

The background of the entire image is a vibrant cosmic scene. It features a deep red and purple gradient, dotted with numerous bright, multi-pointed stars of varying sizes. Several large, glowing galaxies with intricate spiral patterns are visible, particularly in the upper right and lower right corners. A prominent, glowing purple and blue nebula or galaxy arm stretches diagonally across the lower half of the image. In the foreground, several dark, spherical planets or moons are scattered across the scene, some appearing as simple black circles and others with subtle shading to suggest depth.

# LOVE Is In The STARS

*The Wise Woman's  
Astrological Guide To Men*

Carol Allen

Vedic Astrologer & Relationship Coach

**This book is dedicated to my husband,  
Bill Allen – my true love guru.**

*“If by strength is meant moral power, then woman is immeasurably man’s superior. Has she not greater intuition, is she not more self-sacrificing, has she not greater powers of endurance, has she not greater courage? Without her man could not be. If nonviolence is the law of our being, the future is with woman. Who can make a more affective appeal to the heart than woman?”*

*- Mahatma Gandhi*

# LOVE IS IN THE STARS

## *The Wise Woman's Astrological Guide to Men*

### Getting Started:

#### How This Book Can Help You

*"Courteous Reader, Astrology is one of the most ancient Sciences, held in high esteem of old, by the Wise and the Great. Formerly, no prince would make War or Peace, nor any General fight in Battle, in short no important affair was undertaken without first consulting an Astrologer."*

*- Benjamin Franklin*

**Once upon a time...** You're at a cocktail party in your sexiest black dress and strike up a conversation with a handsome stranger at the martini bar. He's charming and smart and within minutes lets you know that he's terribly interested in you. You're having so much fun; you haven't met anyone this adorable in forever. He asks for your phone number. Wow – this might actually go somewhere.

You playfully ask him his birthday, trying to find out his astrological sign. "Please don't let him be a Scorpio!" you beg the universal powers that be, remembering your promise to yourself (and all of your girlfriends) that you'd never date another born under that heartbreakingly sexy Sun sign ever again.

"It's November 10th," he says smiling. "Why?"

Your face falls. Another Scorpio. Crap! Forget it. You aren't up for more pain. You make up a lame excuse about having no business cards, grab your girlfriend, and slink out of the back door.

Months go by. You meet someone else – miraculously, he's a Sagittarius, which is supposed to be your "best" sign for love – at least, that's what an astrology book you skimmed through in a bookstore said. And it certainly seems to be true – you really like him. During several dates over a handful of weeks, the feelings appear to be mutual. You share similar values and interests and the chemistry is HOT. Even your friends like him; in fact, they'd gladly take your place!

One night you muster the courage to ask for his birth data – the date, time and place of his arrival on earth, so you can peer into his astrological romantic future and see if you're in it! Within days he willingly provides the information you've requested, even calling his mother to be sure.

You're so excited! You can't wait to check out his stars with a popular astrological website and calculate your compatibility in mere minutes. This same site had previously warned you about those evil Scorpios, you just didn't listen! But you will now, 'cause you're sure it will confirm what you already know – he's YOUR GUY.

You race to the computer. A lengthy astrological report of your potential relationship is ready in a flash of keystrokes.

Your eyes anxiously skim to the ending and fall on the last line that reads:

*The combination of these two people is not romantically recommended and will ultimately lead to disappointment and heartbreak.*

You try to go back but don't understand the rest – something about squares and sextiles, whatever that means, and that his Saturn is opposing your something or other. It makes no sense to you, but what do you care? Your blossoming love is doomed, because clearly YOU are doomed – doomed to

endure a cruel fate you can do nothing about, one in which you're going to die alone.

And you're so confused, what with his being a Sagittarius and all...

Does any of the above sound familiar?

Perhaps you've had the OPPOSITE happen – you were dating a wonderful man and consulted an astrologer or automated report that told you he was your “ideal” match – that you were astrologically “two peas in a pod” and should, therefore, have a bright romantic future. But the relationship ultimately fell apart, leaving you disappointed and hurt, making you doubt if you should ever consult the stars again.

Smart, educated, and savvy women fall prey to misinformation about astrology all the time. Perhaps you've been one of them. If so, don't be ashamed. Instead, be GLAD you've found this book because it contains the truth about astrology as it relates to RELATING, while dispelling misuses of this ancient knowledge that are prevalent and compelling, such as:

*- The most important thing to determine a man's relationship potential and his compatibility with you is his Sun sign.*

*- Astrological compatibility with a man is the most important thing to being in a successful relationship with him.*

*- Your monthly or daily horoscope can predict when you'll meet HIM.*

These false ideas get in the way of you being open to people that are right for you, cause you to give more energy than you should to people who are wrong for you, or worse – create seeds of doubt that cloud relationships that are otherwise going very well.

## **The Star-Studded Truth**

Astrology is a vast, mysterious, and complex body of knowledge. Virtually every great civilization has studied the

influence of the stars on human affairs including the Hebrews, Persians, Celts, Mayans, Tibetans, Chinese, Egyptians, Babylonians, Greeks, and Hindus of India. Governed by rigorous rules and formulas, astrology is every bit as cerebrally challenging as chemistry, physics, biology, or any other branch of science. A sincere study of it takes many years of intense learning and practice, and requires an incredible dedication to the memorization and understanding of its laws.

In earlier times astrology was accessible only to royalty or those in positions of power. The average person couldn't afford astrological advice, as astrologers would spend months contemplating the heavens, pouring over their handwritten astronomical calculations, taking a great deal of time and care before making any official assessments, declarations, or predictions.

But today, thanks in large part to the miracle of modern technology, astrology is common fare, available to all of us. Something so powerful and beneficial can only stay suppressed for so long.

But mass market doesn't always mean mass quality. Books, newspapers, and magazines, have conspired to create "pop" astrology, watering down its intricacies, making it seem simple, snappy, and easily understood by anyone with a smattering of knowledge or just a little bit of reading under their belt.

While daily or monthly horoscopes, astrology websites that provide personalized reports, and those "Hey Aquarius – here's what to expect in the new year" kinds of publications can be entertaining and provide good insights, they don't do the breadth and depth of astrology justice, and often contain just enough misinformation to discredit the whole field, and promote those romantically dangerous lies I've been ranting about.

My experience and expertise comes from studying and practicing the ancient system of India called "Jyotish," also known as Hindu or Vedic astrology.

A little back-story... Vedic astrology is believed to be thousands of years older and more predictive than Western or Tropical astrology (which is the system in virtually all of the newspapers and magazines of the West). The most significant difference between the two systems involves the calculations of positions of the planets and signs, resulting in most people being considered born under a different Sun sign, Moon sign, and rising sign from one system to the next.

While that may sound alarming, I've had many clients find this a relief – even die-hard fans of Western astrology will often respond, "It never made sense to me that I was a Virgo – I'm a slob!" or "I knew I couldn't be a Scorpio – my sex drive is too low. I thought something must be wrong with me."

The different calculations of Vedic astrology are more observable in the night sky and satisfy most astronomers' arguments against astrology in general.\* But don't worry – this book is for anyone interested in any kind of astrology. I'll be discussing the foundational philosophies inherent to all the varied systems – not just that of India. And I fully recognize that many systems work! All roads lead to Rome, as the saying goes...

## **Finding Out If You Are Celestial Sweethearts... Or Star-Crossed Lovers**

That said, a powerful strength of the Indian system is the techniques for understanding personal relationships.

Obviously, the issue of romantic compatibility is an essential component for any healthy marriage, no matter what part of the world you live in. But traditional cultures, like that of India, have treated this topic with deep respect, understanding that the success of a village, city, or nation, depends on the foundation of the family.

(For an excellent explanation of the history of astrology and the differences between the Vedic and Western systems and their distinct calculations, see [http://en.Wikipedia.org/wiki/Hindu\\_astrology](http://en.Wikipedia.org/wiki/Hindu_astrology)).

For thousands of years, the Hindus have arranged the vast majority of their marriages (a common practice to this day); astrology has been and remains one of the critical factors used in the selection of brides and grooms by families at every level of society. It's their crystal ball, if you will, for determining which candidates will match favorably for the long haul.

This is very serious business – traditionally a woman has only one chance to marry. If her husband dies or leaves her, she's discouraged and even forbidden to remarry. Thus, the people of India have looked to astrology to protect them against the potentially life-threatening consequences of marriage. The techniques have been tested for thousands of years and are thorough and detailed, providing hair-splitting accuracy in terms of how two people will live as one, illuminating truths about their communication, sexuality, ability to procreate, potential for enjoying shared activities, and more.

Throughout history, astrologers have been consulted to determine not only if a couple is compatible, but also:

*- If candidates are "marriage material" – able to partner fully with anyone in the first place.*

*- When individuals would be ready for marriage (pin-pointing the timing of their "celestial season of love" or "wedding window").*

*- Auspicious dates for wedding ceremonies and festivities.*

These techniques work and fortunately the knowledge has been shared, preserved, and passed down through the centuries to us in modern times.

And it's a good thing – because, any professional among us will tell you that 99.9% of their customers are looking for answers regarding matters of the heart. Everyone – young or old, rich or poor, male or female, wants love. I had an eighty-year-old grandmother call me just last week wondering when she'd meet her next boyfriend. Wildly successful businessmen have confessed to me they'd trade everything for the right

woman. Internet daters call me on a weekly basis with their latest crop of candidates.

I feel I've been given all-access pass to the secrets of the Universe. I've been able to tell thousands of people I've never met before intimate secrets about themselves and their loved ones. It still freaks me out. I've had the spine-tingling thrill of being the guest of honor at many a wedding I'd predicted years before – held on an auspicious date I'd selected. Even my own marriage occurred right on schedule. I'd known for seven years when my husband would enter my life and there he was three days into my 'wedding window,' as punctual as a metro train!

*Where is he? When will I marry? Is this 'the one?' Why is he so sensitive? Why won't he commit? Why is he so angry?*

Astrology can answer these questions and more. Believe it or not, in the hands of an astute, experienced professional, your chart can tell whether you and your mate are destined to be celestial sweethearts or star-crossed lovers. This is not mere fortunetelling. Charts don't lie. Rarely do clients report that things went much differently than their reading foretold. And if they did – they often later discover that the birth data they'd provided was inaccurate (or their stars indicate a weakness in the area of "spiritual counsel" making it impossible for anyone to give them a good reading – try telling that to a disgruntled client!).

*How does this help you NOW?*

Despite all I've just shared, I've found that what matters in the love dramas of my clients usually has less to do with the influence of the celestial bodies above, and more to do with an utter lack of understanding of basic relationship truths.

Time after time I've been amazed at how downright CLUELESS otherwise lovely, healthy, and successful women are when it comes to having their heart's desire with men. I've spoken to so many women who can't wait for love to come, and stay. But, in my experience, the ones that are struggling are NEVER doing what works in relationships—even when they're with an astrologically compatible partner.

Let me repeat myself so you don't breeze past what I just said – *most women are not doing what works with men in relationships.*

## **Why Most Women Are Not Doing What Works... And What To Do**

Here's some great news for you about men and relationships...

With just a bit of education and training, you can MIRACULOUSLY turn things around to create what you want – even if the men you date or partner with aren't doing anything to make things better. It isn't even necessary that you share any of the things you learn! I've found time and again, that if just one person changes their side of the dance, so to speak, the other person happily follows their lead. So here's the great part – you don't HAVE to change your love life for the better. You GET to! And best of all, YOU have the power and don't have to wait on anyone else.

For years I have found that all too often the best part of an astrology consultation was when I'd put the chart aside and share a relationship truth – the result of a marriage study, a communication tip, or a difference between men and women's brains. Time and again clients would say to me, "Why have I never heard that before?" and would later tell me that this was the part of the session that helped them the most.

Women started asking me if I would coach them, and soon I was relationship coaching in conjunction with my readings. It worked so well and so quickly, even with women in difficult circumstances with very challenging charts that I made it my mission to learn everything I could about how to succeed in love, no matter what the stars had to say!

As a result, I've spent almost two decades taking seminars, reading books, and interviewing fantastic relationship experts on my own internet radio show ("Enlightening Relationships" on [www.karmaair.com](http://www.karmaair.com)) and I've found tools and

techniques that I believe can help ANYONE have more of the love they crave in ALL of their interactions with others.

So despite my enormous gratitude and respect for astrology, I've come to believe that astrology, as amazing as it is, isn't enough when it comes to assisting you in your quest for love. In fact, focusing ONLY on what the stars have to say can be limiting and harmful to your journey, which is one of the reasons I always swore I'd never write an astrology book. Besides, I'm sure you've noticed that a mountain of astrology books have been written, and written well.

But those written for the general public tend to promote the "pop astrology" ideas I'm opposed to, contributing to the widespread misunderstandings about astrology's impact on love that I'm trying to get women to avoid. And those written for students and professionals are as technical and serious as any textbook, and I couldn't possibly add to those already published (for a list of my favorites, see the recommended book list at the end of this book).

One day it occurred to me that there was a need for an astrology book that to my knowledge hadn't been written and that I was qualified to write. This is that book!

Here's what's different about it, and the most important contribution it makes: I'm sharing the underlying principles of astrology that relate to relationships and often go hand in hand with relationship truths. They are so simple yet so profound that, once grasped, can forever change the way you see the world, your life, and everyone in it.

So this is not a "how-to" manual specifically for students or professionals (though I'm providing some of my most valuable techniques for working with clients), or for those only interested in Vedic astrology, but instead a book of astrological philosophy for anyone interested in some new insights into the area of romance. You don't have to be trained in astrology to understand anything in this book, or have ever given a thought to a planetary position or sign of the zodiac in your entire life to get it.

But it's not just an astrology book. As I said, so many astrological principles go hand in hand with relationship truths. So I'm also weaving throughout the text my favorite relationship advice that stands on its own from astrology.

Thus the following pages contain the best of the principles of astrology as well as my favorite relationship information. Because to succeed in love, you must have Will and Grace (and I don't mean the television sitcom) - you must have both the blessing of the stars combined with good relationship skills.

All the smiling stars in the firmament won't provide your heart's desire if you don't know how to get along, communicate, ask for what you want, and inspire the best from that special someone in your life. And at the same time, all the self-effort in the world won't bring you your "happily ever after" if it isn't meant to be.

So no matter what your relationship status - whether you're searching for "the one," are casually dating, in a serious relationship, or married - the information, tips, and real-life stories I'm about to share with you will enable you to enjoy wherever you are in your journey, and help you to more peacefully, happily arrive at your romantic goal. You will find things you've never heard before, and some perhaps you have; things that when understood and applied will radically alter your love relationships.

I'm not kidding - I've witnessed this information have the power to heal marriages at the complete breaking point, return lackluster lovers to blazing passion, and enable lonely single women to become in demand.

Chapter One covers the amazing fact that understanding the Sun signs of the zodiac has virtually nothing to do with relationships! I'll tell you why...

Chapter Two explores the very foundation of astrology and will tell you how to quickly read people - not by knowing the signs of the zodiac, but by understanding something more important - the planets! I go into great detail about "Planetary Personality Profiles" and how to recognize what planet or

planets most influence your nature and those of the people in your life, no matter their astrological sign or birthday.

Chapter Three reveals the most important uses and abuses of astrology that can help or hinder your path to love, and the “Five Critical Keys” of successful relationships.

Chapter Four is an in-depth explanation of one of the most pressing problems I see individuals and couples struggling with – that of understanding masculine and feminine energy, and how to effectively use these complementary influences. Learn how to be true to your predominantly masculine or feminine nature as it’s indicated in your birth chart – whatever your gender!

Chapter Five is an overview of one of the other most common challenges I see – that of trying to get along with people who are DIFFICULT. All of us have an immature or “underdeveloped” parts of our personality (what most of us would refer to as the part of us that’s a “jerk”), but those that are astrologically afflicted can be the most challenging around! If you love a sometimes dark soul like this, in most cases you don’t have to leave them or lock them up, but rather retrain them to inspire their best. I’ll tell you how...

Chapter Six offers comfort – love comes when it is time, and astrology is the best way to determine when it is your time for true love. I’ll tell you all you need to know about how the “celestial seasons of love” work, why marrying later in life is usually marrying smarter (and why a large percentage of the population is made up of late bloomers in love!). This will clarify why so many astrologers over-predict marriages that never come to pass, and why if you’re knocking yourself out and feeling like love constantly eludes you it’s likely there is NOTHING wrong with you or your approach.

Research shows that when the average person purchases a book, they don’t read most of it. The vast majority read only the first chapter, the next largest group read a few chapters, and a small minority will read from cover to cover. My hope is that with this book you find the information you most need. In *Love Is in the Stars* each chapter stands on its own and can be read one at a time in any order.

So, if you're typically not a "cover-to-cover" girl, then I suggest you read through the table of contents and find the topics most important for you and then skip to those parts of the book first. If you find a section that speaks to an issue you've been struggling with, reread those portions several times.

It's said we all must hear something repeatedly to truly learn it, and I'm sharing ideas that have taken me years to refine and fully comprehend myself, so to just read them once probably won't do you much good. But to read them over and over and then practice them on a regular basis could completely change your personal life for the better.

No matter what your sign (or that of your paramours or partner), or how auspicious or inauspicious your stars may be, this book will help.

So sit back and keep reading. The heavens have fortuitously aligned for you at this very moment because you're about to learn the truth.

May God and his planets and stars shower you with love,

Carol Allen

**Who is this book for?:** *Love Is in the Stars* has been written primarily with women in mind, and assumes that women are my audience. I believe that women are the emotional leaders in relationships and therefore need to be especially conscious of how they interact with men. Of course this book can also be read by men and the knowledge and advice it contains can be applied by men (and many men I have worked with have appreciated what these pages present). But my goal is to reach deeply into the hearts and minds of my female readers, to inspire them so that they in turn may heal their partnerships, families, and thus, the world.

It may appear as if I've written as though only for heterosexuals, but this is just to keep the writing simple. I find the rules of relationships are, of course, applicable for same-

sex couples and it's my belief and hope that they will benefit from the book as well.

**A note to readers outside of the culture of the West:**

Though my training and background as an astrologer are in the Eastern philosophy of the astrology of India, I am a Western woman who has only lived in America and, therefore, has no first-hand, practical experience of everyday life in the East.

Because of my subject matter, many Indian and Asian people have contacted me. This always deeply touches me, for I feel an enormous debt to the vast wisdom and spiritual history of that part of the world. However, social norms, family customs, personal expectations, etc. are so enormously different in America than, say Nepal, that it's tantamount to my living on another planet. The decisions of whom to date, whom to marry, whether or not to have children, or whether or not to divorce are significant topics in any culture, but can literally be concerns of life and death in the East in a way that they rarely are in the West.

The point of view and attitude of my writings are, therefore, appropriate for Westerners, but may not be suitable for those of more traditional cultures. If you choose to read on, please do so bearing this in mind.

# Chapter One:

## Let The Sun Shine

### ***Why Your Beliefs About Astrology May Be Keeping You From Finding True Love***

*“Turn as the moon and planets turn, circling what they love.”  
– Rumi, 13th Century Persian Muslim Poet*

If you're like most women, I'm guessing you were first drawn to astrology because of what it has to reveal and foretell about relationships. Perhaps one day you were reading the comics page in your local newspaper while eating your morning cereal and you noticed the horoscope column for that week. You searched for your sign and it read: "A Leo adores you and a Libra is not as good of a friend as you think."

You thought of all the people you know and it hit you: Your sister, who you're very close to, is a Leo; the girl at school, who you've always gotten along with but is suddenly taking credit for a project you've done most of the work on, is a Libra!

"Amazing how right on this stuff is about my life and the people in it!" you say to yourself. "The stars don't lie!"

In that one moment you were hooked.

My fascination with all things celestial started early. I remember being in grade school spending hours pouring over books explaining the twelve signs of the zodiac, voraciously looking up the Sun signs of my friends and schoolgirl crushes, excitedly finding connections between the endlessly fascinating descriptions and the people I knew and loved most.

Of course, the exciting part of all this was looking up my compatibility with the boys I liked, and how my sign combined with theirs.

This was like a mild addiction for me. Ok, not so mild.

Wow – to find a window into a guy’s soul, a “secret weapon” for understanding him, insights that would help me to enchant and entice him. Ah... the fun and power this could give a girl!

Then in high school I discovered a book that explained the sexual aspects of astrology. Whoa - what an eye-opener! It described how people of each of the zodiac signs are supposed to be while being physically intimate, complete with a list of their turn-ons and turn-offs and what body parts they like to have touched most and in what ways.

I’d hardly kissed a boy at this point, but according to this book, in my romantic future I’d be able to go from “Zero to WOW” between the sheets in under sixty seconds (whatever that meant)! Honestly, this was the most thrilling read of my young life. Why didn’t my teacher tell us this stuff in my seventh grade sex ed. class?

To make a long story short, after graduating from college I began studying not just Sun signs, but how to read astrological birth charts that included all of the signs of the zodiac, the planets of our solar system, the different sections or “houses” of a chart, and the endless combinations they form.

What I learned, and soon understood that changed my perspective and, thus, my life for the better FOREVER was this: While those books I’d read in my youth were fun and had some good astrological insights, learning how you can successfully get along with other people and enjoy amazing, fulfilling, joyful relationships isn’t quite so simple.

Which leads me to...

## **The Single Greatest Myth In Astrology**

I'm going to share with you something that most likely flies in the face of everything you've ever read or heard about astrology. All the ideas or experiences you have about how the stars and planets shape our lives and relationships will quickly be turned inside out because of one basic principle that is misrepresented in newspapers and magazines the world over.

This news will forever transform your relationship to astrology - and to men. This is big so grab some herbal tea, your cat, and a blanket and proceed with caution...

There's something I see women doing every day with astrology that gets in the way of them making the most of their opportunities for love, or making the best of their existing relationships. Most women, myself included before I became an astrologer, mistakenly believe that knowing a man's "Sun sign" will tell them what they need to know about him to create a magical love life with him.

The problem with taking the Sun sign approach is that a person's Sun sign is NOT an indicator of how he (or she) is EMOTIONALLY or how they will relate to other people. Astrologically speaking, the Sun is not a relationship planet.

Instead, the Sun is an indicator of an individual's health, physical appearance, career, and behavior. But it is unlikely to shed any light whatsoever on what anyone is like on the inside.

Now, imagine that you're trying to understand a man's "emotional world" by looking at how he is when it comes to his work, his physical characteristics, or behaviors.

Think about that for a minute...

Despite "New Age" bookstores full of entertaining and seemingly accurate books on how people born under all the different Sun signs interact with one another, this is not a philosophy to follow when it comes to how people actually feel and relate in LOVE.

In fact, Sun signs tell you very little about the emotional life of someone at all.

Let me explain.

The truth is that you can't know about a person's complex mind and emotional traits just by determining or isolating one aspect of their astrological chart.

## **The Heart Of Your Chart**

I like to use the analogy of chocolate cake. If you were to meet a person who had never had chocolate cake (you know, a boy raised by wolves, a member of some unknown indigenous tribe, or a little green man from another planet) and you tried to describe to them what chocolate cake tastes like, where would you start?

In describing a cake, you might begin by telling them about flour – after all, flour is the main ingredient of chocolate cake and is essentially the thing that holds all the other ingredients together.

But a mouthful of flour doesn't taste at all like chocolate cake, nor does it have the same texture, even though cake is made up of mostly flour. In fact, flour is absolutely nothing like chocolate cake.

And neither is a mouthful of sugar – one of the other main ingredients of cake.

What I'm saying is that you can't describe the ingredients individually and do the cake any kind of justice. You have to speak of the magic recipe that they all create together.

This is how it works with charts, too – to merely compile a "laundry list" of each individual planet or house in the chart won't describe a person in any clear or meaningful way. And most importantly, it won't describe a man in a way that tells you how to proceed with him, or what will make him feel his best with you.

Instead, with charts, as with cake, you have to describe the complex mixture of all the ingredients that make up the chart as a whole and how they work together to form the total person.

And just as a recipe isn't a cake – you have to actually mix them together and then BAKE the cake to have your dessert – a person's chart is a map of their character traits and personality, as well as the ups and downs of their life path, but it's not literally that person or that person's life...

## **How It Really Works**

In astrology there is something far more important than what Sun, Moon, or Rising sign are in a person's individual astrological chart, and that has to do with how the planets form combinations in their chart - the union of planets and houses called "yogas." ("Houses" are the twelve sections of the chart that govern different areas of life, such as the "house" of family, the "house" of career, the "house" of income, etc...)

In my experience, and according to the classical texts of Vedic astrology, yogas supersede the influences of the zodiac signs and can compliment and strengthen or conflict with and counteract what the signs reveal about a person.

Add this to the fact that the Sun can be strong or weak in any of the signs; as can all of the planets, which are considered favorable or unfavorable depending on many factors - where they are placed in a sign, what houses they reside in, and what other planets are in the same sign or are influencing them from other signs. Weighing and balancing all these factors is where the skill of an experienced astrologer is so crucial.

In other words, you can't just trust what you learn about a person from their Sun sign and act accordingly – they may have astrological yogas, weaknesses, or strengths to their Sun sign that are far more complicated than just what zodiac sign the Sun falls in. This can greatly alter what would otherwise be indicated in a person's personality, and you're going to run into a whole lot of surprises and frustrations when they aren't who you expect them to be.

Because of these issues, a person of one sign can be very different from someone else of the same sign.

This is true of all the signs! You could say about one Leo, for example, "You're very strong willed and competitive, and always want to be the center of attention," (typical things you hear about Leos), but this won't be true of a Leo that has all of his planets in introverted parts of the chart (an introverted yoga).

This classical Leo description would also be inaccurate for someone with another planet in the sign of Leo that weakens the Sun (like Saturn or one of the nodes of the Moon), or who has their Sun in a constellation (a smaller cluster of stars) of Leo that is less competitive than another constellation within the sign of Leo.

Likewise, you could say to a Capricorn, "You're very hardworking and disciplined and tend to worry too much," but that wouldn't necessarily be true if his or her chart contained yogas for laziness or optimism.

In short, people born under the same Sun sign can be extremely different from one another. To think everyone born any year in the same thirty-day window should all be alike simply doesn't work, and has contributed to the lack of legitimacy with which people view astrology, and has harmed many a relationship (which is why I'm ranting about it).

To take this further – have you ever noticed how even people born on the EXACT SAME DAY—including twins, which we'll get to —will have nothing to very little in common, other than a birthday?

Flip through any "birthday book" and see all the famous people that were born on the same day and yet seem worlds apart. Jessica Lange, Ryan O'Neall, and Carmen Electra may all be known for their sex appeal, but would have to be hiding incredibly dark sides if birthday similarities were a hard and fast rule, since they were all born on April 20th – the birthday of Adolf Hitler.

Get it?

I myself share a birthday with Farrah Fawcett, Wolfgang Amadeus Mozart, and Mikhail Baryshnikov, and other than having big hair, we share far more differences than similarities (though my father, like Mozart's, WISHED I was composing symphonies at age four, but that's another topic...).

And, what about those twins? Most of us have had the experience of meeting identical twins – people born just minutes apart—who are wildly different. Oftentimes one will be a bookworm and the other an athlete. One will love math and one will hate it. One will be high-strung and the other calm.

They not only have the same Sun sign, they have all the planets in all the same signs! What's up with that?

Does this mean that astrology doesn't tell us anything about people's TRUE personalities, and that we're just wasting our time with it?

Here's the thing... oftentimes with the charts of people who are born at almost the same time except for a few minutes, the Sun rose or set between the two births, or the Rising sign changed (which happens TWELVE times a day and is time-sensitive) and altered all of their yogas and/or their sub-charts (which has a huge impact on the personality and life of an individual).

And here's the REALLY AMAZING thing: What makes each chart distinct is that it's calculated by using not just the date and year, but also one's local time and place of birth. In addition to differences in location on Earth, our globe is spinning on its axis, completing one spin in a day. And at the same time, the Earth is also revolving around the Sun, taking a full year to make a round trip journey. To make all this even more mind boggling, the Solar System itself is making a slow journey around the center of our Milky Way galaxy, a little jaunt that, according to astrophysicists, takes 26,000 years to complete. So if we want to get hair-splitting about it, the chart you were born with will not be the same again for anyone else for another 26,000 years.

As William Levacy says, "Pack a big lunch!"

Are you starting to understand how silly it is to think you can know someone in great detail just based on their Sun sign?

Good. Now we're getting somewhere.

## **The Sun Sign Game**

Have you ever thought about each of the signs and what you know about them – their well-known, basic characteristics – and then thought about the people you know (or yourself, for that matter) and noticed that you and your friends fit the description of ALL of them?

Don't believe me? Let's play a little game and you'll see what I mean...

Pick up any Sun sign book and flip to the descriptions of the specific personality traits associated with people born under any one sign. Read through the thumbnail sketch and see if you are able to relate.

On second thought, don't bother searching for a book. I'll supply the sketches for you.

For the sign of Aries let's say something typical of any Ram:

*-You're ambitious and impatient.*

*-You love to travel and stay active.*

*-You want to do things in a powerful way, and like to be in charge as you don't enjoy having anyone tell you what to do.*

Who wouldn't relate to that? Doesn't that describe tons of people, certainly every teenager in the world?

For the sign of Cancer, typical highlights include:

*-You're sensitive and blossom with attention and appreciation. (Who doesn't?!)*

*-You love to please others and go out of your way to be generous. (Don't we all tell ourselves we're like that?)*

*-You feel things deeply yet also have a great sense of humor. (Hello? Are you getting my point here?)*

Or for Gemini:

*-You're multifaceted and versatile. (Duh. Who isn't?)*

*-You're bright, witty and friendly with everyone you meet. (Yawn.)*

*-You're versed in numerous topics and are naturally expressive, loving to share ideas and information. (I could even say that about my cat - oh yeah, he's a Gemini.)*

For Virgo:

*-You're incredibly organized. (Hmmm...)*

*-Your idea of a good time is cleaning out your closet. (Uh oh...)*

*-You've been known to rearrange the cupboards of friends when they're not home. (Maybe not...)*

*-The spices in your spice rack are lined up alphabetically - and by color.*

Okay, never mind. Virgos are NOTHING like the rest of us and almost ruin my whole argument. But seriously, I think you get where I'm going with this.

The point is a lot of what you've learned about astrology to date simply doesn't do justice to how people truly are – or how astrology actually works.

There have even been TV specials using these kinds of

simplistic methods to "disprove" or debunk astrology. I saw one in which "researchers" gave a room full of people a printed report that was supposedly their personal astrological assessment, prepared just for them. The report was actually the same for everyone, and said extremely general things such as:

*"You struggle with issues of identity and wonder if you're on the right track and making the best choices for yourself."*

*"You sometimes feel drawn to people yet not always certain how to approach them."*

*"You long to have more confidence."*

Well, DUH! Couldn't we all say that? Of course – that was exactly the point.

The "researchers" then went on to say that 94% of the recipients of the report all felt that the write-up was incredibly accurate to their lives, therefore statistically proving that there is no basis to astrology - that all astrological interpretations are just basic and banal, and that all readers simply say unspecific, broad things, hoping to strike a chord with something, *anything* in the client's mind, thereby encouraging them to seek connections between the indefinite things the reader says and their life.

While I sadly don't doubt that there are many astrologers who work this way, I am here to tell you that a thorough reading of an individual personal chart can be astonishingly accurate down to what bones you've broken, where you are in the line up of your siblings, and what week you'll meet your spouse.

No kidding.

My friend and teacher Ernst Wilhelm predicted not just the week, but the DAY he'd meet his wife, months ahead of time. And there she was, on the appointed day. Seven years and three kids later, they're going strong!

## What This Means For You

Now let's get down to how I can help YOU in your love life...

I get calls all the time from clients who are upset because of someone's Sun sign.

"I swore I'd never date another Cancer," they cry (you can, of course, substitute the sign of Cancer with any of the signs). "And yet I've met a new guy and I really like him but he's a Cancer! Should I dump him?"

I always tell my clients the same thing - we have to see his entire chart with hers, and that (as you now know!) personal compatibility between two people has virtually nothing to do with Sun signs.

Just a year ago my client Diane called to tell me about a great new man she'd met on an internet dating site.

"Carol - I'm so bummed. I've met this wonderful guy and I like him so much, but he's a Virgo," she began, like so many women before her. I could've finished her sentence. "I swore I'd never go out with a Virgo again. What do you think?"

I sighed heavily at the common lack of true astrological understanding on the part of lovely women like Diane, and took a look at their *whole* astrological story - comparing ALL of her planetary positions to his.

The outcome? Their charts were beautiful together, and since she thankfully didn't reject him due to astrological ignorance - they're getting married in just a few months!

Stories like Diane's make me wonder how many potentially great couples never got started because someone was misinformed and thus, scared off, about this Sun sign stuff.

To recap, the Sun is not astrologically considered a planet of relating - it is valuable for providing insights into a person's behavior, career, and health, but does NOT tell you much about

a person's EMOTIONAL LIFE... or how they'll interact with others.

Now here's where it might seem like I'm contradicting myself: I'm not saying there is no merit to the Sun sign perspective. In studies in the West, virtually 100% of people questioned know their Sun sign, and the vast majority feel it describes them accurately at least somewhat. Your Sun sign does affect you, it's just that the Sun sign of a person is just one of MANY determinants of someone's personality... but it's not the key you might be looking for to how a man FEELS and interacts on an emotional level.

You might think of this as the difference between the "Persona" vs. the "Emotional Self."

But this still begs the question: Why do so many people talk about Sun signs?

Because they do tell you much about how someone will behave - just not how they'll RELATE. And, to make a long story short, my belief is that ANY kind of what you might call "personality typing" used to better understand people will improve your ability to see and fully know them. Sun Signs happen to be one way of organizing people and their amazing and diverse personalities - it's just that it's only a small piece of the puzzle that makes up who someone is, especially in terms of relationships.

## **Hey Baby, What's Your Sign?**

Sun signs are, in many ways, "the heart of a chart" and do help shape a person's behavior and how they present themselves to the world - this is why it's possible (and fun) to guess someone's sign.

I'll never forget the first time I did this. I was about eleven years old. My parents took my sister and me to a fancy party in the Hollywood Hills hosted by a successful novelist and actor on a daytime soap opera. We had traveled from Northern California and were starry-eyed about Hollywood like much of the rest of the world.

Fabulous people were milling about – gorgeous models and actresses at every turn. No one paid my thirteen-year-old sister or me any attention, as we were just kids with no claim to fame – no TV show, no movie career, and no celebrity parents. We were complete nobodies at this gathering, and were utterly bored.

After a few hours of gawking and practically hiding in a corner, I overheard a distinguished, bearded man in a suit and tie talking to two young, beautiful women. My ears perked up when I realized they were talking about my favorite topic – you guessed it – astrology.

“I’m a really complicated person,” the man was telling the women. “I’m a voracious reader – I absolutely LOVE information but have no one area of expertise. I have all kinds of friends but I’m a deeply private person. Because of these contradictions in my personality, no one can ever figure out my sign. People have tried all of my life everywhere I’ve gone all over the world, and they’ve NEVER been right.”

My mind raced. The qualities the man listed fit one sign to a “T.” It was so obvious from how he’d described himself that it may as well have been tattooed on his forehead. I couldn’t wait to tell him that I, little eleven-year-old nobody from Podunk, California, would be the first and only one to finally unlock the mystery of his zodiacal identity.

“Excuse me, Sir,” I said excitedly, approaching him. “I know what sign you are.”

“Really, little girl?” he asked, amused – clearly not thinking for a minute that I’d be correct. “And what sign is that?”

“That’s easy!” I said, just certain he’d be amazed with me and my perceptive powers. “You’re an Aquarius.”

He gasped. “Why, that’s absolutely right,” he said, shocked, my proclamation stopping all conversation.

I wish I could tell you I so impressed him that he whisked me to Disneyland or gave me a starring role in an upcoming blockbuster film, but instead he seemed annoyed and abruptly turned and left, leaving me embarrassed and sorry I'd said anything. (I think he felt I upstaged him in front of two attractive women and forever ruined his story...)

