



## Audaciously Abra: The Audacity to Knock

By Abra Sickles

*"THE AUDACITY IS NOT THE DOOR OPENING, IT IS DECIDING YOU ARE WORTH THE KNOCK."*

Knocking is not polite. It is a disruption of silence.

A closed door is never neutral. It is a decision, a boundary, a muted declaration that something is not yet accessible. And still, to knock is to challenge that decision without knowing what waits on the other side. That is the risk. That is the audacity.

We have been conditioned to wait for access, to be chosen, to be named worthy before we ever reach for the handle. We learn to read rooms before entering them, to measure ourselves against invisible standards, to hesitate at thresholds that were never designed with us in mind. Knocking breaks that conditioning. It refuses the idea that permission is essential for presence.

To knock is to assert existence in a world that often rewards invisibility.

It is the email sent before confidence arrives. The introduction was made without a guarantee of reception. The decision to step toward something that has not opened for you before. Not because you are certain, but because you are unwilling to remain outside of your own becoming.

But not every knock is about entry.

Some knocks are confrontations. They expose what has been avoided, ignored, or carefully kept behind closed doors. They interrupt comfort and force acknowledgment. Sometimes the door opens, and sometimes it does not. Both outcomes reveal something essential. Access is not always the point. Awareness is.

And sometimes the door you are

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

knocking on is not external at all. It is the part of you that has been sealed off for survival. The truth you have delayed. You have outgrown the identity but refuse to release. The life that requires you to stop waiting for permission and start confronting your own resistance. That knock does not echo in a hallway. It reverberates (cont. to page)

## What to Do in the Lou

4/16 **Louisville Community Grocery Owner's Gathering** 6PM The Kling Senior Center 219 W. Ormsby Ave 502.509.1810

[louisvillecommunitygrocery@gmail.com](mailto:louisvillecommunitygrocery@gmail.com)

4/16 **The Starting Gate Mixer: A Pre-Derby Networking Social** 5PM-8PM Hip, Fly, Ageless Media 1205 E. Washington St. #108 [www.lul.org/events](http://www.lul.org/events)

4/16 **Chess Club** 6PM-7:30PM Crescent Hill Public Library 2762 Frankfort Ave [noah.park@lfpl.org](mailto:noah.park@lfpl.org)

4/16 **Yes, Chef! Martha Morgan: Sweet Potato Curry Gravy & Sourdough Biscuits** 6PM Northeast Public Library 15 Bellevoir Cir. [www.lfpl.org](http://www.lfpl.org) \*free

4/16 **Cece Winans: More Than This** 7PM The Louisville Palace 625 S. 4th St. [www.cecewinans.com](http://www.cecewinans.com)

4/16 **World Ballet Company: Swam Lake** 7PM Louisville Palace 625 S. 4th St. [www.worldballetcompany.com/louisville1](http://www.worldballetcompany.com/louisville1)

4/17 **Black Maternal & Infant Health Symposium** 8:30PM-3:30PM Metro United Way 334 E. Broadway [louisvillecoalitionforbmh@gmail.com](mailto:louisvillecoalitionforbmh@gmail.com) \$25

4/17 **The Holistic Experience** 10AM The Presley Post 734 W. Main St. [www.theresleypost.com](http://www.theresleypost.com)

4/17 **The Shine Suite: Sip & Shop Experience** 4:30PM-8:30PM The Presley Post 734 W. Main St. 502.874.4461

4/17 **April Nulu Nights** 5PM-8PM Nulu 729 E. Market [www.nulu.org/nulunights](http://www.nulu.org/nulunights)

4/17 **Good Times Concert Series Feat. The Juice Box Heros** 6PM-11PM Bolt + Tie 1390 Woerner Ave Clarksville, IN [info@townofclarksville.com](mailto:info@townofclarksville.com)

4/17 **502 Lip Sync Battle** 6:30PM Stella's Venue 1348 River Rd. 502.438.9369 \*free

