

CHIRON IN TAURUS

Healing the Wound of Worth

2026 — 2034



A Personal Healing Workbook

An introduction for every student of the stars



Spirit-led. Star-guided.

Welcome — How to Use This Workbook

This workbook is your personal companion to the Chiron in Taurus transit. A healing journey that runs from 2026 through 2034. You don't need to know a lot about astrology to use it. You just need to be willing to be honest with yourself.

Each section has two things: a short explanation of what's happening in the sky, and reflection questions to help you connect it to your own life. There are no right or wrong answers here. Write whatever comes up, even if it surprises you.

You don't need to do this all at once. This transit lasts eight years. Come back to different sections as life unfolds. Some pages will speak to you right away. Others may take time to open.

One Thing to Look Up Before You Start

To get the most from this workbook, find one piece of information in your birth chart:

◆ Which house(s) does Taurus fall in for you?

Pull up your birth chart (astro.com is a free resource (using Placidus houses) and look for the Taurus symbol . The number of the house it falls in is your personal healing zone for this entire transit. Write it here:

My Taurus house:

My natal Chiron sign:

My natal Chiron house:

Section One: What Is Chiron?

Chiron is a small celestial body orbiting between Saturn and Uranus. In astrology, it represents the place in our chart where we carry our deepest wound and also our greatest potential for wisdom and healing.

The Story

Chiron comes from Greek mythology. He was a centaur — half human, half horse — known as the wisest and most gifted healer of his time. He taught medicine, music, archery, and philosophy to heroes like Achilles and Hercules.

But Chiron carried an incurable wound of his own. He was accidentally struck by a poisoned arrow from one of his own students — a wound he could not heal, even with all his skill. He lived with that wound for the rest of his life. And yet he kept teaching. He kept healing others. The wound did not stop him. It deepened him.

That is the essence of Chiron in your chart: the place where you have been hurt in a way that feels impossible to fully fix.

Key Ideas to Know

The Wound

The area of life where you feel tender, inadequate, or like something is fundamentally broken or missing.

The Healer

Over time, the wound becomes a source of wisdom. The things you've struggled with most become your greatest gifts to others.

The Medicine

What Chiron in Taurus offers as healing — slowness, the body, self-worth, beauty, earth, patience, and genuine self-care.

Reflect: Your First Thoughts

Before we go any further — when you hear 'the wound you carry,' what comes up for you? What is the first thing that comes to mind?

Is there an area of your life where you feel like you're always struggling, no matter what you do?
Where does the ache live?

Section Two: The Sign and the House

There are two things that tell us how Chiron works in your life: the sign it's in, and the house it's in. These are different, and both matter.

The House = The Wound	The Sign = The Medicine
The house tells you WHERE in your life the wound lives. Which area of life feels the most tender, the most complicated, the most like an ongoing struggle.	The sign tells you HOW to heal. With Chiron now moving into Taurus, the medicine for everyone is the same: slowness, the body, self-worth, earth, beauty, and patience.

Taurus as Healing Medicine

No matter which house Chiron lands in for you personally, the medicine it is offering right now is Taurus medicine. That means:

◆ **Slowing down**

Taurus does not rush. The healing that is available now comes through patience, not pushing.

◆ **Coming home to your body**

Taurus is an earth sign. It heals through the physical; rest, nourishment, movement that feels good, time in nature.

◆ **Knowing your own worth**

Taurus is ruled by Venus. At the heart of this transit is a simple but profound question: Do you believe you are worth caring for?

◆ **Living your own values**

Taurus asks: What do YOU actually value? Not what you've been told to value. What truly matters to you?

◆ **Using your voice**

Taurus rules the throat. Part of this healing may involve speaking up, saying what you need, what you value, what is true for you.

Reflect: The Medicine

Of the five Taurus medicines listed above, which one feels most needed in your life right now? Why?

Which one feels most difficult or uncomfortable for you? What do you think makes it hard?

Section Three: What the Wound Might Feel Like

Chiron in Taurus touches on a specific set of tender spots. Read through each theme below. Not all of them will feel equally charged for you — notice which ones make you pause, feel a little tight in the chest, or want to skip over. Those are yours.

Self-Worth — Am I Enough?

The quiet, persistent feeling that you are somehow not quite enough — not good enough, not worthy of love, not deserving of good things.

This is one of the most common Chiron in Taurus themes. It often doesn't feel like low self-esteem. It's more subtle than that. It shows up as:

- ◆ Constantly putting others' needs before your own
- ◆ Deflecting compliments or having trouble receiving kindness
- ◆ Working harder than necessary to prove your value
- ◆ Feeling like you have to earn love or belonging

Where does the 'not enough' feeling show up most in your life right now?

