

## Letter to self

New York, March 2020

Moon has set  
and Pleiades: middle  
night, the hour goes by,  
alone I lie.

SAPPHO

[*If Not, Winter*. Fragments of Sappho translated by Anne Carson]

There is a lot of power in silence.

In the past year a sense of deeper awareness has permeated your life, your whole being, your art. Do not let fear take root, let it go because it is not real. The truth is that you do not know anything about the future and about what is next. We are all in a deeply transitional moment. It is important to allow this transition to take place and manifest all that has already changed. We know this, yet nobody knows how and what this change is going to yield. It is important to move forward in trust so that truth can emerge. All that manifests is the result of what you have already done, nothing else. Allow yourself to hold your dreams in your heart fearlessly without attachment. The light will either turn green or not; your practice is to recognize the light.

We are all on an operating table right now to receive a new operative system: a heart and mind connection.

Quiet the mind, activate the heart, and allow your intuition to guide you. The throat chakra is the mid-point between the heart and the mind; it houses a secret gateway to the high heart chair that carries the individual divine spark node of a single atom. When you practice loving with the mind, this gateway opens, allowing you to discover your life's mission.

Let yourself float.

When you use words like "stuck in time" you are in the ego. Now, it is time to trust your heart more than your logic. Nothing we do in this world is but a product, a manifestation of our thoughts. It is all a habit, a comfortable dance. If you do not like that creation, change your thoughts. Take a deliberate step. Allow your creation to manifest from the heart - do not define it - and be sure that you will love it because it is YOU!

Just as you create a work of art, the same process starts from the heart connection. It becomes about trusting, faith, stillness, patience, quiet reflection, peace. Do not picture the picture, allow it to emerge as you do when you make art. Get out of your own way, allow the reality to show itself to you, the vision to manifest without needing to understand anything, because it is always better.

Say yes.

In stillness, clarity arrives. You dreamed of a butterfly breaking free from her chrysalis, without a struggle, moving, shifting in a sacred dance and reaching maximum vibrational power, balancing masculine and feminine energy. You meditate on the triple goddesses' energy. Venus conjunct Chiron is moving from Pisces into Aries. It sees its wound and seems to say no... if you have to expose yourself to others' judgement, yet . . . with your Leo Sun remember that a rose is a rose and it blossoms no matter what. It is vital to share your truth. You might feel insecure, not ready, yet a deep feeling in the core of your being allows you to trust and follow your instincts to bring you further into a new world. Venus conjunct Chiron expresses your true feelings in the gentlest way. Your intention is LOVE, to live your life as a work of art, to open your consciousness and enter a new life cycle, to reveal your truth.

Your birth chart is the blueprint of your soul. There are many forces at play. Let go of protections and allow your life to unfold naturally, as if it were blank sheets of paper and every moment a new page. Be courageous, take a leap of faith, access greater wisdom to meditate on what you want to offer to the world. Where do you plant yourself now? In your heart. It is as if a gong strikes, and the sound waves move through and change everything. Keep coming home to your heart. As you go through all these changes there is complete instability in all aspects of your life. You will be a completely blank slate where the only thing to ground you is your heart and your art. It is a day-to-day practice to withstand all these changes, to focus on the next step, for therein lies your spiritual practice: moment to moment, day by day. What you are redefining is your Varuna at 28 Taurus in your Capricorn hour. It is where you are relocating yourself to the all-seeing eye space. The void within that space feels like walking into a sanctuary, it is mystical, alchemical, sacred, magical, it holds infinite possibilities. It feels like an esoteric, intangible space, where what is born comes through your art.

What happens when you bring undivided attention to yourself? What do you notice? Start observing things in the mirror. What comes online? How can you know yourself? How can you know the space you hold and what happens in that space? Look at your Moon-Chiron conjunction. You want to love yourself unconditionally, to hold the frequency of love. Love does

not need to fix anything. It just is. When you want to fix things, you are in the ego. Service is an act of self-love. You have no planets in your mental body; therefore, self-love is vital and what happens there is telling you to go back in and pay attention to you. It is not selfish, it is necessary.

Your mental body is linked to the infinite ocean of possibilities. Trust!

Assume the best for everyone and empower them to believe that their path will never lead them to a place that they cannot handle. Let them take responsibility and check on them afterwards. The light you see in others is your light, your own reflection.