

Your Astrology Chart: Redefining Self-Love After Narcissistic Abuse

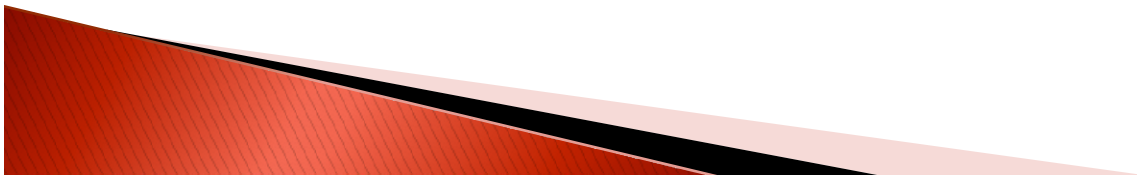
Mira Cosic and Lea Bex



Mystic South 2026, Atlanta GA

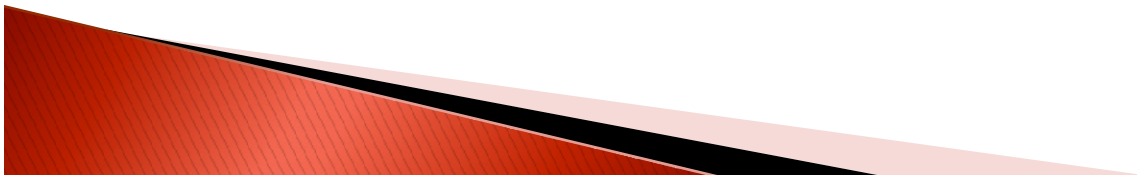
Today...

- ▶ Rediscover your self-worth using astrology
- ▶ Better understand yourself and others
- ▶ Sun, Moon, Venus... Saturn, Neptune, Pluto and Chiron...



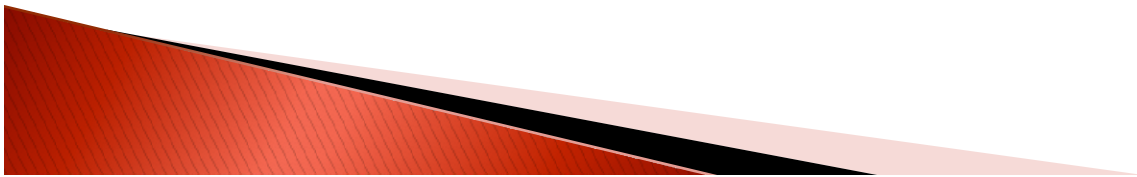
Today...

- ▶ Set boundaries, nurture yourself, and feel truly seen
- ▶ How to use astrology to shift old patterns and reframe your relationship with yourself



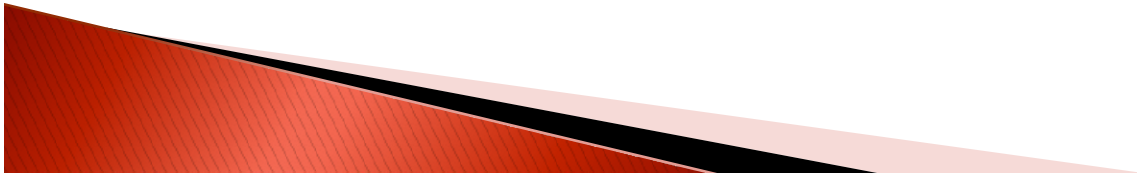
Your Chart...

- ▶ Your chart reveals the emotional patterns and subconscious beliefs shaped by narcissistic abuse: nature+nurture
- ▶ Gain a deeper understanding of how to create a life where self-love is no longer a struggle



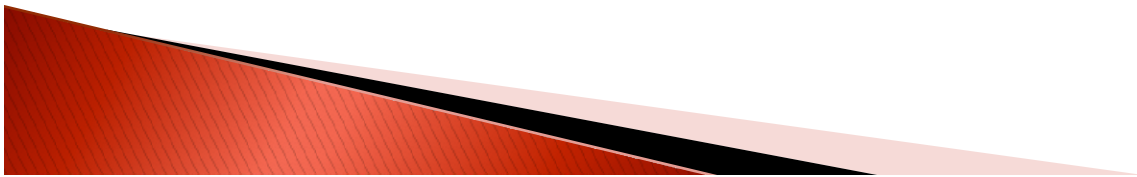
What is Astrology?

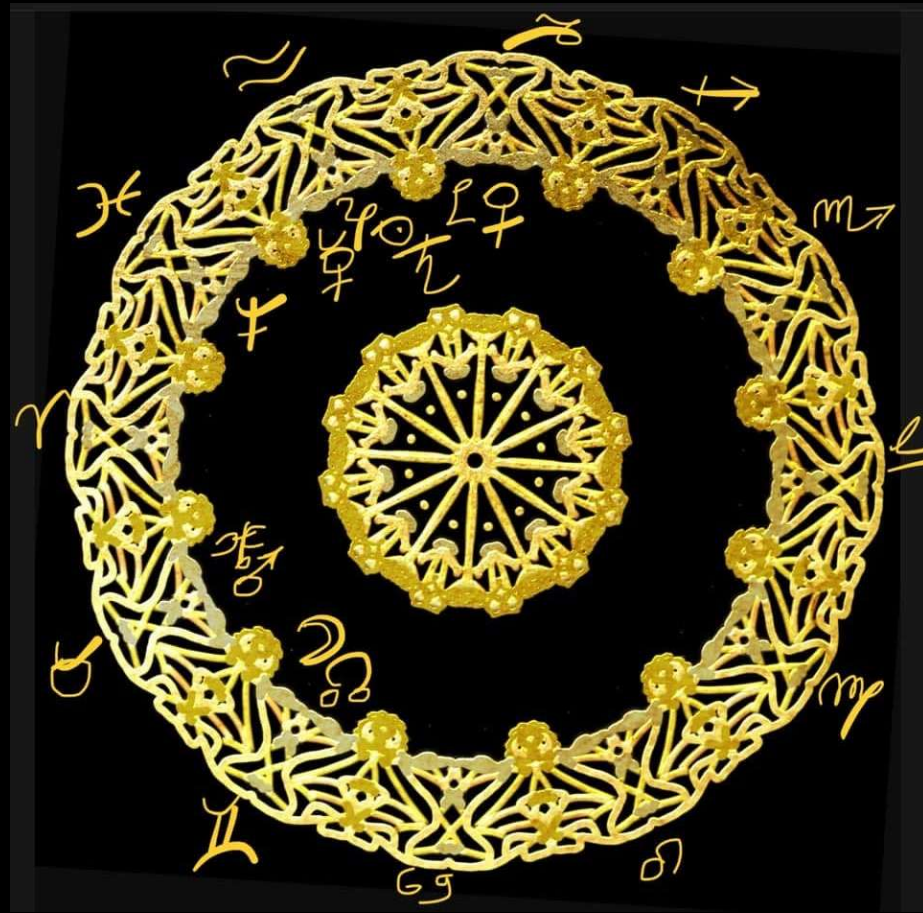
- ▶ Astrology is the study of how celestial patterns (the positions and movements of planets, the Sun, and the Moon) are believed to reflect or correlate with human experiences and tendencies to offer life lessons and an exit.
- ▶ Core idea: The sky serves as a symbolic map; birth (natal) chart is a snapshot of the sky at the moment of a person's birth.



What is Astrology?

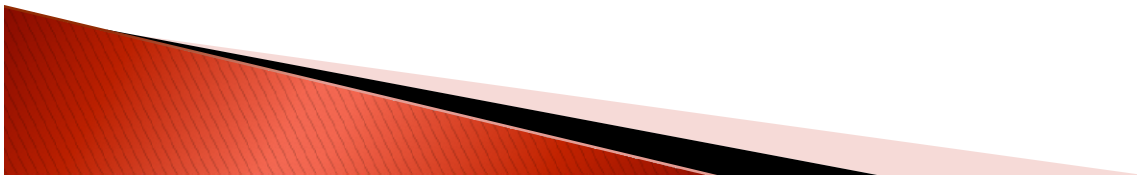
- ▶ We are incarnated here to experience life, joy, love, growth, learning, creation, material tangible goods, loss...
- ▶ Challenges: Learning to develop understanding and empathy, to be stronger, reliable, have integrity, survive





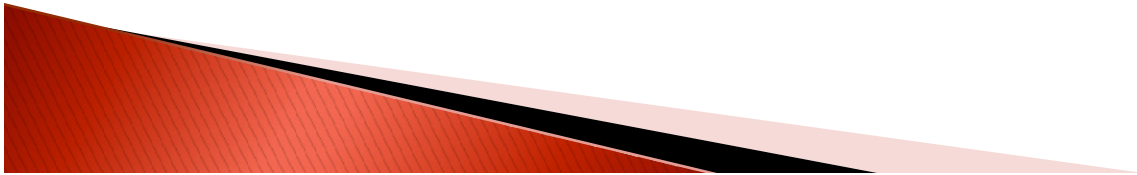
Planets and Aspects

- ▶ Lights (luminaires): Sun + Moon
- ▶ Personal planets: Mercury, Venus, Mars
- ▶ Outer (transpersonal) planets: Jupiter, Saturn, Uranus, Neptune, Pluto, Chiron, Eris...



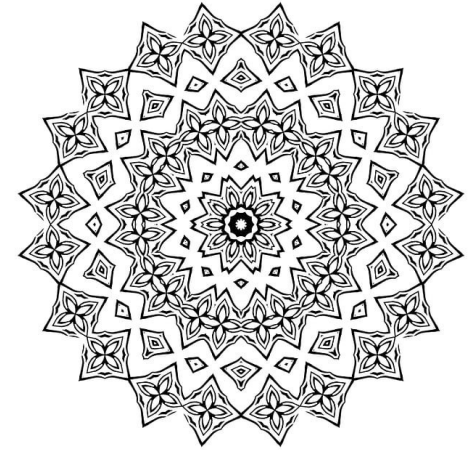
Common misconceptions

- ▶ We can identify potential for abuse in a chart
- ▶ Free will is real
- ▶ The chart alone is not enough to diagnose anyone
- ▶ We cannot claim that someone is a narcissist because they have “problematic” planetary signature. In fact, they might be a victim, or not experience this at all
- ▶ Some people with the same placements have completely different life experiences – evolutionary intent, old souls...



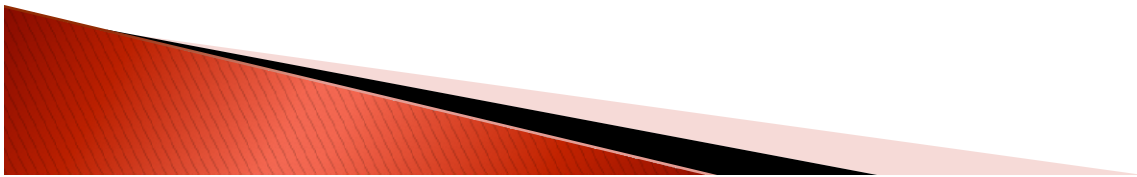
Evolutionary Astrology

- ▶ Certain natal patterns can describe sensitivity, boundary challenges, trauma responses, or relational dynamics that may become activated in abusive relationships.
- ▶ Astrology does not predict abuse but it points out potential abuse; it can offer insight into healing, self-awareness, and healthier choices



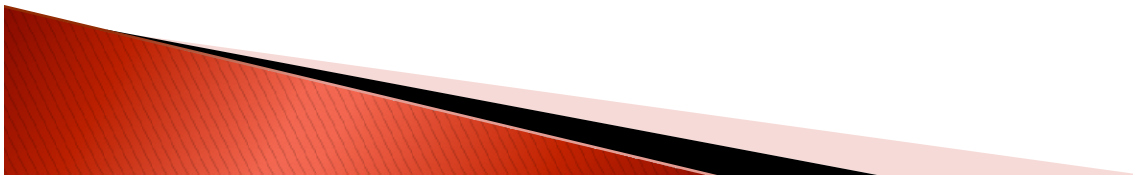
The Theory of Soul Evolution

- ▶ **Eastern Traditions:** In Hinduism and Buddhism, the soul evolves through cycles of rebirth (reincarnation) governed by karma.
- ▶ **Theosophy and New Age Thought:** Many esoteric systems break this progression down into specific levels. The soul evolves from primitive or animalistic levels, moving through dogma or material attachment, and eventually reaching highly intuitive, empathetic, and enlightened stages



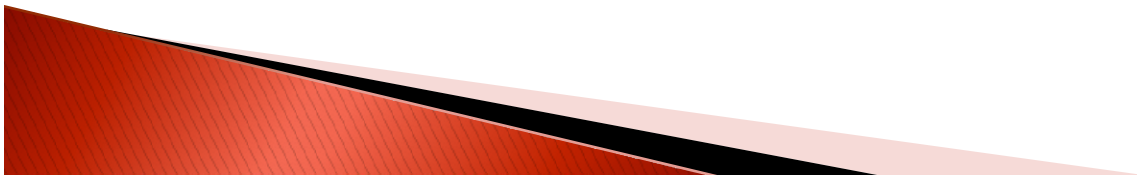
The Theory of Soul Evolution

- ▶ In Evolutionary astrology, we observe so called Evolutionary Stages: every soul is at a specific stage of development (the *Consensus* state, the *Individualized* state, or the *Spiritual* state).
- ▶ The soul's maturity determines how it processes Pluto's intense catalysts.



The Theory of Soul Evolution

- ▶ Death and Rebirth: Rather than purely destructive, Pluto represents the necessary breakdown of old ego structures.
- ▶ Through crises and intense undercurrents, the soul eliminates separating desires to ultimately return to wholeness.



Transits Jul 19 2026

Event Chart

Jul 19 2026, Sun

9:00 am EST+5:00

Dunwoody, GA

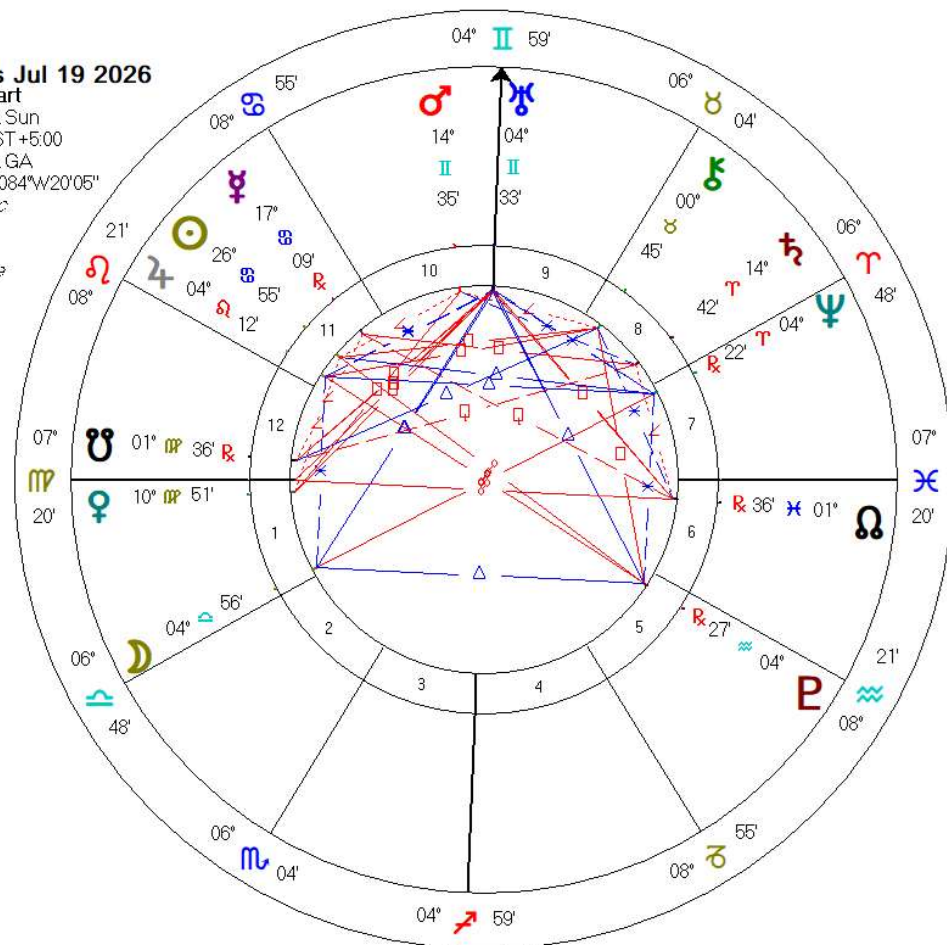
33°N56'46" 084°W20'05"

