

GOLDEN SAMPLE

# Living Your Contradictions

A Personal Workbook for  
Psychological Astrology

ALEX MORGAN

Two personal patterns.  
A more deliberate response.

SELF / CONNECTION



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CONCEPT PROTOTYPE FOR REVIEW

Fictional example with calculated birth data.

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Developed by Johannes Vasco Lockwood

**BEGIN HERE**

# A familiar moment

Alex, you describe an agreement that changes its meaning over time. At first, saying yes feels generous. You want the other person to feel supported. A few days later, the same plan feels crowded, and you become quiet. At work, a similar sequence ends in an abrupt response after you have taken on another task.

The first place to look is the small interval between an invitation and your reply. What has already happened inside that interval? Perhaps you have pictured the other person's relief. Perhaps you have decided what being dependable requires. Your own preference may enter the conversation later, carrying the force of everything left unspoken.

Your chart offers two symbolic perspectives on this sequence. The first concerns how quickly an imagined emotional expectation can acquire the weight of an obligation. The second concerns the relationship between affection, freedom and the promises you want to keep. Their meeting point is the quality of the agreement you make.

You have already described a useful exception: when an agreement is clear from the beginning, you can be direct and remain warm. That experience will guide the work. It gives us something specific to examine: what does clarity make possible for you?

**WHAT TO NOTICE**

A preference expressed early gives another person something clear to respond to. Begin by noticing the moment when you know what you would like.

Read the two patterns slowly. Mark a passage that fits, and revise one that misses your experience. Choose a recent, ordinary interaction for the exercises. The purpose is to develop a response you can recognise as your own.

YOUR PERSONAL OVERVIEW

# Your two patterns

These two themes were selected from your calculated chart using your chosen focus on relationships. Work appears as a second setting because you described a closely related difficulty there.

**01 THE GENEROUS FIRST RESPONSE**

Moon square Neptune · 1°42'

You may answer the emotional meaning you imagine in a request before checking its practical scope. The question: what has actually been asked of me?

**02 CLOSENESS WITH ROOM TO MOVE**

Venus opposite Uranus · 1°51'

You may want an agreement to carry both affection and freedom. Saturn adds the wish to make it dependable. The question: what shape of commitment can I willingly sustain?

**YOUR CONNECTING THEME**

The shared thread is a promise you can inhabit. Understanding the request and naming your terms belong in the same conversation.

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Aspect labels name calculated angular relationships. Their psychological meanings are the original interpretive proposals used in this workbook.

**METHOD & USE**

# How to work with this

This workbook uses astrology as a symbolic framework for reflection. A planetary position can be calculated. A proposed connection between that position and an inner experience remains an interpretation. Your own observations decide how useful that interpretation becomes. The exercises invite exploration; their effects have yet to be evaluated.

Three kinds of information appear here. “You describe” refers to your questionnaire. “You may recognise” introduces an interpretive possibility. “For example” introduces a constructed scene or possible wording. Keep these distinctions in mind, especially when a description feels strikingly familiar.

An aspect is an angular relationship between two chart factors. Its orb is the distance from the exact angle. Close aspects help select a focus in this workbook. The settings and selection rules are our prototype choices, described on page 24. Liz Greene’s writing provides research context for this original adaptation. Planetary symbols are explained as they become relevant.

Use the writing spaces to include disagreement. A passage may fit one relationship and miss another. A practical explanation, such as an overloaded week or an unclear request, may explain a particular moment fully. Give observed behaviour and circumstances their proper weight. Claims about another person’s intentions require their own evidence.

**A BOUNDARY FOR THE WORK**

Choose ordinary situations with enough safety for a small experiment. Where an interaction involves coercion or harm, prioritise practical support and clear boundaries.

EXAMPLE STATUS · Alex Morgan is fictional. All personal answers are constructed. The birth inputs are fixed example values, and the astronomical results are calculated. This educational concept is separate from clinical assessment. Reading notes appear on page 25.

