



# Silke Schäfer

## Cosmic Interpreter

Where Astrology is concerned Silke Schäfer is one of the most recognized names in Europe. In her *Sternen-News*, the Full Moon meditations, and the *Sternen-Interviews* she interprets the language of the stars and brings their message in a very practical form, translating it for our daily lives. It is not surprising that many of her insights correspond with the philosophy of yoga.

■ Text: Karin Reber, Photo: Alberto Cortes

**S**ilke Schäfer is a very busy, successful woman. Her schedule for astrological consultations is booked many months in advance, her workshops are fully booked in a minimum of time, hundreds of people flock to her lectures, and her YouTube channel recently passed the mark of one million. In addition to all that she writes

books – number 3 and 4 are currently being written – and is the mother of a 12-year-old daughter. The tall, elegant woman with the short and cheeky hairstyle radiates joie de vivre and energy, laughs a lot, but can be very serious when talking about profound issues that are close to her heart.

The professional photographer moved to Switzerland when 25 years old and worked as a manager in production for movies, tv broadcasts and commercials for a long time. It seems logical that this experience made it easy for her to speak to large groups or to stand in front of a camera. But appearances are deceiving, “I was a scaredy-cat for a long time,” says Silke Schäfer. “I preferred being behind the camera, didn’t want to be in the foreground.” Only now, in the second half of life, can she stand in the spotlight – “because I have understood and see that this is part of my soul’s purpose.”

### An experience of God under the stars

The 55-year-old is very natural and matter of fact when she talks about soul’s purposes, the spirit realm, near-death-experiences, or angels, but it took her a long time to get there. When she became interested in astrolo-



gy 25 years ago, astrology was – like yoga – considered esoteric hocus-pocus by many. She kept her intensive study of classical, psychological, and esoteric astrology secret for a long time and kept working in the media. A short time before, 29 years old and recently divorced, Silke Schäfer had embarked on a round-the-world trip. One night she was sitting in the Australian desert, looked up at the starry sky and had a deep experience of God. “It was like an electric shock. I suddenly felt a strong energy rising within my body. It felt like an opening. Today I know that this desert experience was an initiation,” she says. Back then she was deeply shaken. When a little while later a colleague at the tv studio told her on the quiet that she had seen an astrologer, Silke Schäfer wanted to do the same. The first time she went she knew, “This is my path.” For one and a half years she regularly saw an astrologer because she wanted to understand the symbols of the horoscope; then she switched to the Astrological Psychology Institute API in Zurich/Adliswil. And she began to understand the dance of the symbols more and more. “I reached the intuitive level – and saw the stories told by the horoscope. But it is only the energy I see, when I look at a horoscope, not the form.” It is these stories Silke Schäfer tells each month when she talks about the current constellations of the stars, making astrology accessible for lay persons.

**The soul purpose of President Trump**  
So, she writes in Sternen-News No. 180 about the zodiac sign of Virgo, “The creativity that can emerge in times like

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Since 1996 Silke Schäfer has been in private practice as an astrologer, coach, author, and speaker. She has been writing and publishing the monthly newsletter Sternen-News since 2000 and added the monthly Sternen-Interviews in 2015. She asks the spirit realm astrological questions and the medium Adriana Meisser channels the answers. In April 2016 she started her own YouTube channel to comment on world events and to teach..  
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these when presidents Trump, Obama and Mandela join forces on the energetic level, is exemplified in the actions of former US President Barack Obama – a Leo-born. He set a new record for likes with at tweet against racism. On the day after the violence in Charlottesville Obama had tweeted a famous quotation by the former South African President and fighter against apartheid Nelson Mandela: ‘People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite.’

This shows us what the current President of the United States, Donald Trump, can provoke unconsciously: Love instead of hate. There is only one thing Mandela did overlook: true love has no opposite. True love comes directly from the source of being.” Silke Schäfer is one of the few who never joined in the tirades of hate against Donald Trump. She emphasized from the beginning that everybody must fulfil a purpose here on Earth. “On the one hand Mr. Trump is a soul and on the other hand he is a human being. As a human being he behaves very casually, but as a soul he fulfils a purpose that is not easy.” People like Trump are necessary to break down the acquired masks of our egos. That is discernible in his horoscope.

**Following the heart**  
“As astrologer I am an explorer; I explore the signs and symbols,” she says. She saw astrology differently than most. From the beginning Silke Schäfer was interested in esoteric astrology. “The heart is important to me, that is how I see the world. I see the good in people, always.” When she began to study astrology, she would never have thought of earning money that way. “I never looked for something, it flowed and happened by itself. I always work from the inside out,” says Silke Schäfer who grew up on a farm in a village of 200 souls in Northern Germany.

When her teacher Louise Huber of the API offered her the Full Moon meditations she quickly noticed that she was not only able to guide the meditations, but wanted to talk about her interpretation of the symbols. And eventu-

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ally a woman in the group asked her to write down her introductory remarks. This is how the Sternen-News and the first book came into being. Later recordings on SoundCloud were added. And at some point, she knew that YouTube was the next step.

**Becoming visible**  
“I understood that this incarnation was about me learning to become visible,” says Silke Schäfer. First, she wrote for 20 years, then she spoke for three years and then YouTube added the visual dimension. Today she describes her job as being a cosmic interpreter. “The information simply flows from the field and through me. I interpret what I perceive and tell stories about it.” Silke

Schäfer found yoga at the yoga and therapy center “Seeschau” where the Full Moon meditations take place. She felt comfortable doing yoga right away, enjoy the gentle but physical combination of body, mind, and breath. She is not interested in perfecting asanas but in being completely present. What connects yoga and astrology is the philosophy of breathing. To come from being into movement. In yoga this happens via the body, in her work it is a mental-spiritual movement. She supports people worldwide to become conscious through talking. In yoga people become conscious through the body. “Yoga represents life itself. If it hurts – breathe. If you are sweating – breathe. If you are stretched to your limits – breathe.”



In yoga retreats at the La Rosa dei 4 Venti in Apulia, Silke Schäfer recharges her batteries.

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