4/17 **V-Groove at the Fox Den** 9PM The Fox Den 3814 Frankfort Ave 502.762.6305

4/18 **Record Store Day Celebration** 9AM-8PM The Great Escape 2433 Bardstown Rd. [thegreatescapelouisville@gmail.com](mailto:thegreatescapelouisville@gmail.com)

4/18-19 **Bluegrass World of Wheels Custom Car Show** 10AM-6PM KY Expo Center 937 Phillips Ln. [www.bluegrassworldofwheels@gmail.com](mailto:www.bluegrassworldofwheels@gmail.com)

4/18 **Saturday Jazz Café** 11:30AM-2PM Our Place Café 533 W. Kentucky St. 502.785.7344 [www.ourplacebwp.com](http://www.ourplacebwp.com)

4/18 **Thunder at The KY Center** 2PM The KY Center 501 W. Main St. [www.kentuckyperformingarts.org](http://www.kentuckyperformingarts.org)

4/18 **Galt House Thunder Bash on the Pool Deck** 2:30PM-11PM Galt House Hotel 140 N. Fourth St. [www.galthouse.com](http://www.galthouse.com)

4/18 **Black Art Heals** 4:30PM-7:30PM Baxter Community Center 1125 W. Liberty St. 502.225.3075 [immanual@kyblackaf.org](mailto:immanual@kyblackaf.org)

4/19 **Annual Paristown Garden Show** 10AM Paristown 731 Brent St. [www.thefleurdeflea.com](http://www.thefleurdeflea.com) 502.533.2688

4/19 **Native Plant Sale** 10AM-1PM Louisville Zoo 1100 Trevilion Way [www.louisvillezoo.org/event/native-plant-sale\\_april2026/](http://www.louisvillezoo.org/event/native-plant-sale_april2026/)

4/19 **CupcakKe Live** 8PM Mercury Ballroom 611 S. 4th St. [www.ticketmaster.com](http://www.ticketmaster.com)

4/23 **Friends of the Northeast Regional Library Meeting** 6PM Northeast Public Library 15 Bellevoir Cir. [www.lfpl.org](http://www.lfpl.org) \*free

4/29 **Derby Before the Run** 5PM-9PM 8Up Elevated Drinkery & Kitchen Rooftop [www.eventbrite.com](http://www.eventbrite.com)

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### This Week's Issue

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- EXPAND IMAGINATIONS & EXPECTATIONS

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(cont. from page 1) internally, steady and unrelenting.

You begin to understand that hesitation is its own kind of confinement.  
The audacity is not just in the act. It is in the willingness to be seen trying. To risk rejection without retreating into silence.  
To disturb what is closed, even when it would be easier to remain untouched by the outcome.  
So knock. Not to be accepted or validated.  
But because you refuse to stand outside of anything that requires your voice to enter.

*Live Loud. Live Audacious.*



## LFPL's Teen Life Skills

LFPL's Teen Life Skills series, sponsored by Taco Bell Foundation, is a free slate of programs designed to help young people develop necessary skills to prepare for adulthood. Programs explore cooking, organizing, college and career prep, and more. Every time you attend a Teen Life Skills program, you can enter for a chance to win up to \$500 in prizes ranging from electronics to art and school supplies to fun dorm decor, and more!



**GET ENTERED TO WIN:** Download the Beanstack app to keep track of the points you earn and visit [www.lfpl.org/teenskills](http://www.lfpl.org/teenskills). The more programs you attend, the more prize entries you earn! Each of April's upcoming Teen Life Skills programs count:

- 4-H Cooking Class: Cooking Basics - Wed., April 15, 3:30 p.m. Newburg
- Briana Frederick: Mending and Pocketing Circle - Tue., April 18, 2 p.m. Shawnee
- 4-H Cooking Class: Rockin' Chicken Tacos - Tue., April 21, 4:30 p.m. Southwest

## Help Us Find the Next Class of Leaders

Applications for the 2026-2027 Congressional Black Caucus Foundation (CBCF) Fellowship Program close on Friday, May 1, 2026. We're calling on our community to share this opportunity with rising leaders in your network who are ready to make an impact.

