

# HEALTH & WELLBEING

## A Solar Writer Report for K.D. Lang



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# K.D. Lang

## Natal Chart

2 Nov 1961

2:03 am +7:00

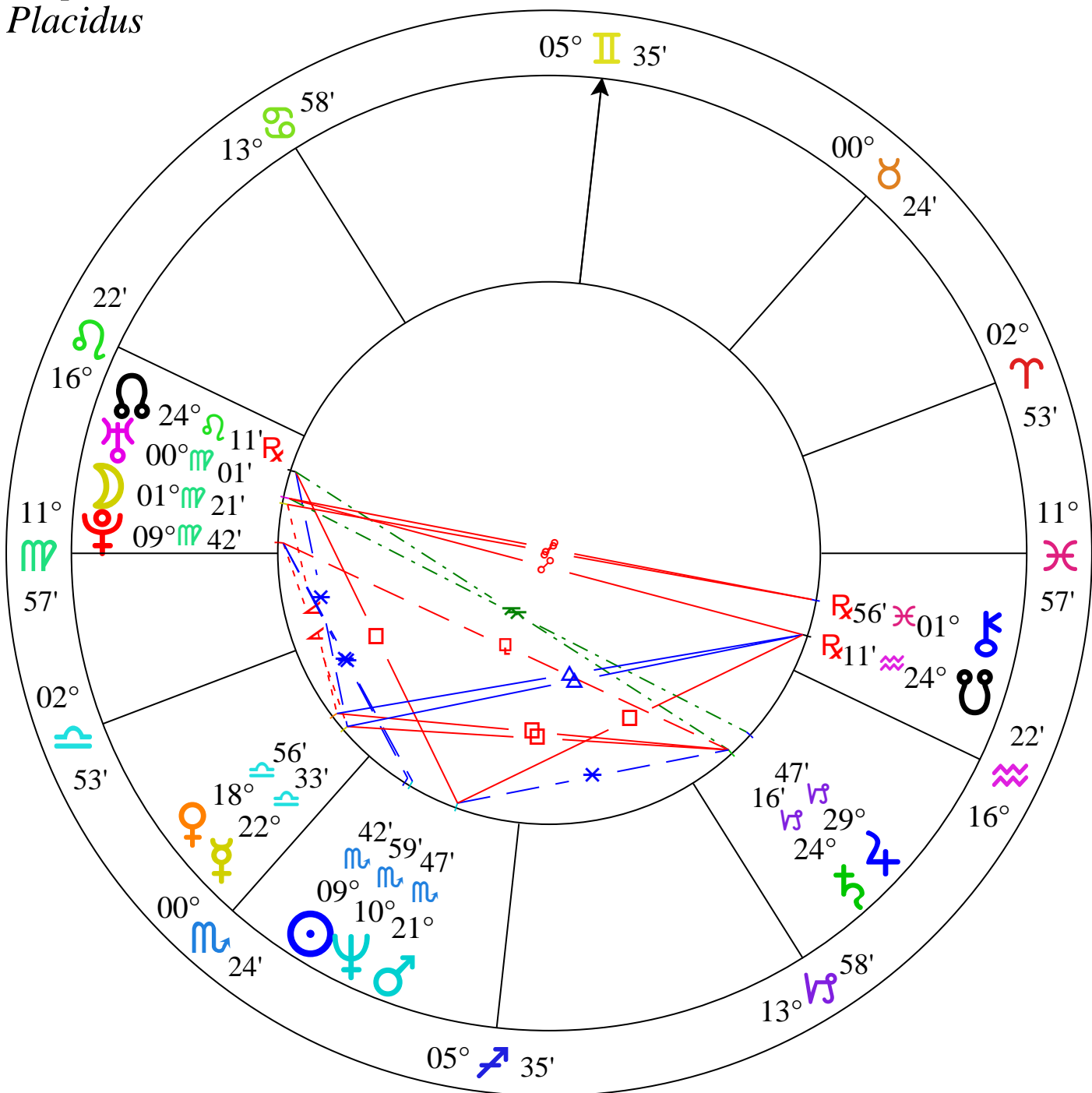
Edmonton

53°N33'

