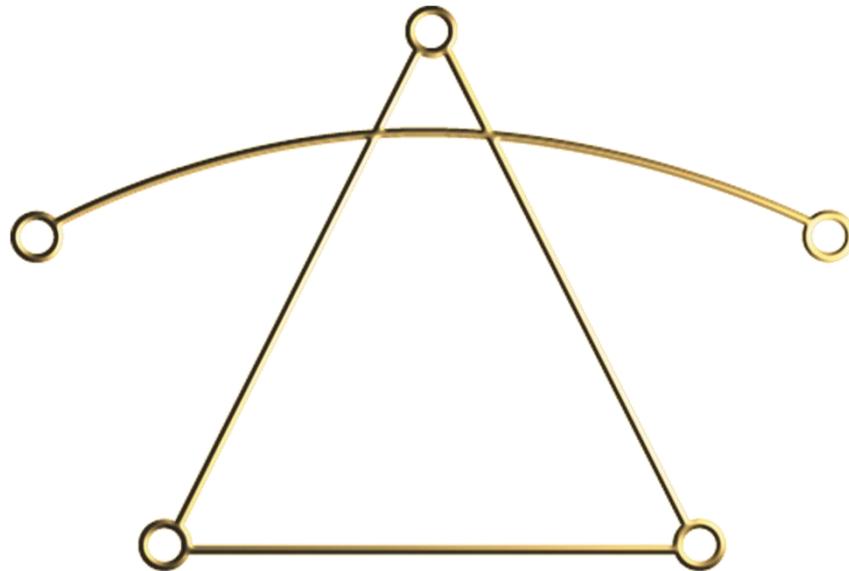


HEALTH & WELLBEING REPORT

A Solar Writer Report for

Shirley MacLaine

Written by Stephanie Johnson

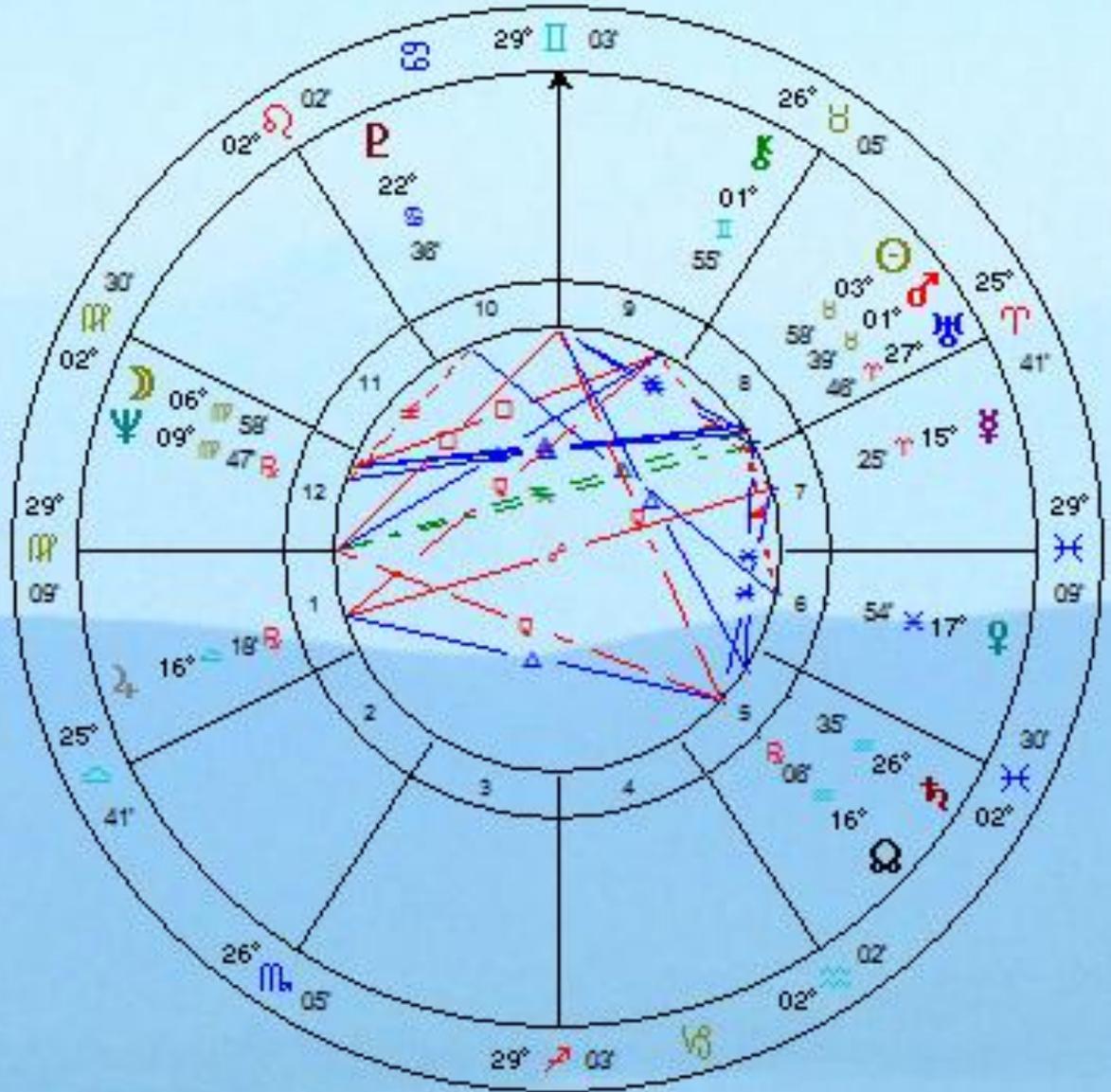


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Shirley MacLaine
Natal Chart
 24 Apr 1934, Tue
 3:57 pm +5:00
 Richmond, Virginia
 37°N33'13" 077°W27'38"

Mark Friedman's Art

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 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 focused 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 Earth is Strong

You possess a highly resilient and grounded energy, but with too much earth, your metabolism can be slow at times. Your digestion can be sluggish and can be adversely affected by consuming too many heavy foods such as meat and cheese that cause congestion and constipation. Your bones are probably strong, but you can become stiff and suffer arthritic conditions. You can also be prone to colds and sinus trouble. It is important for you to include plenty of fruit and vegetables in your diet and to drink enough water. Changing your routine once in a while and making space in your life for creative expression can also uplift your spirits. Regular exercise and movement is also important.

Mode Mutable is Strong

Mutable energy is associated with communication and change. With an excess of mutable energy, you are highly adaptable. Because of these flexible qualities, you generally cope with stress much better than either strongly cardinal or highly fixed types, but at the same time you are prone to picking up infections and passing viruses. When you are stressed, it mainly comes from an inner state of worry, boredom, and a lack of purpose or meaning, or from trying to do too much at once. These are things you can change by altering your attitude. Your energy can be a bit scattered and although you are highly versatile, you may need to develop a little more consistency, which can help to stabilise your inherently restless nature.

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 Virgo

Emotional security does not seem to be a real need in you, but this is because you are highly independent. In fact, you probably dislike being dependent on anyone or anything. You gain emotional satisfaction from working hard and being the best person you can possibly be. To others, you can sometimes seem aloof, but this is because you are rather shy. In fact, you have a strong need to be needed and you like to be of service. When called on, you give of yourself quite selflessly, but underneath you have a strong need to be acknowledged for your skills, organisational talents and common sense. You can sometimes go into a state of denial when it comes to your emotional needs, putting duties and responsibilities ahead of your own wellbeing. Doing this over a prolonged period can lead to health issues such as digestive problems, or emotionally related eating disorders such as anorexia. By recognising and acknowledging that your feelings and emotional needs are a vital component of your overall health and wellbeing, you begin to deepen your experiences as you express and share your feelings. You generally cope very well on your own and don't really need large doses of human company in order to feel emotionally content, however spending time communing with nature and/or having a close animal companion or pet, can be quite vital for your emotional health.

