

May 2016 Planetary Update - Conscious Reflection

Aligned Living for Conscious Co-creation

Make sure to note the new and full moons with the description of the theme or special message in the May Highlights section at the end.

May begins with no fewer than 4 planets in Retrograde. Now, here is the good news:

1. Jupiter will be going direct on May 9th, since it has been retrograde since January of 2016.
2. Mercury will have a short and fast retrograde cycle and be direct by May 22, 2016.
3. Retrograde planets are actually stronger for what they each represent, which means you can plan on trying to understand and use the qualities of the retrograde planet to improve yourself or your systems or at least plan to work through them.

See below for more information on the Mercury Retrograde and what it might mean for you.

May Full Moon - Building toward Frenzy or Coalescence



Remember to keep the big picture in mind when looking at full moons and red days, at the very least this is why I write these PDFs for you. The full moon in May to the full moon in June in the northern hemisphere is the BIGGEST energy of the year!

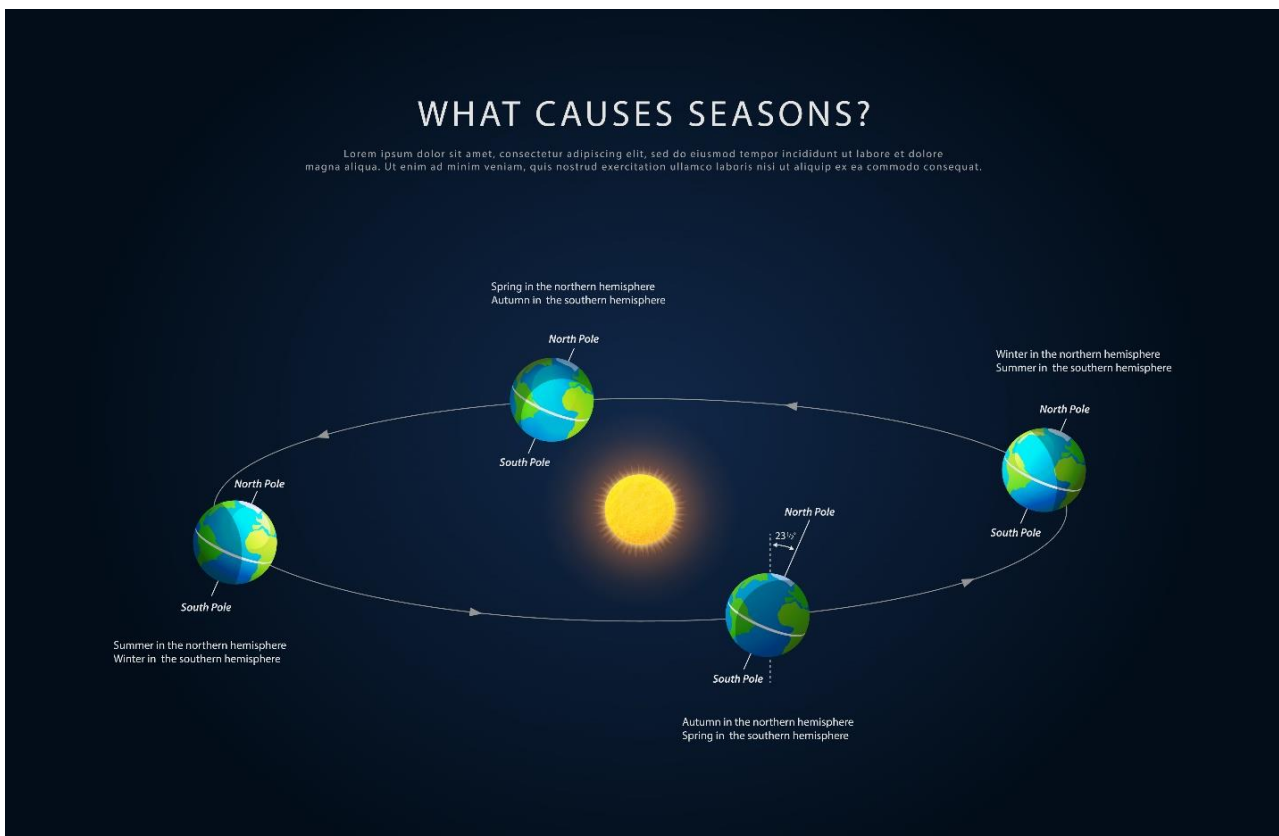
I have said to my Chinese medicine clients for over 20 years to make less plans for mid-June, then when you are invited spontaneously to 5 more dinners, parties or cook-outs in mid-

