



Hermes Astrology

# The Balancing Act

## Insights from Psychology and Astrology

At the heart of *The Balancing Act*, Nedra Glover Tawwab names a paradox most people feel but struggle to articulate: we need others to thrive, yet we also need ourselves to remain intact.

Too much closeness becomes suffocation.  
Too much distance becomes isolation.

Astrology has always understood this tension as **one of the central lessons of incarnation**. Long before terms like *attachment styles* or *codependency* entered modern psychology, astrology mapped this dynamic through archetypes, houses, and planetary polarity. What Tawwab calls *healthy dependency*, astrology calls **relational equilibrium**.

Not independence.  
Not fusion.  
But conscious relationship.

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## The Libra Principle: Relationship as a Living System

Astrologically, the balancing act of connection and autonomy is governed most directly by **Libra**, the sign of relationship, reciprocity, and mirroring. Libra is often misunderstood as harmony-seeking or people-pleasing, but at its core Libra asks a far more difficult question:

*How do I meet you without losing myself?*

Libra is ruled by Venus, the planet of value. This means relationship is not only about closeness—it is about **what we value enough to protect**. When boundaries are unclear, Libra collapses into accommodation. When walls are too rigid, Libra collapses into loneliness.

Healthy dependency lives in the middle space: where connection is chosen, not compulsive.

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## Attachment, Dependency, and the Moon

Where modern psychology speaks of attachment styles, astrology looks to the **Moon**. The Moon represents our emotional needs, safety responses, and early relational imprints. It is where we instinctively reach for comfort—or withdraw when comfort feels unsafe.

An unsupported Moon often oscillates between extremes:

- Overgiving to maintain closeness
- Withholding to avoid vulnerability

Tawwab's work mirrors lunar wisdom: emotional needs are not weaknesses, but they must be **consciously expressed rather than unconsciously acted out**.

Astrology does not pathologize dependency. It recognizes that humans are lunar beings by nature. The question is not whether we need others—but whether we can **name our needs without demanding that others erase themselves to meet them**.

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## Boundaries and Saturn: Structure Without Disconnection

If the Moon represents need, **Saturn** represents containment. Saturn governs boundaries, responsibility, and self-definition. In relationships, Saturn determines whether closeness feels safe or overwhelming.

When Saturn is weak or distorted, boundaries become either porous or punitive:

- Saying yes when the body says no
- Saying no when connection is actually desired

Tawwab's emphasis on boundaries aligns precisely with Saturn's role: boundaries are not walls; they are **containers that allow intimacy to last**.

Astrologically, mature relationships require Saturn to work *with* Venus, not against her. Structure must serve connection, not suppress it.

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## Codependency and the Neptune Shadow

Much of what is labeled codependency arises from **Neptune imbalance**. Neptune dissolves boundaries in the name of love, empathy, and unity. At its highest expression, Neptune allows compassion and deep emotional attunement. At its lowest, it erases selfhood.

Neptune-dominated relationships often sound spiritual or romantic but feel draining:

- “I’ll be okay once you’re okay.”
- “Your pain is my responsibility.”
- “If I leave, I’m selfish.”

Astrology recognizes that Neptune without grounding leads to sacrifice without choice. Tawwab’s work gently dismantles this illusion by reframing care as something that must include the self.

Healthy dependency requires Neptune to be anchored by Saturn—empathy held within self-respect.

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## **Autonomy and the Sun: Staying Centered in Relationship**

Where the Moon needs connection, the **Sun** needs expression. The Sun represents identity, vitality, and purpose. Relationships that eclipse the Sun lead to self-abandonment, even when they look functional on the surface.

Astrologically, losing oneself in relationship is not a moral failure; it is a solar imbalance. The Sun dims when identity is outsourced to approval, roles, or harmony at any cost.

Tawwab’s invitation to remain authentic within connection is fundamentally solar:  
to show up as a whole person, not a role.

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## **The Axis of Balance: 1st and 7th Houses**

One of astrology’s most important relational teachings lies in the **1st–7th house axis**. The 1st house represents selfhood. The 7th represents partnership. Neither exists without the other.

When the 1st house dominates, relationships feel distant or transactional.

When the 7th dominates, the self dissolves into the other.

Healthy dependency is the ability to move fluidly between these houses—sometimes prioritizing self, sometimes prioritizing bond—without making either wrong.

This is not balance as perfection.

It is balance as responsiveness.

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## Relationship as Practice, Not Identity

Both *The Balancing Act* and astrology reject the idea that relationships define who we are. Instead, relationships **reveal** who we are.

Astrology understands relationship as a mirror that exposes:

- Where we overextend
- Where we withhold
- Where we confuse closeness with safety

Tawwab's clarity mirrors this wisdom: connection thrives not when we merge, but when we meet as differentiated beings.

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## The Deeper Truth Behind Healthy Dependency

At a soul level, astrology teaches that no planet exists alone. Every function depends on relationship. Yet no planet gives up its nature to orbit another.

Healthy dependency is not about needing less.

It is about **needing honestly**.

It is about letting relationships nourish rather than define us.

Support us rather than replace us.

Challenge us rather than consume us.

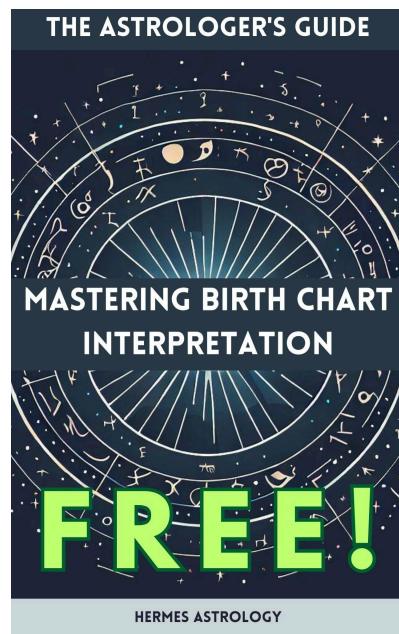
Astrology does not promise perfect relationships. It offers something more enduring: **awareness of the rhythms that govern closeness and distance.**

And when those rhythms are honored, relationship becomes what it was always meant to be:

A place where connection deepens *because* the self remains intact.

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## 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.

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