



Hermes Astrology

# Me and My Feelings

Teaching Emotional Intelligence Through the Birth Chart

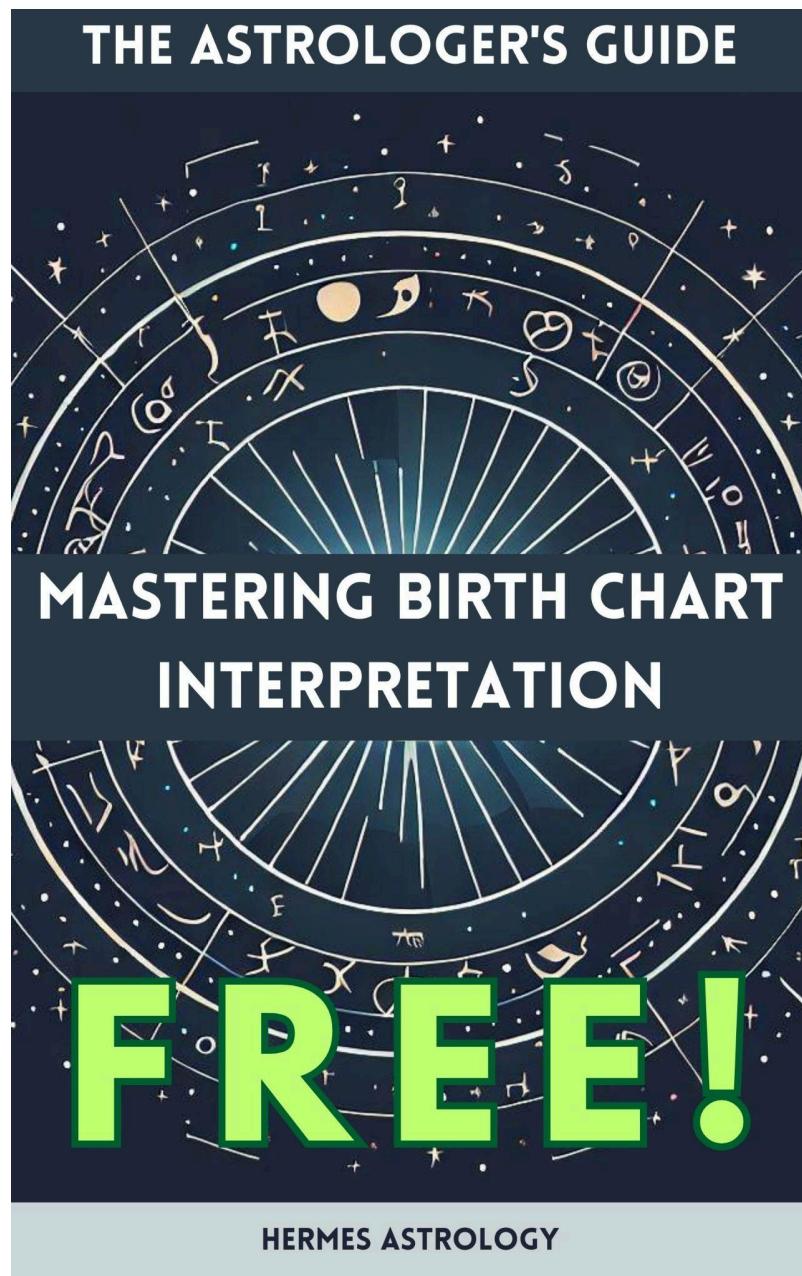
Vanessa Green Allen's *Me and My Feelings: A Kids' Guide to Understanding and Expressing Themselves* is a compassionate guide that helps children identify, understand, and express their emotions in healthy ways. While the book is written for young readers, its lessons echo timeless astrological wisdom: our emotional world is written in the stars, and learning to navigate it is a lifelong process of self-awareness and self-acceptance. Astrology offers a symbolic language to help both children and adults understand their emotional nature and how to honor it authentically.

In astrology, **the Moon** represents the emotional body — our instinctive reactions, comfort needs, and inner world. A child's Moon sign shows how they naturally experience and express emotions. For example, a **Moon in Cancer** child feels deeply and needs nurturing security; a **Moon in Aries** child reacts quickly and benefits from learning patience and self-soothing; a **Moon in Virgo** child might overthink feelings and needs reassurance that emotions are safe to feel, not problems to fix. Understanding the Moon helps caregivers respond to a child's emotional style with empathy rather than judgment.

