

Musings on Starlight

"I would love to live

Like a river flows

Carried by the surprise

Of its own unfolding." *John O' Donohue*

I visited our local farm store recently and encountered a good example of the powerful aspects in play now. A man, a newcomer to the farm was pacing restlessly about saying "I am getting very annoyed. Aren't there any bags here? Are they all out of bags? I can't find any. I am starting to lose my patience."

Our farm store is part of a working family farm –family members daily attend to the varied and many demands of farm life. The store, a room in their house, is run on an honesty policy – customers weigh their purchases and pay for them by putting money in a cigar box. Most people bring their own bags. There are minimal directions posted on the bulletin board. You are more likely to find congratulations extended to Henrietta the turkey who recently gave birth to some healthy baby chicks than any specific operational procedures.

The newcomer was upset that his customary framework for grocery shopping – parking lots, delivery trucks, cashiers, carts and bags – was not in place. In fact a much more healthy system was. Shopping at local farms strengthens local agriculture and provides a healthy local food supply. Community farming gives us the opportunity to see the animals that provide our food and witness how they are cared for. The same applies to the fields and gardens.

This type of relationship with local farms offers us a healthy alternative to supporting the destructive practices of agribusiness –large scale farming which involves animal abuse and extensive pesticide use which ends up contaminating our rivers and streams.

Under the influence of the cardinal cross aspects, information is emerging about how we inhabit the planet in ways that are destructive and unhealthy. Options and models that represent a more sustainable future are emerging. The kind of discomfort felt by the customer at the farm store represents the kind of inconvenience we all can feel when adjusting to the more innovative models-models which necessitate moving our individual and collective lives in a more holistic and healthy direction.

Because these aspects can stir up fear and chaos it is important to develop a wise perspective and align with healthy choices going forward. We are witnessing daily more chinks in the armor of what up to now

has represented the status quo. And in a certain sense there is no going back. But going forward will demand consciousness and equilibrium. Strengthening and evolving daily routines that create a healthy mind and body will be very helpful

The Sun entered Virgo on the 23 of August. The symbol for Virgo is a virgin separating the wheat from the chaff. Discrimination is Virgo's strong suit- a mental sign which is good with the pragmatic details. In astrology Virgo rules the sixth house which governs our daily rhythms and routines and how these impact on our health. Take some time this month to take a broad perspective of how your life is set up now. Does the structure support expanding health and wellness? If not what do you need to change? If you would like to try out a new health or exercise regime now would be the time. Make a commitment to it and start.

Virgo can create mental pressure and stress through excessive worry. Instead of worrying amorphously about what you would like to change or how you would like to live make a list and take action. Procrastination will lead to stress under these influences.

Pay attention to synchronicity. Watch the timing. If things fall into place easily take it as an affirmation of a good direction. If plans are encountering too much of a struggle shelve them for the time being and revisit them in the future. Assume you will have the information you need when you need it.

Jupiter and Uranus will travel together in Pisces again during September. Helpful information and guidance can come through dreams and mediation. Pay attention to information from higher realms.

The beginning of the month bodes well for creative projects. Romance is also highlighted – but with the caveat that illusion may be present. With Saturn in Libra relationships will be tested over the next couple of years. Stresses and strains are likely to become exacerbated. In general it is a time to keep focused on what needs to be changed or improved in relationships and create a structure for that to take place. Focus on the work that needs to be done.

Mercury will travel retrograde through 9/13. Use this timeframe to develop patience with delays and miscommunications. Leave extra time when traveling and use more clarity in communication and planning.

Pluto will station direct on 9/14 on the heels of Mercury. This is a good time to clarify how you use mental energy. Do you spend too much time in worry or doubt? Does the way you use your mind help to build physical strength or deplete it? Would you like to transform that? What is the best way to bring that about? Any initiatives which involve strengthening the body through the use of the mind will be beneficial now.

The end of the month continues to bring transformation into our individual lives and to the world. It is best to stay aligned with the changes in a positive way- envisioning a positive future.

“To be enlightened is to snap out of the movie of life.” Ken Wilber

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