

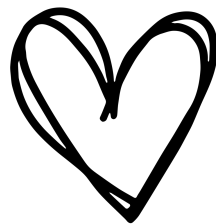
CHIRON HEALING REPORT



"I have woven a parachute out of everything broken."

-William Stafford

Integrating the Wound. Reclaiming our Power and Innate Gifts.



Introduction

An astrologer I had been following, whose work usually resonated with me, commented one day in her blog that she did not consider (in her readings) or believe in the asteroid Chiron. In fact, she scoffed at the idea and mocked a phrase, in an almost bully-like manner, associated with the Chiron wound: *What is wrong with me?*

For her, this dialogue was filed in her “Woe is me” folder that, in her words, she could not stomach. *Interesting.*

As a Chiron gal myself, this phrase – *What is wrong with me* – is etched deeply into my own psyche, a reverse mantra of sorts that I’ve worked to bring awareness to (and, even then, it sometimes returns, unbidden). I was, at first, stunned by this “wise” astrologer’s lack of compassion (when it came to Chiron, at least) and then, well, perturbed, by the ignorant nature of her message: it was like an emotionally detached mother chiding her child: *Oh, cry me a river or Get over it.*

But then I realized this: those are the words of someone with an unintegrated Chiron wound. In other words, unresolved trauma.

Chiron wounds hold power over us when we don’t acknowledge them and can cause us to be defensive, self-defeating, lost, stuck, or even a bully.

It’s important to note that Chiron wounds play out in one of two ways: the first is that we feel weak in that area of life and don’t even try (i.e., we take ourselves out of the game) and the other is that we overcompensate and, possibly, over-achieve in that area, and may come across as ego-centric or with a chip on our shoulder. These are, simply, opposite sides of the same coin that equal not loving ourselves deep-down.

Here’s the truth: no amount of achievement or success will give us satisfaction until we face the wound. We’re essentially learning, as we process our wounds, to accept and, yes, love ourselves. If you’re anything like me, the whole self-love dialogue might make you cringe a bit, but self-love truly is one of the keys to integrating and releasing our emotions around past trauma.

The first step is always admitting we have “a problem” or a mental block we may need support to move through, and healing begins with facing it.

Chiron wounds are formative. They shape us. While I am not sure we can fully *heal* our wounds, especially if healing is associated with fixing or mending our pain, I do believe we can and must integrate our buried pain, so that it does not control us – the reason many of us have struggled with addiction and self-defeating habits.

Once we understand and accept the wound as a necessary or, even, beautiful part of us, it is no longer relegated “to the shadows,” that is to say it no longer holds power over us. In a literary essay I wrote, called *Memories Without a Home*, I use the metaphor of the Japanese pottery method, Kintsugi, that uses broken bits and pieces to create vases that are considered unique and beautiful because of their cracks.

Another simple truth: once we accept something we are free from it.

An example of this is a woman I know who shares her experiences and teachings around “calm parenting,” and has gained substantial recognition over the last few years. Recently, someone she used to know showed up and threatened to tell the world about her juicy past. But because she had already shared pieces of her story with her followers and her account was based on authenticity, she wasn’t scared – or maybe she was, but she didn’t show it – and, so, she “outed” herself, sharing all the sordid details of her past and that person she no longer was. The result: even more “likes” and “follows” and, I imagine, purchases of her course. It seemed like it was one of her most successful posts out of many successful ones. Why? Because she accepted herself. She shared her truth. And this came through her words.

When we accept ourselves, especially the parts we are ashamed of and have tried to hide, we reclaim our power – we become empowered. And our innate gifts become available to us.

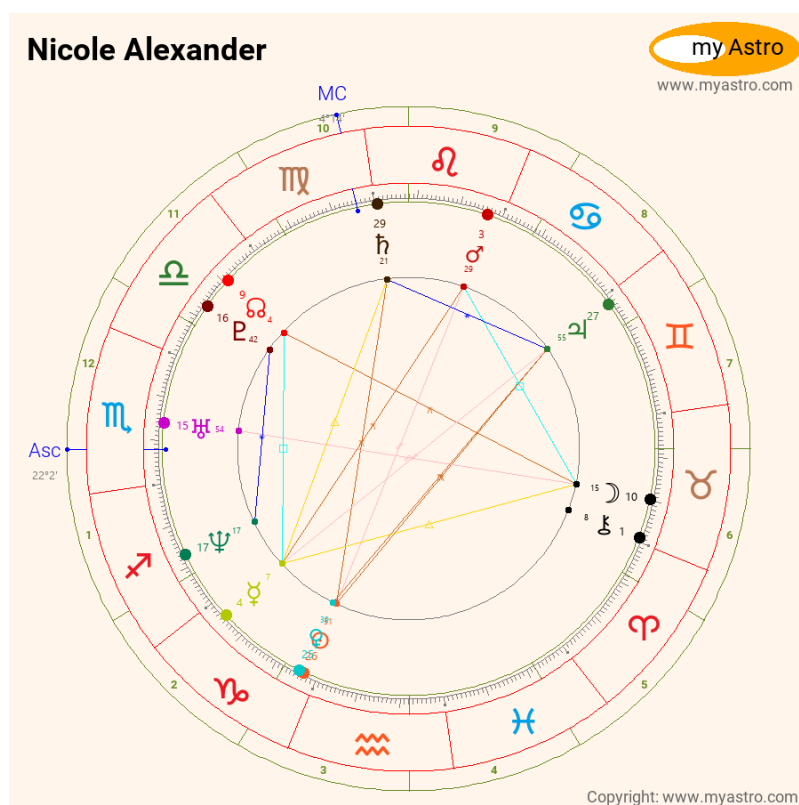
Chiron, in mythology and astrology, is known as the Wounded Healer. He was a mentor, guide, and teacher who carried his own wound of abandonment and used the wisdom and understanding, derived of his own pain, to support and teach others. Thus, with Chiron work the healing process tends to involve using the wisdom we have gained from our own wound to support or connect with others. This may include one-on-one work, but it doesn't need to; for many of us, counseling or one-on-one work drains us of vital energy, since we tend to be highly sensitive people; instead, we may choose work that reaches a larger audience but allows us to keep boundaries around our personal output.

In the Astrology natal chart, Chiron represents a raw place where we carry pain, often rooted in childhood or early life experiences, but also where we have the greatest capacity for healing, wisdom, and service to others.

This report explores Chiron in each of the zodiac signs (and corresponding houses), shedding light on the deeper meaning of “the wound” or buried pain, and presents a path forward: a way to become “unstuck.” It is meant to give you a window into your Chiron healing process. If you know the house, as well as the sign, where Chiron dwells in your natal chart, read both. If you don't and want to, you can use the following website to discover exactly where Chiron dwells in natal chart:

🌐 [Personalized Horoscopes, Astrology Reports, Astro Therapy, Relationship Forecasts, Syna...](#)

Below is an example of my natal chart from my My Astro. Chiron is the glyph that looks like a key. In my chart, it appears on cusp of my 5th and 6th houses.



