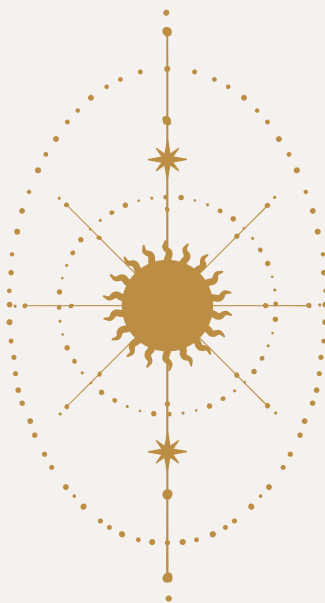


Solar Gates

CYCLE MAGIC

The Wheel of the Year



The Wheel of the Year

"The dance of light and shadow is the dance of Love"
~ Rumi



Solar consciousness - building awareness of the eight (8) fold path of the Sun (son) as it journeys through the course of the seasonal year. Before Pope Gregory XIII instituted the Gregorian Calendar system we all follow today, our ancestors connected deeply with the light of the Sun and the phases of the Moon. These luminaries were revered with ceremonies and rituals to honor the comings and goings of the seasons. Celtic in origin, these High Holy Days or Sabats are markers for ritual, ceremony and celebration.

The Quarter Days make up the **Cardinal** Cross, these are the Solstices and Equinoxes that initiate a new season. These are when Sun enters 0° of the cardinal signs - Aries, Cancer, Libra, Capricorn.

The **Cross Quarter** days are the midpoints between the seasons when Sun enters 15° of the **fixed** signs - Taurus, Leo, Scorpio, Aquarius. Modern Wiccans celebrate the cross quarter days on the 1st day of the Month (Beltane on May 1st, Samhain November 1st...) also called Calendar Beltane, so on. Solar and Lunar Beltane, Samhain, etc are celebrated when the Sun and Moon are on the 15° midpoint of the fixed signs.

World religions celebrate these days too, centered around the life journey of their respective Deities. The Sun became the Son with stories written in "holy" books about their birth, death and rebirth.

As above, so below - all of nature move in harmony with the light of the Sun. So do we as earthlings with our circadian rhythms (sleep-wake cycle). The Sun is our life force and vitality, in Astrology it represents our primary expression. The sign our Sun is in tells us how we are meant to experience the fullness of life.

The Wheel of the Year

“Once you cross the threshold, you will never be the same. That is a fact.”
~ Kamal Ravikant, Live Your Truth



The Solar Gates are markers and doorways from which we can cross the threshold to another stage of our life journey. Gifting us moments in "time" to pause, celebrate, commune with ourselves and give gratitude to the Earth for all the ways She nourishes and provides for us.

Our ancestors cultivated a deep connection with these Sabats with an essential appreciation for the interconnectedness of ALL. They were able to live in sacred reciprocity with the land they were on, revered and celebrated in community.

Now more than ever, we are called to re-member, to put back together what our modern world has and seemingly continues to sever.

By building a connection with these potent gates, we are able to individually and collectively live more harmoniously with the natural world.

Connecting with the rhythms of the Sun and the cyclicity of nature through the seasons allows us to embody how we go through phases too.

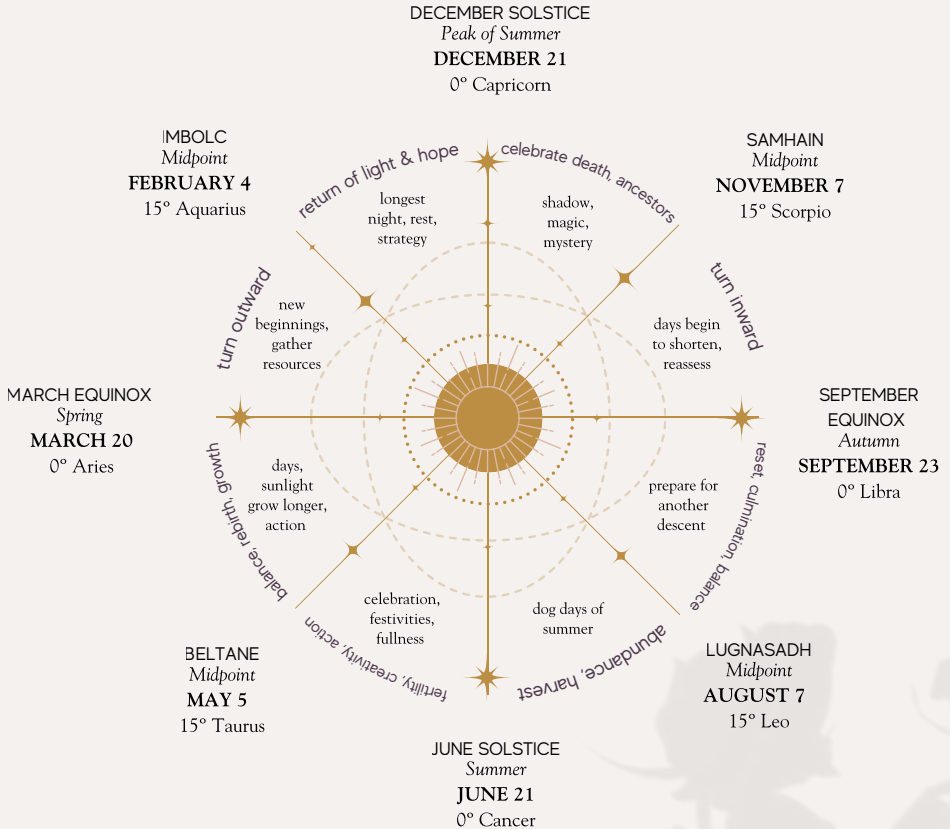
We are Nature too.

Understanding this, we are able to deepen compassion for ourselves as we become more aware of our inner timings, we may show up fully for others and increase our capacity to radiate compassion and empathy. This small ripple creates massive waves.

It all starts with "I"

The Wheel of the Year

"Nothing in nature blooms all year long, don't expect yourself to do so either"



Making Life a Ceremony

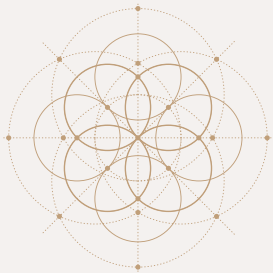
*“All of life is a ceremony, where we get to know
and explore our wholeness”
~ Tehya Sky*



The dates are based on the Northern Hemisphere, those in the Southern Hemisphere celebrate the opposite cross quarter gates.

The Philippines, is at the midpoint. Honoring that our local ancestors have their own cultural relationship with the seasons, with our diverse myths, folklore, traditions, rituals. We are always **free** to follow what Wiccan books and the many online resources, "experts" recommend, which Deities to honor, what plants and herbs to gather but what if I told you we are all powerful alchemists and capable to design our own ceremony - what would you do differently?

We are all unique as much as we are all ONE. We each have different ways we experience and relate with the world around us. There is no one size fits all, but as growth hacker in my past life we do need to find that niche to psychologically hack you to buy into the idea of a magic potion in a bottle for mass production. Let me just break that bottled notion right now.



*Honey, YOU are a crystal! Fractal of the Divine.
You are your own healer and You have the power
of the universe inside you - you've always had.
These gates are here to support you tap into that
so you may express your most embodied self. It's
when you are fully IN your power that you are
able to be of service to yourself and the world -
BEcome the change you wish to see.
So go break the box, experiment, attune to your
body's innate wisdom and follow what brings you
JOY, connection and alignment.*

Ritual Essentials

*"Rites and rituals open hearts and clear minds. They help us embody reverence and allow us to get in touch with our emotions and desires. They provide safe ways to make change."
- Ahriana Platten*

With these essentials in mind,
Inviting YOU to craft your own rituals and make your life a living ceremony!



Cultivate space
to connect with
Nature

natural bodies especially rivers,
streams & the ocean emit negative
ions that neutralize free radicals &
boost our immune system



gather leaves, twigs,
flowers in YOUR
area and make a
mandala

using our hands to make tangible
art with whats freely available to
us cultivates resourcefulness and
connects us with the vibration of
the flora in our environment



Slather yourself
with Self Love

journal, dance, use oils, have a bath,
eat, listen to music, make art - any
activity that brings you back to the
present moment with your body and
with all your emotions

gather in circle and
in community

if this feels good and you have
access to sacred safe spaces -
these gates are amazing communal
healing portals to get together,
celebrate, attune, radiate love and
share intentions for the peace of all
beings.



