

HEALTH & WELLBEING

A Solar Writer Report

for

Mark Moody



01:40Hrs
14th June 1962
Sydney, Australia

Compliments of:-

Karmagreen Astrology

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Mark Moody

Male

14 Jun 1962

1:40 AM AEST -10:00

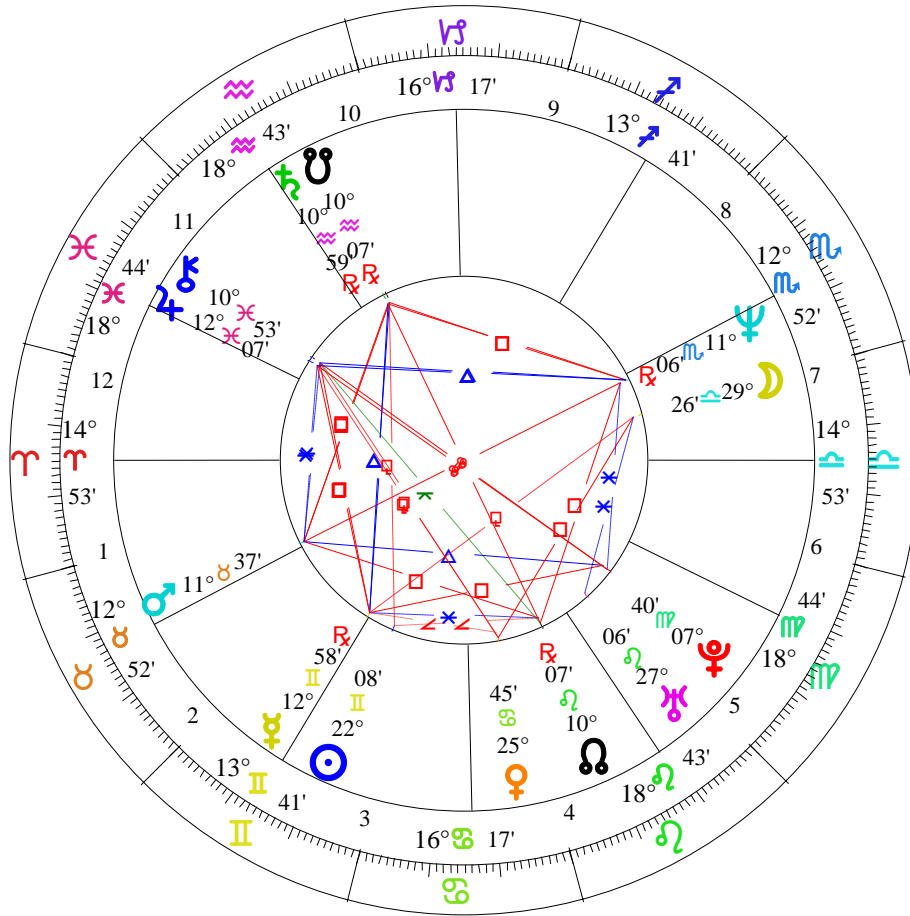
Sydney

33°S49'24"

151°E11'28"

Tropical

Placidus



Signs

A	Aries
B	Taurus
C	Gemini
D	Cancer
E	Leo
F	Virgo
G	Libra
H	Scorpio
I	Sagittarius
J	Capricorn
K	Aquarius
L	Pisces

Planets/Points

N	Sun
O	Mercury
M	Moon
P	Venus
Q	Mars
R	Jupiter
S	Saturn
W	Chiron
T	Uranus
U	Neptune
V	Pluto
X	North Node
Y	South Node
Z	Part of Fortune
Vx	Vertex
r	Retrograde

Aspects

a	Conjunction
b	Opposition
c	Trine
d	Square
e	Sextile
f	Semisquare
g	Sesquisquare
i	Quincunx

