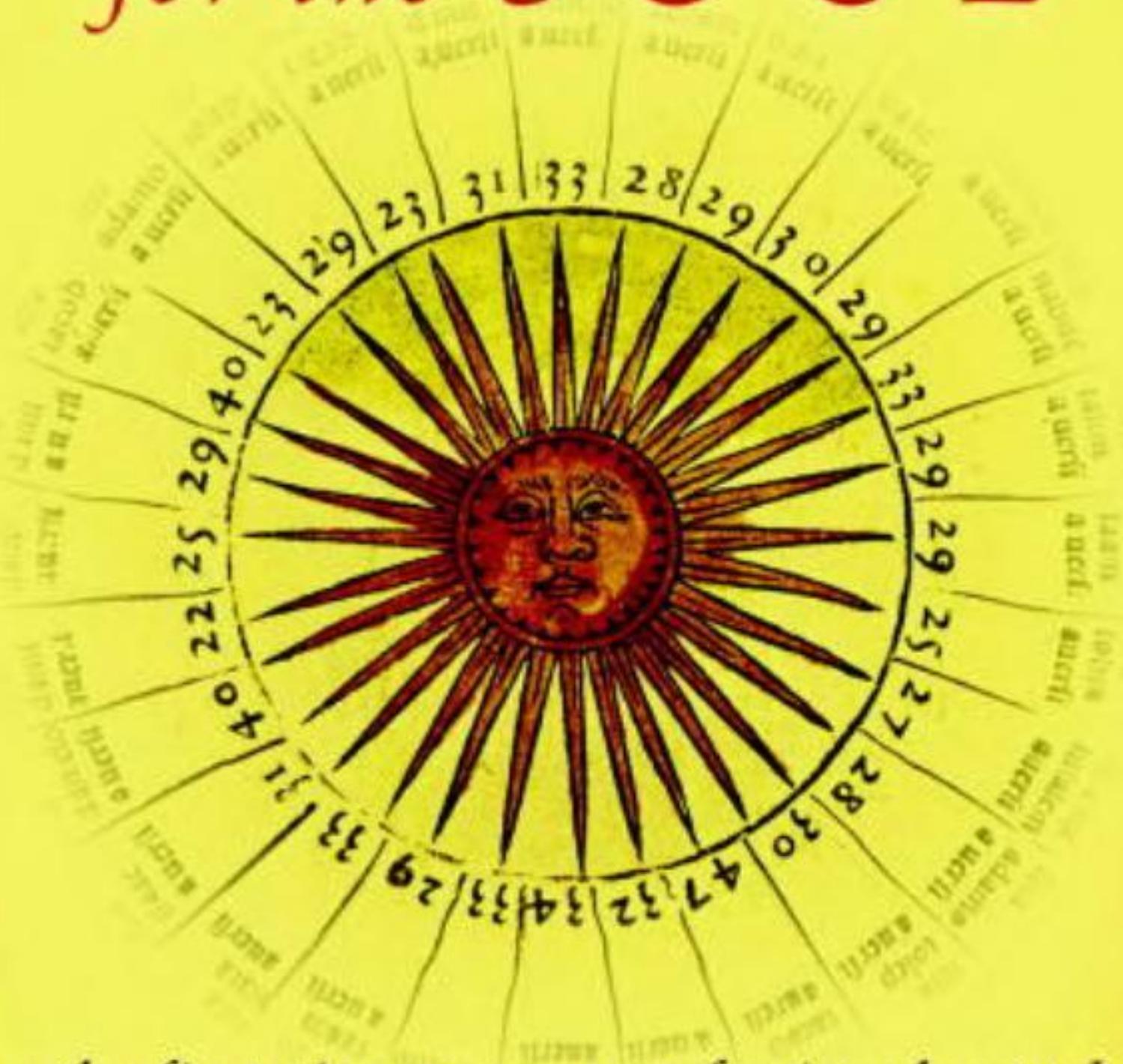


Jan Spiller

Author of *Cosmic Love*

ASTROLOGY for the SOUL



For the first time ever, a professional astrologer reveals the secret of her astoundingly accurate and spiritually valuable astrological readings

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—HAROLD BLOOMFIELD, M.D., New York Times bestselling author of *How to Be Safe in an Unsafe World*

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The Location of Your North Node

LOCATE THE SPAN THAT INCLUDES YOUR BIRTH DATE IN THE CHART BELOW.
YOUR NORTH NODE POSITION IS LISTED TO THE RIGHT OF THESE DATES.

May 10, 1899—Jan. 21, 1901	Sagittarius	Aug. 24, 1922—Apr. 23, 1924	Virgo	Dec. 14, 1945—Aug. 2, 1947	Gemini
Jan. 22, 1901—July 21, 1902	Scorpio	Apr. 24, 1924—Oct. 26, 1925	Leo	Aug. 3, 1947—Jan. 26, 1949	Taurus
July 22, 1902—Jan. 15, 1904	Libra	Oct. 27, 1925—Apr. 16, 1927	Cancer	Jan. 27, 1949—July 26, 1950	Aries
Jan. 16, 1904—Sept. 18, 1905	Virgo	Apr. 17, 1927—Dec. 28, 1928	Gemini	July 27, 1950—Mar. 28, 1952	Pisces
Sept. 19, 1905—Mar. 30, 1907	Leo	Dec. 29, 1928—July 7, 1930	Taurus	Mar. 29, 1952—Oct. 9, 1953	Aquarius
Mar. 31, 1907—Sept. 27, 1908	Cancer	July 8, 1930—Dec. 28, 1931	Aries	Oct. 10, 1953—Apr. 2, 1955	Capricorn
Sept. 28, 1908—Mar. 23, 1910	Gemini	Dec. 29, 1931—June 24, 1933	Pisces	Apr. 3, 1955—Oct. 4, 1956	Sagittarius
Mar. 24, 1910—Dec. 8, 1911	Taurus	June 25, 1933—Mar. 8, 1935	Aquarius	Oct. 5, 1956—June 16, 1958	Scorpio
Dec. 9, 1911—June 6, 1913	Aries	Mar. 9, 1935—Sept. 14, 1936	Capricorn	June 17, 1958—Dec. 15, 1959	Libra
June 7, 1913—Dec. 3, 1914	Pisces	Sept. 15, 1936—Mar. 3, 1938	Sagittarius	Dec. 16, 1959—June 10, 1961	Virgo
Dec. 4, 1914—May 31, 1916	Aquarius	Mar. 4, 1938—Sept. 12, 1939	Scorpio	June 11, 1961—Dec. 23, 1962	Leo
June 1, 1916—Feb. 13, 1918	Capricorn	Sept. 13, 1939—May 24, 1941	Libra	Dec. 24, 1962—Aug. 25, 1964	Cancer
Feb. 14, 1918—Aug. 15, 1919	Sagittarius	May 25, 1941—Nov. 21, 1942	Virgo	Aug. 26, 1964—Feb. 19, 1966	Gemini
Aug. 16, 1919—Feb. 7, 1921	Scorpio	Nov. 22, 1942—May 11, 1944	Leo	Feb. 20, 1966—Aug. 19, 1967	Taurus
Feb. 8, 1921—Aug. 23, 1922	Libra	May 12, 1944—Dec. 13, 1945	Cancer	Aug. 20, 1967—Apr. 19, 1969	Aries

Apr. 20, 1969—Nov. 2, 1970	Pisces	Apr. 10, 2000—Oct. 12, 2001	Cancer	Mar. 21, 2031—Dec. 1, 2032	Scorpio
Nov. 3, 1970—Apr. 27, 1972	Aquarius	Oct. 13, 2001—Apr. 13, 2003	Gemini	Dec. 2, 2032—June 3, 2034	Libra
Apr. 28, 1972—Oct. 27, 1973	Capricorn	Apr. 14, 2003—Dec. 25, 2004	Taurus	June 4, 2034—Nov. 29, 2035	Virgo
Oct. 28, 1973—July 10, 1975	Sagittarius	Dec. 26, 2004—June 21, 2006	Aries	Nov. 30, 2035—May 29, 2037	Leo
July 11, 1975—Jan. 7, 1977	Scorpio	June 22, 2006—Dec. 18, 2007	Pisces	May 30, 2037—Feb. 9, 2039	Cancer
Jan. 8, 1977—July 5, 1978	Libra	Dec. 19, 2007—Aug. 21, 2009	Aquarius	Feb. 10, 2039—Aug. 10, 2040	Gemini
July 6, 1978—Jan. 12, 1980	Virgo	Aug. 22, 2009—Mar. 3, 2011	Capricorn	Aug. 11, 2040—Feb. 3, 2042	Taurus
Jan. 13, 1980—Sept. 24, 1981	Leo	Mar. 4, 2011—Aug. 29, 2012	Sagittarius	Feb. 4, 2042—Aug. 18, 2043	Aries
Sept. 25, 1981—Mar. 16, 1983	Cancer	Aug. 30, 2012—Feb. 18, 2014	Scorpio	Aug. 19, 2043—Apr. 18, 2045	Pisces
Mar. 17, 1983—Sept. 11, 1984	Gemini	Feb. 19, 2014—Nov. 11, 2015	Libra	Apr. 19, 2045—Oct. 18, 2046	Aquarius
Sept. 12, 1984—Apr. 6, 1986	Taurus	Nov. 12, 2015—May 9, 2017	Virgo	Oct. 19, 2046—Apr. 11, 2048	Capricorn
Apr. 7, 1986—Dec. 2, 1987	Aries	May 10, 2017—Nov. 6, 2018	Leo	Apr. 12, 2048—Dec. 14, 2049	Sagittarius
Dec. 3, 1987—May 22, 1989	Pisces	Nov. 7, 2018—May 4, 2020	Cancer	Dec. 15, 2049—June 28, 2051	Scorpio
May 23, 1989—Nov. 18, 1990	Aquarius	May 5, 2020—Jan. 18, 2022	Gemini		
Nov. 19, 1990—Aug. 1, 1992	Capricorn	Jan. 19, 2022—July 17, 2023	Taurus	Data courtesy of	
Aug. 2, 1992—Feb. 1, 1994	Sagittarius	July 18, 2023—Jan. 11, 2025	Aries	The Astrology Center of America	
Feb. 2, 1994—July 31, 1995	Scorpio	Jan. 12, 2025—July 26, 2026	Pisces		
Aug. 1, 1995—Jan. 25, 1997	Libra	July 27, 2026—Mar. 26, 2028	Aquarius	On the Internet at:	
Jan. 26, 1997—Oct. 20, 1998	Virgo	Mar. 27, 2028—Sept. 23, 2029	Capricorn	http://www.astroamerica.com	
Oct. 21, 1998—Apr. 9, 2000	Leo	Sept. 24, 2029—Mar. 20, 2031	Sagittarius		

Introduction

This book contains my professional secrets: the methods I have used to successfully read personal astrology charts for the past twenty years.

Many of my colleagues think I'm psychic. That may be true, but it's not the primary mindset I use when I look at an astrology chart. To interpret a chart with confidence and accuracy, astrologers must have a starting point—an area they focus on when they first look at an individual chart. It may be the Sun sign, or the position of the Moon, the Eclipses, the major aspects, the number of planets in Fire, Water, Earth, or Air signs—each astrologer has his or her own personal entry into accessing, “seeing,” and interpreting the rest of the chart.

I use the Nodes. The Nodes have never failed to give me the information I need to correctly guide the individual in achieving success, self-confidence, and balance within the personality. The accuracy of my readings is not due to “psychic talents” but rather to my attention to the activity of the Nodes.

When I look at an individual astrology chart, I first notice the position of the North and South Nodes of the Moon, by sign and by house. Then I notice the geometric relationships (called “aspects” by astrologers) that the Nodes are making to other planets, and any unusual circumstances with the planets that rule the signs the Nodes are in.* Suddenly, the whole chart comes alive and I can understand the individual challenges this person has,

* The aspects are so important that they deserve a book of their own. This information will be covered thoroughly in a subsequent volume about the Nodes.

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and the qualities of character that need to be developed for success and fulfillment in this lifetime.

ACCURACY

It is not necessary to have a belief in astrology in order for this book to be of value to you. Astrology, if explored from a psychological or scientific level, has nothing to do with belief. It's practical. It has to do with gaining knowledge and doing experiments. Are the psychological profiles offered by astrology useful tools of self-knowledge for you? Are the timing predictions astrology can make (when based on your *full* birth chart) helpful in using your time more effectively?

In evaluating the truth of the material presented in this book, it is important to listen to your own inner knowing and past experiences. Regardless of what others may think, only you know the nature of your own internal battles.

If you choose to do some of the experiments suggested for balancing your North Node personality type, look to your own energy for confirmation of whether or not you are on the right path. If, after running one of these experiments, your energy level soars and you feel happy and free, you're "on path"! Trust yourself. If not, try a different experiment. You will know if you are on track by whether or not you feel happy and/or free.

If some of the suggestions made in your North Node section do not "feel right" to you, then trust yourself there as well. It may be an area that you've already overcome or that, for some reason, is not fully applicable to you. It's like trying on a pair of shoes—only you know whether or not they fit. Again, trust yourself.

Some of these suggestions might be frightening at first because they're new for you. But if they feel right to you—if they seem accurate—take the risk and set them in motion. You'll find yourself emerging from your experiment with a sense of fearlessness and self-confidence that's permanent. You'll know changes are taking place because things that bothered you just a few weeks or months ago won't get to you anymore. Your friends may still be feeling those things, but you'll be feeling something else—a peacefulness that has eluded you in the past.

For each of us, our deepest core issues are shown in the sign and house

positions of the North Node at the time of our birth. However, in the process of writing this book, I realized I had unresolved issues in signs other than my own nodal sign and house. The difference is in the depth of the dysfunction. If a person has North Node in Cancer or the 4th House, the issue of releasing control, trusting, and openly sharing feelings is *huge*—it's like chipping away at a block of granite! But someone whose North Node is in another sign may also have difficulty with sharing feelings openly. Reading the chapter on North Node in Cancer may help them heal their issues of vulnerability and suggest practical approaches to create balance and ease. The difference is that it won't be as difficult to apply the suggestions in these “alternate” areas as it will be in the area of your own nodal placement.

For example, I have the North Node neither in Aries nor in the 1st House, but when I was working on the Aries North Node chapter I realized that I had problems with self-assertion and some of the other issues that those folks are working out. In the creative process of writing that chapter, something in me was healed and I spontaneously began asserting myself more constructively and being more honest. And my life became a whole lot easier! Once I “got it,” it was easy for me to adjust and change. However, in the sign and house containing my North Node, it's a lot tougher. I started “getting it” twenty years ago, and I'm *still* working through it.

COMPASSION THROUGH KNOWLEDGE

When astrology is approached from a level of true open-minded understanding, it leads directly to unconditional love. When you fully understand a person's inner mechanics and where their “glitches” are, how can you be angry with them? We are all doing the best we can with the light we have and seeking to overcome our imperfections. Why? Because it's practical. The glitches get in the way of getting what we want. We are all in this together.

Sun sign astrology, such as the horoscopes covered in daily newspapers and magazines, are predictions that take into account only the sign position of the Sun. Full natal astrology takes into account the sign positions of ten planets (the Sun and Moon are considered planets in this context, as the galaxy is seen from the point of view of its effect on the Earth), the axis that was active when the individual was born, and several other points: the

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Nodes, Eclipses, and so on. In fact, each of us is entirely unique; a birth chart isn't duplicated for 25,000 years because all the planets are traveling at different speeds around the Sun. In the moment you took your first breath, all of humankind—all the people alive at that time—passed through that moment with you. Everyone did the best they could to make the moment joyful for themselves, but then the next moment came along and humankind had to handle it—and the next moment and the next, on into the current moment. But the moment when you were born was stamped on the cellular level of your very being, and it remains a part of you.

With that connection, you took charge of purifying that moment for everyone else on the planet, and you alone have the power to perfect the moment of your own birth. It's as though you took that sliver of time, slowed it down, and stretched it out to last an entire incarnation. And as you begin to work with that moment, taking parts of your "wiring" that aren't working too well and adjusting them—thus creating happiness, laughter, and joy in your own life—the positive energy of these changes affects everyone else. Through your own personal life you are essentially altering a moment that occurred in the past, and when you change the past, it changes the present for everyone. I've heard many spiritual teachers say that the best we can do for others is to work on ourselves. We are all interconnected on the deepest level—we're One.

INTERNAL WIRING

The astrology chart itself is actually a schematic: a graph that shows people's "inner wiring." The wiring in each of us is different. It's not "good" or "bad," it's just wired the way it's wired. Your birth chart provides a picture of the inner wiring you were born with, but what you do with that wiring is up to you.

When you can objectively see the patterns of your own behavior, you can make adjustments for more efficient results and better performance. When any miswiring is corrected, the result is a more smoothly operating life (first internally, and then externally). By having a clear picture of your inner wiring, you can become aware of the built-in "glitches," and you can choose not to continue behaviors that aren't working for you.

For example, if a person knew objectively (from seeing the graph of their

birth chart) that they had a tendency to assume they already know the answers to everything, and thus become impatient and display a self-righteous attitude that isolates them from others (as would be the case if they had the North Node in Gemini or in the 3rd House), knowing about this tendency would allow him or her to *consciously* take more time to respectfully receive the factual input of others before venturing his or her own opinion. That single adjustment would make a major difference in the person's social interactions.

We all have tendencies that lead to inappropriate behavior and feelings of isolation and unhappiness. The trick is to discover our own glitches and empower ourselves to avoid them. With this objective knowledge, we are no longer operating in the dark, not understanding why life keeps giving us feedback that makes us unhappy. Life is too short to walk around blindfolded. It is the intention of this book to clarify what works and what doesn't within the twelve personality types depicted by the North and South Nodes of the Moon.

This book is predicated on recognizing that you are not just the sum total of your chart. The chart is a picture of your personality structure, but *you* are the factor that lies behind the chart and have the power to use the personality (the energies depicted in your birth chart) in any manner you choose. Whether you allow the personality to operate unconsciously, or you take charge and purify the energy so that life flows to your advantage, is up to you.

HOW TO WIN/HOW TO LOSE

There are ten different kingdoms inside the personality, represented by the ten different planets used in astrology. We can look at the graph of your birth chart and see that some parts of yourself are constantly battling with other parts, creating all kinds of conflicting energy. Other parts of you are in total harmony; there will never be a struggle in those areas of your life. On an even deeper level, we can see the foundation from which everything else in your personality is emerging. The intention of this book is to delve into that foundation, describe it, and make some adjustments to it. These adjustments will allow the energies of the planets to coexist in a more harmonious manner.

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Imagine that there is a natural General within you around which everything else is willing to unite at a moment's notice. All you have to do is sound the bugle call of that General, and right away the parts that are warring with each other will drop their weapons and line up behind the General. The parts of you that are at peace and perhaps getting a little lazy will hear the call, get off their duffs, and also line up behind the General. When this happens, you instantly feel united and centered, and the outer situations in your life begin to change. Most important, your relationship to those situations shifts. From this new vantage point you see clearly what to do, and the action you take will automatically succeed.

In your chart, the North Node of the Moon represents that General. Once you access the underlying formula for uniting and balancing your inner self, it's like a particle of magic. It will work 100 percent of the time in every situation in your life, if you just "remember to remember" the formula and are willing to try running the "experiments" that will allow the inner energy—and thus the outer situations—to shift to your advantage.

In the beginning, doing these experiments may not be easy. It may even be frightening. For example, if you are in the group whose North Node is in Cancer, you don't *know* that being vulnerable and revealing your feelings and fears is going to work out for you. You weren't used to being vulnerable in your past lives; as a matter of fact, you may feel as though you're going to die if you actually reveal your true feelings. Everything in you may resist it. And yet, if you do it anyway, a shift will happen for you. You'll find that something did die, but it wasn't you—it was a fear that had attached itself to you. When you ran the experiment, that fear dissipated and you emerged with a new sense of fearlessness and confidence. But it's up to you. Nothing happens unless you take the risk; positive action is the remedy for fear.

In examining the position of your North Node, you are looking at the basic lesson underlying this entire lifetime. Therefore, the changes may not happen all at once. Keep in mind that as you take steps in a new direction, you're going against habits that have become deeply ingrained over many incarnations. That's why you need to keep remembering to remember to do things in a new way and keep moving toward resolution of the past life imbalances you've inherited.

The purpose of this book is not to give you another tool to "make yourself wrong" and pick out past life habits you haven't given up. Its

purpose is to show you how to experiment with doing things in a new way. You'll find that every time you remember to apply the formula, the situation shifts to your advantage and the world validates you. Yet even in the face of success, sometimes remembering to apply a new pattern takes time. It's a process, after all.

Simply reading the chapter on your North Node will make a difference and start a process of natural change. Practicing the suggestions will speed up the process, but ultimately consciousness alone can make the transformation. For example, if a person knew they would be hit by a truck prior to crossing a street against the light, would they do it? Of course not. We all want to experience pleasure and avoid pain. Being conscious of a negative repercussion is often enough to keep from putting the cause in motion.

ASTROLOGY, MATERIAL SUCCESS, AND SPIRITUALITY

Material fulfillment is never the key to permanent, unbroken bliss. It is always temporary, and dissatisfaction always follows on the heels of simple material satisfaction. The ultimate resolution to the search for happiness is spiritual. Yet sometimes there is a worldly desire deep within us that cannot be denied or forgotten—it must be materially realized to be released.

To illustrate this point, consider the story of a Buddhist Master who was getting on in years and noticed that one of his favorite disciples had still not reached full enlightenment and bliss. This disciple had been with him for three decades, had been totally devoted to his Master and strict with his practices, and yet he still had not reached that highest state. One day the Master said to his disciple: "Come, I am going on a pilgrimage and you may come with me."

They walked for miles into the outlying mountain range. The days became weeks, then a month passed, and still they continued on their journey. One day the Master stopped and, pointing to a hill in the distance, said to his disciple: "Do you see that mountaintop?" The mist was just clearing from the top of the mountain, revealing a large castle at its summit shimmering in the rays of the sun.

Disciple: "Yes, Master."

Master: "And do you see that home standing on the summit of the mountain?"

Disciple: "Yes, Master."

Master: "For many lifetimes, you have desired a home and that desire has remained unsatisfied. It is the final thread that binds you and blocks your enlightenment and unending joy. None of the practices I have given you have dissolved that deep desire. Therefore, it must be manifested. That is your home now; you own it."

At that instant, the disciple became fully enlightened.

Some worldly or material desires we can dismiss simply because they aren't that important to us. After a time, we can let them go. Others will not leave us until we have manifested them on some level. Once the personality has been successfully integrated, desires that are of lesser importance begin to fade away, and those that demand manifestation can be more easily obtained in the material world.

It is the purpose of this book to offer a formula that will facilitate a practical reintegration of the personality structure, so that the individual can more easily gain the material experiences sought. Once the mechanism of self, or personality, is working efficiently and producing happy results in our daily lives, our basic needs are met and we become open to a higher level of happiness and fulfillment, beyond identifying with personal ego and gaining strictly material rewards. As desires are met and outer goals are no longer so compelling, the personality relaxes. Within this calm, we are open to higher states of consciousness and the deeper happiness that is our natural state: what the Bible describes as "experiencing the Kingdom of Heaven on Earth."

