

The Monthly Oracle



How does Predictive Astrology really Work for Humanity and the Individual and Couple

Over the past few years I have been doing far more 'transit readings' via email. I am aware that many people who have these transit readings do not know 'how' transit readings or 'predictive astrology' really works. This is obviously not the fault of the individual because few people have studied the science of astrology and 'how' it works. At times I do my best to explain to a client how predictive astrology works because the word 'prediction' carries many complex meanings and I would like my astrology clients to understand the deeper meaningful significance of predictive astrology readings. So

here is some information on this science in case you are interested. The Astrological Birth Chart and Astrological Transits

The astrological birth chart embodies the unique 'seed' energies of the individual (or couple/group/nation/event). These 'seed' energies are embodied in the chart as a whole although:

The Rising Sign, which starts off the chart, embodies (esoterically) the central 'key' of the deeper Spiritual/Life Purpose, Path, Direction and Goal

The Midheaven Sign (or MC; the highest sector of the chart) embodies the energy of the highest Spiritual/Life Goal itself and the Life-Vocation that manifests this Goal

News and views

"All those materialists who have never done anything to make their inner world habitable think only of amusing themselves in the outer world. As soon as they find themselves in their own company they're bored; it's inner poverty.

Spiritualists, on the other hand, know how to make their inner world so orderly and beautiful it lacks nothing: poetry, colours, music... everything that's beautiful is there, and they suffer when they are forced to 'go out' and leave this beauty behind.

So now, think about it... How much time do you spend with others? A few minutes, a few hours. And how much time do you spend with yourself? All the time, day and night. Well, don't you think it's much more important to improve the place you never go out of?

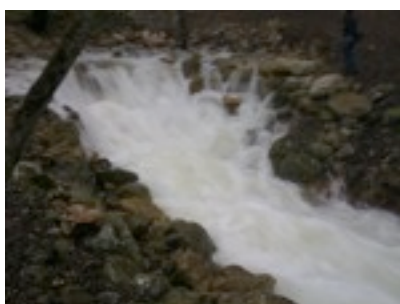
Why do you allow your inner space to get so run down, like a hovel, or like an attic where the windows are broken, where spiders are walking across the ceiling and the mice are having a great time."

Omraam Mikhaël Aïvanhov

The Sun Sign embodies the governing energies of ones personal self, its characteristics and creative gifts (The Sun Sign will be placed in one of the 12 'houses' of the chart, and each of these 'houses' carries a specific meaning related to one of the 12 zodiacal signs. For example if someone has their Sun Sign in Virgo and it is in the 11th 'house' [ruled by Aquarius, the 11th sign] he/she will be an Aquarian-type Virgo)

The Moon Sign provides the central key to the personal influences of 'upbringing and conditioning' and how these influences re-active upon ones instinctive consciousness into adulthood (It is interesting to note that each 'child' will have his/her Moon in a different sign and 'house' and that he/she will therefore be influenced differently re 'upbringing and conditioning'. In other words the parents and home-family environment will have a different influence upon each 'child' and adult)

The North Moon Node which is the focal point for the fulfill-



ment of the present-life Purpose and Vocation, and the South Moon Node which reveals the major influences of past lives in the present life

The Transits of the Planets and the Unfoldment of the Life Purpose, Path and Work

Like any 'seed' the human 'seed' will unfold itself into its unique human flower with its own unique purpose, path, goals, qualities, characteristics, creative activities, experiences, lessons, changes and transformations. The unfoldment from 'seed to flower' occurs over the entire lifetime, each sub-unfoldment occurring over seven-year cycles (birth to 7, 7 to 14, 14 to 21, 21 to 28 and so on). The transits of the planets determine the 'timing' of various particular unfoldments and their corresponding circumstances, experiences, lessons and expressions. The planets move or 'transit' through the greater 'heavenly' zodiac at different speeds and when a planet reaches a certain degree in a sign (there are 30-degrees to each sign) it will 'activate' any placement in the individual birth chart at the same degree. So if Uranus reaches 19 to 22-degrees Pisces (as it does in 2008) any placement in the birth chart between 19-22-degrees will be activated, and the combination of the influence of Uranus and the 'placements' in the chart being activated will determine the Uranus transit interpretation for 2008. In some years there are many transits while in others there are few, although in most cases there are various transits, each with its own unique influence, although all the transits are inter-linked into a whole.

