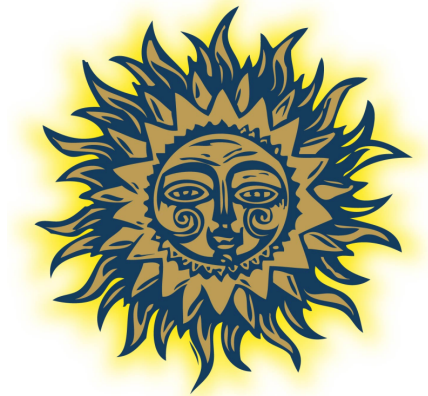


HEALTH & WELLBEING

A SOLAR WRITER REPORT
FOR CAROL ANN LIBRA-MOON



WRITTEN BY MICHELE FINEY

Compliments of:-

Libra Moon Astrology

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Carol Ann Libra-Moon

Natal Chart

Jul 9 1962

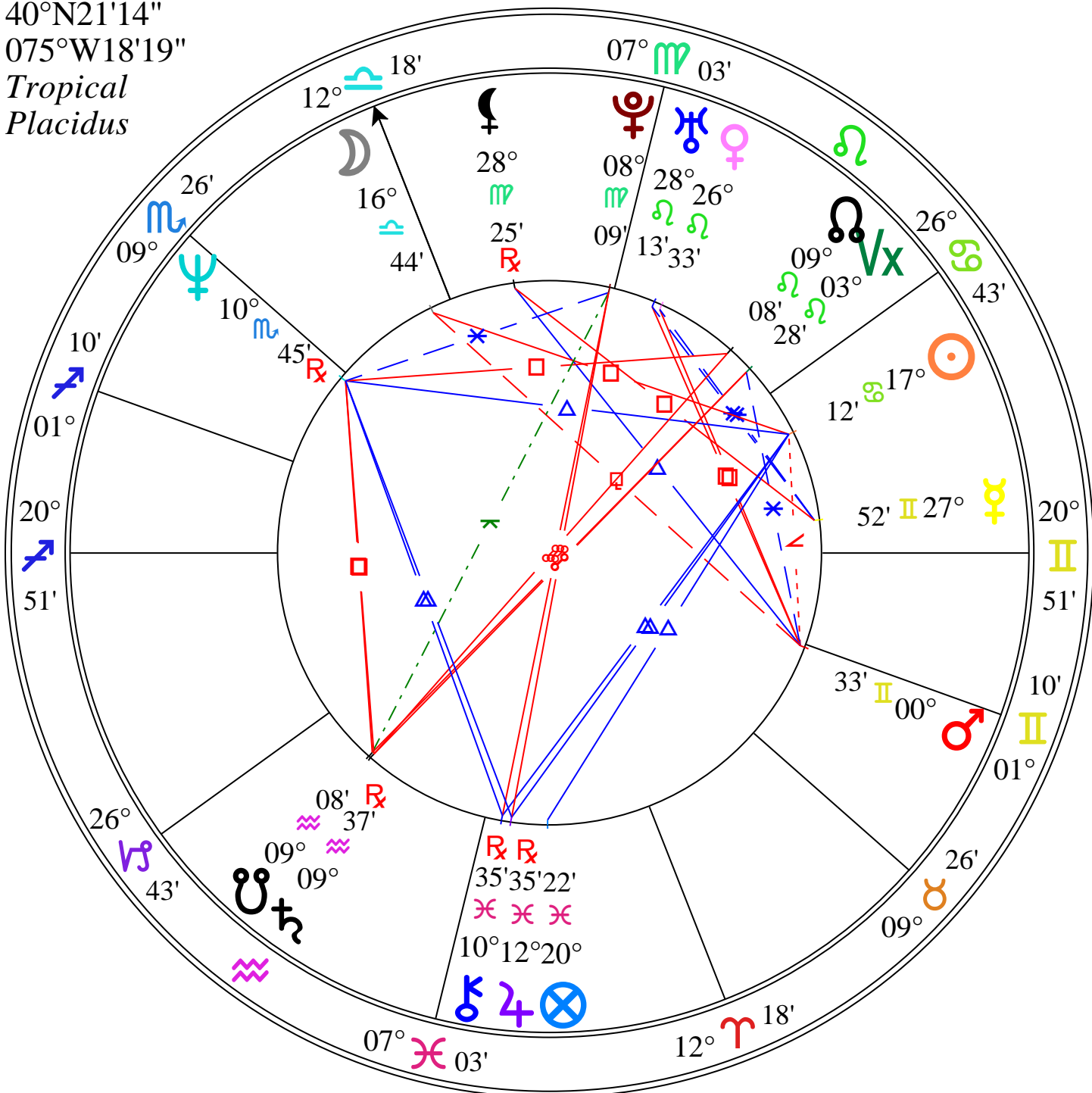
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Sellersville

40°N21'14"

075°W18'19"

*Tropical
Placidus*



Astrological Summary

Chart Point Positions: Carol Ann Libra-Moon

Planet	Sign	Position	House	Comment
The Moon	Libra	16°Li44'	10th	
The Sun	Cancer	17°Cn12'	7th	
Mercury	Gemini	27°Ge52'	7th	
Venus	Leo	26°Le33'	8th	
Mars	Gemini	0°Ge33'	5th	
Jupiter	Pisces	12°Pi35'	3rd	
Saturn	Aquarius	9°Aq37'	2nd	
Uranus	Leo	28°Le13'	8th	
Neptune	Scorpio	10°Sc45'	11th	
Pluto	Virgo	8°Vi09'	9th	
Chiron	Pisces	10°Pi35'	3rd	
The North Node	Leo	9°Le08'	8th	
The South Node	Aquarius	9°Aq08'	2nd	
The Ascendant	Sagittarius	20°Sg51'	1st	
The Midheaven	Libra	12°Li18'	10th	
The Vertex	Leo	3°Le28'	8th	
The Part of Fortune	Pisces	20°Pi22'	3rd	
Lilith	Virgo	28°Vi25'	9th	

Chart Point Aspects

Planet	Aspect	Planet	Orb	App/Sep
The Moon	Square	The Sun	0°28'	Applying
The Moon	Sesquisquare	Mars	1°11'	Separating
The Moon	Conjunction	The Midheaven	4°25'	Separating
The Sun	Semisquare	Mars	1°39'	Separating
The Sun	Trine	Jupiter	4°37'	Separating
The Sun	Trine	Neptune	6°27'	Separating
The Sun	Trine	Chiron	6°37'	Separating
The Sun	Square	The Midheaven	4°54'	Separating
The Sun	Trine	The Part of Fortune	3°09'	Applying
Mercury	Sextile	Venus	1°19'	Separating
Mercury	Sextile	Uranus	0°21'	Applying
Mercury	Square	Lilith	0°32'	Applying
Venus	Square	Mars	4°00'	Applying

