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See the everyday magic in life...



2011 Yearly Astrology Forecast: Boot Camp for the Soul

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Numerologically, 2011, when added up, is a 22 "master number" year. If you add $20+1+1 = 22$. And then we reduce it even more by adding $2+2 = 4$. We have a $22/4$ year that is going to make 2010 look like a warm up. And it was the year of the crucible; being put in the fire like a fine steel blade and made stronger by the flames. 2011 is going to take us several steps closer to the time when we actually enter 0 degrees of Aquarius, the new age for our world, 12.21.2012. There is disagreement among Mayan calendar people who say mid 2011 is actually the date when "time will cease as we know it." There's a miscalculation here and I'm not able to sort it out. What I can say is that 2011 is the last step to a final change that has been with us since 1988. Since 1988, the Harmonic Convergence, we have been in the throes of leaving 29 degrees Pisces, the 'old age' that lasted roughly 2,500 years, and we have been crawling through the cosmic birth canal toward being birthed in 2011 or 2012. It can't come soon enough, but any woman who has given birth will tell you, labor is a special hell and it turns into heaven once the baby leaves the birth canal and enters the new world.

We are going to go through the same birthing process. 2011 is the end of the birth canal. The confines are tight, painful muscle contractions pushing us ever closer to the entry point, suffocation because we are caught between living in a watery world in the womb and the water world of Pisces the

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fish and air of being ejected from the canal and finally being able to breathe. The entire year is IN the birth canal and the head of this Aquarian Age 'baby' is crowning and ready to be born. We will get to breath fresh Aquarian air in 2011-2012. It's going to be a year of pain, suffering, patience and for those who rise to the challenge, transcending to a new level of energy frequency. All of this will take place in the cosmic birth canal that we are being convulsed through in jerky, painful, chaotic moments we call days, weeks and months.

It's important to grasp the over arching symbol for the year's energy, for without that, we have no rudder to guide ourselves through the months. The master number, 22, is one of the most powerful in the cosmos. It is four-square, or four cornered. It is ruled by Saturn on the "4" level and Pluto on the "22" energy level of expression. This will be a Saturn-Pluto year as we have never before seen. And of course, HOW we approach it with our heart and mind, its either going to be torturous or the beginning of freedom and seeing the light at the end of the birth canal as we are pushed, shoved and pummeled through it. Suffering hones the soul, there is no doubt about this. We don't grow down here on Earth without pain, sacrifice and suffering. I wish it were different, but it's not.

I liken this process to a Cosmic Boot camp. Anyone who has been in the military, like myself, knows what boot camp is all about. It's taking a civilian and turning them into a military person. It's education emotionally, mentally, physically and spiritually to transform from one way of living and seeing the world to another. In my case, I had twelve weeks of boot camp in the US Navy. In our case as a global village, we get fifty-two weeks of boot camp in the year 2011. And its designed to take us from where we are and mold and train us into something different. The process is going to painful and there's a lot of suffering. That is the energy that surrounds this year. It is transformational. It is going from a cocoon into a

butterfly. And it can happen if you choose to allow the energies in your life to flow through you and make conscious changes. Those who don't will find boot camp intolerable and want to escape. It will create a lot of anger, rage, rebellion and frustration that they will act out on this Earth. For everyone, and there are no exceptions to this, you either will survive boot camp and thrive because of the hard work you put in, or you will not.

For some, this year will give you the tools to endure the tests that are going to be coming at us from every direction. It will be personal in that there will be spouse/child/elder responsibilities. It will be career oriented in that you will be asked in 2011 to become a chameleon and remake yourself all over again. It will be global as the human race makes choices to either hang back in the fear of the past fixedness of the Pisces age, or move ahead on blind-faith-knowing that where we're headed is much better than what is dissolving around us every second. This is a penultimate moment in the cosmos and for the Earth as a living being. She changes zodiac signs every 2500 years. And each sign brings in a unique expression, frequency expression and energy for her and all those who live upon her in some form.

The Mayan prophecy ended on 12.21.2012 and said, "Time will end as we know it." Fear mongering of those people who are hanging on to the way things were in the age of Pisces will interpret this as the end of the world. Those who are making the vibrational changes and doing their best during the next two years of insanity and chaos, will see it differently. For me, time has already ended as we know it. For example, the Internet is global and at the stroke of a key we can be in instantaneous touch with someone on the other side of the world. No longer are there time zones or travel. It happens in the blink of an eye. Time, as we know it, has truly ended. We have instant access to anyone in the world 24 hours a day.

