MPL Group Call — Full Transcript

Moonsight Planning Lab | March 2, 2026 | Eclipse Edition

Speakers: Vanessa Corazon Shaneh Jen Jeannine Stacie

Vanessa Corazon 00:20

Hey. Am I doing school work today? Those are my series.

Hey, guys, welcome. Let everybody in. Alright, something tells me that we're going to have a full call today. I don't know why it's just reconnecting, hopefully, it's just going to record for me.

Okay, so just a note — if there's any note takers or AI bots, I'm going to decline them. It's nothing personal. We're in the day and age of AI, and I make all transcripts and everything available, and you're going to see there's going to be some things coming. I'm going to make some announcements today, and you'll know exactly why I'm saying that.

Okay? So I want to make sure everybody's in. It's recording. It's one of those days — we're right in the Mercury retrograde. My phone has gone manic and refuses to allow me to send messages or phone calls or have apps run or even the screen.

So I mean, that's the kind of day. Actually, several days. It's been going on for a couple of weeks now. Since the shadow, and now we're under an eclipse in the middle of this. Because it wasn't enough for all of us Mercury-ruled people. We got to have an eclipse in a Mercury-ruled time. We just throw that in for good measure.

Before we kick off, I do want to wish a happy birthday to Rachel, Carolyn, and Sherry, whose birthdays are either today or within a day of this eclipse. So quite the way to bring in a new solar year for you.

We are under an eclipse that's technically going to take place as we get a little bit more towards the evening or early morning hours depending on where you guys are, but it's going to be falling right at twelve degrees Virgo.

For all of you who know my chart — that's on my Sun. And it's opposing my Moon. So all of us Pisces folk are getting nailed by this. I couldn't figure it out. It was crazy the other day — I was like, "Why am I feeling so depressed? What's going on with me?" Then the Sun goes on your Moon, idiot. Every time that happens, I'm like, "Me?" It goes on for a few days, and I'm like, "I understand. That's what's happening." So all of us Pisces who like being in the dark have the Sun sitting on us right now. We're just like, "No, I need less sun."

So there's that. But we are under a Mars square Uranus, which is why you see all this war stuff coming up every time we have Mars-Uranus aspects. For those of you who are around 43, 44, or 45 years of age somewhere in there — it's Uranus opposite Uranus square Mars. So you

have a T-square going on there, just so you know. Just a little bit of added... let's just shake up your nervous system just a little bit more, right?

So those combined are making us a little bit unsteady. On top of the fact that this is a full moon with lunar eclipse in Virgo, which can really mess up sleep. Anybody on the call not getting particularly the greatest rest lately? We're getting that sort of... it's like you can't settle down the body, you know what I mean?

Okay, so here's an opportunity to use some shaking off here. Stacie is going to help with this at the end for everybody who can stay on the call. She's going to be doing some extra stuff to help reset the nervous system. I know I put her on the spot when I asked her for it. She just shows up when I'm like, "Yeah, let's just do an impromptu thing where you help everybody tap some stuff out of their body today." Perfect time for an eclipse.

If you guys are new to these calls, these are group calls. I will do a chart, we'll look at the eclipse chart for today, but I don't look at individual charts here — they're more of a group call. So we're going to do business strategy and dive in at an intuitive level because it's my background jam. We'll use that to get clarity under this eclipse, which is the perfect time, in my opinion, because we have Mercury retrograde, which means that it's a great time for review and going back over things.

So if you guys are in a space of having to do double-checks on stuff, this is a good time for it because you'll find the things that you didn't realize were not working well or not working coherently in the way that they could.

With that being said, I did do a little micro-announcement about some things that are going to be coming for you guys right around March 24. So we're a couple of weeks away from it now. This is one of those things that normally — when I get really excited, I just share something a little prematurely and I give you access and then I deal with all the consequences after. I'm not going to do that to myself this round. I'm going to give it to you guys in what I'm going to call its first iteration, but a really damn good iteration.

It is essentially... because we're in a new era, really. I've been wondering, is this an era? We're living in a new era. This is just mind-blowing, what's possible now. So much of what I've had to give you guys in the lab up to this point was trying to find tools to create for you to use the information and data in the system in a way that made it easier to apply it. The problem is it still required a lot of work from you, right?

So if we do a group planning call and I tell you all the best launch dates and you're like, "Okay, but these are launch dates for everyone. What about me? What about my chart?" You still had to go through Moonsight Launch. You still had to plug in Astro Clock to make those things work.

So the thing that is coming on the 24th means that you will no longer have to do any of that. It's not a GPT — everybody's kind of done with GPTs, I think. It's not a GPT, it's a whole system, and it doesn't even need AI — that's how smart it is. The AI will be there as an extra, but the AI is not running it. It is, I have to say, the best thing I've ever created.

So I'm so excited to give it to you guys. When you see it, eyes are going to pop out of your heads like cartoon characters because it's so cool. It's not one thing. It's all the things together, and it functions and it flows, and it's going to save you so much time. Not even just in the planning stages. Not even just in the picking out stages. So much time, because your business needs a full thing to run it right? It's not just one component here. A lot of stuff we're using is all piecemeal, but this functions together. And as a neurotic Virgo, I am very excited about the time-saving.

So that's coming. You all get access to it because you're in the lab, so there's no extra cost for anybody here. It's a gift for you from me. It is going to replace a lot of what we do that still took time from you.

I get it — from a business perspective, it's really great to learn a new system. But then if it takes you more time to keep applying that system... The very fact that you guys have stayed with me this long is absolutely a miracle. Because it's like, "You mean I have to do more work?" So we're going to change all of that.

Just a little hint — it's called Libra. You're going to get access to Libra as of March 24th. I'm not going to do a demo today because I'm going to reveal it to you guys at the same time I reveal to everybody else, so you can be just as excited. We're doing it just after the spring equinox. Mercury goes direct on the 20th. A couple of days later, we will reveal Libra.

So just wanted to let you guys know that's coming. I'm going to start sending emails and things like that going out. And if you're like, "What is she talking about now?" — now you know. Very excited to get you guys access to it. I'm just working out all the kinks to make sure everything functions together, because as you know, working on something and releasing something right after Mercury retrograde is pretty much a recipe for disaster.

So I will apologize in advance — I don't know if you guys can hear that, but my floors are being redone right now. All right, so just wanted to give you guys that update.

First thing we're going to dive into is the eclipse forecast for this period. We'll talk a little bit about it and why it is doing what it's doing, and then we're going to open the call up to questions, and then Stacie is going to come in and do her thing.

Before we dive in, do we have any questions about anything I just shared? Okay, we're good. Let me know if you guys have questions in the chat. I'm going to pop over to our chart here.

Vanessa Corazon ~15:00

Okay, so we're going to see that pile-up — that stellium — that we've been navigating really since December. It's not changed, it's just moved sign.

So we have this whole fan that's happening there. This is shown for Vancouver. So it's showing up at the bottom of the chart. But depending on where you are, it could be anywhere and obviously in relation to your own chart. If you're drawing the eclipse simulation to your own

chart, it's going to be showing up somewhere else within the chart probably, but they're together. They're not going to be changing in terms of their position relative to each other — just changing in terms of the rotation around the chart. Because the houses, in this case, are the changeable piece.

So we can ignore the houses for this in particular, because we would look at houses more if we were looking at it for an eclipse in a specific location. In this case, we're going to ignore the houses and we're just going to look at the patterns that are being made here, which are incredibly relevant.

We have a huge pile-up in Pisces. In fact, Mars just joined this whole parade in Pisces. What we can see here is it's on the other end — the bookend of it is that Saturn-Neptune conjunction that we just went into, and that was on the 20th of February. So really just a little over ten days ago we had that conjunction happen.

That is a big deal. It is part of what we're going to see, at least from a global stage. We're going to see a lot of restructuring. If you go back historically, when we look at Saturn-Neptune conjunctions, we see connections with the Soviet Union, the Berlin Wall — those types of things were all big back then. All of us on this call are old enough to probably remember living through that at least to some degree. Now we're getting to live through another restructuring. So you're going to see lots of change. We're in a period of great change when these two come together. It can be a period of amazing heights and new far reaches in terms of development, but it can also be crushing lows.

You're going to see big changes in businesses and how businesses are run. A big piece of this is going to be AI-related, 100%. For example, large companies with 800,000 employees or more are going to be doing a 20% reduction in their employment because AI can replace a lot of this now. So there's that restructuring. But we're also going to see country restructuring and governmental restructuring. It always tends to happen with Saturn-Neptune conjunctions.

