

The Art of Manifestation
Astro-Moon Journal
2021



from the I Choose Love Series.
The Pathway of the Spiritual Warrior.



The Art of Manifestation
Astro-Moon Journal 2021



This Journal Belongs to

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From the I Choose Love Series
The Pathway of the Spiritual Warrior

The Art of Manifestation Astro-Moon Journal
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The Art of Manifestation
Astro-Moon Journal



Welcome to 2021



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My dear friends, what extraordinary times we are living in.

Having immersed myself in the astro-energy of the coming year it is clear that whilst 2021 brings a different energetic focus or flavor to that of 2020, it is equally powerful and continues to reinforce the need for change.

If 2020 was a year in which the Universe stopped us in our tracks and asked us to listen and to review, then the astrology of 2021 requests that we take this a step further and initiate and implement the changes needed to forge new ways of living that will create a genuinely sustainable future that honors and respects all of life that surrounds us on this beautiful planet.

My deepest respect goes out to you all, for in using books and resources like this, you make a personal choice to walk a conscious path in alignment with the natural energy of the greater universal consciousness, the stuff of the stars and the very substance of who we are.

Namaste

The Art of Manifestation



The art of manifestation involves not only imagining and dreaming of the kind of life that we wish to have, we must also take actions that enable our dreams to find form. Our state of mind, our attitudes and perceptions, and the way that we feel, our emotions, all have an impact on our ability to fully immerse ourselves in this creative process.

It seems to me that manifestation has its own cyclical and natural pattern of evolution.

- We listen to our desires, and we allow ourselves to dream.
- We imagine possibilities and we honor their potential.
- We evaluate and decide what steps we must take to initiate these possibilities into form.
- Remaining open to ongoing evaluation, we commit to a pathway forward.
- We persevere in our doing, trusting that any diversions and interruptions are sent to us to bring greater meaning, clarity, and direction.
- When needed, whether in our external actions or deep within our own psyche, we identify any ongoing work that we need to do to keep the energy flowing.
- We continue our ongoing pathway of evolution and co-creativity, and we trust that we will always be shown the next steps.
- Listening to the wisdom and guidance of the universe, when needed we course correct.
- Trusting that the universe knows of our fullest potential and holds a higher vision for us that is greater than we ourselves could possibly imagine, we understand that we will be given what we need, although not always necessarily what we want.
- Our pathway emerges and our dreams begin to take form.

How to Use this Journal



This journal can be used independently in its own right or used alongside the Art of Manifestation Diary. Both will assist you in understanding how best to align with and use, the incoming astro-energy in support of your own process of conscious manifestation.

Astrological information is not designed to tell us what to do, it does however offer us an indication of the kind of energetic influences at any given time, and as such acts as an invaluable road map supporting our ability to navigate our lives from a position of conscious, mindful choice.

The primary focus of The Art of Manifestation Diary is to build and strengthen your personal relationship with the daily positioning of the Moon. As well as highlighting key phases of the Moon, with some further information about the incoming energy and potential influences of some of the other major collaborations and planetary connections, you will also find additional monthly guidance from both Oracle Cards and Runes to assist in navigating the incoming energy with full awareness.

The Art of Manifestation Journal offers a more in-depth account of the monthly astrological influences, with specific details as to how best to navigate the incoming energy. There is also additional information about working with the dynamics of the New Moon and the Full Moon to add energetic weight to your personal process of manifestation.

The Journal is divided into twelve monthly sections with a selection of both lined and clear pages for journaling. Each section begins with a run down of the astrological collaborations for the coming month plus specific information on how best to utilize the New Moon energy to enhance the setting of wishes and intentions, and the Full Moon energy to bring spiritual illumination and heightened awareness.

Each month, the journal also draws on the natural properties of a particular stone or crystal that aligns with the overall astrological dynamic of the month, with information about how these natural healers of the Earth can aid and support us, particularly during times of accelerated growth and transition.

In both the journal and the diary, you will find a section at the beginning with information about the different phases of the Moon, including the impact of both solar and lunar eclipses, plus a description of the way that the lunar energy is affected and channeled as the Moon travels through each sign of the zodiac. I have also explained the potential impact of the influences of the various planets in retrograde and listed the dates that these events occur.

To complete our understanding of how best to attune ourselves with the natural rhythms and cycles of the turning of the seasons, I have also shared some thoughts about the way in which we can navigate the shifts in energy that take place at the solstices and the equinoxes, so we can fully appreciate and understand the relevance of these pivotal moments of natural transition in the context of our manifestations.

