



Astrology: My Sun

KEY PLAYERS

Ancient astrologers looked to four key energies within the natal chart: Sun, Moon, Ascendant (or Rising sign) and Ascendant Ruler. By naming your 'key players' in their respective signs and houses, you will be able to witness the various needs and desires they represent and how you bring these to your daily life.

You can also experiment to see if you experience extra energy or intensity whenever there's a New Moon or Full Moon or planetary event in these signs (especially in eclipse season!).

SUN

The Sun in your natal chart represents your **shining life force**, your heart, mind, will, essence: your soul purpose.

☀ My **Sun** is in the _____ sign of _____
(element) (sign)
in the _____ house of _____
(house number) (house signification)

I express this solar essence as:



Astrology: My Moon

MOON

The Moon in your natal chart represents your **rhythmical, bodied experience**, your body, instincts, conditioning and essential emotional needs. If the Sun points to our soul purpose, the Moon points to how we embody this purpose in daily life.

☾ My **Moon** is in the _____ sign of _____
(element) (sign)

in the _____ house of _____
(house number) (house signification)

I express this lunar essence as:



Astrology: My Ascendant or Rising Sign

ASCENDANT

The Ascendant in our natal chart denotes the sign and degree that was **ascending** on the eastern horizon at the precise moment of our birth, in the location where we were born. It is a very sensitive point, the degree changing **every four minutes** or so. It defines our 1st house – which the ancients called ‘Helm’ – and therefore dictates how the rest of the signs fall in the houses.

Our Ascendant speaks to the original life situation we were born into, and how we learned to adapt in order to survive and thrive. It symbolises the **mask or persona** we wear to face the world, how we appear, the character we play. “The 1st house holds first impressions – the ones you make on the world, and the ones the world makes on you.” ([Dana Gerhardt](#))

Elementally, the sign of our Ascendant points to a core motivating psychological drive.

FIRE (*Aries, Leo or Sagittarius Rising*):

A drive for freedom, independence, autonomy, power and activity

AIR (*Gemini, Libra or Aquarius Rising*):

A drive to explore and express ideas, to learn, connect and communicate

EARTH (*Taurus, Virgo or Capricorn Rising*):

A drive for physical security, material resources and stability

WATER (*Cancer, Scorpio or Pisces Rising*):

A drive for emotional connection, warmth, security and intimacy

☾ My **Ascendant** is in the _____ sign of _____
(element) (sign)

My **core drive** is _____
(see list above)

I express this persona and core drive in:



Astrology: My Ascendant Ruler

ASCENDANT RULER

The ancient astrologers likened life to a voyage across an unpredictable ocean, with all the associated adventure and chaos! If the first house was the 'Helm,' the planet ruling the sign of the Ascendant was considered the '**Captain of the Ship**,' guiding the life to its destination.

"The sign and house placements of the Ascendant Ruler together point to how and where individuals take action to move their lives forward based on the core drive that motivates their soul." (Demetra George, *Astrology and the Authentic Self*)

⚓ My **Ascendant Ruler**, the 'Captain of my Ship,' is _____
(planet that rules your Asc. sign)

who represents _____
(ruler keywords)

In my natal chart, this Captain is in the _____ sign of _____
(element) (sign)

in the _____ house of _____
(house number) (house signification)

I experience this guiding force as:



Astrology: Natal Lunar Phase

MY NATIVE PLACE IN THE CYCLE OF TRANSFORMATION

The Moon's cycle around the Earth is made up of **nine different phases**: New, Crescent, First Quarter, Waxing Gibbous, Full, Disseminating, Third Quarter, Balsamic and Dark.

The phases from New to Full comprise the **Waxing Moon** – the ascending, expanding part of the cycle – where the Moon is moving away from the Sun.

The phases from Full to Dark comprise the **Waning Moon** – the descending, contracting part of the cycle – where the Moon is returning to the Sun.

We were each born under a particular phase, and have a natural affinity with this part of the natural cycle of transformation. For those with a womb, during fertile years, **ovulation** can occur again at the natal lunar phase, regardless of where one is at in one's menstrual cycle.

So, our relationship with the Moon is tangibly powerful!

MOON PHASES

Each phase of the Moon represents a part of the cycle of transformation. The phase of the Moon we were born under emphasizes a particular stage in that process, which we are called to explore and embody.

Phase	Akin to	Qualities
<i>New</i>	<i>Midwinter</i>	<i>Incarnate, Emerge, Project</i>
<i>Crescent</i>	<i>Late Winter/Early Spring</i>	<i>Overcome, Focus, Move Forward</i>
<i>First Quarter</i>	<i>Spring</i>	<i>Decide, Act, Build</i>
<i>Waxing Gibbous</i>	<i>Late Spring/Early Summer</i>	<i>Evaluate, Analyse, Perfect</i>
<i>Full</i>	<i>Midsummer</i>	<i>Culminate, Illuminate, Fulfill</i>
<i>Disseminating</i>	<i>Later Summer/Early Autumn</i>	<i>Distribute, Disseminate, Convey</i>
<i>Third Quarter</i>	<i>Autumn/Fall</i>	<i>Reevaluate, Turn Away, Revise</i>
<i>Balsamic</i>	<i>Late Autumn/Early Winter</i>	<i>Distill, Transform, Envision</i>
<i>Dark</i>	<i>Midwinter</i>	<i>Distill, Transform, Envision</i>

Our natal lunar phase is like our 'happy place' in the lunar cycle! It's a time of the month where you may notice feeling more comfortable, confident, calm and/or creative than usual.

I was born under a _____ Moon.

(See the following page for how to find this out if you don't already know.)

I express this natal lunar phase energy in:



Astrology: Planets & Luminaries

SEVEN VISIBLE PLANETS/LUMINARIES

<p>SUN Soul Essence <i>Keywords: life force, vitality, creativity, pride, spirit, inner child, self-expression, identity, hero, self-esteem, passion, need to shine</i> <i>Rules: Leo</i></p>	<p>MOON Embodiment <i>Keywords: body, emotions, security needs, care-taking instincts, nurture, vulnerabilities, habits, nesting, cyclicality, responsiveness</i> <i>Rules: Cancer</i></p>
<p>MERCURY Communication <i>Keywords: thinking, listening, talking, capacity to learn, information-gathering, logic, awareness, perception, casual contacts</i> <i>Rules: Gemini & Virgo</i></p>	
<p>VENUS Attraction <i>Keywords: desire, pleasure, sensuality, values, comfort, beauty, affection, relating needs, material assets, shopping, luxury, creativity</i> <i>Rules: Taurus & Libra</i></p>	<p>MARS Action <i>Keywords: assertion, self-expression, independence, personal power, warrior, gut instincts, immediate needs, sexual drive</i> <i>Rules: Aries & Scorpio</i></p>
<p>JUPITER Expansion <i>Keywords: ideals and goals, beliefs, morality, faith, optimism, quest for truth, philosophy, exploration, adventure, new horizons</i> <i>Rules: Sagittarius & Pisces</i></p>	<p>SATURN Structure <i>Keywords: tradition, mastery, discipline, karmic law, authority, status quo, sense of responsibility, status ambitions, wisdom</i> <i>Rules: Capricorn & Aquarius</i></p>