**Program Dates: August 24, 2026 – September 3, 2027**

Reminder: Applicants must have already earned a graduate-level degree or will have completed one by the start of the program.

Discipline Areas Available!

The CBCF Fellowship Program equips emerging experts with hands-on policy experience, leadership development, and access to a powerful network shaping the future of public policy.

We're looking for subject-matter scholars in the following fields:

- Cannabis
- Foreign Policy
- Interdisciplinary Studies
- Energy
- Health Policy
- Finance
- Technology
- Oral Health
- Aerospace/Defense
- Transportation Equity
- Child Welfare

### Upcoming Information Session

Do you know an early-career professional who can benefit from this opportunity? Encourage them to attend our final information session on Wednesday, April 15, 2026 at 7pm ET on Zoom.

Register online now at [www.cbcfinc.org](http://www.cbcfinc.org) to learn more about the fellowship experience, discipline areas, and application process. Questions? Contact [fellowships@cbcfinc.org](mailto:fellowships@cbcfinc.org).

**2026-2027 FELLOWSHIP COHORT**  
August 24, 2026 - September 3, 2027  
Deadline: May 1, 2026

**Fellowship Types**  
Congressional Fellowship  
John R. Lewis Social Justice Fellowship

**Discipline Areas Available**

- Cannabis
- Foreign Policy
- Interdisciplinary Studies
- Energy
- Health Policy
- Finance
- Technology
- Oral Health
- Aerospace/Defense
- Transportation Equity
- Child Welfare

Please do not apply for the Fellowship Program unless you have already obtained a graduate-level degree or will have earned one by the start of the program (August 2026).

**APPLY NOW TO BE A LEADER**  
CBCFINC.ORG//FELLOWSHIPS  
Contact Us: fellowships@cbcfinc.org

## PICKUP LOCATIONS

- 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
- 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 Flaire 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
- 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
- Mashup Food Hall 750 E. Jefferson St. Suite 101

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## After The Tassel: Hiring Events for the Class of 2026

*Your Future workforce is ready before they graduate*

- April 23 Career & College Fair: Multi-Industry Opportunities Doss High School 11AM-3PM
- April 28 Industry Hiring Summit: Trades, Engineering, Manufacturing, Construction PRP High School 9AM-12PM
- May 7 Industry Hiring Summit: Healthcare, Hospitality, Education, Public Service Center for Professional Learning 9AM-12PM
- May 12 Hiring Summit: Healthcare, Automotive, Metal, Business Southern High School 9:30AM-12:30PM

For more information contact tosha.ridenour@kentuckianetworks.org.



### Celebrate Earth Day all April! Powered by LG&E and KU Foundation

#### Recycling Weekends

FREE Community Recycling Programs  
Recycling from 10 a.m. to 2 p.m.

- April 18 Eyeglass Recycling with Vision First
- April 19 Prescription Drug Takeback with LMPD
- April 26 Document Shredding with Shred-It

**Educational Activities**  
FREE Community Activities

**TREE GIVEAWAY**  
Saturday, April 11 from 10 am. until sold out

**NATIVE PLANT SALE**  
Sunday, April 19 from 10 a.m. to 1 p.m.

**Funday Mondays**  
Free Community Activities

- Monday, April 13 from 10 a.m. to 5 p.m.
- Monday, April 20 from 10 a.m. to 5 p.m.
- Monday, April 27 from 10 a.m. to 5 p.m.

**Earth Day Celebration**  
Discounted admission, free parking and eco-partner displays  
Sunday, April 26 from 10 a.m. to 2 p.m.

For more information visit [www.louisvillezoo.org/kids/](http://www.louisvillezoo.org/kids/)

## Myra Jean Friend-Ellis The Organizer of Black Excellence

*A Message to Nominees and Participants of the Black Owned Business & Excellence Awards*

Unbeknownst to many of you, on March 14th, a silent giant was held in memorial. But, you know of her. You know the ppl who hold the background so you can be loud out front. You know the people who will do the task that's exhaustive to you. You know the clerk that loves when you bring more people to her. You know the folks that provide the service so you can be of service.

