



**Astrological
Support
Sheets
Freebird
Style**

**YOUR CHART.
YOUR MAGIC.
YOUR MAP.**



THE PRIMAL HUMMINGBIRD - ANGELA FREEBIRD



HELLO HELLO!

ANGELA FREEBIRD, TRANSFORMATION MENTOR (w/Lucky the hound)

Almost 30 years of helping humans

Shift habits + Create meaningful change.

Astrology + tarot are two of the most powerful tools I use.

Your chart



Self-knowledge



Self-acceptance .



Creative UNIQUE Strategies



Real Change

HERE'S MY DEAL

Astrology is a complex and beautiful language. You don't need to speak all of it to benefit from it.

Understanding a few key things about your unique chart will help you use transits in a much more personal and meaningful way.

This was inspired by a client who asked for a cheat sheet and it turned into **THIS**.

Thank you, Em, for the inspiration and the honor of working with you.

If this guide supports you and you want to throw a little energy back my way:



Quick note (lovingly):

I don't offer free support walking through this guide.

If you want help applying this to your chart, book a private session and we'll go through it together.

ABOUT PERSONAL SESSIONS

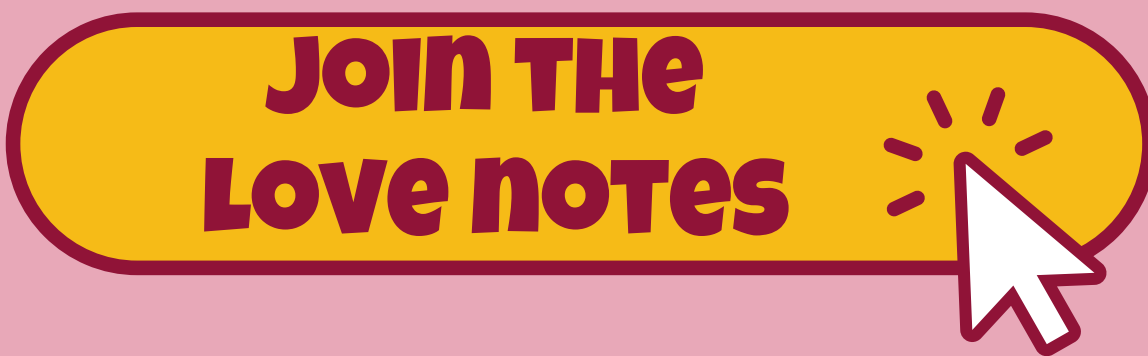


FREE OPTIONS TO CONNECT W/ME!

Transits = the movement of the planets in the sky.
I track them. I test them. I apply them in real life.

I share that through my WhatsApp list —
Primal Hummingbird Love Notes —
where I break this down in a practical, usable way.
(They come daily-ish.)

Here's the link to join:



My email list is where I share resources, updates on classes, my latest videos and ideas that might spark interest in going deeper.

Here's the opt-in for that:



OVERWHELM

There is a LOT of information in the following pages.

There will NOT be a test. (Relax Responsible Adults!)

Use this like a dictionary — look things up as you feel drawn. There are worksheets at the end if that feels helpful.

If you're on the **Primal Hummingbird Love Notes** WhatsApp list, you'll hear things like: "This is happening in your Pisces house." You can then look at your chart, find Pisces, and make it personal.

FINALLY.

You can look up your chart at [Astro.com](https://astro.com)

OR I can look it up for you and send you a PDF you can print — happy to do that.

Email me: Angela@angelafreebird.com

I'll need:

