

Understanding Your Energy Blueprint: Stay in Tune with Planetary Cycles



How to understand planetary cycles-start simple.

Know your days of the week, what planets rule each one and how they affect you. Look up the day of the week you were born with a simple internet search. This will give you a basic understanding of some simple energetic template foundations.

When things feel “off”...

If you feel like your energy is heavy, things are moving slowly or you just feel “off”, here are some things to check:

*What phase is the moon currently in? Full moon times have an emotional intensity and can make things feel “looney” or you may feel like a “lunatic”. These words have lunar/moon origins. When you know how to utilize the moon phases, these times of the month have less of an effect on you, since you know how to use the power of the cycle.

Action Step: Make a note in your planner or calendar of full moon and new moon dates for each month. By doing this, you have a heads up about emotional intensity (full moon) and times to reflect on your manifestations of the last moon cycle and also you have a peak time scheduled for goal setting and manifestation work (new moon).

*What planetary retrogrades are currently happening? Mercury Retrogrades are especially important to keep up with and typically, there are only three per year.

Action Step: Make a note in your calendar or planner and schedule out the 3 three-week periods of the year for Mercury Retrograde. Schedule your work load lighter during these times and set a reminder for more self-care, meditation, rest and introspection during these times of the year. If you can take a portion of these retrogrades off for spiritual retreat, I highly recommend it. I do not, however, recommend extensive travel during these times. Mercury retrogrades are excellent for yoga and meditation retreats or “staycation” periods.

Action Step: Pay attention to your work flow and consistent moods/energy levels for each day of the week. This will help you fine tune your schedule to fit your energetic needs since the planetary influences change on a daily basis.

What day of the week were you born? What day of the week feels the best to you? Chart your moods and productivity, schedule intuitively with planetary influences in mind.

Overview of the weekly planetary shifts

Sunday: Sun (prana/energy, heart issues, vitality)

Monday: Moon (intuition, emotion, head and mental issues)

Tuesday: Mars (rules war, business, sports, politics, blood issues)

Wednesday: Mercury (rules communication, electronics, lung issues)

Thursday: Jupiter (rules blessings, money, digestion)

Friday: Venus (love, sex, beauty, romance, entertainment)

Saturday: Saturn (hard work, chores, learning and teaching, responsibility)

Homework:

Go to astro.com and complete your free natal chart.

After our weekly Live Zoom class, you will learn how to find your unique recipe of elements.

List your major three signs here: Sun, Moon and Rising signs:

What is your unique “Elemental Recipe”?

Expanding Sacred

How does your specific combination of elements enhance you or challenge you?

What clearing techniques/healing techniques will be useful for you to bring in the elements that are missing from your chart?

What is your specific ratio of masculine and feminine planets?

How does your combination of feminine and masculine energy represent in your life?

How can you enhance your personal shamanic practice by using this information?
