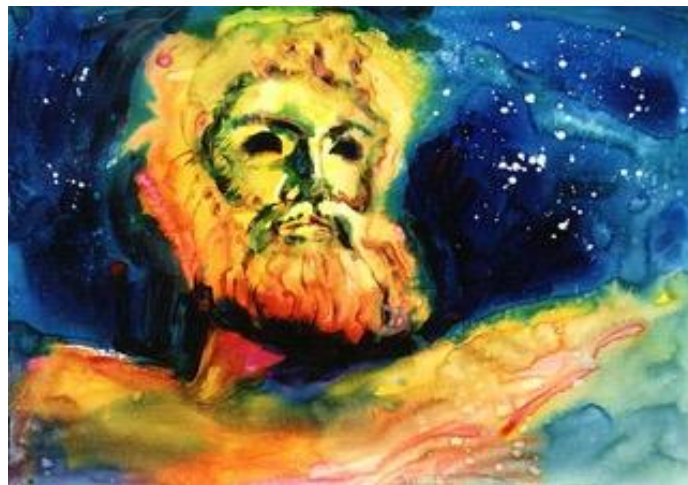


The Astropoetic School of Soul-Discovery

News From The Astropoetic School January 2020

Greetings from The Astropoetic School of Soul Discovery in the Smoky Mountains of western North Carolina, where morning mist on mountains gives way to skies of starry wonder at night, just as confusion melts into clarity when seen through a well-polished astrological lens.

Chakra Pattern Explorations



Since 1971, nearly a half century ago, I began a deeply meaningful journey after having a life-changing reading by an astrologer in Ashland, Oregon, known to me only as Sunny Blue Boy. Like many astrologers before and since, my initiation into the "star tongue" as Sunny Blue Boy called it was through seeing how an inscrutable juxtaposition of arcane symbols inside a wheel could be used to make meaningful observations about my life by someone who did not actually know me.

I had to know how this was done, so I began my study in earnest, starting with Dane Rudhyar, and a handful of other pioneers in the newly emerging field of psychological astrology, then doing countless readings for countless people, and seeing how the symbolic information worked itself out within the real life experiences of myself, my friends and my clients. Along the way, I felt a compelling need to supplement my astrological studies with formal study in western psychology, eventually earning a Master's degree in Marriage, Family and Child Psychology. I also found myself studying kundalini yoga concurrently with my do-it-yourself astrological apprenticeship and my formal studies in graduate school, and naturally started weaving these three threads together.

Fast forward to 2007, and I published a book called *Tracking the Soul With An Astrology of Consciousness* – my second self-published astrology book – that outlined in some detail my system for integrating western psychology (with a distinctly Jungian bent) with post-Rudhyarian psychological astrology and the yogic model for the evolution of consciousness as encoded in the chakra system.

It had taken me a full Saturn-cycle (nearly 30 years) to marinate these ideas in personal and professional experience before I felt ready to go public with them. But the upshot was a coherent system that I have since been using and refining in the astrological trenches, and have taught to a handful of professional and aspiring astrologers.

A chart analysis using the astro-chakra system, as I call it, reveals a pattern of distribution through seven major chakras, each a constellation and a nexus of psychological orientation, life issues and evolutionary tasks.

Where the planets are placed in your chart, and how they are constellated to each other determine, within the context of this system, where the focus of your effort will be to learn, grow as a spiritual being immersed in earth-plane existence, and evolve into the full creative potential you have taken birth to actualize. It will also describe the healing to be done before you can rise to this potential, and the timing by which various patterns – and the issues they encompass – will be brought to the foreground of your attention.

Armed with this information, you can then approach your actual life circumstances as consciously as possible, and make best use of each opportunity for growth, over time and with clear intention. Using your birthchart as a map and a springboard for a customized spiritual practice, you can more over time, become conscious, more fully alive, and more creative in addressing not just your personal concerns, but the collective challenges of our troubled times, which demand the best that each of us has to give.

