



THE VENUSIAN WAYS

90-Day
Glow Up
Guide

+

Glow Up APP

Companion Workbook

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How to Use This Planner

This is not a mood board. It is a structured behavioral and psychological practice. Each week is built around a specific pain point a real, named problem that research shows affects self-perception, wellbeing, magnetism, or embodiment. The week opens with a science note that explains the mechanism behind the problem and the practice. You then get a concrete evidence-based practice to run for the week, and two expressive writing prompts drawn from Pennebaker's research protocol, which found that 15–20 minutes of honest, unedited writing about emotions and facts produces measurable improvements in mental health, immune function, and behavior change.

The Three Phases Overview

Phase 1 · Awareness (Days 1–30)

You cannot change what you have not honestly seen. This phase builds your baseline across all four pillars: how you actually inhabit your body, what patterns are running beneath the surface, where pleasure has gone numb, and what your current magnetic signal is broadcasting. No fixing yet. Honest inventory only.

Phase 2 · Rewiring (Days 31–60)

Awareness alone does not heal. Repetition of new patterns does. The nervous system requires repeated exposure to new inputs before it builds new pathways. This phase targets the specific unconscious behaviors identified in Phase 1 and replaces them with evidence-based practices, week by week, pillar by pillar.

Phase 3 · Embodiment (Days 61–90)

The work becomes who you are, not what you do. This phase is about anchoring the changes somatically, integrating the shadow material psychologically, and stepping into a self-perception that reflects the actual work you have done rather than the old story.

How to Work the Prompts

The writing prompts are based on Pennebaker's expressive writing protocol. The instructions are simple and non-negotiable: write for 15–20 minutes without stopping, without editing, without worrying about grammar, spelling, or how it sounds. Engage both your feelings and the facts of what happened. Research shows that writers who accept and openly explore their emotional experience receive the strongest benefits. The goal is not beautiful writing. It is honest contact with what is actually there.

- ★ Miss a week? Come back. The planner does not expire. The nervous system does not care about streaks. It cares about repetition over time.
- ★ Adapt each practice to your life, your body, your magickal framework. The mechanism matters. The exact form is yours to shape.
- ★ The science notes are not academic homework. Read them once. Let them give you permission to take the practice seriously.
- ★ This planner works alongside the Venusian Magick Circle, not instead of it. The science gives you the why. The Circle gives you the how at depth.



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IBNERS

THE
WORKS OF
RUDYARD
KIPLING

XVI

From
Sea to Sea
Part II



SCRIBNERS

THE
WORKS OF
RUDYARD
KIPLING

XVII

Early
Verse



SCRIBNERS

WORKS
OF
LORD BYRON.
VOL.



WORKS
OF
LORD BYRON.
VOL.



The Evidence Behind the Work

What the research actually says about the four pillars.

Body as Temple

Interoception research shows that people with higher body-awareness make better decisions, regulate emotions more effectively, and report greater psychological wellbeing. A 2024 integrative review found that mind-body practices that build interoceptive ability directly improve emotional regulation capacity. Somatic Experiencing research shows measurable reductions in PTSD and anxiety symptoms. The Community Resiliency Model documents that repeated regulation practices physically build new neural pathways, raising the emotional baseline over time.

Shadow Work & Self-Knowledge

Neuroscientist Matthew Lieberman (2007) showed via fMRI that labeling a negative emotion reduces amygdala reactivity, calming the threat response in the brain. Pennebaker and Beall's landmark 1986 study found that 15 minutes of expressive writing per day over four days reduced physician visits by 50% over six months. Jungian psychotherapy research reviewed in Behavioral Sciences shows consistent movement from severe symptom levels to psychological health, with durable structural change. Neff and Vonk (2009), studying 2,187 adults, found self-compassion predicted greater emotional resilience than self-esteem alone.

Pleasure & Sensuality

Psychology Today researchers document that trauma and chronic stress wire the brain to expect danger, gradually shutting down pleasure pathways as protection. Reclaiming sensory pleasure is not frivolous: oxytocin released through physical pleasure lowers cortisol and blood pressure. Embodiment researchers identify felt embodiment, the experience of inhabiting one's body's vitality and expressiveness, as a dimension of human flourishing with measurable wellbeing effects. Research confirms three practices restore embodied pleasure capacity after numbing: mindful movement, meditation, and breathwork.

