

Ep 146 Ophira Edut

Tue, Jan 02, 2024 11:59AM • 47:54

SUMMARY KEYWORDS

year, astrology, love, life, sign, scorpio, chart, astrologers, kids, second half, pisces, women, plan, planner, twins, libras, midlife, leo, planets, cancer

SPEAKERS

Ophira Edut, Jen Marples

Ophira Edut 00:00

2024 We've named the year of transcendent leadership which is perfect because it's your the dragon. It's a year for us to find the leader within ourselves instead of waiting for someone to show up passively, who's a good enough leader like being that leader in micro and macro ways wherever you can.

Jen Marples 00:32

Hello and welcome to the Jen Marples Show. I'm your host Jen Marples, a champion of midlife women and cheerleader for all women dedicated to helping you embrace and rock the second and best half of life. Each week I'll bring you conversations with incredible women who will inspire us educate us and motivate us to live our best midlife. I'll also pop on solo to share my best advice, tips and tricks to help you unapologetically go for your dreams, embrace your age, and become unstoppable. If you're itching for a change, ready to pivot or looking for a second act, stick around as this is the show for you. And know this you're not too fucking old Hello beautiful ladies. Welcome to 2024 This is my first guest episode of 2024 and I am so excited to bring you ofera a Deutz but we call her ofl for shorts. I've never actually said your name out loud. The full your full name of face so can you just over your ofl to us. I have known ofl for a little over a year and she's amazing and why she is an astrologer. And she is part of the Astro twins duo with her identical twin sister Talley. So I just love this. And as a mother of twin girls, I just love it to the moon and back that two twins sisters are in business together. Why oh Fi is the first guest of 2024 because she is going to help us plan our year by the stars. And tell us how we can use astrology to plan for our career for personal life, health, wealth and happiness, relationships and all the things she in her sister as the Astro twins are also astrologers to the stars. She will tell us all about that she's got they've got some very fancy clients. They are the official astrologers for Elle magazine. They are best selling authors. And she is going to tell us about a book that she just released at the end of last year. And there's a shiny new book coming out the end of this year. And they have just launched the Astro twins network. So there is so much support out there for us ladies to plan our lives by the stars. And I'm a huge proponent of astrology. And I'm gonna have OPI break it all down for if there's any naysayers out there and you go like, Oh my God, that's a bunch of hooey. It is not who we honeys we are going to, we're going to use it to our advantage so we can thrive in all aspects of our life this year. So with all of that ofl Welcome to the show. I am so incredibly excited to have you here today.

Ophira Edut 03:07

Me too. I love it. So happy 2020 For everyone New Year. And yeah, let's dive in. And by the way, it's fine. If you think astrology is who we because a lot of the way it's been presented is and I thought it was too when I first encountered it, so nobody has to believe anything. Right?

Jen Marples 03:28

Let's start here. Because when we were talking earlier on, like I guess astrology is probably not a major in college and having just going through the college application process I can I didn't see one. I didn't see astrology as a major going through this process with my son. So tell us a bit about your background and how you entirely decided to go into astrology and do everything that you're doing today. Yeah,

Ophira Edut 03:51

and full circle back to college. Because when I was in college, I was a little intrigued and see my horoscope was like, Well, this is true about me. But my college boyfriend got me my full Birth Chart made when I was 21 as a gift. And it's a 30 page document that there was no way that like a computer generated printout can know that much accurately about me. So I am a skeptic too. I mean, I was a straight A student, I went to art school, but I almost went to engineering school. So I have more of a mathematical scientific mind, which by the way, astrology is mathematical. But I couldn't deny that there was something to it. And in addition, it was it made sense out of all these, like I didn't realize that I've been stumbling along through life just trying to belong or, you know, understand which parts of me made sense and why and all the contradictions and complexities. And then this chart explained all of that because it explained All of the different planets in my birth chart, which we'll talk about what that all means, and then how they worked together. So there was this map and all these things that I thought were wrong with me, I found out we're right about it, I was lucky enough to get that when I was 21. Now, I'm 51. So having this advantage for 30 years has allowed me to do all the things that you listed, and accomplish all those things, because I haven't been trapped in this cul de sac of uncertainty.