## PATTERN ONE • RECOGNITION

# The generous first response

Imagine the moment a message arrives asking whether you can make a plan. You picture the other person waiting for an answer. Before looking at the week ahead, you feel drawn towards the reply that will keep the exchange easy. This is one possible version of the quick agreement you described.

Your Moon in Aries is square Neptune in Capricorn, with an orb of  $1^{\circ}42'$ . In this workbook, the Moon describes immediate emotional needs and habitual ways of seeking security. Neptune introduces imagination, longing and the wish for an experience to feel whole. Their square gives us a way to examine friction between an immediate feeling and the meaning you give a situation.

Aries adds a direct, initiating quality to the lunar symbol. You may recognise an impulse to do something at once. Capricorn gives the Neptunian ideal a more organised shape: perhaps the picture of a dependable person who keeps everything working. Together, these symbols suggest a question about speed. How quickly does wanting to help become an assumption about what you ought to do?

A generous reply can be entirely genuine. The difficulty arises when it becomes more specific than your knowledge of your own availability. You have offered an answer before gathering all the information needed to stand behind it. Later, your preference returns as irritation, tiredness or a wish for distance. These are possibilities to check against the actual occasion.

**WHAT TO NOTICE**

Listen for the difference between “I would enjoy this” and “I want them to feel supported”. Both matter. Each deserves its own moment of attention.

## PATTERN ONE • DEPTH

# What the response protects

Your Moon also squares Saturn in Capricorn, at the wider orb of  $6^{\circ}28'$ . This is a secondary influence in the reading. Saturn provides a symbolic language for limits, responsibility and the wish to be someone others can count on. It may add seriousness to a moment that began with simple enthusiasm.

One possible inner rule is: when someone needs something, a good response is a useful response. Such a rule can support real care. It can also narrow your options before the other person has explained theirs. You may start solving a need you have partly imagined, then feel alone with the responsibility you accepted.

Neptune's sextile to Pluto, at  $0^{\circ}56'$ , supplies a second modifier. This slow-moving connection is shared by a broad cohort. Its place here depends on Neptune's square to your Moon and the situation you described. It supplies background symbolism for enquiring into a less comfortable feeling beneath a reassuring response.

Pluto in Scorpio in the third house adds a symbolic prompt about putting that feeling into words. Try naming the thought beneath the helpful reply: "I hoped they would feel pleased with me," or "I expected the request to expand." These are possible discoveries. Their accuracy depends on what your experience shows.

A simpler explanation deserves equal attention within the exercise. You may have agreed because you genuinely had time, and circumstances then changed. In that case, the relevant work is an updated agreement. Begin with what occurred. Let the interpretation earn its place.

**WHAT TO NOTICE**

The question is precise: what information was missing when you agreed, and when did it become available?

SIGNATURE MODEL · PATTERN ONE

# The Inner Dialogue

The two voices below give possible words to this pattern. They are reflective constructions drawn from the Moon/Neptune theme, its Saturn modifier and your description of quick agreement. Read each voice as a proposal. Change its wording until it captures something you actually recognise.

|                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                          |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>THE NEED FOR A CLEAR RESPONSE</b></p> <p>“I want to know what I feel and act on it. I value a direct answer. I protect my sense of being able to choose. When I answer before checking myself, my preference may return later with greater force.”</p> | <p><b>THE NEED TO KEEP THINGS WHOLE</b></p> <p>“I want the other person to feel supported. I value warmth and dependability. I protect the feeling that we are all right together. When I imagine their expectations, I may offer more than the situation requires.”</p> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

|                                                                                                                                                                 |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>POSSIBLE WORDS THAT GIVE BOTH NEEDS A PLACE</b></p> <p>“I would like to understand the plan and check my time. I will come back to you this evening.”</p> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|

The shared wish may be a reply that feels generous and remains true tomorrow. The pause in this example has a defined purpose and a return point. It allows care to include what you can realistically offer. Notice which part of the sentence feels easy, and which part brings hesitation.

