A person is shown in profile, meditating with their eyes closed. A bright, golden glow emanates from their head and upper body, suggesting a spiritual or energetic state. The background is a soft, hazy landscape with a blue sky and green foliage. The text is overlaid on this image.

**UNDERSTAND  
YOUR HEART,  
MIND & BODY  
WITH  
ASTROLOGY  
WORKBOOK**

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**Note: If you don't know your chart placements, go to the Free Astrology Courses page for a video on how to create a chart on astro.com and read it; the symbols page shows you the meanings of glyphs, and the Beginner Astrology Lessons page shows you the rulers and transits.**

**Free Astrology Courses page:**

<http://www.thedarkpixieastrology.com/free-astrology-courses.html>

**Symbols page:**

<http://www.thedarkpixieastrology.com/astrology-symbols-elements-modalities--house-types.html>

**Beginner Astrology Lessons page:**

<http://www.thedarkpixieastrology.com/beginner-astrology-lessons.html>



# UNDERSTAND YOUR HEART

# Unit 1: Understand Your Heart

## Lesson 1: The 5th House

Welcome to the first lesson of the workbook, Understand Your Heart, Mind, and Body with Astrology! In this first lesson, we'll go into the 5th house. The 5th house is the house of love, both who we love and what we love, our hobbies, and what brings us joy. These are very important for understanding and tending to our heart, wouldn't you say? To start, you want to look at the sign on the 5th house cusp (the cusp of a house is the very beginning of that house). This is the main way the 5th house energy will be expressed.

***Make note: What sign do you have on the 5th house cusp?***

Let's start with the fire signs. The fire signs are Aries, Leo, and Sagittarius, and are physical and energetic, so if your 5th house cusp is in Aries, Leo, or Sagittarius, you can enjoy physical activities, and ones that require a lot of energy. The fire signs are the most daring signs, so you can also be the adventurous type and feel great doing adventurous things, especially Aries and Sagittarius. This trio also rules sports, so you can enjoy sports, even if you're not athletic. The fire signs are the most positive signs, so being joyful can be easiest with a fire sign on the 5th house cusp. For Aries, you can feel joy doing things on your own, being independent, being a trailblazer, and doing what you want without having to wait for it to come to you or to get permission. You enjoy taking risks, being a leader instead of a follower, and starting new projects, plans, ideas, and hobbies. For Leo, you can feel joy when you're in the spotlight, entertaining others or yourself, and being the

sign of theater and acting, you can enjoy film, television, plays, musicals, or even acting yourself. Leo is also a comedic sign, so you enjoy joking around, laughing, and letting out your inner child. For Sagittarius, you can feel joy when you're exploring the world, other cultures, traveling (especially far and to places you've never been or that seem exotic), and having new experiences. You enjoy expanding your life in new ways, learning about new things, sharing the knowledge you have, debating, telling stories, and being bold.

Next, let's go into the earth signs on the 5th house cusp, which are Taurus, Virgo, and Capricorn. An earth sign on the 5th house cusp will subdue your joyful energy to a degree because earth signs are the most grounded of the signs, so you don't get too high or want to show it too much. With the earth signs, you're able to experience your greatest joy when you have stability in your life and a grounded center in yourself. Earth signs are connected to the earth, and so you can find joy in connecting to nature in a physical way. Even if you're not the outdoorsy type, you can have an appreciation for nature. The earth signs also rule our finances, work, and career, so you can enjoy focusing on any of those. For Taurus, you can enjoy being sensual since Taurus rules the senses, and love rich food, fine wine, beautiful art, great music, and days at the spa. Taurus is the sign that lives in the moment best, so you can enjoy just being in this moment. You can also enjoy spending and splurging on yourself, and financial stability can be important for you to be happy. For Virgo, you can find joy in order, structure, and routine. When your life is chaotic and nothing is in its place, joy can completely escape you. You appreciate the little things, finding joy in the small moments, and can actually enjoy working. This is a good position for a creative profession, and having a job you love is important for you to feel happy. For Capricorn, you can enjoy history, quiet time to yourself, and

being around or learning about/from people of importance. You can be fond of your elders (parents, grandparents, mentors, bosses, etc.). This position can be good for a creative career, and having a career that you love can be important to your happiness.

Now we'll move on to the air signs. The air signs are Gemini, Libra, and Aquarius, and are signs that are focused on the mind, so having an air sign on your 5th house cusp can show you enjoy mentally-stimulating activities, like reading or writing. Air signs are sociable signs, and enjoy social interaction with other people. With Gemini, you enjoy time spent with the people you're around daily, your neighbors and siblings and the young people in your life, and need some variety with the people that you're around. You enjoy variety in general, and studying different subjects that interest you. This position can be excellent for a writer. With Libra, you enjoy your time spent with partners, both personal and professional, and the people that you're close to in some way. You enjoy peace and harmony in your relationships, and when you feel you have balance in your life, you can feel free to find your joy. You may be someone who enjoys being with someone more than they enjoy being alone, but you'd prefer someone you see as an equal. With Aquarius, you can enjoy learning as much as you can about whatever interests you. Gemini and Libra can be a little more fleeting with their interests, but you want to stick with it until you learn everything you can, and enjoy the pursuit of knowledge. You enjoy time spent with your friends, in groups, or with the groups you belong to. Aquarius rules charity, so you can enjoy charitable pursuits and making a difference. Aquarius is also the rebel and quirky, so you can enjoy being different, going against social norms, and hobbies that are unusual.

The last group of signs to cover on the 5th house cusp are the water signs, which are Cancer, Scorpio, and Pisces. Water signs are focused on emotions, and so you tend to enjoy more serious activities, though you can also enjoy being creative, especially Pisces. With Cancer, you enjoy comfort and familiarity, being in the places you know best and with the people you know best. You can be a homebody, or spend a lot of time in the place you feel is "home" to you. You enjoy comforting activities, like binge-watching your favorite TV show or grabbing some ice cream with your best friend. You can also enjoy home-based activities, and ones focused on homes themselves, like interior decorating, flipping houses, home improvement projects, etc. With Scorpio, you can enjoy darker subjects like death, having a bit of a fascination with the darker side of life, as well as things that are considered taboo. Scorpio is the sign of the phoenix rising from the ashes, and so you can enjoy transformations, of yourself, of others, even of objects (restoring old homes or objects can be a great hobby of yours). With Pisces, this sign rules music, so you can find great joy in all things music, whether it's listening, playing, singing, teaching, etc. You can also enjoy helping others, spiritual subjects, and being left alone (a little different from actually being alone, more like you just prefer not to be bothered). Water signs also rule the water, so you can really love water, being by or in water, or water-based activities.

