

# Modality Languages

The three modalities are Cardinal, Fixed, and Mutable. The Cardinal signs are Aries, Cancer, Libra, and Capricorn; the Fixed signs are Taurus, Leo, Scorpio, and Aquarius; and the Mutable signs are Gemini, Virgo, Sagittarius, and Pisces. The modality language describes how a planet expresses. This governs how the planet meets the needs of its Universal Puzzle Pieces and how the planet goes about managing the affairs of the personal puzzle pieces of the houses it rules.

## Cardinal Language

When a planet speaks a Cardinal language, it views each of its associated puzzle pieces as external objectives. It sees a clear target and a final destination, and expects that once it reaches that destination, it will have fulfilled all of the needs and concerns of the Universal and personal puzzle pieces.

The Cardinal language only gets one shot to hit the target. Once a planet in a Cardinal sign pulls the trigger, there's nothing more that can be done: you either hit the target or you don't. For this reason, planets in Cardinal signs invest a tremendous amount of energy planning, strategizing, and anticipating obstacles and challenges to maximize the chances of hitting the target. All of this strategy is based on old information and past experiences, however. It does not adjust for the current conditions or allow for any new or unexpected obstacles.

If you miss the target, you start over again from scratch with a new target. You will adjust your strategy to address whatever unexpected problems interfered with the last attempt (whether or not those conditions still exist), and repeat the process.

The disadvantages of the Cardinal language are that it's always a "Moon shot" and most of the time, you're going to miss the mark. The "all-or-nothing" approach makes it difficult to make incremental progress because you view each attempt as a completely new experience.

The advantages of the Cardinal language are that when you do hit the target you make more progress and have greater success than would be possible with any other approach.

## Fixed Language

When a planet speaks a Fixed language, it views each of its associated puzzle pieces as resources that must be managed and sustained. Growth and progress are important, but not if that progress puts your current assets at risk. The status quo is of the utmost importance, and before taking action, the planet will look for ways to maximize the value of its current assets and resources because that could eliminate the need to take action or change anything about your current situation. If action

is required, the planet looks for slow, steady, incremental, sustained progress that creates the least amount of disruption to the status quo.

The primary concern of planets that speak the Fixed language is sufficiency, which is the root of the internal struggle. The need for growth is in constant conflict with the fear of loss or lack. The progress of planets in Fixes signs is often glacially slow because the planet must evaluate its resources after every step before it will take the next step.

Planets that speak a Fixed language have tremendous inertia. It takes a tremendous amount of effort and energy to get them to start moving...and then it takes just as much effort and energy to get them to stop or to change direction.

The disadvantages of the Fixed language mostly involve inertia. Any change of the status quo is a profound struggle and will be met with significant resistance.

The advantage of the Fixed language is also its inertia. Once a planet in a Fixed sign gets moving, it will stay moving. It has immense stamina, and will continue working (slowly) towards its objective, wearing down any and all obstacles it may encounter along the way.

## **Mutable Language**

When a planet speaks a Mutable language, it views each of its associated puzzle pieces as journeys with no fixed destinations. Although these planets may not be fully conscious of their true motivations, their primary concern is that they are able to keep moving without delay or interruption. They are more than willing to change course to adapt and avoid any obstacles in the path, and are happiest when their alleged destination is visible yet far, far away.

When a planet speaks a Mutable language, everything is really about the journey and nothing is about the destination. Not only do planets in Mutable signs prefer to take the scenic route, they prefer to explore every possible path, no matter the direction. Mutable planets are just as likely to change the goal as they are to change the path to that goal. As long as they are moving freely, they are happy.

The disadvantage of the Mutable language is that it can lack focus, structure, and direction. Planets that speak a Mutable language can get lost, and so distracted that they fail to address their needs or manage the affairs of the houses they rule.

The advantage of the Mutable language is that it is able to respond, adapt, and change with great agility. Planets that speak a Mutable language live in the present moment and consider the range of options that are currently available. They then improvise a solution that lets them continue their journey along their chosen path.

