

SCHOOL OF THE SACRED PATH

Page 01

# ASTROLOGY 101

QUICK REFERENCE GUIDE



# Understanding Your Chart

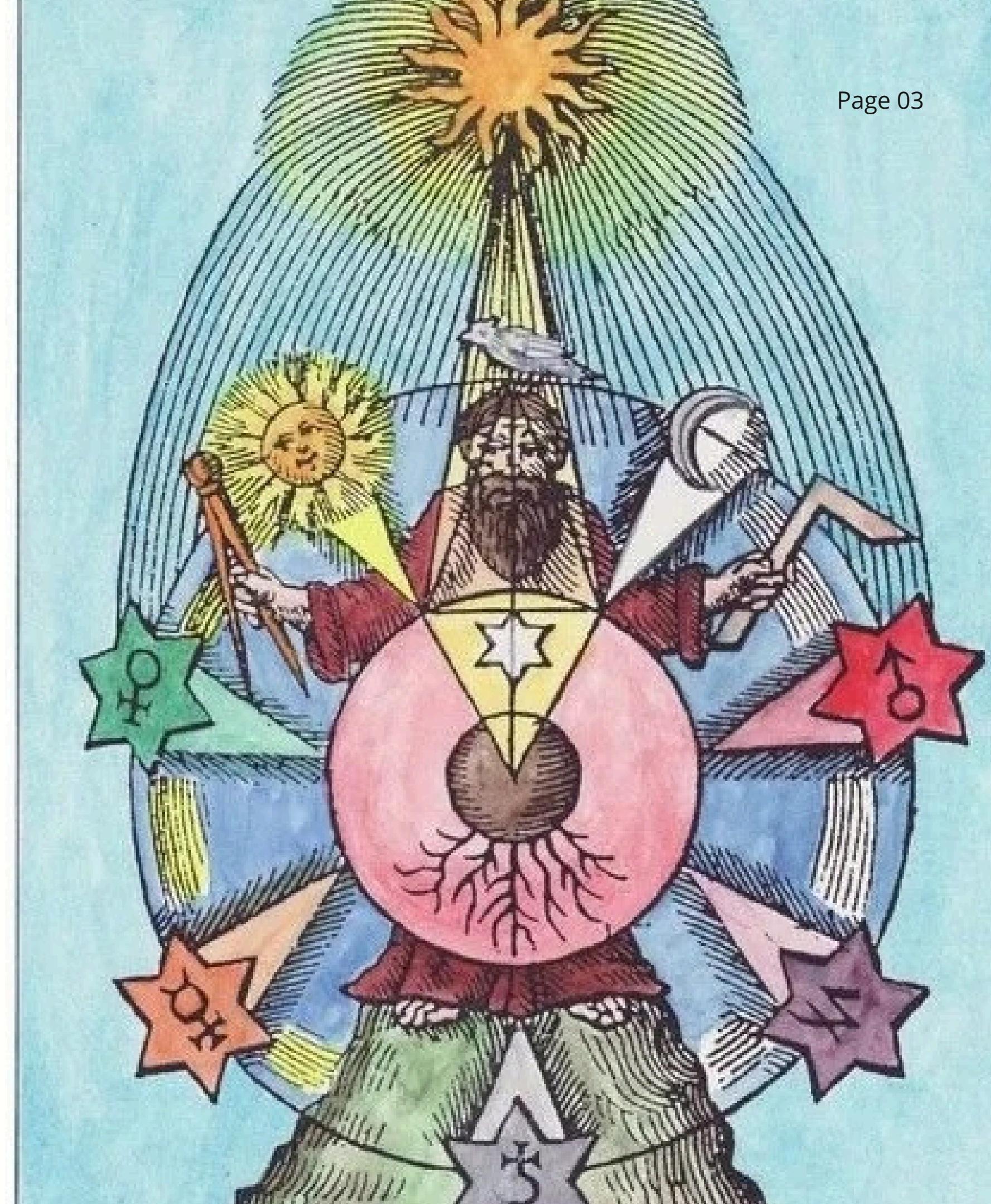
Astrology is the language of energy, symbolism, and the soul. Your birth chart is a snapshot of the sky at the moment you took your first breath — a cosmic blueprint that reveals your core essence, your emotional body, and the deeper path your soul came here to explore.

You don't need to know everything to benefit from astrology. Even understanding just a few basics can change the way you see yourself and move through your life with more awareness and alignment.

**LEARN MORE**

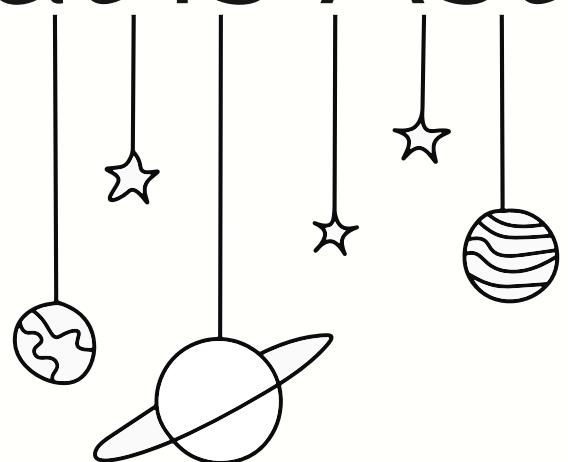
# Table Of Contents

- What is Astrology?
- The Big 3: Your Core Energies
- The Planets: The Archetypes in Your Chart
- The 12 Zodiac Signs
- The Four Elements
- The Three Modalities: How energy moves
- The 12 Houses: The Areas of Life
- Understanding the Symbols
- How to read your Chart & Understanding Transits





# What is Astrology



Astrology is not something that happens to you — it is a language that describes the energetic environment you are living within. Your birth chart is the imprint of the sky at the moment your soul chose to enter this lifetime, a sacred blueprint for the lessons, gifts, relationships, and initiations that will shape your evolution.

