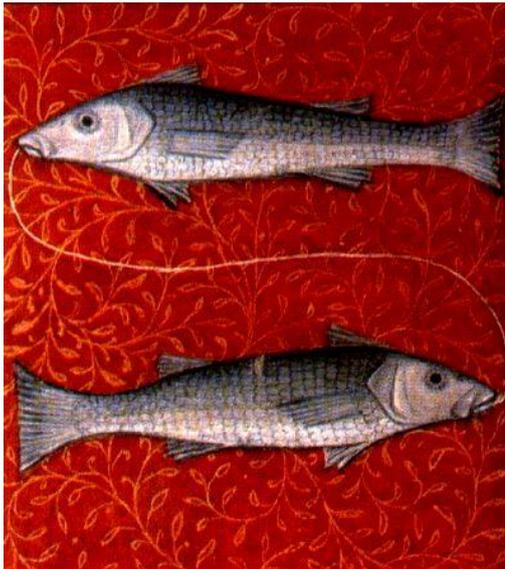


Practice - Newsletter - March 2023

Topic of the month

Refreshingly irrational into March - Pisces and the Moon



Since July 2022, I have been presenting a Tarot card in my monthly newsletter and discussing it in more detail in the context of time with that month and the astrological sign that dominates that month. What does this have to do with psychotherapy? I base my work much on C.G. Jung's Analytical Psychology. Jung included everything in his work that could provide him with information about the contents of the collective and personal unconscious of his patients, since the conscious contents with which we try to shape our daily lives make up only about 10% of the psyche, the rest is unconscious. So Jung dealt with dream symbolism, with alchemy, with spirituality and religion, with indigenous tribes (their customs, their world of thoughts), old myths and legends and much more, which is smiled at and not taken seriously by the official, so-called "natural science". Astrology and Tarot are two systems of thought that are wonderfully irrational and full of symbolism. They have the potential to lead us out of sensual perception, thinking and feeling (in the sense of judging), which are all rational functions, and lead us into what, according to C.G. Jung, is man's only irrational function: Intuition. After we had dealt in February with "Aquarius" as the dominating sign of the zodiac and the Tarot card "The Star" corresponding to it, this month we turn to the zodiac sign "Pisces" dominating March and the Tarot card "The Moon" corresponding to it.

As already announced in February, after the meditative, light-filled rest that "The Star" gave us, now a bath with the fish in the waters of the unconscious awaits us. On the card "The Moon" there are no fishes to be seen, but a crab that seems to crawl half out of churned up water onto land, which it will not do. It shows itself only partially, symbolic of those unconscious contents that we never quite get to grasp, those diffuse fears and anxieties that we never quite become aware of. These are the contents from the unconscious that are so wild and so strong that they can trigger nightmares that make us wake up confused and strangely energized in the morning, when the sun god of clear mind consciousness drives away the

moon as ruler of the night again. It is that libidinous ferocity of the "id" that can effortlessly sweep away, shatter, and drive the "superego," as Freud called the moral controlling instance of our mind-consciousness, to helpless, panicked surrender. This is what happens, according to Jung, in psychosis, for example, a dam bursting of the unconscious into consciousness. Freud warned Jung, not without reason, against pushing his individuation path further and further; he saw the danger of "occult damage," of delusional schizophrenia destroying consciousness. He warned him of the "muddy floods of the unconscious" that put us in great spiritual danger. The lunar experience, then, is not something to be trifled with; it requires careful preparation, a high degree of discipline, years of spiritual practice, and sound self-analysis. Only then, for example, the shaman, the yoga and/or meditation practitioner, the priestess, the initiate of spiritual practices is ready to face the beasts in the moon night.

The full moon has always triggered fears and strange feelings, dogs and wolves that can be seen on the card "The Moon" can howl through an entire full moon night, horror movies with werewolves are still booming, fascination and fear balance each other out for many people during the full moon, police and rescue services record significantly more operations than usual during the full moon. A possible word for madness and insanity is "lunacy," derived from the Latin "luna," meaning the moon.

And although the number of the card, 18, adds up to nine, which is the number of the card of the hermit we discussed in September, on the card of the moon there is no guide and teacher, no one to light our way, except the full moon with its light borrowed from the sun. We have to go through this experience alone, it is a shamanic test in the dark forest. Dan Millman, the author of the "peaceful warrior", which was even filmed by Hollywood with Nick Nolte in the leading role, describes in his second volume, if I remember correctly, an initiation test in Hawaii, during which he was even buried in the ground.

Even in the most respectable human being there always lurks something primitive and inhuman. In the mid-1930s, C.G. Jung had commented in his controversial "Wotan article" on this savagery and primitive force which, in his view, had been unleashed again in the German people and enabled the National Socialists to make their meteoric rise to power. He was probably not entirely wrong, as we then saw. How else can it be explained that a highly civilized cultural people like the Germans allowed themselves to be carried away to the bestial acts of the Holocaust?

In a treatise about a figurehead of German culture, Johann Sebastian Bach, I was amused to read about the primitive feud he had with his superiors in Leipzig. He was known for his ability to be clear and even abusive, but these incidents had a completely different quality. Yet we are talking about a man who produced the most wonderful, divine music. Would you trust the man who composed the spherically floating "Air", who produced the famous Goldberg Variations and the outstanding Brandenburg Concertos, to grab his conductor by the collar in church and drag him out the door? Those of us who have an awareness of what we ourselves are capable of and are honest enough to admit it will hardly be surprised.

It's this wildness that it's all about, the "Saint Roch" that grabs us when something really goes against the grain and outrages us beyond all measure and drives us to white heat, then we are addicted to the moon, "lunatically crazed" and out of control.

