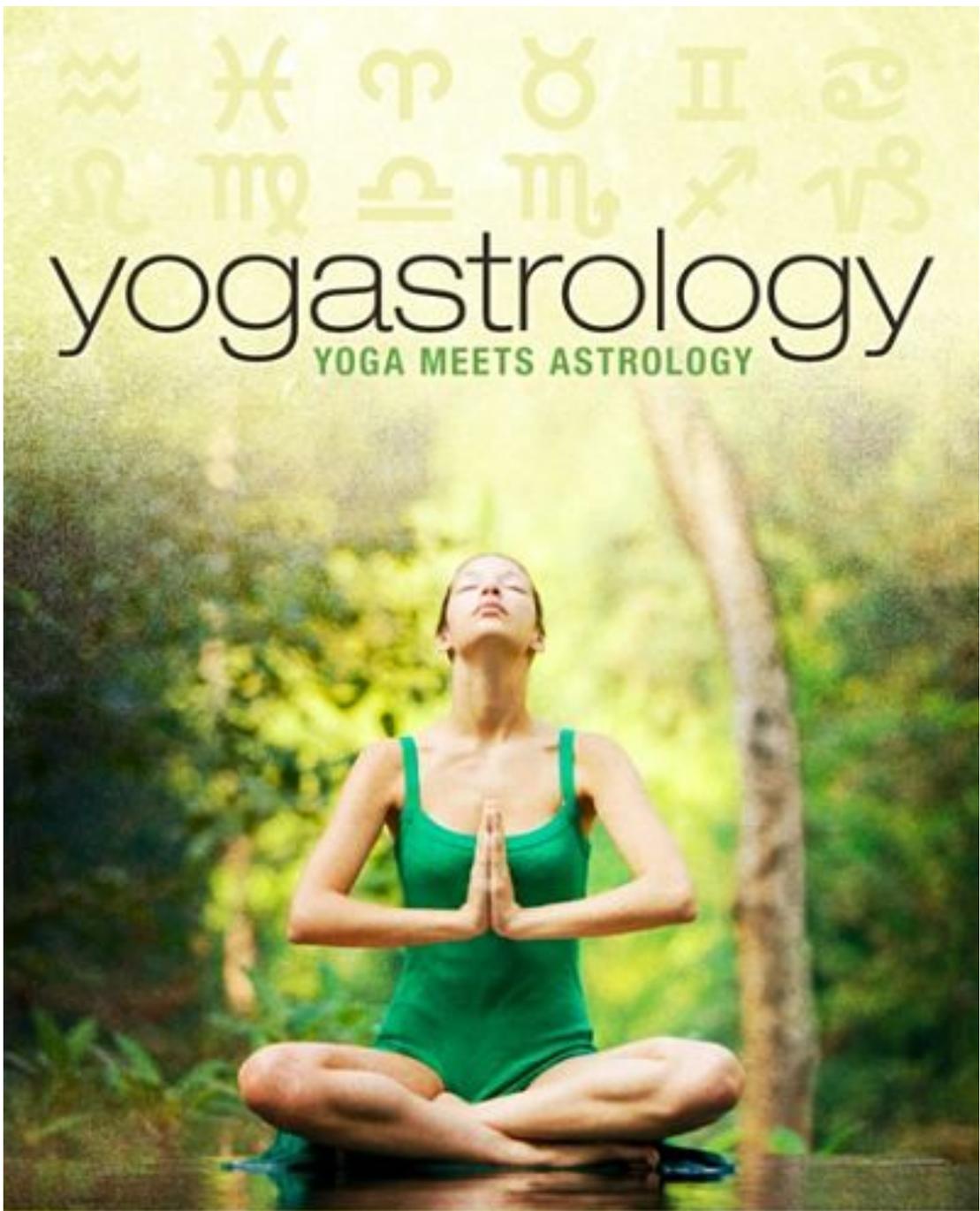


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yogastrology

YOGA MEETS ASTROLOGY



*How does it feel when your inner universe
is in alignment with the outer universe?*

DIANE BOOTH GILLIAM, MA, RYT



Sample Chapter One

Yogastrology :: Yoga meets Astrology

by Diane Booth Gilliam, MA, RYT

www.yogastrology.com

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This ebook is dedicated to my Guru, and to my mother, with great love.

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How to Use Yogastrology

How does it feel when your inner universe is in alignment with the outer universe? Radical self-acceptance. Empowerment. Exploration. Experience it.

[Welcome to Yogastrology](#), a step-by-step guide to self-empowerment — it's your guide to living your dream.

We start with zodiac body correlations: an elegant, ancient tradition aligning each sign with an area of the body (for example, Aries :: Head).

