

HEALTH & WELLBEING

A SOLAR WRITER REPORT for Rosemary Worsley

WRITTEN BY MICHELE FINEY



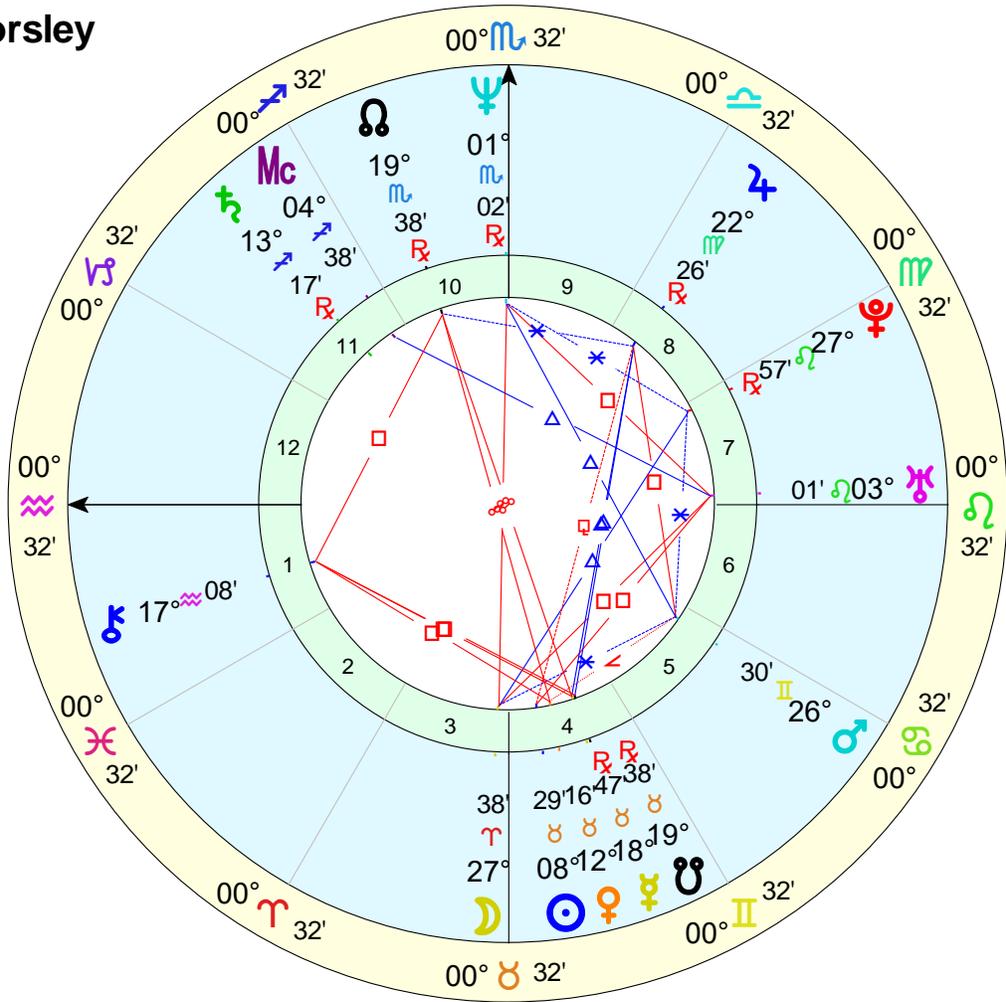
COMPLIMENTS OF ROSEMARY WORSLEY

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UNITED KINGDOM

Rosemary Worsley
Female

Leeds, England
53°N50'
001°W35'
Tropical
Equal



Astrological Summary

Chart Point Positions: Rosemary Worsley

Planet	Sign	Position	House	Comment
The Moon	Aries	27°Ar38'	3rd	
The Sun	Taurus	8°Ta29'	4th	
Mercury	Taurus	18°Ta47'	4th	
Venus	Taurus	12°Ta16'	4th	
Mars	Gemini	26°Ge30'	5th	
Jupiter	Virgo	22°Vi26'	8th	
Saturn	Sagittarius	13°Sg17'	11th	
Uranus	Leo	3°Le01'	7th	
Neptune	Scorpio	1°Sc02'	10th	
Pluto	Leo	27°Le57'	7th	
Chiron	Aquarius	17°Aq08'	1st	
The North Node	Scorpio	19°Sc38'	10th	
The South Node	Taurus	19°Ta38'	4th	
The Ascendant	Aquarius	0°Aq32'	1st	
The Midheaven	Sagittarius	4°Sg38'	11th	

