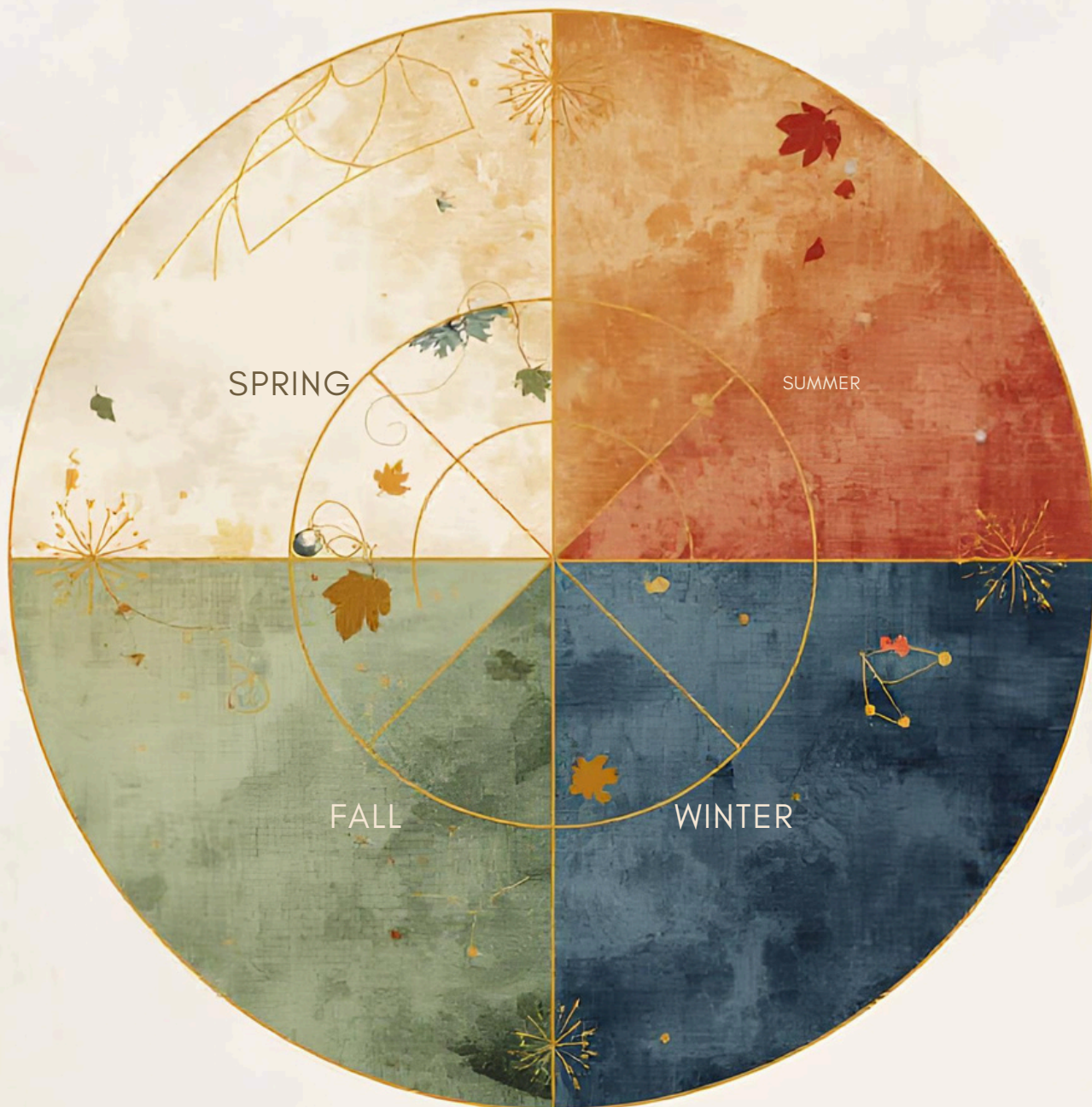


Your Seasonal Survival Guide



*An introduction to seasonal astrology—
because your birth chart isn't personality traits.
It's biology.*

UNDERSTANDING THE
ASTROLOGY YOU
INHERITED,
THE NERVOUS SYSTEM
YOU'RE WORKING WITH,
AND THE SURVIVAL
STRATEGIES THAT GOT
YOU HERE.

