

Mar 15th-Mar 21st
2026

The Underground Lou

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Issue
#151

The BOBEAWARDS Celebrates it's 5th Year at LCCC

Congratulations to this year Black Owned Business and Excellence Awards winners:

Venue of the Year: Smokeasy

Event Planner/Promoter: Big Don MJ Ent

Beverage Company: West End Gin

Restaurant: House of Marigold

Catering Company: The Box Chef

Barbershop: Vice Versa

Barber: Dominique Malone

Hair Salon: Beauty Bar of Louisville

Hair Stylist: Hair Weave Killa

Beauty Product: Unique Essentials

Makeup Artist: Sue on the Beat

Entertainer: Bella Rae

Visual Arts: E & S Art Gallery

Decorating Business: Tanesha Marshall Creations

Clothing/Accessory: Deadstock

Marketing/PR Agency: Nimbus

Healthcare: Sparkle & Shine

Science/Tech: AMPED

Real Estate: G Starks Realty

Law/Political Influence: Tammy Hawkins

Health & Wellness: Dr. Chauweda Smith

Commercial/Industrial: Jim Reynolds Asphalt

Community Organization: Change Today Change Tomorrow

Media/Production: Stay Live Streams

Nail Tech: Miyacyna Nails Co.

Author: Mike Warner

Educational: Coleman Prep Academy

Finance: Open Books Accounting & Tax Service

Dance/Gymnastics: Soljettes

Influencer: RaeShanda Lias Lockhart

Gamechanger: Cynthia Lee

Legacy: Mark Gunn

New Business: Good Brothers Pharmacy

Business: Melannaire Marketplace



Host Imani Williams, New Business of the year Recipients Good Brothers Pharmacy

This year's award show took place at Louisville Central Community Center located at 1300 W. Muhammad Ali Blvd. in Louisville, KY. The event was hosted by award winning digital content (cont. page 2)

What to Do in the Lou

3/19 *Three Years: Thank You for Being a Friend* 9AM-3PM House of Marigold 10310 Shelbyville Rd. www.thehouseofmarigold.com

3/19 *Bored Teachers: Is It Friday Yet?! Comedy Tour* 3PM The Brown Theatre 315 W. Broadway www.tickets.kentuckyperformingarts.org

3/20 *100 Wise Women: Valerie Jones* 8AM-10AM The Olmstead 3701 Frankfort Ave www.leadershiplouisville.org

3/20 *Brew & Flow* 6PM-9PM Fly Hip Ageless Creative Hub 1205 E. Washington St. info@flyhipageless.com

3/20-21 *Ms. Pat Live* Louisville Comedy Club 110 W. Main St. www.louisvillecomedyclub.com

3/21-22 *Kyana Swap Meet 2026* KY Expo Center 937 Phillips Ln. 502.619.2917

3/21-22 *The Flea Off Market* 817 Logan St. www.thefleaoffmarket.org

3/21 *Division 8 Train Show & Sale Spring 2026* 10AM-3PM Holy Family Parish Shaffin Center 3938 Poplar Level Rd. www.nmra.org

3/21 *Noble Funk's Birthday Party* 11AM Noble Funk 922 S. 2nd St. www.noblefunk.com

3/21 *Bloom: A Celebration of Women Becoming* 11AM-4PM Louisville Pride Center 1244 S. 3rd St. www.tinvurl.com/52c63yu8

3/21 *Life Beyond Hot Flashes* 11:30AM Thrive Center 3430 Newburg Rd. www.events.aarp.org/menopause2 877.962.8300

3/21 *2026 NCAA Women's Basketball Championship Round 1* 12PM KFC Yum! Center 1 Arena Plaza www.ticketmaster.com

3/21 *Goats Are Back on the Patio* 12PM-4PM Atrium Brewing 1154 Logan St. www.eventbrite.com

3/21 *Maven Fine Art Fashion Show* 5PM The Lyric 300 E. Third St. Lexington, KY www.mavenartshow.com

