

HEALTH & WELLBEING

A Solar Writer Report for Katie Holmes



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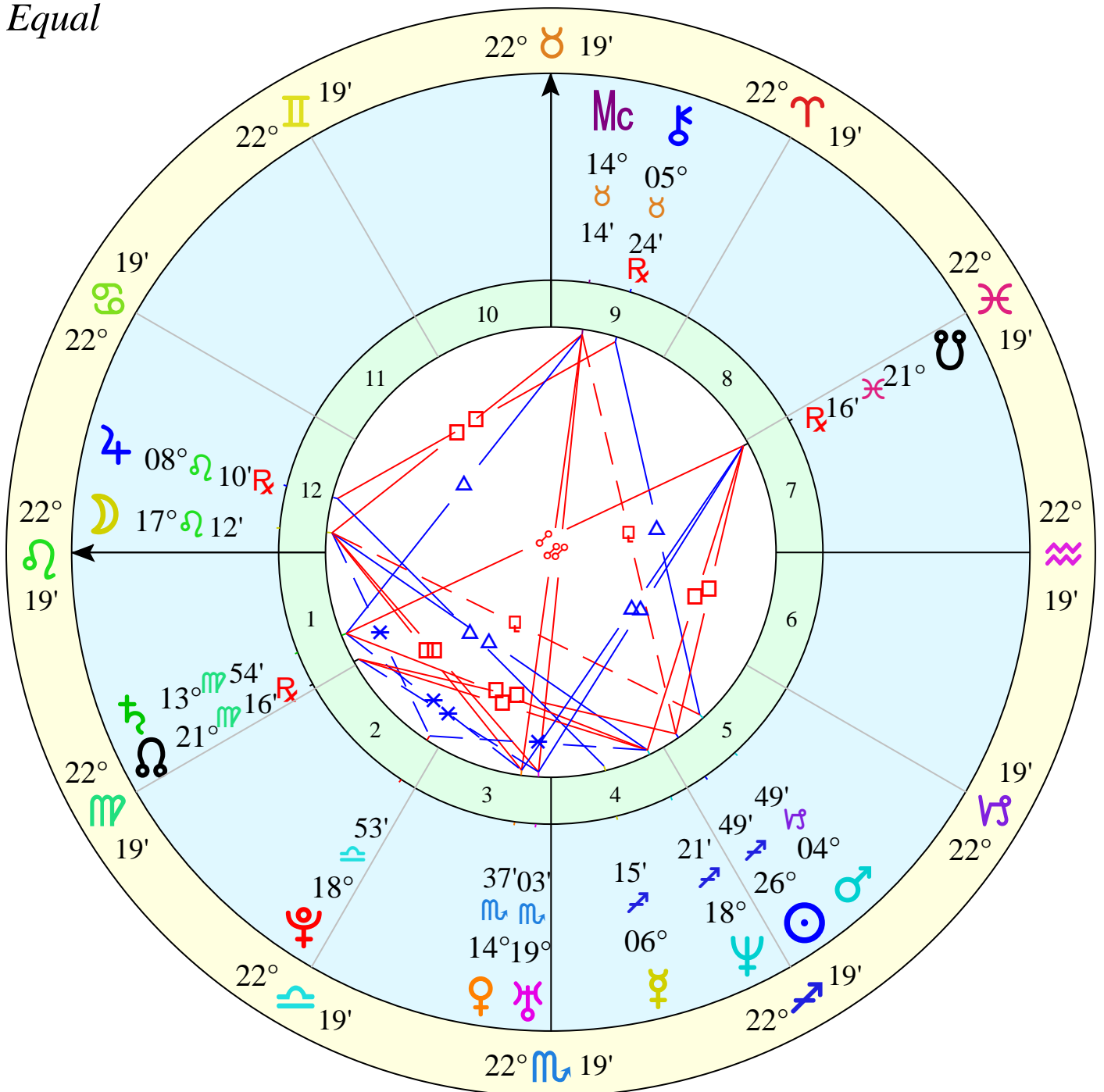
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41°N39'50"

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Health and Wellbeing Report



Introduction

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

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

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

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

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

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

Disclaimer

Essential oils should not be swallowed. If used in a burner, they should be diluted with water. If used for massage

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

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

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

Your Basic Health Needs



Your General Temperament

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

Element Fire is Strong

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

Element Air is Weak

You can be prone to isolate yourself socially from the world which can lead to depression and related problems. Make an effort to get out and about and interact with people more often. You need to cultivate friends and relationships. In sharing ideas and exchanging information you can learn to express yourself with more confidence, especially in social situations. You may have been misunderstood early in life, which led you to withdraw from people. Build your social confidence gradually by interacting with one or two special people. Build rapport gradually by getting to know them and sharing your story. Wearing bright yellows and orange colours can help to bring about more balance in these areas. If you are prone to depression, fish oil and vitamin B3 can assist. Get out in the fresh air and visit new places more frequently.

