



Maggie Kerr A.A.T
'Therapeutic Astrologer'

universalastrology.com.au

Depression – Finding the Light in the Darkness

Some Ideas & Tools for Understanding & Healing 'The Big D'

Depression phases are often the precursor to new life stages - very balsamic in nature - very gestative and developmental. If we can understand that these deeply introspective phases in our lives, are the time for releasing past feelings as a phase of life is drawing to a close, and quietly nurture ourselves whilst our Soul is preparing us for the next phase of growth, we can contain the feelings of loss and separation. From this place faith and trust can be born.

One of the most common issues I find myself counselling in the course of my daily practice as an AstroTherapist is the “Big D”...Depression. Now this might not sound like a very exciting or interesting topic for an article however, during the course of my investigations into this area I have found some very basic but also very powerful ideas that have helped my own understanding of the Big D as a fascinating aspect of the human condition, warranting both exploration and discussion.

These ideas and strategies have also helped me manage my own ‘depressive temperament’! Indeed it has been the gift of Astrology as my guide map, plus psychotherapy for the healing tools to understand and heal my own challenging journey has also accidentally created my life’s work...funny about that!

Indeed depression in its’ varying degrees is actually something which we all have in common! It is also a piece of territory in our culture which still holds a taboo, as very few people admit to experiencing it or understand much about it - much the same as grief. Generally, ‘difficult’ feelings including rage and shame and helplessness and fear, are usually labelled as “bad” so consequently are largely denied and repressed, and therefore not valued or utilised in any sort of meaningful way!

Even if you are not familiar with the Astrological planetary system please enjoy this illustration of my ‘Planetary Tree’ on Page 3, as the descriptions actually give you instant insight into how Astrology works! This is how I perceive the relationships between the planets on a psychological level. As you can see, there are the male and female “lines” with the neutral or mental planets between them. It is not my purpose to explain the whole link up here in depth - however a brief outline goes along the lines of:



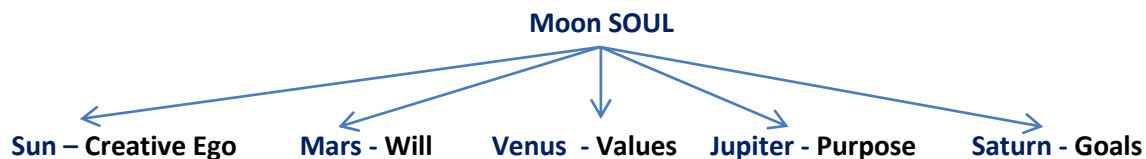
The potential for wholeness in each of us requires that we integrate the yin and yang lineage of archetypes within us. The yang path to the individuation of the Sun, must be supported by the energy of the will (Mars), the capacity for self-responsibility and authority (Saturn), which in turn leads to true empowerment both on an inner and outer level (Pluto). Ultimately, for the true Spiritualisation of our Solar Ego we must transform our personal will from ‘life is all about ME, to “I am actually here to serve humanity and fulfil my purpose and create joy along the way”!

The yin path within the wholeness process requires that we become “Soul Centred” and learn to respond to our true intuitive feelings (Moon), and become “safe” in them so we can nurture our authentic Self (Sun). This requires clearing and healing our lower emotional nature, where we are at the mercy of emotional reactions and old unconscious patterns. More on this shortly!

Venus serves the Moon by providing our healthy self-worth so we can ‘attract’ who and what we need for our growth, and learn to co-operate with others to achieve our goals. Jupiter brings us opportunities for growth based on our sense of meaning and faith in ourselves, and Neptune brings inspiration and clarity so we may have a true relationship with our Soul and connect to ‘the stream of consciousness’.

As long as we are still allowing our ego/mind to run our lives, we miss the true opportunity to invite our Soul to be the 'guidance system' that sets us free from fear and worry. We also have a moment-by-moment tool to allow symbols and signals to show us when something or someone is 'right for us'. Yes our 'gut level' intuition that we are trained to ignore in our modern rational world. And last but by no means least we have instant access to our Feminine higher nature for healing and nurture and support.

Just close your eyes and place your right hand on your belly and say "It is safe for me to feel" then visualize a bright white light moving up from your belly through your Heart and Throat and Third Eye and out through your Crown to a your Soul 'star' about 40 cms above your head. Then just say "send me your love and guidance" and you can be quite specific about your questions...then wait for signals!



These are the primary ingredients of every person! They must all be brought under the influence of our Soul so they may be used as tools for our Souls purpose...rather than be the masters.