June, you can choose which one sings to your soul the most at the time. I am sharing this now with you because the social invites will increase after May 6th.

Remember, the last full moon cycle around summer solstice in the northern hemisphere is the biggest light and energy of the year! It is the longest days (the solar calendar) overlapped with the two full moons in May and June, that happen to bring the full moon in alignment with summer solstice this year. It is not just because it is graduation season and kids are getting out of school that mid-May to mid-June feels like a frenzy folks – it is because it is the biggest energy of the year in the n. hemisphere.

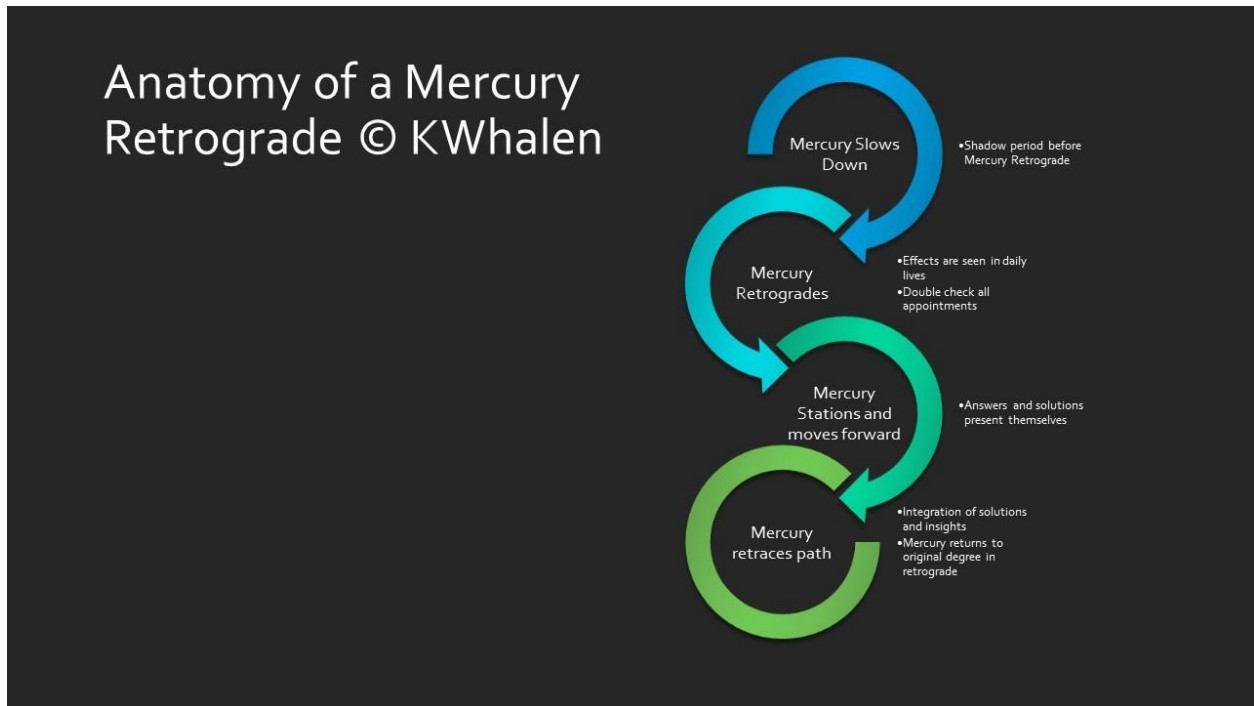
It will appear to be a frenzy to others, but because you have been told about this, you now can watch each year from mid-May to mid-June and notice how you will be less and less overwhelmed every year because you now understand the forces at play in your life, and how the sun and moon build to give the full feeling in summer, and 2016 in particular with the full lunar light and the full solar light conjoining on June 20, 2016. More on solstice in the next month's update; though you now have the most important nugget of how to manage this energy.

