



# WHY YOU CAN'T LET THEM GO

7 Astrological Signs of a Karmic Bond



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# WELCOME

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Every day I receive messages from women asking the same questions:

“Does he love me?”

“Why does this feel so intense?”

“Why can’t I let go, even though I know this isn’t good for me?”

“Why do I feel this more than he does?”

These questions inspired me to write this guide. Because behind every intense connection there is often an astrological pattern, pattern that helps explain the

emotional pull, the obsession, the magnetic chemistry, the intensity, and why some relationships become on and off like a rollercoaster.

This guide is for anyone who has experienced a connection that didn't feel normal, for those who have questioned their own sanity, their attachment, or their judgment. It will help you understand how karmic activation works in synastry, but also when what you are experiencing is not only about synastry, and may be connected to someone's emotional patterns shown in their birth chart.

Before we go into synastry, I want to start with something very important. Many people who come to me for relationship readings are dealing with partners who feel emotionally unavailable or inconsistent. Sometimes what you experience in the connection does not come only from synastry, but from the other person's ability to build a stable relationship. So before we look at karmic indicators in synastry, it helps to first understand what patterns in someone's birth chart may point to avoidant behaviour, what you can realistically expect from this dynamic, and why it can feel so difficult to move on.

# AVOIDANT PATTERNS IN THE BIRTH CHART

People with confusing connections often check synastry to see if the other person feels something and if there is attraction between them. But the truth is that if your partner has avoidant traits, sometimes the stronger the synastry you have, the more he may pull away. This happens because the connection activates real emotions in him, and he may have learned early in life that emotions are not safe and need to be suppressed. Let me explain how this works.

Sometimes strong synastry activates emotions in someone who did not experience emotional closeness as safe earlier in life. People with certain birth chart placements may have grown up in an environment that felt emotionally cold or distant. In some cases their basic needs for love and security were not fully met. This can create a deep sense that something is wrong with them or that they are not truly accepted as they are, they often learn to suppress their emotions very early in life. Feelings may begin to feel overwhelming or unsafe, so controlling them becomes a way to cope.

When a strong connection activates real emotions in them, their instinct is often to withdraw. You may feel that there are moments of real closeness, that you truly connect, and then suddenly he behaves as if you were strangers. At that point you may start wondering if those moments were real or if you imagined them.

This does not usually mean the connection was not real for them. Very often the opposite is true, because the connection felt real and they allowed themselves to become vulnerable for a moment, the experience of closeness may

suddenly feel frightening. As a result they may pull away even though something meaningful was happening between you. He may feel safer keeping the relationship in a grey zone because in this way he does not have to deal with the emotions that you bring up in him.

When you experience something genuine together it is natural to hold on to the hope that one day the other person will stop denying what he feels and the relationship will finally become stable. But very often what keeps the connection active for so long is not only the feelings. It is also the lack of a clear ending and the mixed signals. Uncertainty is one of the hardest things for the brain to process. When there is no clear closure the mind keeps returning to the connection trying to understand what really happened and what it meant, at some point it becomes important to ask yourself a different question. Not only what does he feel, but also Do I want to stay in a connection where my needs are not fully met? How much longer am I willing to wait? It is possible to have strong feelings for someone and still choose yourself consciously.

## **Birth chart patterns that may point to avoidant emotional dynamics**

Some of the placements I often see in charts of emotionally avoidant partners include

Moon in hard aspect to Saturn  
Moon in conjunction to Chiron  
Moon conjunct the South Node  
Venus in hard aspect to Saturn  
Venus/ Moon / Mars in hard aspect to Uranus  
Strong twelfth house emphasis  
Strong eighth house activation

These placements do not mean someone cannot love or build a relationship. They often show that closeness may feel difficult or overwhelming, and that emotional connection can activate fear as much as attraction. Strong synastry can sometimes activate deep feelings but still not lead to a stable relationship if the person is not ready to stay emotionally present.

Sometimes emotional intensity comes from synastry, but sometimes it comes from emotional patterns already present in someone's birth chart. This guide can help you recognise the pattern, but only a personal relationship reading where both birth charts and the synastry between them are looked at together, can show what this connection really is and what it means for your future.

Now let's look at the synastry aspects that can activate karmic themes in a connection and explain why some relationships feel so intense and difficult to forget.

