



# SOLAR WRITER

## HEALTH & WELLBEING

A SOLAR WRITER REPORT  
for Tom Brady

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Esoteric  
technologies

**COMPLIMENTS OF**

**Libra Moon Astrology**

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# Tom Brady Natal Chart

3 Aug 1977

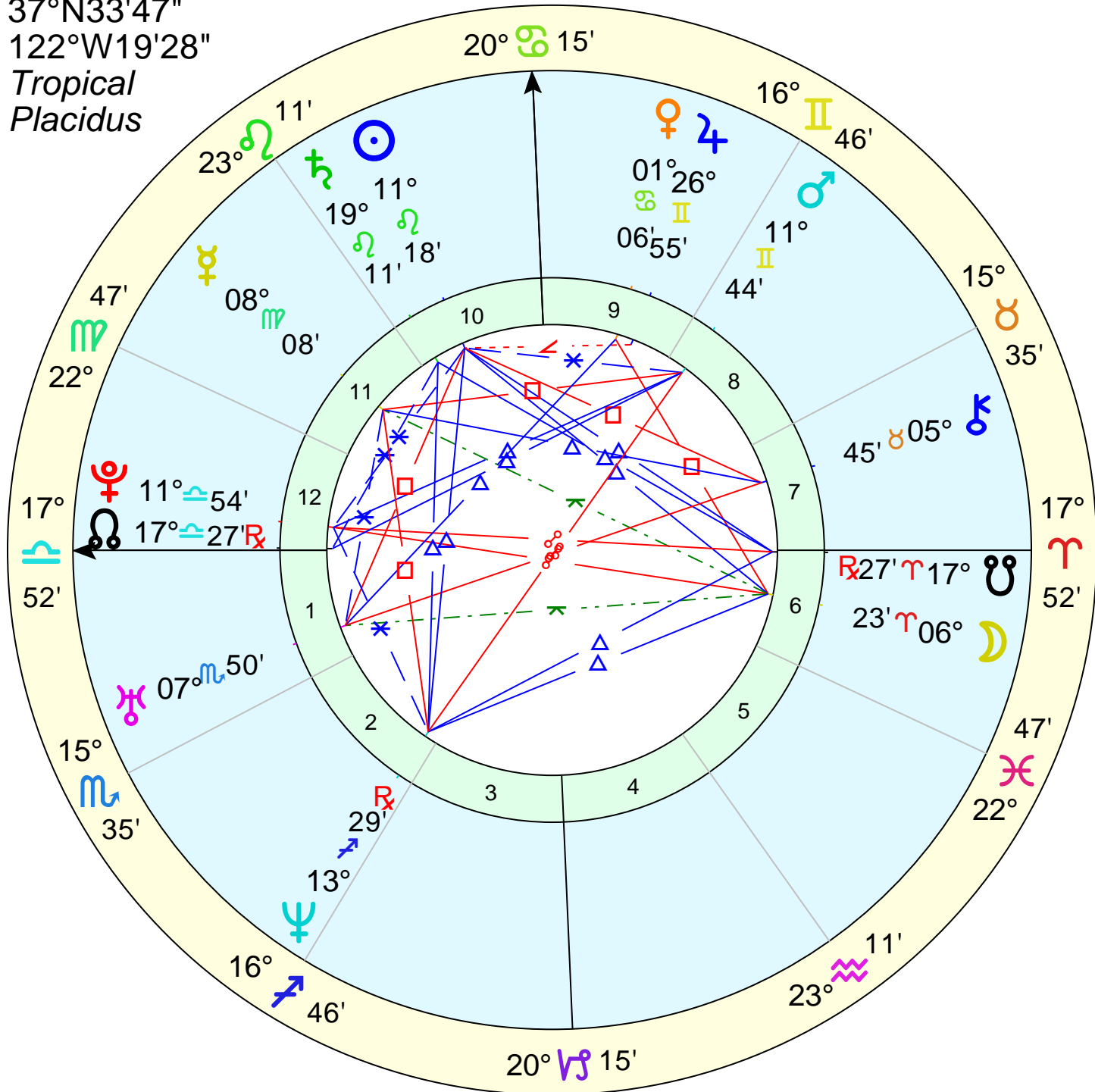
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San Mateo

