



YMCA Early Learning
Readiness Program:
Learning and
Growing Together

Sherrita White has participated in the Y’s Early Learning Readiness (ELR) program at Republic Bank Foundation YMCA since her oldest daughter, Angela, was toddler. Introverted and shy, Angela built confidence and social skills in the ELR environment, starting kindergarten this year prepared to thrive.

Marco, Sherrita’s youngest, is three years old and currently participates in the same ELR program. Marco is bright and energetic, but he struggled with sitting during group activities. Marco is now more able to focus and enjoys listening to stories during circle time with friends. Sherrita is sure that ELR is helping him build skills for school success, just like his sister.

As someone who grew up with the Y, Sherrita was excited when she learned about this free program. And the whole family loves being part of the Y community.

Sherrita really values her time with Marco at the ELR program. The one-on-one time they get together outside of the home environment gives them time to really connect. She also appreciates getting to know and connect with other parents and the ELR staff.

The YMCA Early Learning Readiness program is available in seven locations and is free and open to children 0-5 years with an adult caregiver. This program helps bridge gaps in preschool access by offering families a safe, supportive space to grow and learn together. Find out more and register online:

www.ymcakentucky.org/programs/youth-teens/early-learning-readiness



What to Do in the Lou

10/1 AMPED DJ Workshop w/DJ John Q 12PM-2PM AMPED 4425 Greenwood Ave. 502.822.1953 *free

10/1 Adult Field Day 2.0 6PM-10PM Jubilee Field 529 E. Burnett Ave. www.jubileefield.com/event

10/2-10/4 St. James Court Art Show 10AM-6PM/5PM St. James Court 1428 Saint James Ct. 213.218.5017 vfapply@gmail.com

10/2-10/4 Harrodsburg KY Jazz Festival 11AM Old Fort Harrod State Park 100 S. College St. Harrodsburg, KY www.kyheritagejazzfest.org info@mercarchamber.com

10/2-10/4 Pumpkins at Kentucky Kingdom 5PM-10PM KY Kingdom 937 Phillips Ln. www.*every wknd in Oct. www.kentuckykingdom.com

10/2 Bats Fall Festival 6PM Louisville Slugger Field 401 W. Main St. 502.212.2287 www.milb.com

10/2 Still After Dark: KY’s First Sauna Festival 6PM-9PM Christy’s Garden Paristown Hall www.eventbrite.com *free

10/2-10/3 Sammore the Queen of Comedy: The One Chandelier Louisville Comedy Club 110 W. Main St. www.louisvillecomedy.com

10/2 Afterglow Social 9PM-12AM Nada Nada 829 E. Market St. cheers@barnadanada.com www.barnadanada.com

10/3 Southern Indiana Cars & Coffee 8AM-11AM Storming Crab 1360 Veterans Pkwy Clarksville, IN 812.668.9274

10/3 Wine on the River 11AM-3PM Big Four Lawn Waterfront Park 1101 E. River Rd. www.wineontheriverlou.com

10/3 Good Brothers Pharmacy Fall Festival 12PM-4PM Good Brothers Pharmacy 2306 W. Market St. 502.362.0200

10/3-10/4 Artist & Afros 2026 12PM-6PM Norton Healthcare Sports & Learning Center 3029 W. Muhammad Ali Blvd. www.nortonslc.com

10/3 Bed By 10PM: 30+ Daytime Clubbing 4PM-9PM Bourbon Hall 116 W. Jefferson St. 502-654-5872

thebourbonhall@gmail.com

10/3 Chrisette Michele: Up Close & Personal 6PM The Bay Cigar Lounge 901 Eastern Blvd. Clarksville, IN

www.eventbrite.com

10/3 Couples Therapy: The Theatrical Show 8PM The KY Center 501 W. Main St. www.kentuckyperformancearts.org

10/3 The Rocky Horror Picture Show Spooktacular Tour 8PM The Louisville Palace 625 S 4th St. www.ticketmaster.com

10/4 Sunday Family Day 11:30AM-6PM Hauck’s Corner 1000 Goss Ave. 502.384.9374 hauckscorner@gmail.com *free

10/4 Art & Spirituality: A Discussion of Art, Faith & Process 2PM KMAC Contemporary Art Museum

10/9 Fun Friday Networking 12AM-12PM Metro United Way 334 E. Broadway 502.583.2821 *free breakfast/headshots

10/10 The Sickle Cell Gala: A Royal Affair 6PM Crown Plaza Louisville Expo Center 830 Phillips Ln. www.thescakky.org

WANT TO ADVERTISE YOUR
BUSINESS OR EVENT?

