

July 19th-July 25th  
2026

# The Underground Lou

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Issue  
#165

## Train Smarter, Feel Stronger

The YMCA of Greater Louisville is making it easier than ever for members to build strength, improve health, and stay motivated with EGYM, a cutting-edge fitness experience now available at several Y locations.

Designed for people of all fitness levels, EGYM combines smart technology with personalized coaching to create workouts tailored to individual goals. Whether you're beginning your wellness journey, returning after time away, or looking to reach new fitness milestones, EGYM helps remove the guesswork from exercise.

Members begin with a 30-minute orientation led by a certified YMCA coach. During the session, participants receive an EGYM wristband, complete a strength and mobility assessment, and create a customized training plan. With a simple tap of the wristband, EGYM machines automatically adjust resistance, seat position, and of range motion to fit the user.

Each full-body circuit takes about 22 minutes, making it ideal for busy schedules. EGYM also adds a fun, game-like element to fitness. Interactive screens provide real-time feedback, track achievements, and



celebrate progress, helping members stay motivated while workouts are automatically recorded in the EGYM app.

Best of all, EGYM is included with YMCA membership, and the first wristband is free. Members ages 14 and older can access programs focused on weight loss, strength building, general fitness, rehabilitation, and more.

EGYM is currently available at the Republic Bank Foundation, Downtown, Northeast, Floyd County, and Southwest Family YMCAs.

At the YMCA, strengthening community starts with strengthening people—and EGYM is helping make healthy living more accessible, personalized, and enjoyable than ever before.

## What to Do in the Lou

**7/21 A Century on the Fairway** 11AM-1PM Crescent Hill Golf Course 3110 Brownsboro Rd. [www.louisvilleky.org](http://www.louisvilleky.org) \*free

**7/21 District 3 Advisory Board Meeting** 6PM City Hall 601 W. Jefferson St. [shameka4mayor@gmail.com](mailto:shameka4mayor@gmail.com) 502.629.

**7/22 Get in Louisville** 2PM-3:30PM Metro United Way 334 E. Broadway [ofw@louisvilleky.gov](mailto:ofw@louisvilleky.gov)

**7/22 Unwind Wednesday** 9PM-12AM Tribe 430 S. 3rd St. [www.tribectrl.com](http://www.tribectrl.com)

**7/23 Cultured in the Courtyard** 5PM-9PM Copper & Kings 1121 E. Washington St. [info@culturedcheeseshop.com](mailto:info@culturedcheeseshop.com) 502.656.8742

**7/24-26 Deray Davis** Louisville Comedy Club 110 W. Main Stt [www.louisvillecomedy.com](http://www.louisvillecomedy.com)

**7/23 The Blend Create** 5:30PM-8:30PM Vines Wine Bar & Spirits Shop 1985 Douglas Blvd

**7/24 Downtown Drive-In National Treasure** 7:30PM Brown - Forman Amphitheater [www.ourwaterfront.org](http://www.ourwaterfront.org)

**7/25 New Albany's Farmers Market** 8AM-1PM 202 E. Market St. New Albany, IN \*Every Saturday [farmersmarket@newalbanymainstreet.org](mailto:farmersmarket@newalbanymainstreet.org) 812.946.6550

**7/25 Unity Jam** 11AM-2PM Wyandotte Park 1104 Beecher St. 502.629.1234

**7/26 Free Yoga in Shelby Park** 10AM-11AM Shelby Park 600 E. Oak St. [shelby@olmsteadparks.org](mailto:shelby@olmsteadparks.org) 502.456.1623

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## This Week's Issue

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Editor's Note: "Instead of worrying, try being grateful for what you have and where you are right now."

Kentucky Performing Arts Spaces for All Fund Applications for the 2026/2027

In-kind support of between \$1,500 and \$5,000 may be awarded. No cash is awarded. In-kind support will be applied toward venue expenses with the exception of the deposit. Applicants will be asked to communicate the amount of support they are requesting between \$1,500 and \$5,000. Exclusions include social events, political events, set costs, costumes, catering and artist fees. Awards are for a single, arts-based project to be presented in a KPA venue. Artists/organizations must have an operating budget of \$500,000 or less and meet at least one of the following requirements to apply:

- Applicants must have a (no cost, no obligation) hold at a Kentucky Performing Arts venue and begin the estimate process PRIOR to applying for support.
- Be a registered 501(c)3, Be mission based and Represent and/or serve youth or historically underrepresented communities
- Communities served: Greater Louisville area including the following counties: Bullitt, Hardin, Henry, Jefferson, Meade, Oldham, Nelson, Shelby, and Spencer counties in Kentucky; Clark, Floyd, Harrison, Scott, and Washington counties in Indiana
- Present underrepresented art forms and funds must be used by June 30, 2027. For general questions about the program or process, please email [spacesforall@kentuckyperformingarts.org](mailto:spacesforall@kentuckyperformingarts.org) or visit [www.kentuckyperformingarts.org](http://www.kentuckyperformingarts.org).

