

Astrological Forecast and Spiritual Insights

for 2010



Dear Friends,

It's amazing how quickly one year unfolds into the next. Here I am once again looking to planetary patterns for the trends of, and insight into, the upcoming year. Based on the events of the past few years, I am not surprised that all signs suggest that 2010 will be a year of transformation with more major planetary changes than have been the case for a long time.

Some years bring many atypical planetary lineups and others bring fewer. 2010 is a year with many noteworthy planetary events, some quite unusual, such as the movement of Mars, and the way in which Pluto, Saturn, and Uranus are squaring off and opposing each other.

By understanding the basic themes that manifest each year as a result of the current planetary cycles, we will be more prepared for what lies ahead.

Will next year be a good year?

I have been asked at least a dozen times this month, "Is next year going to be a better year?" My answer is that 2010 offers many opportunities for growth and will be what you make it. It is our interpretation and perspective that determine our experience. If you perceived 2009 as challenging, then you probably have not recognized the lessons in the challenges you faced. Your life experience is what you perceive it to be, and when you gain a new awareness of the value of life's challenges, your life experience will change. So spend time looking for the value in life's challenges or you may never see change. This advice is the best I've ever been given. Try it and see where your life takes you.

Overall happenings in the world

I wrote at the end of 2008 that 2009 would be a year to prepare for "changes that will profoundly affect the fabric of our global society." We have certainly seen that happen. This same energy continues as a catalyst for change well into 2010 and beyond, as our world finds a new way to reorganize itself on a grand scale. As a result, the market, as well as our global economy, will continue to fluctuate and unprecedented news will be the order of the day. The value of gold will once again reach new heights (after some fluctuation), and by the end of the year, its value will be even higher than it was in 2009. We will likely see oil prices match those of 2008, while the dollar continues to weaken as the Federal Reserve prints more money.

Are there green shoots of recovery?

Although we hope for the "green shoots"¹ of economic recovery, expect more structures to crumble before we move forward again as a global society. Do not let what is going on "out there" influence the choices you make in your own life. Take responsibility for yourself as never before. 2010 is a year to rise up within yourself and recognize that everything you experience is there to serve you.

¹ "Green shoots" is a phrase coined by business media. It alludes to the rebirth that occurs in spring when the "green shoots" of nature renew their life force.

2010

Continued unprecedented change

We are still in a time of unprecedented change on all levels of our being—physical, emotional, mental and spiritual—so whatever is out of balance will continue to be the focus of your attention. This year you will get to know yourself and your capabilities better than ever, and in the process, you will become more conscious of how important it is to listen to and put your Self first.

Stay focused

Most importantly, do not fear what will happen in the future. Keep moving forward one step at a time, and remember that the bigger picture is always at play, no matter what is going on. Stay present in each moment; do not live for the future. Many of us dislike unpredictability, but we always benefit from it in some way.

Pluto in Capricorn – “The structures are crumbling...time to let go and rebuild”

Pluto, the planet of death and rebirth, brings transformations and new beginnings. It moved into the sign of Capricorn, and took root in 2009, prompting us to let go of all that is old and dragging us down. It continues to have an impact all the way into 2023, but most especially for the next few years. Pluto removes whatever stands in the way of what is for our ultimate best. Capricorn represents rules, structure and form, and Pluto will remove anything that is limiting or that needs to be broken down and redefined. We are all being led out of our comfort zones to take responsibility for ourselves in a new way.

Endings continue to be commonplace in 2010. Pluto in Capricorn will help you to move into a greater expression of yourself, whether you are letting go of an attitude, judgments, a passionless job or relationship, resentments, fears, the need to be right, a bad habit or an outdated belief system.

Saturn and Uranus in opposition—“The push-me-pull-me tug of war”

This planetary contact has been present since the spring of 2009 and will continue into the fall of 2010. These two planets are like night and day, and when they oppose each other, as they do every 40 or so years, we feel the pull of the two extremes within us, as we strive to find a balance. “Keeping it together while ripping it apart” may be a good description of how it feels to be in this energy.