Myra Friend-Ellis was a political organizing giant. She was a community organizer who taught us how to stand up when they don't want to hear us. She was the political organizer who taught us that organizing always gets the good.

Myra worked in city hall for 19 years but she still lives through the legislation that make sure you exist. From the babers to the financial servicers. For the many of you who give back and to those of you who want to get started. So when Kesh asked me to say something about what we need now, we need you. All of you. Some of yaw are the next Myra and many of you are because of people like her. The times right now might seem like a time for us not to fight but we have to. We have to fight to keep what you've built here. We need you to keep feeding us- mind body and spirit. We need you to keep taking the pictures, and to keep throwing the parties. When our very existence is under attack, we need you to hold the front line. We need you to lift up and support those silent giants that are fighting for you on the laws and the rules they try to erase. We need to hold community and spaces at any chance we can.

The BOBE Awards are special. So forgive the misspellings and who got out voted! Know that this space is sacred. This space is about us and how we've made it for us. No one else. This space sees all of us where other spaces are willing to erase people. Know that your community sees you. They not only nominated you, shared a link to vote for you but they need you to win for us. We all we got so we all up! Congratulations!!!

-Chanelle Helm



**NOW ENROLLING FOR  
SCHOOL YEAR 2026-27!**



**YMCA Black Achievers and YMCA Youth Achievers** are education-based mentoring programs designed to holistically develop youth in grades K-12. Participants will gain a sense of self, raise their academic standards, build character, and develop new skills.

Registration available **April 10, 2026**

<b>MONDAY</b>	SHAWNEE COMMUNITY CENTER 609 SOUTH 37TH STREET 12 PM - UNTIL FOOD RUNS OUT
<b>TUESDAY</b>	PARKHILL COMMUNITY CENTER 1703 SOUTH 13TH STREET 12 PM - UNTIL FOOD RUNS OUT
<b>WEDNESDAY</b>	LENORD MOLLY PORTLAND COMMUNITY CENTER 640 NORTH 27TH STREET 12 PM - UNTIL FOOD RUNS OUT
<b>THURSDAY</b>	CALIFORNIA COMMUNITY CENTER 1600 ST CATHERINE STREET 12 PM - UNTIL FOOD RUNS OUT

TRADER JOE'S

**THIS WEEK IN THE VILLAGE**

APRIL 13 - APRIL 19, 2026

**WEDNESDAY - FRIDAY**  
4 - 7 PM  
CTRL THE NARRATIVE OPEN STUDIO HOURS  
AT BAXTER COMMUNITY CENTER

**THURSDAY**  
6 - 7:30 PM  
THRIVE TRIBE  
AT ALBERTA JONES PARK

**SATURDAY**  
10 AM - 2 PM  
FREE PLAY FACILITATOR TRAINING  
AT SANKOFA SANCTUARY

11 AM - 2 PM  
CO-PARENTING IN COMMUNITY  
AT PCC HQ

TINYURL.COM/MEMBERPLAY

Youth in grades K-8 can register here for YMCA YOUTH ACHIEVERS

Youth in grades 9-12 can register here for YMCA BLACK ACHIEVERS

YMCA OF GREATER LOUISVILLE  
[ymcalouisville.org](http://ymcalouisville.org)



## The Holistic Experience

Yoga • Sound Bathing • Meditation • Journaling

VIP fee: \$20  
 Date: April 18, 2026 (Saturday)  
 Time: 10 am to 1 pm  
 Location: The Presley Post 734 W Main Street,  
 Ste 106 Louisville, KY [www.thepresleypost.com](http://www.thepresleypost.com)

### Move Your Body with Thrive Tribe

Enjoy a FREE weekly workout class in the park with YMCA instructors and explore eco- friendly mindfulness practices for all ages.

