

Monthly Tuning In Worksheet

FEBRUARY 2019

Monthly Completion
Acknowledge ~ Reflect, acknowledge and summarize the previous month.
Forgive ~ What needs to be forgiven, released and / or reframed?
Affirm ~ Bless the best! What are you bringing forward into the new month?
Gratitude ~ Create a gratitude statement to summarize the energy of the previous month.

Checking in with your practices, dedications and disciplines
365 - What are your daily practices?
52 - What are your weekly practices?
12 – What are your monthly practices?
4 – What are your seasonal practices?

Chakra Insight (from divination or meditative reflection)	
7th Chakra	
6th Chakra	
5th Chakra	
4th Chakra	
3rd Chakra	
2nd Chakra	
1 st Chakra	

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Universal Year ~ #12 Hanged Man	Universal Month ~ #14 Temperance
Personal Year ~	Personal Month ~

Monthly Lunar Harmony Flowing with the Healing Formula
New Moon: February 4 at 15°Aquarius (Fixed Air) ~ Original Thinking & Shifting Gears
Acknowledge & Begin ~ Know what you want, set your intentions, make a plan and begin
Second Quarter: February 11° at 23 Taurus (Fixed Earth)
Affirm with Action ~ Bless your intentions with positive actions
Full Super Moon: February 19 at 0°Virgo (Mutable Earth) Pragmatic Emotions Highlighted
Forgive & Release ~ What needs to be forgiven, released and / or reframed?
Last Quarter: February 26 at 7° Sagittarius (Mutable Fire)
Reflection & Gratitude ~ Reflect and make adjustments. Create a gratitude statement for this lunar cycle.

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February Aspects 2019

January 31 – Saturn Sextile Neptune - Harmonize the material and the spiritual.
February 2 – Venus Trine Uranus – Great Time for Meetups
February 3 – Venus Enters Capricorn
February 4 – New Moon 15° Aquarius – New Beginnings
February 5 – Chinese New Year of the Pig
February 10 – Mercury Enters Pisces
February 13 – Mars Conjunct Uranus – Energy Active, Possible Intense.
February 14 – Mars Enters Taurus
February 18 – Sun Enters Pisces
February 19 – Full Moon/ Super Moon In 0° Virgo – Time Of Completion

Location of Planets on February 1, 2019

Sun in Aquarius 12° 40'
Jan. 20 – Feb. 18, 2019

Moon in Capricorn 9° 39'
Jan. 31 – Feb. 3, 2019

Mercury in Aquarius 14° 37'
Jan. 23 – Feb. 10, 2019

Venus in Sagittarius 27° 36'
Jan. 7 – Feb. 3, 2019

Mars in Aries 21° 28'
Dec. 31, 2018 – Feb. 14, 2019

Jupiter in Sagittarius 17° 55'
Nov. 8, 2018 – Dec. 2, 2019

Saturn in Capricorn 15° 3'
Dec. 19, 2017 – March 21, 2020

Uranus in Aries 28° 54'
Nov. 6, 2018 – March 6, 2019

Neptune in Pisces 14° 57'
Feb. 3, 2012 – March 30, 2025

Pluto in Capricorn 21° 39'
Nov. 26, 2008 – March 23, 2023