

**Understanding and Navigating
Fear and Anxiety
With Shamanic Astrology**

With Cayelin K Castell and Erik Roth

Overview

- **We all are sensitive in some way and that can add to experiences of anxiety and fear**
- **High Sensitives: Their Challenges, Needs and Superpowers**
- **PTSD or traumatic experiences add extra challenges for High Sensitives – Needs and Tools**
- **Just because someone has sensitive chart aspects doesn't mean they are Highly Sensitive to others**
- **Sensitivity can be primarily directed toward self**
- **Certain Planetary Cycles can heighten our sensitivity**
- **Chart Examples and stories to deepen understanding**

Defining Sensitive and Sensitivity

According to Webster's Dictionary:

“able to respond to a stimulus”

“able to respond to a very slight stimulus”

“keenly aware of the moods and feelings of others”

“affected by the feelings or imagined feelings of others with regard to oneself”

“quick to react to external influences”

Sensitivity is, “the state or quality of being sensitive.”

Highly Sensitive People are often:

- Easily overwhelmed by strong sensory input
- Easily overwhelmed by bright lights, strong smells, loud noise including sirens, yelling, loud music
- Startles easily, cries easily, scares easily
- Aware of subtleties in their environment
- Affected by the moods of others
- Sensitive to their own pain and the pain of others
- Sensitive to the effects of caffeine, alcohol, drugs etc...
- Rattled when they have a lot to do in a short amount of time or have too much going on all at once
- Accused of being overly emotional, sensitive, shy
- Annoyed when others try to get them to do too much
- Doing their best to avoid making mistakes or forgetting things
- Avoiding violent movies and TV shows
- Feeling challenged by Unexpected Changes that require a quick response

May need to withdraw when overstimulated. Often they retreat to their bed or a darkened room or any place that gives relief from over-stimulation

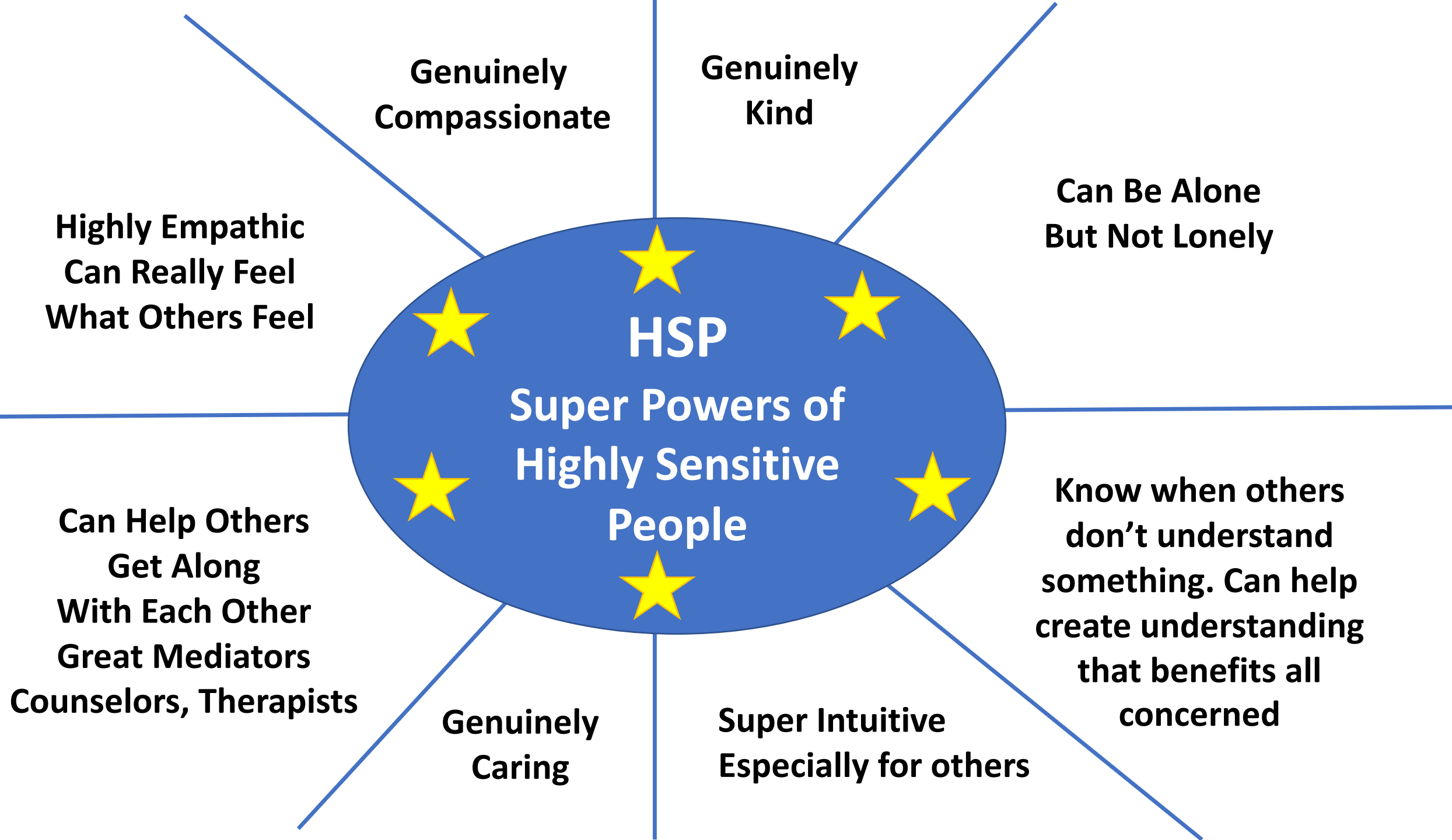
Are you highly sensitive?

D DEPTH OF PROCESSING
Highly sensitive people need more time to process information. Therefore, it takes them longer to make decisions.

O OVERSTIMULATION
Highly Sensitive people pick up on every tiny signal around them, causing them to be stimulated more easily

E EMOTIONAL RESPONSIVENESS/EMPATHY
Highly sensitive people have more mirror neurons in their brain, causing them to be more empathic towards others

S SENSITIVE TO SUBTLETIES/SENSORY STIMULI
Highly sensitive people are more sensitive to subtleties. Their sensory processing goes deep. Therefore, they notice things others don't.



High Sensitives **NEED:**

Time Alone

Time to decide

Time to do nothing

Time to savor and relax

Time to consider options

Time to reconsider options

Time to properly engage self care

Time to have great creative ideas

Time to implement creative ideas

Sensitive people often ignore these because others may shame them for having these very real needs.



**Spending Time Alone
Can Do Wonders for your
Peace of Mind, Body and Soul**

Anxiety

7% (an estimated 11 million people in the United States) had at least one major depressive episode with severe impairment in 2017, according to the *National Institute of Mental Health*.

Anxiety disorders, affect 40 million adults, 18% of the population, every year, according to the Anxiety and Depression Association of America.

Countless others with no history of mental illness are now suffering because of the uncertainty the corona virus has brought.

Laurie Barnett Levine, executive director of Mental Health America of Southwestern PA says: *"This is a very stressful time. Our lives have been changed forever by this in many known and unknown ways, and that produces anxiety."*

From <https://medicalxpress.com/news/2020-04-depression-anxiety-cries-isolation-covid-.html>



List of Main Anxiety Disorders

From the Anxiety Association of America

Generalized Anxiety Disorder (GAD): persistent, excessive, and unrealistic worry, tension, and anxiety about every day things

Panic Disorder: Panic attacks that seem to arise out of the blue, along with preoccupation with an a fear of a recurring attack.