The REAL question is this: is FEAR of change going to rock this world out of balance or not? For

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example, the Gestapo TSA with their Gate Rape invasive pat downs that allows the federal government to examine your breasts and genitals at the airport, is the paralyzing of a frightened government. It's not thinking; its simply reacting to 9.11.2001. And the populace of the USA pays an unthinkable price personally as they are traumatized by these TSA goons, but also our personal freedom is being completely eroded. If we want to be smart, we need to mirror how Israel handles people going through their airports and not rape them as the TSA does American citizens and their innocent children. THIS is a mirror of the old guard, the old ways and FEAR controlling everything we do.

If this is allowed to continue without citizens stepping up and saying enough is enough and demand needed changes, as well as taking back our 4th amendment rights guaranteed that we will not be forced to search and seizure by the government, then we're going down a rat hole that will have no end. Our personal freedoms are being stripped away so fast it makes my head spin. And FEAR will have won out and we're headed for a nuclear holocaust that will start in the Mideast and spread via Iran to North Korea and it will go global. Or, North Korea, the spoiled, temper tantrum brat of the world, will loose a nuke. Then, we will have effectively poisoned our world forever. FEAR can be understood as the dinosaurs. They are now extinct. Fear is not going to do anything but paralyze you as a human being in your mind/emotions.

If you don't like this scenario, the only other choice is to have FAITH and right action. And I'm not talking about religious faith, per se. Faith that even though it's rough and the world economy is on life support, that we each make a difference. Our faith in a positive future, can tip the balance the other way. You have all been tested since 2007 when the Depression occurred. This Depression is going to go on for a ten-year period, minimum. We all have to make tremendous sacrifices large and small, personal and professional. No one has escaped this stain. HOW we deal with it,

of course, is the key. If we hone our survival skills and understand we're in the birth canal of a huge cosmic event taking place on Earth, we know it will have a beginning, middle and end. The beginning started in 1988 with the Harmonic Convergence. The Middle was 2001 when Al-Quaeda struck the Twin Towers in the USA. I hope we have the internal fortitude, patience and faith to see this birthing through to a new world with new HOPE, not disaster. Ultimately, it's up to each one of us because the Aquarian energy coming in right now puts the onus on the little people, not kings, presidents or despots. It will be the people of the world who demand fairness and foster the hope that this Earth needs. This is where right action comes in. You have to be responsible, speak up and be counted when necessary.

For those who are controlled by FEAR, the above will sound like a threat and Armageddon is going to occur. For those who remain in their core and see the larger picture and understand how important each person is to this birthing process, that is hope, not destruction.

Let's look at the major cosmic players for this year to understand what is happening. First, we have an ongoing mutual reception between Uranus and Neptune. Uranus is 27 Pisces on January 1, 2011. Neptune is 27 Aquarius. What this means is that we're going through a major initiation. Each of us is being asked to 'upgrade' spiritually and energetically. The seed energy from the galactic core of our galaxy at 26 Sagittarius is constantly sending wave after wave of higher frequency energy toward our planet and all of us. We must grow or die, as the saying goes. Initiation means SEED. We are getting a lot of cosmic help from these two planets to up our energy and turn ourselves inside out. We are going from living in our root, navel and solar plexus chakra into the heady realm of the heart chakra. We are trying to move into the heart chakra right now. This has been ongoing since 1988. If we choose the heart over the lower three chakras where FEAR resides, then we will become compassionate and whole brained with

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a global view that we are all connected and related. This is such an Aquarian concept; that we are a global village and that each person is to be respected and is important to the entire organic process.

This mutual reception is actually helping billions of people make this upgrade into the heart. With Uranus part of the picture, it is the way shower because it rule the sign Aquarius. Along with that will come major shocks and trauma to jolt us out of our dinosaur-like past to get us to move ahead and look forward, instead. Not all traumas are bad. Not all shocks are bad. It depends upon how you look at it that counts. Uranus also rules the Internet and this is an Aquarian creation and the door to our future. The trick is in getting the REST of the world wired too so that all people can rise simultaneously, instead of just a few countries. Imbalance leads to disharmony. And that's not something that Aquarius will tolerate. Every mind, very heart, then, counts for creating a NEW REALITY that is being built right now. You may not know it, but every time you visualize a world at peace, people getting along despite their country of origin or their belief system, is actually creating the tomorrow we need. Aquarius is equal opportunity for all people; not just a few. As a result, you're going to see some severe contractions the next ten years.

