

Introduction

Astrologically the Moon represents our emotions and what we require to feel fulfilled day-to-day and as the closest celestial body to Earth, it greatly impacts us through her cycles and phases.

MOON PHASES

The phases of the Moon depend on the alignment of the Earth, Sun and Moon. The Moon does not emit light of its own rather it reflects the light of the Sun. As the Moon travels around the Earth and the Earth around the Sun the alignments shift and the portions of the Moon that visibly reflect the Sun's rays towards Earth change, resulting in the different moon phases. During the new moon, the Moon is located between the Earth and the Sun where we cannot see the reflection, making the Moon invisible to us. During the full moon, the Moon is located on the opposite side of the Earth so appears full as the reflection of the Sun's rays are visible.

The new moon is typically described as a time of setting intentions and the full moon as a time of endings and release but when you fully connect to the energies, you will see that it goes much deeper than this. The simplest way to understand the energies of the Moon is to observe what it is doing night-to-night and follow its example.

ZODIAC CYCLE

As the Moon is making its journey around the Earth it is also moving through the astrological zodiac (Aries through Pisces), progressing through one sign every 2.5 days. Since the Moon is connected to our emotions, its movement through the different signs impacts our personal moods, needs and desires. It is not that the Moon dictates how you feel, it simply highlights a particular aspect of your emotional body as it flows through the zodiac, bringing that aspect of yourself to the surface to have its needs met. When we learn to consciously connect to the Moon, we connect to our own emotions, enabling us to better understand our own needs. It is here that we find balance.

Introduction

ECLIPSES

Eclipses occur when one celestial body moves into the shadow of another. From Earth, we can observe two types of eclipses, lunar and solar. Eclipses usually happen in pairs, first a solar eclipse (on a new moon) followed by a lunar eclipse (on a full moon). We typically have four eclipses per year but this can vary up to seven, which is rare. In 2020 we will experience six eclipses. It will be a year of massive shifts. We also experienced a solar eclipse on December 26th, 2019 which began the eclipse season for 2020. The time between a pair of eclipses (approximately two weeks) is a portal of change; a gateway bringing external events and internal shifts that may impact your life for months or years to come. Energetically, eclipses are referred to as 'new and full moons on steroids'; you can apply the concepts of the new and full moons to solar and lunar eclipses, respectively.

Eclipses were feared in historic times because people noticed that drastic or sudden changes tended to happen in alignment with eclipse events. Instead of going into fear, it can be helpful to embrace the perspective that change may be the Universe's way of shaking things up and getting us moving. If we are heading down a path that isn't in our highest alignment, an eclipse may shift that path. If we have chosen to cling to situations, people, belongings, beliefs/mindsets (conscious and subconscious) or lifestyles that aren't serving us, the Universe might force a shift which, from our perspective, can feel negative or even disastrous. Eclipses are a great time to practice the arts of surrender and flow. Not all changes brought by eclipses seem negative; just as often, eclipses bring positive, happy or long-awaited outcomes. Either way, eclipses bring endings and beginnings, grand shifts, news of life's biggest events, truth and sudden change or information. When we look back in life, it will be around the eclipses that we experienced the most momentous events in our lifetime.

Introduction

NATAL BIRTH CHARTS

A natal birth chart is a snapshot of the sky at the time and location of your birth. It is a map of the energies that were present at your precise moment of entering this reality. From an evolutionary astrology perspective, our consciousness or soul lives through many physical lifetimes, undertaking experiences and lessons in order to evolve. Prior to coming in, the soul chooses a specific location and time of birth to allow for the current astrology to imprint that lifetime, supporting the specific lessons and experiences the soul wishes to undertake. It is not your birth chart that determines the energies, rather you who chose your birth chart as an energetic support system.

As you go through life, the continual movement of planets will trigger points in your birth chart. This is why knowing your chart can bring massive awareness and insight into your experiences on a specific and personal level. Understanding astrology, in general, gives you an idea of the energy but knowing how it impacts your birth chart gives you more clarity about how it's impacting you personally and in what area of life.