## NEPTUNE IN SYNASTRY

When Neptune touches another person's planet ( Sun, Moon, Venus, Mars, Mercury), or Ascendant in synastry, especially through conjunction, square, or opposition, we step into a Neptune-themed relationship. The heavier aspects (square, opposition, tight conjunctions) tend to be the most challenging in compatibility, while sextiles and trines usually bring more compassionate, gentle, and empathetic vibrations.

These connections often feel magical, or destined. There's usually a sense of deep compassion, soul recognition, or even spiritual attraction. When we experience a Neptune-themed relationship, it can feel like meeting a soulmate. The connection is often deeply emotional, with an almost telepathic sensitivity to each other's feelings and needs. There may be a sense of compassion, pity, or obligation, especially felt by the planet/Ascendant person toward the Neptune person, though sometimes it works in reverse.

From a karmic perspective, it can feel as if you owe this person something from a past life. This sense of indebtedness can make you overly forgiving, tolerant, or self-sacrificing in the relationship. Often there is a desire to help, save, or heal the Neptune person, which can become an obsession if not balanced.

One of the greatest challenges of Neptune in synastry is idealization. The planet person may not see Neptune clearly, projecting onto them what they wish

they were, instead of who they truly are. These relationships can become addictive or obsessive, filled with mixed signals and unspoken feelings.

The Neptune person may avoid serious conversations, communicate vaguely, or fail to fully commit, leaving the other partner hooked by hope and waiting for clarity that never comes. Often these connections are complicated by external obstacles: long distance, an existing marriage, or other circumstances that prevent full union. These obstacles, combined with projection and longing, create a cocktail of infatuation that is hard to let go of.

On a higher level, Neptune opens the heart. The Neptune person can inspire deep compassion, generosity, and unconditional love. They show us that there is something beyond ordinary reality, a spiritual connection that nourishes the soul.

Even the most practical or materialistic person can be softened by Neptune's touch. A hardened realist or a busy businessperson may suddenly feel inspired to write poetry, create art, sing, or give more freely of themselves. Neptune brings imagination, creativity, and a reminder that life is not only about material achievements, but about connection, love, and spirit.

Neptune in synastry teaches us the delicate balance between unconditional love and healthy boundaries. The karmic theme often revolves around learning to see others clearly, not just through the lens of our dreams or desires. The lesson is to embrace compassion without losing yourself in illusion, and to allow spiritual love to exist alongside emotional clarity.

## PLUTO IN SYNASTRY

When Pluto touches another person's planet ( Sun, Moon, Venus, Mars, Mercury) or Ascendant in synastry, we step into one of the most karmic and life-changing dynamics in astrology. These relationships are never light, they awaken deep passion, intense emotions, and sometimes fear. They can feel like destiny, with an undeniable magnetic pull that is impossible to ignore.

From a karmic perspective, Pluto connections often bring up lessons around independence and boundaries. The repeating pattern is the need for one or both people to learn how to live as independent beings, while allowing the other to grow in their own natural way. In past lives, these souls may have experienced relationships where individuality was lost, where one person absorbed the other, or there was dependency, possessiveness, or even manipulation.

Pluto-themed relationships often involve power struggles. In many cases, the Pluto person holds an invisible power over the other, maintained not through obvious control, but through raw magnetism. The planet/Ascendant person may feel both drawn to and overwhelmed by the intensity. These dynamics can mirror past-life patterns such as mother–child bonds, lovers who possessed one another entirely, or even master–servant roles. Whether love or hate, the emotions Pluto awakens are always extreme.

The Pluto person often awakens parts of the other person they didn't even know existed. They can trigger jealousy, obsession, rage, or overwhelming

desire. On a karmic level, Pluto forces us to confront the shadow side of yourself — the fears, wounds, and traumas we might prefer to avoid. Pluto can stir up buried pain, magnify insecurities, and escalate hidden struggles such as phobias or addictions. At its most destructive, these relationships can feel consuming or toxic, pulling people into cycles of dependency or emotional turmoil.

Despite the intensity, Pluto's role is not purely destructive. These relationships can be profoundly healing if the energy is used consciously. Pluto teaches us about the responsible use of power, to transform, to heal, and to empower rather than control.

Pluto can awaken a powerful desire for growth, self-discovery, and even taboo or hidden aspects of life. Sexuality, intimacy, and raw honesty become channels for transformation. At its best, Pluto relationships strip away illusions and force both partners to confront the truth of who they are.

The karmic lesson of Pluto in synastry is learning how to handle intensity without losing yourself in it. These relationships teach the importance of boundaries, independence, and the healthy use of power.

