

# HOW TO LIVE YOUR (AUTHENTIC) LIFE



**\*June Exclusive\***

**Ideal Career Reading**

A 30 minute reading disclosing what your chart says is your ideal career in this lifetime.

**\$35 for a limited time**

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

June is named after the Roman Goddess Juneo

June Birthstone: Pearl

June Flower: Rose

Gemini Birthstone:

Cancer Birthstone: Pearl

## ✦ REACH FOR THE STARS

Always remember that we are all part stardust and clay, and the movement of the heavens above mirrors the movements of the earth below. Whoa, is the sky above us active this month! We are in the zodiac sign of Gemini, the Archetype of the Communicator, until the sun enters Cancer, the Archetype of the Nurturer on 6/20. We're in the midst of a Mercury in Retrograde period (5/29-6/22) AND we are in the Eclipse season of 2021, with the total lunar eclipse on May 26, 2021, and an annular solar eclipse on June 10, 2021. And, let's not forget that Summer Solstice falls on Saturday June 20, 2021 marking us into the beginning of the summer half of the year!

**Eclipses come in seasons.** About every six months, Earth comes to a sweet spot in its orbit where a perfect – or almost perfect – three-way alignment of the Earth, moon, and sun can occur. Each sweet spot lasts for about 34.5 days: an eclipse season.

If there is a new moon near the middle of an eclipse season, it will form a straight line with the Earth and the sun. The result will be a total solar eclipse, or an annular solar eclipse, if the moon is too far from Earth to cover the sun completely. In a similar way, a full moon near the middle of an eclipse season will produce a total lunar eclipse.

Metaphysically speaking, eclipses are harbingers of change. A Solar Eclipse represents our life-force and represents a completion of things we put our energy, light and creativity into, encouraging us to

send them on their way into the world in order to begin another cycle. Lunar Eclipses are the culmination of emotional cycles that have run their course, encouraging us to let go of emotions that are no longer needed.

**Journal Prompt:** What type of emotional completions happened at the end of May that allow me to move forward into a new cycle of creative projects in June?

At the ● New Moon we experience new beginnings, plant seeds and set intentions in our monthly cycle. This ● New Moon in ♊ Gemini on June 10th, we are ready to begin a new cycle of communication and expression. This is the SAME DAY as the Annular Solar Eclipse so our new beginnings will pack a punch if we have indeed cleared or put an end to the emotions prompted during the Lunar Eclipse May 26th.

**Journal Prompt:** What method of communication or expression is open to me now? Will I be able to journal deeply, talk out loud to others more often, or write a more succinct email that communicates my thoughts?

The ○ Full Moon is the culmination of what we have grown in the month. This ○ Full Moon in ♑ Capricorn on June 24th allows us to concentrate our emphasis on structure, career and goals.

**Journal Prompt:** What goals am I ready to pursue, are there steps I can take to get there logically?

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## KISS THE GROUND

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Just as our stars influence our daily lives, the physical clay that makes up our bodies resonates with different energies and frequencies. One big one to pay attention to is being aware of the food you feed your body.

Everything is energy of some sort...but food is tangible energy we ingest all day long, our whole lives. Do you pay attention to the frequency or vibration of your food, and are you aware of using all 5 senses to make eating the pleasurable experience it was meant to be?

Here are some basic guidelines for eating that WILL raise your vibration after consumption:

1. **Eat a rainbow.** A natural one...choose foods that are from nature in the hues of the rainbow. This is a fun one to think about, because if you think about the foods you eat daily, you might not even be able to come up with any colors other than white and brown....and if so, you have some dietary shifts to make since most of the foods that are colorful by nature are fruits and vegetables! How many fruits and veggies do you eat at day? do you enjoy them when you eat them?
2. **Be Present when you eat.** A great exercise to try to be really present while eating is describing the taste of each bite. Do you salivate even before you bite into that ripe, red strawberry, or does the sweetness of it trigger a smile? Is that blueberry sour and firm, or soft and sweet when you chew on it?
3. **Eat ingredients as close to what Mother Nature provides.** Pay attention to how many ingredients are in whatever you're eating. If they're all natural ingredients, you won't have a list of scientific chemical names listed. Avoid foods that contain preservatives, other chemical additives like coloring, and any foods that require a lot of processing and packaging. A general rule of thumb is try to eat foods that contain less than 5 ingredients.
4. **Choose foods that are as fresh as possible.** Whether you are choosing animal or plant based foods, the sooner you eat it after production, the higher the frequency of the food. Pay attention to where it comes from, how long was it in transit to get to you, and how long has it been sitting on the shelf before you make a purchase.
5. **Be aware and consume consciously raised foods.** Organically raised fruits and vegetables are free of pesticides and genetic modifications. Some say that foods with natural coatings like bananas or avocados don't absorb pesticides as much as thinner skinned items like grapes and strawberries, but the cleaner and more natural choice will always be an organically grown plant. When consuming animal proteins, check into the life and lifestyle provided for the animal, and support local farmers who consciously breed, feed and finish their livestock.
6. **Find pleasure in your meals.** Elevated emotions like happiness or satisfaction can actually raise the vibration of WHATEVER food you are eating. If you're joyfully eating a bowl of chocolate ice cream, it will be better received in the stomach than if you guiltily eat it without enjoyment. Pay attention to each bite, savor it and take your time...chewing food and adding saliva is key to digestion.

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## SIMPLE SECRETS

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Want to elevate your emotions to raise your personal frequency? In order to aim for a higher vibe, I highly recommend stimulating all 5 senses with upbeat input!

Taste: Something sweet (like chocolate)

Hear: Upbeat music (something that makes you want to dance)

Smell: Citrus (like lemon essential oil)

See: Beauty in your surroundings (a painting, fam photo or an outdoor vista) or a comedy!

Touch: Softness (pets are great for this, or a favorite cozy sweater)

Can't get out of your head about something that's lowering your Vibe?

Make a list of all the things you are grateful for in your life.

Do something for someone else.

Write down what's making you spin and burn the paper.

Use Ho'oponopono. Make yourself aware of what the problem is and repeat these 4 statements until you can relax and let it go.

I'm sorry.

Please forgive me.

I love you.

Thank you.

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## TIMING IS EVERYTHING

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Timing is Everything! Want to best outcome for your beauty and health appointments? Here's the Timing for Personal Grooming in June 2021:

**Best Days for Hair cut:** June 11, 17, 18, 19, 20, 21

**Best Days for Hair Color:** June 12, 13, 14, 22, 23

**Best days for Nail Care:** June 1, 28, 29

**Best days for Dentistry:** June 2, 3, 4, 30, 31

**Best days for Medical Procedures:** June 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 27, 28, 29, 30, 31

**Worst day for Medical Procedures:** June 11

**Worst days for Dentistry:** June 10, 11,

**Worst Days for Hair Cut:** June 5, 6, 15, 16

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 [www.Rhythmofnature.net](http://www.Rhythmofnature.net)

Got Questions about how to get your own unique Vibe? 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 the Stars and the Clay

**I went to the dentist and found out that had to have a root canal. I went in for the procedure and it took 3 times as long as a "normal" procedure and produced pain for several days. I had to have it redone an additional time before I had no pain. After that trauma, I checked into Astrological Timing, and found that my original procedure was performed on a "no-dentistry" day. I will always pay attention to the calendar now, even just for a cleaning!**

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**-Jennifer F.**

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have to say about your personal Vibe, I can tell you more about yourself with an Astrological Blueprint and your Physique.

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

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**"If you want to find the secrets of the Universe, think in terms of energy, frequency and vibration. "**

**-NIKOLA TESLA**

 - Jennifer