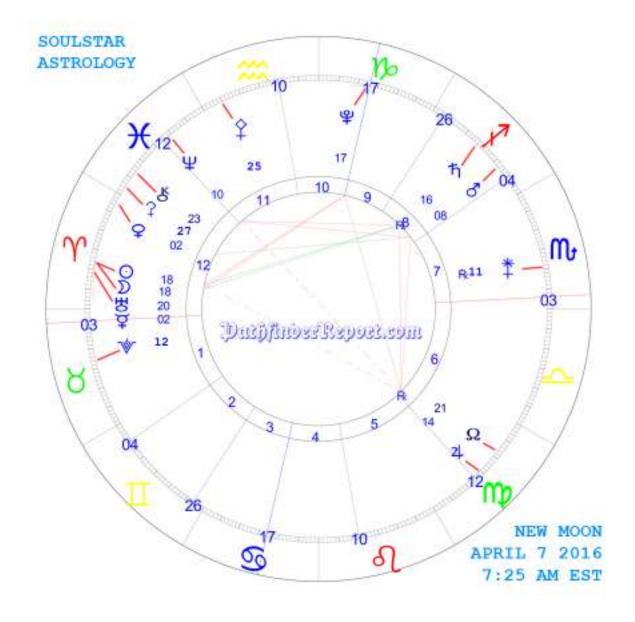
PATHFINDER Report

New Moon Thursday April 7 2016 7:25 AM EST

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Mars retrograde in Sagittarius Sunday April 17th 8:15 AM Pluto retrograde in Capricorn Monday April 18th 3:25 AM Sun ingress Taurus Tuesday April 19th 11:31 AM Full Moon in Scorpio Friday April 22nd 1:25 AM Mercury retrograde Thursday April 28th 1:21 PM Jupiter retrograde in Virgo throughout cycle Venus ingress Taurus Friday April 29th 8:37 PM Saturn retrograde in Sagittarius throughout cycle Next new Moon in Taurus Friday May 6th 3:31 PM EST



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Pathfinder Report is a new Moon Astrology report intended to assist in advancing personal significance, equality, and sovereignty through self observation and admission. The report assumes "you create your own reality" an unequivocal fact, at times referred to as

"the perfection premise".

New Moon Alignments

New Moon (Aries) square Pluto (Capricorn)
Venus (Aries) semi-sextile Mercury (Taurus)
Saturn (Sagittarius)retrograde semi-sextile Pluto (Capricorn)
Juno (Scorpio) retrograde trine Neptune (Pisces)
Uranus (Aries) semi-sextile Moon's north node (Virgo)
Uranus (Aries) quincunx Moon's south node (Pisces)

Overview

New Moon in Ariess Thursday April 7th 7:26 AM EST

focused agenda will prevail as satisfying this Moon cycle in Aries. If there has been an ability to find clarity in what is focused on and to remove dysfunctional delusions from one's interest an opportunity now to move into effective action exists, at least before April 17th. An ongoing need to remain clear as to what is significant and real for the individual will remain an important priority yet the bulk of what has been distracting many may have been lessened. Health issues may continue to challenge some people causing them to focus on what is specifically right for them and again cause them to move attention away from distractions which in reality do not directly concern them. Confrontations and territorial disputes in the medical professions can occur, this will most likely be occurring in industries which practice and promote denial management. On the other hand those who practice admission medicine and accepting responsible for what they have drawn to them will find this to be a great time of clearing and healing.

Ten days after the new Moon Mars will go retrograde on April 17th, significant as Mars is the planetary ruler of Aries. On the 18th Pluto will go retrograde and on April 28th Mercury will begin a retrograde cycle. The new Moon in Aries cycle will start with an increase in action energy yet will tail off after April 17th. Both Jupiter and Saturn will begin the new Moon in retrograde indicating authorities in general will be reviewing their action plans. Some will be made to review past activities seemingly against their will, time to pay the piper if you will. Jupiter's retrograde will cause some to review their health or the medical approach to achieving health. Jupiter went retrograde in Virgo on January 8th and will go direct on May 9th. Saturn

