

**An Astrological
Survival Guide
TO LIFE**



**ASTROLOGY
SOS**

**The
WOKE MYSTIX**

**ASTROLOGY
SOS**

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WOKE
MYSTIX

Hardie Grant
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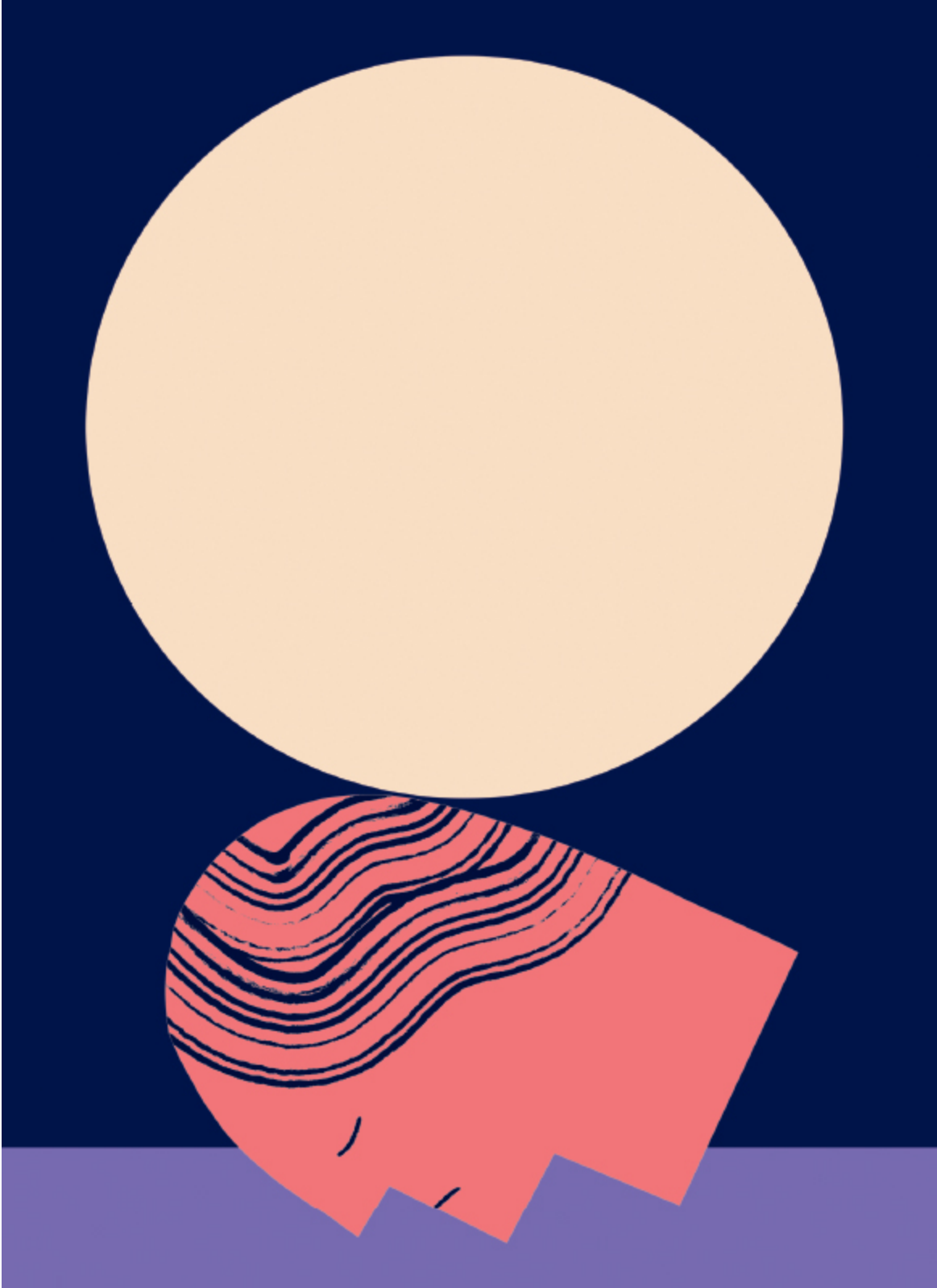
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Introduction

Why astrology?

Have you ever felt like your astrology star sign was really just the world judging your book by its cover, making assumptions about you based on a few characteristics? As with most things, there's more to astrology than meets the eye. *Astrology SOS* is a survival guide to help you navigate the turbulent energy of our solar system and pay attention to how it affects our daily lives.

Astrology has been with us since the beginning of time. The people of ancient Egypt, Greece and Rome all looked to the stars in search of a better understanding of themselves. Expanding our knowledge of astrology can help us comprehend the science and energy behind the system that affects how we sleep, operate, communicate and even love. Sometimes how we respond in different situations goes beyond our actions: it's actually written in the stars.

Astrology can predict future outcomes and show you how, historically, they've been in alignment with all your major life moments. A better understanding of the planetary energy that is moving around you can actually aid you as you find your path through life, and support you as you move across the astrological terrain. In short: astrology can explain why things are happening, and this book can be your road map.

Who we are

The Woke Mystix started as a podcast. We came together to spark inclusive and relatable conversation about spirituality and astrology. Before the

podcast, we met while both working in fashion and bonded over our love of spirituality. On paper, we seem very similar, both being biracial, creative, outside-the-box spiritual thought-leaders, but our different backgrounds and upbringings allow us to provide a well-rounded view from two different perspectives. Imani grew up with her intuitive mother, practising with angel cards and mediumship as a young child. In adulthood, this paved the way for her spiritual career and initiation as a Quantum Oracle. Ellen's grandmother was the first one to introduce her to astrology, which then inspired an interest in the occult. She is now a practising tarot reader and astrologer.

As we have navigated our own [Saturn Returns](#) and spiritual journeys, we have found tools that have helped us deal with the unexpected challenges that come from retrogrades, moon phases and incompatible relationships. Whether you are new to Western astrology and your spiritual path, or are looking for ways to go deeper, we got you! The Woke Mystix want to nurture the self-empowerment that can come through debunking myths, aligning with the stars and enhancing your self-care hacks.

**The Woke
Mystix:
Biracial,
outside-the-
box, spiritual
thought
leaders.**

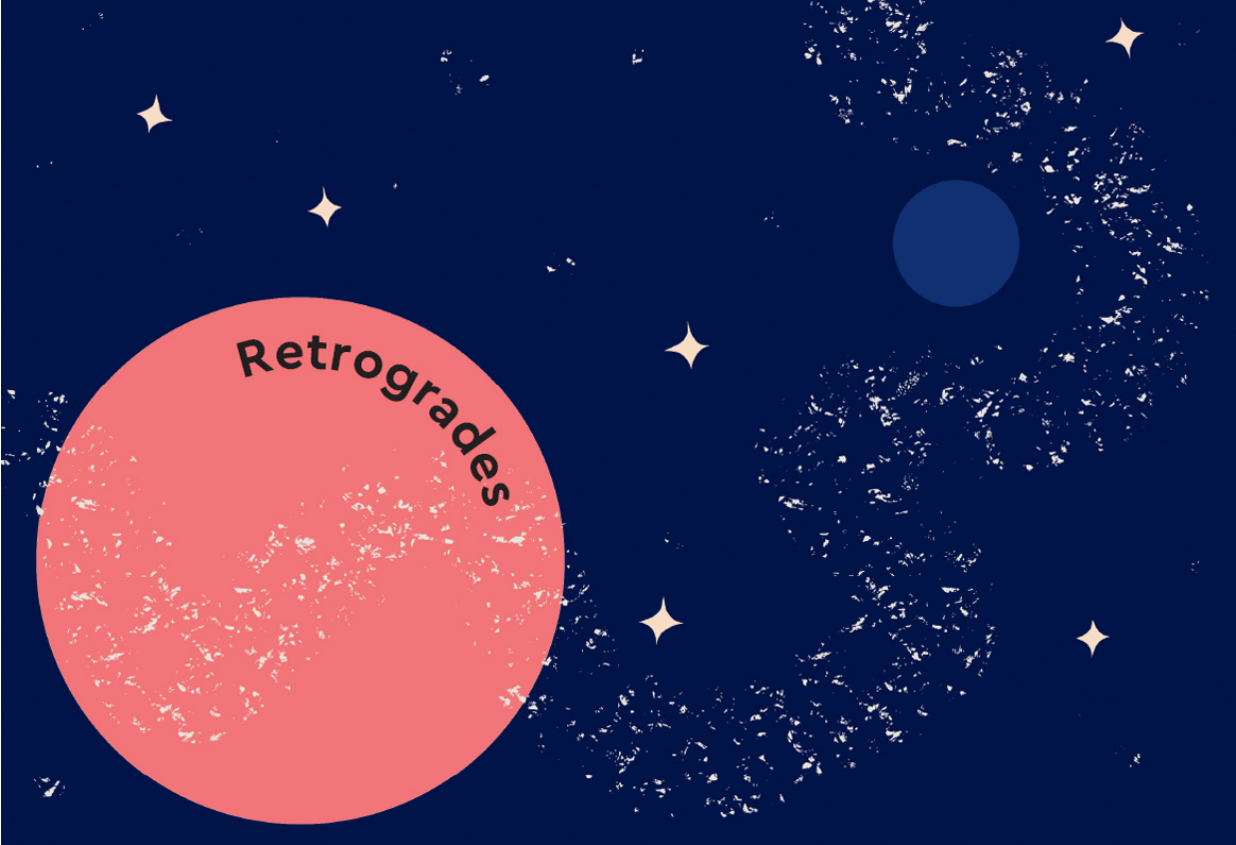




How to use this book

If you've recently broken up with your partner, it might be useful to know if Venus, the planet of love, is in retrograde. If you and your housemate are constantly arguing, it may be that your moon signs, which affect how you process emotions, are not compatible. Huge life events and essential communication, from choosing a romantic partner to finding the best time to ask your boss for a promotion, can all be determined by astrology. This book is meant to help you understand what is going on with the planets at any given moment, so that you can work your way through life's challenges with fewer headaches.

Within each section, you will find the myths, history and common occurrences associated with each transit, along with self-care advice to help you get through them. Find out how to navigate retrogrades, eclipses, equinoxes and day-to-day upheavals so that you're never left in the dark again. With these tools, you can learn when it is a good time to be looking for a new career, understand how to take care of yourself when going through a bad break-up, and discover how to accept when a loss is divine intervention. We are all made up of the same stardust as the planets in our universe. Dive into our self-care hacks and planetary tools to move with the universe, becoming more aligned with its natural navigation system. With this book, you can gain awareness of relationship compatibilities, discover your own passions, understand karmic lessons, and find fulfilment in your own self-mastery.

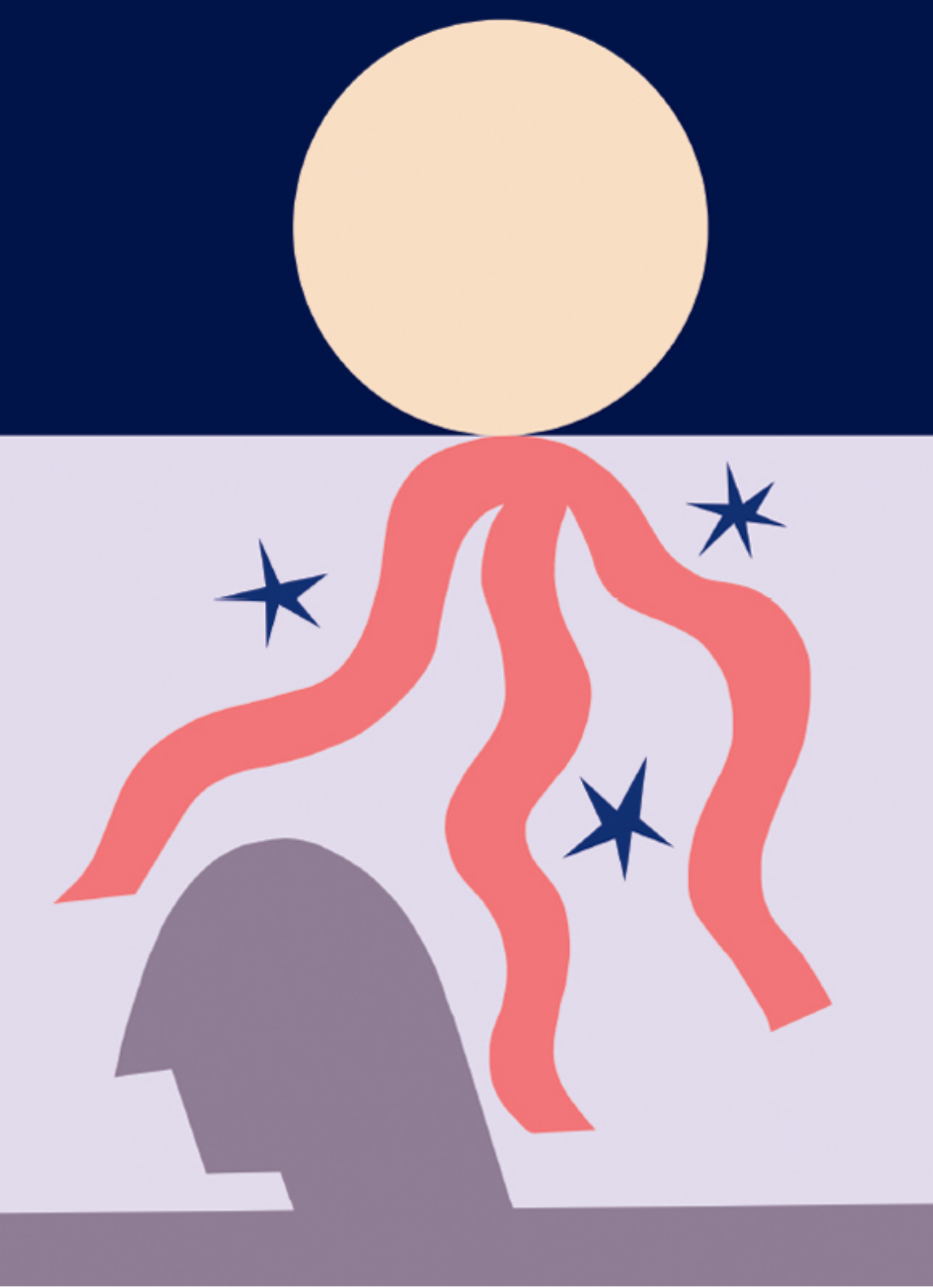


Knowing which planets are in retrograde can forewarn us of the madness before it arrives.

Retrogrades

We may not be able to rewind time, but retrogrades give us the opportunity to revisit past scenarios and reflect on our choices. Even if you think you've moved on from a past situation, retrogrades are here to put you to the test. Retrogrades are infamously known to cause slowdowns and interruptions to our plans, which is why they are a time when we are encouraged to take things easy. Retrogrades can last anywhere from a few weeks to six months, and sometimes there are multiple retrogrades occurring at one time! Don't forget: each retrograde has a shadow period. This is when we begin to see the effects of the retrograde before it truly begins – we may even still be dealing with the energy left over from a recently ended retrograde!

Retrogrades are likely to shake things up and give us opportunities to reconnect with our higher selves. Each planet highlights a certain area, such as communication, love, karmic patterns, rebirth and more. Resolutions and resolve are key themes of retrograde periods, helping us move with confidence when the planet goes direct. When a planet goes direct, it returns to moving in a forward motion. Knowing which planets are in retrograde can forewarn us of the madness before it arrives. In this chapter, we share tips on how to manage retrogrades, including coping skills and ideas for self-care soothing. There's a lot to cover here, which is why this chapter is so long, but being armed with this knowledge can make all the difference.



Mercury Retrograde

‘Is it me or is it Mercury Retrograde?’

It's always important to hold ourselves accountable for our actions, but knowing when Mercury is in retrograde gives us a framework so that we can be less reckless and move with intention. Mercury is the ruler of communication, technology and travel. It is named after the messenger of the Roman gods. In Western astrology, Mercury is the ruler of Virgo and Gemini. It is also the fastest-moving planet in our orbit, which is why it retrogrades three to four times a year, and these retrogrades can last for three-and-a-half weeks. So, how do you survive a Mercury Retrograde? We can't promise that casualties won't happen, but being prepared for the unexpected can ease the chaos. On the following pages, we have listed some common occurrences of Mercury Retrograde.

TECHNOLOGY

Expect technology mishaps, and be careful to cross your t's and dot your i's

One of the first things you will probably notice is that communication slows down. It's like someone put a slow-motion effect on the film of your life and you can't speed it up: a millennial's worst nightmare! It may take days (or weeks!) to hear back on that project you pitched, or the new job you were so excited to interview for. Maybe they do want to hire you, but their energy is tied up elsewhere. Email and technological correspondences may feel like a constant game of 'missed connections'. Your computer may need a software update, and that email you've been waiting for since last week could have been sitting in the spam folder the whole time. If you need to move house or close a deal during Mercury Retrograde, double-check the details before signing anything! Do not be surprised if issues around agreeing a contract or other legal matters seem to hit a snag. Sometimes our schedules do not operate on astrology's time clock and life must go on, but always take the stars into consideration.

SELF - CARE HACK

Practise breathwork

Before you start yelling at your computer, take a step back and breathe! Set yourself up in a comfortable setting, somewhere you feel safe and relaxed. Lie down with your head propped up and place one hand on your stomach and the other on your heart. Take deep belly breaths in and feel your stomach rise. As you exhale through your mouth, imagine your breath circulating through your whole body. As you do this, you move out of the sympathetic nervous system and into the parasympathetic nervous system. This moves you out of 'fight or flight' mode, and into a state of rest. Practising breathwork eases anxiety over the uncontrollable. You may not be able to stop your technology going haywire, but reconnecting to your breath can help you recentre.



Practising breathwork eases anxiety over the uncontrollable.



TRAVEL

Expect delays and diversions

Are you buying a ticket for your next trip? That's cool, but go ahead and get some travel insurance, too! Travel can be hugely affected during a Mercury Retrograde. If you get frustrated by missed flights, cancellations and rescheduling, remember that there is bigger energy at play. If you and your friends were planning a road trip, make sure to get your car serviced before you hit the road and leave ahead of time. Being proactive during a Mercury Retrograde never hurt. Better safe than sorry!

SELF - CARE HACK

Self-soothing massage

You're stuck in traffic and you're not going to make it to your meeting on time. Pull out your travel-size eucalyptus essential oil and apply a drop to the tips of your index and middle fingers. Place your fingertips on your temples. Apply pressure with circular motions, five times forwards and five times backwards. Repeat as necessary. The use of eucalyptus and massaging pressure points can help relieve momentary stress. You may not be able to get to your meeting on time, but when you do get there, you can still show up feeling calm and ready to face the day ahead.



Eucalyptus
oil can help
relieve mercury
retrograde
travel stress.

COMMUNICATION

It feels like you're speaking a different language

If you find yourself arguing with your roommate about how clean the living room is, or you feel like your partner isn't saying 'I love you' often enough, you may be a victim of the Mercury Retrograde effect. Everything you say may be misinterpreted, or you might feel highly sensitive to the opinions of others. Instead of having those tough conversations during the retrograde, readdress the issue after Mercury goes direct. If an argument does arise, don't beat yourself up about it. That energy needed to be stirred up so that it could be burned in the fire.

SELF - CARE HACK

Crystal healing

If communication is going nowhere, let's get you aligned with your truth. To activate your throat chakra and help with communication, use lapis or turquoise crystals as a way to heal and harness your voice. You can meditate with these crystals by lying down and placing them on your throat. Carrying them in your pocket or holding them in your hand can help you feel empowered while conversing. If you ever lose a crystal, that is a common sign from the universe that it has done its job.

RELATIONSHIPS

Beware the return of the ex!

During a Mercury Retrograde, nostalgia hangs heavily in the air. We find ourselves reminiscing, bringing up old stories, and feeling tempted to call the ex whose name we have changed to ‘Do Not Answer’ in our phones. If you find yourself clutching a tissue box and a handful of old photos, go ahead and ride the wave; it’s only temporary. Keep in mind, though, that Mercury Retrograde is not a good time to reopen closed doors. You can try to trick yourself into thinking it’s a good idea, but when retrograde is over, you will have to face your truth. If old energy does come up, it may be asking for closure.

