



Hermes Astrology

# Your Roots Don't Define You

**Insights from Psychology and Astrology**

There is a quiet tyranny in the idea of roots. Family history, social class, early wounds, and past versions of ourselves are often treated as destiny rather than origin. In *Your Roots Don't Define You*, Chris Appleton dismantles this belief not through theory, but through lived transformation. His message is simple and radical: who you have been is not who you must remain.

Astrology, when practiced beyond fatalism, has always carried the same truth.

Despite popular misconceptions, astrology does not say, “This is who you are and cannot change.” It says, “This is where you entered the world—and this is how consciousness seeks to evolve through you.” Roots exist in astrology, but they are not prisons. They are starting points.

In the birth chart, roots are symbolized by the Moon and the fourth house. This is the terrain of childhood conditioning, family systems, emotional inheritance, and unconscious patterns. It describes what we absorbed before we had language or choice. Many people mistake this part of the chart for identity itself. But astrology never intended that. The Moon is not the destination; it is the soil.

Chris Appleton’s life story reflects this distinction perfectly. He does not deny where he came from. He honors it without allowing it to define his future. Astrology calls this lunar maturity: the ability to carry one’s past without being ruled by it.

Reinvention, the core promise of *Your Roots Don’t Define You*, belongs astrologically to the Sun. The Sun represents conscious identity—the self we choose to become through action, risk, and self-authorship. When people feel “boxed in,” as Appleton describes, it is often because the Sun has been subordinated to the Moon. Old emotional scripts quietly overrule present possibility.

The journey Appleton invites the listener into is a solar one: stepping out of inherited narratives and claiming authorship of the self.

Transformation at “any stage of life” is not only possible in astrology—it is expected. Saturn cycles, Uranian awakenings, and Plutonian rebirths mark periods where identity sheds its skin. Astrology does not privilege youth as the only moment of becoming. In fact, many charts show that true selfhood emerges later, once the individual has confronted fear, loss, and limitation.

Appleton’s insistence that it is never too late aligns deeply with Saturn’s higher teaching. Saturn is often feared as the planet of age and restriction, but its true gift is sovereignty. Saturn rewards those who take responsibility for their lives regardless of starting point. Reinvention that comes through Saturn is not impulsive; it is earned.

Hair, beauty, and outward appearance—central to Appleton’s professional world—also carry astrological symbolism. Venus governs beauty, aesthetics, and self-worth. But Venus is not about pleasing others; it is about value alignment. A new look, in its highest expression, is not a disguise. It is a declaration: “This is who I am now.”

When Appleton speaks of inside-out transformation, astrology recognizes this as Venus integrated with the Sun. External change becomes powerful only when it reflects internal truth. Otherwise, it remains a costume.

Fear—the fear of being too old, too late, too broken—is astrologically linked to Saturn and Pluto in their shadow forms. These fears are not warnings; they are guardians of the threshold. Pluto, especially, governs rebirth. It asks for the death of old identities so something more authentic can emerge. Most people resist Pluto and call it suffering. Appleton shows what happens when you cooperate with it instead.

The anonymous client stories woven through the book echo a universal astrological pattern: people do not transform because life becomes easy. They transform because the old self becomes unlivable. Astrology calls this necessity, not failure.

*What Your Roots Don’t Define You* ultimately affirms is the astrological truth that identity is not static. The chart is not a label; it is a living system. Transits activate dormant potentials. Choice determines expression. No placement condemns a person to smallness.

Even the most difficult roots—symbolized by a heavy Moon, a wounded fourth house, or ancestral trauma—often become the very source of mastery later in life. Astrology has always taught that the deepest gifts emerge from the places we once felt most limited.

Chris Appleton’s invitation to “take a seat in the chair” is, symbolically, an invitation to consciousness itself. To pause. To see oneself clearly. To choose again.

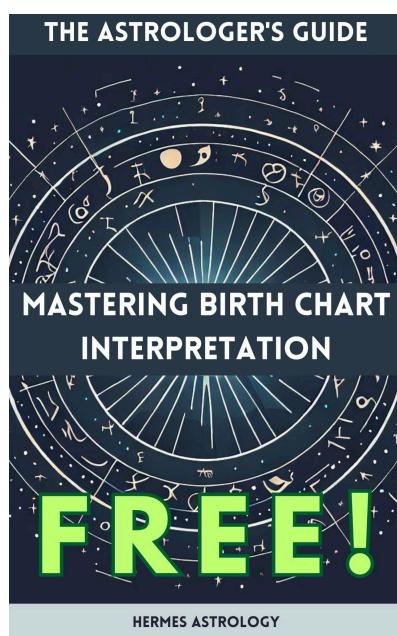
Astrology does not argue with his message. It confirms it.

Your roots explain where you started.  
They do not dictate where you end.

The chart agrees.  
So does life.

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>



## About the Author

Trusted Astrology Expert with 15,000+ Followers.

Hermes Astrology is a digital sanctuary where ancient celestial wisdom meets modern self-discovery. Named after Hermes—the divine messenger who bridges worlds—this project seeks to translate the symbolic language of the stars into practical insights for contemporary life.

### [Substack](#)

Join our newsletter for new articles and exclusive content (10,000+ Subscribers).

### [Medium](#)

Read extended articles and astrological reflections (5,000+ Followers).