



Angel Affair by [Michael Parkes](#)

## Sex Secrets: What Your Astrology Can Tell You Course Handbook



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## Getting Started

Welcome everyone to Sex Secrets, what your astrology can tell you!

**To begin with**, you'll want to have a copy of your horoscope, one that includes asteroids 16 Psyche and 433 Eros. Here is the 5 minute Tutorial on [How To Create your Chart](#) with asteroids, and identify Venus and Mars.

You'll also want to join us on the [Open Forum](#) to post your questions and comment on the lessons and exercises. [Email us](#) if you have any trouble accessing these resources.

## Audio #1 Notes: Sex Secrets

What [Abe](#) has to say about sex:

Questioner - Well, what would give you the most pleasure in this (physical) life experience?

Abraham - Sex.

Questioner - (Laughing) Are you being tongue-in-cheek here, or...

Abraham - No. Anything that is physical and sensual, anything that is amplifying the existence of Source Energy in a physical body. We really want you to get past a feeling of... there should be no limits. If you have the ability to identify it, this time-space reality has the ability to give it

to you. And we want you to get over any feeling of limitedness or unworthiness that denies you that.

From the DVD, "The Secret Behind the Secret", Abraham-Hicks



## WHAT IS ASTRO-LOA?

- 1) Everything is energy.
- 2) Energy vibrates at a certain frequency.
- 3) Your beliefs (thoughts that you keep thinking) determine your vibration.
- 4) The vibration of 'I can't have that' attracts the same. (You can't have it)
- 5) If we want a different experience, we change our thoughts (beliefs)
- 6) New thoughts create a new vibration which equals a new experience
- 7) Astrological, religion, cultural or philosophical support is optional.

More on the connection between astrology, consciousness and vibration [here](#).

Note: Astrology is not fate, unless you say so! Think of the astrology chart as a road map. It tells you the lay of the land. Here are the mountains. There is the ocean. You wouldn't ask the map to tell you where to go for a holiday. You would look at the map though, before you packed, to know if you needed a jacket or swimmers.

The symbol system of astrology represents infinite range of on the [vibrational scale](#). Saturn in the 7th can vibrate fear and isolation, enduring commitment, exalted soulmate experience. Neptune there can be anything from victim mode to divine union, depending on how consciousness (you) choose to express it.

Know that the horoscope, the birth chart, represents the vibration of the moment of birth, the vibration that is a perfect match to YOU. (you are not the way you are because of when you were born; you were born at a specific time because of who you are.) The symbolic image (astrology chart) of that vibrational moment in time can tell us more about our Self. We discover limiting beliefs, past patterns,



core values and authentic goals. We can spot where we are projecting onto others--attributing to people 'out there' parts of ourselves.

For example, just knowing someone's Venus sign tells us how they attract what they want, their orientation to pleasure, sensuality, creativity and relatedness. It tells us something about their sexuality and how and where they get really comfortable and expressive in their bodies. Everybody is filled with vital sexual energy, our life force, but we each express it in different ways. This Venus brand of love has its own intentions. Are we listening to them? Because if Venus isn't happy, other 'Venus' ruled elements in our life might be fraught, like money, our relationship to our appearance, our bodies, self-esteem and connection to our [core values](#).

Getting in alignment with our natural sexuality opens the door to the powers of attraction on all levels. Without Venus as an ally, we are pushing upstream to manifest everything we desire.

## FOUR TYPES OF LOVE

"The heart has its own reasons that the mind cannot comprehend..."  
Plato (And then there's the body's . . . )

The ancient Greeks had more than one word for love. Where we might say I love pancakes, I love that movie, I love my art project, I love my friends, I love my lover . . . the Greeks would use completely different words, depending on the kind of love:

### #1 BODY - EPITHEMIA

Taurus/VENUS - horny, hot, physical, sexual expression - how we ATTRACT what we want. (Do we feel okay about our sexuality? Cultural and Family myths? **In audio call #2 we will talk about the beliefs we have about sexual expression for men and women and**



how that effects our own relationship to our bodies, desires and powers of attraction.

#### #2 HEART - PHILLIA

Aries/LEO - MARS/Sun - 'brotherly love', camaraderie, friendship, co-creative spirit, inspired action (how we GO GET what we want)

#### #3 SOUL - EROS

SCORPIO/Pluto/ 433 Eros - When two or more people come together in such a way that there is LASTING transformation. (can be sexual but often not, always extremely intense, risky, possibly taboo)

#### #4 MIND/SPIRIT - AGAPE

Aquarius/Pisces - 16 Psyche/Neptune - This is 'higher consciousness,' Spiritual love that transcends the physical, and the erotic. Sex as meditation where the bodies disappear and we connect to the oneness of all life. Tantra.

In audio #1, we focus on epithemia, Venus as physical, sensual, sexual attraction (WHAT you get pleasure from) and Mars as how we take action. (HOW we go get pleasure) Are they in alignment with each other? Is there a counter intention flowing? Check the signs, houses and aspects.

### VENUS AND MARS IN THE SIGNS AND HOUSES

First and 7th Houses (What are we advertising and what do we expect?)

**Aries/FIRE** is impulsive, energetic. Independent, fast moving. Venus here says 'catch me if you can.' Very direct. Mars hot to pursue. Very brash. Competitive.





**Taurus/EARTH** is sultry, seductive, hands on, slow moving. Venus says, 'if a little's good, a lot is better'. Mars says, 'you CAN touch this'. Tangible show of appreciation.

**Gemini/AIR** is flirty, quick silver, TALKATIVE, moves at the speed of light. Venus attracts through cleverness and wit. Mars seduces with words. BANTER! Socializing.

**Cancer/WATER** is immersive, emotive, nurturing, moves sideways. Venus attracts through compassion/people pleasing; Mars is cautious, a psychic pursuit. Need to be needed.

**Leo/FIRE** is grand and engaging, moves dramatically. Venus here is like a queen (royal invitation); Mars is potent, confident, persistent. Both: must feel respected and be on top.

**Virgo/EARTH** is sensual, sensitive, discriminating, fast moving (for Earth). Venus attracts with her attention to detail, body language, tangible desires; Mars has an action plan. Critical analysis.

**Libra/AIR** is refined, people pleaser, moves in two directions at once (or sits on the fence). Venus attracts through grace, elegance, culture. Mars seduces through logic, traditionalism.

**Scorpio/WATER** is intense, deep, dramatic, moves toward upheaval/change. Venus is silent smoldering type, charismatic, wants emotional connection. Mars takes by storm, silent, relentless seduction. Possessive as.

**Sagittarius/FIRE** is free spirited, blunt about sex, moves straight into the future. Venus here MUST HAVE FUN. Plenty of space. Mars makes friends first. Both: Don't fence me in!



**Capricorn/EARTH** is v. sensual, charismatic, upwardly mobile. Venus is serious about relationship, capable, true feelings hide until they feel safe. Mars plans the pursuit. Self control off the scale

**Aquarius/AIR** is rational, open, unconventional, moves steadily evolving. Venus attracts 'friends' as lovers; Mars seduction - ultra modern/intellectual/experimental. Hates jealousy.