This also just so happens to be occurring under an eclipse, a series of eclipses. We just had one a couple weeks ago on the 17th. That's the solar eclipse — the one where the Sun gets eclipsed. For mundane astrology, that tends to be connected to the leaders of countries having changes. And we're seeing a lot of that. This one — this lunar one — I feel a little bit more in relation to what people are experiencing as a collective.

Now, what's interesting is that this particular eclipse has the Sun in Pisces and Jupiter, which is the ruler of Pisces, trining it. So this can indicate some big changes. Jupiter being in Cancer affects homes and families and the everyday people.

Some things that we're going to be seeing here — there is some big opportunity for healing deeper, darker challenges around femininity and relationships with women. The reason for that is that we can see Lilith here is exactly trining Chiron. Chiron is direct. Lilith is here squaring off with Venus and Mercury. This means that before she heals it, she stirs it up.

So this can be difficult conversations with females — especially females that have a mind of their own, who play by their own rules. These can be good things or not good things. They can be people who don't necessarily take a lot of responsibility, or their dreams are very big but their grounding or sense of reality is not necessarily there. Or it can be someone who challenges things in significant ways — spiritual disconnection, or conversely, an embracing of these new, bigger changes that disrupts the traditional approaches to doing things.

So positives and negatives here. But in general, Lilith is the one that breaks the rules. The challenges that it brings, especially the square to Venus, is that it can show up as challenges to our own norms within ourselves. When we are having these difficult conversations and we have to set boundaries, for example, the feeling of being a bitch. Lilith can really bring that up. That discomfort of: "Am I being mean? Am I being unkind by having these healthy rules?"

Which obviously should be there. But our experience of them is something that's being greatly challenged right now.

I find it really interesting because Venus is very close to Neptune and Saturn. She's just had a conjunction with Mercury. So there's been some review that it may very well be possible — if you are having some of these more difficult conversations with females — that you've had to really think on it. You've had to take some time and go over what this means and what the best way to do this is.

So it hasn't necessarily come about randomly. It's definitely been there. But what's happening, especially as Venus becomes closer to Neptune and Saturn, the lines are getting blurred about what these boundaries are, even maybe inside of ourselves.

Potentially there can be an exhaustion and a tiredness towards the end degrees of Pisces — that sort of "I'm tired of dealing with this. I'm tired of having to be in this position. I'm tired of being the responsible one, the adult." And so there's a little bit of that there. But there's some aspects here that suggest this has to happen. There's a finality inside of yourself that is either done with feeling bad about it, or done with being someone who sets a boundary but then is soft on the delivery because you don't want to hurt that person's feelings or affect the relationship.

So notice that there's a little bit of grey area here and how that may be showing up.

Eclipses are really important periods. And so if you have had impact from the last eclipse or this one, this can carry forward. Some people will say, "Solar eclipse: six months; lunar eclipse: three months." The truth is, nobody knows. That's the reality. Everybody's kind of guessing. But what I will say is this — if it is directly impacting you, especially on one of your planets or your angles, it is going to have a far-reaching effect.

Now, under a lunar eclipse, there is an aspect that's more conscious. We are under that bright light of that Moon that then gets eclipsed and it turns red. Whereas if the Sun is eclipsed, especially if it's a total eclipse, it actually does block it out and things get really dark and eerie and weird when you're around it.

This eclipse is happening on that Virgo-Pisces axis. So there is something about this that is very conscious and something that is very unconscious. They're coming up at the same time.

That Virgo-Pisces axis rules the things that keep your life running. The first six signs — Aries, Taurus, Gemini, Cancer, Leo, Virgo — make sure that you eat, you're getting sleep, you're talking to people, you're making money, you have your home, family, all of that stuff taken care of.

So that's why this axis is so key — because after this, we start moving into the outer world: intimate relationships, other people's money, visions and dreams, reputation, the things we're building on the outside. But if these first six houses aren't really nailed down very well, they can upset everything from the top end.

It's the anchor that holds health in place — both mental health and physical health. I want to ask you guys: what's the one thing, if you feel confident in everything else, that can throw it all off? Your health, right?

For all those Mars-ruled folk — they'll push through anything. They'll go three days in the desert without water and be like, "I'm fine." They'll just push through it. The one thing that takes you out? Your health. You'll get sick. You'll injure yourself. Something will happen and it will take you out.

And for others on the call, it's kids and family. Yeah, but that's part of the first four — that's Cancer. So think about all these things. Cash flow, which implies resources — can I eat? Do I have a house? Do I have a place to live?

This axis is really a big deal because it's the linchpin that holds it all together. So if something is off here... what is the thing that undoes you when you're carrying too much? The Virgo-Pisces axis displays that so perfectly. Because even if you can lie to yourself, you can get up when you're sick, you can hold a call when you have the flu — that totalness of showing up for your clients, showing up for your kids, showing up for what is important to you.

That is all taken care of in the bottom half of the chart. But the top half — this is where it starts to get disrupted with Pisces creeping in at an unconscious level. If you know inside that something needs to change, and yet on the outside you're like, "I can't stop anything I'm doing, I have people relying on me" — what usually starts to creep in is that we actually end up indirectly or unconsciously sabotaging things. The things that we've been holding together start to fall apart.

In a way, we lie to ourselves about them. We lied to ourselves about the people or the relationships or the money or the whatever. So when we get into that space where we can't question things because it's just too scary — that axis is the one we're playing with right now.

If it feels like we're on a precipice of great change and yet there are some things we feel like we cannot change because there's too much responsibility on the line — that's the thing that creates the nervous system upheaval that we're talking about. Because you know that you're on

the precipice of change, you're equally terrified of that change, and you feel incredibly responsible for everything that you're carrying.

It's amazing that if I were to ask you to give up any one of these first six things, you couldn't do it. Because they're required for your survival. It's like asking a plant to say, "I'll give you all the nutrients, I'll give you the soil, but you can't have any sunlight." We can't take any one of these things away. If we do, we know that it equals death.

So what does Virgo do? Virgo tries to organize it all. Virgo tries to create systems around it so that things are taken care of and chaos does not ensue. But that Virgo-Pisces axis creates a great upheaval inside the body. There's a reason why it affects the health. There's a reason why it affects mental health and communication. Notice that when you start caring too much, you start mixing up words, saying things and going, "I didn't mean it that way." It starts to come out wrong because there is such a tension in there — I'm trying to hold all these things, I got to remember all these things I got to do.

So this eclipse is meant to shake it up or disrupt it a little bit. It's always going to do it at the level that you literally cannot keep pushing through. Whether it takes you out health-wise, financially, or with something going on in your family — it is going to bring something up.

We know that this particular eclipse is very strong because the ruler of this eclipse — Mercury — is retrograde right now. The ones of you that are protected and cushioned from this a little bit would be those born with Mercury retrograde or born under an eclipse.

But it doesn't mean that we don't have this showing up for us, and it doesn't mean that it's not important to be navigating it. The first thing you know is that everything you're going through is not a question of whether you're tough enough or whether you can survive it or whether you want it enough or whether you're qualified enough — any of those things we get in our head around Virgo.

It's not about that. Because if you look at everything you're holding and be honest — step back, look at it, and go, "I'm batshit insane to think that I can hold all that together." There is no one on the face of planet Earth that can truly hold all these things together. So if we are that level of honest with ourselves, then there's a little bit of grace that starts to come in. You go, "Maybe I'm not supposed to."

This square that we have going on between Mars and Uranus — this level of tension — and Mars is in Jupiter's sign. Jupiter is a magnifier. And Jupiter is in its sign in Cancer, which is ruled by the Moon. That makes this eclipse very intense. Not to mention the fact that the ruler of this eclipse, Mercury, is retrograde right now.

So this is about a review, and it can feel like we're going backwards. If you have periods in your life where you're like, "I can't go back to that. I can't go back to what I was going through at that point." — what I want to say to you first of all is: you will not go back into it. You can't.

But we have to allow ourselves to notice that. We have to give ourselves the grace and the flexibility to allow ourselves to adapt, to make changes, to change our mind, to do something different. And sometimes that initially looks like going backwards. Initially, it's going to feel like you're falling behind.

If anything, Mercury Retrograde teaches us three times a year: you're going to fall behind. Yes, it is a given. You cannot stop it, no matter how hard you try. But if we look at that falling behind not as a bad thing but as an opportunity — what does it do when it does that? It has that solar conjunction. The burden is lifted in that moment. Anything that you are not supposed to be carrying is relieved of you.