AN INTRODUCTION TO
SEASONAL ASTROLOGY—
BECAUSE YOUR BIRTH
CHART ISN'T
PERSONALITY TRAITS.
IT'S *Biology*.

WHY THIS GUIDE EXISTS

MOST ASTROLOGY TEACHES YOU WHAT YOU
ARE.

THIS GUIDE TEACHES YOU WHAT YOU'RE
SURVIVING.

YOUR BIRTH CHART ISN'T A PERSONALITY
QUIZ.

IT'S A MAP OF THE SURVIVAL STRATEGIES
YOU INHERITED
FROM THE SEASON YOU WERE BORN INTO.

EVERY SIGN CORRESPONDS TO A
SEASON.

EVERY SEASON HAS SURVIVAL
PRIORITIES.

YOUR CHART SHOWS WHICH
STRATEGIES YOUR BODY LEARNED
FIRST—

AND WHICH ONES YOU'RE STILL
TRYING TO MASTER.

WHY THIS GUIDE EXISTS

THIS GUIDE WILL TEACH
YOU:

→ HOW TO READ YOUR
CHART AS BIOLOGY, NOT
BUZZWORDS

→ WHAT YOUR SUN, MOON,
AND RISING ACTUALLY
MEAN

→ WHY YOU RESPOND TO
STRESS THE WAY YOU DO

→ HOW TO WORK WITH YOUR
WIRING INSTEAD OF
AGAINST IT

Let's begin.

THE SEASONAL FRAMEWORK:

HOW ASTROLOGY ACTUALLY WORKS
YOUR BIRTH CHART IS SEASONAL.

EACH ZODIAC SIGN CORRESPONDS
TO A SPECIFIC TIME OF YEAR—
AND EACH SEASON HAS DIFFERENT
SURVIVAL PRIORITIES.

SPRING (ARIES, TAURUS,
GEMINI)

- Survival priority: INITIATION + GROWTH
- Energy: Explosive, expansive, exploratory
- These signs are wired for new beginnings and rapid adaptation

SUMMER (CANCER, LEO, VIRGO)

- Survival priority: ABUNDANCE + REFINEMENT
- Energy: Protective, expressive, perfecting
- These signs are wired for nourishment and optimization

THE SEASONAL FRAMEWORK :

FALL

(LIBRA, SCORPIO, SAGITTARIUS)

- Survival priority: CONNECTION + TRANSFORMATION
- Energy: Relational, intense, truth-seeking
- These signs are wired for partnership and depth

WINTER

(CAPRICORN, AQUARIUS, PISCES)

- Survival priority: ENDURANCE + TRANSCENDENCE
- Energy: Strategic, innovative, dissolving
- These signs are wired for survival and evolution

YOUR CHART SHOWS WHICH
SEASONAL STRATEGIES
YOU INHERITED—AND WHICH
ONES YOU'RE LEARNING.

YOUR BIG THREE:
THE ARCHITECTURE OF YOUR NERVOUS SYSTEM

Most people think:

- Sun = who you are
- Moon = your emotions
- Rising = how you look

THAT'S NOT QUITE RIGHT.
HERE'S WHAT THEY ACTUALLY MEAN:

SUN = WHO YOU'RE BECOMING
(NOT WHO YOU ARE. WHO YOU'RE LEARNING TO BE.)

MOON = WHAT YOU INHERITED
(THE SURVIVAL STRATEGIES YOU LEARNED FIRST.
YOUR DEFAULT NERVOUS SYSTEM RESPONSE.)

