

2016 July Celestial Timings

by Cayelin K Castell

This past month, while Venus has been in the Underworld and Mars has been retrograde, along with another exact Saturn Neptune square (I am personally at the effect of this transit) and a super charged Full Moon at the Solstice with Jupiter and the North Node exactly conjunct, I have experienced the recurrence of pain and agony from a couple of old injuries. One I received in a car accident that occurred in 1982 when I was 26 years old and an older injury that occurred when I was 14.

In 1982, I was a passenger in a VW Van (Bus), holding my three month old son because there were no back seats where I could put his car seat. While sitting at stop light waiting for the light to turn green (most likely) a drunk driver hit. The driver was doing about 40 miles an hour throwing us into the car in front of us and throwing that car into the car in front of it. The driver immediately took off probably because he was drunk, and I have never been the same since.



My Baby Boy Ryan
about 4 months, I am 26

I managed to protect my son so that he had no injuries whatsoever but I suffered from severe whiplash that is concentrated in my right shoulder up to the present day. Even though I got chiropractic and rehab massage right away, I continued to experience debilitating muscles spasms that would flare up every three or four months for years. Even when I wasn't have muscles spasms I have always experienced a level of pain from this injury every day since the accident occurred. Some days the spasms were so bad I couldn't move and had a hard time sleeping due to the pain.

Taking this a little further back in time, in 1970 when I was 14 (46 years ago) I was helping my mother train my two year old horse, Duster. My mom was leading him around the corral with me on his back. There is more to the story but simply said Duster reared over backwards. I hit the ground hard, looked up and saw him coming down on top of me. It is a miracle I survived and actually walked away from this incident though I had fractured my tail bone when I hit the ground, not to mention a 1000 pound horse landed on top of me. My left hip took most of the impact from the saddle and that has also caused me lower back pain and spasms ever since. (You

can see an old photo of me with Duster on the next page)

In recent years, I haven't had the same level of intense muscles spasms limiting me, though I still experience daily pain from these injuries. In May, the muscles spasms returned with great intensity causing me to cry out whenever I moved. In the past, the severe spasms would last maybe three or four days and then go away. This time however, weeks were going by and the pain wasn't getting any better. That is when I decided I needed to work with a shamanic practitioner to help me get a handle on the deeper issues connected to this injury.

Gratefully, I now have a better understanding about what is going on with my right shoulder, left hip and lower back. Plus, the intensity has finally lessened. YAY... but I have more personal work to do, and the opportunity to practice ongoing awareness around what this is about for me. I am willing, even though I am also somewhat reluctant to think this is an ongoing, maybe even forever, process.

The process of dissociation is an elegant mechanism built into the human psychological system as a form of escape from (sometimes literally) going crazy. The problem with checking out so thoroughly is that it can leave us feeling dead inside, with little or no ability to feel our feelings in our bodies. The process of repair demands a re-association with the body, a commitment to dive into the body and feel today what we couldn't feel yesterday because it was too dangerous.

~ Alexandra Katehakis, Mirror of Intimacy: Daily Reflections on Emotional and Erotic Intelligence

A yellow smiley face with a vertical line down the middle. The left side of the face is smiling, with a curved mouth and closed eyes. The right side is frowning, with a straight line for a mouth and open eyes. The background is blue.

The intense pain I have been experiencing the last few weeks has been a great reminder that whatever is going on for me is an opportunity to gain awareness about my own deeper issues. I understand that the underlying issues connected to my shoulder, hip and lower back are many layered, including being connected to my tendency to disassociate under stress as a survival strategy. That of course doesn't really work and basically just causes me a lot of pain both physically and emotionally. I am so ready to be done with this.

I am more aware now of I have engaged in different levels of dissociation as a survival strategy my whole life. It is so automatic I don't even realize I am doing it. So bringing awareness to this piece is a big step for me.

I have continued to get deep work on my physical body.

My [myopractor](#) is convinced this is a cleansing event bringing up the trauma from deep in the muscles, tissues, ligaments and cells. I am so grateful for that perspective because I feel I am going backward instead of forward in spite of my efforts and almost daily [classical stretch](#) exercises that have helped a lot in the last three years - until now.

