

HEALTH & WELLBEING

A SOLAR WRITER REPORT for Queen Elizabeth II

WRITTEN BY MICHELE FINEY



COMPLIMENTS OF
ROSEMARY WORSLEY
UNITED KINGDOM

Queen Elizabeth II

Female

21 Apr 1926

2:40 am BST -1:00

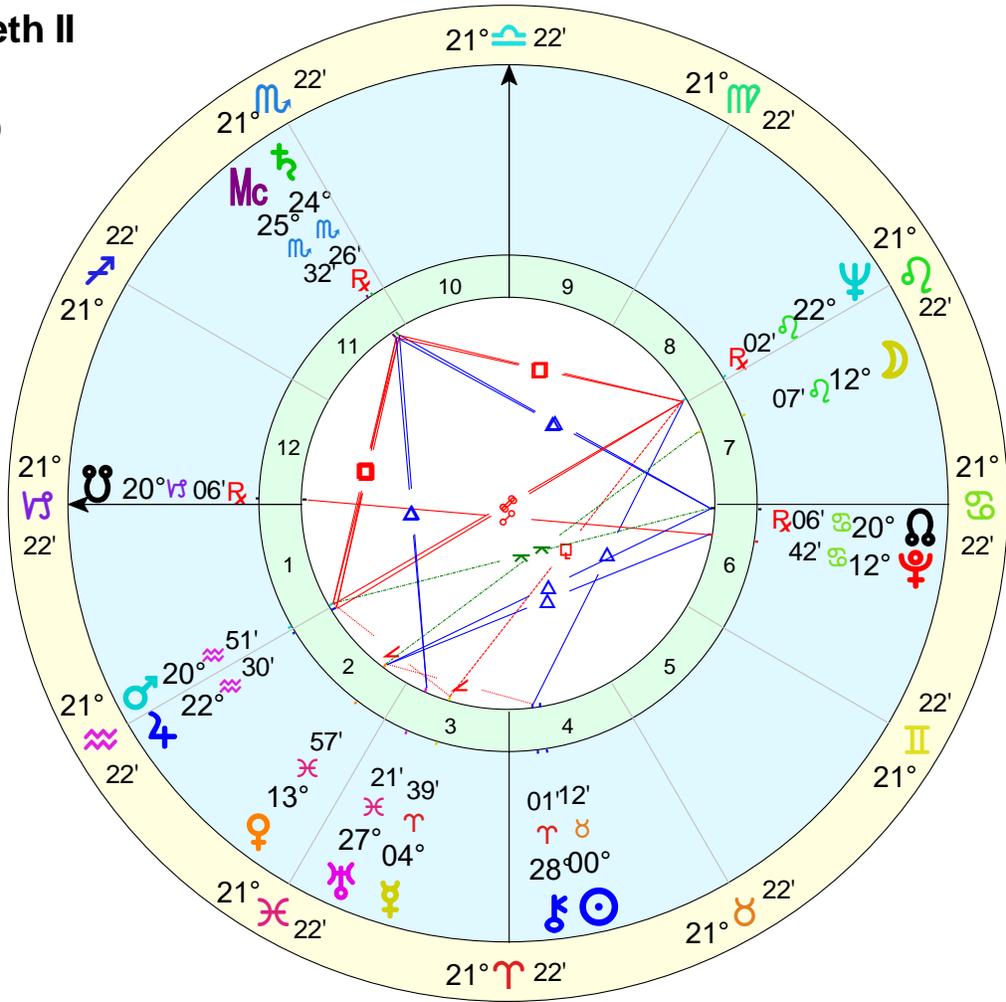
London, England

51°N30'

000°W10'

