

## GREETINGS;

As we welcome a season of change and Thanksgiving, it is a good time to forget what lies in our past and press forward with courage, confidence and optimism. The consistent uncertainty of this period needs to be embraced, rather than feared. The cycle we are in is similar to that our parents and grandparents lived through in the 1920's, 30's and 40's, which made them "The Greatest Generation", I have found it helpful to see the lessons as what happens "for our benefit", rather than to see it as what happens "to us", making us feel like victims:

**FREE SKIN CARE SEMINAR:** Anita Ricca has generously offered to do another skin care seminar at my office on Saturday, November 12 from 10AM-Noon. Since space is limited, please let me know that you will attend so I can set up chairs. I will send a full description of what she will do tomorrow.

**LANDSCAPING:** As the weather in Houston has finally cooled down and some rain has resumed, people are slowly looking at the wrath of Summer 2011 and bringing their outdoor environment back to life, where possible. The trees are my main concern, as the lack of water has them fighting for life. I have a great arborist available for diagnosis and treatment, as well as an amazing tree care expert for reshaping, especially to let light in to regrow grass and fall plantings. My irrigation expert will keep you out of the yard during the heat, and save you money from water you don't need. Together, my experts and I have 100 years of experience collectively. We are happy to help with any and all of your outdoor needs.

## NOVEMBER ASTROLOGICAL OUTLOOK;

With the New Moon in Scorpio occurring at the end of October (10/26), our annual month of transformation, accepting death and loss (All Saints Day, Day of the Dead) and deeper spiritual understanding of the mysteries of life and death began, as Jupiter expanded our feeling energy for the following 28 days. On 11/9 Neptune moves forward in Aquarius, re-energizing the creativity of those with planets in Aquarius and Pisces. The time for resting and being stuck is over, and creative flow takes its place. The Full Moon the following day 11/10 has Jupiter making another expansive nudge just before the Moon reaches its fullness. This is a time of appreciation, awareness of the path not taken, and making peace with the reality of our choices, seeing everything in our life as a blessing and making way for celebration. Astrological patterns such as these weave energy together in patterns we can either accept with grace, or struggle, leading to disease, self-abandonment, energy drain or projection of our feelings onto others.

November is a month for action, as Mars moves into earth sign Virgo on the Full Moon (11/10) and will be in a balanced triangle with either Pluto in Capricorn or Jupiter in Taurus for the remainder of the month. This will be especially helpful for those with planets in Aries, Virgo, Taurus, Scorpio and Capricorn, but we all will benefit if we can re-align our hearts, minds and spirit into a belief in optimism and resume the habits of self care which take time and planning to put in place. Mars in Virgo is a healing pattern of fixing what is broken, or breaking, or likely to break in the future. This is no time to struggle with any issue you do not understand or cannot fix on your own. Call on all the wise people you know and trust to help you. We are best designed to work in community with others. The first 9 days of November have Mars finishing

up a visit in Leo, which has the power to make us aware of our heart's desires and our needs for pleasure. The combination of this fiery planet in fire and the Sun in water, produces steam heat, and starts our engines of change.

Mercury, our mind set, attitude, and method of communication within our self and with others, spends the first 23 days of November racing through Sagittarius. On 11/1 Neptune confuses our feelings and after Mercury moves into Sagittarius on 11/2, it has only one contact with another planet on 11/3, Uranus in Aries, which may produce a prophetic flash of genius. This is a great day to take time to look at the feelings, facts and hopes of your life. Some clues and cues are waiting to reveal where we are headed. As we all know, when Mercury makes its retrograde motion on 11/24, it can be a screwball comedy of errors and a horror show of misunderstandings and unintended changes. Make purchases and plans early in the month, as Mercury retrograde usually changes the weather and affects travel in unusual ways and will do so till 12/13. We cannot stop life during this 3 week period, but it can get more interesting than we can imagine. Watch your thinking, decision making and communication impulses during this time. If you need a new car or a car repair, it is best to schedule these activities before 11/24.

Venus, our planet of pleasure, what we value and how we connect to others, is located in Sagittarius from 11/2-26, and most of what we value if pleasure, freedom, travel, spiritual direction and philosophical understanding of life, especially in this most interesting and challenging time of change. On 11/3 Venus and Uranus perform a fiery creative dance, so make sure you are not alone on this day. If you need to make a presentation for business or pleasure, this is a great time to do so. On 11/26 Venus and Uranus become a martial arts pairing, so pay attention to the dynamics of the encounters you have that day and solve the problems later. On 11/27 Venus moves to the music of Capricorn, with the flair of Jupiter offering unexpected answers and solutions to financial and relationship matters.

The second New Moon of this cycle occurs on 11/25 with a Solar Eclipse and a hefty dash of Mars energy, so keep your cool and don't say everything that is on your mind. Stay away from those who bait you into regret for a more successful outcome. New Moons are a time of tackling problems with renewed vigor and wisdom. Since the majority of energy comes to us from earth and fire signs this month, we are all imbued with the strength and determination of a steam roller if we pick up the gauntlet and put our best and highest selves in charge. The challenge of this month is to be pro-active, rather than reactive. It is a time for improving life with better adult life skills. Mars, the source of our action, determination and courage, makes a fine deal with Jupiter on 11/16 and with Pluto on 11/23. These are aspects of true empowerment. If there are lingering problems in your life, this is the month to get to work, particularly before 11/24.

As a full time observer of the human condition and an overeducated science nerd, I see so many people not taking time to attend to their personal needs, what we refer to as self care or self investment, and is often mislabeled "selfishness" by those who don't know better. It is easy in challenging times to practice false economy of time and other resources, and think external conditions need our attention at the expense of our mind/body balance. Now is a time to reverse that habit and improve your odds. I just attended my 50<sup>th</sup> high school reunion and was shocked to learn that almost 10% of our class is dead, another percent looks old, and a greater percent looks ever older. That is brought about partially by self neglect. The Sun in Scorpio in

November is symbolized by the Eagle that doesn't struggle with flight, waiting for the thermals to move, the reptile which is in touch and grounded by its instinct, and the Phoenix bird, which in mythology flies into the fire annually to destroy its life so it can be reborn. My hope for all of us is we can make the time for ourselves to heal more. Remember that feeling acknowledged, released and reframed leads to healing. The same blood that goes through our brains goes through our body parts.

If I can help you make sense of your life, thoughts or feelings during this intense time of change, please let me know.

Thankfully yours,

NAN