

February 13, 2019

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WANT TO GET YOUR ASTROLOGICAL CHART READ?

If you want your personal chart done, I recommend a colleague whose approach to reading astrology charts closely matches my own. She's my wife, RO LOUGHRAN. She's at <http://www.roloughran.com>.

Ro utilizes a blend of well-trained intuition, emotional warmth, and technical proficiency in horoscope interpretation. She is skilled at exploring the mysteries of your life's purpose and nurturing your connection with your own inner wisdom.

In addition to over 30 years of astrological experience, Ro has been a licensed psychotherapist for 17 years. She integrates psychological insight with astrology's cosmological perspective.

Ro is based in California, but can do phone consultations and otherwise work with you regardless of geographic boundaries.

Check out Ro's website at <http://www.roloughran.com>

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Happy Love Week!

"I love you not only for what you are, but for what I am when I am with you. I love you not only for what you have made of yourself, but for what you are making of me. I love you for the part of me that you bring out."

—Elizabeth Barrett Browning

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"Love imperfectly. Be a love idiot. Let yourself forget any love ideal."

—Sark

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"You are my inspiration and my folly. You are my light across the sea, my million nameless joys, and my day's wage. You are my divinity, my madness, my selfishness, my transfiguration and purification. You are my rapsallionly fellow vagabond, my tempter and star. I want you."

—George Bernard Shaw

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"I love you between shadow and soul. I love you as the plant that hasn't bloomed yet, and carries hidden within itself the light of flowers. I love you without knowing how, or when, or from where. Because of you, the dense fragrance that rises from the earth lives in my body, rioting with hunger for the eternity of our victorious kisses."

—Pablo Neruda

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"Be my ruckus, my perfect non-sequitur. Be my circuit-breaker, my lengthening shadows at dusk, my nest of pine needles, my second-story window. Be my if-you-stare-long-enough-you'll-see. Be my subatomic particle. Be my backbeat, my key of C minor, my surly apostle, my scandalous reparté, my maximum payload. Be my simmering, seething, flickering, radiating, shimmering, and undulating."

—Andrew Varnon

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"Love is the only game where two can play and both win."

—Erma Freesman.

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When I think of you,
fireflies in the marsh rise
like the soul's jewels,
lost to eternal longing,
abandoning my body

—Izumi Shikibu

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"Love is a great beautifier."

—Louisa May Alcott

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Fall in love over and over again every day. Love your family, your neighbors, your enemies, and yourself. And don't stop with humans. Love animals, plants, stones, even galaxies.

—Mary Ann and Frederic Brussat

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"The air I breathe in a room empty of you is unhealthy. The merest whisper of your name awakes in me a shuddering sixth sense. I am longing for a kiss that makes time stand still."

—a blend of words from Edgar Allan Poe, Pamela Moore, and John Keats

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"We are pain and what cures pain, both. We are the sweet cold water and the jar that pours. I want to hold you close like a lute, so that we can cry out with loving. Would you rather throw stones at a mirror? I am your mirror and here are the stones."

—Rumi

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"I love you more than it's possible to love anyone. I love you more than love itself. I love you more than you love yourself. I love you more than God loves you. I love you more than anyone has ever loved anyone in the history of the universe. In fact, I love you **more** than I love you."

—Me

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"For a relationship to stay alive, love alone is not enough. Without imagination, love stales into sentiment, duty, boredom. Relationships fail not because we have stopped loving but because we first stopped imagining."

—James Hillman

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"Our love is like a well in the wilderness where time watches over the wandering lightning. Our sleep is a secret tunnel that leads to the scent of apples carried on the wind. When I hold you, I hold everything that is—swans, volcanoes, river rocks, maple trees drinking the fragrance of the moon, bread that the fire adores. In your life I see everything that lives."

—Pablo Neruda

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"Your body needs to be held and to hold, to be touched and to touch. None of these needs is to be despised, denied, or repressed. But you have to keep searching for your body's deeper need, the need for genuine love. Every time you are able to go beyond the body's superficial desires for love, you are bringing your body home and moving toward integration and unity."

—Henri Nouwen

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"Let's heat up the night to a boil. Let's cook every drop of liquid out of our flesh till we sizzle, not a drop of come left. We are pots on too high a flame. Our insides char and flake dark like sinister snow idling down. We breathe out smoke. We die out and sleep covers us in ashes. We lie without dreaming, empty as clean grates. Yet we wake rebuilt, clattering and hungry as waterfalls leaping off, rushing into the day, roaring our bright intentions. It is the old riddle in the Yiddish song, what can burn and not burn up, a passion that gives birth to itself every day."

