

An astrological Exercise for Self-Awareness

By Ari Moshe Wolfe

This works for everyone

This exercise is possible for anyone regardless of astrological knowledge. All that is really required is your chart. If you don't know your birth chart, you can generate one for free at www.astro.com, or email me your birth data and I'll send it to you.

If it revolves it evolves

As any planet or asteroid revolves around the sun, it reflects a natural process of evolution. Each celestial body takes a different amount of time to revolve around the sun. Mercury takes about a year, Pluto takes over 200 years. Regardless of how long it takes for a celestial body to make a complete orbit, the orbit itself symbolizes a complete cycle of development from point A, all around the sun, and eventually back to point A. The revolution implies evolution- a journey of growth through 360 degrees of experience. However! It is our awareness which produces the degree of growth experienced during any cycle.

Tracking the revolution of Mars

Mars glyph



Mars takes approximately two years to make a complete revolution around the Sun. For example, if in August of 2006 Mars was in Virgo, that means that by approximately August of 2008, Mars will have returned to Virgo.

You can track the movement of Mars (the transits of Mars) in the sky through your chart and gain invaluable insight into the nature of your experiences. What follows is a simple, though intense astrological exercise for self-awareness.

Step 1: Understand the basic nature of Mars in transit.

What is the transit of Mars like? Mars implies energy and action. As Mars moves in the sky, we move. The nature of Mars is instinctive and visceral. When Mars is transiting a point in our chart, there is a natural need to act. Often there is a tendency to get caught up in the flurry of our own energy (rage, excitement, goal, ambition, competition) which is why Mars transits often correlate to accidents. In that sense, Mars transits can also correlate to experiences of violence.

A transit of Mars to any point on the chart correlates to two or three days when we have the opportunity to act or when we will be met with high amounts of energy. We may get a lot done in a very short period of time. Action and movement is implied. Mars isn't innately about violence or rage, it's about energy. We may express that energy as benevolence or by writing a book in 2 days. Mars

represents our opportunity to assert ourselves with greater focus and oneness in whatever we are doing.

On a more esoteric level, Mars is an instinctive impulse that pushes us to discover the bottom-line reason for our incarnation. Our instinctive movement ultimately leads us to a greater spiritual realization of *why we are here in the first place*.

Step 2: Pick a planet on your chart.*

You will track the transit of Mars to that planet. What's required in this step is that you know exactly where your planet is located on your chart. You are not required to understand what this planet means. This exercise will reveal to you much of what this planet means.

*(I recommend you pick Saturn Chiron Uranus Neptune or Pluto. They have a lot to teach us and thus when Mars transits them our experiences are typically more pronounced and memorable. It may be easier and more insightful for you to track Mars to one of these slower moving celestial bodies).

The glyphs for all the other forces are:

Sun



Moon



Mercury



Venus



Jupiter



Saturn



Chiron



Uranus



Neptune



Pluto



Step 3: Get an ephemeris.

An ephemeris is a graph of planetary positions. It allows you to look into the future and the past and locate where any planet or asteroid will be or was located. In order to achieve step 4, you will need an ephemeris. You have two choices. You can look it up yourself by visiting http://www.astro.com/swisseph/swephe_e.htm by simply clicking on the years in question, or you can let me know the planet and I will gladly look up the dates for you.

Step 4: Log and contemplate the transits (step 5 will provide more definition).

To keep it simple, we are going to look at only 5 transit events that have happened in a two year period. For each event, you will contemplate what happened within and without you. Each transit event is called *an aspect*.

