

Healing the Body and Being with *Venus*

**How's Your Venus
Today?**

Venus as the planet of love, beauty, and harmony. Her role in self-worth, relationships, and abundance.

The Archetype of Venus

Value: Reflects self-worth and what truly matters.

Receptivity: Opens to love, pleasure, and abundance with ease.

Deep Love: Builds nurturing and harmonious connections.

Transmutation: Turns challenges into growth and empowerment.

Ease: Finds flow and grace in creating beauty and harmony.

Creativity and PLAY!!!!



Beyond Beauty



Major Challenges

- Ignoring
- Blockages

Venus and the Sacred Pelvic Bowl

The pelvic bowl is a sacred container of life force, creativity, and receptivity—an embodiment of Venus' energy. When Venus and the pelvic bowl are aligned, we feel abundant, sensual, and whole. However, when blocked, this space may feel heavy, disconnected, or painful, both emotionally and physically

Aries

Body Part: Head, face, brain.

Blockages in the Sacred Pelvic Bowl: Energetic tension can manifest as an inability to take bold action or an overemphasis on independence, leading to difficulty in receiving support.

What Causes the Blockage: Impulsiveness, unresolved anger, and fear of vulnerability.

Healing in the Sacred Pelvic Bowl: Cultivate self-awareness and channel passion into creative, collaborative projects to balance the drive for action with receptivity.

Strategy to Express Fullest Venus: I express my desires clearly and directly, embracing both independence and collaboration.



Taurus

Body Part: Neck, throat.

Blockages in the Sacred Pelvic Bowl: Resistance to change and over-attachment to material comforts may result in stagnation and an inability to fully embrace pleasure.

What Causes the Blockage: Fear of scarcity, stubbornness, and clinging to outdated comfort zones.

Healing in the Sacred Pelvic Bowl: Practice grounding exercises and indulge in mindful sensual pleasures to reconnect with the body's wisdom.

Strategy to Express Fullest Venus: I embrace change while creating stability, expressing my values through grounded and sensual actions.



Gemini

Body Part: Arms, hands, lungs.

Blockages in the Sacred Pelvic Bowl: Overthinking and lack of emotional grounding can disrupt the flow of creative and relational energy.

What Causes the Blockage: Mental overstimulation, scattered focus, and avoidance of emotional depth.

Healing in the Sacred Pelvic Bowl: Integrate mental and emotional energies through journaling or expressive movement to bring harmony to the mind-body connection.

Strategy to Express Fullest Venus: *I communicate openly and authentically, balancing intellectual curiosity with emotional connection.*



Cancer

Body Part: Chest, stomach, breasts.

Blockages in the Sacred Pelvic Bowl: Suppressed emotions and unmet needs for nurturing can create emotional heaviness and disconnection from the sacred feminine.

What Causes the Blockage: Fear of rejection, emotional overprotection, and unresolved familial patterns.

Healing in the Sacred Pelvic Bowl: Focus on self-nurturing practices and allow emotional release through activities like water therapy or heart-centered meditation.

Strategy to Express Fullest Venus: I nurture myself and others, creating emotional safety through care and vulnerability.



Leo

Body Part: Heart, spine, upper back.

Blockages in the Sacred Pelvic Bowl: An excessive need for validation or feeling unseen can block creative energy and dim the inner light.

What Causes the Blockage: Ego wounds, lack of acknowledgment, and fear of failure.

Healing in the Sacred Pelvic Bowl: Engage in creative self-expression and affirm self-worth independent of external validation.

Strategy to Express Fullest Venus: I shine confidently, expressing my creativity and love generously without fear of rejection.



Virgo

Body Part: Digestive system, intestines.

Blockages in the Sacred Pelvic Bowl: Perfectionism and self-criticism can create tension and restrict the flow of feminine energy.

What Causes the Blockage: Over-analysis, fear of imperfection, and overburdening oneself with responsibilities.

Healing in the Sacred Pelvic Bowl: Embrace self-acceptance and incorporate rituals that honor the body, such as mindful eating or herbal remedies.

Strategy to Express Fullest Venus: I honor my worth through acts of service and embrace imperfection as part of my journey.



Libra

Body Part: Lower back, kidneys, skin.

Blockages in the Sacred Pelvic Bowl: Avoidance of conflict and overemphasis on harmony can suppress authentic desires and create imbalance.

What Causes the Blockage: Fear of confrontation, indecisiveness, and dependency on others for validation.

Healing in the Sacred Pelvic Bowl: Explore authentic self-expression through art or dance and address conflict directly with compassion.

Strategy to Express Fullest Venus: I seek balance and fairness, expressing my needs while honoring the needs of others.



Scorpio

Body Part: Reproductive organs, pelvis.

Blockages in the Sacred Pelvic Bowl: Fear of vulnerability and unresolved power struggles can create energetic blockages in the pelvic region.

What Causes the Blockage: Emotional trauma, mistrust, and unresolved past betrayals.

Healing in the Sacred Pelvic Bowl: Engage in deep emotional healing through shadow work and practices that honor intimacy and trust.

Strategy to Express Fullest Venus: I embrace emotional depth and intimacy, transforming challenges into empowered connections.



Sagittarius

Body Part: Hips, thighs.

Blockages in the Sacred Pelvic Bowl: Feeling trapped or uninspired can lead to a disconnection from the adventurous and expansive energy within.

What Causes the Blockage: Fear of commitment, lack of purpose, and restlessness.

Healing in the Sacred Pelvic Bowl: Explore movement-based practices like yoga or dance that emphasize freedom and exploration.

Strategy to Express Fullest Venus: I cultivate joy and expansion through exploration, staying true to my adventurous spirit.



Capricorn

Body Part: Bones, joints, knees.

Blockages in the Sacred Pelvic Bowl: Overworking and emotional rigidity can create a sense of heaviness and restriction in the pelvic bowl.

What Causes the Blockage: Fear of failure, excessive responsibility, and emotional suppression.

Healing in the Sacred Pelvic Bowl: Incorporate grounding practices and rituals that honor balance between work and rest.

Strategy to Express Fullest Venus: I build enduring value through commitment and balance, honoring my need for rest and accomplishment.



Aquarius

Body Part: Ankles, circulatory system.

Blockages in the Sacred Pelvic Bowl: Disconnection from authentic self-expression or community can lead to a feeling of isolation in the pelvic energy center.

What Causes the Blockage: Fear of conformity, social isolation, and detachment from emotions.

Healing in the Sacred Pelvic Bowl: Engage in practices that celebrate individuality and foster meaningful connections with others.

Strategy to Express Fullest Venus: I honor my uniqueness and connect authentically with others through shared ideals.



Pisces

Body Part: Feet, lymphatic system.

Blockages in the Sacred Pelvic Bowl: Emotional overwhelm and escapism can cloud intuition and disrupt the flow of creative energy.

What Causes the Blockage: Unclear boundaries, emotional absorption, and avoidance of reality.

Healing in the Sacred Pelvic Bowl: Practice grounding rituals, such as salt baths or meditation, to reconnect with inner clarity and spiritual alignment.

Strategy to Express Fullest Venus: I embrace compassion and creativity, honoring spiritual connection in all relationships.





Breathe

Thank You

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