

## **Secrets of the Moon Sign**

*By Ann Barone*

Sun signs are usually our first introduction to astrology. We hear a description of ourselves that touches us to the core and gives us significance as individuals. From there we begin to delve more deeply into the parts that make up the whole. While our rising sign exposes itself directly to the world, our Moon sign stays hidden from the public eye and only shows itself when becoming familiar with someone. The Moon is ruler of the sign Cancer which is known for its introverted nature. Shy and sensitive, its tendency is to come out only when feeling safe. The symbol for Cancer is the crab which is known for pinching with its claws as a defense when threatened. Our Moon sign remains quietly in the background until we get cozy enough with someone to express genuine feelings with them. If they happen to hurt us, we often react instinctively for better or worse simply as a survival mechanism. This reaction might not always be the best way but something from our past has led us to feel this action is necessary for protection. Despite the Moon sign being a less outwardly obvious influence in the chart it nonetheless holds great power and potential for an individual. How we express emotions impacts both our relationships and our health, therefore, knowing more about your Moon sign will aid in both these areas. Once we know what makes us feel vulnerable we can find more beneficial ways to care and comfort ourselves and not respond as fearfully as we would without this knowledge.

The Moon in the natal chart represents our past experiences, be it from another lifetime or childhood. These memories imprint on us as conditioning, instincts, habitual behavior and all the ways that we react in order to find security and comfort. It is this recollection of feeling that drives us to behave in ways that are not necessarily logical but more emotional. This can be a weakness if we are acting without thinking and reverting to outdated or unhealthy patterns. It can also predispose us to habits that undermine our health stemming from impressions of the past that are not always accurate or true. They are simply what we picked up along the way and internalized as a means to get through life based on past memories. These include any ways we react in order to get our emotional needs met and can range from whining and complaining, attention getting schemes, pouting, temper tantrums, threats, manipulation, overindulgence or full blown addictions.

We can tell a lot about our emotional nature by the element our Moon sign resides in. We can also get an idea of what our maternal experience was like and how this affected our ability to respond intimately with people who share a home or family type bond with us. In the fire signs Aries, Leo and Sagittarius we can be bold and passionate with our expression of feelings. Our mother may have been an independent and outgoing type, upbeat and ready to take on adventure. In the earth signs Taurus, Virgo and Capricorn we tend towards more stability and a calmer expression of feelings. Our mother may have been quiet, dependable and reserved. She may have introduced the importance and responsibility of work and material possessions to us. In the air signs of Gemini, Libra and Aquarius we may have had a more verbal, intellectual, free thinking mother. She may have pushed socializing and education on us in one form or another. Lastly, in the water signs of Cancer, Scorpio and Pisces our mother could have been a more sensitive or spiritual type and may have been subject to mysterious moods. She may have given us the opportunity to hone our psychic abilities and pick up the unspoken things in life as we tried to figure her out.

Our internalized mother image is often how we treat ourselves when under stress. Were we pampered, rewarded or scolded for our actions as a child? What methods did we devise to cope with difficult feelings? The fire Moon sign may push themselves to get over bad feelings and externalize through action. They may be dramatic and loudly protest their feelings. The earth Moon sign toughs it out often burying their personal needs under other more practical considerations by being cool, calm and collected. The air Moon sign will analyze sometimes incessantly, read or talk about their concerns and perhaps worry too much. The water Moon sign may be overly emotional, moody, weepy or depressed, seeking comfort through substances, sleep or other forms of escape.

As our emotions affect our health, the more balanced we are in this area the healthier and more content we will be. There are different ways to feed the natal moon using the guidelines of elemental balance. If we have a fire Moon sign perhaps we are in need of an exercise regimen to

burn off some excess energy. Finding an outlet through sports, travel, games or dancing may be what we need to calm down a bit. Finding something to laugh about is also a good idea. The earth Moon sign can find pleasure through more tactile experience such as massage, beauty treatments, shopping for personal possessions, spending time in nature, as well as cleaning or organizing that can give a sense of order and control. The air Moon sign may need to write in a journal, chat on the phone, use social media, read a book or take a class to communicate their needs. The water Moon sign may want to stay home and cuddle with someone, eat comfort food, spend time with pets, take a bath, have a spiritual retreat or listen to music in order to soothe emotions.

There are certain signs that may be considered emotionally challenged such as Moon in Scorpio or Capricorn simply because they do not have the more tender qualities related to the Moon. This indicates more effort is needed to understand and take care of the emotional self. These people may need to give more attention to this area and re-parent themselves if the past experiences were difficult. When there is a conjunction, square or opposition to the natal Moon by such planets as Mars, Saturn, Uranus or Pluto they may have been exposed to parenting techniques that bred negative behavior or habits. Their background may be more complicated in the area of emotional expression and require the assistance of counseling and more inner work.

We feel more comfortable around people that have harmonious aspects to our natal Moon sign as in a conjunction, sextile or trine involving the Sun, Venus and Jupiter or when our elements blend well, such as when we have the same Moon sign element or a compatible element, e.g. fire with fire, fire with air, etc. There is an easy exchange of understanding and acceptance with these people whereas the conjunction, square or opposition to our Moon sign from another person's Mars, Saturn, Uranus or Pluto can make us feel wounded by their remarks or behavior. When another person's Mercury comes in contact with our Moon, depending on the type of aspect, we may communicate more with them or there can be more intellectualizing of feelings. Neptune tends to spiritualize or confuse the feeling connection between people. Good emotional health requires the support of those who reassure and encourage us so it is best to have at least some of those types of people in your corner for your own well being. At the same time it is important to recognize our own weak points and remedy them as necessary whether through counseling or curbing any bad habits that interfere in our ability to have healthy relationships. The Moon is the baby of the horoscope and we need to be aware if we are resorting to infantile behavior to get our way.

It is important to honor our Moon sign as the private self that sustains us through tough times. Like an inner parent it can give us the reassurance we need to be a healthy whole being. Using the positive qualities of our Moon sign can help give us the emotional satisfaction we crave. Of course we may need to re-parent depending on our individual Moon sign and aspects to it and this may take some investigation and practice. Although the Moon sign appears hidden it is the inner strength and foundation for our life. Our past can influence us unknowingly so it helps to take a closer look at our feelings, where they originate and how they affect us. We may not be able to change our history but we can learn from it and make changes as necessary. When old behavior is triggered by people or events that get our defense instincts activated we don't have to let it take us down. Although it can be a complicated process it is not impossible to overcome and the rewards are great. The Moon waxes and wanes but is a constant in our lives. As we get more acquainted with our Moon sign and give ourselves the unconditional love that a mother would there will be improvement in any mood swings, reactions or habits. We create an inner home which provides the nourishment we long for in order to feel safe and confident in facing the outer world. As a result our health and relationships will benefit and we experience a more balanced expression of the Moon's energy while passing it on to future generations. ❀

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*Ann Barone* spends her time in the Catskill Mountains keeping her Moon in Capricorn quite content. She can be reached at [StarAMB@aol.com](mailto:StarAMB@aol.com)