

Astrology of May 2024

Overview of May 2024



The month begins with all planets direct but also with an underlying tension from Pluto who is preparing to go retrograde on the 2nd. This is a powerful month which follows on from the potent events of April with eclipses and the conjunction between Uranus and Jupiter in Taurus which cleared final echoes of blocks and opened up opportunities, potential for growth and a realignment to our Soul purpose and spiritual path. In May, these continue to evolve and if we tap into the potential, this is when the foundation stones of our future life can be laid, so it is important to select those that we want and to let the Universe know what those dreams are.

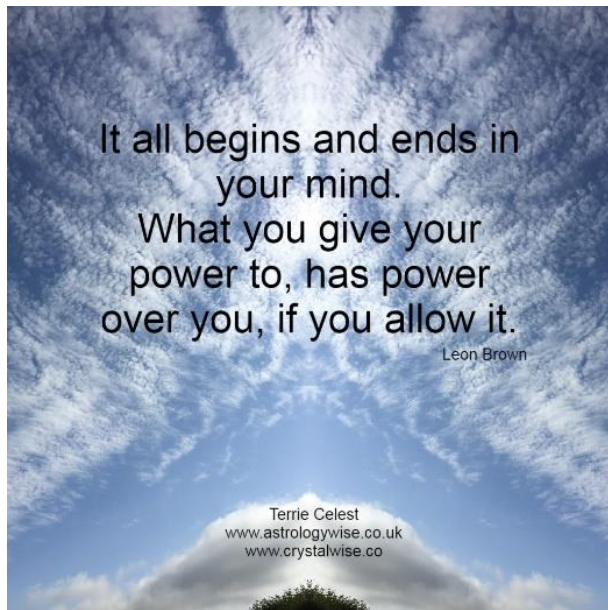
Mercury comes out of its shadow on 13th as we have the first of three really helpful connections of the Sun, firstly to Uranus, then on 22nd to Jupiter before Jupiter changes signs on 26th and then Pluto makes a lovely connection to the Sun on 22nd, the day before the Full Moon. The New Moon in Taurus on 8th has fabulous energies to help us break out of our comfort zones and more easily step into joy, peace and love.

Another important movement is that of Neptune reaching the last degree of Pisces where its spiritual nature will be urging us on our path and encouraging us to find our truth. It connects with Jupiter at the Full Moon which has energies more like another New Moon but they will need to be tapped into.

And there are some more significant days on 5th, 23rd and 30th when three planets connect at the same degree.

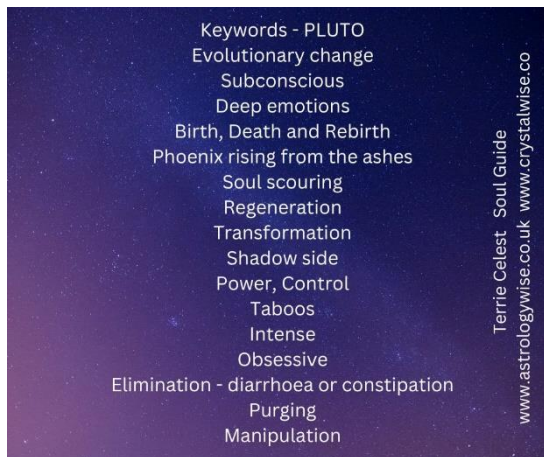
This month has so much potential!!

Daily astrology of May 2024



As the month begins, there will be underlying tension with Pluto being almost at a standstill and it makes a challenging connection to Venus, the feminine archetype in the chart that represents our close relationships, finances, values and self-worth. It is also the waning half Moon, marking the half-way point between the Full Moon on 24th April and the upcoming New Moon on 8th and this combination of astrological energies on 1st gives us a propensity to be in the mind and to get stuck in there. Pluto can bring transformation but with its current static energies we are most likely to experience its power and control characteristics. So it is important to be aware of our thoughts and where we are giving our mental energy and to be in control of our mind, not to let it dive into negativity, or to stay there if it does.

A key change that is now happening is that when we do get into old and stuck energies, it is easier to find our way out or to switch into positivity and the more we practise this, the easier it will become.



Pluto goes retrograde on 2nd May for five months and this will take it back from its current position at 2° Aquarius to just dip back into Capricorn for the last time on 2nd September. It goes direct on 12th October at 29° 38" Capricorn and then re-enters Aquarius for the last time, finally establishing itself there on 19th November.

