

Question 5

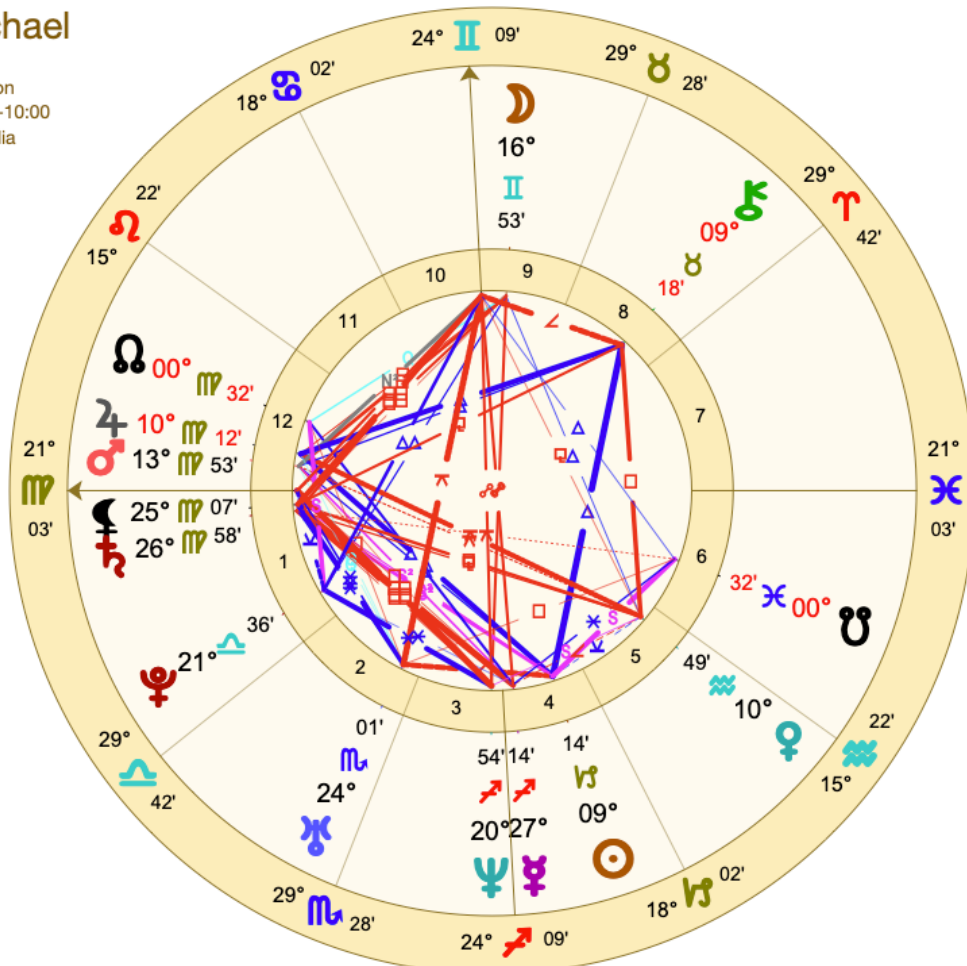
Michael: 31 December 1979, 10.45 pm Brisbane, Queensland Ascendant: close to 22 Virgo

Michael has booked an astrological consultation to see you, in early July 2021. Michael is anxious about what the next 12 months may hold for him. He is a successful businessman who usually prides himself in being able to cope with all that life brings to him. However, he has been going through a challenging time with panic attacks and sleeplessness over the past six months. He usually travels extensively with his job, however, under the current 'Covid' conditions, travel plans have been affected by sudden unexpected delays and breakdowns. He is feeling confused, tense, and uncertain about the future with a loss of confidence in his long-term goals.

Using his major Transits from January 2021 to July 2022, as well as his Solar Return charts from his birthdays both in 2020 and 2021, what guidance and insights can you offer Michael about his concerns? How would you support him in his current evolutionary process towards a positive outcome? Michael resides in Brisbane, Queensland.