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 Square Venus

Both relationship stress and financial stress can be particularly upsetting for you. This could be related to feelings of insecurity that have their roots in your upbringing and early development. You may have felt unloved or ignored by your parents or perhaps your family had to struggle financially to make ends meet. Sometimes insecurity can lead to eating disorders and food addictions. Your early conditioning may have also lead to attention seeking behaviour, or conversely you may deny your emotional needs and instead focus on giving to others, later feeling resentful. During

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

The Moon is Sesquiquare Mars

Your early circumstances led you to develop a high degree of courage and independence, but anger and impatience are two emotions that can sometimes erupt from within you. Though you may not be aware of it, others can find this behaviour threatening. You are very driven and speak your mind spontaneously without thinking, which is a sign of your honesty. But however forthright, your sudden emotional outbursts can damage your relationships, and can lead to health problems such as high blood pressure. When you were young you may have had to fight to be heard or seen. Perhaps you experienced a lot of squabbling and arguments when you were growing up. As an adult you will learn to grow beyond these angry emotions. When things don't go the way you want, try channelling your frustration into sport or other physical activities and hard work that releases excess adrenaline. Left unchecked, anger and impatience can damage the liver and the heart. Regular meditation is an excellent way to lower blood pressure and help you relax.

The Moon is Square Uranus

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

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 Sagittarius

You are an outgoing and optimistic individual who enjoys adventure. It is important for you to seek ways to make life interesting and meaningful. You probably dislike being stuck in one place, or having to deal with routine and details. You may feel the need to escape, which when taken to extremes can manifest as indulgence in alcohol, or other excesses, or in a restless desire to be constantly on the go. Parts of your body that can feel the effects of stress include: the liver, thighs, skin, sacrum, hips and sciatic nerve. To soothe feelings of impatience, try Lavender, Rose and Neroli essential oils.

You have a youthful attitude and good vitality, but problems can arise from too much of a good thing. Over indulgence may lead to liver complaints over time. It is important for you to take a regular holiday and to spend time

outdoors. Being involved in activities such as horse riding, or adventure trekking, can help to express your restless spirit, but more importantly, learn to enjoy each moment wherever you are and whatever you are doing. This may involve developing a sense of meaning and purpose that will guide you towards spiritual contentment.

As you mature, you will find that your total lifestyle needs to reflect your inner spirituality, not just during holidays, or when you can get away from it all, but each day. You have a joyful, youthful attitude to life, but you can become despondent if you feel that you are trapped or limited by circumstances. If you feel stressed by taking on responsibilities, or attending to practical matters, it is not really these issues per se, that are underlying your unease. You will discover that contentment comes from within, not from without. With the Sun in Sagittarius you love to travel and explore. If you suffer from jet lag, try using the essential oils: Ylang Ylang, Sandalwood, Peppermint, Rosemary or Lavender. Chewing ginger or peppermint is beneficial for travel sickness and nausea.

As you begin to identify with your purpose, you will find that you will be able to retain your youthful exuberance and at the same time accept your adult responsibilities. The eternal optimist, you will probably retain your youthful happy-go-lucky attitude throughout life, even if you do have slow down a little as you get older.

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 5th House

Your sense of identity is largely about expressing yourself creatively. You have a strong personality and you want to make your mark, not because you are driven by ambition per se, but you just want the creative freedom to express yourself.

You have a strong constitution and most likely do not get sick often; provided you have an outlet for your creativity, you feel confident and happy. Self-expression can take many forms. You may have an artistic gift, or a strong desire to have children, but whatever your passion, you feel that you must be true to yourself and be creative. Sometimes you can be too focused on yourself.

You are youthful and energetic and may think you will remain so forever. You might need to learn to lessen the pace, particularly as you get older, and especially if you think that you are immune to ageing, but you will probably keep active and involved. You may be prone to seasonal depression in the winter months.

One of your lessons is to let others have the spotlight once in a while. You do not need to be constantly at the centre of things. You might also be tempted to live your life vicariously through your children. Watch for any tendency on your part to become a 'stage mother' or 'football father'. Although interested in what your children create, it is probably not a good idea to force them into activities in which they do not naturally have an interest. Your children will return your generosity, your love and affection if given freely without strings.