We have already gone through this scenario when Pluto first went into Aquarius last year and it was then that we began to feel the possibilities and potential of a brighter, better future, new ideas, interests, excitement, anticipation, planning the future but it seemed to fade away. You likely felt that things were finally coming together, your work, your business, your passions, your expression felt as if they were peaking and the future was rosy but as we began to embrace those ideas, dreams and plans, Pluto revisited Capricorn, taking us back into the old.

But this was a necessary part of the bigger plan and gave us the chance to revisit the old, having had a taste of the new, and on a collective level it was helping to break up areas of life where authority, power and control negatively have a hold. Fear and limitation are strong energies here too.

Although we might not be able to see it, the cracks are appearing, and the analogy I was given was of driving a wedge into a crack in a rock and weakening it and then leaving it out in the elements. When we go back and repeat the process a year later it has been further weakened and will break open more easily.

So now we have that final chance to let go of old limitations and fears and to find our inner authority and authenticity. If you feel that your dreams and ideals of that new future are slipping away again, know that they are not gone, and one of the gifts of retrogrades is that they help us to review and redefine what we really want; they allow time for things to

further ferment so that we can make adaptations etc. We need to stay adaptable and grounded whilst still holding the bigger vision on the horizon.

We will begin to feel Pluto's intensity easing as it appears to inch backwards on 3rd and as it does, it makes a contact with Mars which changed signs, entering its home sign of Aries on 30th April. This brings motivation, some welcome Fire and warmth and encouragement. However, this is the type that we need to tap into and we could just as easily be motivated to stay on the sofa as we could to do something more active, and this is where we have to take control, take hold of the reins and begin to put into place those things that we want in our future, as we edge up towards the New Moon on 8th, which brings energies to support these new beginnings.

Also on 3rd, and slightly in contrast but playing a balancing, supporting role, Neptune reaches the last degree of Pisces where it has been since 2011. This is its home sign and therefore can be at its most influential and it has been quietly helping to support and fuel our spiritual growth, the path to ascension for ourselves and the planet. Such is the nature of Neptune, however, that we probably have been barely, if at all, aware of it as it works on a subtle, unconscious level that can bring mists of idealism, confusion and also hopelessness and helplessness. Suffering, addictions and victim energies are other associations and my list of key words for the signs is much longer for Pisces than any other. Neptune can bring a veil of mist which makes the truth, or *our* truth, hard to discern.

As with any planet reaching this potent, last degree, the energies will be ramped up and it is up to us to tap into the positives and to steer away from the negatives as much as possible. Neptune reaches 29° 55" of Pisces before going retrograde on 2nd July, and it then stays at 29° for another two months whilst retrograde so we will have lots of time to feel these energies more strongly than we ever have in our lifetime and to take advantage of them, both for our own good, and those of every sentient being on this planet, and our beautiful planet, itself.

Astrological Beltane is early on 5th, at 01:10 and this is when the Sun is at 15° Taurus which is the mid-way point between the Spring Equinox

and the Summer Solstice (northern hemisphere, Winter Solstice in the southern hemisphere) which is only six weeks away. It is always a good point to take stock of where we are and to measure that against where we hoped to be and adjust the sails if needed. Yesterday's connection between Mars and Pluto, although past its peak will still be active and one that we can tap into to really commit to putting change, new routines and structures into place.

Also on 5th, the Sun makes niggly connections to the Nodes and this will help us to see an old pattern that is past its sell by date and shouldn't be taken into this new future that we are planning. Comparison with others could well be at the root of discontent with our own lives and it is up to us to take positive control and action to make that future different. Knowing what we want, taking action and being consistent are key.

Early on 6th, Mercury and Chiron are both at 20° Aries and the Moon is just behind them, crossing over them and adding to the mix before Mercury and Chiron meet exactly early on 7th. This is their third meeting; the first was on 20th March, the second on 15th April when Mercury was retrograde and therefore passed back over Chiron and now Mercury is direct again it moves forward over Chiron again.

Also early on 7th and therefore influencing 6th, Saturn and the Sun have a potentially helpful connection, the sort that needs to be tapped into, otherwise we can get caught in their negative expression, rather than getting them to work together.