As a related aside, you may find that you relate to multiple placements in this report. Chiron, in your natal chart, may be on the cusp of two signs and houses, as it is in mine, and it may “touch” personal planets (i.e., Mercury, Venus, and Mars) as well. We can also look through the lens of various charts, such as the progressed and solar charts. I, myself, relate to many of the Chiron placements due to the fact that Chiron makes a connection with A LOT of my planets – probably the reason this has become a piece of my life's work. Whoever thought so much wounding could bring me joy.

If you're reading this report, chances are that Chiron plays a big role in your chart and life, too.

The message of this report is this: uncovering the wound leads us to purpose and joy.

How to use this report: Use this report for guidance and choose the healing practices that resonate with you.

Each sign includes:

- *The Wound* (what may feel broken or stuck)
- *Body Part* (associated with the sign - *not an exhaustive list)
- *Themes* (the core of what we are working on)
- *How We Heal* (guidance around **holistic healing)
- *Journal Prompts* (to increase awareness)
- *Mantras* (for integration)

*Although there may be additional body parts or systems associated with each sign I have listed the main ones to be aware of; if this aspect of Astrology interests you there are many resources on the subject. One book that comes to mind is: *Your Body and the Stars: The Zodiac as Your Wellness Guide* by Stephanie Marango & Rebecca Gordon.

****Holistic healing** is about caring for the whole self: body, mind and spirit. We start by becoming aware of everything we ingest, including the food we eat, the environments we spend time in, the friends we surround ourselves with, the thoughts we listen to, the words we communicate to (and about) others (and ourselves), the sounds we hear (e.g., TV, videos, music), and the air we breathe. We must, piece by piece, tend to and connect with all the disparate parts of ourselves if we want to heal.

Chiron in Aries, or the 1st House

Don't let's ever be afraid of things. It's such dreadful slavery. Let's be daring and adventurous and expectant. – L. M. Montgomery (Anne of Green Gables)



Body Parts associated with Aries: Head and Face. There may be an actual wound, injury, or sensitivity to this body part and/or a symbolic wound, for example our ability to think and take

charge (“headstrong”).

The Wound: Several years ago, when I was trying something new (the flying trapeze off all things!) the teacher called out to me: “I believe in you, Nicole!” It was a phrase I wasn’t accustomed to hearing and my entire being and body responded: I stood a little taller and felt stronger, both internally and physically. Amazing what a simple phrase can do!

Later in the day, it occurred to me how foreign those words sounded and that I had rarely, if ever, heard them during my formative years. With Chiron in Aries, the wound is centered around one’s identity, self-image, and physical body. The wound is linked to our ability to “do,” achieve, or compete in the world ... and, ultimately, our survival.

This placement may bring feelings of inadequacy, self-doubt, or fear, often rooted in not receiving encouragement early in life. Perhaps, a parent or caretaker was competitive or even sabotaged (likely, inadvertently) our self-image, and they could have even usurped our independence or, conversely, caused us to fend for ourselves, stemming from the belief that we cannot trust others to do what they say they are going to do. Our healing path includes reclaiming our right to be here, reconnecting to our bodies, and accepting support.

Recall that our wounds may play out as deficiencies or excess, meaning we either don’t have confidence in ourselves and our abilities, and we display that to the world through our behavior, actions, mannerisms, and words or, on the flip side, we can come across as overly confident (i.e. overcompensation), and if we dig a little deeper it’s apparent that it’s not genuine confidence we’re feeling and expressing, but that it stems from a place of needing approval, of needing to prove ourselves over and over again. Essentially, we’re operating from a place of lack. A friend with this placement jokes that his father, a harsh disciplinarian, is the secret to his success because his inspiration was, at least in part, to prove his father wrong and show him (and the world) that he’s not the “bad kid” who was always getting into trouble; on the contrary, he’s a “winner.”

You may find you fit one end of the spectrum or that you fluctuate between the two.

Themes of this placement include building self-trust, courage, and resilience. Accepting ourselves fully and truly. Reclaiming our identity as strong and capable. Affirmations of belief and trust are transformative here.

How We Heal: Think Ted Lasso’s yellow and blue “Believe” sign. If you’re not familiar with the show, the point is that when we see and hear that someone believes in us, when we remind ourselves to *believe* and trust, we begin to heal the self-doubt and fear around our ability to thrive in the world.

Because this wound lands in the sign and house that rules our physicality, any practices, such as yoga and fitness, that enable us to become empowered in the body can be deeply healing. We heal by listening to our body’s needs and by reconnecting to our body.

Practice yoga or any type of purposeful movement that centers you. This is about claiming your place in the world through grounding and strengthening poses and exercises. You are rebuilding your “self,” like the foundation of a house or the roots of a tree, from the ground up.

Focus on the mind/body connection through breathing exercises that allow you to feel rooted, secure, and stable. The 4-part breath is my simple go-to breath practice that can be practiced anywhere:

Breathe in slowly and fully through your nose. Hold the breath at the top of the inhale. Let it out slowly and completely. Hold the breath at the bottom of the exhale. Begin again. Some people like to count the breath and, if this works for you, you can count to 5 on the inhale, hold for 2,

and count to 5 on the exhale, and hold for 2. Do this for 10 rounds and notice how you feel after.

Journaling Prompt: Think of a time when you surprised yourself by doing something you didn't think you could.

Can you identify the inner strengths, choices, or support that helped you achieve your goal? How does remembering this experience feel? Does it shift your perception of your own capability?

Follow-up prompts to deepen exploration:

- What are the stories I tell myself about what I can and can't do?
- Where might those stories have come from? Do they still serve me? (No need to go too deeply into this. We want to identify the root and then focus on the present, not the past.)
- What might it feel like to believe in myself? Hold this feeling, this belief in yourself and breathe into it. Imagine yourself strong, capable, and accomplished. How does this feel? It's okay if you don't quite believe it yet. Simply keep coming back to (and holding) this feeling that you are strong, capable, and accomplished just as you are.

Display these mantras in your home, or take them with you and glance at them throughout the day. When you sink into old feelings and habits that don't support your wellbeing and growth, read and say them.

Mantras:

I am capable of anything I put my heart and mind into.

I release fear.

I believe in myself.

I treat my body with respect and care.

I trust the wisdom of my body.

Chiron in Taurus, or the 2nd House

To lose our connection with the body is to become spiritually homeless. –Anodea Judith



Body Parts associated with Taurus: Neck, Throat, Vocal Cords. There may be an actual wound, injury, or sensitivity to these body parts and/or a symbolic wound, for example, to self-expression and being “heard.”

The Wound: When I started practicing yoga many years ago, I had the sensation that I was thawing out. Metaphorically speaking, I was frozen. Psychologically, I was in a freeze state. Slowly but surely, I began to feel my body’s rhythms and sensations again.

With this placement it is common to have a built-in defense mechanisms that cut us off from the wisdom and feeling-state of the body and create a mind-based reality, which causes suffering. The wound, here, is around our self-worth, linked to our ability to create in the world and earn money. Our connection with the physical world has been weakened in some way, and this may manifest in challenges with earning enough money, having enough stability and, in general, in building things in the external world, in whatever form that might take.

Recall that our wounds may play out as deficiencies or excess, meaning we may deprive ourselves of sensory delights or we may overindulge in them, for example sweets and other luxuries, in an attempt to feel whole and good. Since we don’t find what we’re looking for through food or material things, it becomes a vicious cycle. We may feel we never have enough income and resources or, on the other hand, we may hoard our possessions and resources out of fear. You may find you fit one end of the spectrum or that you fluctuate between the two.

