



Dissolve the ties that bind you to hollow intelligence.

Train yourself in the art of unpredictability.

Play forever in time's blessing.

Lift up your heart unto the wild sun.

Distribute your favors to the vulnerable ones who can never pay you back.

Fall out of love with fear.

Make beautiful messes in the midst of ugly messes.

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#### THE SUBVERSIVE POWER OF JOY

by Janey Stephenson:

"The unexpected, spontaneous and pleasantly disruptive nature of collective celebration is one of the great equalizers of social and political struggle.

"Holding onto and centering joy is a vital tactic for personal and group resilience, as well as political resistance to an agenda that seeks to enforce hierarchy and division through mass fear.

"Authoritarianism is directly incompatible with collective joy; it demands fear, obedience, hierarchy and an obsession with security and preparation for war.

"The unexpected, spontaneous and pleasantly disruptive nature of collective joy takes people off guard and is one of the great equalizers of social and political struggle."

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#### DANCING TO DISSOLVE HIERARCHY

"Liberation movements have a long history of communal dance. The writer Barbara Ehrenreich has documented the history of collective joy in her book "Dancing In The Streets." She argues that collective and ecstatic dancing is a nearly universal "biotechnology" for binding groups together.

"Physical movement—a powerful escalation of typical protest chanting—not only releases emotion, it also creates bonding, trust and equality, dissolving hierarchy and increasing a sense of community."

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#### MANY KINDS OF MEDITATION, NOT JUST ONE

"Lama Surya Das, the "Buddha from Brooklyn," is one of the handful of Westerners who have been teaching meditation for decades. And yet, he says we're doing it wrong.

Lama Surya Das says there are other ways to meditate besides those that are currently popular: "So many people seem to be moving narcissistically into self-centered happiness-seeking and quietism, not to mention the use of mindfulness for mere effectiveness," he says. "True meditation generates wisdom and compassion, which may be very disquieting, at least in the short term."

"'Quiet your mind' or 'calm and clear your mind' are instructions I hear way too much," he says. "Some teachers actually encourage people to try to stop thinking, when in fact meditative awareness means being mindful of thoughts and feelings, not simply trying to reduce, alter or white them out and achieve some kind of oblivion."

"The anti-intellectual meditators, thought-swatters and imagination-suppressors have long ruled meditation-oriented circles in the West," he says. "But authentic meditative practices can enhance and even unleash the creativity and imagination."



weeks. You'll be wise to treat your life artistically. You'll thrive by using your heart as your brain. So I advise you to wield your intelligence with love. Understand that your most incisive insights will come when you're feeling empathy and seeking intimacy. As you crystallize clear visions about the future, make sure they are generously suffused with ideas about how you and your people can enhance your joie de vivre.

SAGITTARIUS (Nov. 22-Dec. 21): "My tastes are simple," testified Sagittarian politician Winston Churchill. "I am easily satisfied with the best." I propose that we make that your motto for now. While it may not be a sound idea to demand only the finest of everything all the time, I think it will be wise for you to do so during the next three weeks. You will have a mandate to resist trifles and insist on excellence. Luckily, this should motivate you to raise your own standards and expect the very best from yourself.

CAPRICORN (Dec. 22-Jan. 19): Russian playwright Anton Chekhov articulated a principle he felt was essential to telling a good story: If you say early in your tale that there's a rifle hanging on the wall, that rifle must eventually be used. "If it's not going to be fired, it shouldn't be hanging there," declared Chekhov. We might wish that real life unfolded with such clear dramatic purpose. To have our future so well-foreshadowed would make it easier to plan our actions. But that's not often the case. Many elements pop up in our personal stories that ultimately serve no purpose. Except now, that is, for you Capricorns. I suspect that in the next six weeks, plot twists will be telegraphed in advance.

AQUARIUS (Jan. 20-Feb. 18): Would it be fun to roast marshmallows on long sticks over scorching volcanic vents? I suppose. Would it be safe? No! Aside from the possibility that you could get burned, the sulfuric acid in the vapors would make the cooked marshmallows taste terrible, and might cause them to explode. So I advise you to refrain from adventures like that. On the other hand, I will love it if you cultivate a playful spirit as you contemplate serious decisions. I'm in favor of you keeping a blithe attitude as you navigate your way through tricky maneuvers. I hope you'll be jaunty in the midst of rumbling commotions.

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LOVE YOUR LIFE!

How's your fight for freedom going? Are you making progress in liberating yourself from your unconscious obsessions, bad habits, and conditioned responses? Are you turning out to be the hero of your own life?

