

EMPOWERING ASTROLOGY AND QUEER FAT FEMME PRESENT:

March

2014

A Month of Astrologically Inspired Journaling and Ritual

March in many ways is the calm before the storm. Through the Sun's remaining time in Pisces, we spend the first few weeks focused inward. But when the Sun reaches Aries on March 20, we will enter a particularly tense four week period of time that will require us to stay grounded and engaged in self care. Use the liminal space of Pisces to replenish the spirit before heading into Aries's full fledged cosmic storm.

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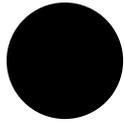
Bevin's Activity — Self Care Master List/Prep for April: Make a list of the things you do to take excellent care of yourself. What are the things you need to do every day, a few times a week, a few times a month to recenter and ground yourself? What are the things you would like to do if only you "had time?"

I keep a list of all of the things I can do for self care in the back of my journal. I try not to use language like "should" because it triggers my perfectionism. It is helpful to write these lists, and keep adding to them, when we're feeling good and grounded, before we need them in a crisis and can't think of anything. It's also a great idea to take your most portable ideas and keep them on a note in your cell phone, for quick access when you're having a freak out.

Great self-care ideas that take less than five minutes (add/modify this list and keep it in your phone): writing in your journal, writing a gratitude list, doing affirmations, doing a five minute restorative yoga pose, meditating for five minutes, dancing to a favorite song as if no one is watching, reading a daily inspirational post/daily reader, praying, sitting in a sunbeam (where available), cleansing breath.

Activity duration: All month long

MARCH 1: NEW MOON IN PISCES & MARS STATIONS RETROGRADE



The last sign of the zodiac, Pisces is the quiet pause between the worldly ambitions of Saturn ruled Aquarius and the rebirth of life in Aries. It's divine inspiration, altered states of consciousness, and the space where life reconnects to Source. As the Sun and Moon join in Pisces, we begin a new chapter on our spiritual journey and drawn to the mystical as well as the artistic. But as the new moon triggers Chiron, our soul level wounds will seep into the conscious mind and demand healing. Pay attention to your dreams and intuition. Spirit may have a message for you.

The new moon also coincides with the planet Mars turning retrograde in Libra. Like an ocean tide receding, Mars will pull our energy back for ten weeks. Anything we try to push forward at this time runs the risk of fizzling out. Instead, learn the fine art of surrender, especially when it comes to relationships. Mars will turn direct on May 15.

MARCH 2: SATURN STATIONS RETROGRADE



Another day, another retrograde. Saturn, having climbed into the later degrees of Scorpio, will reverse course for the next four months. Use this time to rework ambitions and goals, pay off debts, and heal abusive situations. In addition, Saturn Retrograde will be an opportunity to step back and survey your progress through the sign of Scorpio — a sign that covers the stark divide between life and death.

MARCH 5: VENUS IN AQUARIUS



After four months in the sign of Capricorn, Venus will finally enter Aquarius on March 5. Venus in astrology shows what we're attracted to, what we value, how we socialize, and relate. In Aquarius, Venus has been known to be a little aloof. She still has her charms, but is more concerned with social causes, intellect, and the big picture. She also is wonderfully weird in Aquarius, expressing herself in cutting edge or futuristic ways.

MARCH 6: JUPITER STATIONS DIRECT



Yes, the Universe is packing in the retrogrades, especially if you consider that Mercury stationed direct on February 28. The back and forth motion of the sky will echo how much of our life is in a state of flux. At least we can finally move forward in matters of faith, exploration, publishing, and the search for truth. But as Jupiter will station on the Uranus/Pluto square, this transition will likely be bumpy.

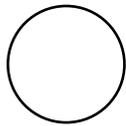
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Bevin's Activity — Dream Journal: Katie suggests paying attention to your dreams and what Source is saying to you. Keep a journal, notepad or index cards by your bed with a pen handy. First thing after you wake up, write down what you were dreaming about. Also helpful is before bed, to pray to Source to ask for guidance in your dreams.

Jupiter is about moving forward in matters of exploration — exploring your dreams is a very profound way of discovering what your subconscious is working on and what guidance you are getting from Source. A great way to interpret your dreams is to break down everything as symbols and yourself as the key. For example, if you dream of a lake, what do lakes symbolize for you? Do you associate them with adventure? Relaxation? Fear? The more you interact with your dreams the more you'll start to uncover your own associations with the imagery that pops up.

Activity duration: March 1–20, while the Sun is in Pisces

MARCH 16: FULL MOON IN VIRGO



On March 16 we will celebrate a Full Moon in Virgo, the sign of purity, craft, and attention to detail. Full moons bring matters to a head as well as a sense of resolution. Think back to September's Virgo New Moon, when you sowed intentions in support of health and wellness. Do you need to get back to basics and purify? Cook a healthy meal, exercise, and get organized. Virgo wants us to create a schedule and stick to it.

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Katie's Activity — Spring Clean: With the spring equinox only days away on March 20, this is traditionally a time to open the windows, clean the home, and allow for new energy to enter. Create a sacred intention with the Virgo Full Moon to clear out anything this is old, stale, or stagnant. Virgo is the sign of purity and organization and so this can include tossing old food from the refrigerator, gathering old clothing for charitable donation, or ridding the body of old energy through diet, exercise, and energy work. If you have a sage stick, smudge your apartment or home.

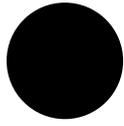
Activity duration: March 16 full moon, plus or minus three days

MARCH 20: SUN ENTERS ARIES



The Sun in Aries is not only the beginning of spring in the northern hemisphere, but the start of a new astrological year. Aries is the sign of action and initiation — the spark of life that begins at first breath. With the Sun in Aries, we will begin a rather difficult season of astrology as the Sun triggers the tense, ongoing alignments of Uranus, Pluto, and Jupiter. Think birth and transformation.

MARCH 30: NEW MOON IN ARIES



The New Moon in Aries will not only close out the month, but set the tone for an April filled with numerous high stress astrological events. Falling right on the Uranus/Pluto square — an aspect that will define a generation — the new moon will trigger and unfolding process of profound evolutionary change. Aries, the first sign of the zodiac, holds the honor of being associated with initiation. Even though we've navigated waves of change over the last few years, the new moon will launch a new chapter in this ongoing story. Mars in Libra will mean that much of this narrative will take place in the realm of relationships.

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Bevin's Activity — Centering Bath and New Moon Intentions:

When I did a poll of my readership, the most common activity that people nominated as their top self care activity was taking a bath. Baths are great for centering yourself and are both literally and spiritually cleansing using the water element. For this bath you're just going to do what makes sense to create the most grounded and well-self-taken-care-of version of your bath. When I take an intentional bath, I often try to incorporate all four elements from my spiritual practice — water (obvy), fire (candles), earth (Epsom salts, or I throw a couple of crystals in the bath with me), air (maybe this could be bubbles, I set a feather symbolically near the tub or sometimes I like to go a little esoteric and call my razor blade from shaving my legs the air element because sword symbolizes air in some tarot decks).

While in the bath, set your new moon intentions. What do you want to manifest from this New Moon in Aries? This is a huge one. Let yourself ponder it during your bath and write it down. Let your bath symbolize your intent to stay centered and grounded in the upcoming/ongoing astrological minefield and let your New Moon intentions set your focus — similar to “spotting” the wall when you do turns in dance, let these intentions help keep you from getting spun out and dizzy while the Grand Cardinal Cross looms in April.

Activity duration: March 30 new moon, plus or minus three days

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 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.