Themes of this placement: Slowing down, taking things step by step, grounding, present moment awareness, true nourishment, food as medicine, connecting with the earth, and building self-esteem.

How We Heal: Slow down. Notice and observe your surroundings. Take them in. Enjoy the senses: a warm breeze on your skin, the scent of a flower or a homemade soap, the sound of birds chattering with one another. In this way, you begin to reconnect with your body, through the senses. Time in nature is one of the best remedies for this placement. Feel your bare feet on the ground. Swim in a pool or the ocean, if accessible – the feeling of water is healing.

Eat wholesome, fresh, and nourishing foods – eat them slowly, bite by bite, in order to savor the flavor and the feeling of being nourished, and to honor your body. Rather than overindulging in food or sweets, or going on a shopping spree, which is simply a misguided attempt to find nourishment and love, but leaves us feeling ill or anxious, at best, make the commitment to be present for yourself by doing things with intention and purpose, one step at a time.

Imagine your child-self and giving her or him the love and care you may not have received then. Neglect can be obvious or it can be subtle, and more about emotional support and well-being; even if you had a lot of “stuff” as a child and were well-fed and clothed, etc., you may not have received the care, affection, and attention (often in the form of presence) you truly needed.

Practice dance, tai chi, yoga, pottery, gardening, cooking, hiking or any other kind of practice that enables you to connect to your senses and/or the earth – notice what you see, hear, smell, taste, touch, and most importantly, *feel*. Medicinal herbs and teas can be very healing, i.e., food as medicine.

Focus on connecting to the sensory world around you and to really *feeling* each movement, breath, hands in the soil, steps on the earth.

Journaling Prompt: How do I currently seek comfort or nourishment? Do these practices truly fulfill and replenish me, or do they leave me feeling “stuffed” and, ultimately, empty?

If I trusted in my ability to build something step by step, what would I begin creating right now?

Follow-up prompts to deepen exploration:

- What stories or beliefs do I carry about my self-worth, and what I may or may not deserve?
- Where might those stories have come from? Do they still serve me? (No need to go too deeply into this. We want to identify the root and then focus on the present, not the past.)
- What does it feel like to trust this moment, right now, to hold and support me? Stay with this feeling and breathe into it. Imagine yourself stable, grounded, and abundant. How does this feel?

Display these mantras in your home or take them with you and glance at them throughout the day. When you sink into old feelings and habits that don't support your wellbeing and growth, read and say them.

Mantras:

I am worthy of abundance and ease.

I love and take care of myself, as I would a child.

I trust myself to build steadily, one step at a time.

I honor my body and allow it to guide me.

I am nourished, I am grounded, I am whole.

Chiron in Gemini, or the 3rd House

The quieter you become, the more you are able to hear. – Rumi



Body Parts associated with Gemini: Hands, Arms, Lungs, Nervous System. There may be an actual wound, injury, or sensitivity to these body parts and/or a symbolic wound, such as communication.

The Wound: It was hard to learn in the ways we were expected to and we may have felt singled out, picked on by peers and even teachers. The wound to one's ability to communicate, express thoughts, and learn, goes deep. You may cringe when you read on a job post seeking "a

fast learner,” and you likely learned in unconventional ways or needed more support in understanding concepts and reading/writing.

Early experiences may have left us doubting our intelligence or communication abilities. This includes the ability to be “quick witted” and we may sometimes feel that others don’t get our sense of humor, or our attempts at being funny and light-hearted. We may have a hard time seeing the humor or light-heartedness in situations, especially when young, and there could be a seriousness or heaviness about us. Or, perhaps, you were the class clown in an attempt to connect with others and prove your humor and communication skills.

Recall that our wounds may play out as deficiencies or excess, meaning we may doubt our ability to communicate and be reticent, or we may talk excessively, not allowing others space in the conversation. You may find you fit one end of the spectrum or that you fluctuate between the two.

Themes of this placement: Transcending challenges around learning, communication, or feeling smart enough, cultivating listening skills, light-heartedness and the ability to laugh at ourselves and life (i.e., not taking things so seriously).

How We Heal: Listening is key here. As is honoring our unique way of learning and sharing knowledge. Cultivate deep listening; we do this by first clearing the perspectives and thoughts that are not our own. We must quiet the mind chatter enough to truly listen, therefore an antidote for this placement is connecting to “the now” in order to reign in the scattered mind, as well as doing spiritual work around communication and learning and/or teaching.

Receiving support in matters of learning is valuable with this placement, and if this was not a possibility during our formative years, we have the opportunity as adults to give ourselves the support we did not receive early on and, potentially, to support others who have the same challenges.

Practice clear communication. Write out your thoughts or share your story. Breathe into emotions that come up around being misunderstood and imagine releasing them as you exhale out your mouth. Do Breath-of-fire through an “o” mouth (short, quick exhale out the mouth) to release pent up and stuck energy.

Focus on listening and learning in ways that support your individual style and method.

Journal Prompt: When have I felt understood and truly heard? What did that feel like in my body and heart, and how might I invite more of that experience into my life now? And, if, you can’t think of a time can you imagine now the feeling of being “heard” and understood? Stay with that feeling and breathe into it.

Follow-up prompts to deepen exploration:

- In what ways do I silence or edit myself out of fear of not being understood?
- What would communication look and feel like if I trusted that my voice had value?
- How might I bring more humor or playfulness into how I express myself and connect with others?
- If I were to teach or guide others who share similar challenges, what wisdom would I offer them?

Display these mantras in your home or take them with you and glance at them throughout the day. When you sink into old feelings and habits that don’t support your wellbeing and growth, read and say them.

Mantras:

I honor my unique way of learning and sharing.

My voice matters, and I trust my words.

I communicate clearly and well.

I listen deeply to others (and myself).

I allow lightness and laughter into my life.

Chiron in Cancer, or the 4th House

You are your own home. – Maya Angelou



Body Parts associated with Cancer: Chest, Stomach, Lymphatic System. There may be an actual wound, injury, or sensitivity to these body parts and/or a symbolic wound, such as emotional sensitivity or the inability to connect with emotions.

The Wound: The Wizard of Oz's Dorothy comes to mind, here. *There's no place like home.* With this placement, we can feel that life is a never-ending journey of searching for a lost home, or a place where we belong and feel safe. The Chiron in Cancer wound is around family, home, childhood, and our emotions. The watery realms of feelings and emotions are foreign and even scary to us, and it is likely that in childhood we learned to turn them off or compartmentalize in order to protect ourselves and, perhaps, to comply with our family members.

There may be a longing for emotional safety and unconditional love. The key to healing the Chiron in Cancer wound is to provide emotional safety for ourselves. This begins with learning to be at home within oneself.

Recall that our wounds may play out as deficiencies or excess, meaning we may be disconnected from our emotions or flooded by them. You may find you fit one end of the spectrum or that you fluctuate between the two.

Themes of this placement: Connecting with our feelings and emotions, building a sense of belonging and safety, letting go, going with the flow, nurturing ourselves and others, and

defining what home means to us.