Astrology does not override your free will. You always have choice. Yet the quality of the energies you are working with is always present—whether you are aware of it, ready for it, or even interested in it or not. Like the weather, these cosmic conditions exist regardless. Astrology simply helps you become conscious of the currents you are moving through, so you can navigate your life with greater awareness, intention, and sovereignty.



# Liv Toepfer

## Astrologer | Spiritual Teacher

Liv Toepfer is an astrologer, spiritual teacher, and founder of The Center for Harmonic Resonance and the School of the Sacred Path. With over a decade of experience guiding others through yoga, meditation, astrology, and soul-centered inquiry, she guides students into deeper connection with their soul's blueprint and the greater rhythms of life. Her work weaves together intuition, consciousness, and grounded spiritual practice to support authentic awakening.

## School of The Sacred Path | The Center for Harmonic Resonance | Vibe Tribe Retreats

The School of the Sacred Path is an online mystery school devoted to self-realization, spiritual awakening, and embodied consciousness through astrology, meditation, yogic philosophy, and esoteric study.

The Center for Harmonic Resonance is its physical sanctuary for in-person gathering, sound, ceremony, movement, and collective healing. Together, these spaces also serve as the home of transformational spiritual travel retreats, guiding groups to sacred sites around the world for pilgrimage, activation, and soul remembrance—bridging ancient wisdom with modern life through both study and lived experience.

# The Big 3

Your Big Three—Sun, Moon, and Rising—form the foundation of your entire birth chart.

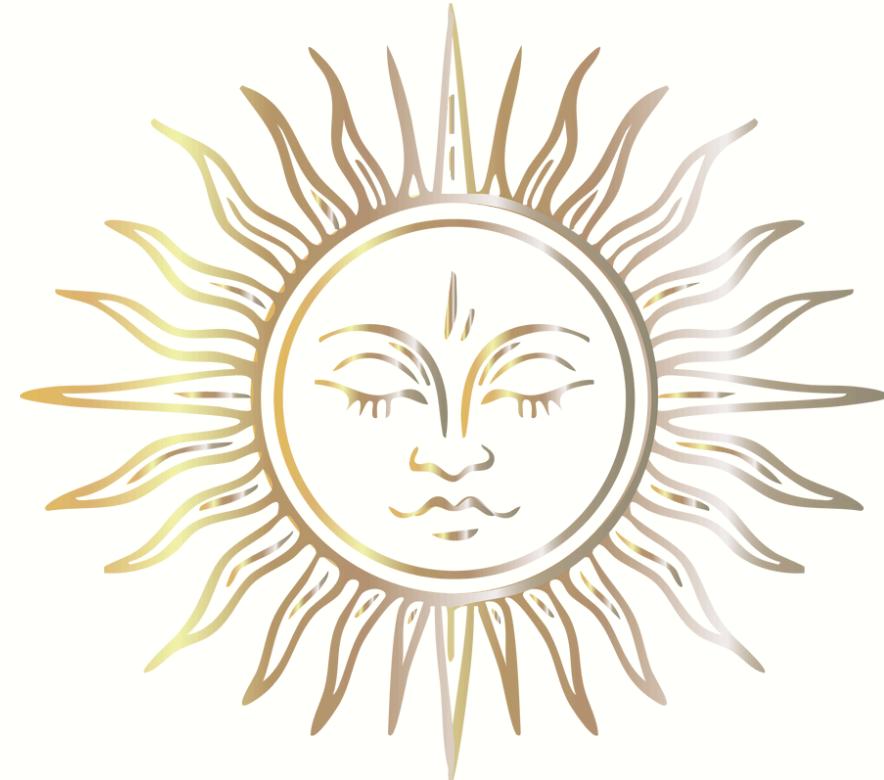
If astrology had a doorway, this would be it. These three placements describe the core relationship between your soul, your emotional body, and your life path.

Understanding them gives you a powerful sense of self-recognition and clarity, often bringing language to things you've felt your whole life but never had words for.

Your Big Three reflect the living triangle of your being—spirit, heart, and path.