Every birth chart is divided into 12 sections or houses, which represent the different areas of life. The Moon will transit all the way around your birth chart in one month, lighting up different houses every 2.5 days so you are not only affected by what sign the Moon is in (same for everyone) but by what house in your birth chart the Moon is transiting (varies for everyone). It is especially helpful to know what house and zodiac sign the Moon was located in at your time of birth (aka your natal moon). This will give you extensive insight into what you personally need day-to-day to feel fulfilled, balanced and happy based on how you perceive, experience and emotionally interact with the world. It is also very useful to know what house the eclipses are happening in and if you have any planets or other points at that same location. These are the eclipses that will impact you the most and represent the biggest events in your life. You can get your natal birth chart for free on various websites; Google it and happy researching!

How to Use This Calendar

This calendar is not meant to dictate how you lead your daily life. Rather, it is meant to reconnect you with your own inner compass. If some days, what the calendar says doesn't correspond with what you are experiencing, always follow your own inner guidance. This calendar is simply an invitation to reconnect to the innate internal compass we were all born with. Always follow your own inner nudge over all else.

Allow this calendar to be a resource for you when you are feeling out of balance. Typically, anytime we are feeling off, it is simply because we are not listening to our inner truth whispering to us what we need. May this calendar act as validation and permission for you to listen to that inner truth and give yourself what you need when you need it. You can use the calendar to plan ahead, just always remember to flow with what you are feeling each day and follow your own inner guidance.

Keep in mind that while the Moon is affecting you, it is also affecting everyone else. Depending on our birth charts, some of us are more influenced by the Moon than others or are influenced in a different way. Some people may feel the phases and/or cycles more intensely or experience a lower expression of the energy. Becoming aware of this can allow us to have more compassion for our selves and when dealing with others in daily life.

The Moon offers a guiding light to help us tap into the natural cycle. We are all able to do this and don't need a calendar to show us how, but since many of us have ignored our internal compass and intuition for so long, the pathway back to listening may need to be pointed out to us. May this calendar light that pathway for you.

How to Use This Calendar - Moon Phases

MOON PHASES

The only phases covered in this calendar are the new moon and the full moon. One full revolution of the Moon around the earth takes about 28 days, giving us one new moon and one full moon per month spanned approximately two weeks apart. The dates and times of the full and new moons are indicated in each month.

Full Moon

The full moon is a time of illumination, integration, culmination and conscious awareness. The light of the full moon lights up our consciousness and we become aware of things that were formerly hidden in the darkness. This happens gradually as the Moon builds in size and light from the new moon phase, coming to a culmination at the full moon. You may gradually have realizations or more awareness as the full moon approaches. Sometimes it is a realization of something that is no longer working and you now understand that it is time to release or adjust it. Or maybe you were building, creating or growing something and the full moon marks a new stage or the finalization of that creation. Don't pressure yourself to change everything on the date of the full moon. Rather, think of the full moon as simply a realization of what is shifting and then use the time between the full moon and the new moon, when the moon is becoming smaller, to release. It is common to feel triggered or highly sensitive during this time period. Our trigger points give us clues to what is not in alignment with us anymore so you can consciously shift it or let it go. By the time the new moon arrives, you will have created space for new energy to come in.

The full moon is a peak time when a lot of formerly buried energy surfaces. If we don't understand how to channel this, it can feel overwhelming. It is normal to feel out of sorts, anxious, unable to sleep, etc. Be sure to introduce self-care to allow yourself to release the excess energy in a healthy way.

How to Use This Calendar - Moon Phases

New Moon

The new moon is a time of introspection, quiet and reflection. The Moon is dark and in this darkness, we are blind. Many people feel inspired and find it helpful to set new intentions at the new moon but for others, we can feel disconnected and lack clarity around this time. Following the letting go period over the last two weeks since the full moon, we can sometimes feel empty, tired or lost at this point, especially if we have let go of something that once resonated very strongly with us. Sometimes the new moon can feel like a grieving period. If you feel this way, instead of setting intentions or taking action, use the new moon to go deep within. Feel all the feelings and surrender, without putting the pressure on yourself to know the way forward. When you embrace the darkness and allow for this quiet reflection period, you will find that with the return of the light of the Moon a couple of days later, your knowingness will also return. It is at this time when the Moon begins to reappear in the night sky, that you will have the understanding and clarity to set intentions and as the light of the Moon begins to grow in size, you can begin again by taking inspired action.