Planet	Aspect	Planet	Orb	App/Sep
Venus	Conjunction	Uranus	1°40'	Applying
Venus	Trine	The Ascendant	5°41'	Separating
Venus	Semisquare	The Midheaven	0°45'	Applying
Mars	Square	Uranus	2°19'	Separating
Mars	Sextile	The Vertex	2°55'	Applying
Mars	Trine	Lilith	2°08'	Separating
Jupiter	Trine	Neptune	1°49'	Applying
Jupiter	Opposition	Pluto	4°25'	Applying
Jupiter	Conjunction	Chiron	2°00'	Applying
Jupiter	Quincunx	The Midheaven	0°16'	Applying
Saturn	Square	Neptune	1°08'	Separating
Saturn	Opposition	The North Node	0°28'	Applying
Saturn	Conjunction	The South Node	0°28'	Applying
Saturn	Trine	The Midheaven	2°41'	Separating
Saturn	Opposition	The Vertex	6°08'	Applying
Uranus	Semisquare	The Midheaven	0°54'	Separating
Neptune	Sextile	Pluto	2°35'	Applying
Neptune	Trine	Chiron	0°10'	Separating
Neptune	Square	The North Node	1°37'	Applying
Neptune	Square	The South Node	1°37'	Applying
Pluto	Opposition	Chiron	2°25'	Applying
Pluto	Quincunx	The South Node	0°58'	Applying
The North Node	Sextile	The Midheaven	3°10'	Applying
The North Node	Conjunction	The Vertex	5°40'	Separating
The South Node	Trine	The Midheaven	3°10'	Applying
The South Node	Opposition	The Vertex	5°40'	Separating
The Ascendant	Sesquisquare	The Vertex	2°22'	Applying
The Ascendant	Square	The Part of Fortune	0°28'	Applying

Health and Wellbeing Report



Introduction

Medical astrology is a complex branch of the astrologer's art. Many factors need to be taken into account when considering the overall health of the individual.

This report aims to give you a picture of some of the astrological indicators in the horoscope that correspond with your health and wellbeing.

The information in this report includes an assessment of your Natal Chart specifically focusing on health related matters. It includes a range of nutritional advice, stress management tips and therapy options. However, it is not intended that this report be used in place of a consultation with a qualified medical practitioner, nor persons qualified in complementary or alternative healing. It is vital to always seek out professional medical and nutritional advice where one's health is concerned.

This report aims to provide you with some useful tips about physical health matters and also about mental, emotional and spiritual wellbeing. This information is based on the author's own knowledge obtained over more than 30 years as an astrologer and healer as well as additional research she has undertaken. The main focus of this report is to point out the astrological indicators that can manifest as health problems, or imbalances, and to suggest possible causes and/or treatments that might be of benefit.

If a particular theme is mentioned more than once in several different sections, then it is worthy of special attention. Likewise, if there are contradictions between some sections, this doesn't necessarily mean that they cancel each other out; both are probably applicable at different times, or under different circumstances.

When reading this report, don't assume that all the health issues mentioned will actually manifest. This report includes an assessment of some of the most challenging aspects and planetary positions in your chart, and as a result it tends to focus on potential problems. It would be a mistake to assume that all the health issues mentioned in this report will actually be experienced. Be aware too, that our Natal Chart is not a static thing. It is a symbolic representation of our potential, which unfolds and develops as we

journey through life. Our conscious actions and choices play a key role in health too.

Disclaimer

Essential oils should not be swallowed. If used in a burner, they should be diluted with water. If used for massage they should be added to suitable carrier oil such as almond oil, before use. Do your own research before using essential oils. Certain oils are not recommended for some conditions and some can be harmful and/or toxic. There are a number of contra-indicators to be aware of when using herbal treatments too. Some oils and herbs can be harmful during pregnancy and individual people can be sensitive or allergic to particular substances.

Herbal supplements, vitamins and minerals can be helpful in restoring health, but be aware that some substances can be toxic if used in excess and can have a detrimental effect on health. Some people are allergic to certain herbs and some herbal remedies are contra-indicated during pregnancy. Seek professional advice from a naturopath or herablist before starting treatment.

The author takes no responsibility for any adverse reactions caused. The information in this report is offered as a guide to health. The author takes no responsibility for the specific use or application of information presented here, nor for any unwanted effects encountered. Do not attempt self-treatment for serious health conditions.

Your Basic Health Needs



Your General Temperament

The overall balance of Elements and Modes (also called qualities) is connected with our general attitudes and perspective and shows whether our values, point of view and style of expression are particularly focused towards certain tendencies of temperament, or whether there is some under-emphasis. The balance of Elements and qualities also relates to one's overall constitution. Where there is too much, or too little, of any Element or quality, there can be a corresponding imbalance that we need to address in order to bring about emotional, spiritual, mental and physical wellbeing. Fire provides creativity, confidence and energy, Earth gives practical skills and the ability to deal with reality, Air is associated with social and communication skills, while Water provides the capacity for intimacy, emotional connection and nurturing.

Element Earth is Weak

With a lack of Earth you are somewhat ungrounded and you may lack stamina or endurance. Your physical body may not be overly strong and you will therefore benefit from incorporating highly nutritious food in your diet. Eating, and especially juicing root vegetables such as carrots and beetroot will help to build up your Earth energy. Try to remember to eat well. Regular meals and a routine of physical activity will assist you to build up your strength. Gardening can be a good activity to ground you too. Earthy colours such as greens, dark yellows and browns can also help to enhance the Earth Element and ground you.

Element Air is Strong

You live in a world of ideas and activity. Because you are on the go, restless and highly social, you can sometimes forget about the importance of the physical body. You are more likely to be underweight than overweight. In daily life you can subject yourself to a great deal of mental stress that can deplete your system of nutrients if you fail to pay attention to your diet. Regular vitamin and mineral supplements, especially B-group vitamins can be most beneficial to your system. Too much Air can lead to conditions such as insomnia, anxiety, or diseases of the nervous system, so it is important that you learn to relax. Meditation may be difficult for you, but it will help calm your nerves. Slow down and try some deep breathing exercises. Wearing colours like blues, greens and violet hues can be helpful in this way also. If you have trouble sleeping, try a few drops of lavender oil on your pillow. Valerian is a relaxing herb that

can help you sleep and relax. Don't have electronic equipment in the bedroom.

