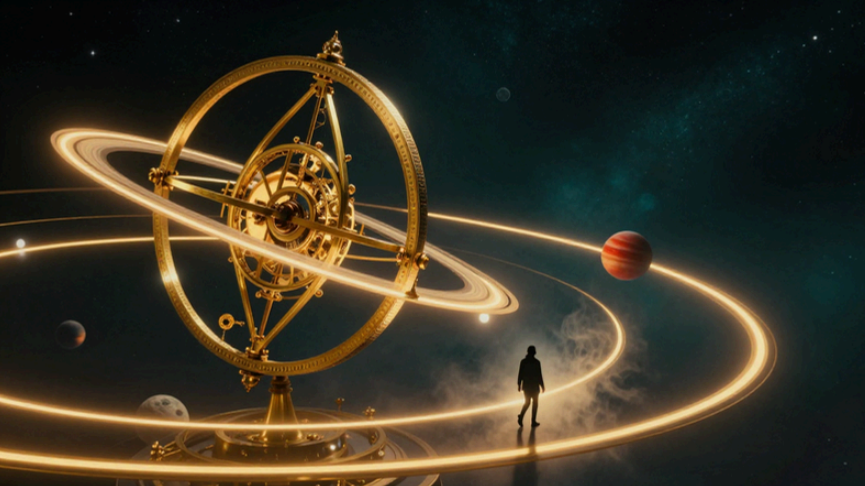




Becoming a
Citizen of the Cosmos
Using the Astrology of the Five Visible Planets

by Laura Lee Gabelsberg
EagleEyeAstrology.com

This guide explains the five visible planets and offers the following practical strategies:

- writing prompts based on Mercury sign
- joy cultivation activities based on Venus sign
- somatic exercises based on Mars
- biographical reflection exercises to utilize timing of Jupiter and Saturn cycles



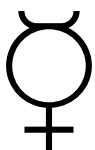
[Sun-Moon Profile Guide](#)

If you are completely brand new to astrology, I recommend beginning with your big three: Sun, Moon, and ASC. For more information on the roles of the Sun and Moon in your astrology, use my Sun-Moon Profile Guide linked above.

For more, go to [Eagle Eye Astrology](http://EagleEyeAstrology.com) or I would love to hear from you by email. Check back for future guides on outer planets, Chiron, and more.

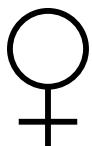


Email: LauraLee@EagleEyeAstrology.com



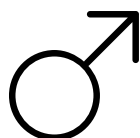
Mercury, The Chemist Guide

The Chemist governs the neural network, the mental electrical connectivity and messaging of the nervous system, the internal and external chemistry, balancing inner to outer, hive communication between the individual and group, balancing cosmic and earthly. It is the go-between of both worlds. 88-day cycle, 3 retrogrades 3X per year for 3 weeks. Relate to plants or flowers with 3/6.



Venus, The Joy Guide

Venus guides us to our pleasure principle, values which contribute to making life worth living. Values and joys differ from person to person, but Venus marks that which supports our abundant life. 5-pointed star path, and 5 pointed flowers, 18 month and 9 year cycle. Retrograde for 6 weeks per year every 18 months.



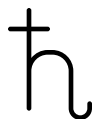
Mars, The Protector Guide

Our Protector Guide alerts us when we face danger, helps us find the courage, will, and the strength to set boundaries which defend ourselves or our territory from attack or injury. Mars marks where we must fight. Retrograde every 24-26 months, lasting about 72 days, or 10 weeks. Orbit is 687 days, so about 2 years.



Jupiter, Doctor/Teacher

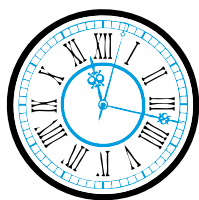
The Doctor guides us towards those experiences, people, places, and things that increase our wisdom. The Doctor gives us the gift of wisdom, opportunity and destiny continually, always hoping we learn our lessons. When we don't take our medicine, or learn our lesson, sometimes the Doctor has to increase the dosage. The doctor guides us towards growth. 11-12 year cycle, retrogrades once a year for four months. Stays in 1 sign for about 1 year.



Saturn, The Master Guide

The translator of the outer and inner planets, having the authority of karma, life, and death. Saturn is removed, and observes and governs the committee of guides. It gives us tests which we must pass, obstacles and blockages. Saturn is remote and cold/dry, but has our redemption at heart. Saturn points to where and how we must apply effort to earn what we seek. 29 year cycle, retrograde 4-5 months per year, stays in one sign for 2-3 years.

Saturn, Master Guide



Element: Earth

Metal: lead, heaviness, decay, reaping, death, the effect of time

Glyph: the crescent of soul under burdened under the cross of matter, the vertical flip of the Jupiter symbol. The cross of matter signifies soul burden by or anchored into physical reality and crystallization process of time, space, bone.

Esoteric Anatomy: The skeletal architecture and teeth (mineral crystallization), the epidermis/skin (the final physical boundary), the knees (joints of humility, weight-bearing, and structure), and calcium metabolism.

Organs: Saturn governs the hardening, mineralizing processes that provide the structure for the skeleton, joints, teeth, skin (outer boundary), and spleen which manages the destruction of old red blood cells, association with time, decay, and extraction of essence of what is spent.

Related Stories: Saturn (Chronos) severs the testicles of Uranus (Sky God), castrating sky consciousness. (Physical world limits the God consciousness) Symbol of grim reaper and reaping with sickle. Saturn is Cosmic Law and contraction in action. It is the boundary where the crescent of soul is bound to the cross of physical matter and time. While its lower nature manifests as fear, rigidity, and the weight of mortality, its redeemed role is Spiritual Mastery, the fulfillment of Karma, and the forging of an unbreakable inner structure through endurance. Things that stand the test of time are the symbols of Saturn.

