

Venus Alchemy Presents
Preparing for 2020 Online Summit
Accessing Grandmother Wisdom
With Cayelin K Castell and Tami Brunk



Connecting Personally With the Grandmothers

- Grandmothers Prophecy
- Valuing Grandmothers/Elders
- The Bird Tribes
- Healing Power of the Sacred Hoop
- Personal Practice to enhance Awareness – Pema Chodron
- Journaling Practice
- Vision Board/Altar
- Grandmothers and DNA Ancestry
- Finding the Grandmother Guides within





October 2004, thirteen indigenous Grandmothers from around the world, keepers of their tribes' teachings from original times came together to fulfill an ancient prophecy, known by many of the world's indigenous tribes: **"When the Grandmothers from the four directions speak, a new time is coming."**

When they were very young, a few of the Grandmothers were told by their grandmothers this was their destiny. All of the Grandmothers had been invited long ago, in a time before time as we know it, to meet at the Great Turning to become a force for peace in the world.

Prophecy revealed to each one that they must now share even their most secret and sacred ways with the very people who have been their oppressors, as the survival of humanity, if not the entire planet, is at stake.

Valuing Grandmothers, Elders, Wisdom Keepers

- They are young at heart
- They are loving and kind
- Their Wisdom is Valued and Sought Out
- They work to improve the Lives of Others
- They hold a broad vision of the interconnectedness of life
- They are connected to their ancestors
- They are versed and grounded in their culture and traditions while accepting of others and their traditions
- They serve as unofficial leaders
- They share their wisdom through stories
- They offer an expanded perspective
- They are wise role models for their community, especially the children



The Bird Tribes are Returning



From the most distant lands of our Hearts

*They bring us the Vision of who we Truly are...
One People, One Planet*

Whirling in the arms of the Stars



A Few Bird Totems

Golden Eagle

Falcon, Hawk

Hummingbird

Owl, Raven

Doves, Vultures



Return of the Bird Tribes and the Powerful Messages in Our Dreams

On May 4, 2000 when seven planets aligned at the New Moon in Taurus Cayelin awoke from a powerful dream in Mesa Verde where she had traveled to with a few of her Priestess Sisters.

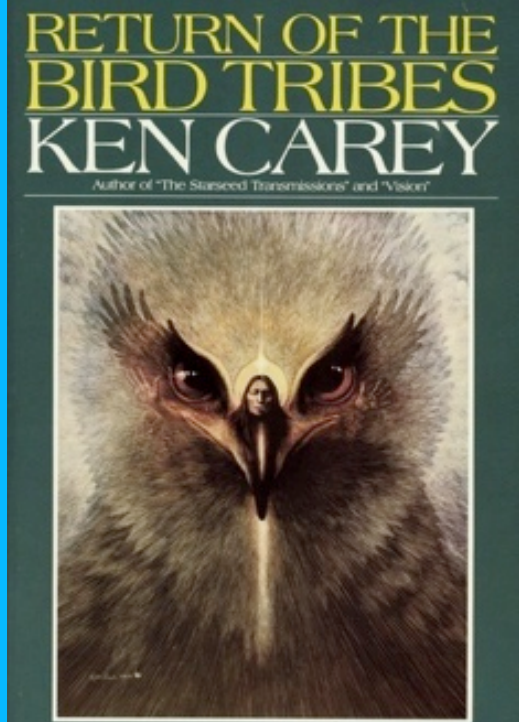
In the dream she saw she was somewhere high above the world with an indigenous tribe. “Where Am I?”

The clear and direct answer was “You have returned to live with **the Bird People.**”

Within a couple of days after the dream Cayelin received a Fire Bird Ring in a give-away ceremony in Dove, Creek Colorado at Buffalo Woman Ranch.

The day after that she found *The Return of the Bird Tribes* Book on the book shelf of a sacred sister near Flagstaff, Arizona where she and others had stopped for the night on their way back to Tucson. The book opened to this passage: White Buffalo Calf Woman is address the people saying:

*“My tribe is the Fire Bird...I am one of **the Bird People**, whose tribe once covered this Island of the Turtle. Do you remember the Winged Ones of heaven? The firebirds? The Thunder Tribes? How long has it been since you called to us in your councils?”*



White Buffalo Calf Woman Speaks in *Return of the Bird Tribes* by Ken Carey

...Creation requires a gathering together and focusing of your power within a circle of commitment - like a seed, an egg, a womb or a marriage.

