

# How The Seasonal Signs Experience Joy

## created by Cayelin K Castell

Joy is a feeling of Vibrant Happiness, Great Delight and Pleasure that comes from the inside out. How the astrological signs each express their unique healthy version of JOY can act as a guide to knowing when you are on track with your Soul's Intent. This applies to all personal parts of the natal chart and when undergoing certain initiatory transits - so you may relate to many of these.

Courage is not the absence of fear but rather the willingness to face fear and do it anyway. Courage is the willingness to follow our heart even when it goes against what society is how we should be or what we should do or how we should show up.



**Capricorn** I experience my greatest joy when I am courageously acting on my inner wisdom and guidance from the ancient past, creating new sustainable systems that are effective and get the best possible results. My greatest joy comes from figuring out how to wisely preserve our planet and resources with ease and grace.

**Aquarius** I experience my greatest joy when I have the courage to experiment with new ideas and act on my own unique, cutting edge ideas that create greater freedom guiding us into an inspired future. I enjoy exploring expansive perspectives and questioning the old out-moded rules. I enjoy being free electron free to create in new innovative ways.

### Joy for the Earth Element (Capricorn, Virgo and Taurus)

The Earth Element is the most embodied of all the elements operating in the physical realm. Earth feels joy when being fully present in the moment, celebrating the sacred, and responsibly creating ways that get practical results for everyone.

**Capricorn** I experience my greatest joy when I am courageously acting on my inner wisdom and guidance from the past, creating new sustainable systems that are effective and get the best possible results. My greatest joy comes from figuring out how to wisely preserve our planet and resources with ease and grace.

**Virgo** I experience my greatest joy when I am living my sacred purpose. I enjoy discovering new ways to do my sacred work, creating sacred space and reveling in the joy of sacred service as its own reward.

**Taurus** I experience my greatest joy when embracing the pleasure of life. I know what is good. I know what is beautiful. I love and enjoy deep intimacy savoring each moment for as long as possible. I joyously receive - with gratitude - the many gifts life has to offer.

### **Joy for the Air Element (Aquarius, Gemini, Libra)**

The Air Element operates in the mental realm. Air feels joy when creatively using the mind to discover new perspectives, insights and ahas.

**Aquarius** I experience my greatest joy when I have the courage to experiment with new ideas and act on my own unique, cutting edge ideas that create greater freedom. I enjoy exploring expansive perspectives and questioning the old rules. I enjoy being free electron.

**Gemini** I experience my greatest joy when I have the courage to be creative, including entertaining ways of telling new stories that expand perception through humor, word play, laughter, spontaneity and fun.

**Libra** I experience my greatest joy when I have the courage to embrace the gifts of co-creative relationships. I enjoy recognizing the immense joy possible in accomplishing far more working together than going it alone.

### **Joy for the Water Element**

**Pisces** I experience my greatest joy when I have the courage to seek ecstatic, mystical union in compassionate service to the divine. I enjoy being an empath creating safe space for you to be who you are, where you are. I am a visionary dreamer - dreaming a New Earth joyously based in love for all beings everywhere.

**Cancer** I experience my greatest joy when I have the courage to create safe nurturing space for myself, my family, my tribe and my community.

**Scorpio** I experience my greatest joy when I have the courage to feel ALL my feelings, even the messy ones, releasing any stuck energy so passionate, alive, life force energy can flow freely through me.

## Joy for the Fire Element

Fire experiences Joy when shining brightly and acting on its own unique inspiration.

**Leo** I experience my greatest joy when I have the courage to cultivate and embrace a healthy sense of Self, Self-Acceptance, Self-Approval and Self Respect and when I am saying YES to me and what brings me joy.

**Sagittarius** I experience my greatest joy when I have the courage to follow my own unique spiritual path expanding my sense of what is possible and embracing my journey while being present for each step of the way especially when there are detours as I know each step reveals a deeper truth.