The combination of these connections will undoubtedly show us some old karma concerned with our thoughts or communication which we will probably already have become aware of through the earlier contacts and we may already have taken steps towards changing our responses to more healthier ones. This will offer a chance either to put those new actions into motion or test those where we already have. Be aware of anger, rashness and impatience, also old fears of abandonment or feeling alone. Separateness is an illusion and often we can stay in our cave and expect others to come to us, whereas we need to at least meet them halfway.

We are also in the dark of the Moon so shadow energies are going to be more prominent and we will have to face those and not get stuck in them, if we can't reach for the positive and the gift.



May's New Moon is in Taurus and is on 8th May at 04:22 BST. There are no exact connections on the day but there is one building between Mercury and Uranus early on 9th and although of the niggly variety, it is their third contact and therefore suggests that some resolution can be reached. The earlier connections were on 22nd March and Mercury's retrograde pass was on 13th April. Uranus offers breakthroughs and shows us what isn't working and is inauthentic to us. It's like it shines a spotlight and says, *'Here you are, look at this, do you really want to carry on with this, given the way it makes you feel?'*

We have free will and can, of course, resist needed change and put things off and this is where Taurus' Fixed nature comes in, holding on to what it knows, understands, gives it comfort and makes it feel safe and secure. There is a deeply ingrained fear of change and the unknown which is where it gets its stubborn reputation from, digging its heels in, trying to stay in its comfort zone and keep hold of what it already has.

Other notable factors in this chart include Pluto newly retrograde and being the only retrograde, Neptune at the potent last degree of its home sign Pisces, Pluto and the South Node being the only planets/points outside of all the others in the three signs of Pisces, Aries and Taurus. At the back of this group is Saturn, the planet associated with fear and limitation whilst leading from the front of this group we have its opposite, Jupiter, the planet of growth and expansion.

We are also being gifted with three planets in that group being in their own sign, namely Neptune in Pisces, Mars in Aries and Venus in Taurus. This home residency strengthens their expression and influence and gives them the chance to shine at their best, offering us their most positive, free-flowing and optimum energies. Very interestingly, Mars and

Venus are the masculine and feminine archetypes of the chart so there is a natural masculine and feminine balancing going on through them.

This New Moon is encouraging us to step out of our comfort zone and to not need certainty before taking action. It has a reassuring energy, a groundedness and connection to nature and beauty that we can experience by going outside and connecting with the Earth, the flowers, birds, insects and trees. Here we can feel the safety and security that can encourage us out of that comfort zone and into unfamiliar territory. It is time to fully put our trust in the Divine/Source/the Universe, and our inner knowing that we planned our experiences as part of our Soul plan, so everything is as it should be, and if we surrender to what is, rather than fighting or resisting, we can also find inner peace, serenity and strength.

Our attention might wander to what is different, what we don't like or don't want and there is also the opportunity to bring those thoughts back to centre, ground them, make them neutral and then reach for the positives that are also available, those of love, joy, happiness, inner security, self-assuredness and contentedness. Duality is part of our world and we cannot have light without darkness too and equally, if we think about it really simply, if we have dark or negative thoughts there are always, positive and encouraging thoughts to balance them out, so why don't we just reach for those instead? This is becoming easier and easier and marks a big change in personal and collective consciousness. We often hear mention of parallel timelines and I was shown an analogy of simply stepping sideways onto a different track, to consciously chose to change from feeling negatively to feeling positive!

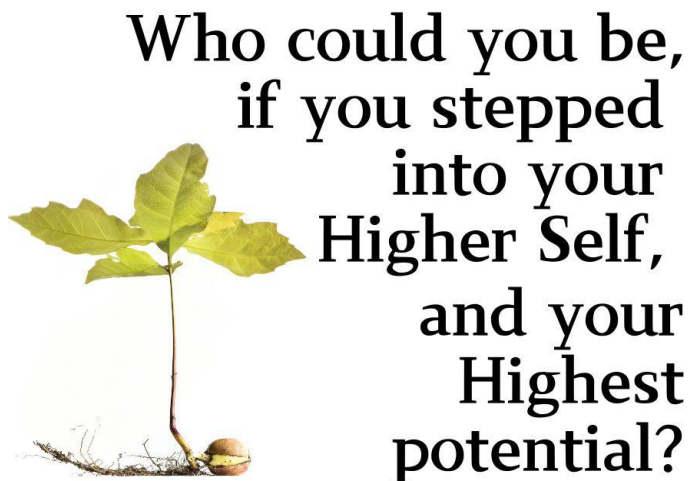
There is a lovely simplicity in this chart. It isn't over-complicated, it's not too busy you can see each planet and point individually AND also see how they can work together, co-operate and find compromises. Each can feel understood and valued and that is something we can strive for in our lives and particularly in our interactions with others.

