

Let's get started with the Aries Full Moon. October kicks off with a Full Moon in Aries on the 1st, and emotions can motivate you, help you finalize plans for new beginnings, or see the end of the beginning. Mars is retrograde in Aries though, and this Full Moon might stir up some major frustrations. Have a healthy outlet.

Aries can feel this Full Moon strongest, so give a proper outlet to release your energy. That's likely going to be the most important thing for you. Without an outlet, you may blow up at the worst moments, so you want to avoid that.

Taurus can feel more drained with this Full Moon, so give yourself some breaks. Avoid taking on too much, otherwise you may break down. This can be a good time to get time alone and get some rest.

Gemini may want to push outside of your comfort zone, and can feel frustrated if you're being boxed in. Resist the urge to rebel. Find ways to be unconventional without being irrational and impulsive.

Cancer can work harder at goals you feel have been pushed back lately, but you may work yourself too hard. Remember that you're only human. Focus on staying the course and work on improving your plans.

Leo may want more space from others and feel like the walls are closing in on you. Take a breather, but don't push away too much,

otherwise it may be hard to close the distance later. Try learning or teaching as a way of expanding your mind.

Virgo may be wrapped up in some deeper issues, and pessimism can take over. Let some light in. Work to solve problems and transform issues that could benefit from new life.

Libra can give more attention to the people in your life, but you need to make sure that you're not ignoring yourself completely. This just throws you off. Try to maintain balance, and you can maintain emotional stability.

Scorpio may have a lot to get done, but you may be tempted to take on too much and stress yourself out. Prioritize the most important tasks and make room for breaks. You can get everything else done later.

Sagittarius can feel extra creative, and that can be a good outlet for you. But you may have little patience or focus for anything important, so you have to work harder at being disciplined. You may also want to work on your connection to your heart.

Capricorn may be wrapped up in emotion and feel extra sensitive. Try to avoid being overly subjective, and acknowledge the facts in front of you. Give yourself emotional support, and you may have an easier time.

Aquarius may have a lot of thoughts flying through your head, and this can lead you to feel anxious and worried. Give your mind something productive to focus on. Let it have an outlet to use up the energy.

Pisces can slow things down right now, which may be a good thing, but you can also get stuck more easily, so don't slow down too much. Take time to ground yourself. If you're feeling uncertain, it may be insecurity, so focus on improving confidence.

Next, let's review Black Moon Lilith this week. Black Moon Lilith is in Aries, and is just coming off of a square to Saturn direct, which was September 28th. This might make Lilith's energy more stifled right now, and we have more difficulty taking a stand the way we want, speaking up about something important, or holding steady. It might feel like someone or something or some situation is holding us back.

Lilith trined Venus on September 30th, and this does try to smooth things. We can be more respectful in our relationships and dealings with others, more fair and just, and try to make everything more equal.

Lilith is at 27 to 28 degrees in Aries, so aspects are felt at 27 to 28 degrees at the moment.

Finally, let's cover White Moon Selena this week. White Moon Selena is in Scorpio, and is just coming off of a trine to Neptune in Pisces, which

was exact on September 28th. This helps to bring stronger intuitive energy right now, and intuition can help guide us through uncertainty if we give it the trust and recognition it deserves. The Mars retrograde might make us question gut instincts, but Selena gives us a little boost. Trust in Selena. This aspect is in effect until about October 10th.

Selena is at 19 to 20 degrees in Scorpio, so aspects are felt at 19 to 20 degrees at the moment.