

journal prompts



On July 9th, we'll be experiencing the New Moon in Cancer at 18°, a *critical* degree. When the Sun and Moon meet in Cancer, we are focusing on our emotional wellness, family, home, our roots & ancestry, the women in our lives & the feminine/maternal energy within us. The moon is at home in Cancer as it rules the sign.

With the **New Moon** happening at a *critical degree*, we'll be taking **huge** steps that are necessary for our emotional growth/maturity. **Our emotional body is just as important as our** *physical* **body**. Tend to it.

 18° = Virgo deg (CRITICAL: analyze, the details, work, health ,





Moon in Cancer trine Neptune RX in Pisces

- Neptune went retrograde on June 25th, right after the Full Moon in Capricorn. We've been reviewing things that may have been unclear until now. Meeting in a harmonious aspect with the Moon, we are going to feel more creative so allow yourself some time to create. Also, we're more in tune with our intuition and having vivid dreams, even insights from our daydreams.

Take time to write down or record what comes through during this time as it can be helpful to **spark** the next steps you've been seeking answers for.

23° = Aquarius Deg. (separation, genius, sudden, future-minded)



Moon in Cancer sextile Uranus in Taurus

- With this energy, it's a great time to try something new, do something in a new way. Shake up your routine a bit to see things from a new perspective. Move your body as this type of restless energy is a great arouser to get moving. Energy in motion = emotion.

At a **Taurus degree**, you could be changing the way you view things you **value** (*including yourself*), **cleaning** out your fridge to make room for groceries, or **invest** in a resource that will help you with your **finances/revenue**.

14° =Taurus Deg. (values, worth, finances, income, possession,





Venus in Leo square Uranus in Taurus

- Don't start any **unnecessary arguments** just because you are bored and **seeking attention**. If there's something you have needed to get off your chest, do so in a constructive manner and with love.

This is a great time to see how you can add some **flexibility** into your relationships (*romantic, friendships, familial, business, etc*). Heavy on the Taurean/Venus energy, it is wise **not** to **overspend**.

Don't have your bank account yelling at you!

14°= Taurus Deg. (values, worth, finances, income, possession,





Venus in Leo conjunct Mars in Leo

- These two will be exact July 13th but are within the degree of influence. This is an *intense* and *arousing* aspect that should be handled with care since Venus & Mars will be squaring Uranus in Taurus and opposing Saturn RX in Aquarius. The ego is frustrated as it faces parts of itself it would rather not see. It's going to be important to take time to collect yourself and examine what is the trigger and less focus on who did the triggering.

Again, beware of arguments.

19° =Libra Deg. (justice, balance, partnership, indecisiveness ,





Neptune RX in Pisces sextile Pluto RX in Capricorn

- It's past time to let things dissolve and be destroyed. Allow what is leaving to go without trying to hold on to old concepts/structures. Neptune wants us to dream up new ways of living and Pluto is willing to work on clearing the way through destruction whether you want it to or not.

These planets speak to **societal changes** more than on an individual level, but if you have personal planets near them, you will feel the effects and will be urged to make **respond** to the energies present.

23° = Aquarius Degree (future-focused, flash of insight, genius)



- What has been upsetting/irritating me in the last few days? Am I seeing a pattern that needs to end?
- Where do I need better **boundaries** in my close relationships, especially **familial** ties?
- Are there any tough discussions I need to have with those I love? (Write a letter to them. You don't have to give it to them, but it will help you to get the impulsive feelings out first.)





- How am I feeling in my emotional body at this moment? Close your eyes & do a body scan, head to toe.
- How can I invest more wisely with my finances and my energy/resources?
- Where do I need to be more flexible in my life?

AFFIRMATION:

My heart knows the way forward. I trust that I am being guided to do what is best for me and my highest good. I am seeing clearly who & what is for me. I begin anew.



You don't have to know all the answers, but opening yourself up to pondering these types of questions will allow you to experience the answers. Through the experience, you'll learn the answers and will begin to integrate them into your life over time.

If you feel called, please share, save, and like this post!

My wish is that this helps you navigate the next 6 months and the rest of the year with more clarity and self-awareness.



