



Hermes Astrology

Astrology and Connectability  
Healing the Hidden Ways We Isolate and Finding True Belonging

*“Connection is not just something you do — it’s something you allow.”*

— Anna Runkle, *Connectability*

Belonging is a basic human need, but for many, it is also one of the deepest wounds. Anna Runkle’s *Connectability* explores why so many people who long for closeness unconsciously *isolate themselves*, repeating old patterns of mistrust, shame, or fear. She reveals how trauma, family dynamics, and self-protection shape the way we relate to others — and how healing begins not with external change but with inner transformation.

Astrology, too, is a language of patterns. Our birth chart shows the ways we connect, detach, defend, and open. It reveals *where* we long to belong and *what stands in the way*. By weaving Runkle’s insights with astrology, we can understand our relational wounds more clearly — and, more importantly, how to heal them.

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## 1. The Astrology of Belonging: The 4th and 11th Houses

Anna Runkle points out that most isolation begins early: in childhood, when our nervous system learned whether people were safe or dangerous. In astrology, the **4th house** represents home, family, emotional foundations, and our *inner sense of safety*. If this house is wounded or complicated, it often reflects early attachment patterns that can lead to withdrawal or hyper-independence.

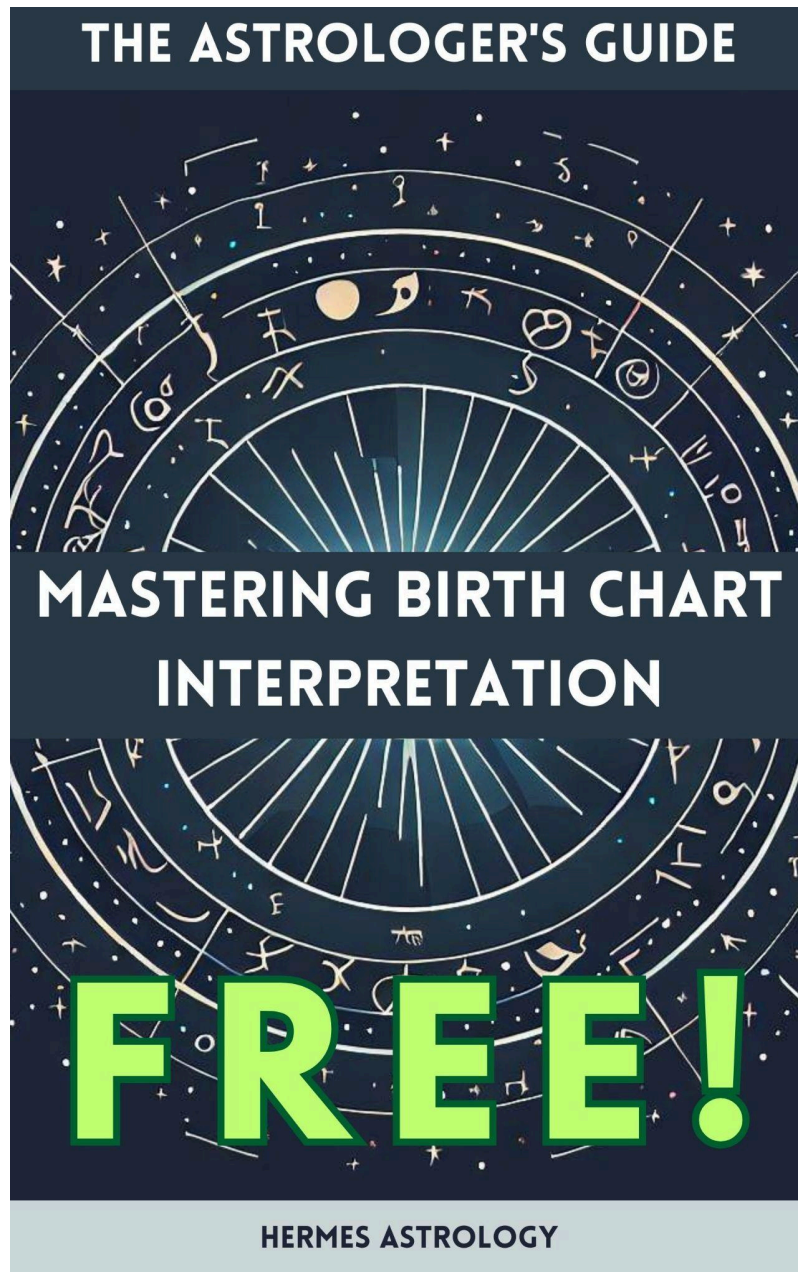
- A challenged 4th house (e.g., Saturn, Pluto, or Ketu placed there) may signal a childhood of emotional withdrawal, control, or instability — leading to an adult who feels safest alone.
- A strong 4th house often gives emotional rootedness, but it can also reflect enmeshment or fear of separation.

The **11th house**, by contrast, represents community, friends, groups, and our capacity to connect with humanity at large. It shows how we build networks and how we feel when we are part of something bigger than ourselves.

- A well-aspected 11th house can indicate ease in making friends, feeling included, and creating collective dreams.
- A tense 11th house might show social anxiety, difficulty trusting groups, or fear of rejection.