Magnetism & Attraction

Social psychologist Susan Fiske's research shows warmth is assessed before competence in nearly every human social judgment. Charisma researchers (Cabane, Reid) identify three learnable pillars of magnetic presence: Presence, Power, and Warmth. Studies show researchers can raise charisma ratings by 60% through targeted training. Research on emotional contagion demonstrates that your internal physiological and emotional state is mirrored unconsciously by those around you, meaning magnetism begins as an inside-out process. Self-perceived attractiveness, independent of objective ratings, significantly predicts social confidence, relationship quality, and willingness to pursue valued opportunities.



The Venusian Glow Up Philosophy: Where the Science and the Magick Meet

In the Venusian tradition, Venus is not decoration. She is a cosmological principle: the force of attraction, relational intelligence, personal value, and the sacred worth of the self. Working with Venus is not asking to become more appealing to others. It is learning to become more fully yourself, and trusting that what is genuinely yours will be drawn to that signal.

What makes this planner Venusian is not the language. It is the orientation. The science in these pages maps the mechanism. The Venusian framework gives the mechanism meaning. Body regulation is also a form of self-consecration. Shadow integration is also a form of individuation. Pleasure reclamation is also a form of spiritual sovereignty. Magnetic presence is also the natural result of a woman who has stopped fragmenting herself to manage others' comfort. "She is not trying to be seen. She has simply stopped hiding."

Before You Begin · Foundational Questions

What specific pain point brought you to this planner? Be as honest as you can. What would measurable change look like for you across these 90 days? Name something concrete. What has stood between you and this kind of work before? What is different now? © Aradia Arcanum · The Venusian Way · thevenusianways.com

**Phase 1 ·
Awareness**

Days 1–30

**You cannot change what
you have not honestly seen.
This phase is honest
inventory.**

Week 1 of 16 · Body as Temple

THIS WEEK'S FOCUS:

DISCONNECTION FROM THE BODY / CHRONIC AUTOPILOT LIVING THE SCIENCE

Research on interoception (the brain's ability to read internal body signals) shows that people with higher interoceptive accuracy make better decisions, regulate emotions more effectively, and report greater psychological wellbeing. The practice of tuning in is not spiritual indulgence. It is measurably useful.

This Week's Practice

Body scan baseline: Each morning this week, spend 5 minutes lying still and mentally moving through your body from feet to crown. Notice without fixing. Note in your daily log: where do you feel tension, numbness, aliveness, or absence? This builds the interoceptive vocabulary you will use throughout the 90 days.

My Intention for This Week

“

My body is not a problem to solve. She is data I have been ignoring.

Expressive Writing Prompts

Where in your body do you feel the least present right now? What is that area's texture, temperature, or quality? When did you last feel genuinely at home in your body? What was happening? What made it different?

Daily Practice Check-In

Mon Tue Wed Thu Fri Sat Sun

Week 1 · Daily Log

Days 1-7

MOOD / ENERGY — ONE WORD TODAY

What am I noticing / feeling / working through today?

RITUAL COMPLETED

PRACTICE DONE

I SHOWED UP FOR MYSELF



Week 2 of 16 · Shadow Work & Self-Knowledge

THIS WEEK'S FOCUS:

UNCONSCIOUS PATTERNS SABOTAGING RELATIONSHIPS, SELF-WORTH, AND CHOICES THE SCIENCE

Neuroscience research by Lieberman et al. (2007) found that simply labeling a negative emotion in words reduces amygdala reactivity, literally calming the threat response in the brain. Jung called this 'making the unconscious conscious.' Science calls it affect labeling. Both agree: naming what you feel is one of the most effective tools for emotional regulation available.

This Week's Practice

Trigger log: This week, every time you notice a strong emotional reaction (irritation, defensiveness, shame, over-explaining), write it down within 24 hours. Note: what happened, what you felt in your body, what story immediately formed. Do not analyze yet. Just collect the data.

My Intention for This Week

“

What triggers me is not my enemy. It is my curriculum.

Daily Practice Check-In

Mon Tue Wed Thu Fri Sat Sun

Week 2 · Daily Log

Days 8-14

MOOD / ENERGY — ONE WORD TODAY

What am I noticing / feeling / working through today?