Now we need to explore the Neutral system between Yang and Yin. At the top we have Mercury, the messenger God who links the male and female aspects within the whole person. Mercury governs our "mind and mouth" thus must be in good condition to allow us to believe we "are heard and understood" when we share ideas and connect with the world around us. Indeed he is the dude who regulates our mind and thoughts and is associated with 'left brain' analytical thinking and reasoning. Our mind is fed by both our unconscious feelings and is also the tool for conscious intention thus "our thoughts create our reality".

Next comes the modern planet Chiron who sits in the pivotal position between our lower nature contained in the first seven planets – Sun out to Jupiter – and our higher or Transpersonal spiritual nature. We access this via the modern outer planets Uranus, and Neptune and Pluto. Chiron triggers this process through some kind of crisis – health or wealth or love or whatever – to awaken our realization that there is more to life than ego and desire gratification. **Ultimately we are here to open the Solar Heart Centre so we may feel the Lunar Soul essence and experience LOVE and JOY.**

O.K. so there's the game plan as I perceive it (bearing in mind these ideas originate from many other Esoteric teachers far greater than I!) So now back to the theme of this article. The two types of folks most prone to depression in Astrological typology are Capricorns and Scorpios i.e. Capricorn is ruled by Saturn, and Scorpio is ruled by Pluto, and it is these components in each of us that enact this experience. So there's a Mars/Saturn/Pluto thing going on here, which places us in the yang line-up in my model.

Thus my simple reasoning tells me that at the heart (Sun) of themes of depression is a belief that the free creative individual (Sun) does not have the right to express their free will and courage (Mars) and take responsibility (Saturn) for this expression by using our power safely (Pluto).

THE PLANETARY TREE

Male DYNAMIC

NEUTRAL

Female PASSIVE

☉ Sun - Heart

SPIRIT - SHAKTI - CHI

Free to be me as a creative individual

Heroic quest to keep growing

Lower ego under control of soul

SPIRITUALISED – Ego is a tool

Feelings of happiness joy and LOVE

☾ Moon – Solar Plexus

SOUL – DNA MEMORY

Free to feel my feelings & have needs

Emotional safety & nurture

Then I can trust my intuition & be

SOUL CENTRED – trust higher SELF

Kind to self and others

☿ Mercury - Throat

HEALTHY MIND AND MOUTH

Free to be 'heard & understood'

Inner link between all Planetary Voices

Communications Skills – Our Thoughts Create our Reality

♂ Mars – Sacral Plexus

WILL ENERGY TO IGNITE ACTIVITY

Healthy assertiveness beyond anger & frustration

Courage bravery enterprise

Feeling potent versus impotent

♀ Venus – Throat

RELATING SKILLS - SELF WORTH

Healthy relationships not co dependant

Experience and create pleasure

Feeling valuable versus guilt/shame

♄ Saturn - Base

LIMITING FEARS & LESSONS

Free to be successful and get results

Self-responsibility & capacity for work

Stability and staying grounded & practical

♃ Jupiter

GIFTS & POSITIVE OPPORTUNITIES

Free to have meaning and purpose

Learning & knowledge in quest for truth

Beliefs that drive our goals

♄ Chiron

CRISIS IN CONSCIOUSNESS

Essential wound that triggers higher conscious process

via Uranus, Neptune and Pluto

♅ Uranus

UNIVERSAL CONSCIOUSNESS

Freedom & liberation from lower nature fears

Original & inventive ideas – free to be different!

'Unity Consciousness' beyond separation & alienation

♇ Pluto

SAFE EMPOWERMENT

Self control versus control dramas

Transformative versus destructive

Personal will under control of Higher Will

♆ Neptune

SPIRITUAL INSPIRATION

Clarity & illumination v confusion

Compassionate v addictive

Ability to "Dream" inspired reality

Let's explore Mars for a minute. Mars is the principle of energy in action. Mars serves the Sun so we may take action and assert on our own behalf - the archetypal warrior. The first Mars return to its' position in our natal chart at Age TWO sets the scene for establishing an individual's capacity for self will and autonomy. Depending on how a little person is responded to at this vital point sets the stage for later 'individual Will expression'.

So the Mars return offers the first phase of the 'separation from Mother' and the beginning of the individual self- expression (Sun). This is known as the "anal" stage in Freud's development model, which he describes as "active-aggressive development". In Erikson's emotional development model, he describes this stage as "Separation - Autonomy versus Shame & Doubt".