So if we can go into it and understand we're not going in there to be punished... imagine: if the Sun is the king of the solar system, every planet bows to it. Mercury's going in for its meeting with the king — three times a year. Initially it's ahead of the Sun, getting ahead of itself. It gets pulled back in, and it has that meeting. But the process of being pulled back in — which is what we're under right now — and we will have that conjunction on March 7th, so we're just five days away right now.

This means that Mercury is feeling very burnt by the Sun. How many of you feel really mentally overloaded right now? You're holding a lot of things, trying to organize things. Mercury rules the consecutive processes between things. So when I think "I have to do this thing," I go through all the things that have to happen before that and all the things that have to happen after that. That ability to place things in front of or behind something is Mercury. Mercury gives order to things so that we know what we have to tackle first. Otherwise, if you're like, "I have to do all these things but I don't know what goes first" — what happens? We feel chaos.

So the job of Mercury is to try to organize it. It's a domino effect. It's going to create the dominoes and it's going to tell us the order that they go in. But if we have placed dominoes in a direction that we're not actually going — or that's not the best for us — or we have too many dominoes in there... have you ever done that as a kid? If they're too close, they don't work. If they're too far away, they don't work. They have to be positioned just exactly right to have the full effect.

That's what it's doing. It's basically going back and going, "Move your fucking dominoes right. Adjust them just a little bit, maybe a little bit more space. Maybe you don't need that many dominoes and you can take a couple of them out." That's what that Mercury-Sun conjunction does, and this eclipse is highlighting that.

How many of you here are undergoing changes in business processes or structures or offers right now? Marketing messaging? Yeah, right. This is the perfect time to do it. Imagine if we were never given that opportunity. Imagine if you had to go with what you got and that was it. You could not change your mind. You didn't get the opportunity to review.

So if we can look at this period as a gift — then when it seems like things are going wrong or moving backwards or falling behind, we can look at it and go, "No, I'm exactly where I'm supposed to be. This is the perfect time to review this. It's my meeting with the Sun. You're

meeting with the CEO, you're meeting with the head honcho, and you're getting all your messaging clear." And you're like, "My God, I don't have to do that anymore. Wonderful."

So that day is coming in five days from now. But in the next five days, you're going to feel a little bit mentally fried, and you're going to notice your resistance. For us perfectionists on the call — the ones that hold hard and fast to the things they've done and created — when you go back in for this, it means there is a purification. A purification often means a letting go or a releasing of things.

I will tell you in no uncertain terms: as I've been building what I'm about to give you guys in about 20 days or so, it is cannibalizing some of my offers. They will not be there anymore. I put so much heart and soul into some of these things. I'm meeting those little micro deaths and grievings that happen when we let go of things. I'm going, "Is this the right thing? I put so much into that. Should I release it?" But clearly there's something that's happening.

So if you just look at it from: is there momentum behind what's happening right now? If the answer is yes, then this is not about making a right or wrong decision. Because the decision-making part with Mercury is the thing that burns you so much. How much does that happen in business? For all those high-wired Virgo folk, Pisces folk on this call — you know what I'm talking about. That's exhausting. We do it all the time.

And I want to say — all mutables on this call. Sagittarius, Gemini, Pisces — we are exhausted. So allow this retrograde to really just clear it out. Let it move, let it do what it needs to do. Don't fight it because you can't do anything about it anyway, if that helps any.

Okay, so the pile-up in Pisces. The challenge with Pisces is that it makes us feel like we can't determine what's real. Where am I? Where am I going? I don't know. It is very difficult with Pisces — you cannot see it, you cannot position yourself, and it is mutable. So it is a period of change. Things are moving very fast, and being able to see where we are in relation to that is difficult right now.

What I can promise you is you will have clarity in five days. We have that Mercury-Sun conjunction, and then the second half of Mercury retrograde will feel a lot different. The first half is always the toughest because we're being pulled backwards and we don't like it.

So just know that it is okay on the other side of this. We're going to have Venus move into Aries, and it's going to join Neptune and Saturn. That's going to relieve some of that stuff. Mercury, once it goes direct, will do the same thing but it's going to be a little delayed. The Sun will actually get there faster, and we're going to have that on the spring equinox, March 20. Then after that, Mercury is finally going to get out of Pisces.

So the clarity that we're looking for — it's going to start in about five days, but after that you have a couple of weeks where you're going to be rebuilding it back up. That's not lost time. It's just how this works.

All right, that's it for this one. Let's dive into the Q&A portion of this. The way that this works — if you can't stay for the full call and you have a question, just let me know how long you can stay. I will take as many questions as I can today. However, I am going to tighten it up a little bit at the end because I want Stacie to be able to have a chance to do what she's going to do. If I notice that it's starting to run over, I'm going to suggest that you put your question inside the Facebook group and I'll answer it there.

All right, so Shaneh — I love you. Shaneh had a bad fall, she was in shock and still got on a call right after it. She was vomiting and showing up and vomiting and showing up. Sending vibes to Shaneh. If everybody wants to wrap her in a big hug with lots of tissue mending, I would absolutely love that.

Jen 47:16
Yeah. I have a Saturn in my Virgo.

Shaneh 47:18
In the...

Vanessa Corazon 47:19
Okay, so that means here's the thing — everybody with strong mutable placements... God love you. Very likely that you were in an environment where you had to adapt to the feelings, emotions, and things of other people.

So what happens when we're constantly doing that? Because that means safety — when you are constantly doing that. Can you tap into what's real in front of you? That's not being in one place. Staying in one place is not safe, is it? Getting attached to any one thing, any one structure, is not safe.

So we're going to have that sort of rate, and it's going to affect anyone who's mutable. You are the precipice of change, and you embody that change. You had to constantly adapt — all the time, for safety.

So the connecting, the deepening, and the going into the body — very challenging for mutables. Not impossible, but very challenging. We have to, in a way, make peace with the fact that things change. And here's the other thing — we are actually the most uncomfortable with change, aren't we? Mutable is the most uncomfortable. "Do not change my fucking order. Do not move that thing. Leave it alone." Why? Because that's where we get that sense of safety and security. If you're messing with it, we've got a big problem.

We're the ones who have to figure out boundaries within relationships really fast. We may not be the best with them, but we have to figure them out. Because if this call is 90 minutes and that client keeps talking for 10 minutes after — what the fuck do I do? How do I end that? That's the type of shit that mutables are fucking with all the time. No wonder we're exhausted.

It can be every conversation. You can microanalyze every conversation, and you walk away from the call going, "What was that? I don't know." Because you can feel everything, and you don't know if it's something about you or not.

So just know that the safety piece — you have to create the safety. It will not come from circumstances, it will not come from people. You create that safety. Once you do, then you can go in at a body level and connect with the planets.

Here's the other thing — if you're already having to manage everyone around you, having a feel into what the planets are doing might be slightly fucking scary. Like, "I'm already managing enough. I don't know if I can pick up more."

All right, Shaneh, I'm going to take your question next because if I keep reading these comments, you're going to have to go.

Shaneh 50:28
Thank you. Thanks all for the good vibes. I have been basically sitting in this chair for about two weeks now because of the leg. I lost my shit on Saturday. I went into an incredibly depressive state. I didn't want to eat — just the idea of food was like "nope." It all feels like I'm starting to come out of it. I'm still not in a great place. I'm very pissed off at being in this chair. Everything is pissing me off.

I have Sun-Mars conjunction, right? But it just feels relevant with the eclipse coming. Mercury being on my Moon during retrograde on the eclipse. I'm looking for any small levers I can pull to keep myself from going that deep into a depressive state.

Vanessa Corazon 51:24
Okay.

Shaneh 51:28
Because it was scary.

Vanessa Corazon 51:30
Okay, so here's the thing I'm getting — this is more intuitive. Go back to a time where you felt very powerless, because that's what's being triggered right now. Where you could not control your outcome, your environment, you had no say.

So I think it's not necessarily the position that you're in right now that's the issue. It's that the position you're in right now is reminding you of a period where that was the case. You have your way of dealing with that since then — being very active, moving, doing things that you want to do, and therefore changing your environment and circumstances. But the position that you're in right now does not afford you that ability. You can't tackle it head-on and do what you would normally do.

So what I'm feeling is that this is reminding you at a body level of that place where you did not feel safe. I know for myself, my way of dealing with that is I get angry. So the anger brings up the powerlessness, which brings up the depressive piece. It's very restricting.

So I would say: within this, if you can tap into that — this is not about the leg, the fall, the injury, which on its own is not a great thing. But it's not enough of a thing to be bringing up the feelings that you're having right now.

So I think if you're able to bring it back further and go, "These are the periods where I felt trapped and powerless. Not able to move. Stuck." What is that bringing up for you?

