

FREE SPIRIT

June 2026

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FEATURES

Duality & Balance, Tarot Readings
and Summer Celebrations.

PLUS

June Horoscopes
& Reader Profiles

Emily Blunt

Holding everything together while
the ground shifts beneath her.

discover your future, release your past

Editor's letter

In June we have a dual celebration, as both Father's Day and the Summer Solstice occur on 21st June. We take a look at how to harness the masculine and feminine energies surrounding this season.

Long-standing reader Adele writes for us in this edition, covering the fascinating topic of duality and balance. Whilst it is summer and we are all about the light, this article delves into the yin and yang of day and night, and light and shadow. We also check back in with reader John, who is ever popular for his sage advice, connection to Spirit, and friendly demeanour.

On the celebrity front, the eagle-eyed among you may realise we are featuring Emily Blunt on the cover, not so long after she appeared recently. This time, she stars in *Disclosure Day*, a great movie if you love a good conspiracy theory!

If summer has left you feeling uninspired, then check out our article on how Archangel Jophiel can guide you. Equally, if you are feeling a bit restless, are you missing the key to the door of opportunity?

Lastly, if Tarot is your chosen method of divination, we delve into what a reading might reveal about your love life. Then, of course, we round out the month with our horoscopes – enjoy!

Charlotte

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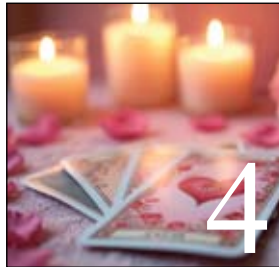
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What Your Next Tarot Reading Might Reveal About Your Love Life

Love and relationships can be both exciting and complex, filled with moments of joy, uncertainty, and growth. Sometimes, it can be difficult to understand the dynamics at play in our romantic lives or to see the path forward clearly. A tarot reading offers a unique opportunity to gain insight, uncover hidden influences, and reflect on your connections with others.

By exploring your love life through the symbolism and guidance of the tarot, you can gain a fresh perspective on your relationships, understand patterns that may be affecting you, and receive guidance on how to navigate challenges or embrace new opportunities.

www.psychiclight.com/how-relationship-tarot-readings-can-help-identify-red-flags-in-a-relationship/

Whether you're seeking clarity about a current partner, exploring the potential for a new connection, or reflecting on your personal growth in love, a tarot reading can provide meaningful insights to guide your heart and mind.

Exploring Love Through Tarot Readings

Tarot readings provide a lens through which you can explore the deeper layers of your emotions, relationships, and personal patterns. In the context of love, tarot cards can highlight influences that are affecting your romantic life, reveal underlying dynamics between you and your partner, and illuminate opportunities for growth and connection.

Each card carries symbolic meaning that reflects aspects of your feelings, desires, and challenges. For example, some cards might focus on self-love and personal development, while others may point to communication patterns, compatibility, or potential obstacles in a relationship. By interpreting these symbols, a tarot reader

can provide clarity, let you understand recurring patterns, and identify steps to nurture healthy, fulfilling connections.

www.psychiclight.com/tarot-card-readings-the-basics/

Approaching a tarot reading with openness and curiosity allows you to see your love life from a new perspective, uncover insights you may have overlooked, and make choices that align more closely with your heart and values.

How A Tarot Reading Can Illuminate Your Love Life

Tarot readings can provide valuable guidance on many aspects of your love life, so you understand your emotions, relationships, and future possibilities with greater clarity. Here are some of the key areas a love-focused reading can illuminate:

*** Current Relationship Dynamics** – A tarot reading can shed light on the energies, strengths, and challenges within your current romantic relationship. By understanding these dynamics, you can identify areas for growth, address issues before they escalate, and nurture a healthier connection.

*** Compatibility and Connections** – Tarot can offer insight into how you relate to your partner or potential partners. It can highlight complementary traits, differences in communication styles, and the overall potential for long-term harmony, so you can make informed decisions about your relationships.

