

Empathy & the MOON

The Moon is the *luminary of our heart*. It signifies the development of our emotional needs beyond just our moods - it reveals *how we experience our feelings*. Like a giant crystal in the night sky, the Moon amplifies sensations and intuits subtle energy from our surroundings. Those internal senses that flow through you when you walk into a space, meet a person, or initiate a gut-instinct are vibrating to you from your natal Moon. Moonlight is both receptive and reflective - we give and we receive energy. We feel things from others. We project onto others.

The Moon is like a ringing singing bowl resonating intentions and emotional reactions. It gives us the ability to empathize with heart-to-heart connection and understanding of another's emotions - *I feel you*. How we share and support others' feelings is rooted in how much compassion we show ourselves. When we experience a broken, hardened, or empty heart, it is our Moon that needs TLC and its sign knows the medicine for healing. This is the self-care we do that warms our heart and feeds our soul, *it's what feels good*.

Our Moon is our inner world. It is where we feel the most tender, holding our deepest sensitivities. We are protective of our Moon and share it only with our close partners, best friends, and family members. It remembers our experience of early home-life, carrying our ancestral roots and familial connections. Mother Moon is our nurturing sense - its sign reveals what nourishes us and how we nourish others. It's what feels like home, with comfort and security. And it's what we need to feel safe - the needs that must be met to feel fulfillment. Notice the ebb and flow of your feelings with the Moon's natural waxing and waning phases. Look deep within and develop your Moon through self-reflection. Read your Moon sign for emotional insight and learn how to use the energy for fulfilling your heart's needs and having empathy for others.

ARIES The Courageous Heart

The primal fire of an Aries Moon is the spark that instantly ignites fuel into action and speed. Your vitality thrives on new experiences that test your strength and stamina. The brave warrior spirit within you relies on impulse and instinct for pursuing your heart's desires. You need independence for trailblazing your soul's path and are not afraid to tackle risks head-on. When threatened or challenged, The Ram will assertively push forward. You may experience a short fuse or lose your temper, do not let anger fester. Exercise through heated emotions, stay active and strengthen the body to release excess energy. You are direct with your feelings and may be quick to react, but you also have the ability to quickly forgive and move on. Just as you are pioneering your Hero's Journey, remember that others are on their own too. Use your ambitions and strong leadership skills to advocate for those who have a hard time standing up for themselves. Fight the good fight.

TAURUS The Serene Heart

The calming presence of a Taurus Moon embodies a sense of peace and quiet, finding comfort in simplicity. You ground your energy in nature with feet on the earth and will stop to smell the roses. You are in-touch with your physical body and know when you need to relax and pamper yourself with sensual pleasures and quality goods. When pushed or pressured, you will dig-in your hooves and stand firm. Your iron will cannot be forced to change. The Bull refuses to be hurried and will move at its own pace, slow and steady. Patience gives you longevity and you will work hard to acquire the resources needed towards building a solid base for security. Beneath the possession of your valuables is the need to overcome feelings of lack, to feel self-worth. Find contentment with who you are and know that you are already enough. You are not what you own. Be a pillar of strength when others are in need. Your dependable heart provides stability for holding space for others.

GEMINI The Friendly Heart

The open-mind of a Gemini Moon feels excited to meet new people and exchange fresh ideas. Your inner social butterfly connects others through lively conversation, interesting stories, and sharing information. You have the need to communicate. Whether writing or speaking, you are developing your voice. Use your natural teaching skills to help others find theirs. Your Mercurial nature needs mental stimulation - follow your curiosity. If you have questions, they need to be heard - speak up and ask *why*.

Quicksilver fuels your agile mind with wit but may cause you to speak before you think. When your heart worries or ruminates, you may use logic and reason to *think* through your feelings. Be mindful about over-rationalizing and try to *feel* your feelings. Translate your feelings to words and speak from the heart. You are the one called upon when a friend needs to talk. Though you have a way with words, practice the art of listening and use your keen sense of perception to share a brighter perspective.

CANCER The Nurturing Heart

The caring heart of a Cancer Moon is the Great Mother of open arms for emotional trust and protection from fear. As the Moon's home-sign, Cancer feels fluctuating moods that correspond with the Moon's sign change every 2 ½ days. This extra sensitivity gives you the ability to understand the emotions of all other signs. Your innate empathic qualities create true heart-to-heart connections that help you become an emotional healer. But feeling so much can be overwhelming and you may be easily hurt - the Crab will need to withdraw and move inward and until it feels safe. The homebody within you finds comfort in tending to the hearth, your home is your sanctuary. In your retreat, you may reflect on deep family ties and attachments to the past. Break the patterns of dependence by securing your own roots and creating a homebase. When others need shelter, you are the ultimate host for making them feel at home with a warm welcome and comforting meal that nourishes the heart.

LEO The Joyful Heart

The eternal flame of a Leo Moon generously shines its light for all to enjoy. You are bursting with talent and creativity that needs a stage or artistic outlet. You share your heart through your art - funnel dramatic emotions into a performance of pure expression that glows from within. Whatever your form of self-expression, appreciation for your unique efforts fulfills you and makes you feel proud. This need for positive attention reassures you that you play an important role. The Lion roars with confidence and sits on a throne of dignity when applauded and praised. Being ignored can feel crushing. Heal a bruised ego by using your leadership skills to help others discover their talents. Show them how to stoke their inner fire. There is childlike wonder within you that spreads playfulness and fun in the sun. When others feel down, you bring warmth from your heart of gold, brightening their day with your smile and humor.

