

Podcast Series, Holistic Nature of Us

Episode # 18 Meet Agneta Borstein

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Hi I'm Judith Dreyer,

Thank you for joining me for this pod cast series "The Holistic Nature of Us".

My intent is to take us, you and I, into a better understanding of the concepts behind our holistic nature and how that ties directly to the holistic nature of the world around us. How can we connect the dots in practical ways that we are nature and nature is in us?

I will be featuring authors and educators, practitioners and others whose passion for this earth helps us create bridges. We'll see what's trending, what's relevant to our world today, not just for land use, but to connect the dots between nature and ourselves. It's time for practical action and profound inner change so our natural world is valued once again.

Today I am delighted to introduce you to Agneta Borstein. Agneta is a professional astrologer, workshop facilitator, teacher, author and Shamanic practitioner who combines her 30 years of healing with a distinct and personal approach. She maintains a private practice here in Connecticut, both in West Hartford and Avon, and she has spoken at numerous conferences. Today she is the current president of the Astrological Society of Connecticut and the producer and host of the Astrological Nutmeg TV show, From the Sky to Earth. And her book, The Moon's Nodes – Understanding the Dynamic Ties That Bind, is also published and available.

Today we're going to approach Holism from a different perspective. We're going to be talking about astrology and how the world of astrology connects the dots with our holistic nature the holistic nature of the world around us.

So welcome Agneta, I'm delighted to have you here!

AGNETA: Thank you so much Judith, my pleasure.

JUDITH: Well this is a rich subject and I'm delighted to, and actually fascinated by astrology and how we can connect the dots here. Let me ask you about astrology and Holism and how you connect the dots.

AGNETA: Astrology has many different aspects to it and maybe that's why you invited me Judith, because I take the approach that in astrology we have the technical application by learning the symbols, the houses and some individuals consider it kind of like a challenge because you have to learn the language of astrology as if you would learn Swedish, if you hear my little accent that I have left. So, we go back to the ancient time which I thought would be a good reminder for all of us, that now we have, of course on the internet you can learn astrology and all the different techniques that we have, but if we go back, way back to Babylonian times and just looking at the sky, which we still should do, because how did the zodiac signs come to birth? It is by the ancient seers looking up at the sky. They found that actually the animals on earth acted different during different cycles and phases. And of course, especially the moon phases which we will talk about later. So, they take this image of the sky and bring it down, at one point not even on a piece of paper, but they started to look at the behavior of the animals. Therefore, zodiac signs, as it is done in the 21st Century might have been different way back when, when it started, but it is still the same sky that we're looking at. They took those impressions from the animals and of course in nature, and as we have a saying there was a time to sow and a time to reap. We have this live interaction of the sky and earth and that technique, at that time or observation rather, could be astronomy. There was a shift technically that we don't have to go into now, but there is that shift of awareness of, we all know the full moon, that's when the sun and the moon is in opposition versus the new moon is when the sun and the moon are in the same sign at the same declination as it would be. When we take the simplicity, it is to continue being aware, for your audience to be aware, oh there is the full moon because it gets lighter in our backyards, but the new moon is also very strong in relating to the earth and the inhabitants of emotions versus animals too. The new moon is dark in the sky, so that's the dark side of our observation of the sky. And of course, in the olden days too the eclipses, which would be the same as today, were also very respected and still are today. That happens to be my specialty, eclipses and the whole interaction. If we then look at just a little bit closer to that symbol of how do we forget to look at the sky? I am in awe and I welcome all the popularity of eclipses,

never mind the great eclipse on August 15, 2017 that everybody in America, or many people, were aware of. If we don't have a total eclipse but we're aware of just the moon phases, the moon is an infinite satellite of the earth that continuously always rotates. If your audience is just aware of New Moon, Full after 2-1/2 weeks, after 2-1/2 weeks again, so there are cycles, phases rather. The planets as we call them are wandering stars. Stars are stationed but the planets move. So those are cycles. The moon around the earth they are in phase. That's how we see the difference. So, you already start with an ancient observation of the sky and I personally respect not just looking at my computer. We can invoke and invite the fact that our bodies in astrology have, as we always start with Aries – that's the first sign of the zodiac, and they go through the whole body with the zodiac signs, Aries, Taurus. We have different parts of our bodies. How you see the nature is very alive and we can start to observe that. We can even plant by the moon, which maybe Judith we can talk a little bit about because I have done that for years, and sometimes we plant anyway because you can't wait if it was in the right moon sign.

