



Astrolo-Chi®



Daniel Lally

Introduction



Most nights in the winter of 1999, after a chi or yoga class, I'd lean against the rail of my rented log cabin and watch Orion drift across the southern sky of Bardstown, Kentucky. Without all the city lights I could see so clearly, so I'd look for the constellations that I knew, breathing in the cool night air. One night, as I gazed at the full *yin yang* moon, I had a name came to mind, loud and clear: Astrology + Tai Chi = Astrolo-Chi®.

Stomping the snow off my boots, I went in to heat some water for tea. A steaming mug later, I began to scribble down a stream of ideas:

- Millions of people read their horoscope everyday. What if there were *movements* to match?
- The famous psychologist Carl Jung called the Zodiac "a complete projected theory of human character" and "the summation of all the psychological knowledge of antiquity."
- After all, who doesn't know their birth sign? And who wouldn't be interested in a movement to match?
- What does it look like when a sign is *online*? How does one carry oneself?

- Each of the twelve signs has certain characteristics, or a way of expressing itself.
- Each sign also is a particular *element* and *mode*, and ‘rules’ certain body parts or functions. What if these could all have a bearing on a sign’s physicalization?
- Just like the yin and yang/tai chi symbol, each sign has a yin and yang opposite/complement:

Aries ☯ Libra
 Taurus ☯ Scorpio
 Gemini ☯ Sagittarius
 Cancer ☯ Capricorn
 Leo ☯ Aquarius
 Virgo ☯ Pisces

- Like biceps balance triceps and chest muscles balance the upper back, what if, through movement, people could become familiar with and balance every sign of the Zodiac?

As I went to bed that night, healing movement still on my mind, I relaxed into free association, settling around the oldest healing myth I knew—*Isis* and *Osiris*. And as I contemplated the Egyptian couple’s magical connection, a new thought occurred to me.

“What kind of healing exercise did they do in ancient Egypt?” I wondered.

“Was there ever a tai chi, the *Egyptian way*?”

Prologue

Long, long ago, when Egypt was still an oasis of greenery, Isis and Osiris were born to the royal family of ancient Egypt. As they grew, they trained with the priests and the priestesses, learning the secret knowledge of the mystery schools and hidden temples. While Osiris was being groomed to be pharaoh and ruler of Egypt by *day*—Isis became increasingly fascinated by astronomy, magic, and the healing arts—everything that was secret, dark, mysterious, and associated with *night*. When they reached maturity and completed their training, Isis and Osiris ascended to the throne, and for a period of time Egypt enjoyed a true Golden age of peace and prosperity.

Yet, from the shadows, a brother of Osiris named Set coveted Osiris's power. He had Osiris murdered, dismembered and scattered to the far corners of Egypt. Grief-stricken, Isis searched for and retrieved Osiris's missing body parts. Returning to the temples of her youth, she healed and resurrected her beloved spouse with her secret healing arts.

Isis and Osiris spent tender moments together, and soon a son Horus was born to them. But alas, Isis's healing magic did not last, and eventually the spirit of Osiris ascended into a region of the heavens associated with the constellation of Orion. From that astral place, he would inspire the pharaohs of ancient Egypt while ruling over all souls entering the afterlife. As such, Osiris was henceforth associated with resurrection, eternal life and the return of spring following the flooding of the Nile, while Isis was linked to the moon, magic, and the healing arts.

The Osiris myth became so central to the core beliefs of the ancient Egyptians, that the pharaohs sought to

literally *become* the living, breathing representative of Osiris. As worship continued on the mundane level, the pharaohs, with guidance from their priest-astronomer-architects, would invoke Osiris as *above, so below*, by aligning their monuments to mirror Orion and other celestial bodies. By mirroring the heavens, the pharaohs aspired to open gateways between heaven and earth, and thus strengthen divine right and invite divine order. And this tradition continued for over three thousand years.

Down through time, the importance of Isis and Osiris faded as more deities were added to the Egyptian pantheon, like Horus, Amun-Ra, Anubis, Sekhmet and Hathor. And as Egyptian religion grew in complexity, so did the ranks of the priesthood. At Heliopolis, Thebes, Karnak and other sacred sites in Egypt, the priests and priestesses performed their devotions dutifully for all the gods in the Egyptian pantheon. Their days began with private worship, and continued with religious instruction, hieroglyphic inscription, and the ever-popular mummification and funerary rites, ensuring the immortality of the deceased's soul.

But curiously, by 1545 B.C., the priests and priestesses of the 18th dynasty, caught up in the details of their ever-burgeoning pantheon, had curiously forgotten the mystical details of their sacred, central myth.



Nefertiti's Dream



O Osiris the king,
you have gone,
but you will return.
You have slept,
but you will awake.
You have died,
but you will live.

–Graham Hancock

Quest for the Lost Civilization

It was the new moon, a time of dreams and visions. Nefertiti awoke to tears of joy, her dream still vivid. She roused her husband, Amenhotep IV, the pharaoh of the 18th dynasty of Egypt, and recounted him her dream.

In that place between asleep and awake, a wind swept her off her feet and carried her to the astronomical temple at Denderah. The wind then subsided, gently depositing her in a shaded garden on the temple grounds. There in a courtyard surrounded by greenery and statues, a kaleidoscope of images began to swirl towards her, gracefully moving figures and symbols of the Zodiac. The images slowly all congealed into an image of Isis, smiling, her arm around the waist of Osiris. As the vision faded, Nefertiti heard Isis softly whisper: “Re-member Osiris at the Temple of Heaven.”

Amenhotep was stunned. Nefertiti often had profound dreams, but had never dreamt of Isis and Osiris before! As for Amenhotep, due to the domination of the priests of Amun-Ra, the religious ceremonies had been feeling increasingly stale to him for years. But now here was his wife and queen, Nefertiti, eyes gleaming, inspired by a living, breathing vision of their oldest sacred myth!

Nefertiti had always been a breath of fresh air to Amenhotep. The daughter of a minor official, they met in the temple training in their youth. Although not of high birth, she was extremely bright and versed in astronomy, magic and the intuitive arts. Plus, she was a graceful dancer, and often danced privately for her husband. Her name, which meant “the beautiful one has come,” couldn’t have been more appropriate: he had always found her irresistible.



When they were married shortly before Amenhotep ascended to the throne in 1550 BC, Nefertiti accompanied

him on his official visits to the many sacred temples, paying homage to Amun-Ra and other deities for his good fortune. While in the temples, Nefertiti amazed the priests with her ability to fluently read and understand the hieroglyphics and ancient texts inscribed therein.

Amenhotep also remembered that of all the sacred sites, Nefertiti had been particularly drawn to the astronomical temple of Denderah, and felt a magnetic pull to linger there.

So before she could even ask, Amenhotep agreed to honor Nefertiti's vision and granted her leave from royal duties for one month to journey to Denderah. Overjoyed, Nefertiti embraced her husband, and excitedly began to describe the intuitive impressions or *vibrations* she was receiving about the connection between Denderah, Isis and Osiris.

And so it was that Nefertiti began a month-long quest to honor her vision born under the new moon.

The Temple of Heaven



Denderah is an astronomical temple. It stands on the foundations of a series of much earlier temples. Continuous rebuilding on ancient sites meant that very old ideas were constantly being re-expressed in new forms.

–Graham Hancock
Quest for the Lost Civilization

Accompanied by the royal guards, Nefertiti arrived at Denderah late in the afternoon during the crescent moon. While the captain of the guards sought out the Denderah priests and explained the importance of her visit, Nefertiti bathed and refreshed herself. It had been several days of preparation and journey down the Nile, and Nefertiti wanted to retreat from all the hustle and bustle. Removing her royal adornments, letting her hair down and putting on a simple linen dress, Nefertiti went outdoors to revisit her favorite temple.

It was a soft, quiet evening. A gentle breeze whispered in the lush vegetation around the temple, and the hushed gurgling of a distant water garden beckoned Nefertiti to remain outdoors. Reaching a reflecting pool, she paused and sat a moment, indulging her senses and enjoying a few moments of tranquility. It was so beautiful there, that Nefertiti decided to set the mood for her stay by spending

several days in quiet reflection in the gardens, contemplating the imagery of her dream.

On the evening of the third day, while the royal guards remained vigilant at the periphery of the temple, Nefertiti removed her sandals and silently toured the interior of the astronomical temple, reverently reading the sacred hieroglyphics and feeling the celestial wisdom touch her soul. She recalled from her training in the temples as a young neophyte how this particular temple honored each sign of the Zodiac, and how rites were performed here to keep Egypt in harmony with the heavens.

She came upon a priest lighting incense at one of the temple statues, and inquired about the garden she had seen in her dream. He explained that it was called the Temple of Heaven, a circular pavilion inscribed with astrological symbols surrounded by mysterious sculptures and lush greenery. Centuries ago, the whole temple complex had been nearly covered by a sand storm from the western desert, and only generations later was it completely uncovered and restored. By then, unfortunately, the details of the original use of the garden were no longer known, and it was currently only maintained as a quiet reflection area. The priest pointed out the path to the secluded garden, and thanking him, Nefertiti turned to stroll in the gardens.

Nefertiti could always feel more energy in nature. But as she stepped into the gardens now, she began to feel a different sensation, a tingling in her body, an involuntary impression to move, like a gentle wind at her back. She smiled, recognizing this familiar sensation from her dream, of being guided by a benevolent, invisible force. However, before submitting to her sixth sense, she paused to light her lamp, knowing that the moon was just in first quarter phase, and could not be counted on to light her path.

Between the lamp and the subtle guiding force, within a few moments she found herself on a path that she had not noticed before, a path that lead to the western side of the temple and the garden of her dreams.

The Mirror of Heaven



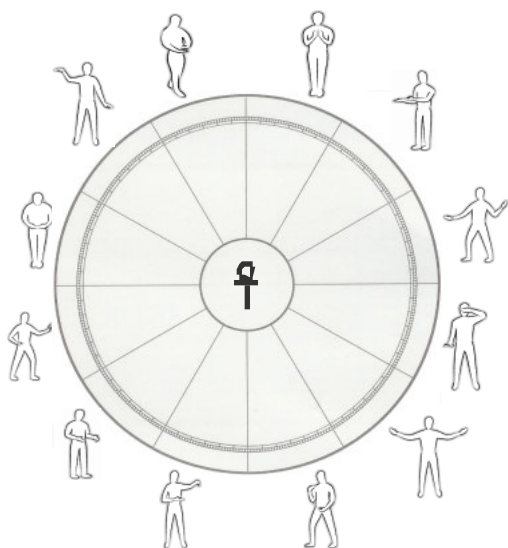
I believe that the knowledge of the Zodiac expressed in this temple was present in Egypt from the earliest times.

–Graham Hancock
Quest for the Lost Civilization

A few moments later, Nefertiti arrived at the garden the priests called the Temple of Heaven. It was indeed secluded, on the far grounds of the temple complex. Completely open to the sky, it was large, open, circular, and surrounded by greenery. On the periphery were statues perhaps four or five feet in height, gleaming despite the pale moonlight of the first quarter moon. Intrigued, Nefertiti gazed at the mysterious, faceless sculptures, pondering the meaning of each.

She noticed hanging lamps in the shrubbery behind each statue, and lighting each in succession, she continued to explore the garden by lamplight.

While examining the base of one of the statues, her lamp revealed lines carved into the surface of the pavilion, and as she followed them she discovered that they formed a circle whose perimeter extended nearly up to the surrounding statues. Intersecting lines divided the circle in twelve equal parts, and Nefertiti divined the meaning--this was a sculptor's depiction of a horoscope chart wheel, used to map the 12 signs of the Zodiac!



She followed the intersecting lines to the center of the circle, and there discovered an ankh, the symbol for eternal life!



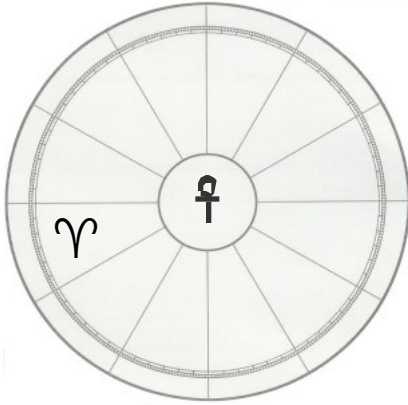
Taking in the whole pavilion, she surmised that like many other temples in Egypt, the whole area was intended to be a *mirror of heaven*! And in its openness and simplicity, she saw infinite possibilities of creativity.

Exhilarated at her discovery, she walked the circle counter-clockwise, anticipating what she would find in the circle. Every few feet or so, Nefertiti delighted in finding a depiction of the symbols of the Zodiac that she had seen in her dream, carved into the stone of the pavilion.