I never did this again until years later in my early twenties when I'd begun giving professional readings. I went on a first date with a super cute guy who made me feel like a giddy school girl. Within just a few minutes of our nervous chit chat (make that *my* nervous chit chat), he asked me what I did for a living.

"I'm an astrologer," I said, anxious as to how he'd respond.

"Oh..." (Long pause.) "I have to be honest. I don't believe in astrology at all."

Gulp. This was bad. He thought I was a flake, or a big idiot – or worse, going to hell. I had to find out which. "May I ask why you feel that way?"

"Sure," he said. "It's just that no one has ever been able to guess my sign. And if there's really anything to it, it should be easy to guess."

Wow – I was really on the spot! I had to make an attempt, and I had to be right! The future of our potential relationship depended upon it – perhaps the very future of my dinner and safe return home. If nothing else, this guy triggered my desire to be a good ambassador for my field, not to mention my big ego.

"That's easy," I declared. "Not only will I be able to guess your sign, I can tell you the very week you were born."

"Really?" he asked, leaning forward expectantly, "I'm all ears."

"No problem." I could hear the drum roll in my mind, or was that my heart? "You were born around August 6th."

His mouth dropped open, eyes widened, another long pause. "I can't believe it," he stammered, stunned. "I was born August 9th."

"Mmm hmmm." I purred, victorious, sipping my drink.

"Wow – I have no response..." he said, shaking his head, amazed. "You're good."

Now that was *really* fun! And, it was a parlor trick, just as it is when I guess the sign of a stranger at a party. I essentially pulled a rabbit out of a hat. But did that mean I knew my dinner date any better? Had I figured him out? Did I know what he felt, or cared about, or what moved him? Did I now have a shortcut to enable me to know just what to do or say to make him like me more? (Which is what I find many women hope for when they ask someone their sign...)

No. Time has shown that I happen to get that "giddy like a schoolgirl" thing with any man born in the first two weeks of August – whether they are eight or eighty-eight. It was a lucky guess that didn't tell me about him at all. It told me about me.

## **The Sign That Does Matter**

You may be wondering – if the Sun isn't so important in relationships, is there a planet that DOES show how someone is emotionally wired? Is there something astrological to look to for an easier gauge for how two people will feel about one another?

Yes, there is - the Moon.

A person's Moon sign reveals the greatest amount of detail and insight into their feelings, desires, values, and their "psychological nature." It's the Moon and not the Sun, that is the indicator of how a person relates to others and how they are in relationships.

In fact, in Vedic astrology, when we say, "Hey baby, what's your sign?" we aren't asking for your Sun sign, we want to know your Moon sign!

Not only that, but the most astounding techniques of compatibility in Vedic astrology – the ones most looked to in India to arrange marriages for thousands of years – are done by comparing two people’s Moons, and not just what sign they are in but what constellation or smaller sub-sign they are in. The twenty-seven sub-signs (called “Nakshatras”) are quantified in many revealing ways – they each have a gender, a nature, an element, a quality, a caste, an animal symbol, a ruling planet... and on and on.

Comparing two people’s Moon constellations tells you the most important and accurate details about their relationship, and is the indicator that will “make or break” their potential for emotional happiness together, in spite of what the rest of their charts have to say.

But here’s the challenge – the Moon is the fastest moving celestial body looked to in astrology, switching signs roughly every two-and-a-half days, and switching sub-signs at least once a day. So, unlike Sun signs, there are no “dates” that are consistent every year with Moon signs. If you’re trying to determine your own or someone else’s Moon sign, it’s necessary to consult astrological software or an “ephemeris” (a book which shows what specific days the Sun, Moon, and planets are in each of the signs) and HOPE the person whose Moon sign you are seeking wasn’t born on a day that the Moon switched signs. If it did, then you’ll need to do calculations using the EXACT birth data including the date, time (to the minute), and city of their birth to figure it out.

Most people do not have ANY idea what their Moon sign is, let alone their birth time, if you’re so brave as to ask. Neither will their mother, so don’t bother her. Unless you can get your hands on an original copy of their birth certificate, forget trying to figure out their Moon sign.

But there is a way to know a great deal about people without knowing their Sun or Moon sign or having to track down their birth certificate. You don’t even need to ask their birthday. It is the trick professional astrologers use to quickly assess a person and their basic nature.

To learn this simple, powerful technique, read on into the next chapter.

### **Stellar suggestions to ponder...**

1. Please don't qualify or disqualify a man as a potential love interest just because of his sign! Or blame your relationship problems on the "compatibility" or supposed "incompatibility" of your two signs... The sign of the zodiac you were born under is a very small piece of the magical recipe that makes up who you are, and has very little to do with your relationships!
2. Far more important than what Sun sign, Moon sign, or Rising sign a person is born under is what formations ALL the planets and houses create in your astrological chart together – a little thing called "yogas." The yogas in a chart can contradict or support what the signs have to say, so without knowing about yogas, if you just evaluate yourself or a man based on your zodiac signs you're overlooking the most important information that could tell you what's really going on with you both. It's kinda like knowing your ABC's but not being able to read!
3. Because of "yogas" two people of the same sign can be almost nothing alike... In fact, two people born on the same day – even twins – can be very different from one another!
4. Far more important for revealing how you'll RELATE and FEEL with a man – and how he'll relate and feel with you - is both of your Moon signs, not your Sun signs!

# Chapter Two:

## Planetary Personality Profiles

### *Quickly Understand Any Man, Anywhere, Any Time*

*"We speak of persons as jovial, as being born under the planet Jupiter or Jove, which was the joyfullest star and the happiest augury of all. A gloomy person was said to be saturnine, as being born under the planet Saturn, who was considered to make those who owned his influence, and were born when he was in the ascendant, grave and stern as himself."*

*- Richard Chevenix Trench, Archbishop of Dublin (1807 - 1886)*

### **The Better Way**

I'm excited to share with you an amazing way that you can use astrology as a shortcut to understanding people. It's easy to learn, easy to use... and doesn't require that you know or memorize anything about the signs.

You don't even have to ask strangers (men you've just met) when they were born or what their sign is (the old, "Hey baby, what's your sign?" routine), which is awkward and transparent, anyway. You don't have to call his mother and ask for his birth details. There's no need to steal his driver's license to check out his birth date, and you can skip pouring over heavy astrological tomes for months trying to understand astrological jargon. You don't even have to look anything up online or call or email a professional like me. You can do this all on your own with just a simple understanding of a few concepts.

Seriously.

All you have to do is watch how people act, notice how they carry themselves, and observe the things they focus on and the way they speak. This will give you much insight into who they are.

I call this “Planetary Personality Profiling.”

This is what professional astrologers do when we get together. I’m sharing with you an industry secret here, giving you a window into our world. We don’t say to one another, “Oh you know that Jim. He’s so typically Aquarian. And that multi-talented Bob, always doing Gemini stuff.”

I honestly don’t think I’ve ever heard a colleague say something like that. It’s just not the way we talk.

Instead of focusing on the Sun signs of people, we focus on the primary planetary energy or energies that make up their nature. We say, “Oh you know that Jim – he’s such a Saturn guy. And that Bob, what a Venus man.” And then we all nod in agreement, knowing just what the speaker meant.

## **The Very Foundation Of Astrology**

A person’s primary planetary energy will reveal to you who they fundamentally are at their core, including what they value, what motivates them, what they require to feel happy and alive, and how to interact with them.

And yes, the upshot of knowing this, is that if you follow what their fundamental planetary energy tells you and act accordingly, the strong likelihood is that they will feel great around you and, therefore, like you. Understanding others planetarily also has the lovely result of helping you to not take their actions, priorities, and choices personally, allowing for greater harmony between you.

Now don’t get me wrong, people are complicated, nuanced and layered like onions. I’m sure you’ve noticed! Knowing their primary planetary energy or energies (because some people are a pretty even mix of two or three planetary energies, not just one) won’t tell you everything – you won’t be able to deduce what they do for a living or where they live, or how much money is in their bank account, or how many siblings they have.

It will, however, give you the key to knowing *how* they do their job, *how* they live, *how* they spend their money, and *how* they interact with those siblings. Which is more important, anyway, and more critical to the essence of their very being than the logistical data of their life. You'll find out the data if you are supposed to down the line.

This is much more simple and fun than knowing about signs. This is the truth, the absolute foundation of astrology, the very heart of this ancient, vast knowledge.

I will explain each of the planetary personality profiles in detail, including the five major planets (Mars, Venus, Mercury, Jupiter, Saturn) and the Sun and Moon (which are referred to as planets in astrology, though not in astronomy – the Sun being considered a star, and the Moon a moon – in this case a satellite of the Earth). I will not include the outer planets (Neptune, the recently demoted Pluto, and Uranus), or the nodes of the Moon (the North and South nodes, referred to as Rahu and Ketu in Vedic astrology), not because they aren't important, but because they act more as personality overlays or subtypes, adding color and detail to the main personality types, and don't act as full personality profiles in and of themselves.

For each of the profiles, I'll explain the positive and potentially negative qualities that people of each type can possess, as well as the upside and downside of dealing with them (i.e. the benefits of their association, as well as the price you might have to pay in your interactions).

And lastly, we'll get to the good stuff – what you need to know to be more romantically successful with each of them.

This is a simplistic system which can enable you to quickly understand yourself and those around you. Some people are more mysterious than others of course, and may seem to be one planetary profile, but upon getting to know them may actually reveal another. Also, as I stated before, many people will have a dominant planet that shapes their whole lives, while other people will be a mixture of two or three.

We were all born in this Solar system (that is, I think we were...), so we all have energies from each planet in our charts and therefore in our natures; but you'll find that most people can be understood by their one or two main planets.

## **Planetary Personality Profiles:**

### **Sun People**

#### **Planetary Archetype: The King**

#### **Nature: Masculine**

#### **Also Known As: The Leader, The Visionary, The Star**

The Sun is considered the King of the solar system around which everything else revolves. Sun people are like that – the center of attention or authority wherever they go; the “star.” For this reason, Sun people reveal a great deal of leadership ability, power, motivation, confidence and vision. They make a big impression. You can recognize them by their big goals and plans, their willingness and desire to step into positions of responsibility, and their large, proactive personality.

### **The Sunny Side Of Life**

A healthy Sun person will be ambitious and positive, confident, noble, and big thinking, magnanimously wanting the best for everyone, like a benevolent king who accepts that his main priority is his subjects and not himself. His motivation for greatness comes from a place of fullness and a desire to do something important that uplifts many, making a significant contribution.

### **Wear Lots Of Sunscreen!**

An unhealthy Sun person will force his authority, be pushy and domineering, narcissistic, overly proud and/or impressed with himself, wanting the best for himself above others, insisting on being the center of attention, caring too much what others think, and making his underlings kiss his ring and bow before him. His motivation for greatness comes from a

place of emptiness and low self-worth, and creates a subsequent desire to prove himself no matter the cost.

## **The Challenges Of Being With A Sun Person**

The Sun is bright and powerful and will, therefore, force you to look at your own issues – if you don't have your act together then you could get burned just by being around his intensity. Sun people don't like to be questioned, as they feel strongly about whatever they do – would you ask the Sun why it shines? They tend to be in the spotlight wherever they go, so be ready to take a backseat to this large energy and personality. You will most likely have some elbows in your face when you're out with him in public.

## **The Benefits Of Being With A Sun Person**

These people are not afraid of responsibility, are happy to take charge, are willing to protect and serve you, can accomplish a great deal, and thrive on challenges. If not now, he'll ultimately have prestige and resources to share. His healthy (or not so healthy) pride drives him to make the most of everything he does.

## **How To Romance A Sun Man:**

Become a Sun worshipper! The Sun is a masculine planet, so Sun personality types are typically the classic "Alpha male" – making him crave your respect, admiration, and appreciation, and making him want to do the pursuing. So be a patient "lady-in-waiting" and let him do all the calling and make all the plans, especially in the beginning of your courtship. His visits to you will be squeezed between his many pressing meetings, conferences, and corporate takeovers (or coronations!), but that doesn't mean he's not thinking of you. Flattery will get you everywhere with a Sun man, so compliment his territory, crown, and sparkling medals! Let him do big things for you and be sure to notice his efforts if he does. Don't take his ambitions and tendency to put his plans and goals ahead of spending time with you personally – after all, if you play your cards right that gorgeous castle and all those servants will be yours.

Never compete with a Sun person – it's beneath his dignity and a waste of his time and you'll most likely lose. The Sun simply wants to shine, so revel in his rays and soak him up, reflecting back to him his own brilliance.

If you are successful in these efforts, this king will happily make you his queen.

### **If You're A Sun Girl...**

Your warm, strong, positive energy will always attract many admirers to your side. You may naturally connect with more nurturing men than Alpha types, since you're already the top dog (see Chapter Four). These same men, however, may tell you they're intimidated by you, and it could be in part because you're unconsciously bossing them around or out-shining them at everything – a big relationship NO-NO. Be careful of putting your career ahead of your personal life. Make sure to make your man (or men) feel special and appreciated as he can feel eclipsed by your big, high-profile life, and at the very least may get Sun stroke. Only settle down with a man confident enough to let you be the star that you are, otherwise you may dim your light or find yourself stuck in power struggles that are beneath your dignity and keep you from accomplishing your mission.

## **Moon People**

### **Planetary Archetype: The Queen**

### **Nature: Feminine**

### **Also Known As: The Feeler, The Rescuer, The Nurturer**

Moon people are thoughtful, caring, kind, emotional, and sensitive. Classic "nurturers" who are happiest in relationships and playing house (since the Moon is characterized by a relationship, being a satellite of the Earth, having none of its own light – it can only be seen by reflecting the light of the Sun on its surface). They wear their hearts on their sleeves and can be found helping others, involved in things imbued in meaning and substance.

## **Positive Moon Qualities:**

These are heart-centered, emotionally rich beings who care about the world and everyone in it. Generous to the point of selflessness, empathetic, creative, and intuitive; Moon people understand and appreciate the subtleties of life and relationships.

## **The Dark Side Of The Moon:**

The moon so longs for relationship that these people can have a hard time standing on their own and have to be careful, therefore, of giving away their power or of settling for relationships with codependency issues in which they sacrifice themselves for the sake of someone else. They suffer from "sponginess" – the inability to separate their feelings from those of others, or to leave other people's issues "at the office." As a result they can over-give, overdo, have a hard time saying no, and take everything way too to heart. Their self-esteem is so connected to their feelings that they can have a hard time "getting the job done" if they don't feel good. The moon is the most changeable of all the planets, so they can easily run out of steam or be indecisive as their feelings are always changing.

## **The Challenges Of Being With A Moon Person**

Those most influenced by the moon value feelings above information, and as a result can forget to factor in the logistical details of any situation – like how much things cost or how long they will take. They let their emotions get the best of them, and despite caring a great deal about the feelings of others – they can get so stuck in their own process that they have no room for anyone else's (including yours!). Their tendency to change without warning can put the burden of "follow through" on you, and beware looking at them the wrong way or saying the wrong thing, ruining their day. Buckle up – these people are emotional roller coasters. The highs will be high, but you may throw your neck out in all the twists and turns.

## **The Benefits Of Being With A Moon Person**

Moon types bring a depth of meaning and heart to their endeavors. They can share their feelings – you'll always know

where you and everyone else stands in their mind, as they'll love telling you about every subtlety and nuance of their every passing thought. They will make your relationship their priority as relationships are their very *raison d'être* – just as soon as they get home from feeding the homeless and rescuing lost dogs. They love to nest and be domestic. If you share a home they will make it a sanctuary from the world, and will fill it with a variety of friends, plants, and children – anything that needs nurturing and care.

## **Keys To Making The Man In The Moon Glow**

The moon is feminine in nature, so a Moon man is a nurturer who probably won't slay your dragons or fight your battles, but will provide a lavish homecoming when you return from doing so yourself. He may need you to nudge him if you're interested, as these aren't always confident pursuers – it's okay to call or ask this guy out first, if he seems available. Never invalidate his feelings, however, despite how crazy or tedious they may be as doing so will make him feel greatly offended and disconnected from you. All he wants (if you're the woman he surrenders to) is your undying devotion. He needs an anchor, so give him strength and support. Tolerate his moods but don't be moody yourself, as he'll take on your feelings, too! Champion his causes and honor his friends, pets, children, mother, and the Boy Scout troop he leads, and this lap dog of a man will be loony for you for forever! Shower him with praise and encouragement, letting him know that his intentions impress you, even if his efforts fall short. He's a sappy sentimentalist, so remember every anniversary and birthday. Your hand-written poetry will mean more to him than gold. Compliments and cuddles are as vital to him as the very air he breathes, so shine your love light on him regularly or he'll be vulnerable to the romantic attentions of others.

## **If You're A Moon Girl...**

Your loving, caring, openhearted nature will inspire you to make a big effort in your personal life, and lucky is the man for whom you focus your generous attentions upon! Men who don't appreciate the gifts of a woman as feminine as you may complain you are too touchy-feely and sensitive. I do suggest you not be human Cling Wrap on a man, unless he clings first.

Take time to really get to know someone before you get too close, as your propensity to follow your heart and discount your head can get you into trouble in love. It's important to feel a strong connection with a man, but it's equally if not MORE important that he have good qualities, treat you well, and be the right man for you! Have a posse of girlfriends, therapists, and relatives you can call on a regular basis for reassurance and girl talk, or you may exhaust the men in your life. Try to find a nice Alpha male who can provide structure and strength (see Chapter Four), and happily give you a home and family you can make the center of your world.

## **Mars People**

### **Planetary Archetype: The Warrior**

#### **Nature: Masculine**

#### **Also Known As: The Go-Getter, The Overachiever, The Doer**

Mars people are energetic and dynamic, always on to the next big thing. More competitive and impatient than Sun people, Martians cram the most activities and tasks on their long "to-do" list and usually get it all done. These high-strung, enthusiastic types love a challenge and thrive under pressure – give them a goal and a deadline with a big payoff at the end, and woe to the person that tries to get in their way! They're happiest taking action, live for results and "bottom lines" and are easily bored or frustrated when life requires that they wait.

### **Positive Mars Qualities:**

Enormously productive people, Martians get more done in a day than the average person can in a week. Not easily deterred, they'll get to their goal thanks in large part to their lack of caution, care for the past, or what others think. Life to a Mars person is like a game, and they're always going for the brass ring and the finish line with a smile on their face and a gleam in their eye. These brave, idealistic, positive people are hard to knock down – they bounce back from hardship stronger and wiser than ever, and are only truly happy when their actions are yielding powerful results.

## **Negative Mars Qualities:**

Mars types are so impatient and restless that they have a hard time feeling peaceful and trusting the process of their lives. They can be intimidating to deal with, not appreciating that most mere mortals are just not built with endless energy, stamina and the will to conquer every mountain. They tend to put goals and projects ahead of people's feelings, seeming to have no compassion or understanding for others. They do things too quickly and thus have to be careful of acting rashly and regretting it later, or skipping important steps. Their self-esteem is so tied into their performance that they can be too hard on themselves if they don't meet their own unrealistic expectations as quickly as they'd like.

## **The Challenges Of Being With A Martian**

Martians don't have a lot of time for your feelings or point of view, so you have to watch feeling run over or left behind. It's important to learn how to set healthy boundaries with these people and ask for what you need, or they'll simply charge ahead without considering how they impact you. It's not that they mean to be unkind – they just shoot first and ask questions later. They can be blunt and aren't known for weighing their words or thinking before they act or speak, so you'll have to be thick-skinned enough not to take what they say too hard. You'll need lots of sleep and extra vitamin B to keep up with them. But honestly, don't try. They are best at initiating things, but can disappoint with the day-in/day-out, long-term needs of life, but are happy to pay someone else to handle those details.

## **The Benefits Of Being With A Martian**

Ask a person most influenced by Mars to do something, and it will be done and done well – before you even have a chance to ask twice. These inspiring, motivated go-getters will love leading and protecting you – just don't try to slow them down. Their days are full of excitement, and their nights are full of passion, so you're sure to never be bored.

## **Romancing Those Of The Red Planet**

A Mars man loves a challenge and competition, so definitely let him take the lead in your courtship and relationship. Get as healthy and fit as possible as he'll want to be on the go and active constantly. He loves international adventures, so keep your passport valid and your foreign language skills handy. Be open and up for anything; every day will bring a new, unexpected experience. Never tell him his goals are unrealistic, no matter how impossible to attain they seem. If you're not up for his latest crazy scheme, at the very least stay out of his way, and better yet – cheer him on. Don't misinterpret his need to succeed and his packed schedule as an indication of his lack of feelings for you – he can focus on you once he's gotten that promotion and won the latest championship. Notice his actions and achievements, as they mean so much to him. Your Mars man will appreciate spunk and spirit, so stay motivated and enthusiastic in your own life as well, or you'll drag him down – or worse, bore him.

### **If You're A Mars Girl...**

Your dynamic, outspoken, sparkly nature will make you highly exciting to men everywhere you go – whether you catch their eye atop Mt. Everest or across the net of a tennis court. Ultimately, these same men may complain you're always ten steps ahead of them, taking care of everything, giving them no chance to be your hero. Try to be more vulnerable and less argumentative. Join a debate team or kickboxing gym to give your competitive energy an outlet. Find a way to make men feel needed and try to actually let them help you once in a while! You'll tend to attract more gentle, sweetie-pie types than Marlboro Men (see Chapter Four), so just accept the fact that you're a man in drag.

## **Venus People**

### **Planetary Archetype: The Diplomat**

#### **Nature: Feminine**

#### **Also Known As: The Lover, The Charmer, The Artist**

Venusians are the most FUN and pleasant to be around. Skilled at everything that pleases the senses; beauty, art, music, fashion, socializing, and elegance are key interests for these gods and goddesses of pleasure. They make everything they do a party, and everything they touch more beautiful and enticing.

### **Positive Venus Qualities**

Venusians ooze charm and charisma, and light up a room just by being in it. As a result, Venus people make the best shmoozers and salespeople, able to convince the most cynical skeptics of the merit of their plans. They are elegant romantics who place a big premium on sensuality and graciousness, so can build bridges between disparate groups and conflicting factions of any organization.

### **Negative Venus Qualities**

Venus types are very concerned with having a good time and enjoying themselves; thus, they can neglect their obligations in the pursuit of the latest party. These “Good-time Charlie’s” struggle to be taken seriously, as their playfulness, fabulous hairdo, and love of “bling” can make others doubt their depth. Their need for fun, sensuality, and beauty can cloud their better judgment, and make them spend more money, energy, and time than they should in hedonistic pursuits (like shagging the nanny on the pool table).

### **The Challenges Of Being With A Venusian**

These sweet talkers are so gifted at the art of persuasion that you’ll agree to whatever they ask before you even know what you’ve committed to. They enjoy the finer things in life, so be sure to have lots of disposable income on hand for their

insatiable tastes in food, entertainments, and expensive gifts. Endlessly hip and stylish, you'd better dress well in their presence or be ready to feel like a drab wallflower by comparison. They attract tons of attention wherever they go, and love to flirt and connect with seemingly everyone; get used to competing for the blessing of their sweet attentions with their hordes of adoring fans.

## **The Benefits Of Being With A Venusian**

Your Venus friends have VIP invitations to the best parties and most glamorous gala events, and they'll gladly give you an all-access pass to their endless fabulous contacts and connections. Even the most banal, mundane activities are more enjoyable in their presence, making the time fly and the tedious details of life not so terrible. They can help you improve your wardrobe, culinary skills, and interior design, as they beautify everything they touch and mentally rearrange a room with one glance.

## **Keys To Romancing A Venus Man**

The key to this man's heart is FUN – if he's not being social and having a good time, he'll literally droop like a flower without water. Make sure not to burden him with too many commitments or chores (or complaints!) without some play and toys thrown in the mix! He'll be sensual and visual, so adorn yourself and your environment, and spend a lot of time together between the sheets (making sure they are perfumed and have a high thread count!). Your Venus lover will be a big flirt and notice beautiful things (and people) everywhere you go, so have healthy self-esteem and don't try to change him, or he'll feel squelched. But do hire only unattractive employees – no sexy maids or au pairs around this guy! Only the finest quality impractical gifts and luxury lifestyle will do for this romantic man. Whatever you do, don't allow yourself to feel insecure due to his packed social life and enthusiastic, adoring public – they're the key to his success and what you were drawn to in the first place, if you're honest about it.

## **If You're A Venus Girl...**

Your charm, beauty, and charisma will lure men to you like moths to a flame. You'll never lack for romantic options – if anything, you'll have a hard time choosing among your suitors and could quickly have a "cock fight" on your hands. Be careful of "double booking" your romantic interludes – as your brunch date could run long and make you late for your dinner date, who might resent that you have to get home early in time for your "dessert" date... Men will love what a charmer and flirt you are, until they quickly figure out you're that way with everyone! Try to not change the subject when your fellow brings up world events – you can't always just talk about shoes and hair products. Cultivate interests besides the latest gossip on Brad and Angie or what designs are new in *Vogue*. Be sure to get enough rest between all those parties and shopping sprees to stay fresh for your love life.

## **Mercury People**

### **Planetary Archetype: The Prince**

#### **Nature: Gender Neutral**

#### **Also known As: The "Brainiac," The Bean Counter, The Thinker**

Mercury people live in a world of knowledge and ideas. These heady intellectuals just love to spend their time pouring over spreadsheets and accounting forms as they card catalogue their lives, using all of the latest technological gadgets to keep copious notes of their every move and idea. If the "pros" don't overwhelm the "cons" of any situation, they're not interested. "Just the facts, Ma'am," is their favorite saying.

### **Positive Mercury Qualities**

These are bright, intelligent, multitalented planners who love organization and are a whiz at any brain teaser or puzzle. They quickly master whatever topic they set their able minds to, and are thus able to be surprisingly flexible and adaptable. They keep abreast of important details, never letting their emotions get in the way of the best strategy.

## **Negative Mercury Qualities**

These detail-loving, information hounds are so married to the facts that they can neglect the emotional, personal ramifications of any situation. Overly analytical, they can easily get stuck in details, have a hard time making decisions as they tend to think things to death, and be wholly unable to access their gut. Their lack of emotional connectedness can make them seem uncaring and distant, when first and foremost they just want everything to make sense and add up so no one gets hurt.

## **Things That Can Lead To “Mercury Poisoning”**

Mercury types are so busy calculating and weighing all the minutia of life, that it is hard for them to connect to their feelings, thus, they may be emotionally robotic or undemonstrative. They respond to all of your most heartfelt hopes and dreams with such supportive questions as, “What’s that gonna cost you?” and “Do you know how long that will take?” They don’t mean to be a killjoy or seem like they don’t believe in you and your abilities, they just can’t get excited about a plan without it having a solid foundation in reality. The saying, “People don’t plan to fail, they fail to plan,” is their credo. (I realize this is the second slogan I’ve given for Mercury people, but Mercury rules words and slogans themselves, so they’re allowed more than one!)

## **The Benefits Of Being With A Mercurial Person**

Your Mercury friends are the best at organizing your vacation itinerary or filing your tax returns. Run all of your business ideas by them as they’ll think of several important key nuances that simply wouldn’t have occurred to you. They’re endlessly interesting as they know everything about everything, and therefore, make great dinner party guests as they can carry on a conversation with anyone at any time about virtually any topic. Make sure they’re on your team when it’s time to play “Trivial Pursuit” or group “Jeopardy.”

## **Keys To Making Your Mercury Man's Temperature Rise**

Since Mercury men live in their minds, validate his ideas and ask for his opinions. He'll love you for it! If you disagree with him, keep it to yourself or make sure to have all of the details of your point of view carefully organized, or he'll think you mentally inferior, or stop letting you in on his process. Read all of his research studies and attend all of his university lectures, letting him know how impressed you are with his hyper-developed frontal lobe. Keep your own brain active, staying current with the latest news and technological advances, as he needs a partner who can provide mental stimulation and intellectual repartee. When you want something, be ready to give him all the valid reasons why, and don't make the mistake of thinking he therefore doesn't care about your feelings – he just needs to know the whys and wherefores of everything before he can fully commit himself. If your motives are sound and your plan practical, he'll happily give you all he can. He'll need roughly a week to recover from your emotional dramas as they'll perplex and exhaust him, and feel like a waste of his precious thinking time, so go to your mother or girlfriends with any outbursts or crying jags, only telling him what's going on once you've calmed down. This man won't be much for romantic displays or extravagant gifts, but he'll be dependable and savvy, and someone from whom you can learn much.

### **If You're A Mercury Girl...**

Smart men will love your quick wit, grasp of world events, and astonishing ability to win a debate or Scrabble match with anyone, any time. Be sure to let them be right once in a while, however, even though he and everyone else know you'd have the better idea... Men may complain you can't make a decision or keep an opinion to yourself, but they'll have to admit you know your stuff. You'll likely attract sensitive, feeling types who seek your advice (see Chapter Four) but don't overdo giving it or they may later resent you. Beware over-analyzing and talking about your relationship until any sexiness or spontaneity is crushed under the weight of all that cerebral scrutiny. In other words – get out of your head and just enjoy

yourself for a change! And let yourself actually feel your emotions once in a while – you may just like it, and the men in your life will *really* like it!

## **Jupiter People**

### **Planetary Archetype: The Counselor**

#### **Nature: Masculine**

#### **Also Known As: The Cheerleader, The Sage, The Guru**

Jupiter people are upbeat and wise, always able to find the right information or answer to any problem. These “glass is half full,” faith-based optimists love helping others, instructing and advising on all aspects of life. They enthusiastically pursue big goals and ideas that benefit many, able to see the long view and positive potential of any situation.

### **Positive Jupiter Qualities**

Those most influenced by Jupiter are tireless teachers and advisors who love generously uplifting others with their knowledge, wisdom, and resources. Whatever they need seems to effortlessly show up for these enlightened beings as if by magic. Their vast philosophical, spiritual point of view makes them take the challenges of life in stride. They’re friendly and positive, benevolently reaching out to those around them, happily encouraging and supporting their fellow man everywhere they go.

### **Negative Jupiter Qualities**

These dynamic counselors love ministering to others so much that they can do so uninvited, being obnoxious know-it-alls who start every other sentence with, “You know what you should do...” Their positive feelings and faith are often just that – feelings based on nothing but their own upbeat nature, causing them to cheerlead you right off a cliff, with no practical reason to be invested in their latest far-flung plans. Their enthusiasm is so infectious, thus beware giving your life

savings and limited time (and heart) to their latest “get-rich-quick” scheme, or unrealistic goal.

## **The Challenges Of Being With A Jupiterian**

Jupiterians have little tolerance or sympathy for the worries and concerns of others, wanting to look only on the bright side of any situation. Bringing them your latest “woe-is-me” story will only get you an enthusiastic, “It’ll all work out – I just know it!” as they chuck you on the chin and slap your back. “Oh What a Beautiful Morning” and “Zippity-doo-da” are favorite songs they commonly sing for all to hear. They can get so attached to the supportive solutions and strategies that have benefited them that they can’t help but evangelically preach and teach to you all day long, whether you’re interested or not. They think so big that they can overextend and exhaust themselves (and you!), but they don’t stay down for long.

## **The Benefits Of Being With A Jupiter Person**

You’re always safe and protected by your Jupiter friends. They mean well and genuinely want only the best for everyone, even if they have to ram it down everyone’s throats. Their dynamism and excitement for life is infectious – it’s impossible to be in a bad mood around them, and they won’t be brought down if you are. They effortlessly find whatever they need and are happy to share the spoils of their efforts and blessings. If you stay open-minded, you’ll always learn something lofty and valuable from them from which you and everyone you know can benefit.

## **Keys To Romancing A Jupiter Man**

These men can’t wait to find a partner with whom they can better the world – enthusiastically join in all of his latest crusades. He longs to discuss the new Yoga Sutras he’s reading and the Vegan dietary changes he’s made; if you’re not interested, fake it! Nothing thrills him more than offering the solutions to whatever problems you may be facing – so ask for his help and follow up on all of his suggestions, being sure to give him all the credit for your profoundly improved life. Never tell him his methods are wrong, or that his beliefs have no merit, unless you want him to go away forever. When he

suffers a setback, let him know that you believe in him almost as much as he does... He'll quickly bounce back and be onto the next big thing, with plans to share everything he learns and earns with you along the way.

## **If You're A Jupiter Girl...**

Your positive energy, big-thinking ambition, and upbeat nature attract a lot of male attention. Men may not appreciate how much you want to help them improve their lives, however – even though they have to admit your ideas and suggestions are right on. Try to find a man you don't have to make over, and resist the temptation to change him if he does! Be honest about a man's limitations, and stop wishing he'd meet his potential on your timeline. Even YOU can't move mountains! Trust your insights in love and keep moving forward – you know better than any therapist or shrink what you need to do, which is why all your girlfriends and exes are always calling for your input into their romantic entanglements.

## **Saturn People**

**Planetary Archetype: The Servant**

**Nature: Gender Neutral**

**Also Known As: The Perfectionist, The Tortoise, The Curmudgeon**

Saturn people are solid and reliable, loving discipline and structure. Good with routines and consistency, they're able to persevere and stay the course for the long haul. They tend to be cautious, only committing themselves when they are certain of all the fully thought-out details of any plan. These "all or nothing" thinkers, are black and white in their approach to everything on which they put their laser-vision focus. Slow, picky, plodding hard workers who mean what they say and say what they mean, and arrive at their goals like the proverbial tortoise of the famed "Tortoise and the Hare" story, by putting one careful foot in front of the other, day in and day out.

## **Positive Saturn Qualities**

Those with mostly Saturn-imbued natures are the classic “strong, silent types” who stoically take life one day at a time. They’re the backbone of any group or organization, providing the stability and tenacity required to achieve anything of substance, without requiring credit or attracting undue attention. They take their work and promises seriously, never faltering on a commitment, and always bringing their best to meet their high standards of excellence. Happiest doing things thoroughly and well, Saturn people value efficiency and progress, so contribute greatly to any project on which they participate.

## **Negative Saturn Qualities**

Saturnine types can be depressive and serious, never letting their hearts soften or their guard down, only interested in getting the job done. They can be difficult to connect with, as they value achievement and efficiency more than feelings – even their own. At the extreme, they either overwork and overdo, or become stuck and stagnant, achieving nothing but the realization of their greatest fear – that they aren’t good enough and it’s too late anyway. Like Eeyore of the celebrated *Winnie the Pooh* children’s book series, known for saying such things as, “My house fell down. I’d build another house but it would just fall down, too,” these “glass-is-half-empty/don’t stick your neck out ‘cause someone will just step on it” types live with regret of what they could’ve, should’ve, and would’ve done if they’d only had more help, money, time, friends, or... Any excuse they can think of to justify that they never reached their dreams.

## **The Challenges Of Being With A Saturn Person**

Saturn types can take the life out of any party – focusing on the disappointments and bad news of the world. They’re worriers and slow to change, so can make you lose opportunities or fear taking your own risks. Like an overprotective parent who doesn’t want you to get hurt and so won’t let you have any fun, they’ll respond to your hopes and dreams with such squelching statements as, “I had a friend who tried that and he lost everything... and got cancer... and had his foot amputated,” or “I looked into that, too, and it

never works. I have the results of several government studies to prove it." These picky perfectionists only focus on what isn't right – constantly noticing how you could do better, as well – pointing out your latest pimple, bounced check, or garden weeds. Difficult to please and often controlling, they don't mean to instill doubt in you, they just have a hard time trusting. "It's always something," is their credo.

