

Cultivating More Empathy and Compassion for Ourselves and Others

— Stacy Dicker, Ph.D.

I. Introduction

- A. Preliminary Orienting Questions and Comments
- B. My Background
- C. Review of Objectives

II. Review of research supporting the importance of having compassion and empathy for ourselves and others

- A. Drs. Neff and Germer's Mindful Self-Compassion
- B. Dr. Sue Johnson's Emotionally Focused Therapy for Couples
- C. Dr. Richard Schwartz's Internal Family Systems Therapy
- D. Dr. Carl Jung's focus on individuation (and subsequent synchronicity research)

III. Review of research supporting the idea that we're all connected in cosmic/energetic ways

- A. Dr. Carl Jung's synchronicity research on astrology
- B. Jungian "archetypal memory" research
- C. Research from the Global Consciousness Project and Global Coherence Initiative
- D. Telepathy (ganzfeld) research

IV. Psychological astrology (psychstrology)

- A. Brief review of history of psychological astrology
- B. How we think astrology "works," also known as synchronicity
- C. Integration of astrology into psychology as a way to work toward a better balance of masculine and feminine energy in our field as healing professionals
- D. Your sun, moon, and rising signs
- E. Elements and qualities of the signs
- F. The twelve signs/archetypal images (archetypes) of the zodiac, including suggested EFT tapping statements to use for each (this information is included in these handouts because we will not have time for descriptions of the twelve signs)

V. Using psychological astrology to develop more empathy and compassion for yourself

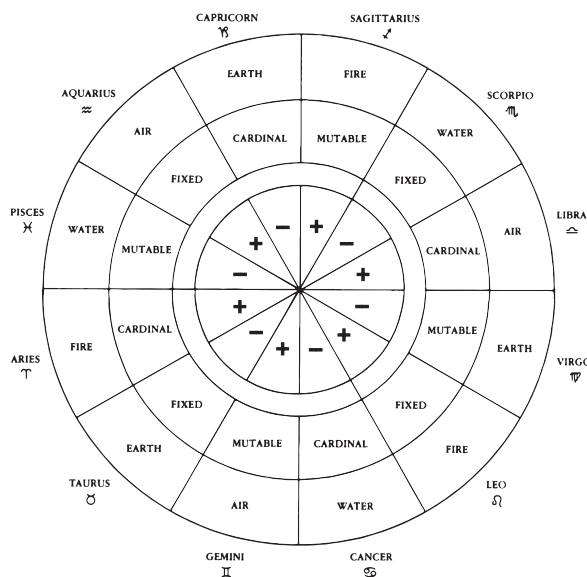
- A. **Exercise:** Look up your sun, moon, and rising signs and answer worksheet questions.
- B. We'll then go into more depth about how to use the information to work toward greater balance and wholeness.

VI. Using psychological astrology to feel more connected to the cosmos and other people in it

- A. Recognizing synchronicities and the deeper meanings behind them
- B. **Exercise:** Look up the signs of your family, significant other, friends, and artists or other public figures who speak to you, seeing what astrological synchronicities you uncover. Interpersonal relationships will be discussed with an eye toward understanding the lessons people might be in our lives to teach us, or ways they may bring us more balance.
- C. Share with other participants about your experience, question and answer time

VII. Closing remarks, some possible takeaways

FIGURE: The Nature of Each Sign/Archetype
 (+ denotes masculine, - denotes feminine)
 (excerpted from *Psychstrology*, © 2019 by Stacy Dicker, PhD)



ARIES (cardinal fire):

Your Essential Nature:

Being both cardinal and fire, Aries is first in line, kicking off the developmental trajectory of the zodiac signs and bursting forth into the world with fiery enthusiasm—and this is true to form, because Aries loves to be first for everything. The Aries symbol is the ram, charging forward with the fuel of its bravery, assertive/aggressive capability, energetic force, and restless desire to initiate improvement. The restlessness you feel is supposed to stir inside of you, and that is why it is in your nature: because it is needed. Your role is to shake others out of old, outdated belief systems, and you love a good challenge more than anyone. You are a *warrior*, pioneer, and catalyzer of change that needs to happen, and your vision is guided by the restlessness you feel. Females born with one of their major signs in Aries are said to have some degree of dissatisfaction with traditional feminine roles, and will naturally foster evolution by authentically living their lives. Your lively, extroverted personality, highly original ideas, and faith in the future give others trust in your plans, even if you sometimes overestimate your abilities. You sense this truth on a deep level, which is why you take your responsibility to lead so seriously and carry it out with such conviction. It's not that you have no fear, it's that you must deny it in order to achieve your goals—and you are great at that.

At Your Best:

Your warm-hearted, optimistic nature motivates others to go to their own edges in pursuit of growth and expansion. You not only want to inspire others with your enthusiasm, but like all cardinal signs, you are driven by a deep sense of responsibility to play your role in the world. Somebody's got to do it, you realize, and the rest of the signs aren't brave enough. You are adventurous, curious, and love to experience new things. When in a state of relative balance, you move through the world in a way that is confident and assertive but still considerate, appreciating others' experience of you in addition to your own experience. Ideally, you are enthusiastic and outgoing but can share the space and time with others who also want to contribute. You require space to move around in order to feel content, but when in balance, you can experience the genuine joy of feeling deeply connected to other people, as well. You can be a warm, caring parent who encourages your kids' independence by leading by example: you show them *I am me so you can be you*.

Relationship Challenges:

Your biggest fear is going unnoticed or being forgotten, which can make you have a hard time depending on others emotionally because you are then vulnerable to being hurt or left by them. Your strong drive to feel important can be difficult for others to deal with, because you can fear that you're not being seen unless you're the one running the show. Your quick, reactive nature makes you more impatient and irritable, and there are times when you think you're being assertive in trying to get your needs met while others would call you abrasive or even aggressive. You can grow bored and restless because relationships aren't as obviously beneficial and productive in your mind as direct action and movement toward some goal, because tracking results and progress in the growing intimacy of a relationship is harder to do. Your primary defense when you are triggered is to get so intensely angry, mean, and pushy that you bully the other person into giving in and letting you have what you want. Feeling not seen makes you scared, and you detest the emotion of fear, so you lash out and try to turn the tables instead, making the other person feel not seen. You can minimize the importance of the other person in your life in a way that is very harsh, even if it is only in your mind. Ironically, as with all the signs, your defenses (here, bullying) can lead you directly to your worst fear if not kept in check—feeling alone, unimportant, and dependent because the people you love have distanced themselves from you.

