Planets on the 1st - Choosing a New Experience of Yourself

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What is a ‘Planet on the 1st’?

• Technically, we move the planet chosen to the ascendant, rotating the Zodiac
  • Most software just moves things around, but keeps the birth time
  • In Solar Fire, this is done under choices for House System
  • This geophysical moment has never occurred – its an artificial chart
• A conscious choice to experience life through the filter of a particular facet of the psyche
• A conscious choice to live subconsciously first from a new place within yourself
• New perspective, view, lens...not a new part of you, but new as the part you choose for ‘leading character’ – You ARE this filter
Why am I doing this?

• Pushing against the tide, I will make it happen. The sheer force of my will butts up against anything for any reason. Running fast, I trip and keep going. I trip again and this time, I fall down. I keep going, bleeding. I can do it, and almost always, I have. The way I know to make it through anything is adrenalin. I repeatedly put myself into crisis or the shock of excitement or fear and then POWER through, overwhelming myself. ‘Second verse…same as the first’ and the record spins…until it breaks.  *August 2016
If you want something new...
You get to choose!

- Take a few minutes to breathe and tune-in to being here (you chose this lecture)
- Imagine all the planets moving around and in you
- Which one calls to you?
- Is there one that makes its presence known?
- Does someone want to go 1st?
Who wants to be 1st?!!

When we choose to live a Planet 1st, we are choosing to experience ourselves through the part of us that planet represents.

How does this part of me (this fractal of myself) see, feel, think, hear, respond?
What’s in there (you)?

• We can choose to move or look a different direction at any time. We aren’t stuck. When we move, even a little bit, shifting our center, everything else realigns, and our world is new.
Choosing Planets 1st

The 1st house represents our process of becoming a separate being and 1st house experiences are instinctual and often pre-conscious.

Choosing a planet 1st is a choice to individuate through that function/part of the psyche.
Choosing Planets 1st

We learn and identify our nature by our spontaneous actions and reactions - living and breathing in a body (the physical and energetic image of us)

Our energy pulsing through us exposes our true nature in moments when we organically respond and it is in these moments of raw reaction that we experience ourselves uncensored
More Choosing Planets on the 1st

Embodiment is how we naturally experience life, not living an idea or concept already created.

It is the *living* of our lives that gives us the ability to define our experience and *experiencing* our lives precedes any form of self-definition or categorization.

Choosing a planet on the 1st is explicitly choosing the facet from which to experience our lives.
Background - What are the Planets?

- Facets of whole self/somatic psyche
- Every planet is in every other planet
  - They do not function alone
- Everything is always happening, but it’s generally too much for us
Choosing Planets 1st – How does this part of me most naturally and instinctually function?

Moon

• How do I naturally take care of/nurture myself and others?
• When do I feel ‘ok’ and when do I feel ‘not ok’? What happens when I don’t feel ok?
• How am I sensitive and how do I respond to sensitivity (or lack of)?
• What is my inner stability like? How does it feel? Do I get swept away and take things personally?
• Am I comfortable with my emotions and moods as they rise, fall, and change?
Choosing Planets 1st – How does this part of me most naturally and instinctually function?

Sun

- When do I feel like I naturally shine? What is the quality of my shine?
- When do people or life seem to be naturally attracted to me?
- When do I feel, or people tell me, I’m warm and/or glowing?
- I feel most full of me - with my own energy radiating when I’m ______________.
- Do I feel proud? Do I want to be seen?
Choosing Planets 1st – How does this part of me most naturally and instinctually function?

Mercury

- How do I communicate most naturally (style, voice, volume, gestures, proximity, environment)?
- How am I naturally wired? How do the parts of me connect – synergizing, signaling, transferring, activating, deactivating, amplifying, intensifying, calming?
- How do I make sense of things? What makes sense to me?
- What ideas, thoughts, and words spontaneously arise in me?
- Am I experiencing my thought processes as my reality? How am I thinking things into being?
Choosing Planets 1st – How does this part of me most naturally and instinctually function?

