



Saturn - Millstone or Mentor?

Joyce Hopewell

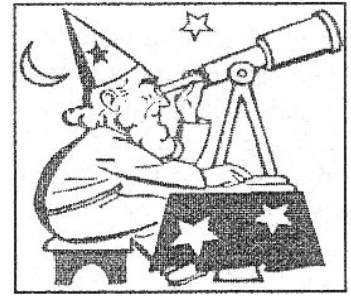
From a talk given by Joyce at the Astrological Association conference in 1998

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SATURN - MILLSTONE OR MENTOR?

Joyce Hopewell at the Astrological Association Conference, Chester, September 1998

The talk was given at an afternoon plenary session, and had been intended as a workshop for a maximum of 30 people, but because of changes in room availability a large tiered lecture theatre had to be used & Joyce had to adapt her planned workshop accordingly.

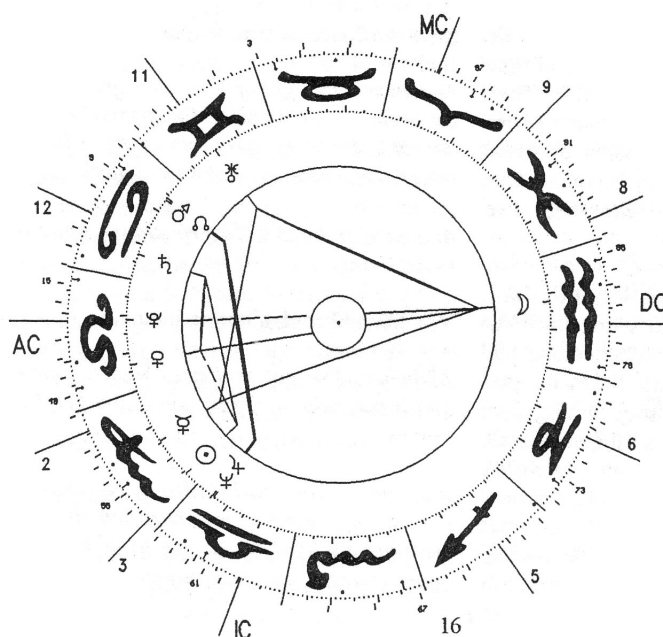


I'm going to start off by pointing out something that I noticed about the Conference chart when Nick Campion (*then AA President*) was talking about it at the opening, and that is that Saturn is in the 5th House of this chart. And I thought to myself - come on, Saturn in the 5th House, let's enjoy it! You know, we don't have to be stuck in the mud & very Saturnian about it, and this afternoon we're going to take a relatively light-hearted look at Saturn. The nature of Saturn, of course, is very practical and very down to earth, so I'm actually going to be asking you to participate in this workshop in a very practical way rather than me talk to you for an hour and a quarter - I can tell you, I was daunted by the thought of having to talk about Saturn for an hour and a quarter! And of course I'm roped up to this recording equipment in a rather Saturnian way, and I like to move about when I'm talking.

What I'd like you to do is to turn to the person next to you, or either side of you, and say hello, tell them what your name is and introduce yourself by saying what Sign & what house your Saturn is in - let's break some barriers straight away! (*Laughter followed by lots of talking*).

OK - I shall really have to get my Saturn out now & ask you to be quiet! - I think you must have done that if the noise is anything to go by! Obviously, as I'm involved with the Huber School you're going to see a Huber chart - this one is mine - and what we usually do in the Huber School is to put our own charts up to say "Hello" to everyone. So here we are, here's my chart and here's my Saturn in the 12th House, so you can really guess how I'm feeling now, can't you?! (*Laughter*). But it is in Cancer, so I am caring about you quite a lot!

What I'm going to do is give you an idea of what the purpose of this workshop is - and that is to give you an opportunity to explore what Saturn means to you in your life. I've called the talk "Millstone or Mentor", so it will just be a gentle way of looking at whether Saturn is a millstone - something that is really heavy & that drags you down, with a sort of "killjoy of the cosmos effect" - or if it is a mentor for you in your life. There will be a few opportunities for you to see how you experience Saturn in your chart & in your own life. Maybe it's positively, or negatively, or perhaps it's somewhere in between - that



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would be an ideal to work towards, somewhere to find that balance between the two extremes. And if it is a millstone for you, how might you begin to see it & use it as a mentor? Also, something will hopefully come across to you about the positive effects & aspects of Saturn in our lives.

For me - Saturn - I couldn't do without it! You know, it's the structure, it's the grounding, it's the material world, and most importantly of all I think it's our *responsibility* towards the material world. With all the changes that are going on in the world right now, when we start to get much more of a raised consciousness about what is happening to our environment, this is also Saturnian. This is the rocks and the stones and the earth and the trees and the grass that grows - it's our responsibility towards that, and responsibility is a part of Saturn as well.

Definitions

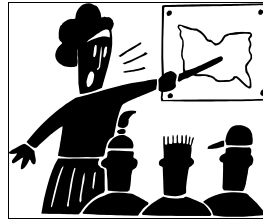
I thought I'd look up the dictionary definitions of "millstone" and "mentor". The dictionary that I looked in says a millstone is "something that grinds or crushes - a heavy burden". I thought that really does say it all! We could regard our Saturn as such. For mentor, on the other hand, the definition says "a wise and faithful counsellor, a teacher or instructor", and I thought that that's the one I feel happier with. I'd rather have a teacher and someone who's going to guide me or help me than a millstone or something heavy that going to come along and crush me to bits.

I also looked into the book "Mythic Astrology" by Ariel Guttman and Kenneth Johnson (1), and they actually say something very similar to this. They say that Saturn is the inner teacher: "This teacher may turn into a tyrant, a grim patriarch obsessed with laws and restrictions, or it may become a true mentor". So again, it's playing with these two ideas.

