

MEDICINE GARDEN



MARS RETROGRADE OCTOBER 1, 2005: WORLD REORDERING *by Eileen Nauman*

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Think about these possibilities with Mars retrograde shortly: Pulling the plug on the world economy (oil prices go up), gas prices go up to \$5/gallon by the end of the year, and expect a stall in the Iraq war and Katrina survivors are caught like helpless puppets who float in a vacuum where nothing seems to move forward in reestablishing their lives. Epidemics lurk around through the Fall season and may blow up in our faces come December 9, 2005--so be prepared!

All these areas and issues in our life will be affected--and much more--by Mars, our Cosmic engine that hurtles us forward as individuals, as nations, as groups of people and as a global village--and the plug on that energy is going to be pulled shortly. Without energy, (gas) a car will coast to a stop. And so, on a world stage right down to each of us as individuals--are going to have time shortly to coast to a stop. As always, there are reasons for this, so let's educate ourselves so mindless, baseless fear is removed with understanding, instead. With education and knowledge we have the 'tool's with which to control and change our life:

Mars has an orbit of twenty-two months around the Sun. Every once in a while, it goes "retrograde" or backwards (seemingly) in motion as it passes Earth, which has a shorter orbit. This usually happens once every 22 months. It is going retrograde on October 1, 2005 through December 9, 2005.

Mars goes retrograde at 23 degrees Taurus 22 minutes on October 1, 2005 and reverses or backslides to 8 degrees Taurus 14 minutes when Mars finally decides to stop backing up and turns **DIRECT** at that degree on December 9, 2005.

TAURUS PEOPLE WHO ARE AFFECTED

Those born between May 11 through the 16th with the following degrees directly affected (20, 21, 22, 23, 24 and 25 Taurus) with May 14th (23 Taurus) being the most important date and most strongly affected by it turning retrograde. This will be a time of remarkable changes, most of them new territory for you and can be a highly exciting time if taken positively. Taurus is a **FIXED** sign and slow to change and move so do not dig your heels in

on this retrograde or you could have it blown out from beneath you, literally or figuratively speaking. This is one time Taurus people must learn to be bend and be flexible, which is not their strong suit--but they can learn like the rest of us have done.

SCORPIO PEOPLE WHO ARE AFFECTED

By opposite sign, Scorpio, people with birthdays between November 12 through the 17th are directly affected. The birthday most affected is November 15th (23 Scorpio) and you are going to be influenced strongly by this planet turning retrograde on October 1, 2005. You can expect a "10" on a scale of 1 (slight) to 10 (heavy activity). People born on these days are the bulls eye on this as Mars turns retrograde at 23 degrees Taurus--their whole life is going to change remarkably--either personally or professionally or perhaps, both. And, as with Taurus, this is also a **FIXED** sign, so it is not wise to dig in your heels and make a stand. Just remember: sometimes retreat is the better part of valor OR compromising/bending/adapting creates survivors and winners or a successful outcome, instead.

WHAT DOES RETROGRADE MEAN?

It means "backwards movement". The Earth has an orbit around the Sun. So does Mars (and Mars's orbit, because it is farther to the Sun, is longer in circumference than Earth's).

At certain times in that twenty-two month orbit Mars, because it has a longer orbit than Earth, will "pass" Earth. As it's moving 'away' from Earth, to an observer standing on Mars, it looks like Earth is moving 'backward' as this is happening. Mars is surging ahead and Earth is left behind. This is 'retrograde motion'.

Another way to explore this is: most of you have probably ridden in a motor boat. When the engines are in 'forward' position, you zoom around. When you want to 'back up' the boat, you put the throttle in "reverse" position. Have you ever watched the surge and turbulence of water beneath the engine, at the rear of the boat when it's put into reverse to back up? That's 'retrograde' motion. All turbulence, frothing, bubbling and boiling as water, which is flowing nice and smooth one way, suddenly has this engine and motor come and stir it all up as it reverses motion! And you really don't get anywhere very fast in the boat in reverse motion, do you? The same holds true of the planetary energy when it's in backward or retrograde motion, too!

Take Mars and Earth in the same analogy: Mars is the speedboat. Earth is the water in which it floats. As Mars 'passes' Earth due to its longer orbit around the Sun, this "turbulence" energetically is created between the two planets for what seems like a LONG time. And we know Earth is not in 'reverse' motion--the concept I'm trying to visually give you is that as Mars passes Earth as it moves around on it's longer circumference orbit, creates invisible 'waves' of energy. And this 'energy' is translated into 'retrograde motion' by astrologers.

Another way to state this visually is: You're on a lake and in a boat. You zoom past another boat that is anchored and the gal is fishing in one spot. You watch the waves your boat has created by forward motion impact that other boat. That other boat will bob and move around as the current of the lake water, set into motion by your speeding boat, strikes it.

The waves pass, and the boat that is anchored, becomes still once more.

Even though we can't see the energy and turbulence as the planet in orbit affects a slower moving planet in its orbit, the 'turbulence' is still the same. Just because you can't see it, doesn't mean it isn't there and isn't happening--because it is.

When **ANY** planet goes retrograde (and they all do sooner or later), the 'heavier' they are, the more impact they produce in our daily life. Those with larger, longer orbits about the sun produce deeper impact. Those with shorter orbits, such as Mercury and Venus, cause less havoc. However, Mars, Jupiter, Saturn, Uranus, Neptune and Pluto, create more chaos or changes. The outer planets of Uranus, Neptune and Pluto create changes on a more global or generational level. The three that have a lot of personal, deep impact are: Mars, Jupiter and Saturn. These are highly personalized and lives can change drastically when they go in retrograde or "direct" motion.

WHAT IS DIRECT MOTION?

Direct motion is a phenomenon when Earth, in its orbits, passes up the slower moving planet and seems to move ahead of it once again. So, any planet can go retrograde or direct as we stand on Earth. They all do. How and what they impact in our lives is the only other consideration that we are really interested in.

WHY ARE PLANETS GOING RETROGRADE AND DIRECT IMPORTANT?

Depending upon what zodiac sign the planet is in when it goes retrograde and direct, is of major interest. Those people born in that sun sign and its opposite sun sign, are more likely to receive the impact and implications of this planet as it goes retrograde (and later, direct). One thing we can count on--in fact the **ONLY** thing we can count on in life is birth/death/changes. Planets going retrograde and direct create the **CHANGES** in our life. This does not mean it's bad or good. Sometimes, if we get a little too fixed or myopic in our lifestyle, one of these planets will jar us loose from this fixed rut into something different. Different doesn't mean bad. However, different can certainly mean stress.

If you want a good example of this: look at the victims of Hurricane Katrina: they have had their homes wiped out, lost everything and unfortunately, some have lost loved ones and pets. The devastation on this scale is monumental and the suffering terrible. However, the USA and the people who are so generous and good-hearted, have come to the rescue of Katrina's survivors in big and small ways. Many families will never go back to the South where Katrina hit--they will make new lives with new jobs, new school for their kids and a new city and state--as a result. This is 'different.' And yes, tremendous stress with this one; Katrina took no prisoners.

Not all changes are on Katrina's scale, thank goodness! So, take a deep breath and don't think that a hurricane is roaring down upon you if you're one of the birthday people above! Another example could be that you're displeased with your job and you quit. Under a Mars retrograde, you may struggle until it goes direct on December 9, 2005, before you find what you want. What you don't realize is that with Mars being retrograde, it is actually working in your favor even if you can't see it and you don't have a job and things are getting tight financially. Sometimes, the Cosmos must 'reorganize' things for you, get them reassembled energetically speaking and needs a 'time out' to do all this on your behalf so

you can have a better life when it goes direct. While you're waiting, it can be sheer agony and a lot of worry. If you will read my article, **INITIATION**, you will understand better here, what I'm saying. It requires **FAITH** on your part and persistence and holding the vision in your heart and head of what you really want for that new job. If you do this (and yes, we all stumble and we don't hold our vision perfectly--that is not what is being asked of us....just that you try....) then when Mars goes direct, you'll be given your reward.

