

## **Podcast Series: Holistic Nature of Us**

### **Episode #73 : Meet: Agneta Borstein**

<https://www.judithdreyer.com>

Welcome everyone to my podcast series The Holistic Nature of Us. This is Judith Dreyer and I invite you to journey with me into a better understanding of the concepts behind our holistic nature and how that ties us directly to the natural world around us. My intention is to be your guide for this half hour as we begin seeing our world with fresh eyes, gaining more understanding and learning how can connect the dots in practical ways that we are nature and nature is in us.

I feature a broad range of guests deeply concerned about the environmental issues of our time and more; authors and educators, practitioners and others whose passion for this earth and for all species help us create sustainable bridges of understanding. These folks are innovators, action oriented, creating solutions in a variety of ways that honors us and the planet's holistic nature and I am so honored to share their stories, their projects, and their passion with all of you. So, thank you for joining me today for another engaging interview.

And today I'm delighted to welcome back Agneta Borstein. Agneta is a professional astrologer, a workshop facilitator, a teacher, author and shamanic practitioner who combines her thirty years of healing with a distinct and general approach.

Welcome Agneta, it's such a pleasure to have you talk to us again about 2020 and what's influencing us this year.

AGNETA: Okay, thank you again Judith. My pleasure to be back. It is, we might ask, is 2020 an important year and we always say, yes, it is. And so, we are going to try to do that way of looking at

your year as kind of aware of global changes. America in itself, we will stay away from the political picture, whole picture, because then it would become political which we do not want to do at the moment. It's just that the vision is showing throughout the world and why it is important is the sky moves in its natural cycle and this year we are visited by three major cycles.

I'm going to try to share that as much as we can because we do know astrology is a language. But the basic fundamental part of that is that we deal with the sign of Capricorn and Capricorn is an earth sign. And Capricorn is the government, restrictions, constraining and isolation but it also is about discipline, which your audience will learn from to be disciplined of what we have come so far to prove of how we live our lives.

If the division is felt more in America than another country, we should not think about it because we see climate changes throughout the whole world. And so. the degree is kind of adding up in the degree of 22, 23, 24 to 25 throughout the whole 2020's. And by the way, each zodiac sign and/or planet comes from 0-30 degrees.

Right now, we're having the whole year around these degrees, so if one of your audience knows that they have something in their birth chart of Capricorn, Cancer, Aries or Libra they might be more affected than somebody else. We are going to separate the mass consciousness and really focus about how we perceive real news, fake news, how we get affected by not allowing the control to get to our heart and what we believe in. That's the crucial part: to maintain our dignity, never mind you Judith how many years you have taken care of the earth and how many years I have studied art and astrology. We all have passion, which is what we have to remember, especially this year.

So, when we then look at that whole start of 2019, I had suggested 2019 was about make sure you have healed because 2020 will be an intense shift into implementing what we believe in.

With the three major cycles Saturn the structure, foundation, government as I mentioned, it is also tradition. When Pluto, the planet that is about, we usually call it metamorphic challenges, but they can always be daily challenges, getting rid of things, changing your way of living, getting rid of old stuff that needs to be taken care of and thrown out basically. But those two planets, Saturn and Pluto, met in the beginning of January 2020 and they will hover together throughout the whole year.

Pluto, even though it does rule a very fierce some would say death, well how do we take death? We take it as a change, just how we should be very appreciative to still be here on this beautiful earth and we might just be aware that we need to let go of what could be controlled from changes in the world, in the wars, and all the stuff that always happens. But we have to make sure we maintain; I would like to call it our dignity for what we will believe in. With the major three cycles, this one, Saturn and Pluto, is actually a thirty-four year cycle. It was in 1986, there's always history but we stay in the now and remember though Saturn and Pluto comes together as "what do you need to let go of?" or what are you going to continue to stay aware of a changing globe?

JUDITH: So Agneta let me just interject here. When you say what do we need to let go of, are you suggesting that it's a good year to simplify and to perhaps not be extravagant this year but to be mindful of expenses and what we want to do this year?

