

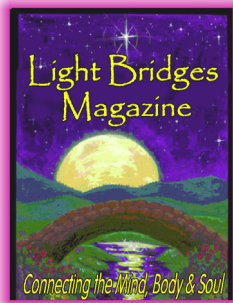
# Light Bridges Magazine

*Monthly Magazine Connecting the Mind • Body • Soul*



## May 2012

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# Greetings & Welcome!

Light brings you out of the darkness

It makes things clear

Bridges connect two points

They allow things to come together

Light Bridges . . . Oh Yeah!

Greetings and Welcome to our June issue! So once again we have made it through our spring expo. Hope everyone enjoyed it and came away with a great experience. Each one seems to take on its own special flavor and color. This year I was gifted with a number of people I have not seen in over ten years. It was really great to reconnect with them. The expos have almost become a family reunion for us and it is a positive part of them. But now we are back in the planning stages for the next one. Thank you to all that helped make this event a success. Now let's see what else is happening this month.

The big new thing happening for us is we have opened another space of healing and meditation. We have obtained space in the Bewley Building on the corner of Main and Market Street in Lockport, NY. We will be located in room 212 and yes, there are elevators for those that are stair challenged. I have more information about this in The Cosmic Carpenter article this month. So hope we will get many old and new faces to come and grow with us.

Well, we have a place and a date for our fall expo. I like to call it back to where it all began. On October 20th and 21st we once again return to the Holiday Inn in Lockport, NY. This was the place where we started in 2005 and it will rock. Watch the greetings for more information and think of joining us for this event. For those that would like more information go to [www.Earth-SpiritExpo.com](http://www.Earth-SpiritExpo.com). Hope you all can make it and enjoy the event.

We'd like to give a special thank you to all our readers that have responded in a most positive way since we went digital. We are continually receiving correspondence from many people around the globe. Many of our former advertisers are once again joining us. Maybe you need to take advantage of our lower rates to advertise and grow your business! All the information can be found on our website at [www.LightBridges.org](http://www.LightBridges.org) or we can be reached at [bridges@buffalo.com](mailto:bridges@buffalo.com). We look forward to hearing your specific needs and let us know how we can help you.

It seems May is the month of showers and mother is shifting the patterns. I know our vegetable plants are growing like crazy. If you have room this would be a great year to grow your own food. The way the winter went might give us a warning to be prepared for more strange weather. It takes little room and let's face it we don't eat grass. So why not give it a try and feel the great connection with the earth. Happy growing season to all!

May your month be filled with blessings and wonderful growth. Be back with you next month and hope to see you all at the expo. Let blessings flow to each and every one of you!



Leesah & Larry Jackson,  
Publishers

## The Crystal of The Month



Welcome to this month's stone. First I need to make a correction from last month. I listed the heart chakra as the 5th when it should have been the 4th and I am surprised no one caught on that one. It's interesting to me after working with these for years it even happened. We are however up to 5th chakra this month, which is the throat area. This month we look at Celestite and see if it rings to you.

This is one of the more fragile stones as it is soft and can be crushed easily. It was used by the Bengali priests to color the flames of a fire. Allowing them to either impress or scare the followers around them. However that is not what we are touching on this month.

This stone comes in various shades but the most useful color is blue. It can be used to revitalize oneself and allows one to awaken their spirituality. It is most useful to allow one to regenerate ones' being to promote the healing process to start. Knowing the throat chakra allows us to communicate with others we are given the ability to effectively state our point. It is also helpful for our hearing. It awakens the ability to hear what is actually being said on a higher level. Many times we hear what we want to and don't really listen to what is being said. This stone brings the clearer listening ability to the user. One can then be able to express the actually thoughts they have to others.

If you feel this stone might be an aid to consider obtaining one. I've noticed that once you begin to use stones you always need another. They are a gift from mother and each has its' own way of healing.

May you have a wonderful month and find the stone or stones that will work for you. Enjoy the thought that each one works differently for all but they all connect to the same place!

Keep them stones rolling through the month and I'll be back shortly!

## Light Bridges Magazine . . .

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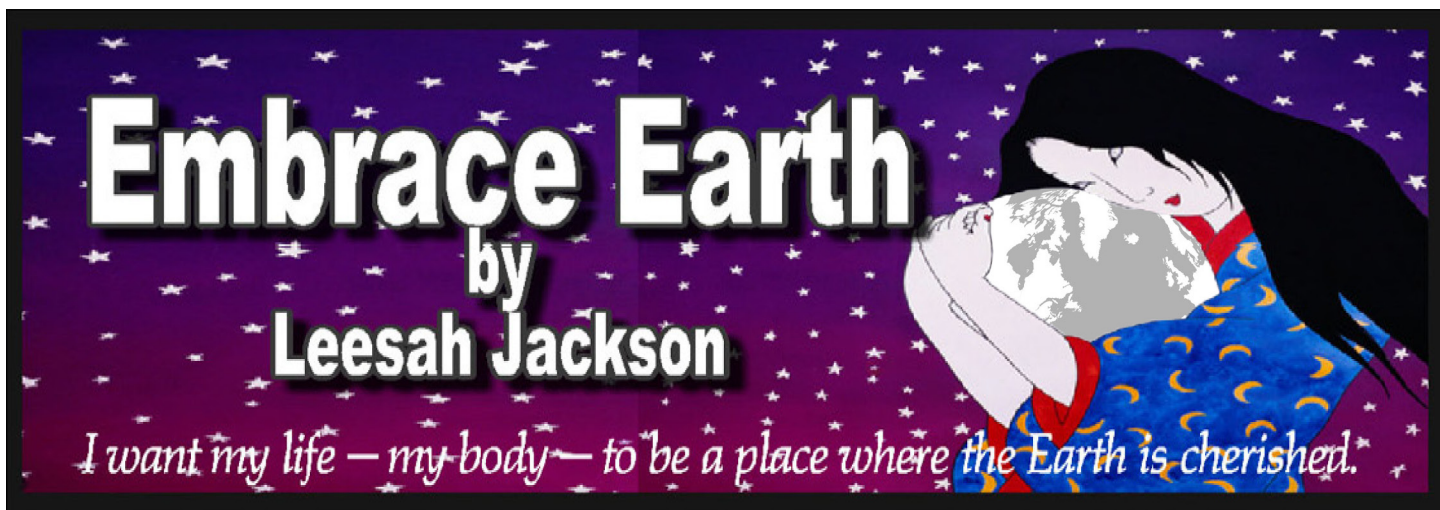
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Dr. Charles Garfield did extensive study on people that have achieved their goals. One thing that his research showed him is that peak performers visualize. They would see things, feel things, imagine things, before they actually took the first step toward their goals. They began with the end in mind.

