

## Astrology of July



### Overview of July 2024

After relatively quiet and simple months so far, in terms of retrogrades, July's energies begin to feel a bit mixed up. We start the month with Pluto and Saturn retrograde and Neptune joins them on 2<sup>nd</sup> and then Chiron on 26<sup>th</sup>.

Mercury enters its shadow on 17<sup>th</sup> as Pluto gets back to under a degree of Aquarius, a potent point and the Sun will leave Cancer for Leo on 22<sup>nd</sup>.

The New Moon in Cancer on 5<sup>th</sup> is important as it is sandwiched between two Full Moons in Cancer/Capricorn with the second, a Blue Moon, on 21<sup>st</sup>. Throughout July we need to continue releasing hurts from the past that we have been holding onto and old family dramas, traumas and challenges. The New Moon, as part of that, is encouraging us to see ourselves outside of our family circumstances and childhood conditioning and who we are at a Soul level, without those.

The Blue Full Moon on 21<sup>st</sup> wants us to face our skeletons in the closet whilst showing us that we can view the past more objectively and dispassionately, leaving the hurts behind and embracing wisdom to take into our future.

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## Daily Astrology of July 2024

There are no significant connections on 1<sup>st</sup> July but Saturn is barely moving, having gone retrograde on 29<sup>th</sup> June and Neptune is almost stationary, preparing to go retrograde on 2<sup>nd</sup>. Shortly after that, it has a helpful connection with Mercury, with both being at the last degree of their signs and this will help to mitigate the fogginess and uncertainty that Neptune's station usually brings. Later on 2<sup>nd</sup>, there are more challenging energies from the Sun and Nodes squaring with two further connections building for early on 3<sup>rd</sup>, so both 1<sup>st</sup> and 2<sup>nd</sup> could be potent days.

Overall, the helpful connection and Mercury are where we need to focus as we can watch our thoughts and steer them in a positive direction if they start to slip into Neptune's mists. Whilst this planet can bring great imagination and creativity we can easily get lost in its fogginess which can permeate the recesses of our brain, bring a lack of clarity, idealism, hopelessness and escapism if the going gets too tough for us.

There are also quite strong initiating energies, so we might feel as if we want to get a lot done, especially around the home and if old nostalgia tugs at our emotions, there is encouragement to recognise these for what they are and to practise positive self-care. Remember, we continue to need to release the past and especially old family hurts, dramas and trauma that we are hanging onto. They don't belong in our future.

The two latter connections are a helpful trine between Venus and Saturn which could help to bring some practicality and ground the imagination whilst Mercury, newly in Leo, opposes retrograde Pluto, again involving the mind and communication and heightening the need to ensure we stay on a positive track and in control.

Try using [Ancestralite](#) for ancestral healing, [Kambaba Jasper](#) for deeply ingrained blockages and programs and [Mangano Calcite](#) for forgiveness and inner child healing.

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On 4<sup>th</sup> we are in the dark of the Moon which can highlight shadow emotions and this time, in Cancer, can make us feel even more like withdrawing, going into our nest or cave and holding onto the hurts that can surface. This New Moon on 5<sup>th</sup> is significant, being sandwiched in between two Full Moons which have the Sun in Cancer and the Moon in Capricorn, giving us a double opportunity to release old energies and why I have been emphasising the need to continue releasing hurts from the past that we have been holding onto and old family dramas, traumas and challenges.

Cancer can take things personally and hold onto those hurts. It can be a positive use of its energy to withdraw temporarily to examine why we are feeling hurt and to work out if we are taking something too personally, so that we can release what isn't ours and come back out, happy again. But if the withdrawal is a stagnant, brooding, almost sulking energy, we can get stuck there and find it hard to break out of this self-defeating response, hanging onto our hurt.

Whilst the Sun is in Cancer, we can all examine this tendency within ourselves and what from the past we have held on to for far too long. If we step back and look at this non-emotionally, what good is it doing, holding onto something that just makes us feel unhappy?

Anything in the past is just memories, and we can change the range of emotions we attach to those experiences. I was reminded of a phrase from the Original prayer of the complete Ho'oponopono

(<https://youtu.be/UHEw4323d24?si=QxGwYHudsKLSfYvA>) which includes:-

*For the difficult relationships of which I only kept bad memories:*

And that made me stop and think about how I might have held on to 'the bad bits' of some relationships and took me back to a no send letter I wrote to someone last year that would fall into that category. When I started reframing my mind to all the good parts of the relationship I actually found a massive, positive, reason for the connection and many reasons to be grateful for that time.