JUDITH: Well we can certainly do that at another time. I would love to do that. In fact. I invite you to do that with me.

AGNETA: It's interesting.

JUDITH: It is interesting because you have such knowledge of the moon phases and the moon cycles.

Let's go back to the wandering planets, the wanderers, the wandering stars, and you said we have that in our physical body. Could you talk more about that?

AGNETA: That also goes from ancient times in Vedic Astrology. A Vedic, or any doctor would not be a true doctor if they didn't know the astrological part of our bodies. Now we have different, we might have a medical astrologer. We might have a Horary Astrologer where you ask questions. We have Mundane, which is world events. We focus on different aspects and in the Medical Astrology we are not doctors but we might see a point in somebody's chart that is a weakness because that's alive. We as a body are just as an alive entity as nature, as the planets, as the sky, and that whole interaction in our bodies.

JUDITH: Can you give us an example because I recall reading in my astrological chart for example that I would have, I don't know, a tendency to have a foot or an ankle issue. How would you make that more personal to the listeners? Give us an example.

AGNETA: If you have read or an astrologer has said that you have weakness in your feet that would be Pisces. We would say that you would need extra good shoes all the time or foot reflexology or foot massage. Versus, if we go all the way up to Gemini, the hands, people using hands often, that rules Gemini. We have this kind of connection. I could do the whole zodiac signs really quick; as Aries is the head, Taurus is the throat. You could even go with the charkas the heart is Leo. The stomach, the intestines are Virgo. And then you go into the hip, Sagittarius. The knee would be Capricorn. The ankle, that you said, is in Sagittarius and the feet are Pisces. Aquarius is the whole blood circulation. You have different signs that then have maybe a lot of Pisces. They might have more problems with their feet or just complain about they feet a lot. So, you have different aspects. But then when you take an astrology chart you do not want to doomsday that part of a reading or focus on that specific area. You want to reverse it and give suggestions about how to prevent further injuries to your feet, so that becomes alive in that.

JUDITH: What you're saying is that the astrological chart can show us there's a potential for something in our physical body but how we take care of our bodies can help either mitigate or prevent, or minimize perhaps a possibility. That's what you would do as the astrological reader. Interesting. That's very interesting. Well we know our bodies have the same elements as the earth. We have air, we have to breathe. We have water; we have to drink fluids. Our sinew and bones are made up of the earth and of course we have water circulating to purify and to drive various reactions.

Tell us about astrology on that level.

AGNETA: It's basically the same level as we just talked about because once we see an overabundance of Capricorn, if you will, Capricorn on your ascendant or your first house or in the sixth house. The twelve houses are the twelve zodiac signs correlating to that. So, if there was a person who had Saturn on the ascendant that could be a weakness of your back so that you don't have an operation. You might do yoga. You might do stretching

so that you prevent more accidents with these weaknesses that we do have in our bodies. The body, we have to take care of it and I think that's part of our field of astrology, we prevent certain aspects too. For example, Virgo rules the intestines so there could be a lot of challenges with stomach to process foods. They might have more allergies than other people. Then you do need to listen, you might need to be gluten free if you have too much Virgo in your chart.

JUDITH: We can also take it on another level, right? If you see that in someone's chart, when I think of digestion I think of it symbolically. Maybe I need to digest my life differently or my life more fully, or I need to slow down and take smaller bites in terms of what I'm taking on for projects, whatever, especially if I have a more sensitive stomach, just because of the way I've come in. Are you saying, in a sense that when we're born we come in with a map and the map has been charted out by astrology over centuries and centuries of use, correct?