Then we add yoga, asana, journaling exercises, art, poetry, traits of each sign and ruling planets, and a Yogastrology theme (Aries :: Head :: Relaxation).

Do Yogastrology for the **current zodiac sign: align with the power of nature, the Sun and Moon, in present time.** Yogastrology for your **Sun sign** helps you align with your life's purpose; transform vulnerability into strength. Yogastrology for your **Moon sign** attunes the body with the rhythms of nature. Yogastrology for your **Rising sign** helps you embrace your innate worthiness and natural radiance.

Teachers, you are invited to use Yogastrology as a resource in your classes and workshops.

“Impressive”

— Richard Rosen, author and *Yoga Journal* contributing editor

Zodiac Sign :: Body Correlation :: Yogastrology Theme

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I grant myself the right to relax.

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I live in abundance.

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I have a strong and protected, happy heart.

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Chapter 1

1 Aries :: Relaxation

Aries has been associated with the head since ancient times. Let traditional zodiac body correlations be an ally on your journey to wholeness.

Hello and welcome to Aries — the themes are self-exploration and relaxation. In this chapter, you can honor your inner fire. And then let go. Restful relaxation helps you rejuvenate and get ahead. Yogastrology leads you through hatha yoga with an emphasis on your face and head, journaling exercises, and practical suggestions on taking the best of your yoga experiences into the rest of your life.

Explore fiery Mars and your version of Slow Burn.

Do Shavasana. If you'd like instruction (with special rejuvenation exercises for the face and head), download Yogastrology Audio on iTunes, Amazon, YogiChocolate, or click here: [Aries Yogastrology Audio](#).

Preview [Aries Yogastrology on YouTube](#).

Meet Ganesha, the remover of obstacles.

Empower yourself: relaxation is the key to getting ahead.

Have you ever had answers come when you're doing yoga? Suddenly you "get" it. A problem is solved or you see which way to go. Relax, and higher wisdom comes through. Enjoy Aries, relax... and get ahead.

Just right for every level of student... invites relaxation and self-exploration. — [Yoga Journal](#)
review of yoga instructional media by Diane Booth Gilliam, 2000



1.1 ARIES TRAITS

First and foremost, Aries packs a fiery energy. This zodiac sign represents eternal springtime, new growth, and raw energy. The zodiac is divided into four elements — fire/earth/air/water — and each element has three zodiac signs. Aries is the first of three fire signs (Aries, Leo, Sagittarius). Also, this sign is the very first sign in the zodiac.

First is not an easy place to be. It takes courage, stamina, and moxie to go ahead of the pack. When it's your turn to go first (and we all have Aries somewhere in our astrological chart), be sure that your personal trail blazing has a clear direction and you have set an intention or goal.

Be sure you know when to charge ahead, as well as when it's time to relax and let things percolate for a while (let Shavasana help with that).

Every zodiac sign has one or more ruling planets. Mars, the warrior planet, rules Aries.

1.2 MARS

by Dana Gerhardt of [Moon Circles](#), used by permission of the author

“Mars likes action. Notwithstanding the media’s lust for violence, most of us lead relatively safe and quiet lives. This puts many a Mars warrior behind a desk, staring at a computer, attending business meetings, shopping, doing the laundry, maybe fantasizing on porn sites, or watching a privileged few athletes parade their Mars on TV. But Mars doesn’t go happily into domesticated bliss, a fact even Madison Avenue has noticed. Witness the recent Burger King commercial converting the feminist anthem ‘I am Woman’ into a resounding manthem, declaring ‘I am man. I’ve had enough of chick food. I need to wrap my sturdy hands around a burger!’

Mars is not delicate. In the Star Trek universe, he would have been a Klingon. He's bursting with raw physical vitality. He's fiery and impulsive, also competitive and selfish. He's the anger we don't like to admit, the illicit passion we work to transcend. He's also powerful, independent, and courageous. With the force of Mars we can climb mountains, wage ambitious campaigns, protect the defenseless, stand for what we believe.

But listen to conversations around the water cooler and you'll find more people criticize Mars expressions than cheer them on. 'Allen is so competitive.' 'Did you hear the mean remark Emily said?' Mars is what other people have that gives us trouble. If we bring our own Mars into an astrology reading, we often do it indirectly, complaining how we're tired all the time, or not 'getting any,' or that we hate what we do. Of course the real problem may be that **our assertive lusty Mars is idling...**"

1.3 ARIES FIRE

Ask yourself,

What makes me hot?

Where is my lusty, aggressive, angry, passionate, assertive Mars fire?

Get started exploring this. Recall, imagine, draw, write... We'll come back to this a little later.