There were difficult moments and times but I had forgotten the positives too and changing my focus brings an emotional balance and peace, rather than continuing to feel bad every time I look back.

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July's New Moon is in Cancer on 5<sup>th</sup> and has added significance due to being sandwiched between two Full Moons with the Sun in this sign. The Full Moons offer a double chance to release old energies, two bites of the cherry with this New Moon, offering new beginnings, an opportunity to embrace the positive characteristics and expression of this sign in between.

The only exact connection on the day itself is between retrograde Saturn and Mars and is one that we can really tap into. Mars is also closing in on Uranus and these two will meet on 15<sup>th</sup> in Taurus. The day after the New Moon, 6<sup>th</sup>, there is a more testing square between Venus and



Chiron that will highlight an old relationship or financial wound that is ripe for healing and clearing so we might feel that on 5<sup>th</sup> also and it is important to remember that it is showing up as it is time for it to be released, so try to detach from any hurt that arises and see the bigger, Soul perspective.

There is a message within this chart to step outside of our family circumstances, our childhood conditioning, the events that happened and what we experienced and to find our true selves without these layers. Deep in our heart, at a Soul level, who are we?

We are not our circumstances, the outside events that have occurred in our childhood. These have added layers to our personality, some positive, some not so positive but they are like layers of clothing that we have put on:- *this person said that to me, that person said I was ....., that person did this.....*

Probably the best personal example that describes this Soul perspective is one that I quote often from a lady called Shimara Kumara who also has some excellent Inner Child Essences (<https://heartsong.com.co/>).

On the front cover of her booklet detailing the essences, there is a picture of a young girl on a beach with her bucket and spade. Inside the back cover, above a picture of her adult self, she says:-

*The child on the front cover is guess who? She came into this life with psychic and spiritual gifts but felt fear and great loneliness. She chose for this life a childhood of poverty consciousness, so that she could learn to access her own Divine Abundance: a father who was seriously ill and not there for her, so she could develop more compassion and forgiveness: a mother who struggled to do her very best for the family, so that she could eventually learn that life is not meant to be a struggle, (that one took a long time!).*

Allow these words and description to permeate into your heart and mind. Why might you have chosen your circumstances?

What might you have been able to develop, learn and access within yourself from your childhood circumstances?

It is vital to practise self-care at the moment. We have had some intense energies and whilst we mustn't lose sight of the need to release the old too, there are some steady, grounded and settled energies that we can tap into to help us to feel some stability and to help to integrate.

Remember the phrase, *mind, body, spirit*, and all three of these areas of our life need to be appreciated and nurtured, especially now.

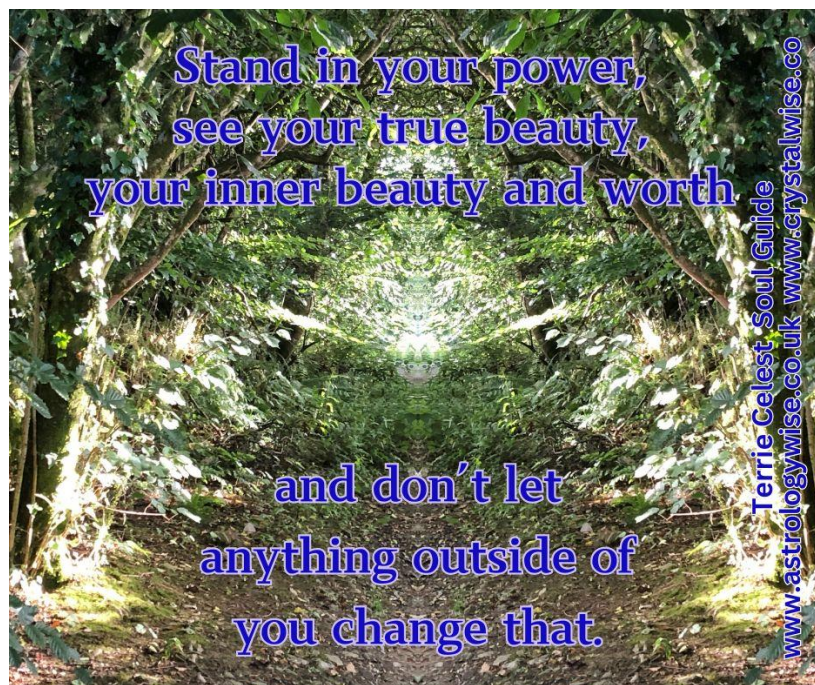
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8<sup>th</sup> and 9<sup>th</sup> both see the Nodes active as they, Jupiter and Mercury all reach 9° and 10°, taking it in turns to connect whilst Venus and Uranus also connect on 8<sup>th</sup>. The good news is that all of these are potentially helpful but we do need to tap into them and not get complacent nor allow ourselves to get stuck in old patterns of thought. If we pay attention, observe what old patterns are arising and how we react, we have the foundation to make changes.

