

August 2018 Conscious Calendars Vedic Astro Forecast PDF (bonus for paid subscribers)

AUGUST 2018						
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	31	

HIGHLIGHTS of August 2018

The month of August is much simpler than July, with only one regular Red Day (the day before the new moon) and one Mega Red Day, but without as much intensity as the "Zone of Intensity" that occurred in July. Good news, we are on the verge of the Golden Zone

of the year, which technically begins on those last three Green Days of August! And we only have one more Zone of Intensity left this year. And of course, the Golden Zone cannot begin until Mercury goes direct after August 19.

- **VENUS MOVES INTO VIRGO ON AUG 1 THROUGH SEP 1** (Its most challenging place for love and connection)
- **9 GREEN DAYS - AUGUST 3, 4, 14, 15, 16, 17, 29, 30 and 31**
- **3 YELLOW DAYS - AUGUST 23, 24 and 25**
- **4 PURPLE DAYS - AUGUST 8, 9, 21, and 22**
- **1 RED DAY ON AUGUST 10** (Regular monthly Red Day)
- **1 MEGA RED DAY ON AUGUST 11** (solar eclipse)
- **PARTIAL SOLAR ECLIPSE PEAKS ON AUGUST 11 9:47 AM UTC**
- **NEW MOON IN CANCER ON AUGUST 11**
- **FULL MOON IN AQUARIUS ON AUGUST 26**
- **MERCURY IN RETROGRADE, ADDING SCATTEREDNESS TO COMMUNICATIONS FOR 25 DAYS FROM JULY 26 UNTIL AUGUST 19**
- **MARS GOES DIRECT AUG 27 14:05 (2:05 pm) UTC**
- **SEPT 1 VENUS MOVES INTO A PLACE OF POWER AND CONNECTION IN LIBRA.** Get ready for some Golden Zone energy!

Go and download all of your Mercury Bonuses right now.

MERCURY RETROGRADE

See how you can communicate differently ~ do not be surprised if people are not "hearing or getting" what you are saying in conversations. If that happens to you, then **let the point you are trying to make go** or stop and find another way to express yourself.

Most of the time though, our ego is stuck in a need for someone else to 'get' what we are saying. Observe yourself and your expectations.

And at the same time, you might be asked to say your point differently

(hand signs, guttural sounds, stopping and finding a new metaphor, **looking the person in the eyes and thinking and feeling what you want to communicate BEFORE speaking**).

Mercury Retrogrades in Water signs in all of 2018. The element of water will become an important factor in world communications, and we are all being asked to "let go" in some place of how we communicate. Water is the element with flow, and it flows to the place of least resistance. See how this might be playing out in your life this year.

Choose the path of least resistance.

***MAJOR HEALTH TIP FOR THE MONTH: ~ Stay Cool ~**

Reduce heat in your system (and calm anger and irritation) and continue to take plenty of Potassium, this applies to EVERYONE on the planet no matter where you live. Remember, there are plenty of chronic conditions which arise and become more inflamed (heat in the system) with dehydration and these planetary conditions – for instance blood and vascular issues and heart conditions are related to Mars and potentially can worsen with dehydration and heat in the body, and at the same time, any inflammatory disease can get worse with the heat and Pitta issues that arise during this stressful 5 weeks through August 13. This includes issues like kidney stones, emphysema and chronic lung conditions too which all worsen with dehydration. **The 'big' chronic health issues often arise from Pitta or heat issues in the body over long periods of time. Dr. Sodhi, an expert Ayurvedic doctor who treats cancer in my area says that 80% of Cancer diagnoses comes from long-term, excess Pitta which causes wild-fire like extremes within the body landscape over time.**

This is why I am so focused on TRUE HYDRATION and reducing heat and inflammation during this hot-time on the planet. Mars and Ketu are adding to the heat in political rhetoric, our personal irritations and it also gives us the opportunity to change and create new patterns of Peace and compassion in the face of our greatest challenges.

EAT cucumber, celery (blanched celery in soup reduces anger and

treats the liver in Chinese medicine), coconut water, watermelon, aloe vera juice, cactus and green tea (this is also called for when Mercury Retrogrades, see your Mercury Center for your extra bonuses). And go VEGAN for as much of the first two weeks of August as you can (this means eating lots of fruit and vegetables, not just eliminating meat or cheese folks). This will help reduce heat in your body and reduce irritability too.