Which voice sounds most familiar in the situation I chose?

What would I change in the other voice?

## PATTERN ONE • APPLICATION

# A pause with a purpose

Choose one ordinary request that allows a short delay. The first experiment is to gather the missing information before giving a final answer. Use a defined return point: later this afternoon, after checking your diary, or during an agreed conversation. Pick a delay that suits the actual request.

During the pause, separate three things: the time required, the support you would like to offer, and the preference you have about participating. A plan may fit your diary while leaving you with a different wish. That wish is information you can bring into the agreement.

Here is a possible reply: “I would enjoy seeing you. I have time for a couple of hours on Saturday. Would that work for the plan?” The affection is stated, the offer has a size, and the other person has a clear question to answer. The words can be simpler in your own voice.

**What did the person actually ask for, in their own words?**

---

**What did I assume they would feel if I paused?**

---

**What offer would still feel workable the following day?**

---

Afterwards, record the response you actually received and how you felt about your agreement the next day. Keep a place for surprise. The experiment may show that a pause helps, that a request needs clarification, or that the pressure lies elsewhere. Each result gives the next conversation a more accurate starting point.

## PATTERN TWO • RECOGNITION

# Closeness with room to move

You have agreed to a plan, and several days remain before it happens. You begin to wish for an open afternoon. You may still care about the person and welcome their company. Yet the agreement starts to feel as though it occupies more of your life than the time written in the diary. This scene extends the experience you described.

Venus in Gemini opposes Uranus in Capricorn, with an orb of  $1^{\circ}51'$ . This opposition crosses a sign boundary: late Gemini and early Capricorn are  $178^{\circ}09'$  apart. Actual angular distance determines the aspect here; each planet retains its own sign. Venus symbolises attraction, preference and the terms of connection. Uranus introduces fresh possibilities and self-direction. Their opposition invites enquiry into needs that can pull from different ends of a relationship.

Gemini gives Venus a conversational, exploratory quality. You may recognise pleasure in an exchange that remains alive and responsive. A plan can feel attractive when there is room to shape it together. Your preference may become clearer as you talk. It deserves to enter the discussion while the arrangement is still being made.

Uranus in Capricorn suggests, within this symbolic reading, an interest in changing the structure of an arrangement. The practical question becomes: what would allow this commitment to have a workable shape? A start time, an end time or an agreed division of tasks may matter more than a vague promise of flexibility.

**WHAT TO NOTICE**

Name one feature of the plan that would help you choose it willingly. Make that feature available for discussion early.

## PATTERN TWO • DEPTH

# The wish to be counted on

There is a further complication in this pattern. Saturn is conjunct Uranus at 1°18', and Venus also opposes Saturn at 3°09'. These connected factors form one theme here. The desire for latitude is accompanied by a wish to make a promise dependable. You may recognise both concerns as your own.

The conjunction places Saturn's concern with continuity beside Uranus's interest in change. In this reading, the tension can make an agreement feel unusually consequential. A modest adjustment may seem to raise a larger question about reliability. You could find yourself holding to an arrangement until your desire to alter it arrives with urgency.

Your Venus is in the tenth house, while Saturn and Uranus occupy the fourth. At the fixed example time, this brings a symbolic emphasis to the relationship between visible commitments and the private life that supports them. It gives us a useful question for the work example: which promises are visible to others, and which claims on your time remain private?

The house symbolism invites enquiry about your present arrangements. Family history would require your own account. Here, the clearest personal clue is the creative time you would like to preserve. It may remain easy to displace while it is described only as something you hope to fit in.

There are other possible readings of your discomfort. A particular commitment may be poorly organised, or the other person may keep changing its terms. In that situation, asking for a clearer agreement addresses an actual practical problem. Keep the observed arrangement in view alongside the inner dialogue.