## **The Benefits Of Being With A Saturn Person**

These people meticulously analyze and organize all of their plans so effectively, that they rarely make a mistake, and hardly ever fail at anything – which is good, since to them the word FAIL is a four letter F-word they simply can't abide. They'll never leave the baby on the bus, so to speak. You can trust them with your life and your most critical minutiae, and they'll have it all labeled, stenciled, and filed just so. You can count on their word, punctuality, and loyalty. Know that if they're fully committing themselves it's because you've got a goal that's rock solid – especially now that they're on board to over-see all the administrative annoyances. They won't leave you or their duty if they've made a vow – ever (unless, of course, you do something unacceptable to them like not honor *your* word or commitment. Indulging in flaky behavior is the surest way to lose their love).

## **Romancing A Saturn Man – How To Get A Ring From Saturn**

I just had to do a double take as the words "Saturn" and "romance" aren't usually used in the same sentence. These men are almost as cautious in matters of the heart as they are with their bank accounts – he'll watch you for a maddeningly long time before making an emotional move. Did I say emotional? I'm sorry – that's also a word not often used to describe those of Saturn's disposition. You know what I mean, he'll analyze you like he does everything else, and you may have to nudge him first or go slowly insane waiting for him to pick up the phone or cross the room to ask you out! He'll appreciate it (what man doesn't like the ego boost of a woman's interest?) and it may be the only way to get the ball rolling.

Once you're dating, he'll call exactly when he says, show up on time to the minute with his car washed, his clothing impeccable, and the restaurant reservations made well in advance, but don't expect a lot of hearts and flowers. He shows his love through actions of calm consistency and stable dedication to your goodwill and progress. If he's worried about something he'll be even less upbeat than usual, but don't expect him to share his tender feelings about whatever it is; he's private and secretive and needs to mull things over in a classically male way. It's not because he doesn't value your opinion – it simply doesn't occur to him to let you in on his process and he doesn't ever want to do or say anything he'll regret later. He'll work long hours and expect you to be responsible, as well – not to mention tidy and organized.

If this doesn't sound like a lot of fun, his kind of fun isn't crazy or frivolous, but it leads to a life of peace and safety. If you give yourself to him, know that you'll have everything in life taken care of to a "T," including a partner who'll be a stable father, loyal provider, and who'll plan for your later years with wise investments and ever growing savings.

### **If You're A Saturn Girl...**

Mature men will admire your responsible, reliable, hardworking nature but try to show them your fun side, too, or they may find you too serious. Your mantra is, "I'm not ready and it's too late," thus beware having NOTHING romantic ever happen to you, since your tendency is to quit without starting. You're way too hard on yourself and everyone else, waiting to date until your house is paid off and your third master's thesis is written. Admit you're scared, throw a little caution to the wind and extend yourself for once! Try to whittle your "wish list" of a man's mandatory qualities to less than eighty, and if by some miracle you're already partnered, be sure to downplay your perfectionism and tendency to micromanage by giving your man positive feedback, focusing on what he's doing right so he'll be inspired to keep doing it. The man that can impress you and win your locked heart will be blessed with a stable, loyal, rock solid partner he'll respect.

## **Stellar suggestions to ponder...**

1. There's a better "short cut" to understanding people (and men!) than knowing about Sun signs – by instead knowing "planetary personality profiles."
2. Everyone – (including every man in the world!) has one or two dominant planetary energies that color how they see the world and live their lives. Being able to recognize their main planetary energy will help you know how to relate to them, stop taking their behavior personally, and make the most of your every interaction.
3. The "planetary personality profiles" are made up by the five major planets (Mercury, Venus, Mars, Jupiter, and Saturn) and the Sun and Moon. Each has positive and negative qualities, benefits and challenges, and keys to succeeding in romance...
4. The "planetary personality" of someone is inborn and unchangeable. Work with your own and those of the special man or men in your life, and not against them, to support both your personal and relationship success.

# Chapter Three:

## Wishing Upon A Star

### ***Allowing Astrology To Help Your Dreams of Love Come True***

*“From the moment a man and a woman are united by their karma, they should spend every moment in search of harmony.”*

*- Dilgo Khyentse Rinpoche, Tibetan Buddhist Meditation Master,  
Poet, Philosopher, Scholar 1910-1991*

### **Beware Blind Faith**

Have you ever wondered why it is that you can hear one thing from one astrologer about yourself... and something completely different from another? Or descriptions about you or the people you care about in one astrology book that are the exact opposite of what another astrology book says? Or, even more frustrating, have you had parts of what you've heard from each source include relevant truths about you and your life... while other parts don't feel true for you at all?

What's going on here?

There's a myth about this astrological conundrum that will tell you exactly why this commonly occurs, and what you need to do about it.

In ancient times astrologers were highly regarded and sought-after to guide and bless important decisions across all areas of life. Issues of social, familial, romantic, political, financial, governmental, or agricultural importance were not pursued without first consulting an astrologer.

Kings, queens, and those in positions of power would look to their astrologer for wisdom and assistance.

According to the myth, over time, astrologers grew to have too much knowledge of all facets of life as well as the very nature of existence. They could read people and predict events with such accuracy that they became overly impressed with their role in society as well as their perceptive powers, and began to think of themselves as gods.

Legend has it that this angered the real gods, one of whom soon decided he'd had enough – thus he cursed astrologers to forevermore disagree with one another.

And, oh boy... do we!

For centuries astrologers have disagreed on which zodiac to use, have fought over how to calculate where the signs begin and end, have debated how to prioritize techniques, and argued about how many and which Sun signs to include. Even the basic question of which heavenly bodies matter or not has and continues to cause much frustration. Pluto, for example, was recently demoted from its planetary status by astronomers and is not used in traditional Vedic astrology at all, though Western astrologers give Pluto and the outer planets tremendous significance, as do many modern Vedic astrologers.

Even within the same system there are several factions that passionately guard and defend the pile of evidence to support their point of view, dismissing those of other camps.

The sad result of all this is twofold: First, it contributes to the reason why science and more “mainstream” organizations and institutions dismiss astrology, considering it a mere “pseudo-science.” Second, if you take your chart to ten different readers or run it on the interpretive software of ten different astrological websites, you’ll likely get TEN DIFFERENT VERSIONS of your life that sound very little like one another.

Say what?!

Worse, if you bring your chart and that of a man you’re in love with to ten different practitioners in the field, typically five will tell you he’s THE ONE, three will say IT CAN NEVER WORK, and two will be UNDECIDED.

It's enough to drive you crazy and make you doubt astrology's validity in the first place.

All the confusion and contradiction is not the fault of ASTROLOGY itself, however.

It's the fault of ASTROLOGERS.

Someone once said that facts are facts, but facts must be interpreted. The interpretation of the influence of the stars and planets on human affairs is completely dependent on the INTERPRATIVE SKILLS of the astrologer. (Which, as you know, can be all over the map).

Few people who function as astrologers today have had enough training or adequate access to the information in its correct form. Some of the great bibles of astrology have been lost to antiquity, either burning in the fire at Alexandria or vanishing in the mists of time. Those that have survived are often incomplete or have been translated three times from their original language, and thus, like the proverbial children's game of "Telephone" have had many of their meanings altered or misconstrued.

Because of the huge differences between practitioners and systems, those of us that hang in there long enough and study for many years, have the teensy problem of learning new information that causes us to switch camps or even systems ourselves, reversing our previous positions – the embarrassing outcome being that we then provide the same clients with contradictory assessments and predictions from one session to the next about the same topics! Oops. It's been reason enough for me to want to quit and go sell real-estate on many occasions.

I tell you all of this for a very important reason...

Like most women, myself included, I'll bet that you've turned to astrology at a vulnerable or difficult time in your life to search for lessons, answers, and guidance.

You're reading this book right now because of some crisis, frustration, or problem you're grappling with. You're seeking

some answer that you'd like about men, love, or relationships. And you've sought the wisdom of the stars to answer some of your pressing life concerns.

The truth is this "openness" you have right now for learning, growth, and new knowledge is potentially a double-edged sword.

It has led you toward great CONSCIOUSNESS and AWARENESS, yet it has also possibly caused you to be too trusting or accepting of what an astrologer or astrology report has stated as "truth." And this is causing you to doubt yourself or your loved ones, or to go against what you already know and want.

This is a widespread and powerful misuse of astrology.

Astrology, when interpreted correctly, is amazingly accurate and deep. Many practitioners in the field are natural counselors and teachers with powerful gifts of insight, life experience, and valuable information to share.

But because of what I've described – the disparity of our training, background, and access to the truth - I STRONGLY ENCOURAGE you to approach astrology as a tool for learning and self understanding that you COMBINE with your own intuition and common sense.

It's important to have faith in your inner guidance and to recognize messages and answers when they come to you. But it's EXTREMELY DANGEROUS to take something outside of your own wisdom, intuition, and personal experience and put your blind faith into it.

Here's what to do instead: ALWAYS, and I mean always, filter a reading through your own knowing and never go against what your heart tells you because of something an astrologer, or ANYONE, says.

The best astrologers do NOT tell you what to do.

Instead they ILLUMINATE what will be the RESULTS of the different choices before you, explaining the COST and

BENEFIT of each one, enabling you to make an informed decision for yourself.

This is so important. I can't tell you how many times I've given a reading to a woman who is still kicking herself for following another reader's advice when it went against what her heart told her. "This other astrologer insisted my old boyfriend was my destiny," (something astrology CANNOT do, by the way) they'll tell me. "So even though I was going to break up with him because he didn't treat me well, I couldn't leave him because I was afraid I'd end up alone – I mean, if he was my destiny then I'd never find anyone else, right?"

Or, the opposite will occur. A woman will actually break up with someone that she's happy with because an astrologer didn't approve of the relationship. The client will tell me, "I had such a great boyfriend who I miss to this day. But this astrologer who's really famous and expensive said I should leave the relationship so I thought I had to."

Whenever I hear such stories I want to call up these other astrologers and lure them into selling vacation time shares or cleaning products - anything other than that of working with people's most cherished hopes and dreams.

## **The Magic Mindset**

There is a way to protect yourself against the misguided advice of others but it requires that you do something big. This one idea is right up there with any of the most critical things you'll ever do to bring growth, evolution, and maturity into your life in a way that is truly TRANSFORMATIONAL.

Ready?

Don't use astrology to try and "skip your process."

We as people love to look outside ourselves for hidden answers and meaning that we believe will radically change our lives for the better forever.

And while this is sometimes true (a reading can lead to new awareness or clarity that can be the key to dramatic growth and positive change), thinking that a reading can help you sidestep your problems or lessons and enable you to go straight to the end result you desire is a DANGEROUS way to think. This is what keeps a woman like you from doing the ONE thing that will lead you to have the life of your dreams and the love of your romantic vision.

And that ONE thing is: Taking RESPONSIBILITY for your own life, and for creating your own life experience.

I truly believe you can have the AMAZING and FANTASTIC life that you want, in all areas. But to do so, you may have to avoid or give up what feels good right now for what will feel wonderful later.

In other words, while it may feel good to go home and hide out on the weekends, not dating or meeting anyone – risking no rejection and wasting no time on “Mr. Wrong” or boring encounters with strangers via the internet or through set-ups from friends - you’re never going to end up with Mr. Right this way.

Or, perhaps you’re dating a Mr. Wrong that is a good guy – you just know in your heart that he’s not THE ONE. It just feels good right now to be with him because it’s nice to have someone to be with, even if he’s not what, or who, you really want. So, rather than endure a Saturday night or holiday alone, or experience the initial pain and isolation of a break up, you’d rather do what feels good for the moment and stay in a ho-hum situation.

Perhaps your Mr. Wrong isn’t even a good guy; maybe he’s a big jerk much of the time, but at least you’re not all by yourself... And besides, he’ll become enlightened ANY day now and realize how much he loves you and treat you great at last, right?

These are the ways I see women NOT being responsible for their lives. They’re waiting for some powerful force OUTSIDE of themselves to handle things for them and they come to someone like me hoping I can tell them about that force. They

don't want to face the pain, loneliness, or risk of holding out for what they truly want. Or, they don't want to have to put forth the effort that having what they deeply desire would require.

So you may falsely think it's MUCH EASIER to have a "comfortable" life by NOT taking FULL responsibility for yourself, your decisions, or your relationships than it is to have the INCREDIBLE LIFE that you want.

But ask yourself a simple question: Do you want what's CONVENIENT for you, and what SEEMS to be meeting some of your basic needs right now when it comes to men, dating, and romance?

Or, do you want something FANTASTIC, but that involves a little less "comfort" now, and along the way?

Think about it for a second, and reflect on how your life is and how you have been living up to this point, and where you want it to go.

The choice truly is yours, and yours alone.

I was fortunate in that my early teacher of the fundamentals, William Levacy – author of three wonderful books, *Beneath A Vedic Sky – A Beginner's Guide to the Astrology of Ancient India*, *Beneath a Vedic Sun – Understanding Your Life Purpose With Vedic Astrology*, and *Vedic Astrology Simply Put* taught me as much about how to deliver information as he did about how to understand the information itself. He taught me to never take away someone's hope or tell them what to do, and to instead help them to understand the most positive paths before them.

With his mentoring and my experience of giving people readings day in and day out, I have come to believe something very important: If your heart is telling you to do something yet your chart is telling you to do something else, then CHARTS SHMARTS – follow your heart. Not because astrology doesn't work or you should disregard it, but because your heart knows something you don't yet, and you need to be at peace with your choices (which, as I shared in the examples above you will

NOT be if you go against what you feel is best) even if that means “wasting time” or “making mistakes.”

If your inner knowing is giving you input then something wants to happen, and it may not be about the result, but instead about the journey. There’s a gift for you, even if that gift is the gift of disappointment or heartbreak.

How can disappointment or heartbreak possibly be a gift, you wonder? Ask any happily married woman if she ever suffered in love before her happiness, and she will admit that of course she has, and her painful experiences are a large part of why she’s so grateful for and respectful of the happiness she’s found, and contributed to her being able to recognize, appreciate, and commit to the man she ultimately married.

## **You Were “Preloaded At The Factory”**

Despite all of our conflicts, fortunately there’s much upon which astrologers agree, and these areas of agreement can provide tremendous help on your journey for true love.

*- Your personality, preferences, psychological make up and that of everyone else are largely inborn – preloaded at the factory.*

*- There’s a plan for your life, and your LOVE LIFE, that’s written in the stars at the time of your birth.*

Ask any parent and they’ll tell you their child, or children, seemed to have a set disposition right from the start. The parents of multiple children marvel that their offspring born of the same mother and father in the same household with the same diet, influences, and community, can be nothing like one another. One will be bossy, one will be shy, one will be clingy and another aloof, and on and on.

Each of their astrological charts - essentially a snapshot of the sky above at the time of their birth - can explain why. Traits like introversion and extroversion, discipline and laziness, rigidity and flexibility, optimism and pessimism – all can be seen and described with the aid of astrology.

Certainly it can be said that life will diminish or enhance the basic nature we come in with – a shy child can be encouraged and supported to become more social, for example, with great success. This is simply fact. But basic, fundamental motivations, aptitudes, and preferences are pretty much set in stone and a part of us from day one. If that same child is truly an introvert, then all of the social skills and successful relationships in the world won't make them the life of the party – they'd still rather be home alone with a book or one good friend than out at a nightclub.

Clients find this to be a great relief – think about it. Having an unbiased stranger tell you all about yourself and your proclivities can help take the “blame and shame” out of your view of yourself and contribute to greater self-acceptance and love.

And it has a tremendous impact on relationships. Not only can this “you're wired to be who you are” premise lift the burden of you thinking you should be different or somehow other than who you are on a core level, it can do the same thing for the way you view others.

We all have both favorable and unfavorable tendencies. We can use astrology to examine the plusses and minuses of who we are and, with awareness and focused intention, strive to magnify our positive tendencies and strengthen our weaker ones for the better.

## **Know Thyself**

Over the entrance to the Oracle at Delphi, a famous temple in ancient Greece where thousands of pilgrims came seeking guidance for all of life's problems, is carved an inscription that reads, “Know Thyself.” What many people don't know is that the rest of the inscription, before it became grown over, damaged, and lost to the passage of time, read, “and Know Whom Thyself is With.”

Okay, I made that up. But it SHOULD have, because just as it is greatly important to know who you are, what you are,

what you are capable and not capable of, what makes you happy, and what is in alignment with your core values and needs, knowing these things about WHO YOU ARE WITH is equally as valuable a step to being successful with that person.

I know what you're thinking, "Well, duh. Who doesn't know that?" But I will tell you I am amazed to find time and again that women are often struggling with the issue of knowing and then truly accepting the man they are with.

Or – they are holding onto the impossible belief that their man can change his fundamental nature, knowing that who he is NOW is not right for them, but clinging to the fantasy that he can magically become what they want. This is one of the great gifts of astrology - it can help you to see the truth of who your partner truly IS and the potential or lack of potential for the relationship, so you can wake up from your false hope and disengage from the wrong relationship at the appropriate time.

I find it's not uncommon for a woman who has been married for over twenty years to STILL not know the man she is married to, to still have a dreamy vision of who he "should be." This causes her to constantly struggle against the truth of who he actually is and how he behaves, which makes him feel unaccepted or judged just for being himself. This has the destructive result of him becoming unavailable to her, or shut down, or somehow disconnected, causing them to "grow apart."

WORST OF ALL, her inability to see who she is with causes her to take his nature and behavior personally, harming her self-esteem as well as her ability to love him and feel loved by him.

A woman will say to me, "John needs to be more easygoing," or "Bob needs to be less moody," or "Stephen should be more of a go-getter and make more money," and I'll look at the charts of John, Bob, and Stephen, and YOU GUESSED IT – their charts reveal them to be high-strung, moody, and lacking ambition, or whatever her complaint may be.

When I explain to her that her partner is just being true to his nature, she's amazed. "You mean he's not just trying to spite me?" she'll ask.

"That may be part of it, but he was like this before you came along, and he'll be like this if you leave. So the question is, can you love him anyway? If not, then you're probably with the wrong guy."

Here's the thing: We all want to be loved for who we are. We all want to be able to bring someone our whole self and have the totality of that self be embraced and cherished. There's no greater gift to give than that of unconditional love for ALL of who someone is.

You don't need me to tell you this. Think about what that could do for your life – this unconditional love business. If someone loved you, valued you, appreciated your point of view and input at all times with no negative feedback, never sneering or scoffing when you shared something, instead always validating what you said or felt, consistently showing that even if they don't necessarily agree with you that you're entitled to your position and that you're just fabulous exactly the way you are, how do you think you'd feel around that person?

That's right – you'd feel ten feet tall.

And if you could do all of that for a man he'd feel like "King of the World" around you.

But this isn't so easy a task.

Ironically, many relationship experts including John Gray and Justin Sterling say that when a man and woman get married, the biggest mistake the woman makes is to want her man to change, and the biggest mistake the man makes is to resist having his wife change at all.

If you're like most people, then you tend to "cherry pick" the parts of people you like, and then resist or reject the parts you're not so wild about. Which is why, when they are pleasant and fun and showing you the parts of them you enjoy, you love

them. But when they are whining, complaining, worried, or not doing the things you like, you roll your eyes or tell them to get over it and change.

I've learned that lots of women accidentally make this mistake with men... and that it's often this dynamic that leaves them wondering why a man will pull away from them, stop wanting to spend time with them, or stop being affectionate all together and leave.

Ah payback – it's so much fun. (Not!)

It's incredible when we finally come to realize how we help create for ourselves the very situations we don't want in our lives.

Here's what you need to know...

When you first fall in love with someone and they with you, there's a kind of "unconscious" contract or "promise" made. The promise is that the euphoric feelings of new love you are both sharing AT LONG LAST are being seen and understood because of WHO YOU REALLY ARE... and that your lover sees ALL OF YOU in a way no one else can.

But new love is tricky – everyone is on their best behavior and showing only their shiny, glossy mask that they wish was who they really were. Not to mention the fact that the chemical and hormonal rush of new love makes your brain similar to that of one on heroin...

You're both literally drunk on love for the first four to six months of being with one another. And it feels SO GOOD – like the tastiest chocolate combined with the sweetest wine and the strongest opiate in the world. So when the fall comes it's hard and painful.

The way to keep from falling out of that state of grace, is to keep loving that person like they ARE their best, shiny self, which ironically keeps inspiring their best qualities forward.

And if you can't – if they have aspects to their personality that are so repellent or offensive that you simply cannot ever

be okay with them, then do everyone a favor and MOVE ON. Don't kid yourself that they'll change and evolve and become different, magically becoming who you want them to be.

This is a phenomena called "Partnering with their Potential" – which requires that you wait, wait, wait for them to maybe one day become who you want them to be. Women are famous for this.

I've known women to wait years, even decades, for men to grow into their potential. I've also seen women date men for years (even decades!!!) waiting for the *relationship* to grow into its potential – thinking, "Surely he'll commit to me fully or marry me SOMEDAY, just as soon as he gets over his fear...OR pays off his debt... OR gets over his painful divorce... OR finishes raising his kids... OR fill in the blank."

There are almost seven billion people on the planet RIGHT NOW and plenty of them will be what you want RIGHT NOW and be able to create with you the relationship you want RIGHT NOW. Please give yourself and your relationship a reasonable time limit, and if things aren't going your way by then, quit waiting and move on!

## **Compatibility – The Downside**

When it comes to romance, I typically have two categories of clients: One that wants to know when their prince will arrive – the "where is he?" crowd, or one that wants to know if and when the frog they are with will become a prince, the "tell me how to magically change this person" crowd.

Once in a while there is a third category – they're in a relationship and are satisfied and just want to look at their charts with that of the person they love for the fun of it.

These people are usually too busy being happy to call someone like me, however.

Of course there's another group of people in the world, made up of those who are happy being single and essentially married to themselves. They feel content being alone and see

no advantage to partnering, so don't have marriage or lasting romantic love as a goal.

These people NEVER call me, however, and I sincerely doubt they are reading this book. (If you are – please send me an email as to how you've found such personal fulfillment IMMEDIATELY!)

The challenge of working with clients to help them understand their compatibility with the people in their lives is that most people don't understand that there's much more to being successful in relationships than just having good astrological compatibility.

*Much more.*

## **The Four Keys To Love In The Stars**

There are four critical keys that must be fulfilled astrologically for two people to find lasting happiness together. All four MUST be fulfilled - if any of these critical four is missing, the romance will never lead to "happily ever after..."

- 1. Both people must first and foremost be "marriage material" – psychologically healthy enough to fully partner.*
- 2. Both people must be in a "celestial season of love" (I fully explain what this is in Chapter Six).*
- 3. Person "A" must be the kind of person that person "B" is looking for, and vice versa.*
- 4. There must be fundamental affinity between them.*

I have another potentially SHOCKING piece of news for you about astrology and its ability to shed light on the subject of relationships...

The most significant thing astrologically between two people is NOT compatibility! The highest priority issue astrologically between two people is #1 on the above list – that

both people have healthy charts that promote being in a full relationship in the first place.

This “ability” can be seen in the stars, of course! A person’s generosity, emotional maturity, capacity for faithfulness, tendency to be fickle, sexual appetite and preferences – amazing as it sounds, all can be seen in their chart.

So to have long-term romantic success with someone, it’s required that their chart show they can have a long-term relationship with ANYONE. And, I’ll say it again, this is more important than if two people have significant “love connections” between their horoscopes.

A good analogy for this is that of buying real estate. Perhaps you’ve been dreaming of owning a certain style of house – let’s say Craftsmen. You envision having a big porch, hardwood flooring and a stone fireplace, all typical of the Craftsman style. You love the fine shelving, built-in cabinets and special touches so inherent to this kind of home, and every time you so much as drive past a Craftsman house your heart sings.

But what would be better – to buy a Craftsman house with a weak foundation and termites that are literally eating the walls, or a simple brick house in perfect condition with NOTHING Craftsman about it?

That’s right – you’d be better off, and ultimately happier, in the simple brick house that’s not necessarily the kind of house you long for.

This is exactly how it works in relationships. I have clients married to men they have DREAM compatibility with – their charts have all sorts of true love connections and amazing chemistry together. When I go down the lengthy checklist of “astrological compatibility must haves” they receive a perfect score. They could go to endless astrologers and astrology websites that would RAVE about the magical “soul mate” union they have been so utterly blessed to find.

And yet, many of these women are MISERABLE with these men. Why? For the simple reason that their men are NOT good partners, and don't have healthy charts THEMSELVES. So, despite feeling TRUE LOVE and HOT PASSION for them, their wives don't get their needs met. They either feel smothered, neglected, mistreated, or worse – the men are cruel, unfaithful, actively alcoholic, or selfish.

Women such as these would be better off in relationships or marriages with men who were GOOD men, able to be FULL partners, but with whom they shared only MEDIOCRE romantic compatibility.

This can be extremely confusing – a woman will come to see me and I'll explain how beautiful her planetary combinations are with her beloved – but then I'll warn that he cannot partner. And she won't get it. All she'll hear or remember about our session is the rosy romantic blessing promised in the stars, not the downside.

This is the danger of astrology websites – software for relationships ONLY look at the issue of compatibility – they don't appropriately assess if two people are fulfilling the other three steps of THE CRITICAL FOUR. To my knowledge, this is only done by a flesh and blood astrologer.

Because, I want to stress again, all four Critical Keys must be fulfilled – that's what makes them all CRITICAL.

Which brings us to Critical Key #2: Say you meet a good man with whom you're very compatible. If you're not both in the right TIMING for love, the relationship won't stick. For this reason, in India, astrology is called "the science of time determination."

So, not only do you and your beloved have to be ABLE to partner, you both have to be READY to partner. And to seal the deal, you must find someone with whom you're traveling in the same direction – a partner with whom you both can live the kind of lives you want.

This is Critical Key #3 – both people have to be the kind of person the other person is looking for. If, for example, your

heart's desire is to live on a farm and grow your own food, and you fall in love with a City Slicker who hates the country, your relationship is going to be in trouble.

In the great love stories of literature or films, lovers either have internal obstacles to the hero and heroine being together - challenges such as personality differences, emotional disconnects, or a lack of chemistry - or external obstacles, such as practicing different religions, conflicting lifestyle needs and habits, or feuding families like those in "Romeo and Juliet."

This is true in real-life love stories as well.

But I'll tell you something AMAZING. The most long-term, empirical marriage study ever conducted, that of the Gottman Institute of Seattle, Washington headed by John Gottman, Ph.D., has found that all couples are fundamentally incompatible and have at least ten to twelve irreconcilable differences.

All of them!

What Gottman and his researchers have found in over twenty-five years of studying what works in marriage and relationships, is that there is no way to find a partner with whom you have no irreconcilable differences – no matter WHO you partner with, you'll experience these ten to twelve areas of challenge. They've therefore concluded that the idea of compatibility between two people doesn't exist (though they feel "affinity" is crucial – the feeling of being naturally comfortable with someone right away, with whom you can be yourself and have conversation flow and time fly, which is what we mean astrologically when we say "compatible").

You read that right – the longest, most in-depth marriage study ever conducted has concluded that it's impossible to have fundamental compatibility with anyone!

What matters, however, is HOW you and your partner deal with your areas of incompatibility.

Think about that – "irreconcilable differences" is the most commonly cited reason for couples to divorce. But what many

of those about to be EX husbands and wives don't realize is that they're going to go off into the sunset alone, only to find another partner with whom they'll have another ten to twelve annoying, impossible-to-fix-or-change problems.

If instead of splitting up their CD collection and torching their wedding album they could learn how to be happy together DESPITE their areas of conflict, then they could stay together.

Because, Gottman found, this is what couples that stay together do – they don't live in a blissful, perfect love bubble in which they have total agreement on all areas of life, they just know how to work things out.

And how can you work things out?

Let's go back to the example of wanting to live on a farm but falling for someone who dislikes the lifestyle of farming: If your man doesn't scoff and sneer at your love of the country, and you're not disdainful or judgmental of his love of cosmopolitan living, but you both instead accept each other's differences then perhaps you can be happy anyway. And maybe, just maybe, you can find a way to compromise – you get to live on a farm every summer and spend the rest of the year with him – or you live together in the city but have a farm just outside of the hustle and bustle where you grow your own food on the weekends.

The possible solutions are endless, but what Gottman and his team have found is CRUCIAL: How you and your partner TREAT each other despite your differences.

## **The Fifth Key: Love Is Greater Than The Stars**

Because, although there are only astrologically four Critical Keys to succeed in relationships, there's a fifth, non-astrological Key that I mentioned in the introduction: YOU MUST HAVE GOOD BASIC RELATIONSHIP SKILLS. If you and your true love fulfill the four Critical Keys but don't have good relationship skills, then you'll ruin a good thing and destroy what's truly a needle in a haystack relationship!

That's right, let me be clear: Even if you're both healthy enough to fully partner, and are both in your "celestial season of love," and you both want the same kind of lifestyle, and you have basic astrological compatibility (what Gottman would call "affinity"), you can STILL mess up a good thing by not treating each other well, communicating effectively, or giving the relationship the attention it requires.

I've seen this complicated challenge several times – a client will come to me and her chart will be beautiful with her partner's. They will fulfill all four of the Critical Keys, but then months or years later she'll call me to say that astrology doesn't work. When I ask why she feels that way, she'll tell me that she started working too much and not being available to her husband when he needed her, and he then began an affair outside of the relationship, and the next thing you know the party's over.

Having the Critical Four doesn't give you a "get out of jail free" card that allows you to mistreat, abuse, or neglect your relationship in some way. You still have to do the work relationships require. And the good news is that there are basic rules that apply to all relationships and they can be learned by anyone.

Gottman and his researchers have proven this scientifically. They've been able to isolate and systematically break down what couples who stay together do, and what couples who break up do, and have gotten to the point where, just by observing a couple having a conversation about a conflict for fifteen minutes – basically a fight – they can predict with 91% accuracy if they'll stay together or not four years out.

And they don't even use astrology charts.

Because they've determined that Grandma was right – what ultimately is the glue or the poison in your personal interactions with others comes down to good old communication.

The most important aspect of communication is the underlying subtext of what you are saying to someone – your emotional message UNDER your words. Basically, your

ATTITUDE. If you always speak to people with a good attitude, one that says, "I value you, you have an important point of view that matters as much as mine or anyone else's, I care how you feel," and that never has a hint of disdain, disgust, annoyance, condescension, belligerence, or criticism, then you'll have mastered the fifth Critical Key and you'll never have another (internal) relationship problem in your life.

Okay, maybe you will, but you'll be way ahead of the rest of the world - because *all* internal interpersonal challenges can be boiled down to two issues:

1. One party (or both!) doesn't feel valued by the other.
2. The point of view of one or both of the players doesn't feel appreciated or understood by the other.

That's it - end of story. It always boils down to those two things. Think of any conflict - the Jews and the Palestinians, the Hatfields and the McCoys, Itchy and Scratchy... You get the idea.

Gottman and his team have been able to so accurately determine what poor communication behaviors lead couples to break up, that they asked themselves, "What would happen if we took the couples headed for divorce and taught them how to stop doing the negative behaviors and trained them instead to do the positive behaviors of lasting couples? Could it help couples headed for divorce stay together? Could we change the future?"

What they discovered is astonishing - if those twosomes headed for divorce court spend an average of one weekend in an educational seminar learning what to do and what not to do, and then have a mere handful of follow-up private sessions, they're able to turn the tide and stay happily together 50% of the time! *Even when they've been unhappy for years.*

I've seen the same thing - a couple is transformed almost overnight just by learning healthy tools and skills to improve their communication or better understand one another.

Do you realize what a mouthful that is? It means that 50% of couples who get divorced do so needlessly! Do you have any idea what a colossal waste that is?! Think of all the dashed dreams, broken hearts, and devastated children that could be avoided with just a little information about what works and doesn't work in relationships.

## **Love Is The Answer**

No one is perfect – not even you. Couples become happiest in relationships when they realize what their priorities of love really are, and act from those priorities. When they do, the relationship thrives despite imperfections.

Let me explain what I mean by this...

When you realize that no one and no relationship is perfect, then as my teacher William Levacy likes to say, "Life takes on a special perfection of its own."

Just as marriage research has discovered that compatibility isn't as important as we have been led to believe, and isn't even possible, I have worked with MANY, MANY couples who didn't have "perfect" astrological compatibility between their charts. In fact, on many occasions I've seen a couple have a big RED FLAG-SUPER NO-NO connection that my training told me would be a "DEAL BREAKER" to any two people being able to successfully partner, and that would be enough for another astrologer to tell them they should leave each other over...

When I ask them if they've noticed whatever that particular planetary configuration is supposed to create in how they interact or feel together, asking, "Do you ever feel squelched or eclipsed by him?" Or "Do you find that you have to initiate everything between you all the time?" They'll roll their eyes and laugh and say, "Oh YEAH! Sure do – but we love each other and we're happy anyway."

It's amazing – they'll have the same combinations that other couples have told me are excruciatingly painful, and yet they're happy.

So it's not enough, as I said before, to blame everything on compatibility.

In fact, as my teacher Ernst Wilhelm pointed out to me when he taught me advanced compatibility techniques, the ancient classics of Vedic astrology say something beautiful...

After a lengthy treatise explaining the various ways to determine if two people's charts are considered suitable for one another, they go on to say that even if a couple has perfect matching between their horoscopes – even if they fulfill many technical, detailed, subtle, RARE astrological rules, if they don't love one another **THEY SHOULD NOT MARRY.**

And if they don't have all of the important, critical astrological combinations between their horoscopes that indicate emotional compatibility but still sincerely love one another from their hearts, they should marry anyway, stating, "Love that springs from within is greater than all other matching..."

I agree – **IF AND ONLY IF** they're able to treat each other well and laugh at their differences, like the clients I mentioned above. But in my experience, these people have to be enormously skilled at what works in relationships.

And to do so, they must be good at this next part...

## **Are Men And Women *Really* So Different? The Truth...**

Everyone and their mom has a different opinion about whether men and women are more the same than they are different. Or if we're even of the same species!

It doesn't take a genius to figure out this conversation and debate won't be "solved" anytime soon.

But it begs the question: Who's right? Are men and women really so different in the way they think and feel?

Or is it the old Nature vs. Nurture argument? On the one hand, the Nurture side suggests a level field where men and women both have equal abilities and opportunities to cultivate certain traits and attributes... and to shun or ignore others.

Whereas on the other hand, the Nature point of view argues we are born with everything about us "built in" from the very beginning, including the way we will be in the world and how we'll interact with others.

Here's what you need to know about all this...

There have been many sociological, psychological, and biological studies (including incredible brain studies) that have led to many theories focusing on the ways that men and women are different when it comes to communication, and I've studied the majority of them. Our natural biological gender differences are so compelling. Once the results are read and scrutinized they are hard to refute, as much as many of us would like to.

Whether you prefer looking at men and women through the filter of anthropology, biology, sociology, or evolutionary psychology, they all seem to point to the same basic idea.

Before I tell you this idea, do yourself a favor - put this information down for a second, throw some cold water on your face, and do a few jumping jacks to make sure you're alert for what I'm about to share in the event that you've not heard this before. I want you to fully grasp this and keep it in mind for the rest of the time you spend reading this book.

And then I want you to commit it to memory FOR THE REST OF YOUR LIFE.

It's that important and will have that much of a MASSIVE impact on how you communicate with everyone, everywhere you go.

Here goes... (cue the drum roll, please):

*Men want to COMPETE and women want to CONNECT – regardless of what their signs are (but you know that by now!).*

Do you see a little conflict going on here?

The cultures of men and the cultures of women (because academic researchers such as best-selling author and Georgetown University Professor of Linguistics, Debra Tannen, have found we're that different – as though from different cultures!), in terms of how they communicate and interact with the world around them, are DIAMETRICALLY OPPOSED. You could also say they're complimentary, and that we have different styles with different strengths and drawbacks.

We're all wired to want to survive – this is our primal, natural instinct that supercedes any other need. And since the dawn of time, women's survival depended upon getting along with others, and men's survival depended upon being able to successfully kill things – like dinner.

Survival has also been historically dependent upon status – the higher a person's status, the more likely they would survive and have children who thrive long enough to usher in the next generation as well.

This explains why we're all attracted to people with confidence. Confidence communicates high status, which tells the primal, instinctual part of our brain that this confident, self-assured person before us will mostly likely be successful and help us to be successful (i.e. survive!) as well.

