

Yulia Winslow. How to stop worrying with the help of astrology

Yulia Winslow

HOW TO STOP WORRYING



WITH THE HELP OF ASTROLOGY

A practical guide

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If you're suffering from significant anxiety problems, seek help from a human behavior specialist such as a psychologist or psychiatrist. It is a sign of strength and genuine self-love to ask for help in situations where you're struggling.

Developing a Sense of Safety and Security

Here's a quote from Emily Nagoski's book "Come as You Are". Emily is a world-renowned expert in female sexuality. She writes:

"In The Science of Trust, relationship researcher John Gottman recounts the stories of women in abusive relationships, in which they habitually were targets of physical violence. These women astonished him and his research partner by telling them that some of the best sex they had followed immediately after the acts of violence. And in What Do Women Want? Daniel Bergner describes Isabel, who couldn't get herself into a hot and bothered state about her respectful, cherishing boyfriend, yet she had felt magnetically drawn to the objectifying jerk who wanted her to dress trashy and, she knew, would never commit to a relationship with her. I've heard similar stories from many women..."

I'm more than sure that you, too, have encountered such cases and probably had questions like "What is wrong with these women?", "Why do they need all this drama to get seconds of pleasure?"

Ironically, this drama, often escalating to the physical abuse levels of varying degrees of severity, is necessary for some people to feel safe and secure. And once that sense of safety and security is achieved, sex sparks right back up.

But how can violence and humiliation make a person feel safe or secure? To answer this question, we need to understand how our sense of safety and security is formed and how it develops.

When people come into the material world, the only way for them to exist is to have a body. The human body begins to develop in the womb of the mother. The womb is the first material reality for any human being. Being in the womb is the first experience of a relationship with the world. During the course of fetal development, we learn what the world is, how it functions, and what it's about. And we learn all this from the woman who carries us under her heart. She is our world during the first nine or so months of life.

Many sources state that during the developmental process, the fetus experiences the same emotions as the mother. In my opinion, this statement is only partially true. Scientists have repeatedly recorded changes in the fetus's physical parameters, which occur after changes in the emotional background of pregnant women. Meaning that the fetus does in fact react to whatever happens to the woman carrying it. But does the fetus feel what the woman feels? To answer that question, we'll have to remember the meaning of feelings, sensations, and emotions.

Sensations work by a person receiving information about their body and the outside world. We receive this information through sight, sound, taste, smell, touch, balance, and kinesthetic (sensory information from muscles, tendons, and ligaments that allow us to perceive changes in the position of our body). In essence, sensation is a person's perception of changes in themselves and the world around them.

Once the information is received, the body needs to decide what to do with it and when. To keep us from constantly evaluating our sensations in real time, humans have feelings: a mechanism for personally evaluating information received through sensations. When we feel pain, we evaluate our sensations as requiring intervention. Despite this, if we tell a doctor that we're in pain, that wouldn't be enough. The doctor would require a detailed description of the sensations – where it hurts, how it hurts, if it tingles, if it's more of numbing pain, and so on. Such questions are necessary, because sensations inform us of what exactly is going on with our bodies, and feeling pain is just a signal that something is going on and that we need to pay attention to it.

In sum, feelings are a personal evaluation mechanism for assessing what is going on inside or outside a person, and they serve as signals and guides.

It is not always possible for a person to express their feelings in a way that is understandable to those around them. A person may be too young to talk, they may speak a foreign language, or experience feelings so intense that they have no strength to express them verbally. For such situations, a person is assisted by emotions – the body's expression of feelings to the outside world.

Thus, sensations are information about what is happening, feelings are personal evaluation, and emotions are a person's expression of this evaluation through the body.

Let's return to the fetus, which reacts to the feelings and emotions of the mother through changes in its physical parameters. Does the fetus have feelings? No, because to feel something, you have to evaluate your sensations from a personal point of view. And since there are no feelings, the fetus has no emotions. But it definitely has sensations. When the mother experiences her feelings and puts them out into the world through emotions, she has bodily sensations that the fetus can read. The fetus has similar sensations to the mother, but it does not yet have its own relationship to these sensations. For example, the mother has sensations that she considers to be a pain. For the fetus, these sensations are not pain, they are simply a fact of reality, information about what is happening, about what the world is like.

Just imagine: during the fetal, foundational stage of development, we know nothing of the world except the sensations of the woman who carries us. Our world is limited to her, we cannot escape, we cannot change anything, and she is the very place and world we live in. The set of sensations that our biological mother experiences becomes our default set of sensations provided by the world, our unconscious model of the world. As a fetus, we don't discern what is good or bad for us. We accept everything that happens to us in the womb and during the first years of life without evaluating anything, taking it simply as a fact, as an integral part of our lives. We pick up the sensations that the world gives us, so that later we learn to evaluate them and react to them according to our evaluation. Experiencing these sensations becomes our unconscious model of the world, which we carry through our lives.

If our reality does not coincide with our personal unconscious model of the world, we feel a gap, a discrepancy between the sensations we expect to receive from the world and those

we currently receive. We perceive this rupture as a state of uncertainty, which triggers a defense mechanism, a sense of fear. As long as we don't have the sensations that we associate with the sensations of reality, we feel unsafe and unprotected. And we'll do everything in and outside of our power to make sensations of reality coincide with our unconscious model of the world because safety and security are one of human's basic needs.