3/22 *Writer's Group Feedback Session* 10AM-2PM Maybe it's Fate 1425 Story Ave www.womeninfilmmky.org

3/22 *KY Derby Museum Hat Show* 12:30AM-1:30PM Ky Derby Museum 704 Central Ave www.derbymuseum.org

3/22 *Drive-Thru Microchip Clinic* 1PM-3:30PM 3528 Newburg Rd. www.LMASchedule.as.me/microchipclinic \$10

3/24 *Behind the Bar: A True Story Told Straight: Legacy, Leadership & Wellness* 6PM-9PM Flanagan's Ale House 934 Baxter Ave www.eventbrite.com

3/24 *Open Up at the Pearl* 9PM The Pearl 1151 Goss Ave 502.996.7552

3/26 *The Pours: Women Networking Event* 4:30PM-6:30PM womenoflouisville@gmail.com

3/26 *Moneybagg Yo Live* 8PM Old Forester's Paristown Hall 724 Brent St. www.kentuckyperformingarts.org

3/27 *Strong Women Strong Coffee: The Truth About Building Community* 10AM-11:30AM Fly Hip Ageless Creative Hub 1205 E. Washington St. www.eventbrite.com

3/27 *The Launch: A Networking & Social Event* 6PM-9PM Goodwood Whiskey Row 121 W. Main St. hctrigrp.502@gmail.com

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EXPERIENCE A VIBRANT CO-WORKING COMMUNITY & CREATIVE SPACE Located at: 754 W Main St., Suite 308, Louisville, KY

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| <p>Conference Room \$125 hr</p> <ul style="list-style-type: none"> Perfect space for meetings, presentations, and events Accommodates 30 to 50 people Features natural lighting, conference table, lounge area | <p>Creative Studio \$80 hr</p> <ul style="list-style-type: none"> Open, multi-purpose space that includes use of c-stands, backdrop, green screen, and more Accommodates 30 to 50 people Additional backdrops and lights can be rented for an additional fee | <p>Private Office \$45 hr</p> <ul style="list-style-type: none"> Ideal for meetings, study groups, and trainings Accommodates up to 6 people Soft seating and desk space |
|--|--|--|

Bookings include: WiFi • Coffee Mobile TV • Projectors Whiteboards
20% off booking fee for non-profit organizations

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(cont. from page 1) producer Imani Willaims and created in 2020 by Mikesha Thomas, Founder of PCI Media & Co. Support for this year include YMCA of Louisville, Metro Council District 3 Shameka Parrish-Wright, The Wiseman, Rivulet, BlueBK Media and ZoGo Host.

To view the full list of nominees and to stay up to date on nominations for next year follow the Facebook page at The Black Owned Business & Excellence Awards, Instagram @bobeawards or by signing up for updates at info@bobeawards.com.

Questions? Email info@bobeawards.com.

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Audaciously Abra: The Audacity to Reinvent Yourself

By *Abra Sickles*

“REINVENTION IS THE AUDACITY TO CHOOSE EXPANSION OVER FAMILIARITY.”

— ABRA SICKLES

no longer tell where I ended and they began. And that’s the quiet danger...when love turns into fusion when partnership becomes possession of self.

It wasn’t dramatic. It was subtle. I started introducing myself through association. Through we. Through compromise. Through adjustment. And when it ended, I was left asking a question that was both terrifying and liberating: Who am I without this attachment?

Reinvention isn’t about becoming someone new because you were unseen. It’s about shedding what no longer aligns. It’s about recognizing that growth demands evolution. The world is constantly trying to name you, your job title, your relationship status, the role you serve, the organization you represent. And those things may be true. But they are not you. Somewhere along the way, we confuse what we do with who we are. We confuse who we’re connected to with our worth. We confuse history with destiny. Reinvention is the interruption of that confusion. For me, it wasn’t about erasing “old Abra.” She carried me through seasons that required endurance. She survived. She loved deeply. She gave generously. She tried to make things work. But there came a moment where survival was no longer enough. I didn’t want to just exist in rooms. I wanted to expand in them.

