

The Moon in Aries

The sign that your Moon occupies shows the language you speak to meet your subjective safety needs and operate your Emotional Guidance System. The element of the sign is the dominant language and gives specific guidance about how and why you express your Moon. The sign itself is a dialect of that language and provides additional information, specifically about your subjective safety needs.

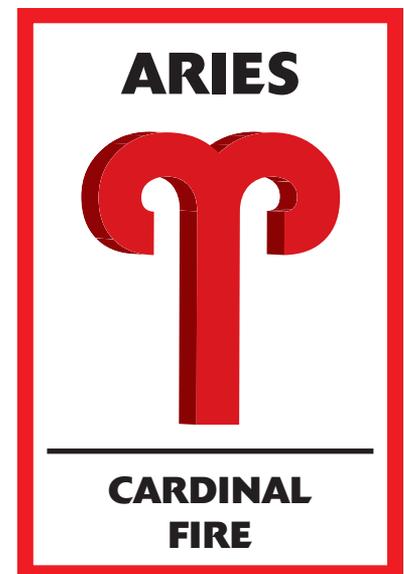
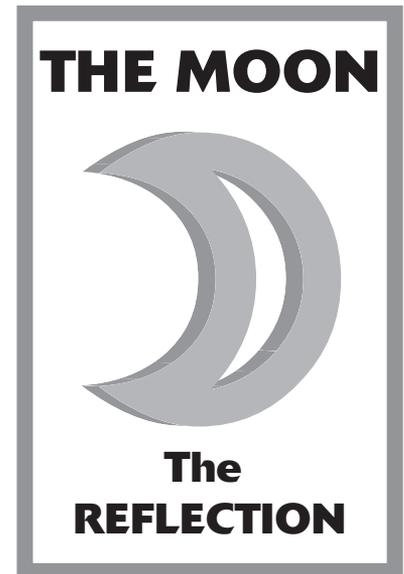
JOURNAL QUESTIONS & INSTRUCTIONS

Read the descriptions below, and then go back and revisit each of the earlier journal questions. Review your answers, and then expand on them, incorporating the new information about the language you speak. Focus on how and why you express the Moon.

Moon in Fire Signs

With the Moon in a Fire Sign, you have a Fire Safety Checklist. You need to be able to take action, expend energy, and express yourself freely to feel safe. You need to be active, and it doesn't matter if you're being proactive or reactive. In every situation, you need to be able to express your personal, subjective truth, although this truth is more concerned with the external appearance of the situation than it is with the internal essence of it. Rigid boundaries, limitations, and restrictions will be the most threatening experiences for you. Although you are more comfortable with the abstract, external, reality-based qualities of the language of Air than you are with the internal, concrete, receptive qualities of the language of Water, at least you have the ability to express yourself to some degree in either of those languages. What you can't abide is feeling like you have no options and no escape.

You are comfortable experiencing your feelings and emotions so long as those feelings and emotions are intense and expressive. The big feelings such as joy and anger are difficult to contain, and therefore they have an external, expressive quality. You are less interested in the subtler, internal feelings. On their own, feelings won't drain your Safety Need Account, but if a feeling isn't particularly intense, you might not notice it.



The Moon in Aries

The Moon in Aries feels safe when she is free to act spontaneously, without limits or restrictions. She needs to be able to respond to inspiration and express herself authentically in the Present Moment. All boundaries and limitations feel threatening to the Moon in Aries. When threatened, the Moon in Aries will take immediate action to defend herself; however, others often perceive this to be a counter-attack. The Moon in Aries experiences feelings with absolute honesty and integrity. The Moon in Aries is most vulnerable to pride, which can inflate the importance of your feelings to the degree that you are not aware of anyone else's feelings, and to anger, which can trigger inauthentic action.

When you are in Right Relationship with the Moon in Aries, you are fully anchored in the Present Moment. In every situation, you respond, rather than react. As passionate as your feelings and emotions may be, you always express them in a manner that is appropriate to the context and the environment. Because you are fully present, you experience your feelings and then release them. You rarely create stories around your experiences or dwell on the past. What matters is what you are feeling now. You recognize that your feelings are not the effect of anything in your “little r” reality: they are the cause of it. Even though your first instinct is to take action each time you feel threatened, you are able to stay present and surrender this impulse. When you are genuinely inspired to take action, that action is always appropriate. You understand how to defend without attacking. Your actions are aligned with power, rather than force, and they actually restore the balance in your Safety Need Account. You take authentic, focused action in the world of form, when appropriate. Most of the time, however, you realize that the only action you need to take is to **choose the best-feeling thought currently available to you.**

When you are out of alignment with the Moon in Aries, you are at the mercy of your feelings and emotions. You may not even be aware that for you, there is no difference between a feeling and an action—or more accurately, a reaction. Because you are not anchored in the Present Moment, you create stories around your feelings, especially when you feel hurt or angry. These stories will usually involve pride, as you justify your resentments and gather evidence that proves that you are right. The time you spend caught up in your stories means that when you act, you are reacting to a threat that is no longer present. Because the action you take is force, not power, it creates a counter-force, which you experience as a new, and usually escalated threat. No matter what the situation, you are always at war. This has been going on so long that it is familiar to you, and you no longer notice that you live in an almost perpetual state of stress and defensiveness. Because you vent all of your emotional energy at once when you react, you may not even realize how often you are overcome with anger or how short your temper is.