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 Taurus

You have a high degree of resilience and determination. You are firmly grounded, very practical and tend to have a measured energy that is slow and steady. You probably do not get ill very often. When stress manifests in ill health it has generally been building up over a long period. You tend to soldier on when you are feeling unwell. Adopting a more flexible attitude and learning to cope with change, will minimise the effects of stress. You may be prone to experience tension in the jaw and neck and you can be inclined to consume too much rich food that has a high fat and sugar content. You can be prone to weight gain and a range of associated health problems such as diabetes. Other parts of the body that can be affected by ill health include: the throat area, neck, thyroid gland, tonsils and vocal chords.

Early in life you may develop a strong set of values, but when taken to extremes this can make you somewhat judgmental and inflexible. You cope well with practical matters, but may not cope at all

well with change. You might feel that you have to be strong, or that you have to see things through, no matter what. At times you can be overly focused on money, income and possessions. This might be because you had limited resources early in life. You are a tactile person who will benefit enormously from a regular massage. For relaxation try Sandalwood, Clary Sage, or Lavender essential oils. If you ever feel jealous or envious, Rose, Thyme or Juniper oils can restore balance.

You will develop your own set of values that are both practical and have a deeper beauty and importance. Expressing yourself artistically will also prove therapeutic. It can be difficult for you to accept alternative points of view, but your health will be improved by trying to remain flexible. From time to time you will benefit by reviewing your priorities, so try to keep an open mind about other people's values.

You can find a deep sense of fulfillment by giving to those less fortunate than yourself and by finding value in pleasures beyond the sensual and material. You will discover joy in giving, which will be highly rewarding and fill you with a sense of wellbeing. As you learn not to rush to judge others until you have walked in their shoes, you can make truly worthwhile and practical differences to the wellbeing of others.

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 8th House

Through your life you could find that you are subjected to a certain amount of emotional, or psychological pain and stress. You will probably develop a deep understanding of the complexities of life, which may lead you to explore the unconscious and its workings. You have the unique ability to re-invent yourself, like a snake shedding its skin; you can adapt to whatever life throws at you.

You are a survivor and personally identify with the fact that you have undergone certain events and have survived. You are highly sensitive and at the same time tremendously resourceful and strong. This means that you can experience euphoric highs and extreme lows and may therefore develop a deep-seated need to be in control of everything, so you feel you can cope with these ups and downs. But as you move through life you will discover that being in control is really an illusion. For you, the health impacts of stress can include: sexual issues, reproductive problems, constipation and lower back problems. Accepting your feelings of powerlessness and vulnerability may be the first step towards a more open and relaxed approach to living.

Try meditation, massage or yoga. Martial arts training could also be a good option. As you learn more about yourself, you will feel more comfortable with your emotions. Don't hold on to resentment, or dwell on past hurts. This can take you on a downward spiral that can adversely affect your health. You

are able to turn negatives into positives and you have a unique gift for healing. Close emotional ties and intimacy bring ultimate healing, which takes place as you learn to relax and let go. You possess strength and sensitivity in equal measure.

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.

Venus is Semisquare The Sun

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

Mars is Conjunct The Sun

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

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

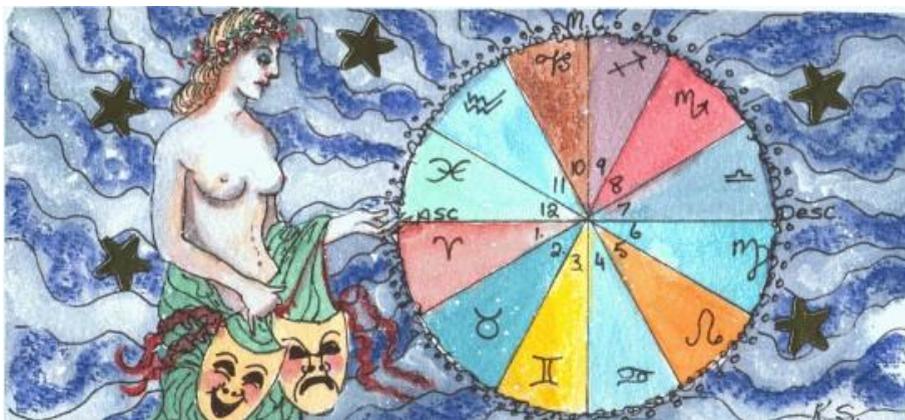
Because you are dynamic and driven, you can also be explosive at times and anger can be the root cause of some of these conditions. Anger management can go a long way towards a return to health. Calming, soothing and relaxing activities are probably something you don't have time for, but they are necessary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