The successful outcome here is meant to offer "Self-Control and Will Power". The keynote themes here are expressed through toilet and food, and I'm sure those of us who have been through the delightful stage of raising a two year old can easily remember our own feelings of rage and impotence, when said toddler is raising hell attempting to impose their will over ours!

Interesting to realise that our own power and control issues are literally in our face during this process, and it isn't hard to see how the transference system operates here, as our human child responds to our own "stuff" accordingly, thus fulfilling (i.e. taking on board unconsciously) the core issues of the family system into which it has arrived.

So if the small persons' will is overruled by one or both parents, then feelings of rage, shame and impotence become repressed or buried within the unconscious psyche, and expressed as behaviours that either under or overcompensate the true feelings. So on the one hand we may meet the very compliant and seemingly pleasant personality type, who has tremendous trouble dealing with aggressive or angry people, and experiences many projections of their own disowned rage (I'm so nice...they are so angry!) Conversely, the person may become overtly aggressive, but still be incapable of cleanly asserting their will in a healthy way.

We have the next major stages in the 'individuation process' at ages SEVEN, FOURTEEN, TWENTY-ONE and TWENTY-EIGHT. These are all ages that arise from the 28 Year Saturn Cycle.

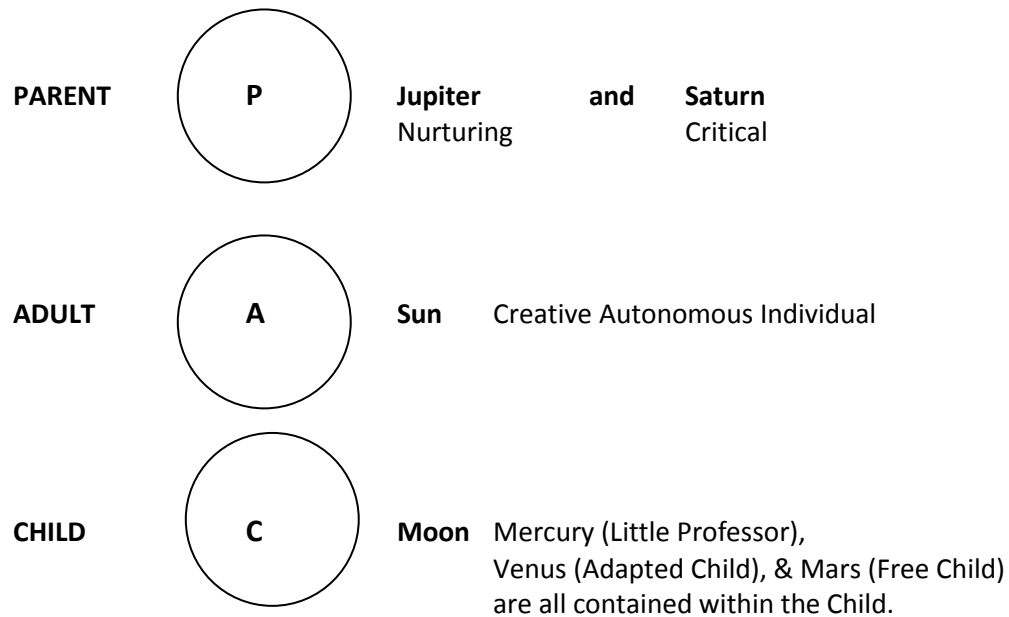
I originally wrote the genesis of this piece 17 years ago back in 2001 as a response to the growing phenomena of wide spread depression in our communities, and the increasing use of pharmaceutical anti-depressant treatment. Even now in 2018 I am astounded how the general conversation around cause and treatment continues to miss what I consider to be the main issue.

We live in a world full of anger and rage and separation from loving inclusiveness, where people are not taught that it is OK to feel and release our feelings of betrayal and frustration at our unjust global system. No it's not OK to vent or give our rage to others. We simply need to acknowledge and release it in a healthy way so it does not clutter up our cellular memory and inhibit our ability to access our positive feelings that enable us to be free to enjoy our creativity. More on this shortly.

We now need to add another primary model I share nearly every day with my clients as it such a simple powerful tool for understanding the 'structure of our psyche', so we can identify our unconscious drives and patterns, and then re-program our 'inner child' with healthy new 'permissions'.