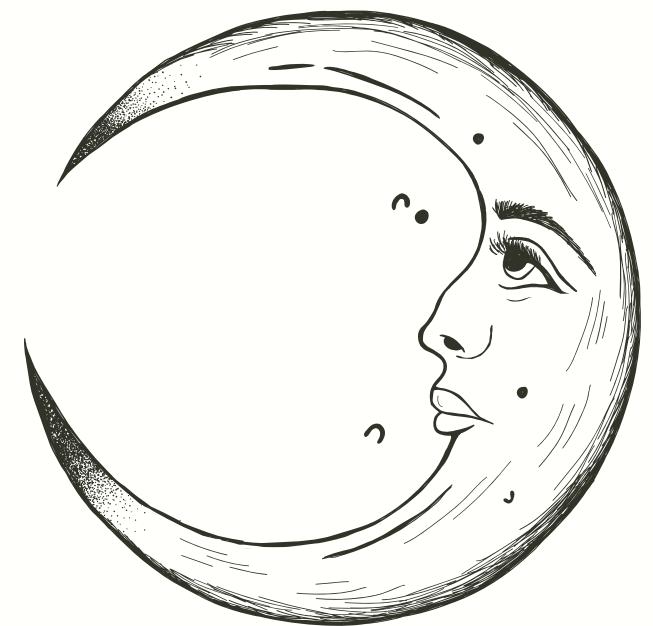
The Sun reveals your essence and purpose, the Moon speaks to your emotional body and inner safety, and your Rising shows how you step into the world.

When you understand this trio, you begin to see how your inner and outer worlds are always in conversation with one another.



## SUN

Your Essence & Life Force. Your Sun sign expresses your identity, vitality, and purpose. It shows what lights you up and what you're here to grow into. It is the light of consciousness shining through you as your personality. *Think of it as the energy you radiate.* This sign changes approx every 30 days.



## MOON

Your Emotional Body & Inner World. Your Moon sign reveals your emotional needs, intuition, and how you self-soothe. It's your subconscious patterns, instincts, and what makes you feel safe. It's who you are when no one is watching. This sign changes every 2.5 days.



## ASCENDENT (AC) / RISING SIGN

Your Path & First Impression. Your Rising sign describes the lens through which you experience life. It shapes your appearance, aura, and the direction your soul is moving. It's the doorway you walk through in this lifetime. This is the sign that was on the eastern horizon at the moment of your birth. This sign can change within hours.

# THE PLANETS

*Each planet represents a different part of your psyche.*



Sun — core identity

Moon — emotions

Mercury — thoughts & communication

Venus — love, relationships, values

Mars — action, drive, boundaries

Jupiter — expansion, growth, blessings

Saturn — lessons, structure, mastery

Uranus — breakthroughs, authenticity

Neptune — intuition, dreams, imagination

Pluto — transformation, rebirth

North Node — soul growth & destiny

South Node — past-life patterns & comfort zone



# THE 12 ZODIAC SIGNS

*Each zodiac sign represents a different archetype of human experience. Together, they form the full spectrum of consciousness—from initiation to mastery, from instinct to transcendence. Every person carries all twelve signs within their chart, though a few will be more emphasized depending on planetary placements.*



Aries — March 21 – April 19

Taurus — April 20 – May 20

Gemini — May 21 – June 20

Cancer — June 21 – July 22

Leo — July 23 – August 22

Virgo — August 23 – September 22

Libra — September 23 – October 22

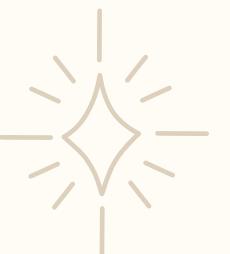
Scorpio — October 23 – November 21

Sagittarius — November 22 – December 21

Capricorn — December 22 – January 19

Aquarius — January 20 – February 18

Pisces — February 19 – March 20



If your birthday falls on a cusp (the very first or last day of a sign), your exact Sun sign may depend on your birth time and location. This is why a full birth chart is always more accurate than Sun sign alone.

# The Four Elements

The four elements, **Fire, Earth, Air, and Water** form the energetic foundation of both nature and the human psyche.

In astrology, they describe how your energy moves through the world. Each sign carries one of these elemental qualities, shaping your temperament, emotional responses, communication style, and way of taking action.

Some people are fiery and action-oriented (fire), others are grounded and steady (earth), some are mental and communicative (air), and others are deeply intuitive and emotional (water).

Understanding the elements helps you recognize your natural strengths, what fuels you, and how you restore balance when life feels out of alignment.



- FIRE - inspiration, action, passion.  
Aries • Leo • Sagittarius
- EARTH - embodiment, stability, practicality  
Taurus • Virgo • Capricorn
- AIR — communication, ideas, curiosity  
Gemini • Libra • Aquarius
- WATER — emotion, intuition, depth  
Cancer • Scorpio • Pisces



# The Three Modalities: How Energy Moves



Beyond the zodiac signs and elements, astrology also works with three energetic styles called modalities. These describe how energy moves, initiates, stabilizes, and adapts within your personality and throughout your life. While elements show what kind of energy you carry, modalities reveal how you work with that energy in action and change.

Every sign belongs to one of three modalities: Cardinal, Fixed, or Mutable. Most people naturally express one or two more strongly than the others but balance among modalities supports a life that can begin, sustain, and evolve with greater ease.

## **Cardinal Signs — The Initiators**

Aries • Cancer • Libra • Capricorn

Cardinal energy begins things. These signs are natural starters, leaders, and movers. They feel called to initiate change, open new chapters, and take action. When strong in a chart, cardinal energy brings courage, momentum, and the drive to create something new.

Keywords: initiation • leadership • forward motion • beginning

## **Fixed Signs — The Stabilizers**

Taurus • Leo • Scorpio • Aquarius

Fixed energy sustains and strengthens. These signs hold steady, build endurance, and bring loyalty, depth, and determination. When strong in a chart, fixed energy brings resilience, commitment, and the power to see things through to completion.

