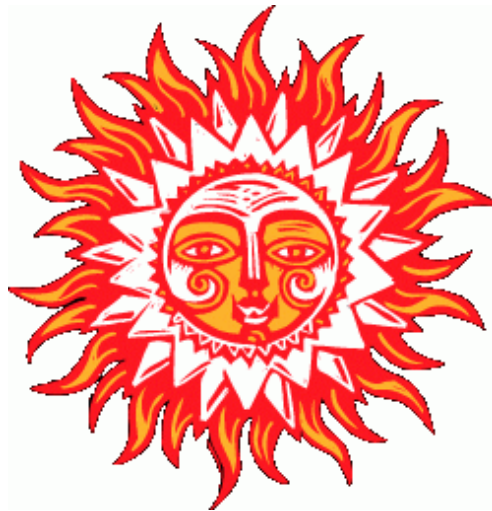


HEALTH & WELLBEING

A Solar Writer Report for Angelina Jolie



Written by Michele Finey

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Angelina Jolie

Natal Chart

4 May 1975

9:09 am PDT +7:00

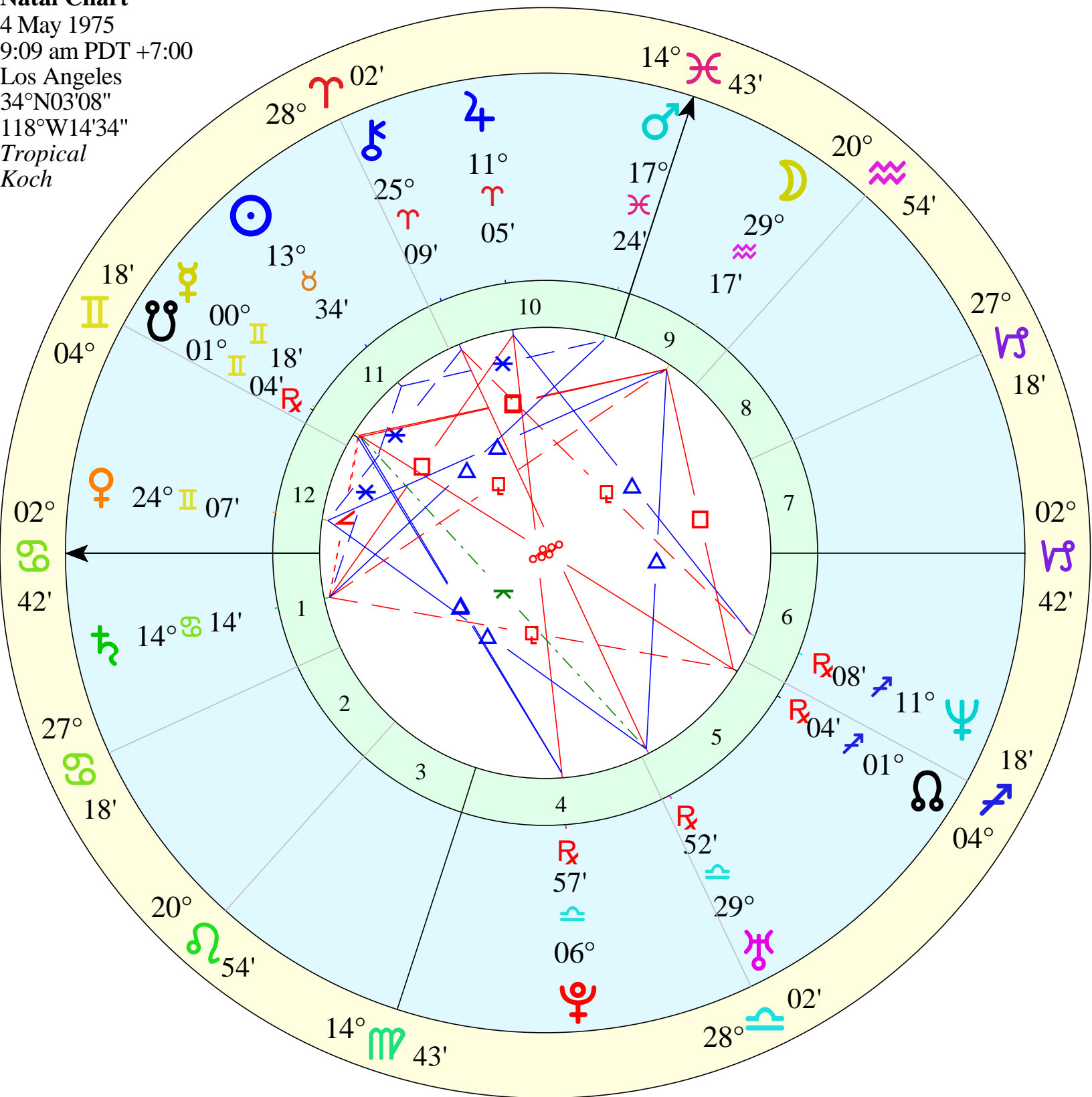
Los Angeles

34°N03'08"

118°W14'34"

Tropical

Koch



Astrological SummaryChart Point Positions: Angelina Jolie

Planet	Sign	Position	House	Comment
The Moon	Aquarius	29°Aq17'	9th	
The Sun	Taurus	13°Ta34'	11th	
Mercury	Gemini	0°Ge18'	11th	
Venus	Gemini	24°Ge07'	12th	
Mars	Pisces	17°Pi24'	10th	
Jupiter	Aries	11°Ar05'	10th	
Saturn	Cancer	14°Cn14'	1st	
Uranus	Libra	29°Li52'	5th	
Neptune	Sagittarius	11°Sg08'	6th	
Pluto	Libra	6°Li57'	4th	
Chiron	Aries	25°Ar09'	10th	
The North Node	Sagittarius	1°Sg04'	5th	
The South Node	Gemini	1°Ge04'	11th	
The Ascendant	Cancer	2°Cn42'	1st	
The Midheaven	Pisces	14°Pi43'	10th	

Chart Point Aspects

Planet	Aspect	Planet	Orb	App/Sep
The Moon	Square	Mercury	1°00'	Applying
The Moon	Trine	Venus	5°10'	Separating
The Moon	Sesquisquare	Saturn	0°02'	Separating
The Moon	Trine	Uranus	0°34'	Applying
The Moon	Square	The North Node	1°46'	Applying
The Moon	Square	The South Node	1°46'	Applying
The Moon	Trine	The Ascendant	3°24'	Applying
The Sun	Sextile	Mars	3°49'	Applying
The Sun	Sextile	Saturn	0°40'	Applying
The Sun	Sextile	The Midheaven	1°08'	Applying
Mercury	Semisquare	Saturn	1°03'	Separating
Mercury	Quincunx	Uranus	0°26'	Separating
Mercury	Trine	Pluto	6°39'	Applying
Mercury	Opposition	The North Node	0°45'	Applying
Mercury	Conjunction	The South Node	0°45'	Applying
Venus	Trine	Uranus	5°45'	Applying
Venus	Sextile	Chiron	1°01'	Applying