Social Anxiety Disorder: anxiety and fear and social situations

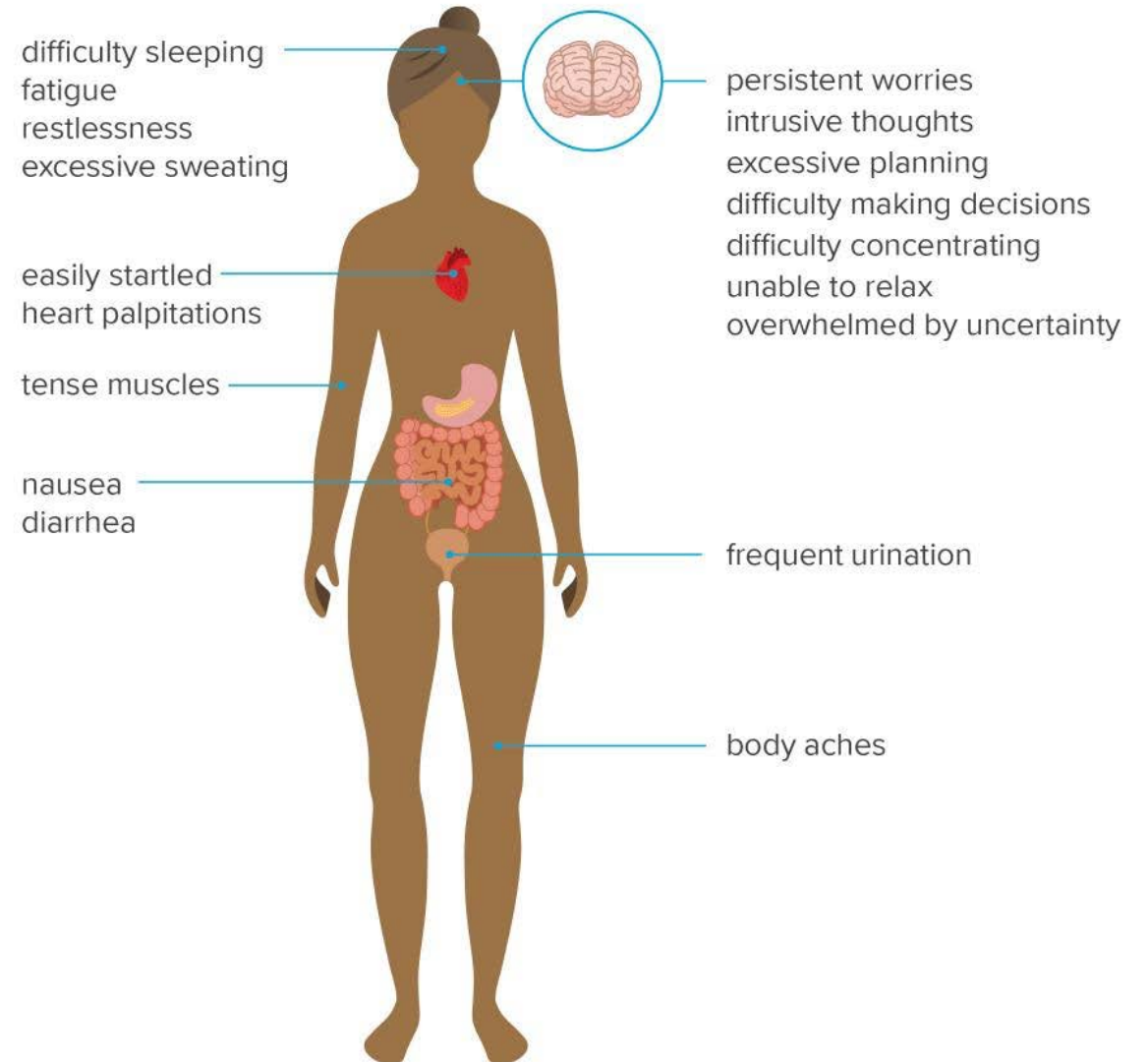
Specific Phobias: often irrational fears and anxiety about common, usually harmless things such as insects, heights, thunder, driving, flying, etc.

Obsessive Compulsive Disorder (OCD): unwanted and intrusive thoughts that compel the person to engage in ritualistic behaviors in an effort to ease anxiety.

Post Traumatic Stress Disorder (PTSD): anxiety as a result of life-threatening event such as war, rape, intense physical and verbal abuse, or a natural disaster.

Effects on the Body

Generalized Anxiety Disorder



How Anxiety Feels in the Body

- Nervous or Upset Stomach, Nausea
- Rapid Heart Rate
- Rapid Breathing
- Blurry Vision
- Sweaty Palms
- Tense Shoulders
- Dizziness, Headache
- Uncontrollable Shaking
- Stuttering, Stammering
- Feeling Numb and/or Tingly
- Rush of heat through body to head

Anxiety presents itself in many different ways...

The desire to control people and events



Difficulty getting to sleep



Feeling agitated or angry



Defiance and other challenging behaviors



Having high expectations for self, including school work & sports



Avoiding activities or events (including school)

Pain like stomachaches and headaches



Struggling to pay attention and focus



Intolerance of uncertainty



Crying and difficulty managing emotions



Over-planning for situations and events



Feeling worried about situations or events

You Know Your Anxious When You are:

- Afraid to speak up
- Afraid to say something wrong
- Afraid you will come off as dumb
- Internally Criticize your every move
- Nervous about interacting with others
- Believing others are Silently Judging You
- Striving to be the best at everything
- Resenting your self for failing to live up to other's expectations

Anxiety results when
you feel you have to
have it all figured out
now.

Breathe.
Keep Breathing.
Breathe some more.
Then do the next thing.



***If you want to conquer the anxiety of life,
live in the moment,
live in the breath.
~ Amit Ray***

***No amount of anxiety can change the future.
No amount of regret can change the past.
~ Karen Salmansohn***

Trauma, Anxiety, Fear and Post Traumatic Stress (PTSD)

An automatic survival response from a traumatic event that may not make logical sense

May Trigger any or all of these responses:

- Shutting down Emotionally, Withdrawing Easily Startled
- Hyper Vigilance
- Nightmares and inability to sleep
- Sudden Bursts of Anger
- Frightening Flashbacks
- Depression
- Relationship Issues
- Difficulty keeping a Job
- Numbing Out
- Substance Abuse and other Addictive Behaviors

Is not a chosen situation, an illness or a temporary condition. It is not 100% curable. Those affected by PTSD are not failures. They are not crazy, dangerous, weak, or bad people. With understanding and help they can learn to thrive again

Trauma Bonding Stockholm Syndrome:
 A psychological phenomenon that occurs when hostages (or a victim of abuse) expresses empathy and positive feelings toward their captors or abusers finding themselves unable to leave even if it is dangerous. The victim remains loyal to someone who has betrayed them over and over.

Autonomic Nervous System	Parasympathetic Nervous System
Hyperarousal, Alarmed, Startled <i>Increases Heart Rate, blood pressure and breathing</i>	Hyperarousal, dissociation <i>Metabolic shutdown, numbing Hiding behaviors</i>
FIGHT Physical and Verbal Agression	FREEZE Immobility Involuntary Response
FLIGHT Running away Hiding	FRIEND Trauma Bonding Stockholm Syndrome

Fear of Touching the World Around Us

During this period of social distancing, what sort of void has been created? In our social lives, touches are often subtle and brief—a quick handshake or hug. Yet it seems as though these brief encounters contribute mightily to our emotional well-being.

<https://medicalxpress.com/news/2020-04-lost-world.html>

According to neuroscientist, David Linden, we “*have been able to map out the power of touch - the first sense to develop in utero.*” Noted in his ***Touch: The Science of Hand, Heart, and Mind.***

He also says:

Our skin is a social organ that cultivates cooperation, improves health and enhances development.

Research shows that celebratory hugging among professional basketball players improves team performance.

Premature babies are more likely to survive if they are regularly held by their parents not just kept solely in incubators and children severely deprived of touch end up with more developmental problems.

<https://medicalxpress.com/news/2020-04-lost-world.html>



Self Care Tips for Everyone

Especially Anxious and Highly Sensitive People

- Spend time in Nature
- Meditation, Yoga, Running, Hiking,
- Listen to Calming, Healing Music, Sing/Chant
- Connect with your Loved Ones (ideally one on one time or in a small groups)
- Minimize contact with Toxic People
- Journal thoughts and Feelings
- Get outside and look at the Night Sky
- Take Time Out for Yourself doing what you love
- Healthy Diet (Gut), Exercise and Plenty of Sleep
- Drink lots of pure water
- Reduce or eliminate Sugar, Alcohol, Caffeine and other stimulants
- Relaxing baths with Epsom Salts and Essential Oils
- Put your phone on Airplane mode at Night

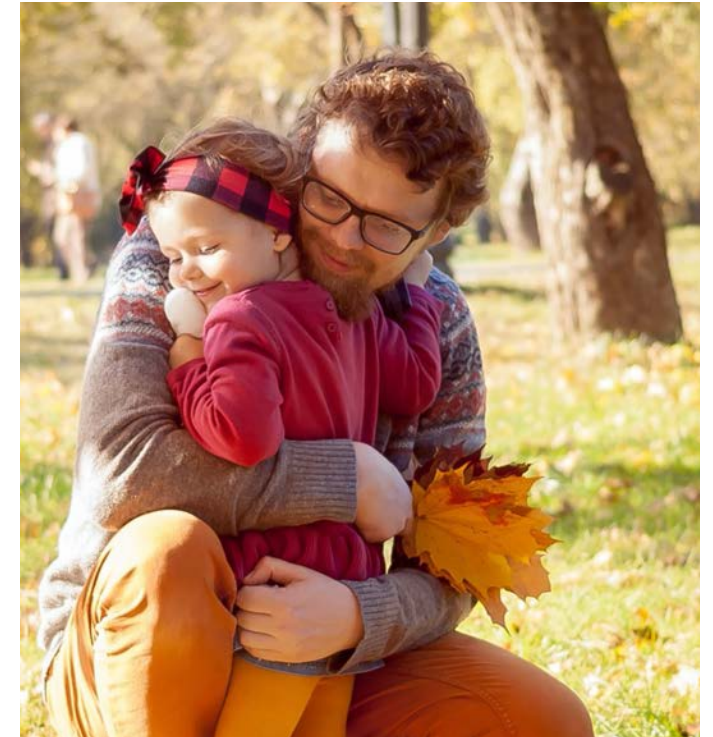


Sensitive Signs associated with feelings/psychic energy (Empathy)

♆ **Pisces** operates in the feeling-function as a sponge, is highly empathic and innately absorbs the feelings of others. Also routinely takes on those feelings as if they were their own. Ability to merge with others and their emotions.

