



relationships
and your natal
lunar phase

april elliott kent

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Published by April Elliott Kent

www.bigskyastronomy.com

2016

Portions of this booklet previously appeared in
Llewellyn's 2012 Moon Sign Book



Relationships and Your Natal Lunar Phase

by April Elliott Kent

When I began studying astrology, I imagined that sexy Venus and passionate Mars held the secrets to understanding love. After all, most youthful dreams of future soulmates feature torrid tangos of passion and enthrallment. The notion of ending up in a relationship like mom and dad's – so little kissing, so much bill-paying! – tends to fill idealistic young hearts with horror. And yet more often than not, when we finally settle down into a committed partnership, we find ourselves reenacting much of what we saw our parents doing in their relationship!

Decades later, a career spent studying the astrology of relationships (not to mention seventeen years of marriage!) has taught me that there are really two different narratives that underscore every romantic partnership. One, driven by the passionate

eroticism of sexual chemistry, certainly does seem to be reflected in the astrology of Venus and Mars. But the other – a quieter tale of compatible temperaments and united purpose – seems better illustrated by the astrological connection between the Sun and Moon.

Of course, there is no one-size-fits-all definition of an ideal partnership. Some couples thrive on friction, while others crave ease. Some like to flirt, others prefer to fight. The lunar phase at your birth, representing the relationship between the Sun (masculine) and the Moon (feminine), describes the partnership style that comes naturally to you. The rapport between the Sun and Moon in your birth chart is a dance of the lights, illuminating the personal relationship fairy tale that lives in your subconscious, a story drawn from observing your parents, reading books, and absorbing messages from television shows and movies. Understanding the lunar phase at your birth can help you understand why you keep having the same kind of relationships again and again – and how to make relationship choices that are truly satisfying.

How to find the lunar phase at your birth

Finding the moon's current phase is easy: Just look up in the sky! Locating your natal lunar phase, however, is a little more complicated. Fortunately, many computerized birth charts include your natal lunar phase. (If you'd like to access a free online resource to get this information, follow the instructions at the end of this article.)

If you have a copy of your birth chart but it doesn't show your natal lunar phase, here's a relatively easy way to find it. First, find the sign opposite your Sun sign. If the Moon lies between your Sun and the same degree of its opposite sign, then you were born between the New Moon and Full Moon. Otherwise, you were born between the Full Moon and the New Moon. Combine this information with the natal aspect (if any) between your Sun and Moon to find your natal Lunar Phase in the table below. For example, if you were born between the New and Full Moons and there is a trine aspect between the Sun and Moon in your birth chart, you were born during the First Quarter Moon.

Phase	Begins when...	Sun-Moon aspects
Moon ahead of the Sun		
New Moon	Moon 0 degrees ahead of the Sun	conjunction, semi-sextile
Crescent Moon	Moon 45 degrees ahead of the Sun	semi-square, sextile
First Quarter Moon	Moon 90 degrees ahead of the Sun	square, trine
Gibbous Moon	Moon 135 degrees ahead of the Sun	sesqui-square, quincunx
Moon behind the Sun		
Full Moon	Moon 180 degrees ahead of the Sun	opposition
Disseminating Moon	Moon 225 degrees ahead of the Sun <i>Or: Moon 135 degrees behind the Sun</i>	sesqui-square, quincunx, trine
Last Quarter Moon	Moon 270 degrees ahead of the Sun <i>Or: Moon 90 degrees behind the Sun</i>	square, sextile
Balsamic Moon	Moon 315 degrees ahead of the Sun <i>Or: Moon 45 degrees behind the Sun</i>	semi-square, semi-sextile

New Moon (Moon 0 degrees ahead of the Sun)

Born at the New Moon, your ideal relationship is one in which each partner is completely in the other's corner – in which each supports the other's goals unconditionally and will move heaven and earth to see that they are reached. If the Sun and Moon are 30-45 degrees apart or in different signs, your interests and temperaments will probably be quite different; but you still need to feel that you and your partner are one another's greatest boosters.

Boasting one of Hollywood's most enduring marriages (to actress Joanne Woodward), actor Paul Newman was born at the New Moon. "Joanne has always given me unconditional support in all my choices and endeavors," Newman was quoted as saying, "and that includes my race car driving, which she deplors. To me, that's love." (1) Likewise, First Lady Nancy Reagan, born just after a New Moon in Cancer, was fiercely protective of her husband, President Ronald Reagan, both during his political career and during his long illness from Alzheimer's disease.