Thursdays April-September 6PM-7:30PM  
 Alberta O. Jones Park 744 S. 23rd Street  
 Register at [tinyurl.com/memberplay](http://tinyurl.com/memberplay)

## Healthy Recipes



### Chicken Salad Sandwich

Serves: 2 Est. cost: \$8.35 Est. cost per serving: \$4.18

**Ingredients:**

- 6 oz cooked skinless chicken breast, shredded or diced
- 2 tbsp mayonnaise
- 2 tbsp plain non-fat Greek Yogurt (or 4 tbsp yogurt only)
- 2 tsp Dijon mustard
- 2 tbsp red onion, diced
- 2 tbsp celery, diced (optional)
- 4 tbsp fresh parsley, chopped (or cilantro, dill, tarragon, mixed herbs)
- 1 tsp lemon juice
- Sea salt to taste
- Ground pepper to taste
- 4 slices whole wheat bread, toasted if desired
- 1 ea small tomato, sliced
- 1 cup baby spinach



Chicken Salad Sandwich		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
<b>Calories</b>	214.2 kcal	11 %
<b>Total Fat</b>	7.7 g	12 %
Saturated Fat	1.5 g	7 %
Trans Fat	0 g	
<b>Cholesterol</b>	46.8 mg	16 %
<b>Sodium</b>	337.2 mg	14 %
<b>Total Carbohydrate</b>	17.6 g	6 %
Dietary Fiber	2.9 g	12 %
Sugars	2.7 g	
<b>Protein</b>	18.8 g	38 %
Vitamin A	24 %	Vitamin C 16 %
Calcium	9 %	Iron 9 %

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

**Equipment:** Chef's knife, Mixing Bowl, Pan, Wooden Spoon

**Directions:**

1. In a medium bowl, combine chicken, mayonnaise, yogurt, mustard, onion, celery, and parsley.
2. Mix well and season with salt and pepper to taste.
3. Adjust ingredients as needed.
4. Top two slices of bread with half of the chicken salad mixture, tomatoes, and spinach.
5. Top with remaining slices of bread. Enjoy!

**Health Benefits:** Whole Wheat Bread is high in fiber, which can aid in regulating the digestive system and blood glucose levels. Phyto-chemicals such as selenium and magnesium may help reduce the risk of certain cancers.

Spinach is loaded with Vitamin C to support the immune system. Spinach also contains folate which can increase red blood cells and support the growth of nervous system.

*References: Recipe from Reanetta Perkins, 2023*

### Cherry & Hibiscus Sorbet

Serves: 3 Est. cost: \$5.20 Est. cost per serving: \$1.75

**Ingredients:**

- 2 cups water
- 1 cup hibiscus, dried
- 1 cup dark cherries, frozen
- 2 tbsp sweetener (e.g., agave, honey, maple syrup)

*Optional:*

- ½ cup coconut milk (milk choice) - Sherbet option
- ½ cup pomegranate seeds
- 1 tsp ginger, fresh and grated

No milk = Sorbet Milk option = Sherbet

**Equipment:** Blender or food processor, saucepan, bowl, airtight container (freezer-friendly)

**Directions:**

1. On medium-high heat, place water and hibiscus into the saucepan. Let it steep for 15-20 minutes.
2. The longer the more potent.
3. Strain hibiscus (optional), and place tea into a blender. Add cherries, coconut milk, and sweetener.
4. Blend until creamy and smooth. Add milk for the desired level of creaminess.
5. Place into freezer and chill at least 30 minutes before serving.
6. Top with fresh chopped mint, coconut flakes and/or granola. Enjoy!

**Health Benefits:** Hibiscus provides an abundant amount of natural Vitamin C, great for hydration and muscle recovery for athletes and active individuals. Cherries provide plentiful vitamins, antioxidants, and natural amounts of magnesium that help with sleep. reduce muscle spasms, and skin promoting properties, as well as help to reduce the risk of colon/prostate cancers.

*Recipe provided by LA Dixon, 2023*

## Horoscopes

**Aries 3/21-4/19** You can breathe a little bit easier, because relief has arrived this week! The Star is signaling a reprieve after a period of great change or difficulty. While this turmoil has not been easy for you to go through, you have been able to endure whatever challenges life has thrown your way. What lessons have you learned? What were you able to let go of that was holding you back? How will you move forward differently? Now is the time to shed the old you, so you can emerge as the person you were meant to be.

