

The Traveler's Well

With Scott Wolfram

*"Move In Harmony With The
Sun, Moon and Stars!"*

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October 6, 2013

Dear Friends, Autumn is settling in and we look to all things warm and cozy! We hope you are enjoying the abundance of the season!

We are entering 'eclipse season' with an October Lunar and a November Solar Eclipse. In this newsletter, I write about the Lunar eclipse and in a couple of weeks we will share more about the November Solar Eclipse (and Mercury Retrograde).

We look forward to being of service!

May you move in harmony with the Sun, Moon and stars!

***Blessings and peace,
Scott and Sappho Wolfram***



Lunar Eclipse - October 19, 2013

The Astrological calendar is entering the "Eclipse Season" with a Lunar Eclipse on October 19, 2013 and then a Solar Eclipse on November 3, 2013. In the next newsletter, we will discuss the Solar Eclipse and, for now, we will focus on the Lunar Eclipse.

The Lunar Eclipse will take place on October 18 or 19, 2013 (depending on where you live), with the Moon at 25 degrees of Aries opposing the Sun at 25 degrees of Libra.

Each and every eclipse shares a core theme, which is to energize the part of the birth chart it is impacting. This 'energizing' can be favorable or challenging, depending on how well we have prepared in advance. So, if we have prepared for the eclipse, we are able to channel the energy of the eclipse, which accelerates us toward our goals. Alternatively, if we are unprepared, the eclipse will often topple us over in some form of a crisis.

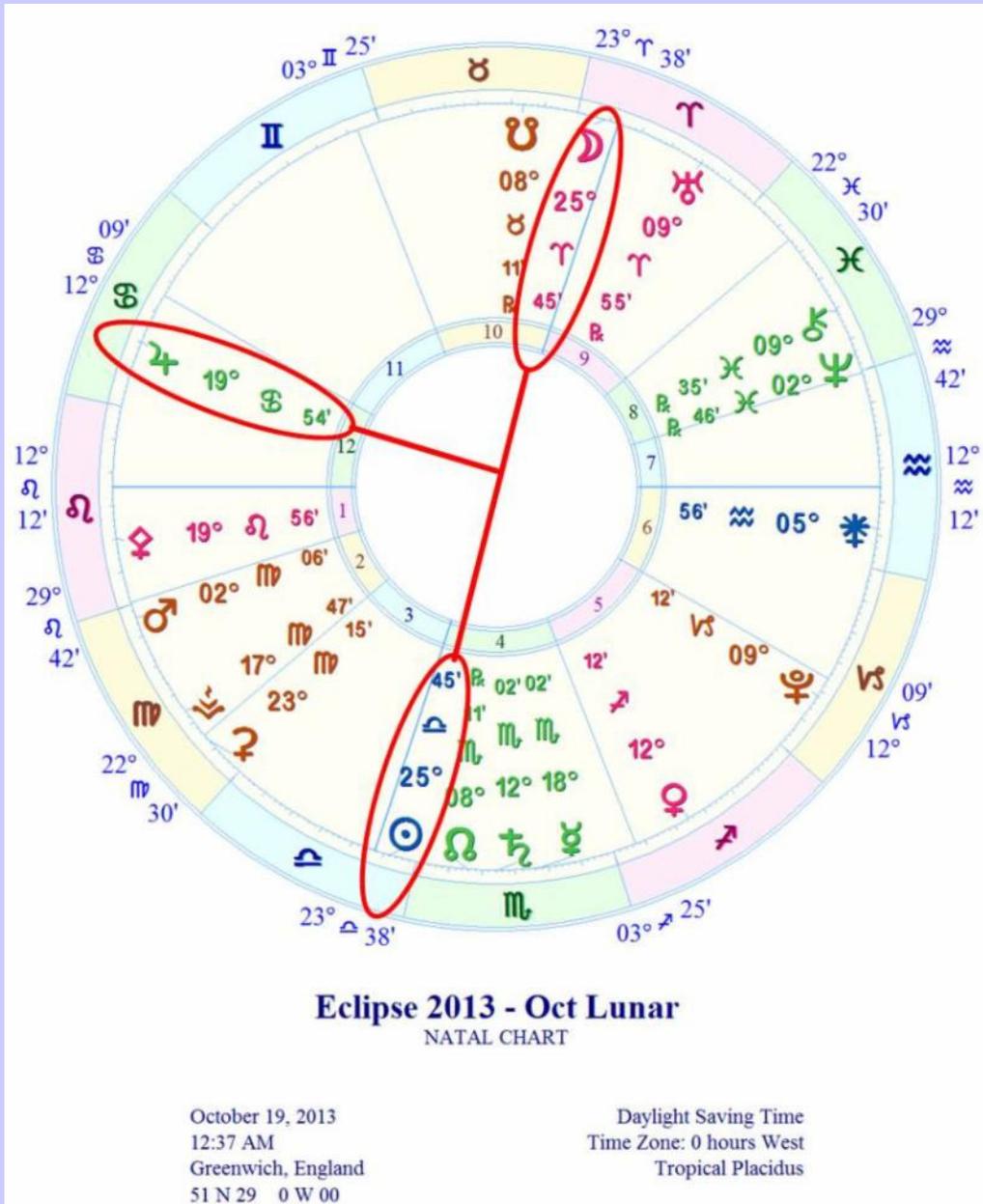
In transit or forecast consultations, I often refer to an analogy of riding a bike ride to explain the power of eclipses. If we are prepared (related to the theme of the eclipse), then we are on our soul's bike path, which is nicely paved, and we have been peddling toward our destination. If we have been traveling at 15 miles per hour, then the burst of energy from the eclipse gives us a push and we are suddenly going 25 miles per hour. In the month before an eclipse and for about six months following an eclipse, we suddenly appear to be making more progress toward our goals than we had been just a month or so before.

