

Bog Walk Talk April 27 2023

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SPEAKERS

Amaya Rourke



Amaya Rourke 00:00

Good morning, everyone, and welcome to another bog talk. We're taking a walk through my local forest and bog. And we're having a little chit chat about the Astro weather. First, I wanted to thank everyone who sent me an overwhelming amount of positive feedback, I was surprised and truly touched. And I want you to know that, without you, this work doesn't happen. I'm always grateful for your support, whether that's in the form of sending me email feedback, leaving comments on the blog, or booking a reading or sending your friends my way. You know, that's the lifeblood of an astrologer. And it doesn't escape me at any point, how privileged I am to be doing this work. So thank you. Because without you, none of this would happen. Second note of business...some of you had asked, am I going to provide transcripts? I'm thinking about it. I think for this one, I will. If I continue to do these, and you guys would like transcripts with all that in it, all the notes, I might put this into a Patreon or something for like a \$5 tier, just because it's a lot of labor, to transcribe what I'm recording. And I understand that some of you don't speak English as a first language. And that that would make it more accessible. And I totally appreciate the situation of that. And also, I have to be able to pay for the transcription software and the editing, etc, etc. So I think that would be a fair trade off. Would you guys be interested in that, because that's something that you would want, let me know. And third order of business, it's a pretty big announcement. After a lot of thought and consideration, I'm only going to be offering my fixed star readings for another month, maybe two. And then I'm going to take them into retirement for a period. I'm in the middle of kind of reassessing how I want to be giving those readings so that they are full of value and insight. And also are playing to my strengths and what my clients need. And I really need to sit down and assess a lot of feedback, but also what feels right for me. And for me, that means just kind of being quiet for a period of time, and really feeling it out. So if you have been waiting to get one of those readings, or if you're waiting to get a follow up with more clarity and information about your stars, now is the time to book because I'm going to take them off the menu for at least a little while. I'm not sure how long and I don't think they're going to come back in the same format. So go and book if that's something you want to grab. Okay, all of that aside. Right now we are walking through the oak corridor, the second oak corridor, that is honestly being overtaken by brambles. And it gives me a little bit of a thrill. Growing up, Sleeping Beauty is like my favorite Disney movie. For a very odd reason. Well, a couple of odd reasons. One of them being that I wasn't allowed to watch unedited Disney movies, which sounds really bizarre. But my parents would edit all of my

Disney movies to cut out like witches and things like that. And that was one of the few I got to see in full completion. So the idea of like brambles around a castle really imprinted on me. Secondly, I mean, I did love Aurora. I liked that she was feisty, and that she got along with the animals and all that fun stuff. But I was absolutely in love with Maleficent...she turns into a dragon. I mean, come on! Coolest thing ever! Also was nice to see a prince ask for someone's name...and of course there was the fairies. Like, how could you not be totally enchanted with that whole film, and I love that there was the good fairies, and then there's Maleficent and it gave a little bit more dimension there. Lastly, as an adult, I appreciate it more and more simply because that was kind of Disney's magnum opus. He wanted to make a film set to Tchaikovsky's Sleeping Beauty suite. And he created new technology to make that film and it's absolutely beautiful in a very particular style, compared to the other Disney movies of that time. So absolutely love chef's kiss. So whenever I'm walking through here, and there's places that are covered in brambles, it's like an instant childhood flashback. Where I grew up, we did not have blueberry brambles or Blackberry brambles, I should say, blueberries grow as bushes, but blackberries grow as brambles, and here they are everywhere, which is a sign of how disturbed the soil and everything is. We also have an enormous number of hawthorns and willows. Because, again, the wetlands are trying to kind of reclaim the area. A lot of these trees were not supposed to be here. And that's evidenced by the number of them that are kind of growing to a certain height and then just falling down. Which gives its own kind of weird enchantment. You know, when you're walking through woods, especially man-planted woods, it's usually just straight rows. And it's all very, how do I put it...parallel? And, you know, it's, it's almost designed to perfectly, but because he tried to do that here, and this, this area