

High Vibes and Hazy Thoughts

Knowing yourself through the stars

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INTRODUCTION

Every soul carries two mirrors in the cosmos — one that reflects your inner world, and one that maps your path through time.

Tropical astrology reveals the inner landscape: your emotions, your mindset, and the stories you tell yourself. It speaks to your personal evolution — how you feel, grow, and heal.

Vedic astrology, on the other hand, unfolds the outer journey: the experiences that shape you, the timing of your life events, and the karmic lessons written into your destiny. It shows what life brings to your door, and how your soul is asked to respond.

Together, these two systems don't contradict — they complete each other.

They help you see both who you are (Tropical) and why life unfolds as it does (Vedic).

This journal is your space to explore both mirrors — to notice where your inner story meets your soul's timeline, where your healing aligns with your higher purpose, and what your Big 3 (your Sun, Moon, and Rising) reveal about your journey between the self and the soul.

You can find links to different websites to help you find your charts for both systems here:

<https://www.vibesandthoughts.com/podcast/vedic-and-modern-paths/>

Journal Prompts: Exploring Your Big 3 in Both Systems

1. The Sun — Identity & Expression

Tropical: How do I see myself and what drives me to shine?

When do I feel most alive or in alignment with my truth?

Vedic: What life situations have tested or redirected my sense of purpose?

What karmic themes seem to repeat until I learn their lesson?

2. The Moon — Emotions & Inner World

Tropical: How do I process and express my emotions?

What environments or people make me feel safe and nurtured?

Vedic: How have emotional challenges shaped my spiritual growth?

What patterns in my emotional life might be linked to past karma or ancestral stories?

3. The Rising — Life Path & First Impressions

Tropical: How do others perceive me, and how do I want to show up in the world?

What image or energy do I naturally project without trying?

Vedic: What lessons or challenges seem to define the path I walk in this lifetime?
How do the people or opportunities I attract guide me toward my dharma
(soul purpose)?

Integration Reflection

What patterns have I noticed between my Tropical and Vedic placements?

What lessons feel “complete” and what cycles might still be unfolding?

What do I now understand about my shadow and my light?

“I honor the balance of my inner world and outer path. I am both the dreamer and the destiny.”