There are likely to be some old hurts show up that we have been holding onto, maybe a less than healthy response of taking someone's words or actions personally when they are not about us. There is also encouragement to be vulnerable, to allow our barriers to soften and this can come about through realising that it is safe to do so and to be ourselves.

We need to value ourselves because if we don't, others won't either.

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Venus is busy on 11<sup>th</sup> and 12<sup>th</sup> as it reaches the end of Cancer and has a lovely connection with retrograde Neptune, then moves into Leo and makes a much more challenging opposition to retrograde Pluto. The Sun and retrograde Saturn are also making a favourable aspect whilst there

is some minor discord in the background between Mars and Chiron. The analogy I got on this planetary ensemble was of a small group of musical players, and whilst the majority are playing the right music in a lovely, harmonious key, there are a couple at the back who are a bit out of tune and make it difficult to fully enjoy the performance.

The discord comes from something karmic, an old pattern that might simply be that we feel unable to enjoy the positive energies, consciously or unconsciously believing that we are not deserving of good times, happiness, abundance.

Have you ever really thought about the phrase self-worth? It actually confirms that we are giving ourselves our worth, we are telling ourselves what we are worthy of, whether we are a 'good' or 'bad' person and therefore we are choosing how we feel about ourselves.

Knowing that, wouldn't we want to tell ourselves all the positives and feel good about ourselves?

We get to decide who and what we want in our lives, what is of value to us and what our own value is, and what others say about us is simply their opinion and we can choose whether or not we take it on board and use it to label ourselves.

Old patterns of believing negative things that others have said or labels they have attached to us, need to be released.

They are not our truth, nor who we truly are.

Stand in your power, see your true beauty, your inner beauty and worth and don't let anything outside of you change that.

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There are no major connections to talk about on 13<sup>th</sup> and 14<sup>th</sup> July but we will undoubtedly be feeling a build-up of tension as Mars closes in on Uranus and they meet at 26° Taurus on 15<sup>th</sup>. Remember Jupiter and Uranus meeting on 21<sup>st</sup> April?

Mars was also making a potentially helpful connection to this big pairing back then and now Mars has moved on to meet and cross Uranus and it feels like it is activating the previous connections, activating the potential of Uranus and also activating our personal potential and opening up possibilities.

At last, we feel motivated to clear the last dregs of shackles that are holding us back and we feel ready to step forward. This connection has huge potential for shifting energies, changing track, breaking away from what is no longer authentic to us, upsetting the apple cart and bringing stress, tension, frustration and anger. Don't add to your stress by thinking I mean all of that list, as these are a selection of various outcomes!

Planets meeting at the same degree of the same sign, always means that we have the potential to blend their strengths and ultimately, with Uranus involved, we have a catalyst for a much needed shake-up, a kick-ass energy that can help us to be where we need to be. There is a possibility, with Taurus involved, that we have been staying in our comfort zone in some way, at best peeking out over the parapet or from our cosy nest to survey the potential outside and may even have been hankering to be there, but we can't find the courage to step out. Fear of the unknown, not feeling safe and secure and maybe even fear of having to do something are making us dig our metaphorical heels in and stay where we are. If there is stubbornness or wilfulness, think about what degree of dynamite might be needed to shift things!

There is so much positive potential with this meeting and that is what we need to seek. It can help us to take those steps into the unknown, can even make them seem exciting and make us want to put our running shoes on and be raring to go

Of course, if we want to stay where we are, we can, we do have free will, and that is part of what this energy represents, but will that is free of fear and full of excitement and potential is what this is offering and there is always a chance with Uranus that if we resist too much or for too long, it will pick us up and plonk us down where we need to be, and then we have to sort out the mess afterwards. So it is much better to be brave and take positive control, to steer our own ship whilst there is a degree of unpredictability and rebelliousness that could take us to somewhere we haven't been before.

Oh, and did I mention that also on 15<sup>th</sup>, the Sun squares Chiron, so there will be an added dose of karmic energies thrown in for good measure.

