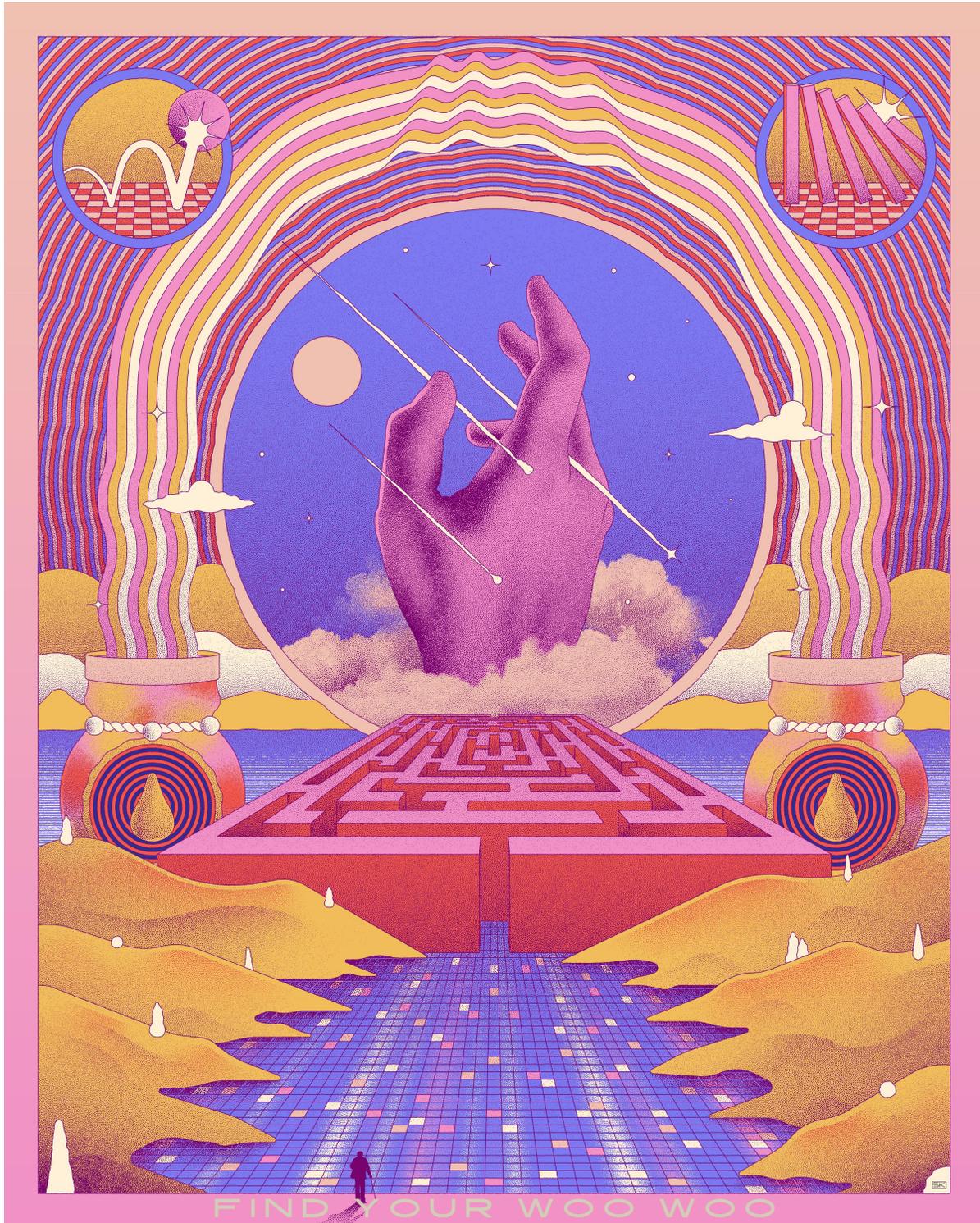


THE WHEEL

DIGITAL MAGAZINE FOR HOLISTIC
+ CREATIVE ENTREPRENEURS



ARIES

ISSUE 1, MARCH 20 - APRIL 19

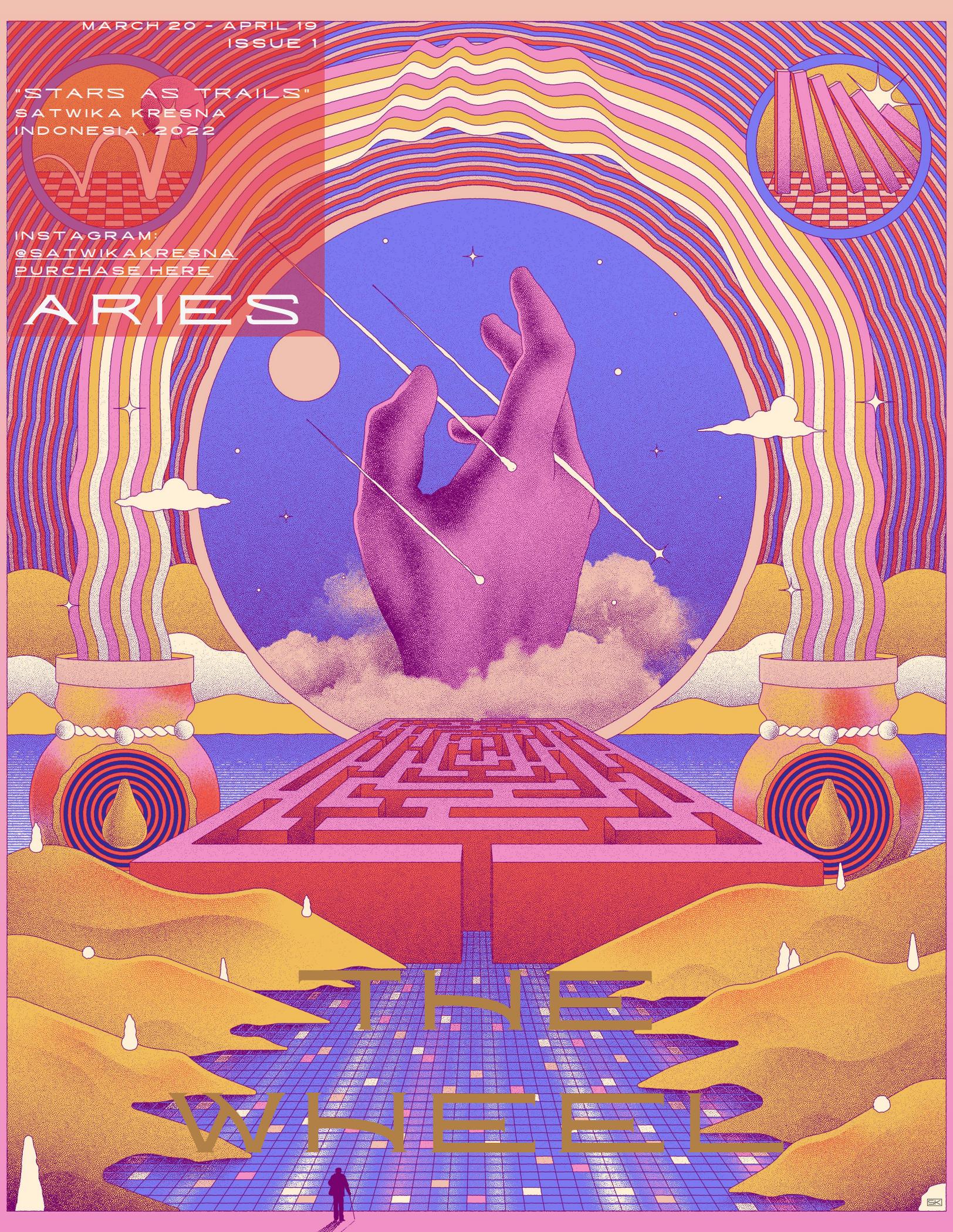
MARCH 20 - APRIL 19
ISSUE 1

"STARS AS TRAILS"
SATWIKA KRESNA
INDONESIA, 2022

INSTAGRAM:
[@SATWIKAKRESNA](#)
[PURCHASE HERE](#)

ARIES

THE
WHEEL



THE WHEEL TEAM

EDITORIAL + DESIGN

EMMA NORTON, EDITOR-IN-CHIEF

CANCER SUN, GEMINI MOON, SAGITTARIUS RISING, VIRGO MIDHEAVEN

Emma is always generating ideas and connecting the dots between them and the talented souls she collaborates with. She has an extensive background in Media Events Producing and has been freelancing for nearly a decade.

