## Rob Brezsnys Astrology Newsletter by Rob Brezsny

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See a pretty version of this newsletter: http://bit.ly/2bNwVXX

Or read the horoscopes on my website: http://bit.ly/LoveFWA

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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.

Dear Co-Conspirators: Congratulations on having such ambidextrous brains and hearts. Due to your ever-growing ability to blend supple rationality with robust intuition, you're not falling prey to the inane strains of insanity that are going around. Instead you're achieving glorious victory after glorious victory over the fearful fantasies that pass for normalcy.

Best of all, you're increasing your mastery of the art of paradox; more and more you're attuned to the amusing fact that when the mythic shifts hit the fan, the apparent opposites turn inside-out and trade places. The rot prepares the way for the splendor. The chaos becomes the source of the rejuvenation. The end of the world mutates into the beginning of the world.

Please accept the thunderous applause of my one hand clapping. The people who take everything personally and seriously may not recognize your ingenious work, but we connoisseurs of the liberated imagination do.

"Objection, evasion, joyous distrust, and love of irony are signs of health. Everything absolute belongs to pathology." So proclaimed Friedrich Nietzsche in \*Beyond Good and Evil.\*

Note well that he used the adjective "joyous" to describe distrust, not "cynical" or "grumbling" or "sour."

The key to remaining vital and strong while questioning every so-called absolute is to cultivate a cheerful, buoyant mood as you do it.

Sometimes hope is an irrelevant waste of time, even a stupid selfindulgence. Let's say, for instance, that I'm intently hoping that a certain disagreeable person I've got to communicate with won't answer when I call on the phone. That way I can simply leave a message on his voice mail and avoid an unpleasant exchange. But it doesn't matter what I hope. The guy will either answer or not, regardless of what I hope.

But there is another kind of hope that's potentially invigorating. Let's say I hope that we humans will reverse the environmental catastrophes we're perpetrating. Let's say that my hope motivates me to live more sustainably and to inspire others to live more sustainably. Then my hope is a catalyst.

I invite you to give two examples from your life about the two kinds of hope.

People ask me what they should do now that Mercury, Uranus, Neptune, and Pluto are all retrograde. Here's one possible answer: Stick to drinking low-fat water; avoid the high-fat H20 whenever possible. Likewise, inhale

only the kind of oxygen that's low in cholesterol, and don't allow your eyes to take in fatty landscapes or other calorie-rich sights.

"Lama Surya Das, the "Buddha from Brooklyn," is one of the handful of Westerners who have been teaching meditation for decades. And yet, he says we're doing it wrong.

Lama Surya Das says there are other ways to meditate besides those that are currently popular: "So many people seem to be moving narcissistically into self-centered happiness-seeking and quietism, not to mention the use of mindfulness for mere effectiveness," he says. "True meditation generates wisdom and compassion, which may be very disquieting, at least in the short term."

"'Quiet your mind' or 'calm and clear your mind' are instructions I hear way too much," he says. "Some teachers actually encourage people to try to stop thinking, when in fact meditative awareness means being mindful of thoughts and feelings, not simply trying to reduce, alter or white them out and achieve some kind of oblivion."

"The anti-intellectual meditators, thought-swatters and imaginationsuppressors have long ruled meditation-oriented circles in the West," he says. "But authentic meditative practices can enhance and even unleash the creativity and imagination.'

You don't have to quiet the mind to do many of the types of meditation he proposes. They don't involve trying to find a quiet 'moment of Zen' apart from the messy, noisy world of work, family and children, but rather inviting all of the noise into meditation.

These thoughts are from an article by Jay Michaelson in huffingtonpost.com. More here: http://tinyurl.com/o8yl9jc

Lama Surya Das's new book: http://tinyurl.com/ooltqx2

## MORE PRONOIA RESOURCES:

This 3,000-Mile-Long Bike Lane Will Let You Ride From Maine To Florida. http://tinyurl.com/zn3ashg

Colorado proves free birth control works. http://tinyurl.com/jykts9y

The UK's first natural public swimming pool will use plants, not chemicals, to stay clean http://tinyurl.com/jm4a587

(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 September 1 Copyright 2016 by Rob Brezsny http://FreeWillAstrology.com Grammar key: Asterisks equal \*italics\*

VIRGO (Aug. 23-Sept. 22): Play a joke on your nervous anxiety. Leap off the ground or whirl in a circle five times as you shout, "I am made of love!" Learn the words and melody to a new song that lifts your mood whenever you sing it. Visualize yourself going on an adventure that will amplify your courage and surprise your heart. Make a bold promise to yourself, and acquire an evocative object that will symbolize your intention to fulfill that promise. Ask yourself a soul-shaking question you haven't been wise enough to investigate before now. Go to a wide-open space, spread your arms out in a greeting to the sky, and pray for a vision of your next big goal.

LIBRA (Sept. 23-Oct. 22): The Illuminati do not want you to receive the prophecy I have prepared for you. Nor do the Overlords of the New World Order, the Church of the SubGenius, the Fake God that masquerades as the Real God, or the nagging little voice in the back of your head. So why am I going ahead and divulging this oracle anyway? Because I love you. My loyalty is to you, not those shadowy powers. Therefore, I am pleased to inform you that the coming weeks will be a favorable time for you to evade, ignore, undermine, or rebel against controlling influences that aren't in alignment with your soul's goals.

SCORPIO (Oct. 23-Nov. 21): The dictionary says that the verb "to schmooze" means to chat with people in order to promote oneself or make a social connection that may prove to be advantageous. But that definition puts a selfish spin on an activity that can, at least sometimes, be carried out with artful integrity. Your assignment in the coming weeks is to perform this noble version of schmoozing. If you are offering a product or service that is beautiful or useful or both, I hope you will boost its presence and influence with the power of your good listening skills and smart conversations.