AGNETA: Yes and no Judith. I consider a chart a free choice as if before reincarnation there is this meeting of the gods and your own essence of your soul and where do we need to focus in a lifetime. I think there is a predestined path in our astrological chart, like a blueprint of your essence in your soul to come back and do the best. We come into different circumstances and that imprint, I kind of remind my clients that we have chosen that chart and it's not the blame because we have seen, as in any type of field that we might be in, in the healing field, when you see a quite disturbing childhood we might not approach that "Oh, you poor thing!" We empower it by healing and pointing out it's meaning. How long can we blame everybody else but take charge of our own destiny? The chart can be challenging but turning it around is also to see the potential, especially in the 21st Century with alternative healing and alternative ways of living does improve our lives. And that could include when we see it as how simple it would be if we go back to too much Capricorn, extra calcium but now just the calcium pills. The kale, the greens, the spinach taking care of that not hold it in to a point of stifling. So, the chart goes back to being very alive. As a matter of fact, the chart never dies even if we are dead. That it's still a chart that we have been reincarnated for this lifetime whether it was good, or bad it was what we chose to come in to. It's in the alternative field very ridiculous to say it's all my parent's fault. Maybe it's not.

JUDITH: I agree with you there. I do a lot of dream work and I work with archetypes and the archetypal world tells us many things. It's a very complex field of study but I'm fascinated with it because it does deal with symbols. And of course, astrology is filled with symbols. But in my world when we accept responsibility for whatever, I think we become more mature as a human being. For example, you gave the example of a terrible childhood but if we can understand the lessons in the pain of it and really face it and work through it I think we come out on the other side stronger, more able to help others because of what we've been through. And I see that as one of the great gifts of astrology is to point us in a direction, in that kind of direction.

AGNETA: Yes, right. There is a saying that it might be a blueprint of our ancestry. You see a lot of the different interaction of family dynamics and you see different aspects of it. But, in the way of not being stuck into certain parts of it, if it was childhood drama, or relationship drama then that's also to overcome and see that, I don't know if this is a saying, but we see we are here for a long time and as we get older we see that it's a very short life. You know? That process, the maturity that we go through and the different cycles that we consider based very much on the planets. They are alive, if you will.

JUDITH: Yes, I can see that. What we're talking about, the inner journey too here. It's not just the outer journey. As you said, if we take something traumatic or with drama and find the gift in it we've already done something on a deep inner personal level and I feel that's where we're headed at this time is to totally take responsibility for what we think, feel and do which our Native American ancestors said consistently: "whatever we do affects the next seven generations." In Holism and in the holistic journey that I'm on with these podcasts I'm trying to inspire people that what we do and how we act and what we feel does affect the next seven generations including the planet. You know?

AGNETA: That's a very interesting way because as you have, I have also been in the alternative field for quite some years and it is so welcoming to welcome this new shift of even health food stores. We used to have to go out of our way to find any kind of alternative way of living. Now it's mainstream. We used to be odd if we took Hatha Yoga, which is the yoga around every corner now. We are definitely in a new approach to what I consider in the 1990s having gatherings and what is this New Age? What is

the ridicule part of the New Age? We are here to embrace a new way of integrating not just astrology but integrate new thoughts about how we grow. Now we are not strange by seeking herbs or different alternative ways. It's part of society and it's part of definitely new level and more positive level of consciousness. And we know there is devastated side of this growth too but that's also where we become stronger. That's, you know, how I see it.

JUDITH: Well on that level then, can you tell my listeners about what's happening today on that level? We had a tremendous press about this new moon out there and it involves a couple of planets. It's in the House of Taurus. And how can we translate that astrological knowing into practical knowing?

AGNETA: Sure. Just back it up for a moment back into 2012 and 2015, Uranus and Pluto met in the sky. Now Uranus is revolution, uniqueness, rebellious. Pluto of course got discovered in 1930 and he is part of this transformation birth and death shifts. They were meeting in the 1930s, as we know the 30s, 1934 they were together in the sky. And then 1960 we're on the news for the war and of course 1930 and 33 was also Depression, wars and we're now saying 2012, 2015 there was a war, even though there's always a war but it was pretty intense in all the different aspects of bringing out something. And boom, we had a presidential contradicting election and let's not go into the political part here, but it was almost like in 2016 something had to come out of people. So now we have cycles. Those two planets are not, one of them, Uranus which is what you're talking about. There are shifts into 2020, 2024 and 2026. So when we go back to May, especially April and May of 2018, for those people who understand your language, and thank you for doing your broadcast, that there is a shift of those who didn't follow a true path. Now, there's still time to catch up over the next 7 years because there's a new opening of the earth. The quality of paying attention to the earth. Then Uranus who then said needs to be changed, I'm earth I need to be, actually thunder, all the different unpredictable weather but on May 15th there was a new moon in Taurus. Uranus went into Taurus that same day and as we are talking from Connecticut it was quite unexpected. You could almost not predict it but what I would give to the audience like what have you done lately, for not only your healing but being part of healing the planet. Being conscious that it does help to have a little circle in your backyard. It does help to say a prayer for those in need and of course for yourself, and to be able to help those in need. So, the shift going in from Aries to Taurus is very strong over