RISING = HOW YOU MEET THE WORLD
(YOUR INITIAL REACTION TO NEW SITUATIONS.
THE FILTER THROUGH WHICH EVERYTHING ENTERS.)

YOUR SUN IS YOUR GROWTH EDGE.
YOUR MOON IS YOUR STARTING POINT.
YOUR RISING IS YOUR INTERFACE.

LET'S BREAK EACH ONE DOWN.

YOUR SUN:

Who You're Becoming (Not Who You Are)

The Sun is NOT your personality.
It's your evolutionary direction.

YOUR SUN SIGN SHOWS THE
SEASONAL SURVIVAL STRATEGY
YOU'RE HERE TO LEARN AND
EMBODY—
NOT THE ONE YOU ALREADY
KNOW.

MOST PEOPLE DON'T FEEL LIKE
THEIR SUN SIGN
IN THEIR TEENS OR EARLY
TWENTIES.

THAT'S BECAUSE YOU'RE NOT
BORN AS YOUR SUN.
YOU'RE BORN AS YOUR MOON.

YOUR SUN IS WHAT YOU'RE
GROWING INTO.

EXAMPLES:

→ ARIES SUN: LEARNING TO
INITIATE WITHOUT WAITING FOR
PERMISSION

→ VIRGO SUN: LEARNING TO
REFINE WITHOUT PERFECTIONISM
DESTROYING YOU

→ SCORPIO SUN: LEARNING TO
TRANSFORM WITHOUT BURNING
EVERYTHING DOWN

→ PISCES SUN: LEARNING TO
SURRENDER WITHOUT LOSING
YOURSELF

YOUR SUN IS UNCOMFORTABLE AT
FIRST—
BECAUSE IT'S ASKING YOU TO
GROW BEYOND
WHAT YOUR NERVOUS SYSTEM
ALREADY KNOWS.

YOUR MOON:

What You Inherited (Your Default Settings)

Your Moon is your nervous system's factory settings.

IT'S THE SURVIVAL STRATEGY
YOU LEARNED FIRST—
USUALLY FROM YOUR MOTHER,
YOUR PRIMARY CAREGIVER,
OR THE EMOTIONAL ENVIRONMENT
OF YOUR EARLY CHILDHOOD.

YOUR MOON SHOWS:

- WHAT FEELS SAFE (EVEN IF IT'S NOT HEALTHY)
- HOW YOU RESPOND TO STRESS AUTOMATICALLY
- WHAT YOU DO WHEN YOU'RE OVERWHELMED
- THE EMOTIONAL SURVIVAL STRATEGIES YOU DEFAULT TO

EXAMPLES:

- ARIES MOON: DEFAULTS TO FIGHT WHEN THREATENED
- CANCER MOON: DEFAULTS TO RETREAT AND PROTECT
- LIBRA MOON: DEFAULTS TO PEOPLE-PLEASE TO MAINTAIN SAFETY
- CAPRICORN MOON: DEFAULTS TO CONTROL AND STRUCTURE TO FEEL SECURE

YOUR MOON ISN'T GOOD OR
BAD—
IT'S JUST THE STRATEGY
YOUR BODY LEARNED
FIRST.

THE WORK IS LEARNING
WHEN IT'S HELPING YOU
AND WHEN IT'S RUNNING
OUTDATED SURVIVAL CODE.

YOUR RISING :

How You Meet the World (Your Interface)

Your Rising sign (also called your Ascendant) is the filter through which EVERYTHING enters.

IT'S YOUR FIRST RESPONSE TO:

- NEW PEOPLE
- NEW SITUATIONS
- UNEXPECTED CHANGES
- ANYTHING UNFAMILIAR

THINK OF IT AS YOUR
NERVOUS SYSTEM'S FRONT
DOOR.

YOUR RISING ISN'T FAKE—
IT'S YOUR GENUINE INITIAL
ORIENTATION.
BUT IT'S NOT THE WHOLE
STORY.

