



The Shamanic Timeline of Life

Timing Is Everything! What Time Is It For You?

The following is a Free Gift for those attending the Summer Solstice 2017 Online Event. This resource includes an introduction on Shamanic Astrology, along with notes, bullet points, and other helpful information for exploring the Shamanic Timeline as taught by the Shamanic Astrology Mystery School and sourced by Daniel Giamario.

A Few Insights on Shamanic Astrology

Shamanic means *connected to the Earth*. Astrology is derived from a Greek word for *stars*. Shamanic Astrology connects the Earth AND the Celestial Realms. What is occurring in the Great Above (via the planets and stars), directly correlates with what is occurring here on Earth (or the Great Below) as suggested in the statement As Above, So Below.

Shamanic Astrology views all the planetary signs in the birth chart as equally important. There is no right or wrong, better or worse. Every placement has an intent and once you understand that intent, then you can choose to engage with these energies to make responsible, informed choices. All is connected. Nothing stands on it's own.

Shamanic Astrology provides a framework for understanding the life cycles we all experience letting us know what time it is for us. Just as we experience seasonal cycles, there are personal cycles that are a natural part of life. You may have forgotten or never learned how to be in relationship with these mysteries, or have lost your ability to be informed by them and to be informing them. Shamanic Astrology helps you to learn and regain the wisdom the ancients valued so highly.

We Inform the Mysteries as Much as they Inform Us.

Shamanic Astrology recognizes that no cycle is good or bad in and of itself. All cycles have an intelligent reason and purpose for being! Knowing what your cycles are, you can cooperate and collaborate with each cycle using your awareness to help you navigate the intent of the cycle. It's conscious co-creating at its best!

Would you like to:

Know what your life purpose and intent is and have a blueprint for how to live and give your gifts in this lifetime?

Know which options will give you the most beneficial results when you're at a crossroads?

Have a life map and timeline to guide you?

There are times when it's best to step back, and allow for a time of incubation. It's okay to not know. Then, there are times when the doors fly open, the way is clear, and your actions are supported with useful results.

As Above, So Below - As Within, So Without

Shamanic Astrology provides insights, teachings, and practices on how to recognize these magical moments that take place between the Earth, and the Celestial Cycles that are influencing our lives every day. This tool eliminates the guesswork and empowers your ability to make more informed choices.

To find out more, check out the online and in-person classes offered by the Shamanic Astrology Mystery School. Also consider becoming a member of the Shamanic Astrology Mystery School and enjoy free monthly member calls with Daniel Giamario and Cayelin Castell (and sometimes our managing director Erik Roth) describing the planetary energies for each month along with answers to your questions.

Types of Membership:

Basic Membership is for those who want to be involved in the Shamanic Astrology Mystery School Community, helping to dream the dream onward at the Turning of the Ages, but are not interested in taking classes.

Bronze, Gold and Platinum Memberships have a lot of extra benefits for those who are interested in taking classes either on-line or in-person, including offers on teleclasses, and discounts on various products offered on the main SAMS website. Details and other member benefits are here <http://samsmembers.com/join-now>

Special Event Coming December 2017

Be sure to join us for a FREE Online Summit Exploring the Extraordinary Jupiter, Saturn and Pluto Conjunction of 2020 with special guests who will be presenting ways to prepare for this extraordinary event.

Stay Tuned to the Shamanic Astrology Mystery School Newsletter for Details. You can sign up to receive the Newsletter on the School's Website.

The Three Worlds

Each world features specific healing opportunities and growth of wisdom through specialized initiations supporting our soul's journey and growth.