SIGNATURE MODEL · PATTERN TWO

# The Inner Dialogue

These voices bring the Venus/Uranus opposition and its Saturn connections into one conversation. Your own example of being direct and warm when terms are clear supplies an important third position: you already have experience of holding connection and choice together.

|                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>THE NEED FOR A LIVING CONNECTION</b></p> <p>“I want to enjoy being with you and remain interested in what we share. I need room to name a preference as it becomes clear. I protect the sense that my participation is chosen.”</p> | <p><b>THE NEED FOR A RELIABLE AGREEMENT</b></p> <p>“I want our plans to mean something. I value continuity and respect for each other’s time. I need to know what has been promised. I protect the trust that allows us to plan together.”</p> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

|                                                                                                                                                                                                      |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>POSSIBLE WORDS THAT GIVE BOTH NEEDS A PLACE</b></p> <p>“I would like to make this plan with you. I can offer this much time. Let us agree on the details while we are both choosing them.”</p> |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

A workable agreement can contain an agreed way to revisit it. That might be a check-in the day before or a clear division between fixed and flexible parts. The point is to make the room for change visible. Both people can then decide whether the proposed arrangement suits them.

Which detail helps me feel that I am choosing the plan?

What does the other person need in order to rely on my answer?

## PATTERN TWO • APPLICATION

# Give the agreement a shape

The second experiment is to express one preference while making an ordinary arrangement. Choose a detail with a clear practical meaning: the duration of a visit, the size of a task or a period you have reserved for creative work. Start with something small enough to discuss plainly.

At work, your possible words might be: “I can take this on tomorrow afternoon. Which of the tasks already agreed should move?” This keeps the new request beside the existing commitments. In a personal plan, you might say: “I would enjoy lunch together. I am keeping the later afternoon for some creative work.”

A preference becomes negotiable when another person can understand it. Their answer may require a further conversation. Record both sides accurately. The experiment is about discovering whether clearly stated terms support the directness and warmth you already described.

**Which detail of the arrangement matters most to me?**

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**How can I state it in one ordinary sentence?**

---

**What did the other person ask for in response?**

---

## WHAT TO NOTICE

A commitment has two dimensions: what you offer and the conditions that make the offer workable. Make both visible.

Revisit the agreement the following day. Compare the actual experience with the crowded feeling described in your first example.

SIGNATURE MODEL

# The Projection Check

Projection is one possibility explored here: your wish to be dependable may contribute to an expectation you experience as someone else’s demand. First separate what happened from the meaning you gave it. Then ask whose expectation is involved. A mistaken assumption leaves several explanations open; projection requires further enquiry. The other person’s actual conduct retains its importance. [1]

ILLUSTRATIVE WORKED EXAMPLE • This reconstructed scene develops your questionnaire about agreeing quickly and later feeling crowded. The Saturday invitation, assumed reaction and suggested reply are invented details.

| Step             | Alex’s example                                                                                                                  |
|------------------|---------------------------------------------------------------------------------------------------------------------------------|
| What happened    | Someone asked whether I was free on Saturday. In this example, I agreed before checking what I wanted to do.                    |
| What I assumed   | I imagined that asking for time to decide would make them feel unimportant. Their feelings had yet to be checked.               |
| What I felt      | In the reconstruction, I felt eager to keep things easy. Later, I felt crowded. The later feeling comes from the questionnaire. |
| What I did       | I gave a quick answer and became quiet afterwards. These actions follow the sequence described in the questionnaire.            |
| What I can check | I can ask what the plan involves and state the time I can offer. Then I can observe the actual reply.                           |

The useful shift is from an assumed emotional consequence to a question that can receive an answer. A person might welcome the clarity, express disappointment or propose something different. Record their actual words. Your next decision can then respond to a real exchange.