Geocentric

Tropical

Koch

Mean Node



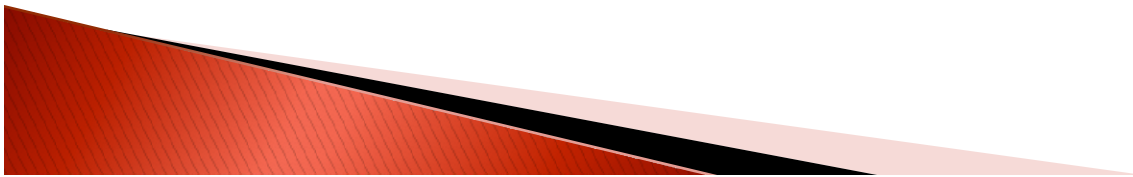
The Sun: Conscious Identity

- ▶ The Sun represents conscious identity, life purpose, and the driving essence that seeks expression.
- ▶ Its sign, house placement, and essential dignity illuminate what a person values, how they claim vitality, and the overarching energy they bring into relational dynamics.
- ▶ Fire, Earth, Air, Water



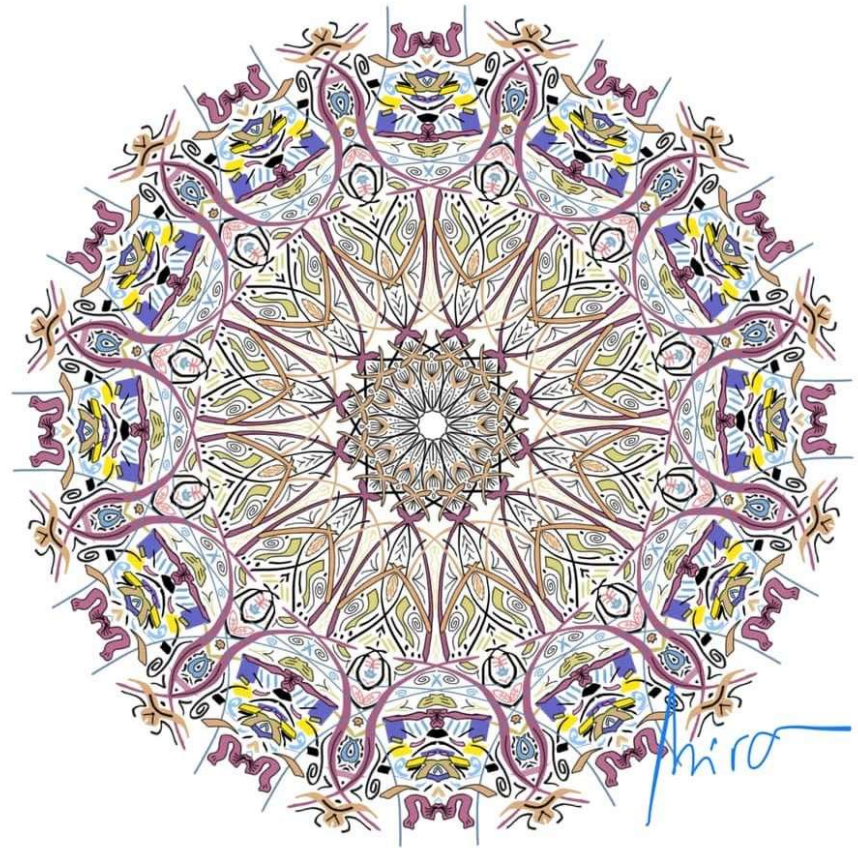
The Moon: Emotional Needs

- ▶ The Moon reflects emotional needs, instinctive responses, and patterning around safety and nurture.
- ▶ Its connection to signs, houses, and aspects reveals how feelings arise, how vulnerability is managed, and what kinds of responsiveness are natural in close encounters.



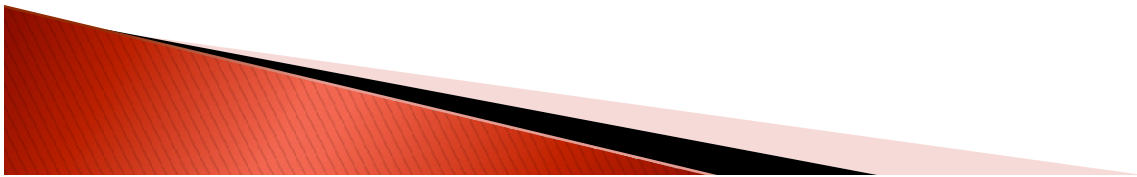
Ascendant

- ▶ **Ascendant (Rising Sign)** indicates the persona presented to the world and the initial approach to relationships.
- ▶ It anchors **style, communication, and the first impression one creates**, shaping how others experience engagement, boundaries, and timing.



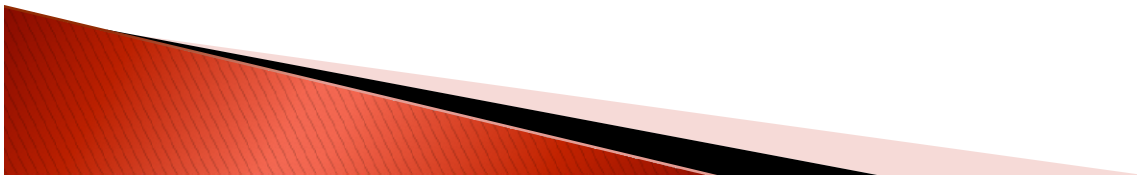
Planetary Nodes

- ▶ The ecliptic connects the Earth to Sun. When planets cross the ecliptic ascending (North) or descending (South), spiritual work relative to the planet interacts with life on Earth.
- ▶ The Planetary Nodes reveal the karmic themes of our collective evolution.



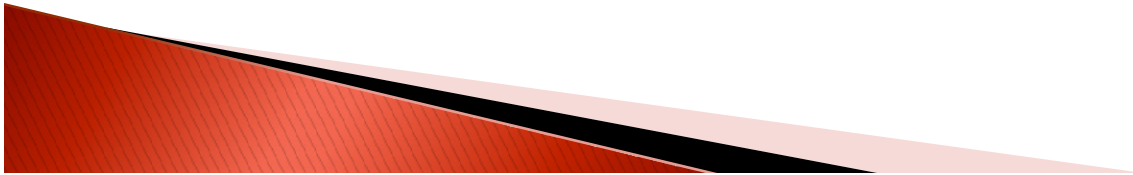
Aspects

- ▶ By looking at aspects between planets: Mercury, Venus, Mars, Jupiter, Saturn + Uranus, Neptune, Pluto, nodes, and angles → you can see patterns of ease or conflict, harmony and tension, opportunities and blocks... that tend to show up in one's life.



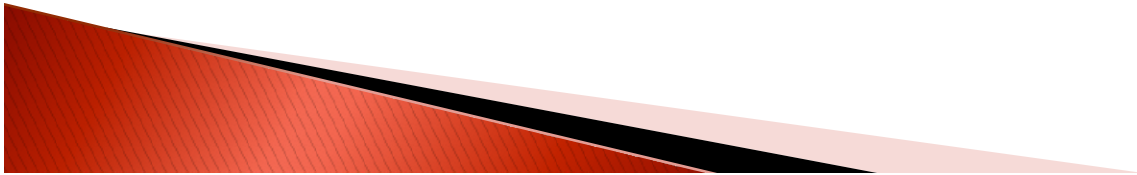
Aspects

- ▶ Note how angles between planets in the two charts align. Harmonious aspects (such as trines and sextiles) suggest ease, cooperation, and complementary energies.
- ▶ Challenging aspects (such as squares and oppositions) indicate friction that can drive growth but may require conscious communication and boundaries. Conjunctions can amplify shared drives or tensions, depending on the nature of the planets involved.



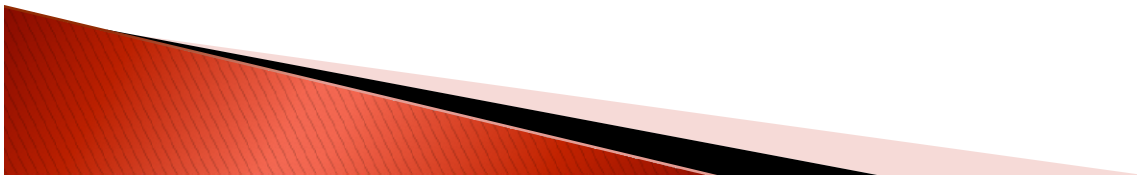
Chiron: The Wounded Healer of Greek Mythology

- ▶ In Greek mythology, Chiron was the wisest and most respected of all the centaurs.
- ▶ Unlike the other centaurs, who were often portrayed as wild, impulsive, and driven by instinct, Chiron was known for his intelligence, compassion, and mastery of healing, medicine, music, philosophy, astrology, and martial arts.
- ▶ He devoted his life to teaching heroes, including Achilles, Asclepius, Jason, and Hercules.



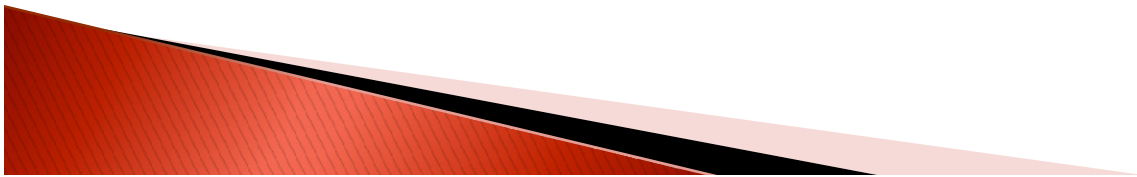
Chiron

- ▶ Chiron was the son of the Titan **Cronus** and the sea nymph **Philyra**. According to the myth, Cronus transformed himself into a horse to avoid being discovered, resulting in Chiron's unusual half-human, half-horse form.
- ▶ Ashamed of her son's appearance, **Philyra** begged the gods to transform her into a linden tree, leaving Chiron to grow up without his mother.
- ▶ This early abandonment is often seen as the beginning of Chiron's own lifelong wound.



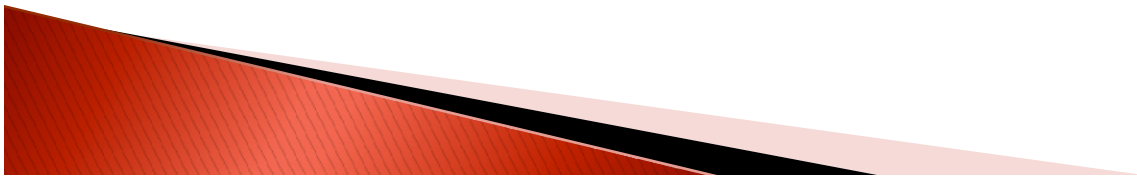
Chiron

- ▶ Although Chiron became the greatest healer of his time, he was unable to heal himself. During an accidental encounter, Hercules struck Chiron with one of his poisoned arrows tipped with the venom of the Hydra.
- ▶ Because Chiron was immortal, he could not die, yet the poison caused him unbearable pain that no medicine could cure.



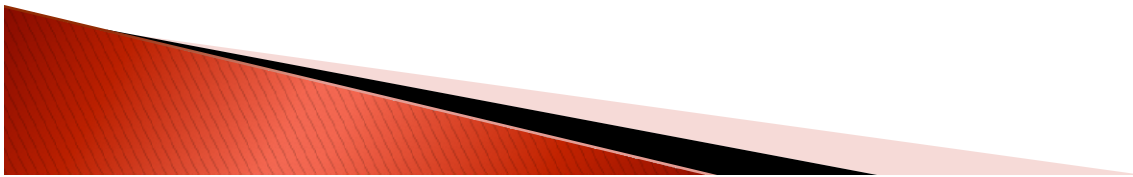
Chiron

- ▶ After enduring great suffering, Chiron chose to give up his immortality in exchange for the freedom of Prometheus, who had been eternally punished by Zeus.
- ▶ By sacrificing himself, Chiron was finally released from his pain. In honor of his wisdom and selflessness, Zeus placed him among the stars as the constellation Centaurus.

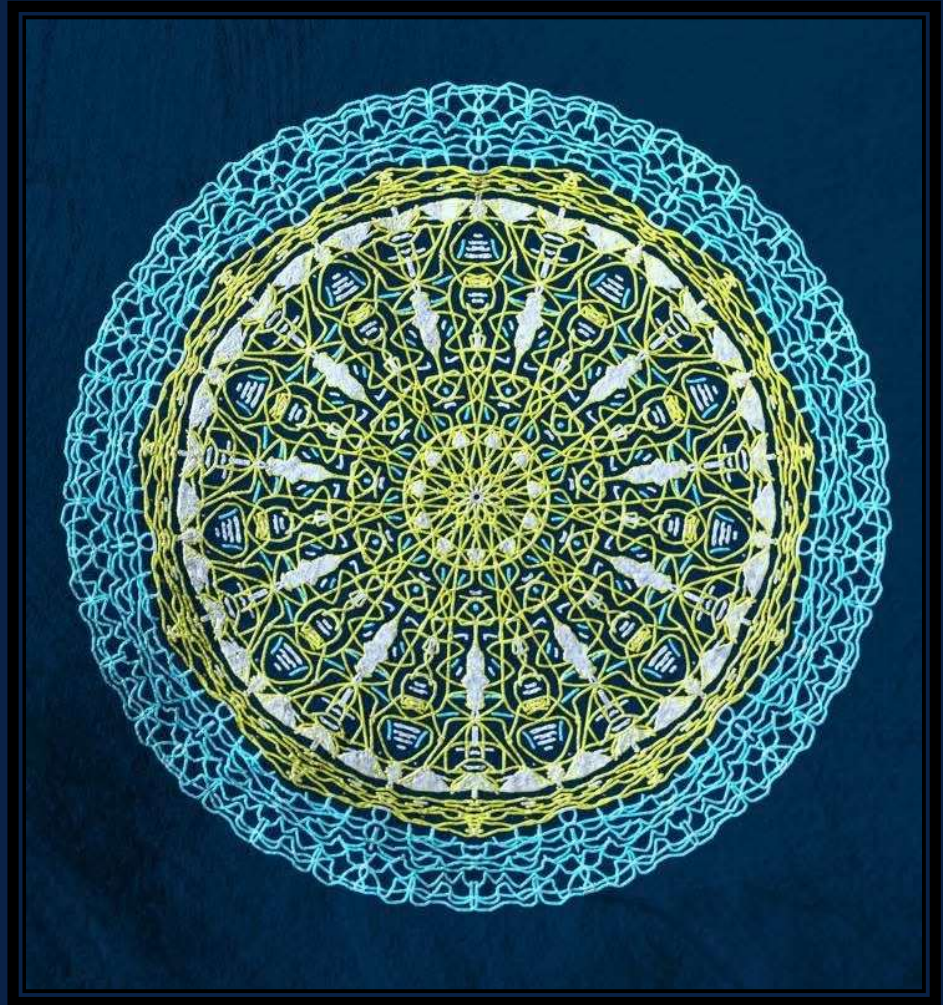


Chiron

- ▶ In astrology, Chiron as the "Wounded Healer" symbolizes our deepest emotional wounds, often formed early in life, as well as our remarkable capacity to develop wisdom, compassion, and healing through those very experiences.
- ▶ Rather than representing a wound that simply disappears, Chiron reminds us that our greatest pain can become the source of our greatest strength, allowing us to guide, support, and inspire others on their own healing journeys.

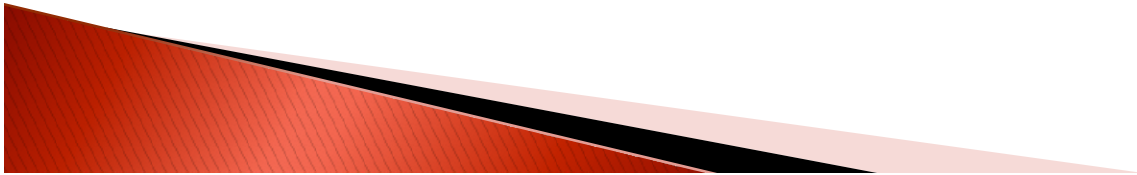


- ▶ Chiron (the wounded healer archetype); the one who reaches into their own wounds and learns to heal them, inherently becomes a healer for others.
- ▶ There is no key without a keyhole, one cannot unlock emotional understanding without uncovering a wound that leads one's to search for the key.



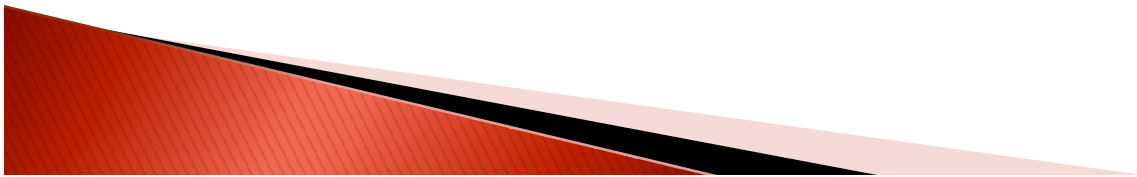
When it comes to NPD...