Venus	Conjunction	The Ascendant	8°34'	Applying
Mars	Trine	Saturn	3°09'	Separating

Planet	Aspect	Planet	Orb	App/Sep
Mars	Conjunction	The Midheaven	2°40'	Separating
Jupiter	Square	Saturn	3°09'	Applying
Jupiter	Trine	Neptune	0°03'	Applying
Jupiter	Opposition	Pluto	4°07'	Separating
Saturn	Sesquisquare	The North Node	1°49'	Applying
Saturn	Semisquare	The South Node	1°49'	Applying
Saturn	Trine	The Midheaven	0°28'	Applying
Uranus	Opposition	Chiron	4°43'	Applying
Uranus	Trine	The Ascendant	2°49'	Separating
Uranus	Sesquisquare	The Midheaven	0°09'	Applying
Neptune	Sesquisquare	Chiron	0°59'	Applying
Neptune	Square	The Midheaven	3°34'	Separating
Pluto	Trine	The South Node	5°53'	Applying
Pluto	Square	The Ascendant	4°15'	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 Air is Strong

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

Element Water is Strong

Your emotional wellbeing plays a vital role in your overall health. Try not to head for food or alcohol when you are under emotional stress. When you are not feeling supported and nurtured, you can be prone to depression and weight gain. Finding ways and means to establish harmonious relationships and supportive connections is important for you. So too is having an outlet for your highly developed imagination. With an abundance of water, you are a sensitive person and you can be prone to drink too much alcohol, or to seek solace in drugs. Try to face up to the reality of your situation without fear. Too much water can also be associated with mental illnesses and emotional disorders. Grounding earthy colours and activities can make a real difference.

