

Venus Rising

Welcome



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Venus Rising

Meet your guide



Hi! I'm Laetitia Casano

I am a self-love intuitive guide sharing my wisdom through my heART. The main themes of my personal journey in this body and time are self-love, self-worth and sexual healing.

I channel the Goddess through my hands and in my art. My work is around the sacred feminine and more recently the integration of both the sacred feminine and masculine energies, within and without.

My dream and goal is to live a passionate life and to thrive through sharing my gift with the world. My gift is to bring the Goddess to others, my challenge is to embody the Divine Feminine myself.

Through sharing my personal journey towards self-love, self-empowerment and sexual sovereignty, I hope to be a voice for those who can't speak up and to inspire others on their own healing journey.

I offer sacred sexuality courses, yoni massages and healing arts for self-knowledge, self-empowerment & self-love. I have a deep connection to Mary Magdalene and the Goddess of Love in many of her forms, including Venus, Hathor, Inanna...

I am the creator of the Inner Queen Oracle, a deck to re-connect with our body & femininity. I express the deep feminine in clay sacred sculptures and soul portraits. My art is in the workbooks of the Venus Rising program.

I am deeply honored and grateful to be your guide on the Venus Rising program!



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Welcome

Welcome to the Venus Rising 8 weeks program!

The structure of this course is inspired by the planet Venus Cycle. In a few words, the Venus cycle includes a descent phase to the underworld, an underworld or invisible phase & an ascent phase back from the underworld, all relatable to the Goddess Inanna's journey. In her myth, Inanna passes through 7 gates which have been correlated to the 7 chakras in Shamanic Astrology (Daniel Giamario). The Venus ascent phase is an invitation to rebirth & empowerment.

The planet Venus, after spending few months in the underworld (hidden by the glare of the Sun), is now about to reappear in the evening sky & start her ascent back through the chakra gates. In this course we are going to harness the energy offered at this moment by Venus, the Goddess of Love, to reclaim what is naturally ours: our healthy and divine sexual energy expression.

The Goddess of Love has many names; Venus & Inanna are some of them. While Venus-Inanna's descent journey to the underworld is all about removing blocks to an authentic way of being & clearing our chakras, the ascent journey back through the gates is about reclaiming a healthy & empowered way of being, charging our chakras. My invitation during this Venus Rising course is to consciously commit to become sovereign of your sexual energy, renewed & empowered. I am so thrilled that you have joined the course since I believe it means you are committed!

The planet Venus ascent is an 8 months journey, one chakra gate being opened once a month when Venus & the Moon come into conjunction. We will transpose this journey to 8 weeks and each week we are going to focus on activating a chakra in an empowering & healing way. Those rituals will be inspired by Tantric practices, Taoist exercises, and more.

Few words about my background: being a 41 years old heterosexual cis-woman, I tend to use an heteronormative language out of habit. However I embrace all genders and sexual orientations. I invite you to transpose woman/man to divine feminine/masculine or any vocabulary you feel more aligned with. I am open to grow and learn on this subject, your feedback is always welcome during the course!

My deepest desire for you is to Rise as the Love Goddess that you are! You're doing this for yourself and for the generations to come. Welcome to this deeply transformative and empowering 8 weeks journey!

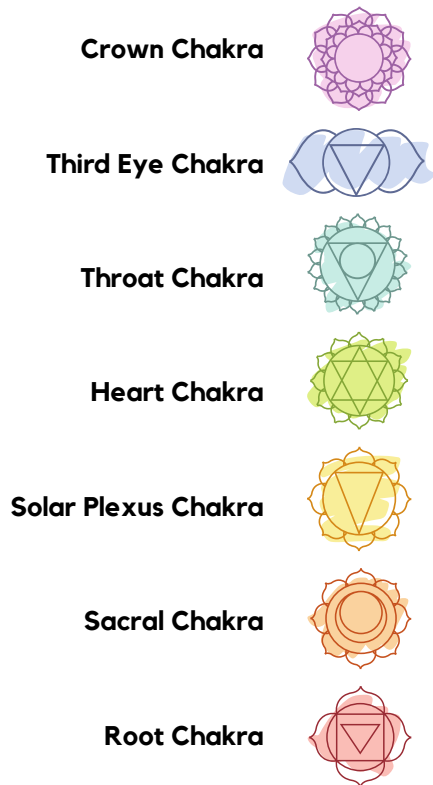


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Structure



In Sanskrit, the word “**chakra**” means “disk” or “wheel” and refers to energy centers in your body. These wheels of spinning energy each correspond to certain nerve bundles and major organs. There are seven main chakras that run along your spine. They start at the root, or base, of your spine and extend to the crown of your head.

