



# HEALTH & WELLBEING

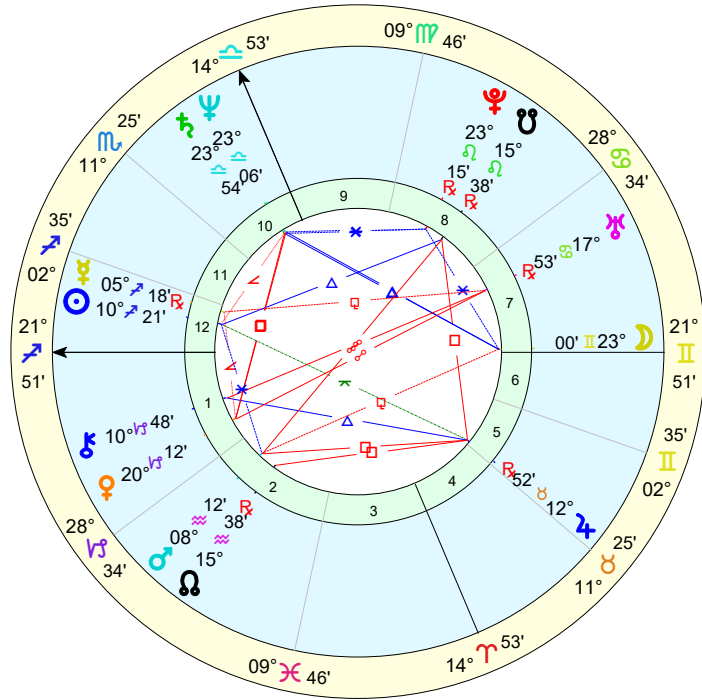
A SOLAR WRITER REPORT  
for Caroline Myss

WRITTEN BY MICHELE FINEY

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**Caroline Myss**  
**Natal Chart**  
 2 Dec 1952  
 8:00 am CST +6:00  
 Chicago  
 41°N51'  
 087°W39'  
*Tropical*  
*Placidus*



# Astrological Summary

## Chart Point Positions: Caroline Myss

Planet	Sign	Position	House	Comment
The Moon	Gemini	23°Ge00'	7th	
The Sun	Sagittarius	10°Sg21'	12th	
Mercury	Sagittarius	5°Sg18'	12th	
Venus	Capricorn	20°Cp12'	1st	
Mars	Aquarius	8°Aq12'	2nd	
Jupiter	Taurus	12°Ta52'	5th	
Saturn	Libra	23°Li54'	10th	
Uranus	Cancer	17°Cn53'	7th	
Neptune	Libra	23°Li06'	10th	
Pluto	Leo	23°Le15'	8th	
Chiron	Capricorn	10°Cp48'	1st	
The North Node	Aquarius	15°Aq38'	2nd	
The South Node	Leo	15°Le38'	8th	
The Ascendant	Sagittarius	21°Sg51'	1st	
The Midheaven	Libra	14°Li53'	10th	

## Chart Point Aspects

Planet	Aspect	Planet	Orb	App/Sep
The Moon	Sesquisquare	Mars	0°12'	Applying
The Moon	Trine	Saturn	0°53'	Applying
The Moon	Trine	Neptune	0°06'	Applying
The Moon	Sextile	Pluto	0°15'	Applying
The Moon	Opposition	The Ascendant	1°08'	Separating
The Sun	Conjunction	Mercury	5°02'	Separating
The Sun	Sextile	Mars	2°08'	Separating
The Sun	Quincunx	Jupiter	2°30'	Applying
The Sun	Semisquare	Saturn	1°27'	Separating
The Sun	Trine	The South Node	5°17'	Applying
Mercury	Semisquare	Venus	0°05'	Applying
Mercury	Sesquisquare	Uranus	2°25'	Applying
Venus	Square	Saturn	3°41'	Applying
Venus	Opposition	Uranus	2°19'	Separating
Venus	Square	Neptune	2°53'	Applying
Mars	Square	Jupiter	4°39'	Applying
Mars	Conjunction	The North Node	7°25'	Applying
Mars	Opposition	The South Node	7°25'	Applying
Mars	Semisquare	The Ascendant	1°21'	Separating
Mars	Trine	The Midheaven	6°40'	Applying
Jupiter	Trine	Chiron	2°03'	Applying
Jupiter	Square	The North Node	2°46'	Separating
Jupiter	Square	The South Node	2°46'	Separating
Saturn	Conjunction	Neptune	0°47'	Separating
Saturn	Sextile	Pluto	0°38'	Separating
Saturn	Sextile	The Ascendant	2°02'	Separating
Uranus	Opposition	Chiron	7°04'	Applying