Remember to call in guidance and support from the elements, Spirit, your guides, ancestors whenever you open and close any ritual. Honoring both light and dark, endings and beginnings, ascent and descent and a Centering on an **intention** with a mindset and vessel ready for transformation is KEY.

How to Use this Guide



This guide is designed to be an immersive, intuitive resource that you can return to throughout the year. It offers insights into each of the eight Solar Gates, helping you align your life and work with the natural flow of the seasons.

Here's how to navigate and integrate this guide into your daily practice:

Understand the Seasonal Energies

Each section of this guide explores a different Solar Gate, detailing its themes, historical significance, and how it influences our energy, creativity, and well-being. Start by reading through the overview of each phase to familiarize yourself with the natural rhythms of the year.

Align Your Productivity with the Seasons

The guide provides productivity focuses for each phase, offering strategies to help you work with your energy levels instead of against them. Use these insights to structure your workflow, ensuring you harness periods of high energy for creation and allow space for reflection and renewal.

Engage in Somatic Practices

Each seasonal shift affects our bodies differently. The somatic exercises provided will help you stay connected to your physical self, release tension, and embody the lessons of each season. Follow the step-by-step instructions to integrate movement, breathwork, and grounding techniques into your routine.

Deepen Your Awareness with Neuroscience Insights

Understanding how seasonal transitions impact your brain chemistry allows you to work smarter, not harder. The neuroscience insights in each section explain the what, why, and how behind your mood, motivation, and cognitive function during each Solar Gate. Use this knowledge to optimize your habits and mindset.

How to Use this Guide



Incorporate Astrological Guidance

Each season also includes astrological insights to provide deeper guidance on the energetic themes and patterns emerging at the time. By understanding the cosmic invitation of each phase, you can align your efforts with the greater planetary movements rather than working against them. Use these insights to navigate personal and professional decisions with greater clarity and intention.

Practice Seasonal Rituals & Reflection

The guide includes seasonal practices that serve as rituals for transition, self-inquiry, and energetic alignment. These simple yet powerful exercises—such as journaling prompts, altar creations, or fire ceremonies—help integrate the wisdom of each phase into your daily life. Choose one or more rituals that resonate with you and make them part of your practice.

Move at Your Own Pace

This is not a rigid system but an adaptable framework. Some seasons may feel more relevant to you than others, and that's okay. Allow yourself to engage with this guide intuitively, applying the practices and insights that support your unique journey.

Journal Your Experience

Keep a notebook or digital journal to track your reflections, energy levels, and shifts throughout the year. This will help you recognize patterns, celebrate progress, and deepen your connection to cyclical living.

Reconnect & Realign as Needed

Life moves in cycles, and so will your engagement with this guide. Whenever you feel disconnected, overwhelmed, or misaligned, return to this resource to realign with nature's wisdom and your own inner rhythms.



By working with the Solar Wheel, you are cultivating a more intuitive, regenerative, and sustainable approach to life and productivity.

Let this guide be your companion as you step into greater alignment with yourself and the natural world.

Deepen Your Practice with One-on-One Support

Work with me one-on-one. Together, we let's explore your unique cosmic blueprint, understand how these cycles personally influence you, and develop tailored strategies to integrate cyclical living into your life and work.

Whether you seek guidance on productivity, self-awareness, or deep transformation, our sessions will help you apply these insights in a way that truly resonates with you.

✉ thea@mata.com.co
📷 [@soulsoiltlc](https://www.instagram.com/soulsoiltlc)
🌿 [the wyrd garden](https://www.instagram.com/the_wyrd_garden)
www.tlc.mata.com.co

Imbo/c

The First Breath of Emergence

*Beneath the frost, life stirs quietly.
The first tender shoots
push through the soil,
defying the weight of winter.
What once lay dormant
begins to stretch toward the light.
Fragile, yet unstoppable.
This is the season of sacred beginnings,
where hope takes root in the dark
and the promise of spring
hums softly beneath the surface.*

Theresa

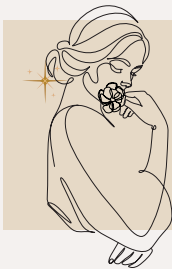
Imbolc

"When the belly is empty, the body becomes spirit; and when it is full, the spirit becomes body"
~ Saadi

The Emergence

This time of year marks the stirrings of new life beneath the surface, when life stretches from winter slowly emerging as something new arrives or is gestated.

The literal translation of "Imbolc" is "in the belly" (of the Mother) and carries the energy of the **Midwife**, who with your conscious presence will support you birth new creations into tangible form.



Reflection

"What new dream seeds and projects are stirring in my belly ready to be birthed this year?"

Like a soft exhale after winter, this cross quarter season is the midpoint between winter solstice and spring equinox, the wheel begins to turn from the dark half to the light half. This **fertile void** is the hearth that tends to the fires of inspiration where dream seeds and visions are nourished and cared for like saplings. There is a dormancy, a sense of preparation and initiation into something that is yet to be formed. Hold yourself here with gentleness, patience. The shell of the old cracks making way for new growth.

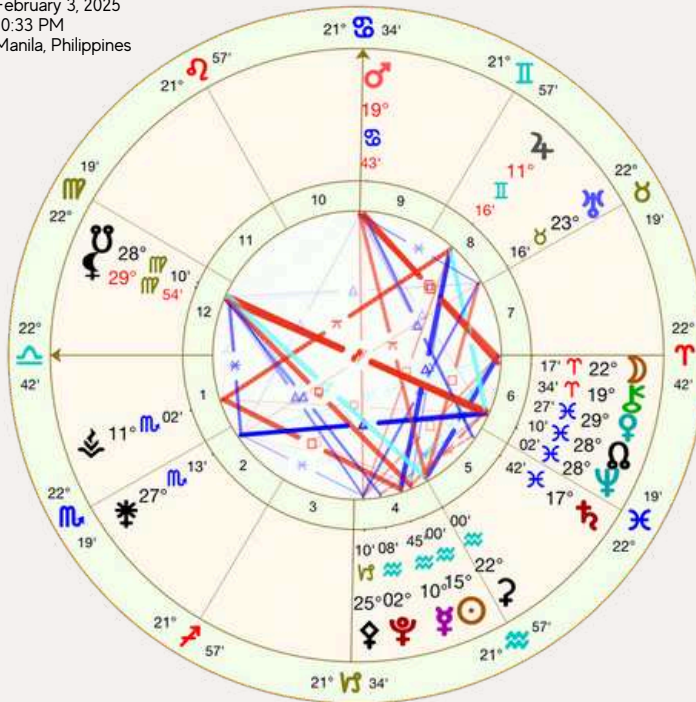
The Solar Season of Aquarius carries the Archetype of the water bearer and fixed air - She who tends to the container of consciousness.

The deity is the fire Goddess Brigid, honored by the Celts for fertility, inspiration, healing, motherhood, passion, poetry, creativity.

The season's full moon is in Leo, fixed fire of our heart's desires, charisma, creativity, artful expression and play.

Chart of the Season

February 3, 2025
10:33 PM
Manila, Philippines



Moon	22° Aries	Chiron	19° Aries
Sun	15° Aquarius	Vesta	11° Scorpio
Mercury	10° Aquarius	Pallas	25° Capricorn
Venus	29° Pisces	Juno	27° Scorpio
Mars	Rx 19° Cancer	Lilith	29° Virgo
Jupiter	Rx 11° Gemini	Ceres	22° Aquarius
Saturn	17° Pisces	North Node	28° Pisces
Uranus	23° Taurus	South Node	28° Virgo
Neptune	28° Pisces		
Pluto	2° Aquarius		

Chart of the Season

Moon Conjunct Chiron square Retrograde Mars, sextile Ceres

Themes of nurturing, emotional resilience, maturity and emotional responsibility. Presence where sensitivities trigger tender parts and attachments to ego identities strain relationships. Notice where you defend, armor up, project or engage. **Send loving breaths to your inner child when the urge to throw temper tantrums escalates.** Channel towards making plans to reparent and nurture your own needs and be your first responder. Wounds may be coming up to be felt all the way through and metabolized.

Sun-Mercury (Cazimi) square Vesta, trine Retrograde Jupiter

Genius, innovation and breakthroughs expand inner fires towards collaboration, social justice, camaraderie and hope for the future. Use this time to **align with communities that inspire you to turn your weird all the way ON, show up authentic and lit up.** Leverage the creative charge towards your future plans. Cosmic boost when you make space for both/and, your personal growth and collective growth, individual and relational, ascent and descent, light work and shadow work.