Definitely try and eat vegan or vegetarian for Aug 10 and 11, if you can.

MEDITATE and unhook from extreme habits on a daily basis. Many people find journaling to be relaxing and focusing. This is still “doing” something. See if you can just stretch and listen to what your body needs and if you can fall into a short meditation on a daily basis, when you take time out to relax without stimulus of any kind.

MANTRA is a great way to help get you ready for **meditation** too. **(I’ll be sharing mantra programs with you soon.)**

Reduce or stop heating foods like coffee, alcohol, spicy food, garlic and onion are heating and duck, turkey, and lamb are all heating meats in Chinese medicine.

This year the planet Mars spends seven months in Capricorn with some extra irritating features – we can use this to see where we can improve our lives and patterns, remember!

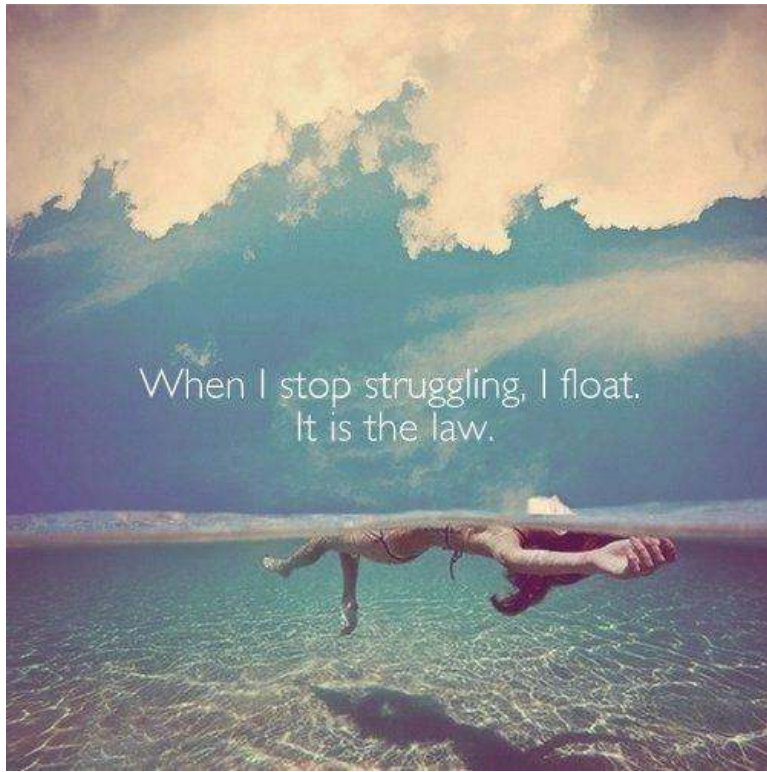
Learn Why I suggest these remedial practices; scroll to the bottom of the PDF to learn more about Mars and its effects.

Detailed Description of August 2018:

[First Week of August: August 1 – August 7](#)

We are one week into Mercury Retrograde and through 2 of the 3 eclipses in this eclipse season. Only ONE more eclipse this year!

Go and download all of your Mercury Bonuses right now if you have not done that yet.



POSITIVE AFFIRMATIONS FOR THE NEXT WEEK:

"When I stop struggling, I float. It is the law."

"I choose the path of least resistance, especially when I communicate. Life is easy when I allow."

(Mercury retrogrades in a water sign. See the metaphor?)

Wednesday August 1 Venus moves into Virgo. (Venus is called debilitated in Virgo in the Vedic system. See what it means below.)

Venus passes through Virgo one time a year, and when the planet of love and connection is here, we are being asked to NOT buy into feelings of 'not feeling the love' or 'not loving our work'. This time of year is a chance to build faith that we are loved even if it does not feel like it.