We can move from limitation to growth and expansion, from insecurity to inner security, from anger to peace, from indecision to surety and action, from darkness to light.

Two niggly pairings are active on 11th, the Sun and Chiron being one pair and the other being Venus and the Nodes. Our worth, our value is not

decided by others or their responses to us and it is time to let go of old people-pleasing and over-compromising merely to keep the peace. Taking the path of least resistance, not challenging, suppressing our thoughts, our beliefs, our needs, is not healthy and can foster an inner discontent, annoyance and resentment that builds and can seep through the pores through passive aggression. It can be a hard one to break out of and needs courage to accept the fallout, if there is any, and not to crumble again if a challenge does come back.

The stronger our sense of Self becomes, the easier this becomes and we can be OK with the outcome, no matter what that is, as we know we have been true to ourselves, our core values and truths. There is help with this coming when the Sun and Uranus connect on 13th.



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Mercury comes out of its shadow on 13th which means that it has come back to the point at which it stationed and went retrograde and therefore is travelling over 'new' territory from now on. There will be no repeating contacts so we have done as much as we can for now on the themes that its retrograde brought up for us. They will either be resolved or will resurface for re-evaluation in a future retrograde.

Also on 13th, Venus connects with Saturn, Mercury niggles with Jupiter and we have one of the big connections of the month with the Sun meeting Uranus which provides the catalyst to break through any challenges that the others might present to us. Jupiter and Uranus met on 21st April and now with the Sun involved, we can fully embrace the

opportunities those provided, with the Sun being our self-expression, our ego, our 'I am' presence.

Uranus encourages us to be authentic, to throw off the restraints of customs, others' opinions, inherited and ancestral patterns and programming that we often took on as children in order to fit in, be accepted and even to keep safe. A big part of adulthood is to sift through these and to see if they still fit, align with our core values and our authenticity. If they no longer align with us, they need to be discarded, put down, healed or cleared.

The phrase 'I am' is very powerful and connects us directly to the Divine spark within us and is often therefore used in affirmations, making them incredibly powerful. What we can also do is to ask ourselves who we really are. Try taking pen and paper, write 'I am.....' and see what emerges. Keep it positive and ask yourself who you are at your very best, and who you could be if you stepped into your Higher Self and fully expressed that energy.

The waxing half Moon is on 15th as Mercury and Neptune have a niggly connection before Mercury moves into Taurus. Both of these planets are at the last degree of their sign, a potent point where the energies can get ramped up and can be over-expressed. Neptune can improve our spiritual connection but when not working well, brings its misty vapours to envelope the normally clear and decisive thinking that this Mercury position would have. Mercury here, could also be rash and impatient so Neptune's water vapours can dampen this but might seep so deeply in that they extinguish Mercury's Fire and pervade our unconscious with feelings of hopelessness or helplessness. This is a potent combination that we really have to watch and express to our best ability.

This half Moon adds a need to be noticed, appreciated and respected so not getting these will activate the other contact and could invoke despair and a retreat or escape into wistfulness and nostalgia. We may direct our disillusionment inwards and feel that we can never step into shining our light as we would like to.

If you can't keep your thoughts positive, make a note of what arises and the doubts and insecurities that have arisen so that you can look into them and see what can be done to overcome those when you feel more sure in yourself.

Rashness, impatience and anger will all diminish as Mercury travels on through Taurus and we can ground our thoughts much more easily.

Retrograde Pluto has a testing square with Mercury early on 17th which will be felt building on 16th and the Fixed nature of their signs brings an intractable energy that could get stuck in a rut of negative thinking or dig its heels in. Chiron also has a niggly contact with Venus and we are going to have to really watch our thoughts and communication with this. The pressure or intensity that Pluto can bring is likely to build up in our minds and that can erupt outwards if that pressure reaches bursting point. There will be a tendency to blame others for invoking anger or upset within us, rather than taking personal responsibility for our responses and there are underlying niggles and maybe an inner debate between peace and war! Part of us wants to just let things be and the other might well feel like throttling someone!

Pluto ultimately is helping to bring us transformation and Chiron shows us an old karmic wound that we are trying to heal, so we do need to take the Higher path and find a much healthier response than we have had in the past. If we stepped into the Highest version of ourselves, how would it respond, what would it do?

