

EMPOWERING ASTROLOGY AND QUEER FAT FEMME PRESENT:

August

2014

A Month of Astrologically Inspired Journaling and Ritual

If the planetary shifts of July were any indication, we will enter August hitting new ground. In fact, this month will likely look quite different from where we started the year. Both Mars and Jupiter will be fresh in new signs, speaking to growth and vitality in a year marked by further destruction of the old. The Sun and Jupiter in Leo will be practically cause for celebration, but we can't lose sight of old Saturn, looking to tell us to turn off the music and go to bed. He'll play a big part in the astrology of August, from the Aquarius Full Moon to the hardcore Mars/Saturn conjunction on August 25. Time to get whipped into shape.

AUGUST 1-2: DAYS OF ACTION

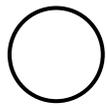
There's a lot of action packed over these two days. Normally one may overlook its astrology in favor of more marquee events like a full moon or a planet changing signs, but there are too many things going on to ignore these days. Here's the full roster: Mars square Jupiter, Venus square Uranus, Venus trine Saturn, Mercury conjunct Jupiter, Mercury square Mars. You may be thinking, what does that all mean?? Here's what it boils down to. We may feel impulsive and rash over these two days. Apart from Venus trine Saturn, this is not the sort of astrology that will encourage us to sit back and take our time. So, just be on the look out for rushing into things. Are you being too hasty? Mercury conjunct Jupiter square Mars? Everyone will have an opinion, enough to get testy. Maybe the saving grace will be Venus trine Saturn, encouraging everyone to value peace and mediation over hasty conclusions and arguments.

///

Bevin's Activity — Respond instead of React: One of my favorite things to remember is that if something is urgent, it's not important and if it's important it's not urgent. We

live in a fast-paced society but we don't have to acquiesce to other people's timing. When I feel a strong emotional surge as a reaction to something, I use that as my clue to take a pause. This pause might be a long breath as I consider my response to something someone says. It might be taking 24 hours to respond to an email that brings up anger. It might be telling someone, "I'd like to consider my response, I will get back to you soon." Putting myself first before my people pleasing has been difficult, but very rewarding for my own peace of mind (and cuts down on my arguments and defensiveness). Consider using some of these strategies during this tense astrological time to help your rash and impulsive feelings not create destruction in your life.

AUGUST 10: FULL MOON IN AQUARIUS



Falling in the sign of vision, science, humanitarianism, and friendships, the Aquarius Full Moon will have a bit of an edge to it. That's because it will make a square (90 degrees; stressful) to Saturn in Scorpio. Full moons are already a time when energy will be at its peak, so what happens when they run smack against Saturn? This maybe a day when we have to get real about something. Think limits, boundaries, restriction. Saturn doesn't give any free passes. In order to move forward, we must do our due diligence. And with Saturn in Scorpio, there may be strong themes of life and death, transformation, power, and control.

///

Bevin's Activity — Full Moon Ritual: Anyone who has gone through their Saturn Return can attest, Saturn is a beast. You might as well use its deep get real energy in a strategic way. Think about the aspects of your personality that are most uncomfortable for you right now. Maybe it's internalized hatred about your body. Maybe it's heavy procrastination about an issue that you know you need to deal with. Take five minutes and think about what is limiting you and start writing, stream of consciousness, all of your fears about this. What would happen if you never let go of this? What would happen if you did?

The fear is often the scariest part of doing this work. These are your blocks. Take your fear papers and during the full moon, burn them. (Katie suggests burning into a bowl for full moon burning.) Scatter the ashes outside, and ask the Universe to be with you and provide you the strength to meet these challenges.

Activity duration: Three days before or after the full moon.

AUGUST 12: VENUS IN LEO



Time to celebrate! In Leo, Venus is all about flair, drama, and romance when she's in Leo. For the next four weeks we'll all be cultivating our inner diva. Create, perform, and sing! Leo is also a sign of play and we will be attracted to things that help us celebrate our inner child.

AUGUST 15: MERCURY IN VIRGO



When Mercury enters Virgo, it will be a return home. Mercury is the ruler of Virgo after all and over the next two and a half weeks our editorial eye will be as sharp as ever. Mercury will also have us focused on organization, service, and craft.

AUGUST 18: VENUS CONJUNCT JUPITER IN LEO



This lucky pairing of Venus and Jupiter only happens once a year so circle your calendar! In astrology, Venus and Jupiter are seen as “benefic” planets, which is to say that they bestow good fortune and abundance. This will be a first class pairing of planets. And in Leo, our lives will be rich with play, beauty, luxury, creativity, and children.

AUGUST 23: SUN IN VIRGO



Happy birthday, Virgo! Moving from the sign of self expression and individuality, the Sun will instead highlight ways we can be of service to our common man. There’s a humility to Virgo, a sign that eschews all the drama of Leo for practicality. The next four weeks will be the perfect time to get to work, clean out, and get organized. Got a science project growing in the back of your fridge? Take a tip from Virgo color coded guide to life and start tossing anything that is long past its expiration date. Got any other projects that have been on the back burner? Make a list of what needs to get done. This will also be a great time to focus on nutrition, diet, health, and wellness.

AUGUST 25: NEW MOON IN VIRGO / MARS CONJUNCT SATURN



In astrology, new moons are new beginnings. They set us on a new chapter for the upcoming lunar month. And with the new moon falling in Virgo, this will be a great time to make a fresh start in all things related to health, wellness, diet, and nutrition. It may be August, but think of this as a second chance at your new year’s resolutions to quit smoking, eat right, and go to the gym. And with Mercury plugging directly into today’s heavy duty Mars/Saturn conjunction, we may be more determined than ever to make that change and make it stick. But an awkward angle to Uranus may push us out of our comfort zone as well. If you’re going to make a change, how far will you go?

///

Bevin's Activity — Health at Every Size: Use this new moon energy to take an inventory of your health and think about ways you can thrive. Remember change happens in baby steps, so rather than an overhaul, try to use this energy to make a couple of shifts.

Have you heard of the concept of Health at Every Size? Basically, the premise is that no matter the shape, size or condition of your body, you can do things that make you feel healthy. It's not about weight loss, it's about achievable goals that make you feel good in the body you have. It is so easy to believe the lies that skinny is the only way to have health, but there are plenty of fat people who are in better shape than skinny folks.

Health at Every Size is about finding activity that you enjoy doing. What have you had the most fun doing physically? Was it when you were younger and you were working on a farm? When you were playing soccer? Find ways to incorporate those movements into your life now.

Health at Every Size is about eating food that helps your body feel good and function well. Eating is not one size fits all — some bodies react really well to a vegetarian diet where some people really need a lot of protein and veggies. I found working with a body positive health coach and eliminating inflammatory foods really helped me get past all of the toxic diet language I had been hearing all of my life.

Health at Every Size is also about mental, emotional and spiritual well-being. Are you setting aside time to do the work you need to feel centered?

Activity duration: Three days before or after the new moon.

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.