The deception is in the 'feelings'. Feelings are temporary. And just because we feel a way for a short period of time does make it the Truth. **The TRUTH is that you are loved and connected to every living thing on this planet and in this solar system and Universe, whether your senses tell you that or not.**

So, the theme of the month is to keep giving of yourself to those you love, and show up whether it is 'fun' or you 'like it'. This is the stuff of TRUE long-term intimacy, marriage and relationships, it is the stuff of real-life folks. After all, does a parent not make dinner for their children because they don't feel like it or it 'isn't giving back to them?' Keep doing your work and giving love whether you feel it or not and see where you are being asked to

'step up' and improve yourself this eclipse season. As YOU improve yourself, miraculously, the love and appreciation often show up. Try it.

It is also a time to learn something new about gardening, the Earth or herbology. Let your appreciation of mother Earth expand. Notice that as the fires, volcanic eruptions, drought and storms happen on the Earth, mother Earth continues to give life to us. What a gift we have, no matter the difficulty, the Earth gives life after devastation. Find appreciation in the food, herbs and medicine of the Earth this month and the generosity of strangers.

DIRT and WORK We can't get food or herbs without getting our hands dirty after all. So, go ahead and see that sweat and dirt is the stuff of *new life*.

Understand that 'sweat and doing the everyday, often unappreciated tasks' in your work, relationships and charity work are often the VERY thing which create a calm mind and a bonding experience. Making dinner and doing the dishes create a steadiness in our lives and allow us to connect over food, and settle our minds with a clear counter.

This is the good stuff folks, and it is what gives life meaning. So, stop looking to 'feel good' this month, instead look to where you can grow something for the future in your garden, community or long-term relationships. You come to me for the truth.

Thursday August 2 is almost a mild Green Day! The Moon is in Pisces opposite Venus. Go with the flow or spend time near the water or enjoy the a walk or view around a lake, ocean, river or water feature, like a fountain. This also cools you.

~ Today has the promise of a blessing, but the gift will come in the form of something you need to build or work with long-term to experience the full blessings. The metaphor here is planting a bulb, which is super easy to do, you just have to wait to see the blossom or eat the food until later. Reading a book and applying the knowledge or practicing a recipe or practicing a skill is the same way. See what hidden gift is brought to you today.

Advanced Vedic AstroTip: The Moon is five days waning past a full moon, and the moon is in UttaraBhadrapada in Pisces.

Friday August 3 is a **Mild Green Day**

Today's gift comes in the form of friendship or romance, and experiencing the softer, sweeter things in life. Great activities include playing music, or going to an elevated music show, experiencing the arts or some kind of performance that relaxes and connects people.

The moon is in an auspicious place with a double blessing from both Venus and Jupiter.

Advanced Vedic AstroTip: The Moon is six lunar days waning past a full moon, and the moon is in Revati in Pisces.

Saturday August 4 is a **Mild Green Day**

Today is a day good for new beginnings, opening accounts, repaying debts, revising contracts (because Mercury is retrograde), sports, travel, receiving healing work or taking herbal medicine. The Moon is in an action-oriented, fire sign.

Now the Moon is in a different auspicious place in Aries, opposite Jupiter.

Advanced Vedic AstroTip: The moon is in Ashwini and is on its 7th lunar day waning toward a new moon.

All Green Days during Mercury retrograde with Mars and Saturn retrograde are not quite as 'Green-Go' as a full Green Day, not during Mercury retrograde. We still want to use the Green Days during Mercury Retrograde to move things forward in life and save the big changes for the week of Aug 13 or later.

Second Week of August: August 8 – August 14

Mercury continues to retrograde while **we prepare for the last eclipse of the year on August 11 with the Super New Moon and partial Solar Eclipse (it's a Mega Red Day).**

*****Get your food shopping and errands finished by August 7 or 8 and you can then be settled in your daily routines for the days before and after the eclipse on Saturday.**

Mercury is also connected with laughter and humor. Use humor as often as you can to shift the energy and increase oxygen to your lungs. Try laughing yoga or yoga with pets or children to release your inner child!



POSITIVE AFFIRMATION FOR THE NEXT WEEK:

"I am at Peace in the midst of circumstances. Peace, Peace, Peace. I am at Peace."

Purple Days: The Moon is with Saturn or opposite it on days with purple numbers. The day is slower and possibly has obstacles and delays, that are more physical than the Yellow Days (For instance, A large black truck slowing your commute, an accident of an overturned vehicle or street repair, versus a technology issue that causes delays on a Yellow Day).