37°N33'47"

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Tropical  
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# Health and Wellbeing Report



## Introduction

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

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

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

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

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

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

## Disclaimer

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

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

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

## Your Basic Health Needs



## Your General Temperament

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

### *Element 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.

### *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 Aries*

In having your emotional needs met, you are direct in expressing yourself. Although you are independent and can cope by yourself, your emotions, passions and sexual energy are closely linked. If these needs are not being met, you can be forceful and demanding. In youth, you may have been prone to temper tantrums, which is a coping mechanism you learnt in childhood, but as an adult this behaviour is inappropriate and over time you will learn to grow beyond it. Even so, your emotional wellbeing comes largely from having a high degree of independence and having your desires met straight away. You are not long on patience and can become angry when you have to wait, or feel frustrated or upset. When your emotional needs are being met you are generous to a fault and give your time freely to anyone in need. You are a passionate, enthusiastic person, but you can be wilful. When under stress you can be prone to headaches as well as stomach acidity or gastric reflux, so it is probably a good idea not to eat or drink when you are feeling angry or upset. Peppermint tea can cool your overheated digestion.

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 Quincunx Mercury*

You may find that life can be confusing at times. Sometimes there is so much going on that life can quickly get out of hand. In childhood you may have experienced a lot of change, for example perhaps you moved around from place to place a great deal, or experienced events that created a feeling of insecurity or uncertainty. You had to learn to adjust quickly to new circumstances and adapt. This can also mean that you are prone to sudden emotional fluctuations. Perhaps a family member behaved erratically and you experience similar mood swings. You have a vivid imagination and sometimes it can be difficult to reconcile this with day-to-day reality. A good outlet and therapy for you can be to express your ideas, thoughts, imagination and feelings in creative writing or journaling. If you experience insomnia or other sleep disturbances, the herb valerian can help you relax and sleep soundly.

### *The Moon is Square Venus*

Both relationship stress and financial stress can be particularly upsetting for you. This could be related to feelings of insecurity that have their roots in your upbringing and early development. You may have felt unloved or ignored by your parents or perhaps your family had to struggle financially to make ends meet. Sometimes

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

### *The Moon is Quincunx Uranus*

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

### *The Moon is Opposite Pluto*

You are probably deeply interested in the workings of the mind and fascinated to learn what makes people the way they are. As a child you may have experienced your share of trauma or emotional abuse or other difficulties that left you asking, why me? While some of these early problems were painful, they fostered your fascination with psychology and the unconscious. You have a powerful survival instinct and this means you can manage just about anything that comes your way. You are passionate about what is right and wrong, though you can become obsessed, especially when under emotional strain. You learned ways to defend and protect yourself that served you well. Yet these defence mechanisms can mean that you overreact to perceived threats. Try not to judge others.

You can be prone to conditions such as Obsessive Compulsive Disorder, constipation or sexual difficulties. Such psychological problems and physical disorders can result from trauma, but you have the capacity to overcome these issues and use the knowledge you develop to assist others who are in need of healing and understanding. Being in control of your emotions and controlling other aspects of life is important for you, however releasing your deepest fears and emotions is highly cathartic and healing. Should negative feelings of resentment, jealousy or revenge well up from within, it is important to work through these issues psychologically, for negative emotions can become toxic and seriously impact on your health if left to fester.



## 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 Leo*

You are an energetic, creative and confident person who is enthusiastic and optimistic about life. It is important that you have an outlet for your creativity. You have a strong sense of your personal identity and ego as well as a robust physical constitution. You do not often become sick, but you can push yourself too hard and think you are invincible. You might need to learn to lessen the pace of living, particularly as you get older, and especially if

you think that you are immune to ageing. On the other hand, you can be prone to bouts of laziness, so try to moderate your physical activity and exercise. You are not invincible, so pay attention to your health and always seek medical advice when you are unwell.