The science of astrology works according to the esoteric Law 'As Above, So Below' and 'As in the Macro-cosmos so in the human Micro-cosmos'. This is the cosmic Law of Correspondence. Whatever is occurring in the macro-zodiac/cosmos is also occurring simultaneously in the

human micro-cosmos/zodiac. It is not that Uranus moving through Pisces in the greater zodiac is influencing the individual per se - Uranus is also existent in the energy system of the individual [zodiac] and its movement in the greater zodiac also occurs simultaneously in the lesser human zodiac. The two are completely interwoven in the WHOLE. The 'qualified' astrologer can see (in the astrological Ephemeris) when these transit activation's occur and he/she can provide the exact 'timing', interpretation, influences and meaning of these activation's, both in terms of the present and future (So in 2009 the astrologer can provide a deep understanding of what will be unfolding in 2010 and the 'timing' of these processes). Predictive astrology is not so much concerned with 'physical' events but with the spiritual, psychological and experiential events and lessons, and the deeper meaning of these changes. Nevertheless, it is true to say that the 'consciousness' of the astrologer and the individual client will determine 'how' these influences are interpreted and dealt with, for 'consciousness' (knowledge, understanding and wisdom) is always the central determining agency.

I do transit readings by personal consultation or email or by tape (the birth chart is required). They usually last 90-minutes but can vary from one hour to two hours. I charge between £30 to £50 per hour depending upon the financial circumstances of the client (I charge £10 for a birth chart if you do not have one as it takes me about 20 minutes to draw up and draw in the birth chart details). For further information contact me by email.

rainbowzodiac@googlemail.com

One For All and All For One

The phrase "One for all and all for one" has taken hold in my mind a lot lately. Maybe it has to do with the election cycle here in the U.S. Maybe it has to do with the seeming instability of the economy, both at home and across the globe. Maybe it is just my age!

This phrase was the motto of The Three Musketeers, a story written by the French writer Alexandre Dumas. They knew that for the group to succeed, each one of them needed to be committed to the welfare of the group. And if the one was to succeed, the group needed to be committed to the welfare of the one.

It got me to thinking about how much longing there is for peace in the world, a healthy planet, and community committed to the welfare of all. And how, despite our best intentions, we keep on struggling to make this longing reality.

You can see measurable progress on the healthy planet front. Awareness is up. People are changing light bulbs, using reusable shopping bags, buying local and eating organic when they can. Lots of "ones" taking small steps to benefit the "all". Even the auto industry - a pretty big "all" - is highlighting cars with better gas mileage. And while the motivation may be in profits and self-preservation, the movement is in the "right" direction :-))

So. How do we make similar



progress in the areas of peace in the world and a global community committed to the well being of all its inhabitants?

A great place to start is to make a commitment to peace in your everyday life. It works in the same way that giving up on recycled bags benefits animals in the wild, less waste in the garbage dumps and makes a small dent in using less oil for not so needed things. The results may not feel as tangible, yet they are just as real.

And if making this commitment is a great place to begin, why is it often hard to make the commitment or stick with it once it's been made?

Left to its own devices, your mind is a miracle of self-preservation. It is very effective at keeping you aligned with its cycle of repetition. Longing for things to be different. Fear of getting hurt. Fear of hurting someone else. Fear of nothing changing. Fears of losing the happiness you have. Fear of never feeling the happiness again.

Identifying with this fear keeps you operating from a small, constricted place. Which makes it very difficult to even consider working for the benefit of all.

