

COSMIC UPDATE

What To Do & What Not To Do
16 - 22 August, 2021

MERCURY CONJUNCT MARS

Ready to kick off your week with a bit of fire? This practical conjunction can add some pizzazz to your day, with a splash of practicality, too!



DO:

- Put your money where your mouth is. Mercury is talking, Mars is action, so it's important that you do what you say, and say what you do!
- Think before you speak. When Mercury and Mars come together it's very easy to say something in haste, something possibly sharp or even critical, Virgo-style. Slow down just a tad.

DON'T:

- Allow any mental tension to get the better of you. If you do, you can find yourself performing tasks under quite a bit of mental stress. Take a breather where and when you can.



MERCURY TRINE URANUS

This is a very exciting aspect between two pretty similar planets. In fact, Uranus is said to be the "higher octave" of Mercury, ruling mental brilliance and originality. Here's how you can harness this power for yourself:



DO:

- Allow your craziest, most inventive ideas to take flight. You may be surprised at what lands and becomes reality. After all, this alignment is in earth and has the chance to help you manifest the real deal!
- Speak your authentic truth – don't be shy to say something shocking, because the chances are, everyone's thinking it but too scared to say it.

DON'T:

- Lose focus. This alignment, while mostly positive, can unsettle your mind and have it easily distracted by the next thing, and then the next. Although you will jump around a bit, make sure you have some sort of mental anchor to ground you.



MARS TRINE URANUS

As if we haven't had enough excitement, here comes a trine between Mars and Uranus too! This adds fuel to our words, giving us the ability to manifest our wildest thoughts into exciting reality!



DO:

- Take a bit of a risk – cautiously. Remember, Mars in Virgo is a planner, and likes to know what the future holds. This alignment is one in which we will want to go a bit wild, but need a to-do list to make sure we are ticking our boxes. Find that balance.

DON'T:

- Forget to check and double-check our plans. Things will probably not go as we expect, nor may we want them to. But checking is a good idea, lest we get a bit stressed out by chopping and changing things.



SUN OPPOSITE JUPITER

This is the aspect of enthusiasm! When the Sun and Jupiter align, anything is possible – yet we may also go a little too far at times. Balancing excess is the key to reaping the rewards of this cosmic weather:



DO:

- Find what kind of growth makes your soul sing. Is it studying something new? Seeing friends? Going out and dancing? Taking on a leadership role at work? Explore what it is that makes you, you!
- Play, have fun, spend some money and enjoy yourself! This is one of the luckiest aspects around, so you may find yourself more willing to take a bit of a gamble.

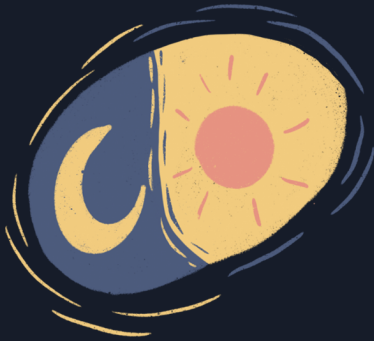
DON'T:

- Go to extremes just because you feel the most confident you've felt in a while. Confidence is the best feeling, but when you push yourself too far, to the point of burnout, or when you overpromise but underdeliver, it comes a thorn in your side.
- Be too excessive. Yes, you are feeling lucky, but don't push your luck.



URANUS RETROGRADE

The planet of sudden change and chaos – Uranus - is slowly turning retrograde for the next few months. This can have us reviewing all the ways in which we have felt major material and financial changes, and maybe even think of what further changes are needed in the future.



DO:

- Adapt. What has changed in your life, materially? Working from home? A new salary? New expenses? A different relationship to food, a change of residence? This is the time to get flexible instead of resist the changes.

DON'T:

- Be irrationally resistant. It can be hard to accept change, and easy to give into feelings of insecurity and fear, even anxiety. Acknowledge your feelings, rise above this and see what you can personally do in the months to come to make yourself feel more secure.



VENUS ENTERS LIBRA

Venus is coming into her power position in Libra! This brings some seriously good things to our relationships and finances, and can be a period of pleasure and leisure – yummy!



DO:

- Flirt, get sexy and put your best foot forward. Maybe it's at work or in your personal relationships that you want to show your best side – so go for it! We all get a boost of Venus's charm when she's in lovely Libra.
- Indulge yourself – with balance in mind, of course. After all, Libra is the sign of the scales. Buy that new thing, but make sure you have enough for groceries too, in other words.

DON'T:

- Be overpleasing in your desire to be liked or loved. Venus in Libra has the propensity to want to be worshipped by just about everyone, which can lead to questionable morals at times.



FULL MOON IN AQUARIUS - BLUE MOON

It's the second Full Moon in Aquarius! An astrological Blue Moon, this is a very special time for manifestation and release. Doing a ritual is one of the best ways to work this Full Moon's magic. Here's what else you should (and shouldn't) do:



DO:

- A major purge. Whether it's a friendship, a job, a relationship or some other sort of purge, there's an intensity to this Full Moon that needs release. Plus, any work we do at this Full Moon builds on the last Full Moon. What themes were going on for you a month ago? It's more of that.

DON'T:

- Get swept up in the intense mental energy around at this time. There can be anxiety, so find a way to ground yourself into your body.