What I'm going to suggest you do - and this will only take a few moments - is to write down for yourselves as many words and associations and phrases as possible on what Saturn means for you. It's almost like you're going to start writing your own key words for Saturn. We can all go to the astrological "cook books" and look up key words, and they make really good starting points, but once we can move away from those and start to generate our *own* words and descriptions, which have meaning for us in our own lives, these can be infinitely

more valuable. Think of this as your ongoing list. It may be something you start today, but which for you can carry on over the next few months as it will grow with you as you add to it.

I'll give you a few suggestions. For me, the first words that come to mind are rocks, mountains, limitations, stone structures, stone circles, fears,



boundaries, being fenced in, being in a room I didn't want to be in, rules, restraints, safe habits, wise teachers, car seat belts, time, "shoulds" and "oughts", and all the systems within our bodies. So now, for a minute or two, jot down some things for yourselves to express what Saturn means to you in *your* life.

There was a pause while this took place

I wonder if anyone has some things which they would be willing to feed back from their own lists?

Audience: Satisfying Uranus - I can't come to terms with that because with Saturn I just do unusual, unconventional things in a very conventional way. If I want a floral garden without all the messing about I go & buy some artificial flowers - then plant them so they stay blooming all the year and I get roses at Christmas! (laughter). Then with my Saturn trine Neptune I can paint pictures and bring them down to earth.

Great stuff - thank you. Anyone else.....?

Audience: I thought of "Eat your greens or you'll get them for breakfast!" (laughter) "And if you do eat them you'll grow up to be a big strong man like your father" (more laughter)

Audience: I have a Saturn/Jupiter opposition - mood swings.

Yes, hot and cold, all or nothing....

Audience: I've got a Uranus/Saturn conjunction and it can help my bright ideas and get them going.

Audience: I was nearly killed by Saturn - it was a very strong planet in my chart, but she (Saturn) gave me my life back as she grabbed me for 65 years and she gave me freedom.

Thank you.....

Audience: Saturn trine Venus - classic quality styling in dress.

Brilliant! You've got it! This is really good stuff coming out - and keep adding to it. Keep making your lists grow, because they are *yours*. You won't get these kind of definitions and suggestions about Saturn in any other astrology book apart from the one you write for yourselves! It's your own personal understanding. Thank you for those.

Manifestations of Saturn

I was thinking also about Saturn and the images and manifestations of this planet, so I decided I was going to bring along a few props. They are all things which made me think about Saturn and what it might mean for me. I brought along some rocks and stones from a beach I visited in Norway, where it was so cold that the sea had frozen in the pools and runnels on the sand - and so for me these are very Saturnian pebbles! My Filofax is another Saturnian object - it has to be because it represents security in knowing all the important information I need, and it's extremely well organised. I also brought along a crystal formation.

And I grabbed these (*holding up some biscuits*) as I was leaving the exhibition hall where tea was being served. I didn't want a biscuit then, but I know I shall want a biscuit after I've given this talk to keep my sugar levels up! So getting hold of a few biscuits was part of my forward thinking and planning because I know there won't be any left in the hall after this talk!

The clock I have here will bleep at 5 o'clock to tell me it's time to stop. Then there's my umbrella - that has to be Saturnian! How many people go out and think to themselves "Oh, I'd better take an umbrella"? That has to be Saturn speaking! And finally, I spent quite a long time knotting a scarf artistically around my neck, and I felt really safe with it on. But the person who is taping this talk said that if she was going to be able to tape me, it would be very difficult to do so with the scarf and the microphone both on, so the scarf had to come off.

Images of Saturn

I have a couple of visual images as well. (*See next page*) The first is a photograph that was taken earlier this year when I went on a wonderful holiday

to the Western Isles of Scotland - the Outer Hebrides - and in a village on the island of South Uist there are these solid, sturdy crofter's cottages made of stone. They are thatched in the traditional way and along the edge of the thatching there are huge pebbles and rocks from the beach which have been tied and threaded into the structure of the roof in a kind of "hair net" to keep the thatch in place when the wind blows. At the time I thought what a wonderful use of Saturn - it's so practical and the materials are so accessible, being available close by so all that has to be done is to haul them up from the beach.

The other one, which I've not actually seen because it was too far out at sea to be easily visible, is of a place in France, shown on this postcard. It's a fort off the coast of the Vendee in south-west France. It's a fortress set in the sea. It's completely impermeable from the outside and would be very difficult to get into. I bought that for myself some time ago as it seemed a good symbol for me for my Saturn in Cancer.

This is another thing you can do to make Saturn more real for you in your lives. Look for it. Look for the symbols and images and manifestations of Saturn.