The planets, Mars through and including Pluto, will have a longer period of retrograde, than Mercury or Venus simply because their orbits are much larger than these two smaller planets found inside Earth's orbit. The other planets are outside Earth's orbit, and therefore, have a longer time to go around the sun to make one complete turn. For instance, Mars, when it goes retrograde, it is usually for, roughly, two and a half months at a time. That's a **LONG** time! The outer planets can be retrograde for much longer, again, depending upon their individual orbit.

THE DYNAMIC LEGACY OF THE 23rd DEGREE

Anyone with any planet or a cusp with a 23 degrees on them is looking for some dynamic changes. From a numerological standpoint, $2 + 3 = 5$. This is the number "5" which she feels is Uranus-ruled, according to Karen David, a world renown numerologist. And so, this like a lightning bolt striking out of the blue with key words such as: unexpected/chaotic/assertive, forward charging energy that presents its energy to us for choices we must make in our life very quickly (think of the survivors of Katrina--where they had life-death decisions as water is filling their houses and they have to run to the attic and chop a hole in the roof, climb out of it to survive...), stress, tension, and changes. More positive with Uranus is the 'aha!' Sort of like "Eureka!" Ideas may make quantum leaps forward in a blinding second. People will be more willing to be bendable and adaptable because this energy is around more than usual--which is good! It also means you can 'think outside the box' and see things you've not seen before--and again--this is good because it will ultimately help you be like a cork on a moody, turbulent ocean--to just 'bob' along regardless and reach the safety of shore during this Mars turning retrograde and then, finally, direct 12.9.05. In a nutshell: expect the unexpected. If you are adaptable, bendable and flexible you can make this period a gold plated winner.

TAURUS and SCORPIO HEALTH ISSUES?

From a medical astrology standpoint, Taurus rules the throat and everything in it. That includes the thyroid gland and the parathyroid gland, the 'voice box'/larynx, the carotid arteries, the esophagus (our eating tube) and trachea (our breathing tube). Scorpio rules the bladder and all its equipment, the prostate in men, and the uterus and vagina in women. Both signs and people affected may be looking at their health more closely in the month of late September to October 1, 2005; and it wouldn't hurt you to go to your doctor or health practitioner if you feel you need help. If you get symptoms during September, 2005--do **NOT** shrug it off--get to your doctor and have it checked out.

So, what's behind all these potential health problems? We look to see what Mars symbolizes and that is: Anger and rage. My advice: quit choking on your anger, swallowing it and instead, spit it out and discharge it. Of course, there is positive anger management vs. having an immature temper tantrum. I always advocate wise, judicious use of anger as a tool to make changes for the better if you can. Get your anger out into the open or its

gonna backfire on you big time in the month of September/October--particularly from September 10, 2005 to October 1, 2005, when Mars goes retrograde. This "shadow" period before the actual retrograde is a quick buildup, so be on top of it early and handle it appropriately (one hopes in a healthy, positive fashion) so that come October 1st, you aren't caught off guard with a big explosion in your life.

That doesn't mean you "blast" the person you're angry with. First, look inside yourself. WHY are you angry? Has this person or situation pushed a raw wound in you? Then look at your wound. Because, after all, Mars is giving all of us an opportunity to look at our anger and hopefully, deal with it and discharge it in an appropriate fashion. The person pouring salt in it is really your teacher trying to get you to look at something (long overdue) that has been begging for attention, but you've either suppressed/repressed or flat out, ignored it. Talk to a friend, a therapist, a family member....whomever you trust....talk it out. Be pro-active with your anger, which means: don't be a bull in a china shop destroying everything stupidly in your path. Take the anger and build something **USEFUL** to you, out of it.

If you feel someone was just plain mean, vindictive and did something to hurt you on purpose, then do me a favor? Try to understand the dynamics of this uncomfortable, irritating energy: Your energy is not being well spent by you harboring get-even, vengeful thought forms toward the attacker. That just keeps you tied to them, energetically speaking. And the only person you're hurting (actually, shooting yourself in the foot daily) is **YOU**. This is not constructive anger. This is destructive anger. Instead, what Mars is asking of us at this key time in our life is to **LOVE** our **ENEMY**. Of all things! It's so easy to say and so very tough to do. You are, of course, allowed to use Martian energy to protect yourself as well as erect strong boundaries around you to keep you safe and secure. Mars is about **PRO**-action. This means think things through and do **NOT** just emotionally react and knee-jerk in a situation like this--it will backfire on you and you'll be the one hurt instead. Just stay in your core, send pink heart energy to this person or people. Wrap them in it several times a day. You have a right to live, to breathe, to be an individual, of course. Right now, Mars is asking you to step up to the Plate of Compassion, not righteous anger out of control. Rather, using righteous anger in legal and honest ways, instead. Maybe in the Wild West, things were settled by the law of the gun. But now, it's very different. We can't be visceral any more--we must be heart reactive.

There's such a huge difference between the gun mentality of yesteryear and our generation (Leo) which is about the heart and pro-action through our heart. Anyone born in the Baby Boomer generation has signed up for this life to try and increase their Compassion for not only themselves, but "all our relations" as well. As my father taught me from the time I could remember: "See through the eyes of your heart." If you can do this--and it will be a struggle, make no mistake--in just **TRYING** to do it, will earn you medals from the Cosmos. Just know going in that this is what is being asked and forewarned is forearmed. Whatever actions you must take--know what/why you are doing them, think your way through it first, consult experts/friends/family to help you (because we never do anything alone), and then act. Act with patience and perseverance. Not in haste or impatience. And Mars has a tendency to be **VERY** impatient, irritable, knee-jerk and act without any forethought at all, and is like a hormonally driven teenager out of control. Those are the things you do **NOT** want to do this on the eve of this Mars retrograde. Rather--just the opposite: being thoughtful, control your emotional reaction, think things through, ask questions first how your next action will affect yourself/your spouse/your family/your

neighbor/etc., etc. Look at the long term and this forces you to sit down and **PLAN**--which is a very good thing to do! With plans come success. Or, as the US Marine Corps is fond of saying: "Use the 5 P's." That means: "Prior Planning Prevents Piss poor performance." No truer words or example were ever said about a Mars going retrograde or direct than this!! The Marines have it right and we should use their wisdom daily in our life from here on out during this Mars time frame.

You say you're depressed? Well, if you are, then who or what pissed you off and made you angry, and you decided to turn all this rage in on yourself instead of getting it out and giving it back to the person who triggered you in the first place? Sounds really silly, doesn't it? We swallow our rage toward someone who has either made a decision we didn't like, didn't agree with, or who meanly set out to hurt us and what do we do? We knee-jerk back and take that anger and keep striking ourselves with it over and over until finally, we fall into depression and helplessness.

Check out **WHEN** your depression began and look at the incident or person or people who set it in motion for you. What can you do to shift this load? Best to get help with this one...homeopathy works wonders, so does talking it out with a friend, spouse, family member or whomever you trust. The deal here is--don't keep sitting on this badly infected rage and keep hurting yourself with it. Unburden yourself between now and May 11th in a **HEALTHY** and pro-active fashion.

