

It's life-affirming to cry when you're sad about your life. There are many other good reasons to cry, too.

Have you ever burst into tears after having a sudden rush of insight into a nagging problem?

If you traveled to the Van Gogh Museum in Amsterdam and stood in front of the artist's paintings, chances are you would sob in appreciation for the raw beauty.

I have a friend who regards her crying spells as surrogate orgasms. They bring a surging release of pent-up emotions, and leave her deeply relaxed and in love with life.

NASA's chief scientist for Mars exploration confessed what stirs his emotions up from the depths. "When I first gazed at the images of the Martian landscape from Surveyor's camera," said Jim Garvin, "I was moved to tears."

Myself, I experience my tears as a well-earned triumph, whether they're driven by loss or fullness and joy; they're the sign of the inner work I've done to feel things deeply.

I've found, too, that sadness is often at the root of my anger.

When I feel rage at Trump's latest cruel and ignorant behavior, for example, it's because I'm profoundly sad about the dire consequences that his actions have and will have for human beings. I'm heartbroken about the suffering he perpetrates.

I'm not saying that sadness is "better" than anger. But I think it's important to understand that our anger often comes out of our sadness, and that we need to feel the sadness as much as the anger.

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TREMBLING TRUTHS

Each morning is all mornings.

The oak tree's shadow is the messiah.

The elephant shrew and the supernova are equals.

The Honda Accord is as natural as the Grand Canyon.

The skin is a temporary boundary, and so is the planet's surface.

The swallowtail butterfly is a savant.

Logic is crazy love.

The bat-eared fox is a razor-backed musk turtle.

Jubilant is an ecologically sound strategy.

No one knows how to sing the end of time because there is no end of time.

The critically endangered white rhinoceros is a forgotten birthday.

The vulnerable arctic wolf is emancipated from sin.

Purity is a sacrilegious vortex of panic.

Listening is the apotheosis of arrogance.

Our serpent thoughts keep us linked to original mirth.

The bumble bee redeems our unfertilized prophecies.

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YOU'RE INVITED

I invite you to launch a new tradition or instigate a fresh trend or make a beautiful thing that will last for a thousand years. I'm talking about an

fit that description. I'm guessing that the radiant pulse of your yearning will excite you and empower you. It'll be brilliant and warm, not seething and distracting.

CAPRICORN (Dec. 22-Jan. 19): I envision the next twelve months as a time when you could initiate fundamental improvements in the way you live. Your daily rhythm twelve months from now could be as much as twenty percent more gratifying and meaningful. It's conceivable you will discover or generate innovations that permanently raise your long-term goals to a higher octave. At the risk of sounding grandiose, I predict you'll welcome a certain novelty that resembles the invention of the wheel or the compass or the calendar.

AQUARIUS (Jan. 20-Feb. 18): Modern literary critic William Boyd declared that Aquarian author Anton Chekhov (1860-1904) was "the best short-story writer ever," and "the first truly modern writer of fiction: secular, refusing to pass judgment, cognizant of the absurdities of our muddled, bizarre lives and the complex tragi-comedy that is the human condition." Another contemporary critic, Harold Bloom, praised Chekhov's plays, saying that he was "one of the three seminal figures in the birth of early modernism in the theatre." We might imagine, then, that in the course of his career, Chekhov was showered with accolades. We'd be wrong about that, though. "If I had listened to the critics," he testified, "I'd have died drunk in the gutter." I hope that what I just said will serve as a pep talk for you as you explore and develop your own original notions in the coming weeks.

PISCES (Feb. 19-March 20): Pisces-born Dorothy Steel didn't begin her career as a film actress until she was 91 years old. She had appeared in a couple of TV shows when she was 89, then got a small role in an obscure movie. At age 92, she became a celebrity when she played the role of a tribal elder in *Black Panther*, one of the highest-grossing films of all time. I propose that we make her one of your inspirational role models for both the coming weeks and the next twelve months. Why? Because I suspect you will be ripening fully into a role and a mission you were born to embody and express.