Venus is moving to a conjunction with Uranus on 18th that will help us to break through these old patterns and find some unique and unexpected responses.

18th is a day with much potential with two pairings meeting. Following the Jupiter and Uranus conjunction last month, the faster moving planets that were behind these two are in turn catching up with them and passing over them and two such contacts occur today. The most potent is that of the Sun passing over Jupiter, having already met and passed over Uranus on 13th whilst Uranus is now being met by Venus, who is the absolute key player of today's quartet as all four of these planets are in Venus' sign of Taurus. She is the feminine archetype in the chart and connects us to beauty, the arts, our feminine nature, finances, values, and worth and there is also a strong connection to nature. Taurus does have a reputation for being stubborn and this often comes from a fear of change as it tries to hold on to what it has and knows in order to feel safe and secure, so this combination today can help us to break old

patterns of materialism, of staying in our comfort zone and also unhealthy relationships with food. We will be able to see them more clearly and it will be much easier to seek and step into a new way.

Any connections with the Earth and nature today will be enhanced in some way, whether we are better able to connect to the elementals or Gaia herself and Earth healing will be very beneficial and potent,

There are many gifts here to be tapped into, and the feminine nature of Venus and Taurus can help to promote peace. I would highly recommend creating a crystal grid for peace and Earth healing and adding a healing Earth meditation.



Having traversed Taurus for the last four weeks, the Sun comes to the end of it on 19th and contacts Neptune, also at the end of Pisces as it does so. In the last week the Sun has passed over both of the big outer planets in last month's major conjunction in this sign and today we will see an increase in Taurean expression. If we can tap into this combination today, our connection to spirit and our ability to connect to and appreciate Earth and the elementals will be greatly enhanced, but there will be a tendency to slip into idealism and possibly despondency. Our beautiful planet needs our help to ascend as we do too and today we could look for new ways to connect, to see how we can be of greater service, of Higher service to Gaia. If she thrives, so do we!

If you avoid conflict
to keep the peace,
you start a war
inside yourself

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Unknown

The Sun moves into Gemini on 20th as Mars meets with the North Node, therefore opposing the South Node. Mars is the warrior planet and our masculine archetype in the chart and therefore it can be very active, energetic, fast-paced and challenging and also has a competitive nature. The South Node is in Libra, ruled by Mars' feminine counterpart, Venus and this is why we have an underlying theme of war and peace this year, as the Nodes and eclipses are in these contrasting signs. The Libra end of this duality can also be showing us where we have fallen into people pleasing and over-compromising in the past in order to avoid confrontation and to outwardly keep the peace, but our discontent or anger doesn't go away but is suppressed and can fester, ending up with a battle within ourselves.

Anger, impatience and rashness are also Mars expressions and we will need to watch out for how we are showing its energy, and to spot the old, repeating, karmic pattern that we want to change.

Do we need to be more or less assertive?

Do we need to be more passive or more proactive?

Do we have a tendency to not suffer fools gladly and dismiss people quickly?

Do we need more patience?

Do we need to develop more inner balance so that when life and others upset the scales, we are not completely thrown out by it?

Do we need to find the courage to be more authentic, to speak up and to let others know when we are not happy?

A very positive Libran characteristic is that of being a diplomat and when difficult conversations need to be had, they will naturally take the more passive, indirect approach and this might be what we are needing to learn and practise. Try thinking of someone that you know has this skill and who doesn't respond defensively, then see if you can imagine how they would approach something, what they would say. For me it is the Dalai Lama, who is always gentle and kind, will pause and gather his thoughts before responding and also often has a twinkle in his eye!

The Sun in Gemini for the next month will take us to our minds and communication, our nervous system is often activated and stress levels can rise when we find ourselves taking on too much or not knowing what to do, how to manage our overly busy workload or juggle the many spinning plates that seem to have suddenly appeared. This is the month when a lot of people find it more difficult to unwind and sleep and it is important to make time for relaxation and to unwind before we go to bed. Journalling can help to empty our mind so that we don't need to replay anything and progressive relaxation techniques, calming crystals, essences and sprays will also be useful.