MARS IN Taurus--CONSIDERATIONS

Mars is not happy in Taurus, an Earth sign. Mars is a fire planet and rules the fire element in all of its meanings. Fire and earth simply do not mix; they create scorched earth policy, symbolically speaking, in our lives. (Just imagine flame being shot out against earth. What happens? It burns everything on top of the earth and scorches it--grass, animals, insects, flowers, bushes and trees--rendering it destroyed. Earth still survives and things will grow back and multiply once more afterward. This example is not to send you into fear driven panic, so relax.

This can be an uncomfortable element combination from a medical astrology perspective. Fire and earth or Mars in Taurus is about how anger can create poisons and toxins in all of us if we aren't on top of appropriate anger management (most of us aren't...or we're struggling to get there....) Let me define "toxic" so we're all on the same page. Toxic is about our unhealthy emotions....greed, hatred, envy, jealousy, competitiveness, and the list goes on and on...just add yours here. Toxic emotions put us out of harmony with ourselves. When we are out of balance, we can become sick spiritually, mentally, emotionally or physically. Or, choose two of the four above. Or, choose three of the four. Or, four of the four. Toxic emotions, if let go, are like a haz-mat environmental disaster taking place in us. If we don't do something to 'clean ourselves up' then we will poison ourselves through one or more of these emotions. The good news is: we **CAN** do something about it! Whenever we set our heart and mind to it.

So, if you are lucky enough to have Mars in Taurus aspecting something natively and in Taurus in your chart **OR** you have one of the degrees mentioned above in a conjunction, square, inconjunct or opposition aspect, you had best be asking yourself the following questions and answering them honestly:

1. Am I being poisoned? Am I poisoning myself? How?
2. What is toxic in my life? A person? Place? Thing? Event? Group? Am I toxic in my thinking? Toxic in what I feel? How I see Life?
3. How can I detoxify myself? Look at health foods, massage, exercise, drinking lots of water and flushing yourself out, changing your diet (less meat, thank you), and taking up yoga.
4. How would I like to meditate more often and touch base with my spirit during this time?
5. Don't go near the water....you could drown in an unexpected undertow (just as the people in Lake Michigan did the other day...). And if you own a basement, well, floods are gonna be a possibility, too. Or, a water tank will leak and you'll have a water flood of another kind. Or your basement is gonna spring a nice leak during this time.
6. Speaking of water, tears are a good idea to release at this time. Better out than in, as we homeopaths say. Discharge, especially tears, is very healthy, so let it fly and don't keep it choked up inside you.
7. Prayers are helpful. Taurus is one of the most intuitive of all zodiac signs and has what I call: blind-faith-knowing. If you will defer to this, you'll walk through the chaos and surprises that are going to slung around you, and not even get hit. Scorpio, too, has a keen psychic awareness and if you will listen to your gut hunches; you'll be fine, too. However, if you don't pay attention to your intuition and inner voice or listen to your teachers on the Other Side, then rest assured, shit is gonna happen and you will get hit by it. Why get nailed when you don't have too? Easy choice here in my book.
8. Don't sign **ANYTHING** the week before Mars goes retrograde. I'm telling you--you will be duped. You will be cheated, lied to, deceived and the shell game will be played and you'll loose that, too. Don't gamble on anything. Wait until after it goes retrograde and then look closely at the fine print before you sign any agreement.
9. If it sounds too good to be true during this period--it is. Don't do it. Don't sign. Don't say yes. Just walk away and say "no"--and mean it. The Economy is big with Mars in Taurus. I think the Economy is going to tank in the USA, stall out and plummet. Of course, Katrina is a giant sucking sound on US dollars--never mind that President Bush is spending billions on a not-necessary war in Iraq--and that money could sure be used here to help the survivors and New Orleans dry itself off.
10. Right now, you can't think yourself out of a paper bag, so honor this confusing moment where you feel like you've been strung up and hung out to dry and just **SIT ON IT**. Don't do **A THING**. Just be **QUIET**. Don't **MOVE**. Don't make major decisions. Just be quiet and listen to your inner voice. It will tell you what to do to get out of this maze that you're presently lost in....again, intuition and inner knowing will carry the day for you. Mars retrograde is, quite literally, **SUSPENDED ANIMATION** for all of us to a larger or small degree. (Larger if you're in the Taurus/Scorpio birthday group above). This is a time of investigation, in-depth research, exploration quietly behind the scenes. Your work may yield untold discoveries that can aid you in your greatest moment of need. Be slow, be

thorough and be patient--all these things are given to you with Mars retrograde.

11. Life's a regular toxic jungle out there for all of us right now... my advice is: go within. That is your Safe Place. Your place where no one will lie, deceive, cheat or mislead you presently. If you're unsure, do **NOT** make a decision right now. Just be patient and wait it out until three to four weeks after Mars goes direct on 12.9.05 (My advice is start **NOTHING** new until after January 1, 2006 to be on the safe side).

12. Feel like your life's a regular pool of **MUDDY** water and you need to see clearly in order to get out of it or make the right decision, but can't? Yep, it sure is. Well, be patient, stand quietly and let the storm and mud around you settle out and believe me, the water will clear up and you'll know what to do. It will clear up about 3 weeks after Mars goes direct on 12.9.05.

13. Timing is everything, friends. And right now, you've got bad timing due to being overly aggressive, impulsive or impatient. Your watch doesn't even keep the right time. If you don't believe me, check it out. That's a big red flag to you. Your timing is lousy because Mars is going retrograde, so sit tight and don't move. It's amazing how the universe will eventually reveal all you need to know in order to make a wise decision. You just have to trust yourself enough to follow that path. So, do it. The other choice will suck and you will be one very unhappy camper. Patience wins the day here. You can do it!

14. Your intuition? Well, it has seen better days, too. Everyone has intuition, but with Taurus in your chart, yours and every one else's is off. Particularly those with planets around (20, 21, 22, 23, 24 and 25 Taurus) with 23 Taurus "ground zero" and by opposite sign Scorpio--is **REALLY** off! So, just chill out, cool your heels and be patient. Ask for "double checks" if you have a hunch or intuition. If you get the outer sign that checks what you felt, then go ahead. But if you don't, then do not follow it through. Things will clear up in a month or two and you'll know a lot more than you do right now (which isn't much of anything--you're not getting "straight scoop" from those who are providing information). Plus, you can check with sensitive/psychic friends or family to help you out, too--so don't be shy about asking.

15. Pandemic of December, 2005: Yes, it is a possibility, unfortunately. I get no joy in saying this. Mars is a well known 'trigger' planet of epidemics. SARS and the Chicken Flu are 'out there' and will be lurking quietly behind-the-scenes while Mars is retrograde. Only when Mars goes direct on 12.9.05, will it suddenly and potentially 'explode' on a country level or worse, globally. If you are into alternative medicine and particularly homeopathy (and if you don't know about it, just go to: <http://www.homeopathic.org>), you can be prepared for this possibility by getting the book *Homeopathy for Epidemics* by Eileen Nauman, DHM(UK) at the following website (Light Technology Publisher, Flagstaff, Arizona): http://www.sedonajournal.com/bookstore/dsp_product.cfm?prodId=138 and then, buy Eileen Nauman's Homeopathic Kit #4 at the Hahnemann Labs in San Rafael, California, that goes with this book. If you love homeopathy, this is the combo to be prepared for the pandemic if it decides to arrive. If in the USA, a free call: 1-888-427-6422--toll free. Or, if out of the country and you want this 50 remedy kit, call 1-415-451-6978--for out of country ordering. Hahnemann Laboratories, Inc., 1940 Fourth Street, San Rafael, CA 94901. **HOURS:** Monday-Friday --- 9am-1pm & 2pm - 6pm. Michael Quinn, RpH, owner.

