July

I’m just back from my tour of Tipperary and Cork in Ireland. On the back of that tour, we’ve arranged for the new “Coaching for Foot Readers” workshop with me and Kerry Hales to take place in Cahir near Tipperary next year. If you’ve already studied footreading with me in Ireland you can sign up to this course. It will be very experiential. You’ll experience what it is like to be coached and then you’ll have a go at incorporating it into your foot readings, then you’ll get the chance to watch me give a foot reading whilst Kerry points out the coaching aspects used. It’s a two day workshop and we are setting it up like a retreat so that you can completely immerse yourself in the experience.

Good news on the school front. We now have AOR Accreditation as a school to teach reflexology. My school opens in Scarisbrick in February for level 3 City and Guilds course. We had an open day on 29 June and we are having a meet the teacher day on 9 October at 8pm at Scarisbrick Village Hall. If you are thinking of training as a reflexologist, pop along and have a chat.

In July I am teaching in Perivale near London, Exeter in Devon, and at the end of the month I head to Norwich to teach foot reading there. In August I am doing foot readings at the Secret Garden Festival and I am then heading to Sweden to give some talks about foot reading and one-to-one readings, at the special behest of Birgitta Borjessen.

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SPECIAL POINTS OF INTEREST

Jane’s new Level 3 Diploma in Reflexology School at Scarisbrick Village Hall has received AOR approved status.
From the readers

One of my students said “I wonder what Donald Trump’s feet look like.”

Well, here’s a link so you can look

https://malecelebrityfeet.com/category/donald-trump/

UNLOCK YOUR MAXIMUM WEIGHTLOSS POTENTIAL BY ANN PARKER

It’s the only weight loss book you will ever need.
Now available from Amazon.

I am so excited to announce that the second book in my series of ‘Unlock’ is now available on Amazon in both ebook and paperback. This book has taken me years of research and it is aimed at people with a weight problem - not just somebody who needs to cut back their calories a bit. How am I qualified you might ask? I was 12 lb when I was born which is heavy now, let alone in 1955!! My mother was obsessed with my weight and I was on a diet immediately and from the age of three was made to do an hours worth of toning exercises a day! I have now lost 5 stone - not by dieting - but by being a detective to find out why my subconscious does not want me to be slim. This has meant that I have spent the last twenty years looking at trauma, why I need to be protected by excess weight, my beliefs and exploring the best way to heal them and replace with the positive. I must admit my subconscious is a bit nervous about being seen with all the book’s publicity but I am looking at every fear and releasing it. I would like to lose another couple of stone but if I don’t, I am not going to beat myself up about it. My book is so different from anything else on the market as it gives you all the tools you need to be your own therapist so you don’t need to attend expensive therapy sessions.

Why is my book different from other weight loss books?

Spiritual meets Mainstream
East meets West
Ying meets Yang
Peace meets Weight loss
Calm meets Slim for life

Uncover the real reasons why you can’t lose weight, keep it off and then sabotage yourself
Understand why your weight problem is not your fault and if you overeat, it is not your fault either!
Find out why your ancestors, genes and body type affects your weight and how to reset them for weight loss
Read over 45 pages packed full of reasons why you can’t lose weight – and they really are fascinating!
Understand how intolerances, allergies, medication and medical conditions can cause weight gain
Identify your best eating and exercise plan for life and understand why you need to know about calories, despite what other people say
How to learn how to write weight loss goals then put them into action and become your own life coach
How to identify and eliminate trauma, blocks, fears, negative patterns, programs and beliefs and replace with positive ones so you can release ‘your protection’ which is your weight
How to increase your self confidence, worth, value and esteem and be happy at whatever weight you are
Find out why STRESS is an important factor in putting on weight and then making it impossible to lose
How to use homeopathy, herbs, supplement, essential oils and Bach flower remedies to lose weight and keep it off for life

How to use techniques like Emotional Freedom Technique to remove trauma, release fear and stress, increase your metabolism and decrease your appetite

Learn how to breathe properly to increase your metabolism

Learn how to use Mindful Meditation to calm your mind and release negative thoughts

Learn all about your Endocrine system and how it affects your well being and weight loss

Learn how to muscle test or use a pendulum to ask “Yes” or “No” answers so you never make a mis-
take a again
Learn how to ask your Angels for help and discover how your karma and past lives may be keeping you overweight.
Learn how a trauma in your ancestral line many hundreds of years ago could be affecting your weight in this life.
Learn how to program crystals to increase your metabolism and decrease your appetite.
Learn about other techniques and treatments that really work for well-being and weight loss so you can save money on expensive sessions.
And if you are ‘up for it’, have some fun and learn how to cast a spell for weight loss!

