

A Sampler of Materials From An Astrological Guide to Self-Awareness

By Donna Cunningham, MSW



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EBOOKS BY DONNA CUNNINGHAM, MSW

About Donna Cunningham: For 45 years, Donna's background in astrology, social work, and healing has made her an internationally respected author of many books, articles, and advice columns. Order her ebooks here: [My Books](#).

NEW: The Stellium Handbook: an Owner's Manual for People with Stelliums or Triple Conjunctions. \$20. Read a Sampler here: [Finally, The Stellium Handbook is Here!](#)

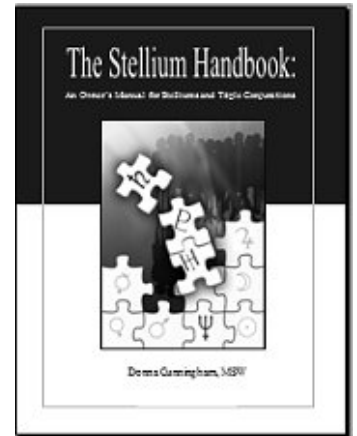


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What's changed since the first edition of this book—and what hasn't; understanding the author's perspective on astrology—both psychological and metaphysical; the stars are not to blame; karma—another thing we love to blame, and why we shouldn't.

CHAPTER 1: Astrology — A Tool for Self-Awareness

How astrology helps us identify our strengths as well as the ways we sabotage ourselves; the chart as a tool for self-acceptance; the signs we love to hate—and how they are part of us; table of correspondences between signs, houses, and planets; understanding conflicting parts of ourselves; how weaknesses can become strengths.

CHAPTER 2: The Sun — The Center of Our Being

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CHAPTER 15: A Spiritual and Psychological Perspective on Transits

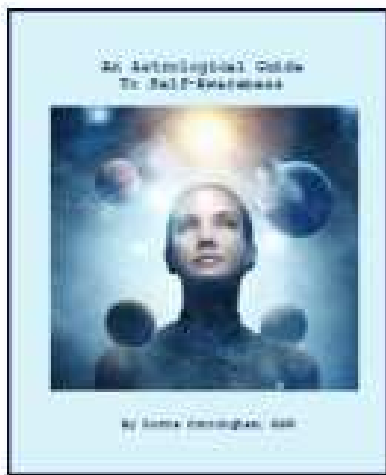
Why we’ll focus on the outer planets; transits and personal responsibility; transits as process; back to the natal chart—key to understanding transits; some thoughts on the meaning of pain; steps in making better use of your tough transits; where to go from here in studying transits. A Transit-Tracking table for 1990-2020.

CHAPTER 16: From Bedford-Stuyvesant to the Stars — by Subway

Donna takes her astrology class from an alcohol treatment center to visit the planetarium at Columbia University in New York City.

APPENDIX: A Glossary of Astrological Terms

For the novice, definitions of technical terms used in this book, all in one place for quick reference. You may want to print it out for reference in using this and other astrology texts.



An Astrological Guide to Self-Awareness

(Moon Maven Publications, December, 2014 edition)

About this ebook: Originally published in 1978, this was a popular classic for astrology students at the beginning and intermediate levels—one of the first to integrate astrology and psychology in an accessible way. When the rights were returned to her, Donna decided a complete update and revision were overdue, and she hired a private editor to make certain the book was beginner-friendly while still retaining its psychological foundation. Highly recommended for the student of astrology.

Here are some Excerpts:

If you've gone no further than Sun signs so far, you may be surprised to find out that you are carrying around in your birth chart the signs you love to hate. Following the natural connections between signs, planets, and houses, you may find them in unsuspected places. If you have your Sun conjunct Jupiter but can't bear Sagittarians, you are practically a Sag yourself!

If you hate Aries with a passion but have Mars on the Ascendant, perhaps you hate an aggressive, competitive facet of yourself. Can't stand Gemini? Could that be where you have your South Node? Do Virgos set your teeth on edge? Strange...if you have several planets in the sixth house, you have such a lot in common! Look for the signs you hate in your own chart—you may find out you are projecting an important, disowned piece of yourself onto other people.

The Moon in your chart shows the conditions under which you would feel most emotionally secure—different for each of us. The house position of the Moon reveals more detail about conditions that lend a sense of security. A person with the Moon in the eleventh house would feel most secure when surrounded by friends or in some meaningful group. Someone with the Moon in the seventh usually only feels secure when involved in a long-term, intimate relationship.

The sign and house position can conflict—to have it in Aquarius means there is security in freedom and change. The Moon in Aquarius in the fourth had better invest in a mobile home, because



Aquarius can feel stifled by putting down roots. Many people judge themselves harshly about the things that make them feel secure. For example, the Moon in Aquarius in the fourth person may say, "It's bad for me to be so restless." Astrology can help you recognize those needs as valid and important and can help you set out to meet them.