If you were born at the New Moon, you will need to guard against the extremes of co-dependency in relationships, or avoiding relationships altogether! What you seek is the elusive, happy medium: a relationship in which each person is whole and independent, yet completely devoted to (and respectful of) the other.

Crescent Moon (Moon 45 degrees ahead of the Sun)

Born at the Crescent Moon, relationships feel most natural to you when they're challenging and stimulating. If your Sun and Moon are close to the 45 degree semi-square that begins this phase, the friction of living alongside another person - like the irritant that stimulates a mollusk to produce a pearl - forces you to strive for achievement and self-improvement. If you were born near the waxing sextile (60 degrees), you like relationships with those who are enough like you in temperament to feel comfortable ... but just different enough to keep you interested.

Both types of Crescent Moon phase people seem to thrive on togetherness. Chef Julia Child, born at the waxing semi-square, was described as being determined to maintain, "that lovely intertwining of life, mind, and soul that a good marriage is." "We are a team," she often said. "We do everything together." (2)

Paul McCartney, born at the waxing sextile, had a long and famously close relationship with his wife, Linda. As McCartney told PEOPLE magazine, "The only 11 days we ever did not spend the night together was when I got put in jail in Japan for pot. That's quite amazing." (3)

First Quarter Moon (Moon 90 degrees ahead of the Sun)

Born at the First Quarter Moon, you're directed, action-oriented, and at your best with a partner who approaches life in the same way. If you were born close to the waxing Sun-Moon square (90 degree), you gravitate to partners who are temperamentally quite different from you, or who move at a different pace. The resulting friction provides a

powerful catalyst for achievement (and sometimes for arguments). Elizabeth Edwards, estranged (as of this writing) wife of former U.S. Vice Presidential hopeful John Edwards, was born at the waxing square. A woman of formidable intellect and determination, she was a trusted political advisor to her husband - perhaps because, “She doesn't agree with her husband on every single issue. She doesn't hesitate to say so publicly. And she doesn't walk away from a fight.” (4)

If you were born near the waxing Sun-Moon trine (120 degrees), you prefer a partner who is as dynamic as you are and who moves at your speed. You'll dash through life together as though it were a relay race, passing the baton to each other and spurring each other on to great achievement. Bandleader and television pioneer Desi Arnaz was born with a waxing Sun/Moon trine, and while their marriage had its problems, his business partnership with wife Lucille Ball changed the face of television.

Gibbous Moon (Moon 135 degrees ahead of Sun)

Those born during the Gibbous Moon phase don't expect relationships to be easy. If your Sun and Moon are close to the 135 degree sesqui-square aspect, then one of the most important relationship lessons you'll learn is how to recognize the moment when persisting with a difficult relationship has become the equivalent of flogging a dead horse. If you're born with the Sun and Moon close to the 150 degree quincunx, compromise and adjustment present critical challenges in your relationships. Prince Charles, born at the waxing Sun-Moon quincunx, reportedly married Princess Diana as a compromise. He had reached “marrying age”, and her background and appearance made her an appropriate choice. (5) But the temperaments of a middle-aged man and a bride just out of her teens were ultimately too different to make the marriage a success.

Eventually the Prince was free to marry his old flame Camilla Parker-Bowles. Even then, however, compromises and adjustments had to be made. Upon the death of Pope John Paul II, their ceremony had to be rescheduled to avoid a conflict with the funeral. The groom's parents did not attend the civil ceremony, possibly because of the sensitivity

of the Queen's position as Supreme Governor of the Church of England. (6) And the bride has chosen to be addressed as Duchess of Cornwall rather than "Princess of Wales," a title closely associated with the Prince's first wife.

Full Moon (Moon 180 ahead of the Sun)

If you were born during the Full Moon phase, relationships are more than important to you: they're an essential part of how you learn about yourself. Your desire to find balance in all relationships can propel you - with varying degrees of success - into partnerships with those of opposite temperament, or who seem like surprising choices of the "odd couple" variety. Opposites attract and can certainly be complementary; but because you're extremely sensitive to the moods of others and often unconsciously adopt them, it's important that you surround yourself with close partners whose best traits reinforce your own.