Why? Because Pluto is in Capricorn. And no one like the old guard, the old ways, as much as this sign. However, with Pluto in there, this means a rebellion of people against the state, the leaders (the TSA gate rape is a perfect example of this in action) and they won't tolerate it any more. Old institutions, old ways of thinking are going to be rebelled against and people are going to force the changes into a better structure and way of living. Right now, the federal government is taking away our citizen's rights little by little, using the excuse of 2001 911/attack. How far are the people going to let this happen until they raise up and tell them: no more. Or, will the USA fall into a despot leadership run by the president and congress who

cares more about their own party than America as a whole? And the people's votes and needs no longer listened too? That is happening RIGHT NOW. This is old guard Capricorn reflexing into fear and control over the people to keep its power. Aquarian energy, however, is the uprising of the little people to stand up and be counted, to make the necessary changes.

With Uranus going into Aries in early March, the American people are going to come unglued. Their rage over how the federal government is treating them is going to explode. Uranus in Aries is about the warriors standing up to be counted. It is a war against those who seek to control and manipulate us. It is all going to start breaking down the old guard politics, the institutions, in March of 2011 for the next seven years. Hang on to your hat, because Uranus will teach through shocks and concussions. The people are going to rear up on their hind feet and roar. It's about time. Being a responsible citizen means communicating with those in Congress and the White House and letting your voice be heard.

March 1-11, 2011, Uranus and Neptune are at the 29th degree of their sign, respectively. Please ready my blog on the 29th degree to understand how critical it is. The 29th degree is all the emotional garbage we've refused to look at or work through, or have ignored, comes back to confront us like our worst nightmare. Leo/Aquarius and Virgo/Pisces are really going to get the experience up front and close. If you have natal planets in our chart around 29 degrees, it would be best to consult a professional astrologer to understand what you're going to be dealing with.

In April 2011, Neptune moves into 0 degrees of Pisces, it's home sign. This can be good, but with Uranus in Aries, the fire and water which create the 'steam' of change. When they were in mutual reception with one another, there was a mixture of air and water. This creates fog and you can't see far ahead. Now, with Uranus in Aries and Neptune in Pisces, you are mixing fire and water. That

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creates a burning steam. And as we know, steam can be harnessed to make machinery move and work for us, or it can burn us. Which will it be? We can choose to harness the spiritual steam of change and make it work for us. Or, it can be an uncontrollable steam that burns any and everything in its path both on a personal, career and global level. The choice is up to us. Aries/Libra and Virgo/Pisces people are really going to feel the steam of this next seven years. The question, as always, is: how are you going to handle this incoming energy? Will people use it to improve and better themselves? Or will they turn around and 'burn' those they love, decimate their career and be a part of a global catastrophe instead?

THE SUMMER OF DISCONTENT: The next big player cosmically speaking is, Uranus square Pluto in the month of May. This squaring off of these two powerful outer planets will occur again in July/Aug/September 2011 too. May gives us the leading edge of this energy. We want to be alert about what it means, so keep your ears pricked up in May. Let's understand that Pluto is about transformation; a complete change. Uranus is about changes through shock, trauma and suddenness. An inconjunct is one of the hardest aspects I know. It means you are caught between a rock and a hard place and you have no place to dodge the bullet. You have to deal with the confrontation head on whether you want too or not. So, we're going to get a 'taste' of this and what it means in May 2011. We'd better listen up then and start making the correct changes. Because if we don't, then when this cosmic aspect hits hard in the summer and all hell is going to break loose. That is why I call it our "summer of discontent." If we don't do the required changes/tweaks in May, we are headed down the rabbit hole with Alice. It will not be pleasant. Uranus is in Aries and Pluto is in Capricorn. This is about revolution, rebellion and people picking up the war cry for changes from their governments around the world--including the USA. Politics and those who symbolize the USA outmoded dinosaur, are going to find the voters furious and they aren't taking it any more.

Watch for major voting changes on every level from your town to the national level.

