

SOLAR WRITER

ADOLESCENT

A SOLAR WRITER REPORT
for Billie Eilish

WRITTEN BY ALEX TRENOWETH



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Female

18 Dec 2001

11:30 pm PST +8:00

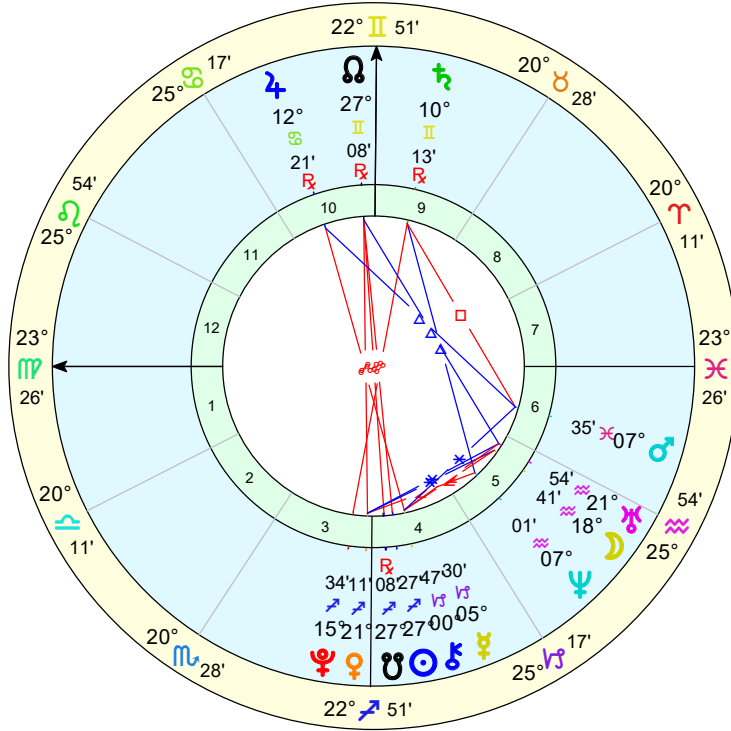
Los Angeles, CA

34°N03'08"

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INTRODUCTION



“The adolescent must never be treated as a child, for that is a stage of life that he has surpassed. It is better to treat an adolescent as if he had greater value than he actually shows than as if he had less and let him feel that his merits and self-respect are disregarded”. -

Maria Montessori

Adolescence is one of the trickiest parts of life. We all know this and yet adolescents, their parents and teachers are often left without a means to understand how best to find and give support. Astrology can offer much to help people understand themselves as well as other people. For young people growing and developing at an exponential rate, self-understanding is crucial. For parents and teachers, understanding how to help the children in their care is extremely important.

This report was written by a highly qualified astrologer and teacher specialising in child development. It can help guide parents and teachers to become the authority figures they need to be. For adolescents, it can be the first step in understanding themselves through the lens of Astrology. It is not intended to replace a live consultation with a professional astrologer who is qualified to work together with parents and adolescents to help improve how they relate to each other as they both work through this brief but intense time of growing up. One other important point to mention is that of child protection. No astrologer should consult with people under the age of 18 without a parent present. The author also advises that parents read this report in conjunction with their teenager, helping both gain an understanding of this introduction into the realm of Astrology.

Although this report does not include all planetary transits, the author would like to point out that there are significant transits or moments in time to look for when journeying further into adolescent Astrology. Some of these have been included in a general format. For instance, the current position of the planets Jupiter and Saturn connect to Birth Charts at well-known milestones in child development. Jupiter makes these important contacts about every three years and Saturn makes its important contacts about every seven years. In adolescence, the crucial ages are 12 (for the Jupiter return), 14 (for the first Saturn opposition) and 15 (for a Jupiter square). These years are the important times for parents and teachers to focus their resources and energy.

CHILDHOOD



“The events of childhood do not pass but repeat themselves like seasons of the year”.
- Eleanor Farjeon

The Moon

When we are born, most of us are naturally close to our mothers: we have heard her voice in utero and we have absorbed the nutrients from her body. The mother, which in Astrology is represented by the Moon, describes us as children. As we grow, our perceptions are filtered through our experiences and attitudes which are represented by our Ascendant. Eventually we mature enough to follow our own path which is represented by the Sun. Although we never fully outgrow our Moon, we begin to grow into our Sun through our Ascendant as we get older. This process becomes more noticeable in adolescence.