How to Use This Book

WHAT THE NODES ARE

The Nodes of the Moon are not planetary bodies; they are points formed by the Moon's orbit around the Earth intersecting with the Earth's path around the Sun. The direction of the nodes is counterclockwise: The North Node is the ascending node (the point closest to our North Pole), and the South Node is the descending node (the point closest to our South Pole). They are always exactly 180 degrees apart. Some astrologers use the "True Node" calculation (which takes into account the actual wobbling of the Moon's orbit), and some astrologers use the "Mean Node" (which does not take the wobbling into account). I use the True Nodes. The True Node and Mean Node positions are never more than 1 degree 45 minutes apart from each other.

THE NODAL AXIS

All the planets have a North and South Node. The Nodes covered in this book are the North and South Nodes of the Moon, also known as the "Nodal Axis" of the chart. The information in the chapters is actually a description of the Northern/Southern Nodal Axis, although for the sake of simplicity, I have simply called it the "North Node" position. The South

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Node position in the chart (located at the point exactly opposite of the North Node) depicts an aspect in our character that has been overemphasized in past lives, and thus tends to take over the personality in this lifetime and throw us off balance. When we are acting without awareness, we tend to “act out” the South Node position in response to our environment because we have been accustomed to that approach working to our advantage. However, in this lifetime, our experiences show us that approaching a situation from the stance shown by the position of the Southern Node in our chart is no longer working. Although the main emphasis in this book is on the North Node, the information in these chapters is actually an integration of both “ends” of the Nodal Axis.

When astrologers refer to “the Nodes,” they are generally referring to the North and South Nodes of the Moon. In astrology, the Moon rules our feelings, our moods, dependency, insecurity, the feeling of belonging—it rules our emotional bodies. The Moon rules our self-image, that is, the way we instinctively see ourselves regardless of what we are expressing in the world. I consider the Moon to be the most important planet in the chart, from a karmic/past life perspective. It underlies the rest of the personality structure. In my first astrology book, writing the chapter on the Moon took more time than the other nine chapters combined. I found the depth of the signs of the Moon to be endless—my research kept going deeper and deeper—until one day I just had to close the lid and say “That’s it!” In following the path of the Nodes of the Moon, and thus rebalancing our emotional bodies, we are going a long way toward easing internal stress and reclaiming confidence in our individual beings.

SIGNS AND HOUSES

For each of us, the North Node is located in a sign and in a house. The sign position can be obtained by consulting the table in the front of this book, and the chapter relating to your sign position will provide information and direction designed specifically to help you realize your full potential. For the most complete view, I recommend also consulting the chapter relating to your house position, which can be obtained from a local astrologer or a computerized birth chart.

The sign in which the North Node falls denotes the psychological shift

that needs to occur within the personality. The house containing the North Node shows the experiences that allow the person to access this new psychological awareness.

In my experience, the house is at least of equal importance to the sign. The house position indicates the arena in which the life lessons of the North Node are learned. For example, if your North Node is in Cancer in the 11th House, you are learning to get in touch with and communicate your feelings (Cancer) through cultivating the energy of friendships and learning to “go with the flow” (11th House); if your North Node is in Aries in the 4th House, through getting in touch with your gut instincts (4th House) you can discover and communicate who you are (Aries).

DUPLICATE SIGN/HOUSE POSITIONS

If the sign of your North Node is in the same sign as the house containing your North Node (for example, North Node in Gemini located in the 3rd House, which is also Gemini; or North Node in Pisces in the 12th House, which is also Pisces), it simply means double the intensity of the same life lesson.

OPPOSING SIGN/HOUSE POSITIONS

(This includes North Node in Aries in the 7th House; North Node in Taurus in the 8th House; North Node in Gemini in the 9th House; North Node in Cancer in the 10th House; North Node in Leo in the 11th House; North Node in Virgo in the 12th House; North Node in Libra in the 1st House; North Node in Scorpio in the 2nd House; North Node in Sagittarius in the 3rd House; North Node in Capricorn in the 4th House; North Node in Aquarius in the 5th House; North Node in Pisces in the 6th House.)

If your North Node is in a house *opposing* the sign of your North Node (as noted above), it will be necessary for you to carefully and continuously check with yourself to find the right blending of behavior. Remember that generally, the house indicates where to learn the lessons of the sign. The house is like a shell—the environment you need to support the content of the sign.

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For example, if your North Node is in Aries in the 7th House, you are learning to develop a new sense of self-identity (North Node in Aries) through becoming aware of the identity of others (North Node in the 7th House). Through working cooperatively with other people and supporting them in reaching their goals, you will discover your own true identity. However, when you turn that around and focus on yourself, you lose your identity in trying to please others and be the nice person they expect you to be. In this case, the key to self-identity would actually lie in helping *others* in their search for identity.

OVERVIEW

Each chapter in this book begins with an overview. The purpose of the overview is to offer a quick reference point and a way of remembering a practical formula for achieving your life purpose. In a stressful situation, which is when you have the opportunity to implement a new choice in behavior that can lighten your karmic load, it's useful to have a simplified way of remembering "how to win/how to lose" to hold on to and practice.

In working with the material presented in the overview, I recommend that you take one or two points that seem the most relevant to you, and then consciously practice to purify those qualities in yourself. Little by little, as you practice, the self-defeating tendency will dissipate and joy will begin to take over. Then, when you are ready, choose something else to let go of or consciously practice developing. It's a process; although it takes effort and may seem like a tremendous personal risk, once you move forward you will never be pulled back into the fears and limitations of the past.

Some qualities take more time than others to purify or to let go of. Even if you are working to release a tendency that you worked on a week ago or a year ago, you will be working on it at a higher level and it won't be nearly as painful or difficult. In this way, growth is more like a spiral than a circle. As you progress, you will find life a lot less threatening and the things you desire manifesting more easily and naturally. A magic begins to flow as you find yourself emerging fearless, light, and free . . . as the invisible chains from past incarnations begin to dissipate and fall away.

Each chapter's overview gives a quick reference to Attributes to Develop, Tendencies to Leave Behind, Achilles' Heel/Trap to Avoid/The Bottom

Line, What These People Really Want, Talents/Profession, and Healing Affirmations.

ATTRIBUTES TO DEVELOP

These are gifts—talents—that are at your disposal in this lifetime. Just as you spent so much time and energy developing one aspect of your character in past lives, there was another part of you—the polar opposite—that was totally neglected. Thus, when you came into this incarnation, you were out of balance. (We all were, but the imbalance was different for each of us.) Life wants you to be happy. But as long as the imbalance exists, every happiness is going to be followed by an unhappiness. So you must consciously develop the part of you that was neglected in past lives by experimenting with, and building on, the talents and gifts described in this section. It's like a muscle that hasn't been used. Once you start exercising it, pretty soon it's built up and balanced with the rest of you. Developing the tendencies in this category will enable you to win—every time!

TENDENCIES TO LEAVE BEHIND

These are tendencies that you, and members of your group, were born with. In past lives these behaviors served you well; when you acted from these motivations, you won. So you came into this incarnation with a subconscious memory of success, and you keep pursuing the same behaviors that enabled you to thrive in your past lives. However, in this incarnation these same patterns do not work (that is, they don't produce success, confidence, and ease). If you look back over this lifetime, you can see that these behavior patterns have never worked for you, although you keep enacting them over and over again.

These qualities in and of themselves are not negative, but they describe part of your character that was overdeveloped in past lives. Lifetime after lifetime you kept strengthening this one part of yourself from every possible direction until it grew out of proportion. So in this incarnation, it is set up in your astrology chart for these old patterns *not* to work. Basically, following the tendencies in this section will cause you to lose—every time!

ACHILLES' HEEL/TRAP TO AVOID/THE BOTTOM LINE

This is a description of the trap that you and the members of your group most easily fall into—the temptation that is so attractive that it's easy to falter and go back into negative past life tendencies. It's a part of you that is magnified in this incarnation—an appetite so exaggerated that it's like a bottomless pit that can never be satisfied. This is the “red flag” category; when you find yourself driven by these motives, your best bet is to walk away, because you're going to lose.

WHAT THESE PEOPLE REALLY WANT

This category represents an integration of past life motivations and present life gifts. It means having the experiences we were born wanting—manifesting the desires in our hearts—through using the new tools that we were given in this lifetime to balance the personality.

In the beginning, it can be useful to exaggerate: totally negate (in our own mind) the past life tendencies, and concentrate fully on the present life qualities to be developed. It's the pendulum principle: Swinging too far in the opposite direction can help us come back to the middle. Ultimately, it is through combining past life strengths and present life gifts that we gain true fulfillment. But the past life paradigms are strong, and initially the individual may have to “blow them up” or walk away from them altogether just to get the energy moving in the right direction.

TALENTS/PROFESSION

This is a description of talents, bequeathed by the nodal positions, that could easily be turned into professional success in this lifetime. For a total picture of the profession or vocation, I recommend that the full astrology chart be consulted.

HEALING AFFIRMATIONS

These sample affirmations are designed to defuse the obstructive energy of past life tendencies and release you into the vibrant freedom that is available in the current incarnation. The best way to use this section is to choose one

affirmation that feels particularly strengthening for the qualities you want to develop. Then, throughout the day, experiment with saying that one affirmation to yourself in different situations until the quality within that you want to strengthen is reinforced and energized.

When that particular affirmation is no longer potent for you (which may be a matter of a month or several months), then choose another and experiment with that for a while. The affirmations are best used by choosing only one during any specific period, depending on what you resonate with at that point in your development.

PERSONALITY

In each chapter, this section deals with the idiosyncrasies of each group and how they differ from other groups (their special mannerisms, concerns, unique feelings, etc.). In our own experience, it feels as though we are working with this karma only on the personal, individual level. However, as we clear out the negative energy in our own lives, members of our nodal group (all those who have the North Node in the same sign) are also purified and advanced. The energy of our entire group will support us internally in learning and growing. We aren't in this alone.

NEEDS

Those factors discussed under the Needs category, specific to each group, are valid desires. We do not have to change our essential selves or invalidate our needs. However, for success, it is sometimes necessary for us to alter our approach—the way we go about getting our needs met. This section describes our basic needs for security, what they feel like internally, and the best ways to fulfill them without getting “off track.”

RELATIONSHIPS

This section examines how those in our group view relationships, their patterns of relating, and the special tendencies, obstacles, and resolutions that emerge when they are in a relationship (especially a close relationship, such as marriage or partnership).

GOALS

This section deals with the group's orientation toward goals—their strengths and weaknesses in obtaining what they seek. The information can assist group members in seeing their "blocks," thus empowering them to overcome their inner obstacles and achieve their external goals.

HEALING THEME SONG

Music has a special way of making magic in our lives, as it has access to a part of our brain that isn't touched by the written word. The people in each nodal position face a different set of challenges, so I have written lyrics for "theme" songs uniquely suited to reaching and healing the underlying misunderstandings in each group. These songs are designed to shift the energy in a positive way that can come most effortlessly through music. To begin the healing process, partial lyrics from each of the songs follow each chapter. The full lyrics for all twelve songs have been set to music and are available on both CD and cassette tape (for more information, see page 530). Although the message of each song targets those in a specific nodal group, all of the songs are universally uplifting and have a healing effect on the listener—regardless of their nodal position.

SOME DEFINITIONS OF TERMS

Past lives: Previous lives lived in other bodies, prior to the incarnation in your present body.

Present life: This lifetime, as lived in the body you were born into in this incarnation.

Early environment: The patterns of behavior stimulated and enacted in childhood that you used to survive and cope in your childhood environment. These patterns duplicate past life tendencies; in fact, it is the unconscious, past life patterns that are activated during childhood. Clearly, the environment didn't create these patterns or cause us to be this way, or they couldn't be predicted by the natal birth chart. We were born with these patterns ready to be activated.

Achilles' heel: The weakest, most vulnerable point in the personality structure.

Karma: Cause and effect; the results we experience from actions we have taken.

Native: A traditional astrological term referring to the group of people ruled by the sign being discussed.

The Guides: Each of us is surrounded by our own invisible helpers who assist us in successfully navigating life's pathways. These positive helpers could be called "Guides," "Guardian Angels," or simply the voice of "intuition."

She/He: At times I've used "she" or "he" to refer to a single person, but this is not meant to be exclusive to one gender or the other.

North Node in Aries

and North Node in the 1st House



OVERVIEW

Attributes to Develop

Work in these areas can help uncover hidden gifts and talents

- Independence
- Self-awareness
- Trusting one's impulses
- Courage
- Constructive self-interest
- Moderation in giving
- Self-nurturance

Tendencies to Leave Behind

Working to reduce the influence of these tendencies can help make life easier and more enjoyable

- Seeing oneself through others' eyes
- Debilitating selflessness
- Being Mr. or Ms. Nice
- Obsessive attachment to fairness and justice
- Co-dependence: attachment to external harmony
- “Tit for tat” mentality

ACHILLES' HEEL/TRAP TO AVOID/THE BOTTOM LINE

The Achilles' heel Aries North Node people need to be aware of is a preoccupation with justice (“My survival is dependent on everyone playing fair with me”; this thought should signal that they are on shaky ground). These folks are very giving by nature, yet their need for justice and absolute fairness is a bottomless pit. They can start “playing fair” with themselves by not giving beyond a point that feels comfortable, even if they know that nothing will be reciprocated.

The trap that Aries North Node people need to avoid is an unending search for an ideal, committed partnership (“If only I can find the perfect partner, I'll feel complete within myself”). The feeling of completeness they seek can only be achieved individually; it will not be the by-product of a relationship, no matter how wonderful the partner. The bottom line is that they'll never gain enough approval from others to have permission to be themselves. At some point they must take the risk and pursue activities that are meaningful to themselves. The irony is that once Aries North Nodes go in their own direction, the appropriate people will be drawn into their life to support them.

WHAT THESE PEOPLE REALLY WANT

What Aries North Node people really want is to experience happiness, harmony, fairness, and support with one partner whom they love. To achieve this, they need to be their own partner first. By getting to know themselves, they begin to do the things that bring them joy and increase their level of self-nurturing so they feel strong, confident, and supported. As they treat themselves more fairly, they will feel the sense of balance and justice they seek. Only at this point can they establish a healthy partnership wherein two individuals share equally with each other without feeling debilitated.

TALENTS/PROFESSION

These people need to be able to "do their thing" according to their own impulses, without being limited by the input of others. *They* are the leaders, the innovators, the pioneers. They need a profession that allows them the independence to follow their own instincts. They are successful in professions that require initiative and independent action: as surgeons, technicians, or entrepreneurs, for example.

From past lives, they have the gift of being able to see the other person's point of view and negotiate diplomatically to ensure fairness. They can use this innate ability to further their own success. However, in professions that emphasize mediating as a final goal, they are generally not as energized as when they use their negotiating talents to reach their own independent goals.

HEALING AFFIRMATIONS SPECIFIC
TO ARIES NORTH NODE

- "When I trust myself and follow my impulses, everyone wins."
- "Before I can support others, I have to learn how to nurture myself."
- "I can help others best by truly being myself."
- "It's okay *not* to be nice all the time."

“A sense of balance and strength comes from being fair with myself.”

PERSONALITY

PAST LIVES

Aries North Node people have had many past lives of supporting others, and they have a natural talent for it. In past incarnations they were housewives, secretaries, counselors, and assistants. They were the people “behind the scenes” who gave others energy and support. This made the others bigger and stronger, because the natives infused all their own identity, power, and positive energy in supporting them. Aries North Node people also have had a lot of “householder” lifetimes and are accustomed to merging their energy with those in their immediate environment.

To support others successfully, they developed tremendous awareness and sensitivity. Their tools were love, reassurance, gentle words of encouragement, and confidence that the other person would emerge victorious in any situation. Their focus was the other person; whenever they saw their partner lacking confidence or needing support, they stepped right in to help—these folks never have to be asked. They are sensitive to others’ needs and go out of their way to be accommodating. They have developed an incredibly loving and generous spirit. They are accustomed to giving, to being “a team player,” and to supporting others without thoughts of self.

Although they were very giving in past lives, they also had an ulterior motive: They were part of a team, and if their partner did well, it also ensured their own survival. By keeping the partner’s mood harmonious, Aries North Nodes ensured that the partner would be kindly disposed and generous toward them. So they gave up paying attention to their own needs in order to devote full attention to the partner—everything centered around keeping the partner strong and contented.

In past lives this system worked very well, but the present incarnation is not set up to work this way. In the process of supporting others, these folks extinguished their own identity. In this incarnation their destiny is now to get in touch with the strength and power of their *own* vibration. This is why every time they rely on a partner to come through for them without asking

directly for help, they end up feeling disappointed. Actually, this is to their advantage, because depending on another prevents them from experiencing their ability to survive under their own power. So now when they sacrifice their own identity to make another strong, they lose—the rewards they expect don't come back. It's time to rediscover themselves.

LACK OF IDENTITY

Aries North Node people have spent so many incarnations supporting the identity of *others* that in this incarnation they have no sense of who they are. On an energetic level, they are missing the insulation of a sense of identity. When a baby is born, there's a band in its aura called "identity," and people in other nodal groups have this. It acts as a shield against the strong energy fields of others. Because of it, people can interact intensely without damaging one another.

For example, if Bill meets Sue on the street he may say: "Hello, Sue!" and have a tremendous amount of energy behind it. Sue responds in kind, they interact enthusiastically, and then they walk away without either having been changed. But if Bill meets an Aries North Node person and, with the same amount of energy, says: "Hello, Jim!" Jim is blown over! He feels overwhelmed by all that energy. Owing to the weakness of the "identity" band in Aries North Nodes' aura, these natives are very sensitive to others and are easily affected by others' moods and ideas, and they need to remember to do things to fortify their *self*-awareness.

These folks even tend to take on the identities of others. Generally, they pick up accents easily and unconsciously duplicate other people's mannerisms, even if they are only around them for a short time. Harmony is so important to them that they try to be all things to all people. One by-product of their receptivity to others is the tremendous love that is easily sparked within them. Since their own identity is weak, they readily feel a sense of oneness when they connect with others.

In this incarnation, Aries North Node people face the challenge of strengthening their sense of identity. Because they have no preconceived idea of "self," they are open to discovering what is real and natural within themselves. It's an innocent process. Their natural impulses validate their identity, and their identity is strengthened through their actions.

These folks need a lot of time alone to get to know themselves. They need a specific time each day when they can talk with themselves. Their first challenge is to find out who they are in their own right. *Then* they can learn how to maintain their boundaries with others. This process happens gradually. Self-discovery can't be rushed, but Aries North Node people make progress when they resolve to pay more attention to themselves.

A LOVING SPIRIT

Aries North Node people have a tremendous amount of love stored up from past lives. They know about relationships, and they have received much appreciation and love in return for the help they have given others. Thus, they came into this incarnation feeling loved by others. All that love shines through them—and is passed on to almost everyone they meet.

They have an ability to see not just the rough edges in other people but the loving qualities too. They perceive who others really are, and then they celebrate that truth. In that state they feel totally high, because they are fully appreciating and celebrating the glory, strength, energy, light, and life in the other person—and it makes them feel incredibly loving! Their challenge in this life is to begin to see the same beauty in themselves.

Although these folks are open and loving, if others violate their space they become angry. Then, when their “not so loving” part begins to emerge, they feel guilty. Yet this dark side is part of the human experience. They are discovering themselves and learning to integrate both sides of their energy. Their loving energy becomes the backdrop for the personality and mood changes that happen to all of us. Their challenge is to remain centered in themselves.

Aries North Nodes’ motive of wanting to give is correct, but if they are trying to give when they feel drained, at best, they are only creating a superficial harmony. Every time they become too outwardly focused, appreciating others and not valuing themselves, the “demons within” emerge to bring them back in touch with themselves. They don’t want to be with people when their dark side is showing—it doesn’t reflect the supportive, loving person they feel they should be—so they tend to feel guilty and go off by themselves.

Actually, when the dark within them arises, it’s a good sign. It is the

neglected part of themselves demanding attention. When they turn within and begin consciously loving themselves, noticing their own beauty and taking care of themselves, the demons melt away. Thus, Aries North Node people need to regularly take time to focus on themselves and see what they need to do to support themselves. Then they will be able to interact with others from a place of internal strength and harmony.

HYPERSENSITIVITY

HARMONY VERSUS SELF-SACRIFICE

Having spent many past incarnations being the support system for others, Aries North Node people developed a constant openness to others' identities. They intentionally remained aware of the other person and could sense the slightest unhappiness or disharmony in that person's mood. When they focused on keeping the partner's mood happy, they shared in that mood and remained happy themselves.

Although this worked well in past lives, in this incarnation another person's happiness is not enough to evoke true happiness in these folks. They don't have enough personal identity left in their "battery" to hold the "charge" from the other person. To be deeply happy in this lifetime, they must focus on developing their own identity and recharging their own battery.

These folks tend to pacify others, saying whatever is necessary to keep the peace. When they do this, they think they're being "nice" and serving others. But it's only a temporary solution; it postpones a more permanent resolution that would promote a solid relationship based on the identity and integrity of both individuals.

Aries North Node people are so sensitive to the atmosphere surrounding others that they tend to make "maintaining a harmonious atmosphere" their focus in relationships. They do need harmony in their lives to feel content and happy, but they get into trouble when they allow their personal sense of balance to depend on another person. Then they feel they must manipulate the other person into staying harmonious with them: "If you're happy, I'm happy." They think that if they balance the other person by filling in where he or she lacks strength, that person should happily reciprocate. They can't understand when others don't "do their part" to keep the

harmony going, and they often feel as though they're the only ones doing their fair share. Maintaining harmony in the relationship can become a full-time job for them.

But it's not set up to work that way in this lifetime. In fact, this habit can enslave both partners: The other person loses autonomy and becomes dependent on Aries North Node to produce harmony, and Aries North Node becomes bound to the role of providing the harmony, regardless of the personal cost. Sadly, because of this, relationships can become burdensome for these folks.

What does work for them is to pay attention to their relationship with themselves. What activities promote their own feelings of inner harmony? If their balance is "off," what should they give to *themselves* in order to regain their inner harmony? These folks want to be Mr. or Ms. Nice, and nice people don't upset other people. This "peace at any price" syndrome may lead to self-negation, which is a form of dishonesty. Their motive is one of love, but love without honesty leads to resentment.

Aries North Node people have spent so many incarnations helping others obtain their desires that they often equate "supporting others" with "doing what the other person wants." So they sacrifice what *they* need to be happy in order to fill the other person's needs. In this incarnation, they are learning to re-evaluate what "support" actually is. It is not supportive to give more than one has to give. These natives love the energy of giving to others, but if they give beyond the point of feeling comfortable, they are not really supporting the other person. If they continue to call on their inner reserves of energy, they wear out their "battery" and nobody wins. These folks must trust themselves. When they feel an inner resistance to giving, it is a signal to pull back and begin taking care of themselves.

It does not work for them to be unaware of their separate identity. When they feed energy into the forcefield of the relationship (rather than to the other person as a separate entity), they create only temporary harmony at best. This is because they are feeding energy into something that's not really there. A relationship doesn't "exist" in physical reality—it's an energy connection between two people, and the energy constantly fluctuates as the two people have different experiences and changing moods.