RITUAL COMPLETED

PRACTICE DONE

I SHOWED UP FOR MYSELF

Week 3 of 16 · Pleasure & Sensuality

THIS WEEK'S FOCUS:

PLEASURE DEFICIT, NUMBNESS, DISCONNECTION FROM ALIVENESS
THE SCIENCE

Psychology Today researchers note that trauma and chronic stress wire the brain to expect danger, which gradually shuts down pleasure pathways as a protective mechanism. Reclaiming sensory pleasure is not frivolous. Oxytocin (released through physical pleasure and touch) has been shown to lower cortisol, reduce blood pressure, and promote feelings of safety. Pleasure is physiological medicine.

This Week's Practice

Pleasure audit: For seven days, keep a daily list of every moment that produced genuine sensory enjoyment, no matter how small. A good smell. Sunlight on your arm. The texture of a fabric. The taste of something. Warmth. Music. Do not filter for significance. Quantity of noticing is the point.

My Intention for This Week

“

I am not too busy for aliveness. Aliveness is the whole point.

Daily Practice Check-In

Mon Tue Wed Thu Fri Sat Sun

Week · Daily Log

Days 15-21

MOOD / ENERGY — ONE WORD TODAY

What am I noticing / feeling / working through today?

RITUAL COMPLETED

PRACTICE DONE

I SHOWED UP FOR MYSELF



Week 4 of 16 · Magnetism & Attraction

THIS WEEK'S FOCUS:

FEELING INVISIBLE, OVERLOOKED, OR LIKE YOU HAVE TO WORK TOO HARD TO BE SEEN THE SCIENCE

Social psychologist Susan Fiske's research shows that warmth is assessed before competence in nearly every human social judgment.

Presence researcher Olivia Fox Cabane identifies three pillars of personal magnetism: Presence (full attention), Power (self-assurance), and Warmth (genuine care). Critically, research consistently shows charisma is a learnable set of behaviors, not a fixed trait. It begins with the quality of your own internal state.

This Week's Practice

Presence baseline: Three times this week, practice full presence for 5 minutes with another person. No phone, no partial attention. Give them your eyes, your stillness, your actual interest. Note afterward: how did they respond? How did you feel? What got in the way?

My Intention for This Week

“

Magnetism is not performance. It is presence. And presence begins inside.

Daily Practice Check-In

Mon Tue Wed Thu Fri Sat Sun

Week 4 · Daily Log

Days 22-28

MOOD / ENERGY — ONE WORD TODAY

What am I noticing / feeling / working through today?

RITUAL COMPLETED

PRACTICE DONE

I SHOWED UP FOR MYSELF



**Phase 2 ·
Rewiring**

Days 31–60

**Awareness alone does not
heal. Repetition of new
patterns does.**

Week 5 of 16 · Body as Temple

THIS WEEK'S FOCUS:

PHYSICAL SELF-NEGLECT NORMALIZED AS PRODUCTIVITY /
CHRONIC STRESS DYSREGULATION THE SCIENCE

The nervous system maintains what researchers call neural plasticity throughout our lives. The Community Resiliency Model (CRM) documents that repeated use of regulation practices builds new neural pathways that raise the emotional baseline over time. Small, consistent somatic practices are not a luxury. They are how the nervous system literally rewires.

This Week's Practice

Regulation anchor: Choose one physical practice this week and do it every day at the same time: 5 minutes of slow diaphragmatic breathing (4 counts in, hold 4, out 6), a 10-minute walk with no audio, or a cold-to-warm shower sequence. Track your baseline mood and energy before and after each day.

My Intention for This Week

“

My nervous system responds to what I repeatedly give it. I am choosing what that is.

Expressive Writing Prompts

What is your honest relationship with rest? Not sleep. Rest. The state of not being productive. How does it feel in your body to stop? What would you have to believe about yourself to prioritize your physical wellbeing without guilt?

Daily Practice Check-In

Mon Tue Wed Thu Fri Sat Sun

Week 5 · Daily Log

Days 29-35

MOOD / ENERGY — ONE WORD TODAY

What am I noticing / feeling / working through today?

