



2020 March Celestial Timings

by Cayelin K Castell

Hang on for another wild bumpy ride through March 2020 as it is likely to continue to get even bumpier. There are so many major events this month and I haven't had time to write about them in any depth - due to a wicked flu bug that put me in bed for several days and that I am still remediating - though much better now.

While preparing the March Timings I ran across a helpful reminder about how we are upgrading our physical bodies to vibrate with more light and how this process often produces interesting physical symptoms. The following points are especially important for those who have been actively cleansing and clearing from their physical, mental and emotional bodies.

I have found it can be discouraging to have these symptoms when completing a healing protocol and in my mind I "should" be feeling different. So these are helpful reminders that our commitment to health and well-being is on track even when it feels like it isn't?

I am finding this list so synchronistic as I totally had all these symptoms during my intense feverish flu that kept me in bed for almost a week this last month. Mind you I haven't been sick like this in years so was definitely taken aback by how intensely sick I felt.

The list below describes some of the physical symptoms that can occur as more of our DNA light codes are being activated and our bodies are upgrading to handle more light energy:

Headaches of all kinds, feeling achy in the body, nausea, anxiety, dizziness, brain fog, memory loss (sometimes I can't remember what I just said or what I was about to do...kind of freaky), feeling ungrounded, tired, irritable, frustrated, hopeless, neck, shoulder, hip and back pain, arms, hands, feet and legs tingling, trouble sleeping, raging hunger and cravings, and other times not hungry at all, digestive and elimination issues, easily chilled, easily overheated, racing heart, sensitivity to noise, ringing in the ears, blurry vision that comes and goes etc...



As with any health issue it is important to check out these symptoms with a health care professional as these symptoms maybe an indication of something more serious. For those who already know what you are experiencing isn't explainable by any known medical reasons you might find this information useful and supportive.

Flu-like symptoms are common when the body is dropping density

Nausea is the result of a lot of stored fear finding its way out

Achy muscles and joints is stored resistance leaving the body

Fever and Sweats is your body adjusting to the new vibratory energies coming onto the planet

Tiredness might be the result of being a busy light worker while you are sleeping. You can always ask your higher self for a night (or several nights) off. If your body is doing a lot of emotional or physical release it may be helpful to do a physical detox to support the process. I am currently a fan of one day Liver Gallbladder flushes. When done properly they are miraculous for deep healing including releasing deep seated fatigue due to toxins in the body.

Headaches are often the result of changes in the brain and upleveling our ability to perceive reality in new ways

Low levels of anxiety, dizziness and even being clumsy suggests the brain is opening in "its perception across multi-parallel. The body is beginning to sense there is more than one reality existing at a time." Suggestion is to focus on your feet to bring you more fully into the body.

Blurry or Hazy Vision especially after meditation or waking from sleep suggests "you are between physical sight and clairvoyant or multi-dimensional sight. Your vision is neither here nor there." Remember your physical sight is influenced by the perceptions of the mental body. The remedy suggested, for those who need to navigate this reality, is to try yawning with the intent to focus your vision in the third dimension.

Memory Loss is natural as we begin to live more in the NOW and we lose the ability to reference the past. This also affects our ability to project into the future including remembering our appointments etc. Personal note: I know for myself I would be lost without my appointment book and I have heard from many clients younger than me that they too are having challenges with memory. This includes keeping track of appointments and forgetting they were about to say or why they walked into a room.

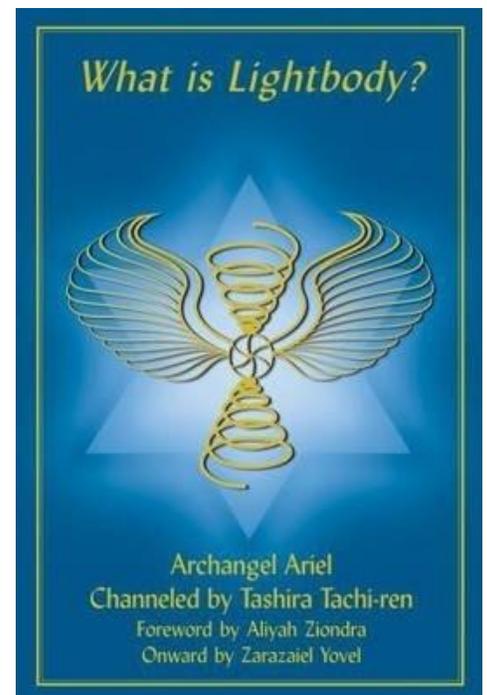
Food cravings is your body seeking nutrients to support the changes that are happening at a cellular level. Be sure to choose nutrient rich foods that will support the bodies needs as it is upgrading to vibrate with more light.