On the other hand, in the southern hemisphere, the Red day in May to the Red day in June is the lowest energy of the year. The Red day is the lowest light of the lunar cycle and the June solstice is winter solstice in the southern hemisphere. See how this works? It is a time of coalescing in the southern hemisphere. Those in the southern hemisphere are being asked to consolidate their energy, to heal, to take the energy to their roots and allow things to slough off as they gather their energy in mid-winter.



This May full moon also happens to coincide with a retrograde Mars and Saturn, so the influences are both building to some of the largest energy of the year while there can be feelings of pressure and stress at the same time that fun might be calling.

Mercury retrogrades in Aries April 28 – May 22, 2016



Mercury Retrogrades from April 28 – May 22nd. Mercury retrogrades in Aries which is a fire sign. And as you recall from last month's PDF, you were asked to see in what area of your life Mercury was bringing messages. Will you be aligning with your dharma/life purpose, or purging and clearing things from your life with this Mercury Retrograde? Take a look at the four themes mentioned below.

This retrograde begins with Venus, Sun and Mercury in Aries, so there is a sweetness to this Mercury retrograde at the beginning. You might notice "Deep Dives" being offered or choose to take some time out of your normal schedule to really take a look at an area of your life – The four areas of life that are affected by any Mercury retrograde and where you will only notice ONE area of life being affected relates to:

- **Dharma or finding and aligning with your purpose;**
- **Artha or budgeting, income and acquiring knowledge or goods;**
- **Kama or basking in the pleasure of friends and community, and romance;**
- **Moksha or Freedom and release from suffering.**

If you observe your life, and the lessons which emerge during this Mercury retrograde, you will see the lessons being brought to you are likely in one of these four areas of life. So, dive in and see what needs to be thrown into your 'inner fire' and transformed into something that moves you forward instead of keeping you in the same place in your 1) passion for life and how you give back; 2) your income and savings; 3) your sense of connection with the sweet things in life



and finding your community; or 4) where you are ready to release the opinions, habits and regrets which might have been keeping you in 'victim mode thinking' (do you feel like life has done to you, or do you see how your choices have led to the crises and how you feel right now in your life?) or how you can relish in the freedom that losing your opinion, objects, job, labels, responsibilities or persons in your life?

Yes, Mercury retrograde can bring us closer to the gifts that are already in our lives, we just need to stop and reflect on them differently sometimes.

And look for new ways to communicate and new ways to respond to others in your life, which can be new scheduling systems, or perfecting your systems or just reaching out to communicate in new ways to old friends. Some good lessons can be as simple as confirming appointments to eliminate

headaches and loss of income from missed appointments.

Retrograde Planets

Retrograde planets are said to act more strongly in our lives – notice how Jupiter has been bright in the night sky? This can only happen when Earth is in between the Sun and Jupiter, and Jupiter happens to appear to retrograde when it is opposite the Sun and shining bright in our night sky. Jupiter is closer to us in its orbit, and so is stronger in our lives.

Mars, Saturn and Jupiter are all retrograde when they are closer to the Earth and Earth is between them and the Sun. At the beginning of May, all three of these planets and Mercury will be retrograding.

Retrograde planets strengthen the effect of what the planet represents in our lives and where it is retrograding brings a theme and focus for us each to deepen, improve, perfect and process on an inner level what the planet's qualities bring to each of us. (See the description for the Full Moon to learn more about the retrograde Saturn and Mars theme).

