



**YOUR PERMISSION PRESCRIPTION**

with Nancy Levin

**EPISODE 50**

## Healing Our Core Wounds Through Psychoastrology with Lisa Tahir



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We tend to do things with similar people, places and things. That's our routine. That's our schedule. That's our week. And for a lot of us, it's pretty damn good. We like our routines and schedules, but there might be an area or two that I wish I was doing better and my relationships or financially.

And so it's by understanding what are we telling ourselves? That's maybe keeping us where we are versus. What do I want to believe is true for me. And then who do I have to become to live that version of reality?

**Nancy:** Hi, and welcome to Your Permission Prescription the podcast that teaches you how to confidently say yes to you and consciously create the life you desire. I'm Nancy Levin. Best-selling author, master life coach, and founder of Levin Life Coach Academy. But it wasn't too long ago that I was a burnt out people pleaser.

Living my life for everyone around me and ignoring my own needs. Fast forward to today. And I've successfully coached thousands of recovering

people-pleasers to set boundaries with themselves and the people around them. So they can live a more fulfilling life on their own terms. I created Your Permission Prescription to help you do the same.

Be sure to tune in for actionable coaching methods, from me. Interviews with other incredible coaches, speakers and authors, plus one-on-one live coaching calls and so much more. If you're ready to start saying yes to you, then you're in the right place.

Welcome back to Your Permission Prescription. Today, I have got a wonderful guest for us, Please welcome Lisa Tahir. And she is a psychotherapist with a private practice in LA and New Orleans. She's the founder of psycho astrology. She's also the host of All Things Therapy podcast and the author of The Chiron Effect: Healing Our Core Wounds through Astrology, Empathy and Self-Forgiveness.

Welcome Lisa

**Lisa:** Nancy, thank you so much for having me on. I have been looking forward to talking to you.

**Nancy:** Me too. I have so many questions for you. First, I want to start with psycho astrology. I'm just so intrigued by this term and would love for you to share with our listeners about it.

**Lisa:** Psycho astrology is simply that intersection between our personal psychology and our natal astrology.

For me, as a therapist that is specific to the placement of Chiron, C H I R O N. In your birth chart. And many of you listening and watching you, you probably know what sign you are. You might even know your rising, where your moon is. And Chiron is a placement exactly like that. Chiron is in one of the 12 signs.

Aries, Taurus, Gemini, et cetera. And this speaks to the placements where we tend to feel, for example, low self-esteem. We might be really outwardly successful. People think we're just the bomb, but inside of ourselves, we feel like it's never enough. And that is just such a debilitating place to live in your own mind and heart.

And when I think of the title of your show, Nancy, and the permission prescription for me, Chiron really fits in with your, your theme and your mission. Because when we free ourselves, when we know where we harbor the judgments and criticisms, and actually lean into those places with empathy and compassion, instead of our judgment, we really permit

ourselves to be more of who we are instead of feeling like we have to hide those parts of ourselves. And I wonder what you think?

**Nancy:** Yeah. I mean, that to me is everything so that we're no longer packaging ourselves to be digestible to everyone else so that we are not operating from the place of, in order to be loved or accepted. I must hide this part of myself. Yeah. Yeah. I love this.

**Lisa:** It's exactly that.

**Nancy:** And so now, I want to look at my chart and know where my Chiron is.

**Lisa:** You know it Nancy, I suspect wherever your Chiron is that people that are healers, that are podcasters, that are doing something to really help us all grow and evolve. You've been healing. Your Chiron placement naturally.

Specifically knowing that's what you're doing. And so when you do find out where your Chiron is, I just sense, you're going to have that experience like, oh, I have been on this journey of excavating and really bringing to light, especially what you do on your show with helping us really give ourselves permission to be who we want to be.

**Nancy:** So when you are working at that intersection, as you said of therapy and astrology. How do you work with your clients? How do you bring in the chart?

**Lisa:** So, I've been a therapist for over 20 years and my book I've been writing, wrote and researched, and the last five years, my book being kind of an augmentation, an accessory to my therapy practice.

And so I still meet clients right where you are. What is bringing you in? Because usually there's something that happened or you just feel like I have to, I'm finally ready, whatever. That trigger might've been for you. So I always start there and then I say, Hey, I'd love to look at your Chiron. Give me your date of birth, your place of birth.

And if you have it, your time of birth, because that shows the house one through twelve, that Chiron is in, and that's where this vulnerability, this wounding manifests. Whether it's in the workplace or in your intimate relationships or within your own self-esteem or in your finances, but if you don't have your time of birth, it's okay.