Saturn trine Retrograde Mars

Stamina for discipline may flow easily, harness this productivity boost by getting your ducks in row. With laser focus, organize and strategize your big hairy fat goals for the year and break down into monthly milestones, identify your success metrics and use your imagination to vision quest you achieving them. Use the extra will power to declutter and organize your space for efficiency. **Resist the urge to "strike" until you have all the information, hold any major decisions if possible until late February when Mars is direct.** Remain fluid and adaptable with enough wiggle room for the unexpected.

Venus, Neptune, North Node triple conjunct

Magic. Cosmic Magic. Engage in artistry, spirituality, experiment on a daily ritual that works for you and **commit to devote to something bigger than yourself this year.** Ground this in reality by allowing your grandest visions to inspire and inform you where to direct your energies this year. Dream and then follow through, one step at a time.

Inbofe

How are you nurturing your unique genius - the gifts you bear for the world?

Productivity *Focus*

Clearing & Purifying

Declutter physical, mental, emotional space for Inspiration and the burst of energy Spring will bring.

Set Intentions

Begin shaping the visions and plans emerging, gently meet the resistance stirring as you effort to align.

Ignite Creativity

Identify what truly lights you up and brings you joy, make slow, small shifts that will allow more space for them

Somatic Exercises

Recommended in the morning or at noon.

Listen to your body and practice discernment when doing these exercises



Hand Warming

Symbolizing the return of warmth and inner fire.

- Rub your palms together vigorously until heat builds.
- Hold them over your heart or solar plexus, breathing in warmth and vitality.
- Visualize your energy reigniting and moving through your body.

Breath of Fire Kapalabhati

Energizing breathwork to awaken motivation

- Sit in a comfortable position with a straight spine.
- Inhale deeply, then exhale forcefully through the nose while pulling your belly in.
- Continue rapid exhales in short bursts for 30 seconds, then pause and breathe naturally

Inbofc

How are you nurturing your unique genius - the gifts you bear for the world?

Neuro Insights



Dopamine & Small Wins

The brain thrives on **progress and reward**.

As we emerge from the slower rhythms of the solstice, taking small steps towards a goal **triggers dopamine release**, reinforcing motivation and forward momentum. By setting achievable goals and celebrating even minor progress, we train our brains to sustain long-term motivation.

Light Exposure & Mood

Even without a harsh winter, darker days and reduced activity can lead to lower serotonin and energy levels. Engaging in **physical movement, morning sunlight exposure, and breathwork** supports serotonin production, helping to shake off sluggishness and restore enthusiasm.

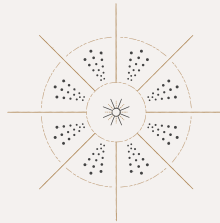
The Power of Ritual in Habit Formation

Repeated symbolic actions—such as lighting candles, setting intentions, or doing cleansing rituals—help establish new neural pathways. Rituals provide **predictability and a sense of control**, reducing mental fatigue and improving emotional regulation.

Inbofe

How are you nurturing your unique genius - the gifts you bear for the world?

Seasonal Practice



Candle Blessing Ceremony Set intentions for what you are birthing

- Best time: Evening, at dusk
- Light a white or yellow candle and sit in quiet contemplation.
- Speak aloud or write down one intention for the coming season.
- Let the candle burn while you meditate on your intention.

Spring Cleaning as an Energetic Reset

- Best time: Morning or early afternoon
- Sweep, dust, and declutter your space while setting an intention to welcome fresh energy.
- Use smoke cleansing (palo santo, sage, or local herbs) or sound (singing bowls, bells) to clear stagnant energy.

Writing Letters to Future Self

- Best time: Just after waking
- Stretch gently, roll out the shoulders, and take deep breaths to awaken circulation.
- Step outside for natural light exposure, boosting serotonin and aligning your circadian rhythm.
- Presence the resistance in your body when you call in your dreams and write to your future self how you are bravely meeting these resistance with love and compassion
- Close this with a thank you to your Self for showing up in the truth that these resistance are just stories that you are rewriting now.

Ostara

Renewal

*The Earth shakes off its slumber,
exhaling winter's final breath
into warming winds.
Roots split stone,
buds break open,
and life spills eagerly from the dark.
This is no gentle spring,
through retrogrades and eclipses,
raw, reformed, rewilded.
A renewal,
a fiery initiation
where what was buried rises,
raw and radiant,
untamed, unrepentant
burning like the sun.*

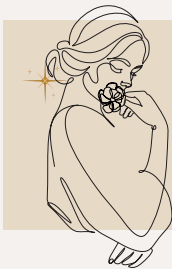
Theresa

Ostara

"Spring is more than just a changing of seasons, its a rebirth of the spirit"

The Seasonal New Year

The Spring Equinox, also called Ostara, is a time of perfect balance between light and dark. It represents renewal, fertility, and expansion as life begins to bloom. In tropical climates like the Philippines, the equinox signals increasing daylight and energetic shifts toward growth and action.



Reflection

"What concrete actions will I initiate to nurture the dreams and projects I am birthing this season?"

This is the time of resurrection, when many world religions celebrate the coming back of the Light, the Sun reborn, (or the Son). When the mythical hero/heroine returns from the underworld renewed. Out of the darkness, our consciousness has retrieved and renewed parts of the Self carrying the energy of the **Maiden**.

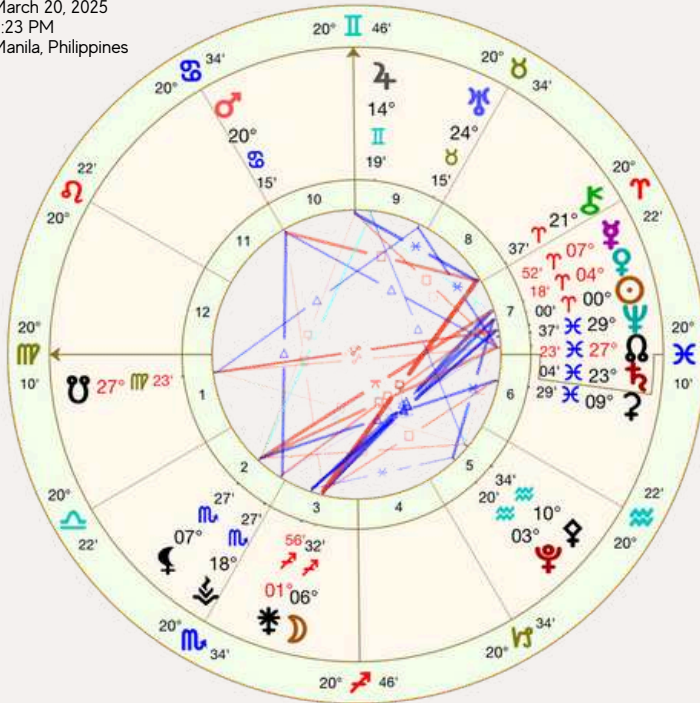
The Solar Season of **Aries** carries the Archetype of the ram and cardinal fire - the passionate initiator, trailblazer, warrior and protector of dreams.

Deities to attune with are Goddess Ostara, Inanna, Persephone, honoring warrior energy, fertility, life, abundance, growth and renewal.

The season's full moon is in Libra, cardinal air reminding us the importance of moving from our center, holding the balance of light and dark as we relate with all life, moving from our intuitive mind and our logical mind from the liminal to the practical, from dream tending to action.