The delays on Purple days may improve what you are creating, since the fix to the problem might take more time but be better in the long run. Be patient and have perseverance. Keep long term goals in mind.

Wednesday August 8 is a mild Purple Day

Today's moon receives both Saturn and Jupiter's glance, so it will not be as difficult as the other Purple Days. This Moon is called the "searching star" and gives a depth of spiritual insight to your day (and an urge for spiritual liberation). Meditation on this day brings insights that can free you from stuck patterns in your life. Sit and find freedom today.

Moon is in Gemini, opposite Saturn (see explanation above).

Thursday August 9 is a mild Purple Day

Today's moon can bring great intellectual and spiritual freedom again. This time the Moon is associated with learning something which will pull you out of some form of suffering.

The great Ramana Maharshi was born with his Moon in the same place as today. If you give something up you will gain freedom today.

Advanced Vedic AstroTip: Moon is in Gemini, opposite Saturn (see explanation above) in Punarvasu, ruled by Jupiter.

Friday August 10 is a Red Day

Dark Moon or the day before the New Moon. This is both a regular monthly Red Day and the day before a solar eclipse.

This is a quiet, self-nourishing day. Be mindful of drivers

Saturday August 11 is a Mega Red Day

Super New Moon and Partial Solar Eclipse

= Mega Red Day and eclipse peaks at 9:47 am UTC (time of Greatest Eclipse or center of the eclipse is GE - Greatest Eclipse)

Eclipse peaks at 9:47 am UTC / 10:47 am London BST / 5:47 am EDT / 2:47 am PDT



SUPER NEW MOON IN CANCER SATURDAY AUGUST 11

(VEDIC OR SIDEREAL MAP, THE SAME SKY MAP THAT ASTRONOMERS USE. THIS MEANS THAT THE MOON ACTUALLY RESIDES IN CANCER WHEN YOU LOOK TO THE SKY.)

Super New Moon occurs on August 11 9:57 am UTC / 10:57 am London BST / 5:57 am EDT / 2:57 am PDT

This New Moon and solar eclipse in Cancer is a perfect recipe to dissolve emotions which trigger us. This is not about spiritual bypass ~ this is about facing a fear, anxiety, trigger or pattern and looking at it face-on, and to keep breathing through the experience. See below to walk through a practice.

The partial solar eclipse will be visible from northern and eastern Europe, northern parts of North America, and some northern and western locations in Asia. (see the blog post).

Personal practice of Kathleen's around eclipses: I use eclipse days to maintain current habits and add one more good habit to the mix. On the eclipse day, I wake early, say my mantras, meditate, stretch and do yoga, then go for a mild walk and resolve to walk daily or work-out five times a week.

I tend to fast during the eclipse and sometimes for up to 9 hours before the

peak eclipse time, or I keep eating light, and just drink a smoothie and fruit and water. It is wise to go Vegan or vegetarian if you can on eclipse days. This will reduce anger and inflammation in your future.

I also make sure I do not have any sugar, bread, or other temptations in the house days ahead of the eclipse. Notice, what happens to your mind a few days before the eclipse, and see if when you are low blood sugar that you are not tempted to make a purchase, or have the conversation of 'oh, that wouldn't be too bad if I just bought one of those ____.'" Fill in the blank for some food or drink or purchase or habit that maybe isn't in your highest good or is not the healthiest.

Since you KNOW this thought might come, you can quickly resolve to "just not buying that sweet or item for the next three days" That is all I suggest. Say no to a bad habit, the day before, the day of and the day after an eclipse. See what happens! You probably will NOT want that food or habit as much over the next six months.

Again, I say test it.

If you say NO to something on the eclipse day you can easily say NO for six months!

MEDITATION ON LETTING AN EMOTION RISE AND FALL AND DISSOLVE = FREEDOM AND POWER

If you take an issue that has been arising for you the previous week or month and truly allow to rise inside of you while letting the "Observer-Self" oversee it all (a part of you is always observing from afar, like in a dream, this is what I call Observer-Self) – then this is where you can have patterns dissolve.

