

THE ESSENTIAL
ASTROLOGY LOWDOWN
FOR REAL LIFE

THE REAL SIGN GUIDE

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ARIES



Vicki Gunvalson

"I make my own rules so don't expect me to follow yours"
Season 9, Orange County

Love her or hate her, Vicki was the FIRST! All my fellow Aries ladies can relate to that. She puts on a tough exterior, but she's a little girl underneath the many face lifts. Aries is the sign that rules the head, and Vicki likes to be at the head of everything from Coto Insurance to the next girls trip.

Energy:

You are a natural born leader, ready to lead the pack, or just lead yourself to be the first in line for that hot new spin class.

As the Mars ruled initiator of the zodiac, you are particularly gifted at beginning things; projects, relationships, and even habits. Where you need some support is in the follow-through and avoiding burnout!

With all that forward moving momentum you are bound to hit the proverbial wipe out. For you Ram, self care is about maintaining that energy level so that the world can see you continue to break down doors and shine for a long time.

Your communication style is direct and frou-frou free. Some may be intimidated by you. You probably don't even notice though, because you've got your head down and your eyes set on your goals, not the onlookers.

Your live-out-loud nature is not for everyone, but it will attract the right people. While you think you can do it all alone, you can't. As a natural born sprinter, you need support and accountability to run the marathon of life.

ARIES ✨

Self-Care Recipe:

Ruler of the head, make sure you get enough sleep, regular dental check-ups, and plenty of hydration to avoid headaches. You can go, go, go so it's important to slow down and stop pushing forward. That might be some alone time for a run, a trip to the beach, or an infrared sauna session. As the first sign of the zodiac you like to honor your individuality, so carving out solo time to take care of number one is important.

Movement:

Rest is important for you, but only after some vigorous activity. You need to sweat it out before you can chill out. Take time to go for a short run before yoga class. Or find a Yin/Yang class where you can flow and then settle into some deep, grounded stretching. You can be strong-willed, so be careful not to push yourself just to be first in class.

Essential Oils:

Wild Orange is the oil of abundance. Citrus oils are uplifting and invigorating, just like you! Blend Wild Orange with Cedarwood for some grounding and to remember that there are people in your life who need your love and attention. Cedarwood is the oil of community, perfect for Aries' who forget that all the accomplishments in the world mean nothing without their loved ones.

Mantra:

OM Gam Ganapatayeh Namaha

The Sanskrit mantra to invoke Lord Ganesha, the ruler of beginnings. Ganesha will assist us in moving forward with faith, determination, and aid us in removing the blocks that will inevitably crop up.

TAURUS



Karen Huger

"You can try to tear me down, but the Grande Dame never crumbles."

Season 4, Potomac

Karen continues to reign supreme as the grande dame of Potomac, Maryland, even when she was living in a nearby town! There has been some confusion as to whether or not Karen owns her home, but she always has an abode to welcome the girls over to when she wants to share some tea. Unfortunately, her husband had some issues with his taxes and the IRS. Karen was quick to say that wasn't her problem. She, of course, keeps her finances separate because she is a fiscally responsible Taurus. Venus in her moneymaker mode rules the stoic, stable, and steadfast sign of the bull so she was prepared with a savings account.

Energy:

As the bull you know how to stand your ground. While Taureans get a bad rap for being stubborn, the highest vibration of that determined focus is your steadiness. You are immovable in your opinions and your habits.

Taurus loves the comforts of home and indulging in the finest of luxuries when out on the town or traveling. Being ruled by Venus means you have an eye for beauty and a mind for money.

You crave security and stability, so taking big risks in the stock market may not be your path to success. You do admire tradition, prestige, and power. Your gift for manifesting abundance allows you to be generous and share your good fortune.

TAURUS

Self Care Recipe:

Take some time to unwind with a bubble bath, homemade or delivered decadent dinners, and fine wine.

Movement:

Due to your fixed nature, you may benefit from some high intensity workouts. Since luxury is important to you, you might consider joining a fancy gym or hiring a personal trainer in a state of the art facility. Once you start that healthy habit you will continue as you are the steadfast bull.

