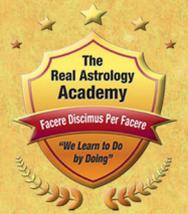




The Real Astrology Academy



Astrology and
**the
Human Game**TM

**FOUNDATIONS
CLASS**

**Player's
Handbook**

Kevin B. Burk

Astrology and
the Human Game™

**FOUNDATIONS
CLASS**

**Player's
Handbook**

Kevin B. Burk



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PART 1:
The Human
Game
Introduction

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The Story of the Human Game

The Human Game gives you the opportunity to take full control of the **Story of Your Life** so that you can achieve your goals, explore your potential, and experience happiness. The Human Game is a story, and it is based on the power of story.

Story is what makes human beings human. Story is how human beings understand reality. And story is how human beings create reality because reality itself is a story.

A fundamental spiritual and metaphysical axiom is that **thoughts are things**. While this is absolutely true, it has also led to the unfortunate belief that you can change your thinking by choosing different thoughts. This is simply not possible.

Matter is technically comprised of atoms, but in fact, the smallest unit of matter is a molecule. Reality is *technically* comprised of thoughts, but thoughts are atoms. The smallest *practical* unit of reality is story. Stories are stable constructs that incorporate many related thoughts.

It's not possible to change your thinking by choosing different thoughts. But it's quite easy to change your thinking by telling a better story. When you change your story, you immediately—and effortlessly—begin to think better-feeling thoughts.

The only rule of the Human Game is the best story wins.

The Human Game can show you how to improve your stories to make them better. But to improve your stories you first need to understand how stories work.

The Story of Stories

One way to understand how stories work is to think of a story like a clock. The face of the clock is the narrative of the story. The hands of the clock move around the clock face in one direction, and the story itself embodies multiple cycles: the second hand, the minute hand, and the hour hand.

Once you engage with a story, you stick with it until it ends. But just like clocks, stories never actually end: they just complete one cycle and begin the next. When one or more of the clock hands is on the 12 (indicating the end of one cycle and the start of a new one) you have the opportunity to choose a new story rather than continue with the current story. But if you miss your exit window, you have to stay with the current story until the next window comes along.

You can't change the direction of the hands of the clock or disrupt the narrative of the story, but you can speed up the cycle so you can end one story and start a new one. To do that, you have to look inside the story clock and adjust the clockwork that drives it.

Clockworks consist of multiple gears that turn at different speeds. These gears regulate the speed of the hands of the clock (the speed of the story). But here's the catch: **each gear that drives the story is, itself, also a story.**

1



2



3



4



5



6



The face of the clock is the narrative of the story. When one or more of the clock hands is on the 12, you have the opportunity to exit the story and choose a new one.



You can't change the direction of the hands of the clock or disrupt the narrative of the story, but you can speed up the cycle so you can end one story and start a new one. To do that, you have to look inside the story clock and adjust the clockwork that drives it.

Clockworks consist of multiple gears that turn at different speeds. These gears regulate the speed of the hands of the clock (the speed of the story).



Each gear is itself a story. Each gear is a clock with its own narrative and its own cycles.

The narrative of each story gear is driven by its own set of clockwork story gears. It's essential to define the level of story that you are exploring and how it relates to the stories above and below it.

Stories are **fractal**: they are infinitely complex, never-ending patterns that are self-similar across different scales. Stories—and reality itself—are ongoing feedback loops. Once you start to fall down that rabbit hole, it can be very difficult to stop.

The key to taking control of your stories is to define which story you are exploring, and also to have an awareness of how that story is a gear that drives a larger story. Then you can explore the smaller stories that drive the main narrative of your current story and make whatever adjustments you like.

The Story of Consciousness and the Nature of Reality

A simple definition of **consciousness** is the vibrational frequency of your thoughts. Your thoughts determine how you perceive and experience the world. When you change how you think about an experience, it changes the experience.

Rev. Dr. Michael Beckwith (whom you might know from the movie, *The Secret*) popularized a model of consciousness developed by his mentor, the late Dr. Homer Johnson. This model divides human consciousness into four “kingdoms.” Each Kingdom of Consciousness represents a unique experience of reality (Figure 1).

First Kingdom is **Victim Consciousness**, and it’s where you, and almost everyone else in the world, spend the bulk of your time. When you’re in First Kingdom, things are done *to* you.

Second Kingdom is where you take back your power and manifest things using reason, logic, and the linear mind. In Second Kingdom, things are done *by* you.

Third Kingdom represents higher spiritual states. They are nonlinear, and beyond both the world of form and the Law of Cause and Effect. In Third Kingdom, things are done *through* you.

Fourth Kingdom includes the enlightened and transcendent states. Beckwith says in Fourth Kingdom, things are done *as* you.¹

At any given moment, your experience of the world—and more importantly, how happy you are with it—depends on which Kingdom of Consciousness you’re in. Think about a time when you were depressed, and remember how the world looked to you then. Now, think about a time when you were in love, and remember how the world looked.

The world didn’t just *look* different based on how you were feeling; the world actually *was* different. To understand why this is true, we need to explore the nature of reality itself.

The Nature of Reality

I’d like you to consider that there are two different kinds of reality: the “Big R” Reality and the “little r” reality. The “Big R” Reality is infinite. It contains everything in the world. Your “little r” reality is finite. It contains everything in *your* world. Your “little r” reality is a very small part of the “Big R” Reality (Figure 2).

Think of it this way: the “Big R” Reality contains everything. Everything includes experiences like poverty, war, and oppression. I accept that these things exist in the world; however, they don’t

¹ I disagree with this, because when you reach the levels of consciousness of Fourth Kingdom, there is no longer a *you* for things to be done *as*.

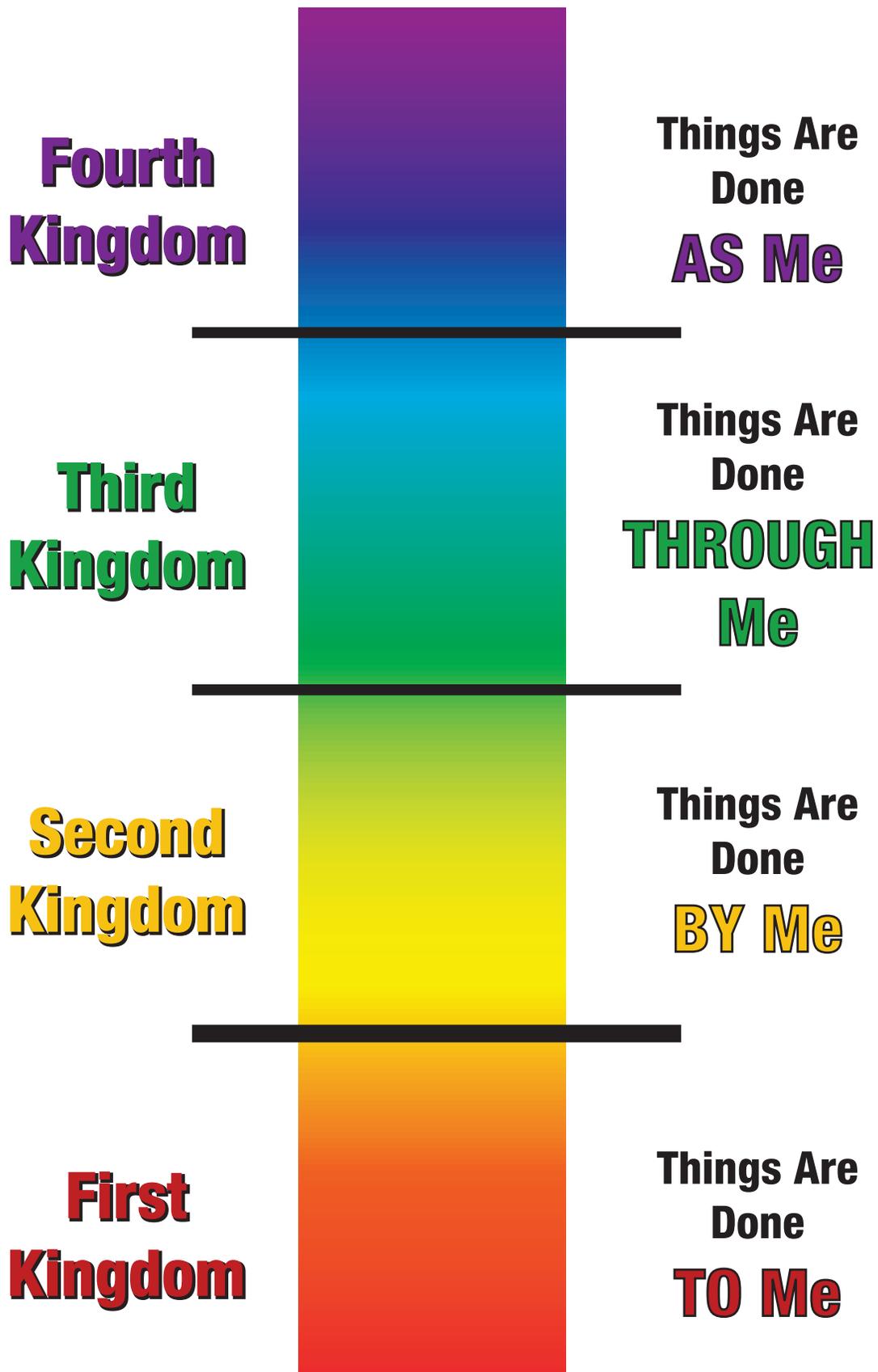


Figure 1: The Four Kingdoms of Consciousness

**“little r”
reality**

**“Big R”
Reality:
Everything
in the World**



**“little r” reality:
everything in
your world**

Figure 2: The Nature of Reality

exist in *my* world. I don't have any personal experience of them. They're not a part of my "little r" reality, and they're probably not a part of your "little r" reality, either.

Your "little r" reality contains only the things that you experience. What you experience as real is determined by where you put your attention.

You're a lot like a radio. A radio can tune to only one frequency at a time, and that frequency determines what kind of music you hear. If you pick a rock station, your "little r" reality will be filled with rock music. As long as you stay tuned to that frequency, you will never hear any classical music.

How happy you are with this depends on whether or not you enjoy rock music. If you like rock music, you'll be happy. If you don't like rock music, and would prefer to listen to classical music, you won't be happy. Classical music exists as a part of the "Big R" Reality, but as long as you're tuned to a rock music station, it will never exist in your "little r" reality. To become happy, you would have to change your frequency and tune to a classical music station.

Consider the chair (or sofa, or bed) you're sitting on now. It's completely real. It's solid, and it supports your weight. You can see and feel it. You can hear it. You can smell it. You can even taste it, if you're into that sort of thing. But the truth is it's mostly empty space. The molecules that make up the chair don't touch each other.

The reason you don't fall through the chair to the floor (or *through* the floor, because the floor's just a lot of empty space, too) is that you *tell yourself* that the chair and the floor are solid. In fact, the reason that you believe that you can see, feel, hear, smell, and/or taste the chair is that you tell yourself you can. A voice in your head narrates and describes every single experience to you, and that's what makes the experience real.

You know something is real because you tell yourself it is. Everything you experience in your "little r" reality is a story. It's all made up of words.

This next part is a bit of a stretch. You may want to sit down.²

Just because something is *real* doesn't mean it's *true*.

Your "little r" reality is *subjective*. No matter what you experience, it always feels real. When you dream, it feels real. When you wake up, *that's* real, too. You can't compare two experiences and say that one was more *real* than the other.

Truth, on the other hand, is *objective*. You *can* compare two experiences (both of which feel equally real) and see that one is more *true* than the other.

Each time you step back and see the bigger picture, you expand the context of your story. When you expand the context of your story, you make your "little r" reality bigger. The bigger your "little r" reality is, the more it resembles the "Big R" Reality and the more truth it contains.

The Science of Truth

Dr. David R. Hawkins was a pioneer researcher in the field of human consciousness. All of Dr. Hawkins' research is based on the science of Applied Kinesiology, also known as muscle testing. It's been extensively documented that the body's acupuncture system has the ability to tell if something is beneficial or harmful. When in the presence of something that supports the body, the acupuncture

² That is, if you still believe there's anything for you to sit down on. Or with, for that matter.

system gives a positive response, and the muscle tests strong. When in the presence of something that is harmful to the body, the acupuncture system gives a nonresponse, and the muscle tests weak.

The breakthrough that formed the basis of Dr. Hawkins' research was the discovery that muscle testing could be used to differentiate between truth and falsehood in any context. The acupuncture system gives a strong response in the presence of truth, but does not respond in the presence of falsehood (i.e., the absence of truth).

Dr. Hawkins' findings have been documented and repeated hundreds of thousands of times, in a variety of situations. The results are consistent both when testing the arm strength of a naive subject, and when measuring an involuntary reaction in the human eye (the pupil dilates for a fraction of a second in the presence of falsehood).

Using applied kinesiology, Dr. Hawkins developed a Map of Human Consciousness™. This map includes a full range of "little r" realities that can be experienced by humans. The calibrations on the scale of consciousness go from 1 (the lowest amount of energy needed for something to be alive) to 1,000 (the highest possible consciousness that can be experienced in human form; this is the level of consciousness of Christ, Krishna, and Buddha, and only a few individuals in the history of the world have attained it). The scale is logarithmic, which means that each time it moves up a point, it's actually a factor of 10. In other words, it's not 1, 2, 3, 4, 5..., it's 1, 10, 100, 1,000, 10,000, 100,000, etc. Even a one-point increase represents a massive increase in energy.

I've combined this map with the model of the Four Kingdoms of Consciousness, as you can see in Figure 3.

Each point on the map represents its own "little r" reality, defined by the amount of available energy. Dr. Hawkins discovered that the critical point on the scale calibrates at 200. Anything that calibrates below 200 causes the acupuncture system to go weak. Anything that calibrates above 200 causes the acupuncture system to go strong. Notice that everything that calibrates below 200 falls within First Kingdom or Victim Consciousness. In Victim Consciousness, you encounter Pride, Anger, Desire, Fear, Grief, Apathy, Guilt, and Shame.

Everything that calibrates below 200 represents **force**, while everything that calibrates above 200 represents increasing levels of **power**.

Force is inherently weak. Force does not have enough energy to sustain itself, so it consumes energy. Force looks outside of itself for survival. Force moves in a negative (downward) direction. It is destructive, and does not support life. Force creates a counter-force; something is always working against it. For example, when you act from Anger (calibration [cal.] 150) you use force, which is why you're never happy with the outcome.

Power, on the other hand, is strong. Power has enough energy to sustain itself. Power is self-sufficient. In fact, Power creates energy. Power moves in a positive (upward) direction. Power is creative, and nurtures and supports life. Power has no opposite. Power is free to grow and expand because there is nothing that can work against it.

Your level of consciousness determines your level of happiness. The more energy (i.e., power) you have, the better you feel, and the happier you are. Dr. Hawkins calibrated the rate of happiness at each of the levels of consciousness. The level of Shame (cal. 20) has only a 1% rate of happiness; Guilt (cal. 30) has a 4% rate; Apathy (cal. 50) has a 5% rate; Grief (cal. 75) has a 9% rate; both Fear (cal. 100) and Desire (cal. 125) have a 10% rate; Anger (cal. 150) has a 12% rate; and Pride (cal.

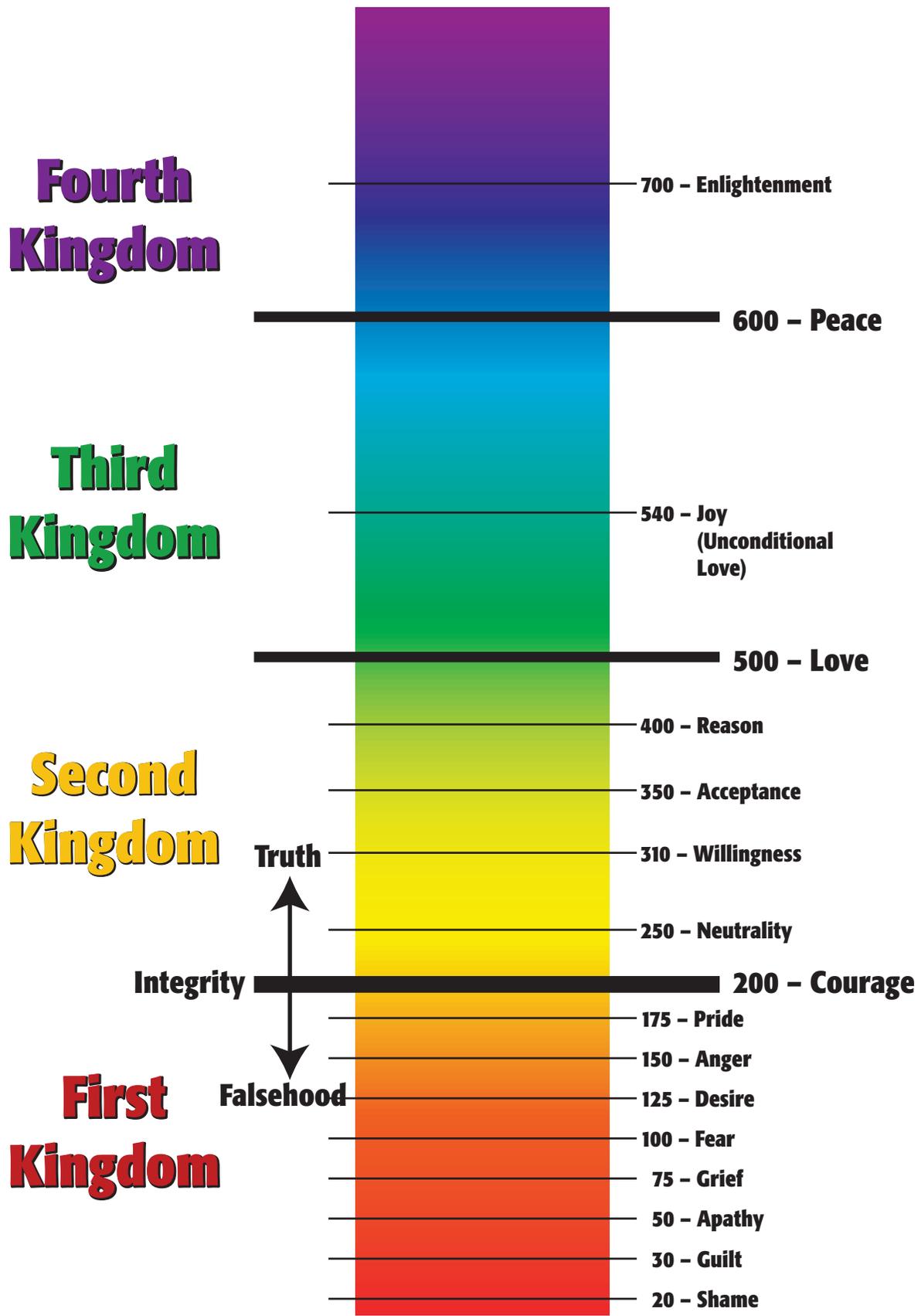


Figure 3: Combined Map of Consciousness

175) has a 22% rate of happiness.³ As soon as you step out of Victim Consciousness and move into integrity in Second Kingdom at the level of Courage (cal. 200), **the rate of happiness more than doubles to 55%**. When you begin to feel truly safe and reach the level of Neutrality (cal. 250), the rate of happiness is 60%, five times greater than it is at the level of Anger. Willingness (cal. 310) has a 68% rate; Acceptance (cal. 350) has a 71% rate; and Reason (cal. 400) has a 79% rate of happiness. When you cross into Third Kingdom at Love (cal. 500), the rate of happiness jumps to 89%, and at Joy (cal. 540), the rate of happiness is 96%. In Fourth Kingdom, at the level of Peace (cal. 600) and above, there is a 100% rate of happiness.⁴

The Map of Human Consciousness and the model of the Four Kingdoms of Consciousness are valuable tools. All you need to do is identify where you are on the map based on how you're feeling. You can then **choose the best-feeling thought currently available to you**, and move up the scale one level at a time.

Anger is a part of Victim Consciousness. It represents force and it's inherently negative. But Anger doesn't always feel bad. Anger has more energy (and feels better) than Grief, Fear, or Desire. If you're coming from one of those "little r" realities, Anger feels good. On the other hand, Anger has less energy than Pride, Courage, or Neutrality, and by comparison with them, Anger feels bad.

The challenge with the linear model consciousness is that it makes it look like you can escape the negative energies of Victim Consciousness by moving up the scale. This is not accurate. When you step into integrity in Second Kingdom, you are no longer limited by the ego and the negativity of Victim Consciousness, but you can still experience those energies. A more accurate representation of the levels of consciousness might look like Figure 4. This model illustrates that each increased level of consciousness is an expanded context that includes all of the lower vibrations. It also illustrates how a slight increase in vibration results in a significant increase in power.

You have a dominant vibration—a level of consciousness that defines your "little r" reality. However, you can operate from almost any location on the map, depending on where you put your attention. When you go to school to learn new skills to get a promotion at work, you use your linear, rational mind, and operate from Second Kingdom. When you meditate or experience spiritual community, your heart opens and you experience the energy of Third Kingdom. And when the holidays roll around, you get together with your family in the middle of First Kingdom.

The Appeal of Victim Consciousness

Let's take a moment to address any judgments you may have about First Kingdom and Victim Consciousness. **There is nothing wrong with being in Victim Consciousness.** Approximately 85% of the world lives there full time (55% of the population of the United States), and everyone else has a vacation home there.⁵ What you need to know about First Kingdom is that happiness is a rare commodity there. If your goal is happiness, you need to look for it somewhere else.

So why would you choose to spend any time in Victim Consciousness? When you step into Victim Consciousness, you get to make yourself the center of the universe. You're entitled to complain. You're entitled to special treatment. You're entitled to sympathy and attention. You get to be self-righteous. You get to be right—and even better, you get to prove that everyone else is

³ And a 78% chance of a fall.

⁴ Hawkins, David R. *Transcending the Levels of Consciousness: The Stairway to Enlightenment*. W. Sedona, AZ.: Veritas Publishing, 2006. 30.

⁵ Hawkins, David R. *Reality, Spirituality, and Modern Man*. Toronto, Ont.: Axial Pub., 2008. 35.

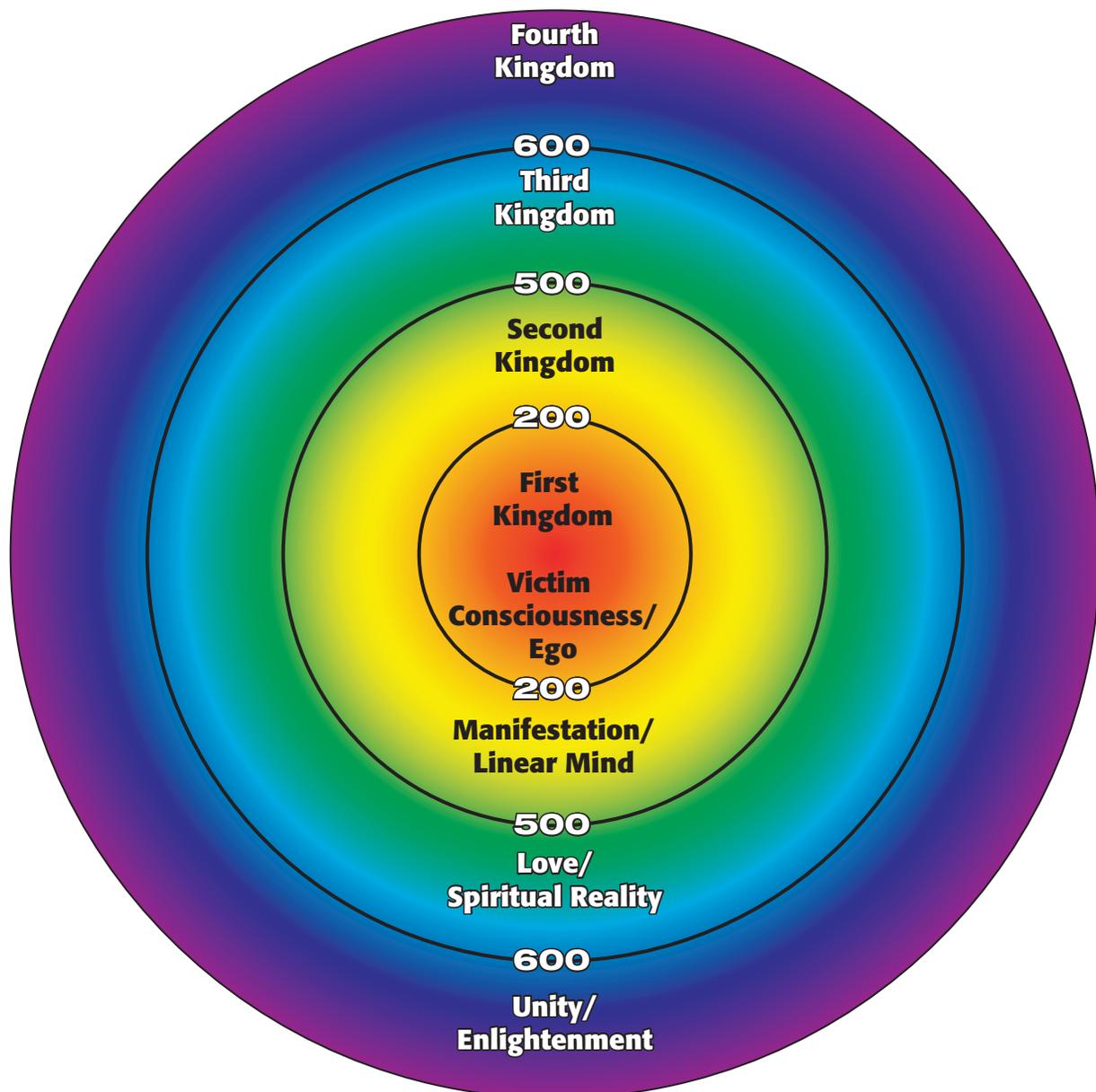


Figure 4: Area Map of Consciousness

wrong. And the best part of it is that nothing is ever your fault. As soon as you step into Victim Consciousness, you are no longer responsible for anything.

