

The Clarity Code:

Making Decisions That Align With You

Navigating Life With Confidence Using Astrology's Four Elements.

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Purpose of This Document:

We all have a unique way of looking at life, which often differs from everyone else's perspective. As a result, we approach life—whether it's tidying our rooms or navigating difficult situations—in different ways. At some point, you may have been told the "right way" to do something or even the "right way" to live life. Seeking advice and guidance is perfectly fine and often helpful, but blindly following someone else's recommendations can sometimes do more harm than good. Consider the following scenarios:

In relationships:

"You shouldn't be too picky, or you'll end up alone."

In parenting:

"You shouldn't let them see you struggle—they need to see you as strong."
And the list goes on.

Now, don't get me wrong. For some people, these recommendations do work, and that's perfectly okay. If a piece of advice helps you and puts you on the right path, then I'm all for it.

But here's the key point:

What works for one person does not always work for another.

It's fine to give things a try, but we need to make a distinction between what works for us and what works for others. Notice the repeated use of the word "**should**" in the examples above. This word often implies, "This process works for me, so it should work for you too." But the truth is, no two individuals are the same. For instance, if a friend tells you to buy a new car because it made them happy, you might follow their advice, only to find yourself stressed over financing and no happier than before. Their solution worked for them but not for you. This highlights the importance of tuning into your own process and trusting your ability to make decisions that align with your unique needs and circumstances.

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“You Do You”: Tuning Into Your Own Process

You may have heard phrases like “You do you” or “Whatever floats your boat.” These sayings can evoke a sense of relief, as though you’re being given permission to be yourself and follow your instincts. What’s happening here is that you’re recognising your ability to approach situations in a way that is right for you. This sense of security in your own decision-making comes from trusting your innate clarity and process.

In this guide, we’ll explore how to better tune into this sense of security and make decisions confidently. You’ll learn how to consider advice from others without letting “**should**” statements overshadow your personal clarity. To help with this, we’ll use the framework of **Astrological Sun Signs** as a starting point to understand decision-making processes.

Our Clarity vs. The Clarity of Others:

When we follow others’ recommendations without understanding if they truly work for us, we rely on their clarity rather than our own. While this can occasionally lead to positive outcomes, it often prevents us from connecting with ourselves and our needs. So, how can we start understanding our choices better?

The first step in improving your decision-making process is understanding the **element of your Sun Sign**.

Your Sun Sign represents a portion of your psyche but does not dictate your thoughts, feelings, and behaviours entirely. The purpose of this guide is to help you understand this part of yourself better so that you can make decisions that are more likely to work in your favor. Even if the improvement is just 10%, it can still make a significant difference.

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Sun Signs: A Framework for Personal Clarity

Your Sun Sign represents a significant part of your personality, as well as your inner and outer awareness. Think of your Sun Sign as a **flashlight** that shines light on your unique perspective. By understanding the element associated with your Sun Sign, you can gain insight into how you naturally approach decisions and perceive the world.

Before we dive into common descriptions of Sun Signs, we need to understand how to interpret them properly. In this guide, we will focus on the **element** your Sun Sign is placed in. The four elements in astrology—Earth, Water, Air, and Fire—represent different dimensions of consciousness. Your Sun Sign's element is the dominant lens through which you make decisions and navigate life.

Imagine your Sun Sign as a flashlight with a coloured filter. If you are an Aries Sun, your element is Fire. Your metaphorical flashlight would have a **Fire-Coloured filter**, influencing how you see and respond to the world.



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The Four Elements and Decision-Making Strategies:

Sun Sign	Element	How You See Reality	Decision-Making Strategy
Aries, Leo, Sagittarius	FIRE	High energy, passion, action, and a desire for immediate results	Make decisions quickly, focusing on actions that bring excitement and immediate gratification.
Taurus, Virgo, Capricorn	EARTH	Groundedness, practicality, and stability	Ground yourself in facts and practical considerations. Take your time and ensure your decisions are stable and realistic.
Gemini, Libra, Aquarius	AIR	Intellectual, adaptable, communicative, and open-minded	Explore all possibilities and gather information. Make decisions that align with your need for freedom and adaptability.
Cancer, Scorpio, Pisces	WATER	Intuitive, emotional, and reflective	Trust your intuition and emotions. Ensure your decisions feel right and align with your inner sense of ease.

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A Great Analogy for Understanding the Elements:

Imagine an image of a **deer in the forest**. Different people might focus on different aspects of the image—the deer, the sunlight, or the lake. Now, let's pretend that each of the elements were individuals interpreting this image:

Fire	"I love the sunshine and the energy of this scene. It's full of life!"
Earth	"The trees and landscape feel grounding and serene."
Air	"The open space and balance between everything is captivating. There's so much freedom here."
Water	"The lake feels calming. I wonder how the deer is experiencing this moment."

Each element perceives reality through its own filter. Now, imagine the Water element seeking advice from the others. The responses might be:

- **Earth:** "You should focus on the trees and landscape. That worked for me."
- **Fire:** "Or you should look at the sunshine and energy—it's amazing!"
- **Air:** "I think you should focus on the open space and balance instead."

Although these suggestions work for each of them, **Water** may become confused or frustrated because it naturally experiences reality through emotions and intuition. Similarly, we often struggle when we adopt advice that doesn't align with our true nature. This is why understanding your **own process** is so important.

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Conclusion:

Understanding your **Sun Sign and its element** can help you tune into your natural decision-making process. By recognizing what works for you, you can approach life's challenges with clarity and confidence rather than relying solely on others' advice. Remember, **your path is uniquely yours**—trust your inner flashlight to guide you toward decisions that align with your highest good.

That said, this is just the starting point. Your **Sun Sign is only the tip of the iceberg**—a valuable first step in self-awareness, but not the whole picture. Your full natal chart offers a deeper understanding of how you think and operate. Without it, decision-making may involve some trial and error, but your Sun Sign provides an excellent foundation.

What Next?

This guide serves as a stepping stone to help you make better decisions. For deeper clarity and insight into your life's path, feel free to visit my website to **BOOK a FREE 20-Minute Introductory Session:**

👉 www.peteremilio.com



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