

Lunar Alighment With Animals



Full Moon in Aquarius

STEPPING INTO GROUNDLESSNESS

Many planets are changing signs now, an astrologer tells me, air signs in particular, which involve the mind, connection, and spirit. Uranus has moved into Gemini, Pluto into Aquarius . . . what does it all mean? Transformation! Big time! This will take a few years, but with August 9th's full moon, we're right at the door's entrance.

The planets are now grouped in an intriguing configuration — some in opposition. For example, Mars, the planet of action, known for taking swift action and getting things done, is in opposition with Saturn, which speaks to the exact opposite — step back and slow down.

So, expect detours and blocks.

SLOW DOWN

because we all need to,



And take things in stride.

You can still take steps. You don't need to question why things aren't happening or working out, or doubt yourself. You just need to believe that the universe has your back. Move through it and enjoy the road.

The Queasiness of It All

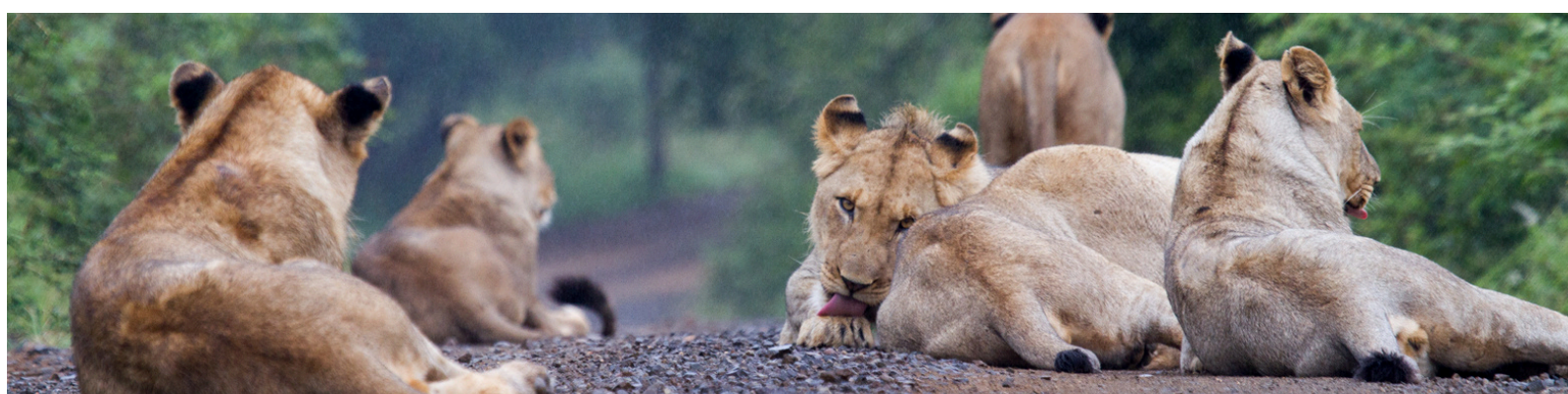


Things that appeared solid and secure might shift now. The consistency that brings us comfort might be disrupted in the next two weeks.

Speaking from another level, solidity and security are only illusions anyway. We can't grasp the past--it only exists in our minds and the stories we create around it. The future is only imagined. The present moment is timeless and ungraspable. The moments, each passing thought that creates them, flicker rapidly in succession, and fade as quickly, like a flip-book animation, forming the illusion of a continuous, solid reality. Quantum theory says we're 99.9999% space.

What does that have to do with the now?

How Do We Work With the Unsettled Feeling of Groundlessness?



We fool ourselves into thinking we have consistency and solidity in life. The truth is, as we know, everything, including us, is in continuous change.

Only one thing remains beneath it all--our conscious awareness, eternal and indestructible.

