

2016 COSMIC QUARTERLY OVERVIEW

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QUICK INTRO: This guide gives you a big picture overview of the Cosmic Energies of 2016 according to the four quarters of the year. For each quarter, a quick summary of the dominant energy pattern or theme is listed. This summary will give you a heads-up about what to expect energetically for the quarter ahead. Then, for each month in that quarter there is also a condensed report of what the major energy shift or vibe is for that month.

ABOUT THE FLOWER ESSENCE RECOMMENDATIONS



Also included for each quarter are flower essences that I recommend you use to help stay balanced and centered on all levels. Flower essences are flower water infusions that have been potentized by sunlight then preserved in alcohol. This process of creating the mother tincture for a flower essence using sunlight, water and flowers allows the healing energies of the flower or plant used to be imprinted on the molecules of the water. The resulting flower essence can then be used to *change consciousness, raise spiritual vibration, and facilitate healing & awareness on various levels.*

Each flower has a different vibration, and thus each flower essence helps to balance and strengthen in different ways. For example, the Tickseed essence that I

recommend later is good for becoming empowered and learning to nurture yourself and opening to receive unconditional love. In contrast, Mimosa essence is better for lightening the spirit, increasing calm, easing trauma and helping with anxiety or depression. Of course some flower essences work in similar ways (both Tickseed and Sunflower help with empowerment) but even then, there are differences. (Sunflower is more of a grounder and is helpful for dealing with authority issues or making headway in the career realms.)

Regardless of the exact one being used, all flower essences are *SOUL HEALERS* that can help you to strengthen your mind, body, soul and heart. **They can also help you to hold your energetic balance during times of major shift.** This is why I include them here for you in this guide, because let's face it, we all need all the help we can get when shift hits the fan! The regular use of flower essences help you to stay centered, calm, and at peace, even when there are cosmic storms brewing all around you.

Even if you should happen to momentarily come un-frayed due to intense energy shifts (or any other kind of stress or challenge), and hey, this happens to us ALL from time to time, then using the flower essences can help you get back to center much more quickly. Sure, you could trudge through all those intense energy shifts in 2016 like a stoic martyr with no help if you want, but why do that when energetic support is easily available in the form of the flower essences?

The best part about it is that all you have to do is take them! Plus, they are very inexpensive and last a very long time. You can order them from several places on-line, including my own website.

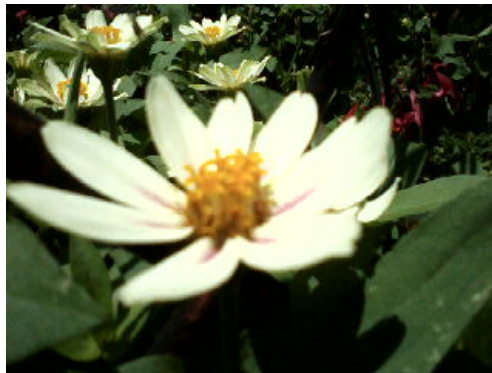
If you do decide to order your essences from me (and I hope that you will!) then please know that I've only just begun getting my Flairy Essences up on the site, and so there are many mentioned here that are not yet listed on my website. I'm getting them up on my website as fast as I can, but I've made so many since I started my line of Flairy Essences in 2015 that it is hard to keep up with! You can be assured though, that any that flowers that I mention here in this guide are available for you to order them from me, even if you don't yet see them listed on my website.

So if there is something that you want but don't see it listed, or even if you just have a quick question about which ones you need or should order, please feel free to e-mail me at cynthia@cynthiakillion.com (when e-mailing, please put something like "Flower Essences" in the subject line). Or you can message me on Facebook. Also, I should mention here that if you would like several different essences blended into one formula that you could use for the entire year, I would be more than happy to put together a personalized super-blend for you (e-mail me for more info).

I have been around studying and writing about these energy shifts for a long time, and let me tell you, I have found nothing better than flower essences to help us stay balanced, sane, and centered in times of energetic shift!