So, I decided, not out of anger, not out of hurt, but out of clarity. It was time for a reintroduction. And reintroducing yourself to the world is audacious. Because it requires proclamation. It requires boundaries. It requires saying: *This is who I am now. This is what I tolerate. This is how I will be addressed. This is the energy I bring. This is the energy I refuse.*

Some people will struggle with that. They only knew you in your accommodating era. They only experienced the version of you that bent. They may look at you now and say you’ve changed. And they’re right. Growth always looks unfamiliar to those who benefited from your smaller self. But reinvention is not betrayal. It is alignment.

The audacity to reinvent yourself is the audacity to choose expansion over comfort. To outgrow environments that once felt safe. To say: I am allowed to evolve even if it inconveniences your memory of me.

There will be people who knew you then who won’t recognize you now. And that’s okay. Because reinvention isn’t about recognition.

It’s about reclamation. It’s standing in your own space without apology. It’s decoupling your identity from who you date, where you work, what you produce, or how others describe you. It’s understanding that you can honor your past without living in it. It’s not loud. It’s not performative. It’s intentional. It’s sacred.

Reinvention is a quiet promise to yourself that you will never again disappear inside someone else’s definition of you.

It’s saying:

- I can love deeply without losing myself.
- I can partner without shrinking.
- I can serve without erasing.
- I can build without binding my worth to the outcome.

The audacity to reinvent yourself is not about becoming someone different. It’s about finally becoming someone fully. And if the world needs a reintroduction, then so be it. Because this time, you are not asking for space, you are taking it!

Live Loud. Live Audacious.

There is something unsettling about realizing you’ve been shrinking inside a life that still technically fits. Not because anyone silenced you. Not because you were invisible. But because somewhere along the way, you started blending. After my relationship ended, I didn’t just lose a person. I lost the version of myself that had attached her identity to someone else’s orbit. I had intertwined so tightly that I could



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

PICKUP LOCATIONS

- Xquisite Nutrition 2631 S 3rd Street
- Small Business Administrative 600 M. L. King Jr. Pl.
- Franco’s 3300 Dixie Hwy
- Tim Pages 2922 Taylor Blvd
- AMPED 4425 Greenwood Ave
- KY AAHC 1701 W. Muhammad Ali Blvd
- Urban League 1535 W. Broadway
- AMPED Technology Workforce Training 1701 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 Fiaire 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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Kentucky Shakespeare: Two-Actor Tempest

Kentucky Shakespeare's Library Tour continues this Saturday

There are just three more chances to catch Kentucky Shakespeare's Two-Actor *Tempest* at the Library this year. Shakespeare's famous comedy of magical mischief, explores the power of empathy and forgiveness. For children and families. Visit www.lfpl.org/shakespeare for more information. Free to the public.

Saturday, March 21, 2-3:30PM Portland 3305 Northwestern Pkwy
Saturday, March 28, 2-3:30PM Northeast Regional 15 Bellevoir Cir.
Saturday, April 4, 2-3:30PM 7300 Jefferson Blvd



Community Commitment Updates

Maxwell Mitchell, Stay Live Streams

Effective Law Enforcement for All (E.L.E.F.A)'s First Community Meeting at Newburg Community Center



On Wednesday May 21st, 2025 President Donald J. Trump announced that the Department of Justice was pulling out of the lawsuit United States v. LMPD/LMG. This lawsuit or Consent Decree came after the Department of Justice released the DOJ Findings, a scathing document that found LMPD liable and guilty of over 30+ infractions. Some of those infractions have led to both state and federal trials and convictions.

