

# ASTROLOGY 101

## DISCOVERING YOUR COSMIC BLUEPRINT



# WORKBOOK

# WELCOME TO ASTROLOGY 101

Welcome to *Astrology 101: Discovering Your Cosmic Blueprint*, a beginner-friendly guide designed to help you unlock the ancient wisdom of the stars.

Whether you're simply curious about your sun sign or ready to dive deep into birth charts and planetary influences, this workbook walks you through the foundational elements of astrology with clarity, intention, and a touch of magick. You don't need any prior knowledge—just an open heart and a curious mind. Move through it like a course or skip around to the topics that call to you most. Each section includes easy-to-digest lessons, journal prompts, and space to jot down your chart details and cosmic insights.

Through practical exercises and celestial reflection, you'll begin to see how the sky at your birth reveals powerful truths about your personality, purpose, and path. Keep a copy of your birth chart nearby—it will be your map throughout this journey of self-discovery and spiritual growth. Whether you're here for insight, transformation, or simply for fun, let this workbook be a sacred space for wonder and connection. Come back to it often—it's designed to grow with you.



## WHAT'S INCLUDED

1. Birth Chart Basics
2. The 12 Zodiac Signs
3. The Planets and Luminaries
4. Section 4: The 12 Houses
5. Aspects and Angles
6. Transits and Timing
7. Interpreting a Birth Chart

# INTRODUCTION: WHAT IS ASTROLOGY?

Astrology is the ancient art and science of interpreting the movements and positions of the planets and stars to gain insight into human behavior, personality, and life cycles. At its core, astrology teaches that we are all connected to the cosmos—that the sky at the moment of our birth creates a unique energetic imprint, often called our natal chart or birth chart, which reveals our strengths, challenges, and soul's purpose.

Astrology's roots run deep across cultures and centuries. The Babylonians were among the first to systematically observe the heavens around 2,400 BCE, and their knowledge influenced the Greeks, Egyptians, Persians, and Indians, all of whom developed rich astrological traditions. From ancient temples in Mesopotamia to medieval European courts to modern spiritual circles, astrology has evolved as both a sacred practice and a practical tool for understanding the rhythms of life.

Today, people use astrology for a wide range of reasons—some seek guidance on relationships or career paths, while others use it as a mirror for self-awareness and spiritual growth. Many turn to the stars for support in aligning with natural cycles, choosing the right timing for important decisions, or simply feeling more connected to something greater than themselves. Whether you're here for insight, intention, or inspiration, astrology offers a cosmic compass to help you navigate life with deeper meaning and purpose.



# SECTION 1: BIRTH CHART BASICS

Your natal chart, also known as a birth chart, is a snapshot of the sky at the exact moment you were born. It's a cosmic blueprint that shows where each planet was located in the zodiac signs and houses at that time, revealing layers of insight about your personality, strengths, challenges, and life path. While many people know their Sun sign, your birth chart goes much deeper, offering a multidimensional map of who you are and how you move through the world.

## COMPONENTS OF A BIRTH CHART

To understand your natal chart, it helps to get familiar with its four main components:

☼ **Planets** - These represent different aspects of your self: your drive (Mars), your emotions (Moon), your communication style (Mercury), and more. Each planet symbolizes a "what" or "who" in your life story.

♈ **Signs** - The zodiac signs (Aries to Pisces) describe how a planet expresses its energy. Is it bold and fiery (Aries), grounded and stable (Taurus), or dreamy and intuitive (Pisces)? Each planet sits in a sign and takes on its flavor.

🏠 **Houses** - The birth chart is divided into 12 sections called houses, each one representing a different area of life: relationships, career, home, spirituality, and so on. A planet in a house tells you where its energy shows up in your life.

⚡ **Aspects** - These are the angles between planets, showing how different parts of your personality interact. Some aspects create harmony and ease, while others highlight tension, growth, or transformation.

# HOW TO GENERATE YOUR BIRTH CHART

To explore your own chart, you'll need the following:

- Date of birth
- Exact time of birth (the more accurate, the better!)
- Place of birth (city, state, or country)

With this information, you can generate a free birth chart on various astrology websites such as:

- [Astro.com](http://Astro.com)
- [AstroSeek](http://AstroSeek)
- [Cafe Astrology](http://Cafe Astrology)
- [Co-Star](#) (app-based, good for beginners)

Once you have your chart, take a moment to simply look at it—don't worry if it looks complicated! Over the next few sections, you'll learn to interpret each piece and see how it all comes together.



