



Hermes Astrology

How to Be Free

Breaking the Inner Prisons Written in the Stars

Shaka Senghor's *How to Be Free* is a raw, deeply human book about escaping not only physical incarceration but the **invisible prisons** of grief, anger, shame, and fear. Through his personal journey and practical framework, Senghor shows that freedom isn't something granted from the outside — it's **chosen, cultivated, and renewed from within**.

Astrology, too, is a system that speaks to this inner journey. Every birth chart reveals where we are bound by conditioning, where we hold pain, and where we're destined to **reclaim power**. When we overlay Senghor's "freedom framework" with the language of astrology, we discover a **cosmic map of liberation** — one that turns suffering into strength and personal history into higher purpose.

1. The 12th House and Saturn: Hidden Prisons and the Structures That Bind

Senghor writes that the most powerful prisons are not made of "concrete and steel" but of **unhealed emotions, trauma, and internalized stories**. In astrology, this is mirrored in the **12th house** — the realm of the subconscious, hidden sorrows, karmic patterns, and self-undoing — and in **Saturn**, the planet of limits and lessons.

- The **12th house** shows where we may unconsciously sabotage ourselves or where pain remains buried.
- **Saturn** reveals the walls we build to protect ourselves — which can eventually become the very structures that trap us.

When Senghor describes grief, anger, shame, and trauma as "hidden prisons," he is essentially describing **12th-house and Saturnian dynamics**. Liberation begins with recognizing those patterns rather than fighting their existence. In astrology, Saturn teaches through discipline and confrontation of fear; the 12th house invites surrender and self-compassion.

"Everyone has hidden prisons. But every prison has a door." — Shaka Senghor

In astrological language: **Saturn gives the lock, but also the key.**

2. Mars and Pluto: Confronting Anger and Reclaiming Power

One of the most powerful sections of Senghor's story is his confrontation with **anger** — first as a destructive force that led to violence and imprisonment, and later as a source of **clarity and transformation**.

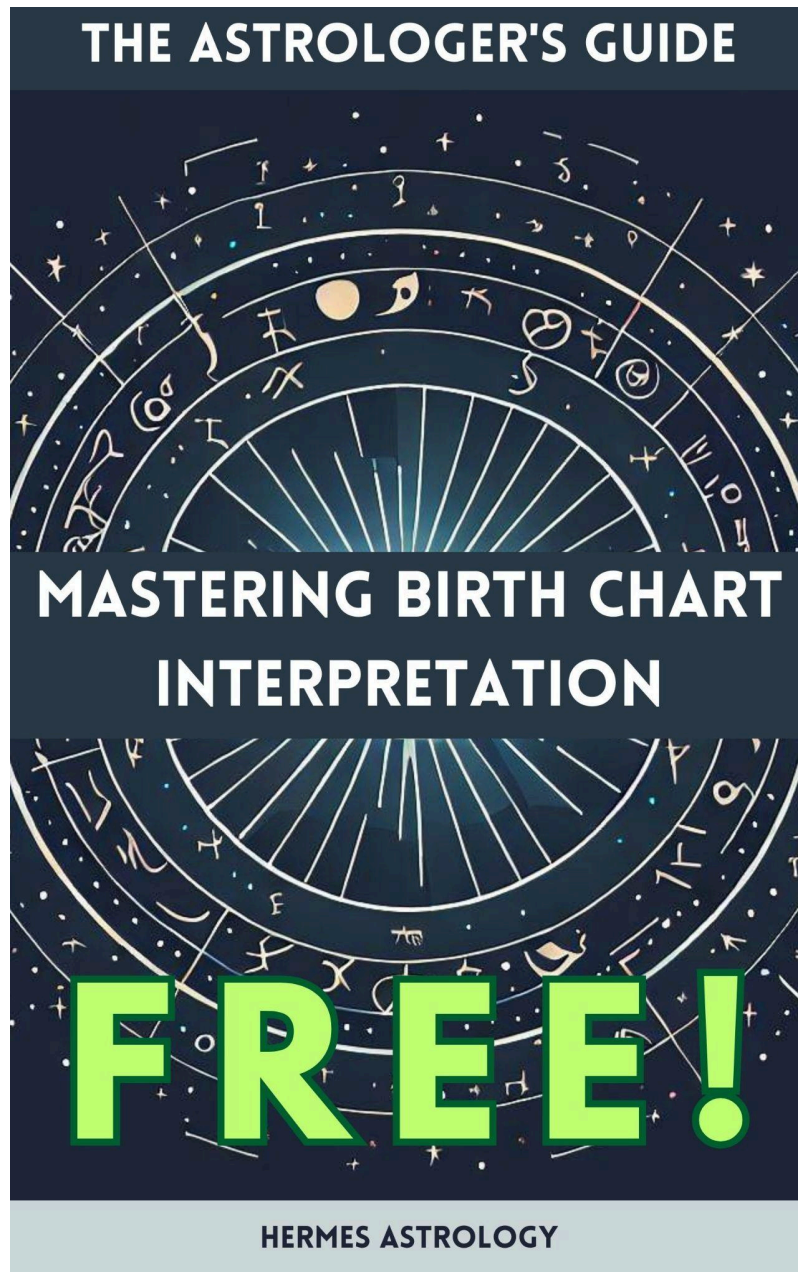
In astrology, **Mars** rules anger, action, and willpower. **Pluto**, the planet of the underworld, represents transformation, rage, trauma, and the reclaiming of personal power from darkness.

