HEALTH AND WELLBEING REPORT OF KURT RUSSELL

HEALTH AND WELLBEING REPORT



Introduction

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

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

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

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

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

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

Disclaimer

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

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

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

YOUR BASIC HEALTH NEEDS



Your General Temperament

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

Element Earth is Weak

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

Element Air is Weak

You can be prone to isolate yourself socially from the world which can lead to depression and related problems. Make an effort to get out and about and interact with people more often. You need to cultivate friends and relationships. In sharing ideas and exchanging information you can learn to express yourself with more confidence, especially in social situations. You may have been misunderstood early in life, which led you to withdraw from people. Build your social confidence gradually by interacting with one or two special people. Build rapport gradually by getting to know them and sharing your story. Wearing bright yellows and orange colours can help to bring about more balance in these areas. If you are prone to depression, fish oil and vitamin B3 can assist. Get out in the fresh air and visit new places more frequently.

Element Water is Strong

Your emotional wellbeing plays a vital role in your overall health. Try not to head for food or alcohol when you are under emotional stress. When you are not feeling supported and nurtured, you can be prone to anxiety, depression and weight gain. Finding ways to establish harmonious relationships and supportive connections is important. So too is having an outlet for your highly developed imagination. With an abundance of Water, you are a sensitive person and you can be prone to drink too much alcohol, or to seek solace in drugs. The Element Water is fluid and melds itself to its surroundings. You can be easily influenced by people. Ensure that you protect yourself from negative environments, for they can make you unwell. You may also experience hormonal fluctuations and mood swings from time to time. Too much Water can also be associated with mental illness and emotional disorders. Grounding earthy

colours and activities can make a real difference. Create a peaceful sanctuary in your mind, or a place where you can regroup and centre yourself. If you are feeling stressed, it will help to establish firm boundaries and areas of responsibility. You are a caring soul and can contribute substantially to the wellbeing of others, but you sometimes give too much and overlook your own wellbeing. Learn to say no. When you are feeling down, talk things over with someone close. Bright, happy colours like pinks and bright yellow and also earthy tones can be soothing.

Mode Cardinal is Strong

Cardinal energy is associated with strong leadership qualities and initiative. You react to stress intensely, but also recover your vitality quickly. With a strong Cardinal energy you tend to go after what you want in life. When you encounter problems, you tackle them directly. Stress tends to originate mainly from a combination of family issues and work pressure as you try to manage your various responsibilities and personal relationships. You tend to be very driven and active and you can become stressed when your personal authority is being compromised. Too much Cardinal energy can also mean that you over-commit yourself and then find you have difficulty meeting your obligations. Try to focus on each task and complete it, before starting another project. Stress can manifest as arthritic problems, stomach upsets, kidney problems or headaches. You like to be in charge and do not like being told what to do. It is important for your sense of wellbeing that you have goals that you are actively working towards, but doing too much can be your Achilles heel.

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 Cancer

You are highly sensitive, imaginative and intuitive. It is important for you to feel a sense of emotional security at all times. The source of this emotional security may be found in many places, including close family ties, a sense of family history, putting down roots, intimate relationships, parenting, forging close connections with nature or animals, or by giving to others less fortunate. You are a caring and giving person. Whatever the source/s of your emotional security, the important thing for you is to feel that you have a sense of belonging, for when you do not, you can lose your confidence, get involved in destructive relationships, or over indulge in food and/or alcohol as a way to fill yourself up.

It can be difficult for you to let go of emotional connections once they are formed and separation anxiety can occur for a variety of reasons, especially if you feel rejected by others. In reaching for food to fill yourself up, or alcohol to drown your sorrows, you lead the risk of developing other emotional and/or health problems. At times you can revert to coping mechanisms from childhood, seeking out a "parent" to take care of you. You possess a deep core of emotional strength within you, which it is important to honour. Giving to yourself and honouring your own needs will quickly restore your emotional core. Nine times out of ten, following your intuition will guide you along the right path.