Astrological Summary

Chart Point Positions: Mark Moody

Planet	Sign	Position	House	Comment
The Moon	Libra	29°Li26'	7th	
The Sun	Gemini	22°Ge08'	3rd	
Mercury	Gemini	12°Ge58'	2nd	
Venus	Cancer	25°Cn45'	4th	
Mars	Taurus	11°Ta37'	1st	
Jupiter	Pisces	12°Pi07'	11th	
Saturn	Aquarius	10°Aq59'	10th	
Uranus	Leo	27°Le06'	5th	
Neptune	Scorpio	11°Sc06'	7th	
Pluto	Virgo	7°Vi40'	5th	
Chiron	Pisces	10°Pi53'	11th	
The North Node	Leo	10°Le07'	4th	
The South Node	Aquarius	10°Aq07'	10th	
The Ascendant	Aries	14°Ar53'	1st	
The Midheaven	Capricorn	16°Cp17'	10th	

Chart Point Aspects

Planet	Aspect	Planet	Orb	App/Sep
The Moon	Sesquisquare	Mercury	1°28'	Separating
The Moon	Square	Venus	3°41'	Separating
The Moon	Sextile	Uranus	2°20'	Separating
The Sun	Semisquare	The North Node	2°59'	Applying
The Sun	Sesquisquare	The South Node	2°59'	Applying
Mercury	Semisquare	Venus	2°12'	Applying
Mercury	Square	Jupiter	0°50'	Applying
Mercury	Trine	Saturn	1°59'	Applying
Mercury	Square	Pluto	5°17'	Applying
Mercury	Square	Chiron	2°05'	Applying
Mercury	Sextile	The North Node	2°51'	Applying
Mercury	Trine	The South Node	2°51'	Applying
Mercury	Sextile	The Ascendant	1°55'	Separating
Venus	Sesquisquare	Jupiter	1°21'	Applying
Venus	Sesquisquare	Chiron	0°07'	Applying
Mars	Sextile	Jupiter	0°30'	Applying
Mars	Square	Saturn	0°37'	Separating
Mars	Opposition	Neptune	0°30'	Separating
Mars	Trine	Pluto	3°56'	Separating
Mars	Sextile	Chiron	0°43'	Separating
Mars	Square	The North Node	1°29'	Separating
Mars	Square	The South Node	1°29'	Separating
Mars	Trine	The Midheaven	4°40'	Applying
Jupiter	Trine	Neptune	1°01'	Separating
Jupiter	Opposition	Pluto	4°26'	Separating
Jupiter	Conjunction	Chiron	1°14'	Separating

Saturn	Square	Neptune	0°07'	Separating
Saturn	Opposition	The North Node	0°52'	Separating
Saturn	Conjunction	The South Node	0°52'	Separating
Neptune	Sextile	Pluto	3°25'	Applying
Neptune	Trine	Chiron	0°13'	Applying
Neptune	Square	The North Node	0°59'	Separating
Neptune	Square	The South Node	0°59'	Separating
Pluto	Opposition	Chiron	3°12'	Applying
Chiron	Quincunx	The North Node	0°45'	Separating
The North Node	Trine	The Ascendant	4°46'	Separating
The Ascendant	Square	The Midheaven	1°23'	Separating

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 focussing 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 25 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 appears to come up more than once in several different sections, it is worthy of special attention. Likewise, if there seems to be 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.

In reading this report, please take into account that some factors are more powerful and obvious than others. For example, the Sun, the Moon, the Ascendant and any planets in the 1st House, should probably be given more weight in the overall interpretation, than say, aspects to the 6th house, or Chiron's position.

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.

Disclaimer

Essential oils should not be used full strength and never swallowed. They should be diluted with water, or 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 essential oils. Some people are sensitive to particular oils, although the pure, top quality oils are less likely to result in allergic reactions. 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, nor any effects encountered by not seeking medical advice. Do not attempt self-treatment for serious health conditions.