Venus

• What are my natural impulses and behaviors in relationship?
• When do I feel the most comfort and ease – really feeling good?
• What are my essential values?
• Are ease, peace, and harmony part of my daily experience?
• When am I most receptive and open?
• What is my pleasure?
• What is beautiful in and to me?
• Am I receiving the deliciousness of life?
Choosing Planets 1st – How does this part of me most naturally and instinctually function?

**Mars**

- What is my relationship with my own desires?
- How do I go about, or not go about, getting what I want?
- What am I choosing? Am I choosing?
- What brings out the fight in me and how do I fight?
- What is the quality of my energy and sex drive?
- How am I birthing myself in each moment?
- Do I feel alive? Is my life force turned on?
- When and how do I take my turn?
Choosing Planets 1st – How does this part of me most naturally and instinctually function?

Jupiter
- What do I believe is true/truth for me? Do I have a strong sense of belief and truth?
- What is my relationship with my intuition?
- When do I feel confident vs. lack of confidence and how does it manifest?
- When do I find myself understanding the bigger picture and meaning of things?
- Am I inspired to go further and explore the world? What gets me feeling this way?
- Do I have a healthy does of optimism and faith in my ability to experience and create good fortune?
Choosing Planets 1st – How does this part of me most naturally and instinctually function?

Saturn

• What are my personal limits? Do I respect them?
• Am I satisfied? Have I stabilized myself?
• When/how do I judge myself and others?
• How do I account for what is ‘mine’ and respond/take responsibility?
• How is my relationship with authority?
• What is my relationship with time and space?
• When am I a task master and what is my style of setting and achieving my goals?
  • Do I get any of this done?
Choosing Planets 1st – How does this part of me most naturally and instinctually function?

Uranus

• What does originality mean to me and how do I express mine?
• How/when am I innovative and progressive in my thinking?
• How do I respond to the unexpected and shocks to my consciousness?
• In what ways/circumstances am I a rebel or revolutionary?
• Am I willing to liberate from old patterns and set myself free?
• Do I embrace “crazy” in myself and others?
Choosing Planets 1st – How does this part of me most naturally and instinctually function?

Neptune

• When do I lose my sense of self and all boundaries?
• When am I most present in the moment? Accepting things as they are?
• What sweeps me away into a magical state?
• How do I connect with divinity or energy? When do I feel at one with everything?
• When and how am I inspired by/with my imagination and creativity?
• Do I feel unconditional love? Grace?
• Am I wearing those rose-colored glasses?
Choosing Planets 1st – How does this part of me most naturally and instinctually function?

Pluto (beware – Pluto magnifies)

- When do I feel most empowered?
- Am I comfortable confronting the deep and dark parts of myself? Of others?
- What is my relationship with my Soul’s desire? My deepest emotional attachments?
- How do I deal with endings and major change/ transformation? My own evolution?
- How do I use or respond to power and control?
- Am I willing to accept death as part of life and let go of control? To step into the alchemical fire...
The “I am” (AC) is the primal/instinctual and pre-conscious underlying self-image we are creating, and we are creating it moment by moment (Aries is streaming/real-time consciousness)

**our ego defends this (the Moon)

Whom we are to realize ourselves as, distinct from anyone or anything we’ve known ourselves to be in the past or anything we might become in the future – the me happening NOW!
Background – What is the Ascendant?

• As we evolve through transformations and our own inner alchemy, our individuality, rhythm, and how we move through life pushes out through our living human being (the 1st) into the world

• Dane Rudhyar talks about the 1st house and its connection with rebirth and self-deliverance (delivery) - If we choose it

• Rudhyar says the AC and 1st House is the point of manifestation of Spirit. So, if we die (8th house) a death of a part of us, it's the 1st that keeps us breathing and displays how our breathing (existence) is different after the rebirth
Background – What is the Ascendant?

• For me, the 1st house is where we come out... so, if we go through a deep metamorphosis of the 8th, it's the 1st from which our butterfly emerges - we don't stay in our juice in the cocoon - and our wings need to move, to take us somewhere new

• Perhaps the 1st is where we actualize every birth and how we are born (the style, rhythm, appearance)? How we come out in every moment 😊
Background - What is the Ascendant?

