

# COSMIC UPDATE

What To Do & What Not To Do  
16 -22 May, 2022

## FULL MOON LUNAR ECLIPSE IN SCORPIO

Well, hello there, Lunar Eclipse! We've been expecting you! In some ways, this intense cosmic event is welcome, as it closes off the Eclipse Season for the next six months. And it closes off with a bang – a Full Moon in Scorpio is always a little dramatic, to say the least. With this also being an Eclipse – well – let's just say to hold onto your hats!

### DO:



- Completely disconnect from drama, and if you can, retreat. Go into your sanctuary and wait for this storm to pass. Be with the intense emotions that will undoubtedly come up, and learn to sink into the void – for now.
- Bath, swim or take a walk near a body of water. This is known to calm the energies stirred up during an Eclipse.

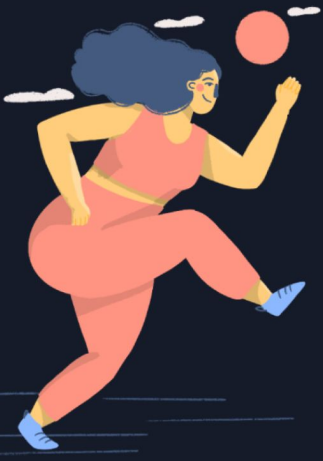
### DON'T:

- Hold onto people or circumstances that are beyond your control. This Eclipse is about learning to release and let go, fully and without resentment. You've got this. Trust yourself.
- Carry this all on your own. A trusted friend or therapist can help you find your way.



## SUN TRINE PLUTO

As if the Scorpionic Eclipse vibes weren't enough, we've also got this powerful link between the Sun God and the Lord of the Underworld. Luckily, trines are generally friendlier, more easily integrated and smoother, with this one being particularly great for coming into your personal power. Phew.



**DO:**

- Find something either about yourself or your life that you'd like to dramatically change or transform. Something that needs major purge or is dying to evolve. Now, go and do it.
- Embrace wealth. Yes, you heard that right. It's okay to be abundant.

**DON'T:**

- Be afraid to wield power. As long as you're standing within your integrity and staying true to your personal values, you've got nothing to fear. In fact, you may enjoy the thrill of having so much potential right at your very fingertips.



**SUN INGRESSES INTO GEMINI**

As soon as the Sun heads into easy, breezy Gemini, the mood lifts considerably! The Eclipse energy begins to fade away, to be replaced with rational insight and understanding as to why things have unfolded the way that they did. This is also a great moment to reconnect to friends and get chatting!

**DO:**

- Find something new to learn. There's always another skill that you can add to your toolbox. Whether that's painting, surfing, pottery or sustainable building, these next few weeks are primed for educating yourself!
- Talk it out. If you've been stuck in a bit of an emotional haze, now's the time to process it in your mind and with your words.

**DON'T:**

- See so many options in front of you that you end up doing none of them. Narrow your favorite things and activities down to just a few and take baby steps to integrate these into your day. That way, you won't be overwhelmed.
- Be so adaptable and flexible that you can't be relied on. This is the shadow side of Gemini season.



## SUN CONJUNCT MERCURY

Right after the Sun enters Gemini, he connects with a retrograde Mercury. This means plenty of chatting, but you'd better hope that all this talking gets you somewhere!



### DO:

- Remember to listen as much as you're babbling away. If you don't, you'll miss important facts and details, which could set you back a few steps.
- Share your own life experiences with others. Everybody has a relatable story, including you.

### DON'T:

- Make it all about you. Talk, share, relate – but take note if you're simply waiting for the next pause so you can jump in with your perspective.
- Make important decisions just yet. Mercury is still retrograde, after all.



## MERCURY SEXTILE JUPITER

When the planet of growth and expansion meets with the planet of communication, information simply abounds! There's so much to learn this week, and what's particularly special is that we're likely to feel extremely enthusiastic about every piece of knowledge that comes our way.



