



# body\*stars

# MAGICAL TURBULENCE Journal

#### Dear friend,

2025 has already promised to be a year unlike anything you've experienced before. The words I use to describe the energy and themes of the year are MAGICAL TURBULENCE.

That's why I created this special monthly guide—to support you on your journey, and keep you grounded—not just in reality, but in the infinite possibilities of your dreams...

Each month, I will send you key astrological dates and themes for the month, some proposals on how to nourish the body, and empty space for you for your own reflections and notes. Remember, the overall theme of 2025 is TURBULENCE, which can be MAGICAL if we learn how to ride it.

With starlight,

Alexandra Panic

### WHAT'S INSIDE



- INTRODUCTION TO MAGICAL TURBULENCE
- MONTHLY CALENDAR WITH KEY DATES
- EXPLANATION OF THE ASTROLOGY FOR THE MONTH
- BODY PRACTICES FOR THE MONTH
- SELF-REFLECTION PAGES
- SPACE FOR YOUR THOUGHTS AND IDEAS



### How to Use This Journal



Welcome to your first **Body&Stars Journal**, the Year of Magical Turbulence, a guide designed to help you navigate the year with intention, body awareness, and astrological insight. This journal is your companion for 2025—a space where your dreams, intentions, and the stars meet. Use it as a tool to stay aligned, grounded, and inspired throughout the year. Here's how to make the most of it:

#### 1. Follow the Monthly Flow

Each month has its own section, filled with:

- **Key Astrological Dates**: Mark these dates to stay attuned to the planetary movements that shape your month.
- Monthly Themes: Read the energy overview for guidance on what to focus on and how to align with the cosmic flow.
- Goal-Setting and Reflection Pages: Use the prompts to set intentions at the start of the month and reflect on your progress at the end.

## 2. Engage with Rituals and Nourishment Tips

Every month includes a suggestion for how to nurture your body and spirit. These practices align with the astrological themes, helping you stay grounded while embracing the energy of the moment.



#### 3. Write, Reflect, Dream

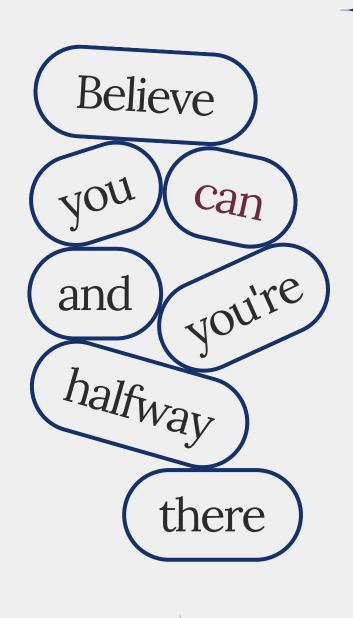
This journal includes plenty of space for your thoughts, plans, and creative expressions. Use the prompts to explore your goals and feelings.

### 4. Stay Flexible

Astrology is a guide, not a rulebook. **Energy is always neutral—it's how you choose to work with it that matters.** Use the insights and prompts as a supportive framework, but allow yourself the freedom to adapt them to your unique journey.

Let the magic flow inside you!





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2025: The Year of Magical Turbulence



# The Year of Magical Turbulence



The words I chose to describe the energy of 2025 are *magical turbulence*. Turbulence is a natural characteristic of the water and air elements, both of which will be powerfully activated in 2025. To create magic, one must learn to work with all the elements, embracing their challenges and their gifts.

The word *turbulence* reflects a sense of instability, change, and challenges. It symbolizes the disruptions that shake the foundations of what we know, pushing us to adapt, evolve, and grow. Yet, alongside this, the word *magical* introduces a sense of wonder, potential, and serendipity amidst the chaos. It reminds us that, while turbulence brings uncertainty, it also creates fertile ground for unexpected opportunities, transformative breakthroughs, and profound realizations.

Together, these words capture the dual nature of 2025—a year of growth through change and discovery through disruption.

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### Recap of February 2025 Astrology: A Month of Fiery Emotions and Direct Actions

February's astrological landscape was dramatically shaped by two major cosmic events: the intense Full Moon in Leo and Mars stationing direct in Cancer. Here's a recap of these powerful transits and their impact.

The Full Moon at 24° Leo was a spectacle of raw emotion and desire for acknowledgment, a powerful call for global change. This lunation has brought the long existing tensions up to the surface and sparked significant conflicts within groups of people (families, groups of friends of colleagues, companies, or states) demanding control within chaos.

