

# August 2016 Conscious Reflections

First, here is your month in overview, then see highlights of the New and Full Moons and then a breakdown of the important dates in August to augment your Calendar and videos.

It is a mega month of movement – August starts out slow and quiet with an early new moon, then we have a mini “New Year” with Jupiter changing constellations, plus a new kind of Green Day is created, Mercury retrogrades and we end the month with a solar eclipse!



## **BIG MOVES OF THE MONTH**

- Jupiter moves constellations for first time in a year, setting the tone for a “new year” on August 11.
- Venus and Mercury are together with Jupiter in Leo and then Virgo during this month.
- Third **Mega Red Day** of the year on August 30/Sept 1– get ready for spiritual downloads!
- Mercury retrogrades on August 30<sup>th</sup> (see the hash lines on your Calendars)
- There is background noise, like a Geiger counter, with Mars and Saturn in Scorpio continuing to bring anxiety, restlessness and intensity with

obstacles at the same time. Mars is in Scorpio through third week of September.

## **July 31/Aug 1 Venus Moves into Leo**

Venus moves from Cancer into Leo with Mercury and Jupiter and the eclipse patterns. Ironically, the great planets of light, fortune and guidance are all together which usually brings great opportunity. With all three in Leo, this becomes a bit too much glimmer, shine and need for attention for those with unchecked egos OR a time of great alliances between the famous, royal for funding immense health research.

Ironically, with these planets also connected with the drama creating Rahu or eclipse pattern in Leo - Gone bye bye are potential Green Days until we get one of the benefic planets into a new constellation! This luckily happens on August 11<sup>th</sup>.

The good news is that Jupiter moves into Virgo on August 11<sup>th</sup> for the first time in 12 years. Thankfully this brings a new kind of Green Day for an entire year, the first of which happen on August 16 & 17.

## **New Kind of Green Day when Jupiter changes constellations**

The good news is that Jupiter moves into Virgo on August 11<sup>th</sup> for the first time in 12 years. Thankfully, this bring the first, new kind of Green Day for an entire year on August 16 & 17.

## **Mercury in August**

Mercury *usually* crosses the constellation where Jupiter is one time a year for about three weeks. This year, **we see Mercury with Jupiter THREE times, once in Leo with Venus and two times in Virgo.**

All of this happens, because right after Mercury joins Jupiter in Leo, Jupiter changes constellations, and then later in August Mercury retrogrades giving a third pass with the planet of wisdom. If Jupiter is the teacher, then Mercury is the perfect student who can learn, memorize and recite everything that Jupiter gives him.

## **Mercury with Jupiter**

Mercury with Jupiter creates immense wealth opportunities for some of you. On August 19<sup>th</sup>, right on the heels of the first shiny new Green Day, we have one of the most stupendous combinations of the year, not once but TWICE this year – that is Jupiter and Mercury together in Virgo! This brings immense spiritual teachings for some and incredible wealth producing opportunities for others. Life changing any which way you slice it.

## **Mars and Saturn in Scorpio**

Meanwhile, Mars will be continuing to agitate and help motivate while it is in its own sign Scorpio through September 18, 2016. For some of you, you have been experiencing both irritation and impatience with this intense Mars, others have experienced major health issues, and for some an ability to apply yourself in new ways with discipline, focus and a ferocity that kind of scares you. This is power that if focused correctly, can create great spiritual strides and great systems of service (for those of you involved with non-profits or helping the underserved and impoverished, this is a difficult time, but any systems you can put into place during the difficulty will have exponential effects).

## **Third of Four Mega Red Days this year happens on last day of August!**

**August 31/Sept 1<sup>st</sup>** depending on where you are is a Mega Red Day.

It is the solar eclipse with the New Moon in Leo occurring shortly after the eclipse. Download and read your Mega Red Day Report to see how to use this day to shift patterns and in particular reverse negative patterns.

## **New Moon = Home is where the heart is**

**The New Moon is in Cancer on August 2, 2016 at 8:45 pm UTC/ 4:46 pm EDT/1:46 pm PDT.**

This new moon connects us with what we always have with us – an ability to find “home” within ourselves no matter where we are. We do this by connecting with our heart and our deepest sense of Self - the Self that is beyond this moment, beyond this ever changing body – I am speaking of your Higher Self.