Celestial World Upper World Uranus and Neptune	This World Middle World Saturn, Jupiter and Nodes	Under World Lower World Pluto and Chiron
<p>Our higher-self, or super-consciousness permeating across all time and space.</p> <p>Spiritual guidance</p> <p>Freedom. The Universe (my life) is unfolding as it should. All is well.</p> <p>Operates beyond linear mechanistic reality outside ordinary time.</p> <p>The realm of Grace. (Not logical, not earned. It is bestowed.)</p> <p>Miracles and Magic happen beyond ability of logic and reason to explain.</p> <p>How we truly are has nothing to do with what we know or what we have accomplished.</p> <p>Matter doesn't exist. Only the One Only the Mystical. Only the transcendent.</p> <p>Idealism. Higher Love, Higher Truth</p> <p>Middle World is not as real as it appears. Expanding awareness beyond Middle World rules.</p> <p>The heart of the universe is love and loving.</p> <p>Surrender.</p>	<p>The world as we know it</p> <p>Practical, Logical, Rational, Norms, Customs, Rules, Social Conventions</p> <p>Includes our physical bodies and our normal waking consciousness and where we encounter our ego or conscious self</p> <p>Objective, Consensus Reality Agreements</p> <p>Where we encounter tests and trials that help us to grow and mature</p> <p>Also where we receive manifest blessings</p> <p>Tends to be experienced as a cause and effect reality such as the law of Gravity</p>	<p>Empowerment through transformation</p> <p>Overwhelming events beyond your control intended to produce genuine surrender</p> <p>Can't get out of the initiation by detaching, going into denial, using strength, or figuring it out with the mind - a puzzle to solve</p> <p>Logic and Reason are useless</p> <p>Shit Happens</p> <p>Must face the shadow and feel what you feel</p> <p>Fear of annihilation at any moment</p> <p>Genuine Surrender</p> <p>Who you take yourself to be isn't who you really are</p> <p>Dying to who you believe yourself to be so you can BE who you truly are</p> <p>Letting go, non-attachment</p>

Shamanic Timeline	Age	Planet Cycle or Return	Age
1 st Mars Return	2	Venus Return (6 th) 8x6=	48
Mercury Return	7	1 st Chiron Return (2 nd At Age 100)	49 - 51
Saturn (1 st Square)	7	Mercury Return & Saturn Square Saturn (2 nd)	52
Metonic Moon Return (W/Nodal Reversal)	8	2 nd Progressed Moon Return	54
1 st Venus Return 8x1=	8	7 th Venus Return 8x7=	56
Nodal Reversal	9.5	3 rd Nodal Moon Return (Lasts About 15 months)	55 to 57
Jupiter Return (1 st)	11 - 12	3 rd Metonic Moon Return (W/Nodal Return)	57
Mercury Return	13	2 nd Saturn Return And 5 th Jupiter Return	59 - 60
Saturn Opposite Saturn (1 st)	14 - 15	Uranus Square Uranus 2 nd Time	61 - 62
Mars Return (2 nd)	15	Mars Return (Minor)	62
2 nd Venus Return 8x2=	16	Venus (8x8) & Mars Return (2 nd Time Together)	64
1 st Nodal Return	18y 6m	4 th Nodal Reversal – Metonic Moon Return	65
Metonic Moon Return (W/Nodal Return)	19	Saturn Square Saturn (1 st) & Mercury Return	65 - 66
Saturn Sq Saturn (2 nd) Uranus Sq Uranus (1 st)	20 - 22	9 th Venus & 6 th Jupiter Return	72
Venus Return (3 rd) And Jupiter Return (2 nd)	24	3 rd Saturn Square Saturn	73 - 74
Metonic Moon Return (W/Nodal Reversal)	27	4 th Nodal Return	74 - 75
1 st Progressed Moon Return	28	Metonic Moon Return (W/Nodal Return)	76
2 nd Nodal Reversal	28 ½	Most Exact Mars Return During A Lifetime	79
1 st Saturn Return	29 - 30	10 th Venus Return 8x10=	80
Minor Mars Return	30	Mercury Return	80
Venus (4 th) & Mars Return (1 st Time Together)	32	Neptune Opposite Neptune	81 - 83
Major Mercury Return	33	Saturn Square Saturn (2 nd Square After 2 nd Return)	82
3 rd Jupiter Return	35 To 36	7 th Jupiter Return Synodic Return	83
Nodal Return & Saturn Square (1 st Square)	37	Uranus Return (Elder To The Elders)	83 - 84
2 nd Metonic Return (W/Nodal Return)	38	5 th Nodal Reversal & Metonic Moon Return	84
Uranus Opposite Uranus	40 To 42	11 th Venus Return 8x11=	88
5 th Venus Return 5x8=	40	3 rd Saturn Return (Synodic)	88
Neptune Square Neptune	40 To 42	2 nd Most Exact Mercury Return	92
Saturn Opposite Saturn (2 nd Time)	43 To 44	5 th Nodal Return	93
1 st Most Exact Mercury Return (& Age 92)	46	Minor Mars Return	94
Metonic Moon Return (W/Nodal Reversal)	46	Metonic Moon Return (W/Nodal Return)	95
3 rd Nodal Reversal	46 ½	8 th Jupiter Return	95
One Of Two Closest Mars Returns Of The Life	47	Venus And Mars Return (3 rd X Together)	96
Jupiter Return (4 th)	47 To 48	Saturn Square Saturn (1 st Square After 3 rd Return)	96