Adolescence is a time of many changes. In the West, we tend to focus on the physical changes of puberty. It's a difficult and complex process that leaves many parents and teachers puzzled. Astrology serves as a good way to understand the social, neurological and emotional changes that an adolescent goes through.

The Moon is in Aquarius

As a child, you may have experienced your mother (or main caregiver) as being very inventive and creative, and perhaps a little different to other mothers. Consequently, as you grow older, you become unafraid to express unconventional ideas. Perhaps, as you grew older, you were also told that you were somewhat different too, perhaps you were experimental or even eccentric. Learning to understand when to take liberties with your creativity and when to leave well enough alone will help you out of your comfort zone. You may need to develop ways of accepting the tried and trusted ways of the conventional.

The Moon is Sextile Venus

You are very sociable and you are likely to have a wide circle of friends. Other people enjoy your warm and friendly nature and you value the connections you have with them. It is likely you enjoy being with young people and teaching them new skills.

The Moon is Conjunct Uranus

You are likely to have quite eccentric tastes in friends and companions. Others are drawn to you for your sense of freedom and dislike of anything that threatens to bring restraint to your way of life. You are honest with others and are probably known for your whacky sense of humour. Conservative situations, early in life, may feel restrictive.

ADOLESCENCE



“Adolescence is a new birth, for the higher and more completely human traits are now born”.
- G Stanley Hall

The Sun is in Sagittarius

As an adolescent you most likely started to become more aware that you started to become fascinated with the world and the varieties of belief systems. You start to branch out seeking meaning in activities that connect you to the world at large. In some ways you are wise beyond your years but in others you are restless. You could think of yourself as a young untrained horse, eager to explore beyond the realms of the known pastures. You are keen, enthusiastic and yet also a little excitable.

You do best in a school that encourages the getting of wisdom, knowledge through experience. The classics, foreign languages and philosophy are topics that appeal. If you have an interest in sport then this can be an excellent outlet for pent-up energy. Archery, long-range rifle shooting and horse-riding are all suitable for an eager young Sagittarian.

Your close and extended family can best support you through adolescence by accepting your need for freedom to explore beyond the usual family activities. Parents, caregivers and teachers can encourage your questing nature while also providing a safe structure. The time has come for you to explore further afield. Attempts to rein you are likely to be met with resistance, even rebellion.

If academically inclined then you are likely to seek more knowledge in the halls of academia. If not then you may be keen to travel to foreign countries. As such you may benefit from a foreign exchange student program.

The Sun is Square The Ascendant

You can appear disinterested or lethargic to other people. You have a good deal of creativity but need encouragement from other people to accept it. Once other people have your attention, you surprise them with what you can do.

The Sun is Opposite The Midheaven

It is likely you bring a lot of pride to the family. You put much energy into creating a cosy residence that other people feel comfortable in. People seek your advice on home management and creative projects.

RELATING TO OTHERS



“Remember that sometimes not getting what you want is a wonderful stroke of luck”.
- Dalai Lama

The Ascendant

We look at the world through the lens of our Ascendant. This is also often how the world sees us. It is like a prism through which we reach out and others peer in. Our Ascendant also filters our perceptions and is the pathway between our past which is represented by our Moon and our future which is our Sun.

The Ascendant is in Virgo

You are likely to look at the world through the eyes of a health practitioner. Through being meticulous and by paying attention to detail, you become very discerning and analytical. People are drawn to you for your sense of order and ability to organize chaos. However, it is important for you to not allow people to take advantage of your desire to serve.

Mercury

Mercury governs the rote learning that enabled us to learn simple information and repeat what we have learned. We may find it easy to learn via rote or we may find it difficult. As a result, Mercury can tell us how well or not we cope with early childhood learning, and later on in school. As we get older our learning becomes more sophisticated and we begin to learn how to expand our ideas through our Jupiter Sign.

Mercury is in Capricorn

As a child, you were probably a very methodical learner who appreciated a step-by-step process. You have a logical mind which can be applied to practical subjects. You also learn well through being given clear targets. As you mature, it is important for you to learn to broaden your mind and also how to work with time constraints.