After Donald J. Trump cancelled the lawsuit, Louisville mayor Craig Greenberg took the initiative to create the Community Commitment, Louisville's local consent decree. Within the document, you'll find every piece of jargon that you'll need to understand the process between the community commitment, the community safety commission, the crime plan, the safety plan and the Independent Monitor. After a lengthy process, the non-profit Effective Law Enforcement for All became the Independent Monitor.

The Independent Monitor's role is the monitor LMPD's and LMG's progress as they move forward through the portion of time that the Community Commitment is said to be in effect. Effective Law Enforcement for All or ELEFA is held liable to come into the city of Louisville and update the community once per quarter. More specifically you will be in front of the lead monitor, Sheree Briscoe Stewart, deputy monitor, Brian Corr and or someone else from their team. This is also something that you will learn after reading more of the document, the Community Commitment. In order to fully understand ELEFA's role, amongst others, and to keep up with this process, the Underground Lou will be providing consistent updates here by trusted resources such as ELEFA's website, Stay Live Streams and of course Louisvilleky.gov.

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HOMESCHOOL HANGOUT

Are you a Homeschool family?
Come hang out at Play Cousins with other homeschool families. Enjoy activities for the kids and conversation with other homeschool parents.

March 24th | 1701 West Market St. Louisville, KY 40203 | 11 AM - 1 PM
tinyurl.com/memberplay

Summer 2026 at YMCA Camp Piomingo!



Get ready for the best summer ever at YMCA Camp Piomingo! Nestled in the scenic beauty of Otter Creek Park in Brandenburg, KY, Camp Piomingo has been creating unforgettable experiences for children and teens since 1938. Registration for Summer 2026 is now open, offering kids ages 5-17 the opportunity to unplug, explore, and grow.

Camp sessions run from June 7 through July 31, with options for both one- and two-week stays. Campers can enjoy a wide range of exciting activities, including a thrilling zipline, a three-turn waterslide, archery, horseback riding, and much more.

Did you know that the Y never turns anyone away due to their inability to pay? At Camp Piomingo we offer income-based slide scale scholarships. Give us a call to learn more: 502-587-2106. Spaces fill quickly, so don't wait!

Register today at ymcalouisville.org and give your child a summer they'll never forget!



Verizon Digital Ready: SWOT Analysis

Monday, March 30th 2PM-4PM

This is a practical, hands-on working session (not a lecture on business theory or a webinar) designed to help you conduct a thorough SWOT analysis. The session guides you through the process of determining your market sweet spot and competitive advantages.

This event is ideal for business owners ready to gain clarity on strategic direction and business owners who want to stand out to potential customers and strengthen marketing messaging as well as those who are or will be seeking capital.

At the end of this event, you'll have the tools to conduct a thorough SWOT analysis for your business (Strengths, Weaknesses, Opportunities, Threats). You'll also be able to apply the insights from your analysis to your specific business model using a clear framework and how to use AI to Assist in the process. Sign up for free at

www.digitalready.verizonwireless.com.

Healthy Recipes

Immune Boosting Martini

Serves: 2-3 Est. cost: \$8.10 Est. cost per serving: \$2.35

Ingredients:

- 2 oz Cranberry Juice
- 2 oz Tart Cherry Juice
- 2 oz Pomegranate Juice
- 1/2 Cup - 1 Cup Ice
- Optional: 2 oz Sparkling water, kombucha, 1 oz fire cider, or ginger decoction
- Garnish: Fresh Rosemary Sprig or Cherries or Orange slice



| Immune Boosting Martini | |
|-------------------------|----------------|
| Nutrition Facts | |
| Serving Size | 1 Serving |
| Amount Per Serving | |
| Calories | 56.9 |
| | % Daily Value* |
| Total Fat | 0.5 g 1% |
| Saturated Fat | 0.1 g 0% |
| Trans Fat | 0 g |
| Cholesterol | 0 mg 0% |
| Sodium | 9 mg 0% |
| Total Carbohydrate | 13.3 g 5% |
| Dietary Fiber | 0.4 g 1% |
| Total Sugars | 9.1 g |
| Added Sugars | 0 g 0% |
| Protein | 0.4 g |
| Vitamin D | 0 mcg 0% |
| Calcium | 13.3 mg 1% |
| Iron | 0.3 mg 2% |
| Potassium | 200.1 mg 4% |

* 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.

