



**Rob Brezsnys's Astrology Newsletter**  
**May 6, 2015**  
[FreeWillAstrology.com](http://FreeWillAstrology.com)

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My book *PRONOIA IS THE ANTIDOTE FOR PARANOIA* is available at Amazon: [bit.ly/Pronoia](http://bit.ly/Pronoia) or Powells: [bit.ly/PronoiaPowells](http://bit.ly/PronoiaPowells)

The e-book is available at [bit.ly/eePronoia](http://bit.ly/eePronoia)

Below is an excerpt.

THE BLESSINGS OF CHANGE

One of life's great bounties is its changeableness, which ensures that boredom will never last very long. You may underestimate the intensity of your longing for continual transformation, but the universe doesn't. That's why it provides you with the boundless entertainment of your ever-shifting story. That's why it is always revising the challenges it sends your way, providing your curious soul with a rich variety of unpredictable teachings.

Neuroscientists have turned up evidence that suggests you love this aspect of the universe's behavior. They say that you are literally addicted to learning. At the moment when you grasp a lesson you've been grappling with, your brain experiences a rush of a natural opium-like chemical, boosting your pleasure levels. You crave this experience. You thrive on it.

So the universe is built in such a way as to discourage boredom. It does this not just by generating an endless stream of interesting novelty, and not only by giving you an instinctive lust to keep learning, but also by making available an abundance of ways to break free of your habitual thoughts. You can go to school, travel, read, listen to experts, converse with people who think differently from you, and absorb the works of creative artists. You can replenish and stretch your mind through exercise, sex, psychotherapy, spiritual practices, and self-expression. You can take drugs and medicines that alter your perspectives.

And here's the best part of this excellent news: Every method that exists for expanding your consciousness is more lavishly available right now than it has been at any previous time in history.

Never before have there been so many schools, educational programs, workshops, and enrichment courses. Virtually any subject or skill you want to study, you can. You don't even have to leave your home to do it. The number of online classes is steadily mounting.

Travel is easier and faster than ever before. A few days from now, you could be white-water rafting along the Franklin River in Tasmania, or riding on "the train at the end of the world" in Tierra del Fuego, or observing Golden Bamboo lemurs in the rainforest of southeastern Madagascar. If you're on a budget, you can jet to exotic locales for free as an air courier, or you can travel cheaply as an eco-tourist, enjoying the natural pleasures of distant climes without demanding luxurious accommodations or expensive night life.

Let's talk about the Internet's role in helping the universe discourage boredom. Remember, it's still very early in the evolution of this budding global brain. But already it provides you with instant access to a substantial amount of all the information, images, and music ever created. And in another few years, the sheer entirety of the human mind's riches will be spread before you like a gargantuan feast. It's not yet true that every book ever written and every song ever recorded and every film ever made are accessible online, but it will be true sooner rather than later.

Today, without leaving your chair or spending any money, you can enjoy Kandinsky's painting "Improvisation No. 30" or archives of the Crazy Kat comic strips. You can listen to a Vivaldi concerto or a Black Sabbath heavy metal anthem, and you can read the history of the Peloponnesian War or the myths of the Tlingit Indians. You can hear Martin Luther King's "I Have a Dream" speech or watch a short film of the Three Stooges throwing pies in the faces of high society matrons or pore over every poem Emily Dickinson ever wrote.

For many of us, few freshly minted glories are more glorious than the Internet's prodigious gift of song. Thanks to the magic of electronic file transfer, there has never before been so much great music available, and from so many different cultures and genres, and so cheaply.

Enhancing this blessing has been the recent revolution in recording technology, which has made it possible for musicians all over the world to record their compositions at low cost. We not only have much better access to all kinds of music, but have far more new music to enjoy as well.

One further development has pushed our relationship with music into the realm of crazy

goodness: portable MP3 players that allow us to listen to the burgeoning abundance of tunes anywhere and anytime we want . . . .

TO READ THE REST OF THIS, go here: [bit.ly/ChangeBlessing](http://bit.ly/ChangeBlessing)

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"Remember, we are all affecting the world every moment, whether we mean to or not. Our actions and states of mind matter, because we are so deeply interconnected with one another. Working on our own consciousness is the most important thing that we are doing at any moment, and being love is a supreme creative act."  
- Ram Dass

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"Make visible what, without you, might have never been seen."  
- Robert Bresson

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The poet Kabir says:  
Friend, hope for the Guest while you are alive.  
Jump into experience while you are alive!  
Think . . . and think . . . while you are alive.  
What you call "salvation" belongs to the time before death.

If you don't break your ropes while you're alive,  
do you think  
ghosts will do it after?

The idea that the soul will join with the ecstatic just because the body is rotten -- that is all fantasy.  
What is found now is found then.  
If you find nothing now,  
you will simply end up with an apartment in the City of Death.  
If you make love with the divine now, in the next life you will have the face of satisfied desire.

So plunge into the truth, find out who the Teacher is, believe in the Great Sound!

Kabir says this: When the Guest is being searched for, it is the intensity of the longing for the Guest that does all the work.  
Look at me, and you will see a slave of that intensity.