In so many contexts, both personal and collective, we are caught between holding firm to our foundations and leaving the status quo behind. Restraint (Saturn) and liberation (Uranus) cause us to navigate our lives using a complex blend of opposing feelings. In this, we feel the need to follow the rules, yet rewrite them, or maintain consistency, yet try something new. This push-me-pull-me energy challenges us to follow authority and tradition, yet to overthrow it when it doesn't resonate with what we want to do.

What to do?

Feeling stuck between a rock and a hard place is commonplace with this energy, and most of us are struggling with whether to give that “same old thing” another shot or to throw it all in and start from scratch.

This tug of war is likely transpiring across two corresponding areas of your life, such as the battle between Self and others, or security and career. The goal is not to let either side win, but to recognize and allow the tension to spark your creativity in making it all work. If you want “freedom” (Uranus) from your debt, take “responsibility” (Saturn) and make changes in your spending habits. If you want freedom from your health burdens, take responsibility to change how you honor your body. If you want freedom from a failing marriage, take responsibility for your own failings and for bringing the marriage to completion. If you want freedom from an uninspiring job, take responsibility to find something new.

We have bills to pay, homes to maintain, and children and tasks to take care of, so don't get lost in an impossible fantasy of what a perfect life looks like. It is a waste of energy to complain or be depressed because you aren't living your "dream." Look for ways to change how you approach things in your life, being mindful that it is not a time to act on irrational intuition, but a time to listen to the true voice within. Make changes that enhance navigating your current situations, so they serve you better. Use the tension you feel, that energy, to focus on renegotiating agreements and introducing new compromises.

Uranus moves into Aries – "Change WILL happen! Let's go...now!"

Halfway through the year, while Uranus is still in an opposition to Saturn, it also moves into a fiery Aries for a short visit, which hints at what is to come. When Uranus changes signs, it throws on the lights and exposes all that needs to be cleared out, pulling the rug out from under us and forcing us to move forward in new directions. This is the energy of what Uranus will bring when it finally moves into Aries for good in 2011.

With Uranus in Aries, even for a short bit, the "tug-of-war" between Saturn and Uranus will no longer be well matched. Forces that stimulate change will have the advantage. Remember that this change is there to support you. It will be change for the better. Where emotional tension is not released, be prepared for more emotional eruptions, shorter tempers, and angrier exchanges. Frustration will occur whenever necessary change is stifled or not acknowledged.

Saturn squares Pluto – "Hey! That's not fair!"

This contact brings yet another dimension to all that is going on. This influence started in November 2009 and will continue for close to a year. When Saturn squares Pluto, it brings change and an awareness that you will have to "let go of" something. Though it isn't easy, letting go is necessary so that personal transformation can occur.

For example, you may feel the desire to make a commitment to help a friend with a project, but after getting into it, you may realize that it will require more time and energy than you had anticipated, especially because your friend is not doing his or her "fair share." In this case, you will be challenged to make a choice either to let go of the irritation, resentment or blame and to recognize the benefit in this situation, or to let go of the desire to "keep the peace" and to speak your truth.

What if your boss tells you that the department is reorganizing and you will have to take on a "little bit more" work, and it turns out that your workload has tripled? How do you deal with it? The other day, one of my clients innocently joined other tenants in a building to dispute the landlord's unfair policies. In the process, she got pulled into some existing issues between some of the tenants and felt trapped in the middle. At times, she felt "forced" to take sides, a discomfort and complexity she hadn't anticipated.

Recognize that any intensity that comes your way will serve to strengthen you. Ask yourself what you need to let go of personally so that you can achieve a firmer footing. Is it your hesitation to speak up? Is it your worry about what other people think? How do you rise above what is going on? This is a cycle that brings out hidden strengths and prompts us to find the delicate balance between control and surrender.

For those of you who take yoga, the energy feels similar to the creative balancing used in holding a pose and making a choice to move to a new level with it. First we become aware that we are trying to control the experience, and in that moment, we choose to surrender into the next level. We move beyond previous limitations, letting go of the fear and emotions that previously held us back.

