

Scorpio

October 23 - November 22



Sun season + Full Moon

Yoga illustrators.



My passion and my presence are my gifts



Scorpio

Period: Oct. 23 - Nov. 22

Mode: Fixed

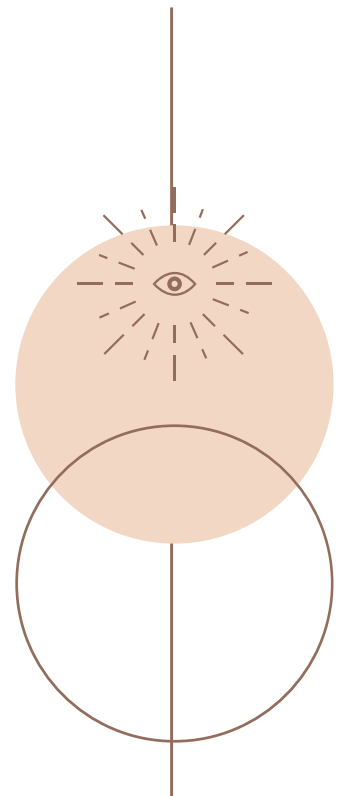
Element: Water

Ruling Planets: Mars and Pluto

House: Eighth

Polarity: Negative

Genre: Feminine



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Scorpio Season

Nourish deep awakenings.

If you have ever known a Scorpio, you've experienced their intensity! So when the Sun enters Scorpio, we won't be doing anything halfway.

This season, we will want to give our all to any situation or experience that comes our way. We will feel it in its entirety. We will enjoy and embrace our surroundings with all our *heart* and *soul*.

While many people talk negatively about Scorpio's reputation, she actually has a heart of gold and a mind full of wonderment.

Scorpios gained a lot of popularity from their personalities & intensity. They even have their own acronym that is both convenient and well known.

- **Secretive** – Scorpios enjoy keeping their own secrets and discovering the secrets of others.
- **Complex** – There's more than meets the eye about this water sign.
- **Observant** – You can try to hide something from a Scorpio, but they'll always figure you out.
- **Romantic** – Scorpios love with all their heart, and they aren't afraid to show it.
- **Psychic** – Scorpios are extremely tuned in to the energies around them.
- **Intense** – As a Fixed sign, Scorpios are fairly extreme when it comes to their emotions and beliefs.
- **Obsessive** – This can be both positive and negative. A Scorpio will never rest until they feel the job is done.

Scorpio is like an investigative journalist. She will dig deep, at any cost, to find the answers- almost to an obsessive level. This can be a blessing and a curse for us this season.

Scorpio's connection to the 8th house of transformation, its intensity and desire for the truth, makes Scorpio season an excellent time for facing our inner demons and doing some healing shadow work.

We've heard that word thrown out a few times before. What *is* shadow work?

The *shadow* is a psychological term for everything we can't see within ourselves. Social media has been a huge contender in only advertising the neat, pretty and perfection in our society. Our houses; clean with nothing out of place. Our lives; perfect and without problem.

But what has it done to our minds?

One thing our Collective Conscious is becoming aware of is shadow work. In nature, we see duality as a necessary event. Every season has a important job to Mother Earth thriving. Every creature, every plant has a small job to do to keep the world spinning. The same can be said for humans, all of our seasons are necessary to thrive in our environment.

Shadow work is important to move forward, forgive and lead us to a healthier mindset. And a healthier mindset can open doors to new opportunities and possibilities.

If there are any traits or behaviors that we've been trying to suppress or avoid, this is the season to pay them some attention and embrace them. Avoiding certain parts of ourselves will only make these aspects more prominent in the end.

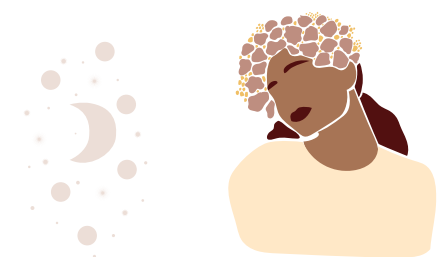
When we thrive in Scorpio season, we have more drive and a longer attention span. This makes it easier to focus on things and follow through on projects.

Scorpio season is the time to shed the light on the darkest, most hidden spots of our minds as we will finally be able to heal ourselves. Scorpio is a creature of darkness, she will make it easier to navigate these waters.

With Scorpio shedding light on our shadows, we can get overwhelmed by it. Its normal to have BIG, over the top emotions. It's also really importantly to have a healthy outlet for our larger than life emotions.

Since Scorpio s are naturally creative , an artistic outlet is highly favorable during this season. Enjoying our favorite hobbies and yoga workouts are our staple outlets for when our emotions get the better of us.

Scorpio's association with the Root Chakra means we should incorporate yoga flows that have grounding energy to enhance the season. It's another healing outlet to begin the journey of shadow work.





Energetic anatomy

So Scorpio season can seem a bit crazy, deep and scary, right?