The Power of Collective Prayer

From an astrological perspective, during 2021 we can expect to see three peak periods of particularly powerful energetic intensity.

To ensure that we center ourselves in the higher vibration of this energetic, please join me for one minute of silent prayer at 7pm each day during these periods.

The dates which take place in February, June and December are noted throughout the journal. I will also be posting reminders on all of the AZEmotionalHealth Social Media Channels.

Do please spread the word.



The Phases of the Moon



The New Moon.

The new moon is traditionally associated with the setting of wishes and intentions and so the energy at this time naturally invites us to meditate into a space of possibility. If you are a daily meditator, you may already find that for the two days before and the two days after the new moon, your mind may be inclined to wander during your meditations.

If this is the case you may find it helpful to have a pen and paper close by, or use the journaling pages in this diary to make a note of any ideas that come to you during your meditation practice. Personally, during this phase of the moon, I find myself naturally drawn to walking meditations.

Consciously make the effort to spend time outdoors and immerse yourself in nature and whatever your preferred way of finding stillness, calm your mind, and enter your own dreamtime. Let your mind wander into the depths of the new moon energy and give yourself permission to dream big!

The Crescent Moon.

In the phase of the crescent moon the seeds that emerged at the new moon will begin to whisper to you, calling to be heard. How we respond to this inner calling will have a direct influence on our ability to be proactive in our developing process of manifestation.

Take your yearnings and your desires seriously and notice any thinking patterns that may be holding you back or limiting your perspectives. In the process of manifestation, we are both doers and deciders and so the extent of our external manifestations will always be a reflection of our ability to embrace our inner growth. At this time, any resistance to change can be identified, paving the way for this month's cycle of inner growth.

The crescent moon invites us to identify any resistances within us, any patterns of thinking or self-sabotaging attitudes and behaviors that may limit us from stepping into the fullest potential of our dreams. Our very recognition of these patterns will automatically diminish their power as well as opening up opportunities and avenues of potential healing and resolution.

The First Quarter Moon.

The first quarter moon is sometimes thought of as a time when hurdles and obstacles that need to be overcome, will push forwards and enter into our awareness. Personally, I have found that the energy of the first quarter moon affects me in a far more vibrant and positive way.

During this phase of the moon, having identified any inner blocks to progress, during the crescent moon, the seeds of ideas that were planted at the new moon, push themselves forwards in abundance, and I find myself flooded with thoughts of what I will need to do to nurture the possibilities of the new moon, to enable them to begin to take shape and manifest into real form.

I look carefully at the scope of my ideas and begin to focus on those which are most important for me to initiate at this moment in time. The combination of the seeds of the new moon and the learning discovered at the crescent moon, enables me to prioritize and to formulate my actions for the coming month.

The Gibbous Moon.

In the time of the gibbous moon energy is building, passions are high, and dreams are calling to be made real. Ideas begin to take shape, and the pathway forward gains clarity. Taking time to hold my intentions and my vision for the future in mind, I ground myself in the present moment, and I request guidance in knowing which steps to take in the here and now, before turning my decisions into acts of doing.

Take time to celebrate the joy to be found in the excitement of anticipation, whilst remaining present and grounded. Hold your vision but treasure the here and now moments of your journey and be available to receive guidance. Stay on track, but simultaneously be open to any course corrections that you are guided towards.

The Full Moon.

The power and energy of the full moon is extraordinary. For anyone who works with healing stones and crystals, be sure to place them outside overnight to recharge in the eliminating power of the full moon. Their energy of release and repair will be revitalized for any healing work over the coming month.

The full brightness of this powerful and highly charged energy brings a space of authenticity where all is revealed and illuminated, and so the full moon is often a time when we experience heightened and intense emotions.

Be kind to yourself and others. Notice and listen, particularly to any situations that are not okay. Things that are usually tolerated or brushed under the carpet will surface and request your attention. So, if you find yourself experiencing any challenging emotions please take them seriously.

The energy of this phase of the moon brings a wonderful opportunity to notice, to listen, to reflect, and then to release and let go, clearing the way to move forwards.

In the process of manifestation, if we find ourselves unable to move forwards or feel stuck in some way, it is often some aspect of our past that is still lingering, blocking us from believing in ourselves or believing in others or finding trust in the possibility of a different future. Anyone who has ever experienced trauma or abuse will tell you that whilst the physical scars will heal, it is the emotional ones that remain.

The full moon illuminates our emotions highlighting exactly what is working for us... as well as anything that is not!

Learn to differentiate between emotions that connect to past experiences, as opposed to emotions that are part of your immediate response system helping you to navigate your life in the here and now. There is a difference!