Chart Point Aspects

Planet	Aspect	Planet	Orb	App/Sep
The Moon	Sextile	Mars	1°08'	Separating
The Moon	Square	Uranus	5°22'	Applying
The Moon	Opposition	Neptune	3°23'	Applying
The Moon	Trine	Pluto	0°18'	Applying
The Moon	Square	The Ascendant	2°54'	Applying
The Sun	Conjunction	Venus	3°47'	Separating
The Sun	Sesquisquare	Jupiter	1°02'	Separating
The Sun	Square	Uranus	5°27'	Separating
Mercury	Conjunction	Venus	6°31'	Applying
Mercury	Trine	Jupiter	3°38'	Separating
Mercury	Square	Chiron	1°39'	Applying
Mercury	Opposition	The North Node	0°51'	Separating
Mercury	Conjunction	The South Node	0°51'	Separating
Venus	Semisquare	Mars	0°45'	Separating
Venus	Square	Chiron	4°52'	Applying
Venus	Opposition	The North Node	7°22'	Applying
Venus	Conjunction	The South Node	7°22'	Applying
Mars	Square	Jupiter	4°03'	Separating
Mars	Trine	Neptune	4°31'	Applying
Mars	Sextile	Pluto	1°26'	Applying
Jupiter	Sextile	The North Node	2°47'	Applying
Jupiter	Trine	The South Node	2°47'	Applying
Saturn	Conjunction	The Midheaven	8°38'	Applying
Uranus	Square	Neptune	1°59'	Separating

Uranus	Opposition	The Ascendant	2°28'	Separating
Uranus	Trine	The Midheaven	1°37'	Applying
Neptune	Sextile	Pluto	3°04'	Applying
Neptune	Square	The Ascendant	0°29'	Applying
Chiron	Square	The North Node	2°30'	Applying
Chiron	Square	The South Node	2°30'	Applying

Health and Wellbeing Report



Introduction

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

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

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

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

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

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

Disclaimer

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

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

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

I HAVE MADE BOLD WHAT I FEEL RESONATES WITH MYSELF

Your Basic Health Needs



Your General Temperament

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

Element Fire is Strong

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

Element Water is Weak

It can be difficult for you to express your feelings; indeed you can have trouble actually knowing what your feelings are. **Emotional scenes can make you uncomfortable.** Others may see you as unfeeling, or even cold and aloof, and perhaps you could learn to develop more empathy. This would help you to connect with people on a more personal level and promote mutual understanding. It could be that you hide your feelings because you see them as weaknesses' to be overcome. Keeping a journal can help you to get in touch with your feelings and become more comfortable in expressing yourself.

Drink plenty of water especially when exercising, as you can be prone to dehydration. Colours such as deep blues and violet shades can assist you to find a sense of inner peace and reconnect you with your emotional centre when you feel inner uncertainty.

Mode Fixed is Strong

Fixed energy is determined and persistent. With an abundance of Fixed energy you stick with a project until it is finished and even well beyond. Generally you are highly resilient to disease and do not get sick often, but when illness does strike, it can be serious and/or it can take you a while to recover. This can be because stress has been building up for a considerable period. When illness does come your way, it is often because of a tendency to dwell on issues and because you have trouble adapting to change and letting go. At times you can be obsessive. You can benefit enormously from relaxation techniques such as meditation and by recognising that you cannot control everything. Change is part of life. With too much Fixed energy, you can be **prone to constipation**, nervous disorders, emotional disorders, anxiety and also cancer. To avoid developing serious health problems, it is important that you emotionally let go of any feelings of guilt, blame, resentment or vengeance. Recognise that the universe and all it contains is infinite, dynamic, creative and bountiful. Trust the natural ebb and flow of life. Use your strong passionate energy in ways that support others and yourself.