is not really meant for that. There's all these trees that are just like knocked over. It's kind of like looking at a bunch of ruins or something, which really makes you think like, wow, that's probably how they came up with the language and the writing, right? They were inspired by trees, we know that. So here we are walking. We're actually on the other side of the oak corridor now, and we're in the birch corridor. And the topic I wanted to talk about today, after I think every single one of my recent clients, kind of asking me and freaking out about Pluto, is let's talk about Pluto and Aquarius. Because I think that a lot of people don't understand what exactly Pluto is, in regards to like how we would interpret that in astrology, including some astrologers. Because it's a relatively new planet to us. This is not something that's in the ancient canon, you know. Uranus, Neptune, and Pluto are not visible from the naked eye on a regular enough basis for that to be something that's recorded in the history of astrology, until we reach like the, you know, 18th century. So the last one to be discovered was Pluto. That was actually in the beginning of the 20th century. And, as a few of my teachers point out, there's just not a lot of data collected, and precedent, for interpretive use of Pluto, for us to even really have a firm grasp. But I'll tell you, after going through many books and classes, I have Pluto on my ascendant. So I have a bit of a vested interest, right. There's some conclusions that I have come to, for myself and my clients. And I'm gonna give you a little bit of my interpretation, and what this means for your life. First, you have to recognize that because Pluto is not a visible planet, and being able to see or visualize a planet, and its speed and brightness, etc, were a huge part of how we traditionally came up with interpretation, right? It was kind of this combination of optics and natural philosophy, and then you add in the religion of the time, and so we can use that as an interpretive thing. It's like this is not visible, and in order to know its speed, we have to go and find it right. And I mean, find it like on a piece of software, or with a telescope and measure it night by night. It's incredibly slow moving. Just for comparison's sake, Saturn travels through one sign for two and a half years...Uranus for seven years...Neptune for 14. And then Pluto has a strange kind of ecliptic or what we consider pathway around the earth here, you know, revealed by the sun. And it can be variable because its kind of very, very oval like... ..so knowing that, sometimes Pluto is in one sign for 12 years and sometimes 25, right? I think that's really worth noting is the variability here and it moves as an invisible force. We are

now turning into the bog. It is starting to wake up, because it's spring, and there are willows that had their catkins and some of them have their new leaves out on each side of me. The reeds are all starting to kind of die back and turn brown. We have a few fresh ones up closest to the road, but a lot of them living back are definitely post harvest time. I don't know if the audio is picking up on this, but we have birds like everywhere. It's wonderful. This is like the best time of year for bird sounds. Hello, baby. So knowing these interpretive things, we can kind of think about Pluto as this invisible force, which I have come to interpret as institutional power, long term institutional power, versus your own autonomy. Now, some other people would say also has a habit of either magnifying or shrinking whatever it touches. That is definitely something you can look at in cycles. We didn't realize that this was that big of a problem or that this blew out of proportion when really it was something small, right. So it deals in extremes as well. I think that a great example of this is as it moved through Capricorn, you know, we had Occupy Wall Street, we had the beginning of Black Lives Matter, like big institutional power was being put into question and rebelled against for very good reason. Right. So as it moves into Aquarius, I think that the mundane concern right now is obviously like the rise of AI. I think it was on the astrology podcast, they were talking about how last time this was happening, especially with the other planets in concert, we had like the movement of the Luddites, which I am low-key obsessed with, because they had a lot of incredibly good points. We unfairly kind of demonize them, when you understand that by mechanizing, weaving and the making of cloth and the making of, of any kind of fiber, but especially thread, that we were destroying not only livelihoods, but entire cultures, long standing traditions, often even religions or beliefs. So what happens when we outsource so much of our lives, to something that is made by humans, but not quite human? Right? That's more of the mundane stuff. Now, I'm not much of a mundane astrologer. So that's where I'm going to stop with that thought. But for us, personally, I'm taking a note here and expanding on it from my mentor, and dear dear friend, Sam