

The Astrological Traits Within You

By Nansea Lee

Everyone has an astrological birth chart that is created at the time of your birth. There are many hidden messages in this astrological chart that can assist you in life. There is information about your soul, your purpose in life, life lessons, individual talents, your unique skills, the type of relationship partner you would be in harmony with, and it shines a light on some of your mental and emotional patterns. Understanding yourself through your astrological birth chart is also a key ingredient for progressing on your spiritual path.

We are so much more than our astrological Sun signs; the Sun astrological sign is one part of our personality. Every individual birth chart can hold from five to nine various astrological signs in it, and all of the astrological signs in our individual birth charts contribute to our unique personalities. We all have complex personalities.

Each astrological sign carries positive and not-so-positive characteristics. As an example, those of you who have a number of planets in Virgo have a personality that sees the details in life, and like to share all those details in conversations. Having Virgo planets in your birth chart also gives these folks a desire to be of service to humanity, to be efficient with their work, and they hold a logical and practical outlook in life.

The not-so-positive Virgo traits is the need to be controlling, sometimes they can be overly focused on being a perfectionist, and self-critical. The reality is, mistakes will happen and through our mistakes we have opportunities to learn something about life and ourselves.

I have a number of Virgo astrological signs in my birth chart, and it is something that I continue to work with. In stressful times, I created an affirmation that is designed to help change my Virgo intensity and perfectionist traits, "No need to get stressed. I now create more balanced ways of working." This affirmation then stimulates my mind to bring more awareness to me in stressful situations. Then I can be aware of myself in the moment, and choose to create new ways of working without the self-imposed, Virgo astrologically driven perfectionist patterns. When a mistake happens, I now gently learn something from the mistake, without being hard on myself.

Another example of a not-so-positive personality trait: if you have a number of planets in Taurus, often times Taurus folks struggle with some type of addictive behavior either with food, alcohol, drugs, sex, or even overly shopping for possessions. Taurus folk's lessons revolve around them learning how to manifest in their lives. When they are unconsciously caught up with addictive behavior patterns, this may delay their success in learning how to manifest. So for Taurus folks, learning how to incorporate boundaries and limits would help them with these indulgent, astrologically driven patterns.

Bringing awareness to our not-so-positive astrological patterns is essential for our self-awareness, consciousness, and personal betterment steps. We are all unique individuals with complex personalities and this is reflected in our astrological birth charts. Are any astrological patterns keeping you stuck from utilizing all of your potentials? Or, are certain patterns stopping you from manifesting your true desires, maybe limiting your abilities to create an emotionally intimate relationship, or impeding your spiritual growth?

Astrological Signs

I have listed the twelve astrological signs and the positive and not-so-positive characteristics. There are a number of free, generic astrological chart websites that can give you the astrological signs in your birth chart. Can you identify yourself in these?

Aries: Action-initiator, courageous, original thinkers, their minds work quickly, they have wonderful unique ideas, are spirited, and independent. Not-so-positive traits: they can be impulsive, may leap before they think about a project, and what required steps are needed to be successful. Sometimes they can be emotionally explosive, and less patient with others. Are your impulsive actions hindering you from staying focused on one project?

Taurus: Determined, loyal, productive, practical, manifests their desires, and enjoys the routines in life. Not-so-positive traits: addictive tendencies, can be overindulgent with food, alcohol, sex or shopping for material possessions, and can be stubborn. Is it time to learn discipline over your five senses? Keep pursuing your dreams; don't give up. Being determined and manifesting your desires is a part of your life lessons.

Gemini: Loves to be social, and communicate with others. They have a curious mind that enjoys learning, can process quick mentally, likes variety, and is perceptive. Not-so-positive traits: can be impatient with others, worry, their minds can become scattered, and they can over extend themselves with too many projects happening simultaneously. If they overextend themselves this can hinder them from being successful, completing projects, and manifesting their goals. Gemini, can you stay focused on one project at a time?