## SATURN IN SYNASTRY

When Saturn makes contact with another person's personal planets ( Sun, Moon, Venus, Mars, Mercury) or Ascendant in synastry, especially through conjunction, square, or opposition, the first reaction is often caution. The planet person may feel wary of the Saturn person, hesitant to enter a relationship, or even tempted to run away. There is a weight to the connection that can feel both intimidating and unavoidable.

However, once that initial hesitation is overcome and the bond is formed, Saturn acts as glue. Both people may feel a profound sense of safety and familiarity, as if they've known each other before. Saturn relationships often bring a feeling of comfort, stability, and the sense of having found a missing piece of oneself.

Saturn is often described as the planet that holds relationships together. In karmic terms, these bonds can feel destined, as though the souls have unfinished business to resolve. Attachments are strong, and partners may feel obligated or even fated to remain connected. This sense of safety can be deeply reassuring, but it comes with responsibility. Saturn ties can last a lifetime, for better or worse, and often involve learning patience, endurance, and resilience together.

The darker side of Saturn usually emerges later, once the relationship is firmly established. What once felt safe can start to feel restrictive. The Saturn person may fear change and resist the other partner's growth, criticizing new pursuits or discouraging independence. Saturn may also project their own fears

and insecurities onto the planet person, becoming overly controlling, critical, or demanding. Insecurity is at the root: Saturn worries that the planet person will outgrow them and leave, and subconsciously envies how easily the planet expresses qualities Saturn suppresses. As a result, Saturn can diminish or limit the planet person, whether through criticism, withdrawal, or attempts to control the relationship dynamic.

On a karmic level, Saturn relationships highlight areas of life where mistakes were made in the past, where there was irresponsibility, avoidance, or lack of discipline. The universe sends Saturn contacts as teachers: to force maturity, patience, and accountability. They can help the planet person organize, ground, and channel their energy more effectively. In return, Saturn must learn to release control, face their fears, and cultivate an inner sense of security instead of clinging to external stability.

Saturn in synastry is a reminder that love is not only about passion and attraction, but also about responsibility, commitment, and growth. These relationships test endurance and bring insecurities to the surface, but if both partners are willing to do the work, they can create one of the most lasting and meaningful bonds.

## THE LUNAR NODES IN SYNASTRY

The Lunar Nodes are among the most karmic points in astrology. When activated in synastry, they reveal the threads that tie us to another soul across lifetimes.

### South Node Connections:

When someone's planet connects with your South Node, we have a past life connection. People often describe this as a feeling of recognition, as if they already know each other. There can be a strong sense of comfort and emotional ease very early in the relationship, even if the connection develops quickly. Because of this familiarity, South Node connections can feel very natural and safe. Many people experience them as calm, supportive, and deeply meaningful. These connections often feel karmic because they activate something that already feels known on a deep soul level. At the beginning you may start to repeat old emotional patterns with each other. For example, with South Node and Moon you may feel emotionally close very quickly. With South Node and Venus there may be strong attraction or sexual desire very early in the connection, but South Node is often about finishing old karma, so with time the intensity may naturally become weaker. For example, you may start to feel less emotionally connected than at the beginning.

These relationships often end peacefully. People slowly grow apart without drama. And if they stay together, the relationship often takes on a more spiritual dimension rather than remaining strongly romantic or passionate.

Sometimes the South Node person feels very comfortable in the connection, while the planet person may slowly begin to feel unseen. This does not happen in every case, but when it does, the connection often becomes a lesson about building inner stability rather than depending completely on the relationship. Many people say that these connections stay in their heart even when life moves in a different direction.

Where South Node connections feel familiar and safe, North Node connections usually feel very different. They often feel magnetic, intense, and difficult to ignore, as if the connection is pulling both people toward something new that still needs to unfold between them.

## **North Node Connections:**

When one person's planet is in contact with another's North Node, we have a soul contract with this person for a mutual benefits. We are usually asked to develop the qualities of the planet and sign that North Node is conjunct with. The dynamic feels magnetic, intoxicating, and new. North Node bonds frequently bring desire, hunger, and excitement. They can feel addictive or overwhelming, as if the individuals are embarking on an unfamiliar adventure. The North Node represents qualities that require development in this lifetime, and synastry contacts naturally awaken an urge to explore them.

