

EPISODE 86

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Yeah, people from Plato and Aristotle up through Galileo, Copernicus and all these great thinkers that we maybe we remember hearing their names in history class, they all use this holistic western system of understanding these four different ways of being in the world. They did have this idea that everything in the world was made up of either earth, fire, air, or water. Of course, once we moved in to modern science, we’re like, “Oh, God! That’s preposterous.” We have atoms and we have protons and we’ve got this, that, and the other. They threw that completely out.

Part of what was in that system, that four element system was this idea that at the very core, we’re made of essence, which is this kind of nonphysical stuff that’s our soul and our spirit, and that comes first. Then our physical body comes.”

[INTRO]

[0:01:35.8] AS: You know battling food in your body doesn’t work. You want to love and accept yourself, and because you’re insatiable, you want results too. You bring the same intensity to your life, wanting to maximize your time, potential, and experiences you have here on our beautiful and wondrous planet Earth. Fair warning, it will be a rollercoaster. But for those insatiable, this is your primetime to thrive. Here is just saying yes to the hunger of wanting it all.

I’m your host, Ali Shapiro, who is dedicated to pioneering a saner and more empowering approach to health and weight loss.

[INTRODUCTION]

Welcome to episode 86 of the Insatiable Podcast; how to use astrology to achieve your health goals, with Molly Morrissey. Most of us know if we're a Libra or a Capricorn, but did you know that that is the tip of the iceberg when it comes to classical astrology? It turns out much like today's nutrition information, mainstream astrology is reduced to a one-size-fits-all assumption based on one planet in your chart. The reality is when you understand uniqueness of your entire astrological chart, you can understand more about yourself and how to use your essence to support your health goals.

What I love about Molly and the reason I wanted to have her on the show is she studied astrology and human behavior deeply. In this fascinating interview, you will get a perspective on astrology that's totally different than what you're expecting. Even though I've worked with Molly and prepped for her interview, I find myself having some great aha moment. I can't wait for you to hear Molly's perspective.

In this episode, you're going to learn how traditional astrology, which is assumed each of our physical bodies had a spiritual essence, was historically the primary basis of health and medicine. Second; the four traditional astrological elements and how identifying your elemental makeup empowers you to know what foods and emotional patterns support your nature so you can work with yourself instead of fighting yourself.

Lastly, how traditional astrology's healing elements were stripped away because they worked and the powers that be at the time wanted to keep the knowledge for themselves. We get to an interesting side conversation how many royal families still use astrology today. We also discuss how to get your own free chart on astro.com and what planets and houses to look for in your chart that rule your health. For my wise rebels who love truth and freedom, you're going to love this episode.

Here's a little bit more about Molly. Molly Morrissey works with creatives, entrepreneurs and professionals who are looking for a deeper sense of understanding about themselves and their life patterns. By unearthing and connecting internal and external clues and timing cycles we're able to build a more resilient and pragmatic strategy for moving forward. With a master's degree in applied behavioral science and systems counseling from Bastyr University and astrological

training with Master Astrologer John Frawley, she also incorporates backgrounds in architecture and the marine industry into her unique offerings. After having spent the large majority of her life in Seattle, she now lives in Taos — I think that's how you pronounce it, New Mexico. Enjoy today's riveting interview.

[INTERVIEW]

[0:04:54.1] AS: Molly, it is so great to have you here. Insatiable listeners, you guys are going to love this interview. I first met Molly several years ago, I think. Time goes by so fast. Molly, what I love about you is you've got what we think of as the woo, right? The astrology. You're also very mathematical and I guess the word evidence-based with it and you have a systems background. I love people who can bridge the worlds and explain to us westerners how the woo isn't so woo and is actually very practical. I'm excited to talk to you today about how we can use astrology in our health. Thanks for being here.

[0:05:34.5] MM: Oh, gosh. I'm so excited to be here, Ali. Yeah, it's been sort of years now. We've been having some good conversations over these years. Yeah, I'm thrilled to talk about this subject. It's very near and dear to my heart.

[0:05:45.8] AS: First, before we get into the four types and how it relates to people's health, can you — What I love is you have such a historic perspective. How was astrology originally used in medicine? I don't think most people realized this. I know I didn't and I learned it from you.

[0:06:01.8] MM: Yeah, it's interesting. The history of any of the esoteric arts or most of them has really been wiped out of our collective history. Most people have no idea. Partly what happened is that the tradition of astrology is very old and it goes back thousands of years. Certainly was in primary usage even through the Greek times; Plato, Aristotle, they were astrologers. It's not like that was something that they would have like put on their resume as much as it's just part of how they saw the world. It was part of the water that they swam in.

The tradition of astrology was really this system of understanding characteristics of the physical world and, of course, until the enlightenment in the 1700s, 16, 1700s, the physical world was more than just a physical. It was everything. It was the spiritual, the emotional.

[0:07:03.7] AS: What do you mean by that? What do you mean by that? It was the physical wisdom, emotional, spiritual.

[0:07:07.5] MM: If you read Greek writings, of course we can only read things through our own lens and we're modern western thinkers. People that have made efforts to go back and study even the Greek or Roman or anything, the Islamic ratings, they had a very different worldview to what we have. They assumed that it was obvious that there was a spirit and that there was a whole person had more than just physical going on.

It's really kind of like when you go back and study history, one of the first things you always have to do is understand the differences between that culture and the one that you're in right now so that you can start to recognize the water that you're swimming in so that you can compare it to the water they swam in. That's was kind of that core, that's the basics there.

[0:07:57.2] AS: Yeah, that strikes me. It's so interesting because I think America — I know religion as a whole is decreasing, but America is so centered around Christianity, right? Our calendar is based on that, the major holidays we get off, and yet when you go to the doctor they're not going to say, "What's going on in your soul?"

[0:08:15.8] MM: Exactly. That's what the enlightenment was all about. During the enlightenment kind of, again, 16, 1700s, what we did is we meant, "Oh, gosh! We have science now. We can measure stuff." Church and state fled, and church got to have —

[0:08:32.2] AS: In theory, they're supposed to be.

[0:08:35.5] MM: There was a fundamental shift that happened during the enlightenment. My astrology teacher sometimes uses that word, the enlightenment as kind of a tongue and check, because there are some they the baby out with the bathwater. What they did was, basically, they meant, "Okay, if it has to do with your soul or faith, obviously that's the realm of the church."

Modern medicine and modern science became — In that world that was developing, it was all about the body as a machine and the universe as a machine and everything was measurable

and human bodies are the same. We would look at symptoms and then we know the diagnosis because everybody is the same.

At that point, up until that point, just like, gosh, the Chinese have Chinese traditional medicine, acupuncture, that's a whole body system where they have body types and they identify the body type before they understand what their treatment is going to be. Similar to the Indian system of Ayurveda. Kind of, again, a body type system where they want to understand who you are before they're going to give any recommendations or even really any diagnosis.

The western world did have a holistic system like that and that is the system, sometimes it's called the four temperaments, the four humors, I call it the four elements. We're talking about earth, water, fire and air.