Mode Cardinal is Balanced

...and Mode Fixed is Balanced

...and Mode Mutable is Balanced

The Modes in your chart are balanced. This means that you possess the capacity for self-determination, initiative and leadership (Cardinal), along with persistence and resilience (Fixed) while also remaining adaptable and open to change and new experiences (Mutable). You possess these three qualities in fairly equal measure, which is a sign that in your journey through life, you are able to call on these qualities when you need to. Having the Modes balanced also indicates that you are capable of attuning your inner self to your outer experiences. There are stages and cycles in life and you possess the necessary skills to manage and adapt.

Your Emotional Health

The Moon symbolises our capacity to give and receive nurturing. Our feelings, emotions and personal inner life all relate to the Moon, as does food and nutrition. Our emotional wellbeing often relates to inherited patterns of behaviour from our parents and/or defence mechanisms that we learnt in childhood. The Sign in which the Moon is located will describe the way in which our need for nurturing and emotional security is sought and met. As adults, we still have a child within us that continues to seek comfort and protection.

The Moon is in Libra

Your emotional wellbeing comes primarily from human relationships of all kinds. You may not cope well with being on your own. Sometimes you are too dependent on others and can fall into the pattern of agreeing with people when you really do not want to. Your peace-loving and highly charming personality naturally shines forth, so you do not have to bend over backwards to make a good impression; indeed doing so can be counter-productive because it can appear to others that you are being dishonest. In trying to be fair to everyone, and keep the peace, you risk losing your way. Mostly, personal relationships are enormously satisfying to you and although you tend not to forge deeply intense emotional connections, you shine in social situations and enjoy networking which also brings you warm feelings of emotional wellbeing and comfort. When relationships falter, this can cause you a great deal of emotional pain and stress, and this can manifest physically as kidney and urinary tract problems, so try to honour yourself more and recognise that your worth as a person is not dependent on the opinions of others.

The Moon is Sesquisquare Mars

Your early circumstances led you to develop a high degree of courage and independence, but anger and impatience are two emotions that can sometimes erupt from within you. Though you may not be aware of it, others can find this behaviour threatening. You are very driven and speak your mind spontaneously without thinking, which is a sign of your honesty. But however forthright, your sudden emotional outbursts can damage your relationships, and can lead to health problems such as high blood pressure. When you were young you may have had to fight to be heard or seen. Perhaps you experienced a lot of squabbling and arguments when you were growing up. As an adult you will learn to grow beyond these angry emotions. When things don't go the way you want, try channelling your frustration into sport or other physical activities and hard work that releases excess adrenaline. Left unchecked, anger and impatience can damage the liver and the heart. Regular meditation is an excellent way to lower blood pressure and help you relax.

Your Vitality and Wellbeing



Your Spiritual Essence

The Sun plays a vital role in matters of health. The Sun governs physical stamina and vitality. We get Vitamin D directly from the Sun, and a lack of exposure to sunshine can lead to a host of illnesses including seasonal depression, especially for those who live in extreme latitudes.

The Sun Sign will often describe our manner of self-expression. It can also reveal information about our physical type and the kinds of ailments that can affect us, including parts of the body that are affected by stress and genetically inherited conditions.

The Sun Sign represents the essence of who we are. It is largely associated with our sense of identity. As we move through life and learn more about ourselves, we tend to become more like our Sun Sign.

Early in life, the Sun Sign is more likely to express itself as ego. Later in life, as we come to know ourselves, our self-expression becomes more developed. Jung's concept of the 'Self' is also associated with the Sun Sign, which begins to emerge as we develop and mature. As we move through life, we move away from purely ego expression, towards a more comprehensive style of self-expression.

Stress can manifest according to the Sign in which the Sun is placed and this can affect our wellbeing and health. For example, when our ego expression is thwarted, if we lack confidence, or are fearful about expressing ourselves.

As we get to know ourselves and develop more fully, we become more conscious and aware, so our Sun Sign shines ever more brightly.

The Sun is in Cancer

You are a sensitive and highly imaginative soul. Because you have a high level of intuition, it can be sometimes tricky for others to understand you or to see things as you do. You are good at expressing your feelings and imagination, but perhaps not so good at articulating your needs. You will learn to feel comfortable and more confident in expressing yourself as you mature. Home and family are important to you, so any lack of emotional or family support you experience may have a profound effect on your

confidence. Do not fear the future, nor try to live in the past.

At times of stress you like to retreat into your shell and hide from the world. You may be prone to health problems such as stomach upsets, fluid retention and chemical sensitivities, particularly when you feel unsupported or emotionally vulnerable. Parts of the body that can feel the effects of stress are breasts, stomach, digestive organs, ribs and diaphragm.

Comfort eating is something you may need to watch for. You are a caring and loving person and yet nurturing others and yourself can be difficult for you at times. Sometimes you can be too focused on giving to others or, on having your own needs met. Try to find a balance between giving and receiving.

When under emotional stress you can reach for food. Prolonged stress can manifest in eating disorders that are linked to emotional issues. Nutrition and diet are very important factors in maintaining health and vitality. As you learn more about yourself, you will be able to express your feelings with more ease and feel secure in doing so. You will come to feel comfortable with your sensitivity and shyness, learning to honour your inner child. You will come to rely more on your radar-like intuition and recognise that you possess special and unique gifts as your confidence grows and discover who you really are.

It is important that you nurture yourself regularly and listen to your intuition. You may have trouble in standing up for yourself and the idea of confrontation can make you run a mile. This fear can make you resort to manipulation or emotional bribes, which others may resent. Writing may provide an outlet when direct confrontation seems beyond you. Get plenty of rest when you are tired. Soak in a bath from time to time with some soothing oils such as Bergamot, Lavender, Cedarwood or Sandalwood, which will strengthen your resolve and soothe anxiety. For indigestion try peppermint tea.

Your Vitality - The Life Force

The position of the Sun has a great deal to say about one's overall constitution, vitality and health. The House in which the Sun is placed corresponds directly with the time of day that you were born. Generally speaking, a person born during the day is thought to have a more powerful and dynamic solar energy and to be more extraverted and direct in their manner of self-expression, than someone born during the night, when more subtle night forces make for more introspection.