When the relationship is harmonious, it is the result of both partners being strong and peaceful within themselves. Aries North Nodes lose when

they try to constantly “prop the other person up” through manipulating the energy in the relationship. However, when they encourage independence and individuality in their relationships—dealing directly with the other person and supporting him or her in being strong and separate—they win, because the other person will give back in the same way, supporting Aries North Nodes’ independence and individuality.

PARTICIPATING VERSUS HIDING

Aries North Node people have such a history of being the “support person” that they are instinctively open to others’ moods. But in this incarnation, it’s a habit that can be extremely draining. They may appear to have a boundary between themselves and the other person, but it’s a very thin line. In actuality, they are merged with the other person’s energy field in a very co-dependent way.

Sometimes, recognizing that they end up feeling drained, these folks avoid participation: They seem to be involved but, on an energy level, remain inside themselves. They are still saying “hello” and being polite, but they’re really not connected with the energy. However, when they remain totally outside the dynamics of the interaction, afterwards they end up on the *other* extreme and become overly excited—bouncing off the walls with excess energy.

For these folks, being drained and being overly excited are two sides of the same coin: not dealing with what’s actually happening in the moment. They have either given too much of themselves and feel drained, or given too little and absorbed others’ energy, so that they feel overcharged. Both reactions are a by-product of not being present or grounded in their bodies and responding to the situation moment by moment as a separate person. The balance lies in being consciously aware of others’ energy without being consumed by it. Aries North Nodes need to stay connected to their own power and be in touch with what they can comfortably contribute. The idea is to share their talents freely, to be of service, and to give from the heart without trying to be more—or less—than they actually are.

Aries North Node people often try to work within the dynamic of the merged energy field (theirs and the other person’s)—they plug into the other’s energy and add whatever ingredient is needed to keep things harmo-

nious. And they feel good about doing this; it's an expression of their love. But another motive may be that they want to blend their energy with others' to avoid standing out as an individual. Then they can participate in the flow of things without being noticed. They have a fear of being acknowledged, which is in fact the fear of acknowledging themselves.

Because they are so sensitive and vulnerable, they fear that being acknowledged could be overwhelming. There would be joy in having their positive aspects reflected back to them, but they fear having the negative reflected back as well. They don't want to face their "demons" as a result of another's feedback. Maybe they won't be liked. Maybe the other person, in order to protect himself from dealing with his own demons, will lash out at them. They have a lot of concerns about the possible repercussions of being themselves, so they would rather just "go along" and not really be seen as an individual.

However, concerns about how others will see them are a factor *only* when Aries North Node people seek to see themselves through others' eyes. In past lives it was a positive thing to see themselves through their partner's eyes, as it showed them how to adjust their behavior to more effectively support the other person. However, through many lifetimes of overuse, their habit of "fitting in" has extinguished their own identity. In this incarnation it is *not* to their advantage to see themselves through others' eyes, as this inhibits their ability to build their own sense of self.

INDECISION

VACILLATION

When these folks make up their mind to go in a given direction, it's sometimes difficult for them to move in a straight line! Part of them may question whether or not it's what they really want, and then they consider all the other factors that might be involved. It may take them a long time to decide which direction they want to take.

The process goes something like this. They make a decision and tell all their friends about it, and then they have doubts. For example, they may decide: "I want to write adventure novels." Then they start thinking: "You know, I also like other kinds of books." They try to embrace one idea and

are able to feel that "this is really right." But somewhere down the line they say: "No . . . I don't feel quite right about it," and then they are back in indecision!

When Aries North Node people do make a decision, they have no problem justifying it. They can find ways to make any decision right or wrong. However, this mechanism can actually deflect them from a true knowledge of where they stand. For example, when a decision arises they have an instinctive response, but then they think: "Well, I want to be fair about this, so I'll look at it from the opposite point of view." This causes them to become confused and lose sight of what they want.

In this lifetime, Aries North Node people are developing single-mindedness. Rather than weigh everything before making a choice, they are learning the value of following their initial impulse—just to see where it goes! It's fine for them to make a decision based on their spontaneous sense of inner excitement, and then put the full force of their intellect into implementing it. It's an experiment. Later on, if they lose a feeling of "rightness" about it and something else excites them, they can responsibly tie up the loose ends and go on to the next thing. This is a lifetime of new beginnings for them, so it's natural that many decisions they make will be subject to change.

Actually, this incarnation is not set up to be one of decision making—which usually implies considering two points of view and then finding a compromise. Rather than be the "referee," in this lifetime these natives are supposed to *be* one of the points of view! That is why it is in their best interest to form the habit of noticing their first impulses, which will guide them to correct decisions. Then the vitality, confidence, and joy will come back into their lives and it will be a blessing for everyone.

A major obstacle to this single-mindedness for Aries North Node people is that they can appreciate the beauty in all their choices. Owing to past incarnations of being deeply involved with others' lives, they are accustomed to appreciating the beauty in everything outside of themselves. They aren't in touch with having "favorites" of anything. Because they don't know what their own tastes and preferences are, they have a tough time picking out one thing and saying: "This is it!"

What they can do is make time to visualize different things "inside"

themselves and learn to feel what their preferences are. For example, if asked what their favorite color is, they may waver. But if they go off by themselves, visualize the colors “inside” them, and tune in to how they resonate with each one, they will discover their preference.

When these folks have to make a decision, they often *feel* what the right choice is. But sometimes they are forced to decide before they’ve gotten in touch with that intuitive impulse. Again, visualization can help. They can take a few minutes and visualize themselves following one option, to see how they feel about it in their physical body. Then they can visualize following the other option, and see how they feel about that. If it’s an important matter and they don’t have an immediate impulsive response, it’s fine to take as much time as they need to visualize so they can make the right choice.

RISKING OTHERS’ JUDGMENT

If Aries North Node people allow others to be part of their decision-making process, they lose touch with themselves and are dissatisfied no matter how the situation turns out. In past lives their decisions involved “the team”—they had to consult the other person so the outcome would work for the partnership. But in this lifetime they want to develop their own identity, so it’s better to ask themselves: “How do *I* feel about this decision?”

When they tell another person their decisions, they become vulnerable to that person’s approval. And since they’re so sensitive, if the other person doesn’t agree, then they start thinking: “Maybe I didn’t make the right decision.” So it is better for them to keep decisions to themselves, knowing that their decisions will change as they themselves change and grow.

Because Aries North Node people are influenced by what they think other people think (especially if it’s someone they respect), they have a tendency to trust others’ judgment above their own instincts. But in this lifetime they are learning to take a stand for their own judgment, which has less to do with “being right” than with discovering more about themselves!

These folks fear others will judge them harshly if they make a decision that isn’t based on sound logic. They see others making decisions based on logic, so if they make an impulsive decision, they think it is not as valid. However, for them it’s correct to follow impulse, whereas a member of

another nodal group may be better off following logic. For Aries North Nodes, decisions based on their first impulse generally work out best—then they can use logic to find the best way to implement the decisions.

If Aries North Node people are facing a decision and no initial impulse arises within them, it's okay *not* to make a decision. It may be a sign that it is not the time for them to make a decision, or that they really don't have a preference. Then it's fine to just say: "I don't know."

These natives always feel more comfortable responding to a situation when another point of view has already been put on the table. Then they can either agree or disagree with that opinion. It's scary for them to offer their opinion first. But it's their specialty in this incarnation to offer innovative ideas, seemingly out of nowhere! Aries North Node people are *great* at supporting another's decision, but in this lifetime they need to impulsively feel where *they* want to go, put *their* idea on the table, and support it 100 percent. In this lifetime, *they* are the trailblazers!

NEEDS

A SENSE OF IDENTITY

Owing to so many incarnations in which they sacrificed their own identity for the sake of supporting others, Aries North Node people enter this lifetime without an inborn sense of identity. Rediscovering and re-establishing a true sense of self is now a primary need. Especially in the early years, their entire sense of self is based on how others see them. They may go along with others' definition of who they are, or resist it completely. Regardless, it is not *their* identity—it's a reaction to *others'* construct of who they are. To begin the path to self-discovery, they need to ask themselves: "Who am I . . . apart from others' projections?" They will find an answer only by looking inside themselves.

SELF-AWARENESS

To answer their need for self-awareness, it would be helpful for these folks to begin "checking in" with themselves on a regular basis. When they're not in touch with themselves, they often end up acting in extremes. With others, they feel they have to be a lightbearer—loving, supportive, and self-

sacrificing all the time. This represses the part of themselves that cannot possibly be that way all the time, which creates an intense polarity.

They're trying to always be loving and supportive because that's the role they played in past lives, but the extremity of this positive role will also evoke the depths of darkness. If they take a closer look at the darkness, they'll see that it's really just their more assertive side, which they haven't allowed themselves to express. It's part of their yang nature—their masculine side. It's polarized because it has been suppressed over so many past lives that it's not integrated with the rest of the personality. So it may come out in a very intense way, which causes Aries North Nodes to become embarrassed and think: "Where did *that* come from?"

The best resolution is to stay congruent with themselves: Stay inside their own energy field and stay in touch with what's going on within them. Then, when they are upset, just spontaneously communicate: "Gosh, for some reason I feel upset about this." Their job is to simply be themselves. When they first experiment with this, they may feel uncomfortable; but they need to trust that since their underlying motive is love, whatever comes out is going to be fundamentally correct.

Aries North Node people are learning to take charge, do what they need to do for themselves, and become self-sufficient by following their desires. When they feel an impulse to do something that they know would bring them a sense of satisfaction, they need to follow through with it. Owing to the self-purification accomplished in past lives, they can trust that their impulses are not harmful to others and, in fact, signal the direction in which they need to go. In every area of life, the idea is to operate freely on their first impulse of what action would be best in any situation. Any resistance from the ego should be disregarded. In this way, they maintain a balance with others that is based on authenticity and taking responsibility for themselves.

Since these folks are not innately aware of the value of self-sufficiency, they don't realize how much others value it. They may evoke a negative response when they start supporting someone who hasn't asked for their help. They enter the other person's force field and find out what he or she is feeling and thinking. It's fine for them to be aware of others' needs, but they are learning that others have boundaries and that they themselves have

boundaries as well. As they learn to respect others' self-sufficiency, they begin to value self-sufficiency for themselves.

Aries North Node people tend to be reactionary when they see other people taking care of themselves. They become judgmental and think that others are self-involved, uncaring, and selfish. Yet becoming involved with themselves is the very thing these folks need to do! It bothers them when they see it in others, because they're not doing it themselves. When they notice "selfishness" in others, they could use it as a reminder to check in with their own needs. They must begin giving attention to themselves, even if at first they go a bit to extremes.

They might begin by allotting 30 to 40 minutes of solitude for themselves every day, no matter what. In a room by themselves with no interference from the outside world, they might have a cup of tea and plan their day, write in their journal, read an inspiring book, or just sit and reflect. The point is, it's *their* time; during that time, they come first. If they arrange that one thing for themselves, they will be able to give to others all day long without becoming resentful. Paying conscious attention to their breathing also helps: It keeps them in touch with their bodies. When they are with others, they could consciously take a deep breath from time to time to keep themselves inside their own boundaries.

Some nodal groups are here to learn about selflessness. But Aries North Nodes already know about selflessness—in this lifetime they need to learn about *selfishness*. When they stay in touch with themselves, it works for everyone. It's not logical, but it's practical. When they're being themselves they're afraid they may hurt others, whereas being themselves actually helps others on a deeper level than they could have anticipated. But Aries North Nodes have to experiment with being "selfish" (that is, acting on an idea solely because it gives them a sense of satisfaction) and see how it works out. It's time for them to be responsible for creating their own happiness.

GAINING RECOGNITION

From past lives, Aries North Node people are accustomed to helping others, supporting others' ideas, and carrying others' projects through to completion—so they understand "completion energy." However, in this incarnation

tion their job is to *start* things. They need to initiate and then let others carry on. If others don't come along to help, then it's fine for them to take sole responsibility. But if others do show up, their job is to allow others to support them and complete things for them, so they can get the ball rolling on the next idea!

Sometimes these folks don't want to give their project to others because they fear someone else will get the recognition. They think that if someone else can do it, they are less valuable. They also worry that others will take over and leave them behind. They ask themselves: "What do *I* do then? What is *my* job? Where is *my* importance?"

These reactions are an outgrowth of painful misunderstandings that arise when Aries North Node people comingle their identity with others. To restore their equilibrium, they need to separate themselves so they can clearly see the role they are playing and the roles other people are playing. Then they can feel their worth in discovering the seed idea, and let other people bring the idea to fruition.

Sometimes their desire for taking credit and gaining recognition becomes so strong that they repel the creative energy of others who might have made the idea better and more profitable. If Aries North Nodes' idea is truly potent, other people will be drawn to support it, and each will bring his or her special talents. If Aries North Node people want their own ideas to become reality, they must acknowledge the individual talents of the people they have attracted. By recognizing others' special talents, they can learn to validate others without diminishing themselves.

Occasionally, Aries North Node people become so preoccupied with getting the credit that they try to diminish the importance of others' contributions. They want all the credit. Of course, if they want all the credit they have to take all the responsibility and do all the work, so a lot of their ideas never bear fruit. They need to realize that the most important thing is that their original idea gets recognition—that the seed idea is actualized and spread to the widest possible audience. For that to happen, they need to step out of the way and allow others to help. This is a role reversal for Aries North Nodes; they are the leaders but must allow others to support them and promote their ideas.

Since it's their destiny to develop a sense of identity in this lifetime, in a

way their desire for recognition is an attempt to establish a sense of self. However, motive determines the result. If their motive is satisfaction and self-discovery, it is correct and they will win. If their motive is to win recognition from others, then they're still hooked on needing feedback for their sense of self-worth. They need to release the idea that others must recognize them in order for them to recognize themselves, and begin directly giving themselves credit. The irony is that when they let go of control and begin recognizing the special talents of those who are helping them, others will be inspired to contribute more and the entire project will be permeated with love. And no one else can do their job—they are discovering the seed ideas for everyone else to build on.

GROUNDING

Aries North Node people need a grounded, structured existence to enable them to share their message of love with the world. The key is in releasing preconceived images of the ways in which love can be expressed. If they limit the way they express themselves to fit their *ideas* of love (harmonious, gentle, sensitive, caring, giving, compassionate, etc.), they're going to miss the boat, because love extends beyond the boundaries of any definitions. If a child is crossing the street in the path of an oncoming car, love may involve grabbing the child's arm and roughly jerking him out of the way!

These folks already know that love is the only reality and all else is illusion. Thus, they are learning to trust that their impulses will be the correct expression of love in each situation. When these natives follow the feelings of love and appreciation within themselves, they are *being* themselves. However, they need to be grounded with the energy so that it's a solid place for them, rather than a state of being that allows them to be pushed around by others.

Aries North Node people have a need to experience this love with others. Their challenge is to maintain the integrity of their own inner being. The irony is that being just the way they are will teach others and evoke feelings of love. To do this, these folks must give up trying to manipulate the other person's view of them and focus instead on being themselves with as much authenticity and integrity as possible in each moment. It seems hard at first,

and it takes discipline and gently reminding themselves to practice their new focus. But ultimately, they can only come from an honest, selfless place by staying true to themselves.

ROUTINES

One thing that helps these folks stay grounded is to be aware of their bodies—allowing their bodies to be a natural boundary that gives them a sense of self. They have a tendency to “get into” other people’s consciousness and lose a sense of their own center. So it’s healthy for them to exercise regularly in order to stay more grounded and experience the feeling of balance and harmony they need.

Having a routine is also good for them—it is a way to check in with themselves every day. It can be very mundane: making the bed first thing in the morning, brewing coffee, opening the blinds, following a daily exercise routine, meditating, preparing a healthy breakfast, walking the dog. Their tendency is to make the bed one day, the next day partially make the bed, the third day not make it at all, the fourth day—make it—maybe!

Inconsistency and lack of routine undermine their personal strength, so daily consistency in the routine is important. Additionally, they could have a weekly routine or ritual: Once a week they go to their place of worship, or meet the same group of friends for lunch. This will counter their tendency to feel victimized by the randomness of life; it will give them a sense of structure and discipline emanating from within. Rather than floating in and out of other people’s energy and consciousness, a routine helps enhance their own identity.

However, Aries North Node people despise routine, and for good reason. In past lives, having a routine would make them less available to support others whenever they were needed. They didn’t develop their own routines—their own life—so they could more easily adjust to others’ needs. But in this incarnation, it is to their advantage to develop strong routines and allow others to adapt to *them*. Also, having their own routines keeps them from falling into other people’s routines. The discipline this develops is strengthening for them: It evokes the warrior in them, and they feel great about it!

Exploring hobbies and talents is also a good way to develop a sense of

self. As Aries North Node people spend time on their own interests, apart from their primary relationship, their identity blossoms. They need to develop these talents through consistent application: regularly taking the time to do the things that bring a sense of personal satisfaction. For example, if they have artistic talents, they might enroll in an art class. If their talent is music, they might take lessons. If they love dancing, they might take dance lessons and/or go dancing regularly with their partner or friends.

SELF-DISCIPLINE

Aries North Nodes' sense of being grounded involves self-discipline. Everything that will work to their advantage requires discipline: spending time alone on a daily basis, following a few self-chosen routines to make their lives strong, and remembering to appreciate themselves.

One experiment that will help these folks practice self-discipline and checking in with themselves is to become aware of their eating habits. The idea is to not eat unconsciously (out of boredom or to cope with feelings) but to notice when their bodies are hungry and then tune in to what their bodies would like to eat. They can use visualization in this. They can imagine having a bite of salad and notice how their bodies *feel* in response. If they imagine soup in their mouths, or a sandwich, or fruit, or mashed potatoes, they can tell how their bodies will respond.

Aries North Node people are so sensitive that when they visualize eating a particular food, their bodies will actually tell them whether that food will make them feel good, or sluggish, or energetic. Then they can eat depending on what they want to experience at the time. But they are so "out of touch" with themselves that even this process may be challenging at first. They may have to work on it; yet when they do it, it's very satisfying and will strengthen their connection with themselves.

Self-discipline is not a punishment, it's a practice. It involves strengthening the "take-charge" muscles and doing things on a habitual basis that promote strength, health, and well-being. These folks can use self-discipline as a tool to uncover their identity. Consciously practicing self-discipline will evoke the warrior within them in a balanced, harmonious way.

On a spiritual level, Aries North Node people are discovering who they really are—allowing a new, innate, and natural identity to emerge. How-

ever, sometimes they can use their lack of clear identity to their advantage in breaking troublesome habits. One easy way for these folks to practice self-discipline is through simply reinventing their identity. Since they have no preconceived, rigid perception of themselves, by changing their identity in their own minds they can make healthy changes in their lives. For example, I had a client with this nodal position who wasn't a smoker in his youth, but who began smoking heavily five years prior to my seeing him. One day he suddenly stopped smoking, with no side effects or withdrawal symptoms. He simply "remembered himself" as a nonsmoker!

ESTABLISHING ONE'S CENTER

RELATIONSHIP AS CENTER

Aries North Node people have had so many lifetimes of identifying with others that they have confused their "center"—their inner sense of self—with that of their partner. They are hypersensitive to the partner's moods because the other person actually rests at their "center." Thus, if the partner is unhappy or dissatisfied, Aries North Node will feel it. He can spend all his time and energy trying to make his partner happy so that his own sense of well-being and contentment remains undisturbed.

The problem is that nobody can take on the responsibility for making another person happy. The best one can do is "appease" the partner, adding an ingredient that will temporarily change her mood; but the partner must then constantly be appeased in order to stay happy. And it just isn't set up to work that way for Aries North Nodes in this lifetime.

Actually, the growth required of them is best achieved by de-emphasizing the idea that relationships are necessary for their survival. They are learning to stand alone and relate to others from a new perspective. However, despite their sensitivity, these folks are often blissfully ignorant about other people: what motivates them, what they are seeking, and what kind of success they would like to achieve. Sometimes they only see the other person (and themselves) on the superficial level of having immediate needs and desires that are, or are not, satisfied. They only see deeply enough into the other person's identity to manipulate him into keeping the mood harmonious. This is why people surprise or disappoint Aries North Nodes—they never saw who the other person really was.

In many ways, Aries North Node people are not relating to the other person at all—they are relating to the *relationship* between themselves and the other person. This does not lead to truly helping their partner—or themselves—to grow. The relationship is not an entity; it cannot grow unless the two individuals grow. Thus, no matter how much time and energy these folks devote to the relationship, it cannot give back to them. So they are better off examining the needs for autonomy and individual creative expression of both partners. By encouraging and inspiring the other person to achieve results on his or her own, they free both the partner and themselves to evolve as individuals.

Another drawback to Aries North Nodes' focusing on the relationship rather than on the other individual is that they can't really validate their partners' identity. When Aries North Node people believe in their partners' ability to be self-sufficient—rather than constantly appeasing them, reassuring them, or “picking up the slack”—they will begin to notice the other person's strengths and can encourage him or her to exercise those strengths. This sets the stage for also seeing *themselves* on a deeper level, noticing their own strengths and pursuing their own impulses for growth.

FAIRNESS AND SELF-ASSERTION

Aries North Node people are preoccupied with ideals of justice and fairness; when they think something is unjust, they fly off the handle. They want the world and other people to meet their rigid standards. They figure: “I'll play fair with others, and others should play fair with me.” These folks sincerely wish the world were more just, but it's actually in their best interest that it doesn't work that way! Because their ideas of justice don't work, they are motivated to act directly from their instincts—their identity—as opposed to “being nice.” For many incarnations they've been waiting for a time when it's okay to be themselves—and this is it!

In this lifetime their sense of fairness and justice is not an accurate barometer of whether these folks are on track or whether they have a right to be angry with another. In fact, whenever they “get on their high horse” about injustice or fairness, they are off path. First, their definition of “fair” has a lot to do with the fact that they sacrifice their needs and desires for others—they constantly violate the boundaries of how much they can give

without loss to self. Then, in “fairness,” they expect others to do the same. These natives are learning to stop violating their own natural limits and to not entice others to go beyond their boundaries.

Aries North Node people become resentful if they think something isn’t fair. If they feel resentment, it’s a signal to pull back and recharge. It also signals a need to express their emotions: “I seem to be feeling resentful, so I’m going to take some time by myself and work it out.”

Honest expression validates and strengthens their sense of identity. It also gives the other person a chance to become aware of Aries North Node’s needs and boundaries. From the other person’s response, the native has a clearer idea of who he is dealing with. If the other person says: “Did I say something that offended you?” Aries North Node has the opportunity to work it out on the spot. He cannot expect others to be as sensitive as he is, since others have had different past life experiences. But once he openly expresses himself, he can tell from the other’s response how much self-assertion will be necessary before the other person hears him and honors his needs.

Aries North Node people are learning to be assertive in a constructive way that promotes fairness through clear self-expression. For example, I had an Aries North Node client who was in the process of purchasing—through rather large monthly payments—some real estate from a friend of hers. One day the friend approached her with a need for money for an unexpected problem, and my client immediately gave her the money (the instinctive Aries North Node desire to help and share). She assumed the other person would either repay it or deduct the amount from her next payment. However, her friend never repaid or acknowledged that money in any way. My client felt hurt and resentful but never brought the matter up. Naturally, she emotionally distanced herself from her onetime friend.