Your Basic Health Needs



Your General Temperament

The overall balance of elements and modes is connected with our general attitudes and perspective and shows whether our values, point of view and style of expression are particularly focussed towards certain qualities and tendencies of temperament, or whether there is some under-emphasis of certain qualities. The balance of elements and modes also relates to one's overall constitution. Where there is too much, or too little, of any element or mode, there can be a corresponding imbalance that we consciously need to address, in order to bring about emotional, spiritual, mental and physical healing.

Element Air is Strong

You live in a world of ideas and activity. Because you are on the go and highly social, you can sometimes forget about the importance of the physical body. You are more likely to be underweight than overweight and you tend to jump from one thing to another quite rapidly. In the process you can subject yourself to a great deal of mental stress. You can easily 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, 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 to calm your nerves. Wearing earthy colours and 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.

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 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 probably able to call on these qualities, as you need to. Having the modes balanced also indicates that you are capable of attuning your inner self and your outer experiences and recognising that you are ultimately responsible for your own wellbeing and health.

Your Emotional Health

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

The Moon is in Libra

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

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 Gemini

You are an inquisitive person with a highly developed mind, but you can get bored easily. You enjoy social contact and the exchange of ideas and information but can sometimes get so caught up in what you are doing, that you become scattered or overly myopic, focussing too much on the trees and ignoring the forest altogether. Although you have a quite brilliant mind, you may need to learn that your body and emotions are just as important to your overall wellbeing.

It is easy for you to tackle many projects simultaneously, but equally important that you pay attention to your body when it tells you something is up. Try to eat regular meals and get plenty of nutrition. You expend a great deal of energy because your mind is constantly on the go, but you may forget to exercise. Making time for physical activity might be low on your list of things to do, but you will benefit from making an effort.

Highly strung, you thrive on nervous energy. You are highly adaptable which means you can cope well with day-to-day stress, however you can be prone to picking up viral infections and can experience health problems such as; colds, flu and other respiratory illnesses including asthma. In particular your body can be affected by conditions that affect the lungs, arms, hands, shoulders, bronchial tubes and sinuses. Such problems can be a sign that you need to express your feelings, not just your ideas. Aromatherapy blends and herbs useful for these conditions include: Basil, Cedarwood, Eucalyptus, Lemon, Fennel, Peppermint, Tea Tree, Thyme and Marjoram.

You are curious and interested in people and the world around you, and you enjoy networking and social interaction. You enjoy conversation and the exchange of ideas. Sometimes you may feel that you are not being understood or listened to, and you have a strong need to be heard. As you get to know yourself you will be able to communicate more effectively by speaking less, but actually saying much more.

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 the individual is thought to have a more subtle or refined expression, and to be capable of 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. 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 3rd House

Highly strung, you thrive on nervous energy and are highly adaptable. It is important for you to have your opinions listened to as your sense of identity comes from expressing your ideas. Stress comes from boredom and not being given an opportunity to have your say. You are curious and interested in people and the world around you and you enjoy learning.

It is easy for you to tackle many projects simultaneously, but equally important that you listen to your body when it tells you something is up. You sometimes tend to ignore physical symptoms and your emotional wellbeing. It is necessary for you to learn that your body and emotions are just as important as your mind, ideas and mental attitude.

Respiratory problems can result if you think that you are not being given an opportunity to be heard, but can also result when you have emotions that are trapped inside you, that you have trouble acknowledging. You are adaptable though, and will probably keep learning and stay mentally active throughout life.

As you get to know yourself over time, you will find that your communication skills will become more refined. You might be good at writing. By getting in touch with your feelings, many stress reactions will be minimised, or even disappear. Get enough rest when you are tired, that includes switching off your active mind. For exercise try yoga or Tai Chi, or perhaps regular walking or team sports.

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.