JOURNAL PROMPT

Write a letter

As you’re reminiscing about the good times, writing things down may help you to process what is coming up. Open your journal and ask yourself what emotions you are feeling. Are they tied to your present moment, or are they coming from a past memory? If you feel the urge to reach out to someone, write them a letter in your journal – one that is meant for your eyes only. It is important to honour the past for what it has taught you. Do not judge yourself for how you are feeling; let the letter empower your truth.

**Mindfulness during Mercury
Retrograde can help avoid
unnecessary mishaps.**

SURVIVING MERCURY RETROGRADE



Practising mindfulness during this time can help avoid unnecessary mishaps. Practise patience and forgiveness over miscommunications; everyone else is affected by the retrograde, too. It's important to be intentional with your words and show compassion when misunderstandings arise. Being petty may feel good in the moment, but the higher road is always better in the long run. Maintain the awareness that communication, technology and plans are going to be wacky, and allow a sense of ease so that you don't stress yourself out. Remember the energy is out of your control and this is all temporary. Fighting the energy takes more work than receiving the lessons as they arise. During Mercury Retrograde, it's never advisable to fuel the fire. Instead, simply being aware will help you come out stronger than you were before.



Venus Retrograde

Is it true that women are from Venus and men are from Mars?

It's important to note that divine feminine energy is not gender-based; it can be harnessed for everyone, whether they identify as male, female or non-binary. Venus is the planet of love, beauty, abundance and divine feminine energy. It is the ruler of these sectors because of its mythological ties to goddess archetypes, such as Aphrodite in Greek mythology, Oshun in Yoruba and Lakshmi in Hinduism. If you feel the desire to cast a love spell, you can call on one of these goddesses to assist you.

In Western astrology, Venus rules Libra and Taurus. A Venus Retrograde comes around approximately every 18 months and lasts about six weeks. If you feel the urge to try out a DIY haircut, your love life seems to have flatlined, or you receive that dreaded 'Been thinking about you' text from your ex – beware! You may want to take a look at the constellations to see if you're feeling the effects of a Venus Retrograde.

LOVE AND ROMANCE



Being single means you're destined to be a cat lady

If you're single and feeling restless, you may find that you're spending more time on your preferred dating app more than usual. Put the wine down, and put the phone away. It's normal during a Venus Retrograde for your romantic life to feel more lacklustre. Suddenly no one is catching your attention, or your inbox seems to have fewer messages. This can leave you feeling dissatisfied – and then all of a sudden, you're critiquing your appearance. If you think you want to dye your hair pink, maybe wait until Venus goes direct (or at least use temporary dye). Becoming hypercritical of yourself when you're single is common, but this time can be a great opportunity to focus on self-empowerment instead. Reflect on what kind of lovers you have attracted in the past. Were a lot of them similar in personality? Can you recognise when a pattern is repeating itself with a new person, or when you are beginning a new relationship cycle? When a pattern keeps repeating itself, we call this a karmic relationship. Redefine who you are as a lover by looking at how you showed up in the past and how you want to show up in the future. Pay attention to common characteristics of old partners, and think about what new patterns you want to call in.

SELF - CARE HACK

Pamper yourself with a sensual bath mixture

Self-pampering can be a good way to honour yourself during a Venus Retrograde. You can make your own home spa or carry out some beauty rituals in order to give yourself an easy pick-me-up. Light some candles, burn some incense, and play music that evokes sensuality and honours your divine feminine.

Create a sensual bath mixture by running a hot bath and adding the following:

- Rose oil, for love
- Epsom salts, for detoxifying the body
- Rose petals and dried lavender, for relaxation
- Almond oil, to soften the skin
- Ylang-ylang, for sensuality

SELF - CARE HACK

Build your own goddess altar

Create your own goddess altar: decorate it using pink or red roses, include a small bowl of honey to represent the sweetness you want to bring into your life, add vision-board images that represent your divine feminine energy, and burn a pink candle.

SELF - CARE HACK

Indulge in sensual movement

Put on a playlist that makes you feel empowered and sensual. Stand in an open space, close your eyes and let your body lead your movements. Explore the entire space around you, using the walls and the floor. Don't try to control what type of movement you do: just listen to what your body is telling you.

RECONNECTIONS



Your ex calling you is always bad news

Remember that ‘friend with benefits’ you called things off with a few months ago? How about ‘the one that got away’? Or the ex you never quite got over? They could all come back around at about this time, asking you to revisit past relationship patterns in order to tie up loose ends so that you can start new chapters afresh. They may also re-enter your life because the timing just wasn’t right before. If this is the case, remember Venus Retrograde is a good time for reconnection, but wait to build a new relationship with them until after the retrograde is over. This doesn’t just apply to romantic relationships; it can also occur with former best friends and any other deep bonds that you may have left behind in the past. If you’re still harbouring feelings of betrayal or resentment, this may be a good time to address those feelings. If some time has passed and you’re feeling open to reconnection, it could be time to give that person a call.

JOURNAL PROMPTS

Friends and lovers

- Write about a past lover or friend who may be on your mind. What feelings are coming up? Try to distinguish whether these are old feelings that need to be released, or if they still feel current. If you feel like you have something you want to say to this person, write it in a letter. If just writing it felt satisfactory enough, burn the paper to release the energy.
- Write about the types of lovers you have attracted in the past, and the type of lover you want to attract in the future. Envision what kind of lover you want to be yourself. Making a desires list can bring you clarity.



RELATIONSHIPS



The honeymoon phase is officially over

Are you having more fights than cuddles? For those of you who are partnered up, you may feel like more miscommunications than normal are happening for you during a Venus Retrograde. Suddenly everything that used to seem so cute about your partner is like nails on a chalkboard. Anything that you've been suppressing emotionally within your relationship or not speaking your feelings about will come into the open. It's important that, when it does come out, you have the tools you need to address these conversations. This is a great time to work on the emotional intimacy between you and your partner. Create an environment where you can listen to each other's emotional needs, and always thank your partner for sharing.

SELF - CARE HACK

Exploring the five types of intimacy with your partner

There are five different types of intimacy. Which are the strongest for you and your partner? Which are the weakest?

- ***Emotional intimacy*** – Being open and vulnerable about your feelings: for example, do you feel comfortable crying with one another?
- ***Intellectual intimacy*** – Exchanging thoughts and ideas about things you think and care about; sharing favourite songs, poems or books, and ideologies.
- ***Physical intimacy*** – Not the same as sexual intimacy, this is about being affectionate with each other: for example, holding hands, cuddling and

hugging.

- ***Experiential intimacy*** – Doing an activity together, being fully present with one another without distractions, and trying new things together.
- ***Spiritual intimacy*** – Attending spiritual events or centres together; going out in nature, meditating and sharing your spiritual awakenings with each other.
- ***Sexual intimacy*** – Sex can be a physical, externalised representation of your emotional intimacy. Sexual intimacy can include sharing your sexual desires, releasing shame and guilt around pleasure and building reciprocity.

ABUNDANCE



If you don't have a six-figure salary, you don't have abundance

Abundance comes in many forms, the most common of which is money. But you can also find it within the love given and received in your life, in the items in your home, and in many other forms. As it pertains to money, a Venus Retrograde is a time to keep a close eye on your finances. Be aware of your urges to impulse-buy: your inner goddess may want all the lavish things. Take the opportunity to focus on self-pampering by creating a DIY home-spa day. This can feel more fulfilling than the temporary fix of filling up your online shopping basket.

SELF - CARE HACK

Mantra

Chant this mantra in order to invoke Lakshmi, the Hindu goddess of love and abundance. This will help to manifest these qualities in your life. *'Om shreem maha lakshmiyei namaha.'*

This means: 'Om, I offer salutations to the great goddess of good fortune.'



**Release old relationship
patterns and behaviours. Out
with the old, in with the new.**

SURVIVING VENUS RETROGRADE



Practising mindfulness during Venus Retrograde can help minimise heartache. We store old patterns in our behaviours and in the type of energy we attract to ourselves. This is a great time to pay attention to both old and new partners who seem to activate old patterns. As they say, out with the old and in with the new! Put intention into releasing old cycles and engaging your energies in new and fulfilling ways. Remember, self-love is the best love. When dealing with relationships, it's better to be honest about your feelings rather than to hold back and experience an eruption later.

And we wouldn't advise getting an extreme makeover during this time. If you feel inclined to make a change, step away from the hair clippers and start with something small and subtle. Sometimes a new manicure, an update to your make-up routine or making your own face mask can be enough of a change to hold you over until Venus goes direct.

Also, remember to be mindful when spending money, and take care to focus on the many areas of abundance in your life.



Mars Retrograde

Feeling lazy and can't get your mojo back?

When Mars is direct, you feel confident, assertive, and sure of yourself. 'I woke up like this' becomes an everyday mood. When Mars is in retrograde, you can feel insecure and get frustrated with projects – and your libido can take a hard hit. Mars is the planet of sex and anger, and rules Aries. In Roman mythology, Mars was the fiery god of war who was called upon when action was needed. He helped to overcome obstacles and defend against enemies. Mars Retrograde is a great time to pay attention to our inner power and how we assert ourselves in the world. Luckily, Mars Retrogrades do not happen as frequently as others. However, when they do happen, they can last for eight to ten weeks because of Mars's slower movement.

SELF - CONFIDENCE

You suddenly feel like a shrinking violet

Perhaps you can't quite put a finger on the root cause of your low self-confidence, but all of a sudden you're not feeling at all sure of yourself. Self-reflection can help you identify where these feelings are coming from. Embrace your self-judgements in order to heal them. During Mars Retrograde, you may find that work or other projects feel stagnant for you. Ideas you've been pushing for may suddenly come to a standstill or face unexpected obstacles, and your well-devised plans may not work, leaving you with problems to solve. Remember: the end goal is what is most important, so remain flexible on how you get there.

SELF - CARE HACK

Meditation

Because Mars is linked to the root chakra, a meditation focused on grounding will help with feelings of uncertainty and instability. In a seated position, visualise tree roots extending from your sternum and down into the ground. Maintain a focus of energy in the root chakra for as long as needed in order to feel grounded.



BODY AWARENESS

Sex might be the last thing on your mind

Are you finding yourself repeatedly hitting the snooze button rather than heading to that 7 a.m. workout class? Mars Retrograde will affect your physicality: you may feel lazier and less active. It's common to experience a lack of motivation to do anything physical. Rather than pushing your body, listen to its needs and provide it with some gentle, restorative movement. You may prefer alone time to sexy time during a Mars Retrograde. You and your partner may feel like you're in a rut, or experience some unexpected disconnections when it comes to sex. It's also possible that your lack of confidence during this time may be repressing your sexual desires. Be patient with yourself, and allow the time to explore what your body is asking for.

SELF - CARE HACK

Explore your desires

Reflect on your relationship with your sexual energy. What suppressed desires are asking to be explored? What makes you feel the most playful or powerful during sex? After you have identified these desires, you can safely explore them, either by yourself or with a partner. Open the conversation so that you create a safe space in which to communicate your needs.

Discussing things such as safe words, role play and boundaries is important for sexual intimacy.

SELF - CARE HACK

Gentle movement

Moving your body may feel challenging during this time. Try gentle movement, such as a walk around your neighbourhood or restorative yoga.

SELF - CARE HACK

Active breathwork

Create a playlist that helps you feel empowered. We recommend ambient sounds with strong crescendos as a way to stimulate the subtle body. The subtle body is the energy that moves through your body.

Lie down in a comfortable position. Place one hand on your stomach and the other on your heart. Take a deep breath in through your nose, then exhale through your mouth. Repeat as many times as necessary. When you're ready, take a deep breath in through your nose, then exhale with a heavy sigh, eventually building to a yell. If your environment is not suitable for yelling, you can place a pillow over your mouth to yell into. This is a way of asserting your voice and activating the throat chakra.

Pay attention to any old memories that may come up from active breathwork, and notice where they are stored within your body.

ANGER MANAGEMENT

Don't be a hothead

OK, easier said than done, and we're happy to admit that telling the God of War to 'calm down' probably wouldn't go over too well! Mars Retrograde may spark sudden outbursts of anger, which can come on unexpectedly and seemingly without reason. You may find that people are more impatient than usual. Try to avoid unnecessary conflict, and when it does arise, take a personal note of what it's sparking within you. You're not crazy; you're being triggered by old wounds and trauma that are stored within the body. It's possible that unresolved memories will come up that still have a power over you. Pay attention to the belief systems these memories have created. Observe and try to see whether these come from a place of survival and fear, or a place of grounding and understanding.

JOURNAL PROMPT

Address your anger

Feelings such as anger, jealousy, ego, betrayal, frustration, lust and desire can all be prominent during a Mars Retrograde. Write them down and let them be heard. Once you have, what do you want to do with these revelations? What do they teach you about yourself? Address your self-judgement around anger and think about how you want to transmute it.

SELF - CARE HACK

Burning ritual

Clear outdated alignment patterns by reflecting on any self-created blockages or belief systems that are stopping you from taking action in your life. Write each one down on a piece of paper, beginning with the words: 'I burn away...'. Place the paper outside in a ceramic bowl and burn it to release your list.

SELF - CARE HACK

Crystals to transmute anger

- **Smoky quartz** activates the root chakra and helps with easing unresolved confusion that spurs anger.
- **Howlite** helps ease self-destructive behaviour, and is meant for calming, soothing and relieving anxiety and anger. It also helps to dissolve hatred, both for the self and for others.
- **Carnelian** is associated with the root chakra. It activates our kundalini energy for balance and calm, and helps transmute anger into wisdom.

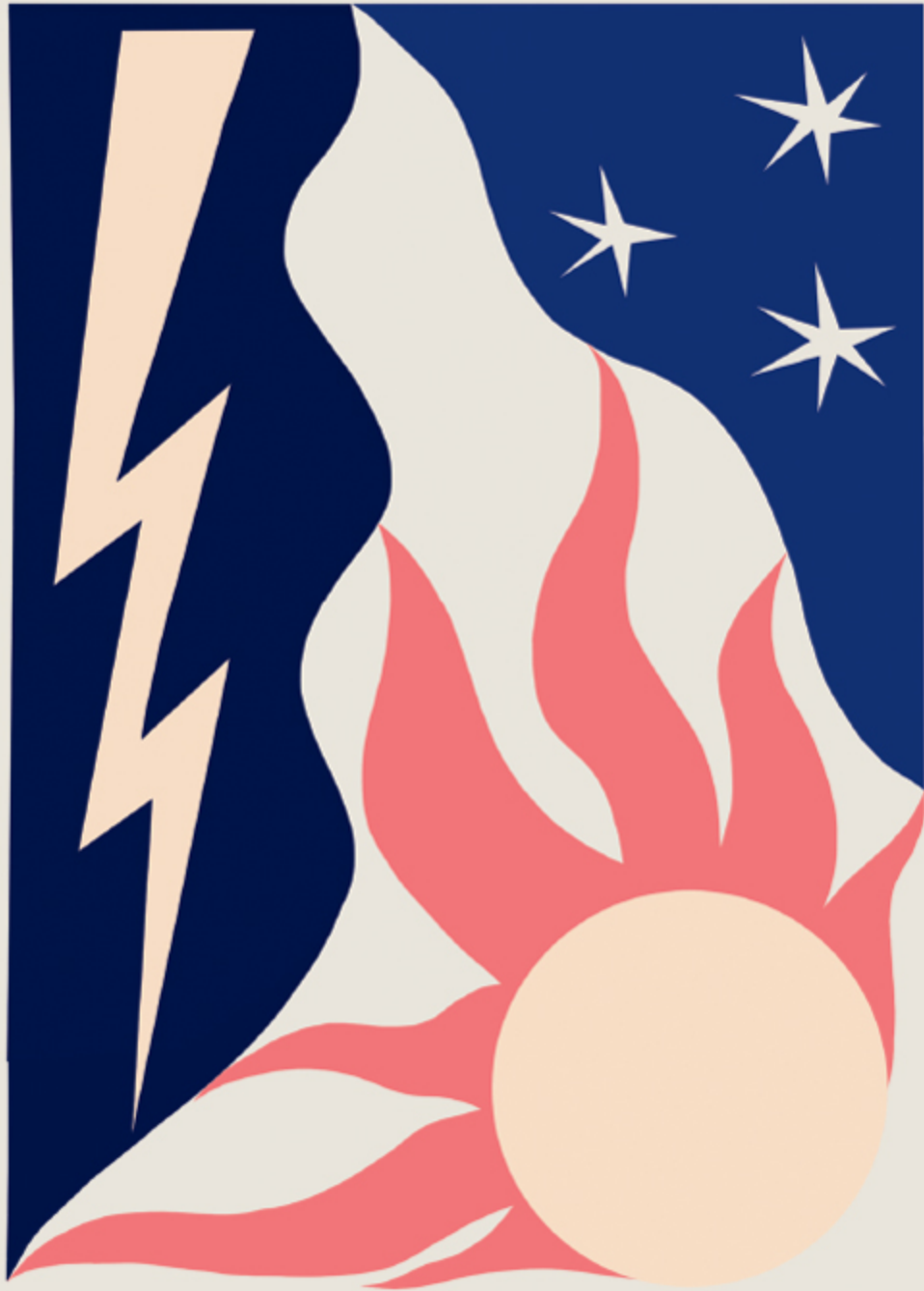


Feelings of uncertainty can be overwhelming during Mars Retrograde, but remember, this will pass.

SURVIVING MARS RETROGRADE



Feelings of uncertainty can be overwhelming during this retrograde, but remember, this too shall pass. In the meantime, be flexible with your deadlines: the timeline you have planned out may not occur. Be patient with others and yourself; Mars Retrograde can have everyone coming from a more reactionary place than usual. Pay attention to triggers that may arise and focus on how you can heal them. Rather than engaging in high-tension situations, take the time to get back into alignment with your goals and allow yourself to recuperate until Mars goes direct.



Jupiter Retrograde

Jupiter is our planet of good luck, and its retrograde is one of the least chaotic

We'll take the luck where we can get it. It makes sense that the wisest planet in our solar system is associated with the king of the gods in many ancient cultures, including Zeus in Greek mythology, as well as Thor, the Norse god of thunder, and Brhaspati in the Hindu tradition. In Western astrology, Jupiter is the ruler of Sagittarius, and goes into retrograde for four months, once a year. Jupiter rules aspects of our life including enterprise, knowledge, wisdom, objectivity and joy. A Jupiter Retrograde can expand your consciousness and help you keep the faith that even when things have slowed down, they are still working for you.

INDEPENDENCE



There's not enough room for everyone to shine

There's no need to get FOMO if you're not going out. During a Jupiter Retrograde, it's expected that you might seek isolation in order to get clear about what your desires are. You may choose your own path rather than moving with the group when it comes to decision-making. This is a good time to question the areas within your life where you are a follower, and those where you are a leader. Don't follow the crowd just because it's easy; make sure your actions are aligned with your values. Every voice is unique and has something important to say!

JOURNAL PROMPT

Aligning with your values

- Think about the times in your life when you have been a leader or a follower. Get in touch with your motivating values and morals. Do some research and find out if there are any groups or activities you can join that are in alignment with your passions – or if you should start your own.
- Meditate on your dream life. Think of everything you've ever wanted, unapologetically, and write it down. When you're done, create a vision board using images and words that reflect your journal entry. How far away from your vision are you at the moment? This exercise can give you an idea of what needs to be changed once Jupiter goes direct.

LUCK AND SYNCHRONICITIES



Bad luck means only doom and gloom

Did you drop your phone and crack the screen? Were you one minute late getting back to your car, so now you have a parking ticket? How about sleeping through your alarm for the fifth day in a row? If it feels like you are having a run of bad luck, you may end up asking yourself, ‘Why me?’ It’s important to remember that everything is working for you and not against you. Be mindful when planning long-distance travel during a Jupiter Retrograde, as reschedules or cancellations can occur. If you are working with overseas partnerships, you can expect communication to take longer to unfold. However, what seems like a bad omen could actually be an opportunity for a shift in perspective. Something that may seem like an abrupt change or the universe dropping the ball could in fact be a redirection. Dropping your phone could be a reminder to stay present and slow down!

SELF - CARE HACK

Essential oils

To take care of yourself during stressful times, carry a blend of essential oils with you, such as lavender, rose and patchouli, in a small spray bottle. When you’re feeling emotionally overwhelmed, you can spray this self-soothing blend into the palm of your hands. Cup your hands around your nose and mouth, and inhale deeply. This can help calm your nervous system.

