

12 September 2022

Time and Tide wait for no man

And te tide and te time þat tu iboren were, schal beon iblescet *St Marter 1225*

The time continues to tick on my life:

I have turned 50 recently, my father died just before this, I attended a funeral last month of a close friend in his 50s. With all of this I am feeling the effects of being on 'the escalator of life', (as one of my wonderful teachers Brendan O'Brien says). I continue to reflect on my own outer and inner life and the life of all those I share my inner and outer world with.

I have found Astrology a very useful map for reflecting on my own personal circumstances, but I am increasingly using it to look at the wider events around me.

Astrological birth charts have a point called the 'North Node' and the 'South Node'

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"The Nodes have never failed to give me the information I need to correctly guide the individual in achieving success, self-confidence, and balance within the personality. " Jan Spiller Astrology for the Soul

She goes on to say that the astrology chart shows our inner wiring. This is a phrase used by psychotherapists and by systemic constellators. The inner wiring of our neural networks is something that we are born with, but it can be rewired throughout our lifetime. New neural pathways can be laid down, making the earlier one's redundant. So the idea is that any misfiring can be corrected once we are aware of our "glitches". We can choose to correct behaviours that are not working for us. The result being a more smoothly operating life, (internally, and then externally.)

All the planets have a north and south node, but the nodes referred to in basic birth charts are the Nodes of the Moon. They are not planetary bodies, but points formed by the Moon's orbit around the Earth intersecting with the Earth's path around the Sun. The direction of the Nodes is counter-clockwise.

For each of us the North node is located in a sign and in a house. The sign position can be found from your year of birth.

The house position can be found from your time and place of birth. These are personal to you and you can use astro.com for free to draw up your own birth chart.

At this moment in time we are all experiencing a transiting north node in the sign of Taurus. This has been happening since Jan 2022 and will last until July 2023.

The attributes to develop during this transit , that we are all in the middle of, include Loyalty, Awareness of boundaries, Taking things one step at a time, Sense of self-worth, Awareness of personal values, Patience, Honouring expressed needs of self and others, Enjoying the 5 physical senses, Gratitude, Awareness of nurturing from Mother Earth, Forgiveness, Persistence.

So work in these areas can help uncover hidden gifts and talents.

So next time you feel that you are struggling this is a good go to list for the next year, a gratitude list would be a good idea as well as a walk in nature where you can appreciate the inputs to your senses from nature. The other task at the moment that I have noticed in my own life is that has been helpful is to write down the steps needed to achieve a goal, whether it feels small or big, breaking it down into steps is a good idea.

Tendencies to leave behind that will help make life easier and more enjoyable, over the next year especially, are:

Attraction to crisis situations, Over concern with other people's business, Impatience, Inappropriate intensity, Judgmental tendencies, Preoccupation with the psychological motivations of others, Resistance to cooperating with what others want, Overreacting, Destroying something in order to eliminate one part , Obsessive-compulsive tendencies.

If you were born during the following times you always have a Taurus north node to deal with so the above themes will be even more pronounced for you:

Feb 20 1966- Aug 19 1967

Sept 12 1984- Apr 6 1986

And if you weren't born during these times and think you constantly deal with these themes maybe your birth chart will reveal a North node in your 2nd house (which is ruled by Taurus).

The idea is that the south node is our comfort zone, but don't serve us well to move forward in life. So if you find yourself a bit stuck look at the attributes to develop to help you move and flow with life again. For me my go to is the sea, this helps me connect to Mother Nature and I have been practising speaking out gratitude to the sea over the last few months as part of my gratitude list (when I remember to do this!). So thank you for reading this and for being you!