SAGITTARIUS (Nov. 22-Dec. 21): If you are attuned with the cosmic rhythms in the coming weeks, you will be a source of teaching and leadership. Allies will feel fertilized by your creative vigor. You'll stimulate team spirit with your savvy appeals to group solidarity. If anyone can revive droopy procrastinators and demonstrate the catalytic power of gratitude, it'll be you. Have you heard enough good news, Sagittarius, or can you absorb more? I expect that you'll inspire interesting expressions of harmony that will replace contrived versions of togetherness. And every blessing you bestow will expand your capacity for attracting favors you can really use.

CAPRICORN (Dec. 22-Jan. 19): The fictional character known as Superman has one prominent vulnerability: the mineral kryptonite. When he's near this stuff, it weakens his superpowers and may cause other problems. I think we all have our own versions of kryptonite, even if they're metaphorical. For instance, my own superpowers tend to decline when I come into the presence of bad architecture, cheesy poetry, and off-pitch singing. How about you, Capricorn? What's your version of kryptonite? Whatever it is, I'm happy to let you know that you are currently less susceptible to its debilitating influences than usual. Why? Well, you have a sixth sense about how to avoid it. And even if it does draw near, you have in your repertoire some new tricks to keep it from sapping your strength.

AQUARIUS (Jan. 20-Feb. 18): It's quite possible you will receive seductive proposals in the coming weeks. You may also be invited to join your fortunes with potential collaborators who have almost fully awakened to your charms. I won't be surprised if you receive requests to share your talents, offer your advice, or bestow your largesse. You're a hot prospect, my dear. You're an attractive candidate. You appear to be ripe for the plucking. How should you respond? My advice is to be flattered and gratified, but also discerning. Just because an inquiry is exciting doesn't mean it's good for you. Choose carefully.

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## MY OTHER HOROSCOPES

Factual information and reasonable thinking alone are not sufficient to guide you through life's labyrinthine tests. You need and deserve regular deliveries of uncanny revelation.

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"Your Expanded Audio Horoscopes seem to have the effect of activating my inner teacher. Thanks!" - Eleanor A., Toronto

"Your expanded audio horoscopes are the next best thing to actually having you here next to me to remind me who I really am." - Alyssa R., Des Moines, Iowa

PISCES (Feb. 19-March 20): Would you like to become a master of intimacy? Can you imagine yourself handling the challenges of togetherness with the skill of a great artist and the wisdom of a love genius? If that prospect appeals to you, now would be a favorable time to up your game. Here's a hot tip on how to porceed: You must cultivate two seemingly contradictory skills. The first is the capacity to identify and nurture the best qualities in your beloved friend. The second is the ability to thrive on the fact that healthy relationships require you to periodically wrestle with each other's ignorance and immaturity.

ARIES (March 21-April 19): Truth decay is in its early stages. If you take action soon, you can prevent a full-scale decomposition. But be forewarned: Things could get messy, especially if you intervene with the relentless candor and clarity that will be required for medicinal purification. So what do you think? Are you up for the struggle? I understand if you're not. I'll forgive you if you simply flee. But if you decide to work your cagey magic, here are some tips. 1. Compile your evidence with rigor. 2. As much as is humanly possible, put aside rancor. Root your efforts in compassionate objectivity. 3. Even as you dig around in the unsightly facts, cherish the beautiful truths you'd like to replace them with.

TAURUS (April 20-May 20): Are you willing to lose at least some of your inhibitions? Are you curious to find out what it feels like to cavort like a wise wild child? If you want to fully cooperate with life's plans, you will need to consider those courses of action. I am hoping that you'll accept the dare, of course. I suspect you will thrive as you explore the pleasures of playful audacity and whimsical courage and effervescent experiments. So be blithe, Taurus! Be exuberant! Be open to the hypothesis that opening to jaunty and jovial possibilities is the single most intelligent thing you can do right now.

GEMINI (May 21-June 20): What's the current status of your relationship with your feet? Have you been cultivating and cherishing your connection with the earth below you? The reason I ask, Gemini, is that right now it's especially important for you to enjoy intimacy with gravity, roots, and foundations. Whatever leads you down and deeper will be a source of good fortune. Feeling grounded will provide you with an aptitude for practical magic. Consider the possibilities of going barefoot, getting a foot massage, or buying a new shoes that are both beautiful and comfortable.

CANCER (June 21-July 22): A woman in the final stages of giving birth may experience acute discomfort. But once her infant spills out into the world, her distress can transform into bliss. I don't foresee quite so dramatic a shift for you, Cancerian. But the transition you undergo could have similar elements: from uncertainty to grace; from agitation to relief; from constriction to spaciousness. To take maximum advantage of this blessing, don't hold onto the state you're leaving behind -- or the feelings it aroused in you.

LEO (July 23-Aug. 22): In one of my dreams last night, a Leo sensualist I know advised me to take smart pills and eat an entire chocolate cheesecake before writing my next Leo horoscope. In another dream, my Leo friend Erica suggested that I compose your horoscope while attending an orgy where all the participants were brilliant physicists, musicians, and poets. In a third dream, my old teacher Rudolf (also a Leo) said I should create the Leo horoscope as I sunbathed on a beach in Maui while being massaged by two sexy geniuses. Here's how I interpret my dreams: In the coming days, you can literally increase your intelligence by indulging in luxurious comforts and sensory delights.

Homework: All of us are trying to wake up from our sleepy delusions about the nature of life. What's your most potent wake-up technique?

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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.

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