

25 | SUNDAY
DECEMBER 6



COSMIC

BY YASMIN BOLAND

TIME TO LET GO

THE ALIGNMENT OF
THE PLANETS RIGHT
NOW OFFERS A GREAT
OPPORTUNITY FOR HEALING

This year there have been two main themes. In astro-speak, they were the Saturn-Uranus opposition, which could be summed up as “the new order”, and the Jupiter-Neptune-Chiron alignments, which could be summed up as “healing”.

When the Saturn-Uranus combination has been active (in February and September in particular), there has been pain, as we’ve struggled with what parts of our past to leave behind.

Where we’ve managed to let go of something or someone, a new something or someone has manifested. This can be something obvious, like the end of a relationship, or the starting over of a relationship under new rules. It can also be far less dramatic, such as selling a beloved old flat to buy something newer and bigger.

When the Jupiter-Neptune-Chiron aspects have been active (especially in May, July and now) there has been a massive chance for healing. I noted back in May that if you’d ever thought about going to see a healer, this was the year for it. Which brings me to the point of this week’s column: this week is once again all about healing, and about the joy that comes with admitting when something hurt, just in time to let it fade into the past.

Even if you think you’re “over” something that happened to you in the past, it’s worth seeing a healer, not to open up an old can of worms, but to deal with it.

“NSW-based healers I can recommend with total confidence are... Peter Babilis at www.universalhealth.com.au.”

EXPELLING TRAUMA

In his bestselling book, *Ageless Body Timeless Mind* (Random House), Deepak Chopra suggests that when we go through a trauma - emotional, spiritual, or physical - the memory stays with us until we expunge it consciously.

An example would be the parents of a gravely ill child. Once the child turns the corner, all they can think of doing is getting their baby back home and resuming normal life. The fear and anguish they went through during the process may be “forgotten” but, according to Chopra (and many other healers), the scars remain until we consciously heal them.

Kinesiology and acupuncture are tried and tested methods of getting painful memories out of the body so they don’t sit festering as the years go by. Because Chiron is involved in all this, and because the planet of communications, Mercury, is also very active this week, seeing a counsellor can be as good as seeing a body worker. If you’re tempted, this is the week to get on the phone and make an appointment with someone you trust.

Two NSW-based healers I can recommend with total confidence are Wendy Cazzolato at www.soulrites.com and Peter Babilis at www.universalhealth.com.au. Otherwise, the best recommendation is to go by word of mouth.