

My Astral Self

Rita Tavares



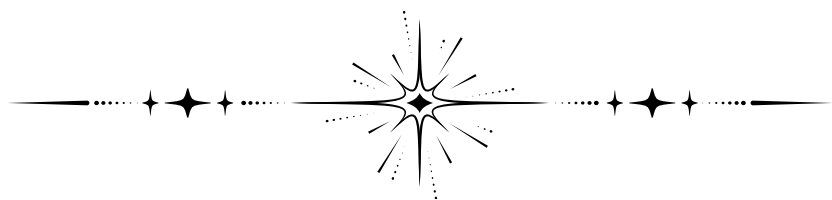




Table of Contents

(Let me see what the hell I've gotten myself into...)

Gratitude	5
The Drama, the Horror!	7
How to Be Your Own Astral Detective?	21
Your Cosmic Selfie, Wow!	24
Elementary, My Dear	25
Elemental Reflection	71
My Cosmic Theater	73
The Characters in My Theater	85
Sun	94
Moon	95
Rising Sign	99
Mercury	101
Venus	102
Mars	103
Jupiter	104
Saturn	105
Uranus	106
Neptune	107
Pluto	108
What Are My Characters' Personalities?	111
Aries	114
Taurus	115
Gemini	116
Cancer	117
Leo	118

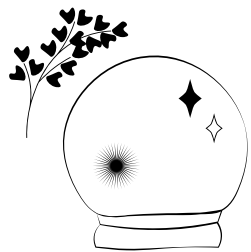
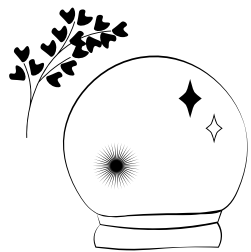


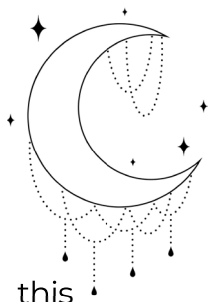


Table of Contents

(Wow! I haven't even read the book yet and I'm already loving it!) 😊

Virgo	119
Libra	120
Scorpio	121
Sagittarius	122
Capricorn	123
Aquarius	124
Pisces	125
Personal Reflection on the Signs	126
What a Scene! (The Houses)	133
Other Astrocool Characters	225
Lunar Nodes	227
Chiron	233
Lilith	239
Incarnation Cross	247
So How Do All These People Talk to Each Other?	250
Astrological Aspects Reflection	256
Astro Complicometer	259
The Phases of the Moon	262
Solar and Lunar Eclipses	270
This Is Me! Now What?	272
About the Author	288
Transformational Collection	291





Gratitude

I'm truly so happy that you decided to buy this creation, which is intended to be a deep and fun tool for personal exploration. This is the way I found to share some simple concepts from psychological astrology with you, so that through your own analysis and reflection, you can find answers for your unique journey and make your evolutionary process easier by recognizing the specific qualities of your cosmic field.

I promise I'll do my best to make this journey into your inner world enjoyable, fun, and light! I strongly believe in the power of joy, which vibrationally has an even higher frequency than love! This is clearly my favorite frequency! 😊

Today, my gratitude is truly for you. Gratitude for opening your heart to this space of sharing, curiosity, self-discovery, love, and joy!

Gratitude to my dear Aunt Helena, who always helps me proofread my writing, and to my beloved family, who are clearly my safe haven in this existence.

Gratitude to my greatest sources of love, my daughters, Joana and Matilde. I love you!

Mariana Toscano! Thank you so much for your help and kindness, which have been so precious!





Note

This creation was written using the feminine form because I feel that all these themes of introspection and reflection inspire and activate our Yin energy.

That said, regardless of the gender you identify with, I invite you to connect with your feminine side and flow with the suggestions presented here.

Gratitude!





Let's start by ripping the problem out by the roots! This will be the only dramatic chapter, I swear. So please make the most of it! Grab some tissues for the tears or a punching bag for the anger. Screaming helps too. Drama is part of the movie of our lives, and it is very welcome!

