

HEALTH & WELLBEING

A Solar Writer Report for Annie Lennox



Written by Michele Finey

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Annie Lennox

Natal Chart

Dec 25 1954

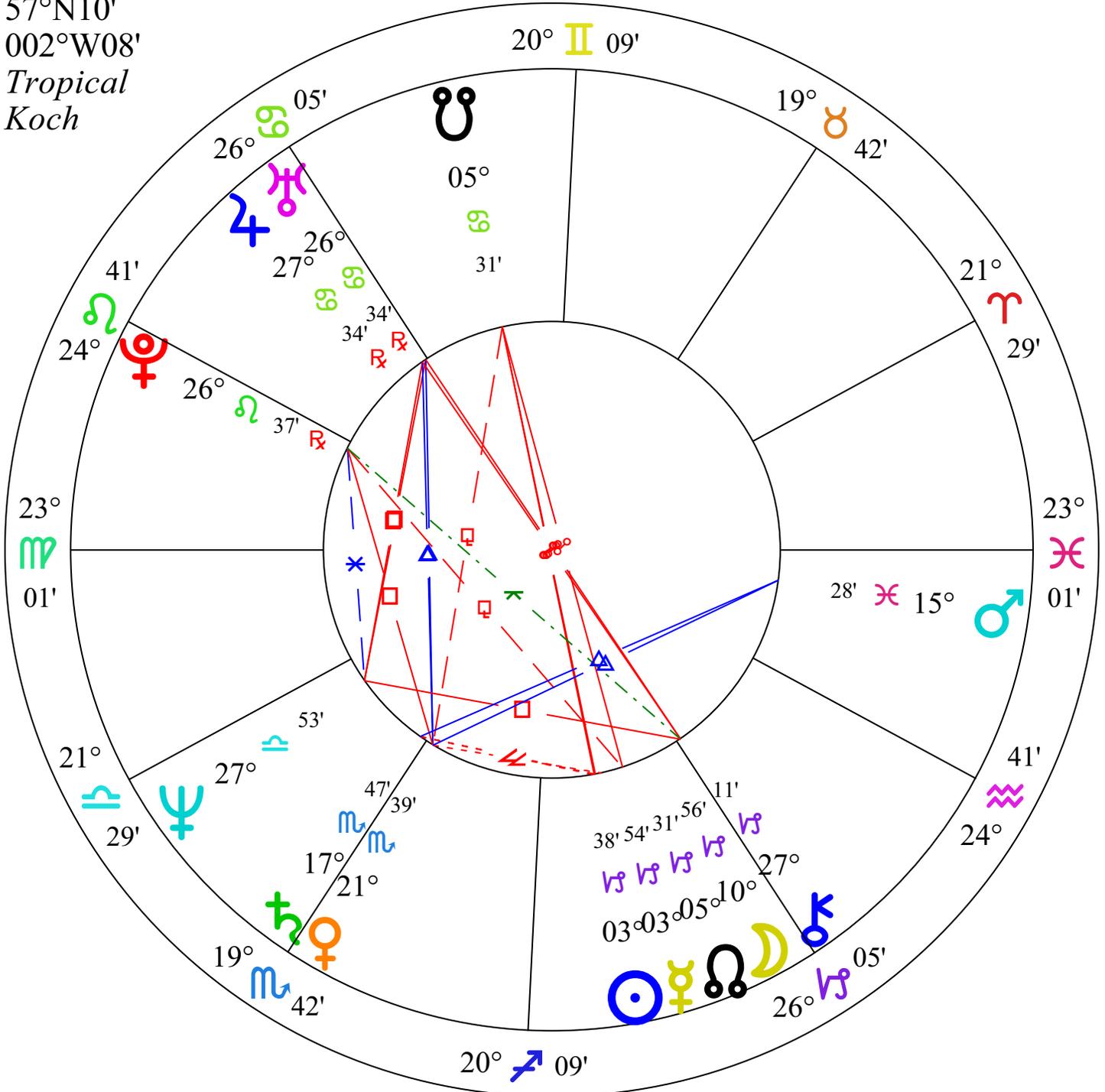
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Aberdeen

57°N10'

002°W08'