*** Emotional Patterns and Blocks** – Many of us carry subconscious habits or emotional patterns that influence our romantic life. A tarot reading may uncover recurring behaviours, such as fears of intimacy or tendencies to attract certain types of partners, empowering you to break negative cycles and foster more fulfilling connections.



*** Future Possibilities** – While tarot doesn't predict a fixed future, it can explore potential outcomes based on your current choices and energies. A reading can illuminate likely paths for your love life, giving you guidance on the decisions and actions that may bring the most positive results.

*** Self-Love and Personal Growth** – Love starts from within, and tarot readings often highlight the importance of nurturing your own emotional well-being. Insights from a reading can show you how to strengthen your self-confidence, recognise your worth, and prepare emotionally for deeper connections.

By exploring these areas in a tarot reading, you gain a holistic understanding of your love life—so you can navigate relationships with clarity, confidence, and a stronger sense of self-awareness.

Preparing For a Love-Focused Tarot Reading

Preparing for your tarot reading can let you get the most meaningful and actionable insights. By approaching the session with clarity and intention, you create the space for guidance that resonates with your heart and your unique situation.

www.psychiclight.com/a-useful-guide-to-making-the-most-of-your-tarot-reading/

*** Reflect on your current situation** – Consider your feelings, experiences, and challenges in your love life. Understanding your own emotions and patterns lets the reading provide focused guidance.

*** Decide on your questions** – Take a moment to write down the questions you most want answers to. Prioritising your concerns ensures the reading addresses what matters most to you.

Some examples of questions you might consider include:

- Are we meant to be together?
- Is this connection real or temporary?
- How can I heal from my past relationship(s)?
- Does my partner really love me?
- Is this relationship going to last?
- Why did they leave me?

*** Clear your mind** – Try to enter the session with a calm and open mindset. Relaxation techniques such as deep breathing, meditation, or journaling beforehand can assist you in being receptive to the insights.

*** Be honest and open** – Share your feelings with the tarot reader. Openness allows the reading to reflect your reality and provide guidance tailored to you. It's also valuable to leave room for open-ended exploration. Instead of asking for simple yes-or-no answers, consider framing questions that invite reflection and deeper insight.

*** Stay receptive, not attached** – While it's natural to hope for specific answers, allow the reading to reveal guidance you might not have expected. Sometimes the most valuable messages are those that encourage reflection and growth rather than provide straightforward answers.

Interpreting Your Tarot Reading and Taking Action

Once your tarot reading is complete, the insights you receive can be powerful tools for understanding your love life, but their real value comes from reflection and action. Take time to consider what each card or insight means in the context of your situation, perhaps journaling your thoughts and feelings to clarify patterns or hidden influences.

Pay attention to how the reading resonates with your emotions, noticing any feelings or situations it illuminates. Tarot often highlights areas for personal growth, communication, or decision-making, and you can use these insights to make intentional choices in your relationships. It's important not to rush to conclusions, as a reading is a guide rather than a fixed prediction.

Think of it as a mirror, revealing both your desires and potential obstacles, and allowing you to better understand your role in your love life so that your choices can create the outcomes you want. By reflecting on your reading and integrating its messages into your actions, you can transform insights into meaningful steps toward healthier, more fulfilling relationships.

Discover Your Love Path with a Tarot Reading

Gain clarity, insight, and guidance for your love life with a personalised tarot reading at Psychic Light. Our gifted readers can explore your relationships, let you understand patterns, and uncover the opportunities and challenges that lie ahead.

Whether you're seeking answers about a current relationship, healing from past experiences, or wanting insight into future possibilities, a tarot reading can provide perspective and empower you to make decisions that feel right for you.

Browse our available readers and connect with someone who can guide you on your journey toward love, growth, and emotional clarity.