Monthly vs. Annual Cycle

We typically experience one new moon and one full moon each month. It is great to use the monthly cycle for day-to-day themes but for larger, longer-lasting themes, we can turn to the annual cycle. We have one new moon and one full moon in each zodiac sign per year. For example, the beginning of the astrological year is kicked off with the new moon in Aries every year in April. Six months later we have the full moon in Aries in October and then we wait another six months for the cycle to complete at the next new moon in Aries. For anything you want to work on over a longer period of time, utilize the annual cycle. This can also be applied to eclipses; using the shorter two week period for new insights and awareness and the longer six-month cycle for complete integration and manifestation.

How to Use This Calendar - Zodiac Cycle

ZODIAC CYCLE

Each sign of the zodiac carries its own energetic signature and as the Moon moves through a sign, that energy is amplified and highlighted. The Sun is also travelling through the different zodiac signs, but takes approximately one month to transit a sign, compared to the Moon's 2.5-day transit. You may find you are impacted by one particular sign on a broader scale for an entire month while the Sun is located there. Take this into account and extend that sign's energies on a more general level for the entire month; however, for day-to-day impacts, consult the Moon's placement.

To check the daily energies:

-Check what sign the Moon is in on the date you are curious about (grey text). On the days when there is a time listed above the sign, it means that the Moon is transitioning from one sign to another at that time on that day. You may notice a significant fluctuation/shift within yourself on these days as the Moon transitions. All times are based on Atlantic Time, Canada (GMT-04:00).

-Flip to the 'Sign Energetics' section and read about the energies associated with that particular zodiac sign. Allow the energy to support you by investing in the supported activities/mindsets. Every sign has a higher and lower expression; the 'Be Aware Of' section will point out aspects to watch for in yourself, as well as others.

To check the monthly energies:

-Check what sign the Sun is in in the 'Astrological Season' section based on the date.

-Read the corresponding energetic description for that sign and apply throughout the month.

How to Use This Calendar - Eclipses

ECLIPSES

Eclipses are incredibly powerful events astrologically and can have great impacts on our lives. If we tune in, we will feel the energies ramping up gradually and can flow with it, hopefully making the transition smoother. However, if you are hanging on or clinging to something in fear or attempting to control, you can expect the eclipses to have a more sudden or jarring effect.

To check the eclipse energies:

- Go through all twelve months of the calendar and note the dates of eclipses as well as the type (solar or lunar) and the astrological sign it is taking place in. The time of the eclipse is listed in black text; Atlantic Time (GMT-04:00).
- If you are familiar with your natal birth chart, note what house the eclipse is taking place in to gain insight into what area of life the eclipse may affect. Also note if the eclipse is taking place in aspect with any natal planets or points (if so, the eclipse will have a greater impact on you personally).
- Become aware of the energies, events and emotions you experience leading up to and after the eclipse. Avoid going into fear and simply observe. If you feel called to make a change, start taking small steps to do so; however, avoid making sudden decisions during eclipse events as you may be unable to adjust them in the future.
- Keep emotions and reactions in check around the dates of an eclipse. Remember that other people may be experiencing intense times so have extra patience, compassion and empathy for others and yourself.
- Do some research online. There are many exceptional astrologers that give great insight into eclipse energy. As always, use your own discernment when choosing what to watch and avoid anyone that brings in fearful energy or uses fear tactics as this can be prevalent around eclipse time.
- Most importantly, go with the flow and practice surrender!

Astrological Seasons

The astrological seasons are determined by what zodiac sign the Sun is in. You can expect that the energies of each specific sign to be felt generally throughout the corresponding month. The seasons for 2020 are detailed below:

Capricorn: December 22 (2019) - January 20

Aquarius: January 20 - February 19

Pisces: February 19 - March 20

Aries: March 20 - April 19

Taurus: April 19 - May 20

Gemini: May 20 - June 20

Cancer: June 20 - July 22

Leo: July 22 - August 22

Virgo: August 22 - September 22

Libra: September 22 - October 22

Scorpio: October 22 - November 21

Sagittarius: November 21 - December 21

Elements

The 12 zodiac signs are split into four elements: fire, earth, air and water. The signs belonging to the same element are known as sister/brother signs and carry a seed of similar energy among them. The energetics of the four elements are summarized below.

Fire (Aries, Leo, Sagittarius) - creation energy

Fire brings the spark that creates life. It is a passionate, motivated, inspired, leadership energy and encourages us to take action. It can burn away what is no longer needed, encouraging a 'rise from the ashes' phenomena. However, when the fire gets out of control, it can become all-consuming, reckless, angry, destructive and impatient.

