

Rob Brezsny's Astrology Newsletter

March 2, 2016

+

See a pretty version of this newsletter: <http://bit.ly/1Qc0qyn>

+

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.

YOU ARE ALWAYS IN LOVE

You have always been in love. You will always be in love. In fact, it is impossible for you NOT to be in love. You'd be unable to get out of bed each morning unless there were someone or something that roused your heart and stirred your passionate imagination.

So please admit that you are alive because of love; that you are MADE of love.

I invite you to write a list of the five things you love most, and devote some time in the coming days to expressing your appreciation.

++++++

DROP YOUR RIGID IDENTITIES

Jungian analyst Arnold Mindell believes you can achieve optimum physical health if you're devoted to shedding outworn self-images. He says, "You have one central lesson to learn to continuously drop all your rigid identities. Personal history may be your greatest danger."

Kate Bornstein, author of *Gender Outlaw: On Men, Women and the Rest of Us,* agrees. Raised as a male, she later became a female, but ultimately renounced gender altogether. "I love being without an identity," she says. "It gives me a lot of room to play around."

What identities might be healthy for you to lose? Describe all the fun you'd have if you were free of them.

++++++

GETTING EVERYTHING YOU WANT

If I ever produce a self-help manual called *The Reverse Psychology of Getting Everything You Want,* it will discuss the following paradoxes:

- a. People are more willing to accommodate your longings if you're not greedy or grasping.
- b. A good way to achieve your desires is to cultivate the feeling that you have already achieved them.
- c. Whatever you're longing for has been changed by your pursuit of it. It's different from what it was when you felt the first pangs of desire. To make it yours, then, you'll have to modify your ideas about it.
- d. Be careful what you wish for because if your wish does materialize it will require you to change in ways you didn't foresee.

Any others you can think of?

++++++

YOU'RE SMARTER THAN YOU KNOW

How does it make you feel when I urge you to confess profound secrets to people who are not particularly interested? Does it make you want to:

- a. cultivate a healthy erotic desire for a person you'd normally never be attracted to in a million years;
- b. stop helping your friends glamorize their pain;
- c. imitate a hurricane in the act of extinguishing a forest fire;
- d. visualize Buddha or Mother Teresa at the moment of orgasm;
- e. steal something that's already yours.

The right answer, of course, is any answer you thought was correct. Congratulations. You're even smarter than you knew.

+++++

"You've probably heard the rumor that 'Life is suffering' is Buddhism's first principle, the Buddha's first noble truth. It's a rumor with good credentials, spread by well-respected academics and Dharma teachers alike, but a rumor nonetheless.

"The truth about the noble truths is far more interesting. The Buddha taught four truths — not one — about life: 1. There is suffering. 2. There is a cause for suffering. 3. There is an end of suffering. 4. There is a path of practice that puts an end to suffering.

"These truths, taken as a whole, are far from pessimistic. They're a practical, problem-solving approach — the way a doctor approaches an illness, or a mechanic a faulty engine. You identify a problem and look for its cause. You then put an end to the problem by eliminating the cause."

- Thanissaro Bhikkhu, <http://tinyurl.com/yeu7nj3>

+++++

MORE PRONOIA RESOURCES:

How Brazilian Women Are Using Graffiti to End the Cycle of Domestic Violence. From street art to law reform, women across Brazil are taking a stand against gender-based violence.
<http://tinyurl.com/jz5w49u>

Boston Reduces Veteran Homelessness by 85%, Housing 533 Vets in 18 Months.
<http://tinyurl.com/h478xhw>

Largest Desalination Plant in Western Hemisphere Opens in Thirsty California.
<http://tinyurl.com/j869qtk>

(Note: I endorse these because I like them. They aren't advertisements, and I get no kickbacks.)

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

+++++

FREE WILL ASTROLOGY
Week beginning March 3
Copyright 2016 by Rob Brezsny
<http://www.freewillastrology.com/horoscopes/>
Grammar key: Asterisks equal *italics*

PISCES (Feb. 19-March 20): Unless you work at night and sleep by day, you experience the morning on a regular basis. You may have a love-hate relationship with it, because on the one hand you don't like to leave your comfortable bed so early, and on the other hand you enjoy anticipating the interesting events ahead of you. But aside from your personal associations with the morning, this time of day has always been a potent

symbol of awakenings and beginnings. Throughout history, poets have invoked it to signify purity and promise. In myth and legend, it often represents the chance to see things afresh, to be free of the past's burdens, to love life unconditionally. Dream interpreters might suggest that a dream of morning indicates a renewed capacity to trust oneself. All of these meanings are especially apropos for you right now, Pisces.