You can do it too. First determine your specific goal. Before a meeting, race, event, see it in your head over and over again. Then when you get into the actual situation, it doesn't scare you.

There are huge volumes of books and tapes that deal with the process of visualization and affirmations. It also includes the branches of subliminal programming and neuro linguistic programming. The majority of this information seems to come out of the study of the Bible. Scientist generally believe this process is fundamentally sound. These processes are an extremely powerful way to reprogram your heart and mind.

Dr. Maxwell Maltz did a study that determined the subconscious effected outcome. A person can study dance and gymnastics, but if deep down they believe they are clumsy, no amount of training programs will bring success. That's why name calling can be as devastating as being hit. Sometimes it never entirely goes away.



## Homeopathy...

Balancing, Normalizing & Harmonizing

*Leesah Jackson*

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Affirmation and Visualization are programming. And you have to make certain that you do not submit to any programming that is not in harmony with your inner beliefs or higher self. Information that comes from money-making, self-interest, or anything other than correct principals. Television is full of this kind of influence.

The imagination can be used to a limited extent to obtain material gain. But the higher use of the imagination is in harmony with your conscience and transcends self. It creates a life of unique purpose and impacts the principles that govern independent reality.



# Medical Intuition - The Gift of Physical Body Insight

by Caroline Sutherland,  
bestselling author of “The Body Knows”

Medical intuition is the ability to see beyond the normal levels of perception into the subtle levels below as it pertains to the physical body and its processes. Many people have this ability. Your local chiropractor, for instance, uses applied kinesiology, a form of medical intuition, to determine structural imbalances. The body speaks through this method, enabling the chiropractor to determine the appropriate adjustment. Applied kinesiology or muscle testing is now used by many alternative and mainstream health care practitioners. It is the body's way of revealing hidden clues to the practitioner, and this system can be easily learned.

For as long as I can remember, I have been interested in medicine. As a young child, I would run around the house in a nurse's cap, taking people's temperatures, checking pulses, and wrapping bandages around the imaginary wounds of my family members. I used to pull a huge chair over to the desk in the library where my father was studying for his final exams in tropical medicine. I would clamber onto the desk so that I could reach for the medical books that seemed twice my body weight. There I would pore over pictures of people in the advanced stages of yaws, elephantiasis, and leprosy trying to figure out how they got so sick. Little did I know then, that seeds were being planted, which would bear fruit decades later, in the exciting field of medical intuition.

The key to medical intuition or any other psychic or intuitive ability is a quiet, receptive mind. A mind that is well-trained in any profession will almost always develop intuitive ability. The more a person works at their craft, the more intuitive that person will become in their area of expertise. The rational or trained mind becomes the filter through which the intuitive impressions are received. Meditation, prayer, and quiet receptivity are prerequisites for this ability. Medical intuition comes from the spiritual level; it comes from God where everything is known.

Perhaps one of the most gifted medical intuitives of our time, whose stunning instincts have fascinated both lay people and professionals, is Caroline Myss. Her popular books *Anatomy of the Spirit* and *Why People*

A photograph of Kristin Thompson, a woman with long brown hair, wearing a light green shirt, leaning over and gently touching the face of a white horse with dark spots. The background is a soft-focus green field.

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Don't Heal and How They Can have helped thousands of people understand their illnesses from an emotional and spiritual perspective. It was Caroline Myss who coined the phrase medical intuitive to describe someone who has this gift.

Edgar Cayce is another famous medical intuitive. There is a River - the Edgar Cayce Story, by Thomas Sugrue, documents his fascinating life and abilities. This illiterate man with no medical background practiced clairvoyant diagnosis for over 40 years. He devised all of his cures in the sleep state or a deep trance. People

would come to him with all sorts of problems. Cayce would lie down, take a nap, or drop into this deep altered state and let the solutions for their health problems come to him. Medical doctors were constantly impressed by Cayce's level of accuracy and his specific knowledge of physical body processes, something he apparently knew nothing about when he was awake.

Belief in the person who is delivering the message and the information that is being given is a fundamental element in healing. Edgar Cayce's successes had as much to do with the belief that people had in him as the cures he dispensed.

My medical intuitive ability does not revolve around the emotional or spiritual levels or the sleep state. My eyes are wide open, I'm fully aware, and the practical suggestions drop into my mind. What does this body want? is the question that I ask myself.

While the emotions and the spiritual are taken into account, my strength seems to lie specifically on the physical level, probably as a result of my training in Environmental Medicine, where I worked as an allergy-testing technician for many years.

Remember, medical intuition or any other form of alternative therapy is never a replacement for regular medical attention. Never give your power away or abdicate your own good judgment and common sense to any intuitive or any practitioner. Trust the accuracy and usefulness of the information being

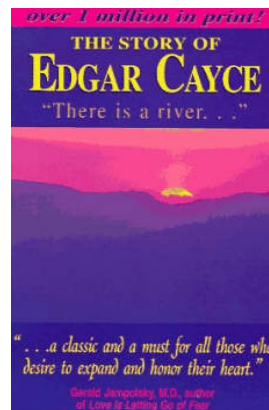
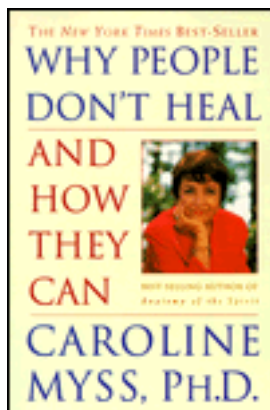
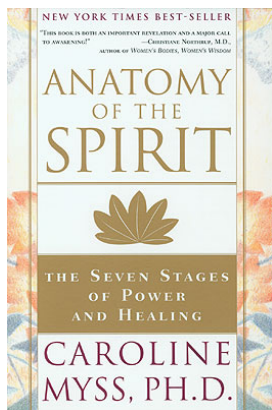
given to you and with your own instincts. Assess it.

Beware of medical intuitives who see dark masses or see cancer or see problems and offer no practical solutions. Check their references and seek a second opinion. Such an experience can be very scary. If a medical intuitive is good at what they do and are tuning in accurately, the information will feel right to you. When you implement the suggestions, you should feel positive benefits in your health.

Always follow up with a competent medical doctor and skilled alternative practitioner in your community, who can give you on-going support. Remember that the

body only wants to repair - we just need to give it the tools to do so.

During approximately three decades of immersion in the complementary or alternative medical field, it has been clearly revealed to me that there are certain simple principles, which when implemented, can make a tremendous difference to a person's health and well-being. Like the indigenous people who saw Columbus's ships for the first time, when their eyes were trained to see beyond their normal experience, they were open to whole new realm of possibility.