## QUALITIES of the MODALITIES

The table below compares some of the qualities of the three modalities

	CARDINAL	FIXED	MUTABLE
Function	Initiate	Sustain	Complete
Core Issue	Identity	Self Worth	Healing
Time Orientation	Past	Future	Present
Under Pressure	Focus	Solidify	Scatter
Learning Style	Visual	Kinesthetic	Auditory
Conflict Style	Attack	Defend	Avoid
Triggered Behavior	React	Resist	Respond

### FUNCTION: Initiate vs. Sustain vs. Complete

The Cardinal language initiates. Planets that speak a Cardinal language always start from scratch and treat each target, objective, or project as a brand new venture. This is seen in their “shoot the moon” approach. The minute something becomes routine they lose interest. The only way to get a planet in a Cardinal sign to complete an ongoing project is to break it up into individual objectives and tasks so that each step in the process seems to be something new and unique.

The Fixed language sustains and maintains. Planets that speak a Fixed language are primarily concerned with sufficiency and with making sure that they have enough. These planets have the greatest amount of inertia and the greatest resistance to change. They seek out ruts and routine, and prefer the path of least resistance.

The Mutable language adapts, changes, and ultimately looks for wholeness and completion. Planets that speak a Mutable language know that the current cycle must come to an end so that the next cycle can begin. However, they want to be certain that they haven’t overlooked anything. They won’t be satisfied until they’ve explored every possible path and considered every possible option.

## CORE ISSUE: Identity vs. Self-Worth vs. Healing

The core issue of the Cardinal language is identity. The underlying false belief is “I’m bad,” and when planets express through the Cardinal language, they hope to demonstrate that they are fundamentally good. Planets that speak the Cardinal language are most afraid that they will fail, make a mistake, or somehow be wrong because they unconsciously believe that if you are wrong, something is wrong with you, personally.

The core issue of the Fixed language is self-worth. The underlying false belief is “I’m not \_\_\_\_\_ enough” (fill in the blank), or more simply, “I’m not enough.” When planets express through the Fixed language, they hope to demonstrate that they are worthy and sufficient. Planets that speak the Fixed language are most afraid that they will run out of resources and experience lack and scarcity. They believe that if you don’t have enough it’s because you yourself are not enough.

The core issue of the Mutable language is healing and completion. The underlying false belief is “I’m incomplete.” Planets that speak a Mutable language know that their ultimate goal of wholeness and perfection is unattainable, and fear that whenever they reach the end of their journey, they will still be incomplete. This is why planets that speak the Mutable language never make it to their destination and are constantly changing course, adapting, changing, and exploring overlooked possibilities.

## TIME ORIENTATION: Past vs. Future vs. Present

Planets that speak a Cardinal language are oriented in the past; they operate based on old information. They adapt their strategy to account for any obstacle they have encountered in the past, whether or not that obstacle is likely to be a problem in the present or the future.

Planets that speak a Fixed language are oriented to the future; they are less concerned with the current state of their resources and more concerned with the future of their resources. Planets that speak a Fixed language are always anticipating future lack and planning ways to resist any upcoming changes.

Planets that speak a Mutable language are oriented in the present; they express based on the current conditions without consideration of historical context or probable outcome. The downside of this is that they lack a broader perspective and can easily be blown off course.

## UNDER PRESSURE: Focus vs. Solidify vs. Scatter

When planets that speak a Cardinal language are put under pressure, they focus and become single-minded.

When planets that speak a Fixed language are put under pressure, they solidify, gathering energy and resources and becoming more entrenched.

When planets that speak a Mutable language are put under pressure, they scatter, becoming diffuse and disorganized.

## LEARNING STYLE: Visual vs. Kinesthetic vs. Auditory

Planets that speak a Cardinal language are primarily Visual in their approach to learning. They absorb and retain information best when it can be seen. They think in terms of images and pictures.

Planets that speak a Fixed language are primarily Kinesthetic in their approach to learning. They need to have a hands-on experience. They evaluate information based on how it feels in the physical body.