- ▶ The American Psychiatric Association's DSM defines Narcissistic Personality Disorder (NPD) as a pervasive pattern of grandiosity (in fantasy or behavior), a constant need for admiration, and a lack of empathy.
- ▶ To meet the official clinical diagnosis, these traits must begin by early adulthood, manifest across a variety of contexts, and satisfy at least five of the following nine specific criteria:



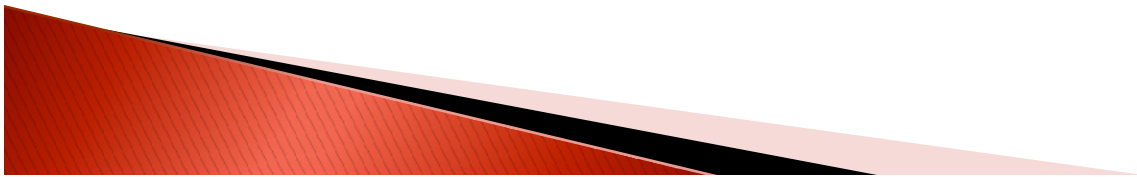
NPD

- ▶ **Grandiose self-importance:** Exaggerates achievements and talents; expects to be recognized as superior without proportional proof.
- ▶ **Fixation on fantasies:** Preoccupied with thoughts of unlimited success, power, brilliance, beauty, or ideal love they are entitled to.



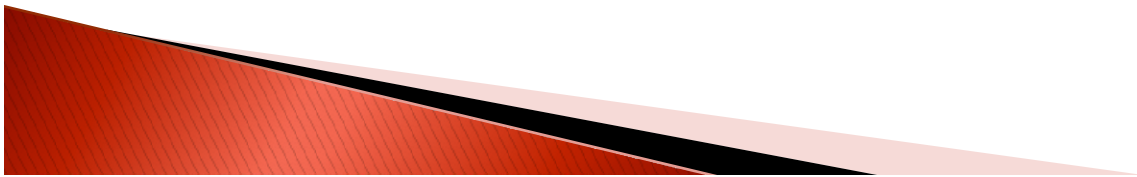
NPD

- ▶ **Belief in uniqueness:** Believes they are "special" and can only be understood by, or should associate with, other high-status people or institutions.
- ▶ **Craving for admiration:** Demands excessive, constant praise and validation from others.



NPD

- ▶ **Sense of entitlement:** Holds unreasonable expectations of especially favorable treatment or automatic compliance with their demands.
- ▶ **Interpersonally exploitative:** Unabashedly takes advantage of other people to achieve their own personal ends.



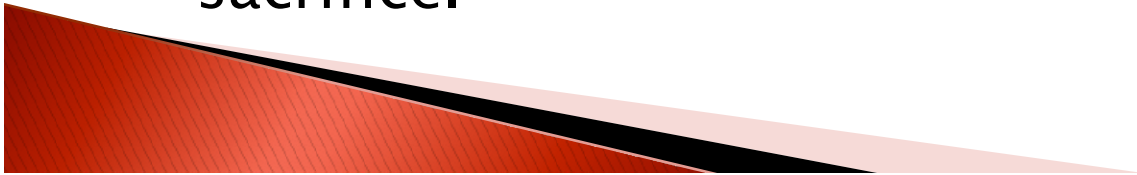
NPD

- ▶ **Lack of empathy:** Demonstrates a chronic unwillingness or inability to recognize, identify with, or validate the feelings and needs of others.
- ▶ **Frequent envy:** Deeply envies others or firmly believes that everyone else envies them.
- ▶ **Arrogant behavior:** Displays haughty, snobbish, or conceited attitudes and behaviors.



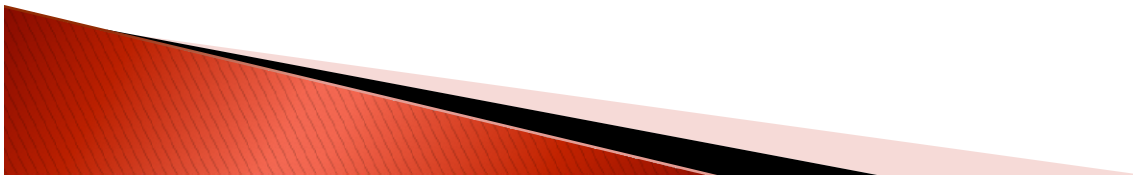
Covert narcissism

- ▶ ...is a subtype of NPD characterized by introversion, perceived humility, defensiveness, and a deeply entrenched victim mentality, “poor me”.
- ▶ A classic, overt narcissist loudly demands the spotlight and proclaims their superiority
- ▶ A covert narcissist masks the exact same core traits: grandiosity, entitlement, and a lack of empathy, only behind a facade of helplessness, shyness, or self-sacrifice.



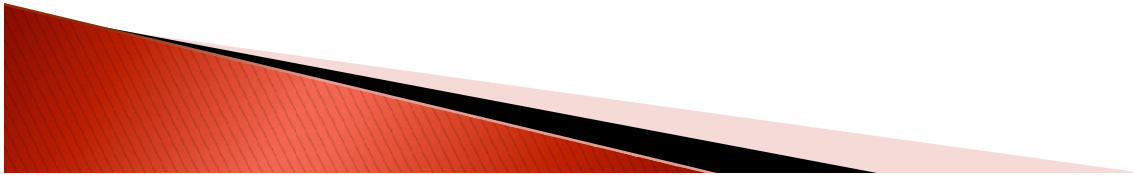
Narcissist's Toolbox

- ▶ Gaslighting (Distorting Reality) – Neptune
- ▶ 1. "I never said that, you are literally making things up in your head."
 - *The Purpose:* To make you doubt your own memory, perception, and sanity so you rely entirely on their version of reality.
- ▶ 2. "You are way too sensitive, it was just a joke."
 - *The Purpose:* To minimize your legitimate pain, invalidate your emotional boundaries, and shift the blame of their cruelty onto your reaction.



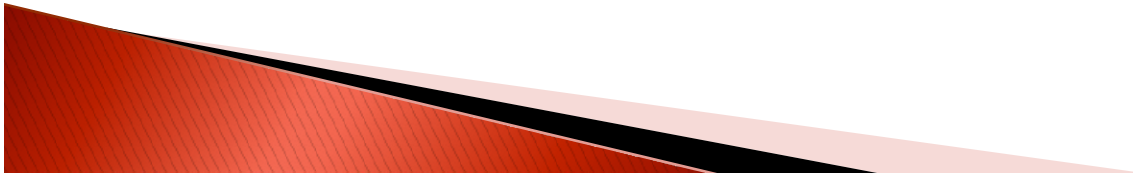
Narcissist's Toolbox

- ▶ Shifting Blame (Deflection, Guilt) – Saturn
- ▶ 3. "Look what you made me do. If you hadn't acted like that, I wouldn't have reacted this way."
 - *The Purpose:* To completely absolve themselves of personal responsibility and make you believe you are the actual cause of their abusive behavior.
- ▶ 4. "If you actually loved/supported me, you would do this for me without complaining."
 - *The Purpose:* To weaponize your loyalty and empathy, manipulating you into bypassing your own safety and boundaries to prove your worth to them.



Narcissist's Toolbox

- ▶ Playing the Martyr (Covert Pity Exploitation) – Pluto, Chiron
- ▶ 5. "After everything I've sacrificed for you, this is how you treat me? I'm always the bad guy."
 - *The Purpose:* To trigger immediate guilt, forcing you to stop addressing their toxic behavior and switch into comforting or apologizing to them.
- ▶ 6. "Nobody understands how hard my life is, everyone always abandons me in the end anyway."
 - *The Purpose:* To appeal to your savior complex (especially dangerous for Venus–Neptune placements) so you tolerate abuse out of pity.



Narcissist's Toolbox

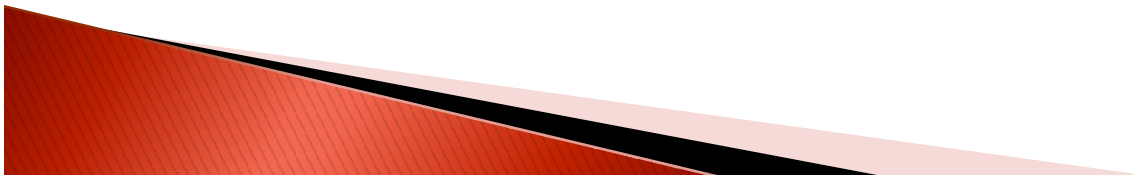
- ▶ Undermining Confidence (Triangulation & Isolation) – Sun, Moon
- ▶ 7. "Everyone else agrees with me about you, they've told me they are worried about your mental stability."
 - *The Purpose:* To make you feel completely isolated, crazy, and friendless, ensuring you don't seek outside validation from people who might expose their abuse.
- ▶ 8. "You'll never find anyone else who will put up with your flaws or love you the way I do."
 - *The Purpose:* To systematically destroy your self-worth, making you believe you are unlovable and fundamentally broken so you are too terrified to leave them.



Narcissist's Toolbox

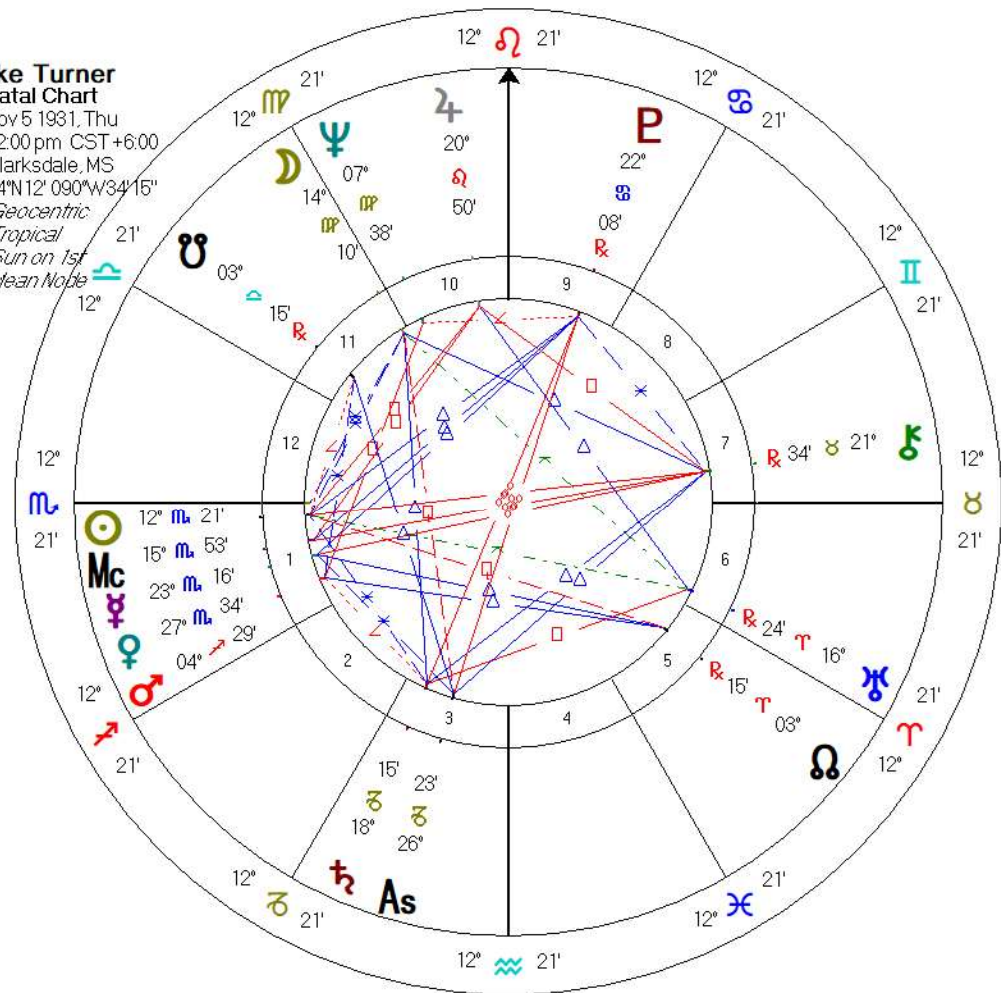
Punishing with Control (Dominance) – Saturn, Pluto

- ▶ 9. "You are completely ungrateful; you would be absolutely nothing without me."
 - *The Purpose:* To reinforce a strict hierarchy where they hold all the power, value, and authority, reducing you to a mere dependent.
- ▶ 10. "I'm not doing this with you anymore." (Followed by total silence/ghosting)
 - *The Purpose:* To execute the silent treatment as a tool of punishment, triggering intense abandonment panic (especially attacking a 7th House Chiron wound) until you beg for their forgiveness.



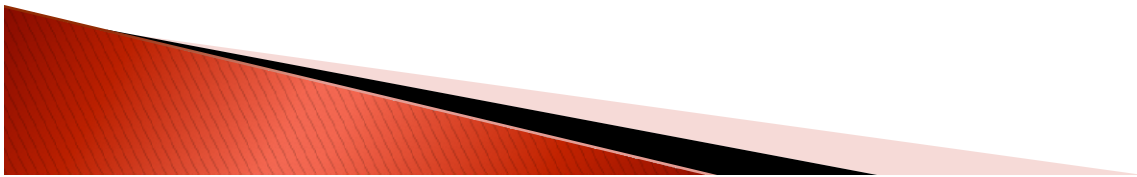
Ike Turner **Natal Chart**

Nov 5 1931, Thu
12:00 pm CST +6:00
Clarksdale, MS
34°N 12° 09'0"W 34°15"
Geocentric
Tropical
Sun on 1st
Mean Node



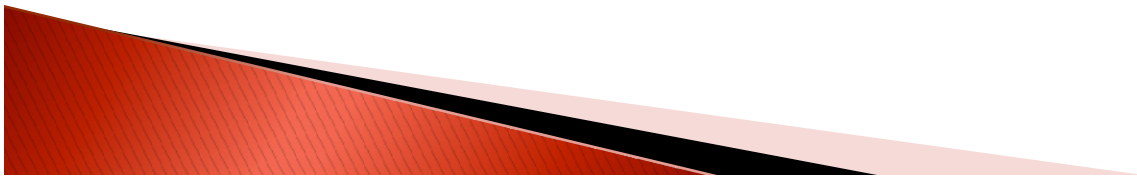
Not Random

- ▶ Narcissists do not select victims at random; they selectively target individuals who possess specific, highly valuable psychological assets.
- ▶ A narcissist looks for traits they can harvest, exploit, or weaponize to maintain control, gain something.



Common traits of potential victims

- ▶ 1. High Levels of Empathy – Moon, Venus
- ▶ You possess a profound capacity to feel and understand the pain of others. A narcissist view this as a weakness to exploit, knowing you will prioritize their emotional comfort over your own safety.



Common traits of potential victims

- ▶ 2. The Savior Complex (The "Fixer" Mentality)
 - ▶ You gravitate toward broken, troubled, or highly complex people with the belief that your love, patience, and understanding can save or rehabilitate them – Virgo, 6th house, Pisces, 12th house
- ▶ 3. Hyper-Responsibility & Over-Accountability
 - ▶ When a conflict arises, your automatic default is to ask, "*What did I do wrong, and how can I fix it?*" You readily take 100% of the blame for problems that are not your fault – Sun, Saturn



Common traits of potential victims

- ▶ 4. Severe Fear of Rejection and Abandonment
- ▶ The prospect of a relationship ending or someone being deeply upset with you triggers immense somatic anxiety. You will compromise your baseline values just to keep a person from leaving. MP-PL
- ▶ 5. Weak, Porous, or Flexible Boundaries
- ▶ You struggle to say "no" or enforce consequences when your boundaries are crossed. You routinely give people "one last chance" out of a desire to maintain interpersonal harmony. VE-NE



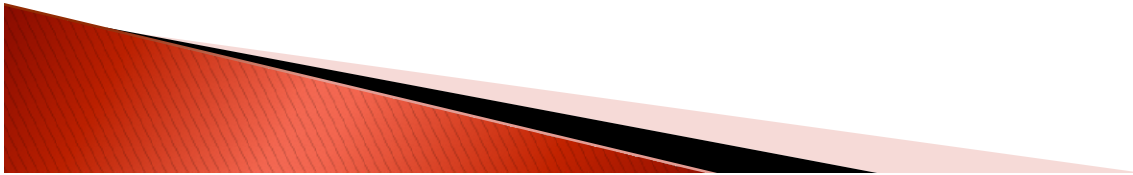
Common traits of potential victims

- ▶ 12. Tendency to Dissociate or Numb Out under Stress
- ▶ When confronted with hostility, gaslighting, or sudden rage, your nervous system defaults to freezing, daydreaming, or emotionally shutting down rather than physically leaving the room Mercury
- ▶ 13. Financial or Social Isolation
- ▶ You may lack a robust, independent support network or financial autonomy. This structural vulnerability makes it incredibly difficult to physically execute an exit strategy when the abuse escalates – 2nd H, Venus



Common traits of potential victims

- ▶ 6. A Chronic Need for External Validation
- ▶ Your self-worth is dictated by how others perceive and treat you. Because you rely on external praise to feel good, you are highly susceptible to the initial "love-bombing" phase of a narcissist – 7th H, Libra, Cancer, Leo
- ▶ 7. Emotional Hyper-Vigilance
- ▶ You grew up in an environment where you had to scan the moods of parents or caregivers to stay safe. In adulthood, you unconsciously look for volatile partners whose chaotic emotions feel familiar – MO, PL



Common traits of potential victims

- ▶ 8. The Tendency to Romanticize Potential
- ▶ You look at what a person *could* be, rather than what they are actually doing in the present moment. You tolerate current abuse because you are hooked on the idealized future version of them – VE-NE, Pisces, 12th
- ▶ 9. High Toleration for Emotional Pain
- ▶ You have an incredibly high threshold for mistreatment, confusion, and neglect. You mistake chronic relationship stress, drama, and anxiety for "deep, passionate soul connection" – MO, PL, SA



Common traits of potential victims

- ▶ 10. Low Self-Esteem and Imposter Syndrome
- ▶ Despite having hard evidence of your intelligence, beauty, or career success, you harbor an undercurrent of self-doubt. You believe you are fundamentally lucky to have anyone love you at all.
- ▶ 11. Over-Explanation and Defensiveness
- ▶ When someone falsely accuses you, you spend hours writing long texts or talking in circles to defend your character. This signals to a manipulator that their gaslighting is successfully destabilizing you.

