



SOLAR WRITER

HEALTH & WELLBEING

A SOLAR WRITER REPORT
for Diana, Princess of Wales

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COMPLIMENTS OF

ESOTERIC TECHNOLOGIES

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Diana, Princess of Wales

Female

1 Jul 1961

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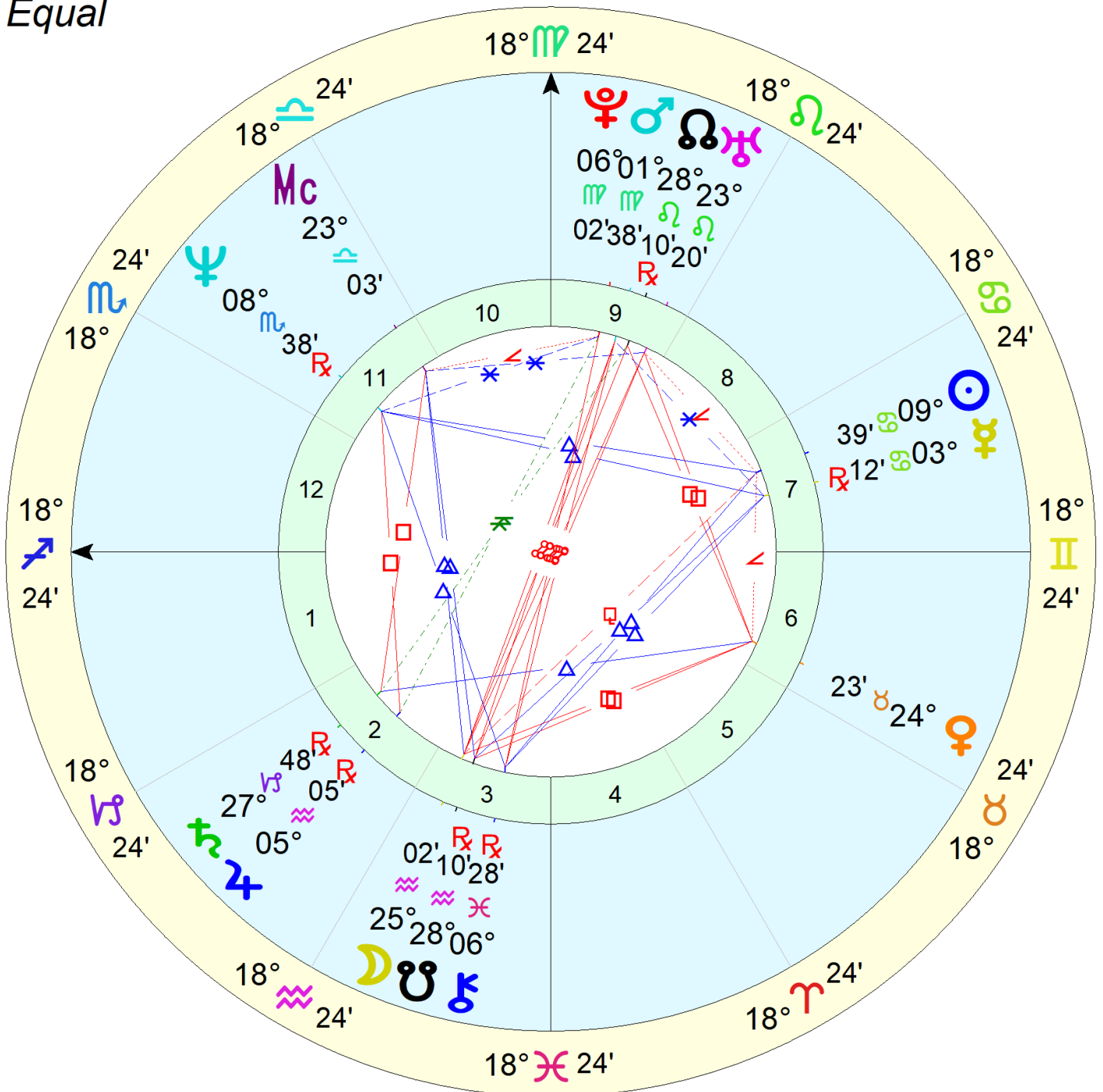
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Health and Wellbeing Report



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 Fire is Balanced
...and Element Earth is Balanced
...and Element Air is Balanced
...and Element Water is Balanced

The Elements in your chart are balanced. This means that you are capable of finding a happy balance between the physical, mental, emotional and spiritual aspects of living. Therefore you are also likely to cope pretty well with the many aspects and challenges of life. You have the necessary resources to call on to help you manage different situations.