For some Full Moon phase people, there may be a sense of being "onstage" in your relationships, of playing a role; in the case of entertainers, this is sometimes literally the case. Roseanne Barr, born during the Full Moon phase, parlayed her real life as a housewife into a stand-up comedy routine and enormously popular 1980s television series. The marriage didn't last, but her role as a "Domestic Goddess" did!

Full Moon people may also serve as a sort of mirror that reflects the true nature or condition of their partner, or even of their partner's family. Diana, Princess of Wales was also born at the Full Moon. In her marriage to Prince Charles, Diana performed the role of Princess to near perfection, looking the part at state occasions and producing two sons - "an heir and a spare" to the throne. But she claimed she was hurt by her husband's infidelity, (7) and when neglected, a Full Moon person can turn rebellious. Diana's modern expectations and defiant nature turned into a public relations nightmare for the royal family. Even her untimely death compelled Buckingham Palace to defend itself against public disapproval over its handling of the situation. (8)

Disseminating/Waning Gibbous (Moon 225 degrees ahead of the Sun)

The Disseminating phase is similar to the Gibbous: both include the sesqui-square and quincunx aspects between the Sun and Moon, but the Disseminating phase also includes a waning trine. If you're born with the Sun/Moon quincunx during this phase, you may feel wary of, or even trapped in relationships, especially when you're young. The Disseminating phase symbolizes the urge to spread one's words and ideas far and wide, and that can cause problems in conventional relationships. In fact, for some – like many-partnered Warren Beatty, born at the waning sesqui-square - this can be a Goldilocks and the Three Bears lunar phase, as you cycle through a succession of partners who seem promising but end up being not quite right. Of course, the flaws or weaknesses we perceive in our partners usually reveal more about us than about them.

If you're born close to the waning trine, you may find it easier to eventually settle down in a contented, comfortable partnership – sometimes (like much-married actress Elizabeth Taylor) more than one! For some born with this aspect, simply finding a partner can feel a bit like the relief of putting salve on an itchy rash. But if you've come to terms with your own questing nature and chosen wisely, it can also be the relief of discovering the *right* partner – one who finds the world as fascinating as you do, and wants to spend life exploring it with you.

Last Quarter Moon (Moon 270 degrees ahead of the Sun)

Born at the Last Quarter phase, you need a partner who supports your enormous ambition and can offer understanding, patience, and practical skills to help you. Yours is a restless, driven soul, and it takes the right kind of person to live comfortably with someone who is always somewhat dissatisfied with the status quo. Eleanor Roosevelt, born at the waning square (90 degrees), is best remembered as the formidable wife of one of America's greatest presidents. In her own right, however, she was an independent and politically-adept author, speaker, and crusader for human and civil rights.

Born closer to the Sun/Moon sextile (60 degrees), there is a greater emphasis on conversation, ideas, and friendship with your partner. You seek, above all, a partner who can make you laugh – and who “gets” you. Oscar-winner Meryl Streep, born close to a waning sextile, has been happily married to sculptor Don Gummer since 1978. Of her marriage, she has said, "My husband understands the compulsion to create things. With somebody who had a regular job, I think it might have been harder to translate those creative impulses and the need to satisfy them" (9)

Balsamic Phase (Moon 315 degrees ahead of the Sun)

The Balsamic Lunar phase is the Moon’s dark time, and is symbolic of our need for rest and our connection to the psychic and spiritual realms. For those born during the Balsamic Phase, relationships may feel karmically charged; a series of relationships, or even just one that is characterized by emotional drama and artistic expression, may be a way of tying up karmic loose ends. And because the Balsamic Phase can be connected to illness, health issues may also play an important role in your relationships.

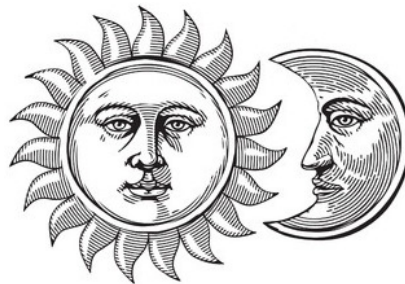
Painter Frida Kahlo was born during the Balsamic phase. Chronic pain and other health problems were a motif that ran throughout her life and art. She married painter Diego Rivera – twice- in passionate but tumultuous unions marked by both partners’ unfaithfulness. Yet Kahlo and Rivera also inspired and supported one another, producing some of their most acclaimed works while together.