Jen Marples 05:31

Whoo, I love this. And I know I had my birth chart done. God a long too long ago, and I'm due for that. So I'll have to get on your schedule. So we could do that, I want to say is seven, eight years ago, and when I was going through everyone on the show has heard me go through when I kind of went through my own midlife crisis, and everything was kind of breaking down. And I had seen somebody exactly saying what you just said, like how this was so accurate, how she was planning her life by and all that like, well, what have I got to lose, I was throwing everything at my life at that point, or retreats, this, this, that and the other one, like, I need all the things. And this wonderful astrologer she basically I freaked out, she told me my life with like, 99.9% accuracy of everything that was going on. And it actually spurred me into seeing some doctors from my health and different things that were going on. It helped me evaluate relationships that were draining me. I mean, it was insane. She forecasted what sort of what I was meant to do. And it planted a seed of things that I'm doing today. It was unbelievable. ofl. So, yeah, we're gonna get into all of it. So why don't we just go through what astrology is. Because we all you know, a lot of us listening are like, oh, yeah, it's like the little blurb in the newspaper or the little thing. And there's all the astrologers all over the interwebs going, you know, this and that. And people don't think that it's actually applicable to their lives, or it's just kind of a one size fits all. And it's not a

one size fits all, because you can get really granular based on your sign and rising signs and all that kind of good stuff. So let's do a little astrology. 101 for

Ophira Edut 07:02

my listeners, yeah. The simple answer what is astrology is it's a technology, it's a tool, it's not a belief system. That's why you won't find it as a college major, because you can't major in calculators, you major in math, you know, so you'd major in, I don't know, modern religions, maybe or astronomy, but you can't major in astrology. Now. Although there is an entire in depth thing you can learn for the rest of your life. And I will be but it should be thought of as almost like the chat GPT for your soul, human beings. We don't have all the answers inside of us. And it's really confusing, and we need help to be human, and to get through this life. And so here's the roadmap, and we use those all the time. It's like, we use Siri, we use Alexa, we use a can opener. Some people use astrology, not to oversimplify it. But that's how I think of it like something you can reach for when you're stuck and need to make a decision. Astrology as we use it. It's like imagine you're lying on your back on a blanket in the field looking up at the skies, and you drew an imaginary circle overhead, and sliced up the sky into 12 pieces like a pizza, you looked at where the planets in their movement around the Sun were arranged from your view on Earth. That's what that circle that wheel with all the hieroglyphics is like the view of the sky overhead from where you were born. So your chart is like this screenshot of the sky, you know, on your day of birth and that becomes the blueprint or the roadmap or the factory settings for yourself this kind of that doesn't mean you don't have free will you have all the Free Will you want but it's it's like if you buy an Android or an iPhone, it's your operating system. We can't expect an Android to be an iPhone but you can still do a lot of stuff within the boundaries of being an Android for example, customize it so your chart does not determine your entire life. I think that's why a lot of people roll their eyes at it they're like you're telling me that this piece of paper and like birthday means that I'm just this way and I can't be any other way? Well, no, not at all. But it's very helpful to have this this guide to yourself. That's what astrology when I think it's used right is

Jen Marples 09:34

and I know from personal experience of you having heard us speak and talk about themes and you know following you and you know, and I was telling you before we got on that you had Greg his predictions for sort of through the end of the year and I was telling you before we got on here that for my I'm a water sign I'm a Scorpio that for us the water signs that we have like one big if we can grasp on to one big sort of business push like career wise Question to kind of dig in and go for it. And that can reap all these rewards or I'm not totally quoting you like exactly what you said, but that it's something I'm actually in right now. And I was like, Oh, that just made me sort of double down going, Oh, it's in my chart like this is all making sense. And then knowing too, it's something else you would said, on the channel and Astro twins that sort of these last two years right have been a bit of like a retrenching and everyone kind of digging in. And then we're kind of coming out of this to kind of see the fruits of our labor. So I love all of that, because it can help us reorient or put some context or some extra added sort of reason for being of why we're doing what we're doing. So do you work with equity work with you where you work? I know you work with celebrities, you work with business leaders, you work with companies? How do you implement astrology? You know, because it's for a lot of us, it's kind of out there into sort of the practical to help us all plan. And let's just start with business.

