



SETTING INTENTIONS BY THE DAYS OF THE WEEK

Every planet in solar system, have their own energy, attributes and "personalities". Each planet rules a specific day of the week, and therefore it is said that each day carries the energy of its ruling planet. Each planetary body influences its ruling day of the week, which allows us to tap into its energy simply by setting our intentions on a day of the week of our choosing. In other words, perform your ritual on a day of the week that compliments and empowers your intention. This is a great way to bring focus to your ritual, as well as increase the potency of your intention..

MONDAY

Day of the Moon. The Moon rules the emotional landscape and introspection. She deals with women's mysteries, cycles, the intuition, and helps to illuminate the unconscious. Each different phase of the moon exudes different energies that can be worked with, and when she is full, it is said to be the optimal time for immediate manifestation.

Monday would be an optimal day to set intentions dealing in spiritual and emotional healing; healing of the female reproductive system; fertility; revealing and healing our shadows; increasing psychic abilities; healing Mother wounds; developing personal magic

TUESDAY

Day of Mars. Mars is the planet of personal power and will. There is a strong assertive, masculine and war-like energy that is associated with Mars. Mars is often linked with victory; however, is also associated with destruction and aggression.



TUESDAY

Tuesday would be an optimal day to set intentions in strengthening personal power and will. When you need to assert yourself, stand in your power and have the courage to move forward, Mars is your planet to work with. Anytime you need to create change, get motivated, take action or get physically active, Tuesday is your day to set those intentions.

WEDNESDAY

Day of Mercury. Mercury is the planet that governs our mind, our thoughts and communication. Expression through speech and writing are associated with Mercury, as well as the arts, magic and trickery. Wednesday would be an optimal day to set intentions dealing with communication, business deals, mental clarity, expression through speech and writing, and travel.

THURSDAY

Day of Jupiter. Jupiter is the largest planet in our solar system, often called the benevolent giant. Jupiter is considered a benevolent planet as it's often associated with success, good fortune, luck and wealth. His optimistic and enthusiastic energy wants us to grow, prosper, flourish and expand! Jupiter expands on all levels; wealth, health, thought and consciousness.

We call on Jupiter when setting intentions concerning building wealth, success in business, prosperity, expansion of mind and consciousness, and personal growth



FRIDAY

Venus is the ruling planet of love, romance, passion, sensuality, pleasure and relaxation. Being the brightest star in the sky, she is a planet that attracts and holds light- and that corresponds to her being a planet that can attract love, passion, luxury, wealth... Venus takes it all in and holds it.

Fridays would be the day to set all your intentions concerning love; romantic love, self-love, familial love, and love to heal a broken heart. If you're calling in sensual and luxurious pleasure, Venus would be your planet.

SATURDAY

Day of Saturn. Saturn represents the limits; its rings bind, create boundaries and structure. Saturn will deal you some of your hardest lessons in life, but will also help you to understand your challenges and karmic teachings. Saturn teaches us responsibility, discipline and our relationship with ambition. Saturn wants you to grow, but when you lose your integrity or knowingly veer off your karmic path, Saturn will be the one to bring it all crashing down.

Call on Saturn's energy when setting intentions around protection and creating boundaries around a negative situation. Saturn can also be helpful when working towards setting new habits and structure, or when needing discipline to work toward a goal.



SUNDAY

Day of Sun. The Sun helps us connect with confidence, being comfortable being seen and standing out for who we are. For this reason, the Sun resonates strongly with those in the arts- particularly who perform on stage or screen.

We call on the Sun's energy for life, health and healing. Just think how you feel in the winter when it's been overcast for weeks on end; we need the Sun for enthusiasm, to feel healthy, to feel strong and joyful.

Call on the Sun's energy with intentions around empowerment, confidence, success and achievement. He is also your ally when you need a boost in health, vitality and a feeling of being centered within yourself.