If you would create and not destroy, you must remember always remember the **Sacred Hoop**. Consider wisely the ways you use your power and then around those ways draw the sacred circle of commitment.

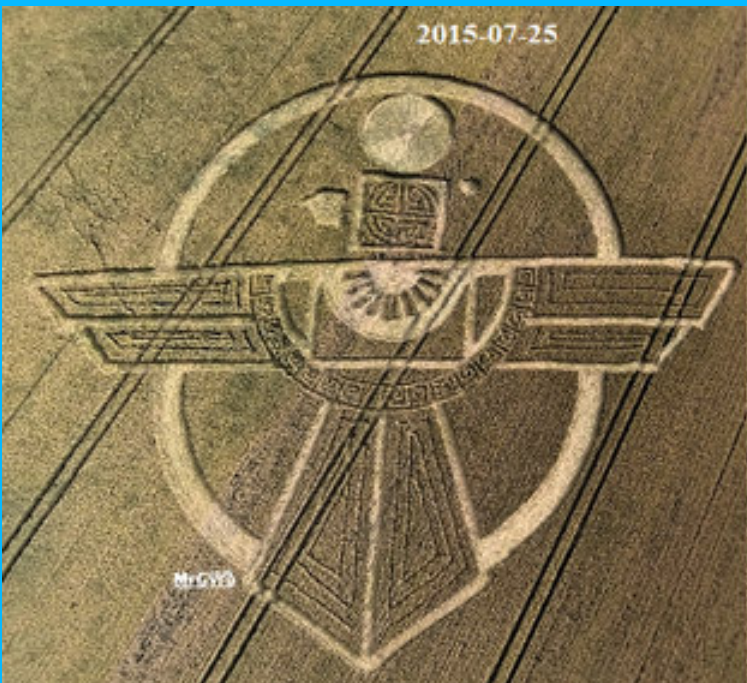
In the warm atmosphere of that circle, the power of love builds and builds like a storm above the wet summer prairie until suddenly the circle can hold no more and explodes in the conception of the new.



The book describes the Bird tribes as ***“the spiritual guardians of the earth. Angelic entities. Human spirit (or higher selves). Beings through who the Great Spirit creates on the physical plane. Previous incarnates on this planet. Original creators of life.”***

They are also called the Thunder Tribes, the Winged Ones, the Angels, the Spirit Beings, the Hokedas, and the Spirit of the Stars. The book ends saying:

“The Sacred Hoop can no longer be denied. The circle requires completion. From California to the New York Islands (or Washington DC)...As Sacagawea once guided Lewis and Clark to the shores of the Pacific, an aboriginal consciousness is awakening to guide our technology through the economic and political labyrinth of the next quarter century. Let us honor it. And let our incarnations begin. We are the Bird Tribes, the Ongwhehonwhe, the people of reality.”



The 100 Eagle Feather Hoop of Nations

Created from a Vision

Empowered with the
Gifts of Healing, Hope,
Forgiveness and Unity

Cayelin helped to carry
this Sacred Hoop to the
Phoenix, Arizona
Capitol April 11, 2000



The 100 Eagle Feather Hoop of Nations was inspired by a vision Don Coyhis of the Mohican Nation had. Don was raised on the Stockbridge-Munsee Indian Reservation in Wisconsin.

In his vision, Don saw a small willow tree shed its leaves and form itself into a circle of about four feet in diameter. Then he saw the feathers from both Golden and Bald eagles fly through the air and arrive at the willow hoop.

One by one the feathers attached themselves to the hoop until a total of 100 feathers were fastened around the circumference of the willow.

Don's tribal elders told him this vision was guiding him to build a sacred hoop with 100 Eagle Feathers.

This is a daunting task as **to even receive one Eagle feather is momentous**. The eagle feathers started arriving one by one from from Native Tribes in the US and around the world. Within about three months 100 eagle feathers had been gathered and the 100 Eagle Feather Hoop of nations was created.