Because you're going to know where this is manifesting in your life, and you only need the date of birth and place of birth to know what sign Chiron is in. So I do like to check that if a client's opened, if not, that's cool too. It's not a requirement to look that up, but I just think it really, I know for me, Nancy, being a therapist for over 20 years being in therapy for almost the same time, I got really frustrated. Why am I having these same issues?

Like, come on, Lisa. You know, when you start to feel, well, I'm just going to turn over every stone. And I was led in meditation to research Chiron. Which I only had heard of in grad school, Carl Jung talks to. The wounded healer archetype, and it didn't really ring a bell for me, it was pretty anti-climatic like universe, that's all you got.

But when you get a message and like something, it keeps coming up in different ways, prodding at you to explore it, investigate it. That's what happened with Chiron. And when I started to really understand the significance of this information, that for me, my Chiron is in the sign of Aries. And yeah, just to make this really approachable, for you to understand Chiron and the sign of Aries, it's about this vulnerability up to and including core wounding.

I see that on a spectrum that some of you, this is a core wounding when you've experienced trauma and abuse. There are some, some wounds that are left to heal from. And for others of you, it might just be an area of vulnerability. It might not be as deep as a wound, but for me in the sign of Aries, the centered upon my sense of value and worth, and my first house of my self-esteem and it really illuminated things, Nancy, because despite, I was one of those people, regardless of how much I had accomplished, I never felt good enough.

And it helped me release myself from this performance-based love. And people-pleasing patterns. And so for me, it was kind of like this missing key of why I kept having some similar feelings and different experiences. And that's why I took the time to write the book, because I really want you to have an easier time at discovering these things about yourself.

**Nancy:** Well and once we have an awareness, then we can. Set about healing. So I think that that's, you know, I like the way that you are framing this, especially in that, we're going to have our core wound exposed to ourselves, revealed to ourselves, and then we can actually go in to see what healing needs to happen and how we can activate that.

**Lisa:** Yes, Nancy. And I felt led before we connected here on video to pull this Carl Jung quote, and I'm just holding a little scrap of paper. And he said, what you just said in 1961, Carl Jung said "For it is in the healing of our psychic wounds that we come to know ourselves" and you just put it in a succinct way.

**Nancy:** Well, that's fabulous. Yeah. Well, I know for me it makes perfect sense to me. So many of us want a sort of barrier pushed down or suppress or repress those core wounds, but the more I have been able to be in conversation with them and the more I've been able to really open myself up to what they have to teach me the more, really the more I can be in as in acceptance of myself.

**Lisa:** Yes. Yes. And that's where I really go deep into this theme and notion of self-forgiveness and empathy. I don't know for you, Nancy, I'm curious to know, I was taught about forgiveness being for others.

You know, it's something I forgot to apply and extend to myself. I just hold myself to these high standards. And when I didn't meet them, I'd beat myself up like a lot of people. And I noticed it just made me feel worse instead of better. And when I started reading about really good coaching and coaches, have they really encouraged to come on, you can do this, get up and try again.

And it's by believing in yourself and having hope, which I talk about as well as a precursor for change. Hope along with compassion and self-forgiveness allows us to get back up and try something again, that might've been really hard for us and an ease into it versus feeling so scared that you need to avoid it.

And I wonder what your experience has been around forgiveness.

**Nancy:** This to me is really very much aligned with my perspective as well, that self-forgiveness, forgiveness of any sort ends up being self-forgiveness because we have to be, we have to forgive ourselves before we can forgive another, and we don't even need the other to be present or alive quite frankly, but we need to be willing to release the burden of resentment or whatever we've been carrying. We have to be willing to give ourselves that gift of releasing.

**Lisa:** We do, Nancy, and I think it's when we really start to look at ourselves through this lens of compassion and see that even when we messed up big time, that we made sense to ourselves in that moment. And we can really see I didn't mean to do that, or even if you did it it's because you were so wounded that all you need to do was hurt back.

And when you can see that in yourself, you're able, then I think to really start having empathy and put yourself in other's shoes, like you said, if they're there with you or not to, to make an amends to in-person or not to really be like, okay, maybe they were doing the best they could, too. And it just kind of softens everything in your life. Life starts to move with more ease and flow. I've noticed that things, like if I'll accidentally cut someone off, they're not shooting the bird yelling at me anymore. It's like, okay. I see. It just kinda stopped things every day.