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 Aquarius

You need to give your heart room to breathe. For you, emotional security can be found in a wide scope of possibilities, in particular, in community involvement, being true to yourself and especially in having many close friends with whom you can share life's experiences. In certain situations you can feel anxious and you might suffer from fears, or phobias. It is possible that you occasionally have trouble with fluctuating emotions, or erratic hormones. You are highly independent and any kind of cloying emotional exchange can make you feel uncomfortable. There is a large part of you that prefers to remain separate and detached. Sometimes you can be a little insensitive or aloof, but actually this might be because you are avoiding facing painful emotions of your own. You have no problem trying new things; in fact you can feel quite renewed and emotionally enlivened by new experiences of all kinds. You have a strong sense of community spirit and get immense satisfaction from sharing ideas and information, which brings you a sense of personal fulfilment. Sharing experiences with friends is equally important to your sense of emotional wellbeing.

Apart from the Sign of the Moon, lunar aspects describe our habits and moods. The moon travels quickly across the heavens and it is constantly forming aspects to the other planets and the Earth. The moon's aspects relate to these repeating patterns of behaviour that develop early in life. Our lunar aspects are familiar to us and comfortable; they are where we take refuge in times of stress and are therefore a key component of our wellbeing. Our emotional responses are seen in lunar aspects and so too are psychosomatic conditions, which are the body's reaction to emotional stress. The Moon symbolises the unconscious mind, where personal beliefs and emotional patterns are stored. Habits, phobias, fears and even physical problems that arise from stress can be eliminated using techniques such as hypnotherapy and behavioural therapies. Bad habits can be replaced by good habits that support health and wellbeing. Counselling and psychotherapy are also effective ways to heal emotional problems.

The Moon is Square Venus

Both relationship stress and financial stress can be particularly upsetting for you. This could be related to feelings of insecurity that have their roots in your upbringing and early development. You may have felt unloved or ignored by your parents or perhaps your family had to struggle financially to make ends meet. Sometimes insecurity can lead to eating disorders and food addictions. Your early conditioning may have also led to attention seeking behaviour, or conversely you may deny your emotional needs and instead focus on giving to others, later feeling resentful. During adolescence when relationships and peer group pressures are high, you may have had some difficult experiences that led to further insecurity. It is important that you learn to value yourself. This will help you to establish loving relationships and find the security you seek. Try not to turn to food as a solace. This can lead to weight gain that can further deplete your self-esteem. You probably have a real talent for art and art therapy can be highly beneficial for you. Theatre, music and other forms of creative expression will help to build your confidence. Try to be more discerning in your relationship choices. If no suitable relationship is available, don't settle for second best. You will learn that you are perfectly capable of managing on your own.

The Moon is Opposite 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.

The Moon is Opposite Uranus

Your upbringing may have been quite radically different from what is generally considered 'normal'. As a result you may have developed certain eccentric behaviour or particular quirks. You think quickly and act independently and you have a high level of creativity, but your uniqueness may have an element of instability associated with it. For example you may experience mood swings or depression, or conditions such as epilepsy, nervousness or anxiety. The electrical pathways in your brain may function rather erratically at times and you may be prone to experience panic attacks and other disorders that could relate to a deep sense of insecurity. If so, the best approach to these issues is through regular therapy, but it is equally important to express your originality and creativity. When you get a creative idea you can quickly become obsessed, so try to stay grounded and not allow the excitement of the creative process to overwhelm you. If your active mind causes you to lie awake at night, the herb Valerian can still the mind and help you relax. Don't place any electronic equipment in the bedroom for this can disturb your sleep. Make time for gentle yoga, regular meditation, tai chi, or other calming exercises that help reduce stress.

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 Sesquiquare 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.

