



New Paradigm ASTROLOGY

Emily Anderson finds out how looking at the bigger astrological picture can help us through these times of great change

Anyone who knows about their full astrological birth chart would agree that astrology is so much more than just the 12 sun sign predictions in the mainstream media. Even longer forecasts, based simply on whether you are Aries, Pisces or Leo, don't go into the depth and detail of a full reading.

The positions of the planets and how they relate to each other, at the moment of your birth and every day from then on, reveal so much more about you, what

challenges you face, and how your life may unfold over time.

Individually, we are influenced by the cosmos, but according to pioneer astrologers, such as the UK's Lyn Birkbeck, 69, a professional astrologer for over 35 years, and Kaypacha, 55, whose interest in astrology started at age 17 when he moved from Chicago to California, there's a bigger picture that affects humanity as a whole.

Wave of Change

The turbulent energy coming from various major planet formations, especially between

2007 and 2020, according to Birkbeck, is creating worldwide change, chaos and potentially rebirth. After all, how many political uprisings have we seen over the last few years? How many serious natural disasters, from flooding to earthquakes, have happened more recently? All part of the 'planetary wave of change', as Birkbeck calls it, linked in particular to the positions of Uranus and Pluto, and the subject of his classic book *Understanding the Future* (Watkins Publishing, 2008).

In his book, Birkbeck correctly predicts the global economic crisis, uprisings and

revolutions, major earthquakes and nuclear disasters all using his in-depth knowledge and experience of astrology. So his take on current events rings true in terms of the turmoil, but is also encouraging.

'This Uranus-Pluto Motherwave, from 2007-2020, has the potential to boost human mind-power and enable us to make 'course corrections' that will avert the disasters that threaten us,' says Birkbeck.

This undeniably intense energy in the atmosphere can drag us down or help us rise up, depending on whether we are conscious of it, tuned into it, and willing to ride the waves of planetary vibes coming our way, right now. Learning more about the astrology of this era helps understand what's going on and work with the flow of cosmic energy in a positive way.

As Birkbeck says in *Understanding the Future*: 'Like a surfer, we have to read the wave if we are going to ride it right. We have to understand its nature and direction, to respect it as a living thing – and a living thing that is infinitely more powerful than the surfer riding it. Those who read the waves and ride them, will be taken where those waves are naturally supposed to go, and will therefore have an infinitely better time of it, with a positive result to match. Those who do not read the waves will, sooner or later, wipe out. With an unusually large and powerful wave, it becomes crucial that one reads it. You will either be taken for an exhilarating voyage to a new time and place, or become exhausted, dumped or disappear.'

Age of Aquarius

As we transition into living in the new Age of Aquarius, with the old Age of Pisces on its way out, our old paradigms of living, including banking, governments and religion, are being shaken to their foundations. New systems, to live more in tune with our truth as spiritual beings, are still being created.

Kaypacha, whose weekly Pele Report has gained him popularity, since he began the YouTube video forecasts of current alignments and influences, in 2010, agrees: 'The whole universe is changing, things we thought were fixed are not fixed. I'm sure there are going to be more and more studies showing how flexible, changeable, mutable all our laws are. They used to say you can't change your DNA, but now they've discovered you can.'

'The paradigm shift going on is that all realities are shifting,' adds Birkbeck. 'So many ways of doing things aren't true or

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valid any more. We're raising awareness of the paradigm shift in astrology itself. Then hopefully everyone can tap into the planetary waves of change successfully.'

And as Kaypacha rightly says: 'Many people can feel things are changing. It's exciting and exhilarating if you have the capacity, and the healthy container (your body) to hold the energy, so you can direct it in a positive way. It's such a powerful feeling, like a Kundalini awakening, it can overpower our ability to control ourselves. So, all over the world you see people feeling a need to break free, to express themselves, to feel their feelings.'

'All our hearts are blossoming like flowers, but we feel vulnerable – is it safe to open, what's going to hit me if I open? That's part of a much bigger, evolutionary change going on in humanity.'

'Personally, we have more sensitivity to all the limiting factors in our lives: the boss, my partner, anyone in my way, holding me back. This means there can be a lot of anger, blame, victim mentality, with people saying, "I'm not feeling strong, young, able enough to live the life that I want". Everyone's hitting their own limits and needing to transmute their emotion, use that power, transform that fear into action, and not let it overwhelm them like a tsunami.'

Seeing the way the planets are squaring up to the earth right now, it's hardly surprising all this is taking place. Kaypacha explains: 'Uranus is in Aries for six years, until 2018, while Pluto is in Capricorn from 2008 until 2024. This means external authority, structure, laws, man-made religions, the banks, governments, military, police, even our fathers, holding us back, suppressing the inner feminine awakening within us all, having been suppressed for so long, as well as our personal needs, truth, ethics coming to the fore. It's a time when I become my own authority. So we're seeing the difference between spirituality and religion, for example. Religion says 'God is out there', while spirituality says I'm a co-creator, God is in us, and we are one. Religious institutions are falling apart. The power is with us.'

Lyn Birkbeck agrees: 'All over the world people are feeling others suppressing them being themselves. Look at the Ukraine this

Spring, for example, and all over the Middle East before that.