If we have not prepared (related to the themes of the eclipse), it is as if we have either turned off our soul's path in some way or have stopped peddling all together. In this case, we have left the smooth path and it can feel like riding our bike on a bumpy dirt path and it is difficult to pick up any speed. When the eclipse's burst of energy hits us, it topples us over. We may find that we ask ourselves, "How did I end up on the ground?"

Unlike in the past, when eclipses had a more fated quality to them, we are not fated to either the favorable or the unfavorable outcome. It is in the choices we make that can determine how the

eclipse will impact each of us. So, in thinking about an eclipse, we should ask ourselves how we can prepare for this eclipse so that we can make forward progress to our goals and not end up toppled onto the ground.

This question turns our attention to the specific qualities of this Lunar Eclipse. This Lunar Eclipse is constructed around an astrological formation called a T-Square. So, we have the Sun and Moon opposing each other with Jupiter square to both the Moon and the Sun. T-Squares always come with a sense of tension, which are generally both challenging, yet provides real opportunity. In this case, with Jupiter squaring the Moon oppose the Sun, there is a fortunate or favorable quality to the tension of the T-square because Jupiter is overall a benefic planet. Said another way, **there is an opportunity (Jupiter) to be found in the tension of this Lunar Eclipse.**



How do we take advantage of this Lunar Eclipse?