Mercury is Sextile Mars

You have a manner of speaking that others find exciting and well informed. Most likely, you enjoy a good debate and you can deliver your arguments with flair and thoroughness. You also have the ability to see through deception and won't tolerate being lied to.

Mercury is Opposite Jupiter

It is important for you to be able to express your thoughts on a wide variety of subjects but you don't always know the facts. Because you come across with confidence and authority, some people might find you a know-it-all. It is important for you to establish good listening skills and to hold off on giving your opinions so freely.

Venus

Venus is associated with what you like and what you enjoy in other people. In other words, your social life. You may like to explore new horizons in your relationships. Alternatively, you may prefer to bond over a cup of tea at the kitchen table. Everyone has different ways of enjoying social connections, and different expectations of loved ones. As an adolescent, by understanding the rewards of Venus in your Birth Chart, you can be motivated to learn and develop your social skills. This can also help you to accept other people's differences. As well, you can gain an understanding of how your relationships affect your ability to apply yourself to learning, life, work and so on.

Venus is in Sagittarius

You enjoy being given the opportunity to explore new concepts. You appreciate covering new ground at breakneck speeds but struggle with tasks that look tedious. You are likely to have your favourite subjects that you tackle with relish, and then others that you struggle to complete because they just don't light your fire. You understand the meaning of a long journey and will happily go along with anything, providing that there is an explanation of what is in it for you. Your teachers can help you by plotting your progress against long term goals. Your parents may be alarmed by the risks that you take, and the corners that you skip. Within reason, they need to learn to trust that you are conscious of your own safety and have considered the long-term consequences of your decisions. Your social life is likely to be varied with friends from different walks of life, not just your school. Religion, sport, philosophy, stamp collecting or anything that sparks an interest in the world at large is likely to be a rich source of social contacts.

Venus is Square The Ascendant

You may find it challenging to fit in socially. Some of this may be because you tend to put too much value on acquiring possessions which can make people think you are only interested in them because they have something to offer you.

Venus is Opposite The Midheaven

You most likely take great pride in the appearance of your home. You probably enjoy hosting dinner parties and other social occasions. Other people appreciate your sense of refinement as well as your excellent manners.

Venus is Sextile Uranus

You like being with people who are quirky and eccentric. Bending the rules is a specialty of yours but you can most likely charm your way out of any tight situation. In relationships, you will probably prefer more casual types of commitments but it would never be boring with you around.

Venus is Conjunct Pluto

People are attracted to you because they know your feelings run very deep and that you are sincere in your dealings with them. It is possible for you to persistently find yourself in over your head in your entanglements. Drama and crises in relationships are common with this aspect and you will have to learn how to curb your intensity. You may also need to learn to take time out from other people's dramas. Even watching a dramatic film, or taking part in on-stage dramatics could be a welcome outlet for these energies.

Mars

Mars represents your fighting spirit and how you get what you want. An understanding of this fiery planet can help adolescents learn how to direct their energy early in life, and therefore achieve their ambitions. A well-directed Mars is about drive, ambition and achievement. However, a mis-directed Mars can be lethargy, aggression and rash behaviour. Therefore, the earlier that a person learns about how to direct their energy, the better able they are to move forward on a positive path.

Mars also becomes important in adolescence as it also represents the sexual urges that are just beginning to emerge. To a point, the sex education classes offered in schools help teenagers understand how to develop healthy sexual relationships. However, understanding your Mars can also help you learn how to best direct your sexual energy.

Mars is in Pisces

You know exactly what you want because most likely you've been visualizing it. It's difficult for you to say no to anything. You tend to put your energy into people and projects that you find enchanting. As child you had compassion for all living creatures. For instance, the death of a butterfly quickened your emotions, and perhaps also your talent for writing a poem or painting a beautiful artwork. You are motivated by your imagination. This is something that needs to be understood, and directed positively, by teachers and parents. Any talents in the arts, or perhaps healing fields, need to be encouraged. Structured learning may be difficult for you, and so alternatives could be sought. You need to surround yourself with positive, and understanding, friends.

Mars is Trine Jupiter

You have ample intellectual abilities but you also enjoy physical competition through sports and other activities. It is likely you are able to employ clever turns of phrases to make your manner of communication more interesting. Naturally protective, you will defend anyone who is a position of need.