Are we all “condemned” to what our fetal and early life experiences have designated as safe and secure experiences? I think we are. We are all bound to that experience tightly and forever. We can try to relive the fetal experience through meditation, but I don't think meditation will have the desired effect. There are just too many unappreciated bodily sensations that we experience in the womb we don't have during meditation. And those are sensations that actually form our sense of safety and security.

Will all these women, whose best sex of their lives involved violence, always have to suffer for their bodies to signal to their brains that they are safe? Not at all. Astrology provides other means of achieving a sense of safety and security for these women and for anyone seeking to stop wasting their resources on achieving a coincidence of reality and their unconscious model of the world.

An Astrological Approach to Feeling Safe and Secure

Astrology, like the human psyche, evaluates everything that happens in the world and gives everything a label. But instead of the feelings that people use to determine their attitudes toward facts, astrology relies on the objective similarity of the vibrations of objects, processes, phenomena, and so forth, to categorize everything existing in the world into 12 categories, known as the signs of the zodiac. These categories are the same for everyone, regardless of each individual's relationship to what is in any particular category.

For example, the cold always falls into the Capricorn category regardless of whether it represents an impending death from hypothermia, the relief of pain from putting an ice pack on a bruised knee, or an increase in adrenaline from skiing adventure. So, if your model of the world includes cold, you don't have to live above the Arctic Circle to feel safe and secure. You can use other sources with Capricorn characteristics to make your body produce the same reaction it gives to the sensation of cold. Faced with any Capricorn vibration manifestations, the body will similarly “believe” that you are safe and secure, just as it would if you were in a cold room because these manifestations fall into the same category of things that your body considers familiar and safe.

While we cannot gain access to a meticulous model of safety and security due to its unconscious nature, astrology offers tools to uncover its details to the extent necessary to recreate a sense of being safe and secure. To give you an idea of what you can do to create this sense of safety and security, we'll start by analyzing the Moon in your natal chart.

The Moon represents, among other things, your experiences in the womb and the first years of your life. It shows the nature of the sensations you had during those periods.

In order to understand which categories of sensations have shaped your model of safety and security, we need to consider which zodiac signs influence your Moon. The Moon receives influence from the zodiac signs through the following factors:

- aspects with other planets;
- being in a particular house of your natal chart;
- being in a particular sign.

The order in which the factors are mentioned corresponds to their strength. Aspects with a planet have the most influence on the Moon, and the sign in which it is located has the least. In order to get a complete picture of your personal model of safety and security, you need to analyze all three options in their totality.

Luckily, you don't have to know anything about astrology to know which signs influence your Moon and your sense of safety and security. All you have to do is find any website on the internet where you create your natal chart for free and get a description of it in words. The Moon will definitely have a house and sign; there won't always be planetary aspects, but if the description lacks aspects for all the planets, you need to find another site. Instead of the general word “aspects”, the site may have names of specific aspects. We need such aspects as a conjunction, opposition, square, trine, and sextile. If you see the phrase “Moon in conjunction/opposition/square, etc. with planet X” in the description, this is the information we need.

After reading the description of the Moon in your natal chart, you should have the following information:

- The Moon's aspects with other planets (if your Moon has no aspects, start your list with the following parameter);
- The Moon's house;
- The Moon's sign.

Your list could look like "Moon opposing Jupiter, sextile to Pluto, in the 2nd house, in Aquarius".

Each house and planet in your natal chart correspond to a sign of the zodiac. You can use the following chart to "translate" the planets and houses of your Moon into the signs of the zodiac:

Pisces - Neptune - 12 House
Aquarius - Uranus - 11 House
Capricorn - Saturn - 10 House
Sagittarius - Jupiter - 9 House
Scorpio - Pluto - 8 House
Libra - Venus - 7 House
Virgo - Mercury - 6 House
Leo - Sun - 5 House
Cancer - Moon - 4 House
Gemini - Mercury - 3 House
Taurus - Venus - 2 House
Aries - Mars - 1 House

In our example, your Moon will be influenced by:

- Sagittarius and Scorpio due to aspects;
- Taurus due to the Moon in the 2nd house;
- Aquarius due to the Moon being in that sign.

Once you have identified all the signs that affect your Moon and sense of safety and security, you can start using things from the same signs in your daily life. The appropriate circumstances to use would include meeting the basic needs of your body. Eating, sleeping, resting, and your home environment in which all of these things happen are consistent with your experience of the fetus and early years of life. During these periods, you slept, ate, spent time in one place (at least while you were in mom's belly), and didn't exert yourself much physically.

Why even bother to create a sense of safety and security? To answer this question, you need to know how a person acts when they feel threatened. When a person goes face-to-face with danger, they always choose one of four reactions:

- Fight (Fire), if there's a chance to neutralize the danger;
- Flight/running away (Air), if neutralizing the danger isn't an option;
- Fawn (Water), if fighting and running away won't help;
- Freeze/pretending dead (Earth), if fighting and running away won't help.

Very often, this choice is made unconsciously. The body suspects that it has no time to think and make an informed decision, so something must be done in the same split second as the threat is recognized. This is why you don't even notice how you go into response mode when confronted with real or imagined danger instead of living life to the fullest. If you don't want to waste your time fighting, running away, or freezing up without any real need, try to introduce elements of the zodiac signs from this manual into your life that correspond to your personal idea of a safe and secure world.

