

HEALTH & WELLBEING

A Report for Patrick White



Star-Astrology.Org

Compliments of:-

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Patrick White

Male

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London

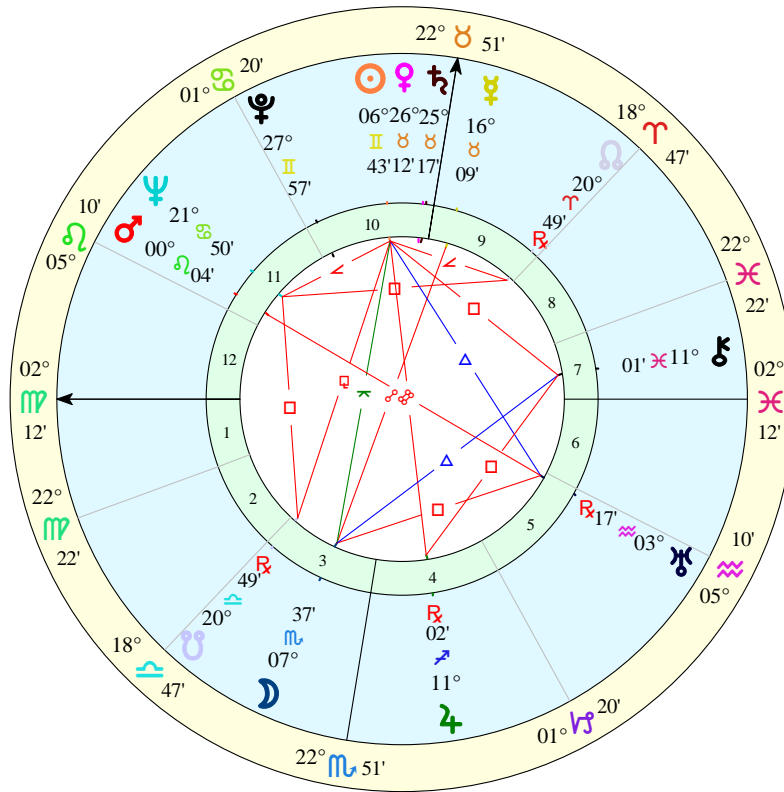
51°N30'

000°W10'

Tropical

Placidus

Parallax



Astrological SummaryChart Point Positions: Patrick White

Planet	Sign	Position	House	Comment
The Moon	Scorpio	7°Sc37'	3rd	
The Sun	Gemini	6°Ge43'	10th	
Mercury	Taurus	16°Ta09'	9th	
Venus	Taurus	26°Ta12'	10th	
Mars	Leo	0°Le04'	11th	
Jupiter	Sagittarius	11°Sg02'	4th	
Saturn	Taurus	25°Ta17'	10th	
Uranus	Aquarius	3°Aq17'	5th	
Neptune	Cancer	21°Cn50'	11th	
Pluto	Gemini	27°Ge57'	10th	
Chiron	Pisces	11°Pi01'	7th	
The North Node	Aries	20°Ar49'	9th	
The South Node	Libra	20°Li49'	3rd	
The Ascendant	Virgo	2°Vi12'	1st	
The Midheaven	Taurus	22°Ta51'	10th	

Chart Point Aspects

Planet	Aspect	Planet	Orb	App/Sep
The Moon	Quincunx	The Sun	0°54'	Separating
The Moon	Opposition	Mercury	8°32'	Applying
The Moon	Square	Uranus	4°20'	Separating
The Moon	Trine	Chiron	3°23'	Applying
The Sun	Opposition	Jupiter	4°18'	Applying
The Sun	Trine	Uranus	3°25'	Separating
The Sun	Semisquare	Neptune	0°07'	Applying
The Sun	Square	Chiron	4°17'	Applying
The Sun	Semisquare	The North Node	0°53'	Separating
The Sun	Sesquisquare	The South Node	0°53'	Separating
The Sun	Square	The Ascendant	4°31'	Separating
Mercury	Conjunction	The Midheaven	6°41'	Applying
Venus	Conjunction	Saturn	0°54'	Separating
Venus	Square	The Ascendant	5°59'	Applying
Venus	Conjunction	The Midheaven	3°21'	Separating
Mars	Opposition	Uranus	3°13'	Applying
Jupiter	Square	Chiron	0°01'	Applying
Saturn	Conjunction	The Midheaven	2°26'	Separating
Neptune	Square	The North Node	1°00'	Separating
Neptune	Square	The South Node	1°00'	Separating
Neptune	Sextile	The Midheaven	1°00'	Applying

