



## Sun – Mars Aspects in the Natal Chart

The **Sun** is our ego and our will, and **Mars** is a courageous, daring, confrontational planet. When they combine through aspect in the natal chart, we see how effective a person is at directing the desire nature through willpower. The nature of the aspect describes the ease with which an individual expresses and directs desires and impulses.



**☉ ☿ Sun conjunct Mars** It's difficult to be indifferent towards people with Sun conjunct Mars in their natal charts. They have *presence*. There is a courageous air about them, and they exude confidence even if they don't own it! If they're not highly active and energetic people, they are most certainly confrontational. They get right to the point, go right for the jugular, and they make things happen. You might call them impatient, but

These people have a competitive spirit. They like to *win*. Channeled into sports and games, they make formidable opponents, although sports that require strategy may not be their forte, simply because they are apt to apply force to get to their goals. If not channeled this way, they make formidable business opponents.

Those without a “channel”, however, run the risk of being bullies—looking for a fight, getting all fired up and hot under the collar, and stirring up trouble at every turn. Properly channeled, however, these people are gutsy, not afraid of conflict, and really quite daring. If you peel away the layers, however, you might find a rather insecure person who does everything in their power to prove themselves.

Because we are combining two masculine planets, people with this aspect might be considered masculine in expression, regardless of their gender. In love, they like to be the ones who do the pursuing. They love the thrill of the chase, but they might tire easily once they have “conquered”. If you don’t really like them, no problem. They take that as a dare.

Some Famous People with Sun conjunct Mars: Gloria Steinem (in Aries), Billy Bob Thornton (in Leo), Peter Jennings, Matt Dillon, Ben Affleck, Cameron Diaz, Ed Asner (Sun conjunct Mercury and Mars in Scorpio), Salvador Dali, Raquel Welch, Buster Keaton, Desi Arnaz, Marianne Faithfull, Erik Estrada, Justina Machado (in Virgo), Brie Larson (in Libra and opposite Ascendant), Danny DeVito (in Scorpio), Shailene Woodley (also conjunct Pluto, in Scorpio), Aaliyah (in Capricorn), Nikolaj Coster-Waldau (in Leo, also conjunct Lilith), Georgina Amorós (in Leo).



a “me-first” attitude with those who have Sun square or opposition Mars in their natal charts. The fighter persona is most apparent in youth, when the child is described as a “bundle of energy”, or it is remarked that he or she “can’t sit still”. The abundant energy generated by the hard aspects (especially the square) between the Sun and Mars is hard to direct in childhood. Later in life, ideally, those with these aspects have learned to channel some of their excess energy into productive avenues—perhaps through career, sports, or any area where competitiveness is considered an asset.

Nevertheless, people with these aspects can meet up with more than their share of conflict, and they can most certainly rub people the wrong way. They are very motivated to get things done, to take action rather than simply talk about something, and to get from point A to point B as quickly as possible. Those who know them quite well might describe these people as hot-headed and temperamental at times. They are easily frustrated, and they’re given to impulsive actions and assertion of their wills.

If the aspect is found in cardinal signs, it gives impulsiveness and a short temper. If the aspect is found in fixed signs, the natives can be very hard-headed and willful. If it’s in mutable signs, it gives a restless and frustrated impatience.





Essentially, those with Sun square Mars in their charts have faced conflict and are not particularly afraid of it. They have faced having their need to assert themselves blocked. Their parents may have done as much as they could to “tame” what they felt was excess energy or aggression. In other words, they know all about conflict and blockages, so that when they are faced with a challenge or a roadblock, they don’t run away from it or hide under the covers feeling sorry for themselves. They meet challenges head-on.

Sun opposition Mars people are more confrontational and argumentative than active. In youth, they might feel that they often face anger from others. They might see the Mars energy as coming from the outside. If and when they face the fact that the aggression is actually a part of their own personalities, they are more equipped to direct the competitive energy into productive avenues.

Some Famous people with Sun square or opposition Mars: Frida Kahlo (Sun opposite Mars and Uranus), Jennifer Aniston (Sun square Mars and Neptune in fixed signs), Al Capone (opposition), Judy Garland (opposition), Bob Dylan (square), Tina Turner

Bo Burnham (square).



    **Sun sextile or trine Mars** People born with flowing aspects between the Sun and Mars are generally enterprising. They have powerful stores of energy that they can draw upon when needed. These people respond to problems or challenges with a spirited and enthusiastic confidence that is admirable. They are naturally competitive, and this trait is generally well-received by others simply because it is unforced, unaffected, and sincere.

These people truly believe in fair play, and they seem to be in love with life. When they are expressing competitiveness and courage, it's easy to smile and accept these traits as positive rather than being rubbed the wrong way. These people generally have good physical vitality.

It is interesting to note that these people are not naturally combative. Many enjoy sports or games that are competitive, but not violent. Breaking the rules of a competitive game is particularly upsetting to those with Sun in easy aspect to Mars.

This is largely due to the fact that the will (Sun) is connected to the desire nature (Mars) in a pleasing manner, so that the natives are more able than most to control their desires, aggressions, and instincts. They know how to be fair, and they expect others to be fair. As such, sneaky behaviors, uncontrolled impulses, violence, and rage are offensive to them. They know how to direct and control their own impulses and desire natures, and they fully expect others to be able to do so!

*The main difference between the sextile and trine of the Sun and Mars:* The trine is a more natural energy. Those with Sun trine Mars naturally and without thought are

out of themselves and apply these energies in their lives.

With the trine, the characteristics of Sun-Mars come so naturally that the natives may not even realize just how much endurance, confidence, and enthusiasm they possess. Because the sextile requires some effort and thought, those with Sun sextile Mars often have many creative tools at their disposal, and they can be effective strategists and leaders.