In the 4 Agreements as described by Don Miguel Ruiz he reminds us to Not Make Assumptions and to NOT to take It Personally. The 5th agreement is to be skeptical of what you think. I love that because often what I think has nothing to do with what is really taking place when I finally get down to it.

Not taking it personally is especially challenging for me, though I am practicing noticing that whatever is going on for me is an opportunity to gain deeper awareness around my issues. Because of course, whatever situation is arising is not so much about the circumstances or people involved, though it often totally feels like it is, it is about gaining greater personal awareness. I have noticed that we humans do find unconscious ways of continuing to create circumstances that are designed to get our attention so we can be more aware of what has been unconscious. It is the ongoing process of *the unconscious becoming conscious*.

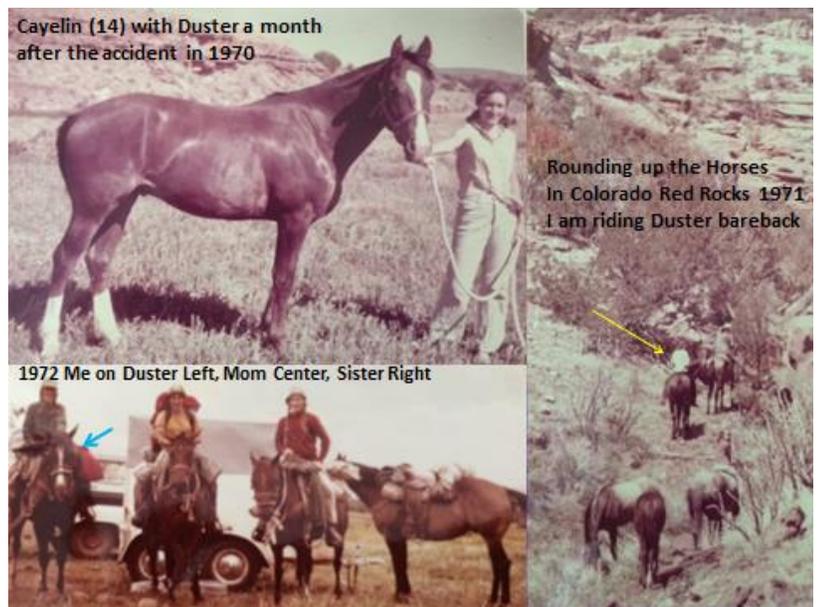
A wiser part of ourselves does create opportunities for the less aware part of ourselves to gain awareness and through that awareness we gain understanding and through understanding we learn that we have co-created the situation so we could gain awareness. Simply gaining awareness can magically shift what we are experiencing.

For me, this is certainly is an ongoing practice as I often lose my ability to remain objective especially when I am personally triggered or in physical pain. Meanwhile, these intense shoulder spasms have prompted me to ask what in the world am I trying to tell myself?

I am practicing not making assumptions or taking it personally so I can get to what this is really about. Insights I have gained so far, as already mentioned, include my habit of dissociating and how that is NOT helping. Part of this is also about forgiving myself for ever having experienced these things in the first place and still experiencing them all these years later. I have also been noticing the unconscious guilt I have for not knowing how to protect myself when I was 14.

As suggested by someone who was helping me get to the deeper issues I sacrificed my body to protect my 3 month old baby, perhaps due to guilt I carried into this life of not being able to protect others that I loved. Or that I hadn't protected myself when I was 14 so I was damn sure going to protect my 3 month old.

Of course over the past month, I have also had the opportunity to have situations reflect more of this back to me when others around me have been triggered. I recognized quickly that what was going on really had nothing to do with me but I was caught in the fall out. Even though I know what is going on for them is NOT about me, I have been paying attention to how this creates a tendency to disconnect when I am also being triggered into my own survival patterns. This has provided lots of great awareness along with the great pain that has forced me to look at how I can do things differently, to support my whole being and especially my body.



So these are the questions I have come up with to help me with this.

What do I really need to create in all areas of my life that will help me feel supported, safe and valued?

What would it take for me to be more present with myself and others?

What would it take for me to truly forgive myself for co-creating this painful situation?

I am all for using this experience as an opportunity to figure out a better way for me to go forward and I hope what I have shared may inspire you to do the same - if that is something that would be beneficial. Here's to a more FUN and Playful July experience as Venus Rises from the underworld.