Now we'll quickly touch on the planets in the 5th house, which will have an impact on the joy in your life. If your Sun is in your 5th house, embracing love and expressing joy is critical to you feeling like yourself and being comfortable in your own skin. You can spend more time on your hobbies and trying to be joyful. If your Moon is in the 5th house, it's important for you emotionally to focus on your hobbies and being joyful so you can feel emotionally secure and at ease. If your Mercury is in the 5th house, freely

expressing yourself can bring you great joy, and keeping your head clear is important. If your Venus is in the 5th house, this makes it easier for you to express and find joy. Jupiter in the 5th house is similar, and you have a great capacity for love and joy. Mars in the 5th house drives you to find joy. Any of these planets in the 5th house greatly increases your creative abilities and potential. Saturn in the 5th house can be the most difficult position because Saturn is restricting and limiting on your ability to feel joy. You usually have to make sure everything in your life is going well and you're doing the right thing in order for you to find real joy. You can find it easier after your first Saturn Return, and can find that you become more joyful with age. Uranus in the 5th house can bring a preference for unusual hobbies and finding joy in unusual things. Neptune in the 5th house can make you artistically inclined. And Pluto in the 5th house can make you very serious about your hobbies, and you can use them to change yourself or life.

***Make note: Do you have any planets in the 5th house? How do you feel they express themselves in your life?***

You can find more information on the signs on the 5th house cusp and planets in the 5th house on the 5th House learning page:

<http://www.thedarkpixieastrology.com/the-5th-house.html>

Some additional tips: If your 5th house is empty, this shows that you have less blocks to work through in your life to achieve the kind of joy that you want. If your 5th house cusp is at a critical or anaretic degree, which are

degrees of critical, crisis energy, this can make joy something that's difficult for you to have in a positive way until you work out whatever blocks you have, or you can go to the other extreme and put too much emphasis on it so you never take anything seriously. The anaretic degree is 29 degrees of any sign, and the critical degrees are -

0, 13, and 26 of Aries, Cancer, Libra, Capricorn

8-9, 21-22 of Taurus, Leo, Scorpio, Aquarius

4 and 17 of Gemini, Virgo, Sagittarius, Pisces

If your 5th house is intercepted in a sign, meaning completely contained in a sign (so the 5th and 6th house cusps are in the same sign), you can have challenges finding your joy until you work on the blocks from the sign that's swallowed up your 5th house. Conversely, if you have a sign intercepted in the 5th house (so the 6th house cusp sign isn't the sign after the sign on the 5th house cusp, it's the sign after that), you can have hidden potential with your 5th house, extra energy that's blocked off and needs to be unlocked for you to be fully joyful.

***Make note if your 5th house is empty, at a critical or anaretic degree, is intercepted in a sign, or has a sign intercepted in it.***

Transits: When a transit planet is going through your 5th house, this amplifies your focus on having joy in your life. When a transit planet aspects the 5th house cusp or ruler, this also brings focus on your joy. If it's a sextile or trine, you can bring more joy into your life with ease. If it's a square or

opposition, you can feel less joy. Conjunctions can go either way. Following the transit planets in your 5th house and transit aspects to your 5th house cusp and ruler can be helpful with showing you exactly what brings you joy.

***Make note of upcoming transits to your 5th house cusp and ruler:***

***So, what have you learned about your heart? What does the sign on the cusp and planets inside (if you have any) of your 5th house say about what you enjoy in life? In what ways do you already express the joyful energy? In what ways can you bring more joy into your life?***

## Lesson 2: The Moon

Now we go on to lesson 2, which covers the Moon. The Moon rules your emotional self, and what you need to feel emotionally secure and healthy. This is pretty important to your happiness, because if you don't feel right emotionally, you won't ever be happy. The first thing you'll want to look at with your Moon is the sign that your Moon falls in.

***Make note: What sign does your Moon fall in?***

With your Moon in a fire sign (Aries, Leo, Sagittarius), you need to be active in order to feel emotionally secure and stable. Fire signs are full of energy, and always want to be making use of their energy. By being physically active, you can care for your emotional self. The fire signs tend to be more optimistic in general, so it's easier for you to look at the bright side and put yourself in a good mood. You want to be in a good mood. But when you get upset, it usually jumps right to anger, and you can say things in the heat of the moment that you don't really mean. You tend to forget about it quickly, but the person you hurt won't. With an Aries Moon, you want to be independent, on your own, doing what you want, when you want, and putting yourself first. Taking a backseat doesn't feel very good to you. With a Leo Moon, you want to use your creative energy, be in the spotlight and get praised, and share the warmth in your heart with others. You have a big, big heart. With a Sagittarius Moon, you want to have the freedom to roam, to have new experiences, meet new people, and go to new places, and not feel tied down and held back.

With your Moon in an earth sign (Taurus, Virgo, Capricorn), you need to be grounded in order to feel emotionally secure and stable. The earth signs have the most grounded energy, and you want to stay tethered to the ground. You don't want to get too high or too low. This is especially true with a Taurus Moon, and you tend to stay pretty even and calm. The only problem is, when you do get emotional, you can get stuck in that emotion for a while. Some flexibility is required for the earth signs, especially Taurus and Capricorn. Virgo Moon is more flexible, but you're also more easily impacted by stress. Becoming more grounded is more important for your Moon sign. You also want to stay busy and have plenty to do to keep your mind occupied so you don't overthink and stress yourself. Capricorn Moon wants to have a goal to focus on at all times so it can channel its emotional energy into something productive, but has to work on expressing its emotions at times and not avoiding them. You can be a little distant emotionally, so open up. Virgo and Capricorn benefit from having work that they love, and Taurus benefits from having financial stability.

With your Moon in an air sign (Gemini, Libra, Aquarius), you need to have a good connection to your mind in order to feel emotionally secure and stable. With the air signs being the signs of the mind, connecting your mind and your emotions is very important. You need to be able to express your thoughts and feelings properly, and not let one get dominated by the other. You tend to analyze and intellectualize your emotions instead of just letting them flow at times, and can let your emotions cloud your judgment at other times. With a Gemini Moon, this is even more important with Gemini being the sign of the mind. You need to be able to express yourself, and you can be quite chatty. With a Libra Moon, you need to feel a connection to the people around you, and feel as though they're there for you when you need them. Striking a balance and having some peace is also important. With an

Aquarius Moon, you need to be free to be who you are, however quirky that may be, though you can be the most emotionally-distant of all the Moon signs, so you have to work on allowing yourself to show your feelings when appropriate.

With your Moon in a water sign (Cancer, Scorpio, Pisces), your emotions are stronger because the water signs rule emotions, and you have to put in a little more effort to have emotional security and stability because of the extra emotional energy that you have. It's easy for you to get in touch with your emotions, but they can take over at times, so you have to work on making sure you have outlets for your emotional energy. Creativity can be good for the water signs, and having plenty of emotional support from the people around you, especially Cancer. A Cancer Moon needs to have as much emotional support as they can get, and a strong home and family is important. A Scorpio Moon can sway between extremes emotionally, so you have to work on being more centered. A Pisces Moon needs to feel safe enough to be able to express your feelings, so you often keep them to yourself, not wanting to burden anyone or fall victim to anyone who would use the knowledge against you. Trust in your relationships is key. All of the water signs can benefit from a focus on spirituality, and a strong connection to the soul.

