

The Pluto Journey:
Navigating personal transition to create the life you really want to live.

Get your Bearings

Users Manual

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Module 1 - Get your Bearings

Module 1 is part of a larger program called *The Pluto Journey*, designed to help you move out of a place of discomfort to create the future you really desire.

The Pluto Journey process is based on the reality that we create our best solutions when we tap into our higher wisdom - some people prefer the term “intuition.” Most of us have experienced a “gut feeling” that warned us of trouble or a thought that seemingly popped into your head from nowhere that contained the answer to a problem. These are examples of intuition at work.

But intuition doesn't cooperate in a vacuum. First, it needs to be fed and nurtured. Doing your “left brain” homework of research, thinking, analyzing and focusing provides “fuel” to the right-brain's intuition process. It also serves to ground you.

The second way is to give your right brain quiet time and a place to get creative and play.

During the full program, we will borrow from many modalities and techniques. But there will be an emphasis on visual maps and the time-tested approaches of Tarot and Astrology.

Visual maps engage your analytical thinking and creativity, ground and focus you. Tarot is an excellent technique to access your intuition. Astrology helps you to get a better understanding of your unique way of interacting with the world and to gain a sense of timing.

You can also use this module on a stand-alone basis to create the opportunity for a radical shift in a single issue in your life and as a way to sample *The Pluto Journey* program.

This module consists of two parts: three *Get your Bearings* maps and your strategy call with Ellen Zucker.

How to use this workbook?

Get your Bearings Map 1 is designed to be used as a preparation for your strategy call. By taking time to reflect and answer the questions, you begin the process of identifying and clarifying the issues facing you now.

Maps 2 and 3 will be completed during the call.

How to the Complete *Get your Bearings Map 1*

You are treating yourself to a break from your day-to-day routine where you can focus on yourself and the situation at hand. Find yourself a quiet space where you'll be free of distraction. Gather some writing instruments such as pens, and, if you wish, colored markers.

This exercise will help you identify the issues driving you to change direction, desired outcomes, and your expectations of this process. You will only be completing Map 1 prior to our strategy call. The others will be filled out during our session.

Map 1 roughly follows the outline of an astrological chart. Every chart has four significant points or angles, the Ascendant, Descendant, Midheaven and IC. The questions below are designed to examine aspects of your situation relevant to each point.

You may answer the questions in any order or in the sequence suggested below, but for maximum benefit from your session you'll want to complete *Get your Bearings Map 1* before we get together for our strategy call. Use additional pages if needed. This exercise should take approximately 20 minutes.

Ascendant - In astrology, the Ascendant represents the filter through which we see the world and the world sees us. In that vein, think about how do you perceive your situation? What role do you play? Consider the points below that are relevant to you and your situation:

- Quick overview of the background.
- What transition(s) am I going through?
- What are you feeling?
- How are you feeling?
- What are you sensing in your body?
- How do things look to you?

Descendant - The Descendant is where we have to consider the effect of our actions on others and their help and demands upon us. While the Descendant specifically represents our dealings with others on a one-to-one basis, here, we will expand that definition to include challenges, practical realities, constraints whether they come from one-to-one dealings or the larger environment. Consider the points below that are relevant to you and your situation:

- What practical realities shape your situation?
- Current tasks, responsibilities.
- Deadlines.
- Blocks, difficulties, fears.
- People that may be playing a role in shaping your dissatisfaction.

I.C. (Imum Coeli) - The IC is found on the base of the chart at the very bottom. It represents our roots, our nest and our family heritage, and how we are nurtured. Here, we will modify the definition to include all resources available to you. Consider the points below that are relevant to you and your situation:

- Friends, family, colleagues, networks, allies.
- Material/financial, spiritual resources.
- Skills, education, expertise and experience

M.C. (Midheaven) - The MC is found on the very top of the chart. In an astrological chart it represents how you are viewed by the world, in other words, your reputation and worldly accomplishments. Instead we are going to use the MC as a starting point to think of the future. How do you want this particular situation to be resolved? Consider the points below that are relevant to you and your situation:

- Desired outcome without worrying about the “what ifs.” It is ok if you are not focused yet.
- What is your vision?
- What calls to you? What makes you want to get out of bed in the morning? What is calling to you now?
- What are your passions?

Focus Question

If you can boil it down, what is your core issue or question? What is the gist of what you are seeking? What question(s) would you like answered (They should be more than Yes/No questions). It is OK if this is a first draft.