

Cosmic Update

What To Do & What Not To Do
13-16 September, 2021

SUN OPPOSITE NEPTUNE

This is a very interesting cosmic aspect to kick our week off. On one hand, it's very much to do with control and on other, letting go of control. The thing with oppositions is that we tend to swing wildly between extremes, and it's never an easy experience. We do have to find a way to meet in the middle, in case we become overwhelmed and muddled, especially seeing as confusing Neptune is involved. Here's how you can handle it:



DO:

- Notice where and what area of life at the moment seems to reflect this experience of being pulled in two directions. Where you are feeling the urge to let go, yet want to hold on, too? Can you find a compromise between allowing things to flow, gracefully, and having some sort of structure to also make you feel safe?
- Have excellent boundaries, especially when it comes to your personal desires and aims. You may find there's an external someone or something that's pushing against you, influencing you and taking advantage of you. You're in more vulnerable space this week, and can be easily swayed, so be sure to stand up for yourself.
- Throw some of your energy into artistic or spiritual endeavors. This will help you get in tune with your intuition, which can only support and help you.

DON'T:

- Let yourself be a doormat. No matter how strong you think you are, how well you know yourself, this week can throw you off course. It can reflect a time of bending over backwards, forgetting who you are and what you stand for. Be sure to nurture your backbone and stand up when you feel something's wrong or off.
- Fall for a sob story. This is the type of week where many of us - yourself included - can become a little sorry for themselves and paint a picture of the victim. Check to see if this person really deserves your help, and if not, don't be afraid to say no. This is all part of working your boundaries and protecting yourself.



SUN TRINE PLUTO

Fortunately, this aspect helps to balance out the trickier Sun-Neptune energies around this week. Pluto is all about personal power, control, transformation and depth, with the Sun connected to this planet, we do have the ability to stand in our truth and deal with any difficulties. Pluto represents evolution, the Sun can represent the soul, so you can imagine what punch this aspect packs!

DO:



- Empower yourself. This can be done in many ways, both emotionally and practically. For example, you can book a session with a therapist this week to understand yourself better. You can stand up for something you believe in. Or, you can tackle a huge project at work, ask for a promotion, or take more control of your love life. The possibilities are endless, really.

- Confront your shadow side. This may feel a bit intense at first, but as you realize that you're the one holding the reins, you can use this energy to evolve. To take hold of your complexes and transform them into resources. For instance, if you're a chronically impatient person, you can change this into a quality of someone who gets things done, quickly. See what we mean?

DON'T:

- Allow your shadow side to take over. You may get a touch too obsessed with self-analysis, so know when to take a step back.

- Be ruthless. Don't step over anyone else to achieve your ambitions, because all this will do is leave a bad taste in your mouth. Go with grace, and empower yourself not by taking power from anyone else, but by living in your integrity.



MARS ENTERS LIBRA

It's time for the red planet to change signs! He usually spends about two months in a sign, and in his previous sign of Virgo, he's been exacting, detail-driven and perfectionistic. Now, in Libra, we can all have a break from working so hard.

Our attention and energy go towards our relationships, towards negotiation, compromise and fighting for equality. It's a good idea to remember that Mars isn't all the happy in the sign of peace-making Libra. He's the planet of War, after all, so he can become extremely frustrated and it's important not to put the needs of others ahead of our own 100% of the time. Tend to your own desires, too, to avoid resentment.



DO:

- Focus on creating more balance in our lives. Balance with work, with play and in your relationships – especially if you've been feeling out of balance lately.

- Flirt and get sexy. Mars is the planet of desire, and Libra rules all things romantic. We can all feel that upswing of sensuality and it's delicious to have a bit of fun. However, be careful – Mars in Libra is chronically indecisive, which can lead to problems in our love life.

DON'T:

- Disrespect your current relationship because of the attention you're getting. Mars in Libra can be naughty like that, and because this is a charming, even manipulative energy, there's a good chance that you could go too far.
- Procrastinate. In seeking balance, Mars in Libra tends to become so obsessed that you never end up doing anything, because everything seems too overwhelming. This can become a painful place to be in, so take care and stick to your guns.
- Overlook injustice. In the spirit of harmony and peace, you may ignore red flags. As they say, true evil happens when good men do nothing about it.