Uranus	Square	The Midheaven	3°00'	Applying
Neptune	Sextile	Pluto	0°08'	Applying
Neptune	Sextile	The Ascendant	1°15'	Separating
Pluto	Trine	The Ascendant	1°24'	Applying
Chiron	Square	The Midheaven	4°04'	Applying
The North Node	Trine	The Midheaven	0°45'	Applying
The South Node	Sextile	The Midheaven	0°45'	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 Fire is Strong*

It is quite vital that you have a creative outlet and a high degree of autonomy and personal freedom to feel a sense of wellbeing. You are a passionate, dynamic and creative person and you usually have a lot of energy. However, on occasion your output can be higher than your input and this can lead to burnout and fatigue. With too much Fire you can also be ultra-competitive, which can lead to exhaustion, circulatory diseases and accidents. Calming colours, such as blues and greens can assist to balance your excess of Fire. Meditation and relaxation are also important. You have enough heat in the body and adding to this with spicy food and alcohol can also cause health problems. You might need to eliminate these substances from your diet altogether, difficult though this may be. Try at least to reduce your intake of these heat-producing foods. Doing so will restore balance to your system.

### *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.

### *Element Water is Weak*

It can be difficult for you to express your feelings; indeed you can have trouble actually knowing what your feelings are. Emotional scenes can make you uncomfortable. Others may see you as unfeeling, or even cold and aloof, and perhaps you could learn to develop more empathy. This would help you to connect with people on a more personal level and promote mutual understanding. It could be that you hide your feelings because you see them as weaknesses' to be overcome. Keeping a journal can help you to get in touch with your feelings and become more comfortable in expressing yourself. Drink plenty of water especially when exercising, as you can be prone to dehydration. Colours such as deep blues and violet shades can assist you to find a sense of inner peace and reconnect you with your emotional centre when you feel inner uncertainty.

### *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 Gemini*

You get a sense of satisfaction and emotional wellbeing from expressing your ideas and opinions. You are alert and quite shrewd and forever on the lookout for the novel and new. It gives you a sense of comfort to know that you have a clear-headed approach and can adapt to new situations. You can be quite restless and as a child may have learned to anticipate change by reacting before an event actually happened. You are versatile and a keen observer and get immense satisfaction from knowing that you are cleverer than most. Talking things over with friends is a great outlet for you and you can quickly recover your sense of optimism and emotional

equilibrium in this way. Your head will usually override your heart when it comes to having your needs met, as you can sometimes feel uneasy when confronted with deeper emotions. Forging intellectual connections with people and learning new things are ways in which you gain emotional comfort. Because your mind is often full of ideas and internal dialogue, you can sometimes have trouble sleeping. Valerian is a relaxing herb available in tablet form that can help. A few drops of lavender oil on your pillow at night can also induce a sound sleep.

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 Sesquiquare 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 Sagittarius*

You are an outgoing and optimistic individual who enjoys adventure. It is important for you to seek ways to make life interesting and meaningful. You probably dislike being stuck in one place, or having to deal with routine and details. You may feel the need to escape, which when taken to extremes can manifest as indulgence in alcohol, or other excesses, or in a restless desire to be constantly on the go. Parts of

your body that can feel the effects of stress include: the liver, thighs, skin, sacrum, hips and sciatic nerve. To soothe feelings of impatience, try Lavender, Rose and Neroli essential oils.