She found ~

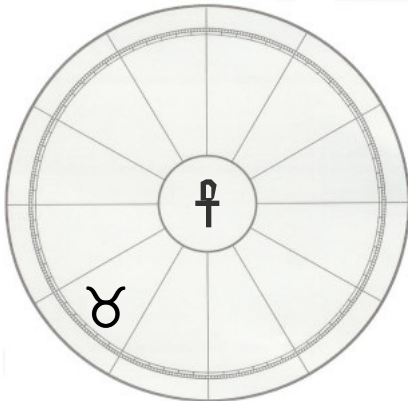
Aries

the sign of the Ram



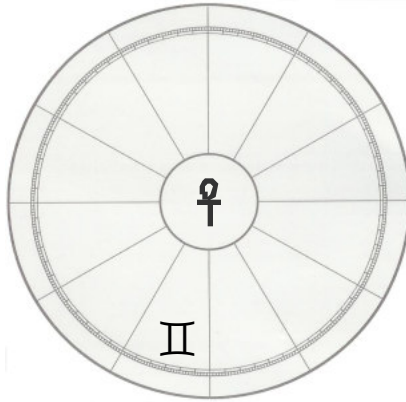
Taurus

the sign of the Bull



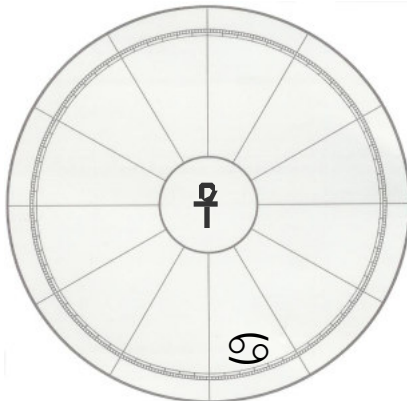
Gemini

the sign of the Twins



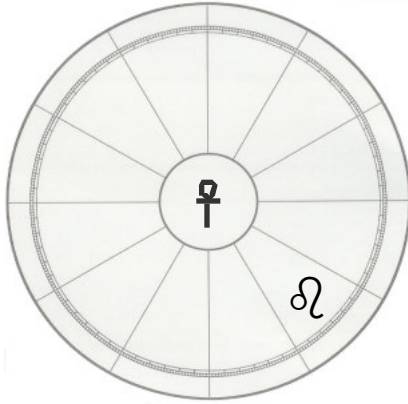
Cancer

the sign of the Crab



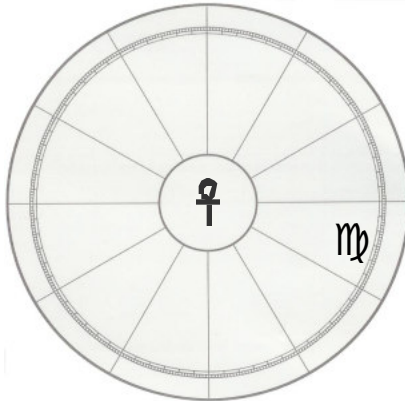
Leo

the sign of the Lion



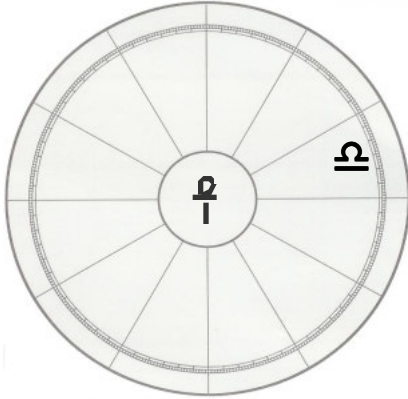
Virgo

the sign of the Virgin



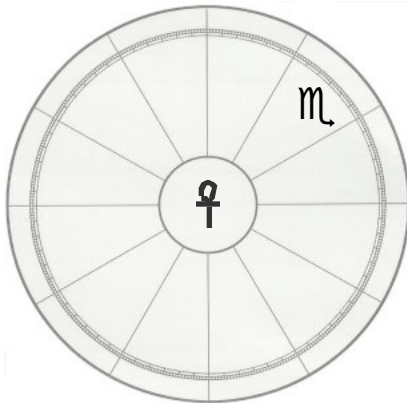
Libra

the sign of the Scales



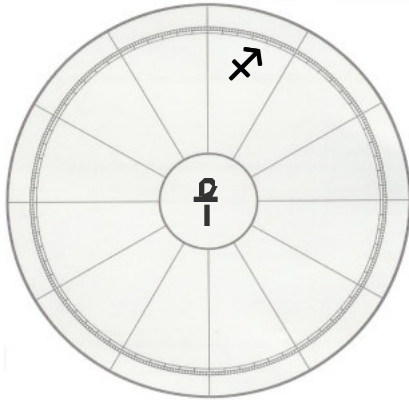
Scorpio

the sign of the Scorpion



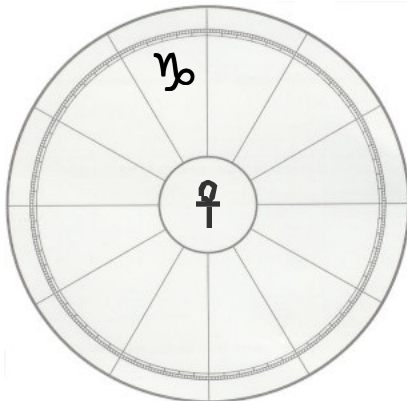
Sagittarius

the sign of the Archer



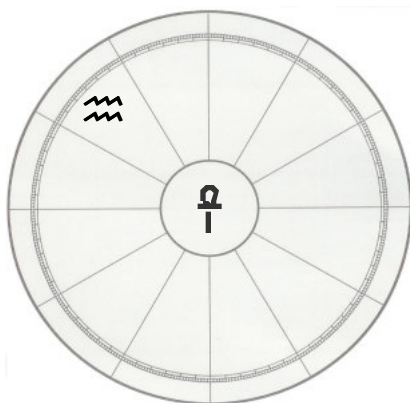
Capricorn

the sign of the Mountain Goat



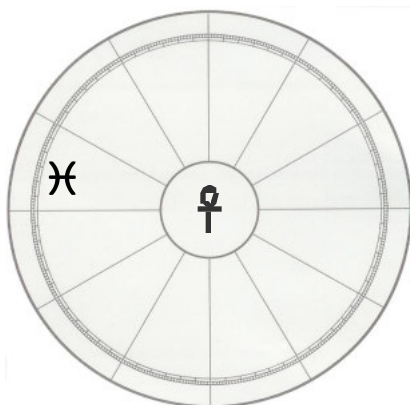
Aquarius

the sign of the Water Bearer



Pisces

the sign of the Fishes



Nefertiti marveled for a moment at the artistry and precision of the garden, and then seated herself on a stone bench near the entrance, taking a moment to digest and reflect. She had found the garden of her dreams and now had insight into its *general* purpose.

But to anchor her understanding, she committed to return to the Temple of Heaven and to completely familiarize herself with it morning and night for the next several days, or until she received divine guidance.

The Secret of Isis



“A l’intérieur des yeux fermés,
fermez encore les yeux.”

(Inside closed eyes,
close your eyes again)

—Wings of Desire

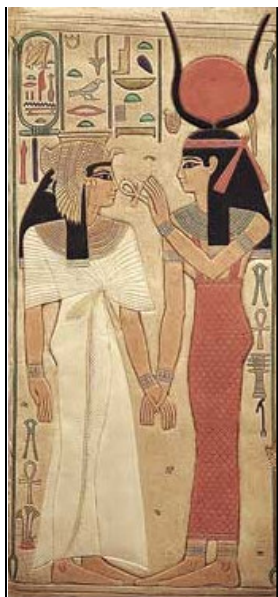
As Nefertiti returned to the garden for the fourth consecutive night, she once again seated herself near the entrance to reflect. It was a gibbous moon.

At first, she began to recall the details of her dream, and Isis’s voice speaking: “Re-member Osiris.” She recalled the kaleidoscope of swirling images, the gracefully moving figures and symbols of the Zodiac. Movement and astrology...and what Isis had called *re-membering* Osiris--these seemed to be the main concepts of her dream. And of course, the sense of love and unity between Isis and Osiris was powerfully evident. But what kind of ritual could honor all of these ideas? Nefertiti had reached an impasse, and needed inspiration.

As the breath was an important key to her spiritual practices, for a few moments, she closed her eyes, and simply practiced letting go of tension as she let go of her breath.

With one breath, her mind and body relaxed. A

moment later, as she continued, the space between her eyes relaxed. Gradually, her thoughts, and feelings became passing clouds, and finally, over several minutes, it was as if her inner vision opened to reveal ISIS, standing right *in front* of her, sending her a blessing!



And in Nefertiti's vision, Isis began to speak.

“Behold! *Like attracts like*. Your fascination with astronomy, magic and the healing arts has attuned you to wisdom and knowledge that once was common but, alas, was lost to the sands of time.

“Yet, you will soon experience this temple in a way that has not been experienced for centuries, with a subtle but powerful healing technique that for too long has been enshrouded in secrecy.

“In the days of old, the purpose of this temple was to re-enact Osiris's *resurrection*. On this spot, an ancient ritual was performed representing the search for, the piec-

ing together, and the resurrection of Osiris.

“The ritual connects body, mind and spirit in mystical ways, ways that you must experience to understand, ways that were once common knowledge at this temple.

“To experience the ritual, one must first understand that all beings are immersed in a magical sea of energy. And one of the easiest ways to access and increase that sense of energy is through relaxed *movement*. Relaxed movement and increased energy can sensitize you to how everything in the universe is connected, including body and spirit, heaven and earth.

“The Egyptian way of expressing this concept of unity is the term, “*As above, so below.*”

“People often look to the sky or heaven for meaning and direction. This thought is the basic idea behind the study of astrology. As you learned in your training in the temples, the movement of the planets through the signs of the Zodiac brings certain qualities to consciousness. As such, the Zodiac is a *mirror* image of the many roles that people play throughout their life on earth. Therefore, *as above, so below.*

“However, from another point of view, the Zodiac also represents human development and the evolution of human consciousness, beginning with Aries—the most physical— and ending in Pisces—the most spiritual. Again, *as above, so below.*

“From still another point of view, each sign of the Zodiac also represents a body ‘part’ or system: Aries represents the head; Taurus represents the throat and stomach; Gemini the hands, arms, and lungs; Cancer the breast and womb or lap area; Leo the heart and central nervous system; Virgo the small intestine; Libra the kidneys; Scorpio the sexual organs and large intestine; Sagittarius the liver and thighs; Capricorn the knees, bones and teeth; Aquarius the lower legs, ankles and

circulation of oxygen, blood and subtle energy; and Pisces the other bodily fluids and feet. So the Zodiac mirrors the human body *as above, so below*.

“With this awareness of each sign of the Zodiac representing a body part or system, Osiris being *dis-membered* is a metaphor. It is a graphic depiction of the repression or ‘killing off’ of certain aspects of human experience, a banishing of unwanted ‘parts’ to the unconscious—the *invisible* world.

“And it is not just a metaphor—it is the way of the world. As a human being grows, he or she is naturally conditioned to believe that some experiences are good and others bad; some experiences should be welcomed and others rejected, repressed or ‘killed off.’ Unfortunately, even healthy parts of human experience can be labeled as bad, and be banished or go dormant. But even so, they can always be found and awakened or *resurrected!*

“As you know from Egyptian tradition, the first step in resurrecting Osiris is discovering the lost parts. What is essentially done next is called *re-membering*. It is a gentle way of healing and energetically bringing back to life those banished or rejected parts of human nature, symbolized by the signs of the Zodiac. As you do certain movements, it’s as if you are awakening and reclaiming all your physical and psychological ‘parts’ and all the energy—the *life force*—that circulates within each one.”

“In astrological terms, Osiris being *re-membered* is a profoundly symbolic. Aries rules the head: to symbolically re-member the head would be to awaken and reclaim the *Aries* part of human experience. Leo rules the heart and central nervous system: to symbolically re-member the heart would be to bring the *Leo* part of a person back to life. The same goes for each sign of the Zodiac.

As one does this process, re-membering all these vital themes, one begins to recall why one is here—one’s pur-

pose in life. And this re-membering—this *resurrection*—can be done simply through movement!”

Nefertiti continued to listen to her inner voice, learning more details about the ancient body-centered ritual to re-member Osiris. The odd thing was that the ritual was not esoteric at all—it was quite simple, and reminiscent of the sensual dances she had learned in the temples of her youth. In her vision, Nefertiti was invited to contemplate what she had just experienced for the next several days, and then, at the full moon, experience what she had just learned in ritual space. And Nefertiti was promised another vision in meditation after she had done so.

As the vision dissolved, Nefertiti continued breathing deeply for a few moments, savoring her experience. She smiled, now satisfied knowing the meaning of the statues on the pavilion, and how they related to astrology.

She then slowly arose and stretched, knowing the proper time to perform this ancient peace movement—starting with the first sign of the astrological calendar—and at the full moon.

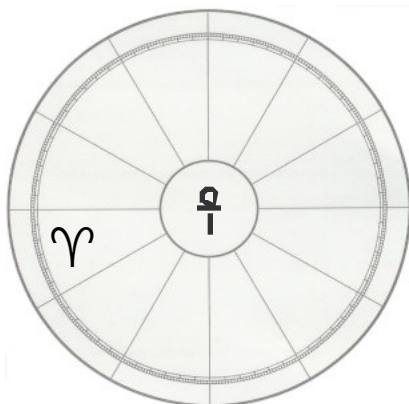
Re-membering



As every follower of astrology knows, there are twelve constellations or collections of stars known as the Zodiac. The Zodiac can be visualized as a giant belt which surrounds us. Because the earth moves around the sun, each month, as the sun rises, you see a different constellation, Cancer the crab or Leo the lion.

–Graham Hancock
Quest for the Lost Civilization

Aries



Themes: being a warrior, making a stand, setting boundaries, being assertive or fierce, bluntness

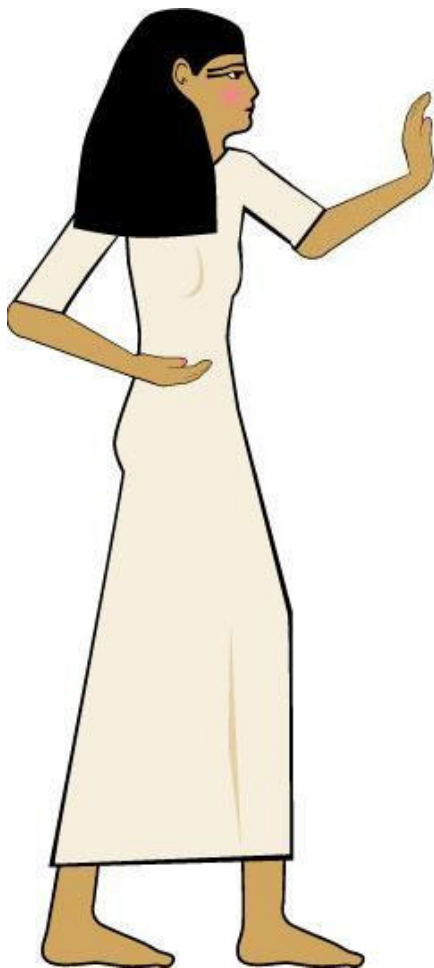
Nefertiti stepped to the outside of the circle, and moved to the part of the circle symbolized by Aries. Again breathing deeply, she looked down at the glyph inscribed in the circle, ♈, and paused for a moment, remembering the energy of Aries. She remembered that Aries is a FIRE sign, and is therefore very experience-oriented.

“Aries is the ram,” she thought. It symbolizes the survival instinct in all beings, the part that stands up for what it wants, that gets angry and assertive, that fights, that is concerned with self-preservation and freedom, that is driven, and that can be domineering. Aries is the WARRIOR in all of us.”

She visualized two Rams butting heads, and smiled, recalling the expression, “butting heads with someone.” She thought, “Aries, the warrior side of us, is that part of each of us that puts our head down and strikes out after what we want—or don’t want.”

Then Nefertiti considered the Aries statue. It was posed, as if striking out at or pushing something, and leaning forward with power and momentum.

Stepping fluidly forward right, pushing her right palm forwards, Nefertiti mirrored the pose.

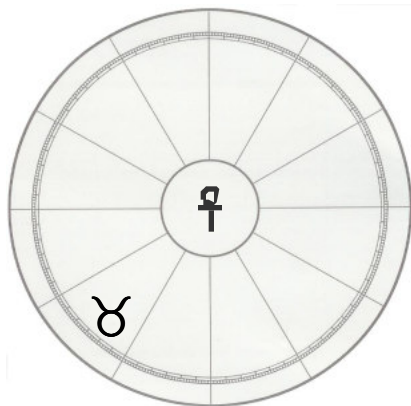


She repeated the movement on the other side, bringing her opposite hand to waist, a push-pull movement common in martial arts. Repeating the movements several times, she noticed that she instinctively began to lean forward, as if ready to charge, her eyes narrowing, as if targeting some invisible opponent. To her surprise, she began to feel subtle energy tingling in her arms and head, as if her upper body was mobilizing for a fight.

Nefertiti began to understand the Zodiac in a brand new way, through her felt-sense. She felt her upper body come alive, and felt a new sense of instinctive courage that she had never known, and that is necessary for making a stand and fighting battles, whether literal or figurative. She understood that whether or not you were born with the sun in Aries, that everyone STILL has Aries energy, and to not claim and embrace it is to disown a tremendous source of power.

Like the Isis/Osiris ritual performed at this temple in the days of old, Nefertiti had now experienced re-membering the Aries part of her, and what movement to do to re-member to be assertive and take charge whenever she needed.

Taurus



Themes: comfort, sensuality, 'stopping to smell the roses', feasting the eyes, ears and other senses, craving, consuming, accumulating, pleasure, satisfaction, fulfillment, stability, inertia

Nefertiti stepped to the second part or “house” of the circle, and its symbol, ♉, the symbol of Taurus the bull. She remembered that Taurus is an EARTH sign, and is therefore very ‘earthy’ and materially-oriented.

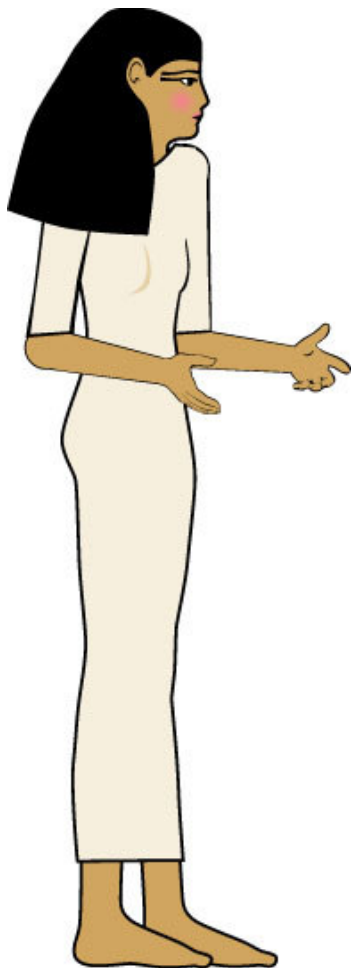
She remembered that Taurus is a metaphor for that part of all beings that values and collects things, the part that, like the bull, is hard to move when set in its ways or has discovered comfort and satisfaction.

