



Planetary Days and Your Personal Planetary Days Through Cardology

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Astrology Days	Energy to Use	Your Cardology Day
Sunday - Sun	<p>Sunday is for you, to help you feel energized, give you vitality and to shine a light on you, your inner child, and to use sunshine!</p> <p>Whatever planet is on your Sunday, use its energy to help revitalize you.</p>	
Monday - Moon	<p>Focuses on your emotional needs and nurturing yourself. It's a great day to check in on your emotional state, what you need to nurture yourself or connect with your intuition.</p>	
Tuesday - Mars	<p>Focuses on action, activity, moving your body, creating and releasing heat and asks you about your courage and assertion. Mars can be about sports, competition and even sex!</p>	
Wednesday - Mercury	<p>Focus is on communicating, talking, learning, reading, writing/sharing! Fast-paced and subject to sudden changes.</p>	
Thursday - Jupiter	<p>Focuses on optimism, going big, taking a risk and doing things that take you to higher levels – of thinking, of living and of your faith. Jupiter also loves to travel!</p>	
Friday - Venus	<p>Focuses on beauty, art, love, relationships, your material possessions (what you want to have) feeling good about yourself and life!</p>	



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Saturday - Saturn	Focuses on responsibilities (chores!?) structure, systems, routines and even solitude.	
Uranus (there is no astrological Uranus day, but you have a Personal Uranus day in Cardology)	Uranus focuses on disruptions, getting out of status quo, shaking up your routine, being a part of a community, being authentically you, progressive and innovative and weird!	
Neptune (there is no astrological Neptune day, but you have a Personal Neptune day in Cardology)	Neptune focuses on the spiritual world, dreams, imagination, escapism – to nourish yourself through Neptune, use entertainment that opens your imagination and your connection to the unseen world of Spirit. Connect through your dreams, sleep and being in the dreamspace.	