As is true with all signs, your family environment plays a significant role in who you are, as does the presence of receptive feminine signs elsewhere in your chart (especially water, which can tamp down fire). If there are beneficial, protective factors in your history, such as secure attachment to one or both of your parents, you will naturally have more empathy for others' experience of you, because your parents will have had empathy for your experience of them. If your parents treated you harshly, however, treating others harshly will be a hard habit to break in your darkest moments, because you will have gotten a double dose of it—from nature and nurture. Remember that a break can help during a fight, especially if you use it to exert yourself physically to burn off some of that anger.

Possible Tapping Statements (especially if this is your moon sign):

Even though I...

- can get so upset and be incredibly mean and harsh with the people I love most,
 - sometimes use fighting as a form of connection, which I know is not ideal,
 - can sometimes feel like I don't even care about relationships because I'm afraid of being vulnerable,
- ... I deeply and completely accept and love myself.

TAURUS (fixed earth):



Your Essential Nature:

Given the fixed nature of the earth element itself, being both fixed and earth makes Taurus the most fixed sign of the zodiac. You possess the fixed traits of stubbornness, loyalty, dependability, and independence, and being an earth sign makes you sensual, grounded, and down-to-earth. You have a deep inner sense of strength and stability, and you respect strength in others, as well. Your role is to teach others about building and preserving things in earth-based reality; unfortunately, at times this desire to preserve things works against you, such as when a needed change is in order. If you were a tree, you would have a thick, sturdy trunk that would represent your self-concept, and it would be rooted deeply into the earth. (The symbol for Taurus is the bull, which is the animal form of this same idea.) Taurus is all about being real and authentic, and carving out the space to be able to do so in the context of our lives and relationships. Self-care is your specialty, and it can take many forms: beautiful surroundings, soft blankets and a warm cup of coffee or tea, a massage, taking it easy at home with a good book, or enjoying a long lunch when you can linger with a friend and not feel rushed. You like being able to run your own show and not be bossed around, so space and time can feel just as luxurious as the spa under the right circumstances. The simple pleasures and creature comforts of the material world make up the balm that nourishes your heart and soothes your soul.

At Your Best:

When you are in balance, Taurus, you are absolutely wonderful to be around. You are so real that no one feels like they need to put on airs around you, and most people are grateful for that. You are warm and nurturing, and take care to ensure that those you love are having a comfortable experience of their own. At your best, you are confident but in a deeper sense, so you come off as less bullish because you don't always need to concretely show it. Your stubbornness is reflected positively in your endurance, especially when you are in a state of relative balance. As long as your needs are being met, you have space to truly give of yourself to other people, which you deeply enjoy and value. You are so grateful to have the space in which to feel generous that your heart can fully open up to others in a way that benefits both of you, not just the other person.

Relationship Challenges:

You value security (financial, physical, and emotional) highly, so your biggest fear is unexpected change. This can make being in relationship with you, from the day-to-day level to the big picture one, more difficult. You can refuse to consider changes that need to be made, and if someone stands their ground about something they want to see change, it can make you resentful and unwilling to give. However, to them, and in reality, you are stuck; think about trying to move a tree or a bull, and this truth will become clearer. You can be very picky about things like where to go to dinner: it can't be too loud or crowded or hard to park, the food has to be really good, there has to be enough selection, and so on. When you're too unwilling to try new things or go along with the majority vote, you can turn your fixed earth nature into a huge, annoying boulder in the middle of the room. You are most triggered by anything that threatens your sense of emotional, physical, or financial stability, and your biggest defenses are to dig in when pushed and to wall people off or shut them out. Besides hating change, you don't want to feel like you were wrong in the first place; giving up anything gracefully is not at all easy for you. Your fearful refusal to evolve can cause disconnection in your relationships, leading you to feel lonely, angry, depressive, hopeless, and shut down. Like all the signs, your defense mechanisms can lead you straight into your most-feared situation: unexpected change in the form of a loved one wanting distance from you, or some other life change that gets forced on you because you won't make space for it any other way.

Possible Tapping Statements (especially if this is your moon sign):

Even though I...

- can display such an extreme unwillingness to grow or compromise that it ends up infringing on others' freedom of choice as well as my own,
- can stubbornly cling to roles, dynamics, items, and relationships that feel out-of-date compared to my present-time self,
- often have a difficult time "going with the flow" without feeling like I'm losing my connection to self,

... I deeply and completely accept and love myself.

GEMINI (mutable air):

Your Essential Nature:

Gemini, you are extremely flexible, mutable, and adaptable, especially given the highly mutable nature of the air element itself. You are the lightest on your feet, spontaneous in conversation, and the swiftest moving sign of the whole zodiac. Your versatility makes you delightful to interact with, especially in social situations. You have an uncanny ability to remain optimistic under even the darkest of circumstances, and your role in the zodiac involves lightening things up with your levity and humor. The natural communicator of the zodiac, you use words and language to connect others, and you tend to be great storytellers. Naturally extroverted, you love chatting and having interesting conversations. Your mind is clever, and you can quickly and easily grasp complex ideas and conversational requirements. You are like a great social swing dancer, able to seamlessly follow along with the moves of the other person. You are highly creative and an outside-the-box thinker, but being a mental air sign, you are also quite logical. You like being up-to-date on everything, including interesting new ideas and the latest gossip. Known as the information gatherer, you tend to get bored without enough mental stimulation, so you often seek out others who like to operate at your same swift pace. At times, others see you as distractible, scattered, and unwilling to sit with emotional depth because it makes you uncomfortable. Your ability to easily move around also helps immensely with your resilience to adversity. Many Geminis have had hard lives, and having this nature helps you cope better than most. In many situations, you are like a breath of fresh air.

At Your Best:

When you are in balance, you are fun, chatty, and witty, yet you are able to find deeper points of connection with other people, especially the ones closest to you. In your relationships, you ideally want to fulfill the other person's needs because you love them, not just because you are seeking approval or see (in a more detached way) a need that you could fulfill. If you have a life that provides enough mental stimulation to ward off the sense of anxiety and restlessness that comes with too much inertia, you can feel a deeper sense of contentment and meaning in your work as well as your relationships. As a parent, you can enjoy teaching your kids about all the interesting things in the world and keep yourself entertained by experiencing everything all over again. You use your language gifts to help your children and those around you learn how to talk through and about their feelings logically, which is helpful because it enables them to better explain their feelings to others.