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retrograde in Sagittarius will have some individuals reviewing their rules or the rules of others. A difference of attitude perhaps between self and employee or self and the boss can be the theme of one's inner thoughts. Either way a need to review the rules and boundaries will arise if the individual has become falsely imprisoned in over planning or over restricting their actions. The boss who hired an individual who was clearly not qualified or the individual who fudged their experience on their resume to get the job, both can become challenged if they do not admit and own their folly. Saturn went retrograde on March 25th and will go direct August 13th. Mars retrograde indicates those piling ahead will experience a sudden loss in energy after April 17th. Others may be triggered to remember a time when they were perhaps more active as they have in recent time become inactive. Some may experience themselves or others quitting or stopping a planed action which may seem unusual as they just recently proclaimed their commitment to the very action they now don't feel like doing. When Pluto goes retrograde on April 18th it looks like the whole world goes into a holding pattern. Many projects involving communities will be delayed or will not be able to proceed as planned. We can easily see how all these retrogrades begin to mutually interact bringing many plans to a slower pace or to a pause or perhaps to a reverse action. Another retrograde in place at the new Moon phase, Juno retrograde in Scorpio, indicates a need to review one's commitment to securing a partnership by offering up their material values. Buying love seems to be not working. The path of Juno's inner vision is deepened and widened as indicated by the trine to Neptune in Pisces during the new Moon phase. Mercury retrograde on April 28th will add to the retrograde feeling which is building during this Aries Moon cycle. Now with one's thoughts focused on the past a need slow down, for some, becomes even more imperative. Some will perhaps want to sleep more than usual as their focus will be on things past which have left a residue of unresolved energy lingering in one's space. A need to resolve past issues or the need to pay attention to one's health grows in importance, extra sleep and rest may be a good solution. These retrogrades will not last forever, the individual can rest assured there will be a return to the regular action of their inspired self. For now however the individual may want to relax and take care of their health, ensure their harmony during public interaction and when at work, and keep their mind away from dangerous activities where extra caution is typically required.

People seeking attention in partnerships or romance can be drawn into big time enchantment as indicated by Neptune trine to retrograde Juno in Scorpio. Those who got lost in such a relationship in the past may relive it now. There can be much confusion as some will just lose all sense of boundaries as they fantasize about their relationship. The long list of retrogrades occurring will add to the mix and some may disappear in the fantasy of their choice for awhile. One thing which will pull a person out of the trance will be their health, a need to stay focus on one's most important practical need will trump any disillusioned fable filled indulgence. Scorpio is big on sharing values including property or money as well as sharing one's body and we may see some offering these things in hopes of appearing viable to another romantically.

If one's health has been an increasing concern since last fall and even more recently then the individual is in need of looking at the things they use to distract themselves. Being enchanted by non real or irrelevant things, irrelevant in regards to one's physical comfort and security, is the culprit. Illusions and fantasy can at times be a valuable relief however there has with many been an outrageous increase in accepting fantasy as real and for many it is simply time to pay the

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piper. Health issues are the body's way, in many cases, of challenging and forcing the individual to get their attention away from things which are really not their concern and to instead focus solely on themselves. There will be an increase in fire energy and this leads to action and activities up to around April 18th, after that it begins to slow down, and so the individual who has been dealing with a health issue of some sort may see a rise in their energy only to have it fall off at that time. Such an individual is advised to stay with their body's well being and continue to make this their priority. This is actually a great time for physical healing, this Moon cycle and right into the summer months.

*** SunSign

With this Moon cycle beginning in Aries the focus will be on the impulsive aspect of self. The current report, including the fourteen period cycle below, is scripted from the perspective of experiencing and witnessing how one goes after things. How an individual responds with action implies beliefs which are integrated within the individual. These actions reveal the presence of beliefs which are more foundational than what the same individual may assume or claim to believe, as in "actions speak louder than words". An evolution of self awareness occurs as the nature of one's courage becomes known. Those born under the Sun sign Aries have a natural propensity to be immediate as desire and ambition is expedited through impulse. They naturally and easily respond to their impulsive self. Not to exclude others as we all have Aries somewhere in our personal astrology charts, the following is a simplified list intended to indicate where each Sun sign would access Aries propensity for action and courage. There are many accents in each personal astrology chart where an individual's energy will be characterized by an apparent alternate Sun sign, as in being their Moon sign. In these cases there may be personal alignments which support a deviation of one's will from their highest order. The intention here is to clarify the basic inclination that an individual has to harmoniously and effectively go after things by being specific to each Sun sign and thus create added meaning to the content of the report. These can also serve as healthy intentions.

