

# *Simply Your Self™ Daily Report*

*A key to enhancing your Self and your Life*

*July 28 – August 04, 2007*



**Multidimensional Tools for Conscious Living**

*Eleanor Haspel-Portner, Ph.D.*

***The Future is Now.  
Know it.  
Change it.***  
*(Eleanor Haspel-Portner, Ph.D.)*

## ***Simply Your Self™* Daily Report Commentary for the Month of August 2007**

Through general comparison of Type definition patterns in charts from April through August, it is apparent that cosmic energy flow gives us support at different times for different configurations within our process. April played out as a relatively internal month in terms of general energy configuration. April required inner reflection for later action that balanced emotional pressures from planetary forces under which we all lived. In April only 13.3% of the composite charts resulted in Manifesting Generator days. 23.3% of the days were Manifestor days; in short, there was only support cosmically for action of any kind on about a third of the days of the month. Of course, personal energy might have resulted in different configurations.

May carried much more energy overall, however, it still required deep inner reflection in order to be clear on one's own feelings with quite a bit of inner uncertainty carrying us along throughout the month. Despite this inner uncertainty, action was possible and quite likely. "Successful" action was also likely, if time was taken to check out the inner congruity of feelings that assured balanced inner alignment.

In May, the configurations were quite different. In May 70.9% of the days were Manifesting Generator days and 16.1% of the days were Manifestor days whereas only 9.7 % of the days were Generator days. 30 % of April's days were Projector days, while 3.2% of May's days were Projector days. Knowing ahead of time the configuration of the kind of action pattern in any given month is akin to knowing how to align your thought process so you can plan your actions as well as your time.

June set up as a quieter month than May in terms of taking action with emphasis on tuning in to instinctive feelings that built health and well being of Self. In June, 50.0% of the days were Manifesting Generator days, 20.0% of the days were Manifestor days, 30.0% of the days were Generator days and there were no Projector or Reflector days in the composite view on the Multidimensional Layers of Consciousness. You can see from these figures that knowing ahead of time what kind of cosmic support you have can shift your feelings of confidence in your action potential significantly.

July had only 12.9% Manifesting Generator days, 3.2% Manifestor days, with 77.4% Generator days. Clearly July was a time to go inward to gain insight into your own instinctive health concerns while rejuvenating your internal core. Hopefully, you took time in July to relax, pull back from work as many people do in the summertime, and you enjoyed life without feeling that pressure to take any action or initiate any projects. It is always wisest to use the time for planning action during time when cosmic energy supports such action.

August certainly sets up with more energy toward action than July although the times to manifest with alignment to your own purpose is a bit tricky in August. Certainly, "when in doubt, wait it out." While July had 12.9% Manifesting Generator days, 3.2% Manifestor days, 77.4% Generator days, and no Projector or Reflector days in the composite charts of functioning consciousness, While August has 36.7% Manifesting

Generator days, 23.3% Manifestor days, 20.0% Generator days, 23.3% Projector days, and no Reflector days in the composite charts of functioning consciousness. These statistics illustrate how much more inward focus July emphasized and how many fewer days set up for actual manifestation of inner energy in outward action. Although August has more potential for action, by looking at the charts analytically, it appears that the fluctuations in support for sustained action is spotty and also oftentimes emotionally driven so unless you are very clear within your own subconscious in terms of your goals and intention, you may set in motion through action in August some things that you may later regret.

When a month sets up as August does, with balance in many ways in terms of functional strategy for manifestation and for self-awareness, use the days sensitively and with deep active listening for clues that are subtle “tells” for you from your deep inner core. Honor your own instincts and use cognition to be emotionally intelligent rather than impulsively driven. Let the summer be a time of preparation as the fruits of the spring are harvested and planning for the fall and winter is seeded and begins to grow.

### ***Simply Your Self™* Daily Report Commentary for the Week**

Use the early part of this coming week to focus within and to review and balance your body/mind/instinct awareness with your feeling/mind/instinct awareness. These two components of the functioning Self are crucial in finding your balance when manifesting your needs, wants, and desires in a congruent way in the world. In the early part of this week, it is a great time to recognize the internal physiological responses you have and to use your cognitive intelligence to revise your interpretation of them.

As sentient beings with a capacity to use cognition unique to humans, it is essential to take time to process information with our coordinated awareness in order to reach our highest potential. While you may find yourself doubting your inner “gut” this week, recognize that doubt as strength feeding your capacity to discover new ways of responding that carry creative openness to possibilities. Try different filters on your interpretations of past events. Find facets to your feelings and to your bodily sensations that you never recognized before.