## YOUR WORKING PAGE

# Separate the steps

Use one recent interaction. Describe the event in words another observer could recognise. Record your interpretation, feeling and response. Then ask whose expectation you were answering: something the person expressed, your own standard of helpfulness, or a mixture. A brief account is enough. Revise it as you learn more.

**1. What happened? Include the request or action as precisely as possible.**

---

**2. What did I assume about the other person's expectations?**

---

**3. What did I feel, and when did that feeling change?**

---

**4. What did I say or do next?**

---

**5. What question or observation could clarify the situation?**

---

Keep a further possibility in view: the other person's behaviour may genuinely call for a limit or a different agreement. Your notes can hold that fact alongside your own reaction.

## SIGNATURE MODEL • THE UNLIVED POSSIBILITY

# The lyre in the disagreement

In the Homeric Hymn to Hermes, the quarrel begins with Hermes stealing Apollo's cattle. Later, Hermes plays the lyre, and Apollo responds with delight. Hermes offers the instrument; Apollo gives him his whip and charge of the herds. Friendship follows. Apollo then asks for an oath against further theft, and Hermes gives his promise. The poem brings creative invention and the question of trust into the same exchange. [3]

For this workbook, the scene offers a reflective image of bringing a personal contribution into a relationship while making its terms clear. Your creative wish belongs in the conversation alongside the promises you share. This psychological use of the story is an original proposal, informed by the two selected themes.

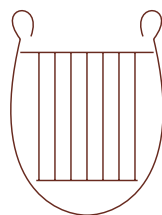
You have named creative work as a part of life you want time for. In the Venus/Uranus theme, this gives the desire for freedom a concrete object. Freedom might mean an hour with a sketchbook, a piece of writing or another activity you choose. The specific activity belongs to you. Its place in your week can be discussed.

The Moon/Neptune theme adds a related question. When you imagine the whole emotional atmosphere of a relationship, where does your own creative wish appear? It may need a sentence before it can have a place in the arrangement. "I am keeping this hour for something I want to make" is one possible beginning.

**WHAT TO NOTICE**

Give the desired part of your life a visible form: a chosen activity, a modest period of time and words that another person can understand.

Myth reference [3] is listed on page 25. This story functions as a reflective image; the chart factors and the questionnaire provide the personal context.



THE UNLIVED POSSIBILITY • APPLICATION

# A place for what is yours

The personal possibility selected here is regular creative time. You supplied the wish. The chart reading helps us consider how to give it a place among other commitments. Venus in the tenth and the Capricorn planets in the fourth bring public expectations and private foundations into the same symbolic picture.

Begin by choosing the activity for its own interest to you. It can be unfinished, exploratory and small. Decide what period you can reasonably protect, then include that period when making a relevant arrangement. Your creative interest becomes part of the information available to everyone involved.

**FILLED EXAMPLE**

The activity: an hour of exploratory writing.

The place in the week: Sunday morning.

Possible words: “I am keeping that hour for writing. I would like to meet later.”

These details are illustrative choices.

**WHAT THIS EXPLORES**

Does naming the activity make the request for time feel clearer? Does an agreed time leave you more available for the contact that follows? Notice what actually happens before drawing a conclusion.

One expression this could take in my life:

---

The time I can realistically reserve, and the person I need to tell:

---

You may discover that the activity itself needs to change, that another time works better, or that solitude is the more immediate need. Revise the plan accordingly. The important observation is what happens when a private preference becomes an explicit part of your life.

## PERSONAL SYNTHESIS

# How the patterns meet

The two themes ask different questions about the same agreement. Moon/Neptune explores the emotional demand you may imagine before answering. Venus/Uranus explores the terms you can willingly sustain, even when the request is clear. Saturn connects them: the Moon squares Saturn, while Venus opposes the Saturn/Uranus conjunction. Responsibility can therefore be examined at two moments.

At the first moment, responsibility may mean giving an answer that reassures someone. At the later moment, it may mean keeping the answer you gave. Your own preference can arrive between these two positions, when changing the arrangement already feels consequential. This proposed sequence brings the chart connections together with your account of quick agreement and subsequent withdrawal.

