

# Venus Ritual

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# The story behind creating this ritual

I recently took several Astrology workshops to learn more about myself and the work that I am here to do. It wasn't that I didn't know any of that, it was more that there was a time in my 30-s when I was so confused about who I was and what the ding-dong I should be doing professionally that I bought a really big book about Astrology.

What I read there got me even more confused. And I noticed the other day that some of the sentences from that book were still making me feel uneasy about myself.

To make a long story short: I got all the answers I needed by taking these Astrology workshops. My guess is that the book I bought in my 30-s was using astrology in a very non-creative way. And I found out that you can indeed work with every aspect of your life/of your chart creatively and make things work (if you want to check out these Astrology workshops, too, go visit [Chani Nicholas](#) - her book and her workshops are brilliant. You would have to be willing to learn Astrology to a certain degree, though).

And this - using every aspect of your life creatively - is something I can relate to because what I observed when studying music at Jazz School in Zurich, Switzerland in my 20-s was that the most successful and fulfilled musicians weren't those that had the best equipment, but those who tried to make the best out of what they had.

And this is what I always aimed for with my challenges, too: that I focus on finding solutions as quickly as I can and only focus on my pain and my problems as long as is absolutely needed (sometimes this took way longer than I thought and I had to focus a lot more on my pain than I wanted, but that's another story :-))

So, what does that have to do with "Heal and celebrate your Venus"?

According to Chani (and I hope I quote her correctly), your Venus is the place in your Astrology chart that connects you to others through beauty, appreciation, values and feminine energy. This is also the place in your life that needs the most healing and tending to because the Feminine has been suppressed over the past millennia and our everyday experience of what it means to be feminine is based on whiteness, cis-gender and impossible images of beauty.

We basically live inside a global culture of trauma that makes it very challenging for us to feel seen, heard, recognised and cherished as who we truly are.

My healing work has to do with everything that I just described - with helping you to

heal and celebrate your Venus. To love this planet and its real meaning back into your life. To align with love and truth. And I do so by providing you with the support of the spirit world.

And to keep things as light-hearted as possible – given this challenging task at hand, I want to give you a ritual today that you can do to heal and celebrate your Venus. Ideally weekly.

## The ritual

Get yourself some flowers if you can, preferably some with light colours.

And light up a candle, if you can.

Sit down and listen to as many rounds of the mantra "Shreem Brzee" (see video below) as you like. "Shreem Brzee" is a mantra that calls forth Lakshmi. Lakshmi is a Goddess of Wealth and her qualities are associated with Venus.

After listening to the mantra, I invite you to put your left hand onto your heart, and your right hand onto your left hand. Connect with yourself.

And become aware of all the situations, images and feelings you had in your life that were painful and that you are ready to release. With your imagination release them into the fire represented by the candle. A candle can dissolve karma.

And then, with your imagination invite new situations, images and feelings into your life that you are ready to experience and that are more supportive of who you truly are.

If you are familiar with connecting with Spirit, see if you can communicate your needs, your heart's desires with Lakshmi. Hand everything over to her, ask her for support in a respectful way. She will be sitting to your left.

As a final step, I invite you to say thank you to yourself for all of the healing work you do, say thanks to all of the relationships that you already have in your life that are supporting you – your loved ones, your friends, anyone that you are currently learning from, anyone who is guiding you in this lifetime (including Guides, Angels, Healing Beings).

Saying thank you is a way of appreciating where you are currently standing in your process of healing and transformation. It will help you to move forwards. You are worth every effort.

You do this ritual ideally on a Friday because Friday is Venus day. Any hour on a Friday is good, and Venus Hora would be even more effective (google this, if you have no idea what I am talking about). Venus Hora on other days is very effective, too.

And I highly recommend using flowers and/or a candle, but if you have none you can also imagine flowers and a candle. This is also effective.

## Contact me

If what I share resonates with you, and you would like to receive healing and guidance from my Spirit Guides and me and heal your physical health issues (e.g. chronic illness or pain) or cultivate a higher level of self-love or feel fully expressed in your business, you can contact me here:

### Contact

*Please note that my healing work is not a replacement for medical, naturopathic or therapeutic diagnostics or treatment.*

Smiles,

**\* Jouleeyah \***

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