Our emotions contain and generate energy. Understanding this difference between past and present emotional influences allows you to identify anything that you need to release from the past, empowering you to channel any highly charged emotional energy into positive action.

If you find yourself struggling with challenging emotional states, you may find 'Mindfulness Meets Emotional Awareness - 7 steps to learn the language of your emotions' a useful read. This book explains exactly how and why our most challenging emotions serve us and will teach you how to transform and channel any highly charged emotions into actions that support your pathway rather than hinder it.

The Disseminating Moon.

As the energy of the full moon diminishes, emotions are released, and forgiveness is discovered. This phase of the moon brings opportunity to step into a position of authentic empowerment. Within this energetic space of emergence, we hold awareness of ourselves, of others and in alignment with the collective soul of humanity, the disseminating Moon invites us to be all that we can be.

This is a time to acknowledge and validate the extraordinariness of who you are, and of everything, both good and bad, that has led you to the place that you stand today and contributed to the person that you are.

Be steady in your actions and in your doings. Stand in your power and be your true self with joy, gratitude, and humility. Let the energy of the disseminating moon filter into every cell of your body, affirming your dedication to your pathway.

The Last Quarter Moon.

The energy of the last quarter moon invites us to walk our talk. If the full moon energy gives us an opportunity to upgrade our system, letting go of anything that no longer serves us, then the last quarter moon is a time that invites us to integrate our learning and to follow it through in all that we do and in all that we are.

The energy of this moon brings us the opportunity to make sure that our plans, actions and decisions are congruent with all that we wish to be and all that we wish to see in the world.

Stand firm and pay attention to the details of your world and notice if any adjustments need to be made. From a spiritual perspective, do you need to cross any T's or dot any I's to ensure that in all areas of your life, you are living in congruence with your truest values and deepest desires. Within the unique circumstances of your own process of co-creativity are you 'being' everything that you wish to attract for yourself.

For example, how positive are your thoughts? Does your inner critic offer constructive feedback or harsh criticism? Are you kinder to others than to yourself? ... or is it the other way around?

Centre yourself in compassion, kindness, and above all... in love.

The Balsamic Moon.

The balsamic Moon asks you to trust. Hold your vision, and yet simultaneously let go of any attachment to specific outcomes. This is a time of preparation and nurture, a time to fertilize the ground in anticipation of the coming new moon and of any new seeds that you may wish to sow.

Keep your energy clean and be particularly aware of your personal energetic resonance. Self-responsibility can be understood to mean 'our ability to be responsive to ourselves'. From an energetic perspective, be sure to cleanse yourself of anything that clings and that may no longer be serving you. Centre yourself in the knowledge that as this monthly lunar phase comes to its completion, you can engage in preparing the ground for your own deliverance, making space within for the emergence of a new cycle of opportunity.

Validate, acknowledge, and cherish all that you have achieved during this last phase of manifestation, and in your reflections, remember that there is no wrong way. Anything that appears to have been a wrong turn or a mistake will have led you to exactly the place that you need to be, right now, bringing you the awareness that you needed to take fresh new steps as we approach the coming energy of the next new moon.

The Moon in the Zodiac Signs



Moon in Aries.

At this emotionally powerful time, use the energy to be assertive and to initiate your ideas. Say how it is and take action.

Moon in Taurus.

Grounded, sensual and earthy, use this energy to attune yourself with the natural rhythms of nature. A great time for walking meditations.

Moon in Gemini.

A time of communication, reaching out and connecting with others, use this energy for networking and socializing.

Moon in Cancer.

A wonderful time to be at home, share food and be in the company of family and close friends. Use this energy to nourish your soul, spending time with those you love.

Moon in Leo.

Sing, laugh, express yourself and find your voice. Use this energy to feel alive and embrace the joy of self-discovery and self-expression. We are never too old to play!

Moon in Virgo.

This energy supports us in attending to any work that requires dedication, structure, order and precision. Approach your tasks with willingness and a desire to serve.

Moon in Libra.

The energy of this moon calls us to seek harmony and to find balance. This is a time to share and to discover ourselves through our relationships and the company of others.

Moon in Scorpio.

A time to journey inwards, this energy connects us to the depths of our unconscious and can bring deep emotions to the surface. Be sure to listen to yourself and take your yearnings seriously.

Moon in Sagittarius.

The energy of this moon invites us to vision in an optimistic future, full of hope and possibility. A great time to expand our horizons and dream big!

Moon in Capricorn.

The energy of this moon invites us to take pragmatic, practical actions to manifest our ideas into form. Get building and embrace the joy of doing.