Once you've evaluated the sign that your Moon falls in, you want to investigate the house where it's located. With your Moon in the 1st house, you can be very open about your feelings and need to be. You don't want to have to hold back what you're feeling, or lie about it. With the Moon in your 2nd house, having security (both emotionally and financially) is important for you to feel good, and you want a strong connection to your values. With the Moon in your 3rd house, expression is important for you, and you want

to communicate openly in order to feel emotionally secure. With the Moon in your 4th house, this is the house the Moon naturally rules, so it's at home here. You can feel more at ease with the emotional expression and energy. With the Moon in your 5th house, you need to focus on the things you enjoy most in life in order to feel emotionally secure, and be free to express yourself creatively. With the Moon in your 6th house, you need some structure and order in your life to feel emotionally secure, and to do work that emotionally fulfills you. With the Moon in your 7th house, you need to have good relationships with supportive people to feel emotionally secure, and have some balance and peace as well. With the Moon in your 8th house, you need to be allowed to transform yourself and your life periodically in order to feel emotionally secure, and need an outlet for your extreme emotions, especially rage. With the Moon in your 9th house, you need plenty of freedom to do whatever you want in order to feel emotionally secure, and can benefit emotionally from expanding your life and mind. With the Moon in your 10th house, you need to be in a career or on a life path that you find emotionally fulfilling, and succeeding with your goals can bring you emotional security. With the Moon in your 11th house, your friends and the groups that you belong to can bring you emotional security, with them feeling like your family, and you emotionally benefit from taking up causes and feeling as though you're contributing to the world. With the Moon in your 12th house, you can have a hard time expressing yourself emotionally since the 12th house is the house of the hidden, and you have to work on not being so shy, becoming clearer, and having more confidence with your emotional expression.

***Make note: Which house is your Moon located? How do you feel it expresses itself for you?***

After looking at the signs and houses of your Moon, you can also check out the aspects that your Moon makes to the other 9 planets in your chart. This will color the tone of your Moon, adding in some ease and some difficulty, and bringing some attention elsewhere. Pay special attention to a conjunction or opposition to any planet, as these will have the biggest impact on your emotional self. With a conjunction to a planet, your Moon will take on some of the traits of that planet and the sign it rules. The planetary rulers are:

Sun: Leo

Moon: Cancer

Mercury: Gemini, Virgo

Venus: Taurus, Libra

Mars: Aries

Jupiter: Sagittarius

Saturn: Capricorn

Uranus: Aquarius

Neptune: Pisces

Pluto: Scorpio

You can find interpretations for the Moon in the signs and houses, as well as all of the major aspects to your Moon on the Natal Moon page:

<http://www.thedarkpixieastrology.com/the-natal-moon.html>

***Make note: Write down the aspects your Moon makes. Focus on conjunctions first, and then squares and oppositions (difficult aspects), and then sextiles and trines (easy aspects). How do each of these aspects play out in your personality and life?***

**My Aspects List:**

Some additional tips: If your Moon is at a critical or anaretic degree, which are degrees of critical, crisis energy, this can make your emotions difficult for you to control and understand. You have blocks in the way that stop you from being able to access your emotional energy in a positive way with ease, so you have to work on removing those blocks or dealing with whatever issues are hampering you. If your Moon is a singleton (the only planet in an element, quality, or house type), this brings extra emphasis to your emotions, and you can have tremendous emotional energy, but struggle with it. You already know the elements; the qualities and house types are:

#### Qualities

Cardinal: Aries, Cancer, Libra, Capricorn

Fixed: Taurus, Leo, Scorpio, Aquarius

Mutable: Gemini, Virgo, Sagittarius, Pisces

#### House Types

Angular: 1st, 4th, 7th, 10th houses

Succedent: 2nd, 5th, 8th, 11th houses

Cadent: 3rd, 6th, 9th, 12th houses

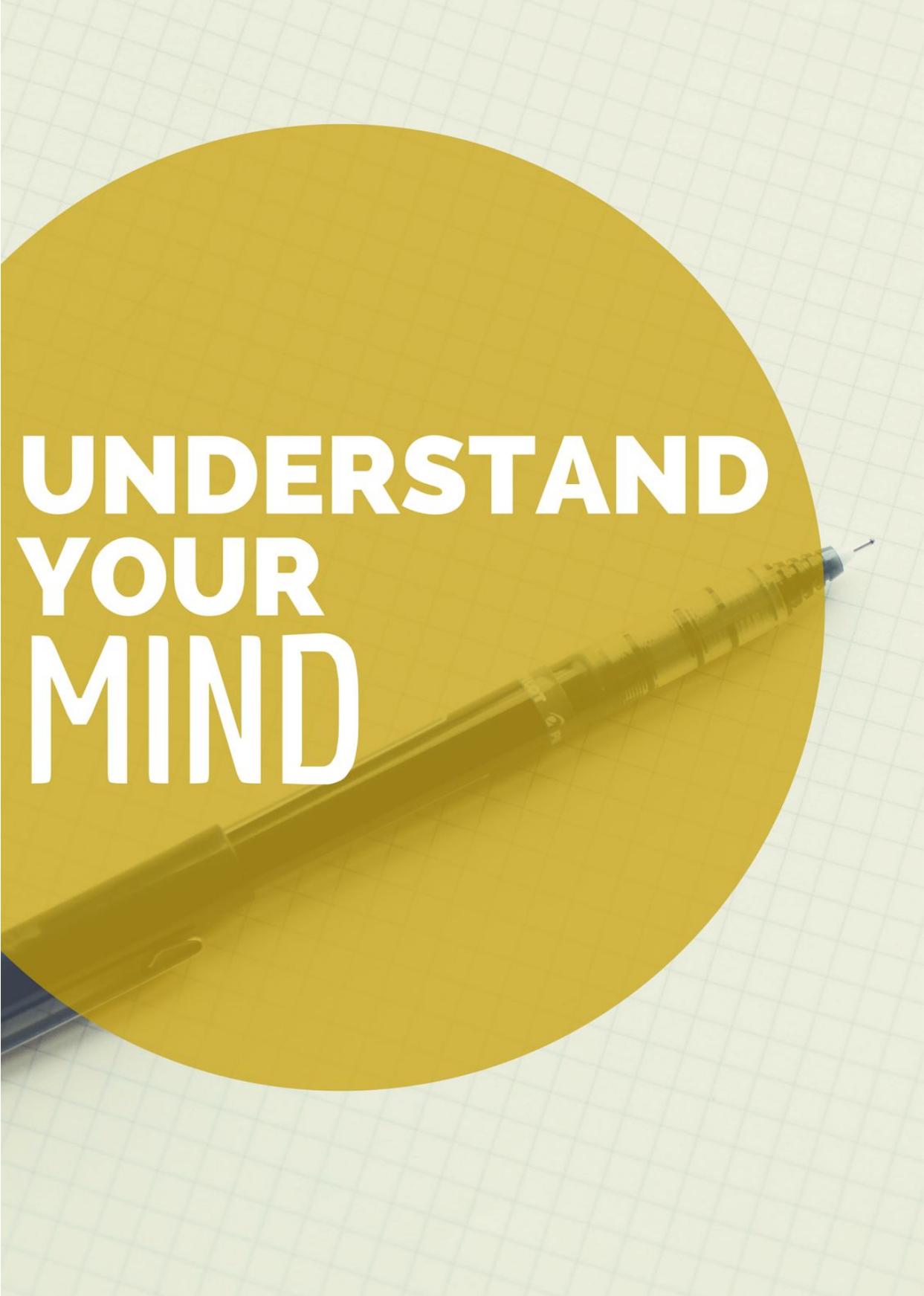
***Make note if your Moon is at a critical or anaretic degree or is a singleton.***