You may not be fully free of a pattern quite yet, first it is important to allow the emotion to arise, not stuffing it or diverting it and allow the thoughts that come with it, but do not get caught in the whirlwind of the emotion. Keep that Observer-Self, and watch what happens in your body. Is it really emotion or is it a sensation in a part of the body? Is it a tightness, a flutter, an ache? Emotions are not really emotions, they are labels for physiological experience, and then we give it meaning. Ever noticed how excitement and anxiety feel similar in the body? Ever noticed how anger is really energy rising in the center of your body at diaphragm level?

Ever noticed how fear affects the low back, knees and bladder? This is the wisdom of the ancients and you get to experience and deconstruct it within YOURself, revealing the truths of your experience. This is the ancient way – experience things for yourself and test if something is true for you.

The emotion that you let arise might be the fear, anxiety or anger that the ego gives us when we think of “that thing, or that topic, or that person.”

The shift is that we no longer avoid or think negatively about that part of our Self, because it is likely that we don't want to admit that we too could be _____(what 'that' person might be, or that it means something if what we fear, like losing something or failing, comes true. Ride it out. When we ask ourselves if that is true, we usually realize we have a mistaken belief, or we are afraid of our power not our weakness. Like Marianne Williamson reminds us.)

Once the mind-body allows an emotion to surface and quell, it is amazing how it only takes a few second! Let it WASH over you, it no longer has power over you once it has passed.

Water is the theme. Let an emotion wash over you without it taking control of you.

Durga is the Goddess who has conquered the emotions, because they do not have a hold of her. This is why this Goddess is seen riding a lion or tiger; that animal represents the world of emotions and she has them under control. And she has great power she draws upon whenever she needs and brings protection to anyone in need, while she is calm and beautiful most of the time.

Tuesday August 14 is a Mild Green Day

The day after the solar eclipse, today is connected with the Earth and all the herbs and gifts we receive from mother Earth and this element. Earth is the element connected with making a cup or container, think of all that we can hold and grow with this element.

Today has fixed energy to it, so do not expect movement. Instead, see where you can create organization, steadiness and regularity to your life.

The following Green Days bring the movement.
(Moon is Virgo with Venus in UttaraPhalguni.)

Third Week of August: August 15 – August 21

Four Green Days in a row this week!

POSITIVE AFFIRMATION FOR THE NEXT WEEK:

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure.” Marianne Williamson

Wednesday August 15 is a Mild Green Day

A flowing day with gifts of craft and what our hands can create. What craft or skill can you do today? Paint, sew, wood-work, knit, or 'maker' tasks are aligned actions today. See if you can let your creative side out today, or support an artist by buying their craft and gifting it!

Some Green Days we receive gifts, sometimes we are the gift giver. 😊

We are just two weeks away from the beginning of the Golden Zone of the year, and we are in the last days of Mercury Retrograde! So, finish up the communication fixes you see are needed or technology issues that need to be connected, and get ready for the flow.

The Moon is waxing on its fifth day of light, so it has to be a mild day. We do not have enough lunar light to give this a full Green Day.

Notice, the momentum though of the Moon connected with Venus and your creativity yesterday and today.

Thursday August 16 is a Mild Green Day

Today the moon is with Jupiter and is about finding answers to issues or questions of the a past few weeks! This is where you can discover answers or the 'next step' in the Mercury Retrograde cycle, plus the Moon is with Jupiter on Jupiter's day (Thursday)!

Today is connected with the wisdom within you and found in language, the arts, music, and creative endeavors. Any kind of creative activity is aligned today.

It is also a day for learning astrology, planting and sowing, moving plants around in a garden, for healing treatments and rejuvenation.

Friday August 17 is a Mild Green Day

The fourth of four Green Days in a row and almost the end of Mercury retrograde! The Moon is on its 8th lunar day of building light.

This is kind of 'regular' Green Day. It is good for everyday activity, and creating connection, learning, relaxed celebrations with friends and family. Keep expectations simple and go with the flow. The gift is in the relaxation or learning something new today.

(The Moon is in Libra with Jupiter in Vishaka.)

MERCURY GOES DIRECT ON AUGUST 19

Now we are in the last phase of Mercury Cycle as Mercury makes its way back to where it was when the retrograde began.

