

HEALTH & WELLBEING

A Solar Writer Report for Kylie Minogue



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Compliments of:-

Cornerstone Astrology

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Astrological Summary

Chart Point Positions: Kylie Minogue

Planet	Sign	Position	House	Comment
The Moon	Gemini	14°Ge43'	11th	
The Sun	Gemini	6°Ge45'	10th	
Mercury	Gemini	28°Ge48'	11th	
Venus	Gemini	0°Ge24'	10th	
Mars	Gemini	13°Ge32'	11th	
Jupiter	Leo	27°Le44'	1st	
Saturn	Aries	21°Ar35'	9th	
Uranus	Virgo	25°Vi05'	2nd	
Neptune	Scorpio	24°Sc50'	4th	
Pluto	Virgo	20°Vi10'	2nd	
Chiron	Aries	2°Ar43'	8th	
The North Node	Aries	17°Ar41'	8th	
The South Node	Libra	17°Li41'	2nd	
The Ascendant	Cancer	26°Cn21'	1st	
The Midheaven	Taurus	18°Ta04'	10th	

Chart Point Aspects

Planet	Aspect	Planet	Orb	App/Sep
The Moon	Conjunction	The Sun	7°57'	Separating
The Moon	Conjunction	Mars	1°10'	Separating
The Moon	Square	Pluto	5°27'	Applying
The Moon	Sextile	The North Node	2°58'	Applying
The Moon	Trine	The South Node	2°58'	Applying
The Sun	Conjunction	Venus	6°21'	Applying
The Sun	Conjunction	Mars	6°47'	Applying
The Sun	Semisquare	Saturn	0°10'	Separating
Mercury	Sextile	Jupiter	1°04'	Separating
Mercury	Square	Uranus	3°43'	Separating
Mercury	Square	Chiron	3°54'	Applying
Venus	Square	Jupiter	2°40'	Separating
Venus	Trine	Uranus	5°19'	Separating
Venus	Opposition	Neptune	5°34'	Separating
Venus	Sextile	Chiron	2°18'	Applying
Venus	Semisquare	The North Node	2°17'	Applying
Venus	Sesquisquare	The South Node	2°17'	Applying
Mars	Trine	The South Node	4°08'	Applying
Jupiter	Square	Neptune	2°53'	Separating
Saturn	Conjunction	The North Node	3°54'	Separating
Saturn	Opposition	The South Node	3°54'	Separating
Saturn	Square	The Ascendant	4°46'	Applying
Uranus	Sextile	Neptune	0°14'	Separating
Uranus	Conjunction	Pluto	4°54'	Applying
Uranus	Sextile	The Ascendant	1°16'	Separating
Neptune	Trine	The Ascendant	1°31'	Separating
Neptune	Opposition	The Midheaven	6°46'	Applying
Pluto	Trine	The Midheaven	2°06'	Applying
Chiron	Semisquare	The Midheaven	0°20'	Applying
The South Node	Quincunx	The Midheaven	0°22'	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 focussing on health related matters. It includes a range of nutritional advice, stress management tips and therapy options. However, it is not intended that this report be used in place of a consultation with a qualified medical practitioner, nor persons qualified in complementary or alternative healing. It is vital to always seek out professional medical and nutritional advice where one's health is concerned.

This report aims to provide you with some useful tips about physical health matters and also about mental, emotional and spiritual wellbeing. This information is based on the author's own knowledge obtained over more than 25 years as an astrologer and healer as well as additional research she has undertaken. The main focus of this report is to point out the astrological indicators that can manifest as health problems, or imbalances, and to suggest possible causes and/or treatments that might be of benefit.

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

In reading this report, please take into account that some factors are more powerful and obvious than others. For example, the Sun, the Moon, the Ascendant and any planets in the 1st House, should probably be given more weight in the overall interpretation, than say, aspects to the 6th house, or Chiron's position.

Be aware too, that our natal chart is not a static thing. It is a symbolic representation of our potential, which unfolds and develops as we journey through life.

Disclaimer

Essential oils should not be used full strength and never swallowed. They should be diluted with water, or suitable carrier oil such as almond oil, before use. Do your own research before using essential oils. Certain oils are not recommended for some conditions and some can be harmful and/or toxic. There are a number of contra-indicators to be aware of when using essential oils. Some people are sensitive to particular oils, although the pure, top quality oils are less likely to result in allergic reactions. The author takes no responsibility for any adverse reactions caused.

