



FOLLOW OR WALLOW?*

FRANK CLIFFORD

* AKA 'NOT WAVING BUT DROWNING'

Frank Clifford

'No Boundary' by Ken Wilbur

- ★ The more I hold onto pleasure, the more I necessarily fear pain. The more I pursue goodness, the more I am obsessed with evil. The more I seek success, the more I must dread failure. The harder I cling to life, the more terrifying death becomes. The more I value anything, the more obsessed I become with its loss.

Six Pairs of Signs

Frank Clifford

- ★ Polar signs are not opposites in nature; they are two different sides of the same coin
- ★ They are complementaries – enhancing, emphasising, tempering each other
- ★ Interdependent – they exist with (and because of) the other; they share a journey; they define each other; their meanings (regular and extreme) are illuminated through the traits of their opposite
- ★ **Today we're looking primarily at the Sun and Moon rather than an axis (angles, nodal)**

Six Pairs of Signs

Frank Clifford

- ★ We often find ourselves in situations and environments linked to the opposite sign (Aries > apathy; Libra > conflict) in order to understand what our natal placement needs/desires
- ★ When we have oppositions, our job is to live out both sides and form a truce where both sides are allowed expression (balance is rarely achieved)
- ★ When two or more of the Big Three are in signs opposite to each other, our major life issues are defined by this see-saw
- ★ We can learn much from the sign opposite our Sun and Moon sign placements – the sign can keep us from trouble

Follow or Wallow?

Frank Clifford

- ★ Arguably our job is to follow the message/ invitation of our chart (e.g. explore the journey of our Sun sign; feed our Moon sign's needs)
- ★ But we can also languish in the opposite ...
- ★ We can express the very worst of the opposite sign (esp. opposite our Sun or Moon placement)
- ★ This is particularly evident with our Sun sign (consider that in heliocentric astrology, the Earth's position is directly opposite your Sun sign – grounds us but keeps us from evolving)

Aries & Libra

Frank Clifford

- ★ Conflict, provocation
- ★ Might
- ★ Declaring war
- ★ Independent
- ★ Autonomous
- ★ Rude, honest, direct
- ★ Unsubtle, coarse
- ★ Aggressive
- ★ 'Doing', workaholic
- ★ Subjective, passionate
- ★ Co-operation; appeasement
- ★ Right
- ★ Making love
- ★ Co-dependent
- ★ Mutual agreement
- ★ Tactful, charming, strategic
- ★ Subtle, finesse
- ★ Assertive
- ★ 'Being', lazy
- ★ Objective, dispassionate

When Aries wallows in the worst of Libra

Frank Clifford

- ★ We give way to passivity, indecision, laziness or co-dependency; ‘contender’
- ★ We’re afraid to fight for our principles or go it alone; we lack courage or we fear healthy conflict (thereby attracting it)
- ★ Looking for approval/to be liked
- ★ Looking for the wealthy patron!
- ★ We stay in someone else’s shadow or play a supporting role in our own life; the apologetic sheep rather than the bold ram

Frank Clifford

When Aries turns into Libra

Lazy is a very
strong word. I like to call it
“**Selective participation.**”



Don't get mad at lazy people.
They didn't do anything.

If I won the award of laziness I
would send somebody to pick
it for me.

When Libra wallows in the worst of Aries

Frank Clifford

- ★ We create division, competition, and play people off against each another to keep our position safe (craving to be everyone's #1)
- ★ We provoke conflict and disrupt the peace – and leave others to resolve these
- ★ Everyone else becomes a mirror for approval
- ★ 'Agree and we'll both be happy'
- ★ We are driven by ego and intolerance; we can 'never be told'
- ★ We prioritise our social standing and our pursuit of self-gratification

Frank Clifford

When Libra turns into Aries



Bitchcraft -
The art of pissing
people off while
smiling sweetly.

