

How to Use Gaye Nelson's "Astrology To Go"

We have all heard the phrase "To everything there is a season and a time for every purpose under Heaven", but how are we to know when that is? Astrology is the best tool I know of for getting that answer. It naturally alternates masculine periods of activity with feminine periods of receptivity. This is what I call "Fire and fall back". Americans generally do "Fire, fire, fire, collapse!" or push, stress out and don't take care of yourself until a health problem makes you stop.

When you use astrology effectively, you quickly realize when to act and when to recharge. Even the signs themselves have this flow. Aries is masculine, Taurus is feminine, Gemini is masculine and Cancer is feminine and so on. We all get to be an "honorary member" of the other eleven signs each year. This is enlightening because we each have varying degrees of each of the twelve signs within us. The qualities of the zodiac describe everything we experience. Following the astrological year allows us to align ourselves with the natural rhythm of life.

Each cycle I create material ***describing the astrological "Trends" from one New Moon to the next***. This information is the best way I know to fine-tune your timing one month at a time. It is what I call "the spiritual weather report". This helps you know when to do what. It also helps keep your spirits up. My intention is to give you a bit of insight, encouragement and inspiration. We can all use as much of that as we can get!

This is one of the most valuable ways you can spend **\$20 a month**. Payment is made quarterly. There are 13 cycles, plus a yearly one discussing the "Trends" for the next year, so there are 14 per year, therefore sometimes you pay for three at a time and sometimes for four. Payment due times are always on the letter that comes each month filled with current information.

You receive a one-hour **CD or download** on which I give you ideas about the sign of the month, quotations, stories and examples. There is a page with the current ***Lunar Phase Wheel*** on one side and the ***Planetary Phases*** on the other side. This essential piece of paper is easy to read and convenient to carry in your date book or purse. You may also enjoy having ***Jim Maynard's Pocket Astrologer***, which is a portable astrological calendar.

On the second half, I go through the Planetary Phases. The keywords are always the same, so if I talk about a 1st Quarter Venus/Mars, it is a time for taking risks in relationships and creativity, because Venus is representative of women, love, beauty and magnetism and Mars of men, passion, sex and action. A 3rd Quarter Sun/Saturn would be a great time to push work projects to completion, due to the glow of the Sun and the focus of Saturn in a success aspect.

I also offer private sessions each month that can be done occasionally or every month for more clarity. You can also do a ***one-time private lesson*** where I will walk you through the steps in this article.

In order to use the recording, you must have some basic knowledge of the vocabulary of astrology. The best way to do this is to

read any of the great basic books, such as The Inner Sky by Steven Forrest, Making the Gods Work for You by Caroline Casey or Astrology for the Light Side of the Brain by Kim Rogers-Gallagher. New Moon Astrology by Jan Spiller has great ideas for what to focus on in each cycle.

I learned about this work in 1989, from the late great "Buz" Myers. I have been using it ever since, month after month. I can't imagine life without it. If you want to learn more you can purchase his workbook, Getting "On Time" With Your Life, from RKM Enterprises at 1-800-RKM7563 in Virginia Beach, Virginia. This workbook connects the lunar phases with the Native American Medicine Wheel and is very detailed.

Any two planets are always in one of eight phase relationships to each other. We most commonly use these terms to refer to the phases of the Moon. One lunar cycle lasts 29.6 days, with the lunar phase changing every 3 ½ days. A phase between two slower-moving planets, such as Uranus and Pluto might last 20 or more years, rather than a few days. Whenever we speak of the 8 phases, the keywords are the same. Each phase is defined as follows:

- **New**-fresh start, beginning, we don't know what we're doing, so we just have to go by instinct; reboot; look with new eyes
- **Crescent**-we gather information to struggle out of the old into the new; make phone calls, do research, ask questions, look for a different approach; I think of this as a child reading a book under the covers with a flashlight-the thirst for information even if it isn't easy to get
- **1st Quarter**-Take risks; do; get out there and take action on what you've learned so far; step out and make something happen
- **Gibbous**-Make creative adjustments; observe and analyze what is working and what isn't; dump some things, do more of others
- **Full**-Gain illumination and perspective; find clarity; replenish yourself with the bright glow and eternal magic of the Full Moon
- **Disseminating**-Share what you have learned through the cycle; great time of self-promotion and advertising; get yourself and your work out into the world in as broad a way as possible; expand and believe
- **3rd Quarter**-everything comes to culmination, fruition, success; this is the high point of the month where you see the results of all you've done to this point; push to completion
- **Balsamic**-This is the time for ending, cleansing, purging and releasing; best time for resting and healing; also the time to dream, visualize and imagine what you want to accomplish in the next cycle

