

## GREETINGS:

As August begins, with 6 planets retrograde and Mars and Uranus in a combustion pattern which increases aggravation, impulsivity and a feeling of unbearable pain for many (literally), it is time to view the powerful eclipse which occurred on 7/27 in the rearview mirror and process of the wisdom of hindsight as we come to the middle of the summer and look forward next month to a new season of activity and change. During this longest eclipse of this century, the second of a rare threesome of eclipses, we must evaluate our goals and see what is holding us back and realign our intentions before things can change for our highest good. With the Sun in Leo, the sign that rules the heart, it has never been more important to come from a place of love in all your dealings with life. If this Full Moon eclipse brought out the shadow in you or others, take it as a gift and make a plan to abandon the struggle with what no longer serves you.

Since the effect of the friction between Mars and Uranus, particularly for the first week of August, don't be surprised if some activities and people feel like constraining influences. This is an energetic hot wire that can cause an increase in impatience and agitation and demand greater patience and detachment. Be cautious with others as many people (even you) can be restless and defensive. It is time for those who need it to find an anger management strategy sooner than later. On the positive side, this pattern increases our courage and faith in our own efforts.

On 8/7 the planet Uranus starts its annual retrograde (resting, regrouping and reviewing) period. Since Uranus is now in Taurus (since 5/10), we all need to reinvent our relationship with our body and improve our health and habits of wellness. This is also a time to review and revise our value system so we concentrate on what matters most in our lives. This is a natural time to extend your selfcare to alternative and complimentary treatments and mindfulness and meditation, as well as yoga and other mind body practices. This could be a volatile time for those who cannot find inner peace. With Mercury, Mars, Saturn, Neptune, Pluto and now Uranus in a slowed down, backward motion, we are asked to stock of where we have been and consider how our thoughts and actions have put us in this position.

On 8/12 Mars moves from Aquarius backwards into Capricorn, a perfect place for Mars energy to explode. This can be a time of misdirected, strong anger with many ups and downs (mostly downs). There can be volatility in finances, frustration with life and others, as well as ourselves and our circumstances. This is a feeling of being stuck, trapped, and learned helplessness. This pattern is intensified by the New Moon partial Solar Eclipse in Leo on 8/11 bringing us the opportunity to have dramatic self-expression and the ability to affect and convince others as it is conjunct the fixed star Altari whose Mercury was conjunct this fixed Star and we all know how that worked out. Don't forget, Leo is the performer of the Zodiac so we are all being asked to step up and out and be our best self. We all may be forced out of our routines by this powerful combination of energy. This last eclipse of 2018 asks us to tune into the diagnostics of our hearts and notice where we hurt, are lonely, and see what the unmet needs of our heart are and take the risk of opening up to live life more fully.

On 8/19 Mercury moves forward in Leo but don't rush out to buy a car, electronics, sign a contract or have a "heart to heart" with people you need to clear up conflict with. Wait a week until the energy of Mercury is fully back in balance. On 8/19, the powerful transcendent planets Jupiter and Neptune form a power triangle from Scorpio to Pisces, increasing our intuition and creativity, particularly for those with planets in water signs Cancer, Scorpio and Pisces. Our emotional intensity may be heightened, including capacity for forgiveness and compassion for others, including ourselves.

On 8/23 the Sun leaves its home in Leo and enters practical Virgo bringing a slowing down, balancing period for the rest of August. I will review this period in Part 2 of August Astrological Outlook and subsequent emails concerning the final eclipse.

It doesn't take a rocket scientist to know we are all at a crossroads and life is out of balance. I learned a formula for balance when I was in graduate school many decades ago: In any 24 hour period we should be productive 8 hours, restful 8 hours, and PLAYFUL 8 hours. Try it for 90 days and you will have established a new neural pathway which you can enjoy in the fullness of time. It takes 7 years for all of

your cells to renew and it may become a lifestyle! If I can help you in any way to be more self-aware with astrology and psychological tools, please let me know. I will be in town and working all of August.

WITH LOVE AND GRATITUDE,

NAN