

July 2016 Conscious Reflections

JULY 2016						
SUN	MON	TUE	WED	THU	FRI	SAT
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
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Ready for a spiritual quest?

Full Moon helps you build alliances and make a difference in the world - reminds you this is part of a spiritual path.

As we progress through the year, the full moon peaks in a different constellation each month. We move through a spiritual evolution from Aries to Pisces full moons each year that does not coincide with the seasons directly. We begin this evolution all over again, when the full moon peaks in Aries in October this year.

July brings a full moon in Capricorn which is the 10th of 12 constellations and is focused on spiritual principles that are integrated into the world – our work, our families, our community projects can all be focused on a greater good. Our everyday actions can be spiritual, and they ARE. You are divine. That is the driving force behind the theme of the full moon in July, and it reminds us all that we can make a difference in the world with even the smallest gesture.

This month's Full Moon is for **universal harmony and fairness** for all. Activities that begin under this Moon (if they are for the greater good) find an unchallengeable victory.

We can make a difference together

"Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has."

— **Margaret Mead**

There are some major shifts of our global brother and sisterhood with this full moon, as we reach out to help each other and make a difference. Despite the atrocities, famine and war in the world, we consistently help others in need, it is a natural human impulse, and this month we are being pulled to look and act beyond our insular world. You might just help a neighbor or to listen and be with someone in a time of need – helping need-not be running to save someone.

Collaboration is our evolution.

Here are some global examples where we are either collaborating or connecting and caring for our human family and shifting the focus of greed to one of a greater human family.

- The aborigines or first nation people of Australia have just had their lands returned to them after 37 years with funding to help them re-establish their indigenous communities.
- The Olympics begin in August.

It is a time when the world unites as a global community – being an athlete here is about developing oneself and striving for individual excellence while each athlete also represents their country. What a metaphor, ***if each of us carried the responsibility that we represent our country or neighborhood or family with our everyday acts, we might interact differently*** when we went to the grocery store. You represent the best of human kind.

Secondly, the media focus for the Rio Olympics is highlighting the rampant water contamination in Rio Bay. This will bring some long term changes that will help return the bay to a healthier state and help the people who make their livelihood off the bay too.

These might be small changes, but it is by focusing on the greater good and alliances and working together that we can make this world a better place for the next generation, and it is our spiritual responsibility to do so.

This is the long term change that Saturn in Scorpio can bring; by pointing out suffering, we can rise to the occasion and help our fellow man.

“A spiritual perspective does not deny your pain, or any aspect of your human experience. It simply denies its power over you.” Marianne Williamson from [Tears to Triumph](#)

Full Moon in Capricorn July 19

The power, support and respect that comes from this kind of moon derives from alliances and collaboration more than from personal hard work or pulling oneself up by the bootstraps. Wise connections and a fierce focus on goals beyond yourself bolsters support for tasks that begin under this golden moon. For example, Abraham Lincoln was born with this moon, and he did great things for mankind that still has an impact today.

This moon is in the 10th sign – and in the evolution of full moons throughout the year – this moon is at a zenith combining action, karma, and a virtuous zeal that brings a wave of energy, cosmic support and

community which help the cause or work rise like a wave. It is the ultimate energy in crowd sourcing a project, social company, cause or charity.

July Themes

Two planets bring the light and some grist in two phases this month



1. Mercury and Venus

July brings Mercury & Venus to both Gemini and then Cancer – this sets the tone for more Green Days this month, thank goodness.

Even though Mercury and Venus can bring playfulness and joy into our lives when they move through Gemini, the real fun begins after July 15th when Venus comes out of the rays of the Sun and becomes visible for the first time in

a while. Venus can now help us all access an inner joy in a new way ~ and when we get a brighter moon around July 19, we end up getting some pretty rockin' Green Days this month where the Moon is influenced by either the positive guiding planets of Venus, Mercury or Jupiter for different flavor Green Days.