In the Transactional Analysis Model Eric Berne offers us the **3 Ego states of Parent, Adult and Child.**

The 3 Ego States are drawn as follows:



Our Child Ego State is 'programmed' in the first 7 years as the result of the 'messages' we receive from our parents. We make 'early decisions' about our right to be emotionally safe (Moon) and valuable (Venus) and have a free will (Mars). These decisions become unconscious 'drivers' that create our behaviour patterns in our attempts to get our needs met and be loved.

We can see in this model that Mars represents the "Free Child", the part within us which has the right to express its' will - it is also the part containing joy/fun/wicked and the "wild child". Hence, the acting out of wicked/wild/angry if the child in us believes it is impotent, or if this rage is denied or suppressed...you guessed it...depression is the result.

Mars then passes his now frustrated/blocked energy down to Saturn and Pluto in turn. So our Mars free will and creative energetic excitement becomes "dirty", and spirals down into a cycle where we use up all the nice fresh clean 'will' energy in frustration and immobilization!

This leads to another important idea here, which says that depression is a signal from the psyche that old feelings that have been repressed and denied need to be felt and released - grief, guilt, shame, rage...the whole box and dice. So accessing and releasing these old feelings is essential to "shift" the blocked energy. Re-birthing and various forms of active psychotherapies are appropriate here. The deeper and older the depression the greater the work may have to be however, I feel that even in the case of chronic cases, releasing old repressed feelings is the key to re-mobilisation of the healthy will.

Our fears (Saturn) also contribute to the immobilisation of the will (Mars). These fears keep us powerless and feed our unconsciousness (Pluto). Impotence on both physical and emotional levels is the shadow side of clean and potent expression of our Sun's urge to be "the self who we truly are".

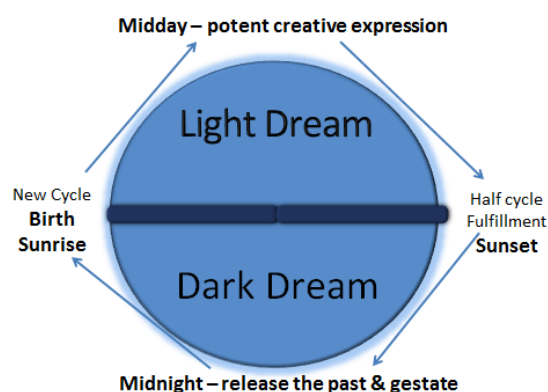
Re-programming old belief systems, and energizing healthy new ones is obviously also essential if we are to access our clean Mars energy and become this true and authentic Self. The permission here is "It is safe for me to be brave and assert myself with ease".

In terms of the psycho-spiritual whole Self, we must also open a high degree of faith and trust in our positive creative potential - i.e. accessing the yin lineage of planets - thus enabling the Soul to nurture and support the healing process.

Another key idea from psychotherapy about depression involves the reality that life is driven by cycles as we give birth to new expression for our creative impulse, then develop and release this to achieve results. Then as surely as night follows day we must let go of the cycle and enter a period of gestation in preparation for the next creative impulse. This gives rise to the beautiful image of 'the light dream' where we feel positive and excited by our creative expression...all is well...life is good. This is then followed by the 'dark dreaming'...where we must release the past and surrender to a kind of emptiness and stay dormant as we await the next inspirational moment.

The trouble is that in our ever-achieving upwardly mobile western programming we are not taught that it's ok to rest in and trust the 'dark dreaming'. As soon as people move to the beginning of the 'night phase' of creation they panic and try to pull backwards into the 'light dreaming' as they fear the descent into the dark. In the Alchemical Process this phase is known as 'The Nigredo'...the black phase of the creative process.

In alchemy, nigredo, or blackness, means putrefaction or decomposition. Many alchemists believed that as a first step in the pathway to the philosopher's stone, all alchemical ingredients had to be cleansed and cooked extensively to a uniform black matter. In analytical psychology, the term became a metaphor 'for the dark night of the soul, when an individual confronts the shadow within'.



If only people knew this is a very fertile place beyond the control of the lower ego. It is the place of surrender and trusting that a new life phase will arise.

It requires both understanding of the process and great faith to manage our fears and insecurities when we are in the 'dark dreaming'.

The 'shadow self' or 'dweller on the threshold' contains the fears and insecurities that live within all of us.

We usually keep this part of us a 'secret' as we don't want people to see us weak or needy or we might not be 'good enough'! The key to healing here involves 'embracing our shadow' by nurturing and supporting our vulnerable self when we are in the 'dark dream'. Our culture expects and programs us to be tough and hard (Saturn) to compete (Mars) and places little value on the softer artistic sensitive types, who often end up as the victims of our world.