See [Aries Yogastrology on YouTube](#).

*All the hemispheres in heaven
Are sitting around a
Fire
Chatting
While stitching themselves together
Into the Great
Circle inside of
You.
— Hafiz*

1.4 GANESHA, REMOVER OF OBSTACLES



Meet Ganesha, the elephant-headed one. His image is placed over doorways in India, as **Ganesha honors the importance of beginnings and bestows blessings** on each new endeavor. Marriage, a new business, any new undertaking — these are Ganesha's domain.

One of his songs, the Ganesha Gayatri Mantra (see 1.10), offers protection. Realize how every obstacle we encounter is placed in our lives to help us learn and grow in exactly the right way, the way we need to learn and grow.

Call on Ganesha, ask for his help in removing obstacles blocking your way. Ask for his blessing. He is known for his benevolence and kindness; he seeks only your highest good and ultimate happiness.

1.5 SLOW BURN

Slow Burn by Kimberly Satterfield

Mars man came often.

The first time he found
a hinge in the back of her skull,
a clasp at her forehead.

Opening her up
he laid a fire of old news
and coal and lit it with
his tongue, left her burning.

Ignited coils of rage
rose up from her feet.

She shook like a sapling in a bad wind,
her voice singed and ragged shot out
in a scream that paralyzed her for hours.

For a long time she had no
idea why her bones were hot

why her muscles seemed too short,
why her life was a
continuous slow burn,
until one morning as she grimaced in the mirror
and caught him throwing
logs and tinder to stoke
the embers in her head.
She incinerated him on the spot.
She knew the clean up
would not be pretty.
She stood like a pitcher
in the rain for weeks
soot and ash pouring out her nose and mouth.
Cleared out
she spent a month in Hawaii
to cool like lava on a black sand beach
before she locked
the clasp to her mind
and pocketed the key.

— Kimberly Satterfield (she wrote *Slow Burn* after she participated in a *Yogastrology Aries-Mars* workshop in the San Francisco Bay Area in 2009)

Your turn. For your version of *Slow Burn*, please note: you do not have to color inside the lines. *Slow burn* can get messy. Go ahead. Grab a pen and continue to explore your Aries-Mars fire by drawing, writing, scribbling. Do whatever you want to do to offer tribute to Mars. Honor your own version of *Slow Burn*. One and only one rule: do no harm to yourself or others. It's your *Slow Burn*. Put something on paper. Draw. Write. Scribble. Jump up and dance if you want.

Did you get it all out? If not, keep going. “Get it out of your system,” as my mother would say. And when you’re ready, fun awaits you. Tarot!

1.6 TAROT

Eight of Wands :: Tarot Card, by Avia Venefica of [Tarot Teachings](#), used by permission of the author

“When I was a kid, my school executed regular fire drills in which a clever pneumonic was employed to save our skins in case we caught on fire (stay with me here). When this card shows up in a reading I often hear my old gym teacher bellowing ‘Stop! Drop! Roll!’ in those unnerving fire drills. When the eight of rods (also known as wands) shows up... I invite you to do the same:

STOP: Get quiet. Stop taking action. Reevaluate the situation. Those pastoral scenes in the card are an invitation to breathe deep and take in the magnificent bounty and beauty available to us if we would but stop to be aware of it.

DROP: **Hunker down deep into the recesses of your soul and rest in silence.** Drop your consciousness into the endless, timeless nature that is both beginning and end. Those of you who meditate know what I mean by this. Dive deep into the well that is the Absolute and Infinite. Why? Because that is where we receive our next instruction; our next call to action.

ROLL: If we’ve stopped and dropped, we now know in what direction to roll. And, odds are, we’ll be divinely guided to roll in the path of least resistance, leading to our best interests. Those tranquil waters running through the eight of wands indicate our best action is surrender to the pull of a higher current. It’s a faith thing. This grade school advice is made even more poignant when we consider the fire element...”



In the hands of the right tarot card reader, the cards can reveal amazing things that support and illumine your life path, particularly at an important turning point or fork in the road.

1.7 REST & RELAXATION

Arianna Huffington and Cindi Leive wrote:

“As women, we make a lot of New Year’s resolutions — ‘lose 10 pounds’ and ‘finally write that novel’ and ‘lose 10 pounds — seriously.’ But this year, the two of us (that’s *HuffPost*’s Arianna Huffington and *Glamour*’s Cindi Leive) are suggesting you make a New Year’s resolution that could improve the status of all women in this country, starting with you.

No, we’re not talking about universal child care or even banning Tiger Woods from ever texting again. If you ask us, the next feminist issue is sleep.