*Some Famous People with Sun sextile or trine Mars:* **Sextiles:-** Angelina Jolie (Sun sextile Mars), Neil Armstrong (the first man to step on the Moon, Sun sextile Mars), Rihanna (Sun sextile Mars), Selena Gomez (Sun sextile Mars), George Lucas (Sun sextile Mars), Monica Bellucci (Sun sextile Mars), Nicole Scherzinger (Sun sextile Mars), Julia Roberts (Sun sextile Mars), Emma Watson (Sun sextile Mars), Kristen Stewart (Sun sextile Mars), Victoria Beckham (Sun sextile Mars), Penelope Cruz (Sun sextile Mars), Jeon Jungkook (Sun sextile Mars), Donald Trump (Sun sextile Mars), Sol Rodriguez (Sun sextile Mars), Beanie Feldstein (Sun sextile Mars), Gordon Ramsay (Sun sextile Mars), Colin Farrell (Sun sextile Mars), Coco Chanel (Sun sextile Mars), Jane Fonda (Sun sextile Mars), Michael B. Jordan (Sun sextile Mars), Judy Reyes (Sun sextile Mars), Sydney Sweeney (Sun sextile Mars), Sol Rodriguez (Sun sextile Mars);

**Trines:-** Zoë Kravitz (Sun trine Mars), Robert Pattinson (Sun trine Mars), Jennifer Lopez (Sun trine Mars), Abraham Lincoln (Sun trine Mars), Edith Piaf (Sun trine Mars), Zoë Kravitz (Sun trine Mars), Johann Sebastian Bach (Sun trine Mars), Madison Beer (Sun trine Mars), Stevie Wonder (Sun trine Mars), David Gilmour (Sun trine Mars), Warren Beatty (Sun trine Mars), Charles Darwin (Sun trine Mars), Richard Wagner (Sun trine Mars), Jayne Mansfield (Sun trine Mars), Hermann Hesse (Sun trine Mars), David Navarro (Sun trine Mars) Roch Voisin (Sun trine Mars), Angela Davis (Sun trine Mars), Ted Danson (Sun trine Mars), Carol Burnett (Sun trine Mars).

---

### Sun-Mars aspects in more detail:

**Sun conjunct Mars**

**Sun semi-sextile Mars**

**Sun quintile/biquintile Mars**

**Sun square Mars**

**Sun trine Mars**

**Sun sesquiquadrate Mars**

**Sun inconjunct Mars**

**Sun opposition Mars**

**Sun parallel Mars**

---

Back to **Planetary Aspects**

**Aspects of the Sun in the Natal Chart:** **Sun-Moon aspects** | **Sun-Mercury aspects**  
| **Sun-Venus aspects** | Sun-Mars aspects | **Sun-Jupiter aspects** | **Sun-Saturn aspects** | **Sun-Uranus aspects** | **Sun-Neptune aspects** | **Sun-Pluto aspects** | **Sun-Ascendant aspects**

Back to **Planetary Aspects**

Looking for interpretations for other aspects? See **quincunx**, **semi-sextile**, and the **quintile/biquintile**.

**Don't know the position of the Sun in your chart?** Find out how you can get your astrology chart positions free with our **simple steps**.

Interpretations written by Annie Heese.

Search

## Site Menu:

**Astrology Reports**

**Birth Chart Interpretations**

**Horoscopes & Forecasts**

**Astrology Forecasts & Trends**

**Astrology Articles**

**Astrology of Love & Intimacy**

**Ask Annie**

**Famous People**

**Signs of the Zodiac**

**Planets & Points**

**Love Sign Compatibility**

**Birthdays & Divining Arts**

**Synastry/Relationships**

**Predictive Astrology**

**Astrology Tools & Tables**

**Astrology Reference**

**Astrology Topics**

**Astrology Book Reviews**

**Resources & Links**

**Free Reports & Calculations**

**Get a forecast report  
for the year ahead**

forecast report:

The **Time Line Forecast** explores the year's transits and progressions.

The **Year of Transits** report interprets transits in depth.

The **Personalized Horoscope Report Package** includes two transit reports.

Or, explore our **NEW reports**, including the Money, Your Year in Lunar Returns, Progressed Synastry, and more.

### More to Explore:

#### The Astrology of 2025 with Horoscopes for All Signs

Look beyond Sun Signs. Click on a zodiac sign to read about the Sun, Moon, Mercury, Venus, Mars, and Ascendant in the signs:





**Read about each zodiac sign**



**What Number Are You?**

## The Astrology of 2025

See what the year 2025 has in store with **The Astrology of 2025: This Year in Astrology.**

Explore the meaning of Jupiter in Cancer, including horoscopes for each sign, with our feature article: **Jupiter in Cancer June 2025 to June 2026.**

## Current & Upcoming Transits



Cafe Astrology is  
brimming with free  
articles, features,  
interpretations, and  
tools that will appeal to

people with a casual interest in learning  
Astrology, as well as beginning through  
advanced students of Astrology. The site  
is run by astrologer Annie.

## Links

[Home](#)[About](#)[Contact Us](#)[Terms of Use](#)[Sitemap](#)[Site News](#)[Search](#)

## Favorites

[Shop for Reports](#)[Free Charts & Reports](#)[Daily Horoscopes](#)[Monthly Horoscopes](#)[Good Days Calendars](#)[Birth Chart Interpretations](#)[This Week in Astrology](#)

ARIES



TAURUS



GEMINI



CANCER



LEO



VIRGO



LIBRA



SCORPIO



SAGITTARIUS



CAPRICORN



AQUARIUS



PISCES

By using this site, you agree to the [Terms of Use](#).

