



C O S M I C CONFIDENCE

A guide to your sun, moon, and
rising signs

by Kelly Irene

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INTRODUCTION

Prior to learning about my own birth chart, I bounced around in life--feeling some sort of purpose and passion but never quite feeling like I could fully satisfy certain parts of me. I was never content at work, and something felt persistently “off” in my home life.

Rather than lean into the energies that made me most uniquely me, I thought they were evidence of something wrong with me and I created an identity that toned down or hid those things altogether.

For a decade I lived as an imposter in my own life, and while I was able to build a beautiful life, that life didn't have room for ME.

Eventually that life fell apart, stripping away the identity I had worked so hard to develop. I was lost, broken, and determined that if I were going to rebuild, the new life must have room for me.

As I dove into personal astrology and learned about the birth chart, I was given a language to not only understand that there was nothing wrong with me, but that the very energies I thought were proof of my own deficiencies are in fact evidence of my greatest gifts.

This changed everything!

I was able to identify the missing pieces that kept my passions and purpose from coming fully to fruition

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In this guidebook, I give you a condensed version of what I learned over several years. I share with you, Brave One, the key pieces of information you need to begin your own journey with personal astrology--a journey that I am confident will bring you to see pieces of you in a new light.

When you begin to embrace and integrate the energies that make you most uniquely you, I am certain you will find a confidence that is unshakable. A confidence that can only be described as Cosmic.

Follow this guidebook to discover your own birth chart and in doing so, a life of satisfaction and success that stems from the truest core of who you are.

A birth chart is the map of the planets at the moment you were born.

Your birth chart serves as a blueprint of the energies you are born with. It's a map to your soul and the truest parts of your self.

Within your chart, you'll find many elements, but the best place to start is your Big Three: Your sun, moon, and rising signs.

These signs can help you define and understand how you're meant to shine in the world, what you need to feel satisfied and successful, and what the unique lens is through which you view the world.

This is only the beginning of an incredible journey for you!

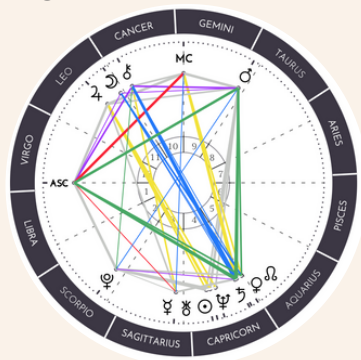
HOW TO FIND YOUR BIG THREE

Go to astro-charts.com and enter your birth information. The date, time, and location help narrow down your sun, moon, and rising signs.

→ ☉	Sun in 11° 22' Capricorn	♅	Uranus in 9° 48' Capricorn
→ ☾	Moon in 2° 37' Leo	♆	Neptune in 14° 9' Capricorn
♀	Mercury in 23° 52' Sagittarius (r)	♇	Pluto in 19° 37' Scorpio
♀	Venus in 26° 21' Capricorn	♊	North Node in 29° 3' Capricorn (r)
♂	Mars in 27° 45' Taurus	♋	Chiron in 25° 11' Cancer (r)
♃	Jupiter in 11° 51' Leo (r)	♈	ASC Ascendant in 27° 21' Virgo ←
♄	Saturn in 25° 48' Capricorn	♊	MC MC in 27° 1' Gemini

Your sun, moon, and rising (or Ascendant) signs are shown with arrows above. For now, you can ignore the numbers; just look at the sign next to each. In this case, we would say the sun is in Capricorn, the moon is in Leo, and the Ascendant is in Virgo.

Don't let the complexity of your chart scare you away! You don't need to know it all today; focusing on your Big Three is the perfect place to start.



YOUR BIG THREE

SUN

The sun sign is the most commonly-known sign. The sun changes signs only every 29 days, so many people will have the same sign, and descriptions of this sign can often feel oversimplified or too generic. That's because the sun sign only describes one part of your astrological blueprint: how you shine in the world. The sun sign gives important clues as to how you're meant to show up in life and how you present to others.

MOON

The moon changes signs every 2.5 days (give or take a few hours) and helps us understand what our core needs are, particularly what we need to feel safe, satisfied, and successful in life. Your moon sign speaks to your internal world, your emotional state, and how you experience your intuition.

RISING

The rising sign (also called the Ascendant) changes signs every two hours and provides the deepest level of nuance out of the three signs. Your rising sign helps us understand the unique lens through which you see the world, including your core values, motivators, and the questions that frames the way you understand your own experience of the world.