Reynolds. And I will link in the notes, the quick little YouTube video he put up. But Pluto is about autonomy. And especially when it's an Aquarius. When we think about going through the various different elements, we have to think about what they represent, right. And with Aquarius, this is going to be about thoughts, communications, philosophies, and like more of that airy structure because it is a Saturn sign. Right. So this is more of the thought in a structure, the kind of design philosophy, I think about architecture and how there are different design philosophies. When you go into that school, it's not just learning about the engineering and how things work and making sure that you make them in such a way that it's safe. And it's going to stand the test of time. There's entire movements of architecture, entire philosophies of design, and why you do them that way. Right. And so this is where we can see a very important point. Now this is going to differ from chart to chart. So you're gonna need to know like, what house it's located in, if it is touching any planets, what houses those planets rule, etc, etc. I will use myself as an example. So that way, I'm not putting anyone on blast here. But Pluto moved into my fourth house and conjoined my sun, and my sun rules my 10th house and my midheaven, right. And so it's putting a spotlight on things like...well first of all, let's just talk about the sun - my vital energy, my health - but also kind of that core soul presence, my spirit and what it is oriented towards in my life. And if I am really following the compass of that, or if I have gotten off track, right? In the fourth house, that's going to have to do with private life, home, family. I have obviously been dealing with things around my family's health, my own included. But also like, What does home mean? How do we make it feel more like home and less like a temporary residence that we're just occupying? So a huge question we've been asking, right? Also, again, looking at the 10th house, like, how do I show up in the public sphere? What do I want to be emphasizing or bringing out in the world? And when we think about power, I think a lot of us think that we're powerless. But the definition I would use for power is making choices that have a rippling impact and effect well into the future, beyond just yourself. Now, obviously, someone like a leader of a country is doing some very powerful

moves. Oh! We're my favorite part of the bog, where we're coming up to a big fork, and you can actually see some of the rest of the maiden river here. And it gets still and there's a bunch of algae growing on it. There's also some bog asphodel growing in parts of it. Water's pretty low. There is...(Hello!) There's a lot of moss starting to grow. Looks like things are spawning. I've definitely seen some frog spawn while we've been walking around. And I love this area. There are a lot of trees. I see birch trees, and we've got willows, lots of gorse. Right now, the bog is covered in gorse. Some beautiful...I don't know what this is...it's a bigger tree. I think that the tree itself is dead. And it's just become a home for a bunch of ivy that has really taken it over which is so striking out here. We have hawthorns...just it's beautiful, and everything's really starting to grow green. All the daffodils have kind of died back because it's gotten too warm. But I'm starting to see Iris flags come up out here. I think this might be lambs leaf, maybe? Tons and tons and tons of dandelions, and nettles, right. So, back to what I was saying. Power. Power is making a decision that has a impact that ripples well into the future and impacts more than just yourself. We can see that easily with world leaders, right, they make decisions that impact all of us moving into much further in the future. But we can do that in our own lives. Right. And this is where Pluto is kind of coming in after Aquarius, like having Saturn move through Aquarius, and is really saying, okay, so Saturn showed you what structures either needed to be refortified or needed to be torn down and rebuilt, right? Particularly an Air sign this is going to be philosophies, ways of thinking...a lot of times philosophies are unspoken rules that we're living our lives by, as well. Our ideas of what the future will hold, how we go about accomplishing it, etc, etc. And then Pluto comes in and goes, Okay, put your money where your mouth is, what are you going to do. And here is an uncomfortable truth. This is where we can see institutional power versus our own. And that is, you may not like all the options, but you always have a choice. That's a really uncomfortable truth, when we're living in an age where a lot of the options just don't seem good, right. But at the end of the day, how we have autonomy is to explore and understand our options, and then make a conscious choice about what we are doing. Right. Instead of not choosing, which in a way is making a choice with the choices that you're making. Ah! We have bog cotton! Bog cotton is one of my favorite plants ever. It's starting to come up. It just looks so