LIFE PATH

Ask questions and be honest

Are you questioning your career choice, university major or religion? It's a common feeling, and one that comes with a sense of emotional fatigue: *What am I doing with my life?* During a Jupiter Retrograde, you may begin to question your ideals, especially if it feels like they were projected or forced on you rather than being something you arrived at of your own accord. Ask yourself if your ideals are based on society's standards, family expectations or your own passions. You may feel the need to speak your truth during a Jupiter Retrograde – if so, be mindful and speak with clarity to avoid hurting others' feelings. Getting honest with yourself about your pursuits and desires is one of the most effective ways to use a Jupiter retrograde.



SELF - CARE HACK

Meditation

Find a comfortable seated position, and put on a calm, soothing meditation playlist. Focus on the six clairvoyant energies of intuition. Which ones do you identify with the most?

- **Clairaudience:** Clear hearing of messages
- **Clairvoyance:** Clear seeing of messages
- **Claircognisance:** Clear knowing of messages
- **Clairsentience:** Clear feeling of messages
- **Clairgustance:** Clear tasting of messages
- **Clairaliense:** Clear smelling of messages

Being able to tap into your intuitive abilities will help you to stand strong within your personal truths.

SELF - CARE HACK

Crystals for heightened intuition

Clear quartz helps to activate your crown and third-eye chakras. It will heighten your intuitive abilities and enhance the information that comes from your guides.

Express gratitude every day to help you focus on the positives in your life.

SURVIVING JUPITER RETROGRADE



Jupiter Retrograde can make you feel like everything is ‘off’, but just remember it won’t last forever. Expressing gratitude every day can help you to focus on the positives in your life rather than the mishaps. This will attract an abundance mindset and offset energy blocks. If you’re feeling challenged in your belief systems, it may take some introspection to understand the shifts that are happening. Jupiter is tied to higher education, and therefore this is a good time to focus on areas of growth by learning and being a student of life. Maybe there’s something worth pursuing once the planet goes direct? The more truthful you are with yourself, the more impactful these lessons can be.



Pluto Retrograde

Have you ever gone through a phase of sex, drugs, and rock 'n' roll?

Topics such as sex, death and the occult are ruled by Pluto, the Roman god of the underworld. The word 'death' can feel very final, but it can also mean the ending of cycles or relationships that then transcend into new beginnings. The dwarf planet Pluto is connected to the Western astrological sign of Scorpio, and goes into retrograde once a year for five months. Everything you have been avoiding about yourself will suddenly be inescapable, and karmic cycles and subconscious forces will see your inner demons come out to play! It is time to face yourself fully and heal your inner wounds. During a Pluto Retrograde, our relationships with money, love and our inner child will ask to be seen. Allowing ourselves to experience a rebirth brings us into alignment with our path.

ENDINGS AND BEGINNINGS



There's no such thing as a happy ending

During a Pluto Retrograde, pay attention to any cycles in your life that are trying to end, whether these are jobs, relationships or thought patterns. Anything that has been stagnating your growth will be highlighted and released. Although you may go through a painful transition, death ultimately leads to change and opportunities. There's beauty in letting something live its full life with you, then letting it go when the lesson connected to it has been learned. Honouring the sadness of endings is important, but so is understanding that they allow you to discover what comes next in your journey.

JOURNAL PROMPT

Let it go

What things in your life are being asked to be released? Write them down on a piece of paper. Express your gratitude for what these things have taught you, and your intention to release them. Call upon your guardian angels to help you with processing what you have written down. Once you have completed this process, you can burn the paper, if you feel so inclined, as an act of physical release.

SELF - CARE HACK

Cord-cutting ritual

If you have a toxic dynamic or connection with someone, performing this releasing ritual can help you clear the energy when Pluto goes direct.

You will need: two sheets of paper, a pen, a piece of string, a white candle and a lighter.

- Write your full name on one sheet of paper, and the other person's full name on the other. Tie each sheet of paper to either end of the string. Take your string and candle outside into nature. Meditate with the string in your hand, focusing all your frustrations and unexpressed hurt into it. When you are done with your meditation, light your candle. Hold one piece of paper in one hand and the other piece of paper in the other hand. Position them so the middle of the string is over the candle flame, and allow it to burn.
- As it burns, repeat to yourself:
'I let go of this connection. I release all ties to you. I forgive you for the pain that you have caused me, consciously or unconsciously. I forgive myself for any pain I may have caused you, consciously or unconsciously. I feel grateful for what I have learned, and express gratitude for the teaching.'
- Once the burning of the string is complete, you can bury the remains of the string and the paper in the earth.

JUDGEMENTS



The ego has nothing good to say

Pluto Retrograde can give your ego a field day. When we feel jealousy, competitiveness or anger, we have a tendency to repress these feelings and judge ourselves. If we accept these emotions instead of judging them, we can learn more about their story and why they are with us. The relationships in our lives are mirrors to our inner emotions. Do you ever feel like the argument you're having with somebody is really just you arguing with yourself? When judgement of others (or yourself) arises, it always has a healing lesson in store for you. Pluto Retrograde will encourage isolation, as self-reflection becomes a priority over socialisation. The ego gets a bad rap, but understanding it leads to self-acceptance.

JOURNAL PROMPT

Ego

List your 'unfavourable traits': anything that you do not like about your personality or your behaviour. Explore where and when these traits have been 'mirrored' back to you by other people in your life. Write about who taught you that these traits were unfavourable and why. This will help you to see where your personal narratives around desirability can be changed and healed.

SELF - CARE HACK

Card reading

An oracle- or tarot-card reading can help you with identifying the unseen influences upon your subconscious, enabling you to begin your shadow work. Shadow work involves working with and exploring emotions that live

in your subconscious, such as anger, fear and jealousy, in order to heal them.

- Sit with your legs open on the floor – this helps you to receive energy and information while also grounding you to the earth. Calm your inner thoughts by taking three deep breaths and closing your eyes. Shuffle your oracle or tarot deck. As you do so, focus on this question: ‘What is living within my subconscious that needs to be revealed to me?’ Shuffle the cards until your intuition tells you to stop. Pull three cards, asking the questions below as you pull. Place the cards in a row from left to right.
- The card on the left addresses the question: ‘What is the pain I am holding that needs to be healed?’
- The card in the middle answers the question: ‘How is this pain hindering my actions and growth?’
- The card on the right answers the question: ‘What can I do to heal this subconscious pain?’
- Journal the answers, and spend some time reflecting on the right-hand card to think of ways in which you can create tangible action when Pluto goes direct.

INNER CHILD



You stop being a child when you become an adult

During a Pluto Retrograde, your inner child will be seeking attention. Feelings of abandonment and isolation will surface, along with thoughts of your darkest fears. Explore the origins of these personal narratives: can you find the light at the end of the tunnel while in the darkness of your thoughts? Your coping skills stem from your childhood experiences, and how you respond to upsetting situations now will come from the survival mechanisms you developed then. As an adult, you have the opportunity to re-parent your inner child and create a safe space from which you can respond to things that upset and hurt you.

JOURNAL PROMPT

Addressing your inner child

Think about the ways in which you were you not heard as a child. What elements of your family dynamic are coming up for you now? What survival mechanisms did you attain through learned behaviour? Do these mechanisms still seem favourable as an adult?



POWER PLAY



Conflict can only lead to bad things

Pluto Retrograde will show you where there are power struggles, both on a personal and on a collective level. If you're noticing your boss is on your case more than usual, and that the government is being challenged, these are telltale signs of a Pluto Retrograde. Rather than engaging in a power struggle with others, understand that this is happening in order to create change. A shift in perspective can help you with reclaiming your personal power when Pluto goes direct. View the tension as a place of learning that can create understanding. As with anything, Pluto wants to be understood.

SELF - CARE HACK

Bath ritual for moving through conflict

It's important to remember that, as we release negative emotions, they are also being stored in our physical body. Performing this bath ritual with the intention of letting go can help to release the energy that has been building up in the body.

- Run a bath. Add lavender Epsom salts to decompress the muscles, and Florida Water to clean the aura of your physical space. (Florida water is a Peruvian spiritual water made from flowers and herbs.)
- While you are in the bath, visualise the negative energy moving out of your body and into the water. The water will alchemise your energy, helping you to shift and restore.



Pluto teaches us that our soul's purpose is predestined – what is important is how we transform along the way.

SURVIVING PLUTO RETROGRADE



Pluto is here to teach us that our soul's purpose is predestined, but what is important is how we transform along the way. This planet rules our psychic abilities and helps us find the power to heal unconscious wounds that may still have power over us. At the end of a Pluto Retrograde, you will have a deeper level of understanding when it comes to your challenging inner work. As your subconscious becomes more pronounced during this time, you have the chance to look at the driving forces that dictate how you operate. Once Pluto is out of retrograde, this is going to help you move in a way that is more beneficial to your path. A Pluto Retrograde may not involve a lot of external activity, but your inner world will shift in groundbreaking and revolutionary ways.



Saturn Retrograde

In Roman mythology, Saturn is the father of Jupiter, King of the Gods

In Western astrology, Saturn retrogrades once a year for four- and-a-half months. This slow-moving planet rules Capricorn and represents structure and paternal energy. Saturn is here to keep you in check. When we undergo a Saturn Retrograde, we are asked to face hard questions around our purpose in life. Issues in our work life and in our societal systems will be highlighted during this time. Saturn is about the give and take with our parental figure, also known as the universe. You may be surprised at how these internalised feelings can affect other relationships within your life. Saturn's retrograde asks you to lean in to those emotions and karmic lessons in order to create healthier dynamics when it goes direct.

KARMA



All karma is bad karma

There can be major karmic clearing during a Saturn Retrograde, both in situations and relationships. These karmic lessons can give us a better understanding of forgiveness, release, abundance and more. It's important to identify your recurring karmic path and reflect on how – and with whom – it shows up. The person or situation may be new, but the karmic lesson has been designed for you for this lifetime. These lessons can signal the breakdown of belief systems that no longer serve you. People may challenge your boundaries during a Saturn Retrograde, but it's important to remain strong within yourself in order to get your needs met and your feelings heard.

JOURNAL PROMPT

Karmic lessons

What lessons have been coming up for you recently? What resistance do you feel to them? Where are karmic patterns repeating themselves, and with whom?

THE BIG PICTURE

If it's meant to be, why isn't it happening now?

During a Saturn Retrograde, feelings of anxiety may arise and you can feel insecure on your path. Taking a bird's-eye view allows you to see what the bigger picture looks like and how it moves. More than usual, you could be asking yourself questions such as: 'What is this all for?' 'What does this all mean?' And 'Do I have enough?'. It can be common to be uncertain of the details, but staying rooted will keep you on your divine path. Having faith from that standpoint allows you to release the details to the universe. Trust in the divine timing of Saturn's presence in your life!

JOURNAL PROMPT

Consider your purpose

What is it that you want to accomplish in your life? What purpose do you want to fulfil? What things do you find yourself naturally drawn to?

SELF - CARE HACK

Visualisation meditation

Begin to daydream about your dream career and how it would make you feel. Write a story imagining yourself in the position that you desire and think about what it would feel like to attain that. If you feel inclined to put this visualisation on paper, you can draw or take clippings and add them to a vision board. You can then display this board above your altar space, if you have one.

CAREER



It's not a real job if it's not a nine-to-five

Saturn Retrograde may bring up your desires to break away from structural systems and oppressive jobs. Whereas before you were OK with your nine-to-five lifestyle, now suddenly entrepreneurship isn't looking too shabby. You may feel like challenging the office rules! During Saturn Retrograde, reflect on these feelings and identify whether they are trying to put you on a path of purpose.

If you have been working hard on a project, you might begin to see the faults or holes in your venture. Rather than just trying to work harder to fix these things, take the time to slow down and work *smarter*. You can become more methodical and be open exploring to non-traditional paths in order to reach your goals.

It's common to see abuses of authority attempted during a Saturn Retrograde. For example, a co-worker may test your limits in the workplace or undermine your decision-making. Remember, everyone else is going through these retrogrades too, and they will be affected. Be mindful of this, and of any abuses of authority that may happen at this time.

JOURNAL PROMPT

Satisfaction

If you have been unsatisfied at a job or with a project, contemplate why you are staying in a position that does not feel satisfying. Begin to do some research and look at other possibilities to do something that you truly enjoy. You may not move on this until Saturn goes direct, but you can begin to prepare during its retrograde.



**You may feel desires to break away from
oppressive jobs and challenge the rules.**



PATERNAL FIGURES



Out of sight, out of mind

Father figures in your life, as well as the presence of the universe, can bring up unresolved tensions. A Saturn Retrograde may be the time to address these feelings of resentment. Think of father figures and the universe as master teachers in your life. If they challenge you, try to resist playing the blame game and becoming accusatory. Instead, observe how the relationship has moulded you as a person. How do you interact with masculine energy within your life? Not all profound lessons are direct, but they can still be impactful.

JOURNAL PROMPT

Reflection letter

If you and your paternal figure have unresolved issues, write a letter about how this makes you feel. Reflect on how this relationship has reappeared within your life in other dynamics. If you feel comfortable, you might go on to discuss this with your father figure in an open dialogue: he may be holding on to unsaid things as well. If the relationship you have does not allow for this, simply journaling about the feelings that come up will still help you to release those emotions into words and use them for self-reflection. This activity can help you with reparenting your inner child and meeting its needs.



Saturn has an reputation for being a downer. Focus on the bigger picture so you don't lose sight of what's important to you.

SURVIVING SATURN RETROGRADE



Saturn has an infamous reputation for being a downer. However, its retrograde can offer you a breather from the fast-paced, workaholic energy that may come with this planet's direct transit. You are being asked to take the time to grow your patience and do things right the first time. Contemplate your personal belief systems and reflect on what the word 'security' means to you. Success can be defined outside of your material gains. Your work can be based upon the feelings of fulfilment you receive when you are in alignment with your purpose. Work smarter, not harder. Make sure to schedule plenty of breaks and rest in order to keep your momentum going. Keep your focus on the bigger picture so that you don't lose sight of what's important to you.



Uranus Retrograde

Uranus is ‘The Great Awakener’ of our solar system, marching to the beat of its own drum!

Uranus rules the rebellious and revolutionary sign Aquarius, and its retrograde occurs once a year for six months. Because of its slow movement, a whole generation can have the same Uranus placement. Every seven years, Uranus changes star signs, which affects each generation. Your Uranus placement will dictate the impact you have on the world based on the star sign it’s in. The quality of the star sign is associated with different characteristics and traits that have an effect on the mark we make on the world.

Uranus is an unpredictable energy, which is why it’s associated with the god of the skies in Greek mythology. Its retrograde is a time for inciting change, so get behind something that you believe in. However, nothing is guaranteed when Uranus is in retrograde, so expect the unexpected. Unforeseen challenges can arise, and you may have to think on your feet more than usual. A Uranus Retrograde is a wake-up call, the tarot’s ‘tower moment’ – the ego death you did not know that you needed.

THE UNEXPECTED



Change is a bad thing

Suddenly, you're on the fence about your partner, career, wardrobe and anything that has been stagnant for far too long. It's time to re-evaluate why it's here and if it is coming with you into the future. Uranus Retrograde might be asking you to uproot your comfortable life and seek out the new. There may be unexpected changes on the career front, whether this is the loss of or a sudden change of job, or the start of a big project you were not prepared for. In order to harness this energy and get the most out of it, stay flexible and be willing to experiment.

SELF - CARE HACK

Body care

Protect your energy and recharge when needed. It's important that your mind is clear and your spirit is strong. We suggest regular meditation, sleeping consistently and eating a well-balanced diet.

SELF - CARE HACK

Positive daily affirmations

Embrace the things that make you uniquely you. If you've ever been criticised for something, such as the way you look or a strange habit you may have, speak love to that place through positive daily affirmations, such as:

- I embrace my thighs: they are strong and keep me standing every day.
- My laugh is loud and spreads joy to anyone who hears it.
- My interest in comics speaks to my inner superhero.
- Everything that is different about me is what makes me special.
- My freckles are stardust kisses.

If you feel as if you have been personally stuck for some time and haven't been able to grow as you would like, write a letter to the 'old version' of yourself. Then, write a letter to your 'future self', the person you are trying to become. Gather some photos of yourself from the time period where you began to feel stagnant and place them around your space. Invite a trusted friend or family member to witness you releasing this version of yourself. Read the letter to the 'old version' of yourself aloud or to your confidant, as a form of acknowledgement and release. Then read the letter to your future self aloud, as a form of accountability.

GROWTH

Don't be afraid to rebel against the norm

A Uranus Retrograde will make you uncomfortable in order to help you grow. Don't be surprised if your old ways of being suddenly feel constricting. You will find that you want to challenge everything and anyone that is too traditional, or conforms too readily to society's expectations. You may become a 'rebel without a cause', and might butt heads with people in power because of your new defiant stature. Remember, it's good to push limits in order to discover new ways of being, as experimentation leads to expansion. You will want space and freedom from others more than usual, which will make you more self-reliant and less dependent.

JOURNAL PROMPT

Sparking change

- What do you care about? What sparks change for you? If you envision the perfect world, how does it care for humanity? What ideals are in place in that structure?
- Make a list of things you have always wanted to experience but have held back from due to fear. Attempt to do the smaller, tangible things on your list during the Uranus Retrograde to help challenge your fears and perceptions.

SOCIAL JUSTICE

Collective awakening

Uranus Retrogrades brings up collective change through social movements and human-rights issues. We've seen this in the past with civil rights movements, the LGBTQ movement and the 2020 revolution. This is a time when the collective consciousness is awakened and illusions are shattered. It's no longer just about your own needs and desires, but also making sure the collective as a whole is being taken care of. It becomes clear that the needs of the whole are important to all individuals, and it's a time for a shift in consciousness, structure and belief systems.

JOURNAL PROMPT

Identify your role

Be an agent of change by identifying who you are: a leader, a follower, a healer, a front-line worker, a social activist, an artist, a protector, an educator? Identify your strengths and weaknesses, and get ready to do some work within the field or movement you feel called to. Start researching different community groups and local political movements you would like to be involved in. Align with your soul's purpose to help you become clear on where you stand on collective issues.

SELF - CARE HACK

Igniting your voice

Try the throat chakra activation work on [crystal healing](#) and [active breathwork](#). Find spaces where you can share your thoughts and experiences.

Uranus Retrograde asks you to think of where you need to break free of any constraints, and guides us towards an unforeseen path.

SURVIVING URANUS RETROGRADE



Like a sudden alarm going off, Uranus Retrograde can jolt you unexpectedly back into reality and alignment. It reminds you that just because something is comfortable and easy does not necessarily mean it is for you, and guides us towards an unforeseen path that allows us to heal and grow, both personally and as a collective. A Uranus Retrograde asks you to think of where you need to break free of any constraints or limited belief systems that do not serve you. Any survival mechanisms you have acquired will be challenged to help you liberate yourself and stand in your power.



Neptune Retrograde

**Sometimes we all need a wake-up call, and that is what
neptune retrograde is all about**

Neptune is the planet of spirituality and dreams, and is the most distant planet in our solar system. It was named after the Roman god of water and the sea due to its blue appearance and watery surface, which is also how it came to be associated with the Western astrological sign of Pisces. Neptune goes into retrograde once every year and stays in retrograde for half the year. If you've been feeling called to return to a creative hobby, now is the time to explore it. Neptune also represents how we encounter illusion and delusion. By taking off our rose-coloured glasses, we can understand where our blind spots are. This can lead to an intense reality check for many of us. We are forced to realise where we have been deceiving ourselves, and where others may have been trying to mislead us. This pulling back of the veil gives us a boost of psychic abilities and dream messages. Pay attention to all the signs that come in during this time: not everything in your life is as it seems.

INTUITION

Your intuition is trying to tell you something

If you've been feeling an inkling in the back of your head about your partner, or get the hunch that your friend isn't telling you the whole truth, believe that feeling! Your intuition is trying to tell you to pay attention. If you are having dreams that are actualising in real life, it's because your psychic senses may be strongest in your dream state. You may feel especially sensitive towards the energy of others, and it could be hard to distinguish which emotions belong to you. Your intuition will be working nonstop, and daydreaming of multiple realities is common. It can be beneficial to harness these abilities so that you can utilise them after Neptune Retrograde is over.