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LET ARCHANGEL JOPHIEL GUIDE YOUR CREATIVITY THIS SUMMER



Do you consider yourself a creative person? Creativity isn't just about the arts and the crafts. It can be so much more than that, maybe you love to arrange your home and interior décor really lights your fire. It could be you are somewhat of an artist in front of the mirror, whether that is curating clothes, make-up or hair. Or for some creativity can be found in cooking, gardening, baking and more.

Creative Passion

Whether you have already found your passion, or if you are looking for some inspiration on the creativity front this summer, then why not turn to Archangel Jophiel. Her colour is a bright sun-shiny yellow. So, you could start by creating a small altar as a homage to this angel somewhere in your home or garden. It might be as simple as some cut flowers, a plant with a yellow flower, a candle and/or a crystal.

Beauty of God

Jophiel's name is interpreted as 'Beauty of God', and she has long been seen as useful to those nurturing creative careers like writing, acting or teaching, as well as those perusing creative pastimes. Her job is to transmit the thought of God to our minds, in the form of inspiration. So, we can co-create Divine inspired forms of beauty and art-works. Some will want to reach a level of mastery in their chosen craft, whereas others will just want to have fun and balance daily life – that may not allow for such creativity. Both are fine pursuits!

On a daily basis, it is great to ask Archangel Jophiel for inspiration, clarity, wisdom, intelligence, knowledge, illumination and insights. If you are finding that your creative endeavour is feeling blocked, maybe you are struggling to write, or a piece of knitting has long been abandoned, then ask Jophiel to let you overcome these negative energies as you go to sleep.

Angel of Inspiration

Think of Archangel Jophiel as your Angel of Inspiration, breathe in deeply as you communicate with her and the wider world. Ask for fresh perspective, new ideas and creative energy to abound. These conversations are very often enhanced if they take place in nature. As you breathe in deeply, it is so much easier to transport yourself to a place of calm and creativity if you focus on the trees, the grass, bird song, flowers, animals or even the stars if it is evening time. You might just be amazed at what perceptions and richness of ideas are waiting for you!

Go Forth & Be Creative!

When Archangel Jophiel is with you, it is likely that you will feel like you are basking in a golden hue of sunlight. Sensations may come to the fore, and you may feel a light tingling on your skin. Allow yourself to feel joy, maybe a happy memory or favourite place pops into your mind. Take in all of the tranquillity and inner-peace the moments offer. Then thank Jophiel for her visit and inspiration – then harness all of the creativity you have summoned and go and have fun!

Reader Profile

John

PIN: 5152



*A Life
Devoted to Spirit*

John is a **spiritual medium, psychic, healer and advisor** with over eleven years of experience working closely with spirit. From a very early age, he was aware of his natural gift, although he did not fully begin developing it until his early thirties, following a profound near-death experience that changed the direction of his life.

Since then, he has dedicated himself fully to spiritual work, serving as a **Reverend** and working in spiritual churches and halls across the United Kingdom and internationally. In this role, he not only officiates weddings and funerals, but also provides ongoing psychic guidance and emotional support, particularly for those experiencing grief and loss.

Guidance, Healing and Teaching

John is often called upon to act as a spiritual counsellor, assisting individuals navigating difficult periods in their lives. His readings aim to bring comfort, reassurance and clarity, especially when people feel uncertain or "stuck" in their circumstances.

He also runs workshops and teaching sessions designed to support others who wish to develop their own spiritual gifts. Through these, he encourages a deeper understanding of how to connect with higher energies in a safe and grounded way. His work is supported by a strong spiritual connection, including his main guide, who he describes as a Native American Indian presence.

In readings, John may use **Tarot or Angel cards** to gain insight into a person's life path. He also tunes into energy, emotion and vibration, which he uses to connect with both clients and their loved ones in spirit. Messages often include personal details, memories and reassurance that those who have passed are still present in spirit.

With permission, he may also offer **healing energy** during sessions, to aid restoring calm and emotional balance.