Up until the 16, 1700s, any person who was a learned person, who was an educated person, that is the system that they used to understand the physical environment. Yeah, people from Plato and Aristotle up through Galileo and Copernicus and all these great thinkers that we maybe remember hearing their names in history class, they all use this holistic western system of understanding these four different ways of being in the world and they did have this idea that everything in the world was made up of either water, fire, air or water.

Of course, once we moved in to modern science, we meant, "Oh, god! That's preposterous." We have atoms and we have protons and we've got this, that, and the other. They threw that completely out. Part of what was in that system, that four element system was this idea that at the very core, we're made of essence, which is this kind of nonphysical stuff that's our soul and our spirit, and that comes first. Then our physical body comes. That when we are in the world, we could look at any, a chair, a plant, a person and we could go, "Gosh! That thing has lots of water or it has lots of air." There were very specific definitions of those terms. We weren't just thinking about them like, "Oh, gosh! If you had a bowl and you put in some earth and you put in some air you'd come up with this thing." It was more they were descriptors, there were specific definitions to those terms and what we were talking about. They started to be like, "Okay, we're describing an item, or describing a person, or a plant, or not necessarily defining them."

[0:11:43.9] AS: It's more like a metaphor rather than literal.

[0:11:46.1] MM: Yeah. I would say even more than metaphor. They felt like they were talking about the real thing, like, “Okay. Gosh! That rose has some fire. It has those thorns. Those thorns are fiery.” Again, fire in their world would have been dry and expressive. There’s these ways in which you start to look at just the definitions. We’ll talk about it a little bit more in probably in a few minutes. Just the idea that then — They would have attributed — They would have said, “Oh, gosh! There’s lot of Mars in a rose,” because that’s this prickly thing.

Then there’s lots of Venus, water. Gosh! Connection, merging, beauty which emerges, and nice smells with the flower, they’re beautiful. Immediately, we’re talking about. There are kinds of these ways that they would like look at it and be trying to understand what it was based on the characteristics that it had and how they could identify something.

That way of thinking really evaporated when we said, “No. This essence doesn’t exist. We only have the physical world. If it’s not measurable, it doesn’t happen.” We sort of really separated things out and it meant that for the human body, all human bodies were the same and if it wasn’t acting correctly, that meant that there was a problem that needed to be fixed, versus this idea that, “Well, gosh! in the first place, you have these different ways of being and we have to understand which way we’re dealing with to begin with before we’re — you know? Do you see how they’re kind of different?”

[0:13:15.8] AS: Yeah. No, totally. When I see the kind of results my clients get when we really focus on the emotional and physical when it comes to weight struggles and their relationship to food and what they eat. Once they see what’s invisibly there or the essence of which driving them to battle food, it’s like they can’t un-see it and like, “Why is that everyone talking about that this?” I’m like, “I know. I think in 30 years we will look back and say, “Can you believe? They used to think weight was just about calories in, calories out. How preposterous?” We’ve almost had to swing to the complete other end of the spectrum to get contrast to say, “This is not working.”

[0:13:56.4] MM: Yeah, absolutely. I’m a big fan that every modality has a place under the sun. Yeah, to me it’s like, “Gosh! Thank God we have modern medicine or else there’s lots of people that were dying in car accident.”

Having said that, when do get into chronic health and everyday life and especially preventative health, there are certainly things that we can start to look at our own. You see it in the popularity of all the blood type diets. There are a lot of — Even modern western ways of thinking that are kind of start to get close to looking at body type and understanding what are the factors that are at play that do actually make me fundamentally different than you.

[0:14:39.8] AS: Yeah, and though, the blood type or the Ayurveda — Like the books that I've read when I was trying to find answers. They don't really address the emotional or the emotional essence and they think it's separate than the physical when I've just come to believe they're intertwined and the same thing.

[0:14:58.4] MM: Yeah, absolutely. I think — I know I'm not a big expert on Ayurveda so I can't speak to that whole lot. I do know a little bit more about the Chinese system. I would say in the Chinese system, there is a recognition that there is a personality that there are emotional patterns that go along with overactive, like if the liver meridian is overactive, there are certain things you're going to notice in the personality.

Yeah, I think it's — Just like the modern world in general has muted that and tempt it down and especially considering, again — Gosh! As Westerners, we've taken even the Chinese system out of its own context as Westerners. We're not still getting even it. Frankly, when the revolution happened in China, a lot of the Chinese system was actually taken apart by Chairman Mao because he wanted the religious parts taken out.

Even their system has gone through in the last hundred years — I'm not big up on my dates for the Chinese revolution.

[0:15:55.3] AS: I didn't even know there was one where this happened.

[0:15:56.3] MM: Right?

[0:16:00.3] AS: That's amazing. I learned so much from you. Oh my god! Getting back to the four types, which was let's talk those four types, but then you also love the example of the rose.

You also said Mars and Venus. When people think of astrology, I think — Before I got to know you and work with you, I had heard of the four types but didn't understand that was connected to astrology. We explained the four types.

[0:16:25.0] MM: Yeah. Basically, if we go back to this — It's funny, the modern medicine likes to kind of discount the four types, “Oh, gosh! They used to put leeches on people and bleed them.” It's like, “Gosh! Chinese acupuncture still bleed people every once in a while. They're happy if they put a needle in you and sometimes a little bit of blood comes out. That is information for them.”

We kind of end up with these sound bite ideas. Back in the day, with the four types, it was this idea that, again, there are these four basic ways of being in the world and that each thing — We'll talk about humans now. Each human has all four in them, but we've each got our own little recipe. Some people are really well-balanced, but some people have lots of air or lots of fire. By looking at how that human being operates and how they're working emotionally as well as how their body actually is, we can start to understand the patterns in that body. Again, then we can start to diagnose and to actually treat.

if we look at the four elements — I'll run through them briefly. You guys are going to have access to a little PDF and that's kind of going to break things down if you want to go back and look.

[0:17:43.4] AS: Yeah, it will be in the show notes at alishapiro.com/podcast, just so that people can get that.

[0:17:50.8] MM: The first one we'll talk about is air. Air in the in the tradition was called the sanguine. You'll hear people even still use that term, “Oh, somebody is sanguine. They're talkative,” or they've very kind thoughtful not in the sense of being slow or quiet, but thoughtful in a sense like lot of ideas.

The sanguine, they are primarily are about thinking and communicating and so they do live in the world, and it's air, it's high air, it's kind of the world up there, “Oh, somebody is in the clouds.” I'll run just really quickly through each of them. The fire, of course, used to be called the

choleric. Gosh! I was watching a Netflix TV show the other day about the American Revolution and there was someone in there saying, “Well, they’re obviously a choleric person.” I was like, “Yeah. Every once in a while, we hear that term come out.” It means that that person is really fiery. They’re primarily focused on doing and acting. They’re not thoughtful. They’re not like in a planet out of ahead of time. They’re just going to jump in.

[0:18:53.1] AS: Would that be the word spontaneous?

[0:18:55.3] MM: Yeah, absolutely. Again, with each of these, keeping in mind that there is positive sides of this and kind of “negative” sides of these. There are ways of these qualities can be really helpful and sometimes they’re not so helpful.

This is kind of real life, so there’s both positives and negatives and sometimes people can have not enough of one of these things. With fire — Gosh! Courage, initiating, hard-working, vision, action. Those are things that we would say are positive. You can then also have arrogance, aggressiveness, impatience and too much dogma among other things.

