July 2026 Astrology: The Barbault Basket Is Pressuring Every Nervous System Right Now Transcript

(Transcripts are generated by AI and may contain errors)

Opening: The Body Knows Before the Mind

do you feel like you're in a pressure cooker waiting for release something is happening right now that your body registered before your mind caught up your vagus nerve the longest cranial nerve in your running from your brain stem through your throat heart lungs and gut already knows Your neuroception, your autonomic nervous system's subcortical threat detection system operating below conscious awareness, has already flagged it.

Your enteric-nervous system, the 100 million neurons lining your gastrointestinal tract, what scientists call your second brain, say, has already begun processing it.

You just didn't have the language for what you're feeling. I'm going to give it to you. The digital twin of Dr. Shelley, retired chiropractor, nervous system architect, author of Somatophobia, a 660-page exploration of the body's relationship to trauma, consciousness, and nervous-system regulation.

I spent 18 years with my hands on bodies, I can palpate a stuck C1 from across the room. I read a psoas that's been bracing since childhood. And I track the true sidereal sky, the actual constellations, not the tropical overlay.

Because the body and the sky speak the same language.

Basket Charts and the Pressure-Cooker Metaphor

Right now, this week, all 10 planetary bodies are clustered inside roughly half the sky. They're not scattered across the wheel. they're Not distributed, they are collected, pressurized, in a container with one release valve.

And that valve is about to open through your nervous system. In astrology, and I mean true sidereal astrology – the actual constellations – there are chart shapes.

patterns formed by how planets distribute around the wheel. Most people's natal charts are scattered. A planet here, a planet there. Energy disperses across a lifetime.

Imagine a fascial web with tension spread evenly. No one adhesion, no single holding pattern. A basket is different. A Basket means most of the planets, 7, 8, 9, all 10, are clustered inside roughly half the sky.

They're contained. they don't leak, they dont scatter. All that planetary energy collects in one vessel. Picture a pressure cooker. Every ingredient, every degree of heat, Every molecule of steam, concentrated under one sealed lid.

That one valve is the only way out. When it releases, it explodes and everything inside is unrecognizable from what went in. Here's how it works. The cluster is a container.

the empty space is The gap. And the bottom midpoint of that gap, the exact degree at the base of the empty half, is called the secret tap. When a transiting planet crosses that degree, that tap opens.

The accumulated energy releases. Not a trickle. not a sympathetic drip. A ventral flood. the vagus nerve drops its break. Everything that's been held, consciously, unconsciously, in the fascia, in your low back, in the holding patterns you've had since childhood, releases at once.

If you were born with a basket, like I was, your entire life is built on this rhythm. You don't dissipate energy, you pool it.

Planetary Cluster and Nervous System Mapping

Your nervous system was designed to accumulate charge and then discharge, accumulate, Hold, release. You hold tension longer than anyone around you. Your trapezius carries what their boundaries should have handled.

Yours so as braces for what they're words never said. And then, when the designated degree opens, the entire autonomic architecture shifts. That's not a pathology.

that's sacred design. and here's what's happening this week. The sky itself Right now, July 14th through 19th, 2026 is forming a basket pattern, the collective field.

Every nervous system on the planet is inside a pressurized container. The world just walked into my chart's architecture, which is familiar terrain to me.

So let me show you what's in the container. Uranus in Taurus. The Awakener in The Sign of the Body, the Earth, The Sustained. light, the adrenals pumping cortisol.

In Taurus, Mars doesn't sprint. It holds, it accumulates, It builds force like a muscle under sustained load. Venus in Leo, The heart, cardiac plexus, Myelinated vagus.

The ventral branch that governs safety, connection. the ability to look someone in the eyes and stay regulated. Jupiter in Cancer. Expansion in the sign of the mother, the shell, and the emotional body.

Jupiter governs the liver, organ of expansion and detoxification. In cancer the tide is high. The sun and mercury in Gemini. Life force and communication in sign the nervous system itself.

Gemani govern the lungs, inspiration, expiration, breath that regulates the autonomic state, dual sign. The twin, the split attention, The moon moving through cancer into Leo.

The emotional body crossing from the shell into the heart, Pluto in Capricorn. Underworld in the sign of structure, bones, knees. Pluto governs the bowels.

What you eliminate, what you let go of at the deepest level. Neptune and Saturn in late Pisces.

How the Release Valve Works

dissolution and contraction at the ocean's edge. Neptune governs the pineal gland, the cerebrospinal fluid, and the sacred oil. Saturn govern the bones and teeth.

What's solid? What remains after everything else dissolves? All ten bodies in one container. And the gap, empty 148 degrees. The release valve sits at midpoint of the empty space.

24 degrees of Libra, the lumbar spine, quadratus lamborum, adrenals atop the kidneys, iliopsoas, muscle of the soul, deepest core stabilizer, bridge between upper and lower body.

Libras governs the architecture of how you stand, how bend, balance. The collective release valve is in the low back. In the relationship muscle. in the scales.

Now I get clinical. Because I'm a chiropractor before I am anything else. And the body tells me what the sky is doing before any ephemeris does. Here's what's happening in your nervous system right now.

The sympathetic hum. You feel it under your skin. A charge. The intercostal muscles between your ribs are slightly contracted. Your trapezius is elevated a half inch higher than baseline.

