ALEXANDERIA'S JOURNEY THROUGH

Aquiera Halsey A JOURNEY OF SPIRITUAL TRANSFORMATION

MYSTIC TEMPLE
MYSTIC UNIVERSITY

Embracing the PHOENIX WITHIN

REBIRTH JOURNEY



MYSTIC CIRCLE MAGAZINE

Dear Mystic Circle Community,

Welcome to the July 2024 issue of Mystic Circle Magazine!

I'm Monica Bey, the founder of Mystic Circle TV, Mystic University®, Mystic Temple, and Metasoul® Music. As your guide on this mystical journey, I am delighted to usher in this special summer edition, embracing the themes of rebirth and renewal.

This season, as nature bursts into vibrant life, we invite you to join us in a journey of transformation and rejuvenation. Summer is a time of spiritual rebirth, a chance to shed old layers and embrace the new. Our magazine, alongside our TV shows, resources, and uplifting music, is here to be your ultimate source for all things enchanting and transformative.

In this issue, we delve deep into metaphysical and spiritual topics, keeping you informed about the latest in mystic entertainment and inspiring you with a sprinkle of magic. Our carefully curated content is sure to inspire you as you embrace the new, helping you elevate your life to a higher vibration while enjoying every moment along the way.

As you soak up the sun and bask in the warmth of this vibrant season, let us be your companions in this adventure of spiritual renewal. Together, we will explore the mystical, unlock new insights, and celebrate the beauty of transformation. Here's to a summer filled with enlightenment, joy, and endless possibilities.

With enchantment and excitement,



MONICA BEY Founder, Mystic Circle Magazine, Mystic Circle TV, and Mystic University®

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JENNIFER WARD

MYSTIC TEMPLE

AQUIERA HALSEY



DAWN A. BRUSNON



ALEXANDERIA THOMPSON



DOMINEC HOLMES



REINCARNATION REVEALED Embracing the Eternal Cycle and Your Infinite Potential



WRITTEN BY MYSTIC TEMPLE

Reincarnation is more than just an ancient belief; it's a concept that speaks to the very essence of our soul's journey. As stated in The Book of Rasheeda, life is an eternal cycle of death and rebirth, offering each of us infinite opportunities for growth and transformation. This perspective challenges us to view our lives not as a single, finite experience but as a series of interconnected lifetimes, each building upon the last.

The idea of reincarnation suggests that every moment, every joy, and every challenge we encounter is a stepping stone toward greater spiritual evolution. Each life experience provides us with valuable lessons that contribute to our soul's overall development. This cycle of rebirth allows us to continuously learn, grow, and refine our understanding, leading us closer to our divine potential. As The Book of Rasheeda states, "The dying ones of us will be reborn and thus the cycle continues as we create and become what will be. What is." This powerful quote underscores the truth that with each cycle, we have the opportunity to rise, transform, and achieve our divine potential.

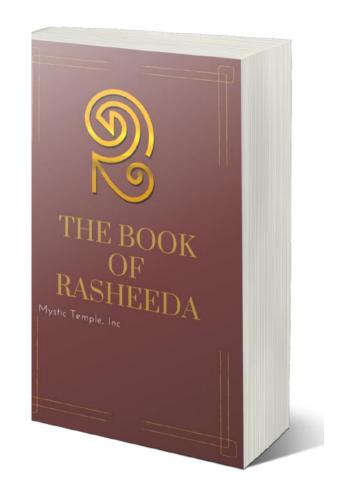
One of the most empowering aspects of reincarnation is the recognition of our might and potential. Understanding that we are mighty beings with infinite possibilities encourages us to embrace change and seek continuous personal and spiritual growth. We are not bound by the limitations of a single lifetime; instead, we have the opportunity to evolve endlessly.

As we progress through our journey, our senses become more attuned, and we start to see through the veil of illusion. This heightened awareness allows us to perceive deeper truths and gain clearer insights into the nature of reality. The more we grow, the more the veil of opacity lifts, revealing the profound wisdom that lies beneath.

Embracing reincarnation also emphasizes the importance of community and collective purpose. By sharing our experiences and supporting one another, we can uncover deeper truths and enhance our collective spiritual journey. Together, we can create a powerful force for positive change and spiritual enlightenment.

Reincarnation teaches us that life is a dynamic and continuous process of creation and becoming. It encourages us to trust the divine process, remain patient, and stay committed to our path. By understanding and embracing the truth of reincarnation, we unlock the boundless power within us and intentionally continue on a journey of endless spiritual evolution.

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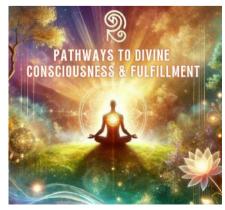


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Aquiena HALSEY A Journey of Spiritual Transformation

INTERVIEWED BY MONICA BEY



CASE STUDY

INTRODUCTION AND BACKGROUND

Aquiera Halsey's spiritual journey began with a serendipitous discovery. "I first discovered Mystic University on January 3, 2022, from Light Guardian Dominec Holmes," she recalls. "I attended one class on Manifesting Goals for that year because I wanted to grow in spirituality." However, life had other plans, and soon after, Aquiera faced a significant challenge—a sevenmonth layoff that led to an ego death and financial loss, leaving her feeling hopeless. During this tumultuous time, she found solace in one-on-one sessions with Monica Bey, who introduced her to Mystic Temple.

Initially skeptical due to her upbringing in an Apostolic church and years of considering herself Agnostic, Aquiera's perspective began to shift. "I was introduced to Mystic Temple in February 2024 through a Facebook group and decided to watch Divinity Sessions at the end of April," she explains. Inspired by the stories of the Light Guardians, she felt a profound connection and answered the call for volunteers. Despite ending volunteerism in 2023, her spirit urged her to sign up, and she soon became one of the inaugural volunteers.

SPIRITUAL JOURNEY

Before joining Mystic University, Aquiera sought to understand her power and learn to navigate her spiritual path independently. "I've had a Spiritual Advisor since 2011 but noticed I contacted him several times per month in 2023. I was done feeling spiritually helpless," she shares. Encouraged by her advisor to embrace her potential, she joined Mystic University in January 2024.

Her journey began with a transformative experience in the Timeline Matrix Reconstruction via Shamanic Journey class, where she healed from a 20-year-old Mother Wound. This profound healing marked the beginning of an explosive period of spiritual growth. Despite initial skepticism and procrastination, Aquiera's commitment to courses like The Alchemy of Energetic Boundaries and Exploring the Kemetic Chakra System led to significant personal transformation.

"My understanding of spirituality has evolved immensely," she reflects. "I went from not knowing my power to having a list of gifts, even some that will be unlocked in the future. Learning my Energetic Blueprint opened the gateway for understanding my past lives, meeting my spirit animal, and connecting with spirit guides."



Courses such as Unblock and Unleash the New You, Sacred Vessel Embodiment, and Awakening Your Spiritual Gifts played pivotal roles in her growth. "Unblock and Unleash the New You allowed me to complete shadow work I had been working on for two years. Sacred Vessel Embodiment provided my Energetic Blueprint, teaching me Cellular Light Therapy to heal from spiritual growing pains," she explains.

