

## **THE SUN IN THE SOLAR RETURN CHART**

**by Mary Fortier Shea, M.A. Counseling Psychology**

**Movement of the Sun in the Solar Return Chart:** Because we have leap year every four years, the time of the Solar Return chart changes about six hours per year. This means that the Sun will return at a time other than your birthtime and perhaps a day or two early or late. This steady six hour rotation also means that if you stay in the same location from year to year, you will see a cycle associated with the Sun's movement as it moves clockwise three houses yearly. This movement indicates the cycle of development you are in. You might be experiencing the Sun consistently in angular houses, succedent or cadent. Each of these developmental rotations can last for ten to eleven years depending on latitude and degrees of long and short ascension. But the movement of the Sun from one Solar Return to another is like a clock moving forward but slowly losing time. Over a period of years, the angular rotation shifts into a succedent pattern, eventually to a cadent pattern, and then back to angular again. Included in the following pages are brief interpretations for the house placements of the Sun in these developmental cycles. They are not in the order that one might expect since each stage seems to have its own beginning and ending.

**The Sun in the Angular Houses:** The angular houses have to do with relationships, how we personally relate to our parents, superiors, partners and family members. There is also a strong cycle of commitment to life and a spiritual path which arises from the 4th house, This is why we begin here.

**The Sun in the Fourth House:** The Sun in the 4th house calls you to redefine your physical, emotional and spiritual niche on the planet. You might start by redecorating your residence or moving. There is usually something about your home or office that needs to be reorganized, repaired, or changed if you are to do what you need to do. Changes in the physical home mirror your inner emotional changes. For example, remodeling the bathroom correlates with cleansing and elimination. The kitchen has to do with the ability to nurture. This is a good time to surround yourself with supportive people by being emotionally assertive and nurturing. As you discover your likes, dislikes, desires, and needs, your spiritual purpose will emerge. You will plant your roots this year and begin a new journey which will come to fruition in two years time when the Sun moves into the Solar Return 10th. The **CHALLENGE** for the coming year when the Sun moves to the 1st is to translate spiritual purpose, emotional support and the physical environment into the right combination for personal development and success. The **ASSETS** carried over from the previous year when the Sun was in the 7th house are strong partnerships and a sense of cooperation.

**The Sun in the First House:** The Sun in the 1st house asks "What can you do for and by yourself?" You are not necessarily alone, but you tend to act alone. This is a time of personal progress and achievement. You need to discover your own needs, abilities and talents. Self-interests are important, but can also blind you. While these might play out in the personal area this year, next year when the Sun moves to the 10th house, your skills can be used in the workplace and career arena. The **CHALLENGE** for the coming year is to translate personal development into career success when the Sun moves to the 10th. The **ASSETS** carried over from the previous year when the Sun was in the 4th house are a strong sense of spiritual purpose, emotional support and an appropriate physical environment.

**The Sun in the Tenth House:** The Sun in the 10th house is excellent for career decisions and moves. Many people use this position to change jobs, or to start their own businesses and become self-employed.

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This is a good time to use your reputation to your advantage, especially if the Sun is well-aspected, or is in the 10th with Venus or Jupiter. It can also work against you if you have abused your position in the past. This is also a good time to make destiny path choices or radical changes in lifestyles or locations. Reorient your focus in a big way. Issues with authority figures and also parents are possible. The **CHALLENGE** for the coming year when the Sun moves to the 7th house is to use your successes and skills to build cooperative and fulfilling partnerships. The **ASSETS** from the previous year when the Sun was in the 1st house is personal achievement as a stepping stone to business success.

