

## The Maiden Energies

### TO DOS

- Get lots of tasks done
- Make a new start: a new diet, a new exercise routine, or give up that nasty thingy... time of execution
- Plan: schedule and organise the best time for each of your tasks during the cycle
- Use your self-confidence to face the things that scare you the most
- Use your thinking skills: resolve problems, admin tasks, or get done those long readings
- Enjoy your independency and embrace it by doing things on your own

### WATCH OUTS

- Doing too many things
- Feeling the need to achieve something to feel self-worth
- Becoming too career-orientated
- Being impatient with others when results don't come quick enough
- Becoming too self-centred, neglecting or caring less about other's needs

## The Mother Energies

### TO DOS

- Get social, contact those friends you haven't seen for a while
- Support and volunteer
- Mediate; you're the ideal mediator between disputes right now (you're full of love and understand others needs and hurts)
- You're all about positivity: get out there and do that scary speech – they'll love you and you'll feel in your element
- Only help when it is really needed and asked for

### WATCH OUTS

- Doing too much for other even when it is not required
- Feeling you have to give or be needed to feel worthy
- Taking on too many tasks or responsibilities for others
- Ignoring your own needs
- People taking advantage of your generosity

## The Enchantress Energies

### TO DOS

- Find out what your intuition tells you about what you need to do
- Create! Release all those tremendous creative energies in any area of your life
- Clean! Clear out something, create a new space or thing and get rid of the old and useless stuff
- Review what's working well in your life and what's not working; listen to your gut
- Remember that this is an ideal time for decision making but not execution
- If you get tired, let it go and rest
- Have a little note pad on your bedside table and take notes of your dreams – you'll be surprised by the amount of helpful information you receive

### WATCH OUTS

- Believing your negative feelings and emotions are real (don't give them credit as they will pass)
- Being self-critical
- Trying to dominate or constrain your creative enthusiasm to not overwhelm others
- You're going to have a poor memory and focus so write everything down
- Frustration, irritability and anger mostly caused by tiredness and slowed mental abilities. You just need to slow down and have some quality 'you-time'
- Food cravings, specially sugar cravings. Try to have some healthy sweets to calm your emotions

## The Sage Energies

### TO DOS

- Sleep a lot! Observe your dreams and write them down
- Be more forgiving of yourself and others
- Just do what really matters for you – you'll know what it is. Get more alone time
- Introspection: ask yourself what you really want in life; you'll hear the answer
- Make a commitment to the changes you want to make (but don't them execute yet)
- Connecting to nature more often will help you to quieten your mind
- Meditate, relax your mind and soul

### WATCH OUTS

- Having too many cups of coffee or other stimulants to beat tiredness; just rest
- Lack of motivation and 'whatever' attitude
- Lack of appetite, of mental and physical energy and tendency to make more mistakes
- Can't disconnect? This is a time that really requires you to rest and disconnect from the outward world more often. Slow down, make a trip to your interior and discover where your magic resides
- Irritability or distress because you're trying to do as normal and you're not getting there in time or you're not resting enough