Tropical

Equal



Astrological Summary

Chart Point Positions: Queen Elizabeth II

Planet	Sign	Position	House	Comment
The Moon	Leo	12°Le07'	7th	
The Sun	Taurus	0°Ta12'	4th	
Mercury	Aries	4°Ar39'	3rd	
Venus	Pisces	13°Pi57'	2nd	
Mars	Aquarius	20°Aq51'	1st	read into 2nd House
Jupiter	Aquarius	22°Aq30'	2nd	
Saturn	Scorpio	24°Sc26'	11th	
Uranus	Pisces	27°Pi21'	3rd	
Neptune	Leo	22°Le02'	8th	
Pluto	Cancer	12°Cn42'	6th	
Chiron	Aries	28°Ar01'	4th	
The North Node	Cancer	20°Cn06'	6th	read into 7th House
The South Node	Capricorn	20°Cp06'	12th	read into 1st House
The Ascendant	Capricorn	21°Cp22'	1st	
The Midheaven	Scorpio	25°Sc32'	11th	

Chart Point Aspects

Planet	Aspect	Planet	Orb	App/Sep
The Moon	Quincunx	Venus	1°50'	Applying
The Sun	Conjunction	Chiron	2°11'	Separating
Mercury	Semisquare	Mars	1°12'	Separating
Mercury	Sesquisquare	Neptune	2°22'	Applying
Venus	Trine	Pluto	1°14'	Separating
Venus	Semisquare	Chiron	0°56'	Separating
Venus	Trine	The North Node	6°09'	Applying
Mars	Conjunction	Jupiter	1°38'	Applying
Mars	Square	Saturn	3°34'	Applying
Mars	Opposition	Neptune	1°10'	Applying
Mars	Quincunx	The North Node	0°45'	Separating
Mars	Square	The Midheaven	4°40'	Applying
Jupiter	Square	Saturn	1°56'	Applying
Jupiter	Opposition	Neptune	0°28'	Separating
Jupiter	Square	The Midheaven	3°02'	Applying
Saturn	Trine	Uranus	2°54'	Separating
Saturn	Square	Neptune	2°24'	Applying
Saturn	Trine	The North Node	4°19'	Applying
Saturn	Sextile	The Ascendant	3°03'	Applying
Saturn	Conjunction	The Midheaven	1°06'	Separating
Uranus	Trine	The Midheaven	1°48'	Separating
Neptune	Trine	Chiron	5°58'	Separating
Neptune	Quincunx	The Ascendant	0°39'	Applying
Neptune	Square	The Midheaven	3°30'	Separating

Pluto	Conjunction	The North Node	7°24'	Applying
Pluto	Opposition	The South Node	7°24'	Applying
The North Node	Opposition	The Ascendant	1°15'	Separating
The North Node	Trine	The Midheaven	5°26'	Separating
The South Node	Conjunction	The Ascendant	1°15'	Separating

Health and Wellbeing Report



Introduction

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

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

The information in this report includes an assessment of your Natal Chart specifically 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

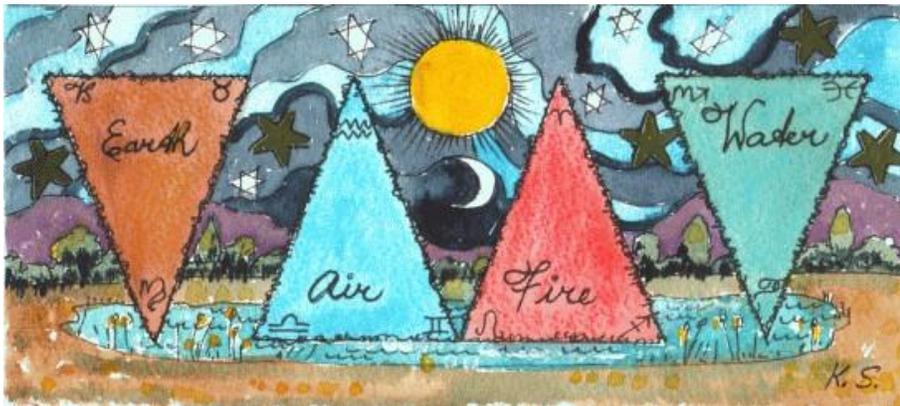
Essential oils should not be swallowed. If used in a burner, they should be diluted with water. If used for massage they should be added to suitable carrier oil such as almond oil, before use. Do your own research before using essential oils. Certain oils are not recommended for some conditions and some 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 Fire is Balanced
...and Element Earth is Balanced
...and Element Air is Balanced
...and Element Water is Balanced

