

Astrology Corner Quarterly Newsletter

January 2019 Quarterly Astrological Newsletter

Our bodies are energy and all planetary movements and positions can have affects on our psyches, emotions, and physical bodies. When planets are dancing harmoniously together we feel this harmony within our lives. When they are in positions that generate friction this can create edgy feelings within us or show up as unexpected experiences in our lives.

Astrology and numerology hold unseen, but powerful energies that carry human themes and have an impact in our lives. They carry messages from the Universe. With astrology there are astrological transits (planetary cycles) that affect all of us and then we also have our personal astrological transits, which highlight some theme in our lives that extend through that transits period of time. When we understand the messages from these unseen energies our steps and choices then become easier.

The planet Jupiter went into Sagittarius, a fire sign, in December. Jupiter is a wonderful planet that emanates benevolent energies for luck, inner growth, and expansion. The astrological sign that Jupiter has moved into defines how our minds will be affected by it. Sagittarius is the sign that will motivate us to continue our learning, maybe take a class, stimulate a need to read something spiritual or around self-development. Sagittarius is the astrological sign that creates a desire for higher learning, and it is the sign that can stimulate our minds to probe into expanded spiritual or philosophical subjects. Those who have Jupiter in Sagittarius in their astrological birth charts are having their Jupiter Return. This is a very lucky time to start new projects.

The astrological sign of Sagittarius carries within this energy a human need, for all of us, to make daily decisions that are in integrity; decisions that are aligned with our personal values. As we make our daily choices, we are being asked to be in integrity and true to ourselves. We would benefit by taking time to check within, listen, and follow our hearts when choosing our choices in every experience. As we do this will be in alignment with who we really are and the values that we hold. This theme of integrity has been already playing out on the world stage. We have seen some of it emerge with the *Me Too* movement, our President, the drug industry, the actor Kevin Hart, Kevin Spacey, and the exposure of the head of CBS television.

We had two eclipses in January. As I have shared eclipses help all of us to increase our awareness and consciousness. On January 5th there was a Solar and New moon eclipse in Capricorn, then a Lunar Eclipse and full moon was in Leo on January 20th. With the Lunar Eclipse and Super Full Moon in Leo we are all being asked to take some new steps and to be courageous in our lives, to step out of our comfort and control zones. For Leo and Capricorn folks there are many more messages for you. There will be two more eclipses in July and one on Christmas, December 25, 2019.

The planets Pluto and Saturn remain in Capricorn and continuing to create some friction. Their planetary energies are helping to initiate the changes in outdated structures, as an example, the government. With Uranus going back into Taurus on March 7th, keep our eyes on the financial world stage. Taurus, an earth sign is also asking us to take care of Mother Earth. As Uranus stays in Taurus through 2025 our focus will continue to be on Mother Earth and her resources. Earth will continue to shift and raise her energies through earthquakes, rain, floods, fires, and winds. Please remember to pray for those directly affected in any disaster.

Our friend, the planet Mercury, will be going retrograde from March 5th through March 27th. This cycle can amplify our mental energies; remember to stay present while driving and with our daily activities. Mercury will be in Pisces, a water sign, which carries the theme around spirituality and our emotions. New insights can be gained during this time, set your intentions.

We are in evolutionary and accelerated times. I suggest if anything in your life gets rocky to acquire various healing techniques that can help you to regain balance and harmony. Some suggestions are: Yoga, Tai Chi, Qi Gong, Reiki, meditation, dance, walking and bodywork. Slow, deep breaths are very helpful too. Physical movement supports the body in moving out stressful, lower vibrational emotional energies. Balancing our energies is a part of our spiritual paths.

We are being asked to shift some of the chains around our hearts and dissolve outdated mental or emotional patterns. Various authors say we are in the “ascension” process moving out the old mental or emotional limitations so that we can each hold higher vibrational energies for love, kindness, and compassion. Various planetary alignments, year after year, are contributing to helping us move along on our evolutionary paths.

Every experience is to teach us something. Keep smiling and sharing your LOVE.

With Blessings,
Nansea

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Spiritual unfoldment requires a conscious effort on our parts.

With Blessings,
Nansea

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