From April 2 to July 10 of 2000, a Sacred Hoop of 100 Eagle Feathers was carried from Los Angeles, California to Washington, DC on a Walk dedicated to healing and forgiveness for all people everywhere. There was a focus on healing drug and alcohol, as well as ending domestic violence everywhere but most especially in American Indian and Alaska Native communities.

Another intent was to reverse the Trail of Tears.

All four directions or ethnicities - the Red, the Yellow, the Black and the White - were cordially invited to make the walk and to share in the conferences and other wellness events along the way.



Elders from the 4 Directions

Yellow: Tibet

Red: Native

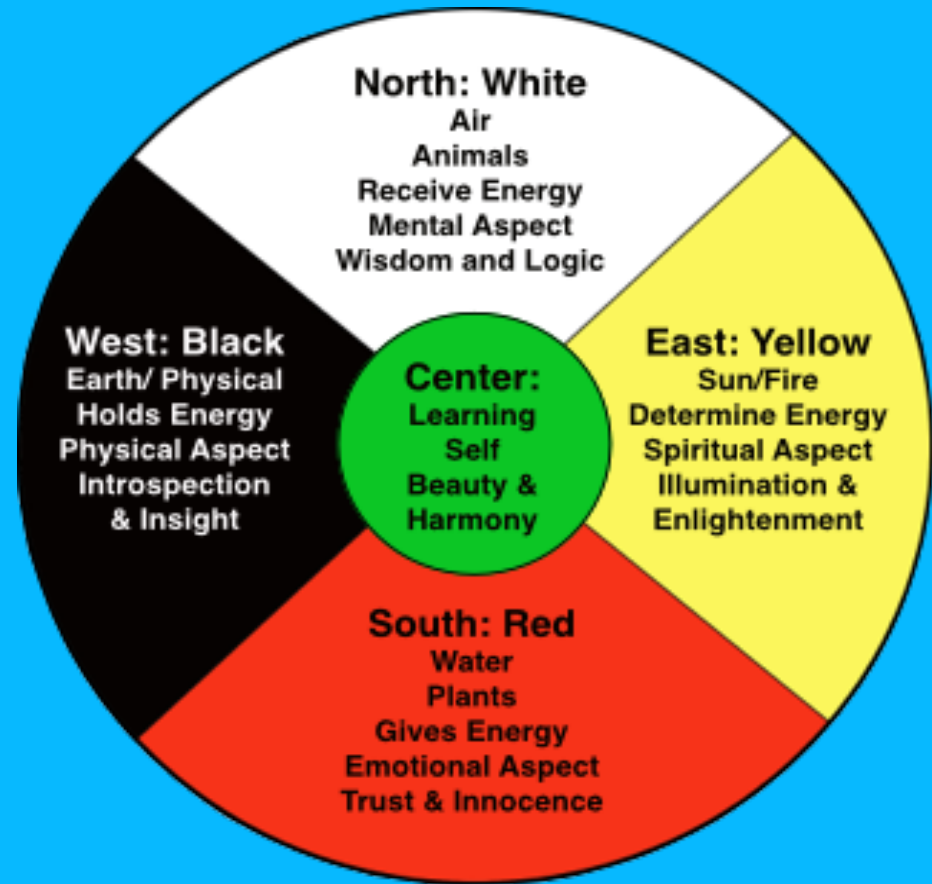
Black: African

White: European

In 1994 Elders from the 4 directions met in Janesville, WI to bless the 100 Eagle Feather Sacred Hoop.

They blessed this Sacred Hoop with Four Powers.

- 1.The Power of Healing
- 2.The Power of Hope – through our dreams
- 3.The Power to Forgive the Unforgivable
- 4.The Power of Unity – joining together to create change through Healing, Hope and Forgiveness



Golden Eagle Dream November 2017

Gifted this Eagle
Feather a week
after the dream



The spirits recognize
you and your work
to benefit others.

Pema Chodran

Wisdom Keeper/Elder/Grandmother

Awareness a.k.a. Mindfulness
Choose Something Different
Make this a Daily Practice

Awareness of your thoughts and emotional triggers from day to day, moment to moment is the first step to changing your conditioning, your point of view and thus changing your life.

Are you taking steps to change your perspective, to be aware of the places where you get triggered or hooked into an emotional response that puts you in survival mode?

When you become aware of fear driving your choices are you willing to engage more conscious choices that are sustainable for your life now and into the future?