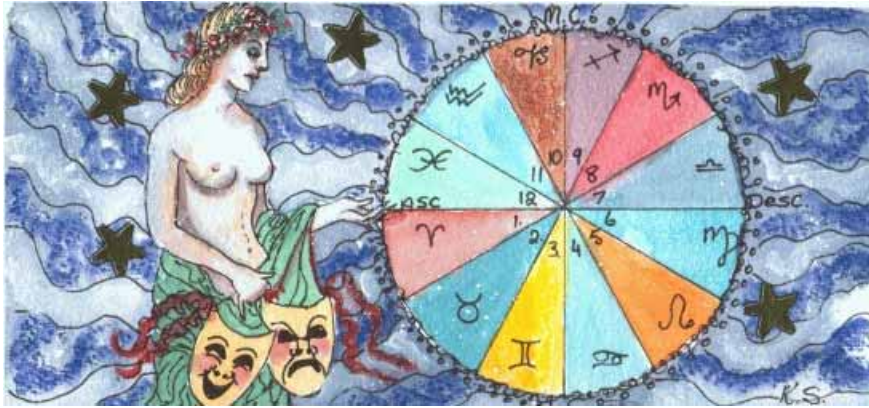
Magnesium, Iodine, Vitamin A and Vitamin D are ruled by the Sun. A deficiency or incorrect assimilation of any of these minerals and vitamins can be the cause of health problems when there are difficult aspects involving the Sun.

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.

In your chart there are no challenging relationships between the Sun and other planets. Please refer to others sections of this report to find advice relating to factors in your own chart.

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 rising sign 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, to the detriment of our true nature.

The Ascendant is in Aries

You tend to be headstrong and direct in your approach to the world. You like to meet life head on and have a dynamic style and a body type that is full of energy. You like the challenge of physical competition and most likely you are good at sports.

When under stress, health problems tend to come as a result of too much heat in the body, or because you over-do things.

You are a dynamic and energetic person. Being bold and daring, you assume that you can manage any physical challenge that comes your way, but you can overestimate your ability to cope and may find that you take on more than you can effectively manage. You can also be prone to accidents because of a tendency to rush. Associated physical complaints can include: headaches or migraine, heatstroke, high-blood pressure, cataracts, glaucoma, gastric reflux or stomach ulcers, acne, Bell's palsy, herpes, shingles, or broken bones. The face and the head, the muscles and the blood are other areas that can be affected, particularly by short-term or acute stress. You should try to limit your intake of very spicy foods and your consumption of alcohol should likewise be minimised.

Exercise is an excellent outlet for your highly developed muscular system. Keeping yourself fit with a regular workout will promote good health. You thrive on adrenaline. As you tend to overdo things however, it is important to have a regular health check up, especially as you get older. You may be reluctant to slow down the pace as the years go by, but you do need to listen to what your body is saying. Do not avoid facing reality when it comes to your body, but do keep active. You tend to push on regardless of risks. This can be foolish where your health is concerned. Learning to relax is probably one of your biggest challenges in life. Aromatherapy oils such as Lavender, Geranium and Sandalwood can assist with relaxation. Camomile, Marjoram and Peppermint are good for headaches.

Your Strengths and Sensitivities

The first house and the Ascendant are associated with the physical body. The Ascendant is the place of interface between the physical and spiritual realms.

The Ascendant also describes one's immediate environment and general physical type. Planets in the first 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 first 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 first house.

However, your own chart does not have any planets that fall into this category. Therefore you will need to refer to the other sections of this report to find advice which is relevant to your chart.

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 Mars

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 focussing 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 (Mars) is Square 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 focussed 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. 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 (Mars) is Opposite 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.

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 diet, 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 sixth house energies to establish healthy habits.