She remembered that the function of Taurus is to perpetually ask, “What feels good, and how can I satisfy my cravings?” As such, Taurus is the CRAVING part of all of us.

She recalled that Taurus rules the alimentary canal, the part of the body that receives food, beginning with the tongue and mouth, and ending with the stomach.

Then Nefertiti considered the Taurus statue. It was posed as if reaching out and clutching something.

Following suit, Nefertiti began to do the movement as she had seen it in her trance.

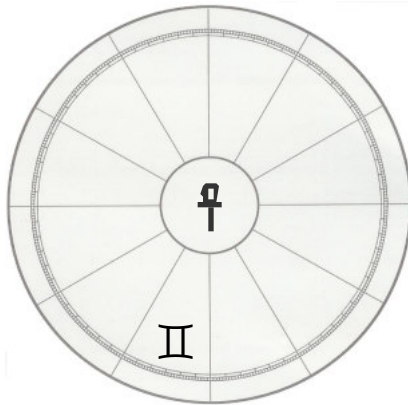


She began by bending her knees, shifting her center of gravity down toward the earth. She felt almost unmovable in this stance! Then she reached out in front of her, as if she was taking something of value with both hands, and drew this imaginary thing in. She then turned both palms down, moving down along the chest towards the stomach, as if placing that valuable item in a treasure chest below.

Nefertiti repeated the Taurus movement several times. She discovered that it had a circular quality, almost like breathing: rising, drawing in, filling up, and letting go to fill up again. And then as she did the movement again, she realized that this was like an instinctive, eating or consuming movement, almost as if she was reaching out to find something to fill the emptiness within her.

With this ancient movement, Nefertiti began to understand Taurus in a new, body-centered way. She began to connect with that part of her that values and craves satisfaction and fulfillment. She understood that whether or not you were born with the sun in Taurus, that everyone **STILL** has Taurus energy, because everybody values *something* that brings them pleasure or comfort.

Gemini



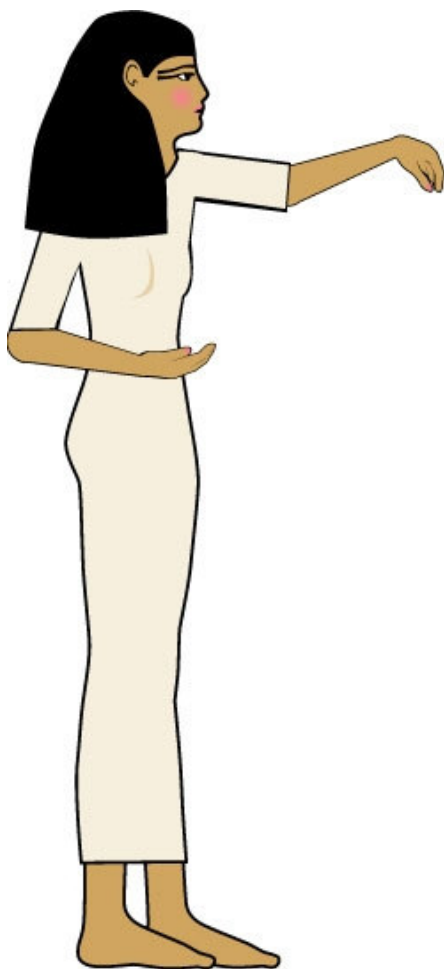
Themes: perception, intelligence, quick thinking, information, learning/teaching, omens, synchronicity, high-speed communication

Nefertiti stepped to the third house of the chart wheel, and moved to the part of the circle symbolized by the sign of Gemini. Again breathing deeply for a moment, she looked down at the glyph inscribed in the circle, II, and paused, remembering the energy of Gemini. She remembered that Gemini is an AIR sign, and is therefore very socially-oriented.

“Gemini is the sign of twins,” she thought. “It symbolizes the curious part of all of us, that part of us that is bright, perceptive, and is stimulated by information, news, and ‘what’s going on’—and then is on to the next piece. Gemini represents the instinctive need to communicate and pass on information. Like the winged messenger, Gemini is the fast-talking and thinking MESSENGER in all of us.

She visualized two young twins chatting excitedly, and smiled, understanding for the first time how socially stimulated a sign Gemini really is.

Then Nefertiti considered the Gemini statue. It was posed, as if holding seeds with one hand, and casting seeds to the wind with the other.



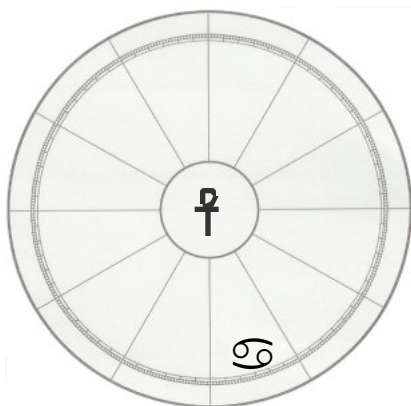
Mirroring that pose, Nefertiti widened her stance, and brought one hand to her waist with the palm up, and imagined reaching down, and taking a message from that palm, and giving a message to someone on the side.

Then released her hand down and back in. Changing hands and shifting her weight, she repeated the movement to the other side. The whole movement had a circular quality, like an infinity symbol. “This is like the *circulation* of news, or the flow of information back and forth from the brain to the body,” Nefertiti thought. “It’s even like an *omen*, where I can get a message or meaning from an oracle or an animal showing up, or from a tarot card.”

Repeating the Gemini movement several times, Nefertiti began to understand Gemini’s instinctive drive to communicate and gather clues from the environment. She experienced how Gemini rules the hands, arms and lungs, for literal information exchange through delivering messages or for verbal communication.

She understood that whether or not you were born with the sun in Gemini, that everyone STILL has Gemini energy, and that everyone has an instinctive drive to communicate *something*.

Cancer



Themes: safety, protection, healing, nurturing, caretaking, sympathy, mothering, 'gentle' fathering

Now one quarter of the way around the circle, Nefertiti stepped to the fourth house of the chart wheel, and moved to the part of the circle symbolized by the sign of Cancer. Again slowing down for a moment, she studied the glyph inscribed in the circle, ♋, and paused, remembering the energy of Cancer. She recalled that Cancer is a WATER sign, and is therefore very feeling and intuition-oriented.

“Cancer is the sign of the crab that carries its house with it everywhere” she thought. “It symbolizes the need to pull inwards for safety and the maternal instinct felt for children, animals, and any living thing needing nourishment, protection and care. Cancer is symbolic of the mother or gentle father anywhere in nature. It is the nurturing parental instinct in all of us, and represents the universal theme of SAFETY.”

She visualized a mother rocking a baby, and really felt that safe, warm, nurturing feeling in her breast and lap that a mother provides for her child. She was surprised how

moved she felt at the idea of the sign of Cancer.

Then Nefertiti considered the Cancer statue. Not to her surprise, it was posed, as if a parent was holding a child and rocking it forwards and backwards, like a rocking chair. Mirroring that pose, Nefertiti stepped forward with her left foot, and imagined lovingly drawing a child to her breast with her left hand, and cradling it from below with her right hand.



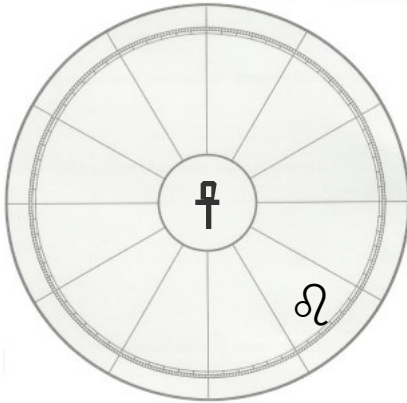
She relaxed her arms, drawing them a bit closer to her, and relaxed her head down, as if creating a soft environment for the child, and focusing all her attention on it. She then began to slowly rock forward and back, and repeated several times. Changing hands and legs, she then repeated to the other side.

The whole movement had a very soothing quality. And as she continued doing the Cancer movement, the more she rocked, the more nurturing and maternal she felt.

As Nefertiti did the movement for the sign of Cancer, she ‘got’ it with her body. It was as if all of her maternal energy was coming to the surface as she was instinctively being drawn to care for a vulnerable being. She experienced--without a doubt—how cancer rules the breasts and womb, the nurturing parts of a woman’s body.

She experienced that everyone has Cancer energy, whether or not they were born with the sun in Cancer, and that everyone has an instinctive drive to nurture *someone* or *something*.

Leo



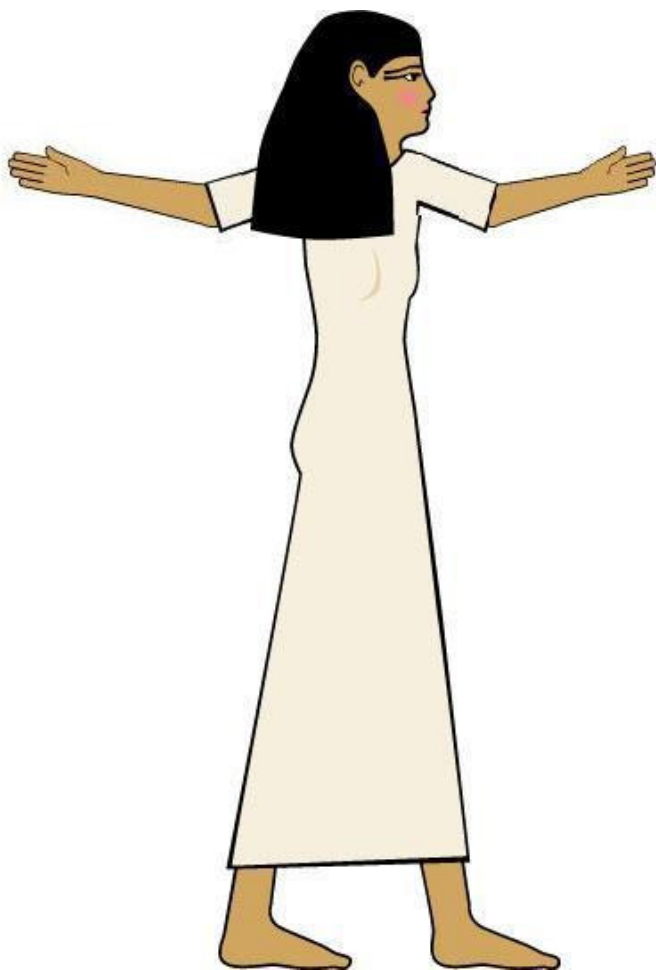
Themes: self-expression, outstanding qualities, VIP, uniqueness, personality, being a 'star', brilliance, shining your light, visibility, being yourself, being OK just the way you are, who you are in all your glory, making a name for yourself, basking in the applause

Nefertiti stepped into the fifth house” of the circle, and stood over its symbol, Ω , the symbol of Leo the Lion. Again slowing down for a moment, she admired the glyph inscribed in the circle, Ω , and paused, remembering the energy of Leo. She remembered that Leo is a FIRE sign, and is therefore very experience-oriented.

“Leo is the sign of the lion, the king of beasts,” she thought. “It symbolizes the birth of the ego, of individuality, and of everything that makes someone unique. Leo is the STAR in all of us, the visible, unique part of each of us that stands up and radiates who we are in all our glory.”

Then Nefertiti considered the Leo statue. It was posed with outreached arms like a five-pointed star, as if someone was being as visible as possible. It truly looked as if someone was shining their light or radiating from the

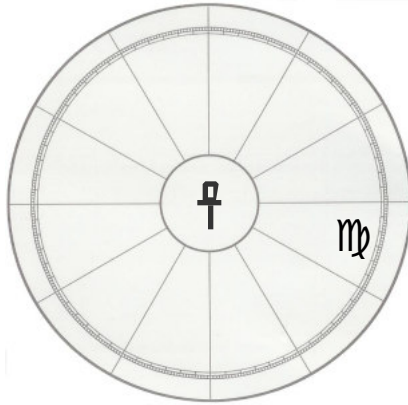
heart. Mirroring that pose, Nefertiti stepped to the side, and opened her arms, as if a brilliant light shone from the heart outwards.



She immediately felt a tingling from head to toe, and was surprised to involuntarily imagine a deafening round of applause, and felt obliged to step in and take a bow! She again rose, and stepped out with the other lead foot, joyfully imagining that energy was exploding from her heart, like the explosions on the sun, radiating light and warmth out in all directions. She could not keep from beaming from ear to ear! And as if receiving a wave of energy back from a standing ovation, she again took a bow.

Through this Leo movement, Nefertiti experienced Leo with her felt-sense, and the instinctive need for authenticity and self-expression. She experienced how Leo rules the heart and central nervous system, and how everyone has an instinctive drive to take something inside of themselves—something that is uniquely THEM—and to express it out into the world, and then to receive the wave of appreciation that comes back.

Virgo



Themes: narrowing of awareness, eye for the small stuff, analysis, details, left brain, realism, refining, separating the wheat from the chaff, modesty, self-improvement, polish, cleanliness

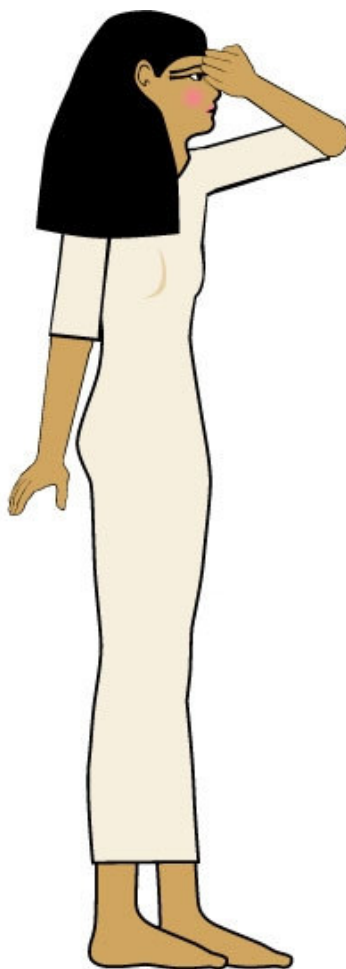
Nefertiti stepped to the sixth house of the chart wheel, and moved to the part of the circle symbolized by the sign of Virgo. She noticed the glyph inscribed in the circle, ♍, and paused, remembering the energy of Virgo. She remembered that Virgo is an EARTH sign, and is therefore very materially-oriented.

“Virgo is the sign of the Virgin, the modest servant girl,” she thought. “It symbolizes the part of us that narrows our awareness, recognizing that we need polish, or that something *else* needs polish or improvement. Virgo is very detailed and conscientious; like a faithful servant, taking care of her tasks, Virgo is the PERFECTIONIST in all of us.”

She remembered how the symbol of Virgo is a young woman with her legs crossed, symbolizing modesty or

lack of maturity, and understood for the first time how physical and earth-oriented the sign of Virgo really is.

Then Nefertiti considered the Virgo statue. It was posed, as if holding a small mirror with its left hand, examining its face in it, while casting aside something below. Nefertiti widened her stance, and mirroring that pose, had the distinct sensation of narrowing her vision to examine her appearance close-up in a mirror.

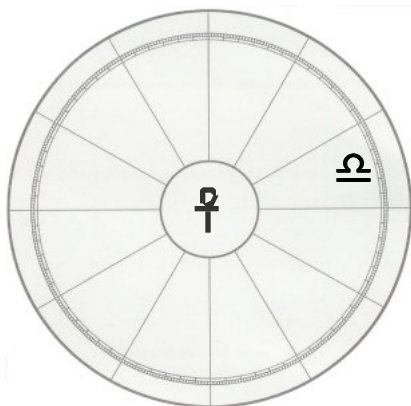


Following Isis's instructions, she then crossed her arms, brushing her palms past each other just below the waist. She had an immediate sensation of 'separating the wheat from the chaff.' She then returned to her center, drawing her right hand in close to her eyes. She crossed her arms, and again brushed her palms past each other towards her left, and then drew her left hand in toward her eyes. "This is like hygiene," Nefertiti thought.

