

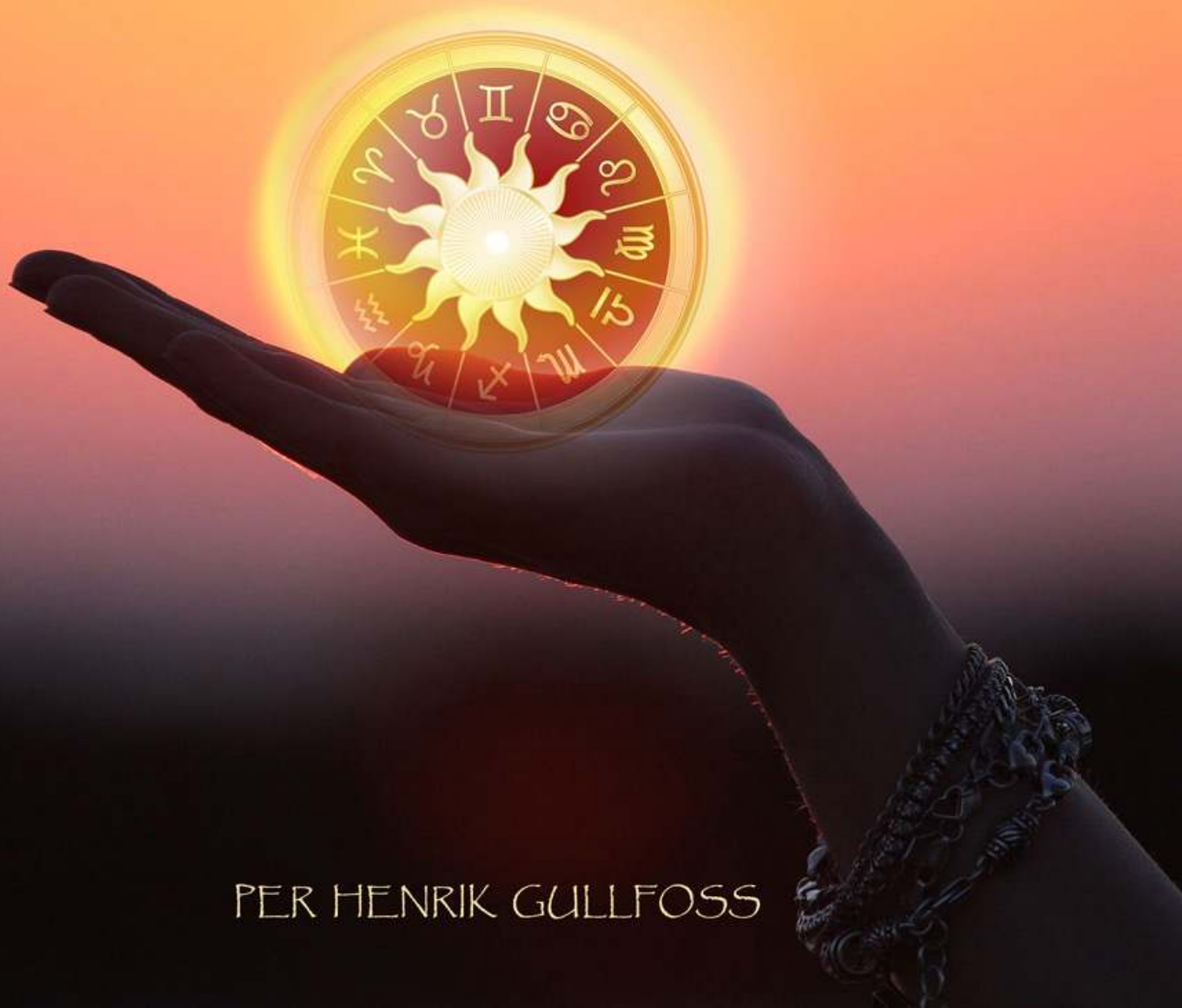
# The Astrological Secret

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Ten astrological steps for living in accordance with you soul`s intention and divine self.

This book gives you the recipe to live a life in conscious and empowered love.

## THE ASTROLOGICAL SECRET



PER HENRIK GULLFOSS

The solar system is a blueprint of our inner world. The craft that springs from this is astrology. It is said: as above so below. Another way to tell this truth is: as without so within.

In the science of astrology there is hidden a 10 step program to about how humans can gain wisdom to move from a fixated and selfish way of being into an open soul-connected higher state of being.

This program is like a ladder or a pyramid, made by the planets. We live on the fourth planet of our solar system, the earth. Our spiritual and psychological journey begins by going inwards toward our own centre/the Sun. We begin our ascent by becoming focused and centered in our own individual light. The Sun is the core and source of warmth and life in the inner as well as the outer solar system. As we become clear and shining in our individual light we follow the guidance and rays of our being and begin our journey to become a part of the galactic field of consciousness. As we go with this flow of light we learn to mingle and play with other suns/stars, instead of being wrapped up in our self importance and egotistic light.

This book is an astrological program for getting rid of dysfunctional addictions to love, control, having the only truth and being right.

As you read you will be given the means and possibility of riding your own vehicle (your body) into the promised sunrise of a new galactic state of being.

I wish you a safe and entertaining journey.

## IN THE BEGINNING

All of us begin life through growing like a seed inside our mothers, until we are pushed from the known and dark womb into a bright and unknown world. Even if the seed was planted by fathers, our bodies are created inside mothers. It is through being part of her we begin to face the wild currents of life and the planets as they resonate in her body. We are part and parcel of her organism, until we take our first breath and cut the umbilical cord.

We arrive in a state of forgetful openness. The downloading process begins at the moment of birth. It is directed by the pre-disposition of genes and cells. As we move further down the path of life we begin to download emotional programs. In many ways we are like a fine tuned and immensely powerful computer with almost limitless byte capacity. We are delivered to our “user” without any software..

When grownups talk about parenting and “raising” their children, they d talk about giving them the programming/software that the parents feel/think make them valuable and functioning individuals and members of the society. Most parents want to do this downloading in a way that makes it possible for their children to utilize the original hardware in the best possible way. But sorry to say, parents seldom listen to the frequencies of their children. They load the children with software that they find useful. Most just follow the tradition and fill the fresh ones with old programming that generations have bought into. To say it mildly, most of us are filled with crappy and virus infected programs. To live a happy life we need to get rid of a quite a lot of the software family and

society has downloaded into us. We gain greatly from finding the software run best in our system. We start our journey for the stars, by de-programming and taking away infected and useless software and then go on with re-programming the rest.

First part of life`s journey consists of being borne getting preferences and learn how to eat and express our needs. As we do this we learn to use our eyes and mind system to discern and focus the whirling mass of light that is reality on the level of vibration and energy. At one point of this process we suddenly discover that we are vulnerable and separate human individuals. And with this experience we take our first stumbling steps on the surface of our inner sun.

Astrologically this journey begins with mother and birth, which correlates to the Moon in our horoscope. The first planet we meet on our way inwards is Venus, and here the programming of taste, lust joy and pleasure do begin. The next planet is Mercury and we begin the loading of programs around how to thinking and expressing ourselves through sounds, words and logic. And soon we connect with the Sun and our core of separate light. By now we have become a human individual with a distinct personality and individuality, and everything is perfectly o.k..... or????

If we are stuck in a personality with rigid experience of ourselves, we are held by fear, guilt and shame, which is called the ego. If we want to realize our true individuality and soul essence we have to begin with de-programming the stuff that was put into our personality through childhood and adolescence.

With ideal conditions the human personality would develop in the following sequence.

Childhood would be to receive the necessary downloads and software to function as an individual entity with a three-dimensional body in time/space reality on planet earth. We would call this the programming phase.

Puberty and adolescence would be the de-programming phase. In this period of time we would learn to take control over our own programming and remove and add programs to our personality database as we saw fit and wanted.

In the maturation and grown up stage we would expand our programs and keep our focus on how to function with maximum capacity of love and consciousness. As we developed we would be able to upgrade and change the capacity of the whole system and learn how to download programs with larger and larger bytes and expand toward endless capacity of infinite love and consciousness.

## THE PROGRAMMING

We are borne without ego! As the umbilical cord is cut and our lungs start our first inspiration, we begin on our journey towards forming a new individual personality. (Inspiration comes from the latin word spirare, which means to blow-breathe)

The first part of our earthly journey is to cover the distance from being existing in unity with the mother (The Moon) to become a separate individual.(The Sun).

Ours spirit is “delivered” from our mothers (seen through our astrological Moons) and into a a physical body (earth). The Moon, as the mother is the starting point of our earthly sojourn. From here we travel to pass Venus and Mercury as we create that individual personality and find the core of ourselves, in the inner solar system (The Sun).

### Moon

The Moon gives information around instincts and reactions that are placed deep in the hardware of our being. Astrologically the placement, sign and aspects of the Moon show our sense of security, our relationship to nourishment and instinctual reaction to the environment. In many ways the our mother’s feelings, sensations and experience of her own energy and being is the first impression/data that is programmed into us. This is not around her ideas or concepts, but about who she is as an emotional and energetic being in the time at and before our arrival at planet Earth.

The Moon gives information about basic fears, needs and sensations of being in the body. Basically it shows how our body and our being instinctually react to the environment and how we feel the impact of the world. The body remember how it was to be part of something larger than itself (the mothership) and so retains the ability to feel this connection with that which it is not physically connected any more, an ability that also is known as empathy.

This remembrance, that lives in the cells of the body, is the part of the programming that seem most difficult to change, since most of humanity is badly infected by the cosmic virus of separation anxiety and other kinds of fear and pain on the cellular level. Since this programs are put into the personality long before it has developed the ability to split the wanted from the unwanted, or to use thought to understand what is going on, it goes much deeper than just logical thought and understanding. This instinctual part of the Moon is about our first reaction and sense of that which is around, even before we are aware about an individuality experiencing these sensations.

## VENUS

The second step on this programming comes when we develop from the Moon/Earth and reach toward our inner Venus. We begin to prefer one thing from another, and becomes conscious about liking to be satisfied better than being hungry. We are aware that the taste of mother is better than the taste of the cloth that wipes our mouths. So we are attracted to the one and repulsed by the other. On this level the basic sense of lust and attraction/revulsion is formed. Venus is about that which is wanted and desired. It is about appetite and what we want to connect with and what we want to avoid. As we grow up we can translate these sensations into finer words and ideas like love, good taste and having a sense for the exquisite and beautiful in life. But at the bottom of this planet we find the first programming of our desire We see this reflected in the magnetism of Venus. The things we want we are attracted and drawn to for are magnetic for us in the same manner

that things we do not like feel repulsive and pushes us away. In this stage we are creating the programming into what we like and want and what we do not like nor want. What sounds do we find enjoyable and what noises are annoying? What sight gives pleasure and what frightens? What taste, smell and touch are good and nice and what feels uncomfortable or downright unpleasant or scary? Many think their taste and set of values are personally chosen and founded, while they often are part of an unchallenged programming written into the personality through the earliest years of formation.

The first programming of the Moon is completed 27 ½ days after birth. It is the time the Moon takes to finish a complete cycle around the zodiac. In this cycle the moon have experienced all aspects and relationship it can have to signs, houses and the planets in our birth horoscope. The same cycle takes approximately one year for Venus, Mercury and the Sun.

## MERCURY

About the same time as Venus we get our mercurial functions programmed. Mercury is about our nerve system and our ability to control the impulses that fly along the different synapses and nerve patterns in our mind and body. The brain is a lumpy prolongation of the spinal cord growing out of the top of our necks. Our thoughts and nerve patterns is about communication. In the body it is about communication from a sensation, feeling or thought created in one part of our system to another part of the system, like being a baby having a dry throat or hungry stomach and stretching after the breast by our lips or hands to satisfy our wanting. Thoughts are created by millions of small explosions in the neurological transmitters inside the brain. Our first stage of programming isn't so much about the content of thoughts, but the ways we think. If we communicate what we truly sense/feel, are we rewarded or punished? If we express our grief, pain and fear, are we overlooked, comforted or taught to stop complaining? What tone of voice is used to explain and transmit information? Part of this process is to learn to communicate needs, feelings and reactions from our inner to the outer world. A big part of later thoughts and brain activities is formed and centered around this process, To explain what goes on in our inner world (head and hearth) to the outer, And to try to understand what goes on in others inner word through their communication. This exchange of inner worlds is the major goal of communication. The thought process also begins another important process. As we want to express and communicate we have to understand what is happening inside ourselves. The first attempts of self-understanding and self - exploration is executed. The way this process is experienced in our inner world received when communicated to the outer world, form the basic patterns for self-reflection and inner exploration.