How We Heal: Accepting ourselves with all our rough spots is the antidote to the Cancer wound. As we heal, we learn to accept the emotions that were deemed improper or “wrong” or “bad.” We learn to mother ourselves and take care of our own needs.

Since Cancer is a water element sign, taking baths, swimming, and being near the ocean or any body of water is healing. We are learning how to go with the flow of life, as well as accept our changing moods; we may compensate by attempting to control everything and our healing journey is about learning how to release control and realign with our own natural rhythms and the rhythms of nature and the world around us.

Read the [Serenity Prayer](#) (you can exchange God for a different word if you choose):

“God, Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”

Just like building a house, we are setting our internal foundation for wellbeing and comfort; we do this through tending to our needs and emotions with care.

Practice eating nourishing food, breathing exercises to “sit with” what comes up, and/or purposeful movement with breath in order to feel the body rather than run from it, which we do through all sorts of distractions and addictions. We slowly learn go with the flow rather than attempting to control everything, which can be done by connecting to the body and then to the present moment.

Focus on how you can create the feeling of home, not only through finding one in the external world, but through simple habits that honor your needs. Focus on accepting your emotions, especially the ones you want to hide.

Journal Prompt: In what ways can I nurture myself so that I may feel safe and at ease within?

Follow-up prompts to deepen exploration:

- When have I felt most “at home” in my life, whether in a place, relationship, or within myself? What made me feel that way?
- What emotions do I tend to push away or hide? How might I begin to honor them instead?
- In what ways do I already care for myself? Where might I offer myself more self-compassion or nurturing?
- How do I attempt to create control when I feel unsafe? What would it look and feel like to lean into trust instead?
- If I were to “mother” myself with unconditional love, what daily rituals or habits would I create?

Display these mantras in your home or take them with you and glance at them throughout the day. When you sink into old feelings and habits that don’t support your wellbeing and growth, read and say them.

Mantras:

I am my own safe place.

My emotions are valid and worthy of love.

I release the need to control and allow life to flow.

I belong to myself.

I am enough.

Chiron in Leo, or the 5th House

The day came when the risk to remain tight in a bud was more painful than the risk it took to blossom. – Elizabeth Appell.

This little light of mine I'm going to let it shine.



Body Parts associated with Leo: Heart, Spine, Upper back. There may be an actual wound, injury, or sensitivity to these body parts and/or a symbolic wound, such as to our creative expression and pride.

The Wound: A painful childhood memory: I was around 5 or 6 years old, at a summer day camp. One of the counselors forced me to get up in front of the whole camp to act out a zoo animal. I don't remember which animal but I do remember standing in front of the crowd and freezing up. I loved animals but didn't have the slightest idea how to pretend to be this particular animal – or the desire to. The counselor, agitated, forced my head down and attempted, aggressively, to get me into position. I stood, hunched over, frozen and humiliated, unable to comply.

Over time negative experiences around being “put on the spot,” scrutinized, or humiliated in front of others creates a block in the psyche and it becomes nearly impossible to be spontaneous and carefree when we have an audience. Finding safe and fruitful ways to connect to our inner child and playful side is deeply healing. Working with children, for this reason, can be extremely healing because it helps us to reconnect to our own inner child, especially work that gives children space to be playful, expressive, and spontaneous.

The Leo wound is one that affects our ability to perform and to be “seen.” You know those people that can get up in front of a large group of people and effortlessly command attention? Those are the Leos and fire signs of the zodiac. We may admire these natural leaders or be intimidated (or even put off) by them because we doubt our own ability to lead (and they can be “a lot” sometimes). As we heal this wound to our pride and child-like spirit we begin to find meaningful ways to create and lead in the world, such as teaching children, the healing arts, and working on our own creative projects to share with others.

Recall that our wounds may play out as deficiencies or excess, meaning we may fear sharing our creative gifts and/or our expression of love and affection, or we share or love from a place

of neediness, and potentially smother others (i.e. love bomb). You may find you fit one end of the spectrum or that you fluctuate between the two.

Themes of this placement: Inner child work/re-connecting to a sense of wonder and playfulness, developing public speaking skills, building confidence, healing arts.

How We Heal: Facing our fear of public speaking and being “seen” is the antidote to the Leo wound. We can do it in baby steps but we must move through the fear to get to the other side since shying away from being seen or heard only expands the wound and holds us back. Creative expression, such as writing and journaling, dance, or anything that allows us to release our fear and build our confidence. Teaching or working with children in the realm of creative expression can be deeply healing because we are giving to those children what we may not have received as children. Spiritual and personal development work around present moment awareness helps us to get out of our own way when it comes to being authentic and natural in front of an audience.

Spontaneous expression when we are not being observed or judged is part of the healing path. I love dancing and being silly with my young niece – playful movement can be healing and enlivening. Reflect on what helps you to get into that childlike heart space.

Practice loving yourself. It is true that there was a deep wound to our pride that may have affected our ability to love ourselves, and now our work is to do just that. Take a few moments to picture the child version of yourself, sit with her in your imagination, hug her and love her.

As the Marianne Williamson quote goes (note: you can substitute God for divinity, the universe, spirit, oneness, etc.): “Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”

Focus on creative expression and shining your light in safe and healing ways.

Journal Prompt: What brings me joy to create or express when no one is watching? How can I share even a small part of that joy with others?

Follow-up prompts to deepen exploration:

- Recall a moment when you felt free, playful, or fully yourself. How can you invite more of that feeling into your life now?
- Where do I fear being “seen” or “heard,” and what step could I take to move through that fear?
- In what ways can I allow myself to shine without fear of judgment?
- How can my creative expression or leadership help others feel more confident in themselves?

Display these mantras in your home or take them with you and glance at them throughout the day. When you sink into old feelings and habits that don't support your wellbeing and growth, read and say them.

Mantras:

I shine my light freely.

My creativity is a gift meant to be expressed and shared.

I love and accept the child within me.

It is safe to be seen and heard.

My light inspires others to shine too.

Chiron in Virgo, or the 6th House

There is a crack in everything, that's how the light gets in. – Leonard Cohen



Body Parts associated with Virgo: Abdomen, Intestines, Digestive System. There may be an actual wound, injury, or sensitivity to these body parts and/or a symbolic wound, such as our ability to “digest” circumstances.

The Wound: I joked once in an essay that in my younger years I was the type of perfectionist that didn't even get started on things for fear of not being perfect (or messing up). We all know that everyone makes mistakes and yet the Virgo wound has us believing we are not allowed to.

Here is a story to demonstrate where this type of wound stems from: when I was a child, I was excited to do the laundry. It was a self-appointed chore since there was not a lot of structure in my early environment. I was eager to please. My mother had deep and unresolved wounds of her own and, therefore, a compulsive need to control her environment. She must have become anxious when she realized I used hot water for “the colors” and let me know that I was permanently off laundry duty. She never gave me instructions (providing clear instructions was not her forte) or took the opportunity to teach me how to do it properly. Instead, she hastily and angrily cut me off from a job that could have provided me with much needed structure and taught me an important lesson around independence and discipline, as well as helped her out. What she taught me instead: she didn't trust me or believe I was capable. Mine was a household filled with yelling and shaming and no clear communication. My mother was stuck in the victim mode (complaining no one helped) but the truth was that she didn't allow anyone to help her.