The Wheel is a product of bringing her interest in personality profiling for authentic expression to a broader audience where she can leverage her empathetic communicative strengths to highlight other do-gooders. By day (and night, she's a solopreneur, let's get real here,) she owns and operates EGOxLESS Writing Services, focusing on Intuitive Communications Strategy, Brand Development, Media Training, and Copywriting.

INSTAGRAM: @EGOXLESS / WEBSITE: WWW.EGOXLESS.COM



KATELYN GILLENNO, CREATIVE CURATOR

CANCER SUN, PISCES MOON,
AQUARIUS RISING, SAGITTARIUS MIDHEAVEN

Katelyn has always dreamed of creating beautiful things. By combining her passion for color with her thoughtful curation, she has created a whole new career path in the form of her subscription and custom gift boxes under the fitting moniker, Magic Offering.

Katelyn loves setting goals and is a great accountability partner. She's a champion for others' dreams and gives her all to her projects, pouring love into every little detail. Her organizational skills and visual creations bring reachability and richness to The Wheel. With an interior design background and a love of organization, Katelyn knows how to bring life to her entrepreneurial ideas. Her spirit brings a tangibility to concepts, and her tenacity is inspiring.

INSTAGRAM: @MAGIC.OFFERING / WEBSITE: WWW.MAGIC.EARTH.CA



ARTICLE WRITER OF THE SEASON

EMMA NORTON

Some may call it nepotism. Maybe I'm on a power trip this Aries season, but I also love showcasing talented other writers! I welcome article pitches!

Email me: thewheeldigitalmag@gmail.com



THE WHEEL TEAM CONTRIBUTORS

RHIANNON ROSALIND

VIRGO SUN, SCORPIO MOON,
SAGITTARIUS RISING, LIBRA MIDHEAVEN

Rhiannon is an award winning entrepreneur, social innovator and economic healer. She was the youngest woman in Canadian history to be inducted into the Most Powerful Women in Business - Hall of Fame, during her tenure running the nation's most prestigious business platform, The Economic Club of Canada.

After a near death experience in 2017, followed by an intense spiritual awakening, Rhiannon launched Conscious Economics - a new economy platform dedicated to creating systemic change through mindfulness, financial therapy, and art to awaken humanity to conscious business and support aquarian age leaders. Rhiannon is passionate about applying esoteric modalities to traditional topics like money and economics to inspire innovation and social change.

INSTAGRAM: @CONSCIOUSECONOMICS / @LUNARSTUDIOS / @RHIANNONROSALIND
WEBSITE: WWW.CONSCIOUSECONOMICS.CA



KP HARTMAN

GEMINI SUN, CANCER MOON,
TAURUS RISING, CAPRICORN MIDHEAVEN

KP lives in the space that creates connection and fosters relationships. Practically born with a pen in hand, their long background in recreational therapy and event planning puts them in the perfect junction for their work as a copywriter, community facilitator, and events consultant.

Inspired by simple living, a profound love of the wilderness, and the intricacies of human relationships, KP takes on all projects (and life in general) with grounded optimism, enthusiasm, and a call to bring forth connection, compassion, and positive change.

INSTAGRAM: @KP_HARTMAN / WEBSITE: WWW.MYDARLINGSIMPLICITY.COM



RENSKE ENSING

GEMINI SUN, LEO MOON,
SAGITTARIUS RISING, SCORPIO MIDHEAVEN

Renske is a Productivity Strategist and Yoga teacher, but first and foremost she's a Solutions Collector and Dot-Connector!

She helps her clients streamline their business (and sometimes their lives) with Productivity strategies, resources and hands-on assistance.

Honoring her Nordic roots, she took a deep dive in Nordic mythology and rune work and now weaves those ancient teachings into her everyday life.

INSTAGRAM: @SIMPLE.VBM / WEBSITE: WWW.SIMPLE-VA.COM



MAE GREEN

ARIES SUN, ARIES MOON,
LIBRA RISING, CANCER MIDHEAVEN

Mae is a hereditary seer from the Tuscarora Turtle Tribe. Focused on spirit guided intuitive counselling she helps clients heal themselves. As a teacher of connection to universal consciousness she guides others to explore their inner and outer worlds.

Drawing on the rich diversity of human spiritual practices and shamanistic ways of knowing she assists soul journeys. She embraces the use of interpretive tools, such as Tarot, to speak with the unseeable forces in our lives. With a background in journalism and academic publishing she has been called by spirit to develop self-help materials to contribute more to our collective healing.

ETSY: THETUSCARORASEER



YODA OLINYK

AQUARIUS SUN, PISCES MOON,
GEMINI RISING, AQUARIUS MIDHEAVEN

Since Yoda was young, she knew that she wanted a dynamic, vibrant life that involved her two great loves: food and words. Since starting her career as a professional chef 15 years ago, Yoda has catered hundreds of initiations and ceremonies, cooked for some of her favourite humans and there was that time she opened a restaurant on Richmond Row!

In August 2020, Yoda made a career shift, when she published her first book - a memoir about her journey as a chef, entrepreneur and restaurant owner. Making a memoir lit a fire, and since then, Yoda has been helping other first time authors self-publish their stories through her new company: The Doula of Words.

INSTAGRAM: @DOULAOFWORDS / @YODASKITCHEN
WEBSITE: WWW.DOULAOFWORDS.COM /
WWW.LEYODACOOKFORYOU.COM



TAYLOR GRANT

SCORPIO SUN, GEMINI MOON,
SAGITTARIUS RISING, LIBRA MIDHEAVEN

Taylor is a multifaceted creator with an evolving and expansive niche surrounding a love of florals, a passion for capturing intimate moments and promoting female empowerment. Taylor loves empowering all who sit in front of her camera and is a very bubbly spark of energy.

She's a kind and caring individual who provides a safe space to present yourself proudly and authentically. With a 12 year background in Photography, her colorful visual creations add a powerful energy to The Wheel.

"At the end of the day people won't remember what you said or did, but how you made them feel." - Maya Angelou

INSTAGRAM: @TAYLORGRANTPHOTO / @LOVE.TAYLORGRANTPHOTO
WEBSITE: WWW.TAYLORGRANTPHOTO.COM





CONTENTS

6 LOVE LETTER

From the Editor

7 ASTRO CHEAT SHEET

Aries Season

8 ENTREPRENEUR PROFILE

Katrina Cobb

12 ENTREPRENEURS AND THE CASE FOR HYPER-INDEPENDENCE

Article by Emma Norton

14 THE SECOND HOUSE REPORT

A New Economic Vision for Aries

15 PRODUCTIVITY BY THE MIDHEAVEN

16 THE ELEMENTS Becoming the Master of Your Fire

18 ENTREPRENEUR PROFILE

Ashley Orr

20 TASTE OF ASTROLOGY

Warm Cardinal Year Salad

22 ASTRO COCKTAILS

Hot N' Spicy

23 PRODUCTS BY THE STARS

24 ARIES ENERGY READING



LOVE LETTER FROM THE EDITOR

Dear Reader,

My love for media in a multitude of forms has been lifelong. Over the 10ish years, I have worked in the industry in some capacity, I have strived to carve out my unique niche in, dare I say, an overly saturated and often less than truthful space. The major challenge has been finding my strength to be an equally creative, logical, ethical and compassionate leader and to find collaborators who believe in equal energy exchange.

