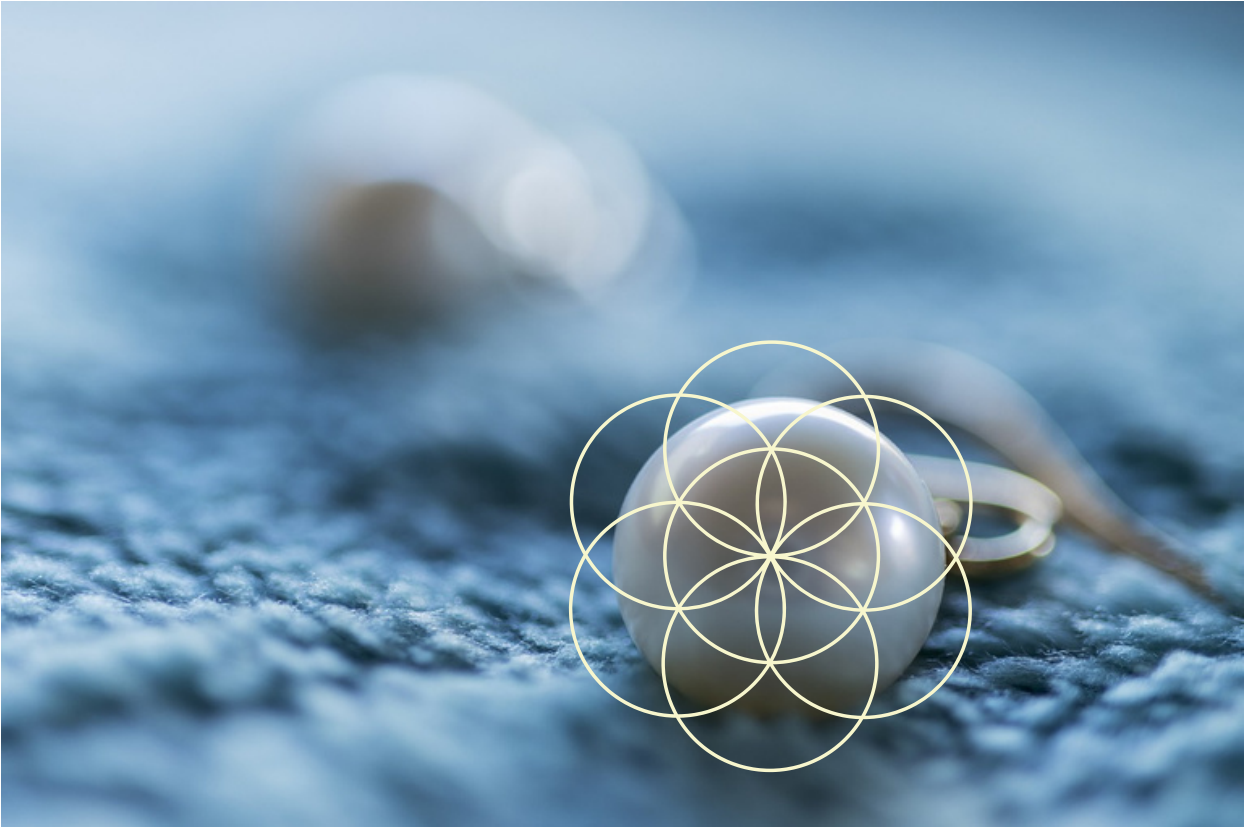


# TREASURE



*The Seed of Life*  
*Module 3*  
*Part 2*

# Stage 1 Excavate: Understanding Chiron - Psychology & Astrology

## Video Transcript - Understanding Chiron: Psychology

In this section, I am specifically focusing on the Jungian theory of psychology. At its heart lies the concept of archetypes: universal, archaic symbols that reside within our collective unconscious. Carl Jung proposed that these archetypes are the building blocks of our dreams, myths, and folklore. They are the shared universal heritage of our human experience, and transcend cultural and temporal boundaries. His theory of archetypes has since become prevalent and widely accepted.