By the end of the week and into next week, you may expect to feel some impatience to speak and to act. If you must act, wait at least until next Saturday when you will have more support for your “gut” responses. However, if you have any residual stresses or doubts, wait for a better time that leaves you less driven by pure physiology and more by spiritual clarity that gains support through your inner process.

***Consider for the Week: Balance involves your body, your feelings, and your mind in coordination with integrated instinct to reach your highest potential. Awareness involves conscious attention to mindfulness as you move through this week. Learn and use the information for your growth.***

**Saturday, July 28, 2007 @ 12:00:00 GMT**

**Keywords for the day: the Unexpected, Penetration, and Endeavor**

A lot of the driving energy today originates in emotional activation of physiological responses that trigger inner knowing or intuition. It, thus, behooves you to take time to recognize the strong cosmic support of the day for tuning in to your individual responses that differ from those of others. Your fears and concerns about health and well being may be different from those around you. Avoid acting from collective emotional pressure. Remember that your inner resources are best spent economically and in ways that connect with and advance your goals; sometimes, individual needs conflict with the needs of the collective. Stay true to your own chemistry. Eat your own diet rather than one someone has prescribed for you; you are an individual in whose skin no one else lives. Pay attention to your chemistry and to how you feel when you eat; include awareness of the environmental effects of others present on you. Try experimenting today with alone space vs. collective space to see how you feel. The lessons may be invaluable. Avoid speaking. Keep your insights to yourself.

**Sunday, July 29, 2007 @ 12:00:00 GMT**

**Keywords for the day: the Alpha, Laws, and the Unexpected**

Look to your self and your own instincts to guide you today. Stay focused on the principles you instinctively trust recognizing that at this time there may be quite a bit of collective angst about the health of the planet and its inhabitants. While it is essential to tune in to your role in the wider world community, it is most essential that your relationships with those closest to you be put in order. Take time for assessing the way you care for those about those closest to you paying attention to your own internal responses that communicate the state of your own health in those interactions. If you become aware of a problem, wait without any communication since the time is right only to become aware, not to take any action. Commitments prematurely can result in you feeling disappointed in attaining your objectives, so trust that patience will bring results. Believe in your process. Take time for being still. Smell some essential oils that calm and heighten inner harmony.

**Monday, July 30, 2007 @ 12:00:00 GMT**

**Keywords for the day: the Alpha, Refinement, the Four Ways, and the Unexpected**

**Full Moon Sun is at: 6° (♌) 31' (6 degrees 31 minutes of Leo) in I-Ching Hexagram 41 Line 5 at 00:47 GMT; Moon is at: 6° (♊) 31' (6 degrees 31 minutes of Aquarius) in I-Ching Hexagram 31 Line 5 at 00:47 GMT.**

Tension of the full moon in Leo pushes people to deal with emotional issues relating to one's intimate community. Balancing the body/mind/instinct and feeling/mind/instinct is crucial in resolving these issues and may find support in the components coming together today. It is a day notably affected by the Chiron Moon conjunction. This component tells me that environmental influences and sensitivity irritants may have their partner in the instinctive sensitivities of the body physiology. In today's configuration, these sensitivities may be modulated by the circulation and digestion. In addition, there is a great opportunity to review data that you have about yourself and use innovative creative imagination to find new solutions for your self. Grasp understanding in a new and

healing way. Use dominion to overcome fears that drive you emotionally. You can be your own master. Resolve to yourself, but wait on overt action.

**Tuesday, July 31, 2007 @ 12:00:00 GMT**

**Keywords for the day: the Four Ways, Contagion, Dedication, and Alignment**

With intuition energizing the strength of your will as it imbues you with Self-confidence today, you may opt to take action. If you take any action do so *only* if the action is on your own behalf based on past knowledge of your deepest “gut” instincts. However, if you have *any* doubt whatsoever, refrain from expressing your resolve and taking action except in terms of your own process. It is more a time to understand and internalize your active intention to manifest than to actively manifest. Wait until you have support for taking “gut” action since then it will more fully connect with others as reflecting your true deep self. Recognition of Self is the primary goal of the day with increased awareness that the links between the mind/body and the mind/feeling at times function outside of the instinctive dynamics, in this case, and more in the spiritual dynamic of the functioning will. Healing of past wounds is possible during this time.

