

Father's Day, Solstice and Eclipses—Whew



a message from [Jennifer Hoffman](#)
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This is such a busy week. First we had Father's Day in the US, a day can bring up strong emotions for those who have issues around their fathers. Then we have the Solstice today, in which we have (in the northern hemisphere) the longest day and the Sun appears to stand still. It is a celebration of summer, harvest, and new beginnings. And a lunar eclipse on Saturday brings in powerful energies for clearing and transformation. This will be a busy week, so be prepared for some unusual and at times uncomfortable energies.

With Father's Day we are reminded of our "father" experience, which also reflects on our experience of God. Was your father kind, considerate, attentive and supportive? Or was he distant, absent, emotionally unavailable or abusive? Through our father we connect with our power, and if our father experience was one of domination and control, we can mirror that as being afraid to be powerful. No matter how you experienced the father energy, practice forgiveness so you can create new ways of connecting with and expressing your power.

The Solstice is a powerful day of new beginnings, reminding us that it is the sun which makes life possible. The Sun is also associated with masculine energies so we have another reminder of the balance between male/female and light and dark that creates the third dimension. There is polarity in everything and just as the sun shine encourages growth in plants, too much sun can burn everything. Today remember that all of life requires balance to exist in harmony and we choose the energies we express in our lives.

Then we have a lunar eclipse on June 26 which stands out because it is part of a Grand Cross, a powerful astrological aspect that forces change. We have been feeling this aspect all month and it has made us aware, on a global level, of how power and control work and what we need to do to change old, outdated processes. The eclipse has messages for each of us: What needs to change in your life? How can you take yourself to the next level of being and what do you have to release in order to allow that to happen? Whatever you do not willingly release will be nudged (or pushed) out of your life. Watch for the effects of this eclipse in the next six months as we are all moved into our ascension path. This is a busy week which compels us to release, forgive, re-structure our lives and bring ourselves into balance with our purpose and the optimal expression of our energy.