As Nefertiti did the Virgo movement, she experienced Virgo as an instinctive drive to 'clean up her act.' She experienced how Virgo rules the small intestine, the organ that extracts the good and passes on the rest.

She understood that whether or not you were born with the sun in Virgo, that everyone STILL has Virgo energy, and that everyone wants to improve *something*.

Libra



Themes: relationship, rapport, yielding, compromise, harmony, beauty, peace, deference, diplomacy, pulling punches, invitation, social graces

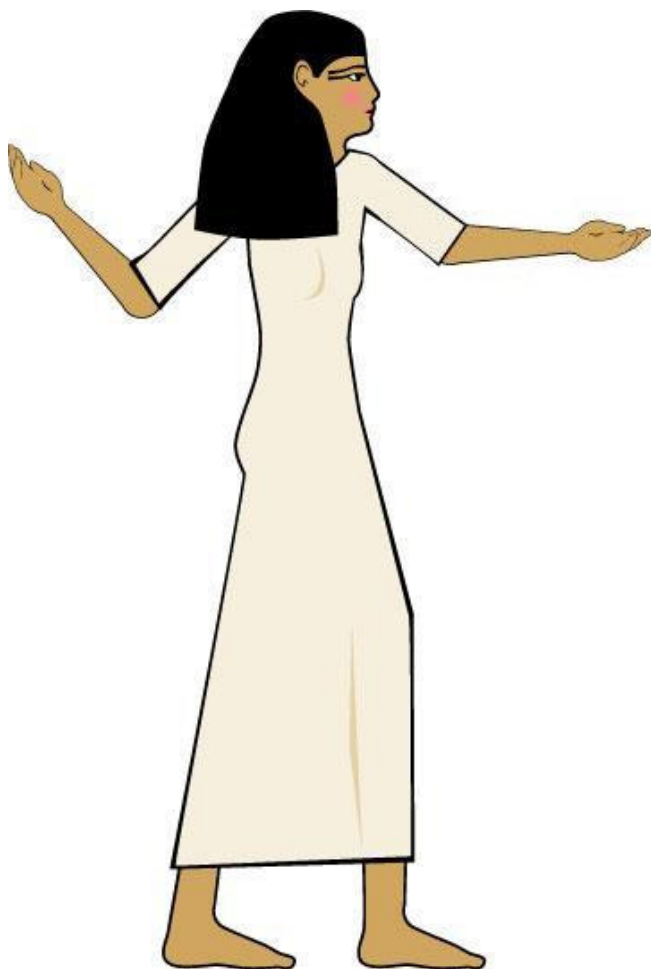
Now half way around the chart wheel, Nefertiti stepped into the seventh house, and stood opposite its symbol, ♎, the symbol of Libra. Again slowing down for a moment, she noticed the corresponding statue and paused, remembering the energy of Libra. She remembered that Libra is an AIR sign, and is therefore very socially-oriented.

“Libra is the sign of the scales,” she thought. “It’s the part of each of us that wants to ‘live and let live,’ yield, compromise, back off, or turn on the charm in order to *keep* the peace or attract relationship. Libra is a metaphor of the universal themes of diplomacy, harmony, partnership and marriage, the arts, beauty and the social graces.

She puzzled a moment over the symbolism of the scales, and then remembered that scales are about balance. “Like perfectly balanced scales or a couple dancing gracefully together,” she mused, “Libra is about attracting an equal, an

opposite, a partner, or keeping the peace.”

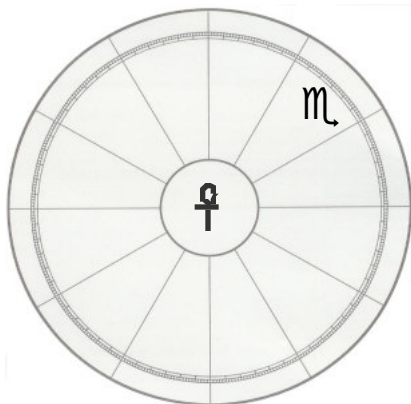
Then Nefertiti considered the Libra statue. It was posed with one foot and one arm forward, as if extending an olive branch to someone or inviting someone to take its hand. Its other arm was extended backwards, mirroring the front arm, but with the palm down. It was reminiscent of a set of scales moving into balance!



Remembering the step-by-step impressions she received in her vision, Nefertiti stepped back with one foot, and extended her opposite hand forward, mirroring the statue. She immediately felt a sense of yielding or retreating--not out of fear--but out of respect or deference for someone in front of her. She stepped back with the other foot, and reversed her arms—almost like a backstroke movement—and noticed that it felt as if she was *beckoning* to or inviting someone in her direction! She repeated the movement several times, taking a step back with each repetition, noting how the focus is totally on the *other*. She also noticed how the conscious or unconscious moving away to invite or attract others is also commonly known as *playing hard to get*.

Through the Libra movement, Nefertiti experienced the instinctive drive of Libra—to yield, invite and attract. She experienced that everyone has a Libra side, and that Libra is a universal theme of *yielding* out of respect, to keep the peace, or to attract a partner.

Scorpio



Themes: intensity, depth of feeling, passion, intimacy, penetration, giving, sharing the wealth, generosity, letting go, beneficial loss

Nefertiti stepped to the eighth house of the chart wheel, and moved to the part of the circle symbolized by the sign of Scorpio. She noticed the glyph inscribed in the circle, ♏, and paused, remembering that Scorpio is a WATER sign, and is therefore very feeling and intuition-oriented.

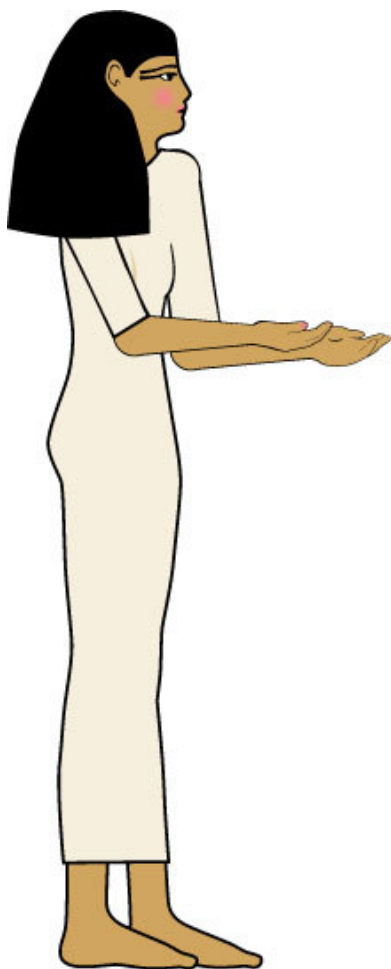
“Scorpio is the sign of the scorpion,” she thought, “an animal that would rather sting itself to death than lose, injecting poison into itself when backed into a corner.”

“Scorpio rules the sexual organs, and symbolizes the part of us that wants the intensity of penetration and sharing intimate connection with another, and the transformation that occurs at the peak of ecstasy. At *‘la petite mort’* or little death, all sorts of ecstatic fluids are injected into the bloodstream.

“Scorpio also rules the colon, symbolizing the need to LET GO of the old to make space for the new. Whether it’s

intimacy, emptying out the fullness, sharing the wealth or giving up the ghost, Scorpio is the GIVER in all of us.”

Then Nefertiti considered the Scorpio statue. It was posed, with arms extended out, as if it was offering a gift to someone. Nefertiti widened her stance, and mirroring the statue, she extended her arms forwards, palms up, as if offering a gift.



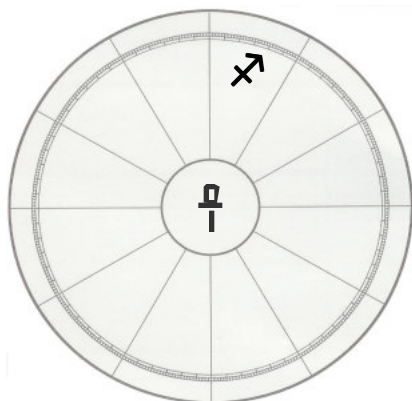
Then, following Isis's instructions, Nefertiti continued the Scorpio movement. She then brought her hands down as if plunging them into an imaginary treasure chest below her waist, and bringing her hands up, again extended her arms forwards, with palms up. As she did, she had a sensation of holding wealth and power in her hands.

As with all the other movements, Scorpio had a rhythm and a circular quality, almost like cycles of breathing. Repeating the movements several times, she noticed that she began to feel a tremendous sense of generativity and fullness. And, as she let go of the 'treasure,' she felt an exquisite sense of relief! In fact, the relief that she felt in letting go was so powerfully body-centered that the understanding of its role in intimacy and elimination was not lost on her.

She also understood with a sense of humility an *extreme* of Scorpio, if what's inside builds up for too long, such as unexpressed anger or resentment, how the Scorpio side of people can *take it out* on others, and really *sting*.

Through movement, Nefertiti experienced Scorpio as an instinctive drive to voice gut feelings, transform through intimacy, share the wealth, and let go. She understood that whether or not you were born with the sun in Scorpio that everyone experiences Scorpio—the theme of giving from a place of fullness—*somewhere* in their life.

Sagittarius



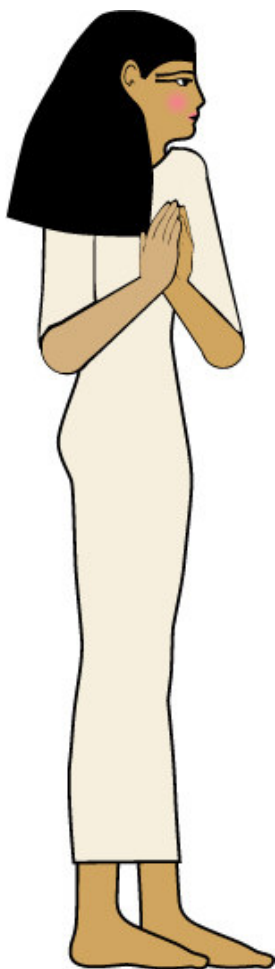
Themes: expansion, higher education, study, philosophy, knowledge, contemplation, meditation, centering, prayer, beliefs, travel, new experiences

Nefertiti stepped to the next house, the ninth, and moved to the part of the circle symbolized by the sign of Sagittarius. Again taking a moment, she studied the glyph inscribed in the circle, \nearrow , and remembered that Sagittarius is a FIRE sign, and is therefore very experience-oriented.

“Sagittarius is the sign of the archer. The lower half—the horse-- represents the impulse and freedom to run, travel, and experience life to the fullest. That part of people resists being tied to one particular place or experience. The higher half—the human archer— represents the part of each of us that is high-minded and interested in higher education, philosophy, religion, centering, prayer, beliefs, meaning, ‘foreign’ ideas and other intellectual pursuits.” Nefertiti also remembered that Sagittarius rules the thighs—the large muscles which

help you to ‘go the distance’—and the liver, which is also linked to reserves of energy. Because of its desire to be traveling either literally or in the mind, Sagittarius represents the universal role of the SEEKER.”

Then Nefertiti considered the Sagittarius statue. It was posed as if in prayer. Mirroring that pose, Nefertiti drew her feet together and then brought both of her palms together, as if in prayer.

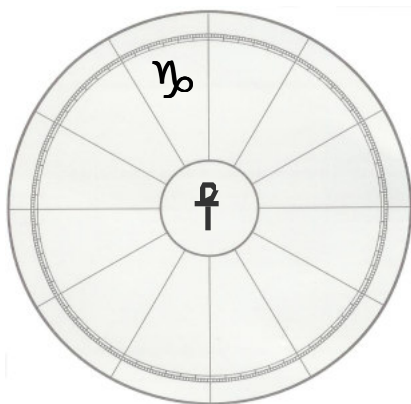


The effect was immediate--he sensed a profound sense of quiet and calm come over her! She then followed Isis's instructions, and stepping out and shifting her weight toward her right side, she drew an imaginary bow, pointing up high in the sky toward her left. It was if she was full of tension like a bowstring, and ready to take aim with her bow and project an arrow far beyond the horizon. She then repeated the movement to the other side.

She repeated the Sagittarius movement several times, feeling her thighs tighten as she shifted her weight and bent her knees. The whole movement had a very experiential quality. It was if she was moving beyond the mundane, beyond the confines of the ordinary, experiencing something much higher-minded and impersonal than the previous eight signs.

With each Sagittarius movement, Nefertiti had a distinct sense of the anticipation of either going on a voyage of discovery, contemplating some sacred text, or of 'still waters run deep.' She experienced that everyone has Sagittarius energy, and that everyone is a *seeker* in their own way.

Capricorn



Themes: rules, boundaries, structure, discipline, tough love, perseverance, long-term, tradition, ritual, ladder of success, realization, achievement, career

Now three quarters of the way around the chart wheel, Nefertiti stepped into the tenth house, and considered it's the Capricorn symbol, ♄, and its corresponding statue. She remembered that Capricorn is an EARTH sign, and is therefore very materially-oriented.

“It’s no mistake that Capricorn is at the ‘top’ of the chart wheel. Capricorn is the goat,” she thought. “Climbers by nature, Capricorn is the part of each of us that wants to climb, build towards a mighty destination, and do whatever it takes—however long it takes-- to get there. She imagined slowly scaling her way to the summit of a steep mountain, taking one baby-step at a time, making sure her foundation and footing, was sure, steady and well-planned. She smiled, comprehending with all the earthy metaphors, how EARTHY Capricorn really was.

Also like the tortoise, Capricorn represents slow growth, patience, long-term thinking, commitment, discipline and ritual—basically it's any structure that is needed to succeed in the face of adversity.

She recalled why structure was so crucial to Capricorn—because bending the rules and cutting corners not only does not support long-term achievement and success, it can also be unsafe!

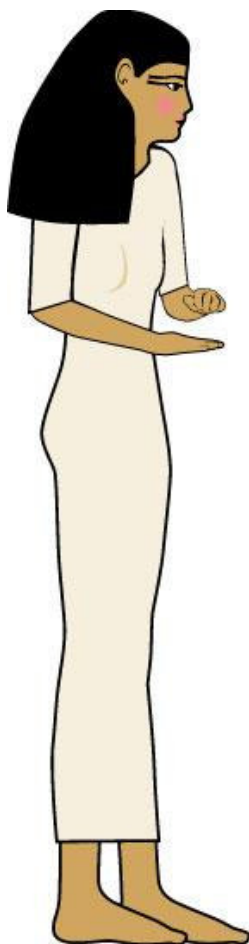
She also remembered that Capricorn rules the bones, teeth and knees—the structure the human body is built on. It was easy to see why Capricorn is the STRUCTURED part of all of us.

Then Nefertiti again considered the Capricorn statue. It was posed with the left foot slightly forward, and with the left hand turned down toward the ground, as if it was touching *terra firma*. Above its left hand was posed the right hand, as if bricks were being stacked, one above the other. Remembering the movement instructions, Nefertiti mirrored the pose. She took a baby step forward with her left foot, like the statue, and placed her right hand down as if on a *foundation*.

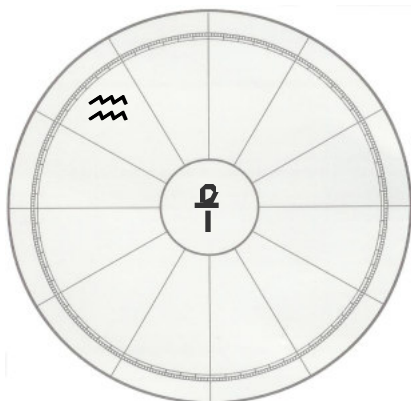
Taking another step, she placed her left hand above the right hand, as if to *build*. Taking another baby step, she brought the hand from the bottom, and placed it slightly higher than the hand below. At first, she had the sense of making no progress at all, and a sense of impatience from the extreme slow motion. But nevertheless, she slowly continued.