What would it feel like to genuinely believe you were enough, exactly as you are?

Your Body — Is It a Home?

Chiron in Taurus often shows up as a complicated relationship with the physical body; difficulty feeling at home in it, health struggles, or disconnection from physical needs.

This might look like:

- ◆ Ignoring your body's signals (hunger, tiredness, pain) until they become impossible to ignore
- ◆ Feeling ashamed of your body or at war with how it looks or functions

- ◆ Difficulty resting without guilt
- ◆ A history of chronic illness or physical symptoms with no clear cause

What is your honest relationship with your body right now? Is it a home, a burden, or something else?

What is one thing your body has been asking for that you haven't given it?

Money and Resources — Is There Enough?

Chiron in Taurus touches the wound of scarcity — the fear that there is never quite enough, or the guilt around having more than others, or the belief that you don't deserve financial comfort.

This might look like:

- ◆ Chronic worry about money even when things are okay
- ◆ Guilt around spending on yourself
- ◆ Giving money away before your own needs are met
- ◆ A deep belief that financial struggle is just 'who you are'
- ◆ Difficulty charging what your work is worth

What emotions come up when you think about money?

Did your family have a story about money — that it was scarce, dangerous, unspiritual, or hard to come by? How has that story lived in you?

Your Voice — Do You Allow Yourself to Be Heard?

Taurus rules the throat. Chiron here often shows up as a wound around speaking up, being heard, or trusting that what you have to say matters.

This might look like:

- ◆ Staying quiet when you have something important to say
- ◆ Apologizing before you speak
- ◆ Feeling like your opinions or needs are not important enough to express
- ◆ Swallowing what is true for you to keep the peace

Is there something you've been wanting to say — to someone, or out loud in general — that you haven't said yet?

What would you speak more freely if you truly believed your voice had value?

Pleasure and Receiving — Are You Allowed to Have Good Things?

One of the most overlooked Chiron in Taurus wounds: the inability to receive — to let good things in, to enjoy comfort without guilt, to allow yourself to be cared for.

Do you find it easy or hard to receive — compliments, help, gifts, love? What happens inside you when someone offers you care?

What would it mean to give yourself permission to enjoy your life — to rest, to receive, to simply be — without guilt?

Section Four: Your House — Where the Healing Lands

Find the house where Taurus falls in your birth chart. That is the specific area of your life where Chiron's healing work will be most active over the next seven years.

Read your house below, then answer the reflection questions that follow.

1st House

Your body and your identity.

The wound here is about being comfortable in your own skin. Feeling at home in your body and secure in who you are.

Reflect: How do you feel about the way you show up in the world? Are you comfortable being seen?

2nd House

Money, self-worth, and your personal resources.

This is the most direct Chiron in Taurus placement. The wound lives squarely in self-worth and your relationship with money and what you have.

Reflect: Do you feel like you are worth the good things in your life? Where does scarcity thinking show up most for you?

3rd House

Communication, your voice, everyday conversations, and your local world.

The wound is around being heard and believed. Trusting that what you have to say matters.

Reflect: Where do you hold back in conversation? Whose voice have you been giving more authority than your own?

4th House

Home, family, roots, and your sense of belonging.

The wound lives in the foundation. Feeling truly at home, safe, and rooted. There may be family patterns around worth or scarcity to examine.

Reflect: What does 'home' feel like to you emotionally? Where do you feel most safe?

5th House

Creativity, joy, play, and self-expression.

The wound is around believing your creative gifts and your joy have genuine value.

Reflect: Do you allow yourself to play and create freely? What stops you from expressing yourself fully?

6th House

Health, daily routines, work, and how you take care of yourself.

The wound shows up as giving more to others than to yourself, difficulty resting, or health issues that demand attention.

Reflect: Are you caring for yourself as well as you care for others? What does your body need from your daily routine?

7th House

Relationships and partnerships; romantic, business, and close friendships.

The wound is mirrored through your relationships. Worth wounds often attract partners who reflect them back.

Reflect: Do your closest relationships feel like equal exchanges? Where do you give more than you receive?

8th House

Shared resources, deep intimacy, transformation, and what belongs to both of you.

The wound is around letting others in and trusting enough to share deeply, receive fully, and allow yourself to be changed by love.

Reflect: Is it easier for you to give or to receive in your closest relationships? What makes receiving feel vulnerable?