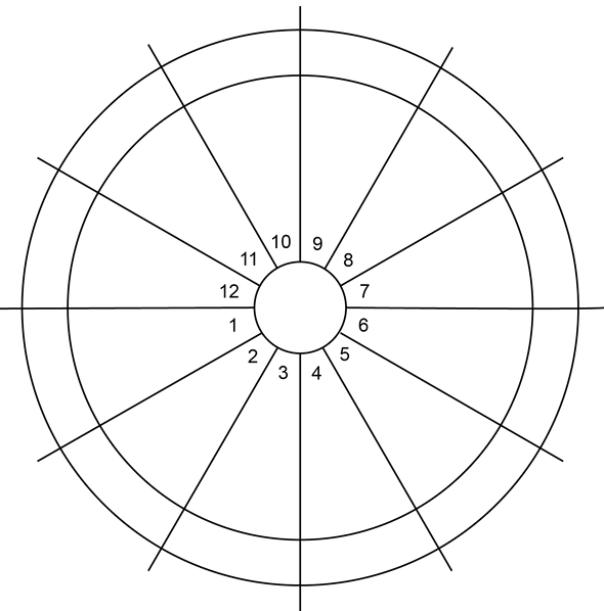
# HOW TO GENERATE YOUR BIRTH CHART

- Name: \_\_\_\_\_
- Birth Date: \_\_\_\_\_
- Time of Birth: \_\_\_\_\_
- Place of Birth: \_\_\_\_\_

Planet	Sign	Element	Mode	House
Sun				
Moon				
Mercury				
Venus				
Mars				
Jupiter				
Saturn				
Chiron				
Uranus				
Neptune				
Pluto				
ASC: Ascendant				
MC: Midheaven				

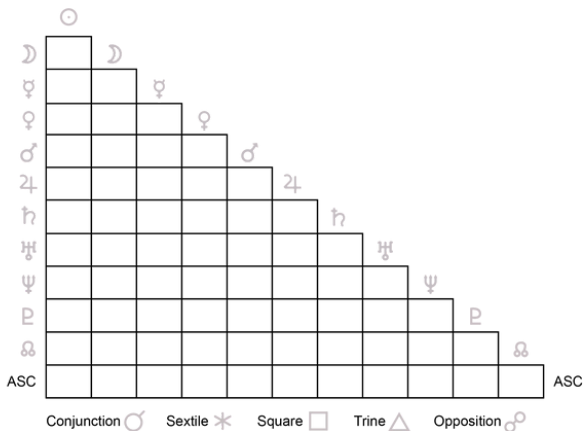
# ZODIAC WHEEL GRAPHIC

To fill out your zodiac wheel, start by locating the signs around the circle—each of the 12 sections represents a zodiac sign, beginning with Aries and moving counterclockwise. Using your birth chart, mark which sign is on the cusp (starting point) of each house in the wheel. Then, write the planetary symbols (☉ Sun, ☾ Moon, etc.) into the corresponding section based on which sign and house they fall into. This gives you a visual snapshot of how the planets were distributed across the sky at your birth—and which areas of life each one influences.



# ASPECT GRID

The Aspect Grid helps you see how the planets in your birth chart interact with one another through specific angular relationships. To fill it out, start by identifying the degrees and signs of each planet in your chart. Then, determine the aspects (angles) between each planetary pair—common ones include conjunction (0°), sextile (60°), square (90°), trine (120°), and opposition (180°). Once you've calculated an aspect, find the intersecting box between the two planets in the grid and draw the appropriate symbol: ☿ for conjunction, ✳ for sextile, ◻ for square, △ for trine, or ♂ for opposition. Each aspect reveals how different parts of your personality either support or challenge each other, offering insight into your natural strengths and areas for growth.





## SECTION 2: THE 12 ZODIAC SIGNS

The zodiac is made up of twelve signs, each representing a unique energy and way of being in the world. These signs form a complete wheel, beginning with Aries and ending with Pisces, symbolizing a full cycle of life, experience, and soul growth.

