

July 26th-Aug 1st
2026

The Underground Lou

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Issue
#166

The Underground Lou Celebrates 4 Years!

This Saturday the Underground Lou celebrates 4 years in business as Louisville’s positive and informative print and digital weekly newspaper.

The event will take place on August 1st from 4PM-6PM at the Presley Post. The Presley Post is a black-owned, woman-owned membership based co-working space that includes individual offices, meeting and production space located in museum row at 734 W. Main St. Suite 106.

During this weekend’s celebration you’ll have the chance to meet the writers that make up the Lou and will also have a chance to sign up to be part of the team! Positions available include writers, photographers, administration, website maintenance delivery drivers and sales. There will be \$1 raffles that include advertisement in the Lou and spirit giveaways provided by the Afterwork Kickback and more.

Enjoy light hors d’oeuvres, complimentary wine and join the community as we celebrate another milestone of independent



Join Home Away from Home Therapeutic Center, LLC. and let's support our youth!

BACK TO SCHOOL

Community Event

RESOURCES, FOOD, SCHOOL SUPPLIES, MUSIC, AND FUN!

1 AUGUST, 2026

12:00 PM - 3:00 PM

849 S 37TH STREET, 40211

FREE Vendor Opportunities Available

tel: 502.653.9732
email: intake@hahtcllc.com

8/1 SATURDAY

4pm-6pm

THE UNDERGROUND LOU

The Presley Post
734 W. Main Street
Suite 106

4 YEAR ANNIVERSARY

journalism created by the people for the people. Scan the QR code to RSVP. For more information email advertise@theundergroundlou.com.

What to Do in the Lou

- 7/30 *The Princess Concert* 3:30PM Louisville Palace 625 S. 4th St. www.ticketmaster.com
- 7/30 *Parents Back to School Brain Boost* 5PM-7PM Maybeitsfate 1425 Story Ave www.playonwordsinc.org/events
- 7/30 *Girl Crush: Celebrating the Work of Local Female Artist* 5PM-8PM 715 W. Main St. www.kmacmuseum.org
- 7/30 *Cultured in the Courtyard* 5PM-9PM Copper & Kings 1121 E. Washington St. info@culturedcheeseshop.com 502.656.8742
- 7/31 *Art in Bloom* 10AM-7:30PM Speed Art Museum 2035 S. 3rd St. www.speedartmuseum.org
- 7/31 *Movie in the Park: Lilo & Stitch* 7PM Gateway Park 500 Little League Blvd. Clarksville, IN www.clarksvilleparks.com
- 7/31 *Downtown Drive-School of Rock* 7:30PM Brown -Forman Amphitheater www.ourwaterfront.org
- 8/1 *New Albany's Farmers Market* 8AM-1PM 202 E. Market St. New Albany, IN *Every Saturday farmersmarket@newalbanymainstreet.org 812.946.6550
- 8/1 *Backpack Giveaway: Prepare, Empower, Succeed* 11AM-1PM AMPED 1701 W. Market St. 502.513.6119
- 8/1 *YMCA Back to School* 11AM-2PM Republic Bank YMCA 1720 W. Broadway 502.935.9622
- 8/1 *AACF Community Kick Off* 11:30-2PM African American Heritage Foundation 1701 W. Muhammad Ali Blvd. www.aahfinc.org
- 8/1 *Back to School Community Event* 12PM-3PM 849 S. 37th St. intake@hahtcllc.com
- 8/1 *The Underground Lou's 4 Year Celebration* 4PM-6PM The Presley Post 734 W. Main Street Suite 106 advertise@theundergroundlou.com 502.878.6531
- 8/2 *Free Yoga in Shelby Park* 10AM-11AM Shelby Park 600 E. Oak St. shelby@olmsteadparks.org 502.456.1623
- 8/2 *4th Annual USBG Pool Party* 11AM-5PM Plainview Swim Center 502.244.4670 @usbgkentucky
- 8/2 *Goodtimers Summer Vibes Day Party* 5PM-10PM Ice House 228 Washington St. www.goodtimersentertainment.com
- 8/4 *Network for Entrepreneurial Women Monthly Meeting* 8:30AM-11AM Semonin Realtors 13906 Promenade Green Way www.networkofentrepreneurialwomenky.com

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This Week's Issue

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THINK BIG ACHIEVE MORE

YMCA BLACK ACHIEVERS & YMCA YOUTH ACHIEVERS

NOW ENROLLING FOR SCHOOL YEAR 2026-27!

