

The book cover features a dark brown, pebbled leather texture. A semi-transparent rectangular box is centered on the upper half, containing the title and author's name in black, serif, all-caps font. Below the box, the background transitions into a vibrant, starry galaxy with a mix of purple, pink, and orange hues.

THE PARADIGM SHIFT SUPPORT MANUAL

JAMES MORAN

BOOK ONE IN THE GREAT SHIFT EBOOK SERIES

The Paradigm Shift Support Manual

James Moran

Book One in The Great Shift Ebook Series

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For Farrokh Jahandari

Welcome to the *Great Shift Ebook Series*!

[*The Paradigm Shift Support Manual*](#) is *Book One* in this series. The other ebooks in *The Great Shift Series* include:

[*Thou Art That, and That is Now, Prelude to the Great Shift*](#): Utilizing Astrology to Understand the Events of 2020, the Global Pandemic, and Our Fundamental Unity

[*You Are Deeply Safe, The Great Shift Book Two*](#): My Personal Story of How I Accelerated My Spiritual Growth By Combining Astrology and Meditation

[*Snakes in the Heather, The Great Shift Book Three*](#): Allowing Ourselves to Be The Vehicle Through Which The Universe Can Create

By clicking on the titles above, each ebook can be downloaded for free; you will not be required to enter your email address.

Thank you! I hope you enjoy the series and find it illuminating!

J.M.
October 2020

Paradigm shift

noun

a fundamental change in approach or underlying assumptions.

Table of Contents

Welcome to the Paradigm Shift Support Circle 1

A Great New Paradigm Has Arrived 3

The Great New Paradigm Introduces Herself to You 4

The Great New Paradigm Has Dressed Up for You 7

Her Earrings are the Moon and Neptune..... 9

Her Gown Glitters with Stars 13

She is Dancing With You..... 15

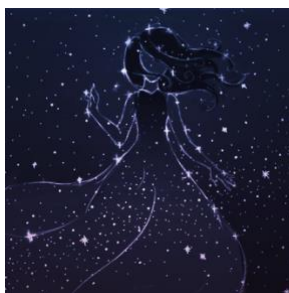
She is Embracing You..... 17

She is Whispering to You 19

You Are Separate, Yet One..... 20

Epilogue 22

Appendix..... 23



Welcome to the Paradigm Shift Support Circle

We as an entire world have entered an era of unprecedented danger.

Never before have so many humans lived on Earth. Never before have industries based on exploiting the feelings of lack in each of us so pervaded the planet, contaminating our collective emotional atmosphere with negativity, and brutally polluting our delicate ecosystem almost to the point of no return.

Our tool of science has become impressively sharp, yet still the only solution it currently offers for our resultant feelings of *dis* ease and *dis* enchantment is pharmaceutical pills that only mask our symptoms.

The dynamics that plague us today have always plagued humankind; they have broken our individual spirit, broken our families, broken our communities, and even broken entire empires. Yet never before have they threatened our entire planet. Now is the time to step up and address this crisis, or we may fail as the stewards of Earth.

Yet a challenge this unprecedented calls for an equally unprecedented solution. Believe it or not, this solution actually exists inside of you.

Do you sense that there is so much more to your existence? That on the other side of those behavior patterns that have been troubling you your whole life, something incredible is waiting to come out?

Welcome to the Paradigm Shift Support Circle.



A Great New Paradigm Has Arrived

Why are superheroes ever more increasingly saving the world in the stories of our popular culture?

Could one reason for the popularity of superheroes be that we sense that somewhere inside us abide uncanny strengths, marvels, superpowers? Actually, one of the purposes of this manual is to reveal to you your unique superpowers. But first, there is another important reason for the current popularity of superheroes.

Our minds experience and define the world by way of categories. For instance, we have a category in our mind for “Strong.” This category refers to anything that exhibits strength: the strong hammer, the strong army, the strong animal. We also have a category for “Person.” If we put these two categories together we get the more specific category “Strong Person,” which might call to mind someone like Wonder Woman.

Superheroes are easy for us to classify within these categories of definition and thus are appealing to our minds.

To understand how this insight can help us save the world, let’s meet one particular “superhero.”



The Great New Paradigm Introduces Herself to You

Have you ever seen your ideal home? Have you ever voted for your ideal candidate? Have you ever pictured your ideal vacation?

“The Ideal” is another general category. Like all categories, it exists only as an idea. It can only come into actual existence as a specific ideal “something.”

We are all aware of the category of “Woman.” Roughly half of the world’s population falls into this category. Yet in order for this category to demonstrate its physical existence it must be through the example of a *specific* individual who is a woman.