Chart of the Season

March 20, 2025
5:23 PM
Manila, Philippines



Moon 6° Aries
Sun 00° Aries
Mercury Rx 7° Aries
Venus Rx 4° Aries
Mars 20° Cancer
Jupiter 14° Gemini
Saturn 23° Pisces
Uranus 24° Taurus
Neptune 28° Pisces
Pluto 3° Aquarius

Chiron 21° Aries
Vesta 18° Scorpio
Pallas 10° Capricorn
Juno Rx 1° Sagittarius
Lilith 7° Scorpio
Ceres 9° Pisces
North Node 27° Pisces
South Node 27° Virgo

Chart of the Season

Moon trine Retrograde Mercury and Retrograde Venus, sextile Pluto

Emotional excavation meets gentle recalibration. **Softening old stories** becomes easier when the heart and mind collaborate. Use this transit to **revisit nostalgic memories**, rewrite inner narratives, and soothe tender emotional knots. Conversations with old lovers or long-lost friends may surface, offering a **chance to clarify unfinished business or release lingering attachments**. Let your emotions be messengers, guiding you toward depth and truth without dragging you into old loops. **Breathe into vulnerability and exhale with clarity.**

Sun conjunct Retrograde Venus, sextile Pluto, trine Juno

Love meets its own reflection amplifying themes of **devotion, self-worth, and soulful connections**. Relationships—both past and present—become mirrors for your self-value. Expect moments of radical honesty, where hidden truths demand to be seen. **Let intimacy be a portal, not a prison**. Use this time to assess if your partnerships (romantic or business) nurture your authenticity or dim your flame. The trine to Juno invites commitments rooted in truth, freedom, and mutual elevation. **Shed the skin of performative love—let only the raw, real, and reciprocal remain.**

Mars trine Saturn, sextile Uranus, square Chiron

Discipline with a side of daring. On offer, steady, reliable stamina for sustained action, with a side stir to your inner rebel, impulsion and restless nature. **This is slow burn magic—steady efforts that lead to liberating breakthroughs**. However, the square to Chiron may poke at old identity wounds around productivity, agency and assertiveness. **Move gently with your edges**. Let frustrations fuel creative pivots rather than self-punishment. Use this **window to structure your wildness, turning radical ideas into tangible action plans.**

Saturn sextile Uranus

The dance of stability and innovation. Saturn's grounded wisdom teams up with Uranus' lightning-strike brilliance, making this a **potent moment for restructuring your foundations in unexpected ways**. **Stability doesn't have to mean stagnation**. Let yourself experiment with structure, whether through updating routines, exploring unconventional business strategies, or integrating new systems into old frameworks. **Play with tradition and rebellion in equal measure, this is where evolution lives.**

Key Seasonal Transits

Overall Guidance:

This cosmic tapestry weaves a tale of deep emotional recalibration, commitment to authenticity, and steady but bold evolution. Trust the slow magic. Let the retrogrades and eclipse be your revision season, and the sextiles and trines your portals of inspired action.

Key Dates and Transits

- March 20 Sun enters Aries 0°; **conjunct** Neptune before ingress;
Venus Retrograde 1° Aries **sextile** Pluto 1° Aquarius
- March 23 **Venus Cazimi - Aries Starpoint 2° Aries**
- March 25 **Mercury Cazimi 4° Aries**
- March 29 Solar Eclipse in 9° Aries
- March 31 Mercury Retrograde conjunct Neptune;
Neptune enters 0° Aries
- April 6 Venus Retrograde 25° Pisces, conjunct Saturn 25° Pisces;
Venus Rx Trine Mars 25° Cancer, sextile Uranus 25° Taurus
- April 7 **Mercury Stations Direct 26° Pisces**
- April 12 Sun conjunct Chiron 22° Aries
- April 13 **Venus Stations Direct 24° Pisces**
Full Moon in 23° Libra
- April 21 Sun 1° Taurus square Mars 1° Leo
- April 23 Sun 3° Taurus square Pluto 3° Aquarius
- April 28 New Moon in 7° Taurus

Ostara

Springing forward we burst open from our old shells, meeting resistance with determination and will.

Productivity Focus

Align Actions & Goals

Clarify long-term projects and commitments and take bold moves. Integrate strategy with intuition.

Cultivate Balance

Find harmony between work and rest, structure and flow, expansion and reflection.

Spring Detox

Spring clean your workflows and optimize your systems for efficiency and clarity.

Somatic Exercises

Listen to your body and practice discernment when doing these exercises

Recommended in the morning or at noon.



Open-Heart Stretching

- Stand tall, clasp hands behind back, and open the chest.
- Inhale deeply as you lift your heart center, hold for 10 seconds feeling the expansion
- Exhale the tension as you release the hands
- Repeat 3 to 5 times

Rebounding Jumping

Dynamic movement to engage and activate the body for action

- Stand comfortably and begin bouncing lightly on the balls of your feet.
- Allow arms to move freely to enhance circulation.
- Continue for 1-2 minutes, feeling the release of stagnation.

Ostana

With every bud that blooms, we are reminded that renewal is always within reach.

Neuro Insights



The Brain Thrives on New Beginnings

Novelty and fresh starts stimulate motivation. Spring is an ideal time to adopt new habits, as the brain is more receptive to learning and behavioral shifts after a period of winter introspection. The transition from winter's inward focus to spring's outward growth creates ideal conditions for forming new habits. During seasonal shifts, the brain is **more adaptable, making it the perfect time to implement changes** in routines and goals.

The Power of Light on Mood

Exposure to natural sunlight regulates serotonin levels, enhancing focus, joy, and emotional balance. Exposure to sunlight increases serotonin production, a key neurotransmitter that regulates mood, focus, and emotional balance. **Just 10-15 minutes of morning sunlight exposure can significantly enhance mental clarity and well-being.**

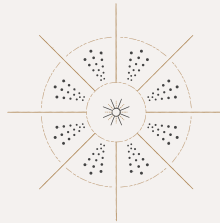
Spring Triggers Dopamine & Motivation

The brain responds to increased daylight by producing more dopamine, the neurotransmitter responsible for motivation and reward. Engaging in movement, structured planning, and spending time outdoors enhances this effect, **boosting energy, creativity, and drive.**

Ostara

Spring is the dawn of possibility, where dreams stir and awaken into the light.

Seasonal Practice



Seed Planting Ritual

Plant a seed representing you

- Best time: Early morning, after sunrise.
- Hold a seed (or symbolic representation) in your hands, setting an intention.
- Plant it in the soil while visualizing your goal taking root.

Outdoor Meditation

- Best time: Morning, under natural sunlight.
- Sit in a quiet space outdoors, feet connected to the ground.
- Breathe deeply and attune to nature's sounds, absorbing the shift in energy
- Bask in the sun and imagine the rays thawing and priming you for action

Decluttering Ceremony

- Best time: Afternoon, before sunset.
- Choose an area to declutter, removing objects that feel stagnant.
- Set the intention to make space for new opportunities and clarity.
- Give thanks to the old objects you are decluttering especially if you are donating them, letting them go with gratitude allows for more aligned spaciousness

Bettane

Sacred Passion

The Earth dancing with pure desire,
heavy with blossom and bloom,
spilling over in wild, fevered devotion.

Petals unfurl like whispered spells,
and every breeze carries enchantment.

Stoking flames
that lick the edges of inhibition,
burning through resistance,
leaving only unbridled beauty.

A time of passion and rupture,
we merge with life itself,
reckless yet reverent,
in union with the flame.

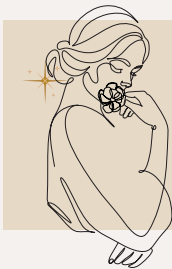
Thera

Beltane

"Imagination is the spark that ignites the fire of creativity"
-Richard L Peterson

The Fire of Creation

Beltane is a festival of passion, fertility, and creative expansion. Traditionally celebrated with bonfires, dancing, and offerings to nature spirits, it represents a time of heightened energy and growth. Its the peak of spring's energy before the full bloom of summer.



Reflection

"How can I invite the energies of pleasure and abundance more to fully support what is blooming in my life?"

This is the time of renewal and the sacred act of creation, co-creation, celebrating the lushness, fecundity and pleasures of life, to be in divine union - merging the feminine and the masculine within us while honoring the merging of the feminine and masculine outside of us. This is Love and Sex as a sacred act of creating new life.

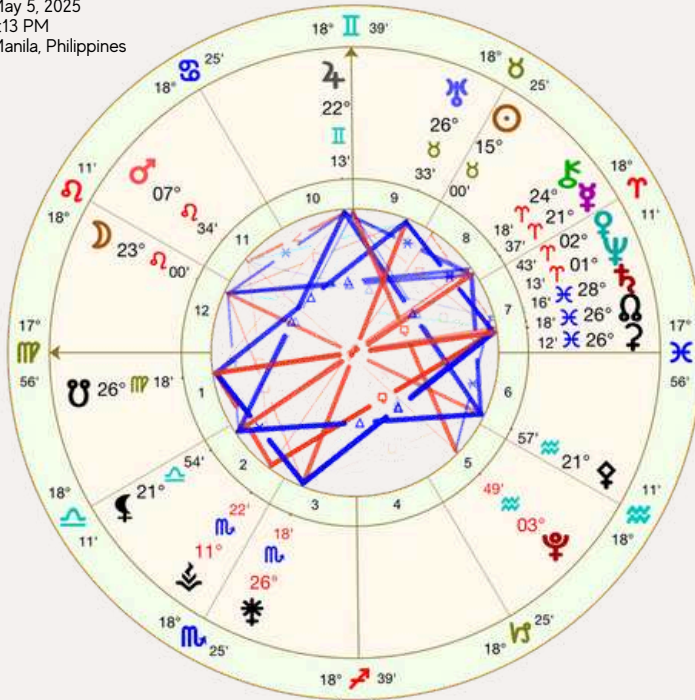
The Solar Season of **Taurus** carries the Archetype of fixed earth - the embodiment of material pleasures, sensuality, stability, and the fertile ground where dreams take root and flourish.