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YOU NEED MAGIC EVERY DAY

Every day, you have to wade through a relentless surge of soul-less information and stimuli. The experience tends to shut down your sense of wonder.

Every day, you're over-exposed to cynical narratives that have been sucked free of delight and mystery. That's why you have to make such strenuous efforts to keep your world enchanted.

I like to think I can contribute to the sacred cause of feeding your sense of wonder and enchantment. In fact, that's one of my prime motivations for offering you the free weekly horoscopes you read in this newsletter.

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- A. Arrosto, Indianapolis

"You have an amazing aptitude for cutting through the lies I tell myself.
Thanks for the gentle shocks."
- T. Preneris, Toronto

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ARIES (March 21-April 19): In 1956, the U.S. federal government launched a program to build 40,000 miles of high-speed roads to connect all major American cities. It was completed 36 years later. In the coming months, I'd love to see you draw inspiration from that visionary scheme. According to my analysis, you will generate good fortune for yourself as you initiate a long-term plan to expand your world, create a more robust network, and enhance your ability to fulfill your life's big goals.

TAURUS (April 20-May 20): Taurus-born Youtube blogger Hey Fran Hey has some good advice for her fellow Bulls, and I think it'll be especially fresh and potent in the coming weeks. She says, "Replacing 'Why is this happening to me?' with 'What is this trying to tell me?' has been a game changer for me. The former creates a hamster wheel, where you'll replay the story over and over again. Victimized. Stuck. The latter holds space for a resolution to appear."

GEMINI (May 21-June 20): "The soul has illusions as the bird has wings: it is supported by them." So declared French author Victor Hugo. I don't share his view. In fact, I regard it as an insulting misapprehension. The truth is that the soul achieves flight through vivid fantasies and effervescent intuitions and uninhibited longings and non-rational hypotheses and wild hopes—and maybe also by a few illusions. I bring this to your attention because now is an excellent time to nurture your soul with vivid fantasies and effervescent intuitions and uninhibited longings and non-rational hypotheses and wild hopes.

CANCER (June 21-July 22): I know people of all genders who periodically unleash macho brags about how little sleep they need. If you're normally like that, I urge you to rebel. The dilemmas and riddles you face right now are very solvable IF and only IF you get sufficient amounts of sleep and dreams. Do you need some nudges to do right by yourself? Neuroscientist Matthew Walker says that some of the greatest athletes understand that "sleep is the greatest legal performance-enhancing drug." Top tennis player Roger Federer sleeps 12 hours a day. During his heyday, world-class sprinter Usain Bolt slept ten hours a night and napped during the day. Champion basketball player LeBron James devotes 12 hours a day to the rejuvenating sanctuary of sleep.

LEO (July 23-Aug. 22): Actor and dancer Fred Astaire was a pioneer in bringing dance into films as a serious art form. He made 31 musical films during the 76 years he worked, and was celebrated for his charisma, impeccable technique, and innovative moves. At the height of his career, from 1933 to 1949, he teamed up with dancer Ginger Rogers in the creation of ten popular movies. In those old-fashioned days, virtually all partner dancing featured a male doing the lead part as the female followed. One witty critic noted that although Astaire was a bigger star than Rogers, she "did everything that Fred Astaire did. She just did it backwards and while wearing high heels." According to my reading of the astrological omens, you may soon be called on to carry out tasks that are metaphorically comparable to those performed by Rogers.

VIRGO (Aug. 23-Sept. 22): Your number one therapy in the coming weeks? Watching animals. It would be the healthiest thing you could undertake: relax into a generously receptive mode as you simply observe creatures doing what they do. The best option would be to surrender to the pleasures of communing with both domesticated AND wild critters. If you need a logical reason to engage in this curative and rejuvenating activity, I'll give you one: It will soothe and strengthen your own animal intelligence, which would be a tonic gift for you to give yourself.

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Homework: "Privilege is when you think something is not a problem because it's not a problem for you." Comment. FreeWillAstrology.com

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