Journaling Practice with the Grandmother's Questions to Consider as we Approach 2020

A practice for more deeply connecting with Grandmother Wisdom.

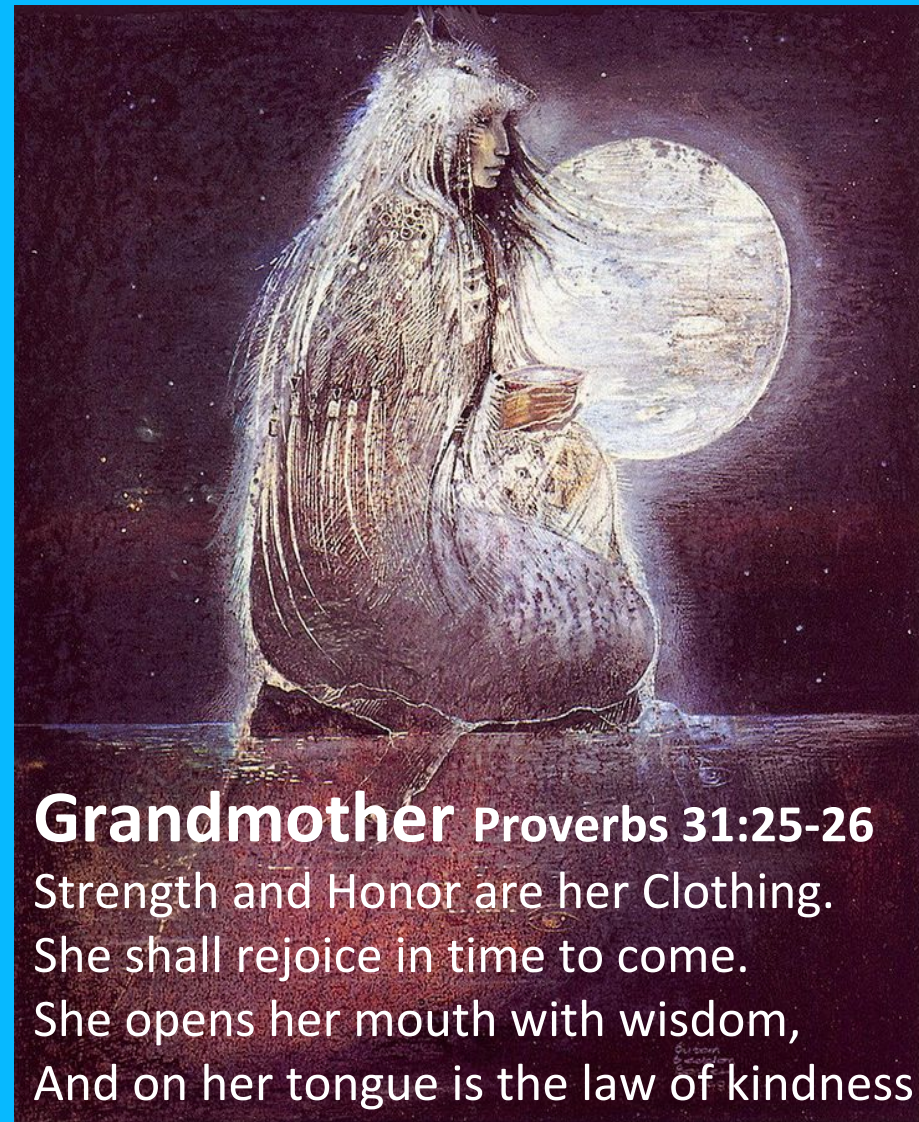
Consider and perhaps Journal what comes up for you when asking the following Questions. Live with each question for a month and when complete return to each question again to see if anything has changed? This practice will deepen connection to your own inner wisdom expanding your insights and awareness about how you are seeding the New World.



- What is the Legacy you are leaving this world?
- Is your legacy sustainable, does it create beauty?
- Does it empower you and other people to be who they really are?
- Is it kind, loving and forgiving?
- How does what you do affect your children, your children's children and/or any children you know and the generations that will follow?
- Are you creatively communicating your Legacy in joyful, fun and loving ways? If not how can you and if you already are how can you do more of that?
- Are you helping to restore your personal sacred relationship with the Earth?
- Are you inspiring others to do the same?
- Are you wisely caring for your body, your physical temple, that you are living in in this life?
- Are your actions supportive to the Earth, to all those around you, to those who follow in your footsteps?

