



Befriend the Planets: Make Peace with Yourself



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Freeing the Heart
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Befriend the Planets: Make Peace with Yourself

Overview

At the moment we draw our first breath, the planets make their imprint on us. This astrological impression is depicted in a person's natal horoscope. Talking with an astrologer, a person can discover the uniqueness of that planetary message. Each of us holds a facet of the Divine Perfection. While each horoscope has its challenges, it also has its beauty, and its opportunity to serve the unfolding of the universe.

This ebook is a description of the various planetary energies at play in our lives. The planets are out there, but their vibrations live within us. We are all connected, and so we can use the energies of the planets to serve us, and the world.

The planetary influences do not always feel benign. The more conscious we are about the forces that are at play in our lives, the better we will be able to handle life's ups and downs.

I see the planetary energies as parts of us. If you don't understand how celestial bodies millions of miles from us might have any influence on our lives, you can work with this ebook as a way of understanding the various parts within yourself. Even if you have no desire to have your horoscope interpreted, this book may serve you in better managing the forces at play within you.

In a horoscope, an astrologer looks at planets, signs and houses. The planets represent archetypes. You might think of them as characters in a play. The better you know the characters, the more easily you might anticipate how they would get along or how they would behave when faced with a particular situation.



The signs are ruled by planets, and they determine how that planetary energy is expressed. Robert Hand wrote a classic book called Planets in Signs, and the internet is full of interpretations of planets in signs. This ebook will not go into that, but it is a critical facet of astrology.

The planets in their signs are placed in houses. Each house governs a different area of your life. The placement of the planets in houses is dependent on your exact time of birth, which is why an astrologer wants to know when you were born. If you don't have this information, contact the hall of records in the town where you were born and ask for a copy of the birth certificate with your exact time of birth. You might have to pay a

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nominal fee and it might take a few weeks, but it is worth the cost and the wait, as the information is so useful.

Reading the descriptions of the planets below, you may feel an affinity to some more than others. This is natural. But the reality is that they are all operating in your life all the time. So it is helpful to know how to relate to them all. Some are more obvious in their influence than others. Again, it is useful to tune in to the more subtle aspects as well as the overt ones.

Sun

We'll start with the sun, because it is unarguably vital to our existence. When someone asks you what your sign is, they want to know where the sun was when you were born. When you have a birthday, the sun returns to the same degree of the same sign that it was in at your time of birth. A chart done at this time, called your solar return, gives you an indication of the nature of the birthday year ahead.



The sun is your creative self. It is how you shine your light into the world. We feel the rays of the sun shining on us. We see its light. The sun encompasses us. We avert our eyes from the brilliance of the sun in the sky, and we think it's up there, whereas we are separate entities. But, in fact, we are the sun. Of course if we got too close, we might burn ourselves. So it's best to keep our distance. But it is important that we let our light shine. That is in fact, the

point of our existence.

The sun is responsible for life on earth. Its light allows seeds to sprout, and plants to flourish. Similarly, the light within us is our vitality. The sun is our creative self. When you see the light in someone's eyes, you are witnessing the sun as it radiates through them.

There are timeless moments when you are doing what you love, that you feel you are being your true self. This is when you are in alignment with your solar being.

In a perfect world, we are all beings of light, radiating warmth to one another. Because the sun falls in different signs, however, we have different ways of showing that light. What one person sees as brilliant might seem abrasive to another. This can lead to ego battles.

When you are comfortable within yourself, you have no need to impose your way of being on another. You can attract people through personal magnetism, rather than overtly promoting your ways. When you see someone hogging all the attention in a group, it is

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possible they are less than comfortable with themselves. You can be resentful, argumentative or compassionate in response.

It is important that we look for the light within one another, especially when they get on our nerves. Sometimes that light may be obscured by events of the day, external conditions, or a mindset that is more receptive to dark thoughts and emotions. But light is easily shared. We can, at a minimum, stay in touch with the light within ourselves.

As we are always within the sun's sphere of influence, we can consciously breathe in light, even when it is dark outside. We can exhale light through our hearts and send that radiance to the world around us or someone who needs it.

