

## FOCALIZING CRYSTALS OF ME

### A few facets of my psyche represented by planets and questions these parts of me might ask

#### **MOON (Inner emotional stability)**

Is it safe? Familiar? Knowable enough? Satisfying enough? Mystical enough? Can I trust it enough? Am I ok? Warm enough? Fed enough? Is it sensitive enough? Caring enough? Does it feel like home? Are things taken care of? Will I be taken care of?

#### **SUN (outer radiance, sense of purpose)**

Is there enough energy in it? Is it alive? Can I shine here? Am I seen? Is this me? Warm enough? Bright enough? Radiating enough? Purposeful enough? Will I feel proud?

#### **MERCURY (thinking, rationalizing, knowing, communicating)**

Interesting enough? Make sense? Identifiable? Can I track it? Am I getting somewhere with it? Classifiable? Can I work it out – the problem? Can I relate to it? Do I want to know more about it? Clever enough? Witty enough? Smart enough?

#### **VENUS (relating, feeling, receiving, essential needs, being)**

Yummy or icky? Is it attractive? Pretty or ugly? Harmonious enough? Discordant? Fit or out of place? Feel good? Feel secure? Feel comfortable? Peaceful enough? Soft enough? Gentle enough? Easy enough? Receptive enough? Kind enough? Is it fair? Embodied enough?

#### **MARS (authentic desire, assertion, will, drive to individuate, doing)**

Do I want it? Sexy enough? Fast enough? Dominant enough? Tough enough? Does it turn me on enough? Hard enough? Rough enough? Powerful enough? Assertive enough? Is there enough fight in it?

#### **JUPITER (truth, beliefs, expansion, intuition, confidence)**

Is it exciting? True enough? Experiential enough? Insightful enough? Big enough? Loud enough? Rich enough? Fat enough? Do I feel lucky? Conceptual enough? Good deal? Farsighted enough? Meaningful enough? Expansive enough? Inspired enough? Motivating? Does my intuition say 'yes'? Do I feel confident?

#### **SATURN (responsibility, authority, rules, reality, mastery)**

Will it last? Does it have legs? Conservative enough? Stable or shifting? Strong or weak? Reliable? Proven? Under control? Controllable enough? Is it practical? Is it respectable? Is it real? Can I count on it? Is it achievable? Is someone in charge?

#### **URANUS (untethered freedom, liberation, originality, progress)**

Liberal enough? Interesting or not? New enough? Unique enough? Cool or not? Radical enough? Free enough? Different enough? Is it conforming? Genius enough?

#### **NEPTUNE (imagination, dreaming, oneness, inspired creativity)**

Glamorous enough? Fantastical enough? Mystical enough? Inspired enough? Dreamy enough? Wild? Conscious altering enough? Imaginative enough? Lost in the stars/sunset/'drug' enough? Merged with Love enough? Out of this world?