The Elements in your chart are balanced. This means that you are capable of finding a happy balance between the physical, mental, emotional and spiritual aspects of living. Therefore you are also likely to cope pretty well with the many aspects and challenges of life. You have the necessary resources to call on to help you manage different situations.

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 Leo

When your emotional needs are being met you are a generous and giving soul, expressing yourself with confidence and creative leadership. You are a passionate person and it is important that you feel you are receiving tangible expressions of love from others, which can be in the form of admiration, gifts, or other expressions of love that support you emotionally. When you feel connected with your emotional centre, your generosity and loyalty are second to none, but when you feel unloved or unsupported emotionally, you can revert to coping mechanisms you learned as a child, which can manifest as a tendency to become self-indulgent or overly focused on yourself. This was probably the way you coped as a child when you didn't get the attention you wanted, but as an adult you need to develop mature ways to honour your inner child.

Ensure that you have an outlet for your creativity. Expressing your feelings and imagination creatively via the arts, drama, theatre and other creative pursuits will support your emotional health and wellbeing. When your heart is full you are generous to a fault and radiate warmth, confidence and compassion, in particular where your own children are concerned.

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 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 led 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.

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.

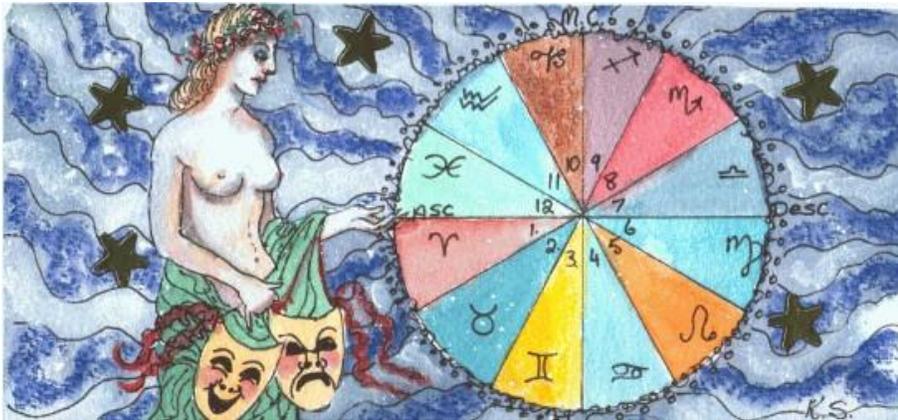
These challenging aspects involving the Sun can also symbolise aspects of our internal psychology that we need to integrate, so that they flow with more ease and work for us, rather than fighting with them, for we are really only fighting with ourselves.

Chiron is Conjunct 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.

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 Capricorn

You are capable of hard work and slow and steady purposeful release of energy, but you can lack enthusiasm at times and be prone to depression, colds and chills, and general feelings of sadness. You have a serious approach to life and the world and a tendency to worry.

You take your responsibilities seriously. With Capricorn rising, you have staying power and you will probably enjoy a long life. Endeavour to schedule time for fun and relaxation as well as your obligations; you will be healthier and happier if you do.

It may be helpful for you to get more sunshine, especially in winter months, because it is important you have enough Vitamin D to assist with the effective functioning of calcium in your body. Supplements may be needed. You may not respond well to living in a cold climate and should try to include some spicy and blood stimulating foods in your diet. Get plenty of minerals and vitamins such as iron and Vitamin C. Try to eat more hot food, such as nutrition-rich soups, especially in winter.

With Capricorn as your Rising Sign you can suffer from arthritis, colds and flu, obesity, slow metabolism, knee problems and teeth problems, psoriasis and other skin problems, rheumatism, gall bladder problems and gout.

