

# Eclipse of the Heart: The Astrology of Love, Sexuality and Freedom

## Sovereignty vs Commitment: Pluto and the Challenge of Evolution

~ Practice questions and addendum ~

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- Part 1: Practice questions
- Part 2: Meditation and reflection on death (see associated video)
- Part 3: Venus retrograde in Scorpio

### Part 1: Practice question

Here are some review questions from this week's learning material:

1. Explain how Pluto relates to both the inherent sovereignty of the soul and the need for the soul to commit to that which is outside of itself?
2. Explain the idea of Evolutionary Necessity?
3. What is the relationship between Mars and Pluto.
4. Both Mars and Pluto are about desire and choice, but in two different ways. Explain?
5. What is the relationship between Venus and Pluto? What does Venus/Taurus have to teach Pluto?

Look at your own Pluto position. Either by house and sign or just by house.

1. Meditate on the meaning of your particular house archetype. What symbolizes the state of attachment and security? This can be right now or in your past. Try to feel into where you tend to HOLD on the most. What you are or what have you been most attached to staying the same?
2. What does it mean for you to let go of attachment? Either currently in your life, or in the past. What might you be afraid of, what have you experienced of this in the past? Ramana Maharshi has said, "Allow what comes to come and what goes to go and see what remains." This teaching is applicable when we are choosing to stand in our sovereignty, not grasping for more, not holding on but walking our soul path and simply noticing what sticks and what falls away.
3. What does power look like for you? What does it feel like to affirm your own wholeness regardless of the comings and goings of life?
4. Identify the ways in which you are or desire to be available to share with others, to be present during darkness, to hold space for others and yourself in the midst of evolutionary challenges.
5. Lastly, what are you committing to now for your own evolution? How will this help you to evolve? This can be to something specific, or to a way of being, an inner commitment to your own soul.

## 6. What are you detaching from that no longer serves you?

Please be invited to reflect on these and share your answers to whatever degree, along with your chart, on the forum. I encourage everyone to read one another's posts and to really listen. This way we can really gain a direct, personable understanding of how Pluto operates and how we all dance with the challenge of commitment and sovereignty in our own lives.

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### **Part 2: Death meditation**

Let's make this a loving and safe environment. You are either lying down or sitting up. We will imagine our death but know that we will all return to this physical time space reality and continue living the lives we are here to live. This exercise is to help us further cooperate with the evolutionary purpose of this life. Interestingly the more we resist death, the more we will need to keep on doing it.

Imagine as you are now, not in some future time, but now at this moment that you have died. Croaked, done with this human life. You are just watching it.

We will sit in silence now and in this safe space I invite you to just become an empty witness, to notice the emotions that arise. Or perhaps there are no emotions. What feels complete, what feels unresolved? Relationships, work, family...? How does that feel in your body? If you are called, you can scan your entire life and see if any scenes or relationships pop up at you. You can scan your current life, your possessions, your people, your outer activity in community, your passions and see what emerges for you. We are not looking for anything in particular, just noticing what arises. As a soul who has left this world, what do you notice you are taking with you?

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### **Reflecting on our own death**

Most humans feel resistance to contemplating their own death. There's a fear that if I consider my own death that means I will create it somehow. I need to not think of it because I want to be alive now. Thing is, it won't go away and our deepest fears do not go away by ignoring them.

Culturally this is our general relationship to the shadow. We don't usually want to look at it because we fear that to do so will mean to become identified with it. And yet the very opposite is true. In looking, really just looking, we are liberated from it because we actually notice what we've been carrying all along. We can then integrate it. A person with Pluto in their 1<sup>st</sup> house who has met their anger and hatred can use it and integrate that in their life. A person with Pluto in the 11<sup>th</sup> house who has met their need to belong can use that energy as power to fuel their own original lives instead of giving it away to other people. What we meet feeds us, what we deny eats us up and destroys us.

Now journal the following reflections:

What relationships came up for you during your meditation that drew your attention? What did they feel like? What intentions/ aspirations/ desires arose for you? How did you feel knowing you will leave this body soon?

Observing what arose, we are all invited in our own way to consider what we might wish to do with this. Do we feel there is something that needs our addressing, something to act upon or resolve now while we have the chance? Do we need to say something, end something, pursue something?

As we notice the dominant emotions that arose, those are the ones we create our next life out of. Anger, jealousy, unresolved attachment, but also our love, devotion, compassion. Our inner reality is the fruit for what comes next.

Lastly, we give thanks for this life that we are living now, knowing that now is the perfect time to be here in these bodies. And to use a Venus phrase: to be Hear in these bodies. Venus is inner listening. We are grateful for this sacred opportunity to evolve and remember, to be here together and learning and healing together. We are grateful for this lifetime and all that comes with it.

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### **Venus Retrograde in Scorpio**

In the 2<sup>nd</sup> week of September Venus enters Scorpio. Then for all of Oct Venus will be retro in Scorpio and then for the first 2 weeks of Nov it will be retro in Libra. For the 2<sup>nd</sup> 2 weeks of Nov it will be direct in Scorpio and then all of Dec till the first week of Jan it will be in Scorpio. Basically, with a month of Libra in the mix in November, Venus will be in and out of Scorpio for 4 whole months. This Venus journey begins just as Mars, which we all know is currently retro in Aquarius and Capricorn, returns to where it was when it first began moving retrograde. The Venus retro period is from 25 Libra till 10 Scorpio. It's those degrees where lots of changes will be happening. I feel it is appropriate for me here to speak a bit to this, mostly from the Scorpio point of view.

Venus in Scorpio represents at the core the need for relationship experiences that will bring the soul face to face with its own inner reality. On the one hand there can be strong cycles of commitment, getting close, merging, sharing – and yet also very strong attractions and it's common to find ourselves with Venus in Scorpio drawn to people that may appear on the scene and seem to bring something out in us we want to explore further. We are preparing for this time now. It's a time to reflect upon what relationships and relationship patterns need to evolve? Are you accessing your deeper soul potential? Are you settling for something that perpetuates entrapment? Are you valuing the infinity of your own soul? What needs do you have that you desire to be met?

As Venus begins to move retrograde in Scorpio we will all be called to amp up our commitment to embody our own soul path, to marry our own inner wholeness first and foremost. The people and places we are drawn towards or away from, or that are drawn to or away from us reflects the natural current of the evolutionary journey. Through all the comings and goings, may we feel affirmed and clear in our relationship to the one that cannot come and go. And that would be to our own selves!

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