- Over 6,400 subscribers!
- 50 locations!
- Pricing starts at \$25/week!

CONTACT US FOR SPONSORSHIP
OPPORTUNITIES!

advertise@theundergroundlou.com

502.878.6531

www.theundergroundlou.com

This Week’s Issue

Page 1. YMCA Early Learning Readiness Program:
Learning and Growing Together

Page 1. Election 2026 Key Information

Page 2. LEVEL UP Leadership Training. Elevate
people. Transform outcomes.

Page 2. Norton Children’s Just for Kids’ Transport
Team unveils new helicopter

Page 2. OFW Ambassadors Leadership Training
Program 2027

Page 3. SBDC Kentucky free webinars to elevate your
business

Page 3: Grammy-winning collaborators yuja wang and
louisville orchestra reunite for all-brahms program

Page 3. U.S Patent and Trademark Office Free Online
Courses

Page 4. Local Farmer’s Markets

Page 4. Healthy Recipes: Sweet Potato Turmeric Soup
& Cherry & Hibiscus Sorbet

Election 2026 Key Information

The 2026 General Election is November 3, 2026. The deadline to register to
vote in the 2026 General Election is October 5, 2026 no later than 4 p.m.
local time.

Primaries: Kentucky conducts closed primaries. Under Kentucky law, all
persons who want to vote in the Democratic Party’s or Republican Party’s
Primary Election must have changed their party affiliation by December 31 of
the year prior to the next Primary Election.

Only 17? You may register to vote in Kentucky as a 17-year-old if you will be
18 years old by the next General Election, which will be November 3, 2026.

College Students: If you are a college student registered to vote in Kentucky
and you are unable to vote in your precinct on election day, you may apply for
an absentee ballot with your county clerk. Kentucky County Clerks

Cancel Your Voter Registration: Voters who are moving out of Kentucky
should cancel their Kentucky voter registration before registering to vote in
another state.

There are two ways to cancel your voter registration:

1. Visit your County Clerk’s office with identification and request to be
removed from the voting rolls. Find your County Clerk’s office here.
2. Call the Kentucky State Board of Elections at 1-800-246-1399 to request a
cancellation letter, which begins the process of canceling your voter
registration.

Absentee Ballot Request, Military & Overseas Voters, Review Your
Registration or Absentee Ballot Status, New/Update Registration, "Early
Voting" & Election Day Locations, Poll Workers, Candidate Filings, Sample
Ballot or Election Results and additional information can be found at
www.vrsws.sos.ky.gov/ovrweb/govoteky/.

If you have any questions about voting, contact the Kentucky State Board of
Elections at 502-573-7100.





LEVEL UP Leadership Training. Elevate people. Transform outcomes.

October 22 Thursday 9:00 AM - 3:00 PM EDT Goodwill West Louisville Opportunity Center 2820 West Broadway

Find connection as we focus on curious leadership with facilitators Dr. Deb Clary, Lawrence Smith and Ryan Jones. Coffee and lunch will be provided. Register today to secure your spot! Thanks to the generosity of the bufford family foundation, the center for positive leadership is pleased to offer our level-up leadership training, at no charge, to small businesses, non-profit organizations, and our partnering elevator organizations. We kindly ask you to please limit your registration to two persons per organization or business. As this is a free event, we would like to ensure that the opportunity to attend is available to a wide audience. Any remaining available tickets will be released two weeks before the event. You will be notified via email and can then encourage other members of your team to register. Please note: as part of your registration you will be asked to complete pre-work in the form of a survey and a worksheet that must be completed ahead of the training, this should take about 20 minutes of your time. If you have any questions please contact Anna Nickell at anna.nickell@louisville.edu.



Norton Children's 'Just for Kids' Transport Team unveils new helicopter

When a child needs critical care, every second matters. Building on decades of service to children and families across Kentucky and Southern Indiana, the Norton Children's "Just for Kids" Transport Team is dedicating a new helicopter that will help ensure critically ill and injured children can quickly reach specialized pediatric care when they need it most.