Philosophy and Approach

John's philosophy is rooted in the belief that life is a continuous learning journey: we come into this world to grow, and we leave it having gained further understanding. He believes that even in the most difficult times, there is always hope and **"light at the end of the tunnel"**.

His spirit guide shares the belief that in the spirit world there is no pain or suffering, only unity and peace. This shapes John's approach, reinforcing his belief in love, connection and continuity beyond physical life. Known for his calm, non-judgemental manner, John is believed in, by many clients who return for his grounded, compassionate and insightful readings.



Duality is Balance

Part 1
in a 3 part series

In this article, Adele would like to talk about duality, the shadow, and renewed perspectives. We all live in a dualistic world; duality isn't conflict—it is coexistence. Duality is a beautiful gift to those who embody it.

To know oneself is to hold both the reflection and the flame, the silence and the scream, the shadow and the light—and to wear both with power.

Yin and Yang

A symbol of duality. Perhaps the most famous representation of duality is the Taoist symbol of yin and yang. This ancient Chinese philosophy illustrates how seemingly opposite forces are interconnected and interdependent.

The symbol shows:

- **Balance** – Each side contains a small part of the other, suggesting nothing is absolute.
- **Fluidity** – The curved line separating the two halves implies constant movement and change.
- **Wholeness** – Together, they form a complete circle representing unity and the totality of existence.

Words That Guide the Path

Adele would like to start with these quotes, which she feels do sum up what she is about to talk about.

- *"There are two mistakes one can make along the road to truth: not going all the way and not starting."* – Buddha
- *"Fear is a reaction. Courage is a decision."* – Winston Churchill
- *"There is no light without shadow, and no psychic wholeness without imperfection."* – Carl Jung

Embracing Life's Contrasts

Duality—embracing life's contrasts. In a world that often pushes us to choose sides, pick teams, and define ourselves by our differences, the concept of duality offers a refreshing perspective.



Duality is not only the coexistence of opposites, but also their interdependence. What is light without dark? What is sweet without sour? What is joy without sorrow? The very essence of one depends upon the existence of the other, creating a dynamic balance that enriches our lives and deepens our understanding of the world we live in.

Just look at day and night, dancing together in an endless dance, one never fully overpowering the other's beauty.

The Dance of Duality

A symphony of light and dark. Adele explains we are each made of light and darkness—we're not just one or the other. We're both. We're complex, multifaceted beings.

We cannot be all light or all dark—we would perish at either extreme. We are capable of boundless love and profound anger, of great courage and crushing fear.

We are each the bridge between these realms, dancing in harmony in this human existence of ours. The living embodiments of the cosmic dance that shapes the universe.

The energy of duality lets you feel at peace with your own inner duality. So you can live in balance, in oneness and harmony, and so that you may continue your path in a cosmic consciousness. It lets you discover life through enjoyment and play.

Moving Beyond Judgement

Duality isn't about being split; it's about the rich, often surprising interplay between two parts that, together, create a more complete picture.

By embracing our true nature—both light and dark—

we can become more whole, more authentic, and more powerful. We can learn to love ourselves, not just our light, but our dark too.



The portal to the New Earth is birthed within ourselves through neutralising our perception of "good and bad". Our mental understanding of the world is constructed from triggers and judgements.

To find balance, we must find our way to non-judgement and understand that darkness is not inherently bad or evil. It takes courage to go deep and look within.

Emotional Balance and Flow

Adele expresses that your emotions are fashioned by your beliefs about yourself. Incoherent feelings like anger and envy deplete your energy and indicate imbalance. The same goes the other way—too much light and you become unbalanced.

Wisdom reminds you to recognise your emotions as messengers, to listen to and honour them. With understanding, you can then master them so that your life flows.

Think of the artist who creates without guile, calling creativity up from their soul and bringing it to life without effort. You become like a river, knowing the fulfilment of your destiny is assured.

Your dreams begin to take shape, and you are invited to dance with destiny. You can then start to enjoy the journey.