Ophira Edut 10:58

That's a really good point. So and I'm glad you asked that. Because there really are two primary uses for astrology. One is to understand yourself that chart that roadmap to you or even just knowing your sign, and then there's the timing and predictive so your chart never changes. It's like a freeze frame of that moment in time that you incarnated. But the planets are always moving. So what we do when we do predictions is we measure the moving planets and the angles that they form to your zodiac sign of Scorpio or, or your whole chart. So when it's when planets connect with each other, it will set off like a period of opportunity. I could say all right, Jupiter, the planet of luck changes signs every year. This year, it's been in Taurus and Taurus rules the relationship house for Scorpio, that's us. So I would say hmm, this year, maybe you should put some energy into partnerships and be lucky, you could be lucky with partnerships, or you could grow in partnerships. And you might outgrow a partnership. You know, it's very much a, a puzzle, you know, this is here, this is their this is who they are. This is what's happening the sky, how does that correlate? And then you have to be knowledgeable about a lot of different things to give good advice, you know, to say, like how you might apply that is this, this meant a lot of astrologers forget to give the practical application and give all the jargon. And then the person who's listening, it's like, cool, what did you just say. So it still has a little bit of a marketing problem, because it is its own language. But I really try very rigorously to make it clear. So I am working with a lot of business leaders. I just started experimenting with private coaching with a few people and guiding them week by week, helping them change their businesses and their habits and their business and their org charts and looking even in their analytics dashboards and seeing what's there and how that correlates with their charts to like very much going in the nitty gritty like Alright, for this month, we need to get your operations in place. And then in February, is a good time for taking your investor pitch deck out and this type of investor robot so you can get granular in a way that gets I am guiding people in like scaling their businesses, or figuring out where to put their energy. It's, I love it. It's so fun.

Jen Marples 13:32

What I love about this as a tool is that I've done human design and a bunch of other things that understanding how you are and how you operate. I just think everyone should have that understanding. Because a lot of us everyone beats their head against a wall. And when we wonder why things sometimes are so hard, or why sometimes things flow. And there's this underpinning of understanding who we are and how we operate at the bare minimum. And then to pick certain times of when things should happen. It's gotta give a lot of relief. Because if you're in that flow and knowing that this is the time to do something, then you know, it's the right time to do something versus we've all done something a lunch or a relationship or whatever it is, and it just hasn't felt right. Exactly. And you're like why doesn't it feel right it's felt right before but sometimes it doesn't feel right other times. You know, if this is you're just making me think out loud that times when you've had like an inspiration to go for it and do something it's tied into and probably the start we just didn't even know it right. It was titled A

Ophira Edut 14:35

lot of the times your intuition is validated like most people aren't, everybody didn't say if you have an astrology reading and someone tells you something that doesn't feel right. Just ask yourself it's if it's because you're upset and resisting the advice but kind of know that it's probably right. Or if it feels wrong, because if it feels wrong, don't ever do it no matter who is telling you or at least ask them to explain why. I mean, I've I've had to launch things during Mercury Retrograde I did a TV show was

called cosmic love we did with Amazon Prime and I had no control over the schedule. So it was a matchmaking. Bachelor meets astrology show. And the filming started literally, when Mercury turned retrograde in Libra, the sign of marriage, I was like, Alright, guys, uh, you know, this isn't just a gimmick. We should be using astrology for our filming schedule. But we, we can't we have to work around it. And of course, all the things that, you know, would be expected to happen, but I was prepared. I wasn't. I wasn't surprised when there was a mudslide that in Iraq totaled the executive producers car. I think it was during like a full moon. And, you know, it's like, all right, oh, listen to your astrologers. We're not just gimmicks here people.

Jen Marples 15:59

Right, that's Well, that's a hysterical. Listen to the astrologer of the show. That's actually, you know, using astrology. Yeah, the Mercury Retrograde retrograde thing is really interesting. I remember with a client, many, many, many moons ago, we read like, everything was going wrong. And we were like, is Mercury in Retrograde? And we looked, and it was like, oh, it's not as it's not as we needed to, like, we were like, gonna go pack it in. I want to get into like a lot of the predictions and things for 2024 and for the year and how we can really sink in and no, I know you love to pick a theme. So if you're going to talk about 2023 So what is the overall sort of theme for 2024? And what can we expect?

Ophira Edut 16:44

We make a theme based on all of the influence is kind of putting them in a stew and like what bubbles up to the surface of 2023? Because the year of what if you can say what if two different ways like what if with curiosity or like what if in fear, so people really toggled between fear and wonder and 2023. And they did. I felt like that happened a lot. 2024 We've named the year of transcendent leadership, which is perfect because it's your the dragon happens every 12 years. That was why to K 2012, which was like the Mayan calendar endings plausibly the end of the world as we know it, and now we've 2024. So it's a dragon year, it's an eight year and numerology when you add up all the digits, two plus zero plus two plus four, it makes an eight, which is number of power. And then there are a lot of other planetary things happening. So it's a year for us to find the leader within ourselves, instead of waiting for someone to show up passively. Who's a good enough leader, like being that leader in micro and macro ways? wherever you can.