Transits: When a transit planet is aspecting your Moon, this brings more focus to your emotional self. A sextile or trine can show a period where you have greater ease with your emotional energy, are in a good mood, and can focus on improving your emotional health. A square or opposition can show a period of emotional upset or upheaval, and you have a hard time

controlling your emotional self. A conjunction to your Moon depends on the planet involved. You can find interpretations for all of the major transit aspects to your natal Moon on the Natal Moon page.

***Make note of the upcoming aspects to your Moon:***

***So, what have you learned about your Moon? What does the sign and house position of your natal Moon say about what you need for emotional security? In what ways do you already have this in your life? In what ways do you need to make changes to have a better connection to your emotional self?***



**UNDERSTAND  
YOUR  
MIND**

## Unit 2: Understand Your Mind

### Lesson 3: Mercury

Next up is lesson 3, which covers Mercury. Mercury is the planet that rules your mind, so you want to work on manifesting your Mercury in a positive way to have a mind that works properly, and have a good connection to your mind. The first thing you'll want to look at with your Mercury is the sign that your Mercury falls in.

***Make note: What sign does your Mercury fall in?***

With your Mercury in a fire sign (Aries, Leo, Sagittarius), you have a mind that operates at a fast pace. You go from one idea to the next quickly, and don't like to get stuck on anything for too long. You can be mentally impatient at times, and have to learn to stick with something you don't get right away. You can be very optimistic at times, and you love coming up with new ideas, new plans, and new projects. If your Mercury is in Aries, you can have the fastest mind, and go from one thing to the next quickly. You need freedom to come up with ideas on your own. Aries can be outspoken. If your Mercury is in Leo, you're someone that comes across quite theatrical, and you express yourself creatively. When you speak, people love to listen to you. If your Mercury is in Sagittarius, you want to be able to focus on whatever you want, interested in many different things. This is the most honest position, and you can be blunt to a fault at times, but you need the freedom to be completely honest.

With your Mercury in an earth sign (Taurus, Virgo, Capricorn), your mind operates at a slower pace. You take your time coming up with ideas and making plans and decisions. You don't want to feel that you have to make a decision in the heat of the moment. You try not to let your mind control you, and instead, you control it. Mercury in Taurus takes its time to talk, write, read, or do any mental activity, which might make you appear slow, but you just want to take your time. You want to be certain before you express yourself. Virgo is the sign Mercury naturally rules (along with Gemini), so your mental energy can be stronger than the other two earth signs, and you can be interested in many things, but you try to tackle them one at a time. You require lots of activity to keep your mind busy, but have to balance that with enough time for your mind to rest so you don't burn out. Mercury in Capricorn doesn't want to express itself unless you really need to, and you won't say any more than needs to be said. You want to focus on your goals, long-term plans, and get advice from people you respect.

With your Mercury in an air sign (Gemini, Libra, Aquarius), these are the signs of the mind, so you bring more mental energy to the table. Mercury in an air sign can think a little too much, always has something to share, and seems to have an amazing mind when they're not sounding like an airhead. If your Mercury is in Gemini, you're at home with your mental energy, and your mind can go from one idea to the next quickly, always excited about something, and always ready to focus on something new. You require variety, and have to work on improving your memory, which can be dicey. If your Mercury is in Libra, you want to share with the people around you, have great one-on-one conversations, and get other people's opinions. You can weigh the pros and cons better than anyone, but it makes you a little vacillating at times. You need some peace and balance to maintain mental equilibrium. If your Mercury is in Aquarius, you love to learn new things, and

you can focus your mental energy for a long time, allowing you to become an expert at things. You might be a little obsessed at times (so can Scorpio), but you want to absorb as much knowledge as you can.

With your Mercury in a water sign (Cancer, Scorpio, Pisces), your emotions and your mind can get mixed together. When you're emotional, this can impact your mental energy, giving you great focus or taking it away completely. You can be more subjective than objective, especially Cancer, and find it difficult to separate your emotions and logic, but it's important to work on that to improve your judgment. Mercury in Cancer has a long memory, especially with anything that impacted you emotionally, and can have the most mental energy when around supportive people and in comfortable environments. Mercury in Scorpio has unrelenting mental energy, and once you get stuck on something, you won't stop until you find all there is to find. You want to get to the heart of the matter, and love puzzles and mysteries. Mercury in Pisces can keep your thoughts and ideas to yourself until you develop more confidence in your mental ability, and you feel that you can trust the people you're expressing yourself with. You benefit from creative outlets for your imaginative mind.

Once you've evaluated the sign that your Mercury falls in, you want to investigate the house where it's located. With your Mercury in the 1st house, you can be very open with your thoughts and opinions, and expressing yourself is very important. With your Mercury in the 2nd house, your mental energy is calmer and doesn't want to be pushed. You need plenty of time for any decisions and ideas. With your Mercury in the 3rd house, this is a house Mercury rules, so Mercury is at home here, and you can find it easier to express your mental energy. With your Mercury in the 4th house, your emotions and your mind merge together, and you have to work on

differentiating the two. With your Mercury in the 5th house, this can be the most creative placement for Mercury, and you need creative outlets for your mental energy. With your Mercury in the 6th house, this is the other house Mercury naturally rules, so you can have good mental energy here as well, but you also need to work on having mental outlets for stress. With your Mercury in the 7th house, you can benefit from having a partner, allowing you to let your mind clear, and helping to keep you on track. With your Mercury in the 8th house, you can be researching and investigating, and you can transform your mental approach and energy at various points throughout your life. With your Mercury in the 9th house, you can have a lot of mental energy, and you want to have lots of mental freedom to study whatever you want. With your Mercury in the 10th house, you can benefit from having goals to focus your mental energy on, and try to be responsible with your mental energy. With your Mercury in the 11th house, you can be interested in the unusual, the different, the unique, and the futuristic, thinking outside of the box, and needing the freedom to do so to be mentally healthy. With your Mercury in the 12th house, you can get drained mentally very easily so you need extra time to yourself to focus on your mind, and you can keep a lot of your ideas and thoughts to yourself until you gain some confidence in your mental prowess. You have a great imagination that needs to be used to maintain your mental health.