Earth (Taurus, Virgo, Capricorn) - physical energy

The physicality of the earth element grounds us in this reality. It enables us to get our day-to-day tasks done, which is the bases for our lives. Earth lends practicality, stability, security and physical manifestation. However, if we get too earthy, we may become complacent, unmotivated, unwilling to step outside our comfort zone or even lazy.

Air (Gemini, Libra, Aquarius) - mental energy

Air lightens us up and allows us to connect to the higher mind. This is where we get our ideas, our solutions and our innovations. However, if we float away, we become ungrounded and are not able to alchemize ideas into reality.

Too much air energy can cause us to overthink and become nervous, scattered and anxious.

Water (Cancer, Scorpio, Pisces) - emotional energy

The water carries us on the tide of our emotions. It is highly sensitive, feeling, in-tune, empathic energy. Here, we can connect to the vibrations within and all around us and pick up on the subtle energies of everything. However, if we begin to drown in emotion, it can overwhelm us and we may sink into darkness, escapism or dependency.

Modalities

Each of the four elements are split into three modalities: cardinal, fixed and mutable. The modalities are based on the seasons (beginning, middle and end) and represent how the energies build through the passing of cycles.

Cardinal (Aries, Cancer, Libra, Capricorn) - initiating energy

The cardinal signs are those that initiate new seasons (Aries in spring, Cancer in summer, Libra in fall and Capricorn in winter). This energy is very enthusiastic and loves beginning new things but can struggle with carrying through and completion. It can also be forceful or single-minded energy.

Fixed (Taurus, Leo, Scorpio, Aquarius) - stabilizing energy

The fixed signs mark the middle of the seasons. They carry on from the initiation stage of the cardinal signs into something tangible, allowing the creation to continue taking form through stability. This energy is great at building but can become overly fixed and ignore the need for adaptation or be fearful of change.

Mutable (Gemini, Virgo, Sagittarius, Pisces) - fluctuating energy

The mutable signs come in after the fixed signs at the end of the seasons, ready to change and adapt the plan as needed. This energy allows us to be flexible and review and revise so we are ready to begin again at the cardinal energy. However, too much mutability can cause a need for constant change, preventing foundations and security.

Other Notes

Sign Symbols

Each astrological sign or season is represented by an animal or symbol. It is helpful to think of the characteristics of a sign's/season's symbol when interpreting the energy.

Duality

The astrological signs alternate between masculine and feminine. The fire and air signs are masculine (Aries, Gemini, Leo, Libra, Sagittarius and Aquarius) and the earth and water signs are feminine (Taurus, Cancer, Virgo, Scorpio, Capricorn and Pisces). Masculine energy is outward focused and supports action. Feminine energy is receptive and supports inner strength and exploration.

Planets

Each sign is ruled by a planet, more technically referred to as luminaries since the Sun, Moon, Chiron and Pluto aren't technically planets. The luminaries lend their characteristics to the sign it has rulership over. Doing research on a planet's astrological traits can provide additional insight to the signs as well as help you understand how you are affected by the other luminaries besides the Moon.

Body Parts

Each sign rules particular body parts. It begins with the first zodiac sign, Aries at the head and moves progressively down the body to the last zodiac sign Pisces, at the feet. If you have a sensitive physical body, you may notice increased energies in the specified areas when the Moon or Sun are transiting the respective signs associated with those body parts. Take the time to give extra care to these areas.

The symbol, duality, element, modality, planet and body part of each sign is listed in the 'Sign Energetics' section.

Sign Energetics - Aries

Aries (The Ram; Masculine; Fire; Cardinal; Mars; head, brain and eyes)

Aries is the first sign of the zodiac and represents the spark of life. It is about creation and inspiration and is the visionary that pioneers the way into new territory and breaks ground. This requires courage and moving through our fears. Here our passion ignites and our fire is lit to move forward, even if we don't see the entire path ahead of us. It encourages us to take risks and dive in head first so we must remember to balance this out by remaining grounded and level-headed. Aries is all about the self and reminds us that if our own needs aren't met, we can't assist others nor create. This energy also craves self-understanding and discovery and lights a desire within to see and know our true selves. Because the nature of Aries is to meet challenges head-on, it is often within the Aries energy that we are met with life's challenges. Use the Arian energy to cultivate your courage and learn to work through fears and challenging experiences with bravery and resourcefulness. Lead by example through your actions.