whimsical, these little tufts of cotton on these long stems throughout the bog, I just love it. We may not like the options, but we do always have a choice. And that's an uncomfortable truth when you're living in a time where it's like all these choices suck. But at the end of the day, it's still your choice. So getting comfortable with examining what's in front of you, and making a choice that has the most positive impact, or in some cases, the least negative impact on your future moving forward...and not just your future but the people around you. The community around you, is a necessary part of this transit. And it's a long one. This is not something that happens instantly. It's not gonna be like you're gonna wake up tomorrow and be like I get it. And then Pluto moves on. Pluto is going to be here for a long time. I don't have it right in front of me offhand, but I want to say that Pluto in Aquarius is one of the longer transits. So this is something that's kind of testing us. And for those who have planets in fixed signs, or your angles such as your ascendant, your midheaven, your seventh house, or your fourth house in fixed signs, it's a pretty major long term transit that's really redefining these key areas of your life. The kind of steersman at the helm, the, the actual steering wheel of the ship of your life is the angles, right? So this is one that's really kind of pushing on all these. And why all these things? Because Pluto will be in a house, possibly conjoined a planet. But if you've got planets or angles, also in fixed signs, and that's going to be Aquarius, Taurus, Scorpio, and Leo...It's going to make an opposition to Leo. So you can kind of think about that as the energy of Saturn being magnified, right? It's like two RAMs, who are butting heads and their their horns are locked and no one's moving. And learning how to find a compromise or a middle ground that both of you can move towards is part of that. And it's also going to be square Taurus and Scorpio, which is where the eclipse is, and has been going through since last year, and are getting ready to

transition out of. Anyway, we're sitting on a bench now, looking out over the bog. It's one of my favorite views recently, because you can really see beyond just all the piles of gorse, everywhere, where there are different stands of trees, you can see the forest surrounding it on all sides. It's just so peaceful. Some of you had asked to see some of the things that I'm talking about, I'm going to put some photos from yesterday into the show notes so that you can see it. It's a little bit overcast and gray here, which is pretty typical weather today. But yesterday, it was absolutely gorgeous. So I've got some really nice photos that I'll put up for you. So how do we make better decisions? How do we give ourselves the most power and autonomy? And the first thing I would say is, we have to be able to look beyond just the immediate, right. And that's really hard in today's world when we are bombarded with way too much information on a daily basis. And it makes time feel weirdly compressed and stretched out simultaneously. Our brains are not built to take in as much information as we do today. Between like social media, if you work on your computer, at your job, etc, etc. It's a lot of the reason why hustle culture has become the norm in most places, in most companies, and most jobs...for a lot of people trying to do a side hustle while they're also working full time or having children or whatever, is that we have completely kind of destroyed our felt sense, our body's sense, of time. And it also makes us less resilient to the idea of longer time, because so much gets compressed into such a short period of time, it actually makes us pretty raw in the nervous system, which of course, is it's hard to continue baring through that. So if I tell you in a Cycles reading, you know, like my lunar cycles - the shape shifting reading, like, hey, you know, this is not the year for XYZ, it's going to be next year, but you feel like you've been waiting for like three or four years for something...that's going to feel untenable, when you feel like so much is compressed into such a short period of time. And the funny thing about Time Compression is that while we do kind of shove in as much as possible in this little short period, it simultaneously eats away at the time that we have. A lot of times because whatever we are compressing or putting into our moment, keeps us from doing the things that are meaningful, that we would like to pay attention to and would like to remember. And so it's like at the same time life feels like it's so busy, but it also feels like it is passing either much slower than it actually is because everything is compressed, and less meaningful things are happening. Or it can feel like it is moving at the speed of light, right? So it kind of warps our sense of time. And you can see that Pluto in an Air sign is definitely going to emphasize that more than ever. Because again, the internet is definitely a lot of people would argue like an Aquarian or an air kind of invention, right. So