I experience courageous action ...

Pisces: when paying attention to what I experience immediately around me and servicing my immediate needs.

Aquarius: when I listen objectively to others and am clear with what it is I am to communicate.

Capricorn: by observing and accepting my feeling responses which are related to my agenda.

Sagittarius: by following my intentions to have a good time when involved with others.

Scorpio: whenever I embrace my responsibilities.

Libra: when I am in a partnership which shares an agenda.

Virgo: when I feel the power of what a harmonious partnerships can lead to.

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Leo: when I expand my world by adventuring into fresh new territory.

Cancer: when I move on my ambition and desire to be of value to others though my work.

Gemini: when I associate with others, either friends or the public.

Taurus: when I fill my thinking concepts with emotional truth and extend my awareness out

beyond mental boundaries.

Birthdays

The Birthdays section is a list of birthdays which are being strongly affected by current astrological alignments. If a birthday is not listed here it doesn't mean that a person is not experiencing significant astrological influences which are dynamically paralleling life changes. After all we are experiencing tremendous Earth changes now, nobody is excluded. The people who do have these birth dates are being strongly influenced now and are likely experiencing life altering dynamics. In some cases great opportunities are occurring and in others great challenges are brought forward. Since all challenges can be re-framed as opportunities all those who have these birthdays are experiencing great live changing opportunities. If a birthday is just a day or so previous to the listed date then the person has recently experienced a major change. Due to the retrograde nature of transiting planets the change is not necessarily complete, it may return. If a birthday follows a date listed the person will soon experience a major change. Again due to the retrograde nature of transiting planets the person may have already begun a major change which seems to have backed off, and will most definitely return.

April 9th & 10th
June 5th, 6th & 7th
July 9th
September 3rd & 4th
September 15th, 16th & 17th

October 14th & 15th
December 7th & 8th
January 7th
March 1st & 2nd
March 13th & 14th



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Fourteen Period Format

The Pathfinder Report follows the Moon through fourteen periods in 29 days beginning on the new Moon. The Fourteen periods, or phases, follow the Moon's journey through the entire Moon cycle. Each period will have a particular flavor or tone and is interpreted here as a unique opportunity. The first period begins at the moment of new Moon and continues until the Moon's first ingress. The Moon will ingress into the next zodiac sign thirteen times yielding fourteen unique periods. As each individual's journey and process is a unique personal adventure this report is to be considered a generalization. In some cases example scenarios are given to assist in providing clarity as to how specific astro alignments may be experienced.

To get a more complete or expanded feeling of this Moon cycle consider reading through the fourteen descriptions which follow. Many themes are included here and although relevant to the particular Moon phase and period are also relevant to the entire Moon cycle.

01 Thursday April 7th 2016 7:25 AM EST - new Moon in Aries

The new Moon in Aries will offer individual's the opportunity to focus more on themselves then perhaps they would usually. Pluto in Capricorn will square the new Moon indicating a need to be aware of how one perceives their social fit and how they understand the local rules which allow harmony to exist in their community. Of course these rules are unwritten yet expected to be shared. Since these so called rules or social mores are changing now and have been for a couple of years this can be tricker than usual. The continued presence of Uranus in Aries indicates an ongoing need to feel free and not be trapped or restrained by social or public beliefs or forces. As individuals act more independently, if that is possible with the extended transit of Uranus in Aries, the Aries new Moon will trigger actions which the individual may have been called to but not acted on previously. Again these action may be related to the need to feel untethered by social rules or public laws. This can also include ganging up and pooling together energy with others who feel they are in the same boat, they are needing to claim their freedom from some assumed social prison. Beginning on April 17th there will be three major retrogrades which begin, (see the later part of the this report). The first to go retrograde is Mars in Sagittarius. A shift in energy occurs and some will begin to reconsider or make up for some regrettable action. The presence of both Jupiter and the Moon's north node in Virgo indicates the on going need to focus on one's health and typically this will be assisted when the individual begins to drop some belief which, from their body's perspective, are delusional or not real.

