

FORMATION: KNOW THYSELF

Detailed Class Manual & Student Workbook

Soul Blueprint • Pattern Decoding • Purpose • Mission • Relationship Compatibility

Built for live teaching, guided study, and personal decoding.

How to Use This Manual

This manual is built to do two jobs at the same time: help you teach the class clearly and help students review everything afterward without getting lost.

The teaching style in this manual is simple on purpose. Each concept is translated into plain language, followed by short formulas, examples, and “say it on the live” lines you can use directly in class.

- Find the placement first.
- Translate it into plain language.
- Combine the placements.
- Use the formulas.
- Apply it to real life.

“You are not one sign. You are a combination.”

“Your placements are not random. They describe how your system works.”

The Core System: Big 3

Sun

Question: “Where is my life trying to take me?”

Plain language: your direction, identity, what you are meant to grow into.

Say it on the live: “Your Sun shows where your life is trying to take you.”

Moon

Question: “What do I need emotionally to feel okay?”

Plain language: your emotional needs, reactions, triggers, safety needs.

Say it on the live: “Your Moon shows what you need emotionally — and what triggers you.”

Rising

Question: “How do I act without thinking?”

Plain language: your behavior, automatic response, first approach, how people experience you.

Say it on the live: “Your Rising shows how you move in real life.”

Big 3 summary

“Your Sun shows where you want to go.”

“Your Moon shows how you feel.”

“Your Rising shows what you actually do.”

The 12 Signs: Quick Decode System

Use this section like a code book. First read the sign. Then read what it means in the Sun, Moon, or Rising position. Do not overcomplicate it. Start with the plain language, then move to the formulas.

Aries

Code: Fast • Action • Leader • Direct

Aries Sun

👉 I need to move, lead, and act.

Aries Moon

👉 I feel okay when things are moving. I get frustrated when things are delayed.

Aries Rising

👉 I act fast, direct, and first.

Taurus

Code: Stable • Slow • Security • Consistent

Taurus Sun

👉 I need to build something stable, real, and lasting.

Taurus Moon

👉 I feel safe when life is secure, steady, and not rushed.

Taurus Rising

👉 I move slowly, carefully, and with consistency.

Gemini

Code: Mental • Curious • Talkative • Adaptable

Gemini Sun

👉 I need to learn, communicate, and stay mentally engaged.

Gemini Moon

👉 I feel okay when I can talk, think, ask questions, and understand what is happening.

Gemini Rising

👉 I act through thinking, talking, asking, and moving quickly between ideas.

Cancer

Code: Emotional • Protective • Sensitive • Nurturing

Cancer Sun

👉 I need to care, connect, protect, and build emotional safety.

Cancer Moon

👉 I feel safe when I feel emotionally secure, seen, and understood.

Cancer Rising

👉 I act protectively, cautiously, and with emotional awareness.

Leo

Code: Expressive • Visible • Confident • Creative

Leo Sun

👉 I need to express, shine, create, and lead with heart.

Leo Moon

👉 I feel okay when I feel valued, respected, and recognized.

Leo Rising

👉 I act confidently, noticeably, and with strong presence.

Virgo

Code: Analytical • Precise • Helpful • Improving

Virgo Sun

👉 I need to improve, organize, refine, and make things better.

Virgo Moon

👉 I feel safe when things make sense, feel useful, and are put in order.

Virgo Rising

👉 I act carefully, observantly, and with detail.

Libra

Code: Balanced • Relational • Diplomatic • Pleasant

Libra Sun

👉 I need to create balance, fairness, beauty, and healthy connection.

Libra Moon

👉 I feel okay when there is peace, harmony, and fairness around me.

Libra Rising

👉 I act politely, diplomatically, and with awareness of other people.

Scorpio

Code: Intense • Deep • Private • Powerful

Scorpio Sun

👉 I need depth, truth, transformation, and emotional honesty.

Scorpio Moon

👉 I feel safe when trust is real and control is not being taken from me.

Scorpio Rising

👉 I act intensely, privately, and with emotional force.

Sagittarius

Code: Free • Expansive • Truth-seeking • Adventurous

Sagittarius Sun

👉 I need freedom, truth, growth, and bigger meaning.