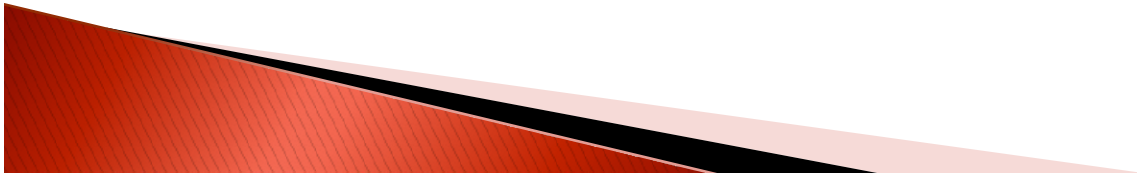


Fake, fake, fake...



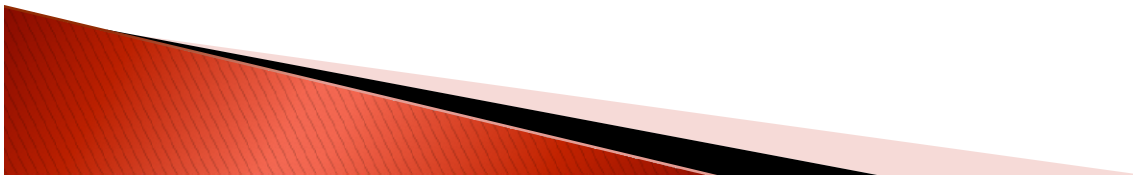
Their Life is like a Theater

- ▶ They absolutely hate their real life, so they are forced to run a non-stop, fake theater production to survive.
- ▶ Behind the mask of grandiosity, a narcissist suffers from profound ego-emptiness and toxic self-loathing.
- ▶ Because their true self feels wretched, broken, and unlovable, they mentally construct a "False Self", a glittering, idealized character: well-dressed, respected, entitled. They then spend their entire lives forcing everyone around them to act as the cast, crew, and audience for this fictional play.



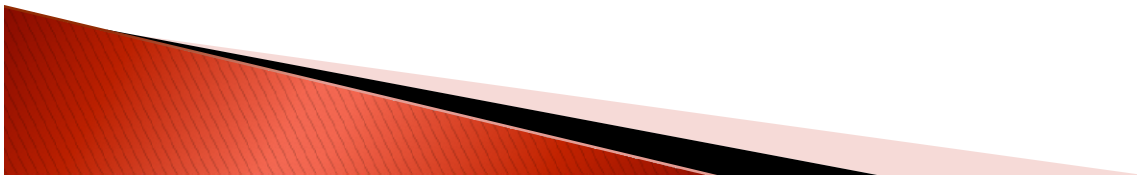
1. The Script: The Illusion of Perfection

- ▶ The narcissist cannot tolerate reality because reality includes flaws, mistakes, and aging. Therefore, they write a rigid script where they are the absolute protagonist, the smartest, the most victimized, the most successful, or the most spiritual person in the room.
- ▶ **The Catch:** Because it is a script, it is completely rigid. They cannot handle spontaneous human moments. Every conversation must feed back into their main storyline.



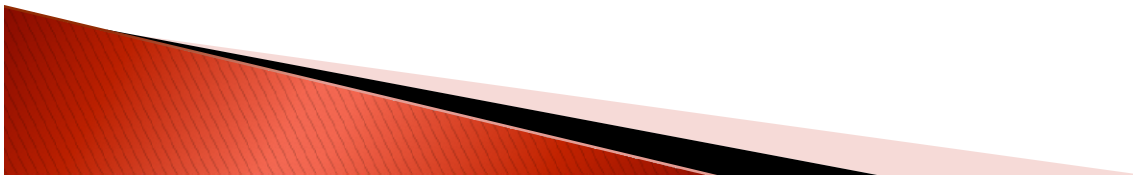
2. The Cast: You Are Just a Prop

- ▶ In a narcissist's theater, **you do not exist as a real person with your own needs**. You are merely a character cast in a specific role to make them look good. The world is about them!
- ▶ **The Golden Child / Idealized Partner**: Cast to reflect how amazing, desirable, and successful the narcissist is.
- ▶ **The Scapegoat / Villain**: Cast so the narcissist has a garbage can to dump all of their own negative traits, failures, and self-hatred into.



3. The Stage: Performance Over Substance

- ▶ They prioritize how things *look* over what things actually *are*.
- ▶ This is why they love public displays of affection, pristine social media accounts (or are very scared to have them), charity work, or impressive job titles, while their private relationships are cold, abusive, and empty.
- ▶ They are obsessed with the set design of their life, but the house inside is completely hollow.

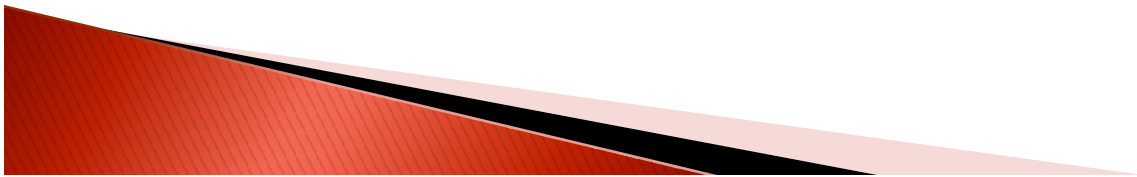


There is always a mask



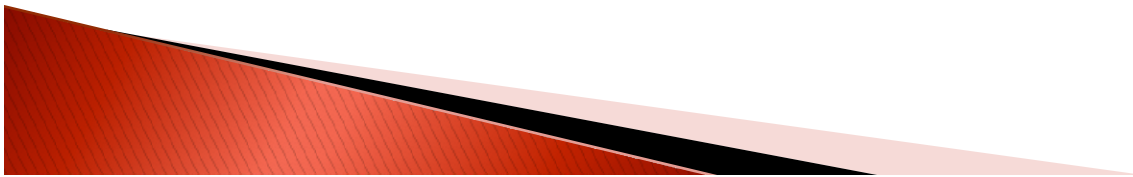
4. Stage Fright: The Terror of "Narcissistic Injury"

- ▶ The narcissist lives in constant, paralyzing terror that the audience will see through the props and find out they are a fraud.
- ▶ If you point out a plot hole in their story (by telling the truth or exposing a lie), you are violating the script.
- ▶ This triggers narcissistic rage. They will scream, gaslight, or punish you because you threatened to bring down the whole theater production, exposing the self-hating child hiding behind the curtains.



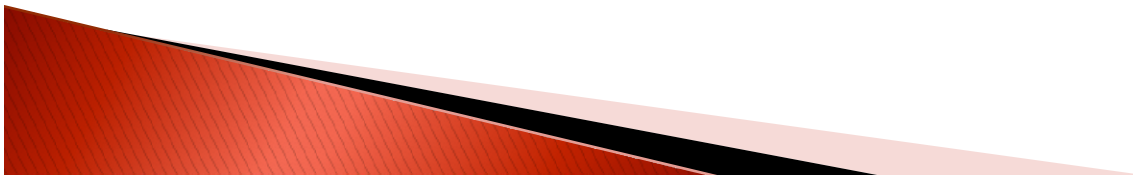
5. Why They Hate Their Life: The Endless Void

- ▶ The ultimate tragedy of the narcissist's theater is that **applause cannot heal a ghost**. Because the praise and admiration they receive are directed at their *False Self* (the character), their *True Self* remains starved, isolated, and miserable.
- ▶ No matter how many people applaud them, the deep void of self-loathing inside never fills up. They are trapped in a perpetual loop of acting out a life they can never actually feel or enjoy.



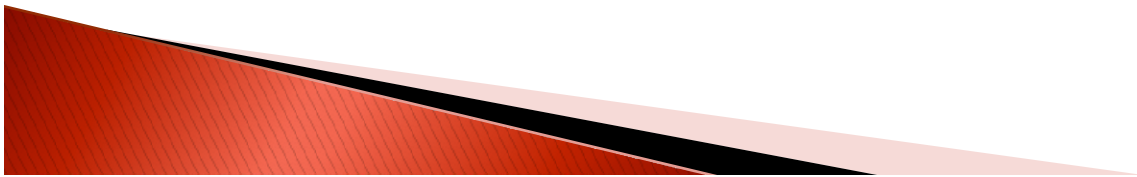
How to Deal with the Theater Director

- ▶ When you argue with a narcissist, you are arguing with a fictional character. The only way to win is to stop auditing the play.
- ▶ Do not try to fix the script: You cannot make them see reality. When narcissistic rage hits, you are dealing with a person in a state of psychological psychosis. You cannot reason with them.



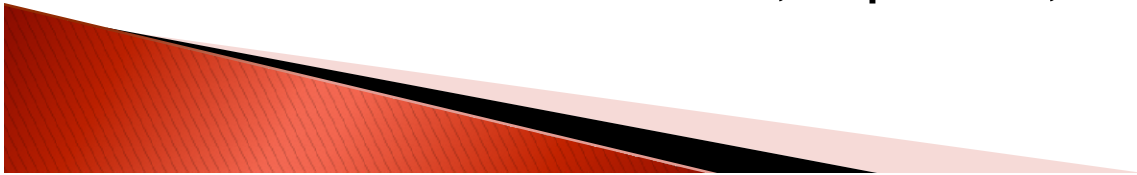
Walk out of the theater

- ▶ **Do not break character on their stage:** Do not scream, cry, or defend yourself; that just gives them dramatic plot points to work with.
- ▶ Give short, monotone, robotic answers like, *"OK," "I hear you."*
- ▶ Resign from your role, walk out the back door, and go live a real, unscripted life.



Aspects with potency

- ▶ Mars intensely prominent, with Pluto or Saturn, with Moon Nodes, or rising
- ▶ Sun–Pluto
- ▶ Neptune entangled in squares, or rising
- ▶ Moon with Saturn, opposition, square, Cap
- ▶ Saturn in detriment, squares, with Nodes

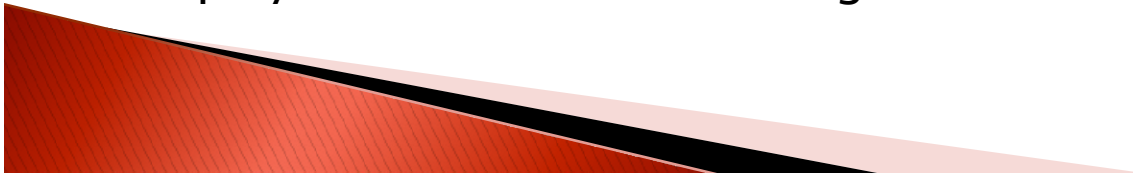


What may Narcissist do... to Your Home



Your Life

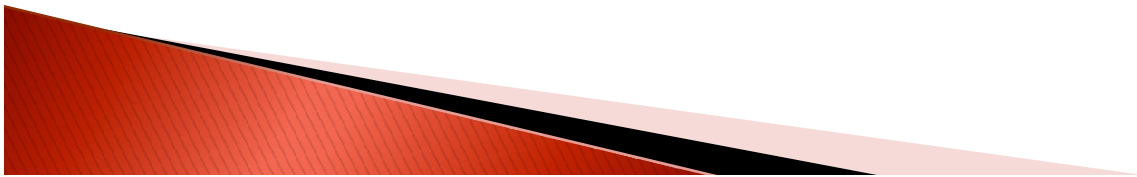
- ▶ To understand the systematic destruction of narcissistic abuse, look at your life as a twelve-room house. Each room represents a vital part of your psyche, identity, and survival.
- ▶ A narcissist does not just visit your house; **they stage a hostile home invasion.**
- ▶ They systematically break into, defile, and claim ownership over every single room of your home **until you feel like a tenant in your own soul.** They want to erase your true identity, hiring you to play a role on their fake stage.





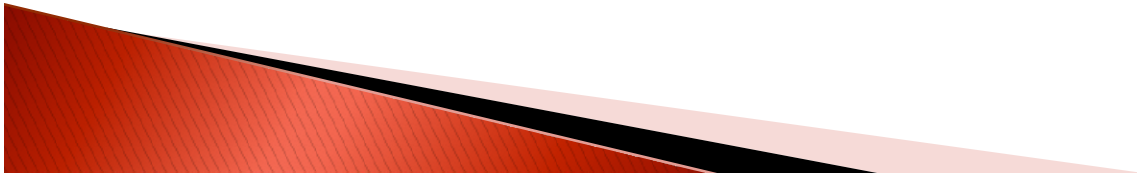
Room 1: The Front Door & Facade (1st House of Identity) – Ascendant

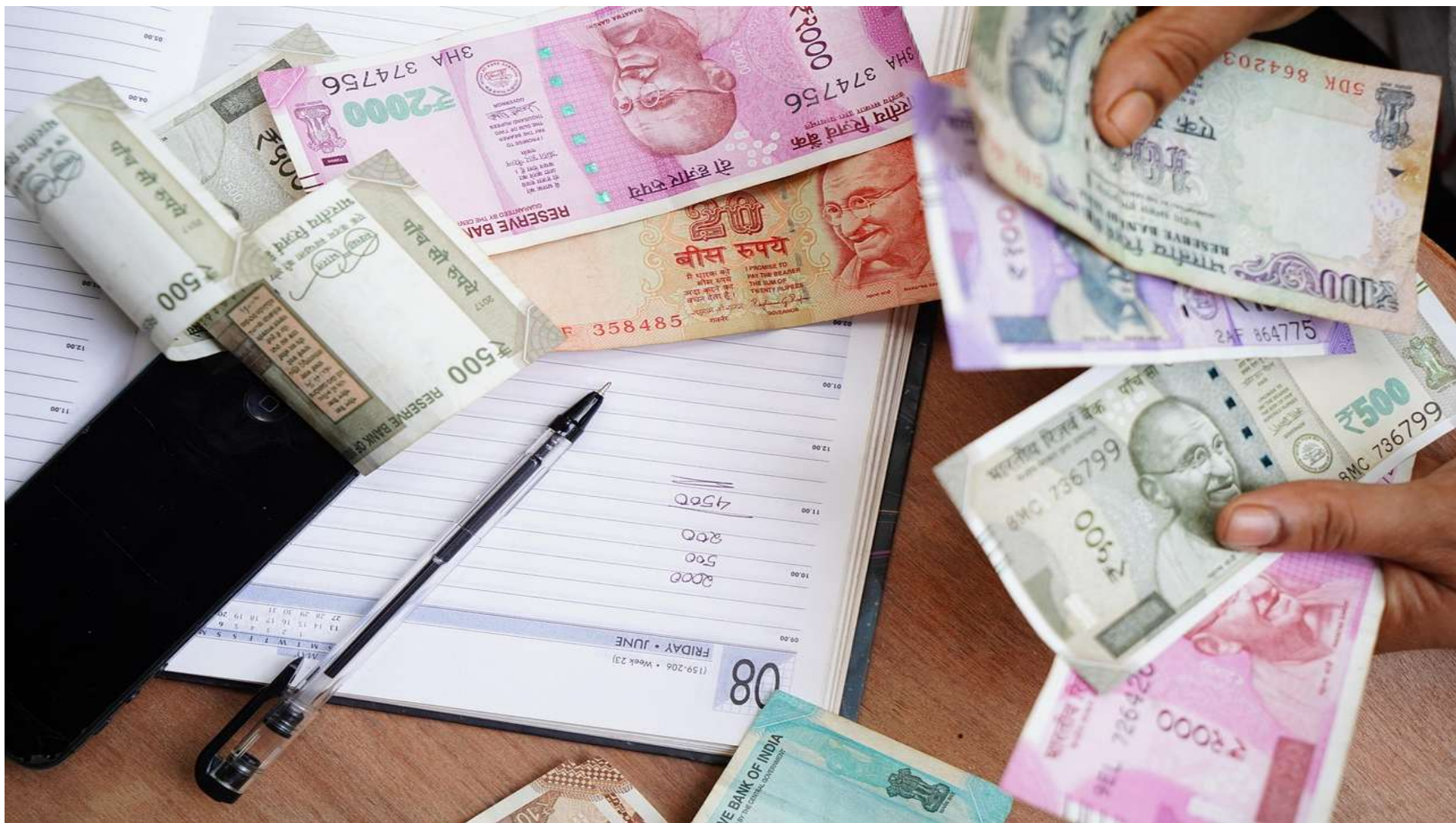
- ▶ They paint over your front door and change the lock.
 - Their planets are in conjunction / aspect with your Ascendant
- ▶ **The Psychological Reality:** They attack your self-image, style, and physical autonomy. They tell you how to (or not to) dress, criticize your body, and mock your expressions. Eventually, you stop looking in the mirror because you no longer recognize the person looking back. You become a ghost wearing your own blank clothes.