In general, retrograde:

Jupiter = listening to your inner guidance, voice and being open to what you know to be true. When the student is ready, a teacher or guru appears. Retrograde Jupiter is about your inner journey preparing to be able to listen to the wise ones who surround you – but it is your inner wisdom which gives the ability to listen in new way. The teacher within is what allows the teacher outside of you to appear.

Mars = learning patience.

Saturn = letting go of perfection and the need for it, or the need to factually explain something to be able to know it.

Mercury = developing logic to be able to discriminate what facts to keep, how to compare them and what knowledge to keep long term. This relates to an ability to read and listen and categorize information, which builds a knowledge base, and helps communication skills. It is all about how to understand information and either keep or discard it, and then how to access and then express information and knowledge when it is needed. When mercury retrogrades, we all get to see where we can improve our communication skills, since we clearly understand what we are thinking!

The messages we get during Mercury retrograde are because we are looking for answers in a different way – tune yourself to receive the messages coming your way.

Jupiter goes direct May 9, 2016

This shift will bring honesty, truth and shed light onto any project that has been forming for the past four months. Leadership finds its roots in the hands and voices of the workers – and true leaders know this. Be ready to witness more employee owned companies being formed in May, June and July 2016 because of Saturn's influence on this leadership driven Jupiter. If you are a manager, how can you listen to the employees more? If you are an employee, how can you contribute to your work by voicing your ideas on how to improve things or take on a leadership role in the community more?

May Highlights

May 1st and 2nd, 2016 Two Yellow Days –

These two Yellow Days occur in the small window when there are 4 planets going retrograde – so plan on a few more technology glitches, miscommunications, fried battery back-ups, and tired brains on these two days. If you have an important event on these two days, just plan, and plan well to expect a few distractions and delays, or reschedule minor meetings. You will be more productive trying to just get a few things finished quietly in your office – but distractions are much more likely on these two days nonetheless.

Meditation in the morning is a must – and at the end of the day. Even if you only listen to a 5 minute guided visualization.

May 5th, 2016 VERY Mild Green Day – Keep in mind that this is the day before the lowest energy of the month, the next day is a Red day. I gave this an 'honorable mention' Green Day because the Moon is in a special "light and swift" place in Aries, and receives support from Venus and Jupiter on this day, so some sweet little treat may come your way. Just don't expect this day to have full Green Energy, since we still have 4 planets retrograde and our collective

consciousness is a little more prone to fantasy rather than facts on this day. Stay grounded and look for the little blossoms in your day.

May 6th, 2016 **Red Day & New Moon in Aries**

The New Moon in Aries this month sets a fiery, impulsive tone with a *Can Do* attitude for two weeks, with a detoxification theme blinking warning lights to us all, in at least 3 different ways. Today's New Moon is in the sign of the Ram and the moon mansion (specific place within Aries) connects with Mars and Venus in a unique combination bringing artistic talents, a balance of masculine and feminine forces within you and a focus on hard work and forbearance to carry the burden of humanity and lesson the load of suffering in the world and sets this as a theme for the next two weeks. Health care practitioners, hospice workers and those caring for the chronically ill often have this Moon in their natal charts (called Bharani).

Suffering and inflammation can be reduced by clearing and detoxifying heat and inflammation in your body this month. Turmeric is a classic anti-inflammatory which is a classic therapy for supporting Jupiter in Ayurveda and Vedic Astrology. Look to reduce heat and anger in your life this month. Eat more cucumber, celery and mint tea for instance. You can also:

1. Reduce heat with a cooling breath (called Shitali). Scroll down to read about Shitali, the cooling breath.

<http://www.yogajournal.com/article/practice-section/healing-breath/>

2. Video of a young person doing this breath; the chin is often lifted in the inhaled and lowered in the exhale, as the yoga journal article mentions.

