

The Moon in Cancer

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 Water Signs

With the Moon in a Water sign, you have a Water Safety Checklist. You need emotional and energetic connections to feel safe. In every situation, you must have a clear, concrete understanding of what you are feeling. You use these feelings to evaluate the situation and consider how it affects you, personally. The feelings themselves do not have to be pleasant for you to feel safe; they merely have to be familiar. You create a context for your safety by associating what you feel at the moment with similar feelings you've experienced in the past.

This can become challenging when you connect with emotions as well as with feelings. Emotions are feelings with stories attached to them, and even though these stories may have little to do with the current situation, they can often color it through association, complicating the safety evaluation. If the feeling is familiar, it's subjectively safe, so it won't drain your Safety Need Account. But if the feeling is associated with an emotion or story of a time when your needs were not being met and you felt unsafe, that association will cause you to feel unsafe.

Without some kind of emotional anchor, you will feel subjectively unsafe and even threatened. The more objective, abstract, rational, and impersonal a situation is, the less safe you feel. Words alone are not enough for you to feel safe. You need to understand the subtext, the context, and what is being communicated beneath the surface.



The Moon in Cancer

The Moon in Cancer feels safe when she is able to form emotional connections with others. She seeks to nurture, and to be nurtured, and to transcend the fears of isolation inherent in the “little s” self. When these connections are refused, interrupted, or blocked in any way, she feels threatened. When the Moon in Cancer feels unsafe, she simultaneously withdraws into her shell for protection, and extends herself, attempting to form new emotional bonds. The Moon in Cancer experiences the full range of emotions and feelings, with great intensity. She is particularly skilled at making subtle distinctions between different vibrations. The challenge for the Moon in Cancer is to avoid creating attachments to emotional connections. Attachments make you vulnerable to anger when those attachments are threatened, and grief when they are disrupted.

When you are in Right Relationship with the Moon in Cancer, you experience the truth that you are connected to all of creation. You are absolutely safe at all times, because no matter what you experience in your “little r” reality, you know that Divine love is always present. You know that you are enough and you have enough. More importantly, you know that there will always be enough of whatever you need, because abundance is the nature of the Universe. In short, you align with the truth that God is your Source for all things. The emotional and energetic connections you share with others are an expression of unconditional love. You connect from the heart, without any attachment to or interference from the world of form. When others turn to you for support (as they frequently do), you surround them with love and compassion. You do not give them your energy in order to restore the balance in their Safety Need Accounts; instead, you surround them with spiritual truth, and from this expanded context they discover the truth that they, too, are always safe.

When you are out of alignment with the Moon in Cancer, you lose touch with your “Big S” Self, and believe that your source is somewhere outside of you. You feel isolated and alone, and see nothing but lack and limitation in your “little r” reality. You believe that you cannot survive on your own, so you seek out emotional connections with others to be sustained by their energies. Initially, these emotional connections make deposits in your Safety Need Account. However, the attachments that you form to these connections soon drain your Safety Need Account faster than the emotional connections can fill it. You may fall into the depths of Victim Consciousness, giving up more and more of your power in order to have others take care of you. This drags you down to the levels of fear, grief and eventually apathy. To avoid feeling this pain, you may move out of “My Business,” and into “Other People’s Business.” You spend all of your energy taking care of others and helping them to avoid their pain. You wear a mask of compassion that hides your inner anger and resentment that no one cares for you the way you care for them.