02 Friday April 8th - Moon enters Taurus 2:12 AM

Concerned about one's basic foundation and security takes priority, and is inspired by a deeply spiritual place within. Keeping one's basic understandings just that simple and basic will assist them in maintaining harmony with others. A feeling that an individual's action will assist them in securing foundation may persist. A searching for this action may occur. "What is it I can do to increase my security?". How we share and communicate ideas may be key. Best approach for

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effective communication is to keep it simple. Speaking in cliches may not be one's most preferred way yet may be the choice of many. An increase in unexpected activity will likely be linked to over complicated or unnecessarily complicated understandings. Of course these actions will have been lurking it is only now that a rather basic or root justification for it dominates. Feelings about security may rise, if so it is a good opportunity to accept the feelings and look within oneself to see what belief triggers the concern. Reacting unnecessarily in an aggressive way may be regrettable later. In fact this may be a good time for some to release aggression if the justification for it is tied too tightly to beliefs regarding security alone. Avoiding unnecessary aggressive acts can help the individual gain personal energy in the future for other things not related to survival.

03 Sunday April 10th - Moon enters Gemini 2:00 AM

Mercury will go retrograde in two and a half weeks beginning a process of internalizing one's recent words and communications. Best now, as there is a boldness in the air which can for some affect their conversation, to realize that after April 28th a halt and a processing of all nonharmonized thoughts and words begins. In the meantime many will speak up saying and externalizing what they would typically keep to themselves. Getting things off one's chest picks up as one's inner process is externalized. The idea that external and internal thoughts are connected can be noticed as this switching becomes more exaggerated. A need for some to keep shared ideas and shared information simple can trigger emotional reactions in some. Ideally the individual will seek to understand the foundational belief behind the words of others as well as their own. Insanity in terms of wild internal dialogue may haunt some. Others may simply let their words fly. Things said and thought now will soon change and so the individual is cautioned to realize their impetus to react aggressively with thought and word is temporary. A good way to use this time is to observe one's own train of thought. By realizing we are not our mind, that we have a mind, can assist as the individual will more naturally observe where this mind of theirs is going. Observe as well the emotional parallel and look for the belief which justifies the emotion and thought. By transferring ones observation from the events they are involved in to the process behind the events a great victory in terms of self discovery can begin to occur.

04 Tuesday April 12th - Moon enters Cancer 4:08 AM

As people become increasingly bold they will seek to understand this in themselves by exploring their sensitivity. Some who were recently extra bold now become extra sensitive. Some may feel extra pressure as they feel they need to get on track with their career or some project which connects them to the public. Ideally the individual will discover a correlation between their public professional concern and their domestic situation. Some may bring rules into the home or create boundaries to better or correct their domestic situation. As Mars and Venus align in fire signs a potential for aggressive action rises, this is also supported by other alignments. Some issue typically kept to one's self may trigger an emotional reaction which results in an unexpected action. Some actions and acts of boldness will perhaps be more compatible with others and support for these may exist, however this may not always be the case. Some may appear to act immaturely however they are likely recreating a past buried event in hopes that it can now be understood from newly gained perspectives. Some may act as if or even claim that their feelings are hurt yet ultimately the responsible is really their own, a need to examine where one places their authority may be called for.