Bullet Points for Saturn activating the Middle World on the Shamanic Timeline of Life

About Saturn	Saturn Gifts/Counseling	Saturn Transits
<p>The furthest Visible Planet marking the visible boundaries of the Universe</p> <p>Law of Cause and Effect/ The Rules and experience of time</p> <p>The Stages of Life (growth or maturation process) The 4 ashramas - Student 0-29, Householder 29-59, Pilgrim Seeker 59-88, Renunciate 88 to death</p> <p>In Charge of Third Dimensional Reality, the structure of Reality – the content changes over time</p> <p>What works and doesn't work to support stage of life we are going through</p> <p>Saturn teaches us how to grow, change, and evolve through limitations and boundaries. Necessity of life.</p> <p>Related to the psychological concept of Super Ego as the inner judge or critic that says <i>Not Good Enough</i> or <i>Perfection Will Get You A Reward</i></p> <p>The essence of Saturn is not about punishment though it can feel very unfair</p> <p>The essence of Saturn is to help you grow and evolve by embracing the limitations and boundaries that you encounter within yourself and in the external world</p>	<p>Saturn knows how to create structures masterpieces, as in art, communities, business, schools</p> <p>Skill to effectively manage, administrate, build, teach, focus</p> <p>Wise Elder – Authority</p> <p>The Key is not being attached to the results</p> <p>Comprehensive Sobriety</p> <p>Do what you love not what you think you are SUPPOSE to do</p> <p>Learn to work with the voices of judgment including harsh self-judgment and criticism of self and others.</p> <p>Learn self-forgiveness and self-love</p> <p>Make Different choices based on what truly supports your path in this life (clues from script)</p> <p>Learn to value yourself for who you are and not just what you do or think you should do!</p> <p>The Key to Liberation is through exposing the hoax of perfection. Or said another way...Perfection does not get you where you are going.</p> <p>Exposes the limiting beliefs around karma (if bad things are happening to you it is because you did something bad in the past)</p>	<p>Saturn cycle is about nine months – and Timeline cycles occur about every 7 yrs. Saturn returns around age 29, age 59, age 89, age 119</p> <p>Is about growing and changing to match level of biological and psychological maturity</p> <p>Pressure to grow, change, mature, manifest, achieve, bring something into form (get a job, take responsibility for your dharma)</p> <p>Can feel like a project that determines your standing in the world i.e. pressure to perform, do the research, create the presentation, make the grade and the due date is looming</p> <p>Redefinition of self with objective feedback. If doors don't open it is not yours to do.</p> <p>Resume points – marriage, divorce, move, change jobs, lifestyle changes</p> <p>When snake is shedding skin it is irritable and uncomfortable, the fear that you are finished. Depression can be result</p> <p>Feeling forced to take productive action that changes the game</p> <p>Knowing where Voices of Judgment come from either lineage/early life or the actual intentions of our current life purpose.</p> <p>Time to get clear, work effectively to get practical results – commit to growth</p> <p>Informed focused attention on a goal pays off when it is in alignment with our Soul's intent and supports who we are growing into. Objective measurable feedback.</p> <p>Time to create a clear mission and purpose statement</p>

Bullet Points for Jupiter activating the Middle World on the Shamanic Timeline of Life

