



**New Renaissance Bookshop**  
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Hello, I'm Erin Donley, your "eyes and ears" at New Renaissance Bookshop and your resource for all things enlightening, intentional, and uplifting.

Local astrologer, [Liz Howell](#), presents an interesting way to initiate positive change in the body. Whether recovering from illness, breaking physical addiction, training for a marathon, starting a diet, or just simply wanting to bring strength, balance, and stamina into your body, Liz suggests looking at your personal astrology to uncover opportunities of good timing and smart planning.

Curious to learn more, I caught up with Liz to ask a few questions about this surprising connection between astrology and the body:

Q: Tell us why using astrology to change physically can be a powerful tool.



A: People are failing at their attempts to manifest and experience positive changes in their body. They are frustrated and sick of failing, yet they continue to desire the magic pill that will give them the results they seek. There are specific times in a person's astrological cycles where the initiations of new activities, programs, or aspirations are significantly pronounced. In order to

bring an optimal level of success, one needs to be sure these drives to initiate change are supported by sustaining energy, as well as discipline and structure. This way, expectations can be met and disappointment and despair can be avoided.

Q: What can our natal charts show us?

A: Through our very personal natal birth charts, it is clear that we are all individuals with very different life paths and unique expressions of being. That includes our wiring. We do much better when we can attune to our own rhythms and cycles as opposed to hoping for positive results when we follow *a* program that is imposed from outside of us, with little if any regard for our own individual constitution.

Q: So this approach of using astrology for physical change allows for a much more intimate and effective process of manifestation to occur?

A: Mass culture moves in fairly predictable ways which allows mass marketers to take full advantage of the cycles of behavioral consumerism. For example, fitness and weight loss advertising is at its peak around the times when we feel the highest level of dissatisfaction with our bodies and lifestyles. Simultaneously, we also feel the greatest desire for change. Of course, this is around the time when New Year's resolutions are being made and summer "bathing suit" season lurks around the corner. The problem is, this is a *one size fits all* calendar for motivation for change, and we know, one size does NOT fit all. Often, one size fits NONE. Astrology allows us to tune in and see how we are best supported in mind, body, and spirit connections.

Liz will be at our event center this Saturday, May 30<sup>th</sup> from 7-8:30 PM for an evening talk, [Timing Is Everything: Befriending Your Body To Change Your Habit](#). She is available too for [individual readings](#) in our meditation chapel on Sunday, May 31st. Please join Liz this Saturday and Sunday.