*Tropical
Koch*



Astrological SummaryChart Point Positions: Annie Lennox

Planet	Sign	Position	House	Comment
The Moon	Capricorn	10°Cp56'	4th	
The Sun	Capricorn	3°Cp38'	4th	
Mercury	Capricorn	3°Cp54'	4th	
Venus	Scorpio	21°Sc39'	3rd	
Mars	Pisces	15°Pi28'	6th	
Jupiter	Cancer	27°Cn34'	11th	
Saturn	Scorpio	17°Sc47'	2nd	
Uranus	Cancer	26°Cn34'	11th	
Neptune	Libra	27°Li53'	2nd	
Pluto	Leo	26°Le37'	12th	
Chiron	Capricorn	27°Cp11'	5th	
The North Node	Capricorn	5°Cp31'	4th	
The South Node	Cancer	5°Cn31'	10th	
The Ascendant	Virgo	23°Vi01'	1st	
The Midheaven	Gemini	20°Ge09'	10th	

Chart Point Aspects

Planet	Aspect	Planet	Orb	App/Sep
The Moon	Conjunction	The Sun	7°17'	Separating
The Moon	Conjunction	Mercury	7°01'	Separating
The Moon	Sesquisquare	Pluto	0°41'	Applying
The Moon	Conjunction	The North Node	5°24'	Separating
The Moon	Opposition	The South Node	5°24'	Separating
The Sun	Conjunction	Mercury	0°15'	Separating
The Sun	Semisquare	Saturn	0°51'	Separating
The Sun	Conjunction	The North Node	1°53'	Applying
The Sun	Opposition	The South Node	1°53'	Applying
Mercury	Semisquare	Saturn	1°07'	Separating
Mercury	Conjunction	The North Node	1°37'	Applying
Mercury	Opposition	The South Node	1°37'	Applying
Venus	Trine	Mars	6°11'	Applying
Venus	Trine	Jupiter	5°54'	Applying
Venus	Conjunction	Saturn	3°52'	Separating

Planet	Aspect	Planet	Orb	App/Sep
Venus	Trine	Uranus	4°54'	Applying
Venus	Square	Pluto	4°57'	Applying
Venus	Semisquare	The North Node	1°08'	Separating
Venus	Sesquisquare	The South Node	1°08'	Separating
Venus	Sextile	The Ascendant	1°21'	Applying
Mars	Trine	Saturn	2°18'	Applying
Mars	Opposition	The Ascendant	7°32'	Applying
Mars	Square	The Midheaven	4°40'	Applying
Jupiter	Conjunction	Uranus	0°59'	Applying
Jupiter	Square	Neptune	0°19'	Separating
Jupiter	Opposition	Chiron	0°22'	Applying
Uranus	Square	Neptune	1°19'	Separating
Uranus	Opposition	Chiron	0°37'	Separating
Neptune	Sextile	Pluto	1°16'	Separating
Neptune	Square	Chiron	0°41'	Applying
Pluto	Quincunx	Chiron	0°34'	Separating
Chiron	Trine	The Ascendant	4°10'	Separating
The Ascendant	Square	The Midheaven	2°51'	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 Fire is Weak

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

Element 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 Cardinal is Balanced

...and Mode Fixed is Balanced

...and Mode Mutable is Balanced

The modes in your chart are balanced. This means that you possess the capacity for self-determination and leadership (cardinal), along with persistence and resilience (fixed) while also remaining adaptable and open to change and new experiences (mutable). You possess these three qualities in fairly equal measure, which is a sign that in your journey through life, you are probably able to call on these qualities, as you need to. Having the modes balanced also indicates that you are capable of attuning your inner self and your outer experiences and recognising that you are ultimately responsible for your own wellbeing and health.

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 Capricorn

For you, emotional security can be found in traditions, in personal possessions and by making sure you can determine your own direction in life. You can appear cold and unfeeling to those who are more sensitive, but in fact you have just as strong a need for emotional security, it is just that you don't go around expressing your feelings overtly. You probably dislike shows of emotion and are rather matter-of-fact. You derive emotional fulfilment from having your achievements acknowledged and you are also very attuned to your professional life, getting enormous satisfaction by playing the role of provider. Do not deny your own emotional needs in the process of fulfilling your responsibilities. Try to get more in touch with your feelings and personal needs now and then. With your matter-of-fact approach you can fall into patterns of denial when it comes to your own needs, as it can be difficult for you to get in touch with this part of yourself. This may stem from childhood experiences when you may have had to be strong, for one reason or another, or had a very strict parent who discouraged displays of emotion, which made you feel fearful about expressing your needs or appearing vulnerable. Recognise that you are, after all, only human. Learn to be kind and generous to yourself and this will flow on to your relationships with others.

