

The Gesture of Conveying Needs by Suzanna Yahya Nadler 6/13/18

Take a breath; this new moon is actually clear of big influences. That's a big hooray from where I stand! With the new Uranian energy in Taurus shaking our foundations in the background, Gemini smoothly glides into play with its airy, communicative, thinking nature, looking for that twin-ship mirroring. Wherever Gemini shows up in your birth chart is where this new moon will focus on opening new communication, learning, and interactions.

I, for one, am surrounded by Geminis: my husband, my ex, many of the interns that come to work here, my sister-in-law, my BFF. Of course, this moon lands on my descendent, or shadow self which foreshadows the house of relationships. Oh, how I want my needs to be mirrored by others!



What's in a slip, as my feet come out from under my sturdy earthy body? A broken wrist. Now, two and a half weeks later after surgery and cast removal, what a struggle it has been to give up my autonomy. I can't open jars, or wash dishes, or put on jewelry, or sometimes even stand up from sitting on the ground with my bad knee. Rod helps me with my bra every morning. I want my family to "know" not to screw the lids on tightly, to keep the house clean. Yes, I can use my voice, but with the addition of feeling so unlike my independent self, I notice how terrifying it is to rely upon others.

I have always picked up the slack, done the last details that no one else attends to. Game change! A new way of being in relationship is peeking out from behind one-arm. I recognize how my helping has inextricably tied me to others and underneath is the inner shame of wondering if I am really lovable. This is how I held together the little girl whose mother wanted her to save the family. As uncomfortable as it is, I am pulling back from the familiar roles of cleaning up other people's

messes. And when I don't, the anger is right there, reminding me that I have over-wristed!

The wrist is the joint that allows action to be transmitted to the hand, which is the helper or doer. It supports the gesture and decides on the fine-tuning of that gesture before carrying out the action. In movement terms the wrist is the voice of my body, asking me to adjust my responses to others, to speak my wanting instead. I am learning to tolerate being needy, even high maintenance and to ask before making that final gesture!

Where is this Gemini moon giving you a nudge to say something?