For more info about my line of Flairy Essences, including the wonderful combo formulas that I have created, please go to:

<http://www.cynthiakillion.com/flairyessences.html>



ESSENCES TO BE USED AT ANY TIME IN 2016

Some essences are recommended for use during the entire year of 2016, as they resonate to the larger energy patterns that are in effect for most of the year. These include: **AUTUMN LEAVES, PURPLE BASIL, RED CLOVER, CHAMOMILE, COMMON PUFFBALL MUSHROOM, TICKSEED OR COREOPSIS** (regular kind for most, Whirled Coreopsis for those experiencing abundance or scarcity issues), **CUCUMBER, SHASTA DAISY, DOWNY BROME/CHEATGRASS, GERANIUM, GREEN FOXTAIL GRASS, GOLDENROD, HAWTHORN, YELLOW HAWKWEED,**

MIMOSA, ROSE STAR ZINNIA, STAR OF BETHLEHEM, SUNFLOWER, VENICE MALLOW, AND WHITE PETUNIA.

These essences can be used throughout the year to help you strengthen your aura and hold your energetic balance. You can use them individually as you feel led, combine several into a personal formula, or mix and match some of these with others that are recommended for specific quarters. For ordering info, go to <http://www.cynthiakillion.com/flairyessences.html> and look for the info about Cynthia's Flairy Essences. Or just write her directly at cynthia@cynthiakillion.com (make sure you put something like "flower essences" in the subject line).

FIRST QUARTER COSMIC ENERGIES 2016 (January through March)



COSMIC SUMMARY: This first quarter of 2016 (Jan-March) is a time for concentrating on your spiritual aspirations and following through and completing that which has already been started. Whatever you need to bring to closure or completion on any level, this is a good time for doing it. However, with the exception of February (and especially February 14-February 29th), this is not the best quarter for starting new projects or important new undertakings. Instead, use this quarter as a time to RE-EVALUATE where you have been headed in current relationships, projects, business dealings, or patterns.

This is also an excellent quarter for RE-DOING or RE-STARTING previous habits or activities that you once found to be beneficial (but perhaps with a slightly different twist now). If you can, concentrate on GRADUAL change in this first quarter, and don't try to make any major changes that would suddenly disrupt your life. For if you

do, you are likely to find yourself having to deal with some unpleasant repercussions latter in the year. Of course, if the change is a purely positive one, it might not be so bad. But even then, you need to guard against being too hasty or impulsive in making radical changes in this first quarter, as it is highly likely that you will feel differently about what you want later in the year.

RECOMMENDED FLOWER ESSENCES FOR 2016 1ST QUARTER: Winter Solstice Holly, Winter Solstice Pine, Monkey Grass, Autumn Leaves, Yellow Day Lily, and Polkweed. Also, Acorn, Black-eyed Susan, and Red Clover may be useful too. Sacred Datura essence (Moonflower) will be especially helpful for dealing with the eclipse shifts in March. For combo formulas, Recover Ancient Wisdom, Yarrow Help for Empaths, and Psychic Shielding and Protection may be most useful now. For those trying dealing with career issues as the year begins, Work & Vocation Magic formula would be most helpful. All available at www.cynthiakillion.com or by e-mailing cynthia@cynthiakillion.com. Other essences may also be needed or desired according to your own personal transformation and shifts.



In JANUARY, Mercury is retrograde from 01/05 to 01/25, moving through the degrees of 1 Aquarius back to 15 Capricorn. This means that the first month of the year is NOT such a good time for starting new projects or ventures. Instead, now is a better time for revising or completing projects which have already been started. It can also be a good time for reviving, revamping, or repackaging *former* projects or goals and giving them new life.