We are used to looking at a natal astrology chart with 12 segments, which are called "The Houses". These represent areas of life, such as health, money, friends, relationships, etc. The Lunar Phase Wheel has 8 "pie slices". It represents divisions of time, since each segment is labeled with the date, time and degree of the zodiac at which the phase changes.

Here is a fascinating fact. When the moon is all-dark (New) or all-light (Full) or the line on the moon is straight (1st Quarter and 3rd Quarter) those

are the masculine active phases, since linear things are male. The energy of the God prevails. When the shape of the moon is curved (Crescent, Gibbous, Disseminating and Balsamic) those are the feminine reflective phases, during which the Goddess energy reigns.

When the moon is **waxing** or growing in light, **the shape is on the right** side. When it is **waning** or losing light, **the shape is on the left**. From **New to Full**, the best thing to do is take **Spontaneous Action**-impulsive, instinctual and unpremeditated. From **Full to New**, **Conscious Action** is best-think first and then move based on experience. You can put much of this into practice just by looking at the moon, but to fine-tune it, you have to have the monthly Phase Wheel to know exactly on what day and at what time the phase changes.

It is important to know the difference between a 1st Quarter and a 3rd Quarter. **1st Quarter is called a "crisis in action" and 3rd Quarter a "crisis in consciousness"**. Both aspects bring us to a crossroads, but 1st Quarter asks us to decide what to do, while 3rd Quarter asks us to integrate all that has happened through the cycle and decide how to hold it in our minds and hearts. **1st Quarter asks us to be courageous. 3rd Quarter asks us to be wise.**

Each month, the first thing to do is to determine where the New Moon and Full Moon fall in your chart. You simply locate those two points, i.e. 22 Sagittarius or 8 Taurus. What houses will they activate? For example, if the New Moon falls in your 2nd House it is the time to rethink your finances or if the Full Moon is in your 7th House your relationships will be in the spotlight. Each cycle you will have two areas of your life that need extra attention.

Sometimes the New and Full Moons fall in opposite signs (180 degrees apart) and sometimes in signs that are "quincunx" or "inconjunct" (150 degrees apart). I call this "the chiropractic aspect". Depending on this relationship, some cycles give us clarity and some cycles ask us to make adjustments. For example, 2004 has primarily had the quincunx pattern, so it has definitely been an unsettling year, requiring much flexibility.

Next you put your planets into the Phase Wheel. All you have to do is look at the degrees of the zodiac at which the phase begins and ends. For example, the New phase might last from 22 Virgo to 10 Scorpio. If you have the Sun at 25 Libra and Mercury at 2 Scorpio, then you would actually put either the glyphs (symbols) or words for the Sun and Mercury in the "pie slice" marked "New". This means that for the 3 ½ days of the New phase it would be especially beneficial for you to take a fresh approach to your career and self-expression (Sun) and communication (Mercury).

You simply put together the keywords for the phases and the planets and you will know what to do during each phase. After you have put your planets into the wheel, a picture will emerge of the overall tone of the month. As you work with your own chart, cycle after cycle, you will discover that there are parts of your chart that are lucky and easy and others that are uncomfortable and challenging to deal with.

Month to month the various planets move from phase to phase. The keywords are always the same, but each month the phases fall in a different

sign. In other words, we could have a Gemini Disseminating one month and a Cancer or Leo one the next. This changes the flavor of the phase. We get to experience just about every combination of phase and sign once a year, as well as each of our natal planets in each of the phases.

The point of all this is to have a blueprint for psychological growth and spiritual evolution—a map to make the journey easier and more fun. I have found it very helpful to know ahead of time that a certain period of time may be stressful or another may be lighter. There is always free will. It can be used more powerfully when there is consciousness.