Conclusion

Duality invites us into balance, into harmony, and into a deeper awareness of ourselves. When we stop resisting one side of our nature, we begin to experience life more fully.

By embracing both light and shadow, we step into wholeness—and from that place, everything begins to flow.

Written by Adele, PIN: 3622

Please come back for parts 2 & 3 in the July and August editions of Free Spirit.





Emily Blunt Steps into the Unknown

With the UK release of *Disclosure Day* landing on 12th June, Emily Blunt returns to the big screen in a role that feels both timely and quietly unsettling. Known for her ability to balance strength with vulnerability, Blunt takes on a story centred around truth, secrecy, and the moment everything changes.

In *Disclosure Day*, she plays a woman drawn into a chain of events that challenges not only what she believes, but what she's willing to uncover. It's a premise that leans into tension rather than spectacle, making it a compelling watch for audiences who enjoy drama with emotional depth.

A Story Built on Secrets

At its heart, the film explores what happens when hidden truths begin to surface. Blunt's character is forced to confront long-buried realities, raising questions about trust, perception, and the cost of knowing too much.

As the mystery deepens, subtle clues begin to point beyond the ordinary. Strange markings appearing in remote locations, reminiscent of crop circles, raising questions that no one can easily answer. While never fully spelled out, the film hints at the possibility of

intelligence beyond our world, and whether certain truths have been deliberately concealed. This suggestion of a wider, hidden reality adds an extra layer of tension, as whispers of a government cover-up begin to surface, leaving her character caught between disbelief and a growing sense that something far bigger is at play.

Speaking about the role in recent interviews, Blunt has hinted at the emotional pull of the story, noting that she was drawn to "the complexity of a woman trying to hold everything together while the ground shifts beneath her." That sense of instability runs throughout the film, giving it a relatable edge beneath the suspense.

Why This Role Feels Different

Blunt has built a career on varied performances, but this project marks a return to something more intimate. Rather than action-driven storytelling, *Disclosure Day* focuses on internal conflict, something many viewers will recognise in their own lives.

"There's a quiet intensity to it," she has said. "It's not about what you see straight away—it's about what's revealed over time." That idea of gradual revelation gives the film a slow-burn appeal, inviting audiences to question what they would do in the same situation.

A Strong Supporting Cast

Blunt isn't carrying the story alone. *Disclosure Day* is backed by a carefully chosen cast that adds depth and tension to every scene. While she remains the emotional centre, her co-stars bring contrasting energies, some offering support, others introducing doubt and ambiguity. This dynamic helps build the film's underlying sense of unease, as relationships shift and loyalties are tested. Early buzz suggests the cast's chemistry plays a key role in making the story feel grounded, giving weight to the moments where everything begins to unravel.

A Perfect Fit for Early Summer Viewing

With *Disclosure Day*, Emily Blunt once again proves why she remains one of the most compelling actresses of her generation. It's a film that invites reflection as much as it delivers drama, reminding us that sometimes, the most powerful stories are the ones that feel closest to home.

For many, it will be less about the twists themselves and more about the emotional journey, how we respond when faced with truths we didn't expect, and whether some things are better left undiscovered!

Film image courtesy of Universal Pictures

When We Don't Realise We Are Ready to Open a New Door!

Changes in life, whether big or small, don't typically change all at once. More likely there is a quiet shift and a gradual move towards something different. Maybe an opportunity was almost ignored, it could be a conversation that needed to be had didn't quite happen, or you might just be feeling the beginnings of discomfort – but can't quite put your finger on what's wrong.

When we look back, it is often easier to see when things started to shift. You were probably drawn to new people or places, started feeling a little restless, started asking yourself the hard questions.

Hindsight is a wonderful thing, but in the moment these subtle shifts are easy to miss, they are not dramatic, but after the fact, you can see they were the beginning of possibly exploring opening new doors, so to speak.

Have You Felt a Quiet Pull Towards Change?