that being said, like Yeah, I would say I would definitely say that the internet I'm like sitting here thinking about it, now. I would say that the internet is very Aquarian because it's a structure that is not physical. It's literally made of thought and a lot of like patterns, right? It's an intellectual structure that has become a megalith, it's huge, right? So something else that my mentor had put in his video, I highly, highly recommend, and I'm gonna again link it down below...is he talks about how this also would bring up the themes of when we had the Jupiter Saturn conjunction, the great conjunction in Aquarius that occurred on fixed star Altair, the battle Eagle, this strategic star that was the battle eagle of Zeus, right? Both a God of War as well as very intellectually cunning. We see a lot of people who actually are literal generals who have this star in history, who were kind of ingenious at doing things that no one expected. So that kind of gets re-emphasized. If you want more on that, I think that you can find that on my website, if you go search for Altair. If not, I'll go dig it up from my old Twitter threads that I may have forgotten to put up. Because I know that I've written quite a lot about that at the time when it was happening. All this being said, this is a long term transit, there's no reason to panic, although it may feel totally panic-worthy, right? It may feel like oh God, but it's sitting on XYZ in my chart, and it's Angular, and it's this and it's that and it's like I get it, believe me, I feel that. It's in my chart, too. I am fixed angles, fixed sun, fixed mercury, fixed Mars, fixed Jupiter. And my ots are also in fixed signs, like so much going on... and my mid heaven's in a Fixed sign. So I get it. It can kind of make us a little bit worried when we see something that I don't think that

it is malefic in the sense of like, it's just there to destroy things. That is not how malefics work. They're balancing mechanisms, right? We can't just have uninhibited growth. That's literally what Cancer is. So we need to have Jupiter balanced with Saturn, which is limitations, a container...being able to sometimes be in isolation, rather than always with a group of people, etc, etc. How I see Pluto, as far as like the so called malefic activity of Pluto, is that we have to make a disciplined effort towards exercising our own autonomy and not giving our power away. Because when we decide not to make a choice, which is still a decision, we're outsourcing it to someone or something else. And so how I'm going to explain this, in this audio is using my own life. And that is particularly regarding the sun and how it has a lot to do with vital energy and health in the chart. And we all know I've been going through some major health changes over the last few years. And one of the things that happened is while Saturn was in Aquarius, I took on the role and responsibility and duty - all these words are Saturn keywords - of taking care of my family because one of my partners had a major surgery that gave her a completely unrelated but freak injury in her arms, right. She has like nerve damage in her arms which ended her longtime, very popular clay business, because she can't work with clay anymore. But it also made it hard for her to do things in a day to day sense. You know, imagine not having mobility in your arms. That's really tough, right. And my other partner has been dealing with illness on and off since 2017. But it got extremely bad at the end of 2021. And just took him out for all of last year. And then on top of it, in November of 2022, he got COVID, which was the last thing we wanted, because he has problems with his lungs already, right. So I've been the sole provider of my family. And I was running around trying to take care of everybody and also do client work, which is another form of holding space for people. And my body basically, at the end of 2022 was like nope, can't do this anymore. It had been slowly sliding into really, really bad territory. And it finally like got to a very bad place. And that's when I learned that I have a genetic disposition in one side of my family for pretty extreme celiac disease. Most people who have celiac will tell you like if you research it, it is epigenetic, which means those genes can be turned on later in life. You don't have to be born with it. It can just happen from your body being so overwhelmed with stress that it triggers this disease and now you can't go back. And that's what happened is November 2022, I stopped being able to digest most food. And when I say most food, I mean like 90% of the food that I've tried to eat, I could not digest, and on top of it, my body hurts really bad. I have other things going on. I don't want to go into all that but I have a lot of other stuff going on. I was in a lot of pain. My mobility was being impacted. I couldn't eat, I was sleeping poorly, like it was very, very bad. And so I had to make a choice, I had to make a conscious choice, right? To change my lifestyle and change how I was taking care of me and make that more of a priority