05 Thursday April 14th - Moon enters Leo 9:54 AM

Mars will go retrograde on Sunday the 18th yet in the meantime many will be jumping into

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action. The increase in boldness and action now will result in pauses from the same individuals after the 18th. Yet for now there may be fun in just doing what one wants. It is cautioned or advised to pay attention to how one's intention and subsequent action affect others around them. Ideally the individual will do their best to limit their actions and intentions and to ultimately create win win situations. This will certainly make it easier in the coming weeks when three significant planets all go retrograde. Anxiety may be triggered if an individual feels they fall short on accomplishments. Such feelings are typically related to being involved with beliefs which involve seeking the approval of others or wanting to impress others. Some may ask themselves what has this to do with me, as they feel the light of attention is shinning elsewhere as opposed to directly on them. A need to show others what one can do may result in entertaining acts yet sometimes these fall short of being inspirational. Ideally the individual will realize their great power to change their world absent of the need of their significance being acknowledged by others.

06 Saturday April 16th - Moon enters Virgo 7:24 PM

Mars retrograde in Sagittarius Sunday April 17th 8:15 AM Pluto retrograde in Capricorn Monday April 18th 3:25 AM

Mars and Pluto both go retrograde during this period. The focus will for many shift to what is truly important to them. The need to free oneself from folly and delusion, from being overly involved in the ideas and inspiration of others, and to follow one's own inspiration will assert itself as the Moon transits Virgo. The matter of one's own wellness and health will reprioritize the actives of some whether they like it or not. And even if one's health is tip top it is still a good idea to take preventive measures as boosting one's immune system. Also this is a good time to investigate one's interest and to see how much or if they are based on the visions of others. The individual must be realistic about following their own interest if they are to have great health. Rewards for keeping things simple may be awarded, these in the form of seeing the bigger picture. How one's localized experiences and challenges, opportunities as well, are linked to changes happening on the community or even global level can assist them. It's as if common sense was greatly upgraded or expanded. Again it is one's health and the focus on such which can be the big value as one's health will in some cartoon like way parallel the bigger world picture.

07 Tuesday April 19th - Moon enters Libra 7:25 AM

Sun ingress Taurus Tuesday April 19th 11:31 AM

Intending to simply one's relationships is likely inspired by a feeling that one wants to increase foundational security. We know Mercury will go retrograde on the 28th beginning a time where the focus will be drawn to things unresolved or which linger in one's thoughts. For now it is perhaps helpful to look for the similarities between oneself and those partnered with. Whether one thinks of these things as coincidence or whatever there are typically things we have in common with our partners we may not have instantly recognized. The complimenting or criticizing of our partner is most likely dealing with something about ourselves which we have been unable to see, thus we attract the right person. As some things are admitted relationship status can change as there is no longer a harmonic to continue the paralleling. Although one may be reminded or remember past experiences a new situation may occur which can attract attention. An interest in a changing social order may be inspirational, new ideas can be compelling. Ways of moving forward may be reflected in current partnership however a review of what is the best approach to move a project of mutual interest forward may be required. An ability to allow someone to change their mind can assist the individual who realizes they need to change their

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mind or approach concerning a shared interest.

08 Thursday April 21st - Moon enters Scorpio 8:19 PM

Full Moon in Scorpio Friday April 22nd 1:25 AM

Relationship paralleling, active correlation between oneself and their partner or an associate, can continue from the previous period. Some individuals may become suspicious as to the motives of others. All of a sudden one is increasingly concerned about the why of things. A need to go deeper into what is going on can cause one to become caught in their own web if there is any deception in motive. If everything is fine in this department then the individual will feel the potential of sharing their values even more deeply with their partner. Values can include any property owned or shared, also includes one's body. One's body can be considered their most valuable physical possession and so it is the sensual experience of this sharing which can go under the emotional microscope. Effective shared power requires agreements in the most basic sense, the fundamental shared ideas must be in harmony. There may be those who just simply want to be active and this very force may, in some, mean being suddenly aggressive. An increasing need to settle things down and to just relax may be needed, the individual is advised to see how their actions are appropriate from multiple perspectives before proceeding. If one needs to be active they may consider basic exercise.