- Mars in a birth chart shows how a person instinctively reacts when threatened or triggered.
- Pluto shows the deep, hidden forces and survival instincts underneath those reactions.

When these energies are unconscious, they can lead to self-destruction. But when harnessed consciously — as Senghor learned to do through reflection, journaling, and healing — they become engines of profound **personal evolution**.

This mirrors the Pluto journey astrologers often speak of: **descending into the shadow, facing the darkness, and returning with power.**

FREE BOOK



For a limited time, you can receive a free copy of 'The Astrologer's Guide: Mastering Birth Chart Interpretation' by subscribing to our newsletter. Get your free book here:
<https://hermesastrology.substack.com/p/your-free-book>

3. The Moon and Chiron: Healing Emotional Wounds

Much of Senghor's work revolves around learning to sit with pain — grief, loss, shame — and finding **emotional resilience**. In astrology, this is the domain of the **Moon** (emotional body, attachment, and safety) and **Chiron** (the archetypal Wounded Healer).

- The **Moon** shows how we cope with feelings and where we seek emotional security.
- **Chiron** reveals our deepest wounds — not to define us, but to guide us toward **healing and teaching others**.

Senghor's journey from incarceration to becoming a resilience mentor is a living embodiment of **Chiron's path**: turning personal pain into a tool for collective healing.

4. The North Node: The Soul's Path to Freedom

Astrology teaches that the **North Node** in the birth chart represents the soul's evolutionary direction — the lessons and qualities we must embody to grow. Senghor's transformation — from being trapped in inner and outer prisons to becoming a voice of empowerment — perfectly reflects a **North Node journey**: stepping into uncomfortable growth, releasing old patterns (South Node), and **claiming inner freedom**.

For example:

- A **North Node in Aries** might speak to developing self-leadership and courage.
- A **North Node in Libra** might emphasize healing through community and forgiveness.
- A **North Node in Scorpio** would mirror Senghor's path exactly: **transformation through facing darkness**.

The North Node doesn't promise ease — it promises **liberation** through purpose.

5. Jupiter and Freedom: Redefining Success

Senghor emphasizes that real freedom is not “having unlimited choices” but **living a life of purpose**. In astrology, this is the language of **Jupiter** — the planet of belief, faith, expansion, and **meaning**.

- Jupiter in a chart reveals where we can find a higher philosophy that sustains us.
- It points to the inner compass that helps us rise above circumstances.

When Senghor learned to free his mind before his parole was granted, he lived out a Jupiterian truth: **external freedom follows internal liberation**.

6. The Three-Part Journey and the Astrological Wheel

Senghor structures the book into three parts:

1. **Breaking the Chains** (grief, anger, shame)
2. **Finding Your Strength** (forgiveness, vulnerability, resilience)
3. **Embracing Freedom** (joy, love, success, fearlessness)

This mirrors the **astrological journey through the chart**:

- **Houses 1–4 (roots)** — confronting personal pain and unconscious patterns (Breaking the Chains).
- **Houses 5–8 (power)** — developing inner strength and personal agency (Finding Your Strength).
- **Houses 9–12 (freedom)** — embracing purpose, spiritual maturity, and collective contribution (Embracing Freedom).

This parallel shows how astrology can give **language and timing** to the very processes Senghor describes experientially.

7. Transits and Timing: Freedom Has Seasons

Senghor's story shows that freedom is not linear; it's a **daily practice** and a series of **turning points**. Astrology reflects this through **transits, progressions, and planetary cycles**, which reveal when certain inner prisons are likely to surface — and when liberation is most possible.

- A **Saturn return** may bring up fear and responsibility.
- A **Pluto transit** often forces deep transformation and shadow work.
- A **Jupiter transit** can bring expansion, purpose, and the courage to step forward.

Knowing these cosmic cycles can help individuals **anticipate their inner seasons of growth**, just as Senghor learned to anticipate emotional waves and respond with mindfulness and strategy.

8. Forgiveness, Venus, and Neptune: The Soft Power of Liberation

A central part of Senghor's journey is forgiveness — of himself, of others, of life. In astrology, forgiveness and compassion resonate with **Venus** (connection, self-worth, love) and **Neptune** (unconditional love, transcendence, spiritual healing).