Saturn and Uranus in the fourth house oppose Venus in the tenth. This connection adds a useful perspective on visibility. Other people can hear a promise. Your private wish for a quieter afternoon or creative time becomes available to them through what you say. This is a present-day question about making room for your own life.

Your exception changes the interpretation substantially. You describe being direct and warm when terms are clear at the outset. That suggests a productive place to work: the conversation in which expectations are formed. The shared task is to give care a practical scope and give freedom an agreed place. The two patterns can be addressed within one carefully made arrangement.

**THE SENTENCE AT THE MEETING POINT**

“I would like to do this with you. Here is what I can offer, and here is what I need to keep room for.”

Treat this synthesis as a working account. Where it fits, test it. Where circumstances explain the difficulty more fully, revise it. Your observations should become more specific as the work proceeds.

## SIGNATURE MODEL • PERSONAL SYNTHESIS

# The Pattern Bridge

The diagram combines reported actions with possible interpretations. The labels distinguish them. Arrows organise a reflection; the sequence is a working proposal to compare with your own experience.

**01 REPORTED SETTING**

A plan or an extra task calls for an answer.  
Questionnaire: personal plans and work requests.

**02 PATTERN ONE • POSSIBLE MEANING**

I may read the request as a test of support.  
Interpretation: Moon square Neptune and Saturn.

**03 REPORTED ACTION**

I agree quickly; at work I accept before checking my load.  
Questionnaire: the initial response.

**04 PATTERN TWO • POSSIBLE TENSION**

My wish for room may clash with keeping the promise.  
Interpretation: Venus opposite Uranus and Saturn.

**05 REPORTED LATER RESPONSE**

I become quiet in personal plans or abrupt under pressure.  
Questionnaire: the later response.

**A POSSIBLE TURNING POINT**

Before the agreement: clarify the request, name one preference and offer a defined commitment. Then record the actual response.

Your example of a clear agreement gives the diagram an alternative route. Both people know what is being offered and where there is flexibility. On revisiting the plan, compare your willingness to participate with the experience in the original example. A difference would guide further exploration.

**The earliest point in this sequence that I can recognise:**

---

## THREE WEEKS OF OBSERVATION • WEEK 1

# Notice the moment

This three-week sequence is a chosen working rhythm. It uses two short reflections each week. The chart is natal; the weeks carry no transit or forecast meaning. Start on a day that suits your actual life.

**First reflection • 15 minutes**

Choose one recent agreement from a relationship and one from work. Review the situations on pages 2 and 5, then write what happened in these particular situations. Locate the first moment you knew your own preference. Was that before your reply, during it or some time afterwards?

**Second reflection • 15 minutes**

Use The Projection Check for one of the situations. Compare the request itself with the expectation you imagined. Add what you subsequently learned about the other person's actual needs. Look for the smallest missing piece of information. This will help you choose an appropriate occasion for the first experiment.

The moment my preference became clear:

---

What the other person actually requested:

---

One thing I assumed, and how I could check it:

---

Keep a short record of an easy agreement as well. Your example of directness and warmth is part of the evidence you are gathering.

THREE WEEKS OF OBSERVATION • WEEK 2

# Make two small changes

## Experiment one • A defined pause

Choose an ordinary request with enough room for a delayed answer. Say when you will respond, check the practical scope and notice your preference. Give the answer at the promised time. In your first reflection, write down your actual words and the reply you received. Revisit your willingness to participate the next day.

## Experiment two • One stated preference

Choose a separate arrangement. Name one detail that would make it workable for you. This could be an end time, a task limit or time reserved for creative work. In your second reflection, record how the conversation developed and what was finally agreed. Keep the other person’s actual words separate from your expectations.

| Record                              | First experiment | Second experiment |
|-------------------------------------|------------------|-------------------|
| Situation / date                    |                  |                   |
| My actual words                     |                  |                   |
| Their actual response               |                  |                   |
| How the agreement felt the next day |                  |                   |

An awkward exchange may show that your wording needs work, that your offer needs adjustment or that the other person has different requirements. Look for the specific issue. An easy exchange is equally useful: identify which detail helped the agreement become clear.