Many personality assessments, like the MBTI and the Enneagram, utilise archetypes to describe different behavioural subtleties in various personality types. The understanding of archetypes has also enriched a rich variety of fields, from business branding to literary studies, and also to astrology.

One such archetype is that of the wounded healer, and this is a term that Jung himself coined. He has stated that through getting to know their own place of woundedness, the therapist can best be of assistance to others. In other words, the therapist's awareness of his or her own imperfection or inadequacy is also the strength that they can use to be most helpful to their clients. We can extend this understanding not just to other healing professions, but also to anyone who is in a position of healing or helping another. The idea here is that there is an inextricable link between pain and healing.

Although humans can have a tendency to see our own pain as a liability, the story of Chiron and the archetype of the wounded healer reminds us that our deepest wounds are also our greatest strengths. What the wounded healer archetype teaches us is that behind your wounds are also your wildest strengths. If you refuse to acknowledge and own the pain in your story, the world may never get to feel the impact that you have the capacity to create. If you become exiled from your true nature because you have focused on shutting down your pain and rejected facing it, those whom you are serving will not be able to see your gifts and medicine.

At this point, I'd also like to bring in the concept of the shadow, which adds another layer to our understanding of Chiron. There's a reason why most people shy away from meeting their wounds, because it runs the risk of exposing their vulnerability, and that can feel very dangerous. As this image here illustrates, Jung's idea of the shadow includes both the repressed and the ignored. The shadow has a dark reputation, but it's important to note that the shadow side also includes your hidden and therefore under-developed strengths. This is known as the Golden Shadow. So let's go into this a little more.

In Jungian Psychology, there is a strong emphasis on the process of individuation, a lifelong journey towards self-realization and wholeness. This journey involves integrating the conscious and unconscious parts of our psyche, including the 'shadow,' the part of ourselves that we deny or reject. Jung believed that confronting and integrating your shadow is a crucial step towards self-understanding and growth.

In psychological terms the 'shadow' represents what lies behind or underneath your conscious awareness. Recall the image of the iceberg model, where the shadow can be found in the unconscious layers, beneath the surface of the water. Your shadow often opposes your usual mode of behaviour or self-concept, and may contain unresolved developmental or parental issues. Because the shadow initially represents a threat to our ego, which is to say how we define and see ourselves, when it appears it can evoke a strong emotional charge, such as fear or anger, and a violent attempt to eliminate it. We may project the shadow on to others - a certain person perhaps, or a racial group. Our ego selves tend to reject the shadow.

Here is how this relates to the archetype of the wounded healer:

When we see our own wounding as a liability, we become obsessed with "fixing" it. We may even become ashamed of our wounds and so, to keep our pain a secret from the world - and from ourselves -, we shy away from connecting with our humanity. We try to prove to others and to ourselves that we are fixed and whole and painless. And therein lies the danger because, if we don't heal the shadow, then there will be repetition and futile struggles. We will keep re-enacting this wounding in situations and relationships, over and over again.

There's a famous saying by Jung: "Until you make the unconscious conscious, it will direct your life and you will call it fate."

Melanie Reinhart articulates the same idea quite eloquently: “wherever Chiron is found there is a tendency to externalize things which need be taken inwardly and symbolically. The result can be a relentless struggle, an enactment of an attempt to heal ourselves, to ‘get’ something we feel we lack and which we misguidedly imagine will assuage our pain. Strong social, professional or political agendas, where we confront collective issues may be infused with the attempt to vicariously heal our inner suffering. Giving up this struggle accords with Chiron surrendering his demigod status; transubstantiation into his immortal self followed. This corresponds with finding the inner way, through reflecting directly on our experience of our own life.”

The advice here is to catch the projection we may be doing, and to take the process inwards.

So how can we embrace our shadow when it is so frightening and threatening to our ego?