Because the anger to me — and this is how it shows up for me as well — is an indicator that I'm being really triggered. I'll give an example from my own life. We're having to do some renovations on our house. I grew up in a house where my dad was constantly building it for my whole childhood, on top of the fact that it was really not a stable environment. I was always surrounded by chaos — ripped up floors, exposed ceilings, unclean counters. So the past couple of days having my ceiling painted and floors being done... I did not realize that was a severe trigger for me. I get angry if there's dirt on the counters. I want to angry-clean but I can't do anything about it. It's such an upheaval at a nervous system level.

So if you look at that feeling — the depressive combined with the anger is likely an indication that something is triggering you, reminding you of something that happened in the past. If you can connect with that piece, this can be such an opportunity to move through it. And whatever this is — Pisces just dissolves it. All it needs is an acknowledgment that it's there. Does that resonate?

Shaneh 55:01
Yeah, I put something in the chat just to keep it private for my...

Vanessa Corazon 55:09
God, Shaneh, holy shit.

Jen 55:11
Yeah.

Vanessa Corazon 55:12
Okay, so this is a huge opportunity of healing — more than just the bone and the tissue and the leg. That's where it's holding the trauma.

Shaneh 55:22
Yeah.

Stacie 55:23
Makes sense.

Vanessa Corazon 55:24

This eclipse can be so good for that for you. And on the other side of it, just a couple of days after — the Mercury-Sun conjunction.

So what I can tell you is this: you will not carry this beyond the next five days. Whatever it is, go fully into it. Like, go fully into all the fucking feelings of it. If it's journaling, that helps move things through — bring up all the stuff you remember, put it all in there. And then at the end, I'd fucking burn it. Paper, metal waste basket, and some matches — that's what I would do. Light it on fire because anger really does need fire.

Shaneh 56:01
Yeah, you never have to tell me to go for fire.

Vanessa Corazon 56:03
Anger needs fire, it really does. You go light some shit up.

Shaneh 56:09
[Laughter]

Vanessa Corazon 56:15
I'm hugging you all the way over here.

Stacie 56:16
Yeah.

Vanessa Corazon 56:17
I hope you can feel that.

Shaneh 56:20
I can, and I appreciate it because I didn't make the connection until you said it. That it was the same.

Vanessa Corazon 56:26
The same. Wow. Okay, so no coincidences — I think you didn't want to carry this anymore. Your body didn't want to carry it anymore. That's what I think.

That's that sort of Virgo-Pisces unconscious axis. It's like we're holding it and we're trying to manage as best we can with everything that we have. But at that subconscious cellular level, there's this whole other thing. We know what we're consciously carrying, but we have this other stuff that we were never... I don't think things with childhood stuff — when can you process that? Let's be honest. You don't have the awareness, the support, the safety, the environment. That's all I needed — somebody going, "Hey, what I just saw there? That wasn't cool." Because in that time, it's just held in there. You sucked it all in like a fine sponge.

I know for me, my big awakening was somebody at 14 years old going, "What do you want? Your dad wants to do this — but what do you want?" And I'm like, "What the fuck?" Literally: I

can want something? In that moment, my life changed. That's all Pisces needs. Pisces just needs the acknowledgment.

Sending you hugs, darling. All right, holy shit. Okay, questions. Let me go back up.

Shaneh 57:46
Okay, thank you, and I hate to hop off, but I have a call in four minutes. Yeah, appreciate it, and thanks. Stacie, Jen, and Ia — it's so good to see both of you.

Vanessa Corazon 58:33
Yeah. So all of us Virgo over-wired folk — and Sagittarius, Gemini, Pisces, all of it. Moon, Pluto, Uranus, and Venus in Virgo. Ia, did you need any more? Do you want Mum to come over? You got a full house there.

I literally just had a client call that ran over. There is nothing more disrupting to my nervous system, I swear to God. I love these people, but I still have to keep that boundary, especially if I've got calls stacked behind each other. I almost have to tell them at the beginning, "I have a call right after our call — I'm not trying to be an asshole, I just want to be able to focus on our call."

It's Rachel's birthday party today. Celebrate Rachel, guys. Sherry, I think it's your birthday today as well? Look how much you guys love me — you're here on your birthday. I must be such a hoot that you're like, "This is where I'm spending my birthday." I love it.

All right, nobody's got questions for me? Come on, I was expecting a fully loaded basket for this one. Get nothing. Anybody?

I know what it is — it almost feels like if you guys start unloading questions, you think you're going to be vomiting it all out. So we're holding it back. Isn't that amazing how it can just come up like that? It's like a good itch to scratch.

Rach, I had your call, then I had a call with Sherry after. You guys are both going through the same Lilith-Venus squaring. I was looking at a chart, and I'm like, "Why does this chart look familiar?" Then you guys are born two years apart. The craziest thing ever.

Okay, somebody asking — Moon on my Sun and Venus on my Moon for the eclipse. Half a century today! 18 days to our final Saturn return! I love you guys. You're counting your Saturn returns down together. Can I just say that makes me so happy?

I actually wanted to start a thing. If there were two of me, I would do it and it would be called the Chiron Chronicles or the Chiron Diaries. It would just be talking to people going through their Chiron return. I would have a whole segment on it. The people on the other side who survived it, people who are in it, people coming up into it — I would just bring them all together for a fireside chat. Wouldn't that be amazing?

Okay, so you guys have to let me know if you want to do it because I'm coming up on mine soon. I've seen clients go through theirs, and I'm always in the cheering stage. I'm close, I'm almost there.

All right, I think I should do it. It's going to happen. I'm going to start a podcast. So maybe we'll do... we'll bring guys on. We'll have a whole segment that's just like Chiron stuff because you guys have to listen to someone other than me talking, so there has to be something there.

Okay, cool. "I survived. What's it like on the other side?" Because I think that's the question. It's almost like near-death experiences — people talk about what it was like, and then what life is like after. I feel like that's what it is. Obviously something dies during the Chiron return.

"It's like you're not carrying a whole load." I want to hear about it. All right, so nobody's got any other questions for me?

"Mind shifted to me doing and sticking to how I want to live, not doing what I should do." I love that.

Somebody says, "I feel like the past week has been amazing things, but I know some time is left." Yes, you're crossing my ascendant. "My best got blown up for me." That's a big one. "I have my Chiron on Algol, so Uranus is sitting on it right now." That's been fun. Another one to talk about would be Algol, because I have so many clients that have significant Algol placements. Lilith. I want to do one on Lilith too.

So that would be a whole series for all my female folk. Lilith and Venus. Then the Chiron Diaries. Then a 12th house one. And that would just be a whole series. Yes.

Okay, so now I've got great ideas, you guys. Thanks so much for giving me more ideas. I needed more ideas to do. I'm not going to sleep tonight. But it's good shit at least. I'm addicted to it.

All right, so nobody's got anything for me? What is happening? I've never had these calls where there's nobody asking me questions. Stacie needs material so we can do the stuff after. Guys, last chance.

Stacie 01:06:06

I can go with what people have already said. I've got an idea of what I'm going to do, so whatever works.

Vanessa Corazon 01:06:22

Okay, so guys — last chance, no pressure — last chance because once I unleash Stacie, there's no more Q&A. Has anybody got anything for me? Tell us something intuitive... being in the 12th house — what we cannot see, what is hidden from us. A rabbit hole. That's a good one. We should do a podcast series on the 12th house, shouldn't we?

Okay — the 12th house, hidden. Here's the thing. The 12th house is not only deaths and endings — it's beginnings too. It's the house that comes before you become an individual, out of your mother's womb.

So 12th house stuff... imagine what is a 12th house domain? You're in the womb. There's no light, or very little that comes through. You're being fed and nourished by another person who may or may not be really fucked up. You're picking up all of the environment — the sounds, the noises — but you cannot see them. You're feeling all these feelings from the one that's carrying you that you cannot necessarily interpret or understand.

So when we think of 12th house stuff, the reason I really advise taking it slow with transits to the 12th house is not because it's a bad thing. It can be the house of hidden enemies. And here's where it gets really interesting — how many people on this call have kind of a complicated relationship with their mother? Yeah, okay. So imagine this: there's a reason the 12th house is hidden enemies, because the enemy in some cases could be the one that carried you.

And there is processing around that. That shit is not something that's just super obvious to us. Because women in our world are not raised to speak exactly what they think or feel, right? They do it through backdoor ways. And because they can't come out and say what they want, they try to get those needs met through back channels. That creates unhealthy, unsafe female relationships. And because we raise little girls who become young women who are part of this world and they see us not being able to directly say what we want and need — we then create more of that.