June 27 – July 11 Mercury is in Gemini

A short visit for the planet that brings us fun and child-like perspective in our lives. Use these first few weeks of July to get outside every day and just look at the wonder of the world, be it the lady bugs or how water moves along a creek. Walking, hiking or sitting in green environments are particular rewarding during this period of time.

July 11 – July 26 Mercury in Cancer

Mercury swims through the Crab constellation of water, couple this with Venus being in the SAME constellation of Cancer July 7 – July 31 and this sets the tone for some VERY functional Green Days when the Moon is in Capricorn, the sign of work and integrating the spiritual into physical form.

2. Saturn and Mars

Saturn and Mars return to being together in Scorpio

(See July 13 – September 17 below)

It was both Mars and Saturn retrograding in Scorpio along with Jupiter getting very close to Rahu that brought more violent events to bear, and more fires in the hotter zones of the world, more media coverage of the polluted waters, like in Rio (if you do not know about how the polluted waters of the bay have been infecting and killing children for decades, learn more here

<http://www.pbs.org/newshour/bb/in-brazils-olympic-bay-tides-of-death-and-ecological-devastation/>)

“Rio’s polluted waters are the result of decades of neglected or nonexistent sewage infrastructure, so, in the coming weeks, as trials and test runs begin for the 2016 Olympics, some athletes will be competing in waters that contain over a million times more contamination than levels allowed in U.S. waters.”

William Brangham with pbs.org NewsHour

Not to mention the potential issues with the Zika virus in the area as well.



July 13 – September 17 Mars and Saturn rumble again in Scorpio

For another time this year, the planets of quick karmas, Mars, and slow-building something great, Saturn (and sometimes chronic issues of pain or suffering) are together in Scorpio.

At least this time both planets will not be retrograding like they were in June. These are the conditions which give us those SPECIAL YELLOW DAYS that were added to the calendar this year.

Look for those Yellow Days to be a mixture of ‘hurry up and impatience’ and ‘obstacles’ in the way which will eventually make what you are doing better.

Those Yellow Days will be about what comes from building patience and perseverance.

3. More good news: Remember too, that July has only one retrograde planet all month long - Saturn in Scorpio.

July – Some Daily Highlights 2016

Saturday July 2

Moon in Taurus, waning in light on the 13th day of waning toward a New Moon.

Rohini Moon and the Moon brushes close to Aldebaran the Red eye of the bull in Taurus, and the fertile energy of the zodiac. This moon connects with creativity, but since it is waning in light, this is a time to be readying the soil and your body and your mind for the New Moon in just a few days.

Exfoliate! to reveal fresh healthy skin that will allow your body to absorb healing oils when you massage it into your skin.

Begin planning any house plant transplants, or landscaping and garden projects to begin on or after July 4 or 5th.

See video about the Myth of the Moon and Rohini from June 2016.

Sunday July 3 Red Day

It's a Red Day because the Moon is one day before new, but the Moon is in Gemini with Mercury, the Sun and Venus today. So, savor a quiet night in try singing out loud or a quiet game that builds concentration like building card houses or Jenga. That is a great way to harness the energy of the day and develop fine motor movement that is called for today. Sewing, hemming, or adding a flourish to some of your favorite clothes is another way you might spend the evening.

Try not to work out too hard today, pace yourself and make sure you have proper electrolytes, aka potassium and magnesium.

Monday July 4 Mild Green Day and New Moon in Gemini

It is a Mild Green Day because Mercury, Venus, Sun and Moon are all in a Mercury sign, and the sign of the twins.

The New Moon is at 11:01 UTC (4:01 am Pacific Time, 7:01 am ET).

Mercury, the planet of play, communication, commerce and learning brings delight with the little details of life, like the wonder of nature and word play because it is in its own sign this month.

The New Moon is in the Orion constellation (since Ardra in Vedic Astrology is the star Betelgeuse). This is a bold, brash and intense section of sky and is not normally a Green Day at all, but because we have the Moon with new light and with Venus and Mercury for the first time out of Saturn's glance since May, I wanted to give this day an honorable mention.