The air; social, freedom, flexibility, information, thinking, they’re all things that you could attach to air. But then you would also — Maybe aloof, or shallow, or flaky, or inconsistent or too idealistic. Again, you can see how there can be too much, not enough, all that kind of good stuff.

The other two elements are water and earth. Briefly, water was called the phlegmatic, lots of —

[0:19:59.8] AS: Phlegm.

[0:20:01.1] MM: Yeah, lots of liquid, right? When we’re babies, we go through our phlegmatic phase, lots of liquid coming out of all the orifices. Water, of course, is the feelings, the desire nature. People who have a lot of water can be empathetic or nurturing, responsive. Water has the most cohesion of any of the elements. You know, that desire to bond. Then when there's too much, there can be sloth, drama, depression, reactivity and you can be conflict avoidance, not wanting to break that cohesion. With the earth, the fourth cone, that’s the melancholic. The earth just wants to contemplate, just wants to be.

[0:20:42.9] AS: That's me. I just want to contemplate.

[0:20:44.7] MM: Yeah, I know. [inaudible 0:20:44.4]. It's a thinking, but it's not so much trying to figure out you like the sanguine. It's not so much focused on facts and figures and information and news or fake news, like the sanguine, the air. It is the earth. Just wants to be. Just wants to be in the body and notice. It just kind of wants to understand that there is a pragmatism to the earth. It's observant, thoughtful, strategic, steady, pragmatic, but you'd have to watch for first stubborn, anxious, worrying, being boring, procrastination, kind of not wanting to move.

[0:21:22.6] AS: I do like you describing. I'm so —

[0:21:25.3] MM: I know. Again, I'm totally melancholic.

[0:21:27.3] AS: I think I'm a big of — Wait. What was that last one? Earth. Earth with a big water in the middle, phlegm in the middle.

[0:21:35.1] MM: Yeah. It's interesting. There's a way once you can you can start to break them down, you both water and earth are inward, which means that they're receptive, there's an inward focus . Whereas both air fire are outward, they're expressive. You can kind of break it up also with hot and cold Or not hot and cold. We just did the hot is the outward and expressive and cold is inward and receptive. If you kind of think about the hot, things start to move around a lot more, and cold, things kind of come to stillness, but then can also look at it in the dry and moist. That's the other kind of coin.

Dry is separating and defining, and so that's fire and earth. Air and water are both moist, they're connective. Again, when you look at the little cheat sheet, you can kind of see a laid out visually. Each of the elements is either hot or dry and it's either moist or cold — No. I get the mixed up when I start talking — In my mind, they all make sense.

[0:22:42.7] AS: Would that translate into like Western terms of today? It's like when you're too fiery or dry, is inflammation, versus if you are super congested and phlegmy, you're too watery.

[0:22:53.3] MM: It can be, although here's one kind of the glitches and anybody who has experienced acupuncture and has actually gotten to talk with their acupuncturist will probably relate to this. You don't necessarily just look at the symptoms. Somebody who's having inflammation, well, clearly there is a fire symptom going on there. The root cause might be lack of water, might be a kidney issue.

It's hard to take — I wouldn't just always take the symptom and then equate it with what there lacking or too much of.

[0:23:32.6] AS: That makes sense.

[0:23:33.1] MM: Because then you start to get into the complexity of medicine and certainly the tradition of medicine where there's a whole — There's a lot of other factors. To start to notice, I always encourage, when we have a dry cough. Gosh! Too much earth, too much dryness and coldness. I think when people are — Think about when you go to the tropics, you're sweating and it's hot and you kind of want cucumber, you want things that are cold, like cucumbers, that you don't necessarily want a hot spicy chili, although sometimes you do.

You can to start to see all these complexities and contradictions if you look really closely. I think initially what is helpful is just to kind of start to notice, are you somebody who often has a runny nose? Are you somebody who often has a hard time sweating when you exercise? Just starting to notice like hot and cold, and moisture and dryness, like how your body operates can just be an initials swipe at it. Are you somebody who is thirsty a lot or do you just — Are you thirsty even though you're drinking a lot of water? Just starting to notice your body's patterns can be the first step.

[0:24:45.4] AS: Do you find that most people have like one or two dominant types that they — Or one person, or is it different for every person? I'm just wondering for our listeners, how they can start to categorize themselves.

[0:24:55.5] MM: Yeah. It's interesting. Yes and no. I've looked at a lot of charts over the years and it's interesting to me how many people are actually fairly well-balanced, that do have air, fire, water and earth going on in almost equal measure. Now, when I'd look at a chart, it is one

of the things I'm looking at is that temperament, is are you more of a fiery person or are you more of a watery person?

For a lot of people, there is — Gosh! I don't know. Maybe 60% of people, there is one of those that really stands out. Often, what happens is it's a matter of looking at what part of the life are you looking at. How do you begin things? How do you end things? How do you do the work of a thing? Some people — I'll use myself as an example. I start things in a watery way. I'm very intuitive and I'm very — Like I need to understand how I feel. I know my feelings about a thing before I even know what the thing is.

I approach things in a watery manner, but when I'm getting into the work of a project or a relationship or a job or anything, I do tend to get into kind of a fiery earthy thing where I want to have a task list, I want to be doing, I want to be in action, and I also like to research. I want to get deeply into something, and that's kind of the earthy piece.

I would just say, it's hard sometimes to make general sweeping general — There's very few people that you can say, "Oh my gosh! Fire all the time." Our current commander-in-chief is pretty close to being fire all the time, although he has a lot of air in him as well. We see that, right? People love him because he's in action, and the people that hate him hate him because he's being —

[0:26:53.1] AS: In action.

[0:26:54.8] MM: Exactly. The communication, right? He's flaky and consistent, idealistic. You can kind of start to apply some of those air, or you could say, "Gosh! He's a great communicator. He's always telling what he thinks." Again, depending on [inaudible 0:27:08.1].

[0:27:07.1] AS: Do you think he's a nihilistic? I didn't listen to his inauguration speech, because I thought I would —

[0:27:14.6] MM: I don't listen — I will say I don't listen to a lot of —

[0:27:17.5] AS: Carlos listened to it. I came in that day and he was like, “Oh my God!” He’s like, “That was the darkest thing I’ve ever heard.” So remnant of like what Hitler would do.

[0:27:28.6] MM: He’s got a lot of fire. Yes, he’s very — We’ve come off of having somebody — Our past president had a good amount of earth too, and he certainly have some fire. There are certainly things that our past president was doing that I would say would absolutely be couched in total fire reactions to things, his drone program.

I think generally speaking, we thought of him as somebody who was a slower speaker, who would kind of take his time when he was talking, and that’s kind of a melancholic characteristic.

[0:28:02.8] AS: I know gender is socialized, but do you find — Because I think one of the things that when I think about leadership, does each culture have an expectation of what that leadership will look and sound like and then when you, as a — If you’re a female or someone who tends to be more contemplative, less reactive. I remember was when I was doing communications for a company and I was in the Paris office and I had to write stuff for the CEO of Europe and same data but the American CEO gave a completely different version in turn of events of like, “We can do it.” That’s one of the things I love about American, so optimistic. Sometimes too optimistic. The American CEO was like, “We’ve got this. We’re a little behind but we could do it because of this.” Very fiery. The French CEO was very pragmatic, a little bit like — I just wonder if each culture has a different expectation for what leadership looks and sounds like.