The new aircraft, which is replacing the former "JFK1," features fully upgraded avionics, new radios and GPS system, and a performance load system that is the first of its kind in the region.

In 2025, the team completed nearly 600 helicopter transports. The team has already completed more than 400 helicopter transports so far this year. With an ability to travel up to 225 nautical miles, the helicopter allows the team to reach communities throughout Kentucky, Southern Indiana and beyond when needed.

OFW Ambassadors Leadership Training Program 2027

The Office for Women Ambassadors is a six-month training program for women and gender diverse individuals who represent the diverse communities across Louisville Metro. Through the program, participants will develop and hone their leadership skills, learn about issues impacting women, and explore government and community programs available to women. The OFW Ambassadors will serve as community liaisons, sharing out information about vital community services and communicating back to government about the needs of women in their communities.

Eligibility Requirements:

- Applicants must demonstrate a commitment to and advocacy for improving the lives of women and/or girls and advancing gender equity.
- Applicants must be 18 or older. All ages over 18 welcome as we are striving for an intergenerational group.
- Applicants must live in one of the 26 Metro Council districts in Jefferson County (inside Jefferson County).
- Applicants MUST COMMIT to attending all training sessions. The training dates for 2027 are: January 14, February 18, March 18, April 15, May 13 and June 17 and training will take place from approximately 8:30-4:30 each day.
- Applicants who are not able to be seated in the OFW Ambassador 2027 cohort will be invited to join OFW Connection, a one day immersive training that is similar in kind on March 5, 2027.

YOU MUST COMMIT TO ATTEND ALL TRAINING DATES.

The training program is free, and food and transportation costs (bus tickets or parking) will be provided. Childcare will also be provided off site.

The Office for Women is committed to engaging the entire community of Metro Louisville in our work to promote gender equity. All programs of the Office for Women are open to the public. While there are unique civic engagement offerings for men, women and gender diverse individuals, we invite all to engage in programs that best suit your needs. If you have any questions, please feel free to reach out to the Office for Women at ofw@louisvilleky.gov.



APPLICATIONS CLOSE ON NOVEMBER 1, 2026

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.

Let us know where you'd like to see the Lou!

advertise@theundergroundlou.com
502.878.6531

SUBSCRIBE FOR FREE AT
WWW.THEUNDERGROUNDLOU.COM



SBDC Kentucky free webinars to elevate your business

Are You Bankable? 10/6/2026 12:00 PM-1:00 PM
Childcare Business Kickstart Date: 10/8/2026 Time: 12:00 PM - 1:00 PM
The Startup Station Registration Clinic: Name it. Claim it. Launch it. Date: 10/8/2026 Time: 6:00 PM - 7:30 PM St. Mathews Library
Ashland Business Launch Training Lab: From Idea to Action Date: 10/13/2026 12:00 PM-1:00 PM Ashland, KY
Build Your Website with AI Date: 10/13/2026 Time: 12:00 PM-1:00 PM
Funding Options for Business Owners 10/15/2026 8:00 AM - 9:00 AM Shelbyville, KY
Register at www.kentuckysbdc.com Looking for a free business mentor? Sign up on the website!



Grammy-winning collaborators yuja wang and louisville orchestra reunite for all-brahms program

Internationally acclaimed pianist performs and conducts both Brahms piano concertos in three intimate performances at the Ogle Center

Internationally acclaimed pianist Yuja Wang, whose collaboration with the Louisville Orchestra and conductor Teddy Abrams on *The American Project* earned a 2024 Grammy Award, returns for three performances of Yuja Wang Plays Brahms on October 8, 9 and 10 at 7:30 p.m. at the Ogle Center at Indiana University Southeast. Wang will serve as both pianist and conductor, leading the orchestra from the piano through both Brahms piano concertos. The performances continue the artistic partnership behind *The American Project*, which won the Grammy Award for Best Classical Instrumental Solo. The album features Abrams's Piano Concerto, written for Wang and recorded with the Louisville Orchestra. In an ambitious program showcasing Wang as both pianist and conductor, she will lead the Louisville Orchestra from the piano through both of Johannes Brahms' monumental piano concertos, Piano Concerto No. 1 in D minor and Piano Concerto No. 2 in B-flat major. Rarely presented together in a single evening, the two works span more than two decades of Brahms' career and offer a sweeping portrait of the composer, from the dramatic intensity of his first concerto to the expansive lyricism of his second.