Put both of these categories together and we have “The Ideal Woman.” This category is narrower and thus limits the range of potential concrete examples. Limited as it is however, this category has an almost “superhero-like” shine to it.

What would be the characteristics of “The Ideal Woman”? Would she be kind and compassionate? Would she be talented? Radiant? Successful?

Let’s explore an actual person who might be an example of this category. Let’s say she is a singer, songwriter, actor, business woman and philanthropist. She has created more than 30 top

ten hits¹. Her record sales are over 250 million². She is the wealthiest female musician in the world³. She supports nonprofit campaigns around the globe, including donating US\$100,000 to the Foodbank following Hurricane Sandy⁴. She is the first black woman to lead a major fashion house, and her fashion brand is worth US\$17 billion⁵. On Facebook she has over 88 million followers. Esquire named her “The Sexiest Woman Alive,”⁶ and she is the 21st century’s most influential musician according to NPR⁷.

This “Ideal Woman” is Rihanna.

Is Rihanna the “superhero” that is going to save the world?

Yes, she is.

¹ Rihanna, (n.d.), para 3. In Wikipedia. Retrieved August 24th, 2020 from <https://en.wikipedia.org/wiki/Rihanna>

² Rihanna, (n.d.), para 3. In Wikipedia. Retrieved August 24th, 2020 from <https://en.wikipedia.org/wiki/Rihanna>

³ CNN.com. (2019). Rihanna is named as the world's wealthiest female musician. Retrieved from <https://www.cnn.com/2019/06/05/entertainment/rihanna-wealth-scli-intl/index.html>

⁴ MTV.com. (2012). RIHANNA LENDS HAND TO HURRICANE SANDY VICTIMS. Retrieved from <http://www.mtv.com/news/1697068/rihanna-hurricane-sandy-donation/>

⁵ Fenty Beauty. (n.d.). para 19. In Wikipedia. Retrieved August 24th, 2020 from https://en.wikipedia.org/wiki/Fenty_Beauty

⁶ Esquire.com. (2013). Rihanna: The Sexiest Woman Alive 2011. Retrieved from <https://www.esquire.com/entertainment/g1608/rihanna-photos-1111/>

⁷ NPR.org. (2018). Rihanna Is The 21st Century's Most Influential Musician. Retrieved from <https://www.npr.org/2018/08/15/638551793/rihanna-is-the-21st-century-s-most-influential-musician>

But not in the way you might think.

Instead, she is going to introduce you to *your own* superpower.

First, though, let's go back in time...



The Great New Paradigm Has Dressed Up for You

Several thousand years ago, around the time of the first recorded writing, most cultures of the world worshipped gods and goddesses.

In some way gods and goddesses were like superheroes. They had distinct personalities, yet represented similar categories we humans could easily identify. For instance, Aphrodite, the goddess of beauty, was “The Woman” who represented the category of “Beauty.”

Yet gods and goddesses differed from superheroes in some ways. They lived in high realms, like Mt. Olympus, or in the heavens, with the stars. Often they could not come down into the physical realm we humans inhabit unless disguised in a *specific* physical form. For instance, in order to seduce the shepherd Anchises, Aphrodite appeared as the virgin daughter of a noble family of Phrygia.

Around 400BC Socrates and Plato redefined these categories. Rather than picturing them as gods or goddesses, they defined them as transcendent “Ideas” that exist outside of time and space and can only be represented in physical form by a *specific* example of that “Idea.” For instance, the “Idea” of “Beauty” cannot itself be witnessed, but a freshly bloomed lily is a concrete example that can be.

Then Plato’s student Aristotle went on to claim that categories do not exist outside the form at all, not even as an “Idea,” but exist only within the form itself. In today’s language we might say the category exists within the DNA. For instance, the category of “Woman” exists within the little girl, steering her toward that category as she matures, because it’s in her DNA.

For millennia debates raged between such positions.

Then psychologist Carl Gustav Jung declared these categories to be called “archetypes.” This term captures the nature of these categories so succinctly we will also refer to these categories using the term “archetype” from here forward. Jung suggested that the categories, or archetypes, live in a *particular part* of each individual form, namely the psyche, or mind. He also added that they live in the collective part of our form as well, known as our collective unconscious.

What aspects of these varying ways of viewing archetypes were accurate, and how can they help us save the world?

Perhaps the “Ideal Woman” and her astrological birth chart can help point us to the answer.