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 Capricorn

You are very adept at taking on responsibilities and possess a mature disposition, even in youth, but your serious attitude can at times lead you to feel the pressure of your commitments. Worry can result in problems such as sleep disturbances and you can be prone to occasional bouts of depression.

A range of therapies can assist when you are under stress, for example, massage, chiropractic, or osteopathy. Try yoga, rock climbing, golf or gardening. But it is very important that you make time for your personal life and needs. You tend to focus too intently on your goals and responsibilities and can overlook other important areas of life. For optimum health, it is important for you to make an effort in other areas too.

You are by nature an ambitious person, who strives to attain goals. Sometimes though, you overtax yourself and do not give yourself time to relax and enjoy living. For this reason you can be prone to a range of stress related health concerns including: arthritis, back problems, joint stiffness and teeth grinding. Essential oils that are good for arthritis and joint stiffness include: Camomile, Eucalyptus, Frankincense, Juniper and Lavender. For tension and anxiety, try soaking in a bath with added oils of Bergamot, Cedarwood, Geranium, Lemongrass or Lavender and if you feel depressed, Bergamot, Clary Sage or Ylang Ylang can be beneficial.

As you mature you will learn to relax and to stop taking responsibility for absolutely everything. You will learn to laugh more, which will reduce stress and improve your health. Capricorns are thought to become more youthful as they get older.

To prevent stress impacting physically, you need to release worry and fear. Fear can take the spontaneity out of living and prevent you from moving forward. You will find that you do not always have to strive so hard for the top position, or for respect, it will be a more organic process. You will find satisfaction in the simple things in life and become more spontaneous.

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 4th House

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

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

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

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

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

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

Managing the Physical Demands of Living

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

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

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

These challenging aspects involving the Sun can also symbolise aspects of our internal psychology that we need to

integrate, so that they flow with more ease and work for us, rather than fighting with them, for we are really only fighting with ourselves.

The Moon is Conjunct The Sun

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

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

Mercury is Conjunct The Sun

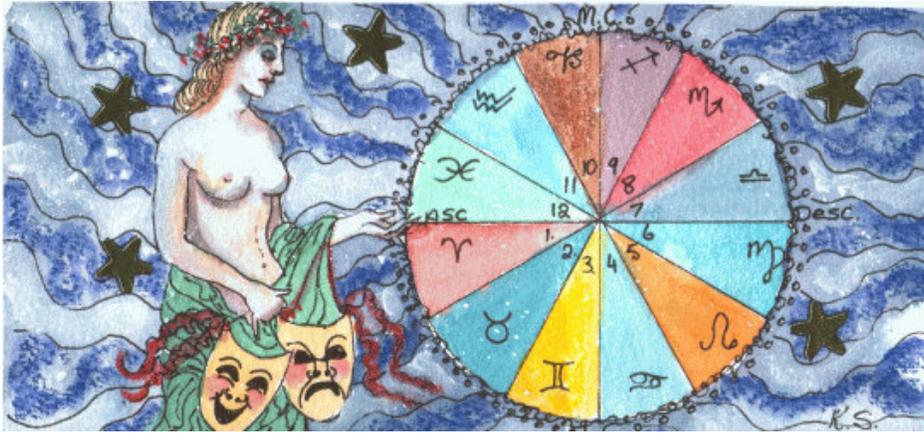
It is possible that you might have some health problems with the various tubes of the body, such as bronchial tubes, sinuses or inner ear. Intestinal problems or digestive complaints are also possible, as are disorders of the nervous system. Both respiratory conditions and digestive complaints may be 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) in your diet. Thiamine deficiency can also result in nervous complaints and even nerve damage. You may find it difficult to switch off your mind and rest. Communication problems are also possible with this combination such as learning difficulties or dyslexia, but most of the health problems that involve Mercury are temporary and can be effectively addressed. Ensure that you get plenty of B-group vitamins.

Saturn is Semisquare The Sun

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

Your bones, teeth and joints can feel the effects of stress. Calcium, Fluorine, PABA, Sulphur, Vitamin C, Vitamin K and Vitamin P are important to include in your diet. Arthritis or poor calcium assimilation and skin conditions such as psoriasis can develop. Fear can play an important role in health too. You may experience certain phobias or fears that can block spontaneous expression, and which can impact on your health. Broken bones, and conditions such as osteoporosis are also possible. Regular chiropractic care and exercise may be of particular help to you. Slow metabolism or problems with the spleen or gall bladder are another area that can be affected. Vitamin D and calcium work together, so try to ensure you get enough of sunshine. Singing is an activity that can have enormous benefit to your soul.