AGNETA: I would think that's a good way to put it because there are changes and some astrology friends, when we see these big changes of three major cycles, might not happen all the time. Then it is important for us to let go and really see and feel what's important for us. Perhaps the simplest thing is to turn off the news,

because we do have to be informed but it can take us over. Saturn then rules what we have to let go of. Simplification, maybe even doing more for the earth that we might not have found. What is your passion? I will get to that when we come to some elements. You know just to clarify that we find our passion to see what really means in our life in a changing society, in a changing year.

JUDITH: Okay.

AGNETA: So when this Pluto sits in the other cycles, he's still very important through the whole year in Capricorn, and Jupiter comes around - he stays in one zodiac sign for only a year and he travels fast because that's just one year - but when Jupiter, he's like a little like he's the biggest planet in the universe, in our solar system and when students learn astrology they love Jupiter because he's so great and good and big.

But there are two sides to the coin, which is part of what I'm trying to relay here to your audience. That there are two sides to the coin into what is important for us in a selfish/unselfish way (?) so that when Jupiter becomes the trickster, it's a shape shifter, you can't totally trust him, so you embrace him with caution because he and Pluto are very different in personality.

Remember Pluto is destruction. Pluto is rebirth. For something to change it has to be something new and Jupiter absolutely can give us that faith as long as we don't run too fast. They meet together April 4<sup>th</sup>, June 30<sup>th</sup> and November 12<sup>th</sup>. So they're not leaving us alone and then if you take into parenthesis (we have an election in the United States), which we put in parenthesis, those are very powerful times and inviting times for your audience to go to the - because these are all earth signs - and to really take care of our little back yards, our houses, that which has the passion for what we need to kind of simplify the way you help me with that. That's a good way to say, because we're trying to, for example, the United States of America is a Cancer country and that has been

their influence and it still influences. But then we get into that political part. It's being home, taking care of that which we have grown into at this point in our lives. And so then, when we have that third and four year cycle, a thirteen year cycle, there's also another cycle which is Jupiter then travels fast and he meets Saturn in a twenty year cycle. That's crucial too because Saturn is then a friend of people who implement their discipline, their tradition to say like this is what I have to get up and do what I have to do. I have to take care of my surroundings. I have to be disciplined with it.

So then when Jupiter and Saturn come together in a twenty-year cycle we might look at 2020, 2000 which was kind of a fear of the whole cyber space and you know it was a little nerve wracking in that sense. Then we look at the 1980s which was, you know, there's always something happening but it was the beginning of the Iran and Iraq war and John Lennon got shot and that affected the whole world. You have this 1980s and then 1960s, which, remember the 1960s? Some people don't but they have heard about that, you know all the sex revolution and the music and the Vietnam War, which lasted forever. So, they are sensitive. Then we will go back again. We go back into the 40s and the 20s. So we can go back and see cycles that are important, even though I do know every moment that we have the opportunity to look at astrology as a tool of empowerment and not fear, then Jupiter and Saturn come in again, like you with your reaching out to me, or people who reach out to perhaps do what they really want to do, Jupiter is then great.

But we say that with those twenty-year cycles, that's crucial because Saturn already starts to change in April/May of 2020. Then he goes retrograde, goes back to Capricorn and says and this opportunity to be disciplined with what you believe in, to be disciplined in having faith in the future and then when we then see that potential of actuality, you know I do like those winter solstice

and all the change of the seasons, the four different equinox and the solstice and it actually happens that Jupiter and Saturn come together that same day on December twenty-first. That's when the sun stays zero degrees in Capricorn. So, it would be a combination at the end of the year and never mind at that point with November and then December how do we stay in the collective, individual consciousness to continue our path, whatever that might be.

The passion for what we consider earth. Like that is important we are here, and we know if we study the science – I would like to talk a little bit about get to that tool bag, I will get to that soon because that's pretty amazing with what I had talked about it earlier. But thank you for letting me share that phenomena if you will.