**Pisces/WATER** is psychic, into atmosphere, romance, allure, moves in all directions, like fog. Venus attracts through becoming what the other wants. Mars prime drive is to 'escape'. Both: secret relationships.

## **FEEDING YOUR ELEMENTS**

Note: the elements represents a part of us that wants to be 'fed'.

Fire needs ENERGY and action

Earth needs SENSATION and tangible show

Air needs INTELLECT, space and conversation

Water needs FEELING, connection and emotion

## **HOUSES AND THEIR MEANINGS**

1st house – Appearance, personality traits, outlook on life

2nd house - \$\$\$, resources, talents, peace of mind

3rd house – Teaching, learning, writing, talking, connecting

4th house – Home, family, ancestors, emotional ground

5th house – Creative expression, offspring (books/kids etc), romance

6th house – Health, pets, daily routine, magic

7th house – Socially significant relationships, contracts

8th house – Sex, death, taxes, shared resources, trust

9th house – New horizons, travel, beliefs, WWW

10th house – Career, mission, profession, public relations

11th house – Friends, goals for the future, groups



12th house – Unconscious, dreams, giving and receiving, meditative states

## Consider:

What happens when there are multiple needs (like a Boolean search - And, Or, This NOT that?

Venus in Aqua but Mars in Scorpio? Venus in Cancer but Mars in Sagittarius?

## Homework for week #1

The homework is to get in touch with our Venus and Mars dynamic. Here are questions to consider:

1. What do you believe about sex? Your body? Come up with at least three solid 'statements' you make about it.
2. How do you live out your Venus by sign and house? Is she in her power there, or resisted/repressed?
3. What can you do to honor your Venus? Empower her? Activate the house and sign she's in? What's her conversation like with Mars?
4. What judgements do you want to let go of when it comes to your relationship with your sexual/body energy?

## Audio #2 Notes: Sex Secrets

RESOURCES:

[The Great Sex for Life Toolkit](#): A Simple Home Study Guide to Sexual Growth ... By Krisanna Jeffery



Did everyone come up with a few beliefs they have about sex? (we may not want to share them but I'll offer some examples: (there is a long list on the forum under 'What's your sex story?')

It might be easier to say what your parents or what other people said about sex when you were growing up. You don't have to own it as a belief. Just note what your influences are.

Examples:

Sex is difficult/bad/painful/embarrassing/dangerous/humiliating (example with Diane Keaton interview about Keanu, with her Scorpio rising (private) and Venus in Capricorn (reserved) in the 2nd house (talents and resources) and Leo MC (PDAs) = contrast.

Or we might believe that:

Sex complicates things

Sex is taboo

or . . . Sex will be heaven with the right 'one' (which can set us up for disappointment if we don't 'see stars' straight out the gate)

We'll come back to our core beliefs about sex, but for now, everyone wants to have one or two in mind.

Also, how did everyone go identifying how fully they express their sexual energy on a 0 - 10 scale?

Are we all clear on what 'sexual energy' is?

## **DEFINING SEXUAL ENERGY**

What is it exactly? Not our sex 'drive', orientation, or behavior. Not libido. Not how much we have or think about sex.

Sexual energy is our life force expressed through the physical body, with us from birth to death. Also called qi or Ch'i energy, life energy, energy flow. In a way, it is source energy flowing through our physicality. Sexual energy can be expressed by how we 'are in the world', how we relate to men and women we meet, the clothes we wear, our style, jewelry, tattoos, how we relate to life itself.



The more we are authentic in our relationship with life, the more we know and live our true selves, the more source energy flows through us, and the more we are aligned with all the things we want to create, including a fabulous sex life. The key is to **know ourselves, and be authentic!**

## **BACK TO VENUS - WHAT STORY ARE YOU TELLING?**

**Venus can tell us about what's natural and authentic** for us when it comes to expressing our sexual energy. We want to honor her and her [Core Values!](#)

**We want to get our Venus going (our healthy sexual energy, joy in physicality and sensual pleasure).** This is a core source of our powers of attraction. We also want to get our Venus talking to Mars (our ability to take action) but first we have to release whatever limiting beliefs we have about our sexuality, our bodies our partners (past, present and future). **To do this, we have to be aware of what story we are telling.**

This is where we go back to those beliefs we have about sex and our sexuality. If we can identify limiting thoughts, and where they come from, we can transform them. (looking at the list of possible limiting thoughts can be confronting! It might take a few goes to allow for the possibility that we actually think 'that'.)

## **SOCIAL CONDITIONING - CULTURAL AND FAMILY MYTHS**

We won't dwell on this but bring everyone can become more aware of social expectations. The point is, what we think we believe may not be authentic

(When in doubt, check the chart: Venus by sign, house and aspect reflects our true authenticity when it comes to sexual expression. For example - Venus in Taurus conjunct Jupiter does not believe that monogamy is always the right call (but the culture, family, and social expectations might).

Not knowing ourselves authentically is what gets us kinked up when it comes to attracting what we want!



(If we aren't expressing our desire for freedom of sexual expression, we'll attract partners who do, and blame them for not being able to commit!)

What can Venus in Taurus conjunct Jupiter do about this? Get to the feeling state of 'I'm free!' It's not in the doing, it's in the vibration of what we want that aligns to our authentic state of being.

## SET POINTS

1. We all have conscious and unconscious beliefs about our sexual energy and expressing it through our bodies
2. If we are unaware of those beliefs, they control us by determining our 'set points' when it comes to joyful sex and relationship. I'll give the metaphor of the **jack rabbit** and his 'ground' to bring us to the idea of set points

What steps can we take to release the limitations and start living more fully. (It takes a lot of energy to repress our authentic self.)

1. Identify the belief (what old story do you tell about sex. Start with awareness there)
2. Find the origin (where did you learn this belief?)
3. Tell a new story (replacing the old with the one you want to experience)

## REMINDER NOTICE FOR COACHES

Activate your intuition when working with clients via their astrological chart. Ask them why they are here, what do they want to change . . . before you dive through the gremlins, defenses and support or shatter their personal. A glance at the horoscope can reveal more than they might glean in years of therapy, so always be respectful of what they can hear. Do no harm.

## ASTEROID 433 EROS

Consider again the meaning of the word erotic in the ancient Greek sense. Where Eros is in the chart by sign, house and aspect, is where we seek this



erotic transformation with another. Both Venus and Eros are symbolic of our authentic sexual expression, but in different ways. Venus has sex for sensual pleasure (Taurus) or to seal a deal (Libra). Eros has sex for the intimacy and power/intensity it brings and for the potential to transform by merging with another, at whatever risk. Eros has been undervalued in our society because ‘successful’ relationships are measured in terms of duration, commitment and stability. These are not necessarily the goals of our Eros or Venus, but we are taught they they are. Eros offers us a whole new yard stick, a whole new appreciation of intimacy and union that is based on risk and depth. Eros can blast the top off of our set points by making us believe in our power again.

Eros by sign and house is up in the forum. Check yours there, and comment! Brief rundown here of Eros by pairs of signs. Remember, it’s Eros who we can turn to when we want to transcend our ‘ground’ and raise our set points.