About Jupiter	Jupiter Gifts/Counseling	Jupiter Transits
<p>Jupiter teaches about growth evolution and change through Expansion in the World of Form.</p> <p>When all things seem possible</p> <p>Jupiter activates, amplifies and expands what it touches usually through optimism, faith, renewal, good fortune</p> <p>Progressive Jupiter represents our Dharma or the path that helps us attain our current life goals.</p> <p>The current life yoga – or activities that will fulfill the soul’s intent most quickly</p> <p>Enthusiasm for the journey. Joy of life.</p> <p>The quest itself. The adventure, to go down a road never gone down before.</p> <p>Can feel like too much. Caution about engaging reckless over doing, taking on too much.</p> <p>Jupiter return Cycles occur about every 12 years at ages</p> <p>11-12, 23-24, 35-36, 47-48, 59-60, 71-72, 83-84</p> <p>Jupiter Transits last about one year or as long as Jupiter is in the sign of the transit.</p> <p>Age 59-60 Jupiter return happens with Saturn. The Ancients thought this initiatory time with both Jupiter and Saturn was extraordinarily important.</p>	<p>Expansion of: Consciousness Awareness Life experiences Optimism, Faith</p> <p>Renewal and Expansion of Vision</p> <p>Ask yourself what was the sense of aliveness or thrill or excitement of the previous Jupiter cycle?</p> <p>When in optimistic expansion the feeling is you can accomplish anything desired</p> <p>Riding the waves of opportunity</p> <p>Letting go of restrictions and limitations that do not serve so they do not get expanded in your reality</p> <p>Attend to what you want to energize and expand</p> <p>Saturn or Jupiter Returns are of highest importance</p> <p>Saturn or Jupiter conjunct angles next highest importance</p> <p>Saturn or Jupiter conjunct angles natal personal planets are also important</p> <p>Saturn/Jupiter together is great for in the world accomplishment</p>	<p>Expands in all directions making everything bigger</p> <p>Renews vision. Can feel like “catching a wave” of inspiration, opportunity, insight</p> <p>Expands knowledge and understanding and your connection to your inner source of creativity</p> <p>Opportunity to experience higher octave of that archetype</p> <p>Let go of what you do not want to expand in your life and attend to what you do want to expand</p> <p>4 stages of birth process culminates with Jupiter Neptune in the womb – Nirvana Saturn water breaks, can’t get back to womb but where to go? Pluto/Uranus chaos, out of control, powerfully forced down birth canal Jupiter birthed. I am here all is possible</p> <p>To Venus – expands what we wish to be valued for, switching on archetype of feminine for women and connection to the inner other for men</p> <p>Mars – for woman expands inner and outer connection to the beloved. Enjoyable time for embracing creativity that emanates from the inner outer beloved.</p> <p>If Pluto in dynamic aspect to natal planets or angles Jupiter transits can expand the underworld experience</p> <p>If Saturn is in dynamic aspect to natal planets or angles Jupiter transits can expand the Middle World experience of limitations and boundaries or be a time to really get things done, depending on where you are on the evolutionary path</p>

Bullet Points for the Lunar Nodes activating the Middle World on the Shamanic Timeline of Life

The Nodes	Nodal Gifts	Nodal Transits
<p>Middle World Process</p> <p>Realignment with Original Intent</p> <p>The Nodes are our Time Track</p> <p>North Node – Destination point or future oriented direction</p> <p>Linked with Life Purpose</p> <p>South Node – Origination point or releasing limiting patterns of the past and using wisdom gained to move toward future</p> <p>Metonic Moon Return – when the Moon returns near same sign and degree around the Solar Return (or birthday) and the original signature of Sun and Moon is recreated.</p> <p>The Metonic Moon Return frames the Nodal Cycle marking the end of the Nodal Return and the beginning of the Nodal Reversal.</p> <p>Metonic Moon Returns are powerful ceremonial Timings to further energize your desire in the World of Form.</p>	<p>Intent is to experience deepest essence of Nodal initiatory process for realigning with the original intent or original life blueprint and the fulfillment of your divine purpose</p> <p>The North Node opens new doors to knowing and expressing your soul’s purpose but is usually not a dramatic event unless other initiations are present</p> <p>Revitalizes vision of future direction and what the next 19 years are about</p> <p>Being in the womb of possibilities. A Time for throwing everything into the air</p> <p>Releasing past patterns that prevent movement toward destiny</p> <p>Magical window when the timing is “right” to live your destiny if you choose it</p> <p>Trust Intuition and take risks</p> <p>Conscious participation with a Nodal Cycle when in alignment with your soul’s intent “Magic Happens”</p> <p>Time to give yourself freedom to explore your true heart’s desires and see what gets supported</p> <p>A Middle World Time where people, places, and events move you toward your destiny if not encumbered by Pluto, Neptune or Uranus - or a stuck Saturn process</p> <p>Knock at the door, it opens, and you are greeted with <i>we have been waiting for you.</i> First You Must knock</p>	<p>Nodal Cycles occur every 19 years returning exactly every 18.6 years</p> <p>Nodal Returns (when the transiting North Node returns to the Natal North Node) occur at age 18-19, 37.3-38, 55.8-57, 74-76, 93-95 aligning with original intent</p> <p>Cycle begins with Node returning and ends on the Birthday with Moon and Sun returning together (Metonic Moon Return) This cycle gets longer as you get older</p> <p>Nodal Reversal (when the transiting South Node conjuncts the natal North Node) occur at age 9, 27, 46, 65, 84 repolarization with soul’s purpose</p> <p>Cycle begins with the Metonic Moon return on or near the Birthday and ends when the Transiting Node conjuncts the opposite Node a few months later. This cycle gets shorter as you get older.</p> <p>Nodal Return (like Jupiter) is activating a higher octave of one’s life purpose and is like a Pregnant void</p> <p>If you have a dream or desire and its true for your soul purpose you will get feedback that supports forward movement and you can trust this is coming from your Executive Council</p> <p>Nodal Reversal (like Saturn) is a re-alignment with original intent often requiring a change to one or more basic patterns that ideally support an <i>In the World Manifestation</i> of the soul’s purpose</p> <p>Must let go of attachment to lineage – sacrifice something - meaning let something go</p>