ARIES (March 21-April 19): Actress Blythe Baird writes about the problem that arises when her dog sees her eating a peanut butter and chocolate chip bagel. Her beloved pet begs for a piece and becomes miserable when it's not forthcoming. Baird is merely demonstrating her love, of course, because she knows that eating chocolate can make canines ill. I suspect that life is bestowing a comparable blessing on you. You may feel mad and sad about being deprived of something you want. But the likely truth is that you will be lucky not to get it.

TAURUS (April 20-May 20): "I do not literally paint that table, but rather the emotion it produces upon me," French artist Henri Matisse told an interviewer. "But what if you don't always have emotion?" she asked him. This is how Matisse replied: "Then I do not paint. This morning, when I came to work, I had no emotion. So I took a horseback ride. When I returned, I felt like painting, and had all the emotion I wanted." This is excellent advice for you to keep in mind, Taurus. Even more than usual, it's crucial that you imbue every important thing you do with pure, strong emotions. If they're not immediately available, go in quest of them.

GEMINI (May 21-June 20): Some night soon, I predict you'll dream of being an enlightened sovereign who presides over an ecologically sustainable paradise. You're a visionary leader who is committed to peace and high culture, so you've never gone to war. You share your wealth with the people in your kingdom. You revere scientists and shamans alike, providing them with what they need to do their good work for the enhancement of the realm. Have fun imagining further details of this dream, Gemini, or else make up your own. Now is an excellent time to visualize a fairy tale version of yourself at the height of your powers, living your dreams and sharing your gifts.

CANCER (June 21-July 22): It's not always necessary to have an expansive view of where you have been and where you are going, but it's crucial right now. So I suggest that you take an inventory of the big picture. For guidance, study this advice from philosopher Friedrich Nietzsche: "What have you truly loved? What has uplifted your soul, what has dominated and delighted it at the same time? Assemble these revered objects in a row before you and they may reveal a law by their nature and their order: the fundamental law of your very self."

LEO (July 23-Aug. 22): "Your illusions are a part of you like your bones and flesh and memory," writes William Faulkner in his novel *Absalom, Absalom!* If that's true, Leo, you now have a chance to be a miracle worker. In the coming weeks, you can summon the uncanny power to rip at least two of your illusions out by the roots -- without causing any permanent damage! You may temporarily feel a stinging sensation, but that will be a sign that healing is underway. Congratulations in advance for getting rid of the dead weight.

+++++

WHY IS IT CALLED "FREE WILL" ASTROLOGY?

It's called Free Will Astrology because my goal is to create horoscopes that nurture your free will!

And if you ever want more than the 'scopes you're reading here, keep in mind that I also create EXPANDED AUDIO HOROSCOPES for you. They're four-to-five-minute meditations on the current state of your destiny.

Need help in figuring out the questions life is asking you? Crave more support in your efforts to build your courage? Check out the EXPANDED AUDIO HOROSCOPES.

To listen to your Expanded Audio Horoscope online, go to <http://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.

The Expanded Audio Horoscopes work on most smart phones and tablets.

+

"Your audio horoscopes help me love myself better, and I mean that in a non-narcissistic way."

-Deva P., Indianapolis

"I'm really grateful for the way you pick up my telepathic requests and answer them in your expanded audio 'scopes."

-Marion H., Birmingham, AL

+

P.S. My long-range, big-picture audio horoscopes for the coming months are still available. Register and/or log in through the main page, and then access the horoscopes by clicking on "Long Range Prediction." (Choose from Part 1, Part 2, Part 3.)

++++++

VIRGO (Aug. 23-Sept. 22): "There isn't enough of anything as long as we live," wrote Raymond Carver. "But at intervals a sweetness appears and, given a chance, prevails." According to my analysis of the astrological omens, Virgo, you'll soon be gliding through one of these intervals. Now and then you may even experience the strange sensation of being completely satisfied with the quality and amount of sweetness that arrives. To ensure optimal results, be as free from greed as you can possibly be.

