

Sun of my Heart by Suzanna Yahya Nadler 8/14/19

The “sun” of my heart is my son, Taran. He is without a doubt, a Leo, as is my younger brother, who was my comrade-in-arms as we negotiated life with older parents in a conservative town. Having my son, my brother, and the astrological sun in Leo ignites a warm, gregarious, creative spark in my heart at this time of year ever so strongly. And now, this morning the full moon arrives in ideological Aquarius, the sun sign of my father, but unlike the marriage he had with my mother, Leo indubitably infects this detached, original thought, revolutionary sign with a friendly, affable humanness.



Having recently returned home from a birthday weekend with my son, I am face-to-face with not having dared to assert myself. At my son’s festivities, I held back my creativity, deferring to him, despite his many friends’ welcoming a possible body poem as a birthday gift. Keeping myself within a narrow boundary of allowable sharing, the old relational constraints arose: “Don’t be too much.” My emotional responses have

long had no clear words to describe their largeness, but with poetry I can know these parts of myself that have been so overwhelming and elusive while giving my feelings an imaginative scaffolding that soars above the limitations of my mind. This is the marriage of Leo & Aquarius.

I am sorry that I didn't share this body-poetry power that connects me to myself and community. Even if I am "too much" for some people, I can hold my enthusiasm and love as the expression of the spark that I have to share.