You are confident and are probably gifted creatively. You probably enjoy sports and games. Team captain is a role in which you will excel.

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.

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, inflammatory conditions, 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.

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 Leo

You are probably an energetic person and possess strong willpower. You generally have a powerful constitution, but can at times overlook physical matters, or dismiss them as unimportant. You can sometimes over-estimate your physical capabilities.

You tend to retain too much heat in the body and so spicy food should be eaten in moderation and alcohol intake limited. Possible health problems can include hypertension and cardiac problems, metabolic problems, back problems, blood clots, heart attacks, palpitations or irregular heart beat, fevers, rheumatism, spine injuries and eye problems. These are more likely to happen when you place your body under too much stress, or when you are feeling over-confident about your physical prowess.

You tend to overdo things at times and soldier on when you are not well. Though you probably do not get sick often, you may think that you can overcome health concerns by will power alone. You might try to avoid visiting the doctor. Certainly one's attitude is important in overcoming illness, but at times you think that you can just keep going, when you need to rest and seek proper treatment.

On occasion you can be a little lazy. You prefer to delegate responsibilities while taking the role of overseer, or supervisor. This approach does not work when it comes to physical exercise. As the saying goes, "No pain, no gain".

Seek out a professional when you are feeling unwell and learn to follow their advice. You might not want to listen, but getting a variety of opinions will help you realise that there is virtue in their knowledge. This may be a valuable lesson.

Herbs and aromatherapy oils that can assist with circulation problems include Bergamot, Cedarwood, Lavender, Rosemary, and Sandalwood. Using Bergamot, Marjoram and Orange can assist hypertension. Regular meditation helps to lower blood pressure.

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.

The Moon is Conjunct The Ascendant

You are a sensitive and highly aware individual. This sensitivity also applies to certain foods, chemicals and/or drugs and it is important that you find a way to protect yourself from taking on the psychic content of others, which can actually make you unwell. Expressing your feelings is important for you and doing so will help you maintain optimum health. On the other hand, bottling up your emotions will likely make you sick. If you can't get things off your chest directly, then try writing them down, you will soon feel better. You might be prone to psychosomatic illnesses, which are more likely when you are feeling emotionally out of sorts and cannot pinpoint the exact reason for any feelings of unease. Wearing moonstone can help to balance your hormonal levels.

Your intuition and imagination are highly developed, so it is important you heed your instincts, especially during times of stress. Rest when you feel the need to. From time to time you may need to withdraw from the world in order to recuperate. You may find that you are a gifted healer and might be particularly helpful with children, or in healing those with mood disorders or psychological problems.

You may reach for food when you feel upset, in an attempt to fill yourself up emotionally. As a result you can be prone to weight-gain caused by oedema, or simply eating too much. Try to eat sensibly. Include fresh fruit and vegetables every day. Drink plenty of water and don't eat too much salt. Apple cider vinegar is a good source of potassium and can greatly assist when there is too much sodium in your system. It is also an appetite suppressant. Ensure you get enough B-group vitamins, which will assist your physical system to process emotional and psychic content.

Saturn is in the 1st House

You take your responsibilities very seriously. Because you tend to take on a high workload you can over tax your

system, especially if you are undertaking tasks out of a sense of obligation. For this reason, you can be prone to problems with the joints, teeth or skin. Check to see if you have sufficient calcium and that this mineral is operating effectively in your body. Supplements of Vitamin D, Calcium and Vitamin C may be necessary at times, to ensure that your system is operating well. Vitamin C will also help stave off colds and flu.

Because of your serious outlook, you may experience fears or phobias from time to time, or maybe a physical condition that limits you in some way. You take responsibilities in your stride, but working too hard or thinking that you alone should be shouldering the load, can lead you to suffer a range of problems such as arthritis, depression or anxiety. The gall bladder and spleen are other areas that may become affected by stress.

Try to schedule time for fun. Learn to relax and laugh more. Try not to take yourself and the world too seriously. Learn to say no, especially when you feel over-burdened. It is probably a good idea to get ample sunshine, for you can be prone to seasonal depression in winter months.

Your health and wellbeing benefit enormously when you make the time for your own personal needs and pleasures. This is your responsibility too.

Inner Needs and Outer Experiences – Finding Balance

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

Dispositor of The Ascendant is The Sun

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

Dispositor of The Ascendant (Sun) 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 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.

Uranus is Square The Ascendant

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

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

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

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

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 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.