When you feel stressed you may experience back problems, heart palpitations, circulation problems, chronic fatigue or cardiovascular problems. Fertility problems can also be an area of concern for you. Most of these problems can be reduced by minimising stress. Try to limit your intake of spicy foods, minimise alcohol consumption, and avoid too many late nights. In winter try to get extra vitamin D as you can be prone to seasonal depression. Aromatherapy oils and herbs that can aid circulation include: Bergamot, Cedarwood, Lavender, Lemongrass, Rosemary, Sage, Sandalwood and Tea Tree.

Although you are a natural leader, one of your lessons is to let others have the spotlight once in a while. You do not need to be constantly at the centre of things, though you may feel that you do. You are loyal and supportive of others as well as being a leader. As you mature and move through life, you will come to understand that you can shine and be rewarded without having to be at the centre of things. You are naturally creative and it is important for you to have an outlet for self-expression, this might be expressed as a strong desire to have children. Try not to force your offspring into activities that you think will be good for them, nor try to live their lives for them. You are naturally generous and loving. Your children will return your generosity with interest.

## 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 10th House*

Your sense of identity comes largely from being able to determine and implement your own plans and ambitions. You are self-motivated and feel comfortable in positions of authority. You are probably adept in business and career matters and focused on attaining success in your chosen field.

You were born at the time of the day when the Sun is reaching its most powerful position in the sky. This means you are driven to attain goals and put your personal stamp on all that you do. You strive to achieve and attain recognition. Your vitality is good and you are most likely highly conscious of what you are doing as you go about getting to where you want to be in life. You set high standards for yourself.

Your focus can sometimes be too intent in this one area, and you may need to learn to pay more attention to other areas of life from time to time, in order to experience the totality of living. Doing so will minimise the impact of stress.

Since your identity is strongly linked to what you do professionally, any hiccups on the path to success can affect you quite profoundly. It is important to also make time for pleasurable activities, such as spending time with friends and family, enjoying recreation, sport or games, and personal relationships.

## 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.

### *Jupiter is Semisquare 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 Conjunct 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.

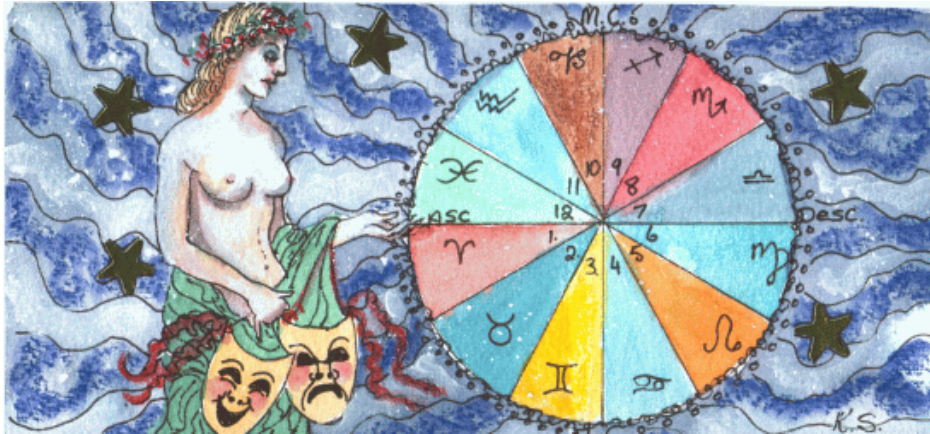
### *Chiron is Square The Sun*

You are a sensitive and caring soul who can be 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.

### *Uranus is Square The Sun*

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

## Your Health Factors



## Your Physical Body and Energy

The Ascendant is one of the most important factors to consider in determining one's overall health. The Sign on the Ascendant governs the physical body and one's immediate environment. It represents the interface between spirit and matter. The Ascendant often describes our physical appearance and the way we interact with others. The Sign that is Rising at your time of birth is usually quite obvious; often more so than the Sun Sign. The concept of the "persona" is thought to be associated with the Ascendant. This is the "mask" we wear, or the face that we show to the world and therefore the Ascendant Sign corresponds to characteristics that are immediately apparent. The Sign on the Ascendant also describes areas of the body where we might feel the effects of any stress that we encounter in our interaction with the world around us. The Ascendant will often describe those health conditions that manifest as a result of short-term stress. This area of the horoscope corresponds with acute health conditions and the stress we encounter when we are trying to fit in, or trying to put our best side forward, especially when we feel we must hide our true nature.