Essential Oils:

Taurus rules the throat, so it's natural that Lavender the oil of communication and expressing true thoughts and feelings is potent for you. It also serves as the go-to oil for sleep, relaxation, and stress reduction, perfect for unwinding after a long work day in that aforementioned bubble bath. Blend Lavender with Cypress to help you bring some flexibility to your mind and heart. Cypress is the oil of motion and flow, allowing you to let go of any stagnant energy that is holding you back, so that you can express yourself at your highest potential.

Mantra:

Om Shrim Maha Lakshmiyei Namaha

This Sanskrit mantra honors the goddess of abundance and prosperity in all things. Lakshmi is similar to Venus in that she bestows material wealth and romantic love. This mantra offers reverence to the energy of the Goddess and will help you align with her power in manifesting your dreams.

GEMINI



Heather Gay

"Just like my pioneer ancestors, I'm trying to blaze a new trail."

Season 1, Salt Lake City

Heather is blazing a trail in the Mormon community as a divorced Mom entrepreneur and reality star. She is defying expectations, like a true Gemini. She has her hands in many pots, but somehow she stirs them all, sometimes inadvertently. She knows what she wants when it comes to work and with her business partner, her beauty business is expanding and growing. As a Mom and as a girlfriend she is easy to talk to, having the gift of gab as so many Geminis do. When it comes to love she can be uncertain and indecisive. With so much happening in her head, as a Mercury-ruled sign, sometimes she can overthink things.

Energy:

Ruled by Mercury your mind is fast and quick to change direction. You need something to focus that mental energy in one place. Whether you're playing a musical instrument, drawing a graphic novel, or learning a foreign language; having a creative outlet is crucial for you.

While variety is appealing for you, you'll gain a significant sense of accomplishment from mastering an art or skill. Being ruler of the hands, anything that keeps them busy will be a good use of your time.

You can get a little obsessed with your iPhone and have a tendency toward information overwhelm, so taking tech breaks to do something tactile like drawing, painting, or journaling is best for your brain and your mood.

GEMINI



Self Care Recipe:

Inspire your mind. Resist the urge to check your Twitter feed. Head to the library or independent book store to pick up a scintillating crime novel, and while you're there, pick up a jigsaw puzzle. Gemini rules the hands, when your hands are busy your mind is occupied.

Movement:

Since keeping that mind busy is key, you might consider alignment-based yoga or Pilates. Both practices will bring your brain down into the tangible realms of your physical form. You'll experience the satisfaction of a good sweat while learning why your body moves the way it does.

Essential Oils:

As a mutable air sign, grounding your energy helps you in seeing things through. Douglas Fir is grounding, but also connects you with ancestral wisdom. It helps you access the greater wisdom beyond your own mental capacity, while allowing you to feel your feet planted on Earth. Combine this with Lemon, the oil of focus, and you'll be unstoppable.

Mantra:

**Om saha nav avatu
saha nau bhunaktu
saha viryam karavavahai
tejasvi navadhitam astu ma vidvishavahai
Om shanti shanti shanti**

The mantra is from the Upanishads. It asks for protection, nourishment, vitality, and wisdom. You can use it to focus the mind before you study, work, or meditate.

CANCER



Erika Jayne Girardi

"I'm an enigma, wrapped in a riddle, and cash"

Season 6, Beverly Hills

Erika gets pegged as icy, hard to crack, but that's because she's protecting her super sensitive secret self. Perhaps that is why she crafted a super sexy, put it out there, alter ego! Erika is naturally drawn to financial security, marrying someone older and established. Of course, we now know that her marriage is ending with a load of legal problems, but that is what happens when you hand over the reins to your husband/father figure. As a Cancer family is number one and having an absent father as a child means she was looking to fill that void in her adult life. While we might think of Erika as an attention-seeking shining star on stage, her favorite place to be seen is at home by the ones she loves the most.

Energy:

The mother of the zodiac. Cancer is ruled by the moon and subject to the emotional nature of the tides she rules. You get a bad rap for being sad or overly sensitive, but you don't really show that to others until they've earned access to your trusted circle.