After a few repetitions of the Capricorn movement, Nefertiti began to notice that inch by inch, she was progressing forward, AND, that her hands were building higher and higher, as if she was building something. She thought of a stern father, laying down the law, and how discipline, repetition and structure are so crucial to building and creating properly.

Through the Capricorn movement, Nefertiti experienced the instinctive drive to achieve through discipline. She clearly understood the metaphor of ‘climbing the ladder of success,’ because of all the structures, rules and perseverance requirements. And she understood—in a body-centered way—that everyone has a Capricorn side and that everyone thinks long-term in order to achieve *something*.



Aquarius



Themes: team player, unity, groups, the circles you run in, diversity, on a *equal* or *different* wavelength, rocking the boat, making waves, off-center

Nefertiti stepped to the eleventh house, and moved to the part of the circle symbolized by Aquarius. She noticed the glyph inscribed in the circle, ♒, and paused, recalling that Aquarius is an AIR sign, and is therefore very socially-oriented.

“Aquarius is the TEAM PLAYER of the Zodiac. Aquarius either joins others on a similar *wave-length*, or in a different vein, *makes* waves, going against the grain of societal norms. Aquarius can be the social part of each of us that identifies with and wants to join others to support a common movement, goal, campaign, or central figure. It’s the part that longs to be on the same wavelength as our team, group, family, church or other organization. Family, neighborhood, race, gender, religions and all kinds of clubs—diverse kinds of groups—are all hallmarks of the Aquarian *joining* part of

us. Aquarius is also being an equal member of the ‘circles we run in,’ where everyone is different, but on an equal wavelength as everyone else.

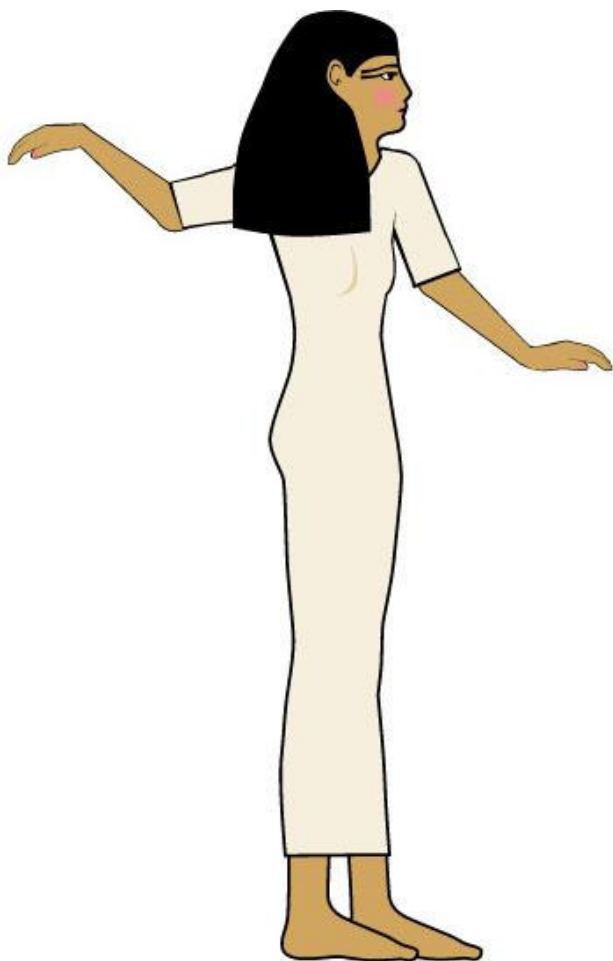
“On the body-level, Aquarius rules the lower legs and ankles, and symbolizes the part of us that approaches *common ground* with others. Aquarius also rules the circulation of oxygen, blood and energy, symbolizing the need for everything and everyone to be equally important, flourishing, connected and on the same wavelength.”

Then Nefertiti considered the Aquarius statue. It was posed, with feet apart and arms out to the sides, as if linking hands with someone, but with the right arm up, the left arm down, and both wrists relaxed. Recalling Isis’s instructions, Nefertiti started with her feet together, and then stepping sideways, mirrored the movement. Drawing her feet together, she then changed arms. “How curious,” she thought. “Aquarius *feels* very wave-like! She stepped to the side again, raising her other arm and continued doing the movement, and then had an insight—this movement is optimal when done in groups in a *circle*!

She continued this *wave-like* movement, imagining other people in a circle, moving with her, all different, but moving in their own way, all in perfect harmony.

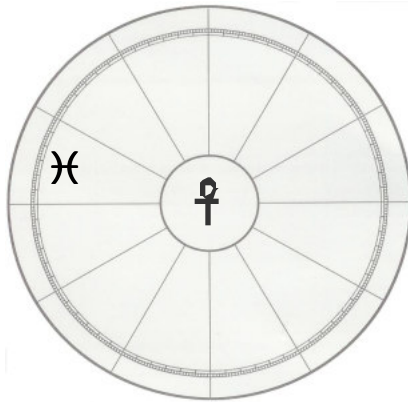
Suddenly, she had an intuitive flash of a circular coliseum, with masses of people, raising their arms and cheering while rising and then suddenly sitting, creating a similar wave-like movement! This movement created a wave of energy for the performers in the arena, and a sense of inclusion and connection among the people. As she continued to move, other symbolic imagery related to the movement of water came to mind. She perceived how this wave energy is how grass-roots *movements* get started in cultures, and how this wave-like energy, as it grows very powerful, can *rock the boat* of traditional structures if forced to rigidly conform.

As she continued moving, Nefertiti experienced the Aquarius as an instinctive drive to join and energetically connect with and support others on common ground. She also saw Aquarius as a collective effort, an *entourage*, all enthusiastic about their unique role in creating waves of energy towards a common goal.



She understood that whether or not you were born with the sun in Aquarius, that every one runs in *some* circle and makes waves in their own way .

Pisces



Themes: right brain, gut feelings, sensitivity, intuition, inner voice, altered states, sixth sense, spiritual gifts, higher consciousness, spirituality, mysticism and experiences of holiness, the sacred, miracles, revelation, parting the veil, 'crossing over'

Nefertiti stepped to the twelfth house, and moved to the part of the circle symbolized by the sign of Pisces, ♓. She paused, remembering that Pisces is a WATER sign, and is therefore very feeling and intuition-oriented.

“Pisces is the sign of the fishes,” she thought. “Fish are nearly weightless--they effortlessly glide through the darkness of the deep blue sea, their eyes wide open as if in a trance. They have virtually no boundaries and are at one with their environment, and can feel something happening by the stirring of the water around them.

Likewise, Pisces is symbolic of that part of us that can sense and feel things through the vibrations of energy. When activated, Pisces is the part of us that is more spirit and energy than flesh, and that crosses over into the

spiritual realm. Pisces is the INTUITIVE side of all of us.

“Pisces also rules the bodily fluids and the feet,” Nefertiti thought. The bottom of the feet are the farthest from the sky, and closest to the earth. They are like the roots of a tree that extend deep into the dark earth, accessing all its rich resources. Highly sensitive for most people, the feet represent the connection to the rhythms of the earth, the feminine, the unconscious mind, and all things unseen. And like the fish’s watery environment, the bodily fluids represent life itself, and remind us that our bodies are mostly fluid.

Then Nefertiti considered the Pisces statue. It was posed, with feet together and arms relaxed down, and palms turned in toward its lower abdomen. Its head was relaxed down as well, as if looking inward.

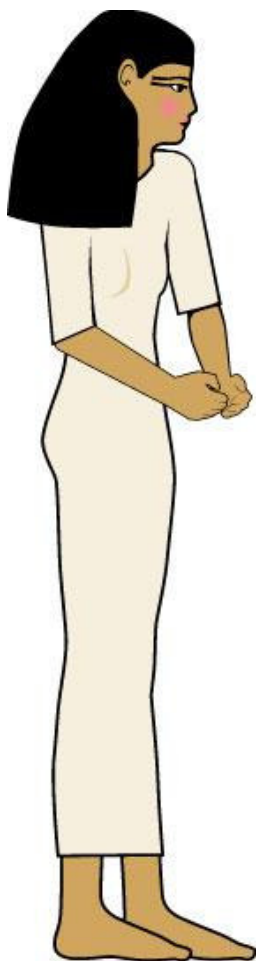
Nefertiti relaxed her hands down towards her abdomen, mirroring the statue, and almost immediately felt a sense of drawing inwards, and leaving the world behind. Then, following Isis’s instructions, Nefertiti slowly raised her head and hands, keeping her elbows relaxed down and turning her palms forwards. She felt immediately as if she was sending a subtle healing energy, or sending a blessing to someone, like many Egyptian pictographs depicted. She then relaxed her hands down, repeating the movement.

As her hands turned inwards, she had a dreamy sense of *tuning into* her gut and listening to her inner voice. Then moving upwards, turning her palms forwards in this dreamy state, it was as if she was parting a veil, moving beyond the boundaries of herself, transcending her body.

Continuing to do the Pisces movement, Nefertiti’s body began to feel more fluid, as if her boundaries were dissolving. She felt impressed to let go of the need for any structure at all, and just move intuitively.

From this place, she intuited that the Pisces movement

was a powerful threshold of parting the veil into the invisible world and opening to invite the invisible world to cross over into *ours*, as experienced in fascination, feelings, right brain phenomena, sensitivity, intuition, higher consciousness, and other altered states.



And from this place, Nefertiti also felt a deep sense of compassion, recognizing that many people only touch their intuition and spiritual gifts in the dream state or through mind-altering substances. They identify so strongly with their body, that they *forget* that they are spirits in the material world. She felt compassion that this world had not learned to *experience* both worlds.

Through Pisces, Nefertiti experienced the gifts of the spirit and the human need to experience an altered state. She understood that whether or not you were born with the sun in Pisces, that Pisces is all the same a universal theme, because everyone trances *somehow*.

Like the Isis/Osiris ritual performed at this temple in the days of old, Nefertiti had now experienced remembering the Pisces part of her, and how to resurrect that energy through movement if it lies dormant or forgotten.

Integration



When you can see yourself in all of them,
you're REALLY working towards integration.

Deepesh Fauchaux

From the full moon through the disseminating moon, Nefertiti spent time at the Temple of Heaven practicing and perfecting the movements corresponding to the twelve signs of the Zodiac, until she could do each of them slowly and fluidly without effort or forethought. When she felt completely at ease with them, she once again returned to the garden and relaxed into meditation, again seeking inner guidance.

Soon she began to sense the familiar presence of guidance, and before long, was hearing the subtle vision of Isis.

“Beloved Nefertiti, you have now experienced *Re-membering Osiris*—the awakening or resurrection of each of the individual twelve signs of the Zodiac through movement, and how each movement brings certain qualities to consciousness.

“And at this temple, a ritual was performed to not only re-member Osiris, but to honor the Osiris *within us all*; to routinely heal and keep all twelve energies flowing in every participant in the ritual, and to cultivate the connection between the conscious, unconscious and

super-conscious.

“Like a papyrus shoot, smooth and supple, the ideal situation is to be fluid and responsive to life, taking life as it comes, and easily responding to each role we choose to play every day.

“Therefore, as often as possible, performing a brief series of *all twelve* of these movements is a simple, powerful way to keep all twelve signs of the Zodiac alive and well within, and available each and every day. This ritual symbolizes the gathering up and bringing back to life and light all of Osiris’s parts. And on a personal level, it is a way of *Re-Membering* all twelve signs of the Zodiac within your being, inviting them into your conscious awareness.”

Nefertiti continued to receive Isis’s inspiration about how to do the series of movements, and when the lesson was completed, took a deep breath, and began the ritual.

Night Moves



Stand ye in the ways, and look,
and ask for the old paths,
where is the good way,
and walk therein, and you
shall find rest for your souls.

- **The Book of Jeremiah 6:16**

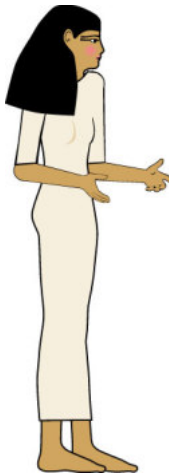
She first extended her right palm towards the sky, and her left palm towards the ground, *as if she were touching heaven and earth*. Then, she turned her palms to face each other, and drew her palms towards each other, stopping at the breast and navel. It was as if she were drawing heaven and earth/body and spirit closer together.

Then, she rotated her hands *forwards* like a wheel, as if *setting a cycle in motion*. And Nefertiti understood immediately with her felt-sense that this movement symbolized the blending of body and spirit together that happens at birth, when life is set into motion.

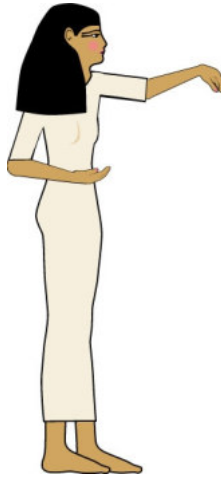
And just as she had been learning for the last several days, she *re-membered* each sign of the Zodiac:



**She did 2 repetitions to re-member
Aries and *assertiveness* in all its forms...**



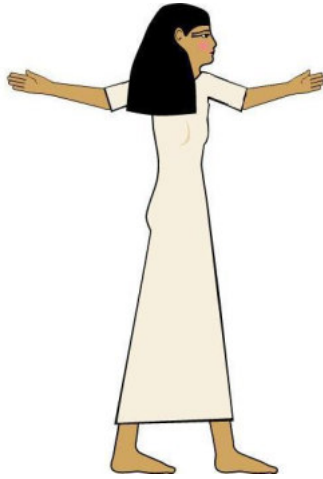
**...and 1 Taurus to re-member
receiving in all its forms...**



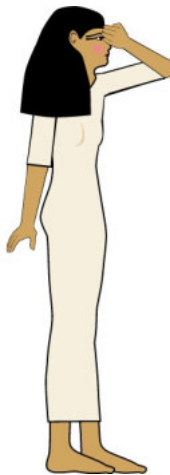
**...and 2 repetitions of Gemini to
re-member *communication* in all its forms**



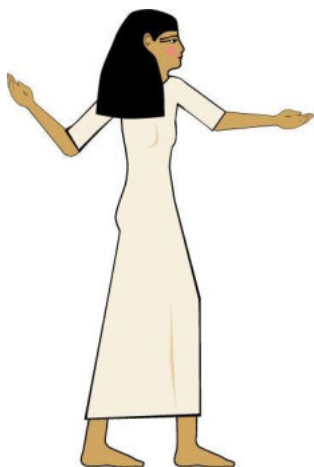
**...and 4 repetitions of Cancer—2 on each side—
to re-member *compassion* in all its forms...**



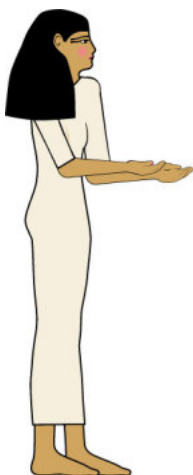
**...and 2 repetitions of Leo to re-member
standing out in all its forms...**



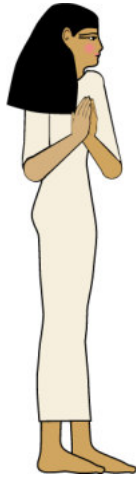
**...and 4 repetitions of Virgo to re-member
attention to detail in all its forms...**



**...and 2 repetitions of Libra to
re-member *yielding* in all its forms...**



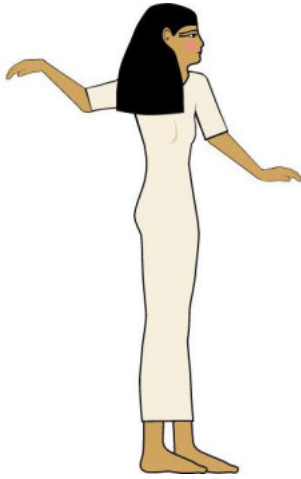
**...and 1 repetition of Scorpio to
re-member *giving* in all its forms...**



**...and then 2 repetitions of Sagittarius to
re-member *wisdom* in all its forms...**



**...and then 8 Capricorns to re-member
structure in all its forms...**



**...and 4 Aquarius, two on each side, to re-member
unity and *diversity* in all their forms...**



**...and 2 Pisces to re-member the *big*
picture and *intuition* in all its forms...**

Completing the twelve movements, she drew her palms back towards each other, and positioning her right palm down and left palm up, she rotated her hands *backwards*, towards her body, like a wheel. She smiled, understanding with her felt-sense how the spirit is *unwound* from the body as life ends.

