



# THE SUN

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Just as the sun is the center of our solar system, the sun represents our center self - our ego and our life purpose. Without the sun, we wouldn't be here, there would be no life, therefore the sun in our chart shows our life; it shows **how** we shine, the house that it's in shows **where** we shine and the sign that it's in shows **why** we shine.

In this session you will learn some basic facts and history about the sun, how it functions in your chart and how it's sign, house position and aspects affect your life experience. We will also be reviewing what we've learned so far about astrology fundamentals.

## A note about your learning:

*I will be repeating certain phrases and concepts continuously throughout this course. This is very intentional. I believe the way to learn astrology is through repetition. I will slowly begin adding words and concepts to build your understanding and retention.*

Let's start with the symbol of the sun. Remember symbols are the keys to understanding the full picture of Astrology and the language it speaks. Just "be" with this symbol, tune into it intuitively and take note of what comes up.



## Look at this symbol closely

There are no wrong answers, only observations and curiosity into this Immersion into Astrology. Notice the outer ring - what could it be holding in? And what about the darkened circle in the center?

**Now think of the Sun itself...**

What does mean to you?

What does it bring to us?

What is its purpose?

How does the sun affect our planet?

## THE SUN

Understanding astrology begins with just “being” with the star or planet first. By tuning into the feeling into the symbol intuitively.



See this circle within a circle and ask yourself...what do you think the pioneers of astrology, over 3000 years ago intended with this image of the sun? Imagine these seers and seekers watching the Sun above them of what this Light meant. They would watch it each day of the year observing its light and its variations, clearly seeing that even the Sun doesn't shine the same way each day.

There are times each year when it is more brilliant, buoyant, and strong. (perhaps like each of us?) We are all the Sun. In our unique sign with our completely original birth chart. Believe it or not, your birth chart shows your peak Light and also the waning times through each and every year, we will discuss this more deeply as the class progresses.

## YOU ARE YOUR SUN!

The Sun in the sky reminds us that we must shine, but we must also retreat and restore ourselves. (Sunrise and Sunset) It shows us that its brilliant light doesn't shine the same way all day or all year long. It burns, dims, releases, and allows life to die in order for new life to be reborn, which is witnessed in the seasons.







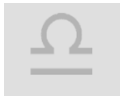
As we move through this course, you must always remember... **you are your Sun**. You are a light in this world that must be seen and also must pull back to restore your energy. The chart as a whole, shows us our seasons of beginnings, peaks of the Light, peaks of the Dark, and restoration. And it begins again each year, just like the Sun above us all.






## THE SUN REPRESENTS YOUR POWER

It is imperative for you to come to honor the Sun, know the Sun, feel the power of the Sun to best understand the Light that is reflected and emanates within you. The Sun in astrology represents our power, our energy, our core essence, and how we find our purpose in this Life. As you will begin to learn, it is all about the integration of the element, the sign, and the house, where the sun appears.

The piece of paper holding your birth chart/horoscope is a map. This map unlocks your path, your purpose, your Soul's plan. The events are orchestrated by your choices. You can never know what "will" happen, and to be very clear this course will not be about predicting the future. It is about unlocking the wisdom that lies within you. With knowledge, awareness, and heightened, evolved-decision making skills, you hold the power to change your life. The sun is at the heart or core of your birth chart and describes who we are at our core and what our central goals are.

## Sun Sign Symbols & Descriptions






SYMBOL	SIGN	DESCRIPTION
	<b>Aries:</b> <i>The Ram</i>	The astrological year begins with spring equinox* when the sun enters Aries the ram. The ram is often shown running forward but looking backwards. The sign is described as headstrong, enthusiastic, independent, ambitious and easily bored.
	<b>Taurus:</b> <i>The Bull</i>	An ancient symbol of virility and fertility. Taurus sun signs are loyal, practical, calm, generous, understanding and patient. The enjoy sensuous pleasures but can be stubborn and rigid.
	<b>Gemini:</b> <i>The Twins</i>	Represented by the twins, Gemini signifies opposite and duality. Some traditions depict the sign as a man and woman, or as a pair of lovers. Gemini is associated with human contact, communication and intellect.
	<b>Cancer:</b> <i>The Crab</i>	Cancer sun sign people are sensitive, moody, imaginative, romantic, protective, and nurturing. They can be possessive and overly emotional. Cancer is associated with the maternal archetype.
	<b>Leo:</b> <i>The Lion</i>	When the sun enters Leo, its power is at its zenith and the sign is associated with warmth, generosity, creativity, courage and leadership. Although it can also be egotistical, proud and autocratic.
	<b>Virgo:</b> <i>The Virgin</i>	Virgo, the virgin, comes at harvest. It has been associated with most major western female goddesses, including Isis, Demeter and the Virgin Mary. Virgoans are practical, discriminating, analytical and precise, but also critical and pedantic.
	<b>Libra:</b> <i>The Scales</i>	When the sun enters Libra, it is at the mid-point of the astronomical year (equinox). Librans are artistic, refined, and peacekeepers, but also indecisive.