I am thoroughly inspired by the contributors I have brought together and their abilities. They bring infinite amounts of value to this project and its audience. Now, why did this culminate to be released on this auspicious date and time in our Gregorian calendar? Well, my little rams, it's Aries season.

**WHAT DOES THAT MEAN?
FRESH STARTS, NEW BEGINNINGS, SPRING IS
SPRINGING!**

It's a great time to release such a project that correlates with the seasons of the zodiac. I love astrology, related modalities and just about any tool that will help you better know yourself and others. I've incorporated this into my work as I further own my entrepreneurial spirit and empathic abilities. I love to focus on the holistic wellness and media industries because the prior is aligned with my lifestyle. The latter, as noted, was my first and is my consistent love. We never can quite let one another go. So to be able to bring forth some of that passionate, fiery Aries energy and release a project that brings so much of what I love together, it's this prime time to birth The Wheel into the world.

We will be bringing you a new release each month featuring zodiac-themed content dedicated to the growth and well-being of the holistic + creative entrepreneur. That means - economics, productivity tips, curated products highlighting small businesses, recipes for food and drink, articles surrounding the elements of astrology, and of course, highlighting some pretty inspiring entrepreneurs who are going their own way. My rebellious and independent Sag Rising heart (and Saturn and Uranus) is enamoured with this project and the inspirational collaborators in The Wheel roster, whose birth charts I have already scrutinized. I am so happy that you are joining us up in the stars.

With Love,
Emma

EMMA NORTON,
EDITOR-IN-CHIEF



CHEAT SHEET

ARIES

KEYWORDS: PASSIONATE, CONFIDENT, DIRECT, IMPULSIVE, INDEPENDENT
COLOR PALETTE: RED, YELLOW, PURPLE

MARCH 20TH -
APRIL 19TH

ELEMENT: FIRE

MODALITY:
CARDINAL

SYMBOL: THE RAM

HOUSE: 1ST

RULING PLANET:
MARS

BODY PART: THE
HEAD

"I AM"

Aries, the baby of the zodiac, evokes the bright new, impulsive energy that pulsates as we enter the spring season here in the Northern Hemisphere.

Relating to the 1st house of identity (where your Rising Sign/Ascendant sits), think of the Aries energy as to how you initially present yourself.

I am... Who are you? Aries energy helps us to define our initial direction. However, we might not always stay on course or deviate from time to time. Aries season is the perfect time for that. Starting your professional (and personal) presentation with an "I am" statement will start you on your journey of entrepreneurial evolution.



CRYSTALS: AMETHYST, AQUAMARINE, BLOODSTONE, CLEAR QUARTZ

HERBS/PLANTS: CAYENNE, NETTLE, SARSAPARILLA, WORMWOOD

FOOD/FLAVOURS: BEANS, FIGS, LENTILS, OLIVES, TOMATOES

FLOWERS: CALENDULA, GERANIUM, RED ROSES, THISTLE

FRAGRANCES: FRANKINCENSE, GINGER, GRAPEFRUIT, LEMON

ACTIVITIES: COMPETITIVE SPORTS, HIKING, MEDITATION

MIDHEAVEN, 10TH HOUSE OF CAREER

To have an Aries Midheaven in your birth chart (the highest point you can reach in your chart, hence the correlation to your career growth), you are likely confident in your pursuits and able to start projects without hesitation. A professional risk-taker, you love your impulsivity. It's a prime positioning for an entrepreneur because they like to do things in their way. Working independently and running their own business is the dream; however, be wise regarding project completion and task follow-through. It would be best if you found a balance for yourself to determine what will be beneficial for your work and your well-being.

ENTREPRENEUR

PROFILE KATRINA COBB

LEO SUN, VIRGO MOON, VIRGO
RISING, GEMINI MIDHEAVEN
SPEAKER AND BUSINESS CONSULTANT, AND EXECUTIVE
DIRECTOR OF THE SBS CHALLENGE

INSTAGRAM: @KATRINACOB1 / @THESBSCHALLENGE

KATRINACOB1.COM / THESBSCHALLENGE.COM

LINKEDIN / FACEBOOK

"I help talented service providers build their independent businesses to fuel a life of freedom through coaching, consulting and speaking. I help them scale by uncovering blind spots keeping them small, leveraging systems and support, and fostering innovation in the business model and how they serve to be able to put their lifestyle priorities first."



MY WORK IS: EMPOWERING, STRATEGIC, INSIGHTFUL, AND HIGHLY PERSONALIZED.

ENTREPRENEUR BIO:

Katrina Cobb is mastering the digital nomad lifestyle and coaching freelancers on scaling their business along the way. She has a way of pinpointing your areas of improvement by directing you toward a new, empowered thought pattern and guiding you toward tangible actions. She is her clients' Strategic Partner, Business Architect, offering guidance based on 12+ years of small business ownership, entrepreneurship and coaching.

If you ever get the chance to connect with Katrina in conversation or a coaching capacity, take it. Her intellect, paired with her laidback wit and grace, makes her the cool coach you both want to impress and be friends with.

WHAT IS MY SOUL GOAL?

It sounds cliché these days but helping people experience the freedom of entrepreneurship is what excites me. To harness a talent or skill and leverage that into getting everything you want for your life - financial abundance and security, time flexibility and balance, travel and expansive experiences, and purpose and a deep sense of fulfillment. When we actively create our work strategically, we actively create our dream life, which is a fantastic use of human ingenuity.

I believe in helping people turn their talents and skills into a thriving, sustainable, profitable business. One they ENJOY and that provides all the freedoms they could dream of is THE solution to changing the statistic that as of 2019, 85% of people hate their jobs, where they spend an average of 90,000 hours of work during their life! I believe life is too short to hate how you make your way in this world, how you make your mark on it.

