

Astrology Newsletter & Virus Update

When one is on the path to acquire more awareness in their lives, it involves taking responsibility for everything that happens. We are souls in a physical body co-creating our life experiences, joyful ones, loving, unpleasant situations, some traumatic, and even emotionally painful at times. Yes, we are also here to take responsibility for our well-being; which includes balancing the body, mind, and emotions. As we hold a broader perspective of life we realize everything happens for a reason.

We have all been conditioned by societal norms, how to think, and act in according to what has been expected of us. When we are on a spiritual path, that includes increasing our awareness and consciousness, it takes an effort on our parts to peel away old beliefs that we know are not true for our lives and incorporate what the real truths are.

So many of us were conditioned to believe that the medical doctors held all of the answers for our physical well-being. As a child my Mother took me to various doctors to find out the answers. Over thirty years ago I started to be clients of Holistic Health Practitioners, because the medical doctor that I had gone to for years, did not have the answers to the symptoms I was feeling; the holistic practitioner did. Over the last 30 years these holistic health professionals have helped me, with an abundance of knowledge, and sharing information on how to support my body.

Our physical well being is comprised of components; mental thoughts, emotions, how we feed, and take care of our physical bodies. So often we treat our bodies like robots. Expecting it to run exactly as it had in our 20's. Self-responsibility is a component of these evolutionary times and a part of this involves a better mindful connection with our bodies. Yes, doctors can support us with other diseases. But, when it involves a virus, they really do not have any other answers for you.

Let's mitigate this virus by taking better steps for our health. During the coronavirus pandemic it is important for us to support our immune systems, and keep our thoughts in a positive place, so that we can continue to stay healthy. There are numerous supplements and/or tinctures that can support the immune system.

Please also realize microwaving (waves of radiation) and GMO foods do not support the body's immune system. The simple adage, "You are what you eat" is more important now than ever before. I became really aware of this when I was in my twenties; every year I got the flu. The flu would hit me right after consuming those sugary holiday treats. Realizing this, I then redesigned my eating habits.

This is time of change, we are to re-evaluate our lives, make healthier food choices, use our creativity, and hold new desires of what we want to create in our lives. It is a time for all of us to be stronger inside, be courageous, take new steps to be more balanced, share our love, treat everyone with equal love and respect, be more patient, and hold appreciation for everything in our lives. What new steps are you going to take in your future? It is very helpful to write some of your ideas down. It carries more of your personal energy as you jot down your vision, rather than just talking about it. Then I suggest thinking about how your new way might look specifically, what steps, and actions will you take. This creates forward energy movement in your life.

“IMAGINATION IS EVERYTHING. IT IS THE PREVIEW OF LIFE’S COMING ATTRACTIONS,” ALBERT EINSTEIN

There are numerous planetary alignments and retrogrades that will be affecting all of us throughout the summer. As I have mentioned, astrological planetary movements have a direct affect on our thoughts, emotions, and our physical bodies. I think, when we understand some these astrological energies it is then easier to comprehend subsequent events and experiences that may occur in our lives during these cycles.

Venus Retrograde: This started May 13th and will last till June 25th. There are various themes with each planet. The Venus themes revolve around love, relationships, self-esteem, and the relationship we have with money. During this time you may begin to think about an old relationship that you moved on from, platonic, or romantic. If so, this is a soul sign that reviewing this again is warranted. New insights can be revealed to you now so you will be able to gain more insights and allow it to be resolved in your heart. All of our relationships are based on our belief systems and mirror ourselves. Equality in our relationships is the primary goal.

Mercury Retrograde: Starts June 18th through July 12th. Well, this cycle starts in the sun sign of Gemini, an air astrological sign that is already ruled by the planet Mercury. The planet Mercury, in each of our astrological birth charts, reveals how our minds individually process information. So, consequently it now has the potential to be stronger while this retrograde cycle is in the sun sign of Gemini. Which also means that we especially need to slow our minds down while doing our daily tasks, be more mindful, and stay focused. It is a great time to set your intentions and state your affirmations for being open to receiving new inspirational ideas.

We also had a Lunar Eclipse, Full Moon, on June 5th-6th, a **Solar Eclipse**, New Moon will be on June 21st, **Saturn** goes back into Capricorn July 1st, **Jupiter** is retrograde until September 13th, **Saturn** is retrograde until September 29th,

Pluto is retrograde until October 4th, and **Uranus** will be Retrograde on August 15th.

Whoa! What does this all mean? This is about a whole lot of planetary and astrological energies that have the potential to affect us in various ways mentally, emotionally, physically, and spiritually. When any planet is retrograde it is putting a spotlight onto something in our lives. Certain experiences are then manifested that involve this highlighted area; it can be around money issues, your career, relationships, and our home situations. Our minds and emotions are being asked to move along in new ways for our inner growth. Yes, we are being asked to let go of some of what was, to be more flexible, and to adapt with the changes we are seeing in our lives. We are being asked to recognize fears, acknowledge them, and let them go. To be replaced by more trust and faith that all is working out for our Highest Good and to call on support from our Spiritual Guides.

In the subsequent months there is a great deal of intense astrological energies. It has already been affecting humanity, as we have seen with the protesting that has been going on. This is a karmic clearing time for all of us and for each country. Our country has been persecuting people from the beginning. This is the time for a restructuring and astrological, and planetary movements are contributing to this theme. There is the Law of Cause and Effect that governs everything on this planet. If we act in integrity with others, the consequences will be received in our lives. A deep clearing and cleansing is occurring on the planet and Astrology is supporting these shifts of consciousness that are needed.

These unique evolutionary energies are affecting each one of us, in our minds, bodies, and even our DNA. We are all being asked to update our mental and emotional outlook so that we can ride these waves of evolutionary changes with grace and ease. Humanity and Mother Earth are in a purification cycle. Let's create a better world!

***“ALL THAT WE ARE IS A RESULT OF WHAT WE HAVE THOUGHT,”
BUDDHA***

The astrological and planetary alignments are strengthening every year. We are being asked to integrate more flexibility, adaptability, to show, and express our love to others during these unprecedented times. With these planetary alignments old structures are being realigned, government, corporate, small businesses, pharmaceutical corporations, health organizations, financial, insurance institutions, and in our communities. So what are we to do now? We are being asked to expand our awareness, take responsibility for our health and lives in new ways, find our freedom within some of these restrictions, allow our inner growth process to expand and blossom, and not to worry about tomorrow

as we step fully into the present moment..... where all is well. We are all navigating these new waters of this unfamiliar dimensional reality shift.

Astrology is in alignment with our evolutionary development; it is assisting us in moving forward. Please use these months for your Highest Good and if needed reach out to others for emotional support, or ask your Spiritual Guides, Angels, Universal Energies, and God for support; your prayers are powerful.

Stay happy, healthy, and trust. Everything is happening for a reason.

With Love & Light,

Nansea Lee

The Insider

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