



Rob Brezсны's Astrology Newsletter
December 6, 2017
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 is an excerpt. It's from the piece called "Subterranean Pronoia Therapy."

1. Declare amnesty for the part of you that you don't love very well. Forgive that poor sucker. Hold its hand and take it out to dinner and a movie. Tactfully offer it a chance to make amends for the dumb things it has done.

And then do a dramatic reading of this proclamation by the playwright Theodore Rubin: "I must learn to love the fool in me -- the one who feels too much, talks too much, takes too many chances, wins sometimes and loses often, lacks self-control, loves and hates, hurts and gets hurt, promises and breaks promises, laughs and cries. It alone protects me against that utterly self-controlled, masterful tyrant whom I also harbor and who would rob me of human aliveness, humility, and dignity but for my fool."

2. The greatest gift you can give might be the gift that you yourself were never given. Give that gift.

The most valuable service you have to offer your fellow humans may be the service you have always wished were performed for you. Offer that service.

An experience that wounded you could move you to help people who've been similarly wounded. Heal yourself by healing others.

3. No matter how holy and good, everyone in the world has a portion of the world's sickness inside them. It's known by many names: neurosis, shadow, demon, devil. Many people try to deny that it inhabits them. Others acknowledge its power so readily that they allow themselves to be overwhelmed and distorted by it.

At the Beauty and Truth Lab, we take a position between those two positions. We accept the fact that the evil is part of us, but treat it with compassionate amusement and flexible vigilance. Our stance is partly that of loving parents and partly that of warriors.

Once you make a commitment to explore the mysteries of pronoia, your shadow will try to play tricks on you that it has never tried before. How will you respond? We recommend an aggressive, tender, improvisational approach. Be ready for anything. Avoid both blithe excesses of tolerance and grave fundamentalism.

4. Philosopher William James proposed that if our culture ever hoped to shed the deeply ingrained habit of going to war, we'd have to create a moral equivalent. It's not enough to preach the value of peace, he said. We have to find other ways to channel our aggressive instincts in order to accomplish what war does, like stimulate political unity and build civic virtue.

Astrology provides a complementary perspective. Each of us has the warrior energy of the planet Mars in our psychological makeup. We can't simply repress it, but must find a positive way to express it. How might you go about this project?

5. In his book *The Thought of the Heart and the Soul of the World*, psychologist James Hillman writes: "The question of evil refers primarily to the anaesthetized heart, the heart that has no reaction to what it faces, thereby turning the variegated sensuous face of the world into monotony, sameness, oneness."

What would you have to do in order to triumph over this kind of evil in yourself?

6. "The problem, if you love it, is as beautiful as the sunset," wrote J. Krishnamurti. "The obstacle is the path," says the Zen proverb. What frustrating puzzle do you love the best?

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WANT TO GET YOUR CHART READ?

Do I give personal astrology readings? Although I love to, I'm not doing them these days. In addition to writing "Free Will Astrology" and my expanded audio horoscopes, I'm also working on new books and attending to that high art referred to as "having a life." There's no time left over!

new books and attending to that might be referred to as "having a life." There's no time left over.

If you want your chart done, I recommend a colleague whose approach to reading astrology charts closely matches my own. She's my wife, RO LOUGHAN. We've been enjoying regular conversations about astrology since 1989! Her website's here: www.roloughran.com

Ro utilizes a blend of well-trained intuition, emotional warmth, and a high degree of 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. This enables her to integrate psychological insight with the cosmological perspective that astrology offers.

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 www.roloughran.com

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THE DIFFERENCE BETWEEN YOUR FEARFUL FANTASIES AND YOUR AUTHENTIC INTUITIONS

(Listen to the podcast here: bit.ly/A7YHj1)

Knowing the difference between your fearful fantasies and your authentic intuitions is one of the greatest spiritual powers you can possible have. So let's explore what it means: knowing the difference between the frightening, alienating pictures that sometimes pop into your imagination, as opposed the simple, warm, clear direction that is always available from the deepest source within you.

Strangely enough, many people get these two things confused. They are especially prone to believing that the frightening, disempowering images that erupt in their mind's eye are coming from their intuition.

For many people, if they get an image of a scary future possibility popping into their imagination, they worry that it's a prediction of some event that will actually occur in their lives.

For instance, they may have a fantasy of themselves getting into an accident, or maybe they dream of losing a loved one, or maybe they internalize the toxic vision of some talking head on TV who slaps them upside the head with a prediction of imminent doom. When these people get images like these stuck in their imagination, they may begin to obsess on the fear that these things are literally going to happen.

Almost every time, scary fantasies like this are not true intuition. Our true intuition is just not very likely to be fueled by fear, and it rarely if ever motivates us to act by making us feel afraid.

No. Our true intuition emerges from the wise, loving core of our being. It blooms in us like a slow-motion fountain of warmth. It reveals the objective truth about a person or situation with lucid compassion. It shows us the big picture.

Fearful fantasies, on the other hand, burn and itch and make us feel like we're coming apart. They drain our energy and cloud our judgment. They fill us with obsessive urges to run and hide or do something desperate and melodramatic.

