



Trine Relationships  
3 - +, -, Neutral

April 20 to  
May 20

Feb 19 -  
March 20

March 21-  
April 19

May 21 to  
June 20

Jan 20 to  
Feb 18

June 21 to  
July 22

Dec 22 -  
Jan 19

July 23 to  
Aug 22

Nov 22 to  
Dec 21

Aug 23 to  
Sept 22

Sept 23 to  
Oct 22

Oct 23 to  
Nov 21

## ETHER

**ASTROLOGICAL**  
the whole body,  
joints

**emotions** grief/  
return to spirit

**COLOR:** blue

**ART:** music

**CHAKRA:** throat

**SEED MANTRA:**

HAM

**GEMSTONE:**

moonstone

**PHYSICAL BODY:**  
throat-ability to swallow  
joints -  
physical spaces  
craniosacral system  
ultrasonic core  
thyroid gland

ears - sense of hearing

**tissue quality** -

elongation

**voice quality** -

open/density vs

flaccidity

sleep

self expression - ability

to express all emotions

meditation, ability to be

still

**FOODS** blue

## AIR

**ASTROLOGICAL**  
**Gemini** shoulders  
**Libra** kidneys  
**Aquarius** ankles

**emotions** compassion/  
desire

**COLOR:** green

**ART:** dance

**CHAKRA:** heart

**SEED MANTRA:**

YAM

**GEMSTONE:** emerald

**PHYSICAL BODY:**

lungs and chest -  
breathing

nervous system - mental

activity, jittery

skin - quality extremes

thymus gland - immune

response

sense of touch

**tissue quality** -

movement and speed,

nerve reflexes

**voice quality** -

fast, jumpy, breathy, fast

or scattered

**FOODS** green

6 feet + above ground;

e.g. fruits, nuts

sour **taste**

## FIRE

**ASTROLOGICAL**  
**Aries** forehead/eyes  
**Leo** solar plexus  
**Sagittarius** thighs,  
power muscles

**emotions** forgiveness,  
enthusiasm/  
anger, resentment

**COLOR:** yellow

**ART:** visual arts

**CHAKRA:** solar

plexus

**SEED MANTRA:**

RAM

**GEMSTONE:** coral

**PHYSICAL BODY:**

solar plexus

digestive system -

liver, gallbladder,

pancreas

sense of sight

**tissue quality** -

shaking (also heat)

**voice quality** -

loud/sharp/clear/staccato

or loud/overbearing

**FOODS** yellow

2 to 6 feet above ground,

e.g. grains, seeds,

legumes

bitter or burnt **taste**

## WATER

**ASTROLOGICAL**  
**Cancer** breasts  
**Scorpio** pelvis  
**Pisces** feet

**emotions** letting go/  
attachments

**COLOR:** orange

**ART:** cooking

**CHAKRA:** sacral/  
sexual

**SEED MANTRA:**

VAM

**GEMSTONE:** pearl

**PHYSICAL BODY:**

generative organs,

bladder, ovaries

menstrual cycle

lymphatic system,

secretionary glands,

sense of taste

**tissue quality** -

smooth, flowing

**voice quality** -

rhythmic/ flowing/  
smooth

**FOODS** orange

up to 2 feet above

ground,

e.g., leafy greens,

squash, melons,

salty **taste**

## EARTH

**ASTROLOGICAL**  
**Taurus** neck  
**Virgo** colon  
**Capricorn** knees

**emotions** courage/  
fear

**COLOR:** deep red

**ART:** sculpture/ aroma

therapy,

**CHAKRA:** root

**SEED MANTRA:**

LAM

**GEMSTONE:** ruby

**PHYSICAL BODY:**

bones - structure,

stability

colon - elimination of

solid matter

sense of smell - most

primal sense

**tissue quality** -

contraction, strength,

muscle tone

**voice quality** -

slow/steady/ deep

**FOODS** red

growing underground,

e.g., root vegetables, and

tubers

heavy, dense foods

sweet **taste**