

November Conscious Reflections Report

We are down to the last 2 months of the year, and there is first challenging and then quite a bit of amazing energy to end the year!

There are 15 Green Days left in 2015! 5 of those Green Days are in November 2015



We have some intense planetary influences coming online in early November, so it will be all the more important to use those Green Days for good, and to get ready before the next Mercury Retrograde in early 2016.



CURRENT THEME: Wishing for Minions in your Basement

November's theme changes from October's passion, light, hope and 'getting things done' theme with Venus, Mars and Jupiter in Leo and Mercury expanding opportunities to a wild, and strange month because of the planetary shifts in early November. Dun Dun Dun (Minion sound)

You are going to wish you had minions to help you get things done this month. The good news is that help is on the way in December.

November 3rd **both Venus AND Mars move** from inspiring Leo **into** Earth based **Virgo**, shifting our focus from acting from our heart in October to chances to detoxify through sweat and release, some possible sensitive self-esteem issues, to feeling a bit irascible and irritated more easily – unless we choose to consciously work **with** these energies.

Mars and Venus with Rahu in Virgo can intensify reactions Mars and Venus will be doing a **Rumble or a Rumba** with Rahu in Virgo all month long, depending on how you use these energies.



So, do you want to be like **West Side Story** or like **Dancing with the Stars**? Either way, **working out that bod, sweating** and finding ways to decrease anger or irritation **will only help you**.

Maybe you take up Latin Dancing, or finally show up to those classes at the gym. Any way you slice it, sweating is your friend this month. It is a GREAT time to detoxify.

Remember, Venus with Rahu can get a little indulgent, especially because it might be harder to 'feel the love' both from yourself or even from those who really DO love you. So, remember, this is all about how the planets influence your outlook, and Rahu can rile up illusion and get you believing that you are not loveable, or worth it, or good enough however DO NOT believe the voices of Rahu!

This month, ironically is about not listening to any negative talk, or giving into fears (because that good ole planet of fear and contraction, Saturn, is in Scorpio and the Sun joins it starting mid-November).

Also, Venus and Rahu in Virgo with Mars, you want to watch for indulging in drama, and acting out by eating too much left over Halloween candy or by buying luxury items.

I am recommending that you hunker down and keep to any workout or eating regime this month as best you can. It is not just because it is around harvest celebrations in the northern hemisphere that you might want to eat more sweets or fatty foods (and the blossoming of spring in the southern hemisphere mixes the rising of spring energy with intense expectations from others, so garden as much as you can down there.) Earth moving projects are definitely called for with these planetary influences.

Rahu might be calling you to indulge in some tempting things – AND guess what?

One of THE best solutions to use your subconscious mind for your own good is to use hypnotherapy (a good, certified hypnotherapist) to anchor your good habits, or that you are drinking more water, or that it is easy to get that daily walk or work-out finished.

That is a positive way to use Rahu, a planet of the subconscious mind, illusion and of toxicity.

See how this image below is beautiful? It is the metaphor of friction and heat creating light and beauty even in the darkness – this is Rahu, Mars and Venus aligned with Pisces and Virgo. We do not need to be afraid of intensity, it can bring such fleeting beauty to our lives!



Here is a quick little checklist of the things you can do to improve your November:

- Work out or take a brisk walk daily
- Try High Intensity Interval Training HIIT
- Practice Martial Arts or Qi Gong
- Sweat in a Far-Infrared Sauna
- Use hypnotherapy for making healthy choices, more water, staying on a work-out routine

Use Yogic Breathing techniques for a radiant glow: Breath of Fire or Kapalabhati (if not contra-indicated because of high blood pressure, or other health conditions mentioned here) <http://www.yogabound.com/pranayama-kapalabhati-or-breath-of-fire/>

November Conscious Calendar:

Below is the Conscious Calendar for November with 3 Mild Green Days, 2 full Green Days, 5 Yellow Days and 1 Red Day.

UNIVERSAL CONSCIOUS CALENDARS 2015

Daylight Savings Time **ENDS NOVEMBER 1**

● **NEW MOON WEDNESDAY NOV 11**
9:48 AM PST / 5:48 PM UTC

○ **FULL MOON WEDNESDAY NOV 25**
2:45 PM PST / 10:45 PM UTC

NOVEMBER 2015

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11 ●	12	13	14
15	16	17	18	19	20	21
22	23	24	25 ○	26	27	28
29	30					

November 19 (shake things up, make changes – type 4 green day)

November 23 (light and swift – type 1 green day)

Put these dates in your phone today by simply downloading the Conscious Calendars ical to your phone or mobile device. You access the videos showing you how in your member's area.

<http://ConsciousCalendars.com/Login>



Taurus Full Moon

The Full Moon in Taurus is about manifesting. Taurus is an Earth sign, and focuses our energy on maintaining the material plane in our lives. A Taurus Full Moon is concerned with security, the roof over your head, but is also a support to the 'reality' of the world.

Planning for college funds for your children is a good thing. Planning for retirement someday, and planning for how you want to spend your retirement or pass your knowledge and 'estate' on are all stabilizing things.

Preservation carries with it responsibility and when you preserve family heirlooms or skills or ways of life and how you see or do things, this become heritage.

Taurus helps us focus on what we want to manifest in the world.

Taurus brings perseverance in the face of fear – not every Taurus full moon brings this tendency mind you – just this full moon and next year's Taurus full moon; because Saturn, Sun and Mercury in Scorpio seed this ability to turn fear around, if you focus on finding meaning in your work – you can do anything!

November 2015 Saturn and Mercury appear to be with the Sun in Scorpio – which are exactly opposite to that Taurus Full Moon, that is why we are being asked to turn our fear into courage, find where there is meaning in our work (ask yourself who benefits from this skill or bauble that I make, and most importantly HOW is my presence making a difference with co-workers and how I do my work? Attitude is everything.)

Meaningful work is to give something of yourself.

Saturn, Sun and Mercury in Scorpio is like a rocky shore. There is slightly shifting ground according to the tides of the moment, with opportunities for change connected with information and learning. (Having a tide table will change your experience of a rocky and sandy shore, for instance.)

You can turn fear or anxiety into excitement, anticipation or calm depending on what you do in the moment.

To transforming darkness into light,

Kathleen M. Whalen M.S.
CEO Conscious Calendars LLC

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