SYMBOL	SIGN	DESCRIPTION
	Scorpio: <i>The Scorpion</i>	The venomous scorpion is ruled by Mars and Pluto. It is associated in many cultures with decay and death. Scorpios are determined, forceful and inquisitive, with intense sexual energy and passion, and inclined to jealousy.
	Sagittarius: <i>The Centaur</i>	Sagittarius represents the perfect human, a combination of animal and spiritual power and divine potential. The symbol represents higher wisdom, spiritual seeking, learning, philosophy and travel.
	Capricorn: <i>The Mountain Goat</i>	Capricorn, the goat, heralds the depth of winter. Capricorn represents order, structure, stability, ambition and hard work.
	Aquarius: <i>The Water Bearer</i>	Aquarians are represented by the water bearer and is co-ruled by Uranus and Saturn. Associated to humanitarian, ideas, freedom and original thinking. They are also known to be eccentric.
	Pisces: <i>The Fish</i>	Pisces are represented by two fish swimming in opposite direction. The glyph represents the contradictory aspects of the sign. Pisces are dreamy, intuitive, artistic, impressionable, and dissolution.

### How do we bring this symbol into our life?

The Sun, this symbol represents our Light, how we shine the brightest, how we lose our center, how we must create boundaries, how we lose our energy/life force and how we also have the potential to beam our Life onto the world. The Sun shows our place to shine and where our vulnerability to darkness lies. Darkness is literally along the same spectrum of Light. Light and Dark...same spectrum of energy, where do we become blinded by the dark as well as blinded by the light? Where is our balance along this spectrum? Astrology is about finding our balance. We are called to tune into ourselves and find the balance point to best shine our light. Now...let's begin.

## The Elements

	<p><b>The Sun represents your basic personality.</b> Leadership, Power, Light, Ego and Core Essence.</p> <p>The elements show us what we need in life to feel most alive and purposeful.</p>
	<p><b>Sun in Fire Signs</b> Described as: Adventurous, Seeker, Explorer, Active and Fiery.</p> <p><b>Aries, Leo, Sagittarius</b></p>
	<p><b>Sun in Earth Signs</b> Described as: Grounded, Practical, Solid, Ambitious, Work-oriented and Earthy.</p> <p><b>Taurus, Virgo, Capricorn</b></p>
	<p><b>Sun in Air Signs</b> Described as: Communication, Changeability, Learning/Teaching, Relationships, Changeable and Airy.</p> <p><b>Gemini, Libra, Aquarius</b></p>
	<p><b>Sun in Water Signs</b> Described as: Emotional, Feeling-Oriented, Intuitive, Compassion, Deep, and Watery.</p> <p><b>Cancer, Scorpio, Pisces</b></p>

Notice how each element description ends in a literal description of the element itself? Always keep in mind, once you understand the planet, the science of the planet imbues the astrology within us.

For example, those that have a lot of water in their chart will be more emotional and cry more easily. They may be more emotional as the water in their chart "cries" out what needs to be released. Or they may use their water as way to hold back, retreat to their cave until they are ready.

# HOMEPLAY

It's not home"work" when it's fun

- Read about the Sun in the Inner Sky by Steven Forrest; pages 126 - 127.
- Read Article: [Understanding the Planets' Role in Astrology by Lisa Anne](#), Nature's Pathways magazine.



## NOTE CARD HOMEPLAY:

### Learn the language of astrology

Apply basic astrology concepts to speaking the language of astrology. The steps below will help you to create descriptive sentences to describe the **SUN**.

**STEP 1:** Pull the Sun notecard, from your "planet deck". Write three more key words to describe what the Sun represents in astrology on the back of the card.

