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RADICAL AMAZEMENT

Our goal should be to live life in radical amazement . . . get up in the morning and look at the world in a way that takes nothing for granted. Everything is phenomenal; everything is incredible. Never treat life casually. To be spiritual is to be amazed.

—Abraham Joshua Heschel, Jewish theologian and civil rights activist

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YOUR HEART BREAKS REGULARLY

"If you're really listening, if you're awake to the poignant beauty of the world, your heart breaks regularly. In fact, your heart is made to break; its purpose is to burst open again and again so that it can hold ever-more wonders."

-Andrew Harvey, *The Return of the Mother*

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REAL LISTENING

Abraham Maslow's definition of *real* listening: to listen "without presupposing, classifying, improving, controverting, evaluating, approving or disapproving, without dueling what is being said, without rehearsing the rebuttal in advance, without free-associating to portions of what is being said so that succeeding portions are not heard at all."

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THE FORCES OF GOOD

Do you have an unconscious belief that the forces of evil are loud, vigorous, and strong, while good is quiet, gentle, and passive? Gather evidence that contradicts this irrational prejudice.

Are you secretly suspicious of joy because you think it's inevitably rooted in wishful thinking and a willful ignorance about the true nature of reality? Expose these suspicions as superstitions that aren't grounded in any objective data you can actually prove.

Do you fear that when you're in the presence of love and beauty you tend to become softheaded, whereas you're likely to feel smart and powerful when you're sneering at the ugliness around you?

As an antidote, for a given amount of time, say a week or a month or a year, act as if the following hypothesis were true: that you're more likely to grow smarter when you're in the presence of love and beauty.

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MORE PRONOIA RESOURCES:

American Ingenuity Awards, which showcase revolutionary breakthroughs in the arts and sciences, education and social progress.

tinyurl.com/pe7bhyu

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Being Nice Versus Being Good

tinyurl.com/brx6bgf

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We're closer to environmental disaster than ever before. We need a new story for our relationship with the Earth, one that goes beyond science and religion. Here's a start: The universe is not a random assemblage of dead matter and empty space, but is alive, intelligent, and continually evolving.

Not only is the world alive, it is alive in us. "We bear the universe in our beings," said Thomas Berry, "as the universe bears us in its being." In Berry's view, we are the eyes, the minds, and the hearts that the cosmos is evolving so that it can come to know itself ever more perfectly through us.

tinyurl.com/knqyqd9

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For a lot more pronoiac resources and ideas, read my book *Pronoia Is the Antidote for Paranoia: How the Whole World is Conspiring to Shower You with Blessings*

Available at Barnes & Noble: tinyurl.com/PronoiaBN

Available at Amazon: bit.ly/Pronoia

A free preview of the book is available here: tinyurl.com/PronoiaPreview

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Please tell me your own nominations for PRONOIA RESOURCES:

Truthrooster@gmail.com.

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FREE WILL ASTROLOGY

Week beginning December 24

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FreeWillAstrology.com

CAPRICORN (Dec. 22-Jan. 19):

The birds known as red knots breed every year in the Arctic regions. Then they fly south—way south—down to the southern edge of South America, more than 9,000 miles away. A few months later they make the return trip to the far north. In 1995, ornithologists managed to put a monitoring band on one red knot's leg, making it possible to periodically get a read on his adventures over the subsequent years. The bird's nickname is Moonbird, because he has traveled so many miles in the course of his life that it's equivalent to a jaunt to the moon. He's known as "the toughest four ounces on the planet." I nominate him to be your magical creature in 2021. I suspect you will have stamina, hardiness, persistence, and determination like his.

AQUARIUS (Jan. 20-Feb. 18):

An Aquarian park ranger named Roy Sullivan was struck by lightning seven times in the course of his 71 years on the planet. (That's a world record.) None of the electrostatic surges killed him, although they did leave a few burns. After studying your astrological potentials for 2021, I've concluded that you may be the recipient, on a regular basis, of a much more pleasurable and rewarding kind of lightning strike: the metaphorical kind. I advise you to prepare yourself to be alert for more epiphanies than usual: exciting insights, inspiring revelations, and useful ideas.

PISCES (Feb. 19-March 20):

Coral reefs are in danger all over the world. These "rainforests of the sea" are being decimated by ocean acidification, toxic runoff from rivers, rising temperatures, and careless tourists. Why should we care? Because they're beautiful! And also because they're hotbeds of biodiversity, providing homes for 25 percent of all marine species. They also furnish protection for shorelines from erosion and storm damage, and are prime spots to harvest seafood. So I'm pleased people are finding ways to help reefs survive and recover. For example, a group in Thailand is having success using superglue to re-attach broken-off pieces to the main reefs. I hope this vignette inspires you to engage in metaphorically similar restorative and rejuvenating activities, Pisces. In 2021, you will have an enhanced power to heal.

ARIES (March 21-April 19):

Your capacity for pioneering feats and impressive accomplishments will be at a peak in 2021. So you could become the best human ever at balancing a ladder on your chin or typing with your nose or running long-distance while holding an egg on a spoon with your mouth. But I'd prefer it if you channeled your triumphal energy into more useful innovations and victories. How about making dramatic strides in fulfilling your most important goal? Or ascending to an unprecedented new level of inspiring people with your passionate idealism? Or setting a record for most illusions shed?