Ruler of the 6th House is Mercury

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

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

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

Limiting the Impact of Chronic Stress

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

The Sun is Square the 6th House Cusp

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

Jupiter is Opposite the 6th House Cusp

You want to enjoy life to the full and find it frustrating when you are restricted from doing so by the demands of work, daily chores and responsibilities. You love life and have an exuberant approach to all you do, so you probably dislike being tied to a desk. In your work, you prefer to be out and about and may enjoy travel, or working outdoors. Work stress may come from any activity where your freedom is restricted. You prefer to leave the details to others, as these can be stressful for you too. Your other problem stems from a tendency to over indulge, in all its forms. This can lead to a host of problems, if left unchecked. Weight gain and associated health problems can result. Liver and skin problems can also manifest. Try to balance your enthusiasm with the practical necessities of living. Your outgoing approach and positive outlook are contagious and you can be an inspiration to others, so do not waste your opportunities. Meanwhile, try to find a job where you have some freedom and autonomy. Essential oils useful for managing your stress include Sandalwood, Camomile, Lavender, Clary Sage and Bergamot.

Chiron is Opposite the 6th House Cusp

Your journey towards wholeness and wellbeing will likely involve some experiences that are potentially difficult or wounding, but you are likely to develop the skills and wisdom to convey information to others in a spirit of service. You could experience some health concerns that have a profound effect upon you, not just physically, but which lead you on a quest for knowledge and healing, which could develop into a career in teaching or the health sector. Before you can enter into such a role that provides service to others, you first need to heal yourself. Undertaking your own research into a variety of healing modalities is a good place to start.

It is likely that you will experience some inner struggle to find a balance between having personal freedom and autonomy while at the same time accepting your obligations. To assist during times of stress and to rebalance your system, try a bath or massage using Clary Sage, Sandalwood and Ylang Ylang essential oils, which will also lift your mood when you feel despondent.

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 focussed 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 1st House

With Mars here your energy is direct, strong, dynamic and even explosive at times. Sports and activities that suit your energy style include squash, martial arts, boxing, motorcar racing and similar activities that provide intense workouts and use high amounts of adrenaline. You probably enjoy competition.

Possible health problems with this location of Mars include cardiovascular problems, high blood pressure, muscle inflammation, acid-alkaline imbalances, headaches or migraines. Anger can be the root cause of some of these conditions. Anger management can go a long way towards a return to health. You tend to use a great deal of energy, and may not have enough stores of energy to call upon when you need them. If your energy wanes, it could be because you have developed a deficiency with one of the minerals or vitamins associated with Mars. Likewise disorders of the blood are also possible. At times you can be overly focussed on having your own desires fulfilled. You can be aggressive and self-centred, and you are capable of destructive behaviour when you do not get your own way. Learn to direct your energy into worthwhile activities. Try to think things through before taking action.

Burnout, chronic fatigue or exhaustion can occur when you overdo things physically and deplete yourself of important nutrition. You enjoy taking risks and experiencing adrenaline highs that come with adventure. However, accidents are possible, especially broken bones and head injuries, which are more likely to happen when you are hasty and impatient. Ensure that you balance your high energy output with enough input of nutrition.

Mars is in Taurus

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 focussed 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 focussed 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.

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 11th House

You may sense that you do not fit in to the mainstream, indeed you may not want to, and may prefer to stand apart. Trying to fit in, forcing issues, feeling isolated or cut off, or having to change your approach in order to fit in, can cause you stress. On the one hand, you value your independence and creative freedom, but having autonomy comes with a sense of isolation. You can also feel uncertain about your identity. This is the key to your wound.

As you search for your identity, you are likely to be interested in alternative approaches to living. Creative expression is important to you, but you may have trouble finding your particular niche until you understand more about yourself. Don't be disheartened by a lack of immediate results as you explore your options. You may mistakenly believe that your progress should be faster, or should happen with greater ease, but that is not the case. You sometimes think that you are right and everyone else is wrong, or vice versa. It is possible you may be resistant to new ideas, information or technology, or be well ahead of the times and full of new ideas that you have trouble getting off the ground. Circulation problems, high or low blood pressure, burnout, panic attacks, nervous disorders, or headaches can be signals that you need to relax and go with the flow. Find a balance between fluctuating extremes and try to keep an open mind. Try meditation, hypnotherapy, homoeopathy, or acupuncture. Explore a variety of alternative and non-traditional options.

