

## A New Relationship with Time The Body as Timer

**Samten Williams, BSN, RN**



Work with Time represents a next arc in the spiral of our evolution. We have been working with Space for a while now, from the 1960's refrain "Give me my space," to an environmental regard for littering, a consciousness that also stems from the 1960's. Current culture has embraced feng shui, a practice that governs spatial harmony within everyday environments.

TimeSpace is an inseparable continuum. Since we, as a culture, have embraced work with Space, it follows that a cultural awakening regarding Time is up next. We have been edging toward this work with the introduction of flextime in the workplace and with the mounting mass complaints related to time pressures.

Time is a matter of daily and seasonal cycles of Earth and Sun and monthly cycles of the Moon. Yet, in modern life, most people regard time mechanically. We force ourselves to fit into schedules no matter what our body tells us it needs for optimal self-care. This mechanical consideration of Time is an arbitrary construct that leads to constant rushing or feeling like there is never enough time for us.

In contrast, Natural Time considers the body as Timer, in resonance with the organic cycles of nature. In this Question and Answer column, we look at time in this cosmic way, to learn how an individual might better use his or her relationship with time for more fulfillment and with greater release from the pressures of time sickness. We will explore ways to work with the cycles of nature in conscious and integrative ways.

Astrology is the study of natural time cycles and there will be astrological references used in this column. It is not the author's intention to persuade a reader who has no interest in astrology; rather she writes for those readers who do have an interest in astrology and want to learn more about natural cycles.

Email questions for this column, along with a brief description of your current relationship with time to Samten Williams [samten@samtenwilliams.com](mailto:samten@samtenwilliams.com) and your birth date, time, including AM or PM, and your place of birth. One reader's question will be addressed in each column. Not all questions submitted can be addressed in the column.

If your question is chosen, you will be notified by email.

### **Question:**

*I am doing home health part time, as steady source of income and it is straining my adrenals and brain cells, too many important details to consider for each patient and too much pressure for productivity, which brings us back to time. I*

*also have a craniosacral therapy practice, which is growing and blending into a continuing education course about the work for nurses, and I have two other creative/income outlets, one that involves a small bed and breakfast cottage and the other the creative arts. Each of these pieces of work speaks to innate gifts and personal fulfillment, but they keep getting moved to the bottom of my list each day, which means they don't get actualized fully. What advice do you have for me related to optimizing my relationship with Time?*

*Elsah Cort, R.N., California, USA*

### **Samten's Response:**

Dear Elsah,

As holistic nurses, "straining the adrenals" gives us a red light that something serious needs our attention. The adrenal glands are related to stress and release of the hormone cortisol, which, when the stress is on going, can create friction in our physicality, and sense of well-being.

The adrenal glands are associated with the kidneys. In the astrological model, a zodiacal sign is associated with each part of the body, beginning with the head, associated with Aries, to feet, associated with Pisces. The kidneys are associated with the zodiacal sign of Libra. Looking at your birth chart, you have the planets Neptune, Venus, and the South Node of the Moon all in the sign of Libra in the 7<sup>th</sup> house of your birth chart.

There are two nodes of the Moon, the north and south nodes, and these points represent where the Moon crosses the ecliptic at the moment of birth. The north node considers how we can manifest our potential to the fullest. The South Node represents the past and what is most familiar to us.

Given your birth chart placements, one suggestion that I have for self-care of your adrenals is to consider yourself first, (the placement of your North Node in Aries in the first house). Reflect on what you want, always, and with everything that you do. Sample questions you might get in the habit of asking include: Do I want to do this? Do I want to this or that now? Is it in my best interest to do this?

A companion practice to this comes from the South Node in Libra in the 7<sup>th</sup> house. Let go of and do not dwell on the past. Keep renewing yourself with awareness of your own autonomy everyday. Purification prayers while you bathe or when you wash your hands are effortless ways to purge pulls from the past. Carry with you a phrase like, "That was then, this is now."