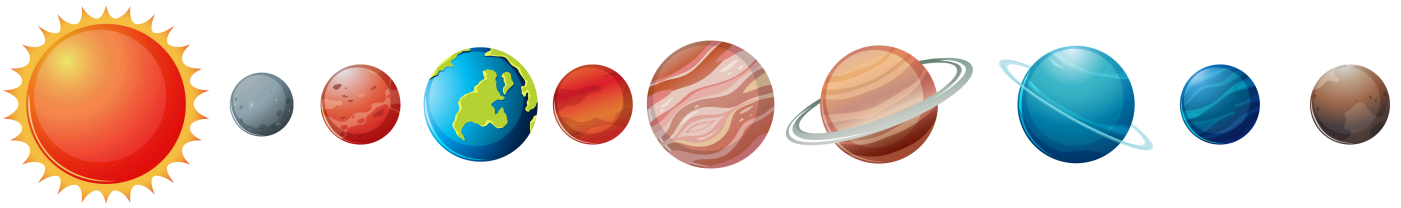
- **Birthdate (yes, the year)**
- **Birthplace**
- **Birthtime (super important for the houses)**

Whew - this is a lot - You are Heroic to make it thus far!!



THE PLANETS

Where certain energies are concentrated



THE SUN

Your Sovereign

What you are “becoming”

Sense of Identity & Purpose

**When feeling a little “dim” - learn to stoke your SUN
(based on sign and house)**



THE MOON

Your Instintual Responder

Your Inner sense of Okayness

Innate Reactions

Your physical and emotional body

IF you want to be happy - learn to illuminate your moon



MERCURY

Your Communicator

How we talk (and what we want to talk about)

How we listen (and the way we are able to listen)

How we learn (and what we are drawn to learn)

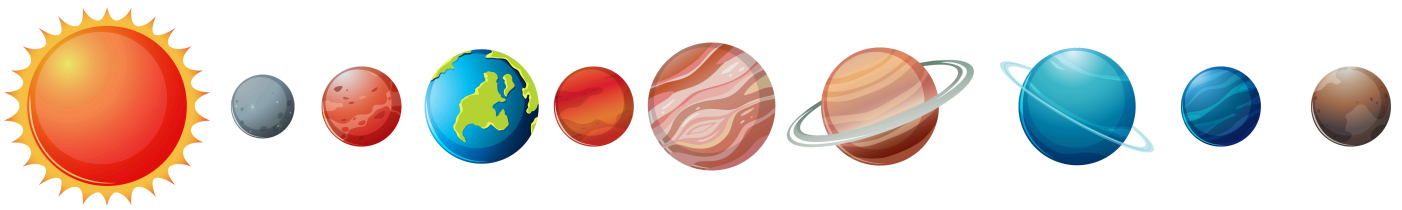
The art form of communication.

Mercury is the part of us that is the magician.



THE PLANETS

Where certain energies are concentrated



venus

Your Lover

Connecting to Pleasure

Our Values (We value what brings us pleasure)

The way we relate to others

Erotic Connectivity



MARS

Your Warrior

Your sense of Agency

Drive and Motivation

Sex and physicality

We need to give our MARS something TO DO!

♃ JUPITER

Your Meaning-Maker

Societal Planet of Go Big or Go Home

Our Inner Story-teller

Expansion & Bigness

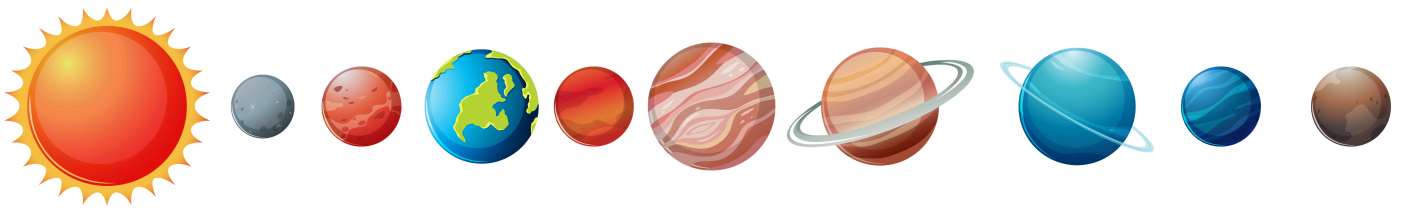
Beliefs - in Life, in Ourselves, in Meaning

Where Jupiter lives in your chart - GO ALL IN



THE PLANETS

Where certain energies are concentrated



SATURN Your Strategist

Societal Planet of Rules and Order

The Responsible Adult

Our limits & feeling a need to establish excellence (And we usually do not without nuanced attention to it so shadow is predictable)

How can we become the AUTHOR of our own life???