Moon in Aquarius.

A time to collaborate, share ideas and work together. The energy of this moon invites you to align your individual contribution with a higher vision of greater purpose that will also serve the collective Soul of humanity.

Moon in Pisces.

A time to dream and a time to heal. Open yourself to divine inspiration and allow yourself to be guided. The energy of this moon brings illumination, fuelling imagination and creativity.

Solar and Lunar Eclipses



During eclipse season, the already intense energy of both the new and full moons are intensified. An eclipse in your sign, will always be a significant trigger point or turning point in your own personal process of evolution and can often herald random events that create sudden and unexpected changes.

On your personal journey of manifestation, understanding this heightened and intensified energy can be incredibly helpful in knowing, when to reflect and set your intentions, and when to take action to move something forwards, particularly if you intend to make or initiate significant changes in any aspect of your life.

Eclipses are also associated with our Karmic journey, creating an energetic rift that overrides our usual perception and connection to time. The energy of the eclipses is said to open an energetic portal that assists us in connecting with our purpose and calling in this present lifetime.

Symbolized in the tarot pack by the cards of Death and the Tower, the energy of both the solar and lunar eclipses are associated with transformation, either internally or in the circumstances of our external lives, and often involves both endings and new beginnings.

When we learn to work with the influence of the eclipses, rather than trying to control events, we consciously make time to allow the energy of a greater universal consciousness to flow through us, bringing us the guidance that we need to support the evolution of our Soul within our human experience.

Solar Eclipse.

A solar eclipse is when the moon sits in between the sun and the earth, with the moon covering the sun. This will always occur at a new moon. The energy associated with this time is the same as a new moon, but intensified, like a new moon on steroids!

This is the perfect time to get still and to meditate into a space of personal dreamtime and allow your ideas to flow.

The energy of the solar eclipse can bring an extraordinary surge of creative possibilities, although these may not always arrive in the shape or form that we expect. If you are already involved in setting intentions, but then find that something happens to suddenly create a shift in your direction, trust that this unexpected change is important to your personal growth and evolution, and connected to the calling of your soul.

In matters of manifestation, the universe will always have the upper hand and tends to bring us what we need... although not always what we want!

When we can allow ourselves to trust that even in moments of upheaval and disruption we are being gifted with an opportunity, we open ourselves to receive the fullest potential and the greatest learning to be found in every situation.

Lunar Eclipse.

A lunar eclipse is when the earth sits between the moon and the sun, and this will always occur at a full moon. Full moons are associated with heightened emotions and during a lunar eclipse, emotions can run high, like a full moon on steroids!

If we think of the moon as our Feminine Guardian who circles our planet, gathering the energy of the sun and redistributing it to the earth in various measures, at the time of a Lunar Eclipse, the energy of the moon is like a fully charged battery, highly charged and ready to ignite change.

In the full illumination of the moon at her most powerful, all is revealed. Anything and everything that is running smoothly and working in service of a balanced and authentic life will be apparent to us, confirming that we are walking the right path. Likewise, anything and everything that is not working for us or no longer serves us, both internally and externally, will also be brought into the light, calling to be addressed, changed, and if necessary, released.

As long as something remains hidden or unconscious, we are helpless to address the issue and to take actions of resolution, however, when we identify a problem, the very fact that we can see the issue clearly creates an opportunity to seek solutions and find ways forward. On our personal journey of manifestation, the energy of a lunar eclipse increases our connections with any emotional residue from the past that may be clinging and coloring our perspectives inappropriately, creating an amazing opportunity for cleansing and release, clearing the way for resolution and healing. This is a powerful time to embrace forgiveness, of both ourselves and others.

Lunar eclipses are often associated with external changes that are a mirror or a reflection of our internal growth and learning. Whatever is taking place around you, if something in your life appears to be needing to change or to leave, let go gracefully and know that it is timely to the evolution of your soul.

If you are naturally a highly empathic person and particularly sensitive to the feelings of others, at the time of a lunar eclipse you may find yourself highly absorbent to the emotional states of the people around you. Be sure to cleanse and do a daily release ceremony to let go of anything that doesn't belong to you before meditating into your own space of illumination.

- **26 May – 11.19 GMT - Full Moon Lunar Eclipse 5°29' Sagittarius**
- **10 June – 10.43 GMT - New Moon Solar Eclipse 19°42' Gemini**
- **19 November – 09.04 GMT - Full Moon Lunar Eclipse 27°17' Taurus**
- **04 December – 07.34 GMT New Moon Solar Eclipse 12°16' Sagittarius**

The Planets in Retrograde 2021



The Inner Planets, Mercury and Venus.

