

Cosmic Update

What To Do & What Not To Do
24 - 30 January, 2022

MARS ENTERS CAPRICORN

There's some serious Capricorn energy round this week! Kicking off with the planet Mars entering this strong and enduring sign, we can all enjoy a period of stability, groundedness and taking greater responsibility. This two - month transit is all about taking the bull by the horns and setting clear career goals!



DO:

- Define what it is you want, professionally, over these next few weeks. Come up with some sort of plan or structure to achieve your goals, and then go about doing them!
- Take on an exercise routine that requires discipline and commitment. Something that's a bit of a slow burner, in other words.
- Pour all of your energy into your career – that's what Capricorn is all about, after all.

DON'T:

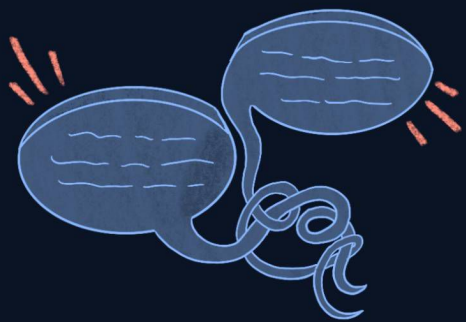
- Become too controlling or rigid. Mars in Capricorn likes to have their own way, all the way. You do need to be a little flexible as well.
- Try and be the absolute authority on everything. You may think you know it all, but it's important to stay humble.
- Limit yourself too much. You may be prone to becoming a little inflexible during this time.



MERCURY ENTERS CAPRICORN

Following hot on the heels of Mars, Mercury also enters serious Capricorn. He's retrograde at the moment, which is why this might seem confusing. Mercury has been spending a great deal of time in Aquarius lately, which is the brilliant, airy, idealistic mental energy we've been feeling. Now, in Capricorn, Mercury takes his time, plans, and is cautious with his words.

DO:



- Turn your mind towards your goals. Just like Mars in Capricorn, which is an action-orientated energy, you're likely quite eager to get going on certain professional plans. With these two planets working together, you're practically unstoppable!
- Have serious conversions. If there's been a topic you've been avoiding, now's the time to tackle it. You're thinking in a much more mature way now.

DON'T:

- Take yourself too seriously. Mercury in Capricorn is sometimes a bit too much of a grown up and does need to learn to laugh from time to time. Capricorn has a gift for dark humor. Tap into that.
- Take the authoritative road too much – whilst you can, and should, be speaking about topics you have some wisdom about, don't assume you have all the answers.



MERCURY CONJUNCT PLUTO

As Mercury moves through the sign of Capricorn, he connects with planet Pluto. This has the potential to be quite an intense alignment, and we do have to be mindful of becoming too invested in a power struggle or obsessed with any one particular idea. Lets' see how we can use this to our advantage:

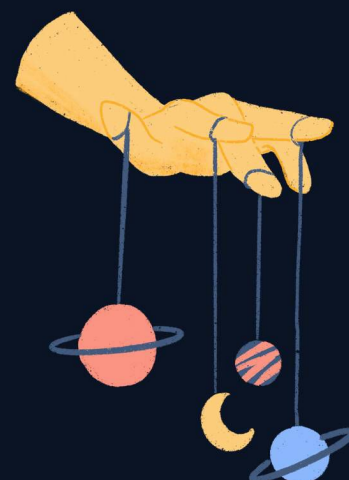


DO:

- Back to those career goals. Set them, obsesses about them. Think about them. Execute them. Well, as much as you can during a Mercury retrograde, of course.
- Watch investigative documentaries to satisfy your slightly obsessive mind at the moment. This is a great distraction!

DON'T:

- Seek to control or manipulate others with your own ideas or words. It's okay, we all do it, but we do need to be concisions of our actions.
- Allow ourselves to be controlled or manipulated by others. This is a subtle energy, and we may not even realize how much of our mental and decision-making power we could be giving away.



VENUS DIRECT IN CAPRICORN

Finally! The planet of love and relationships is going direct, after forty days and nights of retrograde. This retrograde has likely thrown quite the spanner in the works when it comes to our love life, and our financial world is likely not that much better. Commitment may have been a real issue, as having our exes popping out of the woodwork – all during a Mercury regrade period too! Phew.

DO:



- Repair and mend your relationships. Don't doubt for a second that you can't, because with the right words and a heartfelt apology, you can. Most of the time at least.
- Commit. If there was anyone or anything you couldn't commit to before, now you can.
- Dismiss those people who refuse to commit to you. You don't need that kind of energy in your life.

DON'T:

- Panic if things don't go back to the way that they were. They aren't meant to. This period was always meant to help you evolve and grow in your relationships.
- Forget that it takes a while for Venus to resume her normal motion. This means that it will take some time for any messy moments to fade away and right themselves.



SUN SQUARE URANUS

Our last and final aspect for the week is an exciting Sun-Uranus trine. Because the Sun is in Aquarius, this transit doesn't feel as stressful or disruptive as usual. Although, we will need to be careful of being the rebel without a cause...



DO:

- Allow yourself to express yourself fully and without reservation. If that means dying your hair a wild shade of pink, go for it, but just remember the consequences.
- Explore how you could invite more freedom and authenticity into your world. safely. Without destroying everything else.
- Find ways to settle your anxiety. What works for you? Do more of that.

DON'T:

- As they say “don’t throw the baby out with the bathwater”. Sun square Uranus transits are typically when we go absolutely wild and throw all caution to the wind. This may feel great in the moment, but might have problematic consequences. You’ve been warned.
- Express yourself in a way that walks all over the feelings of others. Consideration is key, and so is tolerance and appreciation for other’s viewpoints and beliefs. Respect, in other words.
- Push back simply for the sake of it. Your inner teenager is having a field day, and you have to be the disciplinarian.

