HOW TO LIVE YOUR (AUTHENTIC) LIFE

September is named after the old Roman word "septem" which actually means 7

Gemstone for September: Blue Sapphire

Gemstone for Virgo: Blue Sapphire

Gemstone for Libra: Opal

Flower for September: Aster and Morning Glory

How does work effect your relationships?

Having trouble at your job? Perhaps going home to troubled relationships? See how they are directly connected with an Astrological Reading.

September Special $40 off a 1 Hour reading! Code: FALL

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

✨REACH FOR THE STARS

Wake up and get back to our connection to the Heavens above us! Our relationship to the world must change to acknowledge that we have a deep primordial connection to both the ground and the cosmos.

So how can you learn to pay attention to the sky? There are two main ways, like two sides of a coin, to learn what is happening above our heads: Astronomy and Astrology. Both are concerned with stars, planets and the moon, but they differ dramatically in application. I like to think of Astronomy as Science, and Astrology as Art, together they combine to explain how Life on Earth interacts with Space. BOTH are valid and combined they are most accurate!

Astronomy is all about the scientific study, using the laws of physics and chemistry to explain how the motion of celestial bodies and heavy objects (like stars, planets, asteroids and other activities happening in outer space) apply to the nature of the universe, how the universe began and how it has evolved over time. It's very linear and speculation is only approved if there is a mathematical or computational explanation that provides proof or validity. If this is how you learn, Astronomy is the best place to begin your studies.

"Even
After
All this time
The Sun never
says to the Earth,

"You owe me."

Look
What happens
With a love like
that,
It lights the whole
sky."
— **Hafiz**

Astrology is all about how the movement of celestial bodies, stars, and planets influences the lives of human beings in the form of personality, environment and mood. Many different interpretations and methods are applied by those who study Astrology and readings are more of an art form as they are different depending on the perspective of the individual Astrologer. *Always take note of the perspective of the Astrologer when contemplating a reading. For instance, a Libra rising Astrologer (me) will have a very different perspective than an Aries rising one! Don't be afraid to ask where they are coming from so you can take it with a grain of salt based upon YOUR perspective!

What is there to pay attention to this month? The biggest two events I see in September are the Fall or **Autumnal Equinox** on September 22nd, and a **Mercury Retrograde** period (3 weeks) beginning September 26th. We embrace the time of Harvest at the end of the Summer as we approach the balance of night and day that ushers us into the Fall.

I love noting the correspondence between the seasons and the Zodiac signs, and how each month contains two Zodiac signs. No matter the month, we enter and exit in the fixed part of a sign, encompassing both an ending of one and the new beginning of another, creating a full cycle inside the circle of a year. September holds both Virgo and Libra in its container, beginning when Virgo is established, allowing it to reap what was sown with Harvest, and then begin the new cycle of balance in Libra, one that begins the Fall/Winter half of the year. Cycles within cycles…the Universe is a wonder.

Journal Prompt: How has the Cycle of the Year appeared for me this year? Am I aware of Cycles within Cycles that contains the same pattern, only more subtle?

FLOW WITH THE MOON

This ○ New Moon in ♍ Virgo on September 6th asks us to evaluate where we are of service to ourselves and others. It is a great time to begin a new daily practice that is devoted to how we serve.

Journal Prompt: What does "service" mean to me? Where do I serve that is hidden and perhaps unrecognized by others, but greatly valued by myself?

The ● Full Moon is the culmination of what we have grown in the month. This ● Full Moon in ♓ Pisces sheds light upon how we dream, especially regarding our spiritual beliefs. Allow yourself to open wide to dreaming, even if it seems a little out there, or unconventional. The world needs Dreamers right now that are open to following their Spirit, rather than locked down from fear or a feeling of being controlled.

Journal Prompt: Where do I not dare to dream? What is holding me back from allowing my Spirit to guide my path?

Void Moons are times when we need to rest to allow the void to fill on its own. We all know Mother Nature abhors a vacuum, so allow her to fill the void with just the right pressure and contents during a void moon period. There is no doing now…just be in the void…it always gets filled.

