

June

2014

A Month of Astrologically Inspired Journaling and Ritual

Now that we're well into Gemini season, the name of the game this month will be flexibility. Gemini is what's called a *mutable* sign — one of four that fall before a change of season and the arrival of the cardinal signs. And in the northern hemisphere, we're primed for summer. While Gemini is the sign of writing, speaking, thinking, learning, duality, and curiosity, the next four weeks will have a strong undercurrent of emotion and deep sensitivity. For instance, Mercury will station retrograde in the sign of Cancer as well as Neptune and Chiron station retrograde in Pisces, another water sign. After the solstice on June 21, we'll sail into rough waters as the Sun and the Uranus/Pluto square align.

JUNE 7: MERCURY RETROGRADE



Three times a year — sometimes four — the planet of communication and travel reverses direction, causing us to rethink our movements and shake up our routine. Mercury Retrograde is infamous for coinciding with delays, lost keys, electronics on the fritz, and things going a little screwy. But, don't panic! Go with the flow. Take stock of the last three months. Don't make any hard and fast commitments if you can this month. Don't buy a car much less a computer. Mercury will station at 3 degrees Cancer, reverse back to 24 degrees Gemini, and turn direct on July 1.

JUNE 9: NEPTUNE RETROGRADE



Mercury isn't the only planet that turns retrograde. In fact, Neptune's flip of direction on June 9 will flood the collective with themes of sensitivity, mysticism, divine inspiration, illusion, retreat, isolation, addiction, and victims. That's a bit of a mouthful, but Neptune trades

in highs as well as lows — from the unconditional love of the divine to the need to use substance to numb out. During the days around the Neptune station, you may feel overly sensitive, both intuitively and emotionally. This will be a good time for meditation as well as take note of any dreams. Neptune will station at 7 Pisces, reverse back to 4 degrees Pisces, and turn direct on November 16.

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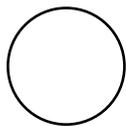
Bevin's Activity — Embracing Shitty, Inconsistent Meditation: In case you're already a seasoned meditator who diligently does their 20–40 minutes every day, maybe even twice a day, skip this activity — you're great. For those of us who struggle with meditation yet know that it's an important way to help stay present, get in tune with our intuition, practice serenity, lower our blood pressure, stay connected to Source and about 12 million other benefits, this activity is for you.

Write a list of all of the things you do to unplug from the pressures of daily life and stay peaceful and present. Looking at that list, accept the ways in which you already meditate. Try not to give yourself too much “should” around meditating. I have found embracing that I am a shitty, inconsistent meditator who does things a little differently helps me take myself off the hook for it and I feel less guilty. Then when I do sit down for a formal or guided meditation, I find it easier to accept it. Meditation is a practice of learning to “begin again” over and over again, and I definitely get caught up in how “perfect” my practice needs to be.

This is what my list of things I do that I consider meditation in some form:

- Staring out into space, especially into something natural like a stream or the ocean, just looking, gently noticing
- Working on a puzzle
- Knitting
- Having a quiet moment with my dog in my lap
- Doing reiki on myself

JUNE 13: FULL MOON IN SAGITTARIUS



This month's full moon will fall in the sign of Sagittarius, the philosopher and wanderer of the zodiac. Over the next two weeks you may see themes of foreign travel, exploration, publishing, the law, and religion. Ruled by the planet Jupiter, Sagittarius is about pushing out past the boundaries of the known world, from the search for the exotic and unknown to the final frontiers of the mind. If Sagittarius is the quest, the full moon will bring a stopping point in our journey — you've come to the edge and you can't go any further. So, what have you learned? What decisions will you make? What will come to an end? With the planet Uranus in hard aspect to Jupiter, the answers may be unexpected. The new moon will be exact at 12:11 am EDT, 22 degrees Sagittarius/Gemini.

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Bevin's Activity — Journal Practice: It's time to pull out our journals and answer the questions Katie gave us with the Sag full moon. Think about the past six months (and if you're a new moon manifester, what were you manifesting/womanifesting six months ago) and free write answers.

What have you learned?

What decisions need to be made?

What is coming to an end?

How can you take excellent care of yourself during this time of transition?

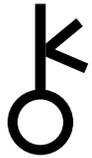
Activity duration: Three days before or after the full moon.

JUNE 17: MERCURY RX REENTERS GEMINI



After a brief stay in the sign of Cancer, Mercury dips back into Gemini, retracing its steps from late May. Whereas Mercury is quite sensitive in Cancer, in Gemini it's all about thinking, learning, and communication. In fact, save for short visit in Cancer, Mercury's extended stay in Gemini has been a reworking of how we communicate, listen, move, and learn.

JUNE 20: CHIRON RETROGRADE



Prepare to feel your wounds. You know, the spiritual ones that gnaw at you and don't quite go away? With Chiron in Pisces since 2012, we've been on a quest to answer some of our deepest existential questions, yet feeling alone in the cosmos. When Chiron stations retrograde at 17 degrees Pisces, we may feel a deep spiritual malaise over the coming days as well as both literal and metaphoric wounds. Be present with what you are feeling. Transmute it by offering compassion for others with similar wounds. Chiron will turn direct on November 23 at 13 degrees Pisces.

JUNE 21: SUN IN CANCER



Happy birthday Cancer! Not only is the Sun in your sign for the next 30 days, but today is the summer solstice in the northern hemisphere and winter solstice in the southern. Cancer is the sign that teaches us about caring, nurturing, memories, the mother, home, and family. It's also the first of three water signs — the signs that are all about emotion. Add Cancer to yesterday's Chiron station, and we may be feeling rather sensitive with a need to pull inward.

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Bevin's Activity — No, Really, How are you? I kind of hate getting the question “How are you” from people as a casual conversation starter because I'm just so honest I can't lie and say fine. And the reason why is that I've been practicing for several years answering to myself, “No really, how are you?” I think it's incredibly powerful answering that question as honestly as possible whenever you can.

People hold multiple conflicting emotions at once — we live in a society that punishes us for having too many feelings and wants to make things simple. You can at once be sad, happy, grateful, melancholic, devastated and optimistic.

Now that all of these tender feelings planets and signs are meeting up in the heavens this is a great time to start practicing radical honesty with yourself and learning how to identify and embrace your multiple emotions. Practice “No, really, how are you?” with yourself over the next month while the Sun is in Cancer.

JUNE 23: VENUS IN GEMINI



Time to get flirty! When Venus is in Gemini, we'll be getting in touch with our inner social butterfly. Don't be surprised if you're quite popular with many invitations to go out and connect with new people. Venus in Gemini is quite charming and able to talk to anyone!

JUNE 27: NEW MOON IN CANCER



New moons are new beginnings and we open a new chapter in the sign of Cancer. Think home, family, nurturing, the mother, and our emotional roots. We may feel deeply nostalgic over the next two weeks, especially as the new moon makes a trine (120 degrees) to Neptune in Pisces. Spend time looking at old photos. Connect with family or the people who are like family. Nurture and care for the things that sustain you emotionally. In the immortal words of Dorothy, there's no place like home. The new moon will be exact at 4:08 am EDT, 5 degrees Cancer.

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Bevin's Activity — Caretaking: In this new moon let's manifest/womanifest deep caretaking of our emotions. With Venus in Gemini and lots of social plans happening with the onset of summer in the northern hemisphere, it can be hard to take time to look inward. But carving out that 5–10 minutes to manifest is powerful medicine, both in terms of what it can help you create and also in terms of dipping inward to take stock. With the energy of the Cancer new moon, what emotional truths would you like to manifest for yourself?

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.