Master Guide: Saturn is more distant, aloof, cold, but Saturn holds the master plan for the soul and life, and is interested in what results in the lessons being learned, where effort must be exerted in order to “pay the price” and gain redemption.

Jupiter, Doctor-Teacher



Element: Ether, or aether, the 5th element, everything in between, space and void, the upper air, not “nothingness” but rather, “potential”

Metal: tin which is the glue of technology, used in soldering electronics and making alloys.

Glyph: The crescent of soul turned on its side upwards joined to the cross of matter.

Esoteric Anatomy: hips, thighs, buttocks, sacrum, liver

Organs: Liver, which is a storehouse for the body that plans for the future, allowing regeneration and growth. Also the Sacrum (holy), which gives verticality. Sense of touch is linked to Jupiter.

Related Stories: Zeus (Jupiter) overcomes Chronos (Saturn). Saturn castrates Uranus (this is understood as how the physical world limits our sky consciousness.) But Zeus Jupiter overcomes Saturn with the help of his brothers, Poseidon (Neptune) and Hades (Pluto.) By unleashing the supernaural powers, Jupiter overcomes Saturn. Stories of the Centaurs, Chiron and the half horse, half man. Higher/lower nature.

Doctor-Teacher: Jupiter, the Guru, the Hierophant, “Doctor,” dwells on the higher, esoteric reasons for the illness as well as the physical manifestation of the illness and can minister both spiritually and physically. “The path to health, longevity, and inner peace is achieved not by removing the opposite or opposites, but by reconciling them and maintaining equilibrium amid eternal change.” - J.T. Gehls, The Science of Planetary Signatures in Medicine

The Jupiterian challenge is to integrate man and beast, the higher nature and the lower nature. Zeus was known for having many affairs, angering Hera. In their lower nature, the Centaurs were known for having drunken orgies, revealing the animalistic, physical side of man that wants to eat a lot and have sex a lot. The higher side of Jupiter relates to LAW and RELIGION - organizing powers of thought and organizing powers of society and brotherhood to overcome the challenges of the physical world. Not knowing one’s limits (a Saturn force) can result in many kinds of problems with the law, but also hernias or groin problems, which is weak point in human anatomy. This is the Centaur wound. Imagine after a night of orgies, how sore one might be in the groin or lower back!

Becoming a Citizen of the Cosmos

Jupiter & Saturn Cycles in Your Biography

Unlike the personal planets that govern your daily moods and actions, the social planets Jupiter and Saturn, shape the broader architecture of your life over years and decades. To become conscious Citizens of the Cosmos, we can step out of feeling passive and become aware of our personal and cosmic timeline based on these well-known phases of the cycles. The analogy of a clock is helpful because we can think of one cycle like an hour. Then there are distinct half hour and quarter hour turns of the cycle.

We will now break down your biography from the perspective of your Jupiter and Saturn cycles. It will help you map your personal history against Jupiter's 12-year cycle of growth and Saturn's 29-year cycle of mastery. By looking backward, and reflecting on the major events of your life, you will gain the structural foresight to anticipate your future cosmic seasons.

Materials: For this you may need a blank journal or several sheets of blank paper to sketch out your biographical notes. If you like, draw out a timeline, taping several sheets together. Chunk the timeline into seven year increments to correspond with Saturn cycles. Mark phases from ages 0 to 7, age 7 to 14, age 14 to 21, age 21 to 28, age 28 to 35 and so on all the way up to your current age. These correspond to quarter hour turns on Saturn's cycle.

Part 1: The Saturn 28-Year Mastery Timeline

Saturn is the Master Guide and Architect and provides the boundaries, limits, and necessary friction to turn your ungrounded potential into a lasting earthly legacy. Saturn works on a rigorous, 28 to 29 year cycle. If you live into your 90s, you will have up to three Saturn returns. The exact timing varies due to retrograde cycles.

3rd Saturn Return - Age 86
2nd Saturn Return - Age 58 (57.5)
1st Saturn Return - Age 28 (28.75)

Identifying Your Saturn Milestones: Big Cycles of 28 years

Using your current age, reflect back to the nearest Saturn return. If you are younger than 28, reflect back to the Saturn opposition of age 14 or third quarter square of 21. Make notes about the major life events or themes of your biography at these seven year increments. Sometimes it is easier to start from the current age that you are now and move backwards in time so that it is easier to try to remember all of the more recent life events that have happened.

Age 58-60 (The Second Saturn Return): Reaching the status of the Elder and Master Guide. What major professional or personal legacy did you assume authority over here? What old burdens did you officially graduate from?

Age 44 (The Second Quarter Square): The mid-life structural check. What major foundation in your life (career, home, or primary structure) was put to the test here? What did you have to prune away to ensure your life could sustain itself for the long haul?

Age 29 (The First Saturn Return): The definitive threshold into psychological adulthood. Saturn returns to its exact birth position, demanding that you answer for your choices. What old path or relationship collapsed here because it lacked integrity? What major, long-term commitment or hard reality did you shoulder? Some people experience a full 180 in career path, making a major course correction whether by choice or by necessity.

Age 14 (The Opposition Peak): The halfway point of youth. In what ways did you confront external authority, push back against rules or restrictions, experience a major reality check, or feel a sudden, heavy boundary put on your personal freedom?

Age 7 (The First Quarter Square): This age represents your first major integration into the rules of the wider world. Recall your first experience of school and your relationship with your earliest teachers. What is your earliest memory of having to take on personal responsibility, face a rigid limit, or learn a tough social rule? How were you as a young child? (shy, gregarious, rule follower, a rule breaker, curious, etc.)

Part 2: The Jupiter 12-Year Growth Map

Jupiter is the Doctor-Teacher. Its purpose is to expand your vision, introduce new phases of higher learning, and bring meaning to your experiences. However, Jupiter expands whatever it touches, meaning it can also expand bad habits, excess, inflation or lack of boundaries just as easily as it can expand wisdom. Nonetheless, the start of a new Jupiter cycle marks a 12 year period of new learning and growth.