You have a youthful attitude and good vitality, but problems can arise from too much of a good thing. Over indulgence may lead to liver complaints over time. It is important for you to take a regular holiday and to spend time outdoors. Being involved in activities such as horse riding, or adventure trekking, can help to express your restless spirit, but more importantly, learn to enjoy each moment wherever you are and whatever you are doing. This may involve developing a sense of meaning and purpose that will guide you towards spiritual contentment.

As you mature, you will find that your total lifestyle needs to reflect your inner spirituality, not just during holidays, or when you can get away from it all, but each day. You have a joyful, youthful attitude to life, but you can become despondent if you feel that you are trapped or limited by circumstances. If you feel stressed by taking on responsibilities, or attending to practical matters, it is not really these issues per se, that are underlying your unease. You will discover that contentment comes from within, not from without. With the Sun in Sagittarius you love to travel and explore. If you suffer from jet lag, try using the essential oils: Ylang Ylang, Sandalwood, Peppermint, Rosemary or Lavender. Chewing ginger or peppermint is beneficial for travel sickness and nausea.

As you begin to identify with your purpose, you will find that you will be able to retain your youthful exuberance and at the same time accept your adult responsibilities. The eternal optimist, you will probably retain your youthful happy-go-lucky attitude throughout life, even if you do have slow down a little as you get older.

## 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 12th House*

On occasion you feel a deep sense of personal inadequacy and uncertainty about yourself. This can lead you to try to forge an identity with gusto. Or it may be that you have enormous enthusiasm and powerful energy reserves coupled by a paradoxical naivety. You can be full of contradictions.

You were born just after sunrise and the powers of the Sun are strong in the first

hours of the new day. You have a great deal of potential, but may not be exactly sure how to express yourself, especially in your youth.

The Sun has just emerged from its long sojourn under the horizon. At sunrise, there is a freshness and newness to the solar energy, which expresses itself with innocence, but with a great deal of power. As you try to discover and express your identity, you tend to thrust forward your ego in your youth, but because you are unsure of yourself, and lack experience, it may take you some time to develop a true sense of yourself.

Many of these contradictions will disappear as your consciousness develops and matures. You will begin to understand yourself more fully and discover ways to stay tuned into yourself, give to others selflessly, and forge connections with the wider world, all of which are important to your overall wellbeing.

It is important that you develop a personal life philosophy that gives you a sense of purpose and self-understanding, which will allow you to make your way in the world. Psychotherapy may also prove useful to help you develop self-awareness. These are two ways that can alleviate any tendency to escape back into the unconscious, via destructive habits that can impact on your health. As you come to know yourself better, you will be able to capitalise on your enormous potential.

## 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.

### *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.

### *Jupiter is Quincunx The Sun*

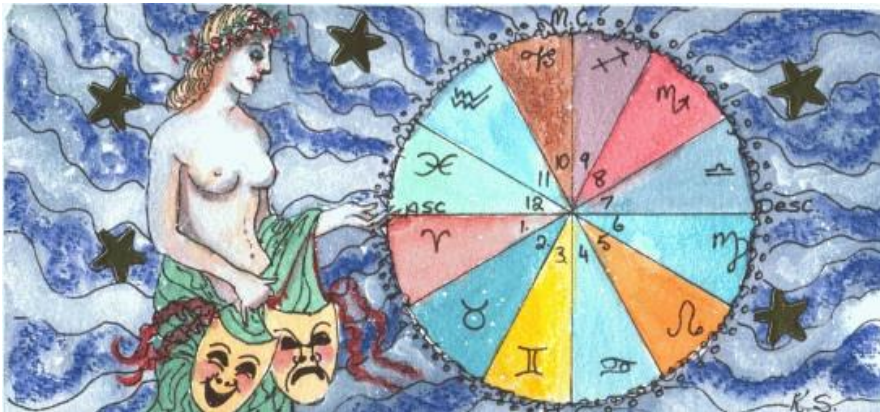
You are generally an optimist and enjoy adventure, but at times you may have an exalted idea of your abilities and can be over-confident and take unnecessary risks. This could be because you are actually lacking in real confidence and trying to compensate by exaggerating your skills. Actually you are a rather fortunate person in many ways, but it is possible that these positives can turn into negatives through a tendency to be lazy, or by trying to escape your responsibilities, leading you into a cycle of over-indulgence. Don't waste your good fortune by over eating or drinking. Because you tend to over-estimate your virtues, you may not realise when you reach your limits. Try to set yourself goals and stick to them. Alcoholism, weight gain and metabolic problems such as diabetes, or liver problems can result if you fail to heed the warning signs. You also leave yourself open to developing high cholesterol or heart conditions. Your diet should include a good amount of Vitamin B6, Choline, Chromium, Biotin, Manganese, Inositol, and Zinc. If you limit your tendency towards excess you will probably enjoy a long and happy life.