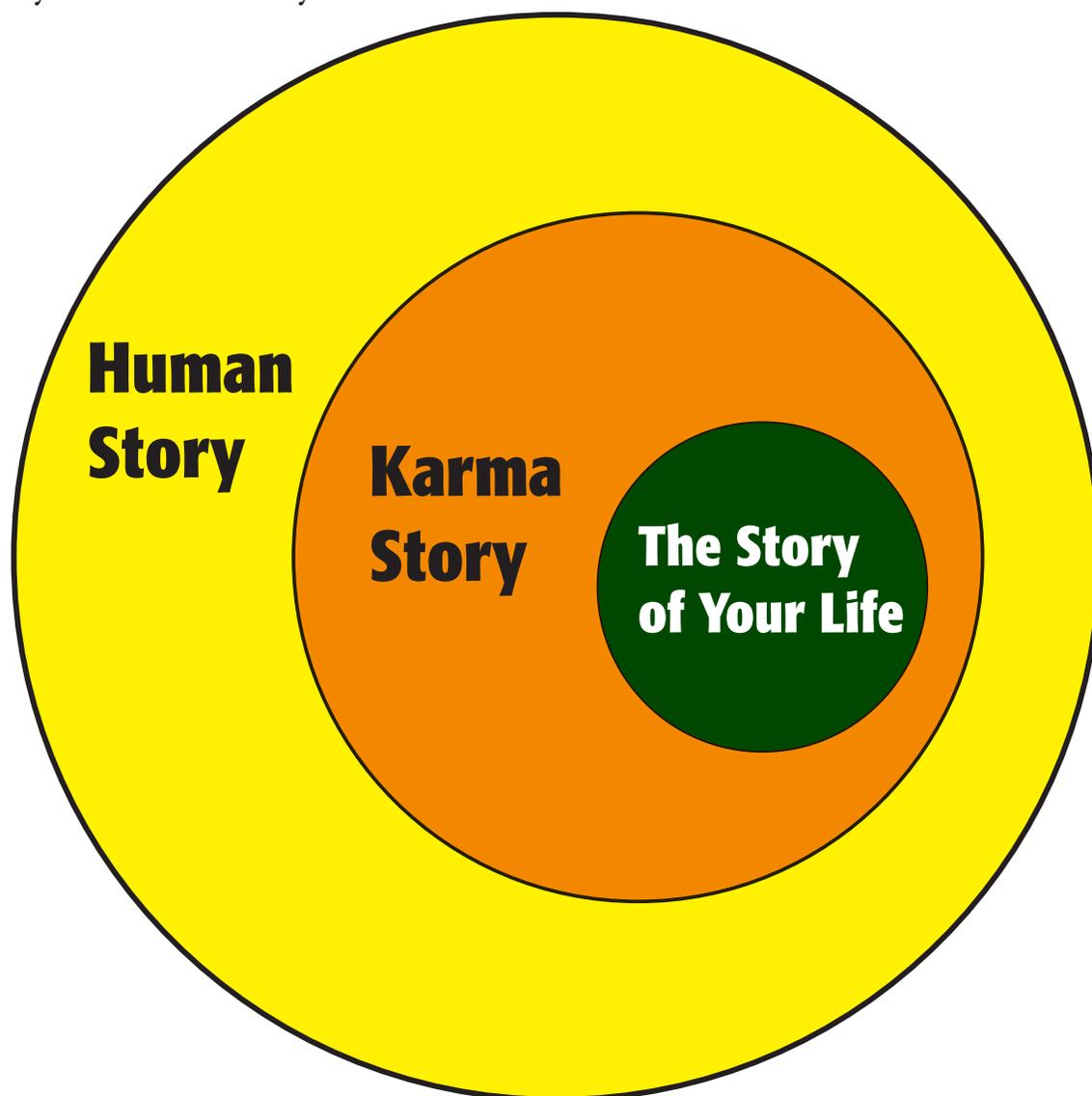
Doesn't that sound wonderful?

First Kingdom seems like the ideal place to live until you read the fine print. Giving up responsibility means giving up power. The levels of consciousness in First Kingdom all represent force. They lack sufficient energy to manifest or sustain anything. Everything you create in First Kingdom requires effort, and when you stop pouring energy into it, it falls apart. Life in First Kingdom is a constant struggle, because force creates a counter-force. You thought things would be easier in Victim Consciousness because other people would have to do things for you, but you discover that it's less work and less stressful to be accountable and take care of yourself. First Kingdom isn't a shortcut to happiness: it's a wrong turn.

It's easy to get to First Kingdom, but hard to leave. Everything in First Kingdom is backward. It's like a hall of mirrors. The levels of consciousness in First Kingdom move in a negative direction. Dr. Hawkins discovered that in Victim Consciousness, even the body's acupuncture system is inverted: positive, truthful influences make the body go weak, while negative, false influences make the body go strong. Once you are in Victim Consciousness, any action you take to try to leave will draw you further in. When you are in First Kingdom, you quite literally don't know what's good for you.

The Story of the Story of Your Life

Your life is a story. The Human Game can help you to understand the **Story of Your Life**, and give you the tools to influence how that story unfolds to create happiness. You only have the ability to influence the stories contained within the Story of Your Life, but it's important to understand that the Story of Your Life is contained within larger stories. To appreciate the Story of Your Life fully, you need to understand how it fits within the **Human Story** and the **Karma Story**.



The Human Story

The truth is that you are an eternal, multi-dimensional being, and you are currently having a human experience as a part of the Human Story. The Human Story is an anthology that spans many lifetimes, and the story of each lifetime contributes to the overall progress of the Human Story. Because eternal, multi-dimensional beings aren't entertained by sitting on the couch and watching a story, the Human Story is a completely immersive, virtual reality experience. You believe that you are the protagonist of your story and that everything that you experience in the story is real.

The theme of the Human Story—and of every story within the Human Story—is the journey to happiness. The Consciousness Story reveals the truth that happiness doesn't exist in the outside world; instead happiness is the consequence of your level of consciousness. The Map of Consciousness also makes it possible to quantify the level of truth of any experience of reality. Higher levels of consciousness represent more significant levels of truth and bring greater experiences of happiness.

The top of the Map of Human Consciousness, the levels of consciousness that comprise Fourth Kingdom, represents the **Really Big Truth of Unity**. The ego and all sense of separation from the Universal Source dissolves when you move into the Enlightened and Transcendent states of reality. These levels of consciousness correlate with a 100% rate of happiness.

The bottom of the Map of Human Consciousness, the levels of consciousness that comprise First Kingdom, embody the **Really Big Lie of Duality**. These levels of consciousness deny the fundamental truth of the Divine and create an experience of reality where you are isolated, separate, alone, and must constantly fight just to survive.

You begin the Human Story at the bottom of the Map of Consciousness, and over multiple lifetimes, you move from the Really Big Lie of Duality to the Really Big Truth of Unity. Each lifetime contains stories that give you the opportunity to reject some aspect of the lie and embrace a nugget of truth.

The Karma Story

The Karma Story tracks your progress in the Human Story across multiple lifetimes. Every moment in every lifetime is recorded and evaluated. In every moment you have the choice between the lie of duality and the truth of unity. When you choose the lie, it lowers the vibration of consciousness. When you choose the truth, it raises the vibration of consciousness. The Karma Story keeps score of your overall consciousness level in your Human Story. The progress you make in one lifetime carries forward to the next.

When you begin a new lifetime story, the Karma Story establishes the objectives, setting, key events, and potential for that lifetime story. You are born with a dominant vibration of consciousness that defines the universe of your “little r” reality. During the story of that lifetime, you will have the opportunity to reject the lie and embrace the truth and raise the vibration of your consciousness. The Karma Story sets the potential for advancement in consciousness in each lifetime, but it's up to you to make the choices that will elevate the truth quotient and advance your Human Story on the road to enlightenment.

The Karma Story is none of your business, and it is far beyond personal judgment. We each spend many lifetimes embracing the lie (and generating “bad” karma) because we must have a full understanding of the lie—and the cost of the lie—before we can recognize the truth and transcend the lie. These lifetimes may not be objectively pleasant for the character you play in the story, but the stories of these lifetimes are essential parts of your bigger Human Story.

That being said, the fact that you are reading this right now means that this lifetime offers you the opportunity to make significant advancements in consciousness.

The fact that your story now includes the story of consciousness and the tools of the Human Game means that these tools are available to you right now. It’s your choice if and how you use them, and there’s no penalty if you don’t take full advantage of them in this lifetime. You can be certain that if the opportunity shows up in this lifetime, it will show up again. The door is now open to you. You can cross the threshold whenever you choose.

The Story of Your Life

Now we come to the Story of Your Life. Your current life story is the latest book in a long series of books that make up your ultimate Human Story. The Karma Story has defined the reality of the Story of Your Life and established how the lie of duality will show up in your story so you can confront it.

In the Story of Your Life, you are playing the role of the person pictured on your driver’s license. For example, in the story of my life, I’m playing the role of the character of Kevin B. Burk. The Story of Your Life contains many chapters, and it follows the arc of your character as you discover elements of the truth that guide and influence your choices.

The Human Game gives you insight into the structure of the Story of Your Life, and can give you options to alter, influence, and upgrade virtually every aspect of that story. **The Story of Your Life is your current experience of reality.** You will explore every story within the Human Game, including the **Astrology Story** and the **Key Quest Story** from the perspective of the Story of Your Life.

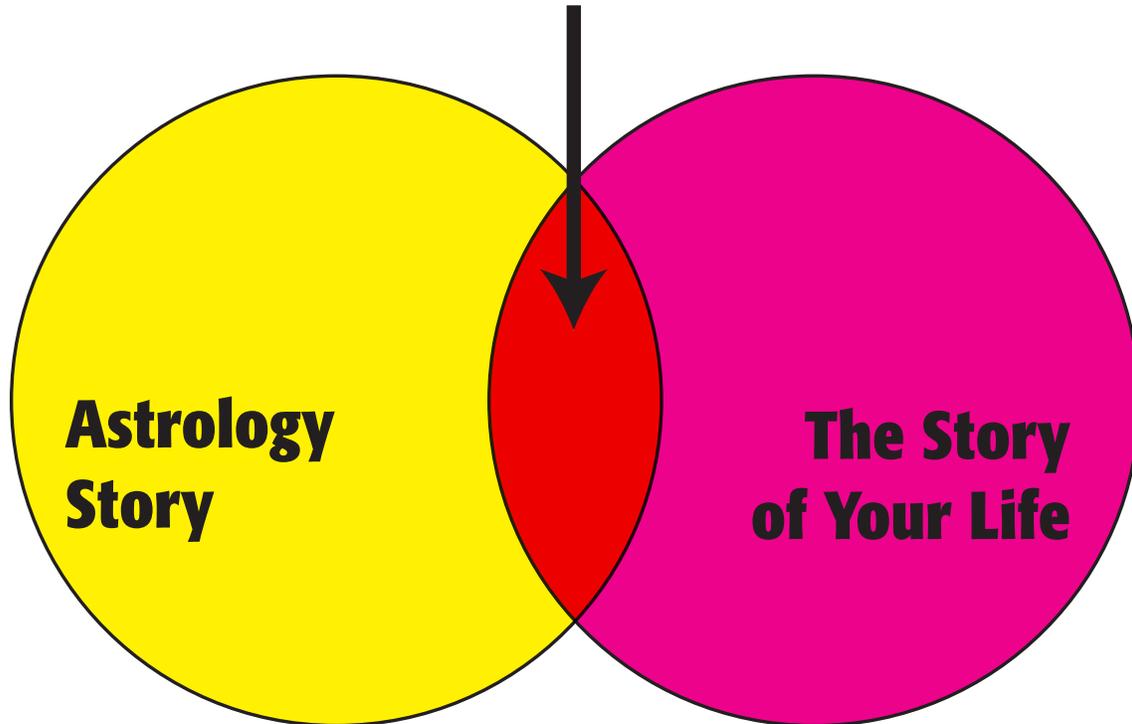
The Astrology Story

The Astrology Story is entirely independent of the Story of Your Life. It’s a vast and fascinating story, but for the most part, because it’s independent of the Story of Your Life, it’s not at all practical. The most popular applications of the Astrology Story involve models of personality typing that attempt to describe who you are and why you do the things you do. This application of the Astrology Story is often entertaining, but it does not help you to understand or influence the Story of Your Life in any significant way.

The Human Game offers a different way of working with the Astrology Story that can help you to understand the structure of the Story of Your Life in meaningful and practical ways. More importantly, it gives you the ability to revise, edit, and upgrade the Story of Your Life to create greater experiences of happiness.

Only a small part of the bigger Astrology Story can be applied to the Story of Your Life to create these results. The **Astrology and the Human Game Foundations Class** teaches only this part of the Astrology Story and demonstrates how to apply it to the Story of Your Life for your own benefit and for the benefit of your clients.

Astrology of The Human Game



The Key Quest Story

The final story to consider is the Key Quest Story. The Key Quest Story is a part of the **theme** of every story, which is what the story is really about (the search for truth). You always have the option to activate the Key Quest Story, but it does require a conscious choice and a shift in focus away from the external appearance of the story and what you think the story is about.

The Key Quest story is the microcosm of the Human Story. It's how you make incremental progress moving from the Really Big Lie of Duality to the Really Big Truth of Unity. The initial reality of every story incorporates some element of the lie, and the elements of the lie form the walls of your prison. Within the reality of your prison are elements of truth that you can assemble into a key that you can use to escape from the prison of the lie.

Act 1 of the Key Quest Story is where you discover the lie and realize how the lie is limiting and restricting you in some way. During Act 1, you run into the walls of the lie, and begin to explore the boundaries of the prison of the lie. As you learn to define the specific parameters of the lie, you find the keyhole where you can escape the lie.

Act 2 of the Key Quest Story is the search for the key of truth that will free you from the prison of the lie. You may begin Act 2 with a blueprint of the key, or a mold for the key, which at least gives focus to your quest, but neither the blueprint nor the mold is the actual key. In Act 2 you must assemble the key: a nugget of truth that is real and practical, and tangible for you.

Act 3 of the Key Quest Story is where you must use the key of truth to open the lock and free yourself from the prison of the lie. This is not always simple or straightforward. You must have absolute faith in the truth to be able to use it to confront and defeat the lie. When you succeed and open the lock, the walls of the prison of the lie dissolve, the context of your reality expands, and you experience a moment of happiness.

Of course you're not yet truly free. You've escaped from a small prison of the lie and find yourself in a slightly larger prison of the lie. The Key Quest begins again as you discover the new limits of your story and search for a bigger truth to vanquish a bigger expression of the lie.

You can combine the Astrology Story with the Key Quest Story to have a better understanding of the expression of the lie and the specific elements of truth you need to assemble to vanquish the lie and free yourself. This option becomes available when you master Level 3 (and beyond) of the Human Game.



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PART 2:
Astrology
and the
Human
Game

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The Story of the City of Your Life

You can play the Human Game and use elements of the **Astrology Story** to help you to advance in the **Story of Your Life** by exploring the **Story of the City of Your Life**. The Story of the City of Your Life views your life as a city, and the objective of the Human Game is to develop, maintain, and upgrade the **City of Your Life**. The City of Your Life is divided into twelve different neighborhoods, which correspond to the twelve houses in the birth chart. Each neighborhood is zoned for a different kind of activity and experience. When you develop and upgrade a neighborhood, you expand the range of experiences you can have in that part of your life. For example, the Second House neighborhood is the financial district, so it contains your money, resources, and experiences of prosperity; it also contains the skills and talents that you can use to earn money. When you upgrade your Second House neighborhood, you have more money and greater prosperity.

To engage with the City of Your Life, you operate one of seven construction vehicles. These correspond to the seven personal planets in your birth chart. The planet-vehicles collect raw materials from the different neighborhoods and convert those raw materials into resources. These resources are either consumed as fuel or used to develop, upgrade, or maintain the different neighborhoods.

The configuration of your Human Game playing field is unique because it's based on the date, time, and location of your birth. Your Human Game playing field determines which planet-vehicles operate in which neighborhoods, what kind of resources they require, and their mode of operation.

You are free to choose how you develop the different neighborhoods in the City of Your Life. You can achieve any goal and create any experience you imagine. All that's required is a clear blueprint, enough resources, and the ability to operate the planet-vehicles. Of course, the more ambitious the goal, the more resources it will require and the longer it will take to complete.

The Human Game Coaching Model

In the **Astrology and the Human Game Foundations Class** (and this handbook) you will learn how to work with the Story of the City of Your Life within a coaching model. This application of the Human Game uses your unique birth chart to build strategies that can help you to achieve your goals, explore your potential, and experience happiness. It not only addresses your external goal (what you think you need to achieve to be happy) but it also connects that goal with an inner journey (which actually make you happy).

Therapy, counseling, and coaching can each help you to deal with life's challenges, but they represent three completely different approaches. The goal of **therapy**, which is provided by a

qualified medical professional, is to address mental health concerns. The goal of **counseling** is to help you to understand your unconscious motivations. The goal of **coaching** is to help you to realize your potential and improve your life. If your current challenge is that you believe you're a chicken, therapy will try to convince you that you're not a chicken; counseling will explore why you think you're a chicken; and coaching will teach you 101 ways to cook eggs.

Traditional coaching models focus exclusively on the external goal. These models view the goal as a mountain. They identify the most efficient path to climb the mountain, create a mountain climbing strategy that optimizes your resources and anticipates obstacles, and finally give you specific tasks to complete. If you follow the strategy. Plan and complete the tasks, you will reach the top of the mountain and achieve your goal. Any challenges you may face with actually doing the things you know you need to do to reach your goal suggest a lack of motivation. Most of traditional coaching involves using different strategies to hold you accountable, overcome your resistance, and do whatever it takes to get you to take action and actually pursue your goal.

The Human Game coaching model is different.

First, the Human Game model knows that goals aren't mountains; goals are icebergs. The external goal is just the visible part of the iceberg. The real obstacles keeping you from success are hidden beneath the surface. Because the Human Game works with your unique birth chart, it lets you see the entire iceberg and consider both the external goal and the hidden, internal goals that support it.

Coaching is not the only way to work with astrology and the Human Game, but it's the ideal place to start. Most people are at the point in their stories where they are looking for happiness in the outside world. Playing the City of Your Life version of the Human Game can help you to advance towards your goals while also giving you the opportunity to discover the true source of happiness.

Reading the Blueprint of the Birth Chart

To be able to work with the astrology story you need to master some basic skills that will help you to recognize the symbols in a typical astrology chart. One of the few things you will need to memorize are the meanings of the astrology glyphs (symbols) that represent the planets and the signs. You will also need to memorize the classical rulerships that connect the planets to the signs. You will find all of the symbols and rulerships in the table on the next page.

Rulership is a foundational concept in astrology. In the astrology story, the planets are the protagonists: they control everything. To make sense of any question with the astrology story, you must find the planet that "rules" that story. Most stories relate to one of the 12 houses in the chart (the 12 neighborhoods in the City of Your Life). The planet that rules the sign on the cusp of the house is the planet that rules that neighborhood, which means it's the planet in charge of everything related to that story.

Astrology Symbols

The Planets

 The Sun	 The Moon	 Mercury	 Venus
 Mars	 Jupiter	 Saturn	

The Signs

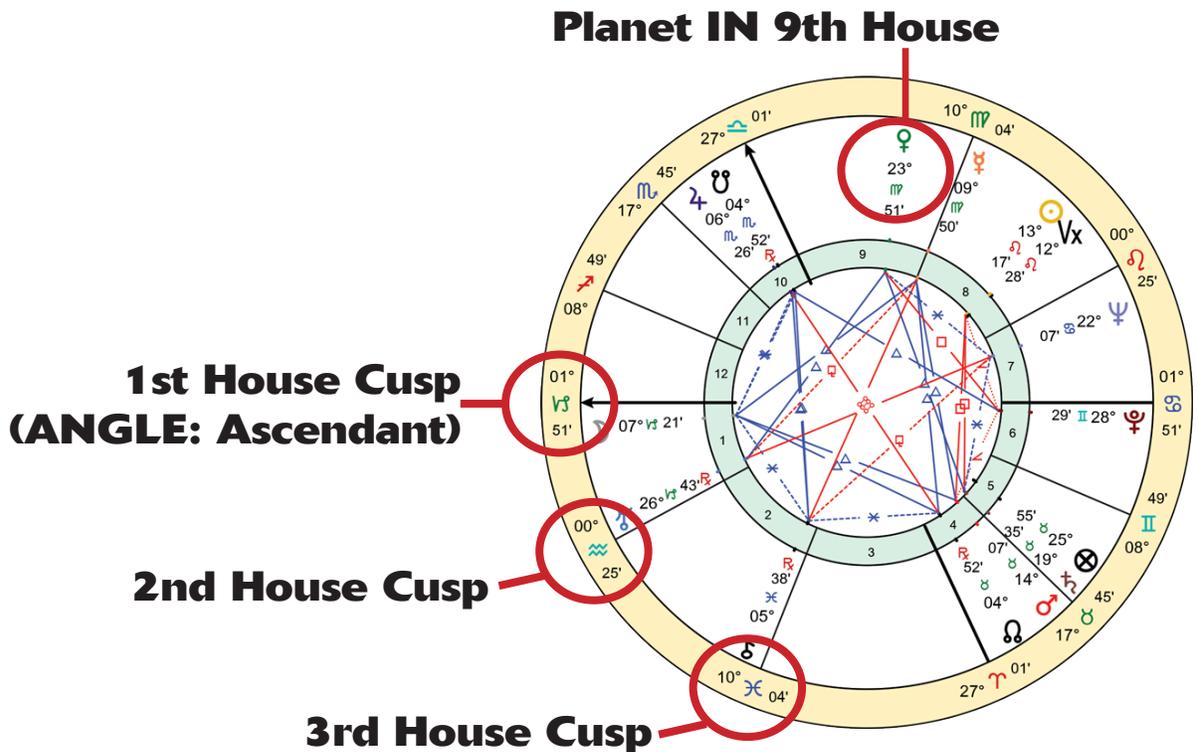
 Aries	 Taurus	 Gemini	 Cancer
 Leo	 Virgo	 Libra	 Scorpio
 Sagittarius	 Capricorn	 Aquarius	 Pisces

Planets Ruling Signs

 The Sun Rules	 Leo	 The Moon Rules	 Cancer
 Mercury Rules	 Gemini	AND	 Virgo
 Venus Rules	 Taurus	AND	 Libra
 Mars Rules	 Aries	AND	 Scorpio
 Jupiter Rules	 Sagittarius	AND	 Pisces
 Saturn Rules	 Capricorn	AND	 Aquarius

Reading the Houses in the Natal Chart

When you look at a natal chart you need to be able to identify the planet that rules a house (based on the sign on the cusp of the house) and you need to be able to identify what house a planet occupies. The house cusps are the lines that divide the houses in the chart.



The position of each house cusp is indicated both by the sign on the cusp and the precise location within the sign, expressed as degrees and minutes. In the above example, the cusp of the First House is 01° 51 Capricorn, and the planet that rules the First House is Saturn (which can be found in the Fifth House).

The Twelve Neighborhoods in the City of Your Life

The twelve neighborhoods of the City of Your Life correspond to the twelve houses in the birth chart. When you begin to play the Human Game, your primary focus is on the neighborhoods, so it's helpful to become familiar with each one in advance. Each neighborhood relates to a different part of your life, and when you upgrade a neighborhood, you create more and better experiences in that part of your life.

First House: Happiness

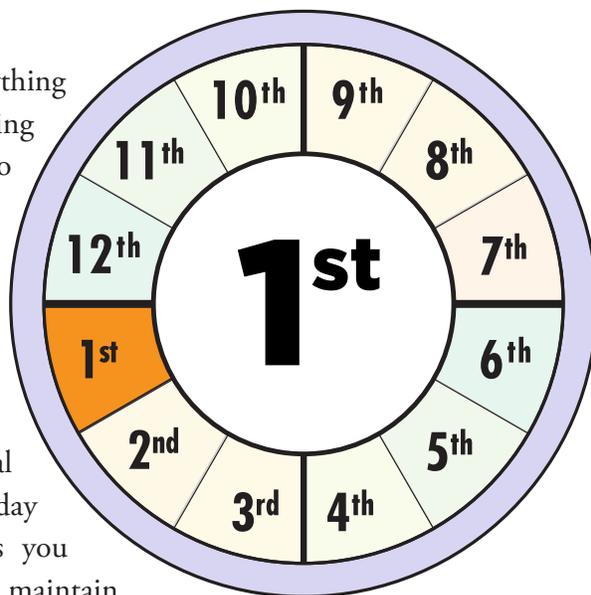
The First House is your happiness. It contains everything that you enjoy and that gives you pleasure, including your hobbies and personal interests. It relates to your physical appearance, and affects how other people see you and whether or not they find you attractive.

When you upgrade your First House neighborhood, you create more happiness in your life. You discover that happiness lives within you and has nothing to do with external conditions, so it's not affected by the day-to-day experiences of your life. Whatever challenges you experience playing the Human Game, you maintain your happiness. Upgrades to the First House neighborhood also improve your physical appearance, the health and vitality of your physical body, and cause other people to admire and appreciate you more.

First House Goals: Health, fitness, and appearance-related goals. Goals that involve personal growth and overall happiness. Goals that involve hobbies and interests.

First House Attention: Your happiness, hobbies and activities that you enjoy, your physical body, your appearance, how other people perceive you and whether other people find you attractive.

First House Action: Any activity that involves your physical body, including exercise and personal grooming. Any activity that you enjoy, especially hobbies and personal interests. Any experience or activity that makes you happy.