The Audacity to Stop Filling in the Blanks

Abra Sickels @audaciouslyabra

I've come to realize that some of the most exhausting conversations I've ever had... never actually happened. They lived entirely in my head. Maybe you've been there, too.

Someone doesn't text back right away, so you convince yourself they're losing interest. Your boss says, "Can we talk tomorrow?" and suddenly you're unemployed by lunchtime... at least in your imagination. Someone walks past you without saying hello, and you've somehow managed to replay every interaction you've ever had with them, searching for the moment you messed it all up. It's amazing how quickly our minds can turn a period into a paragraph.

I've done it in relationships, in my career, and in friendships. I've even done it with God. Somewhere along the way, I became really good at filling in the blanks. The problem is, I almost always filled them with fear instead of facts. What if they don't like me? What if I fail? What if I'm not enough? What if this never works out?

Sound familiar?

Our brains are wired to make sense of uncertainty. When we don't have all the information, we instinctively start connecting dots. The problem is that anxiety doesn't use a pencil, it uses a permanent marker. Before long, we've written an entire story based on one missing sentence.

I've learned that uncertainty has a funny way of exposing our deepest insecurities. Rarely do we fill in the missing pieces with hope. Instead, we hand the pen to fear. And fear is a terrible author. It edits out our strengths, exaggerates our flaws, and writes endings before life has even introduced the main characters.

Lately, life has been teaching me something different. It's been teaching me to stay present, to stop interviewing people for roles they haven't auditioned for, to stop assigning motives that were never spoken, to stop assuming rejection when all I have is silence, and to stop writing endings before I've lived the middle.

The truth is, I've spent too much of my life trying to predict outcomes instead of participating in the moment. And here's what I've discovered: people don't need me to write their story. Given enough time, they'll tell it themselves. Consistency has a way of revealing what assumptions never can, and the same is true for opportunities.

How many jobs have we talked ourselves out of applying for because we assumed we weren't qualified? How many friendships have quietly drifted because we decided someone was upset instead of simply asking? How many relationships have we sabotaged because we mistook uncertainty for incompatibility? How many dreams have we abandoned because we convinced ourselves we already knew the answer?

What if the blank wasn't asking you to be afraid? What if it was inviting you to be curious?

Because here's the thing about blanks: we treat them like problems to solve. Maybe they're actually invitations, inviting us to trust, to grow, and to let life surprise us.

One of the greatest gifts I've given myself recently is permission to say four simple words: "I don't know yet." Not because I've given up, but because I've finally stopped pretending I have to know everything before it's time. There is freedom in letting people reveal themselves. There is peace in allowing opportunities to unfold. There is wisdom in resisting the urge to finish a sentence that life hasn't completed. So before you close this article, I want to ask you to do one thing. Write this sentence exactly as it appears: "Hi, my name is \_\_\_\_\_, and one year from today, my life will \_\_\_\_\_."

Then stop. Don't fill in the blank. Leave it exactly as it is.

Because if life has taught us anything, it's this: the best chapters are rarely the ones we could have written ourselves. Maybe next year you'll look back and smile because the blank was filled with something you never saw coming , a new career, a restored relationship, a healthier version of yourself, or a dream you were almost too afraid to dream. Or maybe something entirely different.

That's the beauty of the blank. It leaves room for possibility. So today, I'm putting the pen down. I'm choosing presence over prediction, faith over fear, and curiosity over conclusions. Because the audacity isn't having all the answers, it's believing that the unwritten chapters might become your favorite ones.

Live loud. Live audacious.

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  
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  
Vines Wine Bar & Spirits Shop 1985 Douglas Blvd.

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SBDC Kentucky free webinars to elevate your business

Plan Smart: Understanding Business Planning Date: 7/27 2026 12:00 PM - 1:00 PM  
Start Smart: Starting A Business in Kentucky Date: 7/28/2026 Time: 7:00 PM - 8:00 PM  
HR Strategies for Building a Strong Childcare Team 7/29/2026 7:00 PM - 8:00 PM  
Fund Smart: Understanding Business Financing Date: 7/31/2026 Time: 12:00 PM - 1:00 PM  
Fund Smart: Understanding Business Financing Date: 8/5/2026 Time: 7:00 PM - 8:00 PM

Register at [www.kentuckysbdc.com](http://www.kentuckysbdc.com)

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You forgot about your commitments

Maxwell Mitchell @staylivestreams

Out of sight, out of mind, an idiom meaning people easily forget about things, people, or problems when they are no longer visible or present. A crude yet realistic example might be if I decided to learn to play the Harp, I would need consistent practice in order to improve my skill set and talents on the instruments. It would be difficult to practice twice weekly, put the instrument down for five months and then expect to have improved with the instrument. This is precisely what is taking place with the Community Commitment.