Keywords: stability • devotion • mastery • persistence

## **Mutable Signs — The Adapters**

Gemini • Virgo • Sagittarius • Pisces

Mutable energy brings flexibility and transformation. These signs are natural messengers, healers, learners, and shapeshifters. When strong in a chart, mutable energy brings adaptability, curiosity, and the ability to evolve through changing circumstances.

Keywords: change • integration • transitions • adaptability

# The 12 Houses: The Areas of Life



## 1<sup>st</sup> House

Identity, self expression

## 4th House

home, roots, childhood

## 7th House

partnerships, marriage

## 10th House

Identity, self expression

## 2nd House

money, self worth

## 5th House

creativity, romance, children

## 8th House

intimacy, healing, death, shared resources, occult

## 11th House

money, self worth

## 3rd House

communication, siblings, learning

## 6th House

health, work, daily rituals

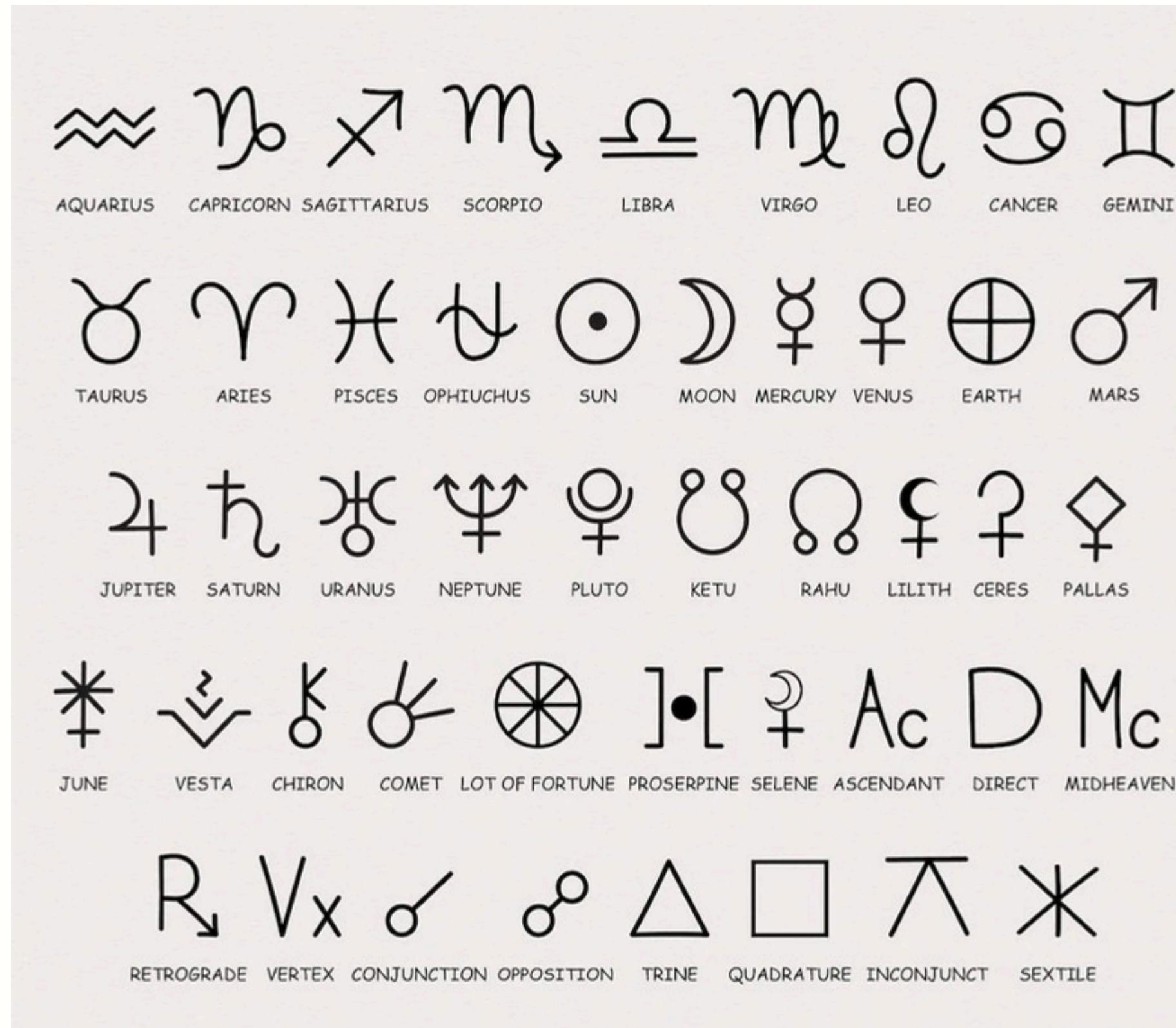
## 9th House

travel, higher wisdom, spirituality

## 12th House

intuition, subconscious, soul karma

"Astrology is like a life-giving elixir to mankind." Carl Jung



# Understanding the Symbols

## The Language of the Chart

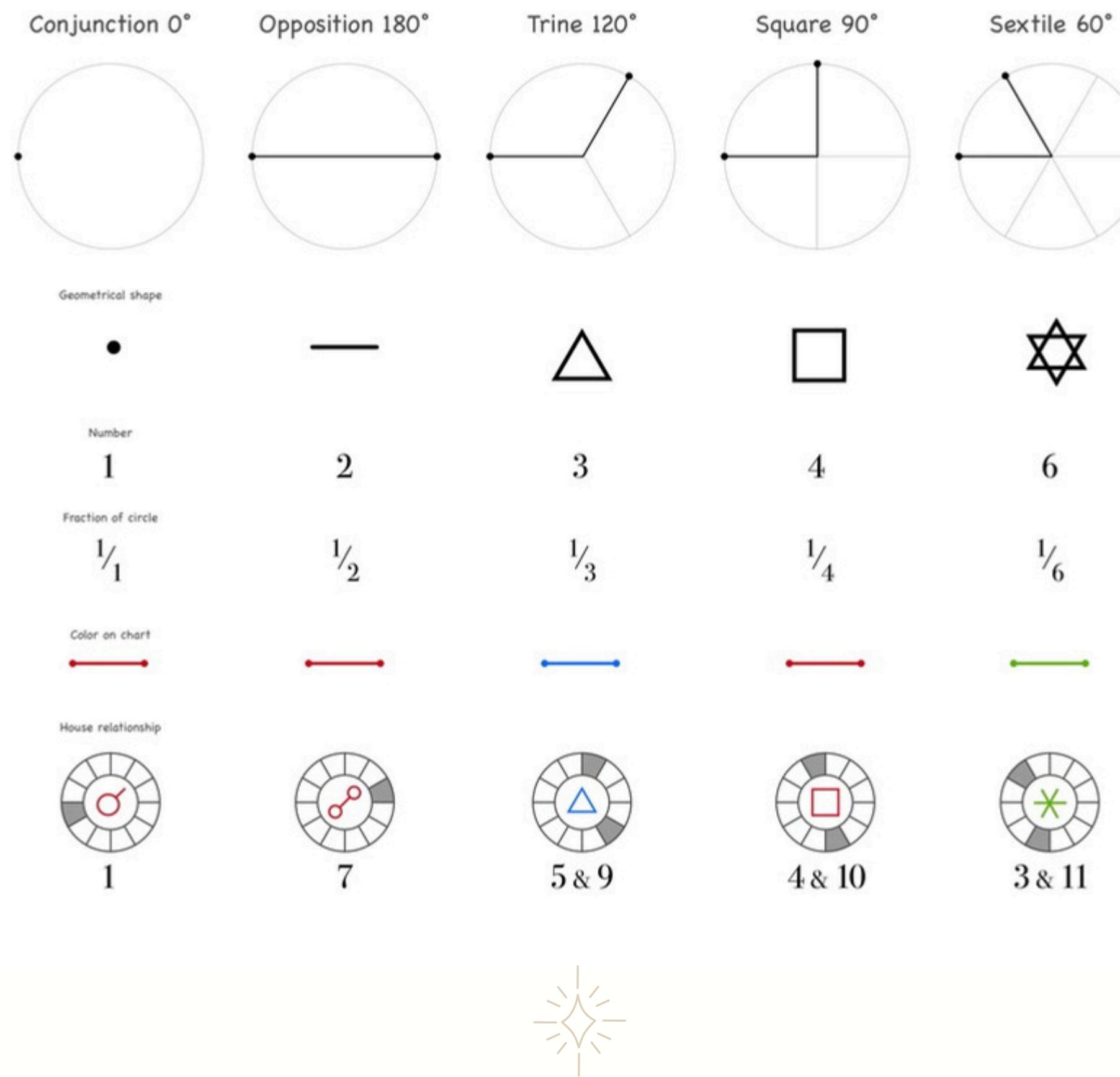
Astrology uses a symbolic language to represent the planets, signs, points, and relationships within a birth chart.

The glyphs you see here are the visual shorthand astrologers use to read energy quickly and intuitively. Each symbol represents a specific force at work in your life - your emotions, desires, communication style, soul lessons, and life direction.

You don't need to memorize all of these at once. Simply begin by recognizing the symbols that appear most often in your own chart and letting your understanding unfold naturally over time.