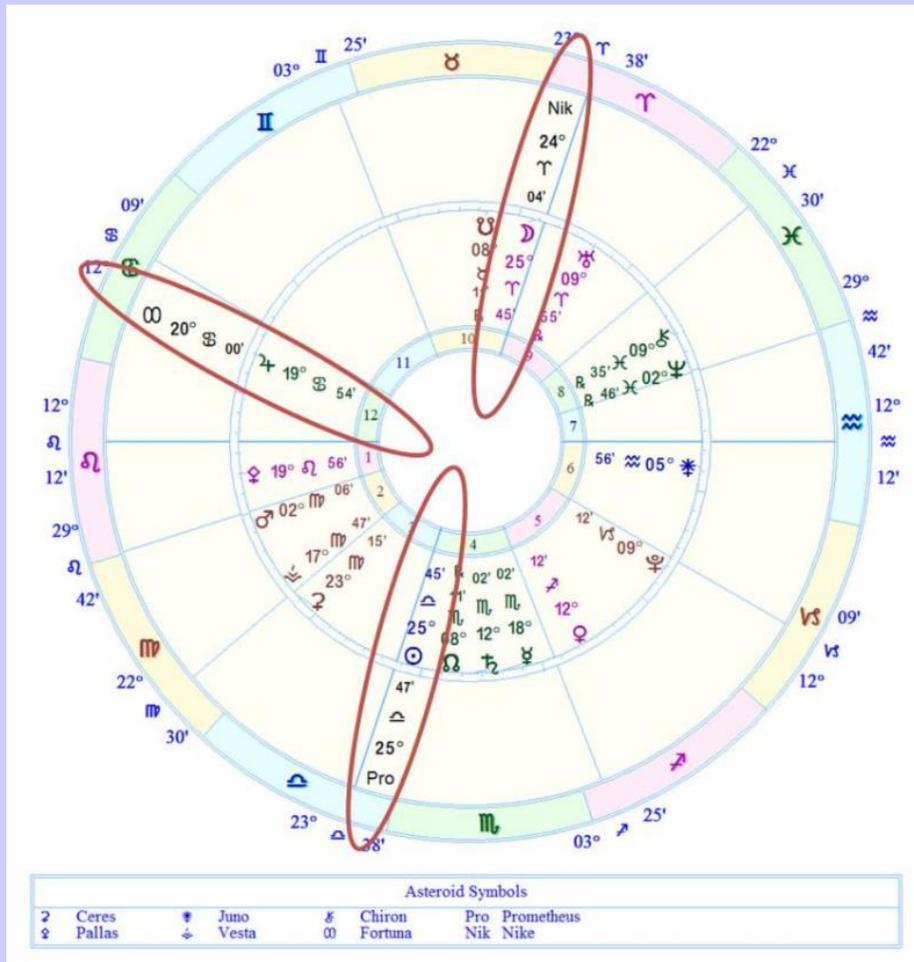
First, the Sun is in the sign of Libra, so the Sun wants us to choose a path to achieve true harmony, real balance and a joyful life, which are all at the heart of the Libra archetype (which is ruled by Venus). This requires establishing balance between us and others or the world we live in. If you already have harmony, then you might expect more joy and radiance to enter your world. If you presently do not have harmony (something is out of balance), then this is the time to assert your own needs so that balance becomes a two way street (between you and your partner, your work and your home, etc.). The challenge of the Sun in Libra is to recognize what harmony and balance mean to you at a core level and to make sure this definition of balance and harmony truly reflects your deepest values (versus false projections or expectations). At the heart of this challenge is the Sun god Apollo's command to "Know Thyself", which is written at Apollo's temple at Delphi. **So, the balance and harmony that the Sun seeks is not to make everyone else happy, but to honor both your needs and your capacity to engage in a joyful life with others.**

Second, the Moon is in the sign of Aries, so the Moon wants us to follow our instincts, our emotions, our passions and perhaps most importantly, to take action. In the context of the Sun in Libra, the Moon wants you to ask, "What do I need to do?" This is a time when achieving true harmony demands that we honor our individual feelings and put ourselves first. Are we meant to be selfish and ignore the impact of our actions on others? Of course not! However, there are times when we can be best to those we love by trusting ourselves and this is one of those times!

Third, Jupiter in the sign of Cancer plays a key role because he brings an opportunity to know ourselves and our feelings at a new level. If you experience a moment of inspiration that really feels right to you, consider giving it a try. This is particularly true if what you are considering is something new, a bit of a stretch, or even something you might never have been able to do before. What is most important about Jupiter is that the opportunity needs you to trust in the inspiration and take action. The opportunities of Jupiter only bear fruit when we take action.

Fourth, there are three minor asteroids supporting this Lunar Eclipse.

