



Welcome! to the January 2008 issue of

THE RETURN

Newsletter for Aquarius Rising Astrological Consulting

www.aquariusastrological.com

lark@aquariusastrological.com

CAPRICORN

The Seagoat



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***Positive Archetypes for Capricorn:**

The... Hermit; Wizard; Mage; Father/Patriarch; Prime Minister; Superior/
Authority/Elder; Executive-Director/Administrator; Builder; Problem Solver;
Strategist; Shrewd Bargainer/Business-person; Resolute One; Father Time

***Negative Archetypes for Capricorn:**

The... Antisocial Recluse; Tyrant/Dictator; Curmudgeon; Wet Blanket/Party
Pooper; Motivation Killer; Cynic; Bureaucrat/Politician; Ladder Climber;
Power Tripper; Type A Executive; Task Master; Puppet of Power



CAPRICORN

Make Your Dream Real

By Lark Bowerman

**“To thine own self be true, and it must follow, as the night the day,
thou cans’t not then be false to any man [/woman].”**

— William Shakespeare, *Hamlet*

THE SHORTEST DAYS —AND LONGEST NIGHTS— OF THE YEAR ARE HERE NOW

Capricorn people are born — in the Northern Hemisphere at least — at the darkest and coldest time of the year. We know that from now on the days will begin to get longer but that’s not going to happen instantly. We know that summer will return again but that doesn’t help us one bit right now if we walk out the front door without a warm coat on. This is the time when we have to summon our strength to make it through the winter.

Capricorn, the Winter Solstice —and Christmas— arrive on the heels of Sagittarius’ exit from the zodiac stage. The huge thrust of Sagittarius’ flying arrow finds its mark around the time we celebrate Christmas. How we handled the expansiveness of Sagittarius is sure to show up now. If we’ve over-done it, we might find our waistlines a little too expanded and our pocketbooks a little too slim. Presents stroon across the floor...did we get what we really wanted...needed? Maybe... Did we give from our true feelings toward others or out of guilt, obligation or to impress? Did the arrow find its mark? Reality check.

FACE TO FACE WITH THE SECOND STEP...

We once had a cartoon that stayed on our fridge door for a very long time. It showed a small man climbing a staircase. The first step of the staircase, where he was standing was very low; but the second step, which he now faced, was about two or three times as high as the first — and higher than the man himself who stood with a most forlorn look on its face.

It’s easy to feel that way in the time of Capricorn. It’s possible that Sagittarian leaps of faith have landed us in a predicament of some kind. We seem to have gotten into a bind. We’re out on a limb or have painted ourselves into a corner somehow. What to do now... We’re “Face to face with the second step...” In order to finish what we’ve started we’re going to have to grow in a new and unfamiliar way. Yes, we instinctively knew that this could happen. Rats! That’s exactly why so many of us opt out when it comes to taking leaps of faith. We really don’t want anyone saying, “I told you so, yadah, yadah yadah...” But here it is and we are on our own... Maybe it’s time for a New Year’s resolution...or at any rate, some form of disciplined approach will likely work well.

ENTER THE SEA-GOAT

The Sea-goat — unlikely creature! Can’t walk on land or swim in water. Either our ancestors were out of their ever-lovin’ minds when they devised this symbol or there’s something here to be unraveled.

Let’s try it - starting with the fish’s tail first. Fishes live in water — the ocean being the primal waters — this suggests the idea of going down into the depths. In terms of conscious awareness, we think of the depths as being the subliminal part of ourselves. We usually think of penetrating its depths as a way to better understand ourselves, to gain self-

knowledge, considered wisdom.

Ok, so then there's the goat's front half...hmm...goats climb. They're about the most sure-footed of all the animals on the highest, steepest mountain crags. So it seems that there's something here about going from the deepest depths to scaling the highest peaks. This implies, achievement and also becoming visible; maybe even putting to use and/or offering back what has been discovered and learned during time spent soul-searching.

