














# Heal Your Soul Checklist

Want to understand the soul in your chart to heal and grow? Then master this checklist! Check each item you have a full understanding of in your natal chart and have worked on (click the Moons to learn more):

- Your North Node.** This shows your potential in this life and where you can find fulfillment and happiness. You should be working to express your North Node sign, houses, and planets regularly. 
- Your South Node.** This shows your spiritual/karmic and early-life baggage, and what you use as an emotional crutch. You should be working to let go of the baggage and crutches associated with the sign, house, and planets. 
- Your Nodal squares.** This shows blocks that are in your path that are associated with the planet(s), sign(s), and/or house(s) involved. You should be working to resolve the blocks so you can fully manifest your nodes. 
- Your Chiron.** This shows deep wounds that may stem from karmic/spiritual issues or early life trauma associated with the sign, house, and aspects. You should be working to heal and find power from that healing.  
- Your Black Moon Lilith.** This shows where you have potential for inner power based on the sign, house, and aspects, but may have difficulties doing so. You should be working on embracing the power of BML.  
- Your Saturn.** This shows where you have important lessons to learn in your life associated with the sign, house, and aspects. You should be working to learn those lessons and behaving in the way that Saturn wants you to.  
- Your personal planet retrogrades.** This shows an area where you can struggle greatest in life, and is usually a source of insecurity, misunderstanding, and imbalance. You should be working on proper expression.   
- Your intercepted planets.** This shows an area where you have energy that is cut off from you consciously. You should be working to connect with the subconscious energy so you can gain more conscious control. 
- Your anaretic planets.** This shows an area where you experience struggles with the extremes of the planet's energy. You should be working to find middle ground and express the planet's energy in a healthy way. 

KEY:



SOUL ASTROLOGY  
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- and make sure to check Neptune and Chiron transits and the others that impact soul growth!