Healing will truly come to you, when you learn to remove any mental blocks and honour your uniqueness.

Discovering more about yourself will lead you to express your creativity and embrace your individuality. In your search, explore a range of options, ideas and lifestyles. As you do so, you will come to know yourself better by becoming aware of the similarities and differences between yourself and others. The by-product of these encounters is your growing self-awareness and insight that will eventually lead you to find your true self and a way to express your unique creativity.

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.

Mercury is Square Chiron

Your wounds are possibly connected to communication or learning. Perhaps you have trouble in these areas, perhaps as a result of your early in life at school. Perhaps you missed some important information in your school years, maybe owing to ill health. Both respiratory conditions and digestive complaints may be associated with this combination, including allergic reactions. Communication problems such as stuttering or dyslexia may also relate to this aspect. As you move through life you will probably find that you grow out of these problems and develop a strong mind and a degree of wisdom. You may struggle with some of these issues but you can overcome them. Over time you may actually become a gifted teacher.

Venus is Sesquiquare Chiron

Your self-esteem may have been wounded in your early years in such a way that they have made it difficult for you to establish develop close intimate relationships. Eating disorders can be associated with this aspect.

You may have not had much feeling of closeness or support in early life. This makes you both determined to find a supportive relationship that fulfils you, but at the same time you may enter into relationships that repeat the abusive patterns of the past. You will make every effort to work at relationships, but you may need to heal this part of yourself before you can enter into mutually caring relationships that fulfil your needs. Once you experience healing, you may discover that you have gifts as a counsellor. You have a need to heal others and may become personally involved with people who need healing. First and foremost, heal yourself.

Jupiter is Conjunct Chiron

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

It is important that you develop meaning and a sense of purpose for this will guide you towards wisdom and wellbeing. Although you may become disillusioned by some teachings, it is important for your spiritual wellbeing to open yourself to explore a variety of philosophies and spiritual concepts. This may involve exploring different cultural and religious teachings. Potentially you are a person who can bring this knowledge to others once you have found your own inner wisdom.

Pluto is Opposite Chiron

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

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

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

Key Parts of the Body

Each degree of the zodiac corresponds with a specific part of the body. The location of each planet in the birth chart will therefore represent certain physical areas. This section lists all the anatomical degrees of your natal planets as well as the degree of the Ascendant and Sixth 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.

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 30th degree of Libra

Part of Body: Left ureter

The Sun is located at the 23rd degree of Gemini

Part of Body: Head of the humerus

Mercury is located at the 13th degree of Gemini

Part of Body: Pulmonary veins

Venus is located at the 26th degree of Cancer

Part of Body: Mammary glands

Mars is located at the 12th degree of Taurus

Part of Body: Cervical and brachial plexi

Jupiter is located at the 13th degree of Pisces

Part of Body: Plantar artery of left foot

Saturn is located at the 11th degree of Aquarius

Part of Body: Right cruciate ligaments

Uranus is located at the 28th degree of Leo

Part of Body: Chordae tendinae (Azimene)

Neptune is located at the 12th degree of Scorpio

Part of Body: Seminal vesicles

Pluto is located at the 8th degree of Virgo

Part of Body: Abdominal cavity

Chiron is located at the 11th degree of Pisces

Part of Body: Lymph vessels of foot

The North Node is located at the 11th degree of Leo

Part of Body: Subclavian veins

The Ascendant is located at the 15th degree of Aries

Part of Body: Lateral lobes of brain

The Midheaven is located at the 17th degree of Capricorn

Part of Body: Condyle of left tibia

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

Part of Body: Oesophageal groove

Conclusion

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

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

The Anatomical Degree Areas

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

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

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