So, now that we have a feel for this dynamic duo of Mars in Taurus, let's go back and look at what Mars going retrograde means to all of you who are affected by it!

PART 2 OF MARS RETROGRADE

WHAT DOES MARS RULE?

In order to ascertain what can happen when Mars goes retrograde, you must first understand what it rules:

- The release of energy. Anabolic. The engine that 'drives' the car (and us). It is the 'gas.'
2. Our metabolism which burns off calories
 3. Our thrust into Life and the world, our eagerness, our energy/vitality/passion to go out there and get things done
 4. Being a leader and not afraid to make decisions
 5. Making things "happen" and being pro-active
 6. Creating a new chapter in our life (a job change, a move, a birth, a death, a gift, the end of something, the beginning of something by our decision making process).
 7. Impulsiveness
 8. Our courage
 9. Driving force (toward a goal/idea/ideal/vision)
 10. Our self-will (our ability to will ourselves in the direction we see ourselves going)
 11. Being adventurous
 12. Being assertive (take charge, take the bull by the horns, getting personally involved in some thing)
 13. Our desire
 14. Out going energy (this is **RIGHT** sided energy--it is energy, like an arrow shot from a bow, that we send out into our world to make things change or "happen.")
 15. Being rash
 16. Aggression
 17. Warlike nature/violent/combatative/raging
 18. Being angry, the ability to express our anger (either positively or negatively)
 19. Inflammation/high, sudden fever/rashes/sudden infection/killer epidemic
 20. Highly sexual; strong libido
 21. Passionate (in an emotional sense) about your goals/ideas/dream and willing to throw yourself into it completely
 22. Struggles within yourself; struggles/fighting with others/war of words or war of actions/resistance--standing one's ground and fighting for it
 23. Executive ability--you can make decisions; no wavering; it's cut and dried
 24. Our animal instinctual processes; being in touch with them, our sense of survival and making good decisions that keep us alive or safe
 25. Injury around fire arms, fires, and machinery
 26. Being forceful; pushing, bending, folding and creating your reality through your own desire/will/energy being focused
 27. Our masculine energy (our **RIGHT** side of ourselves, regardless of our gender). Being in touch and integrating our masculine energy and using it when we need too (again, regardless of gender).

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WHAT DOES MARS GOING RETROGRADE DO TO ALL OF THIS?

Basically, it pulls the plug on **ALL** of it. The first thing people experience, especially if the transit of Mars is either conjunct, square, inconjunct or opposite one of their natal planets in their astrology chart, is a **LOSS OF ENERGY**. It's very real. You can see this as Mars being the helium-filled balloon and the retrograde as a pin puncturing the balloon. All the "air" or "fire" or "gas" (drive) goes out of the balloon and it deflates and falls listlessly to the earth. That is how you will feel. Let's look at what can happen to our Mars list:

1. Physical energy is not as available as before. Or, your energy is depleted quickly. You cannot do as much as you did before. You need to rest or nap more often in between jobs/tasks. Do so. No harm in this approach. Pacing is everything and the wise person **DOES** pace themselves through this 'coasting' period.
2. Energy needed to continue working toward your goal/dream/vision are put on "hold" or like an airplane in a circling pattern above an airport and can't land--at least not yet (until it goes direct 12.9.2005). Nothing works out for you. All the "steam" and stream of energy toward making things happen, dissolves mysteriously and quickly. Don't worry--behind the scenes the Cosmos is reordering your life for you. Have faith. It will all work out.
3. No matter how hard you try to **PUSH**, nothing will happen. It seems like everything is in stasis or is very sluggish or does not respond quickly or as usual to your energy or input that you place into the project. This is a great time to tie up a lot of loose ends; particularly filing, researching, detective type of work, education and learning--you finally have the time to focus without a lot of Life being hurled at you so that even multi-taskers feel inundated. Mars retrograde gives you the **TIME** you need to breathe, relax and get back into your center of balance.
4. This is the **WORST** time to start a new business, to start anything new, a new idea, trying to write a book, trying to pitch a new idea, because it simply will fitter away and deflate like a balloon with a leak in it. It just will go nowhere. Whatever was promised you in how much this business would make--it won't happen either. You may have problems hiring good employees or you have lackadaisical employees who waste their time and your money. NOT a good combo, is it? So, wait until January, 2006 if you really are serious about starting a new business, a new book idea, a new anything. It will be successful in 2006--but not at the end of 2005.
5. Where life seemed to be moving in rapid forward motion and things were happening and clicking right along--they won't now. They will slow down. As if in slow motion. But that's not to say it's bad--when things slow down, you get to sip more deeply from the well instead of just taking a quick gulp of water and speeding off. Take the time Mars is giving you and go **DEEPER** into whatever it is that holds your attention or responsibility. There is a reason for it and behind it, even if you or I don't know what it is at the time.
6. You will not have the "push", "shove" or "passion" you had before Mars went retrograde. The volume is turned down--way down. Your get-up-and-go, got-up-and-went....

7. Your usual spontaneity is going to go on the back burner and simmer. That's okay. You don't need to be the strong one all the time or the life of the party. Mars retrograde is giving you a chance to relax and just 'be' which is a terrific place to be. Mars gives us a 'time out' every twenty-two months. Consider it a 2.5 month long vacation from the general craziness of your life and its pace. I don't know about you, but I sure look forward to Mars going retrograde because it allows me to meditate more, go on walks, enjoy Nature and catch up on a lot of correspondence and other projects I simply didn't have time to complete.

8. Your "drive" is going to be cut back. Your "get-up-and-go" **LEFT!** So, switch to your **INNER** drive. We all have one, you know. How to reach it? Engage it? Easy. Meditate daily. Watch what happens. This is a terrific opportunity to go on your inner journey within yourself with amazing, healing and wonderful results--all thanks to Mars going retrograde!

9. You'll need more rest than usual. Chances are, you burned both ends of the candle, so this will give you the 'downtime' to catch up.

10. You'll need more sleep than usual. Those who usually have insomnia will sleep like babies during a Mars retrograde period. Another way to 'catch up.'

11. You will feel like the Hanged Man of the Tarot deck--hung by your feet, suspended in midair, dangling there and no way to get down or get out of it. Don't fight it....join it! Just understand the Cosmos is rearranging your energy so that your life is more parallel to where you are at this moment than before. Consider this "inventory" time at a store. It takes a lot of time and people to do inventory and that's what is happen behind the scenes for you right now. If you realize this and stop chaffing about seemingly feeling like in a vacuum (you aren't), you can **HELP** the Cosmos do the reordering even quicker, faster and with more depth. By getting out of the way and accepting on blind **FAITH** as well as meditating daily, you will reap huge benefits from this in the long term.

12. Your life will go into a kind of cocoon-like stasis. This is a waiting and developing period--not a pushing, shoving, let's-build-a-nation kind of time. Things like the war in Iraq will stall and seem to fall apart. The Economy is going to go into stasis. The leadership around the world will, too, but I'm more focused on the USA's Bush Administration. They too, are going to be hung out and seemingly go nowhere, too. Leadership by Bush will be "gone in sixty seconds", to borrow a movie title. And Americans don't like a rudderless ship leading the country.

13. You'll feel less inclined to fight, be combative or stand up to aggression. You may get a more live-and-let-live attitude during this time frame. This isn't so bad, after all. Diplomacy instead of getting into wars with lies. A better choice, I think. Remember, communication will win the day, not the Wild West attitude of the gun slinger shooting the bad guy.