Cancer: Action-initiator, emotionally sensitive, they prefer harmony, is patient with others, and sympathetic. Not-so-positive traits: emotionally moody, can hold onto hurtful memories, have fears of stepping out, and possess feelings of not being safe or secure in certain new life situations. Are you holding onto hurtful memories from the past? Are your fears holding you back from taking new steps, trusting, and embracing life?

Leo: Courageous, organized, have leadership qualities, possess innate creative talents, are independent, generous, and determined. Not-so-positive traits: can be stubborn, demanding, and self-centered. Have you been courageous to take a risk and a new step in your life? Have you explored your creativity?

Virgo: They have analytical minds, enjoy being of service, productive, methodical, and have a practical outlook on life. Not-so-positive traits: perfectionist, self-critical, a need to be in control of everything in their lives, judgmental, often worry, and at times they can fall into the negative mind. Is that negative, controlling, and critical mind keeping you from creating more in your life?

Libra: Action initiator, are social, hold a strong desire to be in partnerships, can be charming, and they prefer balance and harmony. They are natural diplomats and they are learning how to be cooperative with others. Not-so-positive traits: can be lazy, indecisive, and procrastinate. Are you ready to take action in your life, stay focused, and take new steps?

Scorpio: Determined, mentally focused, intuitive, and hold intense emotions. They have a need to share what they are feeling. These folks have a lot of extra physical energy, and it is important for them to learn how to balance this energy throughout their lives. Not-so-positive traits: stubborn at times, some of these folks can be emotional bullies

overpowering others with their intense emotions. Some may exhibit jealousy and feel very possessive and controlling of others. Scorpio folks can you speak your emotional truths and honor other people's different perceptions? Is your jealousy just a cry for more self-love?

Sagittarius: Friendly, flexible, loves their independence, and new experiences. Not-so-positive traits: internal restlessness, they get bored easily, and may overlook the details needed for accomplishments. Being focused would benefit you. Are you stepping out and having new adventures?

Capricorn: Action-initiator, ambitious, practical, responsible, and disciplined. Not-so-positive traits: intolerant, inhibited in expressing their emotions, they can be overly absorbed with their careers or consumed with their to-do-lists. Are you ready to spend time with yourself without being busy?

Aquarius: Social, persistent, gets innovative ideas, is intuitive, and loves to be independent. Not-so-positive traits: can be stubborn, rebellious, impersonal or aloof with their emotions, and sometimes lack empathy. Are you listening to others as you connect with them?

Pisces: Receptive, flexible, compassionate, and gentle. Reflection time is important for these folks. Not-so-positive traits: self-sacrificing behavior patterns, hypersensitive, and often times hold a victim consciousness. Are you creating your emotional boundaries? We increase our self-esteem by learning how to value ourselves.

With these astrological personality traits, the first step is to become more aware of yourself and any pattern that might be getting in your way from utilizing all of your potentials. Maybe you have self-sacrificing, overly controlling, explosive patterns, general fears, anxiety, don't listen when others speak, fears of connecting deeply emotionally, or mental distraction issues that are a part of your astrological personality. Are any of the above inherent, astrological personality traits keeping you from manifesting your goals, obtaining prosperity, from creating an emotionally intimate love relationship, balanced health, or from peace and happiness in your life?

If you feel a certain personality trait and pattern is keeping you stuck in some way, or from moving forward in your life, and being happier, I suggest to first take time to think of a game plan of how you would want to change that pattern. What would be a more balanced way that you

desire to act, react, or be in your life? I would suggest trying to figure out these steps.

As I had mentioned there are five to nine different astrological signs in every individual birth chart. Are you embracing and identifying all of who you are and can be? Are you utilizing all of your potentials? When we work on ourselves and balance our astrologically driven behaviors patterns we then have more freedom to fully express all of our potentials.

“Be The Best That You Can be.”

The spiritual path is an interactive one. We are here to peel away the layers that no longer serve us and that are restricting us in some way. As we better ourselves and expand our awareness we have more freedom to manifest our true heart's desires.

© *Nansea Lee* - 2017