Relationship Challenges:

Your biggest fear is feeling stuck in a routine or rut. People can find coldness in your extraordinary ability to compartmentalize anything emotionally difficult, and since you have an easy time moving off of pain yourself, you have little tolerance for sulking. This can translate into others feeling that you lack empathy for their experience. Another way your need to maintain freedom to change gets you into trouble is that people can experience you as fickle; you can say whatever the situation calls for in a way that comes off as self-serving and opportunistic, like your loyalty goes whichever way the wind blows. All mutable signs, including Gemini, have a tendency toward codependence in relationships (though they're not the only ones); this is because you naturally look to the needs of others in determining your next move. You can get into a dynamic of enabling someone's unreasonable behavior and then resenting it, which can come out only as passive-aggressiveness when a person is conflict-avoidant. If angry enough, your high level of mental acuity combined with your popularity can enable you to turn the tide against someone in a way that is subtle but deeply orchestrated. Your primary defense when you get triggered is to fly away or dissociate from whatever is uncomfortable by changing the course of the conversation, like an emotional ninja. Because you are so intellectual and quick-thinking, you can easily deflect anything you perceive as threatening, making you very hard to argue with. You are a careful manager of your image; others can feel like you always want to come out smelling like a rose. But when you refuse to see anything less than positive in yourself, you force the other person to hold everything negative. It can be helpful to consider that the other person's experience of you is designed to help you become a better version of yourself.

Possible Tapping Statements (especially if this is your moon sign):

Even though I...

- am often deeply conflict-avoidant and have a hard time sitting with upsetting material, including my own shadow parts,
 - can be fickle and not know whether I truly want something or just see it as an opportunity I *could* take,
 - have the tendency to get into codependent dynamics because I frequently look to others to determine what to do next,
- ... I deeply and completely accept and love myself.

CANCER (cardinal water):



Your Essential Nature:

Cancer, you are the natural mother of the zodiac. Being a water sign, you are highly sensitive to the emotional needs of those around you, and being cardinal, you are always looking for ways to improve things. You are naturally protective and nurturing as well as intuitive and psychic, so you take great pleasure in meeting other people's needs even before they themselves are aware of the need. Your symbol is the crab, and you prefer the safety of dark, contained spaces, such as your own home. Your thin but crucial outer shell protects your soft body. You get strong gut feelings about things, but unfortunately, this also leads to stomach problems via somatization (channeling psychological stress into the body, which causes it to manifest physically as symptoms). You have strong personal security and attachment needs, having a hard time letting go of things because of sentimentality, and you can often be a packrat. As the mother of the zodiac, it is likely that children have figured prominently in your life, especially if your moon is in Cancer. (I have known a number of Cancer women for whom this has become true in a less-than-traditional way, as happens when you marry someone with kids and end up with stepchildren.) Being psychic and so much like an emotional Swiffer makes you tend toward anxiety and mood disorders. Your moods can change easily, either because you are having your own emotional experience or because you are picking up on someone else's bad mood; sometimes you can't even tell for sure. However, this is part of your nature, and you wouldn't be so intuitive if you weren't also so sensitive.

At Your Best:

Cancer, when you are at your best, you are about as sweet and loving as can be. Your heart is full of love for all creatures, especially those you care about most, and you give of yourself with all that you have. Your maternal feelings for others translate into their feeling loved and well cared for. You make a great parent and an especially warm and attuned partner and friend. You are loyal and not at all likely to desert anyone close to you for any reason, especially if you consider them to be part of your family. You value history, and your strong sentimentality makes you a keeper of old memories, sometimes for generations. Your intuition is a huge asset in many situations, and people routinely lean on you because they can tell you are kind and trustworthy. When you are in a relative state of balance and your emotional security needs are being met, you are absolutely lovely, and others are lucky to have you taking care of them in the myriad ways you do.

Relationship Challenges:

It may seem paradoxical, but while you do make a wonderful caretaker, Cancer, you can also be fairly high maintenance when it comes to having close relationships. Your worst fear is not being needed by others, and because of this, you are constantly testing people (though not consciously) in an effort to see how much you matter in their lives. Your strong emotional security needs, coupled with your deep sense of intuition, can make for a difficult combination. When out of balance, you can be insecure, overly sensitive, possessive, and even paranoid. Your frequently shifting moods can make the people who love you feel like they are walking on eggshells in order to avoid upsetting you. Because you are so focused on feeling needed by others, you can tend toward codependence in your relationships. You can attract parasitic people who like that you take such good care of them, and you understandably feel hurt and resentful at their lack of reciprocal generosity. But you are just as much a part of the dance, because some part of you is drawn to externalizing the blame and playing the victim. When you get triggered, which happens when you feel criticized—the opposite of feeling needed, as you see it—your primary defense is to get profoundly upset. This can show up in the form of a tearful emotional display, an intense and emotional lashing out, or being so deeply injured by someone's criticism of you that you emotionally shut down and stop communicating altogether. Since you have a tendency to take things too personally and feel everything so intensely, sometimes your emotions can completely overwhelm you, and you can't take in feedback that is constructive. You fear you can't handle taking it in, but if your defenses work too well, you will end up losing connection with your loved ones because they need you to hear them in order to feel seen themselves.

Possible Tapping Statements (especially if this is your moon sign):

Even though I...

- can be very mean and critical, tending to externalize blame and project it into the other person,
- may complain, brood, and sulk about something for an inordinate amount of time if my needs aren't met,
- tend to self-medicate with food and substances in an attempt to cope with my intense emotions,

... I deeply and completely accept and love myself.

LEO (fixed fire):

Your Essential Nature:

Leo, your symbol is the lion, and just as the lion is king of the beasts, you are the king of the zodiac. Being fixed, you are determined, loyal, and stubborn; and being fiery, you are inspiring, creative, courageous, and passionate. Warm, loving, radiant, and sunny (especially fitting because you are ruled by the sun), you are truly one of a kind, which is your most favorite thing of all to hear. You are proud as can be, even dignified, and your biggest wish in life is to be fully recognized and appreciated for all that you are. Your tag line is to proudly exclaim, “I am *that* one.” Naturally competitive and hard-working, you tend to rise to the top of whatever field you are in. You get bored if you don’t have enough going on to keep you engaged. Being naturally theatrical, you can create your own drama, in your relationships as well as your work life, if there isn’t enough to feed your creative fire. As generous as you are, when your generosity goes unnoticed or unappreciated, you become very upset indeed. This is one of the reasons Leos have a reputation for needing attention: it’s really all about appreciation. If someone is fanning your inner fire with love, praise, or gratitude, you know you have done your job well, and you can contentedly bask in the warm glow of your sunny nature, much like a cat contentedly curls up and soaks in the sun coming through the window.