The birthchart itself represents the default position – how we are innately wired to respond to stress, where we tend to automatically go under pressure, and what life looks like from a spiritual perspective out the starting gate. As we take our life lessons to heart, the same chart can show various possibilities for shifting consciousness to higher, more empowered levels of expression in order to address these same issues, life lessons, challenges and opportunities more effectively. Using the astro-chakra system, we not only delineate the various patterns that serve as focal points of growth in this life, but also determine when the time is right to work more intentionally with each pattern, thus maximizing your potential for seizing the moment, and making quantum leaps.

For those of you who are interested in exploring your birthchart – and your life – from within this growth-oriented focus, I offer the following options:

Option 1: Chakra Pattern Overview

First, for anyone simply interested in getting oriented to the lay of the land, I offer a basic chakra pattern overview. A chakra pattern overview will map all major chakra patterns in your birthchart – describing each in some detail, and indicating which of these patterns are being activated now by transit and progression.

This overview will include an extensive print-out – usually 20-30 pages long – created individually for you, given your current questions and life concerns. This is not a computer-generated report, but rather one created from scratch, with no two reports alike. Option 1 also includes an hour phone (or Skype) consultation with me, in which you can ask any questions, and we can explore any current issue you wish to discuss in terms of your chakra pattern profile.

The cost of this option is \$200.

Option 2: Chakra Pattern Exploration

For those of you who want to go beyond an overview and take your exploration deeper, I offer a six-session conversation about a particular chakra pattern in your chart – one that reflects what most concerns you now, and most likely, one that is currently being most intensely activated by transit and progression. Within this context, activation means that the chakra pattern in question is an arena primed for healing, growth and actualization at a higher level of expression.

Over the course of six one-hour sessions, we will explore the history of the pattern – that is to say, how it has played out within your actual life experience since birth; identify themes native to the pattern; and consider strategies for working with the pattern more consciously and intentionally. With focused intention, courage, the willingness to try something new, and enlightened action in the face of insight and understanding, it is possible to use this process to change your life and make transformative quantum leaps.

The cost of this six-session exploration is \$600. Option 1 is a pre-requisite for anyone wishing to take advantage of Option 2.

For the most part, the astrology behind Option 1 and Option 2 will be invisible, and our dialogue will be conducted in plain English. I have found that even among those who know astrology, the use of jargon can often get in the way of the more important process of gaining useful perspective with the capacity to precipitate meaningful change. To say, “Transiting Saturn is on my natal Venus – again!” (with accompanying eye-roll) is less useful than saying, “When I review my own history in relation to this cycle, I see a pattern of painful loneliness. I tend to feel withdrawn and socially insecure, often in the wake of an intimate relationship that is ending,” or whatever else it might be for you personally, in your own words.

For this reason, although I will be talking about your chakra patterns in the Chakra Pattern Exploration, I will couch what I say within the context of language designed to be accessible without special knowledge of astrology, or for that matter, of the chakra system. The metaphors that you provide from within your own experience will take precedence over anything I might say, or anything we might find written somewhere in an astrological cookbook.

I do not make predictions about the future, as I firmly believe that the future is up to you. What I will help you do is orient to your future possibilities with greater awareness of the underlying spiritual challenges and opportunities for growth, arming you with heightened awareness of how best to approach these challenges and opportunities.

Option 3: Chakra Pattern Overview for Couples

Chakra pattern dynamics become even more interesting when we look at the ways in which the significant others in our life trigger our patterns and vice versa. I believe that on some level that runs deeper than basic astrological synastry, we are drawn to those who can best help us work on and gradually transmute our core issues into more evolved expression. As my teacher Yogi Bhanan used to say, "Marriage (committed relationship) is the highest and hardest form of yoga there is on the planet."

This new offering – **Chakra Pattern Exploration for Couples** – allows me to map far more specifically and in far more depth – exactly how that yoga creates challenges and opportunities for growth in both people. When combined with an awareness and basic understanding of transit and progressed cycles that emphasize particular patterns at particular times for each partner, this option can help shed light on where a couple can best focus their mutual effort to grow together in deeper and more harmonious intimacy.

The cost of this option is \$600. This includes a full chakra pattern overview (Option 1) for each partner, plus an extra indication in both overviews of where (in relation to which patterns) the other partner is likely to be a major catalyst to growth and change. In chakra patterns that are currently ripe for transformation (as indicated by transits and progressions), I will outline what is essentially required of each partner for growth to occur and the work to be done in relationship at this time.