Full info at cronometer.com

1 oz

Equipment: drink shaker or large drink container, 2-3 cups

Directions:

1. Combine juices and ice into a shaker and shake. Pour into glass.
2. Add optional sparkling water, kombucha, fire cider or ginger decoction for an extra kick.
3. Enjoy!

Health Benefits: cranberry, tart cherry, and pomegranate

- Cranberries are rich in antioxidants and vitamin C, which support immune health and keep your skin glowing through holiday season
- Tart cherries contain both melatonin (which regulates sleep cycles) and tryptophan, an amino acid used to produce serotonin and melatonin
- Pomegranate juice also supports healthy blood pressure and circulation, energizing you for all your holiday festivities

References: Recipe provided by Gabrielle LaChapelle and Angelina Andriacchi, 2024

Garlic and Spinach Pasta

Serves: 4 Est. cost: \$9.50 Est. cost per serving: \$2.60

Ingredients:

- 1 tbsp olive oil
- 1/2 medium onion, sliced
- 4 cloves garlic, minced
- 2 cups vegetable broth
- 2 cups water
- 1 pack pasta (e.g. penne)
- Juice of 1 lemon
- 4 cups spinach, fresh (OR 2 cups frozen)
- 1 tsp black pepper 1 tsp red pepper flakes



| Garlic and Spinach Pasta | |
|--------------------------|---------------------|
| Nutrition Facts | |
| Serving Size | 1 Serving |
| Amount Per Serving | |
| Calories | 99.5 kcal 5% |
| Total Fat | 3.9 g 6% |
| Saturated Fat | 0.6 g 3% |
| Trans Fat | 0 g |
| Cholesterol | 0 mg 0% |
| Sodium | 348.4 mg 15% |
| Total Carbohydrate | 14 g 5% |
| Dietary Fiber | 1.4 g 5% |
| Sugars | 2 g |
| Protein | 3 g 6% |
| Vitamin A | 50 % |
| Vitamin C | 22 % |
| Calcium | 4 % |
| Iron | 7 % |

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Full info at cronometer.com

Equipment: Large pot, cutting board, and serving dish

Directions:

- In a large pot, bring oil to medium heat. Add onions and sauté for 3-5 minutes or until translucent.
- Add garlic and cook for another 2 minutes.
- Add vegetable broth, water, uncooked pasta, and lemon juice.
- Bring to a boil and cook for 15-18 minutes or until pasta is al dente.
- Stir in the spinach. Cook for 2 minutes and season with black pepper, and red pepper flakes.
- Pairs well with fish or chicken as a nice dinner option.

Health Benefits:

Spinach - is an excellent source of iron, folic acid, and calcium. Calcium is an essential mineral to the body that is responsible for bone health and heart health and muscle function.

Lemon - One lemon contains 51% of the recommended daily intake of vitamin C. Vitamin C is not only great for helping to boost your immune system it also helps to increase the body's absorption of iron.

MUIH Nutritional Outreach

Horoscopes

Aries 3/21-4/19 This week, the 8 of Pentacles is encouraging you to put your creative talents to good use and work hard at them. The more you create and hone your craft, the more others will take notice of what you're doing – and the more inspired you will become. By putting yourself out there, you give others the opportunity to recognize your unique abilities, and this can serve as the motivation needed to continue to produce things you're really proud of. So, get out there and become the master of your domain!

Taurus 4/20-5/20 The line between pleasure and pain is razor thin! The Devil represents your habits, temptations, and vices – all the things that activate your shadow side and lead you away from your true self. You're being called to examine whether short-term gratification is creating a long-term problem. This week, consider your actions. Are you truly in control? Are these behavior patterns healthy? What are the benefits besides temporary satisfaction? If you've been going overboard, now is the time to pull back before you veer too far off course.