At Your Best:

Leo, when you are at your best, you truly light up the room like the sun lights up the sky. You are engaging, friendly, and magnetic (as fire signs are known to be), and you evoke trust from others because you make them feel seen and inspired. You make everyone else feel as amazing as they think you are, just by being yourself. You are passionate and loyal to those you care about, and you love with your whole heart. Your nature is youthful and playful, and you tend to like children and relate to them well. As much as you love to feel seen, you intuitively understand that all children have this need, and you make them feel important and respected when you shine your big, dazzling light upon them. As long as you feel engaged and challenged enough in your life, you give your all and are thrilled with all the appreciation and validation that comes back to you.

Relationship Challenges:

Such a strong personality can come off as bossy, domineering, and dogmatic; others can feel like you’re laying down the law to them, like a king ruling. Your fiery nature can be highly intimidating, and at times you can be possessive, jealous, and aggressive. Your worst fear is being humiliated. This is probably because you always feel like you are in the spotlight and highly visible, and you feel like you’re not performing well when you don’t get the response you want from someone. When you get triggered, your typical reaction is the narcissistic defense, which is why you have a reputation for tending toward narcissism. The narcissistic defense involves becoming superior, cold, and distant when you get hurt or scared, much like a cat or puffer fish pumps itself up to scare its enemy; you feel safer if you can intimidate the other person. Being a fixed sign, you much prefer this defense to lashing out at someone and will first try to control your anger; however, if you are pushed hard enough, you can blow up in a fiery explosion. As warm and sunny as you normally are, when you’re hurt and angry, being in your presence is like being in the coldest and darkest place imaginable. When you withhold all the love and generosity that you have previously given, people definitely feel it—it’s like you turned off the sun. This is your intention, of course—you want them to hurt just as much as you are hurting—but your method can be way too harsh to do any good, and instead cause fire damage to parts of the house that compose your relationship. Many people I know with their moon in Leo have a fear of their own anger, and they deal with this by various means—trying to talk themselves out of it, denying it, walling off and refusing to communicate because they would rather not say something that will burn down the barn. At the end of the day, we all need to make contact with our anger in order to find any resolution; the key is to do so in a way that isn’t highly destructive.

Possible Tapping Statements (especially if this is your moon sign):

Even though I...

- am often intense when I’m not feeling balanced, where people can feel the heat emanating off of me in a way that makes them anxious,
- tend to make people feel as though I am relating to them in a condescending way (especially when I’m feeling threatened),
- may damage my relationships when I build walls to shut people out or explode in a fiery outburst,

... I deeply and completely accept and love myself.

VIRGO (mutable earth):



Your Essential Nature:

Naturally crafty, skilled, and resourceful, Virgos have the MacGyver-like ability to effectively handle whatever crazy circumstances life throws at them and make it look easy. Being the mutable earth sign of the zodiac, Virgo, your role and driving force is to be of service to other people in a practical way. Your symbol is the maiden, depicted holding an ear of corn to symbolize nurturance and daily ritual. You are productive and hard-working, but more specifically, you are a true efficiency expert. In just about any situation, you can't help but see a better way to do things. You are naturally good at discriminating and pay great attention to detail, and your fast-moving, mutable mind is able to grasp things much more quickly than average. You never accept at face value anything you are told without verifying it yourself first. You are a perfectionist, which is part of your downfall. (Brené Brown, who calls herself a "recovering perfectionist," has her moon in Virgo.) You tend to be health conscious and perfectionistic when it comes to your body, and though you lack the intense rigidity of people with Scorpio in their chart, you can tend toward making healthy eating and exercise into something more rigidly disordered because of your drive to be perfect.

At Your Best:

In a state of relative balance, you are like a busy little bee, happily buzzing around from one need to another and efficiently resolving them all. You definitely feel best being useful, and when this is reciprocated in a healthy way, you are content, go with the flow, and are easy to be with. You are a natural parent, teaching your kids how to take care of themselves well and juggle life's many requirements efficiently. Your need for healthy reciprocation is true whether it is in the context of a good relationship, where the other person is pulling their weight as well, or in a job, where you are valued, respected, and fairly compensated. (Not that you need to be overly wealthy; being so practical, you have a hard time indulging in anything too luxurious.) In healthy relationships, you can feel needed but still have time and space to figure out your own needs, separate from others, and you can allow others that space, as well. When you let yourself have and rely on a partner who is strong enough to contribute something to your life, too, you are calm, centered, and content.

Relationship Challenges:

Your perfectionistic tendencies can make you especially judgmental and critical, coming off like a know-it-all. The irony is, especially if Virgo is your moon placement, you are actually filled with self-doubt, even though no one would believe it given how capable you are. You are truly your own worst critic, constantly feeling "not good enough," like you haven't practiced or studied enough yet. At times you may be utterly paralyzed by the swirl of your self-deprecating thoughts. Your biggest fear is not measuring up to your own or someone else's expectations of you. You will go out of your way to avoid rejection, preferring instead to play it safe, even if this means that your true self does not get to emerge. When you get triggered, your first instinct is to try to avoid or escape your emotional experience (as with all mutable signs because they can move so easily), and you avoid being overwhelmed by compartmentalizing. While you can be accused of being cold and unfeeling, the truth is that your feelings are strong but contained. During an argument, you may get up and start cleaning or organizing something to help you cope with your overwhelming emotions. (Being earth, you busy yourself with routine, earth-based tasks; being mutable, you need to move around in order to process things.) This avoidance can accumulate over time, with reality-based tasks and experiences taking your mind off of needed change and emotional issues that feel too overwhelming to contemplate (e.g., "I'll think about this after the holidays"). Your mutability makes you tend toward codependent relationships; your competent nature makes you a magnet for those who are struggling, because you think you can fix them. Part of what leads you into this pattern is that you don't know who you are separate from others; you have to confront your self-doubt if you want to find your own self in there.

Possible Tapping Statements (especially if this is your moon sign):

Even though I...

- can seem unempathic to others because I am able to compartmentalize emotional pain so efficiently,
 - am often so perfectionistic and critical that I cause distress, pain and irritation for myself and others,
 - may tend toward workaholism and distraction to ward off my own self-doubt and as an unconscious form of conflict-avoidance,
- ... I deeply and completely accept and love myself.

LIBRA (cardinal air):



Your Essential Nature:

Libra, your symbol is the scales, and you are concerned with justice, fairness, and balance. (Your sign ushers in the second half of the zodiac; these six signs are concerned with issues related to the collective.) Being cardinal, you are a leader and a ruler, and being an air sign, you are driven by principles and logic rather than emotions when making your decisions. You won't accept what anyone tells you without gathering your own proof first. You tend toward indecision, or at least slow decision-making, because you need to be able to see and carefully consider all sides of a situation. You have a strong drive to keep in touch with the world, bring people together, and keep your mind stimulated; however, somewhat paradoxically, you also have a deep need for peace, harmony, and balance in your home and work environment. You need to be surrounded by beautiful things, and you tend to care a lot about your own looks and those of your partner and kids. As the sign of the zodiac most associated with relationships, you naturally look to others to serve as a complement to yourself. This means that you will often use other people as your mirror, looking to see how they feel about you in order to know how to feel about yourself. You hate discord of any kind and will serve as the peacemaker whenever possible.