JOURNAL PROMPT

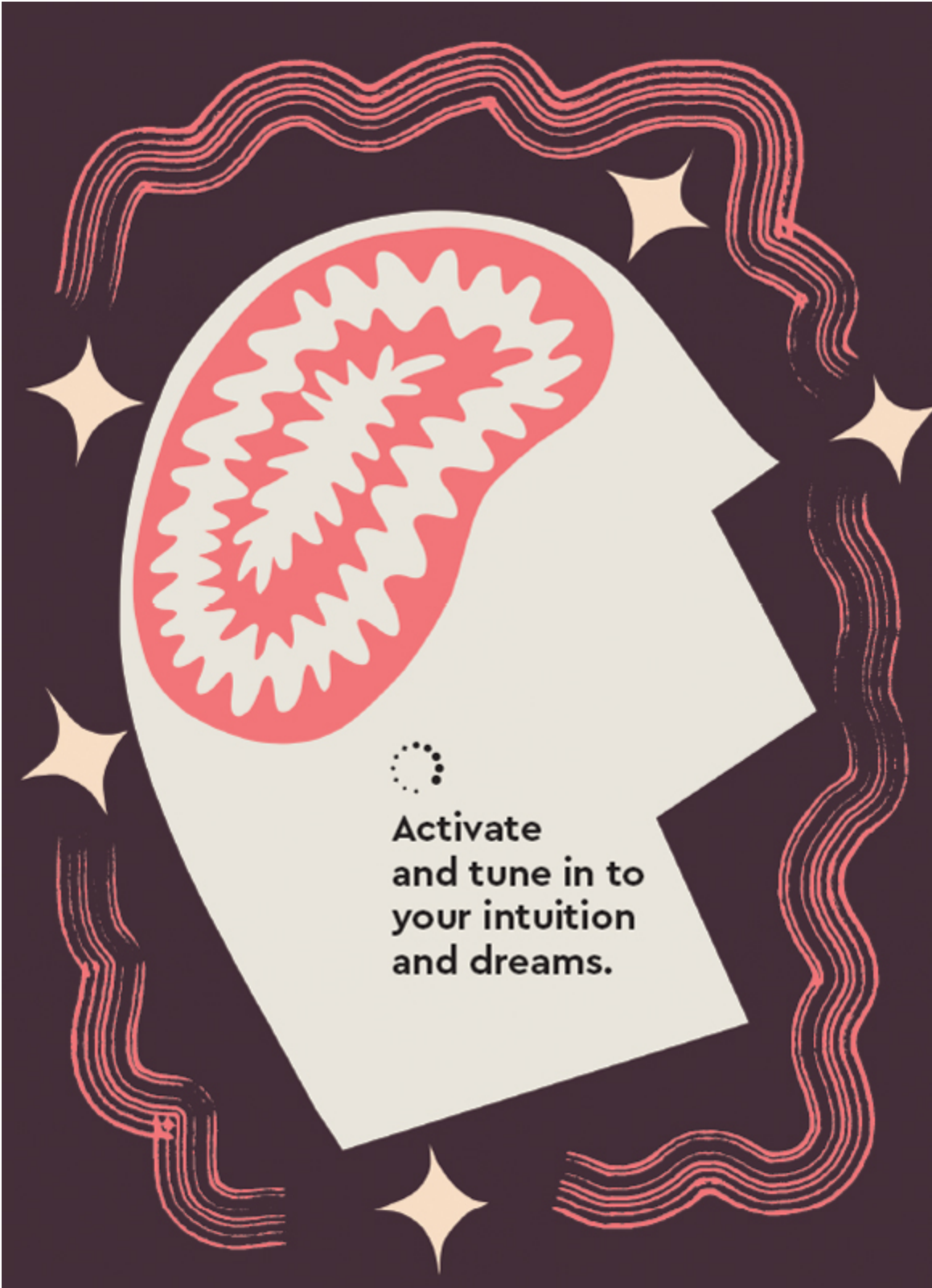
Signs from the universe

Try journaling about the signs you receive from the universe. During a Neptune Retrograde, you may see more messages from your guardian angels than normal. Look up animal symbolism and number interpretations that may appear to you, and document them for future reference.

SELF - CARE HACK

Activating your intuition

Explore an artistic endeavour that you may have lost touch with over the years, such as painting, dancing, photography, etc.



**Activate
and tune in to
your intuition
and dreams.**

GASLIGHTING

Pay attention to what's real

There will be a spotlight shone on anything that is not authentic when Neptune is in retrograde – including any self-created fantasies you may have within your life. You will feel a stronger need to get to the bottom of what's real and what isn't. OK, Nancy Drew! You may notice there's more gaslighting and deception happening around you on a personal and global level. It may be hard to get a straight answer out of anyone during a Neptune Retrograde. People will be communicating more abstractly during this time. You may have to wait until after the retrograde has ended in order to get clarity.

SELF - CARE HACK

Dream work

We typically have dreams that fall into four categories:

- **Healing dreams** – These help us work through a situation.
- **Soul-communication dreams** – Conversations that aren't happening in real life.
- **Prophetic dreams** – Where you see situations unfold that then happen in real life.
- **Quantum astral travel dreams** – Where you dream of different locations in the soul realm, but it feels as though your body is really there.

It's important that when you wake up from a dream, you record what happened immediately. This can help you train your brain to get into the habit of remembering your dreams.

SELF - CARE HACK

Astral dimensional travel

Imagine yourself in another physical space. Imagine the people there, what conversations are happening and what you are doing there. Try this just before you go to sleep, and again as soon as you wake up. You're tapping into your subconscious, which takes away the barriers of your conscious mind. This will take you into the expansive space of your intuition and multiple conscious selves. Explore the space and have fun!



Be aware of gaslighting and keep things real.



ESCAPISM



Reality isn't fun anyway

A Neptune Retrograde could make you want to escape reality more than usual. As the truth becomes more apparent, you may want to indulge in more substances, or anything that changes your state of being. If you do, set intentions beforehand so that you have an understanding of what you're looking for. Pay attention to the messages you may receive. Make sure that your overindulgence doesn't lead to the total avoidance of reality; instead, use it as a way to discover answers, so that once you are out of that state, you can implement the lessons you received.

JOURNAL PROMPT

Receive a message

Sit in meditation and tap into a calm state. Focus on being open to receiving messages from your Guardian Angels. Pull a card from an oracle or tarot deck in order to see what wisdom is coming through for your guidance. Write the card down in your journal, as well as anything that intuitively comes through to you about the card as it pertains to your life.

SELF - CARE HACK

Crystals for intuition and grounding

For activating intuitive and psychic abilities:

- **Moonstone** – Activates intuition.
- **Moldavite** – Opens chakras.
- **Amethyst** – Helps with channelling ancient wisdom.
- **Sodalite** – Helps with being objective with internal processes.

For grounding:

- **Labradorite** – Helps with spiritual grounding and protects the aura.
- **Hematite** – Helps you to stay rooted.
- **Smoky quartz** – Grounds the crown chakra.
- **Black tourmaline** – Helps clear negative stagnant energy.

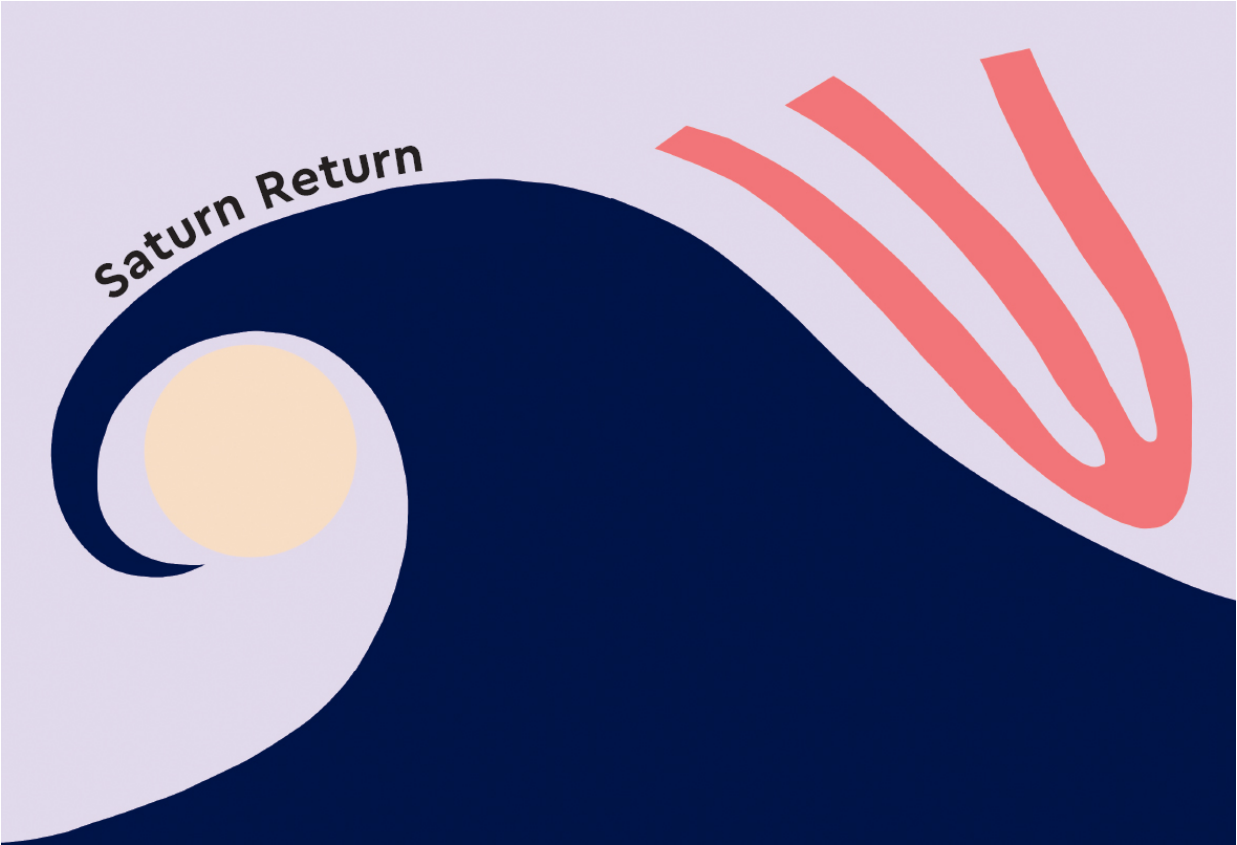


**Stay grounded and embrace
your inner intuition. Pursue
creative interests to bring you
inner peace.**

SURVIVING NEPTUNE RETROGRADE



Instead of running away from yourself, embrace your inner intuitiveness. Confront the truths so that they don't control you. Allow them to teach you the lessons that they have to share. It's crucial to remain grounded during this time, and strengthen your intuitive abilities. Stop pursuing situations or people who have continued to let you down or deceive you in the past. Return to creative and artistic hobbies that allowed your energy to flow and brought you inner peace. You may rediscover a dream: pursue it once Neptune goes direct again. A Neptune Retrograde is telling you that it's time to start operating from your highest truths.



**Expect three Saturn Returns in
your lifetime:**

1st: Ages 27–30

2nd: Ages 57–60

3rd: Ages 82–86

Saturn Return

If, at the age of about 28 years old, you found yourself crying into a box of tissues, feeling a looming existential crisis come crashing in like a massive tsunami, removing any form of normality in your life, then you have experienced a Saturn Return. But it's not all bad; in fact, you can consider it to be a celestial rite of passage. Saturn is our disciplinarian, controller of karmic energy, and the 'time-keeper' planet of our solar system. As the father of Jupiter in Roman mythology, Saturn is connected to our paternal energy. Saturn is Capricorn's ruler in Western astrology, and its influence upon you depends on what sign it was in when you were born.

When Saturn's energy is present, it brings a huge reality check, but only so you can live your best life. Saturn is a slow mover: it takes 29.5 years for it to complete its full orbit. For three years, it will station in the same zodiac sign it was in when you were born. This is your astrological bootcamp, and can lead to some of the most testing years of your life. You will undergo your first Saturn Return in your late twenties, a second in your late fifties, and a third one in your eighties. The first is an initiation into adulthood; the second is what some refer to as your 'midlife crisis'; and the third is a reflection of the wealth of knowledge that you have attained in your life. Saturn's energy is about legacy, so your Saturn Returns are about evaluating what kind of mark you will be leaving on this world, long after you have left it. This will, of course, vary depending on a person's lifespan, but in general you can expect to undergo up to three Saturn Returns.



First Saturn Return: Time To Grow Up

Ages 27–30

In your late twenties, that youthful energy is fading, and there is no more talk of ‘when I grow up’. After all, 30 is on the horizon! The life trajectory you thought you were set on begins to look questionable. If you’ve been coasting through mediocre jobs, or staying in an unsatisfactory (but comfortable) relationship, it can all come crumbling down during your first Saturn Return. Maybe you will quit your job, or get fired, or get divorced, or move across the country. Not embracing this brutal awakening will make the karmic lessons that much harder! Just sticking to old ways of working in your relationships, and doing the usual nine-to-five to keep paying the bills won’t cut it. Nor will those overpriced drinks on Saturday night, or that pricey brunch on a Sunday. Not only is this way of life no longer working, it’s not fulfilling, and you’re beginning to wonder what your purpose is.

Saturn is the father to us all, and right now it is throwing curveballs at you. They are hitting you harder and harder – but you are getting stronger! You are finding new activities or long-lost hobbies you haven’t done since you were a child. They are reigniting your soul, but you wouldn’t have gone searching for them unless the universe had turned your world upside down. Our relationship to our paternal figures helps set the foundations for the

types of masculine energy we embody, and the partners we attract. You're asking yourself the right questions, and shifting your belief systems, so even if the circumstances haven't changed, your perspective has. Yes, you have a new level of depth and growth – and it looks beautiful on you!

JOURNAL PROMPT

Money and purpose

Look at your belief systems around money: how do you feel about it, and how do you think you should be receiving money? Do you believe you can make money and care for yourself financially by doing what you love? What 'shoulds' come up? What 'can'ts' come up? These are all limited belief systems and fears that keep you from looking at all the abundance in your life. Be open to them, understand them and work on releasing them.

In your dreamworld, what would you be doing as your work to enable you to give back? What did you want to do when you were a child, before any money worries began? How can you make money doing what you love? Does it involve going back to school, getting a mentor, learning entrepreneurial skills, or finding a community?

SELF - CARE HACK

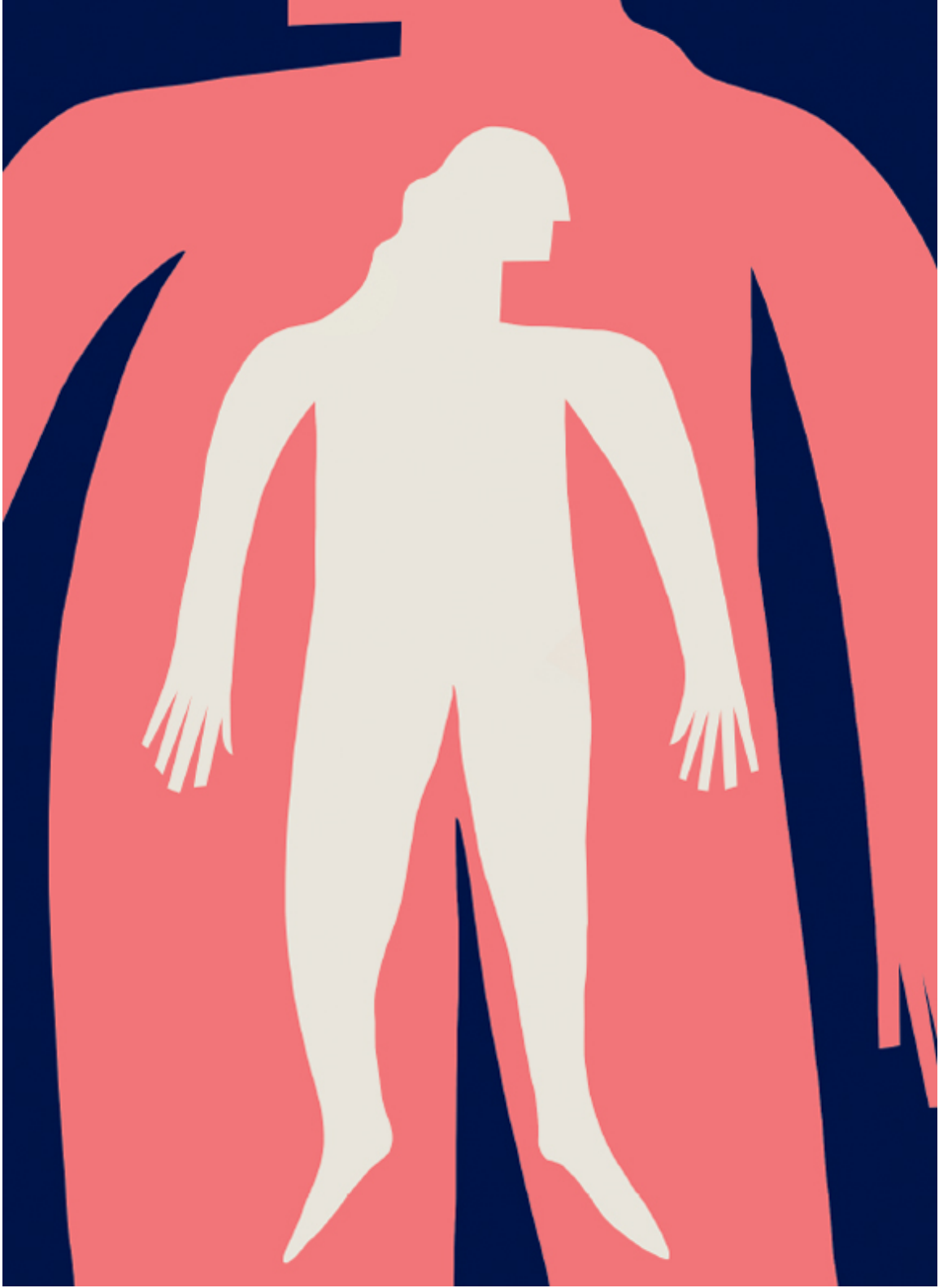
Root-chakra meditation

A root-chakra meditation can help you with grounding and feeling secure during this uncertain time. Find a seated position, paying attention to your pelvic area, where your root chakra is located. Send love and nourishment to your root chakra as it is breaking open and finding new ways to support you. Hold a crystal in your hand, such as jasper or smoky quartz, to aid you in shifting belief systems as you meditate.

**SURVIVING
YOUR FIRST SATURN RETURN**



It can feel as though your whole world is falling apart during your first Saturn Return, but don't panic – and keep your eyes on the prize. Follow the paths that call to you. Begin to develop healthy habits now, so you won't regret it later. Creating an exercise routine and updating your diet can help take care of you for the long term. Relationships built on facades can run their course during a Saturn Return; it's a time when you're asked to return to your autonomy. Saturn is not trying to punish you – it's trying to get you to level up and get on track!



Second Saturn Return: The Awareness Of Your Mortality

Ages 57–60

The beauty of your second Saturn Return is that you are no longer struggling with questions around who you are. You are far more self-aware now than you were in your late twenties. It will be a chance for you to reflect on what you have done with the first half of your life: decisions that made you proud, and ones you would like to rewrite. If you had a child at around the age of 27, then he or she will be going through their first Saturn Return while you are going through your second. This is a great way for you to reflect and see what growth can come from that dynamic. During your second Saturn Return, you may feel like you are at a crossroads in your life. What choices were good at the time, but now don't serve you and need to be let go? What new spaces do you want to step into as way of redefining of your purpose? With Saturn being the ruler of our karmic energy, you may go through challenges in your second Saturn Return that are similar to those you experienced in your first.

With your Second Saturn Return, you're being asked to become the mistress or master of your own life. You are more aware of your mortality than you have ever been before. Children may move out of the house, you might retire, and for the first time in a while, you now have more energy to give back to yourself. You will be asked to re-establish boundaries with others who have drained your energy in the past. The Second Saturn Return is like a homecoming to yourself and your own desires. It's now time to go after

what you have always wanted, and revel in the life you have created for yourself.