EXAMPLES:

- **ARIES RISING:** MEETS NEW SITUATIONS WITH ASSERTIVENESS
- **CANCER RISING:** MEETS NEW SITUATIONS WITH CAUTION
- **SAGITTARIUS RISING:** MEETS NEW SITUATIONS WITH CURIOSITY
- **CAPRICORN RISING:** MEETS NEW SITUATIONS WITH ASSESSMENT

***YOUR RISING CAN LOOK
VERY DIFFERENT FROM
YOUR SUN.
THAT'S NORMAL.***

- PISCES SUN, ARIES RISING =
LEARNING TO SURRENDER, BUT
MEETING THE WORLD WITH FIRE
- CAPRICORN SUN, LIBRA RISING =
LEARNING TO BUILD, BUT MEETING
THE WORLD WITH SOFTNESS

HOW TO USE YOUR BIG THREE

YOUR CHART IS LAYERED
SURVIVAL STRATEGIES.

MOON = WHAT YOU
LEARNED FIRST

(YOUR DEFAULT
NERVOUS SYSTEM
RESPONSE)

RISING = HOW
YOU FILTER NEW
INFORMATION
(YOUR INITIAL
ORIENTATION TO
THE WORLD)

SUN = WHAT
YOU'RE HERE TO
BECOME
(YOUR GROWTH
DIRECTION)

EXAMPLE CHART:

SUN IN VIRGO, MOON IN SAGITTARIUS, RISING IN CANCER

TRANSLATION:

- **MOON (SAGITTARIUS)**: DEFAULTS TO EXPANSION, FREEDOM-SEEKING, AVOIDING CONSTRAINT
- **RISING (CANCER)**: MEETS THE WORLD WITH CAUTION, PROTECTION, EMOTIONAL SENSITIVITY
- **SUN (VIRGO)**: LEARNING TO REFINE, ANALYZE, PERFECT WITHOUT LOSING SPONTANEITY

THIS PERSON'S NERVOUS SYSTEM LEARNED TO RUN
(SAGITTARIUS MOON).

BUT THEY MEET NEW SITUATIONS WITH CAUTION **(CANCER RISING)**.

AND THEY'RE HERE TO LEARN REFINEMENT **(VIRGO SUN)**.

**THE WORK? HONORING THE NEED FOR FREEDOM,
WHILE LEARNING DISCERNMENT,
WITHOUT SHUTTING DOWN EMOTIONALLY.**

THE INTERNAL EXPERIENCE:

- FEELS SAFEST WHEN FREE AND EXPLORING
(MOON)
- BUT APPEARS SOFT AND PROTECTIVE TO OTHERS
(RISING)
- WHILE TRYING TO LEARN PRECISION AND
ANALYSIS **(SUN)**

**THE CONTRADICTION: "I WANT TO RUN
WILD, BUT I LOOK CAUTIOUS, AND I'M
SUPPOSED TO BE LEARNING
DISCIPLINE."**

EXAMPLE CHART 2:

SUN IN GEMINI, MOON IN TAURUS, RISING IN LEO

TRANSLATION:

- **MOON (TAURUS)**: DEFAULTS TO STABILITY, ROUTINE, RESISTANCE TO CHANGE
- **RISING (LEO)**: MEETS THE WORLD WITH BOLDNESS, PRESENCE, THEATRICAL ENERGY
- **SUN (GEMINI)**: LEARNING TO ADAPT, PIVOT, GATHER INFORMATION RAPIDLY

THIS PERSON'S NERVOUS SYSTEM LEARNED TO STAY PUT (**TAURUS MOON**). BUT THEY MEET NEW SITUATIONS WITH CONFIDENCE AND FLAIR (**LEO RISING**). AND THEY'RE HERE TO LEARN FLEXIBILITY AND CURIOSITY (**GEMINI SUN**).