So we must give up being hard on ourselves if our programming involves being 'strong' and seeing sensitivity as weak or bad. Conversely If we are playing out 'victim' or 'poor me' then we must take responsibility for creating our own reality and give up co-dependency situations and/or blaming others for why we are not in our power.

This can only be a brief attempt to discuss an area, which is complex to say the least. There is a host of information concerning chemical neurological causes of depression, that is way beyond the scope of this article, and which I believe creates great complexity about this feature of our human condition. I am simply aware as the result of my own, and observation and support of so many others' journey through fields of depression that I have come to understand it as an experience that can be rich and ultimately very rewarding.

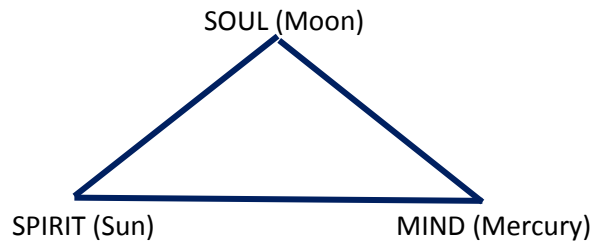
Depression phases are often the precursor to new life stages - very balsamic in nature - very gestative and developmental. If we can understand that these deeply introspective phases in our lives, are the time for releasing past feelings that are part of a phase of life that is drawing to a close, and quietly nurture ourselves whilst our Soul is preparing us for the next phase of growth, we can contain the feelings of loss and separation. From this place faith and trust can be born.

Time to Meet the Yin Team - Working With Moon, Venus, Jupiter and Neptune

Now that we have explored some ideas involving Sun, Mars, Saturn and Pluto themes involving the yang/male or animus aspect of our whole person psyche it is time to "play" in the feminine YIN department. Before we head into this rich fertile territory, we just need to cover a few basic concepts. Fundamental within my view of the Planetary archetypal model is the principle that as metaphysics shows us, the human being is actually a system of energy involving interaction and interface with one another.

I will be referring to the Planetary Tree model from Page 5 again here showing the positive (yang), negative (yin) and neutral (mental) qualities. The object of the exercise is to reach a point in our journey to wholeness and Selfhood, where we increasingly integrate each of these qualities into a balanced expression so we can nurture (Moon) our creative potential (Sun).

So Soul (Moon), Ego (Sun) and the Mental/Mind (Mercury), each need to be developed and or healed to create the synthesis of the pyramid three fold Spiritual system & realise our creative potential. Thus, our Moon needs to be in very 'good condition' so we can to nurture our individual creative expression!



Over the past several decades, the human species has been passing through an acceleration of collective evolution requiring a massive healing process to re-integrate the Feminine Soul back into our worldview. 'She' was rejected several hundred years ago when we entered the rational empirical logical scientific age, we lost connection with the impact of our actions upon nature, and Darwin's term 'the survival of the fittest' became the justification to dismiss the wisdom of native cultures and their understanding of the interdependence of all kingdoms of nature.

During the 1960's a revolutionary phase brought us we the era of women and marginalized groups beginning to come into their power to open this feminine process for us all! So as I see our Industrialised history over the past few hundred years (notice the description is not Spiritualised!), we have been playing in lots of yang and mental territory, as we hurdled headlong toward our cultural goal of success! We are masters of our universe...we can kill it, control it and out think it! But we still haven't got it have we? Because getting it means we have to bring back Soul!

Our world is run by Saturn in his rulership of Capricorn, as the primary drive to build form and create results in the world. The Moon (Soul) rules the opposite sign of Cancer where we are meant to nurture our goals and results driven by our Soul...not our ego. This is so rarely the case! Spiritual teachings tell us that the Souls greatest point of evolution is when it becomes aware of itself i.e. when we begin to become Soul centred instead of Ego Centred. The second step in Soul acceleration is when it influences the ego to begin to serve humanity!

Previously we explored the Yang side of the system, briefly covering the nature of the dynamic planets, Sun & Mars & Saturn & Pluto and their relationship to each other, with the goal of our Sun energy or Prana or Shakti becoming 'spiritualized'. A quick re-cap. The process of purifying the Ego (Sun) requires learning how to cleanly assert our will (Mars), being self-responsible and not limited by our fears (Saturn), and harnessing our power so we move beyond 'control over' to safe empowerment (Pluto).