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The symbol for Aries is The Ram. The first sign in the Zodiac, Aries is all about fertility, birth, initiation, pioneering, and taking action.

SUN IN ARIES

You shine when you're able to take action. Like this first sign of the zodiac, you're a natural when initiating something, sparking a fire in yourself or others, or pioneering something new. You are a natural born leader.

MOON IN ARIES

You will feel most satisfied and successful when taking action. You have an entrepreneurial spirit that seeks out and creates new beginnings, for yourself and others. Don't be afraid to embrace this, but find--within yourself or within your team--ways to bring your projects to completion as well.

ARIES RISING

You're consistently asking what is growing, sprouting, or blooming around you. You want to know what can be started, what action can be taken. You easily spot the need for leadership and jump right in. Because you value action deeply, you're likely to be impatient with others who may not embrace this so keenly.

TRANSFORMATION TIP

Embrace your inner leader. Find ways you can take initiative, start the thing already, and be sure to give your energy room to thrive. Be careful you don't place the same Get Sh*t Done expectation on others though as their drive for action may not be a match for yours.

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The symbol for Taurus is the Bull, a rooted, grounded creature who thrives on stability, reliability, and sensuality.



SUN IN TAURUS

Your steadfast determination and ability to create a secure foundation for yourself and others is a hallmark of your sign. Your practical approach and appreciation for life's pleasures make you someone others can depend on. You love to be a resource, or gather resources, for those around you.

MOON IN TAURUS

You need creature comforts more than most, and the drive you have toward the luxurious, cozy, and comfy things of life isn't a mere whim. You will feel most connected with your internal world when you can incorporate time and space to relax well. You are also fiercely loyal and need to be able to use your ability to gather and connect people and resources in order to feel satisfied and successful.

TAURUS RISING

You seek security, abundance, and practicality in the world around you. Rhythm and ritual are important to you, and when they don't exist, you look for ways to bring that about. You seek the practical and value that above nearly all else.

TRANSFORMATION TIP

Whether it's a treat on Wednesdays because they are loooong days, or a cup of extra special tea while wrapped in a cozy robe on Saturday morning, make room for these little luxuries on a consistent basis. Don't get so stuck on this though that you can't pivot when needed.

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The Twins are the symbol of Gemini, often representing two sides to every story or different ways to look at the same thing. Gemini is often playful, communicative, and energetic.

SUN IN GEMINI

You shine when you are learning and communicating what you're learning. You excel when sharing knowledge with others, and engaging in truly lively conversations. Guided by The Twins, you have a versatility and adaptability that is unmatched by any other sign! This is best seen in your ability to engage with all kinds of people, ideas, and ways of thinking.

MOON IN GEMINI

You need room to pursue areas of curiosity and don't ever want someone to simply give you an answer. If they do; you're likely to challenge it just for the fun of the challenge! You feel most secure when others allow you to explore ideas through thoughtful conversation and need to be able to seek out new experiences and knowledge.

GEMINI RISING

You are often asking how you can gather and share information effectively. With your ascendant in Gemini, you deeply value sociability and when you hear a story, you're the first to ask what the other side of that story is.

TRANSFORMATION TIP

Lean into the social nature of Gemini and enjoy talking things through with someone else. Let your curiosity drive you, but be discerning about who you have these conversations with for not everyone possesses your mental fortitude.

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Cancer's symbol is The Crab: Hard Shell - Soft Interior! This little guy is big on feelings, cares deeply for family (birth or chosen!) and is deeply in tune with their intuition.



SUN IN CANCER

You shine when taking care of or helping others. A natural nurturer, you hold room for emotions of all types and radiate warmth, welcome, and belonging. You create a sense of home for others, providing intuitive support and comfort to those around you.

MOON IN CANCER

You need to nurture and be nurtured! A crab carries its home with it, and you too carry that sense of home with you; you need to be able to retreat into that when the world feels dangerous or like too much is going on around you. You will feel most satisfied in life when living in alignment with your intuitive and emotional centers of knowledge and wisdom.

CANCER RISING

You're constantly on the look for the hurting, the outcast, or the person in need and want to bring that sense of home (whatever that is for you) with you throughout life. You look at the world through an emotional and intuitive lense and place deep value in these forms of knowing.