- Everything is instinctually filtered/experienced through the sign and planets on the AC - we are NOT aware of this!
- Subconscious/instinctual questions we ask ourselves (without thinking about it) that govern how we act in the world
Natal AC Instinctual Questions

• Aries – Can I do it?
• Taurus – Can I survive it?
• Gemini – Can I figure it out?
• Cancer – Am I safe?
• Leo – Am I special?
• Virgo – Can I do it right?

• Libra – Is it harmonious?
• Scorpio – Can I trust it?
• Sagittarius – Will I have freedom to move?
• Capricorn – Am I respected?
• Aquarius – Will I have to conform?
• Pisces – Will I feel pain?
The Natal AC with Planets on the 1st

Planets on the 1st is based primarily on planet function.

Natal Rising stays (even though the chart will show the sign of the planet moved).

As an example of this energy, think about someone you know who has a natal planet on the AC.
They don’t, but we respond to this “idea” and them as an experiential lens/filter

We can choose to see/feel/approach life through the part of us represented by the planet

Better question: How do I behave when I choose to experience life through the part of me represented by Mars? Jupiter? Moon? Saturn?
Ok – I’ve chosen a planet 1st

• Imagine your “I am” (AC) is now wedded with that planet and everything is *instinctually* filtered/experienced through this planet
  • How does this part of me see, think and feel?
  • What subconscious questions am I asking without thinking about it?
  • How does this part of me experience and respond to the other parts of me?
Strengthen and develop atrophied facets of the psyche

Gives us a focal point and archetype to work with – how does this part show up in/as me?

More room to play! And move our life stories in new directions.
## Ideas for Choosing a 1st Planet

| Planets square the nodes                  |
| Ruler of the North Node                  |
| Retrograde planets                       |
| Planets on angles                        |
| Planets at 0 degrees                     |
| Conjunct planets (to experience them separately) |
| Follow your intuition! Who wants to come out and play? |
Planets 1st – The Focalizing Crystal

Sun

Moon
Planets 1st – The Focalizing Crystal

Mercury

Venus
Planets 1st – The Focalizing Crystal

Mars

Jupiter
Planets 1st – The Focalizing Crystal

Saturn

Uranus
Planets 1st – The Focalizing Crystal

Neptune

Pluto
Aspects

This function of the psyche represented by planet on the 1st now determines how planets in aspect are experienced:

- Seen through the glasses of the planet on the 1st
- If Venus 1st, Pluto in the 4th square Venus would emphasize fear and cellular resistance to ancestral/genetic memory
Planets in the 1st are visible!
On and in YOU!

• Notice how you show up – walk into a room – enter a party
• How does your physical body express the planet (in your own way)?
• Are you seen as this planet? In your expression, choices, actions?
• Ascendant/1st house is easily observed by others (even if you think they can’t see you/it)
• How are you identifying with the planet in you?
• How is the planet reflected in the identity you are projecting?
Planetary Body Types
MOON – Feeling and Response

• Gentle, sensitive, nurturing, patient, talkative, tender, protective, poetic, sociable, cautious until feeling safe
• Soft and round, watery body fat – overall lack of definition
• Example: Robin Williams – Sun and Mars in Cancer, Moon and North Node in the 4th House (Pisces Moon & Scorpio Rising)

*The Astrological Body Types by Judith Hill
I used to think the worst thing in life was to end up all alone. It’s not.
The worst thing in life is to end up with people that make you feel all alone.
Planetary Body Types
MERCURY – Wit, Quickness, Ease of Motion

- Witty, talkative, quick, perky, alert, bright, nervous energy, flirtatious, mischievous, active arms/hands
- Petite and agile body, wiry and flexible, youthful, elfin-like
- Prominent hands, high and bright or shrill/piercing voice
- Example: Prince – Sun and Mercury in Gemini, Moon/Mercury square
DESPITE EVERYTHING, NO ONE CAN DICATE WHO YOU ARE TO OTHER PEOPLE.

