

## **The Astrology of Dreaming**

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Dreams bring us messages from our subconscious, from deep memory, and from archetypal realms. Learning about our dreams is like learning to speak a language, one of the many languages the universe at large speaks to us.

Astrology is also an intuitive language. Reflecting thousands of years of cultural history, rich symbolism, and practical guidance, astrology posits that patterns we see in the sky echo patterns we see in our lives.

Dreamwork and astrology each bring symbolic messages into conscious awareness to help us navigate the complex currents of our lives. In this workshop, we'll explore dreams in the context of astrology, to see how these two languages speak to each other, and to us.

### ***Western Astrology Today***

Astrology looks at the sky from the perspective of Earth. The Sun, Moon, planets, and asteroids circle our globe in orbits that trace the patterns of a stately dance. Astrological charts are maps that tell us where we are, where we've been, and where we will be heading.

Ours is a seasonal astrology, no longer linked to the actual positions of constellations in the sky. Through the long sweep of time, the Earth wobbles, and this wobble changes our orientation to the rest of the cosmos. In Western

astrology, the signs of the zodiac stayed with the seasons, beginning with Aries at the Spring Equinox.

Each astrological chart can be read in multiple ways. Once familiar with the symbols, you can look at a chart and tell what time of day, as well as what time of year, it was made. The patterns among the planets and key points in the chart describe the unique energy signature of that moment. If the chart is someone's birth chart, energy patterns in the chart will be reflected in that person's life experience.

Classical astrology aimed at prediction. Contemporary astrology focuses on flows of energy and influence, recognizing that we make choices every day that set the course of our lives. Like dreamwork, astrology can be viewed solely as a means to explore inner psychological states, or as a way to connect to more numinous realms and messengers.

### ***Getting a Copy of Your Birth Chart***

Step One is getting a copy of your birth chart. If you have one, go on to the next section!

If you don't have a birth chart, you first need your birth information: date and year, exact time of birth, and location. If you don't know your exact time of birth (and it's not recorded on your birth certificate), ask about family stories. Did you arrive with the dawn or interrupt a formal dinner party? If no information is

available for time of birth, fear not. There is still much to learn, so gather whatever information you can.

Now go to the AstroDienst website, to [this data entry page](#), and enter the data you have. This [blog entry](#) walks you through the AstroDienst options step by step. The website will create a free birth chart for you. [Café Astrology](#) also offers free information, in the form of a table rather than the chart itself.

### ***Exploring the Moon in Your Chart***

Getting to know your birth chart is a lifelong process. In this workshop, we'll focus on the Moon. Find the Moon in your chart, and note the SIGN and HOUSE in which your Moon appears.

The Moon is one of the two luminaries, the lights in the sky. She represents our feelings, what nurtures us and how we nurture others, what triggers our anxieties and helps us feel secure. The Moon holds our memories, our connection with the past and with the ancestors. The Moon is the body, the place we hold both emotion and memory. The Moon represents the subconscious, those ideas and images that emerge from unseen places. The Moon represents the Mother, our experience of mothering as well as the archetypes of the Mother. The lunar realm is a place of magic, mystery, deep feelings, intuition, and dreams.

The signs of the Zodiac are like adjectives and adverbs, telling us how something is likely to express. So, the Moon in Leo is dramatic, creative,

expressive and passionate in lunar areas, while the Moon in Virgo is analytical, practical, reserved, and cautious. When you know which sign your Moon is in, visit [this page at Café Astrology](#) for an introduction to your Moon sign, keeping in mind that how you experience your Moon may be different from these brief descriptions. I also invite you to visit my blog, [Rising Moon Astrology](#), which focuses on the Moon. Search for the posts tagged for your Moon sign for a survey of the Moon in this sign.

Now note the House in which your Moon appears. Houses are the WHERE of astrology, telling us where in our lives the particular energies of a planet are most likely to be important, and strongly felt. To understand the House of your Moon, consult the [House Rulership](#) articles at Skyscript. Café Astrology also offers a [concise introduction to the Houses](#).

#### DREAM INCUBATION #1

Using any dream incubation approach that is comfortable for you, ask for a dream to help you connect with the Moon in your chart. You might set the intention to meet your Aries Moon in your Eighth House, or explore the landscape of your Taurus Moon in your Sixth House. Include the sign and house, and whatever you have learned about your Moon, in setting your dream intention.

Please share your experiences with dreaming into your Moon, and we'll discuss how our different Moons affect our dreaming selves.

#### ***The Moon Is Not Alone***

Your birth chart includes many planets, important points, and today, more and more asteroids are being explored in astrology. Now that you know your Moon's placement by sign and house, we can explore how your Moon relates to the rest of your chart. In astrology, these relationships are called ASPECTS, represented by the simple geometric relationships around the 360 degrees of the chart.