So often clients come to see me and they'll recount a story about a communication problem they're having with a man that they feel is unique to their relationship. And, as ever, they want to blame it on everyone's astrological sign (YAWN). But it's not unique to their relationship and the problem isn't in the stars... It's simply a classic gender conflict they don't recognize, and they could be virtually any man and any woman on the planet – of ANY sign.

The client doesn't know the most important ingredient in how to communicate with men.

So here's the deal for communicating with ANY MAN of ANY SIGN in the firmament (keeping in mind that men are

COMPETITIVE – no matter how mild-mannered or easygoing he may seem): NEVER MAKE HIM FEEL THAT YOU THINK YOU HAVE HIGHER STATUS.

By that I mean, NEVER talk down to a man – which includes making him wrong, communicating that he’s failing you, or that he’s beneath you in some way. Unless he’s five years old and your SON – and even then it’s not the best way to inspire him.

EVERY time I work with a woman who’s husband is being what she’s tempted to call a “big jerk,” she’s been talking DOWN TO HIM. She’s been preaching and teaching at him, telling him what to do, or trying to change him as though he’s not enough just the way he is...

I know what you may be thinking about now. “But Carol, are you telling me I can’t be honest? What if I think a man is wrong? *What if he is?* Do I have to lie to him or shut down?”

No – but tell him in a way that allows him to keep his dignity and sets him up to feel like a winner.

How do you do that?

Let’s say the man in question has an area of his life that he’s not very good about. Let’s say he’s late all time. Instead of ranting and raving to him about how inconsiderate and rude he is to constantly keep you waiting, you could say, “So, is there a way I can support you in being on time? Should I always tell you to be ready a half hour earlier than you need to, or should I bring a book when I have to wait for you somewhere? This is clearly your blind spot. Since it’s not my blind spot, I’m struggling with knowing how to deal with it, and it’s hard for me. How can I help?”

You’ve told him the truth – that you’ve noticed he’s always late and that you’re having a hard time with it. You didn’t have to just “suck it up” and pretend you don’t mind. But you communicated in a way that didn’t attack his intentions or make him out to be a bad guy or incompetent. And you showed compassion by asking if you could help.

This approach won't necessarily solve his time issues over night – but I promise you, unless he's a completely insecure, selfish jerk, he'll make more of an effort to be punctual and at the very least he'll be happy to talk to you about it.

Because men are competitive, ALWAYS set him up to WIN and never make him feel that he is FAILING YOU.

A way that you can let him “win” when talking to him about the time issue, is to say something like, “You’re so considerate in other ways – you obviously mean well.” (Which, by the way, you should only say if you feel – never lie to a man for the sake of manipulation – find something you can genuinely acknowledge and appreciate him for or it will not ring true and may make him uncomfortable, and therefore unwilling to communicate).

If you approach the time topic by telling him how much he's failing with his commitments, or failing to be considerate, or failing to be on time, he'll feel a failure in your eyes. This is very dangerous - if he feels a failure around you, it's the fastest way to make him feel like giving up or running off with his secretary.

Because the way to his happiness with you boils down to one thing - HOW YOU MAKE HIM FEEL. Any time you see a man with a woman that doesn't seem to be the kind of woman he would choose, you're not understanding HOW SHE MAKES HIM FEEL. It's why women also will often end up with men that are very different than you'd expect. At the end of the day what matters to us – male or female - is how we feel when we're with someone.

So back to how to treat all the men in your life - give them lots of positive feedback and appreciation. If you're not happy with something a man's doing, instead of telling him how much you dislike it (which will only serve to make him feel beneath you), focus on the things he's doing that you DO like (which will make him feel built up). Find ways to compliment him. Always look for his good intentions, because he has them even if you're not noticing.

If there's something you want more of from him – like his time, attention, or sex, instead of telling him how you're so unhappy because he's disappointing you and not giving you what you need (again, making him feel he's failing you, so therefore beneath you), tell him how much you LOVE spending time with him and enjoying his attention and how GREAT it is to be close to him "between the sheets" and then say something like, "How can I get more of that GOOD stuff?" (Which will make him feel like the alpha/top dog.) Guess what? He'll jump you!

I had a client who regularly complained about this very issue – her husband rarely wanted to sleep with her. One day she called me exasperated.

"I'm so frustrated, Carol," she said.

I looked at their charts together and saw that they should have great chemistry, and that there should be plenty of sexual compatibility between them. So I knew that wasn't their problem. Something else had to be going on.

"So, when you want sex what do you do?" I asked.

"Well, I try to touch him and be affectionate but he just pulls away," she said. "So then I usually get upset and tell him how unfair it is that he doesn't make love to me more often and how I'm gonna need to go find a boyfriend if he doesn't watch it."

Knowing what I know about men (or women, for that matter!) – the fact that they especially don't respond well to being told how much they're failing or disappointing others – I could see how this wasn't working for her.

"My husband is so good-looking and in such great shape," she continued. "He takes great care of his body. I love his sense of style and how he carries himself. I go crazy just looking at him even after all these years."

"Wow! Do you ever tell him any of that when you're feeling frisky?" I asked, imagining how excited and "puffed up" this barrage of compliments would make any man feel –

increasing his attraction for whoever delivered such a fabulously ego-boosting message.

“No...” she said, “I’m usually too pissed off!” (A dangerous position for woman to be in – that of feeling competitive herself. Remember, men have survived for five hundred million years by KILLING THINGS – if you’re competing with them, their primal brain tells them THEY HAVE TO WIN – and that might mean they’ll have to kill you, which usually takes the form of killing the relationship, or at the very least any hope for goodwill...)

“Well try that! Who could resist such an attractive come on?”

So guess what happened? She called me the very next day. “Carol! You’ve saved my life!” she said, laughing. “I told my husband the things that I told you about how good looking he is and how turned on he makes me and it was like magic – he was all over me instantly!”

The positive approach works best with EVERYONE – male or female, of ANY SIGN. But because men tend to see life as a “contest,” positive feedback especially makes them feel like they’re winning, which then makes them feel good, which has the lovely affect of making them feel good WITH YOU, which then makes them want to make you feel good, as well!

## **The Chart Of Your Love**

I know what else you’re thinking about now... (Remember, I’ve been talking to women about men for most of my life!) You’re thinking, “Why should *I* do this? Why should *I* make him ‘WIN’ all the time? What about *him*? Why can’t *he* do that for *me*?”

Here’s the truth – you’re not doing any of this FOR anybody. In fact, get out of that “ME VS. HIM” thinking IMMEDIATELY – it won’t get you what you want, I can promise you that!

There are two answers to that question and they're both extremely important.

#1. You don't have to WAIT for him to do anything – you can have the relationship you want RIGHT NOW. You can LEAD THE WAY and INSPIRE GOODWILL, without him having to even know what you're doing. Because, as I've said, when one person changes in a relationship, the other person has to change as well – it's like dancing. If you're changing your steps, he'll have to change his, too!

So stop crushing his feet and kicking him in the shins, and start gliding smoothly along the floor, twirling and having fun, already!

#2. This isn't for HIM, and this isn't for YOU. This is for someone else – someone you care about a great deal. No, not your mother, not your family, not me...

This is for YOUR RELATIONSHIP.

Everything you do, do for your relationship. Think of all of your relationships as living, breathing beings – the "we" or the "us" created by you and another person, no matter who that person is. There is a great concept about this called, "The third entity," that's been around for years and promoted by several experts.

The "third entity" is not the individual players in a relationship – it's not you, it's not the man or men in question, and it's not anyone else in your life.

This third entity is the invisible being created between you and another person. And, just as though it were a person, the relationship has a lifespan and its own vitality – whether weak or strong. When the relationship is in crisis, it's like the body of the third entity is on a stretcher hooked up to oxygen and intravenous fluids in intensive care at the hospital. When things are going well and the relationship is thriving, it's like you're feeding it the healthiest foods, giving it massages, and taking it to the gym on a regular basis.

So, when you want to be less than loving and kind to anyone in your life, think of beating on that third entity – or starving it, or denying it oxygen.

If your relationship with someone isn't going well, instead of focusing on WHAT YOU NEED or even what you think THEY need, try to take the "pulse" of the relationship and give it what IT needs. Mentally visualize that third person between you and ask it what it needs – and then do what is best for IT, not necessarily what's best for you or the other person.

Because here's the incredible part of all of this: When the third entity is thriving and happy, everyone wins. When the third entity is strong, you get what you want and the other person gets what they want.

I've seen this work time and time again. TRUST ME.

## **The "Us" Or "We" Is In The Stars, Too**

Like with so many relationship principles, there's a principle in astrology that works the same way...

There's actually an astrological chart that is unique to the "third entity" of all of your relationships – it is called a "composite chart" and is created by calculations using two people's charts to form a third, separate chart that represents the destiny or (for lack of a better word) KARMA between them.

A composite chart is literally a chart that represents the combination of any two people – you and your mother have one, you and your sister have one, you and your best friend... A "third entity/composite" chart can be calculated for any two people. Just like with an individual's chart, this chart has strengths and weaknesses, and periods of expansion and contraction inherent to that relationship, will reveal how two people feel together, and what they can successfully accomplish as a team – whether it's in the area of friendship, finances, romance, marriage, or that of having children.

It's yet another reason why your compatibility with another person is just a small piece of the story – to

successfully be together you also must have a healthy composite chart...

### **Stellar suggestions to ponder...**

1. There's a better "short cut" to understanding people (and men!) than knowing about Sun signs – by instead knowing "planetary personality profiles."
2. Everyone – (including every man in the world!) has one or two dominant planetary energies that color how they see the world and live their lives. Being able to recognize their main planetary energy will help you know how to relate to them, stop taking their behavior personally, and make the most of your every interaction.
3. The "planetary personality profiles" are made up by the five major planets (Mercury, Venus, Mars, Jupiter, and Saturn) and the Sun and Moon. Each has positive and negative qualities, benefits and challenges, and keys to succeeding in romance...
4. The "planetary personality" of someone is inborn and unchangeable. Work with your own and those of the special man or men in your life, and not against them, to support both your personal and relationship success.

# Chapter Four:

## Who's On Top?

### *Using Your Masculine and Feminine Energy to Inspire Attraction and Support*

*“One can expect with considerable assurance, that a given well-defined psychological situation will be accompanied by an analogous astrological configuration.”*

*- Carl Gustav Jung, Swiss Psychiatrist, founder of Analytical Psychology, 1875-1961*

### **Ancient Chinese Secret...**

Do you ever hear people talking about “Masculine” and “Feminine” energy and you *kind of* get what some of it’s about... but you don’t know exactly what it all means for YOU and what to do with this knowledge?

Well, I’m going to make all this crystal clear for you... and show you how to put the magical power of opposing energies and attraction to work for you.

So let me start by asking you: Are you familiar with the ancient Chinese symbol meant to represent Yin and Yang? (I know, I know – it’s bad enough I’m talking about astrology from India – now I’m borrowing from Chinese philosophy. Hold on – it’ll relate back to the topic of relationships in a crucial way, I swear!)

The Yin and Yang symbol is a circle that is made of two curved halves – one is black with a white dot in the center, while the other half is white with a black dot in the center. The white area is meant to represent masculine energy, while the black is feminine. Each half has a dot of the other color within

it, but is predominantly its opposite, and together the two halves make up a perfect, complete whole.

The principle behind Yin and Yang is that everything in the universe is made of these opposing yet complimentary energies.

Yang energy, also known as “masculine” is thought to be positive, pursuing, expansive, and active. Yin, or “feminine” energy, is thought to be negative, receptive, contracting, and inactive. While masculine energy is all about *doing*, feminine energy is all about *being*.

You can overlay this principle on anything – even explaining the “Big Bang” theory of the universe. Everything is either in a cycle of expansion (Yang) or contraction (Yin). If you took a high school science class then you may remember one of the things you learned between sessions of frog and pig dissection, is the idea that everything is either anabolic (building up) or catabolic (breaking down). You get the picture.

As I already explained, in astrology all the signs of the zodiac and all the planets in our solar system (including the sun and moon) are classified as being either masculine or feminine. In Vedic astrology, we break the signs into twenty-seven smaller constellations called “Nakshatras” and these are either masculine or feminine, as well.

Depending on what influences dominate your chart, your psychological nature, and therefore how you are in relationships, either is more masculine or feminine, independent of your anatomical gender. And as usual, this involves looking at your chart as a whole – it’s not enough to know your Sun sign. You may have a masculine Sun sign but still have more feminine influences prominent in your chart, making you more feminine, and vice versa – you may be born under a feminine Sun sign but have more masculine influences in the rest of your chart, making you more masculine.

I’m sure you’ve noticed there are a plethora of books out there about men and women and their differences. Have you ever read a description of how men are supposed to be and

thought to yourself, "Wait a minute - I know a bunch of chicks like that?"

Or conversely, read a description of how women are supposed to behave due to their hormones or brain structure and thought, "That's funny. That sounds like a bunch of guys I know?"

Well, I can tell you that as an astrologer, I constantly work with women who have masculine charts and men who have feminine ones. That's right - I find it common for men to be from Venus and women to be from Mars!

I'll say to the masculine women, "You're really motivated and impatient and only feel good if you're taking action, right?" and they'll readily admit it's true.

"I'm such a dude," they'll tell me.

I'll say to the feminine men, "You can't take action unless you feel good, and you need your feelings validated and honored to feel loved," and they'll completely agree.

Just as with the Yin and Yang symbol, feminine energy is complemented by masculine, and masculine is complemented by feminine. Together they form a whole. So here's the rub in relationships: People with masculine energy are the most successful and ultimately the happiest with partners who have more feminine energy and vice versa - regardless of their anatomy. It's also who they naturally attract.

It gets tricky, though, because we're all socialized to expect men to be MEN and women to be WOMEN. So even though these kinds of couples are energetically ideal for each other, if the woman is in the masculine role she's typically annoyed about it.

"I wish he'd grow some balls!" women like this exclaim to me, describing their mate. "He needs to be more ambitious and stop being so passive."

If the man is in the feminine role, it's exhausting for him to handle the intensity of the dominant, masculine woman he's with, and it often ends up driving them apart.

"She's such an alpha bitch," they'll whine (because feminine men do whine...). "I wish she'd relax and slow down."

These "role-reversal relationships," or what I call "reverse polarity relationships," are challenging to everyone involved unless BOTH PEOPLE understand what's going on.

The masculine energy woman is frustrated with the feminine energy man. And the feminine energy man is frustrated with the masculine energy woman.

Sadly, however, because we're not socialized to appreciate the dynamics of a role reversal, or to accept and understand that these "roles" can change between men and women, an enormous amount of time and energy is wasted between couples trying to change the other person's basic energy into what they think they SHOULD be. While if each partner was able to recognize and accept the value their partner can and is bringing to the party, life and love could become a whole lot easier.

As you probably already know, "role reversals" can and often do lead to the complete breakdown of relationships altogether as the confusion and frustration within the reversed energy dynamic grows and grows.

But here's what I've learned happens for women oftentimes when they're in "reversed" relationships. They find that if they throw their mate away, they end up picking ANOTHER partner who is more their opposite yet AGAIN because their natural energy magnetizes to them their complement, even if they don't want it to.

Another feminine-energy man. Arrrrgggh!

This is one of the top two problems I've seen in my years of counseling people about their relationships – men and women having an opposing nature to their physical gender and then not knowing how to make the most of who they are and

who they therefore attract, mistreating their partner and trashing their relationship or potential relationships as a result.

This “trashing” typically takes the form of masculine women emasculating their feminine men – telling them what to do, criticizing them, constantly voicing their disappointment, and failing to appreciate the emotional sweetness these truly “gentle men” bring to their lives.

Feminine men, in turn, won’t know how to hold their own with their feisty masculine women, and will instead choose to withdraw or shut down, making her feel abandoned and like he must not care about her or their relationship, when really he’s simply not “man” enough to handle her.

Like with everything I’m writing about, even though it’s based in astrology, it’s not necessary to know a person’s chart or have a reading to discern the energy of you and the people with whom you’re involved. What’s important is for you to begin understanding the principles underlying how energy works and plays out in your relationships, and to then pay attention to yourself and those around you to determine who’s Yin and who’s Yang.

## **Yin People**

Yin people are heart centered. They live more in their feelings than in their head, and therefore respond well when their feelings are valued before their opinions. They need time to process things, and are comfortable with subtlety and nuance. The currency they bring to their relationships is who they are more than what they do on their resume. Don’t look to them to provide or protect as much as to be there for the intangible things: companionship, connection, sensuality, and emotional support.

They can be successful professionally, but it’s not their top priority. They especially excel in the arts or the healing arts, as they are creative and gifted with people. They’re indirect in their way of speaking and unsure of what they want. When in relationship with a Yang person it’s best if they yield to

the Yang person's lead and it's their job to respect and admire their Yang partner.

## **Yin Men**

A feminine man is not a "girly" man. He's what's often referred to as a nurturer, a sweetie pie, a "gentle man." He won't necessarily pursue you until you've made it abundantly clear that you want him to – you may have to make the first move yourself, which he won't mind. He doesn't like to make plans without knowing what you want first – so isn't prone to booking the reservations or vacation details without initially talking to you about them, or letting you do so. Sexually, he may be more shy or gentle, and won't mind you "manhandling" him.

Feminine men have lovely qualities – they're deep, sensitive, and emotional. They'll respect you and champion your accomplishments and be your companion. But they are not ALPHA males - they aren't "going for the gusto" and making things happen. They'll not slay your dragons, but they'll give you a glorious homecoming when you return from doing so YOURSELF.

Nurturing men are undervalued the world over. You've been trained to not appreciate the gifts these men bring wrongly thinking you have to be with a man who is more powerful and successful than you.

If you're with a man who is a nurturer, you'll likely waste your time trying to CHANGE him - trying to make him more MANLY and independent, like YOU! Which only accomplishes one thing - it makes him feel badly about himself which makes him even less manly, even more emotional and sensitive and less likely to become Superman.

So stop. Appreciate him for what he does provide. See the good in who he truly is. Acknowledge his support and care, his heart and his kindness, and let him have his process. Stop looking to respect him – you won't. And it's not necessary. We never respect everything about anyone, anyway. Respect his

inner gifts, but quit evaluating his success or actions by your yardstick, as he'll always fall short.

Thank him for being the special, giving soul that he is. Quit waiting for him to be like YOU. You don't need another you. You've got you covered.

The upside to being with this kind of man is ultimately, if you're more Yang, you get to run the show and be in charge, and he'll be fine with that, if not downright relieved that someone else is doing the heavy lifting. He'll make you and your relationship his priority, as his feelings and personal happiness are the most important things to him.

Things A Yin Man Will Say & Do:

- "I don't know... what do you feel like doing?"
- "I'm not sure what to do? What do you think?"
- Talk too much and be caught up in his own emotions.

## **Yang People**

Yang people are head centered. They live more in their opinions and ideas than their emotions, and therefore want their point of view to be valued. They don't take the time to process things; instead, they leap to action and dive into a plan. The currency they bring to their relationships is what they do more than what they feel. Look to them to provide and protect and to lead the partnership where it needs to go. They're very direct in their speech, and know exactly what they want at all times. Professional success is their top priority and they're not happy when they're not feeling effective and acknowledged in the outer world. When in relationship with a Yin person, it's their job to cherish and adore their Yin partner.

## **Yang Men**

This is the classic, traditional, masculine male – the hero in our movies and literature. This guy is a man of action,

catching the bad guys and getting the girl. You can relax and know that he's got the business of your lives together handled – he's proactive, assertive, and able to face challenges head on. He loves to plan and surprise you, always making the dinner reservations and organizing the vacation itinerary. Definitely let him pursue you in the beginning, and submit to his dominance in the bedroom...

Masculine men love to be your hero. He'll bring home the bacon and pay the bills, and naturally be your provider.

If you're in love with a Yang man you still may be trying to change him, even though he's the cultural male ideal. You may wish he told you his inner-most feelings or shared your love of romantic comedies. A common complaint of women with men like this is, "He never tells me anything!" You may feel that he's so busy "going for the goal" that you don't get enough of his attention and that you're not his number one priority. The truth is, you're NOT, so don't try to be. In his mind, his ability to give to a woman and to make a full commitment stems from his success in the world, and the material rewards that go along with that – so don't take that personally. He'll want his empire in place or in process before making you his queen.

The key to succeeding with this man is to show him your respect and admiration and to get behind his dreams. NEVER GET BETWEEN A MASCULINE MAN AND HIS MISSION – and never tell him that he should have a different one. Don't overwhelm him with your more extreme emotions, as he doesn't live in the world of feelings and they'll drain him. Let him give to you, as he bonds through giving, so gladly receive whatever he's offering.

The upside to being with a man like this is he'll do the heavy lifting with your worldly affairs, and will love to take care of you and your needs, though he won't always understand them or share them.

Things a Yang Man Will Say & Do:

- He won't ask for your advice or input on his life or decisions (but will give you unsolicited advice on yours!).
- He'll try and "solve your problems" when you want to talk about how you FEEL.
- "I don't feel like talking right now."
- Intense focus will be on his own projects and ideas to the point where he seems detached or disinterested in you or your relationship.

## **Challenges Of Yin**

Yin people can have a hard time understanding the need of the Yang person to always "climb that next mountain" or be in action all the time. They'll always want more "together time" than the Yang person, needing lots of connection and cuddling, and will therefore resent their Yang mate's busy schedule. Yin people have to be careful to show appreciation for the Yang person's ideas and accomplishments. A common complaint can be that they feel their Yang partner is too pushy or impatient about their Yin feelings – that the Yang person isn't sensitive enough.

To be successful together, it's best if Yin people let their Yang partner make the worldly decisions that affect the couple, but that doesn't mean that the Yin person must blindly agree to everything the Yang person wants. They should disagree with anything that would cause them, their loved ones, or their property harm. They always have the right to say no to anything their Yang partner wants that doesn't feel good to them.

## **Challenges Of Yang**

Yang people can have a hard time understanding the need of the Yin person to feel things so deeply and to retreat and ponder things before taking action. They must always remember to show care and concern for their Yin partner's feelings, but shouldn't expect to respect or value their opinions and ideas as much as they do their own Yang point of view. It is typical for Yang people to resent how much validation and

reassurance their Yin partner needs. They can get frustrated that the Yin person doesn't appreciate all that they do and the things they bring to the relationship, as they always DO more.

## **Relationships Are Changing For The Better**

There's an enormous challenge going on in most women's love lives when it comes to "energy" and dealing with a man who's their energetic compliment...

The "rules" of relationships that have been around forever that our parents and their parents and THEIR parents lived by are going... going... and GONE. This is a wonderful thing about modern life... but only if you know how to handle this new world.

If you think about what this means, you'll realize that there's GREAT NEWS here - you're no longer locked into the gender or marital roles that society formerly told us to adopt. As a woman, you have the freedom to be authentically who you truly are in your life and in your relationships in a way that women in the past have largely never been able to enjoy.

The "relaxing" of social roles is something very recent in the history of the planet and YOU are one of the lucky ones who gets to enjoy this change and transformation taking place. In Western civilization you no longer have to choose a partner out of economic dependency or social demand (though some people still do). Instead, like most women today you have the luxury of seeking out a "soul mate," someone with whom you have a deep emotional connection, who's your partner of the heart first and foremost. You get to choose with both your HEART and your MIND.

This is a beautiful thing, but there's a downside...

The old rules gave us more structure and certainty about who we needed to be, and how we should treat the man in our life and how he should be with us. In other words... the old rules served as supporting "handrails" to hold onto.

But with our new freedom, there's a tradeoff. The freedom to think, act, and choose what you want for yourself can create a whole lot more insecurity, uncertainty, and confusion.

You no longer blindly follow along and live the way people have always lived, doing what girlfriends or wives have always done or what boyfriends or husbands are "supposed" to do. There are no more "supposed to's"... and most people today, both men and women, are going through an internal struggle because so many of us don't know how to be.

The point is you can now have a relationship of your choosing that's right for you – no matter how unique or different it is. This gives masculine women and feminine men more possibility for true fulfillment and lasting love than ever before in history.

If you're a naturally masculine woman, then you'll naturally attract your compliment - an energetically feminine man. And you now have the awareness and knowledge of how your energies work together to create an amazing relationship while moving past all the obstacles and challenges that "reversed" relationships usually can't overcome.

## **You Can't Judge A Book...**

You typically cannot tell by looking at a person if they are more masculine or feminine. A masculine woman can be four feet, eleven inches tall and blonde, dressed in a sundress alongside her tall, burly boyfriend who rides a motorcycle and is covered in tattoos. Get to know them, however, and she's running the show. His way of dealing with life is to take off on long trips down the highway, just for the joy of it – not accomplishing anything other than to feel the wind in his hair. When they fight it can be even more confusing – she'll be very rational and try to "enlighten him" as to why she has the "correct" point of view, and he'll get easily upset – resorting to yelling and screaming and storming off, all signs that a man has actually fallen into his feminine side, even if he yells in a booming voice.

Women tend to look like women, and men to look like men (thankfully!). This is not about how they are physically – this is all about what’s going on inside. To be sure of who is who, you have to watch how they interact.

## **Yin/Yang Balanced People**

The people that have the most difficulty with this Yin and Yang stuff are those that are an even blend of both energies. They want to switch hats – sometimes wanting to lead and have their ideas come first, sometimes wanting to not make the decisions and have their feelings be more important. This is okay, but can be confusing to the people in their lives. Or, worst of all, they can want their feelings and ideas to both be given priority at the same time, all the time. This truthfully makes them too selfish to be in a relationship as it doesn’t allow their partner enough of a voice. For this reason, these people often end up alone.

It’s critical that people know which they are – Yin or Yang – in order to make the most of their relationships. We all have both masculine and feminine energies within us, just as each side of the symbol has a dot of the opposite side’s color, and some people are a pretty even mixture of both. But most of us are predominantly one or the other, and will therefore attract people who are also predominantly the opposing energy.

If you can’t decide if you are Yin or Yang, I’ve created a little quiz to help you. In my experience, so many women don’t realize how much of one or the other temperament is natural to them. Often they’re just sure, for example, that they’re Yin but when they take the quiz they score more Yang, and vice versa. Having worked with them privately or in a seminar, I will not be surprised at how they score at all and am instead amazed that they aren’t more aware of who they are and how they occur to the people around them.

Other women, upon hearing this material, immediately recognize which energy dominates their personality and that of the man they love.

And, as I just said, many people are a pretty even mix of both Yin and Yang, which the quiz will also help to reveal.

Since we're trying to determine how you are in relationships, answer the questions in terms of how you are in your personal life, not at work. Many people are good at wearing the Yang hat at work, when deep down they are Yin. We're trying to determine if you are more Yin or Yang in terms of your psychological makeup – not the social mask you may wear in the world.

## Are You Yin Or Yang???

*(Choose the answer that most suits you most of the time. Each is worth one point. Count up how many of each you score at the end – whichever you answer the majority of the time is what you are. If you score a tie – then you're an even mix of both and I'll explain what that means...)*

1. When you send a personal email do you start with a salutation and end with a closing? (Yin)  
OR do you get right to your message? (Yang)
2. When you first meet with someone do you chit chat? (Yin)  
OR do you get right down to business? (Yang)
3. Are you comfortable with hierarchy? Yes (Yang)  
No (Yin)
4. What if you're in charge? Yes (Yang)  
No (Yin)
5. When holding a meeting, do you offer people food and beverages? (Yin)  
OR do you simply attend to the issue at hand? (Yang)
6. When considering job opportunities, what is your priority:  
Money and benefits? (Yang)

- OR the quality of the relationships? (Yin)
7. If you see someone you're interested in, do you approach him and start a conversation? (Yang)  
OR do you send him silent signals and hope he notices you? (Yin)
  8. When you want to connect with a man you've recently met do you find it easy to call him or contact him first? (Yang)  
OR do you wait patiently, hoping to hear from him? (Yin)
  9. When you speak to a man on the phone that you're just getting to know, could you talk for hours? (Yin)  
No way, who has the time? (Yang)
  10. When there is a crisis in your life, do you initially react emotionally and retreat? (Yin)  
OR are you a one-woman cavalry, jumping to action? (Yang)
  11. On days off, are you still productive, over-scheduling errands and activities? (Yang)  
OR do you prefer to take it easy, finding the day flies by and little gets done? (Yin)
  12. If someone upsets you, do you let them know right away? (Yang)  
OR do you first withdraw and lick your wounds? (Yin)
  13. When you're part of a committee and have a good idea that the leader won't appreciate do you share it anyway? (Yang)  
OR do you stay quiet, letting the leader make all the decisions? (Yin)
  14. Do you love providing information and advice?  
Yes (Yang)  
No (Yin)
  15. Is someone's education level important to you, even if

they're successful independent of their degrees?

|     |        |
|-----|--------|
| Yes | (Yin)  |
| No  | (Yang) |

16. Which do you share more often and easily with people you trust – your feelings? (Yin)  
OR your opinions? (Yang)

17. On dates or with a partner is it important for you to feel adored by enjoying compliments and affection? (Yin)  
OR respected, by impressing with your knowledge and achievements? (Yang)

18. When on a first date with a man that you're attracted to do you typically kiss him first if the moment feels right? Yes (Yang)  
No (Yin)

## **Yin/Yin Or Yang/Yang**

It's possible to have a couple in which both are mostly Yin or both are mostly Yang, but it's difficult. Two Yins tend to be unproductive together. They can be very sweet with one another, and into their feeling-centered bubble, but it's hard for them to deal with crisis or the responsibilities of living in the material world without a trust fund or authority figure to take care of them. When there's a problem both of their natural instincts is to retreat and then be hurt when the other doesn't come after them! So no one is "minding the store" and making sure everything is handled.

Two Yangs can be enormously productive when forming a couple, but have to be careful not to compete. They'll have tremendous respect for each other's approach to life, but may struggle with feelings of competition or classic "power struggles" over who is in charge. They also have to be careful to attend to the emotional side of the union, and to put energy into their relationship – not just conquer goals together. It can be hard for them to feel romantically toward one another, tending to fall into "brother/sister" feelings.

## **We're All Complicated...**

Just to make you crazy, let's take this a step further. All of us have different parts of ourselves that are more Yin or Yang. A woman can be Yang emotionally, but more shy and Yin sexually – wanting the man to take charge and “manhandle” her, so to speak, when in the bedroom. A man can be more Yin emotionally, but more Yang behaviorally – able to face a crisis or conflict with aggression and strength.

We also tend to change as we age – women become more Yang, having less estrogen vs. testosterone with time, whereas men become more Yin – having less testosterone in mid-life and on. We can also shift depending on who we are with – a woman in a relationship with a strongly Yin man may find she has to cultivate more of her Yang side to compensate for his lack of one. That same woman may find her next boyfriend is more “take charge,” allowing her to relax more into her Yin side.

It gets even trickier – we can shift our Yin/Yang ratio depending on what is going on in our lives (in astrology this can be explained by the person going into a new planetary period of a masculine or feminine planet). Most women, no matter how masculine or Yang find that when they are pregnant or nursing they become very Yin – having no ambition beyond staring into the bowl of strawberry ice cream and pickles before them, or their infant's sweet face. A Yang man can become much more Yin when he's grieving the loss of a parent or going through some other sort of major life change. These changes of temperament can be very confusing to the individual as well as the people in their lives.

Many couples naturally, fluidly take turns leading and following, cherishing and respecting. Many stumble along, however, really struggling with what this is all about.

## **What To Do, No Matter Who's Who**

Here's the deal – even if you are stronger, more assertive, and more successful than your man, you still have to treat him like he's making a valuable contribution and you need

him, and you can NEVER make him feel badly for being himself (for clarity on this – see Chapter Three).

The rules of relationships still apply, no matter who is the “Alpha,” or who is the “Beta.” To succeed with any man, you have to treat him well and NEVER “one-up” him.

If you make a man feel like your way is the better way and his way is just lame, here’s what you’re going to get:

Nothing but PAYBACK.

Suddenly he isn’t spending time with you, he’s not talking or listening to you, he’s uninterested in sex, he’s picking fights, he’s denying something you want, he’s being rude to your friends, etc. It can take endless forms. And this will happen with a man no matter how sweet, gentle, easygoing and passive he may SEEM!

Now, just as we got rid of some of the old “rules”... guess what I’m going to do? I’m going to give you A NEW RULE to live by. So pay attention here...

If you adore a sweet Yin man, but have a hard time respecting the way he pursues his career or goes for his goals, then you either need you let him go or you need to NEVER LET HIM KNOW YOU DON’T RESPECT something about him.

EVER.

Of course, it’s okay to be honest to a point. You can say to him, “We’re different – I would do things differently.” You don’t have to lie to a man and make him think you agree with his every move and decision. But it simply will crush him if he thinks he’s not respected and admired by you, especially if you are a strong and “successful” woman.

There are experts who deal almost exclusively with this issue because it’s so important and widespread. Southern California-based therapist Patricia Allen should be credited with bringing awareness to the public of this hugely important relationship issue. She thoroughly explains these dynamics and

their solutions in her two excellent books – *Getting to I Do and Staying Married and Loving It*.

## **Compensating**

We all have both feminine and masculine energies within us, though, as I've said, most of us are predominantly one or the other. It isn't possible to completely change your inborn core nature but you can cultivate more of the one you're lacking – if you're truly Yin you can consciously choose to force yourself to be more assertive and risk taking, but it's never going to be your default setting, so to speak.

If you're truly Yang you can purposely slow down, learning to meditate and get out of "task mode" – forcing yourself to take baths, explore your feelings, and just BE. But it won't be your first inclination to do these things – I mean it when I say you'll have to FORCE yourself. But Yang people are good at goals, and learning to do less can be like a goal. For this reason I find it easier for Yang people to become more Yin than it is for Yin people to become more Yang.

You can also help your partner develop more of their opposing side as well. If you've found that you've fallen into set roles with a man, and find you want to shake them up – you can shift the dynamic between you. And you don't even have to discuss it with him. It just takes awareness and the right approach and adjustment on your side of the dance.

If you want a man to be more Yang (which is usually the case), then you have to be more Yin and give his Yang room to come forward. There are many ways to do this...

I'm going to share a very straightforward two-step process that's going to make this VERY SIMPLE for you:

**Step 1: Stop Helping Him – He Doesn't "Need" It**

Start sharing your feelings and asking his opinions and no longer offering YOUR endless suggestions of how to run his world. He may have fallen into the habit of asking you what you think he should do in his life since it's so natural for you to help

and fix everyone. But instead of jumping in and telling him, build him up and help him to trust himself to fix his own problems by saying something like, “I have no doubt you’ll figure it out, you always do the right thing...” or “You’re going to be just fine – everyone knows you can handle this...” or whatever else it is you truly believe about him.

This may confuse him at first and he may ask again, but resist all temptation to tell him what to do or DO anything for him! Wait for him to take action himself.

## Step 2: Ask For What YOU Want From Him

Next, tell him what you need and what would you make you happy and then let him take care of you for once. If he’s a good guy and cares for you, he’ll happily oblige. But if you’re more naturally Yang then he won’t do so on your time-table (Yang is always faster than Yin). He may be so used to you taking care of everything that he may not quite believe you want him to literally take it off your hands.

Now, for you Yin women who want your Yang men to get into their feminine side of being and relating to you a bit more, here’s what to do...

## Step 1: Cultivate Your “Yang”... And Watch Him Adapt

If you want your Alpha Male to become more Yin, then you can suggest taking some of the burdens of his packed schedule off of him by offering to do them yourself or hiring help with things like bookkeeping, accounting, lawn mowing, and whatever other manly activities he’s been so busy doing. The point here is getting him to stop and smell the roses by taking vacations, joining you in spiritual practices, or getting involved in personal-growth activities that can bring out more of his touchy-feely side.

Writing groups, painting classes, marital encounter seminars, etc., all can get him more connected to his inner landscape. But don’t push him – if he’s not interested, then forcing him to do these things will NOT open him up, and will only cause conflict.