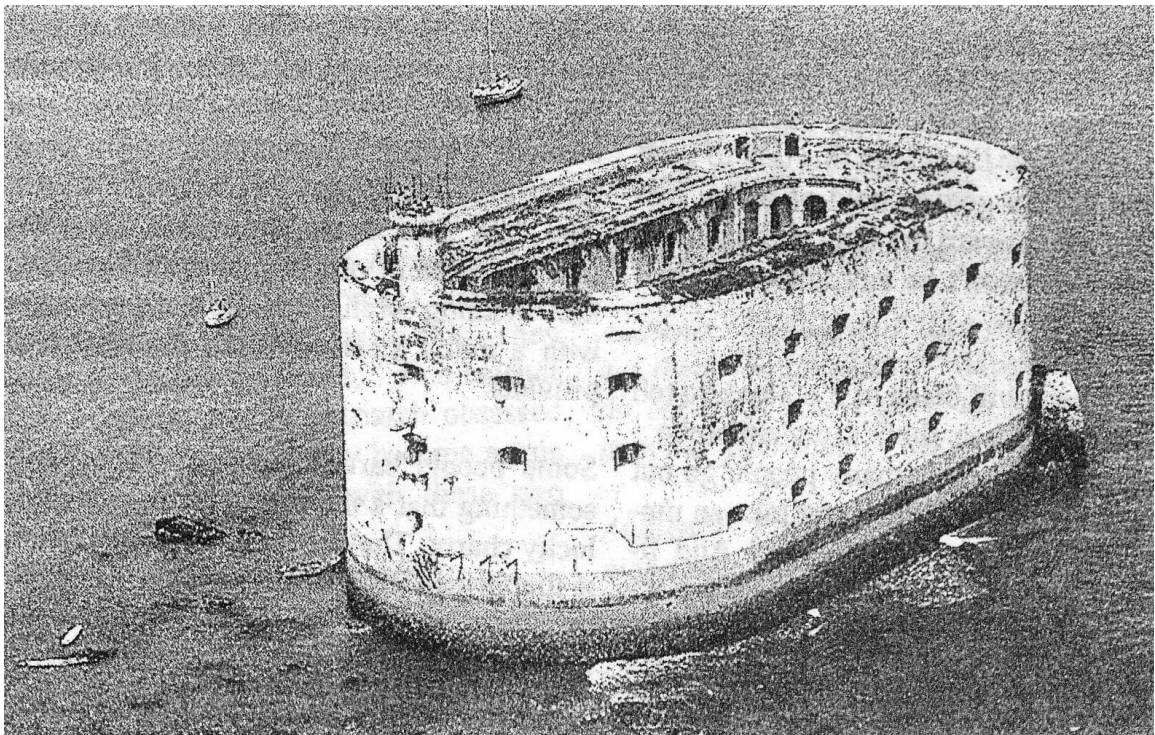
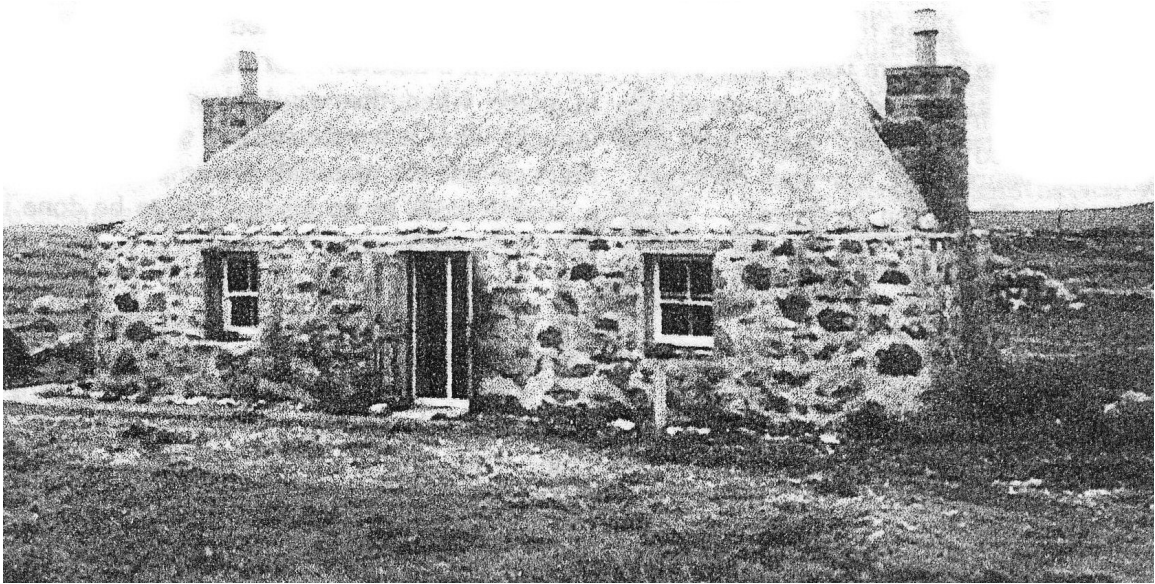
Although I didn't bring one with me, another thing I might have brought for Saturn is a security blanket! How many people have a grown-up's security blanket? I know of some people who go away to residential workshops or conferences and they take their own duvet with them. (laughter) And that is one form of the grown-up's security blanket - nothing wrong with it, and you may end up with a much nicer one than the accommodation provides!

Some people carry talismans. They hang on to something that's important for them almost like a lucky charm. The current MP for my constituency is the former BBC correspondent Martin Bell, and he always wears a white suit. That is his Saturnian talisman and he claims it makes him feel safe. He keeps charms in his pocket having got into the habit of doing so when working in war zones. He's quite open about that and says it helped him feel safe when he was reporting on the war in Bosnia.

Saturn in everyday life

Maybe you can think of a few Saturnian manifes-

Stone croft with stone and rocks holding down thatch—South Uist, Outer Hebrides



Le Fort Boyard, Vendee, France—impenetrable fortress off the coast of south-west France

tations in everyday life....?

Audience: Hat pins!

A good one. What about foundation garments? (laughter). Any others.....?

Audience: Extra tissues

Audience: A special stone - I always wear one as jewellery.

When I started thinking about Saturn in an everyday context, I noticed how many signs and notices there are around which have a Saturnian flavour. Have you ever thought of this? I thought these fell into two broad categories which correspond to the millstone or mentor idea. We've got the prohibitive signs, which are like the millstone - "Don't do this...don't do that", and we've got the protective ones which are mentor, guiding/teacher ones. I drew up a few of these to explain and illustrate for you what I was thinking about. *(See over page).*

Prohibitive and protective

So we've got "Keep off the grass" and "No parking" and so on. I actually went through a book of road signs, and the page with the prohibitive road signs was headed "Prohibitory or regulatory signs" - very millstone! They include things like weight restrictions and bridge height restrictions and so on, We're so used to seeing them that we don't even stop and think about them. I mean, "Keep of the grass" has definitely got more than one connotation these days.....(laughter).