Scorpio is mainly ruled by the solar plexus chakra, the Manipura, located in our stomach area. If flowing properly, Manipura is responsible for our self esteem, willpower and confidence. Scorpio also operates in the sacral, heart & crown chakras energies as well.

We know our solar plexus is blocked or out of balance by common physical cues like gastric or digestion issues or feelings of shame. It can be unblocked and balanced by acknowledging our true identity and our will power to choose.

We know Scorpio's themes are dark. So it makes sense that she's associated with the 8th Zodiac House. The house of sex, death & rebirth.

Yes, that's right. All the things that make us uncomfortable enough to run for the hills. As I said before, Scorpions are known for their intensity and we are stepping into Her house now!

This season we will dive deep into our sexuality. What parts of our sexuality need healing? What parts of our own sexuality can be celebrated? Like death, it's a necessary part of life.

We will question death. What chapters need ending? What routines need changed? Being present and honest with ourselves, what just isn't serving us anymore?

How can we harness all this energy for Scorpio season?

Energetically, Scorpio operates from our sacral, solar plexus, heart and crown chakras, activating an intensity to create with fierce passion and knowing.

If you need a physical representation for balancing your chakras; amethyst, obsidian and aquamarine.

These will work well paired with Scorpio.

The best thing about crystals are we really don't have to do anything to harness it's energy. Simply placing it on a desk can activate it. Others love having physical contact with their crystals by holding it in their hands or placing them on the body area associated with the Chakras.

Redirecting and refreshing our yogic anatomy and yoga flows will be a main focus as it is a loving way to connect to the body, activate and align our chakras and honor the present Zodiac season.

Being Scorpio season, our yoga flows may initiate an emotional response. It's completely normal and encouraged.

Heal the inner to help the outer.

It would help to engage our Mula Bandha, which involves contracting the perineum muscles inward, then lifting them upward to hold energy.

Adding bridge pose and shoulder stands to our routines will help the energy flow and stimulate the pelvic and urogenital organs. This action activates sexual energy. Emotions will be high if restless traumatic energy has not had the chance to heal. This is the time to take control and begin our journey to healing.

No one is going to do the shadow work for us, take advantage of Scorpio season!



Physical body

Scorpio rules the reproductive system, sex organs, bowels, and excretory system.

We all have learned from science that each system has an important function to keep the body going as a whole.

Scorpio, solar plexus, the 8th zodiac house all come to play the same game here. The goal is simple. The journey is not. Heal the inner to help the outer.

So how can we embody this Scorpion theme?

Taking care of our bodies from the inside out, of course. Eating and drinking intentionally, exercising and finding healthy outlets will help us on our journey to becoming our best selves. Taking care will open the door to healing and finding out the best versions of ourselves!

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Affirmations

Affirmations are like mantras: they are powerful tools to control our minds. The spiritual meaning of each mantra is planted like a seed in our inner soul. Each time we focus on repeating a mantra or an affirmation, we give water and light to our inner seeds to encourage them to flower one day.

The Scorpio season is a powerful season to connect with your inner truth and understand your inner dialogue. By feeling comfortable within your own body, you are building your temple.



I am more than a human being: I am a loving being.



I am on the right path.



My dreams are accessible.



I deliberately choose the feelings I want to generate.

Affirmations



Create your own affirmations for this season and repeat it until the next astrological season.

A large, empty rectangular box with a light beige background, intended for writing affirmations.

A recipe for Scorpio season

As Scorpio season is known for being passionate, intense but with a bit of a dark side, this rich cacao vegan brownie is a perfect match!

Ingredients you will need

- 1 cup virgin coconut oil
- 1 cup vegetable milk
- 1 teaspoon vanilla extract
- 2 cups raw sugar
- 2 cups all-purpose flour
- $\frac{3}{4}$ cup unsweetened cocoa powder
- 1 teaspoon baking powder
- 1 teaspoon sea salt

Instructions

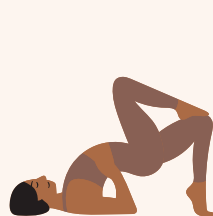
- Preheat oven to 350 degrees F (175 degrees C)
- Place the coconut oil in a microwave-safe bowl and heat it about 1 minute.
- Mix it with your favorite non-dairy milk alternative milk and vanilla extract.
- Mix sugar, flour, cocoa powder, baking powder, and sea salt together in a large bowl.
- Pour in the coconut oil and milk mixture.
- Mix everything until batter is thick and blended.
- Spread batter into a baking dish.
- Bake in the preheated oven for 25 to 30 minutes.
- Let cool for 15 minutes before cutting into squares and enjoy!



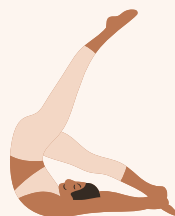
Scorpio Yoga Flow



During the Scorpio season, your yoga practice can be centered around engaging your Mula Bandha which involves contracting the perineum muscles inward, then lifting them upward to hold energy.



Bridge pose



Shoulderstand