

EMPOWERING ASTROLOGY AND QUEER FAT FEMME PRESENT:

April

2014

A Month of Astrologically Inspired Journaling and Ritual

So, April. Here we are. Maybe some of you have heard about the crazy astrological energy afoot this month. As we're in Aries season, think initiation and new beginnings, but the sort born of monumental shifts and transformation. The lineup of events this month, from two eclipses and a cardinal grand cross to the fifth Uranus/Pluto square, will make for a pressure cooker. In April, you can choose to make a diamond out of this energy or you can choose to remain firmly entrenched in darkness as black as carbon. Choose light, choose love over fear. Venus in Pisces will be the quiet reminder that there is always compassion and forgiveness.

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**Bevin's Activity — If It's Hysterical it's Historical:** Keep a tiny notepad or journal (I love those little 20 page Field Notes guides) with you at all times this month. Be aware of when you feel the intensity of energy spilling over, especially during mundane things like getting angry in traffic or feeling short with your partner, or sobbing when a man on the street gives you unsolicited advice. Periodically look at your notes when you're sitting down to journal. Ask yourself if you see any patterns in the things you're having big reactions to. Would you be having that level of emotional response if you were calmer?

I love the term, "If it's hysterical it's historical." The idea is that if you're having a big reaction it's calling back to your deepest emotional wounds, traumas, and places you need healing. Katie is giving us a lot of information on how to use the heightened emotions of this time to heal our deepest wounds. Using this month to take note of ourselves will help us become aware of the emotional healing our souls are calling for. Even an awareness of what is getting stirred up is a first step to deep healing.

*Activity duration: All month long*

## APRIL 5: VENUS ENTERS PISCES



As a counter to all of the fiery Aries energy this April, Venus's four week residency in sweet Pisces will hopefully be a balm to the brewing cosmic storm. In Pisces, Venus is exalted, which is to say that Venus commands VIP treatment when she's dropping in for a visit. Here she has movie star good looks, a talent for conjuring, unending compassion, and an unfailing belief that love conquers all. But with Pisces's reputation for a lack of boundaries and fantasy, keep an eye out for codependent relationships and the illusions we create for ourselves in love.

## APRIL 7: MERCURY ENTERS ARIES



Leaving behind intuitive Pisces, Mercury will spend a short three weeks in the sign of competition, leadership, and vitality. In Aries, Mercury is spirited, ready for a debate, and hungry to get its point across. But seeing how Mars will be in sharp alignment to Uranus, Pluto, and Jupiter, we need to be mindful of saying something that we can't take back in an angry blowout. Conversely, use this time to purge yourself of something you've been holding onto. A safe way to release your unexpressed words is through journaling or writing a letter that is burned instead of sending.

## APRIL 14: PLUTO STATIONARY RETROGRADE



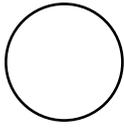
When a planet stations retrograde, which is a fancy way of saying that it comes to halt before reversing course, the archetype of that planet saturates the collective. Just think of the days around Mercury Retrograde — the train is delayed, there's a traffic jam, and the computer acts weird. But what happens when Pluto, lord of the underworld and the archetype of death and transformation, turns retrograde? There's a deeply psychological tenor in the air and we are confronted with aspects of our shadow. Pluto shows us the areas of our psyche that disown and project onto others. Use this time to call back to the aspects of self that you have rejected and to heal on a soul level. Pluto will spend the next five months retrograde.

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**Bevin's Activity — Preparation for Full Moon:** Take a look at your calendar or journals from around October 18, 2013. What were you doing? What were you going through? This information will be helpful for self-reflection during the upcoming eclipse mirroring the Aries eclipse last October.

*Activity duration: Anytime prior to April 15*

## APRIL 15: FULL MOON LUNAR ECLIPSE IN LIBRA



Back in October, we had an Aries eclipse in the same degree as this eclipse except reversed. Think of the Libra eclipse as a part two to October's part one. Take notice of events repeating or echoing that time. A Full Moon in Libra brings resolution and decisions in relationship, diplomacy, peace, beauty, equality, and justice. Lunar eclipses amp up the psychic volume and have a tendency of bringing about events that feel fated. The next couple of weeks will likely bring a lot of swift movement. Venus, the ruler of the eclipse, in the sign of Pisces, will be a reminder to call upon compassion and forgiveness in times of confrontation and stress.

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**Bevin's Activity — Compassionate Full Moon Exercise:** When my friend V Kinglsey passed away, in her final words to friends through her [blog](#) she said, “[J]ust keep doing whatever it is that you do to help the world be a more beautiful place to be. Try to stay in the moment. Learn how to give yourself compassion and then learn how to have compassion for others. If we all did these things — imagine!”

I had no idea where to start with having compassion for myself or others. But I loved and admired the way V walked in the world and I wanted to take her advice. So I decided to start setting an intention. I got a candle with my initial on it and I lit it every time I sat at my altar. I asked for compassion for myself and others. And, within a few months, it worked. The intention helped me tune into what it meant to be compassionate and gentle with myself, and it started to flavor my interactions with other people. It was transformative and it all started from a candle and an idea.