Then I thought about the protective signs. These are slightly different, not coming from quite the same place.

Somebody is laughing at the one saying "Toads crossing" but I put that in because I've seen this very sign on a road in Bedfordshire which I travel along sometimes. The sign also says "Please beware at spawning time of year" to protect the toads who have their minds on something else! I think that is just about the nicest road sign I've ever seen!

Then there is the "high voltage" sign, which might be Saturn/Uranus! And there are things included here which are intended to guide and protect, like watch out for rocks falling if you are driving through a gorge. This can happen, for instance if

you are driving your car in an area of the country where Saturn is a bit "looser", where the rocks will tumble down.

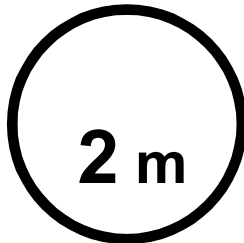
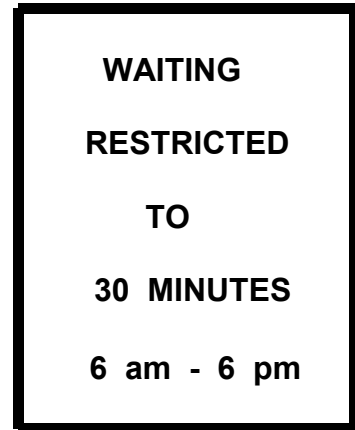
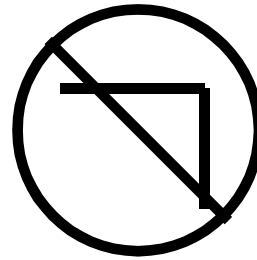
In everyday life what we could aim to do is to get a balance somewhere between Saturn being too prohibitive and too protective. For me, that would be coming from a place of conscious choice, where we're choosing and we're aware that we might have a millstone Saturn somewhere inside us, *and* a mentor Saturn somewhere inside us as well. These might be two different parts of us, and these parts might sometimes get into conflict, but the aim is to find a place in the middle where we can choose whether we listen to the millstone and let it hold us back, or listen to the mentor, and let is guide us and move us forward a little.

In the Huber approach, and when we use astrological psychology, we see the planets as psychological drives which are used and expressed by us as part of our personality. Each planet or drive can function at three different levels. We talk about the planets functioning at an asleep, waking and awake level. If it's asleep, it's usually an unconscious level, we're not very aware of it, so Saturn functioning at an unconscious level might be fear and greed and hanging on, protecting what we've got at all costs.

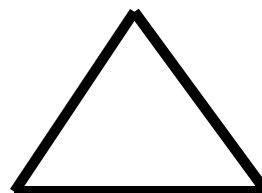
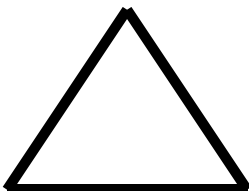
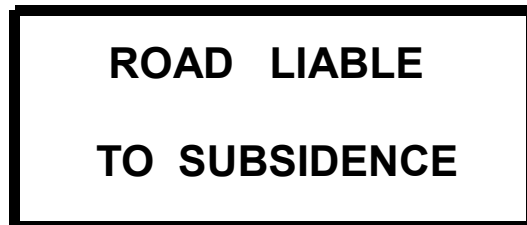
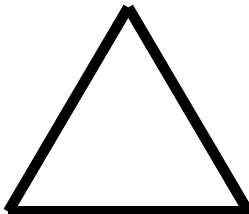
At a more waking and conscious level, it would express itself differently. It would be much more in tune with the environment and what's going on around it. The we get to a higher conscious level where it could be functioning in the capacity of mentor, in a mentoring way. I'll just give you a few words for these levels.

Three Levels of Saturn	
Asleep	Fear, Greed, Restricting, Dependency, Paranoia, Limits, Boundaries, Chained, Chaotic
Waking	Structure, Security needs, Cautious, Careful, Steady, Dependable, Retentive memory, Healthy neurotic
Awake	Deep learning, Benefactor, Mentor

PROHIBITIVE SIGNS



PROTECTIVE SIGNS



Fear - I've put that one first. Let's face it, giving a talk at a conference and finding I've got a lecture theatre instead of the nice friendly room I asked for, my fear was on the go! There's a book called "Feel the fear and do it anyway" (2), and fear is very much something which is associated with Saturn. People think and say "I'm frightened.....I'm scared.....I can't.....What will the neighbours think.....What if I make a mess of it.....What if I say it all wrong....." and so on. We actually stop ourselves from doing things, and limit ourselves, often more than the fear itself does. And as well as fear we've got greed, restrictions, limits, dependency, paranoia, boundaries and so on. We might feel chained - you know, the ball and chain? That symbol might be very real for us. We might feel we can't move forward, that there is something stopping us, and we get into a kind of catatonic state and freeze, like a rabbit caught in the headlights of a car. Frozen - that's the crystallisation aspect of Saturn.

If we're using Saturn in a waking way there's much more structure involved. We pay attention to our security needs more consciously, so that instead of just freezing, we still do things, but we're more cautious. We're careful, we take note of things. We don't just freeze and stop, we say "OK, we're going to whatever it is, but we're going to lay in the necessary plans". This is another Saturnian thing, the steady, dependable, reliable aspect of Saturn here. People that can be depended upon are a real bonus to have around in our lives.