## SUN

As we move inwards we come to the centre of the galaxy. As we connect consciously with the astrological Sun we begin to experience ourselves as single and separate individuals (solar systems) in a big world (universe) filled with other solar systems and galaxies (persons and entities like families). As we are finishing the first cycle of Mercury, Venus and Earth we begin to experience separation anxiety. The first engraving of our personality is finished around the time of our first birthday. As we move on the engraving is deepened by repetition addition and expansion of the basic programs.

Our basic experience of individuality is formed in the first year. If we do not de-programming or change the matrix, this is the program we are going to run with the rest of our lives. To have a fixed personality has been seen as something reliable and good. It was

thought to be preferable to know who you were, and to be able to know your own reactions before they arrived. It has been seen as wanted for humans to get their system of ethics, morality and opinions fixed at a quite young age. Then they knew what they wanted and behaved in a way that others (parents ?) experienced as loyal, steady and reliable. This made the world stable and predictable.

As humanity are changing and moving faster through time and our personal lives, it becomes harder and harder to stay unchanged and loyal to the same ideas and concepts throughout life. Many people are going through processes that demand that they deprogram and download new material into their personality base. For those who have stayed the same, the old astrology of predicting the outcome will still work. If you are a fixed and unchanging mass, your direction through life can be calculated and predicted, since the movement of fixed and calculable items moving through space do follow the laws used in these kinds of mechanistic calculations. The story of unpredictable and unfinished personalities is totally different.

Just for clarity. If our personality is fixed, the planets outside earth's orbit around the sun, will behave in accordance with the already formed inner personality! Mars will show how the personality use its will and power to move through space and time. In the physical level, Mars is about the will and ability to activate the muscles that makes it possible for us to move. The musculature will be activated through the energy impulse from the Sun and the instinctive reactions of the Moon. The message will be sent by the already fixed personality of lust and desire (Venus) and behave in accordance with how the signals of movement is transmitted through thoughts and the neural -net (Mercury) .

The terrible twos enter the arena of at the time Mars is finishing it's first cycle around the Sun(at approximately 2 ½). Now the battle begins. Shall we follow the will of our own personality (Sun/Moon/Mercury/Venus) or do as we are told by other (our parents) personalities.

Jupiter is the individual possibility for growth and expansion in the world. As Jupiter finishes its first circle around the Sun, at the age of 12, we are ready to demand our own right to decide how, when and with whom to expand in the outer world. A period of life also called becoming a teenager

As a given program, Saturn is the limitations ("reality") of reality as perceived by our personality. As we have finish the cycle of Saturn in the end of our twenties, we have to grow up and take responsibility for ourselves in a new way. If we stay within the given programming, we just to turn the roles. We play the same game as we played as a child the first 30 years of our life, but now we play at the other side of the table. We are the parent, the grown up and the responsible, and more often than not telling the young ones to do as we ourselves were told to do at the same age.

On this level, Uranus is the personality's fixed idea about what constitutes freedom and uniqueness.

Neptune is the inner world of dreams and longings. The personality use it as a travelling scenario for daydreams and other images that it do not believe exist or can be lived in the "real" outer world.

To preprogrammed ego Pluto is the force of destiny and the ruthless law of death and birth that rules the universe. It is the fact that all things will change. To the ego this is the greatest power or the greatest helplessness. The one with the power to decide over life

and death is the one wielding power like a God. The s power connected with Pluto is about matters connected with life and death and control or lack of it. When Pluto is involved, the personality always do feel that it is a matter of life and death. Re programming Pluto is about accept of that which I can't change, and the power of fearlessness and to see death in the eyes without flinching.

Today many people are not accepting their programming. The number of people wanting to de-program and remove virus infected programs is increasing. The first step of really getting free will is through de-programming and changing the way your software interacts with the hardware on your personality computer. This process of de-programming has increased enormously since the virus removing program that is called Chiron was detected in the sky in 1972.

## DE-PROGRAMMING

### THE SUN

The Sun/individuality is always the starting point for this process. The individual is the one who want to change itself. It is a longing to become something better or just to get rid of viruses. De-programming is not about changing the whole setup, but to get a personality that functions better.

One problem with this de-programming based on the egos need for functioning better in the society is that society in many ways are out of touch with that which is conscious and loving. In some sense of the word we can say that the world is quite mad, and that an identity/personality that are well functioning and have success in a mad world more often than not is mad? One bit of information about the world makes it easy for us to understand how mad it is: The three biggest industries of the world are weapons, prostitution and drugs.

The starting point for making this world a better place is always you. The way to get to the new and better programs that can be downloaded from infinite wisdom and love, is to start with taking away the faulty and virus infected stuff that run on the computer of your personality..

### MERCURY

Mercury is the closest companion to the Sun. Accordingly the first step in changing ourselves and our perception of reality is though changing the way we think. This is about questioning our ideas, opinions, reflections, and in ability to think independently and consistently. Many techniques are invented to help us function better in the world. In the department of Mercury some of the most know are cognitive psychology and N.L. P programming. (N.L.P is short for neuro-linguistic programming). Cognitive psychology is about exchanging negative thought patterns with positive. It is to focus on the bright side of life, instead of just seeing what is wrong and non-functioning. In many ways it can be seen as a tool for getting rid of dysfunctional negative viruses that has infected our thoughts and communications. This kind of psychology isn't about getting new software into our personality and neither about changing the hardware, but it is valuable if you want to have a life that is more positive and enjoyable for the personality. N.L.P is a bit of the same even if it goes deeper into seeing that thoughts aren't just a prolongation of emotions and personality. This tool goes into the core of seeing thoughts as a product of neural explosions and shows how we, by creating new pathways and new reaction patterns inside the brain, can deprogram our old way of thinking. N.L.P is also about understanding how we create reality by thoughts and how we can change reality (at least our experience of it) by changing our thoughts. This system is based the understanding that the way we think are directly connected with the way we act (Mars) and what kind of reality and possibilities (Saturn and Jupiter) we create for ourselves in the world.

### VENUS

As we de-program our mercurial functions, we connect with a need to de-program values and preferences. With the help of our ability to deduce and reflect (Mercury) we start to connect with our inner world in a new manner. This is the first steps on the road of knowing our real longings and needs. Most people have been taught certain methods for



satisfying their needs and longings that aren't successful. One example is when we try to fulfill our need for love through being beautiful, or through satisfying the needs of others. We are often been taught that having control and money make us secure and invulnerable in the world. Sooner or later we all learn that money doesn't make us neither secure nor invulnerable (for some this understanding ripen very late in life) and that having control often is a bigger struggle than the worth. By the way: The end product of trying to control life will always be that we understand that life is an uncontrollable substance. De-programming Venus consist of stopping to love and like the things that we are trained to love and like and instead connect with our own deep individual sense of worth and worthiness. In this way we get rid of dysfunctional viruses that brings us nothing but bugs, and begin to attract and be attracted to that which is in accordance with our inner worth and satisfaction. As we begin to satisfy our real needs we feel more worthy and valuable. If we try to find worth through living up to the standards and values of others, we will always end up with experiencing our own worthlessness and lack of value. De-programming Venus is about taking away the programming that says you are only worthy if you follow the external values that are forced upon you by the morals, ethics, guilt and good intentions of others.

## THE MOON

De-programming the Moon is a challenge. This is the basic program of the computer and any change here will go deep and scare us since we do not know if the computer will work at all without this programming. Even if the individual part of our core (the Sun) do want to de-program, our instinctual part has a hard time of letting go. Since the Moon is our first programming, we do not have another program to keep the personality running, when we change this stuff. In some ways we have to stop and experience a blank moment of nothingness when the old programming is removed. The willingness to face the unknown and the abyss of not having a program running in your personality is necessary to de-program our instinctual reflexes as they are portrayed by the Moon. This part of the work can be understood as the moment when you are asked to restart your machine if the new improvements and virus control systems are going to work. If you have never done this before, you might get scared as the screen goes black and everything shuts down. There has to be a moment where the old personality is closed down, before the new one can arise. The good thing is that as you go on doing this work, you start to trust that the personality will run again. You also learn that even seemingly large changes in the programming does not really change that much.

## REPROGRAMMING

Many people start the process of change by going directly to the reprogramming sequence. This is like trying to get rid of your ego before you have got a true individuality.

First You have to become You. Then you can start to change the You that You are.

In this context reprogramming is about upgrading your identity to a whole new level. It is not about getting your ego to function as successfully and well behaved as possible in society. True reprogramming is not about getting a better running personality, but about upgrading to your souls intention with incarnating on earth.

This happen through the full integration of two basic energetic conditions: The states of LOVE and CONSCIOUSNESS. This is an upgrade that enables you to function in accordance with the two basic laws/principles that is running the program of life. The one is the law of unity and that which connects all that is with all that is. In the world of humanity this energetic condition is called LOVE. The other is awareness of your existence as an individual that can observe yourself as a part of all that is. This law is commonly called CONSCIOUSNESS in the human world. When you are conscious you are awake and aware, in contrast to the times you walk through life unaware and blind. Other names for LOVE are Ying, magnetic, female, darkness and unity. Some other names for CONSCIOUSNESS are Yang, electric, male, light and individuality.

Upgrading to this soul level of personality is to consciously choose love and to love consciously. You may think of it as being conscious that all that exists is love, or to understand that the ability to love comes from consciousness. There are many ways of n trying to make the simplest fact of the universe accessible for the human brain. Humans are very proud of their ability to think and understand complicated matters, while they do not see that this love for understanding the complex makes the simple truth difficult to see. Fortunately astrology gives us a ten step guide about how to live a life saturated and penetrated by Love and Consciousness. If you want to upgrade to this level of personality, all you have to do is to take these ten steps and follow the simple instructions that leads you step for step towards your new personality. But I will agree and admit that although these steps should be easy to understand and follow, it may be difficult to do so in the real world. The first obstacle is that re-programming means just that. You will have to RE-Program your personality. You can't stay who you are and at the same time change into something new! The larva has to wave goodbye if the butterfly is ever to be borne. The other difficulty is that doing things the easy way often is the most difficult and unavailable road for humans. We long for ling a life in abundance of love and do all kind of intricate and complicated things to fulfill this need. But all the while the answer is simple. If we do want to live a life of love, all we have to do is to love. The more we love the more we are filled by our own love, and the less the lack of love from others are our concern. But, as you probably already have experienced, to do this simple thing is almost impossible. Fortunately this book will help you to do it in a way that are just complicated enough for your brain to understand. You see, this guidebook is not about ten random steps to love and consciousness. It is about following the cosmic guidebook and ten steps that are imbued into your personality at your arrival on the third planet from the Sun.

## LOVE THYSELF

## THE SUN.

Like the sun you are running on endless access to inner energy. The solar system is a perfect outer equivalent to your inner personality. You are self contained with energy. True enough, the “engine/body” needs water and food to run smoothly, but the energy comes from within. You are a self-empowered being, like the sun in our solar system. You bring your own light and do shine in your own right. Many have learned to behave as a satellite orbiting someone else, like our parents, great heroes or powerful masters. Later in life we then easily become a satellite around our spouse, children, friends and so on.

But the world is actually organized in a way that makes all of us to the centre in our own solar system. This understanding lies at the base of loving thyself.

The other cornerstone in self-love is to understand that the universe/God/ the force do not make mistakes. It is you the universe want to experience. Yes you got it right. You are a once in a lifetime possibility for the universe to experience itself as you. It has never happened before and will never happen again. The universe has planned in billions and billions of years to create the circumstances that made you possible. And now, when you have arrived, you have the tenacity to suggest that the universe has made a mistake! That you are flawed and you were supposed to be another and better product. What kind of megalomania is that which makes you think you know better than the universe/god?

It is said that you should love thy neighbor as thyself. This is god, but if it is going to work you have to take it literally. So many people try to love their neighbors and fellow human beings, but do not really know how to love themselves. The truth is that this is a law! You will love your neighbor as yourself. And since most people doubt if they are worthy of their own love, they have a just as hard time with loving their neighbors. Most people are trained in a system that says that you are either egotistic and selfish and love yourself more than you love others or you are unselfish and serving and put others before yourself. To get into the true nature of humanity, we have to go beyond this false and superficial assumption. The truth is that our basic nature is love. If we do love ourselves, we want other people to have a good life and we naturally want the best and brightest for them. A person loving him/herself will love others, because they feel best when others around them are happy and filled with love. In fact one of the most selfish and self-centered things a human can do is to love others....and the reason? It is nothing that makes us feel better or more blissful than loving others. In fact the consequence of really loving oneself is to let ourselves be filled with the stream of love and allow this stream to pour out endlessly.

The ability to love isn't something you have to strive for or go looking under rocks to find. It is your very nature and everything you need to love is already present. Your only job is to remove the resistance of your ego and allow the essence of your true nature to flow.

The starting point for the journey towards a life in empowered love and consciousness is to love oneself unconditionally. If you make a deal with yourself and only will accept self love if you are very good, clean, nice and happy, you will always feel that you have some flaws that has to be fixed before you can really love and accept yourself.