This does not change by where you live or where you travel, it is ever present. This new moon gives you the opportunity to bask and connect with the core of your being. You can remind yourself of your timelessness; and you do this by just BEING. It is from this place of being, that answers begin to bubble to the surface. Practicing this letting go develops intuition, memory ironically and increases your ability to focus when you choose.

The flavor of this new moon is an auspicious one (in a place called Pushya), but since the Moon is not visible yet, the message being sent to all of us is to practice BEING. It is a time for classic Red Day practices; relaxing, allowing the mind to unwind, moving slowly, eating simply.

Can you allow 100% of yourself to let go every day, even for 5 minutes?

You could meditate, but even if you could just BE with no stimulus, no music, no reading, and just allow yourself to relax. And then if you can practice this daily for the next two weeks – you will improve your immune system and begin to build your energy reserves and the adrenals.

I share some new moon activities to help you 'let go' below.

**New Moon Rituals for Moon in Cancer - Nourish your Higher Self. On **August 3<sup>rd</sup>**, the first day FULL DAY of the Moon being New around the world before sunrise, try one of these:**



**1. Drink or wash with Moon Water:**

Place a bowl of spring water in a glass bowl outside during the first night of the New Moon (August 3<sup>rd</sup> this month), then filter out any leaves or dust the next morning, and drink this water or wash your face with it. The water will have a special energy to it because this is the ONE new moon per year where the Moon is in the water sign of Cancer, and it is in an auspicious place which baths you in a spiritual

connection and blessings with the water element.

**2. Be Here Now**

Either practice the "Be Here Now" meditation – perfect for any Red Day or the quiet days of the lunar cycle. Once you learn this, you can apply it within 3 seconds wherever you are.

[Be Here Now meditation](#)

**OR**



**Try Forest Bathing** or go for a relaxing walk in the woods. Did you know that just walking in the woods can increase your Natural Killer cells up to 40%? Do your body good and go commune with the trees.

Jump to 27 seconds in the video to hear about the benefits of forest bathing.

[National Geographic Forest Bathing Video](#)

## **Full Moon = Power and Abundance**

**Full Moon in Aquarius August 18, 2016 at 9:28 pm UTC/5:28 pm EDT/2:28 pm PDT**

This full moon is connected with the source of energy and light in the Universe (called Dhanistha). This full Moon connects us with the fruits of the Earth, abundance on the material plane and fame. With this prosperous moon comes the responsibility of sharing your good fortune – so the theme is one of charity and a deep humanitarian focus.

There is great wealth that can come to those born with this moon, but it comes with difficult marital karma at the same time; for instance Princess Diana and Marilyn Monroe were both born with this moon.

Think about what Princess Diana did and what many movie stars do with their fame, they can quickly shine the light on humanitarian efforts and bring resources to those in need and help many with their influence.

This full moon asks of you where you want to shine the light of your goodwill, where can you make a difference when sharing what is your abundance? You have a talent which can help others, and you'd be surprised how helpful you can be. When you share it, this is dharma – your purpose.

Consider volunteering during these next two weeks – the regal planets of Mercury and Jupiter combine August 19<sup>th</sup> and when you give-back during auspicious times like these, there is an expansion of the positive karmas that

ripple from your actions.

What is your cause? Act on it during this time and you will reap expanded benefits that will ripple into your future.

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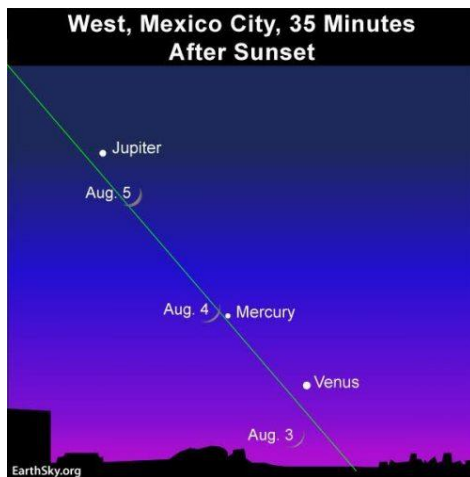
**Remember to download your Mercury Report and your Mega Red Day Report from the bonus section to better help you prepare for the end of the month!**