THE WORK? HONORING THE NEED FOR STABILITY AND ROUTINE, WHILE LEARNING TO ADAPT AND PIVOT, THROUGH A BOLD AND EXPRESSIVE PRESENCE.

THE INTERNAL EXPERIENCE:

- FEELS SAFEST WHEN THINGS ARE STABLE AND PREDICTABLE (**MOON**)
- BUT SHOWS UP AS DRAMATIC AND ATTENTION-GRABBING (**RISING**)
- WHILE TRYING TO LEARN MENTAL AGILITY AND CHANGE (**SUN**)

THE CONTRADICTION: "I CRAVE SECURITY AND SAMENESS INTERNALLY, BUT I PRESENT AS CONFIDENT AND BOLD, AND I'M SUPPOSED TO BE LEARNING HOW TO PIVOT CONSTANTLY."

EXAMPLE CHART 2:

WHAT THIS LOOKS LIKE:

- PEOPLE SEE YOU AS CHARISMATIC AND SPONTANEOUS (LEO RISING)
- BUT YOU'RE ACTUALLY TERRIFIED OF INSTABILITY (TAURUS MOON)
- AND YOU'RE FORCING YOURSELF TO BE MORE ADAPTABLE (GEMINI SUN)

***THE HEALING:
STOP PERFORMING
FLEXIBILITY. START
BUILDING CONTAINERS THAT
FEEL SAFE ENOUGH TO
EXPLORE CURIOSITY FROM.***

SEASONAL SURVIVAL STRATEGIES:

What Each Season Taught You

Each season has a survival priority.

Your signs show which strategies you're working with.

SPRING SURVIVAL (ARIES, TAURUS, GEMINI)

ARIES: SURVIVE BY INITIATING

→ MOVE FAST, CLAIM SPACE, ASSERT YOUR
RIGHT TO EXIST

→ SHADOW: AGGRESSION, IMPATIENCE,
BURNOUT

TAURUS: SURVIVE BY STABILIZING

→ ROOT DOWN, CLAIM RESOURCES, PROTECT
WHAT'S YOURS

→ SHADOW: STAGNATION, POSSESSIVENESS,
RESISTANCE

GEMINI: SURVIVE BY ADAPTING

→ STAY CURIOUS, GATHER INFORMATION,
PIVOT QUICKLY

→ SHADOW: DISTRACTION, SUPERFICIALITY,
AVOIDANCE

SEASONAL SURVIVAL STRATEGIES:

What Each Season Taught You

Each season has a survival priority.
Your signs show which strategies you're working with.

SUMMER SURVIVAL (CANCER, LEO, VIRGO)

CANCER: SURVIVE BY PROTECTING

→ BUILD EMOTIONAL SAFETY, NURTURE
WHAT MATTERS, RETREAT WHEN NEEDED

→ SHADOW: OVER-PROTECTION, CLINGING,
EMOTIONAL MANIPULATION

LEO: SURVIVE BY EXPRESSING

→ BE SEEN, CREATE BOLDLY, CLAIM YOUR
RIGHT TO SHINE

→ SHADOW: EGO INFLATION, ATTENTION-
SEEKING, PERFORMANCE

VIRGO: SURVIVE BY PERFECTING

→ ANALYZE, REFINE, OPTIMIZE SYSTEMS
FOR EFFICIENCY

→ SHADOW: PERFECTIONISM, CRITICISM,
NEVER-ENOUGH THINKING

SEASONAL SURVIVAL STRATEGIES:

What Each Season Taught You

Each season has a survival priority.
Your signs show which strategies you're working with.