The largest part of mankind gets this wild "id" only by repression, bending, hard control and disciplining by his "superego" to some extent under control, with the help of stress and aggression-reducing practices such as sport, music, computer games, sex, excessive eating, drugs, medicines, diseases and the like. For most people, the pressure of suffering never becomes great enough to produce a desire for change, and I think that's expressly fine.

A few, however, who have "worked through" the ordinary ego problems - perhaps with the help of psychotherapy - and left them behind, feel called to go further, to leave behind the arena of the ordinary and average and to tread the initiatory path of the Tarot or the individuation path according to Jung. For these courageous and/or well-prepared ones the moon

holds its tests ready. During these trials we are on the other side looking at the back of the towers as the card shows us. For once, the towers are not seen here as a gate. By the time we get to where the wolves howl and the crabs come out of the water, we have long since passed through the portal and are "Beyond Good and Evil," like Peter Pan in Neverland, fighting the battles with the sea monsters and the nasty pirates.

But if we are well prepared and thus can accept and integrate the wildness of the "id", the drops of light fall from the moon and bring us peace. These drops of light the authors of the Tarot have put into the form of a "Yod" (י), the tenth letter in the Hebrew alphabet and the first letter in the name of God (YHWH = Yahweh). Then we experience the special grace of being transformed into the animal within us and at the same time being in the divine, sanctified sphere of the spirit, like the shaman who "transforms" into his guardian animal in trance, moving and speaking as an animal. We can also observe such animal transformations in the psychiatric wards of this world, but here as the result of an uncontrolled breakthrough into this realm. Controlled mediums and well-trained shamans, on the other hand, are madmen, lunatics who have prepared for these spheres for years and do not lose themselves in them because they have confronted and mastered the fear of it. Generations before them have handed down to them what to expect in the realms of the moon and how to deal with it. Many indigenous peoples, an increasing number of people in our latitudes (and in the eastern countries anyway) still practice this or practice it again.

So when we have experiences of strange feelings, dreams, fears and hallucinations, we may be on the side of the moon. If we can then accept and embrace our wild fantasies, they enrich us and our lives. Perhaps they only want to make us aware that we have now struggled long enough "under the thumb" of the "superego" and that we can only get ahead if we give the "id" a chance once in a while and don't care what others think of us and just do "our thing". For this we may come to the side of the moon, where intuition is at home, the only irrational function of the body-soul-spirit system called "man", which is not controlled by the intellect.

And this is precisely why this possible developmental step is located in the zodiac sign of Pisces, not least because of the water element that plays a major role here. With their enormous depth of soul and sensitivity, the typical representatives of the sign Pisces can now give form and name to the experiences that "The Star" has given them, by diving with imagination into the myths, visions and images that "The Moon" gives them. A prominent example was Steve Jobs, born on a February 24, who realized his vision of worldwide, wireless and pictorial communication in the terminals of the Apple company (iPhone, etc.). He was a very spiritual individual and a follower of the Indian saint Paramahansa Yogananda. Such manifestations are inevitably distortions, just as the moon only reflects the light of the sun. This is the fate of embodiment; it automatically brings with it a distortion that can only be resolved when we return to the sun behind the sun. The sun behind the sun is a symbolic expression for the spirit, the Higher Self of man, just as all the planets in the universe and in ourselves, symbolized by the signs of the zodiac, reflect different aspects of embodiment and distortion, which we may recognize in order to finally return to the Central Sun (God).

The Pisces-born often question themselves and are therefore easily offended and sensitive, they therefore get along quite well with other Pisces-born. Apart from that, Pisces and Scorpio are almost magically attracted to each other, both are interested in mystical subjects. We discussed the Scorpio in November. It corresponded with the card "Death", the grand card for change and transformation.

The two fish in the symbol for the zodiac sign are connected. One represents the worldly, love, lust and earthly, the other fish represents the spiritual. Thus, the theme of the moon is perfectly represented. So, the developmental task and quality of time for March are to bring together the lustful, the libidinal with the divine, to face one's fears and inhibitions, to let go of judgments about oneself for a change, of morals anyway, and to face clear analysis. What do I want, what do I desire and what of it do I really need? Does the wild fling

with the neighbor bring me further or what else could I create with this irrepressible, desiring energy that is more sustainable and brings less trouble without having to morally condemn myself or suppress my libido. What other path might the libido find? Does it take me further to plot the overthrow of government, or what other constructive channel might this ferocity find, this holy rage at the arrogance of power? What can I do that those in government just aren't doing? Perhaps then I will find the answer to the question of how I can be nobler, cleverer, wiser than these people and thus give my country so much more than a cheap revolution that only produces even greater villains than those it swept away.

Dates, important and current events:

➤ Elke's date preview:

03 MAR 2023: online meditation (at 8:00 p.m.)

22 MAR 2023: Meeting place: holistic self-help with cancer (at 4.30 p.m.)

➤ Save the Dates:

19 APR 2023: Online workshop "Creating your own world - manifestation and communication".

23 MAY 2023: Start annual training as a spiritual advisor - "Life success through applied spirituality".

For more information, please contact Elke: naturheilpraxis.tegel@gmail.com

- **At irregular intervals on Sundays from 15:00 - 18:00** we organize a spiritual devotion, i.e. common prayer and singing, Bible text with metaphysical interpretation, joint meditation. **The next dates: 19 MAR 2023, 16 JULY 2023, 15 OCT 2023.**

I wish you an exciting and constructive time for March, no matter if you use the quality of time and have "lunatic experiences" or not 😊.

Yours Joerg Schuber



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