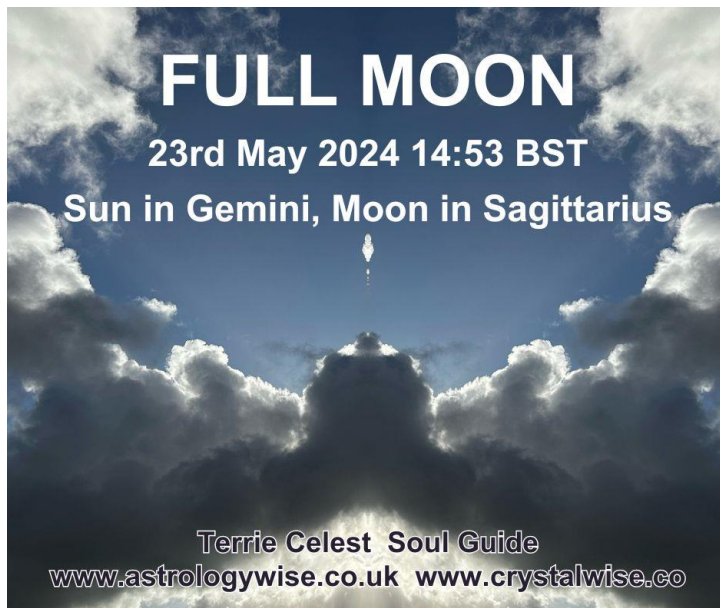
It is also important to notice how we ended up in this position. There is a Gemini tendency to become easily distracted and to flit from one thing to another as something interesting catches our attention, and focus is often difficult. Are there also underlying habits of feeling we need to keep busy or feel unable to say 'No'? This can be a social month when we feel busy, tending towards being over-stretched and is good for more light-hearted conversations, but rarely can go deep. Avoid gossip, keep your workload manageable and keep the mind as centred and focused as you can.

Adding to the potency of the day and going into the Full Moon, Jupiter reaches the last degree of Taurus which ramps up all Tauran themes. Jupiter is the planet of growth and expansion and doesn't have boundaries which can cause problems at times, but here, it's risk-taking nature could help Taurus to step out of old habits of sticking very firmly in its comfort zone and resisting change. Jupiter is more likely to say, 'Why not? Let's give it a go and see what happens!' See what is being magnified for you over the next 3-4 days and work with Jupiter's

opportunistic nature rather than against it. It will enter Gemini just after midnight on 26th.

The Full Moon is 23rd and the day before, 22nd, we have a lovely trine between the Sun and retrograde Pluto. This is an empowering connection that helps us make positive transformation and encourages the phoenix rising from the ashes, rather than taking us to the depths. With both in Air signs our minds are the area that will flow with this connection's ease and we can more easily step into new thought patterns and embrace ideas that would never, previously, have even entered our minds. We can be more future focused and see what we want in that future and how we want it to look. This can help us to throw off old thought and belief patterns that we have inherited or unconsciously taken on as our own. Authenticity is an absolute key word for Aquarius, Pluto's current home and we can find more of that vital expression and our unique path in life.

Jupiter, one of the planets involved in last month's potent conjunction reaches 29° of Taurus on 22nd also and is building to an exact connection with Neptune a few hours after the Full Moon, giving us a double hit of growing, enlarging energies so there will be something that we cannot miss being shown to us! It is up to us to channel it into a positive route.



May's Full Moon is on 23rd with the Sun in Gemini and the Moon in Sagittarius and both these signs are associated with the mind and communication. Education and learning are also themes and often we are being shown where we need to find the wisdom in our accumulated knowledge and from our experiences. Sagittarius can be an eternal student and just take on more and more information and might not apply it to their life, whilst Gemini has a tendency to stay on the surface and deal just with lighter subject matters, erring towards trivial or gossip. We are being encouraged to step into the Higher mind and to share things only when it is necessary.

With the powerful trine still in play from the day before between the Sun and Pluto, the following two weeks as the Sun decreases will help us to release old control and power issues and habits of being too much in the mind, or flitting and being distracted too easily.

Before the actual point of the Full Moon, three planets connect at 29°. Neptune is already at the end of Pisces and Jupiter reached the end of Taurus on 22nd and a few hours before the Full Moon, Venus passes over Jupiter, connecting to Neptune before moving into Gemini. A few hours after the Full Moon Jupiter and Neptune's connection becomes exact so their energy is very present. The only contact on the day is a niggly one between Saturn and Mars after the Full Moon. I was interested to note, when I looked at my printed chart there were no niggly connections showing and it seemed quite simple and positive, then I remembered that also happened at the New Moon.... Hmmmm, so I checked and found that I had somehow changed the settings on that

program so it was no longer printing them! I think it is a message from the Universe/Source/Divine that it is time to focus on the positives and to let go of all the niggly thoughts that creep into our mind. Inner peace is more easily accessible than it has ever been and we can get better and better at connecting to the positive, rather than the negative.