09 Sunday April 24th - Moon enters Sagittarius 8:47 AM

Some may discover or uncover an authority which has been making the rules. This authority may have been known yet the extent of their influence in creating and dictating boundaries may have been unknown. A need to control one's public image or professional appearance may dominate some and cause them to be assertive. A need to prioritize the many activities an individual is typically involved with may also become more significant now. Some may want to make rules for themselves about their activities as certain things may be considered not the best for one's health. Or certain activities are dropped from one's regular routine as they are now assumed to be too much about what someone else needs and not their own needs. Either way this is a good time to review activities and remove things which are seen as not that valuable, some form of prioritizing one's time can be useful. If a schedule or routine is well managed an individual can increase the power of their intention to be successful professionally. One may have been motoring ahead recently and now feel there is something making them slow down. This is especially true for public or professional things one is actively involved with. There is favorable energy for retrospective analysis and reviewing recent progress. If there is a desire to take a day off and just relax or to put one's health first it is a good idea to do so as effective healing can occur.

10 Tuesday April 26th - Moon enters Capricorn 7:56 PM

Mercury retrograde Thursday April 28th 1:21 PM

With Mars already retrograde and now Mercury going retrograde the individual is well advised to pause or slow if there is any sign or indication that this would be beneficial. Great changes are occurring all over the planet and affecting people everywhere. The systems by which people create community are being changed. Many things may be up in the air. People who are considered authorities are likely more confused then they are willing to admit. Many are ramping their actions in a hope to bring things back to their old norm, it's not going to happen. Resisting these planetary changes is futile and those who go against these massive forces will be more hurt by them than those who are able to read and follow the new world as it continues to birth itself.

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These are not rules made by man or societies who want to maintain control over other people, there is much higher bigger authority involved. A powerful idea may occur to an individual who is able to relax. Some way of prioritizing action can be planned out from the hammock. Those inspired to simplify their beliefs and especially activities such that important things are not snagged in unnecessary complication can benefit from drawing back and reviewing their priorities.

11 Friday April 29th - Moon enters Aquarius 4:48 AM

Venus ingress Taurus Friday April 29th 8:37 PM

Inspired to be fair and diplomatic within a social group or circle of friends, can be work related, an ingenious solution to a know shared problem is born. Some may be lifted to to see themselves as free beings with free choice. The dichotomies which challenge this assumed freedom can trigger emotional reactions. The pooling together of like minded social thoughts and feelings can be qualified by the assumed mantra that all are created equal. The individual will do well to remember that their freedom was not taken away and instead realize that it was given away and as such there is no blame. No blame but lots of admitting. The focus is on actions yet action may not be taken yet all is cool. The Venus Taurus ingress Friday evening will assist those who feel misplaced by their apparent inability to move. Social freedom calls one's attention and so it is this area that their identity may be considered and qualified. Reviewing who one believes them self to be is more appropriate now then taking sudden action. An ability to appreciate oneself and to let go of false heroes can also be good ponder topics. Seeing oneself as their own special hero for example can release beliefs which may have become dysfunctional and simple outdated.

12 Sunday May 1st - Moon enters Pisces 10:35 AM

Being involved in too many things at the same time can become a confusing mess. This is typically not the best time to focus on decisiveness but to instead realize that there are at some level no boundaries between living things, we are all one. Of course this is not a sustained focus however for now while the Moon transits Pisces it can work. With several significant planets in retrograde the individual will do well to be aware as to what gets their emotional attention, to follow their feelings and see what their inner self is saying to them. One's strict and valued focus may have become less effective lately and now it just gets completely wishy washy. All is okay and it is this non boundary state which is most valuable to the individual as a need to set and recognize this boundlessness as a real fabric to which realities and beliefs are cut from. Nothing is real, how is that? And yet we are bounded by our body our bloodline and other things solid. As such this is the time to pay attention to what one's body needs and to find the song and music which harmonizes with wonderful health. A need to release certain illusionary ideas and beliefs may occur to the individual and this will be most likely confirmed in some way by what their body needs and requires as opposed one's logical script.

