

Astrology Corner Newsletter

Since 2012 the energy and vibrations have shifted on the planet. The planet has been receiving various new light frequencies from the Cosmos. This is partly due to what the astrological planetary alignments have been discharging. These light frequencies cannot be seen by the naked eye. But, we are seeing the effects of them. Mother Earth is going through her changes with volcanoes, temperature changes, earthquakes, and fires. Everything on the planet holds a frequency of energy: our bodies, nature, ocean creatures, and the earth. These new energies are flooding the earth and our bodies. For some, the body may be talking through pain or discomfort. Every single thing including this planet is trying to achieve a higher vibration.

We have various astrological events happening that have a direct affect on our minds, emotions, and bodies.

At this time **Mercury** is retrograde from October 31st – November 20th and it is in the sign of Scorpio, which has a tendency to pull us deeper within ourselves. Scorpio is a water sign and the theme for Scorpio is transformation and self-betterment. During a retrograde period new insights and inspirational ideas are available to us if we set this intention. Remember to slow our pace down and be aware of everything in the present moment. The next **Mercury Retrograde** cycle is February 17, 2020 through March 10, 2020 I suggest not starting a new project during a retrograde cycle. Because, you will want to change your mind around that project after Mercury has gone direct. Use these cycles to gain more insights about yourself, your beliefs, experiences, and new steps for the future. Be more aware of your communication as this is a key element that corresponds to the planet Mercury. Miscommunication may be more prevalent during this time.

Jupiter moves into Capricorn on December 2nd and will stay there until December 20, 2020. Capricorn is an earth sign and earth signs give us the motivation to manifest something tangible. Capricorn also emanates “practicality”. If you have Capricorn in your astrological birth chart this is a sign from the Universe that now is the time for you to take a bigger leap into a new area of your life. In the beginning of 2020 there will also be Saturn, Pluto, Mercury, and the Sun in the astrological sign of Capricorn. Capricorn is asking us to be responsible, emotionally mature, and to stay in integrity with our ventures.

We will have a **Solar Eclipse** on December 25th - 26th..... Christmas ! It will not be visible here. Eclipses mark a time of expanded awareness and often times there are changes on the horizon for those who have their birthdays on or around this eclipse date. Eclipse energy is similar to a portal, which opens and floods the earth with higher vibrational quantum energies. We may not notice anything right away, but in the subsequent months our awareness will be expanded and possibly new changes are in our unforeseen future.

There will be a **Lunar Eclipse** January 10th -11th, 2020. Capricorn folks are open for big changes in their life from December 25th, 2019 through the end of 2020. Some examples of big changes might be new eating habits, better health routines, new jobs, home, more financial prosperity, new ventures, etc.

January 12th, 2020, **Saturn will be Conjunct Pluto**, both are in Capricorn, an earth sign. This is a wonderful time to plan goals for 2020 and your future. This alignment will give all of us the stamina and focused attention to use on our new projects. I suggest affirming your intentions to lock them in.

Astrological and planetary movements affect all of us. One astrologer, James Tyberonn, author, and speaker thinks that we are in a crucible astrological period. The astrological planetary alignments are having a bigger impact on us year after year; their energies are increasing in strength. We are to incorporate more quantum, higher light frequencies as we are all shifting into this new Age of Aquarius. Our bodies are not robots and they are asking for more of our attention and awareness. When your body talks through discomfort or pain, please listen. It is trying to get your attention to something deeper.

The author, Ron Flatow states: "Everything on earth has a frequency. In order for us to become lighter beings, we must raise our vibrational frequency. We do this by changing the way we think, speak, eat, and act." This does not mean that we change our beliefs, values in life, or a large part of our personality. A part of capturing a lighter vibration also includes releasing old emotional energies, maybe those that have not been reconciled; any emotional energy that has been tucked within your cells, tissues, and organs. When we are unable to forgive another, we are just keeping those old emotional, lower vibrational energies active, inside of our bodies. Forgiving another is not about forgetting. But, please forgive them for not knowing any better. When we do this, we then take back our energy that we have given away to them by continuing to be angry or upset with their past actions. When we release the past we can move forward with all of our healthy energies.

Good health will reside in us as we hold a higher vibration. Bruce Lipton, PhD, a Developmental Biologist, author, and an internationally recognized leader bridging science and spirit states: "Virtually every health problem originates from a wrong belief in the subconscious mind." This also includes beliefs we carried into this life from some of our past lives. Can you trust others? Do you have anger issue? Are you more influenced by society and some of their old antiquated beliefs? Maybe you brought in low self-esteem issues from your past lives? Are you feeling that you are not worthy at your core? Perhaps, you have old fears that keep showing up in your dreams? Maybe you are playing the victim theme in this life and everyone is to come to your rescue? These are some of our past life patterns that follow us into every new life until we decide to dismantle them emotionally and psychologically.

Our spiritual and soul growth requires us to work on ourselves. From my personal experience, boy, did it feel good to reach a new level of love for myself, which brought more awareness, expanded consciousness, and I am now holding a lighter vibration. Break-through moments!

We are in evolutionary times and our bodies and minds are evolving year after year. As Ronna Herman, author and internationally known *Channel*, has written, “Beloved ones, you are deep in the process of healing past transgressions and releasing the painful memories of your many past lives. Those energies are still present within your cellular structure waiting to be rectified and returned to harmony within.”

All astrological planetary movements and alignments hold many messages for us. They are bringing new, higher vibrational energies to the planet and into our bodies. Let’s ride the wave of these new energies heralding us into this new Age of Aquarius, which is to be filled with unity, positivity, and brotherly and sisterly love. Use these astrological energies for your benefit and highest good.

Wishing you a Healthy and Blessed Holiday Season,

*Many Blessings,
Nansea Lee*