



Welcome Everyone to Astrology for Deliberate Creators - Call #2

This week's topic is 'Self-Love' and how to recognize the nurturing needs of the Moon, by sign and house placement, and the messages of the body. Learn the total Astro-LOA Body Scan.

Jeannette's wisdom on why Self-Love so important to deliberate creation

When it comes to confidence building, allowing new relationships and lifting the vibe, a lot of people don't realize how important the **Self Love factor** is. But learning to practice it is **CRUCIAL** to successful deliberate creation, because **the Universe can only be as good to us as we are to ourselves.**

Everything you think, say and do to yourself has a vibration that the Universe matches.

So when you're good to yourself, the Universe can be too. When you're holding out the goods on yourself, Universe responds in kind.

By practicing more love of self, you will automatically raise your vibration which puts you in closer range to everything you've been wanting.

And that's the name of the game: **creating vibrational alignment** with what we want. That's how we get it.

Which is why Self Love is so important – it's required for a high vibration. You can't diminish yourself and vibe high.

Knowing the importance of loving self is one thing. **Practicing it is another.** Here is where astrology can help!

In what ways do you have room for more love of yourself in your life? Where are you falling short right now? Identify some habits (of thoughts or action) that aren't in line with self-love. That's a great starting point for change.

Considering this is likely activating some 'gremlins', like:

But I don't have time! But it's not possible. But other things are more important. But I don't know how. Or maybe just a sneaky "you're not worth it" that's lurking in the background.

Whatever reasons you might have for not practicing more self love, they aren't true or important enough to stop you from this. So get over it. ☺

Part of the art of manifesting includes

- 1) knowing what we want
- 2) feeling NOW how we would feel THEN, which we do by releasing reality, limiting beliefs, and attachment to it.
- 3) **being really good to ourselves**, so we can let the good stuff in. Practicing self love doesn't have to be time intensive or expensive. In easy, little daily ways you can start treating yourself like you treat others you love.

Your best support is to EVERY DAY find at least **one new way** to show love to yourself. Big or small doesn't matter – just one new way you love yourself each day, and the sign and house placement of the MOON can show you how!

The Planets tell us **WHAT** is operating.
The signs tell us **HOW** an energy operates.
The houses tell us **WHERE** it is operating

When it comes to the MOON, this energy represents the primary planet of love, when it comes to how we give and receive nurturing. Each sign has it's own style and as we get to understand the signs, and their Power Expressions (See Call #1), we can know how best to nurture ourselves in meaningful ways. Here are some examples, using the needs and desires of the Moon by element. Just knowing what element (Fire, Earth, Air, Water) your moon is in (and the house, or area of life that can be the most nurturing), you are miles ahead as deliberate creators, because you can really turn the Self-Love on!



In your chart, each sign is represented by a glyph. You can [learn the glyphs](#), but if you don't know them yet, no worries. For now, know the Moon's glyph is a crescent moon.

Sign	What your Moon is Saying
Aries	If you love me, take me on an adventure, action, energy, competition, Go!
Taurus	If you love me, then show it with touch, taste, sensation indulgence.
Gemini	If you love me, TALK to me. What can I learn next?
Cancer	If you love me, share emotions, honor them, from agony to ecstasy.

Sign	What your Moon is Saying
Leo	If you love me, play with me, make it joyful, creative and expressive.
Virgo	If you love me, DO things for me, cups of tea, intricate details, de-clutter.
Libra	If you love me, relate to me. Share experiences in a social, enjoyable way.
Scorpio	If you love me, merge energy with me in an intimate, emotional risky way.
Sagittarius	If you love me, be carefree with me, exploratory, adventurous, dynamic.
Capricorn	If you love me, buy me things, be constructive, make a plan, make it real.
Aquarius	If you love me, surprise me, respect my thoughts, give me space!
Pisces	If you love me, dissolve in the heart of compassion, mystery, communion.

Fire Signs - ACTION.

Earth Signs - SENSATION.

Air Signs - THOUGHTS.

Water Signs - FEELINGS.

