



# **Astrology and the Rising of Kundalini: The Transformative Power of Saturn, Chiron, and Uranus**

*Barbara Hand Clow*

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Revised and updated edition of the classic astrology text on predicting and navigating life crises

- Provides charts for the transits of Saturn, Uranus, and Chiron--now updated through 2050--to predict your personal growth cycles and timing of kundalini rising
- Shares tools to cope with the intensity of spiritual emergency and direct the kundalini energy released during planetary passages
- Includes a new preface by the author reflecting on 20 years of success stories since the book's initial publication
- No astrological chart needed to use this book

In this updated edition of *Liquid Light of Sex*, renowned astrologer and spiritual teacher Barbara Hand Clow explores the connection between life crises in your 30s, 40s, and 50s and the key astrological passages of Saturn, Uranus, and Chiron in your birth chart. She explains how kundalini energy--the "liquid light of sex" that lies at the base of the spine--is activated during these planetary transits, rising through the chakras and triggering the process of spiritual emergency, and in many cases, a cascade of health, emotional, and relationship problems as well as extreme anxiety. She shows that by understanding these astrological transits, you can be prepared for turbulent periods and successfully navigate them by creatively channeling the spiritual fire of kundalini.

Clow provides astrological charts--now updated through 2050 for those born between 1930 and 2000--detailing the cycles of Saturn, Uranus, and Chiron, so you do not need your birth chart to use this book. She explains how to use the charts to predict the onset and completion of each kundalini activation and corresponding crisis. She shares tools for individuals and therapists to cope with the intensity of spiritual emergency and too much fire energy, unblock the chakras, and integrate the power of kundalini for physical, emotional, and spiritual growth. Reflecting on 20 years of success stories since the book's initial publication, Clow presents a road map for using celestial cycles to navigate positively and productively in times of great life change.

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