Mastering the Zodiac

Sign Meanings

**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- **Under-Emphasized:** deceptive, dishonest, anti-social, disinterested, indifferent, vague, withdrawn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- **Under-Emphasized:** withdrawn, defensive, disconnected, cold, detached, uncaring, reclusive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, disdaining

**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

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