

001 | Finding Your Cosmic Calling

Welcome to The Cosmic Calling, a podcast for spiritual entrepreneurs and creative souls on a mission to align their life & career with the cosmos.

I'm Natalie Walstein, Career Astrologer at Soulshine Astrology and I hope you're ready to unlock your cosmic calling.

Hello everyone, welcome to our very first episode of The Cosmic Calling!

Something that everyone seems to have in common is that they want to know what their purpose is, or they want to find their true calling.

As a Career Astrologer, I feel like it's my calling to help others find theirs and I love that I get to work with people all around the world who are seeking to understand themselves better almost every day. Best of all, we have the most amazing conversations that I'm so excited to now bring to you on this podcast.

Even though I am all about astrology and we are definitely going to be talking a lot about it, that's not ALL that this podcast is about. It's also meant to be about soul growth, using the power of your intuition, magic, personal development and how you can use all of these wonderful tools to your advantage to create a life and career that truly lights you up from the inside and allows you to bring more of your much-needed brand of magic out into the world. And this is also meant to be a way to bring together a community of people who want to understand themselves and the universe on a deeper level than ever before and use this knowledge to take solid action in creating a more soulful life & career. So, that's really what this is all about.

I'm also super excited to be talking with some really inspiring people in future episodes who have found their calling about what they're doing now and what led them to it, grabbing insights from their astrology chart as we go.

BUT for today's episode... I really just want to lay the groundwork to unravel the name of this podcast and talk about "What is a Cosmic Calling?" How do you find yours and how do you know that you found it? Why is it so freakin' important?

I know there are still so many people out there stumbling through jobs they hate, struggling to make a living, questioning themselves day and night, feeling like things are not right, but also feeling like they can't listen to their inner voice when their life or career pushes them in directions they don't really want to go. And even sometimes when we ARE doing really great in life, the voices of self-doubt can still creep up and make us feel like we're off track!

I mean seriously though... How many people do you know in your life who work in a job they hate, where they're not appreciated, and they work super hard for so little pay and meanwhile their true talents & interests are hidden away and not being put to good use?

I find this so sad and I know exactly what that feels like to be stuck in someone else's game following someone else's rules when you just want to be creating the things you wish existed in the world, or even worse, when you can't possibly believe there could be another way.

That's why I'm so passionate about what I do as an astrologer which is basically to tap into your soul blueprint to uncover who you really are and what you really want as well as helping you see how amazing you are so you can use all of this as fuel to step into your greatest potential with so much more clarity and confidence.

These days people are making their money doing the most amazing and creative things, and let's face it, we have the internet and we have an entire society craving deeper connections and we can find people who are in need of the things we long to offer easier than ever before. And that's why I think astrology and the ability to really know ourselves is more important than ever.

Because by looking at your astrology chart - which is a map of the stars & planets at the exact moment and location you were born - you can uncover your cosmic calling.

So, a cosmic calling is basically your soul's essence and your primary life mission all rolled up into one. It's your dream career and something that you feel called by your own inner knowing and joy to do.

With astrology, you can break down your cosmic calling by looking at your Sun Sign, your Moon Sign, your Rising Sign, and your Career Line. And these 4 points sum up who you really are on a soul level, what you need to be happy, what your actual role is meant to be in this crazy world, the way you're meant to do your work, and the legacy you are here to leave behind.

It's so incredible how, without even realizing it most of the time, we all have this amazing purpose, and when we are in alignment with it, we feel light and joy-filled and excited about life. We feel like we have a purpose and that what we're doing matters. Our eyes light up, our energy is brighter, and we tend to talk faster because we are literally vibrating at a higher frequency when we are talking about the things we love.

And when we're out of alignment... we feel heavy, upset, depressed, tired, sick, and burnt out. Our energy is low, and even when we get enough sleep, we might wonder why we can't get out of bed in the morning or why all we do is dread Mondays... or even Tuesday, Wednesdays, Thursdays. We wonder if this is really all there is to life and can feel stuck, lost, and confused.

You'll also find that when you are following your calling, the best opportunities magically flow towards you because the universe wants you to be the best version of yourself and when you are also aiming to work in tune with this, the universe wants to come and help you to spread your magic as far and wide as possible.