Like the crab, you are hard on the outside and soft on the inside. You might put up a brave facade, but really feel every bump and bruise in a deep, long-lasting way.

Just because you feel deeply doesn't mean you're not strong and capable. As a Cardinal sign you can spearhead a mission and take charge too, but always with a sense of compassion.

CANCER ✨

Self-care Recipe:

It's all about home, comfort, good food, and your loved ones. A simple night with you at the stove preparing something delicious for your family, followed by a classic movie night will do the trick.

Movement:

Since you love to be home, you might consider a membership service like Online Yoga Club or YouTube videos to get your sweat going. As a water sign, heading to the beach or the pool for a swim can be healing physically as well as an emotional release.

Essential Oils:

Clary Sage is one of the most feminine oils, used throughout the cycles of a woman's life. On an energetic level, it allows you to see clearly, beyond your emotions, and keep an open mind. Along with peppermint, clary sage is useful in lifting your spirits, helping you overcome sadness or despair.

Mantra:

Ra Ma Da Sa

Ra Ma Da Sa Sa Say So Hung

The Kundalini Mantra for total healing. Honoring the sun, the moon, the earth, and the infinite reality. You are one with the cosmos.

LEO



Tinsley Mortimer

"A good set of lashes can fix anything...even a mugshot."

Season 9, New York

Leos love to love, and they are brave when falling in love! After having her heart broken by her ex-husband and even getting arrested during one of their disputes, Tins held on to hope for true love. She had a whirlwind romance with Scott, the coupon king, but we all knew he wasn't right for her. Leo ladies are top quality, no discounts here. You can tell from Tinsley's wardrobe that she loves to shop and you know she loves her lashes! Leave it to a Leo to make a grand entrance in full glam.

Energy:

The King, ahem, Queen, of the zodiac can only be ruled by the Sun, of course! Leos are represented by the Lion; think flowing mane, broad chest, and unlimited courage.

As the celebrity of the zodiac, you like to see and be seen. While the desire to be noticed can make you appear arrogant at times, your warm heart and generosity will eventually win others over, even if your showboating ways turned them off at first glance.

Like the lion you are loyal and your pride is everything. Lions are the only cats that travel in groups (referred to as prides) and you are the joiner of the Fire signs. While Aries goes it alone and Sagittarians wanderlust from one place to the next, you hold down the fort for your friends and family. Leos rule the heart, so emotional connections are important to your overall well-being.



Self-care Recipe:

A night out with your buds at an art gallery, or a night in playing hostess with the mostess. Anything that makes you feel glamorous will do. Even if you are hosting at home, put on a fancy frock and some heels. Anything that makes the crowd keep their eyes on you will light up your soul. Being ruled by the sun means you are meant to shine wherever you go.

Movement:

As a team player, ahem, leader, sports leagues are perfect for you! Whether it's dodgeball, softball, or season tickets to your favorite sports team, being a part of something makes you feel alive. If hand/eye coordination doesn't come easily, try a CrossFit box where they harness the energy of the community and hold friendly competitions. It will help you burn that excess energy you've got from living with the Sun shining on you year-round.

Essential Oils:

Rose helps you care for your brave heart. Rose oil is considered the oil of divine love and holds the honor of having the highest vibration of all essential oils. Perfect for the lion who only accepts the best.

Mantra:

**Om bhur bhuvah svah
tat savitur varenyam
bhargo devasya dhimahi
dhiyo yo nah prachodayat.**

From the sacred text, the Rig Veda, the Gayatri mantra is dedicated to the God of the Sun, Savitur. The mantra is an offering of gratitude to the Sun for bestowing its light upon us, not only as the giver of life but also as the giver of enlightenment.

VIRGO



Lisa Vanderpump

"I'm passionate about dogs, just not crazy about bitches."

Season 6, Beverly Hills

Yes she is passionate about dogs, and swans, and miniature horses too! As are most Virgos, because Virgo rules pets, along with hard work. As one of the most successful Housewives in history, on and off-screen, she never stops. From filming her spin-off, Vanderpump Rules, to opening another restaurant, to saving dogs in China. While she may be labeled the puppet master by some, Lisa is truly an Earth mama tending to her staff and her pets like she does her own children.