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 Square 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 Neptune

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

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

Your Vitality and Wellbeing



Your Spiritual Essence

The Sun plays a vital role in matters of health. The Sun governs physical stamina and vitality. We get Vitamin D directly from the Sun, and a lack of exposure to sunshine can lead to a host of illnesses including seasonal depression, especially for those who live in extreme latitudes.

The Sun Sign will often describe our manner of self-expression. It can also reveal information about our physical type and the kinds of ailments that can affect us, including parts of the body that are affected by stress and genetically inherited conditions.

The Sun Sign represents the essence of who we are. It is largely associated with our sense of identity. As we move through life and learn more about ourselves, we tend to become more like our Sun Sign.

Early in life, the Sun Sign is more likely to express itself as ego. Later in life, as we come to know ourselves, our self-expression becomes more developed. Jung's concept of the 'Self' is also associated with the Sun Sign, which begins to emerge as we develop and mature. As we move through life, we move away from purely ego expression, towards a more comprehensive style of self-expression.

Stress can manifest according to the Sign in which the Sun is placed and this can affect our wellbeing and health. For example, when our ego expression is thwarted, if we lack confidence, or are fearful about expressing ourselves.

As we get to know ourselves and develop more fully, we become more conscious and aware, so our Sun Sign shines ever more brightly.

The Sun is in 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 judgemental 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 open minded. Remember that other people's values are not necessarily right or wrong, just different to yours.

You can find a deep sense of fulfilment 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 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 4th House

You were born around midnight and during these quiet hours, the Sun is at its lowest ebb and the night forces are most powerful. It is therefore important that you honour the unconscious and develop a rich inner life.

Your identity is strongly linked to your family heritage and/or home life. You may prefer to stay close to home and can have trouble with the idea of being in the limelight. You are much more comfortable in the background, or working behind the scenes. You enjoy expressing your identity and creativity in the home and in a family setting.

You may need more sleep than the average person, especially when you are under stress. Any lack of emotional support you experience early in life may have a profound effect on your later development. Over time you will learn to honour your inner self and your needs as your confidence grows.

When you do not listen to your feelings and intuition, you can be subjected to stress. You may be prone to stomach upsets, fluid retention or chemical sensitivities. Diet is important, as some of these problems can result from eating the wrong foods. **Sometimes you reach for food when emotionally insecure.** Learn to give to yourself and find a balance between giving and receiving.

You will come to feel more comfortable with your sensitivity and shyness as you mature and start to develop inner confidence. You are happy when providing a supporting role, but you also like to be in a position of control and to take the initiative on occasion.

For exercise and recreation try walking, water-aerobics, gardening, yoga, golf or anything that you feel particularly drawn to.

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 Conjunct The Sun

Sugar metabolism can be compromised when too much sugar and refined carbohydrates are consumed, therefore to avoid potential diabetes or pancreatic disorders, hypoglycaemia 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.

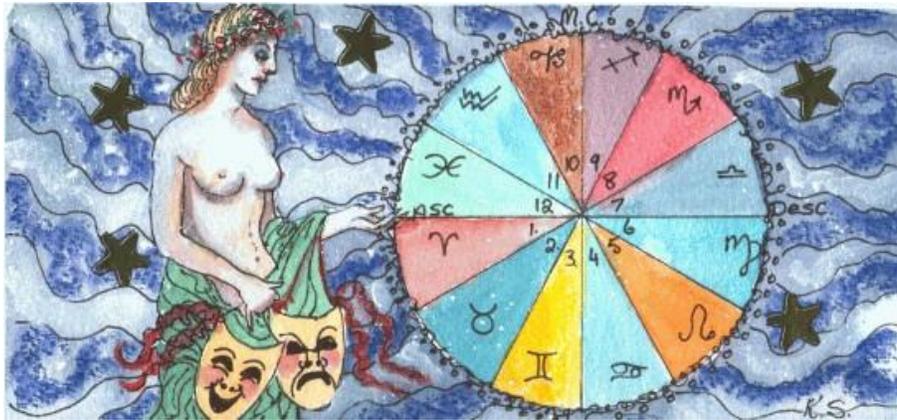
Jupiter is Sesquisquare The Sun

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.

