

## Aligned Advantage Live Zoom Chat 23 February 2023

11:04:24 From Kristen: None of us need make up. Beautiful as you are and Venus wants you to know that.

11:04:49 From Kristen: No make up needed. Do it if it's fun.

11:06:43 From April Sugarman: I wear a necklace with black tourmaline or elite shungite

11:07:11 From Cindy Coats: Oh gosh, I don't do anything... I just jump right in but I probably need to give thought to that!!

11:07:17 From Kellye Rowland: I can't wait to hear the practices cuz I def need some lol

11:07:30 From Tara Wilken: I put a bubble up normal day light bubble -bad or big days steel bubble

11:07:50 From Kristen: I have a Kristen's guide to Kristen for when I need to remind myself of who I am.

11:08:05 From Dana: me too! i just realized i absorb everything !

11:09:04 From Kellye Rowland: Thanks Tara!

11:11:21 From April Sugarman: One can do energetic healing sessions over zoom, so it makes sense that one could get energetically overwhelmed over zoom.

11:11:23 From Dana: I've heard himalayan salt bricks under your feet helps the in zoom! I haven't tried it yet ...

11:13:57 From Kellye Rowland: Ooooooh boy molasses walking

11:14:06 From Cindy Coats: I was WIDE awake most of the night of the new moon@

11:14:20 From Kellye Rowland: But today I'm on fire!! And yesterday! Aries moon 😊

11:14:41 From Dana: art !my puppy is so crazy i can turn camera of if it bothers anyone!

11:14:53 From Anne: New moon is bringing in tons of change and sleep is ilusive.

11:16:58 From Tara Wilken: Dana- I'm all about puppy energy!!

11:17:14 From Dana: ❤️

11:20:44 From Kristen: Would love to see accurate chronic illness writing.

11:21:28 From April Sugarman: lol

11:22:27 From Kristen: Interesting that Feb is a 9 month that ends on a 1. Endings and new beginnings.

11:24:00 From Kristen: Ends with a trine to Saturn so that Gemini moon will be great for the procedure.

11:26:27 From emilybutton: Joe Dispenza is also a wonderful resource for this - especially around physical healing.

11:26:35 From April Sugarman: What's the link to the AH playlist that you made?

11:27:04 From April Sugarman: I'll search it.

11:28:17 From emilybutton: Just as long as you can get Vanilla Ice, then you're good

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11:28:29 From Bianca Stein (she/her): There has to be a way to change the server for that 😞

11:29:17 From Tara Wilken: There is a lot on YouTube too. I've listened on there too.

11:29:29 From Anne: I used Kaiser permanente meditations before and after surgery. Really helped.

11:29:32 From Bex: That is beautiful Kristen!

11:31:29 From Bianca Stein (she/her): Looked it up, if you ever want to switch your Spotify region its not difficult lol!

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Note: Your new country or region only shows when you're actually there.

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11:31:42 From Bianca Stein (she/her): <3

11:32:33 From Kristen: You can always say no or later to what ever recommendations they have. So many western medical things don't actually need to happen. Listen to your doctor but do what is right for you.

11:34:05 From Kellye Rowland: Thanks for letting us stay where we are price wise~! 😊

11:35:30 From Kellye Rowland: Thanks for your help Kristen, I appreciate it ❤️

11:36:25 From April Sugarman: confusion

11:36:45 From Kristen: I have a Honeycomb planner and March is solid text.

11:37:39 From Kellye Rowland: So funny, cuz my other biopsy, uterine biopsy is on the damned IDES OF MARCH lol you gotta laugh

11:39:02 From emilybutton: And a sharpie to tell them NOT THIS FOOT

11:39:49 From Anne: When is this?

11:41:57 From Kristen: You did in the other realms with Keith! Your human aspect just didn't get cc'd.

11:44:06 From Bex: WOW.

11:45:50 From Bex: YUP

11:46:48 From April Sugarman: brutal honesty

11:52:11 From April Sugarman: lots of fighting and then kissing and making up

11:54:35 From April Sugarman: protests?

11:56:27 From Kristen: Do not know what to do with the Aries new moons

11:56:40 From Anne: Bring the weird.

12:00:18 From Kellye Rowland: Omg destructive desires for New York!???

12:00:34 From Bonnie Gillespie (she | her):

<https://www.youtube.com/watch?v=EmtpcUptCCg>



12:00:36 From Kristen: I can't watch enough Star Trek Next Gen that's the Aquarius Pluto I wish we would all move towards.