Widely recognized as one of the defining pianists of her generation, Wang has built an international career through performances that combine extraordinary technical command with a distinctive and deeply individual approach to repertoire. Her return continues a longstanding artistic relationship with the Louisville Orchestra, including the Orchestra's Grammy Award-winning collaboration on *The American Project*. This season, audiences will experience that collaboration in a dramatically different setting. Rather than a traditional concert hall, the three performances will take place at the Ogle Center at Indiana University Southeast, offering audiences the opportunity to experience Wang and the Louisville Orchestra in a more intimate venue.

"Yuja has a truly extraordinary relationship with this orchestra," said Jude Vaclavik, CEO of the Louisville Orchestra. "There is an incredible level of trust, spontaneity and musical understanding when she performs with our musicians. To hear her take on both Brahms concertos in a single evening, while leading the orchestra from the piano, is an enormous artistic undertaking and a remarkable opportunity for our audiences." Wang's appearances with the Louisville Orchestra have become highly anticipated events. Her 2025 performances with the Orchestra sold out over 4,000 tickets, continuing a collaboration that has developed across multiple seasons and major projects.

Yuja Wang Plays Brahms will be performed Thursday, October 8, Friday, October 9 and Saturday, October 10, with all performances beginning at 7:30 p.m. at the Ogle Center at Indiana University Southeast. Tickets and additional information are available at www.louisvilleorchestra.org.



The countdown is on — Dining for Dignity!

The countdown is officially on — Dining for Dignity is just 30 days away!

On October 18 at UAW Local 862, our community comes together on National Period Day to share a meal, celebrate, and raise the funds that put free period products into the hands of

people across Kentuckiana. And we want you there.

Here's what's waiting for you:

- A powerful keynote from Metro Councilwoman Shameka Parrish-Wright
- Your host for the afternoon, Bella Rae of B96.5
- Live band line dancing with Sheryl Rouse and her band
- Great food, a mimosa bar, and a room full of people who believe, like you do, that no one should have to choose between dignity and a basic need

Every seat you fill means more products in the hands of people who need them. Whether you grab a single ticket or bring a full table of friends, you're fueling this work all year long — and you're in for a genuinely good time. 30 days go fast — grab your tickets today!



U.S Patent and Trademark Office Free Online Courses

10/6 Trademark Basics Boot Camp, Module 1: Fundamentals 2:00 p.m. ET
10/7 SOAR presents: Learn the three-step approach to filing a patent application without an attorney 1:00 p.m. ET
10/13 Trademark Basics Boot Camp, Module 2: Registration process overview 2:00 p.m. ET
10/20 Trademark Basics Boot Camp, Module 3: Searching 2:00 p.m. ET
10/22 Attend Patent Center and DOCX training 2:00 p.m. ET
10/27 Trademark Basics Boot Camp, Module 4: Application requirements 2:00 p.m. ET



Register at www.uspto.gov/about-us/events or contact TMWebinar@uspto.gov for additional information.

Farmer’s Markets

- *St Matthews Farmers Market* 8PM-12PM Beargrass Cristian Church 4112 Shelbyville Rd. *Every Sat.
- *Old Lou Farmer’s Market* 9AM-12:30PM 1336 S. 6th St. www.oldloufarmersmarket.com 502.640.6971 *Every Sat./EBT SNAP Accepted
- *Germantown Farmers Market* 9AM-1PM 1101 E. Kentucky St. info@germantownfarmersmarket.net *Every Sat.
- *Jeffersonville Farmers Market: Food, Drink & Live Music* 9AM-12PM Big Four Station 222 W. Market St. Jeffersonville, IN www.jeffmainstreet.org/farmers-market/ *Every Sat.
- *New Albany Farmers Market* 8AM-1PM 202 E. Market St. *Every Sat. through Oct. www.namainstreet.org/farmers-market 812.946.6550
- *Gray Street Farmers Market* 10:30AM-1:30PM LOUMED Commons 316 E. Chestnut St. www.publichealth.louisville.edu *Every Sat in Sept.
- *Sunday Farmers Market* 10AM-2PM The Train Depot 2230 Buechel Ave. 502.888.3944 thetraindepotlouisville@gmail.com *Sun. through Oct.
- *10/4 West End Farmers Market* 3PM-7PM California Park www.change-today.org 1600 St Catherine *Sundavs bi-weeklv