Investigating our Birth Chart can turn into an endless and frustrating search for information that can literally drive us crazy! As an astrologer and eternal student, I can tell you that this is an area of endless possibilities for interpretation and cross-referenced variations that never seem to end!

I'll confess that I've had several moments when I got frustrated with astrology and promised myself I'd never try to understand it again. I have a little internal tantrum. But then it passes. 😊

Imagine this scenario: you woke up in the morning and decided, "Today I'm going to investigate my Birth Chart online! Today is the day I finally figure out why my 'love-money-family' life is such a complete mess! And I'm not stopping until I understand everything!!!"

By breakfast, your brain was already fried as a result of your decision, but you don't know that yet! And off you go, full of curiosity and excitement, reading and listening to multiple sources of information in an attempt to understand yourself better.

"Why the hell do I always go back to that guy who does nothing but annoy me? What was I born to do? Rock star? And how can I get filthy rich while we're at it?" You start your investigation first thing in the morning! You grab a notebook and a pen and write everything down with determination and courage. 😊

Your enthusiasm is at its peak. That first hour of information made so much sense! Now you know why you have such a hard time speaking in public with that Mercury over there! *Cabron...* (in Spanish, you can't really tell it's a swear word)

Your enthusiasm kills your appetite! Your hunger is for more information! "This is amazing!!! I want to know more about myself and I'm going to know everything today!" Needless to say, the hours go by and you're still sitting on the couch taking notes from every podcast you listened to and every blog you read.

You end the day with your hair standing on end and your mind in complete chaos from the information overload. You're not taking anything in anymore. You're just pissed off at the damn astrology.

I'll tell you another secret: honestly, I suspect astrology was created to torture people who have an obsession with knowing everything (like me... but obviously, it's my Birth Chart's fault). 🙄

You end up on ChatGPT with the brilliant prompt: "You are now the world's best astrologer and you're going to decipher my incredible Birth Chart with the precision of an astral-super-mega-intelligent surgeon!!! Before I have a nervous breakdown!" You receive another twenty pounds of information and have a mental collapse.

"This approach clearly isn't working," you think... "I'm really going to have to see an astrologer! That's it!" And off you go to your first astrologer. With all your antennae up and the concentration of a Buddhist monk, you sit in front of the man, impatiently waiting for everything he has to tell you!



A few things actually do make sense, while others don't fit at all... and now what?

Two hours have passed. Your ability to take in all that information... ran out after the first hour of the consultation... but the man keeps talking.

You'd actually like to write down and understand everything he's going on about, but your brain has reached its limit. You're not taking anything in anymore, and you're starting to get nervous.

You leave completely exhausted! After a good night's sleep, you listen to the recording of the session, hoping that now you'll finally understand everything the man said!

As you try to connect the things that make sense with the things that make absolutely no sense, a huge gray cloud settles in, creating a kind of terrifying mental fog.... Am I in another dimension? you wonder. But no.

You decide to see another astrologer. That one wasn't right for you. You even came into a little extra money and want to invest it in getting to know yourself better! Good for you!

Instead of booking a Birth Chart reading, like you did with the other astrologer, you decide to book a Transit reading! This is what's going to bring me more clarity! you say out loud, excitedly. And off you go.

Apparently, according to this man, your Transits this year are one big, stinking shit.

Sorry for the language, but that's what the man said!

Unfortunately, there's nothing good in store for you this year - "I'm sorry, but that's what your chart says. It's best not to leave the house! Come back next year, when these Transits have calmed down. Until then, it's best to stay isolated so that nothing bad happens to you."

You leave there in a panic, absolutely furious with yourself for having gone. What an irresponsible thing to say to someone! you think... But what if he's right?... And there it is... we've reached the heart of the matter. Beyond the fact that there are different approaches and interpretations within astrology, there are also different kinds of professionals, some aware and some unaware of the enormous emotional impact, and even the potential harm, that the information they share can have when it is sometimes presented irresponsibly. Are you starting to feel the drama building? Don't worry, it's about to get worse.