12:00:46 From Anne: So terrifying.

12:01:04 From Anne: "Leave your wife"

12:01:34 From Bex: Battlestar Galactica too...eek

12:01:35 From Bianca Stein (she/her): LOL what in the HER

12:01:37 From Kristen: Data character from Star Trek lets go for that instead of scary stuff.

12:02:10 From Bianca Stein (she/her): How much of that is already incorporated in our algorithms??

12:03:13 From Kristen: Or talking to transcribe text and what the ai inserts is so odd.

12:03:29 From emilybutton: Interesting timing for the Supreme Court case on the internet and responsibility

12:04:19 From Kristen: Are you doing a Pluto webinar at some point?

12:06:38 From Bianca Stein (she/her): some kitchen utensils would be more helpful

12:07:34 From Kristen: I dunno. Husband has Mars in Cancer and he's pretty fierce when he wants to be. He loves to coach people through intense rock climbing work outs.

12:09:43 From Bianca Stein (she/her): On Venus's day

12:18:22 From April Sugarman: Mercury & Saturn — using pomodoro method for organizing

12:20:01 From Kellye Rowland: I say that too with my new WÜSTOF knife! Mars being my chart ruler

12:21:29 From Kristen: I just realized why my health improved so much when I cut out gluten, all dairy, and any animal protein but eggs. Hard to find anything but dark chocolate to eat but Saturn is happy about all the food boundaries.

12:22:17 From April Sugarman: I channel bonnie every time I cut a bagel and say: thank you mars for cutting the bagel and not me.

12:23:12 From Tara Wilken: Ohh Kristen- that makes so sense on Saturn— And I cut out all meat several years and feel better. Thanks for that connection!

12:23:42 From Cindy Coats: The last few weeks I have had terribly itchy skin - have to take Benedryl every night!!

12:23:45 From Kristen: Welcome Tara!

12:24:10 From Tara Wilken: 😊

12:24:33 From Kristen: Throat stuff Sounds like a feeling of being unable to speak up or wanting to speak and feeling like it's not okay to.

12:25:08 From April Sugarman: abraham-hicks it!

12:26:10 From April Sugarman: blue crystals for communication

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12:26:26 From Kristen: Venus in Aries - communicate worth and value as individuals and if feel like can't that's where the flare up is for throat stuff perhaps

12:26:49 From Rhianna Basore: Gotta run - love you!

12:26:53 From Amelia Rico: Thank you everyone!

12:26:54 From Kristen: Loved that new graphic with the health!

12:30:10 From Kellye Rowland: Yeah my date isn't on there either

12:30:13 From Kellye Rowland: bday

12:30:25 From Anne: Have to jump. Will catch the rest in replay. Thanks!

12:30:33 From Kellye Rowland: Ahhhhh ok

12:30:45 From Kellye Rowland: Got it

12:38:29 From Kristen: I know two Scorpio moons. Feelings are not their friends.

12:39:09 From Amelia Rico: My son is a Scorpio moon. :(

12:39:36 From Kellye Rowland: If a house is right next to the "domicile" house, does that mean that house can't see the domicile house? My natal moon is 1 degree away from Cancer house

12:39:51 From Kellye Rowland: Oooops sorry you're answering this right now nvmd

12:41:37 From Kellye Rowland: I do'

12:42:59 From Kellye Rowland: So it's a "boo" then if it can't see cancer yes?

12:45:22 From April Sugarman: quick moving

12:45:27 From Kristen: The house joys surprise me. Normally can follow the logic, but not with the house joys.

12:46:11 From Kellye Rowland: Gemini!!

12:46:12 From April Sugarman: gemini

12:49:16 From April Sugarman: yes

12:49:22 From Kristen: Yes!!!

12:49:37 From Bianca Stein (she/her): I may make some food but I'm here!

12:49:49 From Dana: we love it!

12:50:37 From Kristen: Yes. It would be great to make a break a regular part of these. Like maybe between the calendar and the lesson?

12:58:21 From Kristen: What if the Venus flower dance was our break video? Could watch that all day and do nice for the nervous system.

13:00:49 From April Sugarman: they must have been a scorio

13:01:33 From April Sugarman: or sagittarius

13:01:38 From Kristen: This is really nice with the constellation body.