RITUAL COMPLETED

PRACTICE DONE

I SHOWED UP FOR MYSELF



Week 6 of 16 · Shadow Work & Self-Knowledge

THIS WEEK'S FOCUS:

CORE BELIEFS ABOUT WORTHINESS RUNNING UNDER THE SURFACE
OF ALL CHOICES THE SCIENCE

Pennebaker and Beall's landmark 1986 study found that writing about suppressed emotions for just 15 minutes per day over four days reduced physician visits by 50% over six months. Subsequent research confirms: expressive writing that engages both feelings and facts produces the strongest outcomes. The mechanism is not catharsis alone but cognitive restructuring, the mind making new meaning from old material.

This Week's Practice

Core belief excavation: Spend 15-20 minutes writing (without stopping, without editing) about a belief you hold about your own worthiness, lovability, or desirability. Write where it came from, what it has cost you, and whether you have actually chosen it or just inherited it. Do this three times this week on different days.

My Intention for This Week

“

I did not choose every belief I carry. But I can choose what I carry forward.

Daily Practice Check-In

Mon Tue Wed Thu Fri Sat Sun

Week 6 · Daily Log

Days 36-42

MOOD / ENERGY — ONE WORD TODAY

What am I noticing / feeling / working through today?

RITUAL COMPLETED

PRACTICE DONE

I SHOWED UP FOR MYSELF



Week 7 of 16 · Pleasure & Sensuality

THIS WEEK'S FOCUS:

NUMBING BEHAVIORS REPLACING REAL PLEASURE (SCROLLING, OVERCONSUMPTION, DISSOCIATION) THE SCIENCE

Research distinguishes between dopamine-driven compulsive behaviors (scrolling, overconsumption) which produce a fast neurochemical hit followed by a return to baseline, and embodied pleasure, which activates oxytocin and endorphins and builds genuine wellbeing over time. Spirituality + Health researchers note that mindful movement, meditation, and breathwork are the three evidence-supported practices for restoring embodied pleasure capacity after numbing.

This Week's Practice

Numbing inventory + replacement: Identify your top two numbing behaviors (the things you do when you want to stop feeling something). This week, each time you reach for one, pause for 60 seconds and ask: what am I actually trying to feel or avoid right now? Then choose one embodied alternative: move your body, breathe slowly, go outside, make physical contact with something textured. Note what happens.

My Intention for This Week

“

I am not numb because I am broken. I am numb because I learned it was safe. I am learning something new.

Practice Mantra

Daily Practice Check-In

Mon Tue Wed Thu Fri Sat Sun

Week 7 · Daily Log

Days 43-49

MOOD / ENERGY — ONE WORD TODAY

What am I noticing / feeling / working through today?

RITUAL COMPLETED

PRACTICE DONE

I SHOWED UP FOR MYSELF



Week 8 of 16 · Magnetism & Attraction

THIS WEEK'S FOCUS:

PEOPLE-PLEASING, APPROVAL-SEEKING, AND SHRINKING TO
MANAGE OTHERS' COMFORT THE SCIENCE

Charisma research identifies 'status signals,' nonverbal cues of capability and self-assurance that, combined with warmth, produce magnetic presence. Studies show that expansive, open posture, sustained eye contact, and a steady speaking pace register as leadership and competence signals before a word is spoken. Critically, these signals are undermined not by introversion but by anxiety, and anxiety is trainable.

This Week's Practice

Collapse audit: Identify your three most common collapsing behaviors (over-explaining yourself, apologizing when you haven't done anything wrong, shrinking your take up space, deferring when you have a clear preference). Each day this week, catch one instance in real time. Do not fix it this week. Just name it within the hour: 'I just collapsed there.'

My Intention for This Week

“

I cannot be magnetic and invisible at the same time. I am choosing to be seen.

Daily Practice Check-In

Mon Tue Wed Thu Fri Sat Sun

Week 8 · Daily Log

Days 50-56

MOOD / ENERGY — ONE WORD TODAY

What am I noticing / feeling / working through today?