1. The first event happened when transiting Mars was *conjunct* your natal planet. (Example: if you picked Neptune, and you have Neptune positioned at 15 degrees Libra, then when Mars reached 15 degrees Libra, transiting Mars was conjunct you're natal Neptune). Contemplate what happened during that time in your life. This conjunction is called the *separating conjunction*.
2. The second event that you will explore happened when Mars traveled 90 degrees away from the planet that you picked. (Example: sticking with Neptune, when Mars traveled to 15 degrees Capricorn it has traveled 90 degrees away from your natal Neptune). This aspect is called a *waxing square*.
3. Third, explore what happened when Mars transited in *opposition* (180 degrees) to your planet (Example: Mars transited to 15 degrees Aries, thus forming an opposition to your natal Neptune).
4. Fourth, explore what happened when Mars transited to be only 90 degrees away from returning to your planet. This is called the *waning square*.
5. Fifth, explore what happened when Mars returned to the planet that you picked. This is the final conjunction called the *applying conjunction*. This completes the cycle that began approximately two years ago.
 - a. For each aspect, review what happened a few days before the exact target degree as well as a day or so after the target degree. (Example- when looking at transiting Mars opposing Neptune, review what happened a 2 or 3 days before Mars came into exact opposition with your Neptune, as well as a day or so after the opposition).

Step 5: Learn this exciting astrology lesson!

I will now define the nature of the five aspects listed above.

1. Separating Conjunction.

The first conjunction is called a separating conjunction as it is the beginning of a new cycle (just after a completion of an old one). It starts an entirely new cycle of development. During this time, the lessons and consciousness of your planet will be highlighted. Everything about that planet, including house sign and the relationships it forms with other planets (planetary aspects) will be highlighted. During this time, you experience a surge of energy and experiences that relate directly to the nature of that planet. You can think of this conjunction as a seed that is being planted. The next time you will check on this seed will be at the waxing square.

2. Waxing square.

Squares are blocks- they often bring about confrontation and crisis as our generally established course of activity is thwarted by something that may feel burdensome and constrictive. In fact, the feeling of constriction implies that there is some stagnation that needs to be released. When Mars is squaring your natal planet, you are experiencing, for the first time in this cycle, the opportunity to initiate action that will result in a more integrated experience of your planet. It is as if the seed planted in the conjunction is sprouting through the earth (thus breaking it up- disruption) for the first time.

3. Opposition.

It is what it sounds. When Mars is opposing your planet, it is transiting over an area of your chart that represents the antithesis of what your planet is all about. In that sense, it represents the greatest challenge to the function of the planet. The point that is in opposition to your planet is an energy that needs to be integrated in order for that planet to be balanced in its own expression. An example of this principal is found in the yin yang mandala. Each side contains a spark of the other side.

During the opposition, you are being challenged to live with maximal awareness and utility of your natal Planet. During this time there is a lot of catalyzing activity- like the square, it can be challenging, but can also be highly productive. If the conjunction is the seed, and the waxing square is the sprouting of the seed into visible reality, by the time the opposition comes along, the plant offers its fruit and you begin the harvest which will continue until the waning square.

4. Waning square.

A square is a square. However, the difference between the waxing and the waning square is that the waning square has already seen the harvest- now there's a need to grow from any constriction that arises and find deeper integration. Now you are preparing food out of what you harvested.

5. Applying conjunction.

This is the applying conjunction as Mars is now approaching the natal planet. It is the completion of an entire cycle. Now you are digesting what has occurred. Just as a new cycle is beginning, an old one is ending. The exact nature of your planet will be highlighted as lots of energy will be focused on it. You return to the garden. The soil is fertile. Soon you will plant again.

The reward is worth the effort

Just grasping the basic concepts is enough. For example, if you know that squares have something to do with challenges from which you can find more integration, then simply keep that in mind as you are reviewing what happened during the two squares.

Because Mars takes two years to get from point A back to point A, this experiment will take you into your past and help you understand the present. Enjoy this process and remember to focus more on introspection than on linear memorization.

Of course, you can also do this study to a cycle that is still in process (a two year Mars cycle that is not yet complete). This will prepare you to live with greater awareness for the completion of the cycle!

Email me what you discover; I'd love to read it!

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If you enjoy learning about your life, your life is likely to become joyful.

Personal example

I pick my natal Pluto. I have Pluto located at exactly 1 degree 0 minutes Scorpio in the second house. Remember, it is not required that I know anything about my natal Pluto. Nevertheless, for the sake of education, I will share with you a basic understanding of this signature.