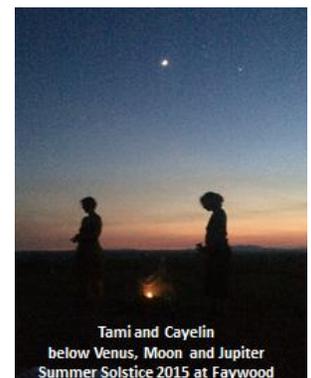
Free ONLINE Event Now Available Via Recording. We had such a good response we decided to keep FREE registration open for those who haven't had a chance to tune into the FREE gifts and the FREE 2 hour recording that takes you through the basics for gaining personal insights about your own soul's journey via Shamanic Astrology. No previous knowledge of astrology is needed. It might be helpful but is definitely not necessary. [Register Here](#)

Venus Alchemy

Our first class on [Your Venus Star Phase](#) is being recorded on June 30 and is FREE when you sign up for SAMS membership. [Membership Details and Benefits](#) Or you can get this one class for a one-time tuition of \$40 or get the [entire 8 class series for \\$247](#).

[This Venus Star Phase](#) class looks at what it means to have Venus as Morning or Evening Star or in the Inanna Underworld or the Metamorphic Underworld. You were born into one of these phases and it adds additional meaning to what Venus means for you in this life.

[The entire class series details](#)



July Sky



July is a time when all the visible planets are in the evening sky once Venus rises from the underworld on July 13 and Mercury follows Venus into the evening sky on July 15. Your latitude and horizon line will affect your ability to see Venus and Mercury at first but by the end of the month they should all be visible in the evening sky. (see star map further down).

Venus and Mercury both set about 45 minutes after sunset beginning around mid month. Venus will be challenging to see as she rises into the evening sky from the other side of the Sun. Venus is shining up-3.9 magnitude and

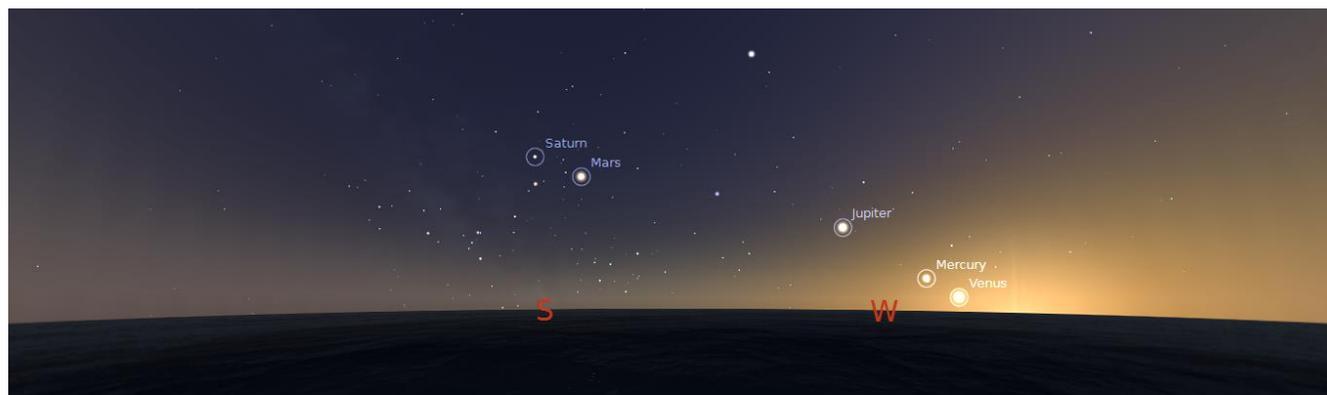
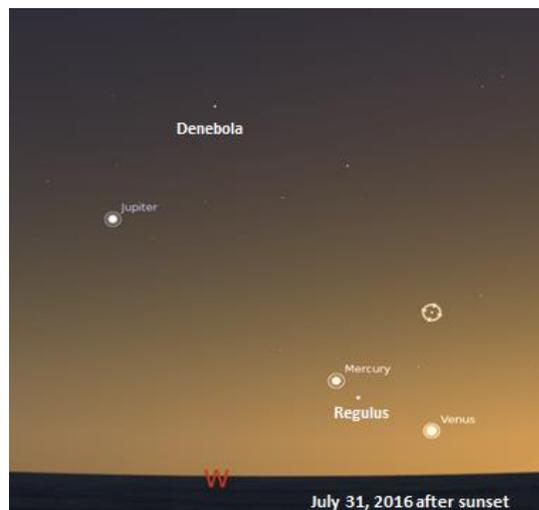
Mercury is -1.1 magnitude on July 16 about half a degree above Venus. Mercury comes within a half a degree of +1.4 magnitude star Regulus by the end of July. Venus passes Regulus on August 5.