Learning how to handle your responsibilities by undertaking practical training can also help you as having a strong framework or structure can help you recognise your boundaries. When you are feeling positive about yourself and your world, you are a caring and nurturing person who can contribute substantially to the wellbeing of others. When you are feeling down, try to talk things through with someone close. Try to remember that you are loved, no matter what. Bright, happy colours such as red, orange and bright yellow can uplift your spirits.

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 Aquarius

You need to give your heart room to breathe. For you, emotional security can be found in a wide scope of possibilities, in particular, in community involvement, unusual or unconventional relationships and especially in having many close friends with whom you can share life's experiences. In certain situations you can feel anxious and you might suffer from fears or phobias. It is possible that you occasionally have trouble with fluctuating emotions, or erratic hormones. You are highly independent and any kind of cloying emotional exchange can make you feel uncomfortable. There is a large part of you that prefers to remain separate and detached. Sometimes you can be a little insensitive or aloof, but actually this might be because you are avoiding facing painful emotions of your own. You have no problem trying new things; in fact you can feel quite renewed and emotionally enlivened by new experiences of all kinds. You have a strong sense of community spirit and get immense satisfaction from sharing ideas and information, which brings you a sense of personal fulfilment. Sharing experiences with friends is equally important to your sense of emotional wellbeing.

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 Taurus

You have a high degree of resilience and determination. You are firmly grounded, very practical and tend to have a measured energy that is slow and steady. You probably do not get ill very often. When stress manifests in ill health it has generally been building up over a long period. You tend to soldier on when you are feeling unwell. Adopting a more flexible attitude and learning to cope with change, will minimise the effects of stress. You may be prone to experience tension in the jaw and neck and you can be inclined to consume too much rich food that has a high fat and sugar content. You can be prone to weight gain and a range of associated health problems such as diabetes. Other parts of the body that can be affected by ill health include: the throat area, neck, thyroid gland, tonsils and vocal chords.

Early in life you may develop a strong set of values, but when taken to extremes this can make you somewhat judgemental and inflexible. You cope well with practical matters, but may not cope at all well with change. You might feel that you have to be strong, or that you have to see things through, no matter what. At times you can be overly focussed on money, income and possessions. This might be because you had limited resources early in life. You are a tactile person who will benefit enormously from a regular massage. For relaxation try Sandalwood, Clary Sage, or Lavender essential oils. If you ever feel jealous or envious, Rose, Thyme or Juniper oils can restore balance.

You will develop your own set of values that are both practical and have a deeper beauty and importance. Expressing yourself artistically will also prove therapeutic. It can be difficult for you to accept alternative points of view, but your health will be improved by trying to remain flexible. From time to time you will benefit by reviewing your priorities, so try to keep an open mind about other people's values.

You can find a deep sense of fulfilment by giving to those less fortunate than yourself and by finding value in pleasures beyond the sensual and material. You will discover joy in giving, which will be highly rewarding and fill you with a sense of wellbeing. As you learn not to rush to judge others until you have walked in their shoes, you can make truly worthwhile and practical differences to the wellbeing of others.

[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 11th House

As you journey through life, your sense of identity is forged by your experiences and the events and circumstances in which you find yourself. These myriad experiences and your interaction with friends and the wider community shape your destiny and help you to get to know yourself as you develop.

You are born at mid-morning. This is a time of day when there can be a keen interest in the future of the society in which you live. While you are in one sense ambitious and may aspire towards a personal goal, it is equally important that you maintain a sense of brotherhood, for you do not like going it alone. At times your focus can easily shift towards alternative possibilities and you can become distracted.

Sometimes you can overlook important matters that are right under your nose. This can also include your physical wellbeing. You can be prone to extreme fluctuations of energy. Do not ignore any symptoms of imbalance, be they mental, emotional or physical.

You can be pulled in many directions as you explore the variety in the world around you. Over time you will discover how to put yourself at the centre of things and honour your own uniqueness, while also honouring your friends and playing a role in society. You will develop your own personal lifestyle and values. More than anything else, finding your niche will bring all your many talents together and reduce the impact of stress. Your true identity will emerge as you mature.

[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.