Capricorn is a Sign that has strong resistance to disease, but once sick you can also take some time to recover. Worry, fear and overwork can bring health problems, so you should be careful to relieve stress with moderate and regular exercise. Aches and pains can be relieved by regular chiropractic care, massage or foot reflexology.

Aromatherapy oils and herbs that can aid conditions common to those with Capricorn rising include: Cedarwood, Peppermint, Basil, Bergamot, Clary Sage, Patchouli, Sandalwood, Ylang Ylang.

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 (Saturn) is Square Mars

You are a fighter. You will stand up for your rights and for injustice and can be a powerful advocate for getting issues heard. Your competitive nature means you are capable of putting a great deal of energy into issues and causes that are close to your heart. This is a positive way to express your inner passions and you will discover it is also more worthwhile than simply focusing on expressing your ego, competing to attain personal goals, or having your own desires met. You generally have a great deal of energy and passion that fuels your body and mind, but try to ensure that you do not overdo things. Get plenty of vitamins and minerals, especially B12 and Iron and also try to make time to relax.

Taking things too far can result in cardiovascular ailments, high blood pressure, inflammatory conditions, problems with the adrenal glands, headaches, migraines and fevers. Anger can be the root cause of these problems. Anger management can go a long way towards a return to health. You may have sudden outbursts from time to time. Although these are usually short lived, they can have a dramatic impact on your relationships and your life in general. Swallowing your anger won't work either because repressed hostility can also lead to disease. Channel your energy and any feelings of frustration into sport, exercise, or make efforts to affect positive changes in the world around you.

Dispositor of The Ascendant (Saturn) is Square 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.

Dispositor of The Ascendant is Saturn

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

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

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

Dispositor of The Ascendant (Saturn) is Square Neptune Neptune is Quincunx 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 Mercury

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

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

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

Pluto is in the 6th House

You may have to struggle to overcome something in order to survive. Because of your experiences you tend to rely on your own resources a good deal and feel the need to be strong and self-sufficient. As a result, the cumulative effects of stress can manifest in conditions that affect the reproductive area, the colon, bladder or lower back and you can also be prone to developing psychological problems, such as obsessive-compulsive disorder. You are more sensitive than you like to think, for you like to show that you are quite driven and ambitious. Because you like to be self-sufficient, you may hide your sensitivity from others. Remember that holding in the effects of stress can make you sick. Pluto's connection with the 6th House suggests that you may suffer from constipation, haemorrhoids or fertility problems. These conditions can be a signal that you need to address the underlying psychology that is probably contributing to, if not causing, these problems. If not addressed, the on-going build up of toxins in your system, can result in serious diseases. Expressing your emotions, rather than holding them in, will alleviate tension and help to stop these conditions from developing. It is probably a good idea to detoxify your system once in a while and psychotherapy can be beneficial to help you release old patterns. Whatever the healing method, learning to let go will facilitate deep healing, psychologically and physically.

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 the 2nd House

Your Mars energy tends to be measured and slowly released. You are capable of concentrated and sustained effort and activities that involve committing yourself to a plan or goal and working towards it over a period of time. Weight training, dance and yoga are suitable exercise options. You are very focused and determined once you set yourself a task. You will keep on going until you get what you want, even if this takes years.

Money is important to you, mainly because it means that you can do more of what you want to do. When you don't have enough money you can feel frustrated, but you are persistent. You will keep on pressing on towards your goals until you attain them. Working for yourself and earning your income from utilising your entrepreneurial skills could be a good way to express your energy.

Sometimes you can be so focused on earning a living or making money, that you have little time for exercise. It is important to watch your diet and to make time for physical activity because you can easily put on weight and develop associated health problems if you fall into bad habits. Other possible health concerns for you include tonsillitis, throat inflammation, laryngitis, neck tension or hyperthyroidism. Once you make up your mind to do something however, you commit yourself fully. Develop a regular exercise plan and stick with it.