Sagittarius Moon

👉 I feel okay when I can breathe, move, explore, and not feel trapped.

Sagittarius Rising

👉 I act openly, directly, and with a need for freedom.

Capricorn

Code: Responsible • Structured • Disciplined • Ambitious

Capricorn Sun

👉 I need to build, master, lead, and create long-term results.

Capricorn Moon

👉 I feel safe when life is controlled, structured, and productive.

Capricorn Rising

👉 I act seriously, strategically, and with long-term focus.

Aquarius

Code: Unique • Independent • Visionary • Detached

Aquarius Sun

👉 I need to be authentic, different, innovative, and mentally free.

Aquarius Moon

👉 I feel okay when I can think independently and not be controlled.

Aquarius Rising

👉 I act differently, independently, and often unexpectedly.

Pisces

Code: Sensitive • Spiritual • Creative • Intuitive

Pisces Sun

👉 I need connection, meaning, softness, imagination, and inner truth.

Pisces Moon

👉 I feel safe when I can feel, rest, trust, and reconnect with my inner world.

Pisces Rising

👉 I act fluidly, intuitively, and sometimes indirectly.

Support Placements: The Fast Translation Version

South Node

Question: “What do I fall back on when I’m stressed?”

Plain language: old habits, comfort zone, what you are good at but overdo.

Say it on the live: “Your South Node shows what feels natural — but can keep you stuck if you stay there.”

North Node

Question: “What am I supposed to practice?”

Plain language: new behaviors, uncomfortable growth, skills you do not trust yet.

Say it on the live: “Your North Node shows what you need to practice — even if you are bad at it at first.”

Saturn

Question: “Where can I not avoid responsibility?”

Plain language: the hard lessons, where excuses do not work, where consistency matters.

Say it on the live: “Your Saturn shows where life demands maturity.”

South Node Signs — What feels easy but can hold you back

South Node	Comfort Habit
Aries	Acting alone, rushing
Taurus	Staying comfortable, avoiding change
Gemini	Talking instead of doing
Cancer	Holding onto the past
Leo	Needing attention
Virgo	Over-fixing, overthinking
Libra	People-pleasing
Scorpio	Control, emotional guarding
Sagittarius	Escaping responsibility
Capricorn	Overworking, self-pressure
Aquarius	Detaching emotionally
Pisces	Avoiding reality

North Node Signs — What helps you grow

North Node	Growth Skill
Aries	Taking initiative
Taurus	Building stability
Gemini	Communicating clearly
Cancer	Emotional honesty
Leo	Confidence, self-expression
Virgo	Structure and skill
Libra	Healthy partnership
Scorpio	Trust and depth
Sagittarius	Truth and expansion
Capricorn	Responsibility and leadership
Aquarius	Authentic individuality
Pisces	Trust, compassion

Saturn by Sign — Life lesson

Saturn Sign	Life Lesson
Aries	Courage and patience
Taurus	Self-worth and security
Gemini	Speaking clearly
Cancer	Emotional boundaries
Leo	Healthy confidence
Virgo	Discipline without perfection
Libra	Fairness and commitment
Scorpio	Trust and release
Sagittarius	Responsibility with freedom
Capricorn	Authority and self-mastery
Aquarius	Authentic responsibility
Pisces	Boundaries and faith

Simple formula to say on the live

“I get stuck when I rely on (South Node habit).”

“I grow when I practice (North Node skill).”

“Life keeps pushing me to mature in (Saturn lesson).”

Example: South Node Libra, North Node Aries, Saturn Cancer.

Translation: “This person gets stuck by people-pleasing, grows by taking initiative, and life pushes them to build emotional boundaries.”

Tie-back line: “Your Big Three show your direction. Your Nodes and Saturn show why it is hard.”

Mars & Houses — The Mission Helpers

Mission is about movement. To keep it simple, use Mars to understand how somebody acts, and use the House to understand where that action is showing up.

Mars

Question: “How do I go after what I want?”

Plain language: action style, drive, how you push, how you defend, how you pursue.

Say it on the live: “Your Mars shows how you take action.”