♋ **Cancer** similar to Pisces, except more family-directed, taking on burdens and feeling responsible for the feelings and well-being of others. Over the long-term, this can create significant issues in doing too much for others.

♏ **Scorpio** surprisingly has empathic-qualities, but utilizes them for its own benefit and self-exploration. Scorpio sometimes gets off on the emotional and psychic drama of others, but its true gifts are learning to source their own healthy life-force in all they do.



Signs associated with Ego Sensitivity

♉ **Taurus** is sensitive to perceived threats around its experience and connection to comfort and pleasure in the physical realm.

♏ **Scorpio** responds strongly when the ego feels threatened. Though it may not express as an immediate response, rather it may manifest in long-term grudges, desire for revenge, victimization and stubbornness, often blaming others for how they feel.

♌ **Leo** is learning to develop a healthy ego via radical, radiant self-love, and yet often has the highest level of ego sensitivity. Immediately defends itself (at times quite loudly through words or actions or both) from any perceived threats. The healthy side of Leo realizes how powerful it is to own its egoic nature from a creative, intuitive approach of self-love and generosity.

♒ **Aquarius** ego isn't immediately clear, however, it is sensitive to perceived threats to its philosophies, creations, and ideals. It can have a strong sensitivity to authority especially if that authority is trying to limit its freedom and unique expression.



Signs with Other Sensitivities

♄ **Capricorn** is sensitive to the burdens of over work and not being appreciated for all the work they are doing or more specifically, their contributions to community, business and education.

♍ **Virgo** is similar to Capricorn but directed more toward maintaining the standards and patterns they care for through action and service. Virgo is sensitive to routines, standards, and order being upset.

♊ **Gemini** sensitive to having to fit in, conforming to limits of creative expression.

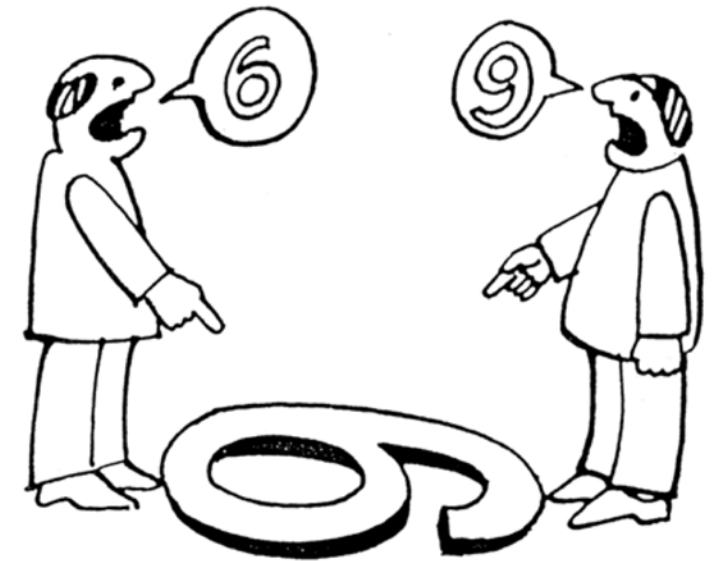
♎ **Libra** sensitive to the needs of others from a mental standpoint and the ideals of personalness in relationships, including thoughtful interactions.

♐ **Sagittarius** in its shadow expression is highly sensitive to truths, paradigms and philosophies that differ from their perceived truth. Is especially sensitive to limits that restrict freedom of thought and movement through the world.

♈ **Aries** ego-sensitivity. Highly sensitive to any perception of vulnerability or weakness (physical, mental or psychological).



Truth is a Matter of Perspective



The Outer Planets and Fear/Anxiety

All Outer Planets complexes and Initiations can create Fear and Anxiety including primal fear of the unknown, uncertainty, not knowing what is next.

Challenging Circumstances or events may show up in any planetary initiation cycle such as:

- Loss of a Loved one, Loss of a Job, Loss of Home (fire)
- Accidents or Injury from falling, car or bike accident
- Serious Illness (you or a loved one)
- Uncertainty (or what's the point or purpose) what does it mean, why am I here?



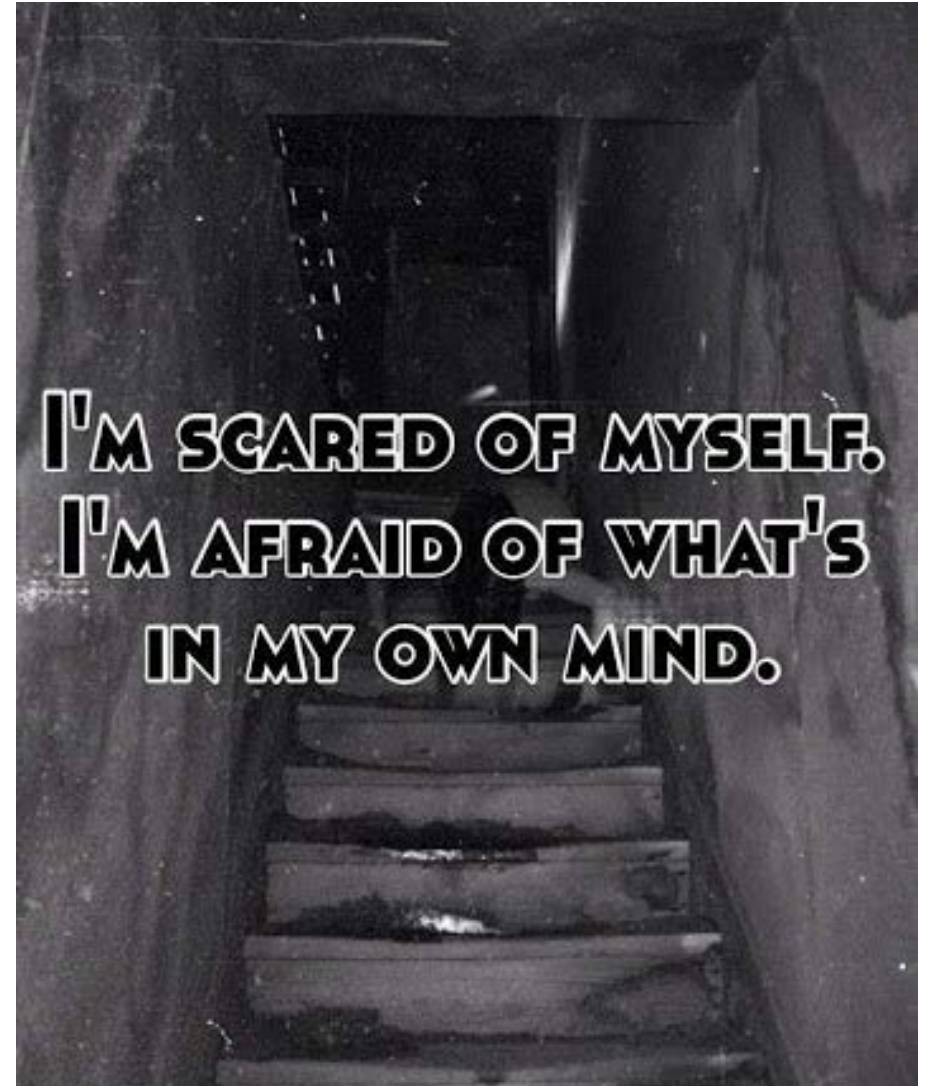
For example: Jupiter expands and amplifies whatever is going on. If fear and anxiety are present they will get bigger - often motivating a person to face their fears, ideally transforming them and courageously move into the unknown.