the next 7 years. To be more, and unfortunately with Uranus, which is eruptions, explosions and never mind poor Hawaii but also poor Connecticut. Am I foreseeing that there's going to be more of these events happening unexpectedly? I do think so. But it's also part that there are solutions for ways of; there can't be a solution if we're not aware of a problem. You know we have to be aware. And there's definitely an awakening call for those who resist that there's a climate warming going on throughout the globe. It's colder. It's shifting but we also have to plant accordingly. We can't resist the change. The more you fight against it. It's getting down to taking care of that little plot that we might have. And if we don't have it, it's also to be more observant especially eclipse time. We will always have 4 eclipses every year. New moon and full moon happen but with this big shift with Uranus, it says are you aware that there is an earth change going on throughout? That's just it basically. Two other planets for example. Neptune is very involved with this change too, but we don't have that much time. I didn't want to be holding our positive views impressions, practical application until 2024 and 2026 but this Uranus in Taurus is also going to take 7 years. We are in this new awareness, which is the beauty of being alive at this moment. But we as individuals, if we go back to astrology, we have all this knowledge in our bodies, if you will that connects us to nature and that allows us to take walks and notice nature, animals and ourselves. It's definitely a shift. But I am on the positive side of most things, so I have a little circle in my backyard. I do my little dance and all those little things that we empower ourselves that then, we learn how to take care of ourselves better, as it is.

JUDITH: I agree. Let's get back though to this, I want to go back to the new moon that just occurred and the 7-year cycle that we're in. And I do appreciate your positive viewpoint about it. What you're saying is, it's really a chance for us to, or for the earth to say look there's been a lot of misuse of the resources. I'm trying to let you know this and I'm going to do this under these particular influences especially. We had in Connecticut, as you said, we had some devastation occur on the day of the new moon.

AGNETA: Just like that.

JUDITH: Yep, just like that. In a heartbeat. I know of a couple of people whose lives were deeply turned around because of what happened in Connecticut, and that's part of life. You know? As hard as it is for families to cope with it's still a part of life. And then you're saying that Uranus is

saying, “I’m coming in quick. I want to get your attention.” And then he leaves, or she leaves, and we have to deal with the aftermath.

AGNETA: Yes, we do. That will increase but at the same level that increase is also the gods speaking to us saying, pay attention to that Gaia, to the earth because we might have had other cycles way back when but now we’re on a different stage of our consciousness. Even though I might live an alternative life, I admire what science has also come up with. I follow deeply with Neptune in Pisces also 2011, who had not been in this cycle for 164 years. Neptune came back home to water and look at the water and look at how polluted it is. But I’m following this if one of your audience wants to take part of this, it’s called Oceancleanup.com. They are from the Netherlands. A young kid invented this vacuum cleaner to clean up the water. I have followed him for years now. The government in Amsterdam took over so is huge. They’re going to go out into San Francisco Bay as we speak with a prototype, go down under (gather the garbage) and then take it away to be recycled. That’s why I’m a hopeful person. I hope that people will take their little part. How many people don’t garden in their own backyard to be safer(to grow healthier food)? You know? With all the different aspects to what you work with and that’s beautiful.

JUDITH: That’s true and again, that’s part the intention of this podcast is to increase folk’s awareness of sustainability. What does that mean? What practical action can we take today to make a difference. One of my previous guests talks about looking at your front yard, not just your backyard. Putting in a tree or a dogwood, something native here to Connecticut. Just one tree can help so many species if they’re native trees instead of invasive species or Asians. It all ties in.

