Rob Brezsny's Astrology Newsletter Feed



Rob Brezsny's Astrology Newsletter November 11, 2020 <u>FreeWillAstrology.com</u>

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GRATITUDE FEST

Would you like to make yourself smarter and more beautiful? Are you interested in increasing your capacity for ecstasy and improving your health? Consider the possibility of celebrating regular Gratitude Fests.

During these celebrations of appreciation, you could confer praise and respect on the creatures, both human and otherwise, that have played seminal roles in inspiring you to become yourself. You would devote yourself to invoking and expressing thanks.

Who teaches and helps you? Who sees you for who you really are? Who nudges you in the direction of your fuller destiny and awakens you to your signature truths? Who loves you brilliantly?

SEEK TEACHINGS EVERYWHERE

As a bee seeks nectar from all kind of flowers, seek teachings everywhere. Like a deer that finds a quiet place to graze, seek seclusion to digest all that you have gathered. Like a madman beyond all limits, go wherever you please and live like a lion completely free of all fear.

ancient Tibetan text

THE HISTORY OF YOUR RELATIONSHIP WITH DESIRE

Imagine it's 30 years from now. You're looking back at the history of your relationship with desire. There was a certain watershed moment when you clearly saw that some of your desires were mediocre, inferior, and wasteful, while others were pure, righteous, and invigorating.

Beginning then, you made it a life goal to purge the former and cultivate the latter.

Thereafter, you occasionally wandered down dead ends trying to gratify yearnings that weren't worthy of you, but usually you wielded your passions with discrimination, dedicating them to serve the highest and most interesting good.

THE UNIVERSE IS MADE OF STORIES

The poet Muriel Rukeyser said the universe is composed of stories, not of atoms. The physicist Werner Heisenberg declared that the universe is made of music, not of matter.

And we believe that if you habitually expose yourself to toxic stories and music, you could wind up living in the wrong universe, where it's impossible to become the gorgeous genius you were born to be.

That's why we implore you to nourish yourself with delicious, nutritious tales and tunes that inspire you to exercise your willpower for your highest good.

Listen to this as a spoken-word piece: <a href="https://doi.org/10.009/bit.ly/1000/bit

DOUBLE HAPPINESS

There is a Chinese character that means "Double Happiness." It's my emblem right now.

First happiness: Joe Biden won the presidency, earning more than 75 million votes—4.1 million more votes than the departing tyrant. That's by far the most in history, and will be even greater when the count is finished.

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Second Happiness: I am absolutely ecstatic that we Americans have elected our first Black and Asian Woman Vice-President: Kamala Harris.

Let's keep in mind that as a Senator, Harris's "Lifetime Progressive Score" rating has been a gloriously high 95.83%, just one percentage point less than Bernie Sanders' rating.