Questions To Consider...

- Are you stepping up to consider how important taking loving inspired action is for you, the Earth and the generations to follow?
- Are you calling on the wisdom of your ancestors helping to transform their trauma if there is any, changing the legacy going forward so that it's not old patterns of competition - killing off our competition - killing off our world - killing off anything that feels threatening - whether figuratively or literally.
- Do you have the Courage to do what feels most loving supportive and kind even when it goes against the status quo?
- Are you taking steps to change your perspective, to be aware of the places where you get triggered or hooked into an emotional response that puts you in survival mode?
- Are You Choosing Love and Kindness as the way to create the New World?



Grandmother Proverbs 31:25-26

Strength and Honor are her Clothing.

She shall rejoice in time to come.

She opens her mouth with wisdom,

And on her tongue is the law of kindness

Calling in Grandmother Guidance with a Vision Board/Altar

Suggestions:

- Create Sacred Space
- Ask for Guidance from your Grandmother Guides
- Put on Inspiring Music (the Grandmothers Song)
- Dance or Move with Your Intention
- Journal Stream of Consciousness to connect with your Grandmother Guidance
- Create a Vision Statement Through Phrases or Identify Key Words
- Search Magazines or Internet for Images connected to your Key Words or Vision Statement – Do this Intuitively
- If you feel stuck or doubtful get up and dance or move to help release those feelings
- Sleep on it and ask your Grandmother dreaming self to help
- Once complete Revisit your Vision Board and/or Altar to See if you left anything out or if there is anything to change.
- An Example to get you started follows



Grandmother Guidance

- How Can I Be more Loving?
- How Can I Be more Kind?
- What is Next for Me?
- What Is Mine To Do Now?
- Where is my Community?



Thank You!



GRANDMOTHERS
COUNSEL THE WORLD



Women Elders Offer Their Vision for Our Planet



The Grandmothers as Expressions of Our DNA

Early in our work with the Grandmothers I came to see those connected to our bloodline as the highest embodied expression of our DNA, expressing the deepest ancestral wisdom as well as embodying the highest future potential expressed through our genetic makeup, fully healed, activated, and expressed.

Another connection between the Grandmothers and our DNA can be found when we trace the results of a DNA test back to our original Clan Mother or Grandmother.

This can be done by getting a DNA test and identifying your Haplo Group, or one of 7 original ancestral Clan Mothers or Grandmothers.