Many women find that they are not truly Yang, but that they've become so good at pretending to be masculine and Yang out of a need to SURVIVE.

If you're one of these women, or you know one, then you know how you can be rewarded in the work place for your "can-do" spirit, and you've falsely thought you are protecting yourself from being too vulnerable with men by becoming more masculine in this way – when it's not your natural energetic mode.

But this doesn't end up making you better off. In fact, it often becomes the very way by which you push great Yang men away who could make ideal partners.

If you're a woman who's been using her Yang energy to create and succeed in your life but it seems to drain you, then your Yang personality is not the "authentic" you. It's the mask you're wearing that you've mistaken to be your true self in the world of work, family, life, etc.

But once you begin to sit back and DO LESS and RECEIVE MORE, you find to your utter relief that you are far happier. And to your amazement, you are more successful with men as well.

## **Reverse-Polarity Relationships - Who's Your Daddy?**

If you ever ask yourself, "What the heck has happened to men?" it could be because everything you once expected them to do, you're now doing for yourself. Or even FOR THEM...

Stuff like paying all the bills, making all the plans, making all the big decisions, putting out all literal and figurative fires.

Do men seem like they're doing their part, or are even (*dare I say it*) needed anymore?

If you could, would you just prefer to live without them, creating your own "Wonder Woman Island," - a MAN-FREE

society? And wouldn't that just be easier, and truthfully a RELIEF?

If you've ever thought these things, then I guarantee you are a YANG woman, and if you're in a relationship, it's with a YIN man. (It's also possible you've been hanging out with low caliber men and desperately need to raise your standards...)

That's right – you're in a Reverse-Polarity Relationship.

I don't mean to imply that YIN men aren't supportive – they absolutely can be, and character traits like generosity and responsibility can be present in both YIN and YANG people – OF ANY ASTROLOGICAL SIGN (you knew I'd say that)! It's just that YANG women tend to make YIN men feel unnecessary or uninspired to participate...

There IS a way to reverse this dynamic of you doing everything and to inspire the man or men in your life to want to participate more and actually DO for you.

But it isn't going to happen without you becoming conscious of how you are perhaps encouraging them to sit back and let YOU do everything.

That's right, I see this phenomenon all the time, so perhaps it's happening to you. Without even realizing it your actions and what you're saying to a man, are all telling him that you WANT to do the lion's share.

As a result, a man actually will think that if he just stays out of the way and lets you run the universe without interfering (i.e., HELPING) you'll be happy. And the good news is men WANT to make you happy. It's not just that they're lazy (though some are...). You're telling him to let you handle it all.

No kidding.

So, why shouldn't he put his feet up and watch the game?

If this is happening to you, if men seem to become helpless and incompetent in your very presence, unable to

make a decision or anything happen without you getting the ball rolling or carrying it all the way down the field, then you clearly don't know how to inspire their best.

Now, if you're NOT a naturally, truly masculine woman but you still can't seem to find a man to be MAN ENOUGH for you, then it could be that you're not inspiring them, and that you're actually encouraging their more feminine qualities. (It could also be that masculine men scare you so you purposely avoid them.) I'm not saying it's your fault, I'm just trying to let you in on some good news - they can be inspired and you can be a source of inspiration.

Have you noticed he doesn't seem to appreciate you more the more you knock yourself out for him? Why is that? (You know I'm gonna tell you...)

Do you want to know how to change that? Are you sure? Okay, but buckle up because this is gonna be tough but LIFE CHANGING.

Seriously. Stick with me on this. This will forever change the way you interact with men. Here goes...

When you want something from a man, tell him, and then show him you mean it and that you need him for it. But the key is to tell him without telling him what to do. Instead, tell him how, by doing what you want, he gets to be your HERO. He gets to WIN. He gets to be A BIG STUD - a great guy!

## **Eight Magic Words**

Are you ready for an amazing secret to communicating with men? Here's all you have to do...

Say eight little words before your request.

Sound simple enough? It is. But you'd be amazed how women who know this, have used it, and had it work time after time with the man in their life still mess it up.

Don't say, "Could you do this for me...?" Or, "Did you WANT to do this for me...?" (Of course he doesn't want to!) Or, "I NEED you to do this..." all openers which only make him feel like a child in your eyes and not like your hero at all!

These eight words will CHANGE YOUR LIFE. Before every request or thing you want to discuss with a man, start by saying,

"You know what would make me really happy?..."

And THEN ask him to take out the trash or clean up after the dog, or take you to Hawaii, or pursue whatever course of action you desire.

This works as though by magic with men – whether they're masculine or feminine. You'll be amazed. He'll hear those eight little, simple words and you know what he'll hear? Instead of "You know what would make me really happy?" he'll hear "You know what would make you A BIG WINNER?" or "You know what would make you KING OF THE WORLD?"

You don't have to use these EXACT words. You can make up your own variation. Try things along the lines of, "You know what I'd love?" or "You know what would just be awesome?" or, their favorite, "You know what would make me feel like slipping into something a little more comfortable? (WINK, WINK...)"

Now, before you get all annoyed and shoot me an email to tell me how manipulative this is, think about something for a minute... We're all manipulating each other all the time, for good and bad. By taking care of everything yourself or correcting whatever he does, you're manipulating him to stop trying to please you. You may as well do what works!

As for the "showing him you mean it" part of the deal, once you tell him what would make you happy you actually have to SIT BACK and give him the chance to fulfill your request.

If you've been doing everything for a long time now, then he may be used to that. He may take a while to understand that you're waiting for him. He may be on autopilot, and

running on the assumption that you're still going to run the show. So give it a little time. Here's what I mean and how to put this to work...

If you said, "It would make me so happy if you took out the trash," then you'd better not take it out yourself! Even if it starts piling up and taking over the kitchen – don't take out the trash! And once he takes out the trash (or walks the dog, or cleans the garage, or makes dinner reservations - whatever it was you said you wanted), you have to BE HAPPY about it (i.e., reward the behavior you said you want).

After all, that's the currency you promised the man when you asked him in the first place. So you'd better be ready to deliver.

And you can't do this stuff halfway - you can't say, "Here's what would make me happy," and then beat him to it, not giving him the chance to fulfill your desire and then be frustrated with him. Once he finally does what you've asked, you'd better do a little HAPPY DANCE to make him feel glad he did. The next thing you know, he'll do it again next time.

And then, if you do your happy dance again, he'll do it yet again. Pretty soon he'll be doing things without you even mentioning them. But you have to sit back - that's the hard part. You have to TRUST he can do it. You have to be PATIENT. You have to give him the chance to rise to the level you wish.

And there's more... You have to let go of having it done EXACTLY the way you want. He won't do it YOUR way. But he'll do it HIS way. And it will be done without you having had to lift a finger.

Wouldn't that be nice? And then an even more amazing thing will happen - you'll start going around smiling and saying, "I am so glad there are men in the world. Isn't it great to live in a world FULL of wonderful, helpful, powerful MEN?!"

The women in your life will think you've really become WONDER WOMAN, as in, "I WONDER how she gets such great treatment from men all the time?"

You'll have mastered THE SECRET and every man you interact with – Yin or Yang, masculine or feminine - will be as manly and as VALIANT as they can possibly be just by you making them feel good. Not only will they NOT MIND doing for you, they'll grow to LOVE YOU MORE for it.

### **Stellar suggestions to ponder...**

1. Everything in the universe – including people! – are either Yin or Yang.
2. Yang people are masculine – positive, proactive, pursuing, expansive, and here to DO things.
3. Yin people are feminine – negative, receptive, contractive, and here to just BE.
4. The signs of the zodiac and all of the planets in the solar system are considered either masculine or feminine. Thus, depending on what planets and signs take center stage in your chart, your inborn nature will be either more masculine or feminine – no matter your physical gender.
5. A “reverse-polarity relationship” is when a couple is made up of a woman with a masculine chart and a man with a feminine chart – because Yin and Yang energies attract and complement one another and together form a whole.
6. Even if you’re a more Yang woman with a Yin man, you still have to treat him like a man, i.e., – not talk down to him or make him feel disrespected in any way.
7. Yang men are the classic “alpha male” dominant protector, provider kinda guys who will want to pursue a woman and lead the relationship.
8. Yin men are more “touchy-feely” nurturers who, if interested, will gladly respond when a woman pursues them and will let a more Yang woman run the show (as long as she’s not too “ball-busting” about it).

9. If you're a Yang woman you'll tend to get frustrated by Yin men – you'll THINK you need to be with a John Wayne type who is more of an Alpha stud than you are, but it's not typically who you attract or are happiest with. So you have to be careful to not constantly throw the "gentle men" you lure to you out with yesterday's trash, only to attract another sweetie-pie yet again.

10. If you find you're doing everything for yourself and getting little to no support from the man in your life, it's likely you're a Yang gal in a "reverse-polarity" relationship. To inspire more help from your sensitive man (or from any man), then STOP doing everything for yourself before he can even conjure the idea, tell him what would make you happy, and when he fulfills your wish DO A LITTLE HAPPY DANCE. Before you know it, he'll be participating much more.

## Chapter Five:

### Dealing With Difficult Men

#### ***From Star-Crossed Lover To Celestial Sweetheart - No Problem!***

*"I didn't know when you loved somebody you're supposed to be nice to them. I thought you were supposed to be really mean and to tear down their ego so they can't go anywhere."*

*- Roseanne Barr to Jay Leno on The Tonight Show*

#### **Afflicted Hearts**

So, what do you do if love has come for you, but you can't stand your man half the time? I ask for a very important reason...

Just admitting to yourself that you hate some of your man's behaviors creates some incredible benefits that I want you to recognize so you can start enjoying him and your life more, the most important of which are:

1. It allows you to start seeing your relationship AS IT TRULY IS, so that you'll no longer be surprised or "blind-sided" by what happens between the two of you.

2. You'll start enjoying more of the peace of mind and CLARITY that can only come from seeing and accepting others for WHO THEY TRULY ARE.

In this chapter, I'm going to share with you exactly how and why a man does the things he does that don't work for you when he's in what you may be tempted to call his "jerk mode" and what you can do about it.

As an astrologer, I regularly receive calls from women exasperated by the men in their lives. The most painful and challenging time in a relationship is when one or both people are acting from their "lower" natures. Generally this includes behaving badly, acting selfishly, letting their own insecurities get the best of them, and basically treating other people (i.e. YOU) poorly.

Something I hear women say ALL THE TIME is, "he's being such a jerk!"

Let me give you a quick dose of reality here – we all have an inner jerk – a part of us that's not so nice. And, of course, people (especially women) LOVE to blame a man's jerk behavior on his Sun sign. Big mistake.

There's not a day that passes that I don't hear some woman say something like, "I'll never date another Aquarius!"

"Why not?" I'll ask, surprised, as Aquarius is one of the signs that gets the best "press." And as you might already know, the typical description of an Aquarius is peppered with appealing words such as "humanitarian," "genius," "wise," "mature," "friendly," "loyal," "great communicator," "live and let live," and on and on.

But these aren't the qualities that come up when women tell me they're writing off ever dating a man of a certain sign again. "They're always so weak," they'll say.

As soon as I hear them say words like "weak," "insecure," or "selfish," then I know what's going on. I'll say this again because it's so important: All the signs of the zodiac can be weak or strong. All of the signs can be wonderful or terrible. What's important isn't what sign the Sun, Moon, or rising sign falls into in a person's chart. What matters is if the Sun, Moon, or rising sign are strong in those signs, or what's called "afflicted."

Another, less academic term for this is “star-crossed.”

If the Sun, Moon, or rising sign in a man’s chart is with negative planets or is weak in some way, the man himself will be weak – no matter what sign these things happens to fall into. This is what I mean by “star-crossed.”

So, for example... if a man’s chart has a specific astrological weakness, making the man “afflicted,” then the weakness in his chart will be the source from which a whole lot of negative emotions will spring forth – those of anger, sadness, disappointment, loss, fear, failure, frustration, anxiety, etc.

Oh, and then there’s the fun and lovely male ego. An afflicted man will have a noticeably wounded ego that’s easily “triggered.” And here’s where things get really annoying...

An afflicted man’s wounded ego will require more reassurance and attention than is healthy, or more than you want to give. And when he senses that you’re frustrated with him or YOU aren’t happy with something going on in your life, instead of him paying attention to YOUR NEEDS he makes everything all about HIM – all the focus, emotion, and conversation keeps coming back to HIM, how HE FEELS and what HE wants and needs.

An afflicted man’s wounded ego will also make a man become extra sensitive to perceived threats, criticism or blame. Cue a man’s predictable ANGER and WITHDRAWAL response here.

How frustrating, right? It’s at these times you feel like nothing you say or do is right and that to get along with this man you have to walk on proverbial eggshells all the time. It doesn’t seem like he’s tuning into you and how you’re feeling very often (make that EVER)... and then adapting and caring for you. And if he can’t give your needs or feelings much consideration, you often feel unloved and unimportant to him.

Now, I’ve just thrown a whole lot of stuff at you that probably has you a little worked up or even irritated with men.

But don't worry. I'm going to give you the lowdown on how to handle this.

The first thing you need to know to get started is WHY an afflicted man is the way he is. And then it becomes a whole lot easier to know what to do about it. Plus, it makes it possible for you to not take his emotional limitations to heart and get personally upset and thrown off by them – because you have NOTHING to do with his issues.

Please don't make the mistake most women make when in love with a man limited in this way - his behavior, though unloving, does NOT mean he doesn't love you. In fact, the irony is that the more he loves you, the more impossible he may become when you're not getting along because of the fear his love for you and attachment to you brings out in him.

Despite the fact that if he's truly astrologically afflicted he's been this way long before you came into the picture and would be this way if you left, you can do much to change how he interacts with you.

## **Afflicted Men Made Easy**

The Sun in a man's chart is especially important. It's a masculine planet and indicates a man's sense of self and his self-esteem. Simply put, it reflects how he feels about himself and how he feels in his own skin.

When the Sun is "afflicted" by being with "bad guy" planets or being astrologically influenced by them, then the man won't feel good about himself, will be riddled with self-doubt, and will "act out" in negative ways.

He'll have what my teacher and colleague Ernst Wilhelm calls "low capacity" causing him to often be forceful or domineering as a way to try and command respect, since he doesn't feel powerful from a place of inner strength.

And here's an interesting astrological tip for you - the Sun is also the indicator for the man's father, and if it's afflicted then his father or the "role" of the father was either absent or not available to him in his childhood. Therefore, no one showed him how to be a man and do "manly" things, which has contributed to his cycle of self-doubt and insecurity about his own identity.

When these issues are at the foundation of a man's psychological makeup, he'll have a harder time being the traditional "man" in a relationship with you and won't be very good at initiating plans, sex, dinner reservations - you name it. And he won't often attend to your needs as a woman before his own.

This isn't something he can just "get over," by the way. We're talking about a man's fundamental astrologically-based personality which has been in place since BIRTH and will be who he is FOR LIFE. It's his WIRING, if you will. Think of it like he's a computer - this is how his hard drive is designed. You can't change it - you need to download compatible software to work with it.

If you're with a man like this, then his own insecurities and poor self-image will cause him to get stuck in himself, causing him to behave selfishly or in a way that will make you feel insecure with him. Not surprisingly, this weakens a man's ability to care for you, no matter how he feels about you.

And I'll say it again - he'll behave this way even if he truly loves you.

So, just as with everything astrological I'm writing about, you don't need to have the chart of the man to know if this is the case or not. You need to simply pay attention to his BEHAVIOR. Once you recognize if a man is afflicted or not, you're going to know a great deal more about what's going on and WHY. Then you can start making clearer decisions about what you want to do or not do with such a man.

## **Afflicted Women**

If what you've just read above has you thinking that you've finally found a reason to blame for all your relationship woes – something along the lines of, "Eureka! I KNEW it was all HIS FAULT!" Let's get a little bit more "real" shall we?

Women can be afflicted as well. Oh yes. And dare I say it? Maybe even you...

Here's the deal with afflicted women: In a woman's chart, what matters most is the Moon. If the Moon in her chart is with negative planets or astrologically influenced by them, the woman will have a more challenging time trusting herself and receiving good treatment from a good man.

This is enormously important. An afflicted woman can have a hard time simply opening up and RECEIVING the things that a good man wants to give to her.

She will constantly doubt her feelings and those that a man shares with her, no matter how genuine. And she'll have a hard time containing her own fears, negative emotions, and insecurities. These will often get in the way of the good things that are going on between her and a man.

She'll also be overly sensitive and take things too personally, causing her to feel insecure about what's happening at every step of her relationship.

An interesting astrological note - the Moon is the indicator for the mother in a person's chart. When the Moon is afflicted in a woman's chart it means the mother or the "role" of mother was either absent or unsupportive, causing the woman to not feel fully mothered when she was a girl. Therefore, the woman doesn't have a "model" for how to be a strong, healthy woman.

Ultimately, when a woman is afflicted, she can't trust herself, and she'll have a harder time trusting life and allowing healthy men into her world.

For this reason "afflicted" women typically attract "afflicted" men and vice versa. Psychology backs this up by telling us that we bond best with people who share our level of emotional maturity, or we wouldn't be able to fully bond with

them. We'd never be able to see "eye-to-eye" in the first place unless we were at the same level.

Now here's the bottom line when it comes to men, women, and being afflicted...

There are different degrees to which someone can be afflicted. Some are more intense, and some less. Like with pretty much everything in life, there's a spectrum that goes from a low end to a high one. With affliction it's essentially "emotionally healthy" to "hopelessly screwed up" and we're all somewhere between these two positions.

It's common for parts of a man's chart to be "afflicted." It's also common for parts of a woman's chart to be "afflicted" as well.

Most of us have these issues in our stars to some extent. If you decide to hold out and only have relationships with perfect, whole, healthy people, it may be a long, lonely life.

The thing you need to look for here is the degree with which the man in your life behaves in challenging ways. I mean, we all need reassurance once in a while, we all have insecurities, and we all have times when we say or do less than the most loving things. But there's a big difference between someone that requires a little extra T.L.C. now and again, and someone who is a bottomless pit of need.

The good news is that you as a woman have the ability, all by yourself without ever reading a man's chart, to tell where he is on the "afflicted" spectrum by paying attention to what your interactions with the man are showing you, and by trusting your judgment and intuition about the man based on those interactions.

## **Six Questions To Uncover His Emotional Maturity**

One of the things that's dramatically impacted by a person's degree of astrological affliction is their ability to be emotionally mature.

The healthiest men to partner with are men who are emotionally mature. I'm sure you already know this "logically" but do you know what this really means? And do you know how to recognize and engage with the right kind of mature man on a mature level?

Let's clear the air on what makes for an emotionally mature man, and what he looks like (a picture of the one mature single man I know is at the back of the book... Kidding!).

I've learned that a lot of women simply don't know what an emotionally mature man is. They don't know how he thinks, lives his life, and communicates with others. And by not knowing, they fail to see an emotionally immature man's warning signs ahead of time that could've saved them so much pain and disappointment.

So here's the single most important and defining trait of an emotionally mature man:

An emotionally mature man can tolerate the turmoil and challenges of life without losing his cool and becoming unpleasant to be around. And without blaming YOU.

Again, the field of psychology tells us that you partner with someone at your own emotional level, so if you want to be with someone mature (or inspire his more mature side) it's important to be as mature as possible yourself.

Maturity begets maturity. And I bet you can guess what immaturity begets...

*Here are six questions to ask yourself that will let you determine if the man in your life is emotionally mature or not:*

*1. Is he good with his time, money, environment, and word?*

Can you count on him to show up when he says he will, or is he always trying to squeeze too much into too small of a time frame, causing everyone around him needless drama and frustration?

Is he able to manage his money and have a healthy relationship to it – building for the future and taking care of all of his responsibilities? Is he generous?

Is his living space, office, and car interior orderly, or do you have to move rotting food and empty pizza boxes to sit down?

Does he do what he says he will in all areas? Can you count on him or does he often conveniently “change his tune” or “forget” his promises?

## *2. Can he contain himself?*

If something upsets a man, is he able to stay calm, or does he act out and attack someone else by throwing a fit, being rude or sarcastic, or yelling and screaming? Does he say things at the wrong time in front of the wrong people, causing a scene? This is also called “having personal dignity” (and, interestingly, in astrology we refer to the strength of a planet as its degree of “dignity,” thus afflicted planets are referred to as having “low dignity” – just like the people who have afflicted planets making up their chart).

## *3. Can he “self-regulate?”*

Can the man keep from over-spending, over-eating, over-working, or otherwise engaging in habits that are not healthy for him and those he’s close to?

## *4. How does he treat subordinates or service people?*

Is he kind to people “beneath” him, or does he see them as there for his convenience?

If a man treats everyone, no matter who they are and what they do, with equal respect and humility then he’s obviously showing a high level of true maturity and personal character.

If he puts others down, however, needing to make himself look or feel “bigger” or better than others, and acts as

though he's just a little too ENTITLED to the things he wants, then he's showing a high level of immaturity.

*5. Can he take good care of something other than himself?*

Are a man's plants, pets, or (gulp) children from a previous relationship thriving, or is he too distracted and self-absorbed to be a good caregiver?

Does he remember his mother's birthday and show care and concern for his friends, or is he too overwhelmed with (barely) taking care of himself to maintain healthy relationships?

If you're looking for a mature man who'll be a great partner and nurturing caregiver toward you and others, pay attention to how he shows up for the other relationships in his life. And if he has no "other" relationships – if he never talks to his siblings, hates his parents, constantly complains about the "losers" at work, and has no friends – then, I don't care how charming and handsome he is – RUN, RUN, RUN!!!

*6. How does he handle negative emotions or conflicts with others? There are only a few ways to respond...*

- Does he retreat and ignore the problem or become depressed (implode)?
- Does he strike out and become hostile and abusive (explode)?
- Or is he able to neither implode or explode, but rather maintain his personal dignity and take assertive action to positively address what the situation calls for? (Move this man to the "winner's circle!")
- Does he cycle through options one and two (imploding AND exploding) before reaching option three (taking positive action)?

No man will be perfect at all six of these – not even a saint. But these are valuable questions to reflect upon when evaluating a man's readiness and ability to be a partner to the most important person in the world – YOU.

By the way, if you read any of these six questions and recognized a few areas of weakness and immaturity in yourself, congratulations! You're human.

Now you know something you perhaps weren't so aware of before, and you know where YOU have some work to do - whether it's with your ability to manage your time or money, your tolerance for disappointment or negative stress, or how considerate you are to strangers.

The thing to keep in mind is that if you find the man in your life is excessively unhealthy in any of these ways, then you know you're dealing with an afflicted, difficult man.

If you aren't very involved with him yet, then you may want to consider letting him go and moving on to find a man who is more evolved and therefore more able to harmoniously, fully partner.

If, however, you're already seriously connected with a man with more than his share of issues on the unhealthy side of the "afflicted" spectrum, you may think you should avoid, break up with, or divorce such a man. But that's not always necessary, and is often a needless, heartbreaking waste.

I'm going to show you what to do with a man like this if you're ever in this situation and actually want to keep him.

## **Dealing With Difficult Men**

In order to be successful in any kind of relationship, you have to be able to rise above your limited view of the situation and ask yourself a question made up of just four little words, "What's really going on?"

This requires being evolved enough to be honest about THE WHOLE RELATIONSHIP and not just the other person's part in what's going wrong.

As I've said, this is an absolutely critical relationship skill if you want a happy and lasting union - to be able to see where

perhaps YOU contribute to the problems that the other person seems to be bringing to you.

How do you typically respond when a man you care about acts emotionally immature?

Do you see the whole picture in the moment, look upon him with loving compassion, and stay the bigger person?

Or do you take his behavior personally by not understanding what's beneath it, and become inappropriate and immature yourself?

If you want to have a happy life, and you want to make it the absolute best that it can be, there's something mature you need to do: Learn how to deal with difficult people and difficult situations. The good news is that there's a way to do so that will allow you to keep your own peace of mind and emotional strength.

If you don't already know it, you teach other people how to treat you. The greatest thing about this is that it means you have the power to teach people to be the BEST they can be with you. But only if you're willing to rise to the level of maturity this takes, and only then if you have the benefit of actually knowing how.

This is why the answer for dealing with immature people in your life isn't always to dump them or otherwise remove them from your orbit. And sometimes you simply can't - they may be a relative, coworker, next door neighbor, or the father of your children! And the good news is that, in my experience, most of them can be dealt with.

So if you've found that the man you love most often leaves you exasperated for his lack of mental strength or emotional health, keep reading. It's not always necessary to leave these men, or break up your relationship, home, or family just because you're not yet able to get a handle on their less mature and more difficult tendencies (though, of course, that may be what you ultimately choose to do).

Because even in the case of VERY difficult relationships, I've witnessed almost instant change and transformation in which couples have gone from years of constant conflict and insecurity to ongoing peace and happiness.

Really.

Here are three amazing stories from real women I've coached that will reveal how you can create understanding, goodwill, and healing with an oh-so-sensitive partner.

## **Evelyn's Story**

Evelyn is married to Brett, a man with a strong sensitive side and a macho persona. He's never hit Evelyn but he's done everything else – thrown fax machines into the wall, broken glassware, screamed expletives at the top of his lungs, and made physical threats. Everywhere they've lived, Evelyn's been fearful of worrying the neighbors.

It's confusing, however, since Brett has many wonderful qualities. He's incredibly affectionate and supportive of his wife's goals. Brett's an enthusiastic, hands-on father who both coaches their son's swim team and does homework with him every night. He's utterly devoted to Evelyn and wants to spend all of his free time with her. He talks to her on a regular basis about all of his feelings and plans, and calls her several times a day when he's away.

This devotion, however, makes him extremely sensitive to everything Evelyn says and does. He's terrified of her disapproval and judgment which, by the way, she dishes out generously. Because of the intensity with which Brett approaches everything in his life, he brings that same level of intensity to any little negative thing that might go on between them.

Evelyn had begged Brett to go to therapy or anger management, but like many men who resist when their women label them as having a "problem," he'd refused. Know why? I'll tell you, because it's so commonly how men feel...

Brett feared that Evelyn was assigning him as the “patient” in the relationship – the source of all their problems. He was just sure that Evelyn would enroll an expert to “evaluate” him so that this expert would also come to the conclusion that everything less than perfect in their lives was BRETT’S FAULT. So, instead of seeing the option of getting help as one that would enable them both to become better educated as to how to maneuver their relationship, providing them with the tools to improve their communication and understanding of one another, he was just sure that any therapist Evelyn wanted to see would only align with Evelyn and gang up on HIM, forcing him to see that he is nothing but a big FAILURE in the marriage, solving nothing and making things WORSE.

Sadly, this is often EXACTLY what happens...

After all this, Evelyn felt completely powerless in her heartfelt desire to help Brett and change his destructive behavior.

So Evelyn wisely looked for other options and decided that since she couldn’t get Brett to do anything to heal their marriage of ten years, she should work on the only thing she could control - HER side of the equation.

So she found me, and here’s what I told her about Brett...

From the six emotional maturity questions above, you’ll recognize that Brett doesn’t have much, if any, personal dignity. As a result he resorts to infantile tantrums to try to express himself.

So, Brett has little ability to be emotionally “self-contained.” Evelyn picked and married a man who doesn’t have this emotional “skill.” At least not yet.

One of the first things I asked Evelyn was, “What do you do when he’s starting to show signs that he’s gonna snap?”

Something amazing happened when I asked this question – as she thought about it for what seemed like the very first time, Evelyn realized that she always tries to REASON with him.

She tries to “show him the light” so he’ll see how WRONG HE IS and how RIGHT SHE IS.

“I always think that if I can just get him to understand my perspective, then he won’t get so mad.”

“And does that work?” I asked, knowing what she would say, recognizing instantly that this would be perceived by him as her “being one-up” and him being “one-down” – something to NEVER do when trying to communicate with a man (for more on this, see Chapter Three).

“Well, I guess not,” she said.

“Has it ever worked?” I asked. “Has he ever understood you when he’s riled up and you’re trying to get him to listen to reason – even once?”

“You know, now that I think about it, it hasn’t,” she said, surprised and strangely amused. I could see her frustration and uncertainty start to fall away.

“So why do you keep doing what doesn’t work?”

“Well, I worry that if I don’t stand up for myself, I’ll be a doormat,” she replied.

Wow. And there it was as plain as day. The thing I hear from women all the time - they think that doing anything less than holding their ground and telling a man how things “really” are will make them seem like a wimp. They think they have to “show” their man what’s “fair” and “right” and not let him get “away with anything.” They fear that if they don’t stand up to him he’ll lose respect for them and things will only get worse.

But the very thing they are doing to try and PREVENT a man from acting the way he is ends up being exactly what makes things ESCALATE once he’s “triggered.”

It reminds me of the game of “connect the dots.” Evelyn clearly wasn’t connecting the dots with what HER response was communicating to Brett once he was off into one of his rages.

Here's a golden tip for you... I have learned over the years of working with clients that it NEVER works to try to REASON with someone when they are being UNREASONABLE.

As a funny song I know says, it's like trying to solve Algebra equations by chewing bubble gum. It's never going to work.

Here's some scientific background that will give you some in-depth insight into what's going on here. The long-term research conducted by the Gottman Institute of Seattle, Washington (that I mention in Chapter One), shows that when men and women are emotionally agitated, we are too physically upset to take in and process new information. The "red alert" system in our bodies takes over – high heart rate, high blood pressure, and high adrenaline all indicate that we're in "fight or flight" mode and that our brains have "thunked" shut.

If you're with a man who's gone into "red alert," DO NOT go into "help him and fix it mode." It will only make him more agitated, and he can't process your "reasonable" information anyway.

The studies of the Gottman Institute have also found that men become more physiologically upset by emotional stress than women do. If you think back to how men evolved and what happened back in the "cave man days" (a few weeks ago for some men) you'll realize that when a man is in a conflict, his system is "triggered" and on an emotional level he's in "kill or be killed" mode – good old "fight or flight."

The Gottman researchers also found something else fascinating about men and conflict that related to trying to talk and "argue" with a man...

Men actually take longer than women do to recover from an intense negative emotional experience. Men need more time to have all their physical indicators return to "normal."

So what can you do when the man in your life is behaving toward you with anger or hostility, and he's clearly become unreasonable? The ONLY thing you can do if you want any positive results when a man is this upset is to set a BOUNDARY

of your own around the man's negative behavior and then physically remove yourself from his presence and wait for him to physically calm down.

But first you may need to let him rant and rave. Sit quietly and let him express himself. It's very important that he feels safe and that he's not being judged. Don't give in to your own temptation to go into "red alert" yourself. Do whatever you can to stay calm. You have the advantage of having a nervous system that is LESS prone to going into "fight or flight" but that doesn't make avoiding a fight easy. You need a practice to support your emotional health at such times. Breathe and think positive thoughts, such as, "Everything is fine, we are better than this, he loves me... this, too, shall pass."

Express love to him if you can. Say something like, "I'm sorry you're so upset. It is not my intention to upset you. I understand how you feel." If you can't say that, try to at least acknowledge his position. No matter how ridiculous or unhealthy his point of view or feelings may seem, you need to validate him because they're real for him. At the very least say, "I can see what it is that you're saying." The more understood he feels, the more goodwill can return. Because you're not RESISTING him or his anger but are instead validating it, this alone may be enough to calm him down.

Even if it doesn't, it will definitely have a completely different effect on him than trying to get him to see the "error" of his ways. Trying to help or force a man into seeing your point of view in the heat of battle only makes things worse. With NO EXCEPTIONS.

If being loving doesn't soothe the situation and he's acting out toward you – being rude or unkind - then let him know you're not available for that. Say, "I cannot speak with you unless you can be kind. I'm going for a walk (a jog, to the movies, next door, fill-in-the-blank) and will gladly revisit this with you later..." and then LEAVE.

When I explained this way of responding to a hostile man to Evelyn, I asked, "Have you thought about just getting out of his way, evacuating in the face of the hurricane, so to speak,

and having that 'reasonable' conversation when he's not so upset?"

"I've thought of that so many times, but I didn't want to abandon him or make him feel like I didn't love him," she replied, a response I find all-too-common from women in situations like Evelyn's.

"What if you could exit the room in a manner that made it so he didn't take it that way? Could you try?"

"I guess. But I also get impatient and can't wait," she said, sheepishly, admitting her own affliction.

"Oh, so perhaps you can't contain yourself as well. Interesting... "

Evelyn smiled, seeing that perhaps there was another way of seeing things. "You mean, you think if I just stop trying to jump in and stop him when he's getting irrational, he'll start to calm himself down?"

"You tell me that he always comes to you later, either that day or the next day and can talk about things without getting so upset," I replied. "Maybe if you just wait until later, things will never escalate to such a hostile point that you have to buy new office equipment."

Evelyn thought for a minute. And then she asked me another series of questions I hear almost universally from women who are in relationships that are in trouble. "So why do I have to be the one to 'watch for the signs' and take care of everything? Why aren't I allowed to freak out, or get mad, too? I mean – let's not forget, he's the one with the inappropriate behavior."

I said again, "Does it work? Does it get you what you want? Does doing it your way make you happy?"

"Well, no."

“Do you love this man? And do you love having a father for your son, one who lives in the same house and is part of the family unit?”

“Yes.”

“Then don’t you think doing what works will be more rewarding for you than waiting for life to be fair and having your way?”

“It’s worth a try.”

I’m sure you’re starting get where I’m going with this. Even though Evelyn is a smart and savvy woman, it took several of these conversations for her to really “get it.” But slowly she started to see that when Brett became testy and the signs were all in place, if she would just remove herself – go for a walk, go see a friend, go to a movie - she’d always come back later to find her loving, rational husband willing and increasingly able to discuss what had happened.

It wasn’t easy, and it didn’t happen over night, but Evelyn eventually came to see that she could have an impact on whether she and Brett got along or not – even though she wasn’t the one with the anger problem. It had never occurred to her that the way she reacted to his anger could contribute to DIFFUSING or ESCALATING it. Before working with me and taking a look at things in a new way, she hadn’t wanted to see that HER BEHAVIOR had played a part in making things worse. It literally hadn’t occurred to her that she had her own responsibility in how things would go once Brett was in one of his moods.

Once Evelyn became able to ask, “What’s really going on?” she even came to see that Brett’s moods were predictable much before the signs were there. When he was on the verge of a tantrum, the “red flags” of his “affliction” were prominent and OBVIOUS and THIS was the critical juncture in which how she responded to him mattered MOST.

There are always warnings when a storm is brewing inside of Brett, as there are with most “stormy” men. In fact, his negative behavior never comes up as “out of the blue” as

Evelyn used to tell herself. And after the storm has passed, Brett is always rational and loving and can explain to her why he became so angry.

"It's almost like he gets a period," she told me. "It's about once or twice a month, usually weeks apart. It's especially bad after we've seen his family or one of us has been out of town."

"So, seeing the pattern after all these years, and knowing that the schedule isn't going to change, you can plan and predict the cycles. When you have a great couple of weeks, know a storm is coming. It's inevitable. And be especially non-confrontational and reassuring after he's been with his family or one of you has been traveling. It's part of knowing who you are with and taking responsibility for choosing the man you picked."

Doing this stuff isn't easy. Believe me, I know. I'm a feisty alpha female who loves being right, too. I know all about the inclination to want to correct a man when he's inappropriate or screwing up in some way. In the moment, it can be great fun. It's just that it doesn't work. A man will only dig in his heels and fight to win, even if he knows you're right and he's wrong.

In fact, especially then.

There are many milder, gentler men who don't behave this way. When my client Sonia has a "freak out" on her husband Bob, even to the point of sometimes hanging up on him rudely, Bob is the kind of guy who will immediately call Sonia back and say, "I don't even care what you just did. Are you all right? How can I help?"

Nothing calms the high-strung Sonia down more than Bob. But she has other challenges with Bob. That mild-mannered, lack of ego makes him less motivated than she'd like and less successful. She often doesn't respect Bob as a result.