Deities to attune with are Aphrodite, Ostara, Inanna, Persephone, Freyja, Cernunnos, and the May Queen, honoring passion, fertility, abundance, beauty, and the sacred cycles of life and death.

The season's full moon is in **Scorpio**, fixed water, reminding us of regeneration, and the transformation within the depths of desire, intimacy, and the mystery of creation.

Chart of the Season

May 5, 2025
2:13 PM
Manila, Philippines



Moon 23° Leo
Sun 15° Taurus
Mercury 21° Aries
Venus 2° Aries
Mars 7° Leo
Jupiter 22° Gemini
Saturn 28° Pisces
Uranus 26° Taurus
Neptune 1° Aries
Pluto Rx 3° Aquarius

Chiron 24° Aries
Vesta 11° Scorpio
Pallas 21° Aquarius
Juno Rx 26° Scorpio
Lilith 21° Libra
Ceres 26° Pisces
North Node 26° Pisces
South Node 26° Virgo

Chart of the Season

Moon T-square Uranus & Juno, trine Mercury conjunct Chiron

The Moon, stirs emotional restlessness around freedom and commitment. The desire for wild autonomy clashes with relational bonds, **inviting you to examine where you crave liberation versus devotion.** Words can become medicine, and vulnerable conversations become pathways for healing. Burn through stale patterns, speak with rawness, listen with softness. **Let the sacred flames of Beltane illuminate the edges of intimacy and autonomy, dissolving the false boundaries between them.**

Sun applying conjunction to Uranus

The Sun's fire crackles with rebellious brilliance in a dance toward a perfect union, fanning the flames of radical authenticity and creative disruption. Expect surprising revelations or spontaneous urges to break free from routine. This is a call to reinvent and rewild—in your rituals, your creative expressions, and your sensual explorations. **Let yourself experiment with pleasure, art, and embodiment, following the sparks of unexpected delight.**

Venus conjunct Neptune sextile retrograde Pluto

Enchantment drips from every petal dissolving veils, infusing romantic reverie, artistic inspiration, and spiritual sensuality. Love becomes poetry, and beauty takes on a mystical glow. Yet, the sextile to retrograde Pluto adds a seductive undercurrent—desires intensify, calling for depth and surrender. **This is erotic alchemy: the merging of divine softness with primal hunger.** Let your celebrations honor both the tender and the untamed. Infuse softness to old fears and stories around your worth and values that emerged for you during retrograde and eclipse season. With more clarity and compassion **you are empowered to reconcile and dissolve their hold and embolden your new path with soft strength and graceful grit.**

Saturn separating conjunction w North Node, Ceres sextile Uranus trine Juno

You are called to harvest the wisdom of recent lessons in soulful maturity—where you **recognize how your past commitments have shaped your future path.** Ceres, the goddess of nourishment, sextiles Uranus, whispering of new ways to cultivate and nurture yourself. The trine to Juno offers stabilizing yet liberating relationship energy, inviting you to **co-create sacred unions that honor both freedom and devotion.**

Key Seasonal Transits

Overall Guidance: The Fertile Flame

Beltane's transits weave a tapestry of passion, rebellion, and reverence. Let the Sun-Uranus dance awaken your wild heart, while Venus and Neptune draw you into realms of beauty and longing. The Moon's T-square asks you to find balance between freedom and devotion, while Saturn and Ceres gently guide you to tend the seeds of your becoming. **Let the fire of creation burn through illusion and limitation, making space for unrestrained beauty, raw truth, and sacred pleasure.**

Key Dates and Transits

- May 4 Pluto stations Retrograde 3° Aquarius
- May 5 **Sun at 15° Taurus**
- May 13 Full Moon in 22° Scorpio
- May 18 Sun conjunct Uranus 27° Taurus
- May 20 Sun 29° Taurus sextile Saturn 29° Pisces
- May 22 Sun 1° Gemini sextile Neptune 1° Aries
- May 24 Sun 3° Gemini trine Pluto Retrograde 3° Aquarius
- May 27 New Moon 6° Gemini
- May 30 Sun conjunct Mercury 8° Gemini (exterior)
- June 10 **Jupiter enters 0° Cancer**
- June 11 Full Moon in Sagittarius 20°
- June 13 Sun 22° Gemini square North Node 22° Pisces
- June 17 Sun 26° Gemini sextile Chiron 26° Aries

Bettane

"Passion is creativity on Fire"
-Suzy Davies

Productivity *Focus*

Passion Projects

Fuel passion projects and commit to endeavors that spark joy and inspiration

Pollinate

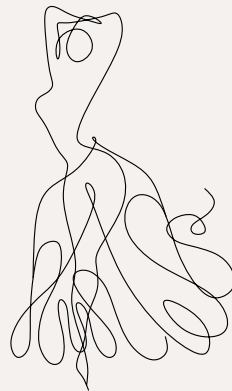
Build meaningful collaborations and connections, strengthen relationships & partnerships

Embody Play

Integrate fun, pleasure and spontaneity into daily routines

Somatic Exercises

Listen to your body and practice discernment when doing these exercises



Recommended in the morning or afternoon

Expressive Movement

Dance freely to activate sacral energy.

- Play rhythmic or uplifting music.
- Move freely, allowing your body to guide the motion without structure.
- Let go of tension and tap into the joy of movement.

Sensory Awakening

Stimulates the brain's sensory processing to deepen present-moment awareness.

- Light incense, touch natural fabrics, taste fresh fruit.
- Close your eyes and focus on each sensation fully.
- Engage with textures, scents, and tastes that enliven you.

Bettare

*Love is both wild and tender, the divine union of fire and earth,
seen and unseen.*

Neuro Insights



Movement Enhances Brain Function

Physical activity strengthens neural pathways, improving adaptability, cognitive function, and emotional regulation. Commit to moving your body as your Love Language and sacred act of self care.

The Role of Social Connection

Engaging in community activities or shared creative endeavors releases oxytocin, strengthening trust and well-being. Engage your mirror neurons by intentionally surrounding yourself with people who's joyful nature intoxicate and inspire you. Actively join groups who's mindsets motivate you to fertilize your abundance.

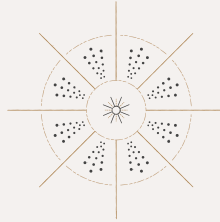
Creativity and Pleasure Reward

Playful, unstructured activities boost creative problem-solving and motivation by increasing dopamine levels. Reward yourself by infusing pleasurable and joyful activities in your weekly schedule. Create a system that will track your movement and community progress + a reward system where you consciously dedicate time in your week to do the things that elate you.

Bettane

Passion is the fire that breathes life into creation—when we love boldly, we birth new worlds.

Seasonal Practice



Fire Ceremony

- Best time: Evening, under the stars.
- Write down fears and limitations, any blocks that may be keeping you in your old shell or lack mindset - then release them into a fire.
- Watch the paper burn and imagine the blocks becoming smoke infusing you with passion, creativity and abundance

Flower Crown Ritual

- Best time: Morning, in a natural setting.
- Weave flowers and greenery into a crown to symbolize abundance and your adornment of your self
- Wear it while stating affirmations of self-love and confidence.

Pleasure Ritual

- Best time: Any time you need to reconnect with joy and abundance
- Engage in activities that stimulate your senses - aromatherapy, satisfying, nourishing meals, singing, intimate self-care practices or with a partner (if partnered)
- Make love to your money and resources through gratitude and celebration for all the abundance you already have.