Those of us with this wound may not have been given a fair chance to show that we could “do the work.”

Without the opportunity to learn from mistakes and build skills, and the confidence that comes from that process, self-doubt and fear ensue, especially if we have been yelled at and chastised for making a mistake. We tend to quit early with the mindset that we are not capable. This particular wound can lead to non-action and freezing up AKA procrastination, and we may shy away from work and, being of service in the world, and therefore develop a negative self-image. Someone close to us may have even labeled us as lazy (usually the culprit that caused the “lazy” issue in the first place), further instilling this detrimental view of ourselves. In order to begin the healing process, we need to release self-criticism, as well as our inclination toward criticism in general (we now have a tendency to criticize the world around us), which typically results when we feel our own needs have not been met.

Recall that our wounds may play out as deficiencies or excess, meaning we may procrastinate due to a fear of making mistakes and we may be overly critical of others’ mistakes. You may find you fit one end of the spectrum or that you fluctuate between the two.

Themes of this placement: Embracing imperfection. Discernment – discerning what is right and healthy for us. Letting go of what isn’t ours and what is not appropriate. Digestion. Synthesizing. Releasing self-judgement and criticism. Hard and honest work. Paying it forward.

How We Heal: Focusing on gratitude is key here. In the 12-step programs they call the negative voice in the head “the itty-bitty shi**y committee.” This always made me laugh. While I don’t contend that pretending we feel “positive” when we don’t is effective, re-training the mind to focus on gratitude, rather than what is “wrong,” can take us out of the negative spirals and be deeply healing. We need to hit pause on our default tapes, which are filled with “glass half empty” beliefs and nit-picky mental clutter that keeps us in an unhappy state of being.

Service and healing work is important here; it may not come naturally and we may shy away from helping others or being of service due to our deep belief that we are not capable, but in order to heal we must push out of the comfort zone, so that we can transform our pain into purpose.

Supporting our digestion process with a healthy and balanced diet and lifestyle (e.g., not overeating or eating at odd hours). Allowing ourselves and others to be imperfect and practicing making mistakes and accepting the present moment of life without the need to fix or correct (or complain about it). When we catch ourselves in negative thought spirals, focusing on everything that we believe to be wrong, we pause and breathe until we have enough space from whatever it is that we are upset about. We do our best to shift our mindset away from “the problem” to something helpful and constructive.

Spending time with small animals may also be healing for Virgo in Chiron natives; connecting with animals and nature often brings us out of a fixed or unsupportive mindset and into the present moment, and enables us to feel compassion and joy.

Practice being of service in the world and working, even and especially when we would rather quit or avoid. Pushing through so we get to the other side and feel a sense of achievement and success. Accepting this moment as it is. Accepting ourselves and others as we are.

Focus on eating food that nourishes you and structured routines, especially around eating and sleep habits so that digestion and circadian rhythms are supported.

Journal Prompt: Reflect on a time when making a mistake led to growth or clarity. What did you learn about yourself in that moment? How might you reframe your mistakes as part of your process rather than evidence of inadequacy?

Follow-up prompts to deepen exploration:

- Where in your life do you notice perfectionism stopping you before you even begin?
- How do you speak to yourself when you make a mistake? How might you offer yourself more compassion?
- In what ways can you practice being of service?
- What routines, rituals, or small daily habits support your body and mind in feeling grounded and nourished?
- When you feel caught in criticism (of yourself or others), what would gratitude sound and feel like instead?

Display these mantras in your home or take them with you and glance at them throughout the day. When you sink into old feelings and habits that don't support your wellbeing and growth, read and say them.

Mantras:

I accept this moment exactly as it is.

I choose to see the good in others and myself.

Each mistake is a stepping stone that leads me to the next place.

I am of service when I show up authentically, not flawlessly.

Chiron in Libra or the 7th House

Connection is why we're here; it gives purpose and meaning to our lives. – Brené Brown



Body Parts associated with Libra: Kidneys, Low back, Hips, Skin. There may be an actual wound, injury, or sensitivity to these body parts and/or a symbolic wound, such as our ability to connect (hips) or find balance in life (kidneys).

The Wound: An image of myself, in my early teaching days, comes to mind. My mouth is dry. My palms are sweaty. I'm simply not available to connect in this state of being. With this placement, there is a deep fear and need around being liked and accepted and, therefore, we tend to lose our center in our juggling act to fit in. We may not see ourselves as likeable or lovable. An early image of ourselves prevents us from seeing our own value and beauty, and we may have trouble connecting in our relationships and/or recognizing our own self-value.

There may be experiences of abandonment, betrayal, or challenges around finding balance in partnerships. Wounding in early relationships set the foundation; we build our worth around

how we connect with our early caregivers. Relationships and connection become the key to our healing process.

Recall that our wounds may play out as deficiencies or excess, meaning we may fear or withdraw from connection, or we may overextend ourselves. We may feel we are not attractive enough and, at the same time, focus excessively on our appearance and give the impression that we are self-absorbed or fixated on our looks. You may find you fit one end of the spectrum or that you fluctuate between the two.

Themes of this placement: Creating balance and harmony in our lives, learning to connect with others authentically, healthy and balanced relationships, true beauty comes from within, releasing the need to fit an image.

How We Heal: The Attachment theory, first developed by John Bowlby, explains how humans form bonds with caregivers, especially in infancy, to promote survival and security. With this placement, we likely fit into one of the three scenarios: Anxious Attachment (we become needy, clingy and fearful, even panicked in our relationships due to the potential of separation or loss), Avoidant Attachment (we block ourselves from intimacy and are not fully available to significant others or friends), or Disorganized Attachment (a blend of the two).

Doing work around the Attachment theory, learning what our style is and how we relate to others through this lens, can be deeply healing as we begin to change these patterns. It takes work and courage to face our wounds and make conscious changes—these may include ending relationships that perpetuate the cycle and trigger our attachment trauma or tendencies and learning to value ourselves. As we heal we feel our self-worth outside of others' approval and build relationships that honor reciprocity and respect.

Practice self-care, art, seeing things through other people's eyes, breathwork and yoga to find our own center.

Focus on creating balance in your life through practices, work, hobbies, and connections that align with your needs and soul purpose, and enable you to feel well and whole. Focus on connecting with others who share similar values as yourself.

Journal Prompt: What does a balanced connection look and feel like to you? How can you create more of that feeling in your relationships with others and yourself?

Follow-up prompts to deepen exploration:

- Where do I tend to over-give or abandon myself in order to keep the peace?
- How can I practice honoring both my needs and the needs of others?
- In what ways do I seek harmony at the expense of my truth?
- How can I honor both my needs and the needs of others without losing myself?
- Where in my life do I already feel supported, valued, and connected, and how can I expand on that?

Display these mantras in your home or take them with you and glance at them throughout the day. When you sink into old feelings and habits that don't support your wellbeing and growth, read and say them.

Mantras:

I am worthy of love, balance, and harmony.

When I honor myself, I deepen my connections with others.


I build relationships where I feel seen, valued, and respected.

My self-worth does not depend on outside approval.

I am whole and from that wholeness I connect.

