

## Coronavirus/Astrology Newsletter March 2020

My intention for this Astrology Corner Newsletter was to bring awareness to some changes going on astrologically. But, of course the Coronavirus is on everyone's minds. I believe this virus is a part of the evolutionary changes that the entire planet is going through. It is bringing up all of our issues around fear and feeling safe. These themes have been present throughout our human existence from eons ago.

The more that humanity awakens the conscious choices that we make are more important. So, we have a choice to either get panicked and stay in a hyper vigilant, fear mode; which puts extra stress on the body and immune system. Or, we can choose to stay calm, and say our affirmative intentions. We can choose to be proactive and ask ourselves some questions: Are we eating in a healthy way? Or, are we eating mostly processed and frozen foods? The old adage, "You are what you eat." Is it time to take responsibility for our own health? So many of us just assume the body is like a robot, and it will get up every day and function perfectly. Increased awareness and attention to our body's needs is important during these evolutionary times. We are now being asked to slow down, reflect, review, re-evaluate, and reset our priorities.

Humans generally speaking, do not like change. Things have changed a lot in the last couple of weeks. But, during these times we have a choice to either feed into what the news media is trying to create.....fear, fear, and more fear. Or, to remember we are all in this together and our thoughts create a part of our reality. So, positivity is the key. In every situation there is something positive that we can learn about ourselves. Using positive affirmations are helpful in calming the mind and body. If you want them to work on your subconscious mind say them prior to going to sleep.

I created, produced, and sold an affirmation deck nationwide in the late nineties. A positive affirmation would be: "I am calm and courageous in times of change." Or, "I easily take the appropriate steps in times of change." "I am flexible in these changing times." "I choose to stay calm." "I am safe." Please also remember to take those long, healing inhale and exhale breaths. Inhale, count to three (in you head), exhale and count to three while you are exhaling. This will support your body in holding inner peace versus internal agitation.

If you believe in God, The Angels, Your Personal Spiritual Guides, or the powerful Universal Energies, this would be a good time to say your prayers in the morning. "I pray for easy resolutions for all that is happening in the world." "I pray for gentle, evolutionary steps for the planet." We are all in this together. Please do not live your life from this ancient paradigm, "Every man/woman for themselves." This is the time for us to unify our hearts, minds, and intentions. When buying Kleenex, toilet paper, and food, please think about all of us that need supplies too.

Affirmation: "There are enough supplies for all of us."

The mind holds many levels of negative patterns and this characteristic has been passed on from generation to generation. Let's focus on mitigating this excess negativity. All of our thoughts contribute to the entire planet's energy.

Affirmation: "I am catching negative thoughts quickly and I choose to replace them with a positive or a grateful thought." The world needs our positive thoughts now more than ever. "I cannot always control what goes on outside. But I can always control what goes on inside," Wayne Dyer, international, inspirational speaker and author.

### **Astrological updates:**

Between March 22<sup>nd</sup> - 23<sup>rd</sup> the planet **Saturn** will move into the astrological sign of Aquarius, this has not happened for 29 years. For the last two years Saturn, the strict disciplinarian, has been in Capricorn. When it shifts this new Aquarian energy will give us some relief. But, Saturn returns to Capricorn on July 1, 2020 and remains there until December 18, 2020. Then Saturn officially stays in Aquarius until March 2023. If you have your Saturn in Aquarius in your birth chart your Saturn Return is from December 18, 2020 until March 2023.

Some themes for **Saturn in Aquarius** are: reforming outdated societal ideals and structures, humanitarian causes are at the forefront, innovative thinkers are esteemed and admired, scientific strides can materialize while Saturn is in Aquarius, stronger community ties developing, awareness in honoring Mother Earth, and listening to our hearts for guidance to allow universal intelligence to flow through us.

Pluto and Jupiter are both in Capricorn at this time. Pluto is asking for the restructuring of old outdated ways for our government, corporations, the financial sector, health care industry, insurance companies, schools, and anything in our personal lives that can use a new updated outlook. If you are feeling challenged in some area of your life please allow insights and be open to a new perspective to be able to view these changes without anxiety. I suggest meditating and asking for spirit's guidance and clarity.

Our unity at this time is of the utmost importance. Science has already proven the power of unified prayers. If we all unify our thoughts that everything is "for the greatest good for all," we then step into being a more positive proactive individual supporting the positive changes we want to see in our world. Let's choose to be proactive to support positive changes. I know I want to continue having the freedom that we all have here in the United States.

**Venus** goes retrograde every 1-1/2 years and this year it will begin to be in that retrograde motion May 13<sup>th</sup> until June 25<sup>th</sup>. When a planet goes retrograde it will highlight what the theme of that planet characterizes. When Venus is retrograde it stimulates deeper insights around all of our relationships; our family interactions, friends, business colleagues, romantic partners, and with ourselves. What qualities are important for you to have present in all of your relationships? Is it honesty? Compassion? Trust? Being supportive? Our biggest lessons in life

revolve around learning how to love. This cycle may stimulate your desire to communicate in new ways.

If after reading this newsletter you are still feeling agitated, please contact me: [Nansea@NanseaLee.com](mailto:Nansea@NanseaLee.com). I am happy to gift you some of my time to further explain, give more details, and support you. If there is anyone you feel would benefit from reading this newsletter, I encourage you to pass this on. We are all in this together. I have been reading material on these imminent, evolutionary, worldwide changes for twenty years. This can also be a very inspirational time bringing new ideas and creative projects to be birthed.

We are in these evolutionary times and changes are in the air. This is the time for us to focus on positive thoughts, holding mental determination with them. If you find yourself in fear or negativity, I suggest saying three things that you are grateful for. As an example: "I feel so hopeless." Switch this negative to positive and speak some grateful statements as soon as you recognize your negativity. "I am grateful for my health." "I am grateful for my home." "I am grateful for my cell phone." "I am grateful for my friends." "I am grateful for my family." As you say affirming positive statements you become more heart centered and this will uplift your energy field.

Dr. Bruce Lipton, quantum physicist and author, states, "To transform our world, we must first transform our thoughts! The influence of positive thinking is real, and now more than ever, is necessary." Eckardt Tolle's book, *The Power of Now* can further support us in working with our minds so that it stays in a positive place.

Unification of our hearts and minds are important during these evolutionary times. By doing this we can have an affect on the changes that are happening.

Be supportive and kind to one another.

With Love & Light,

*Nansea Lee*

*The Insider*

© Nansea Lee 3/2020