Your Health Factors



Your Physical Body and Energy

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

The Ascendant is in 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 focussed 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.

Dispositor of The Ascendant (Mercury) is Conjunct The Sun

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

Dispositor of The Ascendant (Mercury) is Conjunct 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.

Mars is Opposite The Ascendant

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

Taking things too far can result in cardiovascular ailments, high blood pressure, inflammatory conditions, problems with the adrenal glands, headaches, migraines and fevers. Anger can be the root cause of these problems. Anger management can go a long way towards a return to health. You may have sudden outbursts from time to time. Although these are usually short lived, they can have a dramatic impact on your relationships and your life in general. Swallowing

your anger won't work either because repressed hostility can also lead to disease. Channel your energy and any feelings of frustration into sport, exercise, or make efforts to affect positive changes in the world around you.

Dispositor of The Ascendant (Mercury) is Semisquare Saturn

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

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

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

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.

Mars is in the 6th House

You are very driven when it comes to work and you expend a great deal of energy in your daily activities. You tend to take on a huge workload and may not realise that at times you need to rest. As a result, you might experience burn out. You are highly energetic, but you need to realise that you are not infallible and that your energy needs to be replenished. Check your iron levels from time to time. Because your output often exceeds your input, you may need regular multi-vitamins and mineral supplements.

Areas of the body to monitor for cumulative stress build up are: the head, face, eyes, adrenal glands, muscles and blood. Watch for headaches, fevers, inflammatory conditions, stomach acidity and accidents that can lead to broken bones. You can also be prone to high-blood pressure and anaemia. Most of these problems can be dealt with by changing your habits.

Exercise regularly, but again don't overdo things. You are probably quite passionate, single-minded and competitive about your work, but you can become frustrated, impatient, or angry when things do not go according to plan. You might be suited to self-employment, as you enjoy having autonomy and getting results from your own efforts. It is important that you try to balance all this activity and energy with time spent just relaxing. Limit your intake of spicy food and alcohol.

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 Semisquare 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.

Venus is Square the 6th House Cusp

You are likely to be gifted in the arts and may be involved in a creative occupation. In much of what you do in your daily life, including your work, you have particular values and standards. Others may not share your priorities, which you can find difficult to tolerate. In your life, you desire to work and interact harmoniously with others, but you can feel frustrated when colleagues do not see things as you do. This can make you withdraw from people or become judgemental towards them. Inner tension can build, resulting in metabolic problems, throat infections, neck and jaw tension, skin problems and a range of other stress related conditions. Sometimes you struggle to reconcile your external persona and relationships with your inner values. When you feel stressed, try soaking in a bath with a blend of essential oils; Bergamot, Neroli, Ylang Ylang and Sandalwood which will assist in lifting despondent moods.

Pluto is Opposite 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 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 the 6th House

You expend a great deal of energy in your work and are capable of working long hours, though you probably prefer to get things done as quickly and efficiently as possible. Even so, you might not have much time or energy left over at the end of the day for exercise, or for other activities outside work. Once you make the time and effort you will really enjoy regular exercise, in fact this too can become an obsession. Possible exercises and sports that are suited to your type are running, walking, racquet sports, yoga, or dance. You tend to prefer activities that you can do on your own, rather than in a team situation and like to have your feet on the ground, which provides you with a sense of safety and competence. Skydiving is probably not your style. You like to go at your own pace and to challenge yourself against the clock, or to set your own goals, rather than work against competitors. Possible health concerns with this Mars position include bowel conditions including chronic inflammation, indigestion, constipation, or food allergies. Try to eat nutritious and healthy food and eat slowly which will aid digestion.

Your energy style is measured and sensual. You are practical, but also quite driven. You approach your tasks in methodical way. Very few people can match your efficiency. You generate a great deal of output and are highly productive, however you can be critical of others and may lack skills in teamwork. You prefer to go it alone. You may need to recognise that networking and teamwork can be just as useful in getting a result and that others can provide useful feedback.

You can become frustrated and critical with systems that you see as lacking in efficiency and you can be prone to burnout. Expressing your frustrations via communication, such as writing, is a good outlet.