Jen Marples 17:57

I love that. And I'm particularly interested of course, and you know, women and all women rising, and I've been seeing that so I think this is ladies, this is your permission.

Ophira Edut 18:07

zactly it's our time be that dragon. Oh,

Jen Marples 18:10

God, I love that really explore that. As far as before we get into kind of center predictions like by sign and I know that's, that's a lot. Um, because there's 12 signs. How can women use astrology, to plan for career, finances, health, wealth, relationships, and things of that nature? If they don't have their own personal astrologer? How can they access this information, and then use it to plan accordingly based on what they want to accomplish this year? Well,

Ophira Edut 18:44

you can use your sun sign. And luckily, we have these books that we did this year, our 2024 book, we also broke up into 12 Different signs, we made them planetary planners, as we call so this has every single day, monthly forecasts, like how you can literally plan by the moon phases, like we really did break it down into practical, smart, successful busy persons resource so you can grab it for your sign. And then you can just check every day, we have these hot spot dates that we pull out every month, because not every single day is an action date. So we zoom in on the most important days of the month, and this year, we have a special thing that comes as a bonus with the book that this is my nerdy pride and joy, like will populate your Google kale or your iCal with all of those hot spot dates and get an alert whenever there is one of those dates and you can go to your planner and check what it means. So I mean, the one thing that women don't get is space spaciousness. Like, this is a personal crusade, but like, I know so many women who are in their homes, they have the only room that doesn't have a door for example, especially if you're a mom, there's this unspoken thing, like, you're not allowed to have your own space, like, I hope you do. And I hope that if you are a woman listening to this, that that is not your story. But I've just heard it so many times. So we need to create breathing room and space for ourselves and having the whole year mapped out. So you can plan ahead and pick all those dates for yourself. You can do it for your whole family to have your the planner, the family, we have our big book that has all 12 signs in it. Yeah, just getting ahead of the curve is it's everything.

Jen Marples 20:35

You made me think of something too, which is so many women listening, and I've got my own three kids. How can I'm assuming I'm not going to say how can I'm assuming that understanding our kids signs will help us parent them better?

Ophira Edut 20:50

Absolutely. I have a book called mom's draw ology that I wrote 10 years ago. It's still out there. And it's I know, it's not, I don't know why it's just I guess, because it was 10 years ago, but people still go like, Oh my god, this is my Bible for my kids. It's got about the kids of every sign and the moms of every sign and how they can work together. Because a lot of the times, you know, as a mom of multiple kids that won't that twins, so two of them are the same sign. But you know what worked for the first one, you think, Oh, that was easy. I'll just have another one or my first one was so hard. I don't know if I'll have another one. And the next one is easy. We look for the ultimate cookie cutter advice for parenting. But there is none because every child is different. So it's a manual to parenting your kids but by their star sign and their strengths and weaknesses and challenges. And while also honoring who you are as a mom to like, alright, I don't know what signs your kids are. I know you're a Scorpio July

Jen Marples 21:52

18 And July 25. So they are cancer. And Leo Yeah. Which

Ophira Edut 21:59

are very different because the cancer is more like clingy to mom or a little grouchy and moody whereas the Leos are like the beam of sunshine look at me Look at me kind of kids a lot of times so want to play the cancer gets their feelings hurt, things like that. Maybe when you know cancer skins or knee you

have to like, well, actually, they're pretty tough, I have to say, but they, you know, but you don't want to over cuddle them. Whereas the Leo needs to feel praised or whatever for trying. So there's we gave a lot of that type of advice, it is very helpful to have this guide.

Jen Marples 22:36

I love it. It's just making me think about you know, all the companies. I remember when I haven't worked for anyone for over 20 years, but most companies I was at you had to take personality assessments and these things are how can we work together? And I know companies are using human design like all these different thing. Like why don't we do that with our own family so we understand how to better manage the people in our house. You know, spouses

Ophira Edut 22:59

partners. Yeah, exactly. I think it's so funny that companies use human design because it is astrology with even more than astrology and it but it's pulls from astrology. Well, that's what my, my book in the fall is going to be all about. As you know,

Jen Marples 23:15

we have so many things and ladies don't never fear I'm going to we're going to have all the links in the show notes. For all these helpful hints that ofl is dropping on us. I'm definitely going to be running to get my Scorpio planners. So let's dig in to the year by sign I know there's 12 signs, so it's going to be a lot but I think it would be really wonderful to kind of hear like what are the big themes for every sign for this year? Yeah,