### *Saturn is Semisquare The Sun*

You take your responsibilities very seriously. Because of this tendency, you tend to worry and this can result in a range of stress related problems including bouts of depression. Try to laugh more and just enjoy living without worry or fear. Balance your responsibilities and capacity for hard work by scheduling time for your personal life and needs.

Your bones, teeth and joints can feel the effects of stress. Calcium, Fluorine, PABA, Sulphur, Vitamin C, Vitamin K and Vitamin P are important to include in your diet. Arthritis or poor calcium assimilation and skin conditions such as psoriasis can develop. Fear can play an important role in health too. You may experience certain phobias or fears that can block spontaneous expression, and which can impact on your health. Broken bones, and conditions such as osteoporosis are also possible. Regular chiropractic care and exercise may be of particular help to you. Slow metabolism or problems with the spleen or gall bladder are another area that can be affected. Vitamin D and calcium work together, so try to ensure you get enough of sunshine. Singing is an activity that can have enormous benefit to your soul.

# 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.

### *Venus is in the 1st House*

It is important for you to have harmonious relationships and to be able to express yourself artistically. Physically, you possess an innate beauty that shines forth from within. When you are unwell, you sometimes tend to ignore symptoms, put on a brave face and soldier on.

You are a loving and giving person, very in touch with these caring qualities. Your appearance, your values and your relationships are important to you, but when something is amiss in these areas of your life, you can begin to feel out of sorts and become stressed which can impact on your health. Financial stress can also impact on your wellbeing.

It is important that you recognise that your personal needs and values and those of others are of equal importance, for when you feel low or unsupported, you can sometimes react with jealousy, or make strong judgement calls about others, which can adversely affect relationships and make matters worse.

You can be prone to metabolic problems, perhaps related to the thyroid or possible sugar imbalances or difficulty processing carbohydrates. You might crave sweet

foods and you can easily overload your pancreas with sugar, which can lead to a number of problems such as weight gain or diabetes. Try to limit your intake of refined carbohydrates. A high protein diet can assist, especially if your blood type is O. Supplements of Vitamin B and E can assist your metabolism.

By recognising that diverse values can co-exist, more balance and harmony will come to your life. Balance is a key word for you. Finding this balance is important and underpins how you feel about yourself. Positive self-esteem will help to stave off potential eating disorders that might have a deeper cause. Since your appearance, relationships and financial standing have a large bearing on how you feel about yourself, finding deeper values, beyond the obvious external ones, will enhance your long-term wellbeing, self-esteem and health.

## 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 (Jupiter) is Quincunx The Sun*

Your energy and vitality are strong and you strive to do your best. In all your activities and in your creative and self-expression you enjoy competition, in its many forms. In exercise and sport you also like to challenge yourself to do better. You strive for the highest standards in many areas of life and are usually confident that you can overcome any illnesses or setbacks that you encounter, but sometimes you can over-estimate your capacity to cope. Cardiovascular illnesses, circulation or back problems can develop if you push yourself too far, without taking into account the actual circumstances in which you find yourself. You have a powerful constitution, but stress can take its toll on your health if you think you are invincible and if you ignore limitations or practical considerations. Although you are very strong, you are not super-human. You may need to develop more perspective and find a healthy balance between activity and rest. Wearing Tiger-Eye crystal can assist you to express your passions in practical and sustaining ways. Magnesium and iodine, vitamin A and D are ruled by the Sun, so it is important you have enough of these minerals and vitamins to maintain optimum health.