So, when we then look at that end of the year, 2020 is a crucial year for those who seek something. We might push a button on Facebook. Social media, you know, I love it. You know we might but what do we really do? Do we go out our backyard? Do we take care of the waters? We have the four elements and I know your passion is earth. Mine might be water because you know; I just take to the water. There are two organizations that I do support as I can with some donations and follow it, they are for the Ocean but the other one that I am just fascinated with is [oceancleanup.com](http://oceancleanup.com). He was nineteen or seventeen years old from the Netherlands and he started it. The government is involved. They're down in San Francisco Bay. They are doing huge cleaning efforts and, in my take, 2020 is important but it will take 2024, 2026 but that's another section or segment maybe that we have to have. That 2020 is like, do we wake up? Do we really feel it in our own life and what do we do about that?

JUDITH: You're almost saying: it's this year it's time to not waste what we're passionate about. I mean it's not about well maybe next year, or maybe when I retire, or maybe when I get out of school, it's like to do something today to feed that passion,

whatever that is on whatever level. And as you mentioned, you can very easily give to an organization today if you have other obligations. That is making a difference today on the planet.

One of my guests is Doug Tallamy. He's got a new book out and for my listeners he's coming up in one of the next podcasts. You know, he says that we're losing critters at an alarming rate. It's a fact and whether we like nature or not, whether it's in the ocean or on the land or in the sky and sea, we still have to take care of it or we're all going to suffer. And I think what I hear about 2020 is: don't put it off.

AGNETA: No, right. This is where I like to share that some of your audience might have heard I still have my little accent. I'm Swedish. I do read a Swedish paper and I have noticed that Greta Thunberg she came out, if you will, to our lands in 2019. For a whole year I had followed her in the daily newspaper that I do read, and I just noticed she just sat there every Friday. Friday, she just didn't go to school, but she got really, not well. The parents had to help her. And they're also Capricorn. You know parents are Capricorn because we teach our children, you know?

So, she wouldn't eat. She couldn't sleep and she does have the Asperger but she's proud of it because she really takes it to heart. She couldn't eat; she couldn't sleep. She went to school but except for those Fridays, which I had noticed. Now, when we look at astrology, we might say there are no coincidences.

But, read what I have shared from all those Capricorn planets which again, Saturn, Pluto and then Jupiter comes in and there has been karmic links there too. They will change in May of 2020 into Gemini Sagittarius. But it has been a lot of this Capricorn energy and that is the control, but it is also the discipline.

She was just sitting there because she was shocked. She did not just do it out of fun. She was shocked because she started to study the environment.

Now when we then look up, there are no coincidences, so in astrology we know our sun signs. She is a Capricorn. She has the moon in Capricorn, which means that she is a moon person. Because when the sun and the moon come together, they are in the same sign. She has a Mercury Retrograde in Capricorn, so she does take it to heart. I have become one of her fans and I follow her. I did go down to Hartford. They had that protest, when it comes but if I can participate in anything, I can do, then I will do that.

When you then see that she might have a Capricorn ascendant then that does not matter. My respect for astrology, I'm just in awe sometimes, when we then take all those Capricorn planets and a little sixteen year old girl, wonderful person, takes the mass consciousness and she walks with millions of people on the street, they just follow. Perhaps, this is in respect to Greta, it's in respect to her that I might say, it might not be Greta, but it is all of us in the mass consciousness. In her individual consciousness she goes: this is enough! There's the earth and in that there is the layer of the water, the air, the fire. I mean it comes into – we are here on earth and she is all that Capricorn and I feel so much when I, you know, get into my little, not where the practical part of me is. Like she woke something up in all of us. For all of us that walk, that believe in her because I don't think it's just that which she might represent with being an activist because a lot of the world are opposing government, i.e. Saturn, Capricorn, Pluto Capricorn. It's certain fears, like it's the government who has to do something and that is the math that she then represents in all of us. Do you see that? She had this movement and how could she wake up so many? I don't even know how many millions. First it was five million. Now it's like the kids or adult people continue to follow

that mission of mass consciousness that she woke up through her little message.