Since this new moon is connected with such a fierce desire for expansion, the first few weeks of July will have most of us working hard toward a goal, and as long as you pay attention to the details, you will be successful.

July 7, 8 & 9 Yellow Days

The Moon is in Leo with Jupiter and the shadow energy of Rahu for two and half days. If you are a speaker, then you can get the word out about leadership and make more of a splash on these kind of days.

Thursday July 7 Yellow Day and the day that Venus moves into the constellation of Cancer.

This is a regal Moon day, it's a Jupiter Moon day. The Moon is close to Regulus the kingly red star in Leo.

Leadership is the theme of the day, but in a way where you show others that you can 'let go' and show kindness and compassion – that is the best form of leadership.

Friday July 8 Yellow Day

A somewhat more typical Yellow Day. Depending on your time zone, expect to work-around complications, find back road routes around traffic jams, surprises or random obstacles or distractions

today. At least it is not a regular work day for most. Probably not the best errand day. (For instance, the complication hits later in the day for Pacific Time zone 4:39 pm PT – 10:39 pm PT when the Moon crosses the shadow planet's mark in the sky. Be careful driving or what you say during that time zone.)

Saturday July 9 Yellow Day

A bit of a wild Yellow Day which could be filled with adventure, but may not be the safest day for bungee jumping.

This Sun-Moon relationship today sets the conditions for creating community and influence and connecting on a personal level as well as charity work and giving back. You may connect with co-workers or those in your industry, especially if it is a volunteer event which helps others.

Even though that is not a typical Yellow Day activity, a fun social outing or charity work can be rewarding today, just keep it safe!

Still probably not the best errand day.

Friday July 15 Yellow Day

This is the new kind of Yellow Day that brings a combination of blind faith and tendency of not seeing the trees through the forest. There might be some 'unexpected' pressure or issue arise today, which you might admit to yourself you suspected might happen.

Don't let the harsh realities of the world EVER keep you from seeing the good in people and the world. Remember on this Yellow Day, we can still have faith that our small acts can make a difference in the world, because indeed it is what has. As Jane Goodall stated:

“What you do makes a difference, and you have to decide what kind of difference you want to make.”
— Jane Goodall”

Venus Phase: Venus is finally visible and **brings more joy into our lives**

Friday July 15 – August 2016

Happens to *also* be the first day that Venus begins being visible in our skies again.

Venus is visible because it is far enough from the Sun's rays (from our point of view). We can see the planet when it ranges 10 - 20 degrees away from the Sun. As it moves further away from the Sun, we can access more happiness, contentment and bliss in our lives.

Check out this Vimeo video that shows you the visible planets in the sky for a month

<https://vimeo.com/166671949>

Saturday July 16

A Wise woman day with a tinge of Yellow Dayness, but since the Moon has passed both Mars and Saturn by today, we will feel an easing of things and are able to access inner wisdom. Stay strong, you know more than you think you know.

Monday July 18 Mild Green Day

Today is a wild kind of Green Day, and a double fire influence keeps things moving today (the moon is in a fire sign and Jupiter makes it a green day from its perch in Leo). Watch for a bit of instability, but just like you can feed a fire, you can help some things grow BIG today quickly. Just make sure you have fuel for the fire, and can sustain what you create or begin today.

Tuesday July 19 Mild Green Day and full moon - The Day ends as a Type III, foundational Green Day

Today begins with some fire and gains a sweetness since it receives influence from Jupiter in Leo in the beginning of the day and play and joy from Venus and Mercury for the rest of the day! A trifacta of opportunities and of getting work done since this Moon is in Capricorn.

Ready for a spiritual quest?

July Full Moon helps you build alliances and make a difference in the world.

This month's Full Moon is for **universal harmony and fairness** for all. Activities that begin under this Moon (if they are for the greater good) find an unchallengeable victory.