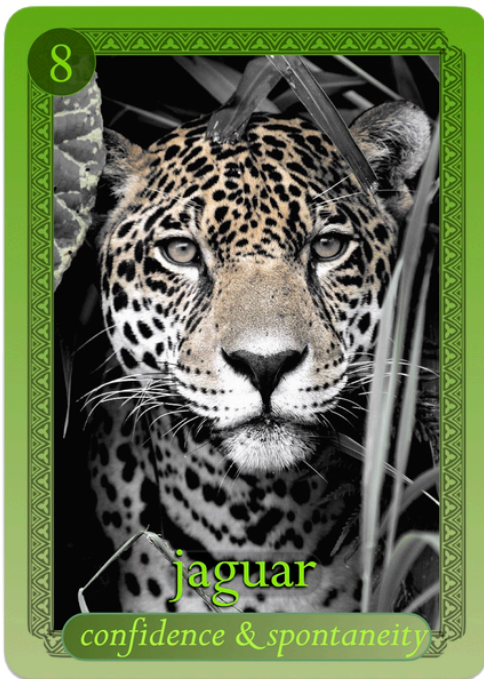
So, when things don't go your way, hold you up, or seem to flop in your face, take time to close your eyes, place your hands on your heart center, and breathe.

Remember who you are: timeless and unaffected by passing circumstances, and ride the waves through the next two weeks (and anytime).

Attachments to form and grasping at the intangible create our suffering!

What can you do when faced with uncertainty or instability?

Here's our card pull for the next two weeks! BREATHE!

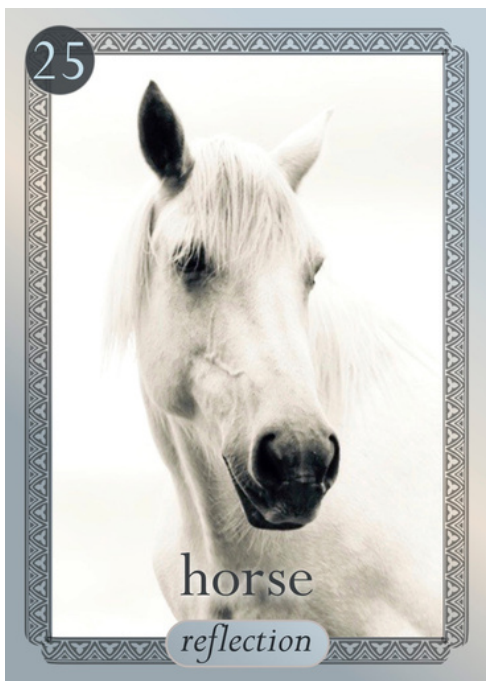


When we breathe consciously through the belly, we find the confidence to be spontaneous.

Jaquar Spirit Animal tells us to make moves and decisions without hesitation, trust your inner guidance system, or intuition. This doesn't mean to jump hastily. Remember, we are slowing down now. But we also don't have to rest and do nothing. The main message here is to listen to your intuition. and let this be what moves you forward. When we plan, organize, and try to control our journey, the outcome rarely meets our expectations. Riding the waves means to go with the flow, not against it, and drop expectations. We can lose our grounding when operating primarily from the head.

Trust, and move consciously with the breath

I also had a Jumper card (a card that falls out of the deck while shuffling--although it could be just bad shuffling. I'm including it, because I feel it fits nicely! Thank you, Spirit!



Your healing journey begins with an honest examination of your feelings behind every reaction, to every situation, and their connection to the past.

Spirit Animal Horse adds another slant during the next two weeks: She asks us to look inward for an honest look into our situations. Examine your feelings during any detours or blocks you might encounter--impatience, disappointment, anger, frustration, hopelessness, lack of self-esteem, etc. Breathe deeply until it dissipates. And consider where these feelings originate from--a habitual reaction? An unresolved pattern showing up again? Is it a repetitive pattern based on a past experience?

Take it by the reins. Don't let it overpower you or overstep your hard work.

Choose your own card [**HERE**](#)
BUY THE DECK [**HERE**](#)