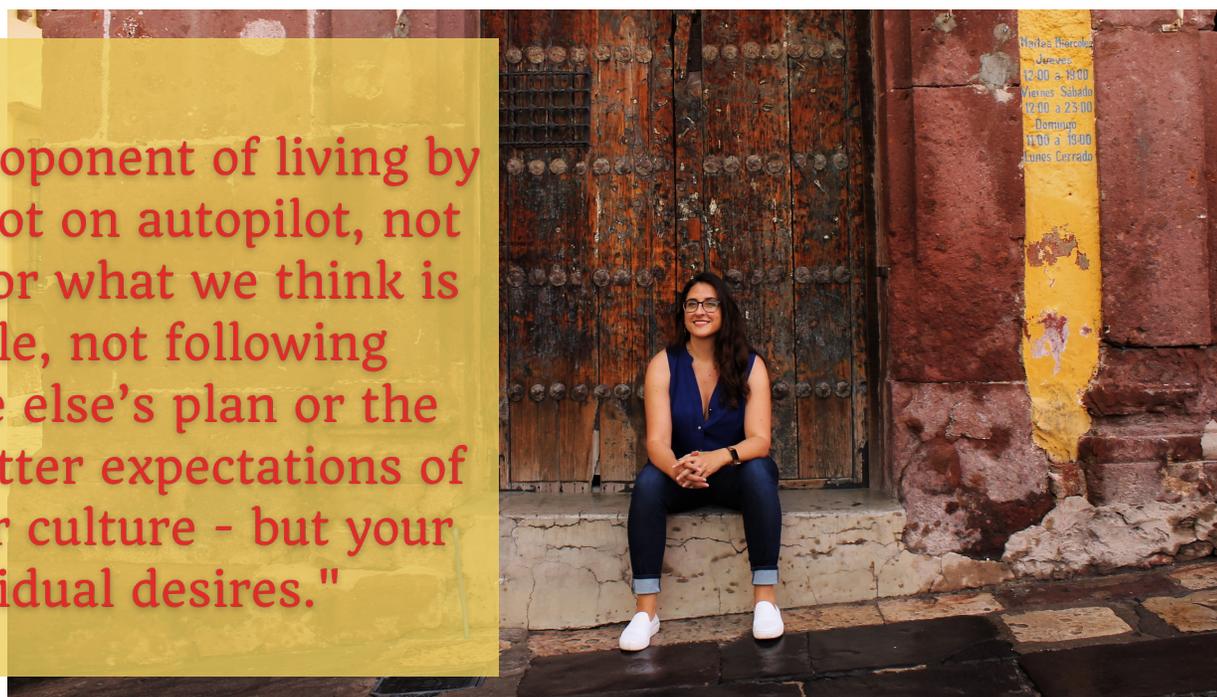
As a caveat, I don't think entrepreneurship or working for yourself is for everyone (there are tradeoffs!) OR that you should love what you do 24/7/365, which also sets unreasonable expectations. But for those who desire a business that suits their dreams, I'm 1000% on board with helping them design it and determining what works for them.

WHAT IS YOUR MAIN PRODUCT/SERVICE?

I primarily work with individuals on a one-on-one basis for six months at a time. This allows me to tap into the specific needs and desires for them as an individual and help reverse engineer a successful business around that. I meet 3x monthly with them over Zoom. We work ON their business together - tackling everything from pricing and offers, their business model, effective sales and marketing, building time-saving systems and processes, money management and the math of scaling your business, and eventually, how to invest in the right tools and support so they aren't doing it alone when the timing makes sense.

Growing a business on your own can be an intimidating or frustrating undertaking - having someone 'in it' with you makes things easier, significantly when you can benefit from an outside perspective and years of experience inside and behind businesses from \$0-\$10million in revenue.

"I am a proponent of living by design. Not on autopilot, not settling for what we think is possible, not following someone else's plan or the cookie-cutter expectations of society or culture - but your individual desires."



AS A NOMAD, WHO HAS WORKED IN SOME PRETTY COOL PLACES, WHERE ARE YOU SEEING THE BIGGEST SPIKE IN FREELANCE CULTURE?

Things were already accelerating, but the most significant shift I've seen currently is happening in places like Europe (Italy, Portugal, Croatia specifically), where governments are seeing the value of attracting highly skilled digital workers and freelancers. They are creating special visa programs and tax benefits to make legally working or freelancing from lovely places easier.

Historically many places in Asia (Bali, Thailand) and some parts of Latin America (Mexico, Colombia) were hot spots for nomads due to ease of visas. Still, the pandemic helped the world catch onto the reality of location independence in our digitally connected workplaces, and that's expanded opportunities beyond freelancing for other types of remote work and global mobility.

AS WE SEE THE GLOBAL SHIFT TOWARD FREELANCING AND ENTREPRENEURSHIP, WHAT TRENDS ARE YOU MOST EXCITED TO SEE IN THE WAY WE WORK?

I hope for more borderless solutions- banking, taxes, visas and travel permits, for starters. Global tax strategy is of particular interest as a nomad for whom financial freedom plays a significant role in my living by design picture. I think blockchain and the crypto space create unique opportunities to support freelancers.

The other trend is services to connect this wave of location-independent freelancers and remote workers. To foster community, find housing, have medical insurance/access to care, learn about cultures while traveling and check some of the other boxes freedom seekers aspire to of adventure, balance, expansion, new perspectives.

We're already redefining what we think of and how we define our 'work' and expanding new definitions of 'workdays,' 'work weeks,' time off, balance, all of that. By breaking down old stereotypes and expectations, I think we can create new ways of operating that more fully support a whole and healthy human - we're not automatons working in the industrial revolution anymore. The old 9-5 (or 8-6 really) is a dead concept and isn't actually all that efficient or healthy for many.

WHAT'S THE BIGGEST BLINDSPOT MOST ENTREPRENEURS SEEM TO HAVE IN THEIR BUSINESSES AS THEY SCALE?

Freelancers almost always get caught in a value trap, with pricing/a business model that DOESN'T actually support their ideal business or lifestyle. The fundamental architecture of your business needs to work to support you as a whole human.

The other big piece is not thinking of their business as a BUSINESS - which thrives on systems and needs investments into other tools or people to support it. (and also has policies and boundaries around hours!) The Solopreneur trap is the other big piece- how to scale with intelligence when you're juggling all the things and manually trying to do it all without resourcing yourself.

AS A COACH, YOU EMPHASIZE THE IMPORTANCE OF A POWERFUL MINDSET. WHAT ARE SOME METHODOLOGIES YOU HAVE PRACTICED ON YOUR OWN JOURNEY THAT HELPED YOU RELEASE FEARS?

Such a great question - **if we want to create a life by design, our thoughts are the first piece to create awareness of, then choose better thoughts.**

As a coach, I've always been interested in Neurolinguistic Programming (NLP, how the specific words we think and speak program our beliefs, actions and ultimately our behaviors.) One of the most constructive methods I've found to work through thoughts and fears that may be holding you back (by affecting your behavior in a way counter to your goals) is actually to write it out. There's real power in staring at your thoughts put into words on a page. You can quickly see where they might not serve your real best interests. Some great prompts that help me see where I'm giving my power away to my fears include: What am I freaking out about today? (or what am I afraid will happen?) and then Where can I take my power back around this? Simply reminding myself that there is ALWAYS a way to move forward, remember what I do have power over, can be really helpful. (especially after a couple of years of such uncertainty and collective feeling of loss of control)

Beyond that, practicing thought awareness. When you hear yourself thinking something disempowering, fear-based, keeping you small or stuck, acknowledge the thought and immediately choose a different view that helps you. Mindset practices are just that- a practice. The fear doesn't stop. You just get better at identifying it, reframing, and choosing to act on other thoughts.



WHAT IS YOUR PRODUCTIVITY STYLE? WHAT DOES AN AVERAGE DAY LOOK LIKE FOR YOU?

I need to have flexible time and things planned to look forward to. I like to get into a groove and work for chunks of time in the afternoon. I try not to dive into work before midday; instead, spending some time on personal development, getting outside or exploring something creative in the mornings. Then some focused work either on coaching calls or supporting with consulting or strategic projects. Often, I have a break to grab lunch in an outdoor cafe and use that time to journal or plan my own business content or newsletters. I try to book most of my calls on 2.5 days a week, so the rest of the time is flexible, and I can work from home, take my laptop to the patio, schedule a lunch, break for coffee and enjoy a focused mind when back at the house. I aim for 4-6 hours (usually split into two chunks) of brain-intensive work in a day.

HOW DO YOU ENVISION YOUR OWN BUSINESS SCALING IN THE COMING YEARS, AND WHERE DO YOU WANT TO MAKE MORE OF AN IMPACT?

I love my one-on-one client work, but I have enjoyed more collaborative opportunities over the last two years with my non-profit and other thought leaders and coaches who want to lean on my perspectives in support of groups or broader scale programs.

