



Hermes Astrology

The Myth of Normal

Healing the Soul's Wounds in a Culture of Disconnection

Dr. Gabor Maté's *The Myth of Normal: Trauma, Illness, and Healing in a Toxic Culture* challenges one of the deepest illusions of modern life — that what we call “normal” is actually healthy. Maté argues that our society's obsession with productivity, image, and control has normalized trauma, emotional suppression, and chronic disconnection. Illness, whether mental or physical, is not an individual failure but a natural response to an unnatural world.

Astrology offers a profoundly complementary lens to this message. The birth chart reveals not only our psychological patterns but also the soul's blueprint for healing. It shows where we disconnect from our true nature (trauma), how our bodies express unprocessed emotion (illness), and where our spirit calls for reintegration (healing). Through astrology, we can see that our wounds are not random — they are symbolic, purposeful, and deeply spiritual invitations to return to wholeness.

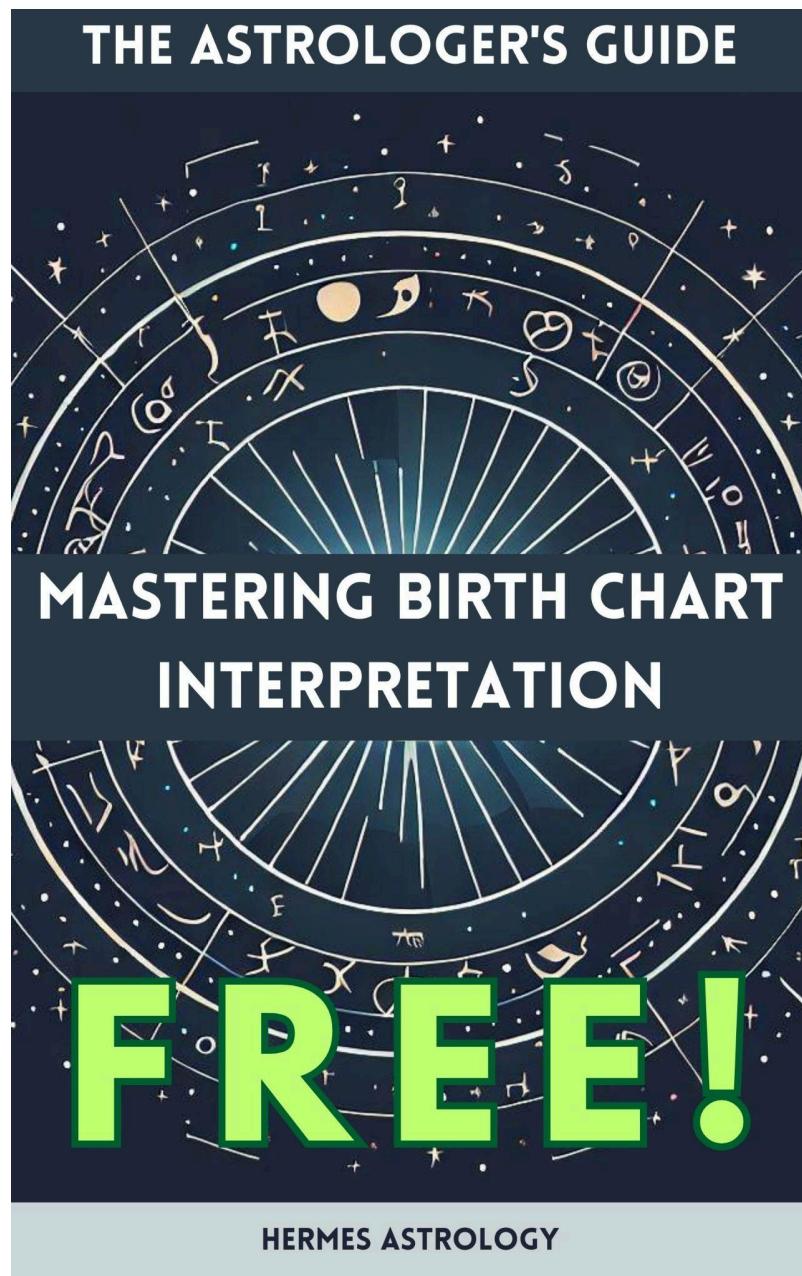
1. The Myth of Normal: Cultural Conditioning and the Twelfth House

Maté exposes how modern culture defines “normal” in ways that often go against our natural rhythms — constant busyness, emotional repression, and separation from community. In astrology, these patterns are reflected in the **Twelfth House**, the realm of the unconscious, collective suffering, and hidden wounds.