# Planetary Geometry



## Aspects: How the Planets Talk to Each Other

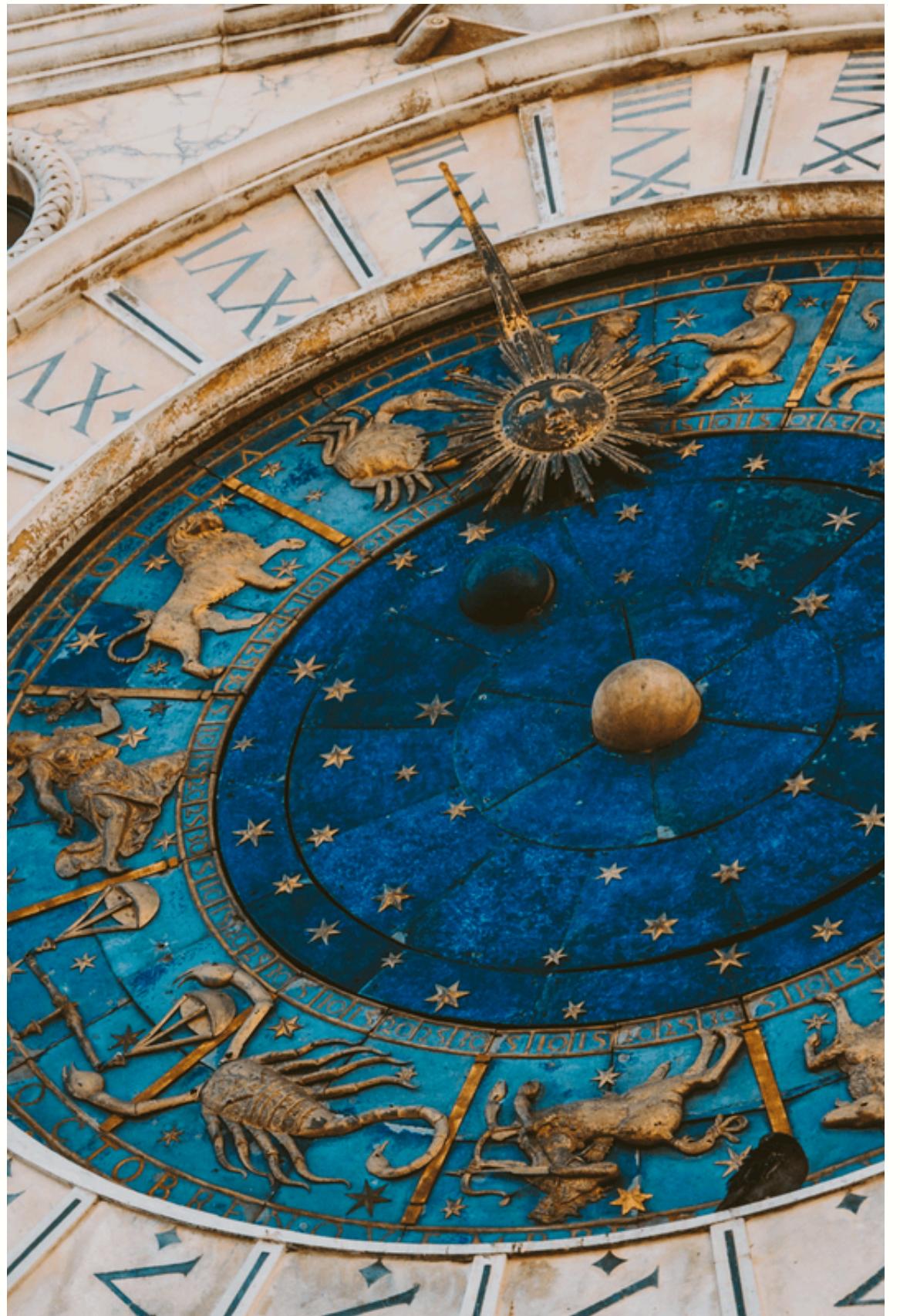
If planets are the characters in your chart, aspects describe the conversations between them. They show how different parts of your psyche interact, cooperate, challenge, or awaken one another. This is what makes astrology come alive. No two charts are the same because no two charts have the same web of planetary relationships.

Aspects explain why someone might feel internal harmony, inner conflict, creative tension, or powerful motivation. They reveal the movement within your chart—the give and pull between thoughts, emotions, desires, and growth edges. This dynamic interaction is what makes your chart a living story, not a fixed identity.

## The Most Important Aspects for Beginners:

- Conjunction — Two planets sitting together, blending their energy and amplifying each other.
- Trine — Easy-flowing harmony, natural gifts, and supportive energy.
- Sextile — Opportunities that grow through conscious use.
- Square — Tension that pushes growth, change, and inner work.
- Opposition — Polarity and balance between two forces, often reflected through relationships.

Aspects show you how your inner world works—not just what's there. They reveal your patterns of growth, your natural ease, and the edges where transformation occurs. Understanding aspects helps you move from "This is who I am" into "This is how I evolve."



