

# COSMIC DESIGN

MODULE 6 WINTER/SPRING 2025  
WORKSHEET

# THE SIXTH CHORD OF CONSCIOUSNESS

## *Taurus & Scorpio: A Sacred Journey Through the Birth Portal and the Path of Return* ✧

**An Interactive Worksheet for Regeneration, Ancestral Healing & Alchemical Transformation**

### **I. Opening Intention**

Before you begin, take a few moments to anchor your energy. Light a candle. Close your eyes. Place one hand on your heart and one on your womb or low belly. Breathe deeply and say aloud:

**“I now enter this sacred space. I welcome the wisdom of the Earth and the water, the body and the soul, the ancestors and the unseen realms. May I remember who I am.”**

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## II. TAURUS | The Portal of Regeneration & Birth

**Element:** Earth

**Celestial Body:** Moon

**Embodied Wisdom:** *Stay, root, nourish, receive*

Taurus teaches us how to fully **arrive** into the human experience. It holds the fertile ground from which incarnation begins.

### ❖ Guided Reflection

#### Journal Prompt #1:

Where in my life am I being asked to slow down, root in, and cultivate presence?

#### Journal Prompt #2:

What is asking to be *reborn* in me this season? What am I preparing to nurture into form?

#### Embodiment Practice: Earth Anchor

 Go outside and find a patch of earth. Stand barefoot or sit directly on the ground. Close your eyes. Breathe deep into your belly. Feel into your spine and silently ask:

*“Where do I need to trust the pace of nature?”*

Write or draw what comes through here:

#### Creative Invitation: Birth Story Remembrance

- Ask a caregiver about your actual birth (if possible), or intuitively journal your soul’s arrival story:

*How did I choose this life? What did I know then that I need to remember now?*

Sketch or describe your "soul landing" below:

# III. SCORPIO | The Alchemical Gate of Return

**Element:** Water

**Celestial Body:** Chiron

**Spiritual Teaching:** *Feel, transform, release, return*

Scorpio guides us into the underworld of emotion and soul memory. It asks us to **transmute pain into wisdom** and reclaim our power through generational healing.

## ❖ Guided Reflection

### Journal Prompt #3:

What inherited wounds or emotional themes am I here to heal?

### Journal Prompt #4:

What no longer serves my spirit that I'm ready to let go of or transmute?

### Somatic Practice: Water Memory Release

 Run a warm bath or take a shower. As the water touches your skin, speak aloud:

“I release what is not mine. I return this pain to Source.”

Visualize the energy leaving your body. When finished, wrap yourself in warmth and journal:

### Ancestral Connection Exercise

- Light a candle. Sit quietly and call on your maternal and paternal lineages.  
Ask:

*What gift or message do you wish to share with me today?*

Write your message here (or draw what you see):

## IV. COSMIC HEALING AXIS | Taurus ↔ Scorpio

This is the axis of embodiment and transmutation. Taurus teaches us how to *root into form*. Scorpio teaches us how to *alchemize and return to spirit*.

### Interactive Prompt: Chart Your Axis

1. Locate your **Moon** (Taurus theme) and **Chiron** (Scorpio theme) in your natal chart.
2. What constellations are they in? What is the oppositional chord and what can you decipher?
3. What stories, family dynamics, or soul contracts might be held there?

 *Moon is in:*

 *Chiron is in:*

What might these placements be asking you to heal, feel, or integrate?

## V. Closing Integration Practice

Choose one of the following to complete your journey:

- Write a **letter to your ancestors**, expressing what you're carrying forward and what you're laying down.
- Create a **ritual offering** (flowers, stones, herbs) and bury it in the earth as a symbol of both gratitude and release.
- Record a **voice memo** of the biggest truth you uncovered today and listen to it in one week.

 Final Prompt:

What truth am I now ready to live?

What part of my soul feels more whole because of this work?