9th House

Your beliefs, your philosophy, teachers, travel, and the meaning you make of life.

The wound is around trusting your own wisdom and truth. Relying on your own experience rather than always deferring to others.

Reflect: Do you trust your own perspective and life experience as valid? Whose belief system are you still living by that may not actually be yours?

10th House

Career, public life, reputation, and your contribution to the world.

The wound is about whether you believe your work and your presence in the world have genuine value and legitimacy.

Reflect: Do you feel like you truly belong in the work you do? Where does imposter syndrome show up for you?

11th House

Community, friendships, social causes, and your sense of belonging to something larger.

The wound is around feeling truly welcomed and valued in community — being able to receive from groups, not just give to them.

Reflect: Do you feel genuinely seen and valued in your communities? Is it easy to let people support you?

12th House

The unconscious, hidden patterns, spirituality, solitude, and what is unseen.

The wound is hidden so this may be the hardest to see, but often the deepest. Old patterns around worth and the body may live below the surface.

Reflect: What patterns keep repeating in your life that you can't quite explain? What might be ready to surface and be released?

Section Five: What's Happening & When

It helps to know the big picture of this transit so you can work with it consciously, not just react to it.

Date	What's Happening
June 19, 2026	Chiron enters Taurus for the first time. The healing invitation arrives. You may start to feel new themes stirring around worth, the body, or resources.
September 17, 2026	Chiron retrogrades back into Aries. This is a review period — a chance to finish up any healing work from the last eight years before fully moving into Taurus territory.
April 14, 2027	Chiron re-enters Taurus for good. The full healing arc begins in earnest.
2033–2034	Chiron completes its journey through Taurus and prepares to move into Gemini. A natural completion point for this healing cycle.

A Note About Retrograde

When a planet goes retrograde, it appears to move backward in the sky. It's not actually moving backward. It's a visual effect from our perspective on Earth. In astrology, retrograde periods are times to review, revisit, and integrate. When Chiron goes back into Aries in September 2026, treat it as a gift and extra time to tie up loose ends before the new healing chapter fully begins.

Reflect: The Timeline

What was happening in your life in 2018, when Chiron first entered Aries? What themes around identity or self-assertion were alive for you then?

What are you hoping to heal or transform by the time Chiron leaves Taurus in 2034? Dream big.

Section Six: Working with This Energy

You don't have to wait for something dramatic to happen to begin this healing work. In fact, Taurus energy specifically asks you NOT to rush. The healing that's available now comes through small, consistent, embodied choices.

Taurus Healing Practices — Simple and Grounded

These are not big, heroic acts. They are small, daily invitations that Chiron in Taurus is extending to you:

Rest without guilt

Take a nap. Go to bed earlier. Sit without doing anything. Practice the radical act of stopping.

Spend time in nature

Bare feet on grass. A walk without your phone. Sitting by water. The earth is medicine right now.

Nourish your body intentionally

Cook a meal with care. Eat slowly. Drink enough water. Treat feeding yourself as sacred.

Make something beautiful

Arrange flowers. Rearrange a room. Draw. Garden. Create something just because it pleases you.

Speak one true thing

Say something you've been holding back. Set one small boundary. Ask for what you need.

Practice receiving

Say yes when someone offers help. Accept a compliment without deflecting. Let yourself be cared for.

Sit with what you value

Write down what really matters to you.

My Commitments

Choose two or three practices above that feel most needed for you right now. Write them below as a personal commitment.

I am willing to practice:

What I'm hoping this practice gives me:

Section Seven: The Gift on the Other Side

What we heal in ourselves, we can offer to others. The wound becomes the credential. The thing you've struggled with most becomes the thing you understand most deeply and can help others with.

This transit is not about becoming someone different. It's about becoming more fully yourself. More rooted in your own worth, comfortable in your own body, clear about your own values, and free to receive the good things life is trying to give you.

By the time Chiron leaves Taurus in 2034, the healing that is available now can look like:

- ◆ A genuine, settled sense of your own worth. One that doesn't depend on what you produce or how much you do for others
- ◆ A body that feels more like a home than a problem
- ◆ A healthier, more peaceful relationship with money and resources
- ◆ A voice you use freely, because you know what you have to say matters
- ◆ The capacity to receive love, help, and care without pushing it away
- ◆ A life that actually reflects what you value

Final Reflection

If you were fully healed in the areas this workbook touched on, what would your daily life look and feel like?

What is one small act of self-worth you could do today?

What wound are you ready to stop carrying alone?



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