The Twelfth House symbolizes the places where we lose ourselves in the expectations of others or society. It's where we absorb collective pain without realizing it. Those with strong Twelfth House placements (Sun, Moon, or personal planets) are often empaths who sense what's wrong with the world before others do. Yet, they can easily internalize that dysfunction, mistaking cultural sickness for personal weakness.

Healing the Twelfth House means reclaiming spiritual authenticity — realizing that your sensitivity is not pathology, but perception. Maté's work helps us name this truth: the real illness is not within us, but in the system that teaches us to numb ourselves.

FREE BOOK



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<https://hermesastrology.substack.com/p/your-free-book>

2. Trauma and the Moon: Emotional Memory and Survival Instincts

According to Maté, trauma is not what happens to us — it's what happens *inside* us as a result of what happened. It's the disconnection from our emotions and authenticity. This is the domain of the **Moon**, which governs emotional needs, safety, and the imprint of early childhood.

The Moon shows how we were conditioned to feel (or suppress) emotion.

- A **Cancer Moon** may have learned to parent others at their own expense.
- A **Capricorn Moon** may have equated love with responsibility.
- A **Virgo Moon** may have sought safety through control or self-improvement.

When the Moon is wounded — by harsh aspects from Saturn, Pluto, or Neptune — it reflects emotional neglect, lack of attunement, or enmeshment. The person learns to survive by disconnecting from feeling. But healing the Moon is the path to self-reconnection: re-parenting yourself, feeling without fear, and validating the emotions that were once shamed.

Maté calls this “reclaiming authenticity.” Astrology calls it *honoring the Moon*.

3. The Body Speaks: The Sixth House and Psychosomatic Wisdom

Maté teaches that the body becomes the messenger for the soul when emotion is silenced. Illness often reflects unexpressed truth. In astrology, this corresponds to the **Sixth House** — the house of health, daily habits, and the mind-body connection.

When planets are under stress in the Sixth House, the individual may internalize emotional tension as physical symptoms. Virgo, the natural ruler of the Sixth House, seeks purity and perfection — yet this striving can turn inward as anxiety or self-criticism.

Healing the Sixth House involves rebalancing the nervous system through presence and compassion rather than control. As Maté explains, healing is not fixing yourself but *listening* to yourself — a lesson mirrored in Virgo's highest expression: mindful self-awareness.

4. The Saturn Complex: The Internalized Parent and the Pressure to Conform

Maté describes how we adapt to survive emotionally in childhood: we suppress authenticity to maintain attachment. This survival strategy often hardens into an adult identity built around performance, discipline, and “shoulds” — the domain of **Saturn**.

Saturn represents the internalized voice of authority — the parent, teacher, or system that defines what's acceptable. When Saturn's energy is rigid, it creates chronic tension between who we are and who we're expected to be. This disconnection can manifest as perfectionism, burnout, or even autoimmune illness — the body attacking itself because the psyche feels unsafe being itself.

Saturn's true purpose, however, is not repression but *integration*. As we mature, Saturn teaches boundaries, self-respect, and mastery. When healed, it transforms from a harsh critic into a wise inner guide — allowing us to honor our responsibilities without betraying our truth.

5. Pluto: The Alchemy of Trauma and the Power of Transformation

In astrology, **Pluto** rules trauma, death, rebirth, and the process of confronting what is hidden. Maté's work is Plutonic in essence — it takes us into the darkness we'd rather avoid so that we can transform it into power.

Pluto in the natal chart shows where we experience deep psychological pain and power struggles, but also where we hold immense potential for regeneration. For example:

- **Pluto in the 4th House** may indicate generational trauma and emotional inheritance.

- **Pluto in the 8th House** reflects a deep fear of vulnerability and loss of control.
- **Pluto in aspect to the Moon or Sun** suggests powerful experiences that force identity transformation.

Healing Pluto means facing the pain rather than escaping it. As Maté writes, “The attempt to escape pain only deepens it.” Astrology teaches the same truth: transformation begins when we stop resisting the death of our old identity.

6. Neptune and the Illusion of Normal

The **Neptune archetype** represents illusion, idealization, and escapism — all key themes in *The Myth of Normal*. Neptune clouds our vision, leading us to chase fantasies of perfection or numbness: the perfect job, the ideal family image, the socially approved self.

In modern culture, Neptune’s distortion manifests as spiritual bypassing, addiction, and denial of emotional truth. Yet Neptune also offers the medicine — compassion, surrender, and divine connection. Healing Neptune means dissolving illusions, not escaping reality. When we let Neptune purify instead of sedate, we awaken to the sacredness of vulnerability and the unity of all suffering.

7. Chiron: The Wounded Healer’s Journey

In astrology, **Chiron** is the living symbol of Maté’s message — the wound that becomes the source of wisdom. Chiron reveals where we carry pain that doesn’t fully heal but continually deepens our empathy and insight.