The experiments are exploratory. Their value lies in the concrete information you gather about these situations.

## THREE WEEKS OF OBSERVATION • WEEK 3

# Keep what proved useful

## First reflection • Revisit the evidence

Place your notes from the two experiments beside the original sequence. Compare the timing of your preference, the clarity of the offer and your response the following day. Choose a precise observation: for example, “I asked about the end time and remained comfortable with the plan.” Use words that describe what actually happened.

## Second reflection • Choose one continuation

Keep one practice that proved useful in these particular situations. Adapt another that needs work. Revisit the creative time you named on page 16. Decide whether the proposed activity and timing still fit. Your next arrangement can reflect what you have learned.

**A specific observation from the first experiment:**

---

**A specific observation from the second experiment:**

---

**One practice I choose to carry into the next agreement:**

### YOUR OWN MEASURE OF USEFULNESS

Return to the original goal: staying connected while being clearer about time and preferences. Describe one observable sign of movement towards it.

## CARRYING THE WORK FORWARD

# A promise you can inhabit

Alex, your examples began with a generous response and a later wish for room. The two patterns have offered ways to examine what happens between those moments: an imagined expectation, a promise taking shape, a preference finding its voice. Each point gives you something specific to notice.

The strongest resource in this workbook comes from your own exception. You have experienced an agreement that allowed you to be direct and remain warm. That is a concrete experience to return to. Ask what you knew, what you said and what the other person understood.

Your wish for creative time also deserves a place in the account. It gives personal freedom an ordinary expression: something you choose to do, at a time you can name. It can become part of the same life in which you care for others and keep commitments.

Take forward the observations that have earned your confidence. Keep the language that sounds like you. In the next suitable conversation, let your preference arrive while the agreement is still being made. Then listen to what becomes possible between you.

**The sentence I want to remember when making my next agreement:**

---

This is a place to return to as your observations change. The account can grow more accurate with your own words.

CALCULATED BASIS

Your chart

FICTIONAL CASE · Alex Morgan · 12 May 1988 · 14:20 BST  
London · 51.5074° N, 0.1278° W · 13:20 UTC  
Tropical · Geocentric apparent positions · Placidus

| Factor                    | Position            | House                       | Motion |
|---------------------------|---------------------|-----------------------------|--------|
| Sun                       | 22°01'21" Taurus    | 9                           | D      |
| Moon                      | 08°14'22" Aries     | 7                           | D      |
| Mercury                   | 12°39'00" Gemini    | 10                          | D      |
| Venus                     | 28°37'14" Gemini    | 10                          | D      |
| Mars                      | 23°41'39" Aquarius  | 6                           | D      |
| Jupiter                   | 14°57'51" Taurus    | 9                           | D      |
| Saturn                    | 01°46'23" Capricorn | 4                           | R      |
| Uranus                    | 00°28'21" Capricorn | 4                           | R      |
| Neptune                   | 09°56'31" Capricorn | 4                           | R      |
| Pluto                     | 10°52'53" Scorpio   | 3                           | R      |
| Chiron                    | 26°27'42" Gemini    | 10                          | D      |
| Ascendant 16°11'25" Virgo |                     | Descendant 16°11'25" Pisces |        |
| MC 11°54'36" Gemini       |                     | IC 11°54'36" Sagittarius    |        |

The Moon lies 4'15" before the eighth-house cusp at the fixed example time. A sensitivity check across five minutes on either side places it in either the seventh or eighth house. Its house placement therefore carries no interpretive weight in the main text. The selected aspects remain within their stated limits throughout this check.

