

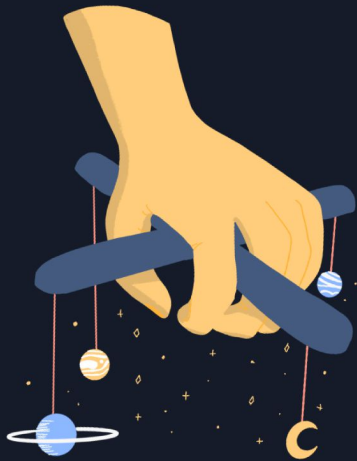
# Cosmic Update

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

## MERCURY OPPOSITE PLUTO

This week starts off on the wrong foot, cosmically speaking. But don't worry – the Sun will come out (literally), and we'll all get through this, together. Plus, it's always better to start with the worst and end with the best, right? Our first configuration up for analysis is Mercury opposite Pluto. This is the type of aspect linked to obsession and manipulation, especially on a mental level.

However, the problem with oppositions is that we often tend to project their energy onto others, blaming them for bad behavior. The fact is that the problem probably lies with us, and our power this week lies in owning when we've done wrong. So, with that in mind, let's get started:



### DO:

- As we've already mentioned, it's important to claim your shadow and admit your wrongdoing. Maybe you're manipulating because you're afraid to get real and show your vulnerable side. Once you realize this, you can drop the act and step into your true power.

Take note if others are pushing you or making you feel played. We're all a little guilty of this kind of behavior at the moment. The key is to be in touch with your emotions – are you feeling icky? Then do something about it.

### DON'T:

- Project your shadow onto others. You're only human – and we're all guilty of those intrusive thoughts, those scary ideas. Don't buy into any of them.



## SUN OPPOSITE PLUTO

Deep breaths! This is the last of the scary aspects this week – it's all sunshine and rainbows from here. Promise. Seeing as the Sun and Mercury are traveling so closely together, it makes sense that the Sun will also oppose Pluto this week.

Now, the difference between these two aspects is that the Sun rules our basic nature, identity and personality. It's not just about the mind, which is what Mercury represents. Thus, we may feel deeply challenged, placed under pressure and pushed to our edges. We need to be extra careful of not projecting the traits that we're ashamed of, or aren't even conscious of, onto others.



#### DO:

- Take a compassionate look at your flaws and 'bad' character traits. So, maybe you're the jealous type. Or perhaps you're a bit of a control freak. That's likely a coping mechanism or a sign of lacking self-confidence. Be kind to yourself.
- Maintain your integrity (words aligned with action) – at all costs.

#### DON'T:

- Allow others to take your power away from you. You may all too easily find yourself embroiled in a struggle to take this power back.
- Let anyone control the way that you look, who you choose to hang out with or how you spend your time. This may sound crazy to some people, but for others, it's a reality.



### SUN ENTERS LEO

Ah, finally, some good news! The mighty Sun marches into his home sign of Leo, where he can shine strong and powerful for the next month. The King has victoriously emerged from his Hero's journey! From now, we can collectively tap into the joy, hope and positivity that this transit offers. We can express ourselves freely, and shine our light without shame, knowing who we really are.



#### DO:

- Find something creative that you can pour yourself into. Leo particularly likes performing – dancing, singing or acting are lovely outlets of energy whilst the Sun is here.
- Express yourself – all of yourself. Let the Haters hate!
- Be romantic. Leo loves romance, so, this month, plan those date nights with your honey, or promise yourself to go on at least one date with someone new.

#### DON'T:

- Be too full of yourself. Leo can go a little overboard at times. Let others have some airtime, too!
- Be too proud to ask for help. Leo's greatest weakness is their strength. Go figure.





## MERCURY ENTERS LEO

Following hot on the heels of the Sun comes Messenger Mercury, also entering proud and expressive Leo. This helps to develop mental confidence and optimism, so that we can look on the bright side of life. Here's a few other things to keep in mind:



### DO:

- Speak with authority. Believe in what you're saying - wholeheartedly.
- Get creative with your plans and ideas. Add a touch of glamor. Have fun!

### DON'T:

- Be too inflexible with your thinking. Leo is a fixed sign, after all, can could be said to be guilty of being, well, stubborn -minded.
- Talk about yourself all the time. Share that relatable story, but don't forget to also listen and let others share theirs, too.



## MERCURY TRINE JUPITER

Another lovely aspect! Mercury and Jupiter, when they get together, can work some real magic. This fire trine invites pure inspiration, wise thinking and an integration of ideas and philosophies. It also lends courage of conviction, seeing as this is all happening in the confident signs of Aries and Leo.

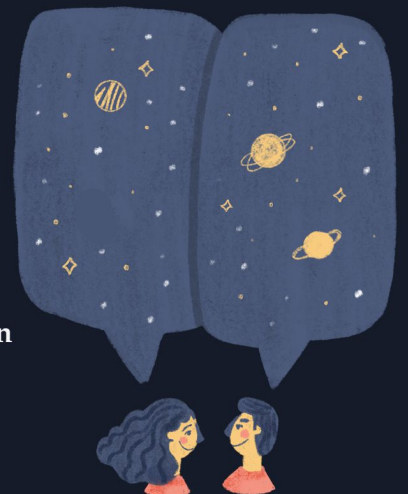


### DO:

- Embrace the vibe of enthusiasm and excitement brought on by this alignment. Creative ideas seem to be pouring in, so make the most of this optimistic time.
- Make decisions based on your highest growth and good. Trust that the rest will fall into place.

### DON'T:

- Be afraid to speak your absolute truth. You'll convey it in such a way that others are open and enthused by what you're saying, not to mention inspired.!



## CHIRON GOES RETROGRADE

Our cosmic movement for the week is the retrograde of Chiron. Now, this may seem kind of negative, as we tend to associate retrogrades with something bad. But, retrogrades always have something useful to teach. Chiron is the 'wounded healer' Asteroid, so this is a call to heal deeply in whichever area we've been experiencing difficulty.



### DO:

- Know that Chiron is the Healer that carries his wound – he doesn't try and rid himself of it. Instead, he understands that we all have a cross to bear – it's part of the human experience. Keep this in mind.
- Reflect on which area of our life you've been experiencing challenges for the last few years. This retrograde is a chance to unpack and reflect.

### DON'T:

- Convince yourself that with enough work, the suffering will completely disappear. It will certainly get better, and one day, you'll be a master at this lesson. But perhaps it's something within you that you simply need to accept. And maybe, doing that, it does go away.