**Nancy:** Yeah. And I think I was Maya Angelou who said, when you know better, you do better. I think that's part of it, too.

And I think. When we can gain some perspective and have a different vantage point on things we may have done or not done in our past, we can be self-forgiving from the perspective of that's what I knew to do then.

**Lisa:** Yes, absolutely.

**Nancy:** When you're working with your clients, are you really focused on Chiron or do you also go into, do you go into the full spectrum?

**Lisa:** Well, I weed Chiron and without having to talk about Chiron, because Chiron it's really about our patterns and we all have patterns based upon what we lived in our childhoods. And we can only go as far as our largest limiting belief. And so what I'm working with clients, I'm just kind of looking for this roadmap about them.

That I start to piece together from the stories they're telling again, based upon what's most important now, but we tend to habituate and I call it the Chiron Effect. These patterns we tend to do similar people, places and things. That's our routine. That's our schedule. That's our week. And for a lot of us it's pretty damn good. We like our routines and schedules, but there might be an area or two that I wish I was doing better and my relationships or financially. And so it's by understanding what are we telling ourselves? That's maybe keeping us where we are versus what do I want to believe is true for me?

And then who do I have to become to live that version of reality? And I wonder what you think about that.

**Nancy:** Yeah, I think all of that's quite true and I think that in my own work, especially work of, uncovering shadow beliefs and being able to experience a shift around them and being able to be with.

What's true instead of what we believe and being able to move out of conclusions that we've been drawing about ourselves that have led us to make specific choices that keep the patterns progressing, you know, to be able to actually look at what's what's real and true. And to be with what's here, instead of all the stories that we're making up.

**Lisa:** I'm liking what you're saying, Nancy. And I'm curious, because talking about the shadow and I know I wrote about, and I quoted Deepak Chopra, but it's not the presence of our shadow that's the problem. It's the relationship that we have or don't have with it. And so when you were just talking about this, how we're feeling in a moment, which I'm likening to is the vibration we're emanating, like our emotions in this moment about a situation, but our beliefs might often be our thoughts about it could be different, like resistance. I don't want to feel this way. I don't want to believe this is true, but we're emanating this inward.

And I think our shadow, I know for me, has been created where I'm trying to deny or repress what I'm feeling. So can you speak to, because I think it's so interesting what you brought up to untangle that some more.

**Nancy:** First, I would say are the beliefs that are imprinted on us that we didn't consciously choose.

And then when we are grown up people we counteract that shadow belief with what we know to be true now. And we can actually replace the old belief with our new conscious belief. We are then able, and maybe we are only then able to draw a different conclusion about ourselves than the one we've been holding.

And then in terms of those parts of ourselves that we push away, I will relate to that as these disowned qualities, these parts we don't want to be, I'm not that. And then we will be quite often activated by that very, by that very quality in others.

**Lisa:** And and even drawn to those kinds of people.

**Nancy:** Absolutely, drawn to them a hundred percent and really it's all the invitation to own and integrate. So I look at this also from the perspective of how we are making choices in every moment. We're making choices about, Do I believe this? Or is this something that I have believed over time that isn't really, that is no longer true or isn't even true. I've been holding it as a fact, but it's not.

And how can I shift that so that then I can make a different choice to then have a different one?

**Lisa:** Yes. And I know in my own life, Nancy, as you're talking, I was thinking about growing up. Like I think a lot of others I heard my parents say, and I didn't realize that this became my belief until I started experiencing some of this and my adult life.

People just want to rip you off, especially when you're going to buy a car or you need some kind of repairs. Right. This whole mistrust. And I noticed on occasion, if I need something like that done, I have some fear. Oh my gosh, who do I go to? They're going to rip me off. And I'm like, you know what universe, I really want to change this because there are wonderful people in the world.

And I experienced so many of them most, all of the time. So will you please bring me repair people that are going to be honest and good, and I've noticed that's what's been happening. People that I can really trust to pay, to do what they say they're going to do, because I actively, I didn't want to carry that.

Maybe that was my parents' experiences, but that's not what I choose to be mine.

**Nancy:** Right. And so. That's the inside job of it. You make a conscious choice. And then what, then what you believe becomes magnetic. I mean, what we believe is always magnetic, but if we're believing, people are always going to rip us off, we will continue to draw toward us, all the people who will rip us off.

