The Horoscope: Divine Tool for Individuation

The privilege of a lifetime is to become who you truly are.
- C.G. Jung
Individuation

• Individuation is a process of integrating the conscious and unconscious elements of the psyche in order to achieve self actualization.

• The aim of Individuation is nothing less than to divest the Self of the false trappings of the persona, on the one hand, and the suggestive power of primordial images on the other. (CW 7-Paragraph 269)

• Formulated by CG Jung, Individuation is the goal of Jungian Analysis.

• Individuation is how we separate from collective. It is a process of differentiation that allows us to develop the particular.
• Not Selfish or Egotistical

• Impossible to attain by conscious intention.

• Individuation is particular and universal at once.

• Only when the unconscious is assimilated, does the individuality emerge more clearly.

• For Jung, the psyche is a self regulating system, rather like the body, one that seeks to maintain a balance between opposing qualities while constantly striving for growth.
“In so far as … this process runs its course unconsciously we have the acorn becoming an oak, a calf a cow and child an adult.

Consciousness must confront the unconscious and a balance between the opposites must be found. And this is not possible through logic. One is dependent on symbols which make the irrational union of opposites possible. They are produced spontaneously by the uncs and are amplified by the uncs mind. The central symbols of the process describe the Self.”

– Carl Jung, Collected Works Volume 11
“This projection of the Hieros Gamos, signifies the conjunction of the conscious and unconscious, the Transcendent Function characteristic of the Individuation Process. Integration of the unconscious invariably has a healing effect.”

–Carl Jung, Collected Works Volume 5
“Why is it so desirable that a person should be individuated? Not only is it desirable but it’s absolutely indispensable because through his contamination with others he falls into situations and commits actions which bring him into disharmony with himself. From all states of contamination and non-differentiation to act contrary to one’s nature. Accordingly a man can neither be at one with himself nor accept responsibility for himself. He feels himself to be in a degrading, unfree, unethical condition.”

– Carl Jung, *Collected Works Volume 7*
"Yes, it is the withdrawal from the emotions. You are no longer identical with them.

If you succeed in remembering yourself, if you succeed in making a difference between yourself and that outburst of passion then you discover the Self, you begin to individuate.

So in Anahata, Individuation begins. But here again you are likely get an inflation. Individuation is not that you become an ego, you’d than be an individualist. An individualist is a man who does not succeed in individuating, he is a philosophically distilled is an egotist.

Individuation is becoming that thing which is not the ego, and that is very strange.

Therefore nobody understands what the Self is because the Self is just a thing which you are not, which is not the ego. Ego discovered itself as a mere appendix of itself.”

– Carl Jung, 1933 *Kundalini Yoga Lectures* 
Discussing Individuation in relationship to the Anahata Chakra, commonly known as the Heart Chakra.
Individuation Distilled by Jung

- “As I am, so I act.”
- “Nothing is more difficult to bear with than oneself.”
- Introvert finds within himself
- Extrovert finds projected onto objects
- Unconscious contents create blinding illusions, we see this in the 12th house.
Jungian Analysis, Dreamwork and Astrology

• In Jungian Analysis the client and the analyst work with the uncs via dreams and the symbolic in an effort to move towards integration and wholeness.

• In my work as an analyst, I incorporate the natal chart which acts as a mandala that directs the soul growth of the client.

• Astrology is a useful tool in analysis because it gives insights into patterns and predispositions in the psyche of the client that would otherwise remain unconscious.
The Complex

- Complexes are highly charged knots in the psyche centering around patterns of memories, emotions, perceptions, wishes, wounding etc. that are formed by experience and by our reaction to our experiences.

- Unlike Freud, Jung believed complexes could be quite diverse rather than just steeped around a core sexual complex.

- Complexes tend to run as automatic or default and feel out of our control.

- We can feel possessed by them. When mentally ill, the complexes often take over regularly and dramatically.

- Complexes are strongly influenced by the collective unconscious, and as such, tend to have archetypal elements.

- We need a strong core to navigate these complexes and not drown in them.
Parental Complexes

• We look to Saturn, the Sun, Moon, Ascendant and the 12th house for links to our most deeply embedded parental complexes.

• Chiron placement and aspects

• The “field” where people play out our uncs expectation

• Biography w special consideration of repetition

• Retrograde planets aspecting Sun, Moon, Ascendant/ angles or falling in 12th house

• Re-enactment in relationships
"So long as a positive or negative resemblance to the parents is the deciding factor in a love choice, the release from the parental imago, and hence from childhood, is not complete".

–Carl Jung, *Collected Works Volume 10*
• Jung believed that all of the elements of an individual’s nature are present from birth, and it is the environment of the person that brings these elements out—rather than the environment that creates them.

• We are born with a “blueprint”—as evidenced by the horoscope—that will determine the unfolding of our lives.