Mars is Square Saturn

It can be difficult for you to know when or how to take advantage of opportunities that come your way. You may think it's all down to bad timing but it generally come down to you not knowing what you really want to do. Try to be more decisive and when you make your mind up, stick to what you say you will do.

GROWTH



*"Education is not just about going to school and getting a degree. It's about widening your knowledge and absorbing the truth about life."
- Shakuntala Devi*

Jupiter

Jupiter represents the learning process and how you put ideas together to build a personal philosophy. You use Jupiter to explore new concepts and to search for meaning and truth. Jupiter also represents the leap of faith it takes to learn and develop. In synastry, to understand another person's Jupiter allows you to anticipate how you can protect them and keep them safe without imposing your own perceptions of limitations onto their growth and development.

Jupiter is in Cancer

Cancer is a Water Sign meaning that you are intuitive, sensitive and you tend to need firm boundaries. You like activities that allow you to express your emotions. You dislike anything you regard as cold and clinical so your teachers and parents should encourage you to use art, music or poetry as a way to express yourself.

In Astrology, Cancer is also a Cardinal Sign indicating that you are an energetic and active learner who likes to lead others and feel you are pushing boundaries. You tend to be competitive and innovative and it's stressful for you to feel you are falling behind. Be objective when setting your goals or ask an authority figure for help.

You are deeply compassionate and are instinctively likely to put the needs of others ahead of your own. Often you rely on your memory to help you learn about new things. It is important for you to trust new opportunities.

At two-years-old you experienced what astrologers call a transit. Transiting Jupiter was making an aspect to Jupiter in your Birth Chart meaning that external circumstances lead you to become very discerning and to demand nothing but the best. Your critical eye is highly valuable but can sometimes leave others feeling less adequate. It is important for parents to help you remember to show compassion and servitude to others.

At three-years-old, similarly, a Jupiter transit meant that external circumstances challenged you to become more sociable and to play the devil's advocate when needed. Because you may not be naturally adept at diplomacy, your parents should have encouraged you to see the hidden side of arguments without causing offense.

At four-years-old external circumstances led you to become curious about the undercurrents of the adult world. At this age, your parents should have been as honest and open as possible. Although you can be very quiet, you have the ability to get attention very quickly with the information you have gathered.

At six-years-old external circumstances challenged you to develop a sense of responsibility and ambition. Your parents should have encouraged you to take learning seriously. At this age, it is important for you to

understand how the small pieces fit the bigger puzzle. Even at this young age, decisions are being made about your career prospects.

At eight-years-old external circumstances led you to develop your skills as a peacemaker. Your parents should have helped you to see the beauty in everything and show great compassion for all living things. Even at this young age, it is important for you to establish order in your life.

At nine-years-old external circumstances led you to develop the need to put your opinions across to others and you may have had a tendency to be combative in arguments. At this age, it is important for your parents to listen to what you have to say but also to help you to develop a well-balanced point of view by listening to others.

At 10-years-old external circumstances led you to develop the need to create a space that was very comfortable to learn in but very difficult to leave. At this age, it is important for your parents to help you develop more flexibility in order to experience as much as life has to offer.

At 12-years-old Jupiter returns to the exact place it was in your Birth Chart. This happens approximately every 12 years and is called a Jupiter Return. During this important time, you should assess your progress in life and make appropriate adjustments. It is important for you to accept opportunities to learn and explore and to take advantage of new and exciting offers. You may wish to learn new skills, learn new languages or to travel and experience cultures that are different to your own. These activities will help you to expand your horizons, meet new and interesting people and allow you to develop your own personal philosophy. Creating a '12-year plan' can be a fun and creative way to help you focus on the kind of person you would like to grow into and keep you on track for future success as you define it.

At 14-years-old external circumstances lead you to become very discerning and to demand nothing but the best. Your critical eye is highly valuable but can sometimes leave others feeling less adequate. It is important for parents and teachers to help you remember to show compassion and servitude to others.

At 15-years-old external circumstances challenge you to become more sociable and to play the devil's advocate when needed. Because you may not be naturally adept at diplomacy, your parents and teachers should encourage you to see the hidden side of arguments without causing offense.

At 16-years-old external circumstances lead you to become curious about the hidden side of life: death, sex and the motivations of others are topics that are likely to interest you. Your parents and teachers should be as honest and open as possible. Although you can be very quiet, you have the ability to get attention very quickly with the information you have gathered.