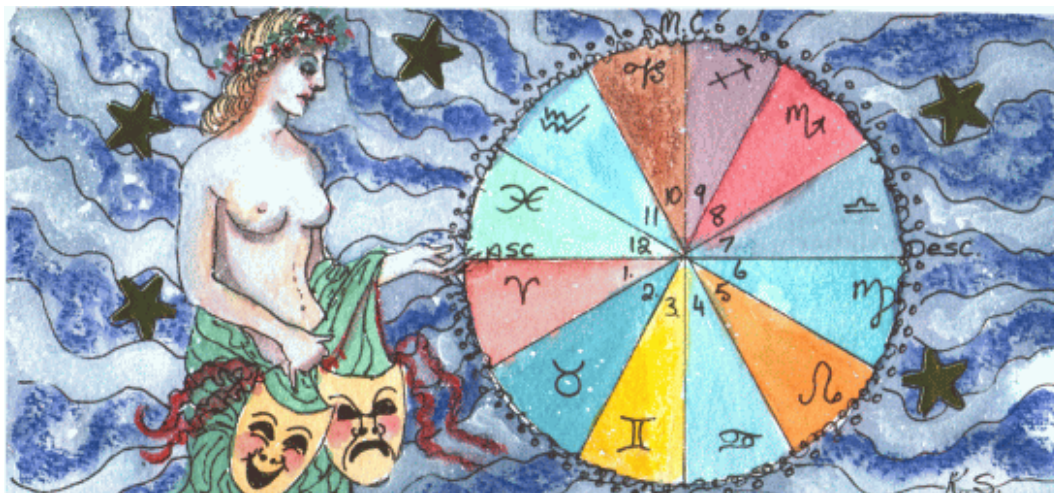
Magnesium, Iodine, Vitamin A and Vitamin D are ruled by the Sun. A deficiency or incorrect assimilation of any of these minerals and vitamins can be the cause of health problems when there are difficult aspects involving the Sun.

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.

In your chart there are no challenging relationships between the Sun and other planets. Please refer to others sections of this report to find advice relating to factors in your own chart.

Your Health Factors



Your Physical Body and Energy

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

The Ascendant is in Cancer

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

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

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

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

At times of stress, you sometimes head for the refrigerator, as eating restores your emotional centre, but this can lead to

problems. Alcohol too can be a solace, but try to avoid bingeing or over-indulgence. You are in many ways a creature of habit, so ensure you establish healthy ones. Writing down your feelings, expressing yourself imaginatively, or communicating your emotions in creative ways, are some alternatives to consider.

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

[Your Strengths and Sensitivities](#)

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

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

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

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

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

Venus is Conjunct The Ascendant

It is important for you to have harmonious relationships and to be able to express yourself artistically. Physically, you possess an innate beauty that shines forth from within. When you are unwell, you sometimes tend to ignore symptoms, put on a brave face and soldier on.

You are a loving and giving person, very in touch with these caring qualities. Your appearance, your values and your relationships are important to you, but when something is amiss in these areas of your life, you can begin to feel out of sorts and become stressed which can impact on your health.

It is important that you recognise that your own needs and values and those of others are of equal importance, for when you feel low or unsupported, you can sometimes react with jealousy, or make strong judgement calls about others, which can sometimes make matters worse.

You can be prone to metabolic problems, perhaps related to sugar imbalances or difficulty processing carbohydrates. You might crave sweet foods and you can easily overload your pancreas with sugar, which can lead to a number of problems such as weight gain or diabetes. Try to limit your intake of refined carbohydrates. Supplements of Vitamin B and E can assist your metabolism.

By recognising that diverse values can co-exist, more balance and harmony will come to your life. Balance is a key word for you. Finding this balance is important and underpins how you feel about yourself. Positive self-esteem will help to stave off potential eating disorders that might have a deeper cause. Since your appearance and relationships both have a large bearing on how you feel about yourself, finding deeper values, beyond the obvious external ones, will enhance your long-term wellbeing, self-esteem and health.

Saturn is in the 1st House

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

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

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

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

Inner Needs and Outer Experiences - Finding Balance

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

Dispositor of The Ascendant is The 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 relationships and so it is up to you to heal emotionally and to let go of the past.