One question that pop up is; what about my fear and shame and ugly feet, smelly thoughts and polluted feelings? How can I love those sides of myself? Well the answer is that this isn't necessary! Well, at least not at this first stage on our ten steps rocket towards love and consciousness. To love oneself is not about loving all the quirks and faults of your

personality. It is about loving to be and have a personality! You might think about yourself as a sun. Your love is the reactor of life inside, that gives you the ability to send your light into the universe. Loving is as natural to you as beaming is for a sun. And the sun do not feel guilty or insufficient if the light isn't strong enough, or if it dehydrates someone in the desert. Another way to think about yourself is to see your personality as a river. And your "job" at this stage is to love the river. The water might be dangerous, or even polluted. It may be wild torrents that no boats can sail through and there might be murky, stagnant and polluted backwater. All these different stages of a river can be seen as the different sides of a personality. The starting point for having a beautiful journey along the river of life, is to love the river and the feel of the water flowing. Your unconditional love is about unconditionally loving to be the river that you are, not to love unconditionally any crook and cranny of the river, or everything that happens with everything that gets in touch with the water.

Many of us has learned that we should be a different river than that which we are, if we are to deserve love and to be considered good human beings. As children we learn to believe what we are told, and that often makes us believe that we are not worthy of our own love, unless we are better and different than that which we really are. A huge difficulty raises its ugly head. The fundament for loving others is to love ourselves! As long as we have to be something else, before we can love ourselves, we are rendered powerless as far as loving others. If taught to not love ourselves as we are, it becomes impossible to love others as they are. I mean; why should they be allowed to be loved when they are "bad", when we have to be "good"? Whole religions are created on the notion that you as a human are wrong and sinful, and that you need to be different if you are going to deserve to be loved. But alas... as long as you are not good enough, it is impossible to love oneself..... and.....the prerequisite for being and giving love unconditionally is to love oneself. To find a way out of this dilemma is like being a dog chasing its own tail. The only way out is to cut the Gordic knot and quit the chase after being good enough. You just have to love yourself as you are! Unconditionally!!

As you start to love yourself, you also begin to accept that your love is special and different. You shine as the sun that YOU are, and flow as the river YOU are. To try to bend your beams after the darkness of others or get your water to flow uphill, where others stand with their empty buckets is not only futile, it is devastating and self destructive.

You have to love yourself as most mothers would love a newborn. This infant does not have to live up to any expectations to be loved. It just has to live! So you already and always possess the prime quality that is needed to be loved. You are!

Others can help you, and you can help others, to understand that they are lovable and worthy of love. But the love of another can never be an adequate replacement for self-love. If we aren't be loved unconditionally as children, we have to give ourselves this gift as grownups. It might seem childish, insane and impossible thing to do, but it is highly recommended to try. It works! If you could see yourself as the beautiful, glorious and loving being that the universe knows you are, you also would know that you deserve this endless and unconditional love. In truth: Love begins at home, and home is the sign, house and aspects of your astrological Sun. This is who you soul has arrived at earth to experience and explore being.

## LOVE YOUR THOUGHTS AND WORDS

## MERCURY

The second step on the pyramid is to love your consciousness, and that means loving your thoughts and words. If you wonder if you got it right, you might have. There was nothing here about thinking just good and loving thoughts, or saying just nice and supportive stuff. What was written is to be taken literally. This step is about loving your thoughts and words, even if you use foul language and have unspeakable thoughts.

Listen to your own thoughts and words. If you just spit them out and forget to listen, you miss one of the most important experiences of a human being. We have to be seen to really feel that we exist, and we have to be heard to really feel received. And how can you expect to be heard and received if you do not listen to yourself? The first step is to listen to your own thoughts and words through reflection and mindfulness.

As you listen to the flow of thoughts your first job is not to evaluate or judge them. It is to be aware of the fact that every single word and thought spring from your longing to live in consciousness and love. To think is to stretch the mind towards the essence of consciousness. To speak is to manifest the inner mind in the outer word. To see how this can be done begins with understanding that Mercury's placement in your horoscope is perfect for this task.

As you accept that the deep urge behind all thoughts and words you start to see how all of them help you to find the road towards more consciousness and love. It is simple. Your thoughts and words give information about how you feel and think and react to any situation or idea. Through listening to what is going on inside and that which comes out of your mouth, you learn about who you really are. It is said that truth comes from the mouth of babes and drunkards. But if you listen to the real content all words and thoughts tell the truths. If you say something, it comes from the truth that you are the person who just wanted to say these words. If you have a thought, the truth is that you are the person having this thought. As you really begin to appreciate the fact that you are a conscious being able to have those tremendous things called thoughts, and even are born with the ability to put them into language, you begin to see what a gift they are. As you see that all of it springs from the source of love, and that they are guides giving greater self-reflection and consciousness, you begin to see that there can be nothing than love at the bottom of your thought. Why should you feel bad about or dislike your own thoughts and words, when they are nothing but the expression of love?

Many try to solve the challenges of the mercurial realm by saying only nice and beautiful words, and even judge themselves when they have thoughts they deem bad and unworthy. This idea stems from the belief that you can love your thoughts and words without loving yourselves. This will not work! You have to begin with loving yourself. It does not work at ALL the other way around. To say and think loving words in the hope that you might begin to believe in your lies and see yourself as a worthy and lovable person. No my dear.... first things first, and to love your thoughts and words is second. If you believe words come first you are a liar and say things that you know are not in accordance with your inner truth. By the way the only lying that exists is to utter words that are not consistent with your inner truth.

If you climb this step, you begin to listen to your own words and thoughts. When they are in conflict you learn a truth about yourself. That you are a liar! Maybe you lie in the name of love? Then learn to love yourself for uttering these lies! As you do you will connect with

your true feelings and find other and better roads to a life where your words and thoughts are in accordance with your love for yourself.

As you learn to love the river that you are, it is not so difficult to love the sounds, roar or clucking voice of this river. If you want to change something into love and consciousness the tools you use has to be love and consciousness. Stupidity, judgment, fear and mindlessness do never lead to the joyful temple of love and consciousness. And that goes just as much for judging yourself as for judging others.

Understanding that all your thoughts and words rise from a longing to express and develop your consciousness and personality, gives the best opportunity for change. As you reflect you learn to see how words and thoughts create reality. Not just inside your head, but in the outside world. The spoken and written words are tremendous powerful tools and instruments for manifesting your creative ability in the world.

You might understand that the source of love exceeds any personal capability to love. It is a pool or source that is bottomless. All we have to do to stay in love is dipping into this pool. The same goes for consciousness and wisdom. There is a state of being that is independent from the individual consciousness. The psychologist C.G. Jung had a walkabout around this pool when he found the concept of a collective consciousness. In many ways this consciousness has manifested in the outer world as internet, which is like a pool of human consciousness we all can dip into. The source of consciousness is not a specific thought, like love is not a specific feeling. It is the existence of the space that makes it possible for thoughts to be born and to flow in an eternal stream of consciousness.

Thoughts might be the most important instrument we have for creation. As said in creation myths: In the beginning was nothing, and then came the word/thought, and the word/thought said.... be something, and suddenly there was life.

In spiritual traditions we often meet aggression towards thoughts and the endless ranting of the mind. To believe that you can uproot mindfucking through prohibiting fucking is not so smart. It is like puritans that believe they can stop fornication with prohibiting sex. As anyone that has been around trees, bees, orangutans and humans know; it does not work!! So what to do? A good start is to love trees, orangutans, humans, bees and your own mindfucking.

If no-mind is a wanted state for you, you will arrive at your goal through expanding love and consciousness. Not through killing your ability to use that marvelous instrument your brain and mind has developed to become. The French philosopher Descartes once tried to prove the existence of humanity by the logical statement: I think therefore I am (cogito ergo sum). A development of this statement that is closer to a spiritual understanding would be.

“I am therefore I do think. “

Speaking and thinking is, if used with awareness, an expression of our godlike creative ability. Thoughts enable us to choose and weigh possibilities against each other. To choose has often been seen as a tiresome human task. Many have sought for a spiritual source/ God that is beyond choice and know everything in advance before it has occurred. I do not believe that such a dull god might have created such an wild and exciting universe as this one. In fact I do think that we humans are a part of this creating force exercising and developing the ability to be conscious and to experience and express this consciousness in

thoughts and words. To be godlike is to be eternally choosing between an abundance of possibilities.

An exercise for becoming friends with all your thoughts, and taking them in for a stroll in the playground of Gaia, is to follow them wherever they want to go, while you are aware and awake. If you think that you hate the being sitting beside you on the train or detest an “ugly” creature you once loved, take a closer look at what these thoughts tell you? As you learn about what you hate, you will learn about what you love. As you know what you love, you have the possibility for creating more of that in your life! Detesting something teaches you about what you like and enjoy. Then you can move towards that instead of lingering in the company of that which makes you disgusted. If you are disgusted by your own wanting and thoughts love that message. The reason for not liking yourself because of difficult thoughts stems from you condemning yourself for having them. Another reason is that they do not seem to lead to where you really want to go, but hold hand with your disgust and follow yourself to where it comes from. Then you will see that it leads you to a place of greater love and consciousness. Even thoughts of fear and shame tells you a truth about who you are, and gives you greater ability for knowing yourself and then taking more and a more conscious and loving choices.

Some swear to merciless telling of the truth. No chit -chat or lies or sweet talk from this one! People like that have a tendency to forget that what they call truth just is another point of view. They forget that words create emotional realities. If you create something that is out of synch with your inner reality, the “truth” of what you have said are lies. To understand this you have to reflect around the workings of words. If you want to create fear, by thoughts (in yourself) or by words (in others), you have succeeded if you create fear. But if what you long for is not fear but more love and consciousness, you start with finding words and thoughts that lead in that direction.

In spirituality silence has often been preferred to words and thoughts. Silence can be an efficient tool for reflection and for finding that source of consciousness inside. It is said that talk is silver and silence is gold. That is quite amusing since in alchemy the union of silver (/yin/female/ the Moon) and gold (yang/male The Sun) is what create the holy union of hieros gamos (Tao/unity/love). It should be self-evident that the solution is neither to live in silence nor to go on as a blabbermouth. The combination of mindful usage of words and thoughts and mindful reflection, is what creates a richer and richer awareness. It is the melding of speech and silence that create pure consciousness.

One of the biggest challenges with thoughts and words is that we are so accustomed to lying that we think it is truth. The condition for being honest toward others is that you are honest towards yourself. If that is not the case you will often be very angry when others accuse you for lying.

This Anger almost always comes from a sore spot. If you are really secure in your own knowing that you only tell the truth and nothing but the truth, it is more amusing than aggravating if others claim that you are lying .

Just repeating myself: The most important thing for growing in love and consciousness at is not to begin to think good thoughts or say nice words, but to begin to love the thoughts and words that you have! Even find love in your heart for moments when you feel lack of words and stupidly stand there with your jaw hanging like a yawning camel.

Always move towards the best and most conscious and loving thought you are able to find in the moment. Hold on to that and express it if you can. Another advice is to reflect rather than pouring out your immediate reaction. As you learn to love your thoughts and words they will not be sounds that fill the emptiness. As you start to love the silence, and value your own thoughts and words at the same time, something strange begins to happen. You begin to validate the thoughts and words of others. It is quite self-evident when you reflect around it. People that do not value and respect thoughts and words that are different from their own do not respect and validate their own thoughts and words. They are so insecure that they have to convince others that they are right, if they are going to believe it themselves. As you begin to “live” at this level you start to love the courage and reflections behind the thoughts and words of others. You do not love them for being identical to your opinions. You love that they have the guts to love their own thoughts and words, as you yourself have. At this level of consciousness you really understand and see the value of the right to think and say what is on your mind. This lies behind the concept of being totally in disagreement with someone else, but willing to die for their rights to express their opinion.

Thoughts and words are marvelous tools for creating love and consciousness. Use them with love and wisdom. This will not happen by denying the gift but through loving it. Sometimes I am in loss of words to express what a blessing I find it to have all these thoughts and even be able to express them to others like you, who read these words. As we allow the flow of consciousness to stream forth with love, our words begin to fill with grace. Not because we are better human beings than others, but just because we have started to love our thoughts. The attitude you have when you create your dinner is imprinted on the food. The attitude which you hold to your thoughts is imprinted in the words that flow out of your mouth. Language and mind is tools for finding ways and methods for experiencing and creating more and more conscious love. Astrologically you will find the best way for utilizing this gift through using your mercurial qualities in accordance with the sign, house and aspects of Mercury in your natal horoscope.



## LOVE YOUR LUST

## VENUS

The more you can love without demanding satisfaction, the more satisfied you will become!

