



**Rob Brezsnys's Astrology Newsletter**  
**May 3, 2017**  
[FreeWillAstrology.com](http://FreeWillAstrology.com)

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WHERE DOES HELP COME FROM?

I get many requests from people who are going through challenging times in their lives and would like my personal advice. I wish I could respond to these inquiries, because they are often profound and well-thought-out, demonstrating an ability to define the problems at hand with lucid insight.

Unfortunately, I can't respond. My various lines of work are too demanding to add any other tasks to my life, no matter how interesting they might be. But I've developed a general response to those people who seek my personal input. I'm offering it below.

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I'm honored that you regard me as someone who might be able to provide answers or solace, but I don't think it would be responsible for me to fling advice your way without knowing more about the complexities of your problem. And I'm afraid I can't give the time necessary to explore those complexities.

The only thing I'll suggest, as you seek to clarify your situation, is for you to arrange to go on a retreat. During that time of withdrawal from the world's everyday madness, I urge you to avoid all media and to be as silent and relaxed as it's possible for you to be.

During the first part of your retreat, spend hours visualizing in your mind's eye the entire story of your life, from the earliest memory to the present moment.

During the second phase of your retreat, begin your meditations by establishing contact with the highest source of wisdom and love within you. You can call this source God or Goddess or your Guardian Angel or Higher Self. Spend luxurious time in dialogue with this source, making sure to ask these questions:

1. "What is it I want more than anything else?"
2. "What is the best way to serve the mission I came to Earth to carry out? What are the very best gifts I have to offer other humans?"
3. "What path will allow me to ultimately learn the most about wise love?"
4. "How do I need to change in order to get what I want, carry out my life's mission, and learn about wise love? What influences and attitudes do I need to eliminate?"

During the third phase of the process, write out a mission statement: what you want to accomplish by the time you die many years hence. Then create a master plan of the actions you will take in order to make that mission statement come true. Include three actions you will take in the next month to get more serious about accomplishing your mission.

During the fourth phase, visualize the following scenarios in lush detail: that God/Goddess loves you, that the entire universe is conspiring to give you the lessons and blessings and kicks in the ass and liberations you need exactly when you need them, and that you are ready to welcome that love and guidance with all your heart.

P.S. I'm a big believer in trusting your intuition. Even if it doesn't lead you to what your ego thinks is a successful outcome, your intuition will always guide you to the experiences that your soul needs.

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"To love. To be loved. To never get used to the unspeakable violence and the vulgar disparity of life around you. To seek joy in the saddest places. To pursue beauty to its lair. To never simplify what is complicated or complicate what is simple. To respect strength, never power. Above all, to watch. To try and understand. To never look away. And never, never to forget."

- Arundhati Roy

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In 1668, England named John Dryden its first Poet Laureate. His literary influence was so monumental that the era in which he published was known as the Age of Dryden. Twentieth-century poetry great T. S. Eliot said he was "the ancestor of nearly all that is best in the poetry of the eighteenth century." Curiously, Dryden had a low opinion of Shakespeare. "Scarcely intelligible," he called the Bard, adding, "His whole style is so pestered with figurative expressions that it is as affected as it is coarse." I foresee a comparable clash of titans in your sphere, Leo. Two major influences may fight it out for supremacy. One embodiment of beauty may be in competition with another. One powerful and persuasive force could oppose another. What will your role be? Mediator? Judge? Neutral observer? Whatever it is, be cagey.

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

Just this once, and for a limited time only, you have cosmic clearance to load up on sugary treats, leave an empty beer can in the woods, watch stupid TV shows, and act uncool in front of the Beautiful People. Why? Because being totally well-behaved and perfectly composed and strictly pure would compromise your mental health more than being naughty. Besides, if you want to figure out what you are on the road to becoming, you will need to know more about what you're not.

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

In addition to fashion tips, advice for the broken-hearted, midlife-crisis support, and career counseling, I sometimes provide you with more mystical help. Like now. So if you need nuts-and-bolts guidance, I hope you'll have the sense to read a more down-to-earth horoscope. What I want to tell you is that the metaphor of resurrection is your featured theme. You should assume that it's somehow the answer to every question. Rejoice in the knowledge that although a part of you has died, it will be reborn in a fresh guise.

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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.

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"I always feel like I know myself better after listening to your audio 'scopes."  
-June R., Austin, TX

"Your audio horoscopes calm me down when I'm too manic and pep me up when I'm down."  
-Arthur T., Cleveland, OH

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

"Are you ready for the genie's favors? Don't rub the magic lamp unless you are." That's the message I saw on an Instagram meme. I immediately thought of you. The truth is that up until recently, you have not been fully prepared for the useful but demanding gifts the genie could offer you. You haven't had the self-mastery necessary to use the gifts as they're meant to be used, and therefore they were a bit dangerous to you. But that situation has changed. Although you may still not be *fully* primed, you're as ready as you can be. That's why I say: RUB THE MAGIC LAMP!

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

You may have heard the exhortation "Follow your bliss!", which was popularized by mythologist Joseph Campbell. After studying the archetypal stories of many cultures throughout history, he concluded that it was the most important principle driving the success of most heroes. Here's another way to say it: Identify the job or activity that deeply excites you, and find a way to make it the center of your life. In his later years, Campbell worried that too many people had misinterpreted "Follow your bliss" to mean "Do what comes easily." That's all wrong, he said. Anything worth doing takes work and struggle. "Maybe I should have said, 'Follow your blisters,'" he laughed. I bring this up, Sagittarius, because you are now in an intense "Follow your blisters" phase of following your bliss.

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

The versatile artist Melvin Van Peebles has enjoyed working as a filmmaker, screenwriter, actor, composer, and novelist. One of his more recent efforts was a collaboration with the experimental band The Heliocentrics. Together they created a science-fiction-themed spoken-word poetry album titled *The Last Transmission*. Peebles told NPR, "I haven't had so much fun with clothes on in years." If I'm reading the planetary omens correctly Capricorn, you're either experiencing that level of fun, or will soon be doing so.

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

In what ways do you most resemble your mother? Now is a good time to take inventory. Once you identify any mom-like qualities that tend to limit your freedom or lead you away from your dreams, devise a plan to transform them. You may never be able to defuse them entirely, but there's a lot you can do to minimize the mischief they cause. Be calm but calculating in setting your intention, Aquarius! P.S.: In the course of your inventory, you may also find there are ways you are like your mother that are of great value to you. Is there anything you could do to more fully develop their potential?

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

"We are what we imagine," writes Piscean author N. Scott Momaday. "Our very existence consists in our imagination of ourselves. Our best destiny is to imagine who and what we are. The greatest tragedy that can befall us is to go unimagined." Let's make this passage your inspirational keynote for the coming weeks. It's a perfect time to realize how much power you have to create yourself through the intelligent and purposeful use of your vivid imagination. (P.S. Here's a further tip, this time from Cher: "All of us invent ourselves. Some of us just have more imagination than others.")

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

Beware of feeling sorry for sharks that yell for help. Beware of trusting coyotes that act like sheep and sheep that act like coyotes. Beware of nibbling food from jars whose contents are different from what their labels suggest. But wait! "Beware" is not my only message for you. I have these additional announcements: Welcome interlopers if they're humble and look you in the eyes. Learn all you can from predators and pretenders without imitating them. Take advantage of any change that's set in motion by agitators who shake up the status quo, even if you don't like them.

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**HOMEWORK:**

Which of your dead ancestors would you most like to talk to? Imagine a conversation with one of them.

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