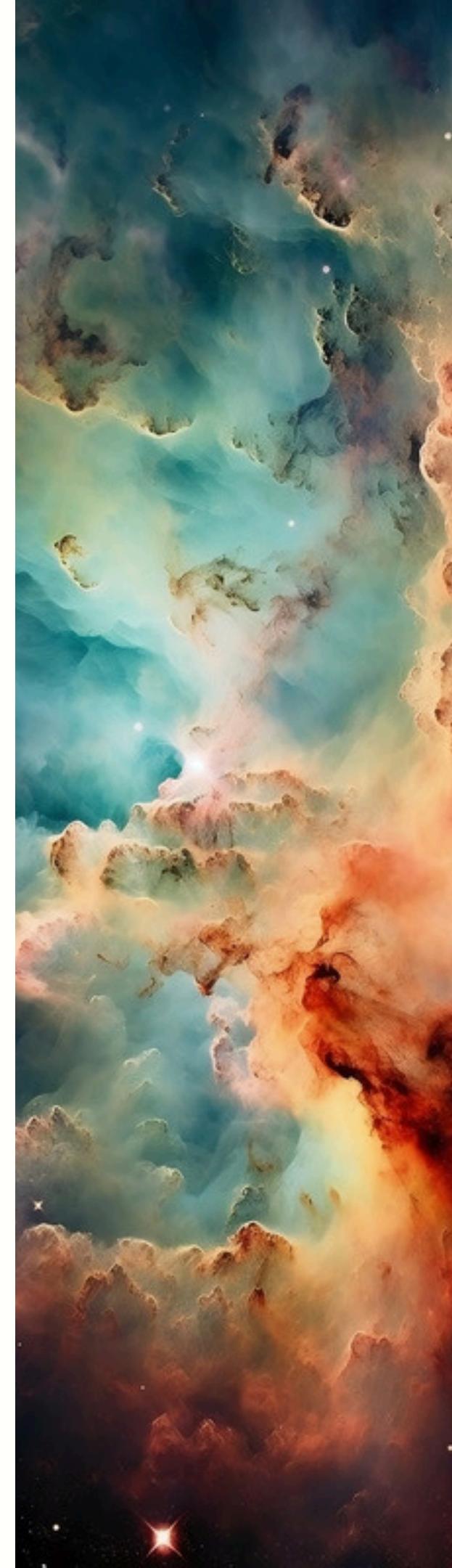
# Understanding the Transits

Transits describe the way the sky is moving now in relation to your birth chart. They don't override your free will, but they do reveal what kinds of lessons, growth, healing, and opportunities are being activated in real time. When you understand your transits, life begins to feel less random and more like a meaningful conversation between you and the cosmos.

A few powerful ones to track:

- New Moons — intention-setting
- Full Moons — release & illumination
- Mercury Retrograde — clarity, review, re-alignment
- Saturn Transits — long-term lessons
- Eclipses — destiny shifts
- Jupiter Transits — blessings & growth
- The Lunar Nodes — Nodal Return & Nodal Reversal (soul evolution)

Transits show how your soul evolves over time. They activate dormant parts of your chart, invite initiations, and awaken new layers of awareness. Some transits feel subtle, while others feel like turning points. Either way, they reflect the ongoing relationship between your inner world and the larger intelligence moving through the universe. Astrology reflects tendencies and timing—it does not remove personal choice or responsibility.



# Closing reflection

Page 15

Astrology is more than a personality system—it is a divine science, a living language written in the mathematics and sacred geometry of the sky. It reflects the great intelligence that orders the cosmos and the subtle intelligence that moves through your soul. Your chart is not something to “figure out” once and be finished with—it is a lifelong relationship, a living map that reveals new layers of meaning as you evolve.

There is no rushing this path. You could study astrology for a lifetime and still be a student of its mysteries. Let that be comforting. You are not meant to learn it all at once. You are meant to meet each layer when your soul is ready to receive it. With patience, devotion, and curiosity, astrology becomes a mirror, a guide, and a sacred companion on your journey home to yourself.

If astrology has opened something inside you today, trust that stirring. When you’re ready, I would love to support you on your journey of remembering and would be honored to do a **Soul Blueprint Reading** for you.

If you feel called to go deeper, I warmly invite you into my **Astrology 101 course**. This foundational offering expands on everything you’ve touched here and introduces deeper layers of this sacred science, including aspects, degrees, decans, sabian symbols, transits and in our advanced classes we add in profections, progressions, timing cycles, solar returns. Together, we explore soul-centered chart interpretations and astrology not as information to memorize, but as a language to live by—one that supports clarity, healing, and conscious evolution.

We also welcome you to join us in person in our sacred space in Wimberley TX for monthly full moon circles and many other offerings. You can also join our community online and travel with us -- we host life-changing spiritual retreats all over the world.

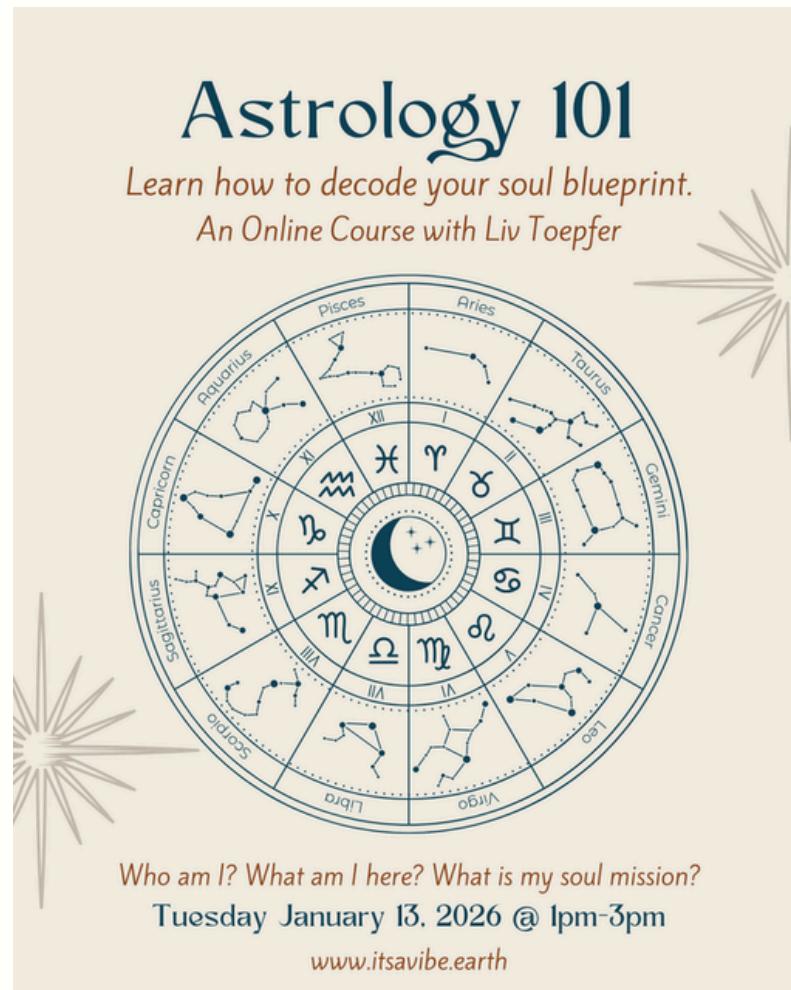
When you are ready, the next layer will be waiting for you. And I would be honored to guide you.

