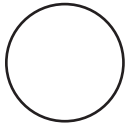


## JANUARY 15: FULL MOON IN CANCER



A provocative full moon in Cancer on January 15 will push relationship buttons and demand diplomacy. Deep emotional issues may also come to light, especially how the relationship of our parents has informed our own relationships for better or for worse. Not to mention an ongoing Venus retrograde throughout January that will help us reevaluate the worth of the things we've built in our life and the values we've inherited from our father.

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The following activities, to be completed on or about January 15, will help you harness the power the Cancer Full Moon.

**Activity:** Our relationships with our parents are extremely complicated — we're often sent here to do work with their souls and work isn't always easy. Here we are talking about "parents" in a holistic/all-inclusive way that can include one parent, a grandparent, adoptive parent, parental figure, institution, etc . . . I have found in my journey that learning to see my parents as human who did the best they could significantly helped me relax into relationships with them where I could take what I liked and leave the rest.

Get a photo of one or both of your parents (or parental figure) at about the age you are now. Take a look at them. Try to see them as human — not your parents, just as people. If you don't have a photo, try to picture in your mind what they looked like or what you think they might have looked like if you don't know.

Write a narrative about them. Who were they? What did their lives consist of? What were they feeling, what were they doing? If you don't know the answers to these, try to intuit what the answer is based on what you know about them. If you feel comfortable and your current relationship supports this, maybe call them up and ask them about life when they were your age, but do this after you write it out from your intuition.

Now turn the tables to look at yourself.

Think about the ways in which you have inherited assets from them. What are three character assets you learned from your parent(s)?

What are three things you learned from your parents that are behavior patterns that do not serve you?

For the three things that do not serve you, what are ways in which you can transform those behaviors into something that does serve you? Is there a way in which you can see opportunity for growth in changing those behavior patterns?

In what ways does seeing your parents as human enable to you to practice compassion for the behavior patterns that you inherited that do not serve you? Compassion both for them as well as for yourself?