**The Sun in the Seventh House:** When the Sun is in the Solar Return 7th, relationships are more important than individuality and independence. The tendency is to want to work well with others in a cooperative manner. This can be a highly creative exchange filled with mutual benefit, or you could find it restrictive. It depends on your skills in negotiation and persuasion. Placation is the fall back position in those more difficult situations. Individuals who are blind to their own faults will have more trouble this year. Those who are able to empathize with others, will grow in compassion. The **CHALLENGE** for the coming year when the Sun moves to the 4th is to translate cooperation into support and empathy into emotional definition and clarity. The **ASSETS** carried over from the previous year when the Sun was in the 10th are career success leading to relationship success and appropriate destiny path choices which are mutually beneficial and lead to cooperation.

**The Sun in the Succeedent Houses:** The Sun moving through the succeedent houses is like a person standing up in a canoe. Either the boat is about to rock or it has just stopped rocking. Contrary to what one might believe, the succeedent houses of the Solar Return do not carry a fixed quality. Rather, they tend to be unstable. They are regarded as a time of transition, beginning with the 11th house, the house emphasizing questioning and the removal of impediments.

**The Sun in the Eleventh House:** The 11th house is the house of why not? A lot of questioning goes on when the Solar Return Sun is in this house. You tend to question social norms, current practices, rules, regulations, and the way things have always been done. This is a time to define goals and hopes while planning for the future. The purpose of all this questioning and review is to breakdown the limiting structures which keep you from manifesting who you truly are. Next year, the Sun might move to the 8th house which is the house of greatest change. The Sun in the 11th house prepares you for that transition by removing obstacles in your thinking. Group interactions and friends might also be instrumental in this review process. The **CHALLENGE** of the coming year when the Sun moves to the 8th house is to remove unnecessary restrictions and formulate goals so that change can occur. Socialization with friends and groups will lead to new insights and acute awareness. The **ASSETS** from the previous year when the Sun was in the 2nd house are a renewed sense of stability enabling considerations for change and a strong sense of self-worth that fosters positive and supportive friendships.

**The Sun in the Eighth House:** The Sun in the 8th house is noted for change. These are the people who change lifestyles or pick up and move cross country. Individuals quit their jobs and go to school. Women who have been raising children, go back to work. Couples get married, others get divorced. Lifestyles

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change in a big way. This is also the house of acute perception. You know more than you are told or could/should ever say. Some of the perceptions are intuitive, others are psychological. But you are able to perceive others motivations and inner dynamics clearly. You are also very aware of manipulations by others. All this is to take you to a new level of self-empowerment. During the year you can learn how to sidestep power issues involving money, sex, or controlling influences if you pay attention. The **CHALLENGE** for the coming year when the Sun moves to the 5th house is to makes the necessary changes and empower yourself so that you can truly express yourself in a creative way. The **ASSET** from the previous year when the Sun was in the 11th house is the ability to question the status quo and establish new goals and a new order.

**The Sun in the Fifth House:** The Sun in the 5th house is interpreted as, "To thine own self be true!" It is time for the personality to blossom. You need to express who you truly are. The avenues for expression are both creative and artistic. You might be involved in a highly imaginative project. You might put together your own school or course. You might have a child. You could write, draw, bead, sew, etc. Whatever the task, risk-taking is involved. This is also true when romance is on the scene. This can be a very sexually exciting year. The **CHALLENGE** for the coming year when the Sun moves to the 2nd house is to channel all your creativity into money making ideas and products. Truly expressing yourself will also foster self-worth. The **ASSETS** from the previous year when the Sun was in the 8th house include greater freedom arising from the changes made. Self-expression is also improved by the acute perceptions and the ability to be self-aware.

**The Sun in the Second House:** The Sun in the 2nd house indicates that monetary concerns are important. This is a good time to budget your expenses or focus on money making ideas. Though your salary may not increase this year, this is the year you decide you deserve more and begin to push for a higher income. The actual increase might not come until the end of the Solar Return year or as the Sun moves into the 11th. Self-worth issues are to the forefront. You will expect appreciation. If you are in an abusive relationship, consider getting out and ending it. Aren't you worth it? This is a good time to prioritize your values and limit any indulgence you might have like smoking. Thinking tends to be traditional and conservative. The **CHALLENGE** for the coming year when the Sun moves into the 11th is to foster new goals off of your present stability and develop friendships with people who really appreciate you. The **ASSET** from the previous year when the Sun was in the 5th house is ability to express yourself. Creative outlets can lead to money-making projects and increased self-worth.