**Taurus 4/20-5/20** Have you felt like you're juggling too many things at once? This week, the 7 of Cups recognizes you have many competing priorities, and while it's noble to lend your energy to so many different things, it has proved impossible to give the right amount of attention to any one of them. As a result, one or more of those areas have suffered. Choice can be our friend, but it can also be our enemy. Now is the time to figure out where your time and energy is best spent.

**Gemini 5/21-6/20** Receiving The Empress card signals that this week is about receiving the gifts that are all around you. It's easy to get caught up in the frenzied pace of everyday life, but now you're being urged to stop, slow down, and connect with your senses. Eat a nice meal. Stop and smell the flowers. Breathe in fresh forest air. By grounding yourself in this way, you open yourself up to seeing, smelling, hearing, touching, tasting, and truly experiencing all of life's greatest rewards.

**Cancer 6/21-7/22** The Ace of Pentacles is signaling that an abundance of new opportunities in your material world is emerging for you this week. Have you been feeling stalled in your career? Has an investment not paid off the way you thought it would? Have you been unable to make money from an idea you had? That could all change now! Keep your eyes and ears peeled as a new beginning in any of these areas could be just around the corner. Whether you decide to take advantage of it is up to you, but the option is certainly there.

**Leo 7/23-8/22** Your mind is your greatest asset this week! You may be facing a major decision or exploring uncharted territory in a specific area of your life. The King of Swords is encouraging you to use logic and intellect to navigate this situation, rather than allowing yourself to get swept up in emotion. You will only define the right road to go down once you've truly gotten to the heart of the matter, and this can only happen when impartiality is exercised. Give yourself the opportunity to view this through a much clearer lens and you'll see the path appear.

**Virgo 8/23-9/22** Success is within your grasp! The King of Pentacles is indicating you've got what it takes to create financial abundance in your life, and now you just need to move forward with whatever ideas you may have been contemplating. Have you been considering starting a new business venture or investment of some kind? This could be the signal you've been waiting for to go for it -- but don't just charge ahead. Coming up with a plan and getting all your ducks in a row will ensure you see the most fruitful outcome possible.

**Libra 9/23-10/22** Your theme for the week is successful application of strength -- or, more specifically, emotional fortitude. The King of Cups is a person of insight and is very emotionally balanced and in control. Receiving this card is a reminder to harness your emotional maturity as you deal with a curveball life has thrown at you recently. Your initial instinct may have been to repress any emotions you had about this situation. Conversely, you could have let your emotions get the best of you. This card is urging you to use your heart AND your head as you navigate this personal challenge.

**Scorpio 10/23-11/21** This week you're being called to separate yourself from a disappointing situation or unfulfilling relationship in your life. The 8 of Cups acknowledges that this split will be painful, especially since you've devoted so much time and energy to it. In fact, this could be one of the reasons you haven't moved on already. Rather than focusing on what the situation could have been or hoping things will change, accept reality for what it is. Remember, leaving will hurt you temporarily, but staying could hurt you more in the long run.

**Sagittarius 11/22-12/21** The 4 of Pentacles wants you to focus on your relationship with money this week. Are you saving your money, while also still indulging in life's little luxuries? Or are you hoarding every penny you have because you're afraid you're going to lose everything? Examine what is driving this mindset. Don't allow your feelings around finances to distract you from effectively managing your wealth and setting yourself up for long-term success. You can have fun now, while still having security later.

**Capricorn 12/22-1/19** 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.

**Aquarius 1/20-2/18** Let the good times flow! The 3 of Cups is a card of celebration and friendship, so you could find yourself in "party mode" this week with those closest to you. Organize a night out on the town with friends. Host a dinner party for family. Gather a few coworkers and hit up a happy hour. This isn't so much about what you do as it is the camaraderie you'll feel with those around you. Life isn't all about responsibilities and commitments, so let loose and enjoy yourself right now!

**Pisces 2/19-3/20** 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. *Tarot.com*

