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Sedona Coach Musings

Change Your Life and Fly

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Introduction

In this issue of Sedona Coach Musings, which is a bit overdue, I'm introducing a column by Gavin Carruthers, a local astrologer I met over 14 years ago and whose on-target, gentle, insightful, and spiritually-based readings have helped me to gain understandings in my life and to make changes – which have always led to my greater good.

What's in a Number?

In our culture, we celebrate birthdays – the advancement, in the course of a nanosecond, from one numerological designation of our age to another. Yet many of us rarely feel any different. True, certain numbers/birthdays affect us differently – but all due to some meaning our culture has placed on those. Youth consider 30 a huge transition. Forty seems to trigger mid-life crises in many, and 50 marks yet another significant change. Gail Sheehey even does a good job of tracing how our thinking and life challenges change throughout those years in her books, *Passages* and *New Passages*. I seem to have managed my passage through those years with a reasonable amount of ease, or so it seems, in hindsight.

In our country, 65 is yet another big one. For months before that big day, just a few days ago, I received tons of information about Medicate and Medicare Supplemental Insurance. As I faced and made the decisions around that particular issue triggered by a number, I kept thinking, "isn't there more to this than Medicare?" I felt that I needed to celebrate so much more and that the number said very little about me, despite BCBS's offer to nearly double my premium if I stayed with them. For example, compared to the past few years:

- My cholesterol is lower.
- My swim times are the best they've ever been, having shaved a minute and 20 seconds off my timed $\frac{3}{4}$ mile over the summer.
- I'm more upbeat and positive about the future.
- In my head, I'm still invincible.
- I've learned to take life at a gentler pace, partly out of a desire to experience more and accomplish less.
- I've learned to celebrate my body for how it has served me these 65 years and realize that, instead of it being my servant, we are a team, so I listen to it more now. The roses smell pretty nice sometimes.
- I have a better, happier, more accepting and loving relationship than I ever have.

But I also knew I needed to celebrate not only where I am and have come, but also my journey. So, I also celebrate:

- Sixty-five years of good health
- The raising of two adults who have strong values, are responsible, keep their priorities straight, and lead independent lives with their significant others and families (furry or human☺)
- Making lemonade (or margaritas?) of life's challenges through perseverance, strong values, and keeping my responsibilities and priorities appropriate to the times and situations
- Finding and living my purpose in the myriad ways I can
- Achieving a certain level of spiritual, emotional, physical, and financial abundance and assuming the continuation of the same
- Renewing my sense of wonder through the eyes of the innocent, trusting, loving being of my grandson and enjoying what I learn from him as much as the wisdom I can bring to him
- Achieving a certain amount of professional stature and recognition in one of my primary fields in which I live my purpose.
- Experiencing other cultures through travel and friendships, embracing the differences and allowing myself to use them to change my own life or question my own culture while accepting the contributions and perceptions of all
- Weaving a beautiful tapestry that brings all the threads of my life into an exquisite, ever-changing pattern, rich in its expression

As I look over this list, I notice that I don't see job titles, projects, and specific awards. I see learnings, growings, and becomings. I would not have written this list from that perspective even 15 years ago.

So, what does your number mean? How do you celebrate yourself –

wherever you are? And how would you like to celebrate yourself in the future? How can we help you celebrate you?

What's in a Name?

Years ago, when I left Chicago, I played with numerology and a new name for myself that would bring the missing, but critical number seven into my numerology composite picture of name, birth date, and other factors. This name, Jane Elizabeth MacKenzie resonated with me for various reasons. First, based on strong advice, I decided to keep my first name. Second, I've loved the name Elizabeth for a long time and feel its strength in my being already. And last, the name MacKenzie has a strong Celtic heritage, one I strongly identify with. When ever I hear the bagpipes or Irish music, my feet have a mind of their own and start to move. I'll never forget the time I was at the changing of the guards at Buckingham Palace. The oncoming guard was a Scottish one. As I stood amongst strangers, the pipes began to play, my feet started to move, and my eyes welled with tears and a sense of pride – almost like patriotism – entered by being. I was amazed and wondered at the source: genetic memory? Past lives? What else? It only served to reinforce my connection to the Celtic. I have put off changing my name for far too long, so at this significant birthday and turn in my life, I claim the name, its strength, its heritage, and all the good things it can bring.

A name carries energy – by virtue of both emotional and numerological association. I know many people who have changed their names and experienced great changes in their lives, including my husband, Demetri. The time has come for me to transition out of the borrowed Smith energy and into an energy I create and claim for myself. It's part of a new journey.

For a while during this transition period, I will hyphenate the name as MacKenzie-Smith; however, sometime in the next year or so, I will drop the Smith completely.

Numerology

In addition to questioning what a number means, aside from what actuaries tell insurance companies, numbers, like names, carry energy. Sixty-five reduces to 11, which is a master number, a double-dose of one energy, the energy of new beginnings, actions, originality, and decisions. This year's numerology for me is a one year, and there are other one factors at work for me. I'm intrigued by all the one energy and eager to see what it brings, hoping I can be open to opportunities for change and new adventure. If you're interested in a good book on numerology, try *Numerology and the Divine Triangle*, by Faith Javane and Dusty Bunker.