[0:29:04.0] MM: Oh, absolutely. Again, we’re talking in generalizations now and I always like to remind people, when we’re talking in generalizations, they are just that and we always then have to go to the specifics to find out what our actual information is. I always just want to remind people that specifics and generalizations each have a place.

Yeah, absolutely. Culture is — It’s so fascinating to me about different cultures. I’m somebody who’s studied and I’ve got a masters in behavioral science. We did a lot of study of different cultures. There is high context cultures, like the Japanese, where you have to really understand the whole system before you understand what they’re saying to each other. They can blink at

each other and they've just communicated. There's so many unspoken rules, what's called a very high context culture.

Whereas America, nobody has — Sometimes is very little that's the same. We are such a melting pot truly, but you do have to do a lot of explaining. As Americans, we do do a lot of communicating more than a lot of other cultures that don't have those cohesive o rules that everybody is kind of playing along with.

Culture, you really do have — Again, context. I always say to people, systemic thinking means that we're always, always, always looking at the context of a thing.

[0:30:20.5] AS: Yeah, I love that, because whenever someone ask me like a question when a speak or whatever, I'm like, "It depends and it's a lot —"

[0:30:26.5] MM: Yeah, totally depends. I think that's where the more we can — I always encourage people, "Do pay attention to the phases of are you the beginning, middle, or end of a thing?" That's a great way to understand behavior, is are you beginning something? Are you in the middle of it, or are you ending it?

[0:30:40.6] AS: I think those are great questions for people what you talked about how you work, like how do you start something, how do you actually engage with the thing which is what molly is calling it and how do you end something, can start to give you clues to your overall temperament.

[0:30:54.9] MM: Especially when we're talking about medical stuff, is it an acute issue or a chronic issue? Again, starting to think about when something — Gosh! Especially, I know a lot of your people come to you because they've done a lot of dieting. Okay, how do you diets? Are you somebody who rushes in or are you thoughtful before you start a diet?" Again, no wrong or right here, we're trying to identify what your patterns are.

One of the things you just mentioned about kind of the female, the female leadership versus maybe male. Again, generalizations. Of course, we take that into account in the astrology. Interestingly, I'll talk about age first. I mentioned it earlier, babies of course are water. In

adolescence, kind of, you know, gosh, 11, 12, 13, maybe through mid-20s I would say, like late 20s even, you won't be surprised to hear as a fire time of your life, right? The acne, the gung-honess. That's your fire time.

Then that adult, which is kind of like, say, late 20s through into — Gosh! 50s, 60s, 70s, depending on the life is really the air. Again, what are we doing there in that time? We're communicating. We're exchanging. We're kind of being out in our lives doing that part of exchange in our life.

Then the final part of our life, the last, I would say, 60s and on. Again, though it depends. Each person is different, is the earth part, right? We get smaller. We shrink. We get dryer. Our skin is not as moist. We get the more earthy, we get more melancholic. We come into our wisdom. Yes, to the melancholic is the seed of the wisdom although it obviously takes all three. People that are super melancholic are not always like — You just don't want to take and eat what they say, cool.

[0:32:41.2] AS: Never do that with anybody.

[0:32:42.5] MM: I know. Totally, right? In that sort of way of thinking about generalized thinking, because human beings are social. Fundamentally, human beings are social. They are moist. Men then are airy, so kind of very generalized. Men are airy, because that's hot and moist. They're outward. They're expressive, and women are watery. They're inward. It's like the water is the cold and moist, inward and connective. Generally speaking, women are water and men are airy.

When we look at gender differences, I think, again, it's just about looking at the differences. Specifically, of course, there are people who blow right out of the water. Of course, women are the nurturers. That's because they tend to be more watery. They do tend to be, in generalized way, more inward than your average female versus your average male. Men are communicators. They want to be out in the world and kind of we look at human history.

Again, if we lay patriarchy over that, or matriarchy, we can see nuances. Your average guy is going to be more outwardly oriented and kind of all the horrible stereotypes of guys is that they can't — They don't know their feelings, right?

[0:33:59.8] AS: Unless you marry a writer, like I did.

[0:34:04.2] MM: Again, keeping very, very, very broad brushstrokes right there. When we look at brush — When I look at a birth chart, I do not consider gender because that level of generalization is unnecessary.

[0:34:18.1] AS: When I was even thinking about like with a woman's menstrual cycle, right? The week after you bleed, those first two weeks are more like fiery and you're out in the world, and then the third week, because with the hormonal changes, because you also need to adapt to your food, that the third week is more introspective, probably more earthy and then the last week where it's like death kind of — Or I guess it would be earth on the —

[0:34:44.4] MM: You are following the mens cycle. The first quarter — At the new moon and up to the first quarter, that's the air, moist. Then it's the communication. Then that's from the first quarter to the full moon is the fire out in the world. That first task is the outward half. Then after the full moon, so that third week is the earth. That's that contemplative of being inward. Then that final is the phlegmatic, it's the watery. It's the fourth-quarter of the moon which about being — Or letting go. Of course.

[0:35:17.6] AS: That just is amazing. That pattern —

[0:35:21.8] MM: It's throughout our physical environment. The 4s and 3s are — 4s, 3s; 7s, 12s, it's throughout almost all of the — It's patterns that — Again, that's not saying that astrology rules things. It's saying that astrology is simply true just like all these other race of being are true.

[0:35:43.0] AS: Right. I like that you use the word true, because for me truth has to be cut across privilege, gender, culture, class. It's not just for a —

[0:35:54.2] MM: Time. It cuts across time. It cuts across those patterns you'll see in lot of indigenous cultures. The 4, 3; 7, 12, you see me — Not all of them of course, but you see across culture and across time.

[0:36:09.8] AS: What do you mean by the 7 and 12? I'm still in awe of —

[0:36:12.6] MM: The 7 is the 4 plus 3, and the 12 is the 4 times 3. That's why 7s and 12s, if 12 months, we have — It's just the structure of the universe.

[0:36:26.2] AS: Because I'm still in awe of the moon cycle, the menstrual cycle, the cycles of our lives. Because I always want to believe there is an organizing force, like that's one of my quest is to figure out and it makes me feel like there is an organized force if we see these patterns. Consistently, how brilliant and amazing is that.

[0:36:48.3] MM: Yeah, it's interesting. If you go into Ayurveda, they have three types. Really, those are all combo types. If you go into Chinese medicine, they have five types. Again, there is a fifth type that's kind of what the Western world would call the ether.

Again, it all can overlay. They're not like — I never have worked with a lot of Indian astrologers, Vedic astrologers is what they're called. They work in the Jyotish. My teacher had known a couple of difference that had — They would do their own systems. If you can't mix the systems. That's where you get into trouble. And there's lot of people out there, they're telling, "Oh, you can do this out of that system," and da-da-da-da-da. Like, "No. No. No. No. No." Spanglish, it doesn't really work so well, or whatever.