And your mind is very willing to keep the fear alive. Unless you ask it to do something else instead.

You can begin by gently remembering that everyone around you is struggling with the same fear.

And within that remembrance, give yourself the gift of trying something different to see if a different result is possible.

Well, if you're anything like me - and most everyone in my circle of acquaintances - it's your mind. Your mind that is so very well trained and well versed in the skills of self-absorption, self-centeredness and fear.

Making this commitment, remember there is no race. It's about being with yourself - the one - so that you can be there for the all.

Begin slowly and gently, training your mind in the quality of open-

heartedness. It will require you to develop patience and kindness, courage and curiosity.

The patience and kindness you would offer a small child as they learn something new. The courage to let your fears take a back seat for just a moment.

The curiosity to approach a familiar situation as if seeing it for the first time.

You have the power to make your life an adventure in remembering and experimentation. A big laboratory where you get to design the experiments, carry them out and study the results. Playing with how your one impacts the all around you.

Sometimes you'll make a break through. Sometimes you won't.

But you will be practicing opening your heart with kindness, patience, courage and curiosity.

As these qualities begin taking hold within your mind, a funny thing happens. You begin extending them in surprising places. It may be as small as asking the teller at the bank about their day and thanking them for their help. Or remembering to ask your neighbor how the grandkids are doing.

It may be as large as volunteering time to teach others to read.

Or changing your life's work to help others become self-sustaining.

So, next time you find yourself contracting around what you need, or what you're not getting, or making someone else understand your point of view, take a deep breath.

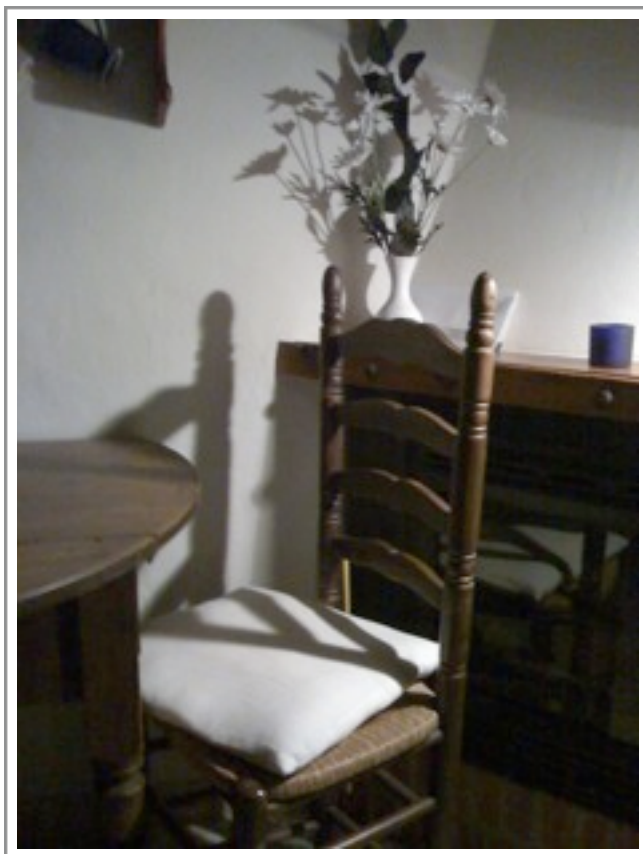
Pause and consider what it is that you're holding on to so tightly.

Can you let go just a little bit to see what might happen?

Go ahead; give yourself the gift of practice. Be one doing your part for the benefit of all. And when you do, someday, somewhere, perhaps all will benefit.

May the merit of our work be for the benefit of all beings.

About Ellen Kozub
Ellen is an explorer, looking for ways to bring meaning to life and to be a good human being in this world of ours. She knows that meaningful change comes when you



Create an environment that supports practice, exploration and making mistakes;

Use a problem solving approach that focuses on doing more of what already works well;

Commit to helping people learn to really listen to and talk with each other.