MAKING PEACE WITH SOLITUDE

The Hermit is an important part of this archetype. When we come out of our Mother's womb into this world, much as the bar code folks might want it, we don't come with a label. There's no outward indication as to what our individual worth is, where our destiny lies. There's no tag on foot, arm or ear to tell us, "This one's destined to be a great Doctor," "This one's going to fail miserably at being a lawyer," or "This one is going to travel to other planets." No, it's up to us to decide for ourselves what path we'll take in life. Parents are meant to be helpful and they can be, but they can also be just as unhelpful, loading us down with all kinds of expectations and unrealistic standards to live up to.

What do we feel inside ourselves? What, in spite of what everyone else says, do we know ourselves to be? This is Capricorn's first task. Capricorn can never come to terms with it's feelings by listening only to what other people say. In reality nobody does because, to find ourselves and to stay in touch with ourselves, we need some time alone. We need to think and feel our own thoughts. Even if other people are right about us, we still have to live our own lives. Scary as it is to be alone, living life isn't something that someone else **can** do for us even though they might try. Capricorn has to get to know itself. This is the foundation for everything that Capricorn is here to accomplish — and rest assured, **Capricorn is here to accomplish something.**

"Self-image sets the boundaries of individual accomplishment."

— Maxwell Maltz

One of the ancient archetypes for Capricorn is the Wizard or the Mage. In times long gone by, it seems that communities relied on the wisdom and power of the Mage to lead them. But what exactly is it that Wizards do? Fly about on great eagles? Change the weather at will? Turn their enemies into frogs? Why would they want to — or need to? I guess the word "Sorcerer" is a helpful one here.

Sorcerers, to put it very simply, know how to draw on the Source for wisdom and power, for how to live life.

If we don't deny it, we're born knowing who we are. We're born knowing what we must do. We know we've come here for a purpose. To find the Source, we just have to turn inward and draw from the well of self-experience but we also have to **apply** our self-knowledge to the world we live in. **Capricorn has to make real its inner vision. Capricorn is not just kidding around. Capricorn is here to succeed — for better or for worse.**

Capricorn is just as prone to pessimism as Sag is prone to optimism. Sag seems to have opportunities galore knocking on its door - all it needs to do is grab one; but stand in Capricorn's shoes, and it can seem that all opportunity and support has vanished into thin air. It's easier to feel optimistic about a possible outcome when a clear risk is involved and the outcome is uncertain than it is to know you have a long, difficult road ahead, that you just have to travel step by step. Capricorn can so clearly see the problems involved trying to live its dream that it can be tempted to fall back on accepting whatever society has offered as the standard route through life and opt out its dreams; but that's obviously not what's really meant to happen. Imagine trying to win a chess game with a "standard game plan..."

Capi **must** learn **adaptability** in order to win its game. If you can't climb Olympus Mons from one side, try another. (Olympus Mons, is a mountain on Mars, four times higher than Everest.) Approaching from the North face where the expedition landed revealed a sheer drop of of thousands of feet; but it turns out the South face has a smooth incline all the way to the top...

“Men [and women] are born to succeed, not fail.”

—Henry David Thoreau (1817 - 1862)

Capricorn's natural resource, among others, is an excellent reality testing ability. But what's involved? You can't see reality clearly if you suppress your feelings, but you can't see clearly if you're swamped by them either. Capricorn naturally knows how to delay gratification and to use self-discipline. This has got to be one of the most difficult things for human beings but, as any truly successful person can tell you, if we can use self-discipline correctly, we can accomplish just about anything we choose to. For Capricorn to lay its feelings aside, it does run the risk of suppressing feeling. That will, of course, only lead to the shadow side of the archetype, but one way or another, Capricorn **will** end up succeeding, for better or for worse because **resolution** is in its nature. **Giving up is not an option for this sign.**

“Few things are impossible to diligence and skill.

Great works are performed not by strength, but perseverance.

— Samuel Johnson (1709 - 1784)

My Father is very fond of the saying,

“Genius is one percent inspiration and ninety-nine percent perspiration.”

In other words, “Genius” or “Wizardry,” if you will, is not what we often fantasize it to be. How to get exactly what we want out of life? For sure it takes hard work and discipline; but **without the inspiration, albeit only one percent, ya ain't gonna make it.** The spark of knowing our true destiny, of **being in touch with our Source** has to be there. Capricorn is born knowing about these things. Knowing the delicate dance of power, of matching the inside and the outside so as to accomplish something great in the world. **Capricorn has a dream that it must fulfill however...**

“The gods never take out a room at the Ritz.”

