





- \* a desire to help cultivate the health and beauty of the natural world;
- \* a desire for revelations and experiences that steer you away from thinking and acting like the machines you interact with so much;
- \* a desire to keep reinventing and reinvigorating your relationships with those you love;
- \* a desire to keep refining and expanding your ability to learn from non-human intelligences;
- \* a desire to keep refreshing your quest for freedom and deepening your capacity to be free;
- \* a desire to move your body in ways that delight your soul;
- \* a desire to help eliminate bigotry, misogyny, plutocracy, racism, and militarism.

Any others you'd like to add?

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### TRANSFORMATIVE POWER OF LOVE

The transformative power of love is not fully embraced in our society because we often wrongly believe that torment and anguish are our "natural" condition.

—author and activist bell hooks, who writes about the intersectionality of race, capitalism, and gender

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The practice of love is the most powerful antidote to the politics of domination.

—author and activist bell hooks

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### WEAR GOOD MASKS, PRACTICE SOCIAL-DISTANCING, MINIMIZE YOUR TIME INSIDE PLACES WHERE THERE ARE PEOPLE YOU DON'T KNOW

Some people still downplay the danger of the coronavirus. "It doesn't kill a high percentage of the people it infects," they say. "Most people who get it don't have bad symptoms," they say.

But here are the facts the deniers ignore:

1. As more people contract COVID-19, the virus has more and more chances to mutate into versions that are more contagious, possibly resistant to vaccines, and more dangerous. That is exactly what has been happening.
2. In the US, COVID-19 is now the third leading cause of death, behind heart disease and cancer.
3. Many people who "recover" from COVID-19 continue to have debilitating symptoms for months, and may suffer permanent damage to their hearts, lungs, and brains.
4. If hospitals are overwhelmed, which they have been for a couple of months, then people with COVID-19 are in danger of not getting sufficient care. In addition, people with other immediate health problems, like heart attacks, injuries, drug overdoses, and premature labor are at risk for not getting the care they need.

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PS: Early on, some ignoramuses claimed that COVID-19 is no worse than the flu.

In fact, the deadliest flu season of the last decade, 2017-2018, had a death toll of 61,000 people. Usually it's less than that. In 2015-2016, for instance, 23,000 people died of the flu in the US.

In the 10 months since coronavirus started killing Americans, more than 435,000 have died. Projections are that by March 15, 536,000 will have died from the virus. That's 700% more than the number flu has killed in its

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So how do we fight the virus's mutations? The best way is to suppress replication—and that means stopping infections. The more replications that occur, the greater the number of mutations.

Occasionally, a slight error in replicating the genetic code creates a mutant variant that spreads more successfully and, when that happens, evolution takes over. Stopping transmission blocks the opportunity for viral mutation; it's the only thing that does.

More: <https://tinyurl.com/y5du7ltr>

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Why Aren't We Wearing Better Masks? Cloth masks are better than nothing, but they were supposed to be a stopgap measure.

<https://tinyurl.com/y2khq3xw>

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Double-masking is even better:

<https://tinyurl.com/y639n4h6>

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Harvard Medical School's Dr. Abraar Karan says the US can end the Covid-19 pandemic in four weeks if everyone wears N95 masks. He also says cloth masks may be as low as 26% effective, compared to the N95's 95% effective. <https://tinyurl.com/y6s9g9ez>

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From *\*The New York Times\**: The United States has recorded 25 million coronavirus cases.

Experts say that as staggering as that figure is, it significantly understates the true number of people in the country who have been infected and the scope of the nation's failure to contain the spread of the virus.

The official tally works out to about one in every 13 people in the country, or about 7.6 percent of the population.

"Twenty-five million cases is an incredible scale of tragedy," said Caitlin Rivers, an epidemiologist at the Johns Hopkins Bloomberg School of Public Health, who called the coronavirus pandemic one of the worst public health crises in history.

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One of the covid-deniers go-to "experts" is a guy named Zach Bush. I plucked this statement of his from his Facebook page: "Viruses do not take down healthy humans." I'm assuming he's actually referring to wealthy humans who can afford all the best health enhancements. As far as I know, he doesn't address the fact that People of Color are being taken down by the COVID-19 in disproportionate numbers.

From *\*US News & World Report\**: "Coronavirus is disproportionately striking minority populations -- particularly urban blacks and Navajo Indians living on their reservation. Experts say social and economic factors that predate the COVID-19 crisis may help explain why.

"We found that there were large disparities in the proportion of people at risk of COVID-19 from minority and low-income populations," said study co-author Julia Raifman. <https://tinyurl.com/y9xqsanw>

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### INACCESSIBLE TO THE POOR?

If it's inaccessible to the poor, it's neither radical nor revolutionary.

