



Rob Brezsnys's Astrology Newsletter
May 4, 2016
FreeWillAstrology.com

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

Below are excerpts.

List of things to do:

1. Expect nothing, but ask for everything.
2. Gently but gleefully smash an unnecessary personal taboo.
3. Jump for joy and click our heels together in a place that has always felt oppressive.
4. Buck tradition with wit and compassion, not wrath and cynicism.
5. Refuse to occupy the old niches, especially the ones we've trapped ourselves in for the sake of peace and harmony.
6. Carry two gifts with us at all times in case we run into any fresh beauties who aren't lost in their own heads.

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"To overcome our neural bias for negativity, we must repetitiously and consciously generate as many positive thoughts as we can."
tinyurl.com/d3jhcxl

The article never advises us to refrain from saying no when discernment and boundary-making are necessary. It argues that we have a neural bias, a built-in biological predilection for negativity, that may have served our distant ancestors but is now a deep handicap.

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Hypotheses: All of creation is set up to liberate us from our suffering and teach us how to love intelligently. Life always gives us exactly what we need, exactly when we need it -- although not necessarily what we want.

Hypothesis: If something is not beautiful, it is probably not true.

Hypothesis: Life is a sublime mystery designed to eventually grow us all into strong, supple messiahs. (It may take a while.)

Hypothesis. Pop-nihilism is a prominent modern philosophy. Many journalists, filmmakers, novelists, critics, talk-show hosts, musicians, politicians, and pundits act as if breakdown is far more common and far more interesting than breakthrough; that painful twists outnumber redemptive transformations by a wide margin, and are profoundly more entertaining as well.

More like this: The Honey and Vinegar Tasters" - bit.ly/HoneyVinegar

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"Every minute of every hour of every day you are making the world, just as you are making yourself, and you might as well do it with generosity and kindness and style."

- Rebecca Solnit

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"Scientific American" chimes in on the power of pronoiac thinking: "Your thoughts can release abilities beyond normal limits. Better vision, stronger muscles -- expectations can have surprising effects." Excerpts:

possible, you will mobilize your idealism and boost your ability to create the best life for yourself in the coming months.

VIRGO (Aug. 23-Sept. 22):

"Anytime you're going to grow, you're going to lose something," said psychologist James Hillman. "You're losing what you're hanging onto to keep safe. You're losing habits that you're comfortable with, you're losing familiarity." I nominate these thoughts to serve as your words of wisdom in the coming weeks, Virgo. From an astrological perspective, you are in a phase when luxuriant growth is possible. To harvest the fullness of the lush opportunities, you should be willing to shed outworn stuff that might interfere.

LIBRA (Sept. 23-Oct. 22):

On Cracked.com, Auntie Meme tells us that many commonly-held ideas about history are wrong. There were no such things as chastity belts in the Middle Ages, for example. Napoleon's soldiers didn't shoot off the nose of the Sphinx when they were stationed in Egypt. In regards to starving peasants, Marie Antoinette never derisively said, "Let them eat cake." And no Christians ever became meals for lions in ancient Rome's Colosseum. (More: tinyurl.com/historicaljive.) In the spirit of Auntie Meme's exposé, and in alignment with the astrological omens, I invite you to uncover and correct at least three fabrications, fables, and lies about your own past.

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MAYBE JOY IS AN ESSENTIAL SPIRITUAL EXPERIENCE

Assume that your drive to experience pleasure and happiness isn't a barrier to your spiritual growth, but is in fact essential to it. Proceed on the hypothesis that cultivating joy can make you a more ethical and compassionate person. Imagine that feeling good has something important to teach you every day.

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"Your expanded astrology thingees help me remember who I really am." -Gareth N., Toronto

"I never knew it was possible to get my butt kicked and my head patted at the same time -- until I listened to you, Rob." -Kristi P., Portland, OR

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SCORPIO (Oct. 23-Nov. 21):

Poet Charles Wright marvels at the hummingbird, "who has to eat sixty times his own weight a day just to stay alive. Now that's a life on the edge." In the coming weeks, Scorpio, your modus operandi may have resemblances to the hummingbird's approach. I don't mean to suggest that you will be in a manic survival mode. Rather, I expect you'll feel called to nourish your soul with more intensity than usual. You'll need to continuously fill yourself up with experiences that inspire, teach, and transform you.

SAGITTARIUS (Nov. 22-Dec. 21):

"Anybody can become angry," said Greek philosopher Aristotle. "That is easy; but to be angry with the right person, and to the right degree, and at the right time, for the right purpose, and in the right way, that is not within everybody's power and is not easy." I'm pleased to inform you, Sagittarius, that now is a time when you have an exceptional capacity for meeting Aristotle's high standards. In fact, I encourage you to honor and learn all you can from your finely-honed and well-expressed anger. Make it work wonders for you. Use it so constructively that no one can complain.

CAPRICORN (Dec. 22-Jan. 19):

To celebrate your arrival at the height of your sex appeal, I'm resurrecting the old-fashioned word "vavoom." Feel free to use it as your nickname. Pepper it into your conversations in place of terms like "awesome," "wow," or "yikes." Use a felt-tip marker to make a temporary VAVOOM tattoo on your beautiful body. Here are other enchanted words you should take charge of and make an intimate part of your daily presentation: verve, vim, vivid, vitality, vigor, voracious, vivacious, visceral, valor, victory, and VIVA!

AQUARIUS (Jan. 20-Feb. 18):

When he was a boy, Mayan poet Humberto Ak'ab'al asked his mother, "What are those things that shine in the sky?" "Bees," she answered mischievously. "Every night since then," Humberto writes, "my eyes eat honey." In response to this lyrical play, the logical part of our brains might rise up and say, "What a load of nonsense!" But I will ask you to set aside the logical part of your brain for now, Aquarius. According to my understanding of the astrological omens, the coming days will be a time when you need a big dose of sweet fantasies, dreamy stories, and maybe even beautiful nonsense. What are your equivalents of seeing bees making honey in the night sky's pinpoints of light?

PISCES (Feb. 19-March 20):

"Sometimes, a seemingly insignificant detail reveals a whole world," says artist Pierre Cordier. "Like the messages hidden by spies in the dot of an i." These are precisely the minutiae that you should be extra alert for in the coming days, Pisces. Major revelations may emerge from what at first seems trivial. Generous insights could ignite in response to small acts of beauty and subtle shifts of tone. Do you want glimpses of the big picture and the long-range future? Then be reverent toward the fine points and modest specifics.

ARIES (March 21-April 19):

"Silence is not silence, but a limit of hearing," writes Jane Hirshfield in her poem "Everything Has Two Endings." This observation is apropos for you right now. There are potentially important messages you're not registering and catalytic influences you can't detect. But their apparent absence is due to a blank spot in your awareness, or maybe a willful ignorance left over from the old days. Now here's the good news: You are primed to expand your listening field. You have an enhanced ability to open certain doors of perception that have been closed. If you capitalize on this opportunity, silence will give way to revelation.

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HOMEWORK:

Thousands of amazing, inexplicable, even miraculous events occur every day. Report yours: bit.ly/Amazement

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Submissions sent to Rob Breznsny's Astrology Newsletter or in response to "homework assignments" may be published in a variety of formats at Rob Breznsny'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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