Many people place negative judgements on competitiveness, one of Mars' urges. And yet, we ignore how much of human progress is rooted in this hard-wired facet of the human psyche. Without healthy



economic competition, many of the advances and comforts we take so much for granted would never have been invented or become commonplace.

I see the sheer beauty of Mars so often while watching the Olympics or other athletic championships. Athletes challenge themselves in part because of a wish for self-mastery, but also because of the stimulus toward excellence supplied by rivalry with other gifted athletes.

These contests push the windows of human physical potential further and further all the time, showing us how much more is possible than we once dreamed. For instance, in figure skating, where it was once considered amazing to achieve a double jump, a

quadruple jump is now practically a requirement for winning.

Certainly it is possible to overdo competition, like the parents who make their children's success in the Little League or soccer a requisite for love and approval. However, children whose natural competitive urges are entirely squelched may wind up with little motivation for achievement and self-mastery in adult life.

People going through major Saturn transits can chafe at seemingly endless delays in realizing their goals, can suffer crashes of structures in their lives that are not solidly built, and can be haunted by depression or the feeling that they are growing old.

Saturn represents the Reality Principle—that is, the piercing of denial and the ensuing confrontation with truth. Though most of us prefer to cherish our illusions, we have to face reality during Saturn transits—another reason it is called a malefic. But reality was always there, and it is our fault, not Saturn's, if we've avoided facing it. Myself, I consider Saturn one of the most benefic astrological influences, for we gain so much when we use its transits as windows for growth.

The positive side of a Venus-Saturn aspect is that you don't get older--you get better. A late bloomer, you may have been a plain, awkward teenager but suddenly become a beauty in your thirties or forties. Nor do you age as harshly as other folks—you may look years younger than your peers. Your popularity improves with age, too—seriousness is problematic for an adolescent but is expected of the middle-aged and older. You build a support group of significant others over time, and these connections tend to be long lasting.

Through your serious approach to life, you can also achieve a great many accomplishments that earn you respect. As you accomplish some of your important goals, you would tend to relax and feel worthy of pleasure—you've paid your dues. A search of AstroDataBank reveals that those with the conjunction include Donald Trump, Denzel Washington, Ashley Judd, Vanessa Williams, and John F. Kennedy, Jr.

Many astrology books and magazines define the houses according to external circumstances. For instance, they might say that the second house shows how you will fare in money matters, the fifth your children, the seventh your marriage partner, and so on. These descriptions sound as though everything in your life is determined by something outside your control—Fate, people in authority, the economy, or heredity. If you have Jupiter in the second, they might assure you that luck will just keep coming your way in money matters, leaving the impression that you need only sit back and wait for it.

The modern astrological position based on psychology, and metaphysics is that definitions like these are over-simplified. The prevailing viewpoint is that external conditions alone do not determine your experiences; instead, your inner attitudes, beliefs, emotions, and needs act as magnets to determine the outer, tangible circumstances of your life. People with Jupiter in the second house, for example, aren't lucky due to Fate, but rather due to attitudes of openness, enthusiasm, and optimism that lead them to act on opportunities others might let pass by. For the most part, we make our own luck, good or bad. No doubt, the truth lies somewhere between these two positions—the fluctuations of the economy cannot be ignored, and yet our relative position within the economic circumstances of our times is greatly affected by our attitudes and beliefs.



Folks who follow astrology are fond of moaning, "I went through a terrible time when Pluto crossed my Sun, but I'VE REALLY LEARNED MY LESSON!" These avowals of spiritual progress used to impress me, until I began to notice that many of the people who made such claims hadn't changed at all. They might avoid the original situation that caused them so much misery, but then they would plunge into a similar one that was just as self-destructive. I finally concluded that "I've really learned my lesson,"

was all too often just a bit of karmic chic or a New Age way of saying, "How I've suffered!"

We make real progress in a long-standing and recurring pattern only when we carefully evaluate our part in the situation—why we got into it, what needs it met, where we made mistakes, and how such difficulties can be avoided in the future. Our potential for the future only truly changes when we learn from past mistakes. Blaming others rather than seeing our own role is a sign that we haven't really learned anything.

Blaming the planets for our problems is another way of not taking responsibility for ourselves and the ways we contribute to our difficulties. We will transcend the past when we learn from it. Start examining your thoughts, actions, and emotions in the more difficult areas of your life to see how you provoke the "mistreatment" you get from the planets.

Order the book here: [My Books](#). \$15 if ordered separately, but there's a special price of \$35 if 3 \$15 ebooks are ordered at the same time. (Only available in PDF format, this ebook works well with a laptop or 10" tablet, but is not yet available for Kindle.)