### ARIES - LIBRA - POWER AND LOVE

These two signs illustrate the dance between will and willingness, give and take, self and other. Aries orients towards self-awareness where Libra orient towards awareness of the other. Where Aries wants to dominate and win control, Libra wants to share, give and receive. Eros in either sign is about creating a balance.

### TAURUS – SCORPIO: INERTIA AND UPHEAVAL

The polarity here is similar to the love verse power over dilemma in that Taurus yearns for peace at the expense of change and Scorpio yearns for change at the expense of peace. Taurus, in this sense, is passive and Scorpio active. (like Aries and Libra). Eros in either sign seeks a energy flow between the two.

### GEMINI – SAGITTARIUS: LOGIC VERSES VISION

When Eros is in the Gemini/Sagittarius axis the two rulers, Mercury and Jupiter, are awakened. Where Mercury wants to gather and disseminate copious amount of information, Jupiter wants to turn that knowledge to power and vision. Where Jupiter may see only the wide sweeping vista of future possibilities, Mercury will focus on the intricate details of the component parts. The challenge here is to align this polarity so Eros can function with the benefit of both thought and perception, philosophical exchange and new horizons.



## CANCER – CAPRICORN: SYMBIOSIS VERSES SELF-SUFFICIENCY

The traditional rulers of these two signs are the Moon and Saturn and this polarity represents a distinct contrast of needs. In adults, it can manifest as a play between emotional dependency and autonomy. Capricorn represent strength, independents, capability. Cancer represent shared nurturing, emotional bonding, security and a deep sensitivity to the inner world. The axis has to do with combining Cancer's realm of feelings with Capricorn's drive for authority and adeptness.

## LEO – AQUARIUS: SELF CREATIVITY VERSES GROUP CREATIVITY

Leo wants to rule others and Aquarius wants all humankind to be equals. Here the polarity ranges from the self-orientation of Leo's personal creative expression to the collective orientation of Aquarius's universal ideals and designs. Where the Sun demands distinction, Saturn/Uranus demands collective consciousness of the group. When Eros lands in one of these signs, issues of self-importance need to balance with actions directed towards the greater whole.

## VIRGO – PISCES: ORDER VERSES CHAOS

This is the polarity between order and chaos. Where Virgo compares, contrasts and contains, Pisces blurs, merges and dissolves. Virgo pulls the indistinct and unformed mass out of the sea of the collective unconscious to shape it into a lucid and functional framework. Pisces takes those functional but rigid forms and lures them back into the sea of the unconscious so they might be re-mixed in new and unknown ways. When Eros is found on this axis, the pull may be strong in both directions.

## CALL #2 HOMEWORK

1. Find where Eros is in your chart and compare that to your Venus energy. What is their dialog? How do they relate? What can you do to activate your Eros, bringing more passion, power and 'lust for life' into your world?
2. Discover your 'old story' /set points (or just shoot for the new one knowing there is some old conditioning you are willing to let go of) and find ways to tell





a new one! Release limiting beliefs and raise your set points around sexual expression.

## **Audio #3 Notes: Sex Secrets**

### **DEVELOPING YOUR PERSONAL RX FOR FULFILLMENT**

How to:

1. Release gremlin patterns and defenses that are ready to go
2. Unravel counter intentions
3. Loosen the grip on 'what is'
4. Re-create the perfect-for-you sex life of your dreams by telling that story, now!

### **TWO POWERFUL WAYS TO TRANSFORM YOUR SEX LIFE**

Get to the core of what you really want! To do this check your 'ad'. This is the signal you are sending the universe. "If you're advertising for poets and keep getting truck drivers, you have to check YOUR ad!"

The 1) drill down and the 2) reverse drill down technique

### **THE DRILL DOWN**

(What I really want)

Example:

First, think about your Venus/Mars dynamic, signs, houses and aspects, then come up with an 'I want' statement based on what you glean from the chart (from Venus's perspective)

Venus in the 11th conjunct Jupiter says:

I want to meet a guy who'll be a great friend and is amazing in the sack.



*Why do you want that?*

So I can have all the fabulous sex and friendship, without annoying/murky complications

*Why do you want that?*

So I don't feel trapped in their stuff

*Why do you want that?*

So I can feel carefree

I don't really want a guy fab in the sack. I want to feel carefree!

Now that I've identified the desire, I can take my lover off the hook for fulfilling it, and begin to fulfill myself!

How can I do things right now that give me a sense of being carefree?

Unscheduled walks on the beach in the middle of the work day

Meditate, whenever I want.

Release the need to 'control' outcomes (get okay with everything!)

Not look at my bank balance for x number of days

Garden on my rooftop

Spontaneously call a friend and plan a hike, lunch, movie date

We can run this exercise with a caller/answer any questions about it.

NOTE: There can be counter intentions to the core value of Venus. Just placing awareness on what the counter intentions are gives us a chance to live out both, as in carefree AND committed (Imagine what that would look like), or empowered AND vulnerable or Safe AND risky. Think And/AND not either/or!



## REVERSE DRILL DOWN TECHNIQUE

You're relationships tell you where you are at , Period. They are the mirrors held up to you by the gods.

Take your current situation (because whatever you are experiencing right now, that is a reflection of your current vibration, of how you are expressing your energy in the moment - and on some level, perhaps unconscious - it is what you want or believe you deserve). Let's identify it and make it into a positive statement.

Current situation statement: Single.

Statement: I want to be single

*Why do you want that?*

So I don't have to look after anyone else

*Why do you want that?*

So I can do what's really important to me

*Why do you want that?*

So I can feel successful . . .

*Why do you want that?*

So I can be accomplished

*Why do you want that?*

So I can feel at peace

Here, I don't really want to be single; I want to feel 'accomplished' which for me = at peace. (sounds like the perfect blend between Venus in Cancer (peace) and Mars in Capricorn (accomplished)).



What can we do right now in the red hot moment to fulfill our authentic needs?  
Start there and see what opens up!

More on the 'ad'. Check Ascendant sign and aspects there. Is it a fit to your  
Venus desires? Again think 'And/AND'!

Planets that do not aspect the ascendant may not show very well Venus not  
aligned with the Asc is going to get left out of the ad. (Angelina J's chart  
example) Venus conjunct the Asc = Sexual energy shown right away!

Questions? Examples from callers?

## Synastry

1. Synastry is 'stars in the same place' THINK 'people as permanent transits.'
2. Notice the similar or different needs, wants and desires of partner's Venus/  
Mars, Eros/Psyche
3. Remember that like attracts like! If they are in your field of vision, they are a  
match!

## WHAT AM I REALLY ATTRACTING?

Quick quiz.

Choose a number between 0 - 10 to describe how well you are living out the  
qualities of your planets at the moment.

1. SUN: Are you expressing your core creativity, purpose and power?
2. MOON: Are you giving and receiving nurturing, feeling connected and  
loved?
3. MERCURY: How well do you feel 'heard', communicating, learning,  
teaching?
4. VENUS: Are you living out your authentic sexual energy, attracting what  
you desire?
5. MARS: How easy is it for you to call the shots, be the boss, take action, be  
assertive?
6. JUPITER: Are you feeling optimistic, expansive, empowered by your  
beliefs?