— Carolyn Myss

Carolyn Myss talks about how the image of the Babe in the Manger is, as she puts it, **“a high voltage image.”** She goes on to explain that things that have real power aren't dependent on acclaim and praise from without. They run on that little spark of real inspiration from within. The gods ask us to be willing to do the ninety-nine percent hard work of doing whatever it is that has to be done to nurture that spark. Jealous Kings and conniving political figures can have center stage. The true work of following destiny is best done without pomp and fanfare; knowing that in the end, **what has true power will always succeed.** During this time each year is when when the Dying God of Paganism (Jesus in Christianity) is reborn from the womb of the Great Mother (Mother Mary in Christianity). The seed with the germ of life in it always begins small and then grows. One seed - one spark - is all that's needed; and just like the light gradually returning to the world after the winter darkness, Capricorn will be visible soon enough...

Among musicians there's a joke about how you have to work for fifteen or

twenty years (longer for many) to become “an overnight success.” Musician, Bill Edwards, in his guitar instruction book, “Fretboard Logic II,” offers this advice:

“As a performer, everyone strives for virtuosity.

In the absence of this, we’ll settle for speed.

...When learning a piece, only play it as fast as you can play it with absolutely no errors.

When rehearsing or performing, only play it as fast as you can play it with absolutely no errors...”

This is straight out of the book of Capricorn, so to speak. **Capricorn is here to build or achieve something of the highest level of quality from a place of total integrity.**

STRIKING A BARGAIN WITH REALITY

“Try not to become a man [woman] of success but rather to become a man [woman] of value.”

— Albert Einstein (1879 - 1955)

So ya wanna be a Rock 'n Roll star... First ya gotta learn how to play your “axe.” Something that just seems to happen when dreams are being built, is that they reach a point at which they have to strike a bargain with reality. The kid who aspires to be a Rock 'n Roll star will have to do the work of getting there. Capricorn knows this well. Along the way, the original vision will not likely appear in the physical world exactly as it did in our imagination. This is, once again, where Capi has to stay in touch with the spark. Outer form can change as long as the essence is there. Dreams of gloriously standing on stage with hordes of wildly screaming fans could end up to be teaching music and playing late night gigs on the side. Aspiring to paint a perfect photographic image has led many an artist into the weird, unpredictable realm of what expressing the *feeling* of the object instead, might look like. This is when the dreamer is tested. Will s/he continue to follow the dream when reality seems to have turned against her/him? I've heard that something like ninety percent of new businesses fail within the first five years. Translating the dream into reality — getting past that second step — isn't so easy.

Turning up your nose at a bowl of brown rice and vegies when you're hungry just because filé mignon isn't available is a sign of immaturity, but Capricorn is the sign of the Elder. Capricorn deals with — remember? — the second step -- laying wishful thinking aside and doing whatever it is you need to do to go in the direction of your dream. Accepting “what is,” can take the dreamer to the next phase of manifestation and the next and the next... Capricorn knows this and just quietly keeps going... Food is food.

ENVYING SUCCESS...

Most of us have envied someone or something that has achieved the success that we want. I've watched the flocks of ducks that live in the field behind my house during the winter, envying them their mastery of flight. It wasn't long though, after the Bald Eagles showed up and began to hunt them that I started understanding what exactly was the reason for their success. If they'd never had any predators, they probably would never have bothered to leave the ground... Success comes at a price, a price that the Seagoat is willing to pay. With this sign there's a haunting sense of having not having been successful in some way in a former incarnation and so they're here to do that now.

FATHER TIME, HOW LONG DOES IT TAKE TO SUCCEED?

“By perseverance the snail reached the ark.”

—Charles Haddon Spurgeon (1834 - 1892)

In dreams, everything can be pictured in a moment. In reality, what was pictured in a moment can take years and years to accomplish. Making the step - and continuing to make the steps - from fantasy to reality is what Capi is all about.