JUDITH: Well she's also reminding us that we are one on this planet and that's where the mass consciousness comes in, and how can we individually express that? She's chosen to do it this way and look what her one speech has caused – a tremendous wave around the world! And it seems, like you said; there are no coincidences because she's Capricorn, because Capricorn seems to be the big player right now. She's helping us decide are we going to let governments destroy our world environmentally or are we going to transcend that and say we can make a difference?

AGNETA: And that's our responsibility.

It's very strong in 2020 in passion. Because I like the water, you know, and you might say you have the herbs which are more earth and the air is more the quality of, unfortunately I still like to fly so that's part of the whole gas issue and how we educate ourselves by our footprints. And the next one of course is the fire. And I was thinking about how can I tell people, well be careful with fire?

It's the governments that have to step-up to all these different angles of earth in that quality of that we are here to share. I do feel so much the message has to come out . It's just not me but some people say, oh it's too late. I don't believe that because the awareness is so fast. That's what I'm talking about; her mass awakening of people in their little houses or their little room maybe didn't know how they felt but now what they've allowed to walk and it's the young people. It's the future. It's the faith that they have that we have to give them and more and more. If they're the right politicians they do say, yeah ,we should do something. And the wrong politician might not understand it even or are not interested in it. Because then it goes into the economy and politics and all that stuff that's not your show.

JUDITH: True. But aren't you saying too that Capricorn is going to shake that up? It's going to shake some of those foundations up?

AGNETA: Yes, and that's part of April. We have to do the increments from April, June and November and that's what we, as I would call it – God forbid if we say that we are aware individual- but your audience are listening to this for a reason. It might be more responsible for us to get in touch with the government. It might be more responsible for us not to light a fire and not think about the consequences. All those different aspects are ours to work with the government. And in that, that's a protest. Whatever that passion is about; writing the books, educate people, listen to the science. Greta just said, "don't listen to me, listen to the scientists" that's her message nowadays, yeah, which is how do we educate ourselves in that process?

JUDITH: But what you're saying too reminds me that we have a responsibility for creating the world that we want. It's time to stop the negative dialogue; this doesn't work, that doesn't work. It's time for us to say okay: we know certain things don't work. What can we do about it? What can I as an individual, what step can I take? I know for me the podcast is a big step for me to take. It puts me out there. I want to raise awareness but also, I sign petitions. I have a couple of organizations that send me regular emails; the Organic Consumer Association is one of them. They're trying to make a change in legislation, etc. and I believe everything we buy in a store and every vote we cast on the Internet with a petition makes a difference.

AGNETA: It does.

JUDITH: It really does.

AGNETA: Yes, and that's our responsibility to not think that we are not important. But we have to catch the government or they

will take over. These days that I have suggested, then we freeze. Saturn is freeze in energy. We have to do even more for the passion that we might find. Do you know what I'm saying? Because otherwise you could say some people, never mind in the recent Impeachment and all that, there's a 50/50 deal. We have to be stronger because Jupiter, Pluto can totally take over with we don't see it. It's sneaky. We have to be very aware of how we impose and how we continue or even stronger in 2020 to be authentic for what we have worked for so many years to do and bring it out so that we don't freeze. Because there is rumors you know about this going to change and this going to change. And it's not only America and you see it throughout the world. And that's where the Greta, not just Greta it's all what she woke up in us. And that's what's crucial, to not get down about the government. It's to work with them. Like you said, petitions, being aware of how we carry ourselves, absolutely. And thank you for doing that dear.

JUDITH: Well I wonder how many of us – I mean I just got an e-mail from my local congressman from my state, you know. And it only takes two minutes to read their little blurb and say yes or no or could you look into this. Or Organic Consumer Association automatically sends it to your state legislator. Some of the work is actually done for us. It's just a matter of spending that minute or two clicking yes or no, whatever we support or not support, and taking that action instead of putting it off. And I think that's what I hear is that it's so easy for us to put things off and I have the sense that this year we're being asked not to do that because our world is that important.