At Your Best:

When you are in a state of relative balance, Libra, you are diplomatic, determined, and never lose sight of your goals. You are charming, loving, and kind, and you can—and want to—see the good in everyone. You naturally build bridges between people, networking and connecting them with anything you intuit might help them solve their problems (“Here, read this book,” or “Meet this person”). As a parent, you are naturally careful and gentle with your kids, teaching them how to see things objectively and not be too swayed by their fleeting emotions. You are known as “the iron fist in the velvet glove,” yet strength and grace are two very important values after all. While you always place high value on your relationships with other people and the way they see you, when you are in balance, you also have the willpower to stick to your own sound conclusions, even if someone important to you disagrees or is upset. You are connected to yourself as well as to others, and the deeper value you place on your relationship with yourself allows it to be a helpful guide in making decisions.

Relationship Challenges:

Your greatest fear is loneliness, which is what you try to ward off through all your efforts to connect with others. Because of your aversion to chaos and confrontation, and the ultimate fear of being left by someone you love, you can be highly conflict-avoidant in your relationships. You try to keep your emotions under the control of your mind so you won't have to confront someone in order to find a compromise between your truth and theirs, but at times, you can end up just getting stuck in your own head and never make a move. You do anything you can to avoid being alone because it makes you feel inadequate. In truth, as much as you love being in relationships with other people, you tend to enjoy the beginning of a romance—the idea of it, really—more than the later stages and real experience of it because you don't like to be emotionally fenced in by commitment, even if that means just having to do what someone else wants. You can tend toward rigidity in your eating, exercise, and neatness, and others can experience you as controlling. Your biggest defense when you get triggered is to dissociate—or fly away, as only air signs can—from anything that rattles your inner sense that things are in a state of peace and harmony. Because of your strong drive to preserve peace within yourself and in your relationships, you can see what you want to see instead of seeing reality as it is. This denial can take on a rigid quality, as well. You tend toward codependency in relationships, having a deep desire to be taken care of by others, and you often find other people to partner up with who are similarly afraid of being independent. You tend to ignore your own important needs for change and thus enable the other person to stay stuck in a state of non-growth, as well, which is often the glue of codependent relationships.

Possible Tapping Statements (especially if this is your moon sign):

Even though I...

- can have a difficult time making final decisions about how to proceed (and sometimes fail to act at all),
 - may be in denial about reality, often seeing what I wish were the case rather than what's actually there,
 - tend to lose myself in validation-seeking and can have a hard time standing up for my genuine needs,
- ... I deeply and completely accept and love myself.

SCORPIO (fixed water):



Your Essential Nature:

Scorpio has been called the most powerful sign in the zodiac. Being fixed, you are deliberate, determined, and independent; and being a water sign, you have strong, though restrained, emotions. Scorpio rules the underworld, the land of mystery, dreams, fantasies, and transformation. It also rules secrets, hidden meanings, and pretense, and Scorpios have a wicked sense of intuition, especially for the secrets, hidden meanings, and pretenses of others. Yours is the kind of power that can influence others in ways that are not even part of their conscious awareness, seeping in and getting under their skin like no other. Your role is to transform others and their pain and disconnection from themselves with this quiet, hidden power. Your emotions are incredibly deep and intense, but it is your nature to be internal and restrained; thus, you keep your active emotional life hidden from the rest of the world. You are a human paradox; internal conflict is the name of your game. You are slow and cautious but have a fast-moving current of intense emotions flowing deep inside you. Your survival instinct is strong and resilient, but you are also drawn to darker, more dangerous endeavors involving death and rebirth. (Alan Ball, creator of the HBO series *Six Feet Under*—an intense, darkly funny series about a family who runs a funeral business—has his moon in Scorpio.) Being a fixed sign, you like to stay in the same place, wanting constancy and stability, yet your connection to the underworld makes you crave the edge, excitement, challenge, and mystery of the unknown and intense sexuality. You never forget anything, for better and worse; while you can retain a vast amount of knowledge, you can also be very unforgiving.

At Your Best:

When at your best, you're still deeply compelling and intense, yet you use your power for the benefit of others. Your intuitive perceptions, when delivered carefully and allowed to seep in slowly, have the power to help others transform the deepest layers of their pain. When you are open enough to let your trustworthy others see your true feelings, you have the power to transform yourself, letting their perceptions and experience of you help you change and reshape yourself into a better version. In your relationships, you are deeply loving, caring, and attuned to the feelings of those who matter to you. As a parent, ideally you will work hard to give your kids space to develop their own unique personalities, trying not to smother them with your own intense power, trusting and respecting them enough to let them have space to breathe freely and to grow in their relationship with you.

Relationship Challenges:

If Scorpio is your moon placement, it's a challenging one. Your biggest fear is true intimacy, being deeply vulnerable with another person, because letting yourself be fully seen feels like losing a struggle over power and control, even if only with yourself. Your internal nature means that you require a lot of space in your relationships. However, you hold on tightly and don't like to give others a lot of space, particularly when you feel vulnerable; this is yet another paradoxical tendency of yours. You can be jealous, obsessive, and possessive, projecting into the other person that they have the same need as you to keep some part of themselves secret, and it can be hard for you to trust. Because you hate being vulnerable, you can expect people to intuit your needs, which they experience as manipulative. (Of course, it is manipulative because you are trying to get someone to do something but are being indirect in your approach.) Your deep internal conflict about being close can make being in a relationship with you feel like trying to stay on a bucking bronco. Being such a powerful—and power-hungry—sign, you can frequently get into power struggles in your relationships. When you get triggered, your first instinct is to retreat and go inward and underground. As the other person's anxiety leads them to keep pushing you to express yourself, you slowly boil under the surface until you lash out with incredible intensity. Your symbol is the scorpion, whose bites are known to be extremely painful, disorienting, and even deadly. You can become quite aggressive when you feel threatened, and since you are so intuitive, your knowledge of others' weak spots can make you particularly hurtful and vicious. Being a water sign, you tend toward addiction to food and substances (especially alcohol), and as a Scorpio, you can overly rely on sex to change your mood. You may tend toward emotional eating; alternatively, and perhaps precisely because you know the intense power food has to soothe, you can essentially get into a power struggle with food and your body, addictively controlling your intake.