Energy:

Prim, proper, and perfection-seeking. Virgos often struggle with self-critique. In your righteous desire to make things meet your standards, you actually get in your own way, and possibly in the way of your friends and family too.

Virgo is an earth sign, so getting out into nature is always healing and allows you to realize you don't have to be in control all the time. Nature shows us a divine order is in place, the bud will become the flower without needing to control the process.

Ruled by Mercury, you love to express yourself through words. You might find poetry or crossword puzzles to be great channels for your abundant mental energy.

As the ruler of the 6th house and the intestines, your physical health, especially your digestive health, is top of mind. I'd say make sure you take your supplements, but I don't need to tell you that because you have no problem committing to a routine.

VIRGO ✨

Self-Care Recipe:

You need to plan for rest and relaxation. Transcendental meditation, yoga nidra, or chanting are all ways you can get out of your head and access the greater consciousness. When in doubt, retreat to your home oasis. As a Virgo, you pride yourself on having a home that is inviting, clean, and restoring to your soul.

Movement:

Your appreciation for detail needs to be a part of your workout routine. However you choose to move your body, be kind to yourself, let movement be an escape for you, not a punishment.

Alignment-based yoga practices are a great way to honor your physical body and keep your mind occupied. You may also appreciate Kundalini Yoga for its mantras and deep understanding of the subtle body.

Essential Oils:

Cilantro is the oil of releasing control. As a cleansing herb it can help you let go of old emotions and resentment stored in your body. Cilantro (diluted with carrier oil) can be rubbed on the bottoms of your feet in the morning before you start your day. You may want to include Grapefruit essential oil in your diffuser or on your pulse points during the day as it's the oil that allows us to honor and embrace your body.

Mantra:

**Om purnam adah, purnam idam, purnat purnam udachyate,
purnasya purnam adaya, purnam evavashishyate**

Everything is perfect. All is whole. This is the message of the mantra, reminding us that we are born as perfectly divine beings and will always have that source of divine light in our hearts.

LIBRA



Jackie Goldschneider

"I may be cut from a different cloth, but it's top quality fabric."

Season 1, New Jersey

Jackie wasn't so vocal her first couple of seasons on RHONJ, but she's found her voice in the form of an infamous analogy in season 11. As an attorney, she is always looking for the facts, which is one of the many reasons she was so offended when Teresa started spreading rumors about Evan (Jackie's husband) cheating. For Libras their relationships, in particular, their partnerships, are number one. They're also sticklers for fair and equal treatment. As a Libra, Jackie loves to have a buddy and her chosen bestie on the show is Aries Melissa Gorga.

Energy:

Libra you are ruled by the Goddess of beauty, Venus. In Libra, she can express herself through partnerships, art, and fashion. Having a romantic other half is par for the course for you, and when you don't have one your friends become the objects of your affection. Relating with others is like air for you. You need connection, but it's important to not lose yourself in others.

Libras have a passion for all things luxury, like their Taurus sisters. They can also show their stubborn side when it comes to fair play. As the sign symbolized by the scales of justice, you have a zero-tolerance policy when it comes to cheating or rigging the system.

It's important for you to have a partner in life and work. Put yourself in situations where you have someone to lean on, and where you can be someone's anchor too. Find a cause that inspires you and volunteer, being in a community with like-minded folks, and helping those in need will be healing for your heart.

LIBRA ✨

Self-Care Recipe:

As a person who might put others first, it's important that you have systems that support you to take care of yourself. Consider doing a KonMari cleanse of your space and keeping things tidy so that you never feel rushed or scrambled when you go to get dressed. Having a well-organized closet can feel luxurious and make the mundane moments special.

Movement:

As the bestower of balance in the zodiac, yoga is a no-brainer for you. Find a restorative or gentle class to help you ground your body in the present moment along with some breath-based meditation to honor your airy nature. Libra rules the lower back and rear end, so get that booty in shape at the barre. A ballet-inspired workout could be a great way for you to indulge your divine femininity.

