

Increasing Our Inner Peace

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Welcome to the month of July 2026. Let your heart's mind travel down the river in my photo to feel and connect with the peace of healing. July is the month when the Sun is in the Sign of Cancer, a water sign that is connected to the color green. Green is a color of healing and the Sign of Cancer asks us

to find all the areas within us that need nurturing and healing. To do this, we must create a safe inner and outer space so that we can listen to our bodies.

Let's travel along the river in my photo in our heart's sight to help us find where we need to recharge and heal our physical bodies. As a water sign, Cancer helps us focus on how to care for, nourish and protect our bodies as well as those of all we care for and support. Cancer rules the Sign of motherhood. It reminds us that the mother within us has a need to help all those who are ready for our help. In addition to people, that includes our need to care for animals and plants. We are mothers to them all.

The Sign of Cancer is ruled by the Moon, which represents our emotions and is sensitive to all our feelings. In this time of major change it will be important for us to be aware of our emotions, as they often express themselves in our bodies. The Moon makes our emotions unconscious, so we feel them strongly but don't know what's causing them. That's why it's so important to learn about our Moon so we can identify the cause of our emotional reactions.

Cancer also rules the home, our outer home and a need to feel at home wherever we are. Feeling comfortable in ourselves supports that feeling of home. Our caring, nurturing nature helps us to feel at home with all people and in all places. We also have a need to feel calm, centered and peaceful and to help others feel that way too.

As we enjoy the month of July, may we find ways to be helpful in our caring for all. May we support and help all people move forward with love by living as an example of love. May we grow more loving every day and replace all our fears with the truth that all will be well in Divine Timing.

Love is why we are here.

Happy New July!

With Love and Light From Your Fellow Student of Life and Friend,

Susan