Mars is in Pisces

Your energy can ebb and flow according to your inner psychological state. Sometimes you are full of dynamic energy and at other times can be prone to lethargy or chronic fatigue, or other conditions that affect your energy output. Sometimes you can have trouble retaining your focus on what it is that you are doing and can easily become distracted. Your energy style is suited to all types of water sports including swimming, rowing, surfing, and sailing. When you put your focus and desire into attaining personal milestones, you can be an inspiration to others, but you are probably not really interested in competition. Bushwalking or spending time regularly communing with nature will soothe your spirit. Health problems associated with this Mars position include bursitis, bunions and other feet problems, issues with fluid metabolism or lymph and endocrine imbalances. With this Mars position, alcohol and drugs are best avoided.

Finding a spiritual and creative outlet is most important for your wellbeing. Otherwise you may lack a sense of direction and/or motivation. You probably have unique artistic gifts and enormous creative potential and your physical energy is largely dependent upon your inner psychological wellbeing.

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 5th House

Some of the core questions you need to ask yourself relate primarily to your creative essence. What do I want to create? What is the nature of creativity? What am I creating this for? Issues associated with children may also challenge you. You may need to get in touch with your inner child, to help answer some of these questions. Underlying these questions is perhaps a deeper question that you first need to ask yourself. Before you can express your creativity, you first need to learn more about yourself. Who are you? You may have a deep-seated identity issue that you need to address.

Issues around children and the need for creative expression may challenge you. Children may in some way be a catalyst for finding out more about who you are, if not directly, then indirectly. You may have a strong desire to have children, or no desire for a family at all. Stress can also affect your fertility. Other potential concerns can develop in areas such as heart, spine, circulation, sports injuries and fatigue. But finding your true identity will be the most healing experience of all. Expressing yourself creatively can help you to find yourself. Let yourself participate fully without fear.

Make time for play, for sport, for creativity and for fun. Over time you will learn more about who you are and where your true potential lies. You will discover the healing power of love that lies within and discover your creative essence. As a result you may discover an inner artist who is seeking expression.

Chiron is in Capricorn

You are adept at taking on responsibilities and commitments, but they may bring you some stress. This is particularly the

case in respect to your career, but also in your home life and other areas. Perhaps you were encouraged to follow in the footsteps of a parent, or a family tradition, as far as a career path was concerned. Later, you might feel resentment that your own skills or interests were not encouraged. You may have issues with either of your parents concerning the rules and regulations that were set down for you to follow. These are potentially some of the things you need to work to resolve.

It is important that you take responsibility for your own life and try another career if you are not feeling fulfilled. Don't let your responsibilities become a burden. Key questions for you to consider are: What am I taking responsibility for? What are my goals and priorities? Do I have to carry this load on my own? Why am I doing this?

Business or work pressure, the pressure of responsibilities, stress from your parents, responsibilities of parenthood, or/and difficult encounters with government agencies, can be signals that these issues need to be addressed. If you experience health concerns with bones, joints, teeth, skin, knees, or back problems it is time to consider healing options such as massage, chiropractic, or osteopathy. Most importantly, strike a life/work balance.

Your journey may involve one or more major career changes, which could be quite scary initially, because it means giving up some measure of security, while also embracing change and the unknown.

At some point you might consider a career in the health sector, or as a teacher. In fact, once you have experienced healing in your own life, to embark on this journey will bring fulfilment, but it is important that you first deal with your own stress and wellbeing. Try to remain positive and adaptable and recognise that you do have choices. Within these challenges, you will find the key to your freedom and success.

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 Opposite 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.

Uranus is Opposite Chiron

Owing to the slow movement of the outer planets, it is important to note that these aspects can be present for a great many people and are therefore more often associated with cultural, or social conditions rather than personal ones.

Social isolation has become an issue for many people, consistent with the fact that aspects between these planets are common. Chiron and Uranus were on opposing sides of the earth for a long period of time. Just about everyone born between 1950 and 1990 have Chiron and Uranus in opposition.

This aspect symbolises that many traditions have largely been overthrown and we have embraced new technologies and new freedoms. But at the same time those things that we once relied upon are no longer there, and this has led to a host of social problems.

The pace at which life is lived is more rapid than ever before and this can lead to its own brand of stress. Feelings of isolation are more common experiences, which can lead to depression and other mental illnesses.

Linking up with like-minded people can help us realise that we are not alone in this suffering.

Neptune is Square Chiron

Owing to the slow movement of the outer planets, it is important to note that these aspects can be present for a great many people and are therefore more often associated with cultural or social conditions rather than personal ones.

