

## Summer Solstice

The Western Tropical System of Astrology recognizes the Summer Solstice when the Sun ☉ enters 0° Cancer ♋. Each year in the Northern Hemisphere, the June Solstice point will return to the same house position of your natal (birth) chart.

Cancer is the 4<sup>th</sup> sign of the Zodiac Flat Wheel. It is a cardinal water sign. A cardinal sign initiates action. Solstice means “stand still of the Sun.” It is a seasonal ‘check-in’ time to access how balanced you are in your life.

Cancer energy is concerned with how well you are taking care of **you**. At this juncture in time, if your answer is “just fine, thank you very much”, then continue doing what you have been doing. If your answer is “I am not taking care of myself. I have trouble putting myself first. When I pay attention to what I need I feel selfish...” then this is the perfect time to work with the Summer Solstice energy. Remove yourself from the autopilot of ‘doing’ in your daily life. Plunge into the refreshing waters of Cancer, take a few deep breaths, lay back and float along freely. Meditate upon what astrologer, Rob Breznsny in his book *Pronoia Is The Antidote For Paranoia* has to say about our amazing Sun...

“Did you know that the sun is located at the precise distance from you to be of perfect service? If it were any closer, you’d fry, and if it were any further away, you’d freeze. Here’s another one of the sun’s benedictions: It appears to rise over the eastern horizon right on schedule every day, as it has since long before you were born.”

How can you bring yourself into a state of balance within to be of “perfect service?” Watch for an unhealthy tendency to become too heated. Are you boiling over as your inner temperatures rise and you find yourself becoming fried-out in over-extended days? Or on the other end of the spectrum, are you living life by being too cool and not fully embracing life with enthusiasm and joy? Can you find the right mix of quiet and stimulation? Now is a time to be aware of how you neglect your own needs while being preoccupied with what others want or need.

Astrology illustrates the constant ebb and flow of a natural cycle. Beginnings often start with endings. A 0° point indicates you have reached full circle and find yourself moving into a further or deeper new way of being. Or you may set an intention to begin again with a resolve to take better care of yourself. Start to create new traditions promoting self-care. Cancer initiations are about...

**C**reating a home environment that helps support and sustains you.

**A**stonishing yourself by your ability to take a leap of faith and commit to a new action in your life.

**N**urturing, each and every day, by expressing kind and loving thoughts to yourself. It will spill over to others.

**C**uddling up to another person even when it means cracking through any of your hard shell edges and sharing your feelings.

**E**nergizing yourself by maintaining a balance of your giving and receiving expressions.

**R**ejoicing in the beauty that surrounds you and being grateful for your blessings.

In bonding experiences with babies, nurturing happens through touching, soft cooing, soothing sounds and love. Embrace yourself during these days to reassure and comfort yourself if needed. Pat your heart, rock and cradle yourself with some ahhhhhs. Set your intention to...

Begin again by being tender with yourself.

Begin again by reaching out to another person(s), when you feel hurt or your own sense of security feels thwarted. Share your feelings. Allow yourself to be vulnerable.

Begin again to step back and not personalize upsetting words or actions of others.

Begin again by being immersed in or watching and studying water. Water holds many lessons about moving with the flow.

Begin again by making loving, healthy food choices for yourself.

Begin again by respecting your own gut sense and inner knowing.

Happy Solstice!