Order Options 1 and 2 [here](#). [Email](#) for more info about Option 3.

New Tracking the Soul Webinar Class Now Forming



In 2007, I wrote my second book – *[Tracking the Soul With An Astrology of Consciousness](#)*. This was my attempt to delineate what I felt was a glaring omission in the ways in which most astrologers talk about a birthchart. Since the emergence of psychological astrology in the 60s and 70s, many astrologers at least pay lip service to the idea that a soul can grow psychologically and spiritually in relation to a birthchart, essentially becoming more conscious in the use of the map that it provides. But there is very little discussion of how the birthchart itself – the same birthchart – means something different, in some cases something radically different, as the soul evolves.

In writing *Tracking the Soul*, I drew upon my experiences studying kundalini yoga with Yogi Bhajan and siddha yoga with Swami Muktananda in my 20s to devise a system integrating astrology and the chakra system of yogic philosophy. The chakra system is an elegant way to understand consciousness as a motivational framework in which choices are made and life takes a particular shape reflective of our attitude toward it, the work we have done to heal our core wounds, and what we have learned as we have met specific challenges on our paths.

In *Tracking the Soul*, I explored the possibility that the workings of the seven major chakras, and our particular relationship to each could be mapped astrologically. As with all things astrological, this mapping is symbolic of where we begin this life, and not necessarily indicative of where we might wind up. But in the interrelationship between chakras, as they are mapped to the birthchart, it is also possible to find a path forward – whether that path be through seemingly intractable difficulties, or in taking our next steps on a path of creative self-actualization.

At the time I wrote the book, these musings were largely theoretical – although I did include some intriguing case studies, some of them of real people with whom I had worked in person. In the intervening years, however, I have learned a great deal more about how this integration of astrology and the chakra system works that I couldn't have known twelve years ago.

Most of what I have learned has been through teaching the principles of my system to working astrologers in a 20-week webinar class, and working intimately in class with their birthcharts. I have taught this class twice so far, and as a consequence, there are now new methods for identifying chakra patterns; I now include the four major asteroids in my analysis; and the work has moved beyond mere diagnostics into more specific strategies for consciously and intentionally shifting patterns.

I was deeply impressed not only with Joe's level of astrological/metaphysical understanding, the system that he has birthed into form, but also his ability to assist one in gaining self-knowledge through weaving astrological cycles and personal history into a meaningful tapestry, rather than a tangled, incomprehensible mess of knots and threads. If you're hungry for a deep dive in self-discovery, take advantage of Joe's class - you won't be disappointed.

J.F. – previous participant

In early March, I will offer this class for a third time to a limited number of students. This is not a beginner's class, but it is not necessarily limited to professional astrologers. If you have a strong working knowledge of basic astrological vocabulary, including signs, houses, planets, aspects, planetary patterns, transits and progressions, while not being dogmatically wedded to any particular techniques or approach to the birthchart, and if you have a desire to deepen your self-knowledge as you add new tools to your tool bag, then this class may well be for you. You need not know anything about the chakras.

For those of you who are interested but not sure if you are a suitable candidate for the class, we can have a short phone or Skype conversation, and together decide if this is an appropriate class for you.

In this class you will:

- identify all the major chakra patterns in your chart
- learn the astrological methodology by which chakra patterns are identified
- gain a sense of how chakra patterns work within a real-life context
- learn techniques for shifting chakra patterns to a higher level of expression
- apply these principles to patterns in your own chart, in relation to real life issues

Because I keep the class purposely small (no more than 6 students at a time), there is plenty of class time for exploration of individual patterns. In fact, this is meant to be a participatory experience; not just a series of lectures, and to the extent that you do participate, you will emerge with a much deeper and far more intimately personal understanding of one or more key chakra patterns in your chart.

There will be optional homework assignments between classes to encourage your own exploration, and I will be available between classes by email for those who want more one-on-one attention.

The cost of this 40-hour course plus email exchange is \$900.

Those of you who have taken the class before, can take it a second time for half price. If you refer someone else to the class, and that person signs up, you will both get a 10% discount.

You can read more about and sign up for the [webinar class](#) on my website.

You can also watch a [You-Tube interview](#) with me about my approach to astrology, as taught in this class, and learn something more about my background.

An Excerpt from my Latest Book

Astrology & the Archetypal Power of Numbers, Part Two

in honor of the current Uranus Station

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from Chapter Five: Planets in the Realm of One

One is associated by arithmologists with the Monad, otherwise understood as the creative principle by which the chaos of the Abyss is brought into some semblance of manageable order. Sometimes One can be represented specifically by a Creator god; at others time by a solar deity, and in other contexts, by the chief deity of a

pantheon. This creative principle can assume any number of possible forms – drawn from a rich smorgasbord of global mythological traditions – depending upon how a given birthchart is focused or configured, and where the individual soul living the birthchart feels her spiritual roots to be.

The Pythagoreans associated the Monad primarily with Apollo – the Greek and Roman deity of reason and intelligence, music, prophecy and medicine (Hall LXXI); with Zeus – the chief deity of the Olympian pantheon; and with Prometheus – the “artificer of life” (Waterfield 38), whose theft of fire for humans symbolizes the desire of an immanent god to infuse his creation with the power of the divine. For reasons noted in Chapter Three (see Endnote 2), we can correlate Prometheus with the planet Uranus, while Zeus obviously corresponds to the astrological Jupiter, and Apollo with the Sun.

Uranus’ Role in the Realm of One

Uranus is the father of Cronus in Greek mythology, and in many ways, the spitting image of his son. As the first-born of Gaia as well as her consort, Uranus was father to the pre-Olympian Titans (including last-born Cronus) who later fought Zeus, the three Cyclopes, and the three Hecatonchires – each of whom had one-hundred arms and fifty heads. Like Cronus, Uranus swallowed each of his children in turn, fearing their power to usurp him. Like Zeus, Cronus was hidden by his mother until he could slay the ogre Uranus, keeping creation in check by his extreme strategy of suffocating control. In this instance, dethronement came in the form of castration, which in turn, led to the birth of Aphrodite, the Erinyes (avengers of blood guilt and punishers of sinners in the Underworld), the Gegeneis, or giants who also fought against Zeus, and the Meliae (nymphs of ash trees).

At first blush, Uranus would appear to be more clearly aligned with the Abyss than the Realm of One, having attempted to stifle the forces of becoming represented by his own stillborn children, then siring several species of monster whose only function seemed to be the tormenting of human souls. Yet something happens upon Uranus’ castration that sets a kind of becoming in motion, despite his intention to repress it. As I wrote elsewhere (“Uranus and the Roots of Sexuality”):

Before castration, Uranus was incapable of producing anything but chaos, destruction, and catastrophe. After castration, this unmanageable intensity begins to find an outlet through creative obsession, passion and sexuality. As primal and as out-of-control as these energies can sometimes be, they are at least within the realm of sustainable expression in the world of form where they must function. Saturn is thus the agent by which Uranus’ energy is “stepped down” so to speak, to the point where it can be utilized by mere mortals on planet Earth.

This more sustainable form of creativity can perhaps best be seen in the birth of Aphrodite, associated with the ephemeral nature of this garden paradise and everything in it, which for all its luminous beauty is never more than a vain and careless step away from the Abyss. Aphrodite also gives us the power to create, the capacity to enjoy, and the passion to participate in a world that is at least as compelling as it is transitory. Thus, through Uranus’ castration, the Abyss is brought within the reach of human ingenuity, and we enter a world in which human effort can begin to bear fruit.

Uranus' Promethean Function in the Realm of One

Having said this, I must remind the reader that the arithmologists did not speak of Uranus directly, or assign him to the number One. They referred to the god Prometheus, whom astrologer Richard Tarnas associates with the astrological Uranus (93-94):

Prometheus, the Titan who rebelled against the gods, helped Zeus overthrow the tyrannical Kronos, then tricked the new sovereign authority Zeus and stole fire from the heavens to liberate humanity from the gods' power. . . Every major theme and quality that astrologers associate with the planet Uranus seems to be reflected in the myth of Prometheus with striking exactitude: the initiation of radical change, the passion for freedom, the defiance of authority, the act of cosmic rebellion against a universal structure to free humanity from bondage, the urge to transcend limitation, the creative impulse, the intellectual brilliance and genius, the element of excitement and risk.

It is thus primarily in his less obvious guise in embodying the god Prometheus that I have chosen to include Uranus among the primary planetary players in the Realm of One pattern. To the pattern already established by Sun and Jupiter, Uranus brings a willingness to defy old rules and the audacity to break new ground, as well as the spark of genius and creative vitality necessary to do so in a way that transmutes chaos into illuminated order. Uranus ensures that the solar path followed by the soul in surrendering to a deeper identification with Spirit is highly individuated, filled with personal nuance, and uniquely compelling adventure. As Jupiter inspires the Realm of One soul to seek greater freedom of expression, not just for the self, but for all sentient beings, Uranus allows the soul to think outside of the box in a way that draws forth inventive brilliance, personal excellence, extraordinary resourcefulness, distinctive style and instinctual spontaneity.

Uranus also infuses the Realm of One soul with a humbling reminder that the roots of all becoming lay not in endless Jupiterian progress or a blind embrace of bigger, better, and more. For in terms of the chakra system, its path leads along a circular route from the chaos of the Abyss through the vale of brilliant and quite magical creation back to the Abyss through the Dark Night of the Soul, in which everything built in a frenzy of wild inspiration comes crashing down around one's ears, compelling one to start again.

The Chinese proverb, "Fall down seven times; get up eight" is Uranus' ultimate mantra, teaching us through its rollercoaster ride of thrills and chills that in the end what matters is not the creation of a world, but the cultivation of a resilient self, capable of reinventing itself in the same spirit that the One has set the Many in motion as an endlessly evolving experiment. Each of us lives this experiment in our own way, and through Uranus' unpredictable tutelage, gradually learns to identify not so much with the Creator as with His/Her Creativity.

Although Tarnas does not discuss the Number Realms in his landmark book *Cosmos and Psyche*, it is not hard to hear the triumph of the Creator god breaking through the darkness of the Abyss with great cosmic drama in his description of the interaction between Jupiter and Uranus (294) – the parenthetical phrase is mine:

The specific nature of these two planetary principles was such that their archetypal interaction seemed to have a mutually stimulating effect that was highly synergistic. An expansively and buoyantly organizing quality characterized such eras (significant moments in the 14-year Jupiter-Uranus cycle), one that often engendered a certain creative brilliance and the excitement of experiencing suddenly expanded horizons.

When this creative brilliance – marked by the confluence of Jupiter and Uranus – meets the Sun, the transpersonal power to expand collective horizons is channeled through a solar hero, ready to show the way out of the Abyss. In terms of the Realm of One dynamic we are describing here, Uranus triggers an awakening of true individuality in the 4th chakra, illuminating a path of individuation that leads one beyond the pack into rarified subjective territory. Yet at the same time, in the 6th chakra, Uranus evokes the Promethean genius that allows one to break old rules and new ground, thus paving the way for the birth of worlds not previously imagined. When these Uranian developments fuse in the 5th chakra, we have a solitary wanderer like the Norse god Odin, whose willingness to hang upside down on the World Tree, trade an eye for a drink from the Well of Remembrance, and generally be the Way, weird though it may be judged by those caught in consensus reality, rips a doorway out of the Abyss into the Light for those brave enough to follow.

Astrology and the Archetypal Power of Numbers, Part Two can be ordered [here](#).

The Astropoetic School of Soul-Discovery **Where Your Life is the Classroom**

Ancient Tower Press
Celebrating the Sacred Mysteries

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Quote of the Month

from *Shaking Medicine: The Healing Power of Ecstatic Movement*

by Bradford Keeney

Ecstatic trembling and shaking are the natural expressions of a spirited body. They indicate a process of heightened arousal that contributes to the body's way of bringing forth self-corrective healing, well-being, and transformation. Our past enthusiasm for the therapeutic benefits of stillness, quiet, and relaxation has too often overlooked their complementary partner – the arousal of the mind, body, and soul. Whether through charged physical movement, hyperstimulation, or escalated fervor, human beings can benefit from aroused states of being as much as they do from stable occasions of rest. The next paradigm for healing and medicine will be based upon an awareness and advocacy of the whole cycle of healing – an alternating movement between ecstatic arousal and deep relaxation.