Room 1: The Front Door & Facade (1st House of Identity) – Ascendant

- ▶ Chiron in Aries or 1st house
- ▶ Make one independent decision each day without asking for approval.
- ▶ Practice saying “no” without explaining yourself.
- ▶ Engage in a physical activity that makes you feel strong.
- ▶ Write down three qualities you genuinely admire about yourself.
- ▶ Take small risks that rebuild confidence and initiative.
- ▶ Limit contact with people who undermine your identity.





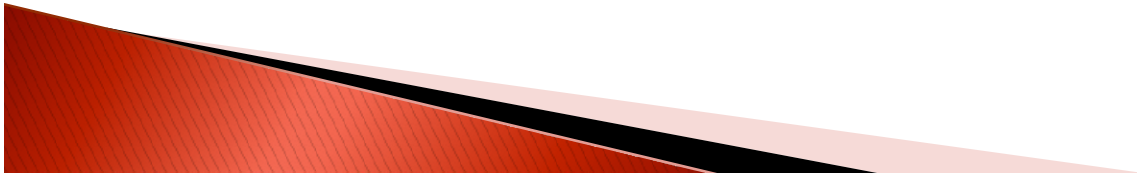
Room 2: The Safe (2nd House of Values & Resources) – Venus

- ▶ They crack open your safe, steal your assets, and convince you that you are bankrupt.
- Their natal planets might aspect your Venus or ruler of 2nd
- ▶ **The Psychological Reality:** They systematically deplete your resources, both your literal money and your self-worth. You don't own your car or your bank account. They sabotage your job opportunities, create financial dependency, and constantly tell you that you bring nothing of value to the table. They make you believe you cannot survive without their funding.



Room 2: The Safe (2nd House of Values & Resources) – Venus

- ▶ Chiron in Taurus or 2nd house
- ▶ Create a consistent daily routine for sleep, meals, and self-care.
- ▶ Open a personal savings account or financial plan.
- ▶ Spend time in nature to reconnect with your body and senses.
- ▶ Replace self-criticism with evidence-based self-worth statements.
- ▶ Allow yourself pleasure without guilt (good food, rest, beauty, comfort).
- ▶ Remove objects that keep you emotionally tied to the abusive relationship.





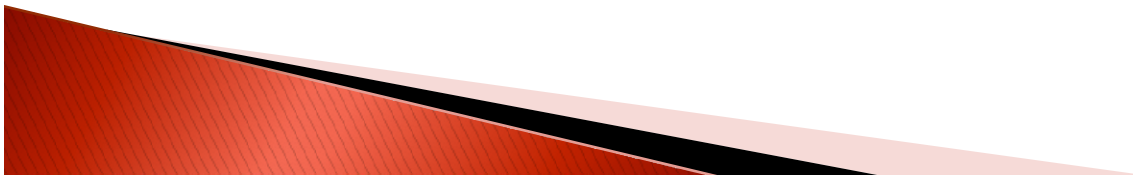
Room 3: The Library & Communication Lines (3rd House of Mind & Logic) – Mercury

- ▶ They cut your internet wires, change your channels, rewrite your emails, and tell you you don't understand what you read – Their natal planets might be in aspect with your Mercury
- ▶ **The Psychological Reality:** This is **gaslighting**. They distort facts, deny reality ("I never said that"), and attack your intelligence ("Did you get your news from social media").
- ▶ They rewrite the history of your arguments until you stop trusting your own memory ("We had a slight misunderstanding but we resolved that"). You start keeping a meticulous mental log just to prove to yourself that you aren't losing your mind.



Room 3: The Library & Communication Lines (3rd House of Mind & Logic) – Mercury

- ▶ Chiron in Gemini or 3rd house
- ▶ Journal your memories and feelings to counter gaslighting.
- ▶ Keep a “reality check” list of facts you know are true.
- ▶ Read or listen to educational material about narcissistic abuse.
- ▶ Practice speaking your thoughts aloud without apologizing.
- ▶ Reconnect with friends who validate your experiences.
- ▶ Take a class or learn a new skill to rebuild intellectual confidence.





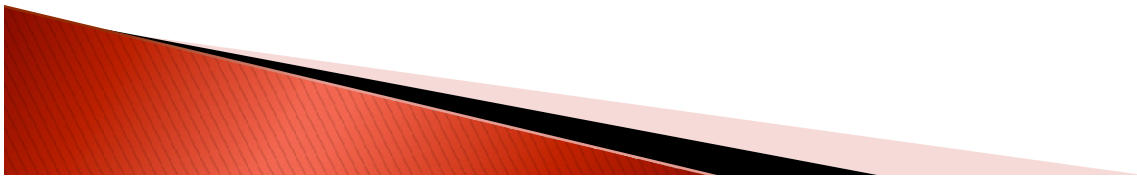
Room 4: The Foundation & Pillars (4th House of Home & Belonging) – Moon

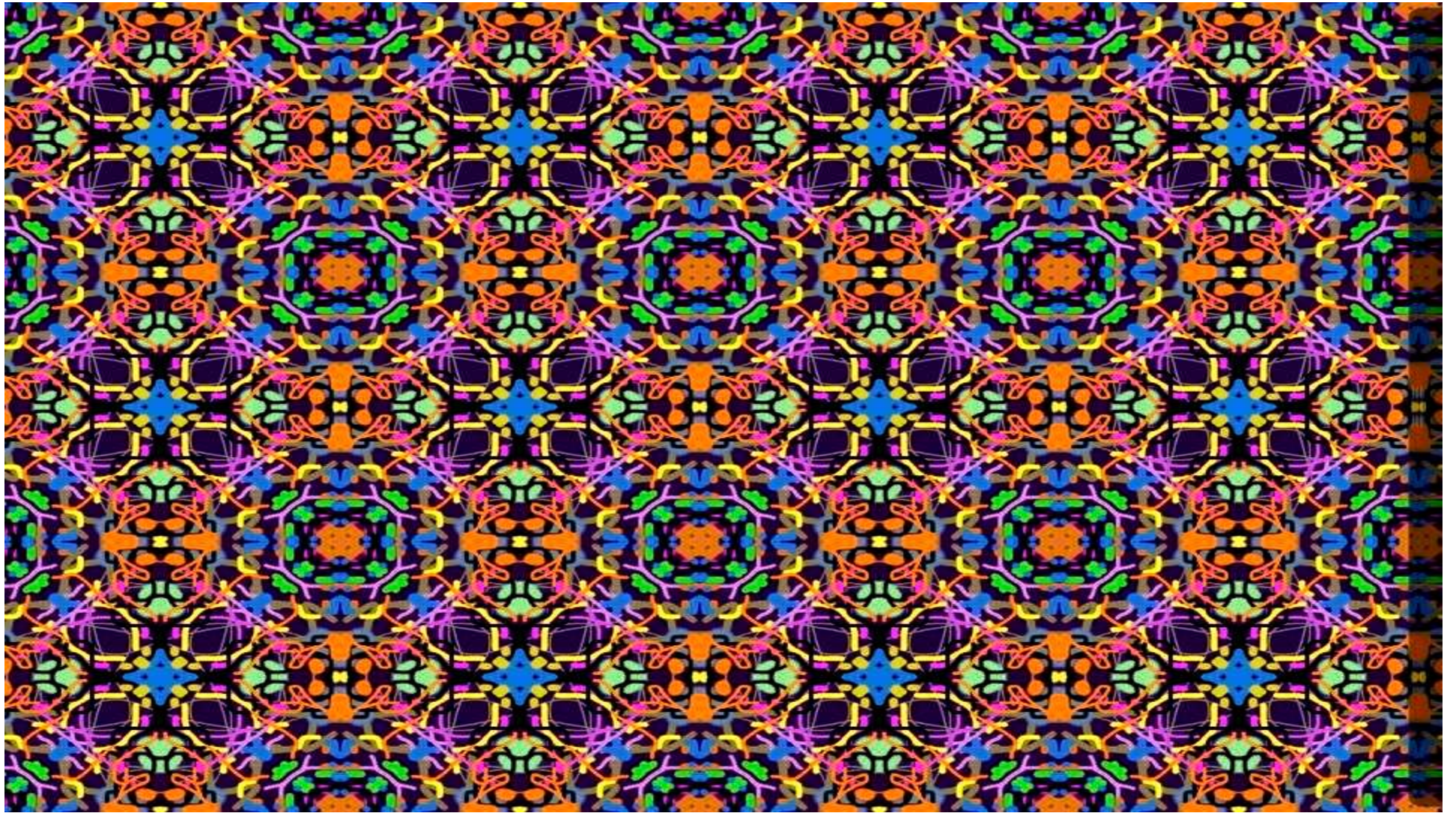
- ▶ They crack the concrete foundation and poison your well water – Their natal planets may aspect your Moon
- ▶ **The Psychological Reality:** They destroy your inner sense of safety and peace. Your home becomes a war zone where you must walk on eggshells.
- ▶ They forget to lock the doors when they leave you inside the house
- ▶ They invite unknown random people to sleep at your home without checking with you first
- ▶ They make disturbing noise so that you notice them
- ▶ They intentionally spark chaotic arguments right before you go to sleep or early in the morning, ensuring your nervous system is permanently fried and chronically exhausted.



Room 4: The Foundation & Pillars (4th House of Home & Belonging) – Moon

- ▶ Chiron in Cancer or 4th house
- ▶ Create a safe and calming home environment.
- ▶ Establish emotional boundaries with family and former partners.
- ▶ Practice inner-child healing through writing or therapy.
- ▶ Ask for support instead of automatically caregiving for others.
- ▶ Develop comforting rituals (tea, baths, music, prayer, quiet evenings).
- ▶ Remind yourself daily: “My feelings are valid and worthy of care.”





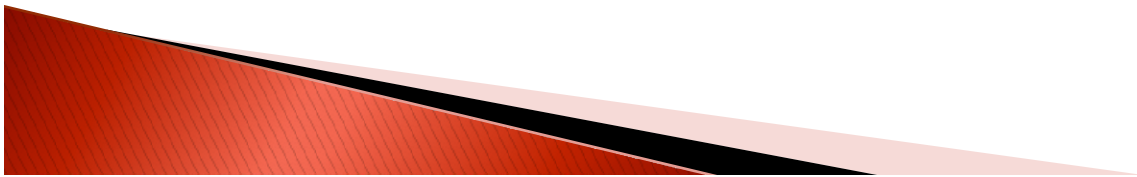
Room 5: The Playroom & Sunroom (5th House of Joy & Creativity) – Sun

- ▶ They throw away your art supplies, take your remote controls, lock up your toys, and draw the heavy curtains.
 - Their natal planets are aspecting your Sun, Venus or 5th house
- ▶ **The Psychological Reality:** They cannot tolerate your independent joy.
- ▶ If you display spontaneous happiness, passion for a hobby, or genuine laughter that doesn't involve them, they punish you with a sudden **bad mood, loud noises, a sarcastic comment**, or the silent treatment. They drain the color out of your life until your world is entirely gray.



Room 5: The Playroom & Sunroom (5th House of Joy & Creativity) – Sun

- ▶ Chiron in Leo or 5th house
- ▶ Return to a creative activity you abandoned during the relationship.
- ▶ Share your work or ideas even if they are not perfect.
- ▶ Celebrate small achievements without seeking external validation.
- ▶ Spend time with people who genuinely enjoy your presence.
- ▶ Practice positive self-expression through clothing, art, dance, or performance.
- ▶ Stop minimizing your talents to make others comfortable.





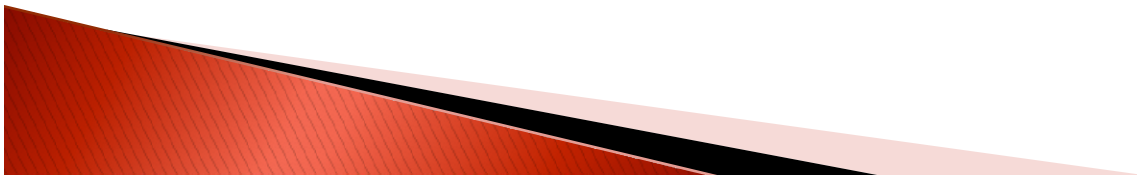
Room 6: The Kitchen & Medicine Cabinet (6th House of Health & Routine)

- ▶ They contaminate your food supply and disrupt your daily schedule.
 - Their natal planets are in an aspect with the ruler of your 6th, 1st, SO
- ▶ The Psychological Reality: They weaponize your daily routines. They disrupt your sleep patterns, sabotage your diet, and manufacture emergencies whenever you try to exercise or care for your health.
- ▶ The chronic stress manifests bodily, causing migraines, metabolism disruption, digestive issues, and autoimmune flare-ups, making you too physically weak to leave.



Room 6: The Kitchen & Medicine Cabinet (6th House of Health & Routine)

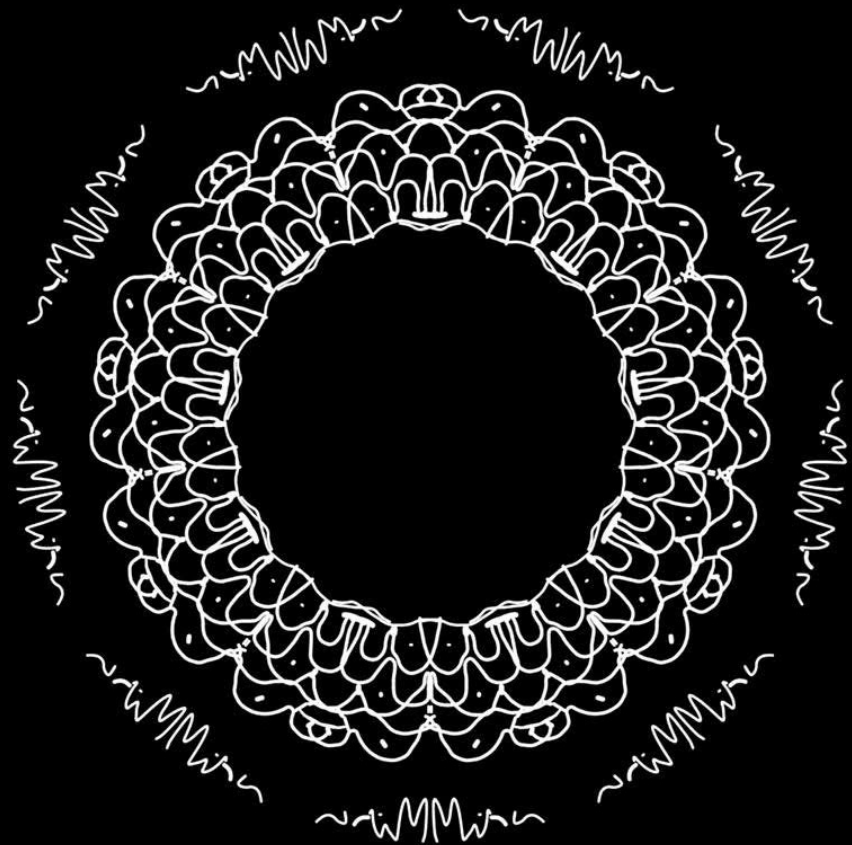
- ▶ Chiron in Virgo or 6th house
- ▶ Notice when you are blaming yourself for someone else's behavior.
- ▶ Create a realistic healing plan rather than an impossible one.
- ▶ Schedule regular therapy, coaching, or support-group check-ins.