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Anyone can learn to have intuition and develop physical body awareness. It takes time, practice, and a practical framework for seeing with a new set of eyes. There are many courses offered in medical intuition and I offer two intensive trainings in the subject each year. It is useful to learn all that you can in this regard. Your instincts will develop in your own way. Although courses may be useful, ultimately your instincts will come through you and become defined in your own unique manner.

Medical intuition, like anything else, is not the domain of a very few. Medical intuition or body awareness exists within each person. Allow yourself to develop your own instincts in ways that are appropriate and make sense to you. Trust these instincts and utilize them for better health. In all of my books, I endeavor to help the reader to develop and hone their own intuitive gifts.

Not everybody has the capacity to heal, but most people will: that is what the body is designed to do. My suggestion is: Never give up on your path to wellness. If you are not yet “cured”, it just means that there is something else waiting to be discovered. The path to wellness is like a treasure hunt. The next clue will show up when you need it and it will lead you onward to the treasure. All of the clues, and ultimately the treasures, of optimum health are found along the way. Thus it is with the healing journey, which is rarely a single treatment process. More often it is a combination of several things working together.

Optimum health is not a mystery. I have to report that people are looking all over the place for answers to their health concerns when most of the solutions are right in front of their noses. If I had not witnessed this dramatic transformation thousands of times in a clinical setting, I would not have believed it myself. The Universe makes things simple - if we need something, it is never very far away.

What we must remember that the body only wants to get well. It is valiantly trying to do so every moment of our lives at any age. We just need to give the body the elements to do so. When we implement these elements, people are stunned at the level of health they can achieve.

When it comes to health, no one can deny the importance of instinct, but every- one needs to be practical. As the saying goes, “Believe in Allah but tie your camel.”

I am constantly appalled by the number of people I see who do not have appropriate medical care. Many people expect help or even miracles to come forth from alternative medical practitioners when they should be seeing a medical doctor.

One such person I met obviously needed medical

attention. When I asked this woman when she had last seen her doctor, she replied that she had not consulted with a physician in over ten years! She ended up in the hospital and the doctor was the one who saved her. Years of resistance to a simple surgical procedure cost her big time - financially and physically.

Go to see your doctor. Get your annual check-up, blood tests, PSA test, rectal exam, pelvic exam, pap smear, mammogram, etc. It's worth it.

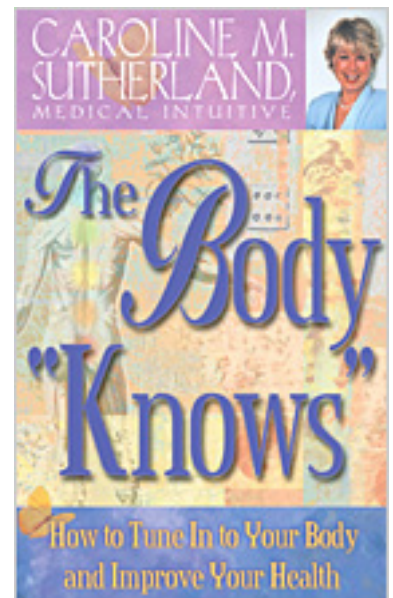
I believe in having a good, working relationship with your medical doctor. You never know when she or he might be needed. Don't completely rely on your alternative practitioner. Complementary medicine means a combination of all disciplines working together to assist you in becoming healthy. My family physician referred me to a medical doctor colleague of hers who practiced environmental medicine. This turning point in my life led me to a fulfilling career and ultimately to write my “Body Knows” book series.

I always say “Just give me 30 days of your life - four weeks of your time - and let's see what your body knows.” My medical intuitive gift came to me as a result of my own health challenges – but that's another story!

\* \* \* \* \*

Caroline Sutherland is a medical intuitive, author, radio host, teacher and innovative leader in the fields of nutrition and energy medicine. She's the popular Hay House author of “The Body Knows” book series and Louise Hay's personal health coach. She has a vast clinical background as an allergy-testing technician in Environmental Medicine where her intuitive gift developed. In the early 1980's while working as a physician's assistant she began to receive intuitive impressions about the patients, an experience which groomed her to become one of the most sought-after medical intuitives today.

Caroline was raised in a medical family – both her father and grandfather were medical doctors. As a child the “blueprint” of her family lineage created important seeds for her future career as a medical intuitive. For the past 30 years, she has lectured internationally on the subject and her intuitive impressions have positively affected the lives of thousands of people. For more information visit <http://www.carolinesutherland.com>



Caroline will be teaching a Medical Intuitive Training, June 15 – 17, 2012, at Fellowships of the Spirit, <http://www.fellowshipsspirit.org> or 716-595-2159





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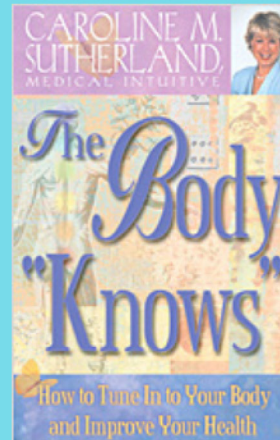
This medical intuitive training is designed to teach the participant to see beyond the veiled layers of the body and to understand its mysteries. Open to everyone who is interested in developing their intuition - practitioners and lay people alike, and designed to familiarize you with some of the ways that intuition comes to us and to personalize these instincts to better assist ourselves and others.

Medical intuition is a potent form of inner wisdom that is our birthright.

Intuition comes to us as an inner knowing - a revelation, a gut hunch, a physical feeling, a sensation or realization. Everyone has the ability to see the body with "new eyes" and to "feel" instinctively, what may be out of balance on the physical, emotional and spiritual level.

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# Journey II Health

## by Dr. Catherine Stack, N.D.

### JUICING OFFERS FOUNTAIN OF YOUTH POTENTIAL

Americans, in general, do not eat the required five to nine servings of fruits and vegetables necessary to protect health and slow the aging process. For every four servings of vegetables there should be one serving of fruit. Eating raw is another area where we are lacking. It only makes sense that living foods are essential for a vibrant life. For those who desire to look younger than your chronological age, eat 75% raw foods and you will be well on your way.

For those who desire the benefits of more raw and living foods but cannot see themselves eating this quantity, juicing is a healthy alternative. For busy people, just a little preparation will make this easy and time efficient.

Another reason to consider juicing; Juices are the best form of supplements available. Not only do they contain whole food vitamins and minerals, they also contain enzymes and oxygen. Many of you are still taking synthetic multivitamins that serve little or no benefit to the body.

