

FOLLOW THE SUN: YOUR CYCLE OF BECOMING

By Beverlee Brown

Adapted from "The Book of Houses" by Robert Cole

I want to introduce you to a powerful Astrological Cycle that puts you in touch with the order of the Universe and also helps you "tune in" to your own natural annual rhythm. This is your personal Solar Cycle. Every year, as the Sun moves through the twelve houses of your Astrological Birthchart, it encourages you to focus on the issues symbolized by each house of your Birthchart in an orderly, systematic way. Since the Sun enters these houses in your Birthchart on the same day every year, it's easy to see where you are in the cycle, so that you can easily work with the energy available to you.

[Please note: If you already have your Astrological Birthchart, just follow along as I describe the energies described by the Sun moving into each house of your Birthchart. If you don't have your Birthchart, you may email me to arrange to have the exact dates when these energies will be affecting your Birthchart, Just let me know your birth information by email—Date of birth, time of birth (including am/pm, and place of birth.)]

The first thing you'll notice about this wonderfully descriptive Astrological Cycle is that it begins not with the FIRST HOUSE, but when the Sun enters the ELEVENTH HOUSE--the house of hopes and wishes. When the Sun moves into the ELEVENTH HOUSE of your Birthchart every year you'll find yourself thinking about setting goals based on your hopes and wishes. This is the perfect time for sowing your "Dream Seeds"--for focusing on whatever you dream of accomplishing in the coming year. Spend a lot of time this month paying attention to your hopes and wishes. Then, on the last day of this period--the day before the Sun moves into your TWELFTH HOUSE--write out a list of your hopes and wishes. Sow your Dream Seeds--as many as you have wishes--and very carefully put your list away in a safe place so you can consult it later.

As the Sun moves into your TWELFTH HOUSE, your seeds will begin the germination process. They'll actually start to come alive beneath the surface of your consciousness. Because you can't actually see them, you may begin to experience feelings of self-doubt. You may find yourself asking, "Can I really accomplish my dreams?" You need more privacy than usual during the month when the Sun is in your TWELFTH HOUSE. Use the time that you spend alone to get in touch with your Shadow. This is a marvelous time to write down your worries and fears; the exercise will enable you to confront those worries and fears. Then, of course, you must release them. Simply tear up your list of worries and fears and throw them away or burn them. Voila! Your worries and fears are gone--you've "disappeared" them!

The day the Sun moves into your FIRST HOUSE symbolizes your Dream Seeds bursting out of the Earth to greet the Sun. If you pay close attention, you'll probably discover that you experience a sense of "rebirth" at this time every year. This is because you're now ready to believe in your dreams; to express your individuality; to be creative. Having released your fears and doubts, you're willing to take responsibility for allowing

your Dream Seeds to grow and flourish. It's time to visualize yourself reaching for your dreams in just the way a seedling reaches for the Sun.

When the Sun moves into your SECOND HOUSE you'll naturally begin to focus on security issues. This is the time to sit down and make some financial decisions for the year ahead. Just as your Dream Seeds need certain nutrients in order to grow, so do you. During this month, as you drift off to sleep at night, repeat to yourself, "To get what I want, all I have to do is ask for it." And then simply ask the Universe for whatever you want. I also add this suggestion to the Universe: "I have much to offer that other people want." This ensures that you're creating a space for your gifts, which in turn, gives your life meaning and value. You're really dealing with your value system while the Sun is in your SECOND HOUSE.

When the Sun moves into your THIRD HOUSE your fledgling Dream Plants generate new leaves and begin to explore their surroundings. Likewise, you'll also want to open up--to communicate, and learn new things during this month. This is the ideal time to engage in such things as catching up on your correspondence or enrolling in a class. It's time to follow wherever your curiosity leads you and grow in the process.

Tending your garden becomes your primary focus when the Sun moves into your FOURTH HOUSE. Your Dream Plants will grow to maturity only if you nurture them lovingly, which requires periodic pruning. It's time to establish some priorities; to separate the wheat from the chaff. Take time now to analyze how far you've come along the path of your own personal becoming in this Solar Cycle. Observe how much your Dream Plants have grown; in other words, take time to examine whether you're on track. If you discover some side shoots strangling your Dream Plants--minor activities diverting you from your real dreams—you must cut them out. This may sound heartless, but in the long run it will strengthen your Dream Plants. You must also look to the roots of your dreams; it's time to feed them; this is the moment to get in touch with the foundation of your life.