Analyze your Biography in 12-Year Increments

Note: If you haven't reached some of the later ages yet, focus deeply on the cycles you have completed.

Ages 0-11 (Seed Phase): Look at your life around age 12. What was the flavor of your world? What completely new area of interest, school, or belief system opened up for you?

Ages 12-23 (The First Sequel): Look at your life around age 24. What major new wave of expansion, travel, or higher education began? How did it echo the themes of age 12?

Ages 24-35 (The Second Sequel): Look at your life around age 36. What truth, philosophy, or career expansion were you suddenly focused on?

Ages 36-47 (The Third Sequel): Look at your life around age 48. What area of your life underwent a massive reinvention or required you to find a fresh "Big Picture" perspective?

Ages 48-59 (The Mature Wave): Look at your life around age 60. How did your relationship to wisdom, mentoring, or spiritual leadership expand?

Age 72: Rudolf Steiner spoke about how the life karma has been fulfilled by age 72, what areas of your life feel complete and fulfilled, and how has that opened up new or different avenues for self-development?

Extracting Your Jupiter Thread

Review your reflections above. Jupiter returns to the exact same house in your natal chart every 12 years, meaning these ages share a common spiritual thread.

What is the recurring core theme or type of hunger (e.g., teaching, writing, exploring freedom, redefining relationships) that wakes up for you every 12 years?

The Mid-Way Equilibrium Check: Look at the halfway marks of these cycles—specifically ages 18, 30, 42, 54, and 66 (the oppositions). This is when your vision faced a reality check. What major course corrections did you have to make during those specific years?

Using what you observe from your own biography and the cycles you see repeating, you can better anticipate the trajectory ahead.

Part 3: Cosmic Synthesis & Action Plan

Now, look at where you stand today on this planetary map. True cosmic citizenship means using your biographical data to anticipate the weather of your current season and the themes that you are working with.

Based on your current age, calculate how close you are to your next major Jupiter Checkpoint (Ages divisible by 3: e.g., 33, 36, 39, 42, 45...) and your next Saturn Checkpoint (Ages 7, 14, 21, 29, 36, 44, 51, 58...).

My current Jupiter season is leading toward my next checkpoint at age: _____

My current Saturn season is leading toward my next checkpoint at age: _____

The Principle of Expansion and Contraction: The Growth Process

Knowing that Jupiter expands your learning and how Saturn tests your foundations, we can put it all together. Think of Jupiter and Saturn as the inhales and exhales of your biography. One cannot function sustainably without the other.

- **When Jupiter Leads:** You are meant to say "yes," take risks, expand your philosophy, and plant seeds of vision. But undisciplined Jupiter leads to burnout and scattered energy.
- **When Saturn Steps In:** It arrives to test the structural integrity of what Jupiter built. Saturn asks you to say "no," prune away the excess, build a container, and commit to the long haul. This pruning phase is critical to long term health.
- **The Synthesis:** True mastery is recognizing that a Saturn boundary isn't a punishment for Jupiter's growth—it is the very container that preserves it.

Saturn: What structural boundary, daily discipline, or heavy responsibility must I commit to right now so that my dream or life vision has a stable container?

Jupiter: What is one bold vision or area of learning I am currently craving to expand into?

NOTE: Age 36 and 60 are major convergences of Jupiter and Saturn. Often there can be a massive restructuring of old the life while simultaneously building a new life. These critical life milestones can be viewed as opportunities.

This is a starting off point to understanding your past cycles and the foundation of your life. By studying our past, we understand the present and the future cycles and what needs to be done. Here is a more complete breakdown of the sequence of transits that all humans experience throughout life:

6 Years Old – Jupiter Opposition
7 years old – Saturn Square
12 years old – Jupiter Return
14-15 years old - Saturn opposition
18-19 years old -Jupiter opposition
21-22 years old - Saturn square
21 years old - Uranus square natal
Uranus
24 years old – 2nd Jupiter return
28-29 years old - Saturn return
30 years old – 2nd Jupiter opposition
35-36 years old - Saturn square
36 years old – Jupiter 3rd return
39-41 years old - Neptune square
40-41 years old - Uranus opposition
42-43 years old - Saturn and Jupiter
Oppositions
48 years old - Jupiter 4th Return
49-50 years old - Saturn Square
58 years old - second Saturn return
60 years old - Jupiter 5th return
62-63 years old - Saturn square
66 years old - Jupiter opposition
72 years old – 6th Jupiter return
73-74 years old - Saturn opposition
78 years old - Jupiter opposition
80-81 years old - Neptune
opposition
83-84 years old - Uranus and 7th
Jupiter returns
88 years old - 3rd Saturn return

Mars, Protector Guide



Element: Fire

Metal: Iron

Glyph: Circle of spirit with cross of matter above, turned outward like an arrow

Esoteric Anatomy: systemic principle of fire, including digestive fire, vitality and strength, temperature, immune system, or the “1-2 punch” of the whole system, its responsiveness and “fight.” Mars also relates to movement.

Organs: gall bladder, providing the substance bile that emulsifies fats like a detergent, also relates to muscles and specifically, the will=the hands and all of the activities we can do with hands. The hands play a role in incarnating and bringing the cosmic fire into the physical. Also, the grounding sense of smell (ruled by Scorpio.) Malleolus in ankle, meaning “hammer,” connection to gall bladder meridian.

Related Stories: The Myths of the Fall of Fire, Prometheus, Ares & Aphrodite

Esoteric Meaning: Mars is Cosmic Fire in action. At one point something went wrong with humans and fire, Fire was used to worship the divine, but on its lowest level Mars goes to desire, passion, and violence, or “will” run amok. Our task is to redeem cosmic will and redeem fire to its rightful role.

