

*Elizabeth is a visiting teacher at All That Matters*  
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## **“North Node Astrology” and the Quest for the Authentic Self**

*“Let go of your distractions before they rob you of your life.”*

In astrology, the North Node is said to represent what the Soul aspires to, and is said to reveal something of the life direction your Soul chose before birth. It's based on the theory of reincarnation, and holds to the idea that because you were born at a certain place, at a certain time, you've taken on the qualities of that moment in time and have synchronistically created a life blueprint that matches your birth; your astrological chart.

The North and South Nodes are like an arrow that shoots through the chart and synthesizes its often paradoxical qualities. The Nodes are a mathematical point, known in India as Rahu and Ketu, that hold the embedded reincarnational story. So by following the positive qualities of your North Node sign (and house) you are guided out of the distracting reactive patterns of your past. The North Node is a new path that takes the old personal story and says: “why not this, instead of this?”

I think of the North Node as being like a homeopathic medicine that leads you away from the distractions that keep you from being all you could be: your authentic Self. It's compensatory soul medicine.

The South Node, as the tail of the arrow, holds your emotional memories, your old habits, and your reactive tendencies—all those things that rob you of your authentic life. It's familiar and easy to “frame” the story of your life in terms of the South Node, because you know it—life has showed you certain things up until now, so that this is your reality. It doesn't have to be that way. The negative qualities of the South Node show you where you've been and what you're bringing over from a past life or from earlier in this one. It reflects your family karmic inheritance, and your particular karmic story. It's old, it's tired, it's familiar—and it's not reflecting your authentic self.

Authentic Self? How do you know when you are truly being you? What story about yourself are you buying into now? You may be getting married, divorced, or going off on a new adventure to Barcelona or Peru, but what “distractions” will you carry with you that will keep you from being open to the new experience? Yes, it's the baggage of the South Node distractions that we all bring with us, and we need to “*repack our bags*” if we are going to truly open up to something new in life.

The “Quest for the Authentic Self” is a spiritual goal that rings true for most spiritual seekers whether we are existentialists, astrologers, Buddhists, or—whatever. In this quest we’re often looking at *maps* of the spiritual journey, and we’re looking to unleash the silenced voices in our psyche. We’re looking to heal body and soul, and because we’re risking a conscious journey we’re willing to be brave and look outside the norms and boundaries of our culture. Understanding astrology, and in particular—understanding what the Nodes can tell you about yourself, can be uniquely insightful.

The Buddhists remind us about authenticity when they say that we suffer because we’re attached to specific outcomes and permanence. The Existentialists remind us of the necessity to use our freedom and free will in creating an authentic Self, and the astrologers remind us that we’re not alone—that we fit into a larger meaningful pattern in the Cosmos, and that there is much that is unconscious within us. Astrologers remind us that as we discover the many planets—the voices—that live within each of us, we find that these planets and Nodes can point the way to a larger and more authentic life than we’ve ever known.

Working with the Nodes in the birth chart is my niche, or brand, of astrology. My first book, “North Node Astrology: Rediscovering Your Life Direction and Soul Purpose” has made it into the top ten best sellers on Amazon.com’s astrology books. It helps people synthesize and understand their birth charts in a way that pulls the often paradoxical tendencies of the chart together. I’ve just begun work on its sequel “South Node Astrology: How the Emotional Memory of Love Sabotages and Saves Us.” At least that’s the “working title” for the moment! Of course we all know love itself never sabotages, but our assumptions and expectations of love, as held in the South Node in the birth chart, tell us that “love” unfortunately, gets complicated.

As for me, I’m in a new process of “re-packing my bags” with deeper attention to my North Node Directional Map—which means I’m looking at how I distract myself from a more authentic relationship with myself, with others, and with my work. I’m going to delve deeper into what my Taurus North Node in the “second house” means, and find what I am being summoned to move towards. As I release myself from all the distracting stories I tell myself about myself—all those old South Node stories of “how it all was and how it still is”....well then, I get very motivated. I like the idea of thinking different and recreating oneself....yes, it all takes time and work, but I’m ready to bring on the new! What about you? © Elizabeth Spring [www.elizabethspring.com](http://www.elizabethspring.com)  
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