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

such as hypnotherapy and behavioural therapies. Bad habits can be replaced by good habits that support health and wellbeing. Counselling and psychotherapy are also effective ways to heal emotional problems.

The Moon is Square Mars

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

The Moon is Square Neptune

Events you witnessed as a child perhaps filled you with uncertainty or confusion. Perhaps one of your parents behaved in ways that were difficult for you to understand. They may have been ill, and you may have wanted to help them, but were unable to. Perhaps a family member engaged in substance abuse, or was mentally unstable, or suffered from emotional problems. As a result you are highly sensitive and intuitive. This sensitivity generally guides you well, but sometimes your radar can be off target, leading to more confusion on your part. Your sensitivity also makes you prone to chemical and food allergies. Avoid alcohol and exposure to chemicals as much as possible. Psychosomatic reactions are triggered by emotional stress. This can be an issue for you when you are uncertain of your feelings, or how to express them, leaving you with feelings of self doubt.

It is possible that you may be prone to depression and at times feel misunderstood. Try to believe more in yourself for you are a caring and generous soul. In trying to fit in and feel you belong, you are apt to give others the benefit of the doubt, and some people will take advantage of you. It is therefore important for you to establish a clear set of guiding principles, beliefs and boundaries that will build a stronger sense of self, based on healthy values that you know to be true. Learning about the unconscious mind and how it works will aid this process. Reiki, hypnotherapy and other forms of spiritual healing can be especially beneficial, but following the traditional healing model is also advised for this aspect. Mysterious symptoms involving the endocrine and lymphatic systems, or involving hormones and fluid metabolism can be difficult to diagnose, so insist on getting a second opinion if it is warranted. Ultimately, put your faith in your own capacity to heal.

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 Pisces

You are a sensitive and highly creative person. Sometimes you find it difficult to cope with the stress of daily living and the way the world is structured. You may want to escape from the harsh realities you see around you.

It is important that you embrace a meaningful life philosophy that will bring you a sense of purpose and fulfilment. Feeling isolated or alone, or wanting to escape can lead you to indulge in alcohol or drugs, which numbs your pain, but this is a short-term fix and not a healthy option to follow. You are probably very sensitive to drugs and alcohol and you can easily develop addictions.

It is important for you to foster a feeling of belonging, which will enhance your sense of wellbeing. Role-playing, art therapy, Reiki, meditation, reflexology and spiritual healing are some possible avenues to explore when you feel lost or uncertain of yourself. Find an outlet for your imagination and express yourself creatively. Let your dreams and ideals guide you. You are most likely quite gifted in the arts. Doing something practical with your talents can be healing too.

Swimming and water sports, fishing, or just living near the water, will replenish your soul, as will music and art.

Developing a set of personal values and sticking to them will help ground you. This will limit negative influences from affecting you in ways that are detrimental to your wellbeing. You are a sensitive soul who understands a great deal. Forging an identity by embracing the arts, or spiritual concepts, will alleviate any tendency to escape into substance abuse, or other self-destructive habits that can impact on your health. You may be especially sensitive to certain foods, chemicals or drugs. Pay attention to what you are putting into your body.

Treat yourself now and again to an aromatherapy footbath or massage. For Athlete's Foot try a blend of Eucalyptus, Lavender, Tea Tree and Thyme. To alleviate depression try a massage with Neroli, Clary Sage, Sandalwood, Bergamot or Ylang Ylang. To soothe feelings of confusion, try Lemon or Cypress.

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 9th House

You were born during the hottest part of the day. This means that you are highly energetic and are generally keen to be on the go and to be involved. Your energy and vitality are high. Your sense of personal identity is largely determined by having a sense of purpose, or the belief that you have a mission in life. If you lack this sense of purpose, you could feel highly restless and driven to seek inspiration. Your desire for adventure can take you to many places. Be aware that when you rush, you can be accident-prone.
You like to be always doing something and can feel easily bored when there is not much going on. Excess of all kinds can be your worst enemy and can lead to over indulgence that can take its toll on your health in a variety of ways.

