



Monthly Compass

November 2025: Realignment

November flows like a river, twisting and turning in unexpected ways, carrying both chaos and clarity. Beneath its surface lies a profound current, inviting you to reevaluate, revisit, and realign. As old patterns, unspoken truths, and unresolved questions emerge, you are presented with a unique opportunity: to gain insight into what has influenced you, what still holds you back, and what is ready to be let go.

This month serves as both a mirror and a doorway. The mirror encourages you to confront aspects of your life and self that need attention, including your beliefs, boundaries, attachments, and the quiet narratives that shape your decisions. The doorway leads to awakening and renewal—opening the way to freedom, clarity, and the bravery to act with purpose.

You may experience feelings of restlessness, a desire for change, or sudden insights that shake your comfort zone. Rather than viewing these as disruptions, see them as sparks illuminating the hidden areas of your life. They guide you to realign your journey, honor your values, and fortify your inner compass. Reflection becomes a powerful source; insight fuels your transformation.

This month invites you to embrace a balance of intensity and stillness, truth and release, courage and compassion. As you navigate the waves of November, you are encouraged to move with intention, speak your truth, and step boldly into the freedom and clarity that awareness brings.

“Sometimes the only way forward is to look back with courage.”



Energy Wave One: The Fire That Breaks the Mold

Date: November 4

Mars enters Sagittarius, Sagittarius 00°00'

Mars opposition Uranus, Sagittarius 00°08'

Theme: Awakening, Courage, Revolutionary Growth

The Energy:

A restless fire rises — wild, electric, and impossible to ignore. It begins as a call to adventure, an inner push to explore new possibilities and believe in something greater. But as this energy meets resistance, sparks fly. Conflicts around beliefs, ideals, or directions may surface, shaking loose what no longer aligns with your truth.

This wave opens a chapter of bold expansion and necessary disruption. You may feel the clash between old systems and your growing need for freedom — between what you've been told to believe and what your own experience is teaching you now. This friction isn't meant to divide, but to awaken. It's the universe's way of showing you where your soul is ready to evolve.

Reflection Theme:

Growth rarely comes in silence. Sometimes the breakthrough arrives disguised as chaos — urging you to release control and trust your instincts. This is the ignition point, the moment your inner fire meets change and demands courage.

Sometimes the spark that burns everything down is the same one that lights your way forward.

Journal Prompt:

What truth am I being called to stand for, even if it disrupts my comfort or challenges what I once believed?

Notes





Energy Wave Two: Power Beneath the Surface

Date: November 6

Venus enters Scorpio, Scorpio 00°00'

Theme: Depth, Empowerment, Truth in Motion

The Energy:

After the spark comes focus. The wild fire of courage from earlier in the week begins to channel into something sharper, steadier, and more intentional. This wave carries the strength to make meaningful progress — to turn raw drive into real impact. It invites you to commit, to follow through, and to move with purpose rather than impulse.

Yet beneath this newfound power, deeper emotions begin to stir. As hidden truths come to light — in relationships, finances, or your own sense of worth — you may see what's been quietly influencing your choices. Venus's descent into the undercurrents of the heart asks for honesty: What are you truly valuing? Where have you been giving your power away in exchange for comfort or approval?

Reflection Theme:

This is the alchemy of self-awareness — turning intensity into insight, and desire into direction. True empowerment doesn't come from control, but from the courage to see what's real and act from integrity.

What you are not changing, you are choosing.

Journal Prompt:

Where am I ready to stop avoiding my power and start using it to build something meaningful?

Notes





Energy Wave Three: The Earth Trembles for Truth

Date: November 7

Uranus leaves Gemini (R), Gemini 00°00'

Venus square Pluto, Scorpio 01°30'

Theme: Re-evaluation, Liberation, Emotional Truth

The Energy:

The ground beneath your feet begins to shift. What once felt secure or predictable may start to tremble — not to break you, but to wake you. This wave calls you to re-examine what you cling to for safety: your possessions, your relationships, your routines, even your definitions of worth. Change arrives to free you from what's become too small for your evolution.

As Venus challenges Pluto, emotional depth meets power dynamics. Old patterns in love, money, or self-esteem may resurface, demanding honesty. You may face a moment of confrontation — with another person, or within yourself — where truth must outweigh comfort. What's real will deepen; what's false will fall away.

Reflection Theme:

Rebellion is not always chaos — sometimes it's a soul remembering its own value. This wave invites you to release control, to find stability not in what you own or who you please, but in the strength of your own truth.

"When nothing is certain, anything is possible." — Mandy Hale

Journal Prompt:

Where in my life have I confused comfort with security — and what truth am I ready to face to feel truly free?

Notes





Energy Wave Four: The Compass Turns Inward

Date: November 9

Mercury Retrograde (R), Sagittarius 06°51'

Theme: Reflection, Alignment, Inner Truth

The Energy:

The journey pauses — not to slow your growth, but to realign your path. This wave turns your attention inward, asking you to revisit the beliefs, visions, and long-term goals that guide your choices. Where have your ideals expanded beyond what feels real? Where might your truth have been borrowed instead of discovered?

