

Practice - Newsletter - November 2022

Topic of the month

Death, Scorpio, Transformation - The only constant is change!



All Saints' Day, Remembrance Day and Sunday of the Dead - November is gloomy, foggy, mystical - all about change, transformation. Summer dies, winter emerges from it. This transitional month doesn't exactly top the hit list of most popular months - just like its dominating zodiac sign, Scorpio. People born under the zodiac sign of Scorpio are considered to be direct, open, intense, sometimes hurtful in their brashness, and sometimes they are even said to be resentful drama queens who don't forgive easily and if they do, they don't forget for a long time.

By the time a Scorpio forgets something, others have long forgotten what it was all about.



The archetypal description of this zodiac sign certainly does not apply to everyone born during this period. If you are looking for a prominent role model for this type, you might be well served by Prof. Dr. Gabriele Krone-Schmalz (a prominent German television journalist). Only those who have good arguments and are firmly in the saddle thematically are better off discussing with the former ARD (general broadcasting station of Germany) correspondent and Russia expert. Otherwise, he will feel her sting, politely but painfully. Even her hairstyle is a warning in this regard! (On the other hand, it gives her face a heart shape.) The typical representatives of the zodiac sign, so says astrology, just want to know it exactly, are fearless, courageous, independent, emancipated. They are the people who also go to hell when it freezes over and who don't let themselves be fooled by an X for a U, when they know exactly that it is a U. These are all qualities we need if we want to bring about change. Then we must not be afraid of the shallows of the underworld of the unconscious. Then we can plunge into the shadow world and illuminate the unknown realms with the strong light of our courage and fearlessness. For this we must not be so dependent

on the sun on the outside (recognition, applause), fog (obscurity, illusion) and rain (emotions) should not frighten us. We know that we have our sting with us and can defend ourselves in case of need. Our armored garment protects us, and our powerful scissors cut through everything that tries to stop us in our drive for discovery.

So, this is the quality of time we are entering now. This quality is not only available to those born in November, but to all of us. November is the ideal time to go with nature and let die all that we no longer want to carry around with us through the winter.

The zodiac sign of Scorpio is ruled by Pluto, called Hades by the Greeks. According to Greek mythology, he rules the underworld. Scorpio is assigned to the water element, which brings us to the emotions. Taken together, November offers the ideal platform for shadow work, the work with those unconscious parts, those unpleasant and painful feelings and emotions that often make life so bitter for us. The November holidays, with their clear focus on the finitude of earthly existence, confront us with our fear of change. The most drastic change in human life is death. People who have lost confidence in the infinity of life - the belief in life after death - fear death very much and do everything to escape it. Our personal ego, dominated by intellect, also does everything to avoid dying, to stay in power. It resists the change and says (without really being at that point): "Everything is good, vain sunshine, so it could go on eternally, I am immortal."

If you look at the tarot card for death on page 1, you will quickly see that death is not impressed by it. He takes them all in the end, indiscriminately, without compassion, without regard to the social position and the bank account. Death is radical grassroots democracy, everyone is equal. It often comes at an inopportune time, uninvited, inconvenient. We haven't tidied up at all, we haven't finished everything, the house hasn't been ordered and yet the clock has run out. Death is unjust and yet the highest form of justice, because it spares no one.

But he has his bad reputation unjustly, I think. St. Francis of Assisi is depicted in some paintings holding a skull in his hands. Deeply immersed in meditation, he inwardly confronts the transience of everything earthly. By thinking about what he has to show when death knocks on his door and wants to take him away, he strengthens himself against earthly temptations, vanities and foolish impulses. This is exactly the quality of time that November offers us: Let's take the opportunity to take a closer look at our lives and manifestations: Is this what we want to express, have we made something of ourselves mentally and character-wise, or are we falling short of our possibilities and our own expectations of ourselves? Will we leave behind a lot of unbalanced, broken china, loose ends, broken relationships or have we made our peace with ourselves and our environment? Could we step off the stage right now without too many regrets, without too many loose ends, with a glad heart, head held high, knowing that we have solved our life's tasks, done our best and faced our most important challenges, and welcome death as a friend and savior? A friend who frees us from the slavery of embodiment and lifts us into the light of spiritual being. A very down-to-earth, Swabian master craftsman confirmed it to me the other day: Twice he experienced it, standing at the entrance of the tunnel at the end of which the bright light shines, then the doctors brought him back again. There is nothing to fear, he is sure of that. But there is still a lot to do first.

If we accept his offer of friendship, death can become our greatest teacher and our best motivator. Carpe diem, seize the day, says the Latin. What you can do today, don't put off until tomorrow, says the popular saying. You only have these few years, make something of them, one could also say. Some believe in rebirth, I do too. But now I have only this life and the thought of my childhood in this life does not make very much desire for another life. My childhood was fine, there is nothing to complain about, but I am very glad to have it behind me. As an adult, my creative possibilities are much greater.

And yet death is only the precursor for transformation, change, and not the actual transformation. That comes after dying. Transformation becomes possible only when we are ready to give up the old, to let it die. A person who has been sick, fat or shy for a long time must

first give up this mask, this form inwardly, before he can experience transformations. The fear of letting go sometimes even keeps us in therapy for months or even years, we just don't experience any real transformative change. We hold on to the old self-image because we can't imagine the new. Because the old self at least gives us an identity. "If I am no longer like this, I am no longer at all, then I disappear," many think/feel.

Those who are at this point and are stuck may use November to invite the quality of time that lets the old die to them. How do we let go of the old? How do we let go of a hot potato? We open our hand and let it go, very simply. We can literally imagine opening our hands and letting go. We can imagine the old self lying down and falling asleep forever, being spun into a shell that allows transformation. And how the new self slips out of this shell, into the light of the new day. We need more constructive, inner images. Let's use our imagination! Maybe the image of a beautiful, luminous butterfly would like to be on our refrigerator door, so that we don't forget how beautiful and how light we are.

Dates, important and current events:

➤ **Elke's date preview:**

- Nov. 4, 2022: Online meditation (at 20.00h)
- Nov. 23, 2022: meeting: holistic self-help with cancer (at 4:30 p.m.)
- Dec. 15, 2022: Online: Winter solstice celebration with forgiveness ritual
Ho'oponopono
- Dec. 20, 2022: Winter solstice celebration
- Feb. 9, 2023: Start of annual seminar "Love of Life"

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

From January 2023 on we organize in irregular intervals on Sundays from 3:00 - 6:00 pm a spiritual devotion, so common prayer and singing, Bible text with metaphysical interpretation, common meditation, messages, work with Tarot cards. Afterwards, a cozy get-together with coffee and cake. **Dates 2023: Jan. 22; Mar. 19; Jul. 16; Oct 15**

It only remains for me to wish you a transforming November!

Yours Joerg Schuber



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2. Rider Waite Tarot: Death
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