Per the community commitment it is required that the Independent Monitors hold a community meeting once per quarter with the community of Louisville. Within Q1 of 2026 their meeting was on February 17th. Within Q2 they met on April 16th and coming in Q3 they are set to meet in early September although a time and physical location has yet to be determined.

The purpose of this article is to point out that this is the longest time gap between meetings and updates. There are just under 5 months in between their Q2 & Q3 meeting. Although those are the community update meetings, Elefa did make an appearance in Louisville on June 8th but there was no massive announcement about their attendance yet at the same time they are not required to do so.

It is up to you, it is up to me and it is up to us to bear the responsibility to remember, to recall, to reference and to educate ourselves on the Community Commitment process. At this next meeting in September it is my belief that Elefa, which stands Effective Law Enforcement for All, will be giving their first semi annual report. More about this can be found at paragraph 48 of the community commitment.

Don't let this process become out of sight out of mind. Stay updated, stay informed but if you do nothing else, #stayLive

Locally led study helps opioid-exposed newborns recover sooner

Joe.Hall@nortonhealthcare.org

A major new study shows that individualized treatment for babies born with opioid withdrawal can speed recovery and reduce time spent in the hospital. The clinical trial, led by [Lori A. Devlin, D.O.](#), neonatologist with Norton Children’s and a professor in the University of Louisville School of Medicine Department of Pediatrics, found a customized approach to treating babies with opioid withdrawal helps them recover faster than current standardized practices. The findings were recently published in the [Journal of the American Medical Association](#) (JAMA), one of the nation’s leading medical journals. More than 100 researchers across the country contributed to the study.

Every year, over 1,000 Kentucky babies are born with [neonatal opioid withdrawal syndrome \(NOWS\)](#). The syndrome can develop when mothers ingest opioids during pregnancy, causing the infant to experience withdrawal symptoms after birth. Those symptoms can include irritability, difficulty with feeding and sleeping concerns. The study compared two treatments: a fixed medication schedule and a symptom-based approach that adjusts care based on the severity of each infant’s symptoms. Results showed babies treated with the symptom-based approach recovered faster.

When this individualized treatment was combined with the Eat, Sleep, Console (ESC) model of care – which includes family involvement, holding and swaddling before prescribing medication – infants with NOWS left the hospital an average of 2.3 days sooner. Notably, 65% of babies treated with this approach did not need scheduled opioid medications and gradual weaning.

“These findings confirm that ESC, combined with symptom-based dosing, helps babies recover faster and reduces unnecessary medication exposure,” Dr. Devlin said. “This work represents a true team effort involving researchers, nurses, administrators and families across the nation, including our team at Norton Children’s Research Institute and the UofL Department of Pediatrics.”

Nearly two dozen hospitals nationwide participated in the study, including neonatal intensive care units (NICU) at Norton Children’s Hospital, Norton Women’s & Children’s Hospital and UofL Hospital. The study builds on more than a decade of research aimed at improving care for infants with NOWS. Dr. Devlin previously led the ESC-NOW trial that showed using the family-centered ESC approach reduced hospital stays by about a week and decreased the need for medication from 52% to 19%.

“This research is actively changing how babies with NOWS are treated around the world,” Dr. Devlin said. “Our team is currently conducting another multicenter study to determine the best type of medication for NOWS.” The study was funded by the [National Institutes of Health](#) (NIH), with support from the Eunice Kennedy Shriver National Institute of Child Health and Human Development and the NIH HEAL (Helping to End Addiction Long-term) Initiative.

Build Anyway: Building Your Business with Courage, Clarity, and Limited Resources

You do not need everything to build a successful business. You need a clear plan, a realistic understanding of your resources, and the courage to move forward. **Build Anyway** is a practical, empowering three-hour workshop designed for entrepreneurs and small business owners who are building with limited capital, limited staff, or limited access to traditional resources. Facilitated by entrepreneur and community builder **Dave W. Christopher Sr.**, this workshop will help you make informed decisions, strengthen your financial mindset, and create an actionable plan for moving your business forward. During this interactive workshop, you will learn how to: Create a business budget based on what you truly need, identify every cost associated with operating your business—including paying yourself, understand your numbers without feeling overwhelmed, stop spending money on products or services you may not need, use artificial intelligence tools to work smarter and stretch your resources and build authentic relationships that expand your network and access to support. **Saturday, August 15, 2026 Workshop:** 9:00 AM–12:00 PM **Continental Breakfast:** 8:30 AM **Location:** Amped Tech and Learning Center 1701 W. Market Street **Early-Bird Investment:** \$79 per person Available through August 1, 2026 **Introductory Investment:** \$99 per person Register at [www.buildanyway.eventbrite.com](http://www.buildanyway.eventbrite.com).