If you were born at sunrise, or in the middle of the day, the Sun is at its greatest strength and your solar forces are very powerful. As well as the House in which the Sun is placed, consider the Sun's Sign and the aspects it makes to other planets, all of which will provide more clues to the overall picture of health and life force. As well as vitality and energy, the Sun governs one's identity, creativity and self-expression. Without the Sun there is no life. Therefore, the relative position of the Sun says a great deal about the type of energy and life force that we possess.

The Sun is in the 7th House

Your sense of identity is largely determined by your relationships with others and your position within the social fabric of your external environment. You may rely on others to discover more about yourself, but you can have trouble looking within. You may need others to motivate you and as you tend to be a keen observer of human nature, you are adept at maintaining social connections and relationships.

Because relationships are important to you, any problems that happen in this area of your life are often a

source of stress that can manifest in a range of disorders including: skin problems, eyestrain, urinary tract infections, kidney infections and headaches. You may over-value others and place too much importance on their opinions, or on maintaining relationships, even when they are not working. You may succumb to peer pressure easily.

During periods of stress you often feel pulled in many directions by your commitments and relationships. Avoiding confrontation and trying to keep the peace, can result in undue stress that can manifest in a variety of ways. You might need to learn to give your own needs a higher priority. Be fair on yourself too.

You were born just before sunset when the rays of the Sun are waning. As you were born in this last light of the day, you may feel that somehow you have only a short time to get things done and you can therefore push yourself too much without having enough physical energy reserves. Listen to your body.

Managing the Physical Demands of Living

When challenging relationships are formed between the Sun and other planets, this can relate to internal and external stress factors that can lead to health problems, if ways are not found to balance their energies. The Sun is a vital component of life and vitality. These aspects can be potent indicators of one's overall health and wellbeing.

Magnesium, Iodine, Vitamin A and Vitamin D are ruled by the Sun. A deficiency or incorrect assimilation of any of these minerals and vitamins can be the cause of health problems when there are difficult aspects involving the Sun.

Also consider those vitamins and minerals that are associated with the planet involved in the challenging aspect with the Sun, for this too may provide clues as to potential deficiencies, that when brought into balance, can aid healing.

These challenging aspects involving the Sun can also symbolise aspects of our internal psychology that we need to integrate, so that they flow with more ease and work for us, rather than fighting with them, for we are really only fighting with ourselves.

The Moon is Square The Sun

A deficiency of Vitamin B2 and/or Potassium, or deficiencies of magnesium, iodine, or Vitamins A or D are possible with this aspect. There can be an imbalance between your vitality, energy and enthusiasm on the one hand, and your inner capacity to cope with all that is going on in your external environment. Therefore, it is important that you get proper nutrition into your body. You may need much more, or far less sleep than the average person, or you may experience sleep disturbances. A few drops of lavender oil on your pillow at night can help you relax and unwind. Valerian is a wonderful herbal supplement that is most helpful for insomnia.

You may find it difficult to express yourself creatively while at the same time honouring your feelings and emotions, or you may feel torn between your family commitments and your professional life, which can be difficult to manage at times. It is important to deal with this stress by adopting regular relaxation or other techniques, which will help you to cope and feel more at ease. Your challenge is to find a way to balance your daily, conscious activities with your personal, inner and unconscious life. Both inner and outer experiences are important.

Mars is Semisquare The Sun

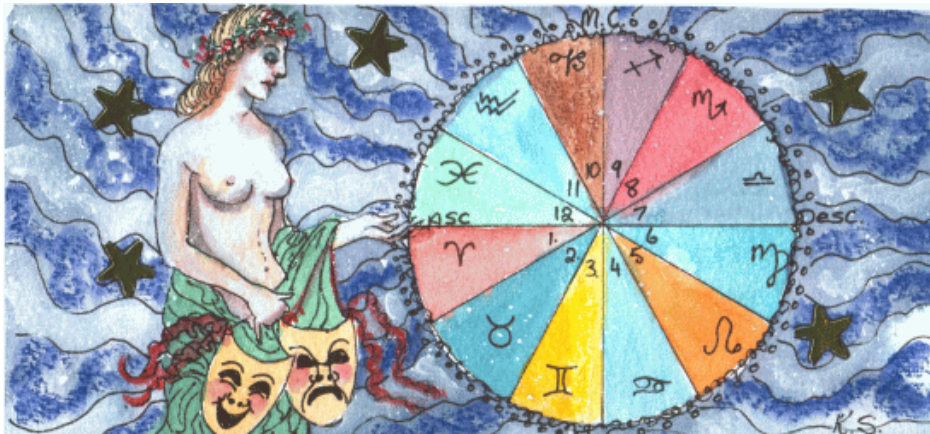
You are a highly dynamic person and tend to expend a great deal of energy in all you do. You are probably quite driven and very active. You may take risks and enjoy experiencing adrenaline highs that come with adventure. Accidents are possible, including possible broken bones and head injuries, particularly if you are given to be too hasty or impatient.

It is vital to ensure you have enough stores of physical energy to call upon. Iron, Cobalt, Chlorine, Folic Acid, Molybdenum, Selenium, Phosphorus, Sodium, Fatty Acids and Vitamin B12 are associated with energy and vitality. If your energy wanes it is important to investigate any potential deficiency of these minerals and vitamins. Magnesium and Iodine and Vitamin D are also vital. You sometimes tend to overdo things and push yourself to the absolute limit. As a result you are open to a range of potential problems such as cardiovascular ailments, high blood pressure, inflammatory conditions, acid-alkaline imbalance, headaches, migraines and fevers, or blood disorders such as anaemia, from too little iron. Vitamin and mineral supplements can assist, but also try to eat the correct foods and don't go overboard with alcohol.

Because you are dynamic and driven, you can also be explosive at times and anger can be the root cause of some of these conditions. Anger management can go a long way towards a return to health. Calming, soothing and relaxing activities are probably something you don't have time for, but they are necessary and vital to your overall wellbeing.

Stress can manifest in other ways too. Adrenal exhaustion, sexual problems, and chronic fatigue can occur. But all these conditions are more likely if you ignore symptoms and continue to overdo things when you should rest and recuperate.

Your Health Factors



Your Physical Body and Energy

The Ascendant is one of the most important factors to consider in determining one's overall health. The Sign on the Ascendant governs the physical body and one's immediate environment. It represents the interface between spirit and matter. The Ascendant often describes our physical appearance and the way we interact with others. The Sign that is Rising at your time of birth is usually quite obvious; often more so than the Sun Sign. The concept of the "persona" is thought to be associated with the Ascendant. This is the "mask" we wear, or the face that we show to the world and therefore the Ascendant Sign corresponds to characteristics that are immediately apparent. The Sign on the Ascendant also describes areas of the body where we might feel the effects of any stress that we encounter in our interaction with the world around us. The Ascendant will often describe those health conditions that manifest as a result of short-term stress. This area of the horoscope corresponds with acute health conditions and the stress we encounter when we are trying to fit in, or trying to put our best side forward, especially when we feel we must hide our true nature.