Community Yoga

*Every Sat. 10AM-11AM Central Park 1340 S. 4th St.
Friends of Central Park
central@olmstedparks.org
www.olmstedparks.org 502.456.8125

*Every Monday Yoga at West Sixth Nulu 6PM-9PM 817 E. Market St. *pay what you

Healthy Recipes



Sweet Potato Turmeric Soup

Serves: 5-6 Est. cost: \$15.00 Est. cost per serving: \$2.50-\$3.00

Ingredients:

- 1 tbsp coconut oil
- 1 cup yellow onion, chopped
- 4 garlic cloves, minced
- 1 tbsp chopped ginger
- 2 cups, sweet potato, peeled and diced
- 2 cups large carrots, chopped
- 1 tbsp turmeric
- ½ tsp sea salt
- ½ tsp black pepper (or cayenne pepper)
- 4 cups low-sodium vegetable broth or chicken broth
- 4 tbsp unsalted almond butter
- 15-ounce can unsweetened coconut milk
- Juice from one lime
- ¼ cup chopped cilantro (fresh)



Sweet Potato Turmeric Soup		
Nutrition Facts		
Serving Size: 1 full recipe		
Amount Per Serving		% Daily Value*
Calories	1442 kcal	72 %
Total Fat	67.1 g	103 %
Saturated Fat	22.6 g	113 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	842.4 mg	35 %
Total Carbohydrate	197.3 g	66 %
Dietary Fiber	36.2 g	145 %
Sugars	42.1 g	
Protein	32.2 g	64 %
Vitamin A	474 %	Vitamin C 86 %
Calcium	77 %	Iron 87 %
* 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: knife, cutting board, large pot with lid, serving spoon, small bowl, blender or immersion hand-held blender

Directions: *Lentils*

1. In a large pot, heat coconut oil over medium high heat. Add onion, by itself, and sauté for 3-4 minutes.
2. Then add garlic and ginger; sauté for 1 minute. Add sweet potato, carrots, turmeric, sea salt, and black pepper, and sauté for 1-2 minutes.
3. Deglaze with one cup of broth, then add the remaining broth and bring it to a boil. Reduce the heat to medium, simmer, and partially cover for 10 minutes, or until vegetables are soft.
4. Transfer the soup to the blender, add the almond butter, and blend until smooth. Pour the soup back into the pot, add coconut milk and lime juice. (Optional: use a hand-held immersion blender.)
5. Season to taste with salt, as needed, and heat through. Ladle into bowls; sprinkle with chopped cilantro. Enjoy!

Health Benefits:

Turmeric contains curcumin, a substance with powerful anti-inflammatory and antioxidant properties. Turmeric helps increase antioxidant capacity and combat oxidative stress, which is especially beneficial for immune support, brain function, and heart health.

Sweet potatoes are an excellent source of beta carotene, which can be converted to vitamin A and help support your immune system and gut health.

Recipe provided by Maya Lechowick, 2022

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: *Lentils*

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.

References: Recipe provided by LA Dixon, 2023

Horoscopes

Aries 3/21-4/19 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.

Taurus 4/20-5/20 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.

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 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.

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

Virgo 8/23-9/22 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.

Libra 9/23-10/22 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.

Scorpio 10/23-11/21 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.

Sagittarius 11/22-12/21 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.

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 6 of Cups is about the past impacting the present. This week, you’re being called to examine whether or not you’re tethered to your past in some way. While it’s true we sometimes need to look in the rearview mirror as a way of informing current or future decisions, we can easily become stuck living in the past if we’re not careful. Don’t let nostalgia or distorted memories prevent you from making progress and appreciating what’s happening in the here and now. Allow your past to be a source of improvement rather than a source of stagnation.

Pisces 2/19-3/20 The 6 of Cups is about the past impacting the present. This week, you’re being called to examine whether or not you’re tethered to your past in some way. While it’s true we sometimes need to look in the rearview mirror as a way of informing current or future decisions, we can easily become stuck living in the past if we’re not careful. Don’t let nostalgia or distorted memories prevent you from making progress and appreciating what’s happening in the here and now. Allow your past to be a source of improvement rather than a source of stagnation. *Tarot.com*

