

# The Astropoetic School of Soul-Discovery

## News From The Astropoetic School May 2016

Greetings from **The Astropoetic School of Soul Discovery** temporarily located in rainy New Mexico – where even the high desert gets thirsty for the soulful waters of release and renewal.

### Tracking the Soul Workshop



In my approach to the birthchart, I work with a system of spiritual psychology integrating astrology and the chakra system, as developed in my 2<sup>nd</sup> book [Tracking the Soul With an Astrology of Consciousness](#).

For the past several years, I have taught this system in a 4-day workshop, preceded by a series of one-on-one preparatory sessions with each participant, in which I:

- introduce the chakra system, a psycho-spiritual adjunct to astrology, great for understanding how consciousness is being channeled through life experience.
- cover basic astrology, as it applies to the chakra system, and specifically as it applies to each student's chart. This part of the preparation will be customized to meet each student at their current level of knowledge.
- help each participant identify core issues in their birthchart, determine which issue will be the focus of the workshop, and work out the relevant

soul story related to the cyclical outworking of this issue in real life.

The 2016 workshop will be held from August 18-22 at [Spirit Matters Centre](#) near Almonte, Ontario, Canada. This workshop is co-sponsored by The Astropoetic School and [Yggdrasil](#) - a cooperative mystery school/retreat center in which I am involved.

This year, we are channeling the preparation for the workshop through [Yggdrasil's Mentorship Program](#). The focus of the Mentorship Program is to help those determined souls who are ready to transmute their core wounds into a sense of calling around which a meaningful life can revolve.

Everyone alive in a body has been wounded in some way, or there would be no need to incarnate in a body in order to continue the soul's journey. The good news is that with the right attitude, enough self-awareness, and self-love, our core wounds can serve as the pivot point around which a meaningful process of learning and growth comes to characterize our lives. As we then start to give back what we have learned, in order to contribute to the wellbeing of the world, then the soul's journey gives birth to a soulful life.

Astrology is a language par excellence for identifying core wounds, and for tracking the evolutionary story of the issues that arise from the wounding. The story inevitably includes our attempts to heal, and self-actualize in the face of the wounding, as well as challenges and crises arising from the wounding itself. When combined and integrated with an understanding of the chakras, the birthchart becomes a catalyst for understanding more clearly what our options are, how we might begin to live out our patterns in ways that are more creative and empowering to us, and how we can make a meaningful difference in the world.

The combination of the Mentoring Program (which entails 6 one hour sessions, one-on-one) and the workshop is designed to maximize awareness of patterns, focus our attention on a pattern that is ripe for shifting, and create the opportunity to shift it.

*The concept is brilliant: Working on your core issues in a beautiful and powerful setting. Eating vegetarian food. Bringing in exercise and meditation to complement it. It was the first time that I really sat down and thought of my life in that way and it was helpful. – KW, Santa Fe, NM*

*I would say that it was life altering. I feel that strongly and I don't say that lightly, perhaps because I've done some personal growth work before. I was ready to heal and I'm extremely grateful for this past weekend. – NE, St. Louis, MO*

We have room in this year's workshop for additional a couple participants. If you are interested, the first step is to apply for the [Mentorship Program](#). Make sure you note on your application that you are interested in mentorship as preparation for the Tracking the Soul workshop. All mentors headed for the workshop will work with [me](#) personally. Once you are accepted into the program, you can then register for the workshop on the same page.

Because it takes a bit of time to prepare for the workshop, if you are interested in attending, you should plan on **signing up** for the Mentorship Program **no later than June 30**.

## Tracking the Soul Webinar Class

For professional astrologers, or those with a solid working knowledge of astrology, who are interested in learning the nuts and bolts of the astro-chakra system as discussed in my book, I am offering a [Webinar Series](#).

Like the Mentorship Program, the Webinar Series is a path of preparation for the workshop, in which ideas are presented more experientially. Unlike the Mentorship Program, the Webinar Series will be a small group learning experience, rather than a one-on-one source of personal guidance.

This year's Webinar Group has already been filled and is underway. I am excited to be finally presenting these ideas to practicing astrologers, whose knowledge and experience is helping me to fine-tune the system, and to discover the nuances that can only come through extensive application.

If you wish to be a part of the 2017 Webinar group, let me know and I will reserve a space for you. The 2017 Webinar Class will begin sometime in the late fall of 2016.



## The Work of Shifting Patterns

*One of the joys of teaching the workshop and especially the webinar class is that I learn as much as I teach. In fact, I am approaching the webinar as an opportunity to refine, and in some cases, rethink the system that I outlined in my book. Once I thoroughly digest and integrate what I am learning, I will put out a 2<sup>nd</sup> edition of Tracking the Soul.*

*Meanwhile, the following excerpt from a transcript of our last class should give you the flavor of what we exploring together. The class is quite interactive, but the*

*individual work I do with students in class is edited out to respect their privacy.*



In our last class, we finished looking at the planetary dynamics of the 3<sup>rd</sup> chakra. In this class, we want to move on to the planetary dynamics of the 4<sup>th</sup> chakra. This is the halfway point in the class. So we are right on track. By now, you should all have a pretty good idea of how to identify your chakra patterns, how to feel your way into them, how to track them through a cyclical history of relevant transits and progressions. Of course, we haven't yet covered the 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, and 7<sup>th</sup> chakras, so there is still more to explore. But the process will be the same for the remaining chakras – with a different line of houses, planets, and asteroids for each chakra.

Hopefully, by now, you have also gained enough of a sense of one or more of your chakra patterns to be able to give them names. I have named a few of your patterns in class, and secretly named a few more in considering what you say in class and in the emails you send. But it is far better for you to name your own patterns. It might seem like a superficial thing, but I assure you it is not.