How to Apply this Guide

Avoid trying to introduce everything written in the manual for your desired zodiac sign into your life. Write briefly or at length about what is bothering you and stops you from living your life. Take a couple ideas of from the manual that you like most and implement them in your life. Regularly (once a week), write down any changes you experience, even if they seem completely unrelated to the novelties of your life. If you want to add something new, or something that you previously selected doesn't quite work out, you can do that accordingly by adding something or choosing something from the things suggested for your zodiac sign. After a couple of months (no less), go back to what you described as problems in your life that were bothering you, analyze if there are any changes in the way you treat these problems, in how you solve them yourself, in what comes to you from outside, and in what other people say about these problems. If there are positive changes, keep going. If there is no positive change, or there is a clear regression – try to introduce other elements of the zodiac sign suitable for you.

Your sense of safety and security will most likely be connected to several zodiac signs. In this case, choose the signs you will start with, either guided by your feelings (likes/dislikes) or by the strength of the sign's influence on the Moon. Start with those related to the planet that the Moon is in aspect with (especially if that aspect is a conjunction, opposition or square) or to the house the Moon is in.

In any case, focus on yourself (your sensations, physical reactions, feelings, and emotions) and common sense. Being inside ourselves and our sense of the world, it can sometimes be difficult to assess what is happening to us in a sensible, unadulterated way. When you articulate the problems and changes in your life, imagine that someone you know told you about them and asked you to assess the situation. Or you can ask someone for their opinion, giving that person all the facts without being overwhelmed by your feelings and without indicating that you're talking about yourself.

Don't expect change soon, although change may come. You've lived in an unnatural world for years, so your body and mind need time to adjust to your new conditions of being.

Read on to find a description of the zodiac signs. Each description will contain a sample list of actions you can take to reproduce the sensations that correspond to your unconscious model of the world.

Pisces - trance

Pisces energy is a state when one's consciousness disconnects from how they perceive and evaluate reality, including oneself as a body. This is a state when the filters of worth and evaluation are turned off. It's a state in which we cease to be human to a certain extent, because the human mind and body are an integral part of humanity; this is what, among other factors, unites all humans and separates them from other kinds of living beings. In the blackout of consciousness is both the blessing and the curse of trance from the standpoint of human perception.

We can interact with nature, other objects, people, and phenomena directly through the vibrations of Pisces without involving the brain, our inner critic, the part of us that labels and arranges things around. And this applies not only to the material reality that surrounds us, but also to ourselves as a body: the brain disconnects from the signals of the body and loses touch with it.

Through the vibrations of Pisces, everything that brings us a sense of unity with something greater than the humanity to which we belong by the fact of birth emerges. Nature, art, fashion, movies, spirits, haute cuisine, and alcohol, all things divine both within and beyond religions, dreams, meditation, out of body experiences, clairvoyance, romance, ideals, charity, fairy tales, and fantasies are “woven” out of the energy of Pisces. But Pisces also brings with it less sublime phenomena, such as deceit, illusions, sacrifice, dependencies, and other states in which one's brain, as well as critical thinking, shuts down.

Possible signals that your sense of safety and security may include Pisces elements:

- people lie to you often;
- you are often the victim of circumstances or of other people;
- you get addicted to anything: soap operas, food, people, consumer goods, travel, courses, etc.;
- you often fall in love with unavailable people (people who are married, significantly higher than you on the social ladder, who live far away, etc.)
- you help as many people as you can, and their gratitude is optional for you;
- you may be overweight to a certain extent;
- you may have vision problems not related to age;
- signs of hormonal issues;
- problems with concentration and memory;
- your home gets flooded often, pipes burst, and you're haunted by unpleasant smells that waft around you.

Note: One cannot reach a definitive conclusion as to how the unconscious model of a person's world is arranged based on just one signal. The whole picture, that is, the natal chart and the person, must be taken into consideration.

Ways to create Pisces sensations:

Food/Drinks: natural gifts that can be eaten unprocessed such as fruits, berries, nuts, seafood, water, and in other ways; wine.

Creating an environment appropriate for eating, resting, and sleeping (tablecloths, plates, cutlery, bed linens, a favorite chair, the interior of the kitchen, bedroom and other places where you usually eat, rest, and sleep): blue, green colors, flowing lines, romantic lace, mirrors, silver, shells, sea stars, etc., aquariums, fountains, plants, fine art (paintings, drawings, posters, photos) featuring Pisces energy motifs such as illusions, water along with its inhabitants, romance without sexual overtones, characters/objects/locations in unreal worlds (including fantasy and surrealism).

Sounds/Smells: nature, water, romantic music without words or in a foreign language you don't understand, trance music, bards, using aromatic oils to create the illusion of being in nature.

Watch: series, shows, and movies about nature, art, spiritual values, romance, mysticism, mysteries (without crime), magic tricks, haute cuisine, fashion, chemistry, fantasy, fairy tales, and myths

Mind and body care: relaxing baths, light/soft massages, foot massages, aromatherapy, meditation, small doses of alcohol now and again, perfume with mild, natural scents or perfume that puts you into a romantic mood; special attention given to your feet.

Pets: cats, fish, and other aquarium-based animals.

Aquarius - superconsciousness

Aquarius disconnects us from our sensations so they don't interfere with how we belong to our superconsciousness. If a person has no sensations, they do not need to spend their energy and resources to assess what is happening to them and to the world around them to make sure that they are safe. Without sensations, which form the basis in the sensation-feeling-emotion chain, a person can consider and analyze phenomena as such, without filtering them based on what consequences these phenomena have for them personally. Without sensations, one loses touch with the body and concentrates on thought processes. Within the Aquarian vibrations, a person sort of loses their body, and with it the boundaries that separate one person from another. But there remains a consciousness that can work with the consciousnesses of others directly, without the involvement of the body. Therefore, Aquarius gives a sense of belonging to humanity as a whole.