The planet Mercury is also in the 7<sup>th</sup> house, in Virgo. This placement gives you a very practical, realistic approach to life. You consider everything and adeptly separate the wheat from the chaff. Mercury's energy aids to your success as a communicator, writer and one skilled with attention to detail.

All of your planetary energy in the 7<sup>th</sup> house, Mercury, Venus, Neptune and the South Node, suggests that relationships are important to you. Talking with intimate friends on a regular basis can serve as a potent de-stressor for you. One suggestion for enhancing your relationship with Time is to make time for talking with others. Journaling, talking with yourself, might be part of this, however, I urge you to have daily talks with friends as part of your self-care, if you are not already doing so. Make time for that, even if it is a short check-in call a few days a week, with longer chats on the other days.

In your chart, the planet Venus is not far away from the planet Neptune. These two planets represent different octaves of the same vibration, Love. With these two planets close to one another, as they are in your chart, there can be an imprint of sacrifice and service. Again, it is vital for you to assert what *you want* as you fulfill the blueprint of your life.

The mobility and flexibility of home care, working with varied clients in multiple environments throughout the day is a match for you given the sign Gemini on your 4<sup>th</sup> house cusp. This placement is called the nadir, the root of one's self. Having Gemini here suggests that you are gifted in working with people, you are a competent multi-tasker, and curiosity opens the life force for you. You are a skilled communicator with this placement. Gemini on your nadir gives you all the skills and capacities that one needs to excel in, and enjoy, home care. Consider taking a few moments every day that you do home care nursing to acknowledge that you have the special skill set required for this complex work.

Is it possible to change your commitment from part-time to per diem? You might lose health insurance coverage in the process and that would be a whole other concern, however, changing how much time you spend at home care does seem a logical next question. You might not be able to take that action immediately, Elisah, however, you could make a plan.

As holistic nurses, we do subscribe to the theory that each of our cells has intelligence. It can be an important self-care practice to communicate with one's cellular being that there is a plan, a timeline, in place for making change regarding a stressful situation.

Gemini, the sign on the nadir of your chart, mentioned above, also rules the hands. This placement, along with your ascendant in Pisces, and the Moon conjunct Mars in the 5<sup>th</sup> house in Cancer, along with other aspects of your chart, suggest healing energies. My suggestion is to sink into your dreams of living the healing and writing life you imagine for yourself.

Your Sun placement in the 6<sup>th</sup> house, again emphasizing a life of service, is in late degrees of Leo. Leo is the star, the Sun shining within. There is a black hole, the size of six of our Suns, in conjunction with the placement of your Sun. This black hole has a Period, its cyclicity, of about four hours. This means that every four hours of every 24-hour period, there is a celestial x-ray burst in conjunction with your place under the Sun.<sup>1</sup> You can optimize this celestial timing relationship by making wishes, affirmations, prayers for a few seconds to minutes every four hours.

You can program this prayer or affirmation before you go to bed at night. It is impossible to know exactly when this every four-hour burst occurs, however, I suspect that if you work with

this rhythm over some years you may start to feel its synchronicity. My suggestion is to just get started: every four hours take a few seconds, or minutes, to stop what you are doing, look up toward the sky, take deep, cleansing breaths, and consciously connect your pulse with the pulse of the Universe. Make wishes, say prayers, dream dreams. Come home to yourself.

With the Moon and Mars together in the sign of cancer, in the 5<sup>th</sup> house of your chart, I suspect that the bed and breakfast work makes your heart sing. This is important work for you, Elsay, and I encourage you to embrace it.

You may want to reprioritize your list. Yes, you may have to spend the bulk of your work time doing home care right now, however, that does not stop you from putting the other pieces of your work on the top of the list, as a way of strengthening your identity with those pieces of work.