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

Uranus is Conjunct The Sun

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

Your Health Factors



Your Physical Body and Energy

The Ascendant is one of the most important factors to consider in determining one's overall health. The sign on the Ascendant governs the physical body and one's immediate environment. It represents the interface between spirit and matter. The Ascendant often describes our physical appearance and the way we interact with others. The 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 Virgo

You tend to be a perfectionist. You are highly knowledgeable about health matters and perhaps have a deep interest in healing. Most likely you are aware of the need to eat well and exercise regularly. But at times you can be too intent on these matters, perhaps you desire to have a perfect body, or are overly focused on germs, cleanliness or illness, you may also be prone to hypochondria. It is important for you to have an ordered environment and you are very good at being disciplined with diet and exercise. At times you can take things too far. This can result in eating disorders and poor self-image. Your tendency to worry can lead to stress related problems such as obsessive-compulsive disorders, digestive problems, food allergies, constipation, diarrhea, hay fever, hypoglycaemia or diabetes, and a range of other conditions.

Let go of trying to be perfect and try to change your scenery once in a while. You may worry unnecessarily about your health. What underpins this concern is perhaps a deep-seated fear and dislike for being dependent on anyone. Self-sufficiency is a noble ideal, but again, you can sometimes take this to extremes. Worry and stress can produce its own symptoms. Learning to relax is important for you. Yoga or meditation may be helpful. Don't take things too far in your quest for physical perfection. Perfection doesn't mean working yourself into the ground.

You are happy in your own company most of the time and can get stressed by the imperfections you encounter in others, or in the world around you. Learning to relax and worrying less will make you happier and healthier.

Aromatherapy oils useful for relaxation and to reduce anxiety and tension include: Lavender,

Lemongrass, Cedarwood, Camomile and Basil. Herbs and oils to heal digestive upsets, to which you are sometimes prone, include Fennel and Peppermint. For colds, flu and sinus complaints try Eucalyptus, Tea Tree or Peppermint chest rubs and inhalation.

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.

Jupiter is in the 1st House

You love life and see it as an adventure. You are usually optimistic, have a positive attitude and enjoy living life to the full. You may be prone to over indulgence in all manner things, including food and drink. Many people with Jupiter placed here, are big-boned, very tall or have a large-framed body and can gain weight easily. Watch your sugar and fat intake and check that you have no metabolic problems that might lead to obesity or diabetes. Try to eat sensibly. Try smaller portions if you are trying to lose weight and don't go overboard with indulgent activities. Sometimes you lack self-discipline.

You are usually confident, outgoing and extravert in your manner of expression but on occasion you can be lazy and over-confident, thinking that nothing can ever go wrong. You will probably have your fair share of good luck and opportunities. Make them work for you and try not to waste your good fortune. Include plenty of B-group vitamins in your diet, especially B6. Supplements of the minerals Manganese and Zinc can also be beneficial to your system. Liver cleansing now and then can be of tremendous benefit to your system; try dandelion tea.

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 Mercury

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 (Mercury) is Opposite Jupiter

It is important for you to have a sense of purpose and to follow your visions. You are capable of doing this, because you tend to express yourself with confidence. It does not appear to others that you have any worries or concerns. You are also generally relaxed in your style of expression and you may be viewed as an authority in your field. Perhaps things are too easy. Problems can result if you do not have a clear vision of what your life should be. Your early experiences may have taught you that to be successful you must appear successful, and this is usually a winning formula, but part of you needs to have an underlying belief or purpose to feel whole. If you do not have a sense of purpose or meaning, you can drift through life.

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

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

Dispositor of The Ascendant (Mercury) is Semisquare Chiron

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

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.