Mercury in Retrograde.

- 30th January 26° Aquarius – 21st February 11° Aquarius
- 29th May 24° Gemini – 22nd June 16° Gemini
- 27th September 25° Libra – 18th October 10° Libra

The energy of Mercury in retrograde is often associated with obstructions and delays, and in our target and goal orientated culture, we understandably tend to experience this period through a negative lens. Mercury retrograde periods seem to cause us no end of disruption, our plans go astray, we experience roadblocks and diversions, and there are often difficulties with our IT and communication systems.

However, if we step away from this viewpoint and consider that all aspects of planetary influences can support us and bring us valuable and necessary gifts, this shift in our perspective enables us to stand back and work with the incoming energy.

If there is a diversion, then the universe may be giving you a sign, perhaps you are meant to take an alternative route where you will discover something that was absolutely essential to your personal growth and evolution.

If something from your past raises its head during a Mercury retrograde period, then your attention is required. This is an invitation for you to acknowledge this issue and take time to embark on the necessary steps to lay it to rest.

There will always be times in our lives when the energy is with us to set targets and remain fixed on our course, to plough forwards and to push and to strive, however, given that the energy of Mercury represents our capacity to develop and integrate wisdom on our souls' journey within the human experience, when the Winged Messenger of the Gods temporarily stands still in the heavens and appears to travel backwards, this energy calls us back and asks us to slow down, to take our time and to be alert to any signals and signs that the universe is trying to show us.

Venus in Retrograde.

- **19th December 26° Capricorn – 29th January 2022 11° Capricorn**

Are you in balance? Do you allow yourself to receive as much as you give and vice versa? Are you actively involved in your own self-care? Do you pause to celebrate your achievements along the way, and do you give yourself an appropriate amount of time out to relax?

Self-care is not an act of selfishness; it is an act of consciousness.

When Venus moves into retrograde the energy of the feminine invites you to listen to your heart, to override the demands of a busy mind and be centered in your truest values, including and especially your own self-care.

Venus is in retrograde is a wonderful time to reflect and to realign and rebalance all areas of your life. This revitalizing influence of this phase will keep your energy clean and flowing and ensure that your energetic resonance is congruent with all that you wish to manifest into the world. As such, Venus in retrograde plays an essential role in our ability to manifest our truest desires.

During periods of transition, if you have ever found yourself questioning what your true calling might be, when Venus is in retrograde, ask for guidance and be open to receive.

If during this time you find yourself called to stand up for your values, the female warrior energy of Venus will support you in connecting with the lioness within. In the name of kindness, compassion and peace, her retrograde energy will encourage you to find your authentic voice, speak the truth, and stand firm in your boundaries.

The Transpersonal Planets, Jupiter and Saturn.

Jupiter in Retrograde.

- **20th June 02° Pisces – 18th October 22° Aquarius**

A time of powerful personal growth, Jupiter in retrograde invites us on an inward quest of self-discovery seeking the knowledge and illumination that will enable us to stand in our own truth and walk our talk.

Jupiter is known as the planet of good luck and good fortune and from the perspective of manifestation, during the retrograde period we can expect to

have experiences that cause us to look within and seek answers of a Spiritual nature.

The Jupiter retrograde energy helps us to forge our true values and to attune with our greater purpose and as such, during this period, windows of opportunity may open that illuminate issues from the past, including past lives, presenting us with the opportunity to find resolution and align with our true calling at this present moment of our journey.

Any internal growth and changes made during this time will then in turn, manifest outwardly and Jupiter returns to a forward flow of expansion.

Saturn in Retrograde.

- **23rd May 13° Aquarius – 11th October 06° Aquarius**

When the planet Saturn, known as Father Time and the planet of Karma, moves into retrograde, any aspects of our lives that need restructuring and reorganizing will come to a head.

We will be shown exactly what is working in our lives, alongside any aspects of our world that are not!

The lessons of Saturn can feel quite harsh as the energy calls us to account, speaking in the name of “Tough Love”, however, the Saturn retrograde energy is not without reward!

The more open we are to embracing the natural evolutionary process of “weeding and pruning”, letting go gracefully of anything that no longer serves us or has outlived its purpose, whether these are physical aspects of our lives or indeed any internal attitudes and beliefs, then the more smoothly these periods of profound transition will emerge.

The words “emergence” and “emergency” both come from the same source.

Saturn retrograde energy reminds us that change is both necessary and natural and that we live in a continual space of learning, not only from those wonderful experiences that fill us with joy, but also from the experiences that do not feel good and do not resonate with us.