As far as healing goes, juicing goes back to the nineteenth century where juicing was done with chopped fruits or veggies squeezed through muslin. If there were no benefit, I doubt this tedious process would have continued. For those healing from surgery or serious illness with out much of an appetite, there is no better way to nourish the body. There are many accounts of terminally ill people recovering when they switched exclusively to juicing. Too many individuals focus on calories and load up with sugary products which is a sad attempt to prevent weight loss but does very little to nourish and heal the body.

Don't confuse juice with juicing. Commercial juices are loaded with sugar and chemicals to enhance the flavor and color of a very diluted juice that rarely has nutritional value. Juice from freshly juiced vegetables provides the body with extremely bioavailable nutrients that your body recognizes and knows what to do with.

There are a variety of good juicers out there and my personal preference is the Omega juicer. I recommend borrowing a juicer from a friend or consider renting one to see if juicing is for you. If someone in your household is chronically ill, I highly recommend purchasing one and using it at least twice daily.

Whenever you can, it is best to use organic produce. If organic produce is not available, wash with a biodegradable soap and scrub well. Avoid moldy and bruised produce. Apple seeds contain trace amounts of cyanide and should be avoided along with peach and plum pits. Lemon, lime, melon and grape seeds can be safely juiced and you can safely juice the stems and leaves of most plants except for carrot and rhubarb greens. Certain fruits such as avocados and bananas do not juice well and you are better off with a blender in this case.

Most juicing recipes, and there are thousands, yield a six to eight ounce serving. Carrot, celery and apple combinations are most popular but a great cleansing cocktail may contain ¼ inch slice of ginger, 1 small beet, ½ apple, and 4 carrots. That is a ton of nutrition loaded into a 6-8-ounce glass of juice. Benefits of juicing are numerous and it requires very little digestion. This is very important especially for those with digestive difficulty or serious illness. Juicing requires more fruits and vegetables than most people could actually eat in a day and is very useful in liver detoxification. The liver has over one hundred important functions. One of its main functions is to clean the blood by removing toxins and metabolic waste. Juicing also helps your body become more alkaline, a very important benefit. Those who juice with greens will help build healthier red blood cells and if suffering from anemia, you may want to consider juicing with wheat grass, kale, parsley, spinach and beet greens.

We spend so much money trying to stay healthy and combat the aging process. Most fail to see that the majority of prevention can be done right in our own kitchen. Foods really do heal and the concentrated juicing potion may be the closest thing we have to the fountain of youth.

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The world war two airfield known as R.A.F. Bircham Newton in rural England, has long been a Mecca for both students of the paranormal, and spiritualist mediums arriving on a mission to help and heal.

The part of the airfield where even sceptics hear voices and old aircraft noises on a regular basis, is actually on what are now the tennis courts, and it is here most paranormal activity occurs.

So it was here that we focused our main attentions.

Such things as the setting up of machinery and the gadgetry of the paranormal, inevitably attracts attention, and soon we had the obligatory bunch of "Mickey takers", with the usual jokes that was probably older than they were.

The words of Horace Walpole came to mind "The world is a comedy for those who think, and a tragedy for those who feel". and it was into the world of feelings that we were to trespass.

Ghosts fall roughly into two categories, there were those who were just the emotions of long ago impressed into the ether, and like mindless recordings doing the same round time after time, year after year, and those that were alive to their surroundings but trapped in time, and it was these that we wished to communicate with, to see why they would accept no mediums help to pass on to their correct sphere.

In order to gain a verifiable record for posterity, we had with us the paraphernalia of the E.V.P. specialist. Plus some M.O.D scanning devices not normally available to investigators, which meant we could snatch whole conversations from the past.

Electronic Voice Phenomena, is the means with tape recorders, and some small metallic amplifiers, S.T.R. conductors, kilner screen and sound plates, to regain sounds lost in the past, on a recording.

The government consistently denies using mediums and psychics during world war two, but due to the

negligence of Winston Churchill, whole intelligence departments were run by soviet agents and a lot of their material on the contributions made by British psychics has been available from Soviet files, thanks to people like Vasili Mitrikhin, Oleg Bzorski Oleg Kalugin and others.

In fact the British agent Peter Wright of "Spy catcher" fame, spoke of the possibilities of E.V.P. or reclaiming voices of the dead while experimenting on the British embassy roof during the troubles in Cyprus.

He also experimented from his home in Essex, this man a great British patriot, was cheated out of his pension by the very government he served, while the

soviet defector Anatole Vrinisky has described him as an electronics genius and one greatly feared in Moscow.

However, we stood about for quite some time on the windy tennis courts, and the shouts and comments of the dead airmen, both amazed us, and gave explanation of why these men would not go to gods allotted place for them, until they had their say.

One airman acted as spokes man for the others all gave their names and rank, he said there were many airmen gathered here, which really shook me, and I wondered the reasons why this could be so.



# THE WARTIME AIRFIELD

by T. Stokes

Steve an old hand in these areas, who listened hard as held the sound plates began to weep and was shaking visibly.

With an emotional voice the airman told us that these bomber crews had been targeting not enemy soldiers but, dormitory towns, where German soldiers families lived, these towns were largely undefended against attack, for surely there would be no need to defend them, and Winston Churchill ordered not the German army, but the families of German soldiers to be mass fire bombed, Churchill did not want to feed and house refugees so it was easier to burn them alive.

Again, it was Churchill who refused to allow Germany offers to surrender since 1941, he and his sponsors wanted only complete destruction, they called this many times, "total war".

This airman's spirit then said one cold, lonely and noisy bombing run, he suddenly found himself with other British airmen, in a pushing throng of women and children, making for a large staircase that arose up to quite where he could not see, but saw a mother trying to carry two injured children, and on offering to carry one was shocked to see and smell, the child's burned flesh, it was at this point that he realised that although he spoke no German, he could understand every word spoken, and on turning to his air colleagues, he suddenly knew they were all dead.

Gone was any feeling of enemies for all helped each other to reach the stair but almost all the British airmen decided to remain behind.

These men are both trapped and guilt ridden, they plead for their voices to be heard, they see themselves as war criminals, they signed up to fight soldiers, not the wives and children of soldiers, and need some degree of closure, their anger after all these years is still palpable.

Asked if they wish for help to progress on, almost to a man they do not, one man with a Scots accent, said it is justice for the dead for which they wait, and please to tell their families they were all O. K.

We read together for them the address of Canon Henry Scott -Holland, once dean of St. Paul's:

"Death is nothing at all, I have only slipped away into the next room, I am I and you are you. Whatever we were to each other that we are still.

Call me by my old familiar name; speak to me in the easy way you always used.

Put no difference into your tone; wear no forced air of solemnity or sorrow.

what is this death but a negligible accident? Why should I be out of mind because I am out of sight?

I am waiting for you, for an interval, somewhere very near just around the corner,

All is well."