See "Progressive Score" ratings for Senators here: <u>tinyurl.com/y33jh2hc</u>
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TRIPLE HAPPINESS?
A Third Happiness will arrive if the people of Georgia elect two Democratic Senators in the state's run-off election on January 5: Jon Ossoff and Raphael Warnock.
I think this should be our top priority. When Ossoff and Warnock are sworn in, the Senate will have 50 Senators who vote with Democrats and 50 who vote with Republicans. Vice-President Kamala Harris will have the tie-breaking vote in any deadlocks.
Mitch McConnell will then NOT have the power to block President Biden's agenda, as he worked so hard to do against President Obama.
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What can we do to help ensure this Third Happiness happens?
We can donate money to the Democratic Senate candidates:
Raphael Warnock: <u>tinyurl.com/y5d3kf2u</u>
Jon Ossoff: <u>tinyurl.com/y32y3etk</u>
Another good place to donate to help Georgia's Democratic Senate candidates is to Stacey Abrams' FairFight: <u>fairfight.com</u>
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If you're interested in writing postcards to Georgia voters for the runoff election on January 5, check out <u>postcardstoswingstates.com</u> . They give good guidance on how to proceed.
Here's another postcard-writing website: www.facebook.com/TonyTheDemocrat.org
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UNHAPPINESS
Over 70 million Americans voted for a misogynist, racist, homophobic, transphobic, anti- immigrant bully—a vile, pathologically lying thug who is the worst human being to have ever played a role in American life. And I am genuinely dismayed, angry, and grief-stricken.
I won't suppress my feelings about this heinous truth—it's important that I acknowledge them and make them part of the reservoir of motivations from which I draw inspiration.
So no, I won't suppress my rage and anguish, but neither will I allow them to dominate or obsess me. Rather, I will use them to redouble my devotion to creating a culture built on progressive values.
Two quotes I use as guidance:
"The secret of change is to focus all of your energy, not on fighting the old, but on building the new."
—Dan Millman. "You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete."
-Buckminster Fuller
Bright spot: The 70+ million people who voted for Trump are just 29% of the registered voters in the US, and only 21.3% of the total US population.
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EMOTIONAL INTELLIGENCE
Emotional intelligence is the single most underrated superpower in the world.
One of the simplest and most effective ways to begin cultivating emotional intelligence is to learn to communicate using "I" statements. More info about that: <u>tinyurl.com/MakingIstatements</u>
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A reader asked me: "Do you think that cultivating emotional intelligence increases our ability to communicate with community members who don't feel like 'our people'?"
Here's my response: Sure—if those people want to be communicated with and aren't so hostile that they're not available for real conversation.
All my adult life, I've been open and welcoming to talk with and listen to everyone and anyone, including people who don't share my political and spiritual beliefs and who don't value psychological wisdom as being key to living a good life.
That openness and welcome aren't always returned, though. And I don't try to force an interaction with anyone who feels closed to me.
Also: When someone's first comment to me is hostile and derisive, I withdraw my openness and welcome.
The good news: I never take their rejection personally.
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Some Trump supporters assume that I have been "brainwashed by the mainstream media."

Here's the truth: I have been pointedly critiquing the mainstream media since 1981, when I came of age as a thinker and an artist. In fact, analyzing the flaws of the mainstream media has been

central to my work as a philosopher and artist.
An important resource in my critique was Noam Chomsky's book <i>Manufacturing Consent: The</i>
Political Economy of the Mass Media. +
Furthermore, I have always made it a point to read rightwing media. There's no echo chamber in my world.
I don't read every conservative publication every day, but I rotate through the conservative media listed at this source: <u>tinyurl.com/y253pth7</u>
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WHAT DOES LOVE MEAN?
What exactly does it mean to "love" someone who condones and enables tyranny and cruelty? Of what does the love consist? How is it expressed?
A few people are telling me that we should love Trump supporters despite the fact that they sanction his heinous actions.
I have always been careful never to wish ill on anyone, even those who do cruel and destructive things and who collaborate with people who do cruel and destructive things. I am not the administrator of Karma, and I can't see the long-term, big-picture plans of Goddess. So I don't hate anyone. I aspire to feel and express love.
On the other hand, that loving perspective doesn't mean that I allow them to have a negative impact in my life. I protect myself from them.
And I won't tell them it's OK to do cruel and destructive things or help others do cruel and destructive things.
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BERNE SANDERS EXPRESSES GRATITUDE
Bernie Sanders Tweets: I want to thank progressive grassroots organizations for their extraordinary efforts in helping to make Biden's victory possible. Together, you built widespread support for Biden among young people, people of color and the working class. Congratulations. Let's keep going forward.
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AIN'T GOING TO HAPPEN
Some readers are still writing to me to demand that I never again write about politics. So I will restate my perspective: That ain't going to happen!
Being a politically progressive activist has been an important part of my life and work since I came of age. I wouldn't be my authentic self if I hid my political views.
In addition, my spiritual values are deeply interwoven and aligned with my political principles. They are impossible to separate. Every political view I express is a direct and specific reflection of my deepest spiritual understandings.
My spirituality IS political and my politics ARE spiritual.
Readers who tell me not to express my political ideas might as well tell me not to express my spiritual ideas.
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If you'd like to donate to my well-being:
1. Visit my Gift Page — <u>paypal.me/GiftsForRob</u> — and contribute to me now and then via the "Friends and Family" option.
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3. Send checks or cash to me at P.O. Box 4400, San Rafael, CA 94913.
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P.S.: No pressure, though! I understand that some of you don't have enough money yourself, and it wouldn't make sense for you to give some to me.
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MORE PRONOIA RESOURCES:
Unphotoshopped images of 32 beautiful places: tinyurl.com/kaal4j8
How Costa Rica Slowed, Stopped, Then Reversed Deforestation in Their Rainforests. <u>tinyurl.com/y52r497q</u>
"It's really a wonder that I haven't dropped all my ideals, because they seem so absurd and impossible to carry out. Yet I keep them, because in spite of everything I still believe that people are really good at heart." —Anne Frank