The emotional intensity of Leo, combined with the disruptive energy of Uranus (squaring the Moon), pushed for significant upheavals. This Full Moon highlighted the need for courage and the expression of love, even amidst potential turmoil and resistance. For those with major planetary placements at around 24° Leo, Taurus, Scorpio, or Aquarius, this time called for stepping up and facing challenges head-on.

After a period of retrograde motion, Mars resumed direct movement at 17 degrees of Cancer on February 24. This shift brought a significant change in energy, focusing on themes of protection, loyalty, and emotional security. We must understand that Mars in Cancer is driven by instinct rather than strategy, emphasizing the protection of what we hold dear—our families, homes, ideals, and homeland.





This transit stirred deep emotions and awoke our **instinct to nurture and defend our past and present**, spotlighting nationalism, patriotism, and the defense of our physical and emotional borders.

During this period, Mars formed supportive trines with Saturn in Pisces and Uranus in Taurus, fostering a protective and deeply emotional environment. Globally, this energy manifested in acts of protest—occupying spaces, holding barricades, and standing firm in defense of essential values and spaces. This is a time of fierce determination to preserve safety and belonging, driven by heartfelt conviction and instinctive action.

As we move into March, astrologically, the craziest month of the year, the echoes of the February energies will continue to resonate, shaping our actions and emotional landscape.

Prepare for a month where the fight for what matters most remains at the forefront, blending protection with the courage to change. Answer to yourself the questions below:

- 1. How have my protective instincts manifested this month, and how can I channel them to strengthen my relationships and environment?
- 2. In what ways did the Full Moon in Leo challenge me to express my true emotions, and how can I use this awareness to enhance my personal growth?
- 3. What changes or disruptions have I resisted, and what might I gain from embracing them instead?

### SPACE FOR ANSWERS





## February reflections

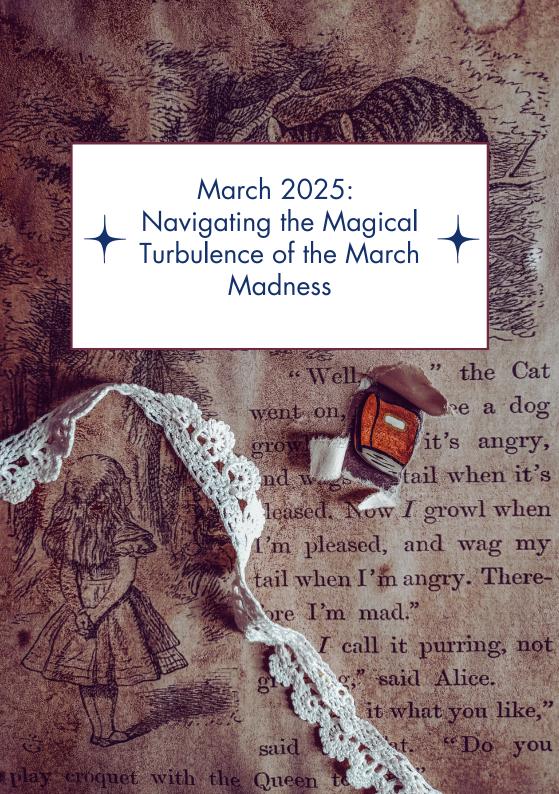
I am grounded in gratitude and open to the lessons of change.



### MY FEBRUARY NOTES



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### KEY ASTROLOGY DATES FOR MARCH 2025



MARCH 2 VENUS STATIONS RETROGRADE IN ARIES,

MERCURY CONJUNCT NEPTUNE IN PISCES

MARCH 3 MERCURY ENTERS ARIES

MARCH 11 MERCURY CONJUNCT VENUS RETROGRADE IN

ARIES

MARCH 12 SUN CONJUNCT SATURN IN PISCES

MARCH 14 LUNAR ECLIPSE IN VIRGO

MARCH 15 MERCURY STATIONS RETROGRADE IN ARIES

MARCH 19 SUN CONJUNCT NEPTUNE IN PISCES

MARCH 20 SUN ENTERS ARIES

MARCH 22 SUN CONJUNCT VENUS RETROGRADE

MARCH 24 SUN CONJUNCT MERCURY RETROGRADE

MARCH 27 VENUS RETROGRADES RETURNS INTO PISCES

AND CONJUNCT NEPTUNE

MARCH 29 LAST SOLAR ECLIPS IN ARIES - CLOSING OF

THE CYCLE

MARCH 30 NEPTUNE ENTERS ARIES





#### MONTHLY PLANNER

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# My March Intentions



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# March 2025 Astrology: Navigating the Magical Turbulence of the March Madness

As we step into March 2025, we find ourselves in a whirlwind of cosmic activity that mirrors the enchanting chaos of Alice's adventures in Wonderland. This month's celestial dynamics evoke images of the Mad Hatter's tea party—where time bends, reality shifts, and every moment questions our perceptions of what is real and what is merely a dream.

