

Nanseas Astrology Corner Quarterly Newsletter

I don't know about you, but when my mind understands what is going on in my external world, I am more at peace in my internal world. We all experience various life cycles through our lives and astrology governs many of them. As I have shared astrological energy cycles affects our minds and emotions. They can bring something in our lives to the forefront and help us to breakthrough to a new awareness.

The theme from October 5th through November 15th is relationships. Venus will be in her retrograde period for forty days and this only happens every eighteen months. When a planet walks backwards it highlights the theme that it carries and then that can play out in our lives. The planet Venus and her various themes revolve around relationships, self-esteem, our personal needs and values, the expression of our emotions, and what our relationship is with money.

The most important relationship we have in life is with ourselves. There is an inscription etched into the ancient Greek Temple of Delphi, "Know Thy Self." This is truly the most important tenet as we walk on the spiritual path and work on increasing our awareness throughout life. Have you scheduled time lately to be with yourself and your inner thoughts?

It is important throughout our lives to review how we think and feel about things; we are always changing through our life experiences. Have we been honoring our ourselves and taking good care of our bodies needs? Are we eating foods from conscious healthy patterns or just repeating those old unconscious, emotional eating patterns?

As the planet Venus stays in a retrograde motion we may begin to gain more awareness around other people that we are in relationships with. Are they honoring to us? Do they listen when we share? Are they supportive? Or, have we just been ignoring what we have known about a person and pushed this aside. Situations may occur during this period that brings light onto ignored truths that we have had.

During this time we may feel a need to leave a relationship. People come into our lives when we are aligned. But, we are always growing, changing, and shifting our awareness. If we decide to walk away from a relationship I would suggest, in your quiet time, to bless and thank them for coming into your life when they did. The energy in our aura attracts every person into our lives. Every relationship offers us a growth opportunity; they allow us to see something about ourselves.

Everyone has specific relationship needs and our astrological birth charts displays some of this. Within our astrological birth charts the planet Venus can be in one of the twelve astrological signs. The planet Venus in your individual birth chart reflects a few of your love language needs. If you are single, when you are aware of this it then becomes easier to attract the right person into your life.

Venus rules the feminine energies in our bodies, as the planet Mars rules the masculine energies. As Lee Carroll, author, international speaker, states, "A

softening is taking place, moving the energy of the planet more from a masculine to feminine energy. That is to say that it is balancing what was unbalanced." This is the time to begin bringing more of our softer aspects into our relationships. We all have our emotional walls that have protected us so far. Yes, betrayals of trust runs through all of our experiences. But, to really connect to our hearts we need to be willing to forgive the past and to begin to reside in a place of gentleness, love, trust, and compassion; knowing that everything in our lives happens for a reason.

There were no classes on how to create equal, honoring, loving romantic relationships. We all just jumped in around our teenage years and kept repeating the same old relationship patterns. More people now are searching for more meaningful relationships. But, more skills and knowledge are needed to create this. If you haven't been able to sustain a long lasting relationship this is an indication that your relationship skills need updating.

October 24th is a date to be more mindful of how you are speaking to others. Misinterpretations of words and the tone of voice may spark an emotion. We are all here learning how to speak our truths from a heart-based place. If you get a reaction from what you spoke, that is an indication to look at yourself, and how you communicated.

During this Venus Retrograde cycle how about all of us aligning, begin speaking more appreciative and loving words from our hearts, and bring more love into our world. Authentic communication starts with heartfelt words.

Mercury will be going retrograde November 17th through December 5th. Just a reminder of the Mercury drill to remember to stay in the present time with your mind, and slow your pace so mistakes aren't made. Communication is brought to the forefront during these cycles.

I am offering a special gift for those who want to be clearer on their astrological relationship love language and individual astrological transits (life cycles) through 2019. Please keep in mind that an Astrological/Coaching session would be a wonderful, meaningful gift to give someone for his or her Birthday, Christmas, or Wedding gift. Our astrological charts reflect our personality, behavior patterns, and provide insights into the people we are in relationships with. Email me at Nansea@Nansealee.com and I will share what the special discounted session is.

If anyone is having relationship issues my Relationship Hotline is (720) 887-2919; special pricing for 20 or 30-minute session.

"Relationships have been my most difficult area of my personal work. Nansea has helped me to work through old patterns and get clear about what is possible with romantic relationships. She is thorough in understanding you and the dynamics with others," J, Lafayette, CO ("she has since found that new man," Nansea)

“Nansea holds a safe, compassionate space for us to sink into ourselves and feel our hearts, regardless of our histories and relationship status. She teaches that our patterns are indications of what we are learning, and what we are letting go or needing to let go of,” R, Boulder, CO

Spiritual unfoldment requires a conscious effort on our parts.

With Blessings,
Nansea Lee

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