Protector: To break out of a foggy Moon state, exert physical exercise which invokes a Mars state. Mars relates to the ability make decisions quickly and to get things done. Nervous tension can also be channeled through activity which is incarnating. Creating with the hands: sewing, handcrafts. (Smelling salts - awaken through the nose when someone is blacked out.)

A Note about Mars and Cars: A car is a solid piece of iron with a combustible engine used for movement. As such, cars relate to Mars. Racecar drivers and martial artists have well-placed Mars. But driving a car can bring out road rage and violence in some people, cars become an extension of sexual power. People who are terrified of driving typically have a debilitated Mars.

Mars in Motion: The Architecture of Action

You will need to know your Mars sign which you can check on free astrology sites like astro.com or [astro-seek](https://astro-seek.com).

Mars in Fire Signs: The Metabolic Engine

Mars in Aries: High-Octane Sprints

Archetype: Tactical warrior, immediate action, and explosive physical power.

Muscular & Somatic System: Driven by instinct; highly prone to adrenal fatigue and acute exhaustion from pure over-exertion.

Movement Integration: Short, high-intensity intervals like sprints or power yoga serve to burn off excess adrenaline and release built-up neural tension.

Somatic Regulation: Practice "sensory fasting" by spending 10 minutes in complete darkness and silence to reset the hyper-stimulated adrenal response.

Cardio Track: Cardio Boxing or HIIT Sprints. Use short bursts of 100% effort that force a deep, reflexive gasping for air.

Breath Generation: Breath of Fire (Kapalabhati). Utilize rapid, forceful exhales that mirror and safely channel this explosive energy.

Mars in Leo: Regal Expression & Heart Power

Archetype: Radiant protector, dramatic physical expression, and sovereign drive.

Muscular & Somatic System: Heat and tension typically accumulate along the upper back, spine, and the muscles surrounding the heart.

Movement Integration: Incorporate backbends or heart-opening stretches to keep the muscles around the lungs expansive.

Somatic Regulation: Engage in creative play or laughter, and use the spoken word to project empowering affirmations aloud.

Cardio Track: Dance Cardio or Hot Yoga Flow. Since Leo rules the heart, exercises that elevate the heart rate through self-expression are most effective.

Breath Generation: Lion's Breath. Inhale deeply, then exhale forcefully with the tongue out and eyes wide for a perfect dramatic release of structural tension.

Mars in Sagittarius: Joyful Locomotion

Archetype: The nomadic explorer, expansive physical questing, and unchained drive.

Muscular & Somatic System: Can suffer from restless legs or mental exhaustion from physical over-extension.

Movement Integration: Choose long-distance hiking or cycling. The physical movement must feel like a genuine journey or an exploration.

Somatic Regulation: Expand your visual field and relax the optic nerve by consciously looking out at the horizon or the night sky.

Cardio Track: Trail Running or Cycling. The movement must involve a literal change of scenery, as being stuck on a treadmill feels like a cage to this energy.

Breath Generation: Expansion Breathing. Visualize the breath filling the lungs like a balloon expanding into the far corners of the room.

Mars in Earth Signs: The Structural Bedrock

Mars in Taurus: Rhythmic Endurance

Archetype: The steady builder, deliberate strength, and physical longevity.

Muscular & Somatic System: Can become physically stuck or stagnant; requires consistent, tactile somatic input.

Movement Integration: Focus on slow, rhythmic walking or gardening to emphasize the physical connection between the feet and the earth.

Somatic Regulation: Use humming or vocal toning to stimulate the Vagus nerve and clear tension in the throat and neck area.

Cardio Track: Rowing or Cross-Country Skiing. These activities require a steady, unhurried pace that builds deep heat and consistent lung capacity.

Breath Generation: Box Breathing (4-4-4-4). The structural four-count builds a stable, dependable foundation for the nervous system.

Mars in Virgo: Precision Mechanics

Archetype: The master craftsman, detailed physical alignment, and functional efficiency.

Muscular & Somatic System: Prone to physical worry that correlates directly with

digestive tension and analysis paralysis.

Movement Integration: Practice Pilates or alignment-focused yoga that requires deep mental concentration on small, specific muscle groups.

Somatic Regulation: Prioritize gut-brain soothing by practicing deep abdominal massage to release physical tension held in the colon.

Cardio Track: Pilates or Speed Walking. Focus entirely on the exact mechanics of the movement—engaging the core and maintaining posture—to keep the mind constructively occupied.

Breath Generation: Coherent Breathing. Inhale and exhale at a rate of exactly five breaths per minute to synchronize the heart and lungs with mathematical precision.

Mars in Capricorn: Stoic Longevity

Archetype: The mountain architect, enduring strategy, and physical mastery over time.

Muscular & Somatic System: Chronic structural tension typically manifests in the joints, bones, and knees.

Movement Integration: Engage in rock climbing or uphill trekking, focusing entirely on steady, vertical progress.

Somatic Regulation: Dry brush the skin or use a dense foam roller to release the fascia and properly support the skeletal system.

Cardio Track: Stair Climbing or Uphill Hiking. This archetypal climb toward a physical goal builds the long-term structural integrity of the lungs and heart.

Breath Generation: Tactical Breathing. Use a disciplined 4-second inhale and 4-second exhale loop to remain calm, centered, and functional under pressure.

Mars in Air Signs: The Kinetic Circuit

Mars in Gemini: Kinetic Variety

Archetype: The agile skirmisher, rapid hand-eye coordination, and split-second shifts.

Muscular & Somatic System: Easily over-stimulated by ambient noise, static electricity, and constant digital input.

Movement Integration: Focus on activities requiring high hand-eye coordination, such as juggling, tennis, or playing an instrument.

Somatic Regulation: Use alternate nostril breathing to actively balance the internal

energetic channels of the body.