But they never have volatile arguments. Ever.

But we're not talking about the Bobs of the world. We're talking about the Bretts of the world – men who are planetarily afflicted and, therefore, overly sensitive.

It's so tempting with these men, to run to your friends with the latest, "Can you believe what he did to me?" whine. It's so easy to gather support against these kinds of men. It's so much fun in the face of the latest transgression to play the martyr, to look at how wronged you are, to feel so unloved.

But guess what? That's just one more way to feel smug and superior, like he's the one with the problem and it has nothing to do with you.

Here's a question I want you to think about for a second...

Why would a woman pick a man like this (strongly afflicted) if she didn't have a lesson to learn herself? She wouldn't. And that's the beauty of it. When you're seriously involved with a man that you want to dismiss as just a big jerk, you have to take honest stock of yourself and ask, "How is my inner jerk perhaps in the mix?"

Warning: Gathering support against these kinds of men is dangerous. It makes it extremely difficult in a calmer, saner moment, to have faith in your union and hold onto the vision that you had when you decided to be with him. Once you've convinced your mom, best friend, and therapist that you're with a huge schmuck, it can be hard to ever heal the relationship and move forward. You'll get constant feedback from the people who love you most that you should get the hell out.

Even Evelyn's son, for example, would sometimes tell her she should leave Brett.

"My son wants me to leave him, Carol," she told me one day, her voice shaking. "That must mean I should."

"No, that means you'd better change the dynamics between you."

"But how can I stay if his own child doesn't want me to?"

"Oh great – you're gonna let a nine-year-old run the family now? Isn't this the same kid who loves racing him across the pool?"

"Yes."

"Isn't this the same kid who cuddles with him in the mornings?"

"Yes."

"Isn't this the same kid who does his homework with this guy?"

"Yes, but... "

"He's a kid, Evelyn." I said. "They, like the rest of us, only more so, change their minds fifty times a day. Only PART of him wants you to leave Brett – a small part. The rest of him would be absolutely devastated if you left Brett."

"That's probably true."

"And it's not like you'd be rid of Brett. He's your son's father, and suddenly your son would have to be shuttled between two households. And that same son will come home and tell you all about the new women Brett's meeting, and how he especially likes Daddy's new friend Brandy. How will that be for your son?"

"Wow. All right, all right," Evelyn pleaded, laughing. "I get it..."

"So, wouldn't it just be easier to get along with Brett, the father of your son, than all that other stuff?"

"You're right."

I did this work with Evelyn years ago and she checks in with me once in a while – mostly to tell me how happy she and Brett are. Oh don't misunderstand, he hasn't become fundamentally different - he still has a red-hot temper and less personal dignity than she'd like, but she knows just what to do

in the face of these weaknesses. She knows just how to soothe his irritation without losing her own dignity. It works beautifully to calm him down, increase his respect for her, and improve their connection EVERY TIME.

“It’s so easy, Carol,” she said to me one day with a sigh. “To think – we could have spared ourselves and our son so much drama and been happy ten years ago.”

## **Sharon’s Story**

Sharon called me, yet again, crying. It seems Ron, her husband, had finally done it – the thing she’d always feared he’d do. He’d hit her. Okay, not exactly hit – he’d grabbed her very hard and shoved her against a wall. As a result, she had a big bruise on one of her arms.

“I knew he was capable of this,” she said, her voice cracking. “I always knew I was right to not feel safe with him.”

Sharon went on to tell me that she’d called the police and that Ron had been arrested. This was a very big deal because Ron is a fireman, and having a domestic violence incident on his record could damage his career and possibly cost him his job.

I listened to Sharon’s story, heavy hearted.

“Can you believe it, Carol?” she cried. “I mean, my arm is bright purple. *Bright purple*. I’m so sad that he would actually think it’s okay to hurt me like this.”

This was every woman’s nightmare – to be harmed by the big, strong man who is supposedly there to protect her, to care for her, and to make her feel safe. Wasn’t this just the worst betrayal in the world a woman could endure, literally, at the hands of a man?

I could hear Sharon telling this story to friends and family, showing off her bruise like a trophy. I could hear their reactions. “He did what?” they’d exclaim. “How dare he! You did the right thing by calling the police!”

Even her therapist would agree.

But I had to address the elephant in the room. "What happened before he grabbed you? What set him off?"

"Well, you know Ron and how sensitive he is," she said. "I swear, Carol, it was so stupid. I just said something that made him snap."

Here we go. This is usually what happens when Sharon calls me about arguments with Ron. She says something and he snaps. "My God, Carol, it's like I can't even say the littlest thing."

"So what was 'the littlest thing' you said?"

Sharon sighed loudly. "All I said was that that I thought he was being a big baby about something."

"And what was he being a big baby about?" She went on to tell me they'd disagreed about something. It was a fairly minor situation, but what Sharon was communicating to him throughout their conversation was anything but minor to HIM.

If you're paying attention, Sharon's whole attitude should be coming clear to you – she thinks Ron's point of view is "stupid" and that he's "so sensitive" that she can't say "the littlest thing" to him. Her attitude toward him is often one of annoyance, irritation, and superiority.

"So, Sharon," I asked. "How long had you been treating him like a big baby and talking down to him like he was a big baby?"

She paused. She knew she was busted. She knew that I wasn't going to hop on her "isn't he an asshole?" bandwagon. But she knew I wouldn't, as I never do when she calls.

"Well, um... about a week."

"And during that week, did you say other 'littlest things' about what an idiot or big baby he was?"

"Well, ah... I guess."

"Like what? What else did you say to him during that week?"

"I told him I thought I was marrying a man, not a five-year-old," she said sheepishly, starting to see the light.

"What else?" I asked.

"That I wished he'd be a husband and not such a spoiled child."

"Okay, so let me get this straight. You were snide and smug and arrogant and superior toward him for an entire week?"

"Yes," she said, her tone softening.

"So, he has to endure the woman he loves and cherishes and looks to for appreciation most in the world, thinking he's a big idiot and invalidating his feelings for an entire week, and when he finally can't contain himself and snaps for two seconds, he's the one in jail? Sounds like you should be in jail, too, Sharon."

Do you see how Sharon and Ron are equally afflicted?

Okay, I know what you're thinking... "Come on Carol, he physically hurt her! That's never okay. There's no excuse for that. Isn't that a dangerous attitude, that the woman somehow deserved it?"

It's like that awful joke, "What do 200 women at the abused women's shelter all have in common? They just wouldn't listen..."

I think we can all agree that it's never okay for a man to lay a hand in violence on a woman. I just happen to think that it's also never okay for a woman to be verbally abusive with her man.

Here's the deal with Ron...

It would be great if Ron were strong enough to face Sharon's disdain with peaceful, loving equanimity. But that's not who she's with. That's not who she picked. And she knows it. And they'd been together for fifteen years when this happened and he'd never physically hurt her before.

Of course there are men who are dangerously abusive beyond reason. A woman can just look at a man like this the "wrong" way and he'll slap her across the room or through the wall. Those men should be in jail and must be left or forced into some kind of rehabilitation immediately. I'm all for the lovers and wives of those men getting the help they need from the local authorities or anyone else.

But most men aren't those men. Still, a woman needs to be mindful of what she's inspiring in ANY man. And most men (and women, for that matter) will give signs or warnings long before they "snap." The reality is Sharon knows full well that Ron is sensitive and has a hard time containing himself. She knows he's emotionally volatile. But with every smug or cruel comment, it was like she was goading him on.

"What are you gonna do now?" she might as well have said. "Are you gonna take that? Well what about this... you big baby?"

Them's fightin' words, and a fight she got.

Fortunately, Sharon wanted to improve her marriage and was willing to take responsibility for her side of their dramas. With time, her arm healed, as did her arrogance and unwillingness to stop belittling her husband. It took many coaching sessions with me, a few seminars, and a support group, but she and Ron went on to make peace and be much closer than before.

Five years (and two children later) they've never had a violent incident again, and when Sharon and I talk she'll say, "Ron's still Ron, but I love him and our life together is worth it."

Amazingly, she's even able to laugh about the past...

## **Judy's Story**

Judy called me utterly devastated and without hope that her marriage with Ned, her husband of twelve years, could be saved.

Judy's daughter also wanted her to give up on her marriage. So did her best friend. So did her therapist.

As she started explaining her story, I could instantly hear something very familiar. Something I call the "Can You Believe He's Doing This To Me?!" whine. This is when a woman "spins" all the things going wrong in her relationship by complaining about how they are solely HIS FAULT. (I'll share more about this in a minute, and how it can and often does destroy great relationships.)

As is typical, in Judy's "can you believe he's doing this to me?!" whine, her husband was being very difficult. This "difficulty" was taking many forms. Ned was withdrawn, unaffectionate, withholding, and indecisive as to whether or not he wanted to continue to be together. He'd recently rented his own apartment, but wouldn't break things off completely, yet wouldn't give her any hope either. She was in excruciating emotional marital limbo and felt at the mercy of his whims.

"He's being such a jerk," she wailed.

Clearly, if she was surprised by his behavior, and they'd been married twelve years, then Ned must not have always behaved this way. I was curious if he had an afflicted chart. It turned out that he didn't – instead he happened to be in one of the most painful, challenging astrological phases or "periods" possible – an excruciating time that can make an otherwise lovely, emotionally healthy person suddenly seem afflicted (see more on this and other important aspects of astrological timing in Chapter Six).

"So, how was he before this past year?" I asked.

“He was like a different person – so sweet and supportive. He and our daughter got along great. He used to spend tons of time with us. He brought me flowers every week.”

“What’s happened to him? Why the change do you suppose?”

Judy went on to explain more about their history. As I listened to her side of the story, it became obvious that Ned had some valid reasons to be acting so differently. Many had nothing to do with her.

It seems that for the entire twelve years of their marriage, they’d lived in a town he hated. For the entire twelve years of their marriage, they’d taken care of her very dysfunctional, rude aunt – and Judy’s daughter from a previous relationship.

For the entire twelve years of their marriage, he’d carried the bulk of their financial burden and disapproved of how Judy spent their money – especially resenting that she bred and showed expensive dogs when he thought she shouldn’t.

A few years before this current crisis he’d had an injury that forced him to sell his business. He’d later had an unsuccessful neck surgery and was in constant pain and on medication. He’d always wanted to move to another state (Louisiana – where he’d been very happy in his twenties) but she’d refused.

“Judy,” I said after hearing their history, “do you see that for your whole marriage Ned’s been living life on your terms, from where you live to how you spend money, and that he’s never had the life he wanted with you?”

“Well, yeah, I guess so... I haven’t quite thought of it like that.”

“And now he’s lost his livelihood and is feeling weakened physically, and is worried life has passed him by and he’s never going to have what he wants. Do you get that your whole marriage he’s gone along and gone along and gone along with

what YOU have wanted? He's had little say, and now he's finally hit a wall?"

"Yeah, that makes sense. That's certainly how he feels."

"Don't you think that would make a guy cranky? And this man's been good to you for twelve years. Doesn't he deserve a freak out? Isn't he entitled? Do you only love him and stay by his side when he's acting the way you want him to?"

Then I asked her the question that apparently no one else had – not her daughter, her friends, or her therapist.

"Judy, are you a 'fair weather wife?'"

"Wow," she said, "I guess I'm pretty selfish."

"No offense, but it sounds like it. Twelve years is a long time to be a good guy. If he were a bad guy, you'd have noticed a lot sooner. So, let's find out if the man you love is still in there."

Fortunately, Judy was game. She was so at a loss as to how to deal with this new side of Ned that she was willing to try anything, and she heard the truth of my words and was inspired. She was also evolved enough to ask herself the magic four words, "What's really going on?" and to be honest about THE WHOLE RELATIONSHIP and not just Ned's part in things.

As I've said, this is an absolutely critical relationship skill if you want a happy and lasting union – to be able to see where perhaps YOU contribute to the problems that the other person seems to be bringing to you.

Now that Judy was open to seeing the whole picture of her relationship and to considering Ned's experience of her, she decided to do something very difficult. Even though she'd been doing "the whine" to her child, her friends, her family and her therapist about all the problems Ned was causing, and even though all these people in her life had strongly encouraged her to get out, Judy decided to fight for her marriage.

Remember the “third entity” that I talked about earlier in Chapter Three? I told Judy all about it, and I instructed her, as I do with anyone whose marriage is in a big crisis, to put her own needs on the shelf for the time being. It was time to make what the relationship needed come before what she needed. Once the relationship was healthy again, then both she and Ned would naturally get their needs met.

I was amazed at how Judy responded – she immediately reversed YEARS of selfishness toward Ned and became generous and selfless instead. It was beautiful to behold. By her own admission, the relationship (the third entity) needed for Ned’s needs to be number one. He had NEVER had that in the marriage, while Judy’s needs had been the priority for YEARS. Ned’s day in the sun was long overdue.

But, as you would imagine, it was hard. Remember – he was treating Judy poorly, and she was in the depths of despair, and just one of those factors would have made the choice of putting Ned’s feeling FIRST nearly IMPOSSIBLE. Judy was understandably in agony and would call me weekly for emotional reinforcement. I kept instructing her to repeat her new mantra: “Whatever he wants. Whatever he wants.”

I also continued to reiterate to her the single most important Law of Success in any marriage and she found it gave her great strength. (This comes from the book *What Really Works With Men* by Justin Sterling.)

It will for you as well, so here it is... (don’t do this in a casual relationship, by the way – this is for a full partnership only!)

*Give him what he wants, when he wants it. No more. No less. Unless it will harm your wellbeing, health, children, or property... (And yes, I’d tell him to do the same for you!)*

I taught Judy this law and, as with any new skill, it was uncomfortable for her at first. She kept falling into old patterns. She kept getting scared. She, too, felt like perhaps he’d think her a doormat and lose respect for her. That selfish part of HER ego kept creeping up on her and screaming in her ear that she’d be stupid to give him WHAT HE WANTS, when she was

the one suffering so much and rightfully needing more from HIM.

But her healthy intentions prevailed and overpowered her fears and slowly Ned started coming around. He began spending more time at their house and doing more things with the family again. Soon he was getting along with Judy's daughter as he hadn't in months. He started sleeping with Judy again. After a few months, he moved back into the family home. Judy was more and more relieved and more and more secure in the relationship.

Then he put her to the ultimate test. Judy called me one day hysterical. "Ned wants to move to Louisiana," she gasped. "I'm terrified, Carol. What if he never comes back?"

"He doesn't want you to come?"

"He's not sure," she said. "We've had so much progress, now this!"

"Judy, let's look at the facts. He's always wanted to live in Louisiana. Your entire marriage he's wanted to live in Louisiana. When he was young and hopeful with his life all before him, he lived in Louisiana and was happy. It's become Shangri-La in his mind. It's like another woman that you can't compete with. If you don't let him go, he'll never get over it. He'll never stop thinking, 'I'd be happy if I had just moved to Louisiana.' You'll never truly have all of him until he faces Louisiana. You have to let him go."

"What?!" she exclaimed. "How can I do that?"

"This is a crisis of faith, Judy. If you let him go, one of three things will happen. He'll find that it's not the place of his memory because he's no longer a young man and it will never live up to his idealized vision. He'll be able to detach from it and can come back having put that dream away. Or, he'll love it there and be so grateful to you for giving him his freedom and wanting for him what he wants for himself, that he'll feel so loved by you that he'll want you to come and be with him in Louisiana."

“But I don’t want to live in Louisiana.”

“But this isn’t about what you want, remember?” I reminded her for what felt like the hundredth time. “It’s his turn now. And maybe you’d love it there. Wouldn’t it be nice to live with the happy Ned again?”

“Well, yeah, that’s true. What’s the third possibility?” she asked hesitantly, not sure she wanted to hear it.

“He’ll go out there and love it and not want you to come, and then you’ll be free to get on with your life and you’ll be out of limbo.”

“Gosh, Carol. I’m scared.”

“What would you tell Ned if he were just a friend? You’d say, ‘You’ve always wanted to go. You have to go.’ He has to go and your marriage demands that you support his choice.”

“You’re right.”

So, guess what happened? After two weeks in Louisiana with her full emotional support, Ned missed Judy so much that he wanted her to come and visit – without her daughter. It was their first romantic private time together in years. They had such a wonderful few days that he asked her and her daughter to move there to be with him. And guess what else? She found that she absolutely loved life in Louisiana. She enjoyed the water, the wild-life, the Southern hospitality - even the heat. She was amazed.

Ned told her, “You’ve shown me these many months how much you love me, and I could never leave you as a result. You’ve been so supportive of me that I now know I can fully be with you.”

She’d followed the law – she’d given him what he wanted when he wanted it, no more and no less – despite it requiring a great sacrifice on her part. And it made him want to do the same for her.

The loving husband of her memory was back. See how it works?

## **Depression – The Silent Love Killer**

Sometimes a perfectly lovely person, such as Ned in the story above, is not noticeably star-crossed but has something more insidious and every bit as damaging going on.

Perhaps your man is not so obviously angry or hostile – perhaps he’s more of a “silent screamer” – a melancholic or depressive who doesn’t explode when upset but instead implodes, collapsing inside of himself, shutting you out.

As I just said, it can be every bit as difficult to deal with this kind of man (while being MUCH MORE DIFFICULT to get sympathy from your support system in the face of your “ain’t he an asshole?” whine...), as it is any of the more obvious angry men in the world. Yet the roots of the problem and often the outcome – that of causing a couple to grow apart or separate - are sadly the same.

Depression is widespread and challenging, affecting as much as 10% of the population at one time or another. There’s a powerful saying that states, “Depression causes divorce as often as divorce causes depression.” This is so true and so tragic, with devastating implications.

When someone is depressed, the first thing to fly out the window is their ability to feel pleasure. The next to go is often their sexual desire or libido.

So, think about that – the domino effect that can occur if your man is depressed. It’s said that depression is anger turned inward, so what will commonly occur is he’ll retreat from you. He’ll go into his emotional cave or shell and block your access to his inner world.

Next, as I just said – he’ll feel no pleasure with you or anything else, making his depression grow. About this time his sexual appetite will commonly wane or subside completely, making him uninterested or unavailable for sex.

You can probably imagine that to be with a man in such a state could cause you to take things a little personally.

Be careful of making a common mistake at this sensitive point in your romantic relationship. A HUGE MISTAKE that always makes things MUCH WORSE. You may falsely believe that when a man has retreated away from you that it is because of how he feels (or DOESN'T FEEL) about YOU. You then start to doubt his love for you, and you begin to wonder if he is still attracted to you. You become convinced that you are no longer pretty or interesting to him – his seeming disinterest is because your thighs are too big, your hair too gray, your skin too oily, blah, blah, blah – whatever it is you yourself feel insecure about.

Some women will go so far as to “make themselves over” at this point – seeking plastic surgery, weight loss, or other forms of “self improvement” in a desperate attempt to recapture their man’s attention, attraction, or love.

I don’t know about you, but I’m getting depressed just writing about this.

Because here’s the problem with this, “I’ll make myself PERFECT so my man will love me,” approach: While I’m all for women (and MEN, too!) taking great care of themselves, their health, and appearance for their own as well as their partner’s sake, too often this can become a DISTRACTION that doesn’t address what’s really going on. (Again – when there’s a problem in your relationship ask yourself, “What’s really going on?”) You are focusing on a symptom of the problem (his withdrawal from you) instead of the root of the problem (his depression!) and this only serves to make you feel WORSE. Because if the man’s depressed, then I guarantee you it’s not because of your crow’s feet or laugh lines!

It could be any one of a myriad of things contributing to his pain – his job, financial stress, the feeling that life is passing him by, his children becoming independent and moving away – who knows?

The challenge is, if you're with such a man you often don't have an understanding of what's going on. And because you don't know what's wrong and he's not telling you because he's locked away in his "miserable man cave" this feeling of DISCONNECTION you have from him can have the secondary effect of causing you to retreat from HIM as well, as his behavior makes you feel abandoned, forgotten, and unloved. This, in turn, makes you either explode or implode yourself – so now he's really depressed (and just wait to see how bummed out he'll be after he sees the doctor's bill for your face lift gone wrong) and less attracted to you than ever.

And yes, just as with everything else a person goes through, depression can be seen astrologically, and some people are born with more depressive stars than others. So sometimes it can't be connected in an obvious way to the circumstances of a person's life. It's also quite easy to see astrological phases or cycles of time that promote feelings of stagnation or hopelessness more than others, and these also are not necessarily connected in an external way to what a person is going through. It's more how they'll feel on the inside. These phases also can bring about incredible losses and setbacks both personally and professionally that are enough to make an otherwise happy person depressed (like with Ned), and call for a certain amount of going within. (I go into more on these phases in Chapter Six).

## **The Biggest Danger Of Your Man's Depression**

Here's the other BIGGEST danger to guard against besides deciding that his withdrawal is somehow because YOU are unlovable... the territory becomes exceptionally dangerous when a man, too, can misunderstand his lack of pleasurable feelings and/or libido as a sign that he no longer loves his partner, er, meaning - YOU.

Once a man doubts his feelings for you and you've pulled away from him as well, then he's wide open to be weak in the face of attentions from... YOU GUESSED IT: Other women.

And here's the incredibly compelling thing about NEW encounters with OTHER WOMEN that most people don't realize:

They'll make a man feel again and wake up his sleeping giant of a libido. New experiences and the thrill of NEW infatuation can be enough to (temporarily) shake a man out of his depression and set off a dopamine rush in his brain, actually making him not just happy but euphoric.

Do you see what a slippery slope this has become? Should I briefly recap (because this is easily a topic that all of our brains could "thunk" shut from, causing us to all go on red alert just by thinking about it)?

I don't know about you but I need some comfort food to keep me from getting depressed at all of this myself... I'm gonna go get a chocolate chip cookie and a nice cup of hot English Breakfast tea with whole milk and honey and I advise you do the same - and let's meet back here in five minutes, okay?

Okay - so, for the recap... (I'm not going to use the pronoun "you" for this part, because it's just too, too much to take.)

A man is depressed for who-knows-what of a possible jillion reasons, he shuts down emotionally and then can't feel that "happy place" inside. At about this time he finds he has no sex drive and therefore can't take his woman to her "happy place" either. So she begins to feel unattractive and horribly hurt by what she perceives is his sexual and ROMANTIC rejection, so she makes a desperate attempt to impress him again by dying her hair way too red and dressing like Britney Spears PRE-K-Fed which (strangely) does NOT re-inspire his interest. This serves to only make her feel WORSE causing her to cry and complain to him, letting him know what a failure of a husband he is, widening the growing chasm between them (which is now about the size of the Grand Canyon...).

About this time the depressed man in question - let's call him "Sad Sam" - bumps into LOLA, the hot, recently divorced secretary at his office who has always thought Sam was just too cute. One day Lola invites Sad Sam to lunch and just happens to graze his knee under the table with her inch-long French manicure. To Sad Sam's delight, his previously DEADENED circulatory system kicks in and he feels a stirring

inside that he'd feared was no longer possible. This makes him suddenly think Lola is just a tad too cute herself, so they stop by the old "Makin' Whoopee Motel" on the way back to the office where Sad Sam feels reborn...

Okay, caught up now? Whew.

(By the way, this same dynamic can occur for YOU when you're a "Sad Samantha" – when YOU'RE the one who's depressed you can mistakenly think you're no longer "into" your partner, causing you to pull away from him and be more vulnerable to the attentions of other men.)

This is the stage when clients call me freaking out because their man has or still is cheating on her. Interestingly, this behavior is often completely out of step with the man's character and history, so the woman feels all the more shocked and betrayed, and wrongly decides that this Lola woman must therefore be the GREAT LOVE of his life... at the very least, the best lay.

The first thing I ask a woman when she tells me her partner has sexually strayed on her is, "What's he depressed about?"

This question usually comes as a big surprise as the client is so caught up in her feelings of shock, humiliation, rejection, and horror at the thought of Lola to have asked herself about his own possible pain.

I've seen this cycle actually lead to a man going off with another woman. But here's the biggest problem of all – if he's truly in a depression, then once the rush of the new love affair wears off and his brain is no longer mass-producing opiates (usually after about four to six months) he'll be depressed yet again and unable to feel pleasure or desire with the NEW woman, either. He'll realize what a massive mistake he's made by leaving his original partner in the first place.

It's about this time that a man typically wants to come home and pretend that the events of the past several months never occurred. Meanwhile, his former lady love has gone through the hell of rejection, months of having to face friends

and family and tell them what's happened, the sting of being replaced by another (usually completely inappropriate) woman, and perhaps the drama of the beginnings of divorce proceedings and the division of property.

So, when her man wants to return, you can see how she'd be a little cranky about it. I've spoken to many women in this extreme situation and actually encouraged them to take their men back (that is, if they were happy with him before this, he has shown to be an otherwise good man, and especially if children were involved) and guided them to see that the problem in their relationship is not the other woman. She's a SYMPTOM of the problem; the REAL problem is their man's despair.

There's one condition, however (we can't let Sad Sam just waltz on home as though nothing happened): I support them in their choice to take him back if he is willing to get professional help with his emotional life and get to the root of the problem (and if he arranges for Lola's immediate transfer to company headquarters in another country!)...

The exciting thing is that I have seen many couples successfully get past this nightmare and go on to feel like it was just that – a bad dream – and to even be grateful for the experience, as it was the impetus for tremendous growth and renewal in the relationship.

## **Get To The Root Of The Problem**

So, here's what to do at the first signs of this terrifying cycle of events: If your man has pulled away from you, ask him if he's depressed. He may not actually know that he is. He may also think that to admit to being depressed would be admitting weakness, so if he's resistant to that line of questioning try another method. Ask if there's anything he'd like different in his life.

Because, that's getting to the ROOT of the problem – the CAUSE – before the symptoms have gotten too messy and out of hand (your chin job, his affair with the babysitter...) Of the many people I've spoken with in this situation, the men were

always unhappy about things in their lives – important, valid things over which their women had a lot of say.

Just like in the story of Judy and Ned, one man didn't like where they lived and resented his long commute to work, another had been upset for years that his wife didn't work, another felt utterly rejected by his wife whenever he tried to approach her sexually, etc. These husbands had ALL talked to their wives about these issues many times, trying to fix them and the wives had all resisted whatever the man wanted to change. They were thus made to feel that their wives didn't care enough about their needs to want to move, get a job and help out with the finances, or work on their waning sex life, etc. This feeling that each man had, that their woman wasn't showing care and concern for his needs, only contributed to his unhappiness and ultimate depression, virtually sealing their fate.

By the way, all of the men I've worked with that have cheated on their wives have told me that they felt their partners did NOT physically desire them and had lost all enthusiasm for the activity...

A very dangerous way for anyone to treat their lover! (Because the MOST IMPORTANT sexual skill you can bring to the bedroom with ANY man is ENTHUSIASM!!!)

So, you must find out if there's something your man is unhappy about in his external circumstances and if, perhaps, you can help! If your sad man's depression doesn't seem to be connected to anything going on in his life (or if he can't talk about it) ask him to do something equally if not more important – request that he have a medical examination. Many physical illnesses bring with them the lovely symptom of depression – conditions like hypoglycemia, candida, diabetes, heart disease (especially if he's post heart surgery), early-onset Parkinson's disease, certain cancers, some heavy metal poisonings, and any kind of erectile dysfunction (which can also be a symptom of heart disease and a marker that he's a candidate to have a major heart attack!) are all health problems that can make a man's mood go crashing down. His feelings made be a red flag that there's a physical problem and getting checked out may just save the day – and could even save his life!

Amazingly, so many women call me exasperated with yet another huge problem in dealing with their depressed man. It's typical that at this point their mate refuses to go see a doctor! This is similar to when a man doesn't want to go to a therapist; he's already feeling so crappy that THE LAST thing he wants is to find out there's another, more dire reason to feel badly, like a serious health concern. And if he's depressed because of an ego reason, like that he's feeling unsuccessful or ineffective in the world, then THE LAST thing he wants is to admit yet MORE weakness, so he'll play the "tough" guy, and deny that he's a mere mortal in a human body.

But most of all, in case you didn't know it, true depression makes it hard for people to even get out of bed, let alone take any positive, assertive action in their life.

So what to do? Try whatever you think could work - tell him how much it would mean to you, tell him you'll have a physical as well, get a doctor to make a house call, tell him your life insurance requires he have a check up and blood drawn, ask him to drive you to YOUR appointment and then have it suddenly be HIS, kidnap him, WHATEVER IT TAKES (you know your man and I don't, so try to figure out what would work with him). Just don't be pushy (okay, I admit my examples sound a tad pushy) because then he'll resist all efforts more than ever.

## **Put The Stars Back In His Eyes**

If you get him into the hands of a medical professional at last and he's not technically ill, then a healthier lifestyle may still make a big difference in how you BOTH feel - plenty of sleep, exercise, time with friends and family, the avoidance of drugs and alcohol, more sunlight (many people's depression is seasonal - the result of too little sunlight. Sources recommend at least fifteen minutes a day without wearing sun glasses so the sun's rays can enter the eyes as this is the only way certain vitamins like Vitamin D can be created in the body. If you're living in a part of the world with long, dark winters you can actually purchase a lamp that mimics sunlight), adding Omega-3 fatty acids to your diet in the form of oils or cold water fish

such as tuna, salmon, or mackerel, and adding folate in the form of Vitamin B9 or a multi-vitamin to help with stress.

If nothing turns up any answers or seems to help – medical tests, exercise, a vacation, more time doing the things he loves, etc., then I recommend you do something very difficult but positive that will help you both: Focus on being as happy in your own life as you possibly can.

This is hard for women because it feels selfish – it feels like you're abandoning him and that you should continue to make him and his misery your focus. But don't. Take the focus OFF OF HIM... and that will take the pressure off of him. It sounds too simple to make a difference, but it often works wonders. Any man will concur, so if you don't believe me go ask a few. Don't overindulge his drama. Leave him alone letting him know you love him and are available for him if he needs you or wants your support.

But remember: You must do so with a good attitude toward him no matter what. Don't show him annoyance, disdain, or criticism toward his process! Be an actress if you must. Create an alter ego even. Whatever you do, don't have a bad attitude toward him and his behavior, as that would ensure to make him only retreat further.

It's also always good to boost a man's confidence at such times, by saying things such as, "I'm sorry you're having a tough time but have no doubt you'll figure it out." Or "I know you'll get to the other side of this. You're such a success and everyone loves you..." but then go do things for yourself. Pursue your hobbies, see your girlfriends, take an art class – whatever it is that makes your heart sing. If he's in his "Miserable Man Cave" and he can hear you having a party right outside the door, he'll be curious and inspired to peak his head outside to see what you're doing. He'll get bored in there all by himself and realize it's not nearly as much fun as you seem to be having.

Loving your man when he's down and unavailable to you, allowing his process, being unconditionally supportive while happily living your own life, taking the pressure and burden of

your own happiness off of him – these are the greatest gifts you can possibly give to him.

If it seems to go on endlessly, however – if he can't get out of this slump for weeks or months (don't let it turn to years!) – then I urge you to call in professional psychological or psychiatric help, at the very least for YOU.

## **Planetary Realignment For Your Man**

To make this simple for you, let me recap and break down this “planetary realignment” stuff into steps (and no – no more chocolate chip cookies!).

When your man has an under-developed emotional side, it means he's afflicted, which shows in an astrological chart through the Sun, Moon, or rising sign. When the Sun, Moon, or rising sign is afflicted by negative planets, this also indicates that he was not fully parented or properly nurtured as a child. So, when his difficult self is coming forward, it literally means that a very young or immature part of him has not fully developed, which is why he behaves immaturely (i.e., acts like “a big baby”).

So he needs to be re-parented... and you need to think of him as a scared, thumb-sucking child, no matter what his chronological age. Because the good news is he can be trained to behave differently (think of it as a little “planetary realignment” in his psyche), and you can call on him to develop his more mature side as well. It's actually quite easy!

First, you must not fall into your immature, scared part. Sounds easy enough, eh? Ha! This is the biggest stumbling block to success. This takes faith and inner strength and won't be simple. You must remain calm and detached whether he is acting OUT or retreating IN.

Things to avoid at ALL times in any interactions with your loved ones, but ESPECIALLY when someone is emotionally sensitive or upset:

- trying to enlighten him – giving him unwanted advice
- over-explaining your point of view
- arguing with him
- questioning him
- leaving without giving telling him when you'll return
- attacking him or defending your position over his
- pushing him to talk when he doesn't want to
- becoming needy and clingy and begging for his attention

It's very tempting, when someone is behaving badly, to jump in the emotional sandbox and start flinging sand back in his face, too, but this will only escalate tensions and create separation – which is not what you want! So don't let his bad example goad you into your own wounded ego and baby behavior.

Things to do when a man is upset and being his most angry or withdrawn:

- listen calmly
- validate his feelings, or at least tell him you hear him
- offer loving words or touch
- be vulnerable and talk about your feelings – not your OPINIONS – which will disarm him
- set a boundary and remove yourself, giving him a time you'll return
- make yourself happy, no matter what he's doing

You must be consistent – just like with children, if you sometimes give in to his childish antics then he'll always test you. You have to be strong and unwavering.

## **Rule #1: Let Go Of The Fantasy That He Can Be "Enlightened"**

The more reasonable you become, the more emotional he will be. What he is reacting to is your ATTITUDE – if it is one of superiority or disdain for his behavior, he'll only become more difficult (because he'll think you're telling him you are "one-up"

and he is “one-down” and men are too competitive for that. Women hate it, too, by the way! No one wants to be talked down to...). It’s perfectly healthy to let him know you see things differently than he does as long as you validate his position.

You can say something like, “I understand how you feel. If I were you I could imagine I’d feel that way, it’s just that I have a different perspective. Let’s agree to disagree.”

The trick is you MUST do this with a good attitude! One free of judgment, belligerence, condescension, blame, or ego in which you do NOT make him wrong, NO MATTER WHAT!

This is usually quite challenging especially to your ego – your ego will want to tell him what an idiot he’s being. Your ego will want to show him how brilliant you are and that you know better. Your ego won’t believe you’re putting up with this from him. Your ego will just LOVE chanting the, “can you believe he’s doing this to me?” whine for all your friends. But all of that will only make him more separate from you, increasing the odds that your relationship won’t survive. And if he leaves you, your ego will just love wallowing in your loss.

So keep a good attitude and tell your ego to take a hike.

This isn’t easy, but is possible. Once you try what works without your ego in the mix - once you disagree in this non-hostile, non-volatile, non-arrogant way and see how easily he’ll share his feelings and how well it works to open the lines of communication and create connection between you again, it will become difficult if not impossible to NOT do so.

## **Rule #2: Set A Boundary**

Your man’s in fear, so use that to your advantage – the fear you WANT him to have is the fear of losing you! Acknowledge his feelings by saying something like, “I’m sorry you’re so upset.” But then take care of yourself, by letting him know that he cannot mistreat you.

Tell him, calmly, "Until you can be civil I'm not available for this conversation. I'm happy to talk when you can be kind." And then put your money where your mouth is and REMOVE YOURSELF. Leave the room or the premises – go see a friend, go for a walk, or go to the movies. Get out of the way of his emotional firestorm, leaving him alone with his irrational feelings and giving him plenty of time to calm down.

Because here's the deal – the Gottman study has found that even happy couples respond to anger with MORE anger! And with a bona-fide hostile man, soon you'll have all-out war. But, if you instead draw a boundary and leave him in silence, he'll be stuck sitting with his words echoing around him, and will hear the impact of what he's just said.

### **Rule #3: Give Him Something To Hold Onto**

Remember, he's in his "baby" part – don't just remove yourself and leave him feeling abandoned. He'll only become more in fear and therefore more emotional. Give him reassurance that you'll be back. Say something like, "I'll be here for dinner at six," or "I'll see you tomorrow," or "Call me when you have calmed down and I'll gladly return."

If you just leave, it will be too scary for him and he may have even more painful "payback" for you later.