\* \* \* \* \*

T Stokes has read whole life histories from handprints by post or email from all over the world for many years, and has worked with hand and fingerprints for both police hospital studies.

<http://tstokes.moonfruit.com>

*Further reading; Falsehoods in wartime by A. Ponsonby  
Churchill's war-David Irving*

*From admiral to cabin boy by Barry Domville*

*Was the wartime bombing of civilians, a necessity or a crime ? A.C Grayling*

*The Nameless War -captain Archibald Maule Ramsey*

*Unfortunately the Churchill papers have been so altered and sanitised as to be virtually worthless.*

A black rectangular advertisement for Port of Light Studio. The title "Port of Light Studio" is in pink at the top left. Below it, "Meditation Circle" is in blue, followed by "Every Monday at 7pm only \$5" in white. Then "Homeopathy-" is in pink, "Balancing, Normalizing & Harmonizing" is in pink, and "Reiki, Reflexology, Messages & More!" is in green. At the bottom left, it says "Now open at..." followed by "212 Bewley Building Lockport, NY 14094" and "www.PortofLightStudio.com 716-380-4429". The right side of the ad is decorated with a circular arrangement of white butterfly silhouettes.

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# Cosmic Carpenter

by Larry Jackson



Seems strange we are rapidly approaching the summer equinox and the spring has once again provided growth. Once again we are off on another adventure to promote healing and spiritual growth. We now have a new place to grow, heal, learn and share. We have opened the Port of Light Studio in the Bewley Building, room 212 in Lockport, NY. This has been a positive move for us and we look forward to seeing you there. Now I would like to share some of the signs that were given to us through this new venture.

To me it is always nice to have the complete kingdoms of the earth come and bless you. This was truly the case with this new place we have been given. There were three definite signs and each one granted the magic that we needed. Let me share what these gifts were.

The first gift we received was that of swarms of butterflies circling around our yard. At certain points there were so many that they cast shadows within our house. A certain form of transformation was happening and showing us the time was now. Many times we sit on the sidelines waiting for the right moment to appear, but it was happening now. Watching them dance in the sunlight made us realize there was much more in this story line of life for us.

A few days later I was returning from the studio, and I might add walking down main street, when what do I spot but a snake coming from the east toward me. I am not sure if anyone has seen a snake wiggling down the side walk, but it impressed me. I had to look twice to make sure I saw it coming but just as I almost got to it, it made a severe right turn to the right. It faced the south and the time of new growth. The snake brought the power of rebirth and wisdom to me. I knew that I was being given the power to reshape the future

events and draw on the wisdom that had been shown to me. I realized that this was a gift to make changes and allow my healing abilities to once again come forth and aid others.

Finally the most wondrous event of all took place! We had the biggest dragonfly I have ever seen inside our house! This being was enormous and how it got into the house is a total mystery. It was making such a racket to get back outside that it was phenomenal. Buzzing extremely loud as it looked for its freedom from the confines of the house. It made certain we were aware of its presence. I was able to free it, but as left it also gave me gifts in exchange for freedom. Dragonflies give the gift light and are one of the oldest creatures on the planet. They are able to show us the truth throughout the clouds we create in our lives. Gratefully I accepted this blessing and healing that I had been granted.

So once again the flow of universe starts and sends its loving energy for a new start and chance to make a difference. I feel the blessings are always raining down upon us if we take time to realize that we can have all we desire in our brief lifetimes.

May each of you have a most wonderful month and look for the signs that are constantly given to each and all of us. Enjoy the warm weather ahead and know there are blessings sent each day to you. I'll be back next month to twist your thought patterns.

The Cosmic Carpenter



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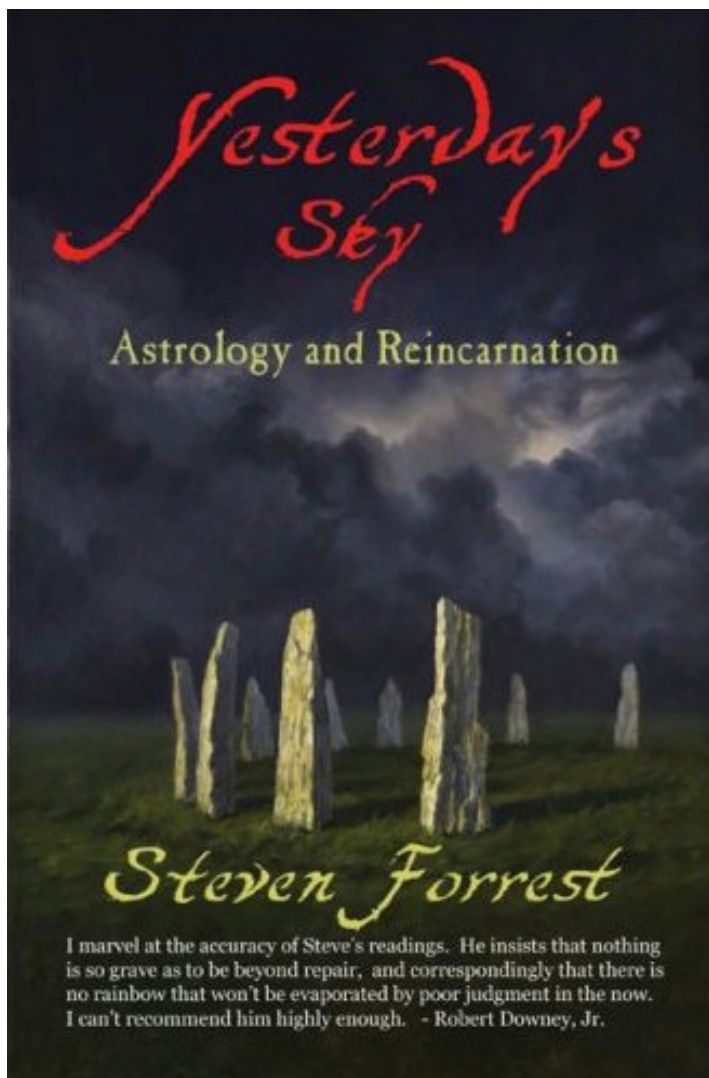
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# EVERYTHING IN THE CHART IS KARMIC

by Steven Forrest



## "Yesterday's Sky: Astrology And Reincarnation"

### Chapter 1

Maybe, as Buddhists and Druids teach, we have all lived many other lifetimes.  
Or maybe not.

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Since neither belief can be refuted or definitively proven, I doubt the question will ever fully be settled. In the next chapter, we will see that the objective evidence for reincarnation is compelling. Still the issue is forever at least partly in the category of faith—or of direct intuitive experience. We can't know about past lives, not in the way we know that two plus two equals four.