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

Registration available! Spots are limited.



Editor’s Note: “If you put your energy in the wrong places, it will cause frustration towards the ones you love.”

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 or visit www.kentuckyperformingarts.org.

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

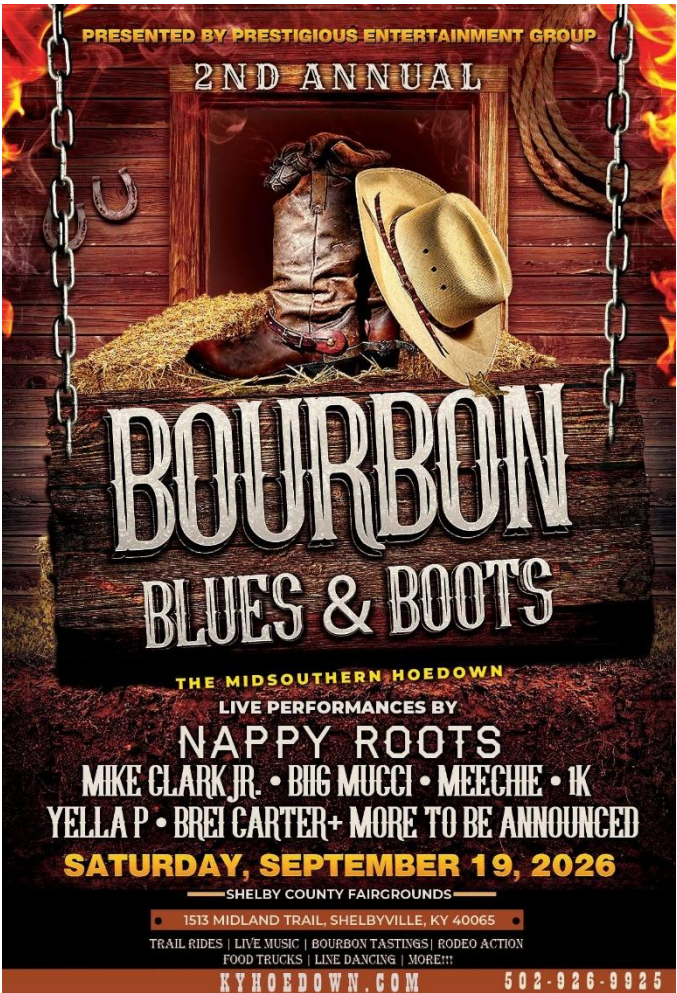
PICKUP LOCATIONS

- 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

Start Smart: Starting A Business in Kentucky Date: 8/4/2026 Time: 7:00 PM - 8:00 PM
Fund Smart: Understanding Business Financing Date: 8/5/2026 Time: 7:00 PM - 8:00 PM
Childcare Business Kickstart: 8/6/2026 Time: 6:00 PM - 7:00 PM
HR Strategies for Building a Strong Childcare Team 8/19/2026 7:00 PM - 8:00 PM
Register at www.kentuckysbdc.com Looking for a free business mentor? Sign up on the website!



The Audacity to Surrender

Abra Sickels @audaciouslyabra

“Surrender isn’t the moment you lose your power. It’s the moment you stop giving your power to things you were never meant to control.”

We have been taught that surrender is synonymous with defeat. From an early age, we’re told to fight harder, push further, never quit, and never let go. We celebrate grit. We admire resilience. We applaud the people who refuse to quit. but what if we’ve misunderstood surrender all along?

What if surrender isn’t about giving up?

What if it’s about giving over?