• Jung believed that these blueprints are influenced strongly by various archetypes in our lives, such as our parents and other relatives, major events (births, deaths, etc.), and archetypes originating in nature and in our cultures (common symbols and elements which the horoscope depicts rather perfectly.). All of these things come together to find expression in the psyche, and are frequently reflected in our personal stories.
The Self

The Self, according to Jung, was the sum total of the psyche, with all its potential included. This is the part of the psyche that looks forward, that contains the drive toward fulfillment and wholeness. In this, the Self was said to drive the process of individuation, the quest of the individual to reach his or her fullest potential.
Sun

• The Sun, in his continual cycle of rising and setting, reminds us of the impermanence and constant death-rebirth process of life itself. It is the fluidity and grace between the rise and setting phases that generates boundless creativity, rest and renewal.

• The Sun is here to awaken us to our Divine condition.
Ascendant

• Link between the ascendant and persona.

  A. Jung said that the Persona is an element of the personality which arises “for reasons of adaptation or personal convenience.”

  B. The persona is the “mask” we put on in various situations. Such as the side of yourself you present at work, or to family. There is danger in identifying too much with the persona.

  C. The persona usually grows from the parts of people that wished once to please teachers, parents, and other authority figures, and as such it leans heavily toward embodying only one’s best qualities, leaving those negative traits which contradict the Persona to form the “Shadow”— (7th house).

• Projective lens and shadow.

  A. The shadow is a form of a complex.

  B. It is all of the parts of the personality we don’t like or reject—or that felt rejected by authority figures or those we needed love and approval from starting at around age 7.

  C. The shadow is the parts of ourselves that we project onto others that we don’t want to face in ourselves.

  D. The shadow must be balanced with persona—(First and 7th house).

• This is our costume or mask and our “filter”.

• Default mechanism in navigating the conscious and unconscious.
12th House

• The “Night Sea Journey”
• Archetypal realm
• Dream Realm
• Symbolic
• Pre-Verbal
• The Source
• Ancestors
Saturn

- Maturation through Repetition and Limitations
- Parental Complex (Father Complex)
- Boundaries
- Inner Authority
- Karmic Lessons on Repeat
- Seven Year Cycles
- Fears, Insecurities, Obstacles, Core Issues
- Self-Restraint
- The Law of No
- The Nigredo
Case Studies
Vincent van Gogh

Aries
“What would life be if we had no courage to attempt anything?”

“If you truly love Nature, you will find beauty everywhere.”

“If you hear a voice within you say 'you cannot paint,' then by all means paint, and that voice will be silenced.”

—Vincent van Gogh
Vincent van Gogh
Bette Davis

Aries
“I am doomed to an eternity of compulsive work. No set goal achieved satisfies. Success only breeds a new goal. The golden apple devoured has seeds. It is endless.”

“If everybody likes you, you’re pretty dull.”

– Bette Davis
Bette Davis

Ruth Elizabeth “Bette” Davis graced the world with her incendiary presence all the way back in 1908 and still lives on as Aries icon. She raised the bar for female Hollywood starlets to break out of the pretty and demure mold. If you’ve wondered what a self-actualized Aries might be like, just study Bette. She is pure Mars “I AM” power incarnate.
Martha Graham

Taurus
“There is a vitality, a life force, a quickening that is translated through you into action, and because there is only one of you in all time, this expression is unique. And if you block it, it will never exist through any other medium and be lost. The world will not have it.

It is not your business to determine how good it is, nor how valuable it is, nor how it compares with other expressions. It is your business to keep it yours clearly and directly, to keep the channel open.

You do not even have to believe in yourself or your work. You have to keep open and aware directly to the urges that motivate YOU.

Keep the channel open.”

– Martha Graham, said to Agnes DeMille
Barbra Streisand

Taurus
“I am simple, complex, generous, selfish, unattractive, beautiful, lazy, and driven.”

“Art does not exist only to entertain, but also to challenge one to think, to provoke, even to disturb, in a constant search for truth.”

“Success to me is having ten honeydew melons and eating only the top half of each slice.”

– Barbra Streisand
Barbra Streisand

Sun in Taurus shines with beauty, grace and patience. They are incredible listeners that listen with their entire body. They know how to live through all five senses. They are strong, loyal, determined and rock solid. They don’t mess around. If they are in it, you know they are in it for the long haul. They love to laugh. They can’t stand it if you take their things, ask them to share, move their stuff around or change the schedule. They adore consistency. They need earth, nature, mud, flowers, money, great food and lux textures. You just feel more content, secure and connected to the earth in their very presence.
Anne Frank

Gemini
“I can shake off everything as I write; my sorrows disappear, my courage is reborn.”

– Anne Frank
Anne Frank

Gemini is the eternal youth, the trickster and the teen-spirit. Gemini is forever curious and questioning everything. It is the energy that keeps us flexible and fun. It has a dark and a light side, an up and a down. It is rather bi-polar in nature. It adores language, the play on words, vocabulary. It is the part of us that loves to learn, read, text and communicate. It is the buzz in the mind. Gemini is where we realize there are so many selves living within this House of Self. This House of the Gathering.
Frida Kahlo

Cancer
“I wish I could do whatever I liked behind the curtain of madness. Then: I’d arrange flowers, all day long, I’d paint; pain, love and tenderness, I would laugh as much as I feel like at the stupidity of others, and they would all say: “Poor thing, she’s crazy!” (Above all I would laugh at my own stupidity.) I would build my world which while I lived, would be in agreement with all the worlds. The day, or the hour, or the minute that I lived would be mine and everyone else’s - my madness would not be an escape from reality.”