So what is required to open and synthesise the feminine or Yin lineage of planetary archetypes? Well let's have a look. With the Moon as the 'light' that focalises this energy system, the essence here is feeling. We cannot know the joy of the creative heart (Sun) unless we can feel it. And yet over all the years of my counselling work the issue of feeling lies at the heart of most peoples' unhappiness. So many of us received messages when we were small telling us not to feel...it is too dangerous to feel because there's a good chance we will have to admit to our feelings of loss and grief and despair and so on.

In the Transactional Analysis model on Page 4 we see the Child Ego state is ruled by the Moon. This is the part within us that is meant to receive messages in the first seven years that it is safe for us to feel our feelings and have needs. So if we received messages from parents telling us to “think with your head not with your heart”, and “stop that sooky crying...get up and get on with it”...and so on, we closed down our ability to feel our grief and pain.

Trouble is this also blocks our ability to feel the “good feelings” like joy and passion and excitement! We also closed down our ability to allow ourselves to ‘need’ or meet our own needs...let alone ask for them to be met by others in a healthy way!

Here is where Venus comes into play. She ‘serves’ the Moon by attracting people to join with and meet our needs...i.e. relationships. So once we believe we are not allowed to feel vulnerable or have needs we also probably don’t feel very valuable and worthwhile. So our Venus voice feels undervalued and begins to operate dysfunctionally as unconscious obsessive compulsions to ‘please others’ so they will ‘love me and meet my needs’.

In the T.A. model we see Venus also lives also in the Child Ego State. When we were small (beginning from age ONE at the first Venus return) we began to comply and adapt within our environment to try and get our needs met. How we learned to do this arises from our Venus sign in our Horoscope. Venus is the “Adapted Child” who learned to “please them to get along around here”, and for many people they are still trying to “please them” to get stroked and loved.

But guess what...it doesn’t work! And then Mars, the “Free Child” who also lives in the Child Ego state becomes angry or frustrated because all our attempts to comply and please are not bearing fruit! So our dysfunctional Mars, Saturn and Pluto bits kick in and we try all our anger and power and control games to get our needs met!

So an important aspect of the healing to wholeness journey requires that we become aware of our compliance patterns, and begin to learn what our needs are (write a list). Then give ourselves permission to have and meet our own needs, and from here it gets easier to cleanly ask (functional Mars asserting) for our needs to be met. This is primary theme territory for very Libran types.

As Venus also our conditions our self-worth and values re-programming here involves the permission to your inner child “I am valuable and worthwhile”.

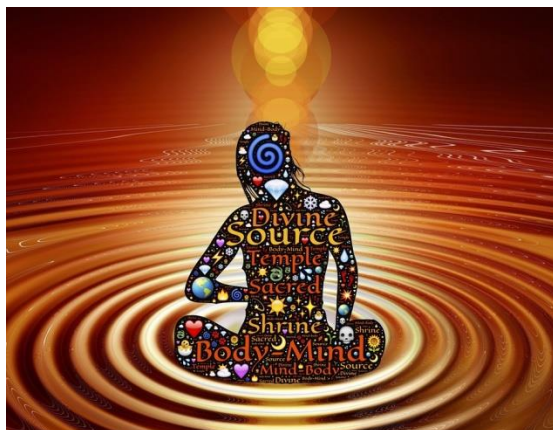
Now the Jupiter connection here brings us the core themes of belief and meaning. If we don’t feel worthy enough (Venus) to be in the world safely (Moon), then we are not going to believe the world is a very safe and nurturing place. So meaning goes out the window! I have placed Jupiter in this feminine system because I believe the getting of Wisdom is primarily a very feminine affair, as wisdom arises from nurture and nature, not from intellect or reason.

It is not until we have a degree of Soul awareness that we are able to understand how our Saturn tests contain our path to wisdom and be objective enough to recognize we must find our own 'path' to the beliefs that give meaning to our lives, and not just blindly believe what we are told!

The dissemination of knowledge is also a feminine affair, and the wise teacher nurtures the pupil who is ready, rather than inflicting their version of truth upon all and sundry whether they want it or not! Tolerance of other people's right to their beliefs is essential for our Jupiter evolution and the healthy permission here is "It is safe for me to have meaning and purpose for my life".

Without a sense of meaning and purpose for our Souls' work, we cannot take the final step out to Neptune where we open to the faith and compassion that is the essence of the feminine yin path.