If this season of my life has taught me anything, it’s that surrender is not the absence of strength. It’s often the moment strength takes on a different form.

For most of my life, I believed success belonged to those who could outwork, out plan, and outlast everyone else. If the door didn’t open, I searched for another key. If life didn’t unfold according to my timeline, I worked harder, convinced effort alone could bend the outcome in my favor.

Somewhere along the way, I confused determination with control. Then life reminded me that those are not the same thing. This year has required me to loosen my grip. Not because I wanted to, but because life has a way of exposing the things we were never meant to carry in the first place.

If I’m honest, surrender didn’t come naturally. It came after disappointment. After prayers that seemed to echo without an immediate answer. After realizing I was spending more energy trying to control the future than actually living in the present. I wasn’t exhausted because I was doing too much. I was exhausted because I was trying to carry things that were never mine to carry.

I’ve had to release timelines I quietly worshipped. Expectations I mistook for promises. Relationships I wanted to work simply because I wanted them badly enough. I’ve had to make peace with unanswered questions and accept that not every chapter reveals its purpose while you’re living it.

For a long time, I believed that if I prepared enough, worked hard enough, and wanted something deeply enough, I could influence the outcome. But life doesn’t negotiate with our plans. It reminds us, often without warning, that there is a profound difference between responsibility and control.

My responsibility is to show up with integrity. To prepare. To love people well. To serve my community with excellence. To keep learning. To keep growing. To keep becoming. Everything else requires *trust*.

That has been one of the hardest lessons for me.

I’m a planner. A fixer. A problem solver. I find comfort in calendars, contingency plans, and knowing what’s next. Surrender felt foreign because it sounded too much like losing.

Now I wonder if I had it backward. Maybe surrender isn’t losing control. Maybe it’s finally acknowledging that I never had it to begin with.

We don’t cling because we’re strong. We cling because we’re scared.

We fear that if we loosen our grip, everything we’ve worked so hard for will slip away. But sometimes what slips away was never ours to keep. And what remains becomes the foundation we were always meant to build on.

There is something incredibly humbling and deeply freeing about realizing the world doesn’t rest on your shoulders. You can pour your heart into a dream and still not dictate when it comes to life. You can love someone wholeheartedly and still not be their destination. You can do everything right and still hear the word “no.”

As I prepare to begin my doctoral journey, I find myself standing at the edge of something both exciting and uncertain. There are moments when I feel completely confident in the path ahead. There are other moments when self-doubt creeps in and whispers that I don’t belong.

- I acknowledge them.
- I learn from them.
- Then I surrender them.

The same has been true in my relationships. I’ve stopped trying to write endings before stories have had the chance to unfold. I’ve stopped believing that love has to be chased, managed, or manufactured. The healthiest relationships, whether romantic or platonic, don’t require us to become someone else just to keep them.

What is meant for you should *never* require you to *abandon yourself*.

Our culture tells us to hustle harder, push further, and never let go. We wear exhaustion like a badge of honor, as if being constantly overwhelmed is proof that we’re living with purpose.

I don’t believe that *ish* anymore.

Sometimes the strongest thing we can do is place our plans, our disappointments, our fears, and our need for certainty into something greater than ourselves. Whatever that looks like for you, surrender is an invitation to trust that not everything has to unfold according to your plan to unfold exactly as it should.

I’ve discovered that surrender has never asked me to dream smaller. It has simply asked me to stop gripping those dreams so tightly that I leave no room for possibility, growth, and the unexpected.

Perhaps that’s why surrender is so audacious. We live in a world that equates control with strength, certainty with success, and busyness with purpose.

Choosing to loosen your grip isn’t giving up. It’s choosing to believe that your worth has never been determined by how much you can control.

Sometimes the boldest thing we can do is open our hands and trust that what is meant for us won’t require us to hold on so tightly.

Maybe that’s the invitation for all of us.

To stop confusing control with confidence, measuring our worth by our ability to hold everything together and ultimately recognize that some of life’s greatest blessings arrive only after we’ve found the courage to release what we were never meant to carry. Surrendering isn’t the end of the story, it’s where the real story finally begins.