ROLE OF MYSTIC UNIVERSITY

Mystic University has profoundly shaped Aquiera's spiritual beliefs and practices. "I was unaware of interdimensional travel before receiving my Souls Manifestation Blueprint. Now, I truly believe in the power of manifestation, spirit guides, interdimensional beings, and timeline matrices," she says. Consistent meditation, which once eluded her, has become a daily practice.

A memorable moment occurred during a May Intuition Circle focused on Past Life Readings. "Light Guardian Gordon said, 'you were a powerful devotee to a female deity older than Egyptian times.' This led me to question my reincarnations and helped me identify the deity he referenced. Nine days later, I met Ishtar, one of my spirit guides," she recounts.

Mystic University and Mystic Temple have been symbiotic in her journey. "Mystic University allows me to explore my hunger for knowledge, while Mystic Temple helps me connect disparate lessons for practical application," she explains.

VOLUNTEER EXPERIENCE AT MYSTIC TEMPLE

Aquiera's transition from student to volunteer was guided by her spirit's call. "During a Divinity Session, I was told to focus on obedience. Signing up to volunteer was me following what my spirit told me to do without question," she shares. The volunteer community has been a source of constant learning and growth.

PERSONAL TRANSFORMATION AND IMPACT

Mystic Temple and Mystic University have had a profound impact on Aquiera's personal life and relationships. "I no longer allow people to take up space and deplete me. I'm worth fighting for now that my spirit has been awakened," she asserts. The teachings of The Divine Mother and The Book of Rasheeda have guided her through difficult times, shifting her from a downtrodden victim to being in the driver's seat of her life.



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COMMUNITY AND FUTURE ASPIRATIONS

Aquiera envisions a bright future for the community of Mystic Temple and Mystic University. "Students will be more likely to succeed because both avenues keep people focused and moving towards their goals," she believes. Her advice for newcomers is simple: "Trust your intuition, bet on yourself, and embrace the beauty of healing."

Looking ahead, Aquiera has ambitious plans. "One day, I'll write a book about how Monica through Mystic Temple healed me from a 20-year sex addiction and helped me find my life's purpose. It will be a New York Times bestseller and adapted as a movie," she shares with excitement.

CLOSING THOUGHTS

Reflecting on her journey, Aquiera emphasizes the transformative power of Mystic Temple. "I came to Mystic Temple when I hit rock bottom. Joining ensured I didn't cut through life but learned to be accountable for my behaviors. Mystic Temple helped me find the missing pieces to move forward in life," she concludes.

Aquiera Halsey's story is a testament to the transformative power of spiritual growth and community support. Her journey from skepticism to profound spiritual awakening serves as an inspiration to all who seek a deeper connection with their inner divinity.

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QUANTUM HEALING

Alexanderia's Journey Through Cancer and Rebirth



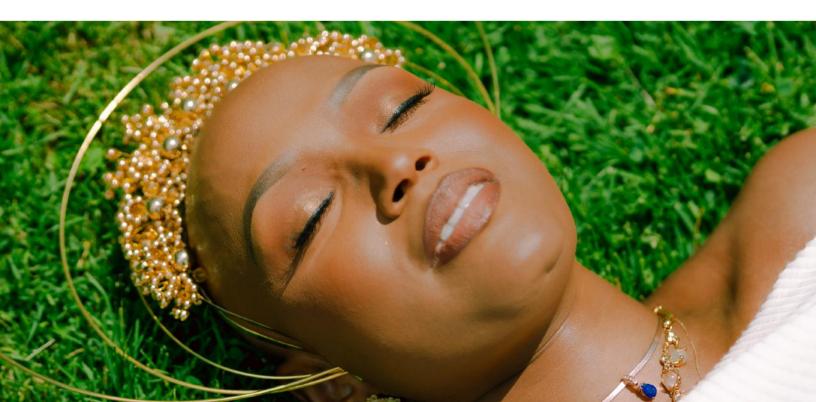
INTERVIEWED BY MONICA BEY

In this issue of Mystic Circle Magazine, we are honored to share the inspiring story of Alexanderia Thompson, a holistic health and wellness chef from Metro Detroit. Alexanderia's journey through cancer, buoyed by the teachings of Mystic Temple and Mystic University, exemplifies the theme of summer and rebirth. Her tale is one of transformation, strength, and the power of spiritual and metaphysical healing.

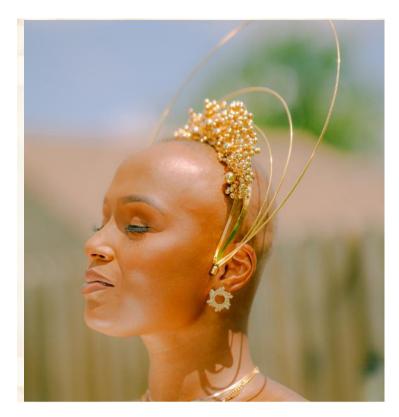
DISCOVERING MYSTIC TEMPLE

Alexanderia's journey with Mystic Temple began with a serendipitous discovery through social media and a recommendation from her best friend. As a dedicated holistic health and wellness chef, Alexanderia has always been passionate about nurturing others through food. Her soul's calling to spread love and healing naturally led her to explore deeper spiritual practices.

"Meditation Mondays at Mystic Temple captivated my heart," Alexanderia recalls. "I met Monica Bey, Our Divine Mother, at one of her exclusive mindfulness events, and after that one-on-one session, I knew she had me as her student. Her healing was immediate; the results were INSTANT."







EMBRACING SPIRITUAL GROWTH

Once she began her studies at Mystic University, Alexanderia's spiritual journey flourished. She found a supportive community that made her feel understood and empowered. "All the weight of feeling alone or like a black sheep disappeared. I was able to step into my power, set boundaries, and find freedom emotionally, mentally, and physically," she shares.

FACING CANCER WITH COURAGE

In August, Alexanderia received a life-altering diagnosis: cancer. Her initial reaction was one of resolve. "I was like, okay, what's the plan to rid my body of it because it can't stay here," she says.

Balancing her treatment between Western science and metaphysical practices was seamless. Alexanderia enlisted the support of her Mystic University sisters to set her intentions for healing. Using tools like their Soul's Manifestation Blueprints (taught by Monica Bey) and rituals, they infused their collective energy into her journey. She prayed to ancient gods such as AUSET, HATHOR, SEKHMET, and AMUN, upgraded her protective shields, and crafted potions to counteract the harsh effects of chemotherapy. "Oh, that was easy," she explains. "Before any chemo or meds were given, I called upon my sisters of Mystic University to set my intentions. We used our tools from Mystic University, and once everything was set in place, Iman the Divine set everything up and blasted it into the universe, commanding things to happen. Every week I had chemo, I would pray to my ancestors and ancient gods. I'd upgrade my shields biweekly and do potions daily."