Looking at your birth chart, notice any lines connecting the Moon to other planets. The symbols on those lines will tell you what kind of aspect each one is. If you have the [table of chart information from Café Astrology](#), that table lists all your key aspects. Café Astrology also offers an overview of what [the most important aspects](#) are and what they mean.

Planets in aspect to the Moon point us to strong connections with other parts of ourselves. For example, a Moon-Sun conjunction reflects a strong identification between your core self and the light you're meant to shine into the world (your Sun) and your emotional, nurturing, dreaming self (Moon). A square (a challenging aspect that calls for dynamic balancing) between the Moon and Mercury points to challenges between how you think (Mercury) and how you feel (Moon).

## DREAM INCUBATION #2

Over the course of our lives, we shift focus from one area of our charts to another. The long-term goal is integration, working with our most positive patterns, but we can't do everything at once. Now that we've had a chance to meet our Moon, tonight we can incubate a dream to ask which relationships with the Moon are most important for us to work with now. Maybe our Moon-Mars trine (flowing energy) is a focal point in our lives as we balance feeling and action. Maybe working with our Moon-Neptune opposition will help us connect more deeply to intuitive guidance.

As often happens, our dreams may not speak clearly, offering emotions, sensations and images we'll need to decode. By sharing our dreams in the forum, we can explore together what they mean for us.

### ***The Moon and Dreams***

While our dream experiences are as unique as we are, looking at the Moon's place in our charts can point to how our dreaming selves function and how strong the lunar perspective is in our lives.

Having the Moon strongly placed in the chart makes lunar energy stronger. If your Moon is close to one of the chart angles (right at the top or bottom, or to the right or left), this is a strong placement. If your Moon is conjunct (very close to) one or more other planets, this also adds to her influence. If the Moon makes many aspects to other planets, she becomes a focal point in the chart.

The three Water signs, Cancer, Scorpio and Pisces, are associated with the Moon, with dreams and with intuition, and when these signs are strong in a chart, lunar energy increases. The Moon rules the sign of Cancer, and is most at home in this sign. Scorpio is the sign of depth, insight and transformation, associated with the Shadow, detection, and psychology. Pisces is the sign of dreams and visions, creative imagination, intuitive guidance, and spirituality. Having the Moon in one of these signs, or having one or more other planets in these signs, strengthens your connections to the dreamworld.

The three Water houses, the Fourth, Eighth and Twelfth, also have lunar associations. The Moon rules the Fourth House, the house of home, family and the deep psyche. The Eighth House belongs to Scorpio and Pluto, planet of power and transformation. The Twelfth House is home to Pisces and Neptune, planet of dreams and visions. Having the Moon or other planets in these houses will emphasize these areas of our lives.

Each of us has a unique chart, which we live out in unique ways. Comparing notes on how and where the Moon is placed can help us understand our dream lives more fully, and open up new possibilities for working with dreams.

### ***The Moon in Transit***

The position of the Moon in our birth chart reflects one moment in time, but the sky is ever changing. The Moon is the fastest moving body in the sky, transiting through the wheel of the zodiac each lunar month (about 29 ½ days), spending about 2 ½ days in each sign. As our emotions are fleeting, shifting from mood to mood for reasons not always clear to us, so the Moon moves from sign to sign.

The lunar cycle, from New Moon to Full and back to New, is one of our most ancient calendars. Each of us was born at a particular moment in the lunar cycle, and this, too, sheds light on our energy signature. The lunar cycle charts the dynamic relationship among the Sun, Moon and Earth, and becomes important in activities from farming to starting new business ventures, to creating the lives we desire.

Today we've all heard of manifesting our dreams, the idea that through focused will, we can have, do and be whatever we intend. The Moon offers a different approach to manifestation, one based in the lunar realm of dreams and intuitive guidance. [My blog post here](#) describes this lunar approach.

We'll experience a New Moon during this year's PsiberDreaming Conference. On October 7, the Moon will be New in Libra, offering a window for setting wishes and intentions that can be informed and supported by our dreams.

The days leading up to the New Moon are a time for releasing what no longer serves us. The days immediately following the New Moon are for planting seeds, working with the energy of this particular New Moon in sync with our own charts to make wishes and set intentions.

### DREAM INCUBATION #3

In the days before the New Moon, the last days of the waning cycle, ask your dreams for guidance on what you can let go of at this time. Notice whether your work with the Moon in your birth chart makes dream messages more clear. Please share some of your experiences in the forum!

### DREAM INCUBATION #4

As we reach the New Moon and move into the seed time, ask your dreams for guidance on what wishes and intentions will best suit your needs and goals right now. Honor any dreams that come by creating a meaningful way to send those wishes and intentions out to the cosmos. As we share our results in the forum, we support each other in realizing our dreams.