The power, support and respect that comes from this kind of moon derives from alliances more than from personal hard work or pulling oneself up by the bootstraps. Wise connections and a fierce focus on one's goal bolsters supports for the tasks undertaken with this golden moon. For example, As I mentioned above, Abraham Lincoln was born with this moon, and he did great things for mankind that still has an impact today.

This moon is in the 10th sign – and in the evolution of full moons throughout the year – this moon is at a zenith combining action, karma, and a virtuous zeal that brings a wave of energy, cosmic support and community which help the cause or work rise like a wave. It is the ultimate energy in crowd sourcing a project, social company, cause or charity.

Full Moon in Capricorn July 19

The moon becomes full in Capricorn at 22:57 UTC (3:57 pm PT, 6:57 pm ET).

Since this is the universal sign of work, productivity, moving idea and projects forward and integrating spiritual principles into everyday life – the strides you make over the next two weeks will be both practical and spiritually significant to you.

The lunar mansion is a lucky or stable one, called Uttara Ashada, and is close to the star Vega, which was our North Star many thousands of years ago, and will be again in the year 14,000.

Wednesday July 20 Green Day

True Green Day, Type IV, moveable auspices.

Today the Moon has movement to it and is blessed with both Venus and Mercury shining goodness on to it. Seize opportunities to run errands, move things around, transplant plants, or make major changes – the changes will be good.

- **An extra special auspicious window begins the day – again as long as the focus or project is for a higher good and not to only line your pockets the endeavor will be a stellar success.**

Thursday July 21 Green Day Type IV moveable day ~

Today brings a little more structure to the changes. Sure it is a good day for moving your home or office or moving things around in your routine, but it is as if a drum beat were moving you along. You can jam and feel the vibrations of a greater cause waving through you – connect with music, sound and rhythms today to infuse your day with even more joy!

July 22 & 23 The Moon is with Ketu in Aquarius for two days. The moon is inclined to help us ‘let go’ of some issue over the next two days – so something irritating that you are being coaxed to release might arise in your day.

The moon and day also receives rays of both distraction from the shadow planet Rahu, and the planet of hope, Jupiter in Leo on these two days. These are the more spiritually inclined pair of Yellow days that occur once every 28 days.

Friday July 22 Yellow Day

Today’s Moon is aligned with some high vibration healing and the 7th chakra (called Shatabhishak in Sanskrit). Any meditation or breathing exercises today will ripple through you. Release is the focus of the day.

Saturday July 23 Yellow Day A little rougher and tumble kind of Yellow Day, this moon typically has quite a bit of power to it. Even if there is a recklessness to the day, no one means you harm, the wildness to the day is meant to help you tap your wild nature. This is ‘Women who run with the wolves’ kind of energy – you are powerful, tap into it, and rise to the occasion to help others that is a natural extension of being human.

Tuesday July 26 Green Day A classic Green Day Type I Light and Swift

A good day for beginnings of all kinds – open a bank account, start a new company, a launch of any kind or celebrate, have a party or an important meeting – things will move swiftly along!

Wednesday July 27 Delta-Aquarid meteor shower

Luckily, the Moon sets in the afternoon, so you will have a chance to see some meteors tonight.

Friday July 29 The Moon is in Taurus very close to Aldebaran. It is a potential Yellow Day because the Moon is opposite Mars and Saturn but the auspicious Moon in Rohini softens the day, and the intensity that was here in June because both Mars and Saturn were retrograde is better this month.

Question of the day: What is it you are working toward? Peace, ease, purpose filled work or freedom? Let that answer direct your actions for the day.

Saturday July 30 Look to the sky! Mercury is close to the kingly star Regulus in Leo tonight.

**Just to remind you the theme of July reminds you that
you can make a difference.**

“Every individual matters. Every individual has a role to play. Every individual makes a difference.”
— Jane Goodall”

Remember, YOU make a difference by just being. Let’s all contribute in our own, unique way, together. Smile to strangers, be kind when you can – you never know when you are about to make someone’s day.