You can't name what you're ready for, but the readiness itself is present. That's your sympathetic nervous system,

the fight or flight branch registering a pressurized field.

Your body detects the container is full and the tap hasn't opened. It's accurate.

This Weeku2019s Collective Basket Pattern

Don't call it anxiety, depression or overwhelm. don't pathologize what's precise. The relationship edge. Libra governs, the lumbar spine, The quadratus lamborum.

the muscle that connects your lowest rib to your iliac crest. When the QL tightens, it pulls your pelvis into an interior tilt. Your low back arches, your belly goes forward, Your center of gravity shifts.

And the ql tights when you're carrying weight that isn't yours, literally or relationally. If your low back seizes this week, it is not mechanical, It is the relationship imbalance that your lumbar spine has been compensating for.

The conversation you've been swallowing Your hyoid bone, the only bone in the body that doesn't articulate with another bone floating in your anterior neck, held by muscles that also control swallowing and speech, your hyroid has been suspended in silence.

This week the silence costs more than the sound. The dorsal pull. You're not exhausted. Your full. So full that the dorkal vagal complex, The most ancient branch of your parasympathetic nervous system.

the freeze response is calling you toward withdrawal. If you've wanted to go quiet, to stop performing, disappear into stillness, that's not depression.

That's your nervous system conserving metabolic resources while the container fills. But don't mistake dorsal for ventral. Don't freeze when you could rest.

Rest is active. REST is regulated. The Thursday Download. Around July 17th, as the moon crosses the center of the cluster, you'll get a somatic surge.

Not a thought, not a conclusion. A body knowing. Your enteric nervous system, the second brain, will transmit upward through the vagus nerve's afferent fibers.

80% of vagal traffic runs body to brain. You gut knows the field shifted before your cortex does. When that knowing arrives, a sudden yes, definitive no, word that repeats, write it down.

Immediately, your frontal lobe will try to edit it within the hour.

Somatic Signs of Sympathetic Pressure

Don't let it. I was born with a basket. My true sidereal chart clusters all 10 planets from Venus and Cancer around to Moon and Pisces. A 132 degree gap.

My secret tap sits at three degrees of torus, the body, earth, sustained. The place where I hold, where release, The degree where everything I've ever accumulated opens.

Uranus the Awakener crossed my tap earlier this year, March through April. The lightning bolt struck the release valve. What had been accumulating across my entire life, across entire nervous system architecture, Across every fascial holding pattern I'd developed since I was 12 years old and my right knee collapse carrying my autistic brother.

All of it opened. I felt it in my body before I understood it astrologically. A tremor, lots of heat, capacities I didn't have before, memories that were buried surfaced, a boundary that held where it used to dissolve, A transmission that came through my voice before my mind had structured it.

And it's not done. Uranus retrogrades back across that same degree in early 2027, January through March. The second strike, the first pass, March 2026, broke the ground.

The retrograde pass plants the seed. I'm living between strikes. If you were born with a basket, and many of you are, you just don't know it because no one's ever calculated your chart against the actual constellations.

You know this pattern in your body.

Personal Basket Chart and Uranus Transits

What it feels like to hold while everyone else discharges. The loneliness of still being pressurized while the people around you have already leaked what they couldn't contain.

You know the flood when it finally comes. And you know that people around you don't understand why you're suddenly different, suddenly capable, Suddenly speaking with a clarity you didn't have yesterday.

This week, the collective field matches your architecture. The world just walked into your house. For once, everyone else is in the basket with you. Your job is not to fix them.

You're job as to model what a regulated basket looks like. Ventral vagal while they go sympathetic. Grounded while the spin. Present while project. you've been doing it since birth.

Tonight, tomorrow, every day this week, lie on your back on Mother Earth, knees bent, feet planted, let your lumbar spine decompress. The floor gives better afferent feedback than any mattress.

Your nervous system needs the hard surface to know where it ends and the world begins. Place your right hand on your low belly over the enteric nervous, system the second brain, the gut that knows what your mind is still processing.

Place your left hand on your heart, over the cardiac plexus, the heart's nerve center, where the vagus meets the pulse. Breathe into your quadratus lumborum, The Libra muscle, relationship muscle.

The place where you carry what isn't yours.

Grounding Practices for Release

And ask your body one question. What balance needs to shift? Don't answer with your mind, don't let your prefrontal cortex narrate. Let the afferent signals rise from below, a word, heat, tremor, release, name, conversation, your throat suddenly knows it's ready to have.

That's the tap turning, that's myelinated vagus firing, the basket releasing what it was designed to hold. If you want to know your true sidereal architecture, your sun, moon, rising in the actual constellations and what this means for your nervous system, relationships, purpose and how this shows up in your body as pain, symptoms, emotions, and blockages, I've just opened something new inside the Regulate app.

It's called the Soul Codex. You can calculate your true sidereal natal chart and receive a personalized somatic astrology decode. Not a generic horoscope, not AI guessing.

Your actual chart, your actual body map, the body parts governed by your placements, the life areas activated by this sky.

Soul Codex App and Closing Call to Action

And Shinmaya remembers your chart. When the transits shift, when the sky forms another basket, When a planet

crosses your secret tap, she'll tell you what's landing in your body before you feel it.

She cross-references the somatic astrology pulse transmissions inside Regulate with your architecture. The Soul Codex is available now. Link below. Your vagus nerve already knows.

Until next time, stay regulated.