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# The influence and importance of the Sun in astrology

Turns out, the house  
position of it in your birth  
chart is everything

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No other ‘planet’ in astrology has been in as controversial as the Sun. Not even poor Pluto who was demoted from its planet status 14 years ago.

Sun sign altercations occur frequently, from sceptics who dismiss the legitimacy of Sun sign astrology, to professional (and not-so-professional) astrologers trying to convince their friends that astrology extends beyond just Sun signs.

And yet, the Sun has maintained its place as the main player in astrological profiling. What gives?

### **The Sun in astrology & why it’s important**

Okay, the technical bits first. The Sun isn’t a planet, it’s a star. In fact, it’s the only star among the ten planets commonly used in astrology charts.

Stars produce their own light, unlike planets (and the Moon) that reflect the light of the Sun. For this reason, the position of the Sun describes your inner creativity — what you can produce (and shine) out of you, without the external influence of anything else.

People who integrate the Sun’s meaning strongly into their own lives never complain about a lack of motivation or purpose, and neither do they seem to need help from anyone else. In fact, it’s their

For that reason, interpretation of all other planets' meanings always needs to take into account the meaning of the Sun as well, since all planets literally 'take direction' from the 'boss'.

You've probably heard of people with 'sunny dispositions', or someone being described as 'such an inspiration' — that's Sun energy right there. Those who have integrated the Sun's energy well in their lives become very directed. However, Sun energy can be overdone too. Those who act like 'the world revolves around them'? That's an overdone Sun which is venturing into egomaniac proportions.

### The Sun in your chart

Some of the biggest issues that astrology addresses have nothing to do with career, money or relationships. The largest underlying issue is always an existential one: who am I, and what's my purpose for being here?

When the Sun's energy is misunderstood, a person can feel aimless, manipulated, devoid of purpose, or torn in multiple directions. Making life decisions

your sun-expression. If you don't know the sun position in your chart, use the [free chart generator](#) and compare it against the House guide below.

*Image source: Vocal Media*

**1st House:** Natural performers, they make good speakers, dancers, singers, presenters, front-line personnel. It's personal faith and experience that drives them.

**2nd House:** They're appreciators of the good things in life, and love being creative with tangible resources: anything related to material items from furniture to clothes to buildings and cars.

**3rd House:** They're driven by creativity and expression with language, conveying a message, wordplay, jokes, writing, ideas, a concept.

**4th House:** Exploring history, roots, culture, family, homes, origins and domestic life lights them up.

providing solutions to others.

**7th House:** Natural diplomats, they are most expressive in partnerships of all sorts, with a natural instinct for what others want.

**8th House:** These actively choose the non-superficial, address taboos and things hidden below the surface, and push for transformation, even if it means dealing with the unpleasant.

**9th House:** These knowledge-seekers are most expressive in matters concerning ethics, policies, education, beliefs, and adventure and exploration.

**10th House:** Achievement-seekers, strong need to be significant, can be very comfortable with heavy expectations and responsibilities, can perform well under structure and protocol.

**11th House:** Natural team players, operating best when aiming for positive outcomes that benefit the masses, often community or humanitarian outcomes.

**12th House:** Natural support players. These prefer to work behind the scenes and with benefit to underdogs and the disadvantaged/distressed.

well. The truth is, the Sun operates differently for each person. Directed and purposeful people can include a quiet mother who loves making story time fun for her children, the gardener who takes pride in the visitors who admire their flowers, the lift mechanic who contributes his expertise to building technologists. So, stars in their own right.

Ultimately, the Sun represents identity, purpose and self-expression, and originates from a creative space within. Understanding your Sun requires listening to your core self, appreciating your reason for existence, then directing constructive expression by putting your personal brand on your contribution to others.

#### About the author

*May Sim is a professional astrologer with 16 years' experience, and the founder of [Selfstrology Academy](#) based in Singapore. She is a great advocate of self-understanding, personal transformation, and living a life of purpose and contribution.*

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