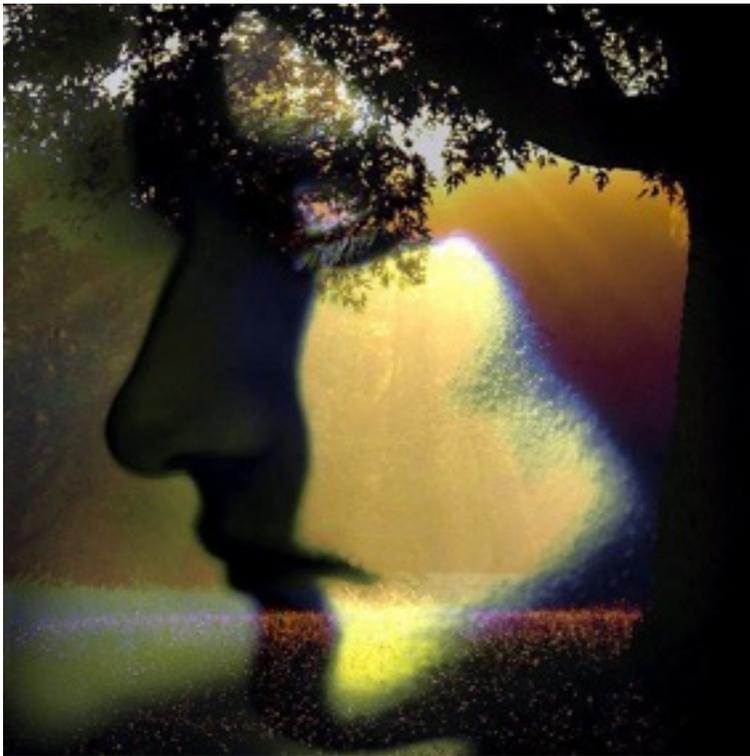


Loving Oneself by Suzanna Yahya Nadler 3/27/17

Writing this newsletter is an opportunity to shine a light of understanding on myself within the context of the energetic patterns coalescing all around. Since we can't escape the impact of this cosmos, we have a number of options to choose from: focus on the dynamism around us (like scientists or new age spiritualists), or concentrate on others and what they are doing (traditionally called co-dependents) or create a cornerstone around our individual, unique experience. From my mother's point of view this latter option is selfish, but I have a good excuse! Looking at my astrological chart my first house emphasis would explain my overly-involved-with-self accent, since the sign of Aries is connected to it. For those of you who know about the "me first" Aries, the pieces are fitting together.



This evening the ram's fiery New Moon, Sun and Venus are parading around with a big sign that says: "I'm here; I'm Aries. Let's get started because I have the drive to go after what I want". Obviously, this brings up images of more than me. I visualize Trump and many of the corporate CEOs driving their underlings ruthlessly forward. Self absorption is the gargantuan shadow to the passion of learning to love and value oneself. Psychologically said, narcissists crave power

because of their devalued sense of self.

I have ridden this see saw for many years; selfishness in one seat and self sacrifice, the other. The fulcrum point is the courage to love, both myself and another. It is immensely easier to abandon ship and orient around what someone else wants of you. (Yes, mom, I do remember you!) Or to ignore the world and do and justify only what I want. To take both

perspectives into the middle and find an outcome that doesn't discredit either side is the counterbalance.

Most of us know where we lie on this see saw spectrum, where we disproportionately lean towards. Loving oneself is usually my featherweight in comparison to the heavy iron core of other's expectations. This new moon asks us to return to ourselves, our own hearts. I have a grip on Aries horns, determined to initiate a new way of seeing the world through the eyes of beauty and strength. Embody ecology here we come!