***Make note: Which house is your Mercury located? How do you feel it expresses itself for you?***

After looking at the signs and houses of your Mercury, you can also check out the aspects that your Mercury makes to the other 9 planets in your chart. This will color the tone of your Mercury, adding in some ease and

some difficulty, and bringing some attention elsewhere. Pay special attention to a conjunction or opposition to any planet, as these will have the biggest impact on your mind and mental energy. With a conjunction to a planet, your Mercury will take on some of the traits of that planet and the sign it rules.

You can find interpretations for Mercury in the signs and houses, as well as all of the major aspects to your Mercury on the Natal Mercury page:

<http://www.thedarkpixieastrology.com/natal-mercury.html>

***Make note: Write down the aspects your Mercury makes. Focus on conjunctions first, and then squares and oppositions (difficult aspects), and then sextiles and trines (easy aspects). How do each of these aspects play out in your personality and life?***

***My Aspects List:***

Some additional tips: If your Mercury is at a critical or anaretic degree, which are degrees of critical, crisis energy, this can make your mental energy difficult to control, and you can be easily scattered and mentally stressed. You have blocks that need to be worked through in order to have healthy mental energy. If your Mercury is a singleton (the only planet in an element, quality, or house type), this brings extra emphasis to your Mercury, and you can have tremendous mental energy but have a hard time using it properly.

***Make note if your Mercury is at a critical or anaretic degree or is a singleton.***

Transits: When a transit planet is aspecting your Mercury, this brings more focus to your mind and mental energy. A sextile or trine can show a period where you have greater ease with your mental energy, and you can use the mental energy you have to your advantage. You can also improve your connection to your mind. A square or opposition can show a period of too much or too little mental energy, and you have a hard time controlling your mental energy. You can struggle to be understood, or to connect to your mind in a positive way. A conjunction to your Mercury depends on the planet involved. You can find interpretations for all of the major transit aspects to your natal Mercury on the Natal Mercury page.

***Make note of the upcoming aspects to your Mercury:***

***So, what have you learned about your Mercury? What does the sign and house position of your natal Mercury say about your mental energy, and what you need to be able to have a healthy mind? In what ways do you already have this? What ways do you need to work on developing?***

## Lesson 4: The 3rd House

Welcome to lesson 4, where we will now cover the 3rd house. The 3rd house is the house of the mind, communication, and learning, so if you want to understand and tend to your mind, you need to pay attention to your 3rd house. Like with the 5th house for your heart and joy, you want to first evaluate the sign on the 3rd house cusp since that's the main way the energy is expressed.

***Make note: What sign is on your 3rd house cusp?***

With the fire signs (Aries, Leo, Sagittarius) on your 3rd house cusp, this gives you a lot of mental energy. The fire signs are energized signs, and you can have a lot of ideas, a lot to say and share, and you don't hold back much, especially Aries and Sagittarius. You can be enthusiastic about your mental pursuits and whatever interests you. You have a more positive attitude (unless Saturn or Pluto are also in the 3rd house), and you want others to be the same way. For Aries, you can have a strong need to express yourself, so don't keep quiet when you want to speak up. Freely share what you want to say and what you think. For Leo, you can be very creative, dominate conversations with your funny stories and jokes, and need to guard yourself against the mean things people say, because they can hurt you badly. For Sagittarius, you need plenty of freedom to let your mind roam and learn new things. You don't ever want to feel boxed in mentally. The fire signs are physical signs, so you may find that if you have a fire sign on your 3rd house cusp, physical activity helps you to keep your mind from becoming frazzled and clears out the mental clutter.

Next, the earth signs (Taurus, Virgo, Capricorn). If you have an earth sign on your 3rd house cusp, you have more grounded mental energy. You don't get quite as frazzled as the other signs do when using your mental energy. On the surface, you don't seem like much of a thinker, but the time you take really shows that you think things through thoroughly. With Taurus, engaging your senses can be great for your mind, very soothing when your mind is exhausted or overloaded, and can help you to focus and be clear with others. With Virgo, you have to work on being more confident in your ideas, your thoughts, and your opinions. Once you have that, you find it much easier to express yourself. With Capricorn, you're careful to only say what you feel needs to be said, so you need to allow yourself to let loose mentally sometimes. Being less serious can be a good thing for you. The earth signs are connected to nature, so you may find that if you have an earth sign on your 3rd house cusp, being out in nature helps you to calm your mind and center yourself mentally. Making sure you're grounded can also be helpful.

Now we move on to the air signs (Gemini, Libra, Aquarius). The air signs are the natural rulers of the mind, so having your 3rd house cusp in an air sign can show you have a somewhat natural ease with your mental energy, but that you also have a ton of it. The air signs need plenty of mental stimulation, keeping their minds occupied, otherwise you can become anxious and agitated. Gemini is the natural ruler of the 3rd house, so having Gemini on the 3rd house cusp can show you're mentally adept, but can also have too much mental energy at times. Variety is a good thing for you so boredom doesn't hurt you, as well as being sociable. If Libra is on the 3rd house cusp, you can come across well with your communication style, but you have to make sure you have some balance and not use too much mental energy, otherwise you become exhausted quickly. You can also find the

people that you're close to are helpful when you're rattled mentally. With Aquarius on the 3rd house cusp, you have an interesting, unique mind and way of looking at the world, and need to make sure you're being understanding of other people who may not view things the same way. Gaining knowledge is good for you, and your friends can be soothing mentally.

Lastly, we have the water signs (Cancer, Scorpio, Pisces). Since the water signs rule emotions, these come into play with your mental energy, for better or for worse, when a water sign is on your 3rd house cusp. In the case of Cancer, anything that impacts you emotionally leaves a lasting memory on you. In the case of Pisces, your emotions can cloud your judgment and make it difficult for you to figure out what to do. In the case of Scorpio, how you feel can dictate how you come across in your communications. Water signs need to make sure your emotions are fine so you can maintain your focus. For Cancer, try to focus more on the happy memories instead of dwelling on the difficult stuff to keep you from getting down mentally. For Scorpio, try to use your mind as a way to transform yourself or your life for the better. You might be able to think your way out of situations. For Pisces, learn how to bring together your mind and your heart so they work as one instead of letting your heart overtake your mind. Music and art can be calming for you mentally. The water signs on the 3rd house cusp can also be very creative, and creative outlets can be good for your mind.