This type of incident seems to occur frequently in Aries North Node peoples’ lives; as a consequence, they feel let down by others. From a broader point of view, this is life’s way of teaching these folks to assert themselves. They need to take responsibility for themselves in their interactions with others. In the example, when the friend approached her, my client could have said: “Sure—I’ll just take the amount off my next payment, or I could take a third off on the next three payments, or, what will

work for you?" In this way, she would have satisfied her need to share *and* taken care of herself in a direct, honest, fair way.

Aries North Node people truly do love to give—it's their nature. But their motive needs to be love, not creating co-dependence. Their giving must be pure, without an expectation of result, in order for them to be free of disappointment in their relationships. If they find they are giving in an imbalanced way, they can openly bargain with their partner so that both people's needs are equitably met. It's when they *expect* others to reciprocate, without letting them know exactly what they expect, that they go off track—they need to give their silent expectations a voice!

It's their job to be sure things are fair by asserting themselves and letting others know what they expect in return for their giving. If they do this they will feel happy because *they* were the ones who ensured that fairness came about. This builds their confidence. Rather than being displeased with others, they will be pleased with themselves.

Since they are the ones who know about fairness, they can teach others by openly stating their standards. Then they are not only giving to the other person but also sharing their knowledge of how to give and take in relationships.

These folks can access the fresh energy that is emerging in this lifetime through honest self-assertion—not by waiting and reacting to the expectations of others, but by getting in touch with (and expressing) the impulses of their own being. Even though their sensitivity to others is strong, they must continue to build a sense of their own identity. Through practicing self-sufficiency a new confidence will emerge, empowering them to relate to others in healthy, innovative ways.

RELATIONSHIPS

DEPENDENCE

Dependence on harmony with others (especially the marriage partner) is the primary issue for Aries North Node people in this lifetime. Actually, the problem goes beyond dependence—it may involve total identification with the partner, and sometimes with all significant others. Aries North Nodes

often become so identified with their partners that they are overwhelmed by the other person's emotions. When the other person feels distraught, their first reaction is to rush to say whatever is necessary to restore harmony so that they (Aries North Nodes) can feel better. They handle the partner as an extension of themselves, and then they lose patience trying to get the other person to "straighten up" and be harmonious so that they can feel comfortable with themselves again. But their sense of urgency generally makes things worse.

These folks need to notice that when they try to regain their own inner harmony by manipulating their partner, it doesn't work. What does work when they feel a lack of harmony from their partner is to politely excuse themselves and spend some time alone. Aries North Nodes need to respect others enough to allow them to experience whatever they are feeling and to work through it on their own, unless they ask for help. This is how people reach a deeper level of self-awareness.

Additionally, these natives can gain a better understanding of what is happening with their partner when they get a little distance. This is why it is crucial for them to have their own space surrounded by their own personal possessions to reinforce their sense of identity. They need a private place to go when they become overidentified with the partner—a place where they can be alone.

BOUNDARIES

These folks can never experience inner tranquility as long as they refuse to acknowledge their own boundaries—and their partner's—and allow another person to be their "center." For example, I had an Aries North Node client who came to me hoping to resolve marriage difficulties. He had been married for twenty-three years, had a great deal of money, and his pattern had always been to appease his wife's moods by buying her things. They traveled extensively—anything to keep her happy—because when she was happy, he was happy. But it was all manipulation on his part so he could remain undisturbed and have a sense of solidity, because he had placed her at his center.

Over the years she became increasingly difficult to please, and eventually nothing could satisfy her. She became verbally abusive to other family mem-

bers as a way of generating a sense of her own substance and individual personhood. The destructiveness accelerated until the negative energy even made her unhappy.

My client was beside himself; nothing he could do would keep his partner happy and his own center undisturbed. This is a lesson Aries North Node people are learning: Even under ideal conditions, it is impossible to remain peaceful when someone else rests in your center. None of us really knows what can keep another person happy, and we rob them of the challenge of discovering and fulfilling themselves if we take on that responsibility. If my client had not distracted his wife from her moments of unhappiness so that *he* could stay calm, she would have had the opportunity to learn to handle her own moods. This might have averted her need to become destructive as a means of finally being in charge of her own inner state of being.

Aries North Node people are not accustomed to declaring the boundaries of their own identity—immediately, as those boundaries arise within them. They still feel a need to support their partner, even if it goes against their own best interests. So if their partner disagrees with something they want to do, they may say: “Okay, I won’t do it,” but decide they are going to do it anyway. By not honestly standing up for themselves, they reinforce the unhealthy dependence within the relationship.

Some of these kinds of problems stem from the tremendous love and compassion that these folks are born with. They have spent so many past lifetimes developing sensitivity that now it is not unusual for them to feel more compassionate toward another person or situation than their partner does. Sometimes the partner may not want to deal with a certain problem and the Aries North Node says: “Okay, we won’t,” in order to avoid disharmony. Then he starts to feel resentful, yet helpless to correct the situation. His need to support others can lead him to go behind his partner’s back and lend a helping hand; but then his partner feels a breach of trust, which damages the relationship, and the Aries North Node person feels unsupported in being who he really is.

Resolution for this problem can come through both parties expanding their idea of “we” to become more flexible: sometimes as a team, and sometimes as two separate individuals. In the above situation, Aries North Node should communicate what he is experiencing—which takes a lot of

courage. For example: "Okay—I hear that you feel resistance to supporting this situation, and *I* want to put energy into it. So I will do this independently." When the recognition of a different preference arises, these folks need to risk saying: "I don't feel that way about it." The problem isn't in doing what they feel is correct; the problem is in lying about it.

CHOOSING A PARTNER

In seeking a mate or any other close connection, Aries North Node people are subconsciously seeking a relationship in which they can lose themselves. They wish to become so submerged in the other person that they are totally "safe." It's the old " $1/2 + 1/2 = 1$ whole" theory, but it doesn't work for these people. Rather, they are here to learn that "1 whole + 1 whole = a healthy team."

However, until they become aware, they will attempt to find someone with whom they can identify, and then they pour all their love and support into reinforcing that other person. But when they seek a partner from this position, it never works out. Often they are attracted to people who abuse them or let them down. In fact, just the opposite approach is scheduled to work for these folks. They need to stop focusing on others and concentrate on themselves instead. As they begin to focus on being themselves, allowing their own true, unique identity to emerge, and going in their own individual direction, their energy will attract the right person—someone who will appreciate and value them.

Aries North Node people are so accustomed to the joys of partnership from past lives that they subconsciously associate being happy with being in a relationship that is mutually, joyfully symbiotic. They came into this lifetime wanting to do everything with their partner, all the time. They are basically cheerful people, but an energy drain is taking place beneath the surface of the relationship that is based on feelings of dependence. Aries North Nodes' need for attention and to be included as part of the other person's identity are a bottomless pit.

Subconsciously, these folks believe they cannot survive without the energy of others. So they tend to cultivate a mutual dependence with stronger people around them. They take time and energy away from their own goals

to help the partner reach hers. They give of their understanding, being more sensitive to others' needs than to their own. In this way they create a dependence, becoming an integral part of what the *other* person needs to survive.

Then Aries North Node people resent their partners for "interfering" with their independence and blame them when they don't reach their goals, even though the Aries North Nodes created the unhealthy dependence. They think it's love (indeed, these folks *are* very loving and cooperative), but a lot of their self-sacrifice is subconscious manipulation. Love never expects anything in return for giving, and resentment is a by-product of expecting something and not getting it. Aries North Node people must learn to be honest with themselves and others about how much they are willing to give and what they expect in return. Being part of a team means making sure *they* are also supported.

LEARNING INDEPENDENCE

Because these folks are learning the lesson of not depending on others, they subconsciously attract people who are undependable. Although this gives them the opportunity to learn to depend on themselves, the process can be quite painful.

Aries North Node people are often so intent on influencing the relationship in ways that result in the complete integration of two people that they don't fully notice the partner's identity. They see the other person only in terms of what it takes to please him or her. They don't generally stop to notice who the other person is on a deeper level, in terms of his or her true inner identity. Worse yet, because they are looking for someone to fill their center so they can feel complete, they assume that others also lack a sense of self and are looking for a partner in order to gain a sense of completion. Thus, they enter relationships with some very naïve and inaccurate premises.

Operating with flawed ideas of who the other person is and what he or she wants, Aries North Node people often become deeply emotionally invested and then end up confused when the other person leaves or lets them down. Many other people *do* have a sense of their own center, and many

independent types will rebel against the stifling aspect of Aries North Node wanting to be connected at every moment, in consciousness if not physically.

Aries North Node people tend to gravitate to people who are selfish and require a great deal of personal attention. They attract types who expect total attention and accept their energy without giving back on an equal basis. Through indiscriminate giving, Aries North Nodes may also inadvertently cause an initially sensitive partner to become insensitive.

Generally, these folks are better off around people who show some sensitivity in return. They are more comfortable around people with whom they don't have to "clash energy." They have a tendency to allow the other person to completely submerge them, so they need to be with someone who encourages them to be themselves and who won't abuse their loving, giving nature. Of course, letting people know where they stand helps others to be sensitive in return.

INDIRECT APPROACHES

AVOIDING CONFLICTS

Aries North Node people sometimes are so attached to peace and harmony that they inadvertently damage their relationships by avoiding all conflict. They may start out saying: "Okay, I'm going to be a team player" and then foresee a conflict; rather than deal with it when it comes along, they postpone it until it becomes a major dispute.

Their challenge is to be vigilant in consistently standing their ground and verbalizing their impulses right away. For example, if an idea excites them, they need to say: "I want to do this" rather than lie about it or downplay it. What stops them is their fear that they are coming from a different point of view—or have a different objective—from that of their partner. They feel threatened because—when they don't deal with it instantly—they magnify the difference in their mind, telling themselves that it is so vast it can never be resolved. Actually, if Aries North Node people honestly reveal where they stand right from the start, these differences become opportunities to connect more deeply with their partner.

Often these folks postpone telling the truth for fear of widening an existing difference of opinion. If they want to do something and know their

partner will object, they may try to do it without the other person knowing. Then, when the other person finds out, the difference of opinion remains, along with hurt and a breach of trust. By not discussing the situation, they have deprived their partner of the opportunity to be generous and support them in doing something for their own growth. Now a discussion may pacify the situation, but there will be a lot of work to do to repair the damage to the relationship.

For example, I had an Aries North Node client who was an airline pilot. As a side business, he delivered airplanes—which he greatly enjoyed. He wanted to deliver an airplane to Turkey, but his wife wanted him to keep other family commitments. He knew she didn't want him to go on this particular trip, but he felt he needed to do it—so he began making plans for the delivery without discussing it with her. Then, when the time came, he said: "Well, I'm going to go take this trip" and his wife said: "But we talked about this and you said you wouldn't go!" Then he was faced with the fact that he had lied to her. Now, in order to go, he would have to bring her into agreement *and* undo the hurt of the lie. By the time it reached this point, he gave up and didn't go.

This is how these folks often lose the opportunity to do what they want, because they know that solving the communication problem with their partner is more important than what they want to do. It brings the relationship back into sync, but they are left feeling resentful because once again they've sacrificed their own desires to keep the peace. This is why they must be willing to "come clean" from the beginning and let their partner see not only *what* they want to do but *why* it is important to them. They need to sit down with their partner and discuss their own desires and fears.

In the example, my client could have said to his wife: "There's something I want to share with you. It's something that's very important to me, and my concern is that you're not going to realize how important it is. I'm concerned that you won't support me, and then I won't do it." This may seem manipulative, but it's really an honest voicing of concerns. Once acknowledged, the fears dissolve. Then my client could have communicated his desired direction and motive: "I want to deliver an airplane to a buyer in Turkey. It's important to me because I want to build my own business and establish an independent income. It's something that will give me personal satisfaction and build my confidence."



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Rather than being caught up in the energy of the relationship dynamic, the idea is for each to consciously remain in his or her own power while participating with the partner.

These folks have had many past incarnations supporting others with no thought for themselves. So they tend to discount their instinct that tells them when they are giving beyond the point of balance, which drains their life force. They don't usually notice the energy loss as long as the other person is there; but when they're alone, they feel drained. In this lifetime they are learning to reattune themselves and allow their internal sense of moderation to regulate their giving. The process of sharing energy needs to be mutually regenerative.

After all, the supply of golden eggs one has to give others depends on the goose being alive and healthy. In past lives, these people gave others all their golden eggs and then started giving away the goose! Now they are learning to keep the goose strong and well so they can give away the golden eggs without depleting the source.

In one-on-one relationships, avoiding co-dependence means not seeking to "fill in" when the partner has a need, but rather to encourage her in knowing that (1) she has plenty of talent and energy to handle things on her own; and (2) there are others she can work with to get support. For example, the partner may want to have her paintings displayed in local galleries. Rather than "pitching in" and calling the galleries, Aries North Node could suggest that she ask a friend to help or hire someone, or get an agent. This leaves Aries North Node free to pursue his own interests.

The transition from co-dependence to interdependence is a three-stage process: (1) *co-dependent stage*—two people totally tuned in to each other and compensating for each other's weaknesses so that the team can survive; (2) *independent stage*—each person being completely self-reliant; each person taking full responsibility for his or her own projects, money, and day-to-day survival; (3) *interdependent stage*—one person, independent and self-sufficient in his or her own right, uniting with another independent, strong individual to form a mutually supportive relationship and work toward shared goals.

When Aries North Node people reach the stage of personal growth where they are ready for interdependent relationships, they really start to shine!

HEALING THEME SONG *

Music has a unique power to emotionally support us in taking risks, so I have written a healing song for each nodal group to help shift its energy in a positive way.

GOING THROUGH THE JUDGMENT DAY!

The message of this song is meant to encourage Aries North Node people to shift from co-dependent tendencies toward reliance on their own impulses—which are firmly grounded in love—to lead them in the right direction.

Selected lyrics:

*You can read all the books that ever have been written
You can ask of those around you to show you the way
You can study the mysteries, a long time hidden
But you're the only one who can take you through the
Judgment Day!*

*And you can't rely on anyone else for glory
Don't depend on the outside to show you the way . . .
Put away the books—go beyond the brain
Trust the Light within to guide you through the pain, and
You're the only one who could ever know
What it takes to make you whole . . .
And it's the Light within you that'll guide you through
the Judgment Day!*

* These lyrics are set to music and sung in their entirety on the CD and cassette tape "Unfolding As It Should."

North Node in Taurus

and North Node in the 2nd House



OVERVIEW

Attributes to Develop

Work in these areas can help uncover hidden gifts and talents

- Loyalty
- Awareness of boundaries
- Taking things one step at a time
- A sense of self-worth
- Awareness of personal values
- Patience
- Honoring expressed needs of self and others
- Enjoying the five physical senses
- Gratitude
- Awareness of nurturing from Mother Earth
- Forgiveness
- Persistence



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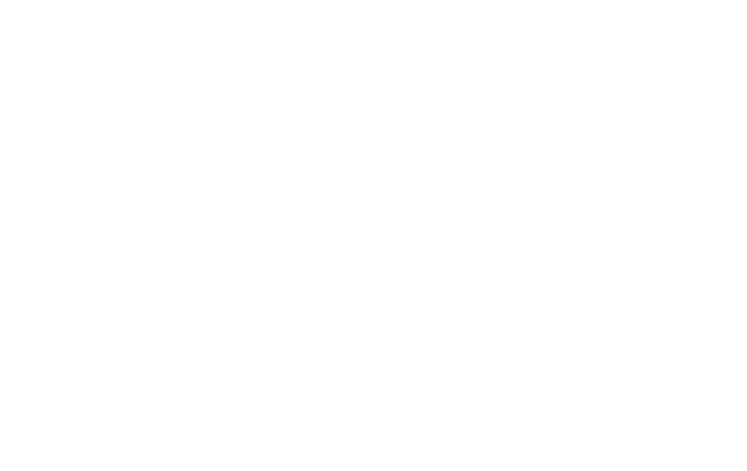
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nature's energy while in the presence of the Taurus North Node person and will be permanently enriched by the experience.

SENSUAL ENJOYMENT

To keep themselves focused on furthering their aims requires facing the issue of self-worth. These folks may feel unworthy spending time and energy on themselves; however, such feelings are totally off track. Taurus North Node must spend time doing things that *they* consider to be important, as this will build the resources they need to experience life and relationships from a foundation of self-sufficiency.

The fact is that for spiritual balance, their destiny in this incarnation is to experience the sensual enjoyments of life, to become grounded, and to regain a sense of their own earthy substance. In past lives, Taurus North Node people developed a deep enjoyment of the spiritual/psychic senses. Now it's time to develop a deeper awareness of the five physical senses. In this incarnation, their senses are generally quite sensitive and well developed. The idea is to pay attention to the pleasure their physical senses offer them: the smell of springtime, the taste of a good meal, a perfume they enjoy, or the touch of their lover. Even lifting weights or other physical exercise can be sensual—anything that gets them in touch with their bodies in a way that results in pleasure and/or self-esteem.

Music is an excellent source of enjoyment for these folks that eases their mental frequencies into harmonious patterns; they may benefit by having music playing regularly in the background. They are attuned to the sounds of nature—waves crashing on the beach and birds singing. To enjoy their sense of hearing is altogether “on path” for them. They also gain pleasure from their sense of sight—noticing beauty around them, appreciating artistic creations, or taking time to enjoy a sunset.

Taurus North Node people generally have well-developed taste buds; fully enjoying the pleasure of a good meal and going to posh restaurants are totally “on path.” To become aware of their sense of touch is also beneficial. Taking the time to touch a tree, a leaf, a piece of wood, or fabric—and to experience physical comfort—is altogether appropriate. Even being aware of the sensation of snow crunching under their feet can be a sensual pleasure.

Another way to enhance their sense of grounding is to become more

conscious of their clothing in terms of how it feels on their bodies. Does it feel sensual or comforting? Do they like the touch of that fabric? These are the clothes they should put on their bodies in order to take care of and pamper themselves. Clothing can also be a powerful vehicle for establishing self-worth. For an important appointment, if the choice is between an outfit in which they are comfortable and confident versus an outfit they think will impress the other person, their best bet is to wear the clothing in which they feel comfortable. That way, regardless of the other person's response, they feel comfortable within themselves.

Other sensual experiences that are "good karma" for these folks include giving or receiving a massage or being pampered with a manicure, facial, body wrap, sauna, or Jacuzzi. When they spend time giving themselves physical rewards and sensual pleasure, they won't need as much from others.

RELATIONSHIPS

SEARCH FOR THE SOUL MATE

Taurus North Node people are born looking for their soul mates. This can lead to promiscuity during their youth, with a tendency to jump into relationships too quickly because they want the bonding so intensely. Their challenge in this lifetime is to focus less on bonding and more on building their own values—then they will attract the right mate.

From past lives, these folks are accustomed to giving everything and having the other person reciprocate. But in this incarnation, much to the natives' surprise, it's not in their charts for others to take care of them in the same co-dependent way. This is the universe's way of helping them break abusive co-dependency and learn to be more self-contained. Deep in their hearts, more than anything in the world, they want a soul mate—that special person to travel with through life in a state of mutual vulnerability, commitment, and empowerment. To have this dream come true, they need to first experience being complete within themselves. When they no longer need another person to make them feel whole, only then will they attract the right life partner.

Taurus North Node people feel acutely lonely sometimes, aching for their mate. They long for the comfort of consistent, dependable compan-

ionship, and this *is* a lifetime where loyal companionship is their birthright. But as with everything else in this incarnation, they must earn it. As they work to experience their own wholeness and direction and become a powerful river in their own right, they can merge with another powerful river that is going in the same direction, and together they can flow to the sea.

INVASIVE MANEUVERS

Yearning for the soul mate causes Taurus North Node people to probe the psychology of others. In past lives this technique worked for them: Their understanding of another's psychological makeup facilitated a bond of mutual empowerment. However, they became so accustomed to stepping into other people's psyches that they lost touch with their own boundaries! Now, when they enter another person's force field they go too far and become invasive—and both people begin to lose their sense of autonomy. Also, the other person can sense that Taurus North Node wants the bonding energy, rather than simply appreciating and empowering the other as a person in his or her own right.

These folks think everyone wants the same emotional things they do: love, acknowledgment, appreciation. So they give others this emotional support and encouragement. But if they rush in and try to change another's mood, sometimes they are surprised when that person responds with anger because he feels his boundaries have been invaded.

Also, Taurus North Nodes often inadvertently become too enmeshed in another person's force field and begin to feel uncomfortable. If they get too absorbed in another's moods it dissipates their own energy. When this happens, their best bet is to excuse themselves and take a break to get grounded—walk around the block, or touch a tree and allow nature's nurturing energy to pour into them. Then, when they feel calm, confident, and centered in their own energy, they can again approach the person or situation and know what to do.

In this lifetime, Taurus North Node people need to be able to maintain their own psychic energy field as a separate entity before they attempt to bond with another. When they do bond, they need to create "space" in their relationships. They tend to do anything in front of their partner that they would do in private, which isn't necessarily a good idea because the



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her power, validation, and energy—expecting that their mate will reciprocate. This doesn't work because Taurus North Node doesn't first discern what his partner's needs actually are, from the partner's point of view. Instead of tuning in to his partner's needs, he projects his own values onto his mate. He projects what he thinks she wants and needs—and then he fulfills those needs—but his partner's actual needs and desires are seldom even recognized.

For Taurus North Node people, solid relationships are based on each person taking responsibility for filling his or her own needs and gaining energy from activities outside of the relationship. Then a healthy bonding can take place that is based on mutual strength, giving energy rather than draining it from one another.

They are learning that loyalty between two people in a relationship is based on both people being loyal to themselves. They need to establish a bond of loyalty to self before they can expect to be loyal to another in a healthy way. For example, loyalty to self implies honestly communicating: "I don't feel comfortable with this" rather than invalidating personal needs to adapt to the partner. It implies taking a position of integrity—based on an inner feeling of what is correct—and standing in that one place, rather than standing in different places depending on where the most validation seems likely.

Through living by their own values, these folks allow the right person to respond to them and support them. This means being willing to risk losing their partner. If they remain true to themselves, honestly revealing what their inner comfort level is telling them, either the other person will validate them by coming closer or the other will leave and make room for someone more appropriate.

When difficult times create stress in a marriage, Taurus North Node people view loyalty as the quality that keeps two people together, working on the marriage, until they can get over the hump. Loyalty involves integrity and a commitment by both people to work on the issues rather than giving up. Taurus North Node people need to feel that the other person will be there, so when they become fully invested in the bond they won't have the rug pulled out from under them.

Because this is an important issue for these folks, when they begin a close relationship their best bet is to acknowledge: "Loyalty is important to me—

knowing that my partner is going to be there through thick and thin. Is it an important quality to you in a relationship as well?" By making it clear from the beginning, they allow the other person to see the type of relationship they are offering.