Essential Oils:

As an airy romantic you need some help keeping those feet on solid earth. Frankincense is the oil of truth and originates from the sap of ancient trees in Africa. As one of the most sacred oils on the planet, it can help you connect deeper with the truth of your heart, helping you maintain your independence in a healthy relationship. Blend Frankincense with spruce for a mother nature vibe or add some floral oils like Rose or Geranium to honor your soft, feminine style.

Mantra:

Hare Rama Rama Rama, Sita Rama Rama Rama

Rama and Sita make up the divine couple, allowing you to embody the masculine and feminine within and without. Their love story is an epic tale written in the Ramayana. Only when you have a loving relationship with the divine within, can you relate another.

SCORPIO



Bethenny Frankel

"If you can't handle the truth, you can't handle me"

Season 8, New York

Bethenny doesn't care if she's too much for you, except that she really does, because under that tough exterior is a traumatized little girl, and that's why she stings! Scorpios are the most resilient people, not surprising she has continued to rise to the top amidst a terrible divorce and the death of her fiancé. She's here to attain real power, make big money, and show those that doubted her that they were wrong. When her Skinnygirl margarita got bought by Jim Beam, I'm pretty sure she knocked those 3 things off her to-do list.

Energy:

As the phoenix of the zodiac, no one can count you out Scorpio. You always bounce back, even from the most challenging of situations. You're a fiery water sign, ruled by Pluto and Mars. You're always willing to go deep, be uncomfortable, and work hard to unearth the truth. For you, connecting with the body is useful, as a water sign you're ruled by emotion. Allowing yourself to process your emotions through physical experience can be healing and rejuvenating.

You have a tendency to hold it all in and pretend everything's OK. Allow yourself to confide in a few close friends. Once you decide someone is trustworthy, be brave and let them in. Having someone to connect with sexually is important to you, even if it's not a 'til death due us part style romance.

SCORPIO

Self-Care Recipe:

Scorpio rules the reproductive organs so make sure you schedule that yearly pap smear and engage in safe sex. As the ruler of the 8th house, you oversee all things sexy, secretive, and scandalous. Reading a thrilling mystery or a romance novel on the weekend could be a perfect way for you to escape your own mental rollercoaster and relax. You may also be drawn to mysticism, tarot cards, or witchcraft as tools to help you resource your own intuition.

Movement:

Since you're so connected to spirit, you're naturally drawn to the spiritual practices of yoga. Consider Kundalini yoga, the breath and mantra will help you access both the fire and air elements, making it easier to express the things you're feeling so deeply. You might also consider a pole-dancing workout to embrace your sultry side!

Essential Oils:

Patchouli is the oil of physicality. It will help you process your emotions, stay grounded in your body, and connect with your loved ones in a healthy way. You may add Jasmine to honor your sexual nature and perhaps Bergamot the oil of self-love to remind you that you deserve to receive as much love as you give.

Mantra:

Jaya Jagadambe Ma Durga

Victory to the Mother, the Supreme Goddess. Durga is the warrior Goddess. She dispels the darkness with her light and offers protection to all who speak her name in reverence.

SAGITTARIUS

Sonja Morgan

"A little Sonja will spice up any party."

Season 5, New York



She's known as, "the straw that stirs the drink." As an enthusiastic Sag, she has a way of making any time, a good time, regardless of the circumstances. She's attracted to men from all corners of the Earth, which makes sense because her ruling planet is expansive, global Jupiter. Sonja is fascinated with people and things that come from a different place, either geographically, or philosophically. It's one of the reasons she's able to hang with John John, Madonna, as well as Ramona and Eboni. Put Sonja in any room, anywhere in the world, and she will spice it up.

Energy:

Sagittarius is everyone's favorite pal. Laidback, easy-going, honest, and fun loving. You're the life of the party.

What some might not know about you is that you have a deep thirst for knowledge. The philosopher of the zodiac, you're always on a mission to learn. You're a voracious reader, internet searcher, and documentary watcher. For you, a weekend on the couch researching and absorbing information is how you unwind. Unless you're off taking a trek in the mountains or doing a Spartan race.