Parking Problems

Maxine was driving down the street in a sweat because she had an important meeting and couldn't find a parking place.

Looking up toward heaven, she said, 'Lord, take pity on me.'

If you find me a parking place I will go to church every Sunday for the rest of my life and give up sex and tequila.'

Miraculously, a parking place appeared.

She looked up again and said, 'Never mind. I found one.'



Changing Times

The Christmas and New Year holiday period is always so interesting and never more so than this year. Those who have patronized others have been humbled; those who have criticised and so fragmented the efforts of others promoting wholeness have been placed in positions of impotence. People who felt 'down' and apathetic are being moved on in ways they never imaged in their wildest dreams whereas the greedy and the ambitious are being shown that behavior such as that is inappropriate in the climate we are now living within. And the complacent are being shown that inclusive unselfish intentions are supported all else is not.

It has been like a vast casino with people gambling on being able to

take short cuts, others on making people behave in certain ways where all cooperate. Masters/mistresses belittling those in their employ. Those sold into slavery striving to find equality. What a mixing pot. So lets question fundamental security at a physical level that constitutes health, finance, family and job or purpose in life.

People who only think of increasing the influence of their power and their money limit themselves and lose out. Even if they have gained great satisfaction in the past from these things they will find themselves bitten. Perhaps they lose their power and their influence, their money and their health and outwardly things look bleak.

Those who genuinely seek their spirituality within remain free even if they have to find ways of

doing things that would not appear optimum. We get older and less mobile and move more slowly but move we do. We get ill and are forced to find a different pace and to get some help from others which we never dreamed we would need to accept. We must trust the rebirth; for now the only way round is through.

Spiritual growth includes pain and suffering just as childbirth does. The first stage of labour seems hard, when you move into the second stage the first seems like a walk in the park. And yet when the child is born the love and respect comes with it, not only for the new life but within the parents as well for pain and joy are bound together and life as we knew it is done and life as we are to live it now is just beginning.



The mettle of all is being tried and tested. Negotiations and discussions should enable win win options, respect, honor with gratitude to those who have worked tirelessly on our behalf when we have been unable to do so. As we move from one place to another and take up responsibilities and or abdicate them all should be allowed to feel 'special' protected, cared for, nurtured and cherished just because they are there. It should not depend on cash, greed, monopolies and the like.

Those whose spirit is strong will work for the good of all because they want to and it is the right way to live. Those who do not will find life empty, lonely and uncomfortable until they change their ways, not outwardly necessarily but inwardly. May we all be deeply fulfilled in this coming year.

Collectively we are in a time of rapid and huge change it is already a work in progress. We will be fed many conflicting opinions from many different sources. Lis-

ten by all means but then go within and seek the truth there. We will know and feel from our hearts what is truth. Like the statues of Egypt when the 'little' us is held by an 'enormous' us out of our sight. If we confer there we will be led by events within life. If you cannot hear or feel an answer immediately, your body will let you know. If it is of a lower vibration and therefore detrimental you will feel it in your lower three chakra, i.e. nausea, tummy ache, rectal wind etc. If you are feeling lifted, lighter, happier, and you are enjoying yourself with things 'feeling right', then you will know that it is born of a higher vibration and you are being called.

Although it may seem that things have ended abruptly, they actually have not. We have been letting go of the old during the past year. Only now can we start with the new beginnings and new connections. We have prepared by slowly finding the way to catch up with ourselves and let go of the old. Like musical chairs it is time for someone else to sit in our seat

and for us to move on. We have had to let go and let the Management manage.

So now here we are. We have hopefully removed ourselves from a great deal by now. Having had experiences of "being invisible," unnoticed, disregarded and disrespected, and perhaps we have felt ill treated abused and abandoned. All this in order to encourage us to pull out and move on. Our job is now done. We no longer belong in the world of the old. It is OK to leave.