contact Ann on ann@annparker.co.uk or order the book directly from Amazon. Please leave me a great review as this helps with being seen!
Phil Nuttridge continues his series of articles looking at the modern take on diet and nutrition. He explodes many of the dietary myths that defined the latter decades of the twentieth century and left their legacy of chronic illnesses in the first decades of this century. In this month’s article he looks at the ‘Fat is bad for you’ myth. More information can be found on Phil’s website cuttingcarbs.co.uk or by following him on Instagram: CuttingCarbsUK

I have often wondered if the Sprat household was a harmonious one:

Jack Sprat could eat no fat
His wife could eat no lean;
And so between them both, you see
They’d lick the platter clean.

Putting this in a modern context, Jack was clearly following the ideals of a low-fat diet but what of his wife? Was she an early adopter of the high-fat, low carb movement by insisting that there was ‘no lean’ on her plate? The rhyme does imply that they lived in some sort of harmony, a sort of ‘yin and yang’ approach to eating. Sadly such harmony does not exist between the two distinct camps in modern nutrition: We have the ‘fat is bad’ movement in one corner, firmly believing in the evil of dietary saturated fats and cholesterol. In the other corner we have the ‘Carbs are bad’ disciples; their mission is to convince us that sugar and starches have been the public enemy and that eating fat is good for us. But who is right?

As you will discover in this series of articles, I am very much in the latter camp. I firmly believe that many of the chronic non-communicable epidemic
COACHING FOR FOOT READERS

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To book go to https://www.footreading.com/workshops

Diseases of the twenty-first century are linked to our love affair with sugars and starches and our fear of dietary fat. But I will also show that I am not particularly an advocate of boundless fat consumption either - there are limits and ‘rules’ we should apply here too. I will discuss for example, how modern genetics has shown that those of you with one particular variant of one specific gene should limit saturated fat consumption. I will also discuss how there are good fats and bad fats, but will surprise you as to where I draw the line between the two.

But where did this fear of fat come from? Consumption of natural fats - olive oil, coconut oil, animal fats and blubber has been a key part of traditional diets around the world for much of Man’s history. In our hunter-gatherer past, fattier parts of an animal were much more highly prized than the leaner, fat-stripped skeletal muscle which is pretty much all supermarkets offer us today. Where we have records or where we are still able to observe populations eating high natural fat diets, we see that there was or is little incidence of modern epidemic diseases such as obesity, type II diabetes and heart disease. When these same populations have been introduced (forcibly or by choice) to the foods of industrialised society - principally refined grains, cereals and sugars and synthetic fats - then those epidemic diseases appear, often in startlingly short timescales. And yet we still blame the consumption of natural fats.

If like me you were a baby of the Sixties, for pretty much all of your adult life you have been told eating fat is bad: “Fat makes you fat”, “fat clogs your arteries”, “fat gives you heart attacks”. Conversely we are also told carbs are good, carbs are healthy, eating carbs will make you slim. Eat lots of grains and cereals and you will be okay. Low fat eating is the healthy way forward, or so we are told.

And the statistics show we have indeed done what we were told. We do eat less fat than 50 years ago, we do eat more low-fat versions of food, we do eat more carbs. So why are we now so fat and unhealthy? I and many others now believe this is due to our obsessive fear of dietary fat.

Fat is a vital component of your diet. There are in fact ‘essential’ fats, fats (actually fatty acids) that your body must eat. Stop eating all fats and you will die. You will become unhealthy if you restrict your fats. Fats are a vital energy source, they insulate us, they protect our vital organs. Fat is an important medium for storing essential minerals and vitamins. Cholesterol, which is a particular form of fat, is actually a
very key substance in your body. It acts as an anti-inflammatory for the brain and immune system, it is the precursor for Vitamin D which your body synthesises when sunlight bathes our skin. It is similarly used to make many of the body’s hormones. Cholesterol is an essential component of all cell membranes and a particularly important building block for the nerve cells in our brain. Cholesterol is also part of the ‘first response’ process when there is inflammatory damage to our blood vessel walls. Fats are essential for us to survive and thrive.