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 Aquarius

Your energy levels may fluctuate a great deal and you can be prone to mood swings, including bouts of depression. At times you can be overly anxious and so relaxation techniques such as meditation, or Tai Chi can help you relax. Conditions that can manifest with an Aquarius Ascendant include: blood disorders, oedema, heart disease, varicose veins, rheumatism, nervous disorders, epilepsy, depression, **circulation issues**, or fluid retention that leads to swelling of the ankles.

At the core of these problems can be an underlying apprehension, or fearful approach to living. You may try to fit into situations where you do not really feel comfortable and in trying to be something that you are not, you subject your nervous system to a great deal of unnecessary stress. It may take you a while to get to know your true identity and find your special niche. **You are a unique individual and your approach to the world means you need to stand apart from the mainstream.**

Sometimes you can be apprehensive about the future, and at other times too focused on what might happen next and have trouble adjusting to the here and now.

Eventually you will learn more about yourself and be content to embrace your uniqueness. Your personal confidence will grow as you mature and you will recognise that it is okay to be yourself. You are a sensitive person and you are somewhat highly strung. As you develop confidence in yourself you will feel more comfortable interacting with others and the wider world and you will begin to feel less scattered.

Even so, an inner sense of nervousness may never quite leave you and as a result you may experience some peculiar ailments that are unusual, or rare. Try to get more in touch with your feelings and try to express yourself without fear. Find a creative outlet. Schedule regular time for relaxation and activities that ground you, such as gardening or walking.

Aromatherapy oils and herbs that can assist with problems common to Aquarius rising include: Basil, Bergamot, Clary Sage, Neroli, Ylang Ylang, Lavender, Marjoram, Orange, Cypress and Lemon.

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.

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 (Uranus) is Square The Sun

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

Dispositor of The Ascendant (Uranus) is Square The Moon The Moon is Square The Ascendant

Any health problems you experience may have, at their cause, emotional issues stemming from childhood. These issues may have to do with your upbringing, your family, or your relationship with your mother, and they may be related to your diet. **You feel things deeply and are highly sensitive to your environment and as a child you may have been wounded in ways that mean it is difficult for you to express your feelings easily as an adult.** People may misinterpret your motives or you may have trouble giving voice to your feelings. Nevertheless, you have a strong desire to express your emotions and to find fulfilment through relationship and so it is up to you to heal emotionally and to let go of the past.

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

Dispositor of The Ascendant is Uranus Uranus is Opposite The Ascendant

Being able to express yourself creatively is one of your most pressing needs. Finding an outlet for your particular talents is important for your sense of wellbeing, however you may find it difficult to find a vehicle or method to facilitate this expression. It is important that you honour your unique individuality and express yourself without fear. You are perhaps a rather eccentric person who may be misunderstood, or you may have trouble fitting in. **Your interests, for example, could be unusual and your manner of expression can be difficult for people to understand.** You tend to manage well on your own and your unique individuality is something of which you are proud, but you still need to find a way to interact with the wider world.

Stress can deplete your body of vitamins and minerals and can also result in a variety of nervous disorders. Conditions such as epilepsy, circulation problems, anxiety, or mental illnesses are possible. You could also experience some rare or unusual health conditions. At times you may feel isolated or misunderstood, and this can lead to feelings of depression.

It is important for you to express your individuality and creativity perhaps by developing more interaction with like-minded people. While it is necessary for you to recognise your uniqueness and to find your special niche in life, it is also important not to isolate yourself too much from others.

Learning yoga or Tai Chi could be highly beneficial for you, as these practises facilitate and enhance the natural flow of energy within your body and externally in your environment.

*Dispositor of The Ascendant (Uranus) is Square Neptune
Neptune is Square The Ascendant*

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

In your efforts to feel a sense of belonging, you could try to forge connections with various people and/or groups including associations that are not really in your best interest. Whether this is a conscious, or an unconscious journey on your part, either way, you are seeking to make spiritual connections that are meaningful and you give people the benefit of the doubt. You are a caring person, but you can sometimes end up being taken advantage of, because of your highly idealistic nature and your strong desire for meaningful connections.