AGNETA: Right and that's what I feel. The planets are so culminating in these long cycles that we could be frozen. That's awareness – to not freeze if it helps you to protest but that's not enough. It's filling in the forms but being aware how do you conduct that which is talking to the government? Because it's so

big that you know picking up trash is beautiful and all those different – big machines in San Francisco Bay now that’s wonderful and we have to support that, so that they don’t take us over and we freeze and get scared. I’ve heard some people, very respectful astrologers say, “I’m getting an anxiety attack”.

I said don’t do that, fight. Not fighting a war, fighting for what you have come so far to believe in because otherwise Capricorn, all those planets and Capricorn can control us and that’s what we have to be aware of. To find that passion of what elements you believe in and get informed.

JUDITH: All right, so I know our time is winding down here. Could you just summarize what you just share with us in terms of what you think are the key points for this year.

AGNETA: It’s to be **aware that it is an important year, so it is to have the faith** that even though it seems like it could take some years, this is the year that all those thirty-four year cycle, thirteen year cycle, twenty year cycle, are culminating for a message for us to have faith for not just our future, for our children and grandchildren and for the planet. That’s the synthesis of 2020 and speak up and be in charge and not letting it down and getting too bombarded with the fake or real news.

JUDITH: Well I really like that. I like the fact that you’re reminding us it’s not just for ourselves this year but it’s for the future of the planet this year and we do have – you know I love Carolyn Myss’ work because she reminds us over and over again that everything we do, everything, is a choice. And what choices do we make today to create tomorrow? If we keep putting it off, we’re not going to have the kind of tomorrow that we envisioned or that we would ideally like to have. I don’t want to see a dictator control the world. I want to see people thriving and the planet to be beautiful again, etc., etc. so those are very good summary Agneta for the year and for the future, so thank you.

AGNETA: Thank you Judith and thank you for all the work that you do.

JUDITH: Oh yeah, this is my pleasure. Did you have any other comments before I sign off?

AGNETA: No there are always eclipses that I want you to pay attention to. We usually have four eclipses each year. Of course, 2020 has six eclipses. And one on July fifth, because that does hit the United States of America. So, we might just want to be aware of how protecting ourselves and not let the news get into our hearts, if you will, but to be educated and continue having that faith, that absolute faith necessary. And those degrees that I mentioned in the earlier part of the program, they're hitting like 24 and 25 and they have to come out of those numbers, if you will, which is the degrees that would 2024 and 2026, starting 2012. So, we have to have faith in that sky. Gods are, you know I have my lecture how loud will the Gods speak? Well they're speaking pretty loud in 2020. I've been doing that a few times and it's to **have faith. It might not happen overnight, but it will happen worse if we don't get involved in whose controlling whom if you will.**

JUDITH: Right. I feel like we're at the edge. We have to decide how we're going to handle that edge and that means that we have to look at it today. And I can't thank you enough for that sense of urgency in a way, because our earth is worth it. **But we have to be disciplined and be proactive and as you said over and over it's not to let the doom and gloom detract us because that's its purpose.** Its purpose is to detract us, so we have to be strong in the face of that.

AGNETA: Correct, yes.

JUDITH: Well thank you. This is wonderful. So many people are talking about this year and I really appreciate your perspective, so thank you again.

AGNETA: Sure, my pleasure always.

JUDITH: Thank you everyone for joining us at the Holistic Nature of Us and I am so delighted with Agneta's perspective and her guidance and her wisdom for 2020.

This is Judith Dreyer. I'm the author of "At the Garden's Gate", book and blog. My book is available through my website [www.judithdreyer.com](http://www.judithdreyer.com) as well as several distribution arms such as Amazon, Nook, Goodreads and more. I'd like to remind all of you that a transcript is available for each podcast. And please like and share them. Let's support each other and get the word out.

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Enjoy your day.