### *The Ascendant is in Libra*

You approach life with a desire for fairness and balance. This means that you tend to have a highly idealistic side to you that desires perfection and harmony. You strive to keep the peace. Relationship stress is particularly difficult for you to cope with and can manifest in a range of problems, in particular symptoms that affect the skin, kidneys and urinary tract.

Learning to be happy in your own company, when alone, may be one of your greatest challenges. You sometimes clamour for social interaction to keep from looking within yourself, or because you fear being on your own.

Sometimes you can be too focused on others, or on making a good impression. You present yourself well, and are diplomatic in your dealings with people. It is important to honour yourself and find a balance between giving and receiving and between your needs and those of others.

You probably possess a strongly magnetic or beautifully proportioned body, which you enjoy looking after, but you can sometimes be overly concerned with your external appearance.

With Libra rising, you can be prone to kidney disorders and cystitis, so it is important to have enough fluid circulating in the body. Drinking cranberry juice can prevent this condition from developing. You will find that having regular beauty treatments and spending time and money on your appearance will be uplifting to your self-esteem.

An inability to make decisions that sometimes plagues you can result in teeth problems or sleeplessness. You should endeavour to limit your intake of sugar, alcohol and salt, which can lead to problems related in overindulgence. Naturally diuretic foods such as celery and cucumber will help cleanse the kidneys. Other possible health problems you can encounter include: anaemia, eye problems, kidney disease, and problems with fluid metabolism, acne, psoriasis or other skin conditions. Learning to say no and being more asserting may help to prevent some of these conditions.

Aromatherapy oils and herbs that are useful for skin conditions include: Bergamot, Geranium, Lavender, Sandalwood, Frankincense, Juniper, Cypress and Tea Tree.

## 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.

### *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.

### *Pluto is Conjunct The Ascendant*

In your journey through life, you may experience some kind of transforming experience, perhaps more than one. You are probably very intense and passionate about certain issues. You can become obsessed about many things, which could include anything from plastic surgery, psychotherapy, politics, money, or finding the meaning of life. You may encounter several dramatic physical or emotional events in your journey that can have a profound effect upon you and lead you in new directions.

You are driven by powerful energies and have the ability to tackle projects requiring an enormous exertion of energy, but by the same time you need to be aware that you are after all, only human, and are subject to physical limitations like everyone else.

Some of the effects of stress that you could encounter include possible problems with the endocrine, or reproductive systems, or mental illnesses such as obsessive-compulsive disorder, schizophrenia or bi-polar disorder. It might also be that people with whom you are close, for example family members, experience one or more of these conditions, which has a profound effect upon your own psychology.

This is powerful place for Pluto and you may find that you intimidate others, perhaps without realising it. You have a tremendously powerful psychic presence and need to learn to own this power in a way that is not destructive to yourself or to those around you. Try to use this dynamic energy to transform yourself and your environment in positive and creative ways. You are a survivor and have the capacity to reinvent yourself many times over, but you can also be an agent for transforming the world.

## 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 (Venus) is Square 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.

### *Dispositor of The Ascendant is Venus*

You strive to develop close intimate relationships. Despite any setbacks you encounter in your dealings with people, you are still determined to find and establish supportive ties. You will make every effort to work at your personal relationships. However, as your values are important to you, you may be unwilling to compromise those priorities and values that are closest to your heart, just so a relationship can work. Once you establish your priorities, you stick to them, and you can sometimes be judgemental of those who see things differently. You may need to recognise your inner worth and that others' values have equal merit.

When things get out of balance in your personal life you can experience a range of conditions such as possible sugar problems, thyroid conditions, kidney problems, potential Vitamin E deficiency, eating disorders, weight gain/loss, or issues involving self-esteem. A lack of B3 can result in skin problems such as dermatitis and even mental disturbances. Ensure you get plenty of Vitamin B and E in your diet, which will assist during times of stress. You are probably highly creative and may possess artistic skills. Using these talents on a regular basis will be healing to your soul and fulfilling in other ways as well.