- We have the asteroid **Prometheus** conjunct to the Sun, Nike is conjunct the Moon and Fortuna is conjunct Jupiter. What do minor asteroids tell us? They reveal elements of the story behind the story. Prometheus is the titan in myth that gave fire to mankind and he brings us unique insights that can change our lives and point us toward our future. Yes, perhaps this will be for you a bit less powerful than change that the discovery of fire was, but it is very favorable none the less.
- **Nike** is the goddess that Athena would send into the field of battle when victory had been achieved. In fact, the Greek goddess Nike was known to the Romans as Victoria or Victory. Nike tells us that if we follow our instincts and feelings (Moon in Aries), that they will lead us to success and victory!
- Finally, **Fortuna** is pretty much what she sounds like, good fortune. While Fortuna is a gift that feels like it comes naturally, we still need to remember that Jupiter wants us to take action in order to achieve our success.



Finally, every astrological energy has a challenge embodied in it. While the Sun in Libra is seeking harmony and balance, there is a natural challenge to overcome the confusion brought by the signs of Pisces and Taurus (Libra is in a Yod relationship with Pisces and Taurus). Taurus wants stability, but is often unclear about what is truly of value. Pisces wants perfection, but can be confused about the difference between reality and a fairy tale. Yet, if we are seeking greater balance and more harmony than we currently experience in life, then we must both know what we value (Taurus) and be inspired about our reality (Pisces) in order to bring balance to the scales of Libra. Further, neither Pisces nor Taurus are particularly inclined toward taking action to embrace change. This is where the Aries Moon plays a key role. Aries want us to take action and in this eclipse, the action is meant to help bring Libra into real balance.

With Jupiter square the Moon oppose the Sun, this Lunar Eclipse embodies both tension and real opportunity, which is a great combination in an eclipse. May you embrace the energy of this eclipse, embracing the action of Aries and find yourself speeding toward the balance and harmony of Libra. This eclipse comes during the time of harvest. May you find your harvest to be harmony, joy and abundance.

My Little Note Books and the Manuscript of Life

Life is a journey of self-discovery - I mean a lot of discovery.

*"Life is a manuscript and the author of that manuscript is you.
You must study your own book of life".*
- Swami Rama of the Himalayas

As we begin to author our book of life, we often realize that we have a lot of questions we need to answer: what do I most value in life, what makes me unique, what is my highest potential, what inspires me, what defines security for me... Sometimes it can feel like our life is a 1,000 piece puzzle with the pieces tossed randomly onto a table and our task is to put this puzzle together. At these times, as the author of our book of life, we might feel like we have writer's block.

Our journey is to explore life and to connect the pieces of the puzzle to form a complete picture of who we are. As we begin this process, we find that most of our puzzle pieces are upside-down and we can't even see them. As we explore our life further and gather a deeper understanding of who we are, magically the pieces turn right-side-up and we begin to piece the puzzle together.



One of my idiosyncrasies is that I am a collector of little booklets full of notes. I carry one with me everywhere I go - to a museum, to the grocery store, on a vacation. Even, or particularly, when we stop into one of Munich's comfortable restaurants, which always have comfortable little corners, and have a beer and philosophize for a while, one of my notebooks is always there to capture my inspiration. I love the times when the thoughts begin to flow and we explore a bit of the meaning of life. When a particularly insightful thought comes up, I write it down. Life is full of inspiration and often inspiration is fleeting, so we need a way to capture our inspirations. This is what works for me.

These little scribbles in my booklets are quite eclectic and they cover the entire range of life. Naturally, some of these notes are about astrology, often with a connection to what is in the news or a new thought about myth and archetypes. Other topics include what book I might be interested in reading, or where to spend our next day trip, our favorite places to visit and why, etc. Sometimes, Sappho and I will chat back and forth about which people from history would make for a great conversation over dinner (and then a bit longer) so that we could philosophize and hear their thoughts. From figures in history like Cosimo di Medici, Thomas Jefferson, Nicholas Copernicus, Galileo, to more recent figures like J Krishnamurti, Joseph Campbell, Deepak Chopra and Bill Maher all provide inspiration on one level or another. From yogis to artists, from politicians to comedians, if their books are on our bookshelves, then we would love to have them as guests for dinner and a beer (or wine or juice).

What is important to me is that I write down what is on my mind, what inspires me, or what brings a question to my mind. Why do I write it down? Because my thoughts are fleeting and I want to remember these thoughts and inspirations.

I collect my ideas and notes so that I have them to reflect on at a time when I am at my desk and not on the run.

