

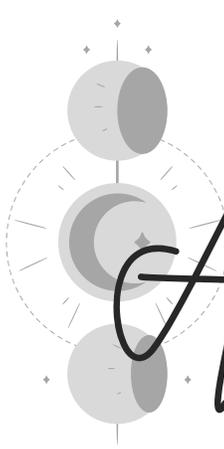
Understanding Your

SUN

Table of Contents



About the Sun	3
Sign & House	4
Aspects	6
Critical Thinking	9



About the Sun



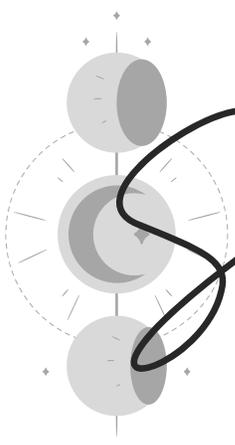
In your natal chart, the Sun is who you truly are. It's your inner self, the real you, the person you are with those who know you best and you're comfortable with. We all have different faces we show with different people, and who we present ourselves as is usually quite different from who we are behind closed doors with our close friends and family. The Sun shows who that person is. This is why the Sun is so important in your natal chart.

Your Sun sign shows HOW the energy of your Sun is expressed, so it's how your inner, true self really is. The house of location shows WHERE the energy of your Sun is expressed, so it's where you feel most like yourself, under what circumstances, or in what situations. All of this can also be altered by the aspects your natal Sun makes to your other natal planets, especially conjunctions.



Understanding your natal Sun better can help you to understand your true self, and what makes you comfortable to be your true self. Denying your true self can be detrimental in many ways, and focusing on your natal Sun can help you make yourself more of a priority.

So dig in!



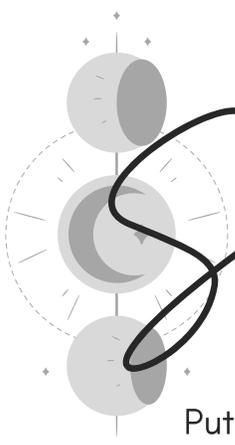
Sign & House

Here are keywords for the signs and houses:

- SIGNS:** ARIES: energetic, enthusiastic, excitable
TAURUS: grounded, steady, sensual
GEMINI: curious, mentally active, busy
CANCER: emotional, supportive, warm
LEO: creative, affectionate, friendly
VIRGO: practical, detailed, attentive
LIBRA: fair, diplomatic, social
SCORPIO: passionate, deep, researching
SAGITTARIUS: bold, daring, gregarious
CAPRICORN: goal-oriented, responsible, mature
AQUARIUS: unconventional, inventive, objective
PISCES: imaginative, compassionate, intuitive

HOUSES:

- 1st: being open and with others, pursuing new beginnings and what you want for yourself
2nd: feel stable and secure, adhering to what you value, taking things slowly
3rd: expressing thoughts and opinions, communicating, being active and social
4th: at home or with family, in the places most familiar, when most comfortable
5th: being creative, having fun, engaging in hobbies, being affectionate, getting attention
6th: getting things done, being organized and structured, feeling overall well
7th: around others, in partnerships, surrounded by peace, feeling balanced
8th: transforming, investigating, understanding, making the old new again
9th: having new experiences, going to new places, learning new things, sharing wisdom
10th: reaching new heights, working toward a goal, getting recognition, being traditional
11th: going outside of comfort zones, looking toward the future, with friends or groups
12th: hidden, alone, focusing on spiritual self or subconscious mind, creative, helping



Sign & House



Put them together!

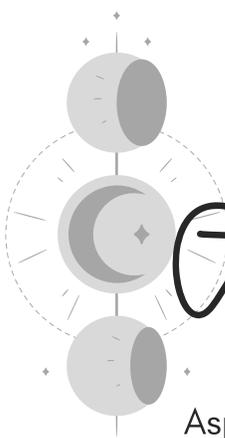
I AM

(SIGN KEYWORDS)

WHEN

(HOUSE KEYWORDS)

BRAINSTORM MORE NOTES ABOUT THE SIGN AND HOUSE:



Aspects



Aspects to your natal Sun have their own impact. Focus on the major aspects. Keywords and notes for the aspects and planets:

MAJOR ASPECTS:

Conjunction: Some planets that conjunct your natal Sun can almost take over your personality, and often are stronger than the sign itself (except when they rule that sign, then it's twice as strong). Mercury and Venus are often conjunct since they travel close to the Sun through the Zodiac, so they may not overtake it, but can still have extra importance for you.