Mostly, you have a joyful, youthful attitude, but you can become despondent if you feel trapped, or limited by circumstances. This is especially the case if you lack a sense of purpose. You can feel stressed by taking on responsibilities or having to attend to details and practical matters, but it is not really these issues per se, that are underlying your unease. Once you feel inspired, things fall into place more easily.

The eternal optimist, your youthful and happy-go-lucky attitude will help you to overcome obstacles and maintain your sense of wellbeing. You will be less accident-prone as you learn to pace your enthusiasm. You may be reluctant to slow things down as you get older, and you will be probably retain your youthfulness into your latter years, provided you don't over do it.

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 Conjunct 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 Opposite 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.

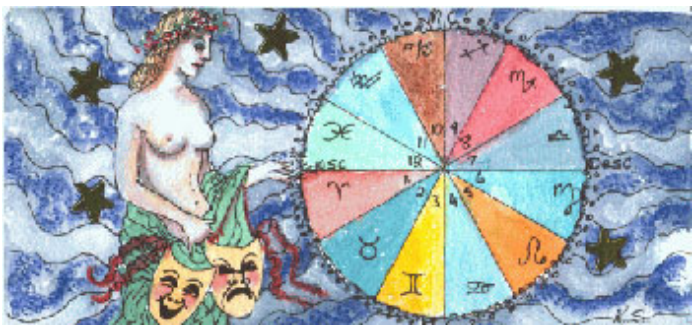
Your bones, teeth and joints can feel the effects of stress. Calcium, Fluorine, PABA, Sulphur, Vitamin C, Vitamin K and Vitamin P are important to include in your diet. Arthritis or poor calcium assimilation and skin conditions such as psoriasis can develop. Fear can play an important role in health 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.

Chiron is Square The Sun

You are a sensitive and caring soul who can be is easily wounded by life. You may be subject to a range of illnesses, perhaps even serious health concerns, which can impact on you both physically and emotionally. As a result of life's

experiences you will come to realise that you possess a unique gift for healing; indeed a profession in the healing arts could ideally suit your temperament and abilities. You would be wise to listen and honour your inner self. You may find that you are put into situations that are painful and through this suffering you will become a more caring and giving individual. You will discover that healing takes place on many levels and come to understand that the physical, mental, emotional and spiritual dimensions are intertwined and of equal importance. You can make a valuable contribution to the health and wellbeing of others and may become involved in teaching the lessons you have learned. Honouring and expressing your individuality may be a challenge, but will bring rewards as you develop wisdom.

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 Cancer

You have a sensitive nature and can be easily affected by environmental influences. This includes the people with whom you interact, your living surrounds, your family, and the type of foods that you consume. You should try to limit the consumption of sugary and overly refined and/or processed foods. You may be prone to food allergies. Fish is probably a good food to include in your diet and you should make sure that you drink plenty of water. Do not eat too much salt, fat, or sugar for you can easily gain weight or be prone to fluid retention.

You are very much influenced by your emotions and moods. You may develop problems such as eating disorders or psychosomatic illnesses that have an emotional cause at their heart. Family problems from childhood may have affected you in a profound way. Make time to nurture yourself and try not to dwell on the past.

Possible health problems include: potassium/sodium imbalances, hormonal fluctuations, indigestion, eating disorders, obesity, fluid retention, metabolic problems, stomach ulcers, flatulence, gallstones, and emotional disorders such as depression. Parts of the body that can be sensitive include the breast and stomach region.

Many of these problems can be overcome by eating the correct foods and by protecting yourself from the harsher aspects of daily life. Having a harmonious living environment is crucial to your wellbeing. You can adapt to your environment, but it is important that you have a sanctuary where you can retreat from the world.