Venus is in the 6th House

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

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

Some relationships, especially in the workplace, may exacerbate feelings of unworthiness that sometimes emerge when you are under stress, but overall you enjoy working with people. Try to remember your values and self-worth are valuable in their own right and do not depend upon what others might think, say, or do. You may be interested in a profession in the healing area, if so, it would probably be in areas that honour the self-worth of others: massage therapy, aromatherapy, or beauty therapy for example. Also try to experience some of these pleasures yourself on a regular basis. Areas to watch for the effects of stress include: the thyroid, neck, tonsils, kidneys, bladder, vocal chords and the skin. Bach flower remedies, aromatherapy, or a regular massage can help you maintain optimum health. Consider taking up singing or dance, which are excellent ways for you to

express yourself.

Ruler of the 6th House is Neptune

You are highly adaptable and you may try to fit into situations from a misplaced sense of belonging. Work colleagues and other people with whom you have regular contact can easily influence you, but you could come to realise that you don't actually have much in common with these people. You may be a gifted artist and trying to fit into the corporate jungle may cause you to actually get sick. It is important for your wellbeing that you honour your intuition and creativity. You may be prone to illnesses that are difficult to diagnose and you could be sensitive to certain foods, chemicals and/or drugs. You might also experience symptoms that do not seem to have any explanation and you are potentially prone to depression. Avoid chemicals and food additives where possible. You will benefit from drinking plenty of water and having enough Omega 3 and 6 in your diet. Communing with nature will revive your spirits, especially when the demands of daily life and work tasks seem to overwhelm you. You are likely to benefit from such healing techniques as: Reiki, spiritual healing, aromatherapy, hypnotherapy and most types of holistic healing. It is best that you avoid alcohol and recreational drugs. As a sensitive person, you could also be prone to psychosomatic conditions and should make sure that you do what you can to minimise the impact of stress. Other areas that can be affected by cumulative stress are the lymphatic system and glandular system. When you feel the need to escape from your routine, do so by engaging in activities that revive your spirits. Try to avoid wallowing or indulging.

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 Opposite 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.

Mercury is Semisquare the 6th House Cusp

Communication plays a key role in your life and work. You might work in areas that involve writing, talking, speaking, publishing, the media or IT for example. You are highly capable and probably tackle many things simultaneously, but even so, this produces stress that can result in health impacts such as; repetitive strain injury, laryngitis, recurring colds, shoulder inflammation, digestive complaints or allergic conditions. Ensure that you get plenty of B-group vitamins, for this will help

you deal with your many commitments and day-to-day stress. You tend to run about at high speed and in this state you can easily become agitated and tense, or forget to eat. To calm nervous tension, try soaking in a bath with added essential oils of Bergamot, Lavender and Neroli, which will calm and soothe your jagged nerves.

Jupiter is Sesquisquare 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, Chamomile, Lavender, Clary Sage and Bergamot.

Chiron is Square 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.

Neptune is Opposite the 6th House Cusp

You are a caring and highly sensitive person. Toxins or chemicals can have a detrimental effect on your system and you should be wary of the effects of alcohol and drugs, be they prescribed or recreational. You may suffer from health problems such as hepatitis or glandular fever, or conditions that weaken your system, such as chronic fatigue and you could be prone to depression. In order to recover your health you may need to become more conscious of the day-to-day actions that affect your health and wellbeing. It could be that a relatively harmless substance might have a detrimental reaction upon your sensitive system. Food additives, chemicals and even negative environments can potentially make you sick. Ensure that you pay attention to the subtle reactions of your body and make adjustments to your diet or circumstances that will better support your health and wellbeing. As far as work is concerned you may have trouble coping with office politics and feel uncomfortable competing with others. Healing or helping others can be a fulfilling role for you, provided that you can protect yourself from absorbing the negative psychic content of others. Regular stress management will help you to cope with work schedules and daily challenges. Now and again try soaking in a bath with added essential oils of Lavender, Ylang Ylang, Lemongrass or Patchouli.

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 fulfill 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 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 focused and determined once you set yourself a task. You will keep on going until you get what you want, even if this takes years.

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

Mars is in the 8th House

Your energy style is dynamic and intense. You are both powerful and determined. You probably excel at sports and exercise and like rise to any challenges. You are more than capable in a variety of physical activities, but will probably enjoy those where you must focus both on attaining a goal and at the same time challenging yourself. Martial arts, weight-training, boxing and sports requiring endurance are some suggestions. You enjoy having an active sex life and probably consider sex to be the best exercise of all. Possible health problems for you include infections of the reproductive organs, lower back problems or constipation. Money worries can impact on your health too.