She once again extended her right palm towards the sky, and her left palm towards the ground, as if separating body from spirit.

She then returned her hands together in a prayer position at the heart, and then slowly bowed forwards, as if to honor the earth beneath her, her *body*, and her lower or *unconscious* self.

She then rose, and bringing both of her hands upwards, paused with her hands in front of her brow, as if to honor her *mind* or *conscious* self.

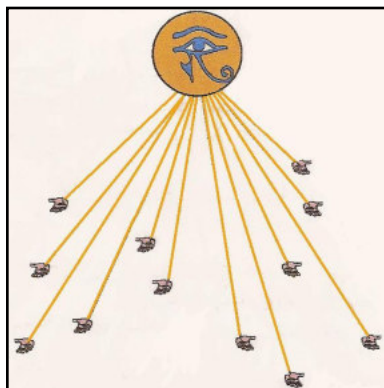
A moment later, with palms still together, she extended her hands upwards and looked up to heaven, as if to honor her *spirit* or *higher, super-conscious* self.

And in this place, looking up to heaven, Nefertiti had a vision she vowed to never forget.

In her mind's eye, she had a vision of Osiris, *re-membered*, resurrected, and empowered:



Then the image of Osiris dissolved into a bright orange sun, with an all-seeing eye! And the sun's dazzling array of sunbeams were shining down all around her, as if to *bless* her. And as they grew closer, Nefertiti saw that each ray was really an *arm*, and on the end of each arm was a *hand!*



And there, bathing in the golden sunbeams, in a flash, Nefertiti intuited the meaning of her vision and even deeper meaning of Osiris Re-Membered: as the sun radiates sunbeams in all directions, we each must remember and radiate or express each of the signs of the Zodiac in this life, but some *more* than others, depending on the position of the signs and planets at our birth.

For at the end of life, as the spirit unwinds from the body and the light of heaven dawns like a thousand suns, illuminating a *life review* to the soul, we will awaken in *spirit* and see our earthly life with perfect clarity. With eyes wide open, seeing things with perfect objectivity, we will review the cycles of karma set in motion on earth—and how compassionately we shined or expressed the themes of the twelve signs of the Zodiac in *this* life.

And for progression's sake, what we will get back in the *next*.

Completion



The nets of heaven are wide,
But nothing escapes its grasp.

- Lao Tzu

When the rapture of the vision faded, Nefertiti once again heard the voice of Isis.

“Through this first *re-membering* ritual, you have received a very special vision, one that will greatly impact your future. This first *re-membering* ritual invites incredible spiritual energy to the one performing it, and when used regularly, can keep your body and mind radiantly healthy and blissful—a veritable Temple of Heaven.

“Yet as the moon is waning and your month here is drawing to a close, you are called to return to your daily life and take time to digest these experiences. Continue to do the first *re-membering* ritual, and feel the subtle energy and awareness that each movement brings. Share your vision with the Pharaoh Amenhotep IV. In secret, teach him to do each of these movements with skill and precision, as you performed them here. Teach him to relax and flow with you during the next lunar cycle.

“It would behoove you and Amenhotep to practice these movements together over the next six weeks, and return to this temple two full moons from now, so that you both learn the *second* re-membering ritual, and how the secret of the *ankh* relates to it.

“As you noticed, at the heart of the pavilion was an ankh. With an understanding of the ankh—the symbol of eternal life—you and Amenhotep, as pharaoh and queen, may teach the world how to right imbalance in *this* life, and to avoid suffering in the *next*.”

Nefertiti smiled, slowly opening her eyes as the voice faded. Her hands were still pointing upwards, and her face was upturned to heaven.

Thanking and bidding farewell to the temple priests and priestesses, she returned with the royal guards to her boat on the Nile, and set sail for her home in Thebes. Upon arrival, she was greeted by her husband, the pharaoh Amenhotep IV. “*My beautiful one has come,*” he exclaimed joyfully, and the entire court celebrated her return.

When they were alone in chambers later that evening, Nefertiti quietly told her story to the astonished pharaoh. With each moment, his amazement grew, and enthusiastically, he agreed to learn the Zodiac movements in secret with her over the next month.

He then embraced the queen tenderly, and their tenderness turned to passion, and passion to ecstasy. And that night, the first child of the royal household was conceived.

At dawn the next morning, Nefertiti led Amenhotep to her private temple, and began to teach him the first *Re-membering* ritual. And for the next month, each morning at dawn, while birds sang in the trees around them, they practiced their movements in their private temple courtyard.

A month later, with the full moon two weeks away, Nefertiti began to feel queasy in the early morning before their temple exercises. Later, consulting the temple midwives, they smiled knowingly, and informed her that she was with child. She asked them to tell no one, for in

her joy, Nefertiti wanted to be the first to tell her husband.

Amenhotep was overjoyed. He would soon have an heir to the throne! He kissed his wife, and encouraged her to rest. “But what about the ritual at the Full Moon, Amenhotep?” Nefertiti exclaimed. “Isis invited us to return *this* full moon, so we can complete the ritual!”

“Be calm, my beautiful one,” he reassured her. “We will return to the Temple of Heaven the next full moon and do the ritual to discover the secret of the ankh when you feel better. In the meantime, for your health and the health of our future heir, I want you to rest and take care of yourself.” He reassured her that they would resume their practice together soon.

But day after day, as Amenhotep continued his practice, Nefertiti remained ill. This continued throughout her pregnancy, so Amenhotep requested that she postpone the ritual until after the baby was born. Nefertiti reluctantly agreed, and put the ritual out of her mind, focusing on her child. But soon to be a mother, she knew that it would do her good to do the Cancer movement every so often, and as she did, she felt a soothing, maternal sensation.

Amenhotep, however, continued his practice of all twelve Zodiac movements, and one morning, Amenhotep himself received the vision of the solar disc, its hands descending to bless *him*. He ran to Nefertiti’s side, and shared his vision.

“I have seen my contribution to the dynasties of my father and the pharaohs of old!” he exclaimed. “I have seen the legacy that I will leave forever!” I will proclaim the solar disc, *Aten*, the new, one and only God of Egypt! And I will change my name to *Akhenaten*—servant of the sun god *Aten!*”

That day, Amenhotep assembled the court and publicly proclaimed the Aten Egypt’s ONE, true god. Changing

his name to *Akhenaten*, he also ordered the temples of Amun to be shut down, and for all public carvings to be re-chiseled to reflect the Aten.



Nefertiti shared her husband's joy, but also felt a sense of foreboding, knowing that the Egypt she knew was changing forever.

In 1544 BC, soon after their first child was born, a girl, Akhenaten and Nefertiti moved the capitol from Thebes to Amarna. They wanted to change the way people worshiped, out in the open under the life-giving rays of the sun, moon and stars.

As the transformation of Egyptian religion continued, another daughter was born to Nefertiti. And then another.

And another. With six daughters, Nefertiti was eventually so pre-occupied with her family and the responsibilities of the new religion, that she could not find the opportunity to return to Denderah to complete her ritual of the ankh and the union of opposites.

Yet every day as the years passed, Nefertiti and Akhenaten would continue to do the first *re-membering* ritual, mirroring all twelve of the signs of the Zodiac, feeling inspired and invigorated each time. They eventually returned to Denderah and the Temple of Heaven to quietly complete the second *re-membering* ritual with the help of the devoted priests and priestesses.

But as the novelty of Atenism wore off, the Egyptian people began to miss their old gods. While Akhenaten and Nefertiti were at the Temple of Heaven learning the second *re-membering* ritual, a conspiratorial group of priests and generals stirred up the masses and organized a rebellion. Before Akhenaten understood what was happening, he, Nefertiti and their religion were overthrown and forced to flee for their lives. A peripheral relative—the young Tut-ankh-*aten*—was forced onto the throne, his name changed to reflect the old gods: Tut-ankh-*amun*.

How long Akhenaten, Nefertiti, the royal family and their devoted priests and priestesses at Denderah lived after the rebellion is not clear. But at the end of their lives, parting the veil between this world and the next, Akhenaten and Nefertiti prayed that their *re-membering* rituals would somehow come full circle.

Part II

Full Circle



That night in 1999 (eluded to in the introduction of this book), exhilarated by the Astrolo-Chi® idea and the *yin yang* moon shining brightly through my window, I resolved to make an appointment with Jeff Baugher, my friend and professional astrologer, to discuss possibilities of a collaboration. And soon Jeff and I were committed to creating these movements, with Jeff as the *Astrolo* side of our Astrolo-Chi® partnership, and me as the *Chi* side.

Much to my surprise, creating these movements felt more like a *rediscovery*. Like characters in an Indiana Jones movie, we were on a quest for an ancient, lost treasure. And as we searched for the proper movements for each sign of the Zodiac, we found subtle and obvious clues everywhere.

There were *intellectual* clues for each sign. With Jeff's knowledge of the descriptions of each sign of the Zodiac, we knew what characteristics to look for in each movement. Furthermore, there were clues about how each *element* determines the form and content of each sign's movement. We asked ourselves, "Is the sign fire, earth, air or water?" The element's characteristics would certainly have a bearing on what the movement would feel like.

There were clues to be found in the *mode*: "Was the sign cardinal (initiates movement forward or backward) fixed (set in its ways somehow) or mutable (could go back and forth)?" Turning concepts into movements was how we honored *mind* and psychology in the creative process.

There were *body-centered* clues for each sign. Just like in external *chi gong* where energy is focused in certain body parts, we noted which body-parts were ruled by each sign of the Zodiac, and tried to incorporate them into a fluid movement. But it was natural as well to consider the archetype and description of each sign. For example, Aries is the ram and rules the head, but most of us don't ACTUALLY 'head butt' people (although that Mountain Dew commercial where the young man butted heads with the ram was hilarious!) But what we do is STRIKE out at others, literally or figuratively. And the most common form is with the hand or fist. So instead of creating a movement where we put our head down and run at someone in slow motion, we created a slow, martial-arts type of *strike* as the essence of Aries. This 'physicalizing' approach was how we honored the *body* in the creative process.

There were *psycho-spiritual* clues for each sign. Each month at the New Moon, when the unconscious and conscious are more closely aligned, I would invite guidance on what the movement would look like. I was stunned at what visions I experienced, and was delighted to incorporate them into Astrolo-Chi®. So insight from meditation, intuition, inspiration, and experimentation—were how we honored *psycho-spirituality* in the creative process.

Over the course of a year, we fleshed out all these clues into a living, breathing reality that we began to publicly call Astrolo-Chi®.

And to this day, it still feels as if they were already there, and we just had to *re-member* them.

Yin and Yang

To everything there is a season,
and a time for every purpose under the heavens.

—The Book of Ecclesiastes

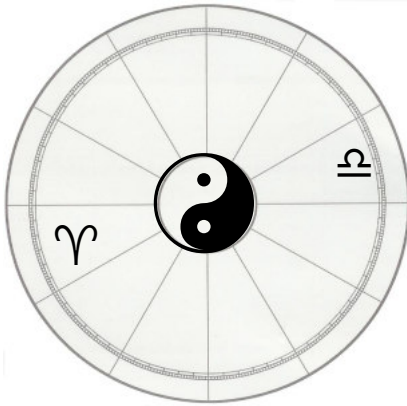
Have you ever flipped a coin that had only one side? If you think about it, *everything* has an opposite.

Similarly, as we began to teach, it became very clear that much of the beauty of Astrolo-Chi® was how it naturally embodies yin and yang. If you are not familiar with yin and yang, it is best described as the alternation of opposites, like day and night, seasonal changes, and other natural rhythms.



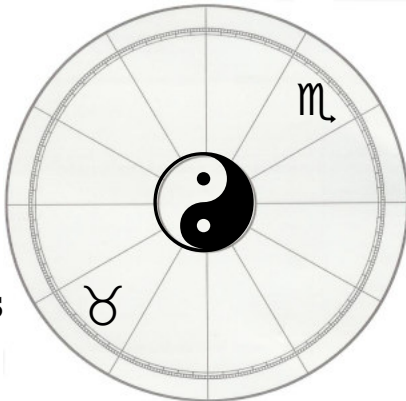
Similarly, we discovered that the signs of the Zodiac are like coins--they each have a *flip* side.

Aries



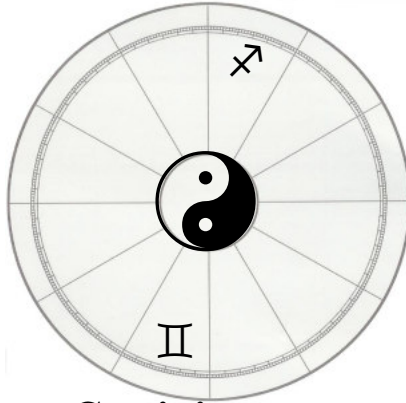
Libra

Taurus



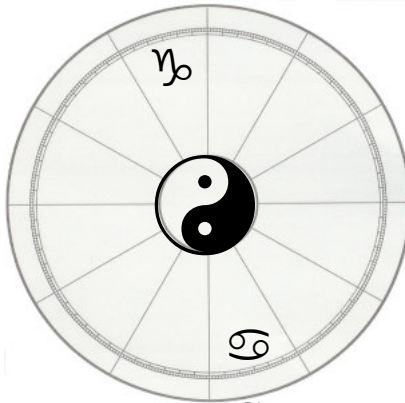
Scorpio

Sagittarius



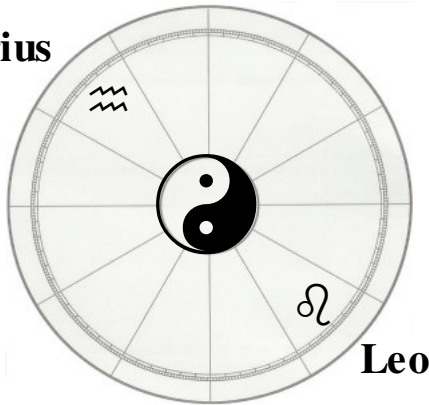
Gemini

Capricorn



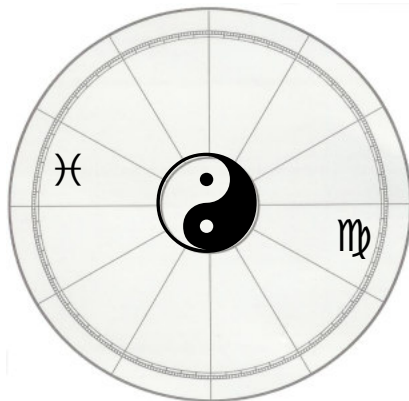
Cancer

Aquarius



Leo

Pisces



Virgo

So as we planned how we would teach Astrolo-Chi[®], we kept the format very *yin and yang*-centered.

There is **making a stand**—Aries—yang,
and **yielding**—Libra—yin;



Giving—Scorpio—yang,
and **receiving**—Taurus—yin;

Information—Gemini—yang,
and **wisdom**—Sagittarius—yin;



Career—Capricorn—yang,
and **home/family**—Cancer—yin;

Center & standing out—Leo—yang,
and **off-center or blending in—Aquarius—yin;**



Left Brain—Virgo—yang,
and **Right Brain—Pisces—yin.**

So we made a clear choice to teach not only the mechanics of Astrolo-Chi®, but how each sign is connected to an *opposite*, and how these opposites play out in relationship.

For an additional nudge in the direction of balance and with the intention of inviting people to embody the *opposite* signs of the Zodiac, we also began using an ancient chi gong balancing movement after we would do the opposite movements. The idea is that, like working or stretching opposing muscle groups, by embracing all the energies of the opposite signs of the Zodiac within your being, thus empowered, you can move through life elastically responding to life's opportunities for growth or service.