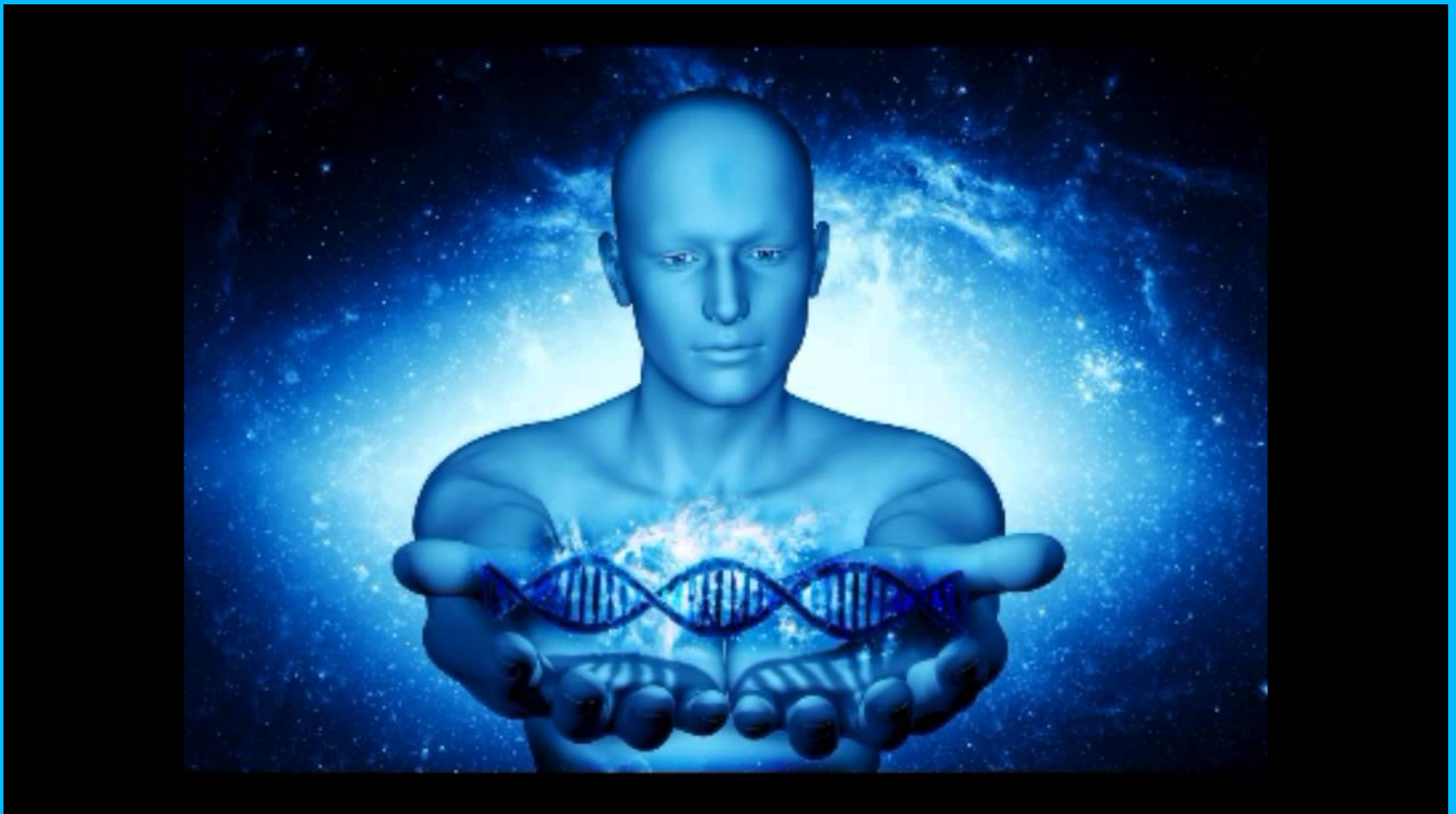
In Bryan Sykes work “The Seven Daughters of Eve” he gives each of these Seven Clan Mothers a name and a story.

Book is [HERE](#)

Healing Our DNA and the Grandmothers

This basic idea we have that we are controlled by our genes is false. It's an idea that turns us into victims. I'm saying we are the creators of our situation. The genes are merely the blueprints. We are the contractors, and we can adjust those blueprints.

*And we can even rewrite them. ~ Bruce Lipton *Biology of Belief**



Healing Our DNA

There is no “Junk” DNA

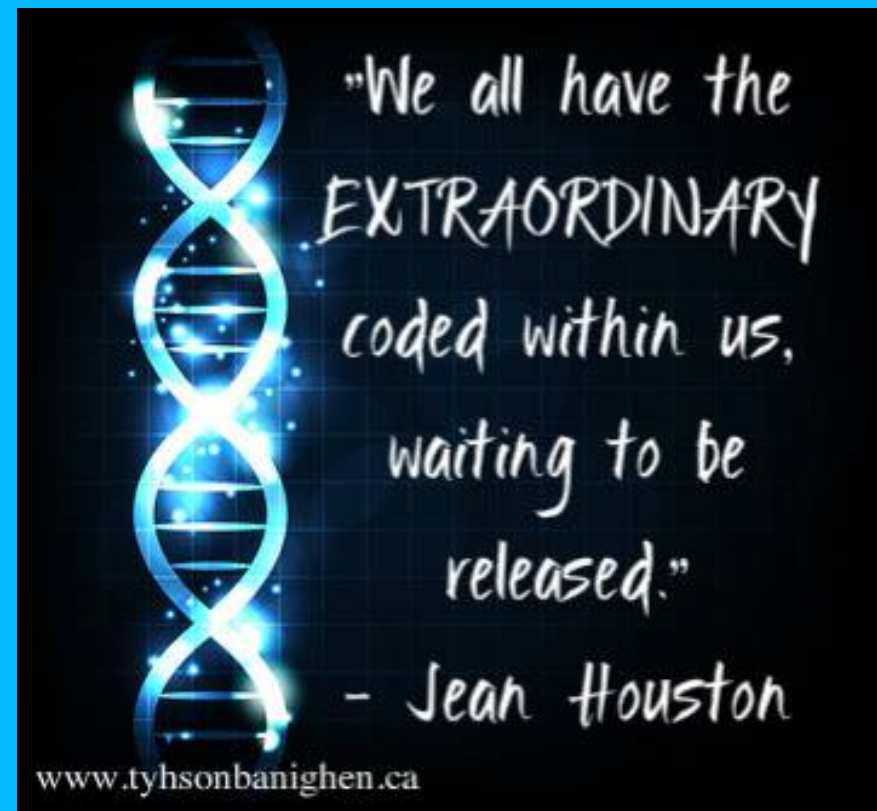
Mainstream science, through the Encode Project is now acknowledging that what was once believed to be “junk” DNA has a vital, and often mysterious role in maintaining wellness in the body. Read Article [HERE](#)