7. SATURN: How accomplished, individuated and authentic do you feel?
8. URANUS: Are you feeling unique, autonomous and free to be yourself?
9. NEPTUNE: How tuned in to the oneness of all life and your spiritual source are you?
10. PLUTO: How much do you relish change, transformation and the death/rebirth process?

Take your lowest 1 or 2 scores and the signs associated describe your next relationship!

Questions?

## HOW TO CREATE YOUR PERSONAL RX FORMULA

We want everyone to walk away from this course with a clear, three or four step formula for transforming their sex life. (we can try doing one on the call, or invite everyone to the forum thread to get help creating theirs)

It might look like:

Shift your attention. That would be enough!

Or

Appreciate what you've already got! Appreciation is a powerful transformer.

Or it could be something more like:

1. Clarity about what you want – hints from your chart might help reveal more about what that is
2. Awareness of how you're not allowing that by focusing on what's wrong/off/missing
3. Let others off the hook for making you happy by identifying and activating those feelings/vibrations now.

\* \* \*



# Are You Compatible?

## Seven Simple Steps to Learn Chart Synastry

Something is compatible when it is capable of living or performing in harmonious, agreeable or congenial combination with another.-American Heritage Dictionary 1975

Being in a harmonious relationship offers many rewards, psychological and physical. Positive emotions experienced through compatibility-- including affection, humor, sensuality, trust and genuine interest in each other -- enhance health and improve longevity, bolstering self-esteem and well-being. Of course, not all relationships are destined to be compatible.

Instead, they may be ‘learning experiences’, recreations of childhood patterns, compensation for suppressed issues, erotic adventures, or just a precarious dally. Compatibility in relationship isn’t always the objective, yet once experienced, life gets a little sweeter.

If Compatibility is so terrific, why aren’t more relationships based on it?

People fall in love irrespective of compatibility. Couples can bond through chemistry and projection alone, propelling them into relationship without much conscious thought. The excitement of the new person can turn an ordinary human into the divine beloved. Once the couple gets to know each other, reality may hit hard. It is usually at this point we ask the vital question.

Are we really compatible?

“You don’t like David Lynch films?”

“David who?...”

The point is, the question of compatibility often arises later, after the initial whirlwind attraction has passed. As the couple faces each other, their eyes may rest on someone foreign and unfamiliar. How can we find out sooner if a relationship is potentially harmonious? Enter the synastry chart!

WHAT IS SYNASTRY?



Synastry (syn-together/astry-stars) is the study of stars in the same place. It takes the planets of one person's chart and compares them to those in another's. The synastry shows how two people's needs and orientation mesh with each other. Think of the other person as a set of permanent transits. What will their impact be? Sound simple? Actually, it gets quite complex. With an array of tools—synastry comparisons, transits, directions and progressions, mid-point charts such as composites, progressed composites, and Davison chart analysis—the art of compatibility prediction can be daunting. How do we make a start?

## The Seven Simple Steps of Synastry

After studying the natal charts separately to assess the individual approach to relationship, these simple steps open the synastry investigation.

**Step 1.** How does the couple nurture each other emotionally? Compatibility increases with a parallel level of emotional maturity and nurturing style. If these are not in synch, it may be difficult for the couple to give and receive harmoniously. We look to the Moons to show how the couple's emotional worlds engage.

**Step 2.** Do the career goals and creative energy levels harmonize? All the compatibility in the world can come crashing down if the couple is unable to develop parallel goals with commensurate enthusiasm. This is often reflected in the synastry Suns.

**Step 3.** Are the communication and educational backgrounds compatible? How do they talk to each other? Mercury rules all things to do with mental rapport and learning.

**Step 4.** What is the couple's approach to finances, spending and saving? Do they value the same kinds of food, music, movies, art and sensual pleasures? Venus gives us a major clue to these very important issues in relationship.

**Step 5.** Do they have matching levels of self-esteem, self-authority and sexual energy? Mars by synastry can tell us about the balance of power.

**Step 6.** Are their family backgrounds and inherited beliefs similar? What gives them a sense of [meaning](#) and purpose in life? Jupiter by synastry tells us if the couple likes exploring similar horizons.



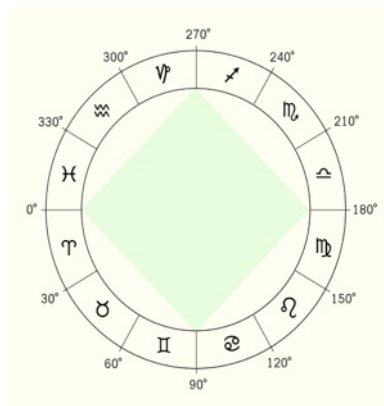
**Step 7.** What is the nature of the physical attraction? A healthy intimate relationship usually includes fulfilling sex and a desire for each other physically. Venus is number one here, and surprisingly, Saturn can give clues too, highlighting the shadow issues of attraction, projection and resistance that arise in every union. Complex yet vital, this is the area most subject to change throughout the duration of the relationship. Looking to Chiron, as well as the Ascendants, Mars, Venus and certain asteroids and points (Eros, Psyche, Lunar Nodes, Vertex and others), add vital information as well.

## ASSESSING THE CHARTS

In a complete compatibility assessment, other intra-planetary aspects are considered, as well as the houses activated, current transits and progression. This article centers on same planet synastry (Moon-Moon, Sun-Sun), focusing on sign emphasis primarily.

**The Divisions of the Signs:** The signs relate to each other uniquely, reflecting different levels of compatibility. Just because two planets are not a 'harmonious aspect' doesn't mean the couple will not have a meaningful connection. Some amount of tension adds spark and intrigue!

**Polarity:** The balance of polarity by synastry reveals how two individuals charge each other. Traditionally called positive/negative, this represents a direct verses receptive, orientation. Outgoing and certain in nature, the FIRE and AIR signs have a positive polarity. Receptive and responsive, the EARTH and WATER signs have a negative polarity.



**Quadruplicities:** Each sign has a modality or form of motion. Called quadruplicities, they link two different polarity signs together by the 90 degree square and two matching polarity signs by the 180 degree opposition. Each modality contains all four elements. Cardinal Fixed Mutable

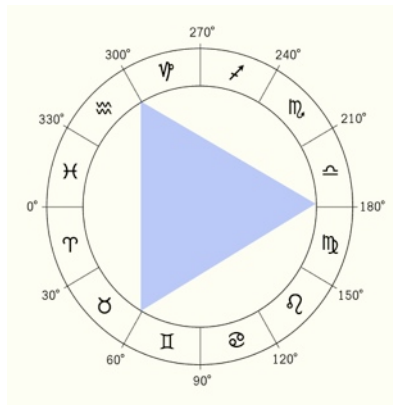
The Cardinal signs all have a sense of initiation and action about them. They are on the move! The fixed signs have





stability and tenacity. They can't be pushed, but enticed! The mutable signs are adapting and fluid. They are tuned to change!

