

Jan 18th-Jan 24th
2026

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Issue
#147

EGYM Smart Strength Equipment at the YMCA

Smart strength training is now available at the YMCA of Greater Louisville, offering members a new way to build confidence, strength, and healthy routines—no matter their age or fitness level.

EGYM is a personalized, technology-powered strength training system designed to make workouts simple, safe, and effective. With just a tap of a wristband, the equipment automatically adjusts to each person’s ideal settings, including resistance, range of motion, and seat position. The result is a guided, full-body strength circuit that takes about 22 minutes and removes the guesswork many people feel when starting training.

Unlike traditional equipment, EGYM adapts as members progress. Interactive screens guide proper form and pace, while built-in safety features help reduce the risk of injury. Every workout is tracked automatically, allowing members to see progress over time without needing to memorize routines or track numbers.

The YMCA of Greater Louisville is the only organization in the region offering this smart fitness technology, reinforcing its commitment to innovation and community health. EGYM is available at Downtown, Northeast, Floyd County, Republic Bank Foundation, and



Southwest Family YMCAs, Members are supported by trained Healthy Living Coaches who provide one-on-one orientations and ongoing guidance.

By offering EGYM, the YMCA is expanding access to strength training that feels welcoming and achievable for beginners, busy adults, and active older adults alike. EGYM is included as an added benefit of a YMCA membership, ensuring that advanced fitness tools remain accessible to the entire community. Learn more at www.ymcalouisville.org/egym.

What to Do in the Lou

1/20 TARC Public Meeting: Proposed Fare Changes & Title VI Plan 5PM-7PM Shively City Hall 3920 Dixie Hwy info@ridetarc.org

1/21 Art Journaling 6:30PM-7:30PM Gravely Brewing 905 E. Main St. www.stan.store/HappymakervArt *free

1/21 Grown-Up Storytime: 'Dating: The Good, The Bad, The Ugly' 7PM West Sixth NuLu 817 E. Market St. 859.705.0915 *free

1/22 2026 Affiliate Networking Group 8:30AM-10AM 1801 Payne St. www.kellerwilliamsloouisville.com

1/22-23 Warehouse Cleanout Sale 10AM-3PM Home to Home Auctions 623 E. Jefferson St. hometohomeauctions@gmail.com www.hometohomeauctions.com

1/22 Beginner Improv 6:30PM Studio NuLu 1320 E. Washington St. www.everythingcinemaproductions.com *every Thursday until 2/26

1/23 Stop & Pick-Up: Winter Coat & Grocery Giveaway 12PM-3PM 3226 Crums Ln. admin@ynpf.org

1/23 Dinosaur World Live 7PM The Brown Theatre 315 W. Broadway www.kentuckyperformingarts.org

1/23 V-Groove Live 8PM-11PM Derby City Gaming Downtown 401 W. Market vgroove502@gmail.com

1/23 Fool House: The Ultimate 90's Party: The Millennium Tour 8PM Mercury Ballroom 611 S. 4th St. www.ticketmaster.com

1/24-25 The Derby City Royal Weekend KY Expo Center 937 Phillips Ln. www.5678royal.com

1/24 Glow Day 10AM KY Science Center 727 W. Main St. www.kysciencecenter.org

1/24-25 Bluegrass World of Wheels Custom Car Show 10AM-8PM/6PM KY Expo Center 937 Phillips Ln. www.bluegrassworldofwheels.com

1/24 Jazz Brunch 11AM-2PM High Stakes Rooftop 710 E. Jefferson St. www.highstakesrooftop.com info@highstakesrooftop.com 502.901.9355

1/24 FirstBuild Open House 11AM-4PM First Build 333 E. Brandeis Ave www.firstbuild.com

1/24 Oversharing: An Exhibit by Artist Jes Allen 1PM-3PM Chestnut & Pearls 157 E. Main St. New Albany, IN www.schmellovello.com 502.548.9114 *free

1/24 Rainbow Name Change Clinic 1PM-4PM Awry Brewing 1025 Barret Ave 502.569.7710 *free

1/24-25 The Lightning Thief: The Percy Jackson Musical 2PM/7PM Bomhard Theatre at the KY Center 501 W. Main St. www.tickets.kentuckyperformingarts.org

1/24 Louisville Cardinal's Men's Basketball vs. Virginia Tech 3:30PM KFC Yum! Center 1 Arena Plaza www.ticketmaster.com

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This Week's Issue

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18 WEEK PROGRAM

Amped's next Immersive Cohort runs from August 25 - November 24, 2025! Step one of the application process is attending an in-person interest session. Sign up for a session using the QR code below!

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ZOGOHOST

Editor's Note: "You can't fault yourself for not knowing what you didn't know."

Keep Going Scholarship Fund in Honor of Travis Nagdy

Founded in 1956, the Louisville Artisans Guild is Kentucky’s oldest guild dedicated to the pursuit of excellence in arts and crafts. Formerly known as, the Louisville Craftsmen Guild, the name was changed in 2003, to better reflect the purpose and membership. The scholarship recipient is awarded a **one-time \$2,000 award**, a Louisville Artisans Guild membership, and a booth at our annual Holiday Showcase in November of their scholarship year. **Applicants must apply by Mar 02, 2026.**

To be eligible a student must have a minimum 2.0 GPA out of a possible 4.0 from a Metro Louisville area high school from Jefferson, Oldham, Shelby, and Bullitt Counties in Kentucky and Floyd, Clark, and Harrison counties in Indiana or a documented home-schooled student in your school district from one of these seven counties and must be pursuing a non-performing, visual art-related major in college. Applicants must submit jpegs of the five best pieces representing their portfolio for their application to be considered. Students will be scored blindly through an online review of their applications. The top 20% (or top 3 if less than 8 applicants) will be semi-finalists. Semi-finalists will be invited to present their work in person on March of 2026. To learn more about the scholarship selection process and scoring please visit the Louisville Artisan's Guild Scholarship Brochure.

SBDC KY Free Training Events

www.kysbdc.com sbdcinfo@uky.edu (502) 977-5800

Tuesday 1/20/26 Partnering with the University of Kentucky to Grow Your Business

Time: 12:00 PM - 1:00 PM EST Program Format: Online Meeting (Live) Training Topics: Government Contracting

Point of Contact: sbdcinfo@uky.edu (502) 977-5800

Tuesday 1/20/26 Start Smart: Starting A Business in Kentucky

Time: 7:00 PM - 8:00 PM EST Program Format: Online Meeting (Live) Training Topics: Business Start-up/Preplanning

Point of Contact: jc.phelps@uky.edu

Description: Do you want to start a business in the Commonwealth of Kentucky? To ensure future success, there are many considerations that you need to address from the beginning. In this workshop with Kentucky SBDC Training Coordinator JC Phelps, you will have the opportunity to explore the ins and outs of entrepreneurship. Start Smart is designed to teach you how to start a business, conduct a feasibility analysis, choose the correct legal structure, analyze financial considerations, and more. Training is provided free of charge and will be held on Zoom.

Thursday 1/22/26 Fund Smart: Understanding Business Financing

Time: 7:00 PM - 8:00 PM EST Training Topics: Business Financing, Business Start-up/Preplanning

Program Format: Online Meeting (Live) Point of Contact: jc.phelps@uky.edu

Description: Do you want to start a business in the Commonwealth of Kentucky? Many of the most significant considerations for doing so revolve around finance and funding. In this workshop with Kentucky SBDC Training Coordinator JC Phelps, you will have the opportunity to explore the ins and outs of finance and financing for small businesses.

Tuesday 1/27/26 Start Smart: Starting A Business in Kentucky

Time: 7:00 PM - 8:00 PM EST Training Topics: Business Start-up/Preplanning

Program Format: Online Meeting (Live) Point of Contact: jc.phelps@uky.edu

Description: Do you want to start a business in the Commonwealth of Kentucky? To ensure future success, there are many considerations that you need to address from the beginning. In this workshop with Kentucky SBDC Training Coordinator JC Phelps, you will have the opportunity to explore the ins and outs of entrepreneurship. Start Smart is designed to teach you how to start a business, conduct a feasibility analysis, choose the correct legal structure, analyze financial considerations, and more.

Thursday 1/29/26 Speed Coaching: 20-Minute Startup & Growth Sessions

Time: 5:00 PM - 7:30 PM EST Training Topics: Business Financing, Business Plan, Business Start-up/Preplanning, Cash Flow Management, Managing a Business, Marketing/Sales

Location: Northeast Regional Library 15 Bellevoir Cir, Louisville KY 40223 Point of Contact: Janet Flaugh sbdcinfo@uky.edu (502) 977-5800

Description: Speed Coaching is a walk-in, evening office hours event where you can get focused, one-on-one help from the SBDC in a 20-minute session. Sessions are first-come, first-served, so arrive early if you want the best chance at your preferred time.

Bring your top question and any key details (website, numbers, paperwork, or notes) so we can make the most of your 20 minutes. Common topics include starting a business, registrations and licenses, business planning, marketing, funding prep, and problem-solving a current challenge.

How it works: Register in advance, walk in during the event window, meet 1:1 with an SBDC coach for 20 minutes. This is a quick-hit format—ideal for clarity, next steps, and troubleshooting. If you need deeper support, SBDC help you schedule a longer follow-up.

Thursday 1/29/26 Fund Smart: Understanding Business Financing

Time: 7:00 PM - 8:00 PM EST Training Topics: Business Financing, Business Start-up/Preplanning

Program Format: Online Meeting (Live) Point of Contact: Point of Contact: jc.phelps@uky.edu

Description: Do you want to start a business in the Commonwealth of Kentucky? Many of the most significant considerations for doing so revolve around finance and funding. In this workshop with Kentucky SBDC Training Coordinator JC Phelps, you will have the opportunity to explore the ins and outs of finance and financing for small businesses.

PICKUP LOCATIONS

- Xquisite Nutrition 2631 S 3rd Street
- Small Business Administrative 600 M. L. King Jr. Pl.
- Franco’s 3300 Dixie Hwy
- Pocket Change 1510 Crums Lane
- Tim Pages 2922 Taylor Blvd
- AMPED 4425 Greenwood Ave
- KY AAHC 1701 W. Muhammad Ali Blvd
- Urban League 1535 W. Broadway
- AMPED RTBI 1219 W. Jefferson Street Suite 206
- Molo Village 1219 W. Jefferson Street Suite 204
- The Presley Post 734 W. Main Street Suite 106
- The Gruv 434 W. Market Street
- Rooftop Grill 414 W. Oak Street
- Southern Express Soul Food 418 W. Oak Street
- Roots 101: AA Museum 124 N. 1st Street
- House of Earlisious 4925 Poplar Level Road
- W.E.B. DuBois Academy 3901 Atkinson Square Drive
- SKS Accounting 812 Lyndon Lane
- D’Luxe Hair & Cuts 3707 Bardstown Road
- Russell Neighborhood Health Ctr 1425 W Broadway
- My Hub 2900 W. Broadway inside the NIA Ctr
- Nia Center 2900 W. Broadway
- Goodwill West Louisville 2820 W. Broadway
- Chestnut Street YMCA 930 W. Chestnut Street
- Republic Bank Foundation YMCA 1720 W. Broadway
- The Fish House & Grill 2124 W. Broadway
- Wing Station 2119 Crums Lane
- Greenwood Grocery Store 4501 Greenwood Ave
- Hair La Faire 1859 Berry Blvd
- Discount Tint & Auto 1857 Berry Blvd
- Main Library Louisville 301 York Street
- Wags Hair 801 W. Broadway
- Smokeasy Lounge 566 S. 5th Street
- Mahogany Salon 1860 Mellwood Ave
- Double Deuce 2529 W. Broadway
- Smoke & Vape 2113 W. Broadway
- Good Vibes Smoke Shop 2710 Rockford Lane
- Zoe’s Tattoos 1161 S. 4th Street
- Opportunity Corner 636 S. 18th Street
- Omar’s Liquors 331 E. Oak Street
- Shawnee Library 3912 W. Broadway
- Ahrens Educational Resources 546 S. 1st Street
- Bates Memorial Baptist Church 620 E. Lampton
- Southern Hospitality 3402 W. Broadway
- Black Jockey’s Lounge 630 S. 4th Street
- Blak Koffee 1219 W. Jefferson St.
- G Starks Realty 1219 W. Jefferson Suite 107
- Smoketown Family Wellness Center 760 S. Hancock Street
- UofL Campus 2030 S. 4th Street
- Pro Nails 801 W. Broadway #2

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LFPL's Teen Life Skills

Teen Life Skills is a series of free programs designed to help young people develop necessary skills to prepare for adulthood including cooking, organizing, college or career prep and more! Every time you attend a Teen Life Skills program, you get entered for a chance to win up to \$500 in prizes that range from electronics to art and school supplies to fun dorm decor, and more! The more programs you attend, the more prize entries you earn! Each program below counts as a Teen Life Skills program:

Event	Date	Time	Location
4-H Cooking Class - One-Pot Dinners	Tuesday, January 20, 2026	4:30–5:30 PM	Southwest
4-H Cooking Class - Cooking & Safety	Saturday, January 24, 2026	12:00–1:00 PM	Jeffersontown

Visit www.lfpl.org/teenskills for more information.



Audaciously Abra: The Audacity to Say No

By Abra Sickles

“You have to decide what your highest priorities are and have the courage, pleasantly smilingly, non-apologetically, to say no to other things.” —Stephen R. Covey

I used to think saying yes made me generous. Reliable. Easy to work with. Easy to love. What it really made me was exhausted. For a long time, I believed that my value lived in my availability. If I could just show up more, do more, give more, then maybe I’d be enough. So, I said yes when I was tired. Yes, when I was stretched thin. Yes, when my spirit was quietly asking for rest. I didn’t realize that every unnecessary yes was a quiet no to myself. Learning to say no didn’t happen all at once. It came in pieces. A declined invitation here. A boundary there. A moment when I finally paused long enough to ask myself, do I want to do this, or am I afraid of disappointing someone? Here’s the truth I had to learn the hard way. No is a complete sentence. It doesn’t require an explanation. It doesn’t need justification. It doesn’t mean you are selfish, difficult, or unkind. It means you are honest. It means you are listening to yourself. It means you are choosing alignment over approval. Sometimes the answer really is just no. No remix. No follow-up. No explanation required. The audacity to say no is the audacity to protect your energy. It’s understanding that you don’t have to earn rest. You don’t have to overextend to be worthy. You don’t have to be everything to everyone to be someone of value. Saying no is not rejection. It’s redirection. What surprised me most was this. The more I honored my no, the stronger my yes became. When I said yes, I meant it. I showed up fuller. Clearer. More present. My relationships deepened because they were no longer built on obligation, but on intention. Audacity doesn’t always roar. Sometimes it whispers.

Sometimes it sounds like a calm, grounded no spoken without guilt. Sometimes it looks like choosing yourself even when it feels unfamiliar. Sometimes it feels uncomfortable at first, because growth often does. If you’re in a season where you feel pulled in too many directions, consider this your permission slip. You are allowed to say no. You are allowed to change your mind. You are allowed to choose what sustains you. That isn’t selfish. That’s self-respect. And that takes audacity.

Live loud. Stay audacious.



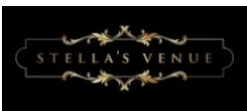
Abra Sickles is an emerging writer who explores personal growth, courage, and the power of authenticity. Through thoughtful and introspective storytelling, Abra fosters deep connections by sharing experiences and stories that resonate. She invites readers to embrace their authentic selves and to see how we all fit together like puzzle pieces in the larger tapestry of life, inspiring reflection, growth, and purposeful living.

audaciouslyabra@gmail.com

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2026 WomensNet’s Grants

WomensNet and the Amber Grant have received national media exposure in outlets like Forbes, USA Today, Nasdaq.com, and Yahoo! for our work in helping women-owned businesses. As long as you’re a woman who is 18 years or older, your business is 50% women-owned, and operates in the United States or Canada — you’re eligible to apply. Yes, non-profits are eligible. Non-profit organizations that are revenue-generating are eligible for our grants. To qualify, non-profit businesses must have at least 50% of their top leadership, including the Board President or CEO, must be women. The deadline is the last day of each month at 11:59:59 pm Eastern Time. Just keep in mind that our three \$10,000 grants run monthly. The year-end grants are \$50,000 and will be awarded to one of the 12 monthly recipients in December. Criteria include the following:

1. Your story. We’re looking for qualities like passion, business savvy, and vision. Women who believe in what they’re doing tend to make us believers, too.
2. Plans for growing/starting your business. We’re not looking for a formal business plan. Just some explanation of how you’ll achieve business success. It might include some mention of your market, your team, the things you’ve overcome so far, and the challenges you still face.
3. Plans for the grant money. Tell us how you would invest the money if you won. Be as detailed as you can. For additional information contact jc40218@aol.com.

Healthy Recipes

Mixed Beans + Turkey Necks

Serves: 3-5 Est. cost: \$9.10 Est. cost per serving: \$3.05

Ingredients:

- 2 tbsp cooking oil (e.g olive, avocado, oat bran)
 - 1/2 cup onion (white, yellow, red)
 - 2-3 turkey necks / wings
 - 2 tsp onion powder
 - 1 tsp black pepper
 - 2 tsp salt
 - 1 1/2 cup water
 - 1 ea 15oz can Great Northern Beans, drained and rinsed
- OR 1 cup DRY beans

 - To taste, salt and pepper

- Optional Toppings:
- Chow chow / Relish
 - Pickled onion
 - Cucumber Salad
 - 2 tsp onion, chopped

Equipment: medium pot, knife, serving bowl / plate, cutting board

Directions:

1. In a medium pot, sauté onion in cooking oil over medium heat for 5-7 mins, until onions are translucent.
2. Add your turkey necks, onion powder, black pepper and salt. Brown for 7-10 mins.
3. Add ½ cup water and cover for 5 mins.
4. Add beans and 1 cup water. Cover pot, and cook on medium-low for 40-45 mins, stirring occasionally. (If using dried beans, add 1 cup dried northern and 1 cup dried mixed beans with an additional 2 cups of water and cook until beans are tender).
5. Top with a couple tablespoons of chow chow/relish served in a bowl, or as a side dish to your favorite comfort food. Enjoy!

Health Benefits:

Beans are filled with micronutrients, vitamins, minerals, antioxidants, carotenoids, polyphenols, vitamins A, K, C, folate, potassium, calcium, magnesium, dietary fibers, prebiotic carbohydrates, and phytochemicals to fight against radical cells and inflammation.