Enjoy!

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On 17<sup>th</sup>, Mercury enters its shadow, meaning that the territory it covers from now up to the start of its retrograde on 5<sup>th</sup> August, is the area of the chart that it will retrograde back over, so it will help us to start spotting what is occurring, any challenge with the mind and communication and how our mental energy is. Anything to do with travel and means of transport comes under Mercury's reign and if we get problems with these now, they can often be prolonged and evolve through the retrograde and travel plans can change.

Mercury's retrogrades this year are in Fire signs and this time the bulk of it will be in Leo (it starts off in Virgo) so whilst we have the opportunity to feel more empowered and able to step into the limelight and our own power, we will also need to look out for being opinionated, needing attention, feeling unnoticed and unappreciated and for the less confident lion to surface. We can also reframe our thoughts on our childhood and nurture and heal our Inner Child.

Another potent point is reached on 17<sup>th</sup> as retrograding Pluto, on its last journey back to Capricorn, reaches the first and potent degree of Aquarius, the opposite sign to Leo, bringing a head/heart contrast as it encourages changing outdated mindsets and embracing more authentic ways of being, thinking and communicating.

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On 18<sup>th</sup> we have a helpful connection between the Sun and Uranus which links us back to when Mars crossed Uranus on 15<sup>th</sup>. Today's potential does need to be tapped into and for us to follow any prompts, nudges, intuitions and sudden realisations we gain, especially regarding our home our family, issues around mothering, motherhood and the archetype of the Mother. It can be worth examining what that means to us and whether we felt that our needs were met as children.

As adults now, as well as letting go of the past, hurts from our childhood and forgiving others who may have contributed to that, we need to forgive ourselves and realise that we now need to parent ourselves, and treat ourselves in a kind, nurturing, loving and appreciative way.

Venus will be connecting with the Nodes early on 19<sup>th</sup> and Mercury will also have a very helpful connection with Chiron and these two are bringing positive support and encouragement, giving us the opportunity to clear some ingrained karma, especially related to our childhood in this lifetime, including speaking up, being heard and not being silenced. With

Mars, Venus' masculine counterpart reaching the last degree of Taurus there is a danger we could dig our heels in about something or the old energies that arise may make us feel unsafe, whilst they also bring a steady, grounded drive to push forward and accomplish what we set our minds on.

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Mars leaves Taurus on 20<sup>th</sup>, having been there since 9<sup>th</sup> June and a few hours before it does, it makes a potentially helpful connection to retrograde Neptune as they are both at the last degree of their signs. Being the sort of connection that we need to harness, we have to watch that we don't fall into Neptune's victimhood, lethargy, idealism and nostalgia and use Mars to help us to steer our course and keep moving forwards. Spiritual connections could be heightened, as could our imagination and creative drive. Whatever we undertake needs to be grounded and purposeful, without rigidity or blinkers.

Mars then enters Gemini where it can spark multi-tasking, taking on many things, but often not finishing them, and can ramp up nervous tension if we don't make time to relax, unwind and destress. It is important not to overload the nervous system which can become stretched when Mars is in this sign. Gemini is much more flexible than Taurus was, which can be both helpful if we have been in a rut, inactive or a bit stubborn, whilst we do need to make sure that we don't go to the opposite extreme and become too flexible, flitting from one thing to another.

We are approaching the Full Moon on 21<sup>st</sup>, the second of our Cancer/Capricorn Full Moons so it will also be helpful to keep an eye on what we feel ramping up and old patterns that arise that we are fed up with!

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July's Full Moon is on 22<sup>nd</sup> at 11:17 GMT and as I have mentioned many times already, is the second of these Full Moons, the first having been on 22<sup>nd</sup> June and sandwiched in between these we had the New Moon in Cancer on 5<sup>th</sup> July. This brings a potent opportunity to clear remnants of the past that are holding us back both physically and mentally.

The Moon, representing energies from past lives is very close to retrograde Pluto but they are in different signs and Pluto's transformational energies are showing us that we can view the past more objectively and dispassionately, leaving the hurts behind and embracing wisdom to take into our future.

Exact connections on the day are between Venus and Jupiter who have help we can tap into, whilst Mercury and Uranus have a challenging square. Becoming exact the next day and needing to be included, Mars and retrograde Pluto have a flowing connection as do the Sun and retrograde Neptune before the Sun changes signs, leaving Cancer and entering Leo. As it is such a potent energy, I should also include the Sun (in Leo) opposing Pluto both at zero degrees, early on 23<sup>rd</sup>, which can help to shake things up and bring transformation, once we face what we have buried.