Born at the waning semi-sextile, Betty Ford enjoyed a long and generally happy marriage to President Gerald Ford. Along the way, however, she suffered a nervous breakdown ("I was giving too much of myself and not taking any time out for Betty ...") (10), an addiction to pills and alcohol, and a highly public struggle with breast cancer. She’s perhaps best remembered for her frank public revelations, supported by her husband, about her recovery from addiction, which prompted her to co-found the famous Betty Ford Center for alcohol and drug rehabilitation.

Enjoy the dance

The lunar phases are a dance of light, the Sun and Moon's elaborate *pas de deux* of anima and animus. Each of us is an amalgam of both proactive (Sun) and reactive (Moon) energy, and our closest relationships reflect both sides of our natures. The soli-lunar ballet calls us to the barre from the moment of birth, outlining the steps we need to learn and suggesting the shape and movements of our ideal dance partner.

Your Lunar Phase relationship style may be like an easy waltz, a complicated reel, or a jubilant fox-trot. Whatever style is right for you, I wish you joy and fortune in finding a partner who can match your steps – and who can, above all, help you enjoy the dance.



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- Paul Newman, b. 26 January 1925 at 06:30 a.m., Cleveland, OH.
- Nancy Reagan, b. 6 July 1921 at 1:18 p.m., Manhattan, NY
- Julia Child, b. 15 August 1912 at 11:30 p.m., Pasadena, CA.
- Paul McCartney, b. 18 June 1942, 2:00 p.m. at Liverpool, England.
- Elizabeth Edwards, b. 3 July 1949, time unknown, Jacksonville FL
- Desi Arnaz, b. 2 March 1917 at 12:30 p.m., Santiago De Cuba, Cuba.
- Charles, Prince of Wales, b. 14 November 1948 at 9:14 p.m., Buckingham Palace.
- Roseanne Barr, b. 3 November 1952 at 1:21 p.m., Salt Lake City UT
- Diana, Princess of Wales, b. 1 July 1961 at 7:45 p.m., Sandringham, England
- Warren Beatty, b. 30 March 1937 at 5:30 p.m., Richmond, VA
- Elizabeth Taylor, b. 27 February 1932 at 2:15 a.m., London, England
- Eleanor Roosevelt, b. 11 October 1884 at 11:00 a.m., New York, NY
- Meryl Streep, b. 22 June 1949 at 08:05 a.m., Summit NJ
- Frida Kahlo, b. 6 July 1907 at 8:30 a.m., Coyoacan, Mexico
- Betty Ford, b. 8 April 1918 at 3:45 p.m., Chicago, IL

Notes

To find out your Natal Lunar Phase:

1. Go to: <http://www.astro.com/cgi/genchart.cgi?&lang=&gm=a2>

2. From the Special Charts dropdown menu, select Other Charts > Lunar Phases Fertility Calendar, and press on the Click here to show the chart button
3. Enter your birth data as a guest or create a registered profile for future visits, then press “continue”
4. The Lunar Phases Fertility Calendar appears. The natal Phase of the Moon is shown in numeric form to the right of the birth time. Phase of the moon 297.53, for example, means the Moon is 297.53 degrees ahead of the Sun, which is a Last Quarter Moon



About the Author

April Elliott Kent, a professional astrologer since 1990, graduated from San Diego State University with a degree in Communication. She is the author of *Astrological Transits* (Fair Winds Press, 2015), *The Essential Guide to Practical Astrology* (Alpha/Penguin, 2011), and *Star Guide to Weddings* (Llewellyn, 2008). April’s astrological writing has also appeared in *The Mountain Astrologer* and *Dell Horoscope* magazines, the online journals *Mooncircles* and *Beliefnet*, and *Llewellyn’s Moon Sign, Sun Sign, and Sabbats Almanac* journals. She is a popular lecturer for conferences and astrology groups, and currently serves as president of the San Diego Astrological Society. April, who was born at the Last Quarter Moon phase with a Sun-Moon sextile, lives in San Diego with her husband and their two cats. Her website is: <http://www.bigskyastrology.com>.

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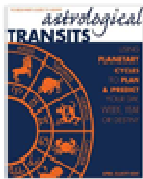
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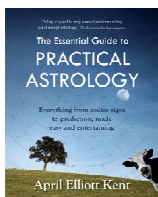
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