

## **Sunday, August 17, 2003 – 9:32 a.m.**

I had done so well to keep an optimistic outlook--writing in my journal almost every day--but the last month, I have let myself become so consumed in my chaotic life that I haven't had the motivation to capture my thoughts in writing, at least until today.

August is always one of the toughest months for me during the year. From what I've learned through Astrology, the month before our birthday is a "low-energy" month and a transition month before we start a new theme in our life paths. It's also one of my most emotionally turbulent months as well.

I sit here this early Sunday morning, wiping the tears from my eyes that I just can't seem to stop crying. On a day when I would normally be sleeping until mid-afternoon, I was awakened by a dream I was having. I started listening to Rick Dee's Weekly Top 40 and Coldplay's newest song, "The Scientist," came on the radio. As soon as the song started to play, the tears started rolling, and I haven't been able to stop them yet. The lyrics were obviously speaking to a deeper part of me that I don't typically acknowledge.

Come up to meet you, tell you I'm sorry  
You don't know how lovely you are

I had to find you  
Tell you I need you  
Tell you I set you apart

Tell me your secrets  
And ask me your questions  
Oh let's go back to the start

Running in circles  
Coming in tales  
Heads are a science apart

Nobody said it was easy  
It's such a shame for us to part  
Nobody said it was easy  
No one ever said it would be this hard

Oh take me back to the start

I was just guessing  
At numbers and figures  
Pulling your puzzles apart

Questions of science  
Science and progress

Do not speak as loud as my heart

Tell me you love me  
Come back and haunt me  
Oh and I rush to the start

Running in circles  
Chasing tails  
And coming back as we are

Nobody said it was easy  
Oh it's such a shame for us to part  
Nobody said it was easy  
No one ever said it would be so hard

I'm going back to the start

All of these emotions were reminding me of this same time two years ago, when I was trying to sort out my life, the decisions I had made, and the outcomes they had led to. When I hurt this badly inside, my natural instinct cries out for a fix that only my mom can give me. I'm trying my best to play her voice inside my mind to tell me that it's going to be all right, but it doesn't seem to be working. I also keep hearing my dad's voice telling me "there's no use in crying," and to "keep my chin up."

I don't know why I always seem to feel the weight of the world on my shoulders more heavily during the month of August, but I do. I want so badly to reach out to someone for support, but keep telling myself to be strong, and that I have all the strength that I need to get through this. Besides, I didn't want to be a burden to anyone with my problems, and I knew these feelings would pass.

I decided to look at my Astrology Forecast for some insight into the emotions I was having. The very first paragraph detailed the planetary alignment of the Sun conjunct Saturn and says, "Find time to work alone, because you are not in a light, social mood and are feeling the weight of all the tasks, duties and responsibilities you feel the need to fulfill. Something in your life seems out of whack or disorganized and is calling for your attention. Spend time setting your affairs in order, but try not to feel guilty if you don't get everything done. Others won't hold it against you if you don't finish all your tasks; in fact, they probably won't even notice. Your feeling that you owe others something is just that -- your feeling. Similarly, don't feel bad about turning down any social invitations; you simply aren't in the mood and probably wouldn't have a good time, being too preoccupied to relax and unwind. Make use of this serious, hardworking mood; get things done, or at least in motion. Tend to that stack of unpaid bills, those thank you letters that should have been sent months ago, that overflowing inbox on your desk. It may not be much fun; it may even be incredibly tedious, but it will feed your mood and help you move through it to a time of less seriousness and more lighthearted activity."

It was obvious that I wasn't in a very lighthearted mood, and apparently it was because of the great planet Saturn trying to teach me yet another lesson in life. Whatever the influence, this was not an energy that I liked to experience very much, and hopefully one that wouldn't last very long.