### *The Moon is Opposite The Ascendant*

Any health problems you experience may have, at their cause, emotional issues stemming from childhood. These issues may have to do with your upbringing, your family, or your relationship with your mother, and they may be related to your diet. You feel things deeply and are highly sensitive to your environment and as a child you may have been wounded in ways that mean it is difficult for you to express your feelings easily as an adult. People may misinterpret your motives or you may have

trouble giving voice to your feelings. Nevertheless, you have a strong desire to express your emotions and to find fulfilment through relationship and so it is up to you to heal emotionally and to let go of the past.

The past is important, but not as important as the present or the future. At times you may feel stuck in the past and feel unable to move forward until you resolve outstanding emotional problems. If you develop issues with food and diet, such as bingeing, or erratic hormonal fluctuations, this can be a signal that it is time to work through some of these issues. Healing options for you may include counselling, psychotherapy or hypnotherapy. Always ensure that you get enough potassium and B-Group vitamins in your diet, which can assist with food cravings and help to balance your metabolism, also seek out therapy options as required. Although sensitive, you probably have a great deal of inner emotional strength, and can cope with life's ups and downs better than you might think. Wearing Moonstone can be helpful in balancing your hormones and emotions.

### *Dispositor of The Ascendant (Jupiter) is Square Mars Mars is Semisquare The Ascendant*

You are a fighter. You will stand up for your rights and for injustice and can be a powerful advocate for getting issues heard. Your competitive nature means you are capable of putting a great deal of energy into issues and causes that are close to your heart. This is a positive way to express your inner passions and you will discover it is also more worthwhile than simply focusing on expressing your ego, competing to attain personal goals, or having your own desires met. You generally have a great deal of energy and passion that fuels your body and mind, but try to ensure that you do not overdo things. Get plenty of vitamins and minerals, especially B12 and Iron and also try to make time to relax.

Taking things too far can result in cardiovascular ailments, high blood pressure, inflammatory conditions, problems with the adrenal glands, headaches, migraines and fevers. Anger can be the root cause of these problems. Anger management can go a long way towards a return to health. You may have sudden outbursts from time to time. Although these are usually short lived, they can have a dramatic impact on your relationships and your life in general. Swallowing your anger won't work either because repressed hostility can also lead to disease. Channel your energy and any feelings of frustration into sport, exercise, or make efforts to affect positive changes in the world around you.

### *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.

# 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.

### *Mercury is Opposite 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 Semisquare 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 the 2nd House*

Your Mars energy tends to be measured and slowly released. You are capable of concentrated and sustained effort and activities that involve committing yourself to a plan or goal and working towards it over a period of time. Weight training, dance and yoga are suitable exercise options. You are very focused and determined once you set yourself a task. You will keep on going until you get what you want, even if this takes years.

Money is important to you, mainly because it means that you can do more of what you want to do. When you don't have enough money you can feel frustrated, but you are persistent. You will keep on pressing on towards your goals until you attain them. Working for yourself and earning your income from utilising your entrepreneurial skills could be a good way to express your energy. Sometimes you can be so focused on earning a living or making money, that you have little time for exercise. It is important to watch your diet and to make time for physical activity because you can easily put on weight and develop associated health problems if you fall into bad habits. Other possible health concerns for you include tonsillitis, throat inflammation, laryngitis, neck tension or hyperthyroidism. Once you make up your mind to do something however, you commit yourself fully. Develop a regular exercise plan and stick with it.

