

# How to Heal Your Heart Using Astrology



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# In astrology, our hearts are represented by our moon sign and placement.



Wherever the moon sits in our chart shows the journey our particular heart is on through this life.

The moon rules the 4th house, the house of the heart.

Life hardens and closes our hearts at every turn – with every heartbreak, loss, criticism, and betrayal we close off more and more. By adulthood, we've built strong protective walls around it.

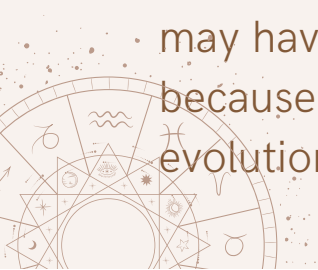
The bravest thing we can do is learn to drop the armour and live more from our hearts.

The healing of our hearts is a process that can feel difficult at times. Heart healing is the most profound healing we can do.

Astrologically speaking, the sign opposite our Moon sign contains the seed of our heart expansion. The opposite sign is complementary and shows our greatest opportunity for growth.

We may often attract people into our lives with our opposite Moon sign. Friends, family members, lovers, partners. It's because they show our highest path forward, they represent where our hearts want to grow.

Even if they don't have the exact sign opposite our moon, they may have the traits associated with it. They may trigger us because they are our opposite, yet they represent our next heart evolution.





## TO LOOK UP YOUR MOON SIGN:

You may relate to both your Tropical and Sidereal moon signs. These are two different systems, and both are equally accurate and valuable. It's good to look up both and choose whichever resonates. For most of us, the tropical moon sign will be the most accurate to your personality whereas the sidereal moon sign is more about your soul.

### Tropical Moon Sign:

[Click Here to Look Up Your Tropical Moon Sign.](#)

*(Look for the Moon Symbol)*

### Sidereal Moon Sign:

[Click Here to Look Up Your Sidereal Moon Sign.](#)

*(Look for the "Mo" then look up the zodiac sign icon on Google.)*

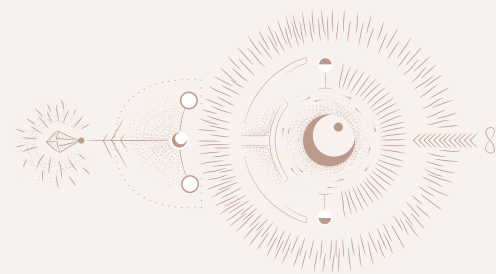


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# Your Moon Sign



*You can look at below for both your Sidereal and Tropical moon and see which resonates. Both are accurate and important to know.*



## Aries Moon

*Healing Key: Move toward Connection*

Aries Moons tend to be very self focused, this isn't necessarily a negative. It's helpful for them to embody Libra traits especially on the healing path. Aries Moon's tend to be very self focused, which isn't necessarily a negative.

When life gets overly emotional, or they feel lost or are hurting, the best medicine for the healing path is for them to embody and amplify the traits of the opposite complimentary sign - Libra.

Aries Moon heart healing is best focused on developing Libra traits such as creating partnership, harmony, balance and togetherness. Reach out to someone, make a deeper connection, spend time with friends or a partner.

*Focusing on partnership and creating relational harmony is key.*





## Taurus Moon

### *Healing Key: Move toward Depth*

Taurus Moons tend to be very grounded and earth based. They also are the most blessed moon placement, and are generally well balanced emotionally. Because they are naturally stable emotionally, they can feel nervous about facing any deeper or darker emotions that may unbalance them. Because of this they can avoid these 'intense' emotions in themselves and others.

However, the best medicine for Taurus Moons is to move toward their complimentary opposite sign of Scorpio. This is a sign connected to the underworld, and is not afraid to dive deep.

The path of heart healing for Taurus moon is to embrace Scorpio and not to run away from their own dark emotions and depth. They need to take the time to feel it all - the heavy, the sad, the pain and allow the darkness to fall on them sometimes and make space for these intense emotions in others. Allowing these heavier emotions helps them transform any heart walls or guarding. When they welcome their dark side and dance in those shadows, they transform.

*Allowing darker emotions to transform them is key.*





## Gemini Moon

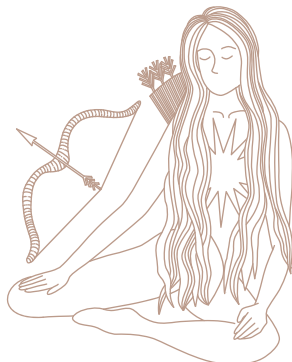
### *Healing Key: Move toward Adventure*

Gemini Moons are fun, playful, and very enjoyable to be around. They love to share their heart and connect with others. However, they can tend to get really stuck in their minds and not feel as connected to their heart space.

The best medicine for Gemini Moons is to embrace the traits in their opposite complimentary sign which is Sagittarius.

It helps them to heal when they can see their heart as an adventure, listen to it, and follow its spiritual guidance. When they are stuck, or feeling down it's great for them to get out of their close environment, city and community and go see the world and foreign countries (or even just somewhere outside their 'bubble'). That's when their heart feels the most alive. It's important they move toward their spiritual life.

