Practicing Self-Care Using Astrology

By Cho Lor
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Abstract:

Find clarity on how to practice self-care by learning about the higher and lower vibrations of your moon sign in Astrology.

Introduction

In our driven, stress-filled world we are inundated with a never ending list of tasks and chores. It is the norm to keep doing more and in the process we become burnt out, stressed, and overwhelmed. When we don't fill our own cup and see to our own needs, we can't find relief from the stress and overwhelm of daily life.

What is self-care?

The National Institute of Mental Health (NIMH) defines self-care as "taking the time to do things that help you live well and improve both your physical health and mental health." The advantages of doing so are beneficial to our mental health, stress levels, quality of life, and energy levels.

How do we practice self-care?

General advice can be found in regards to sleep, nutrition, exercise, and meditation. Astrology shows ways to personalize this information for ourselves, providing us with insights into our challenges and how best to fill up our cups for self-care.

Our internal world- the moon sign in Astrology

In Astrology, the moment you are born, the exact placement of the planets, stars, asteroids, and moon provides a natal chart. This snapshot is a map to understanding how you are influenced by the celestial sky. You use your birth date, time, and location of birth to find your natal chart.

Many people know their sun sign. It is more commonly associated with your outer world and surroundings. Whereas the moon represents our internal world and emotions. The moon is ruled by Cancer and represents the mother and our inner child. This shows us where we find nourishment and nurturing. According to CafeAstrology.com, "Just as the Moon circles the Sun, in a symbolically protective manner, and reflects the Sun's light, the Moon in our chart shows how we protect ourselves, as well as make ourselves feel secure, comfortable, and safe." If we're not feeling balanced or feeling far from our purpose in life and are suffering spiritually or physically, we can look to the moon to discover how best to meet our self-care needs.

Each zodiac sign in the moon contains specific vibrations of traits and qualities. You might find yourself not resonating with the higher vibrations or resonating more with the lower vibrations of your sign. Choosing activities that bring you in resonance with the higher vibrations and out of the lower vibrations will help balance you. If you don't know your moon sign, you can visit cafeastrology.com to look up your natal chart and identify your moon sign.

Let's take a look at some moon signs in more detail. An Aries moon is competitive and physical. You like to move fast and try new things. You are impulsive and have a lot of energy. To resonate with the energies of your moon sign, you may choose exercise such as running or boxing or weightlifting. You might start and lead new projects. If you find you're resonating with the lower vibrations of an Aries moon, you might find that you are quick to anger, restless, or overflowing with emotions. You can balance these lower vibrations by bringing in some of the opposite qualities. Some possible outlets for releasing and calming are meditation, deep tissue massage, dancing, yoga, or engaging in creative outlets. By cooling down some of the overheated vibrations of the Aries moon sign, you can find yourself more balanced and more able to resonate with the higher vibrations. You would feel more aligned and nurtured.

Another example is the Gemini moon. When you're in balance you are very communicative and social. You enjoy conversations and avenues for self expression. To resonate with the higher vibrations, you might find outlets to have discussion and process your thoughts. This could be found in forums, support groups, friends and family, talk therapy, or journaling. If you are unbalanced and feeling isolated, unheard, sad, and depressed, you can find nourishment by bringing in warming qualities. You can engage in stimulating activities such as coloring, painting, learning about new topics, or listening to podcasts. You can find someone to laugh with, join a book club, or attend a trivia night.

One final example is a Saggitarius moon. You need to explore and discover new things. You value freedom and independence. Activities in resonance with the Sagittarius moon would include taking classes on new topics, traveling, or exploring a new neighborhood. The lower vibrations would feel like being stuck in routine, feeling stifled, and unhappy. The opposite qualities you could bring in to balance this would be activities that are airy and full of movement. You could go outside and take a hike, engage in a sport, or do something spontaneous, like take up a new hobby or go on a road trip.

Conclusion

Learning about your moon sign helps you focus on who you are and the vibrations to resonate. Self-care would look like finding activities to meet the higher vibrations of your moon sign or finding ways to counteract the lower vibrations. Keep in mind that a more detailed astrology reading will provide more nuances into the other energies influencing your moon sign. Aside from finding activities to nourish your moon sign, it would be interesting to play around with meeting the frequency with tuning forks, colors, scents, and toning. Start treating yourself to

self-care today! Look into your moon sign and discover how to nourish yourself and feel more balanced.

Self-Care for all the Moon Signs

Aries Moon

Higher vibration: Physical, competitive, tries new things, impulsive, has a lot of energy, risk taking

- Run, box, weightlif, bike, swim
- Start and lead new projects

Lower vibration: Aggression, stress, quick to anger, overwhelmed with emotions, restless (opposite quality: calming)

- Exercise
- Deep tissue, muscle and head massage
- Meditation
- Yoga
- Paint, write, play music

Taurus Moon

Higher vibration: Creature comforts, sensual pleasures, quiet, prefers solitude, time in nature or spent with animals

- Rest
- Walk in nature
- Material things
- Sensory experiences
- Skincare and beauty routine

Lower vibration: Cling to habit, stubbornly resist change (opposite quality: air, freeing)

- Listen to your needs in the moment and act on it
- Spa day, long bath or shower
- Yin Yoga
- Walk in nature