Finding a way to express yourself in accordance with your true values, while at the same time maintaining supportive and harmonious relationships, is one of your main challenges. Wearing Rose Quartz can assist in enhancing feelings of unconditional love, both giving and receiving.

### *Dispositor of The Ascendant (Venus) is Conjunct Jupiter*

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

Until you find your mission in life, you can be quite restless and may have a tendency to over-indulge in food, alcohol or drugs. Alcoholism is possible with this aspect and liver problems can result. High cholesterol and



heart conditions can also take hold. Weight gain and metabolic problems such as diabetes are also possible. Supplements of Vitamin B6 and Zinc can be beneficial for you.

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

## Health Challenges



## Work and Health - Managing the Impact of Stress

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

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

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

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

### *The Moon is in the 6th House*

It is important for you to eat well. Your eating habits and diet have a particular impact on your overall health. When under stress you might tend to reach for food, or you may develop specific food allergies.

You are a caring person who understands the feelings and emotions of others, but you need to honour your own feelings too. It is important that you feel good about your work situation, as stress in the workplace can take a toll. You might prefer to take on the role of homemaker, or caregiver, or to work from home, rather than have a regular job in the wider world. Whatever your daily routine, activities or occupation, honour your feelings and your intuition and learn to nurture yourself, as well as others.

Failing to honour your feelings in this way, can lead to a range of psychosomatic reactions including stomach upsets and problems with the digestive system. Prolonged stress and bad habits can also lead to problems with breasts, lymph circulation, or fluid metabolism. Hormonal imbalances and emotional disorders such as

depression can also result.

You sometimes tend to hold your emotions inside you and may feel uncomfortable about sharing your feelings, but finding a comfortable way to express your emotions will lift a weight from your heart. Ensure you get plenty of potassium and B-Group vitamins in your diet, especially during times of stress.

### *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.

### *Jupiter is Square the 6th House Cusp*

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

### *Chiron is Semisquare 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.

### *Uranus is Sesquisquare the 6th House Cusp*

You are a risk-taker and enjoy doing new things. This enthusiasm for change and new experiences provides you with the excitement you seek, an escape from the ordinariness of the every day routine, however it can lead you to take unnecessary risks that can lead to accidents. Accidents are more likely to take place when you rush without considering what you are actually doing. You are somewhat highly strung and can experience tension and problems associated with the nervous system when you are feeling under stress. It is likely that your tendency to rush is exacerbated by certain activities and your lack of enjoyment in them. For example, you may rush through things to get them out of the way quickly so you don't have to think about how unhappy you are doing them. You have a quick way of doing things and can also become frustrated by any delays you encounter in day-to-day living and work. It is probably important that you develop a creative outlet, for you are probably suited to work that involves a large degree of creative energy, independence and autonomy on your part. Self-employment may be the answer, provided you can develop the necessary discipline. Manage your stress by using essential oils Bergamot, Cedarwood, Geranium, Lavender and Lemongrass.

## Physical Energy and Exercise

Iron, Cobalt, Chlorine, Folic Acid, Molybdenum, Selenium, Phosphorus, and Sodium, along with Fatty Acids and Vitamin B12 are associated with Mars. Mars is a primary masculine or yang archetype, associated with our physical energy and vitality. Mars also governs the adrenal glands, the sexual response, the blood and the muscles. So the position of Mars describes our physical energy, competitiveness and our passions. The usual action of Mars is direct, spontaneous and forceful.

Mars is also the planet associated with our ego. The location of Mars tells us how we go about getting what we want, or how we turn our desires into reality. Mars also represents how we handle ourselves when our desires are thwarted.

Used positively, Mars is associated with expressing our personal desires in spontaneous and creative ways and expressing our creative energy in ways that fulfil our desires. If too intense in its expression, Mars can be destructive, overly focused on ego, angry, hostile or aggressive. When under active, Mars can operate in a passive-aggressive fashion, or can result in a lack of drive and energy.