14. Sexual drive may wane; don't worry--it will be back when Mars goes direct. Consider it a reproductive vacation. And don't sweat the small stuff. Love is by far, much more than sex. So this is an opportunity to enjoy your loved one on so many rich, textured levels, too. Get creative! Think outside the box. Do something that makes both you happy. For example, a box of Godiva chocolate as a gift that gives great pleasure. Flowers for your loved one. Keep thinking... you'll get all kinds of ways to create happiness.

15. Your energy will be held and contained; not outgoing as before. I call this 'paper bag time.' You feel like you're in a huge, invisible paper bag and nothing is going on schedule or right for you now. This is a perfect time to take up meditation, yoga or some benign, gentle and inward spiritual quest or learning.

16. Projects come to a crawl. Things that were supposed to get done, don't. This isn't a good time to take on a new project, either. It will fail--miserably. Wait and be patient until Mars turns direct. This is a great time to finish off old ideas and complete them. Say you have a book done but it needs editing? Garden needs clean up? Have a room half painted? Want to clean your carpet but didn't have time? You understand now what I mean.

17. Injury around fire arms, fire, and machinery are very likely around the retrograde and direct period. Any mechanical device can potentially break down around the time Mars go retrograde and direct. Be careful around knives, too--many people slice their fingers about this time, too. Dog bites, snake bites, bites by little critters occur now, too. Be cautious and look where you're walking or putting your hand or sitting. Do not buy any new machinery (dish washer, car, computer, etc.) because it will be a **LEMON**. Wait until January, 2006, to buy new stuff.

18. This is a time to switch of Life outside yourself to a large degree and go inward (like a bear goes into hibernation to connect with its powerful dream life) and work on your inner "stuff."

19. Consider this period a time of outer, external calm so you can do homework on your inner self. It's an excellent time for therapy, for digging out deep, rooted patterns of harmful behavior that you've been carrying around like a good friend. Many aha's about one's self are made at this time.

20. Your instinctual, animal self may not be operating as keenly as before--so think two or three times before you commit yourself to anything. **REALLY** size it up, be patient and wait it out if it doesn't quite feel right to you.

21. Your masculine energy is going into hibernation. This is a good time to switch over to your feminine energy (the touchy, feely, blind-as-a-bat-yet-you-know-where-you're-going intuition, and use it. It will keep you out of trouble if you listen to it. If you're male; you probably will not, and you will hit a few brick walls as a result before you learn to pay more attention to that little feminine voice inside yourself. This is good news for all men who are overwhelmed with too much testosterone (which Mars rules) and it means its going on vacation...so, hopefully, less abuse, less aggression, less wars while it is in retrograde motion. A little peace, we hope. More sensitivity to others and less narcissism. More creative. More nurturing. Hey, life's good! Get a massage--the perfect thing to do now.

22. The outer world, all the demands on you, will ease up to a degree during this period. That's good news--it gives you time to catch up on a lot of loose ends (like filing...) that have been sitting around and begging for attention for months--so use this "quiet period" to mop up some messes you've been letting go for sometime.....

23. You are going to be more open and vulnerable to **STRESS**--so get out of the way of it,

take care of yourself, get your downtime, nurture yourself and rest...if you don't, then...

24. Your immune system will be lowered during this period. You cannot take the normal stresses and demands life places on you. It's a good time to think about extra Vitamin C (3,000 mg daily) and pantothenic acid (250 mg a day) to feed your adrenal glands directly so they can juggle the stresses that you're not coping with as well as you usually do. Once the Mars retrograde period is over, stop taking the above vitamins. Your adrenals will go back online at that time without help.

25. Above all, this is a time of gestation; sort of like a pregnancy. There is much movement on the deep, inner structure of yourselves at a subconscious level. There is a reason why you are in "bag-time" and you're suspended and nothing seems to be working out like you thought or hoped it would. The internal energies that are now gestating within you need time to form and create the outer physical reality--which will come and introduce itself to you when Mars goes direct.

26. Most of all, during a Mars retrograde, have patience with yourself and others. Patience is the key to this period. If you do that, you'll kick back, lay in the hammock, watch the clouds scud by in the blue sky and be utilizing this energy properly.

SURVIVING MARS RETROGRADE--MORE POSITIVE THINGS YOU CAN DO DURING THIS PERIOD

It's pretty easy, really. You expect that you're not going to have all that energy you had before and you cut back accordingly. You also expect that nothing is going to go right in your life--either professionally or personally. There's going to be deviations, set backs, changes--and if you remain flexible and in touch with your inner feminine intuition, you'll get through this period just fine.

It is those who are rigid, controlling, stubborn or just plain stupid, who refuse to change their gait to the drummer's beat, which is beating a lot more slowly now, that get in real trouble with this retrograde.

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.

2. **READ A BOOK.** Read a good book, like *The Alchemist* by Paulo Coelho, for example. This is a good time to see if you are in your "flow" and following your heart/passion, and this book will help you become aware of it. Or other great philosophical books, such as *The Seat of the Soul*, *Emotional Intelligence* or other self-help books that call to you or inspire you. Or, a flight of fiction with Lindsay McKenna (her latest book was *Enemy Mine*, HQN, May, 2005 or look for December, 2005 book: *SILENT WITNESS*, HQN) to 'check out' and be entertained for awhile.

3. **TIME OUT!** Take time out for yourself. Be alone. Be quiet. Go in. Do things that give

you joy.

4. **MEDITATION** is a definite must during this period because Mars is now acting like an "inny" and not the "outy" that he usually is. All your energy, your focus, is being swung from your outer, external, 3rd dimensional world, to your **INTERNAL** world. It is there that you meet your teachers and guides, the spirits who love you despite yourself. This is a 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 once Mars goes direct.

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 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: cyberrose@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! Taurus people don't really love the water, but they do love the earth and gardening. So, take up gardening even if it's buying a potted plant to care and water in your home. For Scorpios, who are a water sign and who dearly love the liquid: what better time to sign up for a course in swimming at your local spa than now? 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. And Taurus, 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.medicinegarden.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. Athena's (athena@topica.com/metaphysical and alternative healing list) professional astrologer, Rosemarie Brown is available at: starrose@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! Another great astrologer we recommend is: Grace Verte of California. Just contact her at: GraceVerte@Netsedona.com.

9. **MEDICAL ASTROLOGY TO SUPPORT GOOD HEALTH**. If you have health concerns, should be looked into. We have several fine medical astrologers available: Gail Carswell at rockdoc@mindspring.com, Michael Foltz at solardoc@mindspring.com. They also have a website: <http://www.owlswebnest.com>. And Rosemarie Brown at cyberrose@sedona.net, is also a trained medical astrologer. Find out what you're dealing with and learn how to turn this into a positive, healing experience.

10. Check up with your medical doctor or health practitioner. July is a great time for this! If you have nagging symptoms....do not delay on this--get thee to your doctor and have the appropriate tests run to look at them. If you don't; this could backfire on you and we don't want that, do we?

11. **FLOWER and GEM ESSENCES.** These are gentle healers that can help a person to heal themselves. Just go to: <http://www.medicinegarden.com> and point/click on Medicine Garden Store and choose Flower Essences from the drop down menu. You'll see gorgeous photos of your favorite flowers, as well as useful information that might help you in some positive way!

12. **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.

13. **PLANNING ON A NEW JOB IN THE FUTURE? WANT TO MOVE TO ANOTHER PART OF THE COUNTRY?** Astrology can help! Gail Carswell at rockdoc@mindspring.com, Michael Foltz at solardoc@mindspring.com can investigate the right place and right time for a career move or a move to another city/state. They also have a website: <http://www.owlswebnest.com>.