A Chiron in Aries may struggle with self-worth; in Virgo, with feeling never good enough; in Pisces, with boundary loss and sensitivity to suffering. These are not weaknesses — they are initiations. The Chiron wound transforms from personal suffering into collective medicine when we use our pain to connect rather than isolate.

Maté himself embodies Chiron energy: a healer whose understanding of trauma was born from his own wounds of disconnection.

8. Uranus: The Awakening Beyond Cultural Conditioning

If Saturn represents the system that molds us, **Uranus** represents the breakthrough that liberates us. Maté's work is revolutionary because it challenges the social systems that define "normal" — medicine, education, productivity, and even parenting.

Uranus in the chart shows where we must rebel against conditioning to reclaim authenticity. When Uranus activates through transits, we experience crises that force us to awaken — anxiety, illness, burnout, or sudden loss — all serving to shake us free from what's false.

Uranus teaches that healing sometimes requires disruption. The soul can't awaken in comfort; it awakens in truth.

9. The Fourth House and the Healing of Attachment

The **Fourth House** in astrology represents our emotional roots, family, and inner foundation. Maté emphasizes that trauma originates not in catastrophic events, but in the lack of emotional attunement during early development. The Fourth House shows what kind of nurturing we received — or didn't — and what we still seek unconsciously.

Healing the Fourth House is about cultivating inner safety — becoming the parent your younger self needed. This is where astrology and trauma healing converge: both guide us toward re-parenting the wounded parts of our psyche with compassion, patience, and unconditional love.

10. Integration: The Astrology of Healing in a Toxic Culture

Maté's message — that healing begins with reconnection — resonates with astrology's spiritual truth: all planets, signs, and houses within us must be integrated into harmony. Illness arises

from disconnection, from repressing one part of the chart to please another. Healing arises when we let every archetype express itself fully.

Astrology helps us see the story beneath the symptom. The *squares* aspects reveal tension; *trines* reveal natural flow; *oppositions* reveal the dialogues between shadow and light. Healing is not about eliminating difficulty but understanding its meaning.

In a culture that rewards suppression and performance, both astrology and Maté's work remind us: your pain is not pathology — it's communication. Your illness is not punishment — it's intelligence. Your emotions are not weakness — they are your compass home.

Conclusion: Returning to Wholeness

The Myth of Normal and astrology both call us back to our natural state — connection, presence, and authenticity. The stars do not demand perfection; they mirror our humanity. Every wound in the chart is an opening. Every shadow is an invitation to compassion.

In a world that confuses numbing with healing and productivity with worth, astrology offers the same medicine as Maté's wisdom: to listen deeply to your body, honor your emotions, and remember that your true nature is not broken — only forgotten.

Healing, then, is not about becoming someone new. It's about remembering who you were before "normal" told you otherwise.

Life Reset Reading



Are you ready for a fresh start? The Life Reset Reading is your cosmic roadmap to transformation, offering a deep dive into the celestial influences shaping your life. This reading is designed to help you break free from old patterns, navigate life's crossroads, and embrace the new opportunities awaiting you.

We begin by exploring your natal chart, the unique blueprint of your soul's journey, to uncover the core themes and lessons that have been woven into your life from birth.

During the reading, we'll dive into key areas of your life that may need a reset:

🌟 **Career & Purpose (💼):** Discover the astrological influences impacting your professional life and uncover the most auspicious times for making a career shift or pursuing new opportunities. We'll explore your Midheaven (♑) and 10th House to reveal the career path that aligns with your soul's purpose.

✨ Relationships & Love (💖): Understand the dynamics of your romantic and personal relationships through your Venus (♀) and Mars (♂) placements. Whether you're seeking new love, healing past wounds, or reigniting passion, this reading provides insights into the timing and nature of your relationships.

✨ Personal Growth & Well-Being (🌿): Explore the areas of your life where growth is most needed. We'll look at your Ascendant (♈), 1st House, and the placement of Jupiter (♃) and Saturn (♄) to understand the challenges and opportunities for expansion, discipline, and personal fulfillment.

✨ Financial Outlook (💰): Gain clarity on your financial potential by examining your 2nd House and the influences of Venus (♀) and Jupiter (♃) on your wealth and resources. Learn when to take risks and when to be cautious in your financial endeavors.

This reading is a transformative experience that empowers you to take control of your destiny. By understanding the cycles of the cosmos, you can align your actions with the universal energies, creating a life that reflects your true self. Whether you're at the beginning of a new chapter or seeking to close an old one, the Life Reset Reading offers the clarity, guidance, and inspiration you need to make bold, confident decisions.

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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.

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