

# COSMIC UPDATE

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

## FULL MOON IN CAPRICORN

Hey, hey, it's time for a Full Moon! This time, it's in the security and career-orientated sign of Capricorn. In fact, many of the themes this week are to do with security, what with quite a few planets in Cancer, Capricorn's opposite sign.

Opposite signs are always same-same, but different. This makes it important, this week, with this Full Moon, to integrate and balance both our inner and outer sense of security. This Full Moon may be a touch less emotional than some others, but not by much. Notice what you may be feeling and remember to nurture your inner child.

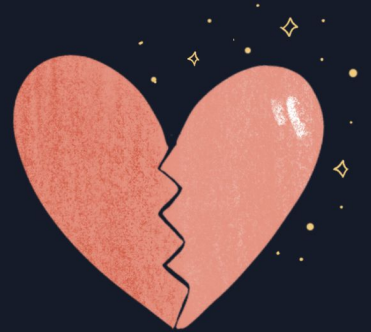


### DO:

- Be ready for accomplishments, culminations and achievements in your outer world – your career and professional life in particular. Full Moons are times of climax, and with this one, we can all give ourselves a pat on the back for hard work well done.
- Balance your private life with your public life. Spend time at home, cooking yourself nourishing food and spending time with your roommates, your sweetheart, pets or family. Because what's the point of being a success if you have no one to share it with?

### DON'T:

- Repress your feelings. No matter how powerful your emotions are, do your best to be present with them and not throw yourself into something external to distract yourself from what might be coming up to be resolved.



## SUN CONJUNCT MERCURY

Mercury, the messenger, links up with the Sun in a lovely, intuitive conjunction this week. This is a very empathetic configuration, and equally creative. When the Sun and Mercury meet, we always have a story we need to share about ourselves to the world. What's yours?



### DO:

- Take a deep-dive into memory lane. Go through old photos and have a chat with a grandparent, even if they're on the other side of the world. Learn about your roots.
- Trust your gut implicitly. If something doesn't feel right, then it isn't.

### DON'T:

- Be afraid to share a personal story. It's easier this week to open up about yourself and be heard in an empathetic way.
- Be too defensive – the crab symbolized by Cancer is known to be, well, crabby, and very self-protective. Notice when your pincers are out, pinching.



## SUN TRINE NEPTUNE

This is a gorgeous alignment, enhancing and boosting the already-powerful and intuitive energies around this week. Because both planets are in water signs, we have the ability to feel all the things, very deeply indeed. It's important to go with the flow at the moment and trust that wherever the flow is going, it's taking us in the right direction.



### DO:

- Anytime the Sun is with Neptune, it's important to allow our inner artist to sing. Literally. In the shower, in the car, during work. Just sing. Also, listen to music – you'll hear things you've never heard before.
- Pray. This is an extremely soulful, spiritual alignment, and you have the opportunity to feel a truly Divine connection at the moment.
- Play with your Oracle or Tarot cards. Your intuition is wide open this week.

### DON'T:

- Have too-weak boundaries. You could easily be taken advantage of by the wrong people during this alignment. Once again, trust your instincts.



## MERCURY TRINE NEPTUNE

Mercury and the Sun are traveling ever so close together, so it makes sense that the planet of communication meets up with Neptune right at the same time the Sun does. Although these configurations will feel very similar, there are a few nuanced differences. Mercury rules the mind specifically, so this is all about enhanced intuition, imagination and spiritual communication. Let's explore a little more:

### DO:



- Listen deeply to the feelings beneath the words. It's not about logic this week.
- Allow your imagination to fly free - dream a dream. It doesn't have to become a reality.
- Watch fantasy films, read fantasy books and let your busy logical mind switch off for a bit.

### DON'T:

- Lie. Really. It'll be tempting, but it won't do anyone any good. Resist the temptation.



## VENUS TRINE SATURN

We start wrapping up the week with Venus's energy, the first of which is a lovely and grounding trine to Saturn. This is a very helpful alignment to balance out the tricky Venus-Neptune energy as described below this. But first, let's look at the gifts of these two:



### DO:

- Get more committed to your friendships. Don't flake on plans, and reach out to someone you said you would. This is the kind of aspect that helps to make a connection something more than just a passing phase.
- Take responsibility for your finances by tightening your belt, just a little. You'll feel ever so responsible.

### DON'T:

- Take life and love too seriously. But also have some seriousness. It's all about the balance, you see.



## VENUS SQUARE NEPTUNE

This is a bit of a wobbly alignment. It could indicate deception in love, in money or all-round confusion. Which is why we need the stable energy of Saturn to Venus to help us get through this misty energy.

### DO:



- Set boundaries, especially in your relationships. And maintain them. This is often the hardest part.
- Love unconditionally - this will help offset the more shadowy energies of Venus and Neptune.

### DON'T:

- Spend money that you don't have, even if you do think you have it. You have been warned!
- Fall for that unavailable person. You deserve so much more.



## VENUS ENTERS CANCER

The lady of Love is ready to leave Gemini and make her new home in intuitive, sensitive and loving Cancer. This is a gorgeous placement for Venus, allowing us to get closer and more connected to our loved ones. Sigh.

### DO:



- Spend more time at home, cooking, cuddling, holding, kissing and generally nourishing ourselves and the ones we love.
- Be with family, even if that's your friends. Cancer loves that feeling of belonging.

### DON'T:

- Cling too hard. Venus in Cancer has the potential to become overly insecure, and it can become a problem. Keep your independence.