The main vector of Aquarius, just like superconsciousness, is the future, the creation of something that has not been a part of an individual or collective experience. Aquarius brings insights, inventions, and drives science and engineering. It liberates from clichés, templates, and labels. It unites people regardless of their race, sex, age, status, and human qualities: all people are conditional "brothers in mind", because they have consciousness - the ability to think. Therefore, the vibrations of political parties and interest/professional communities are the energy of Aquarius.

Aquarius is the lord of air, vibrations, electricity, speed, intelligence, and astrology.

Underneath it, you can find humor, because to make yourself laugh, you have to use human brains. How many animals do you know of that laugh when their kin stumble and fall? Are there any birds that laugh "just for fun"? Insects that giggle at their pets? And humans do it all the time.

Beyond the "fun" side of Aquarius, there's also the "sad" side -- the underdevelopment of feelings and an inability to empathize due to lack of use, along with the inability to live "here and now", and the lack of individuality as an end in itself.

Possible signals that your sense of safety and security may include Aquarius elements:

- you don't feel comfortable "sitting still";
- you're afraid of flying;
- you put everything off until "tomorrow";
- you can't spend a couple of hours without your phone;
- your friends/colleagues are always more important than you;
- you don't understand other people, their emotions, and motives;
- you often make inappropriate jokes;
- you're brutally honest;
- you often look out of place;
- you often move around spontaneously.

Note: One cannot reach a definitive conclusion as to how the unconscious model of a person's world is arranged based on just one signal. The whole picture, that is, the natal chart and the person, must be taken into consideration.

Ways to create Aquarius sensations:

Food/drinks: eat what makes your body feel light, combine things that don't usually combine, such as chocolate with fish. Try some new strange but safe foods (e.g., cheese with mold).

Creating an environment appropriate for eating, resting, and sleeping (tablecloths, plates, cutlery, bed linens, a favorite chair, the interior of the kitchen, bedroom and other places where you usually eat, rest, and sleep): white, acidic, neon colors, minimalism/urbanism/hi-tech; everything resembling the setting of a sci-fi movie or resembling space; wild eclectics; the latest technological developments, smart home systems, etc.; plasma lamps (Tesla balls); neon lights; fine art (paintings, drawings, posters, photographs, etc.) with Aquarius motifs such as the future, aliens, space, abstraction, humor, and air ionizers.

Sounds/smells: electronic music, techno, the smell of electricity.

Watch: series, shows, and movies about the future, space, friendship, groups of people with a common cause, and humor in any form

Mind and body care: breathing techniques

Pets: a Tamagotchi, a robot of any kind, a pet-bot.

Capricorn - hierarchy

Capricorn is the vibration of matter, the very ordinary reality in which the vast majority of people live. Capricorn is the highest order of organizing human life as a wielder of the body, consciousness, and senses among the likes of ourselves. Under Capricorn, everything is material, except that not everything can be felt. It's a reality that exists in an organized objective form.

Capricorn determines how all organizations are structured from a formal point of view: how the government, social networks, individual companies, family, and the individual person function within any systems and social functions. Capricorn does not rid a person of thoughts or feelings; it controls them for correctness, and conforms to rules and traditions.

Capricorn is about reality, results (putting an effort in and being rewarded materially), management, planning, organization, structure, hierarchy, rules, laws, discipline, labor, duty, responsibility, patience, submission, guardianship, support, the state, cold, mountains, architecture, jewelry, time, watches, history, the spine, stability, classicism, professionalism, real estate, and the heights of social hierarchy.

Besides the amazing plushies, Capricorn can also bring about a "sadness" to life: insensitivity, lethargy, fears, guilt, and rigidity.

Possible signals that your sense of safety and security may include Capricorn elements:

- workaholism, the inability to rest fully without feeling anxious/guilty;
- merging with your parents/partner (you haven't taken responsibility for your life financially and emotionally);
- you are in your twenties and you're controlled by everyone from your parents to the cashier (setting bad boundaries);
- you or the majority of people around you have problems with time management (you are constantly late, or arrive way too early);
- you are afraid to take risks/try new things, even in small ways;
- all of the classics seem boring to you;
- you often don't understand what is right and what is wrong;
- you are afraid of losing control over yourself and/or others;
- your motto is "if you want it to be good, do it yourself". You don't know how to delegate because people will mess up, do it wrong, be late, and so on;
- feeling guilty about doing something wrong;
- the boss at your regular job is a workaholic who expects you to do the same; discipline freak or micromanagement;
- spine problems.

Note: One cannot reach a definitive conclusion as to how the unconscious model of a person's world is arranged based on just one signal. The whole picture, that is, the natal chart and the person, must be taken into consideration.

Ways to create Capricorn sensations:

Food/Drinks: the vast majority of meals should be on a strict schedule; practice self-discipline by fasting, refusing to eat certain foods based on how good they are for your body; eat cold foods - ice cream, chilled meat, etc.; bread; simple foods (not fast food) without sauces, condiments, or additives.