— Prince
(1958–2016)
Planetary Body Types
VENUS – Love, Harmony, Beauty

- Easy-going, approachable, friendly, affectionate, warm-natured, socially appropriate, contented, relaxing influence on others, pretty, harmonious, cooperative, charming, artistic
- Smooth, graceful body, minimal muscular/bony prominence
- Dimples, cleft chin, “cupid’s bow” or rosebud mouth, curvy beautiful upper lip
- Example: Lenny Kravitz – Jupiter, Mercury, Mars in Taurus, Venus conjunct North Node, Libra Midheaven
“I IDENTIFY MORE WITH WOMEN THAN WITH MEN. I GUESS I HAVE A STRONG FEMININE SIDE.”

—Lenny Kravitz
Let’s use Saturn as an example
Saturn 1st – Let’s agree Saturn signifies:

- Accountability & Responsibility
- Respect
- Goals & Ambition
- Maturity & Discipline
- Boundaries & Limits
- Time & Space
- Tradition & Convention
- Practicality

- Safety & Security
- Mastery
- Rules & Regulations
- Wisdom
- Structure & Reality
- Judgment
- Shame & Frustration
- Depression & Fear
Living Saturn 1st

Our Saturn function assumes that everything should be practical, respectable, and achieving something.

Choosing Saturn 1st is living life through the realistic, responsibility and achievement-driven function.

Importance of goals and getting things done is increased because the new “I am” (AC) is wedded with the hard worker & cosmic parent (Saturn).
Mystery chooses Saturn 1st

• Mystery still has a suitcase, unpacked, in the foyer, from the last trip he took 6 months ago
• Mystery thinks he has a very low functioning Saturn
• Sometimes what we don’t do teaches us as much as what we do
• Evolution IS happening – whether we choose it or not
• Everyone is a unique and personal version of Saturn
• What if Mystery’s Saturn doesn’t want to break his own rules…and maybe one of his rules is that traditional Saturn isn’t allowed?

NOTE: Your goals may be nothing like mine, but they’re still goals
Tara Chooses Venus 1\textsuperscript{st}
Venusian filter

- Everything should feel right and/or good
- *Feeling* will primarily determine what makes sense, what I want, my underlying self-image, security, etc.
- Importance of relationships is increased because the new “I am” (AC) is wedded with the Other (Venus)
My Venus 1st Experience
20 July 2015 – 4 October 2016

• Quit 22-year career “job” – I want to do what I love
• Lived off retirement – want to live an easier life for a while
• Online dating begins - met my Big Love and 5-week love adventure in nature follows (Darren has Venus in the 7th – good thing I chose Venus 1st at this time!!!)
• Diagnosed hypothyroid
• Yummy food after years of restrictions (first ice cream in about 5 years)
• Gained 15+ pounds and body takes over (weight, hormones, cravings for sugar)
• Moved to NYC to be with my Love (first move away from Seattle and family)
• Chose a “We” partnership with someone who emotionally meets me
• Lazy, rarely set alarm, very little “work”
• Physical sensitivities and symptoms were uncomfortable – I don’t like it
Tara Chooses Mercury 1\textsuperscript{st}

“I am intimately feeling how I have not been able to work my ‘problems’ out or find the answers I’ve been seeking my entire lifetime. I have not wanted to make sense of these things. Mercury wants to track and solve things and I’ve intentionally made this extremely difficult. My version of Mercury 1st is painful and at times I feel crippled by my close-mindedness in certain areas. There is so much I do not understand, especially about me.”
My Mercury/Saturn conjunction
Mercury 1st, Mercury in the 1st = MOVEMENT!!!!!!!!!!!

With Mercury on the 1st, Pluto moves to my 3rd house. This could entirely transform how I think, write, teach, and speak.
• Mercury represents our wiring and how the parts of us do, or don’t, communicate

• Messages and commands inside of us get mixed up because they are sent on behalf of a ‘self’ based on information from the ancient libraries

• Choose the body mind now, the mind that has never existed before – your real-time streaming mind
My Mercury 1st Experience
5 October 2016 – 19 July 2017

• Moved cross country by moving trucks, storage units, re-routing
• Getting insurance when you are “in between” is like no man’s land
• Hired as lead writer for metaphysical company – first full time job as a writer
• Lost a few pounds from the Venus year+ and was NOT lazy
• Invited to speak for Kepler’s Community Service Webinar Program, wrote a blog for The Mountain Astrologer, chosen to speak at UAC
• Busiest I’d been since career transition in 2015 – lots of writing and speaking
• Participated in Jason Holley’s Deep Mercury workshop at NORWAC (I forgot the topic until just days before ☹)
• I care about the truth that is palpable and emanating from the delivery of the message, in the message itself, and in the messenger
Reflecting on Mercury 1st

• When I chose to live Mercury 1st, something very exciting happened in me. The ‘Mercury’ part of me has a different quality. Off to the side of my head, close enough to cause my hair to rise, part of me is laughing.