URANUS Your Rebellious Liberator

Electric Downloads of Insight

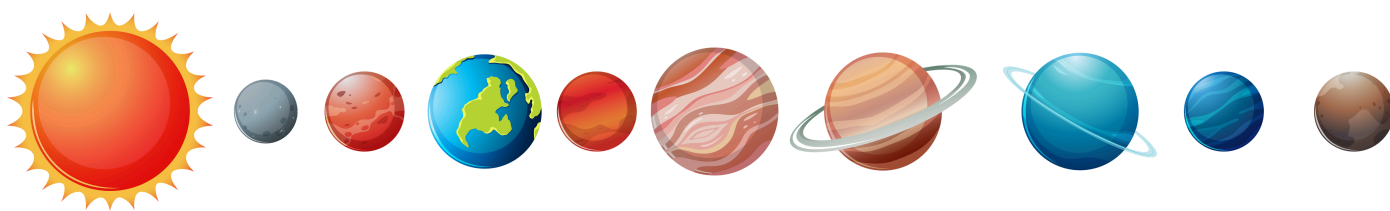
Connected to the Visionary

Sudden Changes or Upheavals or Disruption

Experiment with tuning into excitement/anxiety to access inner knowing

THE PLANETS

Where certain energies are concentrated



Your Dreamer (or Mermaid!!)

Connected to the Mermaid Archetype
([see KJ Hawkwood's work on this- Brilliant](#)).



The part of us that wants to transcend this earthly plane

Dreams and Illusions

Desire to Merge or Rise above

Where and How do I surrender in a healthy way?



Your Primal Transformer

Intensity - feels like Life & Death

A place of TRANSFORMATION

Power Struggles

Death, Underworld, Rebirth

Where do I surrender... to become more powerful?

THE SIGNS

The STYLE / Archetypal layer of the planet (or house)



ARIES

The Shit-starter Hero

The Challenger

Aries will do SOMETHING over nothing - always - Go first and figure it out later!

Aries wants to take it its rightful place - and yet, doesn't always know how (or if it is allowed)

Connect to ARIES to IGNITE Passion

ARIES does better with Re-direction of energy over attempting to thwart it



TAURUS

The Happy Animal

Stabilizing Peace - Ruled by Venus

Taurus wants simplicity and peace

Taurus is tenacious about staying steady (even though it might take a LONG time to get moving)

Connect to Taurus to embody and release complications.

Taurus' stubbornness is not to be denied- channel it well



Gemini

The Curious Child

The Energy of the Hummingbird

Gemini wants to gather and disperse - for the sake of it

Gemini will bounce around- everything is SO INTERESTING

Connect to Gemini to stir your interest in the world.

The scattered energy is REAL. It will circle — make a habit of gently bringing it back.

THE SIGNS

The STYLE / Archetypal layer of the planet (or house)

CANCER The Protector

Protector of those who need protecting (this is subjective)

Cancer initiates from an emotional protective feeling and will do anything to take care of those that it deems need its protection.

Connect to CANCER and create your nest
Cancer prioritizes safety, home, and loyalty. Watch out for emotional blackmail or passive aggressive actions.

Leo A Golden Star

Dramatic display of Authentic Playfulness

Leo wants to be ADORED and it is lovely to adore the strong Leo energies around us because when their light is shining down- life feels brighter and more sparkly indeed!

Connect to intentional theatrical creativity or drama will find you.

VIRGO The Alchemist

Discernment is Virgo's superpower. What stays, What goes, how to assimilate what is there and make it useful.

Virgo will NEED practical, pragmatic and USEFUL

Connect to Virgo to get things done... well. The Virgo does love to TINKER ... just a little bit more this way, not that way, and a little here. Sometimes you just have to say... ENOUGH.

THE SIGNS

The STYLE / Archetypal layer of the planet (or house)



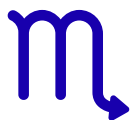
LIBRA

The Diplomat

Libra connects, relates, and negotiates

Libra is ruled by Venus and appreciates beauty, harmony and good relations.

