



Rob Brezsny's Astrology Newsletter October 21, 2020 FreeWillAstrology.com

List of things to do:

- 1. Expect nothing, but ask for everything.
- 2. Gently but gleefully smash an unnecessary personal taboo.
- 3. End your association with a situation or place that feels oppressive.
- 4. Buck tradition with wit and compassion rather than with wrath and cynicism.
- 5. Escape an old niche where you got trapped for the sake of peace and harmony.
- 6. Carry a gift with you at all times in case you run into a fresh beauty who makes you feel doubly alive.

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IOF BIDEN FOR PRESIDENT

One of my main reasons for being on planet Earth is to help minimize and alleviate the world's suffering -- among my fellow humans as well as among the animals and plants and spiritual beings with whom we share this realm.

My day-to-day actions are motivated not just by my yearning to feel fulfilled and authentic, but also by my passion for influences that generate practical compassion.

To that end, I support loe Biden for President, Either he or Donald Trump will win the election, and in my estimation Biden is far more likely than Trump is to reduce the world's suffering and generate practical compassion.

In fact, Trump, if re-elected, is likely to do as he has done for the last four years: dramatically increase the suffering in the world.

UNSUBSCRIBE

I understand that some of you readers will be offended by my support of Biden and criticism of

But there's no reason for you to be surprised about my positions. I have publicly endorsed the Democratic candidate for President of the United States every four years since 1980. I launched this newsletter in 2000, and it has always featured my endorsements.

I have also endorsed candidates running in the Democratic primaries. In 2016, I supported Bernie Sanders. In 2020, I supported Elizabeth Warren.

Furthermore, I've frequently expressed my very progressive political positions in these newsletters and in my column. For me, my spiritual perspectives and political perspectives are in close alignment.

But if you are one of those readers who does unsubscribe from this newsletter in response to my recent endorsement, I wish you the best.

POLITICS IS PERSONAL

People say with pride, "I'm not interested in politics." They may as well say, 'I'm not interested in my standard of living, my health, job, rights, freedoms, future.' If we mean to keep control over our world and lives, we must be interested in politics.

-Martha Gellhorn

We must always take sides. Neutrality helps the oppressor, never the victim. Silence encourages the tormentor, never the tormented.

-Elie Wiesel

If you are neutral in situations of injustice, you have chosen the side of the oppressor. If an elephant has its foot on the tail of a mouse, and you say that you are neutral, the mouse will not appreciate your neutrality.
—Desmond Tutu
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Washing one's hands of the conflict between the powerful and the powerless means to side with the powerful, not to be neutral.
—Paulo Freire
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Intellectual neutrality is not possible in a historical world of exploitation and oppression.
—Elizabeth Schüssler Fiorenza
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MOST POWERFUL STARTING POINT
The most powerful starting point for any endeavor is not the question 'What do I want?', but "What does Life (God, Consciousness) want from me? How do I serve the whole?"
—Eckhart Tolle
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I'M A STAR, YOU'RE A STAR
You're a star and so am I. I'm a genius and so are you. Your success encourages my brilliance, and my charisma enhances your power. Your victory doesn't require my defeat, and vice versa.
Those are the rules in the New World quite unlike the rules in the Old World, where zero-sum games are the norm, and only one of us can win each time we play.
In the New World, you don't have to tone down or apologize for your prowess, because you love it when other people shine. You exult in your own excellence without regarding it as a sign of inherent superiority. As you ripen more and more of your latent aptitude, you inspire the rest of us to claim our own idiosyncratic magnificence.
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Tibetan Buddhist teacher Geshe Chekawa (1220-1295) specialized in bodhicitta, seeking enlightenment not for personal gain but as a way to serve others. On his deathbed, he prayed to be sent to hell so that he might alleviate the suffering of the lost souls there.
As you explore pronoia, you will discover that like Chekawa, you have a huge capacity to help people. Unlike him, you'll find that expressing your benevolence doesn't require you to go to hell. It may even be unnecessary for you to sacrifice your own joy or to practice self-denial. Just the opposite: Being in service to humanity and celebrating your unique power will be synergistic. They will need each other to thrive.
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The Golden Rule is a decent ethical principle, but it could be even better. "Do unto others as you would have them do unto you" presumes that others enjoy what you enjoy. But that's wrong. There are many things you'd like to have done unto you that others would either despise or be bored by. Here's a new, improved formulation, which we call the Platinum Rule: Do unto others as they would like to have you do unto them.
Using this improved formula is not just a virtuous way to live, but is also the best way to ensure the success of your selfish goals. The rituals and spells of various occult orders purport to be supercharged techniques for imposing your personal will on the chaotic flow of events, but I say that practicing the Platinum Rule outstrips all of them as an exercise to enhance your potency and happiness.
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TO READ THE REST OF "I'M A STAR, YOU'RE A STAR," go here: bit.ly/YouStarYou
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WHAT YOU CHOOSE TO NOTICE
We create ourselves by what we choose to notice.
Once this work of self-authorship has begun, we inhabit the world we've created. We self-seal. We don't notice anything except those things that confirm what we already think about who we already are.
Meditative traditions refer to the observer self. When we succeed in moving outside our normal processes of self-reference and can look upon ourselves with self-awareness, then we have a chance at changing. We break the seal. We notice something new.
—Margaret Wheatley
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CHANCE FROM THE INCIDE OF THE OUTCIDE?
CHANGE FROM THE INSIDE OR THE OUTSIDE?
Do you change people first or do you change society? I believe this is a false dichotomy. You have to change both simultaneously. If you're changing only yourself and have no concern for changing the society, something goes awry. If you're changing only society but not changing