JOURNAL PROMPT

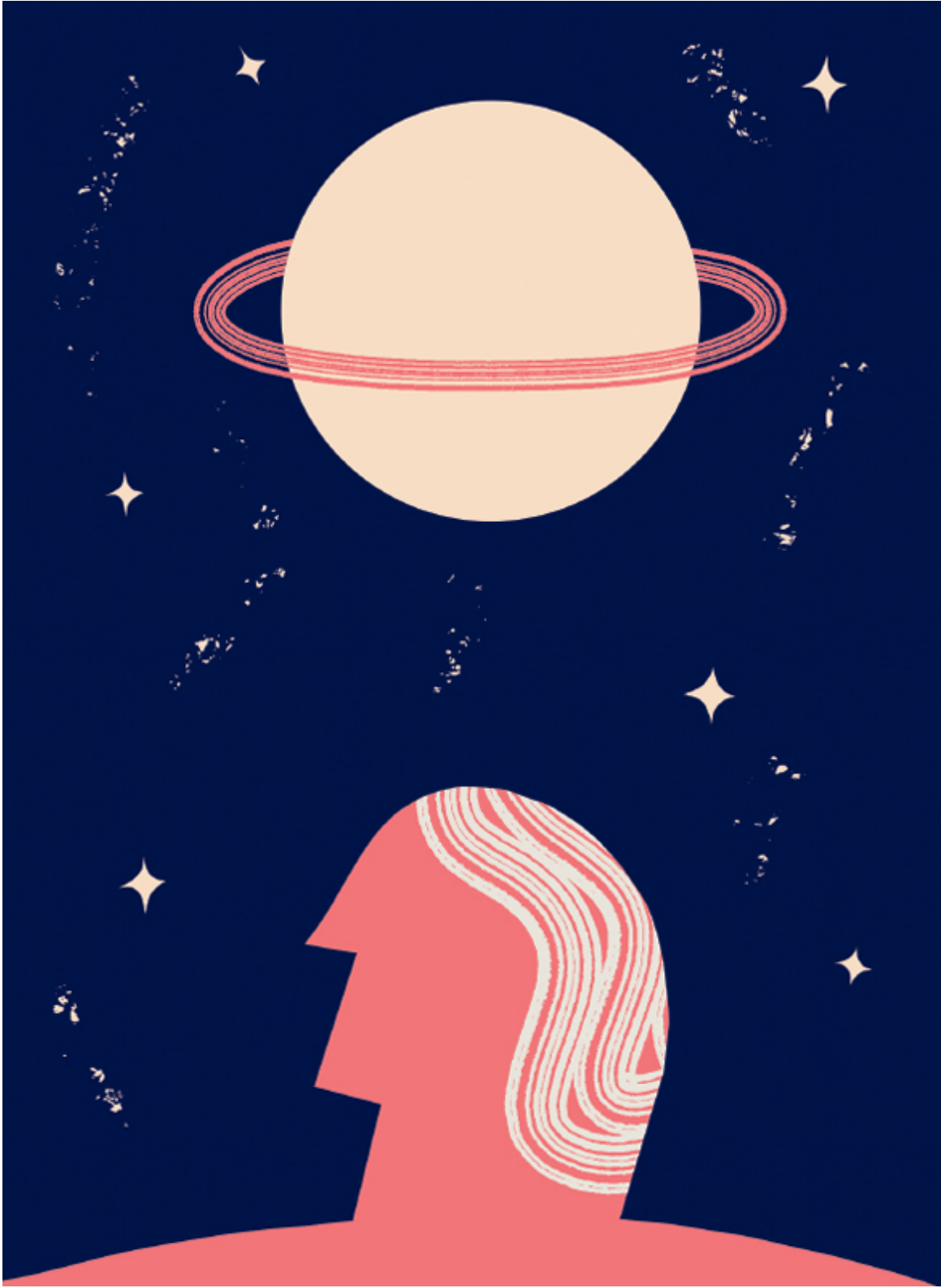
Reflection

Reflect on your First Saturn Return, when you were 27–30. Where were you in your life? Did you have a partner? Did you start a new career path? Think about how the experiences you had then are being reflected in your life again now as you enter your Second Saturn Return. What karmic lessons have come to completion, and what belief systems are no longer serving you that need to be released?

SURVIVING YOUR SECOND SATURN RETURN



During this new energetic time, it's a good idea to explore any hobbies or interests you have always put on the back burner to make space for other priorities. Sign up to be a volunteer for your favourite organisation; get back into gardening; take that painting class you've had your eye on. Some people may get the urge to travel and explore outside of their home base. Now is the time to book that trip. Many people return to study during their Second Saturn Return, or start to explore the entrepreneurial ventures they'd previously put on hold. You may feel the need to switch up your look if you've been 'stuck in a rut' for some time. Get that haircut you saved to your Pinterest board, or update your wardrobe to reflect your personality as it is now. It's no longer about everyone else: this is your time. You have astrologically *arrived!*



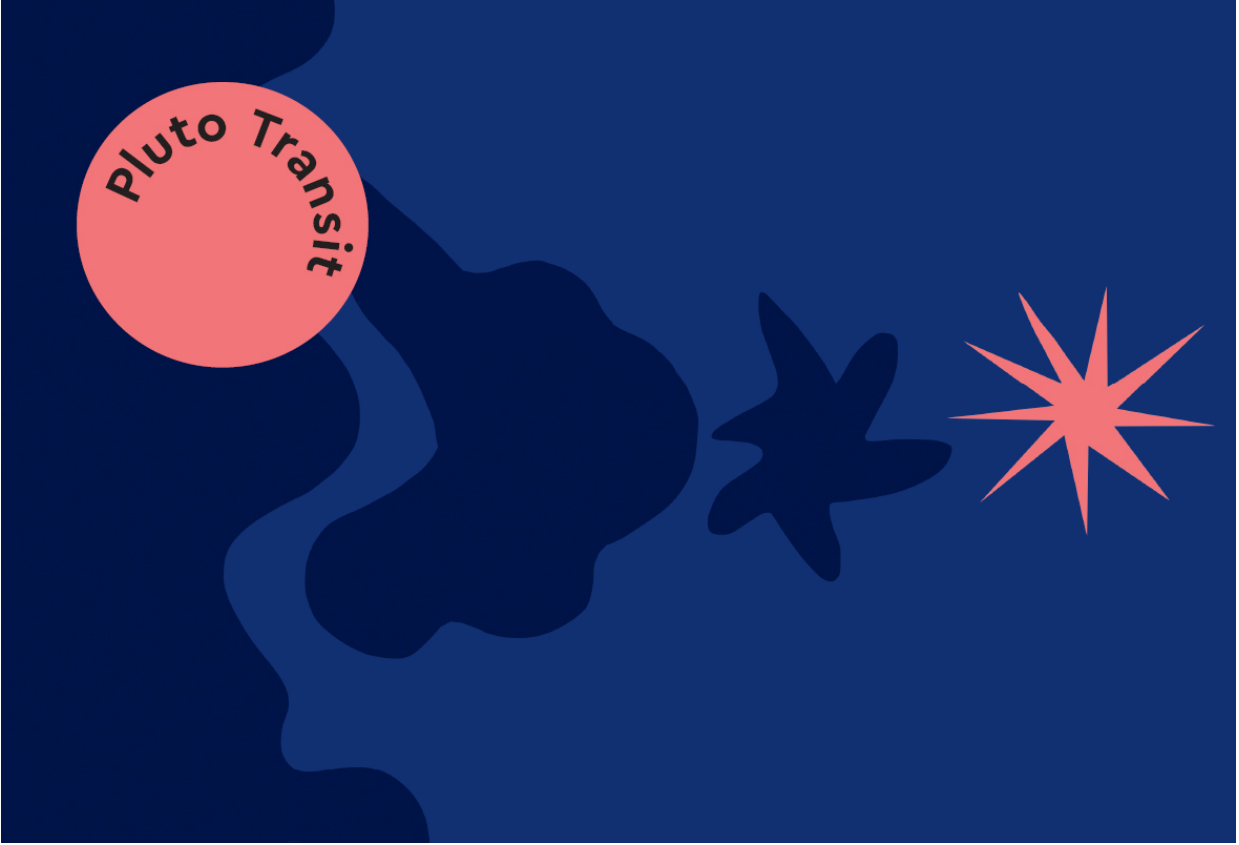
Third Saturn Return: Your Life, In Retrospect

Ages 82–86

If you are blessed enough to reach your Third Saturn Return, you have truly become a wise elder. You are closer to being a part of the higher realm, rather than being fully here in this present world. You have reached a peak within your life experience and perspective, so enjoy the wisdom! Saturn is now making its third visit to your chart, allowing you to reflect on the beauty of time and how you have shared yours with others. The legacy you have been diligently working on is now established and ready to be continued by your successors.

Saturn, our Father Time, is reminding you that our life on this earth is limited, but what matters is the presence we bring while we are here. The challenges that you will begin to face will be physical and mental. As your physical body begins to change, you will become more reliant on your mental and spiritual self. Your loved ones may start to pass over, and your communication with the other side may begin to grow stronger. Your appreciation for the little things in life will grow as you start to slow down enough to enjoy them. This is a great time for reflection, but also for enjoying the evolution that you are still a part of.

Now is the time to take care of yourself with rest and ease. If you've been maintaining your body, this can still be an energetic period. Remember, your only limitation is in your mind (which we are sure you already know, what with all the wisdom that you have gained). Deep reflection on what you have accomplished will be a big part of your Third Saturn Return. Release any regret that you may have over things that transpired in the past. Give wise words of encouragement to your family, so that certain cycles do not have to be repeated. Use your dreams to travel the astral plane and to explore. Express gratitude to the universe for all the trials and tests you were given, as it has made a beautiful life for you and the ones you love.



**Pluto is tied to transformation:
we are undergoing the end of
one world and stepping into a
new way of life.**

Pluto Transit

On both a global and personal level, it may have felt like the past few years have been nothing but upheaval and discord. We have watched the suppression of marginalised groups become amplified and the fight against tyrannical powers in our systems come to a head. This is because Pluto, our planet of death and rebirth, has been in Capricorn (from 2008 to 2024). It has exposed the true intentions and the shadow aspects of our structural systems and society.

With the influence of Saturn in Aquarius coming towards the end of Pluto in Capricorn, we will see these systems dismantled and re-evaluated. Pluto Transit will break the illusion and then bring forth rapid change. This can be painful, but it is always in our best interests. With Capricorn overseeing our governmental structures and Pluto in this placement, we will see a global power shift.

Historically, last time Pluto moved through Capricorn was during the American Revolution, the impending French Revolution, and the Industrial Revolution. This goes to show the intensity and impact of the times that we are living in right now. We are in a transitory stage of upheaval – but we have been through this before and there is light at the end of the tunnel. This is the breakthrough we have been building up to since 2008. In the end, a new age will be upon us. Many of our outdated capitalist structures will change and become more aligned with the values of our times. As Scorpio, which is ruled by Pluto, oversees the shadows of finances, we will see our economy being restructured and dismantled. Pluto is tied to transformation; we are undergoing the end of one world and stepping into a new way of life. In order to avoid extinction, humans will have to make major adjustments. This need for change creates the opportunity for equity, renewal, and the elimination of greed and poverty. It may be painful, but we have made it through a Pluto in Capricorn transit before, and we will do it again.

On the other side of this chaos and destruction is a better world, ascension and spiritual awakening for us all. With the influence of Saturn in Aquarius, we will see the expansion of technology and a growing collective need for spirituality. Our global climate is in desperate need of technology

catering to the earth, therefore we will see advancements that are built on sustainable methods. There will be more acceptance of ourselves and others within spiritual and religious practices. Healing ourselves allows us to coexist compassionately with one another. This exposure leads to the truth we have been unwilling to acknowledge, and can lead us to a collective global healing.

SELF - CARE HACK

Change inspires action – find your role in the social change ecosystem

At the core of the global collective mission are equity, justice, inclusion, liberation, solidarity, resilience and interdependence. There are roles for healers, artists, storytellers, bridge-builders, front-line responders, caregivers, disrupters, visionaries and builders.

In defining your role, it is important to take your time and do the healing work that allows your natural passions to come to the forefront. Utilise your voice in the way that is most authentic. Don't feel guilty if your approach looks different to that of others. Push yourself to step into the role that works for you, and take action.

SELF - CARE HACK

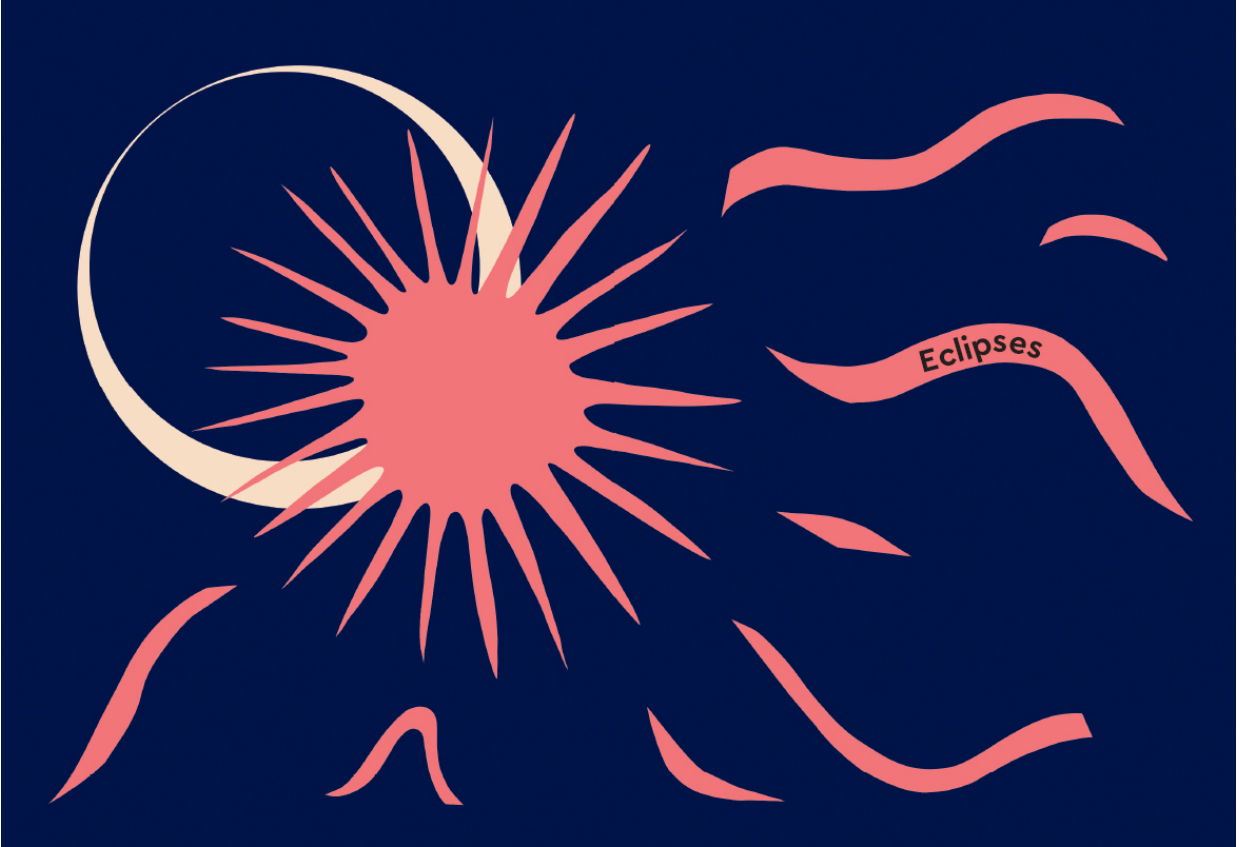
Explore your spiritual awakening!

If you have been interested in a spiritual or religious practice, now is the time to delve in. Have you explored your own ancestral trauma? Have you learned new methods on how to heal past wounds? How do you want to operate differently in your present day? What does 'Higher Power' mean to you? These are all questions to ask yourself while stepping into a spiritual awakening. Remember, a spiritual awakening is a lifelong process: you will always be evolving. Be curious and open to the exploration of your beliefs.

SURVIVING PLUTO TRANSIT



Educate yourself, heal your inner child, do the shadow work and seek ancestral healing. Look forward to the world that you want to live in and ask yourself: What does it look like? Don't be limited by your belief systems. Allow your vision to see the unseen. This Pluto Transit is your opportunity to dream big.

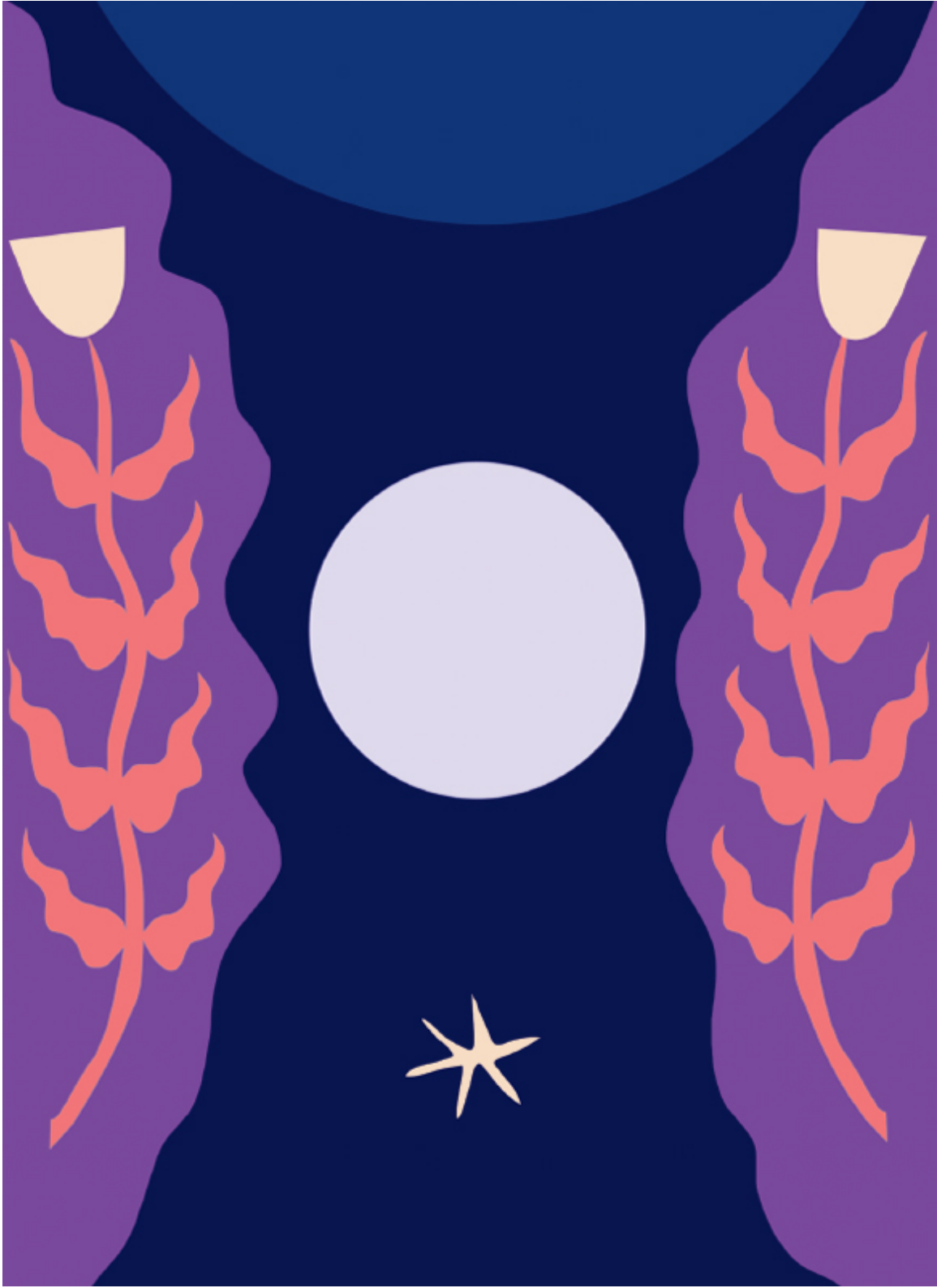


Pay attention to what transpires between a lunar eclipse and a solar eclipse, and you may see your world shift in unexpected ways.

Eclipses

Have you ever wondered why eclipse sightings are such a big deal? Not only are they beautiful to witness, they also hold a strong spiritual significance in our lives. Eclipses have an often sinister mythological history: ancient Greeks viewed them as punishments from the gods; Mayan civilisations believed that shadow spirits ate the sun and moon during an eclipse; and in ancient Indian mythology, the demigod Rahu ate the sun and moon out of vengeful anger against the god Vishnu, explaining why the sun and moon disappear during an eclipse! Although eclipses are now scientifically explained by the moon's orbit, they can still cause us to behave in ways that are out of character.