Here is where Chiron offers a few keys. The deepening mindset work in the next module will support you in further applying these keys, but for now, let's excavate the rich gems of learning from Chiron.

Here is the first gift:

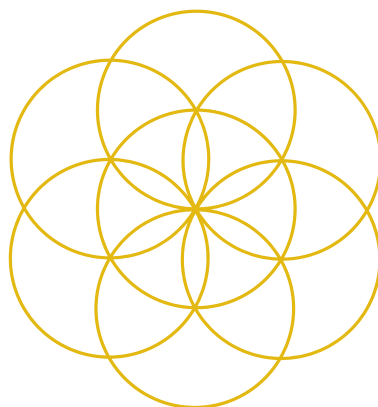
1. Chiron is your deepest wound, and also the gift that emerges when this wound is embraced and alchemised. The key here is that Chiron symbolises a particular gift you have that's bestowed with suffering, wounding, pain. Knowing that you have this healing gift can make the pain easier to bear. Even if it doesn't always feel this way, suffering is transient, but the contact with your true soul nature that this wounding offers is lasting. The gift of Chiron is the reminder that spiritual maturing and major awakenings take place through suffering.

2. This wound does not end per se, but it does get to be resolved. Whilst you cannot cure them, you can certainly outgrow your wounds. There is an understanding in psychology that something returns or repeats only when it is 'unfinished'. In other words, repetition is an intrinsic part of a healing process, and framing it as such can help us to not resist and fight against what we are experiencing. We are not going round in circles; rather, we get to spiral deeper. There is also the understanding that, although we cannot heal the wound, we are not helpless. We get to participate in our own healing by cultivating the appropriate life conditions and developing spiritual practices that support the process. When we can go with awareness into the places that hurt, without fixating on curing or getting rid of the pain, grace often arrives in unexpected ways and in divine right timing. This is the gift in Chiron's story.

3. The cultivation of compassion for your Chiron wounds reveals your golden shadow. This is a profound teaching. Chiron is not about 'fixing.' True

healing goes beyond this, there is acceptance and surrender. We have to work with our wounds consciously, and once you are able to truly accept your wounds with compassion, and see the worth in your wounds, the energy may be released through insight. Remember, your shadow also hints at potentials that have remained undeveloped and so may not be present in your life. What this means is that when you can embrace your wounds and hurt with loving kindness, and no longer reject, suppress, or deny them, your hidden gifts will be able to surface into the light. And so, it is the consciousness of compassionate light that transmutes wounds into gifts/medicine.

The wounded healer archetype can be found in stories of ordinary humans, as well as fictional characters, overcoming the most atrocious of circumstances. These inspirational figures don't do so by ignoring or denying the pain that may never go away. Instead, they rise above their woundings, they transcend injustices done to them through compassion and wise understanding. And by sharing their insights with us, they teach and show us the path so that in our own lives, we may do the same.



## Video Transcript - Understanding Chiron: Astrology

And now, we finally come to the astrology of Chiron. Astrology, like mythology, is a powerful story-telling system. By now, you've gained a clear understanding of Chiron as a mythological figure, you know how he rose heroically above his tragic circumstances with wisdom and compassion. His story is an inspirational one, and that's why he became seen as a symbolic representation of the wounded healer archetype in Jungian psychology. Now, as upstanding as the term 'wounded healer' may sound, there's no running away from the fact that there is pain, and usually there's a lot of pain, that needs to be met and processed. It's human nature to be averse to pain and suffering, and so oftentimes we cope by suppressing or denying that it's there. Thus, Chiron, and what it represents, often remains hidden in the shadows until we are ready and conscious enough to meet it. Knowing all this now, let's see what further insights we can gain by adding yet another layer to our understanding of Chiron, this time from astrology.