The Ascendant is in Sagittarius

You generally love life and are adventurous in your approach to living. This means you are likely to be a risk-taker, which has both positive and not-so positive effects. For the most part, Sagittarius rising gives you a great abundance of energy and vitality. You most likely love the outdoors and being active. With a liking for travel and adventure, you may feel trapped by the routine nature of daily living, which you can find dull, or boring, and this can result in a tendency to want to escape.

The pleasure-loving side of you can lead you to indulge in all kinds of excesses that can impact on liver function. You would be wise to limit your consumption of alcohol and minimise the intake of rich, sweet, salty and fatty foods. Possible health concerns for you can include: hypertension, fevers, liver problems such as hepatitis, sciatica, rheumatism, hip dysplasia, obesity, diabetes and accidents. You might also be prone to picking up infectious diseases, particularly from overseas travel.

Learning to be happy wherever you are and no matter what you are doing, will help to stave off illness, especially as you get older. You need to feel inspired as having purpose and meaning is important to

your sense of wellbeing. Your youthful attitude and happy-go-lucky approach to life are great assets and will help to maintain good health. You are adaptable and therefore cope with change very well, however you are very restless and can get bored easily. Too much of anything is your Achilles heel. "All things in moderation" is a motto you should heed.

Herbs and aromatherapy oils that are useful for those with Sagittarius rising include: Lavender, Rosemary, Sandalwood, Ylang Ylang, Juniper, Sage, Thyme. Peppermint and ginger are good for travel sickness. For jet lag try Lavender, Sandalwood, Ylang Ylang and Rosemary.

Your Strengths and Sensitivities

The 1st House of your Horoscope and the Ascendant are associated astrologically with the physical body. The Ascendant is the place of interface between the physical and spiritual realms.

The Ascendant also describes your immediate environment and general physical type. Planets in the 1st House and in particular those that are in conjunction with the Ascendant, are considered to be very strong. These planets tell us something more about our physical appearance, vitality and manner of expression.

Any planets that make a conjunction to the Ascendant are especially powerful. These planets and any that are located in the 1st House should be taken into consideration when assessing your physical attributes and health.

Planets located here represent energies that are generally operating very consciously and their qualities are usually quite apparent to others too.

These planets will modify the expression of the Ascendant Sign, and in some cases may seem to contradict it, but taken together you will probably strongly identify with both the Ascendant Sign and any planets in the 1st House.

Inner Needs and Outer Experiences - Finding Balance

When certain planets and the Ascendant are at odds with one another, we can experience inner tension and challenges that can feel as if we are being pulled in two directions at once. The Ascendant is that part of us that interfaces with our immediate environment, so when planets are in hard aspect to the Ascendant, we can encounter challenges as we try to express ourselves in the wider world. We can also experience issues that arise because there are differences between what we want to express and what we think is expected of us. Stress can build up over time if there is no outlet for self-expression, so these aspects can be potent indicators of one's overall health and wellbeing. As we learn to work with some of these challenges, they can actually help us to grow and to lead more purposeful lives.

Dispositor of The Ascendant is Jupiter

It is important for you to have a sense of purpose and to follow your visions. You are capable of doing this, because you tend to express yourself with confidence. It does not appear to others that you have any worries or concerns. You are generally relaxed in your style of expression and you may be viewed as an authority in your field. Perhaps things are too easy. Problems can result if you do not have a clear vision

of what your life should be. Your early experiences may have taught you that to be successful you must appear successful, and this is usually a winning formula, but part of you needs to have an underlying belief or purpose to feel whole. If you do not have a sense of purpose or meaning, you can drift through life.

Until you find your mission in life, you can be quite restless and may have a tendency to over-indulge in food, alcohol or drugs. Alcoholism is possible with this aspect and liver problems can result. High cholesterol and heart conditions can also take hold. Weight gain and metabolic problems such as diabetes are also possible. Supplements of Vitamin B6 and Zinc can be beneficial for you.

Don't waste your positive energy and opportunities on self-indulgent behaviour; use it to make the world a better place. This is a much more productive, worthwhile and healthy option. Keep searching for your mission and purpose and try to make practical use of your many skills and talents.

Dispositor of The Ascendant (Jupiter) is Conjunct Chiron

You are a sensitive and caring soul who can easily be wounded. You may be subjected to an illness or psychological wound that could have a profound impact on you physically and/or emotionally. As you move through life you will come to realise that you possess a unique gift for healing, indeed a profession in the healing area would ideally suit your temperament. You are wise beyond your years. Listen to and honour your inner self. You may find that you are put into situations that are painful and through this suffering you will become a more caring and giving individual. You will come to understand that the physical, mental, emotional and spiritual dimensions are intertwined and of equal importance. You will experience profound healing and can make a valuable contribution by teaching others the lessons you learn. You may feel alone in your suffering, but you are capable of providing a beacon of hope that helps to inspire others in similar situations.

Dispositor of The Ascendant (Jupiter) is Opposite Pluto

You have a powerful energy that can cope with just about anything that comes your way. Your inner strength means you will fight against injustices as you seek to transform the world around you. You will fight for what you want in life; this includes your personal ambitions, but your biggest challenges and achievements have a more profound purpose.

It is possible that you come from a highly dysfunctional family background or that you will experience your fair share of difficulties. This can foster within you a deep-seated need to be in control of your own destiny. Your journey can take you from the depths of grief to the heights of success. More than anything else, you are a survivor who will pit yourself against any challenge life throws at you. Your wounds are both a source of pain and your greatest strength.

Pluto can be associated with genetically inherited conditions that can be difficult to treat. For you, stress can result in health issues involving the reproductive organs. Mental illness is also a possibility; this can include depression, bi-polar disorder, schizophrenia, and other similar conditions. Pluto can also represent life-threatening conditions, but equally it infers that you are a survivor and can overcome even the most difficult problems. It could be that a close family member is the one who experiences some of these challenges and that you are the one who has to deal with them. As a result of your experiences you may develop a strong interest in psychology and related fields, and you may be an agent for healing others, as well as yourself. It is important that you learn to let go of those things that you cannot change.