Taurus & Scorpio

Frank Clifford

- ★ Garden of Eden
- ★ Possessions; hoarding, accumulating
- ★ Building, maintaining
- ★ Needs reliability
- ★ Self-sufficiency
- ★ Permanence, calm, steadiness, serenity
- ★ Food, sensuality/pleasure
- ★ The tangible
- ★ The copper/Bobby
- ★ Temptation and Fall
- ★ Fixations; obsessions/ compulsions
- ★ Destroying, rebuilding
- ★ Needs trust
- ★ Merging, mastery
- ★ Emotional storms, crisis, drama
- ★ Taboos, sex/intimacy
- ★ What's hidden
- ★ The detective

When Taurus wallows in the worst of Scorpio

Frank Clifford

- ★ We become riveted to – or bury – past emotional traumas
- ★ We hold on to fanatical obsessions/secrets especially sexual or emotional situations
- ★ We covet that which doesn't belong to us
- ★ We resist the inevitable tides of change; or live in a state of perpetual crisis; crisis junkies always pursuing or anticipating the next drama
- ★ We punish when we don't 'get our money's worth'; we hold loved ones to ransom; we betray our roots

Frank Clifford

When Taurus turns into Scorpio

Why should you
never date an **Q:**
apostrophe?

A: They're too
possessive

When Scorpio wallows in the worst of Taurus

Frank Clifford

- ★ We stay in a (dis)comfort zone (free of risk or growth) for financial reasons
- ★ We seek financial control rather than emotional power
- ★ We refuse to question our own motives or analyse what lies beneath
- ★ We attach ourselves to blanket generalisations resulting from fixed opinions
- ★ We become a slave to the senses
- ★ We accumulate or hoard excessively

When Scorpio turns into Taurus

Frank Clifford

PEOPLE SAID I'D NEVER GET OVER
MY OBSESSION WITH
PHIL COLLINS



BUT TAKE A LOOK AT ME NOW



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Gemini & Sagittarius

Frank Clifford

- ★ Facts, figures, data
- ★ Dipping in, on the surface; the gist
- ★ Knowledge, info
- ★ Student; reporter
- ★ Truth is negotiable, a matter of perspective; amoral; basically!
- ★ Reason
- ★ Salesman
- ★ Philosophies, beliefs
- ★ Big questions, whole picture; comprehension
- ★ Wisdom, meaning
- ★ Teacher; broadcaster
- ★ Looking for absolute truth; concerned with morality; absolutely
- ★ Intuitive leaps
- ★ Evangelist; preacher

When Gemini wallows in the worst of Sagittarius

Frank Clifford

- ★ We close ourselves off to possibilities/ alternatives and attach ourselves to a fixed and 'righteous' belief system
- ★ We become a condescending know-it-all fundamentalist who has found an unquestionable 'truth'
- ★ Chronic evasiveness and entitlement
- ★ We are driven by superstition
- ★ We seek advantage and special favours without working for them
- ★ The truth is a moveable feast; hypocrisy

When Gemini turns into Sagittarius

Frank Clifford



When Sagittarius wallows in the worst of Gemini

Frank Clifford

- ★ We are careless and don't check the facts; we live on our wits and abandon morality; we promise the world ...
- ★ Unwilling to go deep, we present superficial, sloppy work
- ★ We become the freeloader, groupie, name-dropper or con artist – taking advantage of our position or other's belief in us
- ★ We focus on the logical at the expense of the meaning behind the facts

When Sagittarius turns into Gemini

Frank Clifford

CS607757

SORRY, THE GURU ISN'T HERE TODAY. I'M FILLING IN FOR HIM, BUT I DON'T HAVE ANY WISDOM TO SHARE. HOW ABOUT A KNOCK-KNOCK JOKE INSTEAD?



CARTOONSTOCK
A CARTOON COLLECTIONS COMPANY

Pre internet chat room using
An old version of windows...



Cancer & Capricorn

Frank Clifford

- ★ Nurturing, smothering, mothering
- ★ Gut instinct, sentimentality
- ★ Nostalgia, clings to past
- ★ Preservation
- ★ Nepotism, family, blood, tribe
- ★ Family nourishment
- ★ Emotions on surface
- ★ Setting limits, boundaries, fathering
- ★ Hard-nose realism, no-nonsense, stoicism
- ★ Reality, builds future
- ★ Conservation; tradition
- ★ Earned status, rank, self-contained loner
- ★ Societal recognition
- ★ Spartan, stiff upper lip

When Cancer wallows in the worst of Capricorn

Frank Clifford

- ★ We place ambition before family and prioritize professional responsibilities over commitments to loved ones
- ★ We forget the importance of family ties and tradition – engaging instead with those who can further our career; we conceal or reinvent our past
- ★ We attach ourselves sexually or emotionally to those who are indifferent to our welfare
- ★ Our tender heart is hardened by ambition, criticism or resentment over others' successes
- ★ We elicit sympathy for our own gain; we become the control freak

When Cancer turns into Capricorn

Frank Clifford



"He's fine as long as I take my medication."