We Can Alter Our Genes

Cellular Biologist Bruce Lipton in his book “The Biology of Belief” makes the case that we can alter our genes through our beliefs.

Epigenetics shows how we are impacted at the genetic level by the experiences of our parents, grandparents, and ancestors. We carry the imprint of their resilience and their trauma in our DNA.

Grandma’s Experiences Leave a Mark on Your DNA article [HERE](#)



ThetaHealing, one of many modalities now emerging with the intent to bring about radical healing at the genetic level, by integrating the theta state into ones’ brain wave cycle.

Learn more [HERE](#)

Encountering the Toxic Grandmother

Both Cayelin and I had toxic Grandmothers who carried patriarchal wounding.

Part of my journey in working with the Grandmothers was to see where the anger, wounding, and patriarchal oppression experienced by my Grandmother still lived in me, so I could heal it.

- *Did you have a Toxic Grandmother?*
- *Have You Carried Any of Her Anger or Other Wounded Energies?*
- *What Would it Take to Heal them Within, and So Heal Yourself and Her and Break the Chains of Ancestral Wounding?*



Elderhood in 2020: Finding the Guide Inside

At the Turning of the Ages, we may find it challenging to find a wise elder in human form who can offer guidance on how to navigate toward the future - because we live in a time of profound change and new pathways - not old formulas, are required!

Unlearning is often more important than knowledge!

A true wise elder knows that their role is to empower others to find the answers within themselves and in the world around them.

What we seek “out there” in terms of the Elder or Guru, or guide, is often precisely what we need to develop internally.

This is similar to how we tend to project onto our partner or lover all the qualities we ideally need to cultivate within ourselves.



**What Qualities Do You Admire
in Your Elders and Teachers?**

*Where do you already possess
these qualities and how can you
cultivate, grow, and tap into
them even more?*

Connecting with Your Grandmother Self – An Invocation

Grandmother, wise and loving one within me,
you who know:

The ways of Time
The ways Beyond Time
The ways of Jumping Timelines
The ways of Forgiveness
The ways of Dreaming
The ways of Visioning
The ways of Wise Guidance
The ways of Animal Guides and Helping Spirits



Guide me to where you reside within me, traveling to my Future Wise Self in this life or some other life where my wise guidance is most alive for me.

What is the most important thing for me to know now? Send me a message, in the form of a vision, symbol, medicine animal, words, feeling, or dream.

Sacred Grandmother Within - Thank you for guiding me with all your Wisdom, Experience and Knowing, so that I now Seed and Embody the New Earth within Me - in ways that support my life and all life everywhere.

Venus Alchemy

Cayelin Castell and Tami Brunk bring you the Mysteries of Venus

Join Cayelin and Tami for our latest Venus Alchemy Online Ceremonial Journey With Venus and remarkable in depth look at your Personal Venus Signature as we Get Personal with your Inner Goddess and you can access our Free Venus Underworld Video at VenusAlchemy.com

Check out the Videos Page on Venus Alchemy for our most recent sharing on the Venus Underworld Journey (to be posted by December 10. The Underworld journey began November 28, 2017 and lasts until February 19, 2018.