If we shift the belief to there are good people. There are people who will do an honest job and charge me an honest price. You know, we then become a magnet for that. And I want to, and I know you don't think this, I'm just saying for anyone listening, I want you to know, I don't mean this in a Pollyanna way.

We have to create new grooves for ourselves to have new beliefs. And so once we are able to do that, then we get what I will refer to as some kind of past proof. So, if I go and have a positive experience with buying a car and I feel that it's fair and I feel good about it.

I can lean on that past proof that not everyone's going to rip me off. So the next time it comes along. Even if there's a knee jerk to go to that old belief, I can remember, but wait, when I bought the car, it felt good.

**Lisa:** And so we ourselves. And I talk in my book about this. Laying new grooves in our brain by using meditation.

And now sound frequency as a tool because as you know, the neurons in our brain are receptive to sound, to frequency. And I was so amazed when I learned that genetic biochemists are using the frequency, the sound frequency of 528 Hertz to repair damaged and broken DNA, which is actually the frequency of love.

And so I bought a 528 Hertz tuning fork. And that just means for those of you listening or watching, it's the rate at which something vibrates. So 528 Hertz vibrates, 520 times per second. So it's like a fast, clear frequency that when you combine with meditation in a relaxed state can start to change the neurons in your brain to reconfigure in ways that are more calm and peaceful and loving literally for yourself.

And I've been doing a meditation group in New Orleans once a month for the new moon where I'll bring my tuning fork and we'll meditate for 20 minutes with sound frequency and I'll tune their brains. We all feel so good afterwards. You can use that in your life on a daily basis.

**Nancy:** What are some other things that you suggest for us to do in a practical application to support this healing?

**Lisa:** I love practical wisdom. So for every placement in Chiron and all of the 12 astrological signs, I give five takeaway steps for every person, Chiron and Aries through Chiron and Pisces. And to give you an example for the Chiron in Pisces individual, this speaks to someone who feels really disconnected from a greater source.

Be it spirituality or something bigger than them. And they feel like life hasn't been fair. And they might over-give to try to source love, but end up feeling depleted. And Mother Teresa actually had her Chiron in Pisces and we know she definitely mastered how to give so much yet still keep her own love tank full.

And so this Chiron in Pisces, a takeaway step I offer is borrowed from aviation, put on your own oxygen mask first. So really make sure when you give it's from a place of feeling full, instead of from your depletion and the person you might give to is yourself over someone else. Which might mean taking some time off to get quiet time for yourself, or it might be doing something with a group that you find fun and exciting.

So I give practical wisdom for every placement of Chiron. I love it as well as affirmations. I'm a big believer in affirmations. So there's five or six

affirmations as well that you can meditate upon. And I offer a meditation in the book and if you get the audio version, I'm the narrator so it's me walking you through, guiding you in the visualization and meditation.

**Nancy:** Which makes such a difference.

**Lisa:** It does. And I think having a lot of tools, Nancy, like I suspect you have, it's for me, it's meditation every day, no matter what, that's a staple. And exercise as well. But exercise might change its form.

It might be a walk. It might be weightlifting. It might be yoga. I tend to read every night before bed. So there's some main state practices I have. It's traveling some time, it's getting out in nature, just the more tools you can have, the better you're going to be able to know what to do for yourself and a given moment.

**Nancy:** I agree. I mean, that's why I really stress the importance of these non-negotiable practices, and for me also meditation every morning and writing in my journal every morning and getting out. I live in Boulder, I can go out for a hike. And so it is beautiful, but it's such an important value of mine to live where I live so that I can walk out the door and be on a trail.

I feel really strongly that not enough people focus on what are their non-negotiables about where they live.

**Lisa:** I love what you're saying here, Nancy, because the other day I was meditating and I had this thought. Relating to what you say. We think of our outer space is being out in the cosmos and the stars, but outer space is really outside your door and that you've selected Boulder.

So your outer space consists of these beautiful nature hikes, and I encourage clients, find a place, even if you're in a big city, a place that you feel nature. If it's a park with birds, find a spot on a river on a lake that you feel this connection to natural beauty because it's so healing.

**Nancy:** Yes, it is. So, so healing. I agree with you. It makes a big difference to me.

**Lisa:** Yeah, me too.

**Nancy:** I'm curious about how... as long as we're sort of on this. So you live in two places?

**Lisa:** I do, for that reason that you just spoke to, really caring about my outer space and in New Orleans where I am today. I love Audubon Park. I love just the friendliness of people here.