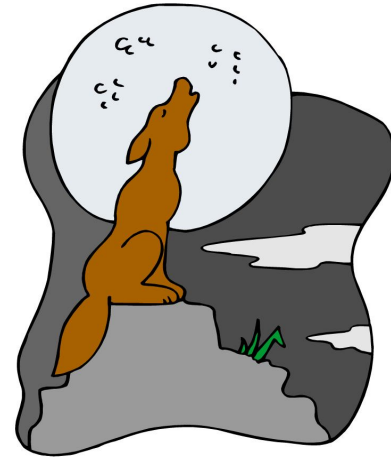
A key aspect of harnessing the sun is to learn what brings you joy and to spend some time doing or at least contemplating it.

Moon

While the sun is apparent to everyone, the moon is more retiring. It waxes and wanes. The moon can light up the sky in its fullness or leave us in the dark when it is new. The moon represents the vulnerable, inner self that we may or may not choose to share with others. It governs our feelings, what we need, and how we take care of ourselves to feel secure.

We see the moon's influence on the tides, an extraordinarily high tide coinciding with a full moon. Emergency rooms are likely to report a higher rate of admissions with the emotional intensity that culminates in each full moon.

It is important to know what you need and to be able to fulfill that, yourself, so that you don't have to take out your frustrations on the rest of the world. It is comfortable and easiest to play victim, blaming the way we feel on something outside of us. But this is not the most skillful way to effect change. You can take the need that you are projecting onto the world, and see if there is a way that you are also denying yourself the same thing.



For example, you might feel you need to be heard. While it may be true that it would be nice for someone to listen to you, to see you as you truly are, are you, in fact doing that for yourself, or are you denying yourself the same gift you are demanding from others? When you have a little inkling that something might be nice, do you pursue it or demand that you do something more practical instead? The moon is the inner child. Are you a good babysitter, or do you just tell it to grow up?

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Sometimes different needs within you come into conflict, and you will have to make a choice between which is most expedient in the moment. Because the moon's energy is so variable over the course of the month, it is likely that your needs, too, will change. The moon demands flexibility. What is right and wrong may depend on the needs of the moment.

The moon is empathic. It allows us to anticipate what someone needs without them having to tell us what it is. People who work with animals have to know this, because the animals cannot speak. Similarly, a mother can pick up the signals her baby gives her without always knowing why she knows.

As we tune into our own needs and respect them, we learn that human nature is universal. If we need attention, we might want to give attention to others. 12-step programs talk about terminal uniqueness. We think we are the only people with our problems. But in fact, our problems are more likely to connect us than to separate us if we would only admit them.

Mercury

The planet, Mercury, is named for the Greek God of communication. Mercury had wings on his ankles. He could dart anywhere quickly. If you have spent any time observing your mind, you will realize its mercurial nature. Ideas come and go, some true, some false, some incessant, some fleeting.

At its best, Mercury gives us clarity. We can trust our minds to accurately assess and respond to a situation. At its worst, it gives us the power to deceive, whether ourselves or others.

Depending on the sign, Mercury expresses itself differently. Some people talk non-stop while others keep everything inside. Some people believe everything they hear, while others are skeptics. Some people take things literally while others deal with life as a metaphor. There may be one truth, but people perceive it and act on it in a multitude of ways.

The times that most people notice Mercury is when it is retrograde. This happens a few times a year for a couple of weeks at a time. During this period, plans tend to go awry. Machinery can break down. It is best to double check your commitments and make alternative arrangements. Anticipate a Mercury retrograde by repairing instruments that are in need of it.

Mercury retrograde is a time to reflect on the past, and to finish things you had started earlier. If you initiate something during a Mercury retrograde, check the details when the retrograde is over.



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The mind can take a lifetime to harness. It takes ongoing discipline. The discipline is worth it, because the mind affects the emotions and ultimately the body as well. We think we hear a piece of information and can assess it objectively, but this is not always the case. That bit of information can set our blood boiling, or make us faint. The mind needs to be the servant of the heart, instead.

One way to do this is to notice what is going on in your head, and check it out with your heart. If your heart likes what you are thinking, go with it. If it doesn't, drop it. Focus on something else.

Let go of what you think other people are thinking about you. It is none of your business. What are you thinking about you? If the thought is not loving, how might you replace it? The mind is infinitely resourceful. Learn to master it. The Buddhists talk about the mind as the drunken monkey. It races chaotically unless you give it something to do. A mantra, a phrase to repeat, will tame the monkey. Choose a good one. "Thank you," works for some. "Om," is another mantra you can think of on the inhale and exhale. Om according to the Hindus is the original sound. It reminds us that we are all connected. Chanting ommmmmm aloud will give you an internal massage. Do it with your fingers covering your ears to intensify the vibration.