Chiron in Scorpio or the 8th House

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. – Marianne Williamson



Learning +
Change =
Transformation

Body Parts associated with Scorpio: Reproductive Organs. There may be an actual wound, injury, or sensitivity to these body parts and/or a symbolic wound, such as eliminating what no longer serves us.

The Wound: I can hear it now: “You’re too sensitive.” When people said this to us, we felt shame, we felt wrong in some way, simply by being ourselves. If you have the sign Scorpio strong in your natal chart, in general, you know that sensitivity is both your superpower and your kryptonite. When the wound is in Scorpio you received the erroneous message early on in life that your sensitivity was a weakness that needed to be fixed and may even lead to humiliation, betrayal, or defeat. We, therefore, do everything in our power now to cover up this perceived weakness. We must now reclaim our sensitivity as our superpower. Forget those people that told us otherwise; our sensitive nature is our gift and path to healing.

This is a sign that symbolizes all that lives beneath the surface and, yes, it often involves trauma and darkness. When the wound is in Scorpio there may be a fear of going beneath the surface because we don’t want to discover what is down there; it feels too threatening. But when we do we discover, as Grover did, in the children’s book *The Monster at the End of This Book*, that it isn’t scary at all, at least not in the way we imagined. There is relief in facing our demons.

Addictive behavior and a draw to addictive relationships is something we may be working with, with the Scorpio wound. Underneath addictive relationships is simply the fear of abandonment and rejection, which is well within in our power to heal. Scorpio is the sign of transformation and when the wound lands here we may block our transformation for some time due to fear, however when we reconnect to our inner power there is no stopping us. As we learn to allow healing in we transform our lives.

Recall that our wounds may play out as deficiencies or excess, meaning, we may fear or withdraw from intimacy or, on the flip side, overindulge in it (or what mimics intimacy). You may find you fit one end of the spectrum or that you fluctuate between the two.

Themes of this placement: Learning to be vulnerable, trust our intuition and “let go and let God,” releasing secrecy, allowing support in, facing “the shadow”, embracing vulnerability, learning that transformation is the soul’s gift.

How We Heal: Brene Brown asserts that vulnerability is essential for a full life, even though it involves the risk of pain. She contends that numbing difficult emotions like shame and fear also numbs positive experiences and leads to a cycle of disconnection.

For Chiron in Scorpio natives, healing begins with allowing people to see us. This can feel very scary and we can do it one step at a time, so we do not feel overwhelmed. Therapeutic practices and 12-step programs are very supportive.

As we work on not abandoning or rejecting ourselves, as well as releasing our need to control our environment and others, we begin to heal. Being in control is simply a fear of letting go, and of trusting others and life to support us. When we start to feel safe, and as we practice accepting support, we begin to release the need to control.

Practice restorative yoga that emphasizes receiving support and letting go. Feel the floor and the props underneath you and practice softening your muscles and body and allowing yourself to be supported. Breathwork that helps you to release control in your mind. Letting yourself be seen in safe spaces: sharing a truth, a fear, or a tender part of yourself with someone you trust. Engage in shadow work, therapy, or journaling practices that allow you to explore your inner depths without judgment. Rituals that honor transformation, like meditation, breathwork, or symbolic release (burning or burying what you’re ready to let go of).

Focus on inner resilience, shifting the internal compass from secrecy to openness, from control to surrender, and from fear of betrayal to trust. Focus on the transformative power of vulnerability and intimacy, recognizing that allowing yourself to be seen is a path to authentic connection and healing.

Journal Prompt: What parts of myself do I hide out of fear of rejection, betrayal, or judgment? What would it feel like to begin sharing those parts, gently and in small ways, with people I trust?

Follow-up prompts to deepen exploration:

- How has vulnerability led me to deeper connection or transformation in the past?
- Where in my life am I being invited to trust more?
- What old fears or betrayals am I ready to release so I can step into more freedom and genuine relationships?
- What does true emotional safety look and feel like for me, and how can I create it?

Display these mantras in your home or take them with you and glance at them throughout the day. When you sink into old feelings and habits that don’t support your wellbeing and growth, read and say them.

Mantras:

My sensitivity is my strength.

Vulnerability is the doorway to my fulfillment.

I trust myself, my intuition, and the process of life.

From shadow comes light and from endings, rebirth.

As I face the dark I heal my heart.

Chiron in Sagittarius or the 9th House

It's the repetition of affirmations that leads to belief. And once that belief becomes a deep conviction, things begin to happen. – Muhammad Ali



Body Parts associated with Sagittarius: Thighs, Legs, Hips, Liver. There may be an actual wound, injury, or sensitivity to these body parts and/or a symbolic wound, such as our ability to be free and explore.

The Wound: When I think of Sagittarius, the eternal optimist comes to mind. It's that friend who roots you on and always has an uplifting or expansive way of viewing a situation that immediately makes you feel better. We like this friend so much because he or she is different from our own way of thinking or what feels familiar. We may have grown up in an environment that did not practice trusting in positive or desired outcomes. We likely adopted a self-defeating mind cycle and, along the way, learned became the little "I" with no support from the world around us.

When the wound is in this sign or house, we have trouble seeing the light at the end of the tunnel. Our experiences, which are rooted in our family of origin dysfunction or lack of higher wisdom, have taught us that it ain't there. So, we genuinely believe it does not exist. This placement could be titled the dark tunnel with no exit. Sounds pretty dreary, right? Oh, it is. Believe me, it is. But guess what? We can transform this tunnel of woe by simply changing our belief system. Yep. It will take work to get out of the habit of seeing the world in a limited way, or through a scarcity mindset, and it will feel unnatural at first but, over time, it will start to feel right and we begin to wonder how we ever embodied the "Debbie Downer" archetype.

Our ability to feel positive and hopeful about life and our future will develop and be transformed as we shift our mindset. Sagittarius' wound is about our truth, belief system, and the ability to feel free. This placement can manifest as feeling restricted, a lack of positivity about our life situations, judged for our beliefs, or wounded by philosophies and belief systems that don't serve or align with us.

Recall that our wounds may play out as deficiencies or excess, meaning we may block our access to opportunities and ability to receive abundance with a negative mindset, or we may be overly optimistic (i.e. unrealistic) and wind up in “the wrong” situations. You may find you fit one end of the spectrum or that you fluctuate between the two.

Themes of this placement: Belief systems create our world, believing in our right to a good life, living in the “flow,” opening ourselves to opportunities and possibilities, receiving abundance.

How We Heal: Positive thinking or Positive Psychology can be the antidote here to a negative outlook and, therefore, unfulfilling life experiences.

The 2nd step of the 12-step programs is valuable, here: “We came to believe that a power greater than ourselves could restore us to sanity.” Actively working on broadening and shifting our mindset and changing our perspective to a more supportive one via personal development books, videos, podcasts, etc.

The great outdoors is healing for this placement – hiking, bike-riding, kayaking, etc. Time spent with animals may also be healing. A Gratitude practice is important. Take time before a meal to sit quietly or say a silent prayer or mantra. Feeling gratitude throughout the day for all the things we have, especially the things we tend to overlook, is deeply healing and, like magic, those things start to expand. Try it.

Practice gratitude, opening to perspectives other than our own, learning about cultures and practices that are different from our own, open-mindedness, positive thinking.