For planets in the 3rd house, if you have any in this house, you can put more emphasis on your mind and have more mental energy. If you have the Sun in your 3rd house, having a strong mental connection is important for you to feel like your true self, and you can put a lot of emphasis on your

mind. If you have your Moon in the 3rd house, a strong mental connection is important for you emotionally, and you can mix together your mind and your emotions, but have to work on making sure the connection between them is good, that one isn't dominating the other, and you can express yourself well. If your Mercury is in the 3rd house, you have extra mental energy and feel more at ease with your mind since Mercury is the natural ruler of the 3rd house. If you have your Venus in the 3rd house, you can enjoy mental pursuits, finding them fun, and don't want to be too serious with your attitude. If your Mars is in your 3rd house, you have lots of mental energy, so much to be used and need a lot of outlets for it, and are driven to use your mind. If your Jupiter is in your 3rd house, you want to have a positive outlook, can use your mind to create opportunities in your life, and have an abundance of ideas. Mercury, Mars, or Jupiter in this house create the most mental energy, and you have to have a lot of outlets for that energy. Saturn in the 3rd house can limit or restrict your mental energy, how often you use your mind, or your connection to your mind, and you usually have difficulty until after your first Saturn Return. You can focus more on your mind later in life. You have to work hard on being responsible with your mental energy and ideas, and in your treatment of your mind. Uranus in the 3rd house can make your mental energy come and go in spurts, and you can use alternative ways of approaching your mental health. Neptune in the 3rd house increases your artistic and creative ability, and creative outlets can be great for keeping your mind calm and focused. Pluto in the 3rd house can show that you can use your mind to transform yourself and life, and you have great mental power that you need to harness so it doesn't become destructive.

***Make note: Do you have any planets in the 3rd house? How do you feel they express themselves in your life?***

You can find more information on the signs on the 3rd house cusp and planets in the 3rd house on the 3rd House learning page:

<http://www.thedarkpixieastrology.com/the-3rd-house.html>

Some additional tips: If your 3rd house is empty, this shows that you have less blocks to work through in your life to have a healthy mind and good mental energy. If your 3rd house cusp is at a critical or anaretic degree, which are degrees of critical, crisis energy, this can make having a healthy mind and good mental energy something that's difficult for you to have in a positive way until you work out whatever blocks you have, or you can go to the other extreme and put too much emphasis on it so you live in your head.

If your 3rd house is intercepted in a sign, you can have challenges with your mind until you work on the blocks from the sign that has swallowed up your 3rd house. Conversely, if you have a sign intercepted in the 3rd house, you can have hidden potential with your 3rd house, extra energy that's blocked off and needs to be unlocked for you to fully utilize your mind in a positive way.

***Make note if your 3rd house is empty, at a critical or anaretic degree, is intercepted in a sign, or has a sign intercepted in it.***

Transits: When a transit planet is going through your 3rd house, this amplifies your mental energy and ability to improve your connection with your mind. When a transit planet aspects the 3rd house cusp or ruler, this also brings focus on your mind. If it's a sextile or trine, you can use your mental energy with ease, and have an easier time making your mental

connection a healthier one. If it's a square or opposition, you can have a harder time with your mind. Conjunctions can go either way. Following the transit planets in your 3rd house and transit aspects to your 3rd house cusp and ruler can be helpful with showing you exactly how your mental energy works and what you need to improve your mental connection.

***Make note of upcoming transits to your 3rd house cusp and ruler:***

***So, what have you learned about your mind? What does the sign on the cusp and planets inside (if you have any) of your 3rd house say about your mental energy, and what you need to have a healthy mind? In what ways do you already have a good connection to your mind? In what ways can you treat your mind better and be mentally healthier?***



**UNDERSTAND  
YOUR  
BODY**

## Unit 3: Understand Your Body

### Lesson 5: The 6th House

Now we move on to lesson 5, where we will now cover the 6th house. The 6th house is the house of health, showing the health ailments you're predisposed to, as well as the approach you should take to your health. Like with the 3rd and 5th houses, you want to first evaluate the sign on the 6th house cusp since that's the main way the energy is expressed.

***Make note: What sign is on your 6th house cusp?***

With the fire signs (Aries, Leo, Sagittarius) on your 6th house cusp, this gives you a lot of energy for your health, and you can take charge of your health, especially with Aries. You don't want to leave it up to anyone else with Aries on the 6th house cusp, and can take control. Leo just needs to not let pride get in the way of attending to health needs, and Sagittarius needs to not let irresponsibility become dominant. For Aries on the 6th house cusp, the health ailments you're predisposed to usually have to do with your head, so headaches or migraines, ear infections, eye problems, nasal issues, or the skin on your face. Aries also rules oily skin and acne, as well as accidents and injuries, so you can be prone to physical injuries. Leo on the 6th house cusp can show issues with your heart, your back, or your spine.

Cardiovascular health is important. Sagittarius on the 6th house cusp can be the healthiest position of them all with the nice Sagittarius energy, and you can be generally a healthy person without as much effort, depending on other factors. When there is an issue, Sagittarius is predisposed to problems with the upper legs. All of the fire signs benefit from being physically active,

especially Aries and Sagittarius, and it keeps you healthy in every way. Sports can be beneficial, as well as anything outdoors, and you may want to change things up periodically so you don't get bored.

With the earth signs (Taurus, Virgo, Capricorn), you can take a more practical approach to your health, yet focus more on your health, especially with Virgo and Capricorn. Taurus on the 6th house cusp can be lazy with it at times, and overindulgent, which can lead to problems, but once you get started with something, you'll stick with it. Taurus is predisposed to problems with the neck, throat, and thyroid. Virgo is the sign of health, and so is at home here, and you can have good focus on your health. The biggest issue Virgo on the 6th house cusp has is stress-related illness, so it's important to make sure you handle your stress properly and have outlets for your stress. Capricorn is the sign of responsibility, and brings that to their approach to health and wellness as well. Capricorn on the 6th house understands that if you don't have a healthy body, it'll be much more difficult to achieve anything in life, so you try to do right by your body. Capricorn is predisposed to problems with your skin (especially dry), bones, teeth, nails, and joints. This position can show being healthier as you get older, and having an easier time handling your health with age. The earth signs benefit from having stability in life, and grounding themselves.