- Kabir, translated and rendered by Robert Bly

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Are you in quest of an Intimate Ally? A Soul Friend? A Wild Confidante?

Check out Matchmaker.com via Free Will Astrology's link: [bit.ly/SoulMatch](http://bit.ly/SoulMatch)

Look for a Co-Pilot, Co-Conspirator, or Collaborator . . . an Agent to represent you or a Disciple to worship you . . . a Secret Sharer who'll listen better than anyone or an Amazing Accomplice with whom you can practice the Art of Liberation.

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**MORE PRONOIA RESOURCES:**

Research shows:

1. Exercising compassion stimulates the same pleasure centers associated with the drive for food, water and sex.
2. Practicing compassion with intention has a positive physiological effect on the body. It can lower blood pressure, boost your immune response and increase your calmness.
3. Not only are we hard-wired to be kind, but it is essential for the survival of our species.
4. Recognizing common fears or vulnerabilities rather than differences -- be it with a difficult friend, an abrasive colleague or a noisy neighbor -- calms the nervous system, boosting feelings of contentment and self worth.

More: [tinyurl.com/n2m3t2t](http://tinyurl.com/n2m3t2t)

The Most Effective Anti-Poverty Program In America?  
[tinyurl.com/m8up3h5](http://tinyurl.com/m8up3h5)

From the annals of pronoic history:  
In 1946 six brilliant young women programmed the first all-electronic, programmable computer, the ENIAC, a project run by the U.S. Army in Philadelphia as part of a secret World War II project.  
[eniacprogrammers.org/documentary/](http://eniacprogrammers.org/documentary/)

(Note: I endorse these because I like them. They are not advertisements, and I get no kickbacks.)

Please tell me your own personal nominations for PRONOIA RESOURCES.

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## FREE WILL ASTROLOGY

Week beginning May 7

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### TAURUS (April 20-May 20):

Here's one of the best things you can do for your mental and physical health: Withdraw your attention from the life that lies behind you, and be excited about the life that stretches ahead of you. Forget about the past, and get wildly inventive as you imagine the interesting future you will create for yourself. Forgive everyone who has offended you, and fantasize about the fun adventures you'll go on, the inspiring plans you'll carry out, and the invigorating lessons you hope to learn.

### GEMINI (May 21-June 20):

In the children's book *The Little Engine That Could*, a little blue engine volunteers to pull a long chain of train cars up a steep hill, even though it's not confident it has the power to do so. As it strains to haul the heavy weight, it recites a mantra to give itself hope: "I think I can, I think I can, I think I can." The story ends happily. The little blue engine reaches the top of the hill with its many cars in tow, and is able to glide down the rest of the way. As you deal with your own challenge, Gemini, I recommend that you use an even more forceful incantation. Chant this: "I know I can, I know I can, I know I can."

### CANCER (June 21-July 22):

Here's a confession: I have taken a vow to foster beauty, truth, love, justice, equality, tolerance, creativity, playfulness, and hope. To do this work is one of my life goals. I approach it with the devotion of a monk and the rigor of a warrior. Does that mean I ignore difficulty and suffering and cruelty? Of course not. I'm trying to diminish the power of those problems, so I sure as hell better know a lot about them. On the other hand, my main focus is on redemption and exaltation. I prefer not to describe in detail the world's poisons, but rather to provide an antidote for them. Even if you don't normally share my approach, Cancerian, I invite you to try it for the next two weeks. The astrological time is right.

### LEO (July 23-Aug. 22):

The hill where I take my late afternoon hikes is teeming with the six-petaled purple wildflower known as the elegant cluster-lily. Every one of them -- and there are hundreds -- lean hard in the direction of the sun in the west. Should I deride them as conformists that follow the law of the pack? Should I ridicule them for their blind devotion? Or should I more sensibly regard them as having a healthy instinct to gravitate toward the life-giving light? I'll go with the latter theory. In that spirit, Leo, I urge you to ignore the opinions of others as you turn strongly toward the sources that provide you with essential nourishment.

### VIRGO (Aug. 23-Sept. 22):

Am I reading the astrological omens correctly? I hope so. From what I can tell, you have been flying under the radar and over the rainbow. You have been exploiting the loopholes in the big bad system and enjoying some rather daring experiments with liberation. At this point in the adventure, you may be worried that your lucky streak can't continue much longer. I'm here to tell you that it can. It will. It must. I predict that your detail-loving intelligence will paradoxically guide you to expand your possibilities even further.

### LIBRA (Sept. 23-Oct. 22):

According to the three science fiction films collectively known as *The Matrix*, we humans suffer from a fundamental delusion. What we think is real life is actually a sophisticated computer simulation. Intelligent machines have created this dream world to keep us in suspended animation while they harvest our energy to fuel their civilization. Now as far as I can tell, this scenario isn't literally true. But it is an apt metaphor for how many of us seem to be half-asleep or under a spell, lost in our addiction to the simulated world created by technology. I bring this to your attention, Libra, because now is a favorable time to diminish the hold that the metaphorical Matrix has on you. What can you do to at least partially escape your bondage? (Hint: A little more contact with nature could do the trick.)