Bullet Points for Neptune activating the Celestial World on the Shamanic Timeline of Life

About Neptune	Neptune Gifts/Counseling	Neptune Transits
<p>Neptune is a version of spaciousness that connects with Consciousness and the realm of infinite possibilities</p> <p>True wisdom of Neptune is knowing that you don't know</p> <p>Ceremonial Ecstatic States and Rites of Passage</p> <p>Connects us to Visions and Dreams coming from the Celestial Realm</p> <p>Operates beyond the realm of logic, reason and rationality</p> <p>Feeling sense that Love is real – Love is the essence or nectar of the Universe</p> <p>Timeline: Square 40 – 42 Opposition 81 - 83</p> <p>To Angles – awakens life purpose through NOT knowing or being in the Unknown.</p> <p>Asc – leading edge is relationship to self</p> <p>To MC – inject compassion into work - knowing you are loved w/out reference to achievements</p> <p>To IC – new experiences with internal and external ground</p> <p>To Mercury in Air – mind becomes more emotional and compassionate. Memory Loss possible, more intuitive, psychic</p> <p>To Mars in Aries – developing a deeper heart space, intimacy, and timing for knowing self through being rather than doing</p>	<p>A time when you realize what you believed was real – isn't</p> <p>Dissolution of the illusions of the middle world</p> <p>Realizing that mystical reality is real – feeling of being held in the heart of Great Mystery</p> <p>Wisdom found in NOT knowing – releasing the need to know from an objective reality perspective</p> <p>Learning greater trust in Inner Guidance even though you can't see where you are going or what the purpose is</p> <p>Mysteries of the Unknown and navigating the Unknown by developing trust in your inner guidance.</p> <p>Connected to dreamtime – vivid dreams Accessing the field of all possibilities</p> <p>Experiences of Grace and ecstatic states</p> <p>Neptune cycles are most difficult for those who are Middle World achievement driven. Giving yourself permission to NOT know is best strategy</p> <p>Neptune antidote to Saturn drive for perfection or getting it "right"</p> <p>May need to get therapy to get grounded</p>	<p>Cycles last about a year and two thirds</p> <p>Letting go of Middle World over-identification so we can connect with heart of Great Mystery. You are not in ordinary reality. Can feel outside of time</p> <p>Antidote to addiction to Middle World version of clarity...this is when you get permission to NOT know who you are, where you are going, what is your next step</p> <p>Be empty and open to inspiration, intuition and inner guidance. Embrace heart connection with everything</p> <p>Give yourself permission to enjoy the transcendent, mystical space of Neptune. This is time for a walk-about, a vision quest, dream workshop, meditation retreat, being open to new visions and possibilities, being open to the heart of the Universe</p> <p>Resistance is futile – surrender is key. Time to tune into universal essence</p> <p>Addictions can get worse</p> <p>Failure to embrace this initiation forces the universe to make the first move</p> <p>This is not a time for focusing on Middle World accomplishments...you are not being tested on how much you produce. Listen to what you know</p> <p>This is not about trying to figure it out. Let it go and trust what is unfolding</p> <p>Wait to act on new inspiration (or stay open to additional inspiration) in early stage of cycle as the vision may expand even more. Toward end of the cycle is the best time to take action as new vision often comes in bits and pieces.</p> <p>During transit may develop food sensitivities, Candida, etc...especially if in resistance to the process of NOT knowing</p>