With the air signs (Gemini, Libra, Aquarius), you can take an intellectual approach to your health, and you try to do research, stay up to date on the latest health news that concerns you, and talk things over, getting many opinions. The air signs can benefit from the plethora of information available online to make themselves more informed about their health and the best ways to be healthy. Gemini on the 6th house cusp can show that your mind is tied in with your body, and you need to have a healthy mind in order to

have a healthy body and vice versa. Gemini is predisposed to issues that impact speaking, breathing, the lungs, shoulders, arms, wrists, and hands. You can also get headaches from overthinking. Libra on the 6th house cusp can show that you benefit from having help from others, especially one-on-one, and that balance is extremely important for your physical well-being. You need to have peace and harmony around you and strike a balance, otherwise you can suffer from mystery illnesses. Libra is predisposed to issues with the kidneys, diabetes, and back. Aquarius on the 6th house cusp can show you benefit from an unusual approach to your health and well-being. You can be interested in the latest findings, willing to try something unproven, or outright futuristic. You're open to both science and the alternative. Aquarius is predisposed to issues with the lower legs and ankles.

Lastly, with the water signs (Cancer, Scorpio, Pisces), your emotions can have an impact on your health, and you have to work on having emotional health to go along with your physical health. Emotional upset can cause problems for you in your body, and you have to tend to your feelings. Cancer on the 6th house cusp can show that you need to have a strong support system to keep you physically healthy, and you have to work on opening up emotionally to keep yourself healthy. Cancer is predisposed to issues with the chest. Scorpio on the 6th house cusp can show that when you give in to emotional extremes, this impacts you physically. You can also transform your body at some point in your life, or transform your life by taking control of your health. Scorpio is predisposed to issues with the reproductive system. Pisces on the 6th house cusp can show that when you get emotionally overwhelmed, this impacts you physically. You can also have a hard time getting a proper diagnosis, being understood by medical professionals, and can have problems with reactions to medications (usually

from absorbing too much), or with medical professionals plain old messing up. You have to work hard on understanding your body to avoid those issues. Pisces is predisposed to issues with the feet, toxins, and addictions.

For planets in the 6th house, if you have any in this house, you can put more emphasis on your health and body. If you have the Sun in your 6th house, your physical health is of utmost importance for you, and you can work hard at trying to be as healthy as you can be. When you're not healthy, it completely shuts you down and it's difficult for you to do anything. If you have your Moon in the 6th house, being healthy is important for you to feel emotionally secure, and when you have physical health, you have better emotional health as well. The Moon in the 6th house can also predispose you to having issues with digestion and your stomach, and when you get upset emotionally, it can impact you physically, so you have to watch your emotional health as well. If you have your Mercury in the 6th house, being physically healthy helps your mind to function properly, and being mentally healthy helps your body to function properly, so the two need to be focused on and balanced. You can take an intellectual approach to your health and wellness. Mental health can be the biggest issue for you at times. If you have your Venus in the 6th house, you can have an easier time dealing with your health having pleasant Venus on your side, but do need to watch for suffering the consequences of laziness and overindulgence. Weight can be more of a factor, though your doctors can be more beneficial. If you have your Mars in the 6th house, you can have a great amount of energy and drive to focus on your health, and find it vitally important for you to be physically healthy. You need to have lots of physical activity in order to be healthy, and that's even more the case if you have a fire sign on the 6th house cusp. If you have your Jupiter in the 6th house, this can bring positive energy to your health, and the effort you put in returns more rewards. You

just have to watch for being lazier, and if you let little things slide, they can get bigger in a hurry thanks to Jupiter's expanding energy. If you have your Saturn in the 6th house, being responsible with your body and health is very important, otherwise you suffer the consequences. You can struggle more with your health when young, and see improvements after your first Saturn Return. Doing your homework and being an informed patient is important. You can have issues with your skin, bones, or have dietary or lifestyle restrictions. If you have your Uranus in the 6th house, you can have health issues that come and go quickly, that are unusual or rare, and you benefit from alternative medicine or experimental procedures. If you have your Neptune in the 6th house, it can be difficult for you to get control over your health issues, and you can suffer misdiagnosis, infections, and bad health care. Alternative medicine can also be beneficial for you, as well as focusing on your spirituality and having a more spiritual approach to your health. If you have your Pluto in the 6th house, you can desire control over your health and body, but should watch for being obsessive about it, or putting too much strain on yourself.

***Make note: Do you have any planets in the 6th house? How do you feel they impact your health and attitude toward your body?***

You can find more information on the signs on the 6th house cusp and planets in the 6th house on the 6th House learning page:

<http://www.thedarkpixieastrology.com/the-6th-house.html>

Some additional tips: If your 6th house is empty, this shows that you have less blocks to work through in your life to have a healthy body. If your 6th

house cusp is at a critical or anaretic degree, which are degrees of critical, crisis energy, this can make having a healthy body difficult for you to achieve for a variety of reasons, and you can be born with an illness or have some sort of illness or injury early on in life that impacts you long-term. You have to work on dealing with the blocks you have to being as healthy as you can be, and not compare yourself to the health of others.

If your 6th house is intercepted in a sign, you can have challenges with your body and health until you work on the blocks from the sign that has swallowed up your 6th house. Conversely, if you have a sign intercepted in the 6th house, you can have hidden potential with your 6th house, extra energy that's blocked off and needs to be unlocked for you to fully utilize your body in a positive way.

***Make note if your 6th house is empty, at a critical or anaretic degree, is intercepted in a sign, or has a sign intercepted in it.***

Transits: When a transit planet is going through your 6th house, this brings more attention to your physical self and your health. When a transit planet aspects the 6th house cusp or ruler, this also brings focus on your health. If it's a sextile or trine, you can work on improving your health, your daily life, and your lifestyle so you can be healthier going forward. If it's a square or opposition, you can have difficulty working on your health and becoming healthier, and can find that you have physical illness (or even injuries with Mars or Uranus involved). Conjunctions can go either way. Following the transit planets in your 6th house and transit aspects to your 6th house cusp

and ruler can impact your body and health, and show the best ways for you to approach your physical well-being for the moment.

***Make note of upcoming transits to your 6th house cusp and ruler:***

***So, what have you learned about your body and health? What does the sign on the cusp and planets inside (if you have any) of your 6th house say about your physical body and health, both what you can have issues with and what you need to be healthier? In what ways are you already treating your body and health the way you should? In what ways do you need to change?***

## Lesson 6: The Sun

We've come to the last lesson, lesson 6, which covers the Sun. The Sun rules you, who you are as a person underneath it all to those who know you best, but also your physical body. Your Sun can show physical ailments you're susceptible to and ways you can improve your physical well-being. The first thing you'll want to look at with your Sun is the sign that your Sun falls in.

