

# Chapter 5

## Section 2 - INSIGHT

Ineffective behavior becomes obvious and is easily recognized through the manifestation of distinct energy patterns. Your development of such an awareness starts in two ways: first, by reading and understanding a behavioral change pattern and second, correlating these behavioral change patterns with two specific planets - Saturn and Neptune.

The 5 Behavioral Pattern Changes caused by planetary depression are:

### 1. Energy Pattern Change

The spirit or power to work and enjoy life changes. An example of two extreme energy-performance changes is exhaustion versus hyperactive behavior.

<b>Table 5-1 Planetary Correlation: Energy</b>	
<b>♄</b>	<b>♆</b>
Look for Saturn when depression worsens and causes fatigue, sluggishness, loss of appetite and even weight loss.	Look for Neptune when depression steps the energy up to a frantic state of activity.  This type of depression may be associated with mania, a condition called Bipolar.

## Planetary Depression and Anxiety

Directions or transits with Saturn means energy feelings may deteriorate from an emotional state where the person is dull, dispirited, and discouraged to a complete loss of interest in life!	Neptune speeds up the energy and maintains a surface hyperactivity. This may be seen as irritability, anger, and agitation.
The sense of energy loss may be profound in some cases of depression such that a person will remain bedridden for months on end.	Neptune is notoriously ambivalent.  Expect a coexistence of contradictory feelings about a person, object, or action when Neptune contacts by direction or by transit.

### 2. Concentration Pattern Change

It takes great effort for the person to gather his thoughts; the mind works in a slow, labored manner.

Another depression reaction can manifest when concentration is dissipated by too much stress on the mind. The person is unable to follow through with any sustainable thought patterns. Typically, they have a very poor attention span.

Apprehension and vague nebulous fears interfere with the successful mental thought.