

# Astrological Forecast and Spiritual Insights

## for 2009



*Dear Friends,*

How are you doing? With a new year ahead of us, we all look forward to a new beginning and a new start. Yet, since so much has changed and shifted in the past year, many are unsure of what the future will bring and how to move forward without the fear of more “bad” happening. The most frequent question posed to me is, “Will 2009 be better than 2008?”, but before I get a chance to answer, I hear about the extreme challenges many have faced this past year.

Although we can look to the planetary cycles as a way to get a heads-up on the trends and themes for the upcoming year, how you experience 2009 will boil down to what you choose to focus on. Being aware of the greater purpose for all that is happening will help you align with what needs to be shifted in your own life so you can embrace exactly what you need in order to take yourself to a new level this year.

In this way, even if 2009 throws you a curve ball and you find yourself in a situation where you have to make a difficult decision, or you experience chaos and turmoil unfolding around you, you will know that everything happening in your life or in the world around you has a higher purpose. You may not understand the purpose in the moment, but knowing that it exists will help you narrow the gap between your heart, mind and spirit.

## Looking Back and Looking Forward

As we all know, 2008 was a major shift in many ways, and in this shift, many hidden inconsistencies and untruths within our financial, economic and political worlds were brought to light. 2008 held the vibration of new beginnings, and it continues as we move into 2009. All seeds sown in alignment with love, truth, community, compassion and the greater good will continue to grow. Anything that holds the energy of selfishness and greed or that is of the “old” will not survive. This is not just in the visible areas of career, relationships, health, business, economy and government, but in our belief systems and those we carry about others.

## Astrological Cycles

The position of the planets, their degree in the sky, and relationship to each other and to Earth allow us to track patterns and see the energetic trends of the times both in the outer world and in our personal lives. For those of you interested, the specific planetary movements I am tracking are Pluto’s final entrance into Capricorn, Saturn opposing Uranus, Jupiter’s entrance into Aquarius, the Jupiter-Neptune-Chiron conjunction in Aquarius, and more.

Major cycles and configurations will have a great influence on what we see in this coming year. The same forces that are transforming politics and business will also transform the fabric of our lives. These are revolutionary and evolutionary times, and both individually and collectively we need to radically change structures that have outlived their time.

Also look for times of celebration, euphoria and spiritual awakening as we continue this time of great transition.

## What to Expect Overall

### The Outer World

Although we see comments in the media suggesting that we are moving out of this recession this year, the planetary cycles show otherwise. As the government attempts to reflate the economy, the present deflationary forces and economic trends are just too powerful, and our economy will continue to contract in order for necessary changes to happen.



As a result, the U.S. stock market will continue to fall overall, and loan defaults and foreclosures will increase as real estate prices continue to fall. Expect gold to finish higher and much higher long-term interest rates by year's end or further into 2010.

Unemployment and layoffs will continue to rise, as an increasing number of financial institutions, manufacturing services and general businesses default on their loans, downsize, or move into bankruptcy. States and municipalities are not exempt and will likely be affected.

Although commodity prices (including energy) have dropped from their all-time highs, worldwide demand will outpace supply and we will see a steady upward trend, though not to the extent we saw earlier in 2008.

Deflation will be ongoing as consumer and production prices continue to fall. The U.S. dollar is currently headed down in value; however, due to the shifts in other world economies, such as China, Japan, Russia, India, etc., we may see its value climb in the latter part of 2009.

The financial greed and economic blunders of the outer world are being brought to light, and as a consequence, we are seeing great turmoil and chaos at all levels. Yet, rest assured that everything will eventually find a new beginning based on integrity and honest fundamental values.

The year 2009 is truly a time of preparation for the radical changes that are affecting the fabric of our global society. By the time we move deeper into 2010 and 2011, our world and its political systems will be virtually unrecognizable due to all that transpires in the upcoming years. We are definitely in the transition period leading into new beginnings.

### Our Inner World

Personally, we are at a time of unprecedented change physically, emotionally, mentally and spiritually. Anything out of balance will seek to find balance. We will need to focus on ourselves more this year and take action to evolve and become more conscious of what is important.

### Stay focused on the positive

The most important thing is to not get caught up in the fear of what could happen to you. Just keep moving forward one step at a time, making the best choices you can and remembering the bigger picture. Despite what it looks like, things are clearing out to make way for the new. Although we generally tend to dislike unpredictability, we always benefit from it in some way, so trust in each stage and stay focused on the present.

### Pluto is in Capricorn

Pluto, the planet of death and rebirth, brings transformations and new beginnings and takes away whatever stands in the way of what is for our ultimate best. It has moved into Capricorn, the sign of rules, structure and form. With this planetary aspect taking root this year, we must let go of all that is old and dragging us down. We must no longer use our fears to hold ourselves back. Anything limiting in our lives, such as structures, rules or belief systems that do not serve us, needs to be broken down and redefined. It is a time where we are all being led out of our comfort zones and being asked to take responsibility for our true selves.