FALL SURVIVAL (LIBRA, SCORPIO, SAGITTARIUS)

LIBRA: SURVIVE BY CONNECTING

→ BUILD ALLIANCES, CREATE HARMONY,
MAINTAIN RELATIONSHIPS

→ SHADOW: PEOPLE-PLEASING, LOSING
YOURSELF, CONFLICT AVOIDANCE

SCORPIO: SURVIVE BY TRANSFORMING

→ GO DEEP, FACE DARKNESS, DIE AND
REGENERATE

→ SHADOW: DESTRUCTION, CONTROL, POWER
GAMES

SAGITTARIUS: SURVIVE BY EXPANDING

→ SEEK TRUTH, EXPLORE FREELY, GROW
BEYOND LIMITS

→ SHADOW: ESCAPISM, RECKLESSNESS,
AVOIDING RESPONSIBILITY

SEASONAL SURVIVAL STRATEGIES:

What Each Season Taught You

Each season has a survival priority.
Your signs show which strategies you're working with.

WINTER SURVIVAL (CAPRICORN, AQUARIUS, PISCES)

CAPRICORN: SURVIVE BY BUILDING
→ CREATE STRUCTURE, PLAN LONG-TERM,
MASTER YOUR DOMAIN
→ SHADOW: OVER-CONTROL, RIGIDITY,
EMOTIONAL SHUTDOWN

AQUARIUS: SURVIVE BY INNOVATING
→ THINK DIFFERENTLY, DETACH FROM
CONVENTION, REVOLUTIONIZE
→ SHADOW: DETACHMENT, EMOTIONAL
UNAVAILABILITY, SUPERIORITY

PISCES: SURVIVE BY DISSOLVING
→ SURRENDER, FEEL EVERYTHING, MERGE
WITH THE INFINITE
→ SHADOW: MARTYRDOM, ESCAPISM, LOSING
BOUNDARIES

HOW TO READ YOUR INDIVIDUAL SIGN

Now that you understand the framework,
here's how to use the individual sign breakdowns:

STEP 1: FIND YOUR SUN SIGN PAGE

→ THIS SHOWS WHAT YOU'RE LEARNING TO EMBODY

→ READ IT AS YOUR GROWTH DIRECTION (NOT YOUR CURRENT REALITY)

STEP 2: FIND YOUR MOON SIGN PAGE

→ THIS SHOWS WHAT YOU INHERITED

→ READ IT AS YOUR DEFAULT NERVOUS SYSTEM RESPONSE

STEP 3: FIND YOUR RISING SIGN PAGE

→ THIS SHOWS HOW YOU MEET THE WORLD

→ READ IT AS YOUR INITIAL FILTER

STEP 4: NOTICE THE CONTRADICTIONS

→ DOES YOUR MOON CONTRADICT YOUR SUN?

→ DOES YOUR RISING FEEL OPPOSITE FROM YOUR MOON?

GOOD. THAT'S THE COMPLEXITY YOU'RE WORKING WITH.

EXAMPLE CHART

SUN IN PISCES → LEARNING TO
DISSOLVE AND SURRENDER
MOON IN ARIES → DEFAULTS TO
FIGHT AND ASSERT
RISING IN CAPRICORN → MEETS THE
WORLD WITH STRUCTURE AND
CONTROL

THIS PERSON'S WORK:

- ***HONORING THE WARRIOR INSIDE (ARIES
MOON)***
- ***WHILE LEARNING TO SURRENDER (PISCES
SUN)***
- ***THROUGH A STRUCTURED CONTAINER
(CAPRICORN RISING)***

YOUR WORK:

READ ALL THREE OF YOUR SIGN PAGES.
NOTICE WHERE THEY CONFLICT.
THAT CONFLICT? THAT'S YOUR HEALING.

BECAUSE YOU'RE NOT ONE-DIMENSIONAL.
YOU'RE ALL OF YOUR STRATEGIES—
LEARNING TO USE THE RIGHT ONE AT THE RIGHT
TIME.

YOUR WORK:

READ ALL THREE OF YOUR SIGN PAGES.
NOTICE WHERE THEY CONFLICT.
THAT CONFLICT? THAT'S YOUR
HEALING.

BECAUSE YOU'RE NOT
ONE-DIMENSIONAL.
YOU'RE ALL OF YOUR
STRATEGIES—
LEARNING TO USE
THE RIGHT ONE AT
THE RIGHT TIME.