One of my favorite quotes by Rumi is "Live life as though everything is rigged in your favor." Because it is! But only if you're following your joy.

Okay, so let's break this down this Cosmic Calling concept a little further and come back down to earth. When we're talking about your Sun Sign, Moon Sign, Rising Sign, and Career Line as being your cosmic calling, we have to keep in mind these are just 4 points out of several on an astrology chart, but they are really the most important.

The Sun signifies what fires you up the most creatively. What are your true passions and underlying desires? What type of energy do you gravitate towards no matter what type of work you're doing?

My Sun Sign is Pisces, so the Sun was in the zodiac sign - or zone of sky - of Pisces when I was born, and it was specifically in my 3rd house of Social Networking. We're going to be talking a lot more about signs & houses later on in future episodes, but for now I just want to use myself as an example to illustrate what I mean by finding your cosmic calling and how my cosmic calling translates into what I actually do for a living and basically what I'm doing to live my life in line with my soul blueprint a.k.a. my authentic nature.

So, I'm a Pisces, and as a Pisces, what fires me up the most creatively is being able to inspire others with my creativity and also to bring a bit of magic into other people's lives. Pisces aim to inspire or even heal on an emotional, spiritual, or creative level and they also love to go deep when connecting with others. They can be healers, artists, musicians, energy workers, or have any number of other jobs that have to do with serving other people to help uplift their mood spiritually or emotionally.

With my Sun in Pisces in my 3rd house of Social Networking, I also love to communicate and talk. Hence this podcast and my daily astro grams on Instagram. And hence the fact that my job that I created for myself is entirely made up of Zoom calls and writing about the subjects and things I love to think about in order to help people around me feel inspired.

So already you can see how specific you can get with your cosmic calling even just by looking at your Sun Sign.

Your Moon Sign, on the other hand, describes your emotional nature. As part of your cosmic calling, this can tell you what you need to be happy, nurtured, and basically to feel secure in your life and career. And this is based on where the moon was when you were born.

It turns out that my Moon is also in Pisces in my 3rd house of Social Networking. So who I am on the outside is also who I am on the inside, and even just as a Pisces, I don't really have a lot of boundaries between how I feel and how I act. Pisces are especially sensitive in general and we soak up the energy of others like a sponge for better or for worse. I'm also empathic, clairaudient and claircognizant and I even thought about being trained as a psychic or an Akashic Records practitioner, but my true love is astrology because it allows me to analyze how I'm feeling and why without becoming overwhelmed by it.

And with my Moon in my 3rd house of Social Networking, I love to be able to talk things out with other people whether I'm happy or sad. I also crave deep connections with other people and don't like to spend too long swimming above the surface, so I need a career where I'm really able to get to know people and talk about what I feel really matters with others.

So, that's the gist of my Sun and Moon. Your Rising Sign is the next piece of this 4-part puzzle that can help explain who you really are and the work you were born to do and really this one is incredibly clarifying when it comes to the actual job you're meant to be doing.

Your Rising Sign is based on the angle of the sun at the time of your birth and it signifies your identity, it's the self you show to the world, and ideally it's the work you physically do for a living. However, it's something we usually don't realize until we're older. If you think about the process of growing up, we tend to try on different personas until we find the one that fits us just right. Kind of like Goldilocks and her very particular preferences. We start off by figuring out what doesn't feel right and then use a process of elimination to find what does.

My Rising Sign is Sagittarius. So quite literally, the work I'm meant to do is to provide sage guidance based on the things I have learned, experienced, and am deeply interested in. Already you can see how just my Sun, Moon & Rising Sign perfectly sum up what I do for a living. Of course I did not always know this about myself even if I was subconsciously playing them out in different areas of my life, but it's when I stepped into these roles and fully embraced them that my life got about 1000 times better.

The last part of your Cosmic Calling is your Career Line. This is also known as your Midheaven in case you are already an astrology buff and wondering what I'm talking about.