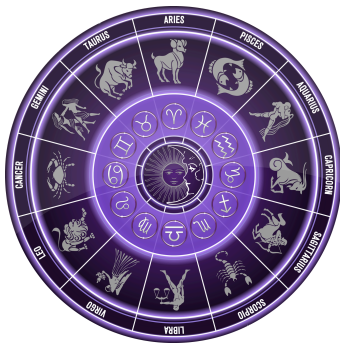
Each zodiac sign belongs to one of four elements and one of three modalities, which influence its temperament and behavior:

- 🔥 **Fire Signs** (Aries, Leo, Sagittarius): passionate, bold, energetic
- 🌍 **Earth Signs** (Taurus, Virgo, Capricorn): grounded, practical, dependable
- 💨 **Air Signs** (Gemini, Libra, Aquarius): intellectual, social, curious
- 💧 **Water Signs** (Cancer, Scorpio, Pisces): emotional, intuitive, nurturing

**Cardinal Signs** (Aries, Cancer, Libra, Capricorn): initiators, leaders, idea-starters

**Fixed Signs** (Taurus, Leo, Scorpio, Aquarius): stabilizers, determined, loyal

**Mutable Signs** (Gemini, Virgo, Sagittarius, Pisces): adaptable, flexible, go-with-the-flow



# ZODIAC SIGN OVERVIEWS

- Aries (March 21 – April 19): Bold, direct, and action-oriented. Aries leads with fiery enthusiasm and a fearless drive.
- Taurus (April 20 – May 20): Grounded and sensual. Taurus values comfort, stability, and beauty. They're steady and dependable.
- Gemini (May 21 – June 20): Curious, communicative, and mentally agile. Gemini thrives on variety and loves to learn.
- Cancer (June 21 – July 22): Deeply emotional and nurturing. Cancer protects those they love with fierce devotion.
- Leo (July 23 – August 22): Radiant, expressive, and creative. Leo shines as a natural leader and loves to be seen and celebrated.
- Virgo (August 23 – September 22): Analytical, detail-oriented, and helpful. Virgo is a practical problem-solver and healer.
- Libra (September 23 – October 22): Balanced, graceful, and relationship-focused. Libra values harmony, beauty, and justice.
- Scorpio (October 23 – November 21): Intense, passionate, and deeply intuitive. Scorpio craves depth and transformation.
- Sagittarius (November 22 – December 21): Free-spirited, adventurous, and philosophical. Sagittarius seeks truth and big-picture meaning.
- Capricorn (December 22 – January 19): Ambitious, wise, and disciplined. Capricorn climbs steadily toward long-term goals.
- Aquarius (January 20 – February 18): Innovative, visionary, and unconventional. Aquarius is future-focused and values individuality.
- Pisces (February 19 – March 20): Dreamy, empathetic, and spiritual. Pisces feels deeply and connects with the unseen world.



# QUICK REFERENCE CHART

<b>Sign</b>	<b>Element</b>	<b>Modality</b>	<b>Keywords</b>
<i>Aries</i>	<i>Fire</i>	<i>Cardinal</i>	<i>Brave, independent, energetic</i>
<i>Taurus</i>	<i>Earth</i>	<i>Fixed</i>	<i>Loyal, grounded, sensual</i>
<i>Gemini</i>	<i>Air</i>	<i>Mutable</i>	<i>Curious, witty, versatile</i>
<i>Cancer</i>	<i>Water</i>	<i>Cardinal</i>	<i>Protective, nurturing, intuitive</i>
<i>Leo</i>	<i>Fire</i>	<i>Fixed</i>	<i>Confident, expressive, generous</i>
<i>Virgo</i>	<i>Earth</i>	<i>Mutable</i>	<i>Precise, helpful, analytical</i>
<i>Libra</i>	<i>Air</i>	<i>Cardinal</i>	<i>Harmonious, fair-minded, charming</i>
<i>Scorpio</i>	<i>Water</i>	<i>Fixed</i>	<i>Intense, transformative, magnetic</i>
<i>Sagittarius</i>	<i>Fire</i>	<i>Mutable</i>	<i>Adventurous, optimistic, philosophical</i>
<i>Capricorn</i>	<i>Earth</i>	<i>Cardinal</i>	<i>Disciplined, practical, determined</i>
<i>Aquarius</i>	<i>Air</i>	<i>Fixed</i>	<i>Innovative, quirky, humanitarian</i>
<i>Pisces</i>	<i>Water</i>	<i>Mutable</i>	<i>Dreamy, compassionate, mystical</i>

## SECTION 3: THE PLANETS AND LUMINARIES

In astrology, the planets and luminaries (the Sun and Moon) are like characters in the story of your life. Each one symbolizes a different part of your personality, drives, and desires. While the Sun and Moon are not technically planets in astronomy, they are considered core planetary bodies in astrology and carry immense significance.

Each planet answers a specific question about your life:

- What motivates you?
- How do you think and communicate?
- What do you value?
- Where are you meant to grow or transform?