The balancing movement is very simple. You ~

1. do one movement,
2. then its opposite,
3. then do a balancing movement. The intent here is to reclaim all the energy of BOTH signs, recognizing that both yin and yang are necessary for well-being.

The balancing movement



Do both movements,
then turn both palms up,
as if you are embracing
the yin and yang of
BOTH signs...



Bringing both together
into oneness over your
head, and drawing the
energy of BOTH signs
down through your body,
palms down...



Moving both energies
from head to toe,
balancing BOTH
within your being...



Then returning to
center, to a peaceful
balance of both the yin
and the yang energies.

The more we did these movements that embody yin and yang, the more this holistic approach began to embody traditional Chinese medical wisdom, of *starting healing from the outside-in* (i.e. exercise, diet, herbs and acupuncture) in most cases before surgery is ever considered. Likewise, we began to understand the great value of learning astrology *from the outside of the chart in*—i.e. learn *all twelve movements before* focusing on the position of the sun, moon, etc, in *specific* signs of the Zodiac. By reclaiming through movement *all twelve signs* as parts of themselves, and *all six pairs of opposites* as life's challenges, people can then proceed with laser precision to the *heart* of their astrology chart, with a powerful and clear holistic awareness of themselves and the specific, personal characteristics of their charts.

As we continued to do these pairs of movements, we became more and more conscious that these pairs of signs are themes that we *all* work on, regardless of our birth sign or transits. In other words, we found that it was important to do ALL the movements of Astrolo-Chi®, both in astrological *sequence* and according to the *6 pairs* of signs, to balance ourselves, our relationships, and our lives.

Balancing

The Master accepts things as they are,
and out of compassion avoids extravagance,
excess and the extremes.

-Lao Tzu

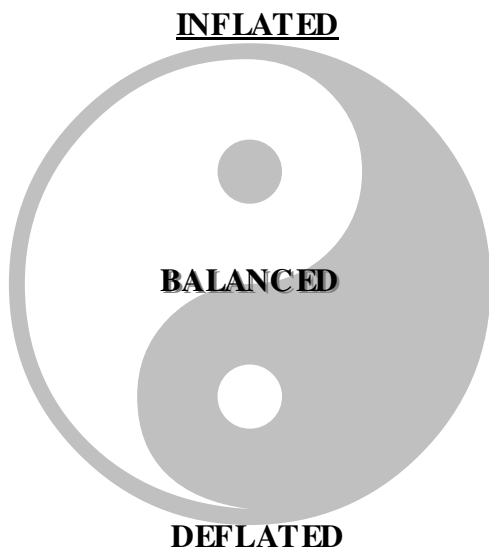
After many little experiments with the movements, it became very clear to us that anything can be taken to an extreme, including the signs of the Zodiac! So Astrolo-Chi® became a fun, safe way to help people become aware of their tendencies around each astrological sign, and discover their *own* balance.

Combining yin and yang theory with Shadow Work®, we began to think about how the signs of the Zodiac play out in everyday life. With this deeper way of looking at the Zodiac, it soon was clear how a sign could be either *balanced*, *inflated* or *deflated*. *Balanced* is just how it sounds. You express the sign of the Zodiac easily and effortlessly, whenever life calls for it, with few or no ‘hang ups’. But there can be excessive energy—*inflation*—or too little energy—*deflation*.

Another way of looking at the yin yang symbol can suggest not only opposites, but *extremes* of any one thing. For example, there *is* a time and season for being a warrior. But *inflated* warrior energy can result in extreme violence, aggression or cruelty. *Deflated* warrior energy, however, can be just as detrimental—sometimes you have to make a stand, whether it’s for your health, or in self-defense.

Character isn’t set in stone—much of it is just habit. Astrolo-Chi® has a practice to look deeply at and gently balance each sign of the Zodiac within you to become mindful of extremes of character, and where you may have gotten set in your ways. If you look carefully at the

images on the next few pages, you'll see living, breathing examples of how the signs of the Zodiac can be inflated, deflated, or in a healthy balance in a person's character, depicted in the following way:



As I mentioned in the previous chapter, the nature of life is cycles, and to some degree, to go from one extreme to another. But have you polarized (gotten set in your ways) around one of these extremes?

If you notice a sign that has a tendency to be out of balance in your life, the invitation is to do *both* movements followed by the balancing movement illustrated in the previous chapter. Doing **BOTH** signs followed by the balancing movement invites a healthy, intuitive balance and is a major boost in avoiding *rigid* extremes of character.

And again, if you look carefully, the art of this system is in the awareness that the *inflation* of one sign is very closely related to the *deflation* of its *opposite*!



Balancing

Aries

Inflated

Violence, bullying,
rudeness, disrespect,
'my way or highway.'

BALANCED

making a stand, taking charge,
assertiveness, freedom,
defense, willpower, drive,
determination, pushing for your
goals, unrelenting, overcoming,
winning

Deflated

Giving away your power;
passive-aggression, being
Libran when Aries is
called for

To keep your Aries energy balanced, 'clean' and available:

Practice Aries Astrolo-Chi® and then Libra Astrolo-Chi®.
Then 'hold the opposites' by doing the balancing movement.
Doing BOTH invites a healthy 'intuitive' balance
and avoids rigid extremes of both energies.

Balancing
Libra



Inflated

Giving away your power,
unhealthy deference, loss of
self; relationship at all costs

BALANCED

yielding, retreating, pulling
punches, preserving life, peace,
non-violence, 'live and let live,'
respect, deference, magnetism,
charm, rapport, relationship,
compromise, harmony, balance

Deflated

Unyielding, disrespect, not
pulling your punches,
violence; being Aries
when Libra is called for

**To keep your Libra energy
balanced, 'clean' and available:**

Practice Libra Astrolo-Chi® and then Aries Astrolo-Chi®.
Then 'hold the opposites' by doing the balancing movement.
Doing BOTH invites a healthy 'intuitive' balance
and avoids rigid extremes of both energies.



Balancing

Taurus

Inflated

Over-attachment, greed,
insatiability, hoarding,
clinging, selfishness

BALANCED

stability, comfort, sensuality,
openness, filling up, satisfaction,
fulfillment, accumulating,
safeguarding, stability,
'counting your blessings'

Deflated

Emptiness, sense of loss;
being Scorpionic when
Taurus is called for

To keep your Taurus energy balanced, 'clean' and available:

Practice Taurus Astrolo-Chi® and then Scorpio Astrolo-Chi®.
Then 'hold the opposites' by doing the balancing movement.
Doing BOTH invites a healthy 'intuitive' balance
and avoids rigid extremes of both energies.

Balancing
Scorpio



Inflated

Detrimental loss, 'giving away the farm,' 'taking something *out*' on someone.

BALANCED

intensity, depth of feeling,
passion, hidden wealth,
generosity, giving,
sharing the wealth,
letting go, beneficial loss,
reduction, volunteering

Deflated

Greed, control, manipulation,
power struggle; being Taurean
when Scorpio is needed

**To keep your Scorpio energy
balanced, 'clean' and available:**

Practice Scorpio Astrolo-Chi® and then Taurus Astrolo-Chi®.
Then 'hold the opposites' by doing the balancing movement.
Doing BOTH invites a healthy 'intuitive' balance
and avoids rigid extremes of both energies.



Balancing
Gemini

Inflated

superficial, shallowness,
gossip, making light of things,
lacking substance, sacrificing
depth for volume

BALANCED

information, communication,
intelligence, broadcasting,
quick- thinking, teaching,
relaying info, marketing, news,
update, skimming the surface,
chatting, extroversion

Deflated

Introverted, reclusive;
being Sagittarian when
Gemini is called for

**To keep your Gemini energy
balanced, 'clean' and available:**

Practice Gemini Astrolo-Chi® and then Sagittarius Astrolo-Chi®.

Then 'hold the opposites' by doing the balancing movement.

Doing BOTH invites a healthy 'intuitive' balance
and avoids rigid extremes of both energies.

Balancing

Sagittarius



Sagittarius

Inflated

Introverted, reclusive, living
'in your head,' rigid beliefs,
know-it-all, holier-than-thou

BALANCED

'the big picture,' knowledge,
study, higher education,
philosophy, new experience,
travel, spirituality, meditation,
centering, prayer, contemplation

Deflated

Extroversion, resisting the
deeper life, staying local;
being Gemini when
Sagittarius is called for

To keep your Sagittarius energy balanced, 'clean' and available:

Practice Sagittarius Astrolo-Chi® and then Gemini Astrolo-Chi®.

Then 'hold the opposites' by doing the balancing movement.

Doing BOTH invites a healthy 'intuitive' balance
and avoids rigid extremes of both energies.



Balancing
Cancer

Inflated

Creating dependency,
smothering, enabling,
lack of rules or boundaries,
wishy-washy

BALANCED

home, family, nurturing,
feeding, sympathy, compassion,
caring, healing, safety, refuge,
sanctuary, caregiving, short-
term, 'now,' mothering,
'gentle' fathering

Deflated

Uncaring, callous,
insensitive, rigid;
being Capricornian when
Cancer is called for

**To keep your Cancer energy
balanced, 'clean' and available:**

Practice Cancer Astrolo-Chi® and then Capricorn Astrolo-Chi®.
Then 'hold the opposites' by doing the balancing movement.
Doing BOTH invites a healthy 'intuitive' balance
and avoids rigid extremes of both energies.

Balancing
Capricorn



Inflated

Over-structured, uncaring, impersonal, 'this is the way it's always been done'

BALANCED

looking ahead, structure, long-term, rules, discipline, toeing the line, 'tough love,' pathways to success, traditions, perseverance, ritual, career, effort, achievement, realization, 'the summit'

Deflated

Wishy-washy, too many exceptions to the rule, lack of direction; being Cancerian when Capricorn is called for

To keep your Capricorn energy balanced, 'clean' and available:

Practice Capricorn Astrolo-Chi® and then Cancer Astrolo-Chi®.
Then 'hold the opposites' by doing the balancing movement.
Doing BOTH invites a healthy 'intuitive' balance and avoids rigid extremes of both energies.



Balancing

Leo

Leo

Inflated

stealing the show, showing off, grandstanding, arrogance, condescension, tyranny, 'it's all about me'

BALANCED

self-expression, outstanding qualities, uniqueness, personality, visibility, 'star', VIP, brilliance, shining your light, making a name for yourself, center of attention, 'who you are in all your glory'

Deflated

Loss of self-confidence, shyness; being Aquarian when Leo is called for

To keep your Leo energy balanced, 'clean' and available:

Practice Leo Astrolo-Chi® and then Aquarius Astrolo-Chi®.
Then 'hold the opposites' by doing the balancing movement.
Doing BOTH invites a healthy 'intuitive' balance
and avoids rigid extremes of both energies.

Balancing

Aquarius



Inflated

Getting lost in the crowd, loss
of self or individuality,
rigid conformity

BALANCED

different but equal, off-center,
same 'wavelength,' unity,
groups, the circles you 'run' in,
synergy, unison, affiliation,
uniformity, all-for-one,
common ground, 'team player'

Deflated

Rocking the boat,
going against the grain;
making too many waves

To keep your Aquarius energy balanced, 'clean' and available:

Practice Aquarius Astrolo-Chi® and then Leo Astrolo-Chi®.
Then 'hold the opposites' by doing the balancing movement.
Doing BOTH invites a healthy 'intuitive' balance
and avoids rigid extremes of both energies.



Balancing

Virgo

Inflated

hypercritical of self or others, obsessively analytical or clean, can't see the forest for the trees, 'focusing on your nail polish flaws as you do yoga,' out of touch with feelings and intuition

BALANCED

narrowing of awareness, focus, details, realism, modesty, self-improvement, separating the wheat from the chaff, refining, polish, left brain, analysis, proof, quality control, 'here and now'

Deflated

forgetting to dot i's and cross t's, sloppiness or messiness; chaos, spaceyness, seeing the 'forest' not the 'trees,' being Piscean when Virgo is called for

To keep your Virgo energy balanced, 'clean' and available:

Practice Virgo Astrolo-Chi® and then Pisces Astrolo-Chi®. Then 'hold the opposites' by doing the balancing movement. Doing BOTH invites a healthy 'intuitive' balance and avoids rigid extremes of both energies.

Balancing

Pisces



Inflated

Escape, absent-minded, 'out there,' spacey, unrealistic, poor boundaries or focus

BALANCED

right brain, idealism, sensitivity, intuition, synchronicity, insight, big picture, spiritual gifts, higher consciousness, spirituality, mysticism, holiness, miracles, revelation, crossing over, parting the veil between the two worlds

Deflated

Narrow-minded, can't see the forest for the trees, over-focused; being Virgorean in a Pisces context

To keep your Pisces energy balanced, 'clean' and available:

Practice Pisces Astrolo-Chi® and then Virgo Astrolo-Chi®. Then 'hold the opposites' by doing the balancing movement. Doing BOTH invites a healthy 'intuitive' balance and avoids rigid extremes of both energies.

Parting the Veil

The fish will be the last to discover water.

Albert Einstein

(To which I would add: the fish will very likely be in deep trouble, and a lot less water than usual, when it does...)

Ron Kurtz

The more we did Astrolo-Chi®, the more balanced we felt in body, mind and spirit. The signs of the Zodiac seemed to be teaching *us* through movement, whispering synonyms for each sign and providing insights into each, while helping us to avoid inflation and deflation in our daily lives. And then a new sensation began to unfold: increased sensitivity to *energy*.

It was as if we had discovered a fresh, new spring bubbling up from somewhere within. As we did the movements, energy or *chi* tingled in our limbs, and quickened our spiritual senses. Strangely enough, we also began to experience a subtle sense of energy moving into us *from the outside in*. It was as if we were being held by a gentle, loving presence as we did our movement.

This sensation was so powerful, that before long I began to think about how to translate this experience and make the movements inclusive to belief systems outside the realm of astrology. I would keep Astrolo-Chi® for those who understand and embrace it, and broaden the audience to those who don't by *distilling out* the astrological labels, (i.e. using *assertiveness* instead of Aries) and finding universal labels that would work instead. Because these themes are universal, I could then look at the themes in sacred scripture, and teach scripture

any tradition.

I suppose that all the events of the past few years were paving the way for what happened next, but I was still caught off guard by the inspirations I had early one morning that have had a powerful influence on this work.

I had taken the weekend off, and finishing my morning tea, I quietly began my Astrollo-Chi® movements. As I did Taurus and Scorpio, and finished with the balancing movement, I began to consider the most natural union of opposites—the union of male and female organs, and sperm and egg at conception.



It occurred to me that when that union occurs, life begins, creating a condition for a spirit to enter the world. At that moment, the world is more *spiritualized* than a moment before.

And as I did the Virgo and Pisces movements, I had another insight: doing the opposite movements of Astrollo-Chi® is balancing my own *internal* opposites. The more I unite and balance the opposite, yin and yang parts of my own character—like sperm and egg—the more I draw spiritual energy into me, and down and around me like a cloak. Spiritual energy that restores my body and mind, heightens my spiritual gifts, and that also spiritualizes the *earth*, raising its vibration, especially wherever I do my movement.

Then in my mind's eye, an image of an ankh came to me, the Egyptian symbol for eternal life.



And for the first time, I understood that the ankh really represents the *union* of masculine and feminine, the circular portion representing the openness of the feminine, and the vertical lines representing the fullness of masculine organ.



Feminine



Masculine

But it is clear that, in the ankh, the opposites are *joined* and balanced! And then another flash of insight: “What if the ankh is the Egyptian equivalent of the yin and yang symbol, and balancing *opposites* was the ancient Egyptian unspoken mystical key to eternal life?”



I remembered that the yin and yang symbol is the sign of double fish—Pisces, and that tai chi is very *Piscean*—fluid, relaxed, go-with-the-flow, and altered-state-producing. Then, as I remembered the quotes from Albert Einstein and Ron Kurtz at the head of this chapter, I recalled the sense of being surrounded by *palpable* energy, almost as if I am *swimming* in a sea of energy, the more I do tai chi or Astrolo-Chi®.