Important Dates in August

### **August 2 Red Day**

New Moon in Cancer 1:46 pm Pacific Time (See new moon theme above)

**August 3** See New Moon rituals above



**August 4 & 5 Yellow Day** These are two Venus and Mercury Moon Days.

Watch for Venus below the Moon and Mercury after sunset. Talk about a sweet Yellow Day – all three do-good planets are in Leo on this Yellow Day. This is the last time that Jupiter will be with the Moon in Leo for 12 years! The Moon occults (passes right in front of) Mercury too!

Not a typical Yellow Day, these days may have some chaos but it will be delightful in some way – like a group of children all running happily outside on the grass together, there might be some noise, but it is the sound of laughter.

### **August 5 Yellow Day**

Special astronomy experience! “It’s fun (but not easy) to see all 5 bright planets together in early August. Then watch for meetings of Jupiter, Mercury and Venus after sunset.” Earthsky.org

Venus 1 degree North of Regulus – the royal red star of Leo which is said to be 100 times more luminous than the Sun.

Plus, the Moon and Jupiter will pass each other between 8 and 9 pm PDT!

**August 6** A moon day of creativity and healing (the Moon is in Virgo, no special influences).

**August 8** Moon is close to Spica the star of opportunity moving from Virgo into Libra today. Look for creative ideas and try and have a nice dinner with friends or family.

**\*\*\*August 11 Jupiter moves into Virgo \*\*\* Happy New Year!  
Jupiter begins a new year of energy for us all, and sets up a new set of Green Days too.**

Get ready for incredible health innovations this year, great wealth opportunities for some of you and access to a new mentor, teacher or education.

**And it's a Yellow Day** The Moon just happens to be in Scorpio on this "new year" day, so it is not smooth sailing today, a feeling of hurry up and wait pervades the day.

**August 12 Perseid Meteor Shower** – Make a wish!

<http://earthsky.org/astronomy-essentials/everything-you-need-to-know-perseid-meteor-shower>

"Let the moon help guide your eye to Mars (plus Saturn and the bright star Antares) for several evenings, centered on or near [August 11](#). Then watch for the moon to move away from Mars and to sail by Saturn on [August 12](#)." Earthsky.org

**August 13** Saturn goes direct! Life is still not easy with Mars and Saturn together in the same sign, but life will be ever so slightly less like trying to hand paddle a tug boat with a net full of weights. Now it will just feel like paddling four canoes at once. 😊

**August 16 Mild Green Day**

**First New Kind of Green Day!** The Moon is in Capricorn and is a foundational or Type IV Green Day.

Use this day to lay firm foundations for your dreams or projects.

**August 17 Green Day** This is a moveable kind of Green Day – make changes to office, home, routines, or learn something new! Today is a day of "connecting" you with your path in life, it is a flowing day. Let music and art and eloquence bless you and share it with others on this day.

**August 17 – Sept 17 the Sun is in Leo**

Each year, this is a powerful time as the Sun is the power of vitality and life

for our planet, and when it is in Leo, there is a warmth, vision and leadership ability that is tapped in each of us. This year, the eclipse pattern Rahu/Ketu in Leo/Aquarius axis brings a bit more drama, self-centeredness to the month than usual and sets the tone and conditions of the solar eclipse in Leo on August 31/Sept1.

**August 18 Full Moon in Aquarius at 2:28 pm PDT**

(Notes for CC team: Not a Yellow Day in London, but a Yellow Day in the US.)

**August 19 Yellow Day** A deeply spiritual day, since the Moon today connects with the thousand petaled lotus of the 7<sup>th</sup> chakra, and bestows an ability to tap into high states of consciousness in meditation (but the day might be a bit ungrounded for things like running errands). It is better to keep this a regular work day, and run errands another day.

The day has too much good energy for spiritual practices of all kinds to ignore this window.

**August 20 Almost a Green Day!** It only not one because the Moon today is a bit turbulent and gruff but it is in Pisces receiving the helpful rays from Jupiter and Mercury, yay!