Every institution in the world, and this includes religion as well (Catholics, Christian, Muslim, ect) is also going to be broken down, dissolve and taken apart piece by piece. The old is not going to survive under the relentless Pluto transformational energy. Women, who have been shunned by ALL religions on this Earth, will now start standing at the helm and rudder, metaphorically speaking from now on. I can hardly wait to see women priests as a natural part of the Catholic church, and that all priests can be married and have families. That will end the sick, twisted, perversion of sexuality within the Catholic church and the distorted male priests who turn into pedophiles to destroy another generation of innocent, trusting children. Pluto is in Capricorn for sixteen years and it will be in this time frame this will all occur. ALL religions are going to see major changes. If they are strong enough, they will re emerge better at the end. But this also means that NEW religions or new spiritual ways of believing are going to not only take root, but flourish. Why? Because so many people nowadays see the backward folly of the organized, institutional religions. They no longer feed a person's soul, and people will reinvent a new religion or a new way to compensate for this situation. The cat is out of the bag; we no longer need a priest to stand between us and our God (or whomever you believe in). Indeed, God is inside all of us and we have natural communication spiritually. We don't need someone else to tell us what to do, how to think or pray. It's already internalized within us.

Further our economy is going to plunge in March, too. The global economy is on life support. Yes, the USA trip levered the entire scenario in 2007, but now, its going to get worse. Capricorn is about our financial institutions. Pluto is in Capricorn. And now, as Uranus squares Pluto, the financial institutions around the world ae going to buckle. We've already seen Greece get put on life support. Ireland was next. Spain and Portugal are

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teetering in the infant European Union. IF things are not put into place to stop this destruction and deterioration by fresh new ideas and creative ways of fixing it (because this is what Pluto is asking of the global banking community) then we are set up for a total melt down of it during the summer months I specified above. I got out of the stock market years ago. I put your money where I can get a hold of it; and it can't be stolen or taken away from me again. It's going to get ugly if the old guard bankers don't get some fresh and innovative ways of rigging global banking into new ways that support people and their hopes/dreams/visions of a better future for everyone. Again, this is the Aquarian mandate....all for one, one for all. If the governments of the world hold on to their sinking ship, this meltdown will be so massive that it will take the world's breath away. I hope the governments/leaders/politicians "get it" in March, 2011. Because if they don't, we're continuing in our Depression. I'm sure Ben Bernake will refer to a 'double-dip' recession, but I take umbrage with this whole thing. We are IN a Depression and it is going to continue to worsen if the talking heads don't get their act together. Of course, our government is afraid to use the word "Depression" for fear it will stampede Americans. Frankly, people need to realize we are in the second Depression of our history. The sooner they get that, the sooner they will start conserving their money and start saving. This is a contraction time in our history.

Also in September 2011, Neptune is at 29 degrees Aquarius ALL MONTH. This is the boot on our neck, so to speak, coming down on us. If we have pretended to be ostriches and stuck our head in the sand all year up to this point, then Thor's hammer comes down on the world with such a blow that the leaders will be forced to make sweeping, abrupt changes. They are out of options because they cling to the old guard Pisces age. The Aquarian age is coming in, sticking its foot in the door whether they like it or not. People will rise up. Rebellion is in the air. Revolution for Evolution will be the cry of those who are not asleep and who are not allowing fear to dictate

the quality of their lives. This is the 'heat' of the initiation.

It won't be pretty. It can be downright nightmarish. For some, there will be a breakdown for that vaunted breakthrough. For those who have held steadfastly to your vision of peace and people getting along in the world, you will be upgraded. For those who are asleep, you're in for a rough awakening. Neptune is our spirituality, our connection to the cosmos and whomever we believe in (or not). Everyone gets the fire of the holy spirit descending upon them this month but how it plays out, in keeping with the Aquarian age energy, will be dependent upon each individual. Some will have incredible epiphanies, aha's and be in bliss. Others will finally 'wake up' and see the horror of what they were being manipulated by insofar as fear mongering. Others will remain asleep and pay the heaviest and worst price of all.

And right along with this in September, is the Uranus squares Pluto that I've already spoken about earlier. Between these two massive energies, people are going to change. There's not if, and's or but's about it. Mutable signs Gemini, Virgo, Sagittarius and Pisces will do it with ease. But the fixed signs of Taurus, Leo, Scorpio and Aquarius are stubborn and will cling to their outmoded beliefs because they have invited FEAR into their lives. They will be the slowest to make the demanding changes being asked of them. Cardinal signs of Aries, Cancer, Libra and Capricorn will have varying degrees of deciding to change. Aries will do it in a heart beat, Libra, once you reach their mental construct and explain it, will also. But Cancer and Capricorn are the two worst signs because they hold out for the "old days" and the "old ways," and believe that our best days were behind us, not ahead of us. They will feel very uncomfortable making the changes.