Connect to LIBRA for a sense of beauty and balance. The Libra parts of us need to remember when weighing and measuring on the SCALES of fairness - put oneself on the scale also!



SCORPIO

Primal Animal

Primal Priorities - Eat, Sleep, Mate and Hunt

Scorpio is NOT afraid of the dark or complexity.

Scorpio is connected to authentic power through transformational processes.

Connect to your SCORPIO intensity for Transformational processes. Scorpio fears intimacy and craves it- it's a tricky paradox to hold in all its complexity.



SAGITTARIUS

The Philosopher

Sagittarius is UNSETTLED and a little Wild

Always down for an adventure, Sag is out to make meaning out of and enjoy a journey.

Sagittarius adores the Big Picture over pesky details

Connect to Sagittarius to fire up your sense of WHY we seek Truth and Meaning (and what is worthy of it). Watch for too much escapism especially if it feels very hard to connect to Truth and Meaning.

THE SIGNS

The STYLE / Archetypal layer of the planet (or house)



CAPRICORN

The Responsible One

Capricorn is dependable and WILL get it done.

This sign is easier to carry as we get older as it takes a certain amount of time on the planet to develop patience for the long game which is often required for the excellence that Capricorn desires.

Connect to CAPRICORN to initiate the climb (and the planning) and MAKE SURE YOU ARE ON YOUR MOUNTAIN (not someone else's!)



AQUARIUS

The Visionary Outsider

A logical 'out of the box' rebel with IDEAS!

Aquarius loves a VISION of the Way. Things. Could. (Should). Be. because innovation is LIFE.

Connect to your Aquarius to remember that you can march to your own beat - AND remember that you may not be the outsider you think you are in that Aquarius part of your chart.



PISCES

The Dreamer

Also Connected to THE MERMAID (see Neptune)

Pisces dissolves boundaries.

The Pisces part of us feels deeply, loves deeply and doesn't care much for boundaries.

Connect to Pisces and you'll be connecting to compassion, the grief of being human, a deep sense of connectiveness to all things. You'll get an opportunity look at boundaries, remember stronger is not always better- use nuance.