If you have a sense of what a pattern feels like; if you know which life experiences are a part of the story of that pattern unfolding; if you have identified an overarching metaphor for the pattern – which is what a good name should be – then you are becoming more aware of the pattern. You are gradually beginning to draw it out of the unconscious into conscious awareness, where you have a wider range of choices in relation to it.

There are ways to approach shifting a pattern – which we will be talking about hopefully a bit farther on in this class, and definitely in the workshop. But the real secret at the heart of all strategies for shifting patterns is simple awareness. Focused awareness harnessed to clear intention with unconditional self-acceptance is what shifts a pattern. In these homework exercises I have given you, we are working toward deepening your awareness of your patterns – hopefully with great compassion for yourself. This is not just an intellectual exercise. It is, if you are doing it correctly, about creating a powerful platform for self-transformation built on increasing awareness.

Hopefully as you do this work, you should also be starting to have a sense of which patterns are calling to you. Maybe some, or even most of your patterns, are humming along nicely in a well-oiled groove, in which case, the old adage “if it ain't broke, don't fix it” applies. But if there is something in your life that seems problematic, or painful, or out of balance, or out of focus, or not quite right, or not quite what you want it to be, then it can be useful to identify which chakra patterns in your chart correlate with these patterns. Once you have identified the pattern, you can work to become more aware and more conscious of what the pattern actually is, why it exists, how it functions, how it limits you, and what the potential is for shifting it into a more positive, creative, empowering expression.

Often when a pattern is problematic, it is because we actually don't see the pattern clearly. We might know that something feels off; we might even be able to identify the immediate trigger to those feelings – but the deeper underlying pattern that is

being triggered, and that feels bad, eludes us. Or we get locked into a certain way of seeing it that allows no room for change. Mostly, the pattern remains unconscious, or at least subliminal. Most of the time it will be like a splinter in your finger that you ignore as long as you can, going about your day, hoping it will just work itself out. Then, at some point, you will feel a sharp pain, and be motivated to go and get the tweezers.

Let's face it. This is how most of us go about our lives. It is human nature. The bad news here is that when we are in acute pain, we are generally not at our best, and this may not actually be the best time to work with our patterns. The catch-22, of course, is that when we're not in acute pain, there is less motivation to do the work. So what I am asking you to do in this class is a bit counterintuitive, and I wouldn't be surprised if you felt some resistance. I'd be surprised if you didn't.

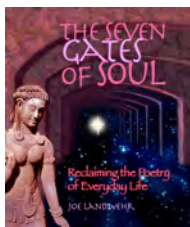
The other factor, of course, is that when we do enter into this exploration of our patterns – to the extent that they harbor wounding, they will also harbor pain. No one really wants to go there.

We naturally protect ourselves against this pain, and one primary way we do that is to go unconscious in relation to the pattern that is giving us trouble. On a conscious level, we may find a way to rationalize our predicament, or work around it, or cope with it, but we never really go to the heart of the matter, unless we set a clear and determined intention to dig up what we have buried and look at it again. "If ain't broke, don't fix it." But where there is pain and suffering, or imbalance, or something not quite right, then it is worth digging up the pattern, dusting it off, revisiting it, and looking again. Sometimes what gets buried for a very long time grows in value – like a rare archeological find. So who knows, but that some of your painful patterns may be ready to reveal their hidden treasure, or the silver lining, or their blessing in disguise.

Not all of your patterns will be ripe for transformation, but some of them might be. I have already said that outer planet transits and major progressions act as triggers to patterns, and when a pattern is being triggered by one or more of these factors, then that means it is available to be worked on. When it is not being triggered, it does not necessarily go away, but it will generally be more dormant. When it is being triggered, there may be some fresh pain, but there will also be a fresh opportunity to become more conscious, and to make a new set of choices in relation to something that has become unconscious and automatic.

So that is the work. That is what we are doing in this class.

## Retrograde Madness



If you've read this far, I'd like to reward you by offering you a **FREE** copy of my first book, *The Seven Gates of Soul* – a 6,000 year history of ideas about soul, taken from eastern and western religious traditions, various schools of philosophy, science, and psychology, as well as a prescription for approaching astrology as a truly useful language of soul. The first five requests in response to this newsletter will get a free copy of the book. If you have already

gotten a free copy in one of my previous offers, please give someone else a chance.

## Unsubscribing

You are on my mailing list because you were at one time interested in my work. You are automatically subscribed to this e-letter, which you will receive periodically (not more than three times a year). In it, I will share the latest news of my various projects in motion.

Hopefully this news will be of interest to you, but if it is not, please just let me know, and I will take you off the mailing list.

If you know anyone else who might be interested in this newsletter, please feel free to pass it on. But please also be discriminating and do not simply broadcast it to your entire list. No one likes spam, and in no way do I wish to generate it.

Please do let me know if any of this touches you, or you want more information about my books, my blog posts, my astrological consultations, my astrological correspondence course, my workshops, or my unfolding vision of a mystery school-retreat center.

Be well,  
Joe Landwehr

## The Astropoetic School of Soul-Discovery

Where Your Life is the Classroom

Ancient Tower Press  
Celebrating the Sacred Mysteries

Yggdrasil Retreat  
Where Visionary Contrarians Love to Hang

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### Quote of the Month

*An astrological birthchart is a thing of great beauty. It is an aerial photograph of the interior landscape of the human psyche . . . It describes the shape, texture, scent and tone of an individual life . . . and outlines an evolutionary timetable for the shaping influences that will forge the soul in the crucible of its own experience. As cycles interweave, the soul comes into focus as a living expression of its symbolism.*

from **Tracking the Soul** by Joe Landwehr (2007)