For assistance and inspiration, tune in to my EXPANDED AUDIO HOROSCOPES.

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 <http://RealAstrology.com>.

Register and/or log in through the main page.

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The cost is \$6 per sign on the Web, AND discounts ARE available for bulk purchases.

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

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- A. Arrosto, Indianapolis

"You have an amazing aptitude for cutting through the lies I tell myself. Thanks for the gentle shocks."

- T. Preneris, Toronto

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PISCES (Feb. 19-March 20): People will be thinking about you more than usual, and with greater intensity. Allies and acquaintances will be revising their opinions and understandings about you, mostly in favorable ways, although not always. Loved ones and not-so-loved ones will also be reworking their images of you, coming to altered conclusions about what you mean to them and what your purpose is. Given these developments, I suggest that you be proactive about expressing your best intentions and displaying your finest attributes.

ARIES (March 21-April 19): In *\*Alice's Adventures in Wonderland\**, our heroine encounters a talking caterpillar as he smokes a hookah on top of a tall mushroom. "Who are you?" he asks her. Alice is honest: "I know who I was when I got up this morning, but I think I must have been changed several times since then." She says this with uneasiness. In the last few hours, she has twice been shrunken down to a tiny size and twice grown as big as a giant. All these transformations have unnerved her. In contrast to Alice, I'm hoping you'll have a positive attitude about your upcoming shifts and mutations, Aries. From what I can tell, your journey through the Season of Metamorphosis should be mostly fun and educational.

TAURUS (April 20-May 20): Juan Villarino has hitchhiked over 2,350 times in 90 countries. His free rides have carried him over 100,000 miles. He has kept detailed records, so he's able to say with confidence that Iraq is the best place to catch a lift. Average wait time there is seven minutes. Jordan and Romania are good, too, with nine- and twelve-minute waits, respectively. In telling you about his success, I don't mean to suggest that now is a favorable time to hitchhike. But I do want you to know that the coming weeks will be prime time to solicit favors, garner gifts, and make yourself available for metaphorical equivalents of free rides. You're extra magnetic and attractive. How could anyone resist providing you with the blessings you need and deserve?

GEMINI (May 21-June 20): One of the big stories of 2018 concerns your effort to escape from a star-crossed trick of fate—to fix a long-running tweak that has subtly undermined your lust for life. How successful will you be in this heroic quest? That will hinge in part on your faith in the new power you've been developing. Another factor that will determine the outcome is your ability to identify and gain access to a resource that is virtually magical even though it appears nondescript. I bring this to your attention, Gemini, because I suspect that a key plot twist in this story will soon unfold.

CANCER (June 21-July 22): Potential new allies are seeking entrance to your domain. Existing allies aspire to be closer to you. I'm worried you may be a bit overwhelmed; that you might not exercise sufficient discrimination. I therefore urge you to ask yourself these questions about each candidate. 1. Does this person understand what it means to respect your boundaries? 2. What are his or her motivations for wanting contact with you? 3. Do you truly value and need the gifts each person has to give you? 4. Everyone in the world has a dark side. Can you intuit the nature of each person's dark side? Is it tolerable? Is it interesting?

LEO (July 23-Aug. 22): While a young man, the future Roman leader Julius Caesar was kidnapped by Sicilian pirates. They proposed a ransom of 620 kilograms of silver. Caesar was incensed at the small size of the ransom—he believed he was worth more—and demanded that his captors raise the sum to 1,550 kilograms. I'd love to see you unleash that kind of bravado in the coming weeks, Leo—preferably without getting yourself kidnapped. In my opinion, it's crucial that you know how valuable you are, and make sure everyone else knows, as well.

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Homework: What pose would it be a relief for you to drop? How are you faking, and what could you do to stop? [Freewillastrology.com](http://freewillastrology.com).

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<http://www.freewillastrology.com/newsletter/>

Once you join, check these points to ensure you'll actually receive the newsletter:

1. Add my address, [televisionary@comcast.net](mailto:televisionary@comcast.net), to your address book so

that the newsletter won't be treated as spam and filtered out.

2. Adjust your spam filter so it doesn't treat my address as spam.
3. Tell your company's IT group to let my address pass through any filtering software they have set up.
4. If my newsletters don't reach your inbox, look in your "Bulk Mail" or "Junk Mail" folder.
5. Problems could originate with your email provider. It may be using a "content filter" that prevents my newsletter from reaching you. If you suspect that's true, complain. Tell your email provider to stop blocking my newsletter.

P.S. I totally respect your privacy. I'll never sell or give away your address to anyone.

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