Ophira Edut 23:41

and what's great is that in each of these books, we have the top five themes for every sign already broken down. So you can just open right up to it and know what your what your focal points are. I feel like you need the big focus before you can get granular like what am I even rooting and anchoring myself in here? What are the themes, but I'm going to tell like the top opportunity theme for every sun that's guided for me by Jupiter Jupiter is in Taurus for the first half of the year and then Gemini for the second half. So it really neatly divides the year and 2024. Jupiter is where we will grow and can try new things and take risks. And I think since this is you know the beginning of the year, it's a great time to be optimistic and positive and take those risks. We're free year to do that. So let's let's work with Jupiter. So for Aries the first sign, the first half of the year is about taking risks with money and your job asking for that raise that promotion, raising your rates or looking where your job and finances might be stagnant. Maybe you're doing too much of the same thing and need to branch out of your comfort zone. And then the second half of the year is about new communities friendships, marketing yourself work in your messaging. It's looking at how you communicate and who the people are around you. So for Taurus got lucky Jupiter in your sign that happens every 12 years. So really, a Taurus is not always prone to change, but really opening yourself up to try doing things differently. putting yourself out there exploring new facets of yourself, shed the old, be willing to start from scratch instead of clinging to the old way of doing things. And then the second half of the year is good for money. And whatever discoveries and experiments you make in the first half of the year, you can monetize and start to build and something I feel like people would want to most of your people probably are least entrepreneurial here interested in how they can develop something that they love to do for a living. Gemini. I'll be

honest, Jupiter in Taurus has been difficult for you. So every 12 years, when Jupiter is in the sign that's before yours, it's this end of the cycle before Jupiter comes back to your sign. So there's always one zodiac sign that I have done the same sit down and let's have this talk, honey, you know, moment with and it's like, look, you're going to try to force things to happen, and they're not going to and your human machinery is going to have a huge spiritual temper tantrum. And then one day you're going to just brick and surrender and all this magic is going to happen. But you're likely to wait six months kicking and screaming and being upset about it. So let me tell you don't have to do that. But they'll go and do it anyway. So Gemini's I hope you're done with those six months now. And you're ready to just float and allow and just enjoy until May 25, a spiritual sabbatical, get some spirituality, do some emotional work, get some healing, get therapies, all the things and just you're in the cocoon, but when Jupiter goes into Gemini, May 25 for a year, butterfly time is here, the lights come back on this new 12 year chapter of your life starts so trust me, it's all going to be okay that they get the longest one because I know how they're suffering cancer it's really good social networking first half of the year. So get out of that crab shell and go meet some people go to the events go cancers can be very social and popular actually. And even alpha female ish, like you hear that they're shy, they're actually not, but they can be armored. So try to let let your guard down a little bit and then you get that transitional year and the second half of the year you might you may be better with it than Gemini's because you're like, Oh, I get to go hide in my cocoon. Great. That's where I'm happiest anyways, so releasing, do the spiritual work go on a retreat, you know work on the project you've been putting off forever but first go hang out with all your new friends. Leo's it's really fall or career first half of the year for you. So you are the transcendent leaders we've been waiting for. Leo's just really stepping up and leading the way and showing us how it's done. Good. You gotta have more structure in your life. If you're Leo though, they'd like they don't need any convincing to be in charge. And then the second half of the year, very good for networking and friendships and groups and maybe you can help those election voter registration drives transcendent leadership. You're the one we've been waiting for Virgos very unsavory go like year you are suddenly this like free spirited, nomadic traveler who is optimistic instead of like picking hairs and lint off of everyone's sweater, I'm tucking their tags in that are sticking out. I don't know single Virgo that doesn't do that. And you have been seen. So instead of focusing on all the little micro details, you're like, life is beautiful. Pack your bags and go travel. And then you have a really good career period in the second half of the year if you're a Virgo. So get your fun out because you might be more settled in at the office or more stationary later in 2020 for Libras. Libras have a very sort of internal time. And the karmic south node is in Libra all year long. So Libras are a little bit underground. That's not a bad thing. Because it can be sometimes a little out there among the people too much. So Libras kind of just stay connected to your deeper emotions that you sometimes run away from good year for therapy. And then the second half of the year you get to travel and see the world and emerge with this newfound wisdom and perspective and optimism, Scorpio, you, as I indicated are freed from a couple of years of you had the south node and Scorpio until this July of 2023. So Scorpions just had their dark night of the soul lifting halfway through 2023 and 2024 is all about powerful partnerships for you alliances teaming up with, you know, someone whose skills complement yours, an investor in the second half of the year, someone who helps you grow or so good year for real estate deals second half of the year buying or selling, renovating a home, investing in something or making a good joint venture investment. So Sagittarius, it's also a very sort of out of character year. Virgos and Sagittarians have sort of treated personalities now savages were the ones who are like, you know, usually all over the place, all into all the big ideas and we're here like, let's simplify, let's be healthy and get everything organized in our