Welcome Jupiter to the group!

As if Pluto's, Uranus' and Saturn's interactions with each other are not enough, Jupiter, the planet of expansion and growth, joins the group in 2010.

The good news is that Jupiter finally leaves its position alongside Neptune. The conjunction of Jupiter and Neptune brought a lot of the fog, confusion and cloudiness in our attempts to make the “right” decision. Now, with Jupiter conjuncting Uranus, more clarity is available for knowing what to do about certain situations. This year, you will have more “aha moments.” Luck will seem to be on your side and you will see more opportunities for solutions.

Technological Breakthrough

On another note, the contact between Jupiter and Uranus always brings a significant breakthrough for the world. In 1927, this conjunction was present when Lindbergh flew across the Atlantic—a huge leap for humanity—and in 1969, it was present when the first man walked on the moon. This planetary contact will affect us globally and we can look forward to a big technological breakthrough in 2010.

Mars speaks up in 2010

The slower moving planets, such as Jupiter, Saturn, Uranus, Neptune and Pluto, are typically used to track the major influential cycles of the year. However, this year, Mars joins the “big guys,” since it is uncharacteristically in one sign for over seven months versus the normal six weeks. Mars’ lengthy residence in one sign happens once every 15 years, the last time being late 1994 into early 1995. Its influence in 2010 is noteworthy.

Mars’ lengthy stay in one sign is akin to having a houseguest who overstays his welcome. We get to know him in a less than flattering light. Though we may love him dearly, we become far more aware of his “irritating” habits, things we might not have known had he not overstayed his welcome.

Astrologically speaking, think of Mars as an insistent, probing guest, who constantly tells you what you ought to be doing. This year, Mars will stay in one area of your life long enough for you to figure out a different way to work with the associated issues.

Take New Action

The essence of this Mars energy reminds me of what Albert Einstein once said: “Insanity is doing the same thing over and over again and expecting different results.” Mars will show us where we have been “insane,” and, in fact, if we don’t change our ways, we will feel as if we are going insane.

Mars will be relentlessly prompting us to find new ways to do things, so we can eliminate what has not yielded the desired results. Because Mars is spending so much time in the sign of “open your heart” Leo, you will recognize more and more that your heart has a message and knows better than anyone else what is right for you. Your decisions must come from the heart more than ever now.

Recognize the Contradictions

Contradictions within yourself will likely come up to offer you opportunities to choose your heart. “Do I trust this person, even though every time I trusted him in the past he betrayed me?” “Do I choose to start a new business, even though others are advising me not to?” “Do I look for a new job, even though it seems careless to do so in light of this economy?” “Do I give up my vacation to Alaska, because my mother is going through a crisis and may need me?” In the case that comes up for you, ask yourself what your heart says. Be aware that your mind will likely sabotage any such idea and create fear and/or guilt to keep you in the old safe zone.

Choose to follow your heart and know that you will have whatever experience you are meant to have. Your heart will help you to evolve. You can’t avoid the lessons that the Universe has for you, no matter what you choose; and, if you keep making decisions based on what makes more sense or what’s easier, the Universe will continue to bring you challenging experiences until you say “yes” to your heart.

Following your heart will bring challenges

Even in saying “yes” to your heart, recognize up front that you will still have challenges; that’s part of life. However, the challenges will provide the opportunity to do what your heart desires, or to act out of guilt or fear, which will bring their own set of challenges to your life. The Mars theme is only problematic if you don’t embrace your heart. Mars will be back to its regular motion by the middle of 2010, and by then, hopefully, it will have helped you make some progress in opening your heart.

To Sum it All Up

The planetary themes suggest that the winds of change are not just brewing, they are upon us. 2010 looks to be the most progressive and explosive year to surface in a long time, filled with massive political, financial, military and societal upheaval and renewal, as well as new growth and new directions on the personal side.

New paradigms of growth, thought and social conduct are accelerating onto the horizon. A more enlightened awareness about life and a much needed consciousness of the value of Self will emerge. 2010 is not just “another year,” but a dynamic springboard to 2012, a year marking the culmination of many grand cycles and ushering us into a new era.