From the perspective of manifestation a valuable part of our ability to become consciously and actively co-creative in our lives is to be able to recognize and listen to all of our experiences, both good and bad, and to use the more challenging ones as a source of inspiration and guidance.

Rather than dwell on the negative, we can use the information from that experience to define our desires with greater clarity. This in turn opens us to receive the guidance and direction that we need to manifest those desires that resonate with us at a core level of Soul.

The Outer Planets, Uranus, Neptune and Pluto.

The energy of the outer planets is slow moving which means that their influence is deep and penetrating creating significant growth stages with long term implications. In our individual natal charts, the positioning of these planets will not only have personal implications but will also be an indicator of generational traits.

Uranus in Retrograde.

- **15th August 2020 10° Taurus – 14th January 06° Taurus**
- **20th August 14° Taurus – 18th January 2022 10° Taurus**

Uranus is known as the Great Awakener and the bringer of sudden changes. I always see his energy as a Lightening Spirit bringing us those thunderbolt moments where we know in no uncertain terms that something needs to change. The energy might arrive as a light bulb moment that opens a window of opportunity for change, however it can also arrive in unexpected and disruptive circumstances, shaking us out of our complacency and pushing us to take actions that free us from

When in retrograde, the impulsive and volatile energy that brings us those important and necessary wake up calls, slows down and invites us to take conscious innovative actions to forge new ways of being and living that can liberate us from limiting perspectives. This energy when harnessed is particularly relevant to establishing liberation and equality for the greater collective.

Neptune in Retrograde.

- **25th June 23° Pisces – 1st December 20° Pisces**

Neptune is the planet of creativity, dreams and imagination and as such plays a key role in manifestation. Being so dreamy, the influence of Neptunian energy opens us to divine guidance and Spiritual illumination supporting us on our pathway of the discovery of our true calling.

However, the duality of Neptune can also create an energetic in which we struggle to hold our boundaries, lose touch with reality, or become absorbed in illusion, creating a vulnerability to those who operate through delusion and deception.

When in retrograde, the Neptunian energy calls us to get real!

Bringing a level of illumination that offers a kind of Spiritual Reality check, we can see beyond the illusions that may have previously been holding us back, and use these powerful insights to initiate new pathways of creativity level to support and fuel our process of manifestation.

Pluto in Retrograde.

- **27th April 26° Capricorn – 6th October 24° Capricorn**

The energy of Pluto transforms through the natural cycle of death and re-birth and offers a powerful energetic of change. His intense volcanic energy takes us deep into the unconscious, showing us any shadows from the past that need to be released.

Pluto naturally invites us to harness the energy of personal reflection at its most powerful, bringing us an understanding of our psychological make-up so we may face our deepest issues, purify and release, emerging afresh with greater vitality and potency.

In our process of manifestation, Pluto retrograde energy invites us to surrender to that which we are shown and to reflect on those deep inner issues that rise from the unconscious desiring change and evolution.

This is not a time to hold onto or cling to the past. If some aspect of your world seems to be coming to an end, whether internal or external, such as any outdated thinking patterns or behaviors, an inappropriate or limiting belief, or an actual situation or person, let go gracefully and allow yourself to emerge into a space of new beginnings.

Chiron and the Consciousness of Healing.

Chiron in Retrograde.

- **27th April 26° Capricorn – 6th October 24° Capricorn**

Chiron embodies the classic archetype of the wounded healer. In mythology he is depicted as half man and half beast, able to bring wisdom and to teach and heal others and yet he cannot heal himself.

Astrologically, Chiron is not a planet, but a comet, whose presence here is transient. Energetically it is said that his presence will create a rainbow bridge that will lead humanity to a higher plane of consciousness inviting us to stand in equality, not only alongside one another, but in unity with all of life. As an outer influence, his energy is slow moving and therefore can signify profound generational changes.

It is also interesting that many Tribal cultures hold legends that speak of all of the life on this planet arriving on the tail of a comet, validating the perspective that we all come from the same source and are all equal.

The retrograde energy of Chiron invites us to engage in a process of deep cleansing and release, laying the past to rest and stepping into a space of unity and higher vision. This is the kind of healing that carries the potential for us both as individuals and as a collective humanity to resolve long standing historical wounds that have spanned generations, bringing us deep and lasting healing in mind body and soul.

The Solstices and Equinoxes



At these pivotal moments in the natural cycles of time, it is as though the energy of the Earth pauses for breath. It is as though the space between heaven and earth becomes fluid, translucent and free of clutter. These shifts in time and space offer an extraordinary opportunity to achieve and access higher levels of consciousness and awareness.