because if I fall apart, then I'm not going to be able to help anybody else. Right. And so if you're wondering like, Amaya, you've been so quiet for the last few months, a lot of it has been me grappling with living a completely and totally different lifestyle than what I have been doing for like five years, right - which has been going, going, going. And it's been good. Funnily enough, since I went on AIP, which is this kind of extreme diet for like really bad inflammation, a lot of my other problems, like the body pain, and the lack of energy, etc, also cleared up because chronic illnesses like to stack on each other like Legos and become quite heavy, and then fall over, right. And so if you're not dealing with one of them in a significant way, it usually impacts all the others. And when you do start dealing with it, it's like those Legos start to get unstacked. And you are able to deal with things more reasonably. And here I am. And one of the things that I made as like a major goal in my life is, I want to make sure that my health is in much better shape, because I am only 34 years old. And I have a lot that I still want to do that it's especially necessary to be physically active. I'm really big on hiking, going outdoors, taking long walks, camping, things like that, I really want to get into wild swimming. I want to move close to the ocean, I want to start swimming in the ocean. And I won't be able to do those things if my body's in really bad shape, right? So I made this choice back in November. And this was right after we had another series of eclipses

in fixed signs, right. And it was right before Pluto was about to enter Aquarius, and I made the choice. I was like, okay, I can give up the comfort of eating bread and cheese, which let me tell you the irony here, almost everyone who who talks to me about like their celiac, the one food you crave the most is the one that you usually can't eat. And I frickin love bread and cheese. It is like my favorite food in the world, you can take away every other food. I'm not much of a sweet hound. But if you take away bread and cheese, I'm pretty unhappy. And I had to give that up, I had to willingly choose it because the choice really would have been made for me anyways. I can either choose it and do something on purpose, or I can have it ripped for me. Because when I talk to my friends or my doctor about the celiac thing, they're like, you need to make choices right now. Because if you don't, in a few months, you could end up in the hospital needing to like have a tube down your throat to eat, right? And I was like, oh my god, I definitely don't want that. Right. So making that choice back in November has enabled me to now walk every single day. That's my new thing is like if you want to hear a flex, here's my flex...my average step count right now is like 16,000 steps a day. So there's that, which I wasn't able to do. I'd given up on taking long daily walks for a couple of years, because I was in a lot of like joint and inflammation pain. And that used to be my normal. I used to walk like this all the time. And I got that taken away, right? So I had to make a choice, what kind of life do I want to live? And the answer was that I want to live a life that is active, where I have lots of energy, where I'm sleeping well, and my body doesn't hurt all the time. And that means giving up one comfort for long term, highly impactful, powerful decision making, right? And that's what I did. So this is also then kind of reflected into what I'm doing in my business. And one of the things that we often don't kind of think about is that the actual root word of decision, which is cid or cis actually means to cut or to kill. And we can think of it this way, when you say yes or no to something you are automatically going to be saying no to a lot of other stuff or saying yes to a lot of other stuff. So my dear friend Diana Rose Harper has an entire workshop about this that no is a liberator because when we say no, we're opening doors to saying yes to a lot of other things, right. And I had to start more readily using the word no in my life, not just about the food, but also about like my stress levels were through the roof, I had to reduce stress. And I can't do everything for everyone. So I had to change how that was going to work. And these are all really important things when you want to take back your autonomy instead of letting everything and everyone choose for you. It's hard because the fear is that if you say no, that there's going to be consequences and in some ways there are there are definitely trade offs. Every single time there are trade offs. That being said, you have to ask yourself if what you are going to be giving up or the possibility of a temporary discomfort like having, you know, to say no to someone and they're disappointed or even maybe initially they're angry, if it's worth the long term outcome of like, Oh, when I said no to this, yeah, this person was uncomfortable. And it was an awkward conversation. But A) they started respecting me more, because I was making sure I enforced my boundaries and