My Pluto has a lot to do with finding within myself a powerful non-threat-able self sufficiency, self confidence, survival, sensuality, and receptivity. Conflicts that arise around sharing, receiving, sexuality, giving of myself, what I own/what I don't own, and locating my deepest values are very important themes of my life.

1. The applying conjunction.

In October 2006 my roommate violently got me evicted from the house I was living in. It was a sudden experience that brought up in me a lot of pain anger and insecurity. She was very abusive, and I was forced to stand up for myself. I felt very disempowered because once she kicked me out I realized that I had to depend on other people to help me. I was faced with the choice of taking care of everything myself, or surrendering my need to prove myself and simply receive the love and support of my friends. I ended up receiving a lot of help from my friends- most of which was very hard for me to accept at that time. If the conjunction is a seed- then I can view that time as the beginning of a two year evolutionary process.

2. The waxing square.

From October to February, I hadn't lived in one location for more than 6 weeks at a time. In fact, since I was evicted, I crashed, subleased and house sat- totaling 6 different living conditions in just 4 months. During this time I gradually released more and more possessions, attempting to cleanse myself of stagnation and unnecessary stuff. I became very nomadic and non-attached. At the time of the waxing square I was living in a home on the outskirts of Olympia, isolated from social life. I hadn't seen anyone at all during that week. I was also physically sick. I was in a place of great introspection and felt like there was a powerful energy building up within me. I suddenly made a decision to devote the next year of my life to study with Adam Gainsburg and become certified as a Soulsign astrologer. This decision imbued my existence with more meaning and value as until that point, my life lacked meaningful direction.

3. The opposition

By June, I was living with my friend Rachel. I felt settled and secure, more so than I ever had in any domestic situation. In spite of that security, I made the decision to work a job in Costa Rica, and upon my return to Olympia, to study with Adam Gainsburg on the east coast.

I had to define for myself what was necessary for my life at that time. This definition was not just on a material level- it was on every level. I recall how stressful I felt while I was packing. I felt sickly and sad for leaving again. A little voice inside of me asked, "Why are you making stability so hard for yourself?" The answer, in light of the opposition, is that I needed the challenge to find more awareness. I could have stayed in my home, but then I would not have exposed myself to the growth that would come from leaving. Notice that the conjunction was a forced separation from my stability, while the opposition was a chosen separation from my stability. I knew I needed to do something different in my life in order to harvest the fruits that were making themselves available to me.

4. Waning square

Due to retrogradation, the time from the opposition to the final square was nearly a whole year. A lot happened in that year, including becoming certified by Adam and starting my own business (all fruits). By May of 2008, the time of the waning square, I was back in NJ spending the last days of a Passover vacation with my family. I felt stuck. I was binging on sugar and masturbation. I felt agitated and stagnant. I realized that I was going through a growth spurt and that it was necessary for me to make further adjustments in my life. I felt a pressure to become more aware of what I was up to. So in one day, I started my website and began writing articles. In many respects, I simplified my life and created space to direct energy where I felt the most passion. During this time, I also began to realize an interest in tantra.

5. The final conjunction

Since the waning square, I have begun making a living off of my astrological services. I currently live in a home with three roommates, a cat, a dog, a tree house, and home cooked meals. I have been here for over 8 months.

It's important that my life has purpose and intention. The choices I make must be connected to my enlivenment- assisting me in being more fully here, and pleasuring in the hereness.

Since the waning square, I've developed more boundaries that respect my intentions. All of my experiences, though they were quite different from one another, reveal hidden truths of my deep psyche. What am I trying to get rid of when I cleanse of so many possessions? By releasing attachments to my physical stuff, what am I trying to accomplish? What is the value of realizing a mission and devoting myself to it? What makes my life worth living? I have attempted to prove my self-reliance by rejecting outside help. What is true self reliance? What does it mean to know a stability that is inconsequential of external factors? What is the root causal factor behind my need to "ground out" with food or masturbation? Tracking the Mars transits to my natal Pluto has provided me with profound clarity and self-awareness in this regard.

The final conjunction will happen October 2008. By that time, I will see a complete circle of all the development that has taken place since my eviction in October 2006.