yourself, something goes awry.

Now, 'simultaneously' may be an overstatement, because I think there are periods when one has to concentrate on one or the other. And there are periods in a society, in a culture, when the emphasis is appropriate only on one or the other. What I'm trying to say is, never lose sight of either the internal world or the external world, the peace within and the peace based on justice outside.

-David Dellinger

WE DIE TO EACH OTHER DAILY

We die to each other daily. What we know of other people is only our memory of the moments during which we knew them. And they have changed since then. To pretend that they and we are the same is a useful and convenient social convention which must sometimes be broken. We must also remember that at every meeting we are meeting a stranger."

—T. S. Eliot, "The Cocktail Party"

BLISSFUL DISCERNMENT

Think globally, but act locally.

Plan for the future, but act in the present.

Dream of all the masterpieces you'd be thrilled to create, but work on just one at a time.

Lust for every enticing soul you see, but only make love to the imperfect beauty you're actually with.

Allow yourself to be flooded with every last feeling that bubbles up from your subconscious, but understand that only a very few of these feelings need to be forcefully expressed.

Be passionately attuned to all the injustices and hypocrisies you see around you, but be selective when choosing which of those you will actually fight.

<u>—bit.ly/Televisionary</u>

MY DAILY HOROSCOPES

Some people don't know that I write daily horoscopes, available as text messages sent to your cell or smart phone.

They're shorter than the weekly 'scopes, but on the other hand they're more frequent -- every day of the week.

My weekly horoscopes are free, but the dailies cost about 67 cents a day if you sign up for a subscription.

If you think you might enjoy getting regular bursts of inspiration from me to illuminate your adventures, check them out.

Go to RealAstrology.com. Register or log in. On the new page, click on "Subscribe / Renew" under "Daily Text Message Horoscopes" in the right-hand column.

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MORE PRONOIA RESOURCES:

Ten Breakthroughs in the Science of a Meaningful Life

Scientists find that gratitude makes us financially smarter, mindfulness reduces racism, a little sadness makes for healthier people, and compassion for birds could help tackle climate change.

- 1. Mindfulness can reduce racial prejudice -- and possibly its effects on victims.
- 2. Gratitude makes us smarter in how we spend money.
- 3. It's possible to teach gratitude to young children, with lasting effects.
- 4. Having more variety in our emotions -- positive or negative -- can make us happier and healthier.
- 5. Natural selection favors happy people, which is why there are so many of them.
- 6. Activities from positive psychology don't just make happy people happier -- they can also help alleviate suffering.
- 7. People with a "growth mindset" are more likely to overcome barriers to empathy.
- 8. To get people to take action against climate change, talk to them about birds.
- 9. Feelings of well-being might spur extraordinary acts of altruism.
 10. Extreme altruism is motivated by intuition -- our compassionate instincts.

