



“my heartfelt commitment to you”

Eleanor Kibrick

applying the wisdom and tools
of Astrology to your daily life

CYCLES AND TIMINGS

Cycles and timings are at the heart of Astrology’s gifts to us - when we *experience* - knowingly or not – the energetic rhythms and shifts of our life cycles, and day-by-day timings, that are so well described in this wisdom tradition.

We are intricately involved in the planetary dance. Depending on our date and time and place of birth, the natal (birth) chart depicts our starting point - at the time of our birth, when the cosmic clock started ticking, gradually unfolding and revealing our patterns. Some people believe that we choose our time of birth, which is our “energetic entry point” into this particular cycle of existence. The planetary configuration in each individual’s chart describes his/her strengths, weaknesses, values, tendencies, potential mission and purpose and more.

There’s a misperception by some people who think that an individual’s birth chart describes a combination of patterns that will result in *predictable* responses, and that fate, rather than free choice, plays a decisive role. In over 30 years as an astrologer, I have found that very far from the truth, based on what I’ve learned from people’s feedback about their actual experiences.

In fact, when I’ve done readings for identical twins, I found that many of them have lived their individual lives quite differently. Their cycles and timings *were* virtually the same, yet how they responded to the various challenges and opportunities and blocks and frustrations in their lives were, in some cases, markedly different and resulted in different outcomes. I’ve come to realize that even if we are born at approximately the same time, and have the same parents and almost identical charts – we may have entered this lifetime with different levels of spiritual maturity – and that can make a huge difference!

Using generalized examples – if two people are born in the sign of Aries, one may express this archetype as the spiritual warrior and another person born under this sign, may not be able to harness this energy so well, and be uncooperative and belligerent or passive-aggressive. People born with the sun sign of Leo, the energy of the monarch, may express themselves with natural grace and dignity, or gracelessly and narcissistically!! Some people with their moon in Aquarius may be cold technocrats, and others may be tireless humanitarians.

Cycles and Timings: The planets are constantly shifting their positions relative to the earth and relative to one another. When we add to this the interactions that the ever-moving planets make with an individual's chart, we begin to get an inkling of the complexity and beauty of this dance.

With regard to life cycles, there are commonalities we all share. For example, Saturn is a planet that takes approximately 30 years to circle around one's chart – bringing its wisdom and discipline to every area of our lives. At approximately 28-31 years of age, we each experience our first "Saturn return." It's a time when many of us evaluate and reflect on where we've been, and what we have or haven't accomplished – with major variations depending on our basic birth charts. Still – it's usually a more serious time in most people's lives.

By the first Saturn return we've been tested in so many ways that couldn't be predicted in the teens or twenties. The clear light of "reality" at around age 30 can be a most revealing and difficult period to experience. The second Saturn return between ages 58-62, brings another round of reflection, gearing us up to face the reality of our mortality and what we choose to do with our lives in the remaining period of time, however long or short that may be.

Another major cycle, which I believe is *a crucial life-changing cycle* for many, is popularly called the "mid-life crisis" for good reason. The planet Uranus takes about 84 years to make one revolution around the chart and at the half-way point, which occurs between the ages of 37-45, most people feel an intense restlessness and dissatisfaction with some or all areas of their lives.

For some people, having fulfilled their parent's dreams for them – there's a wake-up call! They may have chosen the wrong profession, for example, as their hearts aren't involved. Their marriage may have been unhappy and unfulfilling. They've had a great career and now want a personal life and/or children. The planet Uranus, during this life cycle, is opposite its original birth position, and is cracking through our conditioning and the barriers we've put up - and all the old inhibitions and "rules" and "shoulds" in life that may now feel quite sterile and pointless.

This discomfort is a major gift. The more uncomfortable we are, the more likely we'll use this time to make significant changes and start living more authentically. People who hold back from life during this cycle, through fear or limiting belief systems, or according to rote ideas about responsibility and what's right and wrong – may block the energy that's calling out to be expressed. Holding back from what is truly calling us to express can take a heavy toll on body, mind and spirit, and many chronic diseases may begin to manifest in the 40's and 50's.

Shifting into the direction indicated by our true and heartfelt impulses, dreams and desires brings in more life energy and a sense that the best is yet to come. Now we can take some actions that will significantly reshape our reality and intentionally bring forth a very different future.

At approximately 50-51 years of age, the asteroid, Chiron, returns to its birth position. Chiron, discovered in 1977, is associated with *experiencing connectedness* – between mind and body, spirit and body, us and the Earth. When it aligns with its birth position, it opens an energetic channel for us. We may now more easily experience the reality that we *are* connected with our spirit, that our minds affect our bodies, and that we are interrelated with all living beings. We can also feel, whether we are conscious of it or not, a sense of our mortality.

For some people, *this period of alignment is a launching point* toward a more evolved level of spiritual maturity which will stand them in good stead for the rest of their lives. For others, fear of mortality becomes a lot more real and immediate, and actions are taken to try to erase indicators of aging – be it through surgery or other means – to stave off the inevitable as long as possible.