**Aries** I experience my greatest joy when I have the courage to commit to and further a noble cause I truly believe supports greater justice for all while also adding great benefit to the greater good.

## Notes on Joy

Joy is a consistent internal state that occurs naturally when you are at peace with who you are on the inside. Joy is not dependent on external circumstances, like how others treat you, what kind of day you are having, what the weather is like, what is going on with your family or job.

It is possible to cultivate joy by imaging it, thinking about it, pretending you are experiencing it, remembering and reveling in fun, pleasurable experiences that included a sense of delight and ecstatic celebration.

When we remember joyful experiences, the body gets all the feel good hormones reactivated and that helps to cultivate more joy! This can include remembering moments or pausing to notice when you are experiencing moments of joy while in nature, listening to music, being kind, experiencing kindness from others, having fun, feeling gratitude, spending fun time with loved ones.

How does it feel in your body? Remember Joy is available to us when we imagine it, think about it, and welcome it.

It might help to write down three to five things you are grateful for (or that felt good) each day. Studies show this kind of practice focuses your attention in ways that increase your sense of joy.

Matthieu Ricard, PhD, a geneticist and Buddhist monk offers this suggestion:

“The basic way to intervene [when a troubling thought arises is to use a technique] called ‘staring back.’ When a thought arises, [instead of reacting] we need to watch it and look back at its source. . .As we stare at it, it’s apparent solidity begins to melt away, and that thought will vanish without giving birth to a chain of thoughts.

The point is not to try and block the arising of thoughts — this is not possible anyway — but not to let them invade our mind. We need to do this again and again because we are not used

to dealing with thoughts in this way. . .Finally a time will come when thoughts come and go like a bird passing through the sky, without leaving a trace.”

Resentment, blame of self and others, self-condemnation or guilt, limit our capacity for joy. So practicing self-forgiveness and forgiveness of others is a way to cultivate more joy.

Releasing all the ways we feel shame, blame ourselves or others, complain about circumstances beyond our control, defend and explain our actions and way of being - helps us to let go and free up our energy so it is no longer being consumed by these lower vibrational energies.

Practicing letting go of blame toward self or someone else is not easy. However, getting curious about any hurtful experience and what it is trying to teach us is a useful start. Also remembering not to take it personally and not making assumptions (two of the 4 agreements) are helpful ways to cultivate a more impersonal view of disappointments, hurt, and mistakes we might make helps to reveal any hidden gifts that may be there for us.

Retraining yourself to let go of self-recriminating thoughts is not easy. However, it is possible when you focus on how you want to feel. Rather than dwelling on a mistake or a way you have been wronged practice instead thinking about the pleasant, happy feeling you have when you are successfully accomplishing something or making a deep loving connection with someone. Make a commitment to yourself to focus on those feelings as much as possible.

AND Practice, Practice, Practice.

Creating new habits of thinking, taking time to respond rather than react and focusing your attention on what feels good, takes time. In fact, it can take many weeks, months or even years to establish a new habit of thinking that cultivates inner joy.

Experts also caution that a primary obstacle to experiencing joy is the feeling of being too busy. Note the operative word is FEELING too busy. That means even if you can't do anything to lessen your schedule you can still cultivate feelings of joy, happiness and peace by allowing brief moments of deep, relaxed breathing, closing your eyes, pausing to notice your thoughts and what is going on around you.

Cultivating joy also occurs through noticing and observing what is good about yourself and those around you. Research shows that bestowing acts of kindness, receiving acts of kindness and witnessing acts of kindness benefits everyone involved!

You might experiment with practicing an act of kindness toward yourself and others every day for a week and see how it feels. It might be as simple as genuinely complimenting someone. Be sure to internally compliment yourself for taking this kind of action knowing you are cultivating greater joy in your own life and adding to the joy of others. Celebrate the joy you are generating in your own life and in the lives of those around you.

Inspired by the book *Awakening Joy: 10 Steps That Will Put You on the Road to Real Happiness*.  
Copyright ©2010 by James Baraz and Shoshana Alexander.