

As we end this year and begin to look forward to 1989, Cosima wants to send a special message to you as a family of sparkling, multi-faceted stars, A message that brings each sign into harmony with every other sign, that speaks of our collective hopes and dreams for the coming year, rather than those experiences that set us apart. Just as your astrological place in the cosmos defines your uniqueness, you are each also part of a larger, united dream. We may differ about methods, style, timetables and all the other details of achievement, but, with rare exceptions, we want the same things:

Peace for ourselves and for a troubled world.

Fairness in our dealings with others and for ourselves.

Justice that need not be won over and over again.

Friendship given and received out of mutual desire and respect.

Love, based on trust and truth, that nurtures and sustains us and those we love.

Curiosity that moves us to learn and to grow beyond today's dreams.

Joy to sustain ourselves, those we love and those whose lives are less blessed than ours.

Remember, the stars may offer you hints and some suggestions about your future, but the desire and the will to create your best self, and the future you want, come only from you.

With love, Cosima wishes each of you a happy end to this year and a joyous 1989.

Are Your Christmas Colors

Red, Green and Blue?

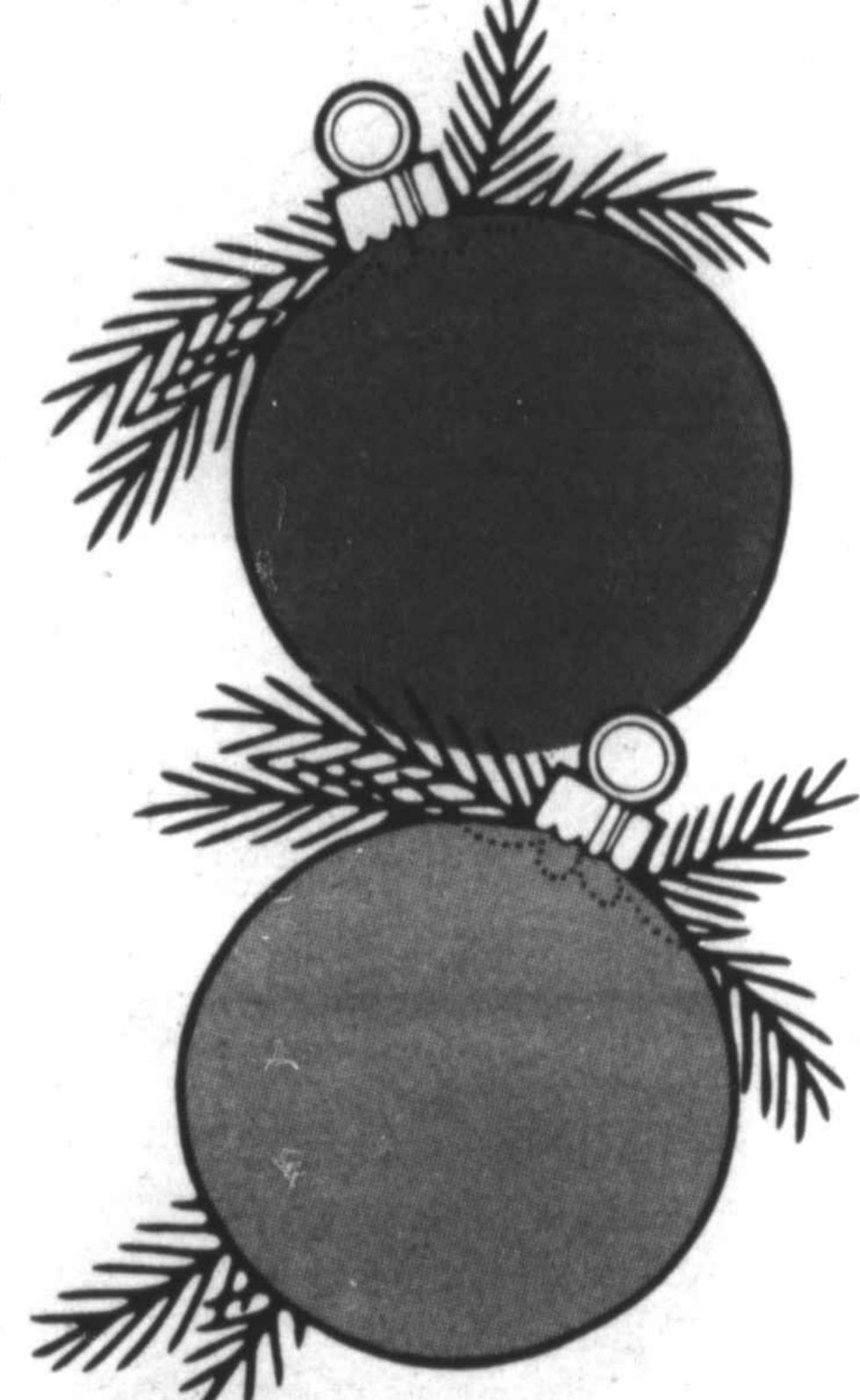
By Dr. Pamela S. Jennings

Has the season to be jolly left you without cheer? If your answer is yes, take heart because you are not alone. For many people, the holiday season is the most difficult time of the year. In addition to a visit from the spirit of Saint Nick, complicated personal struggles tend to haunt us. Christmas is often associated with emotional and financial stress. Emotionally, we may find ourselves disappointed and frustrated. We ask ourselves questions like, another New Year's alone? How can he really love me if he won't buy me that diamond ring? How come she is never satisfied with what I give her? Will dad get drunk and embarrass me at the family dinner like he did last year?

On the other hand, our frustrations may be financial. Many people don't make enough money to buy their parents, spouse, children and friends the gifts the commercials say will buy their love and devotion. At times, people ignore their financial limitations and pull out the old "charge it" card. Then, they spend the next 11 months clearing their account for the upcoming Christmas.

WHAT CAUSES THE STRESS?