Creating an environment appropriate for eating, resting, and sleeping (tablecloths, plates, cutlery, bed linens, a favorite chair, the interior of the kitchen, bedroom and other places where you usually eat, rest, and sleep): cool colors, straight, crisp lines, wood, stone, cool temperature, clocks, ascetic/classical interiors, diamonds, antiques, grandma/grandpa; fine art objects (paintings, drawings, posters, photos) with Capricorn motifs such as mountains, snow, historical subjects, clocks, and any classics.

Sounds/Smells: the classics, silence.

Mind and body care: cryotherapy, mindful self-discipline; any practice where consistency is important.

Watch: series, shows, and movies about architecture, jewelry, art classics, careerists, big executives, politicians, and old people.

Pet: any pet that needs to be taken care of routinely, and not just when you feel like it.

Sagittarius - expansion

To tap into the energy of Sagittarius, think of the British: they've spread their language, their measurement system, their sports, their judicial system, and left-hand traffic all over the world. They also have the most profitable royalty in the world.

If Capricorn judges a person's feelings and thoughts in terms of “right/wrong”, “acceptable/unacceptable”, or “legal/illegal”, then Sagittarius is our inner “good/bad”, “cool/ordinary”, and “by-the-book/out-of-bounds”.

Sagittarius vibrations are geography, foreign countries, religion as an institution of faith, values, morality, ethics, jurisprudence, elitism, prestige, heroes, gurus, idols, icons, culture (insofar as it affects human values), expertise, the institution of royalty, generosity, nobility, and things that make you go “wow!”. Sagittarius has an unpleasant arsenal of devaluation, bigotry, stubbornness, and lack of attention to detail.

Possible signals that your sense of safety and security may include Sagittarius elements:

- the never-ending search for the meaning of life and a vocation;
- showing off for the sake of showing off, and not as an expression of being truly among the elite;
- devaluing others and/or yourself;
- being overweight;
- ambition that does not translate into reality;
- desire to emigrate because things are bad at home;
- bigotry that is deaf to reason;
- teaching people how to live, what is good, and what is bad without being asked for your opinion;
- an inflated sense of self-importance;
- litigating without end, even though you are not a lawyer;
- the day-to-day is too insignificant for you;
- tumors in the body;
- problems with your liver, hips.

Note: One cannot reach a definitive conclusion as to how the unconscious model of a person's world is arranged based on just one signal. The whole picture, that is, the natal chart and the person, must be taken into consideration.

Ways to create Sagittarius sensations:

Food/Drinks: foreign, different from your own country (pizza, even though it is Italian, will not do, because it's similar worldwide. Sushi, on the other hand, will give you a foreign feel, especially if you eat it with chopsticks); elitist foods; conviction foods (veganism, fasting, etc.).

Creating an environment appropriate for eating, resting, and sleeping (tablecloths, plates, cutlery, bed linens, a favorite chair, the interior of the kitchen, bedroom and other places where you usually eat, rest, and sleep): purple, showing off, geographic maps/a globe/a compass, anything that makes you feel like you belong to an elite, like your own

monogram, crest, motto; fine art (paintings, drawings, posters, and photos) with Sagittarius motifs, such as foreign-like, anything prestigious, and your icons either literally or figuratively.

Sounds/Smells: music/other compositions by some of your idols, foreign-language music with lyrics; exotic smells.

Mind and body care: any manipulation of the body, aimed at personal growth; the use of branded/show-off products for body care.

Watch: series, shows, and movies about the elite class, prestige, foreign affairs, anything that makes you go “wow, cool!”; elite sports - tennis, golf, horseback riding; foreign martial arts with a code of honor/spirituality component.

Pet: exotic and/or large.

Scorpio - transformation

Scorpio gives space for sensations to use their long-term concentration and thickening to change their quality. A person's consciousness and will can interfere with these processes, so Scorpio can turn off both. The most obvious example of Scorpio energy is the orgasm mechanism: increasing tension in the body instantly followed by relaxation. Ordinary people usually dislike Scorpio, because they rightly hold it responsible for the finality of the human body's existence. But Scorpio, besides having the scythe of death, also has the wings of a stork; it is also responsible for conception. When you understand that Scorpio is a battery, it becomes much more fun to live in its vibrations, and at all levels: bodily, mental, emotional.

Scorpio is depth, intensity, will, and vitality. Its vibrations live on in big investments, banks, and insurance companies. Scorpio's professions include lifeguards and surgeons, pulling people out of the other world; detectives, unearthing crimes; people working in the fuel and energy industry; security specialists; researchers digging into human secrets or human masses; hypnotists, regression specialists; archaeologists and other specialists in antiquities; sexual specialists; and comedians, working in the genre of satire, sarcasm, and banter.

Scorpio is responsible for deep energy practices - qigong, tantra, yoga with substantial physical exertion, and martial arts.

Besides its useful aspects, Scorpio bears fears, violence, greed, energy vampirism, and the ambiguous phenomenon of the monetization of sex and sexuality.

Possible signals that your sense of safety and security may include Scorpio elements:

- you feel uncomfortable in the subway and other crowded places;
- you're terrified of death;
- you are often the victim of ridicule;
- you take unnecessary risks;
- you have sexual addictions;
- you work yourself to death;
- you are dissatisfied with everything around you;
- you are often overwhelmed by inappropriate emotions that are difficult to escape from;
- you constantly save someone with your actions.

Note: One cannot reach a definitive conclusion as to how the unconscious model of a person's world is arranged based on just one signal. The whole picture, that is, the natal chart and the person, must be taken into consideration.

Ways to create Scorpio sensations:

Food/Drinks: spicy foods, meat, anything that predators eat, aphrodisiacs.