AGNETA: That could be that Uranus in Taurus. Do something different. Follow that for the next seven years. How long does it take for a tree to grow, you know? And all the different ways it’s definitely going to be an increase of all those different aspects.

JUDITH: Thank you for tying that in. I appreciate it. How about 3 tips to leave our listeners with?

AGNETA:

1. Number one is **look up in the sky**. As you are aware of the full moon because many times the full moon becomes more emotional in our

body. The moon is the subconscious. Oh, how do I feel? I'm so irritated today in my car. And then you look up in the evening and oh, it was the moon! We connect more if we are aware of it. And absolutely the new moon, I always say that the new moon is a sneaky little moon that is dark so that it surprises us more. And that was May 15th, that was definitely. They come (upon us) so very fast, it's a blessing that people pay attention to the full moon. That's great; everything is complete.

2. But also, just looking in the summer to **look at the eclipses**. They happen 4 times a year and the eclipses would be in July, let me see if I've got that right, they are in **July 12th solar, July 27th and August 11th**. Especially the one July 27th and August 11th they're following cycles of what was in 2017. We're following different phases and we allow our self to, it's not going to be as strong as the one on August 21st, 2017 but they're still following the same (energetic pattern). When we look back, what have you done lately? It's also to welcome the eclipses and be aware of those emotions inside of us.
3. The third one would be I think respect that even **taking a walk in a park is also connecting to how I see astrology being alive**. Never mind having your chart done and that's not me promoting that. But to know that what is alive in your body and what is it that you have not, I always say once in your lifetime you should have your chart done, especially the moon. Because the moon signs change every 2-1/2 days versus the sun sign every 30th day. The moon is that intimate connection to the soul essence and of course you know just one little thing. If you did plant according to the moon. The full moon is not, oh I have to go out and plant. It's more the moon in a water sign; Cancer, Scorpio or Pisces because the earth is moister than an earth sign such as in Taurus, Virgo and Capricorn. They are more about crops, grass, harder vegetation because then you could avoid that fire could even burn your roots if the moon was in a fire sign or during an eclipse. the moon, full moon then we just sit and kind of complete and enjoy our rewards and allow that to be the face of just kind of like contemplation. And as it is, I always try to remind when I teach and all that, the moon is always full it just depends on where on earth we are. If we live here and start to look at the phases, we also know that there is one side of the moon that never shows. So being aware of that movement is absolutely the ebb and tide of women's cycle. Just to be aware that she, is the moon. Of course, men have the moon sign. Let me correct that. But it is to be complete during cycles, during phase

and to be aware of our emotions so that we don't freak out and blame the moon, but we are dancing with it, rather.

JUDITH: Oh, I like that. Yes, dancing with the moon and talking with the stars. Those are great concepts.

Agneta thank you. What I'd love for you to do is to share with us your contact information. How do people get a hold of you if they want a chart, or if they want a reading?

AGNETA: Sure. thank you. Well my name is a little different. I spell it Agneta and my last name is Borstein. Of course, I have a web page where they can sign up and I have my schedule. No, I don't have my schedule, but you can sign up for a reading. And I'm on Facebook quite a bit. I like Facebook still. And my phone number, if someone wants to give me a call that's fine too is 860-983-5666. And I'd be happy to take a look. I do need your exact date, time and place of birth. Most people have that I think.

JUDITH: Yeah, I think if they're look for an astrology reading, they usually do. Thank you. Those are great tips, number one, and now people know how to get in touch with you number two. I remind my audience that there will be a written transcript and all of this information will be on the written transcript when the podcast is released, so they'll have that as well.

AGNETA: Maybe I should receive one.

JUDITH: I hope so. Well I want to thank you again for joining us at Holistic Nature of Us and I know I'm inspired by the practical talk and the practical advice. And I want to thank you again Agneta for joining us today.

AGNETA: Thank you Judith.

This is Judith Dreyer, author of At The Garden's Gate book and blog. For more information go to my website www.judithdreyer.com where you'll find information about this podcast as well as the transcript and where to order my book and upcoming classes.

I like to end The Holistic Nature of Us with a quote from Paul Hawkin. He's an environmentalist and author, who reminds us:

“Sustainability, insuring the future life on earth is an infinite game, the endless expression on behalf of all.”

So long everyone and enjoy your day.