



# Venus Star Codes

Paphos, Cyprus

Embodiment Kit

# Reveal · Release · Receive · Embody

*The Venus seed point invites a new relationship with your worth, desire and receiving.*



## REVEAL

Notice the old bargain beneath a familiar response. What is becoming visible?



## RELEASE

Acknowledge what once protected you. What is ready to leave your daily choices?



## RECEIVE

Make space for nourishment, beauty and support. Let something reach you.



## EMBODY

Give a Venus quality expression through one small, tangible choice today.

*The seed takes root in the ordinary moments where you choose again.*

# Your Four Week

## *Integration Focus*

*Reveal : Soften : Receive : Express*

Let the journey become familiar through gentle, repeated choices. Return to the quality asking to grow in you.



### REVEAL

Notice one recurring bargain around love, worth, money or desire.



### SOFTEN

Use the water practice to release its hold on today's choices.



### RECEIVE

Allow support, rest or beauty without immediately repaying it.



### EXPRESS

Honour one soul-led desire with an action you can sustain.

*A field to return to, at your own pace.*

# Venus Star Codes

## *Crystal Grid*

Let yourself be guided to the materials that speak to you. How can they support your receiving and embodiment this week?



**Rose Quartz**



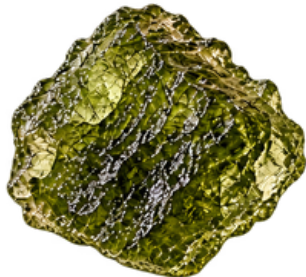
**Moonstone**



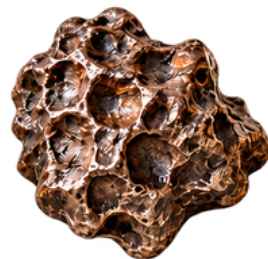
**Black Moonstone**



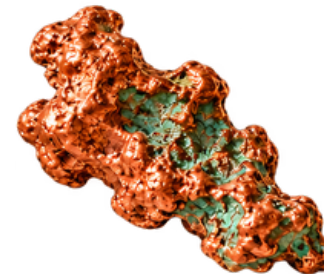
**Shells**



**Moldavite**



**Meteorite**



**Copper**



**Herkimer Diamond**

# Nourishing the *Receiving Vessel*

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Give the new codes somewhere to land. Work with one or two practices for seven days, noticing the quality you are choosing to nourish.



## Water, Release & Renewal

Release an old bargain through a daily bathing ritual.



## Opening the Receiving Hands

Notice receiving without immediately giving back



## Giving Desire a Place

Give a soul-led desire a tangible expression.



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*Let your breathing stay natural. Move at a comfortable pace.*

# Water, Release & Renewal

*Use daily bathing to release an old pattern and honour a new choice.*

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01

While bathing or showering, feel the water meeting your skin.

02

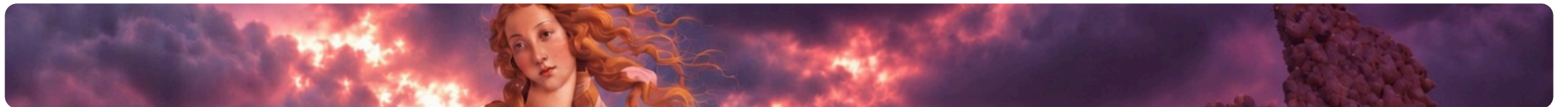
Bring to mind one old bargain you have noticed that day - perhaps needing to overgive, hide a desire or prove your worth.

03

Let the water become a symbol of releasing that pattern. Choose one quality to carry into your day: receptivity, self-worth, pleasure or creative freedom.

04

As you dry yourself, name one small action that will honour the quality you have chosen



*I make space for a new way of being and give it expression through my choices.*



# Opening the Receiving Hands

*Notice how your body responds to receiving without immediately giving something back*

01

Rest your hands on your thighs, palms down. Feel the support beneath you.

02

Slowly turn your palms upwards. Notice your shoulders, jaw and belly.

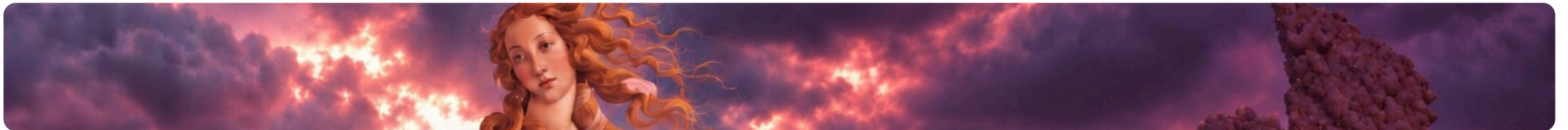
03

Imagine accepting a kind word, practical help, a moment of beauty or time to rest.