A retentive memory - that's something associated with Saturn as well. Organising things in a structured way so you can call up a piece of information easily is Saturn at this level. And if you are acquainted with somebody who knows the exact route to a place this is a Saturnian skill, and these kind of people can be very helpful to have around. Then at the awake level we've got really deep learning. We have the benefactor - somebody who can help and give something back, and of course, we have the mentor aspect.

I know that I'm not functioning at an awake level all the time. I guess most of us don't, but we *can* get there, and I often describe moving through these different levels as being a bit like taking a lift. You can go from the asleep level, on the ground floor, and take the lift up to the top floor, the awake level. But you might move down a floor or two every now and then and go back to the asleep level. You can go from asleep to waking, then you might

get to awake, but then will fall back to asleep again. There's this feeling of moving about, so it's not all fixed stuff with Saturn!

Saturn as mother principle

Another thing I'd like to mention, seeing as I'm involved with the Huber School and Huber astrology, is that in the Huber approach, Saturn is known as signifying the mother. I know that a lot of misconceptions can arise amongst other astrologers that don't understand the principles that are being used and discussed here. If we think about it, "mother" is also known as "mater" and mater is related to the material. Saturn represents the mother *principle*, which is much closer to the definition from the dictionary for mentor - the person who teaches, and guides and guards and takes care of us. If you think about it - and I'm not trying to convert anyone! - but just think about who in your life gave you the guidelines and the rules and the structure for starting you out in life.....and there's this gentleman here who said something earlier about eating your greens up! Was it mum who said that to you?

Audience: Yes.

It's usually, but not always in this changing society, mother who looks after the young children. We're having a lot of change over now where Mums are going out to work and Dads are starting to fulfil that mothering role. But generally, over the past few centuries, it has been the mother who's been the person that lays down the guidelines and the rules and who teaches the child the basic social structure and how to get on with other people and make their way out into the world. This is particularly so in those first four or five years of life when this is very important.

If you think about it, we've already had "Eat your greens up", but we also get "Wash your hands before your meal and before you sit down at the table", "Clean your teeth before you go to bed", "Look both ways before crossing the road", and "Remember to say please and thank you". I'm sure we've all got our own messages that we got from mother, so all I ask you to do is take that on board and go away and think about it. None of this means to say that mother cannot be Moonlike as well, because mothers can be beautiful, they can dress wonderfully, they can smell of perfume and be very feminine, but they still give us that structure in the early years.

Threefold personality

In Huber astrology, Saturn, along with the Sun and the Moon, are part of what we call the Threefold Personality. Sun, Moon and Saturn correspond to Body, Feelings and Mind, and here you can also see the different qualities - the Cardinal, Fixed and Mutable qualities - which can be associated with these three planets.

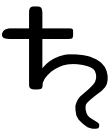


With Saturn we have the quality of fixity. You're sitting here in rows, and I'd wanted you to be much more Mutable so you could move about, but we can't work like that today! The Fixed quality gives us stability and preservation of the status quo, the ability to stay put and stick with things, to persevere, to maintain things. Saturn also gives us a sense of ourselves through our bodies. You are all sitting down, so we could say you are sitting on your Saturns /"sat on's! (laughter), and you may be aware that you need to move in your seats, to shift position and get comfortable, so there is a body awareness. It's important that we do become aware of and accepting of our bodies because our bodies are the vehicles for manifesting what we want to create out in the world.

I won't go through everything here on the Threefold Personality, but as you can see, Moon gives us a sense of ourselves through our feelings and Sun, a sense of ourselves through our minds. And Saturn can be experienced by the way we express ourselves and by the way we regard ourselves and take care of ourselves *physically*. Can you think for a moment of all the ways you can express yourselves through your body - and this can cover all areas, from what you eat, to how often you take a bath or a shower, or to taking physical exercise, or to what you wear. Perhaps you could begin to think of Saturn as a *vehicle*, not just as Saturn, the old millstone?

Body, feelings and mind

What we're going to do now is a short exercise, if you're happy with this. It will take a little while, and will help you connect with Saturn in its different manifestations - through the body, through feelings, and through the mind.

One thing I want to say about Saturn is how fantastic it is in terms of organisation of energy and structures and systems. We are bodies. Our bodies

FIXED Quality	MUTABLE Quality	CARDINAL Quality
Stability Status Quo Staying put Persevering Maintaining Securing	Flexible Adaptable Searching Reflecting Mobile Fluid	Go-ahead Initiatory Action Goals Creativity Individuality
		
Physical manifestation through	Sense of self through	Self-awareness through
BODY	FEELINGS	MIND

are composed of many different systems. We've got the skeletal system, we've got the nervous system, we've got the digestive system, we've got the respiratory system. And all of these systems work independently, but *interdependently* within our bodies, and I think that's something that is often neglected, or overlooked, and not really appreciated. "What a piece of work is man" - and woman! I think it is quite fantastic that there are all these systems which sit so closely together, and yet we can't do without them. If one of them packs up and starts going wrong then we get into trouble. They really are very special. And that's me singing about Saturn from my own Saturn in the 12th House.

Exercise on Saturn

What I'd like to do is to help you connect with the physical manifestation of your Saturn. So what I suggest you might like to do, if you feel comfortable with this, is to close your eyes.....and just become aware of your body.....and become aware of how it's sitting in the chair you're in..... is it comfortable? Or does it need to move slightly to adjust it's position? And if it does, do that now. And then become aware of which parts of your body are touching the chair, and really allow yourself to feel your body physically in the position and in the posture that it's in now.