Your Career Line usually falls near the top of your chart and it explains the way you're meant to do your job and the legacy you're here to leave behind. It's kind of like your overarching mission in life that you are naturally drawn towards achieving even if you don't realize that's what you're doing. For example, my Career Line is right on the cusp of Virgo and Libra but it's technically in Libra.

Virgo is all about analyzing information and being very detail oriented, but Libra - which is where the mass majority of my Career Zone is covering - is all about bringing a feeling of beauty, balance, peace, and harmony to others. My career line also dips slightly into Scorpio which is about helping to provide a transformation by allowing others to see things from a higher perspective.

This is why I write the way I do, and speak the way I do, why I do what I do, and really why I consider myself to be a lightworker. I definitely do see the value in peering into your shadows and your past pains and memories, but that's not really where I want to hang out. I do mention these type of things at times in my work, and I work with a lot of amazing shadow workers and value their work too, but what I feel I'm meant to do is really all for the purpose of helping you feel lighter, happier, more optimistic, and basically feeling good about yourself so you can enjoy your life more.

And before I found my cosmic calling, I felt lost. I thought I was doing what I loved but I was always burnt out and felt like my workload was heavy even though all I had to do was design beautiful graphics for people I loved working with. It's not like I was completely off track with what I had chosen to do with my career because I was definitely living up to my soul blueprint in a lot of ways as we all usually are, but I was tired and stressed all the time, often depressed, constantly second-guessing myself as I tried to figure out how to make money doing what I loved, and to top it all off I ended up getting so sick I almost died. After I found my calling, it was like a beacon of light shone down on me and suddenly I felt happier and more excited about my life and my work than I ever thought was possible and life has been really amazing ever since. I've found clarity and confidence like I never knew I could and I wake up each day with a mission and purpose that is all my own.

So, anyways, that was my story about my cosmic calling. What are some ways you can find yours?

Well, you can look up your astrology chart for free online in so many different places simply by doing a Google search and providing your date, time, and location of birth. You can also get a beautiful frame-worthy birth chart design along with a key of your planetary placements by going to www.soulshineastrology.com/shop and I highly recommend getting it printed and framing it up on your wall so you can always remind yourself how amazing you are.

For those of who who feel like astrology is a foreign language to you and you aren't able to get an astrology reading which I totally recommend everyone does at some point in their life and that's also something I offer, I do want to talk about a few ways you can start paying closer attention to what your calling might be without using astrology because technically astrology is just the blueprint of your intuition and your intuition is inside of you talking to you all the time trying to tell you what you do and do not like.

So here are a few of my tips for listening to what your intuition has to say about your cosmic calling, and if you want to, you can consider this

to be your official homework for this episode.

Tip #1: Try making a list of 10 things that bring you the most joy to do. I say 10 because that's enough where you'll probably need to open your mind to grasp outside your typical range of answers. They can be simple things or big things but they must all be things you get really excited about doing and the goal of this is really to lay out the vast array of interests you may have and see how they connect. By the way, if you would have asked me to do this before I became an astrologer, I probably wouldn't have even thought about astrology until I got to #10, not because I didn't love it as much as other things, but because that's how completely far off it was on my radar from being something that I actually thought I could pursue on a more serious level.

Tip #2: Think about the things you do so naturally that you may not even realize how good you are at it. These might be things that people have told you you're really good at, or better yet, they could be things you automatically find yourself doing whenever you have free time just for the fun of it or maybe something you're doing when you're supposed to be doing something else. You can even reflect back at your past and remember all of the things you loved and were good at back then. I know for me, when I was a graphic designer, I used to spend half the day studying spirituality and astrology and metaphysics just because I was so interested in it even though I was supposed to be in my office doing client work. I also used to pass notes with my friend back in elementary school that were all written in Egyptian hieroglyphics and I absolutely loved the idea of having a secret symbolic language which is basically what astrology was. And then there was the weird fact that my favorite class in high school besides art was definitely astronomy!