Some opportunities or changes come with uncertainty, and as such we are naturally hesitant, and we may weigh our options and come down on the safer side of staying as we are. We usually say things like, "it's not the right time", "I can't afford it right now", "I've got to put xxx first at the moment", "it's just not practical" and so on...

The thing is, our intuition very rarely shouts, more often it is a whisper of what might be. As such, initially it is very easy to push down the feelings and thoughts and reason that we should be happy with the status quo.

But, over time, dreams that refuse to fade, have a way of rising back up. It could be moving house, changing job, switching career, spending more time at home, having another child, taking up a hobby, finding love – the difficulty is that whatever the dream, if we wait until we are completely comfortable, confident and that we feel the timing is right, opportunities may just be passing us by.

Could One Small Step Change Everything?

Many of us probably believe, or tell ourselves, that transformation in any form, begins with making a big impactful decision, or making a significant change. In reality, that is rarely true. Very often, change comes from making a series of small decisions, and step by step they lead to something more. Start by saying yes, instead of no and see if these moments lead to new life paths for you.

Remember that new chapters will unlikely come with a big brass band announcement, so look out for doors to open, and keys to unlock a new situation.

Timing is Significant

It is important to recognise that there can be a difference between fear of the unknown, and genuine fear that might come from an opportunity truly not being right for you, or it being a door that shouldn't be opened immediately. In this scenario, if we truly listened to our intuition, the chances are we know the answer already.

As you move through this summer, look out for an unexpected key to drop into your hands, maybe it will just open the door to something that changes everything!





Celebrate the Power of a Dual Celebration: Summer Solstice & Father's Day

This year the calendar gifts us a powerful alignment, on Sunday the 21st June 2026, the UK experiences Summer Solstice, which is of course, the moment the sun reaches its highest point, and floods our lives with peak masculine solar energy. On the same day, this year we also celebrate Father's Day, a time dedicated to the male, paternal figures in our lives.

Why not treat this event, less as coincidence and more a spiritual invitation to explore the sometimes-delicate dance between the sacred masculine energy (The Sun) and the divine feminine energy (the Earth).

The Dance of Fire and Flora
You may hear the Summer Solstice referred to as Litha or the Festival of Attainment. Representing action, visibility, protection, and vitality. Spring Equinox (feminine) is very often about the planting of the season, the seed beneath the soil if you will. Then the Summer Solstice (masculine) is a celebration of the accumulation of what that previous hard work has brought forth – a



triumph of the bloom, if you like.

You only have to look at our countryside, parks and gardens to witness how lush and receptive The Earth is during Midsummer. The Sun (male energy) is at its most forceful, and the landscape (feminine energy) is at its most fertile and is fully in bloom. As we move into the Solstice period, to truly celebrate we must find the spiritual balance between these two energies and how we interact together, whether that is in gardening or life!

Balancing the "Doing" and the "Being"

When we are embracing our masculine energy, we have a drive to protect, to achieve and to push our light out into the world, psychically speaking. Our feminine energy on the other hand wants to nurture people and things in nature, to have a period of carefree time, and just being. A quiet period to receive intuition, and be more in the moment.

If these two sets of energies are out of sync with each other, we can feel it. To much 'doing' (solar energy) can



lead to feelings of stress and burnout, but on the other hand too much 'being' (lunar energy) can lead to feelings of stagnation.

This Summer Solstice/Father's Day is the perfect time to recalibrate – how can you use your masculine strength to protect your feminine peace?

A Solstice Alignment Ritual

To honour both the Father Sun and the Mother Earth this Solstice, try this simple grounding practice:

1. Morning Solar Charge

Spend ten minutes in the morning sun. Feel the warmth on your skin and visualise it recharging your Solar Plexus chakra - your centre of will and identity. Say out loud your favourite affirmation, for example: "I am strong, I am visible, and I am capable."

2. Afternoon Earthly Grace

Walk barefoot on the grass or sit quietly in a garden. Feel the receptive energy of the Earth supporting you.

