



Planet Waves for Oct. 15, by Eric Francis

ARIES

Matters of sexuality are systematically repressed, and that is why they erupt with such vengeance. That which is denied turns to chaos. The denial may feel good or be convenient, or feed some puritanical urge. But it does not help you or anyone. Crucial matters are bubbling to the surface and calling for attention; the question is, what kind of attention to give them. That is difficult because you don't have to go far to encounter the grand conspiracy of 'let's never discuss this and count ourselves better.' What you can do is be honest with yourself, in your notebook and other forms of personal expression. These I suggest you keep far from the internet. You have not yet reckoned with the insidious poison known as the digital environment. While none of us can escape entirely, keep your most personal matters confined to paper and pen.

TAURUS

You're in a get-serious moment that may be compelling you to confront elements of your personal history that you would rather be left behind. That's the problem. You cannot move on until you at least confront how you feel and make peace with the past; and that's what you're trying to do with the full power of your psyche. The temptation remains to make this about other people, and they surely have their role. It will be especially tempting to say some deep element of what you're experiencing is about your parents. Yet that will send you in the wrong direction. If you're considering the effects of your environment, the question is why you allow yourself to be influenced by any form of group or collective opinion. You're at such a juncture again and I would remind you: nobody else can live your life. And in truth, others don't care that much. What you think they think is all about you, not them.

GEMINI

You cannot be pressured to change how you feel, but you can open your mind and discover how you feel. Then you might wonder: whose feelings have you internalized? That's the very important second step. It looks as though you have a set of sensations in your body and they may have come from someone else. The definitive clue will be if they contain judgements against yourself. You did not come up with these feelings yourself. They are not natural; they are nothing that a dog, a cat or a donkey would feel without having been abused. It should be a fairly short step to find out who the progenitor is, though I suggest you not stop there. A larger environmental factor exists, most likely in your childhood home; others were likely involved. And now you're outgrowing this whole experience, and this whole definition of yourself. Take that one step at a time.

CANCER

Scorpio, where most of the action is right now, is your 5th place, where you can be your most daring, creative and indulgent. The thing about the 5th, and about your astrology right now, is that you can go for an ordinary dip in the sea and suddenly find yourself out a few miles in a riptide. Fortunately this is a metaphoric undertow, which will be sexual or emotional in nature; and you can take some basic precautions before you get involved. The idea is not to eliminate risk but rather to be aware of it, work with it, play with it, and explore your relationship to your feelings. This is all about your feelings, which want to be directed creatively. It could involve what some call art, though that is not a substitute for anything. And it's the kind of art you might not want to show others — but indeed, you must, and you will know it when the time comes.

LEO

Keep your focus on the central issue, your core feeling, which you now recognize even if you don't understand it. Yet the conflict you may be experiencing is the story of your life: are your emotions subject to approval by a committee? This may sound like a strong question, though I would encourage you to scan back through your life, beginning with your earliest memories, and ask it over and over. There's always a group around you, whether family, or friends. Do you feel compelled to live up to their expectations, not just in public but in your inner life? When you step out of this and allow yourself to feel what you feel, you may experience guilt, which is a clue. You might not have been able to do much about this in the past, but you can be true to yourself today. This would represent a bigger step than you may imagine toward grounding in your independence. And nobody but you has the right to an opinion, in your mind or anywhere else.

VIRGO

You may think that other people have plans for you, but do they? What exactly is your evidence of that? People are extremely preoccupied with their lives these days, which usually amounts to a lot of distraction. And it's true, there is a control freak born every hour or so. But you may be overestimating the level of intent others have for you. And that calculus would lead you to feel hemmed in, to make fewer decisions, or to base them on imaginary opinions. If you extend this further, you may be feeling resentment toward others for no good reason. Try setting all of this aside. Make your own decisions. Run your plans past people who depend on you and listen for their response. You may find them more accommodating than you imagined; and if they are not, then practice your negotiation skills.

LIBRA

You may feel backed into a corner on a financial matter, but it's really a creative opportunity. It's true that with Venus retrograde and Mercury about to be retrograde, you cannot make fast moves in the outer world. But you can get your desk in order, you can keep up with your basic responsibilities, and remain observant at all times. Notice who is succeeding in the ways you find appealing and study how they are doing that. There are plenty of bad examples to go around, such as people whose lack of ethics you find repulsive. Don't be distracted by them, though do pay attention to the opportunities and possibilities they have thrown aside. You can also afford to be more confident than you are. It may be the quiet kind of confidence, but I suggest you write the words 'Can Do' boldly, somewhere you can see.