At 18-years-old external circumstances challenge you to develop a sense of responsibility and ambition. You take learning seriously and may be considering investing in further education. At this age, it is important for you to understand how the small pieces fit the bigger puzzle. You will regard all decisions about your career prospects very seriously.

At 20-years-old external circumstances lead you to develop your skills as a peacemaker. Your parents and teachers should help you to see the beauty in everything and encourage you to show great compassion for all living things. It is important for you to establish order in your life.

At 21-years-old external circumstances lead you to develop the need to put your opinions across to others and you may have a tendency to be combative in arguments. It is important for your parents to listen to what you have to say but also help you to develop a well-balanced point of view by listening to others.

At 22-years-old external circumstances lead you to develop the need to create a space that is very comfortable to learn in but very difficult to leave. It is important for you to develop more flexibility in order to experience as much as life has to offer.

At 24-years-old Jupiter returns to the exact place it was in your Birth Chart. This happens approximately every 12 years and is called a Jupiter Return. During this important time, you should assess your progress in life and make appropriate adjustments. It is important for you to accept opportunities to learn and explore and to take advantage of new and exciting offers. You may wish to learn new skills, learn new languages or to travel and experience cultures that are different to your own. These activities will help you to expand your horizons, meet new and interesting people and allow you to develop your own personal philosophy. Creating a '12-year plan' can be a fun and creative way to help you focus on the kind of person you would like to grow into and keep you on track for future success as you define it.

UNDERSTANDING

"We have to confront ourselves. Do we like what we see in the mirror? And, according to our light, according to our understanding, according to our courage, we will have to say yea or nay - and rise".

- Maya Angelou

Saturn

Saturn represents the cycle of personal growth and development. This planet depicts how to manage your life and to understand your own fears and limitations. Saturn also represents the areas in your life that have the most potential for success. By understanding your own Saturn, you become the strength someone else needs to develop and become stronger.

Saturn is in Gemini

Gemini is an Air Sign which means that one of your greatest fears involves saying something you shouldn't have. To protect yourself from shame and embarrassment, you will put a lot of effort into concealing your weaknesses. As a result of this, you have the potential to become a careful researcher in a wide variety of fields and if Saturn is used well, you will make yourself an eternal student.

In Astrology, Gemini is also a Mutable Sign indicating that you may feel that you have the responsibility of getting other people to change direction. You may focus on developing your flexibility or strenuously trying to avoid situations where you may be expected to loosen up. Whichever way you decide to go, Saturn has a way of ensuring you develop what you need. It won't be fun and you will make many mistakes but others will come to see you as a person who knows how and when to change.

You are very flexible and have a very agile mindset yet you fear your intellect may not be as strong as others. As you grow older, you may find you either embrace academic prowess or run away from it. Your lesson in life is to learn everyone has intellectual strengths and weaknesses.

When you are five-years-old you experience what astrologers call a Saturn Transit. This means that external circumstances teach you to be protective of your image. Also, you are more likely to seek out areas where you are sure to be respected. During this time, you find your niche and begin to discover your own way to shine as an individual. Your lesson in life at this stage is to help others find their own inner light.

Similarly, at seven-years-old a Saturn transit means that external circumstances teach you to value stability and precision. During this time, you may find there are many ways to disturb your sense of security and order. Your lesson at this stage is to learn embrace the creativity chaos can bring.

At 10-years-old external circumstances teach you to be more understanding about what other people need in their relationships. During this time, you may begin to wonder more about your own needs in relationships and how you can fulfill them. Your lesson at this stage is to learn to focus on your own needs and desires. You will be learning skills to help you manage people in the future.

At 14-years-old external circumstances teach you to search for ways to broaden your horizons. During this time, studying and travelling are likely to be features in your life if you see those as ways to fulfill what you see are your purpose in life. Your lesson at this stage is to learn to see there is much to be learned from your immediate environment.

At 20-years-old external circumstances teach you to rebel against the established order of rules and regulations. During this time, you may begin to feel that your rebelliousness has created more challenges and difficulties than resolutions. Your lesson at this stage is to learn when to fight and when to leave well enough alone.

At 21-years-old external circumstances teach you to manage chaos more efficiently. During this time, you may begin to discover that establishing organization leads to feeling more in control. Your lesson at this stage is to learn that by helping others find their true purpose is in fact your own true purpose.