Two points, however, are objectively certain. A third one flows naturally from the first two:

1. All who accept reincarnation agree that our present personalities and circumstances are rooted in our previous lives.

2. All astrologers agree that our personalities and circumstances are reflected somehow in our birthcharts.

Logic draws us to a third point:

3. If we accept both astrology and reincarnation, we are compelled to recognize that our present chart must reflect prior-life dynamics—that hidden in our natal configurations are clues, however subtle, about who we were and what we were doing in previous lifetimes.

If we accept both astrology and reincarnation, no other position is logically defensible.

We can take this reasoning a step further. Ask yourself a truly primordial astrological question: Why do you have the birthchart that you have? Not what does it "mean," but why do you have that particular one in the first place? Count nine months after your conception, and pop goes the weasel? Random chance, in other words? Logically, it could be that way. Astrology could work in a random universe. It could simply reflect some geocosmic laws that science has not yet unraveled.

The alternative is to reckon with the notion that there is a deeper reason behind your having the particular chart that you do—that the cosmos is not random at all, and that the fact that you face the challenges reflected in your astrological symbolism is woven into some larger mystery underlying the superficial appearances of life. This means that something caused you to take your first breath at that particular place and time. God? An intelligent universe? Karma?

Take your pick.

In this latter view—where something larger than chance was involved in your being born as you were—there is one more fact we must include in our reasoning: You've had your birthchart since the day you were born. Irrefutable, eh? Well, anything that caused you to have it must have happened before you were born.

This is not a specific proof of reincarnation, of course. All it really proves is that once we have observed the visible power of astrology, we've got some hard thinking to do. Unless we want to accept the idea that life is inherently random, we have got to assume that something was going on before your birth that would make your present chart exactly right for you.

We could say "that's the way God made you." We could point to DNA—and say that your chart reflects your ancestral "past lives" living on inside you in the form of little molecules of deoxyribonucleic acid. Or we could start listening to the Buddhists, Druids, Gnostics, Hindus and the rest who tell us that we are all born again—and again and again.

From now on, in these pages, we are going to assume that reincarnation is a reality. You can switch to other metaphors, if you like—and that is actually a good skill to cultivate for when you are faced with a client who



might not be comfortable with the idea of past lives. But we'll not go through the exercise of phrasing everything several ways any longer. We will speak the language of the evolution of consciousness through a succession of physical incarnations.

### Everything Is There For A Reason

Behind each configuration in your chart lies buried treasure—an implied biographical tale from long ago, from before you were a bulge in mommy's tummy this time around. We cannot know the whole karmic story, at least not through astrology alone. But what astrology can give us is a set hints about your past lives, and more importantly, a set of instructions for how to get on with the evolutionary journey in the present day.

An inherent ambivalence exists in every configuration in your natal chart: it is simultaneously a statement about your soul's pre-existing evolutionary condition—and a formula for advancing beyond it.

That is a critical concept to absorb, and it lies close to the healing heart of Evolutionary Astrology. Every configuration represents a kind of challenge we face—and that challenge can be grasped most deeply in the context of it being "left over" from another lifetime. Yet as we rise up and embrace the higher potentials of that configuration, we resolve the karmic wound and expand into new possibilities. In a moment, we will see an example of this, and it will seem less abstract.

### Chaos Theory

Your present life, as you've probably noticed, is pretty complicated, full of loose ends and contradictions. Choices you have made and values you sincerely hold are hard often to reconcile with each other—we believe in truthfulness but we lie, we think of ourselves as environmentalists but we drive an S.U.V. When we start thinking about prior lifetimes, we need to multiply that complexity. We are talking about many lives, after all. Furthermore, the very meaning of the word "evolution" implies that in your prior lifetimes you were less evolved—and presumably made messes you would not make today. All these disjointed, often atavistic elements come together, in chaos, to be reflected in the planetary patterns of one's birth. Thus, karma is complex and disorderly—and the shadow it casts onto the present birthchart is chaotic.

Let's bring this idea to life. It is easy, for example, to imagine someone who had lived two lifetimes—one of monastic celibacy and another one in which he or she was quite spoiled and protected within a marriage. In each case, patterns were established—patterns which "reincarnate" in the present chart. Thus, there might presently exist both a habit of withdrawing from intimacy or of being confused by it, and simultaneously a kind of compulsion to enter into very "dependent" kinds of relationships. A train wreck of contradiction, in other words. Translating into astrological language, we might for example see Venus conjunct Saturn in Capricorn and the twelfth house—but also a seventh house Moon in Cancer.

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Today, that chart belongs to one particular person, but “one” person is very slippery concept. Karmically, we are all more like a crowd of very different people trying to come to a consensus.

In Chapter Three, we will begin to explore the royal road into karmic analysis: how to decipher the Moon’s South Node and its planetary correlates. That will bring us to the heart of the matter: the core karmic story in terms of direct impact upon the present life. Those techniques will bring clarity and crispness to our understanding—and the single, unitary past life story we learn to uncover there will very likely startle you with its demonstrable relevance to your present life.

The power of that kind of analysis should never blind us to the fact that in each birthchart there are also many fragmentary pieces of information, some of which do not readily fit into the main storyline. They reflect the jigsaw puzzle of the past, its loose ends, its contradictions.

The critical point is to remember that everything in the chart is karmic.

### This Is Not A Book About The Lunar Nodes

For reasons we will soon be exploring in considerable detail, the north and south nodes of the Moon provide the entry point into the emotional underpinning of the primary past life story. We could not do Evolutionary Astrology without them. But, as we have just described, everything in your chart is there for a karmic reason. Many planets or sensitive points make no aspects to the nodes and do not have any direct astrological relationship to them. No matter; they are still part of your karmic inheritance. We use the nodes as a doorway into the heart of the issue. They are a good starting point and a foundation. But, as you will see, this is not simply a book about the nodes of the Moon. This is a book about astrology and reincarnation, which is far wider subject and one which requires a consideration of your entire chart in every detail. Ultimately nothing is left out.

Because much of what follows in these pages does revolve around the lunar nodes, just to underscore our broader agenda, let’s proceed with an evolutionary analysis of a configuration which has nothing to do with the nodes at all.

### Saturn in the Seventh house

Traditionally, Saturn is often viewed as a “malefic” planet, bringing misfortune and difficulty to whatever house it touches. The seventh house is the classical house of Marriage. Thus having Saturn in this position would conventionally be viewed as a bad


omen for love. In *Astrology: A Cosmic Science*, Isabel M. Hickey writes, “A separative tendency deep within makes it difficult for this person to relate to others.” In the classic book *Astrology*, Ronald C. Davison warns of the possibility of “unfortunate partnerships” or of a “cold, over-ambitious partner.” In *Saturn: A New Look at an Old Devil*, Liz Greene explores the configuration in depth, but also writes, “The most basic interpretation of Saturn in the seventh house is sorrow, difficulty, or constriction in marriage or other close relationships. Generally these sorrows appear to be the hand of external fate and often do not seem to be connected with any fault in the individual himself.”