– Frida Kahlo
Frida Kahlo

Frida knew pain and yet lived life at the highest frequency all along the emotional spectrum. She called her two greatest accidents the famous train wreck, of course, and secondly was her love affair with Diego—saying he was by far the worst. That was her sense of humor—genius. I cannot think of a female who lived a more passionate, colorful, self-expressive and courageous life as an artist than Kahlo.
Tori Amos

Leo
“Give me life, give me pain, give me myself again.”

– Tori Amos
Tori Amos
Madonna

Leo
“To be brave is to love someone unconditionally, without expecting anything in return. To just give. That takes courage, because we don’t want to fall on our faces or leave ourselves open to hurt.”

“Power is being told you’re not loved and not being destroyed by it.”

– Madonna
Madonna definitely channels some serious iconic Leo when she performs. She radiates strength, confidence, playfulness, courage, fun, generosity and bold expression. Madonna gave so many young girls permission to find their inner bitch way before it was so cool to do so.
Sophia Loren

Virgo
“You must all, somewhere deep in your hearts, believe that you have a special beauty that is like no other and that is so valuable that you must not abandon it. Indeed, you must learn to cherish it.”

– Sophia Loren
Sophia Loren

Virgo seeks perfection and probably gets closer to realizing it than most signs due to its hyper-insistence on repetition-compulsion. Practice makes perfect. Virgo rules problem-solving, details and analysis. It also rules health and our intestines. It shows how well we assimilate and integrate that which we take into our bodies, and that includes all four bodies: emotional, mental, physical and subtle.
“Who will love me now
Who will ever love me
Who will say to me
You are my desire
I’ll set you free

Who will forgive and make me live again
Who will bring me back to the world again”

–PJ Harvey (Lyrics)
PJ Harvey

Libra reminds us of that part of our mind that can see-saw and fall into massive indecision. Libra wants the opposite in order to balance.

PJ is a great segue energy from Libra to Scorpio as she has a little bit of both in her vibe, probably due to her strong Neptune in Scorpio sextile to her Mercury at the anorectic degree of 29 Virgo. Her lyrics definitely combine strong Virgo-Libra-Scorpio themes. Her birth time is unknown, but I wouldn’t be surprised if she was a Scorpio rising with Neptune on the ascendant.
Vivien Leigh

Scorpio
“Most of us have compromised with life. Those who fight for what they want will always thrill us.”

“I cannot let well enough alone. I get restless. I have to be doing different things. I am a very impatient person and headstrong. If I’ve made up my mind to do something, I can’t be persuaded out of it.”

– Vivien Leigh
Vivien Leigh was most known for her role as Scarlett O’Hara, written by Scorpio writer, Margaret Mitchell. The character is Scorpio x 1,000, as are all of the themes in the film with death, betrayal, desire, battles, secrets etc. Now she has become legendary for the best RBF (resting bitch face) in history.
“You never know what is enough unless you know what is more than enough.”

“I must create a system, or be enslaved by another man's. I will not reason and compare: my business is to create.”

“No bird soars too high if he soars with his own wings.”

- William Blake
William Blake

The alchemy of Sagittarius and the Temperance archetype invites us to find a flow between the feminine feeling of flow and the masculine rootedness. Sagittarius energies act as one of our rainbow bridges, the bridge between heaven and earth. Between the infinite and the finite. This is why I love Blake as a classic representation of the Sagittarius wisdom. He was a true divine channel. He would wait for the angelic spirits to visit him and just comply. His book *Songs of Innocence and Experience* is an explosive creative celebration of that energy of respecting the inherent contraries within. Life’s never-ending paradox.
Martin Luther King

Capricorn
“The time is always right to do what is right.”

“Faith is taking the first step even when you don't see the whole staircase.”

“Our lives begin to end the day we become silent about the things that matter.”

– Martin Luther King Jr.
Martin Luther King

Martin Luther King was a leader in the American Civil Rights Movement. He possessed Capricorn persistence and was deeply committed to doing the work to make his dream of equality a reality.
Oprah Winfrey
Aquarius
“I’ve come to believe that each of us has a personal calling that’s as unique as a fingerprint - and that the best way to succeed is to discover what you love and then find a way to offer it to others in the form of service, working hard, and also allowing the energy of the universe to lead you.”

– Oprah Winfrey
Oprah Winfrey

Oprah really needs no explanation about why she’s Aquarius incarnate. She is popular, rules the masses, appeals to almost everyone and anyone, and asks the cutting-edge questions.
Elizabeth Taylor

Pisces
“The problem with people who have no vices is that generally you can be pretty sure they’re going to have some pretty annoying virtues.”

– Elizabeth Taylor
Elizabeth Taylor

Of course, Liz really hits all of the Pisces high notes—especially glamour; the torrid love affair and on-of-on-off with Richard Burton; the tragic roles like *Butterfield 8* where she drives her car off the cliff in the end because of her heartbreak; the violet eyes; the battle with addictions; and of course the fashion!