Bullet Points for Uranus activating the Celestial World on the Shamanic Timeline of Life

About Uranus	Uranus Gifts/Counseling	Uranus Transits
<p>Revolutionary Unique/Cutting Edge Big Picture High Witness Avant-Garde, Eccentric Original Thoughts Change Agent Innovative/Experimental Egalitarianism Spacious Detachment Cosmic Overview</p> <p>Uranus works through radical, revolutionary change</p> <p>Sudden unexpected events are designed to shift our assemblage point re-forming the basis of your current reality.</p> <p>Associated with Electrical systems of body, acupuncture, energy work, sound healing</p> <p>Timeline: Square 20-21 Opposition 40-42 Square 61-62 Return 82 - 84</p> <p>Uranus to Cancer Asc or Venus, Mars etc. Prevents a person from doing Cancer in what looks like a traditional marriage and family.</p>	<p>Freedom from the Known</p> <p>Living from Egalitarian ideals that create evolutionary change and greater freedom to live true essence and purpose</p> <p>Change is good though you may need to learn how to balance changes, ideals and innovative ways with practical reality</p> <p>Easiest when you let go of attachments to outcomes and old ways of thinking and doing</p> <p>Accepting what IS</p> <p>Surrender and Roll with what is unfolding</p> <p>Approach life with an open hand, don't try to hang onto anything, even what we think is changing</p> <p>Trust the Process of change and know it is taking you where your soul wants to go</p> <p>Can't know what will happen before it happens</p> <p>Accepting your unique expression and finding others like yourself</p> <p>Keep bags packed as you may travel unexpectedly</p> <p>Good Time to do Energy Work</p>	<p>Uranus cycles last about a year sometimes longer</p> <p>Introduces changes that are sudden, unexpected, disruptive and unpredictable, designed to produce evolutionary change aligned with our soul's purpose</p> <p>Intended to provide access to other worlds for a new broader, bigger, vaster, core point of view</p> <p>Produces events of extreme novelty to help release places where you are stuck shifting where ever you have been in a holding pattern</p> <p>Experiences of "break down" to "break through" to Higher Love and Higher Ideals - surrender eases and assists the process</p> <p>Avoid making life changing decisions (like getting married or divorced) if possible until the cycle is over as you are not in ordinary reality</p> <p>Make space to be "struck by lightning" in a good way such as sudden experiences of enlightenment Similar to Tower Card</p> <p>Chaos and overwhelm are designed to shift the assemblage point.</p> <p>Changes the Game in ways that are liberating. Can be felt as wonderful or difficult depending on what is needed to produce the change</p> <p>Some people love Uranus cycles and the unpredictable changes - others find these experiences are an inconvenient detour from "their" plans</p> <p>Uranus/Neptune do not operate in Cause and Effect reality. They are operating in the boundless Celestial Realm so what happens is not logical or rational from a Middle World perspective</p> <p>These are the cycles where one can experience Grace in unexpected ways. Grace is not earned. Grace happens unexpectedly and is bestowed from the Celestial Realm</p> <p>The entrance or doorway into the miraculous universe</p>

Bullet Points for Chiron activating the Under World on the Timeline of Life

About Chiron	Chiron Gifts/Counseling	Chiron Transits
<p>Was discovered just beyond Saturn in 1977 around the time alternative health care was becoming more mainstream.</p> <p>Located between Saturn (Middle World of Form) and Uranus (Celestial World of Formless Form) beyond boundaries of this reality.</p> <p>Planets beyond Saturn are antidote to Saturn</p> <p>A Shaman Centaur, Master Healer, half human, half God/immortal. Chiron Temples found all over Turkey, Greece and other ancient lands.</p> <p>A Wounded/Shamanic Healer who Taught Holistic Healing by distilling an elixir from the wounds.</p> <p>When the wounds become our medicine, our strength, our gift</p>	<p>Healing Addiction to Perfection and therefore an antidote to Saturn. It is not about being Perfect but how to live fully incorporating the Gift of our wounds</p> <p>Assimilating and Accepting Our Story – having compassion for our wounds and embracing the gifts they have for us</p> <p>Take time out from ordinary life to digest and integrate your story, your wound, your fracture point for purpose of healing and moving beyond the effect of the wound</p> <p>Digestion is about assimilation of nutrients and elimination of all that is not nourishing</p> <p>If you don't take time to heal and nurture yourself you may be forced to do so through health challenges</p> <p>Healer Heal Thyself</p> <p>Heal your own sacred wound/s first</p>	<p>Transits last about 1 year</p> <p>Timeline: Chiron returns age 50</p> <p>Chiron has elliptical orbit meaning squares and oppositions are unpredictable. The age of Return is about the same for everyone</p> <p>Intent is to heal our wounds to so we are no longer at the effect of them but rather they become the medicine we carry</p> <p>Take time to heal or you will be forced to take time to heal</p> <p>Are you choosing to engage a deep soul healing process and live more fully or are you choosing to hang onto your wounds?</p> <p>At 50 it is time to dismantle the old hard drive by letting go of what you know and be willing to know what you don't know</p> <p>Compassion for your wounds is key to truly healing them</p>