FAA Michael

Natal
31 Dec 1979, Mon
10:45 pm AEST -10:00
brisbane, Australia
Parallax
Tropical
Placidus



Michael comes for a session in July 2021, seeking help and insight into the next 12 months. Suffering symptoms of anxiety, and reporting both confusion and uncertainty, he looks for guidance around his goals and future. Digging into his issues, we can pinpoint the astrological factors in his natal chart that predispose him for feeling this way. We can locate his psychological distress and attempt to better understand his core motivations. Checking through transits, we can identify and put timeframes around his current sense of loss, both regarding his confidence and life direction. Looking into his solar return charts for 2020 and 2021, we can help focus him on a quest for authentic self expression and deeper self knowledge. Understanding the role of 'flux' in our lives, we can help Michael understand and accept the discomfort of uncertainty, and help him put some strategies in place so he can move forward feeling centred and capable. All of which should hopefully send him on his way with a fresh perspective around the source of his current discomfort and confidence that positive outcomes can grow out of these circumstances.

On meeting with Michael, I'd establish his previous experience with astrology while getting him settled comfortably. Shifting to his situation, I would congratulate him on taking the step to seek help and give assurance that we can make some inroads in this session.

Using reflective listening and taking notes as needed (which should reassure his Virgo stellium), I would address the presenting problem and seek further information. I'd be curious to know more about his business. Is there a business partner? Is it a family business? (Descendent co-ruler conjunct IC, MC ruler in 4th). What other life factors are involved? What is his current family and relationship support network like? With him questioning values (Venus), the state of other relationships in his life could prove relevant.

Finally, I'd reassure Michael that he is currently experiencing planetary transits that describe his feelings well, hopefully offering him validation of his distress.

To begin, I'd suggest a look over his natal chart, to help us better understand his core motivations, trying to discover why he finds himself in his current circumstances.

While Michael has a Capricorn Sun, it is fellow Earth sign, Virgo, that takes centre stage in his chart. With several planets and his Ascendent here, he's likely to approach the world in a practical, analytical way, always assessing both the world and himself with a discriminating mind that seeks all sorts of solutions to problems. His detail-oriented nature may become perfectionistic and self-critical at times, with a tendency to overwork. A strong sense of duty and serious approach to life adds weight to Michael's Virgo tendencies (Saturn in Virgo, conjunct Ascendent).

Michael may find the material and intellectual worlds to be more comfortable than the arena of emotions. He may struggle to access his feelings and often need to 'think' his way through things, to discover them (lack of Water).

At his core, Michael is likely to be a deeply practical and hard working man, who enjoys chasing goals and creating material security for himself and his family (Sun in Capricorn, Sun and chart ruler, Mercury in 4th). Working in a family business or following a family tradition could be likely. He may work in real estate or sales, capitalising on his natural comfort in communicating with people (Moon, MC in Gemini). A constant accumulation of knowledge and skills contribute to his sense of personal progress and help him inch his way towards goals and success. It makes sense that an undermining of these goals, as he currently reports, will infiltrate right to his core need for progress (Gemini MC, Virgo Ascendent, Mercury in Sagittarius, 4th).

While Michael can approach the world solidly and with mental focus and discipline (Capricorn Sun, Mercury square Saturn), the part of him where he connects to the world via relationships, his personality and career, will be seeking a little more excitement and flexibility (Mutable angles). In fact, Michael's psyche contains quite a big need for movement and change, with a strong sense that he is a shifting and variable soul, who's

ego and determination has done an excellent job of keeping him disciplined and focused thus far (multiple Mutable placements, Sun in Cardinal Capricorn with Mercury square Saturn).