THE "MANAGERS" OF THE SIGN ON THE HOUSE CUSP

This is going deeper - totally (100%) optional

 **ARIES** Managed by  **MARS**
The Shit-starter Hero Your Warrior

 **TAURUS** Managed by  **VENUS**
The Happy Animal Your Lover

 **GEMINI** Managed by  **MERCURY**
The Curious Child Your Communicator

 **CANCER** Managed by  **THE MOON**
The Protector Your Instintual Responder

 **LEO** Managed by  **THE SUN**
Your Golden Star Your Sovereign

 **VIRGO** Managed by  **MERCURY**
The Alchemist Your Communicator




 **LIBRA** Managed by  **VENUS**
The Diplomat Your Lover

 **SCORPIO** Managed by  **MARS**
Primal Animal Your Warrior
AND
 **PLUTO**
Your Primal Transformer

 **SAGITTARIUS** Managed by  **JUPITER**
The Philosopher Your Meaning-Maker

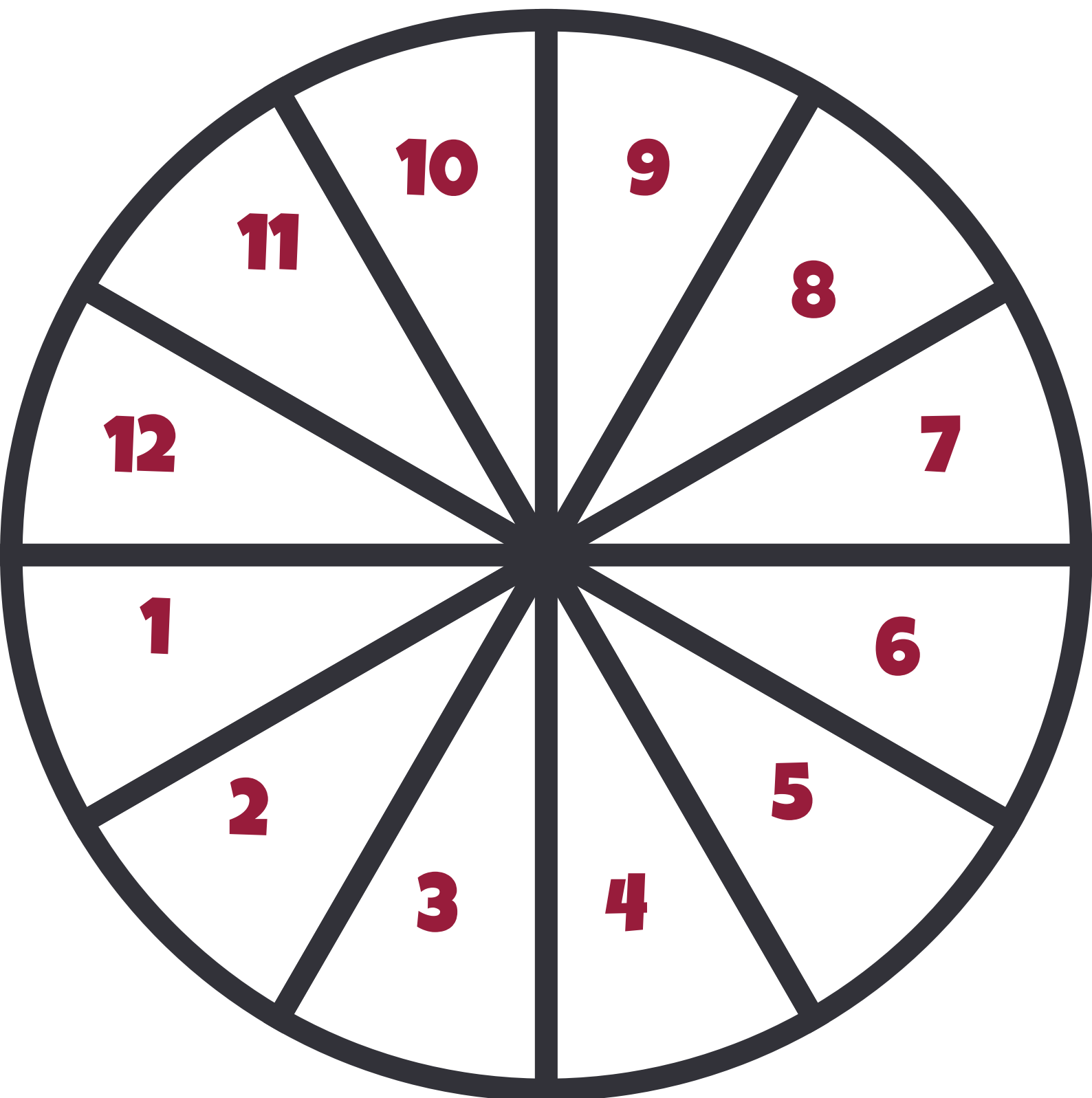
 **CAPRICORN** Managed by  **SATURN**
The Responsible One Your Strategist

 **AQUARIUS** Managed by  **SATURN**
The Visionary Outsider Your Strategist
AND
 **URANUS**
Your Rebellious Liberator

 **PISCES** Managed by  **JUPITER**
The Dreamer Your Meaning-Maker
AND
 **NEPTUNE**
Your Dreamer and/or The Mermaid!!

THE HOUSES

This speaks to the WHERE the above energies of the PLANETS and SIGNS will show up for you.



THE HOUSES

The PLACE in life where we can expect certain energies

FIRST HOUSE

And your Rising Lens on the world

Who Do You Think You Are? ← From Carolyn Casey

That's a GREAT question and the first house is a great indicator of how we answer it for ourselves.

The Sign and/or The Planets in the first house support the way we lead into the world. Our body, our presentation, the way people see us when they first meet us.

Connected to our Identity

SECOND HOUSE

Your gifts, talents and resources

The sign and/or planets in the second house indicate how we use our talents and resources in the world.

This is the place that also explains what we value most - qualities and skills.