Jupiter drops lower toward the western horizon after sunset, starting the Month about 30° above the horizon. Jupiter sets about 3 1/2 hours after sunset as July begins and about two hours after sunset as July ends. Jupiter comes within 1.5 degrees South of Denebola (22° Virgo) on the border between the constellation of the Lion and the Virgin Priestess. Although Jupiter is hanging out near this star for most of July it is zodiacal aligned with Denebola most exact on July 30.

Mars and Saturn are still visible in the Southern Sky after sunset. Mars stationed direct at the end of June and is beginning to journey back towards the bright star Antares. Mars is beginning to fade from magnitude -1.4 to -0.8. For most of June and Mars was much brighter than Saturn and Antares. Mars is still outshining Saturn and any other visible stars around it. Mars will be at the meridian around 9:30 PM and sets around 2:20 AM a.m. on July 1. By July 31 Mars is setting around 1 AM.

Saturn passed opposition to the Sun in early June and continues to shine about 6° North of Antares in the constellation of the scorpion. Saturn begins a month about 19° from Mars and Mars closes the gap to 11° by the end of June. Saturn is stemming from magnitude +0.1 to +0.3 meaning Mars is still much brighter than Saturn.

Earth reaches aphelion or it's furthest away from the Sun on July 4.



All Five Visible Planets in the Evening Sky the last two weeks of July. This image is for July 31 just after sunset.

The Delta Aquarid and Piscis Astrinids Meteor Showers should produce several meteors per hour late at night. As we get nearer to the end of July it is possible to see some early Perseid meteors as well. The Alpha Capricornus meteors originate from Comet 169/NEAT and are unusually slow-moving as well as a very bright. It is possible to see 5 to 10 of these in the last week of July under ideal conditions.

There are two Moon occultations over Aldebaran this month. Number 20 is on July 1 and number 21 is on July 29 in this series of 49 lasting until September 2018. The July 29 occultation is visible in the South and East of the United

States. In Texas the occultation is under dark skies. In the Eastern US and Midwest the occultation is occurring after sunrise.

Austin, Texas disappearance is 4:30 AM, reappearance is 5:19 a.m.
Atlanta, Georgia disappearance is 5:48 AM, reappearance is 6:40 AM
Miami, Florida disappearance is 5:33 AM, reappearance is 6:43 AM
Pittsburgh, Pennsylvania disappearance is 6:11 AM reappearance is 6:44 AM
Washington DC disappearance is 6:05 AM reappearance is 6:53 AM
Boston, Massachusetts disappearance is 6:20 AM reappearance is 7:03 AM

July 2016 Daily Timings

This is Mostly a Template with some Interpretations
(All Times are PDT unless otherwise Noted)

I actually added more to this than I had in mind at first. My intent is to write less and I am but its slow going. I am hoping to find a way that works better for me going forward. Meanwhile enjoy and Happy July!



July 01, Friday. The Moon is occulting Aldebaran (10° of Gemini 01') twice this month. The first time is tonight around 9:13 pm Pacific Time so this is not visible in the United States as Aldebaran is currently visible in the morning sky. The second time is July 29 at 4:11 am Pacific Time

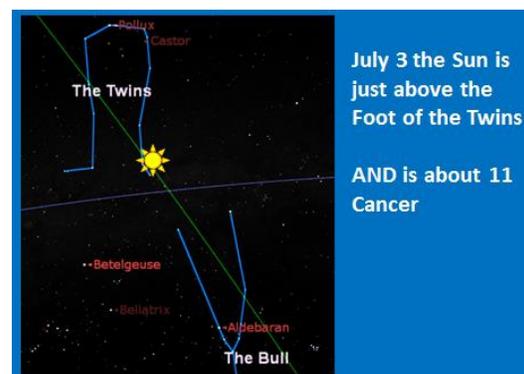
July 02, Saturday. Aldebaran is rising about 90 minutes before the Sun. Looking 3 to 4° to the lower left of this star you may see at then waning crescent moon. The Moon is in zodiacal alignment with Rigel (17° Gemini 03') in the constellation of Orion at 8:50 am and aligns with the star Bellatrix (21 Gemini 10) in the constellation of Orion at 3:39 pm and Capella in the constellation of the Charioteer also known as Auriga (22 Gemini 05) at 5:10 pm. All within the [Sacred Hoop of Stars](#).