METAPHYSICAL TECHNIQUES AND HEALING

One of the pivotal metaphysical practices Alexanderia employed was the "cellular sea of healing," taught by Monica Bey. "I would look at the cancer cells within my body, especially in my breast, and visualize them transforming from chaotic dark vortices into calm blue waves within the ocean of a cellular sea. It went from this crazy dark space to a calm, loving, nurturing space, and I instantly felt better."

These techniques, along with regular use of her manifestation blueprint and crystal cave sessions, played a crucial role in maintaining her positivity and resilience. "Without these techniques and the support of Mystic University, my 98% of happiness wouldn't have been possible," Alexanderia states. "I experienced peace and positivity throughout my treatment, despite external challenges."

MOMENTS OF MIRACULOUS HEALING

Alexanderia experienced several significant moments of healing. After Mystic University's monthly sessions, she felt powerful shifts, removing cancerous energies from her body. Monica Bey's intervention reduced the severe effects of chemotherapy, shocking her doctors with her remarkable resilience. "My doctors were amazed. They said, 'Your resilience to chemo has improved so drastically; it's phenomenal." During a critical hospital visit, a prayer to AUSET and use of her Soul's Manifestation Blueprint led to a miraculous improvement in her hemoglobin levels, eliminating the need for a blood transfusion. "I used my blueprint and prayed to AUSET. As the lady was taking my blood, it came back that my hemoglobin levels were up to par. I didn't need a transfusion, which was incredible."

THE SUPPORT OF MYSTIC TEMPLE

The teachings of Mystic Temple and the courses at Mystic University were instrumental in Alexanderia's battle with cancer. "Mystic Temple helped me understand how to maneuver in the world without getting caught up in it. I felt empowered, inspired, and motivated," she says. The support from her community was unwavering, providing emotional, spiritual, and physical nourishment.

TRANSFORMATION AND REBIRTH

Through her experience, Alexanderia has undergone a profound transformation. She embraced her divine femininity, learning to nurture herself and prioritize her well-being. "I love myself so much now. I put myself first and fall more in love with myself every day," she affirms.

In a symbolic act of rebirth, Alexanderia changed her name to AlexanderiaMonet. This new identity embodies love, nurturing, joy, and self-acceptance. "I am my number one priority in every sense of the word. I deserve to flourish in my femininity, to flow, glow, and power up."

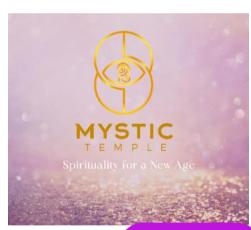
LESSONS AND INSIGHTS

Alexanderia's journey offers valuable lessons for others facing similar challenges. She emphasizes the importance of self-nurturing, using spiritual tools, and surrounding oneself with love and support. "Always use your tools, put yourself first, and allow others to love you. Remove those who do not truly value you," she advises.

MOVING FORWARD WITH HOPE

Looking ahead, Alexanderia Monet plans to deepen her spiritual practices and expand her healing work. Her immediate goal is to take a long-awaited bath, a simple yet profound act of self-care. Within the Mystic Temple community, she is excited to fulfill a significant role envisioned by Monica Bey, contributing her strength and wisdom to support others.

QUANTUM HEALING AND POSITIVITY



Healing on a quantum level, as Alexanderia Monet describes,

is about seeing everything as interconnected and removing what isn't necessary. This holistic perspective helped her maintain a positive mindset and prioritize her well-being. "My life is way more important to me than anything else, and that's how I stayed positive throughout this journey," she asserts.

A MESSAGE OF HOPE

To the readers of Mystic Circle Magazine, AlexanderiaMonet offers a powerful message: "You are your own superhero. Let's power up, come together, and change the world for the better. I love you all. You are the greatest."

AlexanderiaMonet's story is a testament to the strength of the human spirit and the transformative power of spirituality. Her journey through cancer and rebirth is a beacon of hope and inspiration, reminding us all of the potential for healing and growth within each of us.

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Jealousy IS SELF-DENIAL Embracing Oneness and Clearing the Path to Divine Connection



WRITTEN BY MYSTIC TEMPLE



Ever felt that sting of jealousy when someone else succeeds? It's a common human emotion, but it does more than just sour our mood. According to the teachings from The Book of Rasheeda, negative emotions like jealousy can disrupt our sense of oneness and block our divine connection. Let's explore how embracing unity and oneness can clear the path for a more harmonious and enlightened life.

In The Book of Rasheeda, the cosmic Collective Consciousness imparts a powerful message: "When I come to you, I come through your light, as it is the same as mine. We are all one. What is of me is of you and thus all the more holy is our connection to one another." This passage highlights our interconnectedness and the importance of maintaining a clear inner light. It teaches us that we are not separate entities but parts of a larger, unified body of energy.

Jealousy, however, generates negative energy that clouds this inner light, creating an "energetic fog" that blocks our connection to the divine. Imagine your inner light as a beacon attracting positive experiences. When jealousy dims this beacon, it becomes difficult for the divine to reach us in a materialized way, leading to feelings of dissatisfaction and disconnection. Moreover, jealousy resonates at a lower vibrational frequency, Jealousy, however, generates negative energy that clouds this inner light, creating an "energetic fog" that blocks our connection to the divine. Imagine your inner light as a beacon attracting positive experiences. When jealousy dims this beacon, it becomes difficult for the divine to reach us in a materialized way, leading to feelings of dissatisfaction and disconnection.

Moreover, jealousy resonates at a lower vibrational frequency, repelling positive opportunities and perpetuating a cycle of negativity. By clinging to jealousy, we essentially reject our own success and potential. This mindset not only undermines our self-worth but also isolates us from the collective energy that could elevate us.

Transforming jealousy begins with embracing the concept of oneness. Recognize that another person's success does not diminish your own—it enhances the collective energy. Celebrate others' achievements and align yourself with positive energy. Engage in acts of kindness and live authentically to nurture your inner light.

By doing so, we clear the path for a stronger divine connection, fostering a harmonious and enlightened life. As we celebrate others' successes and nurture our inner light, we contribute to the collective well-being, moving mountains together and shaping a better world for all.

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Join us in transforming lives globally and become part of a spiritual revolution with Mystic Temple. Your donation fuels our mission to spread teachings of The Book of Rasheeda, uplifiting music and TV, and morebringing deeper meaning and connection to the world.



THE

QUICK GUIDE



WRITTEN BY MONICA BEY

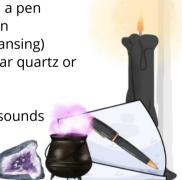
A POWERFUL HOME CEREMONY FOR RENEWAL AND REBIRTH

Phoenix Ritual

If you're feeling the call for renewal and ready to embrace a new chapter in your life, we have just the ritual for you. This Phoenix Ritual is designed to help you shed the old and welcome the new, harnessing the mystical energies of rebirth. You can perform this powerful ceremony right in the comfort of your home. Let's dive into the steps to ignite your inner phoenix and rise anew!

