



the means to thrive.

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GROUNDING SPIRITUALITY

Authors of new books periodically ask me to write blurbs endorsing their work. Since my own schedule is so busy, I rarely have time to oblige. But I made an exception for Jeff Brown and his new book *Grounded Spirituality*. Here's what I wrote:

Jeff Brown is an iconoclastic visionary about intimate matters. There aren't many of those around, since most modern geniuses seem devoted to seemingly more glamorous and critical matters like artificial intelligence, 3-D printers, and smart chips implanted in our brains.

But the truth is—at least in my view—revolutionizing the ways we do our inner work and craft our intimate relationships are among the most important actions we can take to transform the world. And Jeff provides potent ideas to help us do just that.

His rigorous imagination is in service to creating a more emotionally intelligent culture. When I read his words, I get riled up in all the best ways. He disrupts my habitual thought grooves, which inevitably leads to unexpected healings and inspirations.

These days the word "soul" gets carelessly bandied around by many lazy and sloppy thinkers, but Jeff is not one of them. He is reverent and impeccable, an astute connoisseur of the soul and its needs.

Jeff's book is here: [tinyurl.com/y67pqkbz](http://tinyurl.com/y67pqkbz)

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ACTUALLY, AMERICANS ARE NOT DUMB ABOUT SCIENCE

"Hey, didja hear about those scientifically illiterate Americans? People so dumb, they think the sun revolves around the Earth? People who are getting dumber and whose lack of knowledge leads them to have misguided opinions about science policy?"

Not true, according to three sets of data — Pew's, Miller's and the National Science Foundation — that suggest our national grasp of scientific fact isn't too shabby. In reality, Americans have pretty decent scientific literacy.

Read the article: [tinyurl.com/y4edch9c](http://tinyurl.com/y4edch9c)

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HARNESSING DAYDREAMS?

In his book *The Storytelling Animal: How Stories Make Us Human*, literary scholar Jonathan Gottschall muses on the crucial role that imagination plays in our lives.

"The average daydream is about fourteen seconds long and we have about two thousand of them per day," he says. "In other words, we spend about half of our waking hours—one-third of our lives on earth—spinning fantasies."

I have a theory that to the extent that we are aware of these facts, and to the degree that we formulate intentions in response to them, we can harness our daydreams to enhance our creativity, productivity, and usefulness.

Maybe you could become aware of some of those times when you are semi-consciously spinning out tales and scenarios, and redirect all that colorful energy into visualizing a successful outcome for a project you're working on; or into visualizing the resources you would like to attract to help you accomplish a treasured goal.

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**MORE PRONIA RESOURCES:**

What has been going right in the world:

For the first time ever in 2018, developing countries added more clean power capacity than fossil fuel. Out of the 186 gigawatts of new power capacity that was built in developing nations, over half of it was wind and solar power.

Mexico is selling its \$218.7 million presidential plane to use funds for poor communities

South Korea closed its largest dog meat slaughterhouse

Ireland voted and repealed its abortion ban

Scotland became the first country to back teaching LGBTI issues in schools

A growing number of Americans now believe climate change is happening

A record number of minority and openly gay athletes competed in the Olympics

Research suggested that migrants are integrating well in Germany.

Germany released figures showing that more than 300,000 refugees have now found jobs, and the share of MPs with migrant backgrounds has risen from 3 per cent to 9 per cent in the last two elections.

Pennsylvania Attorney General Josh Shapiro released a grand jury report that, after an 18-month investigation, revealed more than 300 Catholic priests who had abused children over seven decades. The revelations prompted resignations, sparked other states to undertake their own inquiries and raised hopes that the Catholic Church might finally face its history and reform.

Please tell me your own nominations for PRONOIA RESOURCES: [Truthrooster@gmail.com](mailto:Truthrooster@gmail.com).

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**FREE WILL ASTROLOGY**  
**Week beginning April 25**

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**TAURUS (April 20-May 20):**

Whether or not you believe in magic, magic believes in you right now. Will you take advantage of the fancy gifts it has to offer? I guess it's possible that you're not interested in seeing deeper into the secret hearts of those you care for. Maybe you'll go "ho-hum" when shown how to recognize a half-hidden opportunity that could bring vitalizing changes. And you may think it's not very practical to romance the fire and the water at the same time. But if you're interested, all that good stuff will be available for you. P.S. To maximize the effects of the magic, believe in it.

**GEMINI (May 21-June 20):**

In 1815, the most ferocious volcanic eruption in human history exploded from Mount Tambora in what's now known as Indonesia. It flung gas and ash all over the planet, causing weird weather for three years. Sunlight dimmed, temperatures plummeted, skies were tumultuous, and intense storms proliferated. Yet these conditions ignited the imagination of author Mary Shelley, inspiring her to write what was to become her most notable work, *Frankenstein*. I suspect that you, too, will ultimately generate at least one productive marvel in response to the unusual events of the coming weeks.

**CANCER (June 21-July 22):**

For over 40 years, Cancerian musician Carlos Santana has made music that blends rock and roll with Latin and African rhythms. In the early years, his creations sold well, but by the mid-1980s his commercial success declined. For a decade, he floundered. His fortunes began to improve after a spectacular meditation session. Santana says he was contacted by the archangel Metatron, who told him how to generate material for a new album. The result was *Supernatural*, which sold 30 million copies and won nine Grammy Awards. I mention this, Cancerian, because I suspect that you could soon experience a more modest but still rousing variation of Santana's visitation. Are you interested? If so, the next seven weeks will be a good time to seek it out—and be very receptive to its possibility.