This is one of the most effective ways they can take care of the needy part within: discovering for themselves what their needs are, acknowledging that those needs are important, and then clearly communicating those needs to see how the other person responds. The idea is to move the give-and-take of relationships out of the realm of expectations and into the realm of open disclosure, verbalizing what is important as the relationship progresses. Then they can determine whether both partners want to meet each other's needs and make each other happy on the consistent basis that they need.

WITHHOLDING

Taurus North Node people tend to withhold what the other person needs, because they are judgmental about what they think the person really needs. For example, the other person may say she needs to play bridge with her friends one evening a week. The Taurus North Node partner may resist: "You don't need that; those people aren't up to your caliber." But by invalidating his partner's expressed needs, he undermines the relationship. His best bet is to truly empathize with the other person without the overlay of his own desires.

Because Taurus North Node people are so aware of their own needs, when the partner asks for something their first response may be resistance. They don't want to keep giving because they feel empty, so they deliberately withhold what the partner has asked for and defend their position by becoming judgmental of what the other person wants. In this situation, both people lose. The other person feels deprived, so she retaliates by giving *less* to Taurus North Node or giving with resentment. This seriously undermines the very bond they want to build.

It is to these folks' advantage to release their tendency to withhold from their partner. Often, the key is discrimination. Does the other person's expressed need violate Taurus North Node's sense of self-worth? If not, it behooves him to give the other person what she needs. Just as it is inappro-

priate for him to live by someone else's values, it is inappropriate for him to expect others to live by his values. Other people are simply being themselves.

AWARENESS OF NEEDS

There is a difference between expressed needs and unexpressed needs. An *expressed need* is something the partner *says* she wants (one hour alone every day, time to do a project, dinner together once a week, etc.). When Taurus North Node people generously cooperate with those needs, their partners are happy and respond with an outpouring of love and appreciation. An *unexpressed need* is something projected onto the other person. This doesn't satisfy what the other person *actually* wants and leads to dissatisfaction for both parties.

Sometimes these folks are afraid to reveal what they need for fear of appearing selfish. Actually, when they don't reveal what they want, they deprive their partner of the opportunity to make them happy. Also, if they don't communicate their boundaries and let others know what they need, people begin to lose respect for them. These folks don't object to anything; they don't say: "No! This is not okay!" Others tend to take advantage of them because they don't feel enough self-worth to stand up for themselves.

To Taurus North Node people, others can seem like gods who hold the key to meeting their needs. But they overvalue others and undervalue themselves. This is the imbalance that leads to heartbreak. Once they recognize this, instead of trying to figure out if the other person can fill their needs, they begin to let their partner know how they feel and what they require to be happy. No justification, no compromise—just simple revelation of what they need in the relationship. By overtly saying: "This is what I need to be happy in this relationship," they give others the opportunity to adapt to them. The irony is that when Taurus North Node people are true to themselves in this way, the changes others make in their behavior are generally beneficial for Taurus North Nodes as well.

These folks sometimes feel they've given and given and just don't have any more to give. This stems from being constantly aware of their partner's needs—it takes a lot of energy to keep part of one's concentration always



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game, for which these folks have a real talent. Once they put their minds to it, they can make a little money go a long way and can easily become wealthy.

Sometimes they feel resentful about having to take charge with money. They are angry about not having the “easier life” they were accustomed to in past incarnations. Yet it’s healthy when they *do* take care of themselves: a steady job, a stable income, a savings account, and financial plans for the future. The idea is to create a secure financial base that will allow them to take risks in other areas. This gives them a feeling of ease and confidence about life and makes them feel good about themselves.

Although some folks do very well with inherited money, Taurus North Node people are not in that category. It’s not to their advantage to be dependent on an inheritance, the financial goodness of others, or a state or federal assistance program. Any situation in which they are financially dependent on another debilitates their sense of self-worth. In this incarnation, it’s crucial that Taurus North Nodes earn their own money and are paid for their energy.

If they have inherited money, it is in their best interests to use part of it to start their own business or in some way promote a cause that builds their sense of self-worth. If they are financially dependent on a spouse, it is healthy for them to start a small business of their own or take a job outside the home, even if they don’t need it or it’s “not much money.” They need to build a sense of self apart from their connection with another person. Regularly setting aside blocks of time for working toward an individual goal or project that is important to them is another way to build their self-esteem.

If these folks are on a state or federal assistance program, they can begin taking side jobs to make money. If the Taurus North Node is a parent with children, perhaps she could start a child care service. The issue is not how much or how little she makes, but the sense of self-worth that is gained.

Taurus North Node people have a natural understanding of how money works and the necessity of circulating money. Their challenge is to circulate it *consciously*. Once they start using it to build with, they can become very wealthy. In past lives they were so accustomed to using other people’s

money that they lost respect for the value of money; they didn't have to earn it themselves. In this lifetime they are learning to respect money and to use it wisely in ways that help it multiply. Money is their teacher. Once they tap into their intuition of how money works, money itself will show them how to make more.

DEBT

Taurus North Node people may have a problem equating wealth with debt. I've had many clients with this nodal position who accumulated enormous debt owing to this misunderstanding. For example, I had one Taurus North Node client who, with her husband and another couple, started an innovative cosmetics business. It took off faster than anyone expected, and orders came in fast and furious! To keep up with the unexpected rush, my client borrowed against her credit cards to hire more employees, order more ingredients, and so on—until she had accumulated a debt of nearly \$60,000.

Then there was a falling-out among the partners, the company collapsed, her marriage ended in divorce, and she was left \$60,000 in debt. It took her ten years to pay off the debt. To do it, she lived in a cheap apartment, allowed herself no luxuries, cut out her social life, worked two jobs, and endured incredible stress and deprivation.

When the business first got off the ground, my client jeopardized herself by trying to respond instantly to an outside demand. She could have allowed the universe to unfold the business organically, using the profits to expand the business from its modest beginnings.

I had another Taurus North Node client who wanted to make films showing New Age encounter groups—especially those dealing with the emergence of new feminine and masculine roles in our society. She thought the films had a noble mission, and she “trusted the universe” to provide money for the project. She borrowed money (thereby accumulating an enormous debt) to make these films.

My client trusted that the money would be there because “the universe wanted the project to succeed.” Her life became total chaos trying to raise more money, do the project, and come up with “delay tactics” in paying back the money she had already borrowed. Eventually the entire undertak-

ing collapsed and she had to declare bankruptcy—for the second time in her life. This time, not only were the financial institutions hurt but friends and family who had loaned her money as well.

The accumulation of debt does not work for Taurus North Node people. They are master builders when they use common sense and don't take "leaps of faith" or try high-wire maneuvers without a safety net. But in some ways they don't respect money and tend to be careless about it. Although they don't think about it much on a conscious level, they have a lot of fears around money owing to lack of experience in providing for themselves financially in past lives.

Once these folks realize they have to deliberately be more conscious about money, they accept the responsibility. However, sometimes they lose control and go on a spending spree—buying something they don't need that they have to pay for later. In past lives, money was a tool for distraction. Thus, in this lifetime when they get bored they may have the urge to go shopping, with the subconscious feeling that they deserve it and someone else will pay. Rationally they know this is not true, but they almost can't help themselves.

Taurus North Node people can't stand feeling restricted financially. Yet the irony is that once they put their nose to the grindstone and accept responsibility for earning and budgeting, they can easily accrue the kind of wealth that will allow them to spend without worry. But once they have made it, they need to continue to be responsible about handling it—they are not allowed to be "unconscious" about money in this lifetime.



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mountain to reach the pinnacle of Truth. But after so many incarnations with the same focus, they found it! There's no need for them to continue the search in this lifetime. In the end, on their mountaintop, they became isolated and lonely. Now, in this lifetime, the challenge is to share their Truth, rejoining society and staying connected with others.

Self-righteousness can be Gemini North Nodes' biggest stumbling block to effectively relating to people and feeling the peace and love that are inherent in true connectedness. As they were philosophers and priests in past lives, other people followed their instructions. They are used to being regarded as always being "right" without question, so it is understandable that they enter this incarnation with a certain arrogance. However, other people can sense this superior attitude, and this prevents them from listening to the Gemini North Node person. As a result, Gemini North Node people start to feel that other people are undervaluing their intelligence because they won't listen. This is an example of how they suffer from a communication problem.

COMMUNICATION PROBLEMS

Due to the loneliness and isolation of their past lives, Gemini North Node people may seem like they can carry on hours of conversation all by themselves. They may remember to ask the other person a generalized question such as "How's it going?" but if the other person turns the attention back on them, they take the opportunity and run with it. They can go on and on about everything that's happening in their lives, recount their memories, tell a dozen stories and emerge the hero in every one . . . without the other person adding a single word to the conversation. Never getting a chance to interact or share his or her own story, the other person loses interest in the Gemini North Node person.

After so many lifetimes of being lonely, these folks feel a need to talk constantly. They are not comfortable with silence because they associate it with isolation. Now they want to relate to other people; so if there's a silence in the interaction, they feel like there's a "problem" and will talk about anything simply to fill the void.

They are learning that conversation is a process of skillful interaction: It has to do with sharing one's point of view with a sensitivity to how the

other person is hearing it, inviting response, and being open to feedback. These folks need to remember to shine the spotlight on other people from time to time, asking them questions about their lives and sharing a point of view about the others' lives that might be helpful. If Gemini North Node people keep the spotlight on themselves for too long, they lose the energy the other people add to the interaction. When they feel this loss of energy, it should signal them to let the other person talk. Conversation is like breathing—an inhale *and* an exhale; Gemini North Node is learning that both people should have a chance to participate regardless of which person is the focus of attention.

For example, when telling someone about a confrontation they had with a co-worker, they could say: "What do *you* think about that? Do you think I judged the situation correctly?" After the other person responds, they could ask: "How was *your* day? Was it peaceful or did you also have confrontations?" If they think the other person doesn't want to talk, they need to check it out by asking: "Would you rather not talk about this, or do you have something else on your mind?" To keep the vitality going in a conversation, both people must be actively involved. Once these folks get the idea of how conversation works, they become experts at it.

Gemini North Node people are learning to see communication as a vehicle for curiosity—wanting to learn about the other person. They need to welcome input from others because, when combined with their own ideas and insights, it can produce a truth that is more powerful than either "truth" by itself.

Sometimes these folks appear combative. They think they have something important to say and are afraid that they will not be understood. So they put a lot of enthusiasm and energy into the communication to be sure they get their point across. They can become so fiery and adamant that others may feel attacked and respond defensively. Then, because the other person appears to be resisting their communication, they may become even more adamant until the interaction escalates in an irrational, overly emotional way. But they need to recognize that it's their *presentation* that is being resisted, not their point of view.

Gemini North Node people have a tendency to speak in a very direct manner—delivering their opinion as unalterable Truth—and any discussion of their Truth can lead to an argument. They may actually enjoy this and

consider it a stimulating interchange of ideas, whereas the other person may see it as an empty battle of wits. This can keep them from interacting with friends on a daily basis, because people get tired of the battle after a while. Gemini North Node people need to learn to pull back and listen more carefully to the other person. They need to recognize that their strength is in clear quiet thought, not emotion. Their insights (when they have heard the correct question) are often powerful, accurate solutions, and when they speak them in a nondramatic way, the power of the idea can really be heard.

These people need to credit the intelligence of other people and trust that they will recognize Truth without it being jammed down their throats. Gemini North Node people are learning the importance of replacing impatience with respect if they wish to truly get *their* point across and connect with people successfully.

Another reason these folks are so ardent in the delivery of their ideas is that they want acknowledgment that their Truth is “right.” It validates their self-esteem and helps them to relax to know that their viewpoint is accepted. But these folks need to recognize that Truth stands on its own merit and doesn’t need energy from their egos to propel it, or fanfare to signal its accuracy. In fact, the more quietly Truth can be delivered, the better, so that the other person feels the serenity to receive it. Regardless of how noble their motive is, these folks may not use the fiery energy of personal ego to enforce their point of view. Others simply won’t listen.

PATIENCE AND FRUSTRATION

Gemini North Node people are learning to be patient with themselves and others in working out glitches in communication. They’re not used to talking. After all, they’ve been on mountaintops; what do they know about communication? It’s as though they’re speaking Latin while the people around them are speaking English. They need to have patience and slow down, take a few extra moments to translate, and really listen to what the other person has said.

Most of their problems in communicating are caused by inappropriate responses, which stem from not really hearing what other people are saying. Here is a simple example: Gemini North Node has a friend working in a booth at the County Fair who needs to count out exactly 100 apples. As



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honestly and lovingly accepting the contradictory parts of their own nature. Therefore, Gemini North Node people shouldn't worry about having the total picture. It's okay for them not to "know"—in fact, in this lifetime it's *preferable!* Thinking they already know everything blocks their openness to new information that might improve their understanding of the situation.

These folks are also hesitant to tell people things because they project that others don't want to hear difficult truths. So when someone tells them "I left this job," "I broke up with so-and-so," or "I decided not to go to law school," then the Gemini North Node person will say: "I didn't want to tell you, but I never liked him." Or, "I didn't think law school was a good idea for you." The other person may say: "Why didn't you tell me a long time ago?" But these folks are afraid of hurting others by "speaking the truth." They need to recognize that simply expressing *their own opinion* might be helpful to the other person.

However, the motive behind offering their opinion plays a vital role in how their advice is received. If their motive is to offer love and support, the other person will feel their good intention and be open to their input. But if their motive is to be judgmental or to be "right," the other person will respond defensively. If Gemini North Node people truly want to *help*, the interaction works smoothly. They should offer their perception as another point of view, a gift of caring, and let the other person figure out whether or not it's right for the situation at hand.

OPTIMISM

Gemini North Node people have a tendency to blind optimism that can lead them to jump into things without thoroughly checking all the facts. Sometimes they intuitively feel that someone is being dishonest with them, but they may override that feeling with high hopes for great returns and the attitude that "everything is going to work out." When they become aware of this imbalance, they need to force themselves to acknowledge their other options. This will restore their self-confidence.

When they recognize that they are not in a logical situation, they need to fall back on their own strength. But they don't always feel capable of handling things. They tend to blindly trust people they feel are better able to

take care of themselves in the real world. And because they are trustworthy, they project that others are trustworthy as well—and this can get them into a lot of trouble.

These folks *should* rely on others to help them; however, they should not do this blindly. Their challenge is to understand the people around them, and not to trust just anyone out of fear that they have no other choices. They need to listen to the other person's words, and because Gemini North Node people are basically truthful, they can tell when others are not being truthful with them.

INTEGRITY

Gemini North Node people don't necessarily expect the people they're with to tell them the truth. They think that other people work from some other point of reference where it's all right to be dishonest, tell white lies, hide money, and so on. And since they themselves would never do these things, they feel that others are operating from a lesser level of integrity. Once again their past life experience with its strict moral code comes into the picture, and these folks have a tough time dealing with what they perceive to be the "dishonesty and games" of other people.

These folks need to recognize that their function is to reinfuse spiritual ethics and Truth into the mindsets of others. If they cast others as being "wrong" for not being "moral," naturally others will resist their insights—no one wants to feel like a sinner! So they need to support people in integrating the spiritual path into their daily lives. At the same time, they must be open to other views and temper the rigidity of their own position.

When Gemini North Node people give their word, they keep it—it's a matter of morality to them. And they expect those around them to play by the rules both parties have agreed on. When other people talk about doing something and then don't do it—for whatever reason—these folks can get extremely upset. They want the initial agreement to be acknowledged, and they want to be consulted about any changes.

For example, if they agreed to clean the attic with someone and then something came up, they would say: "We said we were going to clean the attic today, but it's looking like we're not going to have time. Is everybody okay with that?" They hate things to be said and then not followed up on.

Yet they don't know how to bring this trait to other people's attention—they don't want to upset the others or have them deny that the discrepancy is happening. It can be an area of serious confusion for these folks.

When such discrepancies occur, it is usually for one of three basic reasons:

1. It may be the result of an initial misunderstanding that the Gemini North Node person let pass without clarification, even though he didn't feel good about it at the time. If he has to clear up something from the past, he needs to stay with the facts of the situation: "Yesterday I heard you say _____, and now I hear you say _____. I don't understand the discrepancy. Will you please explain this to me so I can understand better what you're saying?" If his motive is truly to understand, and not just wanting to make the other person appear wrong, this approach will work. Otherwise, the other person will become uncomfortable and respond defensively.
2. The other person may not have really said what Gemini North Node heard—there's a lot of miscommunication in these folks' lives. If Gemini North Node can remember the words closely, he can say: "Yesterday I heard you say _____. Did you *mean* _____, or did you mean something else?"
3. It is also possible that the other person felt strongly about a situation one day, and then—due to a change in circumstances, perception, or feedback—changed her mind and felt just as strongly in another direction the following day. Part of living in society is learning how to adapt and change direction in response to feedback from others. People put an idea out into the world, and depending on how others respond to it, the idea is continued or changed to best accomplish the goal. For example, someone might be convinced that advertising in Magazine A would increase business. Then, after getting

a limited response, he or she might be equally convinced that Magazine A was *not* a good advertising bet, put an ad in Magazine B, or use an entirely different media outlet.

Gemini North Node people might see these situations as discrepancies, but they simply represent the process of intelligent adaptation to feedback from the environment. From past lives in religious environments, these folks are used to seeking eternal truths: absolute universal laws that never change. But in this incarnation they are learning to move about in a social environment, and they need to have the humility to listen and learn about how the rules work in this environment. Such recognition will also help them be more open to others. Others' responses can help these folks determine whether or not they are truly making a contribution and effectively adding positive energy to the situation.

NEEDS

ACCEPTANCE AND SHARING

Gemini North Node people feel a sense of urgency about getting their point across and being "heard." Underneath this urgency, however, what they really want is to feel accepted. Acceptance is an accurate barometer for them of whether or not they are "on path." When other people accept what they are saying, it's a signal that they are communicating effectively. If others don't accept their words, it's a signal that they need to pull back and recast their message in words that the others can understand.

For these folks, truths are like sacred stepping-stones—the very foundations of their perceptions. They hesitate to share their truths because they are afraid that others will think they're crazy or judge them for pondering Truth instead of thinking about making money or other material concerns. They want to reveal themselves to others, but their sacred Truth is so intangible that it's difficult to talk about directly, and the other person often loses interest. Then Gemini North Node gets frustrated because he doesn't know how to communicate his philosophy in just a few words.

It's like walking into a dentist's office with a toothache. The patient

wants to know: Shall we fill the tooth, pull the tooth, cap the tooth, or do a root canal? She does not want the dentist to tell her about all his experiences in dental school. Because all the years the dentist spent studying support his view of what should be done with the tooth, the patient will feel the learning behind his simple, factual opinion. Likewise, Gemini North Node people need to learn to answer the immediate need of the other person, giving what may seem to be a temporary or simplistic answer rather than an entire philosophy. This is what is scheduled to work for them in the present incarnation.

Truth is an energy, not a concept. These folks are actually seeking the energy of Truth, but they need to remember that it is not scheduled to come in a ponderous way. As they exchange ideas with others in order to solve problems in their daily lives, they will get in touch with the Truth they are looking for. When they help others break through even a superficial problem or misunderstanding, the energy of the Truth will come through and everyone involved will share resolution and peace of mind. In this incarnation, Gemini North Node people are scheduled to access the Truth through simple, daily interactions and genuine connections with others.

STAYING IN THE PRESENT

HERE AND NOW SOLUTIONS

Gemini North Node people have a tendency to be so concerned with distant, overall solutions that they don't allow themselves to feel the joy of the moment. They are still looking for "eternal truths." However, in this incarnation they need to be more concerned with "here and now" solutions and recognize that if they (and those around them) are happy in each moment, the moments will add up and the happiness will last.

The same is true in their business affairs. They can be so concerned with the "larger picture" that they lose sight of how to create an immediately successful situation. They need to be more aware of time, budgeting their projects into specific blocks for completion, instead of feeling that they have "forever" to handle material concerns.

For example, I had a Gemini North Node client who owned a duplex rental property. When one of his tenants moved out, some minor plumbing repairs were required. Rather than handle that and rent it out again, he



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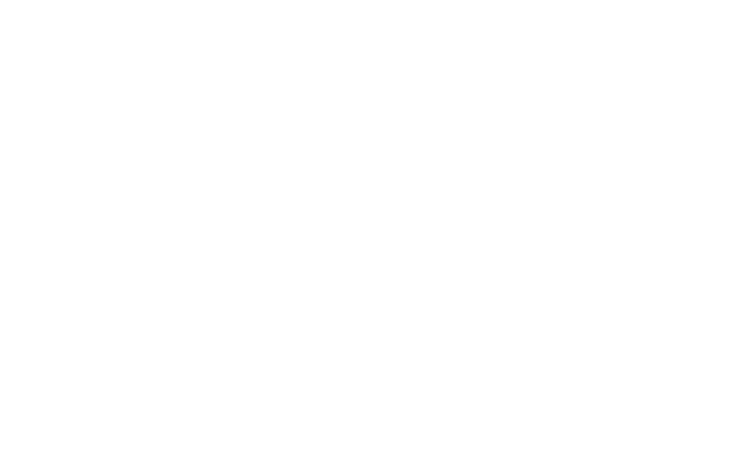
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society, and they need to experience a lot of different people in order to expand their awareness of how to do this. They want to bring the awareness of Truth and that feeling of inner harmony into society, and to expand that thread of continuity to include others. As they “practice” with different people in different situations, they gain more confidence in their ability to maintain their own inner happiness while interacting with others. Then they can allow people to get closer, because they know they’ll be able to maintain their harmony.

Thus, for Gemini North Node people, entering a committed relationship can take longer because they lose their inner sense of peace if they go too deep, too quickly. Marriage or a commitment that would restrict them from interacting with others is actually counterproductive to their larger goals. They need a partner who supports their need to move through society. They need a lot of “in the field” experience to fully manifest their potential. This does not mean that monogamy is counterproductive for them—it is the need to interact *mentally* with a variety of different people that must not be limited.

ACTING ON ASSUMPTIONS

Of all the “tricksters” in their subconscious, the one that most often sabotages relationships for Gemini North Node people is the tendency to assume. When they act without gathering facts or sharing information with others, they set themselves up for disappointment. When in doubt, they need to talk to the other person and listen without judgment. When they assume others know that “all is well,” they often get into trouble. When they check things out on a daily basis—finding out how the other person is and giving information about how they are—they will be much happier. To experience successful relationships, they must go out of their way to keep the lines of communication open.

LACK OF COMMUNICATION

When these folks are in a relationship, they tend to assume that others know what they are feeling and experience what they are experiencing. For example, I had a client who spent an absolutely beautiful, perfect night with

a man. He never contacted her afterwards, and she assumed that he had experienced something different than she did. But the fact is, she doesn't know! There could have been a hundred reasons why he didn't call her: He may have lost her phone number; he may have been in another relationship that he hadn't completed; something may have come up that he had to take care of first and then he felt embarrassed to call after so long; or her conclusion may have been correct. But her best bet would have been to pick up the phone, ask him how his life was going, share with him how much she enjoyed the evening, and find out why he didn't call her. These folks need to apply some of their faith in positive outcomes and take charge of creating positive results in their own lives.

