

# DECEMBER

workbook 2022



Wow, we made it!

The end of 2022.. What a huge year it's been! AND we are about to go into our final season together, the Solstice season, the cycle of celebration!!

This haven has been such an anchor in these turbulent times and I honour each and every one of you for your courage, bravery, honesty and showing up authentically!! Also thank you for holding me when I needed it too. This year has thrown some interesting curve balls, where I've really had to stop & surrender.

We have all had to surrender LOTS this year and if we didn't, we were forced to.

The December teaching video will be a short one to infuse you with some of the potent energy I want to share. I've had incredible transmissions coming through for December so be sure to watch. Also, the Nodes part 2 video/notes are up in the portal too, this is the December lesson.

Over the last few months together be sure to watch any teaching video you would like, as in February, like the mandala, it will all be blown into the ethers.

December is a time of reflection to see what's unfolded, a time to release, to review the year you've had. If you did the work, you can see how far you've come!

As you know, nothing changes if nothing changes and if you committed to your own growth and evolution this year, you may feel exhausted yes, but you will feel liberated!!!

The Universe rewards us when we show up and put in the work. Consistency is key! Hence this 12 month container! So bravo for sticking it out. It's easy to tap out and get too busy in life, yet it's by actually committing and day by day living from that place of awareness that the bigger shifts happen! The next few years, as you know, are going to be EXPONENTIAL, so facing yourself is so important! This is the work that I endeavour to continue to hold and support people in over these next few years in this EE container!

In our daily doings, we become enlightened. In the daily tasks is the sacred work.



Key dates in December darlings,

4th - Neptune direct

7th - Mercury moves into Capricorn

8th - Full Moon in Gemini 16 degrees

10th - Venus moves into capricorn

14th - Sun square Neptune

15th - Grand Earth trine

21st - Jupiter into Aries

22nd - Sun moves into Capricorn/ Summer Solstice

23rd - New Moon in Capricorn 1 degree/ Chiron direct

29th - Mercury retrograde 24 degrees Capricorn

As I shared in the FB group earlier, don't allow yourself to be distracted or too "busy" this month. See if you can change the narrative and come from a place of ease, joy, and peace.

There is seriously nothing worth being so rushed and busy for, nothing!

Spend time with people you love, in nature, with yourself.

If you don't have "time", make time. Busy is a choice, choose something different!

Choose your nervous system over people pleasing!

You will thank me later if you do, I promise!

Don't over commit, over relax! Hahaha

I invite you to just be present, wherever you find yourself, be fully there.

If it's too noisy, step back.

If you have too much to do, delegate and ask for help.

If you are stressed, breathe.

Prioritise! What's really important?

December and January EE are gentle & integrative.

Stay engaged, yes, but also relax. Choose joy!



You are here now, the only place you need to be.

Our mental health is more important than anything else.

Choose where you place your energy this month.

Use this month to look back at your last cycle, from your Spring Equinox spread, see what's evolved and unfolded! And then get prepared for your next cycle and final cycle of the astrological year. From Solstice to Equinox in March of 2023. And FUCK, March next year is next level on steroids!!!

We have the FINAL Full Moon of the year on the 8th!

It's a volatile one!

In Gemini so encouraging communication, clearing mental debris, like close all those tabs down baby! Write all the shit you want to release and burn it!

Maybe it's letters to people, words that have been unspoken.

Say them, don't project though, this Full Moon may strike like a snake tongue!

If you have any Mutable planets at around 16 degrees you will be right in this Full Moon. Mars AND the Full Moon are both at 16 degrees Gemini! Kapow!

What are you willing to release and FULLY let go of before you enter a new year??

You can do this on the 8th and continue doing a big energetic tidy up, clear out, yearly purge until the New Moon on the 23rd!

It's also a numerological 9 month, so the purge is real!

As usual check out your Sag house and Cap house to see what themes the Sun is illuminating for you!



## **SUMMER SOLSTICE - 22nd December 7.48am QLD time**

Welcome to our longest day and shortest night!

Welcome to the 00 degree point of the Cardinal Earth sign, Capricorn.

A new turn of the Medicine wheel.

A new season.

The Sun joins Mercury, Venus & Pluto- that Cap house is getting LIT!

As usual I encourage some time in nature, maybe a swim in the ocean to cleanse, but no matter what it's time to reflect back on this last season, Spring, and get ready to infuse more light as we enter Summer.

I feel it's nice to do an initiation at each of these 4 turns of the wheel, as we welcome a new season, check what season you are in.

Where is this next season of the Sun illuminating in your own chart?

Check your Capricorn, Aquarius and Pisces houses. These houses are your Summer Season!

Solstice represents CELEBRATION and HARVEST darlings!

Look back at your year and celebrate yourself!

What seeds have been sown and reaped?

Do you feel abundant & prosperous?

This is a day to relax, play and have some bloody fun!

Dance and spin!

Hold the sunlight in your hands, in your heart, fill yourself with vital life force energy!

We are celebrating the LIGHT today, and slowly we start to regain balance again!

Celebrate your light!

Light candles, REJOICE!

Use fire, burn sage, create a mandala or spiral from rocks or crystals.

Bow down.



It's a massive month ladies so carve out time for fun, pleasure and leisure.

Take regular breaks.

Be mindful of external tensions. Choose inner peace.

Be kind.

Spend time with people who are good for your mental health and who bring you joy.

Reflect on how far you've come this year or if you didn't do the work you intended to ask yourself why?

Have an honest conversation with yourself. If not now, when?

If you are still playing in the same stories and patterns this is a great time to be real! Work with the final Full Moon and lunation of 2022 to release it all, to let go and purge what you do not want to take with you into 2023 and as the New Moon in Capricorn strikes, be bold and ready to plant seeds of deliberate action for 2023!

Also, remember to do your Mercury retrograde spread, these offer so much insight

Write out your gratitudes. Write out your goodbyes!

Celebrate darlings,

So much Love, Tiarnie X



# TRACKING SUN

ASPECTS THE SUN MAKES



# TRACKING MOON

HOUSE & ASPECTS THE MOON MAKES





Season of the Sun & what house is the Sun  
illuminating for me in my chart?





# 2022 GRATITUDES

(What changed for you this year? Acknowledge yourself, write your gratitudes and thank yous)

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Tiarnie