The more a human dare to love others without needing the love to be returned, the more people will love this being. To desire and want, without having to satisfy your wanting is an immense gift. In the moment you know how to do this, you can let go of all fear of dark and dangerous desires. To have them and see them as something that moves you from deep within and tells you about different ways that love moves. As long as you are free from the addiction of having to satisfy your desire, there is no danger in the lust. One example: If you allow yourself to feel sexual attraction only when you know it will be satisfied, there would either be little attraction or a lot of rape going on. If you feel the deep joy in experiencing sexual arousal and attraction, but can enjoy the sense of it instead of being deeply frustrated and unhappy if it does not manifest in the sexual act, you have a great gift at your hands. To master this plateau of the pyramid is to see that the deepest joy is in feeling the joy, not in the satisfaction of fulfillment of an object.

Lust and ability to enjoy are immensely valuable gifts. There are few sadder conditions than being bereaved of lust and joy. A human word for this is depression. There is another and brighter universe on the other side of this inner black hole, but the only way to get there is to rekindle our lust and joy in life. Religion has a tendency to be a rather painful and joykilling thing. Spiritual seekers often try to get into heaven or nirvana through erasing lust and sensuality. They frequently end up with erasing the joy of roaming the earth. This is bereft of all logic. If someone (like a god) creates a word which is based on lust and joy just to harass those coming there, and even do it to teach them that the true way to pleasure is through having no pleasure, that being has to be pretty whacked. If that is the logic of the universe it gives us a good reason for becoming scientific atheists. But since all in us long for meaning and value, and even common sense tell us that we are more than dysfunctional machinery, true spirituality is a beacon of joy in our heart and souls.

The third step on the road to living in conscious love is the fine art of loving our lust and attractions.

Endless beauty, grace and joy flow through our being when we allow ourselves to love with the full passion of our nature. The reason that people who enjoy life are so popular is that joy and the ability to live with enthusiasm and zest are contagious.

Many of us are trained from childhood to look at lust and wanting as something egoistic. Especially in the spiritual morality, lust and wanting is seen as something detrimental to spiritual growth. It might even be seen as something sinful and negative. One of the reasons is that lust often leads to striving, fighting and sadness due to lack of satisfaction. At the same time it is self evident that if we want to find a road to conscious love, we have to be conscious and open towards the ways love and lust flow through us. To do this we have to be able to reflect on our own thoughts (step two) with love, and be loving and non judgmental towards ourselves (step one). When this fundament is established we easily understand that it isn't our lust and passions that creates the pain, but our blocked way of relating to lust and passion. Pain can be a thirst never satisfied however much we drink, or the deep hunger of never getting that which we want.

More often than not we are raised in a society regulated by the game punishment and rewards. We are told to do a lot of the stuff we do not want to do, if we are going to get what we want. In childhood we are often told that we have to go one of two possible roads to get our needs satisfied. The first begins with hardship and suffering. When we have suffered the necessary/appointed amount of time, we get the reward. The other is to go directly for the reward, but then we are trained to think that we have to pay the price later. This system where love and all the good stuff come with guilt, payment and other displeasing attributes makes us very divided in our lust. On the one hand we want it, but on the other we do not want to pay the price.

We might feel that here on earth we have to pay for every moment of joy with an equal moment of sorrow and pain. At least we have to be humble and don't expect everything to be good and going our way. Sayings like; there is nothing like a free ride" comes from the belief that we have to PAY for our joy. Not so hard then, to understand why paying for joy and having your lust satisfied has become such an industry. With our lack of love and lust, we make it a dirty business.

Socrates once wrote about how spoiled and ungrateful the youth were. Sometimes the world changes slower than we like to think. It is understandable that we walk the gray and painful road denying our lust and cravings if we so believe that we have to pay for it with pain and suffering.

But wait a minute. Venus and desire isn't about suffering! How could we forget that? Venus and is about love, evaluation and the joy of sharing. That's a different cake and it is immensely important and valuable to realize that having lust and wanting is the greatest pleasure. When we really understand that the lust and joy of eating ice-cream last longer than any ice cream, we get the point. At that moment, we reprogram our venusian nature and begin to love our own lust without reservations. We understand that the ability to maximize pleasure and joy as much possible isn't following an illusion or dream. Quite contrary!, It is the most sensible and sane approach we can have.

Make it easy! The most beautiful with loving is to be filled with it. What makes us so fond of falling in love is the feeling it gives in our heart and soul. It doesn't really matter whom or what we love, the richest is that we love. If we found a way to be always filled with this stream of pure falling in love joy, most of us would choose that. But by training, stupidity or some kind of misguided free will most of us choose suffering and denial of lust instead of just enjoying it. It is both possible and quite easy to live in the eternal state of love, at least in theory. The only thing you need is to relentlessly love and enjoy your own desires and lust. But it is very valuable to remember that there is a huge gap between loving your own lust and loving just the satisfaction of it?

Desire is a magnetic force that draws us towards that which we desire. There is a "backside" to this magnetism. Attraction on one side, fear and repulsion on the other and often the tables are turned. When we aren't loving our own lust we are easily magnetically attracted to that which we fear and repelled by that which we want. When our fear of not getting it is bigger than our lust, we will attract that which we give the greatest amount of magnetic energy.

Back to basic! If we do not love ourselves, we can't love our desire and lust. We have to begin with loving ourselves. Then we go on with loving all ideas containing information about that which we desire. We have to rehearse using the words that support our love and desires. In many ways lust is the major power in the universe. It is this spiritual and godlike force that creates universes. Look around and you see that everything from trees to flowers, bees and humans are filled with desire and lust for life and expression. Desire

is the major guiding device for getting us to the place we want to be. But remember, the guide isn't the object of our desire. Fulfill our desire isn't the trick. To fulfill ourselves through allowing it to guide us to our true inner state of love is. When we see desire as a lustrous pearl that we neither have to possess nor deny the existence of, we can begin to enjoy it.

To live on this level we have to understand that the driving force behind all lust and desire is love. Love is always beautiful, especially when it is not an addiction. It allows us to feel and satisfy the craving for chocolate, and then move onto something that we crave even more, like being healthy or thin. We can go even deeper and see that the longing for the sweetness of chocolate stems from our longing for the sweetness of pure love and enjoyment of life.

Then we start to see that the price we have to pay for the enjoyment of satisfying our loving nature, is to experience more joy and satisfaction.

It is possible to enjoy the fruits of life without getting indolent or lethargic. You can love without being let down, disappointed, hurt and bitter. The more you live in accordance with your deepest desire, the more of it you will get and the more beautiful life will be. There are big payoffs when you learn to love your desire and allow yourself to be attracted by that which you love. One of the benefits is that you will spend a lot more time together with that/those you really love. Another is that you will feel differently in regard to the wishes and desires of others. Their desires and ability to love becomes a blessing and enrichment for you and your life, even when you are nowhere to be found in their equations of love.

But be aware! This is not a level on the pyramid where it is smart or even possible to settle down and build a home if you want to avoid addiction. As soon as you have learned to love your desire, the time has come for the next step. Then you will learn to get a true grip on the noble art of loving, not only yourself and your desire, but all humans, reactions and experiences your magnetic desires lead you to.

## LOVE THAT WHICH IS

## THE MOON

As we move farther into this love business we begin to discover the truth. In a strange sense we ARE our surrounding. Not necessarily in the sense that we are one, but in the sense that my reaction on others happens inside me!. The logical conclusion will always be that is that it is ME that I have to change if I want to change my reaction to other persons or circumstances.

The fourth level on the pyramid is to love your reaction to others. Yes, you got it right! If you want to learn how to love consciously and constantly (included the most sadistic dictator and ugly aunt Ramona) this is the only navigable road.

Just to repeat. If you want to love those that you meet, it is not about loving them out there, It is about loving them inside our heart, and then we have to love our own reaction to them! Obviously if we hate our reaction to them, we will hate them, since they create the bad feeling in us just by being present.

We often talk about loving OTHERS, but you will always be the ONE loving them. Your love can embrace others, but it is this feeling of love (as you have it inside you) that create your loving action.

We can develop an ability to love that which we dislike, since it clearly points us in the direction of that which we really love. But you have to be aware and conscious to see that stuff which we do not like might show us new ways of loving and even teach us to love things that we once despised.

We could call this chapter with the astrological Moon the art of learning to love to love.

The Moon is concerned with empathy and the ability to be a part of a loving field. It has to do with co- creating. As long as you stay in your own separate world, you lose the ability to experience togetherness through love. But be aware, many people are so emphatic and sensitive that they lose their own worth and self-love in the game of empathy. A supposition for loving others is to love yourself. Many are those who have tried to lovingly carry the burden of others, until they fall deep and hard into the pit of self loathing when they can't do it anymore. It is one of the great cosmic laws that you only can give that which you have. When you have love for yourself, your thoughts and desires, you can love others. You do not even have to condemn them for having the wrong personality thoughts or desires, nor for not being able to carry the load themselves.

To love them is not to love them for all their badness, or despite all their badness. It is to love them by the simple reason that it is your basic nature to love. And if you are so much of an egotist that you really want to fill your life and heart with love, the way to do it is to be this loving being. As you love others, not just yourself, your cup of love begin to overflow and grow into unimagined sizes.

To do this, the easiest, and probably only way, is to love your own reaction to others and the outer circumstances. I do not mean to always be lovingly in your response, but to love your own reaction, however angry, sad, disappointed or ugly this reaction is. Why??? your reaction always tell you something about that which you love. If you dislike somebody, it comes from the fact that they make you feel something you do not like to feel. It might be shame, disgust, boredom or one among thousands others unpleasant feelings. The strange thing is thou, that the same thing that some persons find disgusting and vile, others will

enjoy and find attractive. The decisive factor around loving others is not them, but your own taste and reaction! If you love your reaction, you will begin to love them all. It can't be easier, or more difficult, than this. If we delve deep enough, the greatest scumbags we meet on our life journeys, are the ones that test our love deepest and gives us the most challenging lessons. Maybe we should love them just for that. To love them do not mean that we love all their nasty habits and ugly little egomaniac psycho-pathetic behavior. Many have tried to love all the nasty stuff and met their limit in one place or another. It is neither possible nor recommendable to love all the shit, even for a spiritually enlightened person. On the other hand it is possible to love the essence and core of love and joy that exist in every being and atom of the universe. And to see that the reason this one has arrived in your life, is because he/she have a specific gift of love to offer you! It is with love as with the rest of the stuff. If you shall find the way out of the labyrinth, you have to begin with the right end of the thread. One of the reasons for condemning and judging others is that it makes US feel better. We condemn, hate and distest others because it seemingly makes us love ourselves more. Well, if we loved ourselves in the beginning, we didn't have to feel better than others to be lovable enough. And to change that, we have to begin with consciously loving our own reaction to others, even when we feel they are beneath us. As we begin to do this the right way it becomes very funny to experience ourselves playing the game where we try to use the stupid back door of seeing the faults with others, into loving ourselves, instead of going through the main gate to our own heart.

In fact, those that bothers us the most, are the ones that learn us about our strongest and deepest feelings. And that is the same place where we can find our deepest love. Much too often spiritual practice has tried to find love by renouncing all the personal love, while the true way is the opposite. Our individual feelings is there as the most beautiful and colorful flowers that are strewn along the way of love.

Few people are quarreling more, or behave more ruthless towards each other than some couples that have been together for some years. They trust each other with their true face, and work hard with learning each other about love. But they have begun to wind up the thread from the wrong end. Both want to tell the other about true love, instead of just loving themselves. These relationships are not based on self love, but on each person relying on the love of the other. Instead of both being filled with love, both are needy and want to get their cup filled from the heart of the other. Of course there is too little vine floating, when both want to have and none are in the relationships because of the overflow in their heart.

To work with reprogramming the astrological moon is an important and crucial step in your spiritual development. Since the formation of your individual personality began with the Moon, this reprogramming gives you the possibility to decide freely how you want to use your personality. That, my friend, mean letting go of the fear and resistance that has formed your ego and instead begin to enjoy the individual identity as a focused pointing of the soul into this world of matter manifested in time and space.

In some ways this stage is like the butterfly crawling out of the shell that formed around the larva as it started the change. The larva may think that the shell has been a nice place to hide and now is the time to be free. Well,,, yes and no. The time to live in accordance with the soul's intention has arrived. But it is not the larva that comes out of the cocoon of the ego. It is the butterfly. The last stage in this process of transforming to the butterfly that you really are happens when you love your own reaction to whatever goes on in the world. As you begin to stretch the wings, there is a lot to experience in the

life as a butterfly. Flying with the wings of power is one, learning to navigate in the great world that was closed for the larva is another. But rest assured, you will be shown how to do this on the next steps of the pyramid. This flight of the butterfly can begin when you have thoroughly understood that you can't love the outer if you do not love the inner. You have taken the three first steps on this journey by loving yourself, loving your thoughts and loving your desires. As your butterfly emerges from the cocoon you see that love is a truth going both ways. You can't help loving the outer (others/the world) when you really love the inner (yourself). And you can't help loving yourself when you really love those around.