[0:37:32.1] AS: That reminds me of Carlos is Portuguese, but his parents lived in Venezuela before they immigrated. They immigrated from Portugal to Venezuela then to Newark, New Jersey, and he grew up thinking he was speaking Portuguese, but then he went to undergrad and majored in Portuguese, they're like, "This is not Portuguese." It was a mixture of Spanish and Portuguese and he had to unlearn everything to relearn it.

[0:37:55.6] MM: Actually, you can be creative there. It can be a source of creation, at the same time to understand the root of a thing, you have to go back to its pure form often time to

understand where it came from. Yeah, I think — Anyhow, my teacher would work them and they would come up with the same answer on charts and stuff. If it would start — Because the sky is measured differently in Jyotish versus Western astrology.

For example, there's a time where people would say, "Oh, gosh! The Western tradition — They're not even measuring the sky properly." The Jyotish of course is correct. It's like, "Well, no. There's just a couple of different ways of measuring it is all."

[0:38:33.4] AS: Yeah. I do want to get into the planets. First, let's talk about the — And how they connect with the temperaments or the four types, but let's talk about how people can when the seasons change, because we're in summer right now.

[0:38:47.8] MM: Yeah. Go ahead.

[0:38:49.9] AS: Because I remember everyone saying, "Summer is the easiest time to stay healthy." I always found that to be really challenging because it's just like that heat just makes me not want to move. It makes me crabby. How can we use knowing our type with the season we're in both the season of the calendar and the season of our life? I'd I love to —

[0:39:11.0] MM: Yeah, wonderful. Exactly. Part of it again is understanding your general propensities. Ali and I were talking a little bit before the call and we were sort of talking a little more bit about not only calendar seasons but also season of life. That maybe partially refers to what I've mentioned earlier about adolescent versus adult versus elder. I think more appropriately for this conversation, it's really — When we're going to transition in our lives, where are you at in that transition? Are you in the water part where you're letting go of things? Are you in the earthy part where you're completing and researching and just sitting with?

Are you in a doing section of your life where you're out like just being in the fire part? Are you in an air part where there's certainly an element of doing in air, but it's more about — And ideas and expression and communicating.

Part of it is really understanding where you're at in your own life in addition to understanding how you generally tend to be. Both of those things, it's kind of like you're doing almost a little bit

of math here; a little bit of earth plus a little bit of air. I just sort of just say to people, “Don’t get too crazy about it. Don’t get too worked up about it. Just kind of broad brushstrokes where do you feel.” Usually, most people are able to say within a couple of minutes if they feel like they’re kind of what phase they feel like they’re in.

I would say just, again, broad brushstrokes there. Then, yeah, what type of climate do you live in? Do you live in a climate like the Pacific Northwest that tends to be very wet? Do you live in a climate like the Midwest that tends to be drier, or the southwest that tends to be very fiery and earthy? Then, yes, what season are we in?

[0:40:54.9] AS: What is the east coast?

[0:40:56.6] MM: I think — I have given this a lot of thought. I think it really depends on the season. Obviously, this summer is very air, it’s very hot and moist. Winter, it seems like can be watery or earthy.

[0:41:10.5] AS: Yeah, I love how — Because when we were working together and I was trying to figure out like, “Where should I move to?” You were talking about how Philly is very — We have a lot of listeners in Philly and New York. Philly is very earth and watery, so it’s like — Then New York is very earthy and fiery. I love thinking about cities, because when I come back from New York I feel like what just happened versus when I come back from Philly. I’m like, “Oh! That was great,” because it’s totally in tune with — At least Philly’s temperament is totally in tune with mind versus when I go to New York.

Think about that from a city and when you’re traveling. I think —

[0:41:44.6] MM: Yeah, absolutely. This is the water I swim in. I’m always thinking about like — Sometime I don’t know. Sometimes I can look — Again, identify characteristics. Really trying to define wholly.

To me, a city might be different than to another person. Again, it’s their subjective when we’re just talking about it on this level. I encourage people to just, gain, what you’re doing is you’re

observing. To spend some time just kind of contemplating, “What do I noticed? Do I noticed that it’s more moist?”

Again, spring is air. I should probably add the seasons on to this worksheet, although this is intake, part of my intake process so seasons don’t usually come in to it. Of course, spring is air. Summer is fire, and then the autumn is earth because, of course, we’re reaping the benefits. We’re harvesting. That’s stuff. That’s earth. Then that final season, the winter is water where we’re just being inward and being receptive.

I would encourage people to pay attention to the season and how they experience the season. If you're somebody for whom summer is difficult, yeah, you need to do things to cool yourself. You're adding moisture.

This is where you can kind of look at on the worksheet, if you look at fire, it says hot and dry. Okay. If I experience summer as being too much, gosh, I want more moisture and I want more connection and I want more coolness. I want to be more inward.”

If summer is too hot and outward, yeah, it’s time for you to stay the cool room during the heat of the day, working inside, eating cool things; cucumbers, lots of water, salads. They’re cool. Maybe not so many chilies. It really depends. I think what the key here is it’s a system where you can just start to pay attention.

Gosh! In the tradition, they actually had food as medicine. They would be very specific about the foods you would eat depending on what ailment you were experiencing and depending on the season, because — Partly, back in those days, they didn’t have refrigeration, so there was only the foods of that season available typically, but it kind of worked.

I think there is some wisdom there about eating seasonally does make a lot of sense. Interestingly, of course, in the summer time, you do have a lot watery, like watermelon and fruit and you things with a lot of water in them actually are available to counterbalance that fire.

Interestingly, you don't have all those watery vegetables and fruits available to you in the winter time when you generally have more water around you anyhow and don't so much need it.

[0:44:32.0] AS: Yeah, I want to say two things about that for everyone listening. In general, mother nature's got your back. She doing all the work. This is when I cringe when I see people, like raw foodies who live in why you telling people on the east coast in the dead of winter that raw foods works. Again, maybe it doesn't if your body is super overheated and you're fiery. However, mother nature in general, eating seasonally, she's got your back.

Second of all, this is why it's so important to know what foods work best for you because what Molly is talking about is very subtle things that you can pick up on, but you can't pick up on the subtlety. If your blood sugar is out of whack, if you're always inflamed because of your gut health — Really knowing your body and what works for you makes it — You start with a very calm, in-tuned space vessel, and these subtle things become so much easier to pick up on. I just kind of wanted to put that kind of background plug in.

[0:45:27.8] MM: Yeah. The best way to this is everything that Ali talking about, paying attention and experimenting. I know sometimes there — Ali and I both have a lot of earth, so it's easy for us to experiment because we have that time we want to research and we want to be patient. I recognize there's a lot of people out there who simply are not that patient and who don't like doing research and who don't want to be systematic about their experimentation. I get that. That's information, right?

If you're somebody who's more airy or more fiery and you're like, "Oh no! I want to freedom. I don't want to tie down. I know. I just like to go do it." Honor that and then — I would say, still, you can kind of still be paying attention a little bit.

[0:46:11.3] AS: I would also say though that I love freedom. It's one of my biggest values, but I am free because I understand the system of my body. It's kind of like the tension of opposites there.