Practice mindfulness when
your mind begins
overanalyzing conversations.

Replace “I should have” with “I
did the best I could with the
information I had.”

Prioritize rest as seriously as
productivity.



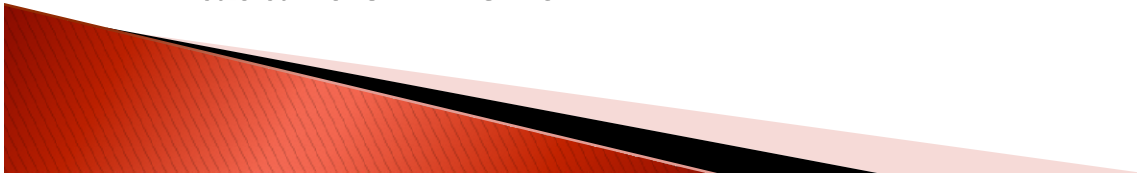
Room 7: The Living Room & Guest Lounge (7th House of Other People)

- ▶ They bar the windows and block the guest entrance so no one can visit you.
- Their natal planets may aspect your Venus, 7th, SO, MO, ME, UR
- ▶ The Psychological Reality: This is isolation. They subtly alienate you from your closest friends and family by claiming your loved ones "don't understand our special bond" or "are disrespecting us." They are rude or awkward when you have guests.
- ▶ By cutting off your sounding boards, they ensure no one is left to tell you that the treatment you are receiving is abusive.



Room 7: The Living Room & Guest Lounge (7th House of Relationships)

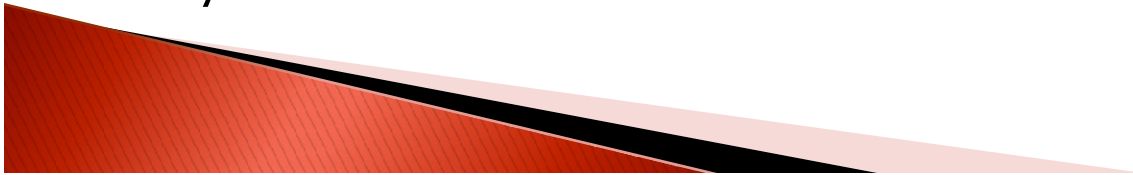
- ▶ Chiron in Libra or 7th house
- ▶ List your non-negotiable relationship boundaries.
- ▶ Practice expressing a preference without deferring to others.
- ▶ Observe whether new relationships feel balanced or one-sided.
- ▶ Spend intentional time alone to rediscover your identity.
- ▶ **Learn assertive communication techniques.**
- ▶ Choose peace through boundaries, not peace through self-abandonment.





Room 8: The Master Bedroom & Private Vault (8th House of Intimacy & Trust)

- ▶ They read your diary, install hidden cameras in your most private spaces and weaponize your vulnerabilities.
 - Their natal planets may aspect your 8th house ruler, Moon, Pluto
- ▶ **The Psychological Reality:** They take the deep secrets, childhood traumas, and emotional wounds you shared with them in moments of trust, and they use them as ammunition during arguments.
- ▶ They turn your deepest vulnerabilities into weapons to humiliate you and force your submission. They invade your privacy, hurting you where it hurts the most.



Room 8: The Master Bedroom & Private Vault (8th House of Intimacy & Trust)

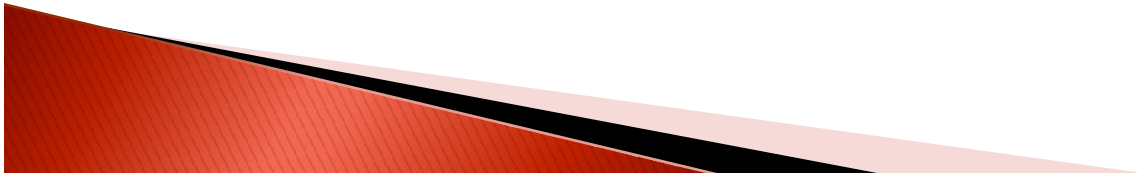
- ▶ Chiron in Scorpio or 8th house
- ▶ Work with a trauma-informed therapist if possible.
- ▶ Allow yourself to feel anger, grief, and betrayal without shame. Do not share personal details with everyone.
- ▶ Practice grounding exercises when intrusive memories arise.
- ▶ Release the need to understand every motive of the abuser.
- ▶ Protect your privacy and emotional energy during recovery.
- ▶ Focus on transformation: “What strength is emerging from this experience?”





Room 9: Your Altar & Observatory (9th House of Beliefs & Truth) – Jupiter

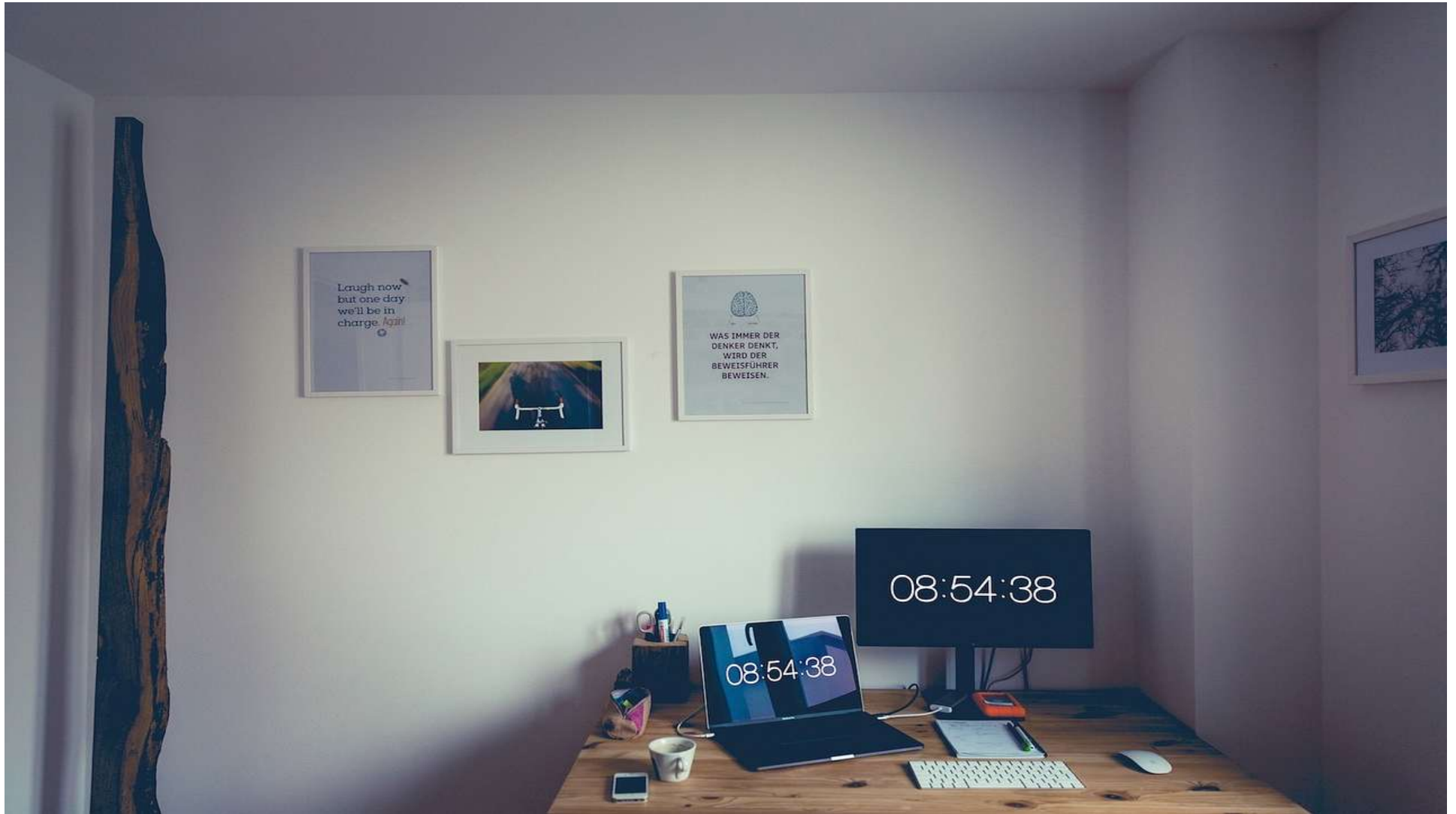
- ▶ They smash your altar, tear up your maps, and declare themselves your new “God”.
 - Their planets heavily aspect your Jupiter, Sun, ruler of the 9th
- ▶ **The Psychological Reality:** They launch an assault on your personal beliefs, moral code, philosophy, and spiritual independence.
- ▶ They want to “teach” you a lesson about the world
- ▶ They mock your worldview, culture, make you feel foolish for your ideals, and insist that their cynical, self-serving perspective is the only accurate calculation of reality.



Room 9: Your Altar & Observatory (9th House of Beliefs & Truth) – Jupiter

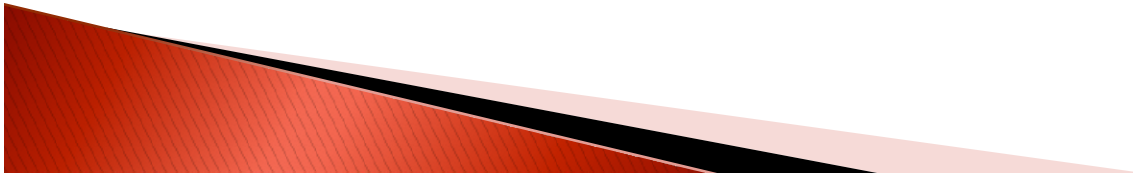
- ▶ Chiron in Sagittarius or 9th house
- ▶ Explore new beliefs, philosophies, or spiritual practices independently.
- ▶ Travel locally or broadly to expand your perspective.
- ▶ Set a future goal unrelated to the past relationship.
- ▶ Read stories of survivors who rebuilt meaningful lives.
- ▶ Practice replacing catastrophic thoughts with possibility-based thinking.
- ▶ Reconnect with activities that inspire curiosity and hope.





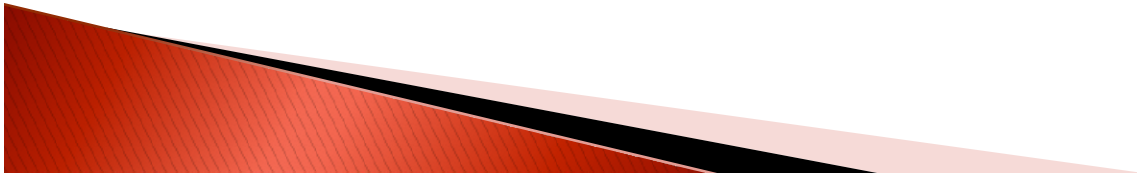
Room 10: The Office & Trophy Room (10th House of Career & Public Status)

- ▶ They deface your degrees on the wall and slander your reputation to the neighbors.
- Their planets are in heavy aspects with your Sun, Asc, 10th
- ▶ **The Psychological Reality:** They ignore your achievements, minimize them or conduct smear campaigns. They laugh at your business title, saying they are better than you.
- ▶ They quietly spread lies or distorted truths about you to colleagues, bosses, or mutual friends.
- ▶ They paint *themselves* as the long-suffering victim of your "instability," pre-emptively destroying your credibility so that if you ever speak out, no one will believe you.



Room 10: The Office & Trophy Room (10th House of Career & Public Status)

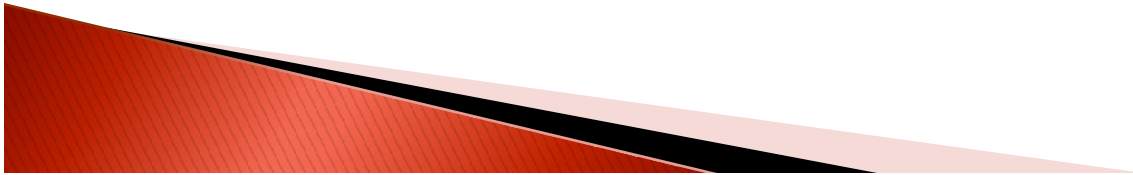
- ▶ Chiron in Capricorn or 10th house
- ▶ Define success according to your own values.
- ▶ Break large recovery goals into manageable steps.
- ▶ Track progress weekly instead of demanding immediate results.
- ▶ Learn to rest without viewing it as failure.
- ▶ Seek mentors, therapists, or communities that model healthy authority.
- ▶ Recognize that your worth is not earned through endless performance or a job title.





Room 11: The Courtyard (11th House of Community & Networks)

- ▶ They lock the courtyard gates and exile you from the village.
 - Their energies may be blocking your UR or 11th, 1st, 7th
- ▶ **The Psychological Reality:** They destroy your standing within your wider social circles, groups, or online networks. They ridicule your friends and associates.
- ▶ They create "flying monkeys"; people they manipulate into doing their dirty work, who actively judge, exclude, or ostracize you based on the narcissist's lies.
- ▶ They yell at home when your friends visit.



Room 11: The Courtyard (11th House of Community & Networks)

- ▶ Chiron in Aquarius or 11th house
- ▶ Reconnect with supportive friends and communities.
- ▶ Join a group based on shared interests rather than emotional dependency.
- ▶ Express opinions that were previously silenced.
- ▶ Limit time with people who pressure you to conform.
- ▶ Volunteer or contribute to a cause larger than the relationship.
- ▶ Embrace the parts of yourself that once felt “too different.”





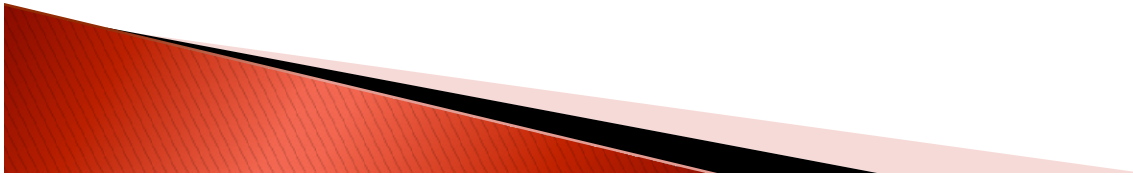
Room 12: The Secret Sanctuary (12th House of Subconscious & Soul)

- ▶ They flood it with toxic smoke until you completely dissociate and flee your own body.
 - Their natal planets may be aspecting your Neptune or 12th house
- ▶ **The Psychological Reality:** They inflict deep spiritual and psychological trauma, fear, shame and discomfort that force you into permanent dissociation and numbness.
- ▶ They fill your subconscious with overwhelming, unexplainable guilt. You absorb their projection, genuinely believing that *you* are the crazy, toxic, broken, and selfish one in the dynamic.

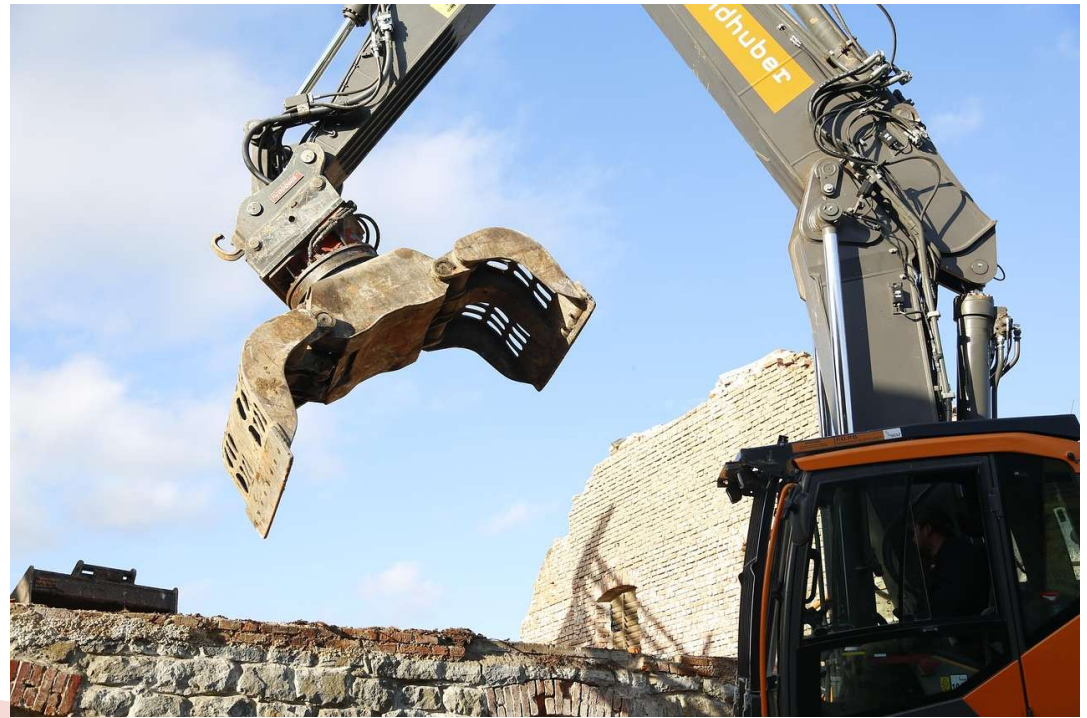


Room 12: The Secret Sanctuary (12th House of Subconscious & Soul)

- ▶ Chiron in Pisces or 12th house
- ▶ Practice daily grounding (breathwork, walking, stretching, meditation).
- ▶ Learn the difference between empathy and emotional entanglement.
- ▶ Set clear boundaries around time, energy, and emotional labor.
- ▶ Use creative or spiritual practices to process emotions safely.
- ▶ Reduce exposure to people who drain your emotional energy.
- ▶ Repeat: “Compassion for others never requires abandoning myself.”