25th has two connections, one very helpful and the other of the niggly variety with Venus and Pluto positively connecting whilst Mercury, the planet of the mind and communication, niggles with the karmic Nodes. Adding to the mix is Jupiter right at the end of Taurus, poised to enter Gemini just after midnight and although it isn't connecting with the others mentioned, its expansive nature at that critical degree cannot be ignored and its connection to Neptune just after the Full Moon will still be playing out. Think back to that Full Moon as today's energies can help to bring some positive change to challenges that we felt then, and that we want to release.

Pluto's transformational energies can be employed to break old thought and belief patterns and with Venus' association with relationships, finances and values, any of these areas can benefit and find a fresh new perspective and a more empowered approach.

Jupiter has swept through Taurus without stopping and steams straight into Gemini early on 26th May where it will reach 21° on October 9th before going retrograde. It will be the last of the outer planets to turn retrograde this year and does so only a few days before Pluto ends its five month retrograde and turns direct. Jupiter has a twelve-year cycle, spending approximately a year in each sign and we can look back to that time for clues as to how we experienced this transit. Look to Gemini in your own chart and any planets or points there will be transited by Jupiter sometime over the next year, possibly three times if they fall within its retrograde.

Jupiter is the planet of growth and expansion, brings opportunities and is associated with luck and faith. Gemini is the first and Mutable Air sign of the Zodiac and ruled by Mercury, this is the planet of the mind and communication. Gemini has a dual nature and despite its tendency to stay on the surface, can have a dark side, most often a duality of the mind which needs to be kept positive. Linked to the nervous system, we

can become strung out and stressed as we take on too much, flit without finishing tasks or get scattered as we find it difficult to focus. With the Sun and Venus already in Gemini now with Jupiter joining them, we will really have to watch that we don't take on too much, keep the mind grounded and focused and make time to relax and destress. This can be a bit of a hamster-on-a-wheel energy that is difficult to get off of once it is spinning, so part of the trick is in not getting to that point in the first place.

Gemini is known as the talker and salesman of the zodiac with their dual nature making them stuck in their heads and silent at other times. They are learning about communication and the mind, and we are all doing so with these planets in this sign now. If we notice that we are quiet and find it difficult to share our thoughts, we can use these energies to encourage us to do so, whilst those that talk a lot can embrace the strength of silence and stop their need to fill a gap!

One thing that Gemini needs to remember is that when they are stuck in their heads, talking can instantly help as they are able to process and understand the energies when they hear them, so this is something we can all be aware of and try.

27th and early into 28th have just one potentially helpful connection between Saturn and Mercury which again takes us to the mind and our thoughts. Mercury is in grounded Taurus but there is a tendency to get stuck in patterns of thinking and to fear change, whilst Saturn's usual limitation energies can now help to bring a Higher, spiritual perspective due to its current home of Pisces which is very flexible, almost too much so at times. Combining Earth and Water signs here can be very positive but we will need to find positive expressions and not get lost in escapism, idealism or entrenched in what we already know and not open ourselves to a more flexible or spiritual viewpoint.

On 29th and 30th May we again have three planets at the same degree, this time Mars, Mercury and Chiron who take it in turns to connect. Firstly, on 29th, Mars meets and passes over Chiron in Aries, then on 30th, when we also have the waning half Moon, Chiron and Mercury and then Mercury and Mars have connections, but both of these are niggly in nature. Mercury will move on to pass over Uranus on 31st and this is

probably where we should put our focus as it provides the catalyst and opportunity to break out of old patterns, challenges and karma that the other planets are likely to bring to our attention. Noticing what does arise for us is key but a detached, disassociated viewpoint that notices and doesn't disappear down a rabbit hole, let frustration boil over into anger or get lost in despair or loneliness, is vital.

This too shall pass, is a motto to keep in mind, to see challenges as bumps in today's road that we can soon overcome and to immediately try to focus on solutions instead. There are some waiting to be found that have never come into our consciousness before and just need to be sought out. They will not come into our view if we remain stuck, static or disengage.

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