Sextile & Trine: Planets sextile or trine your natal Sun can be easier for you to work with. You may be more comfortable with their energy, and they can be beneficial for you.

Square & Opposition: Planets squares or opposite your natal Sun can be more challenging for you to work with. They can often show specific difficulties in your life. Squares tend to be more personalized while oppositions feel more out of your control (even when they're not).

NOTE: These are the signs the planets rule, in case any are conjunct your natal Sun:

Moon: Cancer Mars: Aries Jupiter: Sagittarius Saturn: Capricorn

Uranus: Aquarius Neptune: Pisces Pluto: Scorpio

Mercury: Gemini & Virgo (can be more Gemini if in an air or fire sign, more Virgo if in an earth or water sign)

Venus: Taurus & Libra (can be more Taurus if in an earth or water sign, more Libra if in an air or fire sign) Ceres: is argued to rule Taurus



Aspects



Aspects that your natal Sun have their own impact. Focus on the major aspects. Keywords and notes for the aspects and planets:

PLANETS:

Moon: The Moon is your emotional self, so aspects between the Sun and Moon can increase your emotional energy and make it easier or more challenging to deal with.

Mercury: Mercury is your mind and communications, so aspects between the Sun and Mercury can increase your mental energy and make it easier or more challenging to manage.

Venus: Venus is your relationships, so aspects between the Sun and Venus can increase social energy and make it easier or more challenging to deal with others.

Mars: Mars is energy and drive, so aspects between the Sun and Mars can increase your overall energy and make it easier or more challenging to manage.

Ceres: Ceres is nourishment and support, so aspects between the Sun and Ceres can make it easier or more challenging to get what you need and give support.

Jupiter: Jupiter is the planet of expansion, so aspects between the Sun and Jupiter can increase your expansive energy and make it easier or more challenging (can also impact your luck).

Saturn: Saturn is the planet of restriction, so aspects between the Sun and Saturn can increase your responsibilities and make it easier or more challenging to manage (can also impact your lessons).

Uranus: Uranus is the planet of change, so aspects between the Sun and Uranus can increase your changeable energy and make it easier or more challenging to manage (can also impact individuality and independence).

Neptune: Neptune is the spiritual planet, so aspects between the Sun and Neptune can increase your spiritual energy and make it easier or more challenging to manage (can also impact creativity, empathy, intuition, and foginess).

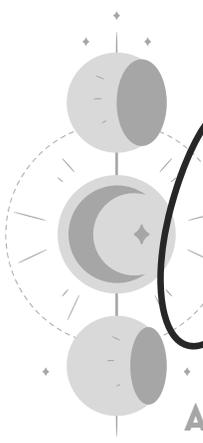
Pluto: Pluto is the planet of transformation, so aspects between the Sun and Pluto can increase the transformations in your life and make it easier or more challenging (can also impact power, control, and passion).



Aspects



NOTE ALL OF THE MAJOR ASPECTS YOUR NATAL SUN MAKES TO YOUR OTHER NATAL PLANETS. WHAT ENERGY IS THE PLANET AND WHAT ENERGY IS THE ASPECT?



Critical Thinking

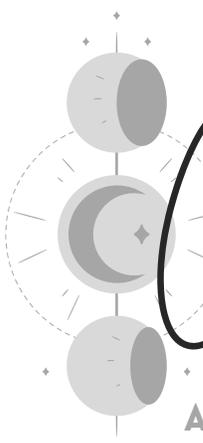


ANSWER THE FOLLOWING:

WHEN YOU'RE WITH CLOSE FAMILY AND FRIENDS, HOW DO YOU BEHAVE? WHAT ARE YOU WILLING TO DO OR TALK ABOUT THAT YOU'RE NOT WILLING TO WITH OTHERS?

THINK ABOUT THE TIMES WHEN YOU'VE FELT AUTHENTICALLY YOURSELF. WHO WERE YOU WITH, WHERE WERE YOU, AND WHAT WERE YOU DOING?

WHAT DO YOU FIND MOST CHALLENGING TO DEAL WITH IN A PERSONAL WAY?