Let's meet the celestial cast of your cosmic blueprint:

### PERSONAL PLANETS

#### Personal Planets Shape Your Core Personality

☀️ Sun - Your Identity - 'I am'

Represents your core self, vitality, ego, and life purpose. It shows how you shine and what fuels your spirit.

🌙 Moon - Your Emotions - 'I Feel'

Governs feelings, instincts, inner needs, and how you nurture and feel safe. The Moon reflects your emotional landscape.

♿️ Mercury - Your Mind - 'I Think'

Rules communication, thinking, learning, and how you process information. Mercury shows how you speak and understand.

♀️ Venus - Your Love & Values - 'I love'

Governs love, beauty, pleasure, and how you relate to others. It also reveals your tastes and relationship style.

♂️ Mars - Your Drive - 'I act'

Represents action, passion, willpower, and how you pursue goals. Mars rules ambition, desire, and even how you argue.

# SOCIAL PLANETS

## Social Planets Shape How You Relate to the World

### ♃ Jupiter - Your Growth - 'I Grow'

The planet of expansion, wisdom, luck, and higher learning, Jupiter shows where you find meaning, hope, and abundance.

### ♄ Saturn - Your Discipline - 'I Build'

Represents structure, responsibility, boundaries, and life lessons. Saturn helps you mature and master long-term goals.

## OUTER PLANETS

### Outer Planets (Shape Generational & Transformational Energy)

These planets move slowly and influence whole generations, but where they appear in your chart shows where deep transformation or visionary gifts reside.

### ♅ Uranus - Your Freedom - 'I Awaken'

Brings sudden change, innovation, rebellion, and breakthroughs. Uranus challenges tradition and sparks individuality.



### ♆ Neptune - Your Dreams - 'I Dream'

Represents intuition, spirituality, illusion, and creativity. Neptune can connect you to the divine or confuse your path.

### ♇ Pluto - Your Power - 'I Transform'

Governs transformation, power dynamics, the subconscious, and rebirth. Pluto shows where you're meant to evolve deeply.

# SUMMARY CHART: PLANETARY MEANINGS

<b>Planet</b>	<b>Keyword</b>	<b>What It Represents</b>
 Sun	<i>Identity</i>	<i>Ego, purpose, vitality</i>
 Moon	<i>Emotions</i>	<i>Feelings, instincts, inner world</i>
☿ Mercury	<i>Mind</i>	<i>Communication, thought, intellect</i>
♀ Venus	<i>Love</i>	<i>Relationships, beauty, pleasure</i>
♂ Mars	<i>Drive</i>	<i>Action, energy, ambition</i>
♃ Jupiter	<i>Growth</i>	<i>Expansion, luck, wisdom</i>
♄ Saturn	<i>Structure</i>	<i>Responsibility, discipline, lessons</i>
♅ Uranus	<i>Rebellion</i>	<i>Change, innovation, breakthroughs</i>
♆ Neptune	<i>Dreams</i>	<i>Intuition, fantasy, spiritual connection</i>
♇ Pluto	<i>Power</i>	<i>Transformation, depth, rebirth</i>

## SECTION 4: THE 12 HOUSES

In astrology, the birth chart is a circle divided into twelve slices—these are called houses. Each house represents a specific area of your life, from your identity and finances to relationships, career, and spirituality. While planets show what energy is present, and signs show how it's expressed, the houses reveal where that energy plays out in your everyday life.

Your birth chart's houses are anchored by your Ascendant (or rising sign), which begins the 1st House and determines the layout of the rest. The planets and signs in each house describe your unique life experiences in that area.

House	Life Area	Keywords
1st House	Self & Identity	Appearance, first impressions, physical body, personal outlook
2nd House	Money & Values	Finances, self-worth, material possessions, security
3rd House	Communication	Siblings, learning, thinking, writing, local travel
4th House	Home & Family	Roots, ancestry, home life, emotional foundation
5th House	Creativity & Pleasure	Romance, children, hobbies, play, artistic expression
6th House	Work & Health	Daily routines, habits, service, wellness, co-workers
7th House	Relationships	Marriage, partnerships, contracts, balance with others
8th House	Transformation	Intimacy, shared resources, rebirth, power, shadow work
9th House	Belief & Expansion	Higher education, philosophy, long-distance travel, truth
10th House	Career & Public Image	Reputation, profession, achievements, life goals
11th House	Community & Vision	Friendships, social groups, dreams for the future
12th House	Subconscious & Spirit	Solitude, intuition, endings, healing, hidden patterns

# SECTION 5: ASPECTS AND ANGLES

## What Are Aspects?

Aspects are the relationships between planets in your birth chart, based on the angles they form with each other. These planetary connections reveal how different parts of your personality interact—some work in harmony, while others create tension that leads to growth. Aspects are like conversations between the planets: Are they working together? Challenging each other? Offering support or friction?