Chemical sensitivity is becoming more commonplace as we live in a world where we have more exposure to these substances, including various pollutants. Allergic conditions are also becoming more common. Likewise, drugs can heal, but can also cause side effects and some drugs are now ineffective, as viruses and bacteria are becoming more resistant. People are becoming more highly sensitive and are also more prone to feelings of depression, which is a common social problem.

Because many people have largely lost faith in traditional religions, we feel a sense of spiritual loss and a lack of purpose and meaning, which is becoming more and more common. It is important therefore to develop a meaningful life philosophy and to reconnect with the natural world, which can bring healing to the spirit.

Pluto is Quincunx Chiron

Owing to the slow movement of the outer planets, it is important to note that these aspects can be present for a great many people and are therefore more often associated with cultural, or social conditions, rather than personal ones.

Today we are becoming more aware that humanity as a whole is at a crossroads. This aspect signifies issues pertaining to the ultimate survival of life on earth and healing of collective psychological issues that are shared by all.

Aspects between these planets are common. Chiron and Pluto were on opposite sides of the earth during much of the 1960s when this deeper awareness first came into consciousness. For those touched by this awareness, healing the planet and related big picture issues, can become a major imperative and mission in life, especially if other personal planets are also in aspect to Chiron and Pluto.

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 11th degree of Capricorn

Part of Body: Left cruciate ligaments

The Sun is located at the 4th degree of Capricorn

Part of Body: Cutaneous nerves of lower leg

Mercury is located at the 4th degree of Capricorn

Part of Body: Cutaneous nerves of lower leg

Venus is located at the 22nd degree of Scorpio

Part of Body: Ethmoid bone

Mars is located at the 16th degree of Pisces

Part of Body: Cruciate ligaments of right foot

Jupiter is located at the 28th degree of Cancer

Part of Body: Cartilage of ribs

Saturn is located at the 18th degree of Scorpio

Part of Body: Vas deferens, hymen

Uranus is located at the 27th degree of Cancer

Part of Body: Nipples

Neptune is located at the 28th degree of Libra

Part of Body: Bladder

Pluto is located at the 27th degree of Leo

Part of Body: Chordae tendinae (Azimene)

Chiron is located at the 28th degree of Capricorn

Part of Body: Right genicular arteries (Azimene)

The North Node is located at the 6th degree of Capricorn

Part of Body: Right adductor muscle

The Ascendant is located at the 24th degree of Virgo

Part of Body: Capsule and ligaments of liver

The Midheaven is located at the 21st degree of Gemini

Part of Body: Arm muscles

The 6th house cusp is located at the 26th degree of Aquarius

Part of Body: Left tibialis anterior muscle

Conclusion

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

The Anatomical Degree Areas

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

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

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

About the Author

This health and wellbeing report has been researched and written by Michele Finey. Michele is an astrologer, freelance writer, healer and hypnotherapist, based in Melbourne. Born in 1959, Michele developed an interest in the planets in childhood and began teaching herself astrology in 1980. After further study with the Melbourne School of Astrology, Michele gained an FAA Diploma and served on several FAA committees in the '80s and '90s. In the early '90s Michele qualified in Clinical Hypnosis and more recently gained an Arts Diploma in Professional Writing and Editing. Michele has written feature articles for numerous publications and is a member of the Association of Professional Astrologers. As

well as having a fascination with astrology, Michele has developed skills in a wide range of associated intuitive arts and has a passion for the environment and the animals that share our planet. In writing this report, Michele has called on her own knowledge and experience accumulated over more than 25 years as an astrologer and has also used valuable texts written by respected specialists to source and check information. Michele can be contacted via her website at: www.celestialinsight.com.au

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About the Artist

The illustrations in this report were created by Kay Steventon, who is a Melbourne based artist/astrologer. After graduating from R.M.I.T. in 1980 with a Diploma Fine Art, Kay gained the F.A.A. Professional Astrologer qualification, and 'Living The Tarot' Diploma. Since 1966 Kay has had many solo and mixed exhibitions in Melbourne and overseas, specializing in symbolic art in 1992. Her first Tarot deck and book, 'The Spiral Tarot', was published in 1998. Kay's second Deck, 'Celestial Tarot', was published in 2003 with the Celestial book written by Brian Clark. A 52 card deck, 'Goddesses and Heroines' was published in 2005, again a joint effort by Kay and Brian Clark.

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