Because the strongest hands aren’t always the ones that cling the tightest.

Sometimes they’re the ones willing to open.

Live loud. Live audacious.

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.

Healthy Recipes



Watermelon & Cucumber Salad

Serves: 4 Est. cost: \$10.00-\$13.00 Est. cost per serving: \$2.50-\$3.25

Ingredients:

- ½ medium watermelon
- 2 cups strawberries, sliced
- 1 medium cucumber, thinly sliced
- 1 cup feta cheese, crumbled
- 10 ea mint leaves, fresh
- Dash of salt

Equipment: Knife, cutting board, large mixing bowl, mixing spoon, refrigerator

Directions: *Lentils*

1. In a medium mixing bowl add the watermelon, strawberries, cucumber, feta cheese, mint leaves, and salt. Mix well.
2. Chill for 10 minutes in the refrigerator before serving. Enjoy!

Health Benefits:

Watermelon is a great source of water, vitamin A, vitamin C, potassium, and magnesium. Vitamin C is beneficial to our immune system and it helps prevent damage caused by chronic stress on the body. As well, watermelon is high in cucurbitacins, which is a phytonutrient that has anti-tumor and anti-inflammatory properties. Try watermelon is a smoothie, as a snack, or frozen as a popsicle.

Cucumbers are packed with vitamin C, vitamin K, magnesium, and potassium. Cucumbers are packed with tannins, which is an antioxidant that has been shown to lower blood pressure. Try cucumbers in a dill salad, smoothie, or chickpea salad.

References: *Recipe provided by Kristin Schaefer.*



Nutrition Facts	
Serving size: 1 cup	
Servings: 4	
Amount per serving	
Calories	144
% Daily Value*	
Total Fat 8.3g	11%
Saturated Fat 5.7g	28%
Cholesterol 33mg	11%
Sodium 421mg	18%
Total Carbohydrate 12.5g	5%
Dietary Fiber 2g	7%
Total Sugars 8.5g	
Protein 6.5g	
Vitamin D 0mcg	0%
Calcium 211mg	16%
Iron 1mg	5%
Potassium 284mg	6%
*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.	

Avocado Toast

Serves: 1 Est. cost: \$4.00 Est. cost per serving: \$4.00

Ingredients:

- ½ 1 slice bread, toasted
- 1/2 Avocado, sliced
- 2 oz (¼ cup) protein of choice (e.g. boiled egg, canned sardine, tuna, salmon)
- 1 small tomato, sliced
- 1 pinch dried rosemary or other herb
- 1 pinch salt
- 3 tbsp sprouts (optional)

Equipment: Cutting Board, Knife Toaster, optional

Directions: *Lentils*

1. On the toast, layer avocado, protein, and tomato.
2. Season with herbs and salt.
3. Top with sprouts and enjoy!

Health Benefits:

Avocados contain healthy fats, anti-aging, disease fighting antioxidants, and nearly 20 vitamins and minerals, making them highly nutritious. Avocados contain vitamins E, C and K, magnesium, and potassium, folate, and magnesium

Sardines: Not only are they an excellent source of protein, vitamin B12, vitamin D and calcium (containing more than 20% of the Daily Value), but they're also a good source of iron (containing more than 10% DV). Plus, canned sardines contain close to 100% of the recommended daily intake of omega-3 fatty acids

References: 1. Recipe from Angelina Andriacchi, 2024.



Avocado Toast	
Nutrition Facts	
Serving Size	1 full recipe
Amount Per Serving	
Calories	267.3
% Daily Value*	
Total Fat	14.3 g 18 %
Saturated Fat	2.4 g 12 %
Trans Fat	0 g
Cholesterol	15.9 mg 5 %
Sodium	204.6 mg 9 %
Total Carbohydrate	25.1 g 9 %
Dietary Fiber	7.6 g 27 %
Total Sugars	2.9 g
Added Sugars	1.5 g 3 %
Protein	12.9 g
Vitamin D	1.1 mcg 5 %
Calcium	105.9 mg 8 %
Iron	2.2 mg 12 %
Potassium	656.1 mg 14 %
* 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	

Horoscopes

Aries 3/21-4/19 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.