Pluto and Saturn

Associated with fear and anxiety

Pluto: creates conditions for us to **FEEL our denied or suppressed feelings, through our deepest and/or most primal fears.** The intent is to face and experience our fear so we can transform it and integrate it in a healthy way. **Pluto is the road to empowerment.**

Saturn: creates conditions for us to experience any remaining fears of not being good enough, scarcity of resources, not enough money, loss of relationships, laws, judgments and outside authority. The Intent is to help us grow and evolve by facing important, challenging and sometimes difficult decisions when it comes to marriage, job/career, money and physical essentials.

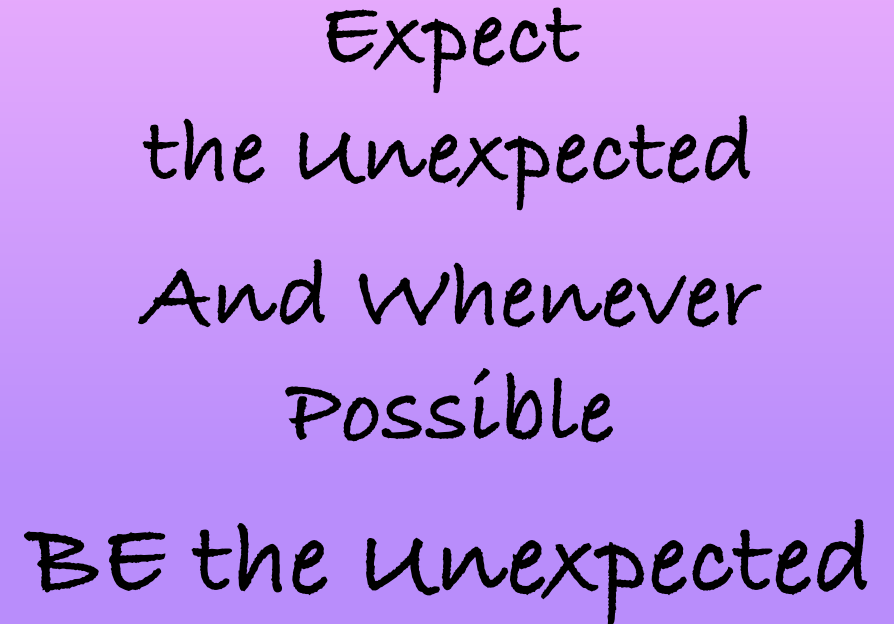


Neptune and Uranus

Also Fear of the Unknown and Unexpected

Neptune: creates conditions for us to FEEL confused, often experiencing identity crisis or a false sense of identity – illusions about who you are. Intent is to deepen our inner knowing by letting go of the need to know or get answers from an external reference. It is about learning to trust inner guidance even if makes no logical sense.

Uranus: creates unusual circumstances that can't be predicted before they happen. Or it might be a sudden unexpected change of reality. Not really able to FIT in. Intent is to help us let go of certain ways of perceiving reality – opening to new more expansive awareness and perceptions about ourselves and the world around us. This is meant to create greater freedom of being though it may not feel that way at first.



Expect
the Unexpected
And Whenever
Possible
BE the Unexpected

Chiron

Facing Fears for Deep Shamanic Healing

Chiron: creates opportunities for us to experience deep shamanic healing often through a crisis beyond our control that often initially creates a deep encounter with fear.

Intent is to create healing from the inside out so that anxiety and fear no longer determine what we do or how we show up or ultimately who we are!

May require a willingness to try many modalities until you find what works for you.



Erik's Sensitivities

Erik Roth
Natal Chart
Nov 25 1971, Thu
9:45 am PST +8:00
Los Angeles, CA
34°N03'08" 118°W14'34"
Geocentric
Tropical
Whole Signs
True Node

T-Square including Saturn,
Neptune, Sun and Moon/Mars

Pluto square Mercury and Venus

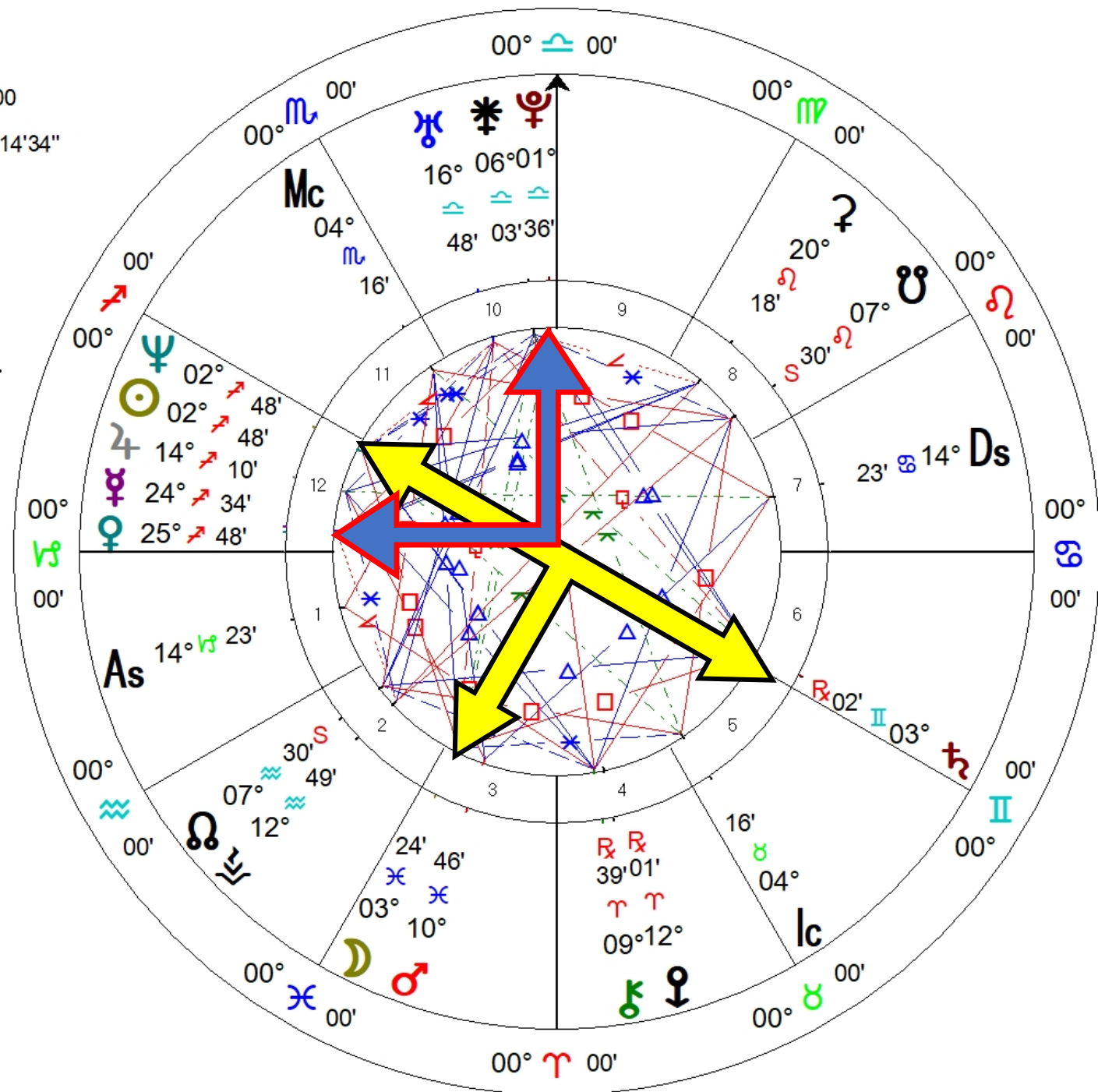
Diagnosed with Anxiety Disorder at age 11-12

Frequent Panic/Anxiety Attacks have lessened as an adult

Strong sensitivity to sharp/loud noise, High-Intensity Lights and Pollution

Diagnosed with CFS (Chronic Fatigue Syndrome) at age 26

Empathic



Erik's Stories of Anxiety / Panic

- At age 15 left high school due to intense anxiety – graduated through the State of CA at age 16 after passing a State Exam
- At age 17 Panic Attack happened at a New Year's Eve party. Walked away from party through several miles of a bad neighborhood before stopping at a pay phone to call Mom for a ride.
- In 2004 began developing a greater understanding of sensitive tendencies through Shamanic Breathwork and Shamanic Astrology
- From age 24 to 38 Pluto and Saturn were near constant initiators. Other planetary initiators also helped assist in deep transformation gaining additional skills in dealing with fear, anxiety and panic attacks.