You'll experience the rewards for this work when the Sun reaches your FIFTH HOUSE. This is when you'll notice how beautifully your Dream Plants are beginning to flourish as they express your creativity. This month rejoice in the progress your Dream Plants are making. It's a magic time--a time for fun--a time for your inner child to come out and play. Throw a party to celebrate your place in the Universe. Write a poem! Paint a picture! Compose a symphony! Fall in love! Express your wonderful individuality!

As the Sun reaches your SIXTH HOUSE, your Dream Plants burst into flower. Just think: Six months ago, when your Dream Seeds were germinating in your unconscious, you doubted this day would ever come. So I want to encourage you to take time to acknowledge yourself for what you have accomplished in this Solar Cycle now that the results of your labor are in bloom. Also, like your Dream Plants, you need to be healthy in order to continue your personal growth process. Spend time this month thinking about your health and work routines. Is your work fulfilling? Do you set aside time for regular physical activities? Are you, like your Dream Plants, growing physically stronger every

day? You can, you know.

When the Sun visits your SEVENTH HOUSE it's time to merge your uniqueness with someone else's. Partnership issues come up for review this month. Intimate one-on-one encounters assume more importance. In botanical terms, it's pollination time. Just as plants grow flowers in order to attract bees, your Dream Plants must attract others in order to succeed. Reciprocity is a vital part of your personal Cycle of Becoming. At this time in your personal Solar Cycle you need to share your Dream Plants. So look around and see who you want to share them with; it's the perfect time to let go of unrewarding relationships and to cultivate new, stimulating friendships in their place.

As the Sun moves into the EIGHTH HOUSE of your Astrological Birthchart, the fruit begins to emerge on your Dream Plants. It's time to release any hidden agendas that you've been concealing. Share yourself truthfully with those you care for; reveal your inner reality to the people you trust. Your Dream Plants are vulnerable now to sudden storms and a multitude of threats to their ripening fruit. Similarly, you may feel vulnerable, as you open up and share yourself, but sharing is a mystically rewarding experience and the time to experience it is NOW!

As the Sun enters your NINTH HOUSE, your personal Solar Cycle is almost complete. Your Dream Seeds have flowered and borne the fruit that is nearly ripe. At this time in your personal Solar Cycle, you'll begin to question the value of what you've produced in this Cycle. You're evaluating the worth of your personal creation. Is it good enough? You're asking: "Is this the best that I can do? Perhaps even more importantly, you should be asking, "Does what I have produced have significance for others?"

Please answer a resounding "Yes!" to all these questions. Fruit ripens best in the joy of knowing that it is needed; that it has a purpose, a destiny. As you anticipate the moment of harvest, reverently acknowledge your special place in the Universe; congratulate yourself for your unique contribution to the good of all.

Harvest Day has arrived at last. The day when the Sun reaches your TENTH HOUSE. A delightful way to celebrate this moment is to find the Dream List that you wrote way back on the last day of your ELEVENTH HOUSE and re-read it. Have your dreams become realities? Remember, what you see around you, you have created. Accept the harvest with thanksgiving and a joyful heart. You've earned it.

The TENTH HOUSE is a busy time--an exhilarating, rewarding time. When the crop is ready, you must quickly harvest it and get it to the marketplace. You'll be amazed by how much public recognition and acceptance you can receive during this month. Suddenly everyone is aware of your special talents. The ideal climax to your personal Solar Cycle is to teach others what you've learned, as you've gone through the process of making your dreams come true. Give a speech; write an article; arrange to teach a

class when the Sun is in your TENTH HOUSE. Opportunities abound. Look for them; embrace them, as you distribute your harvest during this month. Soon your personal Solar Cycle will begin all over again when the Sun once more moves into your ELEVENTH HOUSE. And what will your new Dream Seeds be?