Now we see that others are keeper of the mirror of love. We see that what they show always is a reflection of ourselves. The way we relate to this mirror image, really tells about how we relate to ourselves, as mirrors has the habit of doing. This is not a spiritual metaphor, but a practical occurrence. This way to see the world is sometimes unpleasant, since that which appears in the mirror might be a bit unpleasant and disturbing at times. But to understand that we are looking in the magic mirror, give us the power to change our lives. Not through throwing rocks at the mirror image and asking it to behave in a different way, but through changing the person you see in the mirror, which is yourselves. When you go into the depth of this material you realize that you are never a victim, but always meet that which you, on one level of your being, has wanted to experience.

The field (family) we are borne into creates the basic patterns for our personality and emotions. A lot of this is shown by the house, aspects and sign of the astrological moon. One of the great challenges we face as individual beings, is to travel the line between unity and separation. If unity has been too dominating in our upbringing we might have forget ourselves and our needs to be a valuable participant in the family/community. If separation has been the dominant theme, we have a tendency to believe that all individuals are mostly thinking on themselves and their own needs, and that is what I have to do if I want to survive and thrive.

To stand steadfast on this level of the pyramid, you need to have an experience of unity and separation as two sides of the single "coin" of love. As this happens we will not fear separation, since we know in our soul that we are always a part of the bigger unity. Neither do we fear merging and unity, since we have no fear of our individuality being annihilated if we surrender to unity.

At this stage we can begin to freely offer our love as a gift to the unity, instead of needing the unity/community to validate that we are worth loving.

## LOVE YOUR POWER

## MARS

Power is a dubious word. Mostly it is related to being powerful and having a big ego. The other alternative seems to be powerless and without influence in one's own life and the world at large. So as power is striven for it is also looked upon as something that is often and easily misused. There might be a simple answer to this dilemma around using power.

As long as power exist in relationship to others amount of power, there is trouble. If your power comes from having more power than those around you are in deep shit. In most parts of the world the struggle for power is a daily occurrence. People gain power in the world through having influence or money, or they can be more powerful than others through sheer strength, will or power of emotions and words.

Many nice people , especially spiritual ones, feel that power is a doubtful thing and try to avoid having too much of it. As a result of this tactics, they often become powerless. To some spiritual humans power consists of staying apart and not being touched by or involved in all the schemes and games of the world. To use the power to avoiding having power is a very interesting situation of negation and nilling out both the atrocities and the blessings of power. Obviously the only way you can have a good time with power goes through loving the power you have, but isn't loving power a doubtful and dictatorial thing to do?

Since the only alternative to having power is being powerless, it is a good thing to have power. But as long as there is competition and a fight for power and being the strongest and getting your will, the love of power becomes a bit doubtful and flossy in the edges.

In the process of growing into conscious loving beings, we have to pass this stage and wield the sword of the old warrior god. The planet and psychology of the god Mars is the first stage on our journey toward the outer rim of our solar system. Power is something we create and choose to use with our will. Will is not what we are. It is the force we use to express and move that which we are.

The soul is said to be reflected in the eyes, and our true nature is, by poetic sayings, hidden in the heart. Few are those poets or spiritual people who claim that our personality and being is to be found in the muscles, which is the part of the human body closest connected to the old warrior god Mars. It is our musculature that makes it possible for us to move and use will to put into motion that which we wish. Before the industrial revolution and invention of machines, power was often equaled by physical strength.

To love our power we have to love the ability to move and make things happen with the help of mobilizing our muscles. Just to speak we have to mobilize thousands of muscles to be able to make coherent and flowing sounds that come out as intelligent words and language.

To love our power, we have to love the source the power flows from. We have to love ourselves.(The Sun.)

Power and actions often rise from thoughts, and become expressed through words. To love our power we need to love our thoughts and words. (Mercury)

Maybe the strongest motivating force for action is desire. It can be desire for money, sex, joy, power, chocolate or anything at all. It is self evident that we have to love our desire if we are going to love our power. If we do not possess the power to act on our desire we

tumble down the ladder of love and end up sitting on our sore ass at the first floor instead of flowing on desire all the way up to the power of love. (Venus)

More often than not people are driven by their reactions to the actions, feelings and desires of others. To love your o will you have to be at home and in deep love with your reactions to others and the play as it unfold. (The Moon)

Remember, a prerequisite for loving the power of others is to love your own. If you do not love the power of others, you will be fighting their power and feel it as intrusive or in others ways not to your satisfaction. Only a person that loves his/hers own power can truly appreciate and love the power of another.

The use of force without love is a well known phenomena. Some people that love power love to use it for crushing and debasing others. Since love is the strongest force of all most people love the sensation they get from using power. It makes them feel strong and invulnerable or even carefree and above all kinds of law and regulations. This kind of misuse of love comes from a point of hating oneself and then projecting this hate onto the object of your mistreatment. This road always end up in the black hole of not loving yourself, your desires, your thoughts or your reaction to others.

At this level of the pyramid of love and consciousness we are connecting with a quiet advanced level of reprogramming your identity.

Here you begin the process of reprogramming with understanding that it is of no avail to use your power against that which is wrong. You learn that the only true power that don` t backfire is the power used to advance that which is pure, good and beautiful. It is a great difference on fighting a war for truth and love of peace and freedom, or fighting a war against some damned Nazi`s, terrorists or neighbors.

To try to be stronger or more powerful than others also goes down the drain in the long run. The old programming has to be deleted as the virus infection it is. You can no more start from an assumption you or anybody lacking power. The reprogramming starts with the assumption that you are powerful and that you love this power. Then you program yourself into loving to empower others.

Since the beginning of times, or at least human civilization, philosophers, theologians and normal people have tried to understand the interplay between power and love. When God was seen as a strict father mankind believed that use of force and punishment was a necessary tool for active love. The image of the loving father who punishes the children and at the same time says that this hurts him more than it hurts the children has saturated our society for a long time. Today there are few (fortunately) who think a father who tells his children that they should use their free will, but threatens with eternal damnation if they don` t do as he will, is seen as a loving and considerate father. Today we have understood that it is high time to make a call to the spiritual child care. Still, we live in a world where most people misusing power does so in the name of love. It can be love of moral, love of their country, love of law and order, or just loving the necessity of doing evil things to avoid even more evil things. Almost all kind of war, terrorism and personal misuse of power is based on the notion that the person using the power believes he/she does the right thing. It becomes understandable that a lot of nice and loving people chose to feel helpless and without power.

It is of vital importance to know that you have to have energy and power if you want to enjoy life and be able to act on the love you feel!



The power of individual human beings is a wonderful gift. To meet people with the force and courage to create and unfold their love is empowering and beautiful. These humans are guides and ideals that give us an idea about the strength and possibilities that lies within the power of love.

If we think that the force belongs to the victorious the space on the throne of power becomes very limited. Sometimes it feels like standing on a summit with room for just one person. Some people shun nothing to sit at this throne, maybe because being powerless is painful and often dull. But, as it is idealistically said about sport, the most important is to participate with your full strength and heart, not to win, In fact, if you see life as a game with winners and losers, we are ALL losers, since we all lose our life and die in the end.

We have seen that achieving a life lived in conscious love is like climbing a pyramid, where you build step by step as you climb. Here, at the fifth level you really need to have a good foundation in your loving personality. If the fundament is not in working/loving order you are going to misuse power.

It is quite self-evident. A loving and truly conscious personality can use power without going wrong, while an unloving or unconscious person will misuse the power even with the best intentions.

There is no way around being powerless if we do not want to misuse power. By the way, being a human being is to be VERY powerful. If our actions are going to spring from the fountain of love we need to love ourselves and even our instinctive reactions. We have to be that fountain! Every action is an expression of whom we are. The stronger we are connected with the love in our centre, the more impossible it will be to do anything that do not spring from this source.

A “side-effect” of loving our own power is to begin loving the power of others. As long as we exist in a darwinistic competition with others and life, the power of others is a bit scary and dangerous, since they might use it to overpower us. If we come from the fountain of love, the power of others makes our joined power of love stronger. You do not fear defeat and when power is nothing to be feared, but a quality of beauty and possibilities; you can love the power of others. Even when they use it in doubtful ways you can still see the beauty of their power, and know that it in no way diminish your own! As we truly understand that others, like ourselves, use their power to satisfy their desires that are based on love, we feel great admiration for the power of love- and for their love of power. As we see how valuable we ourselves are, we find great joy in helping others to see how desirable and valuable they are. In a very simple way this is how we begin to understand the true value and joy that comes from using our power to empower others. The true nature of Mars in the horoscope is a tale about our possibility to empower ourselves and others, not just a story about where there is a will there is a way.

There is great difference on not loving others when they do something we deem wrong, and loving ourselves for the courage to do what is right. In the first case our ability to act with love is dominated by our view of other people. In the other case we are totally in control over our love force and action. When we are empowered nobody e can diminish our power or make us do something we do not want. The big question is: Since so many have believed that they used power with love, when they really were mostly influenced by fear, greed or lack, how can you trust your own judgment when using power?

There are at least two answers. The first is to be sure that you love yourself, your own thoughts and words, your own desires and your own reactions to others. When you

consciously love yourself, you can trust your power to be a force for love in the outer world.

This understanding can also be experienced as insight. If you have insight when using power, you can trust yourself, instead of being caught by the opinion and feelings of others. Having true insight is just what it says: To be able to see inside. To be able to observe your own reaction and to know that as long as you react from fear or a sense of lack, your power will be guided by your fear and your lack, not by love. Those who loves themselves enough to have insight without fear of what they see, becomes able to handle power in the outer world.

As this grows stronger and stronger, our trust in ourselves becomes more and more powerful. And we learn to trust absolutely that our actions create more love when they stem from the fountain of love. As this goes on we even learn to love deeply the act of others that is without love, since the misuse of power is the most powerful way to wake our longing for becoming at one with the power of love. We see that love and empathy is not there to diminish and take away our feeling of joy and power. It gives the gift of seeing the true nature and loving capability of others, even if it shines through as the horror of not so nice actions. When we truly love those who do not love nor behaves kind and nicely, we becomes capable of fully using our own power in accordance with the nature of love.

Another marvelous effect of standing on this level of the pyramid is that it gives the courage to act on our true love. When we do this we always move closer to that which we really love and want to experience in our lives.

The sign and house of Mars do show in which way frequency and area of live you have chosen to experience and widen your ability to love your power and empower your love.

## LOVE THE OPPORTUNITIES

## JUPITER

Life is a journey where we endlessly are reminded that we will become something even greater and more beautiful than that which we are today. One way of saying this is that we are eternally unfulfilled. Another is that we are eternally moving into an open and unknown future.

If we fear our own power or do not love ourselves, we may become so scared that we fear the future and become afraid of losing the little love we cling to.

If all is well with the first five steps, everything will work out beautifully on this level. The nice thing is that as we expand into a greater and more including future, our capability to love and be conscious is extended. But even if we are ready for taking the ride to the future, we always have to expand the base of the pyramid, as this sixth level is always growing. As we stretch we will have to expand our experience of ourselves into dimensions and ways of loving that until now has been unreachable for us. It is just as natural as your soul mature to expand from love for the family to love of all life, as it is for a youth to expand the capability of love into sexual intercourse.

The steps are about achieving the ability to love oneself and others until we arrive at this level. Now it becomes about learning how to co-create and belong to the bigger unity that is endlessly moving and changing.

At this stage we can't decide everything ourselves. We are part of the bigger play and our role in the play is dependent on what we create together and the kind of "game" we are borne into. We might have a problem if we love the people around us, but feel that they cast us in a role we don't want to play. Most people do their best but complain about being at the wrong place at the wrong time. Some spiritual people withdraw from the mundane life and the world of men. They might seek solitude to find their true core of self-love, or they seek solitude since the needs, plans and ways of the world seem to be so different from theirs. This does not work if you want to stay steady at this stage of conscious love.

This step is closely connected with the sense of life being meaningful. In some traditions this level is about finding a specific meaning. In other traditions we could say that life is meaningful if we are filled with meaning, in the same sense as life is a loving experience when we are filled with love.

On this level we do need to be part of a greater world, and to have a sense of our lives having meaning not only for ourselves, but for that of which we are but a small part. It can be this simply:

When we experience life as meaningful our lives are valuable.

When we feel valuable we see our contribution to the world as valuable.

If we lose the footing on this level, we might shoot like a rocket into space and believe that our own sense of meaning is the only meaning valuable to society and others. This comes from the sorry fact that we haven't learned to love ourselves and our power in the right manner. Then we risk ending up in competitions about who has the right meaning and are most valuable.

In the worst scenario we use force and violence to make others live in the way we feel right.