[0:46:22.0] MM: Yup. Yup. Totally. Yeah, for sure. I just think a lot of it's, it's paying attention and experimenting. I always tell people, when you're in this and especially thinking about seasons, be thinking about the season of the calendar, the claimant that you tend to be in and if you're

somebody who has moved, its worthwhile taking some time to think about how your diet may have changed because of that move.

Above and beyond the fact that maybe you moved from a big city to a small town and your favorites Thai food is just not available anymore. I kind of relate to that one. More than that, do you notice you get headaches at different times now that you live in a different climate? Or do you notice you're hungry for different types of foods in different seasons?

Sometimes, this inquiry is something that takes a couple of years. I think you may experience a little bit of frustration, like, "I don't know, and I want to know." Again, there's this — You can take this through a year easily and just start to makes some notes in a book about what you notice. Once you start to notice, it will become more obvious.

[0:47:28.1] AS: You can also — I worked with Molly as I was going through a transition. I knew I needed to leave Philly. I didn't know why. I love it there and I knew I needed a change and just needed some sort of experience to awaken me to my own knowing and organize what I was going through, and Molly reading my chart was so helpful because it's not — We'll get into this now; the planet. I'm a Libra with a Taurus rising, but I didn't realize it was so much more complex than just that. It's kind of like people talking about nutrition. Like it's just calories in, calories out. That's kind of what like modern, what we read about astrology in the newspaper or these magazine. Really understanding your patterns, which Molly can help you do, it can save you a lot of time. Just a plug for Molly's work.

[0:48:12.1] MM: Thank you. one of the things — It's not even just mine. I would say — I, begrudgingly, will admit that there a lot of modern astrologers that do get passed these Vigo, Pisces, kind of boxes. I'm not always completely down on modern astrologers although I'm a little bit.

[0:48:33.1] AS: I'm not down with modern nutrition.

[0:48:35.2] MM: Yeah, totally.

[0:48:37.2] AS: "Modern nutrition."

[0:48:36.9] MM: Then, it's just that the system got so kind of bastardized during the enlightenment. There's a lot of politics — Fascinating history of astrology there as a — Really, it ended up being at the mercy of governments and the church. As traditional astrologers, would love to get our hands on the Vatican Library because all the good astrology books we know are in there.

[0:49:00.8] AS: Really?

[0:49:02.3] MM: Oh, yeah. It's so obvious that the church as well as — Gosh! All the royal families are still using traditional astrologers to set wedding dates and anything that they can — Anything where a date needs to be set. It's like, "Oh, they're totally still electing those dates."

[0:49:20.7] AS: Why didn't want us, the common proletariat to —

[0:49:24.7] MM: Because it's information that it works, and they don't want that.

[0:49:30.4] AS: Want to be able to be controlled? Is that —

[0:49:32.3] MM: Yeah, of course. It's power and control. That's just human nature, right?

[0:49:36.0] AS: Oh, man!

[0:49:36.2] MM: Yeah. There's a fascinating history there. Really, that's why astrology got discounted was because it was really upon during the enlightenment when church and state were separating and the church was like — It's like power grab went on in 17, 1800s and like late 1600s. Everybody consulted astrologers because they used astrology for medicine, they used it — Again, it's the way that they could describe their environment.

They didn't think of it as the woo-woo thing that we think of it now because it was just part of how they went through their life, just like we would watch a weather report or a financial report or read the newspaper. That's how they did astrology. It was just part of their life.

When the church started to lose power, they discounted all the astrologers so that they could start to get some of their power back. They've done a very successful — Gosh! 400-year marketing campaign against astrology. It's been very effective. For a while, astrology prediction was actually illegal. You could die if you were caught predicting.

Needless to say, it went away for a little while. When it came back a couple of hundred years ago, on the people that reintroduced it in the society, it was considered entertainment. They stripped the whole system out of all of its symmetry and beauty and all of the really useful predictive tools that existed were all taken out of the system.

What was left was this kind of A, B, C system where the house equals — the sign equals that planet. Like first house equals Mars equals Aries. No. That's not how astrology is structured.

[0:51:13.8] AS: This reminds me of nutrition. It's like let's strip out the beauty of the soil. Let's not talk about how the food is produced. Let's just reduce it to calories and then people will eat health bars and food that they think they have to eat to be healthy so then you don't really understand the full agency or power you have over your health.

[0:51:34.2] MM: Yeah. Basically, people they just turned into entertainment so they could not die by doing it and that's —

[0:51:45.3] AS: In nutrition, they just turned it just about dieting and weight loss.

[0:51:47.4] AS: Yeah, basically. Totally. It's like in astrology like they — That's why astrology column is still in the entertainment of a newspaper. That's still the reason why it's some sort of entertainment.

[0:52:01.1] AS: Once my clients get — Development what I call the boss mindset which is a different development in the adult plateau, adult development plateau, they basically feel like everything is — I'm like everything's opposite day. You just have to look at everything now as like opposite days. In the entertainment, it's really serious. If it "fake news", it's the entertainment.

[0:52:20.9] MM: Yeah. It's amazing once you start to look at how things really work. Basically, it was obliterated for that reason. When you look at an astrology chart, you're not looking — I guess always say to people, "The best way to put this is modern astrology really is putting you like Myers-Briggs or any of those systems into a box, like, "I'm a Pisces, or I'm like this."

Traditional astrology starts with the four elements for sure. That's definitely a core piece. We're moving past that very very quickly. Traditional astrology, because it was a core piece of a way that people just develop intellectual thought for 1500 years, it's about identifying the particular. It's about identifying the unique.

My work is really, yes, I'm using this language of Pisces-Virgo-Aries, but I am very very quickly trying to understand what's unique about you. That's why you're moving past. You're Taurus descendant or you're Libra sun, you're not a very Venusian — Both of those signs are ruled Venus. You're not a very Venus person. Mars is so much more active in your chart and that starts to be revealed when we really look at your chart. That's where I think the moderns — I always kind of feel sorry for them. They're missing out on the really cool tools because they're practicing modern astrology. They're not able to get to this stuff other than — I think there's a lot of astrologers out there that would say, "Oh, I just intuit the chart." It's like, "Yeah, it's because you're psychic. That's not astrology."

Not to being psychic, it's obviously incredibly powerful. There's two different things. One is a system of delineation and one is a system of intuition and connection to the physical to those nonphysical worlds.

[0:54:13.2] AS: What's the bridge from the four temperaments to the planets in terms of — Once you explain that, I want to explain the significance it had in my own health when I learned that.

[0:54:24.0] MM: Yeah, partly there's two things. Partly is — Again, when we're looking at — One of the things I do in when I look at a chart is I look at temperament and there's a way that you delineate temperaments in an astrological chart. There are five points that you consider. Two of them of course are the sun and the moon. People are like, "Oh! I have a Virgo sun. Great. It's an earth sign." Virgo's sun is actually a fire placement because is in the fire season.

One of the things is we're always looking at the four quadrants. What is the phase of the moon that you were born in? Not the sign. The sign is always the adjective. The noun is the phase. For sun and moon, it's always more important what the face was. For the sun, of course, that's the season you were born in. For the moon, it's, yeah, what's the phase of the moon.