Angela's Sensitivities

(Erik's Sister)

Saturn-infused Capricorn

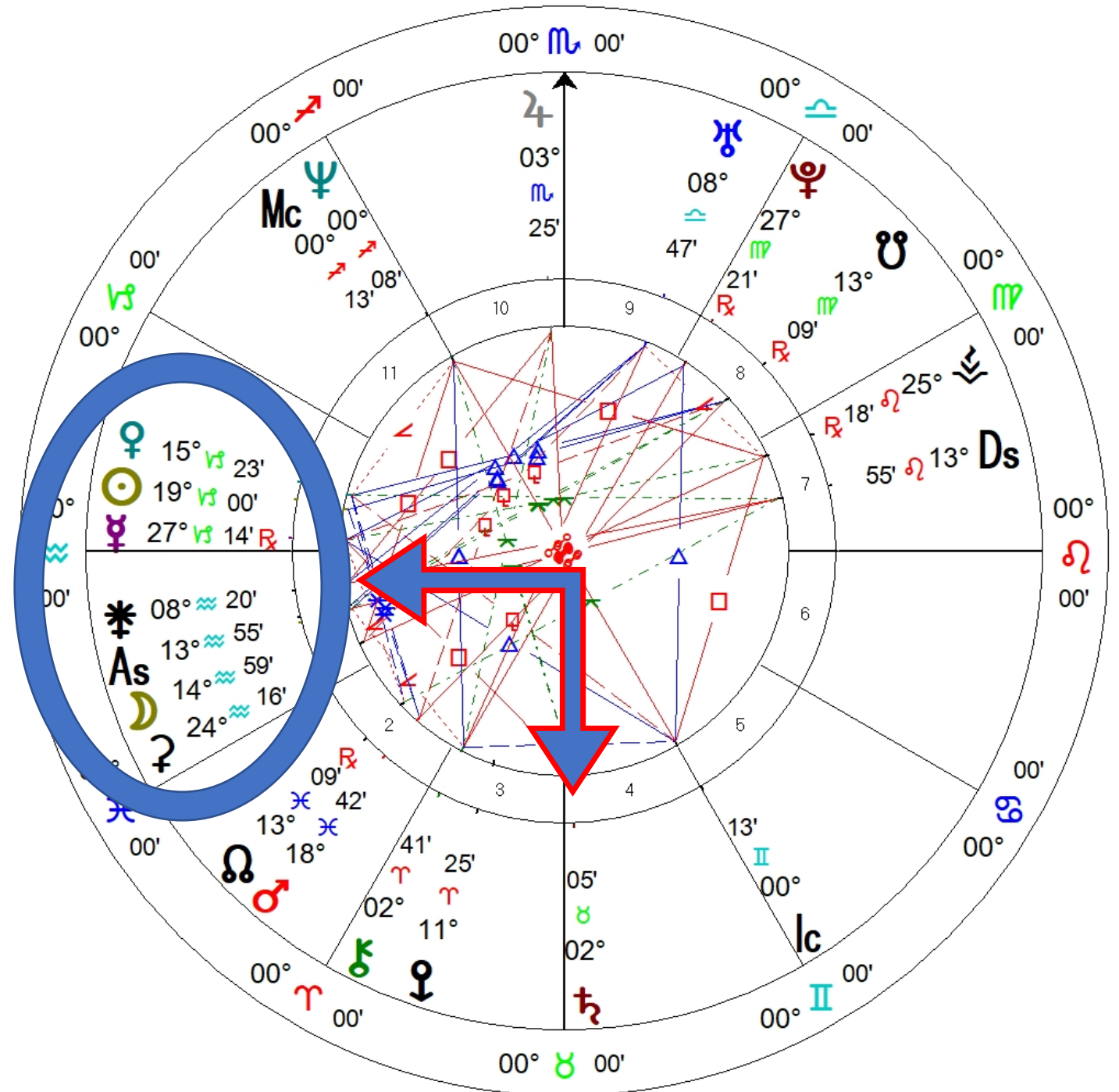
Aquarius sensitivity also affected by Saturn

Has enormous issues around control stemming from strong insecurities and need to be perfect.

Projects her judgment onto others around forms of novelty, eccentricity and colorfulness. This is rooted in the Aquarius-Capricorn-Saturn complex and her own secret desire to be unique and rebel against conformity.

Lacks compassion as a cover for her own vulnerability.

Environmentally-sensitive - challenging her to be in physical form



Cayelin's High Sensitive Natal Chart

Pisces Sun with Saturn Widely Square

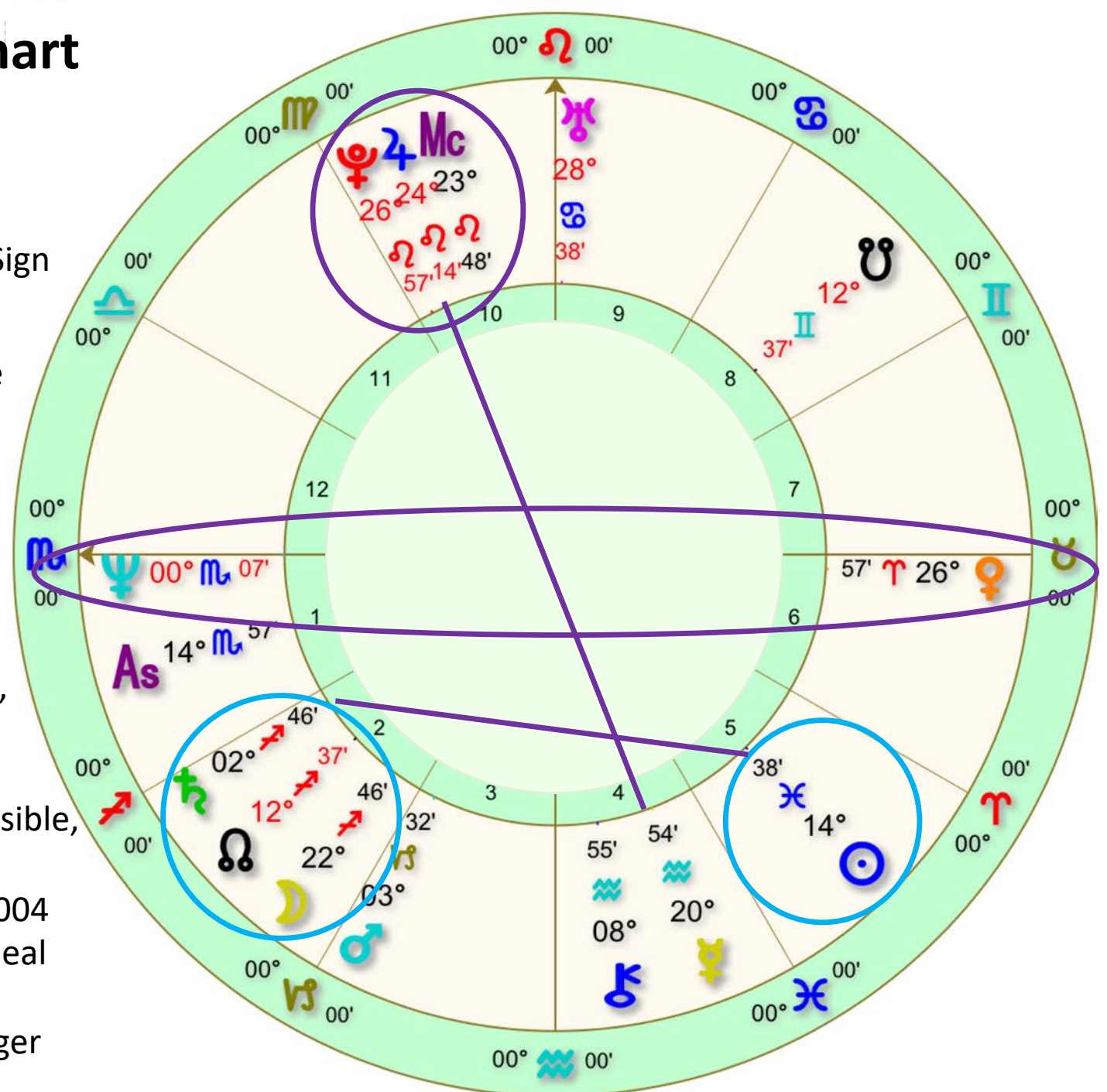
Neptune Opposite Venus

Pluto Jupiter MC

Pluto Jupiter opposite Mercury and Square Rising Sign

Sagittarius Moon

- Aware my father hated me from very young age
- Rarely felt truly safe growing up
- Learning disabilities & mean teachers
- Afraid of making mistakes
- Sick a lot so I got to be in my room alone
- Didn't know I was feeling my parents feelings
- Super Shy and Afraid to be noticed
- Major Fantasy Life where I felt safe, courageous, accepted, valued and loved
- Bonded with my horses, dogs and cats
- Shut down my sensitive feelings as much as possible, only partially successful
- Diagnosed with a General Anxiety Disorder in 2004
- Recent years have been about gaining skills to deal with anxiety and PTSD to regain access to the feelings and awareness I shut down in my younger years.





