



# ZODIAC ANNUAL GUIDE

Keep Your Life Balanced, Vibrant, and Aligned to Your Highest Vibe

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Each season of the Zodiac highlights a different frequency or area of your life. Use the following framework to integrate these energies into your life throughout the year.

- **Review & Reassess:** Take the opportunity to review, reassess, upgrade, and integrate the energy of your behaviors and habits throughout the year.
- **Upgrade Your Mindset:** Focus on upgrading your mindset and emotional awareness in specific domains of your life.
- **Physical Alignment:** Pay attention to the specific areas of the body mentioned for each sign to ensure your physical health supports your spiritual growth.
- **Watch for Shadow Traits:** Be mindful of the specific "watch out" warnings for each season to stay aligned with your highest intentions.

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## ARIES: THE RAM

March 21- April 20 | Ruled by Mars

- **Key Phrase:** I Am
- **Area of Body:** Head
- **Core Focus:** Rebirth, regeneration, and self-identity alignment

This season's energy focuses on rebirth and regeneration. It's essential to continually upgrade your self-awareness skills so your self-identity is elegantly aligned with your intention and your impact. Take initiative. Be courageous in moving forward. Get physical – consider if you need a new movement regimen.

**Watch out for:** Impulsive outbursts of activity you haven't thought through.

## TAURUS: THE BULL

April 21 - May 20 | Ruled by Venus

- **Key Phrase:** I Have
- **Area of Body:** Neck or Throat
- **Core Focus:** Grounded pleasure, purposeful productivity, and manifesting

Embrace this energy focused on steady, grounded, and appreciative of pleasure and beauty. Prioritize productivity, but this is not the time for busy work – it has to have purpose and produce results. Be mindful of your manifesting prowess and manage your energetic vibe – every thought or action has the potential to become what you envision. Honor and tend to your physical sensitivity to touch, feel, and temperature; as well as your emotional sensitivity to loyalty, devotion, and authenticity. This is the time of year to prioritize nutritious

food – and delicious snacks. Assess your value of material and monetary objects – this is also the time to update financial portfolios, estate planning, etc.

**Watch out for:** Stubbornness or rigidity.

## GEMINI: THE TWINS

May 21 - June 20 | Ruled by Mercury

- **Key Phrase:** I think
- **Area of Body:** Lungs, Arms, Fingers
- **Core Focus:** Mental activity, storytelling, and close connections

Mental activity, learning, and communication take center stage now. Monitor your pace for thinking and speaking; while it should be fast and fluid, it must also be mostly accurate. The energy easily flows with the gift of gab, storytelling, and may even include problem-solving and ideation. This is a time to prioritize your close connections and family.

**Watch out for:** Idol gossip, manipulation, skimping on your responsibilities, or believing your own storytelling.

## CANCER: THE CRAB

June 21 - July 21 | Ruled by the Moon

- **Key Phrase:** I Feel
- **Area of Body:** Stomach, Breasts
- **Core Focus:** Empathy, nurturing, and the balance of giving and receiving

Cultivate your ways of empathizing, nurturing, and supporting others. It's critical to ensure your giving is balanced with receiving, even when giving brings you fulfillment. Remember that an inability to speak your needs serves no one, and it builds resentment for everyone. Learning to receive is as essential as giving.

**Watch out for:** Over-giving, martyrdom, or controlling others through care.

## LEO: THE LION

July 22- August 22 | Ruled by the Sun

- **Key Phrase:** I Show or Will
- **Area of Body:** Heart, Spine
- **Core Focus:** Creativity, joy, and the "Spiritual Spark"

The "Spiritual Spark" of this season is powered by the Sun, making it easy to draw attention to your creativity and playfulness. Hone your relationships with children or child-like energy to keep life's joys ignited and vibrant while fueling your light and ability to spread love.

**Watch out for:** Ego-driven drama – take things down a notch with a giggle at yourself as you reconnect with creative play.

## VIRGO: THE TEMPLE PRIESTESS

August 23 - September 22 | Ruled by Mercury

- **Key Phrase:** I Analyze or Serve
- **Area of Body:** Intestines
- **Core Focus:** Organization, efficiency, and physical health

This season carries an intensity regarding your drive for “getting it right.” Is it too intense, or does it serve you greatly? Or both? While this drive supports valuable organization and efficiency, it can also lead to perfectionism that can equally serve and annoy. Ruled by Mercury, your mind actively analyzes for the correct way forward and for the perfect words for clear communication. This is the time to upgrade your diet, reset your gut microbiome, and get a physical.