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

Your Basic Health Needs



Your General Temperament

The overall balance of elements and modes is connected with our general attitudes and perspective and shows whether our values, point of view and style of expression are particularly focussed towards certain qualities and tendencies of temperament, or whether there is some under-emphasis of certain qualities. The balance of elements and modes also relates to one's overall constitution. Where there is too much, or too little, of any element or mode, there can be a corresponding imbalance that we consciously need to address, in order to bring about emotional, spiritual, mental and physical healing.

Element Fire is Weak

You may have a weaker constitution than most and may lack energy, enthusiasm or vitality. You can benefit from including spicy food and blood-stimulating food in your diet. The colour red can help to speed up your metabolism, this includes eating red foods, wearing red clothing and other forms of colour therapy. Your system can also benefit from regular vitamin and mineral supplements. If you make an effort to exercise more, your circulation and energy levels will actually increase, but go at your own pace. Positive thinking can also enhance your motivation.

Element Air is Strong

You live in a world of ideas and activity. Because you are on the go and highly social, you can sometimes forget about the importance of the physical body. You are more likely to be underweight than overweight and you tend to jump from one thing to another quite rapidly. In the process you can subject yourself to a great deal of mental stress. You can easily deplete your system of nutrients if you fail to pay attention to your diet. Regular vitamin and mineral supplements, especially B-group vitamins can be most beneficial to your system. Too much air can lead to conditions such as insomnia, or diseases of the nervous system, so it is important that you learn to relax. Meditation may be difficult for you, but it will help to calm your nerves. Wearing earthy colours and blues, greens and violet hues can be helpful in this way also. If you have trouble sleeping, try a few drops of lavender oil on your pillow.

Mode Mutable is Strong

Mutable energy is associated with communication and change. With an excess of mutable energy, you are highly adaptable. Because of these flexible qualities, you generally cope with stress much

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

Your Emotional Health

The Moon symbolises our capacity to give and receive nurturing. Our feelings, emotions and personal inner life all relate to the Moon, as does food and nutrition. Our emotional wellbeing often relates to inherited patterns of behaviour from our parents and/or defence mechanisms that we learnt in childhood. The sign in which the Moon is located will describe the way in which our need for nurturing and emotional security is sought and met. As adults, we still have a child within us that continues to seek comfort and protection.

The Moon is in Gemini

You get a sense of satisfaction and emotional wellbeing from expressing your ideas and opinions. You are alert and quite shrewd and forever on the lookout for the novel and new. It gives you a sense of emotional wellbeing to know that you have a clear-headed approach and can adapt to new situations. You can be quite restless and as a child may have learned to anticipate change by reacting before an event actually happened. You are versatile and a keen observer. You get immense satisfaction from knowing that you are cleverer than most. Talking things over with friends is a great outlet for you and you can quickly recover your sense of optimism and emotional equilibrium in this way. Your head will usually override your heart when it comes to having your needs met, as you can feel lost and uneasy when confronted with deeper emotions. Forging intellectual connections with people and learning new things are ways in which you gain emotional comfort. Because your mind is often full of ideas and internal dialogue, you can sometimes have trouble sleeping. A few drops of lavender oil on your pillow at night will help induce a sound sleep.

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 Gemini

You are an inquisitive person with a highly developed mind, but you can get bored easily. You enjoy social contact and the exchange of ideas and information but can sometimes get so caught up in what you are doing, that you become scattered or overly myopic, focussing too much on the trees and ignoring the forest altogether. Although you have a quite brilliant mind, you may need to learn that your body and emotions are just as important to your overall wellbeing.

It is easy for you to tackle many projects simultaneously, but equally important that you pay attention to your body when it tells you something is up. Try to eat regular meals and get plenty of nutrition. You expend a great deal of energy because your mind is constantly on the go, but you may forget to exercise. Making time for physical activity might be low on your list of things to do, but you will benefit from making an effort.

Highly strung, you thrive on nervous energy. You are highly adaptable which means you can cope well with day-to-day stress, however you can be prone to picking up viral infections and can experience health problems such as; colds, flu and other respiratory illnesses including asthma. In particular your body can be affected by conditions that affect the lungs, arms, hands, shoulders, bronchial tubes and sinuses. Such problems can be a sign that you need to express your feelings, not just your ideas. Aromatherapy blends and herbs useful for these conditions include: Basil, Cedarwood, Eucalyptus, Lemon, Fennel, Peppermint, Tea Tree, Thyme and Marjoram.