Well, in a way, Capricorn doesn't care how long things take! **Capricorn is resolute.** It will do what it has to do. But at the same time, to translate a dream into the real world does involve working with time. Capi is naturally good at problem solving. What a formidable sign! It has a nose for sniffing out all the problem areas in a proposed idea or project. A lot of this is connected to time. I once heard my mentor, Steven Forrest, himself a very successful Capricorn, say this in a discussion about Capi:

“Imagine a Capricorn who doesn't know what time it is!”

That's almost an oxymoron, a bit like saying, “Imagine a bird who doesn't know which way is up!” Capricorn is here to efficiently and effectively achieve its goals. Time is a precious gift and Capricorn is definitely not here to waste it. The gift of time is the medium through which it can achieve what it wants. At the same time, no sign knows better than Capi, the importance of timing. It knows the reality that “Time and tide wait for no one.” It knows that if you don't do what you came here to do, it won't get done and it knows that if your timing is off it may not happen either.

TIMING...

I once watched an Osprey from the shores of Russian Lake in Northern California. It spent many hours perched on certain tree branches that gave it prime visibility of what went on in the water below. It would wait and wait... until the exact moment a fish rose to the surface when it would plunge downward, talons extended. It had to make a lot of unsuccessful dives too. A local fisherman told us, “When the Osprey catches a fish, I know it's a good day for me too.” Capricorn's patient self-discipline, reality-testing ability and resolute nature give it an awesome and spectacular sense of timing like the Osprey's.

The Seagoat has a natural respect for, and ability to manage, physical resources too. Physical resources, including money, of course, are the medium for the creation of its dreams and for building the structure that allows its precious *intention* to prosper. It abhors inefficiency and naturally focuses toward being effective. And unless it has fallen prey to cynicism, Capricorn will push its dream to full manifestation, no matter what. If opportunities aren't available, Seagoat will find or create them or wait until they come. No matter.

“We are made to persist. That's how we find out who we are.”

— Tobias Wolf, ‘In Pharaoh's Army’

Capricorn has a hilarious sense of humor too — a very dry, ironical and understated way of just pointing out what's not working — very saturnine, you could say. (Saturn being the planet associated with Capricorn, that makes sense...) When you're so good at seeing how to do things effectively, I guess a lot of the world must look pretty funny to you trying to do things up-side-down.

POWER WITH OR POWER OVER?

“I don’t know the key to success, but the key to failure is trying to please everybody.”
— Bill Cosby (1937 -)

Taking a break from a seminar in Las Vegas one broiling afternoon in June, I sat out under a palm tree across from a gargantuan statue of Elvis. A plaque commemorated him by telling how many of his recordings have been sold (I can’t remember how many, sorry); but I couldn’t help wondering, “How could someone so successful end up being so unhappy?”

In her book “The Spiral Dance,” Starhawk, so intelligently introduced the twin concepts of “power with” and “power over.” What does this mean? Well, to me in terms of the sign of Capricorn, it has to do with whether or not a Capricorn really does, in fact, go back to the source to find its spark or not. Capricorn is programmed for success either way but the question is, will Capricorn try to hang on to the power or will the power flow through Capricorn? Will Capricorn be playing for the crowd or for her/himself? Ideally, it should be both but sometimes, on the bleakest possible end of things, as in the case of Capricorns like Elvis Presley or Richard Nixon (“Nobody wants a crooked Dick”) or Joseph Stalin, they end up just playing for power.

Power is like water, meant to flow freely. It’s not meant to get stuck –and stagnant– in one place with one person or group. It should be for the benefit of all.

Paganism understood this well. It’s Dying God didn’t represent actual death, but non-attachment to power. When Capricorn chooses to have “power with (the whole)” then power can flow through it unimpeded and on out to others who need it too. In this case society is properly organized along lines through which everyone benefits. Capricorn is meant to be the trustee of power for the good of the whole; and, obviously, without *integrity*, this just won’t go right.

When Capricorn lives for outer achievement alone, it winds up spiritually bankrupt, even though it might have billions in the bank and acclaim from every direction. In this case, isolated and the puppet of public opinion and special interests, Capricorn can end up to be the loneliest and bitterest of creatures. Success that is enslaved to outer form and without inner connection has got to be the emptiest, most disappointing experience of all. When this happens, Capricorn falls back on those closest to it demanding dogged loyalty and abject submission; but the inner void cannot be filled this way either. Healing solitude or bitter loneliness — there’s a big difference.