Gemini Moon

Higher vibration: Communication, self-expression, busy with multiple stimuli

- Outlets to have discussion- forums, support groups, friends and family, talk therapy, journaling
- Learn new things

Lower vibration: Over-extending self, not processing, isolated, unheard, sad, depressed (opposite quality: warming, activating)

- Stimulating activities, coloring, painting, learning about new topics, listening to podcasts
- Laughter, book club, trivia night

Cancer Moon

Higher vibration: Nurturing others, connection

- Close circle of family and friends
- Caring for a pet dog or cat
- Creating a cozy home environment for yourself
- Time in nature
- Cooking or baking for others

Lower vibration: Ignore own needs, overemotional, clingy (opposite quality: focus within)

- Meditation
- Healthy boundaries
- Comfort foods
- Just be

Leo Moon

Higher vibration: Warm, generous, loving, going above and beyond for others, acts of kindness, feels good about who they are and takes pride in how they look, expressive, and creative

- Write heartfelt cards or letters
- Act of charity- cooking a meal
- Providing emotional support and validation to someone
- Mentoring or coaching
- Creative projects or performances, theater group or community art
- Organizing an activity to bring people together
- Putting on an outfit that makes you feel good

Lower vibration: Over-focused on attention from others (opposite quality: release, let go)

- Unstructured creative time
- Down time
- Volunteer
- Acts of kindness or generosity

Virgo Moon

Higher vibration: Feeling organized and in control, helping others, teaching, keeping routines, analytical, detail-oriented

- Organize
- Keep track of goals

- Declutter space
- Taking care of body, making healthy food choices
- Developing new skills, nurturing talents
- Brain dumps in journal
- To-do lists

Lower vibration: Racing thoughts, critical of self, fixing everyone else's problems (opposite quality: calm, ground)

- Journal
- Meditate
- Set healthy routines
- Crafting
- Yoga, swimming, hiking
- Time in nature
- Audiobooks

Libra Moon

Higher vibration: Harmonious relationships, arts, culture and beauty, balance, and cooperation

- Hang with partner or people you love
- Coordinate ways for people to connect, blow off steam
- Shopping for luxury items and experiences, pleasing aesthetics
- Wear clothes that make you feel good
- Spend time in beautiful surroundings

Lower vibration: Indecisive, lose sight of own emotional needs (opposite quality: focus)

- Bring beauty and harmony into home
- Visit a museum, go to a play or musical performance
- Gardens and parks, scenic viewpoints
- Using positive affirmations to keep your self-thoughts positive

Scorpio Moon

Higher vibration: Express emotions, understand and process emotions, depth, and passion

- Journal
- Forgiveness practices
- Letting go, burn rituals
- Art therapy
- Dancing
- Therapy

Lower vibration: Pent up feelings, resentment, emotionally burdened (opposite quality: lightening, releasing)

- Meditate

- Emotionally honest conversations
- Forgiveness rituals
- Creative outlets

Sagittarius Moon

Higher vibration: Explore and discover new things. Freedom, independence

- Take classes on new topics
- Traveling, exploring a new neighborhood
- Being out in nature
- Variety in daily routine

Lower vibration: Stuck in routine, feeling stifled, unhappy (opposite quality: freeing, air, movement)

- Go outside and do an activity, such as hiking or engaging in a sport (rock climbing, scuba diving, snowboarding, surfing)
- Do something spontaneous like taking up a new hobby or going on a road trip
- Read a book to learn something new

Capricorn Moon

Higher vibration: Stable, control, meaningful work, productive, working hard, making plans, ambition

- Create to-do lists
- Achieve goals
- Courses that advance career
- Balanced, manageable workload
- Healthy boundaries
- Teamwork

Lower vibration: Workaholic, not feeling emotions, burnout (opposite quality: slow down, feel, relax, connect)

- Journaling
- Grounding
- Massage
- Break from work
- Build a strong network, shared responsibility, ask for help

Aquarius Moon

Higher vibration: Revolutionary, try new things, innovative, big picture thinker, of service to greater good, freedom

- Keeping an active mind
- Community of friends

- Experiment with alternative methods- crystal, sound, energy healing
- Breathing room in a relationship
- Positive impact on society
- Charitable endeavors
- Stay open to learning and growing

Lower vibration: Bored easily, difficulty expressing emotions (opposite quality: release, slow down)

- Surround yourself with like-minded individuals
- Work for a cause, volunteer

Pisces Moon

Higher vibration: Intuitive, emotional, empathetic, spiritual, creative

- Clear emotional boundaries with others
- Art and craft projects
- Explore mystical and spiritual practices
- Day dream, imaginative
- Dancing
- Focus on the process, freedom to create
- Learn an instrument

Lower vibration: Too sensitive, addictions (opposite quality: release, let go)

- Long bath
- Swimming
- Meditation
- Earthing
- Journaling
- Art
- Sleep/bedtime routine
- Yoga

Resources:

https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health

https://cafeastrology.com/moon.html

https://bumble.com/the-buzz/self-care-moon-sign-zodiac-horoscope?amp=1

https://www.simonesamuels.com/blog/the-best-lunar-self-care-rituals-for-your-moon-sign/2020/9/12?format=amp

https://www.denadecastro.com/blog/self-care-for-your-moon-sign

https://www.linkedin.com/pulse/self-care-based-your-moon-sign-tara-murney