The Sun trine retrograde Neptune (11° Cancer 56') at 04:01:22 am. Time to dream BIG dreams and become aware of any remaining illusions that are holding us back from living our dreams.

July 03, Sunday. Moon conjunct Mercury (09° Cancer 02') at 9:29 pm.

July 04, Monday. Happy Independence Day and Happy Birthday to my oldest son Ryan who turns 34 today. (see introduction) [Earth reaches](#)

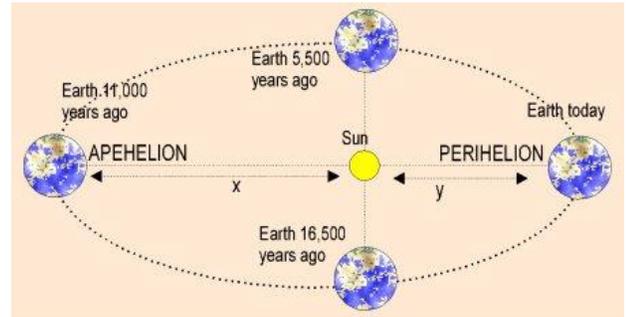
[Aphelion](#) or is now as far away from the Sun as it will get this year. Interestingly, according to a [SpaceWeather](#)



July 3 the Sun is just above the Foot of the Twins
AND is about 11 Cancer

[article](#); Roger Spence of NASA's Global Hydrology and Climate Center (GHCC) says; "Averaged over the globe, sunlight falling on Earth at aphelion is about 7% less intense than it is at perihelion."

Although our physical Sun is as far from Earth as it can get it is closely aligned with the star Sirius illuminating the mysteries of this star and opening a portal for the light codes from Sirius to shine directly to Earth through our Sun. When the Sun and Sirius are together it is like a New Moon effect.



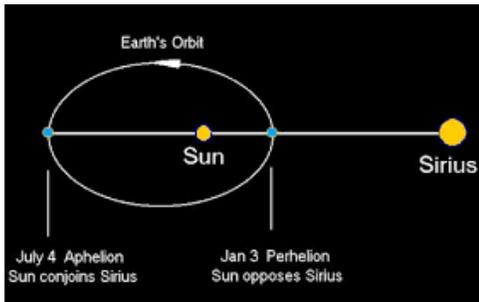
It is also interesting to note that on January 4th the Earth was at Perihelion meaning it was as close to the Sun it gets in its yearly cycle and that is also the time of year when the Sun is opposite the Star Sirius - much like a Full Moon effect.

This is also **Independence Day or the Birthday** for the USA. More about the Declaration of Independence and Sirius [HERE](#)

Cancer New Moon (12 Cancer 54) is exact at 4:01 am also very near the Star Sirius.

Moon conjunct Venus (21°Cancer 10') at 06:09:16 PM. And Venus is aligned with Castor though not visible because Venus is still in the underworld.

Plus the Moon is conjunct Sirius (14°Cancer 18') at 06:25 am though not visible due to being so close to the Sun.



July 05, Tuesday. The Sun is making its annual conjunction to the brightest star in our night sky, Sirius (14°Cancer 18') exact at Sun 03:27 pm. Mercury (11°Cancer 55') is trine retrograde Neptune (11°Pisces 55') at 05:19 am.

July 06, Wednesday. Venus (23°Cancer 23') trine Mars (23°Scorpio 23') 01:17 pm. **The Sun is conjunct Mercury (15°Cancer 27')** at 08:23:47 pm in the psychopomp phase of the Mercury Cycle. The perfect time to question what you believe and open to divine knowing.

