

Mastering the Zodiac

Sign Meanings

Characteristics of Life

 **Aries:** Growing self-awareness and confidence through asserting your will into the world

Balanced: self-aware, assertive, initiating, daring, direct, active, and independent

Over-Emphasized: selfish-serving, aggressive, impatient, combative, overbearing, rash, reckless

Under-Emphasized: passive, passive-aggressive, fearful, victimized, apprehensive, self-denying

Resource: [Video on Aries](#)

 **Taurus:** Cultivating self-reliance and the enjoyment of your values through working with the natural world

Balanced: self-reliant, resourceful, grateful, sensual, luxurious, affluent, supportive, frugal

Over-Emphasized: materialistic, possessive, stubborn, self-indulgent, lazy, greedy, spend-thrift

Under-Emphasized: ascetic, abstinent, austere, miserly, stingy, stark, wasteful, anti-material

Resource: [Video on Taurus](#)

 **Gemini:** Learning about the rational aspects of life through communicating with and learning from others

Balanced: inquisitive, curious, sociable, communicative, practical, flexible, lighthearted

Over-Emphasized: nosy, impatient, nervous, flighty, high-strung, fickle, over-thinking or speaking

Under-Emphasized: deceptive, dishonest, anti-social, disinterested, indifferent, vague, withdrawn

Resource: [Video on Gemini](#)

 **Cancer:** Embracing your feelings and sentiments through caring for and nurturing others

Balanced: receptive, accepting, nurturing, caring, gentle, protective, reflective

Over-Emphasized: brooding, hypersensitive, overly concerned, smothering, stuck in the past

Under-Emphasized: withdrawn, defensive, disconnected, cold, detached, uncaring, reclusive

Resource: [Video on Cancer](#)

 **Leo:** Expressing yourself through creativity, playfulness, and sharing who you are with others

Balanced: self-expressive, creative, playful, self-assured, loving, generous, giving, passionate

Over-Emphasized: self-centered, arrogant, melodramatic, demanding, boastful, attention-seeking

Under-Emphasized: frigid, apprehensive, self-rejecting, withholding, lackadaisical, despondent, drab

Resource: [Video on Leo](#)

 **Virgo:** Developing your skills and abilities through improving yourself, your environment, and helping others improve

Balanced: bettering, improving, organizing, enhancing, growing, assisting, helping

Over-Emphasized: perfectionistic, controlling, nit picky, obsessive-compulsive, workaholic

Under-Emphasized: deteriorating, stagnating, disorganized, careless, depreciating, disdain

Resource: [Video on Virgo](#)

 **Libra:** Keeping balance and mutuality through conscientious action in relationships

Balanced: conscientious, moral, cooperative, fair, just, agreeable, impartial, harmonious

Over-Emphasized: overly agreeable, dependent, giving power away, selfless, self-depreciating

Under-Emphasized: indecisive, passive, unconcerned, immoral, morally gray, uninvolved, straddling

Resource: [Video on Libra](#)

 **Scorpio:** Exposing the truth through deep involvements and penetrating the depths of life

Balanced: transparent, honest, vulnerable, penetrating, accepting, bonding, open, non-attached

Over-Emphasized: over-exposing, grim, gloomy, cruel, vindictive, hurtful, lustful, grotesque, disregarding

Under-Emphasized: secretive, suspicious, possessive, mistrusting, spiteful, power-seeking, overly-attached

Resource: [Video on Scorpio](#)

 **Ophiuchus:** Healing yourself and others through redeeming the physical and instinctual natures

Balanced: regenerated, spirited, transmuted, revived, renewed, connected with life

Over-Emphasized: purely instinctual, mind-identified, destructive, sadistic, enslaving the material

Under-Emphasized: fearful, guilt-ridden, tempestuous, desirous, empty, wanting to be enslaved

Resource: [Video on Ophiuchus](#)

 **Sagittarius:** Exploring life and life's purpose through expanding your mind, body, and spirit

Balanced: adventurous, philosophical, open minded, optimistic, freedom-loving, purposeful

Over-Emphasized: self-righteous, preachy, dogmatic, condescending, excessive, impractical

Under-Emphasized: closed-minded, adrift, aimless, restraining, pessimistic, doubtful, inhibited

Resource: [Video on Sagittarius](#)

 **Capricorn:** Building a legacy through discipline, patience, and perseverance

Balanced: responsible, committed, hard-working, mature, determined, dedicated, persistent

Over-Emphasized: harsh, rigid, overcautious, restricted, inhibited, cold, detached, obsessed with success

Under-Emphasized: impatient, fainthearted, uncommitted, defeatist, negligent, immature, irresponsible

Resource: [Video on Capricorn](#)

 **Aquarius:** Changing the world through innovative ideas and inducing social change

Balanced: progressive, inventive, humanitarian, unconventional, eccentric, envisioning

Over-Emphasized: rebellious, radical, dictating, fanatical, extreme, chaotic, outlandish, deviant

Under-Emphasized: undisciplined, impractical, detached, impersonal, aloof, disorganized, anti-social

Resource: [Video on Aquarius](#)

 **Pisces:** Seeking and finding peace through connecting with the ebb and flow of life

Balanced: intuitive, present, tranquil, trusting, mindful, empathic, compassionate, connected

Over-Emphasized: unconscious, ungrounded, delusional, escapist, living in a fantasy, mindless

Under-Emphasized: lack of faith, hopeless, apathetic, callous, nihilistic, over-thinking, stressed

Resource: [Video on Pisces](#)