I'm going to take advantage of your current state of tension to share two tragic moments from my own astrological journey, which made me reflect deeply on several ethical questions, precisely because I was confronted with the negative impact that irresponsibly shared information can have. Are you ready? I swear it'll be like pulling a tooth!

The First Tragedy!

I received a book that had been lovingly given to me about Solar Return, the technique that helps you understand the evolutionary invitations for a specific year. I decided to use my own chart to explore the theoretical teachings I was studying. Imagine my surprise when I saw that, according to that book, there was a strong possibility that I...



“...kick the bucket,” pass away, die, bite the dust this year! ☹️

To make matters worse, when I read that book, I was recovering from a heart problem that had really scared me. I was having a hell of a year (shit or growth, whatever you prefer to call it), and it took months for my body to stabilize and fully recover. Can you imagine the negative impact that information had on me? For a moment, I actually believed I was going to die, for God’s sake! I was absolutely not prepared to read that! (Imagine the best soundtrack for this horror scene, please. My dramas prefer to express themselves with style.)

It was very difficult to deal with this information, I confess. Not even my sense of humor helped. At that point, I became really angry with astrology. I didn’t think it was right to share something so impactful in a book! No one is prepared for this kind of life-altering information! And it is irresponsible to share this kind of content without a highly ethical and safe framework.

To exorcise my demons, I give myself permission to write this thought about whoever writes such irresponsible content: YOU IDIOTS!!!! (I feel better already.) 🤔

Now that we’ve been outraged together, let’s relax. If there’s one thing we all do very well and very often, it’s screw up. And if you don’t, then you’re not allowing yourself to live and make mistakes, which I consider a double dose of crap. 😊

The fact that we make mistakes gives us the opportunity to improve. I believe that the more mistakes we make, the more opportunities we have

to cultivate humility and gently let go of the idea: Wait, what do you mean I'm not perfect??? 😞

The good news is that I'm still very much alive. Yaaaaay!!!! The bad news is that the year isn't over yet... (oops...) 😞

The Second Tragedy!

I'll never forget an astrology consultation I had recently. A lovely client was clearly upset about something an astrologer had shared with her during a previous session.

Apparently, the woman had told her that her Venus was in a position that indicated she would die young... She wanted to confirm with me whether this information was actually true... Can you imagine the tension?

I thought... This reckless astrologer and the irresponsible woman who wrote that book should be working in hell, torturing people! Who says something like that to someone? What a complete lack of awareness! Sorry for being so blunt, but they should change careers! 😞

The woman was living under the shadow of this information, believing there was no point making long-term plans if she was actually going to die young. I was almost tempted to ask her for the address of the person who had told her that, so I could go there and scream in her ears, I swear! (If you close your eyes, you can probably feel my irritation rising through you! These things really get to me! Why? you ask. If it affects you this much, then there must be something in you that needs healing... Yes, you're right.



Now that you've caught me off guard, I'm going to share one more tragedy! This one wasn't planned, but since it came up...

The Third Tragedy! (Bonus Drama)

A random thought! (Just to give us some time to emotionally prepare for the third drama): wouldn't it be so cool to add sound to physical books! The whole emotional experience would be so much more impactful and interesting. I listen to sounds when I write emotional things... (ENT doctor, study case? Nahhh.) You, you computer genius, figure it out! I'll want royalties for the idea! But let's get back to our subject. 😊

You probably already know this concept: if something really irritates you, gets under your skin, drives you completely crazy, it's probably reflecting something in your unconscious that needs attention. And in this case, I can confirm that's exactly what happened.

When I was a teenager, I also had to hear from a so-called "spiritualist," during a consultation that wasn't even for me, that apparently there was no hope for me and that I would never have any in this lifetime. I was declared a lost cause! This kind of information can seriously damage our self-esteem, especially when we're young.

Even though I rationally know that this makes absolutely no sense, somewhere in a corner of my unconscious, this information still echoes within me to this day. And that's why, for such a long time, I found it very difficult to trust the spiritual path.