July 07, Thursday. The waxing crescent Moon hangs low in the west about 3° to the left of Regulus as it enters Virgo at 3:43 pm. Mercury (16°Cancer13') is opposite retrograde Pluto (16°Capricorn13') at 04:45 am. Venus (24°Cancer18') is square Uranus (24°Aries 18') at 07:25 am. Sun (16°Cancer 12') is Opposite Pluto (16°Capricorn 12') at 03:27 pm.

Today is filled with opportunities to let go control and to be skeptical of our thoughts and beliefs. Letting go of what we think we know opens us to know what we know beyond the programming tricks of the mind.



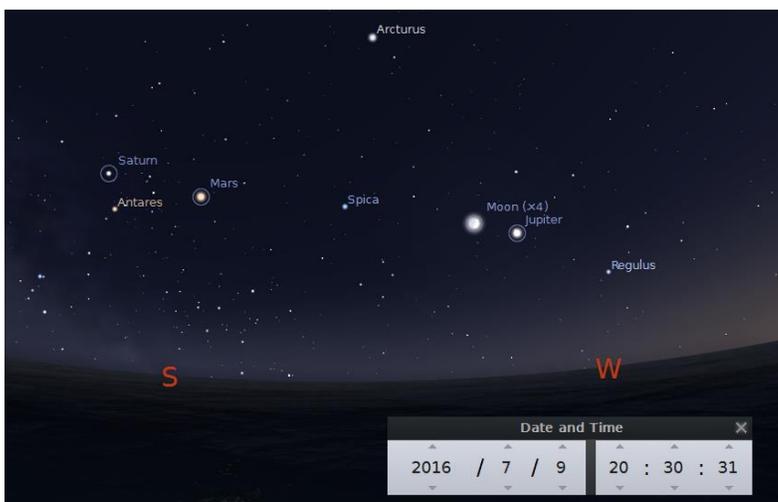
July 08, Friday. The Moon in Virgo, traveling through the constellation of the Lion is approaching Jupiter tonight, catching up at 2:32 am tomorrow morning activating new visions around our sacred relationship with all life.

July 09, Saturday. Moon conjunct Jupiter (18°Virgo 17') at 2:32 am. Sun (18°Cancer 24') is sextile Jupiter (18°Vi24') exact at 10:41 pm. This lets us know Jupiter is now full speed ahead after stationing direct on May 9. This is the final phase of Jupiter expanding our vision around what is truly sacred.

July 10, Sunday. Mercury (23°Cancer 53') is trine Mars (23°Scorpio 53') at 07:00 pm.

July 11, Monday. The First Quarter Moon (20 Libra 07) is visible in the South Western sky.

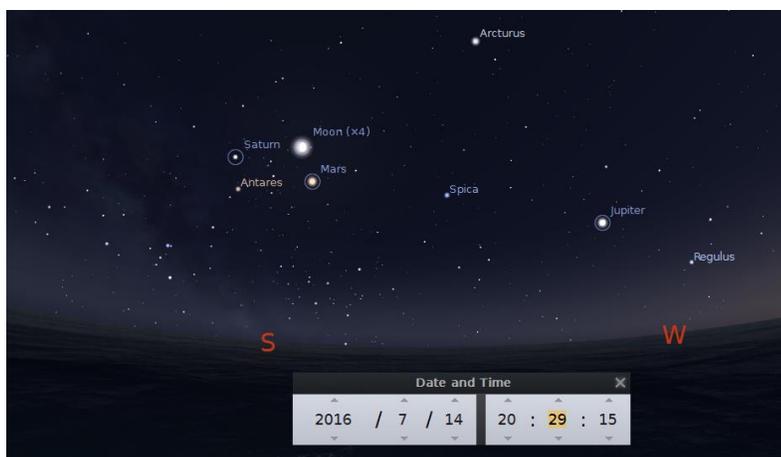
You will see Spica about 5° to 6° below and to the left of the Moon. Mercury (24°Cancer 22') is square Uranus (24°Aries 22') disrupting how we perceive our reality for the purpose of expanding our cosmic perspective. Venus enters Le at 10:34 pm



July 12, Tuesday. The Moon is conjunct Spica (24 Libra 04) at 01:52 am. Spica is the brightest star in the constellation of the Virgin Priestess. The Romans linked Spica to Ceres goddess of the growing of grain. The Greeks saw Spica as Astrea, Goddess of Justice, symbolized in the Tarot Cards as the blindfolded woman holding the scales of justice in her hand. Spica's gifts are physical healing, lucid dreaming, and the transfer of greater conscious awareness to the waking mind.