To function at their best, your chakras need to stay open, or balanced. If they get blocked, you may experience physical or emotional symptoms related to a particular chakra. During this course we will dive deeper into what this means for each chakra and for you.

Each module, except the first which is an introduction, is focused on one chakra, starting at the Root and going up until the Crown chakra.

At the beginning of each week, you'll receive the material of the module. Each module includes two sections: an **introduction**, with either journaling prompts or an introductory practice; and a **sacred sexuality practice** divided into several steps so you can take your practice to the level you are ready to at this time. Those exercises are inspired by Tantric or Taoist practices and my own experience of reclaiming my body, my pleasure and my sovereignty.

Please go through the written material and practise the exercises offered **before our call**. By the end of each week, we will meet in a group call on Zoom to discuss your process, clear any doubt that might have surfaced, help you remove blocks or resistance to do the practice if need be and share insights.

The aim of this program is for you to become sovereign of your sexual energy, aligning your sexual practice to your soul's desire. Therefore, I invite you to follow your intuition and respect your body when it comes to the practices. Do only what feels good and calls to you. You are going to learn to trust and follow your body wisdom. If you feel some resistance that you would like to clear, I will be here to help you during the live calls. You are going to reclaim a joyful, aligned and empowered sexual life. I can't wait to see you bloom into the love Goddess that you are!



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8 weeks Program

module 1

Introduction

Reclaim your Intimacy

Sacred Sexuality

Mirror Work

module 5

Heart Chakra

Reclaim your Desire

Heart & Womb connection

Breast Massage

module 2

Root Chakra

Reclaim your Sacredness

Menstrual Cycle Awareness

Yoni Gazing

module 6

Throat Chakra

Reclaim your Truth

Throat & Vagina connection

Yoni egg practise

module 3

Sacral Chakra

Reclaim your Pleasure

Female Sexual Anatomy

Self Pleasure Massage

module 7

Third Eye Chakra

Reclaim your Priestess

Six Healing Sounds

Sexual Reflexology

module 4

Solar plexus

Reclaim your Power

Cord Healing Ritual

Orgasmic Manifestion

module 8

Crown Chakra

Reclaim your Goddess

All types of Orgasms

Microcosmic Orbit



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Material & Resources

- Journal dedicated to the Venus Rising course to answer the journaling prompts
- Handheld mirror or self-standing small mirror
- Body massage oil: almond or coconut oil, preferably organic
- *Optional* Essential oils to add to the base massage oil. Here is an example list: Myrrh (Root), Ylang Ylang (Sacral & Solar Plexus), Rose (Heart), Sage (Throat), Eucalyptus (Third Eye), Lavender (Crown). Follow your intuition, use what you already have.
- Yoni egg: I will introduce the practice with a Yoni egg in module 5. For beginners, I warmly recommend using a rose quartz, jade or clear quartz yoni egg, medium size. I prefer undrilled, the hole is for you to add a string to pull the egg out (or to tie weight to the egg to do lifting exercises), but I don't recommend doing that anyway (more on why in module 5). Follow your intuition, if you feel more confident & safe with the string, get a drilled egg.
- *Optional* Crystal wand: For the practice of module 7, you might want to use a massage tool. However, you can do the practice with your fingers, which I tend to prefer anyway. I am advising against the use of vibrators as they tend to numb and desensitize the vagina if used too often. If you want to use a tool, I would recommend a crystal wand (again, I would recommend rose quartz or jade).
- **IMPORTANT:** never insert anything in your anus that is not specifically made for this purpose (with a plug) or it will get sucked in!

- **Shop for a GIA Certified Yoni egg and wand**

<https://www.gemstoneyoniegs.com/collections/yoniegs>

<https://www.gemstoneyoniegs.com/collections/crystal-sex-toys>

<https://genuinejadellc.com/products>

<https://crystalyonitemple.co.uk/>

<https://yoniegg.com/shop-for-yoniegs/>

<https://www.chakrubs.com/shop-all/>

<https://yonigrace.com/product-category/wands/>



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Go deeper

If you feel called to dive deeper into each module or if you need more time to integrate the practices of each module, I offer an 8 months Venus Rising program including:

- additional journaling prompts to get to the root of your belief system
- integration of the feminine and masculine inspired from ancient Egyptian wisdom
- a bonus package to understand more in depth the Venus cycle and its influence on your life (self-led course)

Don't hesitate to contact me for more information: femmedivine8@gmail.com



Isis-Aphrodite, Laetitia Casano, 2022



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