113°W28'

Tropical

Placidus



## 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 Virgo

Emotional security does not seem to be a real need in you, but this is because you are highly independent. In fact, you probably dislike being dependent on anyone or anything. You gain emotional satisfaction from working hard and being the best person you can possibly be. To others, you can sometimes seem aloof, but this is because you are rather shy. In fact, you have a strong need to be needed and you like to be of service. When called on, you give of yourself quite selflessly, but underneath you have a strong need to be acknowledged for your skills, organisational talents and common sense. You can sometimes go into a state of denial when it comes to your emotional needs, putting duties and responsibilities ahead of your own wellbeing. Doing this over a prolonged period can lead to health issues such as digestive problems, or emotionally related eating disorders such as anorexia. By recognising and acknowledging that your feelings and emotional needs are a vital component of your overall health and wellbeing, you begin to deepen your experiences as you express and share your feelings. You generally cope very well on your own and don't really need large doses of human company in order to feel emotionally content, however spending time communing with nature and/or having a close animal companion or pet, can be quite vital for your emotional health.

## 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 Scorpio

You sometimes live with a fair amount of stress and tension and even seem to enjoy it! You are a passionate and intense person. So long as you are in control, you feel that everything is okay and you can cope with life's ups and downs. But as you journey through life you will discover that being in control is really an illusion. Money worries may also be a source of stress. Problems that can develop as a result of stress include: possible sexual issues, reproductive problems, fertility issues, emotional problems, constipation or lower back problems.

Therapies suitable for these problems are those that help you to let go and relax. By expressing your emotions, for example, just crying and laughing, you feel a sense of release that is also very healing. Acknowledging your feelings of powerlessness and vulnerability may be the first step towards a more open and relaxed approach to living. Learn

to relax; try meditation, massage, or yoga. Psychotherapy can also be useful for releasing longer-term issues. To disperse feelings of grief try Rose or Marjoram essential oils.

As you learn more about yourself you will stop trying to control everything and everyone. You possess a deep understanding of the complexities of life and you may experience your fair share of grief. Your journey through life may be interspersed by a series of endings and beginnings. Do not fear this process. You have the resources to adapt to whatever life throws at you. You are a survivor. As you mature you will also learn not to fear your own powerful psyche. You are both sensitive and strong.

Try not to hold onto resentment, nor dwell on past hurts. You have a unique gift for healing and understanding that may develop into an interest in psychology or related fields. To feel totally comfortable with yourself, learn to experience close emotional ties without trying to control others. Profound healing takes place as you learn to let go and experience true intimacy without fear. You can enhance the mood for sexual intimacy with aphrodisiac aromatherapy oils such as: Ylang Ylang, Sandalwood and Bergamot.

## 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 3rd House

Highly strung, you thrive on nervous energy and are highly adaptable. It is important for you to have your opinions listened to as your sense of identity comes from expressing your ideas. Stress comes from boredom and not being given an opportunity to have your say. You are curious and interested in people and the world around you and you enjoy learning.

It is easy for you to tackle many projects simultaneously, but equally important that you listen to your body when it tells you something is up. You sometimes tend to ignore physical symptoms and your emotional wellbeing. It is necessary for you to learn that your body and emotions are just as important as your mind, ideas and mental attitude.

Respiratory problems can result if you think that you are not being given an opportunity to be heard, but can also result when you have emotions that are trapped inside you, that you have trouble acknowledging. You are adaptable though, and will probably keep learning and stay mentally active throughout life.

As you get to know yourself over time, you will find that your communication skills will become more refined. You might be good at writing. By getting in touch with your feelings, many stress reactions will be minimised, or even disappear. Get enough rest when you are tired, that includes switching off your active mind. For exercise try yoga or Tai Chi, or perhaps regular walking or team sports.