The scary part is when you raise a girl to not do that, but she's in an environment filled with women who do. That's where the betrayal piece comes in. And that's why Pisces is associated with betrayal — because we are innocent to it, we are vulnerable to it, we are in it whether we want to be or not. You are in that womb whether you want to be or not. You are born into that life, in that family, whether or not you asked to or not.

So you go in there, and there's that betrayal because it's like, "Why are these things happening to me? I didn't ask for this." That's the house you come into. Because the first several years you're just a sponge — taking in everything in your environment. However your mom acts, or how your dad treats your mom, or the fact that you open the fridge and there's no food in there — that is just a normal part of life in the early years. It's just what you take in.

So these dynamics that you see, these relationships that you see, the things that you play out. But you do start to notice patterns. You start to notice when this person gets like that or says this, it actually means this other thing is coming. So what we learn is: I have to anticipate that. My safety is connected to unlocking that pattern.

How many of you on the call know what it feels like to walk on eggshells, to anticipate people's moods and feelings? That's a huge thing with this eclipse, by the way. Huge thing. That's why when things happen in the 12th house, you don't see them coming — because they are things you never questioned. And the betrayal comes when we start to question it.

It's interesting because if you look at traditional rulership — Capricorn is traditionally ruled by Saturn, Aquarius by Saturn, Pisces by Jupiter, Aries by Mars. Look at the structure. When you come out of this, how much burden, how much responsibility do you unconsciously take on — things that you never decided you wanted? You were not given a choice about those things.

Most of the people on this call have this problem: we will take on responsibility that we were never asked to take and that was actually someone else's responsibility. Why did you do it? Because it was the only way you could be safe.

So at a young age I started working. I think I was six years old. I'm not even joking — I would go to the corner store and ask if they had odd jobs for me. I would do all kinds of things. What was I buying? Food. Not clothes, not toys — food for my sister and me. Because when I would go home and open the cupboard, there wouldn't be anything in there. That's a parent's job, right? To figure out food, cooking, laundry for their young children. Those things were not happening for me, so I didn't choose to take on that responsibility. But I did. Because you have to. You don't have a choice in that environment.

The same way with adapting to people's moods and the things they say and the things they mean behind what they say. That's all the 12th house stuff. That's the stuff you're saddled with. Interestingly enough, we can actually say you were saddled with it before you were born — because the 10th and 11th house come before the 12th. The environment was already set for you with those parents, those people, those dynamics. Even in utero, you felt that. Then you're born, and now you're on your own. That's the first house.

Now, this is not the case for every single person. But if I'm getting lots of hearts on this call, I'm going to say collectively, there's a lot of this going on.

Many of us were latchkey kids. Many of us grew up in those environments. So that is that 12th house stuff. So when we say, "Why can't I stop doing this? Why do I do that? I don't understand why I do that" — go back and look at what need you're getting met through that. Then ask yourself, "What would solve that problem?"

It's interesting because often it's just saying, "You know what, I don't want to do that, that's not my job." Or "I'm not okay with this." But that threatens whatever dynamic we feel we need — the family connection, the friendship, whatever it is. We're like, "I'm not fucking with that."

So if you're willing to look at it and willing to look at what you're getting out of it — not just what it's costing you, but what you're getting out of it — that's the moment it gets brought conscious. When it's made conscious, it's not being harbored in there anymore. It's not motivating you to do these things. And interestingly enough, this is where we get into self-betrayal.

So when you look at these actions you're taking, and they seem shocking to you — "Why is this happening to me? I don't understand." We go, "What am I getting out of it?" That's a painful one. Then, once you feel that, you go, "I betrayed myself. It's not about this relationship, it's not about this person, it's not about this dynamic. I betrayed myself. I sold myself out." That one is the kicker.

When you get into that and you sit with it, and you want to peel your own skin off because you just feel like, "My God, what did I do?" — that feeling. Once you touch that feeling, whatever the fuck that is, it's over. You will not do that to yourself again. I promise you will not.

This is where Pisces self-therapy comes in. If we believe that the body is capable of self-healing, the only way to access this stuff is to look at the symptoms. You may not remember what caused it at two years old. You're not going to remember the event. But you're going to look at the symptoms all around it. We're going to have the puzzle pieces all around it.

"I have trouble sitting on the floor and playing with my kids. I feel really weird when I'm not working all the time. I will go hours without eating, and then I'll have a blood sugar drop." Whatever this thing is that you keep asking, "Why does that keep happening?" — all we have to do is look at the symptoms around it and then just ask: what am I getting out of doing that? Then the betrayal.

It's amazing because we often walk around hoping that someone else notices it for us. Somebody says, "Hey, you're working too hard, slow down, you've got this." We're waiting for someone to notice it. It's not going to happen that way. You have to notice it. And once we notice it, we don't unsee it.

Once you open Pandora's box, you got what you got in there. You can't go back to acting like you don't know about it. We are benefiting from these coping mechanisms. Yes, we are. They have created some kind of safety, even if they're not the kind you really want. So once you open it, you can't go back.

That's the 12th house. And it's interesting to me — because I know the 12th house gets a really shitty rap — but think about it. The 12th house means you have all the answers, doesn't it? From the only one that matters. You can choose to go in there anytime you want. You know the closet exists, you know that it's there. It's in all the stuff you do that you don't know why you do it. That's the key shit.

Vanessa Corazon ~01:19:00

Okay, Jeannine's got a question. And Jen. Thank you. Sun in Scorpio people are really truly very resilient. They have an ongoing generative power. They are in the house of rebirth all the time. Beautiful.

"I've been told so many times I have a challenge with my mother, but this one is really hidden from me as I don't see it." Here's the thing — it's not about your mum, right? That's the 12th. The 12th house literally says — it's not about the people, it's not about the circumstances. Those things formed you. The question now is: if the 12th house is the energy, the gestation, the thing we build everything from — that becomes the person. You can birth yourself at any time. "Why am I acting like that? Why am I responding that way?" That's all through you.

Because eventually we can't change what people did or didn't do, or what those relationships are like. I will never be able to change the relationship with my mum. She is who she is. The

later part comes from: can I still love her even though...? Because what we are experiencing is what happened to us through other people's pain, through other people's unconsciousness. So in a way, can I blame her for that? I technically can't.

It's a weird thing. There's a period in there where you're like, "I'm really angry about that. I'm really angry that it happened to me. I'm really angry for that child who could not say anything." We go through that. Then in that we go, "My God, okay. Can they really do what I want them to do? Can they really say what I want them to say? Can they really acknowledge?" No, they can't.

So it's not about them anymore at that point. That's where the self-betrayal comes in, because self-betrayal says, "I was using that." This is through the process — it's not right away. I was using that as a reason to do the things I was doing that were not good for me. "These things happened to me, therefore it's justified that I do these things and nobody should ask me about it. I don't have to be held accountable for this." In that we go... that's me betraying myself. I'm actually saying I don't stand a fucking chance at change.

Okay so — Jeannine's daughter, generational. The question is if you can see her, then she's going to win there. Because they can go through life with people not seeing them.

"I can see things that happened to me growing up more at school than at home. I made certain decisions that definitely shaped my life. I abandoned myself in so many ways."

Okay guys — I think the podcast is going to happen. I'm going to call it Cycles and Cosmos, and I'll do special segments on each one of these things. If you guys want to be on my podcast for Chiron, 12th house, Lilith, or Algol stuff — you let me know. Send me a message or I'll start a thread in the Facebook group.

"My mum left me at nine months old." Uni... My God. This is where all the magic happens.

Here's the thing too — 12th house, interestingly, is to mother yourself. How many of you guys here had to learn how to mother yourself? To give yourself that relationship? We had to do it, and it wasn't fair. That's where those feelings of betrayal come in with Pisces — "It's not fair that I have to do this." But the truth is, every person has to do it. It just looks like they don't have to because they had someone else on the outside doing it. Don't we really have to do it for ourselves anyway? I think we do.

"Three-day labor and my mum was nursing my grandmother and then dying while my mum was pregnant with me. On both sides of my family, female deaths at birth." Wow. Okay, so that would be a really interesting thing to go into — those who have 12th house Suns, what was their prenatal experience like around death?

I have Algol on my Descendant. "I speak to my mum and realized she did the best she could, and that's okay." God, I'm getting chills all over my body. So good.

All right, I'm going to take Jeannine's question, and then Jen, I'm going to take yours.

Jeannine 01:28:25
Pretty good, how are you?

