

FIERCE COMPASSION: NATAL ASTROLOGY AS RADICAL SELF-CARE

EXERCISES FOR FURTHER EXPLORATION & STUDY

as compiled by Diana Rose Harper for NORWAC 2020

- I. Experiment with deliberately creating multiple delineations for the SAME placement or configuration
 - A. Choose a placement or configuration and create at least one delineation each that is subjectively “good,” subjectively “bad,” and overall neutral.
 - B. Find an astropal and practice creating WILDLY, INSANELY, RIDICULOUSLY positive delineations for each other’s least favorite placement(s).
- II. Familiarize yourself with different expressions of the planets through the lives of people whose experiences are different from your own.
 - A. Read the first-hand life experiences of people of the same generation who come from different backgrounds than you. Imagine how their experiences of, say, authority (Saturn), relationship (Venus), or privilege (Jupiter) are different from yours, and allow that to expand your comprehension of those planets in action.
 - B. Do the same as A but for people who come from different generations than you.
 - C. For both, learn more about the surrounding, lived sociocultural context those people exist(ed) within, too.
- III. Re-configure how you conceive of an astrological archetype or theme that you find challenging and/or have a narrow view on.
 - A. First, identify an astrological archetype that you struggle with.
 1. What do you associate with that archetype?
 2. What systemic problems or oppressions do you or can you associate that archetype with?
 3. List out the usual significations for that bit of astrological archotyping. Notice which ones you list first, and which are hard for you to remember. Then, for each word you’ve listed, add at least two more synonyms. Rewrite your list using only the additional synonyms you’ve pulled up. How does this change your vision of that archetype?
 4. Find at least five examples of that archetype acting in a positive/constructive way in your life, the lives of others, and/or the world in general.