Critical Thinking

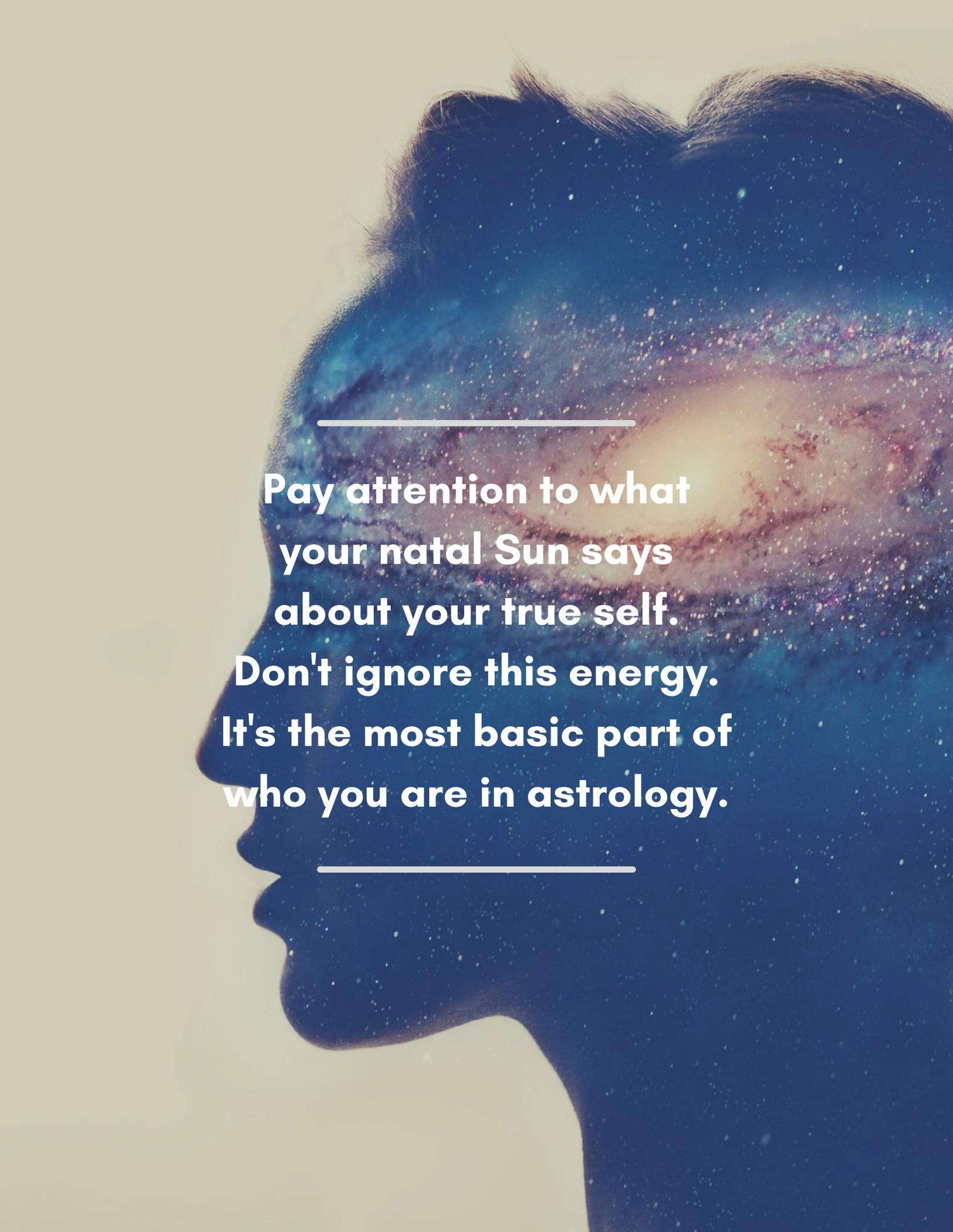


ANSWER THE FOLLOWING:

HOW DO THOSE ANSWERS TIE INTO YOUR SUN SIGN, HOUSE LOCATION, AND ASPECTS?

IN WHAT WAYS CAN YOU BETTER USE YOUR SUN ENERGY?

WHAT DO YOU LIKE MOST ABOUT YOUR SUN?



**Pay attention to what
your natal Sun says
about your true self.
Don't ignore this energy.
It's the most basic part of
who you are in astrology.**