Healthy Recipes



Lentil Nacho / Taco Meat



Serves: 4-5 Est. cost: \$2.70 Est. cost per serving: \$0.65

Ingredients:

- 2 cups lentils (red,black, green)
- 3 cups water (stock or broth)
- Salt to taste
- 1 cup walnuts, chopped (optional)
- 1 tbsp coconut oil (choice of oil)

Nacho/ Taco Spice Blend:

- 1 ½ tsp cumin, ground
- 1 tsp paprika powder
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tbsp chili powder
- ¼ tsp oregano, dried
- 1 tsp black pepper
- 1 tbsp liquid amino OR
- 1 tbsp Worcestershire

**Equipment:** Stove, serving plate / bowl, two medium pot with lid, knife, cutting board, can opener

Directions: *Lentils*

- 1.Rinse your lentils with fresh water before boiling to remove any dust or debris.
2. Cook on the stovetop, using 3 cups of liquid (such as water or stock) to 1 cup of dry lentils. Be sure to use a large enough saucepan as the lentils will double or triple in size.
3. Bring to a boil, cover tightly, reduce the heat, and simmer until they are tender.
  - For whole lentils, the cook time is typically 15-20 minutes. For split red lentils, the cook time is typically only about 5-7 minutes. Be sure to season with salt after cooking. \*If salt is added before, the lentils will become tough.
  - Canned / Steammed lentils are also another great time saving option – just be sure to rinse them under fresh water for about one minute to reduce the sodium content. Cook as directed on the package.

Taco / Nacho Meat

- Toast Walnuts in oven at 400°F for 3-5 mins OR in a conventional oven on the toast setting.
- Season lentils with 1 packet of taco seasoning (OR add ground cumin, paprika powder, garlic powder, onion powder, chili powder, oregano, and black pepper after cooking them as directed).
- Mix walnuts into lentils. (Optional: Squeeze fresh lime juice over the meat substitute blend.)
- Use as nacho meat or taco meat and add your favorite toppings! Enjoy!

**Health Benefits:** Lentils are a great source of healthy protein, are high in fiber, and are a source of iron, selenium, and folate. Chickpeas/ Garbanzo beans: are a great source of healthy protein, are high in fiber, and a source of manganese, folate, copper, iron, zinc, magnesium and more.

References:

1. Recipe provided by LA Dixon
2. Taco seasoning spice blend: <https://www.allrecipes.com/recipe/46653/taco-seasoning-i/>

Horoscopes

**Aries 3/21-4/19** 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.

**Taurus 4/20-5/20** 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.

**Gemini 5/21-6/20** The Knight of Wands is an impulsive card, indicating feelings of restlessness that can lead to turbulence in your life. This week, you're being asked to look at a decision you're facing and consider the consequences of acting in haste. You may have been ready to choose which path to take, but perhaps you should take a second look before you leap. This isn't an easy thing to do when you're excited about something, but this card serves as a reminder that a well-laid plan makes for long-term success.

**Cancer 6/21-7/22** 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.

**Leo 7/23-8/22** 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.

**Virgo 8/23-9/22** 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.

**Libra 9/23-10/22** 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.

**Scorpio 10/23-11/21** 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.

**Sagittarius 11/22-12/21** Rest, reflect, and recover. That is the message the 4 of Swords has for you this week. You may have faced a difficult situation recently, such as the loss of a job, the ending of a relationship, or issues related to money. This matter took a lot out of you, and now you might be feeling mentally, physically, emotionally, and spiritually drained. Take some time to recuperate and recharge. It's important to give yourself this opportunity to reactivate yourself - it helps you go back into the world with a rejuvenated spirit and a new perspective.

**Capricorn 12/22-1/19** The High Priestess is primarily a card about intuition. This week, you're being called to work on your perceptive skills, so that you can fine-tune your ability to hear your inner voice and receive messages from your unconscious mind. Have you been out of balance in a certain area of your life? Are you unsure if you're on the right path regarding a specific situation? This card is encouraging you to connect with your internal wisdom, because the answer you're seeking is already inside of you.

**Aquarius 1/20-2/18** 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.

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

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