What is our definition of Wealth?

THIRD HOUSE

Connected to our Nervous System

If this house has a lot of planets or a restless sign on the cusp, we tend to be quite busy in daily life.

This is the place that is connected to the way we communicate.

How do we connect to information flow?

THE HOUSES

The PLACE in life where we can expect certain energies

FOURTH HOUSE

Home, Family, Upbringing

What feels like home to us?

How easy is it to connect to that?

Our early family life and our ancestors are also part of what is described here.

Our ROOTS

How do we define security?

FIFTH HOUSE

Romance, Children and Creativity

The sign and/or planets in the fifth house describe our connection to pleasure, creative endeavors, and JOY.

Romance speaks to relationship- with another human, with nature, with animals, with LIFE.

How can we ritualize Self-Expression?

SIXTH HOUSE

A place of Daily Routines and Health Habits

This speaks to the way and sense of urgency (or not) that we want to be of service. To ourselves, to our people, to the world.

How structured (or not) we will be in daily life? Not everyone has linear days and habits by design.

What is our definition of meaningful work?

THE HOUSES

The PLACE in life where we can expect certain energies

SEVENTH HOUSE

Important Relationships

The Opposite of the FIRST house of ourselves, this house speaks to how we integrate Me vs. We through the paradox of the opposite sign.

Every Zodiac Sign has a paradoxical opposition that we are invited to integrate - one of the biggest places this shows up is in the axis between the first and seventh house.

How do we do relationship and maintain our sense of me?

EIGHTH HOUSE

The sacred TABOO topics

One of the deepest and most complex areas to navigate as a human.

Where do we share resources deeply in a vulnerable way?

How are you drawn into the world of the forbidden, forgotten and bring it back to a place of sacred?

NINTH HOUSE

Travel, Higher Learning & Study, Meaning Making

Our desire and need to experience adventures in our quest to make meaning of... well, everything

Higher learning also lends to supporting our big WHYS.

What is the purpose of life?

THE HOUSES

The PLACE in life where we can expect certain energies

TENTH HOUSE

Where we are VISIBLE in the World

The energies of the Sign in the tenth and the Planets in the tenth house can speak to OUR MISSION.

Often the Planet in the tenth house feels like the HAT (all caps) we are wearing - very exposed and all the energy that comes with that. The Pressure, The Rewards, The Vulnerability of being seen.

What is your GIFT to the World?

ELEVENTH HOUSE

Hopes and Dreams

Who do we want to connect to in order to realize our deepest hopes and dreams?

Speaks to our community—who we choose to be acquainted with.

Where do you engage in teamwork?

TWELFTH HOUSE

The End. The finishing of cycles.

This house is also connected to things hidden behind walls or closed doors—hospitals, jails, unconsciousness and intuition.

This can also speak to inheritance from ancestors to “get it right” this time because they were unable to do so.

What do you know even though you aren't sure how you know it?

PERSONALIZING YOUR CHART

Use the following worksheets as reference to make transits more personal to you.

You do NOT have to do this all at once.

If you want support applying this to your chart,
I offer private sessions to walk through it with you.
I'll use my chart as an example on the next page.

Two last tech points:

1. I use Placidus because it speaks strongest to me. There are many house systems — none are “right.” Your chart may look different depending on the system.
2. AI can be useful AND it will get things wrong. It pulls from many astrologers' perspectives (some of which are, in my opinion, are scary hacks) and flattens nuance. There is NO one right way to read a chart — learn, discern, and do not outsource your authority.