Second House: Money and Prosperity, Skills and Talents

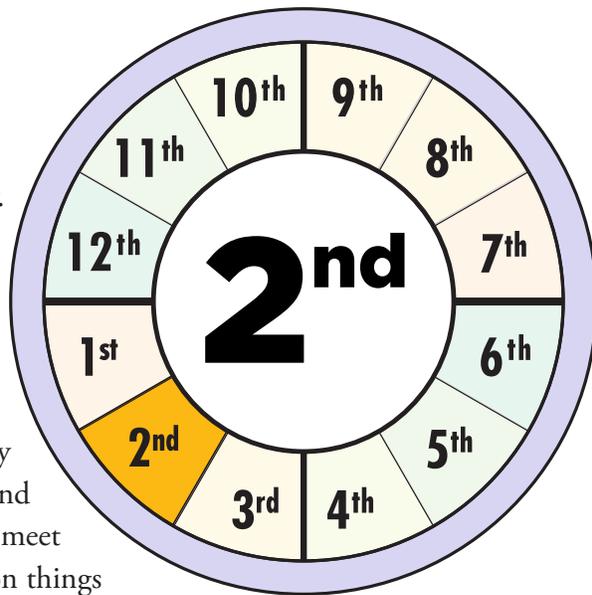
The Second House is your money and prosperity. It contains your finances and all of your possessions, and it relates to how you earn, manage, and spend your money. It also relates to your skills and talents.

When you upgrade your Second House neighborhood, you create prosperity. Money shows up easily and flows through your life, and you always have enough money and resources to meet all of your needs. You are able to spend money on things that give you pleasure and enjoyment and that improve the overall quality of your life. You also find it easy to develop and upgrade your skills and talents. These skills may support your ability to create money or they may simply support your overall enjoyment of your prosperity.

Second House Goals: Any goal that involves money (usually creating more money) and prosperity. Goals related to buying something (other than real estate). Goals involving developing or expressing your skills and talents.

Second House Attention: Your money and resources, including your cash flow, your bank accounts, your salary, and your personal possessions; your skills and talents, including how you train, develop, and use your skills.

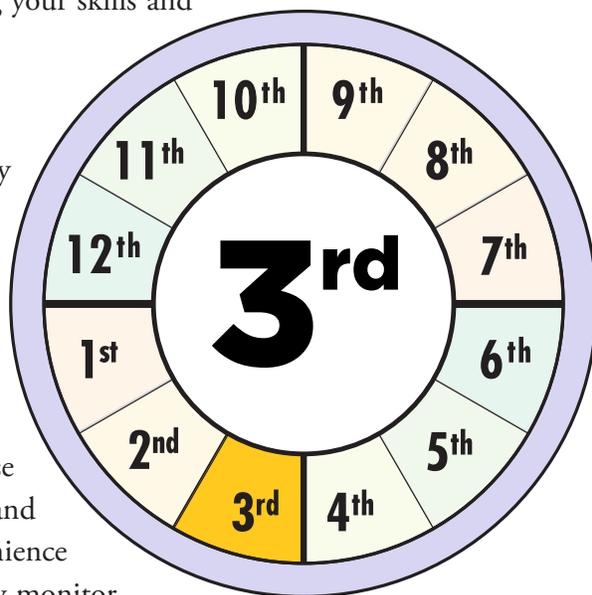
Second House Action: Earning money, spending money, managing money, engaging with your personal property and resources (things you have purchased with your money), developing or improving skills through deep practice, using your skills and talents.



Third House: Comfort Zone

The Third House is your comfort zone. It’s any place that is local, convenient, and familiar to you, where you are confident and comfortable, and where you know what to expect. It’s also your habits and routines: your ability to automate behaviors to free up energy and attention for other things.

When you upgrade your Third House neighborhood, you expand your Comfort Zone and experience more confidence, ease, and convenience in your life. You feel relaxed and alert. You easily monitor your familiar environment to make sure it’s operating smoothly,



and you know that if anything unexpected pops up, you can respond instantly, and resolve it using local, familiar resources. You are able to automate the routine tasks in your life to free up energy and attention that you can direct to more interesting or important things, and this helps you to accomplish your goals more efficiently.

Third House Goals: Any goals that involve creating new habits, changing old habits, or automating routine tasks in your life. Goals that involve building confidence and familiarity. Goals that involve expanding your comfort zone.

Third House Attention: Your comfort zone, your familiar environment, your local surroundings, your neighborhood and local resources, your habits and routines, any part of your life that can operate without your conscious attention.

Third House Action: Rituals and routines, short journeys around your local and familiar environment, interactions with neighbors, anything that you can run on autopilot because it's so familiar.

Fourth House: Foundation

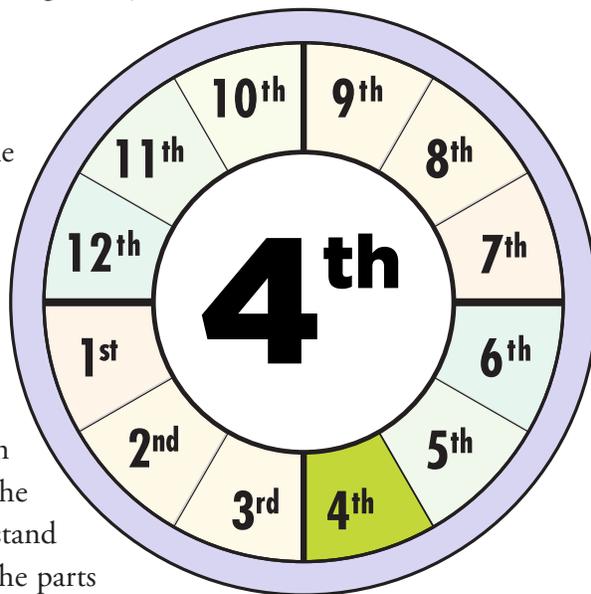
The Fourth House is your foundation: it's the bedrock on which you build your life. Everything in your Fourth House has to be squared away for your life to function. It's also your private, personal life and your sanctuary where you take time for yourself to recharge your batteries.

When you upgrade your Fourth House neighborhood, you strengthen the foundation of your life. A strong foundation means that the structures you build in your life can withstand disruptions and upsets with minimal damage. The parts of your life that make up your personal foundation, whatever they may be, gain extra protection and support. Upgrading your Fourth House neighborhood also enhances your sanctuary and your private life. You have an easier time retreating from the world, resting, rejuvenating, and recharging your batteries.

Fourth House Goals: All home-related goals, including real estate transactions (buy, sell), and moving your physical residence. All foundation-related goals: anything that you believe will make your life more stable. Goals that involve protecting your privacy and meeting your personal, individual needs.

Fourth House Attention: Your foundation (any part of your life that must be squared away for you to be able to function), your home, your personal and private life, your privacy.

Fourth House Action: Anything that is private and personal, any activities in your home or sanctuary (including housework and chores), anything related to rest and relaxation.



Fifth House: Creativity, Recreation, and Risk

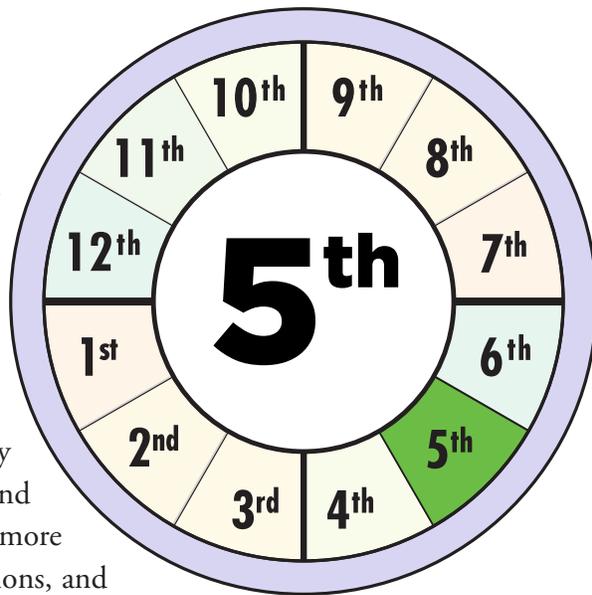
The Fifth House is your creativity, which is far more than just artistic expression. Every time you solve a problem you access your creativity. It's also your recreation (entertainment, fun and games) and your tolerance for taking risks.

When you upgrade your Fifth House neighborhood, you expand your creativity in every dimension. Not only do you have more energy and interest in artistic expression, but you become more skilled at solving problems, identifying new options, and discovering new ways to engage with your life. Upgrading your Fifth House neighborhood creates more fun in your life. No matter how serious a task may be, you can still recognize and enjoy the game.

Fifth House Goals: All creative or artistic goals. Goals involving dating, romance, and sex. Goals involving your children. Any recreation-related goal, including playing games and having fun. Goals related to gambling and risk-taking, including the stock market.

Fifth House Attention: Creativity, fun, games, risk, amusement, entertainment.

Fifth House Action: Any activity that you find fun or amusing; any activity you can approach as a game; any creative action or activity; gambling and risk taking.

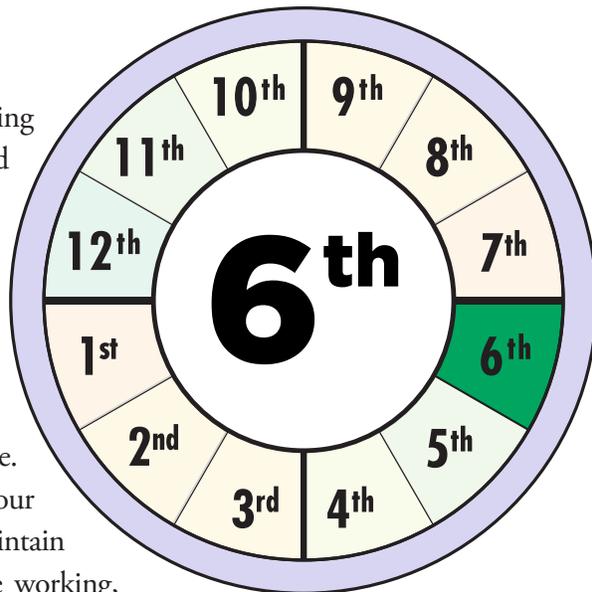


Sixth House: Job, Work, and Service

The Sixth House is your job. It includes everything that you *have* to do, and that requires effort and hard work. It's also service that you provide to others.

When you upgrade your Sixth House neighborhood, your job gets easier and your workload gets lighter. The nature of the work may not change, but the work will require less effort and become more meaningful to you. You will discover satisfaction and pride in a job well done. The dynamic and quality of the relationships in your workplace will improve. You will find it easier to maintain appropriate boundaries so that when you're done working, you can leave your job behind.

Sixth House Goals: Any goal related to your job or your workplace. Goals that involve improving relationships in your workplace environment. Any goal that involves hard work that you have to do. Goals that involve addressing the symptoms and underlying cause of sickness or illness.



Sixth House Attention: Your actual job, hard work, obligations, service to others, chores, mundane tasks.

Sixth House Action: Anything that requires effort and hard work; any kind of service; any task that is your duty or responsibility.

Seventh House: Other People and Relationships

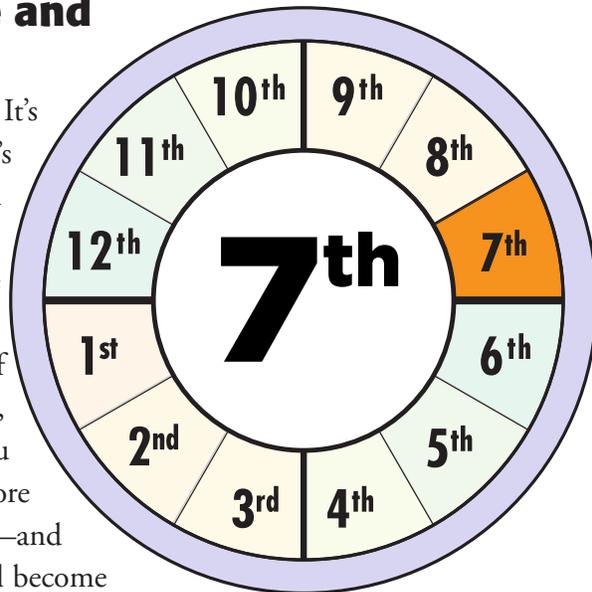
The Seventh House is all about other people. It's your relationships to other individuals, and it's your relationship to other people in general or in groups, such as when you go out in public.

When you upgrade your Seventh House neighborhood, all of your relationships improve because you begin to notice the good qualities of other people. In your one-to-one relationships, you will focus more on the qualities that you admire in your partners and you will become more tolerant and forgiving of their shortcomings—and because of this, your partners in relationship will become more pleasant and supportive. You will also find it easier to be kind and compassionate to other people when you encounter them in public, and in return, the people you encounter will treat you with more kindness and compassion.

Seventh House Goals: All goals that involve romantic partnership, including finding a romantic partner and overcoming challenges in your romantic relationships. Any goal that involves improving the experience and dynamic of a one-to-one relationship with another individual.

Seventh House Attention: Notice other people or other individuals.

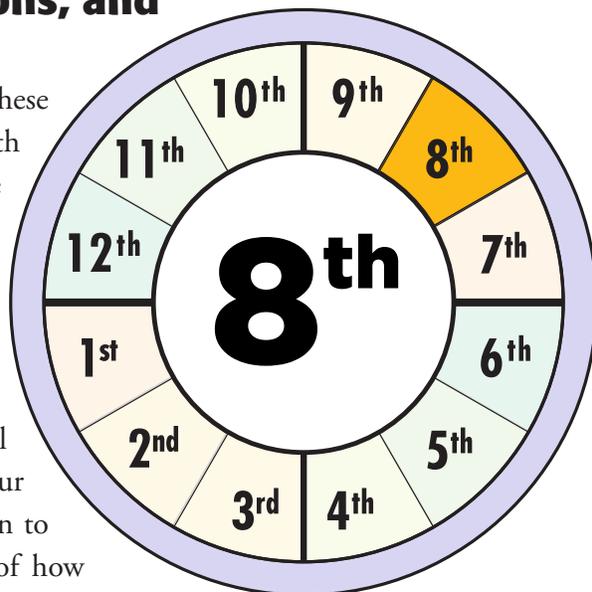
Seventh House Action: Interact with other people or other individuals.



Eighth House: Debt, Obligations, and Shared Resources

The Eighth House is your debts and obligations. These are not exclusively financial, and they include both debts you owe to others and debts other people owe to you. The Eighth House is really about how you give and receive support and engage with the Law of Circulation.

When you upgrade your Eighth House neighborhood, you transform your relationship to your debts and obligations. In a strictly financial sense you find it easier to manage and repay your financial debts. But in a broader sense you begin to appreciate that all of your debts are evidence of how



much support you have received. As you become more conscious of the Law of Circulation, you find it easier to both give and receive support, financial and otherwise.

Eighth House Goals: Goals that involve managing or paying off debts and obligations (especially financial obligations). Goals that involve building or repairing your credit. Goals that involve managing shared resources or other people's money. Goals that involve giving and/or receiving support and engaging with the Law of Circulation.

Eighth House Attention: Debt, obligations, giving support, receiving support, shared resources.

Eighth House Action: Repaying a debt or obligation, giving support, receiving support, expressing gratitude and appreciation for support, drawing on shared resources, contributing to shared resources.

Ninth House: Danger Zone

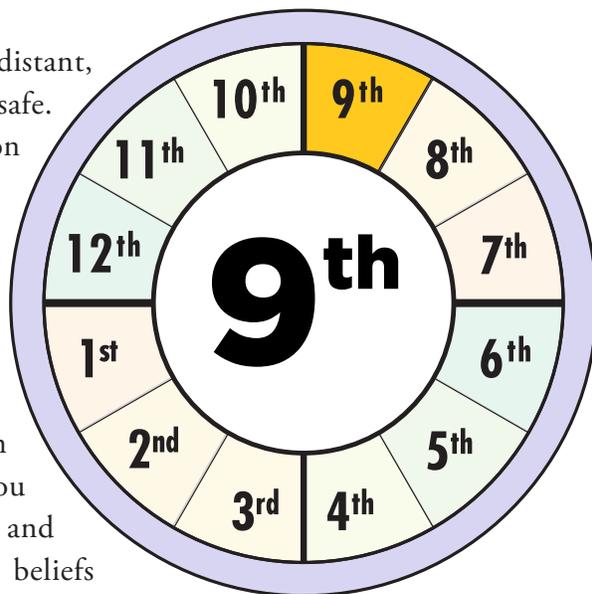
The Ninth House is your danger zone. It's distant, foreign, unfamiliar, and always a little bit unsafe. It's where you go to acquire new information and it's where you find all types of experts and authorities to help you to navigate the unknown.

When you upgrade your Ninth House neighborhood, you become more willing to explore the unknown. You approach new experiences with excitement and anticipation rather than with fear and trepidation. You seek out guidance and wisdom from experts and authorities, and are willing to question your beliefs and perceptions in the pursuit of a greater experience of truth. Upgrading your Ninth House neighborhood gives you the tools and resources to go deeper into the unknown and acquire greater knowledge, wisdom, and expertise.

Ninth House Goals: Any goal that involves learning something new and exploring the unknown, including education-related goals (higher education, advanced degrees). Goals that relate to becoming an expert or an authority in some field. Travel-related goals, especially travel to foreign countries with different cultures and languages.

Ninth House Attention: What is new, unfamiliar, or foreign about the experience; unknown; your beliefs and expectations.

Ninth House Action: Doing something new or unfamiliar; seeking knowledge from experts or authorities; questioning your beliefs and expectations.



Tenth House: Reputation and Advancement

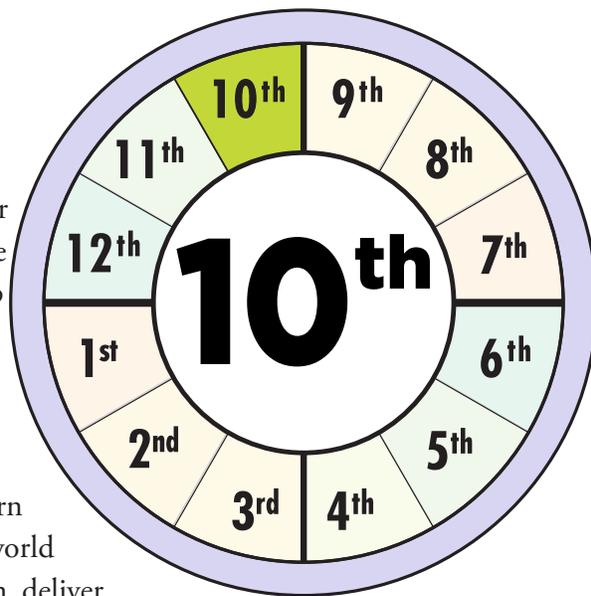
The Tenth House is your reputation and your advancement. It's your public image, how the world sees you, and it's the qualities that help you to advance personally, professionally, and socially. In today's world, it has quite a lot to do with your social media presence.

When you upgrade your Tenth House neighborhood, you raise your personal profile, turn the spotlight on yourself, and demand that the world notice you and your achievements. If you can deliver what you promise, you can experience success, promotion, advancement, and even a little bit of fame. The more you develop your Tenth House neighborhood, the more visible you become to the world. Your reputation will precede you in all things, and as long as it's well-maintained, it can open doors for you.

Tenth House Goals: All success-related goals, including professional success (career, business) and personal success. Any goal that involves raising your profile and becoming more public (and more famous). Goals that involve pursuing advancement, promotion, awards, and honors.

Tenth House Attention: Your reputation, your public image, your career and/or business; your fame, your advancement.

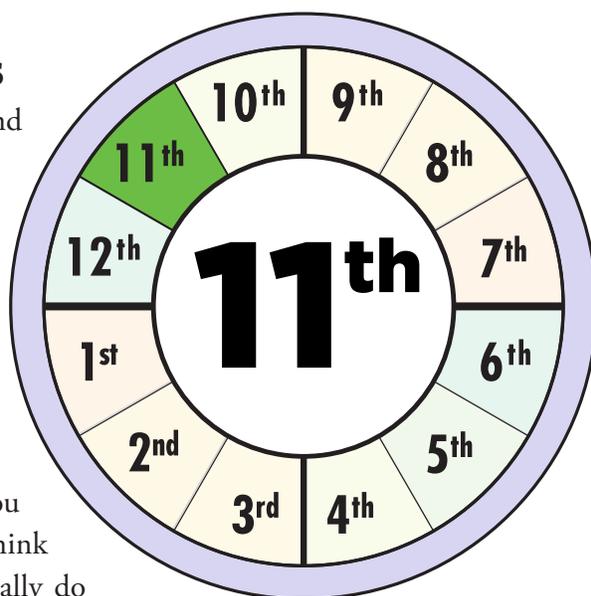
Tenth House Action: Anything intended to advance you personally, professionally, or socially; sharing on social media; any self-promotion or marketing; anything you do in the pursuit of awards, honors, or recognition.



Eleventh House: Ambitions, Aspirations, and Acquisitions

The Eleventh House is your aspirations and acquisitions: your personal dreams and ambitions that you believe you have to go out in the world to accomplish or attain. The Eleventh House is the pursuit of happiness because you believe that when you achieve your dreams, you'll be happy. But remember that true happiness lives inside you and belongs in the First House.

When you upgrade your Eleventh House neighborhood, you get to live your dreams. You begin by getting a clear vision of the life you think would bring you happiness, and then you actually do something about creating that life for yourself. Whatever you



need to acquire to realize your dream becomes possible. And the more you develop your Eleventh House neighborhood, the more energy and resources you have available to follow your dreams.

Eleventh House Goals: Any dream or ambition that you have that you believe will make you happy, including your fantasies and daydreams (accepting an Oscar, winning an international singing competition, becoming an astronaut). Acquiring something that you believe will make you happy.

Eleventh House Attention: What you think you to acquire, attain, or achieve to be happy; your goals, dreams, and ambitions.

Eleventh House Action: Anything you do in pursuit of your goals, dreams, or ambitions; anything you do to receive support from friends to help you reach your goals; anything you do in pursuit of happiness (i.e., something you think will bring you happiness vs. something that actually makes you happy).

Twelfth House: Blind Spot

The Twelfth House is your blind spot. When you move something into your Twelfth House, you become unconscious of it and it stops taking up any attention or energy. This can be a problem if something in your Twelfth House becomes your responsibility or your business, because you may forget all about it until it's too late. The Twelfth House is also your adversity and how you overcome challenges and setbacks.

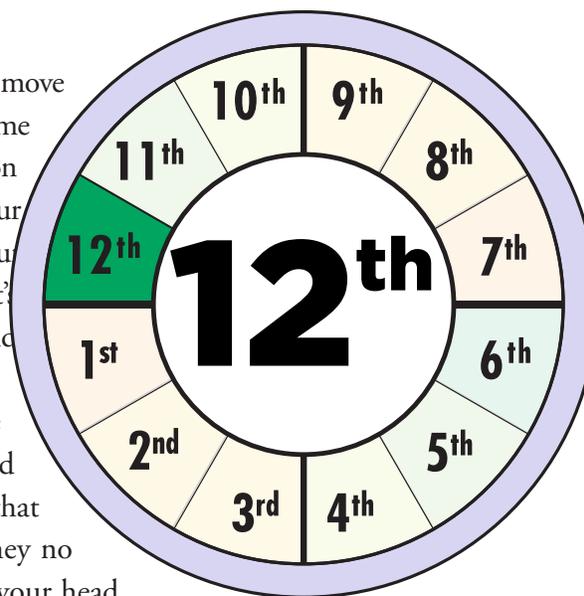
When you upgrade your Twelfth House neighborhood, you gain control over your blind spot. It becomes easier for you to move things that are not your business into your blind spot so they no longer consume energy or take up any space in your head.

When something is in your blind spot, it can't cause worry or anxiety because it's out of sight and out of mind. Upgrading your Twelfth House neighborhood also makes it easier to check your blind spot to make sure that you're not forgetting anything important. Being able to check your blind spot and clean up any accidental messes you may have made can limit the amount of optional suffering and adversity you create in your life.

Twelfth House Goals: The ability to move something into your blind spot so that you no longer think about it (or worry about it). Goals that involve changing some kind of negative behavior pattern to create less adversity and limit your optional suffering. Goals that involve making amends, taking responsibility for your mistakes, and clearing up resentments that may turn your friends into hidden enemies.

Twelfth House Attention: Your blind spot: conscious attention to the things that you don't notice or pay attention to; adversity, challenges, sorrow, loss, and other obstacles you face; your shadow, your unconscious.

Twelfth House Action: Anything you do that involves overcoming adversity or challenges, such as recovering from a set-back. Cleaning up after yourself, apologizing for mistakes or crossed boundaries, addressing any resentment you may have created in other people.



Meet the Planets

In the **Astrology Story** of **The City of Your Life**, the seven personal planets are heavy equipment construction vehicles. To take any action in the City of Your Life, you need to operate one of the seven planet-vehicles. Each planet-vehicle occupies one of the twelve neighborhoods (and gets its fuel from that house) and each planet-vehicle is in charge of upgrading and maintaining the structures in one or more neighborhoods.

The planet-vehicles represent **Universal Puzzle Pieces**: the big, abstract qualities that make us human. You won't work directly with the planet-vehicles or the Universal Puzzle Pieces until Level 3 of the Human Game. This section provides you with a brief introduction to each of the planets.

The Sun: Integrity

Integrity is a personal quality of fairness that we all aspire to. Having integrity means doing the right thing in a reliable way. It's a personality trait that we admire, since it means a person has a moral compass that doesn't waver. It literally means having "wholeness" of character. To create awareness of integrity, consider how you were fair, strong, did the right thing, and lived up to your personal principles, even in small and apparently insignificant ways.

You long for the experience of Peace that comes from absolute integrity. When you have integrity, you are free from worry because you know that you can weather any storm, no matter how severe. The outside world provides initial guidance about integrity through laws, customs, and guidelines of moral and ethical behavior, but these broad, objective standards of integrity are not sufficient. Your Personal Standards of Integrity live within you, and they are far more restrictive and subtle. They are also constantly evolving, which means you can go to bed at night in integrity and wake up the next morning out of integrity because the line of integrity has moved and you're now on the wrong side of it.



The Moon: Safety Needs

There are two types of safety: objective and subjective. Objective safety involves actual threats to your physical, mental, or emotional body. The vast majority of the time, you are objectively safe. Subjective safety is what feels safe to you, and the most important consideration here is familiarity. If something is familiar to you, and you know what to expect from it, it becomes subjectively safe to you, even if it's objectively dangerous. Changing or leaving the objectively unsafe environment is difficult because anything unfamiliar is subjectively unsafe, and there may not be enough of a balance in your Safety Need Account to pay for that change.