Analysing this energetic struggle might give us a good understanding of some of the underlying causes of Michael's current psychological distress and give us insight into how it may be manifesting in physical symptoms. The Virgo emphasis (including Mars) could denote a sensitive nervous system, and he may have always struggled with digestive and sleep issues, along with anxiety¹. While his mindset tends towards optimism (Mercury in Sagittarius), depression may have presented over the years (Mercury square Saturn). Anxiety and depression 'go together like brother and sister'². Anxiety often results in panic attacks and sleeplessness as the mind takes over with catastrophising, exaggerated worry and the desire to control outcomes. Current transits trigger these factors, bringing an excess of unsettled mental energy (t.Uranus sesquiquadrate Mercury, t.Jupiter sextile Mercury, t.Saturn sesquiquadrate Mercury) and may impact his vitality negatively. They could signify burnout and a release of any neglected health problems (t.Chiron square Sun, t.Saturn in 6th, semi-square Sun, t.Jupiter semi-square Sun).

Michael reports confusion, uncertainty and a loss of confidence - all perfect keywords for Neptune, which is a critical influence in his chart right now. This outer planet holds an important place in his natal chart, adding a dreamy, idealistic quality to his inner self (Moon square Neptune) and adding an elusiveness to the way he negotiates the world (Neptune in aspect to all four angles). It's an escapist counterpoint to his serious, work-driven nature, which may provide a spiritual source and innate understanding that there is more to the world than he can see. It may be the factor that draws him to an astrologer.

¹ Hill, J. (2004) *Medical Astrology*

² Bray, B. *Living with Anxiety*

Since February 2021, Neptune has announced itself, possibly by a growing dissatisfaction, 'a solvent, diluting the strength of previously concentrated energy.'³ Michael may feel like his boundaries and structures are disappearing, as if he barely knows himself anymore. (t.Neptune opposite Ascendent, t.Neptune square Neptune). This is a bamboozling influence for someone so based in the material world. This same influence may be at play with partnerships, both personal and business. Discussing this with Michael would be appropriate.

Coming to terms with what this energy means and how to handle it is important. Neptune can create havoc for everyone around this age as we confront our utopian dreams and desires and reconcile them with our reality (t.Neptune square Neptune). For Michael, the experience will be more personal and disorienting. Learning to accept and manage flux is critical, considering that it is an influence that will linger for another couple of years (t.Neptune square MC/IC throughout 2022/2023). Validating Michael's experience can help to minimise the sense of helplessness around this transit. Accepting uncertainty and understanding what you can and can't control (Virgo issues set off by Neptune opposition) can help him to surrender to this energy with grace, seeking out the positivity and richness that can be found. Neptune times can be deeply inspiring as you connect with spiritual and artistic interests. Empathy and psychic gifts are heightened and a new perspective reveals itself as the world and relationships shift around you. (t.Neptune conjunct Descendent - easing after Feb 2022).

Another area of concern for Michael is a loss of confidence in his long-term goals. While this area of life is under Neptune's influence for the next couple of years, we can also consider that goals are based on our values, and Venus guides these, along with our attractions and what we want in life. Natally this planet links Michael's income stream with overseas travel - an area that has been thrown into chaos during Covid. This is

³ Sasportas, H. (2007). *Gods of Change - Pain, Crisis, and the transits of Uranus, Neptune and Pluto*

emphasised in Michael's current transits (t.Uranus square Venus - rules 2nd, 9th). This energy may be disrupting many facets of Michael's life including relationships and hobbies. His entire way of seeking pleasure may feel unsettled as rebellious instincts push him in new, unexpected directions. He may feel particularly blocked in these areas in March, July and December of 2021 - t.Saturn conjunct Venus). Relationships may feel tested at this time and life may feel less fun than usual. Financial pressures may also be a factor (t.Saturn square Uranus contacts natal Venus square Chiron, 8th).

Opportunity also exists in this area - letting go of some daily routines may allow space for new and more authentic values to be considered. (t. Jupiter conjunct South Node, 6th, t. Chiron sextile Venus). It's possible that his current distress is an alarm bell from his subconscious, demanding a thorough test of his life choices thus far.

