



**Welcome Everyone to Astrology for Deliberate Creators - Call #3**

**This week's topic is 'Releasing Tolerations' and how to get correct with yourself!**

\* For more advanced challenges, explore [planetary powers](#), [chart tone](#) and [the Decans](#) to support our topic.

### **Jeannette's wisdom on Tolerations and why they are an energy drain**

*Tolerations are the things you're putting up with, that bother you, distract you, prevent your full enjoyment of life, or drain your energy, and your astrology can help you put your finger on just what isn't 'right-for-you' in your life. - Jeannette*

As you begin eliminating tolerations, you'll recapture lost energy that will raise your vibration and put you into closer alignment with what you want.

Because we get what we vibrate, the way to attract things in life that feel good is to feel good first. We have to change the way we feel NOW in order to bring in something that we want. Dumping the irritations of your life will help you get to that "feel good."

Definition of Toleration: to tolerate means to allow the existence of something, to permit or endure something, to put up with something. This implies that the "something" (or someone) is less than ideal and tends to drain a person's energy. A toleration is a situation, a condition, or an influence of any kind that is allowed to exist or is put up with, which is less than ideal. A toleration is often a hindering influence.

#### Benefits of Eliminating Tolerations:

The benefits of reducing or eliminating tolerations include removing obstacles keeping you from achieving your goals (whether that be personal growth, career success, improved relationships, etc.) and freeing up time and energy to devote to a higher quality of life. Life gets better!

#### Examples of Tolerations:

**Physical environment** - disorganized home or office, broken appliances, ill-fitting clothes, dead plants, or **Financial Issues**- overdue bills, not being paid what you're worth, careless money management . . . The **EARTH** signs (Taurus, Virgo and Capricorn) can help us spot tolerations here.

**Relationships and Communication** - avoiding certain people, putting up with people you don't enjoy, dissatisfying sex life . . . The **WATER** and **AIR** signs can help us spot tolerations here - Cancer, Scorpio, Pisces, Gemini, Libra and Aquarius.



Sign	Your Authentic Energy & Core Values
Aries	To lead, adventure, be independent, compete, push, drive, WIN!
Taurus	To relax, slack off, indulge, bring down to earth, touch, taste, smell, sense.
Gemini	To learn, teach, talk, explore ideas, thoughts, knowledge, consciousness.
Cancer	To love, self-nurture, care for, share emotions (pain & pleasure) be needed.
Leo	To create, perform, get on stage, shine in the world, play, romance, honor.
Virgo	To become adept, revel in the intricate, to refine, discern, excel, adapt.
Libra	To relate, share experiences, honor the good, the true and the beautiful.
Scorpio	To delve deep, share intimacy, intensity, understand and own power.
Sagittarius	To explore, find true freedom, experience the unknown, to teach others.
Capricorn	To build empires, use, purpose, repurpose, make real, claim the heights.
Aquarius	To dare to be different, go outside the system, eccentricity, lift humanity.
Pisces	To merge with the divine, become one with all life, compassion, creation.

The Signs tell us HOW our natural energy ‘needs’ to express. The house tells us WHERE to live it.

House	Key Words for Core Meaning
1st House	Self-development, change appearance, focus on Me First.
2nd House	Financial independence, \$\$, talent development, self-sufficiency.
3rd House	Learning, communicating, sharing ideas, thoughts, perspective.
4th House	The safety and comfort of home as sanctuary. Inner world.
5th House	Play, creative self-expression, romance, performance, artistry.
6th House	Sacred daily rituals, magic, pets (familiar) cherished work, routine.
7th House	Shared experiences with one-to-one, socially significant others.
8th House	Intimacy, intensity, sex, tantra, transformation, the occult, research.
9th House	Travel of the mind, body or spirit. New horizons, thoughts, beliefs.
10th House	Career, mission, profession, the calling, public reputation, PR.
11th House	Friends, groups of like-minded others, one-to-many relationships.
12th House	Meditation, retreat, compassion, fostering others, mystery, dreams

**Remember:** the sign tells us HOW we express. Where the sign rules (the house cusp the sign sits on) tells us WHERE this energy most naturally expresses. When we pinch off that natural energy, for whatever reason, we lose our spark because we are tolerating something that is not authentic to us.

## **Transforming Tolerations:**

Now that we see WHERE and WHAT we're tolerating, here's how we transform them:

- 1) Identify tolerations
- 2) Eliminate them, one by one

- 🕒 To identify your tolerations, start with a blank list and begin writing down whatever comes to mind as you consider what's draining you, what you're putting up with, the things that bother you, etc. Write each item down as a separate item.
- 🕒 Then, one at a time, start knocking them out. (I start with the easiest ones first. The energy boost you get from the little ones will help with the "bigger" ones.)
- 🕒 Set a goal – one a day or three a week – whatever is realistic, and cross them off as you get them handled.
- 🕒 Look for pivotal tolerations – those that when resolved solve several others on the list. (i.e., a new job might solve tolerations related to long commute, nasty co-workers, low pay, etc.)
- 🕒 Handle the source of the toleration when you see the opportunity to. If you don't get to the source of it, it may just reappear as a slightly different toleration. (Like receiving junk mail every day or telephone solicitor calls during dinner ... get on the do not call list or sign up to stop receiving junk mail, rather than just throwing out the current pile or ignoring the phone calls.)
- 🕒 Some of your tolerations may involve communicating clear personal boundaries to other people in your life. (Use the "Inform, Request, Insist, Remove" formula.)
- 🕒 Sometimes the easiest way to handle a toleration is to choose to *not* be bothered by it. Change the way you feel about it. All that really matters is that you start feeling better – however you get there is up to you!

Once you've started this process – start practicing a toleration-free zone. Don't let new ones creep into your life. (Can be as simple as saying no to someone's request, knowing it's a candidate for the list.)

As you go through this process, you'll find your energy lifting. Life will seem lighter, easier, more enjoyable. You'll open up new space in your life for new things!

Finally, don't get discouraged if you find you always have something on the list. You'll notice that over time what this process does is increase your standards, giving you a higher quality and better-feeling life.

**Let's discuss this Week's Homework on the forum.**

**This week's homework:**

Note each **sign** on each **house cusp** of your natal chart to discover where your greatest tolerations are. Where are you not expressing authentically? **Next list things you can do** to be more yourself in that area of life. Share questions and comments here.

**Extra credit:**

Refine your needs, drives and aptitudes for each house, or area of life, and make a more detailed list. \*use decans and note each signs in each house\* Then look at 3 or more charts of friends, family or clients and come up with some basic suggestions about how they might spot their energy drainers and transform them.



See you on the call!  
Love and Light,

Jeannette & Kim