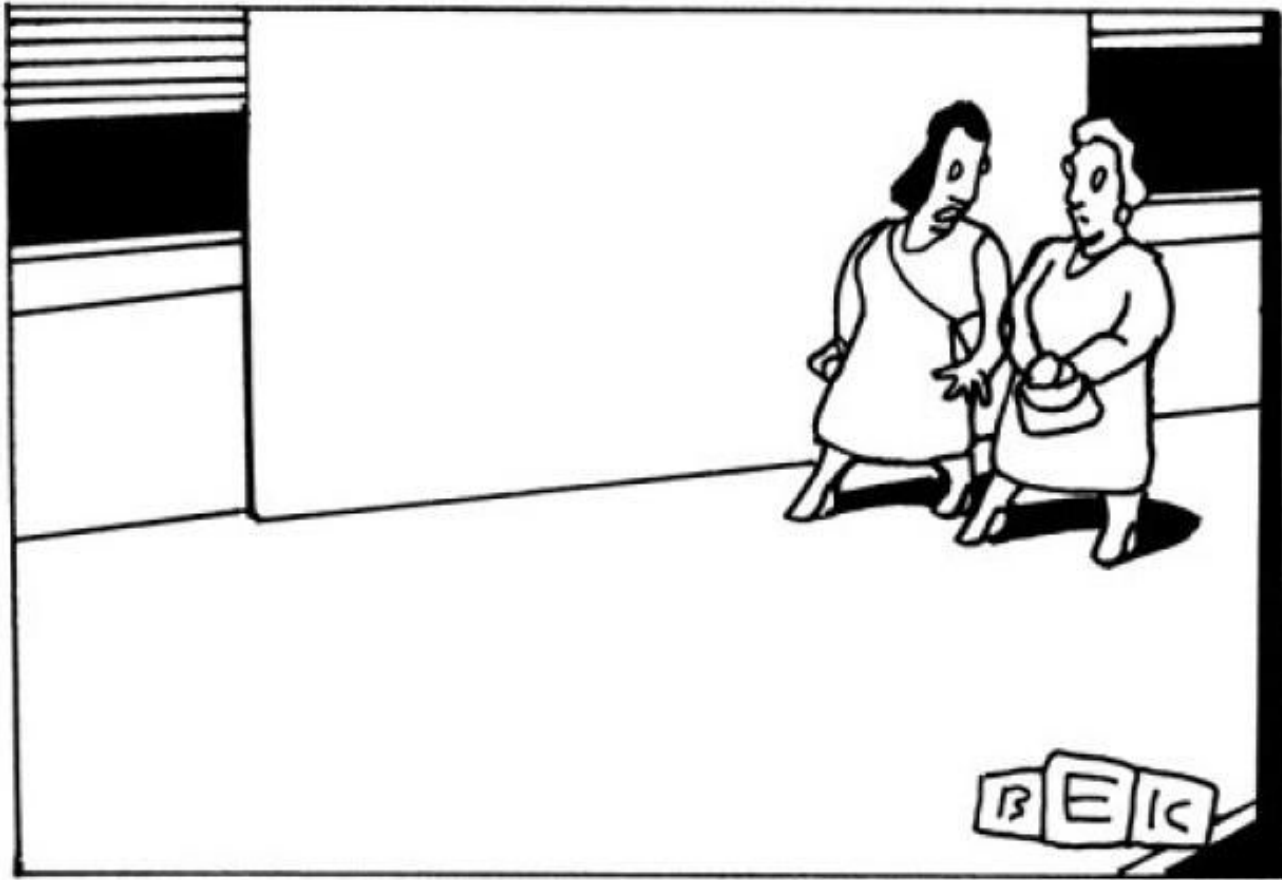
When Capricorn wallows in the worst of Cancer

Frank Clifford

- ★ We wallow in self-pity or are consumed by envy or long-term resentment
- ★ We refuse to heal our past – clinging on to emotional repression and family grudges
- ★ We indulge in emotional blackmail
- ★ We fear success and wallow in comparison or ‘might’ve been’ fantasy
- ★ We attempt to create a family at work but forget to implement boundaries

When Capricorn turns into Cancer

Frank Clifford



"I've never forgiven him for that thing I made up in my head."