Suggested healing options that could be beneficial for you include: detoxifying, colonic irrigation, psychotherapy, hypnotic regression and family therapy. Whatever your situation, you have the capacity to

rise above your problems and turn difficulties into personal milestones, even great achievements.

Health Challenges



Work and Health - Managing the Impact of Stress

The 6th House yields important information about one's health. The 6th House is also the House of work and daily activities, which indicates the connection that exists between all these aspects of life. The 6th House is also associated with our habits. To stay healthy it is important to eat sensibly, to establish good habits and to manage daily stress.

Planets connected to the 6th House often symbolise, or describe various parts of the body that we need to monitor for the effects of long-term stress.

Unlike the Ascendant and planets in the 1st House, which usually describe more acute physical conditions, the 6th House tends to correspond with more chronic health problems that can build up over time.

Our regular day-to-day activities, our habits, and our occupation are all connected with this House, the House of health. It can be difficult to change our habits and routines, but it is possible. By making conscious decisions that bring about better health, we can use the 6th House energies to establish healthy habits.

Ruler of the 6th House is Mercury

You are often on the go and probably lead a busy life. You are capable and efficient, but at times you can be under more stress than you think, for you are no slouch. You work hard and probably don't mind taking on a variety of tasks, which you perform well. From time to time, try to get in touch with and express your feelings too. Now and again take a break and slow down the pace, especially when you are not feeling well. Ensure you get plenty of B-Group vitamins in your diet.

Stress can manifest as respiratory problems, such as asthma, or allergies. You may be prone to digestive problems and/or viral infections, especially when you let yourself run down. Parts of your body that are potentially vulnerable to the cumulative effects of stress are: lungs, arms, shoulders, larynx, sinuses, urethra and the small intestine, as well as the nervous system. You can be prone to chronic shoulder, arm or wrist problems too, including 'frozen shoulder' from long hours spent in front of the

computer.

Try not to eat on the run. Stop what you are doing and sit down to meals, eating slowly. Include plenty of fresh vegetables and fruit in your diet.

Limiting the Impact of Chronic Stress

The 6th House is the House of health and also of work. When planets form challenging aspects to this House they can symbolise day-to-day obstacles and/or frustrations that we encounter which cause stress reactions that can impact on our health. Planets in hard aspect to the 6th House are often those that we find frustrating in some way. These aspects are often associated with health matters, especially chronic conditions and they also remind us how important it is to manage day-to-day stress.

The Sun is Semisquare the 6th House Cusp

You may sense you are on a mission in life as far as your work is concerned. You probably enjoy a challenge. Being at the centre of attention may bring out the best, or the worst in you. It is important that you express your creativity in your work, or in your regular daily activities. But you can experience frustration when you encounter people, or events that thwart your natural style or stop you from expressing yourself. As a result, stress can cause problems that affect your back, or cardiovascular system. It can be difficult for you to switch off your mind at night, which can make it difficult to sleep. Because you expend a great deal of energy trying to be the best you can possibly be, your energy and vitality can be taxed as you seek ways to overcome any obstacles to your self-expression. If you do not have a challenge to surmount, you may feel lost, or despondent. You may find it difficult to attend to details, as you probably prefer to have a supervisory or leadership role. A creative outlet with a high degree of freedom is quite necessary for your wellbeing. When things get too hectic, try relaxing at the end of the day in a soothing bath with essential oils of Lavender, Marjoram and Orange, which will help you to unwind, relax and sleep.

The Moon is Sesquisquare the 6th House Cusp

You feel things deeply and can become passionately involved in causes. Somehow you can identify with issues such as homelessness, emotional suffering or poverty, which may resonate within you and lead you to take action. Your paid work is not necessarily where you feel a calling. In performing your duties, whether paid or unpaid, you want to feel you are doing something worthwhile and that you are needed. It could be that your main role is raising a family and parenting. Learn to honour your feelings and do not over commit to doing things when you feel uncomfortable about doing so. Listen to and honour your intuition. You have a generous heart and the capacity to give to others selflessly, but you need to feel comfortable about doing so before you can truly nurture others in a spirit of unselfish giving. Likewise try to resist smothering others. With this aspect there is the potential for a sodium/potassium imbalance and/or hormonal fluctuations that might require monitoring or treatment. At times of stress, you probably need to withdraw from the world and your external commitments to reconnect with your emotional centre. If you feel unwell, or emotionally over taxed, take time out to recuperate. Let others nurture you for a change. Soaking in a bath with added oils of Lavender, Cedarwood and Lemongrass will restore and strengthen you when you feel anxious or emotionally overwhelmed.

Venus is Square the 6th House Cusp

You are likely to be gifted in the arts and may be involved in a creative occupation. In much of what you do in your daily life, including your work, you have particular values and standards. Others may not share your priorities, which you can find difficult to tolerate. In your life, you desire to work and interact harmoniously

with others, but you can feel frustrated when colleagues do not see things as you do. This can make you withdraw from people or become judgemental towards them. Inner tension can build, resulting in metabolic problems, throat infections, neck and jaw tension, skin problems and a range of other stress related conditions. Sometimes you struggle to reconcile your external persona and relationships with your inner values. When you feel stressed, try soaking in a bath with a blend of essential oils; Bergamot, Neroli, Ylang Ylang and Sandalwood which will assist in lifting despondent moods.

Uranus is Square the 6th House Cusp

You are a risk-taker and enjoy doing new things. This enthusiasm for change and new experiences provides you with the excitement you seek, an escape from the ordinariness of the every day routine, however it can lead you to take unnecessary risks that can lead to accidents. Accidents are more likely to take place when you rush without considering what you are actually doing. You are somewhat highly strung and can experience tension and problems associated with the nervous system when you are feeling under stress. It is likely that your tendency to rush is exacerbated by certain activities and your lack of enjoyment in them. For example, you may rush through things to get them out of the way quickly so you don't have to think about how unhappy you are doing them. You have a quick way of doing things and can also become frustrated by any delays you encounter in day-to-day living and work. It is probably important that you develop a creative outlet, for you are probably suited to work that involves a large degree of creative energy, independence and autonomy on your part. Self-employment may be the answer, provided you can develop the necessary discipline. Manage your stress by using essential oils Bergamot, Cedarwood, Geranium, Lavender and Lemongrass.

Physical Energy and Exercise

Iron, Cobalt, Chlorine, Folic Acid, Molybdenum, Selenium, Phosphorus, and Sodium, along with Fatty Acids and Vitamin B12 are associated with Mars. Mars is a primary masculine or yang archetype, associated with our physical energy and vitality. Mars also governs the adrenal glands, the sexual response, the blood and the muscles. So the position of Mars describes our physical energy, competitiveness and our passions. The usual action of Mars is direct, spontaneous and forceful.