Vanessa Corazon 01:28:26
Yes.

Jeannine 01:28:29
My question's a follow-up to my last question. So the man came to my studio for the painting lesson. It was really lovely in so many ways.

Vanessa Corazon 01:28:41
We're all getting in on it, Jeannine. Look at all the girls on the call like "Tell us more." I love it.

Jeannine 01:28:48
There were kisses at the end. We have a plan for him to come over to my house tomorrow. And I am nervous and excited. I have taken an 18-month sabbatical from seeing men. This has been a little bit of an emotional ride.

Vanessa Corazon 01:29:11
That's fair.

Jeannine 01:29:12
So, yeah. Anything you can advise me on with my energy moving forward? I'm all ears.

Vanessa Corazon 01:29:25
So I do think — I remember from the last call — I was mentioning that I think it was the Mercury-Sun conjunction that was going to be really potent for you. That's the next couple of days.

What I will say is: we do have a Lilith-Venus square right now. I want you to understand this aspect. Venus is the pure side of the female. You don't express that you have any sexual needs or wants or any of that — you're the vestal virgin, right? The Virgo eclipse just totally brings this to the surface. You're not allowed to talk about that.

Then the square to Lilith is like... but there are all these other things going on. And you'll see it — before children, you have all the magazines with the twenty-year-old, everything is there. Then after you have children, you're like, "I'm not even that person anymore. If I dress like that, is it weird? Can I even wear that makeup? What if I do this with my hair?" There's this whole thing: "You can't even be there anymore."

And yet clearly Lilith is like, "I don't care what you think. This is who I am. I still have a female body, I still have all these things going on, and I'm going to wear what I want to wear."

So the question this brings up is: especially in relationships, do I say what I want? Does it make me slutty? That would be Lilith. Do I hold it back and just be this perfect thing? And that square is going to bring all this stuff up, especially under this Virgo eclipse.

So I would say — how are you navigating that?

Jeannine 01:31:33
Very carefully. I mean, I'm mostly in observer mode with him because I kind of like to see who a person reveals themselves to be. And I don't chase. I like to see who a person reveals themselves to be. Yeah, it's been a roller coaster. My gosh. He didn't text me today. [Laughter] You know.

Vanessa Corazon 01:32:00
Where is the question — to pursue or be pursued?

Venus is to be pursued. Lilith is to pursue. And they're squaring each other.

So I would say: figure out, if you look in the past... Here's where, especially Lilith being in Sagittarius — I just think it's such a cool thing because it basically says, "I'm trusting that there's something here. I have the vision of where it can go." It's this realm of possibility.

Now, what I would ask you: this would be where the transformative piece comes in. If you stay on the Venus side — the Virgo Venus side — and you wait to be pursued, he may not pursue because he takes your non-pursuit as an indication that you are not interested. Will you regret it?

If you pursue and just go for what you want, and he runs away — would you regret it?

Because you've got a conundrum. You either go for what you want and openly say what it is and say, "Look, this is what I'm interested in. I don't even know what it's going to look like, but I'm here to find out, and I don't care what you think of me." Or Venus says: I have to be seen in the right light, say the right words. A lot of pressure.

But what if you just came out and said it? Because here's the thing — I think if you wait to be pursued, he might take that as "she's not interested." Men these days... there's something that's happened around the whole pursuit thing. They're afraid. And you can't really blame them — even the ones in integrity can feel like it's a minefield. So he's going to respect everything she says, and if she's not saying she's interested, he must assume she's not.

The fear on the Lilith side is: "Why is he not showing up? Why is he not calling me?" Right, that anger. It's not that it's your responsibility to take that role. But the question is: if you don't step into the fire of Lilith — say what you want, be clear about what you want, make it so clear there's no guessing involved — you will know without a shadow of a doubt what this is. But if you keep following the Venus-waiting aspect, one is definitely going to take longer. Not necessarily a bad thing, but the uncertainty piece is there.

And then because you didn't just come out and say what you wanted — if it doesn't work out, you're going to be in there going, "What if I had...?"

Jeannine 01:35:26
Yeah. It hasn't been that black and white. I have said some things that I want, and texted first a few times and stuff like that.

Vanessa Corazon 01:35:36
You could just put the ball in his court. You could say something like, "Here's how I feel, here's what I'm thinking, here's what I would like. Now I'm going to leave the ball in your court and just see what happens."

It could be interesting. Because then it's like: "I'm not going to continue to pursue you. I'm putting myself there. Now you get to decide what you want to do with that. No pressure." This could be light, it could be playful, it could be fun, it could be flirtatious. It doesn't have to be like, "Do you want to get married?" It's not that level of directness, but it could be like, "I like you. I think we could have fun together. Here's where I'm going to be on Saturday night." Let it out there and just see.

That's playing with Lilith in a way that doesn't burn you. Without being the one who has to make all the moves, because nobody wants to do that. Even Lilith got fed up with it. She was like, "Fuck, I'm out. We're equal, fucker." So even she was like, "No."

So that dynamic is an interesting one. We play with it all the time — and not just in male relationships. In female relationships too. Do I directly come out with what I want to say, or am I being a bitch? Do I tell you that the thing you just said to me was manipulative and I don't like it, and risk losing this relationship?

Women, female relationships — same problem.

You're in a square right now, you play it out. But I would look at it in the past. Lean between them, dance between them.

Jeannine 01:37:47
So dance between Venus and Lilith? Is that what you're saying?

Vanessa Corazon 01:37:52
If you look in the past — if you leaned more towards Venus, where there was that sort of passiveness — and I'm not saying that's a bad thing, they both have their purpose — sometimes in relationships, you can look at how we acted in past relationships. Were we the ones that were more passive? The passiveness can create challenges on its own. Too much directness can create challenges on its own. So there's that sweet spot of figuring out the...

Jeannine 01:38:24
I am a Libra.

Vanessa Corazon 01:38:25
I know. So I think you want to play with a little bit.

Jeannine 01:38:37
Sounds fun.

Vanessa Corazon 01:38:39
That would be my suggestion.

Stacie 01:38:43
Okay.

Vanessa Corazon 01:38:46
I hope that helps. We'll all be waiting with bated breath on the next call when you give us an update. I'm like chapter two of the book covers with the heartthrob guy on it — "Jeannine invites him over to her place." I'm waiting.

Jeannine 01:39:19
It's a fun ride. I'll say that of all the rides I've been on recently, thank you.

Vanessa Corazon 01:39:20
Keep us posted. All right. Jen.

Jen 01:39:27
Jeannine, you give me hope. I'm so excited, I love it. I think I'm on the other end of the spectrum from Jeannine.

So the thing that came up for me is when you said, "If I have a need, I'll figure out how to get it met." There is a ten-year situationship that started as an affair. I have Pluto and Venus conjunct, and then Lilith sits conjunct my North Node in the eighth house. So everything about it is like, "Yeah." Affairs. And we both got divorced. It's been this whole big mess. I've said goodbye a million times.

As you were talking about the 12th house, I took a whole page of notes. Because it's my 12th house. I'm like, "Am I seriously in for 35 years of this? Now that Neptune's in there, and that whole thing?"

So I'm like: the betrayal piece — not only did I betray myself, but I've betrayed all the women in his life. His mother hates me, his wife hates me, everybody knows. So he's in this impossible position of there's no way for him to win. And I'm like, "Obviously I chose this. Why does this keep coming up?"

My first two marriages — really challenging relationships with my mother-in-law. A tough relationship with my mom. So a lot of what you said, I'm like, "I am choosing this."

I'm thinking through — why have I chosen this betrayal? I'm incapable of just a solid relationship where there is feminine support on their side. I've just chosen harder, more impossible scenarios.

With him, it is that he is the first person who ever loved all of me unconditionally. But our situation right now is we don't live in the same state. We used to own the same duplex. We have gone from zero to a hundred to zero to a hundred. He texted me during this call. I have not heard from him for weeks. So all the things.

I'm like, "None of this is accidental, but why can I not just resolve that?" Which you covered a lot. So I feel like the answer is I just have to own it. I have to own the betrayal on all sides. But does that mean I have to give up the love of my lifetimes? Because it started in a container that was doomed from the beginning.

I feel like if I own this, I have to give up the love of all my lifetimes and officially say goodbye.

Vanessa Corazon 01:44:12

Okay. So big things here, I think. First of all — do you believe that life is so restrictive and punishing to you that it would only give you this love within this type of context?

Jen 01:44:33

I keep thinking no, and then I can't... I get to the point where I'm like, "Okay, you've got to be done." It's like this bungee cord of not being able to move out of it. So my brain knows that life is not that restrictive.