Cycles and timings always bringing changes and shifts - which we can feel, for example, you might feel them as exciting, boring, challenging or stressful.

From approximately early August 2006 until early August 2007, *Saturn in Leo and Neptune in Aquarius have been, and will be, opposite each other*. The result of this year- long oppositional configuration is being experienced by everyone - individuals, corporate entities and nations - and the daily news has reflected this very intense configuration.

Saturn in Leo represents, among other things, established power and the status quo. Neptune in Aquarius represents an energy pattern of idealism and humanitarianism, and also of illusion and deception (in the material world). The consequences of this configuration have been quite dramatic. In the US, we've had many scandals revealed, and our old remaining illusions have been dissolving about the regard we may have had for people in power, and respected institutions.

Positively, this oppositional energy between Saturn and Neptune has also woken people up to realize that *right now* there's a critical need to express basic life affirming values that embody humane ideals. Taking *collective action* (Neptune in Aquarius) - for the good of the many - instead of passively supporting the powerful few (Saturn in Leo) is now higher on the agenda for many more people.

On an individual level, many of us have been dealing with confusion or uncertainty of what and whom to trust, and for others, health issues have arisen with generalized symptoms and vague diagnoses. This period also brought new choices into clearer perspective, with a sense of immediacy. Do we “follow the rules,” do we sit around and watch “reality” programs, or do we take action and express what our collective awareness and awakened conscience are calling for us to do?

The gifts in *knowing our charts* are immediate. The more we understand our own natures and the cycles we're experiencing, the more we can understand the events that occur in our lives *in their proper context*. We then have much better perspective on what we're going through, and what we may be able to learn from our experiences. Especially after our first Saturn return, we may begin to notice where we have *patterns that are re-*

occurring and begin to take more responsibility for our lives, instead of making “he, she or it” wholly at fault.

When we have information about the durations of our various cycles and timings, we can more easily endure difficult times, as we understand that they all have their beginnings and their foreseeable endings and are part of our life-learning cycles. That knowledge can help us go through those “dark nights of the soul” periods and anticipate when they’ll be complete for this round of the wheel.

We can also plan to *take advantage of opportunities* which are also cyclical. Knowledge of Astrology can be a valuable guide through the various cycles of our journey. We all have our individual levels of spiritual awareness, personal capabilities, and most of all, free will to at least *choose the attitudes* we hold through those times when difficulties are unavoidable. We can also keep our perspectives clearer and more grounded when life events flow more easily.

In early September 2007, Saturn will be completing its two and a half year journey through the sign of Leo and will enter Virgo. The challenges of accountability may be more in the forefront, than aggrandizement and power - for individuals, institutions and nations.

Pluto is still moving through the sign of Sagittarius until the end of 2009, expressing its shadow side through increased fanaticism and violence-related intolerance. Pluto is the planet also associated with *regeneration and transformation*, and new stories exemplifying more loving and holistic expressions of our humanity are multiplying rapidly and are being shared at the grass roots level around the world.

During the entire month of July 2007, Pluto is at the same degree of Sagittarius as the Alcyon, the star at the center of our Galaxy. The *exact* alignment is on July 17. Astrologer, Barbara Hand Clow, writes that with “the new potential emanating from the Galactic Center, the tendency is for old ways to fail while new ones succeed very easily.”

Given that this energetic alignment happens approximately every 254 years, it’s a major opportunity at this time to quiet the mind, and consciously connect with our highest aspirations - filling our imaginations with pictures of our world regenerating and transforming itself - with our conscious actions based on life affirming values - and people and plants and animals and oceans becoming healthy and vibrant once again.

Making choices is something we all do whether we choose to act or not – all is choice. We each have the potential to live into our more noble possibilities, and at this point in our human story – taking the high road is imperative for our health and our collective future.

Keep looking up!!

Eleanor

Eleanor Kibrick has been a practicing Astrologer and coach since 1976. She specializes in providing in-depth, psychological/spiritual readings to help her clients appreciate and activate their potential. Eleanor also has degrees in Physiology and Pharmacology and taught Physiology, Pharmacology and Microbiology to nurses and other health professionals for many years.

Currently, Eleanor is Program Director for the Nightingale Initiative for Global Health (NIGH). She co-created NIGH's "Care for the Caregiver™" series of workshops that she has presented to healthcare professionals and at annual conferences of nursing organizations including AHNA, ARN and IAHC. Workshops include: "The Power of Words: Experience How Language and Thought Patterns Profoundly Affect Health and Well-Being" and "The Language of Leadership: We are the Ones We've Been Waiting For."

NIGH's mission is to educate and empower nurses, healthcare workers and other concerned citizens to learn to communicate more effectively—about health issues—with each other, with friends and colleagues and with community and national leaders – and by networking together globally - to build a healthy world.

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