July 13, Wednesday. Moon conjunct Mars (24°Scorpio 33') 03:21:47 pm. Mercury very near Venus enters Leo at 05:47 pm. Mercury symbolizes the mind, our perceptions, our beliefs, and how we communicate and creatively express ourselves. Through the lens of healthy Leo, Mercury expresses great confidence and courage in the co-creative process. This is a time to trust your intuitive knowing and to act spontaneously in accordance with your inner guidance even when it does not seem logical or rational.

July 14, Thursday. Moon catches up to Saturn (10°Sagittarius 24') at 10:45 pm illuminating the mysteries of divine truth that is found on the inward journey. Outwardly there are many distractions that may seem true, but are the opposite of the deeper truth that directs our lives. If you do not find the truth within yourself, will you not find it without.



July 15, Friday. Mercury is with Venus (05°Leo 45') at 02:59 pm

July 16, Saturday. Sun (25°Cancer 00') is trine Mars (25°Scorpio 00') at 08:45 pm. Mars is the only planet that experiences a trine to Sun either before stationing retrograde or after stationing direct. For the outer planets the trine to the Sun always occurs while the planet is retrograde. It is interesting to note that Sun trine any planet occurs

while the planet is nearly stopped in the sky. This is a time for going within to find out what the sacred masculine (within each of us) is most connecting with at this time as Mars prepares to fully engage its next quest that begins in earnest around August 6. This is still the time for preparation.

Sun (24° Cancer 26') is square Uranus (24° Aries 26') at 06:3 am signaling that Uranus is about to turn retrograde on July 29. Unexpected events often accompany this aspect. It helps to remember that even though events today may be unexpected they are intended to help expand awareness around innovative possibilities for the emerging Divine Feminine in the areas of home, family and personal relating. We may not be able to anticipate the changes that are coming but they are already in motion



Mercury and Venus (05° Leo 45') may be visible very low in the west after sunset (binoculars may be helpful). Their exact conjunct is at 02:59 pm. In the story of Inanna this is the joyful reunion of Venus and her servant Ninshabar.

Sun (25° Cancer 05') is trine Chiron (25° Pisces 05') exact at 10:41:30 pm.

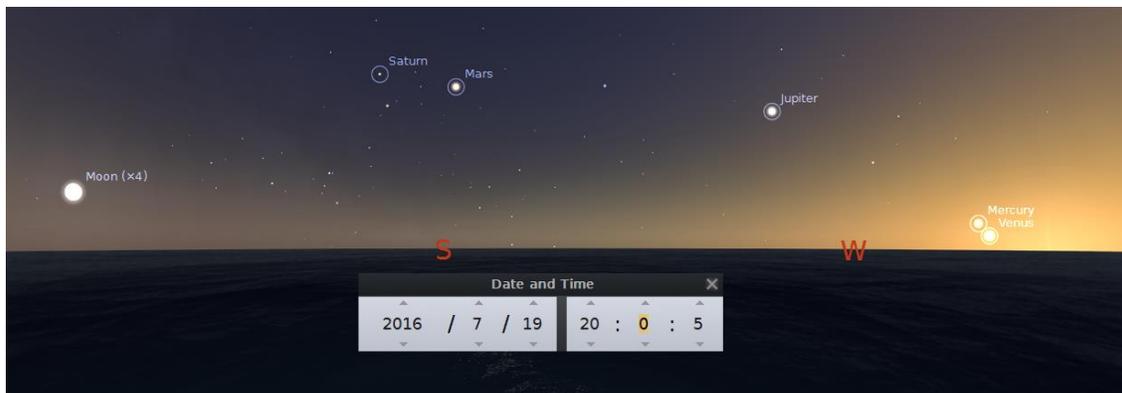
July 17, Sunday. Moon conjunct retrograde Pluto (15° Capricorn 56') at 06:25 pm. The Moon is transmitting the mysteries of Capricorn over the last approximately 26,000 years. This includes the Circle of Grandmothers, the wise elders, the ones who remember our origins and the path we set out upon eons ago. They are the record keepers and the ones

who know what decisions will benefit the current and future generations. What are the fears we need to face to fully embrace the messages beaming in from the wise ones via the Moon Now?

