

Cosmic Views

Gemini Ingress

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In this issue:

1. *The Power of Forgiveness*
2. *The Month Ahead*
3. *Rudy Giuliani*

The Power of Forgiveness (and its effect on your health!)

By Carole Devine

I'll never forget an incident that happened when I was out for a drive with a friend sometime in the late 80's. She had been battling cancer for several years, and although she was a big believer in our attitudes affecting our health, she wasn't able to see her own. Until this drive, I was baffled as well.

As we went along, she showed me sights of her area and reminisced about events of the past connected to them. She pointed out a piece of property that she had wanted to buy at one time, but someone, who had known she wanted it, bought it before she could afford to. It had happened twenty five years earlier. At another time she talked of other resentments against this same person, all of them occurring a quarter of a century earlier. She had never let go of these resentments, and as she talked, she grew more and more agitated and enraged, just remembering it all. The saddest part was that the other person probably did not intend to do anything to hurt her, and if my friend had chosen to, she could have forgiven all these "slights," chosen to see it all a different way, and quite possibly have avoided being ill. For instance, the land purchased by the other person could have been looked upon as a signal that something better was waiting for her to buy, which, in fact, was the case. She couldn't buy the land at the time she wanted to, and surely someone else that she might not have known would have bought it anyway. If she couldn't buy it herself, what difference did it make who did?

A Course in Miracles says that illness is anger taken out on the body. That is a profound statement. In all my years of consulting, I've noticed that people with serious illnesses seem to hold on to very old resentments. Typically, they are people who get very angry and "stop speaking" to those who have angered them and assume that "they *ought to know*" what they have done. They won't tell the other person what they are enraged about! There is simply no forgiveness. Since the other person has no clue what s/he has done, the anger doesn't affect *them*—just the one doing the hating! I have often thought it was a form of insanity.

Non-forgiveness takes other forms. A person gets poor service or is unhappy with something someone has done *once*, for instance, and without even considering that the guilty party may be enduring a traumatic situation or have some other problem, the one who is resentful decides to *never again* do business there or have anything to do with that person. They'll even spread it around about how *terrible* that business or person is and deter others from it. Everyone at some time or other makes mistakes. When people take it upon themselves to punish a mistake hugely out of proportion to the grievance, they set themselves up for difficulty in their own lives. We attract to ourselves what we think about most. That includes angry situations.

My friend's chart was especially defined by a T-square with Pluto at the apex in the sixth house making squares to four other planets, all in fixed signs. Squares in a chart are where we "project"—especially in fixed signs. In other words, "it isn't I who has the problem; it is other people doing things to me all the time." That is why it is so hard for the person owning it to see where s/he is projecting personal attitudes onto others. I've found that most of the time, if I just interpret the square aspects bluntly, the client just doesn't see it even when they are acting it out right before my eyes! (Hitler did not see himself as a killer, you know. He accused Churchill of being the butcher!) People who have a jealousy problem will accuse their significant others of being flirts and *causing* them to be upset. If only other people would stop "doing these things" they would not have to get angry, depressed, jealous, etc.

Just about every time I see the chart of a very ill person, the part of the chart showing their shadow side is activated at that time. My teacher, Gina Ceaglio, said once that the universe has several ways of teaching us. First, we can observe others' and their lives so we can learn vicariously. If we don't learn that way, then we have relationships to teach us. And if that doesn't work, the last way we learn is through having health issues as our teachers.

How do we forgive when we are angry and resentful? First, everyone has a right to defend themselves, but it isn't "forgiving" if it is just a confrontation with no effort to try to see and understand the other person's point of view. All you're doing is trying to make the other person feel guilty so you will feel justified.

In my book, *Star Trek Revealed*, I point out that the subconscious observes millions of bits of information every second, but can only concentrate on about 2000. We make choices about how we view things. That's why two witnesses will rarely report exactly the same thing they are observing. Further, we all think we are right. To bluntly attack another as "being wrong" is a waste of time. You cannot really know or appreciate another person when you are attacking him or her, and it certainly doesn't contribute to harmony.

Forgiveness is also not condescending in nature. i.e. "I'm doing you a favor by 'forgiving' you." Forgiveness is appreciating the other person's point of view and circumstances surrounding the event. One way is to put yourself in that person's place and imagine how you would have handled it if the roles were reversed. Would you have done any better? Could you even have done as well?

Another technique is to try to see it a different way. What other ways can you respond to a situation? Try on different responses and see how they make you feel. Rather than judging someone who is perhaps, say, a spendthrift or a tightwad (or any other trait), can you figure out *why* that person *needs* to act that way? Our behavior is always a response to something else. It isn't just something we wake up one morning and "decide" to do. Each of us longs for others to understand us, but how few of us try to give that understanding to others in our lives.

Most of the time, we are looking for verification of what we already believe or think we know. For instance, if one has heard a rumor that so-and-so is a glutton, then our radar is out to see if this is true, and it may seize upon any evidence that supports it. However, the person we are observing not only may NOT be what we have heard, but even may have wonderful talents and traits no one has noticed. *A Course in Miracles* suggests that whenever we meet anyone, we should forget all we thought we knew about that person, forget all attitudes and feelings, and concentrate on "learning of him anew." See the person with fresh eyes and consider him your teacher, for indeed, that is exactly what everyone you meet is.