13 Tuesday May 3rd - Moon enters Aries 1:05 PM

The last time the Moon was in Aries we had the new Moon however now this Aries energy may feel much different as indicated by the retrogrades of Mercury and Mars. Personal work on oneself can be valuable however the individual must find where they have placed their authority, and to this the individual must practice admitting. There has been a rise in social independence for each individual since March of 2011, nobody on the planet wants to be owned by an assumed inferior force. Freedom for the individual however requires ownership of where one has placed their authority in the past. Beliefs revealing who owns the individual may have been discovered during this Moon cycle, or at the very least feeling reactions regarding the folly of giving one's

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authority over have been felt. Be good to one's self in that there is a reason why action is wanted but not taken, frustration can occur. Ideally the individual will review what makes them dependant and what makes them independent. Everything is slowing down or being momentarily paused, this will not last for long yet it is there today. A good and possible effective review to make right now is related to how one assumed they were individualistic when they were not so much and how they were very unique when they didn't realize it. This can be considered from the perspective that creation or existence is built on correlation as opposed to old school cause and effect. As such look for the parallels and realize that we attract the people who are some how similar to us. In such a world how can one see themselves as completely individualistic?

14 Thursday May 5th - Moon enters Taurus 1:11 PM

An ability to simply slow down the many diverse activities one might be involved in and to pick and choose the actions and activities which are the most profound in terms of moving toward one's target outcome will feel natural now as we move toward the coming new Moon phase. A need to find a stable dependable foundation will occupy the inner thoughts of many. One's inner process will likely be more like a review of certain recent ideas communications and involvements. There is great power available when an individual is grounded, an ability to bring many actions into an orchestrated harmonious whole. Specifically this power can now be used to discern what actions are most relevant to one's plan and agenda and those which are distractions. An ability to take charge of how one is actively involved in their career, for example, rises and can be put to valuable use. Supportive teams and partnerships are able to understand and accept the presence of each others intentions and again orchestrate their individual talents into effective results.

Next new Moon in Taurus Friday May 6th 3:31 PM EST

Soulstar Astrology Appointments

Soulstar Astrology readings are based on the belief that thought creates. Our experiences and most especially our difficulties can be framed as opportunities to evolve toward one's higher plan. As humanity has, in the last several years and continuing now, been through identity discernment a questioning as to where one is headed and who the self is that is headed there may occur. The understanding of a particular identity will correlate with particular astrological alignments and planetary placements. Personal astrology charts show us how things are connected from a vast perspective. Knowing these connections and perspectives opens the door for more choices. Astrology works well with dates and so consider keeping a record or make a note of specific dates in which some major dynamic have occurred.

Soulstar Astrology Appointments:

(905) 665-9000

For more information about Soulstar Astrology consultations goto:

Http://www.williamoulton.com/Soulstar/readings/freadings/freadings.php

SoulstarAstrology.com

PathfinderReport,com

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Sample Intentions for New Moon Thursday April 7th 2016 7:25 AM EST

- 01 I feel joy and confidence when taking the better action.
- 02 My body assists me in knowing when it is time for me to cool it and take a break.
- 03 I am able to isolate my specific role within a group dynamic.
- 04 I am able to find simplicity within seemingly complicated concerns.
- 05 Because I value and respect my impulsive self I am able to avoid unnecessary aggressive acts.
- 06 I am able to find harmony and congruency between my inner and external process.
- 07 I am able to discover parallels between my public professional life and my home domestic dynamics.
- 08 I am reminded that I am not my mind but that I have a mind.
- 09 I am discovering how my emotional reactions are indicative of specific beliefs I hold.
- 10 Oblivious and hidden beliefs are revealed to me when I trust my feelings and observe my emotional reactions.
- 11 I accept my body as my most valued physical possession.
- 12 My body reacts to my over indulgence in the concerns of others.
- 13 I am able to move away from delusion and fantasy when my body calls for my attention.
- 14 My common sense is expanding.
- 15 Instead of blaming others I look to see why I have attracted certain experiences.
- 16 I can better understand my relationships when I look for and feel the process behind them.
- 17 I have a basic exercise routine which helps to keep me strong and healthy.
- 18 By reviewing my activities I am able to adjust my time such that I have a healthy use of my energy.
- 19 I know when it feels right to take a day off to relax and rest.
- 20 By suggesting that it is so I am lead to inspiration while sleeping and dreaming.
- 21 On some grand level we are all one yet here in my local situation I find well considered boundaries do work for me.

William Oulton April 6th 2016