*Taking risks with their hearts is key.*





## Cancer Moon

*Healing Key: Move toward the practical*

Cancer Moons have a beautiful placement. The moon is in its home sign here so it's operating well. Most Cancer moons have a clear and direct relationship to their heart and emotions. Sometimes this deep heart connection can lead them to be less concerned with the practical aspects of healing.

One of the most powerful things a Cancer Moon can do is move toward their complimentary opposite sign of Capricorn. They can do well by applying some Capricornian principles and focusing on the material world - especially on the heart healing path. They can check in and ask if 'what is the practical solution to this matter?' Cancer Moons can get so lost and caught up in their emotional lives it's important they balance it out.

They can learn to be more logical and practical in matters of the hearth. They can let their heart lead them toward a life's work and purpose. Focusing on career and achievement is great medicine for Cancer Moon. When they climb new mountains and go for their goals, they alchemize all the intense emotions they feel.

*Allowing practicality to balance with emotions is key.*





## Leo Moon

*Healing Key: Move toward others*

Leo Moons are so fun and playful to be around. They shine bright in any room and draw a lot of attention from others. As children they may have been the centre of attention, as their light shines very bright.

Because of this, the best medicine for a Leo Moon is to embody the traits of the opposite sign of Aquarius when on the heart healing path. The medicine is to spend time considering the collective needs, desires and challenges, and not just themselves.

They can bring their healing bright light to the world by sharing their big bold hearts with others. When they make the shift from self focus (I focus) onto other focus (we focus) Leo Moons are unstoppable. They can change themselves and the world in the most profound way.

*Focusing more on others and the big picture is key.*





## Virgo Moon

*Healing Key: Move toward the spiritual*

Virgo Moons tend to be focused very much on their day to day experience and routine, and can forget about the mystic and spiritual surrounding them. On the path of heart healing the best medicine for them is to move toward their opposite complimentary moon sign of Pisces - which is all about spirituality.

It's incredibly powerful for Virgo Moons to shift their natural devotional nature to the path of the soul and spirit. When they feel hurt, lost, betrayed or just down, it's great for them to focus on spiritual practices such as meditation, breathwork, prayer, yoga and other modalities that get them connected to their souls.

Having a daily spiritual practice is the best way for a Virgo Moon to heal their heart. For them, they must focus on the spiritual depths, mysticism and the magic of life. Spend less time on nitpicking and more on divine connection.

*Going for spiritual depth and healing is key.*





## Libra Moon

### *Healing Key: Move toward independence*

Libra Moons have a beautiful ability to always consider others and to focus their hearts on their relationships - whether they be romantic, friendship, work relationships or any other connections.

The challenge for them is they can be overly focused on others to the detriment of themselves. They can tend toward co-dependence and hyper fixation on their love relationships. The best medicine for them is to embody the action orientated and warrior type energy of Aries - their complimentary opposite moon sign. This balances them out.

It's best for them to become more independent on their heart healing path. They must watch out for codependency. It's also great for them to be a pioneer and step into their strength and power, especially if they are falling into codependent patterns.

*Tuning into your inner fire, strength and power is key.*





## Scorpio Moon

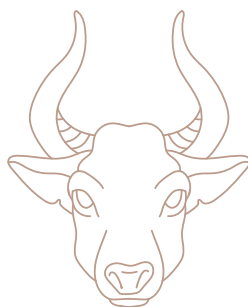
*Healing Key: Move toward pleasure*

Scorpio Moons tend to be very intense. They have a challenged moon placement and because of this can experience a flurry of many painful emotions as they traverse the many layers of the heart.

The challenge for them is to step out of the underworld and those dark emotions and instead focus on pleasure, enjoyment, nature and the 3D earth based reality in front of them. When they move toward their opposite sign of Taurus, and focus on the beautiful enjoyment of life, they can alchemize all their pain and heartache into something positive and fruitful.

Enjoy the sights and sounds of animals, of nature, of the world. Get out of your emotions sometimes and just enjoy a good meal and the pleasures of the world. Not everything has to be hard.

*Enjoying the simple pleasures of life is key.*





## Sagittarius Moon

*Healing Key: Move toward Connection*

Sagittarius Moons can tend to be very spiritually focused, and live in the realms of ideas and beliefs. This can make it harder for them to feel connected to what's in their present reality & their friends and community. They tend to be looking for the next big "adventure" whether internally or externally. Because of this, the best medicine for them is to go toward their opposite sign - Gemini - a sign that's all about connection, laughter and play.

It's healing for the Sagittarius Moon to stop and really enjoy the day to day of their life and not get too stuck in their heads or fixated on their beliefs or chasing the next adventure. When they can stop being on the move for a moment and really attune to their friends, family and community, they will be on the path of heart healing. Taking trips locally rather than far away trips is also very healing.

Overall this is a happy-go-lucky moon placement and can create someone who is very optimistic and fun to be around. The challenge for them comes when they are constantly 'on the run' from connection and depth.