I don't want to say that true intuition is always calm and emotionally neutral. It isn't, necessarily. But I will say this: The emotions that accompany true intuition are never alienating. They don't make us feel superior to other people or fill us with hatred and terror. They don't disempower us or make us feel helpless.

True intuition may rouse our anger, but if so, it is the kind of invigorating anger that leads to clarity and constructive action, and thus it is an anger that ultimately relaxes us.

True intuition may show us a difficult truth, but it always does so with a suggestion of how to deal gracefully and courageously with that difficult truth. True intuition may reveal imminent changes that could compel us to adjust our behavior, but it always does so in a way that empowers us.

Let me emphasize this point: True intuition may not always reveal that everything will be fine, or that we will be able to continue to live in the ways we have been living -- true intuition is certainly not falsely optimistic -- but if it does alert us to circumstances that are in flux, and how we will have to transform ourselves, it does so with love and poise and clarity, not with fear.

Here's one more thing. Just as our true intuition never works by scaring the hell out of us, neither does it flatter us with grandiose suggestions about how superior we are. In fact, it may often gently inform us of some correction that should be made in our attitude. It may tactfully but firmly lead us to the understanding that we have been suffering from some form of ignorance and that we need to wake up and get smarter.

True intuition reveals the story of our lives from our soul's point of view, not our ego's. In my understanding, true intuition is the voice of our own personal inner teacher, which just happens to be the divine part of us. The certainty that true intuition provides us is therefore not loud and puffed up, but rather humble and graceful.

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I invite you to think on these things, and add some insights of your own. It's an excellent time to flush away the fearful fantasies that may have seeped into your imagination -- and thereby make it possible for you to hear your true intuition better.

One way to facilitate this process, by the way, is to cut back on the amount of terrifying and disorienting images you allow to flow into your imagination from the TV, Internet, newspapers, movies, and other mass media. In fact, I invite you to consider the possibility of going on a media fast for a while and spending more time in nature than you usually do.

In conclusion, my beloved companions on this beautiful, interesting planet, please get to work on seeing your fearful fantasies for what they are and enhancing your connection to your true intuition.

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MORE PRONOIA RESOURCES:

Six Moments in History Reminding Us That Anything Is Possible.
In these dark days, it can be helpful to keep a list of unexpected and pleasant surprises.
tinyurl.com/ycbjbm8k

1. When racial justice came from a racist
2. When former communist satellites leaped ahead of the U.S. in democracy
3. When a Big Oil state began to lead the way in clean energy
4. When one woman planted seven trees and billions grow
5. When the Arab Spring led to democracy taking root in one country
6. Now: Revelations by courageous women are creating a seismic shift in American culture

(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 December 7

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SAGITTARIUS (Nov. 22-Dec. 21):

As far back as ancient Egypt, Rome, and Greece, people staged ceremonies to mark the embarkation of a new ship. The intention was to bestow a blessing for the maiden voyage and ever thereafter. Good luck! Safe travels! Beginning in 18th-century Britain and America, such rituals often featured the smashing of a wine bottle on the ship's bow. Later, a glass container of champagne became standard. In accordance with the current astrological indicators, I suggest that you come up with your own version of this celebratory gesture. It will soon be time for your launch.

CAPRICORN (Dec. 22-Jan. 19):

You may feel quite sure that you've gotten as tall as you're ever going to be. But that may not be true. If you were ever going to add another half-inch or more to your height, the near future would be the time for it. You are in the midst of what we in the consciousness industry call a "growth spurt." The blooming and ripening could occur in other ways, as well. Your hair and fingernails may become longer faster than usual, and even your breasts or penis might undergo spontaneous augmentation. There's no doubt that new brain cells will propagate at a higher rate, and so will the white blood cells that guard your physical health. Four weeks from now, I bet you'll be noticeably smarter, wiser, and more robust.

AQUARIUS (Jan. 20-Feb. 18):

You come into a delicatessen where you have to take a numbered ticket in order to get waited on. Oops. You draw 37 and the counter clerk has just called out number 17. That means 20 more people will have their turns before you. Damn! You settle in for a tedious vigil, putting down your bag and crossing your arms across your chest. But then what's this? Two minutes later, the clerk calls out 37. That's you! You go up to the counter and hand in your number, and amazingly enough, the clerk writes down your order. A few minutes later, you've got your food. Maybe it was a mistake, but who cares? All that matters is that your opportunity came earlier than you thought it would. Now apply this vignette as a metaphor for your life in the coming days.

PISCES (Feb. 19-March 20):

It's one of those bizarre times when what feels really good is in close alignment with what's really good for you, and when taking the course of action that benefits you personally is probably what's best for everyone else, too. I realize the onslaught of this strange grace may be difficult to believe. But it's real and true, so don't waste time questioning it. Relish and indulge in the freedom it offers you. Use it to shush the meddling voice in your head that informs you about what you supposedly SHOULD be doing instead of what you're actually doing.