**The Sun in the Cadent Houses:** The cadent houses have to do with various forms of information. This is a preparatory time when you gather information and learn to use it in appropriate ways. The focus is on facts, common sense practical applications, beliefs and intuition.

**The Sun in the Third House:** The Sun in the 3rd house emphasizes the rational mind and all intellectual pursuits. This is a good time for reading, writing, communicating, and studying. Your mind tends to be active and it is good to have something that you are interested in investigating and learning. A restless mind, all dressed up with no place to go might tend to become anxious or depressed. Mental stability is a factor

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during this time and can make or break the year so pursue your intellectual interests with great fervor. Stoke the fire, don't starve it. This is also a good time for community involvement. The **CHALLENGE** for the coming year when the Sun moves to the 12th house is to integrate all the information and facts you have gathered. Knowledge and understanding can also lead to greater compassion. The **ASSETS** from the previous year when the Sun was in the 6th house are common sense and practical applications for what you are learning. If you organized your day and watched your health, you have lots of good study time and a sharp mind.

**The Sun in the Twelfth House:** This tends to be a behind-the-scenes year for many. You might not get the recognition you would like or think you deserve. But it could be just too soon. If you wait, things can turn around. This is a time for the one-year project. What you are attempting to do might not be ready for review for a year. Development can take that long, so work quietly for the time being. When the Sun is in the 12th, you tend to have more of a closet personality. The demands of others can be overwhelming, especially if you are drawn to those who are sick or needing assistance. Make sure the people you attempt to help want to be helped, otherwise you will fall prey to savior/victim syndrome. Most of all, this is a time for reflection, meditation, integration, and organization. If you allow your mind to become too unstructured and unfocused, you could experience anxiety. The **CHALLENGE** for the coming year when the Sun is in the 9th house is to translate spiritual experiences, intuition and compassion into a philosophy to live by. One-year writing projects can be ready for publication. The **ASSET** from the previous year when the Sun was in the 3rd house is a wealth of new information seeking integration and organization.

**The Sun in the Ninth House:** All beliefs, mundane, religious and philosophical are reviewed when the Sun is in the 9th house. It's time for reassessment. You must take a closer look at the structure underlying your actions and decisions. If you have always had a strong belief in yourself, that you could do something, it's time to prove it. It's now or never. You might also travel during the year, especially overseas. This is a good time to seek a publisher or return to school. The **CHALLENGE** for the coming year when the Sun is in the 6th house is to find practical applications for your newly refined beliefs. Practice what you preach to relieve stress. The **ASSETS** from the previous year when the Sun was in the 12th house are a spiritual sensitivity and experiential knowing that guides your review and helps you to personalize your philosophy.

**The Sun in the Sixth House:** When the Solar Return Sun is in the 6th house, the emphasis is on health and work. Generally, health is good as long as you pay attention to what your body is telling you and you have been attentive in the past. Health comes from the inside out and you must work with your body. If you have been negligent, now is the time to take corrective action before a problem arises or worsens. The work emphasis is on organizing your day and streamlining tasks. Choices tend to be either-or. New career directions are more commonly associated with the 10th while the 6th deals with the daily running of the business and office procedures. The **CHALLENGE** for the coming year when the Sun moves to the 3rd house is to organize your day and improve your health so you have the time and strength for intellectual pursuits. Practical applications can improve your problem-solving ability. The **ASSETS** from the previous year when the Sun was in the 9th house are a strong philosophical structure that supports your actions and lessens your stress. Your beliefs also guide you towards practical applications.