When we are in the throes of emotion, it is hard to tell if we are "right" about our viewpoints concerning other people. We feel so justified about their perceived wrong

doing. Gary Zukav in one of his books (forgot which one) says that we can tell whether or not we are in tune with our higher self by paying attention to our “gut” feelings. If when you are upset with another person, you feel badly, then there is a good chance you might need to look a little deeper at the situation and try to see if from the other person’s point of view. When you are in tune with your higher self, your feeling should be total joy regarding any judgments you are making. A good test is whether or not you would say what you are thinking directly to the person you are disparaging. If you wouldn’t, then ask yourself why. It might be because you are not being fair or may feel a bit guilty.

And lastly, there are the Biblical passages that tell us to take the “plank” out of our own eye before addressing the “splinter” in our brothers’. That accompanies the well-known one from Matthew 7:1 (The Jerusalem Bible): “Do not judge, and you will not be judged; because the judgments you give are the judgments you will get..” and last, “Always treat others as you would like them to treat you.”

The Month Ahead

While the Sun is in Gemini we can expect an improvement over the last month. Most of the outer planets are in good aspect to the Sun with a couple of notable exceptions. The rest of May, the Sun sextiles Mars—good for increased energy and better interrelationships.

However, around June 10th and the few days before, the Sun squares Uranus, and if it’s around your birthday, it can trigger a recently ongoing erratic time in your life. That goes for anyone born close to this date in March, September and December, as well. The days around June 19th are more intense than others, and again, if this is close to your birthday (as well as the months mentioned above) then yours is a more personal intensity and a call to transform something that needs renewal, depending on other personal chart indicators. This could easily be one of the most important periods of your life.

Most of June Jupiter is in square aspect to Uranus, which is notable for quickly changing perceptions coupled sometimes with great humor. This would be especially apparent from June 5th to around the 12th. The first ten days of June is graced with a grand trine in Fire signs involving Saturn, Jupiter and Mars. This goes a long way to offset the other indicators and adds prudence and patience.

Mercury is retrograde from June 15th through July 10th. During this time, don’t start anything important, and double check everything you do. Communications are usually the most vulnerable, and important things are best put in writing so there will be no misunderstanding.

Uranus goes retrograde on June 23rd for five months at 18:41 Pisces. Anyone with anything at that degree will find it to be a very unpredictable time laden with surprises.

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Published as a public service by Carole Devine

Devine Advantage ~ www.devineadvantage.com

6 Rodgers Place, Portsmouth, VA 23702

757-581-5263*757-558-0003 email: carole@devineadvantage.com

Rudy Giuliani

The time of birth, as usual, is suspect here. There is a time thrown out there on the internet of 11:53 a.m. that seems to fit him. Mr. Giuliani would have Leo rising with that time as well as the

Moon, Jupiter, Pluto and Mars in Leo. With the Sun in versatile and conversational Gemini, he would definitely be charming. May 28, 1944 in Brooklyn NY is the rest of the birth data. He really is very compassionate, but he does things his own way (Sun conjunct Uranus within one and a half degrees). It's doubtful that he would be deceptive intentionally, but then, anyone can become corrupted in politics.

Since the time of birth is questionable, I'll, for the most part, stick with those aspects that would be there no matter what time he was born, and one is the progressed Sun right now being between his natal and progressed Pluto. About six or seven months ago, the natal contact was exact, and the next contact to the progressed position would be in a little over a year. This is determination, but also a cleansing of sorts. He could emerge with a new understanding of himself.

Since Saturn is coming to his natal Jupiter/Moon conjunction all through June and early July, I have to wonder if he'll stay in the race, or if he does, if he'd be having a tough time of it, as it appears he is now. If this is the correct chart, solar arc Saturn is fast approaching his ascendant and will be there around a year and four or five months from now—September or October 2008. It would be a good test for the birth time. It would be a disappointment from one of his children or perhaps a major illness.

He is working very hard right now and will be even more pressed and determined right on through Thanksgiving – if he stays in the race. The one thing that bothers me is the Square between Pluto and Mercury. It is similar to Bush's Pluto/Mercury conjunction but more unconscious. This can be determination, but taken too far can be obstinacy, as we have witnessed. When coupled with the Uranus/Sun conjunction (supreme independence), we could see a president with no more regard for co-operation than Bush has.

Upcoming Changes

As I've mentioned before, the website is undergoing a major revision. With that will come changes in format, pricing and procedures. We hope to have it done by the end of July. In the meantime, if you are planning on enrolling in the course or ordering a consultation, you might want to do so before all the changes are in effect.

One thing I'm happy about is the positive response the *Star Trek Revealed* book is getting. Some readers have told me they were surprised they could enjoy it and understand the message clearly without ever having watched *Star Trek* or even knowing what it was about. One lady said she looked at an old episode again after reading the book and saw it a whole different way. Below is a convenient order form for you including several items if you're interested. The course will be downloadable for some lectures after our changes for individual fees, but not all the examples and class participation. That will still be available on CD, however. The demo is still free.

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