Collecting the Pieces

We all have small moments where some part of your life seems to make more sense than at other times. These are not moments when you "know the entire meaning of life", as if you suddenly recognize the entire picture of our puzzle, but these are the things that come to us in the moment and that we are not aware of or focused on at others times. If we examine these moments, most of these moments feel like, "Hey, I just discovered one of the pieces to my life!" These moments are

actually really important. They are like turning over a new piece of the puzzle and actually recognizing what it means so we can author a bit more of our book!

Every now and then, I will pick up the 5 to 6 booklets of notes and sit down at my desk. It can be really funny to look back at the jumble of notes. Sometimes I wonder, "Why did I write THAT?" Other times I note, "Oh, I wrote that again (or maybe for a third time)". These are the times when I have something I need to pay attention to. I often find that I make similar notes at different times, but I need to review the notes to become aware of it.

Then, I have several documents on my computer where I record these thoughts. So, I have documents where the astrological thoughts go, then a document with my vision for The Traveler's Well, several documents with philosophical quotes from people I admire, others with my spiritual beliefs, etc. I print all of these documents and they essentially define various aspects of my life - they put the pieces together for me and are always there for me to edit, to modify and to contemplate. Essentially, they have become the manuscript of my life. I could not have done this without a way to capture my inspirations as they arise.

This is one of the great values of the notebooks. I recognize or discover what is of interest or importance to me, over and over and over again. Whether it is the list of names for a philosophical dinner, or my list of George Harrison, John Lennon, the Moody Blues and Christy Moore on my list of musical artists, the names on the list define something important about me. So, I ask myself, "What do I find so special about these individuals?" This is the part where we need to determine "How" or "Why" the items on my list fit together. For my list, they all saw the world in unique ways, in ways that combine spirituality, science, art and life. Perhaps most importantly for me, they all choose to be unique and to follow their own vision.

Each of us will have our own ideas and our own lists. When you identify the connection and then say, "Yes", then you will have defined something important about what interests you and therefore about yourself. If you keep coming up with the same outcomes, that is OK, it is a confirmation of your choices. When you DO come up with a new insight, it will further define yourself and your journey in life.

Every time you fit a new piece into "your puzzle", the image of your journey in life will become more and more complete. The more completely you "know yourself", the greater your capacity to shine, like the Sun and Apollo. So, take the time to collect your thoughts and have a bit of fun with it. Then once in a while, see what you have collected and what the collection might mean. If you do, you WILL know yourself better and that is an encouraging thought.

I have got to go. I have another idea for my notebook!



Thanks for reading!
Scott

Be Like The Tree

I have been asking for guidance of late to help understand my habit of worry and how I can reduce worry in my life. Worry can be a pathway to fear if left unchecked....

Kindly, I have been given the message to 'be like the tree'.



So, I have pondered the intention and meaning of this statement and it has allowed me to be free at a new level as I uncover layers of meaning:

- The tree is upright, stable and strong.
- The tree does not fear or panic as the storm approaches.
- The tree does not have concern over each piece of bark that falls away.
- The tree is in a constant state of regeneration.
- The tree is continually adapting to its environment.
- The tree remains flexible and is willing to bend.
- The tree is deeply rooted and ever present in the here and now.

All that we should strive to be the tree is. All of the qualities that help us to live in the present moment, free of fear, doubt, worry and concern are demonstrated by the tree. Feeling stable and safe because we know we are strong!

Further, the tree is a natural nurturer. Simply by being, the tree nurtures all that surrounds or visits it:

- The tree provides shelter to all manner of life
- The tree drops twigs and provides firewood kindling
- The tree drops a limbs and provides firewood
- The tree drops leaves and provides compost for gardeners and the forest floor
- The tree provides shade and therefore relief
- The tree serves as an umbrella during the storm
- The tree provides the enjoyment of color to the eye via blossoms or changing leaves
- The tree provides fragrance to soothe the senses
- The tree provides comfort simply because we know it is there
- The tree is dependable

Oh, to nurture more naturally versus nurturing to redeem or to fix or to replace.

Stand tall, be strong and be present.

Be the tree....

Sending love and light!

Sappho