Ravenous hunger is a sign the body is needing more Light as a nutrient. Spend more time in the Sun when possible while of course being careful not to over do. Ask the Sun to fill your body with Light. 10 to 20 minutes may be sufficient. Go with what feels right for you. (see Feb 18 for more on the gifts of sunlight)

Ringin g in the Ears may be due to your hearing aligning with and attuning to the sacred vibrational sounds or tones of creation as your body is increasing its own vibration literally attuning to and vibrating with more harmonious light and sacred sound.

Spiritual manic-depression, addiction and/or questioning your purpose and your life is common as we leave behind the old programs of guilt, shame, survival, and being seemingly separate from source.

Sometimes our sense of personal Spiritual Significance and Spiritual Ambition are part of a well-armored Ego defense system and when that begins to break down it can fill us with doubt and uncertainty. This is NOT easy to deal with and there are no simple answers.



The best thing to do is to surrender as much as possible to the miracles of Grace. Turning over all the fear and guilt you feel to the divine. Asking for help from your higher self and your guardian angels can also assist you through this time. Note: Most of these symptoms and insights are from **What is Lightbody?** by Tachi-Ren

One last thought to share is that if you are not attending to your health and well-being on a daily basis and you have these symptoms then maybe this is your body asking you to change how you are caring for yourself physically. It might be you need to make dietary changes? Perhaps it is adding to or changing the kind of exercise you are doing? Perhaps it is beginning or upleveling a meditation practice, finding time to be in nature and/or other healthy daily practices that bring you joy. Perhaps it is making healthy changes in the environment around you (such as reducing EMFs or spending time with high vibration friends) that add to and support your overall health and well-being?

Mercury Retrograde is a time To:

Remember the Trickster is afoot and has lots of unexpected tricks	Allow for Magic to Happen Beyond ALL Known Logic and Reason
Behave Responsibly to avoid unintended consequences	Engage in FUN CREATIVE projects that activate the right brain and expand your perception of reality.
Wait to make life Changing decisions unless absolutely necessary	Embrace New Perspectives or Ways of Viewing Issues and Situations so they can resolve, or redirect
NOT launch a business, sign a contract, have elective surgery, make a major purchase or buy electronics until Mercury is direct	Let go of attachment to how things turn out – including communication, travel or events
Back up your technology – ideally before the retrograde begins	Go with the Flow and Trust what is unfolding

It is up to each of us to listen deeply to what our bodies are asking for and then take the actions and make the changes that facilitate a more rapid healing response and ability to vibrate with the more refined light energies coming onto the planet now.

Plagues, Flu, AIDS and other epidemics etc .linked with Pluto and Saturn

Saturn and Pluto either conjunct or in strong aspect has been linked with plagues in the past including the Bubonic or Black Plague that started in China when Pluto and Saturn were opposite around 1331.

In 1914 the flu pandemic occurred around the Saturn-Pluto conjunction in the early degrees of Cancer. In 2003 the SARS outbreak occurred after the exact Saturn-Pluto opposition; the H1N1 virus (or Swine Flu) in 2009 occurred near a Saturn-Pluto square.

In his book *Cosmos and Psyche*, Richard Tarnas links AIDS with the Saturn Pluto conjunction that occurred from 1981 to 1984. In 1981 Jupiter was also present. The AIDS epidemic then reached a new impact level around the time of the Saturn and Pluto opposition from 2000 to 2004.

In 2020 Saturn and Pluto are conjunct once again joined by Jupiter - possibly expanding the effect of the Corona Virus. In March of 2020 Mars joins this line-up so more to be revealed.



It is interesting to note these patterns of world-wide health emergencies around Saturn and Pluto and to ponder the intent. Is it a cleansing effect? Dying to the old so something new can be reborn? A way to face our deepest fears and transform them? A wake-up call to something beyond our current awareness? A way for Earth to experience a mass exodus because something has completed and something new is getting ready to birth?