These three rules work almost as if by magic. They accomplish a few important, relationship-saving things. First, it is you taking care of yourself, which is your only job. Your job is not to "fix" him, or "make him see the light" – two things that, ironically, get in the way of you taking care of yourself!

Your job is to take care of yourself and honor your truth. Calmly and peacefully not taking his bad behavior lying down is you taking care of yourself and loving yourself.

Next, it shows him that you're not willing to allow his inappropriate behavior, nor are you able to be pulled in to inappropriate behavior of your own. You are strong enough to resist that temptation and hold a higher vision for the relationship.

He'll secretly respect you more for that and you'll have elevated a difficult situation. This is so important because when you allow him to treat you badly, or he can lure you into treating him badly, he'll actually become even angrier with you. It's as though you're saying, "You're more important than I am, and I don't deserve to be treated well."

His higher nature (and yes, he has one!) doesn't WANT to be able to treat you poorly – he WANTS to be held to a higher standard, even though he may not act like it. He's not strong enough to hold a high standard without your help. The irony is that if you're letting him treat you badly, you're actually making yourself lower than him, and he has low self-esteem, remember? So that makes you really pathetic in his eyes and, therefore, less attractive to him than ever, which will make him all the more upset with you. Crazy, isn't it?

From an Evolutionary Psychology perspective, when a woman can hold onto herself and not make a man's needs more important than her own, this communicates to a man's "reptile" brain (the "cave man" part of the brain that has to do with survival) that she's a good gamble – that she's strong enough to take care of children and fight off other suitors even when he's not around.

This is why it's so important that you not communicate to a man that his feelings are more important than yours. You MUST communicate to him that his feelings are valid and matter, but that yours do as well. When you're scared, though, and cannot stand up to him for fear of losing his love, it tells his "reptile brain" that you have low status, aren't a good gamble, and can't take care of yourself or children and that he therefore CANNOT be with you. He's wired to think that the very survival of the human race depends on his finding a woman who is stronger than this.

Why didn't anyone tell us THAT one in high school?

## **Rule #4: Create Positive "Mojo" Between You**

Angry, aggressive, and hostile men are literally screaming for reassurance and love, they're just going about it in a very unlovable manner. Sometimes just giving them more kindness and attention is enough to stop their tantrums.

My clients have noticed that often the bad behavior in their men comes out when he's feeling neglected or in fear that she's being too independent and no longer needs him. So, observe if he's more grumpy than usual because perhaps you've been busier at work, spending more time with friends, traveling without him, getting more acknowledgement or money from your job (which he may fear means you could easily provide for yourself without his assistance), or the classic one – you've had a baby and it's getting all of your attention, energy, and love, causing him to feel like a mere "sperm donor" and left out.

Try to create more good vibes between you through more touch, sex, hugs, phone calls, time together, massage, etc. Ask for his help with something, reminding him that you need and appreciate him. Acknowledge him and his actions – thank him for how hard he's working, how he mows the lawn, walks the dog, bar-b-que's chicken – anything to make him feel appreciated and necessary in your world. Surround yourselves with friends, family, neighbors, and colleagues who uplift, encourage, and love you both.

Do things together that you both enjoy and create positive new memories. Studies show that doing new things together, especially adventurous things, can reactivate feelings of excitement with one another and make otherwise ho-hum relationships get back their old spark. So think of creative ways to spend your time.

## **Warning...**

Just when you thought things were bad enough... I have one last warning: When you initially try to train your sensitive man he will most likely strongly resist and things may get worse first. You're changing the rules on him and that's always

scary for someone already afraid. There's a comfort in replaying our old, predictable scripts with people, even if they're negative.

Don't let this make you doubt your plan – I PROMISE you following the rules of “planetary realignment” will work if you can consistently follow through on all four of them fully and keep the faith.

Again – be consistent. Don't waver. When you set boundaries and avoid being pulled into his drama, he may initially yell and scream and throw things MORE than before. He may have a first-class tantrum.

It comes down to this: Your vision of the relationship you want with him has to be stronger than his insecurity. So stay strong – you'll both ultimately be glad. Don't fall into the fantasy that he'll somehow figure this out on his own and change – he won't! Quit wishing a friend will get through to him, he'll see a movie or read a book and have an epiphany that will forever change his angry or sullen ways, or that he'll magically wake up one day and see the light.

Remember – you don't HAVE to lead the way – you GET TO. You can CHOOSE to stop the madness. You can inspire a brighter day. You don't have to be the bigger person – you GET TO BE. And best of all – you can stop WAITING, WAITING, WAITING for him. Evelyn waited TEN YEARS. Sharon waited longer! If you're waiting for the hand of God to come down from the heavens and rub his third eye activating his enlightened side, it's going to be a cold, long wait.

So lead the way, already. Especially if you have children with him, I'm begging you! What have you got to lose, besides your OWN overly-developed wounded ego and self-identity as a tragic victim?

These steps work and will change your relationship for the better; very quickly I might add. And I'm convinced, after talking to too many women in these kinds of relationships, that it's your most effective if not ONLY hope of healing your unhealthy dynamics. Trust me! This is your best option for

finding lasting happiness sooner – rather than later - with your sensitive man.

## **The Three Challenges Of Trying To Heal Your Star-Crossed Lover**

There are three ENORMOUS emotional challenges for you to overcome if you're to successfully implement healing in your man. I have already touched on one of the worst ones (which I'll recap in a minute), but there are two more that can undermine even the best woman's great intentions...

In my opinion the NUMBER ONE challenge to being able to implement this "realignment" is being willing and able to tolerate the emotional separation it will initially require (as in stepping away from a man and a situation long enough for it to start to settle itself with-out you stirring things up).

But I know how difficult this is for most women. Setting a boundary, leaving the immediate area, and getting away from your partner when he's angry requires that you trust in how things will work out, and that you'll reconnect with him later.

The REALITY is that whether you like it or not, your relationship has to be able to persist without you giving all you can to hold it together. Your union, if it's a good one and has any hope of growing and lasting, has to be able to withstand periods where you and your man emotionally "disconnect."

The problem is that too many women are too needy and dependent to give themselves, their man, and their relationship the space that they need without their own attempts to CONTROL what's happening (which will only serve to make an angry man even angrier and a distant man even more distant).

The point is... you must be able to hold to the vision that implementing these new rules will bring you more peace and intimacy even though it might feel like it's going to tear you apart at first.

When you find yourself crying and begging him to understand, over-explaining your position and telling him you

love him (even though he's being rude or cruel toward you) and asking for physical closeness ("Can I have a hug? Please? Pretty please?"), what you are doing and giving is NOT LOVE. No. Instead you're putting your need for emotional connection with him ahead of your need for sanity.

In a word, you're being PATHETIC and you're LOWERING if not ELIMINATING your status, and it's time to remove yourself until the timing is better for you both and you're in a better state of heart and mind.

Now that we've covered the number one challenge about implementing your relationship realignment program... let's cover the second one.

The NUMBER TWO challenge to being able to implement the rules is your ego, which I've already talked about. Your ego really, really wants to stay and duke it out. Your ego LOVES to be smug and superior and tell your man all the ways in which he's wrong and you're right. Your ego can't just walk away! To walk away or let things be for any amount of time feels too passive and too much like letting him "get away with something" and who needs that?

When you're living and communicating from your ego, you can't wait to give him your side of the story and make him see the error of his ways. You can't wait to show him how he's wrong... and how you're right.

In short, your ego has no patience and can't let you remove yourself. It's got to "win" - even if winning will kill the relationship or simply make a man feel plain awful around you. Your ego doesn't want to do what works. It wants to do what it wants to do - RIGHT NOW.

When you find yourself preaching and teaching, talking down to him, explaining your position and trying to make a man understand what an idiot he's being and you can't just let it go, then you know you're communicating from your ego and it's time to set a boundary and get out of Dodge!

But wait - there's more... The NUMBER THREE challenge of fostering success is the people in your life. And these people

can REALLY ruin your chances of working things out, because they can strengthen reasons #1 and #2 exponentially, or at the very least create a chain reaction with them.

Your loved ones and support team - your friends, family, children, neighbors, coworkers, therapist, hairdresser, etc., may have heard a few too many of your whining stories and may, as a result, have lost hope in your relationship. They may not believe it's possible to shift things for the better. This can undermine your own faith in your new strategies, making it hard to give them a try.

These people may trigger your ego by making you feel a fool, saying things such as, "He did WHAT? I can't believe you're putting up with that CRAP! I'd NEVER take that from my man. What's wrong with you?" They may trigger your fear of taking a stand and having temporary emotional separation by asking scary questions like, "Don't you worry he's seeing someone else? You shouldn't let him out of your sight..." or "I can't believe you'd just walk out when he's that upset! Who knows what that could make him do next?"

You're learning new communication skills and testing new emotional waters, so it's a vulnerable time. It's important to have the people you love and interact with most to support what you're trying to accomplish otherwise it will greatly minimize your success. Help them to understand that you have powerful inspiration and tools to create a new, healthier chapter in your romantic story with the man you love and that you need their help to keep you on track.

While they care about you and mean well, if they can't give you the space or faith you need to give these steps a try, you may have to set boundaries with them as well for a while and remove yourself from their influence until you're on more solid ground with your man.

## **From Star-Crossed to Celestial Sweetheart**

If a relationship is worth it, and a man is healthy enough to grow, then I promise you this will vastly improve your life

with him. I strongly encourage you to get support, however. This is more than you should take on by yourself.

I highly recommend working with a competent therapist, spiritual advisor, or relationship coach. Share this chapter with whoever is helping you – it's important they not just insist you dismiss the relationship, as I've often seen, but they understand there's a chance to change things for the better.

And please do something (with my full permission!) to dramatically increase your chances of success: Print this chapter, tape it to your forehead, and reread it many times yourself.

This isn't the kind of information you'll comprehend and be able to carry out just from reading this once. Why? Because these methods are likely counterintuitive for you and aren't part of your natural and everyday process of living. And I suspect if you're like the rest of us, you haven't had any great role models in your life that have always been, and are continuing to live in a kind of emotionally, spiritually, and socially CONSCIOUS way that we're talking about here.

Which means... you have years and years of experience doing THE WRONG THINGS as a force of habit. You're used to thinking and reacting in a manner that is the COMPLETE OPPOSITE of what I want you to do in the face of a man's anger or depression.

I say this because I've had so many wonderful, smart, otherwise successful women who seemed to understand my advice of how to handle their sensitive, volatile men when they spoke to me. And they absolutely took in and recognized the truth and the value of what I was teaching them.

But when it came time to actually implement the three success steps with their man, guess what happened? They couldn't do it! Not only did they lose their conviction in our carefully laid plans, but their brains "thunked" shut at the very next emotional go round... and it was as though we'd never discussed any of it.

Of course, I've learned by now that the reasons for women finally knowing what they need to do but NOT DOING IT are always the same:

- They become afraid that the man in their life will become even more upset.
- They find it way too hard to let go of their need to be right.
- They can't give up the belief that what they need to do and what will solve their problems is to explain THEIR point of view, even though this has never worked before.
- They simply can't – or won't - rise above their own immature behavior and break out of their own negative and self-defeating patterns.

I've literally had to repeat these solutions to women twenty, thirty, or FORTY TIMES over months or YEARS before they were able to powerfully implement them with the star-crossed man in their life.

I've found this to be such a colossal shame because once they could successfully "stick to their guns" and do what works by letting go of all the things that have NEVER worked, they came back to me incredulous and amazed, saying, *"You mean that's all I had to do all along? Just set a boundary and leave? I can't believe it - it works so well!"*

I've had women actually become depressed once they have success, because much like Evelyn in the first story above, they realize how easily they could have turned things around months or even years before, if they'd just known what to do and been willing and strong enough to give it a try. They've felt a great loss of what could have been – the happy times they MIGHT have had with him that they can NEVER GET BACK – the birthdays, holidays, anniversaries, and vacations, etc. that might have been loving and PEACEFUL if they'd changed earlier. What really breaks their hearts is realizing the tremendous benefit it would have brought to not just their own lives but those of their children and loves ones as well.

But better late than never! You may still have many years of happiness ahead, and show your children that transformation is possible, and save yourself and your family the potential devastation of breaking up your home (which years of rigorous research shows is MUCH harder on everyone than sociologists and psychologists ever imagined...).

So PLEASE, take this seriously. This is the MOST important chapter in this book. Learn what I'm sharing and GIVE IT A TRY.

Please don't pretend that you know all this stuff because you're a smart and caring woman. So are all the other women I know who want love and a great relationship but won't learn, incorporate, and keep using what works with men.

With that said, though... let me say this:

If you find that even with ongoing support you can't take the pressure, your attempts are not being met with success (i.e., he's still being impossible to deal with), and you are constantly discouraged, it may be that you need to leave the relationship. There's no shame in that decision – only you can know in your heart what you can and cannot tolerate and if and when you are done with a partner. There are people that are simply too "afflicted," narcissistic, and screwed up (i.e., mentally ill) to make this stuff worthwhile.

But implementing these healing methods will do a priceless, soul-restoring thing – it will help you to know for sure so that you never have to wonder "what if?" The steps will either bring you the harmony you crave with the afflicted man you love, or the peace of mind that moving on to love another day with someone not so afflicted is the best option for you.

### **Stellar suggestions to ponder...**

1. If you find that the man in your life is difficult, DON'T BLAME HIS SUN SIGN... All of the signs can produce wonderful and not-so-wonderful people. What matters isn't what sign a man is – what matters is the DIGNITY or strength of his planets in those signs.

2. Unhealthy planets or those with low dignity will make a man AFFLICTED. An afflicted man has under-developed emotional maturity which makes him have unhealthy behaviors – hypersensitivity, selfishness, arrogance, hostility, a quick temper, depression, moodiness, or genius abilities as a pouter.

3. Afflicted men have a hard time honoring a woman's feelings as they get so stuck in their own.

4. It's not always necessary to leave an afflicted man – if you find yourself embroiled in a relationship with such a man there may be a way to find happiness after all. It requires knowing the right things to do and DOING THEM to rehabilitate your love.

5. To evaluate your own or a man's emotional maturity level, ask yourself six questions...

1. How is he with his time, money, environment, and word?

2. Can he contain himself?

3. Can he self-regulate?

4. How does he treat subordinates or service people?

5. Can he take good care of something other than himself?

6. How does he handle negative emotions?

6. If you love an "afflicted/emotionally under-developed" man and want to work things out, beware complaining too much to your friends and loved ones about him.

7. The simple key to a successful marriage or committed relationship is, "Give Him What He Wants When He Wants It – No More, No Less." (If it's not harmful for you or your property or children, of course! And yes, I tell men to do this for their partners, too!)

8. Depression causes divorce as much as divorce causes depression – when your man withdraws from your relationship and seems disinterested in you or sex with you – it may not be personal. He may be depressed.

9. If you suspect your man is depressed, make sure there's nothing you've done to contribute to it and find out if there's something you can do to alleviate it! (He wants more attention, he needs more of your support emotionally, financially or sexually, he hates where you live and wants to move, etc.)

10. If you can't figure out what's wrong with him and it goes on for a while, encourage him to seek emotional and physical medical exams – he may be ill and not know it and the depression could be a symptom of a much larger problem.

11. There are three rules to follow when dealing with an afflicted man's bad behavior:

1. Don't jump in and try to preach or teach to him – it's not your job to "enlighten" him and will only make him more difficult to deal with if you try.

2. Set a boundary and remove yourself from his presence. Resist the enormous temptation to behave badly yourself!

3. Give him something to hold onto so he doesn't feel abandoned.

4. Once you've come back and he's no longer having an "episode" of bad behavior, create goodwill between you again through touch, massage, hugs, sex, and social time together with friends and family who love you both.

12. There are two enormous challenges of dealing with afflicted men and trying to manage their misbehaving ways:

1. It will initially require that you emotionally separate. You must trust that your love is strong enough to withstand this initial "disconnect."

2. Your EGO will want to "duke it out" and make him see the error of his ways... but this will only make him more impossible to deal with and create an even bigger separation between you.

13. Only you can know if your man is worth the effort or if you should give up on your relationship. Giving these ideas a try will help you to know if his level of affliction is workable or if moving on is the right decision for you.

# Chapter Six:

## Seasons of Love

### *Love Comes When It's Time*

*"To everything there is a season and a time to every purpose under heaven."*

*- Ecclesiastes, The Bible*

### **A True Story**

Denise sat on my couch and wept. "I'm so sick of waiting!" she exclaimed. "Is he EVER going to show up? Is he even OUT THERE?"

"Oh boy, here we go," I thought to myself. Working with depressed, anxiety-riddled single women and having to be the one to tell them whether or not they'll ever marry – and if I do or don't see Mr. Perfect ringing their doorbell soon, as in TOMORROW – is one of my least favorite tasks as an astrologer.

I handed Denise a box of Kleenex tissues, one of the many perched in every corner of my house for this very reason. I scanned her chart and sighed, not seeing what she clearly wanted to hear.

"Just tell me," she continued. "If I'm never going to get married, I need to know."

"I do think you'll marry," I began, trying to be positive. "And I see no reason why you shouldn't be happy and everything about it great..."

Denise leaned forward, her eyes like saucers. "But?" she asked, as if completing my thought.

“But... it’s not for a while,” I answered. In my experience, any length of time for the arrival of “Mr. Right” longer than a year hence was met by the questioner with a reaction tantamount to a malignant diagnosis. And Denise’s chart said something that I knew she’d HATE – Mr. Right wouldn’t sweep her off of her feet for at least five years, and I’d never had a woman take that well especially if she was over thirty, and Denise was thirty-eight.

“How long is a while?”

I steeled myself for her inevitable need for more Kleenex before finally saying, “Somewhere between five and six years from now.”

“What?” she cried, predictably horrified. “I’ll be ancient!”

Some version of this scene has played out in my work many hundreds of times, and it never gets any easier. A woman comes to see me bursting to find out when her Prince will appear and is crestfallen when I don’t see him on her on the immediate horizon. (Men, interestingly, tend to respond to the same kind of news – the “Miss Right is a long way off” declaration, with great relief! That is, unless they are over forty and longing for children, and then they’re every bit as disappointed.)

While this is one of the hardest things about the work that I do, it’s one of the most important. I actually love giving people the “big picture” take on their lives, and the timing of events is a significant aspect of that.

It won’t surprise you to learn that Denise, for example, was utterly crushed by our first session. But as the months and then years of her continuing single status crawled by, she took comfort that perhaps it wasn’t all her imagination or fault that she wasn’t able to find “the one.” She often thought back to that doomsday of agony on my couch, and soothed herself with my prediction, clinging to its ultimate positive outcome.

By the time the long-awaited window of opportunity was finally at hand, she was about to snippity-snap. She’d placed all of her faith in my words, and all of her hopes on this period of

time for what seemed an eon, and once it arrived at last she couldn't stand it another minute!

Interestingly, Denise's chart indicated she could connect with a partner through technology, so she wisely decided to try internet dating (this was before internet dating was popular – when many people viewed it as a scary, “desperate” way to try to meet men...) and I encouraged her to launch her efforts during a week when the planets were especially auspicious for love and romance. She told her best friend, and together they wrote her dating profile and posted it during the allotted few days.

And what happened? He was the second man to contact her. That's right – the man that made all the years of weeping, yearning, and loneliness worth it at last – the man who became her husband a year later.

## **The Thought Process That's Getting In Your Way**

I don't mean to make fun of Denise. I choose to share her story because she's not an extreme example at all – on the contrary! She's a very common one. I was once like her myself, as are most of my single, female clients. Perhaps the way she felt when she came to see me is also what drew you to astrology. I suspect it's even the reason you're reading this book at this very moment (especially if you've skipped to this chapter first, as many women tell me they do!).

As an astrologer of many years, I'd say 90% of my clients have sought me out because they were just dying to know WHEN, WHEN, WHEN they would meet Mr. "I'm-Going-to-Sweep-You-Off-Your-Feet-and-Not-Only-Solve-All-of-Your-Problems-But-Validate-Your-Very-Existence."

Okay, I know that sounds dramatic, but that's the heaviness I find that women carry when they're concerned about their seeming spinsterhood to the point that they'd turn to something like astrology for answers.

By the time a woman comes to see someone like me with this pressing concern, she's not just afraid she's going to end

up alone. Oh no, it's much worse. She's afraid deep down that the fact that she's still single is evidence that she's defective in some way - damaged. Screwed up. Unlovable.

If you feel or have ever felt this way - just certain the fact that you're unattached is proof that you're not good enough to be loved, and that others know it right off the bat just by meeting you, keep reading. If you ever feel like you don't know why you even bother dating, or trying to find anyone since you're so obviously broken to the point that even if you met someone fabulous, you'd only send him running for the hills, anyway - then this chapter is for you!

Because I want to take that soul-crushing boulder off of your heart RIGHT NOW!!! Because this is the WRONG thinking! It's what's called STINKING THINKING and is only serving to keep you from enjoying all that your life has in it right now. And, this heaviness and damage to your self-esteem is making you far less attractive for men to be around, and is keeping you wrongly believing that the fact that you're single is somehow YOUR FAULT and PERMANENT.

When the real reason is something profound and beautiful...

## **Apple Season**

Here's my favorite analogy to illustrate what's really happening: It's as though you and everyone you know has an apple tree. You've planted the tree in the finest soil, so that it receives just the right amount of sun. You lovingly water it with only the best, pure water, making sure it goes through at least SIX kinds of filtration processes. You've hired a Swiss horticulturist to tend to the tree night and day. He carefully fertilizes the tree with only the highest quality fertilizer and prunes the leaves and branches just so.

But you're not satisfied. Why? You're longing for apples. You're aching for apple cider. You're "Jonesing" for apple strudel. You'd sell your soul for some apple chutney. You'd trade your mother for an apple pie.

But the darn tree isn't producing apples. It can't be the soil, or the sun, the water, the horticulturist, or the fertilizer. There must be something wrong with the tree. Clearly you were sold a bad tree, and there's nothing to be done but cut it down.

You've an ax in your hands and you're about to do the terrible deed.

But here's the thing about apples. (You know where I'm going with this...) All the longing, wishing, begging, tending, watering and screaming at the base of the tree isn't going to get you apples.

Only apple season will bring you apples.

Finding true love is like waiting for apples. When it isn't the season, it ain't gonna happen. All the set-ups, internet dating, flirting with handsome strangers and going out to meet men isn't going to lead to marital or relationship bliss if it isn't your personal astrological season for it. Because don't get me wrong - you can get a partner and even end up married before "Apple Season." It's just not going to be bliss! (Kinda like trying to make that strudel when the apples aren't ripe or have rotted...)

This doesn't make you a bad person, or too fat, or too old, or too young, or too thin, or too socially awkward, though you may be a few of those things. It doesn't even confirm your greatest fear - THE BIG, SOUL CRUSHING LIE that you are unlovable. It simply means that nature is in the process of taking its course, and your expectations are ahead of the manifestation of that process.

And you know what happens when that process "fructifies" - when it IS Apple Season, you can have all the apples, cider, strudel, chutney, and pie your heart desires.

But it requires you do something that can make or break your crunchy harvest: It requires that you not give up, shut down, and turn off your heart light. You still have to tend to the tree, and not buy into your negative ego's deepest fear that you've blown your chances and it's too late. You must, must,

must resist the urge to chop the tree down in order to get to that bumper crop.

Because Apple Season has NOTHING to do with your chronological age... that fruitful, tasty time is still in the future - when you're EVEN OLDER! Love doesn't happen on YOUR time. It happens in DIVINE TIMING. And you can no more change your "astrological season" than you can make a tree blossom or bear fruit.

Think about Apple Season this way - we all know a woman who tried and tried and tried to find love, dating like crazy and doing everything possible to meet men, and her efforts got her nothing but heartache and credit card bills for her hair salon and all that clothing she couldn't afford.

And then one day, when she wasn't doing anything different or special IT happened. She met HIM and WHAM-A-LAMA: it started raining apples!

She couldn't figure it out. She couldn't put her finger on what made her happiness arrive at last - she was the same person she'd always been. If anything, she was more gun-shy and weary, which should have HURT her chances, not helped!

What had changed? The will of heaven, that's all. It was time. And it could have been predicted by a good astrologer with her birth chart.

How is this done? How can an astrologer see such things? How does it work? That's a complicated answer, and one more appropriately addressed in an astrology class, which this is not. Remember - this isn't an astrology "how-to" manual. I want you to understand the underlying PHILOSOPHIES of astrology, not teach you astrology itself.

Because the philosophy of Apple Season is very healing and comforting. When you know that your season is ahead of you it takes all the "blame and shame" out of every missed opportunity, rejection, or dating nightmare along the way.

How do you know if it is ahead of you? That's easy - if it hasn't happened yet! You can smile to yourself in the midst of the latest love drama and say, "This guy's just a bad apple."

Or, if you're having a great time dating but you know in your gut he's not "the one," you can say, "I must be in peach season," and enjoy some delicious peaches for a while.

## **Why Marriage Is So Hard To Predict**

There's another reason that working with the Denises of the world is so exhausting for someone like me (besides the fact that most clients are impatient for the destiny they're dreaming of to be right around the corner, and that astrologers sincerely want to be able to encourage people with glowing news and that's just not always what's "in the stars"...).

This reason impacts everyone and isn't even understood by many astrologers until they've been practicing for a long time: One of the most challenging tasks of an astrologer is to predict when someone will marry – the topic of marriage doesn't follow the same rules as others of life.

In astrology there are many indicators to weigh when making a prediction of any kind and they often contradict one another. One influence will act as a "green light," pointing to a "YES" answer, and another two or three will act as a "yellow" or "red light," pointing to a "NO."

For some reason when it comes to most subjects – career, health, finances, moving, travel, etc., as long as there are more affirming factors than negating ones, the answer will be "YES" and the desired outcome will come to pass. Those pesky "NO's" may make for obstacles and difficulties in getting to the goal, but they won't prevent the result. If there are more indicators pointing to "NO," i.e., more red lights than green, the outcome will be prevented and won't occur, even if there are some green lights in the mix. It's quite simple. All the astrologer has to do is weigh which are greater and more powerful – the "YES" energies or the "NO" ones.

It works incredibly well - if two good cycles say, "Money will improve," in a coming time-frame while one says that it won't, the good news is that the client will definitely have more money! If three positive cycles reveal that a person's health will be relieved while two say that it won't, then their health will be better! And on and on.

With marriage, however, it doesn't work this way. In my experience, there have to be ONLY GREEN LIGHTS, no RED LIGHTS AT ALL - all indicators must say "YES" or the person won't marry, or if they do it WON'T WORK.

Here's where it gets sticky (and why I purchase Kleenex by the case)... It's enormously rare for all the "marriage" signals to be the same color at the same time.

I don't know why it is that there can't just be a "majority" of marriage indicators to have it come to pass as it is with other topics, and neither do my colleagues - I suspect it's because finding full union with another human being is much more special than getting a good job or making money. If it happened to us all the time we wouldn't appreciate the sacredness of our partnerships or hold firm to the commitments that we've made to one another.

This "only green lights on the road to THE ONE" issue was something that I myself didn't understand for a long time. This is the reason marriage and the arrival of "Mr. Right" are so often falsely over-predicted by astrologers. The reader will see a "true love" phase coming up in a client's chart and it will be a cycle under which others have married. They'll excitedly share this insight with the person, who will be thrilled at the news... The innocent customer will then gleefully expect to have amazing developments in their love life.

But here's the problem - perhaps the astrologer is discounting other nullifying cycles that will be occurring at that VERY SAME TIME that do not promote the "true love" energy but instead do the opposite - they BLOCK it.

So what will happen? It's typical that both influences will play out - the hopeful receiver of the prediction will meet someone they feel is special, but the relationship will soon fizzle

out. Or, to their dismay and disappointment, they won't meet anyone special at all.

This painful lack of accuracy on the part of astrology will cause two predictable chain reactions – the person will then either decide that astrology is bogus and they were silly to invest any time, money, or expectations into anything an astrologer had to say, OR they will feel they somehow BLEW IT – they hit their “winning wedding window” and didn't meet anyone they'd marry or actually have a wedding, so they must have done something terribly wrong, and now they're going to definitely DIE ALONE.

I see another common, depressing problem that many fans of astrology get hurt by. It's common for a woman to have a reading on a romantic candidate that she's hoping the stars will say is her “celestial soul mate.” She'll become thrilled and expectant that the relationship will go somewhere important based on the fact that the reading indicates sincere, special connections between her and the man in question.

But here's the thing – many charts will be compatible with yours. MANY. It's great to meet someone that you have high compatibility with, don't get me wrong! It's just not the whole recipe for romantic success, and it's actually not that rare, either. Just having compatibility doesn't tell you anything other than that it may be worth getting to know the person – that you'll like them and be able to be yourself.

But if it isn't Apple Season for BOTH PEOPLE then it isn't enough for relationship to become significant. If both people aren't in an “astrological season of love” then it doesn't matter how compatible they are. The relationship won't last, at least not until the timing becomes right (as in the case of my marriage – which I'll tell you about in a moment).

But for things to move forward fully, it must be time.

As I've said, I see something very frustrating for women ALL THE TIME; many women have come to see me after another astrologer or psychic has predicted they would marry at a certain age and they didn't. Sometimes it's years later and they can't believe they still haven't met him. I mention this

because perhaps this has happened to you, and perhaps it's caused you to feel like they have felt – that you MISSED YOUR OPPORTUNITY – somehow love PASSED YOU BY. True and lasting love was supposed to happen at a specific time and didn't, and therefore IT NEVER WILL. I mean – hey! You had the perfect conditions but somehow you screwed up and still didn't meet him!

The positive prediction NOT coming true ends up making you feel worse than if the prediction had never been made in the first place. And now it just seems like the guy you were supposed to marry must have ended up doing something else and probably is WITH someone else! It's like that line from the movie "When Harry Met Sally," when Sally is crying, fearing she's always going to be single. She says, "You wake up one day and realize, it's too late and someone else is married to your husband."

So I beg you – please don't use the encouragement of a reading of any kind to discourage you from keeping your heart open. I promise you, when a reading doesn't come true it's not your fault, and it doesn't mean that you're cursed or doomed or that you'll never have what you want. It's the fault of the reader! (And I've made this mistake, too, so I'm including myself here.)

There's something they missed or didn't give enough weight to, or haven't had enough experience with to understand. Don't decide that astrology or psychic phenomena have no value, but most of all - don't decide that YOU have no value!

Here's a professional fact to keep in mind to give you a realistic perspective: Most psychics and astrologers agree that the best we can achieve is about 80% accuracy on any topic, so take whatever anyone tells you with a grain of salt.

## **My Story**

I'm not talking to you from my proverbial "ivory tower," having gone through no heartache or romantic disappointment in my life. As I said, I myself was like Denise before I became

an astrologer – anxious to find my husband and make sure I wasn't going to die an "old maid." So let me tell you my story in the hopes it inspires you.

I had a teenage romance fit for any soap opera (I'll spare you most of the details – we'll all need to break out the chocolate chip cookies again...) and had been heartbroken by my first love when he went off into the sunset with one of my best friends (don't worry – she crushed him years later and went off into another sunset with his best friend – Karma works!). Six socially awkward, school book filled years passed before I was able open myself emotionally and care for someone new who miraculously returned my feelings without trying to get too "up close and personal" with any of my girlfriends.

It was at about this time that I went wide-eyed for my first Vedic astrology consultation at the tender age of twenty-three, when this new, promising love was just beginning to bloom.

So you can imagine my disappointment when the astrologer said (with great certainty), "Don't even bother trying to have a serious relationship until you're thirty. It'll never work."

I was stunned. Thirty? That felt a million miles away! Why so long? What had I done to be so utterly cursed? I'd already been in several weddings of close girlfriends – they hadn't had to wait! My sister met her wonderful husband at twenty-three. My mother happily married my father at twenty-three. Didn't that ensure that I was right on schedule? I mean, I was at that magical age and in love. Why did I have to wait? What was wrong with me? And what about my new boyfriend?

"He showed up too early," was the grim, again oh-so-certain reply. "When you're thirty, everything will line up at once, assuring you'll marry. It can't be avoided or altered."

What did that mean? What was I supposed to do with such a dire prediction? Stop loving my boyfriend? Give him up? Join a convent?

I thought this news sucked. And how did astrology work, anyway? How could this astrologer be so sure? And how did it help me to know such a thing? Who wanted to be at the mercy of outside forces like that? Surely there was something I could do! Surely my freewill could change things. Surely I could move the planets or fight them or something. Surely my heart was bigger than Saturn and mighty Jupiter and all the rest.

I'd show that stupid astrologer!

I had been fortunate to be raised by incredibly liberal, open-minded, loving parents in a household in which most of our philosophies were based in New-Age thinking (this shouldn't come as a big surprise given what I ended up doing with my life...). The ideas of, "you create your own reality" and "as a man thinketh, so shall he be" were those in which I'd been taught to put my faith.

But, despite a lifetime of "positive thinking," for the rest of my twenties, try as I might, I couldn't change my fate to disprove what the astrologer had said. To make matters worse, my lovely new boyfriend and I broke up three years into our relationship, leaving me devastated yet again (it was, thankfully, not such a drama this time, as he didn't go off with any of my friends, though he was seriously involved with someone wonderful about five minutes after we broke up, proving to me how utterly romantically replaceable I was yet again, and they became engaged a year later...

On second thought, I lied - it was a big, dramatic soap opera!).

I went on to date one unavailable man after another, trying over and over to make impossible situations possible - working way too hard, dating men for their potential, going against my gut, trusting the chemistry I felt ahead of what their behavior was showing me - basically doing everything wrong (and engaging in valuable "hands on" research for my future career). I became sick and tired of it all, and hopeless that any relationship with any man would possibly lead to that walk down the aisle for me.

But I was lucky – over these same years I studied astrology and became an astrologer. And I came to learn why that first reader made his prediction (and even *almost* came to forgive him) and took comfort in the fact, that despite my bruised ego, I had to agree with him. As time passed and I saw other people’s lives unfold in perfect accordance with their stars, my hopelessness gradually turned to hope until eventually I became convinced that everything would work out when I was thirty, as my chart promised.

This knowledge had an amazing affect on me – I started enjoying myself, and became much more relaxed. I stopped trying to change men or make them fit into what I needed them to be. I was able to just appreciate them for who they were and what they could provide in the moment, because – what did it matter? My prince was on his way and I wasn’t concerned if these guys worked out or not.

Consequently, I became more successful with men than I’d ever been. Knowing about my imminent good fortune seemed to give me an extra boost of confidence, status, and peace that not only made me more attractive but allowed me to trust myself and wait for the right person, which only drew better situations to me.

It was going so well, in fact, that I started to think that I should just keep being the “belle of the ball,” and NOT get married.

But deep down I wanted to. So when I was twenty-nine I began telling all of my clients, “I’m getting married next year.”

“That’s wonderful,” they’d say. “Who’s the guy?”

“I don’t know yet,” I’d reply with a laugh.

And there he was, three days into the “winning window of love,” as punctual as a subway train. And who was he? The sweet boyfriend that I’d met when I was twenty-three, back in my life and declaring his love for me as if out of a sappy romantic movie, having never married the other woman. Almost ten years of marriage later we’re still going strong.

I know what you're thinking, because I'd wrongly thought this, too. You're thinking, "But wait – your husband showed up too early! That's what that first astrologer you saw said!"

That's where he WAS wrong... My husband hadn't initially shown up too early, as I'd coldly been told – he'd shown up in a big "true love" cycle in my chart. But here's the thing the astrologer wasn't appreciating: My stars said that I wouldn't fully partner until I was thirty, so there was no wedding for many years; but you CAN meet THE ONE before you're ready to marry THE ONE (if you're in a big love cycle). So I MET him, I just wasn't ready to COMMIT to him. AND, in my mid-twenties I went into a big "spiritual winter/lonely phase" which lasted several years and often causes couples to break up (more on these very common phases to come...) and so we separated, but were blessed to able to come back together when the stars were more happily smiling and I was old enough.

