

Rob Brezsny's Astrology Newsletter

December 16, 2015

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My book **PRONOIA IS THE ANTIDOTE FOR PARANOIA** is available at Amazon: <http://bit.ly/Pronoia> or Powells: <http://bit.ly/PronoiaPowells>

Below are excerpts:

FREE MIND, WILD HEART

To be the best pronoiac explorer you can be, I suggest you adopt an outlook that combines the rigorous objectivity of a scientist, the "beginner's mind" of Zen Buddhism, the "beginner's heart" of pronoia, and the compassionate friendliness of the Dalai Lama. Blend a scrupulously dispassionate curiosity with a skepticism driven by expansiveness, not spleen.

To pull this off, you'll have to be willing to regularly suspend your brilliant theories about the way the world works. Accept with good humor the possibility that what you've learned in the past may not be a reliable guide to understanding the fresh phenomenon that's right in front of you. Be suspicious of your biases, even the rational and benevolent ones. Open your heart as you strip away the interpretations that your emotions might be inclined to impose.

"Before we can receive the unbiased truth about anything," wrote my teacher Ann Davies, "we have to be ready to ignore what we would like to be true."

At the same time, don't turn into a hard-ass, poker-faced robot. Keep your feelings moist and receptive. Remember your natural affection for all of creation. Enjoy the power of tender sympathy as it drives you to probe for the unimaginable revelations of every new moment. "Before we can receive the entire truth about anything," said Ann Davies, "we have to love it."

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To achieve what the Zen Buddhists call "beginner's mind," you dispense with all preconceptions and enter each situation as if seeing it for the first time.

"In the beginner's mind there are many possibilities," wrote Shunryu Suzuki in his book *Zen Mind, Beginner's Mind*, "but in the expert's there are few."

As much as I love beginner's mind, though, I advocate an additional discipline: cultivating a beginner's heart. That means approaching every encounter imbued with a freshly invoked wave of love that is as pure as if you're feeling it for the first time.

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DIONYSIAN MANIFESTO

I kick my own ass and wash my own brain.
I push my own buttons and trick my own pain.
I burn my own flags and roast my own heroes.
I mock my own fears and cheer my own zeroes.

Nothing can stop me from teasing my shadow.
I'm full of empty and backwards bravado.
My wounds are tattoos that reveal my true beauty.
I turn tragic to magic and make bliss my duty.

continue doing so. Here's your homework: Take a realistic inventory of the ways your life has had a positive impact on the lives of people you have known.

ARIES (March 21-April 19): The Neanderthals were a different human species that co-existed with our ancestors, homo sapiens, for at least 5,000 years. But they eventually died out while our people thrived. Why? One reason, says science writer Marcus Chown, is that we alone invented sewing needles. Our newborn babies had well-made clothes to keep them warm and healthy through frigid winters. Neanderthal infants, covered with ill-fitting animal skins, had a lower survival rate. Chown suggests that although this provided us with a mere one percent survival advantage, that turned out to be significant. I think you're ready to find and use a small yet ultimately crucial edge like that over your competitors, Aries.

TAURUS (April 20-May 20): Artist Robert Barry created "30 Pieces," an installation that consisted of pieces of paper on which he had typed the following statement: "Something which is very near in place and time, but not yet known to me." According to my reading of the astrological omens, this theme captures the spirit of the phase you're now entering. But I think it will evolve in the coming weeks. First it'll be "Something which is very near in place and time, and is becoming known to me." By mid-January it could turn into "Something which is very near and dear, and has become known to me."

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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. 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 <http://RealAstrology.com>.

Register and/or log in through the main page.

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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. Each forecast is 4-5 minutes long.

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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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GEMINI (May 21-June 20): "There is in every one of us, even those who seem to be most moderate, a type of desire that is uncanny, wild, and lawless." Greek philosopher Plato wrote that in his book *The Republic,* and I'm bringing it to your attention just in time for your Season of Awakening and Deepening Desire. The coming days will be a time when you can, if you choose, more fully tune in to the uncanny, wild, and lawless aspects of your primal yearnings. But wait a minute! I'm not suggesting you should immediately take action to gratify them. For now, just feel them and observe them. Find out what they have to teach you. Wait until the new year before you consider the possibility of expressing them.

CANCER (June 21-July 22): Congratulations! You have broken all your previous records for doing boring tasks that are good for you. In behalf of the other eleven signs, I thank you for your heroic, if unexciting, campaign of self-improvement. You have not only purified your emotional resources and cleared out some breathing room for yourself, but you have also made it easier for people to help you and feel close to you. Your duty has not yet been completed, however. There are a few more details to take care of before the gods of healthy tedium will be finished with you. But start looking for signs of your big chance to make a break for freedom. They'll arrive soon.

LEO (July 23-Aug. 22): The English word "fluke" means "lucky stroke." It was originally used in the game of billiards when a player made a good shot that he or she wasn't even trying to accomplish. Later its definition expanded to include any fortuitous event that happens by chance rather than because of skill: good fortune generated accidentally. I suspect that you are about to be the beneficiary of what may seem to be a series of flukes, Leo. In at least one case, though, your lucky break will have been earned by the steady work you've done without any fanfare.

VIRGO (Aug. 23-Sept. 22): You may not have to use a literal crowbar in the coming weeks, but this rough tool will serve you well as a metaphor. Wherever you go, imagine that you've got one with you. Why? It's time to jimmy open glued-shut portals . . . to pry loose mental blocks . . . to coax unyielding influences to budge . . . to nudge intransigent people free of their fixations. Anything that is stuck or jammed needs to get unstuck or unjammed through the power of your willful intervention.

LIBRA (Sept. 23-Oct. 22): The coming weeks will be a favorable time for you to consort with hidden depths and unknown riches. In every way you can imagine, I urge you to go deeper down and further in. Cultivate a more conscious connection with the core resources you sometimes take for granted. This is one time when delving into the darkness can lead you to pleasure and treasure. As you explore, keep in mind this advice from author T. Harv Eker: "In every forest, on every farm, in every orchard on earth, what's under the ground creates what's above the ground. That's why placing your attention on the fruits you have already grown is futile. You can't change the fruits that are already hanging on the tree. But you can change tomorrow's fruits. To do so, you will have to dig below the ground and strengthen the roots."

SCORPIO (Oct. 23-Nov. 21): In the coming weeks, the pursuit of pleasure could drain your creative powers, diminish your collaborative possibilities, and wear you out. But it's also possible that the pursuit of pleasure will enhance your creative powers, synergize your alliances, and lead you to new opportunities. Which way will you go? It all depends on the kinds of pleasures you pursue. The dumb, numbing, mediocre type will shrink your soul. The smart, intriguing, invigorating variety will expand your mind. Got all that? Say "hell, no" to trivializing decadence so you can say "wow, yes" to uplifting bliss.

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Homework: Make a guess about what you will be most proud of 15 years from today. Testify at FreeWillAstrology.com.

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