Endings of all sorts will be commonplace in 2009. Whether you're letting go of an attitude, a passionless job or relationship, resentments, a false identity, your fears, the need to be right, a bad habit or an outdated belief system, this is the year to move into a greater expression of yourself.

## The Next Four Years

Due to the entrance of Pluto into Capricorn, the next four years or so will be the most significant time of change many of us will have encountered in our lifetime. Each year will have its own special “flavor” based on other planetary transits, yet the overall theme will be the same.

## Saturn and Uranus in opposition

These two planets are like night and day, and when they oppose each other, we feel the pull of two extremes. On the one hand, tradition, structure and responsibility are calling; on the other hand, freedom and authenticity are calling. You will experience this pull in the area of life that needs the most change. You will feel “betwixt and between,” until you find a way to radically change the existing structures, habits and comfort zones that have outlived their time. You will develop unique solutions to the inner contradictions you are experiencing. It is a time to take responsibility like never before.

Increasingly this year you will be reevaluating whether the forms (including belief systems) you are holding onto really allow you to express your true self and reach your potential.

## Relationships

Relationships (business, personal, and marriages) that have served their purpose and are no longer of value to your mutual evolution will be harder to maintain, and will come to an end, or be redefined. Even if you feel you “owe” the other person based on a commitment you made long ago, or if you have not been able to speak up about your true desires, you will need to find a way to make things work better for yourself.

In some cases, it may just be a matter of resetting your boundaries and renewing the relationship based on a new set of rules. Relationships that are out of balance will need to be set on a new foundation.

If you are on the other end, and a relationship has ended or is ending despite your desire to maintain it, keep your focus on the positive and acknowledge daily that you are at a new beginning.

## Health

If you haven't taken care and, as a result, have health issues, you will be led to bring yourself to a better state. Is it making better food choices, taking time for proper sleep and rejuvenation, or is it moving your body or drinking more water? The time of blaming situations and circumstances is over. Do not wait for a wake-up call. Do it now. You must take responsibility for yourself, as no one else can do this for you.

If you are going through a health crisis, be aware of what is important and what is of value. Appreciate, meditate, find the lesson and take responsibility for your own healing as best you can. On another level, you planned whatever is happening for your own awakening and experience. So find the positive each day so that you can stay in love and out of fear, until you move out of the situation.

## Career

Are you passionate about what you are doing? Do you not know what you want to do? Are you biding time and just working to pay the bills? If you desire a more rewarding path, or need an environment that is more aligned with you, it's time to take action. The planetary energy supports passion, honoring of “Self,” transitions, and change. More than ever, it is a time to follow your heart.

If you don't know what you want to do, start by finding passion somewhere in your life, with the intent of drawing to you situations and circumstances that will awaken you. Often the fears you hold deep within cloud you from seeing your purpose.

If you have recently been let go from your job, use this time to really find yourself. Be open to anything. A purpose and a path are just ahead. Use this time for discovery of “Self,” and let your heart guide you.



## Go with the Flow in Your Personal Life

Remember, this is a time to surf the waves of change rather than swim against the current. It is a time to focus on letting go of any preconceived ideas you have about the way things are “supposed to be” and trust that where you don’t have control, things will work themselves out to a new level. Struggle, worry, planning and controlling go against the grain of what needs to happen. Life brings forth chaos and orderliness at the same time, and sometimes you need one to get to the other. To be in the flow of your life, you cannot struggle against it. Keep focusing on the positive, and will yourself to be comfortable with disorder instead of trying to impose order in your life.

## More of the same?

Yes, in 2009, we will experience and see more of what we experienced and saw in 2008. We have not reached the “bottom” yet in terms of the dismantling and exposure of that which needs to be redefined and rebirthed. The rules have changed based on the times we are in. It is in our best interest to know that these new rules are based on love and truth, no matter how “horrible” it may all seem as we go through the experience.

If you feel “stuck” in some way, spend your time figuring out how to build a bridge between the old and the new, by taking the best of the old while inviting new elements into your life. In any event, be prepared for everything to fall away as new beginnings emerge.

## Be conscious of your “Choice Points”

Fluctuations will continue in the economic climate and in situations in your life that could be viewed as “bad” or “negative.” So be aware of your “choice points.” These are the many moments in which you have the opportunity to choose a different thought, moments in which you can choose love over fear. When you find your mind wandering to the negative or to fear, use this awareness to focus on the positive.

As you witness and personally experience necessary endings of situations and circumstances in the world or within your own life, even if they are against your desires or take you out of your comfort zone or appear to “devastate” your life, do not get caught up in panic and fear. The one important thing you can do is hold onto the truth—that a bigger picture, one you cannot see at the moment, is always present. That bigger picture is for your higher good. Keep holding in your heart the possibility for a better tomorrow. Expect things to be unsettled for some time. Be gentle with yourself and keep in mind that although things may get worse, they most definitely will get better.

