ>





Mars is becoming more visible in the morning sky over December 2021. The next Mars opposition to the Sun doesn't occur until December 2022. Seeing Mars and Antares together helps us to SEE why Antares was named "like Ares" remembering that the Greek Ares equals the Roman Mars. Plus Mars is occulted by the Moon on Dec 02 and 31 amplifying the Mars effect.

### Comet Leonard might be visible to the naked eye

Fingers crossed that comet Leonard will brighten to make to naked eye prominence in December 2021. Discovered by astronomer Gregory Jay Leonard at the Mount Lemmon in Observatory near Tucson Arizona where I live on January 3, 2021 when it was at 19th magnitude – way beyond naked eye visibility.



The comet is expected to reach magnitude +6.5 - just on the edge of naked eye visibility - in the constellation of Canes Venatici as December begins. Then the comet passes through the constellation of the herdsman (also known as Boötes) and Serpens visible at +4.0 magnitude during its closest approach to the Earth on December 12.

Between December 12 and 13 the comet is covering nearly 10° of the sky as it passes through Ophiuchus and the Archer.

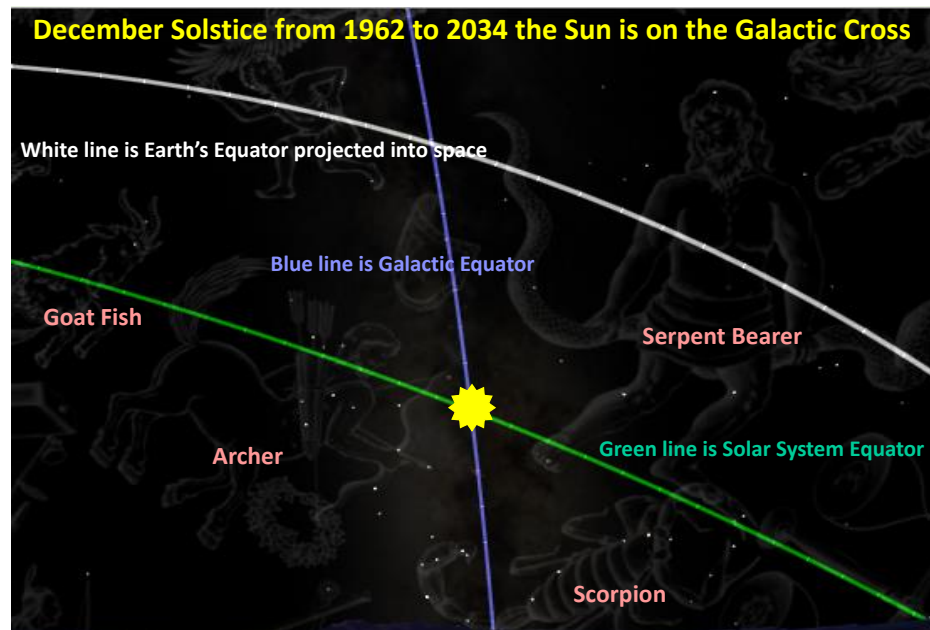
It will be easier to see the comet near the end of the month around December 22nd when it is at a fifth magnitude and standing about 5° above the SW horizon. Then the comet loses another magnitude by the end of December as it passes by Piscis Astrinus (the Southern Fish) and the Royal Star Fomalhaut.

Comet Leonard was furthest from the Sun about 35,000 years ago and as comets bring new codes of energy from far, far away that inspire evolution in unpredictable ways it will be interesting to see what this comet is bringing us in December 2021.

### 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 at the December Solstice for at least 144 years from 1926 to 2070. The 72 years window is from 1962 to 2034.



This the Galactic Turning of the Great Wheel of Time representing the beginning of a new Galactic Year suggesting each Solstice is highly significant – when the Sun is on the Cross for three days.

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

## Out of Bounds Moon for the rest of 2021

Dec 05 2021	22°Sg42'	-25°07'
Dec 06 2021	07°Cp52'	-26°19'
Dec 07 2021	22°Cp47'	-25°34'
Dec 19 2021	25°Ge13'	+25°26'
Dec 20 2021	07°Cn04'	+26°16'
Dec 21 2021	19°Cn00'	+25°54'
Dec 22 2021	01°Le03'	+24°18'

## Planetary Ingress for December

Dec 13 2021	Mars	enters	Sagittarius
Dec 13 2021	Mercury	enters	Capricorn
Dec 21 2021	Sun	enters	Capricorn

The most important thing to remember during this month is to do whatever helps you stay grounded during these ongoing radical energy shifts and changes.

Some of these practices or things to do might include:

- Laughter (whenever possible remember to laugh, watch funny movies, read or tell funny stories)
- Extra Sleep
- Lay on the Earth or if that isn't possible due to weather conditions then  
Sleep with your favorite grounding stones or crystals
- Get direct sunlight when the weather permits  
Sunlight uplifts your mood and supports your immune system with Vitamin D
- Taking time to express Gratitude every day
- Meditating (either sitting or walking meditations)
- Journaling your Intentions
- Setting a strong intentional field of Love, Guidance, Protection and Acceptance
- Chanting or Singing your favorite mantras or intentions
- One of my favorite mantras is: I AM a Super Conductor of LOVE!