October and November brings rescue via Jupiter trine Pluto. This is the cleanup phase of what has happened throughout the summer and the hammer falling on all of us in September. Clean up

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time. Pluto devastates and destroys, but like the myth of the Phoenix bird, even though it burned up in the ashes after falling, it will rise from the ashes even more beautiful and stronger than before. Jupiter is in Taurus, so this is a fixed sign that lends stability to a roller coaster chaotic ride through the summer months. This also means that the destroyed banking and global economy that has been in a free fall, will stabilize. And out of the ashes of this crash will come a better, healthier financial institution world wide....but it's just a beginning. Rome wasn't built in a day. For Taurus/Scorpios and Capricorn/Cancer people, you are the most directly affected by this. You will be given the guardian angel energy to lift yourselves out of this financial debacle by your bootstraps. Anyone with planets in any of these signs in their natal charts in the first ten degrees will be deeply affected by this trine in a good and positive way. Talk to a professional astrologer (see my recommendation at the end of this article) to find out where manna from heaven is going to arrive to support you in a positive way.

In December, Saturn is trine Neptune all month. This is not a happy pairing because the hard, conservatism of Saturn hates the watery, spiritual, hocus-pocus of Neptune. However, when there's a trine, this can mean the old guard conservatives get creative and a breath of fresh air into our government/politics/leaders is entirely possible. This is a global phenomena, too. Saturn can manifest the changes, make up news rules of how to conduct financial business, much like it did when Wall Street crashed in 2008. There's going to be more changes in the way Wall Street does business, banks do there's and how we manage our money. And maybe, just maybe, Christmas will be different this year too. Maybe we will realize it's a season of giving from our hearts and not from the greed is good concept of our lower three chakras that hold us in credit card hell. There's many ways to give; among them, your time at a welfare place, visiting elders in a nursing home, working with a group to make things easier for those who have so little. It's not about money as

much as it is realizing that those who struggle, who are poor and starving are as much a part of us as anyone else. The Aquarian Age demands that we make things equal between the have's and the have not's. It's no longer the 'have's.' We MUST begin to realize that everyone deserves to have freedom, to aspire, to dream and to be educated. That's the new energy flowing powerfully into our world now. We can either be drown in the tsunami of this new age energy, or we can grab a surf board and ride it with our life.

From a spiritual evolution standpoint, many have been preparing for this upgrade. In 2011 you will be refining and tweaking yourself. How? We all have wounds. And in order to evolve, we must work through our wounds and heal them. And in healing them, we grow, mature, deepen our understanding of ourselves and others. This is when the upgrade is ready to be triggered. Look at 2011 as the final 'polish' on yourself. This will be the year when the last of the rough spots are sanded off. The focal point of this upgrade is movement into one's Heart Chakra. for it is here that we are all trying to move into because the Aquarian age is about it.

To view this from another standpoint, if we put all twelve zodiac signs times 2500 years, and the Age of Pisces being the final turn of the wheel, we are entering a new age. In 31,000 years (give or take) we've worked through our root chakra of tribalism, moved into the sacral chakra of teamwork and others to the solar plexus where the development of the individual "I" has taken place. That's a lot of evolvment. Now, as we enter the Age of Aquarius, we enter a new turn on the wheel that will go on for the next 30,000+ years as we move through each of the twelve signs once again. And now, we're starting at the Heart Chakra level. This is where all the marbles are focused on, energy-wise. And it's where every human being who is incarnated into this world of ours, is going to fight to go. Consider this 'fight' like Salmon returning from the ocean and then

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swimming back to their original birth place. It is fraught with dangers and death. We will fight like salmon to move into our heart chakra.