Healing “connectability” often involves reparenting the 4th house and softening defenses around the 11th — moving from *isolation born of pain* to *connection born of choice*.

**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>

## 2. The Moon and Emotional Safety

In Runkle's framework, **nervous system regulation** and emotional safety are at the heart of connection. In astrology, this is the domain of the **Moon** — our emotional body, instincts, attachment style, and unconscious needs.

- A **Cancer Moon** may crave deep safety but withdraw when hurt.
- A **Capricorn Moon** may suppress needs to avoid vulnerability.
- A **Aquarius Moon** might intellectualize feelings and keep emotional distance.
- A **Pisces Moon** may merge too quickly, losing boundaries.

When our Moon feels unsafe, our first impulse is to retreat, self-protect, or shut down — even when we want connection. Runkle calls this “protective isolation.” Astrology allows us to identify *how* we do this, giving us a personalized map to emotional healing.

Healing the Moon means:

- Recognizing old emotional defense patterns.
- Learning to create safety internally instead of waiting for others to provide it.
- Allowing connection without abandoning oneself.

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## 3. Venus and the Art of Relating

Runkle emphasizes that connection is not about pleasing others or forcing intimacy; it's about *allowing yourself to be seen as you are*. In astrology, **Venus** governs how we give and receive love, how we attract others, and how we value ourselves in relationships.

- A **Venus in Libra** may prioritize harmony and people-pleasing over authenticity.
- A **Venus in Scorpio** may fear betrayal and guard their heart behind walls.
- A **Venus in Aries** may pull away at the first sign of discomfort.
- A **Venus in Taurus** may resist change in relationships, staying safe but stuck.

Runkle's work encourages us to identify the subtle ways we block connection. Venus reveals those patterns clearly. When we begin to value our true self (Venus), we attract connections rooted in authenticity, not performance.

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#### 4. Saturn: The Armor of Isolation

Isolation isn't just emotional — it can become structural. **Saturn** in astrology shows where we build *walls* to stay safe. Saturn placements and aspects often reveal:

- Where we mistrust others.
- Where connection feels like work or risk.
- Where we fear rejection or judgment.

For example:

- **Saturn in the 7th house** can reflect fear of partnership or belief that relationships are burdensome.
- **Saturn in the 11th** can bring fear of groups and difficulty feeling like "one of the crowd."
- **Saturn aspecting Venus or the Moon** can create emotional inhibition or a sense of unworthiness.

Runkle emphasizes that these defenses were once *protective adaptations* — not flaws. Astrology helps us honor these patterns as survival strategies, then *consciously choose* whether to keep or soften them.

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## 5. Chiron and the Wound of Disconnection

If there's one point in the chart that speaks to Runkle's message most clearly, it's **Chiron**, the Wounded Healer.

Chiron shows the deepest emotional pain — often around belonging, trust, or feeling “different.”

- **Chiron in the 4th** can signal deep family wounds and a lifelong quest for emotional home.
- **Chiron in the 7th** can reflect relational wounds and fear of betrayal or abandonment.
- **Chiron in the 11th** can create feelings of being “outside” the group — the perennial outsider.

Runkle reminds us that healing these wounds doesn't mean erasing them. It means *turning toward them with compassion*. Chiron teaches that our deepest wound can become our greatest gift — we often help others heal the very pain we've carried ourselves.

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## 6. The North Node: Moving Toward Connection

The **North Node** in astrology represents the soul's growth path. For many, isolation is the South Node pattern — comfortable, familiar, protective. But the North Node points to the stretch: the growth that requires vulnerability, trust, and connection.

- **North Node in Cancer / 4th house**: learning to let others in, nurture and be nurtured.
- **North Node in Libra / 7th house**: learning partnership and shared power.

- **North Node in Aquarius / 11th house:** learning to be part of community.
- **North Node in Leo / 5th house:** learning to be seen and shine authentically.

Runkle's *Connectability* is essentially an invitation to step out of the South Node's self-protective patterns and lean into the North Node's promise of relational growth.

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## 7. From Isolation to Connection: A Practical Astrological Path

Anna Runkle teaches that connection is not about *doing more*; it's about *dismantling the hidden blocks* that keep us from receiving love. Astrology can help us make this journey intentional:

- **Moon** → Identify how your nervous system seeks safety.
  - **Venus** → Explore your love language and attachment style.
  - **Saturn** → Acknowledge where you've armored yourself.
  - **Chiron** → Sit gently with your wound of disconnection.
  - **North Node** → Move toward your soul's path of belonging.
  - **4th & 11th houses** → Heal the foundation (home) and open the door to community.
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## Conclusion: The Stars and the Soul's Need to Belong

In *Connectability*, Anna Runkle reminds us that connection is not a luxury; it's a basic human need. But many of us unconsciously block the very thing we crave. Astrology offers a mirror to see those patterns with clarity and compassion.

Your birth chart won't tell you *who* to connect with — it tells you *how* you connect and *why* you might resist it. It reveals the old



stories written into your emotional body. With awareness and gentle practice, those stories can be rewritten.

*“You were never meant to heal alone. Connection is part of the medicine.” — Anna Runkle*

## 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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