VIRGO The Helpful Heart

The skillful heart of a Virgo Moon has the ability to provide a useful service of quality effort and proficiency. You have the need to perfect a craft or handiwork that tends to the needs of others. Productivity and careful work towards precision and competence fills your heart with purpose - you want to offer a service that matters. Virgo earth is well-manicured and curated with refinement and attention to detail. But high standards of perfection can lead to self-doubt. Have confidence in your abilities. Set worry aside and know that whatever you have to offer is ready to be shared with others. Replace self-criticism with self-love. Your sense of duty and responsibility tend to put others' needs before your own. Add a self-care practice to your daily routine of caring for your health. Collect and organize your methods of self-improvement and teach others the power of self-healing.

LIBRA The Graceful Heart

The elegant heart of a Libra Moon adds a thoughtful, personal touch for achieving harmony. You appreciate art and beauty and are known for your good taste and aesthetic sense. Charm and courtesy make you personable and approachable and your relationship skills are based on connection and getting along. You keep the peace as the mediator for equal attention and cooperation. There is a need for close companionship, whether for romance or friendship. Having a partner or social circle fills your heart and you may feel unloved if left out. You have a concern for other people's feelings and may tend to theirs before your own. Be mindful of attachment or codependency - it cannot be all about The Other. The scales are in balance when there is compromise and fairness. When others feel lonely or disconnected, use your counseling skills and sweetness to show them they are loved.

SCORPIO The Passionate Heart

The introspective heart of a Scorpio Moon has a psychological approach to understanding feelings. You dive deep into strong emotions and intense feelings and

want to know your own motives. When there is complexity, you are determined to get to the bottom of it. You are not afraid to look beneath the surface and bring things out of the shadows for healing and rebirth. Understanding death is how you know how to live. You have a desire for true bonding - the merging of souls in physical intimacy and sensuality. You exude mystery, keeping your secrets close and trusting only your closest partner. When cornered or attacked, the Scorpion will strike. Though you may not forget betrayals, do not be poisoned by resentment. When others experience fear and trauma, you are a natural therapist who provides deep listening and insight for healing and transformation.

SAGITTARIUS The Optimistic Heart

The adventurous heart of a Sagittarius Moon is on an existential quest for the undiscovered self. You are on a journey for spiritual growth and open to all possibilities that expand your worldview. Your colorful heart needs variety and you instinctively seize opportunities. You have the need for knowledge and wisdom, to become a philosopher and scholar on meaningful living. The fire within you is fueled by learning and reading - teach but don't preach. For you, truth comes from experience and you travel far and wide to find the answers. You need the freedom to explore and fulfill your wanderlust. The Centaur shoots its arrow towards a vision of the future. Eternal faith guides you through the Unknown and you see everything as a sign. On your search for enlightenment, don't fill up on righteousness. What is true for you may not be true for all. When others feel lost or hopeless, your enthusiasm inspires them to find happiness.

CAPRICORN The Ambitious Heart

The determined heart of a Capricorn Moon has a mission for accomplishment in the outer world. You have a sense of vocation, the need to succeed. All for the great work of your life. You are serious about achieving your goals and move cautiously with strategy for long-term growth. Self-discipline allows you to plan the work and work the plan, methodically and diligently. You expect such hard work to be awarded with promotion or recognition. Any set-backs can feel depressing and you may seclude yourself to re-evaluate. But you have the ability to tough it out and build strength from hard realities. The Mountain Goat strives to climb to the peak. If you reach the top, have the integrity to not step over the ones who have helped you along the way. An honorable reputation is what earns the status and respect that you desire. When others feel stuck or unmotivated, your drive and work ethic encourages them to persevere and reach new heights.

AQUARIUS The Rebel Heart

The visionary heart of an Aquarius Moon has a goal of an ideal, awakened future. With intellect and innovation, you are conceptualizing ways to shape the New Age and inspire others to think outside the box. Embrace your unique point of view and have a clear idea of your cause. As a humanitarian and activist, you have a strong commitment to your principles. The Water Bearer pours forth an essential element to all humanity - freedom for all. When challenged by authority, you will not conform to social norms or compromise your stance. More mental than emotional, you tend to reason through your feelings. When nervous or anxious, you need space to detach and regain objectivity. You need autonomy and independence - you march to the beat of your own drum. You may have felt like an outsider until you found your tribe of progressive thinkers. When others are left out or treated unfairly, you welcome them into your community and advocate for their equality.

PISCES The Spiritual Heart

The meditative heart of a Pisces Moon is looking to connect with something bigger than the Self. There is a need to surrender to Spirit and create with intuitive guidance from a higher inspiration. Messages are sent to you in your dreams. Your poetic heart translates deep mood through your art. Your psychic senses are attuned to subtle energy. Your sympathetic heart is sensitive to others' suffering and you may feel like a sponge, soaking up their emotions. When overwhelmed with feelings, the Fishes may swim out to the vast ocean for retreat. You may escape to imaginary realms or feel lost in space. Be careful not to drown in other dimensions or sacrificing too much of yourself. Return to this world and share a service that helps others connect to their guides. When others need caring, you show them compassion and unconditional love that heals the soul.