

40 DAYS OF VENUS

Alchemy of the Heart

3 October - 14 November 2026

A devotional journey through Venus Retrograde in Scorpio.

DESCENT | ALCHEMY | METAMORPHOSIS | RENEWAL

with Danielle | 12thSpace

The Forty-Day Passage

Venus turns retrograde at 8° Scorpio on 3 October, beginning an inward passage through relationship, desire, value, intimacy and the changing landscape of the heart.

Scorpio carries us beneath appearances. It asks what is ready to be transformed, what can no longer remain in its former shape, and what power becomes available when we stop resisting necessary change.

At the centre of the journey, Venus disappears into the solar light and meets the Sun at 0° Scorpio on 24 October. This inferior conjunction is the Venus Star Point: the heart of the descent, the meeting place of Venus, the Heart and the Solar Light, Consciousness, a point of profound inner alchemy.

*“The cracks become voids.
Voids become new beginnings.*

These voids become hosts to new fertile ground.”

Fertility belongs within this alchemy, but it is not the whole story. The passage is one of dissolution and recombination, metamorphosis and renewal. The heart is not asked to return to what it was. It is invited to be changed by what it has lived.

The Practice

Return to the same practice each day. Let repetition become the vessel. The practice can be brief, just let the return to practice be what matters.

AIR | Breath, Voice, Mantra, Incense

Light a little incense and allow the smoke to move through the space. Begin with several slow breaths. Play or sing Shemaya by Ankhara Rose. Let breath, voice and vibration move through the chest, throat and heart.
(Lyrics below.)

WATER | Salt, Remembrance, Compassion

Place a bowl of water before you. Take two crystals of good-quality natural salt. Place one into the water and one upon your tongue.

Taste the salt. Remember the Great Waters. The waters within the body and the Great Waters from which all life arises. Let the salt become a simple gesture of remembrance, compassion and healing.

EARTH | Body, Oil, Anointing

Prepare a small amount of carrier oil with a few drops of rose oil, safely diluted for the skin. Anoint the heart, wrists and lower belly, or wherever you feel called to anoint.

Feel the weight, warmth and presence of the physical body. Let touch bring you back into relationship with the body as the place where transformation is lived and embodied.

FIRE | Flame, Heart, Mirror

Light a candle. Sit before the flame, or simply bring your hand to your heart.

You may also sit before a mirror and meet your own gaze. Look beyond the surface and towards the light within.

Let the outer flame become a reflection of the inner flame, the light of the heart and the consciousness held within.

VOICE. WATER. BODY. HEART.

RETURN TO THE ELEMENTS.
RETURN TO THE HEART.
LET THE ALCHEMY UNFOLD.

FIRE

SOUTH



WATER

WEST



AIR

EAST



EARTH

NORTH



The Alchemical Heart

Alchemy does not restore a substance to its original form. Through heat, dissolution, separation and recombination, something is transformed.

The same may be true of the heart. We do not always need to repair ourselves back into who we were. Sometimes life asks us to allow an old form to loosen so that another expression of love, value, intimacy, desire or selfhood can emerge.

At the close of the practice, sit first with:

What is being alchemised through my heart?

Then allow one of these questions to accompany you:

What is ready to be released from its former shape?

Where am I being asked to surrender control and enter more deeply?

What empowerment am I reclaiming through this transformation?

What is becoming possible because something has changed?

What is quietly being conceived within the space that has opened?

Do not force an answer. Transformation often begins before the mind can recognise its new form.

Close by touching the salt water once more and bringing it to the heart, wrists or forehead.
Extinguish the candle consciously.

The Alchemical Chamber

Within the forty-day retrograde is a concentrated passage of invisibility. Using a 10° solar orb, Venus enters the *solar chamber* on 18 October and remains within that threshold until 31 October.

3 OCTOBER | VENUS RETROGRADE | 8° SCORPIO

The descent begins.

18 OCTOBER | INVISIBILITY . THE DESCENT DEEPENS

Venus enters the 10° orb of the Sun, invisible in the solar light. Let the practice become quieter. Notice what is loosening, exposing itself or asking to be transformed beneath the surface.

24 OCTOBER | 0° SCORPIO | THE CONCEPTION POINT

Venus meets the Sun in the inferior conjunction. At the threshold of Scorpio, the alchemical fire reaches its centre. This is not necessarily visible rebirth. It is conception: the first pulse of a new form within the darkness.

31 OCTOBER | RE-EMERGENCE

Venus moves beyond the 10° solar threshold. Something begins to move out of the deepest chamber. Tend what has changed without demanding that it reveal its final form.

7 NOVEMBER | ASTROLOGICAL SAMHAIN | SUN 15° SCORPIO

A seasonal threshold of death, renewal and regeneration. Aligned timing of renewal.

14 NOVEMBER | VENUS DIRECT | 22° LIBRA

The turning. The retrograde passage ends and Venus begins her forward motion as Morning Star.

DESCENT → DISSOLUTION → CONCEPTION → METAMORPHOSIS → RENEWAL

The Venus Arc

The forty days of Venus Retrograde are not a journey towards returning to who we were. They are an invitation to notice what changes when we allow ourselves to enter the deeper chambers of the heart.

Through Scorpio, Venus takes us beneath the surface of love, relationship, desire, intimacy, value and worth. Here, what has become fixed can soften. What has been hidden can reveal itself. What has completed its form can begin to dissolve.

At the **Venus Star Point**, something new is conceived within this space. It may not yet have a name or a visible form. Like all beginnings held in darkness, it asks first to be protected, nourished and allowed to become.

As Venus begins her return, we do not need to rush towards understanding.

Notice instead what has shifted.

What do you value differently?

What has changed in the way you love?

What are you no longer willing to abandon within yourself?

What desires are becoming more truthful?

What has this descent revealed about your own power?

Allow the answers to continue unfolding beyond these forty days.

*The heart does not need to return to what it was.
It can be transformed through what it has lived.*

SHEMAYA

THE VENUS STAR POINT MANTRA PRACTICE

ARAMAIC

DAUGHTER

Inana Bratha

I AM Daughter

Bratha d'noohra

Daughter of light

Bratha adamah

Daughter of earth

Bratha Alaha

Daughter of the ALL / God / Goddess

Inana Rakhma

I AM unconditional love & mercy

Inana Rakhmaya

I am eternal unconditional love & mercy

Inana Alaha

I AM God / Goddess

Inana d'Shemaya

I am the endless heaven

Naphtha

I AM presence

Alaha

God / Goddess / The ALL

Shem, shem, shemaya

life, vibration, endless heaven

WOMAN

Inana Bahkta

I AM Woman

Bakhta d'noohra

Woman of light

Bakhta adamah

Woman of earth

Bakhta Alaha

Woman of the ALL / God / Goddess

Inana Rakhma

I AM unconditional love & mercy

Inana Rakhmaya

I am eternal unconditional love & mercy

Inana Alaha

I AM God / Goddess

Inana d'Shemaya

I am the endless heaven

Naphtha

I AM presence

Alaha

God / Goddess / The ALL

Shem, shem, shemaya

life, vibration, endless heaven

SHEM A AMA

(I AM) The vibration of the Feminine Christ

Shem a Ama

Shem a Ama

Shem a Ama

Song by Ankhara Rose