On the spiritual level, it is a good time for being contemplative and mentally revisiting the past for the purposes of gaining understanding or healing. Due to Mercury retrograde (as well as Jupiter conjunct North Node the entire month), this is also an excellent month to get or give a psychic or astrological reading, or to seek out more info concerning one's higher life purpose. It is a good time for taking stock and doing intuitive readings on what supplements, flower essences, and healing treatments one needs for the next few months ahead....provided of course, that the decisions made on this are not legally binding and can be easily changed later, and also providing that you make the decisions on an intuitive or psychic level, and not on an intellectual basis.

On a more mundane level, Mercury retrograde in Capricorn can bring your attention to what needs to be done (in terms of work, effort, discipline and new habits) in order to achieve desired outcomes, particularly in the material or financial realms, but also the spiritual realms as well. Career and life purpose issues come to the forefront. Keep in mind though the Mercury retrograde advisory against making major decisions or starting new important projects right now. The best way to be successful in any realm during January 2016 is to follow-through with what has already been started and do the work necessary to bring it to completion.

In FEBRUARY, the energies begin to clear up a great deal, especially once Mercury gets out of its post-retrograde shadow on 02/14. But even before then, starting on 02/01, things start to be much clearer, with Mercury leaving its post-retrograde storm on 02/01. This is a time for re-gaining your footing after last month's retrograde. This is also a good month for taking a breather before the stuff really hits the fan next month (March 2016). If you have any important decisions to make or new projects to start, February is probably the best month out of the first quarter for doing so.

In MARCH we have one of the most energetically charged months of the entire year. The Spring Equinox on 03/19 or 03/20 (03/19 for all except those in the Eastern time zone) is always a time of high energy and high hopes, for it marks the beginning of the astrological New Year and the start of the season of Spring, as well as the sun's passage into the fiery and active sign of Aries. Relationship issues will come to the

forefront during this time, especially the need to balance one's own needs with the needs of others. This month is also a time for cleansing and re-balancing and preparing to lay the groundwork for the harvest in the months ahead (both literally & figuratively speaking).

Two powerful eclipses occurring in March (especially the total supermoon eclipse in Pisces on 03/08) means that emotions will be high and the energetic currents strong for the entire month. As a result, decisions made right now will likely have to be revised or re-vamped later. On the other hand, Jupiter trine Pluto the entire month in the earthy signs of Virgo & Capricorn give spiritual help to assist you in achieving your practical or worldly aims.

SECOND QUARTER COSMIC ENERGIES 2016 (April through June)



COSMIC SUMMARY: The second quarter of 2016 (April-June) is the time of *Raging Retrogrades!* In particular, Mars retrograde from 04/17 onward to 06/29 means that this is a time for re-assessing your desires and general direction, as well as concentrating on forgiveness, acceptance, and reconciliation. Watch out that your ego doesn't get the best of you or cause you to go off the handle! Once again, outer world action is not so favored, at least not until you have first gotten your inner world self (and your inner world energies) in a more balanced, immaculate state. If you're like most of us, you will probably need flower essences (or some other form of energetic support) to stay sane & balanced!

RECOMMENDED FLOWER ESSENCES FOR 2016 2nd QUARTER:

Chamomile, Yellow Day Lily, Hawthorn, Holy Basil, I-Ching Galaxy Crystal, Lavender, Red Salvia, Sunflower, Pink or Red Tulip, and Tulip Poplar Tree. Some formulas that could be useful in this 2nd quarter include Seasonal Shift for Spring or Fairy Sight. Also, continue taking Seasonal Shift for Spring at least until the beginning of May, if not slightly longer. Both the Karma Cleanse & Heart Mender formulas can be helpful for those who are experiencing intense emotional release and/or need help getting unstuck and moving forward. For those who have boundary issues or feel “used” or drained by others, Yarrow Help for Empaths or Psychic Shielding & Protection (or a combo of the two) would be best. All available at www.cynthiakillion.com or by e-mailing cynthia@cynthiakillion.com. Other essences may also be needed or desired according to your own personal transformation and shifts. This is quite the quarter (energetically speaking) so do make sure you are taking your essences regularly, whichever ones you prefer!