There are no essential carbohydrates. You mainly use carbohydrates as fuel and you can quite easily train your body to use fat instead. And although your body does need some (not much) carbohydrate even when fat adapted, it can synthesise all the carbohydrate it does need from fats and proteins. Stop eating carbs and you will not die. As my later articles will show, you would actually thrive on reduced carbs.

So how come we have been told to restrict our consumption of fat?

A bit of history helps explain this. By the 1950s there were serious concerns about the rising epidemic of heart disease. In 1955 President Eisenhower suffered his first heart attack and suddenly heart disease was headline news. It became the primary health concern in the Western world. No-one knew for sure what caused heart disease - there were ideas and theories but nothing was definitive. Of the many hypotheses of the time, one was that heart disease was caused by dietary saturated fats and in particular cholesterol. One of the key proponents of this hypothesis was a pathologist called Ancel Keys. He had unshakable faith in his idea and coupled with his dogged and bullying personality he managed to get his hypothesis incorporated into the thinking of the American Heart Association (A.H.A.). In the wake of the President’s heart attack, the A.H.A. was under significant pressure to be seen to be doing something to combat the rising level of heart disease. Fuelled by Keys’ unwavering faith in his own hypothesis, the A.H.A. issued dietary advice for all Americans and this advice was predicated on the idea that cutting consumption of saturated fats and cholesterol would reduce your risk of heart disease. That was it, courtesy of the A.H.A. and Ancel Keys, Fatphobia was born and from it grew the monster that is the current dietary advice for the developed world.

The demonisation of fat took hold quickly and flourished. The low-fat industry was created and under its coat-tails, crept the high sugar, high grain and cereal diets. Food producers rubbed their hands as the low-fat, high sugar and highly processed grain foods are hugely profitable. Manufacturers of synthetic fats were happy too as their chemically
engineered oils and margarines were advocated as the ‘healthy option’ by the A.H.A.

But what was the scientific evidence for fatphobia? The evidence centred on just one dietary study, conducted by Keys of course, where he looked at the dietary habits of seven countries and correlated the levels of fat consumption in those populations with their heart disease outcomes. He measured the fat and cholesterol consumption of 13,000 men in those seven countries and then waited to see who died of a heart attack.

The problem is that we now know he cherry-picked his data. Through a pilot study conducted earlier, he knew which countries had both low rates of fat consumption and and low rates of heart disease and included those countries in his study. He also knew, but chose to ignore, the countries that had high rates of fat consumption and yet also had low rates of heart disease. He had pilot study data from 22 countries but chose to use data from only seven, discounting the other 15 as they did not fit his hypothesis. With his cherry-picked data, he was able to show that those countries that ate lower amounts of fat had lower levels of heart disease and those that ate more fat, had more heart disease. But even with his skewed data, all he showed was correlation - he could not show that high fat diets caused heart disease. Yet he was determined to use the study as evidence for causation. He ignored the fact that those countries with low levels of heart disease also had low levels of sugar consumption. He also ignored that his data showed a much stronger correlation between heart disease and sugar consumption than between heart disease and fat consumption.

Keys aggressively defended his study and although there were significant academic voices questioning his methods and his interpretation of the results at the time, he prevailed. In the following decades, literally hundreds of millions of dollars were spent on clinical trials trying to support the outcome of that original seven countries study. The most ambitious and most costly single study trying to support the ‘fat is bad’ hypothesis is the (rather snappily titled) Women’s Health Initiative Randomised Controlled Dietary Modification Trial (WHIRCDMT) which alone cost $700 million, took eight years to complete and involved over 48,000 test subjects. That trial along with all of the other trials spectacularly failed to show that low fat diets offered any improvement in heart disease outcomes. Every single one. In fact, if you look closely at the data from the WHIRCDMT, you see that it actually shows worsened health outcomes, including weight gain, for those on
the low fat dietary regime. The data is also very troubling reading for the manufacturers of statins, but I will save that for a later article.

So there we have it: 'Fat is bad' is a flawed hypothesis and always has been. And yet we have built a megalith that is the modern paradigm of dietary advice based entirely on that flawed hypothesis.

Although the incidence of death from heart attack is less than it was fifty years ago (mainly due to reduced levels of smoking and earlier diagnoses), incidence of all cardiovascular disease markers is now at the highest level ever. Obesity is at the highest levels ever. Vitamin D deficiency is pandemic creating its own chronic health issues. Degenerative neurological disorders - dementia and Alzheimers included - are also an increasing burden on our health services. All are certainly correlated with the low fat dietary advice; contributory causation is highly likely.