During the four days either side of these powerful shifts we can often receive profound downloads of illumination, leading to an increase in our intuitive abilities, heightening our ability to channel and connect with source energy, divine inspiration and with the greater consciousness.

These pivotal moments in time bring extraordinary opportunities to reach a higher vision or viewpoint that can change our perceptions and perspectives, freeing us from limiting beliefs and bringing clarity of mind and new direction.

These periods are the perfect opportunity to engage in any spiritual practice that supports your personal growth and awareness and offer the ideal time to create ceremonies of appreciation, gratitude and celebration, as part of your manifestation process.

As well as the Solstices and the Equinoxes, during the year there are four other pivotal turning points which were understood and celebrated in the Celtic and Pagan traditions.

Exactly the same energetic principles apply and depending on whether you are in the northern or southern hemisphere, your ceremonies and celebrations at this time will vary, tuning you to the rhythm of the seasons of your own geographical area.

During these pivotal moments of natural transition, use this diary to check in with the incoming astrological energy, and allow yourself the time to meditate and take full advantage of the intensified energetic possibilities to enhance your personal process of manifestation.

Crystal Empowerment for the Year of 2021



My chosen crystal for the entire year of 2021 is Tiger Eye.

Throughout this journal, each month I have drawn upon specific crystals whose natural qualities offer support that align with the incoming astro-energy at that time. However, in terms of the overall flow of transformation and change over the coming year, Tiger Eye is without doubt the stone of the year, bringing an energy that will be supportive to us at every stage of our journey.

Tiger Eye is a stone of protection. It is said to bring luck to the wearer and creates a mental clarity that helps us to resolve any problems, particularly when our vision is shrouded in fog. F.O.G – Fear, Obligation or Guilt! It enhances strong willpower it is known to bring increased motivation and assist in overcoming any form of procrastination.

Personally, I find this powerful stone brings me courage and an inner strength that helps me to remain focused and steady with a clear mind. It is well worth carrying if you are going to enter conversations that require a strength of conviction. It is also a wonderful energy to draw on when I am needing to find solutions to a particular problem. When I sit with my Tiger Eye Angel at my side during a meditation it seems to create a pathway for the answers to arrive.

New Year Wishes and Intentions for 2021



----- Journaling & Notes -----

Welcome to January 2021



January. The New is Calling.

January looks to bring us a dynamic and intense beginning to our New Year. The warrior planet of Mars enters Taurus on the 6th, moving into alignment with Uranus, the great awakener and instigator of sudden changes. Take time to relax and review during the first week of this powerful month before the energy rises and intensifies.

Mercury, the winged messenger of the gods and ruler of communication, enters Aquarius on the eighth and in the buildup to the New Moon on the 13th will align with both Saturn and Jupiter. In terms of manifestation and personal empowerment, this collaboration offers us a magical window of opportunity to focus our minds on the kind of connections and negotiations that we will need to create to find solutions to the challenges that we face both individually and as a collective humanity.

The New Moon on the 13th aligns with Pluto, the planet of transformation, change and rebirth. They in turn form an intense relationship with Mars and Uranus. The energetic of the New Moon will always call us to sow seeds and create new beginnings and these powerful and dynamic connections have the potential to create situations that challenge us, but this is not without purpose. These powerful influences are here to highlight any outdated views and perceptions that no longer serve us.

As we journey through the month, the pressure holds its own.

On the 19th the Sun enters Aquarius. Use the energy to focus on ways to manifest your personal hopes, aspirations, dreams and desires. This is a time to seek out those whose values align with your own. Collaboration will be needed to support the actions necessary to become a consciously active participant in this year of change.

The pressure is building and continues to do so as we move into the energy of the Full Moon on the 28th. Structures may crumble... the new is calling, whether we like it or not!

When Mercury moves into retrograde on the 30th we are called to reflect and review. If disruption occurs, and difficulties arise, trust that a delay can retrospectively prove to be providential... even if it doesn't feel like it at the time!

As I write this, I am reminded of the Tarot Card of the Wheel of Fortune. In essence this card speaks of destiny and of the wheel of our life's experiences turning, however this card does not present us as passive victims to a life that is happening to us. Whilst circumstances and events that are out of our control clearly do take place around us, this card simultaneously recognizes and acknowledges that nothing is set in stone, and from a karmic perspective, we have choices in the way in which we respond to situations and as such we are active participants in the making of our own destiny.

This is a month to truly acknowledge that what we think, speak, and do, is actively creating our external reality. Much may be revealed to us over the next few weeks, both individually and collectively, and however challenging this may be, we are being shown our unique and individual pathway to participate in humanities transition into a new age.