Mar 03 Venus square Saturn	28 Aries/Capricorn
Mar 04 Rx Mercury enters Aquarius	1:24 pm PST
Mar 04 Venus enters Taurus	7:07 pm PST
Mar 08 Venus conjunct Uranus	05 Taurus 33
Mar 09 Mercury goes Direct	28 Aquarius 17 at 08:49 pm PDT
Mar 19 Aries Equinox	08:50 pm PDT
Mar 20 Mars Jupiter	22 Capricorn 45
Mar 21 Saturn enters Aquarius	08:58 pm PDT
Mar 22 Mars Pluto	24 Capricorn 42
Mar 23 Aries New Moon	04 Aries 12
Mar 28 Next Venus Moon Gate	24 Taurus 18

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Significant March 2020 Events

March							
Mar 3 2020	Venus	28°Ar25' D	Sqr	Saturn	28°Cp25' D	8:44:17 AM	PST
Mar 4 2020	Mercury	00°Pi00' R	enters	Aquarius	00°Pi00' D	3:07:27 AM	PST
Mar 4 2020	Mercury	29°Ar44' R	Sxt	Venus	29°Ar44' D	1:24:07 PM	PST
Mar 4 2020	Venus	00°Ta00' D	enters	Taurus	00°Ta00' D	7:07:05 PM	PST
Mar 8 2020	Sun	18°Pi24' D	Cnj	Neptune	18°Pi24' D	5:22:53 AM	PDT
Mar 8 2020	Venus	04°Ta01' D	Cnj	Uranus	04°Ta01' D	12:37:51 PM	PDT
Mar 9 2020	Mercury	28°Aq13' D	Direct			8:48:27 PM	PDT
Mar 11 2020	Sun	21°Pi24' D	Sxt	Jupiter	21°Cp24' D	5:26:53 AM	PDT
Mar 14 2020	Mars	18°Cp37' D	Sxt	Neptune	18°Pi37' D	3:31:43 AM	PDT
Mar 14 2020	Sun	24°Pi34' D	Sxt	Pluto	24°Cp34' D	9:46:43 AM	PDT
Mar 16 2020	Mercury	00°Pi00' D	enters	Pisces	00°Pi00' D	12:42:23 AM	PDT
Mar 19 2020	Sun	29°Pi50' D	Sxt	Saturn	29°Cp50' D	4:49:32 PM	PDT
Mar 19 2020	Sun	00°Ar00' D	enters	Aries	00°Ar00' D	8:49:29 PM	PDT
Mar 20 2020	Mars	22°Cp49' D	Cnj	Jupiter	22°Cp49' D	4:34:38 AM	PDT
Mar 21 2020	Saturn	00°Aq00' D	enters	Aquarius	00°Aq00' D	8:58:20 PM	PDT
Mar 22 2020	Mercury	04°Pi40' D	Sxt	Uranus	04°Ta40' D	6:18:43 AM	PDT
Mar 22 2020	Venus	18°Ta57' D	Sxt	Neptune	18°Pi57' D	8:07:56 PM	PDT
Mar 22 2020	Mars	24°Cp43' D	Cnj	Pluto	24°Cp43' D	10:20:22 PM	PDT
Mar 25 2020	Sun	05°Ar22' D	Cnj	Chiron	05°Ar22' D	6:27:03 AM	PDT
Mar 27 2020	Venus	23°Ta54' D	Tri	Jupiter	23°Cp54' D	9:23:57 PM	PDT
Mar 28 2020	Venus	24°Ta48' D	Tri	Pluto	24°Cp48' D	7:57:06 PM	PDT
Mar 30 2020	Mars	00°Aq00' D	enters	Aquarius	00°Aq00' D	12:43:05 PM	PDT
Mar 31 2020	Mars	00°Aq40' D	Cnj	Saturn	00°Aq40' D	11:31:08 AM	PDT

Full and New Moons March And April 2020

Mar 09 2020	Full Moon	10:47:37 AM	Pacific	19°Vi37' D
Apr 07 2020	Full Moon	07:34:57 PM	Pacific	18°Li44' D
Mar 24 2020	New Moon	02:28:05 AM	Pacific	04°Ar12' D
Apr 22 2020	New Moon	07:25:43 PM	Pacific	03°Ta24' D

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