D = direct motion; R = retrograde motion. Motion is recorded here. A separate psychological meaning for retrogradation is outside this reading. Houses follow ecliptic-longitude intervals, with each planet remaining in its calculated house until the next cusp.

PROTOTYPE METHOD

# How the themes were chosen

Your relationship focus gives Moon and Venus candidates first priority. Within that group, Sun or Moon contacts precede the remaining candidates; relative orb then determines the order. Relative orb means actual orb divided by the permitted maximum. It measures angular precision for selection.

The first theme is Moon square Neptune. The second uses a different personal anchor, Venus opposite Uranus. Each receives up to two directly linked aspects, ordered by relative orb. This yields the six connections listed on page 25. Signs and stable houses refine their interpretation.

| Connection                                                 | Maximum orb |
|------------------------------------------------------------|-------------|
| Conjunction, square or opposition involving Sun or Moon    | 8°          |
| Same aspects between other ordinary planets                | 6°          |
| Trine or sextile between ordinary planets                  | 4°          |
| Chiron: conjunction / square / opposition; trine / sextile | 3°; 2°      |
| Conjunction or opposition to Ascendant or MC axis          | 3°          |

Limits are inclusive. Chiron’s limits take precedence. Opposite ends of an axis count once. Cross-sign aspects qualify by angle. Sun through Pluto plus Chiron are calculated; Sun through Mars supply personal anchors. Axis contacts are supporting chart context.

Sun square Mars is closer in absolute orb than either selected anchor. It falls outside the first relationship-focus group. Venus conjunct Chiron also qualifies; two more precisely ranked connections fill the modifier places. These are editorial selection rules for a focused workbook. A different focus can produce different chapters.

Tropical, geocentric apparent positions and Placidus are prototype choices. Houses follow longitude between successive cusps. The main reading uses stable houses; the Moon’s house is set aside as explained on page 23. This is a natal reflection workbook. Its three-week practice schedule is chosen by the reader. Sources and credits follow on page 25.

METHOD, SOURCES & CREDITS

Reading notes

| Pattern    | Relationship              | Orb   |
|------------|---------------------------|-------|
| 1 · anchor | Moon square Neptune       | 1°42′ |
| 1          | Neptune sextile Pluto     | 0°56′ |
| 1          | Moon square Saturn        | 6°28′ |
| 2 · anchor | Venus opposition Uranus   | 1°51′ |
| 2          | Saturn conjunction Uranus | 1°18′ |
| 2          | Venus opposition Saturn   | 3°09′ |

The table lists each anchor and its two modifiers. The two Venus oppositions cross a sign boundary; they qualify through angular distance. All eleven calculated bodies, including Chiron, were screened. The complete candidate list and selection checks accompany the production source.

Calculations: Swiss Ephemeris 2.10.03, explicit Moshier mode; Chiron uses seas\_18.se1. Europe/London uses IANA tzdata 2025b. Separate UT/TT and house API paths agree at displayed precision and share the same engine. An additional approximate USNO solar check agrees within 5 arcseconds. Full independent ephemeris comparison remains open. [4–7]

[1] Liz Greene, The Eternal Triangle. Research on relational patterns and the unlive

[2] CPA, Liz Greene: Saturn Webinars. Public programme description; method context.

[3] Homeric Hymn to Hermes, 68–86 and 414–526. Evelyn-White translation, Theoi.

[4] Astrodienst, Swiss Ephemeris programming documentation.

[5] IANA, Time Zone Database.

[6] IERS, Leap\_Second.dat. UTC/TT cross-check.

[7] US Naval Observatory, Computing Approximate Solar Coordinates.

Original concept, text and four workbook models developed for Johannes Vasco Lockwood with AI-assisted production. Liz Greene’s work is a research reference. Her endorsement and approval of commercial publication remain open. The settings and selection rules are our proposed operationalisation. All personal examples are fictional. Sources checked 6 October 2026. Concept prototype v1.1.