When they're in a relationship, Gemini North Node people often don't call the other person for extended periods of time. If they're going through anything negative or are unsure of something in their life, they don't want to get in touch because they don't want to have to say: "Actually, my boyfriend just left me," or "They took my credit cards away." They want to wait until they've "got it together" so they can share the positive—they don't want to communicate when they're not at their best.

Naturally, a lot of people interpret this lack of communication as a lack of interest. These folks have lost in many a romantic relationship due to lack of communication, when the other person assumes they aren't interested and gets involved with someone else. If they are truly interested in maintaining a relationship, they cannot assume the other person knows that "all is well." They need to pick up the phone or send a card on a regular basis to maintain the connection. If they are going through a period of doubt or uncertainty, they could communicate that: "Well, I hesitated to call you because I'm not ready to see you right now. I need to complete some things in my life, but I wanted to let you know I'm thinking about you and I wanted to see how you're doing."

If there's a misunderstanding, these folks need to take responsibility for straightening it out. They might also find it helpful to alert others to potential problems: "Sometimes I don't hear what people say because my mind jumps ahead. If you think I haven't understood you, please let me know because I want to communicate clearly with you." Gemini North Node people can be thinking something and assume it has been understood by other people. It's a shock to these folks to find out that the way *they*

interpret the world is not the way everyone else interprets it. It's essential for them to double-check with others and be conscious of verbalizing what is on their minds. If they tactfully make others aware of their various thoughts and ideas, they will find their relationships shifting in new and positive ways.

COMMUNICATING FEELINGS

When Gemini North Node people take the time to accurately share their point of view about their own personal experiences, others are deeply moved. As a result, Gemini North Node people experience the joy of acceptance and empathy. When they share things without having to be "right" or prove a point, the results will be heartfelt. To reach others on a soul level, they must speak the truth about what they are experiencing.

For example, I had a client with this nodal position whose girlfriend made some unexpected charges against one of his credit cards at a clothing store. He confronted her, and even though he already knew it involved clothes, he wanted her to confess what she had spent the money on. When she said "household items," he became so obsessed with making her tell him the truth that she ended the relationship. These folks hate lies, and they tend to respond with self-righteous indignation when they think they have been lied to. However, in this case the man's response was also not the truth. He should have said: "There's something I'd like to discuss that's very important to me. I found some unexpected charges on my credit card, so I checked to see if there had been a mistake. There were three credit slips for clothing with your signature on them. You know I've always been generous—I want you to have nice clothes—but I feel hurt and betrayed because you didn't ask before using my credit card."

Then, from that honesty, the next level of truth could have emerged. By putting forth the facts and his honest feelings, he would have opened himself to see her character more accurately. Either she would have changed to be in greater ethical alignment with him, or he would have seen that she was an inappropriate partner for an intimate relationship. These folks have to give others a chance to grow ethically. They can open space for this only by being willing to act with integrity themselves—honestly revealing their feelings instead of trying to force the other person to be truthful.



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happens. They can call on their natural trust that the universe knows what it's doing when it moves energy between two people. Ironically, they feel no fear at all when the other person asks *them* questions—it gives them a chance to share their truth!

Gemini North Node people want to achieve a higher level of interaction with the other person. They want to expand beyond where either could have gone on their own. But only through really communicating with others can new, expanded ideas and resolutions become apparent.

SOCIAL GRACES

These folks have been isolated for so long on mountaintops that they have forgotten the nuances of how to relate with others. They can be like a bull in a china shop, rushing to accomplish their purpose with a total lack of awareness of the delicate feelings of those around them. They are unaware of social graces and good manners because they are not used to living in society, where people generally get their way in a manner that evokes the support of others. Caring and taking the time to *not* alienate others is valuable, as isolation would create unnecessary obstacles to meeting one's needs. These folks are learning: Social graces will empower them to live in society and gain the benefits.

BODY LANGUAGE

These folks benefit by being aware of others' reactions and body language. They are often more intent on their message than on the effect of their words. They may say something and then notice that the other person looks shocked. Rather than let it pass, they should check with the other person: "I noticed that you just stepped backward. Did I say something that hurt or offended you?" If the other person says "yes," the Gemini North Node could say: "Well, my intention was not to hurt you, so I think we've had a misunderstanding. What was it you thought I said?" Nearly all the problems they have in relationships can be traced back to careless communication.

In this lifetime, these folks are learning about themselves and about what it means to be human. As they experience themselves in different situations,

their understanding of human nature grows. Moreover, all their different life experiences teach them something about themselves. As they understand themselves more deeply and recognize the contradictions that are part of the human experience, they come to accept the different facets of their own nature. This opens the way to understanding and accepting the contradictions within others, and they are welcomed back into the family of humankind.

HEALING THEME SONG *

As music is an empowering medium for emotionally supporting us in taking risks, I have written a healing song for each nodal group to help shift its energy in a positive way.

BETWEEN YOU AND ME

The message of this song is meant to effortlessly shift Gemini North Nodes' attention from their own concept of Truth to the bond they naturally share with those around them. From that base, a joyous combination of mutual understanding and genuine connections with others becomes possible, and they can finally experience the energy of Truth they have been seeking.

Selected lyrics:

*Between you and me there's a memory of trusting
And being let down in the end
Between you and me there is misunderstanding
Ready to come up again . . .*

*Yet—between you and me there's a magnet that draws us
Between you and me there's a path and a promise
Between you and me are the feelings that bond us
Between you and me—there is Love!*

* These lyrics are set to music and sung in their entirety on the CD and cassette tape "Unfolding As It Should."

North Node in Cancer

and North Node in the 4th House



OVERVIEW

Attributes to Develop

Work in these areas can help uncover hidden gifts and talents

- Noticing and validating feelings
- Empathy
- Nurturing and supporting others
- Building one's own foundation and security
- Honest disclosure of feelings and insecurities
- Humility
- Accepting others' foibles and fluctuating moods without judgment
- Staying centered in one's own feelings



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others know how they feel. This can be difficult, since they fear others' emotional reactions and are afraid they won't know how to respond if the other person gets upset. This may intimidate them and keep them from speaking directly, since they don't want to have to justify their feelings. It's enough to say: "Look, when you said that, it hurt my feelings." Or in business situations, it's enough to say: "Look, that's how I want it."

Cancer North Node people are still learning not to let anyone invalidate their feelings. Feelings are a personal matter; each person is the only one who can accurately describe what he or she is experiencing. For example, if I stub my toe among a crowd of people, I might say: "Gosh, I just stubbed my toe. It's really throbbing." One person might respond: "It doesn't really hurt that much; I've stubbed my toe before." But the fact is that I'm the authority: It's my toe and I'm the only one who knows how it feels.

In the same way, no one can invalidate how a person feels emotionally. Only that person knows if he or she feels disappointed, hurt, insecure, or left out, just as only I know how much it hurts to stub my toe.

SECURITY

FOUNDATIONS

These folks need to focus on connecting with their own foundation. In this way they will have a secure place to "be," which is essential for them to experience authentic, deep sharing. Once they are in touch with their own foundation they can venture out and successfully interact with others. If the other people's energy becomes too intense or disruptive, they can pull back into themselves. But if they haven't connected with their own "home base," they may inadvertently identify with other people's foundations and try to control *them* in order to stabilize the relationship. When Cancer North Node people are in touch with the "home" inside their own body, they become more comfortable being around other people.

Purchasing a home is another avenue that can strengthen these folks' sense of having a foundation. Sometimes, when we do something on a material level, it also produces emotional healing. This is the case with Cancer North Node people owning a home. Once their home environment is secure and comfortable, they feel more confident in accomplishing what

they want in the world. Having a stable home is empowering for them. They feel more secure, more grounded, and safer just being themselves.

Actually, these people have excellent real estate karma and would do well in this field. As brokers or salespeople they gravitate to “good deals” and have the business acumen to know how to make the sale workable for everyone involved. They can see homes objectively, as a business, and are not distracted by the emotional considerations and feelings others have around “their homes.” They locate homes that fill their clients’ bottom-line needs (close to good schools, within a realistic price range, etc.). They sense what is important to the other person. They are also good at structuring deals creatively so that the purchases can take place, even when it seems impossible.

On a business/investment level, they are great at finding a “good real estate deal,” fixing up the property, and renting it out. In this way they are able to start a business that can grow as far as they want to take it. They know how a property can be used to its greatest financial advantage (for example, dividing a large home into separate apartments and renting them). However, their good real estate karma applies only to properties that already have a structure on them—not necessarily to bare land.

BELONGING

These folks have spent many lifetimes standing for causes outside themselves; now part of them feels nomadic. They are always on the go, looking for the next goal to achieve or project to undertake. Their deepest need is to feel comfortable and to feel they can relax because they belong. But it is difficult for them to think they truly “belong” anywhere; even with their families they often feel they don’t really “fit in.” The first step toward changing this is to gain a sense of belonging within themselves, which they can do by remaining true to their inner impulses.

For example, if Cancer North Node hears potentially upsetting gossip about a friend, his best bet is to get in touch with his instincts. Does he “feel” that the information is true or that there is any reason to be upset? If his gut feeling is calm, then he can trust it. Indeed, Cancer North Node people gain a sense of belonging when they trust themselves and follow their instincts. They also need to experience a feeling of belonging with others,

which they can gain by letting others know when they feel vulnerable. This gives others the opportunity to open their arms and let these strong Cancer North Node people know how much they're loved.

In this lifetime Cancer North Nodes' feelings demand attention; they need to be around others who are sensitive and supportive. It is important for these natives to develop a technique for discriminating between those who care enough to be emotionally supportive of them and those who do not. The best technique is to honestly reveal how *they* feel when others take actions that affect them, and then see how the other person responds.

For example, if one of Cancer North Node's friends has a party and doesn't invite her, the best bet would be to tell the friend directly: "I felt left out when you didn't invite me to your party." No justification, no manipulation—simply an honest disclosure of her emotional response to the incident. If the friend says: "You shouldn't have felt left out—I invited you to three parties last year!" and invalidates her feelings, that gives her a clue that she is dealing with someone who does not really care about how she feels. On the other hand, if the friend says: "I'm sorry you feel that way, and I can understand it, but in this particular case . . ." (and explains what happened), then Cancer North Node knows this is a person who responds to her feelings.

These folks tend to hide their feelings from others in intimate relationships. The irony is that this prevents them from developing the intimacy they seek and hinders them in establishing the interactions that would help them feel fulfilled. Intimacy is a by-product of revealing personal feelings and having those feelings understood and accepted by another. Feelings add fullness to life, and it is the birthright of Cancer North Node people to open themselves and experience the satisfaction of mutual caring on a deep, personal level.

RELATIONSHIPS

CONTROL

For Cancer North Node people, the tendency to control is the major pitfall in their intimate relationships. It's so automatic, they don't even know they're doing it. They are always two steps ahead, attempting to manage the



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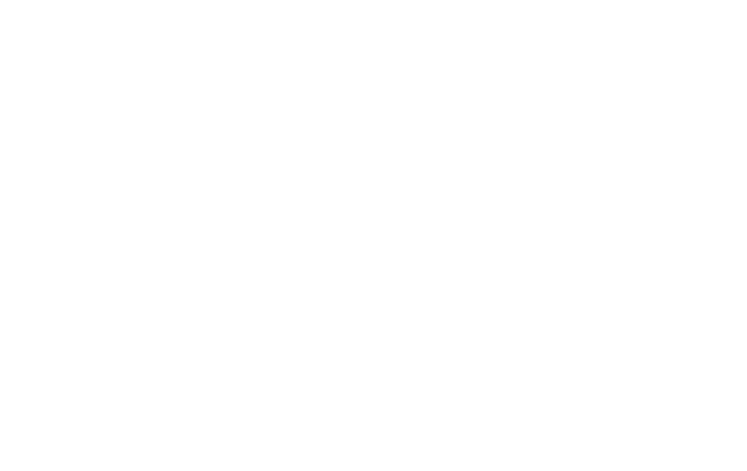
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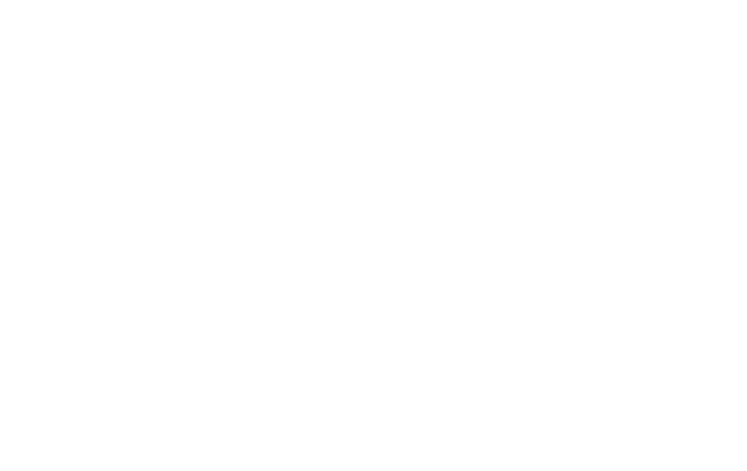
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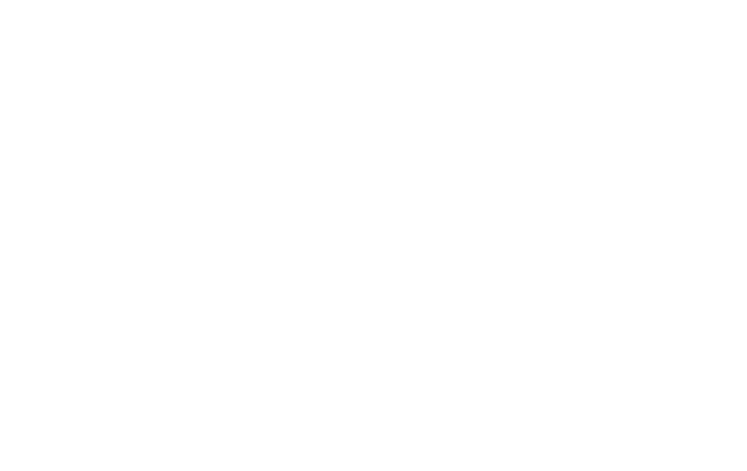
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to them! It's not that they can't enlist others to help . . . but no one else is going to take the helm.

They know what's going to happen—they "see the writing on the wall" and think others see it too. But this is not the case. Often people are so involved in the drama that they are unaware of the patterns that cause unhappy outcomes for themselves and others. But when these folks take charge, it works for everyone. They have a special talent for seeing what's going to happen and translating it into constructive leadership. Rather than sitting back and allowing the potentially disastrous circumstances they foresee to come about, they must participate—use their input to alter the course of events to achieve a more positive outcome.

SELF-ACCEPTANCE

Leo North Node people are learning self-acceptance: to accept and embrace the child in their own nature. They are learning to acknowledge that they, too, have needs and to recognize and pursue what makes them happy. Once they accept themselves by acknowledging their wants and needs, then others can accept them and help them get what they want.

These folks tend to be very hard on themselves, because even though they can see what's going to happen, they tend to feel totally unprepared when it does. They need to recognize that this is normal. It's impossible to be prepared for a new situation—that's where excitement, joy, and the zest for life come from! That's how knowledge is gained—from dealing with circumstances that are totally unfamiliar! The best opportunities for testing one's strength and ingenuity are the unfamiliar situations we encounter along our path.

ENLISTING OTHERS

Once Leo North Node people have established where they want to go, it's just a question of getting the folks around them to join the party. The best bet is to be straightforward in stating their direction, sharing the basis from which they made their decision and then inviting others to join them. For example: "In the larger scheme of things, this is what I see going on. Therefore, I have decided to go in this direction. Now, given the circum-

stances, do you feel you would like to join me, or do you feel there's another direction you would rather go on your own?"

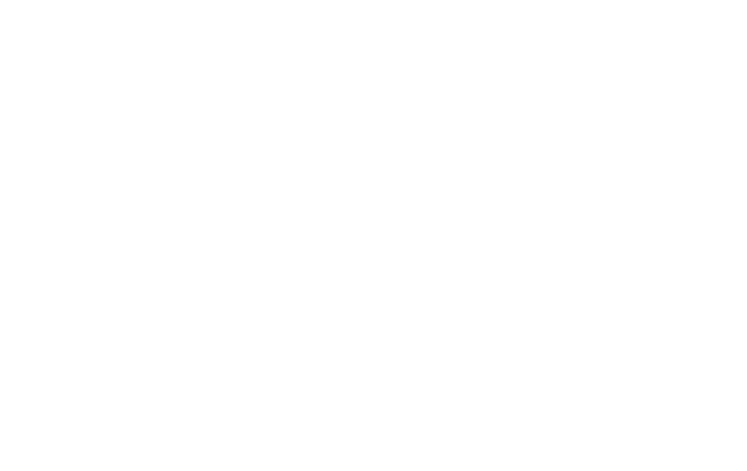
I had a client with this nodal position whose job was to bring his industry into the computer age. To do this, he had to enlist the cooperation of the plant managers. So, he went to each plant to convince the managers that the age of computers was inevitable and there was no choice but to computerize. They agreed in theory; but when it came to actually installing the computers and changing procedures, the managers voiced all their objections and continued to do things in the old way. He met opposition and struggle at every turn.

It would have been much simpler had he spent less time explaining and more time asserting his will. For example: "I'm sure it's clear to everyone that the age of computers is here. Therefore, this plant will be fully computerized by June of next year. Now we are going to need plant managers who can work with this. Do you think you will be able to adapt and learn the new systems? Do you think you will be able to come into alignment with what we need so you can continue on board with us?" Then the plant managers' energy would have been geared in the direction of cooperation rather than opposition.

FUTURE ORIENTATION

Leo North Node people have an innate capacity to recognize things before they happen: to appreciate an art form before others see its value, to see real estate opportunities before the idea occurs to others, to notice trends before they become popular. Their challenge is to take advantage of the opportunities they see. This is why they seem to have "good timing"—they see how things will unfold, and when they are on "on track" they put themselves in a position to benefit as the situation develops.

However, their tendency to withdraw can tempt them to resist using their potential. An opportunity may inspire their enthusiasm, but they may pull back because they can see the "hype" or think the people involved have less than noble motives. What they are learning to recognize is that their unique capacity to see the "game" gives them an edge in winning it! And because of their ethical, clear approach, their participation can improve the quality of the game for everyone.



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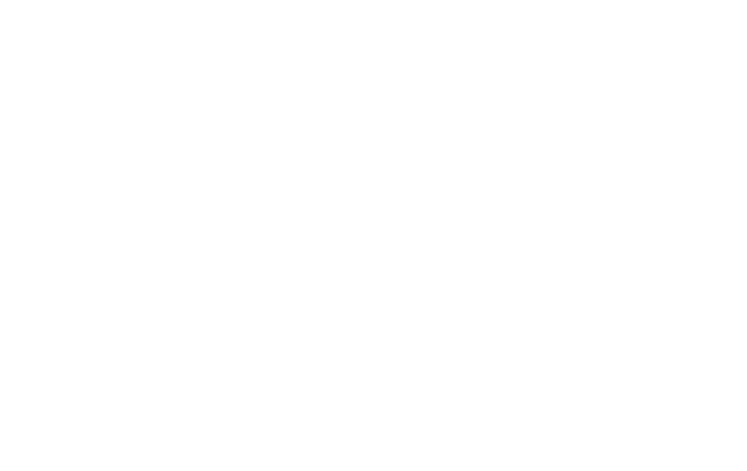
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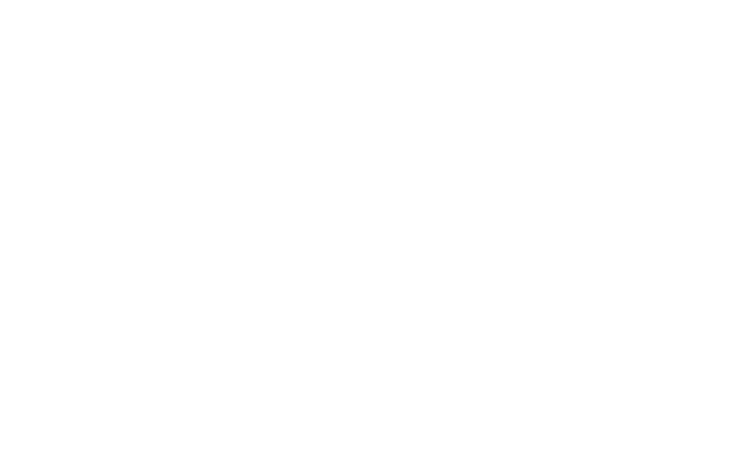
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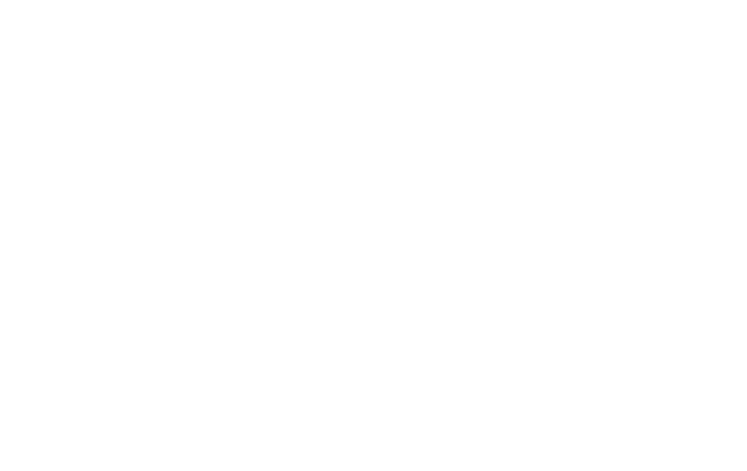
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experiences. They need to remember that sharing experiences with that one special person is more nurturing than reaching their own goals.

Libra North Node people are learning the art of selflessness: putting their feelings aside for the sake of supporting someone else. When they give to another with no thought of return, they become a channel for giving. The universe gives more to them, because they are actively passing on the energy. As they selflessly give to other people, they clear the way for their partners—and for life itself—to give back to them. There is no need to keep a ledger for “fairness” in giving and receiving; when Libra North Node people give to others, they are truly giving to themselves.

ACCEPTANCE

SELF-PROTECTION

Owing to so many past incarnations as warriors, these folks have developed a trait of inaccessibility. They are very selective about the image they project, and if people see them differently, they become upset. They try to control how people see them: “How could they say that about me? That’s not how I see myself!” This defensiveness makes it tough for other people to relate to them.

Libra North Node people may indulge in unexpected behavior, because they don’t want others to be able to figure them out. It’s a tactical maneuver. Fearing that people won’t find them interesting, they resist being completely “known.” Also, this nodal group regards all the other groups as the same, and they don’t want to be like everyone else. They’re afraid that exposing their emotions and checking in with people will make them like everyone else—and they won’t be different and exciting anymore.

INDEPENDENCE VERSUS INTERDEPENDENCE

The warrior in Libra North Node people wants to have sharp wits, independence, and no emotional ties so that it can move on at will. In their psyches, the muscle of independence has been overexercised in past lives and now can rear its ugly head at the most inappropriate times and ruin relationships that might have been nurturing.