Is everyone on board? No. We have to remember that Earth is a physical "school" for the development of one's soul. You are going to find 'young' souls to 'old' souls here. Those who are 'awake' (that is to say they understand on a conscious level what's really going on, that they are down here to evolve and work through their wounds to become a better human being) will take every wall, every blockage and every wound and do their best to work through it. This doesn't happen in one lifetime. Baby steps are usually the norm. Every time an 'awake' human being makes a step, however, it pulls the rest of the 'asleep' (people who are not conscious; they merely react out of their life circumstance without any consciousness about why they are here), people along with them. In other words, every person who is awake is actually LIFTING the energy vibration of the entire planet by their hard work and application. Every person struggling to work out of their Heart Chakra lifts everyone. This is the promise of the Aquarian Age because this sign is about the little people...the unsung, the unknown, the common people of our world. And it will be the common woman and man who is doing it. Unsung, unknown, but a vital cog in the wheel of life.

In the Pisces Age, a few souls were picked to try and lift the energy vibration of this earth. They were known as Buddha, Christ, Mohammed, ect. These spiritual lights couldn't make the changes they came into do. It was a failure. The Patriarchy took over, women were suppressed and when you have fifty percent of the populace as slaves then nothing is going to evolve. Since males took over during the Age of Pisces, all the high, lofty ideals of the Bible, the Koran and other religious documents, de-evolved into religious warfare and destruction. That is why it is an abject failure. Humans made the choice. The cosmic ideals sank into the mire of terrible human prejudice, hatred and our lower three chakras.

In the Aquarian Age, it is the MANY, the individuals around the world, who are 'awake' who take up the cosmic call to lift the world as a whole. There are billions of 'lights' out there, good people who are working to live a heart centered life to help those who are asleep or are who wanting to wake up and become conscious. Instead of a few spiritual leaders, we will have billions of common people, on the ground, living common lives, who will lift the vibration. My money is on them to do it where great spiritual masters failed.

This is why its so important for each person to continue to shed their lower three chakras way of living and move into their heart. Compassion means acts of kindness not only toward yourself, but others. You help an elderly person by carrying out her groceries. You pick up a can that a pregnant woman dropped on the floor as she took it off the store shelf and put it back into her cart. You open a door for a man who is using a cane. You donate your money to good causes that help the poor, indigent and uneducated. Loving others requires us to understand what that means. It isn't about sex. It's about respecting your neighbor, accepting her/him as they are and getting along with them even if you don't agree with their religious choice, their education level or their outlook on life. Certainly, this does NOT mean tolerating someone who murders another human being, defrauds them or in some way, incapacitates another person. But it does mean living an emotionally DETACHED life.

Detachment means you see the situation, the person and their choices. It means NOT judging them. It means accepting them as they are and not trying to change them. When we are not detached, we are emotionally controlled by the other person, place or thing. Those distorted emotions run our lives whether we realize it or not. That's why learning detachment and practicing it every day of your life, will FREE you from all of this emotional turmoil and give you a much healthier perspective on living not only your life, but allowing others to do the same. Detachment means we

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are in control of our life and our choices. It does not mean we have left the human race. In fact, we've joined it in a healthy way for the first time! Learning not to judge others is a huge task of learning detachment. The old saying that you must walk two miles in the shoes of the other person in order to understand why they are they way they are, is profoundly true. When we proclaim our religious faith is the ONLY one, this is judgment. And look where it has got us. The religious institutions, to this day, are fighting and murdering one another in the name of their god. How sad. And it's not necessary. If you work on not judging others, then you are creating a 'live and let live' environment instead. A healthy place to be for yourself and others.

Detachment does not mean letting someone drink themselves to death, allowing them to endlessly use drugs, not stopping an abuser and reporting him/her, standing aside and not getting involved when a person is injured in an accident, or fall sick and needs help. This is not detachment. Remember, it's about emotional expenditure. In detachment YOU choose where you put your emotions, your passion, your love, your desire to work. It's dictated entirely by you, not another person, place or thing. Detachment means getting deeply involved where you want to be involved. Not being yanked into some else's emotional drama that you really don't want to be a party too.

The profound lessons of 2011 are going to be painful. This is how we learn down here in this Earth school: by feeling pain. When pain is applied, many grow, deepen and mature. Of course, some do not. But those who can use pain and suffering as a way to deepen spiritually in this year, will be more than ready for the birthing energy of the Aquarian Age. For every bit of pain and suffering we take on and successfully work through, there is equal rewards awaiting us, too. One does not develop spiritually without this template being applied to each one of us. The rewards will equal our suffering. How the rewards manifest are individualized. And 2011 is what I

call a "spiritual boot camp" year. We're all boots or beginners to this incoming Age of Aquarius. We're all going to falter, fail, pick ourselves up and be successful here and there. Our 'graduation' will be in December 2011 when Saturn trines Neptune. This is when we get our reward, our graduation from boot camp. It will be a once-in-a-lifetime initiation. Not everyone is going to make it. But those who do, will find an extraordinary gift coming from the cosmos for each of them. It is the upgrade into the heart chakra we are all working so hard to move into.