B) we have a healthier relationship, because I'm actually telling the truth of what I am capable of, instead of trying to like wedge yet another thing into my life, right. And usually, when we try to just keep wedging and wedging and wedging things into our lives, we're at best mediocre at all those things. And at worst, we're not good at any of them, because there's too much going on. And this is where we have to start countering the impulse of living in a hyper connected FOMO-inducing hustle kind of culture, which is that the truth is, and it's a hard truth. And it's one that if you told me in my 20s, I would have never believed you. But no, you cannot do everything and cannot be everything all at the same time. That doesn't mean that you can never do things that you want, but maybe there is the right time to be doing those things. And that's what astrology shows is like, when I have a Lunar Shapeshifting Reading with my clients, what we're really looking at is, where are we at in the grand timescale of your life? And what does that mean for you in regards to things that you want to be doing, or have to be doing right? Is it something where you're going to have enough energy and mental capability and space to do that thing? Or to become or be that

thing? Or is it one where you're going to struggle, and ultimately, at the best, you'll have mediocre results...at the worst, it's an utter failure, and you're just going to be having a bad experience. And that's something that I've been using in my own life, to help me judge whether something is what I want to do or not. I'm asking myself the question, What experience do I want to have? So I've really, really simplified the philosophy of my life. And I basically said, Okay, I can't be and do all things to all people. What experience do I want to have? And what are the three most important like, big, big, big goals in my life, that would empower me in the future to do a lot of the other things I want to do or like to do, because even though I'm pretty Saturnian, we joke about that all the time...I am also incredibly Cardinal. Cardinal, people have a lot of ambition and vision and insight, right. My two most domicile planets are both cardinal and they're both in their domicile. Like, I have a moon in Cancer. And I have Saturn in Capricorn. And I have Venus in Capricorn, that's like triplicity ruler, and like, they have big ideas. And they want to pursue and make all of them real, right. But I can't do all of that all at once, I have to choose how I'm showing up right now. And kind of get married to like a small, very small, no more than three goals or ideas for the next two or three years. And if I lay down that foundation, and this is very Pluto and Aquarius, if I am acting, if I am making the decision to lay down that foundation now, then later I will be able to do all the other things I want to be doing in my life. Right? So you may be asking Amaya, what are those three things?! The big broad strokes version is financial stability, my health, and spending time with my family - those are the three most important things...making sure that my business is viable, that I am making my clients happy, that I am being of good service. And as a result, hopefully my business grows, right. Secondly, if I don't have my health, all this falls apart. So I need to take care of myself. And care being the operative word. We often think like, you know, it's either a treat yourself kind of situation, or it's really, really punishing. And I'm finding the middle road for the first time in my life around that, which is we're not going to be extremists. Obviously within the context of what I am capable of doing, but I am going to take care of myself. I'm going to sleep well. I'm going to get out and go for my walks every single day. And I'm going to eat foods that nourish my body rather than cause my body to feel harmed, right. Those are really basic. And you know what, every once in a while, I'll have a treat, a treat that does not harm me. And I have a couple of those that we have very happily discovered right? But for the most part I'm feeding myself for energy, for my nervous system, for better digestion, right? And I feel better all the way around from not feeling as stressed out, having more resilience, to having more energy and clarity and a better sleep schedule as a consequence of that, etc etc. And lastly, spending time with my family. You know, for me, I've already gone through the whole, like, I think a lot of us make this mistake, where I'm like, oh, yeah, you know, I just need to, like, reach this goal. And then I can do XYZ, with the people that I love. In fact, I'm notorious for that. Because I can get stuck in workaholic and become very tunnel visioned on certain goals. And having done that a few times, the cost is too high to me. I don't want to wait to make memories with people that I love. And I don't want them to ever question if they are meaningful to me, if they are important to me. Because it's not enough to just pay bills, right? That is a form of care for the people in your life. But also you have