RITUAL COMPLETED

PRACTICE DONE

I SHOWED UP FOR MYSELF

Week 9 of 16 · Body as Temple

THIS WEEK'S FOCUS:

DISCONNECTION BETWEEN PHYSICAL APPEARANCE, SELF-PERCEPTION, AND SELF-WORTH THE SCIENCE

Research in social psychology shows that self-perceived attractiveness, independent of objective ratings, significantly predicts self-esteem, social confidence, and the willingness to pursue higher-quality relationships and opportunities. In other words, how you see yourself shapes how you move through the world more than how others see you. Self-perception is malleable through deliberate practice.

This Week's Practice

Mirror reframe practice: Once daily for 7 days, stand in front of a mirror for 90 seconds and notice what you immediately criticize. Then, without pretending it isn't there, look for one physical quality you have not acknowledged in at least a month. Name it out loud. The goal is not positive thinking. It is widening your perceptual range.

My Intention for This Week

“

My relationship with my body is a practice, not a verdict.

Daily Practice Check-In

Mon Tue Wed Thu Fri Sat Sun

Week 9 · Daily Log

Days 57-63

MOOD / ENERGY — ONE WORD TODAY

What am I noticing / feeling / working through today?

RITUAL COMPLETED

PRACTICE DONE

I SHOWED UP FOR MYSELF





Week 10 of 16 · Shadow Work & Self-Knowledge

THIS WEEK'S FOCUS:

PROJECTION, REACTIVITY, AND BLAMING OTHERS FOR PATTERNS THAT BELONG TO YOU THE SCIENCE

Jung's concept of projection, where we perceive in others the traits we have rejected in ourselves, is supported by modern research on psychological defense mechanisms and emotional regulation. Studies show that reduced emotional reactivity, fewer projections, and increased self-compassion are markers of successful shadow integration. Neff and Vonk (2009), studying 2,187 adults, found self-compassion predicted greater emotional resilience than self-esteem alone.

This Week's Practice

Projection work: Identify one person whose behavior genuinely bothers you. Write for 15 minutes about every quality that irritates you in them. Be specific. Then reread the list and mark every quality that you have also expressed, suppressed, or secretly feared in yourself. Sit with what you find. No fixing required.

My Intention for This Week

“

Everything that triggers me is data. Not about them. About me.

Daily Practice Check-In

Mon Tue Wed Thu Fri Sat Sun

Week 10 · Daily Log

Days 64-70

MOOD / ENERGY — ONE WORD TODAY

What am I noticing / feeling / working through today?

RITUAL COMPLETED

—————
PRACTICE DONE

—————
I SHOWED UP FOR MYSELF



Week 11 of 16 · Pleasure & Sensuality

THIS WEEK'S FOCUS:

SHAME AROUND DESIRE, NEEDS, AND THE BODY'S WANTS THE SCIENCE

Neuroscience research on the brain's reward system identifies dopamine (motivation and wanting), oxytocin (bonding and trust), serotonin (mood regulation), and endorphins (pain relief) as the primary pleasure neurochemicals. Researchers note that when trauma or shame disrupts these systems, reclaiming pleasure is not self-indulgence but neurological recalibration. Hayes et al. (2006) found that acceptance of difficult emotions, rather than suppression, produces measurably better psychological outcomes across multiple dimensions.

This Week's Practice

Desire mapping: Without editing, write 20 things you desire. Bodily. Relationally. Materially. Creatively. Spiritually. Do not rank or justify them. Every desire counts equally. Notice which ones felt forbidden to write and which came easily. This list is private data, not a to-do list.

My Intention for This Week

“

My desires are not shameful. They are accurate information about who I am.

Daily Practice Check-In

Mon Tue Wed Thu Fri Sat Sun

Week 11 · Daily Log

Days 71-77

MOOD / ENERGY — ONE WORD TODAY

What am I noticing / feeling / working through today?

RITUAL COMPLETED

PRACTICE DONE

I SHOWED UP FOR MYSELF



Week 12 of 16 · Magnetism & Attraction

THIS WEEK'S FOCUS:

ENERGY DEPLETION FROM CHRONIC OVER-GIVING AND BOUNDARY COLLAPSE THE SCIENCE

Research on warmth versus competence as drivers of social perception confirms that genuine magnetism requires both. People who over-give from depletion signal anxiety, not warmth, and anxiety undermines magnetic presence. Boundaries are not coldness. They are the structure that makes warmth sustainable and therefore genuinely attractive.