You are curious and interested in people and the world around you, and you enjoy networking and social interaction. You enjoy conversation and the exchange of ideas. Sometimes you may feel that you are not being understood or listened to, and you have a strong need to be heard. As you get to know yourself you will be able to communicate more effectively by speaking less, but actually saying much more.

Your Vitality - The Life Force

The position of the Sun has a great deal to say about one's overall constitution, vitality and health. The house in which the Sun is placed corresponds directly with the time of day that you were born. Generally speaking, a person born during the day is thought to have a more powerful and dynamic solar energy and to be more extraverted and direct in their manner of self-expression, than someone born during the night, when the individual is thought to have a more subtle or refined expression, and to be capable of more introspection.

If you were born at sunrise, or in the middle of the day, the Sun is at its greatest strength and your solar forces are very powerful. As well as the house in which the Sun is placed, consider the Sun's sign and the aspects it makes to other planets, all of which will provide more clues to the overall picture of health. As well as vitality and energy, the Sun governs one's identity, creativity and self-expression. Without the Sun there is no life. Therefore, the relative position of the Sun says a great deal about the type of energy and life force that we possess.

The Sun is in the 10th House

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

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

high standards for yourself.

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

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

Managing the Physical Demands of Living

When challenging relationships are formed between the Sun and other planets, this can relate to internal and external stress factors that can lead to health problems, if ways are not found to balance their energies. The Sun is a vital component of life and vitality. These aspects can be potent indicators of one's overall health and wellbeing.

Magnesium, Iodine, Vitamin A and Vitamin D are ruled by the Sun. A deficiency or incorrect assimilation of any of these minerals and vitamins can be the cause of health problems when there are difficult aspects involving the Sun.

Also consider those vitamins and minerals that are associated with the planet involved in the challenging aspect with the Sun, for this too may provide clues as to potential deficiencies, that when brought into balance, can aid healing.

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

The Moon is Conjunct The Sun

A deficiency of Vitamin B2 and/or Potassium, or those minerals and vitamins ruled by the Sun, is possible with this aspect. There can be an imbalance between your vitality, energy and enthusiasm on the one hand, and your inner capacity to cope with all that is going on in your external environment. Therefore, it is important that you get proper nutrition into your body. You may need much more, or far less sleep than the average person, or you may experience sleep disturbances. A few drops of lavender oil on your pillow at night can help you relax and unwind.

You may find it difficult to express yourself creatively while at the same time honouring your feelings and emotions, or you may feel torn between your family commitments and your professional life, which can be difficult to manage at times. It is important to deal with this stress by adopting regular relaxation or other techniques, which will help you to cope and feel more at ease. Your challenge is to find a way to balance your daily, conscious activities with your personal, inner and unconscious life. Both inner and outer experiences are important.

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.

Mars is Conjunct The Sun

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

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

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

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

Saturn is Semisquare The Sun

You take your responsibilities very seriously. Because of this tendency, you tend to worry and this can result in a range of stress related problems including bouts of depression. Try to laugh more and just enjoy living without worry or fear. Balance your responsibilities and capacity for hard work by scheduling time for your personal life and needs.

Your bones, teeth and joints can feel the effects of stress. Calcium, Fluorine, PABA, Sulphur, Vitamin C, Vitamin K and Vitamin P are important to include in your diet. Arthritis or poor calcium assimilation and skin conditions such as psoriasis can develop. Fear can play an important role in health too. You may experience certain phobias or fears that can block spontaneous expression, and which can impact on your health. Broken bones, and conditions such as osteoporosis are also

possible. Regular chiropractic care and exercise may be of particular help to you. Slow metabolism or problems with the spleen or gall bladder are another area that can be affected. Vitamin D and calcium work together, so try to ensure you get enough of sunshine. Singing is an activity that can have enormous benefit to your soul.

Your Health Factors



Your Physical Body and Energy

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

The Ascendant is in Cancer

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

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

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

Many of these problems can be overcome by eating the correct foods and by protecting yourself from the harsher aspects of daily life. Having a harmonious living environment is crucial to your wellbeing. You can adapt to your environment, but it is important that you don't get too far away from your comfort zone.

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

Massage with essential oils especially soothing for the digestion, such as: Bergamot, Camomile, Peppermint, Fennel, Lavender, Ylang Ylang and Basil. Fluid retention can be greatly assisted by drinking the juice of celery or cucumber, (mix with carrot juice) or taking kelp supplements.