In this mix of drama and comedy, what I want to tell

you is this: don't give exaggerated importance to the information you receive from someone, even if that person is a highly respected professional, someone famous, or someone you believe has extraordinary psychic powers. When you decide that someone else's voice is more important than your own, you are choosing to hand your personal power over to someone else. And that, my friend, is one hell of a pile of crap!

Yes, there is a great deal of valuable and precious information that can help us grow, evolve, and heal. But nothing and no one should ever have more influence than the voice of your heart, your intuition, and your inner wisdom.

The best tool I've found for quieting my fears, frustrations, shadows, and illusions is meditation. I'll talk a lot about it throughout this book. I know all too well what it's like not to trust our inner compass and to drift through life without knowing what comes from the heart and what comes from our inner conditioning. Only consistent meditation brings me back to center and reminds me of my full creative potential.

Physical exercise is my second favorite tool because I often feel ungrounded. I have a lot of AIR in my Birth Chart. It's not flatulence... it really is an excess of the Air element. That smell... wasn't me... (awkward silence...)

To bring this infernal drama to an end, I want to tell you that my relationship with astrology changed quite a bit because of these and other stories that made me rethink the best way to use a tool that can support us so much, but can also sabotage us.



I used to study the movements of the sky every day and explore how each Transit affected us individually and collectively. I shared my observations on social media and created a blog so I'd have more space to write.

My observation was so intense and constant that I experienced every cosmic event firsthand. I began to realize that my excessive focus was exponentially amplifying the way I experienced whatever I was researching, and that clearly wasn't good for me.

Because of our energetic nature, everything we think, feel, and focus on eventually takes form in the material world. That's how cosmic laws work: your focus manifests in your reality. For this reason, it's wise to pay attention to what we choose to give our attention to. It is our observation that creates our reality.

And the drama is over! Are you still alive? Feeling okay? Phew!

These days, I still use astrology as a tool for guidance, with extra awareness of conditioning. I still find the information this sacred language offers fascinating, and I love the support it gives us when it is interpreted responsibly.

In my heart, I feel that the most important thing is to simplify.

Don't take anything too seriously, because in life, no matter how hard it may be for us to accept, nothing is permanent (didn't I say the drama was over?). We are all constantly changing. A challenge we face today may already have taken on a completely different shape by tomorrow. 😊

We can calmly accept that our curious minds want to rule the world, becoming the queens of absolute power and control (evil laughter in the background), but... we also know that our minds are by no means the protagonists of this Cosmic Theater full of adventures!

In your multidimensionality, YOU ARE!

Practical tips to avoid drama:

1. Don't overwhelm yourself with information, or you'll tie your brain in knots. It doesn't deserve that, poor thing!
2. If you read or hear things that scare you about a particular placement in your Birth Chart, do yourself a favor and forget that shit. Don't suffer in advance. No one experiences Astrological movements in exactly the same way!
3. If you're going through a challenging period and decide to seek someone who can give you answers because you don't understand the lessons being presented to you, take only the information that resonates with you, not everything you're told. Trust yourself and your inner discernment.
4. If you see an astrologer, tarot reader, spiritualist, energy therapist, coach, doctor, or any other figure you consider an authority, do yourself a favor: if they make you tense up, diminish you, hurt you, scare you, or manipulate you, don't subject yourself to that. Get the hell out of there!
5. We all have light and shadow, and we all move between these polarities as we learn new things and evolve. It's part of the learning system designed for



this planet. Fighting against the forces of the universe is futile. Instead, do your best to embrace everything you observe within yourself, without judgment. It is through love that we heal and evolve.