## 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.

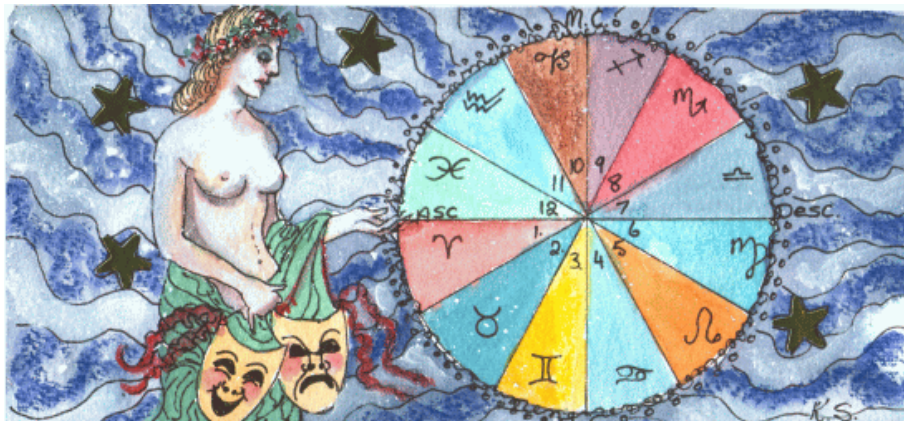
These challenging aspects involving the Sun can also symbolise aspects of our internal psychology that we need to integrate, so that they flow with more ease and work for us, rather than fighting with them, for we are really only fighting with ourselves.

### Neptune is Conjunct 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 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.

### Pluto is Conjunct The Ascendant

In your journey through life, you may experience some kind of transforming experience, perhaps more than one. You are probably very intense and passionate about certain issues. You can become obsessed about many things, which could include anything from plastic surgery, psychotherapy, politics, money, or finding the meaning of life. You may encounter several dramatic physical or emotional events in your journey that can have a profound effect upon you and lead you in new directions.

You are driven by powerful energies and have the ability to tackle projects requiring an enormous exertion of energy, but by the same time you need to be aware that you are after all, only human, and are subject to physical limitations like everyone else.

Some of the effects of stress that you could encounter include possible problems with the endocrine, or reproductive systems, or mental illnesses such as obsessive-compulsive disorder, schizophrenia or bi-polar disorder. It might also be that people with whom you are close, for example family members, experience one or more of these conditions, which has a profound effect upon your own psychology.

This is powerful place for Pluto and you may find that you intimidate others, perhaps without realising it. You have a tremendously powerful psychic presence and need to learn to own this power in a way that is not destructive to yourself or to those around you. Try to use this dynamic energy to transform yourself and your environment in positive and creative ways. You are a survivor and have the capacity to reinvent yourself many times over, but you can also be an agent for transforming the world.

## Inner Needs and Outer Experiences – Finding Balance

When certain planets and the Ascendant are at odds with one another, we can experience inner tension and challenges that can feel as if we are being pulled in two directions at once. The Ascendant is that part of us that interfaces with our immediate environment, so when planets are in hard aspect to the Ascendant, we can encounter challenges as we try to express ourselves in the wider world. We can also experience issues that arise because there

are differences between what we want to express and what we think is expected of us. Stress can build up over time if there is no outlet for self-expression, so these aspects can be potent indicators of one's overall health and wellbeing. As we learn to work with some of these challenges, they can actually help us to grow and to lead more purposeful lives.

### **Dispositor of The Ascendant is 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.

### **Dispositor of The Ascendant (Mercury) is Conjunct Venus**

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.