Neptune is the connection through the Crown Chakra to our Soul and our relationship to the Divine. Neptune embodies our 'divine quest' that drives us to instinctively seek to merge with something greater than our limited self to achieve contentment and inner peace. This is why so many people seek to transcend their daily lives via drugs or alcohol as the quick fix, or to escape their emptiness.



Neptune is our master tool for connection to SOURCE universal energy to invite inspiration to be 'downloaded' into our Pineal Gland or Third Eye chakra to ignite our higher mind and stimulate progressive ideas and breakthroughs. Gotta love Neptune! The thing is we access him via our Feeling Moon and when we do this from our calm centre with clear intention to invite clarity and inspiration, then amazing things happen! We can also trust that synchronicity will then attract great people to share our goals and dreams (Venus), and empower our purpose (Jupiter).

Neptune is also the 'higher octave' of Venus, so when we are unconscious and/or still playing out the Venus compulsion to "please them to get loved", we will send Neptune out to bat, to dream up our divine lover in an attempt to create this merge we intrinsically need.

The trouble is Neptune is the master of illusion and deceit, and how many of us can relate to the sense of frustration and confusion when the "perfect" new lover turns out to be merely human, and also invested in getting us to fill them up and make them whole! "Wait a minute that was what you were supposed to do for me! Now I'm angry with you because you are not what you are supposed to be" ...says our Venus.

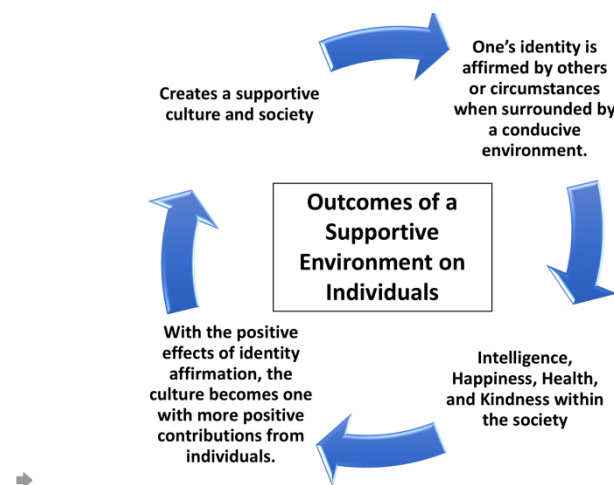
Neptune and Venus get together and participate in the Prince and Princess myths, replete with their need to be saved...or to save. Our western culture is still immersed in co-addictive and co-dependant relationship for this reason. One of the tasks in healing this aspect of our Moon centred feminine requires giving up this illusory projection system, by beginning to live as whole people within our own

right. We must find our relationship to Higher Self Soul nurture and meaning before we can ever project outside of ourselves and experience it in the world of relationship.

Neptune emotional themes contain issues about 'boundaries'. Many sensitive types take on other people's feelings in the belief it is their responsibility to help fix rescue and heal them. Here we pick up the 'sacrificing myself for them' motif, which is fine professionally as we don't have investment in 'getting something back from them'. But personally it's a big problem as we participate in enabling others to avoid helping themselves. It also makes us sick!! Learning to say NO is a biggie on this one.

In terms of projection we must also ask "Who am I when I am alone and not under the influence of someone else's projection onto me of who they want me to be for them?" Opening the door to let the light of truth on to these questions is very important. If you are still the type of person who feels lost lonely and needy when your partner is not around, and who feels like you have lost your sense of meaning, then you may have a little work to do on the Venus, Jupiter and Neptune facets of your psychological makeup! .

The other area on offer to us once Neptune's higher frequency opens to us functionally is the beatific quality of our creativity. Neptune is the poet/mystic...the dreamer. Carl Jung had a beautifully simple model for qualifying the two main types of people on the planet. A Type and B Type...I love it when its' simple! In the Toltec system or model they call these the "Stalkers" and "The Dreamers" respectively. Now stalkers are Yang folks with lots of Mars Saturn and Pluto up and running. Our western world values these types right...the movers and shakers. However, our culture does not value the Dreamers or B Types very much as they are seen as weak and not particularly contributive to society. I mean after all they are only the artists and musicians and writers and muses.



Well as I see our current point of human evolution at this Millennium time (written in 2001 but still valid in 2018), we need to have a really good look at the things we value in our culture, and make some major decisions about re-valuing many of them.