Venus

Love is said to be the power that propels the universe. We hear about war because its drama is more newsworthy. But when things are going right, it is probably because love is a factor. Venus is the planet of love, harmony and beauty.

Love takes more forms than the romantic love popularized in the media. Love, may, indeed, be the force that inspired the big bang, the origin of the universe. The *Koran* cites God as a hidden treasure who loved to be known. It is out of this love that we all exist.

People say that home is where the heart is. When the heart is flowing with love, you don't want to be anywhere else.

Denial of love can result in addictive behavior. Overindulgence in any form, whether food, sex, shopping, alcohol or drugs, is the negative expression of Venus. We can learn whether or not we are on Venus' positive or negative pole by assessing our feelings. Love is expansive, sharing, cooperative, generous. When we are frightened, on the other hand, we become clingy, possessive, and needy.

People express their love in different ways. It is important not to expect to receive what you give. Someone may be verbally demonstrative, while others may prefer to do good deeds. Learn to detect



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the impulse behind an action. Somehow, it all can be traced to love.

One way to harness the benefits of Venus in your life is to appreciate and surround yourself with beauty in all its forms. You may see beauty in the landscape, hear it in a piece of music that moves you, or be moved to tears by someone's generosity. You don't have to buy something expensive. You just need to tune yourself to the beauty that already exists around you, see the good, and praise it.

When faced with a dilemma, wondering which choice to make, you might ask yourself which option would serve the cause of love, harmony and beauty.

When dealing with a difficult, argumentative person, you might ask yourself where you can agree. There is usually some common ground. It is important to start there, in harmony.

When you are in harmony with Venus, you want to share with others. You sense the abundance of the universe, and realize you do not lose anything when you give something away. In fact, you gain, because you feel so good doing it.

There are many ways to open the heart. Breathe deeply and feel the lungs massage the heart. The arms and hands are extensions of the heart. Remember this when you shake hands with someone. Be vigilant about the information you take in. Seek out inspirational readings, music, and people. Stand with your chest up and chin in. Let the heart lead.

Mars

Named after the Roman god of war, Mars is known as the red planet. When people are angry, they are described as seeing red. War is an extreme use of the Mars' passion. Mars merely energizes us. It is up to us how we use that energy. When we use that intensity to do good work, we are extremely productive. On the other hand, as with war, Mars has a destructive side as well. A small misunderstanding can intensify and spiral out of control.

Mars rules the ego. This is the part of us that advances our own interests. Someone has to do it, and it makes sense that that someone lives in our own body. But egos collide and passions flare. The ego is not well suited to seeing how we fit into the bigger picture.

Because Mars is a part of us, it is natural that our temper will erupt from time to time. The key to using Mars effectively is to pause and think about how to best use these feelings. Some traditions hold that there is no good use for anger. Anger is the result of disappointed expectations, and one just needs to sit, breathe, and learn to accept reality. Learn why you are so reactive. There may be a previous experience that needs to be accepted, forgiven, and released, which is the cause of your current predicament. Rather than confronting and escalating





the current situation, this method cultivates patience and builds tremendous reserves of internal power.

There are other ways to work with Martian energy. One is to transform anger into righteous indignation. Whatever may have annoyed you, you now have an enormous amount of energy that you can use as you wish. Take a cause you feel strongly about and use your anger to advocate for it. Write a letter to the editor, circulate a petition, or organize a demonstration, for example. Just remember to focus on a positive outcome rather than becoming possessed by the negativity of the situation.

Another way to use the energy is to get in shape. Mars governs our physical fitness. As we exercise, we build stamina. We are then able to take on more challenges that might have been out of our reach before we began. Exercising releases the anger that would wear down the body if it were allowed to fester without relief. Some angry people have very clean houses because they have harnessed their emotions to a productive end.

Mars gives us momentum. When we feel energized, we are more likely to initiate things. When a good impulse arises, even if you cannot act on it in the moment, at least honor Mars by writing it down. Mars is a leader. You may not have the time or means to see your ideas through to completion, but someone else might be able to pick up where you left off. Team up with others who can follow through.