By the end of APRIL we will have 5 major planets in retrograde, making this a month of “raging retrogrades”. The most important of these retrogrades is probably Mars in Sagittarius retrograding on 04/17 and remaining in retrograde up until 06/29. If there is anything you want to accomplish in a material or worldly sense this month, it will probably be easier to do before Mars retrogrades on 04/17 (and certainly easier to do before Mercury enters its pre-retrograde storm on 04/21). This is because when Mars is retrograde, and especially for about a week or two (or sometimes longer) after it goes retrograde, most of us experience lowered energy and vitality.

That essential enthusiasm and “get-up-and-go” that you need to get projects done will have done “got-up-and-went” by the time Mars goes retro this month (or shortly thereafter). So if you’ve got anything to tackle this month that you know is going to take a lot of energy, motivation or enthusiasm, then try to do get it done well before 04/17 if you can. Even better, if you can, avoid starting new things, but instead, use this entire Mars retro period as a time to re-assess your direction and what you want. You might want to also consider who you need to forgive or reconcile with too, as cooperation and emotional harmony will be necessary for moving forward now.

Also, if at all possible, avoiding starting fights right now or taking a hostile stand, as this is likely to backfire on you during the Mars retro period (from 04/17 all the way up until 06/29). Also, unless it is absolutely necessary to save your life, it is not recommended to have surgeries during Mars retrograde, or even to get a tattoo or have your hair cut. The reason is that Mars rules surgeries, knives and sharp surgical instruments, and when it is in retrograde, your chances of getting infection or being harmed by these things increases.

In MAY we still have the “raging retrogrades” going on, but at least Jupiter goes direct on 05/09, which will bring some relief. Jupiter going direct again can bring a sense of “feel good magic” into your awareness. It helps you to see things in a more positive light and *feel* more optimistic about life, even if things are still less than ideal. Mercury also goes direct on 05/22, so we’ll start to see a bit of clearing in the energy then. However, it doesn’t leave its post-retrograde storm until 05/31, so for best results, continue to concentrate on clearing up karma, tying up loose ends, and following through with what has already been started for the month of May. And if for some reason you absolutely *must* start something new or make a major decision, then slow down and take your time and double and triple check *everything*. (And yes, I do mean everything!)

In JUNE we have the beginning of the return of more light-hearted energy, for Jupiter (now direct) conjuncts the North Node for the entire month, and we also have the magical Summer Solstice on 06/20. The Jupiter-North Node conjunction can have the effect of making you more aware of your higher aspirations and dreams, and also increasing a sense of positivity, idealism and hopefulness. Ideas may come to you about how you can move forward to making your dearest dreams real. Even if you are not conscious of what your dreams or aspirations are, pay attention, as important teachers, mentors or guides may cross your path this month, or you may have an intuitive idea that later on ends up being life-changing for you.

The only caveat here is the Mars continues to be in retrograde all the way up until 06/29, making it difficult to conjure the necessary energy, enthusiasm or motivation

to act effectively. Just do the best you can in this month of June, for this Mars retrograde will be over soon. Also, you can use the energies this month most constructively by reviewing your goals and re-assessing what you want. It is also a good time for forgiveness and reconciliation.

THIRD QUARTER COSMIC ENERGIES 2016 (July through September)



COSMIC SUMMARY: The 3rd Quarter of 2016 (July-September) offers some time to move forward more easily with taking action and pursuing your goals, dreams and desires again. From 07/01 up until 08/22 will be the best times for this kind of forward action. Due to the influence of Mercury retrograde and two eclipses, the period of 08/22 forward to 09/30 is best for working behind the scenes and tending to spiritual and health matters. Both eclipses and Mercury retrograde signal that it is a time to rest and renew and build up your strength for times of activity yet to come. Therefore, don't miss this chance to get renewed from 08/22-09/30! The theme for this quarter is *bringing in the harvest and then re-balancing*.