Michael's personal will is evidently strong. Life purpose can be accomplished by bringing control and transformation to his life (SO=SA/PL). Intensity and ambition have kept him on track for years. But now he presents in distress, perhaps with an understanding that it's time for him to search for a more authentic means of self expression. By July 2021 Michael may be well aware of a new push for authenticity in relationships at home, work and play (SR2020 - Sun in 5th, 2nd quadrant emphasis). Covid has dissolved travel, forcing Michael back home to confront his life, with an itch to let things go and a need to make changes (SR2020 9th ruler Venus in 4th conjunct South Node, Mercury in Capricorn, Pluto square Mars 5th/8th). Again, the sense of dissolution of the the old is strong (SR2020 Neptune square nodes). An innate sense may be guiding him to seek more purpose (SR Ascendent conjunct natal North Node). Throughout 2021 and 2022, Michael may be feeling more emotional than usual, adding to his loss of equilibrium (SR2020, 2021 Moon in Water). Too much emotion may feel uncomfortable, with his strong practical bent and focus on the solid, material realm (Saturn 1st, Sun in Capricorn, 4th).

However Michael is also a bit of an idealist (Gemini Moon 9th, Neptune in 3rd, Mercury in Sagittarius). The intangible world attracts him too, and there's a sense that a profound personal drive to expand and explore stems from a deep understanding of human vulnerability, particularly in the area of death, crisis and transformation. Michael may have experienced traumatic loss in his life that has motivated him towards his drive for stability and success (Earth grand trine with Jupiter/Mars, Sun, Chiron in 8th).

At the moment, this deep source of pain is being reawakened, and his surprising response may be part of the current picture that is undermining his foundation and motivation (t.Uranus conjunct Chiron - April 2021, setting off grand trine, t.Saturn square Chiron). By July 2021, the unsettled energy of this is passing, but work remains in this area until Christmas. With awareness, this transit also brings opportunity to expand and grow within himself in unexpected and quite liberating ways (t.Uranus trine Jupiter/Mars).

This sets the tone in 2022 for Michael, which may be a more upbeat and inspired year. Change may feel liberating and fun. Rather than focusing so much on others (SR2020 - Western Hemisphere emphasis), this is a year for Michael to really focus on himself, to establish what he values, to accept the ongoing flux and revel in its potential (SR2021- 1st quadrant emphasis. Sun in 1st, Venus/Pluto/Mercury in 2nd, Uranus in 5th. Sagittarius Ascendent, Jupiter in Pisces, 3rd). Study or a shift in his immediate surroundings that brings some adventure is possible (SR2021 - Jupiter in 3rd, rules 1st, 4th). Unusual people may bring opportunity for personal progress around March (t.North Node conjunct Uranus).

All of this loosening up in Michael's psyche is to be encouraged. He may find that life continues to shift and unfold in quite delicious ways for a few years to come (upcoming Uranus opposition in 2025, current progressed Moon Phase ends in 2026). Rather than seeing this as a short-term crisis, he may like to take the long-view, accepting and settling into life's mysterious ways. In several years time, he may find himself in quite

Exploring any sense of loss or grief is important. Talking with a psychologist may help, particularly if he finds childhood issues being triggered (t.Uranus conjunct Chiron, 8th). A psychologist can also help him manage his anxiety, perhaps with Cognitive Behaviour Therapy, which can give Michael distance from an overactive mind (Virgo placements). Questioning his goals from a philosophical stance and writing a journal could be useful. Any 'safe' escape is encouraged, but he should beware that the shadow side of Neptune is addiction and any unhelpful behaviours such as drugs or gambling should be discouraged.

If drifting off into the ether is too daunting a prospect for Michael's practical nature, then he's encouraged set some small, realistic goals that he can work on throughout this time. Perhaps he can aim to investigate his career options, seek new hobbies, or trial mindfulness or other anxiety management tools. Keeping goals specific, positive, achievable, measurable and observable⁶ will ensure a sense of progress that nurtures his Capricorn and Virgo needs, but will also tend his Moon's more seeking nature.