<https://www.youtube.com/watch?v=JYHHskV-Rug>

May 10th, 2016 Yellow Day – Unstable Day also called Mush Mind Day. This is a different kind of Yellow day in which the Moon has no support or aspects to it. Since the Moon is our consciousness, we will tend to find we might have a wandering mind today, or find it hard to remain grounded.

May 12th, 2016 Green Day – The Moon is in an auspicious place today in the constellation Cancer, a water sign, and the home of the Moon. The Moon is supported today being fairly close to Jupiter, which has just gone direct. Look for an open, flowing feeling today. It is a day to connect with water and where you can allow ease into your life.

May 14th and 15th, 2016 Two Yellow Days – These are the classic Yellow Days but because the Moon is waxing toward full to the almost fullest energy of the year, you might notice a bit more

excitement and hope on these Yellow Days. There will still be distractions, but the fullness of energy will be more like getting distracted by a group of happy children all dancing and playing in the street – and so they are happy distractions, but you are slowed down nonetheless. Just plan for happy accidents and distractions on these days (Rahu is the energy of distractions and surprises, and so when the Moon is with Rahu, events can come out of nowhere, with Jupiter now direct and in Leo with Moon and Rahu, those surprises might be nice ones or expanding opportunity. Perspective is everything on these days.)

May 17th, 2016 Mild Green Day – Got your Greens? Today the Moon is in an auspicious place, but has similar energy to the May 12th in that the Moon is close to Jupiter, but stands alone in a place that brings out your gifts and talents. Focusing on your health, eating greens, spending time in nature and connecting with the oxygenating trees and plants is a great way to align with the Virgo Moon today. Look to the **Mercury Balance Plan** to remind you of all the ways you can nourish your nervous system with things like green tea.

May 19th, 2016 Green Day – The Moon has moved into Libra opposite Venus and an almost direct Mercury now, and the Moon is in a region of sky which connects you with knowledge, the arts, music and true wisdom (Saraswati the goddess of knowledge). That is two of the three positive giving planets opposite the moon while the Moon is in a heart connecting and community building Venus sign. See how the kindness flows more when we have quadruple confluence for goodness on Green Days?

May 21st, 2016 Full Moon in Scorpio with retrograde Mars and Scorpio



This Full Moon will be intense: It could be like taking a long walk on the beach and then you realize you have to walk the entire way back, and that you have blisters on your feet and the sun is starting to set – Mars and Saturn in a water sign can cause us each to over-think things or over extend ourselves through impulsive acts, or pushing ourselves too hard.

Just make sure to a) use your noggin' when wanting to act impulsively (that is using Saturn to discern and think about things a bit before jumping into something); and b) make sure to trust in the process a little bit when you are feeling scared of something that you have not completely figured out. Life is never about being in one extreme or another, but with these planetary influences it is still wise to not put yourself in too risky a situation this month, even though the planets may be pulling you to 'just do it'.

Test things more times than you normally would. This might take extra time, but you will be thankful you did. Take small breaks often to nourish yourself and gather your energy when working on that big project. This month might ask you to re-assess your energy management – feeling burned out while wanting to go the long haul will be a common experience from this Saturn and Mars and full moon in Scorpio.

Practice, Practice, Practice

I mention in the video the need to continue to work hard during the month of May, so that when opportunities arise you will be able to make use of them. I cannot stress this enough, the gift that Saturn and Mars retrograde can bring, is the ability to practice, practice, practice or to work tirelessly on a project or yourself which will make it better.

This is about building fortitude and perseverance, which are not pretty or fun words to hear. An athlete is good because they practice over and over and over until the motions become rote and nuanced.

Jackie Robinson is a great example of the restraint and fortitude needed to usher in a movement. Did you know that this world renowned baseball player helped break down race barriers in the United States in the 1940s?

