
HOW TO LIVE YOUR (AUTHENTIC) LIFE

Snow drops appear in February as a visible sign that life is re-emerging.

Are you ready to emerge as yourself in 2021?



Valentine's Day *Exclusive*

💖 Compatibility Reading 💖

A 30 minute reading determining where you mesh and where you clash with a loved one.

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✨ REACH FOR THE STARS

It's important to know where you are in space and time. You're aware of your place on Earth, but are you aware of what is happening in the Space above you? February begins in the Zodiac sign of ♒Aquarius and moves on into the sign of ♓Pisces on February 18th, where the energy shifts from the Archetype of the Rebel to that of the Dreamer. In the Zodiac, the turn of the wheel begins in Aries, representing the beginning of Spring in the World of the Western Hemisphere, which means, here at the end of Winter, we are presently at the end of our yearly cycle. As we leave ♒Aquarius and enter ♓Pisces, we finish up experiences represented by the container of the 11th House of Community and Common Causes, and enter into the container of the 12th House of Endings and Synthesis. It's not hard to associate THIS year with some common causes, be it the US Presidential Election or the Worldwide Pandemic, but take note of anything on a smaller, closer to home scale that these two areas have had impact in your life personally.

Journal Prompt: What type of syntheses or endings do you anticipate allowing yourself to experience the birth of a new season/year?

At the ● New Moon we experience new beginnings, plant seeds and set intentions in our monthly cycle. This ● New Moon in ♒Aquarius on February 11th, we are ready to begin a new cycle and invite the radical change that's been happening within to emerge.

Journal Prompt: What has radically changed in my life in the past month, season, year? How has it changed me and what can I do now that I wasn't able to do before?

The ○ Full Moon is the culmination of what we have grown in the month. This ○ Full Moon in ♍Virgo on February 27th allows us to be "of service", fueled by the intuitive insights we receive when our hearts are fully open.

Journal Prompt: What do I intuitively know that I am blocking? Where can I open my heart to experience the fullness of life rather than closing down out of fear?

KISS THE GROUND

One of the best things you can do for your Human body, is to re-acclimate it with the Earth. Made of the stars, the clay and dust and water that makes up the physical matter of our Earth, and if we separate ourselves from it with concrete and artificial surroundings, we are cutting ourselves off from a major source of health and energy for our physical forms.

3 easy things you can do to get back in tune with the Earth:

1. **Go outside and sit in the sunlight for 20-30 minutes a day.** This is not only a source of natural Vitamin D for your body, but also an electron charger for your cells.
2. **Walk barefooted on real ground.** Concrete sidewalks and asphalt roads do not conduct the electromagnetic frequencies the Earth emits, and the soles of our shoes (rubber, for instance) prevent them from reaching our body as well.
3. **Be a tree hugger.** Anything alive and connected with Nature will willingly share their energy with you. But trees, go deep into the ground and high up into the sky and contain a ton of beneficial juju. Find a tree near you, whether in your yard, a local park or National Forest and give it a hug. Sit down at its roots and just breathe for a few minutes.

SIMPLE SECRETS



Many people don't think about doing some of their mundane, monthly activities in sync with the moon and her cycling, but there are some seriously excellent outcomes from flowing with the moon.

Besides the obvious (menstrual cycles, tides and gardening) you might be interested to find that there are good, bad and neutrals days for everything. Here are some upcoming best and worst days for some personal grooming in the month of February 2021:

Best Days for Hair cut: February 7,8,9

Best Days for Hair Color: 1,2,3,4,28

Best days for Nail Care: February 18,19

Best days for Dentistry: February 12,13,20,21

Best days for Medical Procedures: February 9,10,11,12,13,14,15,16,17,18,19,20,21

Worst day for Medical Procedures: February 23

Worst days for Dentistry: February 1,2,28

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 www.Rhythmofnature.net

My friend has the most gorgeous red hair, and one day she was very confused when the color she had just had done was washing away in the shower. "Why would that happen?" she asked. When I asked her the date of her appointment, we found out it was just before the New Moon in Scorpio, when it was time to "take out" rather than add in. Her hair just didn't want anything watery added to it at that phase of the moon!

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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**"Be yourself,
everyone else is
already taken"**

-OSCAR WILDE

 - Jennifer