WHAT TO DO WITH THIS INFORMATION

NOW THAT YOU UNDERSTAND THE FRAMEWORK:

STEP 1: SIT WITH YOUR BIG THREE

- READ YOUR SUN, MOON, AND RISING PAGES
- NOTICE WHAT RESONATES
- NOTICE WHAT FEELS UNCOMFORTABLE (THAT'S YOUR GROWTH EDGE)

STEP 2: TRACK YOUR RESPONSES

- WHEN YOU'RE STRESSED, WHAT DO YOU DO? (THAT'S YOUR MOON)
- WHEN SOMETHING NEW HAPPENS, WHAT'S YOUR FIRST REACTION? (THAT'S YOUR RISING)
- WHAT ARE YOU BEING ASKED TO GROW INTO? (THAT'S YOUR SUN)

STEP 3: WORK WITH YOUR WIRING

- STOP TRYING TO BE SOMEONE YOU'RE NOT
- START ASKING: "WHICH STRATEGY DOES THIS MOMENT NEED?"

STEP 4: GET YOUR FULL CHART

- WANT TO GO DEEPER?
- [CREATEDCOSMICALLY.COM](https://www.createdcosmically.com) HAS FULL BIRTH CHART READINGS
- I'LL SHOW YOU ALL YOUR PLACEMENTS (NOT JUST SUN/MOON/RISING)
- PLUS ASPECTS, HOUSES, AND HOW IT ALL WORKS TOGETHER

REMEMBER:

NOW THAT YOU UNDERSTAND THE FRAMEWORK:

YOU'RE NOT BROKEN.

YOUR NERVOUS SYSTEM IS JUST
RUNNING OLD SURVIVAL CODE.

THE WORK IS NOTICING WHEN
THAT CODE GETS ACTIVATED—
AND CHOOSING WHETHER TO RUN
IT AGAIN
OR TRY SOMETHING NEW.

THAT'S ASTROLOGY AS
HEALING.
NOT PERSONALITY.

Biology.

CREATEDCOSMICALLY.COM

ABOUT THIS WORK

I'M JAKAYLA, AND I TEACH ASTROLOGY
AS NERVOUS SYSTEM BIOLOGY—NOT
PERSONALITY TRAITS.

THIS WORK IS FOR:

- THERAPISTS WHO WANT TO UNDERSTAND THEIR CLIENTS' WIRING
- HEALERS WHO WANT TO WORK WITH THE BODY, NOT AGAINST IT
- ANYONE TIRED OF ASTROLOGY THAT SOUNDS LIKE A HOROSCOPE

I DON'T DO PREDICTIONS.

I DON'T DO "MANIFESTATION MAGIC."

I DO:

- BIRTH CHART READINGS THAT EXPLAIN YOUR SURVIVAL STRATEGIES
- SEASONAL SURVIVAL GUIDES FOR EACH SIGN
- ASTROLOGY AS A TOOL FOR HEALING

LET'S KEEP GOING:

- FOLLOW ON INSTAGRAM: [@CREATEDCOSMICALLY](https://www.instagram.com/createdcosmically)
- READ THE BLOG: [CREATEDCOSMICALLY.COM/BLOG](https://www.createdcosmically.com/blog)

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WORK WITH ME:

→ FULL BIRTH CHART READINGS:
[CREATEDCOSMICALLY.COM/READINGS](https://createdcosmically.com/readings)

→ FREE SEASONAL GUIDES FOR ALL
12 SIGNS:

[CREATEDCOSMICALLY.COM/GUIDES](https://createdcosmically.com/guides)

→ ETSY SHOP (PRINTS, DIGITAL
DOWNLOADS):

[ETSY.COM/SHOP/CREATEDCOSMICALLY](https://etsy.com/shop/createdcosmically)

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THANK YOU FOR BEING HERE.

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