

August 2024 Astrological Outlook

GREETINGS:

I hope you are enjoying the energy of the Sun, the ruler of Leo. Leo asks us to focus on what lights us up, what we truly love, and how we wish to express that love in the world. Leo is the sign most concerned with the discovery and expression of our authentic self. This is the major task for each of us in 2024: the astrological energy of 2024 is unique and will not return for 250 years. The intensity of the Sun in Leo, ruled by the Sun, the star at the center of our solar system, the solar plexus of our body and the heart, is also the director of our life force. **August 8th** is the peak of the Lion's gate portal during which the Earth, Sun and Sirius (the "Spiritual Sun) align to move us toward connection with our higher self. With a New Moon in Leo on **August 4th** and Mercury going retrograde several hours later, the blending of fire and earth creates an earth mover energy. With Mercury retrograde in earthy Virgo until **8/15**, and Venus entering Virgo from **8/4 - 8/29, 2024**, there are many opportunities to review various aspects of our life: allowing a strong need for logic and order, using common sense and seeking what is practical. Since Mercury will be strongly affected by a retrograde period from **8/4 – 8/28, 2024**, delay and confusion in communication is the norm. It is not a good time to begin new projects. It is better to revise and improve existing projects. With Mercury retrograde, we don't need new obstacles. It is time to slow our minds down, go within and become a planner for an orderly future, and remain deliberate and cautious so the planets won't continue to rock your world.

ASTROLOGICAL PATTERNS MID AUGUST THAT WILL BRING CHALLENGING OPPORTUNITIES:

Mars, the archetype of will, passion, and assertion, is prominent while it heats up our brain during his visit to Gemini. On **8/14** Mars joins Jupiter, magnifying our desire for information and digging to find out what's true. On **8/15** Mars squares Saturn, which may feel like one foot is on the accelerator and the other on the brake. The best advice if you are confused, is to trust your intuition. From **8/13-8/23** Mars forms a pattern with Venus in Virgo and Saturn in Pisces, encouraging us to take calculated risks, express ourselves honestly and listen compassionately. It can also inspire us to take chances and redraw our boundaries.

The major pattern of shape shifting occurs on **8/19** as Jupiter in Gemini squares off with Saturn in Pisces. Jupiter's light is a beacon for hope and growth. Saturn, realistic and responsible, helps us to become more mature and disciplined, increasing dedication and tenacity.

On **8/19** Venus and Jupiter form a supportive triangle, on **8/23** Venus and Mars sizzle in a square off pattern, on **8/27** Venus and Uranus form an earth triangle which may bring relationships that sparkle and fertilize our growth, as well as opening up to new possibilities. On **8/28** Venus occupies the last degree of Virgo and Neptune occupies the last degree of Pisces, bringing uncertainty and confusion in relationships and money matters. With both planets at 29 degrees, tension leading to awareness and growth is inevitable. Finally, on **8/29** Venus enters her home sign of Libra and forms a strong triangle with Pluto in Aquarius, the ultimate transformation energy. This can strengthen relationships and intensify our awareness of our needs. The long period while Venus visited Virgo (**8/5 - 8/29, 2024**) brought opportunities for self-development and improving finances by paying attention to details and operating more practically. This time period brings desire for a deeper analysis of feelings and needs, with details becoming more important than usual. For those who

need a shift to greater patience and understanding, resist the temptation to fall into extremes of emotion.

FULL MOON IN AQUARIUS (AUGUST 19)

The energy of the New Moon in Leo (8/4) shifts into a new 2-week pattern as the Full Moon in Aquarius jolts us awake. We will likely undergo drastic change since Uranus, the planet of unexpected events, is squared off with the Sun, which brings a slingshot toward rapid evolution, and living with the full knowledge of our heart's needs. On **8/29** Venus enters her domicile in Libra, bringing greater peace and time to rest and breathe a sigh of relief. We have had a period of active growth, greater awareness of consciousness and a time of inner gratitude for the gift of fate.

A personal note from Nan about July from HELL in HOUSTON. I won't all of us to realize that we are still off balance after the weather events of July, as well as the changes in the political realities that have turned the world upside down. I was aware of the energy patterns, but the details are unbelievably shocking. For that reason, I want to share with you some tools from my training in trauma. After a month like July, all of us need a 90-day period to create a new neural pathway so we can release the facts and feelings that visited our life. For this reason, I delayed the small group class I had planned for the last Saturday in July. The people who came to this group in June to celebrate the Winter Solstice formed such great connections that I was asked to begin monthly small groups. I made a list of topics and last Saturday was a discussion of Family of Origin. I think we all enjoyed coming together and being safe with one another. **The next group class will be on Saturday, August 24 from 1:30 pm-3:30 pm at my home. Our topic will be THE HEALING POWER OF DREAMS. If you are interested in attending, please send me an email with your name, email, and a good phone number HERE.** It is important for you to get a dream journal to write in and put it next to your bed, urge your unconscious to dream at night and make it short and easy to understand and remember the dream. When you awaken do not open your eyes. Ask yourself what you have heard, felt and seen while dreaming and then open your eyes and write it down. Also, if you have repetitive dreams, bring the written data of the dream. We live in extrovert overdrive these days and dreams come from the inside, helping us understand our inner lives. Dreams come from the right hemisphere of the brain, with symbols that seem mysterious. There is also something amazing in dream work: Lucid Dreaming. This is how you consciously review and revise confusing and frightening dreams so you can move forward when you are asleep and awake.

THREE QUOTES TO PONDER IN AUGUST:

“Hope is not a wish, but an invention” – Steven Charleston

“Every positive thought we pass between us makes room for more light” – John Lewis

“In a world of noise, confusion, and conflict, it is necessary that there is a place of inner silence and peace; Not the peace of more relaxation but the peace of inner clarity and love.” – Thomas Merton

WISHING YOU JOY, PEACE, PROSPERITY AND LAUGHTER,

NAN