Creating an environment appropriate for eating, resting, and sleeping (tablecloths, plates, cutlery, bed linens, a favorite chair, the interior of the kitchen, bedroom and other places where you usually eat, rest, and sleep): black, the color of caked blood, brown; sharp, stabbing, cutting; whatever reminds you of death, sex, vampires, witchcraft rituals; fine

art (paintings, drawings, posters, photos) with Scorpio motifs like death, sex, witchcraft, martial arts, and antiquity.

Sounds/Smells: loud yelling, banter, metal, feces.

Mind and body care: nails, needles, painful massages, practices that cause intense bodily sensations; sex.

Watch: series, shows, and movies about sex, big money, investigations, rescuers, spies, vampires, werewolves, magicians, gray eminences; genres including action, thrillers, horror, and mysteries.

Pets: Reptiles, aggressive/fearful animals.

Libra - balance

Libra is about interacting with others outside of hierarchical structures. The degree of intimacy ranges from spouses and immediate friends to incidental abusers and sworn enemies. When you go out in public, interacting with clients, you too are living Libra vibrations. Your interactions with others, unless you have a formal hierarchical relationship with them (family; bosses, subordinates, colleagues; government agencies and citizens), are all infused with Libra energy.

Since there are no formal detailed rules about how to interact with others, Libra slightly disables the sensations in its body, so that they do not interfere with the mind's ability to perceive information coming from others, to process it, and to decide how to act. Without sensations, there are no feelings and emotions; a person in the vibration of Libra becomes impartial. This person can be the arbiter of two arguing parties without taking sides based on their own sympathies. They can work with clients without getting emotionally involved in situations where they don't need to be. They can give their spouse an "outsider's perspective" and build a long-term partnership based not only on momentary feelings, but also on reason.

Aristocrats are a fine example of Libra energy, with their impeccable appearance, pleasant manners, how they never pry into personal matters without asking, don't show off their personal feelings, how they're well-educated, well-rounded, and can maintain a relaxed conversation on a variety of topics, from the weather to science. Getting intellectual stimulation from them is quite easy. These people are pleasant in all respects, but they're rather distant from people, distant from human warmth, empathy, emotional support, bodily pleasures, and constantly following their desires.

Possible signals that your sense of safety and security may include Libra elements:

- what others have to say is important to you;
- you are afraid of relationships/interaction with people;
- being babied around annoys you;
- you find it difficult to decide on something;
- you rarely take the initiative;
- etiquette and ceremony are important to you;
- you have trouble speaking informally to strangers and unfamiliar people.

Note: One cannot reach a definitive conclusion as to how the unconscious model of a person's world is arranged based on just one signal. The whole picture, that is, the natal chart and the person, must be taken into consideration.

Ways to create Libra sensations:

Food/Drinks: anything you associate with aristocratic food; etiquette and table setting are important, even when eating alone.

Creating an environment appropriate for eating, resting, and sleeping (tablecloths, plates, cutlery, bed linens, a favorite chair, the interior of the kitchen, bedroom and other places where you usually eat, rest, and sleep): airy shades of green, pink; elegant, requiring

intellectual labor/education to understand and admire; restrained, but with a twist; fine art (paintings, drawings, posters, photographs) with Libra motifs in them such as balance, harmony, sophisticated lightness, and all-around sophisticated elements.

Sounds/Smells: classical music, jazz; music/sounds that require special knowledge or some intellectual effort to enjoy; smells that are sophisticated and aristocratic to you.

Mind and body care: anything that you feel brings you closer to aristocratic circles.

Watch: series, shows, and movies about aristocrats, art, museums, galleries, courts, unbiased experts, social life; social media accounts of aristocrats by birth or by spirit (not royalty).

Pets: any elegant pet, or one to go out with; horses.

Virgo - recognition

Virgo is the greatest digitizer of all things: it recognizes, describes, and labels all processes, phenomena, and objects, and sorts them into categories for easy understanding and use. Typical Virgo occupations include assistants, accountants, engineers, customer service, support services, anything related to user-friendliness, and medical therapists. Virgo energies are characterized by pedantry and neatness. Therefore, Virgo sensations are of interest only if they can be used to good effect, other sensations are ignored as being unnecessary. Consciousness works at full throttle but, unlike, for example, Aquarius, it has a clear focus - usefulness and usability in the material world at the moment.

Virgo is responsible for routine, the ability to perform monotonous, repetitive actions without error. Virgo has unemotional tendencies, an inability to enjoy life "just for the sake of it", a disconnection from living one's life naturally and in the moment.

Possible signals that your sense of safety and security may include Virgo elements:

- romance and passion are alien to you;
- it's difficult to spend money on pleasures without benefit;
- the slightest mess makes you nervous;
- you always know exactly how much money you have in your wallet, on your cards, in your investments, to the penny;
- your tools are always in perfect order or close to being in perfect order;
- when cooking, you accurately measure the amount of food you use;
- you obsess about the little things.

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Ways of creating Virgo sensations:

Food/Drinks: anything that is scientifically/medically useful; food in which ingredients are not mixed into something uniform, and you can distinguish specific items, for example, sandwiches, cuts; vitamins, especially if recommended by a specialist.

Creating an environment appropriate for eating, resting, and sleeping (tablecloths, plates, cutlery, bed linens, a favorite chair, the interior of the kitchen, bedroom and other places where you usually eat, rest, and sleep): practicality, hygiene, things always in their places, tools; fine art (paintings, drawings, posters, photographs) with Virgo motifs such as collections, shelves, organization, tools, and record keeping.