At 25-years-old external circumstances teach you to be self-reliant and disciplined. During this time, there may be a temptation for you to believe that you don't need anyone to help you. Your lesson at this time is to work with others.

At 29-years-old the planet Saturn comes full circle back to the position it inhabited at your birth. This is called a 'Saturn Return' and is considered an important time. It is viewed as a milestone in personal development and it is likely you begin to feel that you have matured as you face up to increasing responsibilities. This Saturn Return can be enormously productive if you have been consciously working on your goals and targets. This is a time for reflecting on your progress on relationships. Who are the people who need you? Who do you rely on in times of difficulty? Use this time to take stock of your achievements.

Saturn is Trine Neptune

Your imagination is one of your greatest assets because you are firmly grounded and understand that to achieve your dreams, you have to work towards them. Developing and understanding the resources you have can make you a valuable member of any team or society.

Uranus

The planet Uranus is often associated with breaks for freedom, rebelliousness and the need to form bonds with people outside of your own immediate family. Its first critical point is at around the age of 13-14 years when the adolescent begins to understand the need to grow away from their home to establish their lives as an individual. This can be a very difficult time for both the parent and the child. The parent wants to keep their child safe and protected from a world they know to be challenging and at times unsafe. For the child, friends start to become a lot more interesting because being with friends gives them an opportunity to explore their independence without their parents hovering over them telling them what to do. This is the stage where communication between parent and child becomes absolutely necessary but extremely strained. Astrologers can use the technique of synastry to shed light on how this is working to help parents and children of this age to reach a balance of understanding.

Please do remember that as children are taught by age group, they will all likely have the same Zodiac Sign for Uranus. As Uranus spends about 8 years in each Sign, it could happen that siblings have different Zodiac Signs for Uranus, which is less likely to be the case for Neptune and Pluto which have considerably longer orbits.

Uranus is in Aquarius

By nature, you are someone who needs to break the rules and create new ones that allow for equity for all concerned. You are a revolutionary and it probably shows from a young age. This may be evident through your ability to manage high technological equipment, the way you manage groups of people effectively or just your tendency to not except every day truths as facts.

At the age of 13-14, you begin yearning for a greater state of independence because you feel so confined by convention. This is a tricky time for all children of your age but it's even more so for you because you are hard wired to take the road less travelled. True independence never really comes: you will always have to compromise so try to learn this lesson from a young age. Your parents and teachers will help safely guide you towards independence you so desperately crave.

Uranus is Trine The Midheaven

You may like to go against the flow and do things your way. This can be frustrating to other people but to you, they seem too conservative for you to bother with. Be careful of appearing too erratic or disobedient or you could find yourself living a life full of insecurities.

Neptune

Although the planet Neptune does not have a critical point during adolescence, description by Zodiac Sign is provided here as a matter of interest to aid growth and understanding. Neptune spends about 13 years in each Sign.

Neptune is usually described to represent the imagination but it also represents the ideals we hold and how we escape the reality of situations when we realise, we have to sacrifice those ideals. Sometimes people turn to drugs or alcohol to do this but there are other less harmful ways to get away from the bright lights of reality. Music is a very obvious choice: just watch how musicians lose awareness of their surroundings when they are performing. Writing, poetry or painting are other obvious choices. The key to managing Neptune is having a balance between reality and our fantasy world where everything is perfect.

Neptune is in Aquarius

The outer planet Neptune spends about 13 years in each of the Zodiac Signs so it is likely parents will only have children with Neptune in only one or two signs. With Neptune in Aquarius, as a child, you may hold some sort of ideal of revolution, believing that the world can be changed through mass effort. You may channel your energies into organising or being a part of mass protest, believing that a united voice will be heard over The Establishment. When confronted with the reality of privilege and power, you may escape to a task that allows you to express your own sense of rugged individualism as you search for another cause to fight for.

Pluto

The planet Pluto does not have a critical point during adolescence, however; description by Zodiac Sign is provided here as a matter of interest. Pluto spends about 21 years in each Sign.

The power of Pluto is that is an uncompromising drive to get to the bottom of things and then to either purge in order to regenerate or completely flatten whatever it has found. It's very intense and can be obsessional in its drive to bring about change and transformation. As humans, we are taught to be fearful of such power but look at our gardens. It's what lies beneath the soil quite naturally.