Now what? Like very new babies we are vulnerable and perhaps somewhat bemused and confused. We need to stay very still for we can make new choices as we can see with fresh eyes. We get to tap into our pure innocence and tap into a whole new us. We get to begin again. We may regain our curiosity, our sense of wonder, and a pure and pristine sense of things. Choose not to remain in old and familiar ways and surroundings instead claim the great gifts we are receiving, we do not need to understand how right now. Release rather than revive the old going back only leads to a sense of futility, stagnation, boredom, and even depression.

We have graduated to a new level, but in many ways, we have yet to connect to that level. This can manifest as lower vibrating energies continuing to want access into our space, and even as thinking we have made new connections, jumping into them, but finding that the time has still not arrived, and we now need to back off and stay still for a while longer.

Although the higher quality energy is entering our space and we

know it we feel somewhat like a jelly that has been made but has not yet set! This is a collective change so the logistics have to be managed. The old space has yet to anchor itself without us and all must be readied within the new. Truly a time of transition. While we are waiting, we are making progress. In small, progressive and steady steps, we are being prepared and setting things up for our new roles and new connections. We will be hanging out with incredible new people and places in the new reality of 2009.

These connections are rapidly taking place now, even if not evident in all ways. We need to be careful not to try to grasp at straws and look for anything to grab onto, just to feed our sense of the familiar, we have to learn

to be OK knowing there is nothing yet to anchor onto right now. All is in order and we do not need to know what that order is right now!

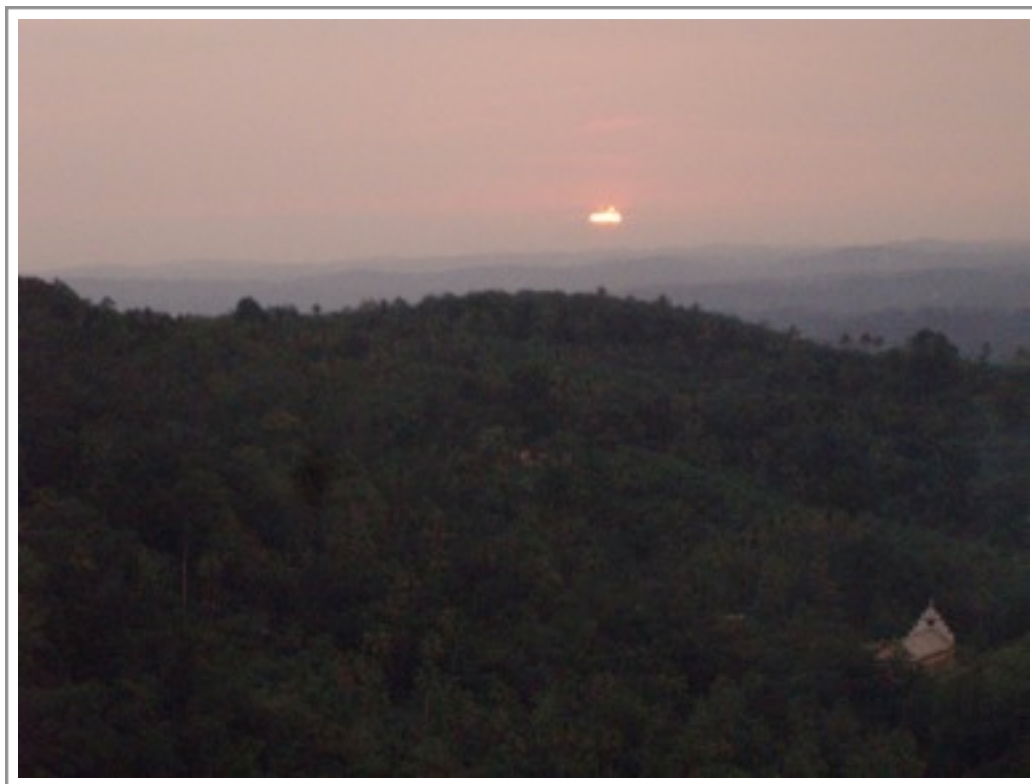
These changes are true for every dimension of being and we maybe aware of a sense of loss, grief and mourning. This will be converted to humility and gratitude as those guiding us move on to help others and to learn more themselves as we do as well. As we all find our new roles others will be involved and we will evolve together. We will share our wisdom and what we have learned with those going through their process of evolution. In this way, we will offer a vast array of services to those who are expanding. We will know what they are experiencing because we have been there ourselves. And be-

cause we have purged and released so much, we will know how to assist in a higher way as well. For only if we are harmless will we attract others who are as well.