And in order for women to get ahead in this country, we’re all going to have to lie down and take a nap. Stay with us here for a minute. Americans are increasingly sleep deprived, and the sleepest people are, you guessed it, women...”

1.8 WHAT’S AHEAD? RELAXATION

We could spend — all right I admit it, I have spent — vast amounts of time and energy and money talking, thinking, writing, and analyzing: Why all the anger? Why can’t we just let go and relax? What is preventing us from getting enough sleep? What prevents my yoga students from dropping into meditation? What keeps people away from Shavasana deep relaxation? And what keeps us from enjoying life, for that matter?

Finally, I considered this possibility. Let’s give our personal layers of muck (and we all have muck) the respect it deserves. And no more. Let the muck be seen, heard, and acknowledged, without pouring over it endlessly. Get it out. Honor it. Do your own version of Slow Burn. And then be willing to let it go.

Our minds change, our thoughts change. **Much of what fills our heads is so fleeting**, if we are willing to let it go. Thoughts are like clouds in the sky. Watch them come, watch them go. Settle into relaxation. The most ecstatic experiences of relaxation that I have ever felt fall into three categories: sex, chanting, and Shavasana. Sex is great, but really good sex requires another

person, the right person, who sometimes is available, and sometimes isn't. That makes the times it is happening all the more precious. Kirtan chanting is ecstatic too, and it's readily available on CDs. There is more and more live kirtan around these days (lucky us). Swaying in ecstasy happens every time I chant. Sanskrit calms my mind, and a delicious state arises that surpasses anything in this world. Fill the room with lovers of the chant, and the pleasure is even more intense.

Last but not least, Shavasana. It has worked for centuries, it works now. Shavasana is delicious and sublime. Try it. You'll see.

1.9 SHAVASANA

SHAVASANA :: DEEP RELAXATION

Do Shavasana now (also called Corpse Pose, Sponge Pose, and Deep Relaxation Pose). Of course it's true that quietude emphasizes every little noise, and distractions can become much more noticeable. Be prepared: you're in good company if you find this is not the easiest pose you've ever done, despite how it looks.

But it is a very important pose.



Like a sponge, your body/mind absorbs the countless benefits of yoga in this pose; for this reason, it is also known as Sponge Pose.

Shavasana shows us how to die before we die. That is how we become fearless, how we learn to be unafraid. In other words, **this is how we learn to live**. Take all the time you need coming back from Shavasana, and when you feel ready, go to section 1.10.

1.10 EXPLORING YOUR PRACTICE

How was Shavasana for you?

_____ I had a perfect, wonderful experience, without any inner or outer distractions.

_____ Other.

Describe your experience; if you experienced distractions, try calling on Ganesha. Ask this ancient symbol of benevolent grace to help remove obstacles that stand in the way of your relaxation and your full experience of Shavasana.

Ganesha Gayatri Mantra

Om Ekadantaya Vidmahe, Vakkratundaya Dheemahi, Tanno Danti Prachodayat

Translation: We devote our thoughts to the one-tusked lord. We meditate upon him who has a curved trunk. May the tusked one guide us on the right path.



Ganesha

:: Removes obstacles

:: Blesses new beginnings

1.11 REST ASSURED

If you struggle, rest assured: you are in good company. My hunch is that all of us creative types (and that, I believe, is all of us) can relate to [Elizabeth Gilbert](#), author of the phenomenal bestseller *Eat, Pray, Love*, when she talks about her next book, titled *Committed*:



Oprah Magazine INTERVIEWER:

“Do you sense with this book that people are expecting *Son of Eat, Pray, Love*?”

ELIZABETH GILBERT:

“People want three things simultaneously from your next endeavor: They love what you did, so they want more of that. But they also want it to be totally different, because you have to show that you’re reinventing yourself, á la Madonna. And they want it to be better. The same, different, and better. No pressure there...”



1.12 ARIES RESOURCE

In the month of Aries, focus on relaxing the head and face, especially in Shavasana. Also, you might include Head Stand Pose, forward bends, or any pose in which your head is lower than your heart.

Teachers are invited to use Yogastrology as a resource in classes and workshops. Explore fiery Mars — invite everyone to draw his or her Mars energy. Build a fire or light a few candles and set intentions to clear old energy: invoke the new. Invite remover-of-obstacles Ganesha, too. Have fun exploring Yogastrology.

1.13 NAMASTÉ ARIES



Join me in this affirmation. It's for everyone, especially during the month of Aries.

I grant myself the right to relax (for starters, in Shavasana, Corpse Pose); I let go courageously, die before I die, live fearlessly, and am unafraid of life.

I grant myself the right to relax.