Health and Wellbeing Report



Introduction

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

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

The information in this report includes an assessment of your natal chart specifically 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 Earth is Strong

You possess a highly resilient and grounded energy, but with too much earth, your metabolism can be slow at times. Your digestion can be sluggish and can be adversely affected by consuming too many heavy foods such as meat and cheese that cause congestion and constipation. Your bones are probably strong, but you can become stiff and suffer arthritic conditions. You can also be prone to colds and sinus trouble. It is important for you to include plenty of fruit and vegetables in your diet and to drink enough water. Changing your routine once in a while and making space in your life for creative expression can also uplift your spirits. Regular exercise and movement is also important.

Mode Fixed is Strong

Fixed energy is determined and persistent. With an abundance of fixed energy you will 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 take you a while to recover, sometimes 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. You can benefit enormously from practising relaxation techniques such as meditation and by recognising that change is part of life. With too much fixed energy, you can be prone to ulcers, constipation, tumours and also cancer. To avoid developing these problems, it is important that you learn to emotionally let go of any feelings of guilt, blame, resentment or vengeance, by recognising that the universe and all it contains is infinite, dynamic, creative and bountiful. 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 Scorpio

There is deep well of emotion within you. This is the source of your inner passions and the same place where painful memories and wounds are stored. As a result, you often feel a deep need to keep your feelings under control. Passionate and intense, you have a highly magnetic energy that is both sensitive and powerful. You can be emotionally defensive at times, especially when you feel vulnerable and hence are capable of inflicting emotional wounds on others, often without meaning to. As a child you may have learned that attack was the best form of defence, which was the way you protected yourself from being hurt. Try to avoid self-destructive behaviour when you feel emotional pain. Bottling up your feelings can make matters worse and can lead to illness; while sexual and emotional intimacy brings you immense satisfaction. You will find that expressing your emotions and truly letting go, releases tremendous stores of emotional energy that strengthens you, while at the same time being a psychologically healing experience.

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 Quincunx 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.

Jupiter is Opposite The Sun

You are generally an optimist and enjoy adventure, but at times you may have an exalted idea of your abilities and can be over-confident and take unnecessary risks. This could be because you are actually lacking in real confidence and trying to compensate by exaggerating your skills. Actually you are a rather fortunate person in many ways, but it is possible that these positives can turn into negatives by a tendency to be lazy, or by trying to escape your responsibilities, leading you into a cycle of over-indulgence. Don't waste your good fortune by over eating or drinking. Because you tend to over-estimate your virtues, you may not realise when you reach your limits. Try to set yourself goals and stick to them. Alcoholism, weight gain and metabolic problems such as diabetes, or liver problems can result if you fail to heed the warning signs. You also leave yourself open to developing high cholesterol or heart conditions. Your diet should include a good amount of Vitamin B6, Choline, Chromium, Biotin, Manganese, Inositol, and Zinc.

If you limit your tendency towards excess and avoid accidents by calculating likely risk, you will probably enjoy a long and happy life.

Chiron is Square The Sun

You are a sensitive and caring soul who can be easily wounded by life. You may be subject to a range of illnesses, perhaps even serious health concerns, which can impact on you both physically and emotionally. As a result of life's experiences you will come to realise that you possess a unique gift for healing; indeed a profession in the healing arts could ideally suit your temperament and abilities. You would be wise to listen and honour your inner self. You may find that you are put into situations that are painful and through this suffering you will become a more caring and giving individual. You will discover that healing takes place on many levels. You will come to understand that the physical, mental, emotional and spiritual dimensions are intertwined and of equal importance. You can make a valuable contribution to the health and wellbeing of others and may become involved in teaching the lessons you have learned. Honouring and expressing

