

HOW TO LIVE YOUR (AUTHENTIC) LIFE

March Offering

"New Beginnings" Reading

A 30 minute reading determining where you have some openings for a new start this Spring.

\$35 for the month of March

Book here: <https://go.oncehub.com/JenniferKaufman>



As we move into March, the Daffodils signal the end of Winter by opening their bright faces to the sun.

The Daffodil symbolizes rebirth and new beginnings, what are you ready to begin?

✦ REACH FOR THE STARS

March begins in the Zodiac sign of ♓ Pisces and moves into ♈ Aries on March 20th, where the energy shifts from the Changeable Archetype of the Dreamer, to that of the Prominent Warrior. In the natural Zodiac, the one the calendar is established upon, the beginning of the cycle and the signaling of Spring, begins in Aries. As we leave Neptune ruled ♓ Pisces and enter into Mars ruled ♈ Aries, we finish up experiences from the container of the 12th House of Endings and Synthesis, and take our dreams into action as we enter into a brand new cycle of Aries in the 1st House of Identity. Take note of anything in your life that was dormant that seems to be waking up, hungry and ready to meet a new year. Allowing ourselves to really synthesize those humanitarian dreams and start aligning ourselves to take right action regarding what we are passionate about, who we want to protect, and what we want to go forward perfecting.

Journal Prompt: What house do you find Aries ruling in YOUR chart? That is the container you may find some new beginnings open up in your life at this time. What house is Mars in your chart? That's where you may find how you like to "give", and where you take action. The two of them combined make for an interesting take on how you begin..... Don't know your chart? [Click here](#) to get yours.

At the ● New Moon we experience new beginnings, plant seeds and set intentions in our monthly cycle. This ● New Moon in ♋ Pisces on March 13th, we are ready to allow Spirit into our dreams to guide our soul's evolution.

Journal Prompt: What in my dreams want to emerge into my reality?

The ○ Full Moon is the culmination of what we have grown in the month. This ○ Full Moon in ♎ Libra on March 28th allows us to heal our relationships through constructive confrontations.

Journal Prompt: Who do I need to meet on even ground to discuss our differences to move our relationship forward?

KISS THE GROUND

Last month, we talked about re-acclimating our physical body with the Earth. Grounding barefooted and getting adequate sunlight is a great, easy way to reconnect ourselves with the natural rhythms of Nature. Another aspect of our surroundings we need to pay attention to is what's going on in space above us. There is something called the Schumann resonance – It's called the heartbeat of mother earth by some and the earth's vibration by others – is actually a frequency. It's the measurement of 7.83 Hz or the electromagnetic **frequency of our planet**, to be exact. The resonance is created by lightening strikes between Earth and it's ionosphere...isn't that cool?

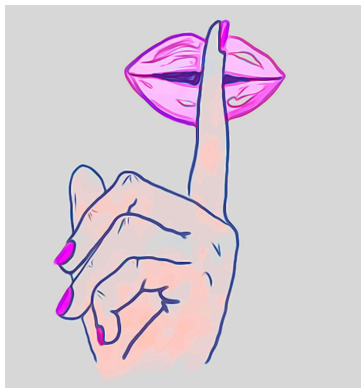
3 easy things you can do to get back in tune into the Schumann resonance:

1. **Listen to music in 7.83 hz.** There are many places to find music in 7.83 hz that will connect you back into an earth rhythm. There are some weird ones out there...just check out different ones to see what you like to listen to. Your Spotify, Pandora or music streamer of choice will pull up lots of choices for you. Check out this article on [Schumann resonance](#).
2. **Pay attention electronic frequencies.** Yes, I am talking about learning about EMF (electromagnetic frequencies) in your environment that are not resonate with naturally generated frequencies of the Schumann resonance. To learn more about the frequencies surrounding your click [here](#). Potentially any frequencies

that do not resonate with the earth and the human body are harmful, it is important to pay attention to what frequencies are in your immediate surroundings even if you can't see them!

- Learn about the sun and its solar flares.** The sun's rhythm and his emissions affect the Earth, and therefore humans, directly. By learning about these rhythms we can stay in tune with the Earth and compensate our living environments for optimal frequencies. Check out the [NASA site](#) for updates on our solar weather.

SIMPLE SECRETS



How did it go last month planning some of your personal life around the Moon cycles?

Here are some upcoming best and worst days for

some personal grooming in the month of March 2021:

Best Days for Hair cut: March: 23,24,25,26,27

Best Days for Hair Color: March: 16,17,18,19,20

Best days for Nail Care: March: 7,8

Best days for Dentistry: March: 1,9,10,29

Best days for Medical Procedures: March:

1,2,3,4,5,6,7,8,9,10,12,29,30

Worst day for Medical Procedures: March 13

Worst days for Dentistry: March: 16,17,18,28

I have a client who was developing a new class offering for his business. He was ruminating and developing coursework all winter, but just as he was feeling the urge to begin, many factors outside his control caused him to halt his launch. His awareness that timing is everything kept him on an even keel. He didn't get upset at the delay, but keep working on the supporting materials for his class. Now that March is here, the urge to launch reappeared and we will pick an auspicious day Astrologically to launch his new class into the world.

Worst Days for Hair Cut: February 14,15,23,24

Try planning something on a “good” day! Let me know what you think, I’d love to hear about your success. If you’ve had experience with a bad day, tell me too, I’d love to give corrective advice to improve any failures! Want to know more, take a look at this site [Rhythm of nature](#)

Got Questions? Give me a shout, I’m happy to answer any question you have. If I have read your chart before, I will include a more personalized answer. If I haven’t read for you, feel free to book a free 15 minute appointment here: <https://go.oncehub.com/JenniferKaufman> if you’d like to know more about what I can tell you about your Astrological Blueprint and your Physique.

You can reach me in all sorts of ways, don’t hesitate to reach out!

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“Don't explain
your philosophy.
Embody it.”
— **Epictetus**

