

VENUS & YOUR VALUES

A POST VENUS RETROGRADE VALUES INTEGRATION

PART I | YOUR NATAL VENUS

MY NATAL VENUS:

My Natal Venus is in _____ in the _____ house.

NOTES / WHAT THIS MEANS FOR ME:



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PART II | VALUES INTEGRATION

PERSONAL / DOMESTIC LIFE:

What kind of environment makes me feel safe, nourished, and truly at home?

What are my non-negotiables when it comes to how I care for my body, mind, and spirit?

Where do I spend time or energy that doesn't align with how I actually want to live?

What rituals, rhythms, or aesthetics reflect my sense of beauty and peace?

What does "luxury" or "abundance" mean to me—on a personal level?



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RELATIONSHIP LIFE:

What do I need in my closest relationships to feel deeply met and respected?

Where am I compromising my values in order to avoid conflict, abandonment, or discomfort?

What does reciprocity mean to me—and am I experiencing it?

What kinds of connection feel life-giving to me now? Have they changed?

What role does sensuality, affection, or shared beauty play in my relationships?



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PROFESSIONAL LIFE:

What kind of work feels meaningful to me—even if no one is watching?

How do I define success now, and what has shifted in that definition?

What are the energetic costs of my current work rhythms—and are they worth it?

Am I building something that reflects my values—or someone else's?

What kind of leadership or collaboration do I feel called into?



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PART III | VALUES IN PRACTICE

"HOW DO I LOOK AT FACE VALUE, HOW DO I LOOK AT GRACE VALUE, HOW I
LOOK AT MY RACE VALUE AND HOW DO I COVER THIS SPACE VALUE."
-YOGI BHAJAN

FACE VALUE:

What is the face value of the situation? What is plainly being presented? What truths or appearances are immediately available?

GRACE VALUE:

Is there grace here? How can I navigate this with grace? How can I increase the frequency of grace in this moment, conversation, or decision?

RACE VALUE:

How do I value myself in this situation? What is my value to the situation?

***We acknowledge that 'race' is a complex and charged word. This teaching is not intended to be used in a discriminatory way toward self or others. Rather, it is an inquiry into your own positioning and value in a situation. Yogi Bhajan's explanation of 'race value' in this context was, "You know, the dog which has paper, sell for hundred dollar more than dog doesn't have a paper, (?) that's called race, how you come out to be."*

SPACE VALUE:

How do I cover the space value? After consideration of all of these factors, how should I move my energy through the time/space for the highest and best outcome for all?

