

Spiritual Astrology

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Soul Bridging
helping you to remember who you are

Mars



Key Words for Mars:

exertion, strength,
vitality, effort, power,
stamina, courage,
aggression,
selfishness, violence

Mars represents a person's vitality, stamina, sheer energy, and strength. Mars governs our physical body, overall health, and available energy or vitality. Mars is the great force of life expressing itself in the external world, a seed sprouting, a volcano erupting, or the power in a waterfall.

Mars expresses our passions and base desires. It is the immediacy of our emotions and shows how we respond when our 'buttons are pushed'. Passionate Mars acts or speaks first, and thinks later.

Mars can feed ambition, power, control, and dominance. It can be destructive. When used spiritually, It provides the energy of courage and determination to transmute desire to aspiration.

Mars



Spirit

The expression of spiritual Mars is about being able to stand up for others, even if it means harm to oneself. It is about power and fearlessness. Mars energy here provides conviction, discipline, and the moral certitude to stand for those who cannot stand for themselves.



Soul

When expressed through the soul, the energy of Mars enables us to stand up for ourselves honestly. The battle moves inside and becomes an inner struggle associated with right and wrong, thoughtfulness over thoughtlessness, and applying discipline to passions and impulsiveness.



Personality

Through our personality, Mars shows where we do battle as an individual. Argument, disagreement, and misunderstanding will be a real part of life. Eventually, the battle will teach what activates argument or misunderstanding (tone of voice, selfishness, thoughtlessness).

*Content from [Astrology Illumined, Revealing the Soul through Astrology](#) by Donna Mitchell-Moniak and Sara Traub