—Marge Piercy

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MORE PRONOIA RESOURCES:

For more about the good news stories below, plus links to the articles that provide full evidence, go here: <https://tinyurl.com/ya8kb4rh>

1. India registered a 22% decline in maternal deaths since 2013. That means on average, 30 more new mothers are now being saved every day compared to five years ago.
2. Ghana became the first country in sub-Saharan Africa to eliminate trachoma. In 2000, it threatened 2.8 million people (15% of the population) with blindness.
3. The WHO revealed that teenage drinking has declined across Europe, the continent with the highest rates of drinking in the world. The country with the largest decline? Britain.
4. Since 2010, global HIV/AIDS infection rates have fallen by 16% in adults and by 35% for children. Most countries are now on track to eliminate infections by 2030.
5. In 2018, New York and Virginia became the first two US states to enact laws requiring mental health education in schools.
6. Malaysia became the first country in the Western Pacific to reduce mother-to-child transmission of HIV and syphilis.
7. South Africa, home to the world's largest population of people living with HIV, shocked health officials by revealing a 44% decline in new infections since 2012.
8. 25 million doses of a new cholera vaccine were administered globally, and preparations began for the largest vaccination drive in history.
9. France revealed a sharp fall in daily smokers, with one million fewer lighting up in the past year, and cigarette use among Americans dropped to its lowest level since the Centers for Disease Control and Prevention started collecting data in 1965.
10. Rwanda became the first low-income country to provide universal eye care to all of its citizens, by training 3,000 nurses in over 500 health clinics.

(Note: I endorse these because I like them. They aren't advertisements, and I get no kickbacks.)

Please tell me your own nominations for PRONOIA RESOURCES:
Truthrooster@gmail.com.

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FREE WILL ASTROLOGY
Week beginning February 14
Copyright 2019 by Rob Brezsny
<https://FreeWillAstrology.com/horoscopes/>
Grammar key: Asterisks equal *italics*

AQUARIUS (Jan. 20-Feb. 18): "A freshness lives deep in me which no one can take from me," wrote poet Swedish poet Gunnar Ekelöf. "Something unstillable, unstillable is within me; it wants to be voiced," wrote philosopher Friedrich Nietzsche. In accordance with your astrological omens, I propose we make those two quotes your mottoes for the next four weeks. In my opinion, you have a mandate to tap into what's freshest and most unstillable about you — and then cultivate it, celebrate it, and express it with the full power of your grateful, brilliant joy.

PISCES (Feb. 19-March 20): According to the *Encyclopedia of Occultism and Parapsychology*, the word "obsession" used to refer to the agitated state of a person who was besieged by rowdy or unruly spirits arriving from outside the person. "Possession," on the other hand, once meant the agitated state of a person struggling against rowdy or unruly spirits arising from within. In the Western Christian perspective, both modes have been considered primarily negative and problematic. In many other cultures, however, spirits from both the inside and outside have sometimes been regarded as relatively benevolent, and their effect quite positive. As long as you don't buy into the Western Christian view, I suspect that the coming weeks will be a favorable time for you to consort with spirits like those.

ARIES (March 21-April 19): When directors of movies say, "It's a wrap," they mean that the shooting of a scene has been finished. They may use the same expression when the shooting of the entire film is completed. That's not the end of the creative process, of course. All the editing must still be done. Once that's accomplished, the producer may declare that the final product is "in the can," and ready to be released or broadcast. From what I can determine, Aries, you're on the verge of being able to say, "it's a wrap" for one of your own projects. There'll be more work before you're ready to assert, "it's in the can."

TAURUS (April 20-May 20): In accordance with astrological omens, I invite you to create your own royal throne and sit on it whenever you need to think deep thoughts and formulate important decisions. Make sure your power chair is comfortable as well as beautiful and elegant. To enhance your ability to wield your waxing authority with grace and courage, I also encourage you to fashion your own crown, scepter, and ceremonial footwear. They, too, should be comfortable, beautiful, and elegant.

GEMINI (May 21-June 20): In 1995, astronomer Bob Williams got a strong urge to investigate a small scrap of the night sky that most other astronomers regarded as boring. It was near the handle of the constellation known as the Big Dipper. Luckily for him, he could ignore his colleagues' discouraging pressure. That's because he had been authorized to use the high-powered Hubble Space Telescope for a ten-day period. To the surprise of everyone but Williams, his project soon discovered that this seemingly unremarkable part of the heavens is teeming with over 3,000 galaxies. I suspect you may have a challenge akin to Williams', Gemini. A pet project or crazy notion of yours may not get much support, but I hope you'll pursue it anyway. I bet your findings will be different from what anyone expects.