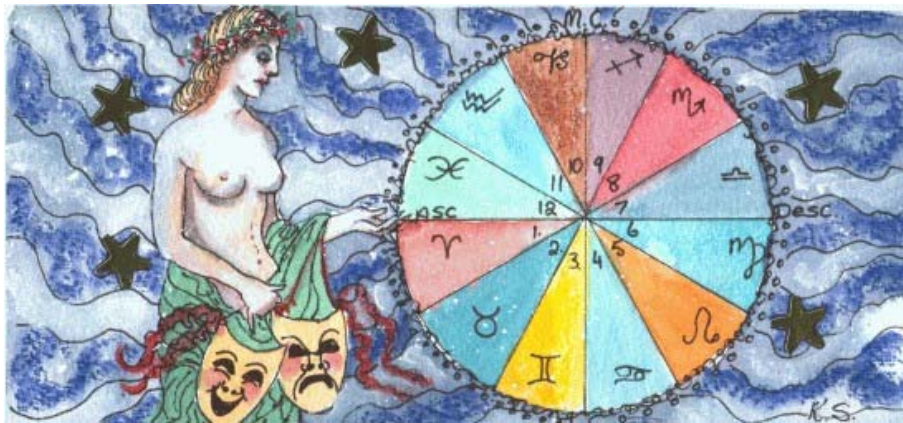
your individuality may be a challenge, but will bring rewards as you develop wisdom.

Neptune is Semisquare The Sun

You are a highly sensitive and spiritual person who can be easily affected by the harsh realities of the world. Make the time for uplifting experiences such as spiritual activities, ritual, communing with nature, or expressing yourself through music or art. These things can make a real difference to your sense of wellbeing and your health. Doing so will also help to alleviate feelings of depression that can sometimes plague you.

Endocrine system problems or glandular malfunctions are possible and you are probably highly sensitive to drugs and alcohol. All drugs and chemicals should be taken in moderation, monitored for side effects, or avoided all together. It is possible that certain substances have a detrimental impact on your sensitive system and you can easily develop a dependency or allergic response. You might require more sleep than the average person in order to function effectively, so ensure that you rest when you need to. At times you may not realise just how much stress you are putting yourself through and can easily misinterpret or ignore physical symptoms. Ensure that you listen to your intuition, which will guide you through life. Seek out more than one opinion when you are ill, as misdiagnosis is possible. You may be called on to help care for others when they are ill. If so, try not to let this develop into a situation where you totally sacrifice your own needs.

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 Virgo

You tend to be a perfectionist. You are highly knowledgeable about health matters and perhaps have a deep interest in healing. Most likely you are aware of the need to eat well and exercise regularly. But at times you can be too intent on these matters, perhaps you desire to have a perfect body, or are overly focused on germs, cleanliness or illness, you may also be prone to hypochondria. It is important for you to have an ordered environment and you are very good at being disciplined with diet and exercise. At times you can take things too far. This can result in eating disorders and poor self-image. Your tendency to worry can lead to stress related problems such as obsessive-compulsive disorders, digestive problems, food allergies, constipation, diarrhoea, hay fever, hypoglycaemia or diabetes, and a range of other conditions.

Let go of trying to be perfect and try to change your scenery once in a while. You may worry unnecessarily about your health. What underpins this concern is perhaps a deep-seated fear and dislike for being dependent on anyone. Self-sufficiency is a noble ideal, but again, you can sometimes take this to extremes. Worry and stress can produce its own symptoms. Learning to relax is important for you. Yoga or meditation may be helpful. Don't take things too far in your quest for physical perfection. Perfection doesn't mean working yourself into the ground.

You are happy in your own company most of the time and can get stressed by the imperfections you encounter in others, or in the world around you. Learning to relax and worrying less will make you happier and healthier.

Aromatherapy oils useful for relaxation and to reduce anxiety and tension include: Lavender, Lemongrass, Cedarwood, Camomile and Basil. Herbs and oils to heal digestive upsets, to which you are sometimes prone, include Fennel and Peppermint. For colds, flu and sinus complaints try Eucalyptus, Tea Tree or

Peppermint chest rubs and inhalation.

[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.

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

[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.