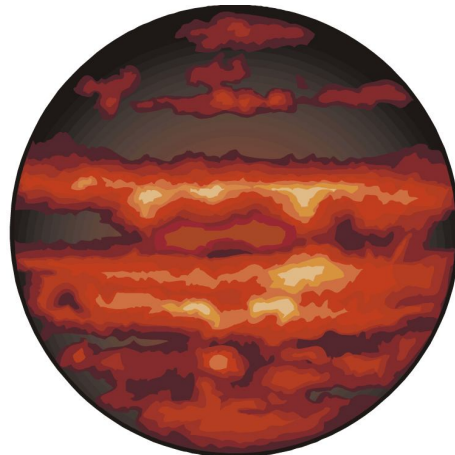
Over the years, we mature. Mars' energy may go into hiding. We may give up on things that used to matter to us. If you are feeling depressed, for example, you may wonder where your energy went. One definition of depression is anger turned inward. While depression may have a number of causes, you can at least ferret out the ways you are harboring anger toward yourself. Being human guarantees imperfection, so cultivate forgiveness. In time, Mars will reemerge and propel you enthusiastically forward.

Jupiter

Jupiter is a big planet, and it rules expansion. Named after the head of the Roman pantheon, Jupiter could do anything. Wielding such power, Jupiter is the optimist, believing everything will work out in the end.

Someone asked Ralph Nader how he could continue advocating for lost causes. He replied that the standard of success should not be whether you won or lost the vote, but instead whether or not you expanded your epicenter. Did you meet anyone new? Did you learn anything? If you expanded, you won.

Jupiter is the traveler. He broadens his horizons in new cultures. This travel is more than a



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pleasant diversion. When people stay in the same place all the time, they are prone to believe that their community and their customs are the only ones with any validity. This is how prejudice forms, out of ignorance. When you meet new people from different backgrounds, you discover that there are many ways to live, cook, dress, celebrate, and understand a situation.

Hazrat Inayat Khan wrote, “raise us above the distinctions and differences that divide.” While each culture has its unique way of life, when a person travels, one appreciates the beauty of human nature that flows beneath all the external manifestations. Jupiter sees the best in people. Trust people and they often become trustworthy.

Even if travel is not an option, it is useful to read and understand points of view that differ from your own. Jupiter rules education that ideally broadens your horizons. Jupiter is the ruling planet of law, on the assumption that business and government operate in peoples’ best interests. This may or may not be true, but at a minimum, it is what they would want you to believe.

Jupiter rules religion. It is the trust that a particular path, dogma, or deity, will lead you to salvation. Jupiter also rules sports, with professional athletes as paragons physical perfection.

Jupiter’s negative pole is excess. If you are putting too much time into something, over-reacting, or overextending yourself, you might have Jupiter to thank. Jupiter sees potential rather than limitations. Fundamentalism is an example. If religion has brought me comfort, than strict adherence to that path must be the only way to greater peace. If the whole world practiced my religion, we would all be one big happy family.

One can understand why, in someone’s expanded euphoria, they would become arrogant about their particular way. Religion is often exploited in wars over scarce resources. Because people usually do not know much about any religion other than the one that has brought them such comfort, governments can manipulate them to fight and claim they are doing God’s work. But if people used Jupiter’s expansiveness to appreciate all ways of life, peace would be possible.

Saturn

Saturn is a pessimist, but a productive one. It is the ruling planet of delays, hindrances and obstacles. If we learn all about how something could go wrong, we can anticipate and do whatever is required to prevent any problems. Once you’ve jumped the hurdles Saturn has presented, you’ve done what you can.





We learn to be realistic under Saturn's influence. There are no short cuts. The truth serum may be bitter, but it is worth ingesting if you want to do a good job.

Saturn offers a tortoise's slow, plodding persistence. Nothing happens quickly, but it is done right. You might prefer to stay inside your shell, but if you lumber along, you might eventually end up victorious.

We all have our inner critic, courtesy of Saturn. Saturn is the one with the big stick, who never thinks we are good enough. It is a fine art to learn how to extract the grain of truth from the criticism, and release the destructive judgment that surrounds it. If you aren't battered into defeat by Saturn's negativity, you will be given the tools to accomplish what you need.

Saturn rules time, never letting us off the hook. We are constantly reminded that we aren't getting any younger, and that we'd better get to work. As Saturn also rules the truth, there is no whitewashing the situation. You can, however, present evidence to support your case.

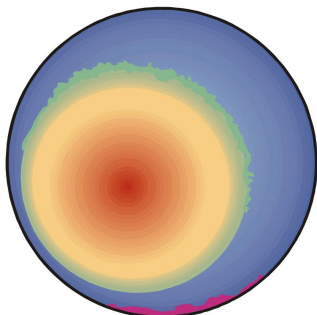
It is important to learn to speak to Saturn in his own language. Saturn wants you to be productive, so combat the inner critic with that in mind. Maybe you want to take a nap while you are under a deadline. If you will get more done with the fresh outlook after a bit of sleep, then this is the most productive option.