to spend time with them, you have to connect with them, you need to have lots and lots of different experiences with them, need to listen and be present with them. And so that's another thing that I've prioritized. Those are the three biggest priorities. And that meant cutting out a lot of other stuff in my life. For now. A lot of other big things that I would like to be doing that I would like to move towards the are not viable anyways, if I don't have these three things in place in my life, right. We're passing the section where all of the woods/water avens are and there's big fat bumblebees everywhere. And I just love this area, the maiden river is really low, and you can see the reeds...there are ducks swimming in it. There are birds everywhere, there's crows playing some sort of game. Not sure what they're doing, but they're definitely they're having a fun time. It's lovely. It's lovely. On one side of us, we have the pastureland with the maiden river. The other side, we

have a fir forest...we have left the bog. So this being said, what has been a tool that's helped me with all of this? It's actually I have like a wannabe book club with a few friends. It's not really a book club, because like, I just said, Hey, you might like this book. And then they go and they buy it and they read it. And they're like, oh my god, I do love this book. And then they don't know that like five other people are also doing it. Because I'm not like yeah, so and so's doing it too. But I'm in love with this book. It is business-oriented, but I think it can be easily applied to life. It is anti-hustle culture. And it is all about trying to figure out what is meaningful for you and making better decisions. I am deeming this, the book for Pluto and Aquarius. And I'm curious if you guys would be interested in having like a book club like this, because I like finding books that allow me to be actionable within a transit...that allow me to learn and take action in concert with the transit rather than the transit just happening to me or me moving against the transit and having a terrible time. So if you want that, please let me know. Maybe that's something I can throw in for the five or 10 bucks or whatever, on Patreon. But this book is called "Essentialism, the disciplined pursuit of less" it's by Greg McKeown, I'll put it in my show notes. We are hitting the fir forest which has tons and tons of birds. But I highly recommend it. It's not just about business, although business examples are used. This guy actually runs a major class at one of the ivy Leagues called Designing your life. And it's such it has been so clarifying for me because I think like, like so many of us, I was frazzled in 2022 trying to do too much all the time. And not feeling like anything I did had a lot of positive impact on my own life, but also, for the people that I was trying to help. I felt like it could have been better if I had known what to focus on. And this book is so good at helping us kind of make that mental structure. So we can have decisions on what to focus on that feel good and help us pursue greater meaning and impact in our lives. And it is what I am calling my book for Pluto and Aquarius and I've read it now three times. This is my third read through. But I think you guys will like it. If you decide to buy it. Let me know I really do want to know if you guys enjoy these sort of things. We're in the fir corridor, the spruce corridor. We're sitting in my favorite place with the water running. I'm gonna be quiet for a minute so that we can all have a moment of stillness with some beautiful running water. I hope that that moment of stillness helped you reset inside of your body, and realize that there's so many moments that if we slow down, and we choose them, they can bring us so much awe, wonder, and help us settle deeply into the roots of our own life, that we always have a choice. And I want you to step into your own power in making those choices. We don't always like the options, but the choice is ours. So we better choose wisely, right. I hope that this has helped you with understanding more about Pluto, the transit of Pluto, what's going on with it, and how to work with the transit. We are never just at the whims of what is happening in the sky. They are our ancestors in a way. We pass through the spheres as NUMA or spirit and when we land on Earth and become matter. Our chart shows us what our planetary and stellar ancestry is. They're not trying to harm you. They're trying to help you live the most embodied version of your chart and your destiny that you could even imagine. And sometimes that means needing to get a little bit more serious, needing to simplify and pare down and recognizing what really matters. This is a great time for us to I hate to use this....but to "Marie Kondo" out the things that don't work for us, so that we can have the lives that we want to have. And that may take a few years for us to reach, but it is totally worth the effort to get there. I'm sending you all my love. And I hope that you take a walk today. Thanks for joining me on this Bog Walk Talk.