<b>Aspect</b>	<b>Degrees Apart</b>	<b>Energy</b>	<b>Meaning</b>
<i>Conjunction (♌)</i>	0°	<i>Intense, fused</i>	<i>Two planets blend their energies. This can be powerful and focused, but sometimes overwhelming.</i>
<i>Sextile (♊)</i>	60°	<i>Easy, supportive</i>	<i>A gentle opportunity or talent. The energy flows easily, often seen as helpful or skillful.</i>
<i>Square (♋)</i>	90°	<i>Tense, motivating</i>	<i>Creates friction. Squares push for action and growth, though they may feel like internal or external struggles.</i>
<i>Trine (♍)</i>	120°	<i>Harmonious, flowing</i>	<i>Natural talents, blessings, and ease. Trines show where things often “just work” without much effort.</i>
<i>Opposition (♎)</i>	180°	<i>Polarizing, balancing</i>	<i>A push-pull dynamic between two planets. Opposition invites integration and understanding of dualities.</i>



# HOW ASPECTS INFLUENCE YOUR CHART

Aspects show how the planetary energies in your chart cooperate or conflict with one another. For example:

- Moon square Venus may indicate emotional needs clashing with romantic desires.
- Sun trine Mars suggests motivation and willpower work smoothly together.
- Mercury conjunct Uranus may point to sudden insights, a quick mind, or a rebellious communication style.

Challenging aspects like squares and oppositions can create tension but also fuel personal growth. Harmonious aspects like trines and sextiles bring ease and flow. Conjunctions depend on the nature of the planets involved—they can amplify power or overwhelm.

Your chart is a cosmic conversation—learning how your planets interact helps you better understand your patterns, potential, and personality.

## THE FOUR ANGLES: ANCHORING YOUR CHART

In addition to aspects between planets, your birth chart is shaped by four key angles. These are like the pillars of your chart, forming a cross that defines the structure of your life experience.

- Ascendant (Rising Sign) - The Mask You Wear - Found at the 9 o'clock position, this marks the start of your 1st House. It reflects how you appear to others, your physical presence, and your approach to life.
- Descendant - The Mirror - Directly opposite the Ascendant (7th House cusp), this angle represents your close one-on-one relationships and what qualities you're drawn to in others.
- Midheaven (MC) - Your Public Image - Located at the top of the chart (10th House cusp), the Midheaven shows your career path, reputation, and what you aspire to in the outer world.
- Imum Coeli (IC) - Your Inner Foundation - At the bottom of the chart (4th House cusp), the IC represents your roots, family life, and private emotional world.

These angles form the backbone of your birth chart and are essential in understanding your life direction, relationships, and sense of identity—especially when planets are placed near them.

## SECTION 6: TRANSITS AND TIMING

Astrology isn't just about your birth chart—it's also about how the current movement of the planets (called transits) interacts with your chart over time. These celestial events influence your mood, energy, growth, and challenges day by day, month by month, and year by year.

Learning to track transits helps you align with cosmic timing, so you can take action when the energy is ripe, rest when it's needed, and grow through life's natural cycles.

### WHAT ARE TRANSITS?

Transits are the ongoing movements of the planets as they pass through the zodiac signs and form aspects (angles) to the planets and points in your birth chart. Think of them as the weather report for your life—sometimes it's sunny and expansive, other times it's cloudy and intense. For example:

- Jupiter transiting your Sun might bring confidence, opportunity, and growth.
- Saturn squaring your Moon could bring emotional challenges or lessons in boundaries.

Some transits are fast (like the Moon, which changes signs every ~2 days), while others—like Pluto or Neptune—can influence you over several years.

### HOW TO TRACK YOUR PERSONAL TRANSITS

To begin tracking your transits:

- Generate your natal chart (if you haven't already).
  - Use a website or app that allows real-time transit tracking:
    - [Astro.com](https://astro.com)
    - [Astro-Seek](https://astroseek.com)
    - [TimePassages app](https://timepassages.com)
  - Look for current planetary movements that aspect your natal planets.
  - Reflect on how the current energy is showing up in your life.
- Pro Tip: Start by watching transits to your Sun, Moon, Rising, and personal planets (Mercury, Venus, Mars)—these tend to have the most noticeable impact.