Value is a Venusian affair, and our materialistic system places value on the wealth created from misusing

resources at an alarming rate! This is what provides the meaning and purpose to most folks in the "machine". This is supposed to make our emotional Moon safe! What a joke. Then the system uses dysfunctional Neptune to lie to themselves and the rest of us about how the whole system does not rip off, degrade and dehumanise the masses along the way!

I feel it is very important for each of us to explore the Neptunian creative aspect of our lives, so we can rekindle (or develop perhaps for the first time) pursuits which enrich our lives and don't require dynamic function. Art and music are the obvious arenas...anything that takes you out of your mind and ego, and simply allows you to feel inspired to generate something beautiful.

Writing (Jupiter) about our experiences and feelings is a fantastic way to support our healing process...keeping dream journals... going to art, mosaic, dance, pottery classes, planting gardens. This is all about supporting ourselves to learn to allow and flow - the opposite of planning, organising and making things happen!



Learning about the healing arts is also positive Neptunian expression. Nurturing ourselves with Neptune allows us to heal ourselves on both physical and emotional levels. So daily practice and use of vibrational remedies, meditation, and positive self-talk to our inner voices is so simple and absolutely practical.

If you are feeling exhausted, angry, anxious or stressed do some breathing and find a private place to release anger or have a good cry to release the feelings.

Practice your own brand of Spiritual devotion so you can connect with your Higher Self to invite insights to make sense of why you are out of your flow and ask for guidance for solutions to issues or problems. Sometimes we simply need to dig in the garden and plant some flowers to uplift our energies - Venus can then use Mars in a healthy active way. In so-called primitive cultures they understood the value of this level of experience and honoured it as the shamanistic path. I feel it is time for us to do the same - in a simple sense - in a daily sense.

By working with awareness to develop the positive potential of your Venus, Jupiter and Neptune's qualities you are honouring your Souls' path, and providing the nurture to your Sun, Mars, Saturn and Pluto that only you can provide. And along the way you are healing not only yourself, but supporting the Group Soul or collective vibration to come out of pain and separation, and into the sense of belonging and meaning which lives within the heart of each of us!

[You are very welcome to book a session if you'd like further insights and tools for your own healing journey.](#) Blessings to us all as we seek to find the light in the darkness!

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UNIVERSAL ASTROLOGY WITH MAGGIE KERR

A Unique Fusion of Astrology & Therapy

Astrology diagnoses our Soul's blueprint including gifts and challenges, and Psychotherapy gives us the tools for powerful breakthrough healing for major life issues.

Maggie has unravelled a clever technique for simply diagnosing the "Soul's Code" that cuts straight to the key 'stuff' of our Soul DNA, and how this sets up the programs in our Psyche. By learning to re-program unconscious patterns limiting our true potential, our Soul can then unite with our creative ego and we are free to have a fabulous life!

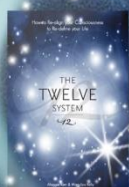
Maggie has invested her 30 years work as a professional astrologer in developing this ground breaking suite of programs to take you into the next era of Astrological practice. Are you ready?



Learn Astrology

Maggie's Comprehensive Universal Astrology Course is widely used by both students & teachers. The 5 workbooks synthesize Psychology, Psychotherapy, Astrology, Metaphysics, Philosophy, Mythology, Ancient Teachings & Emotional Healing Models. They are accompanied by 72 mp3 recordings and you can book personal tutorials.

[Full details & to Purchase](#)



The 12 System Toolkit

Maggie's life changing "12 System" book and four video seminars include; The Big Picture of our Revolutionary Times – Aligning with Your Life Cycles – Psychological Wholeness – Living with the Natural Year

[Join the Membership Program](#)

Accredited Astrology Teacher with over 30 years experience
Highly recommended by world renowned Medium John Edwards

[**WWW.UNIVERSALASTROLOGY.COM.AU**](http://WWW.UNIVERSALASTROLOGY.COM.AU)

Private Consultations - Personal Tutoring - Free Newsletters – Group Workshops

RECOMMENDATION

- Fabulous newsletter Maggie. You really are a breath of fresh air. WENDY
- You've helped me already and have given me the boost and tools to deal with my shit and improve not only my life but my children's lives as well. I can't thank you enough for all you've done. JANET
- Bless you for all your time, wisdom, and heart. SUSAN
- Thank you so much for your time and insights today. I really enjoyed connecting with you - you are a lovely lady! AMANDA
- Definitely want to say that everything I have learnt from you has been of the highest value and I am putting it to great use...you are very cool Maggie! MARTIN



maggiekerr@universalastrology.com.au