Now shift your attention and your awareness to how your body feels in terms of temperature. Is it hot and sticky?.....or cool?.....or comfortable? Really become aware of this. And note how the clothes that your body is wearing feel for you. Are they tight in places?....would you like to loosen your waistband?.....or take off your sweater?..... undo a top button?.....kick off your shoes? Does your body feel restricted in any way by what you're wearing? Or are you comfortable in what you've chosen to clothe your body in today?

Now let your attention turn to the inside of your body. How are the many interconnected systems that it contains working? Is your digestive system letting you know that you shouldn't have had that extra biscuit at the tea break? Or that you're starting to feel empty and hungry and that you're looking forward to your supper? Is your excretory system letting you know that you'll have to visit the loo soon?....or maybe you can just hear your heart beating.....or feel a pulse throbbing in your body somewhere so that you're aware of your own circulatory system.

Now slowly open your eyes and return to the room..... in your own time..... and make a few notes of your experience of Saturn on the physical level, and how it was for you. Take your time to do this.....

Time was allowed for this

Then when you've done that, can I ask you to close your eyes and go back inside again. And this time we're going to move on to explore something about your Saturn at the emotional level. Saturn with it's qualities of restraint, restriction, need for security and so on can be experienced at the emotional level, and this tends to come out through our fears and how we try to limit ourselves in various ways in this area of our lives. On an emotional level, Saturn can represent our doubts and fears about ourselves and it may relate to how we keep our emotions under wraps.

So this time, become aware of any doubts or fears that you have, or of any areas in your life where you need to hold back, and not say what's truly going on for you, for fear of being judged and made to feel guilty for what you're doing.....Just be aware of your own emotional defences.....What are these? How do you put up your drawbridge and defend yourself from either getting hurt, or from being close? Or from being more open? Sometimes it's appropriate to use our defence mechanisms in order to feel safe....but we need to be aware of using them consciously, so they don't use us. And we need to know when it's appropriate to bring them into play, and when it's not. So just allow yourselves a few minutes meditating on those situations and things in your life.....maybe right now, or maybe from some time ago, which make you hold back. Allow yourself to connect with some of these issues without judgement.....

Time was allowed for this

OK - when you're ready, come back slowly into the room..... open your eyes.....and jot down a few notes on what you've connected with and how this experience was for you. You might like to note down if you were aware of your own fears, and any restraints, or needs not to rock the boat and so on.....

It may be useful to bear in mind that if you let Saturn hold you back in any way where you're not willing and not in agreement for this holding back

to take place, it will become a millstone, and it will be like the killjoy of the cosmos.

A quote from the book "Illusions" (3) comes to mind: "Argue for your limitations, and sure enough, they're yours". Remember though that we *do* need some structures and boundaries and guidelines in our lives, and it's a matter of getting that balance right for ourselves. Once we start to do it with awareness - conscious awareness - it becomes easier and easier.

Audience: Do you not set your own boundaries all the time? We constantly decide what we can and can't do, and as you say make an excuse for it, but I think we set our own and then decide who sets them for us. I think it depends on whether you want to live within society or if you don't. Saturn can be your limitation but it can be your mentor if you relate to the Saturn return principle where you are strongly meant to go in there on your own.

Yes, thank you for that.....

I'd like to move on now to the third part of the exercise, where we'll look at Saturn on the mental level. And as we approach Saturn at this level, we hopefully begin to get some insights into how it can be used positively, and with conscious awareness on our part. Just think of all the ways in which you might use your Saturn in a positive, discriminating way, which helps you to move through life smoothly and in an organised and efficient way. And if you choose to learn something in a long-term rather than a short-term way, it may be associated with Saturn at this level of the mind. Saturn learning doesn't take place quickly. It takes root, it nestles down somewhere in your unconscious or subconscious, and then it starts to grow and flower.

So if you are ready to do this last part of the exercise can I ask you to go inside once again, and if you want to close your eyes then do so, and allow yourself to ponder on how Saturnian energies work for you at the level of the mind. How organised are you? You might like to consider if you have a broad structure to your day or your days. Do you operate within a framework which includes both yourself, and others? Are you aware of your responsibilities without letting them tie you? Or do you feel shackled by them? And be aware that you've made these decisions in your life to either let you feel comfortable, or to bog you down.

Just be aware of how you organise your life. Do

you make lists that you're very dependent upon? Or can you use your memory to help you connect with those things that need attention? When you learn something, does the learning go in deep? And if so, does this happen just sometimes, or every time? When you were a child, was there someone who was very wise, possibly older than yourself, who acted as your mentor or guide as you learned something new? Maybe it was something about yourself that you learned, and you'll always regard that wise person as someone special, who helped you to connect with the benevolent teaching, learning aspect of Saturn in yourself. So just connect with something that has meaning for you at this level.....see how it might relate to your own life experience.....to what's going on for you right now, perhaps.....

Time was allowed for this

Then again, when you're ready, just come back into the room..... in your own time..... and make a few notes for yourself on this.....

Feedback and discussion

Well, at this point of the proceedings I was going to ask you to move into small groups and share this with other people in your group, but that would be nigh on impossible in this set up! So I would like to hear if anyone is willing to share something which has come up for them which is relevant, and which they would feel comfortable to share in this situation, about how they experienced Saturn at the levels of either body, feelings or mind. (*Silence*).....Or are you all going to crystallise?! (*laughter*).