Saturn, Uranus, Pluto transits



The Antagonist's Dramatic Arc: "The Breakdown of the Play"

- ▶ When writing a character experiencing narcissistic rage inside a crumbling life, their behavior follows a specific pattern of escalation
- ▶ (heavy planetary transits, eclipses, lunations, usually bring this escalation)



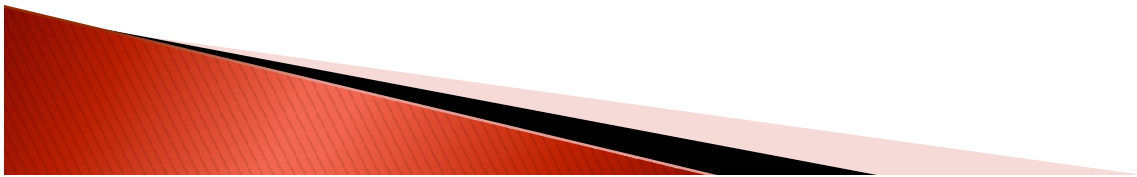
Phase 1: The Cracking Mask (Inciting Incident):

- ▶ The protagonist (you) uncovers a factual plot hole in the antagonist's fake life, a hidden debt, hidden illness, another family member you did not know about, a falsified credential, cheating, lies, or a smear campaign.
- ▶ The narcissist's initial response isn't shouting; it is an icy, terrifying Moon-Saturn freeze-out designed to make you second-guess your own eyes (Venus, Chiron, Neptune fog).



The Reality Addendum: The Final Eviction

- ▶ The narcissist's ultimate goal is to make you completely abandon your own house – your own self. (Sun, Moon, personal planets)
- ▶ Once you are huddled in the corner of a single room, paralyzed by fear and confusion, they step onto your balcony and rule your life.



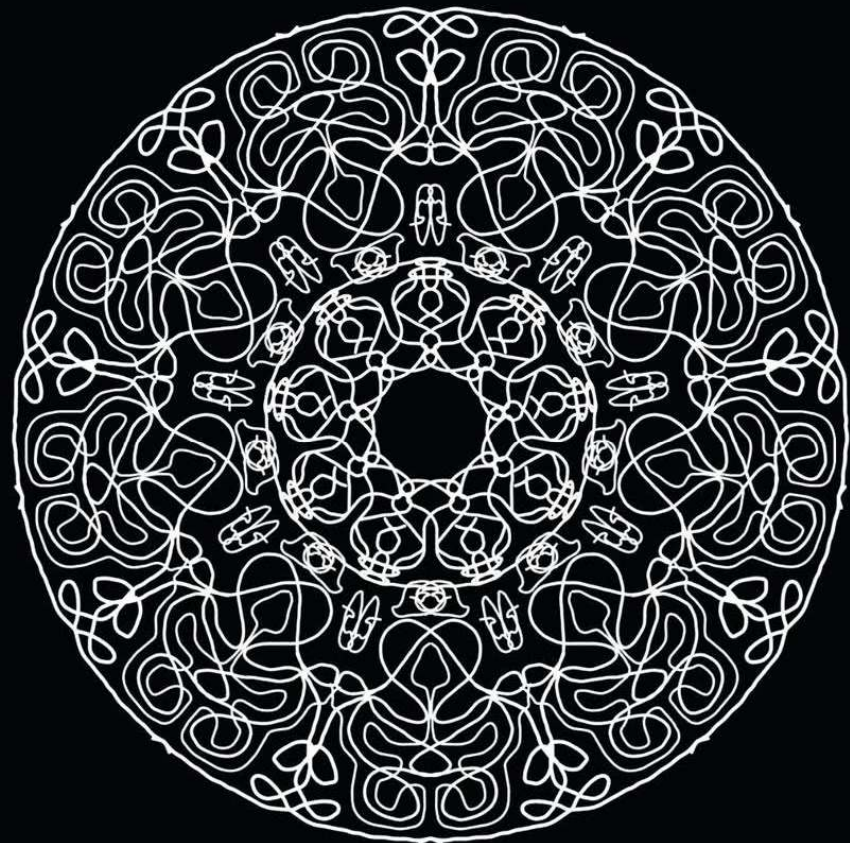
Healing means

Entering your house room by
room

Kicking them out

Changing the locks
permanently

Your new key is your Chiron!



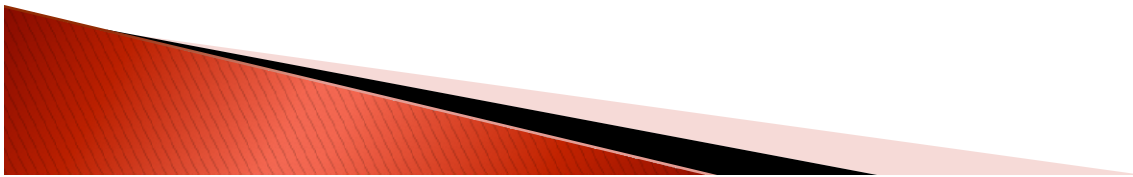
Phase 2: The Script Rewrite (The Trap):

- ▶ The antagonist (*N) realizes coldness isn't working, so they pivot to Covert Martyrdom. They use lines like: *"After everything I sacrificed to build this life for us, you look at me like I'm a monster?"*
- ▶ They script a scene where they are the victim, trying to trigger the protagonist's (7th House Chiron, Moon-Pluto etc) fear of abandonment.



Phase 3: The Climactic Narcissist's Rage (The Explosion):

- ▶ When you refuse to step back into character and you execute a firm boundary (like the 72-Hour Delay Rule or absolute silence), the antagonist completely loses psychological containment.
- ▶ This is the (Sun, Pluto, Mars) explosive eruption. They will systematically weaponize the protagonist's deepest childhood secrets, attempting to completely shatter their target's sanity to restore their own control.



The Highlight:

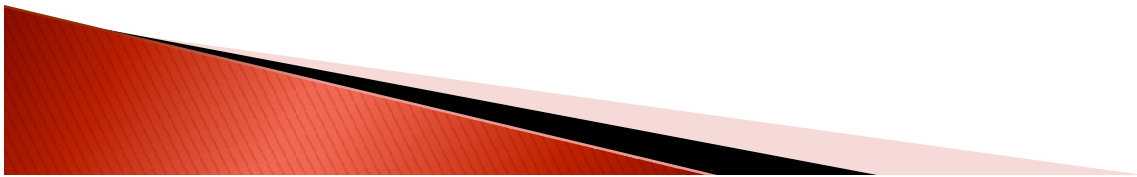
"Burning the Protagonist's Theater"

- ▶ The most satisfying payoff for you isn't defeating the narcissist in a screaming match – it is not using your Mars.
- ▶ It is defeating them through absolute, robotic irrelevance. Your Saturn (endurance) wins. Your Chiron (healing self) wins.



The Cinematic Peak

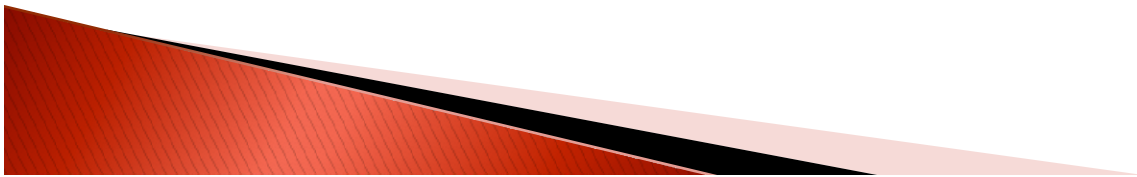
- ▶ The Turning Point: Instead of crying, defending their character, or fixing the mess (breaking the victim traits), the protagonist *you* activates their Gray Rock defense.
- ▶ They look the antagonist dead in the eye with a completely blank, expressionless face.





The Ending Blow

- ▶ By refusing to give the antagonist any emotional reaction ("supply"), the protagonist starves the antagonist's distorted ego. Look at the position of their Sun by sign and house.
- ▶ The antagonist is left entirely alone on an empty stage, yelling at an empty theater, forced to finally look at the self-loathing reality they spent their entire life running from.





Your Key – Chiron in 12 Signs

Chiron in Aries — Courage, authentic leadership, confidence, empowering others to be themselves. Don't be afraid to be yourself.

Chiron in Taurus — Self-worth, stability, inner peace, creating lasting security and abundance.

Chiron in Gemini — Wise communication, teaching, curiosity, helping others find their voice. Speak up.

Chiron in Cancer — Emotional wisdom, nurturing, compassion, creating safe spaces for healing. Your own home. Family.

Chiron in Leo — Creative self-expression, generosity, inspiring confidence, leading from the heart.

Chiron in Virgo — Practical healing, discernment, service, helping others improve without judgment.



Your Key – Chiron in 12 Signs

Chiron in Libra — Healthy relationships, diplomacy, fairness, teaching balance and respect. Connect with others. Being alone is also fine.

Chiron in Scorpio — Change, resilience, emotional depth, guiding others through crisis. Psychology. Therapy.

Chiron in Sagittarius — Higher wisdom, truth-seeking, inspiring hope and personal growth.

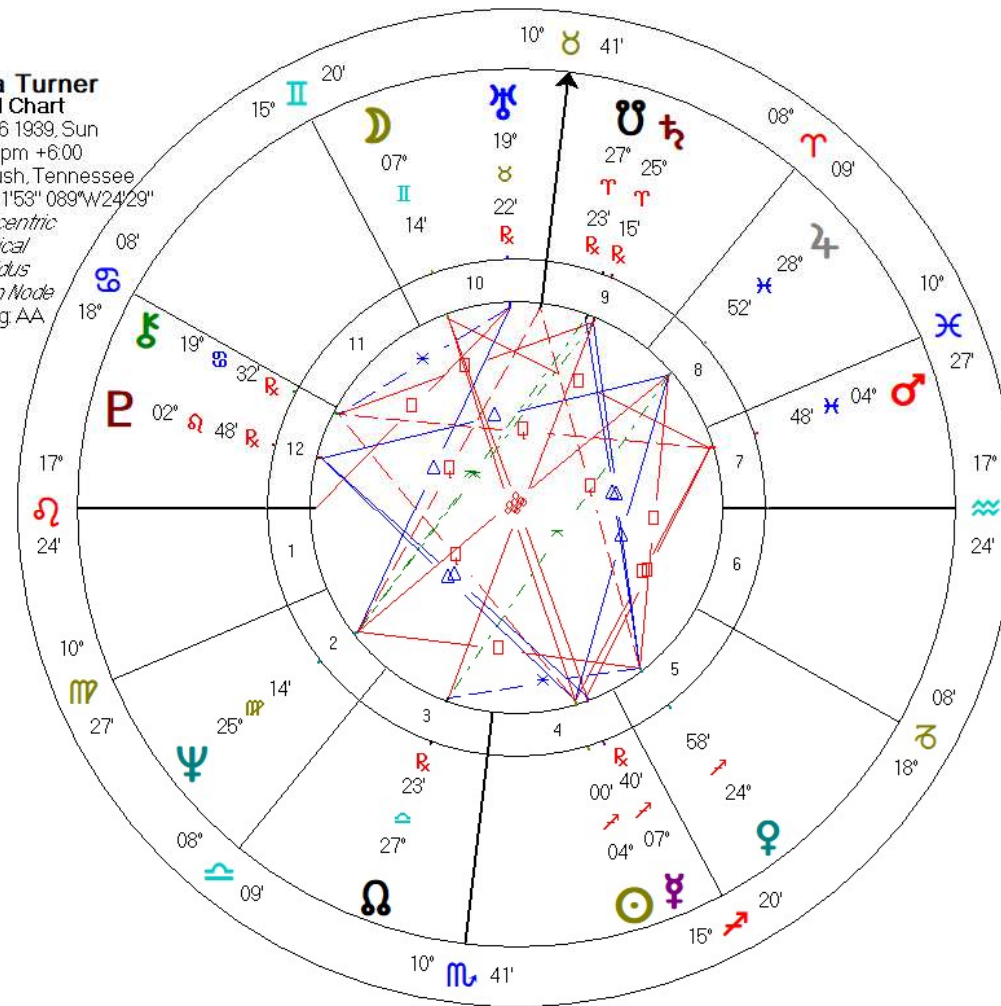
Chiron in Capricorn — Integrity, responsibility, mastery, building enduring success with humility. Career. Be the boss.

Chiron in Aquarius — Innovation, acceptance of individuality, humanitarian vision, fostering inclusive communities.

Chiron in Pisces — Spiritual compassion, forgiveness, intuition, unconditional love and soulful healing.

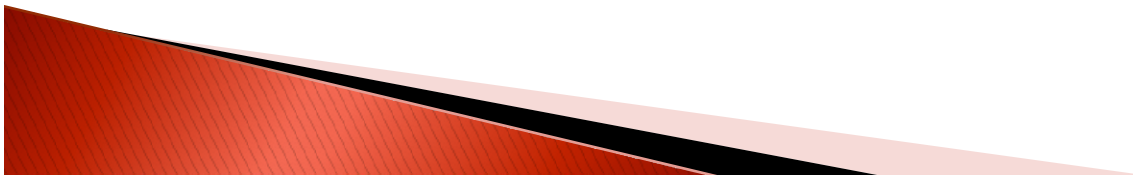
Tina Turner
Natal Chart

Nov 26 1939, Sun
10:10 pm +6:00
Nutbush, Tennessee
35°N41'53" 089°W24'29"
Geocentric
Tropical
Placidus
Mean Node
Rating: AA



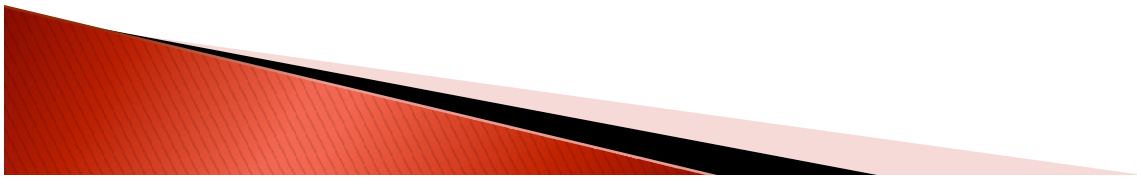
Tina Turner

- ▶ Tina Turner detailed a 16-year marriage to Ike Turner defined by physical, emotional, sexual, and financial abuse.
- ▶ In her memoirs and interviews, she recounted severe violence, including being beaten with wooden shoe stretchers and coat hangers, having scalding coffee thrown at her, suffering a broken nose and jaw, and being sexually assaulted.
- ▶ Ike tightly controlled her finances and movements, trapping her in a cycle of fear.
- ▶ She finally escaped in July 4th 1976 after a violent altercation in Dallas, TX. While Ike was asleep, she fled the hotel with just 36 cents and a Mobil credit card, running across a busy highway to find safety.



