



RavenWing Healing Newsletter

August 2019

This month we'll look at my take on the retrograde motion of the planets (there's so much of it going on at the moment!) and we'll be picking cards from my new deck to feel the energies for this month.

Upcoming Courses & Workshops: I also have the dates listed on my website, if these dates don't work for you, please email me as there may be a way we can work out a suitable time for you, I'm open to doing classes midweek or shorter classes over a month. We're all busy these days and some people find weekdays to be a better option for them while others prefer the weekends, I'm happy to accommodate where I can.

- ☞ Pellowah Workshop: 10th – 11th August
- ☞ Reiki Level 1: 7th – 8th September
- ☞ Reiki Level 2: 5th – 6th October
- ☞ Pellowah Workshop: 26th – 27th October

All courses start at 10am and go through to 5 or 6 pm. Prices and details are on my website, feel free to email for more information. I also hold 'Reiki Meditation Practice' sessions to help you continue your practice once you've completed Reiki 1 or 2. These tend to pop up as the need arises. Let me know if you're interested in re-immersing yourself into your practice and we can begin a regular weekly or fortnightly meet up to help you with that. These are \$20 per session.

Frequency Meditation Group Schedule

- ☞ Friday 9th of August – 7pm
- ☞ Saturday 24th of August – 10am
- ☞ Friday 6th of September – 7pm
- ☞ Saturday 21st of September – 10am

These dates are posted on my website also so you can easily hop on there to see when the next one will be. Email me here to reserve a place: janine@ravenwinghealing.com

Astrological Happenings for August 2019

August:

- 1 - New Moon in Leo 8°
- 1 - Mercury stations direct in Cancer 23° (no longer retrograde)
- 2 - Mars enters Leo
- 11 - Jupiter stations direct in Sagittarius 14°

12 - Uranus moves retrograde in Taurus 6°

12 - Mercury enters Leo

15 - Full Moon in Aquarius 22°

18 – Mars enters Virgo

21 - Venus enters Virgo

23 - Sun enters Virgo

29 - Mercury enters Virgo

30 – New Moon in Virgo 6°

What is retrograde motion? It's when planets *appear* to move in a backwards motion from the earth's perspective. Brian Cox explains it in this video so well, please take a moment to watch it...

<https://youtu.be/kbynKfNfHk4>

To me it's like when you're reading a book and you realise you've just read a paragraph and zoned out for a moment, so you really didn't comprehend it. Now you must reread that paragraph because you know that there was something important to the plotline in it – if you don't reread it the rest of the book won't quite make sense. You trace back with your finger to find the last thing you remember reading and you perhaps go back a sentence or two for context and begin reading again. Once you've reread that paragraph you realise its importance, so you pause for a moment to really take it in - perhaps you underline a few stand out points - before you return to where you left off. That's what retrograde energy does, the planet in question wants you to truly get the vibe it's laying down for you so it pauses for a moment (Stations Direct) as it changes direction, tracing the last bit of energetic information it sent and pauses again for effect (Stations Direct) before it repeats itself to emphasise the importance of the information. In effect the planet is underlining the information it's sending. The planet is inviting us to 'take a moment' and be still so the vibrational information is fully integrated before it continues on.

Retrogression is the period of time during which a planet in our solar system appears to be moving backward as we see it against the fixed backdrop of the stars. The phenomenon is entirely due to our Earth-based perspective and was well known to the ancient astronomers.

At the moment there seems to be an abundance of vibrational information being focused on us here on earth, with so many planets in retrograde we're feeling a bit overwhelmed. This is a time to put yourself on an internal pause – take that moment – and listen to the signs around you and within you, you may need to reread the last paragraph of your life to truly take it in before you take the next forward step. Don't rush yourself, take your time. We're in preparation for the next chapter...

Cards for August 2019



These cards are by Colette Baron-Reid, they're called *The Spirit Animal Oracle*.

Overcome any Obstacle – It may feel like there are many hurdles to jump at the moment, like time is moving backwards and you may feel like you're unable to reach your goals fast enough. Sometimes the timing is just not right, patience and persistence... it will come in the perfect time. Don't waste time head butting the obstacles, take a moment to sit in the sun, put your bare feet on the earth, and just trust in the process.

Life is Speeding Up – Prepare now for the faster moving motion to come. It might feel now as if you are moving fast but not getting anywhere, perhaps now is not quite the right time to move forward. But it's very close, be prepared.

Set Healthy Boundaries – Listen to your body and the signals it gives you. If you want to say 'no' then say 'no' – don't do things just to please others, it depletes you. Know your own boundaries and if you feel like having a day to yourself then do it... Don't complain about how busy you are, and you have no time for yourself - if you're not factoring that time into your schedule then you're not making yourself important enough.

Be Bright & Shiny...

Janine...

RavenWing Healing

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