You're looking at that, and that was one of the big things for you was you were born, your sun is in Libra. That's actually an earth placement. You've got an airy. Your earthy moon shows up in kind of an airy way. Your ability for — Excuse me. Your sun. The sun is you're looking at the overview of the life. The sun is the light of the life. It's the thing that you're focused on regardless of whether your relationship or at work eating dessert.

Sun and Libra, really, that's a melancholic placement. That's an earthly placement. You're wanting to understand and to take in all that information. The way that you do that is through information, that earthly piece, or the Libra piece, the airy piece. Versus Scorpio, which would be like a watery way of wanting to understand all that information.

[0:56:06.0] AS: I also found, because when I came to you I was very much in a composting stage of my — I was ending a cycle, but on this podcast I often say like, “I kind of pooh-poo the love and light people who are only love and light.” I was really struggling because when I was still kind of thinking I was in the coaching field, which I'm not. What I'm doing is different. Is there is all this love and light and I was like, “I don't understand how people are only talking about love and light.” You were like, “Well, the most prominent chart for you is mars, or planet for you is Mars and Scorpio, and Scorpio wants to get to the depths.” It doesn't want to stay on the surface.

You talked about how my Mars and Scorpio was also like in the wounded part of Venus. You said it wasn't like her favorite place to be and it's like the wounded feminine. Even though I talk about food and health and bodies, ultimately, what I'm taking people through is a heroine's journey which is healing this yin archetype, both men and women on a very theoretical level. That help me just like be okay with my path rather than trying fit into what I thought everyone wanted to hear her that I thought I had to be as a “coach”, which —

[0:57:19.4] MM: Yeah. It's where I love traditional astrology. There is [inaudible 0:57:23.9]. There are things that work and don't work. Venus has a very difficult time in Scorpio. Yeah, your Venus is in Scorpio as well. It's Mars ruled, it's Mars territory. How do you go through a deep swamp with a propeller, which is really a bunch of blades, and blades are Mars. They cut. Scorpio, the deep swamp is a Mars territory.

I think being able to see in each chart like plants — Each of the planets fits into an element. For example, the sun is obviously fiery as is Mars. Water is the realm of the moon. Earth is the realm of Saturn and Mercury and air is the realm of Jupiter. Oh, and Venus is watery.

Generally speaking, not always, because depending on where some of those planets are in relationship to the sun and the chart, it can change. There's all these rules. I think for a lot of people once they start to go, "Oh! Yeah, there is this inner conflict in me." I think so much of the self-help stuff that's out there, I think one of the downsides of it is there's always this like I can fix myself, and if I fix myself, everything will be easy and easeful and wonderful and daiquiris on the beach.

That's true for a very very small portion of people. For a lot of people out there, they do have these internal conflicts that really provide attention that drives their life and they're never going to be resolved. Now, you will mature and learn how to manage those tensions and learn how to still be productive and give what you have given your life hopefully.

That's what I love about traditional astrology is that actually starts to really — It's a tool for seeing just the basics of those relationships that we have inside of us. Especially then when we put it in the context of right now, we can go, "Oh! Well, of course. That served you when you were a little kid," or "Yeah, you went through this space where that was really helpful for you to be doing that activity."

Now, you're in this other phase and all of a sudden it's like not working anymore. It can shed light in a very pragmatic way for me to kind of be able to say to you, "Hey, look. Yeah, your Venus stuff, like the Scorpio is really strong for you. The Mars is really strong for you." What you see is that the Venus stuff, because that's what you're living.

[0:59:51.1] AS: Yeah, and I like that because — I helps you. I feel like when you know your chart in detail the way that molly can help you see in and help you just own who you are in your own patterns and accept that. Molly and I were talking about this before we started, like, “I don't really think anybody else wants someone else's life.” I think we want our best lives and we all have different patterns that we are who we are.

Part of that struggle too was like it took me so long to really put together the totality of my process, because I was doing something that hadn't been done before but because it was really deep it took me a long time to understand and it felt like I should've been further ahead. When I learned about that, it was just like, “It is what it is.” I know that phrase can be frustrating when you're struggling.

There is also a surrender that I think once we know our patterns more intensely or more deeply and intimately, that can relax you in a way. Again, that is so important for health to resolve that conflict between comparing yourself to other people versus this is my path. I've found with all of my client is the more they get in touch with who they really are, they want their path, because it's their path.

[1:01:04.0] MM: It's kind of fun. They're usually fun, because you're the one that's designed for it, so you're the other one that — I know I do this for myself all the time, like I'm frustrated with something. I'm having a hard time. For example, for me, the last couple of years have been very difficult and I've often had to go back to my own knowledge of my life and kind of be, “God, I wouldn't change a moment of it.”

Just to kind of understands I do have a lot of earth. Things do move more slowly for me, which the downside is sometimes I get to sort of sit in the stew for a little longer that I'd like to be.

[1:01:36.2] AS: I've been trying to take more fire action knowing that I'm —

[1:01:39.7] MM: Yeah. You think about how do I balance. What do I need right now? I think — Gosh! One thing I hear so often from people is nobody's ever said it to me like that before, or nobody's ever seen that piece of me before. I just think those are the places where we've probably been listening to what's out in the media or even listening to our best friend who, as

much as they love us, has a different life. Then coming away feeling like we have work to do, or we're broken, or we're wrong.

[1:02:08.5] AS: And we weren't seeing.

[1:02:09.5] MM: We don't see this beautiful little thing that we have because we're running over it, because we're trying to find the solution.

[1:02:16.2] AS: Yeah. Rather than we just want to be seen and witnessed.

[1:02:19.6] MM: We just want to know that we matter. I think that, to me, I have such a belief that each life does — Number one, there's a mystery, right? We will never know all that there is to know because I think that then we don't get to play the game of life. Life wouldn't be what it is if we got to see behind the curtain.

[1:02:39.6] AS: When you told me that, because when I was going through my existential, like, "Why are we here?" Totally rewiring my philosophical spiritual lease. I remember in an email you were like, "Well, we wouldn't — We're not supposed to know. That we would know the end of the game." I was like, "You're right. It's fun when we don't know." At time, sometimes I'm like, "I want to know all the answers."

[1:03:03.2] MM: I always say to people, "Hey, look. I'm an astrologer. I totally want to know." Obviously, I'm a control freak. I absolutely want to know.

I got it, but I think also life — We can never know exactly. I will never be right 100% of the time. That's just not the nature of it.

[1:03:24.7] AS: That's being human. That's what we talked about beforehand.

[1:03:26.8] MM: Yeah. What we can know is amazing. If we start to pay attention and we do start to see this underlying structure, we can start to have, I think, a broader perspective. That's where wisdom comes from, right?

[1:03:41.0] AS: Yeah, because wisdom is just patterns, right? It's seeing patterns.

[1:03:43.1] MM: It's just patterns. I also feel like wisdom is also, again, knowing Saturn is the wisdom keeper. Wisdom is also slow. There's a time piece to wisdom, which is that wisdom is not gained overnight. It's also when we have — When we notice somebody else as being wise, we often — There's often a slowness to what they're suggesting or there's like a — They're taken time. Do you know what I mean? There's a key thing element to wisdom that I have noticed.