**Elements:** The elements correspond to the basic manifestations of FIRE, EARTH, AIR and WATER. They divide the zodiac into four groups of three based on the 120 degree trine, one of each modality, all the same polarity. Fire



signs represent pure energy and inspiration. The most naturally active, they give and receive energy freely. Air represents communication. These are intellectual signs, conducting and dissipating life force quickly and expediently. Water signs are the feeling element. They can take on the energy of the immediate environment, mirroring those around them. Earth signs are resisters. They ground the energy around them in solid and pragmatic ways.

Astrologer/author Stephen Arroyo says, "Everyone has to feed themselves at the air, fire, earth and water levels."

A predominance of fire needs activity and exhilaration. Earth wants to ground energy in practical ways. Air needs a diet of mental stimulation and water longs for a pool of feelings to immerse in.

## IDEMON'S ORIENTATION OF THE SIGNS

"Each sign sees things in an entirely different way...because each perceives the world in a different way." -Richard Idemon 1985

Richard Idemon proposed a new and important addition to the division of the signs which he called orientation or perspective., This orientation revolves around time and space, a kind of Einstein-like theory of astrology. Where Einstein said that what was observed is dependent on the observer, Idemon suggested that what is observed by each sign is also dependent on that sign's point of view.



Consider Aries. What sort of orientation or viewpoint does this positive, fiery, cardinal sign have? Aries experiences things in an immediate way with an orientation towards self, right here, right now! Goals are focused and single minded, while they last. Contrast this to the orientation of the yin (polarity), watery, mutable sign of Pisces. Here the orientation is defuse and mysterious, moving out towards everything, everywhere, all the time. The following summary divides the signs up into three groups of orientation, each containing all of the elements—fire, earth, air and water.

Personal Orientation (towards pleasure and survival or Me + Me)

A me and me . . . the pleasure of my will

B me and my possessions, the pleasure of my senses

C me and my mind, the pleasure my thoughts

D me and my emotions, the pleasure (or pain) of my feelings

Social Orientation (me + you, relating, away from self and towards others)

E hey you, watch me! Play and performance

F hey you're different, me and you through comparison and contrast

G hey I like you! Me and you through harmonizing and relating

H hey how you doing? Me and you through erotic transformation

Collective Orientation (me + the transpersonal, principles and ideals)

I me and the collective truth

J me and the collective manifestation

K me and the collective humanitarianism

L me and the collective unconscious

Theses orientations reflect a perspective or viewpoint from personal, social and transpersonal values. Each orientation ends with a Water signs, echoing the act of birth and separation, and is begun anew with a Fire sign, expressing the born again quality and enthusiasm of that element. The cycle starts all over again, in circular fashion, as Pisces dissolves into the collective unconscious and springs forward again as the self-reflecting Aries.

The orientation of a sign helps us understand the energy expressed by each section of the Zodiac, giving ideas to how deliberate creation can come into authentic alignment there. If a sign with social orientation is found rising, the



energy is best flowed through interactions and relationships with others. If it is a personal orientation, the need is for self-development. If a transpersonal orientation predominates, universal interests come to the foreground. Honoring the orientation of the signs results in a more authentic and healthy approach to life, and more powerful deliberate creation!

### Decans & Dwads [\(read more about Decans and Dwads here\)](#)

Here each sign is divided into three lots of 10 degrees. The first takes on the nature of the sign itself, the second takes qualities of the next sign in its element and the third, the subsequent sign of the same element. The ruling planet of each decan adds a nuance of energy to the original sign. Considering these subtle additions can enhance understanding in the search for compatibility. Dwadashamshas, or Dwads, is the Hindu word for division of twelve. Like fractal geometry, this technique divides each sign into twelve equal parts of 2.5 degrees.

	SIGN											
0-2½	♈	♈	♈	♈	♈	♈	♈	♈	♈	♈	♈	♈
2½-5	♈	♈	♈	♈	♈	♈	♈	♈	♈	♈	♈	♈
5-7½	♈	♈	♈	♈	♈	♈	♈	♈	♈	♈	♈	♈
7½-10	♈	♈	♈	♈	♈	♈	♈	♈	♈	♈	♈	♈
10-12½	♈	♈	♈	♈	♈	♈	♈	♈	♈	♈	♈	♈
12½-15	♈	♈	♈	♈	♈	♈	♈	♈	♈	♈	♈	♈
15-17½	♈	♈	♈	♈	♈	♈	♈	♈	♈	♈	♈	♈
17½-20	♈	♈	♈	♈	♈	♈	♈	♈	♈	♈	♈	♈
20-22½	♈	♈	♈	♈	♈	♈	♈	♈	♈	♈	♈	♈
22½-25	♈	♈	♈	♈	♈	♈	♈	♈	♈	♈	♈	♈
25-27½	♈	♈	♈	♈	♈	♈	♈	♈	♈	♈	♈	♈
27½-30	♈	♈	♈	♈	♈	♈	♈	♈	♈	♈	♈	♈

Other Areas to Check:



After the seven simple steps, a deeper analysis of the synastry can begin. All cross-aspects are examined and the house emphasis is noted. The following points and minor planets also illuminate the synastry reading.

#### Angles and Midpoints Suggesting Attraction and Bonding

Ascendant: Awakens, inspires, acknowledges socially. It can feel heavenly to have personal planets contact here!

Vertex Sudden turn of affairs, epiphany, instant attraction, immediate sense that something WILL happen together.

Lunar Nodes Familiar, bonded fascination, feeling of kinship or destiny, comfortable vs challenging as time progresses.

Fortuna Sense of joy, ease and creative pleasure. Life gets a little brighter when someone's personal planet falls here.

Sun/Moon MP Activates a sense of inner balance, awakens wholeness and feelings of completion. Longing for union.