TRANSFORMATION TIP

Let emotion and intuition guide you. The world acts like those are not legit ways of knowing, but you know better. Be aware of where you may lack boundaries though; they are the shell that keeps you safe so you can keep nurturing those around you.

Cosmic Confidence



The Lion is Leo's symbol: regal with both ferocity and grace. The confident lion is a leader, a show person, and a gatherer.

SUN IN LEO

Like a bonfire, you shine for the attention and benefit of those around you. Often those with their sun in Leo want the spotlight directly on them in a very literal way, but for others the idea of having an audience may be more subtle. Either way, your creativity, passion, and joy are an inspiration to others.

MOON IN LEO

Whether from the MainStage, or backstage, you need to be able to inspire and influence others. You have ideas, visions, and opinions that want recognition and attention, and you will feel most successful when these are seen, heard, or read by others. You feel satisfied when generously creating and sharing from the depths of your passions.

LEO RISING

You look at the world through the lens of how you can express yourself within it. The sign of the Sun, you look to bring "light" (that which lights you up!) to those around you. This may come in the form of being the BEST baker, artist, teacher, actor, or whatever passion you're pursuing, but don't hesitate to look within to find the spark you need to live into your regal nature.

TRANSFORMATION TIP

Leo gets a bad rep as selfish or self-centered, but this can easily be remedied by seeking ways to serve others with that bright light within. Embrace your inner lion, live fiercely and graciously, and be sure you're expressing yourself as uniquely you in your every day life.

Cosmic Confidence

Virgo's symbol is The Virgin - a woman who is whole unto herself; not needing someone else to make her so. Rather than focusing inward, Virgo is often looking to the world around them to see how they can serve.



SUN IN VIRGO

Practical and analytical, you shine by improving the world around you. Not one to leave something at “good enough,” your pursuit is perfection. No detail is too small for the Virgo eye. You shine by bringing excellence to all you do.

MOON IN VIRGO

You don't feel satisfied with things that are broken, disorganized, or inefficient, and this can be both a blessing and a curse. Your attention to detail fills a very specific need, and your sense of success is in the dotting of the I and crossing of the T. You are satisfied when you have solved a problem or brought about a practical improvement.

VIRGO RISING

You are looking both for the practical in life and for the things that need to be fixed. Never settling for second best, you want your work to be The Best--not for the recognition of being #1 but for the satisfaction of excellence. Serving others comes naturally to you, and you often see the world around you through the lens of how you can make it better.

TRANSFORMATION TIP

Your practical, analytical, and detail-oriented nature is a gift to others, and you naturally seek to serve. However, be aware of both perfectionism and resentment--particularly when others don't have the same serving nature you do.

Cosmic Confidence



Libra is represented by The Scales or Justice. A true balancer, Libra holds all things together in harmony

SUN IN LIBRA

You shine by bringing balance and fairness to your relationships and the world around you. You love beauty, and you have a unique ability to bring harmony out of chaos or conflict. A true diplomat, you bring others together in a way that not many can.

MOON IN LIBRA

You need harmony, balance, and beauty in order to feel satisfied and safe. You are most successful when bringing balance or a sense of peace to your work. Chaos does not suit you. Harmony, elegant esthetics, and peacekeeping are top priorities. Prioritizing your own needs is a form of self-care that may not come easily to you.

LIBRA RISING

You not only seek balance and beauty; you emanate them. Look around you, and you'll likely see an esthetic that brings harmony to the physical realm. This extends into your relationships, as you find ways to balance ideas, promote fairness, and resolve conflict.

TRANSFORMATION TIP

Your quest for beauty, balance, harmony, and peace is a gift to those around you as much as it is a form of self care. However, you can get stuck when required to pick a side or when needed-conflict arises. Injustice will hurt you, whether it's aimed at you or not. You need to develop the ability to trust yourself deeply and prioritize your own self-care.

Cosmic Confidence

The symbol for Scorpio is the scorpion. Scorpio is known for its connection to death, the underworld, and the darker places in life.



SUN IN SCORPIO

You have a light that needs a little darkness to shine. The ruler of the underworld, Scorpio's energy isn't afraid to go to the places others avoid. A natural investigator, you're often looking at what is under the surface or what hidden motivations may be beneath the mask. You have an uncanny ability to sniff out BS and a laser focus that will get to the bottom of any query.