Some of my favorite Astrologers who influenced this guide and I would highly recommend their work:

1. **Caro Martin** - my main teacher to whom I will be FOREVER grateful.
Find her work with Astrobuttefly
2. **KJ Hawkwood** - my archetypal teacher - KJ makes it useful and her work with the Mermaid changed everything again for me personally.
3. **Jason Holley** - teaches through Myth and Psyche
4. **Steven Forrest** - Evolutionary Astrologer
5. **Kelly Surtees** - Teaches with Whole Signs blending ancient techniques with practical strategies
6. **Carolyn Casey** -
7. **Laurence Hillman** - Also teaches using archetypes

MY CHART AS AN EXAMPLE

Angela

Natal

May 7 1969, Wed

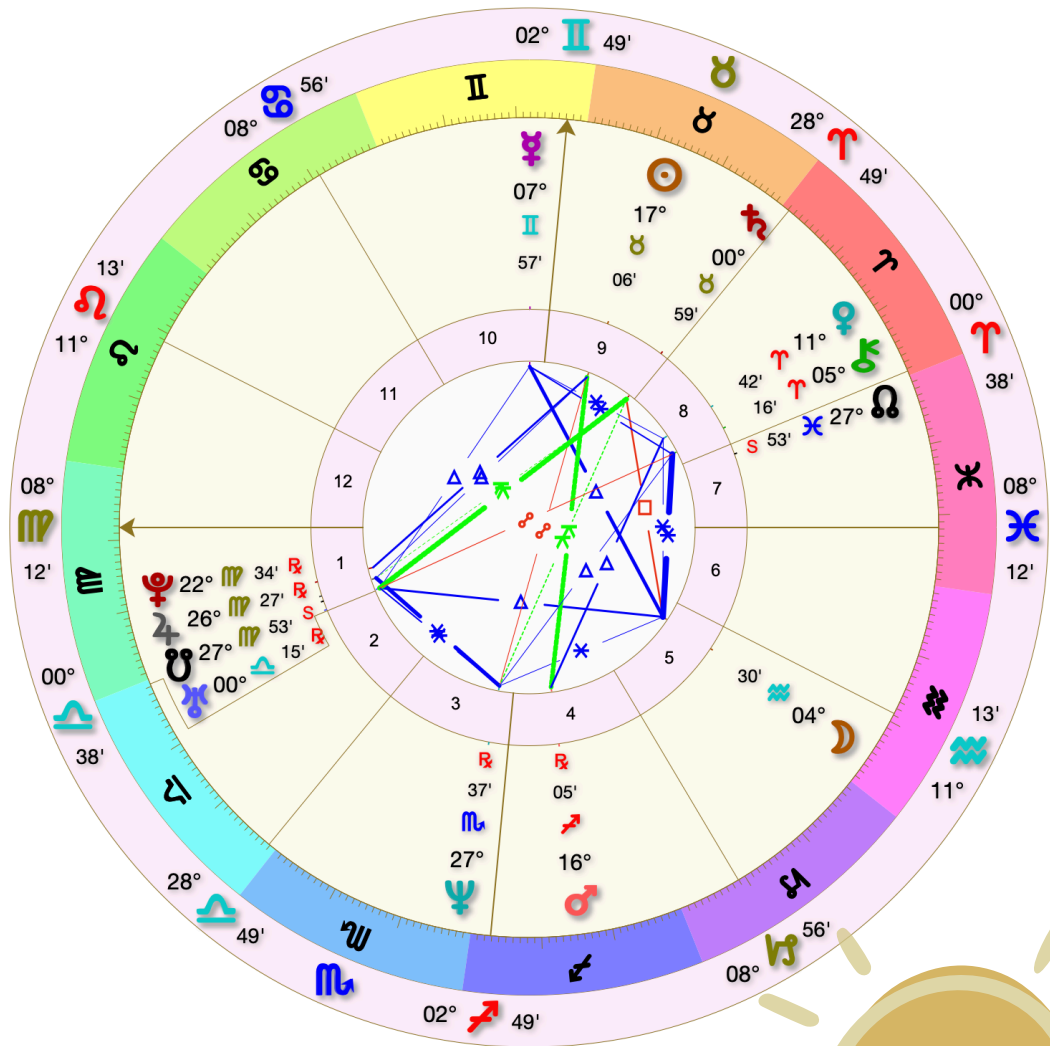
2:03 PM PDT +7:00

Yakima, WA

Geocentric

Tropical

Placidus



AND ANOTHER IDEA



IF you get started and find you need some help:

I can do privates (as already mentioned) AND if you have a small group OR want me to put together a workshop situation (in person or on Zoom) ...