The Sun is Square The Ascendant

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 (Mercury) is Opposite 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 is Mercury

You are given to behaving in very spontaneous and changeable ways according to the whims of the moment and the people and circumstances in which you find yourself. You can be an extravert and also an introvert. You are highly adaptable and cope pretty well with the stresses of daily life, however you may be prone to catching viruses, colds and flu, gastric problems, or ingesting substances that have a detrimental effect. You may also experience accidents from a tendency to rush without enough forethought. Both respiratory conditions and digestive complaints may be associated with an underlying allergic response to certain foods or air-borne substances such as pollen or dust. Some of these symptoms may be brought on by too little thiamine (B1). Thiamine deficiency can also result in nervous complaints and even nerve damage. Communication problems such as stuttering or autism may also be related to this aspect. You are highly capable and intelligent, but you are inclined to take on too much, perhaps because of a need to show others how efficient or clever you are. Try to keep an open mind as you learn from your experiences.

As you move through life you will likely grow out of most of these problems and develop a strong mind and a powerful way of expressing your opinions and ideas, without having anything to prove. Ensure you get enough B-Group vitamins, especially during times of stress.

Venus is Square The Ascendant

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

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

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

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 Uranus

You may be prone to unusual health conditions as well as circulatory disorders, or nervous conditions. You are somewhat highly strung and need to learn to relax. Day-to-day stress, especially in the workplace, perhaps underlies these problems. This is especially true if you have no creative outlet, or you are doing a job that you have to do, rather than one in which you take enjoyment. For this reason it is important that you spend time doing other things that you do enjoy, away from work. Meanwhile, seek a future occupation that fulfils your unique aptitudes and talents. Failing to address this issue over a long period of time, pushing yourself into a work situation where you do not fit, will result in creating more stress and can lead to a mental or emotional breakdown. It is probably better for you to chop and change jobs, at least from an inner wellbeing point of view, if you are feeling this kind of stress. If you are in a position that you find stressful, but cannot change it in the short term, develop a longer-term view, but spend your free time in hobbies or activities that interest you. You may be prone to accidents, especially workplace accidents, so ensure you take care and do not rush through your duties in order to get them done quickly, so you can escape. Seek and find your special niche. You could develop cardio-vascular problems that are a result of prolonged stress, so it is important that you also learn to relax and laugh more.

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.

The Moon is Square the 6th House Cusp

You feel things deeply and can become passionately involved in causes. Somehow you can identify with issues such as homelessness, emotional suffering or poverty, which may resonate within you and lead you to take action. Your paid work is not necessarily where you feel a calling. In performing your duties, whether paid or unpaid, you want to feel you are doing something worthwhile and that you are needed. It could be that your main role is raising a family and parenting. Learn to honour your feelings and do not over commit to doing things when you feel uncomfortable about doing so. Listen to and honour your intuition. You have a generous heart and the capacity to give to others selflessly, but you need to feel comfortable about doing so before you can truly nurture others in a spirit of unselfish giving. Likewise try to resist smothering others. With this aspect there is the potential for a sodium/potassium imbalance and/or hormonal fluctuations that might require monitoring or treatment. At times of stress, you probably need to withdraw from the world and your external commitments to reconnect with your emotional centre. If you feel unwell, or emotionally over taxed, take time out to recuperate. Let others nurture you for a change. Soaking in a bath with added oils of Lavender, Cedarwood and Lemongrass will restore and strengthen you when you feel anxious or emotionally overwhelmed.

Mars is Opposite the 6th House Cusp

You may experience frustration and anger from time to time which can disrupt your equilibrium. Nevertheless, you will push ahead with determination when confronted by any roadblocks that seem to be in the way of your doing what you want to do, especially where your work is concerned. You have a strong sense of where you are going, and your ego is highly engaged in your work. You are motivated and you like to be in charge of your own destiny. You may experience frustration and anger at times that can be detrimental to your health. You can also be prone to high-blood pressure that can lead to heart problems if not addressed. Headaches and migraines are also possible, which can be the by-product of a hot-temper. Because you can become easily angered by the slow progress that happens in larger workplaces, finding some measure of autonomy in your work is probably desirable. Self-employment would probably suit your temperament and lead to improvements in your health and wellbeing, mainly by reducing frustration. But equally, you may need to learn that not everything is best dealt with by direct action. Sometimes you need to step back and learn to work as part of a team. If you suffer from hyperactivity or hypertension, try soaking in a relaxing bath with added essential oils of Lavender, Orange, Bergamot and Marjoram, which will calm and centre you, and restore balance.