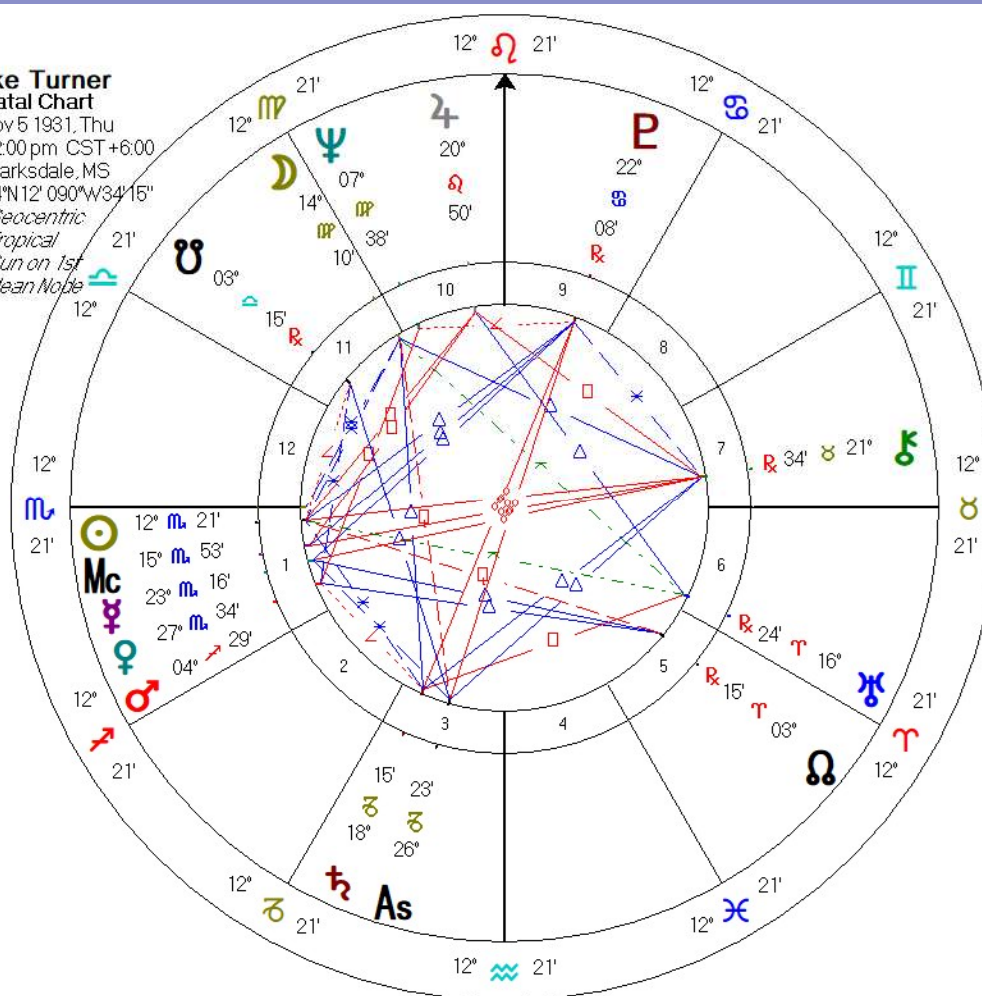
Tina Turner

- ▶ “It wasn’t a good life,” Tina Turner said in her 2021 documentary.
- ▶ “The good did not balance the bad. I had an abusive life, there’s no other way to tell the story.”



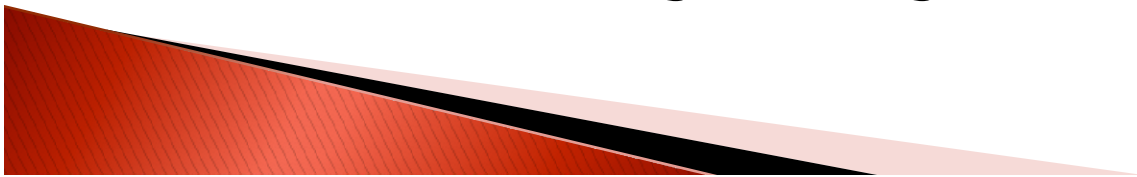
Ike Turner
Natal Chart

Nov 5 1931, Thu
12:00 pm CST +6:00
Clarksdale, MS
34°N 12° 09'W 34'15"
Geocentric
Tropical
Sun on 1st
Mean Node



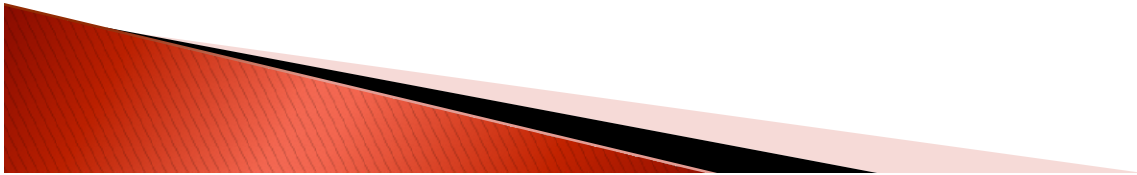
Ike Turner

- ▶ Ike Turner (1931–2007) grew up in extreme poverty and trauma in Clarksdale, Mississippi. His childhood was marked by severe adversity, including witnessing his father being brutalized by a white mob and later dying from the injuries.
- ▶ He also endured abuse by a violent, alcoholic stepfather and suffered sexual assault by older women in his neighborhood. To survive, he worked blue-collar jobs, such as picking eggs on a chicken farm – according to “Magnolia Tribune”



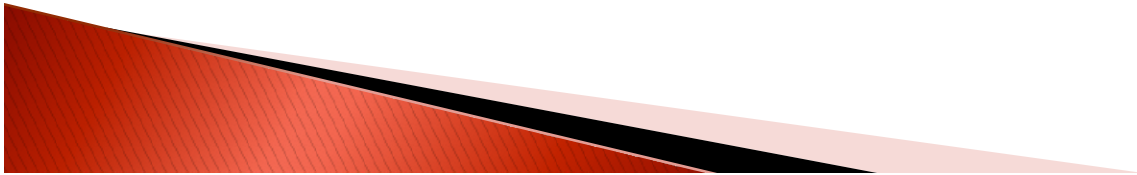
Timing and Phases: Evolutionary Windows

- ▶ ...in evolutionary astrology help map when relationship dynamics are more likely to shift, deepen, or require recalibration.
- ▶ The main tools are progressions, transits, and return cycles. Each provides a different pace and lens for understanding how two charts interact over time and how growth opportunities emerge or how stress may arise.



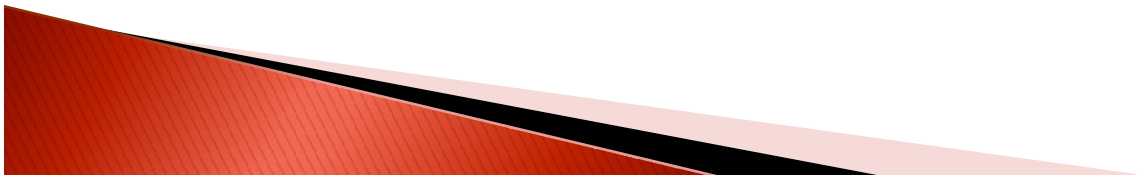
Additionally...

- ▶ The key is different for everyone, you will not really find it; rather you can learn to map the shape of your wound and forge a key that fills the space using a combination of the elements / information / processes that are given to you in one way or another.
- ▶ Astrology provides a recipe/map of sorts to guide you but the only real way to find your key is by continuing to live (earth), learn (air), love (water) and create (fire).



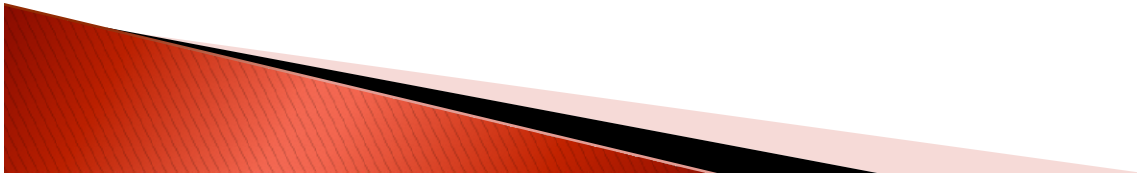
Additionally...

- ▶ Step 1: Contain the "Sympathy Reflex" (First 30 Days)
- ▶ Chiron bleeds compassion for the abuser to avoid the pain of a severed connection. You must consciously stop treating your empathy as a virtue when it is actually a trauma response.



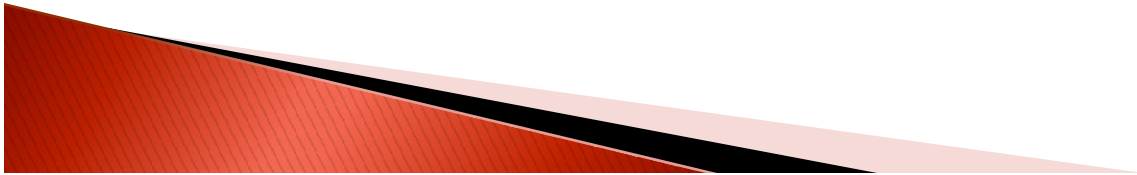
Additionally...

- ▶ The Rule: Every time your mind wanders to *why* the person became a narcissist (e.g., "their childhood trauma," "their unevolved soul"), halt the thought mid-sentence.
- ▶ The Action: Say out loud: *"Their psychology is none of my business. My safety is my only business."* Redirect your focus to a physical task immediately.



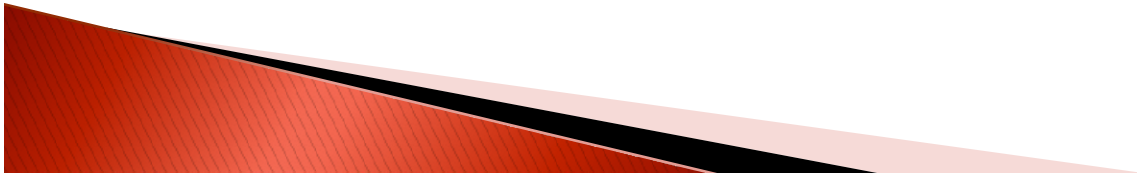
Additionally...

- ▶ **Step 2: Establish Your "Interpersonal Core"**
- ▶ You likely over-compromised your values to keep the peace. You need an unshakeable, non-negotiable list of personal baseline standards.
- ▶ **The Action:** Write down your **Three Non-Negotiables** for any human interaction moving forward. Examples:
 - *I will not be yelled at or spoken to with sarcasm.*
 - *I will not explain or defend my decisions after I have stated them once.*
 - *I will not interact with anyone who uses silent treatments to punish me.*
- ▶ **The Execution:** The literal second someone breaches one of these rules, you leave the room or end the call. No warnings, no discussions.



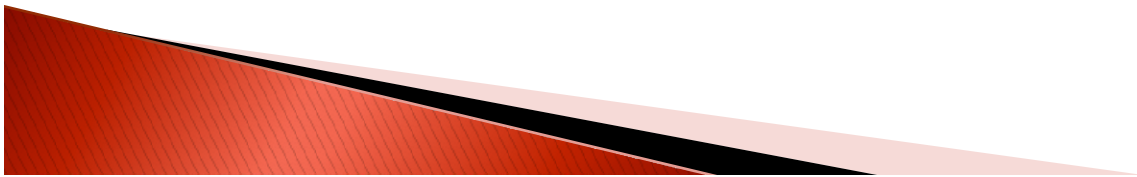
Additionally...

- ▶ **Step 3: Run the "Urge-to-Merge" Delay Protocol**
- ▶ Chiron in the 7th house rushes into codependent dynamics to feel safe. You must build a firewall between your impulses and your actions.
- ▶ **The Action:** Implement a mandatory **72-Hour Delay Rule** for all new relational requests, favors, or invitations from friends, family, or colleagues.
- ▶ **The Script:** When someone asks for a favor or invites you somewhere, use this exact phrase: *"Let me check my schedule and commitments. I will get back to you in a few days."*
- ▶ **The Purpose:** This prevents your Chiron placement from automatically saying "yes" just to secure someone's approval or validation.



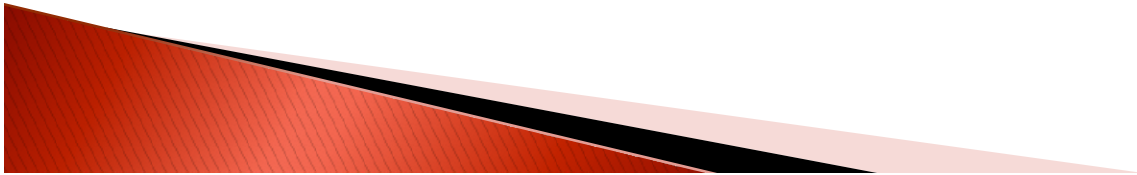
Additionally...

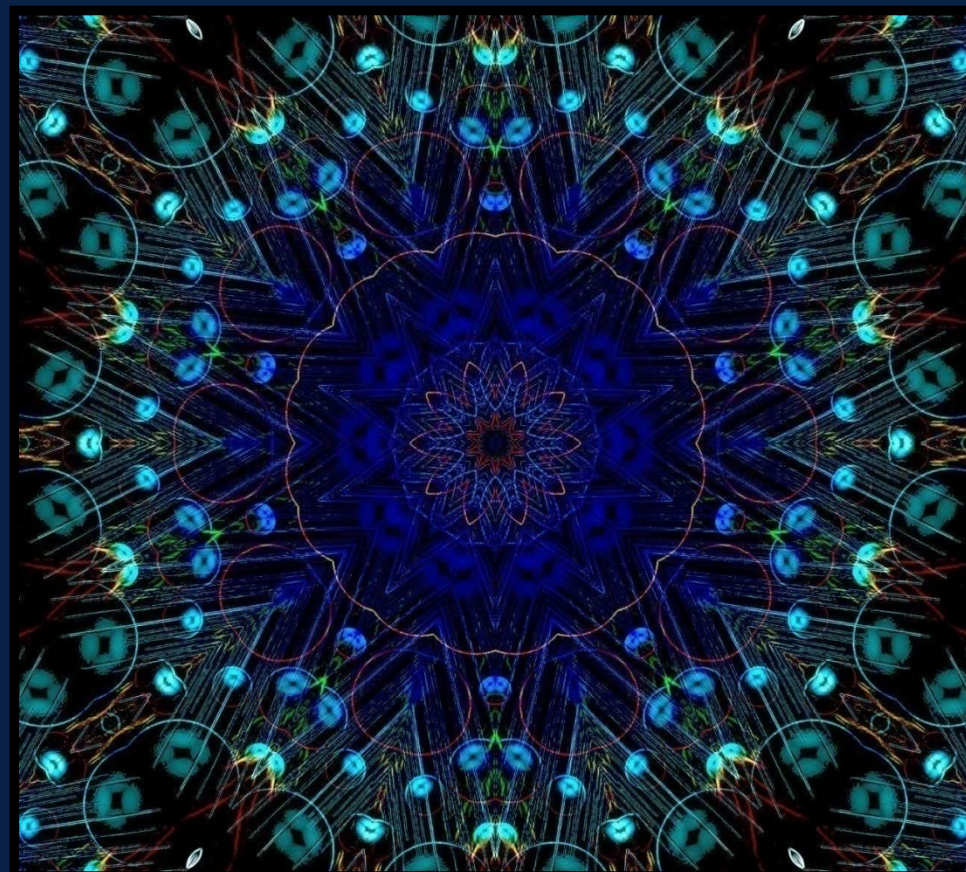
- ▶ **Step 4: Build a "Solitude Tolerant" Metric**
- ▶ The core terror of Chiron in the 7th is being alone or rejected. You heal the wound by systematically proving to your nervous system that being alone is safe, peaceful, and preferable to toxic company.
- ▶ **The Action:** Schedule one solo block of time per week (minimum 4 hours) where you go to a public space (a cafe, a museum, a park) completely alone.
- ▶ **The Rule:** No texting friends, no dating apps, and no looking for distraction. Sit with the initial discomfort, anxiety, or boredom until your nervous system settles and realizes that no threat is occurring.



Additionally...

- ▶ **Step 5: Repatriate Your Projections**
- ▶ With Chiron in the 7th, you naturally project your own power, authority, and capacity for deep psychological insight onto powerful partners (like the Sun-Pluto person). You must take your power back.
- ▶ **The Action:** Make a written list of every "powerful," "perceptive," or "magnetic" quality you admired in the Pluto person before they turned malicious.
- ▶ **The Shift:** Realize that you could not have recognized or resonated with those deep psychological currents if they did not already exist inside you. Write down one way you can use that exact same psychological depth or focus to advance your own career, creative work, or personal goals.

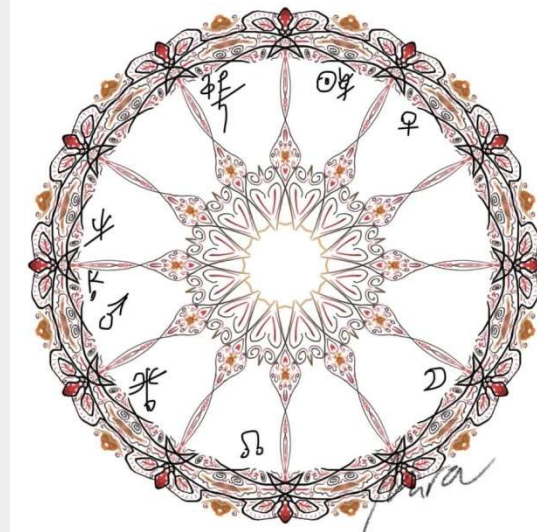




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