

Goddess' nonsense that you dispense; it doesn't jibe with the practical, sensible, non-superstitious, non-mushy world that I hold dear -- and that I see represented mostly accurately in your work. -Sally Skeptic."

To read my response to Sally Skeptic, go here:
<https://tinyurl.com/SoMuchGodStuff>

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RIVER I DREAM ABOUT by Oscar Baez Bendorf

Moon river, swollen river, river of starhole
and bright, harness river, lichen river,
river we velvet with our filth.

River of butter and river of witches, river
cracked open careful like egg, or burst
apart, unleashing its violet load.

River mouths, river beds, every back
forty creek, every crick, made of
trickles, made of synth, river of sound
as vibration, river where we all get free.

River that curve down a backbone,
river through which I particle heat,
feathery and wet, lemony and loud,
river that still smell skin, browned
around a neck, softened with sweat,
river you wear tight on your hips,
given in private, or out in the open.

River I dream about.

River from the inside.

River where we shouts the feeling.

Septum river, bundle river, river of mercy,
sometimes edging so far into night
the moon goes (...) dark.

Yes, all night river, burnt sugar river.

We pull the river into our bellies, we
go out walking. We river in darkness
as entire paw prints of color and light.

Everything rivers in motion. River
of holy, river of freaks, river where
my fur belong to me. Softer than
it seem river. Honey and Vaseline river.

Brown river, black river, off the map river.

I will be there, printing textures of rock
on the skin of me, belly down, face down,
my god, it is good to be home.

by Oscar Baez Bendorf

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FREEDOM AND RESPONSIBILITY

Some Americans seem to believe that "freedom" means having no responsibility to other people and creatures

—even in the face of the fact that thousands of people have responsibly cooperated to build their roads, grow their food, make their medicine, sew their clothes, provide them with water, electricity, and garbage service, give them jobs, create their entertainment, and sustain their internet.

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SURVIVAL OF THE MOST COOPERATIVE

Many people assume that Charles Darwin was talking about physical strength when referring to "survival of the fittest," meaning that a tougher, more resilient species always will win out over its weaker counterparts.

But a new book says something else has been at work among species that have thrived throughout history, successfully reproducing to sustain themselves, and it has nothing to do with beating up the competition.

In fact, friendly partnerships among species and shared humanity have worked throughout centuries to ensure successful evolution. Species

endure — humans, other animals and plants — based on friendliness, partnership, and communication.

More: <https://tinyurl.com/y26s8jmr>

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MORE PRONOIA RESOURCES:

Possible 'Breakthrough' Coronavirus Treatment With Natural Protein Cuts Risk of Death and Serious Symptoms by 79% <https://tinyurl.com/yyxvnbq>

After Years of Waking at 4am to Haul Trash, Student is Accepted into Harvard—And His Reaction is Pure Joy <https://tinyurl.com/y5hokwb3>

More Than One Million UK Citizens Have Quit Smoking During the COVID-19 Pandemic <https://tinyurl.com/yyeousrk>

(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.

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FREE WILL ASTROLOGY

Week beginning August 6
Copyright 2020 by Rob Brezsny
<https://FreeWillAstrology.com>
Grammar key: Asterisks equal *italics**

LEO (July 23-Aug. 22): At times in our lives, it's impractical to be innocent and curious and blank and receptive. So many tasks require us to be knowledgeable and self-assured and forceful and in control. But according to my astrological analysis, the coming weeks will be a time when you will benefit from the former state of mind: cultivating what Zen Buddhists call "beginner's mind." The Chinese refer to it as **ch_x_n**, or the mind of a novice. The Koreans call it the **eee mok oh?** approach, translated as "What is this?" Buddhist teacher Jack Kornfield defines it as the "don't-know mind." During this upcoming phase, I invite you to enjoy the feeling of being at peace with all that's mysterious and beyond your understanding.

VIRGO (Aug. 23-Sept. 22): "Almost everything will work again if you unplug it for a few minutes, including you." Author Anne Lamott wrote that, and now I'm conveying it to you—just in time for the Unplug-Yourself Phase of your astrological cycle. Any glitches or snafus you may be dealing with right now aren't as serious as you might imagine. The biggest problem seems to be the messy congestion that has accumulated over time in your links to sources that usually serve you pretty well. So if you'll simply disconnect for a while, I'm betting that clarity and grace will be restored when you reconnect.

LIBRA (Sept. 23-Oct. 22): Have you been saving any of your tricks for later? If so, later has arrived. Have you been postponing flourishes and climaxes until the time was right? If so, the coming days will be as right a time as there can be. Have you been waiting and waiting for the perfect moment before making use of favors that life owes you and promises that were made to you? If so, the perfect moment has arrived. Have you been wondering when you would get a ripe opportunity to express and highlight the most interesting truths about yourself? If so, that opportunity is available.

SCORPIO (Oct. 23-Nov. 21): "I learned to make my mind large, as the universe is large, so that there is room for paradoxes," writes Scorpio author Maxine Hong Kingston. That would be an excellent task for you to work on in the coming weeks. Here are your formulas for success: 1. The more you expand your imagination, the better you'll understand the big picture of your present situation—and the more progress you will make toward creating the most interesting possible future. 2. The more comfortable you are about dwelling in the midst of paradoxes, the more likely it is that you will generate vigorous decisions that serve both your own needs and the needs of your allies.