Again, choose an affirmation, or try something like this: "I am held, I am nourished, and I am worthy of rest."

The Psychic Insight

If you have a psychic telephone reading during the Solstice week, or perhaps you draw Tarot cards at home, you may find themes of "legacy" and "boundaries" arising. The Solstice energy may act as a cosmic spotlight, highlighting where we have been too rigid, and where we have lacked the structure to grow.

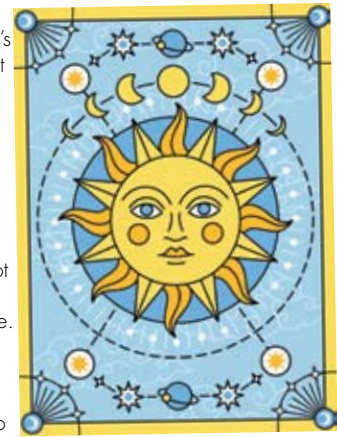
By embracing Father's Day and Summer Solstice through a more spiritual lens, we can choose to celebrate more than simple cards and gifts (although these are nice too). And can choose to heal our relationship with power, influence and strength, allowing our inner light to shine through without scorching the very garden we are trying to grow!

If you want to try to identify how to bridge the "Solar" (Action) and "Earthy" (Receptive) energies present

during the 2026 Solstice and Father's Day. Then, why not try a 3-card Tarot Spread.

The Father Sun & Mother Earth Spread

To perform this reading, find a spot where the sunlight hits your workspace. If you can, place a sun-inspired card like The Sun or a sunflower nearby to anchor the energy.



Card 1: The Solar Crown (The Masculine Drive)

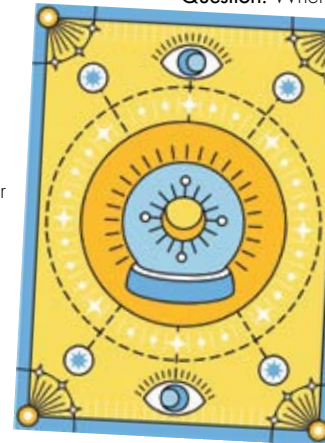
Question: Where in my life is my "Inner Father" or solar energy currently strongest?

Insight: This card represents your current capacity for action, protection, and outward visibility. It shows you what you are ready to "harvest" or where your strength is most needed.

Card 2: The Fertile Earth (The Feminine Bloom)

Question: What internal growth or "feminine" wisdom needs my quiet attention right now?

Insight: This card reveals what is blossoming beneath the surface. It represents your intuition and your need for rest, even while the world around you is at its peak activity.



Card 3: The Midsummer Bridge (The Harmoniser)

Question: How can I balance my drive for success with my need for spiritual peace?

Insight: This is your "Advice" card. It offers a practical way to integrate these two forces so you can honour your responsibilities (Father Sun) without neglecting your soul (Mother Earth).



Astrology

With our expert:

Chrystalyte

Welcome to Free Spirit's in-depth horoscopes for June 2026



The Sun in Gemini for most of the month adds an airy freedom, supporting good connections locally. There may also be new learning and creative opportunities suddenly on offer. Leisure wise, if there's no holiday abroad in sight, a staycation or days out could still turn out to be satisfying despite any limited options. Mars in Taurus until around month's end suggests some bullying tactics may be in operation. Remember you can choose what you believe; people can have different versions of 'the truth' and fairness also has its place.



Mars continues in Taurus until June 29th, providing a good, long opportunity to attend to matters of a practical nature that have been outstanding. Whilst Taurus often likes to be thorough, and can even procrastinate at times, this focus is about feeling more energised and able to be spontaneous. There is a risk of overdoing though, of lacking preparation or not taking enough care with something – any of which could mean you need to build in extra time for rest and recovery! Remember you don't have to go it alone.