# RETROGRADES AND PLANETARY CYCLES

When a planet goes retrograde, it appears to move backward in the sky from our view on Earth. Retrogrades are powerful times for reflection, revision, and inner work.

Common Retrogrades:

- Mercury Retrograde (3–4 times a year): Reflect, revise, slow down communication and tech.
- Venus Retrograde: Reevaluate relationships, self-worth, and beauty values.
- Mars Retrograde: Pause on big moves or conflict; rethink action and motivation.
- Outer Planet Retrogrades (Jupiter-Pluto): Affect deeper, long-term growth and transformation. Less personal, but still meaningful—especially if touching key points in your chart.

Each planet also has a cycle—for example, Saturn returns to the place it was at your birth around age 29, marking a major rite of passage. These planetary cycles highlight themes of growth, maturity, challenge, or awakening at specific life stages.

## WHY IT MATTERS?

By understanding transits and planetary timing:

- You gain insight into why you feel the way you do.
- You can plan important events when the cosmic energy is supportive.
- You can give yourself grace during heavy transit periods, knowing they will pass.
- You become more connected to the universe's natural rhythms.

# SECTION 7: INTERPRETING A BIRTH CHART

You've learned about signs, planets, houses, aspects, and timing—now it's time to bring it all together. Interpreting a birth chart is like reading a cosmic story, one where you are the main character. Each placement tells part of the tale, and together they reveal your soul's blueprint.

## STEP-BY-STEP GUIDE TO READING A CHART

Use this simple framework to begin interpreting your chart...or someone else's!

### 1. Start with the Big Three

- Sun Sign - Your core identity and life force
- Moon Sign - Your emotional world and instincts
- Rising Sign (Ascendant) - Your outward behavior, how others see you

These are your foundation. Take time to reflect on how they interact and what they reveal.

### 2. Look at the Personal Planets

Explore the signs and houses for:

- Mercury - how you think and communicate
- Venus - how you love and what you value
- Mars - how you take action and pursue desires

Ask: What zodiac sign are they in? What house? How do they express themselves, and in which area of life?

# STEP-BY-STEP GUIDE TO READING A CHART

## 3. Check the Houses

Go through each house and note:

- Which sign is on the cusp?
- Are any planets in that house?
- What does this say about your experiences in that life area?

## 4. Examine the Aspects

Find 2-3 major aspects between planets.

- Are they harmonious (trine, sextile)?
- Are they challenging (square, opposition)?
- What inner tensions or natural talents do they reveal?

# STEP-BY-STEP GUIDE TO READING A CHART

## 5. Notice Clusters and Absences

- Do you have multiple planets in one sign or house? That's a focal point.
- Are any elements (fire, earth, air, water) missing or dominant?
- Any retrograde planets? These may be more internalized or slow to express.



## INTERPRETING HOUSE PLACEMENTS: TIPS FOR BEGINNERS

- Look at what planets are in each house. That's the 'who' showing up in this area of your life. For example, Mars in the 3rd House might indicate assertive communication or a fast-paced mind.
- Check the sign on the cusp (start) of each house. This sign colors the tone of how you express yourself in that life area. For example, Cancer on the 7th House cusp may mean nurturing and emotional partnerships.
- Empty house? Don't worry! Not every house has a planet, and that doesn't mean that area of life is inactive—it just means it's not a primary focus. The ruling planet of the house's sign still influences it.
- The angular houses (1st, 4th, 7th, 10th) are especially important—they represent the major pillars of your life: self, home, partnerships, and career. Pay extra attention to any planets here.



We hope you find joy, inspiration, and connection as you work through this magical workbook. It's designed to help you align with nature's rhythms, set powerful intentions, and infuse your daily life with meaning and enchantment. If you're looking to dive deeper into magickal practices, explore seasonal celebrations, or connect with more tools and guidance for intentional living, we invite you to visit our website. There, you'll find resources, curated products, and teachings to support your journey and help you embrace a truly magical lifestyle.

✨ Learn more at [www.modernmagickalfamily.com](http://www.modernmagickalfamily.com) and let the magic unfold!

© 2025 Modern Magickal Family. All rights reserved.

This workbook and all included content, graphics, text, and illustrations are the intellectual property of Modern Magickal Family and may not be reproduced, distributed, or used for commercial purposes without explicit written permission. This guide is intended for personal use only. Thank you for honoring and respecting this creative work.