Here, Chiron as the wounded healer represents both the nature of a person's wounding, as well as where they can draw healing and spiritual development. Chiron's placement in your chart indicates where you may experience pain or trauma, yet it also shows you how to transmute your pain into a source of power. If you know which sign and house your Chiron is in your natal chart, as well as any major aspects it has to the planets, nodes, etc, you will be able to learn more specific details about the potential you have for significant healing and growth in your life. And when planets transit your natal Chiron, you may feel raw, but in that vulnerability, you also have access to potential healing.

This video teaching covers a more general understanding of Chiron to inform your awareness of how Chiron operates. Now, in the section on astronomy, you learnt about Chiron's orbit, which moves in and out of Saturn and Uranus. In astrological terms, Chiron sits between 2 very oppositional planetary energies:

Uranus represents the Great Awakener, the energy of Uranus is often described as lightning insights, or an experience of quantum Leaping. It signifies change that is cutting edge, innovative and moving into the new. Because it is the first non-visible planet in our solar system, it also represents the edge of the invisible world and higher realms of consciousness. The symbol for Uranus is the rebel who defiantly stands up to the rigid structures of society. It is revolution in the name of freedom, progress and individuality. However, there can be a lot of uncertainty with this planetary energy, a shake up that can be especially terrifying to our ego selves, and yet it is key to human progress and evolution. In fact, Prometheus, the titan who stole fire and gave it to mankind, the same figure that Chiron sacrificed his immortality for, is often associated with Uranian energy. This gift of fire is akin to flashes of unpredictable genius and brilliance, and is pure creativity. Uranus is fresh and innovative, and represents the new.

On the other hand, we have Saturn, which rules all kinds of form and structure, especially on the physical plane. It is associated with restriction, limitation, density and weight. It represents the established old ways and tradition, which is important and useful - until it is not. Saturn also

constitutes a boundary in the solar system, since it is the last planet we can see with the naked eye. And boundaries are essential, without them, we wouldn't be able to move through our lives successfully, there would be too much disorder. Saturnian energy is associated with hard-earned rewards that are a result of patient toil and labour. It is the harvest at the end of a long period of work and dedicated effort. Saturn helps us to develop patience and perseverance, to appreciate that good things take time. What I appreciate about Saturn is its quality of integrity – there are no short cuts, no flaking out or cutting corners. There is something pure about it, qualities that are dependable and trustworthy. Saturn is the scholar and researcher, practical, pragmatic, methodical and efficient. On the inner plane, Saturn represents our ego defenses, structures we've built to enable us to cope and even thrive. However, if these structures become rigid and calcified, they often end up obstructing and oppressing us.

And this is where Chiron comes in. Chiron's discovery between Saturn and Uranus marks it as a portal or gateway, a threshold between the visible and invisible worlds. It's a true place of initiation that facilitates an expansion of consciousness because it bridges the gap between material form that's governed by Newtonian physics and the quantum leaps of awareness that are possible when we attune to quantum physics.

Being right in between Saturn and Uranus, Chiron acts like an intermediary. However, its eccentric and unstable orbit indicates that there is no straight line

from old to new. Instead, here at the edge, at the threshold, a liminal process of transformation awaits. This liminal space, being a transit, is neither here nor there, which means that it's often an uncomfortable place to be if what we crave is certainty and clear answers. And yet, it is an important space that we need to consciously and willingly enter into, especially in these times we are living in.

This is because Saturnian structures of all kinds are breaking down. In the world around us, you can see it happening already, in political systems that are not longer tenable, in economic models that are no longer sustainable, in social norms that are no longer adequate. Closer to home, you may experience this in the breakdown of traditional family structures, in your career or the workplace, where it's common to not stay in the same job or path for most of your life.

And as these once familiar, external structures break down and disappear, our internal 'buffer zone' of security also gets shaken. We wonder what we can attach to for self-definition, especially when our unconscious identifications are challenged. A society in disorder exacerbates individual instabilities, and whilst this can provide incredible opportunities for accelerated spiritual growth, it can also lead to distressing psychological breakdown.