For instance, you can make cards to put on the bathroom mirror and on your dashboard that say something like, “My craniosacral practice is full, and I have a waiting list.” Or, “My beautiful bed & breakfast property has solid bookings through the next two years.” Seeing such cards on your dashboard, in between home care clients can go a long way in magnetizing more of this work to you. Ask for help in the dream, before you go to sleep, with questions like, “How can I magnetize my ideal craniosacral clients to me?” Or, “How can I increase bookings for the B & B?” As a holistic nurse, Elsay, I imagine that you may already be doing things like this. If not, consider trying these techniques.

Another consideration for your relationship with Time is the Sun/Moon phase angle at the time of birth. There are 360 degrees in the Sun Moon cycle, and your phase is at 320 degrees. This placement means that you were born in the “Dark of the Moon,” three days before the next New Moon. Because you were born in this phase means that you are highly intuitive. Someone born during this phase needs quiet time and many filters in place, because your field is like a sieve. For optimal well-being, this placement suggests good strong boundaries and lots of quiet, rest and reflection time.

Your placement of Saturn, in Virgo in the 6<sup>th</sup> house supports strong boundaries and great doses of reality. Again, you have strong capacity to filter wheat from chaff. With the Sun/Moon phase angle, though, you do need quiet time and overdoses of stress do not support optimal use of your abundant intuition. Know that you are intuitive, a sensitive being, and take great care to allow time for doing nothing. Consider that time like a vitamin for the soul. Take minutes where ever you can get them. Take a few minutes of closing the eyes here, a few minutes of deep cleansing breaths there. The more you give yourself this kind of time, the better it will feel and the easier it will be to take more of it.

You can watch this habit grow, like building a mountain – you start from a small mound and over the months and years you find you have developed quite a healthy habit of self-care, of guarding and building your do-nothing time. It is a misnomer, this “do nothing time,” because actually, we are feeding the soul with stillness. It is a permission giving activity, so that that our body can then hear the messages from the soul of how, when, and where to take great, effective care of all of our needs.

To recap, Elsay, my suggestions for enhancing your relationship with Time, and thereby decreasing stress levels, are the following:

Realize that you have innate capacities for all of the work pieces you claim. Affirm *what you want*, always. Release from the past through daily purification rituals. Give yourself conversations with intimates on a regular and steady basis. Allow for do nothing time every day, and pay attention to calls from your body when you need more of do nothing time. Consider developing the habit of checking in with yourself every four hours, in affirmation of your sacred link with galactic consciousness.

From the spring of 2006 through January 2007 the planet Uranus will be going over your ascendant. Keyword phrases used to describe the qualities of Uranus are “lightning bolt of electricity”, “unexpected change”, “awakening inspiration.” The ascendant represents how we present ourselves to the world and how the world sees us. This transit can bring liberation, Elsay, opening you to new appreciations and possibilities. You may experience the pressures and limitations that you have been feeling lift as you perceive new boundaries, new structures for how you see your self and engage with life.

Thanks for sharing your question. Blessed, blessed Be.

Samten

**Samten Williams, B.S.N., R.N.** *is an educator, national speaker, astrologer and craniosacral bodyworker. Known as the SuperGalactic Nurse, she coaches individuals, families and businesses, helping them align with natural cycles for optimal wellness and productivity. She has authored a two-hour online continuing education course, [Reclaiming Astrology as a Relevant Tool for Holistic Nurses](#) and the booklet [50 Practical Tips for Trusting Intuition](#). Her work with nursing and astrology appears in [The New Healers](#) by Barbara Barnum, R.N., Ph.D., Vista Publishing, 2002. She can be reached through her website [www.samtenwilliams.com](http://www.samtenwilliams.com), by email, [samten@samtenwilliams.com](mailto:samten@samtenwilliams.com) and by phone, 513.561.0757*

---

<sup>1</sup> Sedgwick, Philip, The Soul of the Sky CD, page 106; March 2003, Scottsdale, Arizona