**Wednesday, August 1, 2007 @ 12:00:00 GMT**

**Keywords for the day: the Four Ways, Migration, Planning, and Alignment**

Watching your physiological reactions, for example, your digestive process when you are in various situations may make it clear to you how your body is affected by emotional components of your social and family relationships. In addition, it is an important day for grasping the way you piece together your history in terms of the way you relate to yourself and perceive your capacity to manifest in the world. Although today is a day solely for inner rather than outer activity, it is full of possibility for self-exploration and recognition of your vulnerability to the feelings of others. Be sensitive to yourself. If you watch your reactions to smells around you, to your desires as they surface, and to your shifting thought patterns, you may find great intelligence in your internal feedback systems. Use your day to learn about your own reactions without any judgment of good or bad, helpful or not helpful, acceptable or objectionable. Wait for inner knowing with more instinctively grounded energy.

**Thursday, August 2, 2007 @ 12:00:00 GMT**

**Keywords for the day: the Four Ways, Eden, and Confrontation**

Be especially wary of emotional stressors today and into the early part of next week. Impulsive emotional involvements that activate past issues, especially in terms of those closest to you, may undermine your immune and circulatory systems unless your activities have past foundation in your deepest instinctive responses. It is best over the next several days, regardless of the impulses you feel to manifest through action, to refrain from any situations that can cause you to respond to people in less than your ideal manner. Thus, avoid social situations that may trigger you emotionally in trying ways. However, keep your own questioning mind open to new possibilities and use the ideas you have to project new patterns into the future, especially in terms of health and behavior. Use this time productively. It is a challenging time to stay still.

**Friday, August 3, 2007 @ 12:00:00 GMT**

**Keywords for the day: the Four Ways, Upheaval, and Service**

A primary difference between today and yesterday may be found in the mental capacity gained today. Today, there is the possibility of grasping a more comprehensive understanding of the multidimensional nature of the Self and of relationships in the world. The multidimensional charts show openness to connect information processed over the past few weeks to questions that are being pondered about life and about the world. Jump aboard the cosmic flow to achieve some clarity along the body/mind and feeling/mind axes. As you understand bodily physiological cycles in yourself, you can better grasp with your cognitive capacity how to modify the biology to its most refined connectivity in your body. Your inner direction although not quite clear, becomes clearer within about a week. Wait for that time.

**Saturday, August 4, 2007 @ 12:00:00 GMT**

**Keywords for the day: Refinement, Maya, Cycles, and the Four Ways**

Today gives you more information with a better sense of connection to your biological processes. The last several days have deepened their support for refined recognition within each individual for responding to the link between environment and survival. It would be appropriate today for a discovery about the health of the earth to be made public. In addition, it is appropriate for you to grasp something about your past sensitivities as they affect your immune health and your life. Although it is best right now to observe and wait for ongoing confirmation with time, at least take some notes for yourself and anchor your awareness to concrete form. We remain in a time of deep empathic coordination of the collective unconscious. Use this openness to be empathic to your own sensitivity. Build inner strength.

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New Materials are in their final edits for release so expect information to be forthcoming soon describing the tools we plan to make available for study. Erik Memmert and I are finalizing the release of the ***Simply Your Self™*** Neurtrinos computer software that will allow expanded views of the charts that I use in my work with clients. The ***Simply Your Self™*** Daily Report subscription service is also being finalized for release soon. Some announcements will be on made shortly.

We are engaging in statistical validation of the ***Simply Your Self™*** system that we are now ready to test using social science research tools. More information about the NTW program, a ***Simply Your Self™*** program, these websites, and the research will be released soon.

It is only through Erik's efforts that we have access to the synthesis of information combined in the body graphs that comprise the ***Simply Your Self™*** system. I am deeply grateful. Without his work, none of my work would be possible in its current form. Erik, Marvin, and I work closely together in great harmony and as we do, we continue to build our own understanding of the depth and breadth of the materials and work to which we are all committed.

Originally, these reports were written as part of a pilot research project to assess the value of the MHDS transit information in the daily life of individuals with limited interest or inclination to study a complex personality system. The service continues because feedback on the value of the information indicates its general usefulness in practical life. The reports, translated into German by Anna Bahlinger-Cetin, are available each week.

These transit reports take time, research, and energy to prepare. Beginning in July 2007, these reports will be part of a paid subscription service; in the meantime, any donations you wish to support this work, in any and all ways for the development of this groundbreaking invaluable scientific system of information are welcomed. Any and all support is greatly appreciated.

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