



## *Full Moon in Scorpio*

The energy of this full moon is all about Transformation. Releasing yourself from the constraints of an ego you have outgrown so that you can fully embrace your true Self.



Design your life with a creative flair for the unknown! Believe that you control your destiny first, then take steps to make your dream life a reality.





# ***The Sun in Taurus***

## *Self Care Tips for Taurus Season*

- Take a hike in nature, ground your toes in the sand or dirt and cover the tops of your feet. Imagine you are a tree and these are your roots, digging in to create a tap root connection to the Divine.
- Use clay masks to exfoliate and cleanse your face.
- Take a hard look at your finances. Where do you need to strengthen your relationship with money? How can you practice thrifty spending habits and frugal saving?

When the full moon is in Scorpio, the sun is in the sign of Taurus. Taurus, the fixed earth sign. Its reputation for being stubborn comes from a strong sense of self and purpose. Taurus energy for this month calls you to ground in your root chakra. Embrace themes of foundation, strength, nature and wisdom.

Taurus season has a huge capacity for love. It can often be derailed with the love we are seeking doesn't look the way we imagined it should. Feelings of self doubt can creep in like a thief of joy making you feel unworthy. Awareness of how you are reacting to situations in your life is the first step to inner love and peace. When you recognize a negative thought pattern, try consciously creating a positive affirmation in its place.

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# Shadow work

Shadow work is discovering parts of yourself that you have hidden due to unwanted feelings and reactions.

When you experience difficult emotions it can sometimes be too difficult to handle. Instead of choosing to handle the emotions in a healthy way, Shadows appear in the form of anger, sadness, hostility, submission, or even toxic positivity. The Shadows are designed to protect you from feeling.

When you consciously choose to confront the Shadow parts of yourself, you can find out exactly what it is that is “triggering” your self damaging response. You should never try to stop the reaction, rather you should acknowledge it as it presents itself. Look under the surface of your reaction for a root cause.

That is where you will make a change. At the root. Here is where you can understand your reaction and take steps to heal. Actively tell your Shadow that you recognize the pain or shame, and that you want to choose a different reaction. That you understand how it was trying to protect you, but you know a new and different path now.

Want to take this practice deeper? Try my course Manifesting on Purpose on my website for an indepth look at how you can choose a new and exciting path to your dream life.





# ***Try something new***

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Have you ever heard of Divination? It's the ancient art of asking for guidance from the spirit world! Humans have been experimenting with divination through runes in Viking cultures, Chi sticks in China, the Ouiji board in North America, and now in modern times, with Tarot!

Have you ever had your cards read?  
It is a fun and interesting way to dive deeper into your inner healing journey! I always recommend the Rider-Waite deck (available on Amazon) for beginners! It comes with a helpful book of instructions and will help guide your readings!

Not ready to start readings on your own?  
Reach out to find local readers!

Remember! Separation is an illusion. We are all one together - and we belong in community. Reach out, make connections and show compassion whenever possible.