Cardio Track: Jump Rope or Zumba. Incorporating quick footwork and rapid coordination prevents the physical boredom that this placement often faces with cardio.

Breath Generation: Alternate Nostril Breathing. This practice is vital for balancing the left and right hemispheres of the brain while cooling buzzing thoughts.

Mars in Libra: Symmetric Balance

Archetype: The graceful martial artist, relational physics, and shared momentum.

Muscular & Somatic System: Deeply disturbed by physical discord, uneven weight distribution, or harsh environments.

Movement Integration: Explore partner dancing or Tai Chi—movements that focus on equilibrium, grace, and shifting weight evenly.

Somatic Regulation: Immerse yourself in visual beauty by looking at art or nature to harmonize the lower back and kidneys.

Cardio Track: Barre Cardio or Tennis. Activities that require fluid balance and a partner dynamic help this placement feel physically in sync.

Breath Generation: Sama Vritti (Equal Breath). Ensure the inhale and exhale are of exactly equal physical length to restore internal equilibrium.

Mars in Aquarius: Electric Plyometrics

Archetype: The innovator, unconventional physical mechanics, and erratic power.

Muscular & Somatic System: Runs on a high-voltage internal current; prone to sudden muscle cramps or nervous exhaustion.

Movement Integration: Practice eccentric or unusual movements, such as neuro-shaking therapy or modern dance that breaks traditional structural patterns.

Somatic Regulation: Practice Earthing. Literally place your bare feet on the natural ground to safely discharge excess static electricity from the system.

Cardio Track: Rebounder Trampoline Work or Circuit Training. Unconventional movements that shake up the musculoskeletal system help discharge built-up tension.

Breath Generation: Shaking Breath. Inhale deeply, then exhale forcefully while literally shaking your limbs to release residual stress from the motor pathways.

Mars in Water Signs: The Somatic Current

Mars in Cancer: Defensive Fluidity

Archetype: The protective guardian, intuitive movement, and instinctual safety.

Muscular & Somatic System: Highly sensitive to the overall vibe of an environment; physically absorbs stress from nearby people.

Movement Integration: Prioritize swimming or fluid, dance-like movements that mimic the natural rise and fall of the tides.

Somatic Regulation: Enjoy warm baths or practice "shelling"—curling into a fetal position to protect the solar plexus and soothe the gut.

Cardio Track: Distance Swimming or Water Aerobics. The hydrostatic pressure of the water supports the muscles, while the rhythmic stroke-to-breath ratio soothes the emotional self.

Breath Generation: Ocean Breath (Ujjayi, pronounced oo-jah-yee) Creating an audible, wave-like sound in the back of the throat provides a deeply comforting internal rhythm.

Mars in Scorpio: Transformative Pressure

Archetype: The alchemical investigator, raw power execution, and ultimate catharsis.

Muscular & Somatic System: Holds onto deep-seated stress within the core; requires genuine physical purging or detoxification to reset.

Movement Integration: Engage in deep, slow weightlifting or intense martial arts that focus heavily on the core and pelvic floor muscles.

Somatic Regulation: Utilize deep-tissue release or breathwork that emphasizes a long, complete exhale to drop psychological weight.

Cardio Track: Deep Core Conditioning or Kickboxing. This placement requires sweating it out aggressively to experience a true sense of physical catharsis.

Breath Generation: Holding the "Kumbhaka" (Breath Retention). Briefly hold the breath at the top of the inhale to build internal pressure and singular focus before releasing.

Mars in Pisces: Hypnotic Flow

Archetype: The spiritual dancer, non-linear coordination, and dissolved boundaries.

Muscular & Somatic System: Possesses diffuse physical boundaries; can easily feel lost at sea or physically foggy from absorbing surroundings.

Movement Integration: Utilize floating, restorative yoga, or slow walking through a structured labyrinth to find a physical center within the flow.

Somatic Regulation: Immerse yourself in sound baths or complete silence, minimizing sensory input to allow the body to realign.

Cardio Track: Flow Arts (Hooping or Poi) or Tai Chi. Repetitive, circular movements induce a restorative, trance-like state while keeping the breath fluid.

Breath Generation: 4-7-8 Breathing. The long, trailing exhale is ideal for the physical need to dissolve stress and drift into a deeply relaxed state.

Venus



Element: Water, birthed in the ocean FOAM, quintessence, or semen: concentrated sexual essence

Metal: Copper

Glyph: Circle of spirit above the cross of matter

Esoteric Anatomy: Kidney maintains bodily fluids and thus controls the balance on incarnation of astral into etheric (fluid). This impacts and is mirrored in the throat, the larynx, hair, and the sexual organs and our connection to the feet. Both male and female genitals begin in the kidneys during fetal gestation, differences in male/female voice due to hormones. Feet relate to water and universal love. Kidney's relate to the refinement and purification of substances into the waters of life. Libido is an expression of the Mars and Venus in cooperation/balance (Libra.)

Organs: Kidneys, veins (Venus) which return fluid passively to the center, arteries (Mars) which actively pump outward. Venus is in rulership in the signs of Libra (hips) and Taurus (throat.)

Awakening the Larynx: humming, buzzing, throat friction, singing, a good conversation, laughter, a good cry.

Related Stories: Botticelli's Birth of Aphrodite from the sea foam, Adam and Eve, the Serpent and the Apple, the separation the the Adam-Eve hermaphrodite into the separate sexes.

Pleasure Principle: Venus' role in our chart is to guide us to our JOY and that which bring pleasure and makes life worth the struggle. Venus adds that which is refined and highly valued or treasured in our life. **All creativity**, including our ability to enjoy the arts which are expressions of beauty, order, and refinement, and our ability to sexually procreate is related to Venus and the kidney. This also tied in with the larynx and throat and the power of the CREATIVE WORD or LOGOS. We are naturally attracted to these things and so we may not even "think" about it.