Your Strengths and Sensitivities

The first house and the Ascendant are associated with the physical body. The Ascendant is the place of interface between the physical and spiritual realms.

The Ascendant also describes one's immediate environment and general physical type. Planets in the first house and in particular those that are in conjunction with the Ascendant, are considered to be very strong. These planets tell us something more about our physical appearance, vitality and manner of expression.

Any planets that make a conjunction to the Ascendant are especially powerful. These planets and any that are located in the first house should be taken into consideration when assessing your physical attributes and health.

Planets located here represent energies that are generally operating very consciously and their qualities are usually quite apparent to others too.

These planets will modify the expression of the Ascendant sign, and in some cases may seem to contradict it, but taken together you will probably strongly identify with both the Ascendant sign and any planets in the first house.

Jupiter is in the 1st House

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

You are usually confident, outgoing and extravert in your manner of expression but on occasion you can be lazy and over-confident, thinking that nothing can ever go wrong. You will probably

have your fair share of good luck and opportunities. Make them work for you and try not to waste your good fortune. Include plenty of B-group vitamins in your diet, especially B6. Supplements of the minerals Manganese and Zinc can also be beneficial to your system. Liver cleansing now and then can be of tremendous benefit to your system; try dandelion tea.

Inner Needs and Outer Experiences - Finding Balance

When certain planets and the Ascendant are at odds with one another, we can experience inner tension and challenges that can feel as if we are being pulled in two directions at once. The Ascendant is that part of us that interfaces with our immediate environment, so when planets are in hard aspect to the Ascendant, we can encounter challenges as we try to express ourselves in the wider world. We can also experience issues that arise because there are differences between what we want to express and what we think is expected of us. Stress can build up over time if there is no outlet for self-expression, so these aspects can be potent indicators of one's overall health and wellbeing. As we learn to work with some of these challenges, they can actually help us to grow and to lead more purposeful lives.

Dispositor of The Ascendant (Moon) is Conjunct 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.

Dispositor of The Ascendant is The Moon

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

The past is important, but not as important as the present or the future. At times you may feel stuck in the past and feel unable to move forward until you resolve outstanding emotional problems. If you develop issues with food and diet, such as bingeing, or erratic hormonal fluctuations, this can be a signal that it is time to work through some of these issues. Healing options for you may include counselling, psychotherapy or hypnotherapy. 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 (Moon) is Conjunct 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 focussing on expressing your ego, competing to attain personal goals, or having your own desires met. You generally have a great deal of energy and passion that fuels your body and mind, but try to ensure that you do not overdo things. Get plenty of vitamins and minerals, especially B12 and Iron and also try to make time to relax.

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

Saturn is Square The Ascendant

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

Once you have hit upon a plan, start to work towards it in a methodical way and you will eventually achieve lasting results. Feelings of depression, frustration or anger are best channelled into helping others, or taking time out to consider fresh alternatives. You can sometimes be too focussed 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. 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 (Moon) is Square Pluto

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

challenges and achievements have a more profound purpose.

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

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

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

Health Challenges



Work and Health - Managing the Impact of Stress

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

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

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

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

Ruler of the 6th House is Saturn

Work stress and health worries can be an area of concern for you and you may dwell on these matters too intently. You tend to soldier on with your responsibilities when you are not well, which can turn minor medical problems into chronic conditions. As an employee, you are highly responsible and because you do not mind taking on tasks, you might discover that you end up with a burdensome workload. This is not always the best way to win the respect of superiors. As you go about your work in a methodical way you probably don't feel the need to blow your own trumpet, still you would like to be recognised for your efforts. Measure your duties against your market value now and then. You might prefer to establish your own business, as you are not afraid of hard work. But when you are not well, learn to let go the reins and rest. Try to relax and worry less. You may experience dental problems, arthritis, knee problems, or back problems. Health concerns with gall bladder, spleen, skin, and joints can also be exacerbated by your tendency to take on too many responsibilities, especially at work. Day-to-day stress may require regular chiropractic care. It is important that you look after your back, joints and teeth. Although you may be prone to experience chronic conditions, your overall constitution is very strong. You are a hard worker and

take your responsibilities seriously, but try to lighten up now and then and make sure that you enjoy what you are doing too.

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.