lives. It's very, very streamlined and nerdy time which every Saj can benefit from. And then the second half of the year is very good for partnerships and alliances romantic business, whichever one you want, or both. So yes, I do really keep this all in my head in case you're wondering. I'm

Jen Marples 31:36

impressed. She's not looking at any note cards, guys, she's this was all going out like Gibbs is flowing. I love it.

Ophira Edut 31:44

Do this for years. So Capricorn they're also out of character first half of the years like romance and passion and playfulness and letting that wild side that you tend to lock up, come out being colorful, fanning your feathers, having a wild torrid affair. Debuting your creative talents and performing a lot of Capricorns are very artistically talented, but they tend to like end up being the creative directors are like trying to control and mold it like let it all hang out. And then you can craft and refine everything in the second half of the year. But let that raw passion come out and take a risk creatively. Pregnancy too for Capricorns who are looking to expand their families fertile year for the caps, and also for the Aquarians Aquarius has a very domestic first half of the year Aquarius tends to be more nomadic and all over the place, but home is really you might buy a home you might have kids, you might have an empty nest Kepes be more rooted and explore your emotions. Aquarians tend to avoid their emotions until they don't have to anymore but partnering with your emotions, more self care and then you get to have all the fun and wildness which is much more your thing in the second half of 2024 And last but not least Pisces. Pisces have a special case because oh I should also say that Aquarius you have Pluto going into your sign. Really starting a 20 year cycle through your signs we are officially entering the Age of Aquarius you're going to be the transformational leaders also along with the Leos. The Pisces also have a special case because Saturn which gives us structured discipline leadership has been in Pisces since March 2023 Is there till February 2026. So Pisces can be like all over the place slowly and they're getting all the structures you might have felt like things were a little restrictive like wearing like a too tight shirt or something for the restraint check it may be for the past year, but you're really growing from that. Pisces sometimes don't get taken as seriously as they deserve to be because there's so changing flowy and so now you're realizing that you do have the authority that you do have the expertise you can trust yourself. Yeah. So it's a really great time to work on your messaging and how you present yourself and how you communicate. And then you have a nice home and family second half of the year and anchoring which Pisces love and that's the Zodiac for 2024 Wow,

Jen Marples 34:29

all off the cuff out of your brain and into our ears. I am fascinated by all of this and I'm so excited by it. And I think you know one of the things I'm always preaching is, you know, especially with women in midlife who listen to this, it's the time to really dig into yourself and make this kind of you know, let's call also 2024 This year the love affair with yourself finally once and for all because we've spent all this time on all that output and I love this tool. We'll have astrology to help us better understand ourselves. And I always forget, you know, when I talk to people like you, and I, you know, listen to other things, and then I kind of forget, you know, we all get busy and we forget, and then you go, God, I feel so seen or understood, like the dark soul had that RPO I'm like, okay, and I can roll back to when it happened, you know, a couple years years past, and I just think anything that helps us understand ourselves better,

and help understand the situation is so beautiful, because I think we can all feel like life is an uphill battle. With there's so much going on, especially right now women listening, you know, I'm a kids applying to college kids out, we're always worried. We're starting businesses, we're changing careers, we're excelling in our careers. And anything that helps us just understand ourselves better, and maybe even gives us a competitive edge and gives us a tool for compassion. Everything you said is, so I just hope everybody takes it to heart and of course, goes out and gets the planners, I'm going to be getting that planner for sure. So I can plan out this year. So ladies, use this in your planning for the year of all the big goals that everybody has. So instead of, I guess, do the vision board, right, but have this be kind of this underpinning of your vision board for the year, right? So it's actually rooted in reality. And what's possible, I think what

Ophira Edut 36:21

happens is we make a vision board and we get really inspired, but then we don't know how to map it to linear time, in a way that doesn't feel like it's putting a pin in the balloon. So astrology is it allows you to plan things in chronological time without taking the magic out of it. I love that