Audience: As an Aquarian I felt that the double rulership of Saturn/Uranus has made me a sort of manic-depressive. Is there anything in that? It's taken me a long time to cope with Uranus being sat on by Saturn! And then getting out of hand

The image that came into my mind when you said that was of the "Push-me-pull-you" animal in Dr. Doolittle - something that wants to go in both directions at the same time. When we consider the planets in the Huber approach, we look at planets which we consider to be Fixed - to have a Fixed quality. And Saturn, not surprisingly, is one of these Fixed planets. Venus is also a Fixed planet. The transpersonal, outer planet that is Fixed, surprisingly enough, is Uranus. Usually what happens with Saturn is that we need our security and

we build it up around us. Then there comes a point in time, which I'm going to liken to the process of a chick growing and developing inside an egg. The chick has grown and grown in the safety and security of that eggshell, but there comes a point where the chick has grown too big for this. And so what provided that security is no longer comfortable, so the chick starts to tap its way out of the egg, and pops it's head out.

To me, that is symbolic of moving on to Uranus, because the chick doesn't want to be restrained any longer, it wants to get out and it can see there's a whole bigger world outside there. It may all look a bit scary, but the chick has committed itself by then as it has it's head out, with the top of the eggshell for a hat, and it has its body stuck in the shell, and that is starting to crack and fall apart around it. So what the chick has to do - and as we get into those kinds of situations ourselves, we have to do likewise - is to find a *new* way of getting the security we're seeking. So Uranus is like the mother of invention as we are forced into a new situation. This is disruptive, and we may feel as though the carpet has been pulled out from under our feet, and we then have to find ways within that situation to get more security back for ourselves. Does that make any sense for you?

Audience: Yes, it does, yes.

Audience: If I can follow on from that, I'm Sun conjunct Uranus in Aries square Saturn, and Saturn opposes just about everything else. But I feel that Saturn doesn't come off better. I say and do things I regret, and Saturn comes in far too late! (laughter). I was just thinking it was a similar situation.

Is it almost like you speak first and then think about it afterwards?

Audience: Oh yes!

It can be a wonderful learning process!

Audience: I've had years of it!

Well it is interesting if Saturn is quite a focal planet in your chart, but it's not necessarily a bad thing - you probably wouldn't have nearly as much fun if you spoke but "hushed your mouth" all the time! It's matter of *how* you can use this aspect of yourself and your chart constructively and in a way that will help you. It's maybe a matter of checking out

what you want to say first rather than blurting it out, and then saying it *after* it's been checked, or has been given more structure or form.

Audience: Yes, I'd like that.

Audience: I've got Saturn in Aquarius in the 6th House, around the time of my Saturn return. I was also born when my mother was on her Saturn return. It shows up in my work. I work in a physically demanding job - I'm a caretaker - and I also garden. Around the time of my Saturn return I had a fall. This has resulted in calcium deposits forming in my bones.

That is very interesting - thank you.

Audience: I find it interesting with my Saturn. I'm extremely well organised in my work and my Saturn is conjunction Venus and Pluto in Leo, with 5 minutes of arc in between. I've got Sag rising, and when I get fed up I find I work very hard, thinking I will have enough time for leisure. But when I don't and I'm on holiday I leave everybody to it and I do the Saggie-rising thing and I just go away. Consequently this weekend, nobody has any meals. I've just come away and left them all (laughter)..

You're leaving them in a very Saturnian learning situation if they've got to fend for themselves!

Audience: I've just given them some money and said they have to go and buy their own food, and I'm going away!

And if you have Saturn conjunct Pluto that is a very powerful thing to do - it's almost like booting them into the learning situation isn't it? Which level would you say your Saturn is working on here? Is it the mind? You made the decision....

Audience: Yes, but I'll go along so long with something until I find "That's it! I've had enough".

And is that how you feel about it? That's the feelings level.....

Audience: Yes, I do the discipline as long as it works for me, but as soon as it starts putting too much pressure on me, then I will go with the Sag rising and say "Right - I'm going to leave it. I go off on my own, get refreshed and come back and sort it out again. I don't know whether that's the

right approach, but it seems to work.

Did you bring your swimsuit with you? There's a pool here on the campus and I wondered if you could use your Saturn at the physical level while you're here and really nourish yourself.

Audience: No, I didn't. I came here looking for a rest! (laughter).

I've been away from home for 3 weeks, running our summer school which we call "Face to Face". I've not been home in that time, but last night I was home and I cooked the first meal I'd had to in 3 weeks and I found I was wondering "What do I do?" while I was preparing it - I was out of practice! I was not Saturnian and organised at all. I felt very tired and I realised that what I needed to do was to reconnect with my body and ground myself, as there had been so much stuff going on up here in my head. I'd been sitting down a lot, I'd been involved in organising and running the workshops, and there was a lot going at the heart and feelings level as well, as there was a lot of love and good feelings around. But my body was starting to feel a bit creaky from having to sit down for so long, and as I belong to a leisure club I went along there and swam and had a jacuzzi and went in the steam room and then I had a sauna, followed by a shower where I washed my hair. After that I felt quite fantastic because I felt *whole* again, and this for me was very important grounding stuff as well. We neglect our bodies, don't we? We push them into shapes, and make them do uncomfortable things and make them sit at computers and get them to haul things about, and we don't always honour and acknowledge them. So the mentoring aspect of Saturn for me would be to say "Don't forget that your body needs taking care of as well!"

Audience: I have Saturn in the 3rd, squaring Sun. It is also conjunct Pluto, and as a child, Pluto was transiting over that, and we lived abroad. I had great difficulties with learning another language at that time. It was traumatic. It was almost like death. And I became a language teacher and I was thinking that you can turn the thing around once you master it, and what your fear is, and it's something you can teach others.

Yes, exactly - and I think that's wonderful because what you're saying is that you've *transformed* what was a very difficult, restricting situation for you - and now you're teaching languages! Wonderful! Thank you.

Audience: I've been studying astrology since 1980, but not psychological astrology. My story is very simple. Some years ago when Jupiter transits my Saturn, I got a wife, and we have been together. The when Saturn transits Saturn, we got divorced. Not regarding anything psychological or other methods either, I'm waiting for when Jupiter comes round again! (laughter)

Well, you're here at this conference.....Who knows what might happen..!