Mercury is Conjunct The Sun

It is possible that you might have some health problems with the various tubes of the body, such as bronchial tubes, sinuses or inner ear. Intestinal problems or digestive complaints are also possible, as are disorders of the nervous system. Both respiratory conditions and digestive complaints can be associated with an underlying allergic response to certain foods, or air-borne substances such as pollen or dust. Some of these symptoms may be brought on by too little thiamine (B1) in your diet. Thiamine deficiency can also result in nervous complaints and even nerve damage. You may find it difficult to switch off your mind and rest. Communication problems are also possible with this combination such as learning difficulties or dyslexia, but most of the health problems that involve Mercury are temporary and can be effectively addressed. Ensure that you get plenty of B-group vitamins.

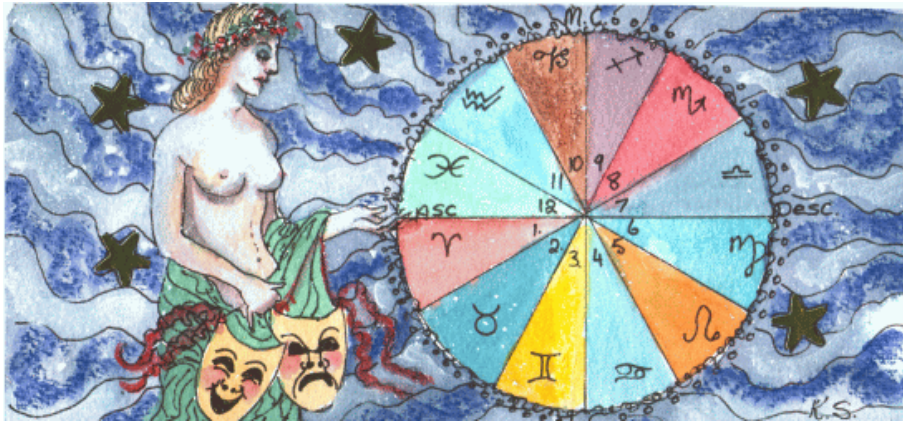
Venus is Semisquare The Sun

Sugar metabolism can be compromised when too much sugar and refined carbohydrates are consumed, therefore to avoid potential diabetes or pancreatic disorders, hypoglycaemia and other problems, the intake of sugar and processed food should be kept to a minimum. You may have a sweet tooth and you could be intolerant to wheat. Thyroid conditions, kidney problems, eating disorders, weight gain/loss, and issues involving poor self-esteem can develop as a result of stress build-up. A lack of B3 can result in skin problems such as dermatitis and even mental disturbances. Many of these conditions can be corrected by eating nutritious food, forging positive and supportive relationships and honouring your own values. The mineral copper and Vitamin E can be of enormous benefit to your system. You are most likely highly creative or artistic and should try to engage in these activities on a regular basis. In addition, try to ensure that your diet includes plenty of vitamins, especially B and E.

Uranus is Semisquare The Sun

You are perhaps a rather eccentric person and somewhat highly-strung. Your highly nervous energy probably means that you tend to spread yourself too thin and may overlook important physical matters. Stress can easily deplete your body of vitamins and minerals. Nervous disorders, tics and tremors, epilepsy, varicose veins, and a range of unusual or rare conditions are possible. Iodine, magnesium, Vitamin A and D can be deficient, poorly assimilated, or even too abundant in the body. Circulation problems can occur. You will benefit from learning relaxation techniques. Try to get enough rest and eat well. You may experience identity problems, or have trouble finding your niche in life, because you don't really fit into the mainstream. It is important for your mental health and wellbeing that you have an outlet for your creativity. Yoga, Tai Chi or other relaxation techniques can benefit you enormously.

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

Jupiter is Semisquare The Ascendant

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 Saturn

It is important that you have a goal or ambition in life and are able to express yourself by working towards attaining achievement. If you are thwarted in attaining your ambitions you can become discouraged, depressed, frustrated or angry. "If at first you don't succeed, try, try again", is a good motto for you to follow. Sometimes you give up through lack of confidence and sometimes you spend too much time and energy doing what you think is expected of you.

Once you have hit upon a plan, start to work towards it in a methodical way and you will eventually achieve lasting results. Feelings of depression, frustration or anger are best channelled into helping others, or taking time out to consider fresh alternatives. You can sometimes be too focused on getting where you want to be in your professional life and can overlook your personal life and other needs. You take your responsibilities too seriously at times and worry too much. Spend more time just relaxing and enjoying yourself. Try to get enough sunshine, Vitamin D, Calcium and Vitamin C.