Taurus 4/20-5/20 The 7 of Wands is urging you to stand your ground this week. Receiving this card indicates you’re experiencing some kind of opposition or roadblock in your life right now. Your initial instinct may be to retreat, giving into whatever challenge is standing in your way. However, it’s important to stand up for what you believe in. Setbacks are inevitable but giving up is not. Put on your emotional armor and draw upon your courage and inner strength as you tackle this obstacle, so you can eventually overcome it.

Gemini 5/21-6/20 The Queen of Cups indicates emotional maturity, compassion, and a nurturing spirit. This week you are being called to express this energy in some way. Perhaps a friend will approach you with relationship troubles, or it could be that a colleague is coming to you for support with a problem they’re facing. When this happens, listen from the heart as they speak, but remain emotionally separated from the issue. While it may be tempting to dive head-first into the situation with them, understand that only they can work themselves out of their predicament.

Cancer 6/21-7/22 The Chariot is a card that encourages willpower, action, and self-control. This week, you’re being asked to step into your power and bravely take the reins as you propel yourself toward a goal you have. This is no time to passively wait for good things to happen to you. This card knows that anything worth having requires hard work and discipline. By strapping on your emotional and mental armor, you allow yourself to charge into your future, undeterred by whatever obstacles pop up along the way.

Leo 7/23-8/22 You could find yourself committed to a new cause this week! The Hierophant is a card that represents belief systems, traditions, and institutions. You may have been feeling lost, aimless, and in need of direction. If you’ve been considering joining a new group, now is the time! Being surrounded by people of a similar mindset could offer you the type of community you’ve been missing. These allies could eventually become a powerful source of support as you explore the person you’re becoming.

Virgo 8/23-9/22 It could feel like you’re caught up in conflict this week! The 5 of Wands indicates you’ve been trying to work toward some type of goal but are being met with obstacles that get in the way of your progress. Perhaps you feel as though your point of view is being challenged, or it could be you’re finding it difficult to work with a specific person. Either way, you’re being challenged this week to truly listen to others’ opinions. You might find that what initially seemed like criticism was actually constructive feedback that will help you in the long run.

Libra 9/23-10/22 The possibilities are truly endless for you right now! The 3 of Wands is signaling that you will have an abundance of opportunities to expand your horizons in some way. Look beyond your current circumstances for a moment and consider your future. What is it that you envision for yourself? Now is not the time to think small. Your potential is limitless, so take advantage of these opportunities as they present themselves to you. The greatest successes lie beyond your comfort zone.

Scorpio 10/23-11/21 The 9 of Swords indicates that you are suffering from some kind of loss or disappointment right now. This could have been something you saw coming, or it could have been something sudden and unexpected. Regardless, this stress has been weighing on you, possibly making you feel as though you’ll never recover from this situation. Take the time necessary to grieve and heal, keeping in mind that although what you’re going through is tremendously difficult, you can move on and grow from this experience.

Sagittarius 11/22-12/21 An opportunity could present itself to you this week, and the King of Wands is acknowledging that you have the strength and fortitude to accept it! Have you shied away from leadership roles in the past? Have you felt overwhelmed by taking on more responsibilities? Now is the time to stand firm in your power and own the visions you have. The key to success is becoming very clear about where you want to go and setting realistic goals that will help you get there. Go out there and grab the brass ring!

Capricorn 12/22-1/19 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.

Aquarius 1/20-2/18 The 2 of Swords indicates you could be experiencing a bout of indecision at this time. In fact, you may be so unsure of how to proceed that you’ve actively been putting off facing this matter. This week you’re being reminded that no matter how much you try to avoid this situation, it won’t simply go away. Instead of focusing on the consequences of making the wrong decision, consider what might happen if you don’t make a decision at all. Inaction can often lead to greater issues down the road.

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