Pluto is Square the 6th House Cusp

In your working life you like to have a high degree of control and autonomy. When you do not sense that you are in control, you can feel rather stressed which can result in lower back problems and a range of other medical conditions. It is also possible that you may develop some self-destructive patterns and habits. You may encounter tension and psychological stress at work too, including power struggles and other difficulties associated with "office politics". It could be that you are perceived to be a powerful person, though you may not feel this inside. Alternatively, if you try to manipulate others this could backfire and any attempts to get into positions of power by these means can lead to encounters that are counter-productive, even destructive. Your journey can take you from powerlessness to the highest levels of success. But in the process, learn to let go of those things you cannot change. Feelings of resentment can make you sick. To make your mark on the world, you need to be doing something that fulfils a worthwhile purpose in the larger scheme of things. You are a survivor but try not to burn too many bridges along the way. If things are not going according to plan, let go and move on. The essential oils, Orange, Frankincense and Bergamot will assist you at times of stress and aid joyful communication and expression.

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 5th House

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

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

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

Mars is in Capricorn

Your energy is released in a measured way. You are likely to go in for activities and exercises that require stamina and endurance. For example: rock climbing, bushwalking, golf, gardening, yoga or weight training. Your energy is often directed into your professional life and consequently you might find it difficult to make time for exercise, on the other hand, once you commit yourself to a routine, and make the time, you are usually very disciplined and can adopt a regular exercise schedule with relative ease. You may even end up working in a profession related to sport or athletics.

You are a hard worker and are prepared to put your energy into whatever you undertake and work towards the desired result over a long period of time. Possible health problems from this Mars position include inflammation of joints, arthritis, and chronic knee problems.

You have a strong desire to attain professional success and you have the where with all, to make your desires into realities. You recognise that others, especially those in a position of authority, can assist you to make your way in the world, but you are prepared to rely on your own efforts too. This is a winning combination. You tend to be a planner and are very pragmatic. When you encounter obstacles, you just work harder. Sometimes you can be overly focused on material success or professional status. Make an equal effort where your health is concerned.

Healing Solutions



Towards Health – The Journey Continues

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

Chiron is in Taurus

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

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

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

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

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

Chiron is in the 9th House

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

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

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

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

Healing Inherited Patterns

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

Jupiter is Square Chiron

You may find it difficult to find something in which to believe, and yet a big part of you seeks to have meaning and purpose in life, for it inspires you. You are a visionary and may be called on to teach or lead others towards health and wisdom, once you find it yourself. At some point you may encounter a profound spiritual experience that has a tremendous impact on you. Spiritual healing, Reiki and faith healing, these are the kinds of experiences you may encounter and which can assist in your journey towards wholeness.

It is important that you develop meaning and a sense of purpose for this will guide you towards wisdom and wellbeing. Although you may become disillusioned by some teachings, it is important for your spiritual wellbeing to open yourself to explore a variety of philosophies and spiritual concepts. This may involve exploring different cultural and religious teachings. Potentially you are a person who can bring this knowledge to others once you have found your own inner wisdom.

Key Parts of the Body

Each degree of the zodiac corresponds with a specific part of the body. The location of each planet in the Birth Chart will therefore represent certain physical areas. This section lists all the anatomical degrees of your Natal planets as well as the degree of the Ascendant and 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 18th degree of Leo

Part of Body: Right cardiac cavity (Azimene)

The Sun is located at the 27th degree of Sagittarius

Part of Body: Gluteal muscles

Mercury is located at the 7th degree of Sagittarius

Part of Body: Right superior femoral artery (Azimene)

Venus is located at the 15th degree of Scorpio

Part of Body: Cowper's glands

Mars is located at the 5th degree of Capricorn

Part of Body: Cutaneous nerves of knee

Jupiter is located at the 9th degree of Leo

Part of Body: Superior vena cava

Saturn is located at the 14th degree of Virgo

Part of Body: Cystic arteries

Uranus is located at the 20th degree of Scorpio

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

Neptune is located at the 19th degree of Sagittarius

Part of Body: Left femur

Pluto is located at the 19th degree of Libra

Part of Body: Calyx major

Chiron is located at the 6th degree of Taurus

Part of Body: Larynx

The North Node is located at the 22nd degree of Virgo

Part of Body: Gall-bladder

The Ascendant is located at the 23rd degree of Leo

Part of Body: Left auricle

The Midheaven is located at the 15th degree of Taurus

Part of Body: Epiglottis

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

Part of Body: Muscle insertions of upper to lower legs

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

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