

Cosmic Update

What To Do & What Not To Do
18 - 24 April, 2022

MERCURY CONJUNCT URANUS

To kick start our week, we have a glittering alignment of Mercury and Uranus. Uranus is often dubbed the higher octave of Mercury, meaning that he's like the messenger planet, except on steroids. So, when these two get together, it's one genius idea right after the next.

Yet at the same time, we do need to be careful of being pulled in a million different mental directions, as that might create feelings of anxiety. Here's the ups and downs of this conjunction:



DO:

- Listen to your most outlandish ideas – and don't only listen, think of a few more! This is the classic 'out of the box' kind of energy that could really open up new horizons for your future.
- Be aware that some of your ideas, thoughts and ways of saying things might be, well, a little shocking, to say the least. That's not a bad thing in and of itself, and perhaps it is important to say your authentic piece.
- Be prepared for technology to be on the fritz. Both of these planets rule this topic, and thus, take a deep breath and be patient.

DON'T:

- Be inconsiderate with your words. Think first, using the energy of Taurus to help you. Communicate in a way that's grounded, yet exciting and progressive.
- Give in to the mental tension. Your brain might be frazzling a little, so find a moment to get back into your body.



MERCURY SQUARE SATURN

This is the exact opposite type of energy compared to Mercury conjunct Uranus. Whilst there's this original, exciting and forward-thinking vibe going on, there's also some restriction, insecurity and hesitation. However, Mercury conjunct Uranus and Mercury square Saturn, together, denotes absolute genius. Saturn brings down the wildness of Uranus and grounds our progressive ideas into the physical world. There's plenty of positive things to be said about this alignment:

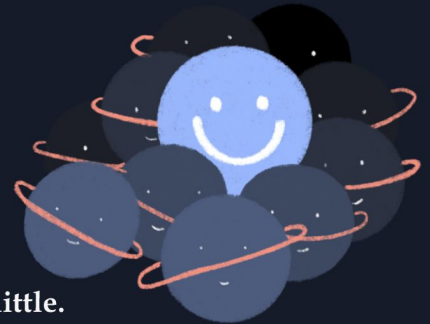


DO:

- Pick something to focus on, something that absorbs your entire mind and attention. Better still, find a task that you can complete, mentally speaking. This will give you a feeling of confidence in yourself and your mental capabilities.
- Have important conversations. This is a cosmic moment for sealing a deal or committing to a plan.

DON'T:

- Get too caught up in the negative side of this transit – you may want to catastrophize or project a negative outcome in the future – don't. Be realistic, but avoid pessimism.
- Take yourself too seriously. Remember to laugh and lighten up just a little.



MERCURY SEXTILE NEPTUNE

Mercury's final move this week is a lovely and imaginative sextile to Neptune. This is a particularly creative aspect, as it happens in the signs of Taurus and Pisces, both of whom have creative gifts. It also softens some of the more intense mental energies around this week.



DO:

- Even if you're not a typical artistic type, get creative. Break out the adult coloring books, or get your hands messy with fingerpainting. You don't have to be goal-oriented.
- Sing. They say singing is one of the best ways to bring the body and soul into a relaxed and happy state.

DON'T:

- Tell any sort of white lie, even if you're trying to protect someone. It may come back to bite you.



VENUS'S SEXTILE URANUS

Now, it's Venus's turn. Her sextile to Uranus adds to the already thrilling cosmic energy that's going around and brings relationship experiences that feel fresh and different!

DO:



- Perhaps think about dabbling in bitcoin. Uranus rules the digital world, and Venus rules currency and finances. It's not a bad idea to get informed, at the very least.
- Barring cryptocurrency, perhaps think about some new ways to invest and manage your money. You may even receive a brilliant new idea, so go with it.
- Invite something new into your existing relationship. Go to a different place or openly discuss something you've never had before.

DON'T:

- Miss this opportunity to get outside of your comfort zone – weeks like these don't come every day!



SUN SQUARE PLUTO

This is the Sun's last move before sliding into the next sign. It's a tough aspect, make no mistake about that, and will require careful handling. Seeing as the Sun rules our essential nature and identity, and Pluto rules, in the challenging sense, control, power and domination, we'll need to be mindful of our shadow coming out and running the show, however subtle or overt that may be.



DO:

- Notice if you may be disempowering yourself, either at work or anywhere else. Don't just lie down and submit, because that will only create resentment.
- In the same vein, don't be the one to take anyone else's power away, either. Total control may feel good at the moment, but it'll leave a sour taste in your mouth.

DON'T:

- Ignore your shadow. It's likely coming out because it needs some form of expression, maybe because it's been suppressed. If there are traits coming out that you're judging or being harsh with, soften. Be curious.
- Engage in self destructive or toxic patterns – at the very least catch yourself before you go too far.



SUN INGRESS TAURUS

Phew! The week ends well with the Sun's move into grounded, earthy and patient Taurus. This brings a welcome change in pace, slowing things down and allowing us to get back into the body. Activities like gardening, cooking, shopping and eating will all become so much more pleasurable and appealing now.

DO:



- Pick your favorite sense - be it taste, smell, touch, hearing or sight - and indulge it completely. Immerse yourself in the experience wholeheartedly, and relish being present in your body.
- Be a little materialistic and buy yourself a lovely gift. Taurus's love language is gifts, so show that love to yourself.
- Cuddle something or someone - your pets, your kids, partner, best friend or family member.

DON'T:

- Be too stubborn - that's what Taurus is famous for. Sticking to your values, yes. But becoming obstinate for the sake of it? No.