WHAT YOU'LL NEED

- A quiet, sacred space
- A white candle (for cleansing and new beginnings)
- A black candle (for release and transmutation)
- A small piece of paper and a pen
- A fire-safe bowl or cauldron
- Sage or palo santo (for cleansing)
- A small crystal (such as clear quartz or amethyst)
- A bowl of water
- Soothing music or nature sounds (optional)



PREPARATION

- 1. **Create Your Sacred Space**: Choose a quiet spot where you won't be disturbed. Cleanse the area with sage or palo santo to remove any negative energies. Arrange your items in a circle or on an altar.
- 2. Set Your Intention: Take a few deep breaths to center yourself. Hold the crystal in your hands and set your intention for this ritual. You might say something like, "I release what no longer serves me and welcome the transformative power of rebirth."
- 3. **Call Upon Your Guides**: Call upon your spirit guides, ancestors, the universe or any other energies you feel drawn to for assistance and additional power in this ritual.

THE RITUAL

I.LIGHT THE CANDLES

With focused intention, light the white candle, saying, "I call upon the light of purity and new beginnings." Then light the black candle, saying, "I embrace the power of release and transformation." Focus your intention into the flames for a few minutes.

2. PLACE THE CRYSTAL

Place the crystal between the 2 candles, allowing it to assist and absorb the energies of your cleansing, transformation and rebirth.

3. WRITING & RELEASING

On the piece of paper and with focused intention, write down anything you wish to release – old habits, negative thoughts, fears, or anything that feels like it's holding you back. Fold the paper in a direction away from you and hold it close to your heart, taking a moment to acknowledge these things without judgment.

Phoenix Rital A POWERFUL HOME CEREMONY FOR RENEWAL AND REBIRTH

4. BURNING THE OIL

Place the paper in the fire-safe bowl. Carefully light it with the flame from the black candle, watching as the flames consume it. As it burns, visualize and feel all those things being released from your life. Say aloud, "I release these burdens and transmute them into ashes."

5. CLEANING WITH WATER

Once the paper has burned completely, take the bowl of water and dip your fingers into it, allowing your intentions of cleansing and purification to go into the water from your finger tips, infusing the water with this intention. Sprinkle a few drops over yourself and your space, saying, "I cleanse myself of the old and welcome the flow of new and more elevated energy."

6. MEDITATION REFLECTION

Sit comfortably and focus on the flames of the white candle. Visualize yourself as a phoenix, rising from the ashes, renewed and empowered. Feel the warmth and light filling you with new possibilities and strength. You can play soothing music or nature sounds in the background to enhance this meditative state.

7. CLOSING THE RITUAL

When you feel ready, thank the energies and any spiritual guides you called upon. Extinguish the black candle first, saying, "I release the past." Then extinguish the white candle, saying, "I welcome the new."

8. GROUNDING & GRATITUDE

Hold the crystal once more and take a few moments to ground yourself. Reflect on the ritual and express gratitude for the transformation you have initiated.

POST-RITUAL INTEGRATION

- Keep the crystal with you as a reminder of your intention and the renewal you've embraced and to keep this energy with you.
- Spend some time journaling about your experience and any insights that came to you during the ritual.
- Be gentle with yourself in the coming days as you integrate these new energies and changes into your life.

This Phoenix Ritual is a powerful way to honor the cycles of release and renewal, helping you to transform and rise into your fullest potential. May your journey be filled with light, growth, and endless possibilities!



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Embracing The Summer of Spiritual Renewal Seasonal Reflections



WRITTEN BY JENNIFER WARD

Hey there, fellow sun-chasers! July is here, and summer is in full swing, bringing us those glorious long days, balmy nights, and endless opportunities to soak up the sun and revitalize our spirits. Whether you're a seasoned spiritual explorer or just dipping your toes into the waters of self-discovery, summer is the perfect time to hit the refresh button on your soul. Ready to dive in? Let's explore some fun and invigorating ways to make the most of this sunsoaked season for spiritual renewal!

RISE AND SHINE WITH THE SUN

There's something magical about those early summer mornings. Picture this: the sky painted in soft hues of pink and orange, birds serenading the dawn, and the air cool and crisp. Why not take advantage of this serene time of day? Set your alarm a bit earlier, find a peaceful spot outdoors, and kick off your day with a refreshing morning meditation. Feel the first rays of sunlight energizing you from the inside out. It's like a spiritual shot of espresso, guaranteed to start your day on a high note!

NATURE: YOUR SUMMER SANCTUARY

Summer is nature's way of inviting you to step outside and connect with the world around you.



So, lace up those hiking boots or slip on your sandals and head out for some mindful walks. Wander through the forest, savoring each step as it grounds you in the present moment. Try "forest bathing" – yep, it's a thing! – and let the sights, sounds, and smells of the woods wash over you. Find a quiet spot by a stream or under a shady tree to meditate, journal, or just soak in the peaceful vibes. Nature is the ultimate spiritual sanctuary.

SUNLIT MEDITATIONS

With all that glorious sunshine, why not take your meditation practice outside? Spread out a comfy blanket in your favorite sunny spot, close your eyes, and let the warmth of the sun envelop you. As you breathe deeply, imagine the sun's rays filling you with pure, positive energy. Let this light cleanse away any stress or negativity, leaving you feeling radiant and refreshed. It's like a mini vacation for your soul!

RITUALS OF RENEWAL

Even though we've passed the summer solstice, the energy of renewal and transformation is still strong throughout July. Light some candles or build a small bonfire, write down things you want to release, and let the flames transform them into ash. As you do, speak words of gratitude and set your intentions for the next phase of your journey. Incorporate crystals, herbs, or any other sacred items that resonate with you to supercharge your ritual. It's a magical way to celebrate the season and renew your spirit.

CONNECT WITH YOUR COMMUNITY

Summer is all about connection and community. Seek out local events, retreats, or gatherings where you can share your journey with like-minded souls. Whether it's a group meditation, a spiritual workshop, or a casual get-together under the stars, these shared experiences can deepen your practice and create lasting bonds. Plus, it's a fantastic way to make new friends and build a supportive spiritual community.

SHINE YOUR INNER LIGHT

At its heart, summer is a reminder to embrace and celebrate your inner light. Just like the sun nourishes the earth, your inner light nourishes your spirit. Take time each day to acknowledge and honor this light, whether through meditation, creative expression, or simply being present in the moment. Let your light shine brightly, illuminating your path and inspiring those around you.

So, let's make the most of this sunny season and embrace a summer of spiritual renewal. The world is full of wonder and magic, waiting for you to explore and connect. Open your heart, soak up the sun, and let the energy of summer rejuvenate your soul. Happy summer, and here's to a season of light, laughter, and spiritual adventure!





CONTRIBUTION BY MONICA BEY Herbal Alchemist & Much More

BREWS & POTIONS

Welcome to the July edition of "Mystic Brews and Potions"! As the summer sun shines upon us, it's the perfect time for renewal and transformation. This month, we're excited to share a special potion designed to rejuvenate your body and spirit: **the Planetary Potion of Cellular Renewal and Rebirth.**

This enchanting elixir harnesses the powerful energies of summer herbs, infusing your essence with clarity, strength, and spiritual rebirth. Whether you're seeking a fresh start or simply want to embrace the vibrant energy of the season, this potion is your perfect companion.