To create awareness of your Safety Needs, review the experience and check the balance in your Safety Need Account. Notice how safe you felt on a scale of 0 to 10. Consider how aware you were of the present moment during the experience, and note how much of the experience your attention was either on the past or the future. Now, consider the truth that during that experience you were, in fact, completely safe; every one of your needs was met, in the moment, during that experience. Now check the balance in your Safety Need Account around that experience once more.

Mercury: Understanding and Communication

Understanding is how you make sense of your reality, and communication is how you share your understanding with others so they can incorporate it in their own realities. Understanding and communication can operate on all four elemental levels: they do not automatically require words or mental connections (Air). That being said, when you create awareness of your understanding and communication, you will need to translate your understanding into words that you can communicate back to yourself. Focus on what you learned or understood about the experience.

When you communicate, you look outside of yourself to validate your subjective experience of reality in the hopes that you can verify its level of truth. But you can only understand truth by fitting it in the context of your subjective “little r” reality. When you attempt to communicate, you must translate your subjective experience of reality into an objective language, and hope that the words you choose successfully transmit your meaning to others. The problem with communication is that the words can only convey the objective content of the message. When someone receives the message, they have to decode it through the filters of their own “little r” reality to understand it. When you receive communication from others, you do the same thing. The problem, and the source of most miscommunication, is that not everyone uses the same filters or has the same subjective experience of reality.



Venus: Validation Needs

Validation needs describe your need to experience and express love and appreciation, and they fall broadly into two categories: group acceptance and self-acceptance. Group acceptance has to do with your relationship to and status within the groups that help define your identity as an individual. Self-acceptance has to do with how you support your sense of individual identity and realize your value as an individual. The ultimate goal is to achieve a level of self-esteem so that you know the truth that you are loved and worthy of love, and you don't need to look outside of yourself to confirm that.

You long to experience Unity and the truth that you are neither separate nor isolated from the Universe. You look for this through connections to other individuals where you can experience love and appreciation. Even though other people have access to your Validation Need Account and can make deposits and withdrawals, you are responsible for maintaining the minimum balance on your own. The more you look



outside of yourself for validation, the harder it will be to manage your own validation needs. But when you learn to love and appreciate yourself and develop healthy self-esteem, the dynamic of all of your relationships transforms.

The easiest way to create awareness of validation is to review the experience and focus on everything you appreciated or enjoyed about it. Applying gratitude to the experience creates an awareness of love and appreciation.

Mars: Anger

While most people think of anger as an intense (and generally negative) emotion, anger is actually a neutral source of energy, like fire. Whether fire is constructive or destructive depends on how it is used, and using fire constructively requires skill and attention. The same can be said for the energy of anger. To create awareness of the energy of anger, notice where you felt frustrated, challenged, or defensive during the experience. You tap into the energy of anger when you need to overcome obstacles.

The energy of anger can connect you with an experience of Power, but first, you must separate the experience of anger from the story you have created about it. No matter what the appearance in your reality, your anger is never about what it appears to be about. When you tap into the energy of anger, you must learn to drop the story and refrain from reacting (which would use force and only make the situation worse). Take a moment and drop every part of the story that is not a part of My Business, and then let go of your expectations. Then you can take the energy of your anger and use it to generate the resources you need to achieve your goals.



Jupiter: Growth

All living things seek a greater expression of their essence. You grow through new experiences; you consume new ideas and information and perceptions, and these change the context of your story, opening the door to new possibilities. Growth is about fulfilling your potential in every dimension. The only way to track your growth is to compare where you are now to where you were in the past. When you fulfill your current potential, the outer limits of your potential automatically expand, which creates new opportunities, so you never feel stuck. If you encounter a boundary and feel limited or constrained by it, this means that you have unexplored potential somewhere else. If you push past the boundary and reach for more before you have made full use of what you have, you will be out of balance. You will be too much in some dimensions and not enough in others.

You are always growing in every dimension at all times, but to create awareness of growth, you need to measure it. You only notice growth when you compare where you are now to where you were in the past. Even the smallest amount of progress can provide awareness of growth and expansion.

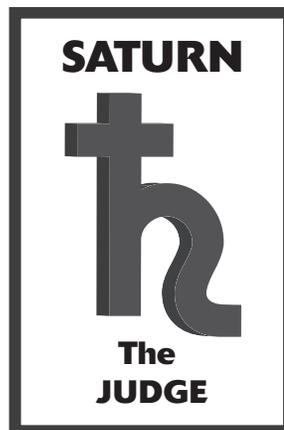


Saturn: Responsibility

It's important to understand the relationship between responsibility and accountability. When you accept responsibility for something, you take on an obligation to perform a duty or complete a task. If you fail to meet your responsibility for any reason, you will be held accountable. Accountability is not the same thing as blame or punishment. You are also held accountable when you meet your responsibility. Accountability is owning the truth that you said you were going to do something, and you either did it or didn't do it.

The truth is that you are only responsible for things that fall within the limits of My Business. You are responsible for your intentions and for your actions, but you are not responsible for the outcome. You may need to accept the consequences of your intentions and actions—including any unexpected consequences—but when you stay within the limits of My Business, you are protected from blame. You cannot be expected to be able to control things that are objectively beyond your control.

You can create an awareness of responsibility by considering how you followed the rules, met your obligations, did what you said you would do, and respected the boundaries and limits. It's also important to be aware of the things that are not, in fact, your responsibility because they're not your business.



PART 3:
Playing
the Human
Game

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Level 1:

Fuel Stories

In the **Human Game Astrology Story**, every action you take involves a planet-vehicle, and for a planet-vehicle to operate, it requires fuel. You generally have enough fuel to get through the day, but taking on new projects and goals requires *additional* fuel.

Every action consumes fuel, but some actions also create fuel. With the Human Game coaching model, once you identify your goals and objectives, the next step is to identify how and where you can create fuel so that you can pursue those goals. You may need to spend some time focused on tasks and activities that don't seem to relate to your ultimate goal, but these actions will help generate the fuel you need to pursue that goal.

Remember that pursuing new goals requires *additional* fuel, so when you start to run low on fuel, the first thing you will give up will be your new behaviors. When your enthusiasm starts to flag, it's a sign that you need more fuel. Top off your fuel tank and you'll find it easier to stay the course.

To begin, you need to find a personal connection to the idea of "fuel" and "energy" as it applies to your life. If you're like most people, when you think of your energy level, you think of your physical vitality. The better you sleep, the more energy you have during the day. At the end of a hard day's work, you may feel drained, listless, and "low energy." These experiences are examples of an extreme lack of fuel. You must learn to become aware of more subtle cues that you may need more fuel to get through your day.

When you would like to do something and the planet-vehicle in charge of that task has sufficient fuel, that task is easy to accomplish. You have no resistance to it. The moment you think about it, you're ready to start working on it.

Anytime you experience resistance to a task, whether it's something you would like to do or something you are obligated to do, it is a sign that you don't have enough fuel to accomplish that task. Procrastination is an example of a lack of available fuel resources.

You unconsciously manage your fuel resources on a minute-by-minute basis, prioritizing fuel for the most important tasks you need to accomplish each day. You can push through resistance and force yourself to do something you're not inspired to do (like unload the dishwasher), but this may consume fuel that you might have allocated for other tasks. Overcoming resistance requires additional fuel on top of the fuel required to complete the task.

As a rule, your established routines always take priority. Any new experience or objective and any change to your familiar routine will require additional fuel. If you don't have enough additional fuel available, you will not stick with the new objective.

Types of Fuel

Each planet-vehicle requires a specific type of elemental fuel, determined by the sign of the planet. If the planet-vehicle is in the sign of **Aries, Leo, or Sagittarius**, it requires **Fire** fuel. If the planet-vehicle is in the sign of **Taurus, Virgo, or Capricorn**, it requires **Earth** fuel. If the planet-vehicle is in the sign of **Gemini, Libra, or Aquarius**, it requires **Air** fuel. And if the planet-vehicle is in the sign of **Cancer, Scorpio, or Pisces**, it requires **Water** fuel.

Fire is what you probably think of when you think of “energy.” Fire fuel is enthusiasm, passion, excitement, and intensity. When you lack Fire fuel, you feel burned out.

Earth fuel relates to physical strength and the ability to manipulate the material world. Earth fuel is structure and form, and practical, tangible expression. When you lack Earth fuel, you feel ungrounded, and have difficulty with structured, practical tasks.

Air fuel relates to the mental, intellectual, social, objective, abstract qualities of life. Air is how you make connections, apply logic and reason, and experience relationships between yourself and the world. When you lack Air fuel, you feel brain dead and lack mental bandwidth to understand things.

Water fuel relates to the emotional context of life. Water is how you feel, and it operates on a subjective, personal, and intuitive level. When you lack Water fuel, you feel apathetic and lack the energy to care.

How to Check Your Fuel Level

If you encounter resistance to a particular task, imagine the fuel tank for that task. The fuel tank has a fuel gauge that shows how much fuel is in the tank. The fuel gauge displays a percentage from 0% (completely empty) to 100% (completely full).

Think about the task and think about how much fuel you have available for that task right now, and then imagine what number displays on the fuel gauge for the fuel tank for that task. That number is your current available fuel for the task. If it's less than 80% full, you probably don't have enough fuel for that task. Rather than forcing yourself to overcome your resistance (which will consume even more fuel), you can generate additional fuel. Keep in mind that the activities that generate fuel may have nothing to do with the task you would like to complete.

Whatever number pops into your head is the correct number. Don't overthink this. You don't need to “see” the fuel gauge. All you need to do is take a moment to be present, ask the question, and then accept whatever answer shows up for you. Remember that your available fuel levels fluctuate from moment to moment. You're looking for a snapshot of where they are right now, and you will use this snapshot as a baseline reference so you can notice improvements.

In many ways, this is the most challenging part of the entire Human Game. You will use this process to check your fuel levels, and also to check the resource levels in neighborhood warehouses. Once you learn how to use your imagination to take readings, everything else in the Human Game will be easy to master.

The ability to quantify your fuel and resource levels becomes progressively more important as you advance in the Human Game if you are playing the Human Game to help you to pursue external goals, especially large, long-term goals such as buying a house, changing careers, or making substantial changes to your health and fitness. It's less critical at the initial levels of the Human Game, and it's primarily connected to the story of the City of Your Life.

How to Generate Fuel and Overcome Resistance

The Fuel Story is quite simple. Every action you take consumes fuel, but some actions also create fuel. If you experience resistance to taking action, you probably don't have enough fuel available for that action. Every action belongs to one of the 12 neighborhoods in the City of Your Life, and the planet that rules the house (neighborhood) is the planet-vehicle that performs the action and that requires the fuel. When a planet acts in the neighborhood (house) that it occupies, it generates fuel. Therefore, to generate fuel, you need to identify the planet-vehicle that needs the fuel, and operate that planet-vehicle in the house it occupies, which will generate fuel and make it easier for that planet to take action in one of the houses it rules.

Creating fuel (or resources) requires a story, and the story is called the **AAA Plan (Triple-A Plan)**. The AAA Plan is comprised of **attention**, **action**, and **awareness**. To create fuel, you tell a story where you place your **attention** on the neighborhood that contains the fuel, choose an **action** (events in the story) that specifically relates to that neighborhood, and then gather the resources with **awareness** of the target neighborhood, the elemental type of fuel, the modality, and the Universal Puzzle Piece of the planet-vehicle itself.

Keep in mind that the Fuel Story is independent of the Astrology Story, and that you can choose how much of the Astrology Story you would like to incorporate in the Fuel Story. How you apply the Fuel Story (and the Astrology Story) depends on your intentions and objectives.

The easiest application of the Fuel Story is simply to direct your attention to the house a planet occupies and become aware of the kinds of activities that will generate fuel. When you are feeling resistance or a "lack of motivation," you can tell yourself, "When I need fuel to do x , I can just spend some time doing y , and that will give me the boost I need." You can accomplish this without checking your fuel levels (before and after) or quantifying anything.

The next level is to include the Elemental Fuel Type in your Fuel Story. When you identify the specific type of fuel you require (the element of the sign of the planet that rules the neighborhood), you can focus on the specific quality of "energy" you need to disrupt the "lack of motivation" story. For example, you might have plenty of physical energy and strength (Earth) available, but what you need to accomplish your goal is mental energy (Air), so when you tell the story about how you generated fuel, you focus on the mental, social, and abstract qualities of it. Greater awareness of the qualities of the element you need for fuel generates greater levels of fuel from the story.

If you are focused on pursuing a big, external goal, the "lack of motivation" story in the Story of Your Life is bigger and more active, and it requires bigger and more complex Fuel Stories to address it. These initial, simple applications of the Fuel Story will become less effective over time, and you will need to create a new story where you quantify, measure, and track your fuel levels and work with the AAA Plan more precisely.

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Level 2:

Modality Teams

Unlike traditional coaching models, the Human Game recognizes that different goals require different strategies. This has nothing to do with the external goal and everything to do with the **modality** associated with that goal in your unique Human Game playing field. Each modality has a different set of challenges, different fuel requirements, and different strategies to maximize success.

The modality of a goal is the modality of the planet-vehicle that manages the neighborhood associated with the goal. If the planet-vehicle is in the sign of **Aries, Cancer, Libra, or Capricorn**, the modality of the goal is **Cardinal**. If the planet-vehicle is in the sign of **Taurus, Leo, Scorpio, or Aquarius**, the modality of the goal is **Fixed**. If the planet-vehicle is in the sign of **Gemini, Virgo, Sagittarius, or Pisces**, the modality of the goal is **Mutable**.

The modalities play a critical role in the strategy of the Human Game. The modalities affect how you manage your fuel for the goal, how you create and manage resources in the different warehouses, and how you develop, upgrade, and maintain the structures in those neighborhoods. The modality of a goal creates a set of unconscious expectations about the goal. These are hidden beneath the surface, and they're the part of the iceberg that can create the biggest challenges and obstacles for you if you don't navigate around them.

When you're learning how to play the Human Game, it's enough to be aware of the modality of a goal, and to understand how your approach to this specific goal may differ from your approach to other goals. As you become more skilled at playing the Human Game, you will learn how to take advantage of the modality to maximize your progress.

Cardinal Goals (Team Hare)

If you operate a **Cardinal** planet-vehicle for a goal, you view the goal as a target that you must hit with a single shot. You invest time, energy, and resources to prepare for the shot and take careful aim, but once you pull the trigger, you're done. If you hit the target you make remarkable progress all at once. If you miss the target, you have to start over from scratch.

Cardinal planet-vehicles are focused in the past. You unconsciously feel like you should have already achieved your goal, so you are driven by



TEAM HARE (CARDINAL)

the fear that you have fallen behind and need to play catch-up. This sense of impatience and urgency can mean that you are impulsive and often take action without thinking (or reading the instructions). Since you only have one chance to hit the target, after each failed attempt, you have to go back to the drawing board, figure out what went wrong, and try to anticipate that obstacle with your next attempt.

Cardinal planet vehicles only think about fuel when they are running on fumes, at which point they fill up their entire tank all at once. If you have any available fuel, you will be able to start pursuing a new goal, but if you don't have enough fuel to achieve the goal while maintaining all of the other functions of the Cardinal planet-vehicle, you will fail in your attempt and fall short of the target. The challenge is that when you run out of fuel, everything in your life related to that planet-vehicle stops until you fill your fuel tank again. Everything you were working on with that planet-vehicle misses the target and you have to start everything over again from scratch. After a few failed attempts to hit the target of your new goal, you may lose interest in it or decide that it's unattainable.

Given that the Cardinal approach is about hitting the target in a single shot, you will fail far more often than you succeed. You will experience long periods of time with nothing to show for your attempts, but when you do succeed and hit the target, you take a giant leap forward. You expect to miss the target quite a lot, and when you take on a new goal, your motto is, "If at first you don't succeed, try, try again." This motto will only keep you motivated for so long, however. You may not realize how many goals you have abandoned, because it never feels like you're abandoning a goal; you simply find a new, more exciting goal that attracts your full attention, and you forget that the other goal ever existed.

You can't change the fact that Cardinal planet-vehicles will always take a single shot to hit the target, but you can move the targets closer to make them easier to hit. Unconsciously, you will always focus on the ultimate objective, reaching the very top of the stairs, and that's where you will place your target. A better strategy is to direct your attention to your goals, and set more reasonable targets. You care about hitting the target, but you don't care about how far away the target is. When you set smaller goals and closer targets you use less fuel and waste fewer resources with each attempt.

Fixed Goals (Team Tortoise)

If you operate a **Fixed** planet-vehicle for a goal, you view the goal an evolutionary process. You have faith that you will achieve the goal eventually, but you expect that it will be a slow, methodical, lengthy process to get there. You must continuously balance your desire to achieve the goal with your desire to maintain the status quo and experience as little change as possible.

Fixed planet-vehicles are focused in the future. Specifically, they are concerned with making sure that you have sufficient resources in the future. The concern that you might not have enough tomorrow can make it harder to appreciate that you *do* have enough today. Actually starting to work towards a new goal is a challenge, both



TEAM TORTOISE (FIXED)

because Fixed planet-vehicles resist change, and because you need to be completely certain that you can afford to allocate the fuel and resources to the goal.

Fixed planet-vehicles think about fuel continuously. They are terrified of running out of fuel and like to maintain a consistent level of fuel in their tanks. You have a safe zone of fuel, perhaps somewhere between 50% and 75%, and you try to replace fuel as you consume it so you can always stay in the safe zone. While this means that fixed planet-vehicles never direct their full attention to the task at hand (because a part of their attention is always on getting fuel), it also means that it's rare for a Fixed planet-vehicle to actually run out of fuel.

The Fixed approach is the most consistent and the lowest risk. You build structures one step at a time, from the ground up. You are extremely concerned about losing ground, so you work slowly and use only the most durable materials. Upgrading a neighborhood takes a very long time, but the upgrades are built to last.

Fixed goals are long-term commitments, and when you consider a Fixed goal, you look at the incremental costs and decide if you can afford to spend that amount of fuel and resources on a daily basis. Once you set up a Fixed goal, it becomes a part of your daily routine. Because you don't expect to see results right away, it's easy to forget about the goal. But whether you pay attention to a Fixed goal or not, it's still consuming fuel and resources.

Think of Fixed goals like streaming services. It's easy to sign up for a new streaming service, and it's only about \$5.99 a month. But even after you binge a few shows and forget about it, you're still paying \$5.99 a month for it. Those forgotten subscriptions can add up to a significant expense, and they'll keep costing you until you make a conscious choice to cancel them. Treat your Fixed goals the same way and cancel any goals that you no longer care about. This will free up resources that you can direct to new goals.

The biggest source of frustration with Fixed goals is the apparent lack of progress. It's important to track as many different metrics as possible (internal as well as external), and to acknowledge even the smallest degree of progress.

Mutable Goals (Team Hummingbird)

If you operate a **Mutable** planet-vehicle for a goal, you tend to focus on the individual tasks associated with the goal rather than on the big picture. You care about what you can accomplish right now, and pursue the immediate gratification of being able to check items off your to-do list. This gives you the feeling that you are moving forward towards your goal but in fact, you may be running in circles.

Mutable planet-vehicles are focused in present time. The advantage of this is that they can devote all of their energy and attention to the task at hand. The challenge of this is that without a connection to the past or the future, it's



TEAM HUMMINGBIRD (MUTABLE)

difficult to accomplish larger goals that require strategy and planning. When you take a Mutable approach to a goal you need to remember to check the bigger picture on a regular basis.

Planet-vehicles that operate with a Mutable approach are only concerned that they have enough fuel to accomplish their immediate objectives. They make frequent stops to obtain small amounts of fuel, based on their current needs. When a Mutable vehicle stops for fuel, it may interrupt the functions in its neighborhoods, but the interruption is usually quite brief, and the inertia of those activities is usually sufficient to keep the plates spinning until the Mutable vehicle can engage with them once more.

Multi-tasking comes naturally to you when you pursue Mutable goals, but be careful of taking on too much at once. If you overextend yourself and run out of fuel, you will go into overwhelm and all of the spinning plates will come crashing down around you.

Adjusting how you relate to your fuel is an important strategy with Mutable planet-vehicles. Your natural inclination is to choose tasks that you can accomplish with your current amount of fuel, but this can keep you from making meaningful progress towards your goal. This can show up as procrastination, distractions, and busy work. With a little attention towards the bigger picture, you can identify more important tasks and then focus on generating enough fuel to accomplish those tasks.

One of the biggest challenges with Mutable goals is that when you complete all of the required tasks, you assume that you're done. If you don't have the results you expected, you may decide that the entire process just doesn't work for you, and you'll look for an alternative. You may not see the point of going through the process again because you've already gone through it. What you must realize is that the process is not a circle, it's a spiral. You may have to cycle through your tasks many times, but each time you will experience a different level as you gradually ascend to your goal.

Level 2: Fuel Depots and Neighborhood Upgrades

In the Story of the City of Your Life, when you develop and upgrade a neighborhood you get to experience bigger and more expanded experiences in that part of your life. The planet that rules the house (neighborhood) is the construction vehicle that performs all of the upgrades and maintenance to the structures in that neighborhood. Just like in the external world, building construction is a complex process that requires strategy and logistics.

The first requirement, of course, is fuel. The planet-vehicle in charge of the neighborhood requires fuel to operate. It generates fuel by operating in the house that it occupies. Metaphorically, the planet-vehicle takes raw materials from that house and converts them into resources with the correct elemental balance that it can use as fuel.

Once a planet-vehicle has sufficient fuel, it can begin to operate in the neighborhoods it rules. But building construction requires resources, and those resources need to be available at the construction site to begin the actual construction. When the planet-vehicle operates in one of the neighborhoods it rules, it gathers raw materials and converts them into the required elemental resources — but instead of using those resources as fuel, it stores those resources in a local warehouse so they will be available for construction and maintenance of the structures in the neighborhood. When the warehouse contains enough stored resources, the planet-vehicle can begin to use those resources to develop, upgrade, and maintain the structures in the neighborhood (which is when you begin to see the external improvements in your life as you make progress towards your goals).

There are two important caveats to this process. First, when a planet-vehicle manages more than one neighborhood, it needs enough resources in all of the warehouses in every neighborhood it manages to be able to develop any of the neighborhoods it manages. If you have Tenth House goals, and the planet that rules the Tenth House also rules the Seventh House, having enough resources in the Tenth House will not be sufficient to achieve those goals. You will also need to generate resources in the Seventh House warehouse with Seventh House activities to be able to upgrade your Tenth House.

The second caveat is that construction isn't the only thing that can consume resources in a warehouse. As hard as a planet may work to generate resources in a warehouse it manages, those resources may not be available for construction because they could be used as fuel by a planet that occupies that house.

The most efficient way to generate fuel is to pay attention to activities in the house a planet occupies. But we don't always generate fuel consciously, and yet we always require the planet-vehicles to operate. When a planet-vehicle requires fuel in a hurry, it can get that fuel from the fuel depot attached to the local warehouse in the neighborhood it occupies. The warehouse contains elemental resources that are intended to be used to develop and upgrade that neighborhood, so when a planet consumes those resources as fuel, the available inventory in the warehouse goes down, which may create delays in achieving the goals and objectives of that house.

The challenge with fuel depots is that the fuel depot only carries the elemental fuel/resources needed by the planet that rules the house. The planets that occupy the house and that consume the stored resources may require a different kind of elemental fuel. This means that the planet may consume more than one resource unit to create one fuel unit. This can waste important resources and create significant challenges, making it more difficult to achieve your goals in that part of your life.

Level 3: Combining the Puzzle Pieces

Level 3 of the Human Game is the most challenging to master because you will begin to explore how the Universal Puzzle Pieces of the planets (the big, abstract concepts that make you human) connect to the personal puzzle pieces of the neighborhoods of the City of Your Life. If Level 1 of the Human Game is tic-tac-toe and Level 2 of the Human Game is checkers, Level 3 of the Human Game is chess. Understanding the rules of chess and how the different pieces move is just the beginning. The more you play, the more there is to learn.

Ultimately, Level 3 of the Human Game involves working directly with the Universal Puzzle Pieces of the planets and “learning to drive” the planet-vehicles. You accomplish this by exploring the connection between the planet and the house it rules—the connection between the Universal Puzzle Piece of the planet and one of the personal puzzle pieces of the house.

The most challenging part of Level 3 is developing the understanding that technically, there is no relationship *between* a planet and the house it rules. **When a planet rules a house the planet IS that house.** This is one of the fundamental axioms of the Astrology Story, and appreciating the full implications of this axiom is the objective of Level 3 of the Human Game.

For example, if Saturn rules your Second House, Responsibility (Universal Puzzle Piece of Saturn) **IS** your money (personal puzzle piece of the Second House) and your money **IS** your responsibility. These identity statements define the connection between the two puzzle pieces, but you must be able to explore that connection and recognize how that connection shows up as stories and within your stories. And consider how different your stories about money will be if Jupiter rules your Second House (**money is growth**) instead of Saturn ruling your Second House (**money is responsibility**).

To combine a pair of puzzle pieces, you must first appreciate the “shape” of each puzzle piece, and then find one specific area where you can fit the two pieces together so that they form a coherent whole—or more accurately, a coherent story template. You know that you’ve found the connection between two puzzle pieces when you can tell a story about the connection or see how that connection has shown up in one or more of your stories. Keep in mind that a single pair of puzzle pieces can combine in many different ways, creating many permutations of a story that combines the essential theme of the two puzzle pieces.

It's easiest to begin by combining a personal puzzle piece with a modality puzzle piece. You're far more familiar with the "shape" of the personal puzzle pieces, and it's relatively easy to connect those with the different modality teams.

The biggest challenge of working with the Universal Puzzle Pieces of the planets is getting familiar enough with the "shape" of that puzzle piece to be able to connect it to either a modality puzzle piece or a personal puzzle piece. The more comfortable you are with connecting the modality puzzle pieces to the personal puzzle pieces, the easier it will be to work with the Universal Puzzle Pieces. It's quite helpful to choose a single definition of a Universal Puzzle Piece as a point of focus.

The **Astrology and the Human Game Foundations Training** is specifically designed to help you develop the skills needed to combine the different pairs of puzzle pieces.