• I always associate Mercury with the left brain, but this feeling comes from both sides of my head, stronger on the right. The joke is on me. I made my ‘Mercury’ exactly what I wanted it to be. I made up a story and then got stuck in it.

• My favorite word used to be ‘trickery’. Maybe choosing Mercury 1st is me choosing my thief, circus performer, and jokester. Maybe I’m choosing to lighten up. As Jason Holley says: “Mercury just wants to keep the story going”.

• Maybe I’ll laugh at my whole mind morass and throw away the maps that do not match the territory.

• It really is funny imagining using a map of China to navigate through Ireland. But I don’t need imagination for that, I’ve been doing it every day.
Tara Chooses Mars 1st on July 20, 2017
Mars 1\textsuperscript{st} – “Take the initiative”

- My boss asked me to take the *initiative* – to actively get what I need by physically asserting myself and getting someone’s attention (trying to use email and set up meetings isn’t working). *Asking* is NOT working!

- I think this is ridiculous, but I pay extra attention because I’m one week into Mars 1\textsuperscript{st} and this is happening

- Who is up to this task? Mars. Of course. And I chose it.
I did NOT plan this

• My Mars is 26 degrees Leo
• On August 21, 2017 we had a New Moon Total Solar Eclipse at 28 degrees Leo
• Then, a week later, on August 30, my Mars return came around
• In this window of time, something very upsetting to me happened at work and I felt disrespected and de-valued – I was angry
• I gave my notice of resignation about August 29 – I stood up for myself – I don’t get to choose what people do, but I do get to choose what I put up with (I don’t have to take it)
• I ended up re-negotiating my position under a new director, but it was extremely important for me to say “NO”
More room for me Mars 1st

- I feel emotionally emancipated
- I’m being me, doing my thing
- I feel (and act on) my own energy and desires more
- Mars 1st = me being born each moment as an independent being into the unknown
- I don’t have to be what I learned from Mom and Dad
Mars me up!

- My Mars is so happy to be in a different house than my Moon
- Mars has agency with less attachment to life-sucking Moon
- Life is just happening and I keep moving – I feel my “happening” more than ever
- Break-through for Tara: I’m experiencing more joy in the message than in being the messenger
I actually think I’d rather be doing things than talking about or reporting on them. I do best when I just do it. And I don’t need to prove that I did it.

I’m not a warrior unto myself. I’m dedicated to a purpose that is greater than me with renewed honor and courage. I’m a good soldier, and it doesn’t mean I’m not a leader.

Right now, I understand that sacrifice isn’t always a sad or disempowering thing. Sometimes it’s the most loving action that returns much more than you give.
To Know Desire

To act on Desire
To let go of Desire
And be fulfilled
Separate and Together
As One
Mars Musing – since choosing Mars 1st

• At some point, knowing where I’m going becomes totally useless! – Ari Moshe Wolfe
  • And asking about it brings me sorrow. It takes me away from the where that is ME. – Tara Aal

• During my interview on Kepler Astrology Day, just as I spoke about feeling and experiencing Mars, Christeen Skinner told me that Mars moved from Sagittarius to Capricorn in the same moment

• Sometimes I’m most tuned-in when I don’t “know” what I’m doing
Wrapping it up

- Have fun with it!
- Don’t let astrology, your chart, or anyone tell you *who* you are – they don’t know anyway
- We’re all pioneers in the frontier of ourselves
- We’re not supposed to know all the answers
- What we choose, think about, and believe creates our reality – this is why when I choose a planet 1st it happens for me; I pick that frequency and the channel runs through me loud and clear
- “Where our attention goes, energy flows.” And we are energy!
Thank you for receiving my sharing!

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