At times of stress, you sometimes head for the refrigerator, for eating restores your emotional centre, but this can lead to problems. Alcohol too can be a solace, but try to avoid bingeing or over-indulgence. You are in many ways a creature of habit, so ensure you establish healthy ones. Writing down your feelings, expressing yourself imaginatively, or communicating your emotions in creative ways, are some alternatives to consider.

Massage with essential oils especially soothing for the digestion, such as: Bergamot, Camomile, Peppermint, Fennel,

Lavender, Ylang Ylang and Basil. Fluid retention can be greatly assisted by drinking the juice of celery or cucumber, (mix with carrot juice) or kelp supplements.

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.

The Moon is in the 1st House

You are a sensitive and highly aware individual. This sensitivity also applies to certain foods, chemicals and/or drugs and it is important that you find a way to protect yourself from taking on the psychic content of others, which can actually make you unwell. Expressing your feelings is important for you and doing so will help you maintain optimum health. On the other hand, bottling up your emotions will likely make you sick. If you can't get things off your chest directly, then try writing them down, you will soon feel better. You might be prone to psychosomatic illnesses, which are more likely when you are feeling emotionally out of sorts and cannot pinpoint the exact reason for any feelings of unease. Wearing moonstone can help to balance your hormonal levels.

Your intuition and imagination are highly developed, so it is important you heed your instincts, especially during times of stress. Rest when you feel the need to. From time to time you may need to withdraw from the world in order to recuperate. You may find that you are a gifted healer and might be particularly helpful with children, or in healing those with mood disorders or psychological problems.

You may reach for food when you feel upset, in an attempt to fill yourself up emotionally. As a result you can be prone to weight-gain caused by oedema, or simply eating too much. Try to eat sensibly. Include fresh fruit and vegetables every day. Drink plenty of water and don't eat too much salt. Apple cider vinegar is a good source of potassium and can greatly assist when there is too much sodium in your system. It is also an appetite suppressant. Ensure you get enough B-group vitamins, which will assist your physical system to process emotional and psychic content.

Uranus is Conjunct The Ascendant
Uranus is in the 1st House

You are highly-strung and often run on nervous energy. You can be restless and accident-prone. The pace at which you function may be a lot faster than most others. Your tendency to rush through things could be the result of the fact that you find no joy in certain activities and you want them over and done with as quickly as possible. This is why you can be accident-prone. You also tend to be very focused on future possibilities, much more so than on current events. With your attention on long-range options, you can be unaware of things right in front of you. Actually, you are a highly creative and original person and probably very intelligent. There is something of the "mad

scientist" about you. Your erratic energy can at times make you run about doing several things at once and lead to a scattering of your energy, so that you find you have nothing left in the tank. Try to balance your highly animated mental energy with yoga or another physical discipline that will calm your overactive mind and nervous system. High blood pressure and a range of stress related disorders are possible if you allow yourself to remain ungrounded for long periods. It is important to balance your equilibrium by learning to relax. You are very independent and it is important for you to express your creativity. If you are thwarted in being able to do so, you are likely to react with sudden flare-ups or extreme reactions when you are feeling stressed. Stress usually occurs because you are feeling under pressure to conform to others' expectations. Try to spend more of your time doing the things that you enjoy, and if that is not immediately possible then try to take pleasure in mental diversions that relieve your immediate stress. You may need to learn to slow down, especially when you are ill. Resting does not just mean resting in a physical sense, but also switch off your mind and give your nervous system an opportunity to recover. Try to eat regular meals and don't overdo things. When you are feeling scattered, try to make time for an activity that grounds you, such as gardening.

Wearing the gemstone Fluorite can be highly beneficial for you when you are under stress and need to be more organised.

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.

The Sun is Square The Ascendant

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.

Dispositor of The Ascendant is The Moon

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.