Read more: tinyurl.com/my953gu

For a lot more pronoiac resources and ideas, read my book *Pronoia Is the Antidote for Paranoia:* How the Whole World is Conspiring to Shower You with Blessings

Available at Barnes & Noble: tinyurl.com/PronoiaBN

Available at Amazon: bit.ly/Pronoia

A free preview of the book is available here: tinyurl.com/PronoiaPreview

FREE WILL ASTROLOGY Week beginning October 22

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SCORPIO (Oct. 23-Nov. 21):

"I loathe narcissism, but I approve of vanity," said fashion writer Diana Vreeland. Here's how I interpret that: People who care mostly for their own feelings and welfare, and who believe they're more important than everyone else, are boring and repellent. But those who enjoy looking their best and expressing their unique beauty may do so out of a desire to share their gifts with the world. Their motivation might be artistry and generosity, not self-centeredness. In accordance with cosmic potentials, Scorpio, I invite you to elude the temptations of narcissism as you explore benevolent forms of vanity.

SAGITTARIUS (Nov. 22-Dec. 21):

Yes, do let people see you sweat. At least for now, be forthright and revelatory. Let people witness your secret fire, your fierce tang, your salty tears, and your unhealed wounds. Hold nothing back as you give what you haven't been able to give before. Be gleefully expressive as you unveil every truth, every question, every buried joy. Don't be crude and insensitive, of course. Be as elegant and respectful as possible. But make it your priority to experiment with sacred vulnerability. Find out how far you can safely go as you strip away the disguises that have kept you out of touch with your full power.

CAPRICORN (Dec. 22-lan. 19):

Between 2008 and 2017, Southern California had two sizable earthquakes: 5.5 and 5.1 on the Richter scale. But during the same period, the area had 1.8 million small quakes that were mostly too mild to be felt. The ground beneath the feet of the local people was shaking at the rate of once every three minutes. Metaphorically speaking, Capricorn, you're now in a phase that resembles the mild shakes. There's a lot of action going on beneath the surface, although not much of it is obvious. I think this is a good thing. The changes you're shepherding are proceeding at a safe, gradual, well-integrated pace.

AQUARIUS (Jan. 20-Feb. 18):

No American woman was allowed to earn a medical degree and practice as a physician until Aquarian-born Elizabeth Blackwell did it in 1849. It was an almost impossible feat, since the allmale college she attended undermined her mercilessly. Once she began her career a doctor, she constantly had to outwit men who made it difficult for her. Nevertheless, she persisted. Eventually, she helped create a medical school for women in England and made it possible for 476 women to practice medicine there. I propose that we make her your patron saint for now. May she inspire you to redouble your diligent pursuit of your big dream. Here's your motto: "Nevertheless, I'm persisting."

PISCES (Feb. 19-March 20):

Henry David Thoreau wrote, "I fear my expression may not be extravagant enough, may not wander far enough beyond the narrow limit of my daily experience, so as to be adequate to the truth of which I have been convinced." You'll be wise to have a similar fear, Pisces. According to my analysis, you can generate good fortune for yourself by transcending what you already know and think. Life is conspiring to nudge you and coax you into seeking experiences that will expand your understanding of everything. Take advantage of this opportunity to blow your own mind!

ARIES (March 21-April 19):

"I've been told that nobody sings the word 'hunger' like I do," testified Aries chanteuse Billie Holiday. She wasn't suggesting that she had a stylish way of crooning about fine dining. Rather, she meant "hunger" in the sense of the longing for life's poignant richness. Her genius-level ability to express such beauty was due in part to her skillful vocal technique, but also because she was a master of cultivating soulful emotions. Your assignment in the coming weeks, Aries, is to refine and deepen your own hunger.

OUR COLLABORATION

I really do feel that you're here with me as I create these horoscopes. In a sense, you're my assistant. Our telepathic connection is utterly palpable and practical. The hopes and questions you project my way stream into my higher mind, coloring my psychic environment and enriching my desire to give you exactly what you need.

If you ever want more inspiration generated in that same collaborative spirit -- beyond the horoscopes you're reading here -- keep in mind that every week I also offer EXPANDED AUDIO HOROSCOPES for you. They're four-to-five-minute meditations on the current state of your destiny.