Mercury is Opposite the 6th House Cusp

Communication plays a key role in your life and work. You might work in areas that involve writing, talking, speaking, publishing, the media or IT for example. You are highly capable and probably tackle many things simultaneously, but even so, this produces stress that can result in health impacts such as; repetitive strain injury, laryngitis, recurring colds, shoulder inflammation, digestive complaints or allergic conditions. Ensure that you get plenty of B-group vitamins, for this will help you deal with your many commitments and day-to-day stress. You tend to run about at high speed and in this state you can easily become agitated and tense, or forget to eat. To calm nervous tension, try soaking in a bath with added essential oils of Bergamot, Lavender and Neroli, which will calm and soothe your jagged nerves.

Chiron is Square the 6th House Cusp

Your journey towards wholeness and wellbeing will likely involve some experiences that are potentially difficult or wounding, but you are likely to develop the skills and wisdom to convey information to others in a spirit of service. You could experience some health concerns that have a profound effect upon you, not just physically, but which lead you on a quest for knowledge and healing, which could develop into a career in teaching or the health sector. Before you can enter into such a role that provides service to others, you first need to heal yourself. Undertaking your own research into a variety of healing modalities is a good place to start. It is likely that you will experience some inner struggle to find a balance between having personal freedom and autonomy while at the same time accepting your obligations. To assist during times of stress and to rebalance your system, try a bath or massage using Clary Sage, Sandalwood and Ylang Ylang essential oils, which will also lift your mood when you feel despondent.

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 focussed 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 11th House

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 8th House

Intense events and experiences involving grief may be part of your journey towards wholeness. Although emotionally painful, ultimately these events will bring healing on the very deepest levels. Sexual intimacy can be fraught with issues too, but will also replenish the inner recesses of your soul. Your wounds are likely to open you to powerful processes of transformation and lead you to investigate the nature of the psyche. You might become interested in psychology and be gifted as a healer. Feeling powerless, money worries, sexual problems or intimacy issues, or problems with reproductive organs, colon, bladder, or the lower back region, can be signals that it is time to explore your own psyche.

There might be some unresolved issues from the past, perhaps from childhood that you need to explore from time to time. Undertaking psychotherapy, or some other form of emotional healing might be the very thing that sets you on a path towards helping others in the same way. Because you are sensitive, you tend to hide your vulnerability and pain behind a strong persona, but you are a survivor.

You are likely to be drawn towards exploring life's mysteries. As you delve within, you will discover untold riches. Getting in touch with your emotions and feelings might be painful, but it will prove ultimately rewarding. Your soul will be replenished and your world will be transformed. Let go of the past, for it may be holding you back.

Part of your journey through life will take you on a profoundly powerful process that will ultimately prove rewarding, for it will lead you to a new beginning, where you will be empowered and more fully in touch with your emotional centre.

Psychotherapy, detoxifying, past life regression, colonic irrigation, relaxation techniques, meditation, hypnotherapy, or dream work, are powerful mediums that you might explore.

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.

Key Parts of the Body

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

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

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

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

The Moon is located at the 15th degree of Gemini

Part of Body: Scapulae

The Sun is located at the 7th degree of Gemini

Part of Body: Apex of lungs

Mercury is located at the 29th degree of Gemini

Part of Body: Fourth rib

Venus is located at the 1st degree of Gemini

Part of Body: Trachea

Mars is located at the 14th degree of Gemini

Part of Body: Clavicle

Jupiter is located at the 28th degree of Leo

Part of Body: Chordae tendinae (Azimene)

Saturn is located at the 22nd degree of Aries

Part of Body: Cheek muscles

Uranus is located at the 26th degree of Virgo

Part of Body: Abdominal veins

Neptune is located at the 25th degree of Scorpio

Part of Body: Coccyx, Fallopian tubes

Pluto is located at the 21st degree of Virgo

Part of Body: Cystic duct

Chiron is located at the 3rd degree of Aries

Part of Body: Cerebellum

The North Node is located at the 18th degree of Aries

Part of Body: Nerve connections - synapses

The Ascendant is located at the 27th degree of Cancer

Part of Body: Nipples

The Midheaven is located at the 19th degree of Taurus

Part of Body: Maxillary artery

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

Part of Body: Cutaneous nerves of thigh

Conclusion

References Sources:

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

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

The Anatomical Degree Areas

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

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

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

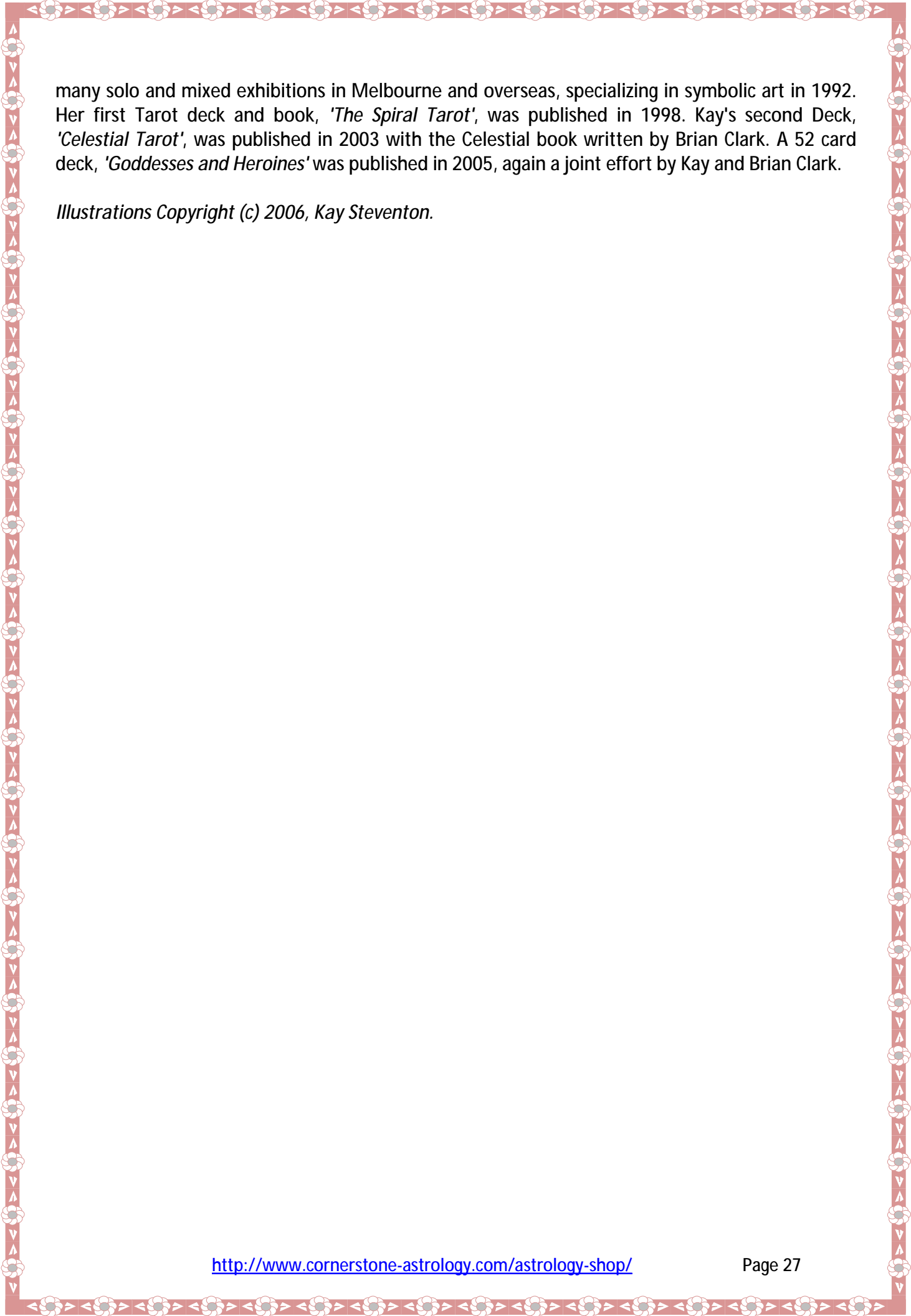
About the Author

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

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About the Artist

The illustrations in this report were created by Kay Steventon, who is a Melbourne based artist/astrologer. After graduating from R.M.I.T. in 1980 with a Diploma Fine Art, Kay gained the F.A.A. Professional Astrologer qualification, and 'Living The Tarot' Diploma. Since 1966 Kay has had



many solo and mixed exhibitions in Melbourne and overseas, specializing in symbolic art in 1992. Her first Tarot deck and book, *'The Spiral Tarot'*, was published in 1998. Kay's second Deck, *'Celestial Tarot'*, was published in 2003 with the Celestial book written by Brian Clark. A 52 card deck, *'Goddesses and Heroines'* was published in 2005, again a joint effort by Kay and Brian Clark.

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