Mercury is Square The Ascendant

You are given to behaving in very spontaneous and changeable ways according to the whims of the moment and the people and circumstances in which you find yourself. You can be an extravert and also an introvert. You are highly adaptable and cope pretty well with the stresses of daily life, however you may be prone to catching viruses, colds and flu, gastric problems, or ingesting substances that have a detrimental effect. You may also experience accidents from a tendency to rush without enough forethought. Both respiratory conditions and digestive complaints may 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). Thiamine deficiency can also result in nervous complaints and even nerve damage. Communication problems such as stuttering or autism may also be related to this aspect. You are highly capable and intelligent, but you are inclined to take on too much, perhaps because of a need to show others how efficient or clever you are. Try to keep an open mind as you learn from your experiences.

As you move through life you will likely grow out of most of these problems and develop a strong mind and a powerful way of expressing your opinions and ideas, without having anything to prove. Ensure you get enough B-Group vitamins, especially during times of stress.

Dispositor of The Ascendant (The Moon) is Square 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 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.

Saturn is Square The Ascendant

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

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

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

Chiron is Opposite The Ascendant

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

Dispositor of The Ascendant (The Moon) is Square Neptune

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

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

Pluto is Semisquare The Ascendant

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

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

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

Suggested healing options that could be beneficial for you include: detoxifying, colonic irrigation, psychotherapy, hypnotic regression and family therapy. Whatever your situation, you have the capacity to rise above your problems and turn difficulties into personal milestones, even great achievements.

HEALTH CHALLENGES



Work and Health - Managing the Impact of Stress

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

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

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

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

Ruler of the 6th House is Jupiter

Stress can manifest when you feel restricted or limited by circumstances. You probably do not enjoy working in an office and may prefer to work outdoors, or to travel as part of your job. You are generally enthusiastic about your work in these circumstances and are always on the lookout for fresh opportunities. When you are not enjoying your work, you can easily feel despondent or trapped, which can lead to stress and health problems. It is therefore important for you to enjoy your work and to take regular breaks or holidays.

Most long-term risks to your health come from the cumulative effects of over indulgence. You have a great deal of energy in reserve, but are often so enthusiastic about what you are doing that you sometimes overlook practical concerns such as any actual physical limitations. Do not overload your system with fatty, sugary, or salty food and try to keep intake of alcohol to low or moderate levels. Most of the health problems that you are likely to have, probably stem from your own actions, or inactions. Sometimes you can be lazy too. Moderation is something you might need to learn. For you, stress and health problems can manifest as liver and metabolic problems, skin conditions, or possible accidents. Other areas to watch include: thighs, hips, lower back, sciatic nerve and muscular system, but generally you recover quickly.

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 Moon is Sesquisquare the 6th House Cusp

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

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 Aries

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 focused on having you 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 the 10th House

Your energy is released in a measured way. You are likely to go in for activities and exercises that require stamina and endurance. For example: rock climbing, bushwalking, golf, gardening, yoga or weight training. Your energy is often directed into your professional life and consequently you might find it difficult to make time for exercise, on the other hand, once you commit yourself to a routine, and make the time, you are usually very disciplined and can adopt a regular exercise schedule with relative ease. You may even end up working in a profession related to sport or athletics.

You are a hard worker and are prepared to put your energy into whatever you undertake and work towards the desired result over a long period of time. Possible health problems from this Mars position include inflammation of joints, arthritis, and chronic knee problems.

You have a strong desire to attain professional success and you have the where with all, to make your desires into realities. You recognise that others, especially those in a position of authority, can assist you to make your way in the world, but you are prepared to rely on your own efforts too. This is a winning combination. You tend to be a planner and are very pragmatic. When you encounter obstacles, you just work harder. Sometimes you can be overly focused on material success or professional status. Make an equal effort where your health in concerned.