You like the limelight, but you're equally happy to see your loved ones be in the spotlight too. You may take a while to settle down with the one because you're too busy having fun, seeing the world, and experiencing all the adventures to be had in this one short life. Making friends is easy for you, so you'll never be lonely.

SAGITTARIUS

Self-Care Recipe:

Learning a foreign language or traveling to a foreign land is a great way for you to unwind and escape, which you need sometimes. You have a great sense of faith, and you might even be religious or have strong spiritual leanings so a retreat to an ashram or a holistic spa weekend would be healing for your body, mind, and soul.

Movement:

As a fire sign ruled by Jupiter you might be indulgent in your appetite, so it's a good idea to have a strong exercise regimen. You might like karate or Ashtanga, as they honor tradition and mastery. Archery or shooting guns might be appealing, as these practices honor your place as the archer of the zodiac. As the ruler of the hips and thighs, you might like hitting the hiking trail or taking a bike trip on the weekend.

Essential Oils:

Frankincense is the oil of truth, helping you access your connection to spirit. You may blend good ol' Frankie with Lime, which is the oil that reminds us to revel in the gift of this life.

Mantra:

Sat Nam

Truth is my name. I align myself with truth. You are truth, I am truth, we reflect one another's truth.

CAPRICORN

Heather Dubrow

"If at first you don't succeed, try it my way."

Season 11, Orange County



Heather never shies away from telling you how it should be done. She's a born leader. Organized, diligent, focused on the goal, or in her case, the house to be built. Status and acknowledgment are important to her, which is why she made sure she had the biggest house on the highest terrain of the OC. She's an ambitious woman, which is why she never gave up her acting career and it took her having 4 children with her husband before she took his last name. You might think Heather takes it all too seriously, and she does, which is why she needs to pop a bottle of champs after another long day of selling Consult Beauté on QVC.

Energy:

Ambitious is the name of the game. A natural-born leader, you share the drive of Aries, but you also have the staying power! When others burn out you're just getting started. With your ruler Saturn giving you the gift of discernment you know how to size up the situation and seize the right moment.

You are the CEO of the zodiac. You've climbed the mountain rock by rock and made your way to the top, without anyone really even noticing. You have a tendency to keep your two feet well planted on the ground as an earth sign. No pomp and circumstance for you, just hard work and the record to show for it. While you may seek monetary gain, the goal is the main event for you. Ruler of mountains, you live for a challenge and the exhilaration that comes from achievement.

CAPRICORN ✨

Self-Care Recipe:

As the rock in your life and work, you may take on heavy burdens, so give yourself ample time to get outside and enjoy the freedom nature provides. Capricorn is ruled by the mountain goat, so get your boots and hit the trail. A weekend of hiking, camping (or glamping), and hearing the birds singing will help you release the worries of your responsibilities. Ruled by Saturn, the keeper of time, you live by your calendar, so make sure you schedule your yoga class or Peloton ride first.

Movement:

Get to the mountains! Skiing, hiking, or snowshoeing are all great ways for you to connect with your spirit and refill your cup. As a goal chaser you enjoy anything where you can check your metrics, try a HIIT class or a spin class that lets you track your progress, or just wear your heart rate monitor to track for yourself.

Essential Oils:

Wintergreen is the oil that teaches us to let go and lean into the divine. Blended with Roman Chamomile, the oil of living your soul's purpose, will help you ease the heavy burdens you bear. Add some Tangerine to liven up your mood and tap into the creativity you need to get the job done.

Mantra:

Tat Tvam Asi

Often translated from Sanskrit as thou art that. This mantra is an affirmation that your individual self is identical to the cosmic ultimate Self. While you may perceive yourself to be separate, you are simply a wave in the vast ocean.

AQUARIUS



Kenya Moore

"People may think they have me figured out, but I am always the wild card."

Season 6, Atlanta

Kenya isn't worried if you like her, because she's an Aquarius. While they care deeply for social issues and underserved groups of people; Aquarians are more consumed with their revolutionary ideas and creative musings than they are with your feelings. Kenya was born into challenging circumstances but turned it into fame as a model, actress, and Miss USA. She beats to her own drum in work and life; marrying late and having her first baby at 47! Of course, she is always the pot-stirrer, but she can't help it, as an Aquarius she sees the big picture.