Bones, teeth and joints can be under stress with Saturn here. Arthritis, skin conditions and problems such as osteoporosis are possible. Chiropractic care may be helpful. These conditions can be a signal that you need to work through some fears you may have. Phobias or fears can block spontaneous expression, which can impact on your health. You may need to learn that laughter and fun are just as important as your responsibilities.

Dispositor of The Ascendant (Jupiter) is Square Neptune

It is important for you to develop a meaningful life philosophy and a creative outlet, for you are most likely a gifted artist. You can be prone to depression and moodiness, especially if you do not feel a spiritual connection with the natural world, nor have a belief system in which you can put your faith. You are a sensitive soul who is easily affected by your environment. Expressing your creativity through the arts will bring healing and a sense of belonging which is integral to your wellbeing.

In your efforts to feel a sense of belonging, you could try to forge connections with various people and/or groups including associations that are not really in your best interest. Whether this is a conscious, or an unconscious journey on your part, either way, you are seeking to make spiritual connections that are meaningful and you give people the benefit of the doubt. You are a caring person, but you can sometimes end up being taken advantage of, because of your highly idealistic nature and your strong desire for meaningful connections. At times you can feel misunderstood, which can make you feel isolated, or depressed. Stress can result in problems with the various fluids of the body such as lymph circulation. You can also experience metabolic problems, endocrine system problems or glandular malfunctions. You are likely to be highly sensitive to drugs and chemicals, so you should try to avoid these substances as much as possible and/or monitor their intake for side effects. Avoid alcohol and recreational drugs. Certain substances may work as poisons on your delicate system, so try to eat well and limit your exposure to food additives and preservatives. You are highly imaginative and may need more sleep than the average person in order to function effectively. Coping with the harsh realities of the world can be traumatic for you, so endeavour to be involved with nature, animals, music and the arts as much as you can.

Dispositor of The Ascendant (Jupiter) is Quincunx 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.

Venus is in the 6th House

Ruler of the 6th House is Venus

You are a person with a high degree of integrity. You have a strong interest in giving to others and in providing services that fulfil their needs and you give quite selflessly when called upon. At times you might over-value others and under-value yourself, which can affect your sense of wellbeing.

Day-to-day stress can take its toll in ways that affect your self-esteem. You may feel unloved or undervalued at times. You should try to avoid replacing self-love with food, or other indulgent activities, in particular limit intake of sugary foods and alcohol, which you may not tolerate very well. Try to find a balance between giving and receiving.

Some relationships, especially in the workplace, may exacerbate feelings of unworthiness that sometimes emerge when you are under stress, but overall you enjoy working with people. Try to remember your values and self-worth are valuable in their own right and do not depend upon what others might think, say, or do. You may be interested in a profession in the healing area, if so, it would probably be in areas that honour the self-worth of others: massage therapy, aromatherapy, or beauty therapy for example. Also try to experience some of these pleasures yourself on a regular basis. Areas to watch for the effects of stress include: the

thyroid, neck, tonsils, kidneys, bladder, vocal chords and the skin. Bach flower remedies, aromatherapy, or a regular massage can help you maintain optimum health. Consider taking up singing or dance, which are excellent ways for you to express yourself.

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.

Mercury is Semisquare the 6th House Cusp

Communication plays a key role in your life and work. You might work in areas that involve writing, talking, speaking, publishing, the media or IT for example. You are highly capable and probably tackle many things simultaneously, but even so, this produces stress that can result in health impacts such as; repetitive strain injury, laryngitis, recurring colds, shoulder inflammation, digestive complaints or allergic conditions. Ensure that you get plenty of B-group vitamins, for this will help you deal with your many commitments and day-to-day stress. You tend to run about at high speed and in this state you can easily become agitated and tense, or forget to eat. To calm nervous tension, try soaking in a bath with added essential oils of Bergamot, Lavender and Neroli, which will calm and soothe your jagged nerves.

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 Virgo

You expend a great deal of energy in your work and are capable of working long hours, though you probably prefer to get things done as quickly and efficiently as possible. Even so, you might not have much time or energy left over at the end of the day for exercise, or for other activities outside work. Once you make the time and effort you will really enjoy regular exercise, in fact this too can become an obsession. Possible exercises and sports that are suited to your type are running, walking, racquet sports, yoga, or dance. You tend to prefer activities that you can do on your own, rather than in a team situation and like to have your feet on the ground, which provides you with a sense of safety and competence. Skydiving is probably not your style. You like to go at your own pace and to challenge yourself against the clock, or to set your own goals, rather than work against competitors. Possible health concerns with this Mars position include bowel conditions including chronic inflammation, indigestion, constipation, or food allergies. Try to eat nutritious and healthy food and eat slowly which will aid digestion.