Supports: initiation, motivation, taking a leap of faith, taking a risk, inspired action, leadership, courage, directness, meeting challenges head-on, facing fears, self-inquiry, meeting your own needs and desires, physical activity, competition, sports.

Be aware of: ignoring others needs, impulsiveness, impatience, forcefulness, recklessness, aggressiveness, ignoring details, oversimplifying, competitiveness, combativeness, overactive mental body, not finishing what you start, angry/explosive outbursts.

Sign Energetics - Taurus

Taurus (The Bull; Feminine; Earth; Fixed; Venus; throat, neck, thyroid and vocal cords)

After the fiery push of Aries, our spirit seeks silence, solace, simplicity and ultimately peace. In Taurus, we seek safety in order to feel secure and supported. Activities that allow us to experience the world through our physical senses of smell, touch, taste, sight and sound are especially important as it connects us to the Earth and grounds us. The search for safety also brings us to the world of money, for how can we feel safe in this world if we aren't financially supported? However, Taurus asks us to go deeper and realize our innate inner value. Our self-worth is at the root; we can only manifest sustainable financial stability in our external lives if our internal self-worth is in a healthy state. If we skip this process and put all of the emphasis on money, the need for security and peace may drive us to incessantly seek material stability through overworking and/or the accumulation of physical things. This is easy to do in a world that is money-driven so we must consciously focus on cultivating inner peace over money. Also, watch for stagnation of energy with Taurus as the search for safety can sometimes immobilize us.

Supports: anything that stimulates the physical senses (cooking, baking, eating, silence, painting, sculpting, drumming, music, physical touch, etc.), anything that connects us to Earth (time outside, gardening, tending to house plants, etc.), gratitude, cultivating self-worth, tending to personal finances, patience, practicality, perseverance, relaxing, meditation.

Be aware of: stubbornness, inflexibility, stagnation, boredom with life, lack of motivation, overeating, overspending, sedentary living, fussiness, materialism, hoarding, over-working.

Sign Energetics - Gemini

Gemini (The Twins; Masculine; Air; Mutable; Mercury; lungs, arms, hands and nervous system)

Gemini energy gets us moving again after the slow and steady of Taurus. This is very mental, detail-oriented energy so it lends us the support to innovate, think quickly and problem solve. Gemini is incessantly curious and is always driven to gather information, observe, seek truth, ask questions and learn new things. We are also encouraged to socialize and share with others, allowing us to communicate our perceptions. However, sometimes we can get so caught up in our own thoughts that we aren't present in our communication with others, leading to nervous chatter, rambling or a tendency to interrupt. Because the mental faculty is so stimulated in Gemini, we can overthink, make assumptions and become chaotic or frantic if the energy is left unchecked. Take the time to calm your mind and release excessive thinking in whatever way works best for you. With Gemini energy, the best resource may be confiding in a trusted person to talk things out, allowing you to empty the overactive mind through communication.

Supports: communication, editing, marketing and sales, writing, journalling, information gathering, observing, sharing ideas, socializing, multi-tasking, heart-to-heart conversations, positive self-talk/affirmations, curiosity, questioning, learning new things, exploration, travel (especially short-distance), vitality, flexibility, adaptation.

Be aware of: nervous energy, anxiety, over-stimulation of the nervous system (caffeine, excessive screen-time, high-stress situations), not listening, insomnia, emotional exhaustion, scatterbrain, indecisiveness, lack of focus, boredom, excessive or negative thinking, worrying, pettiness, gossiping.

Sign Energetics - Cancer

Cancer (The Crab; Feminine; Water; Cardinal; Moon; chest, breasts and stomach)

After the outward seeking energy of Gemini, Cancer asks us to return home and go inward. It is about the inner world, both our physical homes and the world within ourselves. We find more joy at home or going within than we do in the external. Cancer is the mother of the zodiac and seeks to nurture, help, protect and support. Cancer understands the world through emotions and therefore feels everything, which can be challenging. In defence, sometimes we initiate mechanisms in an attempt to avoid feeling but when we do this, we decrease our Cancerian power. Instead, we must learn to process our emotions through healthy channels.

Cancer is ruled by the Moon so those individuals with a lot of Cancer energy can be more impacted by the Moon's cycles than other people. They are highly sensitive and must live in a way that honours this in order to avoid massive mood swings and emotional instability. This is particularly important for you if you have your natal sun, moon or rising (aka ascendant) sign in Cancer. You can find this information in your natal birth chart.