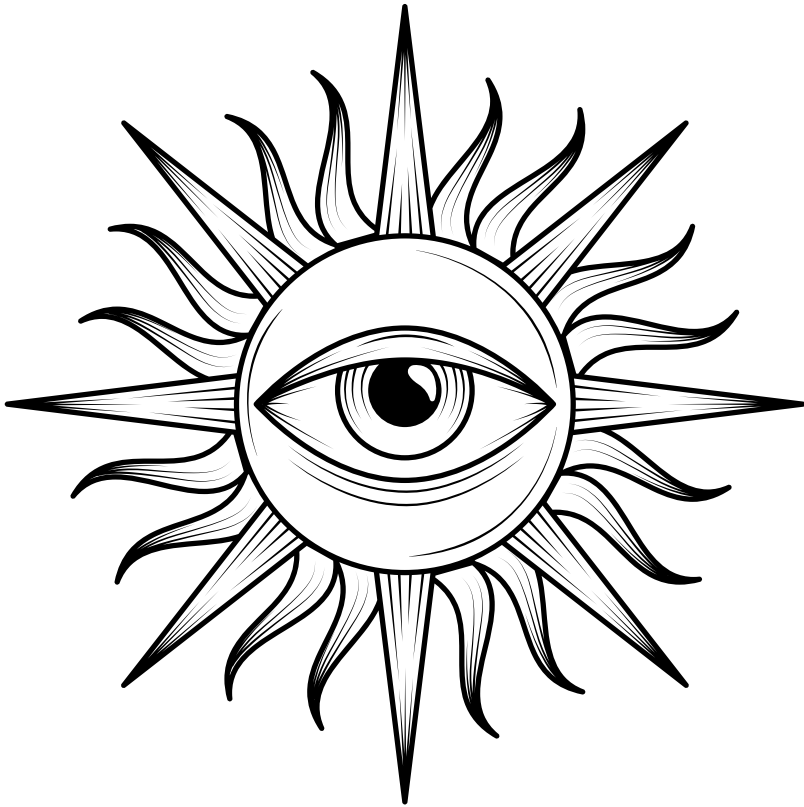
And that's the end of the dramatic chapter! Hooray!!!!

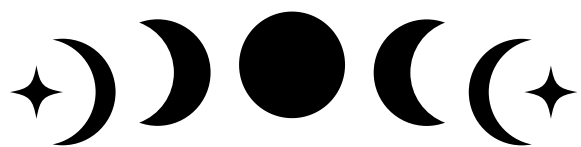
I have a surprise for you on the next page...

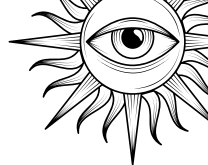
DRAMA
Queen 



How to Become Your Own Astral Detective







Yay!!! We're finally getting into the practical part!

1. First step: Go to astro.com. It's free. Create an account and enter your birth details. You'll need your name, date, place, and time of birth. Knowing your exact birth time is essential if you want to access an accurate snapshot of the sky at that specific moment. You can find this information on your birth certificate. If you don't have it, you can request it from your local civil registry office.

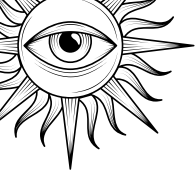
Red flag: Being off by just thirty minutes in your birth time can be enough to give you inaccurate information.

2. If you truly don't have access to your birth time, noon is used as the default. In that case, you can only take into account the Signs, the Planets, and the way they communicate with one another (the lines between them: aspects). The Houses won't be accurate, but it's better than nothing!

3. Once you've entered your information, you'll need to choose the type of chart. Select the first option, which says: "Chart Drawing, Ascendant." There are other, more advanced options for those who want to explore further. This one is the simplest and perfect for our investigation.

4. When you open your astrological chart, you'll find all your information there. Print out your Birth Chart and place it here so you can refer to it throughout the book.

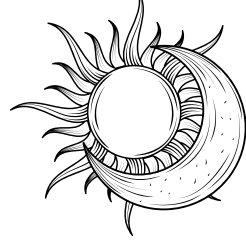
5. Read each chapter and complete the exploration and reflection exercises. Sound good? Let the investigation begin!



Cosmic Selfie

Paste Your Birth Chart Here!!!