13:06:41 From Bianca Stein (she/her): The 12H is pretty dark, I feel like that should count 😭

13:07:05 From Kellye Rowland: Haha Bianca

13:11:06 From emilybutton: Is AS the same as AC?

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13:12:05 From Bianca Stein (she/her): I've seen both of those used as abbreviations, Emily!

13:13:21 From Bonnie Gillespie (she/her): <https://www.lunarium.co.uk/calculators/out-of-bounds>

13:13:47 From Kellye Rowland: I do have an out of bounds moon!

13:14:42 From Bianca Stein (she/her): I'll take it

13:15:00 From Bianca Stein (she/her): My list is so short compared to yours

13:15:04 From April Sugarman: can you repeat that

13:16:07 From emilybutton: I think I have out of bounds but it's confusing

13:18:08 From Kellye Rowland: When does military time start at the double digits ? Maybe I did it wrong. My time is 7:06pm

13:20:48 From Kristen: Hasn't Mars in Gemini been out of bounds this whole 7 months which is party of the extraness of that recent Mars Rx?

13:22:33 From Kellye Rowland: Tooooooally tracks

13:22:51 From Dana: me too...

13:25:30 From April Sugarman: would moon OOB mean anxiety?

13:25:35 From Amelia Rico: My daughter was born with Mars OOB. :(

13:25:53 From Amelia Rico: AND a Scorpio sun!

13:26:44 From Amelia Rico: My son is Scorpio moon, checking on his OOB.

13:27:31 From Kristen: What about Hygeia OOB? Just curious since we are exploring health?

13:28:12 From Kristen: Ok.

13:28:29 From April Sugarman: out of control

13:30:34 From emilybutton: When it ceases to be OOB is that like it is going direct? Does that change these things or is it only when you are born?

13:30:38 From Bianca Stein (she/her): Hard aspect to mars, Saturn, Uranus, Neptune, Pluto, south node

13:30:39 From Kellye Rowland: Yuuuup square saturn!

13:30:39 From April Sugarman: yes

13:30:44 From April Sugarman: opp pluto

13:30:45 From Kristen: Why yes indeed. My moon is fabulously afflicted!

13:31:05 From emilybutton: I don't know how to do that. Sorry!

13:31:34 From Kristen: Yay! All the boos!

13:32:26 From Dana: crazy omg life changing

13:32:31 From Kristen: The moon unsafe thing is so true. I am so grateful for astrology.

13:32:46 From Kristen: Its been the story of my life.

13:33:01 From April Sugarman: my only boo for my moon is opposition to pluto but it feels like that could overshadow a whole bunch of yays — is that possible?



13:33:25 From Bex: And what if only one boo?  
13:33:57 From Bianca Stein (she/her): I have a different cloth color for my altar for each of the planets. <3  
13:34:59 From Kristen: Oh, wow. Moon in 9th. No wonder my pancreas checked out for life with a moon like mine. Damn. Surprised it stayed active as long as it y.  
13:35:40 From Kellye Rowland: Emily you and I both have Mars and Moon in 5th house!  
13:39:41 From April Sugarman: somatic experiencing  
13:40:07 From emilybutton: Ohh @kellye  
13:40:34 From Amelia Rico: What were the planets again? Was Mercury included?  
13:40:52 From Kellye Rowland: No it wasn't amelia  
13:41:01 From Amelia Rico: Thank you!  
13:41:02 From Bianca Stein (she/her): Hard aspects to mars, Saturn, Uranus, Neptune, Pluto, & south node  
13:41:24 From Cindy Coats: Amelia: Mars, saturn, s node, pluto, uranus, neptune  
13:41:45 From Amelia Rico: Perfect, just one check in boo then! lol  
13:44:48 From Bex: Thx!  
13:45:19 From Bianca Stein (she/her): If it can see one house but not another, do we put one check mark in both yay & boo?  
13:48:31 From Bex: Not at all!  
13:48:41 From emilybutton: I only like math to count my copious amounts of money  
13:59:01 From Cindy Coats: I have to run, my dog is pacing and panting to go outside!  
14:06:56 From April Sugarman: It's a lot but I'm Sag rising so I can take it.  
14:07:18 From Dana: im feeling validated i knew it deep down...  
14:09:40 From Kellye Rowland: I gotta run folks! Love you all  
14:14:07 From Bex: Thx so much Bon! Gonna jet.  
14:14:51 From Dana: thank you so much !!