Venus is never more than 47-48 degrees away from the Sun, no more than two signs away from the Sun. 8 year cycle, 5-pointed star, plants with 5 petals. Venus return to the natal position every 18 months, we should take stock of our health, our level of joy and seek music and art, renewing the senses, renewing relationships, finding beautiful people, places, and endeavors that bring us joy.

Cultivating Venusian Pleasure

Venus “Artist Date Night” Ideas

You will need to know your Venus sign which you can check on free astrology sites like astro.com or [astro-seek](https://astro-seek.com).

Cultivating Venusian Pleasure: The Ultimate “Artist Date”

In her seminal book *The Artist’s Way*, Julia Cameron introduces a foundational tool for creative recovery called the Artist Date. She defines it as a once-a-week, solo block of time dedicated to nurturing your inner creative consciousness. It is not an errand; it is an excursion of play, novelty, and pure receptivity.

Astrologically, this is the exact domain of Venus.

Venus represents your capacity for pleasure, magnetism, and aesthetic nourishment. She is the part of your psyche that remembers how to receive the world through the senses without demanding a practical outcome. When our lives become over-structured or dry, it is usually because our Venusian side has been starved.

Just as the Artist Date refills your creative well, consciously dating your natal Venus restores your cosmic vitality.

Just as the Artist Date refills your creative well, consciously dating your natal Venus restores your cosmic vitality.

What follows are tailored “Venus Date Night” ideas based on the zodiac sign your Venus inhabits. Treat these suggestions not as a strict, one-time prescription, but as a direct invitation to spark your unique flavor of joy. While exploring your personal natal sign is a perfect place to start, you can also use these suggestions to track the current cosmic weather. Experimenting with creative nourishment outings as Venus passes through a specific sign is a beautiful way to court the changing seasons of your inner artist and remember how to fall back in love with the world and remain receptive and open.

Venus in Aries: The Joy of the First Spark

Focus: Spontaneity and physical "wins."

Suggestion: Solo exploration. Take a new route home, visit a park you've never seen, or engage in a 10-minute "freestyle" creative session where you make something with no plan. The joy is in the act of beginning.

Venus in Taurus: The Joy of the Senses

Focus: Tactile comfort and natural beauty.

Suggestion: Sensory nesting. Spend time barefoot on the grass (Earthing) or create a "texture bowl" of smooth stones and velvet fabric. Use the **Awakening the Larynx** technique of humming your favorite song while preparing a simple meal to infuse it with your own vibration.

Venus in Gemini: The Joy of Curated Wit

Focus: Intellectual novelty and local connection.

Suggestion: The "Library Crawl." Spend an hour in the stacks of a local library looking for books with beautiful cover art. Engaging in a "good conversation" with a neighbor or a friend provides the mental "buzz" that fuels your Venusian side.

Venus in Cancer: The Joy of the Inner Sanctum

Focus: Emotional safety and nostalgia.

Suggestion: Moonlight Bathing. Sit by a window during the evening or take a warm bath with Epsom salts. Looking through old photo albums to reconnect with "universal love" and family lineage can deeply nourish your spirit.

Venus in Leo: The Joy of Radiant Expression

Focus: Playfulness and the "Heart's Wings."

Suggestion: The Living Room Performance. Put on a high-energy playlist and dance like no one is watching. Use your **Creative Word** to write a letter of appreciation to yourself, highlighting your own "treasures" and talents.

Venus in Virgo: The Joy of Small Perfections

Focus: Craftsmanship and organic order.

Suggestion: The Micro-Organize. There is a profound Venusian joy in organizing a single drawer or spice rack until it is aesthetically pleasing. Alternatively, spend time "tending" to a single houseplant, observing the precision of its growth.

Venus in Libra: The Joy of Aesthetic Harmony

Focus: Balance and visual beauty.

Suggestion: The "Gallery Walk" of Nature. Go for a walk specifically to find "art" in the wild—the symmetry of a leaf or the color of the sunset. Arrange a simple bouquet of wildflowers or even interesting branches to bring "order and refinement" into your home.

Venus in Scorpio: The Joy of Deep Resonance

Focus: Intimacy and the "unseen" essence.

Suggestion: Psychic Decluttering. Burn a candle and write down things you wish to "purify" from your life, then safely burn the paper. Engaging in deep, soulful "vocal toning" alone can help release the "concentrated essence" of your emotions.

Venus in Sagittarius: The Joy of the Open Vista

Focus: Philosophy and expansive freedom.

Suggestion: The "Mind Travel" Session. Watch a documentary on a foreign culture or a deep-space exploration. Looking at the "five-pointed star" of the night sky reminds you of the vastness of the world and your place within it.

Venus in Capricorn: The Joy of Timeless Quality

Focus: Tradition and structural integrity.

Suggestion: The "Legacy" Walk. Visit a historic part of town or a museum during its "pay what you can" hours. Appreciating the "bones" of old architecture or a well-made vintage item provides a sense of enduring value.

Venus in Aquarius: The Joy of Collective Vision

Focus: Innovation and the "higher" mind.

Suggestion: Stargazing with a Group. Join a free community meet-up or simply sit in a public square and "people watch," acknowledging the "universal love" that connects disparate individuals.

Venus in Pisces: The Joy of the Boundless Flow

Focus: Transcendence and poetic stillness.

Suggestion: Dream Journaling. Spend time in the "foam" between waking and sleeping. Listen to ambient music or a "sound bath" on YouTube to allow your astral body to drift and find joy in the non-linear spaces of the mind.

Mercury



Element: Air

Metal: Quicksilver

Glyph: Circle of spirit in center with chalice/crescent above, and cross of matter below.

Esoteric Anatomy: Iliac bones of the hip, shoulder blades, sphenoid bone in the cranial floor which has a wing-shaped structure and harbors the pituitary gland which has close connections to the third eye.