TAURUS (April 20-May 20):

Ark Encounter is a fundamentalist Christian theme park in Kentucky. Its main attraction is a giant replica of Noah's Ark. Constructed mostly from spruce and pine trees, it's one of the world's largest wooden structures. Even though I don't believe that there was in fact such a boat in ancient times, I do admire how its builder, Ken Ham, has been so fiercely devoted to making his fantasies real. I encourage you to cultivate an equally zealous commitment to manifesting your own visions and dreams in 2021.

GEMINI (May 21-June 20):

From 1961 until 1989, a concrete barrier divided the city of Berlin. Communist East Berlin lay on the east side of the Berlin Wall, and capitalist West Berlin on the west. It was an iconic symbol of the Cold War between the US and Soviet Union. More than 100,000 people tried to escape from east to west, but just 5,000 succeeded. The standoff ended in 1989, during the peaceful revolutions that swept through Eastern Europe. In subsequent months, the Berlin Wall was slowly demolished. Today, tiny fragments of the wall are marketed as medicines for asthma, headaches, narcolepsy, and ulcers. Now I will propose that in 2021, you adopt the demolished Berlin Wall as your metaphor of power. May it inspire you to be gleeful and forceful as you dismantle psychological obstacles and impediments.

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START EXPLORING YOUR LONG-RANGE FUTURE

This week my EXPANDED AUDIO HOROSCOPES offer you a teaser, sneak-peek look of some major themes you'll be working and playing with in 2021.

Who do you want to be in the coming year? What do you want to do? Where do you want to go? Your destiny is more wide-open than you might imagine. You have a lot of power to shape the flow of events.

I hope to inspire you to take advantage of the possibilities!

The cost is \$6, with a discount for multiple purchases.

To get your sneak peek of some of 2021's major themes:

- 1. Go to RealAstrology.com

2. Register and/or log in

3. Then click on the link "This week (Dec. 22, 2020)."

They are also available by phone at 1-877-873-4888.

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CANCER (June 21-July 22):

The year 2021 will contain 525,600 minutes. But I suspect you might enjoy the subjective sensation of having far more than 525,600 minutes at your disposal. That's because I think you'll be living a fuller life than usual, with greater intensity and more focus. It may sometimes seem to you as if you are drawing greater riches out of the daily rhythm—accomplishing more, seeing further, diving down deeper to capitalize on the privilege of being here on planet earth. Be grateful for this blessing—which is also a big responsibility!

LEO (July 23-Aug. 22):

Our lives are filled with puzzles and enigmas and riddles. We all harbor aspects of ourselves that we don't understand. I hope that in 2021, you will be on a mission to learn more about these parts of yourself. One of your superpowers will be a capacity to uncover secrets and solve mysteries. Bonus: I suspect you'll be able to make exceptional progress in getting to the root of confusing quandaries that have undermined you—and then fixing the problems so they no longer undermine you.

VIRGO (Aug. 23-Sept. 22):

When actor Gene Wilder was eight years old, his mother began to have heart-related health issues. The doctor that treated her suggested he could help her out if he would try to make her laugh. From then on, Wilder cultivated an ability to tell jokes and got interested in becoming an actor. Ultimately he appeared in 22 films and was nominated for two Oscars and two Golden Globe Awards. I foresee a comparable development in your life in 2021: A challenging situation will inspire you in ways that generate a major blessing.

LIBRA (Sept. 23-Oct. 22):

In my astrological opinion, love won't be predictable in 2021. It won't be easily definable or comparable to what you're experienced before. But I also suspect that love will be delightfully enigmatic. It will be unexpectedly educational and fervently fertile and oddly comfortable. Your assignment, as I understand it, will be to shed your certainties about what love is and is not so that the wild, fresh challenges and opportunities of love can stream into your life in their wildest, freshest state.

SCORPIO (Oct. 23-Nov. 21):

Until 1893, Hawaii was a sovereign nation. In January of that year, a group of wealthy foreigners, mostly Americans, overthrew the existing government with the help of the US military. They established a fake temporary "republic" that excluded native Hawaiians from positions of power. Their goal, which was to be annexed by the United States, was fulfilled in July 1898. I propose that you use this sad series of events as a motivational story in 2021. Make it your goal to resist all efforts to be colonized and occupied. Commit yourself passionately to preserving your sovereignty and independence. Be a tower of power that can't be owned.

SAGITTARIUS (Nov. 22-Dec. 21):

In 2021, you may be smarter than you have ever been. Not necessarily wiser, too, although I have reason to hope that you will leverage your smartness to also deepen your wisdom. But as I was saying, your intelligence could very well soar beyond its previous heights. Your ability to speak articulately, stir up original thoughts, and solve knotty riddles should be at a peak. Is there any potential downside to this outbreak of brilliance? Only one that I can imagine: It's possible that your brain will be working with such dominant efficiency that it will drown out messages from your heart. And that would be a shame. In order to do what I referred to earlier— leverage your smartness to deepen your wisdom—you'll need to be receptive to your heart's messages.

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HOMEWORK:

Make a bold positive prediction for your life in 2021. FreeWillAstrology.com

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