Personal Puzzle Pieces

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The First House

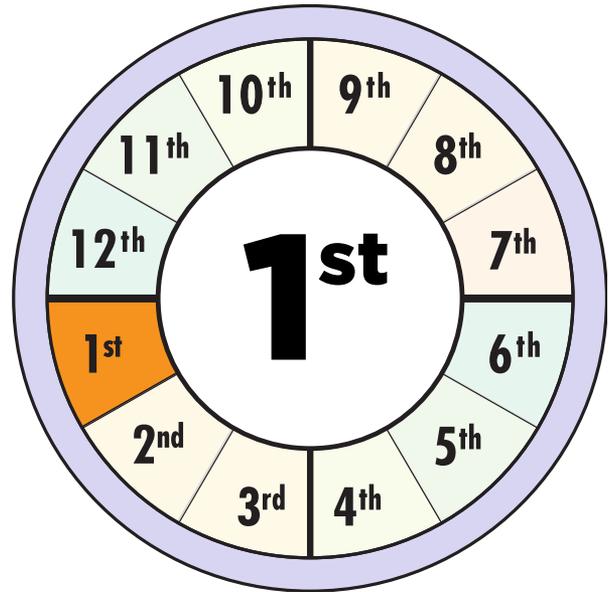
The First House is all about you, personally. It's your health, your happiness, your personality, and how you show up and interact with the world. It is arguably the most important house in the chart because when you get right down to it, the only thing that really matters is happiness. The planet that rules the First House is the Ruler of the Chart, and this planet is the most important planet to you because it offers the most direct path to your happiness.

The First House is your happiness.

The secret of happiness—or at least the secret of *your* happiness—lies in the First House. The planet that rules your first house is your happiness, and the first step towards becoming truly happy is to move into Right Relationship with that planet and let it guide you on your path. Happiness doesn't exist in the outer world, however. Happiness is an inside job. It's a consequence of your level of consciousness, and directly related to how well you embody the truth of your authentic Self. The planet that rules your first house will point you in the right direction.

When you look for happiness in the outside world, you base your happiness on getting what you want. If things don't turn out the way you expect, you won't be happy, and even when you *do* get what you want, the pleasure and satisfaction you experience don't last. The source of true happiness lives within you, and it's bulletproof. No matter what the conditions may be in your life, and no matter what emotion you may be experiencing, you are still happy. Happiness is a context that contains the full range of feelings, emotions, and experiences. The experience of happiness is better than you can imagine, but it doesn't feel the way you expect it to feel. And happiness does not mean that you enjoy every moment of your life. The highs only have value when compared with the lows.

On a personal level, you associate happiness with your hobbies and interests because you experience pleasure when you engage in these activities. But consider that while you are happy when you pursue the things that interest you, the moment-to-moment experience of these pursuits is not always enjoyable. Struggle, frustration, obstacles, and any number of challenges are often associated with how you would like to spend your time and energy. But you welcome these when they're associated with your interests because the bigger context is happiness. When you learn to live the rest of your life from this context, you will experience true happiness.



Definition: Happiness

Happiness is that feeling that comes over you when you know life is good and you can't help but smile. It's the opposite of sadness.

Happiness is a sense of well-being, joy, or contentment. When people are successful, or safe, or lucky, they feel happiness. The "pursuit of happiness" is something this country is based on, and different people feel happiness for different reasons. Whenever doing something causes happiness, people usually want to do more of it. No one ever complained about feeling too much happiness.

1. A state of well-being characterized by emotions ranging from contentment to intense joy.
2. A pleasurable or satisfying experience.
3. Good fortune, prosperity.

Positive Experience of Happiness

You recognize that everything in your life is perfect exactly as it is.

You feel truly happy.

You enjoy everything about your life.

Problem with Happiness

You are not happy with your life.

You find it hard to experience pleasure or satisfaction.

Your life lacks joy, excitement, pleasure, or interest.

The First House is your avatar.

Imagine if life were a giant video game. You navigate the virtual reality through an avatar — an animated surrogate that allows you to explore the world. You interact with other players in the game through their avatars. Your avatar is how you appear to the world. It's the qualities other people see in your personality, and it's your physical appearance. Think of your avatar as your online dating profile. It's the image that you project to the world in the hope that other people will find you attractive. Your avatar may be quite different from your authentic "Big S" Self (Sun) or your "little s" self, the character you play in the game (Mars).

You appear to the world as the embodiment of the expression of the planet that rules your First House. Other people see this quality most clearly in your personality. What other people *really* see is a reflection of themselves, because your avatar is a mirror. They project their issues and judgments about the planet that rules your First House on you. In a sense, the world tries to "gaslight" you, because other people often accuse you of exhibiting their problems. Of course, the more you are out of alignment with the planet that rules your First House, the more these judgments will bother you because your issues have a lot in common with their issues.

When you are in Right Relationship with the planet that rules your First House, other people are attracted to you. They tend to see your best qualities, and they have a good impression of you.

This is nice, but it's not something you can control. And what other people think about you is none of your business.

On a personal level, you can influence your physical appearance, including your choice of clothing, hair, grooming, hygiene, and personal style. To a lesser degree and over time, you can alter the appearance of your physical body through diet and exercise. Each of these elements affects how other people see you, but what matters the most is how you see yourself. If you don't like what you see in the mirror, other people won't like it, either.

Definition: Avatar

An **avatar** is something that embodies something else. You might know this word from video games, where you create an avatar to represent you on screen.

In Hinduism the different gods can take many different forms, and when they took human forms, the human was their avatar. Eventually, the word avatar came to mean the embodiment not just of a god, but also of any abstract idea. If you have a cool head, you might see yourself as the avatar of reasonableness in a fight. Video game avatars are sort of a reverse of the first meaning—a physical entity (you) form becomes something abstract (a video game guy).

1. A creation that is a visual or tangible rendering of someone or something.
2. An image that represents and may be manipulated by a player in a computer or virtual reality game.
3. An incarnation, embodiment, or manifestation of a person or idea.

Positive Experience of Your Avatar

Other people have a good impression of you.

Other people find you attractive.

Other people like you and notice your best qualities.

You feel attractive and look your best.

Problem with Your Avatar

Other people don't have a good impression of you.

Other people focus on your worst qualities and judge you for them.

Your appearance is sloppy and unkempt.

You look and feel unattractive.

The Second House

Both directly and indirectly the Second House is about money. It represents your financial resources, your salary, your earning potential, and your actual money. It also represents your skills and talents, which show how you can earn money. The planet that rules the Second House shows your attitudes towards money, and the skills that you have available to you to earn money.

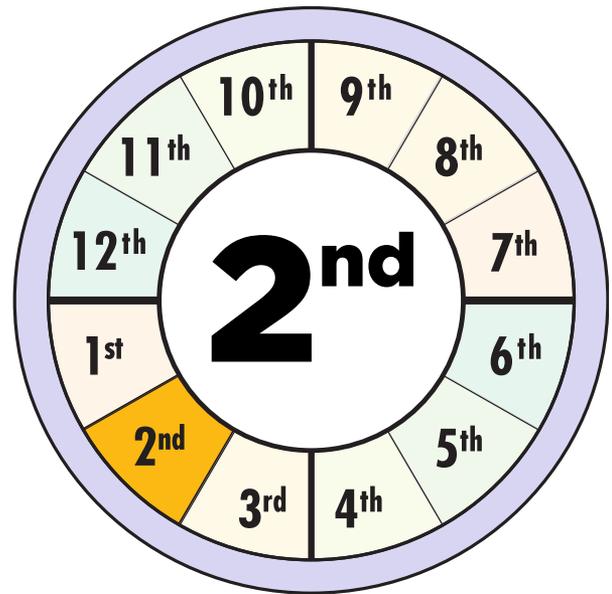
The Second House is your money.

The Second House is your money and resources. It's every tangible asset that you can call "mine." The planet that rules your Second House is your money.

It determines your attitudes towards money, how you earn money, how you manage money, and how you spend money. Because money is such a major concern in your life, it's important to understand the truth about money. You confuse money with prosperity, which is what you really care about, and while they're related, they're not the same thing.

Prosperity is the experience of absolute sufficiency. When you are prosperous, all of your material needs are met. More importantly, prosperity means that you are able to enjoy the experience of sufficiency because all of your emotional, psychological, and spiritual needs are met as well. Money seems to be an essential part of prosperity because money seems to make it possible (or at least easier) to meet your material needs, and prosperous people always have plenty of money flowing through their lives. But the truth is that money is the *effect* of prosperity, not the *cause* of it. When you meet the needs and learn the lessons of the planet that rules your Second House, you create prosperity.

You don't care about money. You care about the things that money represents. Money is energy, and energy is infinite. Money often shows up as a conduit that facilitates the experiences that you care about, just as electricity is a conduit that powers your appliances and charges your phone. You don't worry about how electricity works and you don't obsess about moving it from the power plant to the outlet to your television. Worrying about money is no different. Money is none of your business. Focus on the truth that you live in an infinite Universe, direct your attention towards the experiences you would like to create, and connect with your prosperity. The energy of money will flow freely through your life, and just like electricity, you'll be able to take it for granted, knowing when you need it, it will be there for you.



Definition: Money

Money is cash. You can have money in your pocket or money in the bank. People (usually) need money to buy things.

1. Something generally accepted as a medium of exchange, a measure of value, or a means of payment.
2. The assets, property, and resources owned by someone or something; wealth.
3. Any substance or article used as money.

Positive Experience of Money

You experience financial security.

Money flows easily through your life.

Your resources are sustained and replenished.

You experience prosperity.

Problem with Money

The flow of money through your life dries up.

You experience financial lack.

Your resources run out.

Your financial outlook is bleak.

The Second House is your skills and talents.

The Second House represents your skills and talents. Specifically, it represents skills and talents that you can use to experience prosperity and earn money. The skills that help you to experience prosperity are intangible skills that connect you with the truth and help you reject the appearance of lack, limitation, and competition in your reality. These skills involve mastering the expressions of the planet that rules your Second House. The skills that help you to earn money are tangible; they're the talents you brag about on your résumé. Just as money is the effect of prosperity, your tangible skills are the effect of your intangible skills.

No one is born talented. You develop skills by rewiring the brain and upgrading specific neural pathways. *The Talent Code*, by Daniel Coyle (a book I can't recommend highly enough), explores how we develop skills and become talented through a process called deep practice. Deep practice is slow and focused, and it also requires struggle. The struggle causes the brain to upgrade the neural pathway by wrapping it in myelin. Consistent struggle is a requirement to develop skills, and upgrading your neural network takes time. You won't notice any improvement in your tangible skills until you've finished upgrading the circuits, so you need something to motivate you to stay the course. The needs of the planet that rules your Second House motivate you. They push you to stick with the deep practice and to endure the struggle and frustration until you see results.

Definition: Skill, Talent

If you have an ability that required practice, training, or experience, you have a **skill**. If you are especially good at something, you have a **talent**.

1. An ability that has been acquired by training (skill).
2. The knowledge and ability that enables you to do something well (skill).
3. A special aptitude, often creative or artistic (talent).

Positive Experience of Skills and Talents

You easily build your skills and become talented.

You develop new skills.

Your talents support you financially.

You create new opportunities for wealth and prosperity.

Problem with Skills and Talents

You struggle to master your skills.

You are not able to use your skills to earn money.

Your talents are not recognized or appreciated.

You lack the inspiration and motivation to improve.

The Third House

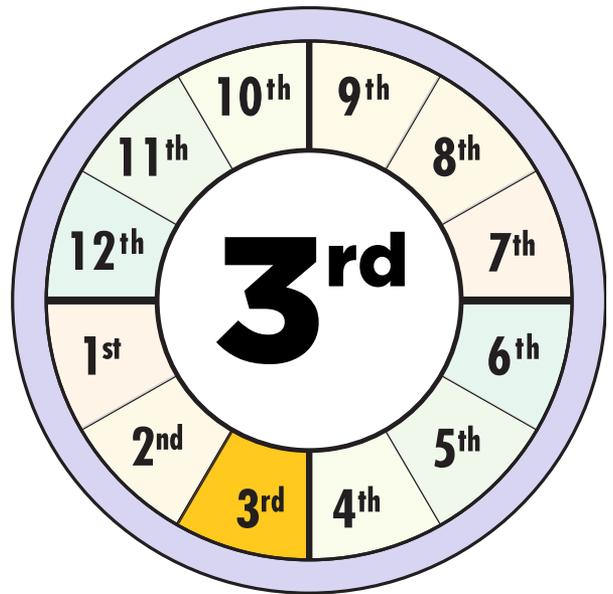
The Third House contains all of your habits and routines. It's your neighborhood and your comfort zone. You don't have to be conscious of your choices or your actions because nothing in the Third House is new, unfamiliar, or unexpected. Because of this, triggers and disruptions to the Third House can show up as accidents and injuries— events that could have been avoided had you been paying closer attention.

The Third House is your comfort zone.

The Third House is your comfort zone. It includes everything that is familiar to you, as well as anything that is local. It has a geographical component that includes your neighborhood and any physical location you know well enough to navigate without a map. It also includes comfortable (or at least familiar) relationships with siblings, cousins, neighbors, and the people you encounter as you go about your daily routine. There are no surprises in the Third House; you know it like the back of your hand. And that's not always a good thing.

Variety is the spice of life. Without the occasional surprise, life would be bland. Things can be familiar without always staying exactly the same. The trick with your comfort zone is to find just the right amount of new to keep you interested and engaged with your life but not so much new that your comfort zone stops being familiar. If you only focus on what's familiar, the walls of your comfort zone will close in on you and your world will get very small, very quickly. This can happen without your noticing because it's easy to take your comfort zone for granted. Your comfort zone is familiar, so you think you know everything about it, but that's not ever true. There's always something new to discover. When you notice things you've overlooked in your comfort zone, or learn something new about your comfort zone, your comfort zone expands.

The planet that rules your Third House is your comfort zone. On the one hand, you are familiar with the shape of this Universal Puzzle Piece and you are comfortable expressing the needs of the planet and learning its lessons. But you must be careful not to take this planet for granted. You need to build on what is familiar to you, and explore new ways to express the needs of the planet. The shape of this puzzle piece is more subtle and more detailed than you know. You can always discover new ways that it can connect with your personal puzzle pieces. Every time you expand your comfort zone, you create a light bulb moment.



Definition: Comfort [Zone]

1. A situation or range of conditions or options that someone finds acceptable, familiar, easy, etc.
2. A state of being relaxed and feeling no pain.
3. A feeling of freedom from worry or disappointment.
4. Satisfaction or physical well-being provided by a person or thing.

Positive Experience of Comfort Zone

You feel relaxed and alert.

You easily monitor your familiar environment.

You know you can respond to any unexpected events.

You feel comfortable and safe.

You are free from worry.

You know what to expect.

Problem with Comfort Zone

You are uncomfortable.

You can't enjoy your environment because you try to control it.

You feel unprepared to handle surprises or new information.

You become obsessed with trivial details.

The Third House is your habits and routines.

The Third House is your habits and routines. These are the behaviors that you have performed so many times that you don't have to think about them unless something new comes along to disrupt the expected flow. They can be as simple as the route you take to work, or the way you order your coffee in the morning. They can be as complicated as how you organize your financial records to prepare to file your taxes, or how you organize your kitchen to prepare Christmas dinner for your family. The Third House also relates to the behaviors, habits, and routines that you might like to change—although changing these “bad habits,” is often difficult.

You use your habits and routines to make your life easier. Once something becomes a habit, you don't have to pay attention to it. The routine frees up time and energy and allows you to focus on other things. One of the best examples of this is your daily commute to work. Whether you drive or take public transportation, you don't really notice your commute unless something unexpected disrupts it. You get to use that time to think about other things, and you trust that you'll know when you need to pay attention so you don't miss your exit. But routines can easily become ruts,

and ruts can create problems. You can become so dependent on your habits and routines that you don't know how to function without them. You get so used to not having to pay attention that you don't notice when the conditions have changed, so you don't adjust your behavior in time. This can lead to mistakes and accidents that could have been avoided easily if only you were paying attention.

The planet that rules your Third House is your habits and routines. You have learned to automate how you meet the needs of that planet and let it run on autopilot, and most of the time, this works well for you and saves you time and effort. But be careful not to become too dependent on those habitual behaviors. If you don't pay enough attention to how you express the needs of the planet that rules your Third House, it will create problems for you.

Definition: Habits

1. An established custom
2. An automatic pattern of behavior in reaction to a specific situation; may be inherited or acquired through frequent repetition.
3. The general form or mode of growth.

Definition: Routine

1. An unvarying or habitual method or procedure.
2. A set sequence of steps.
3. (Adj.) Found in the ordinary course of events; not exceptional in any way.

Positive Experience of Habits and Routines

You easily automate your life.

You free up time and energy to focus on things you care about.

The details in your life take care of themselves.

You can focus on the big picture.

Problem with Habits and Routines

You fail to respond to new information.

You make avoidable mistakes.

You become dependent on your tools and lose your skills.

You can't function.

The Fourth House

The Fourth House is your foundation. It is the rock upon which you build your life. It represents your home, both literally (land, buildings, and real estate) and metaphorically (your private life and personal sanctuary).

The Fourth House is your foundation.

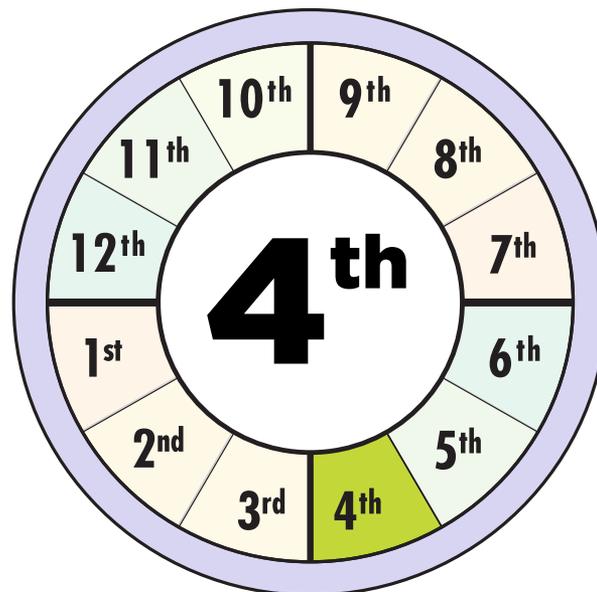
Your foundation is the bedrock of your life. It's the part of your life that must be squared away before you can devote any time or energy to anything else. When something shakes your foundation, you feel it in every part of your life. It's an earthquake, and all of your structures will be disrupted by the shock waves. If your foundation is not solid, or the disruption peaks at the top of the Richter scale, the structures of your life can come tumbling down, leaving you surrounded by rubble. Nothing can protect you from "the big one" if it hits, but a solid, stable foundation can help you to withstand quakes of smaller magnitude. You may emerge bruised, and things may fall off your shelves, but if your foundation is stable, you can escape without significant structural damage to your life.

The planet that rules the Fourth House is the foundation of your life. All that you hope to be, do, express, or create builds on this foundation. The expression of the planet is what your foundation is really about, but it may not be what you recognize as your foundation. When you look at the story of your life and your "little r" reality, your life has an external foundation. It could be your health, your home, your job, your relationship, your children, your finances, or your creative expression (to name only a few examples). It may be obvious to you, or you may not have given it much thought. But whenever anything disrupts the foundation of your life, you know it. The alarm sounds, and you feel the aftershocks everywhere. Addressing that disruption becomes your top priority. Whatever the disruption appears to be about, it's really about an issue meeting the needs of the planet that rules your Fourth House.

Definition: Foundation

A **foundation** is the base for something. You often hear about the structural foundations of buildings, but a good idea can also be the foundation of a successful business. In the simplest sense, foundations support something else.

1. The basis on which something is grounded.



2. The fundamental assumptions from which something is begun or developed or calculated or explained.
3. The lowest support of a structure, typically below ground level.

Positive Experience of Foundation

Your life has a solid foundation.

You feel stable and secure.

You are grounded and supported.

You are able to build and progress in your life.

Problem with Foundation

You are shaken to the core.

You feel unstable.

Your entire life is disrupted.

The structures of your life collapse around you.

The Fourth House is your sanctuary.

Traditionally, the Fourth House represents your home, but “home” doesn’t capture the importance of the Fourth House. The Fourth House is more than a shelter or a place where you can store your stuff. The Fourth House is your sanctuary. It’s the place where you can drop your defenses and be yourself without worrying about what anyone else thinks. Your sanctuary is where you go to rest, recover, and recharge your batteries. Your sanctuary is your sacred, private, personal space. You expect that what happens in your sanctuary will remain hidden from the world, known only to those who have earned the privilege of seeing you undefended, and who show you their undefended self in return. Your external sanctuary is your personal, private space. Unless you live alone, your sanctuary is likely to be a smaller part of your actual home, like your bedroom or office. The less privacy you have, the more critical it becomes that you protect and enjoy your internal sanctuary.

The planet that rules your Fourth House is your actual, internal sanctuary. When you meet the needs of that planet and maintain right relationship with it, you are able to meet your own needs and take care of yourself. You are able to find rest, protection, and nourishment, and recover from the demands of the world. Maintaining right relationship with this planet keeps you connected to your internal sanctuary. It’s what allows you to recharge your batteries on the fly, even if you can’t physically retreat from the world.

Definition: Sanctuary

Historically, a **sanctuary** is the holiest of holy places—a temple or church. Now, it’s a word for anywhere a person feels especially safe and serene. People might call their homes their sanctuary, or a

beautiful spot in a quiet woods can be described as a sanctuary. Sanctuary refers to anywhere people go for peaceful tranquility or introspection.

1. A place of refuge and comfort and security.
2. A structure that provides privacy and protection from danger.
3. A holy or consecrated place where sacred objects are kept.

Positive Experience of Sanctuary

You feel rested and recharged.

You are able to protect yourself from the world.

You are able to take care of your personal needs.

You manage your private and personal life.

Problem with Sanctuary

You are unable to rest or recover.

Your batteries are drained and you lack energy.

You are not able to take care of your needs.

Your personal and private life are disrupted.

You can't hide from the demands of the world.

The Fifth House

The Fifth House is the house of fun and pleasure. It contains all forms of entertainment, amusement, and creativity, including sex and children. It's the house of gambling, luck, and risk (which, in a sense, also covers sex and children).

The Fifth House is your creativity.

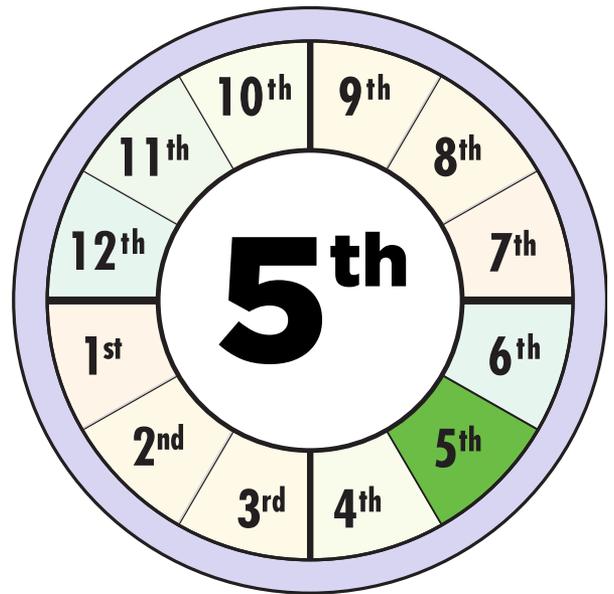
Creativity is the fundamental urge of all life. Biologically, you create through procreation. Your children carry your DNA, and through your children, a piece of your unique identity lives on in the world and has a life outside of you. But biology is only one way that you create, and it's one of the least important. Everything about your life is an expression of your creativity, whether you are conscious of it or not. When you think of creative expression, you probably think of different types of entertainment and art, such as painting, drawing, writing, performing, acting, singing, or dancing. Many people express their creativity in the kitchen, or through their hobbies. But it's important to expand your definition of creativity even further.

An artist may use oil paints as her medium for creative expression. A musician uses an instrument to create. A singer uses her voice to create. A dancer uses his body to create. But underneath these external creative expressions, the planet that rules your Fifth House is the actual medium of your creative expression. Meeting the needs of that planet requires that you tap into your creativity. You need to question everything about that planet, and view it from different contexts and environments. You are driven to explore a new relationship to the needs of that planet, and to share your discoveries with the world.

Remember that what you define as "art" is not the only way that you can express your creativity. You access your creativity every time you encounter the unknown or follow your curiosity. Creativity is how you solve problems and accomplish your goals. And if you're ready to consider the big picture, remember that your consciousness—the vibrational frequency of your thoughts—creates your entire reality. Your very life is the expression of your creativity. And the more you become conscious of your creative energy and master the medium of your creativity, the more you can create a reality that you enjoy.

Definition: Creativity

Creativity is the ability to transcend the ordinary. It's the critical thinking skill that allows you to "think outside the box" to come up with original solutions to problems.



We often think of creativity as limited to the arts, but it is a necessary element in all areas of life. Without creativity we would not have the mathematical theories that presented us with fractals, or the technological imagination that could foresee people walking on the moon. It was creativity that harnessed lightning into electricity and later used that electricity to send messages through wires. Without creativity, we probably would never have invented the wheel or domesticated fire!

1. The ability to transcend traditional ideas, rules, patterns, relationships or the like, and to create meaningful new ideas, forms, methods, interpretations, etc.
2. Artistic or intellectual inventiveness; creative ability.

Positive Experience of Creativity

You easily express your creativity.

You feel inspired.

You easily find new solutions to problems and challenges.

You share your unique perspective with the world.

You manifest your ideas and desires.

Problem with Creativity

You don't care about anything in your life.

You feel stuck and limited.

You lack inspiration.

Your world is drab and monotonous.

The Fifth House is your recreation and risk.

The Fifth House is your entertainment and amusement. The ruler of the Fifth House is your idea of fun. Fun is a subjective concept, and what amuses and entertains you may not be someone else's idea of a good time. As Mary Poppins sang, "In every job that must be done, there is an element of fun. You find the fun and snap, the job's a game." Deep down, you know that everything related to your Fifth House, and everything related to the needs and expression of the planet that rules the Fifth House is just a game. You can recognize the game and still take it seriously. Recognizing the game just allows you to enjoy the journey, the competition, and the challenges of pursuing the needs of the planet that rules the Fifth House. But knowing that it's *just* a game means you are more willing to take risks while playing it.