**Two
Highly
Sensitive
Brothers
In Early
2003**

**Jeremy
Age 12**

**Ryan
Age 20**



Cayelin's oldest Son Ryan

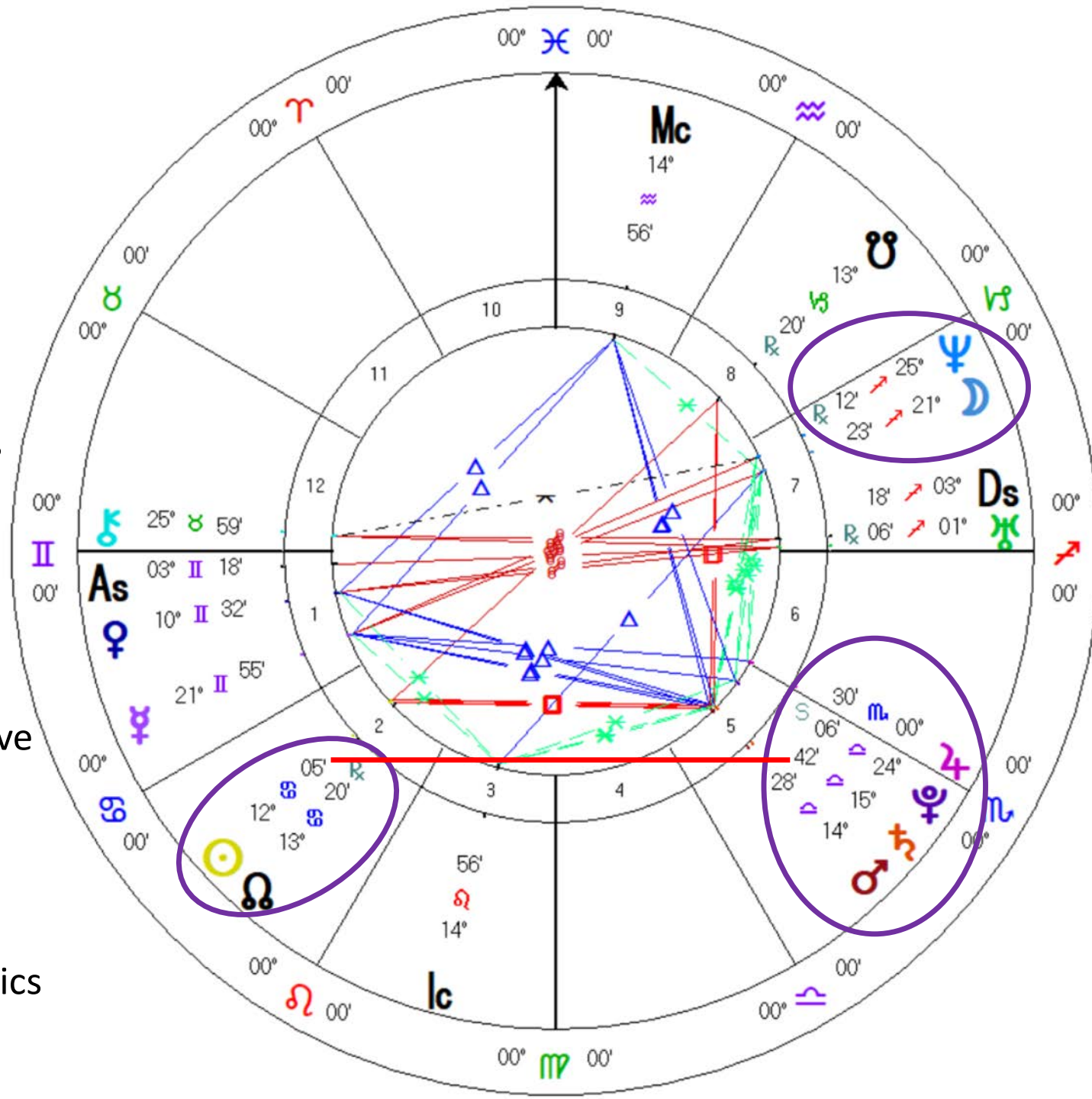
A High Sensitive Chart

Sagittarius Moon with Neptune Conjunct

Cancer Sun with Saturn Square

Saturn and Pluto Conjunct Mars

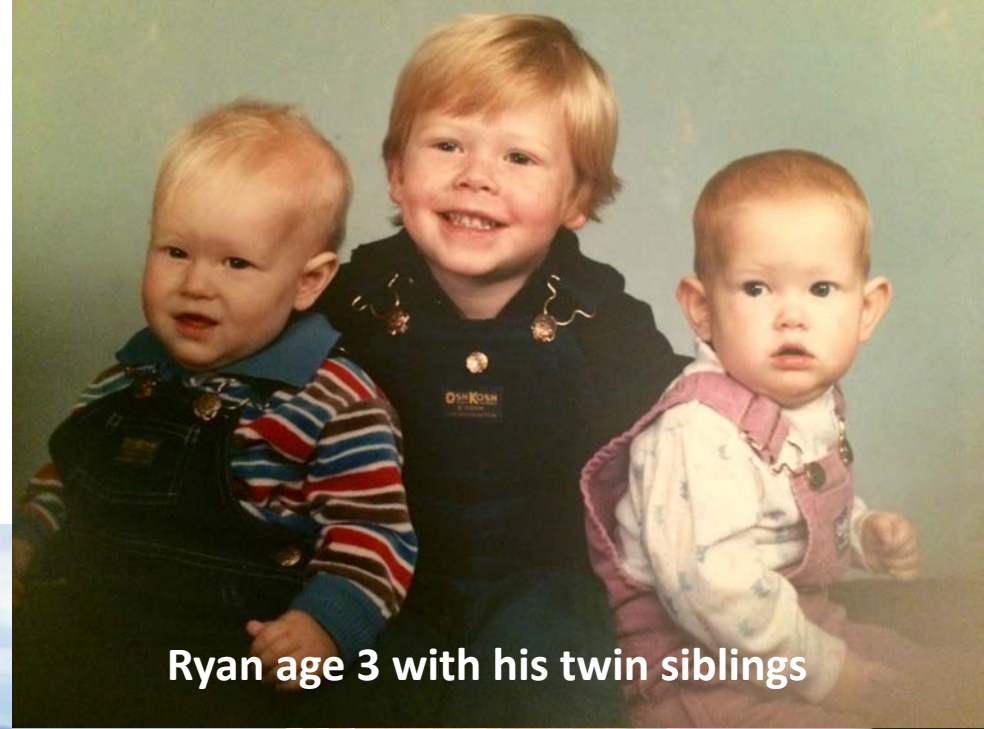
- Super Smart as a child and adult
- A great Big Brother
- Got a brother and sister age 2.5. He loved his twin babies – watched over them & played with them
- Loved his baby brother - taught him to read
- Emotional Intensity, Easily Overwhelmed
- Had Tantrums and meltdowns as a child
- His 4th Grade Teacher said he was too Sensitive
He was getting teased for crying at school
- Has struggled with depression and anxiety
- Weight Gain started when he went on medication to cope with college
- Teaches High School Sciences especially Physics and Chemistry
- So LOVES being a Dad since April 5, 2020