Supports: retreating within, nurturing, listening, quiet time, home and family-related activities (being at home, home projects, moving, family gatherings etc.), time with children, emotional self-care and expression, sensitivity, crying, proximity to water, nostalgia, kindness, imagination, dealing with the past, ancestral work, genealogy.

Be aware of: moodiness, shyness, wanting to be invisible, getting stuck in comfort zone, predictability, defensiveness, denial, over-dependency/neediness on others, taking things personally, excessive sensitivity, smothering or over-mothering others, being nosy, seeking sympathy, emotional manipulation.

Sign Energetics - Leo

Leo (The Lion; Masculine; Fire; Fixed; Sun; heart, upper back and spine)

After the inner connection of Cancer, Leo energy is where we bring all that is within us to the outer world through creation and expression. Leo understands that our outer world is a reflection of our inner world and encourages us to share our true selves with optimism, joy and exuberance. Leo allows us to tap into our inner power and move forward with confidence all while drawing others towards us with magnetism. Leo energy is lovable and vivacious and can light up a room or a stage. It is essential for personality development and allows us to express our inner selves to the world around us through a distinct personality. It is leadership energy and supports us in establishing a tribe around us, whom we are very protective of and loyal to. Leo is regal and self-assured and we can sometimes lose ourselves within this energy, resulting in a self-perception of superiority. We must remember to remain humble and ask for support rather than service.

Supports: performing (singing, dancing, acting, storytelling, etc.), expression/creating (painting, decorating, poetry, writing, etc.), bravery, leadership, confidence, taking a chance, encouraging others, having fun, connecting to your inner child, playing with children, recreation, optimism, maintaining your mane (i.e. hair), socializing, flirting.

Be aware of: hogging the spotlight, drama, self-importance, righteousness, superiority, pride, excessive flamboyance or drama, exaggeration, giving unwanted advice, arrogance, possessiveness, basing self-worth on opinions, needing approval.

Sign Energetics - Virgo

Virgo (The Maiden; Feminine; Earth; Mutable; Chiron; digestive system, spleen and intestines)

After the big, bright, external energy of Leo, Virgo seeks another form of expression in the world: quiet service. In Virgo, we can feel discontent with ourselves, which is actually a push for transformation and growth because subconsciously we may believe we are not yet 'good enough' to serve. This can be tricky territory because we can easily fall into an unattainable ideal of perfection that keeps us in a cycle of self-criticism, negativity and procrastination. The ultimate task of Virgo is to find self-acceptance and to live in the present moment. Don't wait for perfection or the next goal attainment; realize that you are already good enough to bring service to the world in your chosen expression. If we focus this attainment energy outwardly, it can lend great practicality and competence in everyday life, allowing us to be productive rather than self-deprecating. Here, we can get things done with ease and efficiency. Virgo also encourages us to maintain our physical bodies through health and wellness for we must be healthy ourselves in order to serve others in a sustainable and effective way.

Supports: service to others, to-do lists, organization, routine, completing mundane tasks, practicality, precision, competence, working, health and wellness, healthy eating and exercise, appointments, attention to detail, critical thinking, housework, cleaning, de-cluttering, time outside, honesty, reliability, punctuality.

Be aware of: perfectionism, dissatisfaction, 'never enough' syndrome, procrastination, self-sacrifice, criticizing, negative thinking, self-sabotage, nitpicking, martyrism, frustration, annoyance, short-temper, rudeness, needing to please, pickiness, all work and no play.

Sign Energetics - Libra

Libra (The Scales; Masculine; Air; Cardinal; Venus; kidneys, lower back and buttocks)

In Libra, we seek balance: inner and outer, self and other, yin and yang, light and dark. It is this balance that lends us the inner harmony to face experiences without losing our equilibrium. This does not mean that we walk through life never being emotionally affected but rather that we are able to be incredibly emotionally triggered without our emotions taking us over. Here we are able to maintain or return to a state of calm within ourselves, regardless of what goes on outside of us. But sometimes in this world, it is hard to face all of life's ups and downs alone. Libra reminds us that we do not need to, nor are we meant to. We are encouraged to connect with others, to trust them, lean on them, be vulnerable with them and them with us. Within this, we are asked to have integrity in all of our relationships, to treat others with diplomacy, equality, fairness and justice and to do our best to extend these qualities into the world. Libra connects our internal to the external, which also includes our environments. For some people, maintaining balance is highly impacted by their environment and therefore require that their surrounds be in a state of harmony, beauty and peace. Libra has a great appreciation for life's beauty. As long as we remember that there is inner beauty not just outer, other not just self, giving not just taking, the balance holds.