Mars is in Aquarius

You are adventurous and will try just about anything once. Your energy can sometimes fluctuate a great deal and you can be accident-prone if you have a tendency to rush. Activities suited to your energy style include: cycling, water-sports, sailing, kayaking and windsurfing and you will probably also enjoy team sports and working out in the gym. You will enjoy being involved in exercises or activities that involve new technology or unusual activities might also appeal. In health matters, Mars here can indicate circulation problems, shin, calf and ankle injuries and rare inflammatory conditions.

You are open to experimentation. You like to be involved in a variety of interests and activities to see what they are like. Anything new interests you. If a friend suggests something, you are first in line to give it a go. This also includes schemes and business ideas, some of which may not be that workable. You would benefit from some practical advice. When you do not get what you want, you just move on to the next project. Sometimes you can be overly fixated on a particular activity and at other times you can be a bit scattered. Your physical actions can be a bit erratic and jerky sometimes. Learning Tai Chi or yoga will help your energy to flow more rhythmically.

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 Aries

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 the 4th House

The wounds you experience in childhood may affect you in a profound way. Stress sources for you are often related to family, parents, and your emotional development. Emotional healing could become a priority for you. At some point you are likely to be involved in a process of deep-seated healing that in some way is connected with home, family, domestic matters and emotional security. Where do I belong? Where is home? What constitutes a family? These are some of the questions that lie deep within you. You are a sensitive soul who will probably develop a rich inner life.

You may become interested in investigating old patterns and family relationships, and in the process you will learn a great deal about yourself. You will discover how the past has contributed to your present and you will begin to express your feelings in new ways, which will prove to be highly cathartic.

You are highly imaginative, but at times you can feel insecure. At times of stress you need to retreat from the world. It is possible you will experience some conflicting emotions, from the heights of euphoria to the depths of sadness. Your moods can fluctuate quite rapidly. Physical concerns with digestion, stomach, the breast area, fluid metabolism, or food issues can be part of your journey, and can signal the need for emotional healing.

Delving into the past, or into your own unconscious patterns using tools such as psychotherapy, will bring deep emotional healing. You may feel the need to go through this process before you can fully embrace your future. Let yourself experience this without fear. Know you are safe.

Healing options that can be additionally beneficial for you include nutrition, diet changes, counselling, family therapy, hydrotherapy, dream work, meditation, hypnotherapy, or aromatherapy. In your life, try to strike a balance between giving and receiving.

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.

Venus is Semisquare 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 13th degree of Leo

Part of Body: Right ventricle of heart

The Sun is located at the 1st degree of Taurus

Part of Body: Throat, gullet

Mercury is located at the 5th degree of Aries

Part of Body: The eyes, left and right

Venus is located at the 14th degree of Pisces

Part of Body: Right cutaneous veins

Mars is located at the 21st degree of Aquarius

Part of Body: Spinal nervous system

Jupiter is located at the 23rd degree of Aquarius

Part of Body: Left gastrocnemius muscle

Saturn is located at the 25th degree of Scorpio

Part of Body: Coccyx, Fallopian tubes

Uranus is located at the 28th degree of Pisces

Part of Body: Phalanges of left foot

Neptune is located at the 23rd degree of Leo

Part of Body: Left auricle

Pluto is located at the 13th degree of Cancer

Part of Body: Lesser curvature of stomach (Azimene)

Chiron is located at the 29th degree of Aries

Part of Body: Auditory canal

The North Node is located at the 21st degree of Cancer

Part of Body: Inferior pancreatico-duodenal artery

The Ascendant is located at the 22nd degree of Capricorn

Part of Body: Muscle insertions of upper to lower legs

The Midheaven is located at the 26th degree of Scorpio

Part of Body: Perineum

The 6th house cusp is located at the 23rd degree of Gemini

Part of Body: Upper arm

Conclusion

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

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

The Anatomical Degree Areas

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

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

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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