As has been suggested by leading voices in modern nutrition, the low fat dietary advice has been a mass experiment carried out on the population of the developed world and it has failed. For more information on the history of fatphobia, I would highly recommend ‘The Big Fat Surprise’ by Nina Teicholz.

So perhaps Mrs Sprat was on to a good thing after all. By ‘eating no lean’ she was ensuring good amounts of healthy fats in her diet promoting good health. Her poor husband however, was setting-up chronic illness and in all likelihood premature death, by cutting the fat. No wonder she has a wry smile in all the books of Nursery Rhymes.

In my next article I want to explain how this has been a doubly-whammy. Not only is cutting fat from your plate bad for your health, but putting carbs - sugars, grains and cereals - in its stead, is in all likelihood creating yet more problems. In particular, I shall be looking at how the epidemic of Type II diabetes, inflammatory diseases and obesity can be laid at the door of excess carbs.

And now for the recipe. One of the things that people often find hard to live without on a low starch diet is pastry. Many of our comfort foods are based on wheat-laden pastry treats. Well, here is a recipe for a quiche, low in starches and yet every bit as satisfying as wheat-basted pastry.
ASPARAGUS AND SALMON QUICHE

INGREDIENTS:

FOR THE PASTRY
220g  Almond flour/ground almonds
1 Large Egg
1 tbsp  Grated parmesan
1 tsp  Mustard powder
30g  Melted butter
Salt to taste

FOR THE FILLING
6-8  Asparagus tips
150-200g  Cooked salmon fillet
4  Medium eggs
300ml  Mixture of cream and milk (more cream for a richer recipe)
Salt and pepper to taste
Grated parmesan for the topping

Preheat the oven to 170 Celsius (fan assisted). Oil a 23cm quiche dish (preferably with a removable base) with melted butter.
In a bowl add together the almond flour, parmesan, mustard powder and salt. Mix thoroughly.
Add the melted butter and the egg to the mix and combine to a thick paste.
Press the paste into the quiche dish trying to get the thickness as even as possible in the base and up the sides.
Place baking beans on the pastry to stop it rising and then place the dish in the oven for 12-15 minutes so that the pastry is cooked. Leave to cool with the baking beans in place.
For the quiche filling: Steam the asparagus until cooked but still slightly firm. Allow to cool. Once cool, chop into small, 1-2cm long pieces.

Take the beans out of the pastry case. Add the asparagus tips and flake the salmon around them.

In a medium bowl, whisk the eggs together until light and frothy. Add the cream/milk mix and gently stir until thoroughly mixed. Add the seasoning.

Pour the egg cream mix over the asparagus and salmon unit the pastry case is 2/3 full. Transfer the quiche to the oven and just before you slide the dish all the way into the oven, pour over the remainder of the mix until the level is as high as you dare. Sprinkle the parmesan on top and gently ease all the way into the oven.

Bake for 35-40 minutes until the filling has set in the middle. Once cooked, remove from the oven and allow to cool before serving.
HOT FOOTING IT TO HEALTH—CHRIS STORMER

With the current acceleration of Universal energies deliberately throwing individuals ‘off their feet’, many believe they must have been ‘out of their minds’ to have ever ‘set foot on earth’.

In desperation, the past is fiercely clung onto, used as a shield or excuse, preventing the present, the ‘gift of now’, from being fully appreciated. Although much is gained from the past, dwelling there becomes far from healthy.

This is an exceptionally exciting, albeit confusing and frustrating time to be on Earth, and it’s a privilege to be a part of the rapid changes presently taking place.

Yet changing all this ‘doom and gloom’ is surprisingly easy! The moment the feet ‘step in’, there’s an understanding of ‘what’s a-foot’, along with the realisation that being fully present is powerful. Life becomes an on-going experience of joyous sensations, intermingled with much needed challenges, to make sure mind, body and spirit ‘stay on their toes’.

You are invited to enjoy this truly fascinating presentation in which Chris will be sharing her knowledge, insight and expertise as we find out what secrets our feet can reveal about us and our health!

Come and experience the magic of one of Chris’ presentations!

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CONTACT ORGANISER – Nicky Richards

Email: nrichards1970@hotmail.com

Mobile 07986290524
SECRET GARDEN FESTIVAL

On the 10th August, Jane will be returning to the Secret Garden Festival at Scarisbrick Village Hall offering foot readings or reflexology or emmett technique. It was a superb event last year. A hall, a room, and a field given over to yoga classes all day and there were stalls, music, food, all done with an environmental ethos.