Her Earrings are the Moon and Neptune

The best day of Comedian Seth Meyers' life, other than the day of his wedding, was the one he spent day-drinking with Rihanna.⁸

Uber driver Oumarou Idissa, who had an opportunity to meet Rihanna in person, asserts that Rihanna might be the celebrity musician who opens up the tour circuit in West Africa. "Many celebrity don't go because we're so poor," he says. "But I know she have a good heart and I think Rihanna would be the one to open the door for all of them."⁹

Many see Rihanna as an "Ideal Woman." Rihanna herself seems quite aware of her idealized stature. Of her fashion brand, Fenty, she states, "I'm not the face of the brand, but I am the muse, and my DNA has to run all the way through it. I don't want anyone to pull up my website and think, Rihanna would never wear that."¹⁰

⁸ Access. 2019, September 22nd, Seth Meyers Admits Day Drinking With Rihanna Was Close To Being 'The Best Day' Of His Life [video file], <https://www.youtube.com/watch?v=qlb1GqXbvvg>

⁹ nytimes.com. (2015). A Very Revealing Conversation With Rihanna. Retrieved from <https://www.nytimes.com/2015/10/12/t-magazine/rihanna-miranda-july-interview.html>

¹⁰ Vogue.com. (2019). Rihanna Talks Fenty, That Long-Awaited Album, and President Trump. Retrieved from <https://www.vogue.com/article/rihanna-cover-november-2019>

Yet, interestingly, she is no stranger to the idealization of other women. Of Madonna, she says, “Madonna is one of those artists that, she was very expressive, she was bold, she was fearless. And those things I looked up to as a young woman...there will never be another Madonna...She’s the queen.”¹¹

Rihanna even has the ability to take a step back in perspective to view an idealized woman from the third person. In her song, “This is What You Came For,” she narrates the following:

“Baby, this is what you came for
Lightning strikes every time she moves
And everybody’s watching her
But she’s looking at you.”

When Rihanna was born the Moon and Neptune were aligned. In astrology the Moon symbolizes “the woman” and Neptune symbolizes “the ideal.” According to astrology, when two planets align, their symbolism combines.

The astrological archetypes associated with the planets are large categories. For instance, the Moon archetype symbolizes “woman.” In addition this archetype also symbolizes “mother,” “child,” “childhood,” “family,” “community,” “home.”

The Neptune archetype is associated with infinite planes. These include: the ocean, the sky, the dream realm, the realm of the imagination, the spirit realm, heaven. The transcendent nature of infinite planes lends an idealized shine to Neptune’s archetype. When something is idealized it seems to have come from a more perfect place, one not flawed like this mundane plane.

In the case of Rihanna’s life story, we see multiple associations that would fit the category of “Ideal (Neptune) Mother (Moon).”

In 2019 Rihanna posted a happy birthday message to her mother on Instagram:

¹¹ Rihanna. 2012, November 14th, Rihanna Facebook Live Chat- Full Show [video file], <https://www.youtube.com/watch?v=JPUSm6Mjblg>

“Happy birthday to my sweet beautiful Mother. Thanks for teaching me that strength, love, forgiveness, sacrifice, hard work & helping others in any way you can is what true beauty looks like. Love you & appreciate you! Thank you God for choosing this wonderful being to be my Mom!”¹²

When asked who inspires her the most, she said, “My grandma still. She’s just a complete woman. If I could make it to half that I will be in great, great, great hands.”¹³

When asked when she knew she had “made it” in her career, she said, “What I always wanted was to buy my mom a house. So when I was able to do that, I was like *yeah*.”¹⁴ Here the Moon symbolizes not only the “mother” but also “home.” The mansion she purchased for her mother, complete with regal columns and an impressively expansive pool, was ideal indeed.¹⁵ Even Rihanna’s childhood home (Moon) in Barbados carries an idealized air in that it is surrounded by the beauty of the Caribbean Sea (Neptune). Exploring further we find that the community (Moon) of fans established by Rihanna calls themselves “The Navy,” a term that lends them an oceanic character (Neptune).

Do other individuals born with the Moon and Neptune in alignment exhibit similar qualities? Marilyn Monroe and Brigitte Bardo, both born with the Moon and Neptune in a similar

¹² Bustle.com. (2019). Rihanna's Birthday Tribute To Her Mom Shows How Much She's Learned From Her. Retrieved from <https://www.bustle.com/p/rihannas-birthday-tribute-to-her-mom-emphasizes-how-much-she-taught-her-photo-17015956>

¹³ Rihanna. 2012, November 14th, Rihanna Facebook Live Chat- Full Show [video file], <https://www.youtube.com/watch?v=JPUSm6Mjblg>

¹⁴ Rihanna. 2012, November 14th, Rihanna Facebook Live Chat- Full Show [video file], <https://www.youtube.com/watch?v=JPUSm6Mjblg>