Tip #3: Examine the beliefs that have been holding you back from doing what you really want to do. Are there things on your list of 10 things that bring you joy that you can't imagine actually being able to do as part of your work? You may want to ask yourself why you believe that is. Is it because your parents wouldn't like it or you're afraid of what other people might think? Do you feel like you're not good enough? So much of what keeps us from pursuing our calling is that we aren't willing to give

ourselves permission to do what we really want to do. I thought that being an astrologer would make me seem super weird to my friends and family and I also wondered how in the world anyone could ever learn this stuff... until I learned it... and I caught on so much faster than I thought I would because I loved learning about it so much!

If you want to go through these questions on your own, I have a worksheet you can download by becoming a patron of the podcast at patreon.com/thecosmiccalling which I'll talk more about in a little bit.

But one other tip I want to mention that's not on the worksheet that's really quite basic is to aim to become more aware of what makes you buzz with excitement and what makes you feel heavy or low energy in your day-to-day life. This is where I feel like journaling is SO helpful, but even just taking this sense of curiosity with you into your day-to-day life to examine how your body reacts to what you love vs. what you don't in real time can be very very helpful and I especially recommend doing this if you run your own business because in that case a lot of times we are the ones making ourselves do things we don't want to do but think we have to out of fear of scarcity.

I also want to mention that figuring out what your cosmic calling is is really just the first step. Even once you discover what your cosmic calling you still need to overcome the obstacles that are keeping you from following it and that is really the hardest and most integral part of the process.

I definitely know firsthand how hard it can be to believe in your dreams, and to go up against other people's expectations. To step out of what is comfortable or even convenient to create the life we truly want. To have your dreamiest dream career or to start your own business that allows you to help people and make an impact on the world in your own special way while still supporting yourself in the process.

This concept of finding your cosmic calling, living in alignment with your true nature, and using the flow of the cosmos to your advantage while overcoming the obstacles and struggles along the way is basically

the entire foundation of this podcast and my work.

And I hope this podcast will give you the tools you need to see that your greatest potential is waiting to be discovered within you and that we all have a purpose and a cosmic calling that is meant only for us, and when we follow this, life actually gets easier... and more fun! By getting our energy right, we can cultivate the confidence to make big life decisions easier, choose the right path quicker, and we can even heal ourselves from depression and illness or escape from soul-sucking situations that aren't fulfilling us.

Even though I've already had so many ideas waiting to burst out of me for this podcast, I also wanted to reach out to those of you who have already been a part of my online community to ask you what you would want to hear from me on the show.

So, I wrote down all of your ideas, and to give you a quick preview of what's to come, we are definitely going to be talking about the planets and zodiac signs, the 12 houses, working with the moon, astrocartography, and a LOT about how astrology applies to your career in terms of finding the right career, choosing the best people to work with, dressing for success and finding work/life balance based on your sign, and even diving into the endless possibilities of business astrology.

I also want to talk about how I personally use astrology in my everyday life to help guide my decisions and what some of my other practices are that help me stay in alignment with who I really am and how I want to live.

I believe we all have our own personal brand of magic that is much-needed by the world, and when we're in alignment with our authenticity and we believe in our power, we can shape the world around us simply by doing what we love... and astrology and our intuition can help provide the blueprint for all of this.

This podcast is all about inspiring you to live a soul-centered life so you

can carry this authenticity with you into your dream career, and to help you understand that who you are at your core is who you're meant to be in every area of your life.

In future episodes, we'll be talking more about astrology, spirituality, personal development, tapping into your intuition, and using the stars as your guide. We'll also talk about the down to earth practical side of creating a career or business you love based on your calling, because that's just as important. And we'll also have amazing, inspiring guests on who will talk about how they found their cosmic calling and share their tips for living a more soulful life along the way.

Thank you so much for joining me on this brand new journey and I hope you'll continue to follow along! I cannot wait to see where it takes us and I'm also really looking forward to hearing your feedback as we go.

If you'd like to support the continued creation of The Cosmic Calling and receive extra bonus features and benefits such as the "Find Your Cosmic Calling" worksheet that was mentioned earlier in this episode, please consider becoming a patron by going to www.patreon.com/thecosmiccalling.

In our next episode, we'll be taking about working in tune with the moon, using moon magic in your business, and how we can all use the monthly moon cycle to our advantage to help us flow more smoothly, efficiently, and enjoyably throughout our busy lives.