Mars by Sign — Action Style

Mars Sign	How They Act
Aries	acts fast and directly
Taurus	acts slowly but steadily
Gemini	acts mentally and verbally
Cancer	acts emotionally and protectively
Leo	acts confidently and visibly
Virgo	acts carefully and strategically
Libra	acts through people and balance

Scorpio	acts intensely and privately
Sagittarius	acts freely and boldly
Capricorn	acts with discipline and control
Aquarius	acts independently and differently
Pisces	acts intuitively and indirectly

Houses

Question: “Where in life is this energy playing out?”

Plain language: life area, focus zone, where the lesson, action, or pattern tends to show up the most.

Say it on the live: “*The House shows where this energy is showing up in real life.*”

Houses — Where It Happens

House	Life Area
1st House	self, identity, body, how you show up
2nd House	money, values, self-worth, stability
3rd House	mind, speech, learning, siblings, daily thinking
4th House	home, roots, family, private life
5th House	creativity, pleasure, expression, children, romance
6th House	routine, service, work habits, health
7th House	partnership, relationships, contracts, mirrors
8th House	power, intimacy, fear, trust, transformation
9th House	beliefs, truth, learning, travel, higher meaning
10th House	career, status, leadership, public life
11th House	community, audience, friendships, future vision
12th House	inner life, subconscious, rest, spirituality, hidden patterns

The 4 Core Formulas

These formulas are meant to be simple enough to say out loud and strong enough to help people understand themselves immediately.

Pattern Formula

Question: “What do I keep doing without realizing it?”

Plain language: your emotional habit plus your behavior habit.

Say it on the live: “Your pattern is usually what you feel plus what you do.”

Simple formula

“I feel (Moon), so I act (Rising).”

Example: Virgo Moon + Scorpio Rising

“I feel anxious and overthink, so I pull back and stay guarded.”

- This is the part that repeats.
- This is the loop people keep living inside of.

Blockage Formula

Question: “Why do I know what I want, but still feel stuck?”

Plain language: your direction says one thing, but your feelings and behavior keep pulling another way.

Say it on the live: “Your blockage is usually what happens when your direction is not aligned with your feelings and your behavior.”

Simple formula

“I want (Sun), but I feel (Moon), so I do (Rising).”

Example: Leo Sun + Virgo Moon + Scorpio Rising

“I want to be seen, but I feel self-critical, so I hide.”

- The blockage is not random.
- It is the conflict between your direction and your pattern.

Purpose Formula

Question: “Who do I become when my system is working in a healthy way?”

Plain language: your direction comes through when your emotions are handled well and your behavior is aware.

Say it on the live: “Your purpose is not just your Sun. It is your Sun expressed through healthy emotion and aware behavior.”

Simple formula

“When I feel (Moon) in a healthy way and I act (Rising) with awareness, I become (Sun).”

Example: Capricorn Sun + Gemini Moon + Sagittarius Rising

“When I focus my mind and move with intention, I become disciplined, successful, and solid.”

- Purpose is not one sign by itself.
- Purpose is your system working together instead of against itself.

Mission Formula

Question: “How am I supposed to move in the world?”

Plain language: your mission is your action style, your movement, and the area of life where that movement is meant to be used.

Say it on the live: “Purpose is who you are becoming. Mission is how you move and where you are meant to apply it.”

Simple formula

“I move like (Rising), I take action like (Mars), in (House area).”

Example: Aries Rising + Capricorn Mars + 10th House focus

“I move boldly, act with discipline, and I am meant to apply that in career or leadership.”

- Mission sounds practical on purpose.
- It tells people how to execute, not just what to dream about.

Relationship Compatibility Formula

Question: “What do I need in relationships, and how do I deal with people?”

Plain language: the Moon shows what you need emotionally, and the Rising shows how you come across in relationship dynamics.

Say it on the live: “Compatibility is not just who looks good together. It is who feels safe together and who can deal with each other’s style.”

Simple formula

“I need (Moon), and I deal with people by (Rising).”

Example: Cancer Moon + Aquarius Rising

“I need closeness, but I deal with people in a detached or independent way.”

- This is why relationships can feel confusing.
- What somebody needs and how they act do not always match.

How to Combine the Big Three

This is where the class becomes practical. You are not reading three separate meanings and leaving them separate. You are combining them into one sentence so the person can hear themselves clearly.