The Fifth House also represents your tolerance for risk. Taking risks, flirting with danger, and gambling with what you have for the chance to acquire much more is all a part of the fun of the game. You are willing to take risks with the needs of the planet that rules your Fifth House, and you are willing to take risks to further the agenda of that planet. And you are apt to have a much higher

tolerance for risk with the affairs of that planet than you do in the rest of your life. Playing it safe is always an option, but playing it safe isn't much fun.

Definition: Recreation

1. An activity that diverts or amuses or stimulates.
2. An activity that refreshes and recreates; activity that renews your health and spirits by enjoyment and relaxation.

Definition: Risk

A **risk** is an action that holds a chance of danger or failure. Although it's fun jump around on glaciers, the risk of falling down a crack into a freezing lake might deter you from ice climbing.

Risk comes from the French for danger. As nouns, risk and danger are close synonyms. The verb risk means to run a danger, in hopes of reward. So risk is similar to gamble. If you're very ill, you might risk a dangerous surgery. We also use risk for money or security. You can risk your good health by working with infected patients without sterile equipment. Or you can risk your life savings on the stock market.

1. A venture undertaken without regard to possible loss or injury.
2. A source of danger; a possibility of incurring loss or misfortune.
3. To take a chance in the hope of a favorable outcome.

Positive Experience of Recreation and Risk

You find the joy and humor in every situation.

You seize the day and grab every opportunity.

You live life to the fullest.

You are willing to take risks for bigger rewards.

You have fun with your life.

You appreciate the game of your life.

Problem with Recreation and Risk

Your life lacks pleasure and joy.

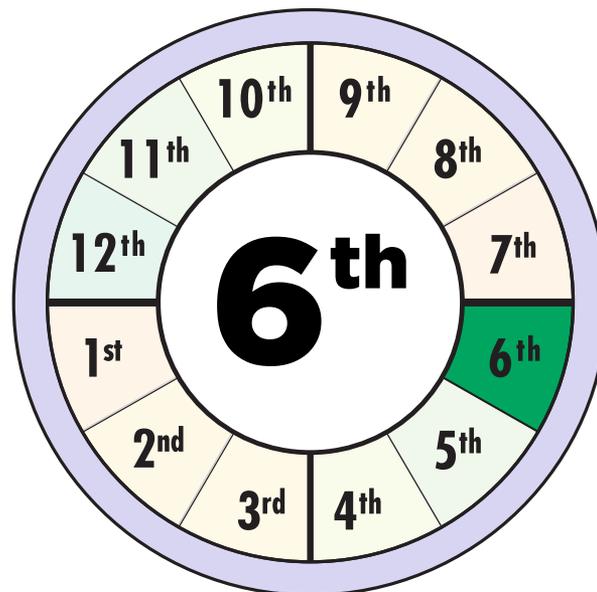
Your life is oppressive and serious.

You are too scared to take risks.

You pass up opportunities.

The Sixth House

The Sixth House is all work and no play. In modern usage, it's the house of service, but that glosses over the deeper themes. It's more accurate to call the Sixth House the house of *indentured* service, because fundamentally, it's the house of slavery. The Sixth House represents hard work you are obligated to perform, and for which you receive no recognition, prestige, or advancement. In other words, the Sixth House is your job. It's also the house of illness and disease (in contrast to the First House, which relates to your health).



The Sixth House is your job.

The Sixth House is your job, but it's not exclusively your actual job and the work you do for a paycheck. The Sixth House is the work that you do because you have to do it, and you can't expect to receive any recognition or advancement for it. Your real job is to meet the needs of the planet that rules your Sixth House. Meeting those needs requires constant work and attention. You never get a break, much less a vacation, and waiting for other people to appreciate your efforts is a complete waste of time. The degree of effort required can fluctuate. Sometimes you are able to lighten the load so that the work itself is easy for you. Other times, it's a grind, and your only reward for your hard work is more work. But whatever your passing attitude is towards the work, deep down, you understand that the work matters to you, which is why you keep doing it. One of the secrets of the Sixth House is to view your work as selfless service. When you can view your job from this perspective and know that you are contributing to something meaningful and much bigger than yourself, the work becomes easier, and you no longer care that you won't be recognized or appreciated for it.

This can be challenging to accomplish in your actual workplace. It's rare to feel empowered around your external job. You have to show up for work and put up with the workplace dynamic because you need your paycheck, but there are any number of ways you would rather spend your time. But consider that even in your external job, your real job is still to meet the needs of the planet that rules your Sixth House. If you engage with your job from this perspective, it becomes easier for you to find a higher purpose to it, which can then make your work experience less stressful. At least it can give you something to think about to get you through to lunch.

Definition: Job

Job and work are often synonymous and unfortunately often have a negative connotation meaning “toil.”

1. A specific piece of work required to be done as a duty or for a specific fee.
2. A state of difficulty that needs to be resolved.
3. The principal activity in your life that you do to earn money.
4. The responsibility to do something.]

Positive Experience of Job

Your job is easy.

You feel like you're performing a higher service.

You feel good about the work that you do.

Your workplace relationships are supportive.

You are able to lighten your workload when needed.

You like your job.

Problem with Job

Your job is hard and exhausting.

Your workplace relationships are toxic.

You don't see the value in the work you do.

The Sixth House is your sickness.

It's important to understand your sickness. Any physical or health-related problems you experience in your body are the effect of your sickness, but they're not your actual sickness. The physical problems are the result of imbalances in your life, and they can involve imbalance in any combination of your physical, emotional, mental, or spiritual dimensions. Your sickness is what causes the imbalances.

Everybody has a sickness. When you learn to manage and monitor it, you can limit the amount of actual physical sickness you experience. The planet that rules your Sixth House is your sickness. When you try to meet the needs of that planet, you have the most difficulty maintaining balance. You may put too much attention on those needs, which causes you to neglect or ignore other needs in your life. You may not pay enough attention to those needs. And it's also possible to swing from one extreme to the other. In any case, when you are out of alignment with the planet that rules your Sixth House, you create imbalance in your life, and if you don't address those imbalances, they will eventually show up in your physical body as acute or chronic health challenges. Treating the symptoms doesn't address the problem. Healing requires you to address your sickness.

Definition: Sickness

The condition of being unwell or having an illness is **sickness**. Your sickness during the month of November might mean you miss a lot of school. Some sickness is a chronic or permanent kind of malady, while others are more specific, like morning sickness during pregnancy or a brief flash of sickness when your plane hits a patch of turbulence.

1. Defectiveness or unsoundness; a disordered, weakened, or unsound condition.
2. A disease; a malady.
3. Impairment of normal physiological function affecting part or all of an organism.

Positive Experience of Sickness

You maintain balance in your life.

You listen to the messages from your physical body.

You pay attention to the effects of your behaviors.

You monitor your health and wellbeing.

You make supportive choices for your physical body.

Your physical body is free from discomfort.

Problem with Sickness

You create imbalances in your life.

You ignore the warnings and create more serious challenges.

You neglect your health and wellbeing.

You will create problems with your physical body.

The Seventh House

The Seventh House contains the individuals you relate to. It may appear that the Seventh House involves other people, but in fact, when you engage with the Seventh House through relationship, what you're looking at is a mirror. Your partners in relationship reflect your own issues back to you.

The Seventh House is other people.

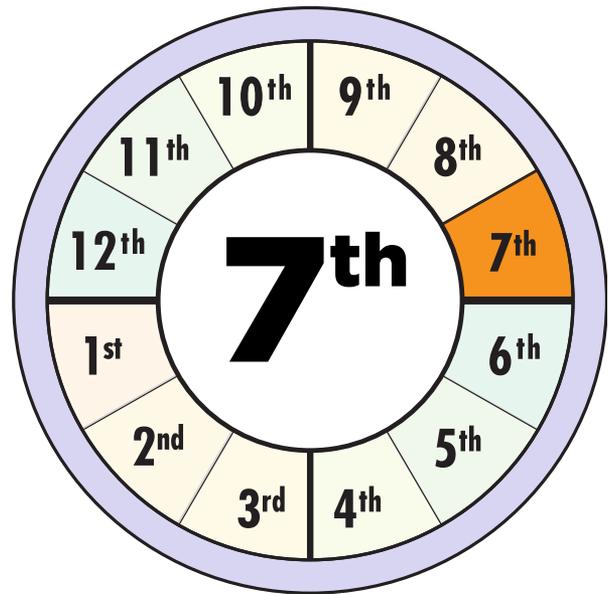
Other people do not live inside you. However, other people do function as mirrors that reflect the ruler of your Seventh House back to you. Until you recognize that other people are mirrors, they will appear to embody the needs and qualities of the planet that rules your Seventh House. You project your unresolved issues, judgments, and expectations of the ruler of your Seventh House on other people, and for a while at least, you can pretend that those issues belong to other people and not to you. Eventually, you need to accept the truth that everything you see in other people, including all of the qualities you judge or disapprove of, lives inside you. This can be a lot more fun than it sounds.

When you walk past an actual mirror, you usually take a moment and check your reflection. You want to be certain that you look your best and that (both metaphorically and literally) you don't have spinach in your teeth. What if you did the same thing with other people? When you notice something about someone else's appearance, view it as if you just caught a glimpse of your own reflection. It's probably a distorted reflection, and what you see (and judge) in other people may not be nearly as pronounced in you, but it still exists in you somewhere, and if you notice it in other people, it means that you need to give it some conscious attention in yourself. And if you're wondering what to look for, just remember that it will always have to do with the needs or expression of the planet that rules your Seventh House.

Definition: Other People

When you consider yourself in relationship to a collection or group of individuals rather than in a one-to-one experience with another unique individual, you are engaging with the "other people" puzzle piece of the Seventh House. Stories that involve other people focus on your relationship to the group, and the attributes that define that group, rather than on your experience or relationship with any individual members of that group.

1. Any group of human beings (men or women or children) collectively that you view yourself in relationship to (and separate from).



2. A collective category that describes a group of individuals and your relationship to that group (i.e., my family, my co-workers, Walmart shoppers, those who think pineapple belongs on a pizza, etc.).

Positive Experience of Other People

You see the good qualities in other people.

You find other people attractive.

Other people are friendly and supportive.

Other people inspire you.

Problem with Other People

You judge other people.

Other people are not supportive of you.

You see the worst qualities in other people.

The Seventh House is your partner and your adversary.

The Seventh House is your partner, and also your adversary. But the first thing to remember is that it's the planet that rules the Seventh House that is your actual partner and adversary. The individuals in your life who take on the role of your partner or your adversary play those roles because you are projecting the ruler of your Seventh House on them, and they are reflecting that planet—and its needs and lessons—back to you. You engage with the planet that rules your Seventh House through your one-to-one relationships. But it's always about the planet and never about the person who appears to embody the planet for you.

Your partner is like the proverbial angel on your shoulder. It's always with you, whispering advice and encouragement in your ear. Your partner wants to support you so that you can be happy. Of course, you have two shoulders, and your adversary sits on the other one. Your adversary also supports you, but it supports you by creating challenges and obstacles for you to overcome. The quality of the advice and support you receive from your partner and your adversary depends on whether or not you are in right relationship with the planet that rules your Seventh House. The goal is not to heed your partner and ignore your adversary (which is a good thing, because often it's hard to tell them apart). The goal is to make sure that both your partner and your adversary support you effectively. If your adversary creates needless difficulties for you and your partner doesn't engage fully, you won't experience much happiness.

You can engage with your partner and your adversary through your one-to-one relationships. Remember that no matter what the issue appears to be in a relationship, if that person is playing the role of your partner or your adversary, it's really about the needs of the planet that rules your Seventh House. When you move into right relationship with that planet and begin to meet those needs, the quality of your one-to-one relationships will improve.

Definition: Partner

1. An associate in an activity or endeavor or sphere of common interest.

Definition: Adversary

1. Someone who offers opposition.

Positive Experience of Partner and Adversary

The individuals in your life support you.

You receive good advice from your partners.

Your adversaries help you to improve and overcome challenges.

The individuals in your life care about your happiness.

You have supportive one-to-one relationships.

Problem with Partner and Adversary

You experience conflict in your one-to-one relationships.

Your partner does not support or encourage you.

Your adversaries create problems for you.

The quality of your one-to-one relationships suffers.

The Eighth House

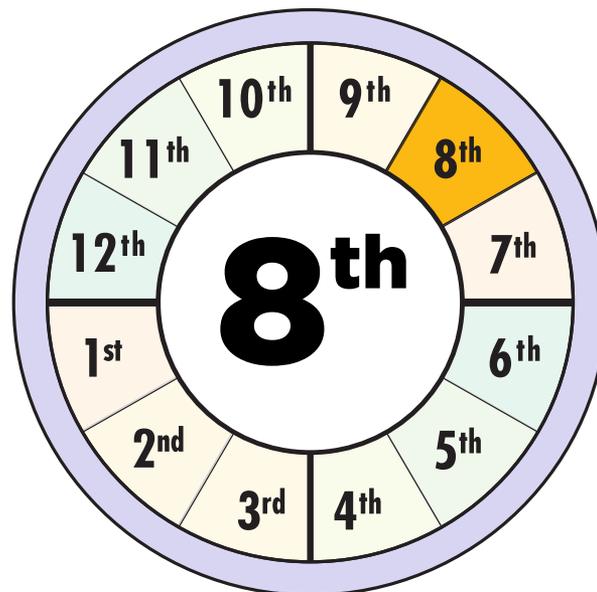
The Eighth House is a house of loss. The loss is usually financial, and the most practical expressions of the Eighth House involve debt and other financial obligations. The money you make through the Eighth House comes from legacies and inheritances, so even these financial gains are the result of loss (i.e., death). The Eighth House is the house of your partner's money and resources. Where the Second House is "mine" and the Seventh House is "yours," the Eighth House is "ours."

The Eighth House is your debt.

If you're like most people, when you hear the word "debt" you immediately assume two things: it involves money and it's bad. Neither of those things is universally true, and adjusting your definition of debt and your judgments about it is an important step towards experiencing prosperity. Whatever the external expressions of debt may be, your actual debt is the planet that rules your Eighth House. The needs and expression of that planet are the Universal Puzzle Piece that connects to your personal experience of debt. You owe the expression of that planet to others. Meeting the needs of that planet carries an extra level of obligation for you. But remember that debt flows in two directions. Just as you owe the expression of the ruler of your Eighth House to others, other people also owe it to you. The most important lesson about debt is that it's an expression of the Law of Circulation. You both give and receive support.

And that's another important thing to remember about debt: it's evidence of support. When you owe someone, it means that they provided you with help and support when you needed it. Other people owe you because you provided them with help and support, and they will repay that support at some point in the future. The most appropriate attitude towards debt is gratitude.

That being said, the financial expression of debt is an important consideration. Debt is part of a bigger picture of your prosperity. It's important to be conscious of your financial obligations and the money you owe (as well as the money owed to you). It's an odd concept, but in the world of finance, debt can be viewed as an asset. Personal financial debt often feels like a burden, however, and it's important to manage it consciously. This becomes easier when you remember that even your credit card balances and your student loan debt are really about your relationship to the needs and expression of the planet that rules your Eighth House. When you manage the needs of that planet, you manage your debt.



Definition: Debt

The noun **debt** refers to an obligation to pay for or do something. Debt comes from the Latin word *debitum*, which means “thing owed.” Often, a debt is money that you must repay someone. Debt can also mean the state of owing something—if you borrow twenty dollars from your brother, you are in debt to him until you pay him back. If someone says, “I owe you a debt of gratitude it means you have done something great and that person intends to do something to “repay your kindness.

1. Something owed; an obligation.
2. A state of being under obligation to repay someone or something in return for something received; a state of owing.
3. A feeling of gratitude for a service or favor.

Positive Experience of Debt

You appreciate the support you have received.

You actively engage with the Law of Circulation.

You inspire and support other people.

You give and receive support easily.

You easily repay your debts.

Problem with Debt

You feel burdened by your debts and obligations.

You worry that you can't repay your debts.

You refuse to accept support when it's offered or needed.

The Eighth House is your shared resources.

You are responsible for your Eighth House, but you're not *exclusively* responsible for it. The Eighth House is like a joint bank account. You can make deposits and withdrawals from the account, but so can other people. You're still responsible for maintaining the minimum balance in the account, but you don't have full or complete control over it. The planet that rules your Eighth House is your shared resources, and the needs and expressions of that planet are joint bank accounts. On the plus side, other people can make deposits in those accounts, which means you often have more resources available to you than you expect, and meeting the needs of that planet is easy. But the down side is that other people can also make withdrawals from that account, which means there may be less available to you when you need it the most. The bottom line is that everything associated with the Eighth House—and the needs of the planet that rules the Eighth House—is a collaboration. To some degree, you will need to pool your resources and coordinate with other people to accomplish your Eighth House goals.

In the external world, managing shared resources, such as joint checking accounts, shared food and supplies, or communal living spaces, has its own set of challenges. It's easier and more harmonious when everyone agrees on the rules and boundaries up front, so everyone contributes equally and shares in both the responsibilities and the rewards. This is not quite as easy in your internal world because other people don't actually agree to pool their resources to help you meet the needs of the ruler of your Eighth House. You can't hold them accountable for doing their part because it's not really their business in the first place. You can, however, limit access to your joint bank accounts. If someone isn't making regular deposits in your account, you can block their access.

Definition: Shared Resources

1. Resources held in a joint bank account where each owner has the full right to withdraw, deposit, and otherwise manage the account's funds.
2. In computing, a shared resource, or network share, is a computer resource made available from one host to other hosts on a computer network. It is a device or piece of information on a computer that can be remotely accessed from another computer transparently as if it were a resource in the local machine.

Positive Experience of Shared Resources

You are willing to pool your resources and collaborate.

You take advantage of the support of the collective.

You form strategic partnerships for mutual benefit.

You benefit from sharing your resources.

The value of what you receive exceeds the cost of what you contribute.

Problem with Shared Resources

You feel used and unsupported by the collective.

You do not receive the benefits of your shared resources.

You receive far less than you contribute.

The Ninth House

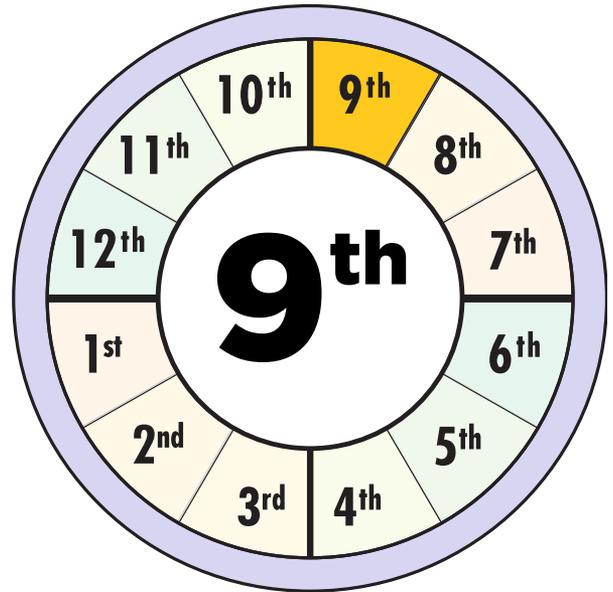
The Ninth House relates to everything that is foreign, distant, and unfamiliar. It's the house of religion, and by extension, it's become the house of wisdom and higher knowledge. As such, it relates to teachers, clergy, lawyers, and other experts, the guardians of wisdom, and the representatives of higher authority. Specifically, the Ninth House relates to your attitudes and expectations of these people and what they represent to you.

The Ninth House is your danger zone.

The Ninth House is your danger zone. Meeting the needs of the planet that rules your Ninth House always involves venturing into the unknown. Your Ninth House exists beyond the limits of your comfort zone, and because it's unknown and unfamiliar, it's always a little bit unsafe. Your danger zone has a geographical element: it includes distant travel to unfamiliar places, and cross-cultural experiences. But mostly, the Ninth House is full of surprises. You have no reference for it, and you don't know what to expect. It's a blank page. Everything about the Ninth House is new, and everything about it expands your awareness and your worldview. This can be enticing and exciting, but it's still potentially dangerous, which is why engaging with your Ninth House always makes withdrawals from your Safety Need Account.

Balance, as always, is the key. When you encounter your Ninth House, you have no frame of reference, and the only way you can understand it is to create a reference for it. The more time you spend in the Ninth House, the more familiar it becomes, and once it becomes familiar, it's no longer new (or dangerous). A part of your Ninth House danger zone has moved to your Third House comfort zone.

The planet that rules your Ninth House is your danger zone. Every time you express this planet or try to meet the needs of it, you have to go beyond what you already know and discover something new. You don't have to reinvent the wheel every time. You can develop mastery with the ruler of your Ninth House. But you are always conscious that however much you know about that Universal Puzzle Piece, there is always more to learn. And each time you access or express the needs of the ruler of your Ninth House you need at least the spark of something new to ignite the fire.



Definition: Danger Zone

1. A specifically hazardous place to be avoided.
2. The condition of being susceptible to harm or injury.
3. A venture undertaken without regard to possible loss or injury.

Positive Experience of Danger Zone

You are eager to explore the unknown.

You approach new experiences with an open mind.

You welcome any opportunity to try something new.

You seek out new information and experiences.

You have a sense of adventure and excitement.

Problem with Danger Zone

You fear the unknown.

You are afraid to leave what is familiar.

You distrust new information.

You limit your worldview.

The Ninth House is your beliefs.

The Ninth House is your beliefs. Not only do you believe in the expression and the needs of the planet that rules your Ninth House, but those needs—that Universal Puzzle Piece—influence what you choose to believe and how you create those beliefs. Beliefs shape your “little r” reality, so they’re quite important. Beliefs influence your choices, and beliefs influence your expectations. And beliefs, like reality, have nothing to do with truth. You can believe in something and make it real, but if that belief lacks truth and can’t be supported, it won’t make you happy.

Critical thinking is one of the most important tools of the Ninth House. Critical thinking helps you to question and understand why you believe the things that you believe. It can’t determine the level of truth behind a belief, but it can at least provide objective, rational, logical justification for the belief. Most of your beliefs originate with experts and authorities. Your parents program you with the basic operating system of your beliefs, and as you move through life, you accept the ideas of your teachers, religious leaders, and other experts such as doctors and scientists. You adopt beliefs because you trust the expert, and at least at the time, you lack the tools to question and validate the belief for yourself. But you must be willing to question your beliefs, no matter how long you’ve held them. Your understanding of reality changes as you acquire new information and experiences. It’s important that your beliefs support you rather than hinder you. And remember: You get to choose what you believe.

Definition: Belief

1. Any cognitive content held as true.
2. A vague idea in which some confidence is placed.
3. Conviction of the truth of some statement or the reality of some being or phenomenon especially when based on examination of evidence.

Positive Experience of Beliefs

You are willing to question and test your beliefs.

You embrace critical thinking.

You allow new information to change your position.

You respect experts and authorities, even when they contradict your views.

You are willing to question experts and authorities.

Problem with Beliefs

You become susceptible to misinformation and propaganda.

You reject any opinions that don't validate your own.

You listen only to experts who support your views.

You must defend and justify your beliefs.

The Tenth House

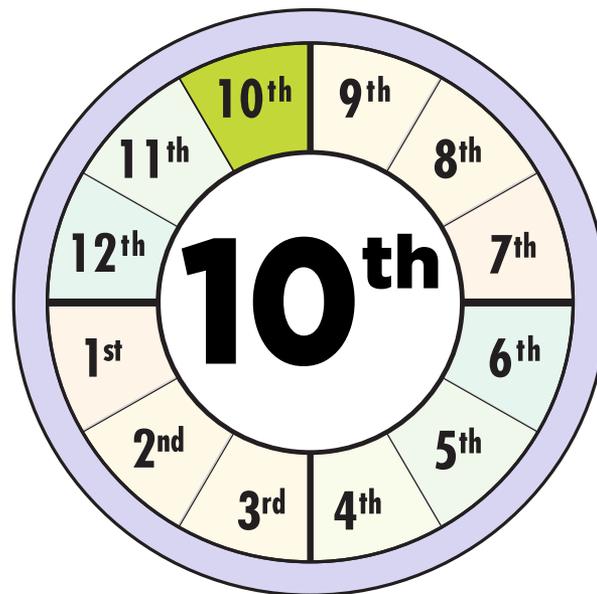
The Tenth House relates to your success, recognition, and professional advancement. It's your fame and your reputation, and your public image. And in the modern world, that often translates to your social media profile.

The Tenth House is your reputation.

The Tenth House is your reputation: it's how you are seen by society. It's your fame and your public image. It's also your presence on social media, both personal and professional. The planet that rules your Tenth House is what you are famous for. It's responsible for your greatest accomplishments and also for the gaffes you can never seem to live down or put behind you. Whether the world thinks favorably of you or not depends on how well you meet the needs and learn the lessons of the planet that rules your Tenth House.

Because of the advent of social media and the Internet, much of your life is public. If you have any presence online, whether it's Facebook, LinkedIn, or OkCupid, you have a brand that you present to the world. You have a certain degree of fame because people whom you have never met personally know about you, and they also have an opinion of you. How much you take advantage of this is up to you, but even if you keep a low profile in your life, it's important to keep control of your message. The planet that rules your Tenth House is both the message itself and also the carrier wave that broadcasts your message.

The world expects you to live up to the promise of the planet that rules your Tenth House. This is your brand, and if you don't meet those needs and handle that Universal Puzzle Piece with care, everyone will know about it. But the more skillful you are about meeting those needs, the more control you have over the volume of your message. When you are in right relationship with the planet that rules your Tenth House, you can determine how public you want to be, and therefore have more influence over your privacy. But if you choose to, you can use the platform of your reputation to promote other interests. When you meet the needs of the planet that rules your Tenth House, the world will listen to what you have to say. When you don't meet the needs of that planet, you lose control over your message and the world (and the Internet) gets to decide on your brand, usually in the comments section.



Definition: Reputation

Your **reputation** is the general belief or opinion that other people have about you. If you are considered trustworthy and kind, you have a good reputation.