Eclipses happen four to six times a year and bring with them much-needed change. They occur in pairs, so when there is a lunar eclipse, we can expect a solar eclipse to follow shortly afterwards. It's important to pay attention to what transpires in the time between a lunar eclipse and a solar eclipse. Be prepared to receive the signs you have been waiting for, and to see your world shift in unexpected ways.



Lunar Eclipse

Seeing the unseen

The universal portal has been opened. A universal portal is intensified energy: a time when your destiny can come into alignment at a much faster pace. The effects of a lunar eclipse can be felt for three months after it has occurred, so buckle up for a wild ride. Lunar eclipses happen during a full-moon phase when the moon enters the earth's shadow. A lunar eclipse may be marked with a tragedy, either personal or collective, but it also serves to uncover the unconscious so that we can live with more awareness. Our shadow selves and deep trauma are illuminated and ask to be addressed. Our focus is on releasing, closure and the finalisation of things that no longer serve us. Expect heightened emotions and big breakthroughs. You will experience many light-bulb moments that will lead to you moving through your life in a different way. We will see opportunities for growth in all aspects of our lives. Lunar eclipses help us reject self-judgement and embrace self-discovery.

JOURNAL PROMPT

Releasing energy

Write down any thoughts you are struggling with that you want help understanding. List any people or situations that aren't serving your highest good. Once written, ask the universe to help you release the energy behind these people, thoughts and situations.

For this meditation, you will need a smudge stick and your above journal prompt. Sit in a quiet and comfortable setting. Take a few breaths with your eyes closed, expanding your diaphragm. Burn your smudge stick, and as it releases smoke, move it in circles above your head, at the top of your shoulders, and at your stomach. This helps to clear the energy surrounding you so that you can focus on your intentions. Meditate on the releasing of energy from the journal prompt above and express gratitude for what you have learned. Reflect on the lessons that have arisen and how you will be able to move forward from a stronger place thanks to these teachings.

You will need:

- a glass of water (to charge with the moon's energy)
- candles
- dried lavender (for relaxation)
- coconut milk (coconut is a good offering for moon goddesses)
- bergamot essential oil (for prosperity)
- frankincense essential oil (for creating inner harmony)
- lavender essential oil (for creating calm)
- Epsom salts (for muscle decompression)
- a piece of moonstone (to connect to the lunar energy)

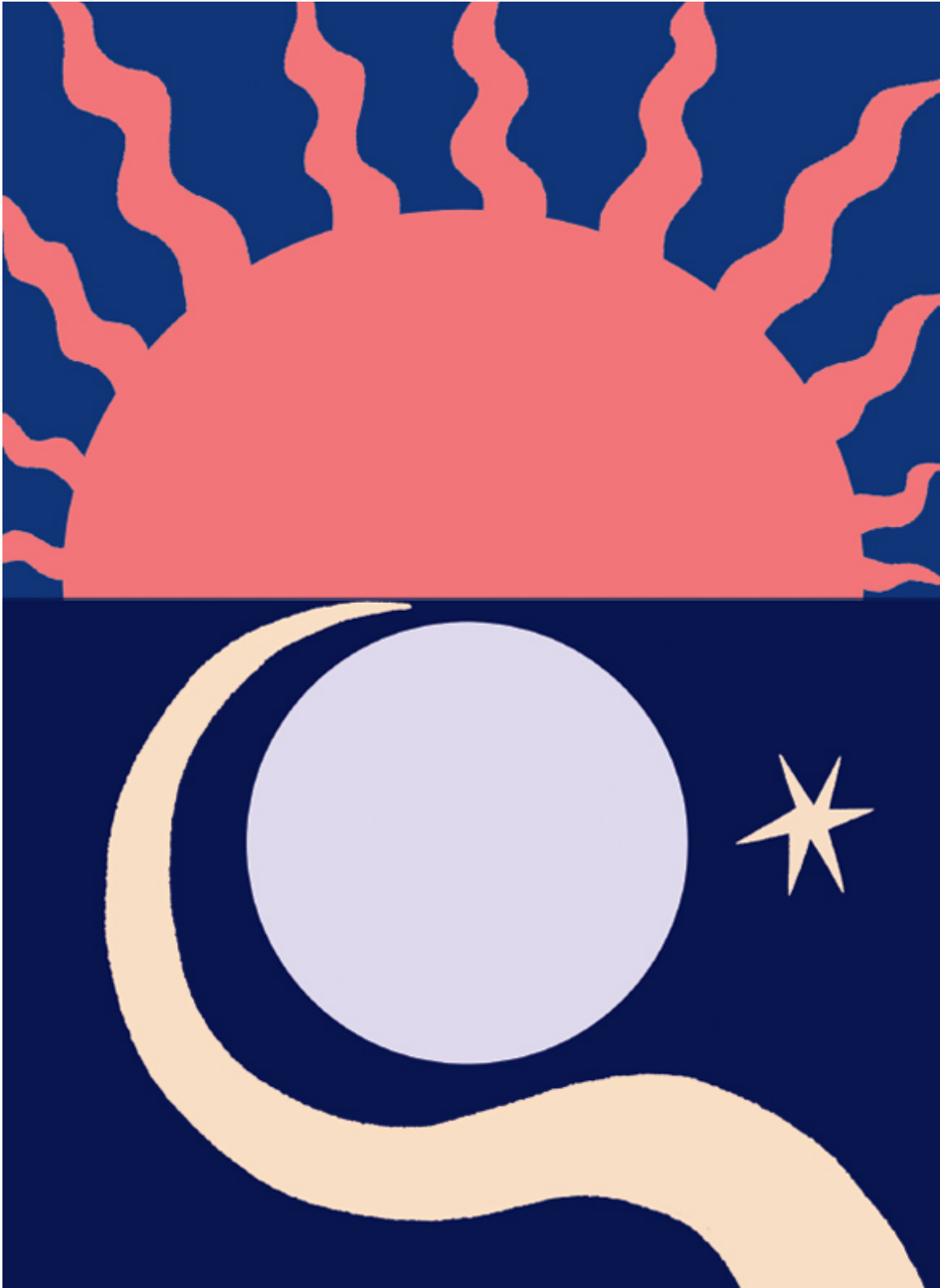
The night before a lunar eclipse occurs, place a glass of water outside to be charged with the moon's energy.

On the night of the lunar eclipse itself, run a warm bath, lighting candles to set a relaxing mood.

Pour your charged moon water into the bath, and add the dried lavender, coconut milk, essential oils and Epsom salts. (You will be saving the piece of moonstone for later use.)

As you bathe, focus on what you would like to release during this full-moon phase, and how you would like to cleanse your life and energy. You might be thinking about moving past emotional limits, letting go of a painful situation, or freeing yourself of emotional or physical addictive patterns.

When you are done with your bath, place the piece of moonstone inside your pillowcase and sleep well. The next morning, document any messages or dreams that occurred for you in your journal. This could be important guidance from your spirit team, which is made up of your guardian angels and guides.



Solar Eclipse

Bask in the glory of the unknown

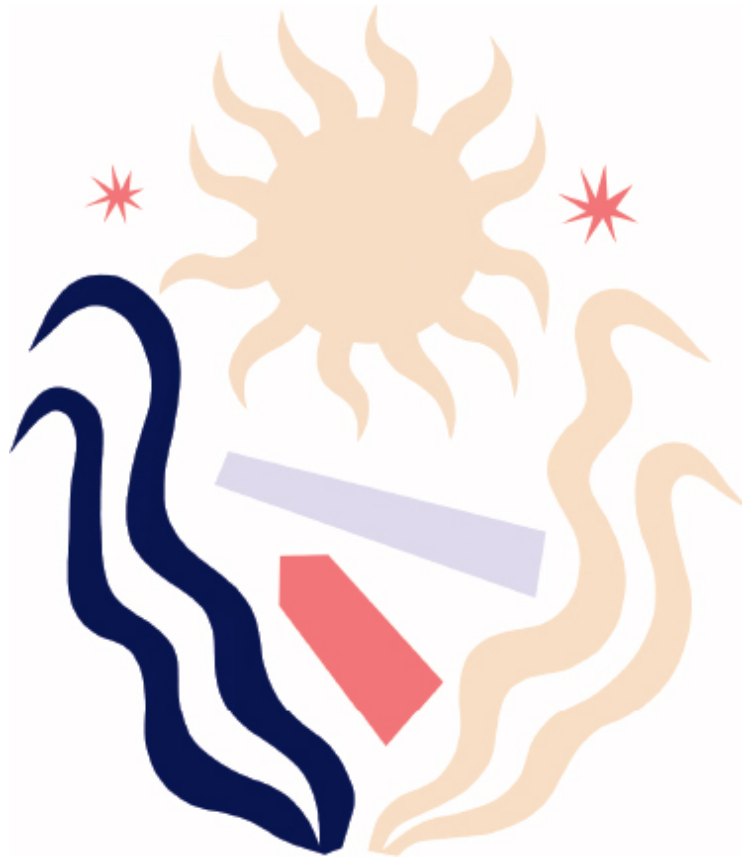
The magic of a solar eclipse is so potent because it shares a universal portal with a lunar eclipse. Solar eclipses occur when the moon temporarily blocks out the sun, and they happen during new-moon phases. The sun is our pure fire energy and the creation centre of our solar system. When solar eclipses happen, amplify those new-moon intentions. This is the time to welcome new journeys and fresh starts. The lunar eclipse's powerful energy was the initiation for all the blessings that the solar eclipse has to offer. These transits can show you a new expansive horizon of opportunity beyond what you see and know. Be careful what you wish for: you just might get it. You may feel out of control, fatigued or sensitive, because the universe is pushing you into alignment at a more intense rate than usual. The solar eclipse can take away the familiar in order to illuminate the path less travelled. Now is the time to take a leap of faith and trust the spiritual shifts.

JOURNAL PROMPT

Intentions for the new cycle

Write down your intentions for this new cycle of your life. What is it that you want in order to be able to move forwards? You don't need to be particularly specific about *what* you want to bring in: instead focus on *how it would feel*. When you attract something successfully, it will *feel* as you

desired it to, but it may not *look* as you had anticipated. Ask yourself what you can do to prepare for these blessings when they arrive.



SELF - CARE HACK

Sun meditation ritual

You will need:

- a blanket and a pillow to rest on
- a piece of selenite
- a piece of rose quartz
- your journal and a pen

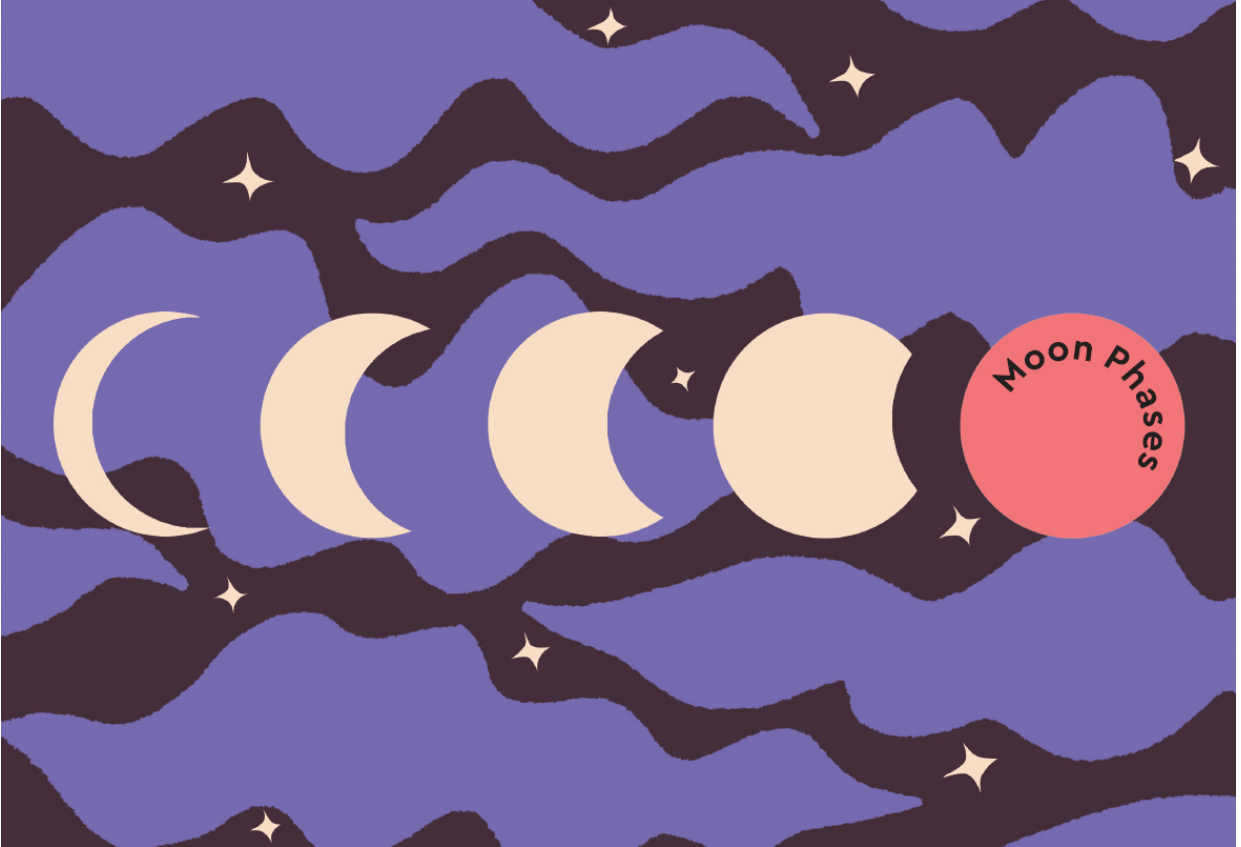
Find a spot outside in nature where you can perform this meditation: a grassy park or backyard will do. You need to be in direct sunlight for this ritual. Spread out your blanket and arrange your pillow in a position that will be comfortable for you.

Lie down in the sunlight. Place your piece of selenite on your third eye chakra (between your brows) and your rose quartz on your heart chakra

(directly above your heart). Selenite can help with aligning all your chakra energy, and rose quartz is connected to your heart, which is ruled by the sun.

Closing your eyes, inhale deeply through your nose and out through your mouth. Do this at your own pace, focusing on setting your intentions for the new moon energy. These intentions could include: finding the courage to make a fresh start; embracing change; taking a risk; putting yourself out there; or making a big revelation.

When you have finished setting your intentions, write about them in your journal, as well as what came up for you as you bathed in the sun's energy. When you write down your intentions, do so as if they were already a reality, using phrases like 'I am', rather than 'I want to be'.



Many of us can feel the effects of moon phases unconsciously.

Moon Phases

Have you been feeling more on edge than usual, or as though your emotions are spilling everywhere? You may want to take a look and see if you're dealing with an oncoming moon phase. Don't be fooled: the moon may be small, but it is mighty! From the pull of the ocean's tides to the moon's synchronicity with menstrual cycles, this beautiful celestial body has an influence over us all. Throughout ancient history, the moon is respected as our divine mother energy. Followers of moon goddesses, such as Selene in Greek mythology and Yemaya in some West African diaspora communities, call upon their energy for solace and emotional comfort. For centuries, witches have used the moon calendar to do timely spell and ritual work. Many of us can feel the effects of these phases unconsciously!

Knowing which zodiac sign moon phases are occurring in will help you with understanding the themes that will be in focus for you during that time.

- **Aries** – Your drive; how you take action; your inner warrior.
- **Taurus** – Your relationship to money and material matters.
- **Gemini** – Communication; how you externalise your ideas; what inspires you.
- **Cancer** – The activation of your inner maternal energy; your intuition and emotions.
- **Leo** – Your creative self-expression; your romantic energy; your self-worth.
- **Virgo** – Rituals through daily action; how you serve others; your perfectionism.

- **Libra** – How you show up in love; the creation of inner harmony; your relationships.
- **Scorpio** – Acknowledgement of your shadow self; complete understanding of the psyche.
- **Sagittarius** – Your philosophical ideas; how you learn from others; the broadening of your horizons.
- **Capricorn** – Societal systems; your inner structure and framework; your career.
- **Aquarius** – Rebellion; your innovative ideas and your humanitarian role.
- **Pisces** – Your spirituality and beliefs; your dreams; creativity from a higher purpose.



Moon Phases

NEW MOON

New beginnings and setting intentions

The new moon is the first lunar phase of the moon cycle and is the best time for manifestations. Have you been wanting to manifest, but haven't been sure where to begin? During a new moon, you can set intentions as a way to bring in new energy. This is an opportunity to explore your own intuition, allowing you to reset and focus on what you really want to see happening within your life. If you are looking to start a new venture or partnership, aligning it with a new moon can be a good omen, and will provide the energy needed to get it off the ground. New moons also help with creating clarity on what actions can be taken before the full-moon phase occurs.

JOURNAL PROMPT

Intentions for the New Moon

What intentions do you want to set for yourself this new moon? Write them down – and don't be afraid to include details! We suggest writing no more than three to four intentions per new moon, so that you can really focus on the energy and give them space to manifest. What is the energy behind your

intentions? How can you help the universe to open up your pathway to these intentions? Write them out as affirmations, as if these abundances were already yours.

For example:

- I am in a new job that makes me feel happy and fulfilled.
- I am in a relationship that is supportive and loving.
- I am financially abundant and my money is working for me.

Post these affirmations somewhere you can see them every day, such as on your bathroom mirror or by your front door. Seeing these intentions will affirm your manifestations daily and help you to stay on track.

WAXING MOON

Your intention check-in

The waxing moon helps you stay focused on your new-moon intentions and desires. This is a good phase for you to make sure you're on track and taking appropriate action. Review your new-moon intentions and reflect on how they are aligning and what steps need to be taken. The waxing-moon phase occurs a week after the new-moon.

JOURNAL PROMPT

New Moon journaling

At the one week mark after the new moon, set aside some time to reflect and journal. Revisit your new moon intentions with a critical eye and ask yourself the following questions:

- Can my new moon intention be more specific?
- What steps have I taken to move towards my intention?
- What is holding me back?
- Where do I need support?

It's important to be clear with your intentions and to focus on the journey there. The more you are able to acknowledge your strengths and weaknesses you'll be able to gain perspective on where you can gain support and what to ask of the universe. Moon phases are not overnight processes and can take some time for manifestations to actualise, they can even take up until the corresponding full moon.



FULL MOON

Reflection and closure

A full moon is a completion of a cycle and a time for reflection. It occurs two weeks after a new moon, and is always ruled by the opposite sign to that which the new moon occurred in. (The opposite signs are as follows: Aries is opposite Libra; Cancer is opposite Capricorn; Gemini is opposite Sagittarius; Pisces is opposite Virgo; Taurus is opposite Scorpio; and Leo is opposite Aquarius.) The full moon has gathered light during the waxing phase and is the culmination of the sun and moon's union. This is the 'reflection and release' phase of your intention setting. The full moon will activate deep emotional awakenings as a way to bring you closer to what you want. We have to make the space for what we want so that we are able to receive it. Going through closure can trigger many of our abandonment wounds, which is why it's important to show ourselves compassion during the full moon. The full moon can be tied to the darkness within us, but its bright light is here to illuminate our powers. It is up to us how we choose to use those gifts. Relying on the maternal energy that exists within us allows us to feel supported during these highly emotional transitions.

JOURNAL PROMPT

Gratitude and release

Use each full moon to check in on your past intentions and see what has manifested. What feels stuck or hasn't come into fruition, and why? Is it an issue of timing, or is this desire or intention simply not in alignment with your path? How can you pivot or change it? What has been asking to be released during this time? How can you give this conscious attention and let it go? On a piece of paper, write down anything that feels stagnant, starting with the phrase 'I release', while also giving gratitude for what these things have taught you.

For example:

- I release this toxic relationship and thank it for teaching me how to love myself.
- I release my scarcity mindset, which has taught me how to be frugal, but is now stopping me from feeling abundance.
- I release this career path, which is not satisfying, but has taught me about work ethic and persistence.

Once you are done, read them out loud and then release them, using the element the full moon is in. If it's fire (Aries, Leo, Sagittarius), burn the paper outside. If it's a water sign (Cancer, Pisces, Scorpio), put the paper in a small jar and release it in the sea or a lake. For earth signs (Capricorn, Taurus, Virgo), bury the paper in the ground. If it's an air sign (Aquarius, Libra, Gemini), tear your piece of paper and release the fragments to the wind.