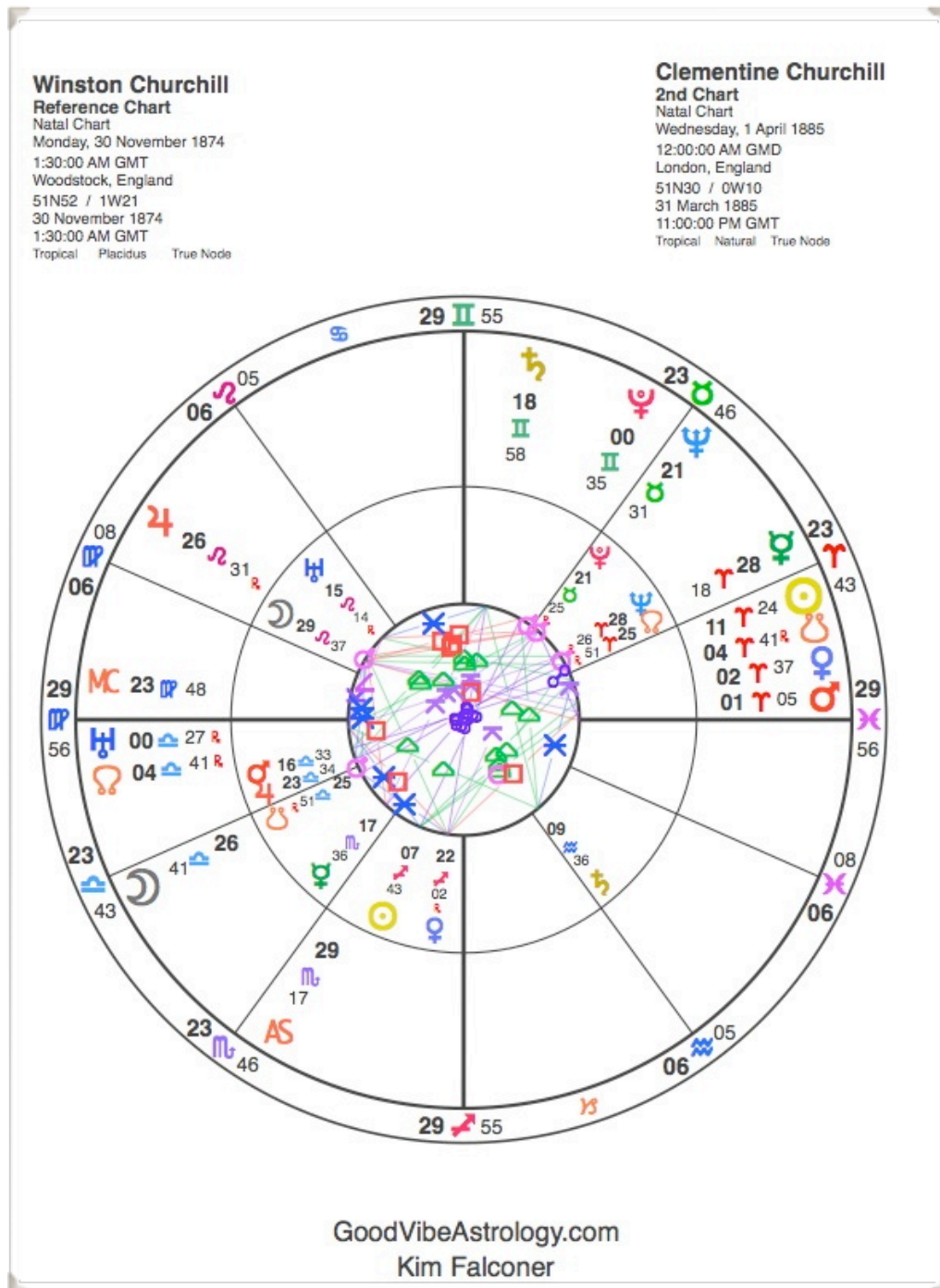
Venus/Mars MP Stimulate sexual energy in playful, mischievous ways. Creative, artistic, active, outgoing. No hiding this one.

Eros/Psyche MP Awakens desire to merge, sexual energy is intense, deep and emotive. Transformation whether taboo or not.

## EXAMPLE CHARTS

### Winston & Clementine Churchill (see chart pg 28)

Clementine	Winston
Eros 9 Ge 50	02 Sc 44
Psyche 6 Ar 24	10 Aq 35
Amor 2 Ar 33	00Ar 32
Cupido 13Li 0 R	09 Li 29
Sappho 22 SA 10	07 Sa 51
Aphrodite 7 Li 9	19 Vi 45
Adonis 27 Vi 44 Rx	17 Li 41



In the words of Lord Ismay, “It is probably the most ideal marriage there has ever been”.



Does the synastry agree?

Winston Churchill would have been a taxing man to live with! His tremendous focus on world affairs left him little time to nurture the emotive needs of a marriage and his bombastic nature was given to unpredictable and tempestuous display. He drank. He smoked. He had a pressured life of which his marriage was only one aspect. Yet his compatibility with Clementine is undeniable.

For Clementine, the marriage was her vocation. Intelligent and well educated, she supported and influenced her husband throughout his long public career, putting the relationship above her personal goals, ambition and children. Even brief escapades, on both sides, did not spoil the union.

## ASTEROIDS TO CONSIDER

Asteroid	Discovery	Orbit	Meaning
1 Ceres	Jan 1, 1801	4.6 years	Mother, nurturing, body
3 Juno	July 1, 1804	4.36	Commitment, bond
4 Vesta	Mar 29, 1807	3.63	Devotion, tantric sex
16 Psyche	Mar 17, 1852	5.00	Psychic link, intuition
80 Sappho	May 2, 1864	3.48	Sexual, poetic, artistic
433 Eros	Aug 13, 1898	1.76	Erotic transformation
763 Cupido	Sep 25, 1913	3.35	Beauty, image, bonding
1221 Amor	Mar 12, 1932	2.66	Unconditional love
1388 Aphrodite	Sep 24, 1935	5.24	Impulse, love, charisma
1943 Anteros	Mar 13, 1973	1.71	Love's longing returned
2102 Adonis	Feb 12, 1986	2.57	Spellbound, potent
4450 Pan	Mar 9, 1988	3.00	Seductive, earthy, panic

Winston's dominate FIRE emphasis suggests courageous, verbose and innovative energy. His Moon in Leo conjunct the fixed star Regulus adds a noble bearing with a drive for fulfillment in the limelight. Although Mars is in its detriment, the first house placement adds fuel to the fire as does the conjunction with Jupiter. The Virgo Ascendant brings discernment; the chart ruler in Scorpio suggested shrewdness.



Friends said his marriage to Clementine wouldn't last six months. Winston just wasn't the marrying kind. Contrarily, it lasted 56 years, filling boxes and drawers with intimate love letters, notes and messages that passed unceasing between.

Without an accurate birth time for Clementine, her chart has been drawn flat with zero degrees of Aries on the Ascendant. Clementine also had a dominant FIRE nature with Sun, Mercury, Venus and Mars all in Aries. That is a lot of gusto, especially for a woman born in the 1800's. A natural way to live out such energy is through a powerful man and she found herself one of the most potent in the world!

The seven simple steps take a closer look at this notable relationship.

**Step 1.** How does the couple nurture each other emotionally? Winston's Moon is found at 29 degrees of Leo in the Aries decan and the Cancer Dwad. This adds might, courage and individualism to the dignified and gregarious Leo Moon, along with a dose of sympathy and kindness. He would need energy, camaraderie and a sense of being special to feel nurtured. Clementine's Moon, in late Libra or early Scorpio, is a social orientation, commensurate with Winston's. She would need relationship to feel nurtured and emotionally connected. It is likely that the Moons are sextile, creating a channel to awaken both the inner world and the desire to nurture each other.

**Step 2.** Do the career goals and creative energy levels harmonize? The Sun signs trine by element indicate a commensurate high energy level and mutual need to feed each other with doses of enthusiasm, audacity and exploration. With his Sun in the first decan of Sagittarius, there is the added Jupiter influence of talk, trek and talk some more. The Aquarius Dwad brings a larger social perspective and tenacity. Clementine's Sun is in the second Decan of Aries and Leo Dwad, adding solar staying power to the sometimes erratic flights of the Ram. The couple matched in vitality and vision.

**Step 3.** Is the level of education and approach to communication compatible? Both were well educated people, though Clementine did better academically than Winston. A passionate writer and speaker, his words moved the masses! The second decan of Scorpio adds Neptune's sensitivity to the collective where the fixed Taurus Dwad made him a formative man to argue with.





