

## Solar Return Guidelines

Every year, the sun returns to the exact degree that it was when we were born. At that moment we get our "solar return," which sets up new patterns of energy and potentialities for the coming year.

With astrology, however, nothing is in stone...we are all powerful free-will creators of our lives. The more that I learn about quantum physics, the more weight I give to our focus of intention. So let's use astrology as a tool—if you see something in your chart or forecast reports that is wonderful, then embrace it, but if you see something that raises a red flag, then it is an opportunity to learn a new lesson and/or to exercise your powers of creation and discernment by shifting your focus and transmuting the energy in your favor. Everything is an opportunity!

Generally, our solar return can occur the day before, on, or the day after our birthdays, depending on where on the planet we will be when it occurs. Occasionally, it can even happen 2 days before or after one's birthday. For 5 hours before and 5 hours after the Sun returns to one's natal position, we have ultra-powerful energies for manifesting and putting into motion exactly the kind of year that we want to create.

**Your hours of power are wonderful times to treat ourselves to lots of love: meditate, workout, journal, read a favorite book, have a relaxing bath, create an empowering ceremony, take a walk in nature... *whatever your heart desires!***

Think about what you would like to bring into your life during this next year. If it's a new car, go and test drive one...dream big! If you'd like to connect more deeply with your spirituality, then meditation, prayer, and walks in nature are highly recommended. It's important to be mindful of what happens and with whom you share time during your hours of power. **This is a sacred and potent time to plant whatever seeds you would like to grow for the coming year.**

If your 10 hours of power occur in the wee hours of the morning, we recommend listening to an affirmation video at a very low volume during the night, so that it seeps into your subconscious mind while you sleep. There are some great ones on YouTube.

Here is a sample one:

<https://youtu.be/tKQfLFhx4RY>

\*\*Special Note, I do not recommend reading your solar return report during your hours

of power. This can put you into your head during this sacred time, rather than being focused on manifesting the life of your dreams.

\*\*\*Very special advice from one of my teachers:

Make a list of everything that you want to create or manifest for this coming year. At the moment of your Solar Return (or as close to it as practical), read your list and then say, *“I offer this up, I offer this up, I offer this up for my solar return.”*

***\*\*\* Note: Make a copy of the list, so that you can track your progress throughout the year.***

Because you will then take a candle and very carefully burn the original list in an appropriate bowl and/or location.