Mars is also the planet associated with our ego. The location of Mars tells us how we go about getting what we want, or how we turn our desires into reality. Mars also represents how we handle ourselves when our desires are thwarted.

Used positively, Mars is associated with expressing our personal desires in spontaneous and creative ways and expressing our creative energy in ways that fulfil our desires. If too intense in its expression, Mars can be destructive, overly focused on ego, angry, hostile or aggressive. When under active, Mars can operate in a passive-aggressive fashion, or can result in a lack of drive and energy.

Mars is in Gemini

You are often on the go and may find it difficult to sit still for very long. Full of ideas, you often rush into activities very quickly with a burst of enthusiasm, but sometimes you have trouble seeing your projects through because you become interested in the next idea. You are probably expert at networking and do not take no for an answer. In short, you burn up a great deal of energy, both mental and physical and can deplete your body of fuel if you are not careful. Consider taking regular supplements of vitamins and minerals and try to eat well. Sports and exercise that suit your energy type include running, team sports, and racquet sports such as tennis, squash or badminton. Aerobics, cycling and gym classes also suit

your energy style. You likely enjoy combining social contact and exercise. You possess excellent communication skills and enjoy expressing your ideas and opinions, but when angry you can become verbally aggressive when you are rushed and under pressure. You like being busy, but when things get too manic you can develop chest infections, colds and other respiratory conditions, which can be a signal that you need to slow down, look after yourself and get in touch with your inner feelings. Writing things down is a good place to start.

Mars is in the 5th House

You probably enjoy sports of all kinds and your physical energy is dynamic and powerful. You enjoy exercise, more so when pitted in competition with others, because you like to win. Squash, cycling, triathlon, basketball, or football, are just some of the possible activities you might enjoy. You are generally very healthy and active, but you tend to ignore physical symptoms when they emerge, so try to remember to deal with injuries as soon as they happen and if you do not feel well, get your health assessed. You are not often ill, but some of the possible health impacts this Mars position include a range of inflammatory conditions, and can include heart problems, circulatory conditions, varicose veins, and back and spinal problems. You can also be prone to accidents.

You go after what you want with a dynamic energy that often does not take into account the needs of others. You can be so focused on expressing your own creative energies, that you simply overlook the wider implications. Your enthusiasm is infectious, but you can be overly egocentric, often without meaning to be.

Your passions also influence your personal relationships. You possess a strong sexual energy, but you can get yourself into trouble if you use it indiscriminately. Try to channel your highly creative passions into worthwhile activities that can make a difference to the happiness of others, including children, with whom you may have a strong affinity.

Healing Solutions



Towards Health - The Journey Continues

Astrologically, Chiron is the archetype most associated with healing. In myth, Chiron was a wise centaur and a teacher of the healing arts. His wisdom comes from experience. Wounded accidentally by Hercules, Chiron's story is also symbolic of our own journey towards wholeness and healing. Chiron was a healer and teacher and also physician, prophet and musician. Named for this mythological healer, the small planet Chiron was discovered in 1977, heralding the arrival into consciousness of many new aspects of complementary medicine and alternative healing techniques, just as the mythological Chiron was adept in these natural arts and sciences. The position of Chiron in our Birth Chart reveals information about where we might get in touch with our inner healer. Chiron symbolises our wounds and painful experiences and it is also the agent via which we can return to full health and reclaim our sense of wellbeing. The location of Chiron reveals clues about how we experience wounding and how we can find healing, mentally, physically, spiritually and emotionally.

Chiron is in the 3rd House

Part of your experience could include a deep wounding that in some way relates to your intellectual capacity. Perhaps you experienced some sort of learning disability, or maybe you missed some schooling due to ill health, so part of you feels unsure of your intellectual ability and hence you strive to attain more information and knowledge. At some point you might feel you are intellectually inadequate, which can lead you to over-compensate by cramming your head full of information, facts and data.

At the same time you may feel a sense of stress that can stem from information overload, travel and mobility issues, or generally doing too much, which then leads problems such as recurring shoulder tension, colds, flu, asthma, bronchitis, chest and sinus conditions.

Learning new information can also be quite stressful for you and because it is painful, you might try to avoid it. Returning to study throughout life may be challenging for you, but it will also be highly rewarding and healing, and show you how to embrace your full potential. Teaching, writing or speaking could play a large role in your life. You are both student and teacher.

Make time to express your feelings, emotions and needs too. You will learn that communication comes in many forms, not just in words, facts and ideas. Healing begins when you stop trying to do ten things at once and keep an open mind.

Chiron is in Pisces

You are a sensitive soul whose experiences may have a profound affect upon your sense of self. Your confidence and identity may suffer because your reality; that which you once believed was the truth, might later be revealed as something quite different. For example, you may have grown up in a cult or alternative community, or you may have a parent who has experienced drug problems or mental illness. Whatever your circumstances, you may feel a deep sense of loss, confusion, or disillusionment at some point.

You are probably more evolved and aware than you give yourself credit for. Because of your wounds, you may feel a bit lost and unsure of yourself, but over time you will become more aware that you possess rare and worthwhile gifts. Try not to feel obligated to continue with situations or connections that have a negative influence on your wellbeing, just for the sake of belonging.

The challenge you face is to get in touch with yourself and your own spiritual core. By doing this you will establish your own beliefs and more than likely discover that within you lies a highly creative and imaginative artist. At times you can feel you have lost your way and that you are simply going through the motions. If you feel depressed by the circumstances of your life, seek help and guidance. You are a highly intuitive and caring soul and helping others can be spiritually uplifting. Do not be tempted to escape your pain by medicating yourself with drugs or alcohol. Share your experiences by assisting people in similar circumstances.

The key to healing is to be found in your own spiritual journey. Possible options to explore include: Reiki, spiritual and energy healing, meditation or hypnotherapy. Most importantly, develop a meaningful life philosophy and embrace music, art and colour. Your capacity to give selflessly is second to none, but you need to give to yourself too. Once you embrace your spiritual centre, you will find wisdom.

Healing Inherited Patterns

Chiron is the archetypal 'wounded healer' and his position in the horoscope reveals information about our journey towards wholeness and wellbeing. When other planets combine with Chiron, our healing journey takes on added significance. Specific wounds that we carry with us can also provide clues as to how we can find inner wisdom and ultimate healing.

