

CHAPTER 3

NERVOUS SYSTEM

Your Nervous System has a major say in how you perceive reality but a regulated Nervous System as eternally calm is a myth. Your Nervous System is movement and is wired to respond but is your default response anxious or frazzled, or can you run intensity through you without overwhelm? Your Nervous System determines if you can turn an obstacle into an opportunity or if you'll become overwhelmed by an obstacle.

NUMBERS

Numbers are a neutral energy. They tell a story, but you decide how you want to experience that story (hint: your Nervous System informs your storytelling and your experience)

THE NEUTRAL MIND

The Neutral Mind sees beyond negative and positive. It's the vast, spacious mind beyond polarity and judgement. Practicing the Neutral Mind when you tend to finances, organization, creating or anything you might usually feel emotional charge around, can help you break patterns and cycles of shame, defeat and doubt by broadening your internal horizon. This is how you start applying the magik of Potentiality and Creativity by turning any seemingly obstacle into an opportunity.

Before you begin this week's assignments let your nervous system and Neutral Mind know:

1. You're safe.
2. You're sufficient.
3. You've got this.

Place one hand on your heart and one on your belly. Take a 4 count inhale into the belly through the nose and a 4 count exhale out through your mouth

! grab your journal

1: If your nervous system is a storyteller, what story is your nervous system telling you? Is it true? Where did you pick up this plot from?

2: Use your Neutral Mind to listen to and observe your nervous system. What is the most important form of replenishment, support and organization your nervous system is asking for at this moment?

3: Clean out your subscriptions. Go to your subscriptions on your phone AND on your bank. Yeah, thought so? Do you really need that 3rd streaming service? Woops a 7 day free trial turned into a year long paid subscription you didn't even know you had. Unsubscribe. That meditation app you never use? Unsubscribe. 100\$ for a signature app you've used once? Unsubscribe.

4: Bills? That unopened bill comes along with a dollop of anxiety that whispers: oh my god it's probably 1000000\$ – open it and rejoice: it's a 25\$ bill! Pay it!

5: Schedule one day a month to get to know your numbers, finances and expenses. Starts simply by tracking where your money goes and getting comfortable looking at your bank account. Remember to make it cozy!

Wealthkind

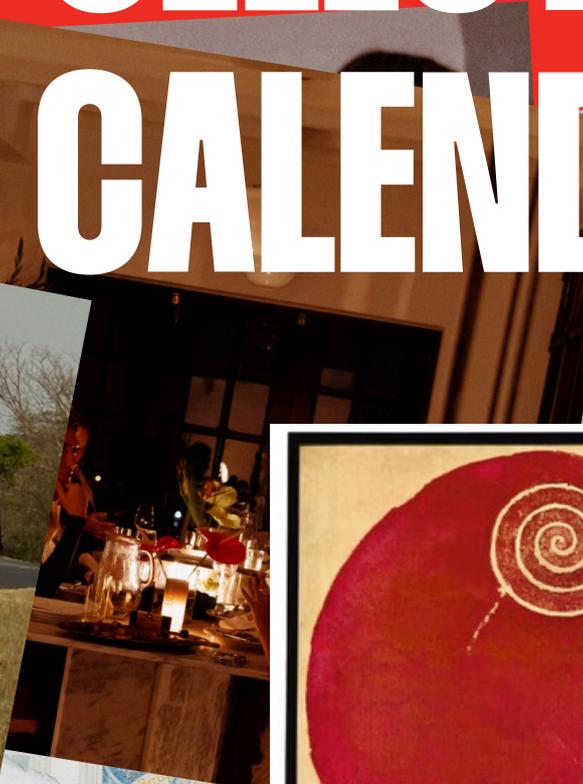
accountability exercises

→ **CLICK HERE FOR YOUR ASSIGNMENTS FOR CHAPTER 3**

p.s.: you'll need internet connection to access



CELESTIAL CALENDAR



LEAVE NOT
THE SAME



AN OVERVIEW OF
ASTROLOGICAL HAPPENINGS
CHAPTER 3

FEBRUARY 2ND - FEBRUARY 10TH

We enter our third chapter with Uranus stationing direct, the planet of disruption picking up forward momentum. Uranus squares Venus, challenging us to rethink anything that may not be working in our finances or how we relate to our self-worth. Venus and Mercury also move into Pisces this week, creating a sacred, nebulous womb-space for creativity.

Date	Transit and Key Sentence	Short Note
FEB 4	Uranus stations direct – from disruption to liberation	The shaker, mover, and liberator, Uranus, stations direct today after a five-month-long retrograde. Uranus now moves forward in the final degrees of Taurus, before re-entering Gemini on April 25. This retrograde has been a chance to review any systems and values no longer working, and what we are ready to break free from, as Uranus prepares to move from earthy Taurus into the fresh air of Gemini.
FEB 6	Mercury enters Pisces – deeper creative mindset	Mercury, the planet of the mind and communication, enters the nebulous realms of Pisces. In Pisces, Mercury pulls us behind the veil and allows access to deeper layers of the subconscious. This transit can feel foggy or illusory, yet holds great creative potential.

Date

Transit and
Key Sentence

Short Note

FEB 8

**Venus squares
Uranus**
– breaking
patterns

Venus governs self-worth, values, and money. Squaring Uranus, the liberator, we may experience disruption around our worth and finances. This square invites us to recognise what is no longer working and which energies need to be freed.

FEB 10

**Venus enters
Pisces**
– the creative
womb

Days after Mercury enters Pisces, Venus follows. Venus in Pisces is a dream container, a transit with the potential to unlock more creative energy. Enter the creative womb-space and connect to your intuition, trusting what is ready to be birthed.