He likes structure, discipline and organization. These things are desirable as as you pursue them joyfully. If you grudgingly drag yourself through what you think you ought to do, you are likely to abandon it before it becomes a habit. Put on some fun music. Work with a friend. Although there is constant room for improvement, celebrate your accomplishments.

We all want to make our mark, to do something useful with our lives. Saturn would like this to be concrete and visible. It may be something you have built, produced or written. Keep a record of your accomplishments. It will come in handy when Saturn is on your case. You need to disarm the critic with good evidence.

Ultimately, Saturn wishes your success. Think of him as a curmudgeon with a heart of gold. If you need to get something done, you want Saturn on your side. Take the bitter medicine. Keep your conscience clean. Set realistic goals and timetables. Put one foot in front of the other, and reap the rewards.

Uranus



Uranus rules unexpected change. This adventurous planet is happy to pull the rug out from under you whenever you feel complacent. The ephemeral lightening bolt is Uranian, swift and

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effective. Uranus dazzles with its brilliance, and then it is gone. The planet is responsible for sudden urges that seem irresistibly compelling one day and vanish the next, like one night stands.

Uranus rules flashes of insight. The great inventors were open to discovering things in the most unlikely circumstances, even while they were taking a shower. They were ridiculed until their premises were tested and proved correct. High technology is Uranian. The Internet has brought people together from around the world and revolutionized communication.

Uranus governs the rebel, operating outside the system to effect transformation within it. The rebel is rarely welcome by insiders, who fight to preserve their power, even when they feel the organization collapse around them. The rebel does not even have to claim power to alter the situation. The right message at the right time may be all that is needed to tear down the house of cards. Then the rebel can move on to address other causes.

While Uranian energy can feel unsettling, its purpose is liberation. Think about where you feel stuck in your life. What would it take to set you free? You can start simply by changing the order of events in your day. Consider why you do what you do, instead of simply repeating old patterns. A steady diet of change might be stressful and counterproductive, but stagnation is no picnic either. Find the balance.

Discretion is in order when you feel rebellious. Who will be receptive to the changes you advocate? Don't cast your pearls before swine. Find like-minded allies. Look for the weak links in the system. Reserve your energy for times when you know you can make a difference. Being right doesn't necessarily make you popular, but you will have an easier time living with yourself if you maintain your integrity.

If you feel victimized by unexpected change change happens, don't automatically seek to restore the status quo. Perhaps the situation has created an opportunity for something better. At a minimum, something beautiful might emerge out of the destruction and chaos. Be open to this. When your routine is disrupted, your senses are heightened, and inspiration can strike more readily.

The impulse to create change can be productive or destructive. While freedom is valuable, consider whether you are merely trying to escape from something, or whether you realize the potential in breaking free. Imagine all the possibilities. This takes courage. You may prefer that someone else go first. But only you hold the key to your liberation.



The most important revolution is waged within yourself. Replace the thoughts that don't feel good with deliciously outrageous ones. Set yourself free from limiting beliefs and let the creative genius within you emerge.

Neptune

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We are all part of something greater than ourselves. Neptune rules this connection, as it governs the surrender of the ego to something larger. This surrender can be to a higher power or an addictive substance. Neptune presides over both. You get to choose the path of your undoing.

Neptune is the Roman god of the sea. He presides over the waters of the unconscious, including the world of dreams. When you don't know what to do, it is likely that you are in a Neptunian fog. There is no sense in leaping to a decision. It won't feel right. Neptune holds the pause button, sometimes for an excruciatingly long time.

Meanwhile, you get to learn the power of faith. There is no way you can have all the answers. Trying to be reasonable and force a decision is a losing battle, like punching cotton candy or a cloud. You can merely surrender your dilemma to the great unknown, trusting that it will be resolved at the right time.

Under the influence of Neptune, people come together to serve a higher cause. The cause may be religious in nature, or it may simply be the right thing to do. People put their selfish interests aside and see what good they can do for others.

As global warming and economic collapse consume our attention, we realize change is necessary, and yet feel powerless to affect a resolution on our own. Neptune beckons us to come together, to sacrifice, so that we all might survive and ultimately flourish. We can't figure it all out. All we can do is take a step in the right direction, moment to moment. Changes are coming so quickly and unpredictably that faith is about all that can keep us going.