Phaseolus vulgaris are common dry beans that are widely accessible, affordable, and versatile + highly nutritious. They are rich in fiber and help you feel fuller and longer . ½ cup cooked beans = 1 oz meat = 7g protein

Recipe provided by LA Dixon, 2024

Gingerbread Hot Cocoa

Serves: 3-5 Est. cost: \$4.10 Est. cost per serving: \$1.80

Ingredients:

- 4 oz ginger decoction
 - 1/2 cup water
 - 1/2 cup milk choice (almond, oat, other)
 - 1 Tablespoon Cocoa Powder
 - 2 teaspoon sweeteners of choice
 - Optional: 1 tsp Cinnamon Powder or Cinnamon Stick for Garnish

Equipment: medium pot knife, 3-5 cups, whisk, measuring spoons

Directions:

1. Combine ingredients in a medium pot, use a whisk, and slowly heat until all things are melted together.
2. Take off the heat, when it is the desired temperature.
3. Top with marshmallows or a dash of cayenne, and enjoy!

Health Benefits:

- Ginger is a powerhouse of anti inflammatory and digestive supporting properties. It’s perfect for warming you up on a chilly winter day and soothing any post-holiday feast discomfort.
- Cocoa is rich in flavonoids, which are plant-based compounds that support heart health by improving blood flow and reducing inflammation. It’s also a natural mood booster—cocoa contains compounds like theobromine and phenylethylamine, which may enhance your sense of well-being and reduce stress.
- Honey and maple syrup also bring trace minerals and antioxidants to the mix

Recipe provided by Gabrielle LaChapelle and Angelina Andriacchi, 2024



Nutrition Facts	
Serving Size	1 Serving
Amount Per Serving	
Calories	761.4
% Daily Value*	
Total Fat	6.9 g9 %
Saturated Fat	1.4 g7 %
Trans Fat	0 g
Cholesterol	33.9 mg11 %
Sodium	2120.6 mg92 %
Total Carbohydrate	136.6 g50 %
Dietary Fiber	48.6 g174 %
Total Sugars	25.8 g
Added Sugars	2.4 g5 %
Protein	40.7 g
Vitamin D	0 mcg0 %
Calcium	339 mg26 %
Iron	11.3 mg63 %
Potassium	1345.8 mg29 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Nutrition Facts	
Serving Size	1 Serving
Amount Per Serving	
Calories	33.2
% Daily Value*	
Total Fat	0.4 g1 %
Saturated Fat	0.2 g1 %
Trans Fat	0 g
Cholesterol	0 mg0 %
Sodium	4.1 mg0 %
Total Carbohydrate	7.8 g3 %
Dietary Fiber	1.1 g4 %
Total Sugars	2.5 g
Added Sugars	0 g0 %
Protein	0.8 g
Vitamin D	0 mcg0 %
Calcium	6.4 mg0 %
Iron	0.4 mg2 %
Potassium	138.1 mg3 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Horoscopes

Aries 3/21-4/19 You could be on the verge of a decision that will have a long-lasting impact! You've been at this crossroads for a while, unsure of which path to go down. The Judgement card knows the best choices come from the perfect blending of head and heart. This will require you to look to your past for tangible lessons you've learned, but you must also connect with your inner self and listen to what your intuition is trying to tell you. This is the week to make your decision – and you already have everything you need to do so.

Taurus 4/20-5/20 Your breakthrough moment has arrived! The Ace of Swords signals that the fog is lifting, and you have greater mental clarity this week. It may feel as though you're viewing the world through a brand-new lens, one that helps you cut through the noise and get to the heart of the matter. Is a situation not what it seems? Has someone been deceiving you? Have you been deceiving yourself? You're being handed an opportunity to clear the air and see things for exactly what they are.

Gemini 5/21-6/20 You're being encouraged to choose your battles wisely this week. The 5 of Swords signals that a conflict is currently brewing in a particular area of your life, and a confrontation could take place soon. When it does, you may be tempted to win the argument at all costs – but have you considered what those costs are? In your attempt to prove you're right, you may say or do things you regret later, as well as sabotage your relationship with the other person (or people). Before going to battle, consider how winning in the moment could lead to a long-term loss.