Clementine's 3rd decan of Aries Mercury has Jupiter's philosophic bend, and the Pisces Dwad links to the collective as well. With both Mercury's ruled by Mars, neither bulked at an intellectual debate! Their Mercury's aspect by the minor 160 degree quadrinovile, (a division of 9 associated with what is produced in the long run, and possibly an indication of sexual attraction and marriage.) Winston and Clementine's letters testify to a copious flow of thoughts between them.

**Step 4.** What is the couple's approach to finances? Both Clementine's and Winston's Venus fall in Fire signs and are linked by the lesser used biseptile aspect, 102:51 degrees associated with poetic, creative and inspirational qualities. Clementine came from an upper-class home afflicted with poverty where as Winston's was one of flamboyance and splendor. After 11 years of marriage she wrote to him, "You took me from the straitened little by-path I was treading and took me with you into the life and colour and jostle of the high-way...." That 'life and color and jostle' would be well appreciated by a Venus in either Sagittarius or Aries!

**Step 5.** What is the balance of power in the relationship? Clementine has the more powerful Mars by sign and she influenced Winston throughout the decades of their union. An article in the Washington Times state, "For decades his wife fought at his side, entertained at his table, offered her judgment to him and his colleagues and his enemies. She took his place in his absence, and sometimes in his presence. She became an international figure. She had power, and she used it. Always she had a mind of her own." In an era where male and female roles were dictated by tradition, Clementine wielded her Aries Mars (Aries Decan and Dwad!) from behind the scenes. Winston wielded his first house Mars conjunct Jupiter in front of the entire world.

**Step 6.** Are their family backgrounds and inherited beliefs similar? Both Winston and Clementine came from upper-class family backgrounds and moved in high society. Their social circles linked, as their sextile Jupiter's suggest. Her Jupiter in Leo indicates dignity and a drive for social power.

The Aries decan adds (more) strength and courage and the Gemini Dwad suggest wit, charm and urge to communicate. Winston's Jupiter in Libra shows culture and idealism. The Gemini decan adds versatility and, again, the urge to communicate. The Cancer Dwad brings intuitive sensitivity and gut instinct to an intellectual approach. They both loved to travel, explore and adventure, together and independently.





**Step 7.** What is the nature of the physical attraction? The Saturn's here are trine, a contact generally better favored than the harsher aspects. Still they would have awakened each other's more vulnerable side, making it difficult to discuss intimate fears and insecurities. (Clementine would sometime write to Winston in French, saying it was easier to be passionate that way). Clementine's Venus/1221 Amor conjunct Winston's Vertex/Descendant/1221 Amor may have felt to him like an epiphany, a turning point of great import. Her Uranus conjunct his Ascendant served to jolt the man who was not the marrying kind.

The complexities of his Venus and Psyche/Eros midpoint opposite her Saturn and his Sun opposite her Chiron could account for her initial "cold feet". Clearly, her Sappho conjunct his Venus and her Venus/Mars and VE/MA midpoint on his Descendant, tantalized the couple throughout their long relationship. Winston's Juno conjunct her Psyche/Eros midpoint stimulated sustaining love. In Winston's words, he married in 1908 and lived happily ever after.

The Lunar Node axis in both charts are activated by the synastry with Clementine's Mercury conjunct his N. Node and Winston's Ascendant conjunct her N. Node. Both are opposite by sign suggesting complementary support in their ability to make strides forwards as well as nurture each other in times of retreat.

Did the attraction last? In 1962, after 54 years of marriage, Winston writes, "... *I have found it quite lonely (with you absent) & will rejoice to see us joined together (tomorrow) in gaiety and love. I place myself at your disposal...*"

\* \* \*

## Take the Compatibility Test

Circle the letter that most accurately applies to your current relationship. Consider an important union from the past if you are single. Designed for fun and awareness, the results do not represent a definitive evaluation.

1. Do you feel attracted to your partner physically, enjoying each other's bodies through affection, play and intimacy?



A) Always B) Often C) Sometimes D)Never

2. Do you communicate difficult feelings and important issues to each other as they arise?

A) Always B) Often C) Sometimes D)Never

3. Do you and your partner enjoy the same kinds of music, movies and cuisine?

A) Always B) Often C) Sometimes D)Never

4. Do you both share similar political, religious and spiritual beliefs?

A) Always B) Often C) Sometimes D)Never

5. Are you able to express anger in ways that do not create fear, separation, or resentment in each other?

A) Always B) Often C) Sometimes D)Never

6. Can you debate passionately without escalating into hostile arguments?

A) Always B) Often C) Sometimes D)Never

7. Do you and your partner have matching or parallel goals for the future?

A) Always B) Often C) Sometimes D)Never

8. Do you have similar levels of sexual energy?

A) Always B) Often C) Sometimes D)Never

9. Do the same kinds of things make you feel safe and secure?

A) Always B) Often C) Sometimes D)Never

10. Are you and your partner the same relative height for your gender?

A) Completely B) Nearly C) Scarcely D)Not at all

11. Do you and your partner have the same educational background?

A) Completely B) Nearly C) Scarcely D)Not at all



12. Are you and your partner from the same economical background?

A) Completely B) Nearly C) Scarcely D)Not at all

13. Do you and your partner respect each other's autonomy, independence and self-authority?

A) Always B) Often C) Sometimes D)Never

14. Do you and your partner support each other unconditionally in times of physical, emotional or spiritual need?

A) Always B) Often C) Sometimes D)Never

Results: A) 3 points B) 2 points C) 1 point D) 0 points

40-42 Points: Extreme compatibility- there may not be enough contrast.

35-39 Points: Highly compatible- this relationship has refreshing mutuality.

34-27 Points: Fair compatibility- the differences may spark excitement.

26-19 Points: Moderate compatibility- disparity may become a challenge.

18-11 Points: Low compatibility- exercise awareness and emotional maturity.

10-03 Points: Negligible compatibility-ask each other why you are together.

02- 0 Points: Incompatible-you are relating for reasons other than harmony!

\* \* \*

## How to Manifest More Sex

(or anything else you would like)

From Jeannette Maw's [GoodVibeBlog.com](http://GoodVibeBlog.com)

December 26, 2009 | [67 Comments »](#)



Some of you are wondering how to manifest more (or better) sex. So let's get down to business ...

(These instructions also apply for how to get more of whatever you want, be it money, success, a house, better body, etc. But this is written specifically for the person who wants more sex.)

Here we go:

First of all, it helps to stop noticing the sex you're not getting.

Stop giving attention to how you wish you had more.

Stop complaining about how little you're getting and telling the story about how bad your sex life is.

In fact, it's really helpful to stop believing you're not getting as much sex as you want.

Yes, I know you're justified in thinking and saying and believing what you've been thinking, telling and believing. But that is NOT helping you get more sex.

It's actually doing the exact opposite.

As you speak (and think) it, so shall it be.

So you've got to start appreciating your sex life.

However you can accomplish that.

You've got to love the sex you are having. You've got to tell the story about how great your sex life is. (Especially to your partner!) You want to be the person who is enjoying all the fabulous sex they want.

Whether you're remembering or imagining or however you can get to thoughts of appreciation about lots of great sex, that's what you want to get in mind.

Would you talk different? Smile more? How would you behave differently?

However you would be when you're sexually satisfied, start being that way now.