That would be FUN- let me know!! It would be fun to work on this with some friends, yes?




 Text me at (208) 720-7433 OR Angela@angelafreebird.com

ANGELA EXAMPLE

MY FIRST HOUSE

Sign on the Cusp: Virgo  The Alchemist

Who Manages the House: Mercury  My Communicator

Who Lives in the House:  Pluto (my Transformer),  Jupiter (My Philosopher, and  Uranus (My Rebellious Liberator)

How do I present to the world? Intense, philosophical in an out-of-the-box “unapologetically me” way—for better or worse! My Virgo likes to discern... everything and that can be helpful and too sharp.

Who do I think I am? Interesting question, yes? Who I think I am has sharpened with my astrological learning. I ALWAYS thought I was light, fun and flexible (and parts of me ARE - Hello Hummingbird!!)

However I am also PRIMAL, Jupitarian (translation: loud laugh, big personality, over the top), and will experience many transformations (so fun) and have major upheavels to uplevel me into my authenticity.

MY SECOND HOUSE

Sign on the Cusp: Libra

Who manages the House: Venus

Who Lives in the house: No one

What does this say about my personal resources and how I connect to my talents? Libra - fairness, scales. This is not as big of an area of focus this life (no planets in there) AND it will be important that I remember to put myself on the scales with sharing my talents. I also struggle with perfection around how I use my talents. (Libra wants things to be beautiful)

Indeed- one of my lessons has been to consider what I WANT with my work so it doesn't come out sideways by over-giving causing resentment.

How I identify with wealth? It feels good for things to be FAIR

PERSONALIZING YOUR CHART

MY FIRST HOUSE And your Rising Lens on the world

Sign on the Cusp:

Who manages the House:

Who lives in the house:

How do you present to the world??

Who Do You Think You Are?

second House

Sign on the Cusp:

Who manages the House:

Who lives in the house:

What are your gifts, talents and how do you use them?

Your connection to what is wealth?

PERSONALIZING YOUR CHART

THIRD HOUSE

Sign on the Cusp:

Who manages the House:

Who lives in the house:

How do you connect to information flow?

FOURTH HOUSE

Sign on the Cusp:

Who manages the House:

Who lives in the house:

What is the nature of your ROOT system?

What makes you feel secure?

PERSONALIZING YOUR CHART

FIFTH HOUSE

Sign on the Cusp:

Who manages the House:

Who lives in the house:

What brings YOU Joy?

What type of self-expression delights you?

SIXTH HOUSE

Sign on the Cusp:

Who manages the House:

Who lives in the house:

What is your natural rhythm of daily routines?

What feels like meaningful work?

PERSONALIZING YOUR CHART

SEVENTH HOUSE

Sign on the Cusp:

Who manages the House:

Who lives in the house:

What type of important relationships do you cultivate (and how)?

How does the Me/We equation show up for you?

EIGHTH HOUSE

Sign on the Cusp:

Who manages the House:

Who lives in the house:

Is sharing resources in a vulnerable way part of your life lessons?

Can you permission yourself to connect with the forbidden?

PERSONALIZING YOUR CHART

NINTH HOUSE

Sign on the Cusp:

Who manages the House:

Who lives in the house:

How do you continue learning?

How do you connect to the purpose of life?

TENTH HOUSE

Sign on the Cusp:

Who manages the House:

Who lives in the house:

How do you connect to your gift to the world?

Are you wearing a big “Hat” and how is that for you?
(Hat = planets in this place)

PERSONALIZING YOUR CHART

ELeventh House

Sign on the Cusp:

Who manages the House:

Who lives in the house:

What is the flavor of your hopes and dreams?

What is your relationship to teamwork?

TWELFTH HOUSE

Sign on the Cusp:

Who manages the House:

Who lives in the house:

How do you relate to things unseen?

Do you have something passed down for you to “finish”?



You made it to the end!
Well Done - Woot, Woot!!

If this guide supported you and
you want to hrow a little energy back my way:



SUPPORT MY DIESEL HABIT
LUCKY & I APPRECIATE IT!