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## YOU'VE ALWAYS GOT MORE HELP AVAILABLE THAN YOU IMAGINE

What do you want to be when you grow up? Is it possible that you will eventually develop beautiful capacities and sublime understandings that you can't even imagine right now?

I might be able to help you move in the direction of becoming more of the person you were born to be.

Tune in to my EXPANDED AUDIO HOROSCOPES

To listen to your Expanded Audio Horoscope online, go to [RealAstrology.com](http://RealAstrology.com).

Register and/or log in through the main page.

You can also listen over the phone by calling 1-877-873-4888.

The cost is \$6 per sign on the Web (discounts available for bulk purchases), or \$1.99 per minute by phone. Each forecast is 4-5 minutes long.

The Expanded Audio Horoscopes work on most smart phones and tablets.

"Your Expanded Audio Horoscopes provide me with the Rest of the Story. I'm not necessarily a believer in the scientific accuracy of astrology, but I do think you've got a lot of practical wisdom to impart."

- M. Tennenbaum, New York

"No one knows more about me than me. But you're right up there near the top of the list of people who do understand something about how I tick. How is that possible?"  
- R. Goren, Albuquerque

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**SCORPIO (Oct. 23-Nov. 21):**

In the coming weeks, you may be as alluring and intriguing and tempting as you have been in a long time. I suggest you capitalize on this advantage. Proceed as if you do indeed have the power to attract more of the emotional riches you desire. Assume that you are primed to learn new secrets about the arts of intimacy, and that these secrets will make you even smarter and more soulful than you already are. Cultivate your ability to be the kind of trusted ally and imaginative lover who creates successful relationships.

**SAGITTARIUS (Nov. 22-Dec. 21):**

Physicist Frank Wilczek won a Nobel Prize for his research into quarks, the tiny particles that compose protons and neutrons. The guy is breathtakingly smart. Here's one of his operating principles: "If you don't make mistakes, you're not working on hard enough problems. And that's a big mistake." Let's enshrine his advice as your meditation, Sagittarius. I think you're strong enough and brave enough to go hunting for some new super-rich dilemmas. Yes, they may lead you to commit some booboos. But they will also stretch your intelligence beyond its previous limits, giving you a more vigorous understanding of the way the world works.

**CAPRICORN (Dec. 22-Jan. 19):**

In 1934, Capricorn baseball player Dizzy Dean was named the Most Valuable Player after winning 30 games. It was a feat that no National League pitcher has repeated ever since. After Dean retired, he was inducted into the Hall of Fame. Never shy about acknowledging his own prowess, he declared that "if you can do it, it ain't bragging." It is in this spirit that I invite you to freely expound on your talents and accomplishments in the coming week. You won't be boasting. You will simply be providing information. And that will ultimately result in you being offered an interesting new opportunity or two.

**AQUARIUS (Jan. 20-Feb. 18):**

There has rarely been a better time than now to refine the art of being your own mommy or daddy. You're finally ready to take over from the parental voices in your head and assume full responsibility for raising yourself the rest of the way. What do you want to be when you grow up? You may feel a giddy sense of freedom as it becomes clear that the only authority who has the right to answer that question is you.

**PISCES (Feb. 19-March 20):**

The universe has always played tricks on you. Some have been so perplexing that you've barely understood the joke. Others have been amusing but not particularly educational. Now I sense a new trend in the works, however. I suspect that the universe's pranks are becoming more comprehensible. They may have already begun to contain hints of kindness. What's the meaning of this lovely turn of events? Maybe you have finally discharged a very old karmic debt. It's also conceivable that your sense of humor has matured so much that you're able to laugh at some of the crazier plot twists. Here's another possibility: You are cashing in on the wisdom you were compelled to develop over the years as you dealt with the universe's tricks.

**ARIES (March 21-April 19):**

Benedictine monks observe the Latin motto *Laborare est Orare*. The 19th-century abbot Maurus Wolter interpreted these words to mean "work is worship" or "work is prayer." He was trying to impress upon his fellow monks that the work they did was not a grudging distraction from their service to God, but rather at the heart of their devotion. To do their tasks with love was a way to express gratitude for having been blessed with the gift of life. I propose that you experiment with this approach in the coming weeks, even if your version is more secular. What would it be like to feel contentment with and appreciation for the duties you have been allotted?

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**HOMEWORK:**

No one can make you feel any emotion unless you agree to feel it. You are the sovereign of what happens inside you. Explain why at [FreeWillAstrology.com](http://FreeWillAstrology.com).

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Submissions sent to the Free Will Astrology Weekly Newsletter or in response to "homework assignments" may be published in a variety of formats at Rob Brezsny's discretion, including but not limited to newsletters, books, the Free Will Astrology column, and Free Will Astrology website. We reserve the right to edit such submissions for length, style, and content. Requests for anonymity will be honored with submissions; otherwise, reader names, screen names, or initials will be used. Please be sure to note your preference when sending to us. We are not responsible for unsolicited submission of any creative material.

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