Cancer 6/21-7/22 This could be the week you finally release something that has been hanging over you for far too long. The 6 of Swords serves as a reminder that, although it may be difficult, sometimes we have no choice but to move on from a challenging situation. What have you been holding onto that has prevented you from creating a brighter future for yourself? Now is the time to let this go once and for all. This won't be an easy task, but ultimately, it is the right thing to do.

Leo 7/23-8/22 Temperance is a card of balance and moderation. Receiving this card signifies a need to keep a more go-with-the-flow attitude, practicing patience and adaptability as best you can. Perhaps you've been resisting a change in your life or letting a stressful situation get the best of you. If this is the case, change your approach this week. Allow things to slide off your back instead of meeting them with resistance. By finding your inner balance, you set yourself up to find your outer balance once again.

Virgo 8/23-9/22 Keep an open heart and an open mind this week! The Page of Cups is urging you to go back to the time in your life when you were more childlike, more fearless, more idealistic. It could be that past or recent circumstances have made you more cynical and closed off as a way to shield yourself from getting hurt. While this approach can certainly help you avoid more pain, it may also prevent you from experiencing life's pleasures. Don't let your past dictate your future in this way. Learn to trust again.

Libra 9/23-10/22 The Knight of Cups is a card of vision and advancement. This week, there's a possibility that you are going to receive some sort of invitation or proposal that you may not have been expecting. This card wants you to be open to this new possibility and take advantage of it, but it also wants you to exercise caution as you move forward. The Knight warns against getting too caught up in fantasies. Evaluate this situation before proceeding to ensure everything will be as you think it will be and that you will benefit from it.

Scorpio 10/23-11/21 You could be facing a major decision this week! This situation may be presenting a moral dilemma for you, and The Lovers card represents the need to develop greater clarity on what your values and beliefs are before determining how to proceed. Do you feel compelled to go a certain direction based on fears or feelings of guilt? Don't let those things become motivating factors. Instead, try to understand that every action has a reaction and decisions such as these are never easy. Stay true to yourself -- you can't go wrong.

Sagittarius 11/22-12/21 The 3 of Swords wants to recognize the grief or heartbreak you may be suffering from currently. Perhaps you've been betrayed, or it could be that you're experiencing some sort of mental anguish. This week, this card is asking you to persevere and stay in control of your emotions so that you can move forward without falling apart. Just be sure that you don't become permanently detached in your efforts to remain strong. If you remain in touch with your emotional side, you could come out on the other side of this situation capable of loving even more deeply.

Capricorn 12/22-1/19 You're going to ride the wave of good vibes this week! The Ace of Cups is signaling a time that is overflowing with positive emotional energy. Happiness, creativity, and compassion are yours for the taking. It also signifies the ability to strengthen your existing relationships -- and perhaps meet a new friend or lover! If you've felt closed off lately, it's time to open your heart to welcome the love and peace you deserve. This is your chance to sip from the cup of profound spiritual fulfillment, so drink up!

Aquarius 1/20-2/18 The 5 of Pentacles acknowledges that you've fallen on hard times recently. Have you suffered a job loss? Are finances not flowing as easily as you'd like them to? These kinds of struggles don't just take a toll on your pocketbook -- they can become emotional, mental, and spiritual burdens as well. Don't shoulder the weight of the world by yourself. This week you're being encouraged to call out to your friends and family for help. All difficult periods pass eventually, but they pass much more easily when you have support.

Pisces 2/19-3/20 The 5 of Cups indicates you've been allowing yourself to wade in a sea of regret and disappointment. While the pain you're feeling is very real and shouldn't be minimized, it isn't a free pass to stay stuck in this mode forever. By choosing to focus on your perceived failures or mistakes, you can't see the positive things right in front of you, nor can you move on toward greener pastures. There's still hope, and it's important this week that you find where that hope is and shift your attention to that. *Tarot.com*