At the same time, North Node connections can create tension. Because the energy of the Node is immature, it may manifest as projection, idealization, or

overestimation. Both people may see each other as larger than life, magnifying qualities that are in reality still developing. The relationship often produces a push-and-pull dynamic: attraction to growth alongside fear of leaving the comfort zone.

Importantly, the soul contract is mutual. The North Node person often feels that they need the energy of the planet person. This can be an unconscious recognition on a soul level. They may admire the planet person for these qualities and feel that they want more of this energy in their life. The planet person's energy becomes magnified and externalised through the connection, and in this way the North Node person takes in this energy and learns how to express it more fully.

## 8<sup>TH</sup> HOUSE IN SYNASTRY

The 8th house is one of the most intense areas in synastry. It rules sex, emotional merging, shared resources, power, transformation, and the shadow side of intimacy, the things we usually keep private or even hidden from ourselves. When someone's planets fall into your 8th house, the connection rarely feels casual. You sense it immediately, it's magnetic, consuming, and hard to ignore. This person seems to reach into parts of you that no one else has ever touched. They can awaken desire, vulnerability, fear, jealousy, and fascination all at once. This house governs the deepest layers of intimacy, the kind that requires emotional honesty and trust. The person whose planets fall here can make you feel exposed; as if they've seen the side of you usually keep hidden. They can trigger your biggest insecurities and emotional defences, but they can also help you grow beyond them.

The 8th house is also about power dynamics. Relationships formed through this overlay often involve strong attraction mixed with control, dependence, or emotional intensity. The house person may feel the need to control the planet person to feel safe, while the planet person may hold a kind of emotional or psychological influence over the house person. These relationships often go through crises, but they also have the potential to be deeply healing. The 8th house shows what we need to release and transform to become emotionally whole. That's why, after such a relationship, many people describe feeling completely changed, almost reborn.

It's also a house connected with shared finances, resources, and material or emotional investments. People whose planets fall here may bring you opportunities to share or manage resources together, from joint business to shared living. In some cases, they literally bring money, stability, or financial lessons into your life. Because the 8th house rules secrets and hidden emotions, this overlay can also bring up topics like trauma, childhood patterns, or fears of loss and rejection. The person activates your shadow, everything you try not to look at. That's why it's sometimes called the house of transformation through crisis. Planets here can trigger emotional dependency or even obsession. The connection feels so intense that you might want to hold onto it at any cost. From a psychological perspective, the 8th house teaches trust, surrender, and emotional depth. It's not about control, but about learning to share power and vulnerability with another person. These relationships can be some of the hardest, but also the most transformative ones we ever experience.

## 12<sup>TH</sup> HOUSE IN SYNASTRY

The 12th house in synastry represents the invisible bond between two people, something that goes beyond logic or conscious understanding. It's often described as a karmic house, connected with unfinished lessons, past lives, and the need to learn compassion, forgiveness, and letting go. When someone's planets fall into your 12th house, you usually can't explain the connection rationally. There's a pull that feels mysterious, magnetic, and hard to define. You might feel like you've known this person before, or that there's something fated about your meeting. But it's not an easy house. The 12th house represents the unconscious, our blind spots, fears, and hidden emotions. Because of that, this overlay can create both deep spiritual connection and emotional confusion.

People who trigger your 12th house often awaken emotions you didn't know existed. Their presence can feel soothing and inspiring, or unsettling and disorienting. You may not understand why you think about them so much or why you feel drawn to them, even when it doesn't make sense. It's hard to pin them down or fully understand their intentions, even if you've known them for years. The 12th house person often feels exposed on a soul level. The planet person can see parts of them that they themselves don't see clearly. Sometimes that feels healing and comforting, but other times it brings fear, insecurity, or mistrust. Because this house operates below the level of consciousness, reactions can be irrational or unpredictable.

This overlay can also bring idealization and projection. The house person may see in the planet person what they want to see, not who they really are. That's why attraction in the 12th house can feel obsessive: it's based not just on reality, but on the unconscious image of what we wish the other person to be. It's also one of the most karmic placements in synastry. The people involved often come together to complete unfinished business from the past. Sometimes the dynamic involves giving more than receiving, learning boundaries, or understanding unconditional love. There's a sense of sacrifice, empathy, and emotional surrender, lessons that are often spiritual rather than practical.