ARIES (March 21-April 19):

You may get richer quicker in 2018, Aries -- especially if you refuse to sell out. You may accumulate more clout -- especially if you treat everyone as your equal and always wield your power responsibly. I bet you will also experience deeper, richer emotions -- especially if you avoid people who have low levels of emotional intelligence. Finally, I predict you will get the best sex of your life in the next 12 months -- especially if you cultivate the kind of peace of mind in which you'll feel fine about yourself if you don't get any sex at all. P.S.: You'd be wise to start working on these projects immediately.

TAURUS (April 20-May 20):

The members of the fungus family, like mushrooms and molds, lack chlorophyll, so they can't make food from sunlight, water, and carbon dioxide. To get the energy they need, they "eat" plants. That's lucky for us. The fungi keep the earth fresh. Without them to decompose fallen leaves, piles of compost would continue to accumulate forever. Some forests would be so choked with dead matter that they couldn't thrive. I invite you to take your inspiration from the heroic fungi, Taurus. Expedite the decay and dissolution of the worn-out and obsolete parts of your life.

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WHY IS IT CALLED "FREE WILL" ASTROLOGY?

It's called Free Will Astrology because my goal is to create horoscopes that nurture your free will!

Contrary to what some horoscope fans believe, there's no such thing as predestination. Fate is a tricky, wiggly sucker that keeps changing its mind about where it wants to go. The stars may impel, as the astrological saying goes, but they don't compel.

That's why I've never really considered myself a fortuneteller. I prefer to think that my greatest service is as a psychic intelligence agent, helping you expose the hidden patterns and unconscious forces that may be affecting your life without your knowledge.

If I "predict" anything, it's not so much the future as the unknown part of the present.

And if you ever want more than the 'scopes you're reading here, keep in mind that I also create EXPANDED AUDIO HOROSCOPES for you. They're four-to-five-minute meditations on the current state of your destiny.

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

Register and/or log in through the main page.

You can also listen over the phone by calling 1-877-873-4888.

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The cost is \$6 per sign on the Web (discounts available for bulk purchases), or \$1.99 per minute by phone.

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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

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GEMINI (May 21-June 20):

I'm guessing you have been hungrier than usual. At times you may have felt voracious, even insatiable. What's going on? I don't think this intense yearning is simply about food, although it's possible your body is trying to compensate for a nutritional deficiency. At the very least, you're also experiencing a heightened desire to be understood and appreciated. You may be aching for a particular quality of love that you haven't been able to give or get. Here's my theory: Your soul is famished for experiences that your ego doesn't sufficiently value or seek out. If I'm correct, you should meditate on what your soul craves but isn't getting enough of.

CANCER (June 21-July 22):

The brightly colored birds known as bee-eaters are especially fond of eating bees and wasps. How do they avoid getting stung? They snatch their prey in mid-air and then knock them repeatedly against a tree branch until the stinger falls off and the venom is flushed out. In the coming weeks, Cancerian, you could perhaps draw inspiration from the bee-eaters' determination to get what they want. How might you be able to draw nourishment from sources that aren't entirely benign? How could you extract value from influences that you have been careful with?

LEO (July 23-Aug. 22):

The coming months will be a ripe time to revise and rework your past -- to reconfigure the consequences that emerged from what happened once upon a time. I'll trust you to make the ultimate decisions about the best ways to do that, but here are some suggestions. 1. Revisit a memory that has haunted you, and do a ritual that resolves it and brings you peace. 2. Go back and finally do a crucial duty you left unfinished. 3. Return to a dream you wandered away from prematurely, and either re-commit yourself to it, or else put it to rest for good.

VIRGO (Aug. 23-Sept. 22):

The astrological omens suggest that now is a favorable time to deepen your roots and bolster your foundations and revitalize traditions that have nourished you. Oddly enough, the current planetary rhythms are also conducive to you and your family and friends playing soccer in the living room with a ball made from rolled-up socks, pretending to be fortune-telling psychics and giving each other past-life readings, and gathering around the kitchen table to formulate a conspiracy to achieve world domination. And no, the two sets of advice I just gave you are not contradictory.

LIBRA (Sept. 23-Oct. 22):

In accordance with the long-term astrological omens, I invite you to make five long-term promises to yourself. They were formulated by the teacher Shannen Davis. Say them aloud a few times to get a feel for them. 1. "I will make myself eminently teachable through the cultivation of openness and humility." 2. "I won't wait around hoping that people will give me what I can give myself." 3. "I'll be a good sport about the consequences of my actions, whether they're good, bad, or misunderstood." 4. "As I walk out of a room where there are many people who know me, I won't worry about what anyone will say about me." 5. "I will only pray for the things I'm willing to be the answer to."

SCORPIO (Oct. 23-Nov. 21):

To discuss a problem is not the same as doing something practical to correct it. Many people don't seem to realize this. They devote a great deal of energy to describing and analyzing their difficulties, and may even imagine possible solutions, but then neglect to follow through. And so nothing changes. The sad or bad situation persists. Of all the signs in the zodiac, you Scorpios are among the least prone to this disability. You specialize in taking action to fulfill your proposed fixes. Just this once, however, I urge you to engage in more inquiry and conversation than usual. Just talking about the problem could cure it.

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HOMEWORK:

In your imagination, visit the person you'll be in four years. What key messages do you have to convey? FreeWillAstrology.com

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