Litha

Radiant Devotion

*The Sun stands at its peak,
shadows a distant memory
yet constant bedfellows.
Golden rays pouring fire
into every corner and crevice.
No stone left unturned,
no bud unfurled.
Wildflowers stretch taller,
rivers rush faster
and the sky ablaze with unyielding brilliance.
Beneath the light's splendor,
the Earth offers herself freely
nurturing with wild devotion,
ripening the fields
and filling the air with the scent
of sweet, heavy bloom.
Standing, exalted,
rising with the sun,
unshaken and sovereign,
burning with radiance,
fierce, generous, and whole.*

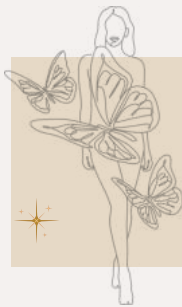
Theresa

Litha - June Solstice

Litha calls us to shine without fear, to step fully into our radiance and embrace our power

The Peak of Power

The longest day of the year, also known as Litha, celebrates the Sun at its highest point or its northernmost peak. It will appear to “stand still” for a couple of days (usually 3) before it moves south. This is a time of strength, abundance, and manifestation, a celebration of masculine energy - Solar Consciousness.



Reflection

“What is fully illuminated and requires my presence, energy and care to reach its peak and highest manifestation?”

This is the time of peak solar power, the zenith of the Sun’s journey, when light triumphs and life is in full bloom. It is a celebration of vitality, expansion, and the fire of creation, a season to honor our inner radiance and the fullness of our potential. As the longest day of the year, Litha invites us to embody courage, passion, and the balance between action and receptivity before the waning cycle begins.

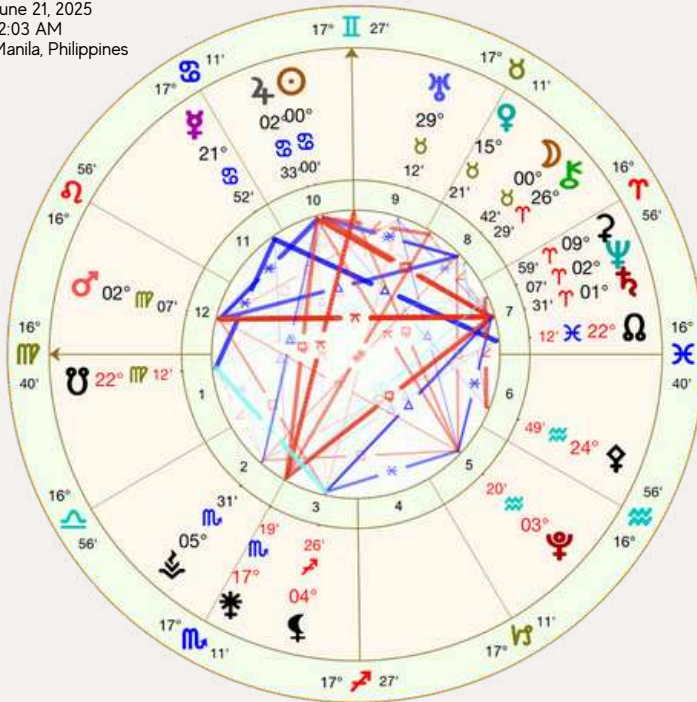
The Solar Season of **Cancer** carries the Archetype of cardinal water—the nurturer, protector, and intuitive guide who moves with the tides of emotion, honoring both the seen and unseen forces that shape our lives.

Deities to attune with are Amaterasu, Helios, Apollo, Hestia, and the Oak King, honoring illumination, strength, creativity, protection, and the sacred fire within.

The season’s full moon is in **Capricorn**, Cardinal Earth, reminding us to root our dreams into tangible reality, balancing ambition with nourishment, and honoring the foundations that support our growth.

Chart of the Season

June 21, 2025
12:03 AM
Manila, Philippines



Moon 0° Taurus
Sun 00° Cancer
Mercury 21° Cancer
Venus 15° Taurus
Mars 2° Virgo
Jupiter 2° Cancer
Saturn 1° Aries
Uranus 29° Taurus
Neptune 2° Aries
Pluto Rx 3° Aquarius

Chiron 26° Aries
Vesta 5° Scorpio
Pallas Rx 24° Aquarius
Juno Rx 17° Scorpio
Lilith Rx 4° Sagittarius
Ceres 9° Aries
North Node 22° Pisces
South Node 22° Virgo

Chart of the Season

Moon in Taurus trine Solstice Sun, square Retrograde Pluto

Root into softness, stretch into power. The Taurus Moon trines the Solstice Sun in Cancer, weaving a tender, nourishing balm of safety and self-preservation. Let slow pleasures and sensory rituals be your anchor—nourish your body, fortify your spirit. Yet, the square to retrograde Pluto stirs subterranean tides, excavating emotional residues of control or fear. Let discomfort be a portal, not a prison. Hold yourself with radical compassion as you shed outdated survival patterns.

Sun conjunct Jupiter trine Mars

Grow steady, burn bright. With Jupiter amplifying the Solstice Sun's warmth, radiance meets expansion, offering fertile ground for soulful growth. The trine to Mars in Virgo brings precision to your passion, translating vision into practical momentum. Consistent, deliberate action fuels breakthroughs, making this a potent window for restructuring routines, building stamina, and refining skills. **Let clear, purposeful effort be your offering to sanctify yourself and your daily routines.**

Venus opposite Retrograde Juno

Sensual devotion meets karmic longing. Venus, lush in her domicile, beckons you into luxuriant presence, inviting you to savor the richness of touch, taste, and tenderness. Yet, the opposition to retrograde Juno in Scorpio stirs soul-deep reckonings in partnership. Old vows, power struggles, or lingering entanglements surface for sacred review. The call? Dismantle transactional love. Let loyalty arise from freedom, not fear. Choose intimacy that nourishes, not depletes.

Saturn applying conjunction to Neptune

Dream the discipline, embody the dream. Saturn, the architect of time, edges closer to Neptune's dissolving tides, urging you to build bridges between the tangible and the ethereal. It's a slow yet powerful alchemy, fusing dreams with form, and mysticism with mastery. This transit invites soulful realism: weaving spiritual devotion into daily rhythms, and grounding creative visions into sustainable structures. **Let devotion be your discipline.**

Key Seasonal Transits

Overall Guidance: Nurture Devotion

Nurture your becoming with tender devotion. Let the radiance of growth meet the depths of release. Root into what sustains you, soften into what undoes you, and build your future with both reverence and fire.

Key Dates and Transits

- June 21 Sun enters 0° Cancer
- June 23 Sun 1° Cancer square Saturn 1° Aries
Sun 2° Cancer square Neptune 2° Aries
- June 24 Sun conjunct Jupiter 3° Cancer
- June 25 New Moon in 4° Cancer
- June 26 Sun 5° Cancer sextile Mars 5° Virgo
- July 2 Sun 10° Cancer sextile Lilith Retrograde 10° Scorpio
- July 7 **Uranus enters 0° Gemini**
- July 11 Full Moon in 18° Capricorn
- July 12 Sun 19° Cancer trine North Node 19° Pisces
- July 13 Saturn Stations Retrograde 1° Pisces
- July 18 Mercury Stations Retrograde 15° Leo
- July 19 Sun 27° Cancer square Chiron 27° Aries
- July 23 **Sun 0° Leo sextile Uranus 0° Gemini**
- July 24 Sun 1° Leo trine Saturn Retrograde 1° Pisces
Sun 2° Leo trine Neptune 2° Pisces
- July 25 Sun 2° Leo opposite Pluto 2° Aquarius

Litha

The Sun stands at its peak, a reminder that our light is meant to be seen, celebrated, and shared

Productivity Focus

Step Into Visibility

Time to showcase your work, leadership, and purpose - YOU GOT THIS!

Harness Peak Energy

Use this time for high-impact projects that require your most embodied presence.

Acknowledge

Recognize progress, growth, celebrate and acknowledge yourself and your first half of the year

Somatic Exercises

Recommended in the morning or afternoon



Sun-Gazing Meditation

Recalibrate circadian rhythms

- Best done at sunrise or sunset to avoid eye strain.
- Stand or sit with feet grounded, looking gently toward the sun with eyes closed.
- Inhale deeply, visualizing golden light filling your body with vitality.
- Exhale tension, feeling yourself absorbing solar energy.

Cooling Breathwork Sitali Pranayama

Balance the body's heat and intensity

- Curl the tongue into a tube (or press lips together if unable to curl).
- Inhale through the mouth, feeling the cooling sensation.
- Exhale slowly through the nose.
- Repeat for 1-2 minutes to balance internal heat.