Reputation comes from the Latin word *reputationem*, which means “consideration.” It’s how people consider, or label, you—good or bad. The noun reputation can also mean “being known for having a specific skill or characteristic.” For example, if you have a reputation in snow shoveling, your phone will soon be ringing off the hook with your lazy neighbors calling.

1. The general estimation that the public has for a person.
2. Notoriety for some particular characteristic.
3. The state of being held in high esteem and honor.
4. Overall quality or character as seen or judged by people in general.

Positive Experience of Reputation

The world sees your best qualities.

The public has a good impression of you.

You are famous and recognized for your abilities.

You make a positive impression on the public.

You have strong brand recognition and good word of mouth.

Problem with Reputation

The world sees your worst qualities.

The public has a poor impression of you.

You do not have control over your brand or your message.

You are famous for your mistakes and your shortcomings.

The Tenth House is your advancement.

The Tenth House is also how you advance in the world, both socially and professionally. This is closely related to your reputation, because a good reputation is often essential for advancement, but it’s not entirely the same thing. This expression of the Tenth House (and of the planet that rules your Tenth House) has to do with awards, honors, and promotion. It encompasses many of the things that you may associate with success. Your reputation relates to your relative level of fame, but advancement relates to the tangible, material rewards that come from that fame.

The cusp of the Tenth House is the most public and visible point in the chart, and the planet that rules your Tenth House is the vehicle that helps you attain the highest peaks in your life. Often, the accomplishments related to the Tenth House are professional and related to your career, but it’s important not to view your life only in terms of your job or the things that you do to make money.

When you look back on your life, you are the most proud of the accomplishments of your Tenth House. Often you are noticed, recognized, and honored by other people for these achievements, but not always. These achievements always involve meeting the needs of the planet that rules your Tenth House and understanding how that Universal Puzzle Piece fits in your life. And even if you don't experience social or professional advancement, you definitely advanced as a person.

Definition: Advancement

Use the noun **advancement** when you talk about something's growth or progress. A **promotion** is a raise in pay or stature, or it's a way to raise the profile or attention of something. For the purposes of the Tenth House, both **advancement** and **promotion** apply.

1. The act of moving forward, as toward a goal (advancement). The act of raising in rank or position (promotion).
2. Gradual improvement or growth or development.
3. Encouragement of the progress or growth or acceptance of something.

Positive Experience of Advancement

You experience success in every dimension.

You are recognized and promoted.

You receive awards and honors for your work.

You are singled out for promotion.

Problem with Advancement

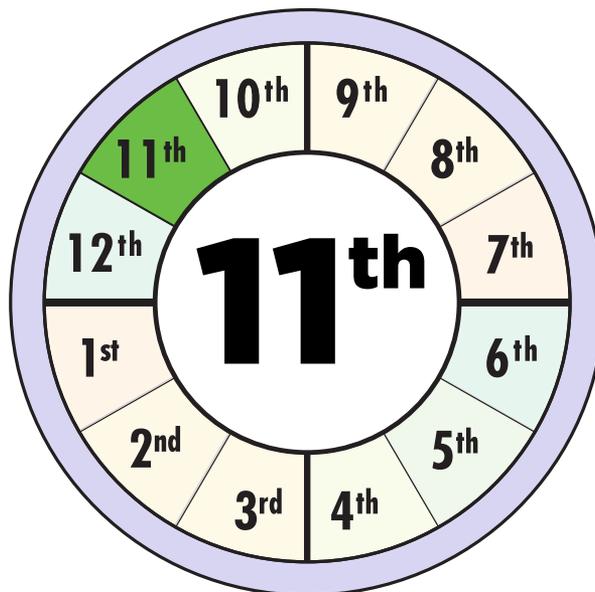
You are passed over for promotion.

You lack success.

You are not recognized or appreciated.

The Eleventh House

The Eleventh House is the house of acquisition. It contains all of the things you believe you need to obtain or acquire to be happy. It's the *pursuit* of happiness, but not the *experience* of happiness (which belongs to the First House). Friends are associated with the Eleventh House, but the original context of that term has shifted. Eleventh House friends are benefactors. These are the people who help you to reach your goals, attain your aspirations, and acquire what you think you need to be happy.



The Eleventh House is your aspirations and acquisitions.

The planet that rules your Eleventh House is what you believe you need to acquire to be happy. Your personal ambitions, aspirations, and dreams are really about embodying that planet, meeting its needs, and fully understanding how that Universal Puzzle Piece fits in your life. The first challenge is that you don't entirely believe that these qualities live inside you. You see them clearly in the outside world, and you believe that you need to go out and obtain them. Specifically, you believe that when you finally obtain those qualities, and realize your ambitions and your dreams, *then* you'll finally be happy. The Eleventh House is your pursuit of happiness; actual happiness belongs to the First House. But when you move into right relationship with the planet that rules your Eleventh House, you will realize that happiness is the journey, not the destination.

Everyone needs dreams. Dreams are what inspire you to take action. They can give your life meaning and purpose. Even impossible or unattainable dreams have value once you remember that they're not all-or-nothing scenarios. Your dream of winning *American Idol* probably won't come true, but what that dream is really about is the inspiration to sing and to make music. If you follow that call and begin to sing because singing makes you happy, the path could lead you anywhere. As you follow the path, you will set new goals and discover new dreams, and those dreams will become progressively more attainable. But remember that what your dreams are really about is expressing and meeting the needs of the planet that rules your Eleventh House. When you follow that star, your dreams can come true.

Definition: Aspirations & Acquisitions

Aspiration means "inhalation" or "breathing." So how did it come to mean "ambition" or "the will to succeed"? The Latin gives us a clue: *spirare* ("to breathe") and *spiritus* ("spirit"). It

was once believed that our breath was our soul or spirit, which might explain why we talk about “breathing life into” something, or coming up with energy and ideas to invigorate it. How else to breathe life into something than with ambition and drive, in other words, “spirit”?

An **acquisition** is something you acquire—a book, a skill, or if you are a mogul, a company. It describes things you have purchased, things you have learned, or things you have gotten.

1. A cherished desire; an ambition; a dream (aspiration).
2. A strong desire to achieve something high or great (aspiration).
3. The act of contracting or assuming or acquiring possession of something (acquisition).

Positive Experience of Aspirations and Acquisitions

You live your dreams.

You pursue your goals and aspirations.

You go after the things that you want.

You enjoy the journey towards your goals.

Problem with Aspirations and Acquisitions

You lack inspiration.

You don't pursue your dreams.

Your dreams are unattainable.

You don't see the point of your ambitions.

You don't believe you will ever acquire happiness.

The Eleventh House is your benefactor.

The planet that rules your Eleventh House is your benefactor. A benefactor is more than just a friend; it's a friend with money. Benefactors are friends who are willing to invest in your happiness and your success. They provide material support to help you achieve your personal ambitions and aspirations. You experience your benefactors as other individuals, and often, the support they provide appears to come out of nowhere and to have nothing at all to do with you. But this is just the external appearance. Your real benefactor is the planet that rules your Eleventh House, and the amount of support and encouragement you experience depends on how well you meet the needs and learn the lessons of that planet.

You may not notice your benefactor because it doesn't always show up as a person, and the support you receive isn't always financial. Sometimes all you need to make progress towards your dreams and aspirations is to meet the needs of the planet that rules the Eleventh House. When you embody and express that energy and master those lessons, you advance towards your goals and your dreams get a little bit closer. Other times, because you have tuned into that energy, other people will show up in your

life and provide you with encouragement and support. When you are in right relationship with the planet that rules your Eleventh House, your friends genuinely want to see you succeed. That may not translate into dollars and cents, but that's because that kind of support is priceless.

Definition: Benefactor

1. A person who helps people or institutions (especially with financial help).
2. A person who confers a benefit; kindly helper.
3. Someone who gives money to a person or organization, usually without expecting anything back in return.

Positive Experience of Benefactor

You receive tangible support.

Other people support you to achieve your dreams.

You are supported and encouraged.

Other people give you financial assistance.

You receive advice, guidance, and connections.

Problem with Benefactor

No one supports you in your dreams or ambitions.

Doors are closed and opportunities don't show up.

Your friends don't support or encourage you.

The Twelfth House

The Twelfth House is sorrow, adversity, self-sabotage, unconscious behavior, and hidden enemies. In almost every sense, the Twelfth House is your shadow. You can't see your own Twelfth House, but because it's above the horizon, it's visible to everyone else. Maintaining right relationship with the planet that rules the Twelfth House limits the challenges associated with this house.

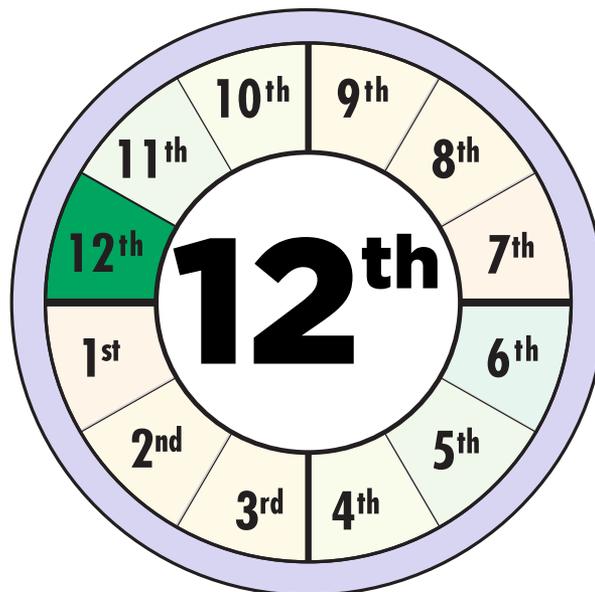
The Twelfth House is your blind spot.

The Twelfth House, and the planet that rules your Twelfth House, is your blind spot. It lurks in your unconscious, just outside your field of vision, so you don't notice it until it's too late. Your behaviors and actions involving the planet that rules your Twelfth House create resentment in other people, and that resentment can turn friends into hidden enemies. They're not actively looking to harm you, but as their resentment builds, they unconsciously begin to look for any opportunity where they can trip you up or let you down when you most need them. If you don't address that resentment and clean up your mess, it will come back to bite you. You'll never see it coming, either. You'll be completely blindsided, and since their behavior was unconscious, the friendship will probably survive—and your hidden enemy will still be at large.

It requires extra effort to maintain right relationship with the planet that rules your Twelfth House. Blind spots are so dangerous not because you can't see them clearly, but because you forget they're there at all, so you don't check them regularly. When you express or try to meet the needs of the planet that rules your Twelfth House, you're going to cross boundaries and step on toes. That planet is just messy for you. That's why it's so important to check your blind spot. Identify when you've made a mistake, accept responsibility for it, and apologize. A simple "I'm sorry" can clean up a whole lot of resentment, and go a long way towards keeping your friends your friends.

Definition: Blind Spot

1. A portion of a field of vision that is obstructed to the viewer; specifically any area behind a vehicle that a driver cannot view with his or her rearview mirrors.
2. A prejudice, or area of ignorance, that one has but is often unaware of.
3. An area that one cannot see because of an obstruction.



Positive Experience of Blind Spot

You check your blind spot.

You acknowledge your mistakes and apologize for them.

You limit the amount of resentment you create in others.

You apologize for crossing boundaries.

Problem with Blind Spot

You turn your friends into hidden enemies.

You cause other people to resent you.

You get blindsided by avoidable problems.

The Twelfth House is the vehicle of your adversity.

The planet that rules your Twelfth House is the vehicle of your adversity. It means well, but whenever there's trouble in your life, it can usually be traced back to something you did that involved the needs, lessons, or expression of that planet. When you are out of alignment with this planet, it's how you sabotage yourself and create optional suffering in your life. Generally, the problems that result from this planet are unexpected and unintentional. You don't realize how much of a mess you make when you pursue the needs of this planet or try to understand how its Universal Puzzle Piece fits in your life. You can't help making the mess, but when you're in right relationship with the planet, you make the effort to clean up after yourself. This makes the unintended consequences less frequent and limits the impact when they do occur. But if you're out of alignment with this planet, you neglect the mess, and make every part of your life more difficult than it has to be.

The real challenge with the Twelfth House is that the planet that rules your Twelfth House is the vehicle of *all* of the adversity you experience in your life, and this is often difficult to accept. Many of the obstacles and challenges you experience seem to come from outside of you and appear to be beyond your personal control or influence. You experience sorrow and defeat and difficulties and accept that they're just a part of life. But the truth is that you create everything in your "little r" reality through the Law of Attraction. Everything you experience is a match to the vibration of your consciousness, and that includes both the problems that you realize you created and the problems you can't believe that you could have created. When you work to maintain right relationship with the planet that rules your Twelfth House, you protect yourself from both types of problems. You don't notice the suffering you don't experience, and that's rather the point.

Definition: Adversity

1. A state of misfortune or affliction
2. A state or instance of serious or continued difficulty or misfortune.

Positive Experience of The Vehicle of Your Adversity

You avoid most optional suffering.

You clean up your messes before they cause problems.

You pay attention to the consequences of your choices.

You look for cooperative options to reach your goals.

Problem with The Vehicle of Your Adversity

You create disruptions and difficulties in your life.

You create sorrow and adversity.

Modality Puzzle Pieces

Cardinal Modality (Team Hare)

If the planet that rules a house is in one of the **Cardinal Signs** (**Aries, Cancer, Libra, or Capricorn**), you are on **Team Hare** for that part of your life. The race for your objectives is a **sprint** and you **progress in leaps and bounds**. The modality puzzle pieces combine with both the personal puzzle pieces of the neighborhoods and with the Universal Puzzle Pieces of the planet-vehicles. Each modality puzzle piece influences how you engage with the related puzzle pieces and includes its own challenges and strategies for success.



TEAM HARE (CARDINAL)

Goal is an archery target.

You view any connected puzzle piece as an archery target that you have to hit with a single arrow. All of your energy and focus is directed towards planning, strategy, and preparation, but once you let the arrow go, you can't change anything: you either hit the target or you don't. If you hit the target, you take a giant leap forward. If you miss the target, you have to start over again with a new arrow (and new resources).

Focused in the past.

When it comes to any connected puzzle piece, you are focused on the past. You feel like you should have already accomplished your goals, and the fact that you haven't yet makes you feel like you have to catch up.

Gift (and Curse) of Innovation

When you engage with any connected puzzle piece you look for the most direct path, and you're more than willing to make your own path and blaze a new trail if one doesn't already exist. You can accomplish the impossible because you didn't know it was impossible when you did it. You leap before you look, move fast and break things, and will always try your own ideas before you consider anyone else's. The gift of this innovative approach is that you often discover new and better ways to achieve your puzzle piece -related goals.

The curse of this innovative approach is that you will make a lot of avoidable mistakes, and learn most of your lessons the hard way. It rarely occurs to you to take the time to read the instructions because you're so eager to get started.

Only notice fuel when the tank is empty.

When you engage with any connected puzzle piece, you only think about fuel when your tank is empty and you're running on fumes. At this point, you have to drop everything—your puzzle piece-related goals and any other activities of the planet-vehicle—and put all of your attention on filling your fuel tank. And since you have to fill an empty tank up to the top, refueling may take some time. You won't be able to engage with any of the activities of the planet-vehicle, and you have to hope that there's enough inertia in those activities to keep them going while you're refueling your tank. You may have to start over again with your puzzle piece-related goals because you ran out of fuel before you could hit the target.

Need enough fuel/resources to finish.

If you have any available fuel or any available resources for your puzzle piece-related goals, you will immediately pursue them. But if you don't have enough fuel or resources to finish the task, it will be a failed attempt and you will have wasted the fuel and resources. You will need to replenish your fuel and restock your resources before you can make another attempt.

Gives up because of failure.

You expect to miss the target when you engage with any connected puzzle piece: that's the nature of the game for you. As long as you care about the goal, you will keep trying. But there's a limit to how often you are willing to try and how much fuel and resources you are willing to waste on your attempts to hit the target of your puzzle piece-related goals. When you hit that limit, you may decide you will never hit that target, abandon the goal, and choose an entirely new target.

Strategies for Success

Move the target closer

Set time-based goals rather than task-based goals.

Fixed Modality (Team Tortoise)

If the planet that rules a house is in one of the **Fixed Signs (Taurus, Leo, Scorpio, or Aquarius)**, you are on **Team Tortoise** for that part of your life. The race for your objectives is a **marathon** and you **progress slowly and methodically**. The modality puzzle pieces combine with both the personal puzzle pieces of the neighborhoods and with the Universal Puzzle Pieces of the planet-vehicles. Each modality puzzle piece influences how you engage with the related puzzle pieces and includes its own challenges and strategies for success.



TEAM TORTOISE (FIXED)

Goal is an evolutionary process.

You view any connected puzzle piece as an as an evolutionary process. You have faith that you will achieve your goal eventually, but you expect it to be a slow, methodical, lengthy process to get there. You must continuously balance your desire to achieve your goal with your desire to maintain the status quo and experience as little change as possible.

Focused in the future.

When it comes to any connected puzzle piece, you are focused on the future. Specifically, you are worried that you might not have enough resources in the future to sustain and maintain your progress..

Gift (and Curse) of Inertia

Inertia is a property of matter that resists change, and it's a key consideration when you engage with any connected puzzle piece. You require a tremendous amount of fuel to start a new project or pursue a new puzzle piece-related goal, but once you get moving, you are unstoppable. You have tremendous stamina and once you've found your routine, you can maintain it with ease until you achieve your objective. This is the gift of inertia.

The curse of inertia is that once you get moving, you are unstoppable. It requires a tremendous amount of fuel to change direction, slow down, or stop working towards a puzzle piece-related goal. And to choose a new goal (or a new direction), you have to shut down the old goals.

Maintains a constant level of fuel at all times.

When you engage with any connected puzzle piece, you are constantly thinking about fuel. You like to maintain a consistent level of fuel, and this means you are never far away from your fuel supply. You are terrified of running out of fuel or not having enough resources in the future, so you always keep at least a half a tank of fuel in reserve. Or put another way, you never let your cell phone battery drop below 50% without plugging it back into a charger. Because you maintain a constant fuel level, you rarely encounter an *actual* fuel crisis and nothing interrupts you when you pursue your puzzle piece-related goals. But if you have to tap into your *future* fuel reserves for any reason, you may start to panic.

Need enough fuel/resources to start.

You expect that every puzzle piece-related goal you initiate will be a lifetime commitment. Before you are willing to start working towards that goal, you need to be certain that you can cover the ongoing fuel needs for that goal on a daily, weekly, or monthly basis. If you can't fit the new fuel expense in your fuel budget, you won't pursue the goal.

Gives up because of lack of progress.

As patient as you are when you engage with any connected puzzle piece, that patience has limits. Periodically, you will need to see some evidence of progress to justify the resources you're allocating to your puzzle piece-related goals. As long as you can see some measurable improvement, you will stay the course. But if you can't point to something and know that it represents tangible progress and some kind of return on your investment, you will get discouraged and abandon the goal.

Strategies for Success

Audit your resource commitments and cancel any old subscriptions.
Track incremental progress across multiple dimensions.

Mutable Modality

(Team Hummingbird)

If the planet that rules a house is in one of the **Mutable Signs** (**Gemini, Virgo, Sagittarius, or Pisces**), you are on **Team Mutable** for that part of your life. The race for your objectives is a **scavenger hunt** and you **are constantly in motion, checking items off your task list**. The modality puzzle pieces combine with both the personal puzzle pieces of the neighborhoods and with the Universal Puzzle Pieces of the planet-vehicles. Each modality puzzle piece influences how you engage with the related puzzle pieces and includes its own challenges and strategies for success.



TEAM HUMMINGBIRD (MUTABLE)

Goal is collection of tasks.

You view any connected puzzle piece as a collection of tasks, and you tend to focus on individual tasks rather than on the big picture. You care about what you can accomplish right now, and pursue the immediate gratification of being able to check items off your to-do list. This gives you the feeling that you are moving towards your goal, but in fact, you may be running in circles.

Focused in the present.

When it comes to any connected puzzle piece, you are focused in the present moment. This means you're able to complete the task in front of you, but it also means that you might miss the forest for the trees.

Gift (and Curse) of Flexibility

Flexibility means that you are able to adapt and change when you encounter unexpected obstacles when you engage with any connected puzzle piece. Like the willow tree, you can bend without breaking, and this can be a source of strength. But if you don't have strong enough roots, you can be too flexible and get distracted and blown off course by a strong wind. The gift of flexibility is your ability to respond to present conditions and to be free from the past.

The curse of flexibility is that you may not stand your ground when you need to. Some obstacles need to be overcome, and sometimes you need to swim upstream. If you adapt your puzzle piece-related goals too much to avoid obstacles and challenges, they stop being *your* goals.

Only needs enough fuel for the current task.

You view each connected puzzle piece as a collection of tasks, and believe that when you check everything off your to-do list, you will have achieved your goal. You only need enough fuel to complete the current task, so you make frequent and brief stops to top off your fuel tank whenever it's convenient for you. These fuel stops are usually brief enough that your current projects continue to function without interruption. However, to maintain this state of affairs, you may focus on smaller tasks that require less fuel and allow for shorter fuel stops, and this can mean that you don't engage with the bigger, more important tasks that will advance you towards your puzzle piece-related goals.

Need enough fuel/resources to advance.

You care about crossing items off your to-do list, because if you're completing tasks, you feel like you're moving forward. You choose tasks that you can easily complete with your current fuel levels, but this can mean you don't pursue the larger tasks that actually advance you towards your goal. .

Gives up because you've tried it once.

You approach your puzzle piece-related goals with a task list and expect that once you've completed each task on the list, you will have achieved your goal. What you don't appreciate is that you may need to complete the list multiple times to realize the full potential of your puzzle piece-related goals. You complete one cycle, are disappointed with the results, and may decide that the goal itself isn't worth pursuing because you've already tried it and it didn't make you happy.

Strategies for Success

Choose a task first, then address the fuel requirements for that task.

Set time-based goals rather than task-based goals (break down bigger tasks)

Track progress in smaller units and multiple dimensions.

Universal Puzzle Pieces

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The Sun Is Your Personal Standards of Integrity

Integrity is the quality that separates force from power. On the scale of consciousness, 200, the boundary between First Kingdom and Second Kingdom, is the critical line of integrity. The levels of consciousness that calibrate below 200 lack integrity and represent falsehood and force. The levels of consciousness that calibrate above 200 represent truth, power, and integrity. The heroes that you admire embody objective standards of integrity such as honesty, compassion, loyalty and courage. You begin to connect with the Sun by choosing to embody and embrace one or more of these standards of integrity. Reaching for any standard of integrity always constitutes choosing a better-feeling thought.

Once you move into integrity and begin the Hero's Journey, integrity becomes increasingly subjective. The rush of external validation that you experience when you first move into integrity quickly fades. The more you move into integrity, the less other people will celebrate you for doing so. Your Personal Standards of Integrity begin to emerge. These are the things that define and shape who you are as an individual. They represent subtle, and personal distinctions that other people rarely notice or appreciate.

Personal standards of integrity are *personal*, which means that they don't matter to anyone else. Other people are unlikely to understand them, but that's okay because you don't make these choices to gain external approval. Often, you don't even understand them yourself. They may seem small and silly, but the smaller they are, the more important they are. These tiny details are the things that most powerfully define you as an individual. They often require that you alter your behavior or change your life in uncomfortable ways, and it's unclear exactly what benefit you receive in return. The most that you can say is that it feels worse to be out of integrity than it does to be in integrity.

Let's use eating popcorn as an example. Eating popcorn is a perfectly legal and socially acceptable behavior. In some situations, such as watching a movie, it's even encouraged. You may live much of your life eating popcorn, and then one day, you realize that you can't eat popcorn anymore. As much as you enjoy popcorn, something inside you has changed, and the thought of eating popcorn makes you uncomfortable. You have no problem being around other people while they eat popcorn, but eating popcorn is no longer an acceptable choice for you. You can't explain this to anyone, because they wouldn't understand. No one cares if you eat popcorn or not. What matters is that you know that if you ate popcorn, you would be denying something essential about who you are. You eventually adjust to this, and accept it.



It's important to remember that your Personal Standards of Integrity have nothing to do with the world of form. During the time when you could no longer eat popcorn, it was never about the popcorn; it was about developing your spiritual muscles, strengthening your integrity, and learning how to be more true to yourself—and your Self. Why you no longer felt good eating popcorn doesn't matter—in fact, it's none of your business. All that matters is that at the time not eating popcorn was a better-feeling thought than eating popcorn.

Integrity is a personal quality of fairness that we all aspire to. Having integrity means doing the right thing in a reliable way. It's a personality trait that we admire, since it means a person has a moral compass that doesn't waver. It literally means having “wholeness” of character. To create awareness of integrity, consider how you were fair, strong, did the right thing, and lived up to your personal principles, even in small and apparently insignificant ways.

You long for the experience of Peace that comes from absolute integrity. When you have integrity, you are free from worry because you know that you can weather any storm, no matter how severe. The outside world provides initial guidance about integrity through laws, customs, and guidelines of moral and ethical behavior, but these broad, objective standards of integrity are not sufficient. Your Personal Standards of Integrity live within you, and they are far more restrictive and subtle. They are also constantly evolving, which means you can go to bed at night in integrity and wake up the next morning out of integrity because the line of integrity has moved and you're now on the wrong side of it.

Your Personal Standards of Integrity in First Kingdom

Integrity does not exist in First Kingdom. The lack of even the most basic, objective standards of integrity such as “Don't break the law,” or “Don't lie, cheat, steal, or hurt other people,” is part of what defines First Kingdom/Victim Consciousness. Not only is integrity absent from First Kingdom, but when you experience reality from Victim Consciousness, integrity is seen as a weakness. The lower levels of consciousness in First Kingdom all celebrate criminal behavior.

Your Personal Standards of Integrity in Second Kingdom

When you cross into Second Kingdom, you step into integrity. At a minimum, you obey all laws, avoiding criminal behavior, and you also follow some kind of moral code that defines what makes a good person. As you advance through Second Kingdom, you begin to discover your Personal Standards of Integrity. You admire certain qualities in other people (your heroes) and you begin to emulate those qualities in yourself. On some level, you do this because you hope the people you admire will validate you for your integrity. The more you pursue these qualities, the higher the bar gets. Behavior that is acceptable to the world stops being acceptable to you because it no longer rises to the level of your Personal Standards of Integrity.

