

EMPOWERING ASTROLOGY AND QUEER FAT FEMME PRESENT:

# February

2014

A Month of Astrologically Inspired Journaling and Ritual

February, usually a quiet month in the northern hemisphere when we shelter in the warmth of our homes, is the midpoint of winter. The Celts celebrated this time with the festival of Imbolc — Gaelic for “in the belly.” In Irish mythology, we celebrate the goddess Brigid with fire as we cross the threshold from deepest days of winter to the light of spring. This sacred time found its way into Christian calendars with the festival of St. Brigid and Candlemas. Like all midseason celebrations, Imbolc is a fire festival. We light candles and connect to the sacred feminine.

## FEBRUARY 6: MERCURY STATIONS RETROGRADE



In astrology this Imbolc roughly corresponds with the midpoint of the fixed sign of Aquarius. We're in a place of transition in February, caught between winter and the coming spring. And so it is fitting that the month starts off with Mercury Retrograde on February 6 — a time when the planet of communication and travel appears to move backwards in the sky for three weeks. In Greek mythology, Mercury was one of the few gods that could travel between the land of the living and the dead. From February 6 to February 28, think of how you are retracing your steps, rebalancing karma, and transitioning between the spiritual realms of Pisces to Aquarius, the sign of humanity.

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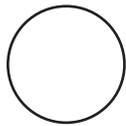
**Exercise:** As this Mercury Retrograde is all about retracing steps and balancing karma, let's start getting in touch with our patterns. I have been doing morning pages for the last three and a half year and it's a great way to “empty the garbage of my brain.” Morning pages are a concept from the Artist's Way by Julia Cameron.

Every morning as soon as you can when you wake up, write three long handed pages in your journal. Don't stop to think about what you're writing just write whatever is in your brain, no

matter how trivial or ridiculous. I have books of these pages now, and it's a great way to let off the steam in your mind and heart and find out what's really going on for you. Since this Mercury Retrograde is all about karma and patterns, we are going to use these pages during the Retrograde to bring to light what karma and patterns are coming up for us. When you feel yourself saying, "Why am I doing this again?" about a recurring behavior or drama, write about it. Let it out. See what your mind is saying about the why.

Do the exercise until February 28 when we'll revisit them.

## FEBRUARY 14: FULL MOON IN LEO



On February 14, we celebrate a Full Moon in Leo, the zodiac sign associated with passion, childlike joy, individuality, creativity, and performance. When the Moon is full, energy is at its most dynamic and emotions are heightened. It is at this time that we experience revelations, resolution, and harvest.

While a Leo Full Moon would normally be perfect for a romantic Valentine's Day, a tough alignment to Saturn will be reality check. It's as if the stars are saying, if we want something bad enough we're going to have to put the work in — we're going to have to make a commitment. We're also going to have to streamline with this full moon, which means saying goodbye to anything that blocks us from expressing our true selves.

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**Play Exercise!** Think about something creative you always loved to do as a child. Was it working with modeling clay? Creating epic lego landscapes? Paper doll soap operas that made Downton Abbey look like Sesame Street? Go through the roster of creative activities as a child and pick the one that brings the biggest smile to your face. Then, on February 14, make a date with yourself or a loved one to play! Give yourself permission to be as childlike as possible and just really get into what it feels like to play for playing sake.

"Play," for grown-ups who need a definition (and permission) is any activity that doesn't have a "productive" purpose. Just do it because doing it is fun.

Play allows our true selves to shine through. Use this Leo Full Moon to do exactly that!

## FEBRUARY 18: SUN ENTERS PISCES



The Sun transitions out of Aquarius on February 18 and into Pisces, diving into an ocean of dreams, compassion, and inspiration. Pisces is the sign where physical matter dissolves back into spirit so that it can prepare for the next cycle of life. Pisces is also a very psychic and sensitive sign, so pay attention to your intuition.

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**Intuition Exercise:** Get ahold of a deck of tarot cards. This can be on hand or can be online. This isn't a full reading, so if you are a tarot reader, set aside your methods and just work with the exercise. Shuffle the deck and pull a card at random. Don't pay any attention to what you know about a card's meaning or the description. Based on the imagery on the card, what does it tell you? What do you notice and what are you feeling about the card? Write it down.

Pull another card, do the same exercise with that card.

Now, throughout the week of February 18–25, start playing games with your intuition. Check in with your gut for little things. What color outfit is your boss going to wear to work today? Which subway train is going to arrive first? How many rings until your best friend picks up the phone? How many emails will be in your inbox first thing in the morning. Get into the habit of “taking the pause” and playing the game of whether you can intuit what is going to happen. You'll be surprised as you develop the practice of checking in with your intuition on the small things that on the larger things you can “hear” the guidance even stronger.

After the week, try the tarot exercise again. Are you finding it easier to intuit the meanings of the cards?

## FEBRUARY 28: MERCURY STATIONS DIRECT



Mercury turns direct on February 28, just as the month ends. We've had to retrace our steps, but now we can move forward into March. Before you rush into anything new, give the energies a few days to settle.

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**Morning Pages Review:** As Mercury turns direct on February 28, take a look through your morning pages. Only spend about 15 minutes on this. Are you seeing behavior patterns popping up? What are they? Becoming aware of patterns, which Mercury Retrograde helps us do by cosmically creating conditions to see them, is the first step to changing them in order to align yourself with the purposeful life you seek.

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