This Week's Practice

Energy audit: List every situation, relationship, or habit where you consistently leave feeling drained rather than neutral or energized. For each, identify the specific behavior you engage in that costs you (over-explaining, saying yes when you mean no, tolerating treatment you dislike). This week, choose one and practice saying or doing something different once. Note the outcome.

My Intention for This Week

“

I cannot pour from a collapsed vessel. My limits are not a flaw. They are a feature.

Expressive Writing Prompts

Where are you giving from scarcity rather than genuine desire? What are you hoping to receive in return? What would it mean about you if you enforced a boundary someone didn't like? What does that reveal about what you believe?

Daily Practice Check-In

Mon Tue Wed Thu Fri Sat Sun

Week 12 · Daily Log

Days 78-84

MOOD / ENERGY — ONE WORD TODAY

What am I noticing / feeling / working through today?

RITUAL COMPLETED

—————
PRACTICE DONE

—————
I SHOWED UP FOR MYSELF



**Phase 3 ·
Embodiment**

Days 61–90

**The work becomes who you
are, not what you do**

Week 13 of 16 · Body as Temple

THIS WEEK'S FOCUS:

PRESENCE WITHOUT FULL EMBODIMENT, PERFORMING CONFIDENCE
RATHER THAN INHABITING IT THE SCIENCE

Research published in Frontiers of Psychology on interoceptive training found that an 8-week program focused on internal body awareness produced measurable improvements in emotional regulation, body image perception, and psychological wellbeing. Felt embodiment, which researchers define as the motivated experience of inhabiting your body's vitality and expressiveness, is now recognized as a dimension of human flourishing, not a spiritual abstraction.

This Week's Practice

Embodiment anchor: Choose one physical cue that represents your full, grounded presence: a slow breath, a lengthened spine, deliberate footsteps, or the feel of both feet on the floor. Practice invoking it on demand, before entering a room, before a conversation, before a decision. Use it at least once daily and track how it shifts your internal state and the quality of your interactions.

My Intention for This Week

“

My body is not decoration. She is the vessel through which everything I do moves into the world.

Daily Practice Check-In

Mon Tue Wed Thu Fri Sat Sun

Week 13 · Daily Log

Days 85-90

MOOD / ENERGY — ONE WORD TODAY

What am I noticing / feeling / working through today?

RITUAL COMPLETED

—————
PRACTICE DONE

—————
I SHOWED UP FOR MYSELF



Week 14 of 16 · Shadow Work & Self-Knowledge

THIS WEEK'S FOCUS:

RECURRING SELF-SABOTAGE PATTERNS THAT SURVIVE EVEN AFTER INSIGHT THE SCIENCE

Jungian psychotherapy research reviewed in Behavioral Sciences found that depth-oriented approaches consistently move patients from severe symptom levels to what researchers classify as psychological health, with durable structural change rather than surface symptom management. The mechanism is not insight alone but integration: actively building a relationship with disowned parts of the self until they no longer need to act out.

This Week's Practice

Integration letter: Write a letter to the part of yourself you have most resisted, judged, or tried to eliminate over these 90 days. Not to fix it. To acknowledge it. Ask it what it needs. What has it been trying to protect you from? Write without editing for at least 20 minutes. Then write one sentence of what you are willing to offer it going forward.

My Intention for This Week

“

The parts of me I have rejected the hardest hold the most of my unlived power.

Expressive Writing Prompts

What quality in yourself have you been trying hardest to eliminate?

What has eliminating it cost you? If that quality were reframed as a strength in an unfamiliar context, what would it be?

Week 15 of 16 · Pleasure & Sensuality

THIS WEEK'S FOCUS:

PLEASURE STILL FEELING CONDITIONAL, EARNED, OR SLIGHTLY ILLICIT THE SCIENCE

Research on felt embodiment as a human motivational system argues that the need to feel one's body, its vitality, capacities, and expressiveness, is a fundamental driver of flourishing, not a preference. When pleasure is treated as something to be earned or managed rather than inhabited as a right, the result is chronic low-grade disconnection from aliveness. Somatic practices that integrate sensory pleasure with presence are among the few interventions with evidence for improving both wellbeing and self-perception simultaneously.