Your Personal Standards of Integrity in Third Kingdom

When you reach Third Kingdom, you experience another profound change in your relationship to integrity. Up to this point, choosing to stay in integrity can feel like choosing the lesser of two evils. It's uncomfortable to have to change your behavior to stay in integrity, but it feels even

more uncomfortable to be out of integrity. But when you embody your Personal Standards of Integrity in Third Kingdom, integrity feels good and makes you happy. You're no longer giving something up to avoid discomfort. The feeling of being in integrity is its own reward.

Definition: Integrity

1. Firm adherence to a code of especially moral or artistic values; incorruptible.
2. The quality or state of being complete or undivided.
3. The condition of being unified, unimpaired, or sound in construction.
4. Internal consistency or lack of corruption.

The Moon Is Your Subjective Safety Needs

Safety is one of the fundamental human motivational needs first described by Abraham Maslow in the 1930s. Consider that you have a Safety Need Bank Account, and that you are responsible for maintaining the minimum daily balance in that bank account on your own. Anytime the balance in your Safety Need Account drops below the minimum level, you step into Victim Consciousness. At that point your primary motivation is to restore the balance in your Safety Need Account, and you expect that every action you take and every choice you make will result in you receiving a deposit in your Safety Need Account. Unfortunately, when you act from First Kingdom/Victim Consciousness, you use force rather than power, and every choice you make has the opposite effect: it results in a withdrawal from your Safety Need Account rather than a deposit.

There are two types of safety: objective and subjective. Objective safety involves actual threats to your physical, mental, or emotional body. The vast majority of the time, you are objectively safe. Subjective safety is what *feels* safe to you, and the most important consideration here is familiarity. If something is familiar to you, and you know what to expect from it, it becomes subjectively safe for you, even if it's objectively dangerous. Changing or leaving the objectively unsafe environment is difficult because anything unfamiliar is subjectively unsafe, and there may not be enough of a balance in your Safety Need Account to pay for that change.

To create **awareness** of your Safety Needs, review the experience and check the balance in your Safety Need Account. Notice how safe you felt on a scale of 0 to 10. Consider how aware you were of the present moment during the experience, and note how much of the experience your attention was either on the past or the future. Now, consider the truth that during that experience you were, in fact, completely safe; every one of your needs was met, in the moment, during that experience. Now check the balance in your Safety Need Account around that experience once more.

Your subjective safety needs in First Kingdom

You step into First Kingdom/Victim Consciousness the moment the balance in your Safety Need Account drops below the minimum level, so at least initially, you feel subjectively unsafe. The bigger concern is that the levels of consciousness in First Kingdom are objectively unsafe: they are genuinely dangerous and do not support life. Your driving motivation is to obtain enough deposits in your Safety Need Account that you can leave First Kingdom, so every



action you take is meant to make you feel safe. However, because you use force, every action you take is counterproductive and leaves you feeling less safe than before. The more time you spend in First Kingdom, the more familiar it becomes, and so the objective lack of safety becomes subjectively safe. You no longer notice the alarms. And when you encounter anything that is objectively safe and would make a deposit in your Safety Need Account, because it's new and unfamiliar, it appears threatening to you, and it triggers your alarms. Since any action you take makes things worse, the only solution is to take no action at all, and instead use the **Present Moment Awareness Safety Meditation** to restore the balance in your Safety Need Account so you can move out of Victim Consciousness and into integrity.

Your subjective safety needs in Second Kingdom

When you step back into integrity in Second Kingdom, you have at least the minimum required balance in your Safety Need Account, and you feel subjectively safe. You are now able to monitor the balance in your Safety Need Account, and identify any attachments that may be draining that account. When you have at least the minimum required balance in your Safety Need Account, you can look at your attachments and tell the truth that you don't actually need them to survive. The more time you spend in integrity, where you are both objectively and subjectively safe, the stronger your reference for safety becomes. When something makes even a small withdrawal from your Safety Need Account you notice it, and you take appropriate, conscious steps to address it so that you don't get pulled into First Kingdom/Victim Consciousness.

Your subjective safety needs in Third Kingdom

When you begin to experience the levels of consciousness of Third Kingdom, you are closely connected to the truth of the Present Moment. You rarely have to pay attention to your subjective safety needs because the balance in your Safety Need Account is maintained automatically.

Definition: Safety

1. The state of being certain that adverse effects will not be caused by some agent under defined conditions.
2. Freedom from harm or danger.
3. The state of being protected from danger or harm.

Mercury Is Your Understanding and Communication

Not only is Mercury your story and your “little r” reality, Mercury is also how you understand and communicate that reality. As ever, what you long for is a personal understanding of truth, but without help, human beings lack the ability to differentiate truth from reality. We can’t tell the difference between appearance and essence. As Dr. David Hawkins once quipped, Little Red Riding Hood had the same problem.

When you communicate, you look outside of yourself to validate your subjective experience of reality in the hopes that you can verify its level of truth. But you can only understand truth by fitting it in the context of your subjective “little r” reality. When you attempt to communicate, you must translate your subjective experience of reality into an objective language, and hope that the words you choose successfully transmit your meaning to others. The problem with communication is that the words can only convey the objective content of the message; they can’t always include the context that clarifies the intended meaning of the message. When someone receives the message, they have to decode it through the filters of their own “little r” reality to understand it. When you receive communication from others, you do the same thing. The problem, and the source of most miscommunication, is that not everyone uses the same filters or has the same subjective experience of reality.

To communicate effectively, you must first make sure that everyone is on the same page and is filtering the message through a similar context of reality. This makes it possible for everyone involved to share an understanding of the message, and through discussion and negotiation, it then becomes possible to agree on a shared perception of reality. Unfortunately, this still does not validate the truth of that reality. The more people who agree with something, the more real it becomes, but truth is objective and unaffected by popular opinion.

Understanding is how you make sense of your reality, and communication is how you share your understanding with others so they can incorporate it in their own realities. Understanding and communication can operate on all four elemental levels: they do not automatically require words or mental connections (Air). That being said, when you create awareness of your understanding and communication, you will need to translate your understanding into words



that you can communicate back to yourself. Focus on what you learned or understood about the experience.

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Your understanding and communication in First Kingdom

When you attempt to understand and communicate from First Kingdom, you focus entirely on the content, and ignore the original context. You view the external appearance, and interpret it through the filter of your personal, narcissistic feelings and emotions. You will always find some way to take it personally and make it all about you. You find it virtually impossible to accept the validity, or even the existence, of other points of view. You can't understand anything that doesn't fit within your current, personal, and limited experience of reality. And you are compelled to defend your point of view. You have to believe that you are right and everyone else is wrong, because you do not know how you could continue to function if you had to question anything about your “little r” reality. You isolate in a bubble and surround yourself with other people who agree with you, have the same filters, and reinforce your idea of reality. This is precarious because you're creating a reality that lacks truth. That uses force, which consumes energy. The minute you stop reinforcing your beliefs and perceptions, they will come crashing down around you.

Your understanding and communication in Second Kingdom

When you understand and communicate from Second Kingdom, you consider both the content and the context. You begin to appreciate that reality is subjective, and that your point of view is not the only point of view. You also begin to accept that your point of view is not automatically right or true. But the biggest shift in Second Kingdom is that you become willing to accept that you could be wrong. You are willing to adjust your beliefs, perceptions, and understanding as you receive new information that expands the context and changes the meaning of what you perceive and experience.

Your understanding and communication in Third Kingdom

When you understand and communicate from Third Kingdom, you focus more on the context than on the content. You instinctively recognize that every communication has a deeper meaning, and you automatically look beyond the outer appearance so you can find the inner essence. You appreciate the difference between *knowing about* something and *knowing* it. When

you know something, you embody it. And when you spend time in Third Kingdom, you begin to know truth. You may not be able to express or communicate it, but when you understand the truth, it's obvious to you. It lives in you, and you no longer feel the need to confirm it with outside opinions.

Definition: Understanding and Communication.

1. The power of comprehending; especially the capacity to apprehend general relations of particulars; the power to make experience intelligible by applying concepts and categories (understanding).
2. A process by which information is exchanged between individuals through a common system of symbols, signs, or behavior; an exchange of information (communication).
3. A connection allowing access between persons or places (communication).

Venus Is Your Validation Needs

Once you have addressed your safety needs, the next level of needs that motivate your behavior are validation needs. Validation needs encompass a wide range of emotions and experiences, all of which are different degrees and expressions of love. “Love,” however, is a four-letter word that has powerful and specific connotations. It’s easy to accept that you expect to have your “love needs” met in your romantic relationships, but pursuing your “love needs” in your professional relationships can get you in a lot of trouble. It’s much better to refer to these as your validation needs, and to view them as how you give and receive love and appreciation, both in relationship to others, and in relationship to yourself. You have a Validation Need Account. Even though other people can make deposits and withdrawals from that account, you are responsible for maintaining the minimum balance on your own.

Validation needs describe your need to experience and express love and appreciation, and they fall broadly into two categories: group acceptance and self-acceptance. Group acceptance has to do with your relationship to and status within the groups that help define your identity as an individual. Self-acceptance has to do with how you support your sense of individual identity and realize your value as an individual. The ultimate goal is to achieve a level of self-esteem so that you know the truth that you are loved and worthy of love, and you don’t need to look outside of yourself to confirm that.

You long to experience Unity and the truth that you are neither separate nor isolated from the Universe. You look for this through connections to other individuals where you can experience love and appreciation. Even though other people have access to your Validation Need Account and can make deposits and withdrawals, you are responsible for maintaining the minimum balance on your own. The more you look outside of yourself for validation, the harder it will be to manage your own validation needs. But when you learn to love and appreciate yourself and develop healthy self-esteem, the dynamic of all of your relationships transforms.

The easiest way to create awareness of validation is to review the experience and focus on everything you appreciated or enjoyed about it. Applying gratitude to the experience creates an awareness of love and appreciation.

Your validation needs in First Kingdom

When you experience validation from First Kingdom, it’s entirely external. You feel fundamentally unworthy of love, so you are incapable of meeting your own validation needs



or managing your own Validation Need Account. You rely on other people to make deposits in your validation need account, and this makes all forms of love and appreciation transactional. You view validation as a limited resource. You try to acquire as much validation as you can from others while withholding it wherever possible so you don't waste it in situations where you don't get something more valuable in exchange for it.

Your validation needs in Second Kingdom

When you move into integrity in Second Kingdom, you begin to be able to meet your own validation needs. The longer you stay out of the negativity of First Kingdom, the more you embrace the truth that you are worthy of love. You still focus on receiving validation from other people, but you no longer view expressing love and appreciation as a losing proposition. Love is conditional, and mainly limited to "special" relationships such as family members, close personal friends, and romantic partners.

Your validation needs in Third Kingdom

When you cross into the Spiritual Realities of Third Kingdom, Love, as an eternal quality of the Divine, becomes your primary motivation and the context from which you view your reality. Love becomes less personal and less limited as you advance in consciousness, until finally, at the calibrated level of 540 on the Map of Consciousness, Love becomes unconditional. Other people can still make deposits in your Validation Need Account, but you maintain the minimum balance automatically because you know the truth that you are worthy of love and that you are always connected to the infinite Love of the Divine. This is the meaning of authentic self-esteem, and it's one of the pillars of bulletproof happiness.

Definition: Validation (Love, Appreciation)

1. A strong positive emotion of regard and affection (love).
2. The process whereby others confirm the validity of one's emotions (validation).
3. An expression of gratitude; a favorable judgment, admiration, or approval (appreciation).
4. Full awareness or understanding of something; an ability to understand the worth, quality, or importance of something (appreciation).

Mars Is Your Anger

Anger is both an energy and a level of consciousness. You connect with the energy of anger at the level of consciousness of Anger, which calibrates at 150 and is a part of First Kingdom/Victim Consciousness. However, you do not have to use the energy of anger from that level of consciousness. Anger is one of the most valuable resources available to you. When you learn to master your anger, you can use the energy of anger as a springboard to move you back into integrity, and then you can use the energy in positive, creative ways. Anger is like fire: it can be either destructive or constructive, depending on how it's used. And it must be respected and handled with care, or it can rage out of control.

You may not recognize the energy of anger when you encounter it because it won't always reach the level of intensity that you associate with the emotion of anger. Anytime you feel impatient, frustrated, defensive, annoyed, or stressed, you are experiencing the energy of anger. When you learn to tap into this energy and channel it in constructive ways, it no longer needs to build up to a level of intensity that becomes too much for you to handle.

While most people think of anger as an intense (and generally negative) emotion, anger is actually a neutral source of energy, like fire. Whether fire is constructive or destructive depends on how it is used, and using fire constructively requires skill and attention. The same can be said for the energy of anger. To create awareness of the energy of anger, notice where you felt frustrated, challenged, or defensive during the experience. You tap into the energy of anger when you need to overcome obstacles.

The energy of anger can connect you with an experience of Power, but first, you must separate the experience of anger from the story you have created about it. No matter what the appearance in your reality, your anger is never about what it appears to be about. When you tap into the energy of anger, you must learn to drop the story and refrain from reacting (which would use force and only make the situation worse). Take a moment and drop every part of the story that is not a part of My Business, and then let go of your expectations. Then you can take the energy of your anger and use it to generate the resources you need to achieve your goals.

Your anger in First Kingdom

When you experience anger from First Kingdom, you can't separate the energy of anger from the consciousness of Anger. You don't *feel* the energy of anger, you *are* angry. And when you identify as this level of consciousness, you react using force, which always makes the situation



worse. You either lash out with your anger, hurting other people, or you suppress your anger and keep it inside, hurting yourself.

Your anger in Second Kingdom

When you experience anger from Second Kingdom, you can separate the energy of anger from the consciousness of Anger. This takes practice, and requires the tools of Second Kingdom and the linear mind. You question the story around your anger and tell the truth about it, and discover that your anger isn't about what you thought it was about. When you separate the energy of anger from the story of anger, you are free to direct the energy of anger however you like. You can channel that energy constructively using power rather than force. When you use the energy of anger creatively, it doesn't hurt anyone, including yourself.

Your anger in Third Kingdom

In Third Kingdom, you have mastered your anger. You know and live the truth that nothing in the outside world is the cause of your anger. You are able to store your anger without suppressing or denying it, so you can access the energy of your anger whenever you need it.

Definition: Anger

1. A strong emotion; a feeling that is oriented toward some real or supposed grievance,
2. A strong feeling of dislike or displeasure.

Jupiter Is Your Growth

All living things seek a greater expression of their essence. Jupiter symbolizes this need to grow and expand, and generally, we view that as a good thing. Jupiter carries with it optimism and the drive for freedom, because Jupiter is how you push past boundaries and limitations. You grow through new experiences; you consume new ideas and information and perceptions, and these change the context of your story, opening the door to new possibilities. Growth requires structure and balance, however. If you primarily grow in only one dimension, it can upset your life.

Growth is about fulfilling your potential in every dimension. The only way to track your growth is to compare where you are now to where you were in the past. When you fulfill your current potential, the outer limits of your potential automatically expand, which creates new opportunities so you never feel stuck. If you encounter a boundary and feel limited or constrained by it, this means that you have unexplored potential somewhere else. If you push past the boundary and reach for more before you have made full use of what you have, you will be out of balance.

You are always growing in every dimension at all times, but to create awareness of growth, you need to measure it. You only notice growth when you compare where you are now to where you were in the past. Even the smallest amount of progress can provide awareness of growth and expansion.

Your growth in First Kingdom

First Kingdom is also known as Lack Consciousness. The dominant reality in First Kingdom is “not enough,” and this is what motivates your desire for growth. No matter how much you have, you always believe you need more. Hungry ghosts drive your choices, and nothing can ever fill the void. Occasionally, for a little bit of variety, you will overshoot the mark and go from “not enough” to “too much.” But ironically, even “too much” is not enough. You resent every limitation and boundary and attempt to push past them without considering the context or the consequences. You long for the experience of freedom, but without boundaries and limitations, what you have is anarchy and chaos. To say the least, the growth you experience is imbalanced. You are only concerned with the appearance of growth, and you focus on externals, ignoring every other dimension.



Your growth in Second Kingdom

When you step into integrity in Second Kingdom, you take a more measured, balanced approach to growth. You use the tools of the intellect, including the linear mind, logic, and reason to evaluate, analyze, and measure your progress. You care about growth in both the external and the internal dimensions, but if you can't measure and quantify it, it doesn't interest you.

Your growth in Third Kingdom

When you operate from Third Kingdom, all growth occurs in your consciousness. You raise your vibration and expand the context of your life to embody more truth. This transforms everything about your "little r" reality and opens up new opportunities and possibilities. The limitations and boundaries you encounter are always tied to your current level of consciousness. When you expand your consciousness, the boundaries shift. You know the truth that all growth you can notice or measure in the physical and material realm is the effect of the growth you have experienced in your consciousness.

Definition: Growth

1. A progression from simpler to more complex forms.
2. A process of becoming larger or longer or more numerous or more important; an increase in size, number, value, strength, extension or expansion.

Saturn Is Your Responsibility

It's important to understand the relationship between responsibility and accountability. When you accept responsibility for something, you take on an obligation to perform a duty or complete a task. If you fail to meet your responsibility for any reason, you will be held accountable. Accountability is not the same thing as blame or punishment. You are also held accountable when you meet your responsibility. Accountability is owning the truth that you said you were going to do something, and you either did it or you didn't do it.

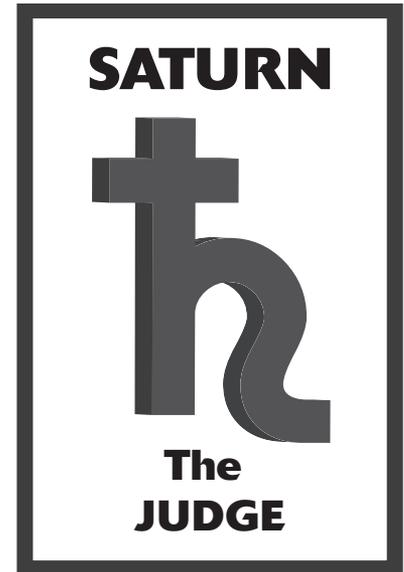
The ego is pathologically afraid of being held accountable for anything. The ego believes that being held accountable means being blamed for failure, and that the punishment for any failure is death for a first offense. These fears originate in First Kingdom/Victim Consciousness, and they become unconscious, habitual patterns.

Even if you no longer reside in First Kingdom, these old programs can create problems for you with respect to accountability and responsibility. The ego believes that the best way to avoid being held accountable is to avoid being held responsible. If something is not your fault, or there's no possible way that you could have influenced the outcome, then you can't be blamed or punished for it. This is part of the lure of First Kingdom/Victim Consciousness. When you step into Victim Consciousness, nothing is your fault. Of course, when you step into Victim Consciousness you give up all of your power, and that always turns out to be too high a price to pay to avoid being held accountable for anything.

The ego understands that it has to look busy, and you have to take on responsibility. Responsibility is one of the Universal Puzzle Pieces and it's an essential aspect of being human. But the ego's First Kingdom strategy is to take responsibility for things that are outside the limits of My Business. The advantage here is that you can look busy, feel responsible, and experience all of the worry, pressure, and stress of responsibility, and yet because it's not your business, you can't actually do anything to influence or control the outcome, which means you can't be blamed or held accountable for it. And the responsibilities that aren't your business appear so big and important that you can use them as an excuse for not meeting the responsibilities that actually are part of My Business.

This is not an effective strategy in the long term.

The truth is that you are only responsible for things that fall within the limits of My Business. Accountability only exists in My Business, because accountability represents truth and integrity, and those don't exist in First Kingdom. The ego believes that you are responsible



for the outcome, and this is why it's terrified of being held accountable. The truth is that the outcome is not your business. You are only responsible for your intentions and your actions. You may need to accept the consequences of your intentions and actions, but staying within the limits of My Business provides excellent protection. The lesson for the ego is that you can't be held responsible (or accountable) for anything that is not your business. You can safely drop any responsibility that isn't a part of My Business, and every time you let go of a burden like that, you feel happier. The more you do this, the more you discover how small and limited My Business is.

Still, responsibility can be a complicated subject. The flow chart on the following page will help you to determine if something is actually your responsibility.

Your responsibility in First Kingdom

Because First Kingdom exists outside of the boundaries of My Business, when you experience responsibility from First Kingdom, you accept responsibility for things that are not your business and reject or avoid responsibility for things that are your business. You take up causes and carry guilt for things that are bigger than you, and that you have no power to influence or control in any meaningful way. You accept responsibility because you mistakenly believe that when you claim responsibility for something, it gives you the ability to control it. Like everything else in First Kingdom, you have this backwards. The burden of all of the responsibility you carry is heavy, and it's the source of quite a lot of optional suffering for you.

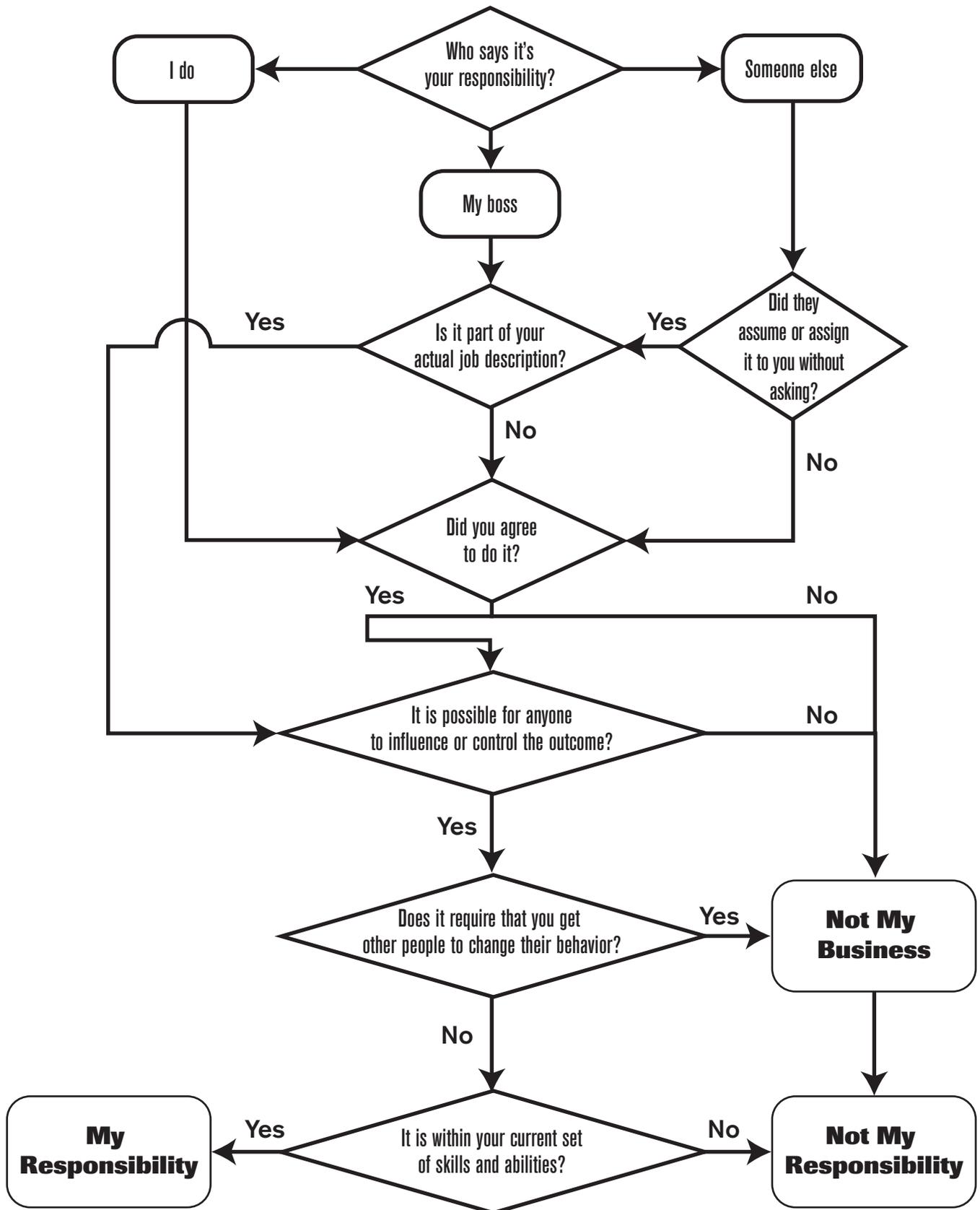
Your responsibility in Second Kingdom

When you step into Second Kingdom, you move into integrity. It becomes possible to see the boundaries of My Business, and to evaluate your relationship to those boundaries. Logic, reason, and your linear, rational mind help you to question your relationship to responsibility. It takes time and consistent practice to disrupt your old ego programs about responsibility, but when you engage with responsibility from Second Kingdom, you are aware of those programs and able to make new choices. The ego's fears are vague and generalized. They can't withstand objective questioning to determine who, precisely, is holding you responsible and what, exactly, are the consequences if you fail to meet that responsibility. When you discover that it's all in your head and that there are no penalties for refusing to accept responsibility for things you can't control or influence, it becomes easy to transform your relationship to responsibility.

Your responsibility in Third Kingdom

When you experience responsibility from Third Kingdom, you stay well within the limits of My Business. The more time you spend in Third Kingdom, the more restrictive those limits become, and the less responsibility you have. The truth that you are only responsible for your intentions and your actions and that you are not responsible for the outcome becomes a part of your reality. It's no longer abstract or theoretical; it's how you live your life. Responsibility is replaced by accountability, which keeps you aligned with the truth and within the limits of My Business.

Is It Actually My Responsibility?



Definition: Responsibility

1. The social force that binds you to the courses of action demanded by that force.
2. The state or fact of having a duty to deal with something or having control over someone; a duty to take care of something.
3. The state or fact of being accountable or to blame for something.
4. A form of trustworthiness; the trait of being answerable to someone for something or being responsible for one's conduct.
5. The proper sphere or extent of your activities.