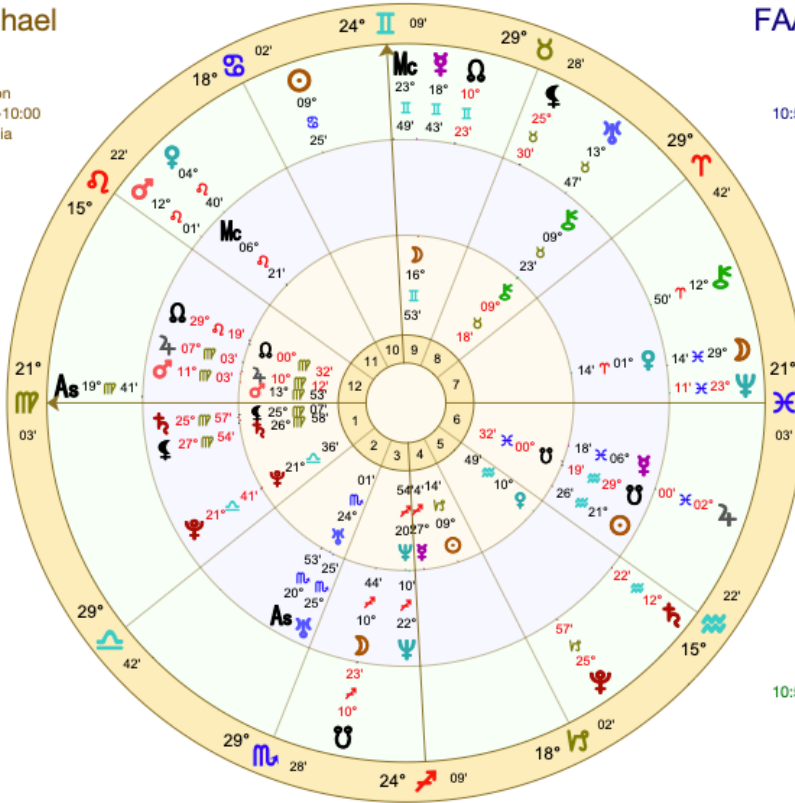
Above all else, he should invest in himself, be aware of uncertainty but try not to dwell in any worry that it triggers. These transits will pass over time, and if negotiated with wisdom and perspective, Michael will reach the end of them as an improved version of himself, with a fresh set of relevant life goals, a level of calm that permeates his health in positive ways and an understanding that flux shouldn't be feared. Whether he stays in business or shifts to a new career, life will be fuller and richer, because of this introspective time.

Word count - 2737

⁶ Perry, W. *Basic Counselling Techniques*. Page 171.

FAA Michael

Natal
Inner Ring
31 Dec 1979, Mon
10:45 pm AEST -10:00
brisbane, Australia
Parallax
Tropical
Placidus



