

5. Give other people as much respect as you sincerely believe they deserve.

6. Give yourself more respect.

7. Others?

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I ME WED

I invite you to deepen and intensify your commitment to the most important person in your life -- you. One way to further that sacred cause is to get married to yourself. In my book, I've created a text you can refer to as you perform the wedding. Or you can use my text for inspiration as you create your own version.

Let's begin by telling a simple truth: You will probably never create a resilient, invigorating bond with the lush accomplice of your dreams until you master the art of loving yourself ingeniously. A wedding ritual that joins you to yourself could catalyze an uncanny shift in your personal mojo that would attract a fresh, hot consort into your life, or else awaken the sleeping potential of a simmering alliance you have now.

If you're feeling brave, try speaking the following words aloud:

"I am no longer looking for the perfect partner.
I am my own perfect partner."

Say it even stronger:

"I am no longer looking for the perfect partner
to salve all my wounds
and fix all my mix-ups
and bridge all my chasms.
I am no longer looking for the perfect partner
because I am my own perfect partner."

TO READ THE REST OF "I ME WED," go here: bit.ly/IMeWed

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THOUGHTFUL OPTIMISM THAT DOESN'T IGNORE THE SUFFERING

One of my heroes, radical historian Howard Zinn, said that pessimism tends to become a self-fulfilling prophecy. If we relentlessly imagine the worst possible outcomes, if we concentrate on all the things that are falling apart and going wrong, it cripples our capacity to make constructive changes. "To be hopeful in bad times is not just foolishly romantic," he wrote. "It gives us the energy to act."

More from Howard: "What we choose to emphasize in this complex history will determine our lives. If we see only the worst, it destroys our capacity to do something. If we remember those times and places--and there are so many--where people have behaved magnificently, this gives us the energy to act, and at least the possibility of sending this spinning top of a world in a different direction.

"And if we do act, in however small a way, we don't have to wait for some grand utopian future. The future is an infinite succession of presents, and to live now as we think human beings should live, in defiance of all that is bad around us, is itself a marvelous victory."

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MORE PRONOIA RESOURCES:

Danielle LaPorte at www.daniellelaporte.com writes:

Right now there are Tibetan Buddhist monks in a temple in the Himalayas endlessly reciting mantras for the cessation of your suffering and for the flourishing of your happiness.

Someone you haven't met yet is already dreaming of adoring you.
Someone is writing a book that you will read in the next two years that will change how you look at life.

Nuns in the Alps are in endless vigil, praying for the Holy Spirit to alight the hearts of all of God's children.

A farmer is looking at his organic crops and whispering, "nourish them."

Someone wants to kiss you, to hold you, to make tea for you.

Someone is willing to lend you money, wants to know what your favorite food is, and treat you to a movie. Someone in your orbit has something immensely valuable to give you — for free.

Something is being invented this year that will change how your generation lives, communicates, heals and passes on.

The next great song is being rehearsed.

Thousands of people are in yoga classes right now intentionally sending light out from their heart chakras and wrapping it around the earth.

Millions of children are assuming that everything is amazing and will always be that way.

Someone is in profound pain, and a few months from now, they'll be thriving like never before. They just can't see it from where they're at.

Someone who is craving to be partnered, to be acknowledged, to ARRIVE, will get precisely what they want — and even more. And because that gift will be so fantastical in it's reach and sweetness, it will quite magically alter their memory of angsty longing and render it all "So worth the wait."

Someone has recently cracked open their joyous, genuine nature because they did the hard work of hauling years of oppression off of their psyche — this luminous juju is floating in the ether, and is accessible to you.

Someone just this second wished for world peace, in earnest.
Someone is fighting the fight so that you don't have to.

Some civil servant is making sure that you get your mail, and your garbage is picked up, that the trains are running on time, and that you are generally safe. Someone is dedicating their days to protecting your civil liberties and clean drinking water.

Someone is regaining their sanity. Someone is coming back from the dead. Someone is genuinely forgiving the seemingly unforgivable. Someone is curing the incurable.

You. Me. Some. One. Now.

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

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FREE WILL ASTROLOGY **Week beginning October 25**

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SCORPIO (Oct. 23-Nov. 21):

"He believed in magic," writes author Michael Chabon about a character in his novel *The Amazing Adventures of Kavalier & Clay*. "Not in the so-called magic of candles, pentagrams, and bat wings," nor "dowsing rods, séances, weeping statues, werewolves, wonders, or miracles." Then what kind? Chabon says it's the "impersonal magic of life," like coincidences and portents that reveal their meanings in retrospect. I bring this to your attention, Scorpio, because now is a favorable time to call on the specific kind of magic that you regard as real and helpful. What kind of magic is that? Halloween costume suggestion: magician, witch, wizard.

SAGITTARIUS (Nov. 22-Dec. 21):

"If adventures will not befall a young lady in her own village, she must seek them abroad." Sagittarian author Jane Austen wrote that in her novel *Northanger Abbey*, and now I'm passing her message on to you, slightly altered. My version is, "If adventures will not befall Sagittarian people of any age or gender in their own neighborhood, they must seek them abroad." And where exactly is "abroad"? The dictionary says it might mean a foreign country, or it could simply mean outside or in another place. I'd like to extend the meaning further to include anywhere outside your known and familiar world. Halloween costume suggestion: traveler on a pilgrimage or explorer on a holy quest.