**STEP 2:** Review the 12 Signs Note Cards Working with the 12 sign notecards, learn how to connect the sign symbolism to the Sun. For example:

	THE SUN - <i>Is my identity is described as a...</i>
	MY SUN SIGN is - Aquarius
	MY SUN SIGN'S ELEMENT - is an <i>air sign, which is communication oriented.</i>

**STEP 3:** Continue learning and practicing this process with each of the 12 signs.

*NOTE: Slowly we will add words to each note card. Always start slow, let it absorb before you jump into the next thing. Slowly read, discuss and repeat!*

## Read and discuss with your study buddy:

**Week 1:** Review the 12-sign note cards and focus on key words you created. Take turns reviewing each card and quiz your study buddy about the corresponding signs attributed to each sign.

**Discussion questions:** What does the sun represent? What is your sun sign? What does that mean to you? How would you describe your sun sign?

**Week 2:** Review and discuss the twelve-sign note cards again. This time create sentences together to describe each sign. Take turns asking the discussion questions.

**Discussion questions:** What is the first sun sign? What does it represent? What is its element? What did you discover about the sun signs? What personal discoveries did you have about your sun sign?

**Week 3:** Review The Inner Sky by Steven Forrest, Pages 118-121.

**Discussion questions:** What did you learn about the Sun?

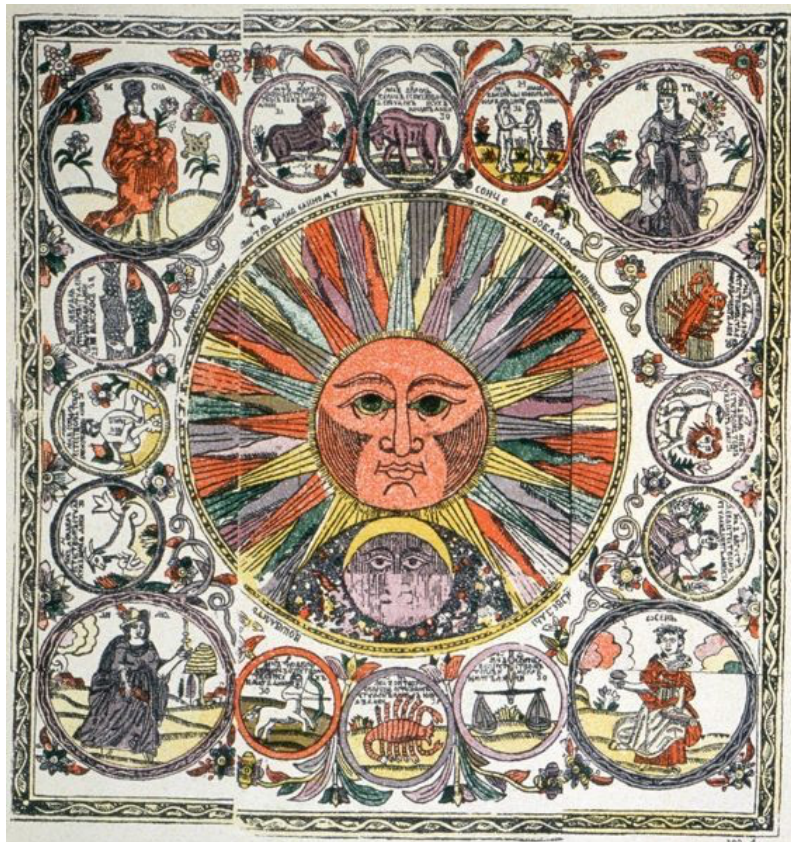
## What questions do you have about the Sun?

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## FUN FACTS ABOUT THE SUN

- More than one million planet Earths could fit inside the sun.
- The ancient Greeks thought that the sun was a handsome god that they named “Helios.” He was the son of the Titans Hyperion and Theia, and brother to the moon goddess Selene and goddess of the dawn, Eos. Helios’ crown was said to be a sunbeam burst, and each day he would drive his chariot of the sun across the sky that was drawn by fire-breathing-horses.
- Every sun has a birth, lifespan and a death. Our sun will continue to shine for around 130 million more years and then it will stop burning its hydrogen and begin to burn helium.
- Light from the sun takes eight minutes and twenty seconds to reach the earth.
- The sun is actually a mixture of ALL colors, which appears to the eye as white.



*Sun and signs of the Zodiac. Historical artwork of the Sun and Moon surrounded by the twelve signs of the zodiac. The four seasons are depicted in the corners. 18th century engraving from Rome, Italy*