[1:04:19.8] AS: That's an excellent point. Because I think even though our world has sped up, the process — Humans have sped the world up in a way, but that mother nature has your back, like good things take time. Nothing that is worthwhile comes easy. I just don't think so, at least in my chart.

[1:04:40.8] MM: I do work with people who do have that experience, who like they're moving really fast. That's just how it goes. I don't have a lot of those people come to me, because obviously a lot of those people don't consult astrologers because they're not experiencing difficult times. I don't like — That in and of itself fascinating to me, the types of people that do consult astrologers and returns to people that consult in me as an astrologer.

I'm clearly not — I'm not like — I'm usually not somebody's beginner self-reflection person. People usually come — Maybe I might be their first astrologer, but they don't usually come to me at the very — I don't usually end up working with a lot of younger people, because they're kind of in a bigger hurry than what I — Often, I always give people homework during our sessions. Here's what I want you to be paying attention to or you should try this out or here are some ways, some perspectives on this particular thing that you're facing. It's always really pragmatic, because I believe in pragmatism in the depths of kind of unknown swamp type experiences. Little baby steps are good.

I think a lot of times people, when they're young, or they are still more idealistic and they do want kind of — They are still are looking for the easy fix or the golden pill.

[1:05:58.4] AS: The love and light version.

[1:06:00.6] MM: The love and light. Yeah, exactly. I'm always like, "Hey, look. You know what? Life is full of difficulty and it's full of riddles and it's also full of amazing things that if you try and solve a riddle too quickly you'll miss. I'm a big component of — That's why we all love sunsets, because we love to just stop and see them. I'm like, "This horrible thing that's happening to you, there are some beautiful things that are in the midst of it and you will miss them if you just keep focusing on trying to get through the pain. Let's come up with some strategies for bearing the pain more gracefully so that we can learn a lot that we have to learn."

[1:06:43.6] AS: It reminds me, we had Dr. Robin — Oh my God! My brain right now is totally escaping me. He's a functional medicine doctor and she was talking about how at Parsley Health, they practice slow medicine. She was like, "And you want us to practice slow medicine because we're going to really get to the root and not reinjure you in the process."

I'm a big believer, truth is paradox and they always say to go fast, we must go slow. I think that's important — Yeah, for your noticing, for your temperament to notice. Molly, this has been so wonderful. Any parting words on how — Oh! We're going to include a link where people can get their chart. Is there any planet that they should pay attention to for their health specifically?

[1:07:29.7] MM: I think what you —

[1:07:31.4] AS: Physical and emotional.

[1:07:32.9] MM: Yeah. I think just — Every chart is different, but when I go to look at health, the first two things that I always look at and they're not always where I end up, so this will not work for everybody. Is the planet that rules the ascendant, so the first house, because the first house is our body. It's us. It's how we begin things, but it's also the ship we sail in, which is our body and our personality.

That can tell us a little bit about our health in general. Also, the planet that rules the 6th house, the moderns like to call it the 6th house, the house of wellness. The traditionalists call them the house of illness, because when you're at wellness, you're not looking at your chart, right? It's when you have illness that you're looking at your chart. The 6th house can often tell. They also

call it the house of slings and arrow. The 6th house among other things can be the place where just — The slings and arrows that hit us that we did not have anything to do with. It's the shit that happen to us comes from the 6th house. The planet that rules that house can sometimes show — Like when I'm in a [inaudible 1:08:42.5] hospitalization. Sometimes there'll be something going on with the 6th house.

Those two planets would be what I would look at. Are those two planets and signs, were they strong? What planet is it? If it's Mars, it's fire. If it's Jupiter, it's air. That can give a little bit of information there, and then what sign it is in. How does it do in that sign?

That's starting to get a little bit more complicated than just the basic look. I would say if you're not even going to ever go look at your chart, just start to pay attention to those four elements. You can't go wrong. If you pay attention to water, earth, fire, air, listen to your speech. Listen to your friends talk. Those elements will show up in the way people communicate, the way they describe events and the way they describe how they're feeling. Often times, there will be words in those descriptions that are elemental. Then just pay attention to where you're at in your life and how you are in general and the context; where you're living, the season that you're in and those will often give you enough clues to start some first steps.

[1:09:49.3] AS: I love that. Can you give the website where people can get their chart for free?

[1:09:53.0] MM: It's astro.com, A-S-T-R-O.com. I believe on there somewhere there is a link to looking at charts and there's a way that you can get in to — I haven't been on there in ages.

[1:10:07.1] AS: Go there and you can get your chart. If you really want to use this, and especially if you're having — In a transition. I was in a transition. Or you're having a difficult time. Check out Molly's work. It can be really really helpful. It really helped me a couple of years ago when I was in a transition coming out of a tough couple of years myself. Just really set me on a surrendered, yet, pointed and agency full path of forward. Yeah.

In the meantime, think about your temperaments especially as we're in a really hot fiery extreme season. If you're in the northern hemisphere, if you're in the southern hemisphere, you might be doing through the extreme colds as the climate changes. We are in a climate crisis, so that will

— Even a couple of degrees changes the earth and the earth is like massive. Imagine what hotter summers or colder winters does to your body, which is —

[1:11:00.1] MM: Yeah, it's definitely be about adding water. I think for another one that people really have a hard time with which will happen next is summer into autumn. For some people that brings relieve, for some people it's hard. Both summer and autumn are both dry seasons. The fire and earth and both dry elements. Again, both of those can have to do with making sure that you're staying hydrated and that you're staying — And bringing some moisture into your system. Totally Google foods that will bring moisture; coconut, cucumbers, things like that.

[1:11:29.8] AS: Oh, I love that. It also made me realize why I love fall so much because I am a melancholy person. I love listening to melancholy music. I was like, "It makes so much sense."

[1:11:40.5] MM: Yup. Totally.

[1:11:41.8] AS: Molly, where can people find you and your brilliant, really thoughtful, thought-provoking insight for work?

[1:11:50.0] MM: I have just started blogging again, so depending on when this interview actually airs, there'll be a few new ones up there on the website. I'm at mollymorrissey.com and my name has got all sorts of double consonants in it. When it doubt, add another consonant, two Rs, two Ss, EY.

[1:12:09.3] AS: That's M-O-L-L-Y-M-O-R-R-I-S-S-E-Y.com. Again, we'll have Molly's link as well as her PDF that she's gifted to the insatiable listeners at alishapiro.com/podcast where you can get all the show notes, transcripts of each episode. We'll also include the astro.com link so you could get —

[1:12:30.1] MM: Yeah. Just on their website, the astro.com, if you go into the extended chart selection area, is where you'll be able to throw in as a guest user and get your chart button. It will just give you the chart. It's not going to give you any interpretations, but it will at least give you the diagram.

[1:12:46.6] AS: Love it. Get your chart. Know your power. Take your power back from the church, or from any authority that wants to control you. Freedom! Thanks, Molly.

[1:12:59.2] MM: My pleasure. What a wonderful conversation. Thank you so much.

[END OF INTERVIEW]

[1:13:06.2] AS: Have questions or reactions about the episode? Reach out to me on Instagram and Twitter @alimshapiro, or Facebook at facebook.com/alimarieshapiro. If you love this show, please leave an iTunes review and tell one friend this week about how to get the Insatiable Podcast on their phone.

See you on social media.

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