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 7th House

Throughout your life, personal relationships will bring you opportunities to heal, even though there may be some pain involved in this process and some relationships will be wounding. You will probably come to know yourself and others very well and be a keen observer of human nature. It is primarily via relationships that you will come to know more about yourself.

Relationships are likely to be a catalyst towards a conscious examination of your own patterns. You may be an only child, adopted, come from a large family, or for some other reason experience an overwhelming sense of aloneness. This causes you some pain, but it is also a source of comfort. Because you find relationships to be a painful experience, you may tend to avoid them and prefer to be on your own. At the same time, you have a highly idealised idea of what a relationship constitutes. You have high standards that others may be unable to easily meet.

Often it is the same qualities that attract us to people, that we later discover are characteristics we find the most difficult to handle. You may encounter people and develop relationships with those who are very wounded. You may try to heal them, playing the role of therapist. Trying to heal the people with whom you share personal relationships, can create problems.

Rather than always trying to heal others, perhaps you also need to consider undertaking therapy yourself. Your gifts as a counsellor or therapist will be utilised much more effectively when you embrace your own healing journey.

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.

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.

Saturn is Square Chiron

You may experience phobias or fears that stem from your childhood experiences, in particular these may be relating to your relationship with your father. Fear can block spontaneous expression, and can impact on health. Perhaps you were encouraged to follow in the footsteps of your father, or a family tradition, or perhaps you struggle to get out from under this powerful influence. You might feel that you must strictly adhere to rules and regulations that were set down for you to follow, which can spill over into your adult development.

It is important that you find your own goals and aims in life and be able to express yourself without fear. When you are thwarted in attaining your ambitions you can become discouraged, depressed, frustrated or angry. These emotions, along with fear, can be signals that you need to embrace healing. Give yourself permission to experience healing.

At times you can be overly focused on your responsibilities, or perhaps the reverse is true. Your healing journey includes finding a way to recognise which things are your responsibility and which are not. What are your goals and what do you aspire to become?

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.

Pluto is Sesquisquare Chiron

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

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

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

KEY PARTS OF THE BODY

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

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

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

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

The Moon is located at the 18th degree of Cancer

Part of Body: Duodenal opening of pancreatic duct

The Sun is located at the 27th degree of Pisces

Part of Body: Phalanges of right foot

Mercury is located at the 3rd degree of Aries

Part of Body: Cerebellum

Venus is located at the 26th degree of Aries

Part of Body: Skull

Mars is located at the 13th degree of Aries

Part of Body: Ventricles of brain

Jupiter is located at the 22nd degree of Pisces

Part of Body: Achilles tendon of right foot

Saturn is located at the 30th degree of Virgo

Part of Body: Hepatic duct

Uranus is located at the 6th degree of Cancer

Part of Body: Diaphragm

Neptune is located at the 19th degree of Libra

Part of Body: Calyx major

Pluto is located at the 18th degree of Leo

Part of Body: Right cardiac cavity (Azimene)

Chiron is located at the 3rd degree of Capricorn

Part of Body: Cutaneous nerves of thigh

The North Node is located at the 19th degree of Pisces

Part of Body: Extensor muscles of left toes

The Ascendant is located at the 1st degree of Cancer

Part of Body: Sixth rib

The Midheaven is located at the 6th degree of Pisces

Part of Body: Left cuboid bone

The 6th house cusp is located at the 1st degree of Sagittarius

Part of Body: Pelvic bone (Azimene)

CONCLUSION

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The Anatomical Degree Areas

Reproduced with permission from Jane Ridder-Patrick

The bulk of the information on the degree areas comes from the work of Elsbeth and Reinhold Ebertin which appeared in Anatomische Entsprechunen der Tierkreisgrade

, and is reproduced by kind permission of the Hermann Bauer Verlag. The translation is by Jane Ridder-Patrick.

A Handbook of Medical Astrology

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

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

About the Author

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

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The illustrations in this report were created by Kay Steventon, who is a Melbourne based artist/astrologer. After

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, 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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