Sounds/Smells: anything useful for any of your social roles; hospital-like smells/cleaners.

Mind and body care: fine motor development; anything with maximum benefit; using "routines" - a set of activities designed to keep you going; paying special attention to hands and smaller organs.

Watch: series, shows, and movies about how the world works, how the human mind works, collections/collectors, and health.

Pets: small, ordinary, and/or useful to you. For example, getting plants because they oxygenate the house, or a dog that needs a daily regimen and regular walks.

Leo – individuality

Leo filters sensations and consciousness, allowing only those things that give a person the opportunity to manifest their individuality to the fullest without looking back at the body and consciousness. Leo energy is about desires, passion, spontaneity, sincerity, the ability to be an author, creator, and it's the ability to love oneself at any age and have unwavering faith in oneself.

Typical Leo professions and fields of work include acting, comedy, sales, advertising, publicity, celebrations, PR, marketing, entertainment, toys, anything related to children, and jewelry.

Leo also provides dependence on your immediate desires, the desire to be liked, to get likes, and the inability to be friends/be in a partnership.

Possible signals that your sense of safety and security may include Leo elements:

- living for the sake of social media likes;
- finding the hardest way of doing something instead of giving it a unique flair by redesigning it to suit you;
- you're often called out for acting like a child;
- you're not afraid in situations where fear works as your true instinct of self-preservation;
- you may have a gambling addiction;
- people who live "for themselves" are annoying to you;
- you have a lot of shiny things for everyday/home wear.

Note: One cannot reach a definitive conclusion as to how the unconscious model of a person's world is arranged based on just one signal. The whole picture, that is, the natal chart and the person, must be taken into consideration.

Ways to create Leo sensations:

Food/Drinks: anything childish, sweet, and bright, which can be considered as pampering yourself.

Creating an environment appropriate for eating, resting, and sleeping (tablecloths, plates, cutlery, bed linens, a favorite chair, the interior of the kitchen, bedroom and other places where you usually eat, rest, and sleep): yellow, orange; creating a playful, flashy, or creative environment; originality; not following recipes to a T when cooking; spoiling yourself with quality and luxury; like a famous person you are very impressed with; fine art (paintings, drawings, posters, photos) with Leo motifs such as holidays, comedy, fireworks, the circus, bright, lively colors, things that are vivid and shiny.

Sounds/Smells: everything fun, original, and creative.

Mind and body care: laughter, paying special attention to the eyes; techniques that keep energy levels high.

Watch: series, shows, and movies about famous, vivid people, holidays, carnivals; comedies, humor in any form; cartoons and other things specifically created for young audiences.

Pet: lively, amusing, needs a lot of playing with.

Cancer - naturalness

Cancer energy refers to naturalness, living in the present moment, eating, sleeping, having a roof over your head, coziness, comfort, and caring. In terms of feeling safe and secure, Cancer does not skew sensations, consciousness, and body connections in any way, so I have no special recommendations for creating Cancer sensations. Everything a person usually needs for a comfortable existence is quite enough to create a Cancer sensation.

Gemini - transmitter of information

Gemini filters the senses and consciousness by allowing only the things that don't get in the way of learning about the world and sharing information. Unlike Virgo, Gemini does not care about usefulness or convenience, it collects everything without hanging on to anything. Gemini is not in the business of processing facts or verifying the truth, they learn information and pass it on to others as it comes. A typical example of Gemini energy is "reposting" on social media.

Gemini is responsible for the pursuit of learning, novelty, changing form without changing content, and knowledge. They are able to do many things at once (multitasking), are great at creating/participating in word-of-mouth communication, and are responsible for agility, quickness, and effortlessness.

Typical Gemini occupations include retail (reselling the creations of others), transportation, journalism, social media, and advertising.

Among the unpleasant aspects of Gemini are theft, trickery, mental ruminations, and superficiality.

Possible signals that your sense of safety and security may include Gemini elements:

- you hang out on social networks as a user;
- you have regular hangouts at home or have an occasional acquaintance who lives there;
- you like to spend time outside rather than stay at home;
- you get your fix from traveling around your home country;
- you get your fix from courses that don't end in you applying the skills/knowledge/connections you've acquired;
- you communicate easily with strangers and have no issues keeping it informal;
- you have discipline problems;
- you can't keep secrets;
- you constantly moving around;
- you're up for anything.

Note: One cannot reach a definitive conclusion as to how the unconscious model of a person's world is arranged based on just one signal. The whole picture, that is, the natal chart and the person, must be taken into consideration.

Ways to create Gemini sensations:

Food/Drinks: light meals, snacks, anything you can eat "on the go".

Creating an environment appropriate for eating, resting, and sleeping (tablecloths, plates, cutlery, bed linens, a favorite chair, the interior of the kitchen, bedroom and other places where you usually eat, rest, and sleep): pale yellow, white colors; lots of details to rearrange; any media - books, notebooks, workbooks, gadgets; having your peers or neighbors keep you company during meals or rest; reading at meals; eating/sleeping/resting in different places at home; changing the environment you eat, sleep, rest in more often; fine art (paintings, drawings, posters, photos) with Gemini

motifs such as news, knowledge, information, brief journeys, transportation; you can often change what hovers in front of your eyes.

Sounds/Smells: news, podcasts with product reviews, everything new.

