

# Cosmic Update

What To Do & What Not To Do  
15 -21 August, 2022

## MERCURY TRINE URANUS

It's not a bad week, cosmically speaking. Only one out of five astrological events could be seen as a touch challenging, and it's not even the bad. Our main players this week are Mercury, planet of communication, and Mars, planet of action. Not a bad combination, right? So, getting started, we have the electric alignment of Mercury to Uranus, creating powerful opportunities for flashes of intuitive insight and the ability to communicate our most innovative ideas. Fun! Read on to explore how to best use this innovative energy:



### DO:

- Give voice to your most outlandish and crazy ideas. Because believe it or not, they actually could be something. Something inspiring, something magical.
- Make technology your very best friend. With Mercury in organized Virgo, it's an ideal moment to take all of your scheduling and planning online. Look at perhaps moving over all of your written appointments over to a virtual calendar. You're welcome.
- Be a little shocking in your speech. Say something that you've been meaning to, although don't be too inconsiderate, of course.

### DON'T:

- Resist the flow of information coming and going, no matter how fast it's all moving. And it will move fast, you can be sure of that.
- Be an old fuddy-duddy when it comes to technology. It's there to help you, not harm you.
- Say something that could hurt others – if you need to say something out of the blue (and you will), temper it with kindness. This will go a long way.



## MERCURY OPPOSITE NEPTUNE

Now, this is the only cosmic event this week that feels difficult. It can be tricky to have Neptune thrown into any mix, making this opposition something that we all need to handle with eyes wide open. Neptune has the ability to obscure and hide an issue, and so our minds may all too easily become cloudy and befuddled. You've been warned!



#### DO:

- Spend time in quiet contemplation before reaching any major decision. This will help you unscramble your mind and gain some much-needed clarity.
- Tell the truth, because it'll inspire others to do exactly the same.

#### DON'T:

- Trust everything that you hear. Test what people are saying of yourself before you blindly believe them. If it sounds too good to be true, it probably is.
- Give into the temptation to tell all i.e., no matter how much you think you may need to. The truth may all too easily come out, eventually.
- Agree to any contracts or documents just yet. There are probably certain things being hidden from you, things which may take some time to come into the light.

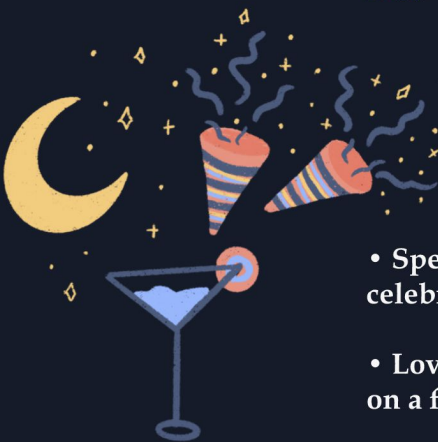


### VENUS TRINE JUPITER

This is one the very best aspects of the week! In fact, of the year. These are the two planets most connected to the concepts of pleasure, fun and play. Jupiter expands the qualities of Venus, which is love and beauty – are you getting the picture? Plus, seeing as this aspect happens in the signs of confident and self-assured Aries and Leo, we're given permission to finally put ourselves first - enjoy the experience.

#### DO:

- Have fun. Do something that makes you feel alive, that makes you feel confident, and adventurous. Go on a spontaneous adventure, take a chance. Make a grand gesture. Whether you subscribe to YOLO or not, this is a very YOLO moment!
- Spend some money – splash out! What's the point of working so hard if we can't celebrate and enjoy life? Save again next week.
- Love your sweetheart. Lavish them with affection, support and care. Take them out on a fancy date – go to the nicest restaurant or whatever else tickles your fancy.
- Date! Go on lots and lots and lots of dates!



#### DON'T:

- Feel guilty in the slightest about receiving and enjoying pleasure to the utmost fullest. You have every right to do so, you know.





## MARS TRINE PLUTO

It's almost time for Mars to make his big move into Gemini, so before he leaves, he does so with a bang! A trine to Pluto is something we should all feel as a rush of intensity, powerful energy and strong focus. These two players are very similar, with Pluto being a 'higher octave' of Mars - other words, Pluto is Mars on steroids! Now can you see why this aspect is so potent?



### DO:

- Take notice of your intensified energy and channel it towards something powerful, impactful and fulfilling on a deeper level. This may simply be meaningful work, but it could also be more focused energy towards your relationships, for example.
- If you're in a relationship, this is a sexy time! Very, very sexy time - let your inner animal run wild!

### DON'T:

- Allow yourself to become overly dominating and pushy with people. This aspect can sometimes reflect a little ruthlessness.
- Give up. Keep pushing if you truly, deeply desire something or someone.



## MARS INGRESS GEMINI

This is a big deal. Gemini is a sign where Mars will be planning to stay for quite some time - around six months or so. Thus, if you know your Astrology, take a very good look at where Mars will be transiting in your chart. This is about to receive a huge dose of energy! With that said, we're all going to feel the qualities of Gemini to the max - busy-ness, restlessness, eagerness to learn, curiosity and so much more!



### DO:

- Explore avenues of coaching or study for the next several months. Want to sign up for that course? Go for it! Want to teach that workshop? Now's the time!
- Blog! Write down the things and post them! Write up new content for your website! Revamp your marketing!
- Talk, talk & talk some more. But don't argue.

### DON'T:

- Get so caught up in the finer details that you miss the bigger picture - this is very easy to do when Mars is in Gemini!
- Get overly argumentative - you may think you know it all, but do you, really?