Leo & Aquarius

Frank Clifford

- ★ Special, chosen, golden child, self
- ★ Autocratic (authority)
- ★ Monarch, ruler, king
- ★ Maintains status quo
- ★ Centre stage, stand out
- ★ Solo act; centre
- ★ Following heart
- ★ Father
- ★ Romance, love, play
- ★ Ordinary, equal, a member of the group
- ★ Democratic (authority)
- ★ People, plebs
- ★ Progressive
- ★ Misfit, alien, outcast
- ★ Audience, troupe; outcast
- ★ Following science
- ★ Anti-father
- ★ Friendship, playmates

When Leo wallows in the worst of Aquarius

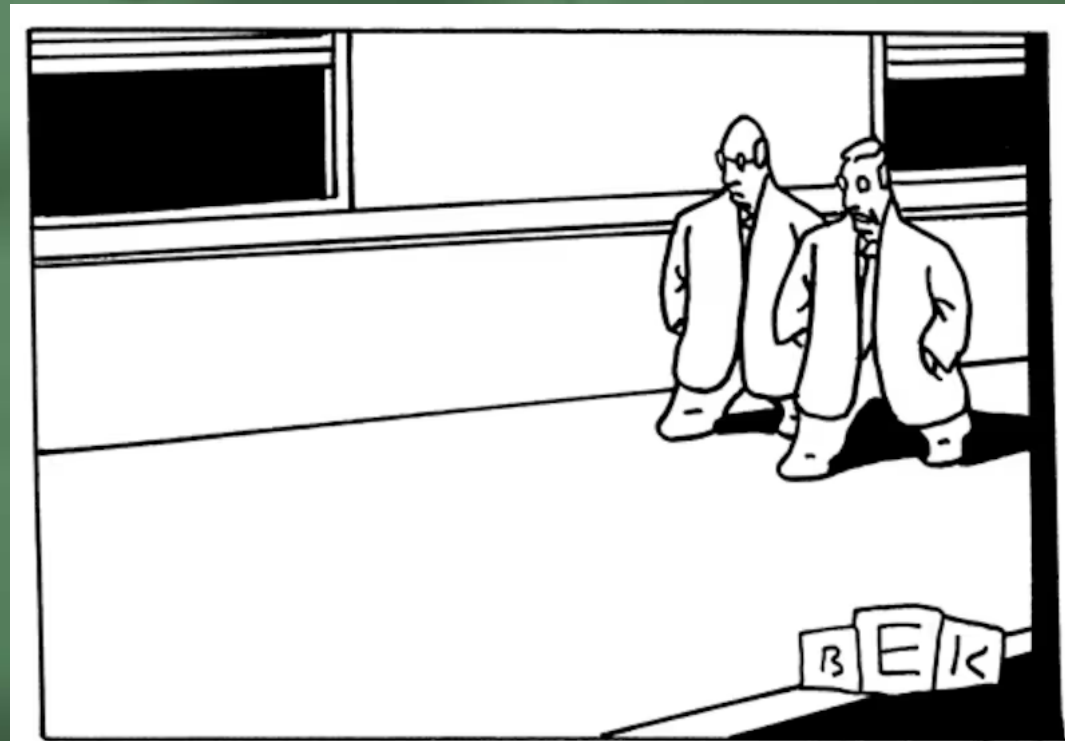
Frank Clifford

- ★ We crave applause/audience approval rather than pursuing our self-expression and engaging in self-acceptance/love
- ★ We reject heart, art and passion and pursue intellectual snobbery, science or theory; the rebel without a clue
- ★ We forget the human being behind the action or job; 'I know what's best for you'
- ★ We resent others for not recognising our uniqueness – positioning ourselves as the outsider

Frank Clifford

When Leo turns into Aquarius

I'm not anti-social,
I'm selectively
social. There's a
difference.



"If it made sense, that would be a very powerful idea."