Gemini 5/21-6/20 The Emperor is encouraging you to have total ownership of your true power! Your life experiences have helped you gain valuable wisdom and insight. How can you use this to help yourself? How can you use this to help others? This week you might be asked for guidance or advice from someone close to you – don't shy away. Alternately, you may be faced with a difficult personal decision. Don't worry, you now have the kind of knowledge and perspective that will help you navigate either of these scenarios with positive results.

Cancer 6/21-7/22 This week the 9 of Pentacles is inviting you to savor the fruits of your labor. You've been putting your blood, sweat, and tears into your goals, and you are now seeing deserved success as a result of your efforts. This is the time to take advantage of the material comfort you've created for yourself. So, go ahead and book an expensive spa package. Take yourself on a trip. Buy that expensive bottle of wine you've been eyeing. You've more than earned the right to splurge!

Leo 7/23-8/22 The Page of Wands wants you to embrace your more free-spirited side this week! Sometimes it's easy for us to get stuck in our routines or to keep going along with what's most comfortable for us. However, there's so much more to life left to explore! What is that you've been wanting to do but thought you couldn't? No dream is too big or small right now. When you combine your passion with your enthusiasm, the sky will truly be the limit for you.

Virgo 8/23-9/22 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.

Libra 9/23-10/22 Brace yourself! Unexpected change might be headed your way this week. The kind of change The Tower signifies is sudden and unforeseen. Your first instinct may be to reject this shift – but ask yourself why you're so resistant. Yes, these situations aren't easy to go through, but change is necessary to progress. This jolt to your system is what you've needed to see where the cracks in your foundations are. In turn, it allows you to rebuild on more stable ground. Embracing this transition period and what it can teach you will lead to greater personal rewards down the road.

Scorpio 10/23-11/21 It's time to celebrate! The 4 of Wands recognizes you've been putting forth great effort toward your goals. While it's tempting to keep charging forward, it's nice to pause and simply appreciate all that you've achieved so far. Allow others to share in this commemoration of your success. This can be anything from hosting a small celebratory dinner to throwing a raucous party. Remember, you can still strive toward your goals while stopping every once in a while to enjoy the fruits of your labor.

Sagittarius 11/22-12/21 Lucky you! The 10 of Pentacles represents security, as well as success and accomplishment. Have you not been properly recognized for your professional efforts? Has it felt like the universe has put one obstacle after another in front of you? Has money been tight? Have you felt deflated in matters of the heart? Well, good news has arrived! You could finally see things coming together for you this week in one or more of these areas, rewarding you with a sense of satisfaction for staying the course no matter how tough things were.

Capricorn 12/22-1/19 The 8 of Wands represents high energy and forward momentum, signaling a time of getting things done and making things happen. You might feel as though a lot is coming at you this week, and it could become difficult to figure out what you should pay attention to. Combat these distractions by homing in on a single goal and removing any distractions so you can focus on it. By using this energy to your advantage, you will turn this into a period of great productivity and progress.

Aquarius 1/20-2/18 The Strength card is signaling that you have the inner fortitude needed to gracefully navigate a difficult situation in your life. It's easy to get lost in emotions like anger, sadness, fear, or shame, but you're being called to rise above that this week and remain calm in this time of adversity. Don't act on your base instincts. Instead, embrace your more compassionate and forgiving side. This allows you to become a silent warrior who remains in control not only of yourself but the situation as well.

Pisces 2/19-3/20 Receiving the 9 of Cups could signal that this is the week when your stars will finally begin to align. When this card appears in a reading, it is a signal from the universe that everything in your life is as it should be. This dose of fortunate energy could mean feeling perfectly content in your job, your relationship, your friendships – your emotional cup could truly runneth over! Take the time to stop and appreciate the abundance of blessings life is offering you right now. Tarot.com