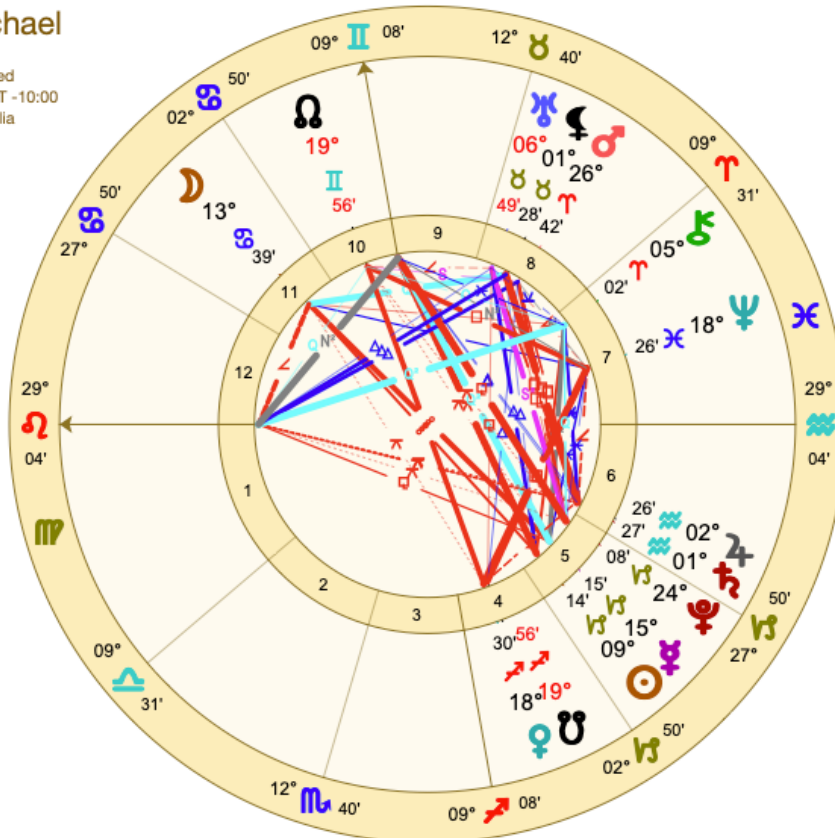
FAA Michael

Sec.Prog.
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Parallax
Tropical
Placidus

Placidus
Tropical
Parallax
Sydney, Australia
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1 Jul 2021, Thu
Outer Ring
Event
Transits