*Focusing on building community and connection locally vs needing to be in far away places is key.*





## Capricorn Moon

### *Healing Key: Move toward Self Nurturance*

On the path of heart healing it's important for Capricorn Moons to care for and nurture themselves like a mother would. Become your own best parent, take a time out and nourish your soul. It can be hard for Capricorn Moons not to go 'cold' on others and ice them out when you're feeling pain or heartache.

The best medicine for a Capricorn Moon is to move toward the opposite complementary sign of Cancer. This is a sign all about emotional nourishment and emotional connection. The best medicine for Capricorn moons when life feels hard and Care for and nurture yourself and others like a mother would. Become your own best parent. When you feel filled up with your own care, you can then extend your care to others.

It's also powerful for Capricorn Moons to allow themselves to really feel things deeply, to let the tears fall, to not have it all together all the time. Let the emotions flow freely, let yourself feel it all without any self berating.

*Letting yourself feel it all while holding yourself in love and care is key.*





## Aquarius Moon

*Healing Key: Move toward Sharing your Heart*

One of the challenges Aquarius Moons face is they tend to become very detached emotionally and have a hard time connecting with others on the heart level, especially if they are feeling lost, hurt or emotional.

Aquarius is a sign that tends to focus on the collective, and big issues with the world and how to fix the big problems while at times ignoring their own inner emotional world. The best medicine for Aquarius is to move toward their opposite complimentary sign of Leo. The sign of Leo is the sign of the heart, as it is big, bright and shines outward with warmth. A great tool for Aquarius Moons is to imagine their hearts connecting with themselves and others. For them it's great to practise heart opening techniques such as drinking ceremonial cacao, taking heart opening plant essences and oils and doing breathwork.

Show the world who you are, be more self focused (for you this is important!) be bold, courageous and put yourself out there boldly. It's ok to consider yourself, not just the collective.

*Being warm in your connections is key.*





## Pisces Moon

### *Healing Key: Move toward Devotion*

Pisces Moons are the true daydreamers and love to fantasise about life and the future. Their mystical hearts tend to be very open and they are spiritually inclined. What can be more challenging for them is to devote themselves to a project, a partner or a purpose or even to the health of their own heart.

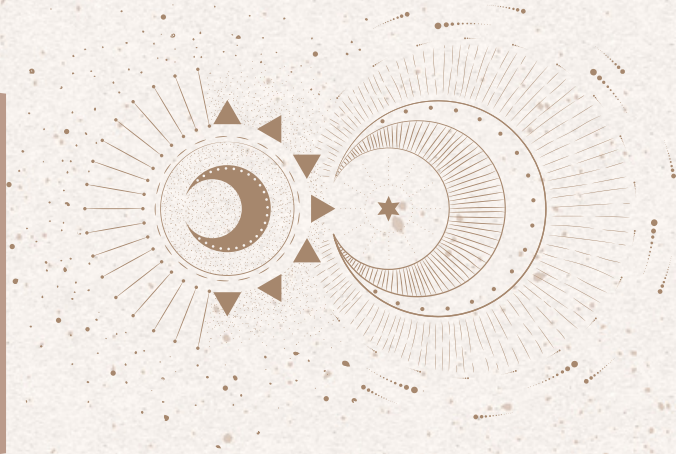
One of the best medicines for Pisces Moon is to move toward the traits of Virgo - their opposite complimentary sign. Virgo is known for its devotion to whatever is at hand - be it their home, their work or their heart. Pisces can learn a lot about their own hearts path by becoming devoted and committed to something that feels really good for them.

Devotion to exercise, health, a routine, to work... these are all worthy devotions. It doesn't have to be a huge devotion to be important. The best way for Pisces Moon to deal with times they are hurt, lost or feeling a lot is to Be impeccable with their word, taking care of their health and body and devote themselves to a cause. It's great for them to find ways to be devotional in their daily life. To partner, to work, to their mission.

*Focusing on making every day devotional is key.*



For big decisions and to better understand your life, you can always learn to consult the stars by learning how to read your astrology chart...



**Especially if you have anything coming up like:**

- Changing a career
- Relationships
- Wanting to know your purpose
- Understanding yourself and your place in the world
- Understanding others and why they are in your life
- Clarity around why you feel the way you do (hint it can be connected to the planetary cycles)

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With  
**Andres Dupuis**  
Rising Woman Resident Astrologer



**Astrology gives us a beautiful roadmap for our healing. It's one of the best tools for self-discovery and growth...**

We are all so unique. Each of us has different gifts, challenges and spiritual lessons.

**Your Astrology Chart is YOUR unique blueprint - your roadmap - to become the most fulfilled and highest version of yourself.**

When you know how to read your chart you'll discover the roadmap of your greatest gifts & talents, your life's purpose, your ideal career options, when you're in a more challenging time or lucky time, relationship compatibility and you can see what's happening energetically in the collective (so you can separate what's yours and not).

*And that's just the tip of the iceberg of what you can discover about yourself in your chart.*

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