**Mom and Ryan
6 months old**

**Ryan and Mom
31 years old**



Ryan age 3 with his twin siblings



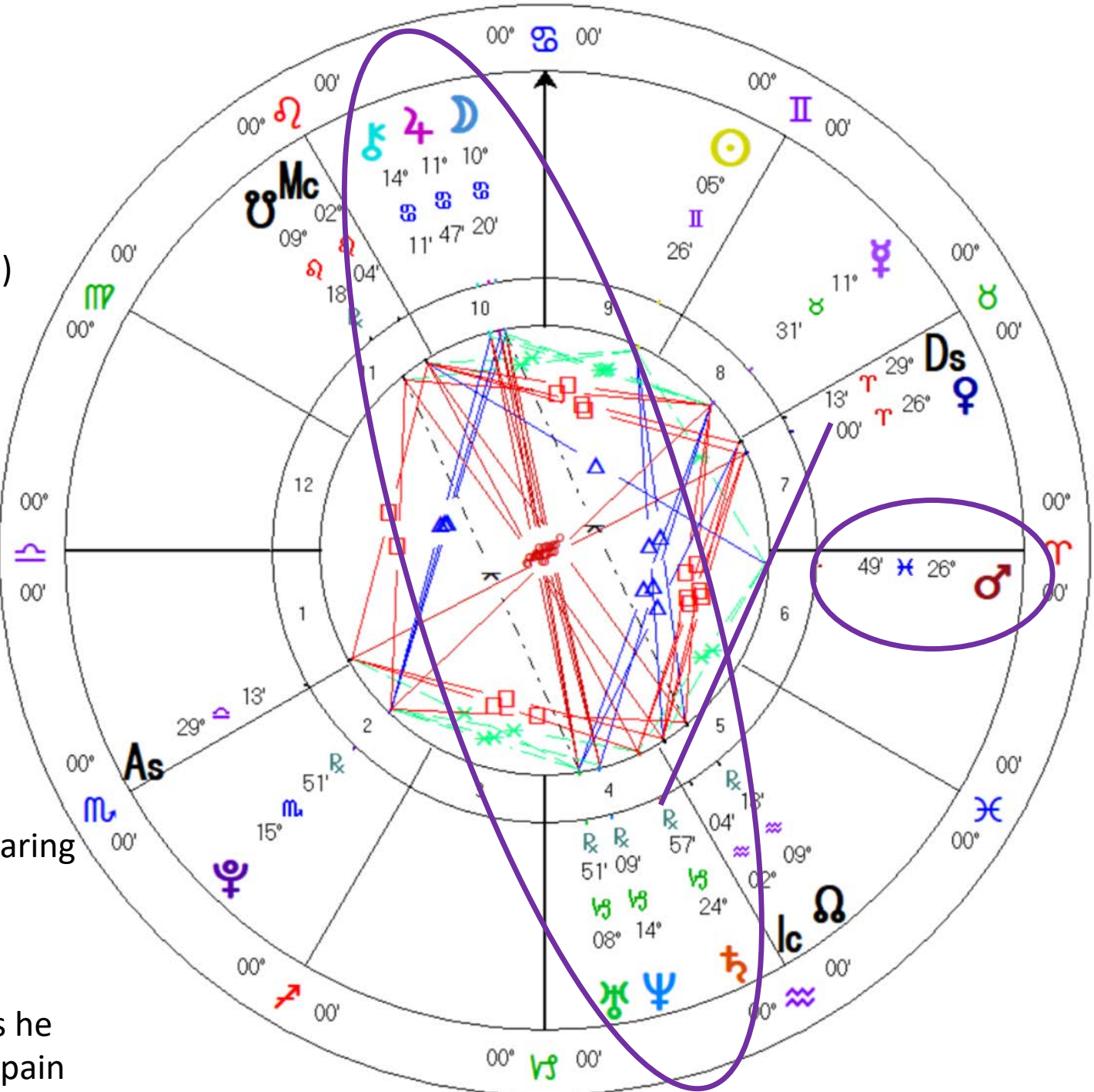
**Ryan age 37
New Dad
Baby Gryffin
born April 5, 2020**

Cayelin's Youngest Son Jeremy

A High Sensitive Chart

Cancer Moon with Jupiter and Chiron Conjunct, with Uranus and Neptune Opposite (+ Saturn widely opposite)
Mars in Pisces
Libra Ascendant
Saturn square Venus

- A Well Loved Bonus Baby and Baby Brother
- Extremely thoughtful, caring of others even as a child
- High empathy & compassion from a young age
In Junior High said to me: *There is never any reason to be mean to anyone even you don't like them.*
- Delayed Receptive Language skills due to being easily overwhelmed with information creating learning challenges he eventually outgrew
- All his teachers adored him because he was so kind, caring and compassionate towards others
- Didn't learn to read until his older brother taught him how to read using Pokemon and Magic Cards
- Is now a Rapper putting together complicated rhymes he can spit out super fast – sharing deeply from his own pain



Mom and Jeremy age 2



Mom and Jeremy age 19



Mom and Jeremy age 29



5



Jeremy age 25

Jeremy age 21



Cayelin's Twins Ian and Jenna

Not as Sensitive but...