Mind and body care: constantly trying new things, paying special attention to your brain and hands.

Watch: news, social media, more text than pictures (Twitter, Facebook); product reviews; something new, anything interesting; cycling, motorcycle racing, track and field.

Pet: small, nimble, moves around a lot (but not in the water); or more than one.

Taurus – material resource

Taurus filters the senses and the consciousness allowing only the things that don't interfere with getting satisfaction and pleasure from the material world. Taurus is about form and its perfection, strength, solidity, thoroughness, efficiency, productivity, smoothness, sufficiency, security, integrity, and money. A hearty life of contentment without change and with profit is ideal for Taurus. Typical Taurus countries are Italy and Switzerland.

Typical Taurus occupations include finance, designing anything from interiors to how one looks; cosmetology; beauty of form.

Among the lesser-desired Taurus manifestations are hedonism as the sole purpose of life, materialism, and greed.

Possible signals that your sense of safety and security may include Taurus elements:

- Fear of change;
- you feel uncomfortable without a safety cushion/reserve;
- you can't live your life without safeguards;
- you lose yourself in situations of crisis;
- you get your fix from stocking up on material possessions;
- you don't see beauty in phenomena/objects that you can't use or get money from;
- you cannot live without filling food;
- you get hooked on food, clothes, jewelry on social media;
- you have skin problems;
- you don't buy anything without promotions/coupons/discounts.

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Ways to create Taurus sensations:

Food/Drinks: filling/beautiful.

Creating an environment appropriate for eating, resting, and sleeping (tablecloths, plates, cutlery, bed linens, a favorite chair, the interior of the kitchen, bedroom and other places where you usually eat, rest, and sleep): green, pink colors; lines that flow relatively smoothly, yet give a sense of reliability; anything practical, but still meets your aesthetic needs; anything sturdy, "long-lasting", solid; anything you've purchased at a profit; anything pleasant to touch; fine art (paintings, drawings, posters, photos) with Taurus motifs such as food, money, resources, beauty of form/material objects, and inventory.

Sounds/Smells: anything about money and trends, and the smell of money and trendy things.

Mind and body care: anything that affects the appearance and skin.

Yulia Winslow. How to stop worrying with the help of astrology

Watch: series, shows, and movies about food, fashion, the beauty of the man-made material world, finances, and hedonistic lives.

Pets: money tree, piggy bank.

Aries – impulse

Aries filters feelings and consciousness by allowing through only those things that aren't in the way of action in the here and now. Aries is initiative, a leader, assertive, and displays entrepreneurship, grip, risk-taking, drive, fearlessness, martial valor, simplicity, directness, and sex.

Typical Aries occupations include: singing, massages, hands-on creativity, military affairs, any active sport, especially where one must fight an opponent one-on-one through the body (boxing, hand-to-hand combat, martial arts, etc.), surgery, and firefighting.

Aries mottos include: "Movement is life" and "I came, I saw, I conquered."

Aries comes with some negative traits, such as the inability to back down strategically, stubbornness, "act first, think later," rudeness, and arrogance.

Possible signals that your sense of safety and security may include Aries elements:

- you can't sit idly by;
- inappropriate aggression;
- provoking conflicts;
- being yelled at frequently;
- you feel that showing emotion means displaying weakness;
- conflicts in the family are commonplace;
- you often suffer abrasions, bruises, burns, fractures;
- working excessively;
- suffering from overwhelming laziness.

Note: One cannot reach a definitive conclusion as to how the unconscious model of a person's world is arranged based on just one signal. The whole picture, that is, the natal chart and the person, must be taken into consideration.

Ways to create Aries sensations:

Food/Drinks: spicy, red, anything with lots of protein in it, meat with blood, fitness foods, anything predators eat.

Creating an environment appropriate for eating, resting, and sleeping (tablecloths, plates, cutlery, bed linens, a favorite chair, the interior of the kitchen, bedroom and other places where you usually eat, rest, and sleep): khaki, red; sharp objects in prominent places; open flames (red candles and fireplaces); items with sexual overtones; anything that resembles a gym; fine art (paintings, drawings, posters, photographs) with Aries motifs like sex, weapons, fighting, and military motifs.

Sounds/Smells: military marches, metal, any upbeat and loud music; smells of sweat, iron, gunpowder, sex.

Mind and body care: anything that enhances your ability to be active.

Yulia Winslow. How to stop worrying with the help of astrology

Watch: series, shows, and movies about sports, fights, battles, entrepreneurship, sex, and scenes with lots of swearing and open conflict.

Pet: any aggressive animals.

Choices Within a Single Sign

As you read through the categories, according to which astrology defines all phenomena, you may wonder why people don't immediately begin forming a sense of security through productive means, rather than, for example, surrounding themselves with liars or people that yell at them incessantly. There are two main reasons for this, in my opinion.

Firstly, people learn to live in the world by copying those around them. If one's parents are alcoholics, the first thing that a child with a Pisces sense of security will see is a way of turning off "humanity" by consuming alcohol.

Secondly, we all have past life experiences that we feel closest to in the early years of life. If a person has a lot of military experience in their subconscious past, it would be simpler for them to start acceding to Scorpio vibrations in this life through violence rather than by having billions pass through their hands.

Every person is both unique and at the same time similar to others. And I think that's a reason to rejoice and explore yourself and the world around you. Here's to making interesting discoveries along the way!

New York
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For the convenience of the readers the original Russian text of the guide was translated to English by a native English speaker and edited by the author.