It can be somewhat unnerving for Libra North Node people to check in

PATIENCE

In this lifetime, Libra North Node people are learning patience. There are other people on the planet, and Libra North Nodes' lives will unfold most happily when they take the time to include others in their plans. Temper tantrums are a symptom of their impatience. Often, if they don't get their way immediately they'll leave, when it's exactly the situation that would have made them most happy.

These folks have an excess of impulsive energy. In past lives, their rashness was seen as courage that resulted in success and self-glorification—they were heroes! However, “heroism” also created a sense of superiority and isolation from others. In this life, impulsive tendencies lead to defeat rather than victory. When Libra North Node people act on their impulses, they may trample other people's feelings in the pursuit of their own desires and seriously injure the goodwill others have for them.

Because of their impulsiveness, Libra North Node people need to nurture their patience and understand that a certain process of events needs to happen for their plans to be realized. They are often so directed and want things so intensely that the process seems agonizingly slow. They're running at high speed—but there's no war to fight anymore, and slowing themselves down and thinking things through is necessary for true fulfillment in this lifetime.

Because of their impulsiveness, these folks may not fully understand why they want something. If they could be patient, they would see the bigger picture. Then they could explain it to the other person involved, and a lot of problems would dissolve. The other person would be given the opportunity to cooperate and understand.

SENSITIVITY AND CONSIDERATION

Libra North Node people are very sensitive—in an insensitive way. They feel things very deeply themselves, but they can be shallow when it comes to understanding other people's feelings. They experience hurt on a *very* deep level. Because of these intense feelings, they think they have a wonderful understanding of everyone else. But the process fails to take other people's idiosyncrasies into account or acknowledge that Libra North Nodes' actions may affect another person in a negative way. This is behind much of the

misunderstanding in their relationships. Libra North Nodes need to actively search for that deeper level in their connections with others.

Tuning in to another person means temporarily leaving oneself. It's like listening to the radio: To clearly hear the music, you have to stop humming the song in your own head. In the same way, these folks should leave their own mindset and tune in to others' melodies. After they "hear" the feelings and perceptions of the other, they can determine whether they can harmonize with the melody of that person.

These folks have to remind themselves to be aware of other people's needs and feelings. For example, if two friends are walking down the street and one is burdened with packages and the other is carrying nothing, likely the friend carrying nothing is a Libra North Node—no one else would be so unaware of the other person. Things that seem obvious to everyone else simply do not occur to these people. They don't mean to be hurtful; they are just unaware of the damaging effects their self-preoccupation has on others. In this life, if they want the joys of successful, happy relationships, they must consciously cultivate selflessness and an awareness of others' needs and feelings.

RELATIONSHIPS

LACK OF EXPERIENCE

THE WARRIOR LIFESTYLE . . . IT'S JUST ME!

Because of their past lifetimes in military environments, Libra North Node people lack experience in personal relationships. In a military setting, relationships are governed by protocol and firm, objective regulations that are understood by everyone. When it comes to relating outside of a strict set of codes, these folks don't know how to do it. The simplest things about relationships—sharing, mutual helpfulness, and interrelatedness—that come so naturally to all the other nodal groups are totally new areas of discovery for Libra North Node people. When they make mistakes in their relationships it is not intentional or malicious, but rather owing to a habit of following "the rules" instead of relating to people.

Another problem is that warriors don't usually stay in town to build a family—they move on to fight the next battle. These folks can be classic



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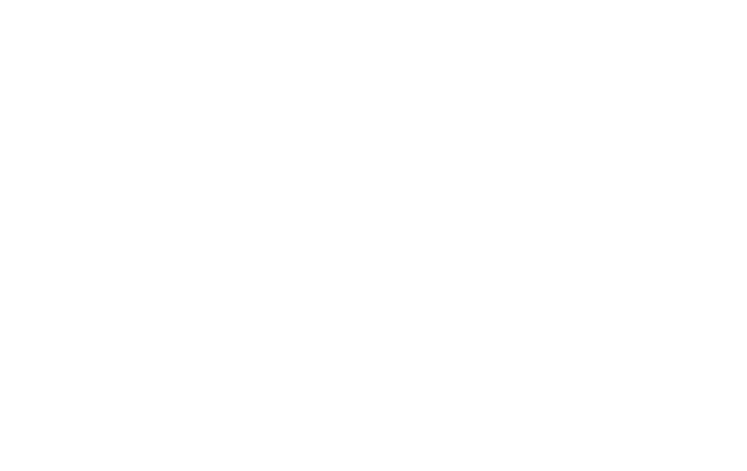
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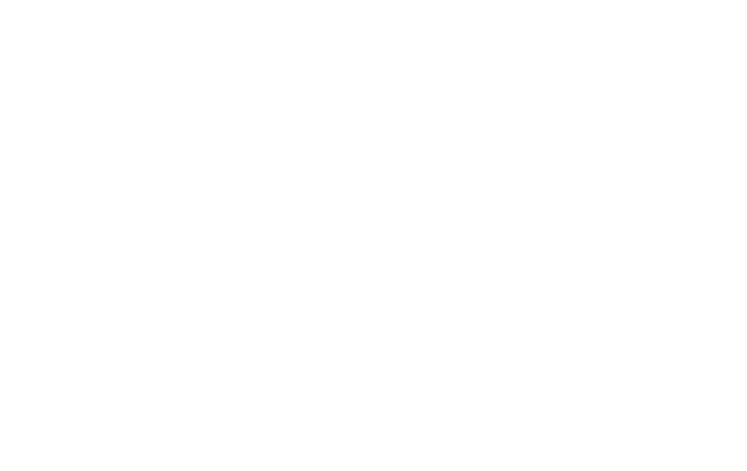
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himself that the job would get done and created the bond of teamwork that these people so desperately need. When they take the time to access it, these folks have a rare gift for diplomacy that can create tremendous affection on both sides, while at the same time accomplishing the goal.

Libra North Node people need to relate with the other person in the process of giving orders. It is not enough for them to simply "state the facts"; the other person needs to gain a sense of their power in the situation. These folks must explain why the orders are important in the context of the overall situation and impart their confidence that the other person can do the job successfully. Libra North Node people think they've made the instructions so simple that anyone could do it, but the truth is that what would be easy for them might be a very difficult assignment for others.

Before giving the orders, these folks should also notice how the other person is feeling. For example, if the other person is already flustered, getting more orders might push him or her over the edge. Their best bet is to acknowledge the other person, emotional frailties and all, *before* giving the orders. Taking the time to establish a solid base for the relationship makes carrying out the orders joyous for the other person and is added insurance that the job will be done correctly.

Another good approach—especially in goal-oriented situations—is to say: "This is where we're going, this is how I want it done . . . but how would *you* do it? If you have a different idea, please let me know."

ACKNOWLEDGING INDIVIDUAL DIFFERENCES

Libra North Node people find it difficult to fit freedom and creativity into their lives. They like things to be direct and orderly, and it can be hard for them to go with the flow. Other areas of conflict can stem from the fact that these folks like to "test the fates." On some level they believe: "I'm the center of the world! Nothing can touch me!" And generally they don't get hurt, even in high-risk situations. This unique style of operation works for them. The problem comes when they decide that other people should have the same approach. "Just press through your limitations" is their recommendation. But what works for them is not necessarily going to work for another person. Their job is to support the other person in reaching his or her own goals, taking into account that person's unique style.

sensitive to the other person's insecurities and more open to revealing their own vulnerabilities. When they are more intimate, they are able to grow. But when they don't become more intimate, they remain unapproachable and inaccessible.

When they are hurting, Libra North Node people's first instinct is to pull back and not let others know they have been affected. In this lifetime they are learning the value of opening up and allowing others to take care of them. In sharing their vulnerability, what they were originally ashamed of becomes something they can celebrate, and they find themselves bonding with others in an authentic way. Now they can allow others to know them—rather than the image they project. These people have innate honesty, courage, and directness. It can be a leap forward in self-discovery when they allow themselves to be vulnerable with others.

Libra North Node people are afraid that if they expose their vulnerability—if they don't have it “all together”—they're going to lose the people they want to impress. Instead, exposing their vulnerability endears them to others. Further, it helps others know how to support them and give them confidence. They include the other person in their lives on a deeper level and feel accepted by that person at the same time. The old feelings of isolation melt away.

When these folks allow others to share their fears, their innate courage inspires everyone to make deeper connections. They find that others have been through similar situations and made even more drastic mistakes. Making mistakes, learning, and growing is part of being human—quite different from the “war machine” Libra North Nodes experienced in past lives. For these folks, pulling down the wall between themselves and others can be like a warrior putting down his shield—it's scary. But to be fulfilled, they must be willing to set that shield aside and be vulnerable.

TEAMWORK

Libra North Node people don't have a sense of teamwork. They've had no past life experience with it. As warriors, they take on the entire job themselves. They become annoyed with others who want to share the responsibility. They want to manage the job on their own because they're afraid the other person will “mess up”—and they won't attain their goal because

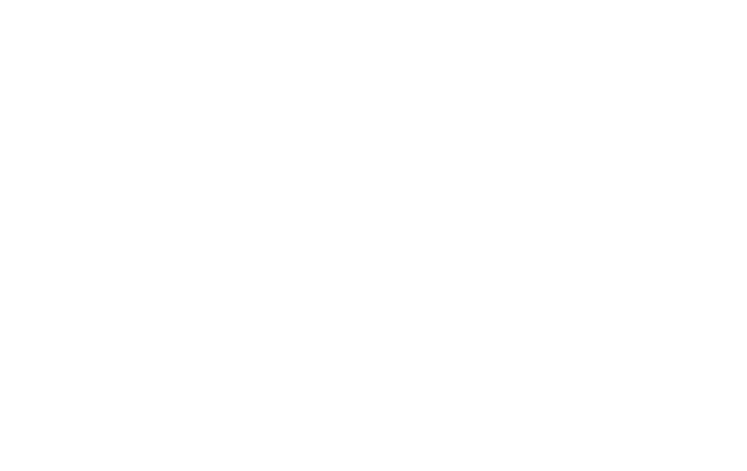
CREATING WIN/WIN SITUATIONS

Libra North Node people are the natural peacemakers of the zodiac. They have a talent to clearly see both sides of a situation or conflict and effectively communicate person A's position to person B, and vice versa. Harmony is established through objective understanding of the other's position. This ability qualifies them as marriage and family counselors—or any role that requires balancing two different points of view, including diplomacy. As a side benefit, when Libra North Node people help others become objective, they enhance their own ability to respect the identity of others. They exercise the muscle in their psyche that helps them find personal balance, peace, and happiness.

These folks have the talent to make a relationship work successfully with rapport, understanding, teamwork, and satisfaction. When they remember to exercise that talent, they almost always create a win/win situation. For example, a Libra North Node man may love to ride fast motorcycles. He has a wife and three small children, and his wife worries about the risks he takes. Rather than understand her point of view, he becomes angry, feels his independence is being threatened, and throws a temper tantrum (a "me versus you" mentality). The issue becomes an "impasse" in the relationship. Over a few years, the situation becomes one of many impasses in which there is no reciprocal communication, and thus no resolution. The couple drifts apart and the marriage is over (emotionally, if not physically).

Let's look at a win/win alternative. The first time that his wife voiced concern about his motorcycle, the Libra North Node man could have taken a deep breath and sat down to talk with her. He could have asked her questions to find out *exactly* what she was concerned about. Just the fact that he took the time to sit down with her and wanted to know her point of view would have created an atmosphere of rapport, caring, and support. Once he understood her concerns, they would have had the opportunity to work out a resolution.

The key is in finding a resolution *together*—after all, this is not a "do it yourself" lifetime for Libra North Node people. If the wife feared he might have a fatal accident and she would be left with the financial responsibility for their three children, perhaps they could take out a hefty life insurance policy that would give her a greater sense of security and allow her to



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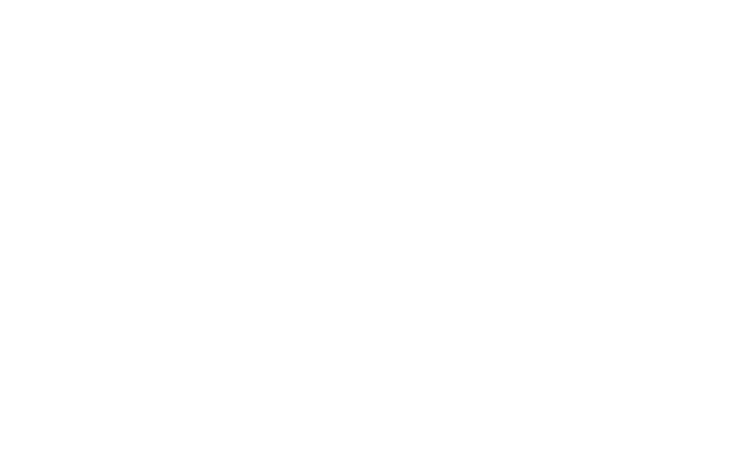
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habit of releasing money with love. When they pay their bills, they can consciously feel love around the process (they have to spend the money anyway; they might as well feel loving about it!). When they write the rent or mortgage check, they can consciously send love and wishes for prosperity to the person or bank. If they add the ingredient of gratitude ("Thank heavens I have enough money to be able to pay my bills") rather than begrudge their expenses, they become receptive to more money coming in to meet their expenses and thereby strengthen the energy of good financial karma coming into their life.

Another key to increasing their capacity as money magnets is to consciously praise the universe for the financial bounty currently operating in their life. Even if it's only a little, the idea is to appreciate and feel grateful for what is there rather than desiring more—which, on an energy level, translates into fear and anxiety about not having enough. Gratitude for what they have releases anxiety so they no longer block the flow of money and material things. If they let money and possessions pass through them in love, more will always be there.

ACCUMULATION AND OWNERSHIP

These folks are so used to accumulation from past lives that they think solutions have to do with more accumulation. They think that if they can describe their problem they will own it. They know themselves—all their functional and dysfunctional areas—so they think there's nothing else to know.

If they share a problem with a friend, even if the friend offers a solution that could lift the problem from them, when they leave they take the problem rather than the solution. They don't want solutions. They want the feeling of accumulation, and that means holding on to their problematic patterns. They don't realize that through the process of accumulation and ownership they are accepting limitation after limitation, until soon their life is boring and stagnant. For Scorpio North Node people, gain is equivalent to letting go of limiting ideas. In this incarnation they are learning to value the input of others and to gratefully allow the solutions coming through others to lift their self-imposed limitations. Then they become free and begin enjoying life's vitality.

The theme of accumulation was a primary focus in past lives for these folks, and it carries over on every level in this incarnation. In this life they tend to save everything long beyond the point of usefulness or need. They are learning that too many possessions are an encumbrance, slowing down their mobility and the vitality of change. Having excess possessions is like weighing an extra 40 pounds—it's tiring!

In the Bible, the old wine had to be poured out before there was room to receive the new. If Scorpio North Node people want new activity in their lives, they must get rid of excess. For example, they have clothes in their closets they haven't worn in fifteen years—maybe even of a different size—yet they think they "may need them in the future." The best thing they can do is go through their closets and pack up stuff for Goodwill or other charitable organizations. The idea is to have more trust in life: If they have a need, the universe will fill it. They don't need to hang on to things to protect themselves from lack.

They will be amazed at how this re-energizes their lives. Once they have decided to give something away—or walk away from something—they must not look back. These folks have such strong accumulation karma that if they look back at a relationship they've left, or think about a possession they've decided to part with, they're goners. They'll bring it back into the house again.

Scorpio North Node people make their lives a lot easier when they release attachment to ownership on all levels. They are even reluctant to allow the input of others because they want total ownership over ideas as well as material things. They don't want to say "It was his idea" because they want the ownership and the credit. Also, they want to be part of the deal—they're afraid that if it isn't completely "their thing," they might be left out. In fact, as long as they are a source of power for a project, others won't want to leave them out because they depend on these folks.

REVITALIZATION

To regenerate their lives, make money, and gain a sense of power, Scorpio North Node people need the help of others. That requires the humility to say: "Look—you've got an energy I need. What do I have to do to get an interaction going?" They need to experiment to find out what is going to

get the energy they need coming back to them on a practical level, since identifying and feeling that kind of energy in the physical world is new for them. They are not familiar with it because they are not used to looking to others to get their needs met. But the energy they need can only come from other people—who will only give it to them when these folks are giving the other person exactly what that person needs. Scorpio North Node people need to tune in to what others are telling them and support them in exactly those ways. If they feel bogged down in any way, they can team up with another person who is willing to invest time, energy, or money with them—and suddenly that area of their lives will be bursting with vitality.

SELF-DISCIPLINE

Scorpio North Node people may think they have self-discipline, but actually it's a character trait they need to develop in this lifetime. These people tend to excess and often don't set healthy limits in their lives. In fact, they have no choice but to accept discipline imposed from without because they don't have it within themselves. Sometimes they mistake "being driven" for self-discipline, but their compulsive overdoing is really a sign of excess. Self-discipline involves leading the self in a balanced, self-aware way to a predetermined goal—the ability to conceive and execute a plan.

Once these folks do decide to discipline themselves, they go for it! They postpone for a long time with halfhearted efforts, and then suddenly they just do it—they don't give themselves any alternatives. It's easy for them to stray; when they do, they often slide back into excess and feel terrible about themselves afterwards. Eventually, they learn that they experience more self-esteem when they maintain their self-discipline.

For these folks, self-discipline also means directing themselves in ways that are in their best interest. They need to begin treating themselves in the way they are learning to treat others: being kinder, more sensitive, and less driven. They need to periodically ask themselves: "In this situation, what is going to give me a sense of power and a feeling of freedom and vitality?" Rather than going from task to task, they should notice their own needs for rest and recuperation and then to do those things that re-energize them. The idea is to be open to forces *outside of themselves*—whether people or nature—to redirect them in ways that make their tasks and their lives easier.



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person who is very thin and gets cold easily may value bulky winter coats, whereas another person may prefer a different type of coat more suited to her own body. One person may value refined elegance, whereas another feels more at home in a sporty environment. One person may place a high value on physical affection in relationships, whereas another may place more emphasis on mental rapport.

There is no "right" or "wrong" about any of these values. The more these natives are open to learning about another's values, the more they can understand and appreciate the other person and his or her reality. Then they can more easily accept what others are offering without thinking they have to change them—or themselves—in order for constructive interaction to take place.

Scorpio North Node people have great business karma, since, in the business world, they tend to be more open and accepting of new ideas. In business, people share a common goal: making money. When it comes to making money, very little conflicts with Scorpio North Nodes' value system because they are able to focus on the larger goal. Someone could approach them with a business idea based on ideals very different from their own, but they would still listen because the end result would be something they value. And that is the key. In any area of their life, these natives need to focus on shared values and be willing to adapt their process to work with the other person.

If their values in any area are too limited or narrow, they are in constant conflict with others to maintain their ground. For example, if their religion is limited to only one belief system, they must be on constant alert to repel all contrary beliefs. However, if they search for a deeper value (for example, the *purpose* of religion being to promote universal values of love, forgiveness, harmony, self-understanding, ethics, etc.), then they can accept different pathways for reaching those larger goals, which could be enriching.

INVOLVEMENT WITH OTHERS

In relationships, Scorpio North Node people tend to take over the decision making for the team. Their partners may say: "Why can't you just be in partnership with me? You always go off on your own and do it the way *you*

want to do it." Scorpio North Node people don't realize that when they leave their partners out of the decision-making process, they inadvertently invalidate the others' worth.

These folks have a tendency to "push against" the other person, to use the other's energy as motivation to do things their own way. They can use the energy of the partnership to fuel their own direction, without recognizing that it is the partnership that is empowering them. They need to be aware of and have the humility to acknowledge the difference in their own personal power that their partner has made. Once they realize how much the other person has contributed, it will be easier for them to include their partner in the decision-making process. Sometimes Scorpio North Node people just want to go off on their own and not have to consider others, but they will have better quality time alone when they include their partner in their plans, because then the other person will support them.

If they have a problem, their first instinct is to keep it to themselves rather than invite the perspectives of others, and they tend to project that other people are also that way. They assume that others want them to stay out of their business, when in fact the opposite may be true. When these folks attune themselves to the other person to see how they can truly help, others welcome their ideas, perspectives, and suggestions—the Scorpio North Node person feels validated, and everyone wins! And just as they have the power to help others, others have the power to help them when they have the humility to receive.

In becoming involved in other people's business, motive is the key factor. If Scorpio North Nodes' motive is to make a judgment or try to "fix" the other person so he'll do something their way, the other will sense it and become resentful. Or if the silent message is: "You should have done more," the other person will sense it, become discouraged, and rebuff the Scorpio North Node person. But if the motive is truly to become lovingly involved with the other person, he'll feel *that* and respond with appreciation.

These folks are in charge of their underlying motive. If they are in doubt about whether to approach another person and ask about his or her affairs, they can first ask themselves: "What is my *motive* for asking?" If the motive is to change the other person, their best bet is to back away because they will lose. If the motive is to gain a better understanding of the other person,

At work, for example, if someone says the head of the accounting department is doing an excellent job, a person from this nodal group may say: "Well, I knew the head of another accounting department who could run rings around this fellow." When an employee does a good job, instead of complimenting her on her success and good points, Scorpio North Nodes may make light of the accomplishment while faulting her in another area. Something in other people's performance is always wrong or "less than" it could be, according to these folks' appraisal. As a result, those around them become discouraged—they feel their light has been diminished and their value discounted. Scorpio North Node people truly do not realize how much damage they do to those around them or how they lose points in the eyes of those they would like to impress. It would be in their best interest to become aware of and release the habit of downgrading others.

One experiment that can help them break this habit is to begin noticing one good thing about each person every day. Perhaps the secretary has a pleasant voice or a way of putting customers at ease when they are waiting for appointments. Perhaps the accountant goes out of her way to have the figures the decision makers need so they can act quickly and make the most of good opportunities. The idea is to consciously appreciate one good thing about each person each day. This will be a great help in reprogramming their past-life tendency to diminish others, and in enhancing their innate ability to appreciate them.

Scorpio North Node people need the validation of others in order to feel good about themselves in this lifetime. Partnerships work for them—they need the energy—and they are learning to have the humility to recognize this. Being essentially practical people, they can say to themselves: "Okay, the truth is that I need the validation of others to be happy. Now, what do I have to do to get it? I'd better find out what's important to them and give it to them. And, if I include them in my process and make *them* feel important, they will make me feel important." This approach will work for Scorpio North Nodes as they remember to openly notice, appreciate, and validate others—their good qualities and the work they have done. Scorpio North Nodes neglect this crucial step when they forget that they need others' validation to feel good themselves.

In every area of their lives, it works best when these folks have a powerful partner whose strengths they admire and talents they recognize. As they

the other person's energy field. If they tune in to the motives of the other person and feel degraded, that person probably has harmful intentions toward them or is appeasing them for personal gain.

The right partner will spark new ideas that stimulate their own energy, creativity, and excitement. There are people with whom they connect very powerfully; when they become energized about a certain person, they are finally willing to relinquish outmoded values. Now they are dealing with a force that is more powerful than their values, and when they follow it, the relationship works. (If finances are involved, they can be motivated to take the risk by reminding themselves that they will make more money when they team up with the financial energy of another.)