Possible Tapping Statements (especially if this is your moon sign):

Even though I...

- can make intimacy into a power struggle, depriving myself and the people who love me of closeness,
 - may be domineering, smothering, and obsessive, especially when I'm feeling vulnerable or threatened,
 - tend to try to control things that don't particularly like/ lend themselves to being controlled, like people, emotions, and eating,
- ... I deeply and completely accept and love myself.

SAGITTARIUS (mutable fire):



Your Essential Nature:

The Sagittarius symbol is a centaur—half human, half horse—also known as the archer, drawing a bow and arrow (often depicted as just an arrow). You are the seeker and explorer of the zodiac, its most expansive sign, shooting forward into new experiences and charting the territory so others can follow suit. High-minded and wise (Sagittarius rules philosophy and universities), you travel the world in order to gain wisdom for the good of the whole. Your role is to help others grow and expand their horizons, to guide them so they can bravely move forward and never stop evolving. Extroverted and confident, you see all the possibilities, even if you miss some of the limits. Loving travel and craving variety, you hate and fear being closed in or pinned down. You love learning about other cultures and gleaning their wisdom, and may prefer to date culturally diverse people. You always need something to look forward to, growing easily bored and restless if you don't get enough stimulation from new experiences. You are constantly searching, never settling, never at peace, and may have a hard time sitting still. If you are a parent, you probably work outside the home at least part time, and this is especially beneficial if your job feels meaningful. You are optimistic as can be, which, as with any trait possessed by any sign, is both a blessing and a curse. You're the sign of big ideas: your superpower is exceptionally clear vision, even prophecy, in terms of being able to see to the heart of a problem—like an arrow hitting its mark—where others get lost in the smoke.

At Your Best:

When at your best and in a state of relative balance, you are probably the most fun sign in the entire zodiac to be around. You are charming, charismatic, extroverted, and funny, but you are also quite wise and generous with your wisdom. Others feel like good fortune will befall them if they hang around you long enough. You are the life of every party and group in a way that feels truly magnetic. When something is important to you, you go after it like a horse, with great enthusiasm and tireless pursuit. In your relationships, you need your personal freedom and independence, but you are also wise enough to know that you are best set up to go exploring only when you have a secure base at home. When in balance, your wisdom and clear vision are used for the good of others—including your own family unit—as well as for yourself. Your enthusiasm and optimism inspire those in your life (especially your children if you're a parent) to find the bravery to move out of their ruts and routines so that they never stop growing.

Relationship Challenges:

Your greatest fear is being enclosed or having your freedom restricted. (Think of a wild horse in a stable.) This fear can be quite challenging in relationships, since relationships by their nature restrict certain aspects of freedom. You can usually stay faithful as long as you're given a lot of room to roam around and do your own thing. Paradoxically, as long as you perceive an open doorway, you don't actually want to exit; rather, it's the closed door that makes you want to bolt. One of the downsides to your optimism is that you can engage in irresponsible behavior, impulsive escapism, overindulgence, and excess/exaggeration in all forms. Naturally impatient and stimulation-seeking, you can make impulsive spending decisions in your pursuit of fun and meaningful experiences. As a mutable sign, when you get triggered, you immediately avoid and deflect whatever you don't want to hear or see. Where Gemini will change the subject, Virgo will get busy, and Pisces will get spaced out, Sagittarius will leave. You experience feeling sad or fearful as a restlessness and physical discomfort, and your urge is to literally flee the scene. If you can't leave, you have a wicked and explosive temper, like all the fire signs. You have a sharp and articulate tongue, and because you are highly skilled in seeing through the smoke to find your mark, you can be surprisingly hurtful when you want to cut someone to the quick. Also typical of the fire signs, you can tend toward narcissism, acting superior and condescending when triggered as well as arrogantly pushing others out of your way (an unfortunate side effect of your innate resourcefulness). Finally, if you're a parent, your unpredictability (when extreme) can be narcissistic and hard to cope with. You can work tirelessly, especially when uncomfortable, so you can also hurt those you love by not being around enough or having too little energy left over when you are home. All the wisdom you glean loses its impact if the people you love aren't connected enough to absorb it.

Possible Tapping Statements (especially if this is your moon sign):

Even though I...

- typically have a very difficult time settling down my inner restlessness, no matter how hard I try,
- can have a very sharp and hurtful tongue when I'm mad at someone, expertly nailing their weaknesses,
- tend to be overly optimistic in a way that can actually make me act irresponsibly and not heed limits,

... I deeply and completely accept and love myself.

CAPRICORN (cardinal earth):



Your Essential Nature:

Capricorn is the father of the zodiac (opposite mother Cancer), but as an earth sign, is actually feminine. Capricorn's symbol is the goat, and while this goat can climb the highest mountains, it has the tail of a fish and is actually a sea goat, representing the evolution from the murky depths of the emotional sea to the practical skills needed to rise to the top of the earth world. In other words, even if you don't show your emotions very much, you intuitively understand their power and draw on them as you climb. (Think of Capricorn Martin Luther King Jr.'s "I Have a Dream" speech.) You see the potential in everyone and want those in your care to be well prepared for their own future endeavors. Driven, hardworking, and organized, you see life as serious business and, being an earth sign, are focused on concrete manifestation and improvement. You have a deep sense of responsibility that is usually apparent from the time you're little and are often described as mature for your age, having older friends throughout life. Full of hidden sensitivity, people don't often see your true nature; your inside and outside experiences don't match up well, much like the sea goat's top and bottom halves. Another paradox is that your seriousness is combined with a dry, witty, off-beat humor; people who are on your same wavelength find you quite funny, and you like being around humorous people, as well. You have learned to see the humor in even the hardest of circumstances, and you often rely on it to lighten the heaviness and darkness that is inherent in your nature. It is your main conscious defense mechanism.

At Your Best:

When you are at your best, Capricorn, you are highly ambitious and determined, but like your polar opposite sign of Cancer, you are also deeply connected to those you love most, because you don't feel balanced unless those you care about are materially and emotionally content. You are loyal and caring, and you teach your loved ones about integrity, honesty, strength of character, and the importance of tradition by living those values in a way they can emulate. You are a naturally gentle parent, and you treat your kids with dignity as you work to prepare them for their adult lives. You build and value your own career, as well, and having the natural ability to motivate and discipline yourself, you often enjoy running your own business. You can be described as a grounding force, such as when Capricorn Michelle Obama called herself a steady trunk for her family, or when photographer Charles Peterson called Capricorn Dave Grohl, the structure-providing drummer for Nirvana, an anchor for the band.