*Much Love,  
Liv*



# 2026 Online Classes

**Astrology 101**  
Learn how to decode your soul blueprint.  
An Online Course with Liv Toepfer



Who am I? What am I here? What is my soul mission?  
Tuesday January 13, 2026 @ 1pm-3pm  
[www.itsavibe.earth](http://www.itsavibe.earth)

WEBINAR ▶

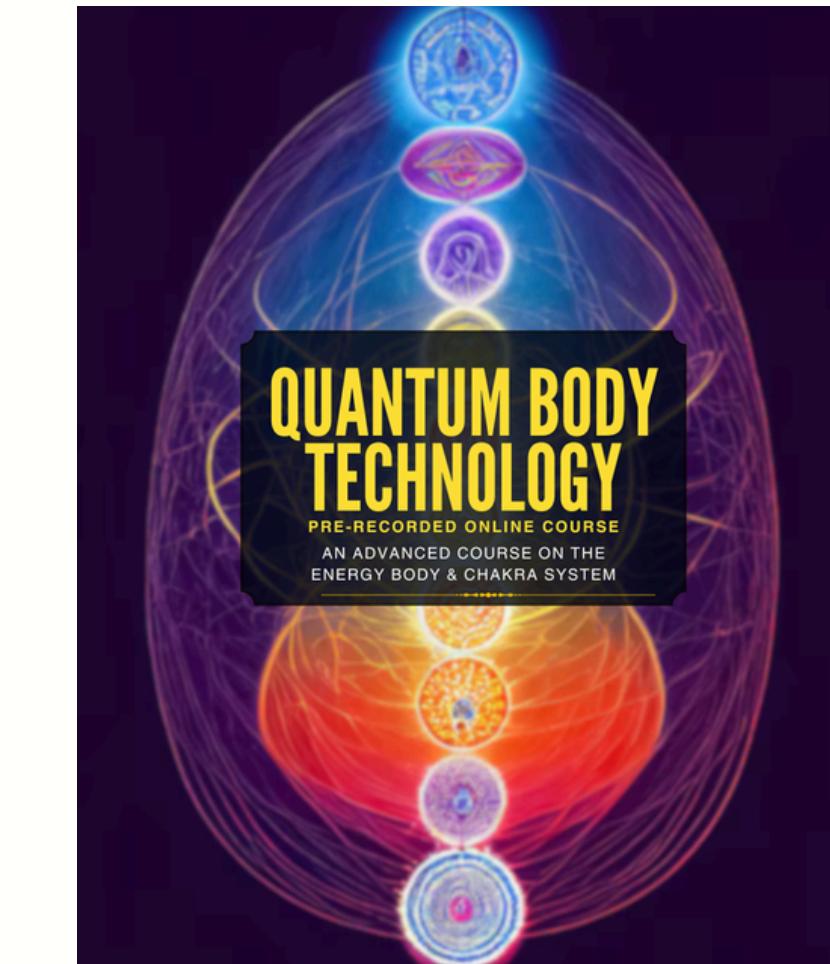
THE SCHOOL OF THE SACRED PATH



Join me for a Live Workshop:  
**Astrology for Your 40s**  
A Map for the Midlife Awakening  
WITH LIV TOEPFER

Whether you're preparing for your 40s, navigating them now, or stepping into your 50s, this workshop gives you a clear, empowering map of the midlife cycles so you can understand why your 40s are the most pivotal decade of your life - and how to move through them with awareness & confidence.

1/25 @ 2pm [BOOK NOW](#)



Online

**THE HERO'S JOURNEY**  
*Of the Soul*

THE SACRED STUDY OF MOVING THROUGH THE OCTAVES OF CREATION  
UNDERSTAND THE GEOMETRY OF CONSCIOUSNESS.  
DISCOVER YOUR OWN PERSONAL HERO'S JOURNEY.  
PREPARE FOR THE COLLECTIVE HERO'S JOURNEY THAT BEGINS WITH THE SATURN-NEPTUNE CONJUNCTION AT 0 ARIES IN FEBRUARY 2026.  
AN ONLINE COURSE WITH LIV TOEPFER  
SUNDAY, 2/8 @ 11AM

[www.itsavibe.earth](http://www.itsavibe.earth)

To learn more & to register visit [www.itsavibe.earth](http://www.itsavibe.earth)

→ Replays will be available after lives. Life time access. ←

# Get in Touch



323-346-9007



liv@itsavibe.earth



www.itsavibe.earth



321 LEA LANE, WIMBERLEY TX



@thevibetribetx | @livbydesign



Join our FREE Vibe Tribe Community WhatsApp





# THANK YOU

May the Sun shine upon you. May Jupiter expand your blessings & Venus show you love.



Much Love, Lin Toeffer