04

Notice any impulse to minimise it, repay it or prove your worth. Stay for a few comfortable breaths, then let your hands rest.

*I allow nourishment to reach me.*



# Giving Desire a Place

*Explore a soul-led desire and give it a small, tangible expression*

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- 01 Sit or stand comfortably, with one hand on your heart and one on your lower belly.
- 02 Ask: “What wants to become expressed through me?” Allow one desire to arise.
- 03 Say it quietly. Notice any excitement, tenderness or resistance in your body.
- 04 Ask: “What is one small way I could honour this today?” Take that step, then pause to feel what it is like to have listened to yourself.



*My soul-led desires are worthy of my attention.*



# Venus Seed Ritual

## *Prepare : Witness*



### 01 Prepare the Sacred Space

Set aside a quiet moment with your journal and, if you wish, a material from the grid or the Paphos image. Feel the support beneath your body and settle into your heart.

Choose an area of life asking for attention. Use your Venus Map or work intuitively with what is already coming into awareness.

### 02 Witness the old Bargain

Write: “To feel safe, loved or accepted, I learnt that I had to...”

Let one old bargain become visible. Perhaps you made your needs smaller, hid a desire or gave more than you could comfortably offer.



# Venus Seed Ritual

## *Release : Choose : Nourish*



### 03 Release & Choose

Acknowledge what the pattern was trying to do for you. Recall the revealing embrace of the Dark Goddess and, if it resonates, the violet flame of transmutation.

Write: “The choice available to me now is...” Keep it specific enough to practise in everyday life.

### 04 Plant & Nourish the Seed

Name the Venus quality you wish to nurture and one action that gives it space to grow. Return over the coming weeks, noticing how the seed asks to be nourished.



*I honour what protected me. I make space for what is ready to grow.*



# Integration Touchstones

Threads to keep noticing as the Venus codes find expression in your life.

01

## HIDDEN BARGAINS

What familiar response is revealing old patterns about your worth?

02

## HEART COHERENCE

Return to the ocean rhythm and the meeting of mind and heart.

03

## RECEPTIVITY

Where can nourishment reach you without a need to earn it?

04

## SOUL-LED DESIRE

Which desire is asking for your attention and a small expression?

05

## MAGNETISM

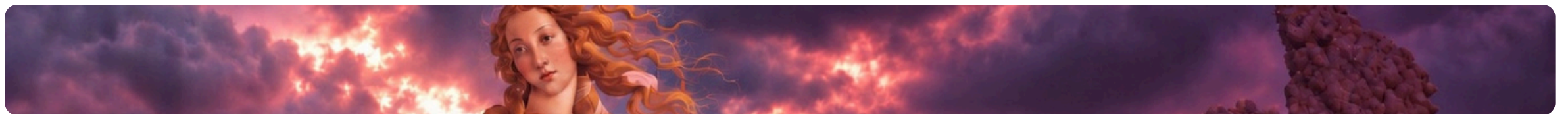
Notice the quality you carry into your encounters and choices.

06

## NEW CHOICES

Give love, creativity or abundance a place in ordinary life.

*Notice what changes when you give the new quality room to grow.*



# Deepening the *Venus Frequency*



## Garden of Abundance

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This month's companion activation. Work with subconscious abundance patterns, nurture new seeds of creativity and manifestation, and open your capacity to receive.



## Calling in Divine Feminine Codes

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Deepen into the heart chambers, release attachments and lower emotions from the navel/sacral chakra, and connect with the divine feminine template.



## Inner Power Activation

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Reconnect with your core sense of self, release unworthiness and strengthen your sovereignty where you have given your power away.



# Embodiment Prompts

Grab your journal, sketchbook or audio recorder. Let the questions open a conversation.

01 Looking back to autumn 2018, what themes or power? What can I see now?

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02 Which desires do I permit only when I can explain them as a need? What belief sits underneath that distinction?

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03 What happens in my body when someone offers support or generosity? What do I feel I must do in return?

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04 Where have I exchanged my own knowing for security? What would a different choice look like now?

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05 If anger or frustration is present, what does it reveal about a boundary, a loss or something unexpressed?

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06 What would nurturing my Empress frequency look like in one ordinary moment today?

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WEEKLY CHECK-IN : What shifted? What did I receive? What is my next choice?