Jen Marples 36:41

ending in chronological time without taking the magic

Ophira Edut 36:45

out of it, like this little booster, you're like, Okay, I guess I'll do this in April, because that's when my kids are on break. But it's like, is that really the optimal time for you to do that, but you can look at this book and go, Oh, okay, it says that, in May, there's this window for launching something new. I mean, we write these thinking about someone like us who wants to live their best life with some extra guidance, that it's a hack, it's a shortcut. So you don't plant seeds in the winter time you plant them in prime condition. So we're helping you know when to grow different plants and seeds, so but it actually can have a chance to take root because there's nothing sadder than someone having an incredible idea or dream. And then they go on, they put it into form and the wrong time. And then they think there's something wrong with their idea. And they give up on it, but it still haunts them. I mean, we you and I'm sure both have at least one of those, right? Oh, yeah,

Jen Marples 37:48

we all do. It's also making me think of that analogy of, you know, back when I just had been with my husband for 27 years, we haven't dated for a really long time. But those times when you'd have times of like, whatever you look like it's just all of a sudden people are cutting men are coming out of the woodwork whatever other times you're like what is happening to have a word on the middle of my forehead. So I think it's with everything or it has sometimes business has flowed. And other times you're like I have changed nothing and nothing's working. But this it helps kind of rooted in something else. Versus it's me or it's the thing or what have you because I think it can apply to all at all aspects of life or how relationships can flow at certain times. All of it. This is so fascinating. Ovie and

Ophira Edut 38:34

that's the thing, like what you're saying when things don't go our way. Especially as women our tendency is just to turn on ourselves. And you know, like what you said when you feel invisible? I'll be

like, Okay, what's much wealth House Of course, like, I mean, I'm not just making it up, I'll be like, or like, all of a sudden, I have this burst of energy in December. And Mars, which is the energy planet is in my sign Sagittarius. I'm like, I also started taking vitamin D and some supplements. I'm joking. I'm like, is it the supplements? Is it the Mars is it both, but I don't really care. Whatever is working is working. I'll take it all but I'm not at all surprised that I miss energized with Mars in my sign. And I know that when it's in Pisces later in the year, I'll probably take a little time out or plan for that because things are not going to be as public and outwards so you can strike while the iron is hot.

Jen Marples 39:30

Oh, God, I love all of it. I could talk to you for five hours. But we're going to link up you know, the books and all your resources and everything in the show notes because everybody needs to definitely run out and get that the planner if anything at minimum, like we all need this planner for this year so we can be planning appropriately based on what's going to be true for us in our science. I just have a couple of final questions before I let you go but I don't want to let you go but I guess I have to

Ophira Edut 39:59

like it. Through Scorpio, like it's your

Jen Marples 40:01

Scorpio. And isn't let me just ask you selfishly one thing I always joke I'm like the Scorpio hard on the outside but I'm just soft as blue on the inside like my kids always laugh It's like who's gonna be crying all the time at the commercial you know the sending you off to prom your last day of school God knows that graduation and my husband has always said that about me. He's like, you might seem hard on the outside Raiders of the ball go on the inside so maybe it's the you said it with the crab too with cancer. So maybe

Ophira Edut 40:26

that's our European shell. I mean, I think anyone with a Scorpio mom is so lucky because they will cut a bitch for their kids. They are fiercely I mean, you want to Scorpio on your side I've got I've got four planets in Scorpio. So I've been lucky enough to bond with a lot of Scorpio women and I'm like, There's no one more loyal or protective or badass like, sure they can intimidate people but like, Yeah, I know. They're, that's because they love so beautifully and they bond with, you know, Scorpio bonds. So, you know, if you know that if a bond is ripped away from you, it's gonna be painful. So you're not going to just bond with anyone because you know, it's for life. Oh

Jen Marples 41:06

my god, you just explained to me like, I just love everyone and I'm just a cheerleader for everyone. When I tell people I just so wildly happy about people's success. Like it's just the damn truth. And I truly do I meet people and fall in love every day. I swear to God, I'm like, you're my new best friend like I love you. How can I help you? And it's true about cutting a bitch Scorpio I like I'll cut my husband to like I had words with him when these kids were little to about like Make no mistake. He'd like one of my kids got lost in the park and Golden Gate Park and I said Make no mistake you come home without my one of my kids. You're out. Honey. Oh, yeah,

Ophira Edut 41:40

we're done. Six Feet Under because like, what you're done,

Jen Marples 41:45

and I will throw you in front of in front of a bus to save some

Ophira Edut 41:48

funny stuff. Oh, exactly. Exact same with love.

