

November 2017 Quarterly Astrological Newsletter

We are living during evolutionary times and we are seeing this in various occurrences around the world. Unusual weather events are also a part of these changes as Mother Earth is trying to raise her vibration. Some of the things that we are hearing about have never happened before. The old antiquated ways are being revealed; all the sexual abuse allegations are a part of this. We are in an ascension period, which basically means that we are being asked to clear our energy fields of lower vibrational emotional residue, old outdated mental patterns, be respectful to others, stand in optimistic beliefs about ourselves, hold more love, and keep our minds positive. As we do this we keep our bodies energy, our auric fields, at higher vibrational levels with more opened hearts.

If we have chosen to be more aware in this lifetime, then this means that our souls are asking us to consciously keep working with our minds, that can often times take the negative, judgmental, or the self-critical highway. When we are able to stand in believing in ourselves, create a deeper inner connection to ourselves, and create loving relationships, you are helping your soul to evolve.

Our bodies hold energy and the planets in our solar system hold specific types of energy. Astrological events and alignments have an impact on everyone and has been a catalyst that has contributed in manifesting certain experiences in our lives. The overall theme is growth and individual internal changes that we are all being asked to go through. Astrological cycles help us to understand the different cycles in our lives.

The planets in our solar system hold specific types of energy, and astrologers have assigned themes of how all planets have affects on humanity. As an example: the planet Pluto's cycles, or astrological transits, create the need in us to go deeper within our minds. When there is a Pluto transit, this planet is asking us to explore the depths of ourselves. Is their anything limiting your full expression? Do you have any mental or emotional habits or patterns that are putting restraints on yourself? We all have them. Pluto was retrograde last summer and you probably felt this energy, or experienced something in your life that asked you to look inside of yourself.

The Solar Eclipse on August 21, 2017 upshifted the planet's energy. Solar Eclipses bring new energies to earth, to humanity, and our bodies.

There will be five eclipses in 2018, one more than we had in 2017. The theme again is “Change” and how we are to refine ourselves to be the “Best That We Can Be.” When we help ourselves and peel away any restrictive mental or emotional layers to our personality, or by doing our own inner healing work, we are then also contributing to elevating humanity and the collective consciousness of the planet. The goal.....higher vibrations on the planet.

Mercury will be going retrograde starting December 3rd through December 22nd. Mercury rules all forms of communications, how we speak and mentally process, can affect our cell phones, computers, tech devices, televisions, UPS shipping, etc. It is retrograde in Sagittarius, a fire sign that carries themes around integrity, ethics, spirituality, holding a broader vision for your life, and going after what you desire. The Mercury Retrograde periods create extra stimulation for our minds. I get through these cycles by focusing on slowing down and keeping my mind on one thing at a time. These energies, and especially during the holiday season, can make us feel like we are being pushed to move faster, drive faster, think faster, etc. My suggestion is to bring more awareness to ourselves during this time so that we don't get out of balance. Any detours can be met with flexibility and laughter. Go with the flow.

The big change will be December 19th when Saturn goes into the astrological sign of Capricorn. If in your birth chart you have Saturn in Capricorn, you will be experiencing your Saturn Return. Capricorn is an earth sign and this is the time to start going after and manifesting your dreams. All earth signs carry the energies for manifesting in the material world. Capricorn is also linked to structures in our society such as governments, FDA, Drug Companies, insurance companies, etc. At this time Pluto is also in the astrological sign of Capricorn. So, in the next couple of years we may be seeing a lot of shifts with the above corporate structures and governments.

If you have your Sun Sign in Capricorn or any other planets in Capricorn, something in your life will be highlighted for the next 2 years. It is a great time to manifest your desires.

The times are changing and you may be feeling more stresses in your life. This is the time to use all of our slow breathing exercises, yoga, meditation, dance, walking, running, balancing tools to continue to keep ourselves in inner harmony and balance.

May your Holidays be Blessed with Love, Harmony and Inner Peace.

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Have a blessed Holiday Season filled with LOVE.

Blessings,

Nansea Lee

Licensed Life Coach

Astrologer

Relationship Coach

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