### *Mars is in Aquarius*

You are adventurous and will try just about anything once. Your energy can sometimes fluctuate a great deal and you can be accident-prone if you have a tendency to rush. Activities suited to your energy style include: cycling, water-sports, sailing, kayaking and windsurfing and you will probably also enjoy team sports and working out in the gym. You will enjoy being involved in exercises or activities that involve new technology or unusual activities might also appeal. In health matters, Mars here can indicate circulation problems, shin, calf and ankle injuries and rare inflammatory conditions.

You are open to experimentation. You like to be involved in a variety of interests and activities to see what they are like. Anything new interests you. If a friend suggests something, you are first in line to give it a go. This also includes schemes and business ideas, some of which may not be that workable. You would benefit from some practical advice. When you do not get what you want, you just move on to the next project. Sometimes you can be overly fixated on a particular activity and at other times you can be a bit scattered. Your physical actions can be a bit erratic and jerky sometimes. Learning Tai Chi or yoga will help your energy to flow more rhythmically.

# 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 1st House*

You are a sensitive soul whose journey towards wholeness may involve you in events that make you feel that you are singled out in some way.

It may be necessary for you to cross a threshold, perhaps some kind of pain barrier, emotional or physical, before you can embrace your own creative potential with full confidence. You may be defined in some way by a wounding event that calls into question your identity. As a result you may become a leader or pioneer. Even though being in charge and taking the initiative means facing your fears, you are capable of inspirational leadership and taking decisive action.

You may feel vulnerable, feeling that your pain and scars are visible to others. By being courageous, you will find the key to face life's challenges.

At times you perhaps feel a deep sense of isolation, or aloneness and feel that you have to push ahead on your own, without much support from others. But relationships will also bring you opportunities to heal. Over time you will begin to forge supportive connections with others who may have undergone similar experiences. You will discover you have a rare gift to heal others as well as yourself.

### *Chiron is in Capricorn*

You are adept at taking on responsibilities and commitments, but they may bring you some stress. This is particularly the case in respect to your career, but also in your home life and other areas. Perhaps you were encouraged to follow in the footsteps of a parent, or a family tradition, as far as a career path was concerned. Later, you might feel resentment that your own skills or interests were not encouraged. You may have issues with either of your parents concerning the rules and regulations that were set down for you to follow. These are potentially some of the things you need to work to resolve.

It is important that you take responsibility for your own life and try another career if you are not feeling fulfilled. Don't let your responsibilities become a burden. Key questions for you to consider are: What am I taking responsibility for? What are my goals and priorities? Do I have to carry this load on my own? Why am I doing this?

Business or work pressure, the pressure of responsibilities, stress from your parents, responsibilities of parenthood, or/and difficult encounters with government agencies, can be signals that these issues need to be addressed. If you experience health concerns with bones, joints, teeth, skin, knees, or back problems it is time to consider healing options such as massage, chiropractic, or osteopathy. Most importantly, strike a life/work balance.

Your journey may involve one or more major career changes, which could be quite scary initially, because it means giving up some measure of security, while also embracing change and the unknown.

At some point you might consider a career in the health sector, or as a teacher. In fact, once you have experienced healing in your own life, to embark on this journey will bring fulfilment, but it is important that you first deal with your own stress and wellbeing. Try to remain positive and adaptable and recognise that you do have choices. Within these challenges, you will find the key to your freedom and success.

## 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.

### *Uranus 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.

Social isolation has become an issue for many people, consistent with the fact that aspects between these planets are common. Chiron and Uranus were on opposing sides of the Earth for a long period of time. Just about everyone born between 1950 and 1990 have Chiron and Uranus in opposition.

This aspect symbolises that many traditions have largely been overthrown and we

have embraced new technologies and new freedoms. But at the same time those things that we once relied upon are no longer there, and this has led to a host of social problems.

The pace at which life is lived is more rapid than ever before and this can lead to its own brand of stress. Feelings of isolation are more common experiences, which can lead to depression and other mental illnesses.

Linking up with like-minded people can help us realise that we are not alone in this suffering.

## Conclusion

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## 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](http://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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