Focus on exploration, seeing broader perspectives (like when in a hot air balloon or on top of a mountain), releasing judgement.

Journal Prompt: What is one belief that has kept me feeling small or limited? How might I reframe it into a belief that opens me to greater possibility, freedom, and hope?

Follow-up prompts to deepen exploration:

- What practices help me feel connected to something greater than myself?
- Where in my life do I already see evidence of abundance or opportunity?
- How can I bring more curiosity and open-mindedness into my daily experiences?
- Which beliefs or truths feel both different from my default or “norm” and authentic?

Display these mantras in your home or take them with you and glance at them throughout the day. When you sink into old feelings and habits that don’t support your wellbeing and growth, read them and say them silently or aloud.

Mantras:

I open my heart and mind to consider possibilities.

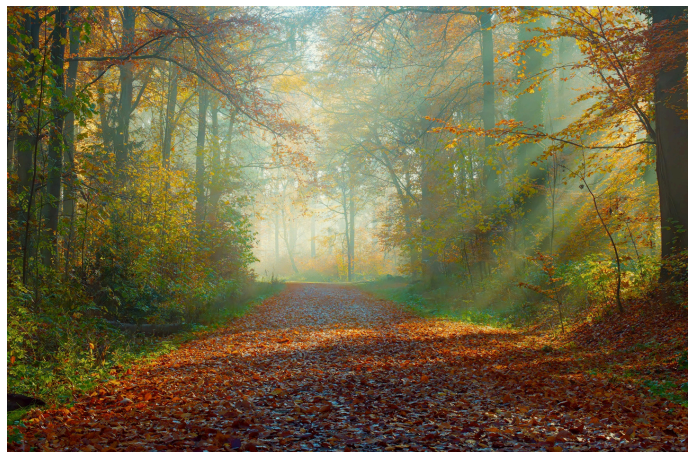
I trust in the natural unfolding of my life.

I choose beliefs that are supportive and encouraging.

Gratitude expands feelings of positivity and support.

Chiron in Capricorn or the 10th House

Who could have wished for more? – Stephen Hawking



Body Parts associated with Capricorn: Knees, Joints, Bones, Teeth. There may be an actual wound, injury, or sensitivity to these body parts and/or a symbolic wound, such as a lack of structure and support in life.

The Wound: I remember during my yoga teacher training, years ago, my astute teacher trainer looked at me sternly and said, “It’s time step into your authority.” She sensed that it was in me to be a strong teacher and leader but that I was hesitating and holding myself back. This is the wound of Capricorn. It is also the father wound. Our father figures (and mother figures) get internalized and become our own sense of masculinity, of claiming our authority in the world; if they were absent, weak, or ineffectual in some way, we may have trouble integrating this side of us.

The Capricorn wound can hit our sense of purpose—our place and status in the world. We may feel that success and worldly achievements have eluded us. We feel our effort has led us nowhere or even caused us to backtrack, and we may feel inadequate.

In order to heal we must recognize that success, or lack thereof, does not define us and, in fact, the truth is that many people who are considered successful in the eyes of the world are deeply unhappy. It is no secret that we live in a materialistic culture that bases worth upon achievements, however when we begin to understand that our worth was never actually tied to our external achievements, we crack the code for true success and happiness.

As someone with a Capricorn wound, you may have trouble digesting this message; that’s okay; give yourself time with this process and keep coming back to it. It is only when we respect and validate ourselves, despite the so-called failures, that we begin to become the successful version of ourselves we so desire.

Recall that our wounds may play out as deficiencies or excess, meaning we may feel lost and without a purpose, or we may overcompensate and try to prove our worth with our accomplishments. You may find you fit one end of the spectrum or that you fluctuate between the two.

Themes of this placement: Life path, purpose, healing the father wound, stepping into our authority, hard work and effort, one step at a time, upward climb, taking responsibility, owning our path (i.e., not blaming others), facing reality, overcoming obstacles.

How We Heal: Building our own authority in a genuine and purposeful way. Connecting to the present moment of life, rather than the voice in the head that compares us to others. Eckart Tolle's teachings are the antidote to the belief that our social status or achievements define us. Supporting others to find their path and purpose in their life.

Practice redefining success and achievement. Recognizing your worth beyond society's limited definition. Living in the moment so that you can begin to feel your worth and just how successful you truly are in the present moment (yoga, breathwork, connecting to the senses, spending time in nature are all doorways into the present moment).

Focus on developing and connecting to your sense of authority from a compassionate place. Observe and accept your feelings and emotions around success and failure.

Journal Prompt: How do I want to feel in my daily life, and in the work I share with the world?

Follow-up prompts for deeper exploration:

- When I think of "authority," what feelings or memories arise? How do these shape the way I step into (or avoid) my own authority?
- What voices of comparison or criticism live in my mind, and how can I meet them with compassion instead of judgment?
- How might my father (or early authority figures) have influenced my relationship to purpose and achievement? What of that influence am I ready to release?
- What small daily practices remind me that my worth is intrinsic, not tied to my productivity?
- How might my definition of success change if I measured it in terms of joy, peace, or presence rather than accomplishment?

Display these mantras in your home or take them with you and glance at them throughout the day. When you sink into old feelings and habits that don't support your wellbeing and growth, read and say them.

Mantras:

My worth is not measured by what I achieve, but by who I am.

I define success in ways that nourish my soul.

I step into my own authority with strength and compassion.

I honor the steady progress of my journey, one step at a time.

I am worthy of love, belonging, and purpose exactly as I am.

Chiron in Aquarius or the 11th House

True morality consists not in following the beaten track but in finding out the true path for ourselves and fearlessly following it. –Mahatma Gandhi



Body Parts associated with Aquarius: Ankles, Calves, Shins, Circulatory System. There may be an actual wound, injury, or sensitivity to these body parts and/or a symbolic wound, such as to our sense of interconnectedness.

The Wound: When I was a child, my dad brought me each year to the Renaissance festival where Robin Hood was the star of the show. A storyteller at heart, my dad would tell me about Robin Hood's adventures. An archetype of Aquarius, Robin Hood is a thief by definition, yet his cause is a noble one: to take care of the poor. He went against the grain for a cause he believed in.

When the wound lands in this sign or house, both our individuality and sense of belonging to a community are deeply affected. We may feel like an outsider or unaccepted. We are fearful of standing out from the crowd and showing the world who we are. But this is exactly what our healing path calls for: accepting our individuality, those, perhaps, deeply buried "rebel with a cause" traits, and using them for the greater good.

Aquarius rules the higher mind (think of the absent-minded professor) and the ability to detach from the small stuff in order to work toward bigger-picture and lofty goals that are often connected to humanitarian causes. We may feel a block around this area of life but our path now is to connect with the mission we believe in.

Recall that our wounds may play out as deficiencies or excess, meaning we may shy away from standing out in the crowd, or we may, at times, try too hard to be different. You may find you fit one end of the spectrum or that you fluctuate between the two.

Themes of this placement: Connecting to our authenticity, standing in our truth, finding and building community, developing our independence, going against the grain for a good cause, risking being unpopular for something we believe in.