## **Beware The Power Of Suggestion**

So many people, when they hear my story or stories like that of Denise, will say to me, "It was the power of suggestion – you believed what you were told and made events fit what you believed would happen." While I don't disagree that our beliefs and thoughts are very important and, as I explained, I was RAISED to think this way my whole life, this argument doesn't hold up for a good reason: Astrology doesn't just predict what's coming in the near or distant future, it works retroactively as well! Charts indicate things that have already happened as well as those that are likely to happen!

That's right - the "map" goes forwards and backwards. An astrologer can say, "It says here that two years ago you had financial troubles," or "You had a romantic break up in March," or "Your mother died five years ago."

The client will nod their head in amazement and confirm that those things had in fact occurred, and yet no one had suggested them first!

The other problem with the "power of suggestion" idea, is that many, many people get all kinds of readings and have all

sorts of predictions told to them that they VERY MUCH HOPE and BELIEVE will come to pass (due to the whole “green light, red light, yellow light” problem). They spend weeks, months, and sometimes even years hopefully expecting and waiting for this desired outcome to occur, often telling everyone they know that it’s going to FOR SURE be a reality, and then what happens? NOTHING! That’s right, BUPKUSS. NADA. And they are simply stunned as the reading had been so convincing and they were just SURE.

If the power of suggestion were enough to make things manifest, these people would have definitely “created” what they were expecting.

One of the challenges of exploring and seeking out spiritual teachings and New-Age principles is that – just as in my own struggle to make love happen on my schedule – many of us are told (by spiritual teachers, books, and movies like “What the Bleep Do We Know?” and “The Secret”) that we create our own reality and are, therefore, 100% responsible for everything that happens to us. This philosophy encourages us to watch our thoughts as they’ll manifest whatever it is that we’re thinking of because we attract to us whatever we’re holding in our minds.

But as an astrologer, I have a unique perspective that’s been supported by years of experience. I believe we each have a certain amount of freewill and can use the power of our thoughts, expectations, and intentions to influence our reality. Science has absolutely proven that your thoughts have the power to greatly impact your life and health. It’s just that I don’t think you, or anyone else for that matter, are 100% responsible for everything you experience. I think instead, there is a RANGE within which you are working and that with your freewill you can go for the high end of the spectrum, or the low end.

But I don’t believe you can go beyond a set range of possibility.

As an astrologer, I’ve learned you’re part of something greater than yourself that you cannot begin to fathom. To say that absolutely everything you go through is 100% of your own

devising puts too much pressure and responsibility on you, a mere mortal, and simply isn't true. I stress this because I've found this kind of thinking, while being encouraging and empowering, to have a dangerous downside – that of giving many people a whole new reason to beat themselves up and feel badly.

To think that everything is up to you is an egocentric perspective, and keeps you stuck in your small self. I mean, hey – if you're so almighty and all-powerful, if you're God, then you should be able to do anything! Anything at all – including being able to halt the seasons. You should have the ability to change not just yourself but all of the conditions of your experience. If you would only believe, visualize, meditate, and intend strongly enough, then you should be able to turn spring into winter just by wishing it were so.

But we all know that's preposterous - winter only comes when it's time and it always follows autumn. No matter how many affirmations you say, or how much you visualize the blossoms of spring turning to the snow of winter, it's not going to happen. The earth will not stop spinning on its axis and reverse its direction just because you want it to.

Does that make you a spiritually weak person? Does it mean you didn't focus enough, or have enough faith? Does it mean God doesn't love you or deem you "good enough?" No, it makes you part of something greater than yourself within which you're working, and I happen to think that's a relief.

I liken this ability to astrologically predict when things will occur to that of predicting the weather. It's as though the astrologer has "Pinpoint Doppler Max," – a high-tech radar device that allows us to see when a pressure system is coming in our lives, when the humidity will rise, and when a hurricane is gathering off the coast.

Just as with the weather man, sometimes we're right, and sometimes we're wrong – but if we see that rain is on its way and we say so – just because our viewers believe and expect it will rain does not mean it will rain. It only rains because of one reason - if too much precipitation forms in the clouds overhead!

The value of having a reading, just as the value of watching the news to determine the weather – is that you can know how to best prepare. You can't personally change the conditions but you can bring an umbrella and raincoat and know which shoes to wear, and have a much better time than you would have had you not been warned.

I have had many people come to see me after another astrologer or psychic has predicted the arrival of Mr. Right, but no one sent him the memo – i.e., he didn't show. They're so confused and want me to amend the situation – as if I know his name and phone number and can just arrange for him to come on over during the session. I hate to give people what may be perceived as bad news (like that they have to wait a whole lot longer for something they'd been told would already be theirs) after they've suffered a disappointment.

But I want to save them from the heartbreaking pain of thinking the whole enchilada is approaching, when maybe it's just taco time.

One such situation happened with my client Sarah. Sarah decided to spend \$600 for a forty-five minute session with a very famous psychic who had many best-selling books and popular TV appearances. This was a big splurge for her, yet with the psychic's fame and experience Sarah was hopeful that she'd have the ability to see her future in a way no one else could.

So what happened? What every woman willing to spend the Gross National Product of a small Southeast Asian Island would hope would happen - the psychic predicted that Sarah's next husband would come into her life in a mere few months, and that he would be just wonderful.

Sarah was thrilled. She'd been to see me a couple of times yet I'd never declared such great news as I'd never seen Sarah in "husband weather," so she called me to see what I thought. Had I perhaps missed something or had her stars somehow realigned in her romantic favor?

With a heavy heart I checked her chart just as a meteorologist would check the weather system approaching,

and couldn't see any "true love" conditions on the horizon. I hated to tell her (for no charge!) that I disagreed with the big-time psychic who'd ripped her off, but didn't want her spending the next few months falsely hoping for a man she wouldn't meet.

Did the "power of suggestion" from such an exalted pundit make Sarah's dreams come true? Not surprisingly, two years later Sarah has still not become involved with anyone.

## **Why So Many People Are Late Bloomers In Love**

There's an astrological phenomenon that contributes to the majority of people having far more success in relationships and marriage exactly at a time when they don't expect to – when they're no longer young.

In the U.S. and much of the West, the average age for a woman to marry is in her mid-twenties. In less developed countries it is common for a woman to marry when she's even younger. So as a woman passes thirty in any culture, it becomes harder and harder for her to be as comfortable with the fact that she's still single. She starts to wonder, "What's taking so long?"

Perhaps she's otherwise happy, pursuing a career and leading a rich life, but as friends keep marrying off and start having families of their own, she begins to panic; or at the very least her mother does.

This is about the time a woman starts considering seeking the advice of someone like me.

As I think you've gathered from this chapter, most of my clientele has consisted of women in their thirties and forties who are starting to freak out that they haven't found THE ONE. They're becoming increasingly worried that perhaps they've done something gravely wrong (like failed to recognize Mr. Right when he must have been under their nose, or were too busy focusing on their careers so never met him in the first place) and are going to die alone.

But here's something they're usually not considering that's HUGELY important. While it's VERY typical for women to marry early, it's also common (I don't have to tell you) for those same women to later end up divorced (statistically, most divorces occur in the early years of marriage).

In traditional cultures which don't support the option of divorce, it's not uncommon for women to be stuck in unhappy marriages in which they can't expect romance or a "soul mate," but must try instead to experience their marital satisfaction through being mothers and taking their place in their community.

So, while it can seem like every partnered woman in the world is having such a fabulously PERFECT, DREAMY TIME being married and those that are still single are forever left behind and missing out – that's often not the case AT ALL!

I mention this because I have a unique perspective, as an astrologer, as to why for so many people love comes late. And because of this perspective, I don't think it's at all alarming for a woman to be over thirty-five or even forty to have never been married, if that's something she still wants for herself. It can and does still happen with a HIGH percentage of success, and for these women, the level of fulfillment and longevity will be far greater than if she'd married young.

There's an astrological reason for the delay (are you surprised?) that I'd like to share as it may give you or someone you know comfort.

This is going to be the most astrologically technical part of this entire book, so stick with me – it's going to be worth it and I'll try to explain it in a more simple and entertaining manner than a textbook.

There's a rule that I've seen play itself out time and again, that says that every planet in your chart has an age in which it "matures." What that means is that when a planet has an influence over a part of your life, that part of your life cannot fully come into manifestation until you are the age OR OLDER than the planet's maturation age.

So in the case of our topic (PARTNERSHIP and MARRIAGE), if a planet is impacting the part of your chart that has to do with partnering, then you cannot experience the FULL PROMISE of that part of the chart until you are AS OLD OR OLDER than the age of maturity for that planet.

And here's the thing I want you to become inspired by – some of the planets don't mature for MANY YEARS past your mid-twenties. For example, Mars matures during everyone's twenty-eighth year (when they're the age of twenty-seven to twenty-eight), Mercury matures during everyone's thirty-second year (when they are thirty-one to thirty-two), and Saturn doesn't mature until everyone's thirty-sixth year (when they are the age of thirty-five to thirty-six).

Of all the planets, Saturn causes the greatest delays as he takes the longest of all the planets to mature (if you don't count the nodes of the moon, which aren't technically planets). For that reason I'm going to focus on Saturn for a bit to further explain this astrological phenomenon.

Saturn is what's called the "ruler" of two signs in astrology: Capricorn and Aquarius in Vedic astrology – just Capricorn in Western astrology. Since I'm a Vedic astrologer, we're gonna go with TWO SIGNS – both Capricorn AND AQUARIUS because I've seen it WORK more times than I can count.

The ruler of a sign is the planet that has the biggest influence on that sign. You could say it has "dominion" over it. Since there are twelve signs and Saturn rules two out of twelve, Saturn has dominion over one-sixth of the signs. What that means is that ONE-SIXTH of the population has Saturn ruling the section of their chart that has to do with partnership. Therefore they won't be able to have the fullest potential of their partnering lives come forward until they are in their THIRTY-SIXTH YEAR OR OLDER.

And that's not all. Typically, if you have Venus, the planet of love, impacted by Saturn, then Saturn will also suppress love until you are in your THIRTY-SIXTH YEAR OR OLDER. This occurs when Saturn is ruling the sign of the planet Venus in your horoscope (which, again – happens one-sixth of the time!)

or when Saturn is joining Venus in the same sign or having an affect on Venus by aspecting Venus from another sign (also known as "glancing" or throwing it's influence). This last option actually affects FAR more than just another one-sixth of the population.

There are more ways Saturn can slow down love: If the planet of relating (the Moon) is in a sign ruled by Saturn (which happens – YOU GUESSED IT – another one-sixth of the time!), or if the Moon is joined with the planet Saturn in the same sign or is aspected by Saturn (which happens to FAR MORE THAN one-sixth of the women of the world), then you cannot experience the fullness of your relationships until you are in your THIRTY-SIXTH YEAR OR OLDER.

Are you seeing a pattern? 'Cause I could keep going. That's a lot of one-sixths... Do you understand, just by this ONE astrological technique that MUCH OF THE POPULATION is better off partnering after the age of thirty-five? Not to mention that MUCH OF THE POPULATION will have SEVERAL OF THESE FACTORS PRESENT, slowing their love life depressingly down until their later life.

So what's hard for me, as an astrologer who has seen this PLANETARY LATE LOVE PHENOMENON be true again and again, is that so many women, unaware of this, are just SURE that if they're over thirty-five it's "game over," as one woman said to me recently. When in reality, in her case and that of so many others, it's just "game starting."

She, and women like her, are looking at statistics of marriage and falsely thinking that to not be doing what THE MAJORITY of women are doing means she'll never have what THEY have, which is ridiculous (and not taking into account divorce and unhappy marriages as I mentioned).

*Here's the thing I really want you to understand about this - when love comes late for you, it's most likely NOT YOUR FAULT any more than the onset of winter or spring are your fault. It's just that the season of love is late for you (which is the "grace" part of the equation in love that I wrote about in the "getting started" section of this book), and you'll have to ask God why that is when you meet Him.*

And yes – many people marry before their partnership destiny has “matured” and what often happens is they find the marriage is much better once they’re older, or they end up miserable and wish they hadn’t married their partner in the first place, or they divorce and then marry again later in life and find they’re better off with their later match.

Fortunately, there’s more than my personal astrological research to back up these claims.

A study featured in *Newsweek* magazine in the summer of 2006 stated that the average woman in the West who’s over forty and never been married still has **OVER A FORTY PERCENT CHANCE** of marrying!

So if you’re getting a bit “longer in the tooth” than you’d planned and still don’t have “his and her” monogrammed towels, please relax and don’t give up the search! You may be on the verge of having all your hopes fulfilled, and marrying older will be marrying smarter, as the saying goes.

## **The Secret You Won’t Use Because It’s Too Easy**

The reason that women over thirty are really freaking out is that one of the myths that so many women believe is that men only want to be with young women. While this is true for some men (typically the insecure, “thumb-sucking” variety who needs a younger woman to be an extension of his ego...), what I’ve heard over and over from men is that what attracts them to young women isn’t primarily their physical attributes, it’s their emotional ones: They haven’t become bitter. They aren’t lugging around emotional baggage as heavy as the moon. They aren’t so worried about “where things are going ‘cause I’m in a hurry, Buddy.” They’re more able to enjoy the moment and have a good time.

When a woman can enjoy herself and is happy, it says to a man, “Your job is going to be pretty easy here.” Men are very affected by the emotions of the women they’re close to. If you’re not happy, they can’t be, either! So I urge you to do things that make you happy. It sounds simple, but so many

people I work with simply don't implement this principle. They're too busy focusing on other things they think will get them the love they want, superficial things like their weight or their hair color or if their teeth are white enough, when the most attractive thing a woman can be isn't physical – it's emotional. It's happy!

## **The Seasons Of Our Lives**

What I'm sharing in this chapter is one of the most beautiful, profound things about astrology – its ability to shed light on what happens to us and when, in every area of our lives. Having this experience of watching my own and other people's major and minor life events occur as if on a preplanned schedule, has greatly enhanced my faith in an architect greater than ourselves, and has given me and many of my clients much peace of mind.

Your chart reveals the seasons of your life, showing when your circumstances will expand and contract in all areas – not just romantic ones. The seasons of your chart impact when you'll have financial ups and downs, career opportunities and challenges, health problems or improvements, and so on.

A good astrologer can see when you'll likely sell your house, have children, suffer a breakup, or meet a new friend. They can even determine (though not as easily or often as specifically) what's going on with the people you care about, without even looking at their charts – when your parents' health will decline, when your sister will get that dream job, when your aunt will move away, etc.

There's a distinct advantage to knowing your life's seasons: You can make the most of them and plan accordingly. Like Denise, you can take comfort in the difficult times, knowing they won't last forever and that the things you long for are ahead of you. You can also maximize your positive times, taking important actions that will be supported.

There's an amazing story about "Life Seasons" as they relate to the founder of the Hare Krishna movement.

A.C. Bhaktivedanta Swami Prabhupada's parents had sought out an astrology reading for him when he was very young. The astrologer looked at the child's horoscope with deep reverence and awe, and proclaimed that late in life he would cross the ocean, become a great exponent of religion, and open 108 temples.

When he was seventy, he was sitting alone in Central Park in New York. A stranger approached and asked, "Who are you?" He told the man his name and his mission, saying, "I am not a poor man – I am rich. There are temples and books, they are existing, they are there. And the only thing separating us from this reality is TIME."

By the time he died it had all come to pass and more – he had founded his movement, written and translated many books, and his movement had well over 108 temples all over the world.

What I love about this story is that he didn't doubt for a moment its truth, and he never said to himself, "It hasn't happened yet so it isn't going to." Instead, he saw what was, in fact, the case – the only ingredient separating him from this vision was TIME.

Perhaps it's the same for you.

Misunderstanding this timing stuff causes a great deal of heartache and pain. In my experience of working with women, I have found that it's very common for them to become like Denise – anxious and depressed that they aren't having their life plan show up according to their time table and are, therefore, wrongly attaching a meaning to the events (or lack of events) of their life that isn't true – deciding that if "The Man of Their Dreams" hasn't showed up by the time they'd expected him to, he NEVER WILL, and therefore, SOMETHING IS WRONG WITH THEM.

When maybe all it means is that he's taking longer than they'd planned.

So if you're going through this – if you're in emotional duress because your relationship goals are not being met on

your schedule, please be careful – this could be causing you to do things that will make it more challenging for you to ever create what you want, even when it's your season at last.

These things include becoming much more anxious about each romantic encounter or date and what it might lead to, settling for less than what you want fearing it's the best you can get, or wasting precious months or years holding on to Mr. Wrong since you've convinced yourself you're running out of time so you'd better make things work GOSH DARN IT even if it's killing you!

Ultimately, this can lead you to be more bitter and disappointed than ever and carry that heaviness like a badge of honor for all to see, making you less attractive to men, less fun to be with, and less successful overall in every area of your life.

So, many men wisely look for younger women as they haven't gone on such a vicious *unmerry-go-round* too many times...

## **Forty Years In The Desert**

Just as the good seasons of life can be predicted, the difficult ones can be, too. There are periods in which no matter how hard we try we feel our goals take much more time, effort, and money to reach than we'd anticipated. Or worse, we reach them and find "there's no there there," after all – getting what we want but discovering it doesn't make us happy. Or the things we want remain unattainable, just always out of reach. Often cycles can be so challenging that it's not unusual to feel cursed or that God has "left the building."

There's a very common astrological phase called the Sade Sati Cycle that's often to blame. I find that the majority of people who seek an astrology reading (including Denise and myself in the stories I shared) are in some version of this astrological period.

Sade Sati means "seven-and-a-half" because this is a phase that lasts a full seven-and-a-half years and can strike a person at any age. All of us go through these cycles at one time

or another, though there's disagreement (as I've told you is the case with everything in astrology – that darn curse again!) as to what constitutes a true Sade Sati Cycle.

I was trained (and have found much success with this) that a Sade Sati Cycle occurs involving the transit of Saturn through the entire thirty degrees of the twelfth house, first house, and second house in relation to a person's Moon sign, Sun sign, and rising sign, though traditionally it was believed that the cycle only is in effect when Saturn's transiting the Moon sign (if you're not an astrologer and didn't understand what the heck I just wrote – don't worry about it – just pay attention to what this phase means in terms of your life and not how it's calculated...).

For some people, this can happen all at once, for others they'll be in one version of this then have a break of a few years only to go into another version. The longest anyone has between Sade Sati cycles is roughly thirty years. So if you live an average lifespan, you can expect to go through one of these phases a handful of times.

I can always tell when a person is undergoing this tough season of life, just by the things they say when they call. "I don't know what's the matter with me. I'm not myself," is typical. "Everything feels hard. I'm really lonely and down."

When I ask if there's anyone special in their life, they typically either respond with, "Yeah, right! Like that's ever gonna happen!" or, "I'm married but miserable."

The transits of Saturn are "contraction times" – times to go inward and withdraw from the world. Since the energy of Saturn can't literally take you to a cave in the Himalayas, he nudges you to take yourself to your own internal spiritual place by making the pleasures of the world less pleasurable, by removing the support and goodies you normally enjoy, or by blocking your enjoyment of them.

You find you have nowhere else to go but inside yourself for answers. Thus, this is when you struggle financially, go into debt, have more crushing responsibilities and less fun, are plagued by health problems, lose close friends or family

members to physical separations or death, and feel challenged at every turn. It's not a time to create new projects or relationships, as much as it's a time to sustain, maintain and CORRECT the things already in your life. Your romantic and personal life goes through a "house cleaning stage" – if you're already in a relationship when Saturn comes along, then that union is severely tested and it's not uncommon for separations or divorce to occur (as in my story a few pages back).

The good news is that if the couple survives the test, the relationship can go to a deeper, more fulfilling place than ever before. But it can take a great deal of time, patience, and character building.

If you're single when Saturn's influence begins, then you either cannot find the love you seek (meeting no one who gives you butterflies in your stomach no matter how hard you try) or you only have what I call "Yeah, but..." relationships, i.e., relationships with people who are unavailable in some way.

I'll warn clients, "Be careful not to fall for anyone already married OR living in another country OR dying of a terminal illness OR practicing an orthodox version of a different religion than yours..." and they'll reply something along the lines of, "My last boyfriend lives in Zimbabwe, the one before that was an alcoholic, the one before that was married with five kids. I'm a magnet for the impossible situation!"

Many have called this time their "spiritual winter" or "dark night of the soul." I call it "forty years in the desert."

The saying, "forty years in the desert" comes from the Biblical story of Moses and the Jews escaping from Egypt and roaming around the desert, lost and unsure of where to go. It was a harsh time of uncertainty and danger. The conditions under which Moses and his followers lived were uncomfortable and isolating. Yet they had broken their chains of slavery and were coming into their own as a people.

Some Bible scholars believe that there was a very important reason Moses kept his followers in the desert for so long (besides the fact that Moses was a man, and men hate to ask for directions! Ha ha.). Believing that this time in the desert

was to create some distance from their old ways – they needed to change their beliefs, let go of their outdated identity as slaves, and become stronger on a new path before they could go forward into a better future. If they had gone straight from the binds of slavery to their new life in a new world, they might have slipped back into a weak position, having not stood on their own and found out the things of which they were mentally, emotionally and spiritually made. Finding they could survive in the worst of times gave them a strength and determination they wouldn't otherwise have had.

When we hear the story from this point of view we understand that those "lost" years were critical to their ultimate success. Old, outmoded, unhealthy ways of being had to be shed, just like dead skin. The way had to be cleared for a new identity to be forged, one that would be stronger.

But wow, is forty years a long time! And anyone in a Sade Sati cycle will tell you that seven-and-a-half years feels like such a laboriously long time it may as well be forty!

This is "better, stronger way in the end" is the point of the Sade Sati cycle. Clients will say to me, "I've never grown so much in my life. Every belief I've ever had about myself, everything I thought I wanted, everything and everyone I've ever leaned on has been challenged. I've had to work harder and commit myself more fully to my goals than ever before. I've had to get more authentic, real, and honest about who I am and what I want. I've found out who my real friends are and I've learned to honor myself and my truth at a level I didn't know was possible."

They'll often add, "I'm so grateful I went through that time of trials. It felt like it would never end. AND I HOPE IT NEVER HAPPENS AGAIN."

## **The Promised Land Of Love**

"Difficult" cycles bring wonderful gifts that are apparent later... If you do the work that Saturn is asking of you, then you, too, will break the chains of slavery in your life – waking

up to whatever isn't working so that you can finally do something about it and set yourself free.

It's said that Saturn is the greatest of teachers because Saturn forces you to see your "ego illusions" – the things that you've wanted for the wrong reasons, and to take responsibility for your bad habits. It's during Saturn cycles that you get sober, lose weight, face your financial excesses, and essentially grow up. He "gets your mind right" – showing you what really matters in life. Whatever you've tried to avoid or deny or put off until another day will come flying out from under the rug magnified one-hundredfold so that you've no choice but to SEE clearly what needs to be done.

Ultimately this is a great thing that you wouldn't change if you could. And you have freewill, of course - if you don't do the work Saturn requires, then his lessons become more and more painful, and life can become unmanageable. And the converse is true – if you receive Saturn's influence with faith and willingness, his nudging is much more pleasant and benign. The key is to not resist growing and to take full responsibility for your actions.

It's very wise and healthy to seek support in these years, as the burden of living can be too much to carry by yourself. I routinely send people to therapists, doctors, twelve-step groups, nutritionists, shamans, gurus, and more when they're in Saturn's grasp.

Because Saturn forces us to grow, this is ultimately a tremendously positive time in the long run, though it rarely feels so in the short run. But we only become willing to do the hard work we need to do by Saturn making things worse first before they become better, and we typically only see the benefits of this time with the gift of hindsight.

As an analogy, just as it is almost impossible to imagine the moisture and warmth of tropical beaches when you're in the dry, blazing hot desert, it's hard to believe you'll ever be lighthearted and happy again when under Saturn's difficult spell. Many people become discouraged and depressed to the point of giving up.

As the years slowly pass, it takes Herculean strength to maintain the belief that you'll ever have the love you crave. You'll blame the struggles in your personal relationships (again!) on something wrong with you. You'll think all those "Mr. Unavailables" are a sign that YOU have low self-esteem or are commitment phobic, or must've done something terribly wrong in a past life to deserve such miserable karma in the school of love.

But the truth of it all is far more encouraging than you can imagine – Saturn is preparing you for something great, molding you from a lump of coal into a fine diamond – one that may soon be mirrored by a sparkling rock on your ring finger.

And when, oh when will that happen, you ask? When Saturn has moved away from you and you have finally made it to the Promised Land of Love. The long, painful journey will finally make sense and you will see, like Denise and me and so many other women like yourself, it was all worth it in the end.

## **How Do You Like them Apples?**

I hope the ideas I've shared have helped you to see my main message – that everyone's on their own path with their own ups and downs and cycles of ease and struggle, and these cycles have nothing to do with what society tells us is "normal" or "correct." There's no point in railing at your fate and endlessly wondering WHY, WHY, WHY you do or don't have what someone else has when someone else has it. Who knows why? Not even your chart can say the WHY's of it all, so please don't email me to find out... But it can say the WHEN's.

The important thing is to enjoy the journey and live each day to its' fullest (which also happens to make you more attractive to everyone you know and meet, by the way!). Because it isn't "game over" until you're dead – so if you're reading this book right now, I don't care who you are or what's happened in your past. Your life can change on a dime. "What a difference a day makes," as the song says.

Remember Denise? Remember her best friend who helped write the online dating profile that led to Denise's marriage? Well, a bit of true love karma came back to her...

Lisa endured two painful marriages. The first was in her twenties with a man with a violent temper, and the second was in her thirties with a man who ultimately cheated on her and then up and left – but only after he'd bought himself a new car and paid off his tens of thousands of dollars in credit card debt – with her money!

Lisa was crushed but only for a little while. She rolled up her sleeves and got to work: She found an excellent therapist and started facing her feelings; she enrolled in several personal-growth workshops; she began exercising and eating well to improve her health; she completely remodeled her home to reflect the beauty she wanted in all areas of her life; and she started writing; something she'd longed to do ever since she could remember. After a process of healing, she too began to internet date, ultimately meeting over 200 men through cyberspace in the course of a few years!

With each failed relationship, rejection or uncomfortable encounter (and she'd be the first to tell you there were more than she'd care to remember), she kept her heart open. She let herself feel her disappointment but continued to hold to the vision of what she wanted and do the things that made her satisfied with her life, and she kept getting right back onto the superhighway of love.

So what happened? It started raining apples. That's right, she met a wonderful man one day when she wasn't trying to or looking for him. She met him not on the internet, but at work. And he's just perfect for her, with an upbeat personality, a caring heart and no violent temper or straying ways. Not only that, he has a successful, rewarding career. He completely adores Lisa and they've been together for over three years.

They just fully remodeled his large house as well, making it a beautiful expression of their shared life together. They'll be married there this weekend. That's right – she'll be a blushing bride at the tender age of fifty.

How do you like them apples?

If anyone had every reason to harden her heart and give up the “game,” it was Lisa. But she chose instead to keep her heart open, do the work, and make herself happy. Her efforts are now being richly rewarded.

Yours can, too!

### **Stellar suggestions to ponder...**

1. Waiting for love is like waiting for apples from an apple tree – there might not be anything wrong with the tree, the soil it’s planted in, the amount of sun it receives, the fertilizer you give it, or the water you’re watering it with. It just might be that it’s not apple season. ‘Cause we all know, the only time you can get apples is in apple season. Love works the same way.
2. “Apple season” or your “celestial season of love” has NOTHING to do with what age you are or the efforts you’re making. Just like with apples, there’s nothing you can do to “speed up the process.” It’s not up to you when your love will show – it’s up to divine timing. And it can be predicted in your stars...
3. Forecasting when someone will marry is one of the most difficult things for astrologers to accurately predict. As a result, it’s often over-predicted, which has the dangerous side-effect of making you feel even WORSE than if it had never been pronounced for you in the first place. So don’t be concerned that your “ship has left the harbor” if some practitioner thought you’d meet THE ONE and didn’t – it doesn’t mean you’ve blown your destiny. It means the astrologer made an error.
4. It’s not enough to meet a man you have special romantic astrological compatibility with – you must BOTH be in a celestial season of love or your relationship will never make it to “happily ever after...” And it’s NOT YOUR FAULT!
5. Many doubters and skeptics will say that an astrology reading only proved to be accurate because of the “power of

suggestion” - the client heard the predictions and believed they’d come true and thus, *made* them come true. The reason this argument isn’t sufficient is that charts work retroactively as well – a good astrologer can read the past as well as the future, and the past wasn’t “suggested” but happened anyway!

6. Although New-Age thought promotes the idea that you’re 100% responsible for creating your own reality, I believe instead that there’s a range within which we’re all working, and your chart reflects that range. You are responsible for whether or not you go toward the low end, or the high – but you cannot operate outside of these predetermined limits.

7. An astrologer is able to predict the seasons of your life much like a weatherman can predict the weather – your chart reflects the conditions of your experience, and helps you to know how to prepare for, work within, and make the most of those conditions.

8. There is an astrological reason many, many people are late-bloomers in love – only happily partnering after their mid-thirties or later. So, if you’re still single and getting older than you ever imagined, it may be that everything your heart desires is right around the corner so keep your heart open and keep going!

9. One of the most attractive things you can do to impress men or that special man in your life is quite simple – BE HAPPY! If you’re not happy, he can’t be, either. So do all you can to satisfy yourself. Your relationship will benefit as much as you will.

10. Perhaps the only thing separating you from all you long for is TIME.

11. We all have phases of our lives that feel like the proverbial “forty years in the desert.” This is when you feel isolated, overwhelmed, and like nothing romantically works out for you. There’s a painful though powerful growth-inducing cycle called the Sade Sati cycle that’s to blame, and love can’t stick when this astrological phase is upon you no matter how hard you try to make it. And, again, it’s NOT YOUR FAULT!

12. If you “stay in the game,” keep your heart open, and keep working on fulfilling yourself and making your life the best it can be, then when you hit your “season of love” it will start raining apples!

## Recommended Reading

*(The following are my personal favorite relationship and astrology books. There are many other wonderful ones in the world – but these are the authors I have personally learned the most from and am so grateful for...)*

### **If You're Single...**

*Getting to I Do – The Secret to Doing Relationships Right* by Patricia Allen and Sandra Harmon

*Great News! A Proven, Action-Oriented Guide to Getting More Great News in the Dating/Mating Game!* by Suzanne Blake – only at [www.suzanneblake.com](http://www.suzanneblake.com)

*Catch Him and Keep Him – What Every Woman Should Know About How to Catch Her Mr. Right... and Keep Him For Good* by Christian Carter – only at [www.catchhimandkeephim.com](http://www.catchhimandkeephim.com)

*Are You the One For Me? Knowing Who's Right and Avoiding Who's Wrong* by Barbara DeAngeles

*The Surrendered Single – A Practical Guide to Attracting and Marrying the Man Who's Right For You* by Laura Doyle

*The Soulmate Kit Guide – Prepare Yourself and Manifest Your Soulmate* by Arielle Ford – only at [www.soulmatekit.com](http://www.soulmatekit.com)

*Dating, Mating, and Manhandling – the Ornithological Guide to Men* by Lauren Frances, Ph.D.D.

*If the Buddha Dated- A Handbook for Finding Love on a Spiritual Path* by Charlotte Kasl

*Why You're Still Single – Things Your Friends Would Tell You If You Promised Not to Get Mad* by Evan Marc Katz

*I Can't Believe I'm Buying This Book – A Commonsense Guide to Successful Internet Dating* by Evan Marc Katz

*Why Men Marry Some Women and Not Others – The Fascinating Research That Can Land You the Husband of Your Dreams* by John T. Malloy

*Calling in the One - Seven Weeks to the Love of Your Life* by Katherine Woodward Thomas

### **If You're Seriously Committed...**

*Staying Married and Loving It – How to Get What You Want From Your Man Without Asking* by Patricia Allen

*The Surrendered Wife – A Practical Guide to Finding Intimacy, Passion, and Peace With Your Man* by Laura Doyle

*The Seven Principles for Making Marriage Work – A Practical Guide from the Country's Foremost Relationship Expert* by John Gottman, Ph.D.

*If the Buddha Married – Creating Enduring Relationships on a Spiritual Path* by Charlotte Kasl

### **If You're Either...**

*Fearless Living – Live Without Excuses and Love Without Regret* by Rhonda Britten

*Fearless Loving – Eight Simple Truths That Will Change the Way You Date, Mate and Relate* by Rhonda Britten

*Men Are From Mars, Women Are From Venus – The Classic Guide To Understanding the Opposite Sex* by John Gray

*How To Be A Great Lover* by Lou Paget

*Why Men Don't Listen and Women Can't Read Maps – How We're Different and What to do About It* by Allan and Barbara Pease

*What Really Works With Men – Solve 95% of Your Relationship*

*Problems and Cope With the Rest* by A. Justin Sterling (out of print, but at most libraries and available used online...)

*You Just Don't Understand – Women and Men in Conversation*  
by Deborah Tannen

and... to help you live a “charmed life” no matter your relationship status...

*Lives Charmed – Intimate Conversations With Extraordinary People* by Linda Sivertsen

and... because money is the number one area of conflict that causes couples to break up...

*The Wealthy Spirit – Daily Affirmations for Financial Stress Reduction* by Chellie Campbell

*Zero to Zillionaire – Foolproof Steps to Financial Peace of Mind*  
by Chellie Campbell

## **If You're Breaking Up Or Divorcing**

*Spiritual Divorce – Divorce as a Catalyst for an Extraordinary Life* by Debbie Ford

*Stop Your Divorce Now! How to Stop Your Divorce or Lover's Rejection When You're the Only One Who Wants to Stop*  
**It** by Homer McDonald, only at [www.stopyourdivorce.com](http://www.stopyourdivorce.com)

## **If You're Interested In Learning More About Vedic Astrology...**

*Ancient Hindu Astrology for the Modern Western Astrologer* by James Braha

*Light on Life – An Introduction to the Astrology of Ancient India* by Hart deFouw and Robert E. Svoboda

*Light on Relationships – The Synastry of Indian Astrology* by Hart deFouw and Robert E. Svoboda

*Astrology of the Seers – A Comprehensive Guide to Vedic*

*Astrology* by David Frawley

*The Nakshatras – The Lunar Mansions of Vedic Astrology* by Dennis Harness, Ph.D.

*How to Read Your Horoscope – the Basics of Bona Fide Astrology* by Tom Hopke, a.k.a. Nalini-Kantha das

*The Divine Path of Prediction – A Summer in the Life of a Vedic Astrologer* by Tom Hopke, a.k.a. Nalini-Kantha das, only at [www.tomhopke.com](http://www.tomhopke.com)

*Path of Light – Introduction to Vedic Astrology, Volumes I and II* by James Kelleher, (see [www.jameskelleher.com](http://www.jameskelleher.com) for an excellent newsletter with world predictions)

*Beneath A Vedic Sky – A Beginner’s Guide to the Astrology of Ancient India* by William Levacy

*Beneath A Vedic Sun – Discover Your Life Purpose With Vedic Astrology* by William Levacy

*Vedic Astrology Simply Put* by William Levacy

*Vault of the Heavens – Treatise on Vedic Astrology* by Ernst Wilhelm

*Core Yogas* by Ernst Wilhelm

*Graha Sutras* by Ernst Wilhelm

*For Vedic Astrology Software: [www.vedic-astrology.net](http://www.vedic-astrology.net) for incredible software by Ernst and Srishti Wilhelm.*

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*"In the presence of a true guru knowledge flourishes, sorrow diminishes, joy wells up without any reason, abundance dawns, and all talents manifest."  
-The Upanishads, 2000 B.C.*

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encouragement with my seminars!) While my sister went on to have a stunning writing career, Victoria gave birth to twins and founded her own business, and I just kept wondering if I was ever going to actually write a book...

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