Your energy style is measured and sensual. You are practical, but also quite driven. You approach your tasks in methodical way. Very few people can match your efficiency. You generate a great deal of output and are highly productive, however you can be critical of others and may lack skills in teamwork. You prefer to go it alone. You may need to recognise that networking and teamwork can be just as useful in getting a result and that others can provide useful feedback.

You can become frustrated and critical with systems that you see as lacking in efficiency and you can be prone to burnout. Expressing your frustrations via communication, such as writing, is a good outlet.

Mars is in the 9th House

You have an adventurous style of energy and vitality. You might enjoy activities and sports such as: horse riding, skydiving, bushwalking, archery, or orienteering. You especially like the great outdoors, travelling and experiencing the world around you, including different cultures. You have an adventurous spirit and will probably try anything at least once. You are a risk taker and maybe an adrenaline "junkie". Possible health impacts that you can suffer from include: hip and leg injuries, sciatica or inflammation in the pelvic region, as well as infections. Accidents are also possible with Mars located here.

You are very restless and dislike being limited or restricted. You may continually seek excitement and adventure and this is when things can get out of control, if you are not careful.

You may be particularly gifted as an athlete, but discipline can be your biggest hurdle, over which you may struggle to jump. Coach or mentor, can be a fulfilling role for you also.

The world is your home. You have larger than life, highly enthusiastic approach to living that can be an inspiration to others. Equally, you can be full of grand plans and wild schemes that you find difficult to apply in a practical way. Nevertheless, with such grand visions, others may follow your lead and take on the details that you tend to overlook.

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.

Mars is Opposite Chiron

Your healing journey may involve you in events that can make you feel angry and frustrated. But dwelling on these issues can exacerbate matters and lead to problems including cardio vascular conditions, high blood pressure and heart conditions. Anger management can go a long way towards a return to health, but you may also need to delve more deeply within yourself in order to find true healing.

You may have sudden outbursts of anger, or be on the receiving end from others outbursts. Swallowing your anger won't work because repressed hostility can lead to disease as well, if not depression. Passive-aggressive behaviour can be equally counter-productive. In your healing journey it is important for you to find a way to balance your strength and sensitivity. Over-reacting to events may be a signal that you need to look within yourself for answers. Sexual dysfunction is also possible with this combination of energies. Again, look for ways to balance your strength and passions with your more caring side. It could be that you lack assertiveness and need to heal on an ego level, which will help you to express your desires.

As accidents are possible with this aspect, it could be that you are on the receiving end, or perhaps the cause of an accident, which dramatically changes your life. It may be this event that is a catalyst that leads you to embrace ultimate healing. It is part of your journey to learn forgiveness, of others and of yourself.

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 26th degree of Aquarius

Part of Body: Right fibula

The Sun is located at the 10th degree of Cancer

Part of Body: Fundus of stomach (Azimene)

Mercury is located at the 4th degree of Cancer

Part of Body: Ninth rib

Venus is located at the 25th degree of Taurus

Part of Body: Lower jaw

Mars is located at the 2nd degree of Virgo

Part of Body: Small intestine

Jupiter is located at the 6th degree of Aquarius

Part of Body: Nerve of left fibula

Saturn is located at the 28th degree of Capricorn

Part of Body: Right genicular arteries (Azimene)

Uranus is located at the 24th degree of Leo

Part of Body: Papillary muscles

Neptune is located at the 9th degree of Scorpio

Part of Body: Sperm duct, vagina

Pluto is located at the 7th degree of Virgo

Part of Body: Rectum

Chiron is located at the 7th degree of Pisces

Part of Body: Right talus

The North Node is located at the 29th degree of Leo

Part of Body: Atrioventricular septum

The Ascendant is located at the 19th degree of Sagittarius

Part of Body: Left femur

The Midheaven is located at the 24th degree of Libra

Part of Body: Blood vessels of renal cortex

The 6th house cusp is located at the 20th degree of Taurus

Part of Body: Maxillary artery

Conclusion

References Sources:

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

Reproduced with permission from Jane Ridder-Patrick

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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