**Watch out for:** Perfectionistic tendencies; organization, efficiency, and analysis are valuable – when balanced with a touch of “don’t sweat the small stuff.”

## LIBRA: THE SCALES OF JUSTICE

September 23 - October 22 | Ruled by Venus

- **Key Phrase:** I Relate or Balance
- **Area of Body:** Bladder
- **Core Focus:** Relationships, harmony, and self-care

This season’s focus is on all your relationships – coworkers, parents, children, neighbors, etc. Are you bringing the harmony, balance, and caring love Libra supports? Or are you seeking Libra’s energy of justice and righteousness? (That’s not to say, standing up for what’s right and just isn’t a form of powerful love.) To nurture your gentle Libran ways, include self-care by tending to what is beautiful and harmonious to you.

**Watch out for:** Over-giving by going beyond compromise into acquiescence, giving your power away.

## SCORPIO: THE SCORPION

October 23 - November 21 | Ruled by Pluto & Mars

- **Key Phrase:** I Transform
- **Area of Body:** Genitals
- **Core Focus:** Self-awareness, deep emotional connection, and transformation

Scorpio operates from a depth of your consciousness that can be challenging for self-awareness. It requires pausing your actions, physically and mentally, to drop into your heart and feel the depths of your emotions: needs, wants, fears, and desires. It’s the only way to create the transformation into the deep connections you long for – physically, psychologically, and soulfully.

**Watch out for:** Suspicious or paranoid thoughts, or dismissing people who can’t meet you at the deep places quite yet.

## SAGITTARIUS: THE CENTAUR

November 22 - December 20 | Ruled by Jupiter

- **Key Phrase:** I Seek
- **Area of Body:** Thighs
- **Core Focus:** Adventurous curiosity and true understanding

Assessing this domain of your life can feel like scrolling through your photos. There’s an adventurous curiosity. It’s a time for seeking new territory – literally, intellectually, visually, or spiritually – for the purpose of understanding Earth School and its inhabitants in all their glorious ways.

**Watch out for:** Frivolous trends or delusions. Reprioritize curiosity that searches for true understanding and wisdom.

## CAPRICORN: THE SEAGOAT

December 21 - January 20 | Ruled by Saturn

- **Key Phrase:** I Utilize
- **Area of Body:** Knees
- **Core Focus:** Responsibilities, discipline, and the foundation of your earthly domains

Often, one of the most popular domains to assess during our calendar New Year: physically, financially, status, and image. However, there's more to this domain than what meets the eye. Consider your responsibilities – not just those assigned to you, but what you committed yourself to. Consider your level of discipline – are you applying yourself to your full potential or phoning parts in? If so - why? Are you successfully serving the structures you engage with – and vice versa? In this domain, there's nowhere to hide or play a part; it all comes out eventually.

**Watch out for:** Being a poser, or overvaluing the heights of status and not the foundation.

## AQUARIUS: THE WATER BEARER

January 21 - February 18 | Ruled by Saturn & Uranus

- **Key Phrase:** I Am Unique
- **Area of Body:** Calves
- **Core Focus:** Innovation, breakthroughs, and personal reinvention

This season is your opening to “crush it” when it comes to innovation and uniqueness. This energy is all about personal breakthroughs. Challenge yourself to reinvent and uplevel your being, your social circle, your physicality, and your understanding of something you care about. How can you do something you've never done before—in any part of your world? Give yourself permission to move with freedom. Meet with people. Explore new tribes.

**Watch out for:** Insisting your new way is the best way. You could alienate the very people you want to connect with or need for your innovation.

## PISCES: THE FISH

February 19 - March 20 | Ruled by Neptune

- **Key Phrase:** I Imagine or Believe
- **Area of Body:** Feet
- **Core Focus:** Imagination, dreams, and idealistic unity

This energy brings a focus to the most diffused domain of life: your imagination and your dreams – both literal and figurative. There's a fogginess here that invites us to consider moving through the world as One (are you hearing Imagine by John Lennon, too?). For most, it's the most challenging domain to identify with our daily Earth School activities.

**Watch out for:** Delusions, addictions, and breaks with reality.