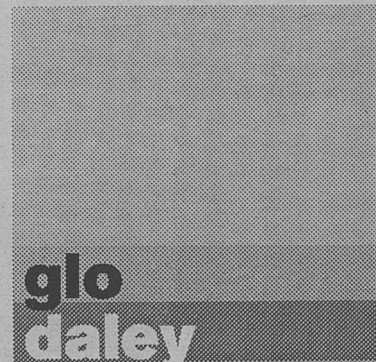


The Stars Are Out: Being With Pisces

We have arrived at the end of the zodiac. Winter is ending. From February 19th until March 20th, we mark the domain we call Pisces. The Fish, a pair of them, are moving through water, sometimes with terrific grace and agility, sometimes with great confusion when dashing in opposite direction all at once. In some symbolologies, they are connected by a length of ribbon. The can move together as one, or they can get snagged in a seemingly endless tug of war.

We can think of them as representing the internal life and the externals of life. It is much more comfortable when they move in sync. This strikes me as a very appropriate symbol, as Pisces is both a water sign and a mutable sign. The water speaks to the realm of feelings, and emotions, and the general fluidity of the Piscean nature. The muta-



bility reminds us that Pisces is ever moving, ever changing. One can see how the reality of living in a world of moving water could be a bit scary.

Where's the clarity??!
Where's the certainty? Help!!!!

We would all like to believe that there is an absolute truth, a solution, a final answer. Unfortunately, or fortunately, life, for the most part, is a murky proposition, and we

spend a lot of our time swimming about from one illusion to another, hoping this one will be the solid rock that saves us. Naturally, we are afraid. Where is the solidity we long for? When will we "get it right?"

More than any other time of the year, these feelings come up during these late winter days. Cabin fever notwithstanding, we can feel even crazier than usual ... and so we look for remedies. On one end of the spectrum of possible "cures" for being alive in this wacky, wacky world is the idea of deadening ourselves, or getting out of this ordinary reality. Maybe if I take just one more toke, eat one more oreo, have one more temper tantrum. Maybe if I take one more trip, one more pill or have one more orgasm.

There is nothing intrinsically wrong or bad about any of these responses to our uncertainties. They may bring momentary relief ...

but how helpful they are they in the long haul depends on our mindfulness and motivation. And we can become, with effort, more comfortable with uncertainties. Here is where the Fish has the power to swim deeper, going into the fear.

This road to sanity takes us beyond self-absorption. I, personally, suffer most when I am mired in The Land of My-Me-Mine. Sure, it's great to be super sensitive, but when I am the only object of my great sensitivity, things can get pretty squirrely, pretty fast. "I" helps "Me" when I can get beyond My Stuff. Hello! Then my awareness and action can go both inward and outward with the optimum grace. I can look in at my feelings and motivation with a gentle touch. Beating myself up is just another ego trip. "I'm the greatest" and "I suck" are both examples of self-absorption. In AA, they talk about becoming right size, neither

superstar nor pariah.

Meditation, contemplation and therapy are some ways we can look inward toward greater sanity. Then we can look out to action. We are now able to ask: How can I help in this moment? Can I be of service? We are presented daily with such opportunities. When we act for the benefit of others, when we are able, in a mindful way to be helpful, fears can melt away, we feel somehow happier, more spacious, free, connected and sane. Now is the time when we are supported in this saner way. This is the great and real blessing of the time of The Fish. ▼

This is the last of this series. Thanks to all for your support. For more information about your astrological interest or concerns contact me at gloglo@pocketmail.com or call at 802 434-3953. Happy trails!

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