14. **NUMEROLOGY AND YOU.** If you don't like astrology then consider Numerology to do all the above for you. Karen David is world renown as a numerologist. Check her out at: <http://www.kdmystic.net/NewFiles/AboutKaren'sConsultations.html> or email her at: KDMystic@aol.com. She can make a big, positive difference in your life.

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

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PART 3: MARS RETROGRADE INFLUENCED BY OTHER PLANETS RETROGRADE AND DIRECT PLANETS OCTOBER 1, 2005 THROUGH DECEMBER 31, 2005

The Native American saying, "We are all related," is applied to the Mars retrograde period as well. No planet acts alone, indeed, it connects energetically with the rest of the planets of our solar system. No planet acts alone and every planet is in some kind of mathematic aspect with the other planets most of the time whether we see this or realize it. Energy is unseen but the results of energy that is focused and manifested certainly shows up within us, around us, our lives and has an action/reaction to every living thing on this planet. We are not alone. We are connected. We are all bound together by a rainbow colored river of energy that flows through us--and everything else--whether animate or inanimate, organic or non-organic. We are tethered to Mother Earth and all her relations.

The sooner we realize this, the sooner we can take one planet going retrograde and put it into perspective within the context of our life here on this planet. Toward that end, Mars goes retrograde from October 1, 2005 through December 10, 2005. During this time we have other planets doing their 'dance' as well--certain to influence and modify Mar's backward actions and energy expression. It is **SUCH** a busy Fall and early Winter that it

looks more like a traffic cop in the middle of a planetary traffic jam! And it is going to be busy--like ants bustling to and fro from the anthill. This Fall is **SUCH** a huge turn of the Cosmic Wheel that everyone is going to be affected. It's just a question of how much impact its going to have on your personal life. And this is a global change as well; not just you back yard. I liken the events of September, October, November and December like the Indonesian Earthquake that sent that Tsunami changing lives in so many countries shortly afterward. It is **THAT** kind of Autumn. So, forewarned is forearmed. If you don't like what is happening--wait a minute! It will change because of the planet's forward and back movement along with eclipses adding fuel to the fire.

A New Moon Eclipse takes place on October 3, 2005 at 10 Libra (Aries is the opposite sign who will get impacted). Eclipses shed light in dark places and Mars has just gone retrograde on October 1, 2005, so look for people, events, or groups, to be exposed to the world. For each of us on a personal level, some new awareness will be given to us but it is likely to vegetate in our subconscious (Mars is retrograde is the reason) until three months later, around January 3, 2006.

Speaking of eclipses (to ignore an eclipse is to invite peril... so you pay attention to them), we have a Full Moon eclipses at 24 Aries (Libra by opposite sign, will be equally impacted). At least it is happening in an 'open' period where there is no key planet going retrograde or direct; so that's the good news. As with any eclipse on a full moon, people may go out of control and 'lose it.' The full tide of our emotions is on display and an eclipse really sheds light on our wounds and where we have to do the work to heal up. A full moon always brings completion on something at some level; whether on a personal level, career or impersonal level. Things get fixed at this time. Physical manifestation abounds. Let's see what else is going on during this pregnant period in our lives:

MERCURY GOES RETROGRADE November 14, 2005 and **DIRECT** on December 4, 2005 Mercury goes retrograde three to four times a year for roughly, three weeks at a time. It will go retrograde at 10 Sagittarius and back up into Scorpio/Taurus until it reaches 24 Scorpio 45 minutes when it goes direct on December 4, 2005.

Mars, at the time when Mercury goes retrograde will be at 12 Taurus, so the impact of this for Taurus/Scorpio people will be less, thank goodness. However, it is still in this sign and opposite sign, so impact is there, anyway. It then becomes a moot point. The only question then is how **MUCH** impact and where will the 'fall out' or 'action' be?

You can find that out if you know your natal chart and look to see where Mars retrograde falls in the 12-house system. The house that Mars is retrograding through is where you will receive "suspended animation" for the duration. Where Mercury falls in whatever house, that is where there are going to be communication snafu's, misunderstandings, projections on you by others and vice-versa and assumptions--all of which can get us into plenty of hot water. The way around this is to **THINK** before you **SPEAK**. That will save the day every time. Saying, "I must think about this," or "Let me get back to you on this," will support and aid you not having foot-in-mouth disease which is always rampant with Mercury retrograde.

So, the moral of this story in the heavens is that Taurus and Scorpio sun sign people are going to be heavily affected by not only Mars retrograde, but Mercury as well. And anyone else who has planets in either of these signs is potentially impacted but then, it becomes a

matter of degrees and orb of influence. Unless you're an astrologer, you won't figure this out and you need to get to a professional astrologer to sort all this out for you and explain in plain language what the focus of your life is going to be around and choices on how to deal with it in a healthy, positive way instead of knee-jerking and making bad decisions too quickly based upon faulty information, lies, deceit, illusions, fraud that will surround you at this period with Mercury retrograde.

There is no question when you put Mars **WITH** Mercury retrograde, things can get awfully messy. This is like going through peanut butter blind folded. You will get nowhere fast (Mars retrograde) and you cannot see clearly (Mercury retrograde). The way to negotiate this period, as I said before, is pay close attention to your hunches/gut instinct and be patient, say little and wait. You might also see this duo as clear water being muddied. And the only way you can see is to let the mud settle to the bottom and eventually, the water becomes clear once more and you can see what you're doing, what choices need to be made and how to proceed. Or, perhaps, you're up a creek without a paddle...

The good news is that these planets never collide degree-wise and that could be a debacle of the first order if they did. But they do not, so we dodged that bullet. Just remember, silence is the better part of valor. And asking more about what you see or hear is definitely in order--do **NOT** make **ANY** snap judgments during this period or it will turn out to bite you in the rear--guaranteed. People will also project what they don't want to own on you, as well, so may feel like a scape-goat or a whipping post or the 'mob' blames you for something you didn't do. Or, you may project on others with equally damaging results. Do **NOT** gossip during this time. Hold your own counsel and be careful who you speak with and what you say--again--it can come back to haunt you in the worst and most upsetting ways. Do not be mean to other people even if you have an adroit 'silver' tongue. Be compassionate and bite down on it--resist saying what you really want to say and practice diplomacy at all costs.

So often, when Mercury is retrograde, we just let fly what comes blurting out of our mouths--and oh! The hurt and damage it causes! With Mars retrograde, you may not know right away about something you said to some one during this fragile period. But it will be revealed either when Mercury goes direct on December 4, 2005 or when Mars goes direct on December 10, 2005.

NEPTUNE GOES DIRECT on October 27, 2005: Neptune going direct at 14 Aquarius (opposite sign: Leo) on October 27, 2005, while Mars is retrograde is somewhat like a fly being stuck on flypaper....you are the fly and you can see you're stuck. And that's about it. And you can't go anywhere because we are trapped by Mar's lack of energy, direction and focus. Neptune, who delights in such quasi-chaos, operates easily in a vacuum and creates illusion, delusion, lies, deceit, fraud and on the opposite end: spiritual enlightenment. The good news is with this illusionary planet going direct, liars are being 'outed' to the public, fraud being uncovered and TRUTH finally being revealed will occur on the above date. For example, the Katrina Disaster and FEMA's Brown's inept handling of it, will be on a roll of discovery by then. The truth will be found--eventually--but not without a lot of twists, turns and behind-the-scenes maneuvering (typical of Neptune).