If you would like to come along, tickets are £12
Therapies cost extra but your ticket allows you to

join the yoga and wellness classes (all 40 of them) circus skills classes, chakra dancing, singing bowl sessions, baby massage, acro yoga, childrens yoga, family yoga, laughter yoga, meditation, story telling, craft sessions, and much more.

Food: Vegetarian, vegan food stalls, prosecco bar, coffee, cakes, pizza, vegan sushi, vegan burgers, organic chips and ice-cream stall.

Local stalls selling home-made or local produce, including crystals, clothing, candles, oils, jewellery, hair accessories, dream catchers, flower head dresses, pottery, plastic free cosmetics, and toiletries.

There will be henna tattoos, eco glitter face painting, reiki, massage, reflexology, Indian head massage, and foot readings.

Tickets from the website
https://www.bodysoulbalance.co.uk/secret-garden-festival
Or email chloewardhealing@outlook.com
Or see the facebook page
https://www.facebook.com/chloewardhealing/photos/gm.2275771876030489/1031857247022462/?type=3&theater
Astrology for July 2019

By Diane of Positive Elements

Our shared planetary picture

We have a dramatic start to the month with a total solar eclipse on 2nd when the Moon passes between the Earth and the Sun. Each eclipse belongs to an eclipse family that repeats approximately every 18 to 19 years. And this particular eclipse family was the fore-runner to the Wall Street crash in 1929, the Indian Partition in 1947 and the twin towers incident in 2001... It carries the themes of worrying news, obsessively going over the top and taking big-scale action. This applies to different areas of life for each sign.

Mercury is moving retrograde for most of the month, first of all in Leo from 7th - 19th and then in Cancer from 19th - 2nd August. Try to avoid starting new initiatives during these periods if you can.

Mars spends all month freshly in Leo, calling us all to be creative. And yes, that means you too!

So what will this mean for us all?

Read the horoscope for your Sun sign and your Ascendant sign if you know it.

Aries: Home, nurturing and mother-figures are a strong focus for you this month with New Moon on 2nd marking the start of your domestic New Year. Venus glides into this area of your solar chart too on 3rd with the promise of pleasure through beautifying your home, enjoying time there and perhaps entertaining others. Dealings with mother figures should go well too (and dealings with those you care for, if you are a mother-figure yourself). The Sun adds creative self-expression here too until 23rd.

The only flies in the ointment are when the Sun and then Venus run into opposition from Saturn and Pluto in your career, social status and ambitions sector. Saturn and Pluto are both heavy-weights and may take the form of authority figures 'over-functioning'... This can get particularly frustrating around 9th
and 17th when Saturn stops play. And 14th and 21st when Pluto might be prone to power trips.

While all of this is playing out, your ruling planet Mars is having fun in your 5th House of romance, children and creativity. The Sun shows up too with more cheery energy from 23rd and Venus also glides in too from 28th. When Mars and Jupiter team up from 24th - 27th, lots of buoyant optimism shows up. Make time for recreation and maybe even sports?

New Moon on 2nd is also a solar eclipse belonging to a series that carries the theme of big scale action. This applies to your roots and foundations, including self-nurture. Without becoming obsessive, how can you apply it?

**Taurus:** The New Moon on 2nd falls in your communications zone. We create our own reality by how we think and this New Moon is an opportunity to look at your mindset (and change the settings if necessary...). Physical movement is another form of communication, so trying new moves can be very helpful too.

One theory is that crawling when young opens up new neural pathways in the brain and as adults we can continue to open more pathways through new forms of physical movement. (Early in the month may be best for this, as Mercury goes retrograde here from 19th to 2nd August).

This particular New Moon is also a solar eclipse, belonging to an eclipse family that carries the themes of big scale action. Work out creative ways of incorporating these qualities into your mental, verbal or physical self-expression (without going over the top).

Your ruling planet Venus helps to make these areas of life pleasurable for most of the month, apart from opposition from Saturn and Pluto on 17th and 21st. Ethics, principles or cultural expectations may run counter to what you are trying to achieve. In-laws, people in or from different countries and belief systems could feature, as could 'the law'. (The Sun has similar struggles around 9th
Mars is freshly in your mother and home zone all month. If there are projects that need attending to, spring into action up until 7th and after 19th, as Mercury is retrograde in between. The Sun brings added energy to your efforts from 23rd and Venus helps to smooth things along from 28th. Dealings with mother-figures and nurturing are included in this too. And do not forget self-nurturing!