Relationship Challenges:

Your deep need for material and emotional security can lead to anxiety and worry, and compounded by your nearly obsessive sense of responsibility, you can be a workaholic. This is very hard for you as well as your loved ones, because you know when you are not giving them enough time and attention. Your worst fear can be described as fear of failure, but to put a finer point on it, you most hate and fear the feeling of powerlessness that accompanies failure. Your absolute darkest place is when you need to function well and have hope for those who depend on you but feel powerless to get there. Your pain is compounded by your sense of responsibility; it is one thing to fail, but it is another thing to feel like you are failing others to whom you have a duty. You can be a bossy, critical, and sometimes even cruel taskmaster. Your workaholicism leads you into a downward spiral of pessimism and negativity, and over time you can become increasingly harsh, hopeless, and cynical in an angry expression of what is actually depression (as opposed to the more classic depression of Pisces, where they can't get out of bed), fueled by your natural tendency to go it alone. You don't easily reach out to people or ask anyone for help, especially when you feel your worst and most vulnerable, in part because you think you can fix it yourself. Instead of reaching out, you isolate and alienate, and your hope of feeling better dwindles even further. You become increasingly rigid and intolerant, until something eventually triggers you enough that you break—common themes are feeling disempowered or embarrassed—and your primary defense is to be highly reactive and dominating. Your anger can be so intense that it scares others; indeed, if you are regressed enough, you can be overpoweringly destructive. This only makes you feel worse because you judge yourself so harshly, and the cycle continues. Over time, if you don't figure out how to recover and find hope again, you become cold, hardened, and emotionally shut down, and your fears of powerlessness and failure become self-fulfilling prophecies.

Possible Tapping Statements (especially if this is your moon sign):

Even though I...

- often feel like I have to do everything on my own, even when that's self-imposed or not true,
- can be incredibly hopeless and cynical, especially when I've been working way too hard for way too long,
- tend to have a hard time enjoying fun/relaxing pursuits for very long because I can't shed the guilt that I should be doing something more productive,

... I deeply and completely accept and love myself.

AQUARIUS (fixed air):



Your Essential Nature:

Aquarius's symbol is the water bearer, but it is actually an air sign. As a fixed sign, you are loyal, stubborn, and have a strong inner sense of yourself; and as an air sign, you have an excellent logical and philosophical mind, craving intellectual stimulation and needing freedom like it's, well, air. You are a highly original, innovative pace setter—one of a kind—with an independent streak a mile wide and a preference to march to your own off-beat drum, sometimes going left just to not go right like everyone else. You have high standards of integrity and honesty, naturally reflecting on history and the lessons of our predecessors to point us in the right direction of evolution and liberation, and your idealistic, universally inclusive way of seeing the world is a benefit to us all. You're both a teacher and a student, learning as much as possible and synthesizing the information in clever new ways that lead to breakthroughs. You're cool and emotionally reserved, friendly but not overly expressive, and extremely observant, especially in social situations. You have a tendency to withdraw into your own mind, so you tend to be on the quieter side (unless you have a more extroverted rising sign). Like all air signs, your emotional detachment can make getting close to you difficult; in other words, you prefer to keep others—and your own emotions—at a slight distance. You discuss your feelings more than you feel them, placing high value on having control over your emotions at all times.

At Your Best:

At your best, Aquarius, you have the freedom and independence to think in your own original ways, yet you also have deeper connections with others because you are able to be more vulnerable with them. You are kind, compassionate, and thoughtful with those closest to you and with the world in general. A true humanitarian, you hate corruption, exploitation, and taking advantage of the powerless in all its forms. You are a helpful partner and parent, teaching people how to rise above difficulties and maintain hope and compassion as you stoically lead by example. If you are a parent, you are naturally sensitive to the needs of your children, especially when it comes to encouraging their autonomy and independence. The people you live with are grateful for the ingenious ways you find to fix things and solve practical problems (partly due to your fixed persistence on finding a solution).

Relationship Challenges:

Because you keep to yourself so much, especially in terms of your deepest vulnerabilities, your worst fear is that no one will ever care enough or have the patience to dig you out from inside yourself, wanting to know who you *really* are badly enough to keep trying to help you emerge in your own way and time. You have a hard time letting people in emotionally or letting them deeply matter to you, because you place such high value on your independence and self-sufficiency, and also because you feel “above” others on some level (that you are an air sign is not coincidental). That's hard for the other person, who consequently feels unimportant to you. You force those of us who want to know you to straddle the line between drawing you out and making you feel controlled. No wonder Aquarius ends up being known well by only a few other people! Your resistance to relying on others is typically quite fixed; you think the people in your life should take you as you are, and this lack of adaptability leads to a pattern where the other person thinks you're not truly interested in maintaining the relationship. Basically, your need to not feel controlled becomes, in its own way, controlling of the parameters of the relationship—and of course, the other person will come to resent this. Your primary defense when you get triggered, which usually happens because you feel someone is trying to oppress you in some way, is to block the other person's efforts from reaching you. Polar opposite to fiery Leo, you become cold, distant, and unfeeling. Any slight flame of emotion that did exist in you, you turn down even lower; you want to be back in control and fear you will be engulfed if you give up any independence or cede to your emotions. Over time, because your airy nature will avoid conflict and contact with your deeper emotions if possible, your relationships can quietly disintegrate into emotional disconnection and withdrawal, existing more in theory than in real life. You can end up being kinder to and feeling more connection with strangers than the other person in the relationship, especially if you've become more detached over time. Your biggest challenge is that you can tend toward loneliness and isolation, even if you're theoretically connected to others (and especially if you're not), which can unfortunately lead to your worst fear of never having another person make space for the real, original you.

Possible Tapping Statements (especially if this is your moon sign):

Even though I...

- often keep people at a distance because I don't want to be emotionally dependent on anyone,
- can be very hard to reach when I get triggered, withdrawing into myself in a way that makes people feel like I've blocked them from making any contact with me,
- can make other people feel controlled by me, in my efforts to resist being controlled by them,

... I deeply and completely accept and love myself.