It is painful to need recognition from the world to feel that our love is valuable. It is equally painful to feel that we are without value or meaning and that our presence doesn't matter.

At this level we find the germ cell to both megalomania and inferiority complexes. If we do not feel lovable, we will compensate by trying to be more lovable than others. We might even chose to walk the "via negative":

If we can't get loved and seen as valuable, the least we can do is to get noticed by creating chaos and becoming feared or even hated.

Most of us stay along the golden middle where we want to be loved and valued, and at the same tries our best to appreciate life and have compassion for others. If you take this climb on the pyramid of love seriously, you need to understand that even the most self-centered, fanatic, worst and evil among us is driven by the same force: The longing for meaning, love and to feel valuable.

To replace lack of love for oneself with valuable efforts for the community is a common route to the brick wall in the end of the one way street. This is like building a nice apartment in the sixth floor, while not being aware of the decay in the lower floors. One day the whole complex will crash to the ground. You will be homeless and have to start anew with learning how to love yourself. You are only be able hold your flow of love to others when you are conscious that you do so because that is what makes you feel good. And that is the right way to do it! Sometimes we are trained to love even when feeling bad doing so. That is a dead end! Truth is that we only love freely and without contest of wills when we love because we love to love!

Oh... we will learn the difference of loving yourself because you are such nice, giving and valuable participants in the play of life and of loving yourselves because that the way love works. The difference is tremendous. Love expands when there is no effort in loving!

Personally I feel great joy and love from the fact that through being and expressing that which I am, I can be something that enriches and enhances the lives of others. This gratitude of me being a gift to you is great. Thank you for enriching me through finding these words interesting enough to read.... Hooray. What a miracle! You give me this deep sense of being valuable and that my life has a meaning, just through reading these words. It gives me the opportunity to experience that I can be truly myself and at the same time a gift to others!

What a gift to receive. Something of the most painful and challenging we humans encounter on our way through life is lack of meaning. We are in this life full of body aches, difficult feelings and other stuff.... and then the whole shall be for nothing.... just a meaningless ride through the valley of tears..... no thank you.

We need hope, we need faith.... we need to live a life full of possibilities and the love, power and courage to grasp them! It is said that one can't live by love, hope and dreams alone. But if these things are not in the chalk of life, the taste becomes to sour and bitter to enjoy the drinking.

Faith dreams and hope are closely connected with the ability to enjoy the future through the possibilities that exist in the now. The world always offers opportunity. You may choose to close the door if you do not like the offer. At all times you participate in a play with other characters and figures. You can choose to grasp the possibilities your role gives in this moment, or you can leave the play and begin another. Both are grasping the opportunities offered by life. People that haven't climbed the first five steps tend to look

out the window of the sixth level and complain about the view. It is important to love the opportunity you have . To love the one you missed yesterday or the one you hope for tomorrow won't do the trick. Through loving what is offered today your ability to experience and explore love will be greater tomorrow.

When the offerings in the outer worlds diminish, we are reminded that our inner possibility for increasing our ability to love will is always present. The essence of love never has a specific target, even when your personality has. The more we learn to love without achieving our target, the greater our love becomes and the more targets we will achieve! The more we understand that love and consciousness is the target of loving and becoming conscious, the more we are always embedded in the meaning and value of life.

In the big picture, the meaning of life is a seemingly endless expansion towards more and more consciousness and love. Seen from the perspective of the soul, love is a never ending expansion of growing love. This is almost too simple to understand for something as complicated as an individual mind.

Boiled down to its essence; the meaning of life becomes to live. At the same time it is a journey toward the unknown. To love life is to love that which you have not yet experienced. That is why old people often chose to become rigid and fixated. They want life to be known and to have the same experiences once more...and look with fear upon the future and one of the most expanding and mind-melding experiences of life. The big jump into the unknown that we on earth popularly call death. On this level of the pyramid love is closely connected with trust. Trust to the fact that life is a fantastic journey and adventure of meaning and goodness that teach us to love that which unexpectedly pops up in our way. That which you do not understand today is filling your life with the meaning you will understand tomorrow.

The placement of Jupiter in your horoscope show you the gate your soul has chosen to hold open towards an always expanding and enriching valuable and meaningful future. It is called the gate of glory and all you have to do is to walk through and trust the unknown.

## LOVE THE MOMENT

## SATURN

This level is closely interwoven with the last. It is like a duplex built on the foundation of the five pillars of love. The lower floor of the duplex was the future. The upper floor is about the now, but the now as it blossoms from the past. If you do not love your past, you can't love the now! This might seem strange, but remember that it is the past that has transported us up to this moment. If we do not love the history that has brought us here, maybe we prefer to be somewhere else, and that makes it impossible for us to fully love the here and now.

The now is a result stemming from all the thoughts, choices and feelings we have experienced. What does it really mean when people talk about living in the now? It isn't to be without a past or a history, but to be free from definitions of who I am, stemming from the past.

If I am free from the definitions and mental structures from the past, I am free from definitions of how the future is supposed to look. That set me free to be free in the extended now, instead of having to fit into definitions made of my mind that makes the now an inhibiting and narrow-minded place to stay. As my soul use a body to travel the earthly realms my identity need some sort of frame of personality on this earthly journey. To have integrity you need some kind of structure that keeps it all together even if one of the parts breaks down at times. That is the frame of the ego. This being that you are, is not meant to be an all-knowing tyrant. Your identity is your guide through life, and as a guide it can show you how to find all the most interesting adventurous and interesting places.

To love the circumstances of your life do not need them to be calculable or unchangeable, quite the opposite. In truth it is love to that which give possibilities for growth and change.

Our presence in the moment is the end result of a long process. If we do not love the process that has lead to this moment, we can't love who we are in the moment. I have to love my past, to love my now, which is the product of the past. To love the past and the present do not signify being stuck in them as. We are perfectly free to change both of them into something even more loveable. As we change our perception of the now, most of the time we change our perception of the past. Occurrences which once upon a time were seen as misfortune and terrible injustice, suddenly becomes great gifts that has lead us to this moment of love.

This level of love is a challenge about growing up. Growing up mean to stop blaming others for our lack of love or demanding that others make us feel good about ourselves. To be grown up is to be self sufficient in the department of love. It is to know that you have absolute responsibility for your own state of love, or lack of the same. A normal misconception is that you are responsible for the love of others. You have no such responsibility. The reality of you taking responsibility for others may be a burden for them. They might miss the possibility of growing up and taking responsibility for others is that it might be a heavy burden for them. They may even start to feel responsible for your lack of doing whatever you want, instead of caring for them. Now they are not just a burden to themselves, but also a burden to you. It is a great burden to place your lack of freedom on another human's shoulders! To love as a grown up is to love fully in the moment and to take t full responsibility of the result on inner and outer levels of reality.

Some people see this as an excuse for gorging in their own satisfaction. They feel no responsibility for the feelings and longings they awake in others. It is a known phenomena that gurus and others with great power and attraction of love, sometimes do not care about what kind of processes they awaken and implement in others. We are at the core of

loving in the now, by seeing fully that we do not have responsibility for others love or lack thereof, but absolute responsibility for our own love and way of showing and sharing it. What does that really signify? One clue comes from the fact that love contains and hold a feeling of unity. To respect our own love we have to follow the biblical words about doing to others as you would do toward yourself. But in addition, since our self love might be rusty and lacking we, need to do against others that which is filled with respect and love for every aspect of THEIR being. If the lower steps on our love ladder are in lacking condition, we might become very stingy or out of control with our love. We will might find life unjust if it demands that we should give others that which we lack, since we know how terrible it is to feel alone and unloved.. Most of us longs for love and try to satisfy this hunger through giving other that food which we soo much want to have ourselves. But then we either hope or demand to be rewarded in the valuta of the heart. .... Empathy is great for love, but if we lack empathy with our own heart and feelings, we are drained through having it with others.

Many therapists are stuck in this trap. They lose energy through their work if they try to give their own life a significance and meaning, or be worthy of love, through taking responsibility for others. Love in the moment just as easily say no and present the ugly truth that people are responsible for themselves, as being nice and helping and telling others about how unjust the world are and how much they ought to be loved. The fact is that nobody can do the work for you. If you want something to change, you are the one that have to change. The limitations and structures needed to hold our love in this world of time and space, is changing with every moment. To live with loving in the NOW, means to live with this eternal change. Every moment is new and never a repetition of yesterday. Manipulation and abuse might happen within the rules of society or outside. It is not the rules that decide what action constitutes love in the moment. This decision comes from your ability to be IN THE MOMENT, with open heart and love. Love at this level stems from being present in this aspect of reality and time, not from an abstract concept or theoretical ideal. Love at this level is just as much love to the limitations and framework, as loving the opportunities. Saturn is always teaching you the truth of the moment.

What is the deciding element in how we behave with all the choices and possibilities of the now? YOU are, your own ability to see and act on that which is true and right for YOU in the moment is the decisive factor. .

Responsibility is a wonderful word. If we split it into respons-ibility, it tell about our ability to show our true face when we react- Respons-ability is to be whole and truthful in responses and actions towards others. Another word for this stuff is integrity. Integrity means that I do not pose for something which I am not, neither to avoid something I do not want nor to get something I want.

We can look at life as a play and the world as a stage. "The world is but a stage and we are nothing but players" (Shakespeare). Seen from this perspective you are not solely responsible for playing your part, but also for the co-creation and the affect your actions and part of the play has on your co-actors. It is important to both love the stage and the play, if you want to fulfill your potential of love. Sometimes it feels like life has handed us a manuscript and a part that we haven` t wanted or sought for at all. Love at this level is to love your part, the game and the way it is played just here and now. It doesn` t mean that it won` t be other parts and pieces at other times. But just now it is about loving just the part that unfolds. This is a love that gives capacity to embrace and hold the play and the other players. This makes it possible to stand tall and straight when the wind is howling and the storm raging. This makes it possible for you to feel the pain of

fire and the winter of frost in your heart.,.... and still hold the love vibrantly alive and avoid losing yourself in the lack of it.

It give the ability to handle the pain that seems to come along with love and still go be true to that which you really are. Those who hold this power has the calm and the ability to be in love without having to act, but are still able to act. It gives the ability to meet one`s own and others pain, with a steadfastness that carry the love through our diversified world without kneeling and succumbing to something fare worse than love. I admire those who manage to hold the love high and clear to see, even when the trumpets of fear sound from all corners and the battle rages. These people hold the love I can trust and safely surrender to. This love is whole in and by itself and will never fail. Saturn in its aspect an placement in sign and house tell you how your soul want to achieve and experience this.



## LOVE YOUR PAIN      CHIRON

This chapter is an intermezzo between the seventh and eighth step on our ladder. Chiron whirls into our life and connect the outer world of physical manifestation and reality (Saturn) with our inner freedom and longing to create a new heaven (Uranus). Centaur has a tendency to be a little unpredictable and create some havoc. And Chiron is truly half human and half animal as the others of his kind. This double nature of having strong instinct and intuition, the animal side, and great consciousness and awareness, the human side, is what gives the pain that sometimes seems to tear us apart. It is like soul and body strive to go in two different directions, and we (our ego) is caught in the middle.

It may seem odd to discuss the love of pain. But if we want to embrace our full capacity for love, we must embrace the pain. Maybe pain is the common substance alchemists talk about when they mention prima material. Pain is at least common enough and is found in the home of the highest and the lowest. If we want to bring forth the pure gold of the soul, we have to start with this primal substance (prima material). Maybe the pain of separation is the basic substance for creating love (unity)., As we are putrified and cleaned through the process of knowing and embracing pain, we might gain access to love on a higher and purer vibration?

Most of us would like to have a life without pain, but reality is that pain is found as the wormwood in our cup of love. It is difficult for the ego to love in the HERE and NOW, when it is filled with pain, but as long as we use our energy to avoid pain, the wings of freedom can never unfold and carry to new heights.

Earthly life contains pain and sorrow. Many religions have tried to explain this phenomenon with splitting the divine into two different forces; one, all-loving divine with bliss to hand out, and another devilish and malicious. Pain has been explained as a fall from grace and unity into separation, suffering and loneliness.

When we understand pain as a guide to create more and stronger love and beauty it begins to make sense. Pain becomes a gift that pushes us to walk further on our road towards a greater and more open love. At times we are caught by pain so severe that we sense no relief or meaning whatsoever. It might be physical pain or it may be psychological pain. Taken to the edge both of them lead us to a state called clinical depression. The pain the soul can know when it sense itself totally isolated from unity and the source is experienced like being condemned to eternal pain (or being in hell). Often we experience pain as something brought to us from others or a cruel fate. One of the reason for the growing spiral of pain that often unfolds within individuals and societies is that we often release the inner pressure of pain by inflicting it on others. The only reason one being wants to hurt another is that they are terribly hurting themselves. To give it to others is a way of creating equality and sharing the inner life! The reason for being in pain is always branching out from the separation between body, personality and soul.