SCORPIO

People get themselves into all kinds of complicated situations; it can be mind boggling. And it can also lead to the expectation that everyone's life is supposed to be a cross between the Kardashians, the Jerry Springer Show (RIP), and the most twisted corners of Instagram. You are under some intense emotional pressure right now, and I suggest you use it to simplify your life. This is done one decision at a time. By that I mean it does not happen all at once. Your progress may not even be noticeable. But after a while, you will see the drama level go down, and you may notice that things are a little boring. This is exactly what you want, as you let your nerves heal from years of emotional overload. This is not often done, and you may find yourself less popular as a result. That too is a worthy goal.

SAGITTARIUS

The Course in Miracles lesson "I am never upset for the reason I think" is going to be helpful this week. It's not some kind of affirmation or mantra but rather a statement of truth: you often think you're upset for one reason and then it turns out to be another reason — and then you forget that it even happened. Now you can turn that around and use it consciously. If you're annoyed or upset you're likely to have a firm opinion about it, and you may notice that this opinion is not helpful or supportive of your peace of mind. That's the time to remind yourself that you're never upset for the reason that you think. When you discover the real reason, you can do something about it, and therein lies the difference. The false reason leaves you feeling helpless while the real reason gives you options.

CAPRICORN

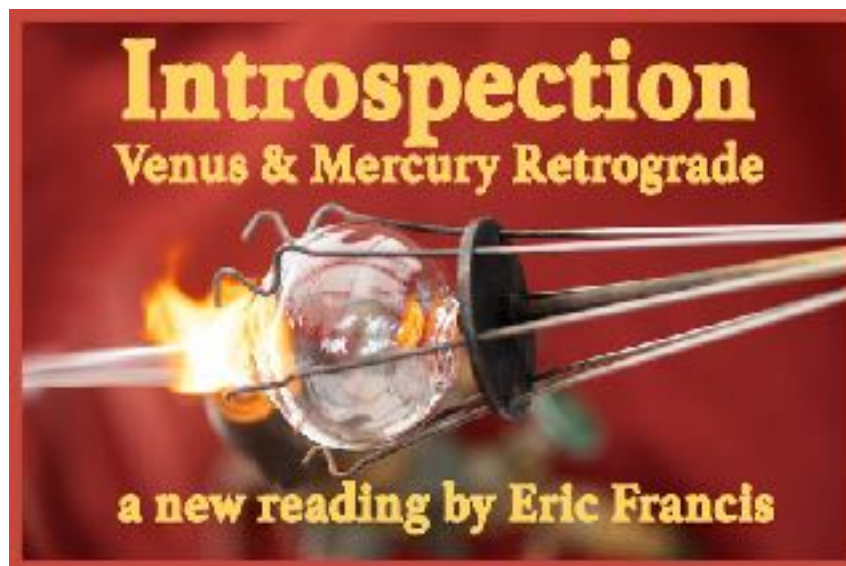
You are discovering exactly why it's so important to live the most intimate and personal aspects of your life within a container. It may be true, as A Course in Miracles says outright, that there are no private thoughts. But that is different from the ways we distort our experiences and our emotions by broadcasting them. Your home must be your sanctuary, and the place where you can be yourself at all times. Nobody needs a public life, unless it is a dire necessity of your profession (and that is unlikely). And even then, keep it professional, not performative. Professional means as real as you need to be for the intended purpose. But I digress. You may be accustomed to the feeling that everyone already knows everything about you, though this is an illusion. Make a policy of being cryptic in public spaces, and transparent in private ones.

AQUARIUS

You're likely to make a profound discovery about your role in the world, and the adjustments you must take to set yourself in that direction. However, there is still information you need that you either do not have, or have not yet uncovered. This will take some time, and some patience; the more patience you have, the less time it will take. Venus retrograde is now well underway and is currently helping you feel the box that you seem to be caught in. Soon enough, Venus retrograde will move into Libra and that will open up a world of possibilities that you have not considered in a long time. This is the time when you will feel your horizons expand and can see your potential for what it is. The world you want to live in is more like an architecture studio than it is a spy novel. You are a designer by nature, not a clandestine actor.

PISCES

In the classic television series *Twin Peaks*, psychiatrist Dr. Lawrence Jacoby said of Laura Palmer: "Laura had secrets. And around those secrets she built a fortress." This is the way of the world. Nearly everyone has secrets and around those secrets they construct their own personal Fort Knox, as if the contents were something valuable, something to be prized, treasured and protected. The problem with this fortress is that the point is usually to keep the secrets from ourselves. You have reached the point where this can no longer be so. You must know what is inside your innermost sanctum — your crypt of the soul. It's the defensiveness and the avoidance that give these things the negative power that they seem to hold over you. Once you drop those defenses and reveal whatever is kept at the back of that container, you will have the power of decision and the strength of self-knowledge returned to your own hands.



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