Those who have purposely lied, hidden the truth, manipulated, folded and spindled it are going to be shown -- finally and the **TRUTH** will be revealed. Look for politicians and politics to do all the above and somewhere in all of this, there will be a grain of truth. It's

easy to hide, lie, deceive, manipulate others under a Neptune retrograde, which has been that way since May 20, 2005--a long time for those who would hoodwink the innocent and unsuspecting to do a lot of dirty work. But those who have--their payment is coming due. With a Mars retrograde at 18 Taurus when Neptune turns direct at 14 Aquarius, we have an square aspect in operation.

A square aspect is about choosing to make this a stumbling block or a building block. In other words, this Mars-Neptune aspect is about as painful as it can get if you feel hemmed in and trapped. To use the higher vibration of this square would be to follow your intuition in the maze you find yourself in, have **FAITH**, and be guided by both. What is worrisome is that these two, when in disharmony as they are now, can foment an epidemic of global proportions. Mars rules inflammation and Neptune rules bacteria/virus. We presently have SARS/Chicken flu under ground, fomenting and continually changing their DNA. With Neptune going direct, I foresee the possibility of a DNA change in one of these two viruses that will make it easy to transmit to humans--and therein lie the seeds to an epidemic. With Neptune, however, it's never revealed or public knowledge. There may be a hint of it come to the surface on the day it goes direct if scientists are lucky. However, with Mars retrograde, the energy is still underground and not visible or verifiable. Only when Mars goes direct on December 10, 2005, will the potential pandemic get rolling.

Worse, as Mars continues to backslide, it will actually create a perfect square on November 7, 8 and 9, 2005 with Neptune at 14 degrees of Taurus and Aquarius, respectively. I would not air travel on these days because epidemics are carried country to country on airplanes and these days are rife with that possibility. Further, hazardous materials spills, oil tank farms blowing up, hurricanes wreaking new havoc on the USA, poisons or toxins being released by accident or by terrorists, are also in the cards. There isn't a more deadly combination than Mars/Neptune when they tangle in hard aspect with one another and this is one of those times. This is called "face the music" time and I don't mean that in a lighthearted way. Neptune rules water. Hurricanes are powered by water. If we get lucky, with Mars retrograde, the fuel for the storms (water temperature) will not be there and we'll miss more tragedy on the scale of Katrina.

Pollution concerns, environmental spills and havoc can also occur. Gas prices can go through the roof (\$5.00 a gallon) because Neptune rules oil and oil products, including gas/oil/propane. Look for high spikes in all the above as winter arrives much sooner than expected. With Mars retrograde it means the temperature is going down, not up. That means a short, cool Fall and an early, hard winter. Those who use fuel oil, propane or gas are going to find sticker shock prices. What is sad is the elderly, who are on fixed incomes, cannot afford fuel to keep them warm and they can die of exposure. If you have an elderly relative, call them and make **SURE** that they have enough fuel to keep warm--even if you have to pay the bill for it. It's better than dying from the cold.

November 7, 8 and 9th are also about individuals who are deluded; and they may act out on it. This is road rage, the person who gets pissed off because they were released from a job and goes into the company and kills as many people as he can or someone who allows their emotions to overwhelm them. "Going postal" applies here on a small and large scale; so be alert, drive carefully and prudently. Think before you speak.

Sadly, Election Day is on November 8th and what a messy pot of stew this is!! Look for some surprises as to who stays and go. The simmering anger of the American people

toward the Bush administration may just out fat cat politicians who have been in office way too long and vote some fresh, new blood into Congress, instead. Remember, Neptune is going direct, so the Truth comes out and every vote counts--so be sure to **VOTE!!** If you don't like the way things are going (who does?) then vote the politicians out and get someone in there who isn't part of the system. The system is broken and needs serious fixing. Only the American public with their vote can do that.

And with a square, look for voting fraud, with people being turned away (the poor, those who do not have 'white' skin), intimidated and told they can't vote. There's going to be a lot of confusion over this voting. With Neptune in the mix, computers will fail, and votes may be lost. Let's hope they have a piece of paper for each computerized vote or things could turn ugly. Sleight of hand rules the day and voting fraud is a very real thing. Let's hope we have lots of observers at polling places to try and stop it before it stops.

The mentally challenged will become highly confused. They may need more help, support or care than normal during these times. Medication errors will abound, so be sure to check prescriptions before taking. Drug companies will be in the news, as well, as lawsuits (well deserved) move forward on pharmaceutical companies who are more than willing to allow people to be guinea pigs for their research while they scrape in billions of dollars. Neptune will expose them.

If you have to go to the hospital on November 7, 8 or 9th, you may well end up with more bacteria and virus than you went in with. Medical and surgical errors abound at this time. Wrong x-rays and lab results are given to the wrong person. Operating and removing the wrong organ or limb is very possible. Just be aware of this and hopefully you will have a friend or spouse who can oversee you like a hawk, observe, watch and ask a lot of questions. This is certainly a time period to get a second opinion. People are erroneously told they have cancer in a time like this--because of lab mix up--and they don't have cancer at all. So, again, a second opinion is a **MUST** right now if you must go into the hospital.

If you have to have surgery (and I do not recommend it on these three days unless life-threatening) the blood supply could well be tainted and you end up with more disease than before. Or, the wrong type of blood is given to you during surgery. Or, you have an allergic reaction to the anesthesia and may go into cardiac arrest on the operation table and have to be revived. It is **NOT** a pleasant time, medical and health wise, and thank goodness it is only three days. With Mars retrograde this can mean surgery but it is botched or the wrong organ/limb is removed. Mars rules surgery and surgeons are not at their best during a Mars retrograde. This is when serious mistakes happen. And if it does, with Neptune in the mix, the doctor and the hospital will try and cover up their culpability and you will have a tough time proving it--but persevere--because you will in the long run.

URANUS GOES DIRECT on November 16, 2005: As if this wasn't enough, Uranus suddenly shows up at this chaotic dance and goes direct at 6 degrees Pisces 51 minutes. Pisces and Virgo sun sign people are most affected by this. Or, those with planets in these signs and near this degree. Pisces people have been getting hammered since Uranus came into their sign several years ago. Pisces is like an oyster without a shell--and then it gets pulverized by lightning bolt Uranus. Needless to say, there's an awful lot of bruised, wounded Pisces people out there by now who are just reeling and spinning from pillar to post because Uranus is shaking them out and down without a second thought. Three days

earlier, Mercury went retrograde, so this lurching back and forward from November 14, 15, 16 and 17th is like getting rear-ended by an out-of-control bulldozer coming down the hill and striking you.

Uranus, on the day it goes direct, makes aspects a square to Mercury (fouled up communication, bad news, making the best out of bad news), a trine to Jupiter (so it isn't going to all be bad news....silver linings here, thank goodness), and a sextile to Venus (guardian angel aspect to protect those poor, beaten up Pisces folks). If you feel like Life has beaten the hell out of you since August, 2005, then there will be some relief here as Uranus lurches and spins forward. A reprieve of sorts; some of the stress removed but certainly, not as much as you wished.

What makes this a particularly contentious time is there is a Full Moon at 23 Taurus on November 15, 2005 (Pacific Standard Time). Or, depending upon where you live on the globe, it could be November 16, 2005 the **SAME** day Uranus goes direct. Don't forget, Mars is retrograde in Taurus. So Taurus people are really going to feel the heat from this planet jerking forward. And of all the signs, Taurus the bull is the most fixed, the least likely to bend, be flexible or adaptable. The old adage that the oak tree broke in a storm because it didn't bend, applies here with all its ramifications. Taurus people **REALLY** need to get on with bending or this two-day period could rip their worlds apart and reorder it without their permission. Earthquakes are a big possibility here, as well; so look for some huge ones taking place on November 14, 15, 16 and 17th, 2005.