Extra Long Void Moons this month: September 2,5,7,15,18,22,25,27,30. Do not plan any new beginnings or concrete endings during these times as you may find yourself unresolved. The Void is a place of infinite possibility. Trust in divine timing, as all of these stages and phases have a purpose. Life is continually evolving around them no matter how hard you push (uh…pot here, talking to a kettle!), so relax into the void periods. It takes some practice…but awareness is key!

KISS THE GROUND 💋

Of the 5 senses, touch is the one that is the hardest to get without another human. Many people do not get touched enough on a daily basis, even with other humans present! As one of our 5 senses, touch is ideally used in at least 1/5th of our daily interactions. Each Body Physique has it's own dominant affinity to one of the 5 senses, but regardless, we all need touch no matter what, it's Human Nature!

With society masking up we can't read facial expressions as well and many services that would usually serve to be a touch practice, like massage therapy, are limited in their ministrations due to adhering to virulence protocols.

How can you incorporate touch into your daily regime? Even without touching other humans?

A pet is the next best thing (and sometimes better!) to human touch.

Owning and caring for a pet is one of the most rewarding things you can do, one that you get as much as you give. If you don't have a pet yet, contemplate getting a pet that is just right for YOU rather than just an animal companion! Each Zodiac sign has a pet that goes well with its Archetypal nature, see how these would fit into your life, remember the **Big 3** and consider your Moon sign Zodiac as they will fulfill the feelings you need as an individual, your Sun sign for a pet that represent your personality, and your Ascendant sign for a pet that feeds your soul.

Aries: Dog (energetic and active)

Taurus: Cat (cuddly ones are best)

Gemini: Bird (a talking one!)

Cancer: Rabbit (soft and cuddly)

Leo: Cat (a big one!)

Virgo: Hamster (small, easy and contained)

Libra: Pair of Lovebirds (relationship at its best)

Scorpio: Reptile, Scorpion or Spider (nuf said)

Sagittarius: Dog (a Lively one!)

Capricorn: Guinea Pig (low maintenance and pragmatic)

Aquarius: Miniature Pig (because no-one else has one)

Pisces: Fish (duh!)

And just to take it a bit further into contemplation….if you can, find out when your pet was born to see what Zodiac sign THEY are! It's always fun to see the personalities of the Zodiac reflected in animals.

Journal Prompt: What kind of pet would touch my soul, represent my personality and sooth my feelings? Do I have my ideal animal companion?

SIMPLE SECRETS

The half filled glass…is it half full or half empty? The age old adage is very indicative of whether you are you an Optimist or a Pessimist. These uneasy times we live in at the moment REQUIRE us to dig in and become or maintain our status as Optimists….because what you think about becomes real.

Imagine if we were all thinking and feeing our way towards fulfilled lives, balanced relationships and a healthy Earth instead of fearing Death knocking on our door, limiting our exposure to loved ones and grasping and clawing at "things" to fill our void?

How can you be an Optimist, you ask? It's deceptively simple, and free…. by having an active, present awareness of what you have, right here and now, that is good and right and beautiful.

1. Have a gratitude practice. If you like to write, keep a journal. If you like to draw, make a sketchbook. If you like to think, have a daily thought at a certain time. It doesn't matter HOW you do it, just the fact that you DO something to acknowledge the good in life, is the key. Daily note the people, places and things you are grateful for, and you will draw more of that to you.

2. Become educated. Real verified facts are decidedly more hard to come by these days, but you can calm your fears and make better personal decisions when you go on a fact finding mission. When you know what you are dealing with, you can take actions to

"Your Perspective is important. There's change all around you, all the time. If you hold on to what is good, when you feel lucky that your load is lighter than another's, then you always see the change as a positive."

-Colleen S.

make choices that are beneficial rather than detrimental based upon an education not an emotion.

3. Make a choice. If you are the one driving the boat, you always have control of the rudder. When you are aware of a situation and the different ways to handle it (Ask me about how to use my **Decision Method**, it's foolproof!) you can make a choice to take the right action. It's always better to choose for yourself, than be chosen for, regardless of situation and circumstance. It gives you personal power, which is ALWAYS yours unless you give it away. That too is a choice, be aware of making it.