Paying attention to the **Planetary Phases** gives us a more complete picture of the energy of each day. Every month we have several **Planets Changing Signs**. I always refer to this as being like actors changing their costumes. It is helpful to know who is wearing what disguise at any given time.

We can become aware of rest times such as the **Void-of-Course Moon**. Every 2 ½ days the moon changes signs, like an actress changing costumes. Before she does, there is always a time when she stops making aspects to other planets. I always think of this as if the moon is on the phone with all the other planets as she moves through the sky. At some point, there is nobody else to talk to, so she hangs up the phone. Then there is a period we call the **Void Moon**.

It is believed that things you start during a void moon fizzle out and don't come to fruition. I actually look forward to the void moons, because they are a time to pause and regroup. Sometimes they last for two minutes and sometimes up to two days. If there is a long one, I note it on the list as **VOID DAY**. The voids have a passive feeling and are good for completing things that have already been started and any receptive activity, such as healing work or recuperation. They just are not the time to get married, close escrow or have a big job interview—anything that is a dynamic activity. When the moon enters the next sign, the energy picks up again.

So, every 2 ½ days, we get a restful void, then the fresh feeling of the moon changing signs. The lunar phase changes every 3 ½ days. Just as the moon pulls the ocean tides, so we are pulled along by these energies. It is very constructive to learn to flow with these patterns.

Another useful thing to know about is **Retrogrades**. This refers to an optical illusion where planets appear to move backwards. Of course, they don't really stop and back up, but it does seem as if they are moving 5,4,3,2,1 instead of 1,2,3,4,5 degrees against the backdrop of the zodiac. When the planet resumes forward motion, it is said to "Go Direct". For a few days just before the retrograde starts and a few days before the direct motion, the planet is said to "Station", so those are powerful days for transitions in our lives.

The Sun and the Moon never go retrograde, but all the other planets do. The planets that are farther out in the Solar System—Jupiter, Saturn, Uranus, Neptune and Pluto go retrograde for about 5 months out of the year. We are more interested in Mars, Venus and Mercury, because they are more personal.

The retrograde periods are:

- Mars-8 weeks every two years
- Venus-6 weeks every 18 months
- Mercury-3 weeks three times a year

Obviously, if a planet is moving backwards, its function is reversed.

That is why the classic advice on Mercury Retrograde (since it rules communication and transportation) is “Don’t buy a car or a computer. Be careful about mixed messages and missed appointments” and so on. All sorts of things are blamed on Mercury Retrograde, when, in fact, it is a great opportunity to stop and regroup every few months. The best way to work with retrogrades is to do things that start with “re”, such as rethink, rewrite, repair, review, reorganize, rest, relax, renew, rejuvenate, relocate, redecorate-you get the idea! Get out a dictionary and look at the myriad possibilities and you will not be scared of them. With Venus Retrograde we review the issues of money, love and values. With Mars Retrograde, we rethink what we are doing with our sexuality, anger, passion and intention.

It is always good to locate the specific degrees of the retrograde in your own chart. What natal house does it fall in? What particular area should you pay attention to? Will you be researching work possibilities or remodeling your house or replenishing your bank account?

As a writer, I purposefully have something written ahead of time that I can revisit and rewrite on the retrograde. It is also a good time for retrieving memories, being sure to have recreation and repairing and restoring things.

Another thing to be aware of is **the “Shadow” of the retrograde**. This refers to the periods before and after the actual retrograde when the planet in question is approaching and departing over the degrees of the retrograde period. For example, from August 9 to September 2, 2004 there was a Mercury Retrograde from 9 Virgo back to 26 Leo. It first crossed 26 Leo on its way to 9 Virgo July 21 and last crossed 9 Virgo after going direct on September 16. From July 21 to August 9 you should have become aware of the things that needed to be reviewed during the actual retrograde. From September 2 to September 16 was the integration period following the retrograde.

Those two periods are the “shadow”, so the full aspect lasts about two months. Three times a year we get this great opportunity to review, rethink and reorient. Other retrogrades follow the same pattern of shadow-retrograde-shadow, but last longer. I will always alert you to these periods on the tape.

Astrology is the greatest timing tool I know of. This phase work will help you fine-tune your life in both practical and mystical ways. Enjoy every minute of every cycle of every year of your very precious and unique life!