**Gemini:** Finances may be an unpredictable mystery this month which kicks off with a solar eclipse and New Moon in your fiscal zone on 2nd. This eclipse also brings an urge for big-scale action to the table which will call on you to address your income, value system, self-esteem or creativity. Venus brings a passing rosy glow from 3rd - 28th but matters raised by the eclipse usually play out for some months.

The financial demands of others continues to spoil the view somewhat (taxes, debts and inheritances included). Demands for more intimacy may rile too. Whatever form these demands take, your tranquility may be disrupted. Your ruling planet Mercury goes retrograde here too from 19th - 2nd August, so put off important financial decisions during that period if you can.

Mental energy is high this month as Mars charges through your communications zone. Exchanges may be more heated than usual which may be due to you being more 'assertive'. Misunderstandings could occur though from 7th - 19th when Mercury is retrograde here too. Double check during this period that everyone is clear about what has been agreed (including youself).

The Sun adds energy to your communications and self-expression from 23rd and Venus brings mental pleasures from 28th. Physical movement, short journeys and dealings with neighbours and siblings come into this too. So does teaching others your skills.

**Cancer:** The Sun ball remains in your court this month until 23rd radiating warmth, optimism and freer self-expression. But this may fade into the background due to the total solar eclipse in your sign along with New Moon on 2nd. New Moon in your sign
marks the start of your emotional New Year and so you may feel this eclipse more keenly than most.

The eclipse family this eclipse belongs to is to do with undertaking big-scale action. So this may be a pertinent theme in your emotional life in the months ahead. It is important too not to become obsessive about what you choose to do.

Venus is in your sign too until 28th, making you darling of the zodiac. Others will not be immune to your charms. This may not be apparent though when Saturn and Pluto oppose you from your relationships and partnerships zone around 17th and 21st. (The Sun also gets blocked by these two on 9th and 14th).

Mars is pressing ahead in your security and finance zone all month but finances are unclear as Mercury goes retrograde here from 7th - 19th. Something needs rethinking connected to your income, finances or linked to security, values or creativity. Self-esteem could come into this too. You have until mid-August to put things straight so that you can move forward once again.

Full Moon on 16th falls in your opposite sign Capricorn. Emotions may run high in relationships and partnerships around then too. When Venus opposes Saturn on 17th, you may feel blocked. But Venus and Neptune co-operate and are more forgiving around 18th. Navigate relationships as best you can this month!

Leo: Energy levels may have been low recently but that is about to change. The month before your birthday you are often at low ebb as your ruling planet the Sun has been away from you for the longest time. The good news is the Sun is bringing fresh energy and a sense of renewal to you from 23rd!

Your birthday whether this month or next is your personal New Year. Many Happy Solar Returns! It is also a more meaningful time to make resolutions for the year ahead, than January 1st and the perfect time to explore your planets for the year ahead with a good astrologer.

On 1st Mars leaps into your sign too adding extra dynamism and
determination to your creative self-expression. Mercury goes retrograde though from 7th - 19th, so use this time to review how you have been expressing yourself creatively rather than pushing ahead then.

Your unconscious is busy this month too but so is your creative imagination which is great for creativity behind the scenes. Your work or health or daily routine could get in the way of this though, especially around 9th, 14th, 17th and 21st. Try to accommodate the real world as well as attend to your inspirational life.

New Moon and the solar eclipse on 2nd fall in your 12th House too. The better you know yourself and your inner-workings, the greater your well-being will be. This particular eclipse challenges you to take massive action in your psychological, creative or spiritual life, at the same time as avoiding obsession...

**Virgo:** Your ruling planet Mercury is retrograde for most of this month. From 7th - 19th it will be reviewing your thinking or communications coming from your unconscious. And from 19th July - 2nd August it will be reviewing your communications, thoughts and dealings with friends, groups and community. New Moon and the solar eclipse on 2nd are also concerned with these matters and call for big action (without getting obsessed about it). Have you thought of joining (or starting) a group?

Neptune remains retrograde in your relationships and partnerships zone all month, keeping things on hold. There is a nice aspect though between Venus and Neptune around 17th - 18th which represents the kind of devotion that Virgos specialise in.