At times you can feel misunderstood, which can make you feel isolated, or depressed. Stress can result in problems with the various fluids of the body such as lymph circulation. **You can also experience metabolic problems**, endocrine system problems or glandular malfunctions. You are likely to be highly sensitive to drugs and chemicals, so you should try to avoid these substances as much as possible and/or monitor their intake for side effects. Avoid alcohol and recreational drugs. Certain substances may work as poisons on your delicate system, so try to eat well and **limit your exposure to food additives and preservatives**. You are highly imaginative and may need more sleep than the average person in order to function effectively. Coping with the harsh realities of the world can be traumatic for you, so endeavour to be involved with nature, animals, music and the arts as much as you can.

Health Challenges



Work and Health - Managing the Impact of Stress

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

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

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

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

Ruler of the 6th House is The Moon

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.**

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.

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

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 5th House

You probably enjoy sports of all kinds and your physical energy is dynamic and powerful. You enjoy exercise, more so when pitted in competition with others, because you like to win. Squash, cycling, triathlon, basketball, or football, are just some of the possible activities you might enjoy. **You are generally very healthy and active**, but you tend to ignore physical symptoms when they emerge, so try to remember to deal with injuries as soon as they happen and if you do not feel well, get your health assessed. You are not often ill, but some of the possible health impacts this Mars position include a range of inflammatory conditions, and can include heart problems, circulatory conditions, varicose veins, and **back and spinal problems**. You can also be prone to accidents.

You go after what you want with a dynamic energy that often does not take into account the needs of others. You can be so focused on expressing your own creative energies, that you simply overlook the wider implications. **Your enthusiasm is infectious**, but you can be overly egocentric, often without meaning to be.

Your passions also influence your personal relationships. **You possess a strong sexual energy**, but you can get yourself into trouble if you use it indiscriminately. Try to channel your highly creative passions into worthwhile activities that can make a difference to the happiness of others, including children, with whom you may have a strong affinity.

Healing Solutions



Towards Health - The Journey Continues

Astrologically, Chiron is the archetype most associated with healing. In myth, Chiron was a wise centaur and a teacher of the healing arts. His wisdom comes from experience. Wounded accidentally by Hercules, Chiron's story is also symbolic of our own journey towards wholeness and healing. Chiron was a healer and teacher and also physician, prophet and musician. Named for this mythological healer, the small planet Chiron was discovered in 1977, heralding the arrival into consciousness of many new aspects of complementary medicine and alternative healing techniques, just as the mythological Chiron was adept in these natural arts and sciences. The position of Chiron in our Birth Chart reveals information about where we might get in touch with our inner healer. Chiron symbolises our wounds and painful experiences and it is also the agent via which we can return to full health and reclaim our sense of wellbeing. The location of Chiron reveals clues about how we experience wounding and how we can find healing, mentally, physically, spiritually and emotionally.

Chiron is in the 1st House

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

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

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

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

Chiron is in Aquarius

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

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

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

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

Healing Inherited Patterns

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

Mercury is Square Chiron

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

Venus is Square Chiron

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

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

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 28th degree of Aries

Part of Body: Fornix/parietal and occipital bones

The Sun is located at the 9th degree of Taurus

Part of Body: Jugular veins (Azimene)

Mercury is located at the 19th degree of Taurus

Part of Body: Maxillary artery

Venus is located at the 13th degree of Taurus

Part of Body: Cervical and brachial plexi

Mars is located at the 27th degree of Gemini

Part of Body: Fingers

Jupiter is located at the 23rd degree of Virgo

Part of Body: Capsule and ligaments of liver

Saturn is located at the 14th degree of Sagittarius

Part of Body: Cutaneous vessels of the thighs

Uranus is located at the 4th degree of Leo

Part of Body: Left carotid artery

Neptune is located at the 2nd degree of Scorpio

Part of Body: Urethral meatus

Pluto is located at the 28th degree of Leo

Part of Body: Chordae tendinae (Azimene)

Chiron is located at the 18th degree of Aquarius

Part of Body: Spinal nervous system (Azimene)

The North Node is located at the 20th degree of Scorpio

Part of Body: Ligaments of penis, Bartholin's glands

The Ascendant is located at the 1st degree of Aquarius

Part of Body: Right tibial nerve

The Midheaven is located at the 5th degree of Sagittarius

Part of Body: Right femoral artery

The 6th house cusp is located at the 2nd degree of Cancer

Part of Body: Sixth rib

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.

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.

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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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