### ***Make note: What is your Sun sign?***

With your Sun in a fire sign (Aries, Leo, Sagittarius), you have a lot of energy to burn through, the most of the signs. Fire signs are all about energy, and you have great physical vitality and strength. This trio wants to be doing something all of the time, and can bounce off of the walls if there isn't enough to do to use up all of the energy. This is the best thing that a fire sign can do. Sitting around is no good for a fire sign! With an Aries Sun, you want to be going nonstop, and you benefit from embarking on new projects, plans, and journeys. Physical exercise is good for you, especially anything really strenuous. You do better when you're changing up your routine regularly. With a Leo Sun, you want to be physically active but look good while doing it, and can exercise more for making you feel physically attractive than for actual health. Leo is the sign the Sun naturally rules, so you can be more at home in your own skin, and want to be noticed for your looks. With a Sagittarius Sun, you want to be able to do whatever you want, whenever you want, and you tend to lead a naturally active lifestyle. Trying out new things can keep your interest in physical activities.

With your Sun in an earth sign (Taurus, Virgo, Capricorn), you're the grounded signs, so you benefit from calmer activities, things that connect you to nature or to your body, or that help to center you. This trio wants to have a healthy body, but doesn't want to sweat too much for it. With a Taurus Sun, you can have a hard time getting yourself moving, but once you do, you keep at it and enjoy the movement. Watching what you eat can be very important since you love to indulge. With a Virgo Sun, this is the sign of health, so being physically healthy is very important to you, and you can focus more on your physical body and trying to improve it. You have to work just as much on healthy management of stress though. This can be what unlocks true health for you. With a Capricorn Sun, you can tend to your body because you know you should, but may not like it too much. You do better with tried-and-true methods to stay healthy (good old eating right and exercising regularly).

With your Sun in an air sign (Gemini, Libra, Aquarius), you can focus more on your mind than on your body since these are the signs of the mind. You may not feel that attending to bodily needs is as important as mental ones, and have to understand that your body is the only vessel that you have. Maintaining mental health can be important for you to have good physical health as well. With a Gemini Sun, you need lots of variety so you don't get bored and give up, so change up your diet and exercise routine regularly. It can be good for you to have something to distract your mind with while being active, like the television on or music playing. With a Libra Sun, you benefit from having someone with you by your side, so get a gym buddy or trainer, or start a diet with a friend. Make sure you have a peaceful environment or you won't like it. With an Aquarius Sun, you prefer being around groups, so you can join a group dedicated to healthy living, including

one online, or get healthy with friends. You can try out unusual, eccentric, experimental methods of improving your health.

With your Sun in a water sign (Cancer, Scorpio, Pisces), your emotional health can impact your physical health. When you get upset, it can manifest physically, and you have to work on having a healthy emotional self before you can work on improving your physical self. You also put more focus on helping other people with their health, avoiding dealing with your own, so you have to make your health a priority for you. With a Cancer Sun, you can sacrifice your body for your family, and need to nurture yourself the way you nurture others. Having support as you try to get healthy is important. With a Scorpio Sun, you can get so wrapped up in other things that your health gets forgotten, but you can transform your physical self at some point. If you have to make a big change, you're the one who can do it. With a Pisces Sun, you make so many personal sacrifices that you have to learn to make yourself a priority. You can improve your health through alternative medicine, especially anything with a spiritual side, and when you develop better self-esteem, you naturally make your health more important to you.

Once you've evaluated the sign that your Sun falls in, you want to investigate the house where it's located. With your Sun in the 1st house, you can have a tremendous amount of physical vitality, and you feel that it's important to have a good connection to your body. With your Sun in the 2nd house, you can be more practical with your approach to your health, and your physical body doesn't want to be pushed into any changes too fast, so dietary and lifestyle changes need to be implemented slowly. With your Sun in the 3rd house, having a health mind is important for your body, and you can gather a lot of information about health. With your Sun in the 4th house, having healthy emotions is important for your body, and you need emotional

security. With your Sun in the 5th house, you need creative outlets for your physical energy. With your Sun in the 6th house, you need work that you enjoy, and being healthy is extremely important for you. With your Sun in the 7th house, you need healthy relationships to keep you physically healthy, as well as balance and peace. The Sun in the 7th house focuses less on you and more on other people, so you have to make sure you don't ignore your bodily needs either. With your Sun in the 8th house, you need to keep yourself from getting caught up in emotions and sucked into darkness to stay healthy. You may transform your physical body several times throughout your life. With your Sun in the 9th house, you need lots of freedom to do what you want in order to feel healthy, and you can have general good health. With your Sun in the 10th house, you need a satisfying career, otherwise you can have lots of little ailments. You can benefit from traditional medicine. With your Sun in the 11th house, you need good friends and a cause to devote yourself to in order to be healthy. You can benefit from cutting-edge practices. With your Sun in the 12th house, you need lots of rest and time to yourself without too many demands to be healthy. You can benefit from alternative methods.

***Make note: Which house is your Sun located? How do you feel it expresses itself for you?***

After looking at the signs and houses of your Sun, you can also check out the aspects that your Sun makes to the other 9 planets in your chart. This will color the tone of your Sun, adding in some ease and some difficulty, and bringing some attention elsewhere. Pay special attention to a conjunction or opposition to any planet, as these will have the biggest impact on your mind

and mental energy. With a conjunction to a planet, your Sun will take on some of the traits of that planet and the sign it rules.

You can find interpretations for the Sun in the signs and houses, as well as all of the major aspects to your Sun on the Natal Sun page:

<http://www.thedarkpixieastrology.com/the-natal-sun.html>

***Make note: Write down the aspects your Sun makes. Focus on conjunctions first, and then squares and oppositions (difficult aspects), and then sextiles and trines (easy aspects). How do each of these aspects play out in your personality and life? Keep in mind that Sun aspects tend to have more of an influence over you than aspects between other planets.***

***My Aspects List:***

Some additional tips: If your Sun is at a critical or anaretic degree, which are degrees of critical, crisis energy, this can make your physical energy and health difficult for you to control, and you can feel unwell often, and have a hard time getting yourself healthy. The blocks that are in the way need to be worked on first. If your Sun is a singleton (the only planet in an element, quality, or house type), this brings extra emphasis to your Sun, and you can have tremendous physical energy but have a hard time using it properly.

***Make note if your Mercury is at a critical or anaretic degree or is a singleton.***

Transits: When a transit planet is aspecting your Sun, this brings more focus to your physical body and health. A sextile or trine can show a period where you have greater ease with your physical energy and body, and your overall health can be improved. A square or opposition can show a period where you have too much physical energy, too little, illness, injury, or are completely lazy when it comes to your health, not wanting to deal with it at all. A conjunction to your Sun depends on the planet involved. You can find interpretations for all of the major transit aspects to your natal Sun on the Natal Sun page.

***Make note of the upcoming aspects to your Sun:***

***So, what have you learned about your Sun? What does the sign and house position of your natal Sun say about your physical self, and what you need to be healthier and treat your body better? In what ways do you already do these things? In what ways do you need to implement some of these things?***