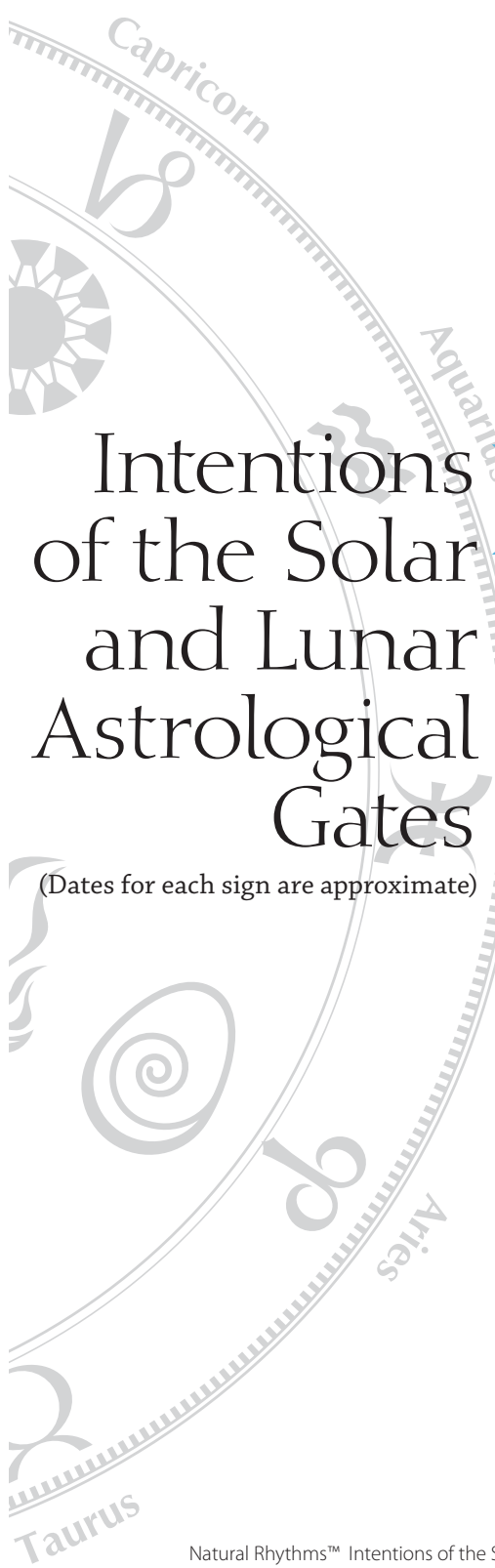


Natural Rhythms™

Connect the Creational Dance of Your Life to the Pulse of the Universe

by Lisa Michaels



Intentions of the Solar and Lunar Astrological Gates

(Dates for each sign are approximate)



Aries – Fire: Spring Equinox, March 21- April 19

Apply individual will. Be yourself. Energize desires. Get more exercise and move more. Start projects. Fire up desires. Take action. Connect to your inner warrior. Make time for sports and play activities. Move things forward. Accomplish tasks. Birth something new.



Taurus – Earth: April 20- May 20

Beautify your home, garden, and wardrobe. Enjoy earthly and bodily pleasures. Develop patience. Create grounded goals and strategies. Develop wealth-growing skills. Manage finances. Care for your body. Develop dependability. Relax and enjoy life.



Gemini – Air: May 21 - June 20

Connect to creative ideas. Develop networking skills or network. Make public relations efforts. Accomplish writing and speaking projects. Develop communication. Work with your imagination. Create change. Explore something new. Take on artistic and creative projects. Gather information.



Cancer – Water: Summer Solstice, June 21- July 22

Nurture self, family, friends, and projects. Apply love where needed. Create comfort. Birth what has been gestating. Care-take home and domestic life. Connect with family and friends. Care for your emotional needs. Heal your inner child. Support the young. Play near the water.



Leo – Fire: July 23 - August 22

Activate your radiance. Fill yourself with self-love. Turn up your inner fire. Increase self-confidence. Fire up your zest for life. Celebrate accomplishments. Develop the courage to follow your heart. Fine tune your presentational style. Enliven your stage presence.



Virgo – Earth: August 23 - September 22

Organize your life. Handle details. Perform ceremonies. Connect to the sacred. Increase productivity. Activate your sacred work. Be of service. Develop exercise and health programs. Tie up loose ends. Be useful. Connect to the patterns, rhythms and cycles of nature.

Intentions of the Solar and Lunar Astrological Gates

(Continued)



Libra – Air: Autumnal Equinox, September 23 - October 22

Balance relationships. Honor others' points of view. Integrate opposites. Consider options and choice. Mediate and create peace. Develop cooperative social skills. Host an event. Partner personally or professionally. Be a good companion. Think and write.



Scorpio – Water: October 23 - November 21

Feel all your feelings. Develop emotional maturity. Deepen psychic power, intuition, and sixth sense. Source life force. Transform and regenerate. Learn to manage intensity. Release what no longer serves you. Connect to sexual energy. Bring shadow to consciousness.



Sagittarius – Fire: November 22 - December 21

Expand whatever you focus on. Shine light on truth within. Evolve consciousness. Travel or plan to explore new territory. Study philosophy. Freely search for the meaning of life. Apply energy to what is ready to grow and develop. Learn and teach.



Capricorn – Earth: Winter Solstice, December 22 - January 19

Responsibly create structure and form. Design and administrate systems. Develop procedures. Handle business and financial affairs effectively. Apply discipline to the physical world. Teach systems and structures. Create goals. Provide support for family and children.



Aquarius – Air: January 20 - February 18

Innovate. Experiment. Liberate. Bring in radically progressive original ideas. Gain insight and cosmic perspective. Launch new ideas. Explore unconventional and unique systems. Create your own way of doing things. Take risks. Revolutionize.



Pisces – Water: February 19 - March 20

Develop a loving, caring, compassionate heart. Serve humanity. Intuit your night dreams and day-dreams. Create art and poetry. Take time for renewal. Contemplate. Pray. Meditate. Visualize. Introspectively connect to your inner and spiritual world.