Do some brainstorming this full moon. What is your object that you'll use to set the intention for compassion? Maybe it's a candle, a piece of rose quartz (a crystal that is known for its compassionate properties), a small photo of a loved one or hero who embodies compassion, a quote about compassion. Use the energy of the Full Moon in Libra to anoint this object — symbolically or with oil — as a totem of compassionate energy. What rituals will you use with this object? Will you carry it with you in your bra or pocket, pin it to the wall next to your computer? Where do you need compassion the most?

*Activity duration: April 15 full moon plus or minus three days*

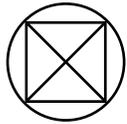
## APRIL 19: SUN ENTERS TAURUS



Like the Empress tarot card, Taurus is the sign of fertility, flowers, money, and the bounty of the natural world. When the Sun is in Taurus, spring is in full force and we learn about the safety and comfort of the natural world. It is also a sensual, pleasure loving sign and so the next thirty days we will be drawn to all manner of things that indulge the senses, from fine food to other tangible luxuries. And with Venus in Pisces until May 2, this will be a beautiful undercurrent to the intensity of the

cardinal grand cross. Just be mindful of Taurus's tendency towards hoarding and possessiveness.

## **APRIL 20-23: CARDINAL GRAND CROSS/ URANUS SQUARE PLUTO**



This is it — the time everyone has been on tenterhooks about. Why has the cardinal grand cross put everyone on edge? Because it's one of the most difficult astrological aspects and it occurs when four planets hold a tight formation 90 degrees apart from each other in the cardinal signs of Aries, Cancer, Libra, and Capricorn.

Now before you gasp in fear, let's take a sensible step back and get a better understanding.

First, the planets Uranus and Pluto have been in a square formation since 2012. This has been an unprecedented time of social upheaval as well as personal breakthrough. In all, Uranus and Pluto will make seven exact squares. The latest square on April 21 will be the fifth square in a sequence that began on September 19, 2012. Someone, I'm not sure originally who, had the clever idea to associate the seven squares with the chakra points on the human body. As the fifth chakra is the throat, think of this as a time when our voice gets a reboot.

Second, Uranus and Pluto are joined by Jupiter in Cancer and Mars in Libra — four planets lining up in a tight square formation called a cardinal grand cross. In astrology, squares (90 degrees) and oppositions (180 degrees) create stressful energy. On Sunday, April 20 — Easter no less — Jupiter opposes Pluto and squares Uranus followed by Uranus square Pluto on April 21, Mars square Jupiter in April 22, and Mars opposite Uranus and square Pluto on April 23. This is exceedingly rare for the outer planets to come together in such a tight and stressful formation.

I say these things not to make you nervous, but to give you an understanding of the level of energy present in the month of April. This cardinal grand cross in particular is about showing us our shadow as well as our unhealed aspects of self. Therefore use this period, if not all of April, to engage in self care and self love as well as addressing long unhealed emotional issues. What could be a difficult hand of astrology can instead be the powerful leverage you need to be reborn in the highest form possible. So get to work moving mountains.

## **APRIL 23: MERCURY ENTERS TAURUS**



Out of the firestorm and quick response of Aries, Mercury in Taurus will slow us down over the next two or so weeks. Our movements will be languorous and more inclined to stop and smell the roses. Mercury may take a long time to make up its mind in Taurus, but when it does its opinion is rock solid and set for life.

## APRIL 29: NEW MOON SOLAR ECLIPSE IN TAURUS



The month rounds out with a new moon and solar eclipse at 8 degrees of Taurus. This is the last eclipse in this sign for the next nine years and what a doozy this eclipse cycle has been. Any Taurus can attest that over the last two years they've been pushed closer and closer to the brink. With the South Node of the Moon in Taurus, we've all collectively experienced material loss in some way as the South Node is about release and letting go. Solar eclipses are also super charged new moons and over the next week or so, we'll be closing one chapter and beginning another in a way that may feel fated.

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**Bevin's Activity — New Moon Letting Go Ritual:** To honor the material loss we've experienced the last two years, let's do a ritual to mark the ways in which this loss has affected so that we may let it go. Taurus is totally about the pantry — wealth, bounty, fertility. Go through your pantry and get rid of old food — food you don't want anymore or things that no longer serve you. Give leftovers to a food bank or charity, but keep aside a token of the old to give back to the earth. (Anything but rice, since it's bad for birds.) Take this token — maybe it's some mothly old pasta or a rotten can of something — and place it outside in the earth. Think about a material loss that has hit you hard — a car you had to sell, the cable you had to turn off to save money, a sentimental scarf you lost. Tell the universe that you are letting go of the loss and trusting Source to fill the void.

This is also a great time to take ashes from the fireplace (ashes that are completely cooled) and turn those it into the earth as well.

**BEVIN BRANLANDINGHAM** is an ultra rad warrior for self-acceptance. She is a writer, performer, and cultural producer in Brooklyn, New York, who believes that all bodies are good bodies and works to make the world safe for people to love themselves. She blogs at [queerfatfemme.com](http://queerfatfemme.com) and offers body liberation and one-on-one authenticity coaching via phone and Skype. **KATIE SWEETMAN** is an intuitive and karmic astrologer based in Brooklyn, New York, who uses the natal chart as a tool for deep healing. She is available for one-on-one astrology consultations via phone, Skype, or in person. You can find her online at [empoweringastrology.com](http://empoweringastrology.com).