All this is “nice” to know, but what we really want to sort out is how to love our pain and make it into a nice experience that we can use for our own and others higher god. A universal rule is that pain always shows us the roads that lead to more suffering and trouble. As we develop wisdom and instinctual connection with love, more and more often we follow the path that lead toward love and unity and more and more seldom wish to take the path of pain to learn conscious love. Once more: Pain is here to teach us how to avoid it! Only conscious and chosen love can give us power to hold a love that can't be

taken away, nor will it fade with time. As we see this we begin to understand the marriage between the animal body and the divine soul that has to happen if we are to stop suffering from our growing pains. Bodily pain often leads to deep longing and search for the spiritual love and unity. In some twisted religions this has created a tradition of abusing and mistreating the body to get free of earthly shackles and experience divine love and freedom. This never works, since violence never will be an effective road towards lasting love, neither when it is directed towards oneself.

Inner pain that among other things comes from great losses and sorrow, give an opportunity to go deeper into the substance of love and find a greater connection and meaning with our lives. It is not an "accident" that so many of those portrayed as masters of love in our world has demonstrated their love by willingness meet great tribulations and test and sacrifices and then emerge on the other side with their ability to love fully intact.

Only the love own in your depth, can't be taken away. If we lose our love, when horrible and painful things happen, we didn't own it in the first place. We do not, I repeat NOT have to suffer to find our deepest source of love. But it is a road often taken by the soul, since it is effective! Yes you read right, the soul might choose a pain that the ego by itself would say strongly and desperately NO to. Think about it... in the realm of the soul neither physical nor psychological pain does exist. For a being like soul it might be interesting to experience it. And what learns us more about love or appreciation of food and other stuff more effectively than suffering from desperate lack and hunger?

Remember that pain is neither a solution nor that which we seek. To love your pain is NOT realized through joining some kind of sado-machochistic spiritual fraternity. Neither is it about activating some kind of psychological or spiritual suffering to feel worthy and humble. Sometimes we believe that the more we are punished for our wrongs, the better we become. And if nobody else takes the job of punishing us, we take it upon ourselves to suffer for our sins. But in the same manner as you drive past the road signs when you are headed in a direction, you drive past the road signs of pain when you are headed for love. Yes, it is easy to write all this stuff about the blessings of pain. But if I had tasted and felt it the way you does I might not be so cocky. I know, it is pointless to tell somebody in really deep shit and pain that it is a guide and blessing in disguise. We do not have to enjoy drinking the toxics of pain or stab ourselves with the sword of pain, but all will have to taste it every now and then. Then, the trick is using the pain as a way to speed up and move on. Our ability to move along the road of love becomes highly dysfunctional if we chain ourselves to some martyrdom and the street lamp of suffering. Words like faith, forgive, trust, and mercy all point toward using the pain as roundabout in the regatta of life over the ocean of love.

The moment we see our pain as a guide we come into greater connection with our ability to experience and share love. There is this moment of loving our pain that at the same time liberates us from the ice in our heart and the burning flames that are torturing us. It is a moment where we start to see the great freedom of love in a new way. In the same way as we are grateful for somebody telling us where to go when we have lost our way, we becomes grateful for the pain that guides us in the direction of love as an experience of total liberty and freedom. But remember, the road is never to go on seeking the guides of suffering, but to leave them behind and find some better and more fun guides to play with.

## LOVE IS FREE

## URANUS

Lack of freedom diminishes and smothers love. Love grows when given the freedom to do so!

Your love is unique. Never has anybody loved just the way you do.

To live through longer periods of time on the eight level of love, we need to be familiar with the seven earlier steps. If we do not love ourselves, our desires, will and thoughts we will soon lose our footing here and tumble down the slopes. We also have to love the play we are playing and to be in the moment regardless of the pain or pleasure it brings. As we have the courage, consciousness and heart to live with the challenge of loving freely, we start to understand that love is an eternal experiment where every one of us walks the edge of the unknown... ..and the more we risk to be that which we have not yet been, the greater the reward of love.

Remember love can never be a repetition of a memory or a feeling. Love has to exist in the now. But also remember that forcing, scaring or threatening somebody to love has never lead to success. Fear and habit and love of safety can make us pretend to love, but in our hearts we always know when it a play.

Many are those who try to be nice and lovable persons, because they want to be lovable and nice persons or want others to believe that they are so. As time unfolds their plot unravels. The result of just doing the motions always results in less love than we had to begin.

Free love seems like a worn out slogan from the hippie movement. Truth is that love always is free! At times people have the notion that love can make them sacrifice their freedom and force them into situations and relationships they do not want. This misunderstanding stems from our lack of development. We fly like Ikaros and for a moment sense the shining ray of free love, but very soon the heat and pressure melts our illusions and we crash at the level where we really belong. `

When we do not take responsibility for our choices and don`t know that all situations we are in is chosen, we fall into the illusion that love forces us to do things we have not chosen. To live at this level signify that you know in your heart and bones that love always is free. We may choose to give away our freedom for love, but then it is not forced on us. It is always we who chose to let love take us down this path of seemingly bondage. Every parent do experience this. But alas, all our bondage and giving away of our choice is our freedom. If you can`t chose to give away your freedom, you will be very limited and your freedom minimalistic.

Nobody has ever sacrificed themselves for love. They may chose to give away something for the love of giving it. That is what the word sacrifice really means: To make something sacred.

We might be coerced to do our duty or been pushed by guilt and shame. But we can never be forced to feel empathy, goodness or love. Many have tried to force others to love them, not one has succeeded. Humanity is influence by an ethos that uses words like should and ought and must around love. It is absurd to tell somebody that they ought, should or must love. Love is a free gift that only exists when it is allowed to unfold the way it flows through us.

Even in the relationship between parents and children love can't be forced. Parents can't be forced into loving their offspring, and children will not love their parents even when told to do so (especially not when told to!). On the other hand: Love will naturally grow and find resonance, if there is room and it is allowed to unfold.

When children experience love from the parents as a commodity that come with conditions and demands, they will trade back the love on the same premises. And children hate to do a bad deal.

The starting point is to always to remember step one. Go to the inner sun and love yourself. Without this quality at the base of your love, you will either be a helpless slave or the tyrannical master which manipulates love like a psychopath. Neither place is a nice place to be. We have to be more like 007, James Bond. He was an agent with absolute right to kill. If we really understand that all love is free and always open, we become 007's in the love department. Cosmic agents licensed with the right to love.

To fulfill our thirst for love by being loved is impossible. It does not help however nice and kind and good and giving we are. The love of others might help you to open the lid to your own inner well. But only lasting satisfaction comes from connecting with the well in your heart. The only person having the possibility to destroy our ability to love is us! Nobody else has this power!

It is a dreadful thing to give away your power of love and become addicted to crumbs offered by others. We can be so tricked and disappointed and cheated that we do not dare to love again. But it is always we who choose that rocky road. To be clinging to crumbs we have gotten from others is probably the only way we can lose our ability to love freely. That is like starving in another person's house at the same time as your own kitchen/heart is filled with the most delicious dishes.

Of course we might have and then lose the love of others. Maybe they stop to care if we no longer fill their needs? Freedom in love arrive when you are willing to accept losses like this and stop to use love as a commodity for trade. That signifies being free and willing to go on loving those who no more loves you! Those who love, see no sense in punishing others for not loving enough. They see that to not love is already the direst punishment people inflict upon themselves.

It becomes self evident that the unavoidable result of free love is empathy, openness and great care for those that are shut out from the bliss of love. To punish somebody for not loving is just as absurd as punishing a beggar starving beggar for standing outside your window looking on you having a feast of the most delicious meals. As you understand that love isn't limited or worn down by use, but expands and grows through being activated, there is nothing that blocks you from loving the beggars for love with a full heart.

Love is always changing its taste and way of taking form and being expressed. That makes it always new. Filled with life and never boring. Have you ever heard somebody say: "Ooh this love is so boring, just the same as yesteryear." Living in love might be scary, since you never know where you end up. It is understandable that many persons trade love for security.

Relationships often begin with passion and sensual excitement. As it develops it moves towards friendship and sometimes even reaches the level of unselfishness. We live in a society that idealizes and romanticizes the love between couples. Often people do not understand where the love went, when passion cools down and boredom or disgust sets in. Those that use a relationship as a guide toward lasting love knows that love is always in

change and growth. When love tries to be unchanging and like a solid rock, it changes into safety and dullness. We might become fearful when the face of love change. To be able to love love in the shape and manner it flows to you is a most important art to master.

The key to love is to love to love. One of the essential questions to ask in spiritual seeking is said to be. Who am I? Many spiritual traditions use this question as a meditation, where one sit for hours and ask oneself or others the same question over and over. The genius with this “game” is that the question is so utterly simple and no adequate answer that can be given with words. But all the same, the best answer I have heard is; “I am the one that loves.”

Our soul love since love is the essence of soul and a quality that permeates everything it is.

Our body loves because it is born with a nature and instinct to love. It loves that which is good and makes it enjoy life and survive.

Our personality is the one having trouble with understanding that love has to be free. The ego might suffer from inferiority complex and feel that it is unworthy of love.

One of the most important understandings around love is that you are free to love just the way you loves.

Of course that is not the same as being free to do whatever you want with others.

You can only be in true love when you grant others the same freedom that you grant yourself.

Freedom is challenging and spontaneous. You do not know where it moves or how it ends up.

Many people fear the freedom of love, since they fear what they really will do if they allow themselves to follow their love!

Love flourishes when those who love us are with us because that is their wish and longing. It is a bit sad if people stay with us, just because they can't see any better options. It is a strange world out there, where people try to hold on to somebody that wants to leave. It is understandable like a starving man clinging to the crumbs in his hand. But as said, nothing will be received by a closed fist.

Maybe something of the most important understanding of love is to realize in the heart and mind that love isn't a limited article.

To understand that the more you love, the more love will flow in your life, is the clue and key to opening the flood of love within.

A free being wants love to come in this open and flowing way. Behind all the games, facades and distortions this being know that love always is there because it is chosen, or absent because he/she has chosen something else. It is fundamental to always remember that others love you because it is their choice: And the same goes for you.

As this is fully understood it becomes self evident that love is always open and free.

## UNITY OF LOVE.

## NEPTUNE - THE NINTH STEP

Neptune comes with illusion and the dreams of space cadets, if we fly to the fata morgana of our wishes and leave reality and rest of the pyramid behind. When this level is connected with love that flows from self-love -empathy- power, responsibility and freedom, the unity of Neptune will be embedded in the reality of our daily life.

One of the most beautiful, magnificent and divine things we can experience is unconditional love and still be an individual experiencing it.

It is difficult to describe love at this level of consciousness and being. Poetry, music and paintings seem to do it far better than small packages of logical words. We have to connect with the essence of love to grasp it. Fortunately many people have some of this love in their suitcase of experiences. It is almost impossible to understand the description of a state of being that we haven't tasted?

When Buddha became enlightened the first thing he did was to clam up and hold his tongue. The task he faced was like you trying to explain love to somebody that neither has experienced it nor believe it exists. Try that with your pet salamander and you will begin to understand the task Buddha faced.

Humans use words, pictures and allegories to describe this love thing. You can describe it as butterflies in the stomach, difficulties with breathing, a wild heart rushing on, peace in the heart, or as an indescribable sensation of joy or a lasting experience of oneness with that you love.

Truth is always found in the basic fundament of things.

To live in love, we have to be able to receive it!

To give love is one thing, to let it flow through us another. To receive it is the entrance to the ninth gate. To allow the universe..god..the force..and other humans... to love you:. This is a challenge since you have absolutely no control over the way the love. As the giving /loving person you are in charge of the flow and can fill it with things you like to have there. But when you receive you just have to allow others to love you just the way they do. A scary project ... huuuhh?

Love is not a thought but an experienced state of being. Word can point towards love, consciousness can encompass love and act from its experience of it, but neither words nor consciousness can produce love! At their best they can the door to you inner landscape of love. In this moment you read a book about love that states that love can't be transmitted by words... a beautiful divine dichotomy.

It is this leap out of the framework of your brains understanding that is needed to grasp the experience of love and unity that exist at this stage of our ascent through the temple of love.

To have a vacation from physical reality on this level, even when the other steps are untraveled, is a beautiful experience. Sometimes you fly on the wings of love and are just soaring the seventh (or was it the ninth) heaven. The only problem with holidays like this; is when you forget that it is an adventure and start to believe this is your daily reality. When you crash with the reality of your own resistance and unclear emotions, you tumble down until you are stuck in the version of reality that is true home for the moment. The pain of the loss, of the state of grace and of that which you loved unconditionally is tremendous. The good thing about this crash is that it births an incentive to climb back and embrace the open arms of Neptune without sliding in the banana peels and shoelaces of your ego.