For my consulting, I'm building an extended team that can support those clients at my side.

I also have started to package some of my knowledge into workshops and courses because I know not everyone can invest in private coaching, and there's a limited capacity there.

I envision most of my scaled impact coming from speaking and collaborating with people on a mission to impact thousands with their work.

FOLLOW-UP, WHAT IS YOUR DREAM PROJECT? WE WILL MANIFEST IT RIGHT NOW.

I'd like to be invited as a facilitator of live events/interviewers of successful entrepreneurs / guest coach in a container to tell the stories of people creating a life by design, building unique businesses around their personal deals of freedom, and giving others both the tips and permission to be inspired by their story and follow their examples.



NAME DROPS:

@ALITUPLIFE

@WANDERERS.WEALTH

@HIJESSICAJOHNSON

@JENSINCERO

@NOMAWO_

ANY LAST GOLDEN NUGGETS OF WISDOM YOU CAN SHARE WITH US?

As much as I love systems and processes and the structure of really building a successful freelance business - none of that matters if you ignore innate desires, gut feelings, and your intuition!

Cultivating your mindset is imperative. Make time to think, dream and explore if what you're building fits that image at regular intervals (as your desires will evolve!) The process of running and growing a business will feel infinitely more complex if all you focus on is the DOING and you skip the 'fluffy' work. Checking boxes and just continuing down the path of growth without creating space to pause and have an inner check-in is the fast track to burnout and resenting your business! (Been there, done that!)

Suppose you can embrace the irony of structure in your business, create more freedom, take time off to get clear on your desires, or work on your mental game, being the FASTEST lever to leveling up and seeing monetary ROI. In that case, you'll be ahead of the curve AND having more fun in the process!

ENTREPRENEURS AND THE CASE FOR HYPER-INDEPENDENCE

BY
EMMA
NORTON

Part of the entrepreneurial journey is an innate sense of ostracization. If those on a similar path do not surround you, the concept can seem exciting to others, but the lifestyle can often make you feel alone yet inundated with a series of failed attempts toward your golden ticket.

AN ENTREPRENEUR WHO WILL BE SUCCESSFUL IS THE ONE THAT WAGES WAR WITH THE LIMITING BELIEFS THEY ABSORB OVER THEIR LIFETIME.

I have always had an independent streak. It's been apparent, and I have had trouble conforming to the stereotypical societal designations presented to me. Nothing ever quite fit my talents, though I have adapted to different environments like a chameleon because I thought I had to. The opposing signs of the communicative and dualistic Gemini in my 7th house of relationships (Moon, Mercury and Venus) and the higher learning, free-spirited Sagittarius in the 1st house of identity (Ascendant, Saturn, Uranus, and also Neptune in Capricorn,) creating a see-saw pattern in my chart, seem to spotlight this innate aspect of my personality. It has always been a point of inner confusion and my freedom.

Now, as we enter this new astrological year, and with this project promoting deeper learning of self for the holistic + creative entrepreneurs, I also felt it was apt to point out an obvious correlation I have with the archetypal energy of Aries.

We have hyper-independence in common, and though I have next to no Aries present in my birth chart. The notion of "I can (or I have to) do everything myself" is that hyper-independence shining through, and I do believe it's prevalent in entrepreneurs. But simultaneously, as an empath, I have always absorbed others' traumatic circumstances. I have been cultivating boundaries to balance my altruistic nature with my fiery ambition.

Brilliant contributor Renske Ensing (Productivity by the Midheaven) has a knack for making up metaphors. Her "Dutchisms," I call them. I recently shared my lessons about giving and receiving opportunities, people's different professional capacity levels, etc.



Photo by Shvets Anna from Pexels

**"YOU CAN'T FLOAT UP WITH A BALLOON WHILE BEING WEIGHED DOWN BY ROCKS."
- RENSKÉ ENSING**

ENTREPRENEURS AND THE CASE FOR HYPER-INDEPENDENCE

BY
EMMA
NORTON

Entrepreneurs, freelancers, and anyone friendly who has ever been taken advantage of, then left dumbfounded because you do so much (or over-compensate) can likely relate to this. Where do we leverage our independence, and where can we find equal collaborative exchanges deemed trustworthy?

I'm excited to provoke this Aries power with The Wheel as it's been bubbling up inside of me. My bold leader inner child is getting louder, and I am no longer listening to those who told me I was wrong for having a knowing and direction. We have to take on that Aries mentality by standing our ground and going for it, not being afraid to go alone, and having clarity and standards with our vision to express that to any collaborators.

We all must learn to embrace our true natures fully and find a balance between the polarities. Hyper-independence often stems from feeling unsupported or ostracized for daring to be different, as mentioned in the beginning. So coming across that support eventually, when you've already learned to a certain extent on your own, is highly valuable. Don't sabotage it and take full advantage of that opportunity presented to you by the universe. You were asking for it. There are allies out there. It just takes time to find them, and trust yourself above all others.

It's time to tackle your calling and take on the world this Aries season. It is all guts and grace to pursue the entrepreneurial path, but then there seems to be this sweet spot on the journey where you don't give an expletive anymore, and you go for it. That's so Aries.

As an entrepreneur, you need to value your importance and your product or service. It can be hard to find your community or audience and trust that others will match your desire for impact. Sometimes the hyper-independent Arian energy is necessary to get sh*t done, but also, it's what sets the successful people apart from the pack.

Creating this magazine that I want to be a breeding ground for equal professional exchange, I have had many lessons in launching this first issue, primarily with my endurance and professional standards, because I want it to stand out, be of quality and matter. It has also taught me that it is more than okay to set this precedent, be firm in expectations and still be nice. If Aries were a fictional character, I'd think of The Fonz from "Happy Days."



Photo by Guryan from Pexels

THE 2ND HOUSE REPORT

A NEW ECONOMY FOR ARIES

BY
RHIANNON
ROSALIND

Leveraging the way in which you relate to the economy and how to make more money through your creative and holistic passions.

Aries rulership in the second house is a fiery placement for a gutsy, savvy investor. This placement grants its native with red hot ambition and a real motivation to earn. You go after what you want with confidence and tend to be very successful in your pursuits. Aries loves a new challenge and isn't afraid to take risks. Thus, you may be more open to acquiring wealth and resources from unique or avant-garde pursuits, like bitcoin, NFT or a cutting-edge technology start-up. Aries wants it all and fast, so they are bound to go after high risk, high reward opportunities with their money and resources. This placement can leave its natives more concerned with earning at the moment rather than focusing on the long-term view – therefore, planning for retirement is likely a bore for this placement. However, due to your instant manifestation abilities and your drive to succeed, you're likely to never go without. Aries is known to blow past bumps and bruises, dust off and try again. Even if you hit a loss, you quickly find a way to recover and move forward.