Vanessa Corazon 01:45:01

But you must acknowledge the betrayals piece, right? You must on some level believe that you deserve this.

Jen 01:45:06

Yeah. Yes.

Vanessa Corazon 01:45:13

Okay, so that's the piece that I would get right into.

Because for as long as you believe you deserve this, you will keep choosing it. You will keep choosing your punishment over and over.

What a heartbreaking situation — to love someone who cannot be with you, to love someone whose family doesn't support your relationship, are actually in a way punishing him as well for how he feels. Think about that — is that not internal damnation? Is it not eternal damnation?

Okay. So why would you choose eternal damnation? You must choose it because you believe you deserve it. It's not about him.

It's about — you said he's the first person to fully love all of me. I think you should be the first person to fully love all of you. And that includes the betrayals that you did. Because if you look at where they came from, those betrayals came from not loving yourself.

Right? Because I look at the betrayals that I was the cause of before the marriage that I'm in now. And if I look back at them, they were always because I had such low belief in myself, low appreciation and care for myself, that I thought that was the only way I could get what I needed. And it's interesting — I actually chose it with people who truly could not be open with me. So I chose those exact scenarios so that I would not have to experience the feelings that I was actually experiencing. And yet, interestingly, I was still creating them. Because I wanted to obviously move through those feelings.

So because no one chooses a forbidden relationship without a reason — there must be... and this is where if you look at that feeling you're having, look at what it was about how you felt about yourself that would bring that about inside.

We have fucked-up examples of relationships growing up, okay? If I look at my parents — they are literally separated and live next door to each other. It is the most toxic thing. And we can look at it and go, "Of course that was my example. Of course I was doing that."

But it's like: I feel that we only do that until we're willing to hit the point that we are willing to see that we don't deserve it.

Jen 01:48:29

And I have been trying so hard. I have done so much work trying to resolve this. I'm like, "What the fuck is the piece? I cannot see that I've been incapable of resolving."

Vanessa Corazon 01:48:45

I think this is an unfixable situation. I'm not going to lie. You cannot fix how his mum sees you, how his family sees you.

You can't fix that. It is truly unfixable. So this is not about needing to fix it.

Jen 01:49:05

Right. Well, I mean fixing in me so that I can be like, "I'm done with this. Why can't I resolve it and move on?" That's the piece.

Vanessa Corazon 01:49:19

Truly. It's because you believe you still should be punished.

Because these betrayals of these people — let's be honest — it's not about them. You weren't like, "I want to hurt that person, right?" You were actually hurting. I bet around the time this relationship started, you were in pain. And it...

Jen 01:49:59

No, this absolutely solved the thing in the moment. It was a way for me to stay in my marriage for two more years. And I like who I am when I'm with him. I am my absolute best self. Other than, you know, I'm betraying myself.

Vanessa Corazon 01:50:19
I don't think you have to carry that you're a betrayer. There's a point where that no longer is the identity. Do you know what I mean?

Jen 01:50:28
Yeah.

Vanessa Corazon 01:50:29
There's a point where that no longer is the identity. And I think this is the fear — it's like if I give up that identity of being the betrayer, does that mean I can't have this relationship with him or with someone else or whatever?

I think there is a part that has to become okay, in some way, with letting this relationship go wherever it needs to go.

You don't have a say over that. It's very possible that through this process, some things shift within the relationship. There is possibility there that where there wasn't before. Who knows? We don't know that.

But what I do know is that the moment everything changes is the moment that you stop punishing yourself. The moment that you stop being the betrayer.

Because the betrayer is a role. It's a role like any other role. It's a role like the victim. It's a role like the betrayed. It's a role, right? It doesn't mean that bad things don't happen. I'm not saying that. But the more that we identify with those things, the more we have assigned ourselves that role.

And when you're in that role, nothing changes. You will stay in that role. You will play out that role's responsibilities. But if that is part of your identity — that's a huge piece. I think that's the thing that wants to die.

I think the moment you allow that identity to die — because these are all the things that other people think of you, and you've agreed.

Jen 01:52:13
Okay, that's what I needed. I appreciate that. Okay, thank you.

Vanessa Corazon 01:52:18
You're welcome. There's so much Lilith in here, because she was both the betrayed and the betrayer. She was not obedient, she was cast out because she was not obedient.

Even Venus — look at Venus. Venus being Eve, right? She wasn't even created equal. She's created from part of him, and she's still betrayed. Who puts a tree into a garden and says, "Don't eat from that one fucking tree?" The one that has all the knowledge and information in it. But she can't have it. Who does that? Of course she's going to take the apple.

So we're playing with both sides. Because even Venus gets punished — even being the one that does everything perfectly, she still gets punished. And then she feels betrayed for it.

Stacie, you got so much material today. All right, so Jen — did that hit all the right spots?

Jen 01:53:44
Yes, thank you. That was perfect. I appreciate it.

Vanessa Corazon 01:53:48
You're welcome. All right, so I think we're going to let Stacie in now. Are you ready?

Stacie 01:54:00
I am ready.

Vanessa Corazon 01:54:00
Stace, I'm going to pin you. There you are.

Stacie 01:54:04
I get pinned. My ex-husband pinned me in college and all the little boys sang a song. Good times.

So today we're going to do EFT tapping. I'm just curious — from the people that I can see — who has done EFT tapping or knows about it? Okay, good. So EFT stands for Emotional Freedom Techniques, which is a little cue to you that there are many different ways to do it and many different aspects to it. Which is awesome because then we can dig into different things.

A lot of people have asked me, "How does it work and why does it work?" The points are acupressure points, and when we tap on them, it sends an electrical signal to our brain. The brain knows what to do — if you are hyped up, the brain knows to calm you down. If you are in shutdown, the brain knows to lift you up. Current brain imaging studies show that different pieces of your brain light up based on where you're tapping and what you're thinking about.

So we're going to be doing group tapping and everybody's going to be in their own minds. I can't sit there and tap on all of Jen's specific stuff, but we're going to do an overview, try to get you calm and regulated quickly. This is based on a session I experienced with one of the leading researchers with EFT tapping.

Because we've got people who are feeling hijacked from the overwhelmed place, and people who are feeling hijacked and in the shutdown place — the totally frantic versus "I just want to stop adulting for a little bit" — I think getting us all to a place of regulating is what this will do.

And when Vanessa posts the replay, you can come back to this and do it for anything that's going on, months down the road.

A couple of things you need to know: when we are feeling this way, your system isn't broken. Your system is just working in overdrive. We need to remind it that we're safe in this moment, and that's what this is going to do.

As we go through this, all you need to do is follow along. You can't do this wrong. You don't have to be super precise about where you're tapping. I'm going to give you a basic idea of where to go, and it's going to be good enough. Your system will know what parts of your brain to settle down. You've got it all inside of you. Okay.

So before we begin, I want you to just close your eyes for a moment and check into yourself. On a scale of one to ten, where is your stress level right now? We don't need to judge it. We're just noticing. One is very low, nice and at ease. Ten is I feel really bad.

Now open your eyes. We're going to get settled into our seat — or wherever you are: the floor, your bed, however you need to be comfortable.

I want you to just look around you. Because you would not be on this call, in the space that you are in, if you did not feel safe enough to be here. That's all we're looking for right now — safe enough to be here in this moment. So look around you and look for one thing — or an animal, or something — that gives you a sense of feeling safe enough in this space. Something that really grounds you. Maybe it's a photo of someone close by, or a cozy blanket, or the chair you're sitting in. Something that signals to you that you're in a safe space.

So we're going to start tapping. I have to warn you, I'm usually a pretty fast tapper. I like to tap really fast. You might not like that — you might like to be really slow. Do whatever feels good. You might even find that as you move to different places on your body, you change the way you tap. That's fine. You can change hands, work on one side of the body or both at the same time. You can't do it wrong.

So just in this moment, take a nice little breath. Settle into your seat, get your feet on the floor. If you can really get your body into where you are — get nice and grounded and comfortable.

I'd like you to tap on the side of your hand — right here, that karate chop point. You may like to just press it or rub it, whatever feels good.

I'd like you to repeat after me, either in your head or out loud:

"Even though part of me doesn't feel at ease right now, I accept my body and how it feels."

"Even though I may be feeling a bit uncertain and uneasy, I am open to experiencing more comfort and ease."

"Even though it can be hard to relax at the present moment because it doesn't always feel safe to do so, I am opening to nurturing a sense of safety now."

Okay, you can stop tapping and just take a nice deep breath in. Let it out. For the rest of this, you don't need to repeat after me. Just follow along.