It is a good day to clear things out at home and edit things with an intensity that will feel good to let loose. Mercury and Jupiter are 3.8 degrees apart and shining their light on the moon.

**August 21 Green Day** Get ready for steady energy today. Remember, this is the (IV) fourth kind of Green Day which is great for making foundations and establishing companies, ideas, houses, relationships that you want to last a long time. A foundation poured on this day, will be sturdy and set just right and last for many decades.

Think in 25, 50 and 100 year commitments on these days.

For instance, a job begun on this kind of day will last a long time.

**August 24** Mars 1.8 degrees North of Antares in Scorpio – intensity intensifies today, expect some people around you to have a short fuse!

**August 25** Venus moves into Virgo with Jupiter and Mercury. **An incredible gathering of light is on the planet, as the planets of light gather in a constellation of light.**

I explain about how these three planets will give a better August and September than usual.

Get ready for some incredible collaborations – reach out to your power



friends and create something great or call a mentor you think you would never be able to reach or interview. Just do it! during this time because kind opportunity abounds!

Now notice, it is not a Green Day because the Moon is beautifully placed in Taurus (which is normally called exalted), but it receives intensely difficult rays from Mars and Saturn – so it is almost a Yellow Day, but Jupiter saves the day by giving protection and guidance to you and your day, yay.

**August 15 – Sept 9** these three planets of light are in Virgo.  
Aldebaran 0.2 degrees South of the Moon in Taurus.

**August 26** Once again, the Moon is in Taurus, and is almost a Yellow Day again, thanks to some guidance and protection – you can have a somewhat 'regular' day.

**August 27 A strange Yellow Day** (not your usual kind of Yellow Day) because you may feel both uprooted but slightly irritated (the Moon is ungrounded and punchy today) while we have Venus and Jupiter both stunningly close to each other on August 27 & 28 in Virgo! If only the Moon could help us all benefit from the two planets of light coming together more, but where the Moon is cannot receive the light of these two beautiful planets...

**August 28** The Moon is in an auspicious place in Cancer constellation (in Pushya), but the moon is too dark to be able to use this energy. Make sure you meditate or listen to a guided visualization or use music which relaxes and focuses you.  
Back up your computer, phones and pictures and get ready for the upcoming Mercury Retrograde.

At the same time, Mercury is 5 degrees from Venus in Virgo today.

**August 30 Mercury Retrogrades** beginning 5:03 am PDT in Virgo.

This is what will lead to the wealth combination repeating its pattern, when we have the light of the Moon to help us.  
We get some wealth opportunities to repeat when Mercury will retrograde back into Leo for the next few weeks and return again to its place of highest value (Mercury in Virgo in the Vedic system is called exalted, or giving extreme focus to marketing abilities, understanding and creating value or

creating planned obsolescence = higher profits, and a head for numbers and a special wealth combination with Jupiter for many of you out there.)

**August 31 or Sept 1<sup>st</sup> depending on your location:  
Mega Red Day,**

Solar Eclipse occurs at 7:08 pm PDT August 31<sup>st</sup> or September 1<sup>st</sup> at 2:08 am UTC or 3:08 BST London.

This is written on the bottom of your August 2016 Conscious Calendar.

**Make sure to download your Mega Red Day Report from the Bonus area and get ready to shift patterns by learning to say no on eclipse days!**

**All in all, the month of August appears to start with a whisper but ends with a carnival with Mercury retrograding again as the Sun is eclipsed on the next new moon in Leo.**

You can build your energy field to help you not get distracted at the carnival – which is what life feels like sometimes with the eclipses - by practicing the guided visualization exercises I have given you in the bonus area – your Be Here Now guided visualization.

It is a month of change and also of establishing new patterns for health and healing because the immense influence Virgo will now have on the world. Decide where you want to make changes or improvements in your life and try to set those new habits in motion after August 2<sup>nd</sup>, while being aware that things might get a bit more chaotic towards the end of the month with the Mercury retrograde and eclipse.

Be gentle with yourself, while choosing to actualize the changes despite the circumstances of life.

You can do it!

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