—Jonathan Herrera

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### ENCOURAGE OTHERS

A student asked Soen Nakagawa during a meditation retreat, "I am very discouraged. What should I do?"  
Soen replied, "Encourage others."

—\*Essential Zen\* by Kazuaki Tanahashi and Tensho David Schneider

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### COMPASSIONATE RAGE

I want a heaven for my compassionate rage, a paradise to house my greed for justice.

I want a choir singing blasphemous hymns for every surge of affectionate lust,

a wrecked and brilliant hallelujah for my hilariously lunatic confusion,

a generous explosion of divine gratitude for all my wise mistakes, bumbling terrors, and manic hopes.

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The above was written by me in response to the following passage from Arthur Rimbaud:

"I should have a hell for my fury, a hell for my conceit—a hell for each fondle and embrace; a decent orchestra of hells."

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### MORE PRONOIA RESOURCES:

Former White Supremacist Store and Klan Meeting Space is Being Turned Into a Community Center to Promote Healing.  
<https://tinyurl.com/y4qy4hrl>

5 Habits of Highly Compassionate Men  
"Having compassion leads to increased happiness, freedom from gender stereotypes, and better relationships with others."  
<https://tinyurl.com/m3cwlDI>

The Iguazu Falls, one of the largest waterfalls in the world. Argentina/Brazil. Photo by Wave Faber  
<http://tinyurl.com/mthvwfa>

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For a lot more pronoia resources and ideas, read my book \*Pronoia Is the Antidote for Paranoia: How the Whole World is Conspiring to Shower You with Blessings\*

Available at Barnes & Noble: <https://tinyurl.com/PronoiaBN>

Available at Amazon: <https://bit.ly/Pronoia>

A free preview of the book is available here:  
<https://tinyurl.com/PronoiaPreview>

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Please tell me your own nominations for PRONOIA RESOURCES:  
[Truthrooster@gmail.com](mailto:Truthrooster@gmail.com).

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### FREE WILL ASTROLOGY

Week beginning February 2

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Grammar key: Asterisks equal *italics*\*

**AQUARIUS** (Jan. 20-Feb. 18): Aquarian author Alice Walker writes, "In nature, nothing is perfect and everything is perfect. Trees can be contorted, bent in weird ways, and they're still beautiful. In the coming weeks, I hope you'll adopt that way of thinking and apply it to every aspect of your perfectly imperfect body and mind and soul. I hope you'll give the same generous blessing to the rest of the world, as well. This attitude is always wise to cultivate, of course, but it will be especially transformative for you in the coming weeks. It's time to celebrate your gorgeous idiosyncrasies and eccentricities.

**PISCES** (Feb. 19-March 20): "Though the bamboo forest is dense, water flows through it freely." I offer that Zen saying just in time for you to adopt it as your metaphor of power. No matter how thick and complicated and impassable the terrain might appear to be in the coming weeks, I swear you'll have a flair for finding a graceful path through it. All you have to do is imitate the consistency and flow of water.

**ARIES** (March 21-April 19): Herman Hesse's novel *Siddartha* is a story about a spiritual seeker who goes in search of illumination. Near the end of the quest, when Siddartha is purified and enlightened, he tells his friend, "I greatly needed sin, lust, vanity, the striving for goods, and the most shameful despair, to learn how to love the world, to stop comparing the world with any world that I wish for, with any perfection that I think up; I learned to let the world be as it is, and to love it and to belong to it gladly." While I trust you won't overdo the sinful stuff in the coming months, Aries, I hope you will reach a conclusion like Siddartha's. The astrological omens suggest that 2021 is the best year ever for you to learn how to love your life and the world just as they are.

**TAURUS** (April 20-May 20): Taurus physicist Richard Feynman said, "If we want to solve a problem we have never solved before, we must leave the door to the unknown ajar." That's always good advice, but it's especially apropos for you in the coming weeks. You are being given the interesting and fun opportunity to solve a problem you have never solved before! Be sure to leave the door to the unknown ajar. Clues and answers may come from unexpected sources.

**GEMINI** (May 21-June 20): When we want to get a distinct look at a faint star, we must avert our eyes away from it just a little. If we look at it directly, it fades into invisibility. (There's a scientific explanation for this phenomenon, which I won't go into.) I propose that we make this your metaphor of power for the coming weeks. Proceed on the hypothesis that if you want to get glimpses of what's in the distance or in the future, don't gaze at it directly. Use the psychological version of your peripheral vision. And yes, now is a favorable time to seek those glimpses.

