



Mars in the Zodiac Signs – Body, Will, Action, Combat

Sign	Light Side	Shadow Side
Aries ♈	Athletic, energetic, combative, strong-willed, assertive	Hasty, unstrategic, aggressive, heat-related inflammations
Taurus ♉	Physically robust, enduring, steadfast, goal-oriented, stable	Sluggish, immobile, lethargic, overweight, rigid
Gemini ♊	Agile, quick, mentally alert, tactically skilled, nimble	Fickle, weak focus, nervous problems
Cancer ♋	Persistent, intuitive emotional strategies, protective	Overly cautious, defensive, gland and duct issues
Leo ♌	Fearless, powerful action, strong leadership, original strategies	Excessive impulsivity, injury risk, cardiovascular strain
Virgo ♍	Very clean, efficient movements, high endurance, clear strategy, body-aware	Overthinking → too little action, stress, psychosomatic complaints, nerves, inhibited
Libra ♎	Elegant, balanced movements, creative, smart solutions, good body awareness	Wavering → slow reactions → missed opportunities, suppressed anger → tension
Scorpio ♏	Willpower, enormous persistence, uncompromising strategic actions	Extreme physical strain → injury risk (e.g., tendons, muscles, organs under chronic stress)
Sagittarius ♐	Joy of movement, motivation, optimistic fighting spirit	Impulsive rushing, exaggeration, overweight, excess
Capricorn ♑	Discipline, resilience, self-control, effective, pragmatic solutions	Hardening/rigidity → tension, joint issues (bones), stubbornness, rigidity
Aquarius ♒	Innovative strategies, fast action, strong nerves	Nervousness → strong electric tension → muscle/nerv tension
Pisces ♓	Instinctive actions, unusual, creative strategies	Unclear actions, escape tendencies, risk of addiction, lack of focus