

ASTROLOGY CORNER

Well, well, well there are certainly intense astrological energies happening this summer. Presently 5 planets are in a backward motion. When they are in a retrograde motion this can create more internal stress for us in our lives. Have you felt emotional one day and then fine the next? Some of our lessons in life revolve around understanding the ebb and flow of our emotions. This is not a time to ignore our emotional truths.

Have some of you had any unusual incidents occur in your life this summer? Was there anything that took you out of your comfort zone? Something happened to me that rocked my world. While I was driving a man smashed into my car. I was in shock on many levels for quite awhile. But, I do acknowledge that there are lessons for us to learn from every experience that we have.

Retrograde planets can pull in an experience that will put a spotlight on something in our lives that wants our attention. Can you relate? This path of awareness is asking us to connect to ourselves deeper and deeper. Any edgy or stressful feelings we are having this summer is a call from our Higher Selves and Souls to stop, pause, reflect, gain insights, asking us to connect with our feelings, to work on shifting a perception, or an old belief.

All planets in our solar system affect us. I have mentioned before that our bodies are comprised of energy and each planet, as they move in their orbits can stimulate our minds and feelings in a specific way. Planet energies can contribute to pulling experiences into our lives that help us to learn something deeper about ourselves. There are astrological transits that affect all of humanity, and then there are your personal transits that only affect you.

Here are the planets that are retrograde this summer and their messages to humanity.

Mars: This planet carries male energy. It is that part of us that likes to initiate action in the world. If there are frustrations going on in our lives, then this retrograde planet is asking us to rethink our game plan. All is in Divine Timing and a little more patience might be needed.

Mercury: New insights can be gained during this period if we are open to them. With Mercury being retrograde we know the drill, slow down, rethink, be more present, drive being alert. I suggest watching the words that we speak so miscommunication does not occur.

Saturn: Saturn retrograde may create some roadblocks for our plans. We are all learning how to be flexible and this is a good time to test it out. Saturn is asking us to be responsible, face our reality, be in integrity to ourselves, others, in our workplace, and to examine what beliefs we may have that are blocking this.

Neptune: Are we living our spiritual beliefs? Walking our talk. This may be a time that we initiate morning sacred rituals, statements of gratitude, affirmations, or prayers to keep us connected. Spirituality goes beyond just reading and understanding spiritual concepts from a book. It is more important to take those concepts, incorporate them, and walk them throughout everyday of our lives.

Pluto: Situations might now be created in our lives to get us to dive deeper within our psyches, asking us to look at the ego and its' controls over us, and our souls. The spiritual life is asking for mental liberation and freedom so that we can express our full soul's potentials. We all have been shaped by societal norms. But, as we go deeper within our minds we will understand our personal truths.

Uranus: This planet carries lightning bolt energies and often times it can create unexpected events in our lives to get our attention. Then it is up to us to get the message, maybe something needs updating, maybe we are to start to redesign something in ourselves, and lives? Uranus also gives us the impetus to step out of our old patterns. You know those patterns that we have that might be too rigid and controlling?

In the week of August 6th questions may pop into you head around *"What is my life purpose?"* Before you incarnated your soul had specific things for you to accomplish in this life that will help you and your soul to evolve. Are you on track? There are many messages reflected in your astrological birth chart in regards to your purpose.

This summer we also are having 3 eclipses. Yeepee ! Ha, Ha ! We had two eclipses in July and there will be a partial Solar and New Moon eclipse on August 11th. When eclipses occur high vibrational energies flood the earth. Some say that there are new light codes that are being

brought down from our universe, penetrating our bodies, and these new vibrations are to help the evolution of humanity. After all of the eclipses, and their higher vibrational energies, a new awareness may become present, intuition increased, or for those who have been sitting in unawareness the awareness light switch might get ignited.

On August 11th it is a great day to verbally communicate what you desire to create in the next six months. The Universe is listening. Have faith, take a chance, and go after your heartfelt desires! Persistence pays off.

We are in evolutionary times, let's flow with the astrological rivers of energies. Can we anchor in more flexibility, patience, compassion, and forgiveness for ourselves, and for others behaviors that have hurt us in the past?

If there is anyone you know who would like to gain more insights as to how these astrological energies affect us and our lives, please pass this along.

If you wish clarification on anything that I have shared, please feel free to contact me: Nansea@NanseaLee.com

Blessings,
Nansea Lee

Licensed Life Coach
Professional Astrologer
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