

The Moon in Libra

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 Air Signs

With the Moon in an Air sign, you have an Air Safety Checklist. You need to have an abstract, objective, intellectual understanding of the situation to feel safe. Words are exceptionally important to you because you are primarily concerned with the impersonal, external appearance of reality. If you can describe and define a situation (or at least how it appears), you can believe that you understand it, and once you understand it, it's no longer subjectively threatening. Effectively you can feel safe by *telling* yourself that you are safe. Of course, this works both ways: if you tell yourself you are not safe, that will also become your reality.

Because you rely so heavily on objective, external, abstract appearances, emotions will be especially challenging for you. Emotions and feelings operate beneath the surface, and often defy clear, logical categorization or definitions. They are irrational, personal, and unconscious, and therefore subjectively unsafe for you. The deeper and more sustained the emotion, the greater the level of discomfort, and the more it will drain your Safety Need Account.



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The Moon in Libra feels safe when she is able to initiate emotional connections that embody balance and beauty. What matters to the Moon in Libra is how things appear on the surface; as long as the surface is placid, she feels safe. Anything that upsets this balance, such as conflict, is a threat. When threatened, the Moon in Libra will do whatever is necessary to restore at least the appearance of balance and harmony. The Moon in Libra is the most comfortable with calm, pleasant emotions, and prefers to avoid emotional intensity. The Moon in Libra can easily create attachments to being validated by other people. This makes her vulnerable to shame (believing that she is bad and undeserving of love). To avoid this pain, you may step into “Other People’s Business” where you can experience anger at your partners, and pride in knowing you are right and they are wrong.

When you are in Right Relationship with the Moon in Libra, you are able to express and communicate your feelings in relationship while respecting appropriate interpersonal boundaries and maintaining a dynamic, yet authentic balance with your partner. You know that true balance is not static. The purpose of interpersonal relationships is to support each other in expressing the “Big S” Self. The only way to do this is to be fully present and express your needs and feelings, while staying within the confines of “My Business.” You are skilled at expressing your needs without creating attachments to a specific outcome or position. You can have a preference that is not shared by your partner without this apparent conflict draining your Safety Need Account. You can “agree to disagree” with your partners. This avoids value judgments about who is right and who is wrong. Justice is what matters to you, and you accept that sometimes what is just does not appear fair.

When you are out of alignment with the Moon in Libra, you will do anything to avoid conflict or disharmony. You believe that the only way you can feel truly safe is to maintain the appearance of calm in every area of your life. You actively avoid discomfort or unpleasant feelings, often denying that they exist and sweeping them under the metaphorical rug. If charm and flattery don’t work to get others to agree with you, you give in and accede to your partner’s wishes. If you keep your partner happy, they will love and appreciate you, and then you’ll finally feel safe. In order to do this, however, you give away your power and deny your “Big S” Self. You suppress your needs, your desires, and your right to express yourself as an individual. You step out of “My Business,” and into “Other People’s Business,” doing your best to please your partner. Not only does this drain your Safety Need Account, but it also creates more instability in the relationship. Two people can’t balance on a seesaw if they’re both sitting on the same end. You keep expecting that your partners will notice what you do for them and reciprocate, but this never happens.