



Hermes Astrology

The Lie You Don't Know You Believe

Insights from Psychology and Astrology

Jennie Allen's *The Lie You Don't Know You Believe* confronts a truth that feels unsettling precisely because it is so familiar: most suffering is not caused by what happens to us, but by the **story we accept about what it means**. Long before behavior changes, a narrative installs itself. That narrative becomes identity. Identity becomes destiny.

Astrology, at its deepest level, has always been concerned with the same question—not *what will happen*, but **what story is unconsciously being lived**.

When approached carefully, astrology does not compete with spiritual truth. It reveals **where the mind is vulnerable to distortion**, where fear masquerades as identity, and where freedom requires conscious intervention.

Lies Are Not Random — They Attach to Structure

Jennie Allen identifies three core lies that trap people spiritually and psychologically. What makes lies powerful is not their content, but their **placement**. A lie survives because it finds a structural home inside the person.

Astrology describes this structure symbolically.

Every birth chart is an architecture of perception. The planets do not force behavior; they describe **where awareness is easily hijacked** and where truth must be actively remembered.

In Christian language, this is the battleground of the mind.
In astrological language, it is the terrain of the chart.

Saturn and the Lie of “I Am Not Enough”

One of the most pervasive lies Allen addresses is the belief of insufficiency: *I am lacking. I am behind. I must strive to be worthy.*

Astrologically, this lie is associated with $\text{\textcircled{2}}$ **Saturn**.

Saturn governs fear, limitation, and internalized authority. When Saturn is unconscious, it becomes a voice of accusation rather than wisdom. It tells the soul that love must be earned, that rest is dangerous, and that failure defines identity.

This mirrors precisely the spiritual stronghold Allen describes—not a dramatic deception, but a quiet assumption that God’s love is conditional.

When Saturn is redeemed, however, it becomes discernment, maturity, and spiritual authority. The lie does not disappear through effort, but through **truthful re-education of the inner authority**.

Freedom comes not from rejecting Saturn, but from placing it under truth rather than fear.

Neptune and the Lie of Confusion

Another lie Allen exposes is deception through distortion: *Truth is unclear. God is distant. I cannot trust what I perceive.*

This is the domain of Ψ **Neptune**.

Neptune dissolves boundaries. When aligned with truth, it opens compassion, faith, and transcendence. When hijacked, it produces spiritual fog, escapism, and counterfeit enlightenment.

Many people stuck in spiritual confusion are not rebellious—they are **Neptunian without grounding**. They mistake emotional intensity for truth and spiritual language for spiritual authority.

Allen's insistence on replacing lies with Scripture parallels astrology's insistence on **anchoring Neptune to Saturn**—mysticism grounded in structure, faith rooted in reality.

Without this anchoring, spirituality becomes another form of deception.

Mars and the Lie of Power Through Control

A third common lie is the belief that survival requires domination, self-protection, or aggression: *If I do not assert myself, I will be destroyed.*

Astrologically, this belongs to \varnothing **Mars**.

Mars governs action, defense, and survival instinct. When misaligned, it becomes reactivity, anger, and compulsion. Spiritually, this mirrors the temptation to fight spiritual battles with fleshly weapons.

Allen's message is clear: freedom does not come from fighting harder, but from **standing in already-given authority**.

In astrological terms, Mars must serve the Sun—not replace it. Action must flow from identity, not fear.

The First House: Where the Lie Becomes “Me”

The most dangerous lies are not ideas we hold—they are identities we inhabit.

Astrologically, this is the **1st house**, the lens through which the self experiences reality. A lie rooted here does not feel like deception; it feels like personality.

“I’m just anxious.”

“I’m just broken.”

“I’m just not spiritual.”

Jennie Allen’s work directly challenges this: lies lose power when they are named **as external intrusions**, not intrinsic truths.

Astrology supports this by reminding us that the chart is not the soul—it is the terrain the soul navigates. The self is not reducible to its conditioning.

Redemption Is Integration, Not Erasure

Neither Christianity nor astrology teaches freedom through denial. Freedom comes through **reordering**.

Allen does not instruct readers to suppress thoughts, but to replace lies with truth. Astrology likewise does not remove difficult placements; it teaches how they are meant to function when aligned with purpose.

This is crucial:

The goal is not to eliminate Saturn, Neptune, or Mars—but to restore them to their rightful place.

Truth does not destroy structure.
Truth **inhabits** it.

Living Free Means Living Awake

At its core, *The Lie You Don't Know You Believe* is about awakening—not to secret knowledge, but to **clarity**. To see the lie clearly enough that it loses its power.

Astrology, stripped of superstition, serves the same function. It exposes unconscious patterns so they can no longer rule invisibly.

Both paths insist on the same truth:

You are not your fear.
You are not your conditioning.
You are not the voice accusing you in the dark.

Freedom begins the moment the lie is revealed—and revelation is always an act of light.

In that sense, astrology does not replace spiritual truth. At its best, it simply **maps where the battle is being fought**.

And as Jennie Allen reminds us, the battle is never about behavior first.
It is about belief.

Because once the lie collapses, life reorganizes itself around truth.

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About the Author

Trusted Astrology Expert with 15,000+ Followers.

Hermes Astrology is a digital sanctuary where ancient celestial wisdom meets modern self-discovery. Named after Hermes—the divine messenger who bridges worlds—this project seeks to translate the symbolic language of the stars into practical insights for contemporary life.

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