'What's happening now, is seen in similar Uranus Pluto waves in the late 1920s and '30s, and again in the '60s, with people reacting to something deep inside them being poked by something external happening to them. This time is about what Nietzsche called The Will to Power – that there's a sense of something far greater to us than what we've been led to believe. We're a force of nature, and new paradigm astrology is reminding us of that, particularly where Uranus Pluto Square is involved,' says Birkbeck.

Control and Power

Kaypacha also predicts where things are going for the rest of this year, knowing what he does about the power of the planets to affect great change: 'As Saturn moves through Scorpio now until December 2014, life is all about dealing with forces beyond our control and moving into a place of learning through experiencing powerlessness. Having to learn acceptance by the other – our partners, our bosses – not following our way, is causing a lot of break-ups and pain, personally and politically, because people can no longer tolerate a situation where someone else is trying to control them.'

'Business as usual is going to continue to unravel, a continued leakage of things buried and lied about for long periods of time, mostly bringing about a lack of trust in leaders, the systems, the bureaucracies, which will lead everyone to question authority, and lead us to become more of our own authority.'

'In this Age of Aquarius, we're coming into much more of a level playing field where everyone has a say, and a contribution to make to the whole. Institutions, governments and anyone not listening to others, still trying to get their way, will lose support and their positions, and feel more pressure to acknowledge the people they're supposed to serve. The needs of people are coming through the internet. Social media is uniting people, bringing us all together.'

People uniting against oppression, corrupt governments, and wanting to make

the world a better place, is continuing the revolution of consciousness that begun in the 1960s. This can be seen in similar bigger picture astrology from that era.

'The major Uranus Pluto Square action of awakening and revolution, from summer 2012 to spring 2015, has its seeds in period of 1965 to 1966 when Uranus and Pluto were conjunct,' says Kaypacha. 'Some of us born in that time period are now stepping up into creating the world we want to see – which involves staying within your own power to face, confront and revolutionise the external institutions and power structures that have been in place through the patriarchy, over the last 6,500 years.'

'This is a huge turning point with the masculine and feminine energy, the patriarchy and matriarchy. This shift is now bringing the feminine energy back. The masculine energy, of thinking, rational, logical, has been ruling for so long, and it's time to integrate that with the more chaotic, internal, feeling, passionate feminine energy also inside us all. It's a time when this can well up within us. If you fear chaos and change and try to control, rationalise and make sense of it, then you're going to suffer.'

'But with Uranus moving through Aries until 2018, it's the perfect time to get into our physical bodies and find the answers there. Get things moving, stir up your own energy. Embrace the change instead of being overwhelmed by it. We do know the way forward. We are realising that our instinct is powerful. It's a time of integrating the power and wisdom of the body with the awareness that we are spiritual beings in an animal body. Previously, we've been taught separation: that we can't be spiritual if we're physical, material, sexual, but this new paradigm is about us trusting that we do know the answers.'

Physical Spirituality

In his years of experience with kundalini yoga, shamanism and breathwork, as well as astrology, Kaypacha has many techniques to avoid or ease any suffering in this era. He suggests doing regular yoga, massage, swimming, and hiking.

'Being in nature is very important. Because of being up in our heads for so long, we need to feel our emotions from our hearts, and descend even further to the ground. Literally get down on the earth, feel its vibration, and smell the grass and flowers.'

'I'm also focusing on feminine characteristics to help them come into being more, such as learning to receive. We've been expected and demanded



Change is in our hands to bring about.

to produce and give, and made to feel shameful if we don't. That's one thing we could all work on changing. I'm also working on listening better – to all levels, inwardly to the psychic, intuitive side of me, and outwardly to the ocean, to nature. Dancing and music is also great to get into, as they're associated with Venus and Neptune feminine energy, coming more into play to balance the masculine energies dominant for so long. It's also important now to relax, breathe, and let go. Don't attach to an outcome, or a result.'

It's clearly time for a big change on the planet, after so long suppressing so much of our truth, to the detriment of ourselves, and our world. As Kaypacha adds: 'Under the patriarchy, especially in the northern hemisphere and cities everywhere, as we have become more civilized, intellectual, and technology-orientated, we've moved away from the natural rhythms of life, including the movement of the planets. Outwardly, we're disconnected from nature, and inwardly, from our feelings, emotions, our true instinctive self. Hence the rise of addictions to mask a sense of loneliness, that something is missing.'

'Hopefully we've reached the ceiling of the intellectual, head-oriented approach as it's not the ultimate goal of human existence, to become as smart as we've become. We've got to realise we've gone

too far down that path, and do a u-turn. The new paradigm of living has to reconnect with earth, nature, simplicity, through diet, exercise, listening to the body, caring for and nurturing yourself, getting away from fast-paced life on screens and more in-tune with yourself. We can still be connected globally but also do our yoga, meditate, bring back some balance in life. Create free time, as that's when spirit, emotion, stuff comes up, and it reconnects you with who you really are. You have to become stronger and more in touch with your heart, your inner truth and your inner humanity in order to work successfully, compassionately, with others, in groups, to make the change together. This evolutionary process isn't about the world changing, it's about you changing yourself.' Birkbeck agrees: 'Tuning into divinity helps connect with what I call my "automatic me", the self that's unclouded by conditioning, who knows the truth of reality. This all helps life flow with more ease, especially during this period of history when paradigms are shifting.' ks

Find out more

Go to www.newparadigmastrology.com for more about Kaypacha's work. Visit www.lynbirkbeck.com to find out more about Lyn's astrology readings and books.