Christmas is full of high hopes and great expectations. People tend to make overwhelming demands on themselves and others. These high demands probably date back to the birth of Christ. Two thousand years ago it was believed that Christ's birth would instantly save the world from suffering and misery. Now, the same hopes are attached to his birthday. Inevitably, Christmas comes and goes leaving us with our same, seemingly never ending personal misery. As a result we get the blues.



HOW BAD DO THE BLUES GET?

For most people the holiday blues apper to disappear by the second or third week of January. When the pressures of the Christmas season end, our frustrations and disappointments recede into the background.

Some people, however, are not able to shake their feelings of depression. They have difficulty re-establishing a sense of well-being. They find themselves deeply troubled by emotional conflict at home and at work. In the most serious instances, the blues get so bad the person becomes emotionally ill and needs the help of a mental health expert. Indicators that the holiday blues have turned into mental illness include retreat from contact with others, severe fatigue and incapacity to carry out daily activities; mental disorganization and, in the most severe

cases, suicidal wishes. When the holiday blues get this bad, the individual needs immediate help from a doctor who treats emotional illness. Individuals who do not know a mental health professional should be taken to a hospital emergency room.

AVOIDING THE HOLIDAY BLUES

The best way to avoid the holiday blues is to confront them. Often people feel downhearted, gloomy, agitated or anxious because their emotions are trying to communicate an important message to the mind. This message concerns the failure to meet critical personal needs. Examples include needs for romantic love, companionship, career achievement, economic security and spiritual well-being.

Many of us engage in efforts to suppress, ignore and even forget that these needs exist. But, the Christmas season has a way of bringing our personal issues to the surface.

year, it's time to get busy exploring the reasons for your distress this year. Sit down and do some old-fashioned soul searching. Try to identify the specific reasons for your blues. Then, explore some of the reasons your personal conflicts have gone unresolved and your emotional needs have been unmet. With the help of an honest person you can trust; generate some conflict-resolving and need-gratifying solutions.

Sometimes it is very difficult for us to identify how we feel deep inside, let alone why we feel as we do. In such cases, it is useful to seek the guidance of a psychotherapist, an expert who assists people in exploring and coping with emotional conflict.

If you try some of these suggestions, next Christmas will probably be a happier one, Good luck!

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