Your unconscious is a busy place this month with Mars revving away behind the scenes. This could motivate you to put compassion into action, get creative or take up a spiritual practice. From 19th, once Mercury is out of the way, all should go well as the Sun illuminates your efforts from 23rd, Mars engages expansive Jupiter from 24th - 27th and Venus brings pleasure and ease from 28th. So what are you waiting for?
Libra: Your ambitions run smoothly for most of the month as your ruling planet Venus smoothes your path. People in authority can be helpful too. (Ask them for favours if you need any but before 19th when Mercury goes retrograde). New Moon on 2nd falls here too, marking a new phase relating to career, social status or dealings with father-figures. The Sun is around until 23rd too, shedding light on different matters and urging you to be creative.

The only hitches are when Saturn and Pluto loom up in your 4th House of mother and home, roots and foundations. Saturn may bring frustrations around 9th and 17th (do not bother to press forwards then) and power plays may raise their head around 14th and 21st when Pluto intervenes. Libran are usually able to charm their way through but give yourself a rest on these days if you can.

Mars is freshly in your friends, groups and community zone all month. You have energy to give and find in interactions here. The Sun adds extra inspiration from 23rd and Venus brings harmony from 28th. Arrangements and agreements may need double-checking though from 7th - 19th when Mercury is retrograde here.

New Moon on 2nd is also an eclipse and part of a family of eclipses that ushers in big action. How can you apply this to your father, career, ambitions or social status?

Scorpio: Travel, studying and your world view begin a new phase on 2nd as New Moon falls in this area of your solar chart. If you have been thinking about broadening your explorations (physical or meta-physical: this could be a good time to start). A solar eclipse occurs at the same time as New Moon which adds the theme of big-scale action to your explorations. Incorporate this but in a non-obsessive way.

Mars is heating up your 10th House of father, career and social status this month and you will feel keen to push your ambitions towards. Step back from this though between 7th - 19th when Mercury is retrograde. The Sun arrives to assist you however from 23rd and Venus encourages people in positions of power to look kindly on you from 28th. (If you need any favours, ask them).

Your ruling planet Pluto is challenging the Sun around 14th and
Venus around 21st. You are perceptive and can usually see to the heart of things. Be careful how you use this power, especially around those dates as not everyone is as resilient as you are. Try not to dampen other people's optimism too around 9th and 17th. There is always a place for realism but we must allow others their dreams too.

Jupiter continues to move backwards through your finance zone, continuing your review on what place expansion should or should not take. Be patient and accept this for now as you are almost at the end of your review period (more next month).

**Sagittarius:** The month begins with a fresh start in your joint funds, sharing and intimacy zone in the form of a New Moon and solar eclipse on 2nd. This eclipse calls for big-scale action that will change the situation in the months ahead and you may have felt this coming.

Venus glides through this same area of your chart from 3rd - 28th which can indicate benefitting from 'the money of others' or opportunities for intimacy in some way. There seems to be some difficulty though coming from your side, particularly around 9th, 14th, 17th and 21st.

Could it be your reactions or values are blocking this? Are you being overly-independent, controlling or going against your own principles? Or are others demanding money from you? This can include taxes, debts or requests for a loan or legacy. Or are you contemplating a terrifyingly large loan or expense? Whatever it is, your security needs are reacting.

Mercury goes retrograde in this area of your chart from 19th - 2nd August and it might be an idea to avoid signing anything important during that period if you can.

Mars may be stirring up feelings of restlessness this month. And the urge to explore, travel or study may be strong. Mercury goes retrograde here from 7th - 19th which is not ideal for journeys, so be prepared for hold-ups or changes of plan if you are travelling during that period.
The Sun joins Mars from 23rd and Venus does likewise from 28th. Mars is on board with your ruling planet Jupiter from 24th - 27th. So we have energy, expansion, self-expression and harmony all on your side. Now what or where are you going to explore?

**Capricorn:** New Moon and a solar eclipse in your opposite sign on 2nd starts the month off in a memorable way. The New Moon in Cancer usually marks a fresh phase in relationships and partnerships but this year it carries the added theme of big-scale action which this eclipse family belongs to. Be as creative as you can in dealing with or incorporating these issues in your relationships in the month and year ahead.

Venus helps to smooth things along from 3rd and you will be especially aware of partner's charms. The difficulties that arise though seem to be coming from your side... With Saturn and Pluto insisting on your transformation, you are being challenged, pressed and stretched to come up with the new version of you.

Being in a chrysalis is very tight and uncomfortable but this is an essential stage of transformation! Do your best not to get in your own way during this period of intense growth, especially around 9th, 14th, 17th and 21st. (And give partners a break from time to time...).

