

VENUS CODES

Love

Session 7:

New Moon Ritual

Intention setting

May's New Moon is in Taurus. This is an Earth sign, signifying slow, steady movement. This is perfect energy to focus on our goals.

At the same time, there is a strong influence of Gemini. As an Air sign, it brings activation to our thoughts (meaning our brain moves extra fast). It helps us fill out our calendar with social activities.

So at the end of the day, you may feel these rather opposite energies in your life.

What are you calling in for your love life on this New Moon?

Heart-opening meditation

We are always connected to the feminine and masculine energy; they merge inside us.

The Telluric energy is the negatively charged, feminine pole.

The Cosmic energy is the positively charged, masculine pole.

This is why, in tribal traditions Earth is called “Mother Earth” (like Mama Bali, or Pachamama) and sky is called “Father Sky”.

Through our feet (as well as Root chakra) we source the feminine energy into our body. Unfortunately, wearing shoes, pants and underwear, as well as living on higher floors and in a city where ground is covered with concrete, has disconnected us from the telluric energy.

We pull the masculine energy through the crown of our head and through the hands, if we raise them up to the sky.

If you want to strengthen your feminine energy, walk barefoot on soil, and wear skirts without underwear. If you want to strengthen your masculine, visit mountains.

These two energies enter your body and meet in your heart space (Heart Chakra, in the middle of your chest). It's a mid point, where the feminine and masculine meet to make love.

Womb meditation

A womb is a powerful energy center for women. This is the source of all creation, as well as the nursery for our ideas, a child, and life.

Womb carries deep magic, unfortunately most women never connect to their womb. We go on a pill and take painkillers during the menstruation, shutting down what the womb is trying to communicate to us.

The womb carries so much love, and it's believed that the power of the womb can heal the whole world. It's so important for a woman to reconnect and heal her relationship to her womb. Through this we are unlocking much power and wisdom.

When this is done, we can share this energy with others (ex. through love making, and cuddling)

Home practice

HAPPY BOX

A happy box/jar is a container with tons of little messages to lift you up and help you stay positive!

Take a piece of paper and cut it into smaller pieces. Then write on each of these pieces something nice and positive about yourself.

Roll/fold each of them and throw it in.

Any time you get positive, loving feedback from a client, add it into the box.

Anytime you get a complement, add it in.

You can also ask your friends to write in one sentence what they most love about you, and add this too.

If you ever feel down, open the box and read the notes.

You can also make it a daily practice, picking one note every morning/evening.

**the notes don't get thrown out, you put them back into the jar*



Thank you