Organs: Lungs (air, wind) & Colon (gas production) Lung is the largest organ of the body, it surrounds the heart and is the “wings” of the heart, it provides the linkage to spiritual beings.

Quick Check: Feel the air entering the Left/Right Nostril. The quantity of air coming through each side can indicate which side of the body is more dominant at the time.

Mercury's job is to be the go between the ida (left, Moon), and the pingala (right, Sun), the go between heaven and earth. It must regulate and balance. It requires movement and air, thus the wings and back and forth. The caduceus came to represent health because of the integration of left and right and the spinal column/brain nervous system as central channel with its chakra centers.

One's natal MERCURY placement in a particular zodiac sign will give indications that the body requires for healthy nervous system. It is never more than 28 degrees from the Sun, meaning anywhere from one sign ahead or behind your Sun sign. It is important whether Mercury is ahead of the Sun (fast, Promethian) or behind the Sun (Epimethian.) SPRING/SUMMER/FALL/WINTER? SPRING (high growth and activity is required), SUMMER (creative reproduction, communing with others), FALL (harvesting, yielding, preparing, organizing for winter), WINTER (rest, internalization, wood shedding, planning for next year.) The speed of the Moon can also lend to one's mental chemistry, and the greater needs for activity and forward motion or reflection and rest.

Thoughts Are Things: The Alchemy of Reality

"Every time you have a thought, you make a chemical. If you have great thoughts, you make chemicals that make you feel great. If you have negative thoughts, you make chemicals that make you feel negative." — Dr. Joe Dispenza

"The soul becomes dyed with the color of its thoughts." — Marcus Aurelius, Meditations

To understand Mercury as **The Chemist Guide**, we must recognize a fundamental cosmic law: **Thoughts are things**. They are not ephemeral, empty clouds floating through a void; they are distinct packets of energy, electrical impulses, and structural blueprints that alter physical reality. You will need to know your Mercury sign which you can check on free astrology sites like astro.com or [astro-seek](https://astro-seek.com).

The Micro-Cosmic Bridge: How Mind Becomes Matter

When you have a thought, it doesn't stay in the ether. Mercury immediately goes to work as the divine translator:

1. **The Spark (Aether/Air):** A thought arises in the mental body.
2. **The Chemical Blueprint (The Nervous System):** Your brain fires synapses, sending electrical currents down the spinal cord. The sphenoid bone vibrates, stimulating the pituitary gland.
3. **The Physical Influx (The Chemistry):** This electrical signal triggers an immediate release of hormones and neurotransmitters (cortisol, adrenaline, or dopamine).
4. **The Physical Reality (Matter):** Your blood vessels constrict, your heart rate shifts, your digestion slows down or accelerates, and your cellular state changes.

If you think a stressful thought, your body experiences the exact same physical chemistry as if you were being chased by a predator. Your mind creates your biology.

The Core Mercury Practices: Reframe & Scribe

Because thoughts carry literal weight, the goal of working with your Mercury Guide is **Mental Transmutation**—the art of changing the mental chemistry before it crystallizes into physical dis-ease.

Instead of exhausting the body to quiet the mind, Mercury demands that we work directly with the language we use.

1. Linguistic Reframing (The Alchemical Solvent)

Words are the clothes your thoughts wear. When we alter our language, we alter our nervous system's response.

- **The Trap:** Using passive, victim-centered language ("This always happens to me," "I am an anxious person"). This signals the nervous system that it is under attack, locking the body into a state of inflammation.
- **The Reframe:** Shifting to objective, witness-centered language ("I am experiencing a wave of anxiety passing through my body right now," "I am looking at a temporary challenge"). This immediately drops the heart rate and frees up cognitive space.

2. The Scribe Practice (The Grounding Cross)

Look at the glyph of Mercury: the crescent of the soul sits above the cross of matter. Writing is the literal act of taking a volatile, looping thought (Air) and anchoring it onto a physical page (Earth/Matter).

- By writing your thoughts down, you extract the "poison" from your internal chemistry and look at it objectively outside of yourself.
- Writing allows you to see the script you have been unconsciously running so you can consciously edit it.

Scribe Prompts

Mercury in Fire Signs: The Spark

Aries

Linguistic Reframe: Shift from Reaction to Interruption. When a mental loop begins, use a physical pattern interrupt (like snapping your fingers) to stop the inner script mid-sentence.

Scribe Prompt: Set a timer for 3 minutes. Write as fast as possible without lifting your pen or editing your thoughts. Once the timer goes off, immediately shred or safely burn the paper to physically release the mental aggression from your nervous system.

Leo

Linguistic Reframe: Shift from External Validation to Internal Sovereignty. When a narrative of "not being seen or appreciated" arises, consciously reframe it to: "I do not need the room to applaud to know the value of my own heart."

Scribe Prompt: Write a one-page, highly celebratory description of a current life challenge, but write it entirely from the perspective of a hero who has already successfully overcome it. Use bold, proud, and triumphant language to shift your neurology.

Sagittarius

Linguistic Reframe: Shift from Existential Panic to the Immediate Horizon. When your mind tries to solve the massive, overwhelming "Big Picture" all at once, reframe it to: "I do not need to see the entire cosmic map to take the next aligned step."

Scribe Prompt: Write a Hope Manifesto. Outline an expansive, philosophical statement detailing exactly why your current challenges make complete sense within the grand, protective evolution of your soul.

Mercury in Earth Signs: The Root

Taurus

Linguistic Reframe: Shift from Fixity to Pliability. When mental stubbornness or a rigid refusal to change a perspective takes hold, replace the phrase "This is just how it is" with "This is simply one way to look at this particular layer."

Scribe Prompt: Write down a current worry, but force yourself to write at one-third your normal speed. Focus heavily on the physical sensation of the ink hitting the page, deliberately slowing your cognitive processing down to match the steady rhythm of the earth.