In this phase, we integrate new systems, language, insights and answers to our communication issues. How are you going to communicate with your co-workers, friends or express yourself differently?

Mercury in Cancer: Now, is the time to practice your 'new way' of expressing yourself, that is free of expectation (because you moved through some fear you had around that solar eclipse).

See how it all comes together when you apply yourself?

Tuesday August 21 is a Purple Day

This is a classic Purple Day, the Moon is in the place of clearing and uprooting (Mula) and combined with Saturn the day is about Letting Go, bigtime.

See if you can be patient in the face of obstacles or delays. That is helping reduce Pitta (the heat of Pitta and Mars right now can add to impatience, so when you are patient on this kind of day – you are making immense strides and growing.)

(The Moon is in Sagittarius with Saturn (retrograde) 11th lunar day of light.)

[Fourth Week of August: August 22 – August 28](#)

Two Purple Days with Three Yellow Days in a row ~ hang in there, we are on the VERGE of the Golden Zone! The Golden Zone of the Year starts August 29th and runs for more than a month!



QUESTION OF THE NEXT WEEK:

“Do I want to be right, or do I want to be Happy?”

Wednesday August 22 is a Purple Day

The Moon is with Saturn another day, but this moon is connected with “The Invincible” place in the sky. Even more than ever, you are reminded that perseverance wins and to continue to work toward your aims. This is a day of renewed determination – you have three Yellow Days coming up.

Stock up on healthy food and use your routines to create healthy patterns in your days. Organization and routine are the focus on Saturn Moon days. Use tradition, it will support you. Pranayama is one of the most steadying practices, which also detoxifies the system.

Try just three rounds of breathing in and holding your breath for a few seconds and gently letting the breath go. See how you feel after this. **That is aligned action for the Purple Days.**

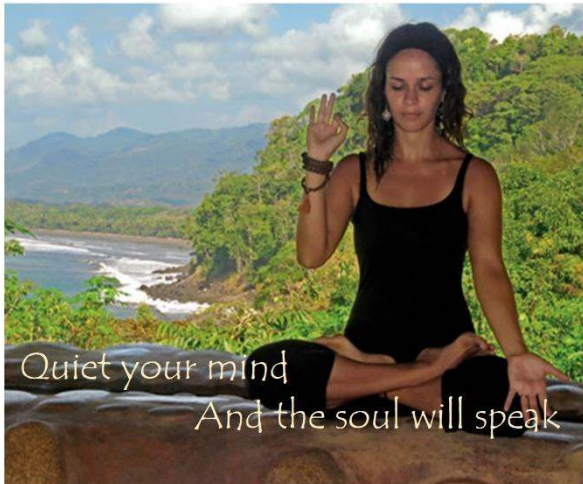
Thursday August 23 is a Yellow Day

Things heat up these three days, since the Moon is with a retrograde Mars and Ketu. Technology issues, lack of mental focus and distraction are likely today.

As a result, use herbal medicine to help you focus and stay calm. Drink that Chamomile and Mint tea I told you about last month and get back on track as soon as you see you are distracted.

You get two more days to practice not losing ground and doing your daily practices first because time will fly today.

Friday August 24 is a **Yellow Day**



The second of three Yellow Days the energy of the day is starting to mellow because the Moon has passed Mars and Ketu already by today. Phew!

Don't let your guard down, keep your focus as best you can, and definitely do not plan any extra errands on the Yellow Days.

The Moon is in Capricorn and in a place of learning and hearing the wisdom from within. (Moon is in Shravana)

Saturday August 25 is a **Yellow Day**

Today is a day to access your 'uniqueness' and listen to the drum beat of your own path. Today connects with the beat of heart, the beat of the rhythm of the Universe and the path that is uniquely yours.

Be different, be yourself. The best path is the one on which you walk. Go your own way. This is the way to use the energy of the Yellow Day, which is about discovering your own path and answers, really.

Celebrate other's unique gifts at the same time.

(Moon is in Dhanishta in Capricorn)

🌕 **FULL MOON IN AQUARIUS Sunday August 26, 2018**

FULL MOON occurs **August 26** 11:56 am UTC / 12:56 pm BST/ 7:56 am EDT / 4:56 am PDT

Finally the full moon is out of the rays of the eclipse patterns! We are on our way to using the light in clear ways, now that Mercury is direct and that we are through the disruptive energy of the past week.