A SURVIVAL CHECK LIST TO DO

1. **YOGA CLASS?** Look at beginning Yoga or some other low stress and healthy exercise. I can't say enough about Yoga because it influences our breathing, stretches us, calms us and cleans out our chakras, which is very important during this time. All signs can benefit from yoga.

2. **READ A BOOK.** You can always go to my author website www.lindsaymckenna.com if you like fiction.

3. **TIME OUT!** Take time out for yourself. Be alone. Be quiet. Go in. Do things that give you joy. Be with people who love you. Don't put yourself in the gun sites of your enemies or those who are jealous or competitive with you.

4. **MEDITATION.** It is there that you meet your teachers and guides, the spirits who love you despite yourself. It is an excellent time to go in and listen to your inner voice, your heart and your desires....and to become (finally) aware of them and then to act upon them.

5. **COUNSELING.** Or you could title this: anger management course or "Who's Pushing My Buttons and Why?" This is a great time to seek counseling. Whether you go to a therapist, seek out a minister/priest, or some other professional, you should. Anger, when unexpressed, twists in us and hurts us. Anger inappropriately expressed

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always hurts others and that's not what you really want. I would also suggest contacting Rosemarie Brown, MSW, who is a "Coach" and has been trained to help put people in touch with their most important elements of themselves and get on with life in a positive fashion. You can reach her at: starrose@sedona.net. Coaching is a life-changing technique and I'm sure Rosemarie can help you to help yourself. You can visit her website as well at: <http://www.rosemariebrown.com>

6. SWIMMING AND WATER. Ah yes! Cancer, Scorpio and Pisces people really love the water. Swimming is a wonderful way to relax this winter. What better time to sign up for a course in swimming at your local spa than now? Or a nice long bath or shower. Do take advantage of the water during this period because water is always healing for you. If you don't have a nearby pool, then think of a nice bath with your favorite bath salts or oils and luxuriate in it--treat yourself kindly and well. For Capricorn, Taurus and Virgo's, who are an earth signs, you're the soul of texture. Massage is one of the most basic preventative maintenance things you can do for yourself--so schedule massage once a week if you can.

7. CARE OF YOUR SOUL. Getting a soul recovery and extraction--no better time than now, believe me. We have all lost pieces of our spirit in this lifetime and many times, anger is a big red flag of loss. You can go to: http://www.medicin-garden.com/SRE/SRE_Faculty.html

8. ASTROLOGICAL COUNSELING. Getting your astrology natal chart read by a professional can definitely help shed light on your chaotic life if you are being influenced by this transit. Professional astrologer, Rosemarie Brown is available at: star-rose@sedona.net and her website: <http://www.rosemariebrown.com>. Shedding light into the dark areas of your life is always helpful and Rosemarie is one of the best!

9. MEDICAL ASTROLOGY TO SUPPORT GOOD HEALTH. If you have health concerns that should be looked into, contact: Rosemarie Brown at [star-](mailto:star-rose@sedona.net)

rose@sedona.net, is a trained medical astrologer. Find out what you're dealing with and learn how to turn this into a positive, healing experience.

10. FLOWER and GEM ESSENCES. These are gentle healers that can help a person to heal themselves. Just go to: <http://www.medicin-garden.com> and point/click on Natural Essences and you'll see gorgeous photos of your favorite flowers, as well as useful information that might help you in some positive way!

11. LEARNING TO TAKE CARE OF YOURSELF. I can't emphasize enough that this Mars retrograde period is about going within and healing yourself on whatever level needs tending. Be kind to yourself! Do little things for yourself daily...things that make you happy or give you pleasure. Look for ways to take the stress off yourself.

12. PLANNING ON A NEW JOB IN THE FUTURE? WANT TO MOVE TO ANOTHER PART OF THE COUNTRY? Astrology can help! Check out Rosemarie Brown at starrose@sedona.net and her website at: <http://www.rosemariebrown.com>

With all these "tools" at our disposal, you can make a smooth transition from the outer world into your bright, creative and educational inner world!