When this house is activated, you might find yourself more intuitive, creative, and emotionally open, but also more vulnerable to confusion or emotional manipulation. The 12th house shows our blind spots, so it's easy to lose perspective when strong planets touch this area. These relationships can be life-changing, but they require clarity, awareness, and self-protection. From a psychological point of view, this overlay teaches how to love without losing yourself, to connect deeply while keeping your sense of reality intact.

## CONCLUSION

Karmic relationships can be some of the most challenging and life-changing connections we experience. If you feel emotions that are difficult to explain, if you can't let go of this relationship even though you feel you probably should, maybe you have been thinking about someone for years even without contact, or maybe you are in a relationship but you still don't fully know where you stand because someone is sending mixed signals, you are not crazy. Many women experience this, even if not everyone talks about it openly. Relationships are our strongest mirror and also a path to transformation and healing. Sometimes we meet certain people when the universe wants to show us something or teach us something. That is also why these intense relationships often happen during important transits in the sky.

I hope this guide gave you at least some understanding of your situation. This guide is a shorter introduction to the main karmic synastry patterns I describe in more depth in my ebook *Does He Feel It Too? Understanding Karmic Synastry, Intense Attraction, and Relationship Dynamics*. In the ebook I explain how to recognise the difference between real compatibility, emotional chemistry, and karmic activation in synastry, and what both people may be feeling in the connection depending on aspects and planetary placements. **In**

**the next section you'll find the links to my readings and ebook. ( You can read a sample here : <https://astropsychologybyevelyn.com/free-sample> )**

If you would like to understand what he may be feeling in this connection and what the long-term potential between you really is, the next step is a personal synastry reading. In your email you can share your story and your concerns, and you can ask the questions that are on your mind. I will try to help you understand your situation through astrology and the psychology of relationships.

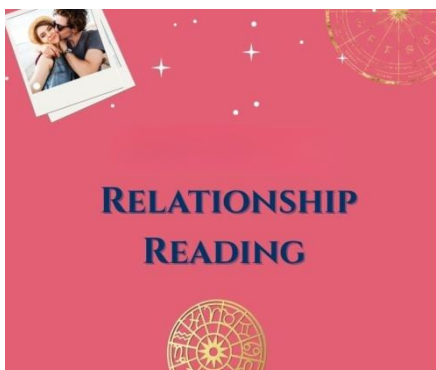
## WHERE TO GO FROM HERE

Many women who read this guide later discover that their connection includes several of these patterns at the same time. This is why looking at synastry together usually changes how they understand the relationship completely.

If you'd like to understand what these dynamics mean in your own connection, the most helpful next step is to look at your charts together.

You can choose between three levels of depth — **Mini, Standard, or Premium**, depending on how detailed you'd like the analysis to be.

**You can explore my readings here:**

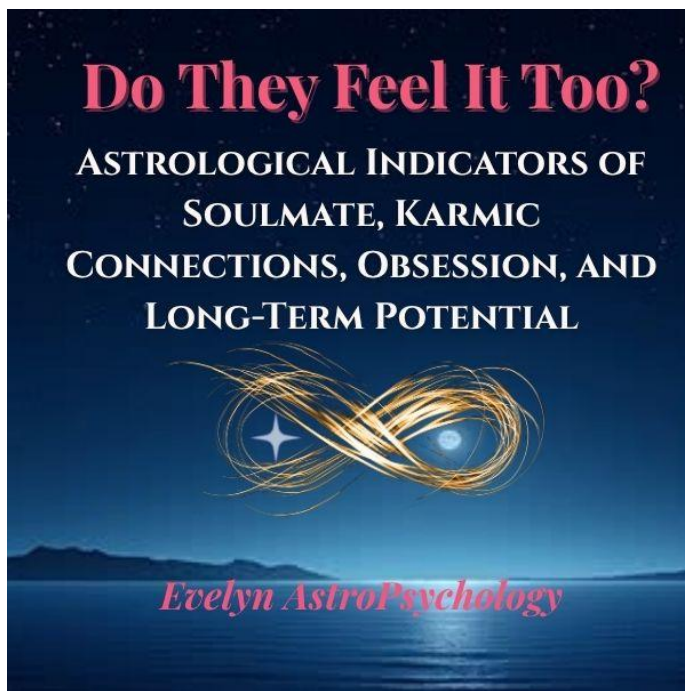


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If you'd like understand your connection with someone, and you are not ready for a full reading, I highly recommend my [E-Book](#)

### ***Does He Feel It Too?***

***Astrological Indicators of Soulmate, Karmic Connections, Obsession, and Long-Term Potential***



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