4. Listen to upbeat, faster paced music. Key and tempo are always available to elevate your mood and emotions. Do you know YOUR key and tempo? It's part of your Physique Consultation information, but you know what makes you smile when you hear it…turn it on!

5. Stop and smell the roses. Do you even see them blooming all around you? Note the beautiful things in your environment that grow your pleasure.

6. Have Goals to work toward. It is much easier to keep focused on what you want when you have created a vision or goal to head towards. Make sure the goal is positive, and pay attention to your feelings. You can always feel into your goal, which then turns your thoughts and thereby actions in a positive, optimistic direction and you are back on track to seeing the glass as half full and filling up quickly!

🪄 ASTROSTYLING TIPS🎨

We have all 12 Zodiac signs expressing themselves in our chart, it's just a matter of finding where that sign fits into which container (house) in our chart, and if it has an added oomph in the form of planets or asteroids in there too. *If you don't know your chart, all you need is your exact time, place and date of birth to pop it into Astrodienst for free. I am happy to help you determine your chart as well, just contact me for the free 15 minute consultation here: https://go.oncehub.com/JenniferKaufman

As always…pay attention to the **Big 3**. As an Esoteric Astrologer, I see these three combining as the major players influencing your life in the form of your Rising Sign as your Soul, your Sun Sign as your Personality in this lifetime and your Moon Sign as the key to your Emotions and the impetus of your Flow Pattern. If any of these are in Virgo or Libra, pay special attention to this months advice as you will take this more to heart overall than those who aren't governed as strongly by these two

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signs. To see what's highlighted in general for you for the Month of September, check out where Virgo and Libra fall in your chart. The container, or house, is where you will feel their influences most deeply this month.

Virgo: The Archetype of the Healer. Ruled by Mercury, this sovereign being is the detailed perfectionist that likes all the nitty gritty wrapped up into a perfect list that can be checked off as tasks are accomplished. Kind, generous and ever helpful, the Healer is always in service to those they feel they can help, especially in the areas of health, work, duty and synthesis.

If you have Virgo in your **Big 3**, especially if it's at your Ascendant, it will play a big part in your wardrobe. You will enjoy crisp and clean cuts that are tailored to your body. Earth tones and starch are your comfort zone, and heaven help you if you cannot find an iron nearby.

This Fall, I'd encourage you to invest in a trench coat (if you don't already have one), one that will last for years, and still look as crisp and fresh as the day you got it. Think Emma Watson in Burberry. Classic chic but always gets the job done.

Virgos love Accessorizing and Libras love Balance, so let's talk about a favorite accessory tip of mine:

****BOOKENDING****

Bookending is when you match your top and bottom with the same color, with the body in between. Think a blonde wearing light tan shoes.

I also like to add belt and handbag to the mix all in the same color…now that's what I call Bookending to the max!

Virgos tend to accessories tend to gravitate to the browns and dark greens of the Earth, it is great to get these as your Bookend Basics, so feel free to grab a belt, shoes and bag in the same color while you're shopping.

Libra: The Archetype of the Idealist. The lover of justice and harmony, bringing peace to the land through balance and equilibrium. A keen sense of aesthetics has them always looking like they had a stylist from Barney's pick their outfits.

If Libra is in your **BIG 3**, you can feel in your bones the shift that the Earth goes through to embrace the coming Winter. In preparation,

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think investment pieces and begin your search for the perfect cashmere duster in a pastel hue. White is the color of Venus, ruler of Libra, and she tints all of your clothing with a pastel brush. Think baby blue, lavender or pink as a Libran staple for you this Fall and Winter season. And, don't forget your ProportionPoints, we can't have a Libra out of balance, now can we?

👍BEST AND WORST👎

Here are your best and worst options for personal grooming this SEPTEMBER 2021:

Best Days for Hair cut: September 3,4,5,6,7

Best Days for Hair Color: September 8,9,16

Best days for Nail Care: September 14,15

Best days for Dentistry: September 26, 27

Best days for Medical Procedures: September 1,2,3,4,5,21,22,23,24,25,26,27,28,29,30

Worst day for Medical Procedures: September 6,

Worst days for Dentistry: September 23,24,25

Worst Days for Hair Cut: September 1,2,18,19,20,29,30

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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- Jennifer