In this context, Chiron becomes a resourceful and much needed ally. At its highest and best, it symbolizes a unique combination of Saturnian respect for the past, for personal limits and the laws of the material and spiritual worlds, as well as the visionary potential, awakening clarity and brilliant genius of Uranus. Its energy offers a bridge between the old world that is crumbling and the new world that is becoming, that is already set in motion. What's needed is for us to intentionally attune to its high vibrational, healing wisdom. In order to do so, we have no choice but to face and meet our deepest wounds, our core, Chironic wound. When we consciously enter into this threshold crossing, we are essentially entering the stream of Saturn, where we are ready to take responsibility for our inner life. We leave behind rigid egoic defenses that we have put up, and vulnerably meet our wounds with compassion.

In the words of Melanie Reinhart, from her book, *Chiron and the Healing Journey*, "In this context Chiron represents an internalized authority that is socially responsible and aware of the limits of human mortality, yet also committed to individual growth and service to others."

There is such rich symbolism here, just from Chiron's orbit between Saturn and Uranus. The deeper level of meaning here is that there is an exquisite healing energy here for us all in the realm of Chironic consciousness, but it's up to us to take this inner journey to healing and wholeness. We need to heal, we need to do the shadow work, and once we do we gain greater access to our gifts. Let's explore this process further: what is this magical, liminal space that Chironic consciousness offers, and how can we access it more skilfully?

Chironic consciousness can be hard to understand, and even harder to explain, so I'm going to attempt to do so by starting with the image of both Chiron the planetary body and Chiron the centaur.

So, coming back to the symbol of Chiron, a planetary body that weaves in and out of Saturn and Uranus. Before the discovery of the Kuiper Belt, Chiron appeared to be part asteroid, part comet. Astronomers didn't quite know how to categorise it. It wasn't until the discovery of what lay beyond the orbit of Neptune, what lay beyond the far reaches and was unknown till it was discovered, that Chiron came to be identified as being part of a new group of small bodies that are similar to asteroids in size but are similar to comets in composition. In short, it's a new hybrid being that bridges the definitions of asteroid and comet.

Now let's look at Chiron the centaur. Note that his very form is a bridge, as he is half human half animal; he is a hybrid being that's commonly found in Greek mythology. Remember creatures like the minotaur or the griffin? These are all hybrid creatures. Now, horses suggest raw vitality and instinctual energy, a wild but potentially tameable libido. When tamed, they represent cultivated instinct, a power channelled by discipline and consciousness, and harmony between man and his animal self. So what we have in the figure of Chiron the centaur, a hybrid being, is neither man nor animal, it is a separate and distinct creature.

Because the pattern, this motif of a bridge, consistently recurs again and again, we can use this image to understand what Chironic consciousness is, and what it means to access this realm of insight. Essentially, Chironic consciousness works as a bridge that integrates differentiated rational thought and intuitive awareness of our connection to the Divine field. It's important to emphasise that it is not exclusively identified with either mode of perception/consciousness; rather, it functions as a separate, in between state.

This is to say that Chironic consciousness goes beyond mere cognition. It transcends both rational thought and intuitive awareness, and it does this by facilitating a direct awareness, a direct knowing of the luminosity and interconnectedness of the whole of life. It is a way of cognition that's cosmopoetic, because it is capable of embracing paradoxes that would totally confound linear Western rationality. This ability to handle paradox and dilemma is often associated with superconscious states of being, and this is where we can see Chiron as the connector between Saturnian form and structure and Uranian brilliance and genius.

This is Chiron's challenge and gift: he represents the in between, being in transition, and what's found in between the cracks. It is often said that the healers and wise ones are the liminal ones, but this is also the place of the misfit who struggles in a society that doesn't make sense to him/her. As Chiron's eccentric orbit suggests, he is often associated with the weirdo, the eccentric maverick who may be condemned by a culture that doesn't understand or

accept difference. It can hurt, and it can also be lonely, to take up the role of wanderer, outsider, or loner. The gift, though, is that Chironic consciousness can facilitate a reconciliation between the parts of ourselves that don't seem to fit, at least not according to the logical, rational mind. Like a half-man, half-horse creature: if not for the fact that it already exists in our collective consciousness, it would probably seem strange and fantastical.