CREATIVE + HOLISTIC CAREER CHOICES & ADVICE – MIDHEAVEN REPORT

Aries rulership in the second house most often has a Sagittarius Midheaven placement in the 10th house of career, reputation, public image, goals and ambition. With the fire element in both positions, you can expect this native to be extraverted, passionate, positive and naturally ambitious. It's essential the person with such placements embraces their need for change, transformation, adventure, and intellectual stimulation. This placement is made for the big stage and inspires large audiences. Below are a few fantastic new economy career choices that would suit the owner of this powerful combination:

- Traveling Self Help Guru
- New Economy Media Producer or Publisher
- Marketer/ Forecaster – Helping Aquarian Age Leaders Expand Their Audiences
- Social Enterprise Entrepreneur

ECONOMIC FORECAST FOR ARIES IN 2ND AND SAGITTARIUS MIDHEAVEN IN THE 10TH

Channeled message for the new economy

As the planet goes through her ascension and the energies shift to accommodate higher light codes, we will witness sudden transformations occurring in the material realms. This undoubtedly will impact our economy, as the economy represents our collective value system. We are currently watching this shift unfold with mass resignations, hyperinflation, currency changes, and our global economic systems collapsing and rebalancing. On the outside, this can be hard for the human to witness, but the truth is, these changes provide the foundation for the new economy and new earth to birth. As an Aries 2nd + Sag Midheaven, you are here to assist and speed up the adaptation and integration of the new conscious economy. You are a pure innovator; you radiate enthusiasm and possibility even in times of great uncertainty. We need you to ground into your fiery creativity and boldly adapt to the new economy currency. Don't be afraid to barter goods for services or use healing arts as new forms of exchange. Share your message of hope and lead in this time. You were given your innovative power in this incarnation for this very purpose; your time is now. When the world seems full of doom, you are the one that sees through the illusion with confidence – you may not be able to explain it all just yet, but you can certainly allow yourself to feel and experience the newness. Tap into your love of risk and try something new with your resources- your economic astrology makes you a necessary leader during this global transformation. Let go of yesterday and forget how it once was. Your faith and trust will inspire others to create something new alongside you- but you are meant to go first.

PRODUCTIVITY BY THE MIDHEAVEN

BY
RENSKE
ENSING

CHARACTERISTICS

Those with an Aries (Fire) Midheaven often identify as a slightly impulsive, a self-starter or entrepreneurial type. Although they are great at starting projects, they often struggle with followthrough. Being an entrepreneurial type can come with taking (big) risks. An Aries Midheaven benefits from getting in touch with their intuition, listening to their gut instinct when it comes to their impulses, and taking those risks.

PRODUCTIVITY TIPS

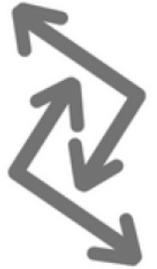
- Implement Time Blocks in your calendar. Having your ideal schedule as a backbone will help you stay on track and make it easier to finish your tasks or projects on time. You also make sure you work with your ideal daily rhythm instead of against it.
- Create a Task list, not a TO DO list. You probably don't like being told what TO DO as an entrepreneurial type.
- Create moments in your day/schedule to remind yourself to get back in touch with your intuition, your gut instinct. This can be as simple as a calendar reminder with the word "Breathe" or any word that resonates. Once that pops up during your day, take a breath, check in with yourself by asking the simple question; On a scale of 1 to 10, how am I feeling, with one being really bad and ten being the best you can be. If you want to be thorough, write down your "scores" and review them at the end of the week. This way, you will connect dots on activities, days, times, or even locations that made you feel good and those that made you feel not so good. With that data in mind, you can take the appropriate actions.

The word "rune" means "to carve or to cut." The origins of runes used as a form of divination date from approximately 150 CE to 1100 CE in Northern Europe. After 1100 CE, they were replaced by the Latin writing system with the incoming colonization of Rome.

When we study the runes, we do not only come across linguistic patterns representing practical information such as accounts of dates and names; we also come across "non-linguistic" inscriptions which represent magical symbolism and incantations of protections, blessings or curses."

Source: <https://www.kornevall.com/post/unearting-ancient-magic-in-the-runes-messages-with-hidden-symbols-and-powerful-numbers>

There is another layer of personal interpretation of the rune by the person who casts the rune. It is unveiled through extensive work with the runes over time. Therefore, the runic interpretations are mentioned here, after working with the runes on the four elements and specific zodiac signs.



These fire runes represent the Aries characteristics of Passion, Confidence, Directness, Impulsiveness, Independence.



Interpretation:
Cycle, Year.
For Aries: Active independence, 2 separate staves but working together



Interpretation:
Willpower, Invigorates.
For Aries: Stubbornness, the ram's horns, Light



Interpretation: True North Justice.
For Aries: Inner compass and difficulty dealing with injustice

BY
KP
HARTMAN



THESE ELEMENTS

BECOMING
THE
MASTER
OF YOUR
FIRE

FIRE IS THE ELEMENT OF PASSION.

It quite literally lights up our lives, keeps the party going, and fills people with joy and confidence. You know those people that seem to enter a room and shake out the cobwebs with just their presence? They have this way of making you feel like the most special person in the room. Chances are they were a fire sign. Their self-assurance, bravado, and general enjoyment of life can be intoxicating for folks with the other primary elements.

But as any fire sign can tell you, they're quick to heat up, quick to burst, and well... We all know what happens when fire meets fire. It's just a bigger fire. The same element that brings life to the party can also burn it down.

Finding that balance is forever the goal of fire elements. It's about learning to keep the fuel steady. Not enough fire, and it can be a challenge getting anything going. Too much fire and it bursts forth in a passion (both helpful and unhelpful) and then burns out fast, leaving half-finished projects and half-formed ideas in its wake. Instead, the goal is to look for a steady stream of fuel that can keep you going sustainably.

BALANCING YOUR FIRE

If you've naturally got a lot of fire, and it shows in your birth chart, spending time with people with more earth in theirs can be super grounding. They'll meet your fire and drive with a relaxed, collected nature. They may even be able to provide the strong foundation to push off of as you blaze through life. Naturally, if you're feeling low on fire, the reverse is true. Find your fiery friends and let yourself be inspired by them.

Anytime you feel yourself burning from both ends (which is a natural tendency for anyone with a lot of fire in their birth charts), you'll want to slow down and take a few deep breaths. This is a great time to reflect, reestablish boundaries, and even say no to a few projects.

BY
KP
HARTMAN



THESE ELEMENTS

BECOMING
THE
MASTER
OF YOUR
FIRE

FIRE IN ARIES

The sincerity, honesty, boldness, directness, and always on the move nature of Aries stems directly from the fire element. These qualities also make them great leaders who have never seen a challenge they weren't willing to face. In fact, if presented with a wall and told they needed to get to the other side, an Aries has enough fire in them to burn it down.

Even if your star sign isn't Aries, you'll still have the influence of its fire depending on where else it shows up in your birth chart. Pay attention to where those are. Anywhere Aries shows up typically means the capacity to be assertive and quick to act in that area.

WORKING WITH AN ARIES

You'll love their enthusiasm for whatever you're working on and feel that the project or endeavor is safe in their very capable hands. Independent, almost to a fault, working with an Aries can feel like being sidelined in favor of a one-person team. Any hints or suggestions that aren't direct and to the point will be missed. In that same vein, they are straightforward and rarely notice if they come across as aggressive or condescending.

With Aries, it's helpful not to take anything personally and be just as direct with them as they are with you. They can also find it beneficial to have someone supporting them in developing some Libra qualities. Libras are all about connection and empathy - two traits Aries might need to develop further.

But don't let that scare you. Aries folks are natural-born leaders, strong-headed, firm in conviction, and never back down from the challenge. The best way to fire up an Aries is to offer them a challenge. They won't refuse, and a lack of a plan is unlikely to slow them down. Their fire leads them to lean into their intuition and confidence, which typically works out well for them. It makes it perfect for entrepreneurial endeavors.

To see where Aries and other fiery energy shows up for you, it's best to look up your birth chart and find out where you are most affected.

ENTREPRENEUR PROFILE ASHLEY ORR

LEO SUN, TAURUS MOON,
CAPRICORN RISING, SCORPIO
MIDHEAVEN

WIM HOF METHOD INSTRUCTOR, LEVEL 2, CANADA

INSTAGRAM: @ASHLEYICEPLUNGE

I am a Breathwork + Meditation Guide and Resilience Coach. I work with nature and its challenges to help others heal, grow and ascend.