Faith has inspired great works of art, music, and courage. It propels people into heights they never imagined they could attain. It is not important to name what we have faith in. In fact this can create more division than harmony. Neptune is a unifying force. On our own, we may act selfishly, perhaps even ruthlessly to protect our interests. When we feel connected to the environment, to our family, our community, our planet, the universe, we make choices that support them all.

If we lose hope, we might turn to addictive substances for comfort. They would represent the destructive pole of Neptune. Any addiction can possess you. As you indulge, you undermine the structures that hold your life together. Faith is the way out of this debacle, and there are programs designed to help one cultivate and use it.

Blind faith, however, denies the divinity within us. There is an expression, "Trust God but tie your camel." We must all determine what we can do and what to leave to another. Clarity



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is not Neptune's forte, so this decision is never easy. Use love as a guide in selecting what path to take. Seek what inspires you, what makes you feel connected and whole. If you make the sensible choice, make sure it feeds your heart as well.

Pluto

Although astronomers have recently stripped Pluto of its planetary status, it still plays an important role in the astrological pantheon. Pluto is the Roman god of the underworld. He compels us to face the darkness in order to find the light beyond it. Pluto strips away that which we are least willing to surrender. The silver lining is that something better will take its place.

Pluto is not fun, but if you face all the things you are afraid to confront within yourself, you lighten your load, and develop power in the process. You come across Pluto's energy when you are called to do something new, but are afraid to try it. You could let the fear possess you, but that wouldn't get you anywhere.

Instead, you can stare down the fear until it dissolves. Imagine all the horrible things that could happen to you. Even if they transpired, you would more than likely be fine. And the truth is they will probably not happen. Once you reveal the illusory nature of your fear, it goes into hiding. Then you are free to pursue your heart's desire.

According to some spiritual traditions, evil does not exist as an opposing force to good. Darkness does not exist as an opposing force to light. It is just that the good or the light is being obscured. It is our job to clear away the blocks that hide the truth.

When we are dealing with Plutonian issues, like family secrets, or histories of abuse, it is likely that many people will not want to hear about them. Even if we find receptive ears, we might still feel too ashamed to reveal this information. But it is important to come bring these things out of hiding, if only on paper. Making peace with your past frees you to live in the present moment, and gives you the opportunity to help others in similar predicaments.

Pluto rules hidden places like hospitals and jails. We can pretend that no one is suffering because we don't see them on the street, but deep down, we know. Similarly, when we casually ask someone how they are, and they say, "fine," there are usually other signs that can reveal a fuller picture. Nothing is truly hidden from view.

There is a seductive nature to Pluto that can keep one roiling in the darkness instead of emerging above the horizon. Our problems can possess us. We can identify ourselves as victims, wearing our sordid stories like medals. This is the negative pole of Pluto, and only half the story. We need to move beyond the drama into the stability of light and love. It takes practice, commitment, humility, courage and support. If we lose our footing, and get pulled back down, we can rise again.

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Pluto is the planet of power. We can rule by inspiring fear in others, but that kind of power only reveals our own fear. True power is shared. Hindus acknowledge one another by bowing, palms pressed together at their chest, in a gesture that means, "I honor the light within you."

Peaceful coexistence

The art of life is getting the disparate parts of ourselves to tolerate, support, and ideally, even enjoy one another. This is, of course a challenge. The introverted sun and extroverted moon do opposite things to recharge their batteries. When faced with a challenge, Jupiter would see its opportunities, while Saturn would list the problems. Given a piece of information, Mercury would want to figure it out, while Neptune would rather sleep on it. When meeting someone new, Venus would be nice, Mars would be confrontational, and Pluto would want to know all the dirt. So how do we know what to do?

Rules are less valuable than living in the present moment. Look to the situation to provide you with clues. Then draw on the most suitable planetary ally. You will probably want to use a combination of these energies. Saturn and Venus, for example, might encourage generosity but only up to a point.

If you find yourself arguing internally, wondering what to do, you might want Mercury and Saturn to take a break. Mercury can set the mind racing, and Saturn's assessment of all the work that needs to be done can present the mind with ample fodder to race for a lifetime. Call on Venus to find the loving solution.

If you are all caught up in your problems, call upon Neptune to help you see the big picture, and Mars to get you enthusiastic about what you might do.

When you are stuck, seek the help of an astrologer or someone who can help you clear through the clutter and find your way back to the light.

At your service,
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Notes: