

The Astropoetic School of Soul-Discovery

News From The Astropoetic School September 2019

Greetings from [The Astropoetic School of Soul Discovery](#) in the Smoky Mountains of western North Carolina, where the slow morph of the garden into fetid entangled chaos attests to the wild bounty of this Planet of Gracious Abundance, despite all that we have stolen from Her in fear of scarcity.

A 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 a by-product of 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 October, 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 \$1200.

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 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.

When you are ready, you can sign up through Paypal on my [website](#).

Chakra Pattern Explorations



I have since written a couple of additional books that extend the work of *Tracking the Soul* into the multi-dimensional spiritual psychology of Pythagorean number theory. But the work itself still comes down to moving intention, life energy, and self-awareness through the chakras into more conscious, more creative and more empowered expression. This is the heart and soul of the work I do, and would now like to do more of with those of you who are willing to go there with me.

In addition to the webinar class, I offer the following options for non-astrologers.

Option 1: Chakra Pattern Overview

First, for those of you who simply interested in getting oriented to your own chakra patterns, 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 will be \$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 will be \$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.

NEW: 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 Bhajan 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 us 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.

Private Intensives



For those of you who wish to explore the opportunity for growth as a couple, my partner [Anyaa McAndrew](#) and I are now available to work with couples. Anyaa is an accomplished psychotherapist, shamanic astrologer, and ordained priestess with an extraordinary set of skills that nicely complements my own. In our work we use a

variety of modalities to identify and clear patterns, customizing our approach for each couple. We are available for 5-day minimum intensives at Isis Cove in the Smoky Mountains of western North Carolina (an hour from Asheville) or at your home.

The intensive will include a chakra pattern exploration (Option 2) for each partner, as well as intensive couples work. A complete chakra pattern overview (Option 1) for each partner is highly recommended as a prerequisite.

Here is what a recent couple had to say about their experience:

Five stars! Working with Joe and Anyaa has been delightful. I was a skeptic at first as this sort of thing is a bit woo woo for a rational, scientific guy like me. But I was pleasantly surprised at the insight and wisdom that I received every day from Joe. Anyaa followed up each day with breathwork, past life regression, and an Enneagram, which dovetailed nicely with the work I was doing with Joe. I enjoyed working with them so much, I invited them to come to stay at our home and have Joe work with my wife, while Anyaa taught us about sexual healing as a couple, and provided some well-timed EMDR therapy for my wife. These are caring, loving, and highly professional practitioners, and I highly recommend them.

K.S. – former client

Intensives are also available for individuals, whether in a committed relationship or not. Individual intensives will include a chakra pattern exploration (Option 1). Again, a complete chakra pattern overview (Option 1) is highly recommended as a prerequisite.

Email me at jlandwehr@astropoetics.com for more information and to chat about the possibilities. You can also contact Anyaa at anyaa@goddessontheloose.com. Due to our busy schedule, we need plenty of advance notice to schedule Couples Intensives.

An Excerpt from Seeking Sacred Balance

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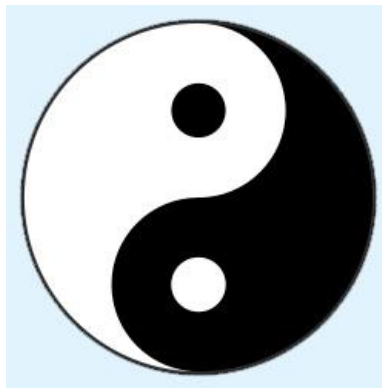


Without meaning to oversimplify a complex set of problems, I'd like to suggest that the dilemma we face in restoring Sacred Balance to our world is fundamentally a matter of balancing the archetypal Masculine and Feminine. I capitalize these words to emphasize that I am not talking about men and women. I am talking about archetypal principles that apply to both men and women, and for that matter to everyone – regardless of gender or sexual persuasion – straight or gay, lesbian or homosexual, transgender or bi-sexual – it doesn't matter. All of us have a Masculine side and a Feminine side. This is as much an expression of the nature of our world – which is characterized by duality – as it is the nature of the human psyche.

As Jungian Erich Neumann explains it (*The Origins and History of Consciousness*, Princeton University Press, 1954, p. xxii n. 7):

We use the terms "masculine" and "feminine" . . . not as personal sex-linked characteristics, but as symbolic expressions . . . The symbolism of "masculine" and "feminine" is archetypal and therefore transpersonal . . . In reality every individual is a psychological hybrid . . . [I]t is one of the complications of individual psychology that in all cultures the integrity of the personality is violated when it is identified with either the masculine or the feminine side of the symbolic principle of opposites.

Some people prefer the Taoist concept of yin and yang, which is less easily confused with gender than Jungian terminology. The Tao contains both Masculine (yang) and Feminine (yin) energies in perpetual Sacred Balance with each other. This is not a static balance, but one which is constantly shifting in a dynamic propelled by the emergence of yin from within yang, and vice versa – as symbolized by the small seed of yin at the heart of yang and the small seed of yang at the heart of yin. Each gives birth to the other as it reaches the limits of its expression and the movement from center to extreme and back again keeps the wheel that contains them both in perpetual motion.



Together yin and yang represent opposing principles that are ultimately complementary and necessary to the completion of each other. The notion of yang includes all that is light, high, ascendant, hot, fiery, dry, active, open, fast, outer, growing, aligned with life-giving forces, and Masculine; while yin encompasses everything dark, low, descendant, cool, watery, wet, receptive, hidden, slow, inner, decaying, aligned with death and the dying process, and Feminine.

As with the Taoist understanding, yogic philosophy also understands a similar dynamic, albeit in slightly different terminology. As described by Swami Nischalananda Saraswati ("[Shiva and Shakti – the Twin Realities](#)," *Yoga Magazine*, March 1991), for example:

Shiva represents the unmanifest and Shakti the manifest; Shiva the formless and Shakti the formed; Shiva consciousness and Shakti energy, not only in the cosmos as a whole, but in each and every individual. The roots of Shakti are in Shiva. Though one is manifested and the other unmanifested, they are in the ultimate sense one and the same. One is the principle of changelessness and the other, the principle of change – Shakti is change within changelessness, while Shiva is changelessness as the root of change. The experience of perfect unity of the changeless and the changeable, the dissolution of duality, is the aim of Tantra, and thus of Yoga.

This is the paradox of change. True change is a revelation of essence, which has in truth been there all along. In this sense:

Sacred Balance is the ability to live from unchanging essence, while participating in a world of changing appearances.

This, too, is part of the dynamic involved in bringing the archetypal Masculine (unchanging essence) into balance with the archetypal Feminine (the flow of changing appearances). The change brought by the archetypal Feminine is necessary to reveal what is unchanging – as everything non-essential falls away. Conversely, the unchanging essence provided by the archetypal Masculine provides a pivot point around which the archetypal Feminine can freely express itself in an ever-changing variety of ways. Working together, the two allow a world in which change becomes an ongoing revelation of truth and beauty, rather than an endless falling away and/or clouding of essence.

Since the additional polarities encompassed by yin and yang, and the more cosmological dimensions of Shiva and Shakti are encompassed by the terms Masculine and Feminine understood in the archetypal sense; because these terms are more familiar to Westerners; and because they represent the psychological realm where the work of Sacred Balance must occur, I will continue to use the Western terms. I use them with the understanding that they have broader implications than can be encompassed by gender, and that both women and men must integrate their inner Masculine and Feminine in order to become whole beings.

Rebalancing The Wounded Masculine

Because we currently live in a culture that is dominated by the archetypal Masculine – commonly referred to as patriarchy – our imbalance tends toward what I refer to as the wounded Masculine. Despite the evolution of the feminist worldview, and attendant opportunities for the advancement of women within society, ours is still largely a world dominated by the Masculine dimensions of the psyche. To the extent that the Masculine is wounded – separated from the more-than-human community by a sense of superiority, and from other humans by the hierarchical systems it creates to maintain its advantage – then the world in which we all live will be compromised accordingly.

The wounded Masculine learns early in life to suppress pain and deny that it is wounded. Instead, it projects its wounds into the world onto some external enemy, fighting endless wars rooted in religious intolerance, racism, and other forms of inequality. It uses intellect and brute force to dominate and control. It measures its worth in monetary terms and power over others. The wounded Masculine always has a point to prove and it will go to extraordinary lengths to prove it – up to and including the death and destruction of everything it holds dear.

The wounded Masculine is narcissistic by nature – since to succeed in a patriarchal system, one must put oneself first, and consider the wellbeing of tribe, if at all, only as an afterthought. The wounded Masculine is aggressive in pursuing its own narrow agenda, highly competitive, and determined to succeed in achieving its goal, regardless of the cost to others or to the wellbeing of the tribe. In pursuing its agenda, it values the skillful exercise of cold, hard intellect, while ignoring emotion, and dismissing the less tangible dimensions of the mythopoetic imagination or the metaphysical underpinnings of reality.

The world that is dominated by the wounded Masculine becomes a hard, fast, and superficial place, and living in such a place wounds us all. Both men and women compelled to function in a wounded Masculine world tend to express themselves in terms of the wounded Masculine, whether they intend to or not. Women succeeding in such a world can be every bit as ruthless, uncaring toward others, and oblivious to the consequences of their actions as men. Indeed, regardless of gender, few succeed in a patriarchal system without playing the game as it is dictated by standards rooted in the wounded Masculine, and both men and women are wounded by the system.

The antidote to a wounded Masculine world is to consciously and intentionally introduce more of the archetypal Feminine into all that we do. It is important to note that the archetypal Masculine itself is not inherently bad; it is as necessary to Sacred Balance as the archetypal Feminine. Without the archetypal Feminine to balance it, however, the archetypal Masculine can and will tend toward its wounded expression.

The opposite will also be true. Without the archetypal Masculine to balance it, the archetypal Feminine likewise tends toward its wounded expression. A wounded masculine expression tends to be met by a wounded Feminine response, and vice versa, and this is often the mechanism by which vicious cycles of imbalance are perpetuated.

The archetypal Masculine is naturally oriented toward the cultivation of an authentic individual self. The archetypal Feminine is naturally oriented toward relationship. A balanced individual is one that seeks to live in what the Buddhists refer to as “right relationship” with all that is – other people, other beings in the more-than-human world, the community, culture and the ecosystem as a whole – from a place of authenticity, integrity and individual commitment to personal excellence.

When this quest for right relationship – an allegiance to the wellbeing of the tribe – is missing, the wounded Masculine becomes narcissistic, proud, arrogant, and dominating.

On the other hand, if an individual has a strong sense of belonging to a tribe, but no sense of individuality, the wounded Feminine can manifest as a blind sense of patriotism, a xenophobic mistrust of strangers, and the kind of mob mentality that

results in discrimination, senseless killing, and what German political theorist Hannah Arendt called the “banality of evil.”

Both a sense of authenticity (archetypal Masculine) and an awareness of right relationship (archetypal Feminine) are necessary to Sacred Balance. When either is missing in men or women, we have a state of imbalance that in turn can contribute to the perpetuation of a wounded world. When both are working together in synergistic balance, we have the power to create a world where all of life is honored, when humans treat each other and the natural world well, and where the abundance of this garden planet is sustainably available to all.

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Quotes of the Month

from *How to Change Your Mind:*

What the New Science of Psychedelics Teaches Us

About Consciousness, Dying, Addiction, Depression and Transcendence

by Michael Pollan

Our perceptions of the world offer us not a literal transcription of reality but rather a seamless illusion woven from both the data of our senses and the models in our memories. Normal waking consciousness feels perfectly transparent, and yet it is less a window on reality than the product of our imaginations – a kind of controlled hallucination. This raises a question: How is normal waking consciousness any different from other seemingly less faithful productions of our imagination – such as dreams or psychotic delusions or psychedelic trips? In fact, all these states of consciousness are “imagined”: they’re mental constructs that weave together some news of the world with priors of various kinds. But in the case of normal waking consciousness, the handshake between the data of our senses and our preconceptions is especially firm. That’s because it is subject to a continual process of reality testing . . . Unlike these other states of consciousness, ordinary waking consciousness has been optimized by natural selection to best facilitate our everyday survival.

If it were possible to temporarily experience another person’s mental state, my guess is that it would feel more like a psychedelic state than a “normal” state, because of its massive disparity with whatever mental state is habitual with you.

Try to imagine the world as it appears to a creature with an entirely different sensory apparatus and way of life. You quickly realize there is no single reality out there waiting to be faithfully and comprehensively transcribed.