This is a moment for reflection rather than reaction. Conversations, plans, and decisions may feel uncertain or delayed, but that pause carries wisdom. It's the universe's way of helping you reconnect with purpose — to refine your message, your direction, and the meaning behind your next steps.

Travel plans or learning paths might shift, yet every detour reveals something vital about what you truly seek. This is not the time to rush clarity — it's a time to listen deeply.

Reflection Theme:

Wisdom is rarely loud. It whispers through reflection, curiosity, and humility. This wave reminds you that growth isn't just about moving forward — it's about knowing why you're moving at all.

Sometimes you have to go back to see how far you've come.

Journal Prompt:

What belief, goal, or vision feels ready for revision — not because it failed, but because you've outgrown it?

Notes





Energy Wave Five: Returning to the Heart

Date: November 11

Jupiter Retrograde (R), Cancer 25°09'

Theme: Reflection, Emotional Growth, Inner Security

The Energy:

The rhythm slows and softens. After weeks of movement and awakening, this wave draws you inward — toward the spaces and people that feel like home. It's a time to re-evaluate what security truly means, to reconnect with your emotional roots, and to nurture what sustains you from the inside out.

Growth now comes through reflection, not expansion. The outer world quiets so your inner world can speak. You may find yourself revisiting family patterns, redefining your relationship to comfort, or tending to emotional wounds that need care before new growth can unfold.

This is gentle but profound work — the kind that strengthens your foundation for what's still ahead. What once felt like slowing down may actually be your spirit grounding itself in preparation for the next leap forward.

Reflection Theme:

Abundance begins with belonging — not to others, but to yourself. This wave asks you to find security in your softness, faith in your feelings, and wisdom in the spaces you call home.

Coming home to yourself is the most powerful journey you'll ever take.

Journal Prompt:

What does "home" mean to me now, and how can I nurture a deeper sense of safety within myself?

Notes





Energy Wave Six: The Fire of Unfiltered Truth

Date: November 12

Mercury conjunction Mars, Sagittarius 06°04'

Theme: Awareness, Reaction, Emotional Honesty

The Energy:

The air crackles with urgency. Thoughts move faster than reason, words spill before they're weighed, and action feels irresistible. This wave carries fierce momentum — but it's also the month's great test of awareness. Passion meets expression, and what's been held back may rush out in bursts of honesty, frustration, or impulse.

Tension arises when we try to move too quickly — buying, deciding, reacting before clarity lands. Yet within this fiery clash lies truth: what erupts now may reveal what's been repressed, misunderstood, or ignored. The key is to listen to what's beneath the reaction. What need or conviction is trying to speak through your urgency?

Reflection Theme:

This wave reminds you that courage and chaos often share the same spark. Awareness is your anchor — take a breath before responding, pause before acting. Strength is not silence, but intention.

Your words are seeds — choose them with care, for they grow into the world around you.

Journal Prompt:

What am I reacting to — and what truth or emotion is asking to be heard beneath my reaction?

Notes





Energy Wave Seven: The Storm and the Stillness

Date: November 19

Mercury opposition Uranus, Scorpio 29°31'

Mercury trine Neptune, Scorpio 29°29'

New Moon in Scorpio, Scorpio 28°11'

Theme: Transformation, Intuition, Emotional Rebirth

The Energy:

Winds shift and waters deepen. This wave carries both turbulence and transcendence — the mind buzzing with questions while the heart whispers answers that logic can't hear. With restless thoughts and unexpected turns, you may feel torn between reason and instinct, clarity and confusion. Decisions made too quickly may unravel, revealing where patience and presence are needed most.

Yet within this mental storm, something sacred is stirring. The New Moon opens a portal of renewal — a chance to release emotional heaviness and begin again from a place of truth. Inspiration, intuition, and creative vision rise from the depths if you can quiet the noise long enough to listen.

Mercury's connection to Neptune softens the edges, reminding you that not everything must be solved — some truths must simply be felt. Let the unknown wash over you without resistance. The transformation is already unfolding beneath the surface.

Reflection Theme:

This wave teaches balance — between mind and intuition, speed and surrender. True wisdom often arrives in stillness, not certainty.

"In the chaos, there is also opportunity." — Sun Tzu

Journal Prompt:

Where can I stop trying to control the outcome and instead trust what's quietly transforming within me?

Notes





Energy Wave Eight: The Light Within the Depths

Date: November 20

Sun conjunction Mercury, Scorpio 28°18'

Theme: Revelation, Clarity, Emotional Illumination

The Energy:

After days of turbulence and uncertainty, this wave arrives like a lantern in the dark. The mind and heart meet in harmony, revealing insight that feels both raw and liberating. What once seemed hidden or confusing now begins to make sense — not through logic alone, but through deep emotional understanding.

This is a moment of clarity born from courage. Scorpio energy doesn't fear the dark; it dives into it to find the light hidden within. Conversations may carry more honesty, reflections more depth, and realizations more power. What surfaces now holds truth — and truth is always transformational.