Supports: partnership, co-operation, giving/receiving support, peace-keeping, justice (including legal issues), contracts, activism, creating and appreciating harmony/beauty (art, writing, music, makeup, fashion, decor, etc.), cleaning, feng shui, shopping, DIY projects.

Be aware of: over-giving, ignoring your own needs, people-pleasing, lack/fear of commitment, vanity, shallowness, indecisiveness, over-thinking/analysis, indecision, procrastination.

Sign Energetics - Scorpio

Scorpio (The Scorpion; Feminine; Water; Fixed; Pluto; reproductive system and sexual organs)

Scorpio is the transformer of the zodiac and it is through Scorpio that we are reborn. Here, we dive deep into our psyche to bring light to what was previously hidden or unknown. We release what doesn't serve us anymore, creating space for new energy and allowing us to come into our true power. Scorpio gives us the courage and the drive to face fears, be our authentic selves and go after what we want, no matter what. There is no stopping this energy when it passionately focuses on a goal or ambition. Scorpio understands that everything is a cycle with a beginning and an ending, a birth and a death. This does not scare or threaten Scorpio. It is merely truth, a truth that empowers us to live fully and in the present moment. Here we are connected to and feel everything, allowing us to make decisions and take action based on emotion rather than thinking. Scorpio is also about deepening our commitment and connection to others so it encompasses sexual, emotional and financial bonds as well. Because we can feel and connect so deeply in Scorpio energy, we must avoid mistaking connection for ownership. Although we may feel something strongly, it does not mean that others feel the same. It is up to us to remember that every being has free will and that it is not within our integrity to disrespect that.

Supports: release, self-analysis, transformation, shadow work, deep commitments, passion, harnessing inner power, authenticity, directness, independence, persistence, meditation, intuition, mysticism, ritual, investigation, empathy, psychic senses.

Be aware of: obsession, jealousy, possessiveness, domination, resentment, brooding, defensiveness, suppression of emotions, hidden agendas, keeping secrets, not letting others in, dark emotions/energies.

Sign Energetics - Sagittarius

Sagittarius (The Archer; Masculine; Fire; Mutable; Jupiter; hips, thighs and liver)

Sagittarius is the adventurer of the zodiac, encouraging us to shoot for the stars with joy and optimism. The adventure isn't sought after just for entertainment value but for a much deeper meaning: expansion. Sagittarius energy wants to expand awareness and understanding and therefore encourages us to quest for truth and knowledge by experiencing the unknown. For one person, this could be achieved by travelling the world and immersing in foreign cultures or for another through reading about a mind-opening topic. It is a never-ending search for truth and the meaning of life. It is here that we connect to higher wisdom, allowing ourselves to expand, evolve and grow through the mind. Sagittarius encourages us to reflect on our belief system, life philosophy, world views, opinions and perceptions and to open our minds to the ways of life and viewpoints of others as a way to expand our own consciousness. Sagittarius energy accepts what is unfamiliar because it respects personal freedom and the right to live as one chooses. Sagittarius is also very fun-loving and encourages us to experience more joy in daily life. This energy can be very exuberant so we must remember to tend to life's responsibilities among the fun.

Supports: travel (especially long-distance), adventure, exploration, philosophy, reading, learning and teaching, research, expression, embracing a higher perspective, trust and faith, optimism, leaps of faith, fun, comedy and laughter, flirting, wanderlust, freedom, independence, outdoor recreation, spending time with pets.

Be aware of: arrogance, pretentiousness, unrealistic expectations, impatience, carelessness, over-optimism, poor judgement, being overly opinionated, rebellion, restlessness, over-indulgence, fear of commitment, naivety.

