

TAURUS SEASON

Slow Down and Savour

We have now entered the Sun in Taurus season; a time to slow down, soften your pace, and truly savour life. After the fiery surge of Aries, which pushes forward with urgency and initiation, Taurus invites you to settle, to ground yourself, and to reconnect with what is steady, real, and enduring. This is not a season for rushing ahead, but for arriving fully in the present moment and appreciating what is already here.

Taurus brings a deep sense of steadiness, sensuality, and an instinct to create lasting value. It encourages you to build something solid; whether that is within your daily routines, your relationships, your finances, or your sense of self-worth. There is a quiet strength in this energy, a reminder that meaningful growth does not happen overnight, but through consistency, care, and patience.

During this season, you may find yourself more attuned to the physical world; the taste of good food, the warmth of sunlight, the beauty of nature, the comfort of familiar rhythms. Taurus reminds you that life is not only about striving; it is also about experiencing. It is about inhabiting your body, engaging your senses, and allowing yourself to enjoy the richness of being alive. For this reason you may also feel drawn to nature.

With Taurus, there is also a strong emphasis on stability and security. Taurus season is not about constant change or reinvention; it is about strengthening what is already working. If Aries planted the seed, Taurus helps it take root and grow. This is a time to nurture your foundations, to commit to what truly matters, and to take steady, reliable steps toward your long-term goals. Think in practical terms. What works and what doesn't. What you can do as opposed to what you probably won't.

Taurus security is often linked to financial stability. This can be a time of assessing your income, your budget, your worth and your fiscal goals. It's important to take a balanced view, not erring on the side of being too stingy, while also not being greedy. Strong Taurus energy can sometimes cloud judgement.



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Taurus is deeply connected to the five senses, inviting you to slow down and experience life more fully through sight, sound, touch, taste, and smell. Yet on an esoteric level, it is also connected to the Third Eye. In Esoteric Astrology Taurus also relates to the awakening of the sixth sense; the inner vision. As you become more present in the physical world, you also open the doorway to deeper perception. By slowing down, you begin to see more clearly; not just with your eyes, but with your inner awareness.

This is a powerful time to tune into that subtle knowing. To listen inwardly. To trust what you perceive beneath the surface. Taurus teaches that true value is not only material; it is also spiritual. When you bring awareness to the present moment, the ordinary can become luminous.

So this can be a season of embodied presence. It is time to honour the wisdom of going slowly. Allow yourself to savour rather than rush. Slow progress is still progress, and in Taurus season, the steady path often leads to the most meaningful and lasting rewards.

Meditate on the third eye, the centre of inner vision, and allow it to transform any material concerns into a more spiritual outlook. Let your awareness deepen as your pace softens.

The esoteric mantra for Taurus and therefore for this season, is:

"I see, and when the eye is opened, all is illumined."

Trust the pace. Trust your value. Grow where you are planted.