Barbara Hand Clow refers to Chiron as the rainbow bridge, and Chiron can be seen as the bridge builder who connects our body, our physical needs, our existence as earthlings with our higher consciousness and cosmic energy. The centaur represents this well. And according to Melanie Reinhart, "Chiron's healing journey enables us to develop a consciousness both rational and intuitive, rooted in feeling and sensation. We retrieve our 'lower half' from the animal kingdom, or from other races of people on to whom we have projected it; we also retrieve our 'upper half' from the mentors, religious authorities and gurus in whom it might have been invested. We come home to ourselves, connected to Heaven and Earth."

So there you have it. This liminality, this state of being in between 2 places, if we sit with it long enough, if we can remain with the discomfort of not quite feeling steady on our feet, it can eventually open us up to a place of transcendence, where we go beyond ordinary thought and enter into a creative synthesis of understanding. This is a condition that is off-centre', there is a sense of

displacement, and so we have to re-orient ourselves to a different way of being. In this state, there is often a higher order of synthesis, a newly unfolding aspect of consciousness that links right and left brain functions. In other words, a synthesis of left brain, rational thinking and right brain, intuitive perception.

I'd like to share a quote, again from Melanie Reinhart: she writes that

"Chiron signals us to undertake our own unique journey of awakening which underlies the meaning of our lives. During this process, we will encounter many imponderables, paradoxes and unanswerable questions. Certainty stifles the soul, while the heart opens where the wisdom of uncertainty is allowed. Whenever we think we have figured out 'The Answer', we risk painting ourselves into the corner of our own unconscious hopes and fears. The deeper certainties, which bring rest to the soul, are inexpressible, but unmistakable. Chiron's journey is about learning to trust this without having to prove or demonstrate it."

Melanie Reinhart, Chiron and the Healing Journey

The duality of wounding and healing makes Chiron a powerful symbol for understanding personal challenges and transformative healing processes. As a portal, "Chronic consciousness" opens us to other dimensions, such as the ancestral realm, from which we may inherit both blessings and gifts but also unresolved suffering which needs our attention. Chiron thus offers access to a reality that is beyond dualism. And there's something about the astrology of Chiron that's especially pertinent for women.

Again, according to Melanie Reinhart, our Chiron return, around age 50, often takes place around menopause, which in itself is a huge initiation. It also marks a transition from a woman's bleeding years to when she stops. Now, just to be clear, this is the average age for women, so make allowance for differences here. What Melanie suggests is that around this time, especially in the first few years of a Chiron return, there's a repeat of the period of the precognitive life - that is after birth, and before we've learned to speak and walk. The memories from those times that impacted the wiring of our brain are often present or can be retrieved. What gets unresolved during our younger years gets reactivated here.

And so the Chiron process opens this door and we can often be given access to patterning that originated way back, and that is still holding you back, wounds that you are still hurting from and don't understand. So during your Chiron return and beyond, there is an opportunity to open your consciousness, to pull back the veil. There can be increasing empowerment when you move into your healing gifts in this fuller way. Keep in mind that during a Chiron return, your core wounds are reopened so that you can get to know your higher self and heal once more.

And because the Chiron journey is about accepting what is, this isn't about going back to the past and wishing that things were different. The focus here is on spiritual transition and rebirth, and the beautiful thing is that with women, our Chiron return often coincides with menopause. This major life-transition

brings a deep shift in awareness which can initiate a new stage of your awakening journey, a rebirth of your true TREASURE. I'd like to end with a quote that I first shared at the start of our Chiron journey together. This is a longer version of the quote, and it speaks to the beauty, the power, and the magic, of journeying with Chiron:

"We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