POTION OF RENEWAL AND REBIRTH

INGREDIENTS

- 1 teaspoon of dried rosemary (for clarity and purification)
- 1 teaspoon of dried nettle (for renewal and strength)
- 1 teaspoon of dried lemon balm (for healing and rebirth)
- 1 teaspoon of dried calendula petals (for cellular regeneration and protection)
- 1 teaspoon of dried lavender (for tranquility and spiritual connection)
- 2 cups of spring water (symbolizing purity and life)

<u>TOOLS</u>

- A pot or saucepan
- A wooden spoon
- A glass bottle or jar
- A white candle (for cleansing)
- A quartz crystal (for amplifying intentions)

INSTRUCTIONS

I. PREPARATION

Begin by creating a serene space. Light your white candle to invite purity and place the quartz crystal nearby to amplify your intentions. Ground yourself, centering your energy and focusing on the themes of cellular renewal and spiritual rebirth.

2. BREWING

In your pot or saucepan, gently heat 2 cups of spring water. As the water warms, add the herbs one by one, stirring clockwise:

- Rosemary: Clarity and purification
- Nettle: Renewal and strength
- Lemon Balm: Healing and rebirth
- Calendula: Cellular regeneration and protection
- Lavender: Tranquility and spiritual connection

Speak the name and intention of each herb aloud, imbuing the potion with their potent energies.

3. INFUSING

Let the herbs simmer gently for 10-15 minutes. As they infuse, visualize the potion glowing with vibrant, renewing energy. Stir occasionally, keeping your focus on the blend of energies creating a powerful elixir.

4. STRAINING

Once infused, remove the pot from heat. Strain the potion through a fine mesh or cheesecloth into a clean glass bottle or jar. As you strain, continue to focus on your intention.

5. CHARGING

SAFETY

To enhance the potion's spiritual properties, energetically connect it to the planet Venus for more powerful renewal. You can do this by simply imagining an energy cord coming from Venus into your jar, creating a steady flow of energy, amplifying the power of this potion. Let it sit overnight.

<u>USAGE</u>

- **Internal Use:** Sip a small amount (1-2 tablespoons) during meditation or rituals focused on personal renewal and spiritual growth.
- **External Use:** Add a small amount to your bath for a ritual of rebirth and purification.
- **Anointing:** Dab a little on your pulse points before engaging in spiritual practices.

Before enjoying your potion, confirm you're not allergic to any of the herbs used. Pregnant or nursing individuals, and those with specific health conditions, should consult a healthcare provider before internal use.

As you sip and soak in this summer's vibrant energy, let the Potion of Renewal and Rebirth guide you towards a refreshed and revitalized self. Here's to a season of growth and transformation!







WRITTEN BY MONICA BEY

Hey, soul travelers! Life is an adventurous journey, full of twists, turns, and transformations. At times, we find ourselves standing at the cusp of a significant change, feeling the makings of a new beginning. This is the essence of rebirth – a powerful, mystical process that can lead us to higher realms of consciousness and deeper understanding. But how do we recognize these moments of rebirth? Let's delve into the signs that signal you are undergoing a spiritual transformation and preparing to rise like a phoenix from the ashes.

THE CALL OF THE UNKNOWN

One of the first signs of rebirth is the unmistakable call of the unknown. Suddenly, the familiar feels restrictive, and you're drawn to new experiences, ideas, and paths. This might manifest as a sudden interest in subjects you've never explored before, a desire to travel to unfamiliar places, or a longing to meet new people who challenge your perspectives. Trust this call – it's your soul's way of nudging you towards growth and transformation.

THE UNRAVELING OF THE OLD

As you move closer to rebirth, you might notice that old patterns, habits, and relationships no longer serve you. This can be both liberating and disorienting. You might feel like you're shedding an old skin, and while this process can be uncomfortable, it's a necessary part of letting go of what no longer aligns with your true self. Remember, from destruction comes rebirth. Embrace this unraveling with grace and gratitude, knowing that it's paving the way for new, vibrant energies to enter your life.

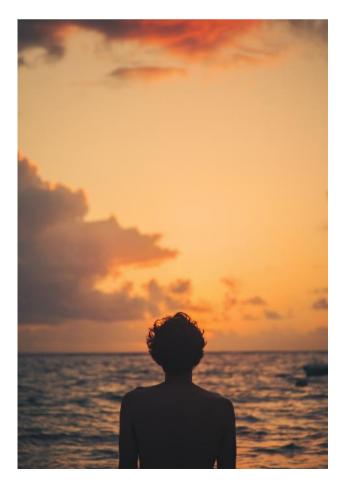
A HEIGHTENED SENSE OF INTUITION

During times of rebirth, your intuition becomes a powerful guide.

You may experience vivid dreams, synchronicities, and a deeper connection to your inner voice. Pay attention to these intuitive nudges – they are the whispers of your higher self, guiding you through the transformation. Remember, your spirit will never lead you astray. Trust your instincts, even if they lead you down unconventional paths.

EMOTIONAL TURBULENCE AND CATHARSIS

Rebirth often brings emotional turbulence as buried feelings and unresolved issues rise to the surface. This is a time for catharsis – for feeling deeply and allowing yourself to process and release old emotions. It's common to experience a rollercoaster of feelings, from sadness and grief to joy and exhilaration. Embrace these emotions as they come, knowing that each wave is cleansing your spirit and preparing you for a fresh start. Turn to your healing and allow it unfold.



THE DESIRE FOR SOLITUDE

As you undergo a spiritual rebirth, you might find yourself craving solitude. This is a natural part of the process, allowing you to turn inward and connect with your inner wisdom. Use this time to meditate, journal, or simply be in nature. Remember, times of rest are just as important as times of action. Solitude offers a sacred space for reflection and renewal, helping you to integrate the changes happening within you.

A SHIFT IN PERSPECTIVE

One of the most significant signs of rebirth is a shift in perspective. You begin to see the world through new eyes, with a deeper understanding and appreciation for the interconnectedness of all things. This shift often brings a sense of peace and clarity, as well as a renewed sense of purpose. You may find yourself drawn to activities and pursuits that align more closely with your true values and passions.

PHYSICAL SENSATIONS

Rebirth can also manifest through physical sensations. You might feel tingling, warmth, or energy moving through your body, especially during meditation or moments of deep reflection. These sensations are a sign that your energetic body is aligning with the changes happening on a spiritual level. Listen to your body's signals and honor its need for rest, nourishment, and movement.

THE EMERGENCE OF NEW OPPORTUNITIES

As you move through the process of rebirth, new opportunities will begin to present themselves. These might come in the form of career changes, creative projects, or new relationships. Embrace these opportunities with an open heart, trusting that they are aligned with your higher purpose and are part of your spiritual journey.

