



## 👑 Your Guide to Thrive 👑

Summer 2018

In this guide you will learn more about this deeply impactful retrograde season, the Eclipses of the Summer, all of the important dates and some of my favorite techniques so that you may thrive cosmically. If you feel this guide supports you, please support this work by sharing with a friend or two! If you feel abundantly supported we may deepen this work [with private mentorship](#). Ultimately this guide is my gift to you!

This summer is a major time of karmic clearing. It is very important to honor the season of retrogrades as we are doing the great work of shedding and sealing. This is not an ideal time to begin new ventures, relationships or make important purchases, as at one point in the summer all planets will be retrograde except for Venus. This summer is a powerful time of endings. Many relationships are finding their completion and many transitions are occurring. From here on out the speed and intensity will quicken and deepen as the Eclipse Season is now underway. Eclipses occur when the dragon's head and tail, also known as the Nodes of the Moon, are conjunct. This can occur when the North Node is conjunct the New Moon and Sun known as a Solar Eclipse, or when the North Node is conjunct the Full Moon known as a Lunar Eclipse. These are potent portals that work together as a unit, moving in 18-19 year cycles. The South Node is the path of karma, our gifts, the shadow, where it is cozy and where we can get stuck. The North Node is the Dragon's head, the path of Dharma, essentially where we learn to fly by falling down. It is awkward and the wild unknown. During an eclipse time can literally speed up, or timelines may dramatically switch. Eclipses bring Truth. Truth that we need to see, know and feel, despite how uncomfortable the results may be.

Eclipses tend to mark major events from births to deaths and other momentous beginnings and endings, quite often heralding vast, unexpected shifts. With all Eclipses there is an ending and a beginning. Although a Lunar Eclipse is more focused on endings, emotions and the revelation of true character, while a Solar Eclipse is more focused on new beginnings, bright possibility, and hope. Eclipses are not the time to stick your head in the sand. There are instead the time to be vigilant and deeply aware. This is a time to tune into the media, your local community and your gut instincts. It is best to not make important decisions or take dramatic actions on an eclipse. Eclipses move in a series and disperse the pearls of wisdom in the most perfect way. Depending on where an Eclipse aligns in your birth chart will be the degree to which it will transform you. This summer we are coming to completion of the Leo/Aquarius Eclipse axis, which will culminate with a Full Moon Lunar Eclipse in January 2019 at 00°51' Leo. This is a mighty way to end the The High Heart of Truth/Genius Humanity axis! We also welcome in the thread of the Cancer/Capricorn axis with the New Moon this July. We will be integrating the Empress of Your Domain/High Priestess themes into our lives.



### **Summer Eclipse activation dates:**

**Solar Eclipse:** New Moon July 13th at 2:48 UTC 20°41' Cancer

**Total Lunar Eclipse:** Full Moon July 27th at 20:20 UTC 4°44' Aquarius

**Solar Eclipse:** New Moon August 11th at 9:57 GMT 18°41' Leo

### **Planetary Retrogrades and Direct Motions**

#### **Saturn retrograde**

Retrograde: April 18th at 9°9' Capricorn

Direct: September 6th at 2°33' Capricorn

#### **Pluto retrograde**

Retrograde: April 22nd at 21°17' Capricorn

Direct: October 1st at 18°45' Capricorn

#### **Neptune retrograde**

Retrograde: June 18th at 16°30' Pisces

Direct: November 25th 13°42' Pisces

#### **Mars retrograde**

Shadow period begins: May 12th at 28°37' Capricorn

Retrograde: June 26th at 9°13' Aquarius

Direct: August 27th at 28°37' Capricorn

Shadow period ends: October 8th at 9°13' Aquarius

#### **Chiron Retrograde**

Retrograde: July 5th 2°25' Aries

Direct: December 9th 27°54' Pisces

#### **Mercury retrograde**

Shadow period begins: July 7th at 11°37' Leo

Retrograde: July 26th at 23°27' Leo

Direct: August 19th at 11°37' Leo

Shadow period ends: September 2nd at 23°27' Leo



## **How to Thrive**

A daily practice of some kind is absolutely non-negotiable on planet Earth at this time. For 9 minutes a day you could have a short and sweet practice that will keep you resilient. For beginners and those really short on time I suggest 3 minutes a day of each of Ego Eradicator, Cat and Cow, and the Addiction Meditation. In the coming weeks I will upload these videos for you to practice, so stay tuned. . .in the meantime hit up your local Kundalini Yoga class for guidance! Below you will find my list of favorite Kundalini Yoga practices that strengthen your sense of self and intuition.

## **Kundalini Yoga practices for every body:**

Ego Eradicator

Fists of Anger

Cat and Cow

Addiction Meditation

Kirtan Kriya

## **Self Care is Nourishment**

Self care is essential during these times. In preparation for my work with Dr. Clarissa Pinkola Estes, I have been listening to the [Joyous Body](#). Her words are medicine! Our body is our supreme consort embodied. As we honor this vessel each day we are strengthen our core selves and in turn have more energy to support those in need. Each day you will feel solid. Creating healthy boundaries is a sign of self love and of loving others. Learn how to trust your gut.

## **Self Care Practices**

[Cold showers](#)

Earthing

Drink lots of water

Adaptogens and Nourishing Herbal Infusions

## **Extra Credit**

Carve out time each day to be electronically free

Hike barefoot

Play mantra continuously

## **Quick Tips on the Go**

Mentally chant Victory as you place the tip of your tongue to the roof of your mouth

3 long deep Breaths

Give gratitude for what *is* working

May you walk with courage, ease and grace this Summer! With love and Sat Nam~

Ra Ma