Bullet Points for Pluto activating the Under World on the Shamanic Timeline of Life

<p>Cycles currently last about a year and two thirds sometimes almost 2 years. Long enough to get you are really in it</p> <p>Intent is Shamanic death and rebirth to produce empowerment through dying to or clearing all that stands in the way of powerfully living your soul's purpose</p> <p>Caterpillar becoming butterfly – part of life process, completely natural</p> <p>Pluto bumper stickers: <i>Shit Happens</i> Or <i>Give Chaos a Chance</i></p> <p>First Part of a Pluto cycle is about the <i>Acute perception of what is missing</i> and feeling powerless to change it (caterpillar in cocoon)</p> <p>Can't prepare beforehand and can't avoid it no matter how "Good" you are.</p> <p>It is simply time for the Caterpillar to become a Butterfly. Caterpillar dissolves in the cocoon</p> <p>Events are so intense you can't detach from feelings - previous methods no longer work such as exercise, meditation, humor, focusing on work, etc. <i>Pluto will not be ignored</i></p> <p>Pluto initiations are not logical or rational. They function outside of ordinary reality</p> <p>Pluto produces events beyond your control forcing surrender to whatever no longer serves your soul's purpose even if was a sweet experience for you</p>	<p>In any underworld initiation these 3 main strategies for handling challenges do NOT work.</p> <ol style="list-style-type: none"> 1. People of action cannot use their strength, muscles, or will to change what is happening 2. Thinking types who perceive challenges as a puzzle to figure out and solve - can't figure it out or solve it 3. All varieties of denial no longer work. Such as, there are no problems, I didn't care about it anyway, or the work-aholic who doesn't notice there is a problem <p>Second Part of a Pluto Cycle is about feeling your feelings, embracing your fears, allowing the Underworld to inform you about how to BE with it.</p> <p>It is a standstill time – the caterpillar cannot get out of the cocoon no matter how much it would like to leave. While in the cocoon the caterpillar dissolves and transforms into the Butterfly</p> <p>Last part of Pluto Cycle after you have embraced your feelings, faced your fears, and surrendered to the process – the High Witness can return to help you integrate the experience</p> <p>This is when the Butterfly is ready to emerge from the Cocoon</p> <p>The Butterfly must have the will and strength to leave cocoon - this pumps up its wings so it can fly.</p> <p>The End of a Pluto cycle is a feeling of renewal, empowerment, strength! The Butterfly is ecstatically living and expressing the Full power of its New Life</p> <p>Learning Passion includes agony and ecstasy and you can't shut off the energy with the mind</p>	<ol style="list-style-type: none"> 1. The body is safe as this is a death and rebirth within same physical body 2. A natural process of surrender – you don't know how to do it until in it - similar to giving birth to a child 3. Invite your fears to tea: call them out, face them embrace them, engage them 4. Fear of dying - that life has no meaning, that you have nothing to live for and you wish you could die. This is a normal part of the process. <i>I feel so suicidal, I even hate my Rock and Roll</i> John Lennon 5. Denial, repression, and trying to control the outcome will only strengthen the underworld experience 6. Failure to feel your feelings magnifies intensity to catalyze the intended changes and empowerment 7. Acknowledging and embracing Fear is the guiding light in this process <i>When I face my deepest fears – it takes me to where my courage lives.</i> AE 8. Remind client that Pluto has a beginning – middle – and end. Depression, grief, anxiety, lack of energy, etc. are common feelings during the cycle. The cycle does end and they won't feel this way forever! When it is over they will feel more alive than ever... 9. This is the Dark Night of the Soul relative to the mystery school of Pluto – shamanically activating the archetype. What feels obliterated during the cycle returns (if it is a part of your true essence) like a phoenix rising from the ashes, stronger, more alive and more aligned with life purpose 10. Helps to do ceremony (Spirits like it) and it lets Universe know you know what is going on. Ceremonial Dates are ideal near the exact passes. <p>Jung said the goal of the journey is NOT perfection - its wholeness. And wholeness occurs through integration of the shadow.</p> <p>One result is learning it is about the ENERGY – it is beyond the mind judging <i>good or bad</i>.</p> <p>Whatever the feeling it is the intensity of the ENERGY that is activating that feeling – because this is a cycle that requires you to feel what you feel</p>
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The Power of Questions