MOON IN SCORPIO

You feel most comfortable when the world and people around you are unmasked. Your ability to see hidden things means you require authenticity from those around you, and your ability to feel intense emotions is unmatched. This is, of course, if you've learned to allow room for those emotions in a world that seeks to numb what you need to feel.

SCORPIO RISING

Constantly looking for the truth in any situation, you have an uncanny ability to get below the surface and see someone's hidden motivations. You are strategic in nature and have no problem waiting for what you know will eventually come your way. Relentless may be a word that describes you for you have no problem staying the course once you're set on it.

TRANSFORMATION TIP

The world around you isn't well-quipped for the intensity that Scorpio seeks and fosters. Allow yourself to feel deeply, but don't hold it against those who can't do the same. Dig into your innate ability to see below the surface; you are a natural excavator and investigator. Know who your people are that are willing to go into the darkness with you, and be willing to allow others to stay in the light if that's where they are most comfortable.

Cosmic Confidence



The Centaur is the symbol of Sagittarius; part human and part horse, you embody both the domesticated and the untamed; the impulsive and insightful elements of this sign.

SUN IN SAGITTARIUS

You are the ultimate explorer. You shine by learning--whether that's through going out and doing something new or staying in and reading about it before talking with those closest to you. Philosophical, optimistic, and energetic, you are aiming your arrow at the truth of life's ultimate meaning. You are a natural encourager and your energy is infectious.

MOON IN SAGITTARIUS

You need room to seek--whether it's seeking the best in others, looking for the truth, or going on an adventure to seek out a new way of experiencing life. Self care for you is pursuing that which inspires you; it's being driven by your intuition.

SAGITTARIUS RISING

Constantly looking to how you can make the people and places around you shine, your boundless energy enters new situations with gusto. You're unafraid to say the things others might try to censor, and are more concerned with the truth of the thing than the feelings behind it. Don't get this confused with the rigidity of other signs; precision isn't your highest value. The process of "getting there" is often even better than the destination itself.

TRANSFORMATION TIP

Intuition and impulse can be gifts; as with all things, these gifts need to be balanced by considering the consequences, especially to those around you. You have a unique ability to take a leap of faith, knowing that wherever you land, you'll be in the right place. Not everyone has this faith or experience, so you may need to slow down with those who aren't so trusting of the outcome.

Cosmic Confidence

Capricorn's symbol is the sea goat, able to scale great (often impossible) heights and agile enough to take life's curve balls as they come one's way.



SUN IN CAPRICORN

You shine through achieving your goals and bringing your dreams to reality. Like those who scale great peaks, you are unafraid of the work needed to get the job done, and you thrive with discipline and structure. You shine brightest when you can truly excel at what you set out to accomplish.

MOON IN CAPRICORN

You need structure to feel safe and satisfied, and you have no problem being the one to build it. Achieving your goals brings a sense of satisfaction and success that no amount of external recognition or monetary gain can match. Unafraid to do hard things, you may be prone to overwork and need to take time to nourish and care for your physical, mental, and emotional health.

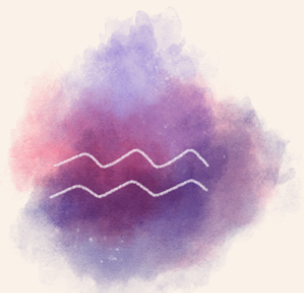
CAPRICORN RISING

Unafraid of hard work or discipline, your primary value is achieving heights unseen by most. Where others may be looking for the latest fad or trend, you are searching for that which will last. You place a high value on setting and achieving goals; when a challenge is before you, you take it on with fervor.

TRANSFORMATION TIP

Your need to achieve goals can end up turning to lethargy or apathy when a lofty goal is not set before you. Your desire to excel can come off as demanding with others and you may be prone to competition that your colleagues or friends are not prepared for. Your ability to get things done on your own means you may unintentionally leave others behind. Don't shy away from those challenges and big achievements; just be aware that not everyone has the same drive that possesses you.

Cosmic Confidence



The Water Bearer is Aquarius's symbol, eternally pouring out the source of life for those around her. Aquarius brings life to those who may need it most.

SUN IN AQUARIUS

You shine when you're allowed time, space, resources and the technology needed to vision & create a future that breaks oppressive molds and systems. Aquarians are futuristic, visionaries, and activists, often with a rebellious bent. Although you may feel a bit alien, you are meant to be in community and shine brightest in a context that is working for the collective.