¹⁵ Own. 2018, May 3rd, Rihanna Gives Her Mother the Surprise of a Lifetime | The Oprah Winfrey Show | Oprah Winfrey Network [video file], <https://www.youtube.com/watch?v=Qc2daEpQbHQ>

alignment, are obvious examples of idealized women. Men born with this alignment also reflect its qualities. For instance, Edgar Allan Poe, in his poem “To My Mother,” captures the feel of the Moon/Neptune alignment he was born with:

“Because I feel that, in the Heaven’s above
The angels, whispering to one another
Can find, among their burning terms of love
None so devotional as that of Mother.”¹⁶

Now let’s return to the differing perspectives on the nature of archetypes, and discover what is accurate and how it can help us save the world.

¹⁶ Poetryfoundation.org. (2020). To My Mother. Retrieved from <https://www.poetryfoundation.org/poems/55569/to-my-mother-56d2374c0d434>



Her Gown Glitters with Stars

As categories, the planetary archetypes demonstrate such depth and nuance of symbolism it's almost as if they have their own personalities. Perhaps ancient peoples were on to something when they gave the principles governing their reality names and placed them on high among the celestial bodies as gods and goddesses.

Though neither the Moon, nor Neptune, nor any other planet “govern” the Earth. The planetary archetypes are more like features on a clock. Any clock we behold does not force the time to be a certain hour; rather it simply indicates for us that hour. Similarly, when the planets align they simply indicate that it is time for manifestations with their combined archetypal qualities to arise. So, with this in mind, we might also be able to point out that Socrates’ and Plato’s observations seem appropriate as well. The planetary archetypes do reflect transcendent “Ideas,” yet ones that can only be directly experienced when they arise as *specific* physical examples of that larger “Idea.”

What about Aristotle, though? He suggested that a category such as “Ideal Woman” is inherent within the person themselves. Imagine someone had told us, when Rihanna was a child, that she had the potential to become an idealized woman. As that potential became realized we might have pointed out that it came from her own hard work and/or from her DNA. Therefore Aristotle’s perspective also appears to possess validity.

And then there is Carl Jung. For him archetypes exist within our individual psyches and in our collective unconscious.

The existence of the planetary archetypes in our collective unconscious is easy enough to point out. When a community (Moon) of fandom grew around Rihanna, it intuitively deemed itself “The Navy,” a term that is patently Neptunian. Rihanna did not name them that. They did not consciously choose that name because it reflected the Moon/Neptune alignment in Rihanna’s astrological birth chart. It happened automatically.

And what of Jung’s suggestion that the archetypes exist in our individual psyches? There is one individual psyche which is very important for the existence of the archetypes:

Yours.



She is Dancing With You

Were it not for *your* psyche the archetypes as gods and goddesses would not exist. Nor would they exist as transcendent “Ideas.” Nor would they appear inherent to the DNA within forms. Nor would they arise in the collective unconscious. Nor would they be represented by the planets.

You see, when examining archetypes, we must consider one all-important archetype: the archetype of separation.

Separation, like all archetypes, exists as a category that cannot take actual physical form unless through a *specific* example of separation. This *specific* example must itself be *separate* from the transcendent archetype of separation. Thus the archetype of separation is fundamental: the very principle of the archetypes cannot function without it. Only through becoming *separate* concrete forms can the transcendent archetypes exist at all.

Metaphorically, the archetype of separation shows up in origin stories such as Adam and Eve’s exile from the Garden of Eden. Eden was the perfect place of immortality, where all needs were met. As the story goes, because their behavior was imperfect, Adam and Eve were exiled from that place. Or, we could say, their imperfect behavior was itself exile from that place, because that place was perfect, and by demonstrating that they were not perfect, they were by nature separate from it. By becoming concrete examples of separation they became by nature separate from the transcendent archetype of separation, yet in doing so they also brought the transcendent archetype of separation into being.

Only when there is a separate concrete observer can *specific* concrete forms be witnessed, and the consequent existence of their respective transcendent archetypes be implied. That observer is *you*. Only by becoming *you*, you who are separate from transcendent archetypes, separate from the planets, separate from Rihanna, separate from other individuals, separate from everything, can all those things come into being.

Just as Adam and Eve's imperfection separated them from the perfection of Eden, so also we sense, whether consciously or unconsciously, that we are somehow imperfect, in some way wrong, in some way unworthy. Just as there is one archetype of separation, so also there is one archetypal core wound of separation and one archetypal separate ego. This archetype of the separate ego can only show up through the unique example of *your* specific individual ego with all of its concrete particulars.