The Full Moon in Aquarius reminds you to connect with the revolutionary within you. Those ideas you have that may be a bit different? The way that you see things from a different angle than others?

This is to be celebrated and you are being asked to share and express your ideas to contribute to your personal change and helping your community, town, work, or family make changes.

So, if you have been wanting to make changes and have been holding back (or felt misunderstood during Mercury Retrograde) or distracted by life from the last three eclipses and what they brought up.

It is time to go for it!

We have full light right now and even though the Moon will be waning after this full moon ~ The three Green Days coming up are going to help you gather steam.

Dream It. Wish It. Do It!

The Moon in this air sign, Aquarius is connected with change and uniqueness. It reminds you to gather with others and give and receive support for your dreams and ideas. Notice how 'makers' (inventors and do-it-yourselfers) continue tinkering and working on their projects, and they often have others who have tried what they are doing and have advice for them? Go and seek out others who have done something similar to what you want to do and ask them questions!

Be a child again and be curious. It does not matter if you succeed in the exact thing you set out to do. It is important that you follow the idea that has come to you recently and use this Golden Zone to follow things through. No regrets and a life filled with meaning is a rich life.

Monday August 27 MARS GOES DIRECT AUG 27 14:05 (2:05 pm) UTC

Mars is direct finally and then will proceed to make its way back over the eclipse mark in the sky. I will share with you the TWO times to look out for when this occurs next month.

[Last Days of August: August 29 - 31](#)

Golden Zone Begins! Celebrate.

This is a time where the positive forces of Jupiter, Venus and Mercury all gather and support either consciousness on the planet, support people and

conversations from different walks of life, and a healing on the planet. In your personal life, this is a verdant, fertile time when what you focus upon has support and can grow into the future. So, what do you want to bring into the world? How are you contributing?

POSITIVE AFFIRMATION FOR THE NEXT WEEK:

Wednesday August 29 is a Mild Green Day

Use today to establish and pour the foundation for something solid you want to see in your life over the next few months.

Use today to plan, and make a map or blueprint of your vision, or if you are further along in your process – starting the work on the project will bring long term success. The Moon is in a sign of Jupiter (Pisces) and the Moon receives both influence, support and rays of light from both Jupiter and Venus. A doubly blessed day, but a little fixed, so it is a mild Green Day.

Vedic AstroPro Tip: The Moon is in Uttarabhadrapada today, a fixed nakshatra.

Thursday August 30 is a Type II Green Day

Today is for celebrating, enjoying yourself, friendships and romance. This Green Day is connected with pleasure, enjoying the finer things in life, the arts and friendship.

This is a great date night Green Day! So, make plans and let things flow today.

(The Moon is in Revati)

Friday August 31 is a Type I Green Day

Today is a great day for beginnings of any kind: travel, opening accounts, starting a healing regimen, a new health routine, starting a work project, sending out important announcements. Commerce and trade is also very good on these days, so signing contracts and making deals is supported on this Green Day. (Green days support making Green.)

Expand what you are doing. September 1 & 2 continue the expansion and support making it almost FIVE Green Days in a row. September 1st is a rambunctious day, so it is not a Green Day, but Venus moves into one of its

most powerful places on Sept 1, expanding creative organization and productive relationships.

(The Moon is in Aries, in Ashwini with Jupiter's rays of support.)

What you need to know about Mars in Capricorn

One time every two years Mars passes through one of its most intense places in the sky, in Capricorn, and affects our tendency toward anger or irritation if we have not developed restraint and Peace within ourselves.

Mars in Capricorn gives great strength, prowess, stamina, discipline and clear boundaries to most everyone (in your own way) around the world for a short while.

Learn Why we need to hydrate and cool the heat of Mars and Ketu:

In general, Mars is a hot planet, and usually, its time in Capricorn is for a short period of time, about two months at most.

This year the planet Mars spends seven months in Capricorn with some extra irritating features – we can use this to see where we can improve our lives and patterns, remember!