Mars is retrograde at 12 Taurus and it is in wide sextile aspect with Uranus (6 degrees), so a lot of the 'punch' that Uranus carries with him is going to be muted up to a degree. That's good news. People have been in shock for some months and Uranus is the cause of this situation. With Mars retrograde, it blunts the sledgehammer effects of recalcitrant Uranus and makes him sit in the corner and have a 'time-out!' About time! We can use some down time and rest.

SATURN RETROGRADE November 22, 2005 through April 6, 2006: Saturn is our Karma, just as Jupiter and Venus are various shades and levels of Grace and Dharma. The rings of Saturn are about boundaries; both our own and others. Saturn goes retrograde on November 22, 2005 (Mars is already retrograde and so is Mercury) at 11 Leo 19 minutes. This means those most affected, sun-sign wise are Leo's and Aquarian people. Those who have planets around this degree in either sign, are also highly impacted. I don't think there's going to be a very celebratory Thanksgiving this year because Saturn goes retrograde two days before turkey day (November 24, 2005). It could be there are delays due to winter storms, airliners leaving passengers stranded like they did last Christmas, or other blockages so that many do not make it 'home' for this special day. At its worst, Saturn is about delays, blockages and stoppages. At its finest, it gives us rewards after we've worked our fingers to the bone.

Saturn makes an inconjunct to Uranus, who has belligerently sprang forward on November 16, 2005. It is a 5 degree orb, so again, this is blunted up to a point and that's another piece of good news. However, a Saturn-Uranus aspect like this can make people feel as if they are again, caught between a 'rock and a hard place' and no place to go but face what is being downloaded on them. A person's independence may be nipped in the bud, as well. There is a nasty aspect between Mars retrograde at 5 Taurus and the Lord of Karma at 11 degrees of Leo. This is an active aspect and frustration is the keyword here. People are

going to be impatient, irritable and angry. From November 5, 2005 through November 22nd, this anger is going to be simmering and boiling over from time to time. Road ragers will be out in force. And anger is going to carry the day for many. One hopes that people use anger management and utilize this energy in a pro-active way rather than in a destructive way. Unfortunately, not all grown ups are mature and some are little 8 years olds in adult bodies...and so this becomes a time of triggering rage for those types. Just don't be the focus of it if you can help it.

With Saturn **AND** Mars retrograde, look for the economy to tank and plunge. The stock market is not going to be happy in November at all. Gas prices, prices on all goods, are going to rise. For retailers who count on the holiday season, they are going to see people **NOT** spending money at all. People are hurting; they don't have the money they need and the Bush administration at this time, will come under fire as never before.

Saturn is about duty, responsibility, being mature and carrying the loads you said you would. As it goes retrograde, those loads on those who suffer silently and handle such stress and strain, will get some **RELIEF**, which is good. With Mars retrograde as well, they will receive a well earned respite.

DECEMBER 2005: The Grinch Stole Christmas-- Needless to say, there's a lot of people out there who have been severely beat up by all these planets. The sun signs indicated are the ones who take the brunt of this Cosmic Earthquake in the Fall, as I refer to it. Holiday spending is kaput. There is no huge money being put out on barely anything except essentials--like paying for fuel oil to keep your home heated. That will be the Christmas gift you give to your family or your elderly relatives. I believe this Christmas is going to be a 'poor' one in some sense but can be very rich in a spiritual and heart centered area, instead. Christmas isn't about buying the biggest, most expensive gift for loved ones. Rather, it is a hug, an "I love you" or something you made for someone, instead. The Economy is down the drain. There's just too many planets retrograde, especially Mars and Saturn. Mercury goes direct on December 4, 2005, so we'll be seeing all kinds of sales on merchandise as the horror of the non-buying season sets in for sure on retailers. Mars goes direct on December 10th, and you're going to see people feel a little more like spending and they will--but they are going to be prudent and cautious because Saturn is retrograde. They will buy perhaps one thing (and not horribly expensive, either), that will be a gift that 'keeps on giving.' Gems and jewelry will suffer badly, as will luxury items (including gas-guzzling US cars) because **Venus, the planet of beautiful things, spending largess, is slowing down the first three weeks of December and finally goes retrograde on December 24, 2005.** Talk about a Christmas Eve bummer!

Also, a pandemic can raise its head as Mars goes direct on December 10th and if it does, you know that public places are going to be ghost towns and people will stay home. That will put a fatal blow into retailers fourth quarter for sure. And, as Mercury goes direct on December 4th, the flu virus (or SARS) could take a trip on an airplane because this planet rules traveling of any type, and it will spread quietly between the unsuspecting passengers and erupt when Mars goes direct on December 10th. By then, it will be too late, the cat out of the bag and never to be put in.

If a pandemic does occur, then the Venus retrograde on Christmas would be appropriate. After all, who is going to get on a plane or any crowded public conveyance with the threat

of getting a killer flu? Not many, I don't think.

So, it may end up being a quiet Christmas with close friends or no one but close family. For a long time, Christmas has become a dollar driven thing and that's ashamed. I can remember, as a child of nine, very poor, going out on a cold, wintry day in Oregon and searching for the red berries on a dead Asparagus plant. I would hunt along the river bank for the red berries, to gather enough to string them on some thread. Why? Because my family could not afford a Christmas tree. We brought in a big, dried weed from our back pasture and sat it in a pot with soil. Then, we all went out to Nature to find beautiful, natural things to decorate our 'tree.'

My mother popped popcorn and we had bowls of it to string the white, fluffy stuff on thread. The red berries I had painstakingly gathered on that cold, crisp gray winter day, yielded out a bright red string to set off the white of the popcorn. Us kids then got out our crayons and paper and scissors. We made paper stars, colored them different colors and put a hole in one of the points and threaded them. Looping our stars around our 'tree', it became very beautiful and we were all so proud of it.

My father had killed a deer and we had venison that night. We sat around our 'tree' grateful for the deer giving its life so that we could live. We thanked the giant weed that was now our tree, for being so strong and big. Grateful for the wild Asparagus that always grew on the damp banks, the red berries reminded us that Nature is always bountiful with us. Each of the children had their colored stars on the 'tree.' I still remember that night, the wood fire glowing, the warmth in the room and the five of us. My father recounted stories about Christmas and the real meaning of it, the heart and spirit of it. My mother had made two pumpkin pies from the pumpkins from our massive garden. She had asked us kids to take one over to our next door neighbor, who was elderly, and give it to her as a gift. We loved doing that. The look on the old woman's face was a gift in itself.

Getting dessert was a treat. After our deer meat, we had a slice of warm pumpkin pie, and thanked the spirit of that squash for giving us its life. As the clouds cleared away to reveal the sparkling depths of a starry universe wheeling above our house in Ontario, Oregon, our breaths white as we looked up in awe, we knew what Christmas was really all about. And so, I hope, that Christmas this year, will be like that for everyone: a sense of gratefulness for what you have with one another. An understanding that we are connected to everything and everyone on this Earth. A thankfulness for any food we might have and share. Humbleness in understanding we aren't the kings/queens of this Earth, but simply part of an amazing and intricate web of life that we should entrust ourselves to. And perhaps, most importantly, to walk through life with the child who sees only through her or his heart. For in the childlike innocence love can take root and inoculate us completely against all the chaos and keep us centered and whole.

These months are about this. It is about having faith. Please read my article, Initiation, to have a better understanding of what I'm saying. Oh yes, think about the old, the frail, the sick, the poor this Holiday season. Think of ways to let them know they are loved and cared for. Take up a neighborhood collection for someone who can't afford heating fuel. **THAT** is the real Christmas we should be celebrating.

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