Sign Energetics - Capricorn

Capricorn (The Sea-Goat; Feminine; Earth; Cardinal; Saturn; joints, knees, skin and teeth)

Capricorn is the climber of the zodiac, always reaching higher to advance up the mountain of life with dedication and persistence. Here we are able to achieve great heights and it is through this achievement that we establish our status and interact with the outer world. Capricorn's power lies in the understanding that true success is deeply knowing our inner self and expressing that authentically to the outside world regardless of how it is received by others. We are encouraged to approve of ourselves fully so we are not reliant upon applause and acceptance from external sources. The demise of the majestic Capricorn energy is if we fall into requiring approval or validation from others and begin creating with expectation rather than authenticity. Day-to-day, Capricorn encourages us to push ourselves and attain our goals. But we must remember why we have these goals in the first place; do they come from a place of inner truth and integrity or are they simply something else to master or gain adoration from? Allow the push of Capricorn to elevate you in the world while always remembering to connect to your higher intention and inner integrity.

Supports: working, setting and achieving goals, business branding, structure, time-management, discipline, tenacity, progression, practicality, endurance, patience, productivity, self-reliance/sufficiency, discipline, honing practical skills, moderation, maturity, sensibility, alone time, solace, basing actions on intentions not emotions.

Be aware of: over-working, becoming power-hungry, dictating, calculating, controlling, patronizing, pushing too hard, relentlessness, suppressing emotions, emotional coldness/detachment, lacking empathy, rigidity, taking life too seriously, lack of humour.

Sign Energetics - Aquarius

Aquarius (The Water-bearer; Masculine; Air; Fixed; Uranus; ankles and circulatory system)

Aquarius is the revolutionary of the zodiac, challenging us to go beyond what we perceive so we can see the bigger picture. Here we are able to push beyond other people's expectations, socially accepted normalcies and the pressure to conform. Aquarius energy encourages us to embrace our authentic and unique selves and express our individuality without compromise. Here we are granted the capacity to be innovative, think freely, stand outside the box and see what others cannot or choose not to see: truth. No matter how hard or different the truth may be, Aquarius sees it and stands up for it, regardless of the popular opinion. This can extend into taking a stand, rebellion, protesting, social activism and humanitarianism, all with the purpose of creating change in the world. All of this takes bravery but above all, it is an innate stubbornness within the Aquarius energy that gives us these abilities. The far-reaches of this energy also encompasses that which is beyond our world, expanding into the unknown of outer space and its mystery. The ultimate intention of Aquarius energy is to express individuality, not to be different just for the sake of it, so we must be completely true to self to properly integrate this energy.

Supports: individuality, originality, authenticity, truth, rebellion, intelligence, innovation, technology, thinking outside the box, star-gazing, reading/writing/watching space-themed content, assertiveness, humanitarianism, planetary work, acting for the greater good, seeing the big picture.

Be aware of: emotional detachment or excessive emotional sensitivity, ungroundedness, not considering other's perception/ideas, overlooking mundane details, excessive eccentricity, being unrealistic and/or inconsistent, impulsiveness, extremist concepts/ideas, feeling like an outsider/loner, excessive stubbornness.

Sign Energetics - Pisces

Pisces (The Fish; Feminine; Water; Mutable; Neptune; feet and lymphatic system)

Pisces, the last sign of the zodiac represents fullness and completion. On the deepest level, this is consciousness itself. Pisces understands that all of life is a dream. That is not to say that life isn't real but rather that it is deeply subjective; how each individual experiences the world is dependent upon their personal perceptions and beliefs. This is why Pisces energy encourages us to go beyond the beliefs, the personality, the experiences and to connect to consciousness itself. Here we can observe our minds observing the world and all of our emotional reactions to it. This is the true meaning of meditation; not to silence the mind but simply to observe it. It is a recession from the outside world into the inner realm. This is how creativity within Pisces happens; the outer world slips away and all that remains is the next lyric, stroke of a paintbrush, note, word. All that remains is pure consciousness. In modern terms, this is what we call 'being in the flow'. Pisces' direct connection to consciousness lends us great compassion, kindness, empathy and gentleness if we choose to tap into it. Ultimate connection is present here but without the proper strategies to navigate it and remain grounded, we can turn towards numbing tactics and escapism in order to avoid the depths of this energy.

Supports: meditation, reflection, prayer, retreating, napping, moving with flow (dance, yoga, floating, swimming, etc.), baths, being near water, imagination, creative expression, integration, subconscious work, hypnosis, altruism.

Be aware of: escapism/distraction (excessive alcohol, drugs, nicotine, caffeine, social media or Netflix binging, overeating, sleeping, etc.), addictive tendencies, exaggerated emotional reactions, scatterbrain, delusion, detachment from reality, self-sacrifice, over-giving, self-pity, neediness, gossiping, avoiding responsibility.