A well known phenomenon among spiritual seekers is to believe that one has reached this level of love, while the seeker in reality has been lost in the fog of the brain. It is said that love makes blind, and numerous former lovers, when they get back their sane vision, has been shocked by seeing how blind and naïve they were. Slowly we learn that this ideal love is connected with our inner state, which is totally pure, naïve and open. As we leave the inner state of holy trance, we think that we was blinded by our illusions, since outer reality so often is filled with greed, hemorrhoids and bad breath. The truth is that to live on this level of the pyramid, is the live in our inner condition and reality, whatsoever goes on in the outer world. To reach this level of the pyramid is not to create an outer reality to fill your loneliness. It is to live in the inner state of love that flows from your inner to the outer. But again, the divine dichotomy, to make this happen you have to open your heart and allow love to flow into you!. How can not flow from you, if there is no gate where it flows to you?

The essential is not the way we love, neither how it is received nor expressed. It is just to love. Only when you are steady here you love is not dependent of whatever happens in the outer world. It is steady since it is the river that you ARE, not the river that you DO or FEEL.

When people follow this trail of understanding, their ego comes to a point where it start to embrace suffering and pain and think it is glory and love in sharing the suffering and l pain of others. Nothing can be more wrong! The myths of the martyrs tell a story about people whose love was so strong that they kept themselves and their heart open even in moments of the deepest pain and suffering. But be aware. Many people have tried to find love, but ended up as victims. You are a victim and have sacrificed yourself, when you have given away your power of love and allowed somebody to take something away from you that was originally yours. You have given a real sacrifice when you had the pleasure of making the world an even more divine and beautiful place by giving from your heart.

At this level of love, you need to be clear in your understanding that the greatest blessing you can ever receive, is to be the one that loves.

To live on this plateau of love you have to move her permanently? The only thing needed for this move is to have travelled by, without becoming addicted, to the lower levels of the pyramid. When you live at this level, you are free to take as many trips you want to the lower floors. When you have taken the dog by its tail and really love without conditions, all your love will be without conditioning.

The key to this freedom is openness! The end purpose of your ascent through the lower floors was to remove that which boxes you in and stops you from allowing love to flow. As you understand that love is the essences of life and being itself, you can relax in being love, instead of doing love. Our mind understands one thing as different from another. We know that love is something different from not-love, by it ends there. Love is the source, the pure essence of unity that life streams from.

At this level unity is the normal state, but it is not the same as believing that we are at one with the appearance of all things. Many have lost their way in the search for oneness through the duality of outer appearance. We are one in that we come from the same source, which in lack of better words we can call love, but we express this source in highly unique and individual ways. It is contact with our essence and the simultaneous experience of reconnecting with the essence in another that creates this sense of unity. We are here

to do just that, to express unity and the source of love in a highly unique, once in the history of the universe, experience.

Maybe the greatest gift given our soul through its journey on earth is the gift of experiencing the absolute, unlimited and unconditional love, as an individual being.



## LOVE IS RUTHLESS MERCY

## PLUTO

The ruthless and unavoidable truth is that in this world we have to let go of that which we love, to become filled with that which we love.

Love is ruthless!

We murmur about love having mercy and being so gentle, how then can it be ruthless?

Life and love is constant change and movement.

No one ever managed to stop the train of life..

Many have tried and voluntarily moved to another place, like through death. But life and your soul goes on and it even comes back for more my friend.

Many are flabbergasted when life, even in the midst of experiences we never would believe we could survive, goes on and on and on. Your whole life may be smashed into bits and pieces, but somehow your heart rises from the ruins. You “knew” for sure that you never again would you laugh or love. To suddenly discover how wrong you were. The most genial line I have ever read in the library of world literature stems from the piece “Little Eyolf” by Henrik Ibsen. At the end, where mayhem has been raging and everybody is dead and destroyed, just in the middle of the worst misery you can imagine, the main character suddenly says... I wonder what is for dinner tonight. Maybe it will be meatballs. Somehow our heart rises from the ruins.

The mercy of love comes from the same place as its ruthlessness. The human mind has great difficulty with finding the middle point of duality and understand the unity behind contradictions.

The reason love can never be eternally unchanging is because it is eternally changing. If it stops to change it turns into something else, like boredom or safety. The eternal flow is what makes love eternal. The merciless loss of all that has ever been is what makes that which is so full of mercy. Life always takes you to the next stage of love and mercy. To do this it often forces you to let go of your grip on the reality of now and move on. Death of that which has been makes living eternally bright, and full of significance.

Optimists talk about love as a rebirth, pessimist seems to go the other way around. But anyway, what we call death is always a portal into expansion of love.

What can be a more transformative, enriching or greater experience of growth than to die as a soul and be born into a human body, or to leave the body and be reborn as a pure soul.

If you want live totally acceptance of love, you have to totally accept everything that happens. Knowing that it happen by and because of love! We could use phrases as “love has absolute power”, since it is the essence flowing in all that is. On the other hand we may claim that you are absolute powerless in the business of love, since it is impossible to control and use. All you can do is to fight it or surrender.

If you have arrived to the summit and tenth step of this pyramid, the ego will to face all the conditions of fear, shame, guilt and lack that it knows. This comes from the fact that fear, lack, guilt and shame is the most powerful creators of resistance against the flow of love. The ego might be possessed or petrified by confronting this pack of demons, but it

will, at the same time, start to feel deep joy, love and liberation through facing, surviving and letting go of these demons. This summit is an incredible powerful place to stay. If you live here you know that love isn't just about life and death. It is life and death.

Many are those that ruthlessly have killed in the name of love. Most soldiers kill their enemies for love of their own country, ideals and comrades.

The amount of people that has been killed and sacrificed in the name of love is just as large.

The number voluntarily sacrificing their own life to save others is also numerous.

Take a "simple" situation, as the relationship between two people. Each has absolute power to kill the relationship through leaving. At the same time both are absolutely helpless when it comes to the choices of the other person. The relationship only exists as long as both are staying. In this interplay the power of love is often misused. Some people use this power to force others to do as they want. They threaten with withdrawing their love if the other part does not behave as they want. Some even kill their love rather than allowing the other part to leave. The fires and fumes of passion take us close to the core of love,. Caught in the throes of passion we know that love is about life and death. Love is never indifferent. Many think that hate is the quality furthest away from love. But as most poets and warriors know, love and hate are siblings. The furthest away from love we can get is a state of indifference and lack of concern whatsoever.

If our pyramid is badly constructed we become very fearful and scared as we stand on the summit and face the eternal void, darkness and possibilities of the entire universe. When death comes close, many atheistic people suddenly turn to the spiritual. When nothing you do can prolong life, physical death is ruthlessly knocking on the door. The only thing left to do is to open and surrender to the mercy of the universe.

Most of us run like squirrels up and down the ladder of love. In peak moments we soar high and feel the winds of love fill our sails with bliss and goodness. Then we unexpectedly crash in the black sump of desperation and wonder what the hell happened! Sometimes truth is so simple that it feels a bit foolish to write down. But here it comes:

Truth is that our feelings, development and capacity to love, is always shown by what happens inside and outside.

Our greatest peaks are just that. Heights we aspire to in our best moments, and our lowest pits tell us how low we can fall. In the world of pretensions and isolation from the source, most people try to be seen as better than they are, while some cling tenaciously to their own suffering and insufficiency.

Those who cultivate insufficiency often harbor a hidden (or not so hidden) wish that somebody shall come and rescue them. The ones pretending to be better than they are often want to be heroes and save the needy and downtrodden. Since life is a play, a large amount of travel up and down the pyramid of love masked as horny rabbits. Their faces says give me the individual, physical and emotional satisfaction here and now, instead of telling the true story, that they are made of love.

Most of us believe love is something we either have or lack or something we have to deserve to get.

To stand here you have to let go of both your love and your ladder. Gratefulness, mercy and unity is not something you must possess as tickets to get here, neither is it a merchandise you gain as you bravely rises to this plateau. It is a state of being. The merciless truth may be seen as the fact that by willingness to let go of that which you love most dearly (as life?) you will be filled by that which you love most dearly (life?).

Identity has a tendency to be grateful and feel love for something particular. When this particularity is not around, gratefulness and love disappear, and if the opposite of the particularity, that made you grateful and loving, pops up the dogs of hell is loose.

To have an individual identity is a beautiful gift and condition. But here at the summit, love and gratefulness stops to be a result of something. In contact with the essence you are just as thankful for the embrace of death as for the gift of life

Love is no more coming and leaving. It is the state that resides. It expresses itself in eternal flow and change. As long as you need love to come in a special way or package, you will miss it when it comes in other shapes and forms, as it usually does.

The noble art of love consists of giving yourself and love the freedom to appreciate what is and what you have in this moment. The gift of individuality is included in this never ending present that always wrap away the outer paper and show itself in new and unexpected ways.

Feel what an incredible gift earthly life is. As a soul you experience life as a pure state of vibration. As a body you can feel and sense and experience how it is to love through being organic and touching in form. In the same way that two trees can intertwine their branches and leaves, body and soul can be lovers. We earthlings are children of this unity. Being experiencing love through the senses of the body the vibrations of the soul and the individual personality, at the same time!

Why do souls roam earth? The answer is simple, so simple that it is almost impossible for our brain to understand. You know, brain love complicated and thinks that simple must be wrong and difficult and clever must be right. Well, we are her to experience and unfold the adventure of having a personal identity. To be an identity that can experience the unlimited and divine flow as love and still be an individual.

Imagine each individual that awakens to this experience as a candle being lit. If you call the power behind all that is God, you could say that each human being is God on the road to discovering God as divine love. The plan of the divine source is no less than multiplying itself in infinite numbers. Each identity discovering its divinity expands the power of love. This is a plan so incredible and a project so grand that mind and ego has difficulties with absorbing and grasping it. Your soul knows that this is exactly what is going on. Your soul is always informed about the latest discoveries and news, since it is part of the consciousness that is the matrix of all that is.

At times life doesn't feel like this divine adventure into growing blissfulness. But the reward from this journey through purgatory and the hellish parts of earthly life is so great, that the price to pay is infinitesimal small, however big it might be.

This understanding gives you precisely the push you need to move into this plateau of the pyramid.

Life is love, and the experiences of life are the road towards greater love, regardless of the pain, challenge and ruthlessness you might experience in the moment.

Our soul isn't a stupid psychopath coming to earth to learn from suffering and pain. In fact it is quite the opposite. The soul is filled with joy by the possibility to expand experience and drink the exquisite drink of love that earthly life pours from its cup.

We come to earth to explore unconditional love as it flows through the earthly nature, in all its shadows and ways, from the ruthless force of earthquakes and exploding volcanoes, to the gentlest little wisp of wind stroking a child's chin. We are here to find the pearl hidden in the shell of earthly existence, to know with our flesh and bones that this pearl is at the heart and essence of all that is.

We come to experience the beauty of love as it unfolds through individual personality. An old picture of the universe is a snake coiled around the cosmic egg. The snake holds its tail with the mouth. We will be this snake of love when we see that the first step on our journey also is the last: To love oneself without any doubt or resentment. In the end we will know that we are part of all, and that through loving the world as it unfolds around us, whatever kind of madness it displays is to unconditionally love ourselves. When we love ourselves unconditionally we love the world unconditionally...and the circle is full. No more is there division between the inner and the outer. No division between egoism and altruism.

In many traditions spiritual love is seen as impersonal. All love, even the highest and absolute unconditioned love, is personal!

The force that created the universe loves every single person just as highly and unconditionally. It is not the lack of love that makes you prefer to live your life with one being instead of another. Choices is just the way love flows through your body, person and soul in the moment you love. Climbing this step on the pyramid releases you from your last fear for lack of love. How can there be lack when you fully love that which happens with you, body and soul just now just here?

As you awaken to divine consciousness you know that there is nothing but love. This knowing permeates every cell of all that you are with gratitude and affection. At this level of the pyramid love can't be lost, unless you should want to. Part of love and your destiny is to be bestowed with full rights to create your own destiny and full rights to use your free will. The beauty of it is that now you know that all beings in the universe have the same right. You know, there is no collisions nor quarrel around this. Love is there for all. At this moment of love you have fully understood that your destiny is to be you and love as only you love. The only thing you really want is to be yourself and fully love just the way you love.

Myself I bow in gratitude, admiration and joy of being part in the marvelous and unlimited adventure of love that all individuals, humanity and the universe as a being is unfolding and experiencing.

Thank you love, and thank you to Pluto who brings us from the encapsulated shell of individuality into merging that opens up for cosmic orgasms and the experience of souls permeating souls in a dance where all are streams of the universal expansion into eternity.

And thank you for you, just now just here, creating growth in the totality of love.

Thank you.

Per Henrik Gullfoss