To ensure this we will connect more securely with our brothers and sisters, as we assist each other in our very new roles. We will most assuredly be there to help each other we offer our own special gifts and talents to create the whole that will comprise our very new reality. We will find ourselves placed we do not get to choose the class or even the school!! It can be harmonious, companionable and complimentary or it can be competitive and hostile where conflict is the order of the day. Either way we find out for sure how well we have done to date!!

Is it humble - is it modest?

It has been quite overwhelming how many letters and email received. Difficult to know when to stop, it seemed like a good idea to get other peoples stories into the public domain and ease the sense of isolation being felt. But one does not want to appear to be giving in to self-praise being well aware that the work done is done through me not by me. Then as more came in one does not want to exclude any or dishon-



our any so in advance the comments below are absolutely the last being recorded. As is said on the TV shows the phones lines are closed and any calls received will not be counted!

Hi Judy

Thank you for the Oracle Newsletter, as always thought provoking and inspiring. I like the new name. Sorry though to hear you aren't so well

I wish you a speedy recovery and I send bucket loads of love.

When you said we should let someone know if we felt they were a safe space for us I couldn't let this opportunity pass by. I have always been a bit shy of expressing myself but here goes. Since that confusing! day I met you at Di's you have supported, guided and cajoled me along the way. Always with honesty and good humour (The memory of you asking me if I thought I was a washing machine stays with me and always makes me smile). Even when I was in trouble (which lets be honest was quite regular in my running amok phase), you gave it to me straight but with this undefinable gentleness that taught me to take it on the chin, pay attention and move on. I thank you for your unending patience, wisdom and care of me. Language cannot convey adequately the deep love and respect I have for you. You are the safest space I have ever known and I am honoured to know you. Love Chris Cumbria

Hello Judy,

Sorry to learn from November's newsletter that you have been

unwell and hope you are well on the road to recovery by now.

This also gives me the opportunity to let you know how very grateful I am for all your Second Aid teachings' over the past twelve years. Without them I would have been in dire straits; especially this year as life has thrown so many challenges in rapid succession, which I have managed solely through the Second Aid training. Among many other things it enabled me to stand up in front of 120 people and read a poem at our son's wedding - and love doing it!!! (Definitely one of the high points in my life)

It is very hard to find the right words to express my gratitude, but I am and always will be eternally grateful to you. Love, Di Cumbria

Dear Judy,

I have just read your Nov newsletter and am inspired to send you an email to thank you so much for all your hard work and dedication which has helped me for the last 11-years and more recently Iain and Ben. Since the recent PIE retreat I have shifted to a much more contented place with Iain and Ben - indeed making the most of what we have rather than what we haven't so thank you so much as that is massive! There seems to be lots of changes happening around us with work, family and friends and the time I have spent learning from you is now so helpful as I gently try to respond to situations in a loving way rather than on automatic. You are truly amazing and I am very grateful to

have ever met you. And yes you have provided a safe space for me on many an occasion when I was struggling with my suffering - which helped me through each time to a stronger place - I am eternally grateful for your wisdom and generosity and what you have given me through your love and care is priceless.
Lots of Love Lucy Dorset

Hi Judy,

I imagine you are making the best of your journey with pneumonia, as you seem to do with whatever circumstances in your life you share with us. I thank you once again for the way in which you have done that over the years.