Sometimes children 'play' with such power through sexual exploration or other activities that are considered to be taboo such as the occult or the kinds of games that are stamped with 'Strictly Over 18s Only'. Exposure to these sorts of activities are something adults generally fight to keep away from their children. Thus, the adults are forced to use their own sense of power in what they may see as the Battle Between Good and Evil. Pluto has a way of manipulating us to understand that one does not have to dig very deeply to unleash power.

Pluto is in Sagittarius

The power of Sagittarius is usually found through the beliefs in religion or similar philosophies. As a child you may 'play' with different spiritualities to uncover how they work and how people react to them. This may involve saying inappropriate things at inappropriate times just to see what might happen. Sending you to your room is unlikely to deter you but having well-rounded, frank discussions around self-responsibility and regards for the feelings of others may help you to think twice about how you are using your power.

Pluto is Opposite The Midheaven

You may come from a powerful family and may have to deal the emotional complexities that result. Issues over control and wealth (or lack thereof) may be recurring themes in your life that take up a lot of thinking space. You have to learn to validate your feelings no matter how difficult or complicated they become.

Chiron

Chiron, also known as the 'Wounded Healer', indicates the way we can heal other people and yet be unable to heal ourselves. The wounds of Chiron run very deep and they may manifest as habits we can't break or the thing about ourselves that we would most like to change.

Chiron is in Capricorn

The pain of Chiron in Capricorn can be linked to the feeling of not being successful enough. To you, there is

always more training, another promotion to achieve, a bigger desk with a better view to occupy. You find it painful to admit that there could have been something you could have done that would have made you more respectable. You inspire other people to work hard to achieve their dreams.

Conclusion



“Even though you're growing up, you should never stop having fun”.
- Nina Dobrev

Adolescence is a state of change that everyone has to go through, but very few enjoy. Added to the uncertainty of when the changes will stop or start is the expectation that adolescents will somehow ‘get through it’ without any help or support. As a collection society, we expect adolescents to be troublesome, full of raging hormones and unstable emotions. Quite frankly, we often give them the idea we don’t like them very much.

If we’re lucky, as adults, all we have are memories of a few embarrassing moments no one else noticed or can recall. If unlucky, we are left with the notion we are unforgiven or emotionally damaged or we find ourselves in the continual process of trying to fix up where we went wrong. By understanding how we have matured, we can resolve our own past agonies and adjust our attitude towards our adolescence. When we understand ourselves, we can help our own teenagers to understand and help themselves to find the pulse of their own growth and development.

It is the author’s sincere wish that this report helps parents, caregivers, and teachers understand the potential teenager’s problems and be ready with the support that is needed. It is also hoped that this report gives the adolescent the tools to gain better understanding, self-acceptance and perhaps also some self-love that helps during this vulnerable stage of personal growth.

Acknowledgements

The text in this report has been written by astrologer Alex Trenoweth Alex is an author, teacher and award-winning astrologer. Her book, "Growing Pains", was written as an aid for adolescents, their parents and their teachers. Her work has been featured in Dell Horoscope, Kindred Spirit, The Career Astrologer and many other publications. In 2016, she began working with the Krishnamurti Institute of Astrology (KIA), teaching Western Astrology and bringing astrologers from across the world together to share friendship and scholarship at the Institute for Vedic Culture's (IVC) conference in Kolkata India. In 2018, she was given an award for Outstanding Service to Astrology' as well as an honorary PhD for her research at IVC. She became the President for the board that qualifies professional astrologers for the International Society for Astrological Research (ISAR) in 2020. Her website is: www.alextrnoweth.co.uk

About the Artist: The illustrations have been created by artist Jenny Barnes. Jenny is an artist living in Melbourne, Australia with her partner and two young children. Jenny has a home studio which she escapes to as much as time permits around raising two toddlers. Painting brings Jenny's mind and soul back into balance with the universe. Jenny is known for her work as the artist for the book series about Biggles the dog, a charming Australian children's picture book series with access to early learning framework resources. Jenny can be reached at jennykbarnes@gmail.com

This report is meant more of an introduction to the wonders of Astrology rather than a complete course in its intricacies. Further studies, or a consultation with a professional astrologer, are encouraged to explore this most ancient scientific and philosophic tool.

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