

Assignment #2

Part 1:

Epigenetics in Astrology: Inheriting Aspects of Our Parents' Charts

Just as we inherit physical traits and predispositions through our parents' DNA, we can also think of ourselves as inheriting parts of our parents' astrological makeup. In astrology, this idea aligns with the concept of epigenetics, where we inherit not only physical genes but also emotional, psychological, and spiritual influences. In many family charts, we see resonances or shared aspects between parents and children, almost like cosmic imprints passed down through generations. These aspects can be seen as energetic patterns that shape our personalities, life themes, and challenges. This inheritance isn't about fate, but rather an opportunity for growth: as we become aware of these shared influences, we can work to consciously evolve them. By reflecting on the aspects you share with each parent, you may start to understand how certain qualities, strengths, or even struggles have been woven into your life from early on.

In this journal exercise, you'll explore these inherited energies to better understand how your parents' charts have influenced your sense of self and how you can choose to work with these patterns in your own unique way.

Assignment #2 (cont.)

Assignment: Exploring Shared Planetary Aspects with Your Parents

In your StarChronicle, you will select one planetary aspect that you share with your mother and a different one with your father. Reflect on these aspects to better understand the gifts and challenges they bring into your life and how they influence your personal growth.

Instructions:

1. Identify the Shared Aspects:

- Choose one planetary aspect shared between your chart and your mother's chart.
- Choose a different planetary aspect shared between your chart and your father's chart.
- Describe these aspects and what they represent in astrological terms.

2. Reflection:

- Gifts: Describe the gifts, strengths, or positive qualities you feel you have inherited through this shared aspect. How has this aspect been a source of support or a strength in your life?
- Challenges: Consider the challenges or limitations this aspect may bring. How has it created friction, inner conflict, or external difficulties for you?

3. Evolution of the Aspect:

- Reflect on how you believe your soul is working to evolve these aspects in this lifetime. Are there ways in which you are consciously working with these energies, healing them, or transforming them?
- Discuss any significant events, patterns, or lessons that seem connected to these aspects and how they may be guiding you toward growth.

4. Integration:

- Conclude with thoughts on how understanding these shared aspects has helped you better understand yourself and your relationship with each parent.

Assignment #2 (cont.)

Part 2: Assignment: Exploring the Synastry Between Your Parents' Charts

In your StarChronicle, you will examine the synastry between your parents' natal charts to gain insight into their relationship dynamics and how these may have influenced you. Through this exercise, consider the unique aspects of each parent's personality and psychology and how they interact with each other.

Journal Prompt:

1. Identify Key Aspects:

- Choose two or three major aspects between your parents' charts. These can be conjunctions, oppositions, squares, trines, or sextiles between key alignments in their synastry.
- Describe these aspects in astrological terms and what they represent in their relationship. Be as specific as you can.

2. Relationship Dynamics:

- Reflect on how these aspects may have shaped the way your parents relate to each other. Do you notice any recurring themes or patterns that might be explained by these planetary interactions?
- Consider both the harmonious and challenging aspects: What strengths and gifts did they bring to each other, and where might they have experienced friction or conflict?

3. Influence on Your Development:

- Reflect on how these dynamics may have influenced you growing up. Did you internalize certain patterns from observing their relationship? Are there specific qualities or challenges you see mirrored in your own relationships as a result?
- How might this synastry have affected your sense of self, relationship expectations, or psychological development?

4. Personal Insight:

- Conclude by exploring what insights you gain from seeing your parents' synastry in astrological terms. Has this exercise helped you understand their relationship in a new way? Are there any qualities or patterns you'd like to consciously bring forward or release in your own life?

Assignment #2 (cont.)

Assignment: Synastry with your Parents

Reflect on the synastry you share with each of your parents. Using your natal chart and the natal charts of each of your parents, analyze how their charts have influenced, shaped, and informed your sense of self. This is an opportunity to look at how different aspects of each of their charts interact with yours and explore the following questions:

1. Influence and Shaping of Self-Identity: How has each parent's chart affected your sense of identity and personal development? Identify specific planetary aspects or placements between your chart and theirs that reflect this influence.
2. Support and Challenges:
 - In what ways did each parent support, encourage, or empower certain aspects of your chart and psyche?
 - How did each parent challenge, limit, or even thwart aspects of your chart and psyche? Correlate this to the alignments in the synastry.
3. Psychological Growth and Transformation:
 - How did your interactions with each parent contribute to awakening, evolving, or transforming parts of your personality or inner life?
 - How might certain aspects have led to significant changes in your relationships with each parent?
4. Receiving and Learning from Each Parent:
 - What did you receive from your mother? Correlate this to your synastry.
 - What did you receive from your father? Correlate this to your synastry.