This wave invites you to listen for inner wisdom that speaks quietly but undeniably. Trust what feels both vulnerable and true — that's your guidance forward.

Reflection Theme:

Illumination isn't always gentle; sometimes it arrives through surrender. This wave asks you to embrace your insight, no matter how it shifts your story.

The truth will set you free, but first it will reveal what has been keeping you bound.

Journal Prompt:

What truth is ready to guide me forward — and how can I honor it without turning away from its intensity?

Notes





Energy Wave Nine: The Rising of the Phoenix

Date: November 21

Sun opposition Uranus, Scorpio 29°26'

Sun trine Neptune, Scorpio 29°28'

Sun enters Sagittarius, Sagittarius 00°00'

Theme: Awakening, Renewal, Expansion

The Energy:

This wave marks a powerful turning point — a breath between endings and beginnings. The Sun's final moments in Scorpio illuminate all that's been transformed within you, bringing both tension and release. The opposition to Uranus stirs awakening through disruption, reminding you that freedom often begins where control ends.

Yet grace flows in through the water trine to Neptune, softening the edges of change. Intuition deepens, forgiveness expands, and a quiet sense of divine timing begins to take shape. You may feel clarity rising not from thought, but from your spirit — a knowing that the path ahead will reveal itself when you step forward in faith.

As the Sun enters Sagittarius, the mood shifts from introspection to inspiration. Light returns to the horizon. The weight of transformation gives way to a renewed sense of purpose — to dream again, to explore again, to believe again.

Reflection Theme:

Every ending contains the spark of a new beginning. This wave asks you to release what no longer serves your evolution and trust the freedom that follows surrender.

"You will burn, and you will burn out; you will be healed and come back again." — Fyodor Dostoevsky

Journal Prompt:

What am I ready to leave in the ashes — and what new truth or vision is rising in its place?

Notes





Energy Wave Ten: Conversations of the Heart

Date: November 24

Mercury conjunction Venus, Scorpio 22°45'

Theme: Vulnerability, Healing, Emotional Truth

The Energy:

This wave moves gently but deeply, like a tide returning to touch what was left unsaid. Words and emotions intertwine as Mercury and Venus meet in the shadows of Scorpio, bringing attention to the stories of the heart — love, trust, worth, and the hidden layers beneath them.

Old feelings or unfinished conversations may resurface, asking to be understood rather than judged. You may find yourself revisiting memories or relationships to uncover what still holds weight. The goal isn't to reopen wounds, but to reveal truth — to bring light to what was buried so healing can begin.

This is a beautiful time for compassionate communication — not just with others, but with yourself. Listen for what your heart has been trying to say beneath the noise of expectation or fear.

Reflection Theme:

Connection deepens when truth is spoken with tenderness. This wave reminds you that clarity in love begins with courage in honesty.

Honesty is the highest form of intimacy.

Journal Prompt:

What truth or feeling am I ready to express — and how can I do so from a place of love, not fear?

Notes





Energy Wave Eleven: The Heart Breaks Open to the Sky

Date: November 30

Venus opposition Uranus, Scorpio 29°05'

Venus trine Neptune, Scorpio 29°24'

Venus enters Sagittarius, Sagittarius 00°00'

Theme: Liberation, Compassion, Renewal

The Energy:

This wave arrives with the pull of opposites — tension and tenderness, endings and awakenings. The heart feels stretched between what it longs for and what it's ready to release. Venus's opposition to Uranus may bring sudden insights or emotional jolts, revealing where freedom has been missing or connection has grown too confined. Change can feel unsettling, but it's clearing space for authenticity.

Then, grace flows in through a beautiful trine to Neptune, offering forgiveness and compassion for yourself and others. What once felt sharp begins to soften, and clarity begins to shimmer through emotion.

As Venus steps into Sagittarius, a breath of expansion fills the heart. Love wants to move freely again — to explore, to laugh, to believe. This is the release after the deep work of November: a return to openness, honesty, and hope.

Reflection Theme:

Every awakening begins with a letting go. This wave reminds you that love — for yourself, your path, and others — thrives best when given room to breathe.

"When I let go of what I am, I become what I might be." — Lao Tzu

Journal Prompt:

What part of my heart is ready to be free — and how can I honor that freedom with both courage and compassion?

Notes





Your Compass, Your Voice, Your True North 

As November comes to a close, the waves of reflection and revelation settle into clarity. You've navigated moments of tension, bursts of insight, and periods of emotional depth — all of which have asked you to look within, question, and re-align.

The retrograde undercurrent has strengthened your ability to act from insight rather than impulse, to communicate with care, and to honor your inner truth. Carry these lessons forward: trust your instincts, honor your emotional depth, release what no longer serves, and embrace freedom and renewal as you step into the next chapter.

We extend our heartfelt gratitude to all those who support Energy Waves Wellness Ltd.

Follow us:

FB: [Energy Waves Wellness Ltd.](#)

IG: @energywaves_wellness

YouTube: @EnergyWaves444

Website: www.energywaves.ca

Copyright © 2025 by Pamela Yakelashek
Energy Waves Wellness Ltd.
All Rights Reserved