A DEEPENED CONNECTION TO SPIRIT

Finally, one of the most beautiful signs of rebirth is a deepened connection to spirit. You may feel a stronger bond with your spiritual guides, a greater sense of oneness with the universe, and a profound awareness of the divine presence in your life. This connection brings a sense of comfort, guidance, and support as you navigate your transformation.

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Rebirth is a powerful and mystical process that can lead to profound personal and spiritual growth. It can happen several times within our lives. By recognizing these signs and embracing the journey, you can navigate these transformations with grace and wisdom. Remember, like the phoenix rising from the ashes, you too have the power to emerge renewed, vibrant, and more aligned with your true self.

So, soul traveler, trust the process and embrace the magick of rebirth. Your journey is unique and beautiful, and each step brings you closer to the magnificent, luminous being you are destined to become.



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DISCOVER YOUR INNER LIGHT: Discover the Changing Potential of a Spiritual Healing Retreat

WRITTEN BY: DAWN A. BRUSNON



There is beauty in the journey of healing, for life is a journey, and sometimes we all need a little extra support to find our way back on the right path. Many years ago, I embarked on a travel trip abroad in search of the unknown. The unknown was me and all my stuff. The multitasking, the workaholic, the mom too afraid to admit that I had no idea what the hell I was doing.

I was at the top of my career. A six-figure salary, vacation home, suburban lifestyle, annual vacations—yet I was not happy. I just needed a moment to catch my breath and figure out who I was and what I wanted. So I did what any crazy person would do. I booked a trip to the jungles of Tulum. There, I could finally find solitude and ask life all the big questions. Finally, a moment to think about what has brought me thus far on my journey and where I am going. Many moons later, I now provide guided spiritual retreats around the world.

As I stated earlier, there is beauty in the journey of healing, especially if you are bold enough to embark on a journey of spiritual healing. Spiritual healing is a holistic approach to wellbeing that addresses the interconnectedness of the mind, body, and spirit. It involves fostering a sense of purpose, inner peace, and connection with something greater than ourselves. That's where the power of a spiritual healing retreat comes in. These transformative experiences offer a chance to step back, reconnect with your true self, and unlock the incredible potential that lies within. Retreats can provide a safe space for participants to address past traumas, release emotional baggage, and learn healthier ways to cope with life's challenges.

At Holistic Health & Wellness, we've designed retreats that cater to your healing intentions, whether you're dealing with grief, navigating a difficult transition, or simply seeking to rediscover your inner light. Led by experienced local practitioners, these immersive programs combine the restorative benefits of energy healing, herbal baths, nourishing meals, sound therapy, Shamanic healing, plant medicine, and guided coaching to help you make profound shifts. One of the great benefits of working with a coach is that I hold space for you to explore your frustrations and fears without the noise and pressure of the outside world telling you what you should be thinking, wanting, and doing.



If you are feeling lost, stressed, or disconnected from your true self, a spiritual healing retreat may be exactly what you need to rebalance your life and rediscover your unique gifts. These transformative experiences provide the time and space to step away from the demands of everyday life. We offer a variety of services, including guided meditation, self-reflection, and connection with nature, allowing you to journey within, rest, relax, and gain much-needed clarity.

Don't underestimate the power of this kind of personal reset. With the right guidance, you'll leave the retreat feeling rejuvenated, inspired, and ready to infuse your life with more meaning. Isn't it time you invested in your spiritual growth? Discover what's possible when you prioritize your holistic well-being.

Join us in the safety and serenity of one of our many retreat spaces, located in Marietta, GA, Laguna Beach, FL, and Merida, Mexico. You'll have the opportunity to dive deep, explore your dreams and goals, and uncover the wisdom that's been there all along. It's a chance to press pause on the demands of everyday life and give yourself the gift of focused, compassionate attention.

Whether you join us for a transformative one-day experience or an extended 3- to 5-day journey, the impact of Holistic Health & Wellness Spiritual Healing retreats can be truly life-changing. So why not take that first step towards wholeness and discover the changing potential that awaits? Your inner light is ready to shine.

FOR MORE INFORMATION, SCHEDULE A FREE CONSULTATION BY VISITING HOLISTICATL





OSMIC CUES BY DOMINEC HOLMES



This astrology forecast has been created in a way that allows you to interact directly with your personal birth chart/natal chart!

This forecast style allows you to not only get a clear understanding of how the science of astrology works. But it also gives you a better understanding of who you are and how planetary energy can help you get the most out of this human experience.

Welcome to **Cosmic Cues** for July 2024 through September 2024. Are you ready for retrograde summer?

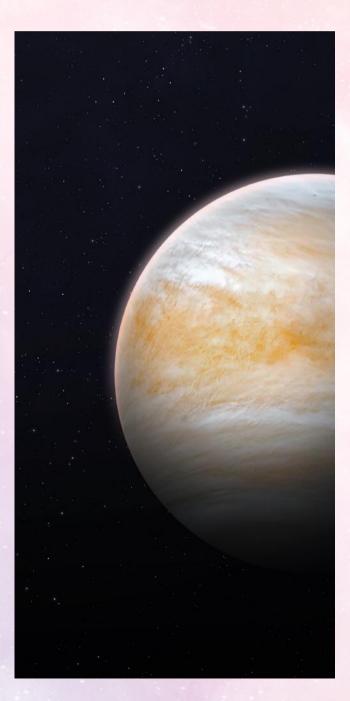
Are you prepared for the retrograde summer? The universe has lots of shifts and shakeups in store for humanity this summer. This is not a time to panic but a time to prepare, plan, and evaluate so you can execute in the fall and live comfortably throughout the winter and well into 2025.

Retrogrades are a time when you and the world are required to reevaluate how you are integrating the cosmic energies brought into your life by the transiting planets to your natal chart.

JULY

July begins with the sun at 9° Cancer and ends with the sun at 8° Leo. This indicates a shift in consciousness from nurturing others and self-care to a more "look at what I have accomplished" or playful type of energy.

July 5th brings a new moon in the sign of Cancer. As you may have read in past articles, the new moon is the best time to plant seeds and write down your wishes regarding things ruled by the sign of Cancer.

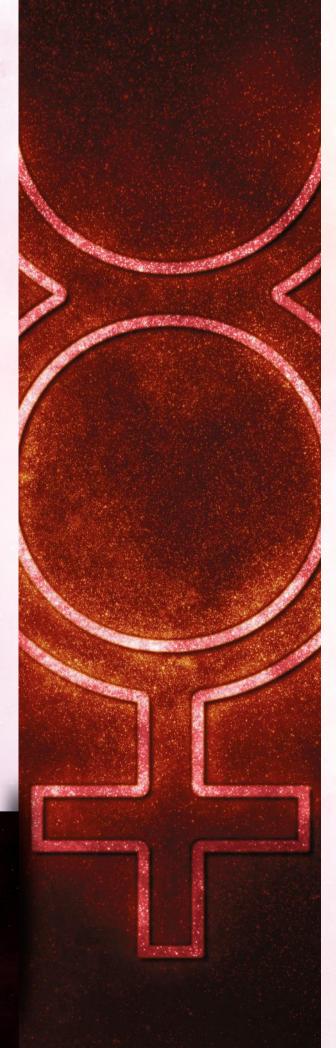


This can be related to your home, your mother, your ability to express your emotions, and your diet. If you want more clarity and detail on things that are ruled by the houses, planets, and signs in your chart, here is my affiliate link to get the rulership book by Rex E. Bills from Amazon. <u>Get The Rulership Book here</u>!