This Week's Practice

Full sensory practice: Design one experience this week that is entirely for your own sensory pleasure. It can be elaborate or simple. It must engage at least three senses deliberately. Prepare it with care. Enter it with full presence, no phone, no distraction, no justifying it to yourself. Afterward, write about what that quality of presence felt like in your body.

My Intention for This Week

“

Pleasure inhabited fully is not indulgence. It is intelligence about what it means to be alive.

Daily Practice Check-In

Mon Tue Wed Thu Fri Sat Sun

Week 15 · Daily Log

Use the standard daily structure to track your sensory practice, moods, and insights across seven days.

Expressive Writing Prompts

What did it feel like to give yourself pleasure without apology or condition

What came up in the space where guilt usually lives?

How has your relationship to your own desire and aliveness shifted across these 90 days?



Week 16 of 16 · Magnetism & Attraction

THIS WEEK'S FOCUS:

KNOWING THE WORK BUT NOT YET LIVING AS THE WOMAN WHO HAS DONE IT THE SCIENCE

Research on charisma and personal presence confirms that internal state directly drives external perception through emotional contagion: the unconscious mirroring of another person's physiological and emotional state. Studies in nonverbal communication show that personal magnetism is a neurological event in the people around you, triggered by your own internal signals of warmth, presence, and self-assurance. You cannot broadcast a signal you are not internally generating.

This Week's Practice

Integration letter to your life: Write a letter, in present tense, from the version of you who has fully done this work. Describe how she moves, what she allows, what she no longer tolerates, how she is in a room, what she knows about herself. Write it as if you are already her. Then read it aloud three times. Keep it somewhere you will encounter it.

My Intention for This Week

“

I am not becoming someone new. I am finally allowing who I already am to be visible.

Daily Practice Check-In

Mon Tue Wed Thu Fri Sat Sun

Expressive Writing Prompts

What has measurably shifted in how you carry yourself, set standards, or show up in relationships over these 90 days? What is the single most important thing you now know about yourself that you did not clearly see on Day 1?

Week 16 · Daily Log

Use the standard daily structure to close the cycle with intention and presence across seven days.



Your 90-Day Integration Ceremony

Evidence does not end with the practice. It ends with the reflection. Pennebaker's research shows that the act of making meaning from experience, not just having the experience, is what produces lasting psychological change. This closing section is not a celebration. It is the final piece of the protocol: structured reflection that consolidates what shifted, names what you now understand, and sets the behavioral intention for what comes next.

Before You Begin: The Opening Ritual

Do not skip this part.

I know it is tempting to go straight to the writing. You have spent ninety days practicing showing up in a certain way, and that momentum can make it feel like the most important thing is to keep moving. But the ritual opening is not decorative. It is functional. It is asking your nervous system to shift from the doing state into the witnessing state and that shift is what makes the writing that follows land at the depth it is meant to land at.

Set aside at least 10 minutes for the opening before you pick up your pen or open your journal.

What you will need:

- One white candle, pillar or taper. White is the color of completion, integration, and the full spectrum held together. If you do not have white, use what you have. Intention matters more than exactness.
- Frankincense resin on a charcoal disc, or frankincense essential oil in a diffuser. Frankincense has been used in ceremonial and contemplative practice across traditions for thousands of years, it is one of the few scents with documented research support for its calming and clarifying effects on the nervous system. It signals to your body that something intentional is happening. Let it fill the space before you begin.
- Your planner or journal. Your pen.
- A space that is as quiet and as private as you can make it. If that space is imperfect, a kitchen table, a parked car, a bedroom with noise outside, it is enough. You are making the container with your intention, not with ideal circumstances.

The Opening:

Light your charcoal first and place the frankincense resin on it. Give it a few minutes to begin rising before you light the candle, you want the scent to be present when you bring in the flame.

When you are ready, light your white candle.

Hold both hands loosely in your lap, palms facing upward. Look at the flame for a moment. Not a stare, a soft, receptive gaze. Let the light register in your body, not just your eyes.

Then speak aloud, your own voice in the room is part of the ceremony. You can use these words exactly, or let them come in your own language:

"I am here. I have done the work. I am ready to see what it has given me."

"Say it once. Mean it."