Jupiter is Conjunct Chiron

You may find it difficult to find something in which to believe, and yet a big part of you seeks to have meaning and purpose in life, for it inspires you. You are a visionary and may be called on to teach or lead others towards health and wisdom, once you find it yourself. At some point you may encounter a profound spiritual experience that has a tremendous impact on you. Spiritual healing, Reiki and faith healing, these are the kinds of experiences you may encounter and which can assist in your journey towards wholeness.

It is important that you develop meaning and a sense of purpose for this will guide you towards wisdom and wellbeing. Although you may become disillusioned by some teachings, it is important for your spiritual wellbeing to open yourself to explore a variety of philosophies and spiritual concepts. This may

involve exploring different cultural and religious teachings. Potentially you are a person who can bring this knowledge to others once you have found your own inner wisdom.

Pluto is Opposite Chiron

Owing to the slow movement of the outer planets, it is important to note that these aspects can be present for a great many people and are therefore more often associated with cultural, or social conditions, rather than personal ones.

Today we are becoming more aware that humanity as a whole is at a crossroads. This aspect signifies issues pertaining to the ultimate survival of life on earth and healing of collective psychological issues that are shared by all.

Aspects between these planets are common. Chiron and Pluto were on opposite sides of the Earth during much of the 1960s when this deeper awareness first came into consciousness. For those touched by this awareness, healing the planet and related big picture issues, can become a major imperative and mission in life, especially if other personal planets are also in aspect to Chiron and Pluto.

Key Parts of the Body

Each degree of the zodiac corresponds with a specific part of the body. The location of each planet in the Birth Chart will therefore represent certain physical areas. This section lists all the anatomical degrees of your Natal planets as well as the degree of the Ascendant and 6th House cusp.

Unfortunately, the exact meaning of a few of the terms in the anatomical degrees remains unclear, even after consultation by the translator, Jane Ridder-Patrick, with German medical colleagues. However, from the zodiacal area concerned, it is relatively simple to give a fairly reliable approximation. Although he did include them along with his own work, Reinhold Ebertin was of the opinion that these degree areas are not as reliable as those he himself used.

The 'azimene degrees' are also included in this list. These degrees, which are sometimes called degrees lame and deficient, come from William Lilly's Christian Astrology written in the 17th Century. Lilly says that blindness, deafness, lameness or any other crippling disability or deformity, can be explained by the person having the Ascendant, the Ascendant ruler, the Moon or the most important planet, in either the Natal Chart or the Decumbiture Chart (a chart for the onset of an illness), in any of the Azimene Degrees (weak or lame degrees).

Please note that some of these degree areas are gender specific, and will therefore not necessarily apply to you. It is important to also keep in mind that you probably won't have health problems with all of these physical areas, nor necessarily with any of them, but if you do have a health issue that relates to any of these degree areas, you may need to investigate the nature of this particular planet further, for specific healing.

The Moon is located at the 17th degree of Libra

Part of Body: Suprarenal arteries

The Sun is located at the 18th degree of Cancer

Part of Body: Duodenal opening of pancreatic duct

Mercury is located at the 28th degree of Gemini

Part of Body: Metacarpal bones

Venus is located at the 27th degree of Leo

Part of Body: Chordae tendinae (Azimene)

Mars is located at the 1st degree of Gemini

Part of Body: Trachea

Jupiter is located at the 13th degree of Pisces

Part of Body: Plantar artery of left foot

Saturn is located at the 10th degree of Aquarius

Part of Body: Skin of left lower leg

Uranus is located at the 29th degree of Leo

Part of Body: Atrioventricular septum

Neptune is located at the 11th degree of Scorpio

Part of Body: Penis, Labia majora

Pluto is located at the 9th degree of Virgo

Part of Body: Right hepatic lobe

Chiron is located at the 11th degree of Pisces

Part of Body: Lymph vessels of foot

The North Node is located at the 10th degree of Leo

Part of Body: Jugular vein

The Ascendant is located at the 21st degree of Sagittarius

Part of Body: Head of left femur

The Midheaven is located at the 13th degree of Libra

Part of Body: Right renal system

The 6th house cusp is located at the 3rd degree of Gemini

Part of Body: Oesophagus

Conclusion

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Eileen Nauman, *The American Book of Nutrition & Medical Astrology*, Astro Computing Services, San Diego, USA, 1982

Judith White and Karen Day, *Aromatherapy for Scentual Awareness*, Nascon & Sons Pty Ltd, Brighton Le Sands, NSW, 1992

The Anatomical Degree Areas

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The bulk of the information on the degree areas comes from the work of Elsbeth and Reinhold Ebertin which appeared in *Anatomische Entsprechungen der Tierkreisgrade*, and is reproduced by kind permission of the Hermann Bauer Verlag. The translation is by Jane Ridder-Patrick.

A Handbook of Medical Astrology by Jane Ridder-Patrick, 2nd Edition published by CrabApple Press, February 2006, gives a comprehensive overview of the subject.

For more information please refer to the website; www.janeridderpatrick.com

About the Author

This health and wellbeing report has been researched and written by Michele Finey. Michele is an astrologer, freelance writer, healer and hypnotherapist, based in Melbourne. Born in 1959, Michele developed an interest in the planets in childhood and began teaching herself astrology in 1980. After further study with the Melbourne School of Astrology, Michele gained an FAA Diploma and served on several FAA committees in the '80s and '90s. In the early '90s Michele qualified in Clinical Hypnosis and more recently gained an Arts Diploma in Professional Writing and Editing. Michele has written feature articles for numerous publications and is a member of the Association of Professional Astrologers. As well as having a fascination with astrology, Michele has developed skills in a wide range of associated intuitive arts and has a passion for the environment and the animals that share our planet. In writing this report, Michele has called on her own knowledge and experience accumulated over more than 25 years as an astrologer and has also used valuable texts written by respected specialists to source and check information. Michele can be contacted via her website at: www.celestialinsight.com.au

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About the Artist

The illustrations in this report were created by Kay Steventon, who is a Melbourne based artist/astrologer. After graduating from R.M.I.T. in 1980 with a Diploma Fine Art, Kay gained the F.A.A. Professional Astrologer qualification, and '*Living The Tarot*' Diploma. Since 1966 Kay has had many solo and mixed exhibitions in Melbourne and overseas, specializing in symbolic art in 1992. Her first Tarot deck and book, '*The Spiral Tarot*', was published in 1998. Kay's second Deck, '*Celestial Tarot*', was published in 2003 with the Celestial book written by Brian Clark. A 52 card deck, '*Goddesses and Heroines*' was published in 2005, again a joint effort by Kay and Brian Clark.

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