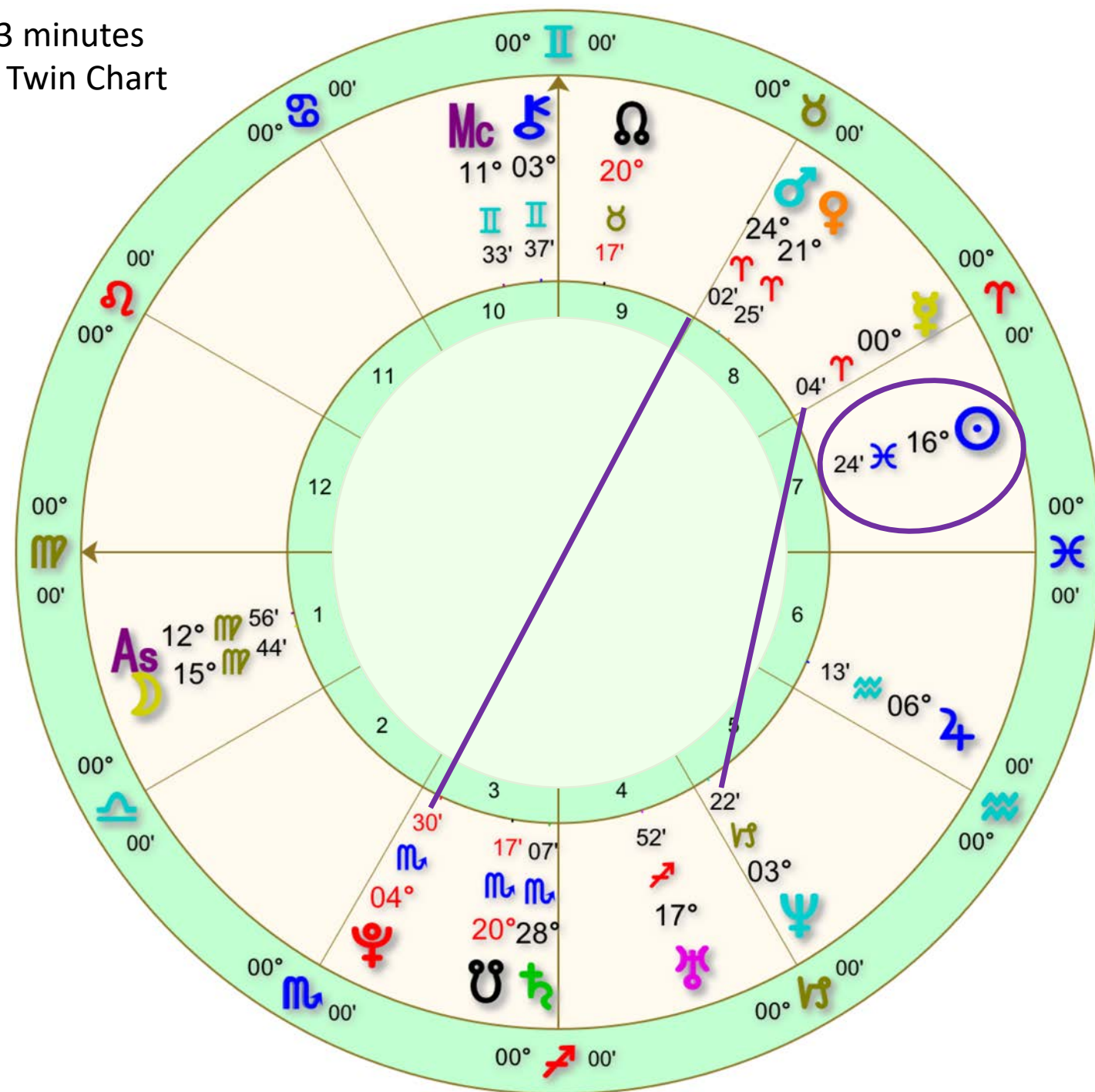
Only 3 minutes
apart Twin Chart

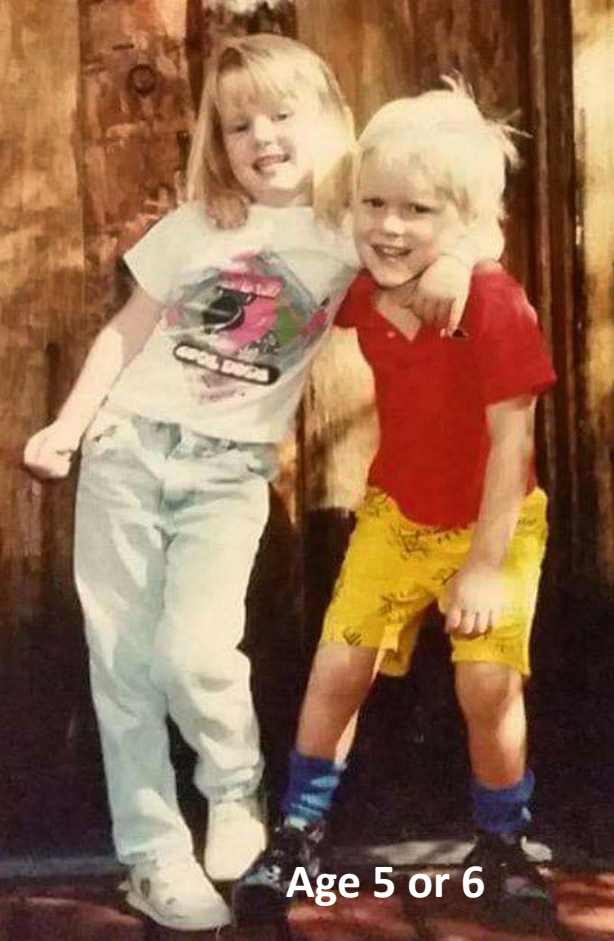
Pisces Sun and Descendant

Neptune Square Mercury

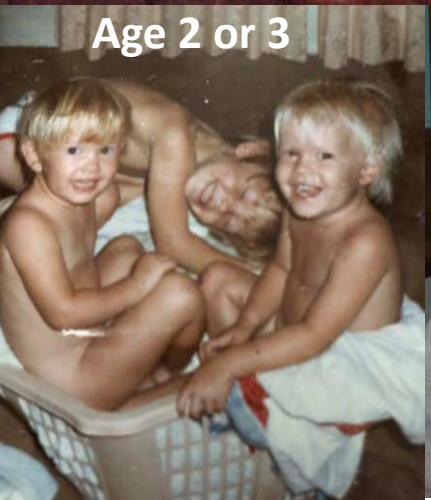
Pluto opposite Mars and Venus square Jupiter

- Both self-aware, kind, caring, compassionate
- Jenna protects those who can't protect themselves
- Ian creates safety for himself and others while directing and performing live stunts. He also trained as an EMT to help with this.
- Jenna recognized she was empathic when younger & hated how it could slow down her forward momentum - now she sees it as a super power
- Ian focused on music and sports growing up
- One was a conscientious straight A student, the other was easily bored with school
- Both find themselves in roles as leaders, teaching, and directing with sensitivity and caring





Age 5 or 6



Age 2 or 3



2013



2011



Stuntman Pirate



2019



2018



Age 2 or 3

Robin Williams

Born July 21, 1951

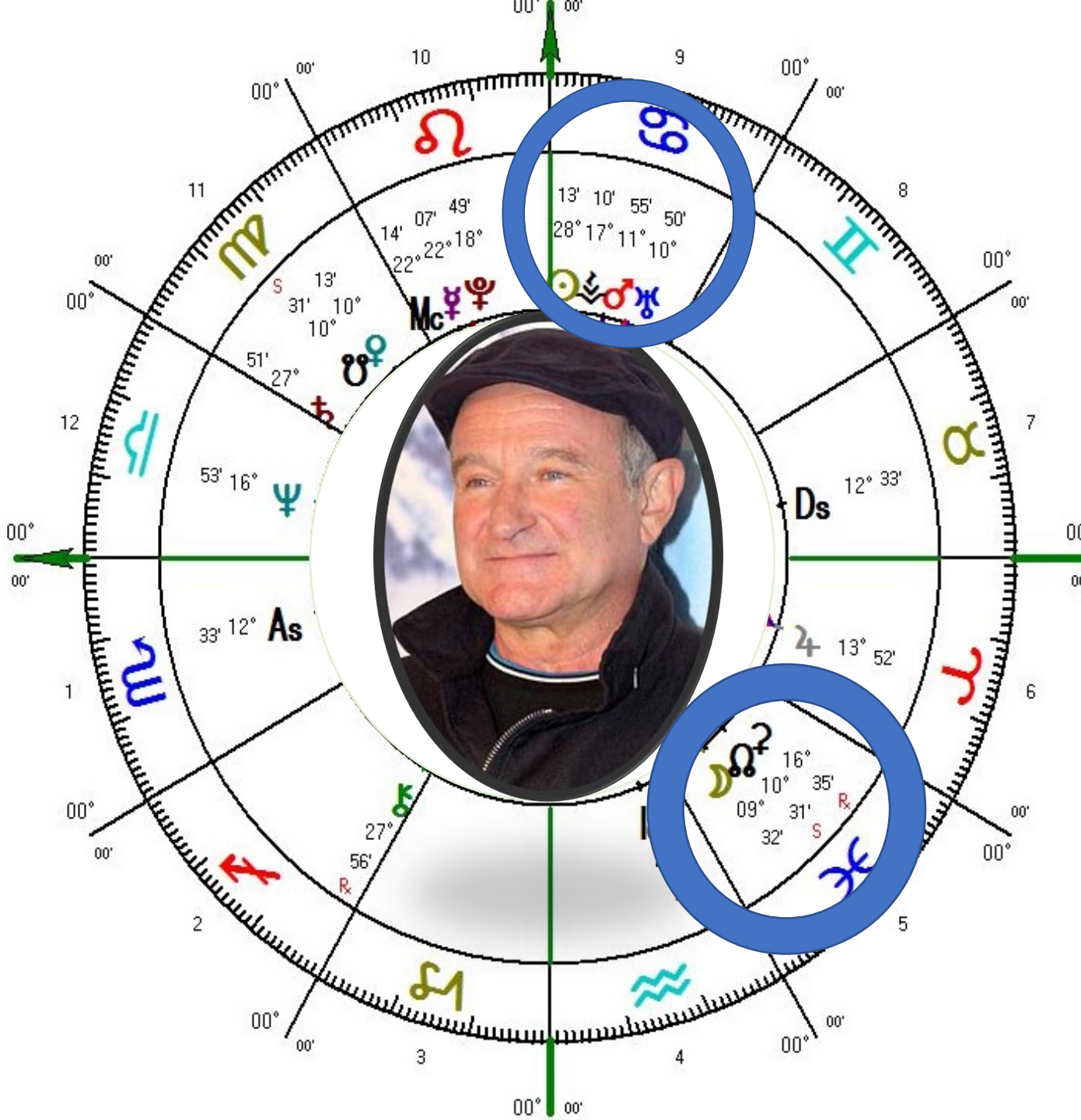
1:34 pm, Chicago, IL

Died August 11, 2014

Robin was a highly sensitive person evident in his comedy and acting career.

His Pisces Moon, Cancer Sun, Vesta and Mars showed his great empathy and ability to connect with children.

These sensitivities led to a lifetime of being overwhelmed by reality and fear of being able to deal with it. This led to drug and alcohol addiction struggles throughout his life.



Summary

- **Everyone is sensitive in some way. Some are so sensitive it is challenging to navigate the resulting anxiety and fear.**
- **In some cases Sensitivity is primarily self-directed**
- **There are tools for High Sensitives to reduce anxiety**
- **Just because someone has sensitive chart aspects doesn't mean they are Highly Sensitive to others**
- **Certain Planetary Cycles can heighten our sensitivity**
- **There are many tools to help high sensitive people to navigate their sensitivity and claim their super powers as a gift**

Additional Resources

15 minute TedX talk on Highly Sensitive People

with Elena Herdieckerhoff <https://www.youtube.com/watch?v=pi4JOIMSWjo>

The Evolutionary Empath by Stephanie Redfeather A Practical Guide for Heart-Centered Consciousness

<https://www.amazon.com/Evolutionary-Empath-Practical-Heart-Centered-Consciousness/dp/1591433509>

The Highly Sensitive Person How to Thrive when the World Overwhelms You

by Elaine N. Aron Ph.D. <https://www.amazon.com/Highly-Sensitive-Person-Elaine>

[Paperback/dp/B00I8YD1FQ/ref=sr_1_5?crid=1BTWBPRO1CYGR&dchild=1&keywords=highly+sensitive+person&qid=1587688092&s=books&sprefix=highly+sensitive%2Cstripbooks%2C196&sr=1-5](https://www.amazon.com/Highly-Sensitive-Person-Elaine-Paperback/dp/B00I8YD1FQ/ref=sr_1_5?crid=1BTWBPRO1CYGR&dchild=1&keywords=highly+sensitive+person&qid=1587688092&s=books&sprefix=highly+sensitive%2Cstripbooks%2C196&sr=1-5)

The Anti- Anxiety Food Solution How the Foods You Eat Can Help You Calm Your Anxious Mind, Improve Your Mood & End Cravings by Trudy Scott, CN

<https://www.everywomanover29.com/store/index.html>

Robin Williams <https://www.inspiralnexus.com/2014/08/healing-with-joy-and-robin-williams/>

When Life isn't Fair – A Saturn Story <https://cayelincastell.com/when-life-isnt-fair-a-saturn-story/>