Whether that's relaxed, happy, satisfied, cooperative – whatever it would be for you – start feeling that way and being that person now.

If you have a partner, you'll become more attractive to him/her. If you don't yet have a partner, you'll still be more attractive to him/her – whoever it turns out to be.

And I'm not talking physically attractive – I mean energetically attractive.

Since like attracts like, as you become the person who has a great sex life (even before you have one), you will attract a great sex life.

One of the stories I didn't tell in my [Adventures in Manifesting](#) ebook - even though it's chock full of real world examples from my love life – was how my boyfriend noticed my manifesting success in getting foster dogs adopted, to which he responded by promptly using this magical new power to manifest more sex! (What a quick study he was.)

So having been on the other side of this manifestation, I know how easy and effective it is to work on someone.

The trick (for the one doing the manifesting) is to not get caught up in the “reality” of what is.

Find some way to get your attention on what you want, rather than what is.

- For Pam (not her real name), that means she's got to stop telling co-workers and friends about her husband's challenges in the bedroom. She's got to appreciate what is working, even if it's just that he's great about public displays of affection – which she loves.
- For Scott (not his real name), that means he's got to stop thinking of his wife as a woman who has no interest in sex. Instead, he'll want to see her differently – maybe as a woman who is waking up to new heights of sexual desire – with him in particular (that could be an important element to include). Or whatever story would help make it believable that things are changing romantically. He'll also want to start treating her the way he would treat a woman who he is enjoying lots of highly satisfying sexual activity with.
- For Sue and Matt (not their real names), who don't have any partners in sight and are tired of being celibate, they should know they



cannot attract a great love life while upset about not having one. It just doesn't work that way.

You've got to find a way to feel better now, whether that's by entertaining rich fantasies, purposefully appreciating the sex you are having, or by getting your mind on something else that is satisfying. Whatever inspires you to shift the vibe – that's what you want to engage.

Change the way you feel now, without expecting your new love life to make you feel better.

And to anyone who feels stymied in getting what they want, it helps tremendously to take the pressure off this thing you want for making you happy. When you make it out to be a big deal, especially a big deal that you're not experiencing, it closes the door on it.

You want to find ways to feel better now, even before it gets here – even if it NEVER gets here – in order to allow it in.

I know it's a funky way to get what you want, but it works.

It's also worth mentioning, even though I know many of you likely won't believe me, that it isn't really more sex you want. What you really want is how you think having that amazing sex life is going to make you feel.

\* \* \*

## Shopping List for Love

From the [11th House Blog](#) - Kim Falconer

Is this one of your manifesting tools?

This post first appeared at [The Good Vibe Blog](#). Reblogged here with permission from [Jeannette Maw](#)

Recently I listened to a [GVU call](#) by relationship coach [Lisa Hayes](#). It was part of her series on Dating in the Vortex and focused on Lisa's "two list" approach to attracting new or improved love.



Since this is the topic of our upcoming three call series at [GVA](#), I thought to revisit these ideas here.

On the call, Lisa read us a client's LONG list of her ideal date. It was as detailed as a Briggs-Myers personality test, only more personal and included a CV, physical traits, emotional responses to a wide range of situations, minimum bank balance etc. etc. The only thing missing was Sun, Moon and Ascendant sign and of course, Venus and Mars! (None of us do that, right?)

Lisa's point – specifics might actually be limiting if we aren't listing how we want to feel. (who cares what their annual income is, make model and car registration # and favorite restaurant if we aren't feeling the love?)

This example got me thinking about list making altogether, especially when it involves another person. Isn't that conditional love? The thought of someone ticking off my appearances, traits, IQ and emotional responses feels . . . odd. Actually, it's kinda creepy.

Are we missing the point of relationship when we preordain what the 'other' must be like?

Maybe, but don't get me wrong. Lists are valuable. They tell us things about ourselves. For example, if I make a my new sweetie (MNS) list and it goes like this: MNS is rich, smart, funny, gorgeous, adventurous, independent, fit, must love cats . . . what does this say about me?

It says, I want to be rich, smart, funny, gorgeous, adventurous, independent, fit and surrounded by cats. The list is never about 'them'. It's about us, and when we get that, we can stop 'needing' others to be x,y or z, and be that ourselves. Then, we enjoy the new sweetie for who they are. Period.

Besides showing us what we want to become, the MNS list can point out why we want what it is we want. Armed with that knowledge we can get to the feeling place now, before MNS shows up. Does everyone know the "why do I want that" exercise? It's so insightful.

1) Start with a current desire. It might be I want to date a man with \$\$\$.  
Underneath that statement ask, why do I want that? It might go like this:

I want to date a man with \$\$\$



Why do I want that?

So I don't have to pay for everything myself

Why do I want that?

So someone besides me steps up for a change

Why do I want that?

So I feel special

And there it is. In this case, I don't give a hoot about their bank account. What I really want is to feel special. And this is an inside job. As [Ean Begg](#) says, When we stop expecting other people to fulfill us, we can begin to fulfill ourselves. Does that leave the door open for true relationship, or what?

The other great thing about the MNS list is, it tunes our radar for new possibilities. If I say my sweetie is generous, kind, hot, funny, smart, sporty etc I'm cuing my unconscious that these things do exist! Like they say, I'll see it when I believe it, and the list helps me believe. For those who think relationships suck, or that men/women are untrustworthy, lists can help shift the vibe to a better feeling place.

\* \* \*

## Manifesting a Valentine

From Jeannette Maw's [Good Vibe Blog](#), Feb 14, 2012

What's the best way to get the love you want?

Some say it's to love yourself first.

Others will say it's best done by loving others (because you get what you put out there).

Some say it's to forgive your past. (Grudges, resentments, etc. prevent good love from finding you.)





Some tell you to act as if you've already got it.

In fact, I've said all of those things myself.

But the message I got today on [Harmony Harrison's Self Love shamanic journey call](#) for Good Vibe U was this:

let it be okay that you don't have it right now.

Those are wise words from spirit guides. Because we know how this works:

If there's any part of you that doesn't like how something is – first of all, know that's natural. It's part of being human – we have new desires and preferences all the time. They're not to be wished away.

But if we stay dialed in on what's wrong or what we wish was different, the difference can't come in.

So it's to make peace with what is.

I was asking guides how to be rid of this drama I'm peripherally involved in with people who are important to me. I was asking to feel peace, harmony and appreciation.

The answer I got was to not wish this drama away. Which makes perfect sense, because I know that in wishing it away, I'm resisting it.

Rather, our best move is to allow it. To make peace with it. That in itself transforms the vibration.

So I'm no longer needing the drama to go away before I feel better. I feel better now, and then the drama's not so bad and pretty soon I don't even notice drama.

It's the same with everything we want.

Getting what we want starts with not resisting where we are.

So to get the love life you want, whether it's attracting someone new or transforming an existing relationship, it starts with getting okay with how things are now.



(This is where I share [Lisa Hayes' disclaimer about denial.](#))

If you're wishing for a better Valentine than you have right now, take a deep breath, know it's on its way, and let it go for now. Let it be okay today that you are where you are.

With that you just took the first most important step in manifesting dream come true love.



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