How We Heal: Create or find communities where your uniqueness is celebrated and you fit in. Accept and share your spark – the thing that separates you or makes you feel like an outsider also makes you special. Find your bigger picture cause and devote yourself to it. Drop concern about what other people think (easier said than done, yes, but remember that anything that we practice eventually becomes natural). Often, what we perceive as other people's judgement or criticism is simply envy – others may sense we are special and therefore attempt to thwart us due to envy, or even fear. As we learn to detach from this type of energy we begin to heal and thrive.

Practice yoga or meaningful movement that helps you connect to your ground and feet, as well as your core/center. Breathwork helps to ground and center you, and to release fear around being *yourself* – allowing your quirky traits to be seen.

Focus on finding or creating likeminded communities, such as a meetup hiking group – or any type of group that shares an interest or cause you feel connected to.

Journal Prompt: What do you think your unique qualities are? How can others benefit from these qualities?

Follow-up prompts for deeper exploration:

- What qualities make me feel “different,” and how can I view them as strengths rather than flaws?
- What kind of community would make me feel at home? How can I begin to seek or create it?
- When have I been most authentic, regardless of others’ opinions? What did that feel like?
- What bigger-picture cause or vision sparks passion in me, and how can I take one small step toward it?
- How does comparison or fear of judgment hold me back from living in my truth?

Display these mantras in your home or take them with you and glance at them throughout the day. When you sink into old feelings and habits that don’t support your wellbeing and growth, read them and say them silently or aloud.

Mantras:

My quiriness is my strength and my gift.

I am worthy of belonging without needing to change who I am.

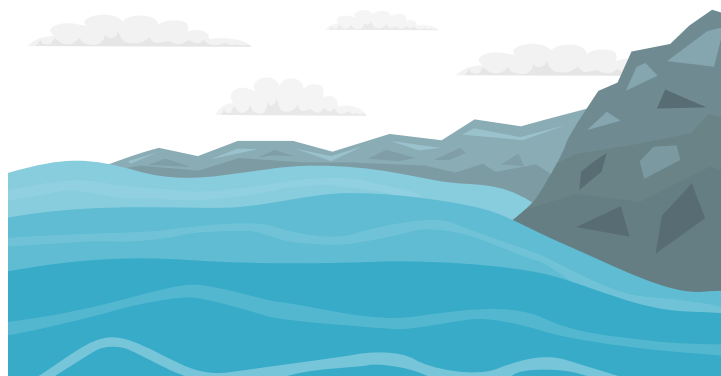
I shine brightest when I allow myself to be authentic.

The right people and communities celebrate me exactly as I am.

I honor the bigger vision of my life by accepting who I am

Chiron in Pisces or the 12th House

You are not a drop in the ocean. You are the entire ocean in a drop. – Rumi



Body Parts associated with Pisces: Feet, Toes, Lymphatic System. There may be an actual wound, injury, or sensitivity to these body parts and/or a symbolic wound, such as sensitivity to negative energy.

The Wound: When I was a child, I thought my father had access to a magical world. He told me stories about the Banshees, the small creatures who lived in the woods, and we went on road trips to search for legendary characters, such as the Headless Horseman and Robin Hood. My father also performed a magic trick that always fascinated me. I'd watch with wide eyes as he sat at a table in the position of an arm wrestle. He'd rub a quarter up and down his forearm, dropping it repeatedly and picking it back up, until the quarter eventually disappeared into thin air. *Where did it go?* I'd squeal. *Magic*, he'd laugh. This the archetype of Pisces (my father was an Aries but he had Mercury, the planet of communication, in Pisces). When the wounds lands here we may feel cut off from "magic" – like Wendy Darling's father, George, in *Peter Pan*, we have told ourselves it is nonsense.

We have trouble believing in something greater than ourselves, and in the feeling that we are supported by something unseen. We have cut ourselves off to the truth that everything in this universe is connected (this is the magic we have denied). This may come as a result of having, in our early lives, been overwhelmed by others' pain, and we may have struggled with our own escapism and disillusionment as a result. So, what happens as we get older? We protect ourselves from what was once equated with a painful experience.

The Pisces wound led us to believe we are separate from the whole and we may therefore feel alone at times, when the truth is that we can open ourselves at any moment to the guidance of the universe, spirit, God, or whatever your name for "oneness" is. Like Dorothy in the Wizard of Oz, all we need to do is "click our shoes" three times and discover that we have had the power all along to have the very thing we were searching so hard for "out there." We, in fact, have everything we ever needed within us: we have the whole world within us. As I once read (I don't recall where), we are microcosms of the macrocosm. We are made of everything in nature (air, fire, water, earth) and beyond. The connection of everything in this universe is our path to healing.

Recall that our wounds may play out as deficiencies or excess, meaning we may have trouble connecting to something larger than ourselves and cut ourselves off from the spiritual world (in any form), creating a feeling of isolation and separation. And in an attempt to mimic the feeling of connection we so deeply desire, we may blur boundaries and find ourselves in unhealthy situations and relationships or even relying on substances or other addictive processes to artificially produce the sense of bigger picture connection/one-ness.

Themes of this placement: Letting go, faith, trusting in the process, going with the flow, Oneness, being-ness, learning healthy boundaries, connection to the spiritual world (or a higher power), present moment awareness, divinity.

How We Heal: Similarly, to the Sagittarius wound, the 2nd step (of the 12-step programs) comes into play with this placement: "We came to believe that a power greater than ourselves could restore us to sanity." We are learning healthy boundaries with this Pisces wound and protecting ourselves from negative energy. Practices that open us to something greater than ourselves, such as yoga, breathwork, and meditation, are effective and using our innate but likely buried gift of deep compassion without self-sacrifice, without putting our own wellbeing at risk.

Spending time with or caring for animals can be very healing, here, as well.

Ultimately, your healing work is to find the right spiritual path for you, which will never involve compromising yourself in any way.

Practice meditation and any kind of artistic project that gives you access to a meditative state AKA being present in the moment. Music, whether playing or listening, is deeply healing. Eckhart Tolle's work is of great value with this placement.

Focus on connection, being-ness, developing compassion, and surrendering to what we cannot control.

Journal Prompt: When have I felt connected to something greater than myself –whether in nature, creativity, or moments of stillness?

Follow-up prompts for deeper exploration:

- What does “oneness” mean to me?
- How might I experience “oneness” in daily life?
- How have I cut myself off from my sense of wonder, magic, or spiritual connection, and what might help me to reopen that door?
- Where might I need stronger boundaries so I can feel compassion without becoming overwhelmed?
- When am I “in the flow” of life? What does that feel like and how might I create more of that “flow?”

Display these mantras in your home or take them with you and glance at them throughout the day. When you sink into old feelings and habits that don't support your wellbeing and growth, read them and say them silently or aloud.

Mantras:

I am connected to the whole.

What I seek outside of me already lives within me.

I trust my 'higher power' to guide me.

My compassion is a gift, and I honor it with healthy boundaries.

My life becomes magical when I trust the process.

Closing Section



• **Integration Suggestions:**

- ♥ Return to your sign's mantras daily.

♥ Work with the journal prompts over time, noticing how your answers evolve.

♥ Try at least one healing practice each month.

- If you find this report helpful, you may be interested in learning more about “Your Chiron” through my [full custom report](#).