Facing our skeletons in the closet robs them of the power we have been giving them to control us.

It is time to turn and face them, forgive ourselves and others and have empathy for the old version of ourselves that did the best that they could then.

Share the wisdom, love, forgiveness and understanding that you now have with that younger version of you to help them to heal.

**And leave the past behind.**

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The majority of these energies bring great opportunities, positive help and support and those that are more challenging are actually acting as catalysts for the change that we can embrace, are bringing dross to the surface for us to see and clear and are helping to show us what isn't working and what we no longer want in our lives. There is an element of needing to dive deep when we habitually would want to stay on the surface and not look at what is buried there, and whilst we can clear a lot of energies unconsciously without donning scuba gear, there are times when we must do that to face our shadows.

And that is the empowering thing to do, as then we realise that we were giving them way too much power and control over us and we take our power back when we look them in the face and swear they will not control us anymore. We realise then, that they weren't half as scary as we imagined, and as we are older and much wiser now, we can have empathy for the young version of ourselves, understanding that we did the best that we could at that time in our lives and even if circumstances repeated themselves, we would not react the same way now.

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On 24<sup>th</sup> and 25<sup>th</sup> we will begin to feel Chiron slowing before going retrograde on 26<sup>th</sup>. There are no connections on 24<sup>th</sup> and on 25<sup>th</sup> Mercury and Neptune make a niggly connection as Mercury reaches the end of Leo before entering Virgo later in the day. The Mercury/Neptune link also connects in with Pluto, making a karmic pattern in the chart and we will need to watch our inner thoughts as there will be little clarity. There is the chance of some conflict and inner arguments, maybe a tug



between the head and the heart with some idealism or nostalgia contrasting wistfully with a non-emotional, more hard-headed rationale.

How do we resolve this conflict and find a solution? Firstly by discovering what needs of ours aren't being met. Are we feeling unnoticed, neglected, unloved, unappreciated? It is highly likely that this stems from our childhood and we can begin the healing process by asking ourselves what our earliest memory of feeling like that is. Then we can give our inner child what she was missing then.

Whatever arises from this will evolve over a few days as the other part of this pattern, the connection between Mercury and Pluto will be exact on 27<sup>th</sup>.

Crystals that can help with Inner child healing include [Chrysoprase](#), [Child of Gaia Flint](#), [Candle Quartz](#) and [Mangano Calcite](#).

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As Chiron turns retrograde on 26<sup>th</sup>, the Sun and Mars have a potentially helpful connection which will encourage communication but could make us too flexible and likely to lose focus as we flit from one thing to another. Our energies could become scattered and we need to centre and ground ourselves and our thoughts and be clear about what we want to achieve and follow that route as much as possible.

Chiron's static energy will throw in a good measure of something karmic somewhere in the mix and could throw up themes of loneliness, abandonment, anger, impatience or a conflict between our needs and those of others. It will take 2-3 days for Chiron's energies to really start moving with today probably being the most intense, but it will soon ease and during its retrograde we have the opportunity to examine, clear, heal and rewrite old karmic wounds. Chiron will remain retrograde for the rest of the year, going direct on 29<sup>th</sup> December and covers 23° to 19° of Aries.

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27<sup>th</sup> has two niggly connections, one of which is part of the karmic pattern which first arose on 25<sup>th</sup> and will have been evolving either side of Chiron stationing and turning retrograde, so there are undoubtedly karmic influences at play and old wounds being opened up for healing. Involving Mercury and Pluto and with Chiron now retrograde, we can

begin the transformation of these old energies with thoughts and communication being the main theme.

The other connection is between Venus and retrograde Saturn and whilst Venus turns our attention to our close connections (relationships) and finances, in this case Saturn is also bringing in the Father archetype for us to examine. Inner child healing would again help after connecting to that wounded and unhealed part of ourselves and finding what it didn't get as a child. 30<sup>th</sup> and 31<sup>st</sup> both have energies that can help with this.

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30<sup>th</sup> and 31<sup>st</sup> July both have karmic energies coming to our attention and the good news is that the two connections are both favourable and will help us with karmic and childhood energies that have been triggered and old wounds that have been opened up with the recent transits.

These will help us to value ourselves and to spot where in the past we have neglected our own needs, maybe keeping quiet or dimming our light so that we didn't cause trouble, upset the apple cart or bring unwanted attention to ourselves,

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All dates and times based on BST

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