Planets that speak a Mutable language are primarily Auditory in their approach to learning. They absorb information best when it's spoken and explained.

## **CONFLICT AND CHALLENGES: Attack vs. Defend vs. Avoid**

When a planet that speaks a Cardinal language is challenged, it attacks. It addresses the obstacle head-on. Often, these planets opt for a pre-emptive strike, retaliating before the actual conflict has started.

When a planet that speaks a Fixed language is challenged, it defends. These planets see trouble coming over the horizon and prepare for a siege. They dig trenches, put up walls, and clean out the bunkers so they can ride out the storm.

When a planet that speaks a Mutable language is challenged, it avoids. These planets will adapt, change direction, and alter their course if it means they can escape a conflict or a challenge. Planets in Mutable signs want to keep moving; conflicts and challenges interrupt the flow.

## **TRIGGERED BEHAVIOR: React vs. Resist vs. Respond**

When a planet that speaks a Cardinal language is triggered, it reacts. The behavior is instinctive, impulsive, and immediate. Because planets that speak a Cardinal language are focused in the past, when they react to a trigger, the reaction is not always appropriate or about the current situation.

When a planet that speaks a Fixed language is triggered, it resists. Planets in Fixed signs have tremendous inertia, and the default position with regards to any change is, "No!" It takes time and considerable energy to get a planet in a Fixed sign to accept change. Once it does change, the change becomes the new normal, and inertia takes over once more.

When a planet that speaks a Mutable language is triggered, it responds. Planets in Mutable signs operate in the present moment, so they consider the trigger and can choose an appropriate response. However, that response may only consider the immediate situation. It addresses the symptom, but not the cause.

# Modality Language Template

These exercises will help you to assemble the Modality Language Templates. You will fill in the blank with the relevant Universal Puzzle Piece or personal puzzle piece that you are considering. You will replace the **Modality** variables with the appropriate options from the list below.

You view \_\_\_\_\_ as **[Modality 1]**

To pursue \_\_\_\_\_ you **[Modality 2]**

Your biggest fear involving \_\_\_\_\_ is **[Modality 3].**

When you are threatened in the pursuit of \_\_\_\_\_ you will  
**[Modality 4].**

## Modality Language Variables

### **MODALITY 1: Objective**

#### **CARDINAL**

... an external objective or destination to be reached.

#### **FIXED**

... a resource that must be managed and sustained.

#### **MUTABLE**

... an evolutionary process and a journey with no fixed destination.

### **MODALITY 2: Expression/Action**

#### **CARDINAL**

... identify the target, strategize, anticipate obstacles based on past experiences, and then take your shot. If you miss the target or encounter an unexpected obstacle, you will regroup, choose a new target, adjust your strategy to avoid the last obstacle, and try again.

#### **FIXED**

... explore every opportunity to maximize your current assets and avoid the need to take action that would change anything about your current situation. If action is required, you prefer slow, steady, incremental, sustained progress that creates the least disruption to the status quo.

**MUTABLE**

... take stock of your current situation in relation to your ultimate goal. Evaluate the goal and the path to the goal and adjust both the path and the goal to bring them into alignment so that you avoid obstacles and delays and can keep moving at all times.

**MODALITY 3: Fear/Trigger****CARDINAL**

... that you will fail, make a mistake, or somehow be wrong. You unconsciously believe that if you are wrong, it's because there is something wrong with you, personally.

**FIXED**

... that you will run out of resources and experience lack and scarcity. You unconsciously believe that you don't have enough because you yourself are not enough.

**MUTABLE**

... that you will reach your destination and your journey will end. You know that your ultimate goal of perfection is unattainable, and unconsciously believe that whenever the journey ends, you will still be incomplete.

**MODALITY 4: Threatened/Reaction****CARDINAL**

... react, taking immediate and impulsive action, usually making the situation worse.

**FIXED**

... resist, digging in your heels and putting up your defenses to give you time to consider your options.

**MUTABLE**

... respond, adapting, changing, or altering your objectives so that you can avoid any delays and keep moving.

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