Saturn and Mars metaphor in May is a great reminder of how things may be difficult, but a greater good can come from difficulty. Jackie Robinson, the first black major league baseball player in the U.S. put up with immense racism, hateful words being shouted at him during games, players cleating him and trying to injure him during the game. Other players gave up, Jackie did not. He miraculously kept playing and his playing definitely was not as good as it could be when he was being booed off the field. With grace and luck, and being on a minor league Canadian team where the fans loved him and cheered him on, helped his natural abilities along with practice and experience blossom into being a better player. Most importantly, he helped break the race barrier that had been in place in the U.S. for far too long. So, keep this example in mind when you think May might be getting tough – this is only a short while to pull yourself up by the bootstraps and keep improving yourself, your craft, and your projects.

Jackie Robinson put up with a lot of abuse to make a difference – and this was against his nature – to not talk back. That is like this Saturn and Mars retrograde together – using great restraint and fortitude in order to make a long term difference – and he did!



*BEING HONEST MAY
NOT GET YOU
A TON OF FRIENDS,
BUT IT WILL GET YOU
THE RIGHT ONES.*

Personal influences

The good news, is that those in water research technologies, blood cancer fields and marine sciences, ocean drilling, coastal flood control can make great strides in one small area of their work this month, provided they have double checked the details before deploying their research – this Moon can be not so clear, so have a colleague double check you, or double check your colleague if you are in these fields of work.

For those of you born with an ascendant, Sun or Moon in Scorpio, you might be prone to accidents or short-term health issues surfacing in May. We

all can benefit by detoxifying our blood during this month as a result – look to foods like burdock root (great sliced thin in stir fries or with sliced almonds and baked veggies), foods naturally high in iron and foods that assist with lead detoxification.

This can also include Far Infrared Saunas or chelation therapies which are proven to help heavy metal detoxification. These therapies focus on cleansing the blood. The planetary influences are pointing to at least 50% of us to focus on cleansing the blood, blood health issues, tissue toxicity, water pollution, injuries and accidents.

World influences

There might be a flooding issue in a coastal town because the normal barriers have been breached by a small, rapid event (for instance in Venice, New Orleans, the Philippines or other low level coastal areas that are protected by land barriers off their coasts.) And with Mars retrograde, there might be more oil spill incidents which lead to fires on the water, or a fire which breaches the oil containment on a ship or oil rig.

This may overlap some of your personal experiences with the world influences of standing water and the spread of the Zika virus -

<http://blogs.cdc.gov/publichealthmatters/2016/03/zikaandwater/>

<http://edition.cnn.com/2016/04/18/sport/summer-olympics-brazil-crisis/>

The negative effect of Zika on the Brazilian Olympics will be short term, as these aspects will mostly affect visitors to Brazil this year, whereas 2017 and 2018 will see a positive influence in Brazil, after Saturn moves into Sagittarius in January 2017.

Remember, I tell it like it is.

May 22nd, 2016 Yellow Day – A new kind of Yellow Day which is filled with tension, awkwardness, and push-pull kind of energy. Expect delays. This will be similar to the other Yellow Days, but the delays will be from blockages – people, cars, red tape, regulations and safety reasons will delay projects on this day. Try to manage your anxiety and irritation which might be closer to the surface on this day.

May 25th, 2016 Green Day – Today's moon is in a wealth producing place in the sky – those born with this Moon often have great influence or accumulate wealth or prestige over their lifetime. Since this Moon is in a Jupiter sign (Sagittarius) and receives Jupiter's wise rays of light, I wanted to call your attention to this day – and because the previous three days will have been a bit rough, so want to celebrate when an opening occurs.

May 28th and 29th, 2016 Two Yellow Days – The Moon is with the spiritually inclined influence of Ketu these two days. Look for places in your life where you are healing and letting go of old hang ups and patterns. There are only a few more months where we get these mixed Yellow Days folks with Jupiter giving a little silver lining in the mix until August 2016. **May 29th** the Moon is connected with the thousand petaled 7th chakra – so deep spiritual insights can occur on this day, if you make room for extra quiet time or meditation.