RECOMMENDED FLOWER ESSENCES FOR 2016 3rd QUARTER: Aloe Vera, Bossanova Begonia (pictured above), Corn, Cucumber, Daisy, Dove-Quartz Record Keeper Elixir, Heavenly Blue Morning Glory (especially for September), Red Hollyhock, Lemon Balm, Peppermint, Rose Quartz Stone Elixir, Sunflower (especially in September). Sacred Datura essence (Moonflower) will be especially helpful for dealing with the eclipse shifts in September. For combo formulas, use Tension Ease & Relaxation (in either spray or regular liquid formula, or together if stress becomes very high) and Autumn Seasonal Shift (starting around Sept. 15th). Also, the Rejuvenate & Renew Me formula or Bring Back My Mojo formula could be useful in this quarter. If you are having problems dealing with reality or staying grounded, Psychic Shielding & Protection and/or Recover Ancient Wisdom formula could be helpful (especially in September). All available at www.cynthiakillion.com or by e-mailing cynthia@cynthiakillion.com. Other essences may also be needed or desired according to your own personal transformation and shifts.

In JULY we can all give a sigh of relief, for we do finally have Mars direct at last. You can now move forward more easily with worldly goals and spiritual action. However, do give proceed gradually and give yourself a few weeks to regain your energy and enthusiasm, as it can take a while for you to regain previous energy levels. Still, it is a much better time now for moving forward. The element of WATER is also emphasized this month, making it an excellent time for tuning into your intuition and

exploring your emotional self. It's also a great time for sharing emotionally and growing closer in intimacy with others.

In AUGUST, you could feel pulled in two very different directions. On one hand there will likely be gradual movement forward in the career, financial, or life purpose and projects realm due to Saturn going direct on 08/13. Also, Uranus just went retrograde on 07/29, which can actually lead to surprising breakthroughs and new approaches to old problems and long-standing issues. On the other hand, Mercury enters its pre-retrograde storm on 08/22, and it starts its retrograde proper on 08/30. It's safe to say that the first few weeks of this month will be better for forward-movement in the outer world sense. From 08/22 onward, concentrate on meditation and contemplation and tying up loose ends and working behind the scenes to prepare for new growth.

SEPTEMBER starts off with Mercury retrograde in Virgo until 09/22 (but not out of its post-retrograde storm until 09/25). This is an excellent time for re-doing, renewing, and tweaking and improving *existing* circumstances, plans and projects. In particular, this is a good period for de-cluttering and simplifying your life by getting rid of stuff you don't use and re-organize your household (as well as your electronic files & data). This can also be an excellent time to get a psychic reading or have a massage or energy treatment. Furthermore, due to Virgo being activated, now is a good time for reviewing your health & nutrition habits and possibly adding some kind of holistic element into your daily life (including flower essences, essential oils, herbs or other energy-based medicine).

With two eclipses this month, plus Mercury in retrograde, you should definitely put off making major decisions (especially those that you cannot easily change later) for another month if you can.



FOURTH QUARTER COSMIC ENERGIES 2016

(October through December)

COSMIC SUMMARY: The 4th quarter of 2016 (October through December) is a time of great potential transformation & energization. This trend is carried by the power of a Mars-Jupiter-Uranus-Pluto T-square in October, and then continued forward with a Jupiter-Pluto square that is strongest for the entire month of November (but still somewhat in effect until at least mid-December). Egos and tempers can be high now, and we may see some undesirable international or domestic incidents involving terrorism, rioting, or other acts of unforeseen violence. At the very least, USA November elections (and the coverage leading up to them) will be tense and possibly nasty. On the plus side, these are very empowering shifts that when used constructively can result in great regeneration and transformation....both on the personal and collective level.