“What’s money? A man is a success if he gets up in the morning and goes to bed at night and in between does what he wants to do. — Bob Dylan (1941 -)

“My mother drew a distinction between achievement and success. She said that ‘achievement is the knowledge that you have studied and worked hard and done the best that is in you. Success is being praised by others, and that’s nice, too, but not as important or satisfying. Always aim for achievement and forget about success.’
— Helen Hayes (1900 - 1933)

Scanning through the famous Capricorn Birthdays on the Astrotheme website, left me feeling a bit sobered. If it’s any reflection on the balance of power in the world today, it’s not so reassuring. The first (most often selected) name under Capricorn Sun and Ascendant

people, was Joseph Stalin. The first of the disproportionately low number of women's names, was Linda Susan Boreman, aka Linda Lovelace (Capricorn Sun and Ascendant, Leo Moon). In 1986 she testified before the Attorney General's Commission on Pornography in New York City, saying that she had been forced to act in Deep Throat at gun point. Here's a quote from the Astrotheme biography:

"Despite the fact that Deep Throat was probably the most profitable pornographic film ever made, Lovelace received no royalties or residuals and died poor. The film is said to have cost \$25,000 to make and to have brought in an estimated \$600 million worldwide. The latter number, however, is disputed, as elements of the Mafia are said to have controlled the rights to and the distribution of the film and an accurate accounting has never been made."

I think this sign is not as easy as it looks! **I thought to myself, "How fortunate I am to have a Capricorn mentor, Steven Forrest, who is, in my opinion, worth his weight in gold as an astrologer."** Living in such a way as to help balance the power between sexes, Steve shares the ownership of Seven Paws Press and has co-authored a number of books with his wife, Jodie Forrest. Together, they are helping lift astrology out of the pit of fortune-telling and charlatanism to make it credible as the profoundly effective tool for self-understanding that it really is. Steve's great example helps me believe there's hope for the human race.

One more of Dad's favorites:
The light that shines the farthest, shines the brightest at home.



Between the idea
And the reality
Between the motion
And the act
Falls the Shadow

For Thine is the Kingdom

Between the conception
And the creation
Between the emotion
And the response
Falls the Shadow

—T.S. Eliot, from *The Hollow Men*

You thought, as a boy, that a mage is one who can do anything. So I thought, once. So did we all. And the truth is that as a man's [woman's] real power grows and his knowledge widens, ever the way he can follow grows narrower: until at last he chooses nothing, but does only and wholly what he must do.

—Ursula K. LeGuin, from *A Wizard of Earthsea*



IT'S IMPORTANT TO KNOW THIS:

In Evolutionary Astrology the **Sun** sign represents our basic sense of Identity. The **Moon** sign represents our inner, emotional nature and the **Ascendant**, or **Rising Sign** tells about our personal style and how we interface with the world. Sun, Moon and Ascendant are called the **Primal Triad** and form the basis of a good, solid interpretation of your personal chart. **Your** chart is constructed from your **personal birth data: Exact time, date and place.** You can find more information about Evolutionary astrology on my web site,

www.aquariusastrological.com · lark@aquariusastrological.com



SOME MORE WELL-KNOWN CAPRICORNS

Joan Baez (Sun)	Elizabeth Teissier (Sun & Asc.)	Mao Tse Tung (Sun & Asc.)
Graham Chapman (Sun & Asc.)	Elsa Einstein (Sun)	Idi Amin (Sun)
Swami Vivekananda (Sun & Asc.)	Ben Kingsley (Sun)	Naomi Judd (Sun)
Loretta Young (Sun & Moon)	T.Woodrow Wilson (Sun & Moon)	Tracy Ullman (Sun & Moon)



*Many of the astrological archetypes in this newsletter are drawn from the book, *The Inner Sky* by Steven Forrest or from *Skymates I*, by Jodie Forrest and Steven Forrest. These books come highly recommended by me as well as many others. They are also available from Amazon or from www.sevenpawspress.com.

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