When Aquarius wallows in the worst of Leo

Frank Clifford

- ★ We operate from an egocentric standpoint where ‘some are more equal than others’; the everyman becomes ‘every man for himself’
- ★ Democratic in spirit, autocratic in method
- ★ We secretly harbour prejudice and favouritism
- ★ We fight for equality and fellowship but secretly despise ‘commonness’
- ★ We wallow in narcissistic entitlement, desperate for attention and preferential treatment

Frank Clifford

When Aquarius turns into Leo



Virgo & Pisces

Frank Clifford

- ★ Craftsman, apprentice
- ★ Service: health
- ★ Modesty, a victim
- ★ Efficiency, order, precision; 'fixing'
- ★ Logical; mundane, practical solutions
- ★ Discrimination (exclusive), judges/critiques, selection
- ★ Devotion to a system
- ★ Artist, poet, visionary
- ★ Service: healing
- ★ Self-sacrifice, a martyr
- ★ Chaos, confusion, carelessness; 'saving'
- ★ Delusional, other-worldly; faith in higher
- ★ Embracing (inclusive), accepting, forgiving, letting go
- ★ Devotion to a cause

When Virgo wallows in the worst of Pisces

Frank Clifford

- ★ We are aimless drifters, indiscriminate or without schedule/order/routine
- ★ We wallow in chaos, confusion and wastefulness
- ★ We lose ourselves in a martyr-like situation where we feel used, abused and accused
- ★ We fall victim to fatalism and complain without ever taking action
- ★ We fear the unknown and all that cannot be quantified, measured or analysed

Frank Clifford

When Virgo turns into Pisces

Get off the cross,
someone needs the wood!

Robert Bryndza

When Pisces wallows in the worst of Virgo

Frank Clifford

- ★ We obsess over the inconsequential or petty – from hygiene to rituals
- ★ We become unforgiving, cruel and narrow-minded – scornful and relentlessly critical of ourselves and others (victim/martyr)
- ★ Our neurotic need to control our environment can create psychosomatic health issues/addictions
- ★ The cynic and voice of ‘reason’ overrides our intuition

Frank Clifford

When Pisces turns into Virgo



My perfectionism
seems to be
my only
imperfection



som^{ee}cards
user card





Country Song for Aries

Frank Clifford

**“I Gave Her My Heart And A
Diamond And She Clubbed
Me With A Spade”**



Country Song for Taurus

Frank Clifford

**“I'd Rather Hear A Fat Girl
Fart Than A Pretty Boy Sing”**



Country Song for Gemini

Frank Clifford

**“She Got The Ring
and I Got The Finger”**

A world map is displayed on a scroll that is unrolled and mounted on a green chalkboard. The map shows the continents in light colors against a blue background.

Country Song for Cancer

Frank Clifford

**“Mama Get The Hammer
(There’s A Fly On Papa's
Head)”**

A wooden ruler is positioned vertically on the left side of the chalkboard, showing measurements in inches and centimeters.A small, rectangular black eraser is placed on the ledge of the chalkboard.



Country Song for Leo

Frank Clifford


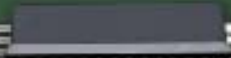
“Please Bypass My Heart”

A world map is displayed on a scroll that is unrolled and mounted on a wall. The map shows the continents in various colors against a light blue background.

Country Song for Virgo

Frank Clifford

**“Get Your Tongue Outta
My Mouth ‘Cause I’m
Kissing You Goodbye”**

A wooden ruler is positioned vertically on the left side of the chalkboard, showing measurements in inches and centimeters.A dark-colored chalkboard eraser is placed horizontally on the ledge at the bottom of the chalkboard.



Country Song for Libra

Frank Clifford

**“You’re the Reason Our Kids
Are So Ugly”**



Country Song for Scorpio

Frank Clifford

**“I Hate Every Bone In Your
Body ... Except Mine”**

A world map is displayed on a scroll that is partially unrolled, showing the continents in various colors. The scroll is mounted on a wall.

Country Song for Sagittarius

Frank Clifford

**“If You Don't Believe I Love
You, Just Ask My Wife”**



Country Song for Capricorn

Frank Clifford

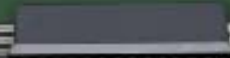
**“Did I Shave My Legs For
This?”**

A world map is displayed on a scroll that is unrolled and mounted on a wall. The map shows the continents in light green and oceans in light blue. The scroll has a white border and a small metal ring at the bottom center.

Country Song for Aquarius

Frank Clifford

**“How Can I Miss You
If You Won't Go Away?”**





Country Song for Pisces

Frank Clifford

**“How Come Your Dog Don’t
Bite Nobody But Me?”**



Country Song for Pisces

Frank Clifford

**“I’d Rather Have a Bottle in
Front of Me than a Frontal
Lobotomy”**



FOLLOW OR WALLOW?*

FRANK CLIFFORD

AKA 'NOT WAVING BUT DROWNING'