These forecasts are different in tone and format from the written horoscopes you read here in the newsletter. They're longer and more leisurely in tone.

To listen to your Expanded Audio Horoscope online, go to RealAstrology.com

Register and/or log in through the main page.

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The cost is \$6 per sign online. (Discounts are available for bulk purchases.)

You can also listen over the phone by calling 1-877-873-4888. The cost is \$1.99 per minute. Each forecast is 4-5 minutes long.

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"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

TAURUS (April 20-May 20):

Author Renata Adler expresses my own feelings when she writes, "Hardly anyone about whom I deeply care resembles anyone else I have ever met, or heard of, or read about in literature." I bet if you're honest, Taurus, you would say the same. It's almost certainly the case that the people you regard as worthy of your love and interest are absolutely unique. In the sense that there are no other characters like them in the world, they are superstars and prodigies. I bring this to your attention because now is an excellent time to fully express your appreciation for their one-of-akind beauty—to honor and celebrate them for their entertainment value and precious influence and unparalleled blessings.

GEMINI (May 21-June 20):

"If you cannot find an element of humor in something, you're not taking it seriously enough," writes author llyas Kassam. That's a key thought for you to keep in mind during the coming weeks. Levity and joking will be necessities, not luxuries. Fun and amusement will be essential ingredients in the quest to make good decisions. You can't afford to be solemn and stern, because allowing those states to dominate you would diminish your intelligence. Being playful—even in the face of challenges—will ensure your ultimate success.

CANCER (June 21-July 22):

I'm hoping the horoscopes I wrote for you in late August helped propel you into a higher level of commitment to the art of transformation. In any case, I suspect that you will have the chance, in the coming weeks, to go even further in your mastery of that art. To inspire you in your efforts, I'll encourage you to at least temporarily adopt one or more of the nicknames in the following list: 1. Flux Luster 2. Fateful Fluctuator 3. Shift Virtuoso 4. Flow Maestro 5. Alteration Adept 6. Change Arranger 7. Mutability Savant 8. Transition Connoisseur

LEO (luly 23-Aug. 22):

"When one is a stranger to oneself, then one is estranged from others, too," wrote author Anne Morrow Lindbergh. "If one is out of touch with oneself, then one cannot touch others. Only when one is connected to one's own core, is one connected to others." In bringing these thoughts to your attention, Leo, I don't mean to imply that you are out of touch with your deep self. Not at all. But in my view, all of us can benefit from getting into ever-closer communion with our deep selves. In the coming weeks, you especially need to work on that—and are likely to have extra success in doing so.

VIRGO (Aug. 23-Sept. 22):

My cosmic tipsters told me that you will be even smarter than usual in the coming weeks. As I scoured the heavenly maps, I detected signs that you have the potential to be a skilled codecracker, riddle-decipherer, and solver of knotty problems and tricky dilemmas. That's why I suggest you express gratitude to your beautiful brain, Virgo. Sing it sweet songs and tell it how much you love it and find out which foods you can eat to strengthen it even more. Now read Diane Ackerman's description of the brain: "that shiny mound of being, that mouse-gray parliament of cells, that dream factory, that petit tyrant inside a ball of bone, that huddle of neurons calling all the plays, that little everywhere, that fickle pleasuredome."

LIBRA (Sept. 23-Oct. 22):

I vote in American elections, but I've never belonged to a political party. One of my favorite politicians is Bernie Sanders, who for most of his career has been an Independent. But now I'm a staunch advocate for the Democrats. Why? Because Republicans are so thoroughly under the curse of the nasty, cruel, toxic person known as Donald Trump. I'm convinced that it's crucial for our country's well-being that Democrats achieve total victory in the upcoming election. In accordance with astrological omens, I urge you to do your personal equivalent of what I've done: Unambiguously align yourself with influences that represent your highest, noblest values. Take a sacred stand not just for yourself, but also in behalf of everything you love.

HOMEWORK:

Name the top five things you do to make yourself feel good. Then think of another thing you could add to that list. <u>FreeWillAstrology.com</u>

Submissions sent to Rob Brezsny's Astrology 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 submissions for length, style, and content. Requests for anonymity will be honored. We are not responsible for unsolicited submission of any creative material.

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