Litha

The longest day reminds us that even the brightest light must learn when to yield to the dark

Neuro Insights



Circadian Rhythms & High Energy

The brain responds to longer daylight by increasing serotonin and reducing melatonin, leading to greater alertness and motivation. This is why energy levels peak in summer.

The Role of Confidence in Decision-Making

Embodied confidence (such as standing in power poses) increases testosterone and decreases cortisol, reducing stress and improving resilience. The next time you need to make an important decision take a few moments to stand in front of a mirror, hands on waist, spine straight, looking yourself in the eye and declare statements like "I am confident, I am capable of making decisions with clarity and grace"

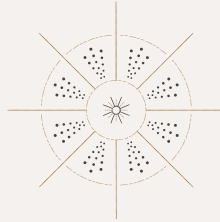
Morning Rituals Enhance Willpower

Establishing morning sun exposure and structured habits during this period strengthens the prefrontal cortex, improving long-term focus and discipline.

Litha

*With every flame that burns, there is a moment of stillness before
the cycle turns again*

Seasonal Practice



Sun Celebration

- Best time: Morning during sunrise or mid day
- Welcome the Sun into your heart by facing East
- Imagine golden rays radiating from the Sun into your Heart spreading out into your whole body
- With every inhalation, charge your body with gratitude and strength, exhale old energies with gratitude and love

Mid-Year Reflection

- Best time: Morning, in a natural setting.
- Weave flowers and greenery into a crown to symbolize abundance and your adornment of your self
- Wear it while stating affirmations of self-love and confidence.

Outdoor Immersion

- Midsummer Bonfires - if this is accessible to you, this season is best to gather around the bonfire in community to call in your strength, power and vitality
- Celebrating the Sun's energy in Nature (if the heat allows) making intentional trips to the mountains, bodies of water, grounding and walking barefoot on the grass while under the light of the Sun, especially during Sunrise and Sunset, using these threshold times to cast out desires into existence with clarity and in power posture.

Lughnasadh

Ripening

The fields bend with fullness,
heavy with the weight
of promise and surrender.

The harvest sweetens hands
even as the scythe slices through
what can no longer sustain.

Fierce tenderness engulfs the ether,
where one gathers with one hand
and lets go with the other.

Patience steadies the flame,
while the sharp edge of change
carves new pathways,
reckoning, reconciling,
becoming sacred offering,
enriching the land.

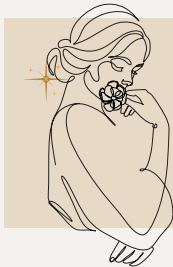
Theresa

Lughnasadh

The wheel turns, the fields ripen, and we learn that success is not just in the harvest, but in the hands that tend it

The Harvest

Named after the Celtic god Lugh, this is the festival of the first harvest and sacrifice. It's a time to honor the fruits of your labor and refine your approach to your projects, prepare for change, gather resources and express gratitude for growth.



Reflection

“What have I cultivated that is now bearing fruit, and what may I sacrifice to prepare for the waning light?”

This is the time of honoring the cycle of giving and receiving. It is a festival of gratitude, skill, and sacrifice, reminding us that creation requires both effort and surrender. As the days subtly shorten, we prepare for the descent ahead, celebrating abundance while acknowledging the turning of the wheel.

The Solar Season of **Leo** carries the Archetype of fixed fire—the sovereign, the creative force, and the radiant heart that leads with courage, passion, and generosity.

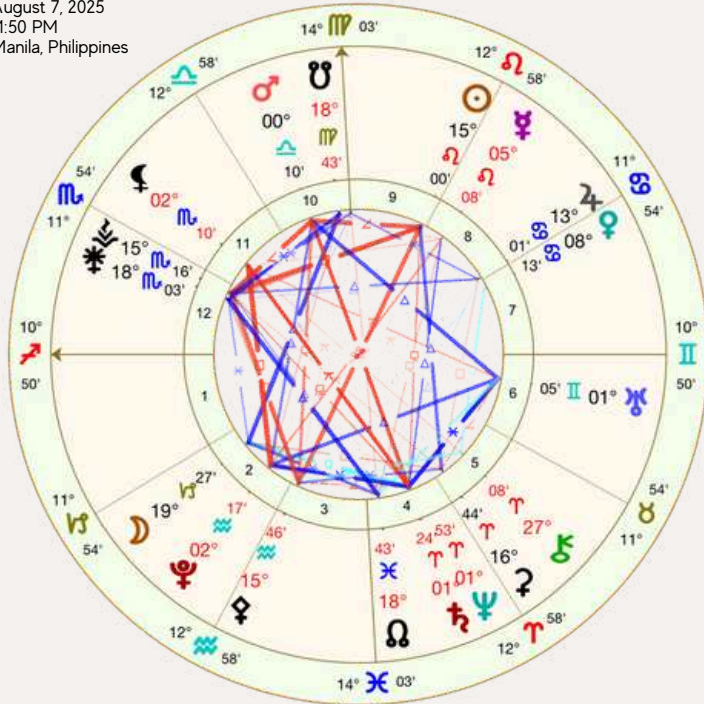
Deities to attune with are Lugh, Demeter, Ceres, and Taitiu, honoring craftsmanship, harvest, abundance, perseverance, and the sacred offering of our gifts.

The season's full moon is in **Aquarius**, fixed air, reminding us to balance personal expression with collective service, honoring both our individual light and the interconnected web of community.

With eclipse energies in the Pisces–Virgo axis, themes of devotion, harvest & sacrifice amplify

Chart of the Season

August 7, 2025
11:50 PM
Manila, Philippines



Moon 19° Capricorn
Sun 15° Leo
Mercury Rx 5° Leo
Venus 8° Cancer
Mars 0° Libra
Jupiter 13° Cancer
Saturn Rx 1° Aries
Uranus 1° Gemini
Neptune Rx 1° Aries
Pluto Rx 2° Aquarius

Chiron Rx 27° Aries
Vesta 15° Scorpio
Pallas Rx 15° Aquarius
Juno 18° Scorpio
Lilith 2° Virgo
Ceres 16° Aries
North Node 18° Pisces
South Node 18° Virgo

Chart of the Season

Moon trine South Node sextile Juno

Harvest wisdom from your roots. The Capricorn Moon, steady and pragmatic, trines the South Node in Virgo, offering clarity through reflection. Patterns of service, humility, and discernment resurface, inviting you to harvest lessons from past cycles. The sextile to Juno in Scorpio deepens emotional bonds through integrity, making this a powerful moment for devotion with discernment. **Let practicality meet soulful commitment—choose loyalty that elevates, not entangles.**

Sun square Vesta, opposite Pallas, trine Ceres

Forge light through the forge. The Leo Sun, bold and sovereign, ignites a season of creative self-expression, yet the square to Vesta demands **focused devotion, not scattered fire**. Shadow work around obsession, power, and sacrifice may flare calling you to **purify your passion**. The opposition to Pallas in Aquarius reveals tension between heart and head, urging you to balance fierce individuality with detached wisdom. Yet, the trine to Ceres in Aries fuels bold self-nourishment—embody your inner fire by tending your wildness. **Create without apology, but with integrity.**

Mars opposite Retrograde Saturn conjunct Retrograde Neptune

The dance of willpower and surrender. Mars enters Libra, initiating a fresh cycle of relational recalibration testing your patience and clarity. Desires meet delays, action meets uncertainty. This is a tempering fire, refining impulsivity into discipline. Use this transit to **turn frustration into fortitude**. When the path is unclear, let restraint be your power and pause before pushing. **Mastery comes through mindful movement, not rushed force.**

Uranus trine Retrograde Pluto

Revolution whispers through the cracks. Uranus, restless in Gemini, harmonizes with retrograde Pluto in Aquarius, forming a catalytic trine of radical reinvention. This is future-forward magic—disrupting stale patterns and rewiring systems, both personal and collective. Liberate your mind from outdated scripts and let curiosity be your compass. **Innovation arises through deconstruction, allow old paradigms to dissolve so that liberation can take root.**

Key Seasonal Transits

Overall Guidance: The Reckoning

Harvest your power with steady hands. This is a season of ripening and reckoning—where you gather the fruits of your labor while pruning what no longer nourishes. **Honor the tension between devotion and disruption. Let patience fortify your fire and innovation shape your becoming**

Key Dates and Transits

August 7	Sun enters 15° Leo
August 9	Full Moon in Aquarius 16°
August 11	Mercury Stations Direct 4° Leo
August 19	Sun 26° Leo trine Chiron Retrograde 26° Aries
August 23	New Moon in 0° Virgo Sun enters 0° Virgo
August 24	Sun 1° Virgo square Uranus 1° Gemini
September 8	Total Lunar Eclipse 15° Pisces
September 11	Sun conjunct North Node 18° Pisces
September 13	Mercury exterior Conjunction 22° Virgo
September 21	Sun 28° Virgo opposite Saturn Retrograde 28° Pisces
September 22	Partial Solar Eclipse 28° Virgo

Lugnāsadh

What we plant with intention, we harvest with gratitude

Productivity *Focus*

Assess & Adjust

Reflect on progress, review and refine strategies

Prepare for Change

Slowly adjust and begin transition toward the dark half of the year.