July 21st will bring the second full moon in Capricorn of the year. This is a rare occurrence and puts extra emphasis on responsibility, leadership, and the ability to move forward as a leader without allowing your emotions to cloud your judgment or prevent you from taking into account how your actions may affect the emotional stability of others. Make sure you check where 29° Capricorn falls in your natal chart.

July 3rd sees Mercury entering the sign of Leo. This transit increases your thoughts of self-importance, gives you the opportunity to reflect on your self-worth and self-esteem, and also gets your creative juices flowing. Are you thinking of yourself as a divine being, or are you presenting yourself as powerless? Whatever house 1° Leo is located in your chart is the house where you can really benefit from reframing your perception of yourself. For example, in the 3rd house, you could communicate more confidently and take on a more playful or creative leadership role in your community to bring about the changes that you would like to see.

Mercury will remain in Leo until **July 26th**, when it begins its transit into the sign that it rules, Virgo, giving you the boost you need to iron out the details and turn your creative visions into reality. Mercury is the planet of writing, so whatever new thoughts and ideas you would like to harness with that Leo energy, I highly suggest that you write them down! Mercury ends July at 3° Virgo.





Venus begins July at 16° Cancer, entering Leo on July 12th. As Venus moves through Cancer, you may find that you desire more nurturing and emotional support, or perhaps that you are putting on a few extra pounds by overindulging in rich foods that remind you of home-cooked meals from your childhood. Make sure you are watching carefully and not becoming unnecessarily jealous or envious of the relationships of others that are ruled by the house where 16° Cancer is found in your chart. As Venus moves into Leo on the 12th, you're more passionate about luxury and standing up and being the main attraction. Venus in Leo will give you the confidence and charisma you need to magnetically attract opportunities, but be careful not to be so confident and self-assured that you repel the opportunities and people you desire to attract.

Mars starts off July at 15° Taurus, entering Gemini on July 21st. This can be a challenging transit as Mars wants to push forward without restraint, while Taurus energy wants a more slow, steady, and controlled progress. This may lead to feelings of powerlessness or cause you to think that you are not getting as much done as you would like or have planned. Work with the Taurus energy. Work consistently and focus on the value that persistence will bring. Now is the time for laying down your groundwork. When Mars enters Gemini on the 21st, it will be difficult to keep up with all your fast-moving thoughts, and you may find you are oversaturated with phone calls, emails, and paperwork. However, if you organized and planned a solid strategy while Mars was in Taurus, you will glide through the transit into Gemini while racking up win after win.

Jupiter starts the month at 8° Gemini and ends July at 14° Gemini. This energy is going to kick up your communication and decrease your interest in low-level communication that does not add substance to your life. It is a great time to study and expand your knowledge, but also a time to easily get caught up in television, music, and distractions. Make sure you are using Jupiter's energy to your greatest benefit and growing in the area where 8° to 14° Gemini is located in your natal chart.



Saturn starts off July continuing its retrograde cycle in Pisces at 19°, ending the month retrograde at 18° Pisces. The house where Saturn is found transiting in your chart is asking you to take more responsibility, and in the sign of Pisces, it is asking you to take more responsibility for listening to your intuition, following through with gut feelings, stepping away from victimhood, and taking the reins in your life to guide yourself through this human experience in a way that you are capable of doing. The house where Pisces is found in your chart will be affected the most, along with the house where you have Capricorn on the cusp.

Uranus begins the month at 25° Taurus and ends the month at 26° Taurus. The last time Uranus was in Taurus, there was an industrial revolution. How can you utilize and leverage technology in the house where 25° Taurus is located to bring about a better financial future for yourself? Uranus is the planet of innovation, intuition, and also collective well-being. The house where 25° Taurus is located in your chart is the area where you should be looking to work on group projects that benefit the collective and also add value to your personal life.

Neptune begins July at 29° Pisces and moves into retrograde on July 2nd. Neptune will remain at 29° Pisces all month long. The retrograde energy is asking you to evaluate your spirituality, your addictive



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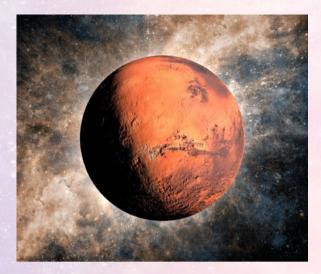


personality characteristics, and how you bind yourself and place yourself in a box with your self-limiting beliefs. The house where 29° Pisces is found in your chart will tell you where you can work on releasing addictive behavior patterns. Please understand that addictive behavior is not only limited to food, gambling, drugs, and sex. You could have an addiction to self-limiting beliefs, self-sabotage, a victim perspective, or being crisis-oriented. Now is the time to allow yourself to take time to meditate, reflect, and create a real spiritual program that empowers you through your intuition and understanding of your soul's true potential.

AUGUST

August begins with the sun at 9° Leo and remains in Leo until the 23rd, where it enters Virgo, ending the month at 8° Virgo. Whatever house the sun is transiting in your natal chart, this is where you should be focusing on unconsciously projecting your soul's energy out into the world. This is the house where you are going to shine. As the sun moves out of Leo and into Virgo, you should be analyzing your creativity, your ego's needs, and the personal magnetism that you became more aware of as the sun transited Leo, figuring out how you can successfully project this energy in all areas of your life throughout the entire year. August 4th we have a new moon at 12° Leo. This is the time to plant the seeds of creativity, start your pet projects, write out your wish list regarding things ruled by Leo, and sow seeds that are going to bear fruits of confidence and creativity throughout the rest of the year. August 19th brings a full moon at 27° Aquarius. The full moon is going to shed light on technological aspirations and maybe bring out some of your hidden quirkiness and unique characteristics that help you shine as an individual. Highlighting your individuality is a good thing as long as you do not allow yourself to be so individualistic that you scare people away whom you should be networking with.

Mercury begins August at 3° Virgo, entering its retrograde cycle on Monday, August 5th at 4° Leo, retrograding back into the sign of Leo on August 16th. This will give you an opportunity to reflect on your ideas of what self-confidence really is and check to see if the universe's upgrade from Mercury's transit through Leo has assimilated into your psyche properly. August 28th sees Mercury going direct in Leo at 21°, giving you an opportunity to rectify any energetic challenges you had during the retrograde. Please take note and work on these things so your mentality can support you in successfully achieving your goals.



Venus begins August at 24° Leo, entering the sign of Virgo on August 6th. Venus in Virgo tends to create energy in the house that it is transiting where you are overly critical of yourself and invalidate your success if you have not idealized a level of perfection that you feel you should have. If you have Venus in Virgo in your natal chart, this will be a Venus return. Venus, whose symbol is the hand mirror, will ask you to reflect on your desires, how you see yourself, your self-worth, and how you project your desires into the physical world. You have approximately 25 days to do this, as Venus will enter Libra on August 30th, which is one of the signs it rules.