Audience: A quick note on the mentors. I've been thinking back over my life. Almost all the mentors in my life have the Sun in either Leo or Aquarius. I wonder why? I have Saturn conjunct Uranus and Saturn also trines my Sun and rules the 5th House.

It's interesting that they either had the Sun in Leo or Aquarius. That's very much associated with the relationships axis, and either the mental relationships with Aquarius, or the heart relationships with Leo. Hearing what you've said about mentors, I think a lot important mentors for us are probably teachers. I wonder how many people here have had a significant teacher who's been quite an influence on their lives? (show of hands). Yes - a lot of people here. There's even a cinema advertisement, which is probably shown on TV as well. It promotes the teaching profession and shows a succession of well-known people talking about teachers and saying how they were a big influence on their lives. It's teachers who are important, whether they are qualified, trained teachers teaching in school or somebody you just happen to know who's taught you something. It may have been a kindly, and perhaps older neighbour who may have taken you, as a young child, into their garden and shown you various plants and insects and so on, but may have talked to you about all sorts of things and taught you something, not just about the plants but about life as well. People like these are the mentors, and they have great value.

Audience: Ken Barlow, the character in "Coronation Street" (4) was talking about himself on TV, and said he has Saturn square his mid-heaven, which meant he has had to work damned hard everyday.

I don't know much about the actor who plays Ken Barlow as I don't watch "Coronation Street" any more, but the Saturnian thing that's interesting is that he won't let go of that part and he seems to have hung on to it for about 30 years now! And

that is obviously his security, because I don't know if he's acted in many other roles.

Audience: Doesn't he go around the stones?

I do believe he is a Druid. So - from Ken Barlow and "Coronation Street" it's now back to you! You have a choice. We can either finish the session now, or we can have short visualisation to look at your Saturn in the House it's in, in your chart. You have a choice.

Audience: Excuse me - why did you ask us to take the position of Saturn from our neighbours at the beginning?

Just as a way of introducing yourselves and breaking down a few barriers! I asked you to introduce yourselves and I put my chart on the wall to introduce myself. It was as simple as that!

So, now you have a choice. Would you like to do a short visualisation to look at Saturn in the House it's in? Are you happy with that?

Audience/Several voices: Yes.

Visualisation

Again I'd just ask you to close your eyes and go inside, bearing in mind which House your Saturn is in. I'm sure you'll know that.....and we'll be looking at how this relates to the expression of Saturn out in the world, in your world, in your own personal world.

So, close your eyes and go back inside again, and maybe take a couple of deeper breaths to help shake off what we've just been talking about. Again, be aware of your body, and if you need to move it all to get comfortable then do so.....if you've never done a visualisation before, just allow what comes up for you to be there. If you don't get any images or pictures, it doesn't matter.

I'd like you to imagine that you're standing in a courtyard. It may be a courtyard that you're familiar with, one that you've been to before, or it may be one that's totally new and that you have imagined right now for yourself. This courtyard has twelve doors leading off it, and I'd like you to find the door with the number on it that corresponds to the House that your Saturn is in. And then when you've found it, move towards it, and take a good look at it. Really be aware of what it looks like....

and then find the handle, open the door, and walk over the threshold to the area beyond. Just do this in your own time.

Then, when you've moved through the doorway, begin to explore, to look around. What is this place like? And what kind of things go on there? Does it have a lived-in appearance or atmosphere? Is anything going on there now? Spend some time exploring this place. You might like to take note of what is growing there, or what objects you can see.

I'd also encourage you to move around and meet anyone who happens to be there. If you do meet someone, see if you can engage with them in such a way that you will be expressing some of the qualities of your Saturn - the qualities you consciously choose to express. And perhaps you could express something new about your Saturn that you've discovered this afternoon.

If you do meet someone, enter into a dialogue with them. You can ask them questions, do anything you want. There's no limit to what can happen in this place, using your imagination. I'm going to leave you for a short while now as you explore this area beyond the door marked "Saturn".

Time was allowed for this.

So if you've met someone in this place, say farewell, but also know that you can go back and meet them there again. So now make your way back through the doorway, and gradually move back into the courtyard.....and begin to let this image fade now, and gently, and in your own time, come back into the room.....and I suggest you make a few notes on what your experience was, and on anything or anyone you found there, as this is a Saturnian grounding of the experience. Something brief & just for yourselves.

Time was allowed for this.

What I'm going to suggest you do is to take this away with you, as we don't have time for anymore right now as the session is coming to a close. But do share this with someone in this group as you will find it useful and it will be another way of grounding anything that you experienced during the visualisation.

As we're almost at the end of the session, what I'd like to do is finish on a light note, with a few quotes from a book called "A Cat's Little Instruc-

tion Book” which for me encapsulates the bringing together of the millstone and the mentor qualities - the union of these two aspects of Saturn. So here are three quotes to take away with you:



“Take time to sit in the grass and watch the clouds roll by”

“Chase butterflies”

“No matter how old you are, never be afraid to express the kitten within”

Thank you.

References

- (1) “Mythic Astrology - Archetypal Powers in the Horoscope” by Ariel Guttman and Kenneth Johnson. Pub. 1996, Llewellyn Publications.
- (2) “Feel the Fear and do it anyway” by Susan Jeffers.
- (3) “Illusions” by Richard Bach.
- (4) “Coronation Street” is a long-running TV “soap” set in Manchester.

Biographical notes

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Joyce became a graduate of API (UK) and API Switzerland in 1987. She has extensive experience of teaching, lecturing and facilitating workshops on astrological psychology in this country and overseas.