Remember, there are 12 Houses, or environments in the horoscope. *Twelve pieces of pie*. They show us **WHERE** the Moon is operating, where we go for comfort and love.

Moon House	Where the Moon is Nurtured
1st House	Self-development, change appearance, focus on Me First.
2nd House	Financial independence, \$\$, talent development, self-sufficiency.
3rd House	Learning, communicating, sharing ideas, thoughts, perspective.
4th House	The safety and comfort of home as sanctuary. Inner world.
5th House	Play, creative self-expression, romance, performance, artistry.
6th House	Sacred daily rituals, magic, pets (familiar) cherished work, routine.
7th House	Shared experiences with one-to-one, socially significant others.
8th House	Intimacy, intensity, sex, tantra, transformation, the occult, research.
9th House	Travel of the mind, body or spirit. New horizons, thoughts, beliefs.
10th House	Career, mission, profession, the calling, public reputation, PR.
11th House	Friends, groups of like-minded others, one-to-many relationships.
12th House	Meditation, retreat, compassion, fostering others, mystery, dreams

Messages from the body

The Moon relates to the body and the messages we receive from this most basic connection we have to corporal life can tell us where we can enhance deliberate creation by boosting our self-love.

When we listen to our bodies, we are tuning in to a primal guidance. The body is our first contact with 'reality' -- what's perceived as 'out there' -- and it responds with incredible honesty.

How to receive these messages?

Practice the body scan AND link the area of the sensations you pick up on to the expression (signs) and house (where that sign is in your chart). Example:

If I do a body scan and find the strongest message is headache, my message is 'Aries (who rules the head) is not happy. I can ask, where am I not being the boss? Then I go to my chart and see Aries on the 6th house cusp and know that in my day to day life, in my routine, I am not feeling in charge. If I boost self-love there, and CALL THE SHOTS in my Aries house(s), I am responding to my authentic inner guidance. Live transforms, getting better and better!

Sign	Anatomy and Physiology	
Aries	Head, face, eyes, fevers	Am I the boss?
Taurus	Throat, voice, expression, neck	What's a pain in the neck?
Gemini	Lungs, shoulders, arms hands	What am I not communicating?
Cancer	Breasts, stomach, belly	Am I loving myself?
Leo	Heart, upper back	Is my heart in it?
Virgo	Upper GI, Digestion	Is there order and ritual in my life?
Libra	Kidneys, lower back	Am I loving my relationships?
Scorpio	Lower GI, reproductive organs	Am I happy with my sexual energy?
Sagittarius	Hips, thighs, liver	Am I exploring new horizons?
Capricorn	Skeleton, knees, teeth, skin	Am I building my empire? Boundaries?
Aquarius	Ankles, circulatory system	Do I honor my genius, originality?
Pisces	Feet, lymphatic system	Am I one with all life - spirit - universe?

Think of the body as energy mid-way between the 'worlds'. On one level we have conscious thoughts (**mind**) on another we have unconscious thoughts (**body**) and on yet another we have our higher, universal or source energy (**spirit**). Astrology can help us get

these aspects of Self into alignment for a happy and carefree physical existence. The starting point awareness. Begin by listening to your brave and wonderful vessel today.

The vital life force of the human body gives, receives and conducts energy according to its innate nature described by the signs of the zodiac. The free flow and authentic expression of that energy equates with an ongoing state of health and wellbeing. ([Align with Well-being](#))

Let's discuss this Week's Homework on the found on the Forum.

- 1) Find your Moon by sign and house. How can you amp up self-love?
- 2) Do the total body scan and find out, by sign and house related to your message, where you can respond to your bodies wishes and boost your deliberate creation.

Extra credit:

Check the charts of at least four other people, clients, family members, friends or celebrities (you can take this discussion to the Hands On examples if you like) and discuss how you might support them in ways to amp up their self-love (specifically for them).

Remember, bring your questions, comments and insights to the Astrology for Deliberate Creators Forum!

See you there!

Love and Light,

Jeannette & Kim