The Pluto Station - September 11 2009

by Gavin Carruthers

The Pluto Station happens once a year, when the planet appears to turn forwards in the zodiac, after 5 months of apparent backward motion. Over the last couple of decades it has slowly mutated from late July, through August, and this year occurs on September 11th. Historically this annual event is a turning-point in many of the growth processes that have been simmering over the previous year, both on the macrocosmic level of world events, and in our own individual growth and personal transformation. On the collective level we can expect a turning-point in the disintegration of old, out-worn structures, like we have seen with the exposing of the corruption in the financial, political, medical and insurance industries, and of course the intense debate that tends to rage as the status quo is challenged by the inevitable forces of evolution. I suspect that part of this might involve an upsurge of popular support in the movement towards universal health care for all Americans, as well as the inevitable backlash from the forces aligned in opposition to these kind of humanitarian changes. Believe it or not, this Pluto process (along with the developing alignment between Pluto, Uranus and Saturn) is about the creation of a better world for us all, but first the worst elements of the old world have to be drawn to the surface for examination, purification and transformation, so that we can rebuild a more perfect world, and of course those among us that have a hard time with trust are experiencing a lot of fear and pain as the old world dies before their very eyes. I have faith that things will all work out, and likely more quickly than we dare imagine, as the entire human race is pressured to take a massive step up in consciousness and release all the blocks that are holding us from our perfection. Exciting times indeed! It is important to remember to choose love over fear, to choose being awake over being asleep, and to remember that on a spiritual level we know EXACTLY what we are doing, and we all came here to be witness to this extraordinary time in human history and human evolution.

As far as the more personal, microcosmic level is concerned, not everyone has a prominent Pluto in his or her birth chart, but everybody experiences what are called Pluto Transits throughout their lifetime. Pluto's elongated orbit of the Sun is 248 years, so it moves very slowly through the zodiac. A transit is a planet moving over sensitive parts of your birth chart, and Pluto's transits last for a couple of years and don't repeat often. For the past few years people with planets at the end of Sagittarius, Gemini, Virgo & Pisces have been stirred up by Pluto, and now they have been replaced by those with planets at the beginning of Capricorn, Cancer, Aries and Libra. I can get a little bit more specific here. All of the people born on the following dates have either just finished a Pluto transit to their Sun or are just starting one. The dates are March 19 through 26, June 20

through 27, September 22 through 29 and lastly December 20 through 27. There are eight dates in each group, and in danger of over-simplifying we could say that the first 2 days in each group are now mostly digesting and integrating their Plutonian process. The 3rd, 4th, 5th and 6th days in each group are well into the process but not finished yet, and the final 2 days in each group are just getting started. By the way, these are not the only folks getting Pluto transits, just the ones that have the transit to their Sun. (Pluto also strongly affects other planets and sensitive points in the birth chart, particularly the Moon, Mercury, Venus, Mars, Saturn and the Ascendant) All these people are likely to be deeply affected by the Pluto Station, and will experience a quickening of their own personal transformative process, with a strong influx of energy to help them make their breakthroughs, like the snake shedding it's skin, the caterpillar turning into a butterfly, or the peeling back of the onion, layer by layer, to expose the solid core of truth at the center. For the past 25 years I have been telling my astrology clients two basic things to help guide them through their Pluto transits. The first is "put yourself in the path of transformation", which means seek out experiences which will put you in touch with your "blind spots", those places in yourself that are hard to get to by yourself. So "put yourself in the path of transformation" might mean going to workshops, or getting some counseling, or even just sitting down with a good friend who will give you honest feedback. The second thing I tell my clients is to "let go of absolutely everything you have an attachment to". That doesn't mean you have to destroy things or throw them away; it's simply about releasing the attachment. It's easy to get very attached to things that don't really belong to us at a core level, or to stay attached to things that used to belong to us but we have outgrown, and Pluto's lesson is about getting back to a core level of truth within ourselves, so the letting go process can be very valuable in illuminating what is real and truly valuable.

Note from Jane: For an in-person or telephone reading with Gavin, contact him at: gavin@commspeed.net.

Resources

Gail Sheehey, *Passages*. This book is her original treatise on life stages for adults.

Gail Sheehey, *New Passages*. In this book, she follows the ages of 45 and on much more closely, discussing the life lessons/challenges we all face in these years. The ages 45 – 50 are the ages of transition. The ages of 50 – 65 is the Age of Mastery. And the ages of 65 and; beyond are the ages of Integrity. She also compares some of the lessons by generation. I read it on tape many years ago, and it's worth the read.

Faith Javane and Dusty Bunker, *Numerology and the Divine Triangle*. While there are many numerology books out there, this is a

particularly good how-to book to get you started. They give examples of the calculations along with detailed explanations of the numbers. In one section, they compare the numbers to the cards in the Tarot. I have found it to be easy to work with and fun to read and learn from.

<http://www.tut.com/theclub/> - Tut's Adventure Club. I enjoy Mike Dooley's daily emails as well as his books. You can subscribe to his emails and purchase his books.

<http://www.visionsofheaven.com/> - Ann Alber's site with her newsletter of angel channelings. You can subscribe to her weekly newsletter.

<http://www.emergingearthangels.com/> - Karen Bishop's channeling of the ascension process and our role in it. You can subscribe to her channelings which come out somewhat regularly.

Virtual Coaching Groups

Only one or two of you expressed an interest in these groups; therefore, I have not formed anything yet. If I get more interest, I'll be happy to do so.
