Moonday.app

The Signs

Twelve ways of being, from Aries to Pisces

If the planets are the actors and the houses are the stages, the signs are the way each part is played. A sign shows *how*: how you act, love, think and move through the world.

The Sun travels through all twelve signs once a year. The moon makes the same trip in about four weeks, spending two or three days in each sign. That is why every *Moonday* has its own flavor, and its own movement.



The signs in their order, colored by element

> ***Each sign is a way of expression, the how of your story. And each one has its own movement, so you can feel it in your body, not just think about it.***

The elements and modes

Each sign has two ingredients: an element, which is what it is made of, and a mode, which is how it moves: starting things, keeping them going, or changing them.

	Cardinal Create, take action, initiate	Fixed Build, maintain, control	Mutable Adapt, organize, change and transform
Fire Intuition, ego recognition, possibility	♈ Aries	♌ Leo	♐ Sagittarius
Earth Sensation, security, managing reality	♑ Capricorn	♉ Taurus	♍ Virgo
Air Thought, communication, social interaction	♎ Libra	♒ Aquarius	♊ Gemini
Water Emotion, response, instinctual depth	♋ Cancer	♏ Scorpio	♓ Pisces

Six pairs of opposites

Like the muscles that bend and straighten your arm, every sign has a partner across the zodiac. When one side is overdone, the other is often missing. Cross-training the two movements brings you back into balance.

ME AND WE



Aries *The Pioneer / Warrior*

Bold, direct and fiery. Aries takes charge and creates an identity all its own.

CARDINAL FIRE · independent · courageous · pioneering

⇄



Libra *The Diplomat / Dancer*

Graceful and fair. Libra seeks balance, beauty and rapport with others.

CARDINAL AIR · balanced · cooperative · artistic

TAKING IN AND GIVING OUT



Taurus *The Gardener*

Slow, steady and sensuous. Taurus savors nature and stops to smell the roses.

FIXED EARTH · stable · practical · the senses

⇄



Scorpio *The Deep Diver*

Focused and intense. Scorpio goes deep and gives from a place of fullness.

FIXED WATER · deep feeling · transformative · generous

FACTS AND MEANING



Gemini *The Messenger*

Curious and quick. Gemini loves information, keeps it light and notices signs.

MUTABLE AIR · curious · communicative · versatile

⇄



Sagittarius *The Explorer / Seeker*

A free spirit with a thirst for meaning, traveling far in the world and the mind.

MUTABLE FIRE · philosophical · adventurous · enthusiastic

NURTURE AND ACHIEVEMENT



Cancer *The Nurturer*

Soft and protective. Cancer soothes, supports and heals, and makes a safe home.

CARDINAL WATER · nurturing · protective · emotional

⇄



Capricorn *The Climber*

Patient and ambitious. Capricorn thinks long term and keeps climbing to the top.

CARDINAL EARTH · responsible · persevering · ambitious

THE HEART AND THE GROUP



Leo *The Performer*

Warm and expressive. Leo shines with no apologies and creates from the heart.

FIXED FIRE · expressive · creative · dramatic

⇄



Aquarius *The Free Thinker*

Inventive and free. Aquarius marches to a different drummer, with kindred spirits.

FIXED AIR · independent · humanitarian · unconventional

THE DETAILS AND THE WHOLE



Virgo *The Craftsperson*

Careful and helpful. Virgo sees the details others miss and wants the very best.

MUTABLE EARTH · diligent · helpful · efficient

⇄



Pisces *The Mystic*

Sensitive and compassionate. Pisces knows without knowing how it knows.

MUTABLE WATER · sympathetic · mystical · intuitive

From head to toe

The signs also map onto the body, starting with Aries at the head and ending with Pisces at the feet.

Aries
The head (think of rams butting heads)

Taurus
The organs of taking in: mouth, tongue, esophagus and stomach

Gemini
Hands and fingers, lungs, windpipe, voice box and the nervous system

Cancer
The breast, the womb and the lap

Leo
The heart, and the spine for standing tall

Virgo
The abdomen, spleen and small intestine, which sort the good from the bad

Libra
The lower back, hips, pelvis and kidneys, and the glands (the endocrine system)

Scorpio
The sexual organs and the large intestine

Sagittarius
The thighs and the liver

Capricorn
The knees, bones and teeth

Aquarius
The ankles, calves and shins, the circulation and the energy meridians

Pisces
The feet and toes, the lymphatic system, chi, subtle energy and the chakras

The signs and the moon

The moon moves into a new sign every two or three days. Each *Moonday*, find the **moon's sign**, try its movement, and notice how its themes show up in your day.

Your own **Sun, Moon and rising signs** are the ones you'll feel most strongly. Start with those, then explore the rest.