And the thoughts persisted—when you turn the yin yang symbol on its side, you get the *wave* that is found in the symbol of Aquarius!



“Maybe balancing yin and yang is a key to the *transition* from the Age of Pisces to the Aquarian Age! What if one of the keys to the Aquarian Age is beginning to get people to be on the same *wavelength* through movement that teaches equality through inner *balance*?” I thought excitedly. “Movement that teaches people to *own* all their power, and not project it *out* onto others. Movement that teaches common ground, and how to avoid the slippery slope of ‘greater than or less than’ thinking. Movement that invites tolerance for others by first loving oneself unconditionally. “

Then my old self-doubts began to plague me again. “I’m not a scholar. I’m not a saint. If these ideas are tried and true, surely someone would have come up with them long before me!”

But then *another* voice in me spoke, louder than the first.

“You don’t have to be a scholar or a saint to be intuitive. Many artists are simply taking *dictation*!

“There is a thin veil separating the body and the unconscious mind—a thin veil separating body and soul, heaven and earth, past and present. And you are just parting the veil.

“That’s what *Piscean* movement will do.”

Kindred Spirits



On Easter 2002 in the early hours of the morning, in that place between asleep and awake, I became aware of mysterious, ancient echoes:

O Osiris the king,
you have gone,
but you will return.
You have slept,
but you will awake.
You have died,
but you will live.

The enigmatic words dissolved into a whistling wind, and in my vision I was lifted and transported east to a forgotten Egyptian temple along the Nile.

There, in a courtyard lush with greenery, I sensed a subtle presence of invisible guides moving in rhythm all around me. Feeling more than seeing, I began to follow *their* lead as they did the Astrolo-Chi® movements. And as I moved, I had the sense that Astrolo-Chi® was *their* ritual, and that together, we were all *completing* it. I smiled, knowing that they had been there all along, inspiring us every step of the way.

And somehow, I knew they were smiling too.

To be continued...

Epilogue

When you can see yourself in all of them,
you're REALLY working towards integration.

Deepesh Fauchaux

One of the reasons Astrolo-Chi® is so powerful is that, by its very nature, it creates a fluid membrane between the states of consciousness by using elements of each sign of the Zodiac. For example:

It embodies *Aries*, because it creates sheer power and a will to be through movement;

It embodies *Taurus*, because it's a very body-centered approach, and feels wonderful to do;

Gemini, because it's easy, fun and informative;

Cancer, because it is very soothing as you do gently rocking movements;

Leo, because it invites you to shine and fully express all these energies;

Virgo, because it invites you to take a good look at yourself and notice where you may be out of balance or need a little polish;

Libra, because not only is it dance-like, but it also invites partners interaction to own the opposites and step into balance;

Scorpio, because it invites you to access all the power and resources you have deep within;

Sagittarius, because it invites a high-minded or purely experiential journey into the foreign parts of the self;

Capricorn, because it is a *form*—a series of slow, structured movements;

Aquarius, because it lends itself to harmonious group experiences and team-building;

And as alluded to in the last few pages, Astrolo-Chi® embodies *Pisces*, because it is fluid and relaxed, and

invites altered states.

Furthermore, the myth of Isis and Osiris is a universal metaphor for the masculine or yang quality of *separation*—the soul’s journey into matter—and cyclical return to spirit—*yin*.

Set—the murderer of Osiris—represents the ignored *unconscious* mind, to which desired or undesired qualities are disowned. And in that state, it is human nature to unconsciously worship, despise, or ‘kill off’ those qualities in others. And until those projections become conscious, the *unconscious* mind profoundly rules from deep in the shadows.

Osiris is representative of the majestic personality in all of us that gets challenged, wounded or worse. Osiris represents the personality and the *conscious* mind. Nevertheless, the symbolism of the Isis and Osiris myth also suggests that no parts of consciousness can be eternally banished, but at times certain parts may need *help*.

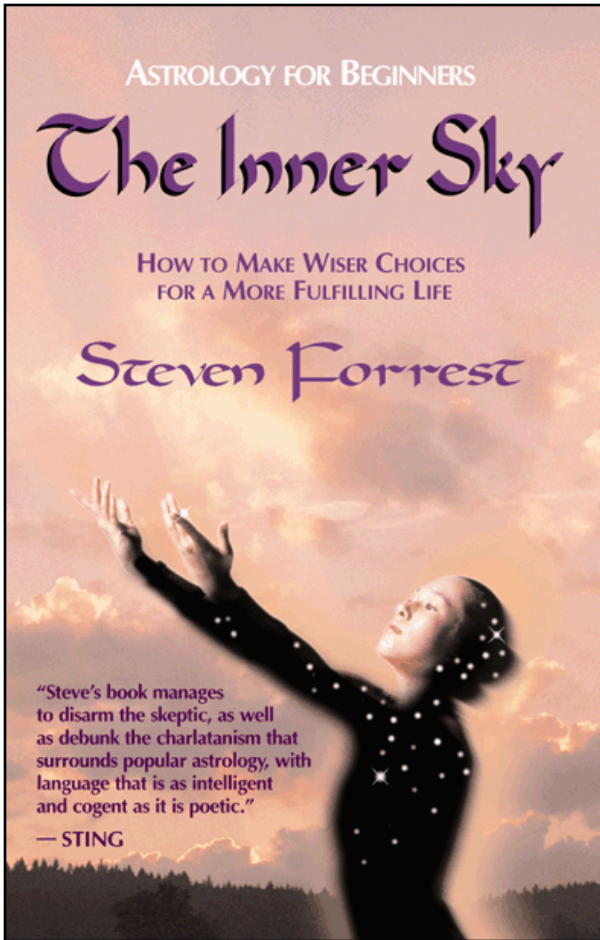
Isis is the *help*. The healer of Osiris, she represents the qualities of *integration* and *unity*, and the over-arching part of each of us that is healing, magical and pure spirit. And as such, Isis represents the *super-conscious* mind.

And with Astrolo-Chi®, the conscious, unconscious and super-conscious parts of human experience all move into greater harmony and balance.



An excellent beginner's astrology book

The book below and others by Jodie and Steven Forrest are some of the best books on astrology. Jodie and Steven offer consultations, sell various reports and taped lectures and have their own publishing house, Seven Paws Press.




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Astrolo-Chi®



**T'ai Chi for the
12 Signs of the Zodiac**

with Jeff Baugher and Daniel Lally

If you are going to do a form of t'ai chi, why not do a form that helps you to understand your horoscope?



Astrolo-Chi® (pronounced astrol-uh-chee) is a unique yin and yang approach to astrology created by professional astrologer Jeff Baugher and t'ai chi/yoga instructor Daniel Lally. Astrolo-Chi® bridges east and west as it teaches the 12 signs of the Zodiac through a unique series of t'ai chi movements. Fun and easy to learn, Astrolo-Chi® turns your horoscope into a living, breathing reality.

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Part 3 – Q&A
Part 4 – AM & PM routines

"Astrolo-Chi® is the perfect marriage - body, mind and spirit all moving in seamless harmony. And even better, making astrology understandable."

—Wade Riden, Louisville, Kentucky



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Daniel Lally is the 'Chi' of Astrolo-Chi®. He is Astrolo-Chi®'s co-founder and creator of other body-centered solutions. For more information visit www.astrolo-chi.com, and sign up for an email newsletter.

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The Lunar Cycle & Astrolo-Chi®

In the writing of this book, I chose to indirectly allude to the 8 unique phases of the lunar cycle, and themes that subtly play out during each distinct phase. Each new moon starts a 29.6 day growth process for everyone. Planning your life according to the phases of this cycle can be a powerful way to stay on course for your goals and dreams. Start with doing the corresponding Astrolo-Chi® movement during the new phase of the cycle. For more information, contact Jeff Baugher at www.jeffbaugher.com.

The New Phase—*Vision*



Past patterns dissolve, and new development begins in your life. Become aware of a new vision or life direction based on unconscious desires. The Zodiac sign of the New Moon symbolizes the 29.6 day theme. Discover the direction for this new 29.6 day cycle. Brainstorm. Treasure-map. Avoid excessive feedback. “*What are you dreaming of?*”

The Crescent Phase—*Gather Resources*



Cutoff point for incorporating the new things to be developed. Move toward opportunities by acquiring the resources necessary to accomplish your vision. Accumulate money or materials, develop new contacts, educate yourself, generate information (do research). Ask questions, set priorities, develop skills, make a plan. Struggle to establish security. “*Set the table.*”

The First Quarter Phase—*Take Action*



Become committed by acting on goals and aggressively moving forward. Trust the vision, and risk moving beyond the past. Physically manifest your goal; rapidly grow your effort. This is the big breakaway from the previous pattern. Expect growing pains. This is the most active phase of the entire cycle! “*Take a chance! Go ahead, take a big chance!*”



The Gibbous Phase—*Shift to Receptive*

Shift from assertive to receptive, digest input from others and refine the original vision. Effect of First Quarter thrust is understood through feedback of those affected, clarifying solutions to problems. Become aware of this new energy in your life. Period of confident expression. *“Feedback is necessary.”*



The Full Phase—*Fulfillment*

Time of peak experience - success or failure of the goal. Interactions and conflict bring recognition of where the cycle is headed. Maximum objectivity, so make decisions. Discover significance of the new structure that has been built. The “mountaintop.” *“Results.”*



The Disseminating Phase—*Dissemination*

Harvest is over. Integrating the cycle's experience by demonstration of new capacities. Use the skills or advantages gained in the growth period by manifesting them in the community, sharing success with others and exchanging perspectives. *“Network your ideas.”*



The Third Quarter Phase—*Integration*

Payoff for the entire cycle. Doing what has to be done to bring completion. Reviewing life situation; taking action that restructures old skills instead of developing new ones. Turning the effort over to the collective for implementation on a larger scale. Understanding the greater significance of what's been created. *“Think big, & leave something behind.”*



The Balsamic Phase—*Detachment*

Cycle winds down and begins to dissolve. Assess what has worked, and detach from what has not. Shift away from collective experience to allow inner processing. Let go to prepare for next cycle. Expect people and circumstances to exit your life now. Often these endings are out of your direct control. Establish a retreat or sanctuary. *“Empty out the old to make space for the new.”*

Why consult an astrologer?

by Jeff Baugher

1. *For a new perspective of your life and an understanding of your cycles.* Understanding your overall life's direction and purpose, as well as the territory you are moving through right now. We will explore your current situation and options for the future, and use astrology to uncover events and decisions from earlier time periods that are strongly affecting you now. The cycles discussion will give you a framework to understand different eras of life, as well as upcoming periods of opportunity and turbulence.
2. *For a new perspective on a relationship.* Better understand the dynamic between you and another person (personal partner, business partner, child/parent), and improve the quality of interaction. This comprehensive comparison utilizes over 150 inter-aspects between the two horoscopes. A discussion of these intellectual, emotional and spiritual dynamics goes beyond simplistic judgments of a relationship as 'good' or 'bad.' We will examine combined planetary geometry, as well as time periods when that planetary geometry may be activated. A wonderful way to better understand another person, as well as how the relationship is affected by your personality and approach.
3. *To learn how to work with cycles to your advantage.* There are many astrological cycles that affect everyone at the same time, such as the lunar cycle (turn page for more). Instead of being a passive recipient of fate, you can learn to consciously work with these simple cycles to help you achieve your goals, properly time your initiatives, and understand global trends.
4. *Choose optimum dates and places for important initiatives.*

Astrological Services

with Jeff Baugher

Astrolo-Chi® Prescriptions

With any of the consultations below, I will write you a prescription of movement to help you to anchor your awareness with your body.

Individual Consultation

Before the appointment, I will create and study the horoscope chart wheel based on your birth time, date and place. During the consult, we will discuss the major patterns of your life including strengths, weaknesses, potential, and path of growth. You get a copy of your horoscope chart wheel and a tape of the session.

Individual Consultation with Forecast

This includes everything in the Individual Consultation, as well as your individual forecast for the next 6-12 months. The forecast centers on issues coming to a decision point, your options, and the historical origins of the cycles involved. I may also identify upcoming windows of opportunity or periods of turbulence.

Horoscope Comparison Consultation

Electional Consultation (choosing favorable start dates)

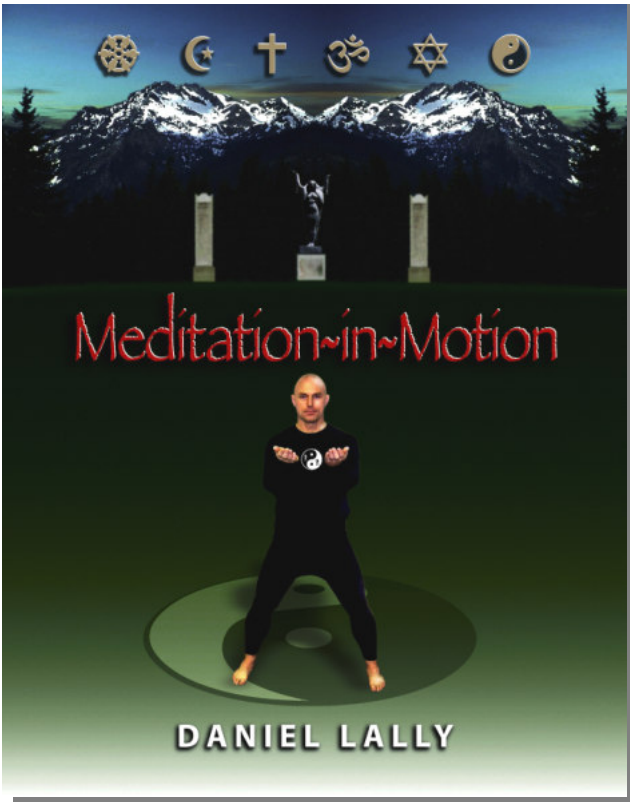
Personal Phase Calendars

A custom printed and bound calendar that helps you to stay in sync with the cycles of life. It includes cycles affecting everyone and your personal cycles.

www.jeffbaugher.com

“...before long I began to think about how to translate this experience and make the movements inclusive to belief systems outside the realm of astrology.” —Daniel Lally

A holistic approach to sacred scripture



Available at
www.bodycenteredsolutions.com

Daniel Lally

Born November 19, 1964,

Daniel is co-founder of Astrolo-Chi®. After graduating from Notre Dame in 1987, he began the healing work championed by John Bradshaw, while simultaneously training in chi gong and meditation. His fascination with the archetypes of astrology began with Jeff Baugher's lunar cycle workshops in 1998. He has also completed certifications in acupressure, reiki and yoga, and in 2003 completed the three year Hakomi® body-centered psychotherapy program. He is founder of several unique forms of healing movement and has been a member of The Mankind Project® since 2000.



www.bodycenteredolutions.com

Jeffrey Baugher

Born August 17, 1951, Jeff Baugher is a professional astrologer, Shadow Work® coach, and co-founder of Astrolo-Chi®. After earning a masters degree in Electrical Engineering, he spent 14 years working for Eastman Kodak and the U.S. Navy as a project engineer. His interest in the “human” side grew, and he began exploring personal growth work. By 1996, he left behind engineering and created his own astrology-based business, utilizing the study of patterns to help clients understand the cycles of their lives and businesses. He is past president of The Astrological Society of Kentucky, a member of The Organization of Professional Astrologers and The Mankind Project®, and is certified in Shadow Work®. Jeff lives in Louisville, Kentucky, is married, and has one daughter.



www.jeffbaugher.com

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For more information and other resources, visit www.astrolo-chi.com

Illustrations of each movement by Ivan Price, Jr.

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In Part I of this book, I have blurred the lines between history and fiction and creatively woven ancient astrology and the myth of Isis and Osiris into this story. In reality, very little is known about Nefertiti and Akhenaten, and Egyptian astrological signs vary in symbolism and degree relative to modern times. However, Part II is based on actual events.

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Ivan Price Jr., for his support and artwork;

All the Astrolo-Chi® class and workshop participants since 2000;

And all my other teachers, past and present.