I want to add my appreciation & echo what has been said by so many about your input to my life & that of my family & friends. I cannot imagine that I would be sitting here today in Canada if I had not found you & Second Aid. I cannot find adequate or appropriate words that would do justice to the difference you have made. Just writing those words brings unexpected tears & emotions to the surface [no mean feat]!!

I look forward to hearing where your journey takes you next as you teach me so much just by sharing it. I am so grateful that you are continuing with the newsletter & I love the new title, it brings a smile to my face whenever I think about it. Its content each month is a lifeline to me. I breathe differently when it arrives in my inbox. As you always have, you make sense of a lot of what's happening in life & bring into awareness what needs to be looked at. There is of

course my challenge of working out where I am in all of this, which I can be clueless about, as it seems of late I'm all topsy turvy, which way is up? Talk about big transitions. Which leads me to say thanks for your persistence & tenacity with us all. I do hope this reaches you. It will be the third e-mail I've sent & who knows where the others went, perhaps joining the countless ones I only wrote in my head. I'm trying my traveling e-mail address as I'm off to Cuba on Monday to join a colleague from work whom I don't know that well yet.

Jim found his permanent residents card had expired 2 days before his first trip back to England since retirement & was fortunate to get back to Canada [that's another story] so he can't travel for the next 3 months. I'll be ready for another holiday by then. I had not fully realized how this work with the kids/teens would impact me. What mirrors & teachers they are. With deep appreciation,
Judi W-S Canada

Dear Judy

It has been wonderful reading the letters that you have received, thank you so much for sharing them with us, each one has said just what I want to say. The huge gratitude and love for you and your work and Second Aid and for all in the Heavens and on the Earth who have supported us on our journeys. Like others I have found myself reading my journals and reflecting on life with Second Aid and life before Second Aid and might be considered as 'getting on a bit', I still feel as if I've only been here for the blink of an eye, still so much to learn, adjustments to be

made. And that is where the newsletter is so helpful, always finding the spots that need more attention, more reflection.

Thank you so much Judy for all the commitment, integrity and compassion you have given over the years. And for me personally the experiences of fear and pain, of awe and challenge, of comradeship and fun with fellow travelers. A whole and joyful experience of what it is really like to be alive. Thank you so much. My family all send loving regards to you.

I feel almost overwhelmed by the strength of gratitude that I feel for your work and how much I feel it has helped me and my family. I trust you will make a good recovery from the pneumonia and have the opportunity for some rest and recovery.

With sincere good wishes and thanks to you and your family.
With love, Bridget Somerset

Heartfelt thanks to you all and may it be a happy and fulfilling New Year to one and all. And now about the future.

Second Aid may be a done deal
Judy Fraser is not as far as I know!

LET'S GET IT STRAIGHT

THE MONTHLY ORACLE will continue. It will be sent out monthly as its name suggests. Subscriptions and donations are made through Pay Pal <judy@secondaid.net> (this address only works for Pay Pal not

for ordinary emails) or paid direct into a UK bank or a bank in Spain please contact me via phone or email

<secondaid4u2@gmail.com> for details. Alternatively a money order sent to the address at the bottom of each page is another option. This is an expensive option as in Spain we are charged over 6 euros per transaction.

CONSULTATIONS

These continue one to one, as a couple or as a group. Sometimes done via telephone or at others as a face to face consult. Both equally effective and both charged at 75 euros or 70 pounds sterling an hour.

TWICE WEEKLY MEDITATIONS

Wednesday and Sunday both starting at 11 am are held at Onda Vital Wellness Centre, c/Marti Boneo 31, Palma. The meditation lasts about half an hour followed by exchanges of information for another half hour. David Biddle starts Network Spinal Analysis sessions from 1 p.m see www.ondavital.com for details.

FACILITATION

Facilitation of training days, retreats, specialist subjects and sacred tours are tailored to meet individual and group request.

PIE

Retreats with Judy Fraser, Neil Crofts and David Biddle arranged on request both here in Majorca and in the UK