### *Mars is in Gemini*

You are often on the go and may find it difficult to sit still for very long. Full of ideas, you often rush into activities very quickly with a burst of enthusiasm, but sometimes you have trouble seeing your projects through because you become interested in the next idea. You are probably expert at networking and do not take no for an answer. In short, you burn up a great deal of energy, both mental and physical and can deplete your body of fuel if you are not careful. Consider taking regular supplements of vitamins and minerals and try to eat well. Sports and exercise that suit your energy type include running, team sports, and racquet sports such as tennis, squash or

badminton. Aerobics, cycling and gym classes also suit your energy style. You likely enjoy combining social contact and exercise. You possess excellent communication skills and enjoy expressing your ideas and opinions, but when angry you can become verbally aggressive when you are rushed and under pressure. You like being busy, but when things get too manic you can develop chest infections, colds and other respiratory conditions, which can be a signal that you need to slow down, look after yourself and get in touch with your inner feelings. Writing things down is a good place to start.

### *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 Taurus*

Financial matters are a part of your life that may cause you stress. At some point you may suffer as a result of poverty, or perhaps you just feel that you never have enough in the way of material resources. This might lead you to work hard to establish your financial security, but for a while you may have to work in an occupation that is not personally rewarding, which could undermine your self-worth. At some point you are likely to make some important changes in your occupation, so that your job better reflects your evolving values.

As you begin to question the values that underpin your working life and income base, you are embarking on a healing journey that could start with a longing for something more meaningful and worthwhile. Eventually, you may establish your own business.

You may be prone to experience physical tension or stress, particularly in the neck region. The tonsils, thyroid, vocal chords, ears, jaw problems and teeth grinding are some symptoms to watch for. Money worries may cause you ill health, including back problems.

It might be difficult for you to let go of some of the secure aspects of your life such as a regular income that you rely upon and to strike out on your own, but this might be the key to your wellbeing.

Embracing a more happy-go-lucky attitude will carry you forward in life with a more carefree and optimistic outlook. Massage, chiropractic, other tactile therapies, will support you as you learn to accept change and to love yourself.

### *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.

## Healing Inherited Patterns

Chiron is the archetypal 'wounded healer' and his position in the horoscope reveals information about our journey towards wholeness and wellbeing. When other planets combine with Chiron, our healing journey takes on added significance. Specific wounds that we carry with us can also provide clues as to how we can find inner wisdom and ultimate healing.

### *Uranus is Opposite Chiron*

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

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

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

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

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



## 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 7th degree of Aries*

Part of Body: The ears

*The Sun is located at the 12th degree of Leo*

Part of Body: Vertebral column

*Mercury is located at the 9th degree of Virgo*

Part of Body: Right hepatic lobe

*Venus is located at the 2nd degree of Cancer*

Part of Body: Seventh rib

*Mars is located at the 12th degree of Gemini*

Part of Body: Tracheal mucosa

*Jupiter is located at the 27th degree of Gemini*

Part of Body: Fingers

*Saturn is located at the 20th degree of Leo*

Part of Body: Mitral valve

*Uranus is located at the 8th degree of Scorpio*

Part of Body: Scrotum, left Fallopian tube

*Neptune is located at the 14th degree of Sagittarius*

Part of Body: Cutaneous vessels of the thighs

*Pluto is located at the 12th degree of Libra*

Part of Body: Left renal system

*Chiron is located at the 6th degree of Taurus*

Part of Body: Larynx

*The North Node is located at the 18th degree of Libra*

Part of Body: Fatty capsule of kidneys

*The Ascendant is located at the 18th degree of Libra*

Part of Body: Fatty capsule of kidneys

*The Midheaven is located at the 21st degree of Cancer*

Part of Body: Inferior pancreatico-duodenal artery

*The 6th house cusp is located at the 24th degree of Pisces*

Part of Body: Achilles tendon of left 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

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

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

For more information please refer to the website; [www.janeridderpatrick.com](http://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](http://www.celestialinsight.com.au)

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## About the Artist

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

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