

## GREETINGS:

As June begins, we get a bit of restful fresh air as a combination of energy patterns appears, almost as a consolation package for the previous 5 months. Enjoy the break which begins the month as a wonderful life preserver of water energy arrives with Venus in Cancer, Jupiter in Scorpio and Neptune in Pisces, taking us into the current to get out and enjoy yourself and feel better. We are encouraged to recharge, release and reconnect with our optimistic self and restfully and peacefully surrender to the moment. This water wonder supports integrating the energies involved with relatively little effort. Venus in Cancer calls us to love and nurture ourselves; Jupiter in Scorpio helps us to see and transform what's been holding us back; and Neptune in Pisces reminds us of our better angels and asks us to grow spiritually with loving kindness. As always water facilitates the need for intimacy and attachment and the need to feel our feelings and flow with them. This is an excellent time for creative projects, as well as celebrations with those we enjoy.

A cloud of tension appears on 6/5 as Venus faces off with Pluto, destabilizing relationships and financial dealings. Tension will build until 6/14 as trickster Uranus enters the scene with a surprise ending to the story. On 6/5-7 Neptune rules as Mercury and the Sun join forces in mental Gemini and are thrown a curve by Neptune, bringing a combo of confusion and possible self-deception. This is a time to be an observer and practice mindfulness. For those not grounded and moving too fast, June brings mental madness and the appearance of a three-ring circus. Remember to float and not move into your thinking function to your detriment.

On 6/12 Mercury moves into take it personal sign Cancer and Venus moves into It's all about me sign Leo on 6/13. That raises the bar for intensity for a few days. The New Moon in Gemini (6/13) plants a seed for change and new intentions for old issues that deserve a change in perspective. The gift of the Gemini energy is to change the perspective we see from. With Mercury in feeling Cancer, we are asked to develop additional Emotional Intelligence about our needs and those of others. Communicating with sensitivity and compassion is key at this time. Following the New Moon, Mercury is facing off with Saturn (6/15) asking some of us to make an important decision or take committed action. This is an opportunity to think realistically, but we are cautioned not to overthink ourselves into negativity. Often the voices in our head undermine rather than support us. Find a trusted person to brainstorm with if necessary and then sleep on the information and see how you feel and what you decide. Mercury is in a rare position from 6/6-24. During this time the assignment is to stretch your mind beyond the limits of the known and open up to new ideas, even those that seem unconventional. New insights can help us to expand beyond where we are stuck. A "wild card" of new energy is seeking to be integrated in our thoughts and communications with others. This New Moon is about discerning what is true and real in our lives, healing from the past, and shifting our perceptions so we can move forward when the time is right.

On 6/18 Neptune joins Pluto, Saturn and Jupiter in slowing down and going inward (retrograde motion). For some there is a feeling of foggy uncertainty which can overtake reason. It is a great time for meditation, relaxation and creative pursuits. Save the practical decision making for another time.

Venus, the planet of desire and attachment is very active from 6/20-25, energized by contact with Mars as well as Jupiter. This is an energizing and expansive time for Venus in Leo, where fun and opulence creates new relationship dramas for all of us. Relationships take center stage.

June ends with a tense period which fortunately occurs for 2 months every 2 years. Mars, the militant action, often angry planet moves retrograde in Aquarius from 6/26-8/27, just before the volatile Full Moon in Capricorn on 6/28. During this time many of us will feel weighed down by people, situations, and our inner dialogues. If this becomes a time of frustration and anger for you, harness the feelings and channel them toward wisdom, understanding and acceptance, particularly in relationship to those who surprise us with disappointment. This is a time to be active with people and situations you enjoy. Make time for the 3 r's of rest, recreation and regeneration. This is not a time for quick action and reaction. With Mars, Saturn, Jupiter and Neptune moving retrograde, it is time for inner growth, kind of a forced introversion.

The most interesting astrological fact to me at this time is the presence of earth changing planet Uranus slowly (7years) moving through fixed earth sign Taurus. It has been 84 years since this pattern occurred,

so most of us are first timers with its message of change. With Uranus occupying Taurus for the next 7 years, our fixed knowledge of ourselves, our world and our bodies will change permanently. Change will penetrate our bodies and all the "stuff" of life, including our relationship with money and the material world. Develop a gratitude daily practice so your self-worth will develop as a gift you give yourself. Look at how far you have come, not how far you have to go. My experience is that people appear to walk with you and lead you forward in life's journey.

**A word about the Summer Solstice:**

On 6/21 the Sun moves into Cancer and the days get shorter and the nights get longer as the light shifts. We experienced this one year ago, as we always do. This is a time to re-boot your experience with your life and see what has shown up in the period since the Winter Solstice of 2017 on 12/21. For many, myself included, this has been the most challenging "Dark Night of the Soul" many of us have experienced. Life has presented so many shocks and losses that we may have lost our joy and equilibrium. If we are still on the planet and creeping forward, there is hope for more growth. Take the time to dream about your unmet needs and desires during the 6/20-21 period.

I will be working in my office all summer so if I can help you or any of your friends make sense of your life, I would be honored to help. I don't know anyone who has not had shock and awe in the past year and like many of you, I have experienced the pain of old feelings from past trauma seeking release as trauma is always stored in the body. Now is the time to release the past so the body can operate on a different frequency. It is not easy, but not impossible with time and help.

ENJOY YOUR SUMMER AND HOPE TO SEE YOU SOME TIME DURING THIS CHANGE TIME.

WITH LOVE AND GRATITUDE,

NAN