Energy:

You are the freedom-loving, futuristic, innovator of the zodiac. Ruler of community, you feel deeply for "the people", even if you're not particularly close with your own family. Your ideals are what you hold sacred, and you freely express them!

You can always see the next big thing coming. You're tapped into the trends of the collective consciousness. At times you may not be tapped into other people's feelings. You prefer logic to emotions. This may be why you find it easier to connect with others through social media, technology is second nature to you. In fact, you may spearhead a political rebellion or protest with just one tweet.

AQUARIUS

Self-Care Recipe:

As the leader of the revolution, you may become isolated or lonely. It can be healing for you to connect with a community of people that share your passion for changing the world. Join a community recycling group or beach clean-up. If you need time alone you can always stimulate your mind with a non-fiction book about your cause du jour.

Movement:

Breath-based yoga is made for you airy Aquarius. Some navel pumping will allow you to ground that creative mental energy and chanting will help you transcend the limitations of your sometimes stubborn perceptions. If you're feeling anxious, switch it up, get to a restorative class and allow yourself to be held by the ground below.

Essential Oils:

Marjoram is the oil of connection, trust, and meaningful relationships. Blended with Lemon, the oil of focus, it will help you go deep with the right people and opportunities. Bring Cedarwood into the mix to honor the collective energy you thrive upon.

Mantra:

Lokah samastah sukhino bhavantu

May all beings be happy and free.

PISCES



D'Andrea Simmons

"I started from the Dallas dynasty, but I'll finish with my own empire."

Season 2, Dallas

Like most Pisces, she needs time away from the fray, and that's why she has enlisted her shaman/hairstylist Darren. In season 5 we got to see D'Andrea deepen her spiritual journey. She is sensitive and intuitive, but that doesn't keep her from having a good time. In fact, she can go overboard when the alcohol is flowing, and that makes sense because Pisces can get caught up in the moment and lose themselves. That applies to relationships as well, but luckily D'Andrea has a solid romantic partner in Jeremy. Mama Dee, on the other hand, knows no boundaries, and D'Andrea has trouble making her limits clear to her business partner Mom. In true Pisces fashion, D'Andrea is a big dreamer and her fantasies, or delusions, can be bigger than life.

Energy:

The final frontier of the zodiac, you are the last stop on the horoscope wheel. Represented by two fish swimming in opposite directions, your emotions can take you all over the place and leave you and your loved ones feeling confused.

While you yearn to be in a romantic union, it's important for you to maintain your space and independence. Once you become engulfed in someone's world, you can find it hard to separate your feelings from theirs. You also may find it hard to identify who is your friend and who is your foe.

It's not your fault, you're a dreamer. You're sometimes disappointed by the reality you're living in, which can drive you to escape your emotions using addictive substances from food, to alcohol, sex, or even exercising.

PISCES

Self-Care Recipe:

As a romantic artist at heart, it's important to love yourself! Flowers, chocolate, and a long soak in the bathtub will do the trick, along with a timeless romantic comedy like *When Harry met Sally*.

Movement:

The water is where you belong, you're a fish after all! If you can't get to the beach, get yourself to the pool. Laps, paddle boarding, water aerobics. As long as you're in the water you'll be able to process your emotions through your physical sensations and return to your life feeling grounded and at ease.

Essential Oils:

Peppermint is the oil of rising above the emotions and Clove is the oil of boundaries. Add these two to Bergamot to help you learn to accept who you are, process the experiences of the past, and dust off any of those negative vibes other people may bring around.

Mantra:

OM Shanti Shanti Shanti

May we all be at peace.

TO BE CONTINUED



Thank you for reading the Real Sign Guide!

It's been a dream come true to bring my love of astrology and The Real Housewives together. I've had so much fun making this guide.

I hope you find it useful, but also entertaining!

Interested in learning more about how astrology can help you dictate your fate?

Head on over to veronicaperretti.com to book a reading.

May you feel at peace, may you feel loved, and may your DVR never run out of space!

Love,

Veronica