FREE WILL ASTROLOGY Week beginning November 12

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SCORPIO (Oct. 23-Nov. 21):

"I hold a beast, an angel, and a madman in me," wrote Scorpio poet Dylan Thomas (1914–1953) in a letter to a friend. That sounds like a lot of energy to manage! And he didn't always do a good job at it—although he did at times tap into his primal wellspring to create some interesting poetry. I'm going to use Thomas's words in your horoscope, because I think that in the coming weeks you can be a subtle, refined, and mature blend of a beast, angel, and madperson. Be your wisest wild self, dear Scorpio!

SAGITTARIUS (Nov. 22-Dec. 21):

Activist and author Rebecca Solnit writes, "The grounds of my hope have always been that history is wilder than our imagination of it and that the unexpected shows up far more regularly than we ever dream." In my astrological estimation, her grounds for hope should also be yours in the coming weeks. The future is more wide-open than you might think. The apparent limitations of the past are at least temporarily suspended and irrelevant. Your fate is purged of some of your old conditioning and the inertia of tradition. I encourage you to make a break for freedom. Head in the direction of the Beautiful Unknown.

CAPRICORN (Dec. 22-Jan. 19):

The famous Leaning Tower of Pisa doesn't stand straight, but tilts at an angle. Why? The soil it was built on is soft on one side. So the marble-and-limestone structure began to tip even before it was finished. That's the weird news. The good news is that the tower has remained standing for more than eight centuries—and has stayed intact even though four major earthquakes have rolled through the area. Why? A research team of engineers determined it's because of the soft foundation soil, which prevents the tower from resonating violently with the temblors. So the very factor that makes it odd is what keeps it strong. Is there a comparable phenomenon in your life? I believe there is. Now is a good time to acknowledge this blessing—and enhance your use of it.

AQUARIUS (Jan. 20-Feb. 18):

Even if you tend to pay more attention to what's going wrong than what's going right, I ask you to change your attitude for the next three weeks. Even if you believe that cynicism is an intelligent perspective and a positive attitude is a wasteful indulgence, I encourage you to suspend those beliefs. As an experiment—and in accordance with astrological potentials—I invite you to adopt the words of activist Helen Keller as your keynote: "Every optimist moves along with progress and hastens it, while every pessimist would keep the world at a standstill. The consequence of pessimism in the life of a nation is the same as in the life of the individual. Pessimism kills the instinct that urges people to struggle against poverty, ignorance and crime, and dries up all the fountains of joy in the word."

PISCES (Feb. 19-March 20):

Researchers in the UK found that 62 percent of the adult population brags that they've read classic books that they have not in fact read. Why? Mostly to impress others. George Orwell's *1984* is the top-rated book for fake claims, followed by Tolstoy's *War and Peace*, James Joyce's *Ulysses*, and the Bible. I hope you won't engage in anything like that type of behavior during the weeks ahead. In my opinion, it's even more crucial than usual for you to be honest and authentic about who you are and what you do. Lying about it might seem to be to your advantage in the short run, but I guarantee it won't be.

ARIES (March 21-April 19):

"Love can't always do work," wrote novelist Iris Murdoch. "Sometimes it just has to look into the darkness." From what I can tell, you've been doing that recently: looking into the darkness for love's sake. That's a good thing! You have been the beneficiary of the blessings that come through the contemplation of mysteries and enigmas. You've been recalibrating your capacity to feel love and tenderness in the midst of uncertainty. I suspect that it will soon be time to shift course, however. You're almost ready to engage in the intimate work that has been made possible by your time looking into the darkness.