The **Sun**, on the other hand, represents identity and vitality — the child's growing sense of self. When children are encouraged to express their Sun sign energy freely, they develop confidence and resilience. For example, a **Leo Sun** thrives when their creativity is appreciated, while a **Capricorn Sun** feels proud when trusted with responsibility. The balance between the Moon's emotional needs and the Sun's self-expression is crucial for emotional maturity — a theme deeply aligned with Allen's message about naming and managing feelings.

**Mercury**, the planet of communication, shows how a child verbalizes emotions and thoughts. Some children have Mercury in water signs (Cancer, Scorpio, Pisces), expressing feelings through tone and intuition rather than words, while others with Mercury in air signs (Gemini, Libra, Aquarius) prefer logical discussion over emotional depth. Recognizing these differences prevents misunderstanding and promotes emotional fluency.

FREE BOOK



For a limited time, you can receive a free copy of 'The Astrologer's Guide: Mastering Birth Chart Interpretation' by subscribing to our newsletter. Get your free book here:  
<https://hermesastrology.substack.com/p/your-free-book>

**Venus and Mars** further illustrate how children connect with others and assert themselves. Venus reveals what makes them feel loved and valued — affection, praise, shared activities — while Mars shows how they handle anger and frustration. Teaching a child to express Mars energy constructively (assertion without aggression) aligns with Allen's message about managing big feelings before they turn into conflict or withdrawal.

Even the **12 houses** can be seen as stages of emotional development. The **4th house** represents the emotional foundation built in childhood, the sense of home and safety; the **5th house** represents joy, play, and self-expression; and the **12th house** symbolizes the hidden emotions that need compassion and acceptance. When a child is guided to explore these areas gently, they learn that every feeling — joy, anger, fear, sadness — has a purpose and a message.

Ultimately, *Me and My Feelings* and astrology share the same goal: to help individuals live in harmony with their inner world rather than suppressing it. The book teaches emotional vocabulary; astrology adds cosmic insight. Together, they provide a roadmap for emotional intelligence — helping children (and the adults guiding them) recognize that emotions are not problems to solve but energies to understand, express, and honor.

Through this union of psychology and astrology, we are reminded that emotional awareness is not just a developmental skill — it is a spiritual practice. Teaching children to know their feelings is teaching them to know their souls. And in doing so, we nurture not only emotionally intelligent individuals but whole, balanced, and compassionate human beings who can live authentically — in tune with both their hearts and the heavens.

## About the Author

Welcome to Hermes Astrology, where precision and meticulous attention to detail are the cornerstones of our practice. We believe that in the intricate dance of the cosmos, the smallest nuances can hold profound significance. Our commitment to accuracy and detail ensures that every insight and revelation we offer is a reflection of the celestial intricacies that shape your life.

### Our Approach

At Hermes Astrology, we take pride in our unwavering dedication to providing you with the most precise and comprehensive astrological guidance. Our approach involves a deep dive into the cosmos, meticulously charting the positions of celestial bodies and their subtle interplay.

### The Pursuit of Precision

We recognize that every birth chart is a map of your life's journey, and as such, we treat it with the utmost reverence. Our pursuit of precision is not limited to the basics; it extends to every aspect of your chart, including rare planetary configurations and fixed star influences. We believe that even the most seemingly minor celestial events can have a profound impact on your life's trajectory.

### Detail-Oriented Readings

Hermes Astrology is built on a foundation of unrivaled attention to detail. When you consult with us, you can expect in-depth, insightful readings that leave no aspect of your chart unexplored. We unravel the intricacies of your personality, relationships, and life path with meticulous care, ensuring that our insights resonate with your unique experiences.

### Experience the Difference

Discover the difference that precision and detail can make in your astrological journey with Hermes Astrology. Whether you seek clarity on your life's purpose, guidance in relationships, or insight

into your career path, our astrology practice is dedicated to providing you with a profound understanding of your celestial blueprint.

<https://hermesastrology.substack.com/>