SAGITTARIUS (Nov. 22-Dec. 21): "Some people will never like you because your spirit irritates their demons," says actor and director Denzel Washington. "When you shine bright, some won't enjoy the shadow you cast," says rapper and activist Talib Kweli. You may have to deal with reactions like those in the coming weeks, Sagittarius. If you do, I suggest that you don't take it personally. Your job is to be your radiant, generous self—and not worry about whether anyone has the personal power necessary to handle your radiant, generous self. The good news is that I suspect you will stimulate plenty of positive responses that will more than counterbalance the challenging ones.

CAPRICORN (Dec. 22-Jan. 19): Capricorn occultist Peter J. Carroll tells us, "Some have sought to avoid suffering by avoiding desire. Thus they

have only small desires and small sufferings." In all of the zodiac, you Capricorns are among the least likely to be like that. One of your potential strengths is the inclination to cultivate robust desires that are rooted in a quest for rich experience. Yes, that sometimes means you must deal with more strenuous ordeals than other people. But I think it's a wise trade-off. In any case, my dear, you're now in a phase of your cycle when you should take inventory of your yearnings. If you find there are some that are too timid or meager, I invite you to either drop them or pump them up.

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YOU NEED MAGIC EVERY DAY

Every day, you have to wade through a relentless surge of soul-less facts. 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.

If you ever want more of that good stuff, and think it's worth paying for, please consider trying out my EXPANDED AUDIO HOROSCOPES. They're four-to-five-minute meditations on the current state of your destiny.

To listen to your Expanded Audio Horoscope online, go to <https://RealAstrology.com>

Register and/or log in through the main page.

You can also listen over the phone by calling 1-877-873-4888.

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The cost is \$6 per sign on the On the Web. (Discounts are available for bulk purchases.) You can also access them for \$1.99 per minute by phone

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

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AQUARIUS (Jan. 20-Feb. 18): The people who live in the town of Bazoule, Burkina Faso regard the local crocodiles as sacred. They live and work amidst the 100+ creatures, co-existing peacefully. Kids play within a few feet of them, never worrying about safety. I'd love to see you come to similar arrangements with untamed influences and strong characters in your own life, Aquarius. You don't necessarily have to treat them as sacred, but I do encourage you to increase your empathy and respect for them.

PISCES (Feb. 19-March 20): Your body naturally produces at least one quart of mucus every day. You might not be aware of it, because much of it glides down your throat. Although you may regard this snot as gross, it's quite healthy. It contains antibodies and enzymes that kill harmful bacteria and viruses. I propose we regard mucus as your prime metaphor in the coming weeks. Be on the alert for influences and ideas that might empower you even if they're less than beautiful and pleasing. Make connections with helpful influences even if they're not sublimely attractive.

ARIES (March 21-April 19): In her book *Sticks, Stones, Roots & Bones*, Stephanie Rose Bird reports that among early African Americans, there were specialists who spoke the language of trees. These patient magicians developed intimate relationships with individual trees, learning their moods and rhythms, and even exchanging non-verbal information with them. Trees imparted wisdom about herbal cures, weather patterns, and ecologically sound strategies. Until recently, many scientists might have dismissed this lore as delusion. But in his 2016 book *The Hidden Life of Trees*, forester Peter Wohlleben offers evidence that trees have social lives and do indeed have the power to converse. I've always said that you Aries folks have great potential to conduct meaningful dialogs with animals and trees. And now happens to be a perfect time for you to seek such invigorating pleasures.

TAURUS (April 20-May 20): Author Joanne Harris writes, "The right circumstances sometimes happen of their own accord, slyly, without fanfare, without warning. The magic of everyday things." I think that's an apt oracle for you to embrace during the coming weeks. In my opinion, life will be conspiring to make you feel at home in the world. You will have an excellent opportunity to get your personal rhythm into close alignment with the rhythm of creation. And so you may achieve a version of what mythologist Joseph Campbell called "the goal of life": "to make your heartbeat match the beat of the universe, to match your nature with Nature."

GEMINI (May 21-June 20): Author Gloria Anzaldúa writes, "I am an act

of kneading, of uniting and joining." She adds that in this process, she has become "a creature that questions the definitions of light and dark and gives them new meanings." I would love for you to engage in similar work right now, Gemini. Life will be on your side—bringing you lucky breaks and stellar insights—if you undertake the heroic work of reformulating the meanings of "light" and "dark"—and then reshaping the way you embody those primal forces.

CANCER (June 21-July 22): "Pleasure is one of the most important things in life, as important as food or drink," wrote Cancerian author Irving Stone. I would love for you to heed that counsel, my fellow Crabs. What he says is always true, but it will be extraordinarily meaningful for you to take to heart during the coming weeks. Here's how you could begin: Make a list of seven experiences that bring you joy, bliss, delight, fun, amusement, and gratification. Then make a vow—even write an oath on a piece of paper—to increase the frequency and intensity of those experiences.

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Homework: What helpful tip might one of your wise ancestors offer you about how to thrive in the coming months? FreeWillAstrology.com

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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:
<https://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.

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