The cornerstone of Evolutionary Astrology is the life-shaping power of conscious choice and a willingness to work on one’s self. Thus, any kind of dead-end or fatalistic astrological interpretation is too narrow. We can always reach for the higher ground. This is not just a philosophical statement. We see many living, breathing examples of it. You probably are one yourself! Still, the conventional kind of astrology, however depressing, often delineates quite effectively what we might think of as the evolutionary “starting line.” It reflects the raw re-expression of the old karmic pattern. Thus, Padmasambhava, the great saint of Tibetan Buddhism, says, “If you want to know your past life, look into your present condition.” The challenges of the present, in other words, are rooted in the past. (Padmasambhava added one more point, by the way: “If you want to know your future life, look at your present actions.”)

Thus most of the negative interpretations that run through conventional astrology are typically accurate at least at some early point in a person’s life. Their toxicity derives from the way they imply that the starting line and the finish line are the same. They ignore the fact that human beings can learn and grow.

Accordingly, examples of sorrow or difficulty in marriage for people born with Saturn in the seventh house abound. Eleanor Roosevelt, the wife of American president Franklin Delano Roosevelt, is a classic example. Born with Saturn in the seventh house, she certainly married an ambitious man. Thirteen years after they married, she discovered evidence of an affair he had been having: juicy love letters penned to him by her own personal secretary. (Note the double betrayal.) Their marriage continued another twenty-seven years until Franklin’s death, but apparently it was a marriage in appearance only. Evidence suggests they were no longer physically or emotionally intimate. And of course FDR was confined to a wheelchair for a good part of that time—another “Saturn manifestation” in Eleanor’s house of marriage.

Elizabeth I of England, the famous “Virgin




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Queen,” also had Saturn in the seventh. She likely wasn’t a virgin, but she never married. She had apparently been sexually abused by a stepfather in her youth, and went on to have a long affair with the married Earl of Leicester in her adult life—again, feel the frustrating, limiting hand of Saturn, the “old devil.”

In the more modern context, musician Kurt Cobain of Nirvana also had Saturn in the seventh house—and was married to the famously erratic and difficult Courtney Love until his death by apparent suicide.

There is a higher side to Saturn too—commitment, faithfulness, maturity, self-discipline. Those are qualities that contribute rather obviously to lasting intimacy. Alongside the pessimistic astrologers who see Saturn in the seventh as intimate High Jinx, there are also those who would roll out their more encouraging view—and bolster it with case files of long-lasting marriages with the configuration. They are right too! Actress Michelle Pfeiffer has Saturn in that house. After an unsuccessful first marriage, in 1993 she got together with her present husband, David Kelley, with whom there is every evidence of commitment and happiness despite the madness of Hollywood life. Similarly, Danny DeVito, with Saturn in the seventh, has been with his partner, Rhea Perlman, since 1970.

Conventional astrologers love to squabble over issues such as this. Is it “good” or “bad” to have Saturn in the seventh house? They’ll often quibble over whether the Saturn is “well-aspected” or “afflicted,” and try to sort it out that way. But even that astrological illusion breaks down when are brave enough to look at reality—Danny De Vito’s Saturn opposes his Venus and is squared by Neptune!

These astrologers are ignoring the single most powerful force in human affairs: consciousness.

To me, arguing about the meaning of Saturn in the seventh house this way is similar to observing a public school and arguing about whether “students are six years old” or “students are sixteen years old.” Like school, Saturn in the seventh house—or, for that matter, any other astrological configuration—represents a spectrum of evolutionary possibilities. With it, we see people who are lonely all their lives. We see people who are caught in unsatisfying relationships. We see people who are accepting of solitude and celibacy, and who don’t seem to suffer from it. And we see long, stable, exemplary relationships.

Silly astrologers squabble, while ignoring the evidence of their own direct experience and the testimony of their colleagues. Critics of astrology shrug their shoulders and suggest that the configuration can “mean anything” and that therefore it means nothing at all.

What they all miss is the underlying, unifying principle of Saturn’s archetypal field.

Where Saturn lies:

- ϕ You are born with a blockage.
- ϕ You are invited to admit that fact—and to work on it with the realism, discipline, and honesty of high Saturn.

- ϕ If you don’t, then your life will be defined by the blockage.

- ϕ If you do, you can make progress.

Let’s bring this analysis of Saturn in the seventh house fully into the realm of Evolutionary Astrology.

Psychodynamically, the seventh house is fundamentally about trust. Thus with Saturn in the

seventh house, there is an in-born blockage to the trust-function. Its origins pre-date the birth. They are karmic, and we will look at all that in a little while. Present-tense, there is an invitation to work on these intimate issues.

Relationship is a vast piece of the human experience and too big a subject to explore in full detail here. If you are interested in the astrological details, I recommend the two volume Skymates set that I co-authored with my wife, Jodie Forrest. Suffice it here to say that there are a number of different ways that Saturn can make itself felt in the interpersonal sphere, and each one will overlap with the ideas we are currently exploring.

Cutting to the chase, no one can learn very much about trust all by themselves! By its very nature, trust is an interactive phenomenon. We can benefit from quiet, solitary reflection, but ultimately our progress can only be measured and tested in the context of intimacy. Thus Saturn in the seventh house says as much about one’s natural partners and friends as it does about one’s self. The bottom line is that we cannot do our evolutionary work without their help, and we can recognize them by their classic Saturn signature: they are trustworthy people! It seems painfully obvious, but the idea is quite fundamental: if you are born with issues around trust, as Saturn in this position indicates, you simply cannot resolve them without the help of people who are worthy of your trust.

Saturn, by its nature loves vows and commitments. With Saturn in the seventh, your natural partners are people who are not afraid of those kind of promises—and their courage helps you be less afraid too. Saturn likes ritual too, and appreciates rites of passage: an exchange of rings, promises spoken aloud. It likes to see a track record and to celebrate it: anniversaries of various sorts become important, for example.

Trust builds over time. Saturn is patient—if you

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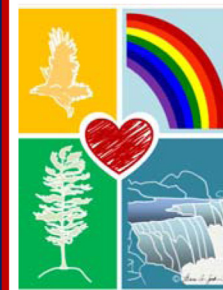
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have it in your seventh house, an unseemly eagerness to “get in your pants” on the part of a prospective partner is a turn-off. What’s the rush? Who can trust anyone so quickly? Worse, such urgency could pander to your own willingness to remain self-protective—that is, untrusting—within a relationship. Plenty of people have sex without trusting each other!