Virgo

Linguistic Reframe: Shift from Perfectionist Critique to Functional Adjustment. When your internal critic begins looping over flaws, strip away the emotional weight by replacing the thought "This is completely wrong" with "This is just a helpful data point showing me where to make an adjustment."

Scribe Prompt: Create an Alchemical Brain Dump. Divide your page into three physical columns: Control (What I can fix right now), Influence (What I can guide but cannot dictate), and Surrender (What belongs to the Cosmos). Categorize your thoughts to strip away analytical anxiety.

Capricorn

Linguistic Reframe: Shift from Heavy Burden to Masterful Architecture. When a fatalistic inner dialogue tells you that you have to carry everything alone, reframe the thought to: "I am systematically laying down a resilient foundation, brick by brick."

Scribe Prompt: Write an Executive Summary of your current anxiety. Strip all emotional adjectives out of the situation and write it down as a cold, third-person pragmatic brief. Conclude by listing three non-emotional logistical actions you can take today.

Mercury in Air Signs: The Circuit

Gemini

Linguistic Reframe: Shift from Intellectual Scattering to Mindful Selection. When your mind begins running five parallel anxious subplots simultaneously, pause and force your intellect to choose the single core truth of the current hour.

Scribe Prompt: Write out a literal script of a dialogue between two opposing, arguing thoughts in your head. Let them debate back and forth on the page until they hit a natural point of shared curiosity or functional compromise.

Libra

Linguistic Reframe: Shift from People-Pleasing to Internal Equilibrium. When anxiety about another person's reaction starts a mental loop, consciously reframe it to: "A clear boundary is the highest form of harmony I can offer to this relationship."

Scribe Prompt: Take a Truth Inventory. Write down a situation where you currently feel stuck or indecisive. Force yourself to write out your absolute, raw, unfiltered truth about it, completely independent of how anyone else might react or judge you.

Aquarius

Linguistic Reframe: Shift from Detached Anxiety to Innovative Vision. When a looping thought tells you that you are an outsider or don't belong, reframe it to: "My mind is anatomically designed to view this situation from an objective, bird's-eye perspective for a reason."

Scribe Prompt: Write a journal entry dated exactly 5 years into the future. Write from the perspective of your future self looking back at your current self, explaining precisely how this present mental knot resolved itself into a brilliant breakthrough.

Mercury in Water Signs: The Flow

Cancer

Linguistic Reframe: Shift from Emotional Submersion to Objective Witnessing. Create a psychological buffer between the thought and your biology by shifting your internal language from "I am unsafe" to "I am having a temporary thought that I am unsafe."

Scribe Prompt: Write a Sanctuary Letter. Write a letter from your current, adult self directly to your inner child, vividly describing the physical safety, warmth, emotional protection, and stability available to you right now in the present moment.

Scorpio

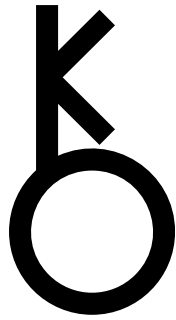
Linguistic Reframe: Shift from Hyper-Vigilant Paranoia to Alchemical Investigation. When you find yourself anticipating the worst, ask your nervous system: "Are you trying to protect me from an old ghost, or is this the actual, objective reality right now?"

Scribe Prompt: Conduct a Shadow Autopsy. Write down your absolute deepest, most unspoken fear about a current situation. Then ask yourself on paper: "If this worst-case scenario actually happened, what hidden power or resource within me would it force me to resurrect?"

Pisces

Linguistic Reframe: Shift from Mental Fog to Spiritual Surrender. When your mind becomes overwhelmed by ungrounded psychic input or confusion, reframe the panic to: "I do not need to intellectually figure this out right now. I am safe to let the clarity unfold on its own timing."

Scribe Prompt: Practice Automatic Flow Writing. Set a timer for 5 minutes, dim the lights, and let your pen move across the page continuously without looking at the words. Do not think, do not analyze, and do not correct. Let it be a pure stream-of-consciousness emotional release.



CHIRON

The Wounded Healer

Chiron could be the content of a whole guide unto itself, and even though this guide is about the five visible planets, I want to address it briefly here because it is important as you get more familiar with cosmic citizenship and your own natal astrology.

In 1977, Chiron was discovered and astrologers since then have been learning about how to interpret it. When I first learned about Chiron, I was just beginning to go into astrology more deeply. At the time, I realized that I already had so much to learn about the planets, their indications, the twelve signs, and houses, the many aspects and interpretation techniques, that I simply decided to study Chiron later down the road. Since then, I have learned how important Chiron is and recognize I have, and we all have much more to learn.

Chiron's symbol is shaped like a KEY, and in many ways it is considered the key to understanding the interplay between Saturn and Uranus, between the visible planets and the non-visible planets beyond Saturn. Chiron transits indicate events in the life that are connected to an individual's soul healing and, collective healing of humanity.

Chiron's cycle is elliptical and takes about 51 years to return to its natal position. The return happens during the time period following the "mid-life crisis" of the Uranus opposition, but before the second Saturn return of age 58-60. The first Chiron transit we experience in life varies based on which sign a person has Chiron in. Some will experience a first Chiron square at age five, for example. For others, they may not experience a first Chiron square transit until age 23. Because of this fact about Chiron, the irregularity of its cycle impacts the interpretation of Chiron and requires more individualized analysis.

All of this is to say that once you have become familiar with your Big three (Sun, Moon, and ASC) and your five visible planets, the next logical step is to understand the outer planets (Uranus, Neptune and Pluto) and Chiron. Here is where an astrologer can really help and it may be well worth it to have someone do the deeper analysis for you. Additionally, many professional astrologers are also trained in counseling or therapeutic techniques to address the difficult situations that clients often bring to them. However it is important to ask astrologers or counselors for their specific qualifications if that is what you seek.