Asking the Right Questions During An Outer Planet Initiation Cycle

What if asking the right questions was the key to changing your life experience?

What if instead of asking; "what is wrong with me?" or "why am I not _____" (fill in the blank...i.e. happy, healthy, prosperous, etc...) we asked ourselves how we could change our point of view to see what is right with us or we asked ourselves what steps we need to take to create a more fulfilling experience?

So often we are not even aware of the questions we are asking or that they might not be helpful questions or that they might be leading us to answers that are less than helpful in relationship to our true intention. (See rest of this article [here http://cayelincastell.com/the-power-of-questions](http://cayelincastell.com/the-power-of-questions))

Living in the Questions

Becoming masterful at living in the questions is life changing. At first it may be scary as often we are in the habit of seeking immediate answers. Most of us want answers and we want them now. However, when we allow ourselves time to live in the questions, we begin living in the answers and listening more deeply to our inner knowing. Asking thoughtful and well-designed questions opens the space for expanding our awareness and for receiving solutions that may have previously alluded us.

When we are practicing living in the questions it is not the time to ask questions that lead to a yes or no response. Yes or No questions are useful when we are inquiring about accepting a dinner invitation or going to a social event or what outfit to wear? However, there are times when a yes or no response does not leave room for us to consider other possibilities.

Intentional, open-ended questions have the power to shift our point of view, or our assemblage point, and any stuck energy that is connected to it. They also create the space for awareness around what might be blocking us. Then that awareness can help us release or die to the blocks, beliefs and limiting points of view that stand in our way. Again this is about learning to live in the questions and the answers in ways that are honest and liberating.

In addition to the questions below you might also ask, "How does it get any better than this?" Or begin a question with: "What would it take for me to _____" i.e. be happier, more fulfilled, have more fun etc?

What If Questions are a great way to begin an Inquiry

What if what I believe is true - is NOT really true?

What if my reality is based on what I believe and I could change it by changing my point of view?

What if the "right way," to live, to act, and to be, is only determined by my point of view?

What if there is no right or wrong way to be in this world?

What if I am already more brilliant and amazing than anything I could ever imagine?

Celestial World Questions Uranus and Neptune Cycles

What would it be like to fully embody my Divine Essence?

What would it take for me to embrace the totality of my Being as Pure Light and Pure Consciousness?

What would that feel like? What would that BE like?

If I had no point of view as to who I am, what would I want? What would I choose? Who would I BE?

If I can choose to be anything or do anything, and I don't what I would choose, what would it take for me to know?

What would it take for me to have total compassion for myself and others?

What consciousness can I be and embody so I am experience myself as an infinite being in all ways?

What else is possible?

Middle World Questions Jupiter, Saturn, Nodal Cycles

If you had no judgment (or self-judgment) how would you choose to live?

What have you decided is impossible that could become possible right now?

What else is Possible?

What would it take for you to be 100% responsible for your personal experience?

If you could create anything right now, and there were no limitations on time, money or other resources what would you choose?

Underworld Questions Pluto and Chiron Cycles

What would it feel like to live a fully empowered and passionate life?

What, if anything, is holding me back from living more passionately? How can I let that go?

What awareness am I refusing to see, that if I really saw it, would allow me to be and live my full potency?

What am I hiding? What fears am I not embracing? What abilities am I afraid to access?

What am I most afraid of?

What is the medicine or gifts my wounds have given me?

What activities feel the most alive and authentic?

How can I live more fully into my passion and desire?