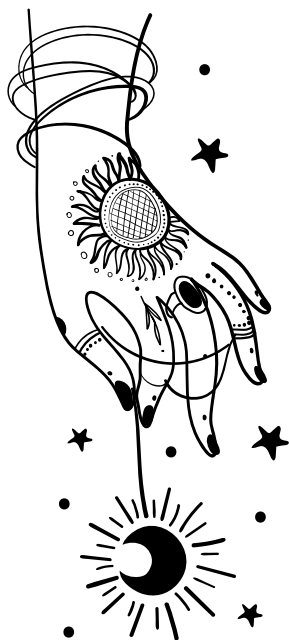




Elementary, My Dear

(Write Your Name)







Let's Talk About the Elements! We are all an integral part of multiple living systems that are constantly interacting with one another. Our cells interact in many different ways, taking on different functions within our bodies, including the creation of more complex organs and systems that are only possible through their cooperation.

Extra note: yes... the writing is getting a little more serious now, but I promise I'll keep having fun whenever I can!

As human beings, we interact with our external environment through our different bodies (physical, emotional, mental, and energetic). We also have the ability to create, either within our own living system or in connection with other living systems (other people).

Together with other living systems, we are all part of nature, which in turn is part of an even larger system: planet Earth.

The elements that make up nature on this planet are Fire, Air, Earth, and Water. There is also a fifth element, Ether, which is connected to the mystery of the movements of the light/energy of our spirit and is an expression of the integration of the four foundational elements. In astrology, we study the four main elements.

Beyond all these living systems that interact with us at every moment, we also have our solar system, with all its structures in constant motion, interacting every instant with planet Earth and with all the living systems that exist here: the Sun, Moon, stars, planets, people, animals, water, and so on.

What Do All These Systems Have in Common?

Their fundamental building block: energy. We know that, although we cannot visually perceive all the energetic movements that create and sustain life, without this invisible raw material, filled with information and intelligence, existence would not be possible.

We all belong to the same energy field. It is what connects us, and it is through this field that we interact with everything that exists. This is why we say that “We Are All One” or that “Separation Is Just an Illusion.” From a broader perspective, we are so much more than what our senses can perceive.

Based on this understanding, astrology associates the energy of each Sign with one of the four elements found in nature, taking into account various characteristics that we won’t explore in depth because that isn’t the purpose of this book.

To simplify: we have twelve Signs divided into four elements:

- Fire Signs: Aries, Leo, and Sagittarius
- Air Signs: Gemini, Libra, and Aquarius
- Earth Signs: Taurus, Virgo, and Capricorn
- Water Signs: Cancer, Scorpio, and Pisces

Each element “carries” certain characteristic patterns within its energetic frequency.

We can get a general sense of certain traits in a person simply by observing the elements in their Birth Chart, and that’s exactly what I want to teach you how to do!



It's time to check your Cosmic Selfie.

On the left-hand side of your chart, you'll find some information that will help you with this investigation.

First, you'll see your personal information, followed by a table showing the Planets and their corresponding Signs. Below that, on the side, you'll find a small box.

This is your elements table. It looks like this:

F: Fire T: Earth A: Air W: Water

C: Cardinal F: Fixed M: Mutable

	C	F	M
F			
T			
A			
W			

On the following pages, you'll find a brief explanation of each one so you can better understand the characteristic patterns of each element and how they may manifest in your everyday life.

How do we get started?

To find out how the elements are distributed throughout your Astral Body, you'll need to do a simple calculation that I

c) In the elements table, you'll find the symbols rather than the names. Check the symbols on page 80 to make sure you add up the correct ones.

Fire (Red) Points: ____

Air (Yellow) Points: ____

Earth (Green) Points: ____

Water (Blue) Points: ____

Which element has the most points? _____

Which element has the fewest points? _____

Do you have any element with 3 or 3.5 points? _____

- An element with fewer than 3 points is considered lacking.
- An element with 3 or 3.5 points is considered balanced.
- An element with 4 or more points is considered excessive.

Great! Now that you know the scores for your elements, let's explore what each one represents in a simple and generalized way.

I've already mentioned that astrology can be a real puzzle from hell, right? Obviously, there are countless other interpretations that can complement this exploration, but this book is designed to keep personal analysis simple.

So, take whatever feels meaningful to you and resonates with your reality, okay? 😊

Note: Please remove any negative connotation from the terms "lack" or "excess." Everything is perfect for what we have chosen to experience.