BONDING

Scorpio North Node people are destined to experience a total bonding with another on a one-to-one basis. The problem is that although bonding is what they most long for, at the same time they are terrified of it. They fear that if they let go of what they know, there will be nothing for them to hold on to. The irony is that when they begin experimenting with new ideas, they feel less need for control because the excitement is so satisfying.

These natives have an amazing capacity for bonding, owing to their ability to make others feel understood. When they listen deeply and understand the other person, their attentive listening makes the other feel loved and accepted. Their talent for listening also allows them to connect with the psychic energy of another and to bond with that person if they choose. It is this deep bonding with others that is their passport to renewal and release from stagnation.

PSYCHIC SENSITIVITY

Scorpio North Node people have the ability to "tune in" to the hidden thoughts of others. When they stand near someone, if they open up to receive that person's energy they will know his or her character and motives. When they misjudge someone's character, it's because they are projecting their own values on the other person. When they do this, they can be



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INDECISIVENESS

Sagittarius North Node people have a tough time making decisions. They are accustomed to seeing both sides, so even when they *know* what to do they also see the alternative viewpoint and get confused. For example, if they ask themselves: "Should I go to the party or stay home and rest?" they have an instinctive "knowing" or "feeling" that tells them which choice will make them happy. But then they question their knowing: "Yes, it would make me happy to stay home and I need to rest, but if I don't go to the party, maybe I'll miss something. . . . On the other hand, I really need the rest—I've been out three nights in a row. . . . And yet *this* party might be attended by some very interesting folks . . ." and on and on. Pretty soon they can't make a decision. To avoid this problem, they must not allow themselves to question their first feeling of "knowing." Their intuition is almost 100 percent accurate. They are learning to recognize it, rely on it, and allow it to lead them. Additionally, they need to trust that they won't "miss" anything or anyone that is truly destined for them. When they follow their spontaneous inner knowing, they will always be "on track."

These folks are indecisive because they think of so many reasons for going in any direction. It's never just between yes and no—it's "yes, because of such-and-such" and "no, because of something else"—until it becomes so convoluted that they can't decide at all.

SECOND-GUESSING

Sagittarius North Node people go through a lengthy and nerve-wracking process of second-guessing themselves (and others) owing to insecurity. They don't trust their intuition. In past incarnations, they were so accustomed to being part of other people's lives and ideas that they lost touch with their own identity. All their past lives of identifying with society have taught them reliance on others. But now they need to rely on themselves—without trying to "explain" their intuition. When they apply logic to intuition, they become even more confused.

This process is very painful for them. They become so internally conflicted that they feel they have no stable base. These people can see the pros and cons of any decision, and by the time they've thought through all the possible ramifications it feels like a "no win" situation. The entire process is

associated with loss: What do they stand to lose with each of the different options? By focusing on this negative aspect, they become more and more insecure.

Yet what these folks really want is to *win* something. They have to stay focused on their goal, and when they consider others, it should be in terms of who can assist them in getting what they want. The irony is that the minute they make a firm decision, the universe supports them and everything works smoothly and beautifully!

However, before they reach this point, they drive the people around them crazy because they want to check each decision with everyone they know. Their good friends can hear what these folks really are seeking behind their frantic, “logical” points of view and lovingly point them back to their original, intuitive knowing. Sagittarius North Node people need a lot more help to make their dreams come true than they realize. They need spiritual help—straight from the universe itself—to reach their goals, and it is available to them in this lifetime if they are open to it.

They are learning that to take the next step toward their dreams, it is necessary to let go of the step below. Loss is always part of a greater gain. To gain the benefits of an independent lifestyle, they must let go of dependency on their parents; to gain the benefits of a promotion, they must let go of their former job. They need to stay focused on gain—the new growth, environment, and people that surround them as they work toward their goals and follow their spontaneous inner prompting.

Sagittarius North Node people need to switch their sense of responsibility from *evoking* a desired response to *being an accurate channel* for their gift of inner guidance. Instead of being the caretaker, in this lifetime they are to be the initiator. It’s so simple if they let it be! The minute they make the decision: “I’m choosing this,” or “I’m taking that road,” they reach a new level. They don’t have to go through the painful intermediate process of second-guessing themselves. All they have to do is to trust what they intuitively feel to be right, decide to follow their intuitive path, and use their logic to figure out the best way to make it happen.

When they’re trying to figure out how others will react, what they are seeing is how others would react *before* they make their decision. But when Sagittarius North Node people *make* the decision, it actually changes the other person’s reaction. Thus, Sagittarius North Nodes cannot logically

Thinking or speaking in terms of options is counterproductive for Sagittarius North Node people, and it doesn't work for them to give others options, either. They need to be direct: "This is what I want and when I want it." If the other person doesn't like it he or she will leave, making room for someone of greater affinity. If the other person *does* like it, he or she will support and respect the Sagittarius North Node person and the relationship will become closer.

Facts are also not helpful to these folks, unless they are using them as a springboard to launch their intuitive process. If they are seeking more and more facts for the purpose of finally making a decision, it's an endless process. They can never get enough information to feel certain about their decisions. When a decision is based only on information, they change their mind when new information becomes available.

But truth doesn't change; so when they are making decisions based on an inner feeling or intuitive knowing, they have the power to stay with it. For example, I had a client with this nodal position who was having digestive problems. She read a myriad of books but was unable to heal herself. She would start down one path, read new information, change her mind, and go in another direction. Then one day she started a program that put her in touch with her own truth: She fasted for three days and then gradually began to reintroduce foods in a prescribed order, noting how her body reacted to each one. She then concluded—from her own personal, internal experience—which foods caused her problems. She is now committed with 100 percent certainty (rare for these folks!) to staying within her dietary guidelines because the decision is based on her own personal experience.

If these folks have really lost touch with their intuitive knowing, they could make a list of pros and cons regarding the matter ("Should I buy a new car?" "Should I apply for this job?"). They should write down *all* the pros ("A new car would boost my spirits, give me more self-confidence, provide reliable transportation, etc.") as well as *all* the cons ("I would have to come up with extra money each month; my mother will say I'm being extravagant; I'll have to sell my current car; etc."), leaving nothing out. This helps empty their minds of all concerns and considerations. Then, once everything is written down, they can stand back and assess the situation objectively. The process releases them to see the "bigger picture" and puts them back in touch with their intuitive truth.



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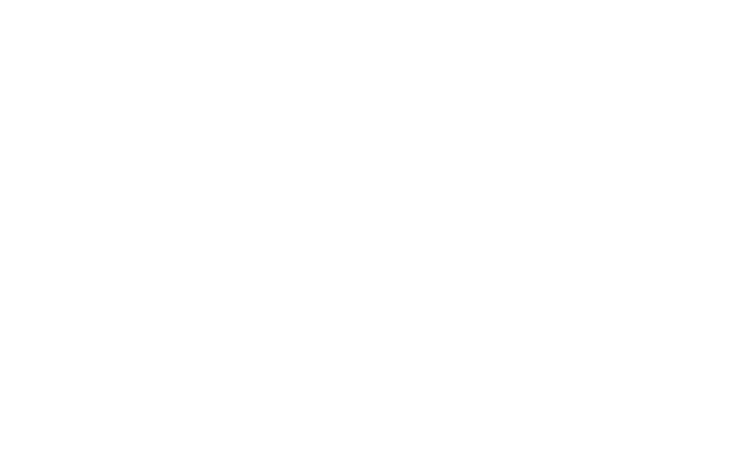
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other person is worthwhile. They will gain more satisfaction and a better understanding of both themselves and others.

Capricorn North Node people also tend to project their own needs onto others, rather than hearing the other person's needs. They may even say: "Tell me what you want, and I'll see if I can do it"—but then they don't hear what the other person says. They hear the words but don't understand the meaning, so they can't act on it. Especially if the relationship has emotional or personal overtones, the other person's communication may seem threatening. This is because deep down, they think they are incapable of filling other people's nonphysical needs. They're afraid that even if they understand, they won't be able to do anything about it—and then the other person will be disappointed and they will feel incompetent.

To make their relationships work, Capricorn North Nodes must deliberately concentrate on listening. Even if it's something that they fear may upset them, they must be open to hearing it in order to gain accurate knowledge of what is happening. Their minds work quickly, but unless it's a poignant or pragmatic matter they know they can't process the information instantly, so they don't even want to allow the information in. It is perfectly understandable that these folks don't process information as quickly as those in other nodal groups because their emotions are connected with their minds. It takes them awhile to separate their mental process from their feelings, and they need private time to reflect on the overall picture. Being willing to think about it later gives them the space to listen without feeling they have to respond on the spot.

Sometimes in conversation Capricorn North Node people become flustered because the other person asks for feedback or advice. They're surprised that the other person would respect their judgment. But when they haven't listened, they haven't taken responsibility for wanting to help the other person and aren't *able* to respond. When they are focused on helping others, they can bypass their emotional response and connect with their ability to see the larger picture.

Another block to communication occurs when these folks think they already know everything. And they do know how everything operates in the context of their own world. They know how to maintain the status quo in their family unit, and they're comfortable in their "womb." They fight to

maintain the principles of *their* world rather than recognizing that there are other “worlds” from which they could benefit as well. *They will grow and gain from what they don’t know, not from what they already know.* If they become more solution oriented—open to ideas beyond what they already know—they will no longer fear not having “the answer.”

Not listening also causes them to miss opportunities because they are concerned only with their immediate affairs and not the larger view. In order to stop missing these opportunities, they can consciously say to themselves: “What opportunity is this person bringing me? What is the opportunity in this situation?” By focusing on opportunities that are being presented, Capricorn North Nodes’ capacity to listen will shift to a focused, take-charge mode.

SELF-CENTEREDNESS

Capricorn North Node people often are self-centered, and that is one of the reasons they don’t use their gift of empathy: They don’t want to exert themselves. They regard themselves as very practical people. If they don’t think there’s something they can do about a problem, they don’t want to “waste” the energy. They may think they’re being sympathetic with someone, but it’s not true caring because it doesn’t contribute to the other person’s well-being.

Empathy involves being with someone. It’s an active process: “getting into” the other person’s situation and feeling what the other person feels. What can help these folks make the transition from sympathy to empathy is realizing the shortcomings of sympathy: Sympathy doesn’t solve problems.

No other nodal group has such tremendous capacity for empathy, yet Capricorn North Nodes may be afraid to actively empathize with someone. They sense how the other person is feeling, and they fear that if they allow themselves to experience it, they’ll get hurt too and *still* not be able to help. When they do step out of themselves and empathize with the other person, suddenly the answers come to them and they are able to constructively improve the situation.

For example, I had a Capricorn North Node client whose father recently passed away. The day before his father died, my client entered the hospital

room and his father—who was in an oxygen tent—stretched out his arms and said: “I’m having a hard time breathing.” My client didn’t know what to do to help. So he stayed for a few minutes longer, made an excuse, and left. When he reflected on the incident later and empathized with his father, he realized that he should have simply stayed and held his father’s hand.

These folks have beautiful and loving ways of helping—when they take a few moments to empathize, they know exactly what to do. When they clearly distinguish between sympathy and empathy, they want to be empathetic. They realize it is good to exert themselves and contribute in some way so they feel connected and can establish the intimacy they seek.

GOALS

GOAL ORIENTATION

The salvation for Capricorn North Node people lies in becoming more objective and goal oriented in all areas of life. Without a goal, they drift in a sea of emotions and are pulled under by their own moods and feelings—and those of the people around them. There’s no way out of the fluctuating emotional morass other than to attach themselves to a goal that is larger than their personal life. By holding to that goal, they can pull themselves out of the emotional force field.

In any area of life where they feel bogged down by emotions and needs, they must set a specific goal. For example, if they find themselves bogged down by their children, they could set a goal for ways of dealing with the children (for example, to concentrate on breathing, to maintain a state of serenity). Actually, they may want to establish a specific goal in relation to each child (to support Johnny in being more lighthearted, to help Cindy gain confidence, etc.). By focusing on the goal rather than the child’s current emotional state, they will be able to maintain their own emotional balance and be more effective as parents.

Commitment is key for these folks: making the decision to achieve a role with dignity, self-respect, and the integrity of actualizing their potential. In working toward their chosen goal, considerable character development takes place. Reaching a goal is extremely fulfilling for these folks; it validates their



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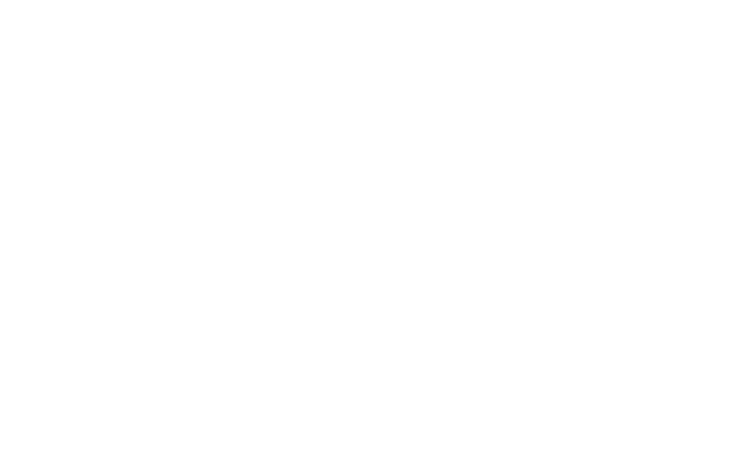
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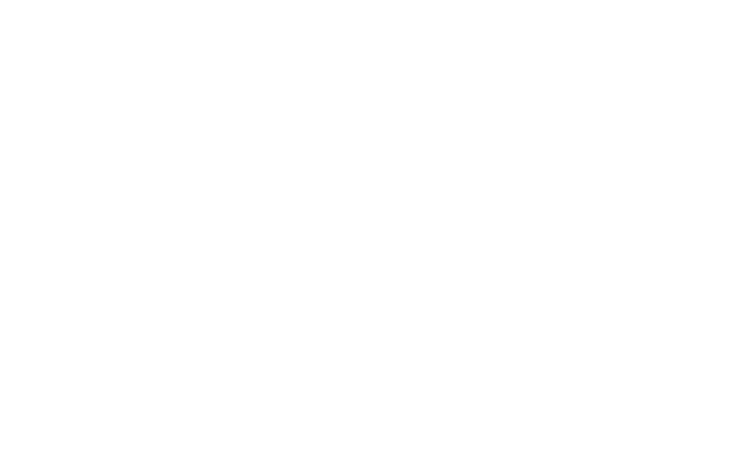
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spouse, parent, or co-worker. Cultivating friendship as the basis for all their relationships is the key for their success.

Friendship is an equal relationship in which both people objectively consider what is best for the other, supporting the other person in what will make him or her happy. For example, if a friend has a once-in-a-lifetime opportunity to accept a job offer 1,000 miles away, these natives will, without hesitation, encourage the friend to accept the job regardless of the fact that they will miss the friend.

Unselfishness in supporting the other person leads to wonderful friendships for Aquarius North Node people. Trust is built, because the other person sees that the native is truly thinking of what is best for the friend, without any ulterior motive. And these folks give great advice! Their friends are loyal because they feel the natives' enthusiasm and good intentions.

In romantic relationships, Aquarius North Nodes' tendency to feel "more special" than others sometimes defeats them. They do not usually initiate romantic situations, so it is often completely unexpected when someone is attracted to them. But if the feeling is mutual, their powerful passions are instantly aroused. The other person usually makes them feel very important. They are put on a pedestal, and past-life memories of being admired begin to stir.

If they don't recognize that the other person needs to admire them in order to fall in love, they lose perspective, begin to take their own importance seriously, and inadvertently start dominating the partner. This attitude can cause the partner to "turn off," and the Aquarius North Node is left with another romantic disappointment. The lesson is to remember that romance involves admiring the specialness *in each other*.

WORKING WITH OTHERS

Owing to their past-life experience, Aquarius North Node people instinctively approach a project with the idea of doing it by themselves, their way. But when they do, not a lot of energy comes back. They are better off uniting with peers who have similar ideals. This is why they have such excellent friendship karma: When they do things with others, they are filled with creative energy.

Anything they approach on their own becomes bogged down and diffi-

they will have no problem persuading others. Indeed, others welcome their creative, innovative ideas. When they focus—and keep others focused—on the higher purpose that is being served, all self-defeating limitations of ego depart. The natives become objective and are able to access their power.

Aquarius North Node people are talented and have much to contribute, but they seldom achieve their highest goals when they resist sharing the credit and the glory. This is a group-oriented lifetime. It takes a lot of people to bring in a New Age, and when these folks unite with others to manifest new values and ideas, success comes easily and everyone has a lot more fun!

ROMANCE

Aquarius North Node people love being in love, but they need to apply the same unselfishness and objectivity in their love affairs as in their friendships. By taking the time to build a friendship before allowing romance to fully ignite, their willingness to “be there” for the other person comes through. This leads to trust, and the relationship has a chance at success.

These folks require equality in every area of their lives, especially romance and marriage. They need to meet their match: someone who is as strong as they are so they don’t overshadow the other person. Both partners should feel complete in their own right. They need to make sure that their basic needs are being met through some vehicle other than the romantic partner. Then they can be a little more objective—not so desperate to get what they want—and they will be more successful with their relationships.

In romance, as soon as they are given special attention it activates past-life memories of when—to keep the attention and adulation going—they performed and gave the audience what it wanted. Now, in relationships, they inadvertently begin to “perform”—to be what they think the other person wants. They can become “people pleasers,” which causes the other person to lose interest, and once again they experience romantic disappointment. They need to stay in touch with their own dreams and actively pursue their goals aside from the relationship.

Aquarius North Node people have an incredible capacity to give love; when they channel all that love into only one person, the receptacle isn’t big enough to contain the energy. They need something bigger. That’s why it is

crucial not to focus exclusively on the object of their passion. If they want a romantic relationship to work, they must consciously divert some of their intense energy to other friendships and toward humanitarian causes.

PASSION

Passion is an intense configuration of vital life energy. When that level of energy is ignited between two people, an instinctive desire for union and bonding arises. However, the process of successful bonding takes time, and Aquarius North Node people don't want to wait. An addiction to romantic passion is a primary area of challenge for this nodal group.

Generally, the other person begins showing romantic interest in the native. At first, these folks don't "get it," but if the other person continues to pursue them, and some physical bonding takes place, then forget it! When passion hits (that is, a combination of physical "chemistry" and a person who meets their romantic ideals), they dedicate their lives to following that feeling and the person who activates it. Because they are so desperate for romantic passion, when it's activated it's like getting a summons. They want to live life without regrets of not having experienced the high points.

Past-life feelings of loyalty and allegiance emerge, and these folks become devoted to their romantic ideal. Suddenly these cheerful, friendly, and emotionally self-sufficient natives become totally influenced by the actions of the other person. If the relationship is going well, they float through the day in a state of bliss; but if their beloved isn't responding, they become insecure and depressed.

When they are apart from the beloved, Aquarius North Nodes' imaginations go wild. They use their enormous power of creative visualization to imagine all the possibilities of the relationship and to idealize the other person. Throwing caution to the wind, they immerse themselves in a blissful romantic fog. It doesn't matter how old they are; when passion hits they become like teenagers in love, which can cause problems in settling down to a committed relationship.

However, these folks usually don't get a chance to settle down with someone they are truly "in love" with—someone who fully activates their passion—because once passion takes over, they lose clarity. They may exaggerate the glory and attractiveness of the other person, put him or her on a



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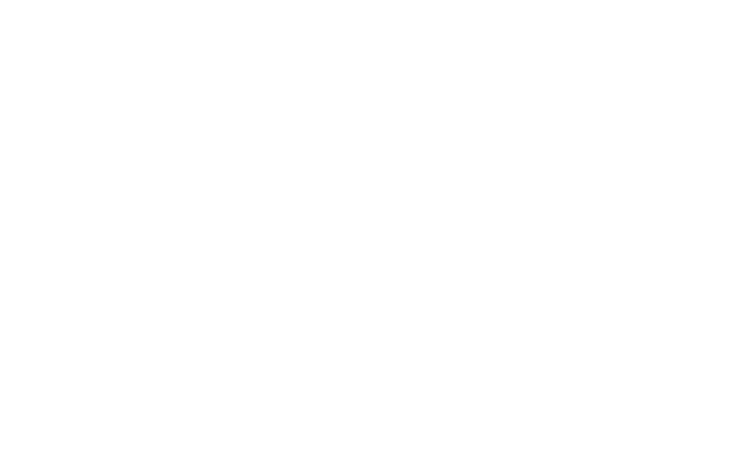
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contrast, if they work to develop a more spiritual focus—through watching themselves objectively and detaching from the material world—they can chart their course from their own vision instead of allowing others to influence them. It's an entirely different reality. They will find themselves responding to a spiritual energy field rather than the emotional energy fields of other people. Turning their powerful concentration away from the material world and toward the intangible world requires conscious focus. When they objectively observe themselves and the way their bodies respond in different situations, they are able to make choices that are not influenced by the force fields of those around them.

EXPECTATIONS

Expectations—for themselves and others—are the biggest source of disappointment for Pisces North Node people in this lifetime. These folks need to stay in touch with their vision in order to really shine—it brings out the best in them. Thus, in a relationship, if they have a vision or a larger goal of what they want to experience (to consistently put positive energy into the relationship, to keep the flow of unconditional love going, etc.), it will work beautifully. They will know what to do at every step of the way. If, however, they are looking at what's going wrong and the ways in which the other person isn't meeting their expectations, everything starts going downhill. They need a higher cause—loftier than their daily activities—to give spiritual significance to whatever they are doing.

CRITICISM AND JUDGMENT

Pisces North Node people fear criticism more than any other nodal type. They can't bear the thought of anyone (especially themselves!) thinking they aren't perfect. So they're caught in a cycle in which they have to perform perfectly in order to avoid the criticism that would make them feel badly. They can lead their entire life around the attempt to avoid criticism—deep down, they fear it would be a tremendous embarrassment or even a public disgrace to make a mistake.

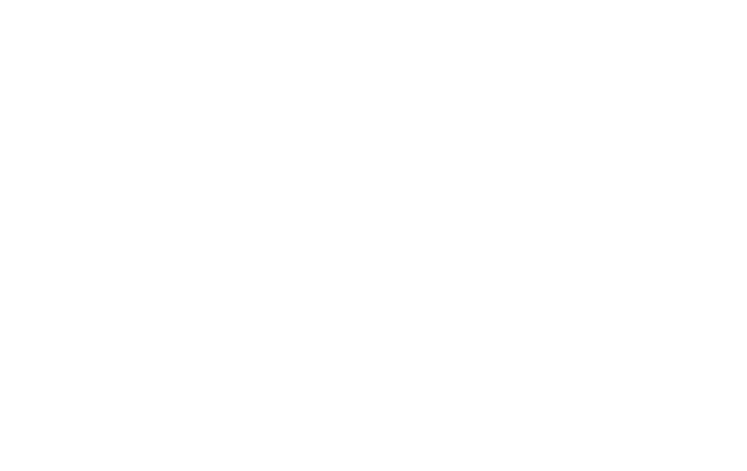
Owing to past lives when their behavior had to be perfect to save people physically or spiritually, they have a critical eye and easily see others' flaws.



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