CAPRICORN (Dec. 22-Jan. 19):

PR executives at a beer company offered to pay me a lot of money if I would sneak a product placement ad into your horoscope. They asked me to pretend there was a viable astrological reason to recommend that you imbibe their product in abundance. But the truth is, the actual planetary omens suggest the opposite. You should not in fact be lounging around in a haze of intoxication. You should instead be working hard to drum up support for your labor of love or your favorite cause. Very Important People will be more available to you than usual, and you'll be wise to seek their input. Halloween costume suggestion: the Ultimate Fundraiser; Networker of the Year; Chief Hobnobber.

AQUARIUS (Jan. 20-Feb. 18):

"What kind of idea are you?" asks author Salmon Rushdie. "Are you the kind that compromises, does deals, accommodates itself, aims to find a niche, to survive; or are you the cussed, bloody-minded, ramrod-backed type of damnfool notion that would rather break than sway with the breeze?" I pose this question to you, Aquarius, because I think you could be an effective version of either idea in the coming weeks. If you're the latter—the cussed, damnfool notion—you may change your world in dramatic ways. Halloween costume suggestions: revolutionary; crusader; agitator; rabble-rouser.

PISCES (Feb. 19-March 20):

"There is no beauty without some strangeness," wrote Edgar Allen Poe. Fashion designer Rei Kawakubo ventured further, declaring, "Strangeness is a necessary ingredient in beauty." She also added another nuance to her definition: "For something to be beautiful, it doesn't have to be

pretty." I'll offer you one more seed for thought: wabi-sabi. It's a Japanese term that refers to a kind of beauty that's imperfect, transitory, and incomplete. I bring these clues to your attention, Pisces, because now is an excellent time to refine and clarify your own notion of beauty—and re-commit yourself to embodying it. Halloween costume suggestion: the embodiment of your definition of beauty.

ARIES (March 21-April 19):

In her poem "Shedding Skin," Harryette Mullen compares her own transformation to the action a snake periodically carries out to renew itself. Since you now have an excellent opportunity to undertake your own molting process, you may find her thoughts helpful. (I've rendered them in prose for easier reading.) "Pulling out of the old scarred skin—old rough thing I don't need now—I strip off, slip out of, leave behind. Shedding toughness, peeling layers down to vulnerable stuff. And I'm blinking off old eyelids for a new way of seeing. By the rock I rub against, I'm going to be tender again." Halloween costume suggestion: snake sloughing its skin.

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MAYBE JOY AND PLEASURE ARE ESSENTIAL SPIRITUAL EXPERIENCES

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.

For inspiration in practicing this approach, tune in to your EXPANDED AUDIO HOROSCOPES. 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.

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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TAURUS (April 20-May 20):

"Only the young and stupid are confident about sex and romance," says 49-year-old author Elizabeth Gilbert, who has written extensively about those subjects. I agree with her. I've devoted myself to studying the mysteries of love for many years, yet still feel like a rookie. Even if you are smarter about these matters than Gilbert and me, Taurus, I urge you to adopt a humble and curious attitude during the next few weeks. The cosmos has prepared some interesting lessons for you, and the best way to take advantage is to be eagerly receptive and open-minded. Halloween costume suggestion: sex researcher, love explorer, intimacy experimenter.

GEMINI (May 21-June 20):

"My way of learning is to heave a wild and unpredictable monkey-wrench into the machinery," wrote Gemini author Dashiell Hammett. But I recommend that you use his approach very rarely, and only when other learning methods aren't working. Most of the time, your best strategy for getting the lessons you need is to put lubricating oil into the machinery, not a monkey-wrench. That'll be especially true in the coming weeks. I suggest that you turn the machinery off for a while as you add the oil and do some maintenance. Halloween costume suggestion: repair person; computer techie; machine whisperer.

CANCER (June 21-July 22):

The great Swedish filmmaker Ingmar Bergman was a Cancerian like you and me. One of the factors contributing to his success was that he put his demons to good use, "by harnessing them to his chariot." He also testified that he gained control over his demons by taking long walks after breakfast. "Demons don't like fresh air," he said. "They prefer it if you stay in bed with cold feet." I suspect that now would be an excellent time to adopt his advice. Halloween costume suggestion: walk your demon on a leash, or make it into a puppet, or harness it to your chariot.

LEO (July 23-Aug. 22):

Throughout the Halloween season, I encourage you to fantasize extensively about what your dream home would look like and feel like if you had all the money necessary to create it. What colors would you paint the walls? Would you have carpets or hardwood floors? What would be your perfect lighting, furniture, and décor? As you gazed out your windows, what views would you see? Would there be nature nearby or urban hotspots? Would you have an office or music room or art studio? Have fun imagining the sanctuary that would bring out the best in you. Halloween costume suggestion: the ultimate homebody.

VIRGO (Aug. 23-Sept. 22):

"Extraordinary things are always hiding in places people never think to look," writes novelist Jodi Picoult. That's crucial for you to meditate on during the coming weeks. Why? Because your superpower is going to be the ability to find extraordinary things that are hiding in places where people have almost never thought to look. You can do both yourself and those you care for a big favor by focusing your intensity on this task. Halloween costume suggestions: sleuth, treasure hunter, private eye, Sherlock Holmes.

LIBRA (Sept. 23-Oct. 22):

"There is a season for wildness and a season for settledness, and this is neither. This season is about becoming." Author Shauna Niequist wrote that. In accordance with the astrological omens, I endorse her perspective as true and useful for you. You've zipped through your time of fertile chaos, conjuring up fresh possibilities. When January arrives, you'll be ready to work on stability and security. But for now, your assignment is to blossom. Halloween costume suggestions: beautiful creature hatching from an egg; strong sprout cracking out of a seed.

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HOMEWORK:

What part of you is too tame? How can you inspire it to seek wilder ways of knowing? Write FreeWillAstrology.com.

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