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 Leo

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 focussed 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 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 the 7th House

Throughout your life, personal relationships will bring you opportunities to heal, even though there may be some pain involved in this process and some relationships will be wounding. You will probably come to know yourself and others very well and be a keen observer of human nature. It is primarily via relationships that you will come to know more about yourself.

Relationships are likely to be a catalyst towards a conscious examination of your own patterns. You may be an only child, adopted, come from a large family, or for some other reason experience an overwhelming sense of aloneness. This causes you some pain, but it is also a source of comfort. Because you find relationships to be a painful experience, you may tend to avoid them and prefer to be on your own. At the same time, you have a highly idealised idea of what a relationship constitutes. You have high standards that others may be unable to easily meet.

Often it is the same qualities that attract us to people, that we later discover are characteristics we find the most difficult to handle. You may encounter people and develop relationships with those who are very wounded. You may try to heal them, playing the role of therapist. Trying to heal the people with whom you share personal relationships, can create problems.

Rather than always trying to heal others, perhaps you also need to consider undertaking therapy yourself. Your gifts as a counsellor or therapist will be utilised much more effectively when you embrace your own healing journey.

Chiron is in Pisces

You are a sensitive soul whose experiences may have a profound affect upon your sense of self. Your

confidence and identity may suffer because your reality; that which you once believed was the truth, might later be revealed as something quite different. For example, you may have grown up in a cult or alternative community, or you may have a parent who has experienced drug problems or mental illness. Whatever your circumstances, you may feel a deep sense of loss, confusion, or disillusionment at some point.

You are probably more evolved and aware than you give yourself credit for. Because of your wounds, you may feel a bit lost and unsure of yourself, but over time you will become more aware that you possess rare and worthwhile gifts. Try not to feel obligated to continue with situations or connections that have a negative influence on your wellbeing, just for the sake of belonging.

The challenge you face is to get in touch with yourself and your own spiritual core. By doing this you will establish your own beliefs and more than likely discover that within you lies a highly creative and imaginative artist. At times you can feel you have lost your way and that you are simply going through the motions. If you feel depressed by the circumstances of your life, seek help and guidance. You are a highly intuitive and caring soul and helping others can be spiritually uplifting. Do not be tempted to escape your pain by medicating yourself with drugs or alcohol. Share your experiences by assisting people in similar circumstances.

The key to healing is to be found in your own spiritual journey. Possible options to explore include: Reiki, spiritual and energy healing, meditation or hypnotherapy. Most importantly, develop a meaningful life philosophy and embrace music, art and colour. Your capacity to give selflessly is second to none, but you need to give to yourself too. Once you embrace your spiritual centre, you will find wisdom.

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 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 8th degree of Scorpio

Part of Body: Scrotum, left Fallopian tube

The Sun is located at the 7th degree of Gemini

Part of Body: Apex of lungs

Mercury is located at the 17th degree of Taurus

Part of Body: Thyroid gland and tonsils

Venus is located at the 27th degree of Taurus

Part of Body: Atlas

Mars is located at the 1st degree of Leo

Part of Body: Left coronary artery

Jupiter is located at the 12th degree of Sagittarius

Part of Body: Long saphenous veins

Saturn is located at the 26th degree of Taurus

Part of Body: Nasal bone

Uranus is located at the 4th degree of Aquarius

Part of Body: Left fibula

Neptune is located at the 22nd degree of Cancer

Part of Body: Gastric mucosa

Pluto is located at the 28th degree of Gemini

Part of Body: Metacarpal bones

Chiron is located at the 12th degree of Pisces

Part of Body: Plantar artery of right foot

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

Part of Body: Eye muscles

The Ascendant is located at the 3rd degree of Virgo

Part of Body: Appendix, caecum

The Midheaven is located at the 23rd degree of Taurus

Part of Body: Teeth

The 6th house cusp is located at the 7th degree of Aquarius

Part of Body: Nerve of left fibula

References Sources:

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

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

The Anatomical Degree Areas

Reproduced with permission from Jane Ridder-Patrick

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

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

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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This report is meant more of an introduction to the wonders of astrology rather than a complete course in its intricacies. Further studies, or a consultation with a professional astrologer, are encouraged to explore this most ancient scientific and philosophic tool.

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