Joint finances may be a hot topic this month as Mars generates energy to tackle this. Mercury goes retrograde here though from 7th - 19th so watch what you say and be patient as things are unlikely to be sorted during this period. Sharing in general is another topic, including yourself on an intimate level. Discussions around this are probably best saved for after 19th when Mercury has moved on. If this does not seem to apply to you, taxes, debts or inheritances may be the hot potato you are trying to deal with.

**Aquarius:** New Moon on 2nd falls in the work, health and services to others sector of your solar chart. And if there was ever a time to start a new regime: this is it! There is a solar eclipse at the same time which adds the theme of taking massive action to this fresh start. Make headway straight away as Mercury is retrograde from 19th onwards which may require a few adjustments (and is not a good time to start).
Venus might even find someone to keep you company at the same time. Relations with colleagues and daily companions go well for most of the month, apart from a few hiccoughs (or altercations) around 9th, 14th, 17th and 21st when Saturn and Pluto may trigger unconscious reactions on your part. Self-awareness is your best friend this month, more than ever. Be ready to apologise for any unreasonable reactions too, if necessary.

It could also be that fears get in the way of what you are trying to achieve at work or in your well-being. Engage professional help to explore this material and any self-sabotage patterns created when young; if you are ready for the deep and fascinating adventure of self-discovery! Creative work behind the scenes can be rich and fruitful, as can tending or showing compassion to those unable to tend themselves.

Mars leaps into your 7th House of relationships and partnerships at the start of the month which heats things up. Whether this results in passion or conflict is partly in your hands. Pressing ahead with things may not be a good idea while Mercury is retrograde in this area of your chart from 7th - 19th. But from 23rd the Sun is on your side and Venus joins in too from 28th. The Sun is challenging your social status too around 28th - 29th. Could be interesting!

**Pisces:** Romance, children and creativity are highlighted this month, starting with a New Moon on 2nd. This marks the start of a new phase here. There is also a solar eclipse at the same time, belonging to an eclipse family that carries the theme of big-scale action that will change your current situation. So what is it going to be Pisceans?

Venus glides into your 5th House too from 3rd, bringing pleasure until 28th. Although Venus runs up against opposition from Saturn and Pluto around 7th, 9th, 14th and 21st. Mercury goes retrograde here too from 19th - 2nd August which may not be the best time to initiate things, so start right away on July 2nd!

Mars is revving through your 6th House of work, health and service to others all month. Taking action here is needed too. Time
for a new regime, volunteer programme or job? Or is there a helpful daily practice that could be added to your regime? Mercury goes retrograde here though from 3rd - 19th, so start either before or after then if you can.

Neptune remains retrograde in your sign but there is a lovely aspect from Venus around 17th - 18th when it is good to appreciate your blessings. Could registering gratitude towards life become one of your daily practices?

To find out what this means for you as an individual, get in touch and we can explore your birth chart together by phone - diane@positive-elements.com or 07929 261231 (+44 7929 261231 if calling from outside UK). And to find out more about the benefits of astrology or more about me, visit www.positive-elements.com
JANE’S DIARY DATES FOR 2019

6/7 Jul—Perivale, Greater London
13/14 Jul—Exeter, Devon
30/31 Jul—Norwich
14 Aug—foot reading Milton Keynes
27/29 Aug—Foot reading talk in Sweden followed by two days of one to one foot readings
31-1 Sep—Jive weekend
7/8 Sep—Melbourne, Derbyshire
20-22 Sep—Northern Ireland Reflexology Conference
27/29 Sep—jive weekend
4-6 Oct—private event
16-18 Oct—one to one foot readings Coleraine, Northern Ireland
19/20 Oct—Coleraine, Northern Ireland
29/30 Oct—Sheffield
1/2 Nov—York
16/17 Nov—Lyons, France
23 Nov—Coaching for Foot Readers with Jane Sheehan and Kerry Hales in Frodsham
27/28 Nov—Bridgend, Wales

Dates for 2020

26/27 Jan—Aldershot, Hants
1/2 Feb—Chester
12 Feb—11 Nov 2020—Level 3 Reflexology Diploma:

Jane launches her reflexology school February 12 2020. Details on website

7/8 Mar—Limerick, Ireland
28/29 Mar—Letchworth, Herts
27/28 May—Sully, Wales

more workshop dates on www.footreading.com/workshops