I change people's lives by teaching them the power of their breath and not fear the cold.

I am always open to whatever the universe sends my way!



MY WORK IS: CHALLENGING, FULLFILLING, NEEDED. THERE IS NEVER A DULL MOMENT.

ENTREPRENEUR BIO:

Ashley has experienced and continuously studies healing the mind, body, + spirit through breathwork and cold exposure. She is knowledgeable of the effects of trauma on a human being. She cultivates a safe container to experience the challenge of cold exposure in a thriving community.

Ash studies nervous system healing through integrating these seemingly simple modalities. Yet, we forget to do efficiently (like breathing) in the stress of our daily lives to recover from what really ails us.

She uses nature and challenges to help others heal, grow and ascend. She is a certified level 2 Wim Hof Instructor born and now works across Southern Ontario, Canada. Ash loves traveling and spreading her wisdom of the Method globally. She is a dog lover, a Chaga drinker and loves trail running. She's got a badass tiger tattoo that just so happens to be a strong spirit animal for her.

WHAT IS MY SOUL GOAL?

To raise the frequency of the world by connecting people with healing modalities.

Working with my clients and being in nature is what inspires me.

WHAT IS YOUR MAIN PRODUCT/SERVICE?

As a Wim Hof Method Instructor, I offer guided breathwork journeys paired with cold exposure experiences, from dipping in the lake year-round to ice baths depending on the weather scenario. Given the ever-evolving Canadian winters, there is always a level of uncertainty with the cold exposure experiences I can offer. It's an added layer to the challenge that makes my work even more impactful.

I also love facilitating retreats, and women's circles, often with like-minded facilitators that offer a complimentary service. I love to connect with practitioners of reiki, womb healing, cacao ceremonies, plant medicine, sound healing and unique forms of movement therapy.

WHAT SPARKED YOUR DECISION TO START YOUR JOURNEY WITH THE WIM HOF METHOD?

I was suffering from PTSD and in a transitional phase looking for healthy ways to cope with my stress and heal. My choice of coping mechanisms wasn't serving me, and I needed to change. I found the WHM the same year plant medicine found me. It was an epic year of transformation.

HOW DO BREATHWORK AND COLD EXPOSURE IMPROVE OUR HEALTH?

SCIENCE FACT: The Vagus Nerve is the 10th of 12 cranial nerves, sitting at the nape of your neck. This magical part of the parasympathetic nervous system connects many vital organs such as your brain, heart, and gut. If you have a 'low vagal tone,' your body is in a stress response state that many can live in for prolonged periods, and our overall health can decline. We can see this in people who live in fight or flight or freeze mode with limited control of emotions and reactivity.

The WHM will improve your mental, physical and spiritual health. The list of benefits continues to grow, and it all stems from activating and healing the Vagus Nerve. I facilitate the combination of breathwork and cold exposure by increasing meditation incorporation.

The Wim Hof Method improves several of life's potential facets because it not only mentally challenges you but it evokes anti-inflammation naturally. Thus, it is a sports performance recovery aid that helps the physical pain associated with autoimmune diseases, Arthritis, Fibromyalgia and more.

It also boosts your energy with that post-dip cold glow, improves sleep, increases your immunity. When your body enters the state of thermogenesis (shivering), you increase your brown fat levels, which is the good kind.

HOW DO YOU ENVISION YOUR BUSINESS SCALING IN THE COMING YEARS, AND WHERE DO YOU WANT TO MAKE MORE OF AN IMPACT?

I see a studio, a product line and more of an online presence.

WHAT ATMOSPHERES WOULD YOU LIKE TO WORK WITHIN?

The beauty of the WHM is that everyone can benefit from this practice.

I love teaching kids, helping adults excel at work, and athletes optimize their performance. I have a particular draw toward females who are healing from traumas as well.

WHAT IS YOUR PROCESS LIKE WHEN WORKING WITH CLIENTS, AND HOW DO YOU BEST OPERATE?

First and foremost, I build trust with my clients and create a safe container to delve into this powerful Method. I love pairing the WHM with other modalities and healers. I am always looking for the next epic location to host workshops and retreats. Creating a memorable experience that people can look back on and say was one of the best days/weekends brings me so much joy.

WHAT DREAM PROJECT WOULD YOU LOVE TO WORK ON? WE'LL MANIFEST IT RIGHT NOW.

In 2020, I was fortunate enough to assist Wim Hof at Poland's Wim Hof Method Winter Expedition week. It ended with us guiding 100 people up a mountain in their shorts. It was a dream come true. I would love to go back.

I dreamt about a job that would allow me to uplift others and travel. I pretty much exceeded all of my expectations last few years. Becoming one of Canada's first WHM Instructors has been an absolute trip. I'm so thankful for the experiences and people this opportunity has brought me.



NAME DROPS:
 @EMPATHICPUNK
 @CHURCH444
 @HEALINGLIGHTS_44
 @CRYSTALNASHCOACHING
 @BARTSCHOLTISSEN

TASTE OF ASTROLOGY

BY
YODA
OLYNIK

aries is
the big bang into a new year
pulsating as we enter spring;
reminds us of our fire.

aries is
like walking into a room
where a lemon has just been
zested—aries fills the room.

aries is
armed; ready for battle,
a cup of tea spiked with
ginger and longing.

aries is
made from deep, rich burgundy soil
from the surface of mars,
named after the goddess of war.

aries is
heavy headed—a ram.
a risk taker. a sun that sets
without asking the time.

aries is
dried petals from the roses
of an ex lover, crushed, rolled,
sprinkled with lust and inhaled.

aries is
a slice of heirloom tomato
on thick bread. legs open like
a fig—glistening. rosy and waiting.

aries is ready.

aries is
a blank slate.



TASTE OF ASTROLOGY

BY
YODA
OLYNIK

WARM CARDINAL YEAR SALAD

SERVES 2

INGREDIENTS:

for the salad

½ cup quinoa, rinsed

5 oz baby spinach, washed and dried

1 cup cauliflower, cut into bite sized floret, washed

2 fresh figs (or 4 dried figs)

¼ cup olives, pitted

¼ cup walnuts

2 tbsp pumpkin seeds, roasted, salted

for the dressing

2 tbsp really good olive oil (or grapeseed or avocado)

2 tbsp walnut oil

2 tbsp apple cider or white wine vinegar

2 tbsp fresh squeezed lemon juice

zest of ½ lemon

1 tsp grated fresh ginger (or ½ tsp dried ginger)

1 tsp salt

pinch of black pepper



METHOD:

Preheat your oven to 425 and line a baking sheet with parchment paper. Combine ½ cup quinoa + ¾ cup cold water into a small pot. Season with a bit of salt and bring to a boil. Once boiling, add a lid and turn to low heat. Set a timer for 15 minutes.

Toss cauliflower in a bit of oil, salt and pepper and roast in the oven in oven. Set a timer for 14 minutes.

Combine all ingredients for the dressing in a small blender and blend until combined. Check for seasoning and adjust as necessary.

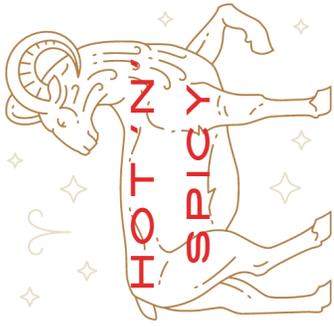
Check the quinoa and fluff with a fork. When the oven timer goes off, remove tray from the oven and give the cauliflower a stir. Push to one side of the pan and pour out the walnuts onto the baking sheet. Return to oven for 5 minutes,

Meanwhile, add spinach and quinoa to a large salad bowl.