SELF - CARE HACK

Moon water

Charging water under the full moon can fill it with cleansing energy. Place a glass of water on a windowsill or outside overnight, directly under the moonlight. You can put crystals in the glass for an extra boost (just research to make sure they are water-safe before doing so). You can use this moon water in a bath or to clean your home – you can even drink it.

SELF - CARE HACK

Charge your crystals

Crystals need energetic clearing, just like humans do. Put your crystals out overnight in the moonlight during a full moon. This clears any stagnant energy they may be holding. You will feel their energy charge next time you use them in your practice.

WANING MOON

Gratitude for the journey

The waning moon is a time to reflect on the progress you have made since the new moon. It occurs one week after the full moon, and allows you to move into a state of embodied gratitude. Pay attention to what you have released, and how that is helping you to step into your new state of mind. Be thankful for all that you have achieved as you begin to see abundance flow into your life.



Equinoxes and solstices have a huge influence on our internal psyche.

The return of balance and finding our focus

Equinoxes and solstices are most commonly known as the changes in the seasons. Do you ever wonder why you're moodier in the winter months? Or why, in the summer, your confidence feels on point? The changing of the seasons has a huge influence on our internal psyche.

The word 'equinox' comes from the Latin *aequinoctium* for 'equal night', and describes a time when the sun crosses over our celestial equator and we experience an equal balance of time between light and the dark. Equinoxes occur during the beginning of autumn and spring, when the earth is in direct alignment with the sun.

The word 'solstice' comes from the Latin *solstitium*, meaning 'the standing still of the sun'. Solstices occur when the sun reaches its most northerly and southerly points over the equator. In the northern hemisphere, the summer solstice is when the sun reaches its most northerly point, and the winter solstice is when it reaches its most southerly point. In the southern hemisphere, the opposite is true.

Each equinox and solstice happens at the beginning of one of the cardinal signs of Western astrology: Aries, Cancer, Libra and Capricorn. These cardinal signs are the big bosses of their element, which is why they mark the beginning of each new season. These changes in the earth's yearly cycle reveal to us the process of shedding and rebirth that our planet is constantly moving through.

The energy of each equinox will strengthen your intentions, bringing more abundance into your life. During solstices, you will feel a huge energy

shift that connects us to the higher realms and helps us achieve clarity and understand our purpose. If you feel lost or misguided, a solstice or equinox can help you with finding your path once again.



Spring Equinox

In full bloom

Spring is the season of the birds and the bees, a time for flirty spring flings with everything being in bloom. The weather is warmer, the days are longer, plants are thriving and young animals can be spotted. Ancient cultures, such as the Mayans and European pagans, understood the powerful energy of the spring equinox, using it as a time to perform sacrificial rituals for blessings, and to honour their fertility goddesses. Elements of these celebrations have continued into our modern times: did you know that Easter eggs signify fertility?

The spring equinox might make you feel like dating if you're single; or, if you're in a partnership, you may feel inspired to renew your vows. It is also a time to start new projects and dare to try something new. This is a period in which to assess your goals and think about what you want to manifest. The spring equinox is best utilised by listening to your inner voice and observing the ways in which we are all connected to one another. You will feel a balance between the earth and humankind when spring arrives; we are dusting off the winter season's hibernation in order for us to start afresh.

SELF - CARE HACK

Spring cleaning for the spirit

There's a reason why, every spring, you may feel a need to carry out a major deep-cleaning of your home. Spring cleaning is highly recommended during

this time, as it represents the clearing of the old and the welcoming of the new. Focus your intentions on scrubbing away stagnant energy, turning your spring cleaning into a cleansing ritual. Add a cleansing water, such as Florida Water, to your regular cleaning solution and detergents to help with clearing negative vibes. Clean your floors, walls and windows. Donate clothes that no longer feel right to you, go through papers and recycle anything that you no longer need. The more things you get rid of, the lighter you will begin to feel – physically, spiritually and emotionally. Burn a smudge stick with your windows open after cleaning in order to usher old energy out of your home, making your space feel cleansed. Diffuse essential oils or incense that supports abundance, such as cedarwood, ylang-ylang, or bergamot. This will support the energy you're trying to bring into your space and your life. Set out a vase of fresh flowers to give your home – and yourself – a beautiful, energetic boost. Spring is officially here: it's time to enjoy all the blessings that are coming your way.

SELF - CARE HACK

Growing ritual

Spring energy is all about creation and manifestation. Pick out a new kind of flower or plant for your garden, or choose an indoor plant if you're limited on outside space. Take some time to sit with your new addition and write about all the things you would like to manifest this season. What is inspiring you right now? What is it that you want to cultivate? What new projects want to be born? Every time you maintain your plant, repeat these intentions out loud as you tend to it. The plant will become a tangible reminder to continue to put work and energy into your manifestations, just as you put work and energy into caring for this living being. Your plant reflects the energy that you are putting into it. This is the most bountiful time to watch things grow – including yourself.





Summer Equinox

Celebration

As the weather warms up, we are filled with joy, feeling the need to socialise and soak up the sun. It marks the longest day of the year, and we may find ourselves feeling more giving and compassionate towards others.

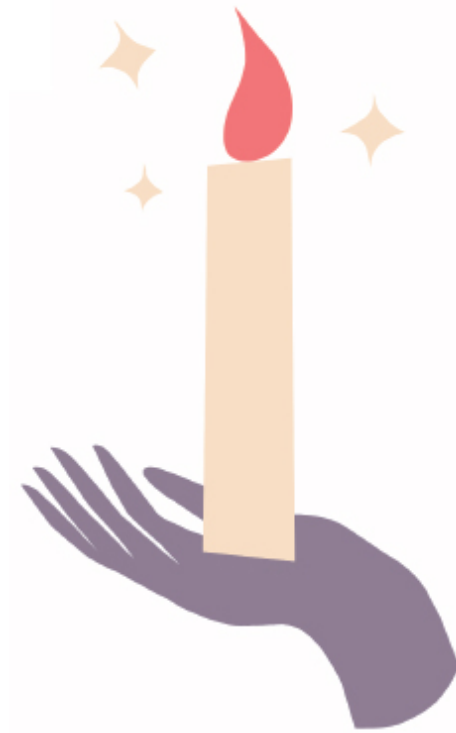
Now is not the time to hold back. You can harness the energy of this solstice to revitalise your spirit and your life. You will feel a spiritual urge to go after your desires, reach new heights and explore new things. The summer solstice is a celebration of who you are and the divine power you hold within yourself.

SELF - CARE HACK

Sunrise breathwork

Set your alarm for sunrise the night before the summer solstice. In the morning, head outside, or stand at a window where you can take in the sun's rays. Light a yellow candle and hold it in your hands. Yellow is the colour of creativity and connected to the sun's energy. Gazing at the sunrise, take a series of deep breaths. As you inhale through the nose, focus on breathing in the sun's fire energy. Feel the fire entering your lungs and imagine it travelling through your body. With each inhale, envision the fire growing stronger inside you. With each exhale, imagine yourself releasing any stagnant energy or fears that could be sitting in your body. Continue your deep breaths as needed. Once complete, speak gratitude to yourself for your

practice. Continue letting your yellow candle burn throughout the day as a way of honouring the summer solstice energy.



SELF - CARE HACK

Charge your crystals

Just as you can [charge your crystals](#) under a full moon, you can also charge them under the summer solstice sun. In the evening, place these charged crystals inside your pillowcase to feel the power of this solar energy in your dreams.

SELF - CARE HACK

Celebrate creation in all its forms

Creativity and artistic expression are tied to our fertility energy. Spend some time making art that fuels you, or dancing to your favourite playlist in a way that makes you feel alive, or indulging in consensual, safe, powerful sex. The summer solstice is a great time to honour the divine goddess within you by participating in all creative ventures that make you feel good.

SELF - CARE HACK

Ritual bath

Run yourself a bath and add Epsom salts as well as rose petals and rose oil (and bubbles, if you want it to be a little more fun!). While taking the bath, meditate on your joy. How do you cultivate joy around yourself? Indulge in some self-massage by running your fingers along the sides of your neck, rubbing your temples, and gently twisting your back to feel a deeper stretch in your torso. Enjoy and soothe your own body and soul.



Autumn Equinox

The Harvest

In autumn (fall), we reap what we have sown, and trees begin to shed their summer foliage. The autumn equinox takes us on a spiritual journey inwards. It marks the beginning of a time for gratitude, reflection and rebalance. Ancient cultures saw the autumn equinox as a time of harvesting all that was planted during the spring and summer months. For the ancient Greeks, this was the time of the return of the goddess Persephone from the underworld, while China celebrates this change of season with the Harvest Moon festivals. Throughout Japanese, Polish, American and English traditions, we see this time being marked with feasts. It's also a time to reflect on the concept of death and endings, with time spent honouring our ancestors. Some cultures carry out burning ceremonies as a way to connect with the transformation that is happening.

During the autumn months, we spend more time inside with loved ones, and everything is moving at a slower pace than it was in the summer. Autumn is the lullaby before the deep sleep of winter.

SELF - CARE HACK

Hold a gratitude dinner

Host a get-together with family and close friends, serving a meal that features seasonal fruits and vegetables. Autumn is about harvest and bounty, so sharing food that represents that energy is nourishing to the body and

soul. After enjoying your delicious meal, you and your guests can answer the following questions on your own sheets of paper:

- What new things have happened since spring that you are happy about?
- Where would you like to see more abundance in your life?
- What do you hope to manifest that hasn't happened for you yet?

Next, fill in the blanks of the following affirmations:

- I give thanks and gratitude for
- I ask the universe to bring into my life.
- I ask for assistance to allow to flow easily to me.

Go around the table and share your affirmations, being witnesses to each other's journeys and growth.

SELF - CARE HACK

Build an equinox altar

Set up an altar space dedicated to abundance and autumnal energy. Utilise the four elements: light a candle for fire, burn incense or use an oil warmer for air, and include a glass of water and a jar of dirt or a small plant to represent earth. Put out offerings such as wine, milk and honey to celebrate the sweetness of life. You can decorate your altar with autumnal colours, such as deep purples and oranges. Add elements such as leaves or pumpkins to create the harvest feeling.

SELF - CARE HACK

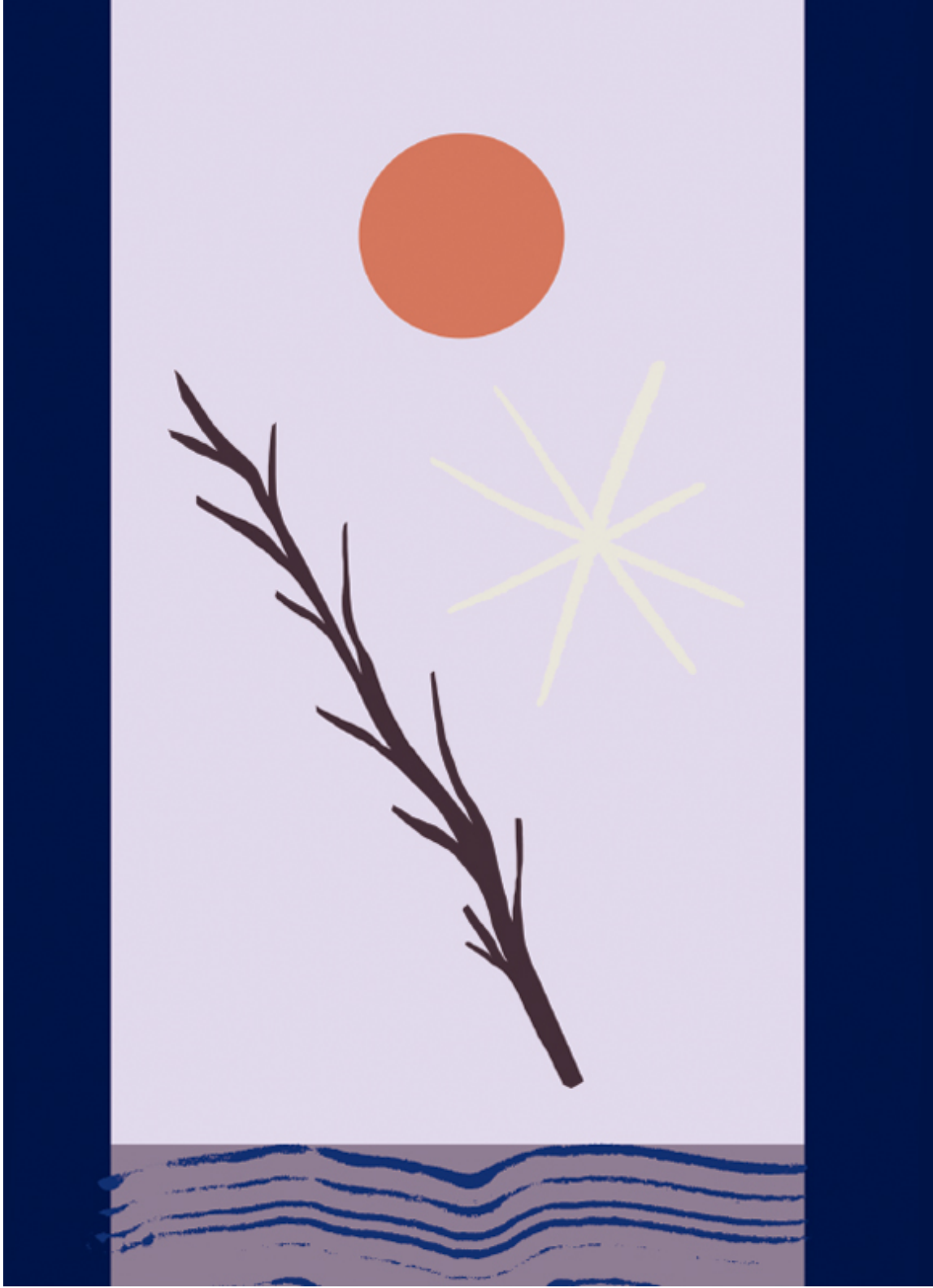
Autumn equinox meditation

You will need:

- eucalyptus essential oil
- incense
- a lighter
- a candle
- a piece of paper and a pen

Sit in a comfortable seated position. Put a couple of drops of eucalyptus oil in your palms, then rub them together and breathe in the invigorating smell,

allowing it to move through your breath. Light the incense as a way of honouring the season, as well as anyone, past or present (including ancestors), who you'd like to express gratitude for. Light the candle as a way of marking the beginning of this new phase and season for yourself. On the piece of paper, write down what it is that is being released for you during this autumn equinox, and also what you are grateful for. Once you have done this, remain seated and continue to meditate, looking into the candle's flame and letting the essential oil and incense fill your senses.



Winter Equinox

The longest night

The winter solstice marks the start of a period of hibernation. Some animals sleep throughout the cold winter months. We humans can find ourselves getting seasonal depression, eating more comfort foods and wearing warmer clothes. As ‘cuddle season’ has arrived, you may be looking to see who your potential suitors are. This is a period where our bodies, minds and spirits look inwards. We can see mistletoe hanging overhead, and the smell of pine and cinnamon is heavy in the air.

It is no coincidence that winter is a period of many traditions focused around time spent with family. The ancient Norsemen marked the winter solstice with their Yule celebration, while for the Native American Zuni people, it is the beginning of their new year and celebrated through sacred dance. In Roman history, Saturnalia was celebrated at the time of the winter solstice.

The winter solstice is the time where the sun’s stillness is a powerful metaphor for the change in our direction and intentions. Don’t forget to set those New Year’s resolutions. It’s a new year – is it a new you? New ideas can be formed when we explore our personal darkness. After experiencing the longest night, we will see light on the horizon, with the promise of longer days and sunshine to come.

Taking a hot bath can help lead you into rest and relaxation for the winter solstice. Slice up oranges and lemons and add them to a hot bath, along with some dried lavender and pine essential oil. You can include almond oil to soften the skin if you want to add a feeling of luxury. This mood-boosting bath blend will help inspire calm and comforting feelings.

SELF - CARE HACK

Releasing ritual

Write down any ‘negative traits’ or feelings you have acquired over the past year. Cut the words out into small sheets of paper. Going outside, set a glass bowl filled with water in front of you and light a candle next to it. As you hold up each piece of paper above the fire, allow it to burn away your resistance or beliefs that no longer serve you. Put the burning piece of paper into the bowl of water. As it extinguishes, imagine that the things that are holding you back are being released.

JOURNAL PROMPT

New Year’s resolutions

Setting New Year’s resolutions helps bring clarity to the type of energy you’re bringing in with the new year. Before the clock strikes midnight on New Year’s Eve, take some time to sit with your journal and reflect on the past 12 months. Did the resolutions you made last year become a reality? Were they rooted in intentions that aligned with your divine path? Use the journal questions below to help you set resolutions for the upcoming year that are more aligned with your path and goals.

- What places of lack come up for you during the winter that are asking to be addressed?
- What moods and emotions do you experience that are influenced by these darker days?
- How can you embrace these moods and emotions and understand what they are teaching you?
- What intentions do you want to set for the new year? They can be small or large actions, or ways of being that you want to foster. Think of the

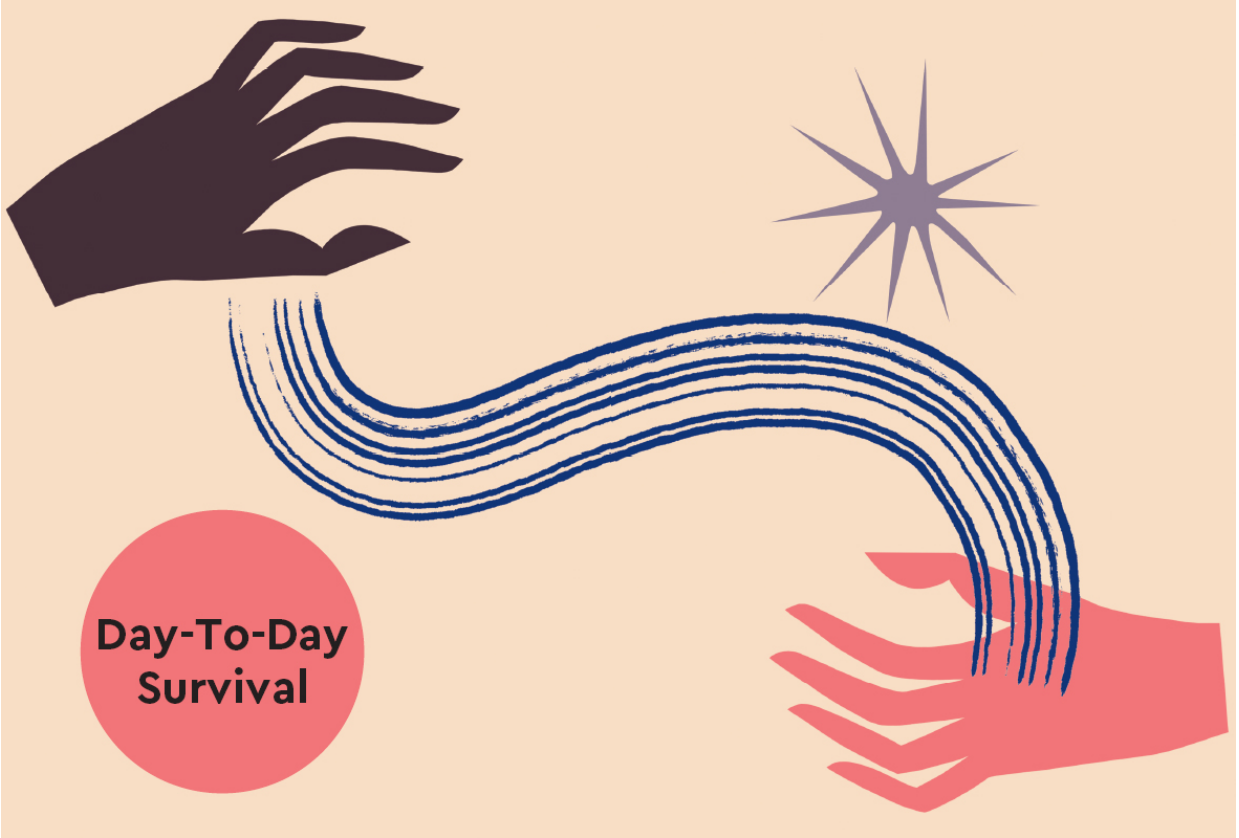
building blocks that are needed to get you to your larger goals.

- How can your lifestyle help you to manifest your intentions?