CANCER (June 21-July 22): A study by the Humane Research Council found that more than eighty percent of those who commit to being vegetarians eventually give up and return to eating meat. A study by the National Institute of Health showed that only about 36 percent of alcoholics are able to achieve full recovery; the remainder relapse. And we all know how many people make New Year's resolutions to exercise more often, but then stop going to the gym by February. That's the bad news. The good news, Cancerian, is that during the coming weeks you will possess an enhanced power to stick with any commitment you know is right and good for you. Take advantage!

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ARE YOU THE HERO OF YOUR OWN LIFE?

"Whether I shall turn out to be the hero of my own life, or whether that station will be held by anybody else, these pages must show." So begins Charles Dickens' novel *David Copperfield*.

I'd like to inspire you to write a story of your own that begins like that. That's why I provide these free horoscopes for you.

If you'd ever like even more assistance from me, tune into your EXPANDED AUDIO HOROSCOPE, which I create for you each week. They're four-to-five-minute meditations on the current state of your destiny.

To buy and listen to your Expanded Audio Horoscope online, go to <https://freewillastrology.sparkns.com>

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"Your expanded horoscopes get more personal and intimate with me than some of my closest friends. Thanks for the loving reflections."
- Ari S., Ann Arbor, MI

"When I listen to your audio 'scopes, my free will lights up." - Alex D., Los Angeles

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LEO (July 23-Aug. 22): Are there two places on earth more different from each other than Europe and Africa? Yet there is a place, the Strait of Gibraltar, where Europe and Africa are just 8.7 miles apart. Russia and the United States are also profoundly unlike each other, but only 2.5 miles apart where the Bering Strait separates them. I foresee the a metaphorically comparable phenomenon in your life. Two situations or influences or perspectives that may seem to have little in common will turn out to be closer to each other than you imagined possible.

VIRGO (Aug. 23-Sept. 22): Virgo basketball star Latrell Sprewell played professionally for 13 years. He could have extended his career at least three more seasons, but he turned down an offer for \$21 million from the Minnesota team, complaining that it wouldn't be sufficient to feed his four children. I will ask you not to imitate his behavior, Virgo. If you're offered a deal or opportunity that doesn't perfectly meet all your requirements, don't dismiss it out of hand. A bit of compromise is sensible right now.

LIBRA (Sept. 23-Oct. 22): In 1992, an Ethiopian man named Belachew Girma became an alcoholic after he saw his wife die from AIDS. And yet today he is renowned as a Laughter Master, having dedicated himself to explore the healing powers of ebullience and amusement. He presides over a school that teaches people the fine points of laughter, and he holds the world's record for longest continuous laughter at three hours and six minutes. I nominate him to be your role model in the next two weeks. According to my analysis of the astrological omens, you will be especially primed to benefit from the healing power of laughter. You're likely to encounter more droll and whimsical and hilarious events than usual, and your sense of humor should be especially hearty and finely-tuned.

SCORPIO (Oct. 23-Nov. 21): A study published in the journal *Social Psychological and Personality Science* suggests that people who use curse words tend to be more candid. "Swearing is often inappropriate but it can also be evidence that someone is telling you their honest opinion," said the lead researcher. "Just as they aren't filtering their language to be more palatable, they're also not filtering their views." If that's true, Scorpio, I'm going to encourage you to curse more than usual in the coming weeks. According to my analysis of the astrological omens, it's crucial that you tell as much of the whole truth as is humanly possible. (P.S. Your cursing outbursts don't necessarily have to be delivered with total abandon everywhere you go. You could accomplish a lot just by going into rooms by yourself and exuberantly allowing the expletives to roll out of your mouth.)

SAGITTARIUS (Nov. 22-Dec. 21): In the mid-1980s, a California carrot farmer grew frustrated with the fact that grocery stores didn't want to buy his broken and oddly shaped carrots. A lot of his crop was going to waste. Then he got the bright idea to cut and shave the imperfect carrots so as to make smooth little baby carrots. They became a big success. Can you think of a metaphorically comparable adjustment you could undertake, Sagittarius? Is it possible to transform a resource that's partially going to waste? Might you be able to enhance your possibilities by making some simple modifications?

CAPRICORN (Dec. 22-Jan. 19): Mongolia is a huge landlocked country. It borders no oceans or seas. Nevertheless, it has a navy of seven sailors. Its lone ship is a tugboat moored on Lake Khovsgol, which is three percent the size of North America's Lake Superior. I'm offering up the Mongolian navy as an apt metaphor for you to draw inspiration from in the coming weeks. I believe it makes good astrological sense for you to launch a seemingly quixotic quest to assert your power, however modestly, in a situation that may seem out of your league.

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Read free excerpts from my most recent book:
<https://bit.ly/JoyLuckLove>

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To join or leave the email list for this newsletter, or to change the address where you receive it, go to:

<https://FreeWillAstrology.com/newsletter/>

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

1. Add my address, 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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