The Breathwork:

This is a simple three-part settling breath, done for three to five minutes. It is not an activation practice. It is a landing practice, the difference matters. You are not trying to open anything or access anything. You are arriving in your body so that what you write comes from your actual experience rather than from the part of your mind that already knows what it is supposed to say.

- **Inhale** slowly through your nose for a count of four. Let the breath drop all the way into your belly first, then fill your chest. Feel your ribs expand sideways.
- **Hold** gently at the top for a count of four. Not a tense hold... a full, easy pause. Notice the frankincense. Notice the candlelight if it is in your field of vision. Notice what your hands feel like in your lap.
- **Exhale** slowly through your mouth for a count of six to eight. Let it be audible. Let your shoulders drop on the exhale. Let your jaw soften.

Run this cycle for at least ten rounds. If your mind is active..... and it will be, let the thoughts move through without following them. Every time you notice you have left the breath, return to it without judgment. That returning is itself the practice.

After your final exhale, sit in the stillness for a moment. Do not rush to pick up your pen. Let the space between the breathing and the writing be its own beat.

You are ready.

Before you begin writing, place one hand on your heart and one hand on your belly.

Feel your own warmth beneath your palms. Feel the rise and fall of your breath.

Ask yourself one question — not aloud, just internally — and let the answer come as a physical sensation before it becomes a thought:

“What does it feel like to have done ninety days of this work?”

Stay with whatever arises. Warmth. Heaviness. Grief. Aliveness. Pride. Exhaustion. Relief. There is no right answer. There is only the honest one.

Let that feeling be the first thing you carry into the writing.

The Writing Ceremony

Give each of the four pillar reflections at least 10 to 15 minutes of uninterrupted writing. This is not a summary exercise. It is a Pennebaker-protocol write, feelings and facts both, without stopping or editing, for the full time.

The four pillars are:

Body as Temple. Describe your relationship with your body now compared to Day 1. Not what you want it to be. What it actually is. What you notice, feel, or allow that you did not before. What is measurably different in how you inhabit yourself.

Shadow Work. Name the core pattern or belief that shifted most significantly. What do you understand now that was invisible to you before you started? And — this is the harder question — what is the cost of that old pattern now that you can see it clearly? Grief is appropriate here. Let it be present.

Pleasure and Sensuality. Where are you now more permissive with your own aliveness, desire, and sensory experience than you were ninety days ago? Name something specific. Not the general principle — the actual thing you now allow that you did not before.

Magnetism and Attraction. Describe how you carry yourself now. What have you stopped collapsing? What do you no longer need approval for? What signal are you broadcasting that is different from the one you were broadcasting when you started? Be specific. Observable differences only — not aspirations.

After the four pillars, write the letter to yourself. Present tense. As the woman who has done this work. Not who you are becoming. Who you are, right now, as a result of what you have done. No hedging. No “I hope to” or “I am working on.” She is here. Write from her.

Closing the Ceremony

When the writing is complete, do not immediately close your journal and return to your day.

Give the ceremony a proper close.

Sit with what you have written for a few minutes. You do not need to reread it right now, unless you want to. Simply sit with the fact of what you have produced. What it took to get here. What it means that you are sitting on the other side of ninety days of honest work.

Then speak aloud again:

"I have seen myself. I have done the work. What I found here belongs to me now."

Extinguish the candle, not by blowing it out, but by snuffing it. In many magickal traditions, blowing out a candle disperses the intention rather than sealing it. This is a small detail that carries weight. You are not dismissing the flame. You are completing the container.

Let the frankincense finish on its own.



The Invitation

The science gives you the why. The Circle gives you the depth. This planner is a foundation. The Venusian Magick Circle is where the work continues in a living, practiced community of women. Inside, you will find:

- ★ Live teachings on the Venusian mysteries, left-hand path philosophy, and embodied practice
- ★ The 'Your Body is a Temple' immersive section with somatic and ritual practice
- ★ A community of practitioners doing real inner work at the same level of seriousness
- ★ Videos on Venusian cosmology, the science and magick of attraction, and self-sovereignty

If these 90 days showed you something real about yourself, the Circle is where you continue to take that further. This planner was created with love and intention by Aradia Arcanum. May you carry what you found here into everything that comes next.