#### New Moon in Pisces: The Dream Begins

Our journey through this magical turbulence begins with the effects of the **New Moon in Pisces**, casting its spell in late February and ushering us into March with a surreal blend of fantasy and reality. Positioned between the disciplined Saturn and the dreamy Neptune, this lunation invites us into a Wonderland of our own, where visions require form and clarity is found in the trust of the unseen. It's a realm where the lines between dreaming and waking blur, asking us to discern **which dreams are worth bringing into reality and which illusions are ready to be released.** 

#### March Madness: Retrogrades and Eclipses Stir the Pot

The mad dance of the planets intensifies with **Venus retrograding** in Aries starting March 2nd, prompting an urgent reevaluation of our relationships and values. This transit challenges us to reflect on our independence within partnerships and reconsider our desires and ambitions. **Are we true to ourselves in our relationships, or are we merely playing roles that no longer fit?** 





Adding to the madness, **Mercury retrogrades in Aries from March 15th**, swirling confusion into communications and travel. This period might feel as disorienting as falling down the rabbit hole, with miscommunications and delays testing our patience and adaptability.

The Total Lunar Eclipse in Virgo on March 14th is like meeting the Mad Hatter, challenging our need for control and urging us to accept the unpredictable nature of life. This eclipse reminds us to find grace in imperfection and to let go of our ludicrous need for order and precision.

#### A Confluence of Mystical Meetings

As the month progresses, Venus reenters Pisces on March 27th and meets Neptune at the last degree of this mystical sign. Shortly after, Mercury joins them on March 29th, wrapping the end of the month in a cloud of nebulosity and enchantment. These meetings are akin to sipping tea with the Mad Hatter and the March Hare—moments filled with profound insights cloaked in riddles and ambiguity.

The Solar Eclipse in Aries on March 29th marks a bold conclusion to the ongoing eclipse cycle, urging us to embrace new beginnings with the courage of Alice stepping boldly into uncharted territories. This eclipse is the call to adventure, pushing us to assert our individuality and step into new identities or life chapters with confidence.





### Neptune in Aries: The Hero's Quest Begins

The ingress of Neptune into Aries on **March 30th** adds another layer of heroism to our cosmic narrative. This transit embodies the spirit of the knight-errant, reminiscent of the White Knight-brave, but a bit quixotic (referring to Don Quixote), embarking on quests filled with idealism and courage. Yet, it warns us of the thin line between noble pursuits and the chase after elusive illusions.

#### **Embrace the Wonderland Within**

March 2025 is a month filled with magical turbulence and March madness, inviting us to question, "Am I dreaming? Is this real life?" Amidst this fantastical chaos, we are called to stay grounded and return often to the core questions about our identity, love, and happiness - which we will be reminded of thanks to the Venus retrograde. It's a time to embrace the wild ride, allowing the magical and the mad to lead us toward deeper understanding and transformation.

This month, let the swirling energies of March inspire you to navigate your own Wonderland, finding wisdom in its madness and joy in its unpredictability.

Here are your key March questions: What are my ideals, are they worth fighting for? What realistic actions can I take?



### SPACE FOR ANSWERS







### March 2025 Body Practices & Rituals

### 1. Embrace your inner warrior

• **Practice** warrior poses daily. Just ease into a Warrior 1, 2, 3 in your home or office two to three times a day and remain there for at lease 5 cycles of breath. During your stay in the pose, you may say: I fight for what I believe in.

### 2. Mindful Marching Meditation

- **Practice:** Take mindful walks where you focus on the sensation of each step, feeling the ground beneath your feet, and visualizing drawing energy up from the Earth. This can be a form of active meditation, especially powerful during moments of mental turmoil or confusion.
- **Intention**: Enhance grounding and presence, connecting deeply with the earth to stabilize your energy amidst the unpredictable astrological climate.







# March 2025 Body Practices & Rituals

# 3. Journaling with a Twist of Idealism

Combine journaling with a focus on your ideals and the realistic steps you can take towards them. Reflect on your personal hero's journey, noting the ideals you're fighting for and practical actions you can implement.

### 4. Foot Soaks and Reflexology

Since Pisces rules the feet, indulge in regular foot soaks using Epsom salts and essential oils like peppermint or eucalyptus to rejuvenate and ground yourself. Follow up with a reflexology session focusing on pressure points that relate to the head and brain areas.

**Intention:** Soothe and recharge your body while simultaneously **bringing attention to the feet and head**, balancing Piscean and Arian energies.



### MY MARCH NOTES



### MY MARCH NOTES