Mercury enters Cancer, the sign of the crab, at the start of June and stays there for the entirety. It's a clear indication of life slowing down in some ways, perhaps because there are family issues or domestic projects to handle. Or even just a case of your needing some down time after a busy patch! This planet will go retrograde on the 30th, so expect plans to develop in something like a zig zag fashion rather than run as smooth as silk! There will be reasons for any delays.



Life may feel a little rocky around Venus's opposition to the Capricorn Moon on the 2nd, and squaring an Aries Moon on the 11th. But take heart because things look to ease up towards mid-month, at least after a healing moment around the 13th. Perhaps an old wound is tapped into, so be aware of the need for self-nurturing over the first few weeks. A link with Uranus could bring a nice surprise, opportunity or fortuitous departure around the 15th. And Neptune pours balm on a situation from the 17th.



A quiet patch may be no bad thing in June's first week. Things likely hot up a little with Pluto linking to the go-ahead Aries Moon on the 9th, urging you to take the initiative to open something up – a door, a conversation, etc... If something feels like a can of worms as the days tick by, remember you can also put the lid on that proverbial situation! Pluto's opposition with Venus around the 17th points to a confrontation, which may make you question a commitment. You do have choices!



The Capricorn Moon opposing Jupiter might make June's first week seem challenging but remember that any small blot on the horizon doesn't define the whole picture. Things look particularly brighter just after midmonth, though it might be worth considering if one project has reached its conclusion. It's worth rising to a challenge around the 21st, even if your first attempt doesn't end up as expected; smart and courageous initiatives can pay off further down the line. Prepare for a sea change around the 30th when Jupiter heads into Leo.



The full Moon in Capricorn on June 30th offers incentives to reduce obligations down or ask for more support, depending on what feels the most meaningful. Any growth phase may have been wonderful for opening new vistas. But when you've had enough it's time to do the equivalent of scuttling back under the protective shade of a rock, as is the nature of the crab that goes with the sign of Cancer! Besides, you may just need to conserve resources more, to be able to focus in on something central.



Putting the brakes on could be helpful in early June, when Saturn links with the Sun in Gemini and it's not clear how far resources can stretch. Or how much time you'll need for a particular enterprise. Things could seem to come easily to others around you, which might drive some envy, initially. But something worth struggling for promises to bring greater rewards, overall. Besides, you may be motivated differently, which should not be overlooked. The Sun in Cancer from the 21st illuminates home life and family situations.



The month begins with a healing prompt, perhaps through a conversation opportunity. Mercury moving into Cancer then places a focus closest to home, with options to make things happen on that front. Family connections may increase but it's at least partly up to you to decide where limits should be set. It could be easy to doubt yourself when Mercury squares Neptune and Saturn on the 4th and 10th, respectively; trust your heart, whilst aiming to keep your feet firmly on the ground and you can't go too far wrong!



A new Moon in Gemini prompts to keep hold of a dream, whilst being realistic about who/what can support it. A full Moon in Capricorn on June 30th suggests you're working up to something and making progress, but must judge when enough is enough. The Moon in Cancer around mid-month makes it easier to recognise what feels good. But a Neptune connection warns not to see a situation purely through rose-tinted glasses. Jupiter in Cancer marks the 17th out as special, so make the most of any spate of good vibes!



The Moon in Aquarius from the 4th makes June's first week supportive, especially if you are open to new ideas and opportunities. Go all out to make fresh connections and follow up on instincts about any trend you see developing. You can manage to oust some junk from your life through greater clarity about what's not working or supportive. Trust your own vision around the 13th when the Moon appears in the line of Uranus's path. You have 20/20 vision over something which not everyone can see so clearly.



Someone older or in a position of greater authority may put a challenge your way early in the month when Neptune squares up to the Moon in Capricorn. If you consider that you may have something to learn from the situation, you might be able to raise your own bar. Mercury soon adds to the mix, suggesting a family member or domestic situation will also demand attention. Just because something or someone initially stands in the way of progress it's not a signal to give up. Prepare to fight harder!

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