- Look at the Sun first. Ask: “What is this person trying to become?”
- Look at the Moon next. Ask: “What do they need emotionally, and what triggers them?”
- Look at the Rising last. Ask: “How do they actually move and respond?”
- Then translate it into plain language.
- After that, apply the formulas.

Example 1

Aries Sun • Cancer Moon • Virgo Rising

- Aries: “I want to move, lead, and act.”
- Cancer: “I need emotional safety and I feel deeply.”
- Virgo: “I act carefully, slowly, and I overthink.”
- Translation: “I want to move fast, but I feel everything, and I overthink what I do.”
- Pattern: “I feel emotional, so I become cautious and analytical.”
- Blockage: “I want action, but I feel unsafe, so I delay.”
- Purpose: “When I feel emotionally secure and stop overthinking every move, I become a real initiator.”

Example 2

Leo Sun • Virgo Moon • Scorpio Rising

- Leo: “I want to shine, express, and be seen.”
- Virgo: “I need order, control, and things to make sense.”
- Scorpio: “I act intense, guarded, and private.”
- Translation: “I want to be seen, but I overthink, and I hold myself back.”
- Pattern: “I feel self-critical, so I become guarded.”
- Blockage: “I want visibility, but I feel flawed, so I hide.”
- Purpose: “When I stop trying to be perfect and allow myself to be visible, I become expressive and magnetic.”

Example 3

Capricorn Sun • Gemini Moon • Sagittarius Rising

- Capricorn: “I want structure, success, and long-term achievement.”
- Gemini: “I need mental stimulation, variety, and conversation.”
- Sagittarius: “I act freely, boldly, and I do not like feeling trapped.”
- Translation: “I want discipline, but my mind scatters, and my behavior avoids confinement.”

- Pattern: “I feel mentally restless, so I avoid too much structure.”
- Blockage: “I want success, but I feel scattered, so I do not stay consistent.”
- Purpose: “When I focus my mind and use freedom wisely, I become disciplined and successful.”

Example 4

Pisces Sun • Taurus Moon • Aries Rising

- Pisces: “I want connection, creativity, and inner truth.”
- Taurus: “I need stability, peace, and security.”
- Aries: “I act fast, direct, and impulsively.”
- Translation: “I want softness and connection, but I need stability, and I react quickly.”
- Pattern: “I feel the need for peace, so when I lose it, I react fast.”
- Blockage: “I want deeper connection, but my reactions can create instability.”
- Purpose: “When I slow down enough to protect my peace, I become more spiritually grounded and open.”

Example 5

Libra Sun • Scorpio Moon • Capricorn Rising

- Libra: “I want harmony, fairness, and partnership.”
- Scorpio: “I need trust, depth, and emotional control.”
- Capricorn: “I act serious, controlled, and structured.”
- Translation: “I want peace and partnership, but I feel intensely, and I keep tight control.”
- Pattern: “I feel deeply, so I become guarded and controlled.”
- Blockage: “I want closeness, but I fear loss of control, so I stay reserved.”
- Purpose: “When I learn to trust without losing my boundaries, I become balanced and powerful in relationships.”

Student Worksheet

Use this section after class or during your review. Keep it simple. The goal is not to sound impressive. The goal is to translate yourself honestly.

My Sun is...

This means my direction is...

My Moon is...

This means I feel okay when...

My Rising is...

This means I act like...

My South Node is...

This is the habit I fall back on...

My North Node is...

This is the skill I need to practice...

My Saturn is...

This is where life pushes me to mature...

My Mars is...

This is how I take action...

Important House focus...

This is where it shows up in life...

Pattern Formula

I feel _____, so I act _____.

Blockage Formula

I want _____, but I feel _____, so I do _____.

Purpose Formula

When I feel _____ in a healthy way and I act _____ with awareness, I become _____.

Mission Formula

I move like _____, I take action like _____, in _____.

Relationship Formula

I need _____, and I deal with people by _____.

Final Closing Page

This class is not about making astrology complicated. It is about making self-understanding usable.

Once people understand how to translate their placements into plain language, they can finally see the pattern, see the blockage, understand the purpose, understand the mission, and understand why relationships feel the way they do.

Once you understand your system, you stop repeating blindly and start moving intentionally.