Mars (25° Scorpio 04') is trine retrograde Chiron (25° Pisces 04') at 04:42 am activating shamanic healing should we choose it.

July 18, Monday. Moon conjunct retrograde Neptune (11° Pisces 39') at 09:54 pm.

Mercury (10° Leo 17') is trine retrograde Saturn (10° Sg 17') at 11:27:30 pm.



July 19, Tuesday. The Capricorn Full Moon (27 Capricorn 40) is exact at 3:56 pm. If you have planets, angles or nodes in Capricorn this is a powerful illumination time for you. For all of us it is a great time to make a useful and effective plan and work that plan.

July 20, Wednesday. Venus (10°Le14') is trine retrograde Saturn (10°Sagittarius 14') at 06:19am.

July 21, Thursday. Tomorrow is Magdalene's Feast Day celebrated as the Sun is entering Leo.

A 15th century author Jacobus wrote that Mary Magdalene's name means "light giver" or "magnificent light giver" as researched by William Henry who has written several books including *The Peacemaker and the New Key of Life*. Jacobus goes onto say that Mary Magdalene's name tells us she was *illuminated with perfect knowledge in her mind and with the light of glory in her body*.



According to [William Henry](#) this means she was a peacemaker in the original meaning of the word "peace" or the uniting of Heaven and Earth, going beyond definitions that describe peace as the absence of conflict. A peacemaker therefore is someone who actively seeks to unite Heaven and Earth, bringing together the seeming opposites and bringing the light of love into the physical world. Today her light and love is honored.

July 22, Friday. Magdalene's Feast Day. (see July 21) **The Sun enters Leo at 02:30 am.** When Leo is in its strength and power this energy knows and remembers its radiant and shining divine essence shared by all life.

July 23, Saturday. The Moon is conjunct retrograde Chiron (24°Pisces 56') at 08:51 pm further energizing the potential for deep shamanic healing.

July 24, Sunday. Note the impressive lineup of Venus, Mercury, Regulus, Jupiter and Spica in the evening sky tonight.

July 25, Monday. The Moon is conjunct Uranus (24°Aries 30') at 11:19 pm adding to the possibilities of experiencing unexpected events that take us where we want to go, even if we didn't know it.

Vesta enters Cancer at 2:18 pm energizing the mysteries of Sacred Nurturing.

Saturn is exactly aligned with Antares.

July 26, Tuesday. The Taurus Last Quarter Moon (04 Taurus 21) is exact at 4 pm. What can you do now to increase your experience of sacred pleasure?

July 27, Wednesday. Mercury (24°Leo 30') is trine Uranus (24°Aries 30') at 12:45 am.

July 28, Thursday. Moon enters Gemini at 11:17 am passing the Pleiades and energizing the mysteries of creative fun and play while remembering not to take ourselves too seriously.

July 29, Friday. Uranus (24°Ar30') stations retrograde at 02:06 pm moving backward to (20°Ar33') before stationing direct on December 29. Uranus often does not leave us with a choice to stay in the same old form but rather



presents us with events that force or trigger change. Some would say...it is far better to choose to create the life you secretly desire in your heart of hearts than to be forced into a new life that may or may not be what you are imaging. Are there changes you desire or are seeking you out? If so how can you be in the flow of those changes for maximum support and benefit?

July 30, Saturday. Mercury enters Virgo at 11:18 am passing by Regulus one of the four Royal stars of ancient times, Watcher of the West, and associated with Archangel Raphael. Once each year Mercury passes this important star transmitting messages from the heart of the lion.

Jupiter is exactly aligned with the Star Denebola (21°Virgo 51') today and closely aligned all this year. This star marks the Tale of the lion and the third brightest star in the constellation of the Lion. It is an A-type main sequence star with 75% more mass than the Sun and fifteen times the Sun's luminosity.

This star is linked with connections to the past or what is behind us. Jupiter is bringing in new visions perhaps of how we understand our past so we can move more wisely forward. It is not wise to harshly tug on the tale of the Lion so this is about proceeding with gentleness and awareness in integration of the past in ways that are supportive to our unfolding future. This is about wisely using the lion's strength to envision and create a future that is beneficial for all.

July 31, Sunday. Venus (24°Leo 30') is trine retrograde Uranus (24°Ar30') at 09:08 pm.