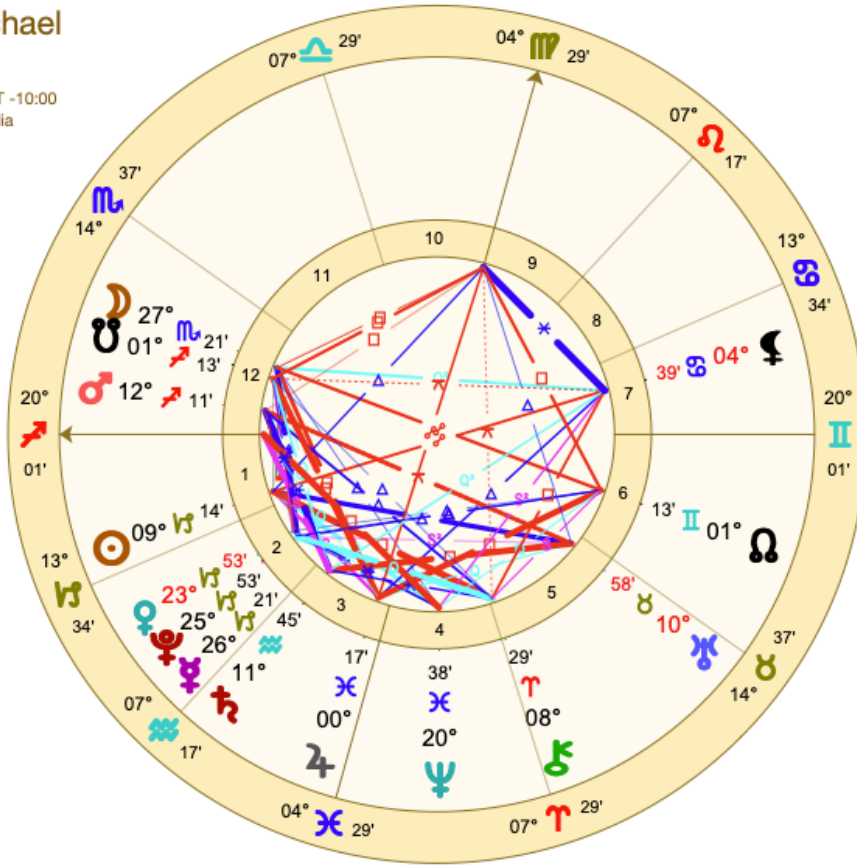
FAA Michael

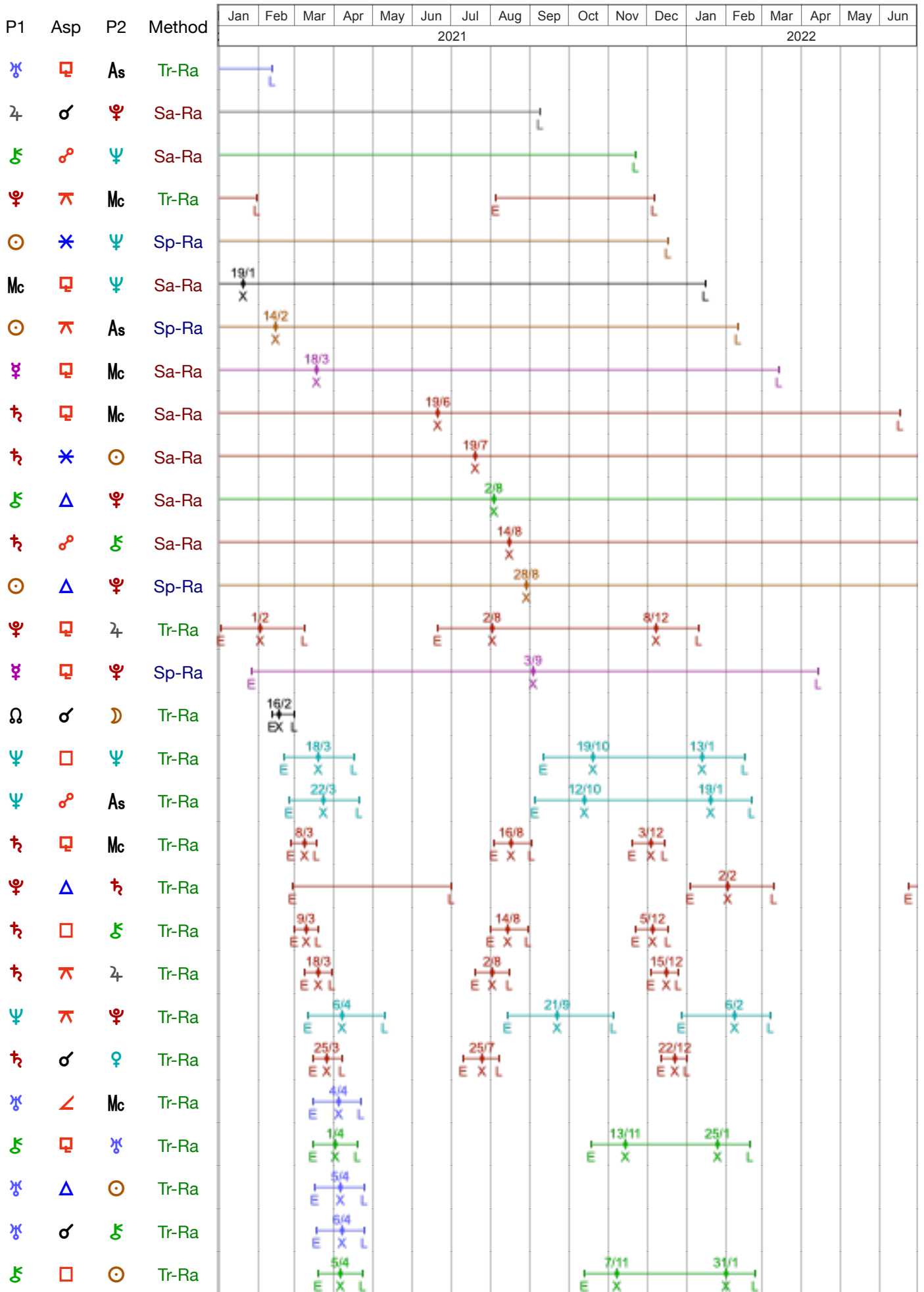
Solar Return
30 Dec 2020, Wed
9:40:08 pm AEST -10:00
brisbane, Australia
Parallax
Tropical
Placidus



FAA Michael

Solar Return
31 Dec 2021, Fri
3:35:48 am AEST -10:00
brisbane, Australia
Parallax
Tropical
Placidus





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Video:

McGonigal, K. *How to help clients manage uncertainty*. National Institute for the Clinical Application of Behavioral Medicine. <https://www.nicabm.com/3-step-approach-for-managing-uncertainty/>

Software: AstroGold for Mac.