COSMIC IN-SIGHT #2 by Gael Chilson, www.athomewiththestarsastrology.com

We all have our inherent rhythms but these can be easily disturbed. Walking around the track with other people demonstrates this. Short legs, long legs, rapid movement or slow, movement to music on the I-pod. Trying to maintain my own steady beat can take concentration when passing or being passed by another person. The sound of the other person's footsteps jar against my own rhythm. I feel out of step unless I can handle the syncopation. It would be so easy to just fall in step with the other person.

A similar process happens with women's menstrual cycles when they are working or living together for a while. They start noticing that their cycles are synchronizing with each other. Place a lot of mechanical clocks in the same room together and they all start ticking in the same rhythm together after a while, too. The phenomenon is known as entrainment.

In society we tend to fall into lock-step with each other in order to not look out of place or out of order. We're often taught not to "stick out" lest we be punished for being different. All of this old behavior makes it hard for a person to find their true authenticity.

Resonance could be another word used to speak about how we fall into the same rhythm with someone else. We all have a resonance based on our frequency - a frequency determined by our thoughts, feelings, attitudes; where we place our attention.

A society that places a lot of its attention on what the media tells it can be held in a certain frequency. If we are at all aware of the "Law of Attraction" we know that what we focus on is likely to manifest. If we listen to the news on TV, or other forms of media, we are likely to feel fearful. Americans have been fed the propaganda of fear for years. We are told that is why we have to wage war: war on terrorists, war on drugs, war on cancer. The major problem with this is that the resonance of fear attracts more of the same - more of what we are afraid of.

Those members of that society that choose not to participate in the mass hypnosis of popular media gravitate to other fields of resonance depending on what their desires prompt them to seek out. That which prompts us to suddenly shift to another field of resonance could be described by the action of transiting Uranus to an inner, personal planet or Angle (Ascendant, Mid-Heaven, Descendant, Nadir) in a person's natal chart. This causes a shift of the "assemblage point," a term used by Don Juan in the books by Carlos Castenada. With the current planetary alignment, there is a lot of potential for such shifting.

Persons seeking to know themselves may resonate with one teaching or path or another. Perhaps they try several paths before they find what is truly a resonance with their authentic self.

Using Shamanic Astrology we might be guided more quickly to understand our authentic self. It can show us where we are intended to show up as another version of the feminine or masculine than what society has found acceptable over the last millennia. Current versions of the feminine highlighted by the heliachal rise of Venus over an eight year cycle point to versions of the "Goddess" that are strong, independent, non-caregiver archetypes such as Gemini, Scorpio, Aries and Leo. Even the Capricorn Goddess is functioning at a level patriarchal society has repressed over the past ages. And some men are starting to allow themselves to be the archetypes of the "God" that are more nuturing and care-giving and feeling oriented such as those represented by Mars in Cancer or Pisces.

Since December 2013 the planetary aspects have really been heating things up in the relationship department due to Mars hanging out in Libra for seven months. We will notice heightened attention to same sex marriage, as well as relationships of all sorts, beginning with December 2013 when Mars entered Libra and started touching off the motivating aspect of our times, the 90 degree square between Uranus and Pluto. This comes to a head in April 2014 as Mars fills in a Grand Cross aspect with Uranus, Pluto, and Jupiter, all in Cardinal Signs. Mars remains in Libra until July 26, 2014 giving everyone on this planet the opportunity to get clearer on who and what they truly resonate with and why we want to be in a particular relationship at all. Why does the institution of marriage mean so much to everyone? Are not all our partnerships some type of marriage? Are the people we give our time and attention to resonating on the same frequency that we wish to vibrate at? Is this relationship in our best interest or the best interest of the planet as a whole? Are we just resonating with the status quo, fighting to stay in lock-step with our neighbor in acquiring more security and more stuff, going along with the mass hypnosis of media land or are we listening to the guidance from our Higher Self within our heart?

If the change we want to see happen begins with us, what do we need to do to change? If the overall health of the planet depends on the frequency that we are emitting what are we doing to resonate with frequencies of peace, love and well-being? Mars urges us to take action. Are we merely reacting or are we responding? Responding correlates with taking responsibility for our actions, our words and what prompts all that - our thoughts.

Another consideration of resonance might be with the location where we live and work. Does the location you live in bring out the best in you or something less than desirable. Are you challenged again and again by poor health, accidents, rowdy neighbors, failing business or some other problem? Seeking not only to know yourself better through the use of astrology but also consulting your astro-cartography you may find better locations to live in - places you resonate with and that actually encourage your best assets - bring out the best in you.

Astro-cartography, looking at your natal chart in relationship to the planet, can pinpoint where you can run into trouble or where you can shine. It shows where different planets in your natal chart are emphasized in different areas of the globe. Depending on how those planets are aspected in the natal chart, they will help or hinder your ability to function positively in any area designated by the planetary line.

This could be useful information to know even if you are just planning a trip somewhere or wanting to recharge by going to a retreat or spa. Perhaps there would even be a more positive effect produced by traveling from one location to another in a certain direction rather than the opposite.

All of these considerations can be facilitated by an astrologer well versed in astro-cartography. Finding your place on the planet - or places you resonate with can be key to optimal health and well being.