SELF - CARE HACK

Divination

If you're drawn to divination, a New Year's card pull can be supportive to your intention setting. You can use an oracle deck or a tarot deck. Shuffle the deck while focusing on the energy you want to bring into this new year. Once you feel complete, spread the cards in front of you, face down. Pick one card: this will be what to expect for the entire year. Next, pull three further cards and lay them out from left to right. These cards represent how to achieve the goal from your year. Pull a final card and place it below your card spread. This final card is an additional message from your spirit-guide team. Meditate on these cards and document them in your journal to be referenced throughout the year.

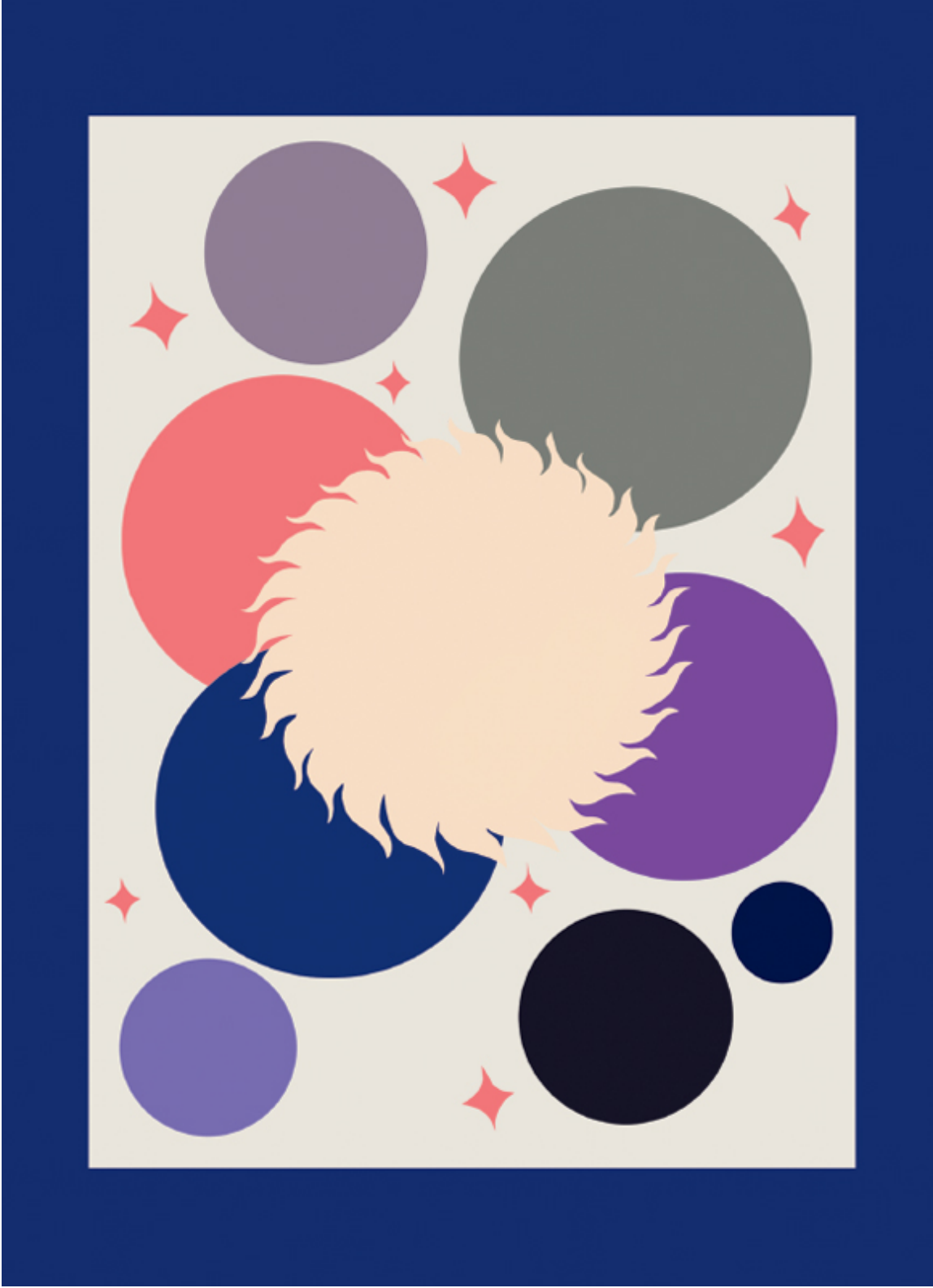


**A person's planet placements
in their birth chart can tell you
a lot about how they
externalise their energy.**

Day-To-Day Survival

Have you ever wondered why it is that sometimes you can meet someone and become instantly bonded in just one conversation, but on the flipside have a sibling or close family member with whom you can never see eye to eye, no matter how hard you try? Do you find some people easy to collaborate with, yet feel stifled when your boss's micromanaging ways limit your natural need for creative freedom? It can be frustrating when it feels like you and a person you interact with on a daily basis are speaking completely different languages. That's why a basic understanding of astrological compatibility can be the cheat code you've been looking for!

Within Western astrology, a person's planet placements in their birth chart can tell you a lot about how they externalise their energy. The ways in which we process our emotions, display our anger, show love and communicate can all be in this way. Once you're aware of someone's planet placements, it can bring clarity to how your relationship can benefit both of you, and help you understand and navigate the areas in which you may have conflict. All of these attributes will show up in your daily interactions, and knowing how to navigate them can make your communication with loved ones come from a place of understanding.



Planet Placements

SUN SIGN

Your sun sign (also called your star sign) is like the bio page on your online dating profile: it showcases your best attributes, positive traits and most commonly observed characteristics. It acts as the personality through which you externalise all your placements. This is your essence, the energy you radiate into the world around you. It's also connected to your ego and identity. It's the sign most people talk about when they bring up Western astrology. But once you have got past this main introduction, what else is there? Let's find out...

MOON SIGN

Do you ever feel like people just don't know what you're like behind the curtain? Your moon sign can be those secret parts of you: your deepest desires, an inner world that takes a little longer to discover. It's your inner dialogue, the constant conversation you are having with yourself. Your moon sign is who you are when no one else is looking, or when you feel like you

do not have to perform for others. This is where your subconscious thought processes are housed, and it's the root of your sometimes unexplainable actions. Ultimately, your moon sign is how you most authentically move through the world.

RISING SIGN

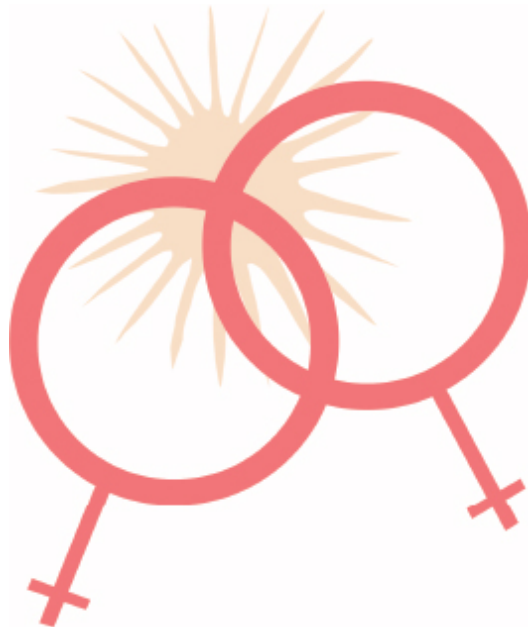
They say first impressions are everything. When people feel your vibe, they're getting a sense of your rising sign. Your rising sign is also known as your ascendant house. It is the social mask you wear around people when you first interact with them. This is how you are perceived by others: the person they meet when they are first introduced to you. Your rising sign is your energy field and how you perceive the world. There are theories within astrology that, as you age and become more attuned to yourself and your purpose, your rising sign's impact upon you lessens.

MERCURY SIGN

Has your passionate nature in conversation ever been interpreted as anger? Expressive language or a quieter demeanour can be considered more or less acceptable, depending on the culture into which you are born. Your Mercury sign is the motivator for how you communicate and process information. The manner in which you talk to others and express yourself depends on this placement. A water Mercury sign can mean you have more emotional reactions, while a fire Mercury sign may mean you are more animated in your communication. An air Mercury sign might mean you tend to analyse situations, while an earth Mercury sign would suggest you will problem-solve in a practical way. Whether you see the big picture, or you are more detail-focused, your Mercury sign explains how you solve everyday problems. Understanding how you listen, communicate and identify with others is an important element of astrological compatibility. If you and the person you are communicating with have contrasting elements, it could mean a match made in heaven – or a clashing storm in the night.

VENUS SIGN

On the surface, your sun sign may not seem like a good match with that of your partner, but if your Venus signs are compatible, it could mean you enjoy a deeply intimate and satisfying relationship. If you've ever wondered what kind of energy you attract, or what makes up your own personal allure, you can look to your Venus sign to find the answers. This placement speaks to how we love and give affection, and what kind of relationships satisfy us. When looking into love compatibility, the Venus signs can determine whether the connection has staying power, or if it will be a quick rendezvous. Knowing your Venus sign will help you with embracing your love language, from how you flirt to the way you behave in romantic relationships.



MARS SIGN

If you've ever been accused of being a hothead (or, at the other end of the scale, too passive), take a look at your Mars sign. How you take action and

assert yourself is channelled through this placement. Our Mars signs are the fuel to our fires: they decide what gets us going, and who shows up in our battles. When you argue with others, your Mars sign controls the energy that enters the arena. Your primal urges are activated through this sign, so it makes sense that this is how your sexual energy shows up, too. So, if you want to know how the chemistry you have with your crush will translate sexually, catch that birthdate and see if your Mars signs are compatible. Knowing your Mars sign can help you to cultivate healthy environments that are supportive for your expression.



What Are the Elements?

In Western astrology, each zodiac sign is ruled by an element

In Western astrology, each zodiac sign is ruled by an element. They are the natural forces that reflect how we move in the world: fire to cleanse, water to nurture, air to create change, and earth or soil to root it all. The symbolism behind these elements and the natural forms they take can help us to see why we behave in the way that we do. These elements also show up in Tarot, Ayurveda, Chinese astrology and many mythological tales. Each element personifies strengths and weaknesses that can help to balance out the other zodiac signs. Being aware of these traits can help you to understand how you respond to these different energies – and what you can learn from them.

FIRE:

Burn, baby, burn

Fire signs are all about constant action and creativity. It's all well and good planning things out, but the fire sign approach is to dive straight in. The fire element shows up in Aries, Leo and Sagittarius. The energy of Arians allows us to channel our inner warrior and helps us with self-assertion. If you're looking to take centre stage, Leos can teach you how to believe in yourself

despite the odds. Expanding horizons is the forte of Sagittarians, teaching you that life is about exploring unknown terrain. The go-getter attitude of fire signs can be reckless, but their natural courage should be greatly admired. This element can help with starting new projects, embracing new beginnings and putting energy behind whatever needs a good rocket-powered lift-off.

SELF - CARE HACK

For fire signs

- If you're a fire sign, movement is essential for your wellbeing. Make sure you incorporate physical activity into your lifestyle. Exercising daily, whether through sports, dance or simple daily walks, helps fire signs exert their excess energy. Use movement as a form of meditation. Take note of what resistance comes up for you as you carry out your chosen activity, and witness it as something to be conquered and push you further. Fire signs love a good challenge.
- Creativity and the inner child are deeply tied to fire energy. Whether it's a new piece of artwork or taking on a role in a local theatre production, don't be afraid to step into your power and joy. Think about the creative hobbies you had as a child. Are there any ventures you can return to now that would bring you joy? It's important for fire signs to have a passion-project into which they can channel their energy.
- Do a fire-gazing meditation in front of a candle. As you stare into the flame, meditate on how you are transmuting this energy. Reflect on how it can help you move with intention and let go of any energy that is not serving you.

WATER:

Drowning in emotions

Never try to trick a water sign: their intuition is already ten steps ahead of you! Water signs are the spiritual masters of astrology. They're innately

attuned to the higher realms and are constantly getting messages from the universe. They spend a lot of time daydreaming and tapping into otherworldly, spiritual spaces. The water element shows up in Cancer, Pisces and Scorpio. The natural healing instincts of Cancerians are rooted in a strong intuition and awareness of what the people around them need. As Scorpio is associated with the underworld, Scorpios are unafraid of the darker realms and understand the realities of the human psyche. Dreams and relationships to higher power are personified through Pisces, and Pisceans can see magic in everyday life. Water signs are known for their changing moods, but their emotional awareness allows them to feel the depths of the human experience.

SELF - CARE HACKS

For water signs

- Water signs are natural empaths, so if you're a water sign and are feeling emotionally overwhelmed, practising energy protection could be good for you. In a seated position, take three deep breaths and imagine a white light descending from the top of your head to the bottoms of your feet. This white light is creating a pyramid of protection, guarding your energetic field. You can use this practice whenever you are feeling emotionally overwhelmed by other people's energy.
- Using water for self-soothing comes naturally to water signs. Weekly self-care salt baths can be beneficial, and a great way of resetting your energy. Run a hot bath at the end of a hard week, using Epsom salts and your favourite essential oils. Visualise any toxicities and negative energy leaving your body as you relax into the comfort of your element and recentre. The bath is a great place for you to tap into and download intuitive messages.



AIR:

Mental overdrive

Air signs are constantly buzzing with mental energy, because their minds are filled with ideas and opinions. Taking information and transmuting it is the air-sign speciality. They can see infinite possibilities beyond what is fathomable to others. The air element shows up in Gemini, Libra and Aquarius. Geminis are known for their boundless creativity, and their ability to be constantly inventive and experimental. Always coming from a harmonious place, Librans are diplomats, showing us how to balance ideas and see every side of an issue. Meanwhile, Aquarians are the humanitarians of the zodiac, leaders of revolutions and rebellions for the sake of the greater good. Air signs tend to intellectualise things; they can make great philosophers and are always theorising about how things have come to be, based on history and logic.

SELF - CARE HACK

For air signs

- Air signs can have issues with grounding, as they are often very mentally stimulated. If you're an air sign, it's important that you move that energy into your physical body. Carrying grounding stones on your person, such as smoky quartz, jet, and tiger's eye, can help bring your awareness back to your physicality.
 - With so many genius ideas in your head, it's important to maintain a writing practice of some sort. Whether you keep a journal, or scribble your mental flow onto a white board, make sure you're externalising your thoughts somewhere. Writing can help clear your mind and put your ideas into tangible steps. In addition, take the time to study a spiritual practice that you feel drawn to. Contemplate what you appreciate about this ideology, and also consider what about it doesn't resonate with you. Use your journal to write about how this ideology helps you feel more grounded.
-

EARTH:

Grounded in reality

Hardly anything is as reliable or determined as earth energy: it's the strong foundation from which our roots grow. Although they may not be the fastest-moving, earth signs understand that patience and persistence can be the key to a long-lasting legacy. The earth element shows up in Capricorn, Taurus and Virgo. Naturally attuned to the earth, Taurans understand earthly matters and how to achieve all that they desire. Virgos strive for self-improvement, feeling a need to better themselves and the things around them. Capricorns display steadiness and an ability to follow through, which is why they're often given responsibilities. Some say earth signs are stubborn, but this steadfast energy is what we call upon when we need to get the job done. Earth signs do well with goal-setting, and like having a to-do list to keep them on track. When it comes to the material world, they have it mastered, spending time working to create a stable and comfortable space for themselves.

SELF - CARE HACKS

For earth signs

- Gardening and other activities connected to the earth is highly suggested for earth signs. If you're an earth sign, designate time to spend outdoors to help you feel grounded and rooted to your element. If you don't have an outdoor space to utilise, create your own indoor garden using houseplants. Having a connection to our planet helps you feel rooted, grounded and disciplined in your self-care. Spending time in nature can give you a natural reset, providing you with an escape from the constant pressures of modern life. This can bring you back to your most connected self.
- Try to embrace spontaneity. Put down the to-do list, clear your schedule for the afternoon and put your phone on silent. Having plans means you're always prepared, but being willing to go with the flow is where the magic can really occur. Put on a playlist in your living space and set

it to shuffle so that you don't know which song will be next in the queue. No matter the song, find a way to move and dance through the rhythm. Close your eyes and tune into the changes that arise throughout each song. Pay attention to when you feel resistance, and where it is coming from in your body and mind. Resist the need to control the music or your body and practise self-compassion.

ELEMENTAL COMPATIBILITY

Despite their differences, every sign and element can learn something important from the others. An air sign's brilliant ideas can be actualised by an earth sign's grounded work ethic. However, an earth sign's practicality can be a bit of Debbie Downer to an air sign's conceptual approach. The emotional depth of water signs can help fire signs tap into their vulnerable sides, but the blunt nature of fire can overshadow a water sign's sensitivity. Air signs can help to fuel fire's action and keep their momentum, but the combination of their energetic tendencies can leave both of them feeling ungrounded. A water sign's emotional intelligence can assist air signs with being more nurturing, but an air sign moves from a place of logic, which can make them insensitive to the emotions of water signs. Fire signs encourage earth signs to pick up the pace, but their 'act now, think later' approach can create challenges for earth signs. The stable, solid nature of earth signs can give water signs the security they need, but their practical nature can be too rigid for water's fluidity. Being aware of the astrological compatibility between you and another person can help strengthen your relationship – and also help you avoid some emotional minefields.

The End Of Our Journey...

It is amazing to think that we, and everything else in our universe, are all made up of the same elements. Every phase of a planet has a direct impact upon us. You can use astrology to look at the history of our society and observe our collective changes. This can help you with remaining present when a larger energy is at play. Sometimes the unexplainable can be understood by looking at the movements of celestial bodies.

Find out what phase the moon is in, or what retrogrades are occurring, and use this book to help you navigate the challenges or opportunities that can arise. Next time Mercury goes retrograde, there won't be any need for panic: now you know to back up your technology, and how to deal with miscommunication. And yes, your late twenties may feel like a melodramatic soap opera as you enter into your First Saturn Return, but now you know that it is helping to prepare you for the Saturn Returns to come. If you find yourself with heightened emotions during a full moon, now you understand that you are shedding the old to make room for the new. As the seasons change, your body and spirit are instinctually adapting to this shift. Knowing the cultural history of equinoxes and solstices will help you understand why and when we celebrate certain turning points. And if you meet someone new and want to know how you might get along, look at the compatibility between your astrological placements and elements.

No matter what is occurring in our universe, understanding its impact on you, and your connection with it, can help you live in harmony.

Remember: you're not alone on the journey. We are all impacted by the movement of the stars. So have fun with it, and learn how to play the astrological game!

ABOUT THE AUTHORS

Ellen Bowles Bio

Ellen Bowles is co-host of *The Woke Mystix* podcast, an astrologer, healer, and tarot reader, born and raised in Los Angeles, CA. Her grandmother was the first person who introduced her to astrology, reading newspaper and *TV Guide* horoscopes to Ellen when she was little. The intrigue with the occult that her grandmother instilled in her were the seeds that began her spiritual practice years later. Ellen's search for a higher belief system through holistic therapy in her early twenties' encouraged her interest in spirituality. She began divination with oracle decks but changed to tarot after being drawn to its astrological connection that resonated with her grandmother's influence. Ellen offers individual astrology and tarot readings for clients, incorporating the two services into one experience. As community healing is one of her passions, Ellen hosts virtual workshops on Tarot, Astrology, Full Moons, and Ancestral Healing regularly. She is also an artist who creates goddess-themed art and has been showcased in Raw Hollywood and The Women's Art Festival Los Angeles.

Imani Rachel Quinn Bio

Imani Rachel Quinn is co-host of *The Woke Mystix* podcast, a Quantum Oracle and multidisciplinary artist, born in Oregon and based in Los Angeles, CA. She has 15 years' experience using oracle decks, years of dreamwork interpretation, coming from a lineage of intuitive women and she works within Quantum energy healing. Imani was mentored most of her life by her mother who is a channel for spirit, an intuitive, a choreographer and visual artist. Imani has most recently been working with a shamanic Quantum healer, which has heightened her abilities to astral travel and work with energetic frequencies. Imani holds Quantum workshops through her series, Quantum Connection Source and she offers energy work and intuitive readings for clients. She is also a choreographer and creative

visionary and has worked on short films that have been recognized by the Fashion Film Festival in Milan, Italy, and artist residencies in Arcosanti.

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This book is dedicated to those in any place of their spiritual path and nonconforming beings who haven't seen themselves represented in popular wellness spaces.

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And finally, to our listeners and *The Woke Mystix* community: We are grateful to you for always trusting in us and allowing us to support you in your spiritual discovery.

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