Let go with Gratitude

Sacrifice is to make sacred. Honor the past trusting the release will enrich the foundation for winter.

Somatic Exercises

Recommended in the morning or afternoon



Gratitude Movement Practices

Embody appreciation through intentional movement

- Stand tall, close your eyes, and bring hands to heart.
- Speak or think of three (or more) things, people, situations you're grateful for.
- Inhale deeply, feeling gratitude fill your body.
- Dance to a favorite song embodying gratitude and imagine yourself radiating gratitude outward filling your space, your neighborhood, country, the planet!

Grounding & Centering

Anchor yourself before seasonal shifts

- Stand barefoot on the earth, feeling stable and strong.
- Visualize roots extending from your feet into the ground.
- Imagine yourself connecting with Gaia, allow her to embrace you and feel your oneness with her
- If it feels right, make an offering of yourself to her that she may support you root in Love and in your intention

Lugnassadh

The first fruits of labor remind us that abundance is both a gift and a responsibility

Neuro Insights



Reflection Strengthens Neural Pathways

Reviewing progress consolidates learning, making it easier to retain insights and improve future decision-making. Reflection deepens self-awareness, helping you recognize patterns and refine your responses over time. Consistent review strengthens mental flexibility, making you more adaptive and resilient in future challenges.

Gratitude Increases Well-Being

Expressing appreciation rewires the brain for positivity, improving resilience and mental clarity. It strengthens emotional regulation, helping you navigate challenges with greater ease and grace. Over time, gratitude enhances overall life satisfaction, promoting a deeper sense of contentment.

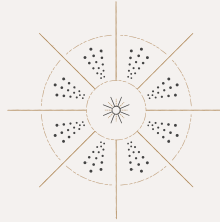
Prepping for Seasonal Change Lowers Stress

Transitioning intentionally between phases enhances adaptability and emotional regulation. It fosters a sense of stability, making you more grounded and centered during times of flux. This practice builds emotional resilience, allowing you to flow with change with more grace and ease.

Lughnasadh

Lughnasadh is a dance of effort and surrender, of honoring the work and releasing attachment to the outcome.

Seasonal Practice



Harvest Ceremony

Symbolic ritual of completion and gratitude

- Best time: Sunset or early evening.
- Gather fruits, grains, or symbols of abundance.
- Reflect on what you've accomplished and offer gratitude.

Sharing & Community Giving

Offer wisdom, time, or resources

- Best time: Midday or evening gathering.
- Prepare food to share or volunteer your time/resources

Preserving & Storing Energy

Begin conserving energy for the introspective months ahead

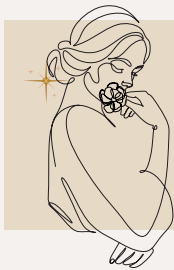
- Best time: Morning or evening reflection.
- Journal about areas where you need to conserve energy.
- Plan for upcoming slower months.

Mabon - September Equinox

What you carry forward will shape your winter; choose wisely

The Integration

The Autumn Equinox, also called Mabon, is a time of balance, reflection, and preparation for the shift in season and the transition. Day and night stand equal before the descent into the darker half of the year. This is a time of harvesting wisdom, reviewing progress, and aligning with inner balance.



Reflection

“Where in my life do I need to restore balance and what wisdom have I gained this year?”

This is the time of the second harvest and the threshold between light and dark. It is a sacred pause, a moment to reflect on what has been cultivated and what must now be let go as we prepare for the inward journey ahead reminding us of the harmony between opposites—giving and receiving, action and rest, fullness and emptiness.

The Solar Season of **Libra** carries the Archetype of cardinal air—the diplomat, the harmonizer, and the seeker of beauty and equilibrium, weaving relationships with grace and intention.

Deities to attune with are Modron, Persephone, The Morrigan, and Inanna, honoring justice, transition, the cycles of life and death, and the wisdom found in both darkness and light.

The season’s full moon is in **Aries**, cardinal fire, reminding us that inner reflection takes courage, initiating bold action comes from true center, embracing both self-sovereignty is respecting the interdependence of all things.

Samhain

Shadow Resurrection

Inward,
drawing gingerly inward,
folding into the bone-deep hush of decay.

The veil thins to silk,
and the dead whisper
through the roots.

Unraveling once more,
yet again,
always again,
where one walks into the dark,
not to vanish,
but to be remade.

What is buried does not die,
it resurrects with new names,
wilder and truer than before.

Theresa

Gufe

The Deep Rest

Lowering one's gaze,
softly,
tucking the light
into the hollow of one's chest.
The nights stretch wide and still,
cradling the seeds of unseen buds.
Surrender,
gently into the dark,
not to disappear, no!
oh, to be held.
In the hush of winter,
life dreams itself awake.
Softly,
let's rest here now.
until the next turning,
I love you.

Theresa



May this guide serve you attune with
the cyclical rhythm of nature, your
nature, connect deeper with yourself,
others and the world around you, bridge
sky and below, live heaven on earth
Aho Ashe Aho

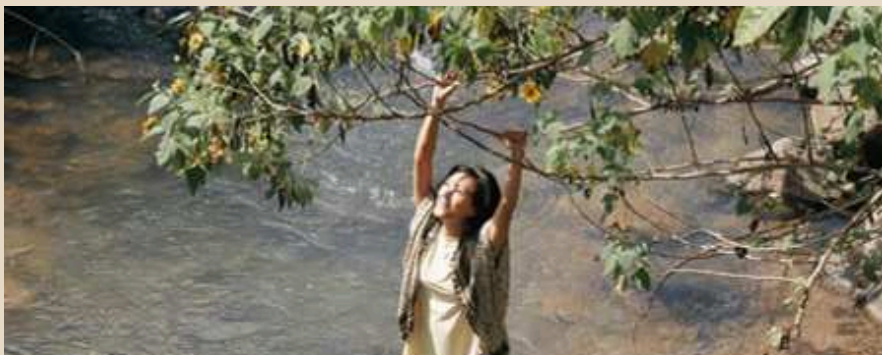
*you are the
universe!*

It is my deepest intention to create radical and systemic shifts in the way we relate, work and live in the world. I believe that sustainable **change starts within**, that our environmental, socio-political challenges stems from our dissociation from the natural rhythms of nature. I am dedicated to equip you with the knowledge of your unique cosmic blueprint, assist you be in compassionate awareness of your triggers, adapt to the cycles - flow of life, cultivate presence while gracefully navigating the tides of the human experience, that we may contribute in more meaningful ways to the future our generation is responsible for creating. Seeding **love** and **compassion** with every breath, becoming the change we wish to see.

The collective starts with "I"

Rooting your flourishing,





DISCLAIMER

This guide is intended for educational and informational purposes only.

The practices, insights, and recommendations contained within are based on ancient wisdom, astrology, neuroscience, and integrative wellness principles that the author gained certifications, devoted study, practiced, trained for and embodied. They are not a substitute for professional medical, psychological, financial, or legal advice. While every effort has been made to ensure the accuracy and effectiveness of the information provided, individual experiences may vary. You assume full responsibility for your choices, actions, and outcomes when applying the insights from this guide.

If you have any existing medical conditions, mental health concerns, or other disease, please consult a qualified healthcare professional before engaging in any suggested somatic practices, breathwork, or lifestyle changes. Always listen to your body and honor your personal limits.

The astrological insights in this guide are meant to serve as tools for self-reflection and empowerment. They do not predict the future or guarantee specific results. Your journey with the Solar Wheel is unique, and how you engage with these practices should be intuitive and adaptable to your personal needs.

By using this guide, you acknowledge that the author is not liable for any consequences resulting from the application of the content provided.

Your path to alignment is yours to navigate—may this guide be a supportive companion along the way.

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