

## Solar Return Vacation

Each year, we have a Solar Return. A Solar Return essentially is our Solar Birthday. Our Solar Return is the exact moment when the Sun returns to its natal position in the sky. Because we have a leap year with one extra day once every four years, our Solar Return occurs at a different time each year depending on where we are physically located at that exact moment. This moment can occur on the date of our birth or a day before or after.

The astrology chart for this exact moment establishes an energy that will influence, color and support the solar year ahead until your next Solar Return. Since the Solar Return chart varies based on where we physically are for our birthday, we can alter aspects of this chart by taking a Solar Return Vacation. By choosing where we celebrate a Solar Return, we can choose to the themes emphasized in the Solar Return chart.

Some people elect to take a Solar Return Vacation each year because, first, travel is fun and, second, in the process of traveling for your Solar Birthday you can energize a specific intention or purpose for the year ahead. So, if you have the luxury to travel each year on your birthday, this is an excellent way to effectively use your travel budget. When I search for your best locations for your solar year ahead, I identify the locations where your Solar Return chart will support your goals and the intentions you want to energize in the year ahead.

A Solar Return Vacation is most favored when we have challenging aspects in our Solar Return chart at the location we are living. For example, if we are not feeling vital, we would want to choose a location for the Solar Return that support health and wellbeing and eliminate astrological aspects in our Solar Return chart that challenge physical health. It is important to note that a Solar Return Vacation is not a medical solution to any illness. Likewise, if we want to grow an aspect of our business in the year ahead, we need to make sure that Saturn is not limiting your opportunities in the Solar Return chart.

There is no science related to how long you should stay at the location and how you should use your time at the location, but there are some general guidelines. The purpose of traveling for your solar birthday is to energize an intention for the year ahead. Life is precious and this time should be regarded as precious. A Solar Return Vacation should not be honored by simply 'touching down' at a location. In today's virtual world where we are in such a hurry, we often want to consider this type of option, but the purpose of the travel is to support an intention you have for your life and should be honored thusly. If we do the quick in and out version, we bring the energy of a hurried pace and lack of focus into the year ahead. Consider this as a sacred energetic time to honor highest and best and as a time to bring clarity and focus.

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I recommend 2 to 3 days with time before and after the exact moment of your Solar Return (more time if traveling a great distance). At the location, take time to journal about your intentions for the year ahead. If you are artistic, express your intentions artistically. If you are a healer, plan to do some specialized practices. Or, simply do things that inspire you by visiting sacred places, gardens, or galleries. If the dates align, it can be a good idea to attend a conference that is meaningful to you. Be very aware and open to the world around you so that you can accept the messages the universe sends you during this very intentional travel. If you receive strong messages or experiences, find a way for these things to remain present throughout the year via your own art, photos, journal entries, etc. At the exact moment of the Solar Return, spend quiet time contemplating your intentions for the year ahead and perform a small ceremony that is meaningful to you.

A Solar Return Vacation is a luxury and you should only consider this astrological tool if you have the time and budget to travel. In context, it is a secondary energy to the major transits that are occurring in your life and, most importantly, living your life by honoring the blueprint contained in your birth chart. Meaning, moving in harmony with the Sun, Moon and stars each day and honoring our life's purpose and sharing our gifts is of primary importance. Our goals in life are not met and our problems solved via a Solar Return Vacation. Rather, this is one astrological tool we can use to build momentum, but it is the actions we take each day. If you have the ability to travel, a Solar Return Vacation can energize your intentions along with celebrating your birthday!