Mars is more intense than usual this year because:

1. **Mars is at its boldest** in Capricorn and this year it is lingering longer and retrograding in this bold place. In Vedic tradition, protection practices are often sought when Mars retrogrades anywhere in the heavens. Have you been more impulsive? Notice your habits, and you can add a PAUSE button.

2. Mars is with Ketu (which is said to act like Mars).

This means we have a double Mars energy, at its boldest, and is weak and filled with empty ego at the same time. Ketu is a spiritual influence which will also show our weaknesses to show us where we can improve ourselves, if we choose to look!

* Have you noticed your ego/self-identity getting bruised a little easier, or getting "micro-triggered" and then you settle back down?

Mars is actually not strong for helping us with discipline, like it usually does here because it is with Ketu. The eclipse pattern, Ketu can

weaken our resolve to finish and do things, to weaken health and vitality and the joints (a Vata issue) and increase the likelihood of injuries to joints or head injuries and accidents or any issue which not treating 'wind' issues or Vata will make worse.

This is even more reason to be gentle with our bodies and not PUSH too much, and to meditate and hydrate to give resilience.

The good news is that with extra resolve, you can overcome some weak habits. Keep trying to do that daily walk, meditation or mantra! You can do it! Just keep trying. Please ~ we are all having challenges, and it helps to know we are all overcoming our personal issues at the same time. Remember, you are part of the human family and community and when you expand your issues to connect with others, less fortunate than you or understand the others are struggling too, it helps take the pressure off any perfectionist or judgmental voice. Keep trying and committing, and any time you stop yourself from angering you are triumphing!

I get to practice this with the planes flying over our house – which has expanded 5 fold. The noise is nothing our quiet, country like setting has ever experienced. In the challenge, I get to take a deep breath and still mark down the screeching plane times.

You can still be in action and reduce your irritation at the same time!

3. This year, Mars is also retrograding during the July and August eclipses and just crossed those eclipse patterns in late July!

I have explained most of this in the previous JULY PDF, and there is a tad more at the end of this PDF to help you understand why things might have felt wild, and out of hand in July from threatening world Trade Wars to unstable markets and continued cyber-warfare in the form of foreign entities trying to destabilize governments through social media posts that spread anger, short-sightedness and lack of seeing other human beings as human beings.

World Stage Influence:

This year Mars retrogrades in its most easy to anger place often causing

irascible and impulsiveness (notice how dictators and weak world leaders are imposing restrictions with haste from Zimbabwe to the U.S.).

As a result, we have seen revolts, and violence in the name of independence from the elections in Zimbabwe (better than in 2002 elections, but still violent) to instability and unrest in Nicaragua and continued issues in countries still caught in war and violence. (The fires in California are related to both the ripples from the total solar eclipse in Aug 2017 and from the intense heat of Mars and Climate Change stoking each other's fires, literally.)

SATURN CONTINUES TO BE RETROGRADE ALL OF AUGUST. IT IS RETROGRADE IN THE SIGN OF JUPITER. See blog posts for description of what Saturn in Scorpio brings.

SEPTEMBER 2018 LOOK AHEAD

What you want to know!

September 1, 2018 Venus moves into Libra ~ This is one of its most powerful places in the year, and it joins Jupiter. The two planets of knowledge and the arts combine to give each of us some special gift. For each one of us, either Venus or Jupiter is stronger in our consciousness and during September and October, we are being asked to craft something new and find resolve within our self at the same time.

A coming together of your heart, mind, soul and consciousness. This is a rich time of creation!

September 19 – 23 there is another small blip or mini Zone of Intensity when Mars crossed Ketu in Capricorn again. This time is much less intense because we are not on the verge of an eclipse and Mercury is not retrograde. So, expect some mild issues related to children and immigration, Trade War flutter, instability and threatening words once again from World Leaders, but this time around it will be milder. Cyber attacks are still imminent and in full force well through November 6, 2018. This is how long Mars is still in Capricorn with Ketu causing the tendency to create warfare with 'unseen' means and technology.

At the same time, this period of time overlaps with one of the most beautiful Golden Zones of the year! The middle of September through October 11th is a special time of year, I discuss in the Golden Zones of 2018 Course, free to all paid CC subscribers.

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