**LEO (July 23-Aug. 22):**

"Expergefactor" is an old English word that has fallen out of use. In its original sense, it meant something that wakes you up, like an alarm clock or thunderstorm or your partner's snoring. But I want to revive "expergefactor" and expand its meaning. In its new version, it will refer to an exciting possibility or beloved goal that consistently motivates you to spring out of bed in the morning and get your day started. Your expergefactor could be an adventure you're planning or a masterpiece you're working on or a relationship that fills you with curiosity and enchantment. In my astrological opinion, the coming weeks will be an excellent time to identify and fine-tune an expergefactor that will serve you well for a long time.

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

We live in a cultural moment when satire, sarcasm, cynicism, and irony are prized as supreme emblems of intelligence. If you say that you value sincerity and earnestness, you risk being considered naive and unsophisticated. Nevertheless, the current astrological omens suggest that you will generate good fortune for yourself in the coming weeks by making liberal use of sincerity and earnestness. So please try not to fall into the easy trap of relying on satire, sarcasm, cynicism, and irony to express yourself. As much as is practical, be kindly frank and compassionately truthful and empathetically genuine. (P.S. It's a strategy that will serve your selfish aims quite well.)

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

"Most people don't find their creativity," mourned Libran author Truman Capote. "There are more unsung geniuses that don't even know they have great talent." If that describes you even a little bit, I'm happy to let you know that you're close to stumbling upon events and insights that could change that. If you respond to the prompts of these unexpected openings, you will rouse a partially dormant aspect of your genius, as well as a half-inert stash of creativity and a semi-latent cache of imaginativity.

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**PRAYERS FOR YOU**

An interviewer once asked me if there's any special ritual I do before writing my weekly horoscopes. I told her that I say a prayer in which I affirm my desire to provide you with these three services: 1. that what I create will be of practical use to you; 2. that it will help you cultivate your relationship with your inner teacher; 3. that it will inspire you to tap into and use the substantial freedom you have to create the life you want.

If you ever want more inspiration generated in that same spirit -- beyond the horoscopes you're reading here -- keep in mind that every week I also create EXPANDED AUDIO HOROSCOPES for you. They're four-to-five-minute meditations on the current state of your destiny.

These forecasts are different in tone and format from the written horoscopes you read here in the newsletter. They're longer and more leisurely in tone. They tend to bring out more of the patient counselor in me, and have a bit less of the poet.

To listen to your Expanded Audio Horoscope online, go to [freewillastrology.sparkns.com](http://freewillastrology.sparkns.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 On the Web. (Discounts are available for bulk purchases.) You can also access them for \$1.99 per minute by phone

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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):

Do you know the word "sfumato"? Its literal meaning in Italian is "smoked." When used to describe a painting, it refers to blurred borders between objects or fuzzy transitions between areas of different colors. All the forms are soft and hazy. I bring this to your attention because I suspect the coming weeks will be a sfumato-like time for you. You may find it a challenge to make precise distinctions. Future and past may overlap, as well as beginnings and endings. That doesn't have to be a problem as long as you're willing to go with the amorphous flow. In fact, it could even be pleasurable and useful. You might be able to connect with influences from which you've previously been shut off. You could blend your energies together better with people who've been unavailable.

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

"You have a right to experiment with your life," declared author Anais Nin. I agree. You don't necessarily have to be what you started out to be. You can change your mind about goals that you may at one time have thought were permanent. I suspect you could be at one of these pivot points right now, Sagittarius. Are there any experiments you'd like to try? If so, keep in mind this further counsel from Nin. It's possible "you will make mistakes. And they are right, too."

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

You have one main task to accomplish in the coming weeks, Capricorn. It'll be simple and natural if you devote yourself to it wholeheartedly. The only way it could possibly become complicated and challenging is if you allow your focus to be diffused by less important matters. Ready for your assignment? It's articulated in this poem by Rupi Kaur: "bloom beautifully / dangerously / loudly / bloom softly / however you need / just bloom."

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

When the forces of the Roman empire occupied the British Isles from the years 43 to 410, they built 2,000 miles of roads. Their methods were sophisticated. That's why few new roads were built in England until the eighteenth century, and many of the same paths are still visible and available today. In this spirit, and in accordance with astrological omens, I recommend that you make good use of an old system or network in the coming weeks. This is one time when the past has blessings to offer the future.

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

"I'm not enigmatic and intriguing enough," writes a Piscean blogger named RiddleMaster. "I really must work harder. Maybe I'll start wearing ankle-length black leather coats, billowing silk scarves imprinted with alchemical symbols, and wide-brimmed hats. I'll listen to Cambodian folk songs and read rare books in ancient Sanskrit. When someone dares to speak to me, I'll utter cryptic declarations like, 'The prophecies will be fulfilled soon enough.'" I understand RiddleMaster's feelings. You Pisceans need mystery almost as much as you need food. But I believe you should set aside that drive for a few weeks. The time has come for you to show the world who you are with crisp candor.

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

In the U.S., the day after Thanksgiving typically features a spectacular shopping orgy. On "Black Friday," stores sell their products at steep discounts and consumers spend their money extravagantly. But the creators of the game *Cards Against Humanity* have consistently satirized the tradition. In 2013, for example, they staged a Black Friday "anti-sale," for which they *raised* their prices. The coming weeks will be a favorable time for you to try something similar. Is it possible you're undercharging for your products and services and skills? If so, consider asking for more. Reassess your true worth and seek appropriate rewards.

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**HOMEWORK:**

Compose an exciting prayer in which you ask for something you're not "supposed" to.  
[FreeWillAstrology.com](http://FreeWillAstrology.com)

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