Jen Marples 41:50

But just so we're clear, just so we're clear. Oh my god. Okay, couple final questions for you. Because this is a show about women in his life and we support women in midlife. I would love to know what you wish for women in midlife. Hmm,

Ophira Edut 42:05

that is a great question. Oh, I just wish that they fall in love with who they are. If they haven't discovered if they haven't had an astrology reading or discovered the code themselves yet, please do your chart because you are designed perfectly and I have a personal vendetta against the hype that tells women that like you're lonely when you're by yourself or you need to like get pick up your space, clean your space, this whole idea that being with yourself equals loneliness, like a lot of women at midlife have an empty nest. I even hate that phrase. It's not empty, guess what? She's fucking in the nest. It's not empty. That's how much we get invalidated. Fill that nest with all of your feathers and lace mags for yourself. So get into the awesomeness of being who you are and surround yourself with other women to make friends of different age groups too. We got to bust up this generational divide. It's just a bunch of BS it's not even I mean yes we have different experiences of life because of the technology and pop culture references but it's just the newest version of it. So find a good mid life lady crew but then also mingle up and down the age escalator to I

Jen Marples 43:37

love that mingle up and down the age escalator you're dropping some serious bombs today oh faith. I love that because we can learn from everyone and it's just it makes life so much more rich to get out of you have your your crew that sort of supports you whatever but you to get out of that zone and meet people of all ages. I love that. It's brilliant. It just it keeps us fresh and it keeps our perspectives open to new things. I love it. Final question before my final final. What do you think the best thing is about being in midlife wisdom

Ophira Edut 44:09

that you have and my luck drop another F bomb my here. Hello? Why am I asking for permission? I'm in midlife not asking for permission but my hairdresser. Joe Blackwell of 30 years practically shouldn't do my hair. When I turned 50 She said welcome to the decade not giving a fuck and I was like, that sounds good. So I think just it's just you have so much to offer and you just have to make sure you're around people that affirm that to you but like there's so much freedom and fun and permission. Permission slip is signed, sealed and delivered.

Jen Marples 44:55

Oh it is it is it can so it is it's already done.

Ophira Edut 44:59

Mm hmm.

Jen Marples 44:59

So I want you to finish this sentence. I'm not too fucking old to

Ophira Edut 45:04

be eternally youthful in an age appropriate way.

Jen Marples 45:07

I love that. And you get to do you get to determine whatever your age appropriate is. Yeah.

Ophira Edut 45:14

And I'm not too fucking old to just start anything I want. I mean, my mom became a rabbi at 55, my aunt moved to a new town and became the arts commissioner in her 50s You're really not too fucking old to do anything that you want. And with astrology, you always get a new fresh start. There's always a new cycle. It's always a fresh chapter and beginning and that's what I love about it too, so much. Oh,

Jen Marples 45:42

I love it. I love everything you said today. Thank you so much for being here. So final final, tell us where we can find you get all the things and get more steeped in your fabulous knowledge.

Ophira Edut 45:54

Absolutely. So I'm Astro twins on Instagram. That's the social media platform my prefer the most at the moment. And ASTRO style.com is my website. That's where you can get to all of our books or courses free daily, weekly and monthly horoscopes that are written in a really empowering practical applicable way. And you can find our events Oh, we also have just launched the Astro twins network on the fireside platform it's called so that is a live interactive network. We go live weekly, you can come on and ask us questions. Learn about your chart, one bite at a time. So if you're curious about you know, starting to manifest with astrology, being able to ask about what's going on live and then also really do want to learn your chart in a way that's not overwhelming. We're gonna be doing that all 2024 and hopefully beyond. So it's kind of like an Oprah's studio meets peloton meets only fans meets astrology. No sex, though, at least not as of now. So

Jen Marples 47:04

just kidding. We'll see how things go. I'm just

Ophira Edut 47:07

might be another network. Yeah.

Jen Marples 47:10

TBD.

Ophira Edut 47:11

You're not too fucking old to do out either, if

Jen Marples 47:13

you want. Exactly. I love it. There's so many resources there. So everybody avail yourself of everything he just mentioned. And let's get our planners and let's have a fabulous year, buy the plan by the stars. Thank you so much for being here. I just adore you. I love everything that you and your sister are doing and just thank you for caring and sharing all this valuable information to us. And I don't want to let you go but I have to let you go. I know I get to see you soon.

Ophira Edut 47:41

Yes, and thank you for championing women in bed life. I'm so happy that this exists. So yay. Thanks, Sophie. Happy 2024