### **Dispositor of The Ascendant (Mercury) is Square 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.

### **Dispositor of The Ascendant (Mercury) is Semisquare Pluto**

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

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

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

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

## Health Challenges



### Work and Health – Managing the Impact of Stress

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

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

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

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

#### Ruler of the 6th House is 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 Sun is Square the 6th House Cusp

You may sense you are on a mission in life as far as your work is concerned. You probably enjoy a challenge. Being at the centre of attention may bring out the best, or the worst in you. It is important that you express your creativity in your work, or in your regular daily activities. But you can experience frustration when you encounter people, or events that thwart your natural style or stop you from expressing yourself. As a result, stress can cause problems that affect your back, or cardiovascular system. It can be difficult for you to switch off your mind at night, which can make it difficult to sleep. Because you expend a great deal of energy trying to be the best you can possibly be, your energy and vitality can be taxed as you seek ways to overcome any obstacles to your self-expression. If you do not have a challenge to surmount, you may feel lost, or despondent. You may find it difficult to attend to details, as you probably prefer to have a supervisory or leadership role. A creative outlet with a high degree of freedom is quite necessary for your wellbeing. When things get too hectic, try relaxing at the end of the day in a soothing bath with essential oils of Lavender, Marjoram and Orange, which will help you to unwind, relax and sleep.

### Neptune is Square the 6th House Cusp

You are a caring and highly sensitive person. Toxins or chemicals can have a detrimental effect on your system and you should be wary of the effects of alcohol and drugs, be they prescribed or recreational. You may suffer from health problems such as hepatitis or glandular fever, or conditions that weaken your system, such as chronic fatigue and you could be prone to depression. In order to recover your health you may need to become more conscious of the day-to-day actions that affect your health and wellbeing. It could be that a relatively harmless substance, might have a detrimental reaction upon your sensitive system. Food additives, chemicals and even negative environments can potentially make you sick. Ensure that you pay attention to the subtle reactions of your body and make adjustments to your diet or circumstances that will better support your health and wellbeing. As far as work is concerned you may have trouble coping with office politics and feel uncomfortable competing with others. Healing or helping others can be a fulfilling role for you, provided that you can protect yourself from absorbing the negative psychic content of others. Regular stress management will help you to cope with work schedules and daily challenges. Now and again try soaking in a bath with added essential oils of Lavender, Ylang Ylang, Lemongrass or Patchouli.

## 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 3rd House**

You are often on the go and may find it difficult to sit still for very long. Full of ideas, you often rush into activities very quickly with a burst of enthusiasm, but sometimes you have trouble seeing your projects through because you become interested in the next idea. You are probably expert at networking and do not take no for an answer. In short, you burn up a great deal of energy, both mental and physical and can deplete your body of fuel if you are not careful. Consider taking regular supplements of vitamins and minerals and try to eat well. Sports and exercise that suit your energy type include running, team sports, and racquet sports such as tennis, squash or badminton. Aerobics, cycling and gym classes also suit your energy style. You likely enjoy combining social contact and exercise. You possess excellent communication skills and enjoy expressing your ideas and opinions, but when angry you can become verbally aggressive when you are rushed and under pressure. You like being busy, but when things get too manic you can develop chest infections, colds and other respiratory conditions, which can be a signal that you need to slow down, look after yourself and get in touch with your inner feelings. Writing things down is a good place to start.

### **Mars is in Scorpio**

Your energy style is dynamic and intense. You are both powerful and determined. You probably excel at sports and exercise and like rise to any challenges. You are more than capable in a variety of physical activities, but will probably enjoy those where you must focus both on attaining a goal and at the same time challenging yourself. Martial arts, weight-training, boxing and sports requiring endurance are some suggestions. You enjoy having an active sex life and probably consider sex to be the best exercise of all. Possible health problems for you include infections of the reproductive organs, lower back problems or constipation. Money worries can impact on your health too.

