

THE SATURN-NEPTUNE BALANCE OF POWER

<p>TOO MUCH SATURN & NOT ENOUGH NEPTUNE If this is the case, you could be experiencing some of these symptoms</p>	<p>NEPTUNIAN REMEDIES Adopt one or more of the below to offset and relieve the symptoms of 'too much Saturn'</p>
<ul style="list-style-type: none"> ☹ Feeling sluggish and/or depressed. ☹ Feeling intimidated by life, the world and others. ☹ A sense of hopelessness. ☹ Feeling dull and pointless, unmotivated. ☹ Fearfulness. Worry and anxiety. ☹ Working too much/too hard and getting nowhere. ☹ Trying to find a logical solution to everything and just finding more problems in doing so. ☹ Being preoccupied with status, with being 'useful', wanting/needing material rewards or objects, being a slave to commercialism and consumerism. ☹ Feeling guilty, conscience stricken. ☹ Trying to control matters or others too much, giving rise to increased stress and ill-health. ☹ Health problems that do not respond to or benefit from conventional medicine. 	<ul style="list-style-type: none"> ~ Accept things as they are without trying to 'put them right' – go with flow. Allow yourself to be what you are feeling without any judgement, and the feelings will change. ~ Look for inspiration through art, music, the mystical, and Nature – especially the sea and bodies of water. ~ Practice hatha yoga, tai chi, or some sport that interacts with forces of Nature such as swimming, surfing, paragliding, etc. ~ Meditate, tune in to your Inner Voice. Record and listen to your dreams. Realise the importance of divinity and spirituality in your life. 'Life is a mystery to be experienced, not a problem to be solved' (Einstein) ~ Contact your Guardian Angel; get to know more about angels generally and how they can figure in your life. ~ Try automatic painting and/or writing. See what comes through you without keeping to an agenda of having to be practically useful or materially profitable. Use your imagination, express yourself creatively and/or dramatically. ~ Visualise a healthy aura to protect you from any kind of invasion. Exactly visualise as healthy any afflicted part of your body. ~ Take a break. Break the spell of feeling guilty when doing nothing. Have a nice hot bath. Sit back and enjoy a good movie. ~ Familiarise yourself with the position and influence of Neptune in your birth chart.
<p>TOO MUCH NEPTUNE & NOT ENOUGH SATURN If this is the case, you could be experiencing some of these symptoms</p>	<p>SATURNIAN REMEDIES Adopt one or more of the below to offset and relieve the symptoms of 'too much Neptune'</p>
<ul style="list-style-type: none"> ~ Feeling spaced out, unearthed, out of touch with reality. ~ Giving into weaknesses and addictions. ~ Feeling feckless and frustrated by wanting things you cannot realistically or safely have. ~ Giving up too easily because your goals turn out to be harder to attain than you imagined. ~ Being too prone to fantasy and/or paranoia. ~ Feeling disinclined to get down to boring necessities which left undone would attract bigger problems. Trouble with officialdom and authorities, bureaucracy and form-filling. ~ Overreacting, being oversensitive. ~ Compassion fatigue. Trying to look after everyone else while being neglectful of yourself in the name of being 'selfless' or because you think you have no choice. ~ Being or feeling a victim. ~ Being prone to infection and allergies or feeling invaded in some way. ~ Suffering illusions, being deceived, or being in denial. 	<ul style="list-style-type: none"> ☹ Practice earthy pursuits such as gardening, pottery, sculpture, building, carpentry, etc. or any hard physical work. ☹ Get down to performing practical tasks with the strong motivation that once done they will allow you to relax and enjoy yourself, to do 'better things'. ☹ Consult someone you trust to put you in touch with reality, or a professional who can furnish you with the facts that enable you to deal with the matters that concern you. ☹ Limit feelings that weaken you or make you feel bad. If you cannot, then make sincere reparation for it in some way. Forgive yourself when that is all you can do. ☹ Recognise that others have a responsibility to look after themselves and their own affairs. People are often as weak as you expect them to be. Ask yourself what it is that makes you think certain others cannot take care of themselves – like poor parenting in your own childhood, for example. Don't be too soft. ☹ Determine and set your boundaries by recognising that your body and being has its own territory that nothing and no-one can cross without your permission. This is your most basic right; do not in any event compromise it or let it be compromised. ☹ Face up to reality, it'll make you stronger. Be an adult. Cultivate 'stickability'. ☹ Familiarise yourself with the position and influence of Saturn in your birth chart.

NOTE: It is very possible to experience both too much Saturn and too much Neptune at the same time.