RECOMMENDED FLOWER ESSENCES FOR 2016 4th QUARTER: Amazonite Gemstone essence, Autumn Leaves, Chamomile, Sweet Autumn Clematis, Pink Cyclamen, Shasta Daisy, Gazania, Five Flower Formula (Rescue Remedy), Hawthorn, Holy Basil, Impatiens, Marigold, Sage (garden sage, not sagebrush), Snapdragon of any color, Venice Mallow, and Purple Wandering Jew. For combo formulas, you may wish to use Heart Mender (so as to clear emotional energies and ensure that you are coming from your heart & not just your head). Tension Ease & Relaxation is also another wonderful one that can help if you start to feel stressed (use the regular liquid version for chronic stress, and the spray bottle version with rosewater for acute, sudden stress). Also, don't forget the Five Flower Remedy mentioned above (traditionally called Rescue Remedy). Other essences may also be needed or desired according to your own personal transformation and shifts.

Also, no doubt that by the time you are reading this, I will have created other formulas for you that aren't listed here that could be helpful. So do make sure you check out the essences at www.cynthiakillion.com if you would like additional choices for staying energetically centered during this holiday season. If you have questions, FB message me or e-mail me at cynthia@cynthiakillion.com.

In OCTOBER, we come out from underneath the Mercury retrograde/eclipse cloud to a different kind of intense energy. This is the month that Mars in Capricorn forms a powerful T-square involving Jupiter, Uranus, and Pluto. This powerful configuration (which is in effect in one form or the other for the entire month) is simultaneously one of the most creative AND destructive shifts of the entire year...it depends on how you respond to and use these energies, and whether you come from ego, or can stay centered in a humble and loving heart space.

The upside of this shift is that it can empower you to take needed risks and to act in bold & powerful ways. If you need to make a change, now you will have the energy & momentum to do it! On the other hand, the main downside is that this shift can trigger your reckless or sloppy side, or just cause you to act arrogantly or insensitively to others. It's not a good idea to try to force your will or opinions on others right now, no matter how convinced you are that you are "right". If you act and move from a kind, loving and considerate heart, you will likely triumph now. If not, as in, if you come from a more insensitive or forceful position, then there will be negative relationship and/or financial consequences during this month for you (or shortly thereafter). So don't be a sass-hole!

NOVEMBER has some of the same energy as October, but with slightly less ego and conflict. With Jupiter square Pluto in effect for most of the month, you may find yourself tempted to go overboard or to the extremes with whatever it is that you are doing. Be aware of this temptation if you can, and make some effort towards moderation, even if it is only in a small amount. On the plus side, this is a time for making headway with your goals, dreams and aspirations. For this month's Jupiter-Pluto square helps to give you the extra energy and enthusiasm that you need to transform any area of life. This is also one of those very spiritual shifts that can bring old karmic patterns to the surface to be healed and released. Success—and healing—come this month through letting go of negative habits and attachments to the past, as well as committing to living your life in the highest, most ethical way possible. Be true to you and to the highest vision of your soul, and true happiness and abundance will be yours.

In DECEMBER, we have Mercury entering its pre-retrograde storm on 12/15, and then actually going retrograde on 12/19. So basically from 12/15 onward is a really great time for taking it easy and relaxing for a little while. You may also have a last minute chance to bring a goal for 2016 to completion or closure, for we also had Mercury retrograde in Capricorn back in January, indicating that there could now be a chance to resolve issues or projects that were began back then. Saturn trine Uranus in the fiery signs of Sagittarius and Aries is also in effect the entire month (exact on 12/24). This rare shift can stimulate great creative breakthroughs and higher spiritual awareness. The good news is too that its effects continue for well into January 2017, helping us to start the New Year with new breakthroughs and innovation balanced with maturity and wisdom.



HOPE YOU ENJOYED THIS 2016 COSMIC GUIDE!

May the angels be with you as you ride the winds of change and learn to use these cosmic shifts to fuel your destiny!

Thanks for Reading—For more writings from me or info on classes or flower essences, please go to www.cynthiakillion.com.