**CANCER** (June 21-July 22): If the apocalypse happens and you're the last human left on earth, don't worry about getting enough to eat. Just find an intact grocery store and make your new home there. It's stocked with enough non-perishable food to feed you for 55 years—or 63 years if you're willing to dine on pet food. I'M JOKING! JUST KIDDING! In fact, the

apocalypse won't happen for another 503 million years. My purpose in imagining such a loopy scenario is to nudge you to dissolve your scarcity thinking. Here's the ironic fact of the matter for us Cancerians: If we indulge in fearful fantasies about running out of stuff—money, resources, love, or time—we undermine our efforts to have enough of what we need. The time is now right for you to stop worrying and instead take robust action to ensure you're well-supplied for a long time.

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### VISUALIZE YOUR BEST POSSIBLE FUTURE

Would you like some inspiration as you muse and wonder about your upcoming adventures in 2021?

You can still listen to my long-range, in-depth explorations of your destiny in the coming months. Each report in the three-part series is 7 to 9 minutes long.

Go to <https://freewillastrology.sparkns.com>

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.)

A new short-range forecast for this week is also available.

The cost is \$6 per sign, with discounts for bulk purchases.

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"I don't much believe in astrology. But that doesn't seem to get in the way of me deriving a whole lot of benefits from your expanded audio horoscopes."

—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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LEO (July 23-Aug. 22): "Judge a moth by the beauty of its candle," writes Coleman Barks in his rendering of a poem by Rumi. In accordance with astrological omens, I am invoking that thought as a useful metaphor for your life right now. How lovely and noble are the goals you're pursuing? How exalted and bighearted are the dreams you're focused on? If you find there are any less-than-beautiful aspects to your motivating symbols and ideals, now is a good time to make adjustments.

VIRGO (Aug. 23-Sept. 22): I invite you to try the following experiment. Select two situations in your world that really need to be reinvented, and let every other glitch and annoyance just slide for now. Then meditate with tender ferocity on how best to get the transformations done. Summoning intense focus will generate what amounts to magic! PS: Maybe the desired reinventions would require other people to alter their behavior. But it's also possible that your own behavior may need altering.

LIBRA (Sept. 23-Oct. 22): Author Marguerite Duras wrote these words: "That she had so completely recovered her sanity was a source of sadness to her. One should never be cured of one's passion." I am spiritually allergic to that idea. It implies that our deepest passions are unavailable unless we're insane, or at least disturbed. But in the world I aspire to live in, the opposite is true: Our passions thrive if we're mentally healthy. We are best able to harness our most inspiring motivations if we're feeling poised and stable. So I'm here to urge you to reject Duras's perspective and embrace mine. The time has arrived for you to explore the mysteries of relaxing passion.

SCORPIO (Oct. 23-Nov. 21): Author Karen Barad writes, "The past is never finished. It cannot be wrapped up like a package, or a scrapbook; we

never leave it and it never leaves us behind." I agree. That's why I can't understand New Age teachers who advise us to "live in the now." That's impossible! We are always embedded in our histories. Everything we do is conditioned by our life story. I acknowledge that there's value in trying to see the world afresh in each new moment. I'm a hearty advocate of adopting a "beginner's mind." But to pretend we can completely shut off or escape the past is delusional and foolish. Thank you for listening to my rant, Scorpio. Now please spend quality time upgrading your love and appreciation for your own past. It's time to celebrate where you have come from—and meditate on how your history affects who you are now.

SAGITTARIUS (Nov. 22-Dec. 21): Luisah Teish is a writer and priestess in the Yoruban Lucumi tradition. She wrote a book called \*Jump Up: Seasonal Celebrations from the World's Deep Traditions\*. "Jump up" is a Caribbean phrase that refers to festive rituals and parties that feature "joyous music, laughter, food, and dancing." According to my reading of the astrological omens, you're due for a phase infused with the "jump up" spirit. As Teish would say, it's a time for "jumping, jamming, swinging, hopping, and kicking it." I realize that in order to do this, you will have to work around the very necessary limitations imposed on us all by the pandemic. Do the best you can. Maybe make it a virtual or fantasy jump up. Maybe dance alone in the dark.

CAPRICORN (Dec. 22-Jan. 19): "Perhaps we should know better," wrote poet Tony Hoagland, "but we keep on looking, thinking, and listening, hunting that singular book, theory, perception, or tonality that will unlock and liberate us." It's my duty to report, Capricorn, that there will most likely be no such singular magnificence for you in 2021. However, I'm happy to tell you that an accumulation of smaller treasures could ultimately lead to a substantial unlocking and liberation. For that to happen, you must be alert for and appreciate the small treasures, and patiently gather them in. (PS: Author Rebecca Solnit says, "We devour heaven in bites too small to be measured." I say: The small bites of heaven you devour in the coming months will ultimately add up to being dramatically measurable.)

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Homework: What's the important thing you forgot about that you really do need to remember sometime soon? 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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Submissions sent to Rob Brezsny's Astrology Newsletter

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