

COSMIC UPDATE

What To Do & What Not To Do
11 - 17 April, 2022

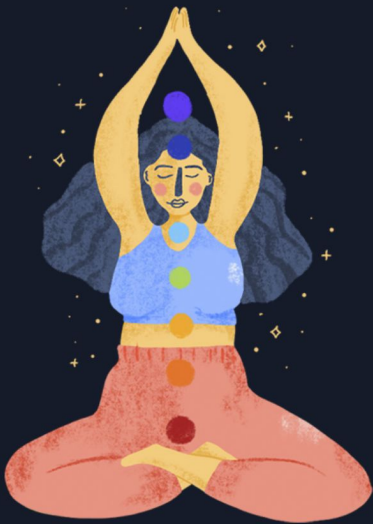
JUPITER CONJUNCT NEPTUNE

This is the alignment that we've all been waiting for! It's one of the most important cosmic configurations of the year, bringing a mystical and magical energy. This is the type of alignment that can leave our hearts feeling wide open, with our intuitive sensitivity increased a hundred times.

Of course, there are a few moments where we may also feel quite overwhelmed, so it's important to pay close attention to where we are at and lend ourselves unconditional compassion, and a moment to rest. Here's how to make the most of this much-anticipated aspect:

DO:

- Dive deep into some sort of spiritual practice. Whatever floats your boat - whether that's meditation yoga, running, swimming or dancing. Spirituality is different for each person, and it's about what makes your spirit feel fulfilled and nourished.
- Go to the water. Swim in the ocean, jump in a river, take a dip in the pool or simply run a nice bath or shower. This will help to process any big feelings that are likely to come up.
- Pray. Talk to a Higher Power, to your Higher Self, to Nature, or whatever you feel to be a Universal energy. Your prayers have power now.



DON'T:

- Drown in the depths. This is a lot of water energy, and it can become very intense at times. Pisces is a sign easily overwhelmed, so take this time to rest and retreat, to be in nature. Try not to work too hard, if you can help it.
- Get trapped in a rescuer/victim/power dynamic. You may feel like you're being someone's way out, but you might just be enabling them, and putting yourself at risk. Boundaries are very important during this alignment.
- Build castles in the sky. Fantasies can reach crazy new heights, and it could get a little dangerous if you're not keeping your feet firmly on the ground.
- Indulge in unhealthy escapes - too much wine, while it may feel good right now - is not a good idea in the long run.



SUN SEXTILE SATURN

This is a very welcoming, grounding effect after the floaty Jupiter-Neptune alignment. Saturn makes sure that we are tapped into reality, that we are taking some kind of responsibility. However, be aware that sextiles aren't all that strong, and that we will have to reach out and take hold of this energy if we want to make good use of it. Otherwise, it may simply pass us by.



DO:

- Find one thing, one activity, that helps you feel like you have some sort of routine. That makes you feel like you're in your body. This may be a work task or a domestic chore, so whatever it is, make it all yours and hold onto it when things start feeling too crazy.
- Let your responsible side show up. And be proud of it! Adulting can be satisfying, you know.
- Face your weaknesses and know your limits. Face these without crumbling under the sense of not being good enough. We all have shortcomings. It's only human, after all.

DON'T:

- Ignore the chance to step up. You always have the choice as to what you'd like to do with the cosmic energies around, so be sure to make good choices!



MARS INGRESS INTO PISCES

Mars is ready to leave airy Aquarius and get comfortable in gentle Pisces. This brings along a softer energy, a drive for the spiritual and the mystical. It's all adding to this powerful Jupiter - Neptune alignment, also in Pisces. This week, we are truly swimming in the depths of feeling, and our empathetic side is in full swing! Be driven by your intuition this week, rather than allowing logic to lead the way.



DO:

- Throw your energy into things like yoga, meditating, dance, music, swimming, art or helping others. These are all big Pisces energies, and with Mars being the planet of drive, it makes sense to direct our focus in these activities.
- Go with the flow. We can't emphasize it enough! Don't push too hard, and don't resist either. Because if you do, you're bound to feel frustrated.
- Help others. Be a shoulder to cry on. Your drive to help should be quite high at the moment, but also be sure to have good boundaries. Otherwise, you may just become drained.

DON'T:

- Cause conflict and then run away to avoid the consequences. This is something that Pisces does, and does very well – especially Mars in Pisces. Mars is the warrior planet and he's not all that confrontational in the sign of the peaceful fish. So, he looks for other, passive-aggressive ways to deal with problems. And the truth is, it just makes it worse.

- Be too wishy-washy about your desires. If you don't stand for something, you'll fall for anything – keep this in mind.



FULL MOON IN LIBRA

Well, hello here Full Moon! This is a tough one, as there's a powerful alignment to planet Pluto to both the Sun and the Moon. This can cause huge changes and transformations in our relationships, and bring up some shadow material to deal with. This is what you can do to make sure it goes smoothly for you:

DO:

- Let go of relationships that don't enrich your life anymore. Really let go. This is the ideal time to do something like cord cutting ritual or take a look at our Letting Go Of The Past Full Moon Ritual.

- Notice the intense feelings coming up and stay with them. Find ways that you can transform through this process.

- Tap into the energy of forgiveness – both for yourself, and for others.



DON'T:

- Give into any toxic drama. Walk away when things become extra, and avoid indulging in crisis. You'll be so glad you did. Nobody needs that kind of energy.

- Hold onto someone for the wrong reasons. This is a time of purging. Not hoarding.

