

Karmic Dispositions through Astrology

What is Karma?

Karma, in a basic sense, is a cycle of cause-and-effect that is an important concept in many Eastern Religions, particularly Hinduism and Buddhism. What you give out, you will get back.

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"Tracking" our karma truly means tracking the habits, cycles and mindsets that influence our responses, experiences, relationships and effects of our choices and the traumas we cannot control. In Astrology, it's also recognition of the soul and that we go through multiple lifetimes to achieve certain life tasks, and to balance any karmic debt we may create in our lifetimes

Basics:

- **Saturn** represents constriction and change. Saturn's placement in your natal chart can indicate the area of your life that may be most difficult. Understanding what challenges you may face will enable you to be more aware of your daily and long-term intentions and impact.

Saturn returns to the same location in the Zodiac twice. During this time, anything karmically wrong at any point in your life (which you can pinpoint through shadow work), you may get a chance to "undo" your karma.

- **12th House** indicates your house of Healing, the cycles and lessons you may need to learn to align with your higher-self and fulfill your soul purpose. Track the planet and sign ruling your 12H and study the elements to understand what karmic lessons you may need to learn. For example, my Sun in Virgo rules my 12H so my mutable Earth elements influence my adaptability but I still struggle with perfectionism and managing expectations while on a soul level, a major struggle with discrimination.

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More Planetary Basics:

- **Moon: emotional and mothering**
- **Mercury: mental and communication**
- **Venus: love and relationship**
- **Mars: will and assertion**

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Tracking Houses:

- **2nd House represents Abundance** - money does not have true value except as an energy exchange. Colonizers and capitalism have warped our relationship with abundance and financial stability. The planet and zodiac sign ruling your 2H will indicate the types of struggle or luck you'll have in this life-time.
- **6th House represents Service & Health** - health and dis-ease is a crucial aspect to take control of. Earth signs will struggle with their stomach issues and control issues. Water signs may end up in "freak-accidents" because they're often impulsive. Air signs may struggle with over-eating or maintaining a healthy lifestyle. Fire signs may struggle with internal dis-ease such as infections, viruses and more.
- **7th House represents Relationships** - platonic and romantic relationships represent how we feel about ourselves and the true energy we emit when interacting and connecting with others.

South Node

The South Node indicates your past-life while the North Node indicates your current soul purpose or contract. These aren't obvious answers because they depend on your level of introspection and ability to process your emotions and experiences. Tracking the planets, zodiac signs and elements that subconsciously affect you. Dig into your subconscious through meditation and shadow work.