Note on 2012

At the various public appearances I’ve made this year, people always ask me what I think about the year 2012. You can read more about 2012 in the first chapter of my book, *A Loving Guide to These Shifting Times*, but I wanted to mention 2012 here, in light of the apocalyptic movie, “2012,” that came out in November of 2009.

Although I do not believe that 2012 is the end of the world on a given day, as was portrayed, I do believe that 2012 marks the transition into a new consciousness and a new way of life. This movie did one great thing: it brought to public awareness what I feel is the most important topic of our times—the Earth and humanity’s transition into the next age, or dimension.

We are seeing this transition already as paradigms are changing and our lives are accelerating. Time feels as if it is running out. We can easily see how, as the economy is shifting, spiritual consciousness is awakening. The old way of doing things no longer works. As a species, we are evolving into powerful individuals. Evolution can be uncomfortable and painful; yet, when your world (both inner and outer) feels as if it is falling apart, in reality it is “falling together.” Things are not as they used to be and that is the intention of this whole cycle.

We are in the midst of a wonderful transformation of our world, our lives and our consciousness, something that has been foretold since ancient times. The transformation is happening now, and just as spring doesn’t transform into winter in a day, the transformation of our world will happen over time. This transformation will not reach completion in 2012. 2012 will merely signify that we have reached a milestone. More milestones will come.

That is why it is so important to recognize the message of the planets and what it means in our lives. Everything points toward change. Be open to and ready for change. Whether or not you can understand the reason for change, it will serve you, and it will serve the collective, and when you look back, you will see the perfection of the way events unfolded. Trust in the moment. Trust in your heart. Take each day step by step. Appreciate everything you are experiencing. Open your heart like never before. Breathe in and remember to exhale.

Here’s to 2010! May your year be filled with clarity and may you ease gracefully into 2011 with heightened trust and a new appreciation for the unpredictable possibilities in life.

Blessings always, *Alice*

This year, inspire yourself to:

(Concepts from Alice's most recent book "Be Happy! It's Your Choice - Ten Ways to Keep Your Life Bright," available at bookstores in Hawaii or online at www.amazon.com)

Focus on the benefits of every situation. If you perceive something as challenging, find a new perspective. It is the only way to create your experience to be what you want it to be. Lose your dependence on the circumstances to determine if it is a good or bad day.

Center on your Self. You are the only constant in your life. By choosing to operate from your center, you place value on yourself, the most important person of all. By doing so, you give others permission to do the same.

Release your expectations of others. This is the only way you can relieve some of the challenges others present. You can only expect people to live by their own values. To expect otherwise is a fantasy that sets you up for disappointment.

Focus on the present. The past and future can only be imagined and the present is where you create the future. If you want something in the future, bring it into the present; otherwise, it will never happen.

Listen to your Inner Ally, not your Inner Critic. Your Inner Critic is loud, opinionated, and loves to discourage you. It bases its words on fear. Your Inner Ally is gentle and wise, and is connected to love and truth. Always choose to listen to the quieter voice within.

Avoid negative thoughts. This is easier said than done, yet it is possible to do if you recognize that you can reject a negative thought as it surfaces. Redirect your thinking to create new neural pathways in the brain. Your happiness depends on what you think.

Change a bad habit. Three habits that you can do without are worrying about things that can't be changed, thinking that stress has to be a part of your life, and judging others. Pick one and work on letting it go. It will be worth the effort it takes.

Adopt a positive attitude. People are not born with a positive or negative attitude; these are traits that are developed. Start changing your attitude for the better by looking for things to appreciate in your life. This process automatically births a positive attitude.

Call upon higher guidance. Our higher guidance system is an amazing under-utilized resource of love and support that can be accessed with a little practice and dedication. It is the best source of insight for your life path.

Trust in the bigger picture. Without exception, a higher purpose exists for everything that happens in our lives. All life challenges are designed to help us grow, to age our souls, so to speak. The events that seem "bad" often bring the greatest opportunities for transformation.