Forgiveness is not weakness; it's **the unlocking of the soul's cage**. Venus teaches self-love as a foundation for healing, and Neptune dissolves illusions that keep us tied to old narratives.

Senghor's story illustrates that freedom isn't only built through strength (Mars/Pluto) — it's also softened, expanded, and sustained by **love and grace**.

9. Freedom as a Daily Practice: Astrology as a Compass

Senghor writes:

“Freedom isn’t a destination I reached when I walked out of prison—it’s a path I continue to walk every day.”

Astrology mirrors this truth. The chart is not a static portrait — it’s a **living map** that moves with us. Each transit, progression, and return invites us to **renew our commitment to freedom**, just as Senghor renews his daily.

Your chart shows **where** your prisons are and **how** you can unlock them — but you must walk through the door.

Conclusion: Astrology and the Practice of Liberation

How to Be Free is a story of redemption, resilience, and radical responsibility. It reminds us that **our past does not define our path** — our choices do. Astrology offers a parallel structure: the planets, houses, and nodes point to **where the work lies**, but the real transformation happens when we **choose to engage**.

- **Saturn** shows the wall.
- **Pluto** leads us into the shadow.
- **Chiron** reveals the wound.
- **Jupiter** lights the horizon.
- **The North Node** points the way forward.

Freedom is both **cosmic** and **conscious**. Senghor gives us the practice. Astrology gives us the **map**.

Life Reset Reading



Are you ready for a fresh start? The Life Reset Reading is your cosmic roadmap to transformation, offering a deep dive into the celestial influences shaping your life. This reading is designed to help you break free from old patterns, navigate life's crossroads, and embrace the new opportunities awaiting you.

We begin by exploring your natal chart, the unique blueprint of your soul's journey, to uncover the core themes and lessons that have been woven into your life from birth.

During the reading, we'll dive into key areas of your life that may need a reset:

✨ Career & Purpose (💼): Discover the astrological influences impacting your professional life and uncover the most auspicious times for making a career shift or pursuing new opportunities. We'll explore your Midheaven (♌) and 10th House to reveal the career path that aligns with your soul's purpose.

✨ Relationships & Love (💖): Understand the dynamics of your romantic and personal relationships through your Venus (♀) and Mars (♂) placements. Whether you're seeking new love, healing past wounds, or reigniting passion, this reading provides insights into the timing and nature of your relationships.

✨ Personal Growth & Well-Being (🌱): Explore the areas of your life where growth is most needed. We'll look at your Ascendant (♈), 1st House, and the placement of Jupiter (♃) and Saturn (♄) to understand the challenges and opportunities for expansion, discipline, and personal fulfillment.

✨ Financial Outlook (💰): Gain clarity on your financial potential by examining your 2nd House and the influences of Venus (♀) and Jupiter (♃) on your wealth and resources. Learn when to take risks and when to be cautious in your financial endeavors.

This reading is a transformative experience that empowers you to take control of your destiny. By understanding the cycles of the cosmos, you can align your actions with the universal energies, creating a life that reflects your true self. Whether you're at the beginning of a new chapter or seeking to close an old one, the Life Reset Reading offers the clarity, guidance, and inspiration you need to make bold, confident decisions.

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About the Author

Welcome to Hermes Astrology, where precision and meticulous attention to detail are the cornerstones of our practice. We believe that in the intricate dance of the cosmos, the smallest nuances can hold profound significance. Our commitment to accuracy and detail ensures that every insight and revelation we offer is a reflection of the celestial intricacies that shape your life.

Our Approach

At Hermes Astrology, we take pride in our unwavering dedication to providing you with the most precise and comprehensive astrological guidance. Our approach involves a deep dive into the cosmos, meticulously charting the positions of celestial bodies and their subtle interplay.

The Pursuit of Precision

We recognize that every birth chart is a map of your life's journey, and as such, we treat it with the utmost reverence. Our pursuit of precision is not limited to the basics; it extends to every aspect of your chart, including rare planetary configurations and fixed star influences. We believe that even the most seemingly minor celestial events can have a profound impact on your life's trajectory.

Detail-Oriented Readings

Hermes Astrology is built on a foundation of unrivaled attention to detail. When you consult with us, you can expect in-depth, insightful readings that leave no aspect of your chart unexplored. We unravel the intricacies of your personality, relationships, and life path with meticulous care, ensuring that our insights resonate with your unique experiences.

Experience the Difference

Discover the difference that precision and detail can make in your astrological journey with Hermes Astrology. Whether you seek clarity on your life's purpose, guidance in relationships, or insight

into your career path, our astrology practice is dedicated to providing you with a profound understanding of your celestial blueprint.

<https://hermesastrology.substack.com/>