It is important for you to have a firm measure of control. You go after what you want with passion and intensity and with your persistence, you will press on despite any obstacles that you encounter. If you do not have an outlet for your passions, you can become frustrated and this can turn into aggression and even vindictiveness. You possess an incredibly creative energy, but this can turn into destructive tendencies when you become angry or frustrated. It is therefore important that you channel your dynamic energy into productive outlets, where reforms and changes are needed. Learn to let go of things that you cannot control. You will probably benefit enormously from learning meditation or yoga and long-distance swimming could be a good outlet too.

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 Gemini

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

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

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

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

Chiron is in the 9th House

You are likely to seek out meaning and purpose throughout your life. This may be because part of you was wounded by particular teachings or beliefs that were part of your upbringing. You may have

grown up in a household with strict religious or moral codes, or possibly it was language or cultural differences that were part of your early experience. These events may have wounded you, but they also laid the foundation for a deep interest in exploring a wider view of the world and universe. The key to your happiness may be found in developing an interest in meaningful spiritual concepts. This will probably involve opening your mind to new belief systems.

You are likely to ask yourself some big questions in your search for purpose and meaning. What inspires me? What is my purpose? What do I believe in? Yours is primarily a journey of spiritual healing. There could be a dramatic shift in your beliefs over the years, as you begin to incorporate different teachings into your life and come to rely more on your intuition. Keep an open mind.

You might become fascinated with the other cultures including eastern philosophies; indeed this could lead you to discover the key to inner wisdom and spiritual health. Developing new skills and returning to study may become a priority too. You may eventually become a teacher and/or offer spiritual guidance to others.

You will come to rely on the wisdom of your own unconscious and what it is saying. Over time you will begin to recognise more fully that we are all learning, that we are all students of life on a journey towards wholeness.

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.

The Moon is Square Chiron

Any health problems you experience may have, at their cause, issues from your childhood. These may specifically relate to issues concerning your mother. She may have been absent, physically or psychologically. Perhaps you had to mother her and as a result, you had to grow up before you were ready. These early emotional wounds make you highly aware and sensitive to your environment. As an adult, you may need to revisit the past in order to heal. Healing options for you may include psychotherapy or hypnotherapy, which can bring about a release. You have a great deal of inner emotional strength, but can have trouble expressing your emotions or finding supportive relationships. Even so, you are highly intuitive and can cope with life's ups and downs better than many others. You are caring and have a great deal of emotional intelligence. Despite any emotional pain you experience, you are probably quite content with yourself and highly resourceful. You are probably a great deal stronger than you think.

Mercury is Semisquare 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.

Jupiter is Sesquisquare 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.

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 7th degree of Virgo

Part of Body: Rectum

The Sun is located at the 4th degree of Taurus

Part of Body: Uvula

Mercury is located at the 16th degree of Aries

Part of Body: Pons

Venus is located at the 18th degree of Pisces

Part of Body: Extensor muscles of right toes

Mars is located at the 2nd degree of Taurus

Part of Body: Palate

Jupiter is located at the 17th degree of Libra

Part of Body: Suprarenal arteries

Saturn is located at the 27th degree of Aquarius

Part of Body: Left fibula

Uranus is located at the 28th degree of Aries

Part of Body: Fornix/parietal and occipital bones

Neptune is located at the 10th degree of Virgo

Part of Body: Left hepatic lobe, bile

Pluto is located at the 23rd degree of Cancer

Part of Body: Gastric blood vessels

Chiron is located at the 2nd degree of Gemini

Part of Body: Esophagus

The North Node is located at the 17th degree of Aquarius

Part of Body: Spinal nervous system

The Ascendant is located at the 30th degree of Virgo

Part of Body: Hepatic duct

The Midheaven is located at the 30th degree of Gemini

Part of Body: Fifth rib

The 6th house cusp is located at the 4th degree of Pisces

Part of Body: Nerves of right foot

Conclusion

References Sources:

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

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

The Anatomical Degree Areas

Reproduced with permission from Jane Ridder-Patrick

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

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

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

About the Author

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

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About the Artist

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

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