The Power of Collective Prayer

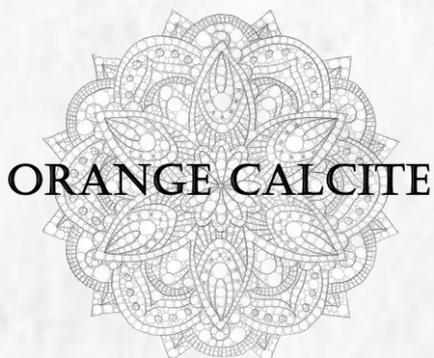
As the energy builds in intensity and we move towards our first period of collective prayer in February, please spread the word.

In these pivotal times of change we can collectively center ourselves in the higher vibration of the Saturn, Uranus energetic, creating openings that lead to innovative, new and peaceful solutions.

**First Collective Prayer for 2021
February 16th – 24th inclusive.**



Crystal Empowerment January 2021



ORANGE CALCITE

In alignment with the dynamic astro-energy of January I found myself instantly drawn to the energized and dynamic healing qualities of Orange Calcite.

Known as the 'Enhancement Stone', Orange Calcite, like other calcites is said to have powerful healing attributes. Associated with the energy of the Sun and the element of Fire, this stunning crystal is said to realign us with renewed vitality, energizing our primary life force.

In my own experience, I can recommend that if you are struggling to feel the confidence to step into your fullest potential or need some assistance to remove inner blocks to discovering and fulfilling your life's purpose then this stunning crystal brings just the energy needed to support you in this process.



The New Moon in January Wishes and Intentions

12th/13th Jan - New Moon in Capricorn

This is an incredibly dynamic New Moon, and albeit a little intense, it is loaded with the potential for us to co-create the kind of changes that we wish to see in the world.

Our first New Moon of 2021 sits in conjunction with Pluto, the planet of renewal, re-birth and transformation. Saturn, whose energy has been calling us to de-structure in order to re-structure, aligns with the expansive Jupiter and Mercury, the winged messenger of the gods, who in turn makes a strong connection with Mars, the warrior planet, Lilith, Goddess of desire and Uranus the great awakener.

Use this New Moon Energy to make wishes that align your personal goals and desire for success and recognition, with your calling and your purpose. Give yourself full permission to listen to those desires that call from your heart, and if disruption occurs trust that it is happening with purpose, bringing important and necessary information to highlight the steps needed to guide you towards new pathways of greater alignment.

In your New Moon ceremonies write down your 10 wishes and open yourself to receive the guidance that you need to highlight the next steps on your pathway of manifestation.

To engage with the New Moon energy at its most powerful, be sure to write your wishes down during the 8 hours following the exact time of the New Moon in your location.

- 12th January - Los Angeles 21.00
- 13th January – New York 00.00
- 13th January - London 05.00
- 13th January – Sydney 16.00
- 13th January – Auckland 18.00

My Ten New Moon Wishes



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9	
10	

----- Wishes and Dreams -----



The Full Moon in January

28th/29th Jan - Full Moon in Leo

The Full Moon occurs when the Sun and the Moon sit directly opposite one another. It is the time in each month when the Moon has gathered light and energy from the Sun and shines at her brightest, illuminating all that needs to be seen.

Use this time each month to meditate and request illumination and guidance to support your manifestations.

It is also the very best time of the month to place your Crystals outside overnight to recharge in the powerful light of the Moon.

The Full Moon in Leo will highlight those areas of your life that deserve to be celebrated to the full, encouraging you to be confident. She will also illuminate any areas of your life where your ego is in conflict or out of balance with your heart.

Each month place some rainwater or spring water in a bowl and leave it out overnight to absorb the energy of the Full Moon. Do NOT use a plastic bowl! Use glass or earthenware or any container whose fundamental ingredients come from a natural source. Collect the water afterwards and store it in a jar.

Use the Moon Water in any of your ceremonies that need a turbo charged boost of abundant and confident Leo energy.

- 28th January - Los Angeles 11.16
- 28th January – New York 14.16
- 28th January - London 19.16
- 29th January – Sydney 06.16
- 29th January – Auckland 08.16

My Full Moon Insights and Illuminations



----- January 2021 -----

Journaling and Notes



----- January 2021 -----

Journaling and Notes



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January 2021

Journaling and Notes



----- January 2021 -----

Journaling and Notes



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Journaling and Notes



January 2021

Journaling and Notes



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Journaling and Notes



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Reflections from January



----- Journaling & Notes -----