### DO:

- Find something you really feel passionately about and learn more about that subject. This doesn't mean you have to sign up for a years-long course. You could just read an article or short piece on a topic to get informed.
- Enthusiastically share your (many) ideas with others. Sure, not all of them will take root, but the fun is in the distribution of information, not necessarily the implementation.

### DON'T:

- Babble nonsense. It can be tempting to fill up the empty spaces with words, but it may seem like hot air. You have been warned!



## MERCURY INGRESSES (BACK) INTO TAURUS

Retrograde Mercury marches back into placid and creative Taurus, just for a little while. He's been here before, so what themes can you see coming up for you right now that are repeating themselves? Themes around finances, material security, food, resources, values and relationships?

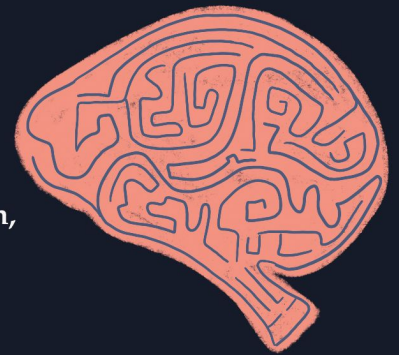


### DO:

- If any of these above topics are on your radar, deal with them. Address them by reflecting on the decisions and choices you've made so far in these areas. You don't have to decide anything right now, but it's good to have some hindsight so that when Mercury does move forward again, you have a better idea of what to do.

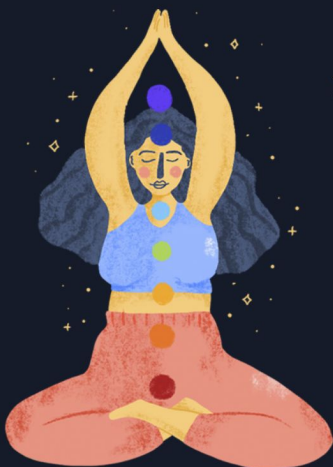
### DON'T:

- Forget to still have mental flexibility. Mercury in Taurus can be a touch, well, fixed in their ideas, which may cause more trouble than it's worth. Keep an open mind.



## MARS CONJUNCT NEPTUNE

Now, it's over to Mars. This week, he makes two aspects, both somewhat helpful. However, a Mars-Neptune aspect could point to a lowered drive and libido, fatigue, even outright exhaustion. So, what do we do about it?



### DO:

- Rest. Retreat, step back and get with the flow. Don't structure anything too much, and go with how you feel at any given moment.
- Spend your energy doing activities that bring a spiritual or emotional reward, such as music-making, dancing, singing, painting, working with charities or animals or assisting the elderly.

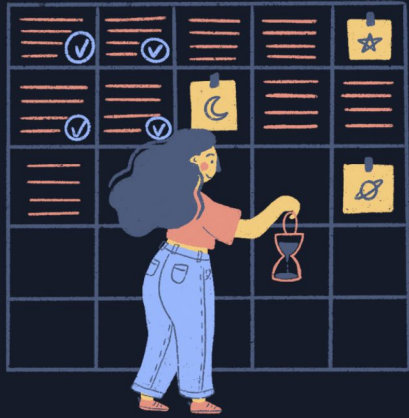
### DON'T:

- Act in a way that may come off as deceptive or inauthentic. That means not to promise something unless you mean to do it, and if you do it, to do with it honesty and openness.
- Trust in the actions of others, because they themselves may not know what they're doing, either.



## MARS SEXTILE PLUTO

The final aspect this week is a lovely and strong sextile between Mars and Pluto. This is a powerful and useful aspect, but only if we take the time to tap into it.



### DO:

- Harness your energies into something transformative or even intense - this could be kickboxing or a creative passion project.

### DON'T:

- Become the tyrant. This alignment could bring out the bully in all of us, if we're not mindful.