I go to the grocery and dry cleaners and people are like, oh my God, how are you? How's California? You never meet a stranger here, which I love. It feels so good. And then in Los Angeles, I love the natural beauty, the hiking, the ocean, Lake Shrine, a place where I meditate weekly. It's that feeling on that beach.

And in those mountains, I just can't get enough of needing that kind of experience as well as the excitement, the energy in Los Angeles, people doing amazing things. And I've gotten to attend sound baths and meditation experiences like beyond anything I knew, Nancy.

**Nancy:** Yeah. I love, I love how. You know, it's interesting.

I did an episode recently for the podcast, with a guy who is a digital nomad and, you know, he's off in Budapest. But even this idea of living in two places, you know, the digital nomad aspect of it is pretty amazing that you can be, you know? Yes, you've got, you've got practices in each place, but you can also be where you want to be.

**Lisa:** It's been, and if I can do it, you can do it. If you want it. For me, it took baby steps. I talk in my book about how I lived in my office on a pullout couch and showered at a 24 hour fitness down the street for almost two years until I could afford a residence in LA. And I knew there's a way, if you just really think outside of the box, What you want can happen.

And if it can't happen tomorrow, that's okay. I feel so proud now that I stuck with it and really was resourceful. And my rental car was a closet. I had my clothes hanging and my toiletries and these kind of crazy. I laugh now, but I wanted it so bad, to live in both places. I didn't want to live, leave New Orleans and live in one place exclusively.

And you know, just the universe will show you the path. Step-by-step when you say. This is what I'm doing and really take a stand, give yourself permission. I just love the name of your show because I think every day there are things we are giving ourselves permission for or not. And to be aware of that, like you said, the decisions we're making every day, micro and macro decisions is what is our life unfolding.

**Nancy:** I agree. I agree. So, what is the big takeaway you want readers to have from your book?

**Lisa:** The big takeaway is to really make this process of therapy, of the pain that we encounter in life, at times, the circumstances, to make it easier to heal, to really draw from all different perspectives. I haven't reinvented the wheel, but I've combined lots of wheels to have. There's even a resource section in the back of other practitioners and authors and things that aren't learned from.

Because I wanted people to really have accessible information that if you've been abandoned, whether it be a parent that was addicted and didn't take care of your emotional needs or a caretaker who actually left when you were a child, or if it's financial stress and worries or health issues, all of these Chiron placements address, these real life issues that we go through.

So it's kind of like a one-stop shop, how to cope and navigate life as things arise. I love that.

**Nancy:** Thank you. So, you know, you've hinted at this a few times, the name of the podcast is Your Permission Prescription. I would love you to offer our listeners. The prescription, what would you like to invite them, to give themselves permission for?

**Lisa:** I would love, take out a piece of paper if you can, right now if you're able and jot down the first five things that come to mind that you want to do, that you haven't done. It can be anything. It could be something like a move to a new city. It could be an experience you want to have just write it down and keep it somewhere that you can revisit and see how you can chip away at these five things that come up and do not limit. Even if it's like something traveling the world for two years, put it down and see what starts to happen.

Because when we write down what we want, it activates within us. I think the pathways to start coming at us, attracting them as you were talking about earlier. Be surprised by what happens. What's on the radio or a conversation you hear surrounding the topics you write down. I would love for listeners to do that for themselves.

**Nancy:** Thank you. Thank you. What a treat. Thanks for being here. I really enjoyed our conversation and how can people find you, follow you, where do you want to send them?

**Lisa:** Sure. And Nancy, thank you. I've been so excited to come on. We had a couple of delays because of internet issues and once I was ill. So thank you.

I really appreciate you and your time. And connecting me with your audience. I would love to be connected on social media. I am at NOLA Therapy. It stands for New Orleans, Los Angeles therapy, N O L A therapy on Instagram and Facebook and YouTube. My podcast is called All Things Therapy and I had my six year anniversary as a podcaster.

I'd love to have you on Nancy and my website is also nolatherapy.com and it has everything you would need to know to be in touch.

**Nancy:** Wonderful. This has been a treat. I appreciate it. And we are going to follow up and I look forward to more conversations with you.

**Lisa:** Me too.

**Nancy:** Great. For everyone listening. I look forward to being back here with you again, next time.

Thanks so much for listening to today's episode. If you loved what you heard, I'd be so grateful if you'd leave a review and share your experience. Even better follow this podcast so you never miss a new episode. And if you'd like some extra support or guidance, head over to my Transform Together Facebook group for an engaged community.

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