Yet still the separate ego is one archetype. It is like a computer program. We may get different results when we feed in different data, but the function is the same. For instance, one set of data results in Hitler, while another results in Buddha. The data determining those results is how separate *you* feel.

You see, *you* are the archetypal separate ego. You have within you the potential to become a Hitler or a Buddha depending on how separate *you* feel.

Throughout the history of our species we have sought to address our unpleasant sense of imperfection and unworthiness by casting it outward onto others. They bear our burden of unworthiness by becoming somehow wrong as people. Our tendency to avoid our feelings of lack and imperfection by steering ourselves, others, and our environment toward our idea of perfection has finally painted us into a corner where our very survival as a planet is at stake.

Are you ready to end this behavior pattern?

Are you ready to discover your superpowers?



She is Embracing You

Now let's return to Rihanna.

The Moon/Neptune alignment at her birth suggested she had the potential to become an idealized woman, which she did. It's as if that Moon/Neptune alignment was a part of her DNA.

That she experiences the "Ideal Woman" in herself and sees the "Ideal Woman" all around her suggests that the Moon/Neptune alignment informs her experience of reality itself.

That her community (Moon) named themselves "The Navy" (Neptune) suggests they are also not separate from that Moon/Neptune alignment, and thus not separate from her.

Should we choose to label the planetary archetypes gods and goddesses, then the Moon and Neptune are goddesses who can only manifest in physical form when "disguised" in a specific imperfect physical manifestation, such as Rihanna.

It's as if the gods and goddesses are the potentials and we as individuals are the *specific* concrete manifestations of those potentials. From one perspective we are separate from these divine archetypes, yet from another we and these divine archetypes each bring the other into existence, and thus are not separate at all.

And then there's *you*.

Think back to when you first read the name Rihanna. What sort of judgments did you place on her? How about when you read the name Hitler? What sort of judgments did you place on

Hitler? How would those judgments change if you knew those two people were not separate from you?

The astrological alignments at the moment of your birth inform your entire experience of reality. Yet if the alignments of the planets at your birth inform your experience of reality, are those planets really separate from you? If this very separate appearance itself is born from you experiencing yourself as the archetypal separate ego, are the planets, the stars above, separate from you, or do they originate in you?

This is the first of your superpowers: the universe in its entirety originates in *you*.

Now for the second...



She is Whispering to You

If those planets in the sky, those archetypes they represent, are not separate from you, then your astrological birth chart, with all the wisdom and insight it has to offer you about your nature and potential, is your own life speaking to you.

And how is it speaking to you?

Through the language of the symbolism of your life itself.

In other words, your life is communicating with you, whispering to you, guiding you in a language shared by you and your life.

This is your second superpower: you have a direct line open to your life, one that is here to transmit wisdom to you, your own wisdom, because you are worthy of it, because your life loves you, because your life *is* you.



You Are Separate, Yet One

Your most unique superpower lies in the nature of the separate ego archetype itself.

The archetype of the separate ego is one archetype. We are all experiencing it. Yet in order to manifest as a concrete physical example of a separate ego, it must manifest as an utterly unique separate ego, one like no other, one with a unique potential like no other.

This potential is what the whispers of your own life are guiding you toward. This is the potential portrayed in your astrological birth chart, a potential that is not only uniquely yours, but that is uniquely *you*.

The core wound of separation is one archetype. Yet in order to manifest as a *specific* concrete example, it must be *your* unique core wound of separation, with its own unique challenges and aches.

From this unique wounding, and from all the subsequent unique aches and vicissitudes of your unique life, come *your* unique strengths, *your* unique potentials, *your* unique superpowers.

By placing these challenges before you, your life has been guiding you to these unique superpowers. They are your strengths, your beauties, your magnificence, written across the very grandeur of the heavens themselves when you were born.

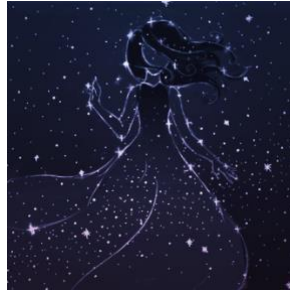
This is the message your life would like to reflect to you through the mirror of your astrological birth chart.

And this is the path to saving ourselves as individuals, as a species, and as a planet, because it is the recognition that all of these are, in fact, *you*.



Epilogue

To begin your adventure of understanding your astrological birth chart, schedule a one-on-one session with me by clicking [here](#). Readers scheduling their first session with me can redeem the following 20% off coupon: FIRSTTIME20% .



Appendix

Links to Astrological Birth Charts Mentioned:

[Rihanna](#)

[Marilyn Monroe](#)

[Brigitte Bardo](#)

[Edgar Allan Poe](#)