Anything that is not working for the greater good of humanity and for us individually will eventually need to be completely dismantled. That includes everything from our economic situation to people, situations and circumstances that are holding us back in our lives.

## Embracing Meditation—the only way “out” is to go within

The opportunity for change, even if for the better, can still be a challenge, and emotional imbalances are likely. Generally, people don’t do well at the change point of major cycles unless they are grounded and centered within.

So, in order to feel peaceful and to stay focused on the good that will come out of this year, spending time with your “Self” is mandatory, unless you want to spend more time in various states of fear and stress.

Although currently thought of as a luxury, getting centered and connecting to “Self” through meditation will be your emotional survival tool right through the storm. If you get into meditation now, you will be able to find the balance you need to survive everything that puts others in a state of overload.

When we are able to think positively and handle our emotions in a wise and detached manner, we can also be a guiding light for others to do the same. Choose peace and wellbeing and use meditation to help you.

Listen to the voice of love within. Arrange your life now so that you are in a peaceful environment where you can make spiritual growth your top priority.

### New Beginnings

As we see unprecedented endings, we will also see multiple new beginnings. Anything planted and nurtured in love will grow. As never before, you will have the opportunity to birth new creations that are more in alignment with your truth.

### New Language

Times of change allow us to break away from the old and that which is of no use. As we evolve collectively, new words, thoughts and archetypes will emerge as our reality shifts. We will increasingly hear words such as decentralization, sustainability, community, sharing, transparency and equalization. The new systems being built hold the seeds of a new culture and civilization.

Pluto moving into Capricorn demands complete transformation of all limiting structures, and its effect on humanity will be profound, life changing and long lasting.

## Changing Old Patterns

It will be a constant effort to change old patterns this year. Really watch yourself and hear what you are saying. Your belief systems will go through radical change about what is “right” and what is “wrong.” You will let go of judgments, ego, and negative thoughts.

From any chaos or turmoil, you will find a new beginning, one that is much more aligned to your inner being. Taking responsibility for your own thoughts, words and actions will create your world. So, create the world you want to live in by understanding the cycles around you. We can't expect the world to change if we don't change.

## Looking Back and Looking Forward

At the end of the year, we will all have had an opportunity for unprecedented growth. As we look back, to borrow a phrase from Charles Dickens, some will be saying, “It was the best of times; it was the worst of times.” This year, without a doubt, will bring opportunities to experience the “best and worst” simultaneously, and how diligently you hold your focus will determine what your experience is at the end of the year.

Will you focus on the negative and say, “It was the worst of times,” or will you choose to see what has been born from the changes and say, “It was the best of times”?

Remember to be aware of your “choice points.” In each moment, you have the opportunity to choose how to view what is in your path of experience. Listen to your heart at every opportunity. Your heart (not ego and not fear) will guide you through these unsettling times. Your heart and your inner being's knowingness can be trusted. They offer you wisdom and knowledge at a level that doesn't make sense to the conscious mind. Being heart-centered will help you create coherence in those places in your life that do not make sense.

These are wonderful times and we can continually learn from the magic of the universe. Let's hold hands, support and encourage each other to stay in the positive light, and choose love over fear through this journey called life. We will be able to look back and say, “Truly, these were the best of times. Look at all I have gained and how far I have come.” As my mentor has wisely said to me time and time again, “When things appear to be falling apart, they are actually falling together.”

With deep gratitude for your presence in my life, *Alice*

## This year, inspire yourself to:

- Consciously choose to change negative thoughts about your life, the conditions of the world, others, and especially yourself. Remember that you create your own reality. Remember your "choice points."
- Take action for change. How can you expect things to change when you don't take action to achieve that change? Don't wait around. Patiently take one realistic step at a time. Progress happens incrementally. Just do something. Waiting is wasting.
- Take time for yourself, specifically to connect to your "self" in a deeper and new way. Allow a new awareness about your life to emerge so that you can find a new purpose in all you do.
- Don't get overwhelmed. Just keep going. Keep up with what you can. Be patient with yourself and your situation will pay off. You can only do so much. Determine what is truly important.
- Don't waste your time on false illusions and mental fears. Do your inner work so that you can free yourself from the role of being your own worst enemy.
- Keep your focus on your life and what you want. Don't waste time focusing on what you want to "let go" of; instead, focus on what you want to create more of. Point yourself ahead and the old will not be able to keep up.
- Listen to what you say, because it will reveal what is going on inside of you. Are you saying things such as "i don't have time" or "i'm always so tired" or "things are so challenging," etc.? Be conscious of what you are saying and do not say things that you don't want to create more of.
- Be strategic. Don't fight trivial battles. Use your energy to overcome obstacles that are critical to your success. We do not have the luxury of time as we did in the past.
- Remember that we are all in this together—as human beings living on this earth, as team members working together in a business, as members of the same family. Let go of the need to be "right" and let's keep our egos in check as we open our hearts to a new way of being.