We're going to tap the top of your head. I want you to really feel your body in this space, right here, right now. Your feet on the floor, connecting with the earth underneath you, noticing the surface that's supporting you. Imagine yourself really sinking deep into the spot that you're in right now.

We're going to move to the corner of your eyebrow. You can do one or both. Take a look around you at your surroundings. Notice the space you're in. Notice how this space is really holding you securely. Take a moment to acknowledge what's comforting to you about this space. Maybe you have a lovely light glowing next to you, or sun streaming in the window. Just begin to be aware that this space that you're in is a protected, safe space. Take some gentle, deep breaths. Begin to notice: I can feel myself relaxing just a little bit.

We're going to move to the side of the eye — right on that bone that sits on the corner of your eye. As you're grounding yourself into this space, even more, continuing to breathe gently, begin to release your weight into the points of contact with the earth below you and your chair or floor or bed, through your feet. Notice how it feels to relax your body and to let yourself be held in this environment right now. Surrender your weight to gravity. Feel the earth beneath you holding you in the here and now. Anchor in. Ground yourself into this space, in this moment.

Another nice breath. We're going to stay on that bone but move to underneath your eye. Stay on the bone — you don't want to go on the really soft spot.

Now that we've established a little bit more safety externally and in the here and now, we're going to open up to what's going on inside of us and create an inner sanctuary inside of our own selves that we will always have with us. Visualize a place in your mind where you feel totally peaceful and at ease. This could be the space that you're in right now, or a place in nature. Maybe another comfy corner in your home, or any place where you feel spiritually connected. It can be completely imagined or a place where you've been. Whatever you choose, it's a place where you feel total comfort. You feel grounded and relaxed.

We're going to move our finger to the middle of our nose, right underneath between those two little lines. As you continue to imagine this space, you are completely in charge of this space. This is your protected space. You can do whatever you need to do to make it feel more protected or more secure. Maybe you imagine that you have guardians standing around you keeping watch, or maybe you have a pet close by that makes you feel comfortable and safe. Whatever resources you can imagine to help it feel comfortable and peaceful — just continue to imagine your peaceful place adapting to exactly what you need.

We're going to move into the space underneath the bottom lip. I'd like you to start imagining a warm, comforting light that enters through the top of your head. It's going to flow down through

your head, through your neck, into your shoulders and chest, all the way down through your torso and arms, through your legs, all the way down through your feet and your toes. Warm, comforting light comes in with every breath you take. This light soothes your nerves like a soft whisper telling you that you're safe, you're calm, you're continuing to breathe gently.

Yield that light. See that light going through your body. And every tap that you tap on your body sends your body the message that you are safe, you are loved. All of you. And all of your feelings are welcome here.

Take a nice breath. We're going to move to the collarbone tap — right on the collarbone. Grounding yourself even deeper. Imagine the light flowing through your feet right into the earth below you, like strong roots of a tree. Those roots are gathering that sunlight that comes through your body. Those roots are allowing you to act like the tree that knows that no storm can last forever. This tree within you — this tree keeps you safe, rooted, and grounded. Because you have this place right here, right now, that you've created for yourself. Storms will pass, seasons will change. But you can come back here any time.

Keep breathing in. You're going to tap under your arm — either side, right where the bra strap goes across. As you're sitting in this place, know that you have created this safe, grounded place. You only need to be here once to come back again. Every time you come here, the faster you will get here. So as you're sitting here, notice what it feels like to be in this space. Notice what it feels like to have this space inside of you. Notice what it feels like to know that you created this space yourself. You created this place of safety, and it's always with you no matter where you go.

You can stop tapping, and I want you to take a nice, deep breath in. We're going to do one more round of tapping through those spots, but this is going to be a little bit quicker. Okay? Let's go with the top of the head, and you can repeat after me out loud or in your head.

"I choose to feel grounded and secure in this moment."

The corner of the eyebrow: "My current space holds me safely."

The bone at the side of the eye: "I am deeply rooted in the present moment."

Under the eye: "I am safe enough in this moment to turn inward."

Under the nose: "I have built a sanctuary within myself that I can return to."

Under the lip: "A place that I always have with me to feel grounded and peaceful."

On the collarbone: "I'm making my mind a safe and loving home."

Under the arm: "Where all of me is welcome."

Okay, you can stop tapping and take a nice deep breath. And then I'd like you to check in again. Where is your stress level now on a scale of one to ten? How are you feeling in this moment?

If your number has gone down, that's a good thing. Some other signs to look for: if you were yawning, that is a sign that your nervous system is relaxing and that you are processing things out. Anything that passes through your head while you're doing this receives the benefits of all the tapping.

So you can come back to the recording when Vanessa puts it up. You can have something very specific in your mind, listen to this tapping, just follow the points, and it helps calm your activation towards that specific thing.

So how was that for everybody?

Vanessa Corazon 02:16:13

Yeah, I was yawning a lot. That was great, that was really good. Guys, awesome feedback there in the chat.

Stacie 02:16:30

I have to tell you guys, while you're just sitting here enjoying the little afterglow of it — when I was doing my training about two years ago, I was working with another practitioner. One of our assignments was trying to get people to not have urges for certain foods. The person I was working with said, "I'm always eating a bag of potato chips on the way home." So we did a tapping session — literally five minutes. I talked to her last week. She still hasn't had potato chips since that time.

So what this tells me is that this stuff works. Not because it's some crazy thing — it's because you get a chance to really get in there and let your nervous system and your brain do its own work. When you sit there and take the time to allow what your body knows how to do, you can override your nervous system. Because this tapping creates an electrical current that talks to your brain faster than your nervous system can react. Which is amazing, because our nervous system is always scanning outward. This can override that.

Jen asks: "How often can you do it?" You can tap all day if you want. Absolutely. Any questions?

Vanessa Corazon 02:18:51

Uni's asking me to clip yours as a separate recording — I can absolutely do that.

Rach is asking if there's a chance for this to be up for the eclipse tomorrow. Yes, I'm going to get these up — but they'll need to see where to tap. So I'm thinking I'll clip it as a video and put it in the Facebook group as well as in the replay area so that if we just want to watch that alone, it's a great idea.

Anybody got questions for Stace? Let us know now. It's a good time.

I think I need some of Stacie's sessions. Thanks so much for that — that was really good. If anybody wants to reach out to Stace, she's obviously in the Facebook group. You're welcome to just send her a message or tag her, and she will connect with you.

If you guys are interested in doing that with her more one-on-one — this was me throwing Stace in the ring from our call the other day. I was like, "Hey, you should come and do this on our call." Stace does something called soul vomit, which is just a really cool way of processing and moving through this stuff as an extension. Maybe we'll have her come and do this again in the near future if everyone wants to.

I hope that was good. All right, I'm going to make one last announcement.

I had mentioned on our last call that the planning call format was going to be the last of that structure. I lied. So I'm really sorry about that. It was unintentional — I will not have our new structure ready for us until probably around the 24th. And it's going to be better than what I showed you on that call.

So we were going to have to rely on GPT and spreadsheets... and now we're going to have to rely on none of that. So I just replaced the whole thing. Jen, I've had you testing something that we're not going to end up using in the same way — the GPT, I will still give you guys access to — but this thing is going to do way more for you.

There's going to be no confusion about what your social media platforms are, no confusion about your launch dates, no confusion about any of it. So I'm very excited to get that to you, but I want to make sure I don't release something that creates a big headache for you and for me. So I'm going to release it on the 24th and not before, even though I know we're going to have another planning call before then.

Just wanted to let you guys know — it is coming, and I know that I'm not holding out on my promise. It's going to be really good.

In the meantime, I will get the replay up for this as soon as it processes and I will make sure I put a post in the lab to let everybody know. However, I used my one "everyone" tag today on the Facebook group, so when I do put it out, you're going to have to check the Facebook group to see it because I can't tag anybody to let you know.

Very sorry for that. I wasted my one opportunity. Anyway.

So — thank you, guys, for joining us today. Extra special thank you to Stacie for helping us reset our nervous systems there at the end. Like she said, grab a glass of water, go wash your hands, and get a bite to eat. Those are very good suggestions. I'm going to be doing exactly all three of those things right after this.

If there are any questions that I did not get a chance to get to, you're welcome to post them in the Facebook group and I will answer them there.

All right, guys. I want to wish you a wonderful eclipse. I hope you're taking care of yourself. And happy triple birthday to Rachel, Sherry, and Carolyn. Happy solar return, and wishing you wonderful things for this new solar year. I will talk to you guys soon. Bye for now.