LOVE YOUR LIFE!

How's your fight for freedom going? Are you making progress in liberating yourself from your unconscious obsessions, bad habits, and conditioned responses? Are you turning out to be the hero of your own life?

For assistance and inspiration, tune in to my EXPANDED AUDIO HOROSCOPES.

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.

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

Register and/or log in through the main page.

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The cost is \$6 per sign online. (Discounts are available for bulk purchases.)

You can also listen over the phone by calling 1-877-873-4888. The cost is 1.99 per minute. Each forecast is 4-5 minutes long.

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"Your expanded audio horoscopes help me remember the important things I've forgotten and they help me forget about the unimportant things I don't need to dwell on." —Raven Hudson, Austin

"I love the soothing kindness of your audio horoscopes. I also love their invigorating

TAURUS (April 20-May 20):

Author Barbara Kingsolver says, "Don't try to figure out what other people want to hear from you; figure out what you have to say." That's always valuable advice, but it'll be especially useful to keep in mind during the coming weeks. You're probably going to feel more pressure than usual to tell others what they wish you would tell them; you may experience some guilt or worry about being different from their expectations of you. Here's the good news: I'm pretty certain you can be true to yourself without seeming like a jerk to anyone or damaging your long-term interests. So you might as well say and do exactly what's real and genuine.

GEMINI (May 21-June 20):

"The violets in the mountains have broken the rocks," wrote playwright Tennessee Williams. I think that's a poetic but accurate description of the feat you've been working on lately, Gemini. You're gently smashing through stony obstructions. You've been calling on your irrepressible will to enjoy life as you have outsmarted the rugged, jagged difficulties. You're relying on beauty and love to power your efforts to escape a seemingly no-win situation. Congratulations! Keep up the good work!

CANCER (June 21-July 22):

Cancerian rapper Vince Staples says, "I feel like it's impossible to be completely yourself." Why? Because ideally we're always outgrowing who we have become; we're moving beyond the successes we have already achieved. There is no final, whole, ideal "self" to inhabit and express —only more and more of our selfness to create. Staples suggests we'd get bored if we reached a mythical point where we had figured out exactly who we are and embodied it with utter purity. We always have a mandate to transform into a new version of our mystery. Sounds like fun! Everything I just said, Cancerian, is an empowering meditation for you right now.

LEO (July 23-Aug. 22):

"I am my own sanctuary and I can be reborn as many times as I choose throughout my life." Singer-songwriter Lady Gaga said that, and now I offer it to you to use as your motto. According to my analysis of the astrological omens, it's a fabulous time to be your own sanctuary. I invite you to rebirth yourself at least twice between now and the end of November. What's the first step you'll take to get started?

VIRGO (Aug. 23-Sept. 22):

The National Football League is a giant socialist enterprise. It earns billions of dollars of revenue, and shares it equally with each of its 32 teams. So the team in Green Bay, Wisconsin, population 105,000, receives the same payout as the team in Chicago, population 2.7 million. I advocate a comparable approach for you in the coming weeks. Just for now, distribute your blessings and attention and favors as evenly as possible, showing no favoritism toward a particular child or friend or pet or loved one or influence. Be an impartial observer, as well. Try to restrain biases and preferential treatment as you act with even-handed fair-mindedness. Don't worry: You can eventually go back to being a subjective partisan if you want. For the foreseeable future, your well-being requires cordial neutrality.

LIBRA (Sept. 23-Oct. 22):

"Who is to decide between 'Let it be' and 'Force it'?" asked Libran author Katherine Mansfield. I mention this because you're now hanging out in the limbo zone between "Let it be" and "Force it." But very soon—I'm sure you'll have a clear intuition about when—you'll figure out how to make a decisive move that synthesizes the two. You will find a way to include elements of both "Let it be" and "Force it."

HOMEWORK:

What's the one thing you have never said to your best friend that you really should say? <u>FreeWillAstrology.com</u>

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