Indications of respect are quite central here too. Saturn is formal that way—and that doesn’t mean “stiff.” But it does suggest courtesy, boundaries, and a higher-than-normal chance that the bathroom door will be closed when the plumbing is in use.

From an evolutionary perspective, all of these conditions must be met in order to create the intimate environment in which the trust-function can heal. And, if you have Saturn in the seventh house, that is a big part of what your life is about.

### Saturn in the Seventh: The Karma

Why might someone be born with Saturn in the seventh? What happened before this lifetime that leads a person to take birth with this configuration? There are a multitude of possibilities. All have the common denominator of the intimate rug being pulled out from under someone in a prior life, and of that wound having not been resolved prior to death. Most of the possibilities fall into two main categories: abandonment and bereavement.

Imagine that, in a prior lifetime, you were abandoned at the altar—your partner failed to appear on your wedding day and was never heard from again. Or he or she went on to live a happy life with someone else, richer and cuter than you, in the same small town.

How long does it take to get over something like that?

Alternatively, imagine that in a prior lifetime you were happily married to your true love. You were young and lovely, and you had started a family. And your partner was hit by a lightning bolt, dead and gone.

Again, how long does it take to get over something like that?

The question of “how long it takes to get over” such a blow is of course unanswerable. Grief must run its course, and everyone’s experience of it is different. One can repress grief for a while, but it doesn’t go away. And one can cling to grief and become identified with it, to the point that mourning is unnaturally extended. We often observe people going to their graves with unresolved—or unowned—grief.

Metaphysically, the next time we observe those people may be as they emerge from the other end of the grave’s pipeline, which we call the womb. Their grief may still be fresh as a daisy—and in their new birthchart we might very well see Saturn in the seventh house.

### Many Possible Stories

Abandonment and bereavement are very different phenomena, yet we lump them together here. We do that because of the way they overlap in terms of their emotional impact. If someone we trust fails us, or if someone we trust dies, in either case we internalize the reasonable idea that trusting someone else is risky business. While there are very obvious distinctions between the two situations; either one could manifest as Saturn in the seventh house in a subsequent lifetime. That is because in either case we are born with

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a blockage to the trust-function—and an evolutionary intention of healing it.

With a little imagination, we can add other past-life possibilities to our list. Perhaps in a prior lifetime, you took a premature vow of celibacy in some religious order. Your natural urge to bond sexually became a danger and a threat to you; you had to repress it, make it an enemy. You developed a fearful reaction toward anyone whom you found attractive. There's some karma!

Or maybe in a prior life, you were a prostitute: you learned to seal your soul away from the natural bonding effects of human sexuality. Maybe you were terribly abused. Maybe you were tortured in another life. Maybe you were a courtier in some Italian palace full of poisoners.

The list of trust-destroying possibilities is vast. It should be—there are a lot of sad human stories out there! One out of every twelve people has Saturn in the seventh house, so it must represent a very large number of those possibilities.

As you delve deeper into this book, you will discover a set of techniques that will help you narrow down the possibilities and focus the karmic story much more crisply. But just knowing that Saturn lies in the seventh house teaches us quite a lot. Let's summarize what we have learned:

Trust betrayed you in a prior life. You died with that issue unresolved. You have now been reborn with that wound unhealed—and with the power to heal it through certain specific methods. First and foremost, you need "Saturnine" partners, as we described above. With their help, you need to take the plunge: to make serious commitments. Do that, and you have created an incubator for your own healing.

The alternative to the higher evolutionary path is to have your life defined by this unhealed Saturnian blockage. In that dark scenario, you will go down one of two roads. On one hand, you might adapt to a life of solitude, never betting very big on intimacy, if at all. On the other, you might marry symbols of your fear—people whom it would not be too hard to lose, thereby minimizing your investment and vulnerability.

### Unified Field Theory

Note how this evolutionary interpretation of Saturn in the seventh house embraces all of the possibilities we read about in more conventional kinds of astrological literature: "unlucky in love," a chosen life of solitude—or "long, happy, committed friendships and relationships." Evolutionary Astrology provides a kind of unified field theory that links all the possible behavioral manifestation under one theoretical umbrella. We see

kindergarten through the twelfth grade, all in the same little red schoolhouse. Neatly, this kind of astrology also links ancient metaphysics with the funky, work-on-yourself methodologies of modern psychotherapy at its best.

### Compassion

More importantly, this evolutionary view of Saturn in the seventh house is compassionate. We can understand why a person might be experiencing a certain set of existential difficulties. And we achieve those insights in a "no fault" way. We do not need to make anyone "sick" or "defective."

Say you have a dear friend who lost her partner in a car accident just six months ago. A well-meaning idiot has offered to arrange a blind date for her. She recoils, saying that she is really not yet ready to consider the possibility of intimacy with anyone. She is still in grief.

Would you have the slightest difficulty understanding your friend's emotional position? Would you paste onto her some psychiatric label? Of course not! Instantly and without effort, your heart would fill with compassion, support, and understanding toward her. Six months after her bereavement, she is naturally not ready to date yet. You have no problem with that. You would also have at least an approximate sense of the long healing road ahead for her, and you would have faith that she could walk that road whenever she was ready.

Take it a step further. Say that you yourself lost your mate in a car accident in a prior life. You now have Saturn in the seventh house. Maybe you've had some difficulty in love. Maybe you have had a failed relationship or two. Maybe you have grace enough to recognize that all this misery is at least partly "your own fault," deriving from your attitudes, blockages, psychological dynamics, not to mention your choice of partners.

Now imagine that you go to a conventional astrologer who, in essence, tells you that in terms of intimacy there is something "wrong" with your chart. That statement resonates with your actual experience. But it is toxic. The translation is that there is something inherently wrong with you. That astrologer has shamed you and discouraged you—and failed to describe the way forward.

Contrast that interpretation with the healing impact of Evolutionary Astrology: You were hurt in another life. It takes a while to get over that. And here's how to do it. Such an analysis reveals deeper truth, and it does so in a spirit of sympathetic respect, true insight—and ultimately of encouragement.


With the crystalline understanding that Evolutionary Astrology engenders in us about any human condition, two angels arise simultaneously:

One is the angel of compassion, whether it is for another person or for one's self.

The other is the angel of hope.

\* \* \* \*

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- Lectures
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Steven Forrest is teaching "Astrology & Reincarnation" July 13-15, 2012, at Fellowships of the Spirit, [Http://www.fellowshipsspirit.org](http://www.fellowshipsspirit.org)

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