MOON IN AQUARIUS

With your moon in Aquarius, you need to make an impact on the world around you. Whether through activism, creative works, or thought-leadership, you are not content with the status-quo, and doing something about that discontent is a form of self-care. Give yourself permission to step into your weird, wild, wonderful Aquarian self and don't be afraid to think, speak, dress, or in any other way, live a bit outside the box.

AQUARIUS RISING

You're looking for how things can be made better for the collective, not just the elite few. You're looking at societal systems and structures, cultural norms and expectations, and other collective forms of oppression to see how they can be dismantled and rebuilt. It may not be a world-wide change you're after, but in all contexts, you value future-oriented change that benefits the whole.

TRANSFORMATION TIP

Your rebellious nature, and lack of reverence for nostalgia and tradition, can lead others to feel that you are detached or aloof. Embrace your futuristic vibes, but root your visions for the future in the now to help bring others along for the ride.

Cosmic Confidence

Pisces' symbol is two fish swimming in the water. Like the fish, your ability to go with the flow and live in the dream realm is unmatched.



SUN IN PISCES

Compassionate, empathic, and able to reflect back to others the best parts of themselves, you shine when soaking up the influences around you. You may often feel pulled to move in several directions at once, without the need for clear boundaries or structures. You are a natural dreamer, mystic, nurturer, and healer. Swimming to the rhythm of your own drum, you shine when allowed to pursue your many varied interests.

MOON IN PISCES

You need environments with as few constraints as possible, environments where your imagination and intuition have plenty of room to roam. You may find yourself seeking to escape when life gets difficult or challenging; while doing so can be a form of self-care, learning to create and hold boundaries around your compassion and empathic powers will bring your Piscean gifts to superpower level.

PISCES RISING

You are a master of experience, constantly on the lookout for something new to try. Your nature is fluid, untethered, and untamable. You find the magic and fantastical in the mundane. You see other's pain and problems--as well as the solution--with the clarity of a skilled physician and are on the lookout for ways to bring kindness, compassion, and healing to the world around you.

TRANSFORMATION TIP

Your fluid nature means you may struggle with consistency and boundaries. While this can be a strength, it means you may often find yourself drained by all the options available or by the emotions and needs of others. Give yourself permission to go with the flow, but build in structure that keeps you going in the direction of your dreams.

GO DEEPER



Now that you have reviewed your sun, moon, and rising sign, the adventure truly begins! Your chart can give information about how you communicate (Mercury), the ways you best take action (Mars), what beauty, passion, and pleasure mean to you (Venus), and provide clues to your life purpose (North Node), how you expand and grow (Jupiter), and so much more.

The elements of fire, earth, water, and air are also present in your chart, providing insight not only to your own energetic makeup but also to what energies you need in relationships and team dynamics to be balanced and well-rounded.

Your chart is the launching pad for living in alignment with your most true self.

Chart readings, and coaching based on your individual chart, will allow you to dive deeply into your energetic DNA, what it says about your superpowers & strengths, as well as what you can learn about areas that may be challenging or require growth.

As you dive deeply into your chart, my hope is that you will not only find satisfaction and success, but also balance, harmony, beauty, and peace in all areas of your life.



Ready to go deeper?

www.mosttrueyou.com/coaching

ABOUT THE AUTHOR

Kelly Irene is an HR Director, the Founder of Most True You, and the Host of Cosmic Confidence TV. She is also a certified storyteller, speaker, and coach. Kelly is busting the taboo on astrology in business by combining 20+ years in the business world with the power of astrology to uncover an individual's cosmic DNA so they can move through life's transitions with full confidence in their true self.

Kelly lived as an imposter for over 10 years before her life fell apart, taking her identity and community with it. When it came time to rebuild, she knew she had to do so as her true self, but the real challenge was in finding that person.

What she found to be most impactful was something that, until then, had been chalked up to filler in women's magazines at best or labeled as demonic at worst. It was through the study of personal astrology that Kelly found her true self.

Kelly now shares the power of personal astrology to bring a fresh lens to professional development, personal growth, and team dynamics.

Kelly's Big Three are Aquarius, Capricorn, and Libra. She lives in northern California with her human kids and animal kids and can often be found on the back porch with her partner, a hot cup of coffee, and a really good novel. Otherwise she's climbing mountains, taking naps, or thinking of ways to help dismantle the patriarchy.





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