It is important for you to have a firm measure of control. You go after what you want with passion and intensity and with your persistence, you will press on despite any obstacles that you encounter. If you do not have an outlet for your passions, you can become frustrated and this can turn into aggression and even vindictiveness. You possess an incredibly creative energy, but this can turn into destructive tendencies when you become angry or frustrated. It is therefore important that you channel your dynamic energy into productive outlets, where reforms and changes are needed. Learn to let go of things that you cannot control. You will probably benefit enormously from learning meditation or yoga and long-distance swimming could be a good outlet too.

## 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 6th House

Generally, you have a good comprehension of health matters and probably a strong interest in healing and nutrition. You may in fact decide upon a career in the healing arts. But before that happens, you may go through a period of questioning the intrinsic value of your work and lifestyle. This process may begin with a build up of stress, the roots of which lie in your workplace and any reluctance on your part to address the issues. Feelings of discomfort can affect your health. You may feel forced to work in jobs that cause you high levels of stress. It could be that you are somehow obliged to work in a job for which you are not temperamentally suited, or which results in some kind of stress related disorder or health concern.

Associated physical problems can affect the small intestine, digestive system, spleen, and pancreas and could relate specifically to allergies, food and diet.

Work and health issues can be signals that you need to focus your attention on the causes and effects of stress. Eventually, this will pave the way for a change of direction into a role where you will be happier and more valued, but it is important to first address your own health and wellbeing, on all levels. The first step could be to learn more about natural healing.

By learning to embrace your own inner healer, you will find the key to mental, spiritual, emotional and physical wellbeing. This will set upon a path that can lead to a new job or career.

Put your faith in your own intuition and seek professional advice if needed. After you directly experience healing

yourself, then it will be time to develop your skills and knowledge further. You will discover you have an innate capacity to heal or to teach what you know, because you have personally experienced profound healing.

### 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.

### The Moon is Opposite Chiron

Any health problems you experience may have, at their cause, issues from your childhood. These may specifically relate to issues concerning your mother. She may have been absent, physically or psychologically. Perhaps you had to mother her and as a result, you had to grow up before you were ready. These early emotional wounds make you highly aware and sensitive to your environment. As an adult, you may need to revisit the past in order to heal. Healing options for you may include psychotherapy or hypnotherapy, which can bring about a release. You have a great deal of inner emotional strength, but can have trouble expressing your emotions or finding supportive relationships. Even so, you are highly intuitive and can cope with life's ups and downs better than many others. You are caring and have a great deal of emotional intelligence. Despite any emotional pain you experience, you are probably quite content with yourself and highly resourceful. You are probably a great deal stronger than you think.

### 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.

## 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 2nd degree of Virgo**

Part of Body: Small intestine

### **The Sun is located at the 10th degree of Scorpio**

Part of Body: Corpus cavernosum of penis

### **Mercury is located at the 23rd degree of Libra**

Part of Body: Suprarenal veins

### **Venus is located at the 19th degree of Libra**

Part of Body: Calyx major

### **Mars is located at the 22nd degree of Scorpio**

Part of Body: Ethmoid bone

### **Jupiter is located at the 30th degree of Capricorn**

Part of Body: Adductor muscle

### **Saturn is located at the 25th degree of Capricorn**

Part of Body: Connections between femur and tibia

### **Uranus is located at the 1st degree of Virgo**

Part of Body: Duodenum

### **Neptune is located at the 11th degree of Scorpio**

Part of Body: Penis, Labia majora

**Pluto is located at the 10th degree of Virgo**

Part of Body: Left hepatic lobe, bile

**Chiron is located at the 2nd degree of Pisces**

Part of Body: Left calcaneum

**The North Node is located at the 25th degree of Leo**

Part of Body: Pericardium

**The Ascendant is located at the 12th degree of Virgo**

Part of Body: Abdominal aorta

**The Midheaven is located at the 6th degree of Gemini**

Part of Body: Lower left pulmonary lobe

**The 6th house cusp is located at the 18th degree of Aquarius**

Part of Body: Spinal nervous system

## Conclusion

### References Sources:

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

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

## The Anatomical Degree Areas

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](http://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](http://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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