LIBRA (Sept. 23-Oct. 22): "For a wound to heal, you have to clean it out," says author Yasmin Mogahed. "Again, and again, and again. And this cleaning process stings. The cleaning of a wound hurts. Yes. Healing takes so much work. So much persistence. And so much patience." According to my analysis, Libra, you should be attending to this tough but glorious task. Although the work might be hard, it won't be anywhere near as hard as it usually is. And you are likely to make more progress than you would be able to at other times.

SCORPIO (Oct. 23-Nov. 21): "The other day, lying in bed," writes poet Rodger Kamenetz, "I felt my heart beating for the first time in a long while. I realized how little I live in my body, how much in my mind." He speaks for the majority of us. We spend much of our lives entranced by the relentless jabber that unfolds between our ears. But I want to let you know, Scorpio, that the moment is ripe to rebel against this tendency in yourself. In the coming weeks, you will have a natural talent for celebrating your body. You'll be able to commune deeply with its sensations, to learn more about how it works, and to exult in the pleasure it gives you and the wisdom it provides.

SAGITTARIUS (Nov. 22-Dec. 21): In his "Dream Song 67," poet John Berryman confesses, "I am obliged to perform in complete darkness operations of great delicacy on my self." I hope you will consider embarking on similar heroics, Sagittarius. It's not an especially favorable time to overhaul your environment or try to get people to change in accordance with your wishes. But it's a perfect moment to spruce up your inner world -- to tinker with and refine it so that everything in there works with more grace. And unlike Berryman, you won't have to proceed in darkness. The light might not be bright, but there'll be enough of a glow to see what you're doing.

CAPRICORN (Dec. 22-Jan. 19): Here's the dictionary's definition of the word "indelible": "having the quality of being difficult to remove, wash away, blot out, or efface; incapable of being canceled, lost, or forgotten." The word is often used in reference to unpleasant matters: stains on clothes, biases that distort the truth, superstitions held with unshakable conviction, or painful memories of romantic break-ups. I am happy to let you know that you now have more power than usual to dissolve seemingly indelible stuff like that. Here's a trick that might help you: Find a new teacher or teaching that uplifts you with indelible epiphanies.

AQUARIUS (Jan. 20-Feb. 18): According to poet Tony Hoagland, most of us rarely "manage to finish a thought or a feeling; we usually get lazy or distracted and quit halfway through." Why? Hoagland theorizes that we "don't have the time to complete the process, and we dislike the difficulty and discomfort of the task." There's a cost for this negligence: "We walk around full of half-finished experiences." That's why Hoagland became a poet. He says that "poems model the possibility of feeling all

the way through an emotional process" and "thinking all the way through a thought." The coming weeks will be a favorable time to get more in the habit of finishing your own feelings and thoughts, Aquarius. It will also be more important than usual that you do so! (Hoagland's comments appeared in *Gulf Coast: A Journal of Literature and Fine Arts.*)

+++++

Homework: Imagine gazing into the eyes of the person you were ten years ago. What do you want to say to the Old You? Freewillastrology.com

+++++

NEED TO CHANGE YOUR EMAIL ADDRESS?

To join or leave the email list for this newsletter, or to change the address where you receive it, go to:
<http://www.freewillastrology.com/newsletter/>

Once you join, check these points to ensure you'll actually receive the newsletter:

1. Add my address, televisionary@comcast.net, to your address book so that the newsletter won't be treated as spam and filtered out.
2. Adjust your spam filter so it doesn't treat my address as spam.
3. Tell your company's IT group to let my address pass through any filtering software they have set up.
4. If my newsletters don't reach your inbox, look in your "Bulk Mail" or "Junk Mail" folder.
5. Problems could originate with your email provider. It may be using a "content filter" that prevents my newsletter from reaching you. If you suspect that's true, complain. Tell your email provider to stop blocking my newsletter.

P.S. I totally respect your privacy. I'll never sell or give away your address to anyone.

+++++

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.

Contents of the Free Will Astrology Newsletter are Copyright
2016 Rob Brezsny

+++++