

## Get Energized: Your Sun Sign

By Dena DeCastro ©2009

The Sun is our core, our essence, and our life force. Much like the Sun in the solar system, our “inner Sun” is the engine that keeps us going, our energy source. We can better understand how to keep that inner fire thriving when we recognize the sign placement of our Sun. Through this awareness of the situations, people, and activities that energize us, we are able to draw these things toward us more consciously. Conversely, we can recognize that what depletes us and drains us is an absence of those things available in the circumstances of our lives.

### **Sun in Aries**

Sun in Aries people are energized by situations which provide a challenge. The Sun here thrives when Aries is provided the opportunity to begin new projects, and use their pioneering nature. Being able to fight for or protect a person, project, or idea is also energizing to Aries. Activities which require courage, and facing fear, provide the rush of adrenaline Aries needs. Depletion comes from a lack of new challenges, or if the Aries Sun is met with people or environments that tamp down their innate qualities of vitality and passion.

### **Sun in Taurus**

Sun in Taurus people are energized through comfort, stability, and serenity. Taureans can find this through a close connection with nature and/or animals. Taurus Suns also benefit from a close connection with their body. This sign requires peace and solitude, and benefits from simplicity in their life situations and environment. Sensual comforts are also energizing, perhaps in the form of bodywork, massage, or yoga. Depletion comes from disruption and chaos, unnecessary drama, overstimulation, or being too much “in the head.”

### **Sun in Gemini**

Sun in Gemini people are energized through intellectual stimulation, having a variety of things to learn about, and having the freedom within their life to be on the go. They need to be able to follow their curiosity where it leads. Conversation and the exchange of ideas, either verbally or in writing, is also energizing. Depletion comes through a lack of variety in their life, a feeling of sameness and routine in their everyday experience, and being in situations in which they are intellectually bored.

### **Sun in Cancer**

Sun in Cancer people are energized through emotional connection and closeness, security in their home environment, and private time to explore their inner world. Having a sense of roots and family (whether it be biological family or chosen) is also energizing. Cancerians also derive energy from having a connection with their past, memories and childhood. Depletion comes through instability in the home environment, family troubles, and an inability to express and feel their emotions safely.

### **Sun in Leo**

Sun in Leo people are energized through being able to play and create, and having the leisure time and space within which to do that. Channeling what is inside them into an outwardly visible and public art form, and having their creative work seen and acknowledged, brings them joy and vitality. Working with children, or child-like energy, can also be energizing. Depletion comes from feeling restrained by the duties of life, not having enough space and time in which to create, and being made to feel unrecognized or invisible.

### **Sun in Virgo**

Sun in Virgo people are energized by having meaningful work, and being able to develop and refine their skills in any field. Using these skills in order to be of practical service to others brings vitality. Virgo Suns are also energized by being able to help others in problem-solving, and in using their analytical skills. Depletion comes through feeling lack of purpose in their daily work, feeling like they are unable to see the results of their efforts, or feeling stifled in the development of their skills and talents.

### **Sun in Libra**

Sun in Libra people are energized through social connections with other people, and in being in close friendships and partnerships. Appreciation of beauty, either in one's surroundings or in the appreciation of art in general, is also revitalizing. Libra Suns benefit from a sense of peace and harmony in their lives, and from the feeling that things are in balance. Depletion comes through too much solitude, lack of supportive friends and /or partners, and a feeling of harshness or roughness in life situations.

### **Sun in Scorpio**

Sun in Scorpio people are energized by situations which allow them to probe and explore the hidden aspects of life. Scorpio Suns are also energized through deep, intimate connections with others, in which they feel that they can "bare their soul." Having situations in which they can display authenticity and brutal honesty is necessary to Scorpio's vitality. Depletion comes through being shamed for their honesty and perceptiveness, or in which they are asked to repress their intense and passionate natures.

### **Sun in Sagittarius**

Sun in Sagittarius people are energized by a sense of adventure, and having the freedom to travel and explore their world. This exploration can be either on the physical level (through actually exploring other lands), or on the mental level (in the pursuit of study and higher education). The sense of questing for their personal Truth, their holy grail, is what brings joy and vitality. Depletion comes from confinement, fixedness in their routine, and a feeling of lack of purpose in their life (what does it all mean?).

### **Sun in Capricorn**

Sun in Capricorn people are energized by a sense of accomplishment through their work, and from the ability to set goals and achieve them. Having a career role which amply expresses who they are to the outer world is vitalizing. They are energized by utilizing the qualities of integrity and self-respect. Depletion comes from the inability to achieve their goals, vagueness around their career and social role, or a sense that they are not being recognized for their accomplishments.

### **Sun in Aquarius**

Sun in Aquarius people are energized through activities in which they can use their unique way of viewing things (their “genius”) to create change. They are vitalized by situations in which they can display their inventiveness, and their ability to think outside the box. Being able to display their authentic self, which may often be at odds with societal expectations, is also important. A connection with a supportive group or “tribe” can also be helpful. Depletion comes from feeling inauthentic, like they are “faking” their lives for the approval of others, or from a lack of support of a group or network of friends and tribe.

### **Sun in Pisces**

Sun in Pisces people are energized through situations in which they can transcend mundane reality, through an immersion in the world of imagination, through creative trance, or through spiritual practice. Connection with what is beyond this reality is vitalizing to Sun in Pisces. Pisces Sun is also energized by the ideal of compassionate and selfless service, as their sensitivity engenders a need to address the pain they can sense in others. Depletion comes from being too focused on material concerns, any outward negation by others of their imaginal world or spiritual connection, and feeling helpless to aid others while experiencing their pain.

### **Conclusion**

Knowing the whole birth chart is necessary to gain the context in which your Sun is operating. But while we are all more than our Sun signs, just knowing this basic information can be helpful in directing us toward the things that feed us, like a plant is fed by the Sun. Likewise, we can see what to avoid, and better understand why we feel frustrated, trapped, or depressed by certain situations. Even this small portion of knowledge from the chart, which also happens to be the most accessible, can help us in grounded ways to improve our lives.