Add cauliflower and walnuts to the bowl, as well as the olives.

Toss with dressing until everything is combined and divide between two plates.

Drizzle with any remaining dressing, and top with quartered figs and pumpkin seeds.



ASTROS COCKTAILS

INSPIRED BY
MIXOLOGY OF
ASTROLOGY
BY ALIZA
KELLY
©ALIZAKELLY



3 JALAPEÑO SLICES, SEEDED
3 CLEMENTINE SLICES, SEEDED
1.5 OUNCES OF VODKA
1 OUNCE OF LEMON-LIME CLUB SODA
1/2 OUNCE OF LIME JUICE
OR LIME BITTERS

PRODUCTS BY THE STARS

ARIES BY KATELYN GILLEN



START THE DAY WITH A BANG.

HOROSCOPE SERIES : ARIES COFFEE

FIRE ROASTED COFFEE

WWW.FIREROASTEDCOFFEE.COM \$18.00 CAD

Aries is the energetic start to the zodiac, what better than a dynamic blend of coffee to begin the glorious day that lies ahead of you.



LET'S GET MOVING
CAST IRON, POWDER COATED KETTLEBELL

|WHITE LION ATHLETICS

WWW.WHITELIONATHLETICS.COM \$43.00 CAD

With all that energy, there has to be a way to burn it, right? Personal kettlebell? Yes, please. Swing around, let out some fire!



MINDFUL MOMENT
PORTABLE FIREPLACE 7OZ CANDLE

D.S. & DURGA

WWW.DSANDDURGA.COM \$83.43 CAD

Sometimes you just have to watch something burn to feel relaxed. Let the earthy wood tones of this candle take you place of peace and calm.



DESKTOP
ESSENTIALS
TO DO POST IT NOTES

ILLUSTRATED BY KALE

WWW.ETSY.COM/CA/SHOP/ILLUSTRATEDBYKALE \$5.50 CAD

You never know what inspiration hits! Better right that million dollar idea down before the next one comes along!

Price + Promo (if applicable)



GIFT IDEA
HIDRATESPARK 3 SMART WATER BOTTLE
& FREE HYDRATION TRACKER APP

HIDRATE SPARK

WWW.HIDRATESPARK.COM \$79.95 CAD

What do you give an Aries? What about a Smart Tracker Water bottle to keep them hydrated while they are on the go! Why not go on a hike together. What greater gift than an adventure!

ARIES ENERGY READING

BY
MAE
GREEN

THIS ASTROLOGICAL CYCLE ENCOURAGES EMPOWERMENT THROUGH COMMUNITY. WE ARE CALLED TO FIGHT INJUSTICE AND UNREST THROUGH A HOLISTIC APPROACH IN OUR CREATIVE PROJECTS AND ENTREPRENEURIAL EFFORTS TO OFFER EMPOWERMENT TO THE WHOLE.

ARIES – JUDGEMENT REVERSED

Witness of humanity. Reflect on recurring universal themes and facilitate self-forgiveness and acceptance to free yourself and others. Teach how to step back from one's inner critic by naming it, showing it compassion, and acknowledging its fears.

TAURUS – FIVE OF WANDS

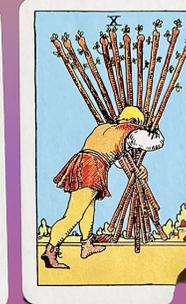
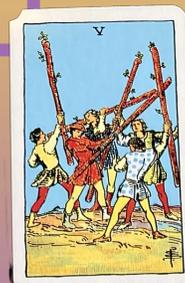
Mediator in spaces of great diversity. You are the bridge between different belief systems and a creator of common ground. Approach competitive chaos with openness and a clear strategy. You contribute to the impactful problem solving our world needs.

GEMINI – 6 OF SWORDS REVERSED

Facilitator of personal transitions and change. Tackle resistance with your adept communication skills and help others change behavioural patterns that no longer serve. Focus on resolving unfinished business through compassionate conflict resolution.

CANCER – KNIGHT OF PENTACLES REVERSED

Developer of routines and teacher of self-discipline. You better our collective journey of self-development through teaching moderation and cautioning against perfectionism. Be a beacon of freedom through the power of self-direction. Help others understand how balance benefits all entrepreneurship.



ARIES ENERGY READING

BY
MAE
GREEN

LEO – 7 OF WANDS REVERSED

Teacher of boundaries. Share an in-depth understanding of individual needs and what truly makes up the self. Create healthy empowering competitions where one can overcome perceived inadequacies. Develop tools of self-compassion to explore vulnerabilities.

VIRGO – 10 OF WANDS

Manager of releasing burdens. You teach how to delegate responsibilities and guide others towards skilled multitasking. Reduce exhaustion through encouraging meaningful lifestyle changes. You help turn dream projects into sustainable endeavours.

LIBRA – THE HIEROPHANT REVERSED

Inner guidance coach. You teach us how to release the need for external approval. Encourage rebellion and coming into one's personal power. Clearly state your values and belief system to unite others to your cause and find their own.

SCORPIO – 4 OF PENTACLES REVERSED

Encourager of minimalism and abundance. Guide others to understand what it means to be wealthy in all areas of life. Control spending and release anxiety by focusing on client well-being. Teach a deeper non-financial cost/benefit analysis in business dealings.

SAGITTARIUS – PAGE OF REVERSED

Inspiration to our collective growth through example. Ground others through education and practical plans to achieve long-term aims. Focus on start-ups and getting projects off the ground with a values assessment and awareness of soul passion.

CAPRICORN – DEATH

Releaser of what no longer serves. Assist with transition, transformation, and change in the face of the unexpected. Support understanding unhealthy attachments. Open the door to new ideas, especially in alternative healing.

AQUARIUS – PAGE OF SWORDS REVERSED

Truth speaker. You are tasked with sharing in public forums, refining messages, and helping others to deliver on promises with integrity. Teach the value of reputation. Focus on constructive idea exchanges and asking powerful questions.

PISCES – TEMPERANCE REVERSED

Constructive evaluator. Help limit over-indulgence in life. You bring balance and moderation to our collective. Support self-healing by prioritizing a union between our inner and outer worlds.



FEATURED DECK

Bold. Energetic. Colorful! This oracle deck is the embodiment of Aries Energy. The Prism Oracle covers the entire rainbow of human energies and expressions. A perfect deck for a beginner or someone looking for a deck for daily readings.

AESTHETIC MAGIC
PRISM ORACLE
WWW.AESTHETICMAGIC.COM
\$25.48 CAD

ADD THREE @NOCCASIONCARDS TO YOUR ETSY CART AND USE THE CODE THEWHEEL BEFORE APRIL 20, 2022 TO GET THE THIRD ONE FREE.



send love, not bills
drink-inspired postcards for cheeky pen pals



definition

#noccasion*

no-cca-sion/nə'keɪʒən/n. 1. a mundane moment, an unspoken milestone; any everyday occasion worth celebrating; 3. any accomplishment, big or small, that you deem worth acknowledging; 4. the perfect occasion to send a cheeky postcard

ex. "what are we toasting?" **#noccasion**, just life.
also see **#noment*** *the occasion necessary*

stalk, shop and talk to us
@noccasioncards
E @ P

HELLO FROM YOUR
STARRY-EYED FRIENDS AT
THE WHEEL!

WANT TO PROMOTE YOUR
PRODUCT OR SERVICE IN THE
MAGAZINE?

CHECK OUT OUR MEDIA KIT
AND REACH OUT!

www.egoxless.com/thewheel
@thewheel.digitalmag
thewheeldigitalmag@gmail.com