PISCES (mutable water):



Your Essential Nature:

The symbol for Pisces is the twin fish, and as the oldest sign of the zodiac you have the potential to be our greatest healer. Being psychic and able to deeply sense the connectedness between all things, you can, not even consciously, plumb the depths and layers of the collective unconscious like no other; your role is to help others transcend and dissolve the boundaries that keep us all disconnected from one another. Deeply intuitive, even mystical, you process emotions in part through your vivid dreams and imagination. Your receptivity makes you extremely creative, synthesizing your emotions and intuitions into music, poetry, creative writing, and visual and performance art. Your creative output represents your innate attempt to unify others on a feeling level, opening their hearts as they appreciate your contributions. Because you sense the interconnectedness of all things, you see yourself in everyone and can find anyone's pain inside yourself. A quote from the Roman playwright Terence captures Pisces beautifully: "I am human; nothing human is alien to me." Being a dual sign, you can go in two different directions: you have the potential to be a true visionary who unifies others with your compassionate ways if you can shore up and pull yourself together—or you can be an uncontained puddle of water, steeping in your pain like a helpless child lost at sea. Because you are so imaginative, the inner and outer worlds blur for you, and you can't easily distinguish one from the other to discern subjective reality from objective reality. This also applies to the boundaries between you and other people, as your extreme sensitivity can make you soak up the moods and desires of others and not even realize they're not your own. On a deep, spiritual level, you have an urge to merge.

At Your Best:

If Scorpio has the power to transform others, when you're in balance and at your best, Pisces, you have the power to truly heal others. Your creative output and loving influence deeply acquaints others with and helps them dissolve all the limiting beliefs and blocks that need to be released or surrendered in themselves. You seek to find deeper meaning in a spiritual sense, and want to help others find it, as well. Even your behavior in daily life seeks to unite those around you, as you are known to treat everyone with an abundance of kindness, gentleness, and compassion. Your nature makes you deeply unable to tolerate injustice. You are especially loving toward children and animals, and you make a great parent because you are able to play with your kids; what is more, your romantic and idealistic view of the world encourages them to enjoy escaping into their imaginations through a love of reading and fantasy. (Fred Rogers of *Mister Rogers' Neighborhood* was a double-Pisces [sun and moon].)

Relationship Challenges:

Pisces, your imagination can get you into trouble in a myriad of ways. You can be dreamy and spaced out, especially during conflicts, and you tend to lie or exaggerate, or both, because of the blur between subjective and objective reality. Worse than that, you can be manipulative even when you don't consciously mean to be because you intuitively understand the soft spots of others and thus how to best get your own needs met in surreptitious and indirect ways. You may sense this power in yourself and even find it scary at times. You can feel and imagine so much that you easily access the furthest edges of your multiple fears, and this makes you vulnerable, confused, and insecure in your relationships. You can be a constant worrier, not just about things related to your relationship but also about the state of the world. As a child, you may have had characteristics that would be today be labeled as sensory integration issues because you absorb everything that is swirling around and can easily become overstimulated. Your worst fear is losing yourself completely, and as usual, you correctly intuit that there is a risk of this outcome. Love relationships are hard for you because while you deeply enjoy and crave them, you are also intuitively aware of—and scared by—your own intense needs for love and emotional sustenance. You deeply long for unconditional love, which can lead you into codependent relationships. Your need to merge with the other person frequently takes the form of either caretaking or being taken care of in inappropriate ways. When you get triggered, which usually happens when you feel rejected or criticized, your primary defense is to dissociate from the pain because you become so emotionally overwhelmed. Inside, you feel like you are disintegrating into a puddle and losing yourself completely, or at least losing the container that holds you together. To escape and numb your sensitivity, you tend toward addiction, and you also struggle with depression, which is compounded by the daily anxiety and overstimulation you experience. Your idealistic nature often sets you up for disappointment, and your natural urge to withdraw and isolate in response can become a downward spiral of alienation from others.

Possible Tapping Statements (especially if this is your moon sign):

Even though I...

- often retreat into addictive behavior, imaginative escapism, or hazy denial when I'm overwhelmed,
 - can become confused about the line between subjective and objective reality, at times lying, deluding, or deceiving myself and others in a way that may not be fully conscious,
 - tend to give myself over to others and lose myself in their expectations of me so that I can't tell my true self from my false self,
- ... I deeply and completely accept and love myself.

Worksheet: Looking More Closely at Your Three Major Signs

My sun sign is _____. This sign is made of _____ (quality) and _____ (element).

The sign that is polar opposite to my sun sign is _____. When I read about that sign with an eye toward becoming more balanced, here are the things that resonate with me and that I want to cultivate more of: _____

My moon sign is _____. This sign is made of _____ (quality) and _____ (element).

The sign that is polar opposite to my moon sign is _____. When I read about that sign with an eye toward becoming more balanced, here are the things that resonate with me and that I want to cultivate more of: _____

My rising sign is _____. This sign is made of _____ (quality) and _____ (element).

The sign that is polar opposite to my rising sign is _____. When I read about that sign with an eye toward becoming more balanced, here are the things that resonate with me and that I want to cultivate more of: _____

I am missing these elements in my three major signs: _____

When I read the descriptions of these missing elements, here are the things that resonate with me and that I want to cultivate more of: _____

I am missing these qualities from my three major signs: _____

When I read the descriptions of these missing qualities, here are the things that resonate with me and that I want to cultivate more of: _____

Besides those listed above, the signs that many people I know have their sun or moon in are _____. These people are in my life for a reason. When I read about these signs with an eye toward becoming more balanced, here are the things that resonate with me and that I think they are here to help me learn: _____

Here are the things I think I am teaching them, as well: _____

In terms of the relationships between my three major signs...

What is the nature of the relationship between my sun and moon signs? Does my rising sign collude with either one to exclude the other? _____

Exercise: Write a compassionate letter from your (masculine) sun to your (feminine) moon. Because our culture is skewed toward masculine values, your sun part may have some apologizing to do to your moon part. (If you feel inclined, you can write a separate letter from your moon to your sun, especially if your moon and rising have operated in a way to dampen the influence of your sun.)

Do I overidentify with any of my parts/signs? If so, which one(s), and why? _____

Do I underidentify with, or consciously try to suppress, any of my parts/signs? If so, which one(s), and why? _____

Here are the parts of my chart that are trine (same element) or relatively easy: _____

Here are the parts of my chart that are different in nature but balance each other out in complementary ways: _____

Here are the parts of my chart where there is tension or conflict (squares and polar oppositions): _____

Here are some of the things to keep in mind as I try to integrate the needs of both (square or polar opposite) signs: _____

Given the elements or qualities that may be missing in consciousness (i.e., in my shadow), what facets of me might need redeeming or reconciling? (In other words, what potential energy within me might my astrological nature be crowding out?) _____

Has my chart showed me any potentially resourceful parts that have been in my "golden shadow"? If so, which one(s), and how might I go about trying to bring this energy into my life more consciously? _____

How might I go about honoring the truths/information I've learned from looking at my astrological nature? In what concrete ways might I use it to try to find a better balance in my life? _____

Here are the things I like about my nature (you can also expand on the previous questions): _____

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