Mars begins August at 7° Gemini, a sign where it is very comfortable residing. Mars is a fiery planet, and Gemini is an air sign. Air feeds fire, so it's important that you do not allow your thoughts to burn out of control and leave your ambitions and plans in ashes. The house or houses that have 7° to 27° Gemini in your chart will be affected the most by Mars's energy this month. These are areas where you can really get it done if you turn up the heat and direct your mind to the goals you want to achieve. Mars ends August at 27° Gemini.

Jupiter begins August at 14° Gemini and ends the month at 18° Gemini.

If you have planets between 10° and 21° Libra or Aquarius, Jupiter will be making a trine to those planets, giving them a big boost, and boosts to the houses that those planets rule. A trine makes integrating planetary energy exceptionally easy, so easy that if you fail to capitalize on it, you will miss out. However, if you ride the wave, you can score big. If you have planets from 10° to 21° Sagittarius, you will be experiencing an opposition, asking you to balance the energies of the two houses that are being affected. If you have planets from 10° to 21° Leo or Aries, you are receiving a sextile aspect. This aspect provides you with a guiding light to pursue your goals and maximize the potential of Jupiter's energy, but you must follow the signs given by the universe.

Saturn begins August at 18° retrograde in the sign of Pisces and continues this retrograde pattern throughout the month, finishing the month at 16° retrograde in Pisces. This places heavy emphasis on being realistic about your spirituality and taking responsibility for your human experience rather than playing victim and feeling powerless. If you have planets from 18° to 15° Cancer or Scorpio, this retrograde will also have transformative effects in your life, especially in the houses that are ruled by the planets that the trine from Saturn retrograde is affecting.

Uranus begins August at 26° Taurus, ending the month at 27° Taurus as it prepares to enter its retrograde cycle on September 2nd. While Uranus has the power to shake things up, the sign of Taurus likes to have stability. Any changes that you are making should ensure they are adding to your stability, not taking away from it.

Neptune continues its retrograde movement through the sign of Pisces at 29° throughout the entire month of August. This is a time of self-reflection and potentially powerful leaps in growth and personal understanding of the soul's journey and the spiritual powers that it possesses. Pluto remains retrograde throughout the month of August at 0° in the sign of Aquarius. Look for validation in incorporating new technologies into your life and how you can use them to not only improve your quality of life but also the quality of life of others. Pluto is about empowerment, and the more you use Pluto's energy to empower others, the more power Pluto grants you.



SEPTEMBER

September begins with the sun at 9° Virgo, remaining in Virgo until the 23rd when it enters the sign of Libra, finishing the month at 7° Libra. This is the time when you balance out your studying and research and apply what is useful, sticking to it for the rest of the year.

September 3rd brings a new moon at 11° Virgo. This is the time for planting seeds for positive habits and patterns that will lead to your success throughout the year. Virgo is also the sign of the harvest, and the new moon is the time for collecting crops and preparing your fields for the next year. September 18th sees a full moon at 25° Pisces. This is guaranteed to kick up your intuition, and whatever house the full moon occurs in will highlight any addictive behavior, victim mentality, or behavior that allows you to put yourself in a place of suffering for the well-being of others. More often than not, these people are not worthy of your sacrifice, so it is important that you check the behavior patterns that are highlighted by the full moon.

Mercury starts off September at 22° Leo, entering Virgo on September 10th, where it will remain until September 26th, when it enters Libra, finishing the month at 6° Libra. With Mercury transiting three signs in September, it may seem that you just can't focus your mind on one thing. The more you take notes and write things down, the better organized you will be.

Venus starts September at 2° Libra and moves throughout Libra, entering Scorpio on September 24th, ending the month at 8° Scorpio. Luxury and passion are on your mind; make sure you do not spend emotionally and rack up a lot of debt. Scorpio is the sign that governs debt. As Venus moves into Scorpio in the last week of the month, you will see an increase in passion and desires, which may also be fueled by jealousy and envy. As we learned in Divinity Session 19 at Mystic Temple, to be jealous of other people's successes is to deny your own successes. Mars begins September in the sign of Gemini at 27°, entering Cancer on September 5th, bringing out emotional volatility in the human collective. This could lead to tension at home and in relationships if you are not careful. The benefit of Mars in Cancer is that you can find great discipline in your eating habits and begin a routine that helps you eat in ways that will improve your health. Mars ends the month at 14° Cancer. The house where Mars is found is where you will be energized to make decisions. It is important that you do not allow your emotions to override your logic and become impulsive in this area.

Jupiter starts September at 19° Gemini, ending the month at 21° Gemini. This is an opportunity to expand on your knowledge, leverage information and resources, and enrich yourself through the right knowledge. You have a decision to make: what type of information will you be absorbing while Jupiter transits through Gemini? Will it be information that helps you expand and grow in a way that empowers you to create the life that you desire and dream of, or will you decide to consume information that does not help you create the life that you desire? The choice is yours.

Saturn starts the month retrograde at 16° Pisces, remaining retrograde throughout September. Again, this is a time for you to get disciplined about your spirituality and serious about your journey to personal empowerment by not only realizing the nature of your soul but also taking the responsibility necessary to leverage that power for yourself and the benefit of the human collective.

Uranus begins September retrograde at 27° Taurus and continues its retrograde journey throughout the month, ending the month at 26° Taurus retrograde.

If you have planets from 23° to 28° Taurus, Scorpio, Aquarius, or Leo, you may find these days difficult. The difficulty does not have to remain and will not remain if you decide to let go of the things that no longer serve you and shift your perspective on how you use the energy of Uranus and any of the planets that it may be transiting in your chart at this time.

Neptune begins September at 29° retrograde in the sign of Pisces and will remain retrograde throughout the month, ending the month retrograde at 28° Pisces. This will be a time when many illusions, especially those of the American dream, will be shattered for people with Pluto in the final degrees of Virgo, as they will be experiencing an opposition. The best thing you can do is not resist change. Change is stability and necessary to ensure growth above stagnation. Even if the world as you remember it seems to be falling apart, trust that all is in divine order, and the more you rely on your spiritual power and awareness of your absoluteness and oneness with the cosmic collective consciousness, all will be well.

Pluto starts the month retrograde at 0° Aquarius, re-entering Capricorn at 29° on September 3rd. This is a last-ditch effort by the universe to get you to release all that you have learned about power and authority over the past 16 years. Although we occupy individual human bodies, the souls we possess within these bodies are fragments of one whole cosmic being. As Pluto retrogrades back into Capricorn, please take time to reevaluate what power and leadership really are. A king or queen without care for their subjects is not a king or queen at all. A leader who does not work for the good of those they are leading is not leading at all.

If you would like a personal reading feel free to **BOOK YOUR PRIVATE ASTROLOGY READING** and enter the coupon code **'MSYTIC CIRCLE'** to get 50% off!



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