The past is important, but not as important as the present or the future. At times you may feel stuck in the past and feel unable to move forward until you resolve outstanding emotional problems. If you develop issues with food and diet, such as bingeing, or erratic hormonal fluctuations, this can be a signal that it is time to work through some of these issues. Healing options for you may include counselling, psychotherapy or hypnotherapy. Ensure that you get enough potassium and B-Group vitamins in your diet, which can assist with food cravings and help to balance your metabolism, also seek out therapy options as required. Although sensitive, you probably have a great deal of inner emotional strength, and can cope with life's ups and downs better than you might think. Wearing Moonstone can be helpful in balancing your hormones and emotions.

Dispositor of The Ascendant (Moon) is Square 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 (Moon) is Sesquisquare 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.

Pluto is Square The Ascendant

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 Jupiter

Stress can manifest when you feel restricted or limited by circumstances. You probably do not enjoy working in an office and may prefer to work outdoors, or to travel as part of your job. You are generally enthusiastic about your work in these circumstances and are always on the lookout for fresh opportunities. When you are not enjoying your work, you can easily feel despondent or trapped, which can lead to stress and health problems. It is therefore important for you to enjoy your work and to take regular breaks or holidays.

Most long-term risks to your health come from the cumulative effects of over indulgence. You have a great deal of energy in reserve, but are often so enthusiastic about what you are doing that you sometimes overlook practical concerns such as any actual physical limitations. Do not overload your system with fatty, sugary, or salty food and try to keep intake of alcohol to low or moderate levels. Most of the health problems that you are likely to have, probably stem from your own actions, or inactions. Sometimes you can be lazy too. Moderation is something you might need to learn. For you, stress and health problems can manifest as liver and metabolic problems, skin conditions, or possible accidents. Other areas to watch include: thighs, hips, lower back, sciatic nerve and muscular system, but generally you recover quickly.

Neptune is in the 6th House

You are highly adaptable and you may try to fit into situations from a misplaced sense of belonging. Work colleagues and other people with whom you have regular contact can easily influence you, but you could come to realise that you don't actually have much in common with these people. You may be a gifted artist and trying to fit into the corporate jungle may cause you to actually get sick. It is important for your wellbeing that you honour your intuition and creativity. You may be prone to illnesses that are difficult to diagnose and you could be sensitive to certain foods, chemicals and/or drugs. You might also experience symptoms that do not seem to have any explanation and you are potentially prone to depression. Avoid chemicals and food additives where possible. You will benefit from drinking plenty of water and having enough Omega 3 and 6 in your diet. Communing with nature will revive your spirits, especially when the demands of daily life and work tasks seem to overwhelm you. You are likely to benefit from such healing techniques as: Reiki, spiritual healing, aromatherapy, hypnotherapy and most types of holistic healing. It is best that you avoid alcohol and recreational drugs. As a sensitive person, you could also be prone to psychosomatic conditions and should make sure that you do what you can to minimise the impact of stress. Other areas that can be affected by cumulative stress are the lymphatic system and glandular system. When you feel the need to escape from your routine, do so by engaging in activities that revive your spirits. Try to avoid wallowing or indulging.

Limiting the Impact of Chronic Stress

The 6th house is the house of health and also of work. When planets form challenging aspects to this house they can symbolise day-to-day obstacles and/or frustrations that we encounter which cause stress reactions that can impact on our health. Planets in hard aspect to the 6th house are often those that we find frustrating in some way. These aspects are often associated with health matters, especially chronic conditions and they also remind us how important it is to manage day-to-day stress.

The Moon is Square the 6th House Cusp

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

Mercury is Opposite the 6th House Cusp

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

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 10th House

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

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

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

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 Aries

You are a sensitive soul whose journey towards wholeness may involve you in events that make you feel that you are singled out in some way.

It may be necessary for you to cross a threshold, perhaps some kind of pain barrier, emotional or physical, before you can embrace your own creative potential with full confidence. You may be defined in some way by a wounding event that calls into question your identity. As a result you may become a leader or pioneer. Even though being in charge and taking the initiative means facing your fears, you are capable of inspirational leadership and taking decisive action.

You may feel vulnerable, feeling that your pain and scars are visible to others. By being courageous, you will find the key to face life's challenges.

At times you perhaps feel a deep sense of isolation, or aloneness and feel that you have to push ahead on your own, without much support from others. But relationships will also bring you opportunities to heal. Over time you will begin to forge supportive connections with others who may have undergone similar experiences. You will discover you have a rare gift to heal others as well as yourself.

Chiron is in the 10th House

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.

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 Sesquiquare 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.

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 30th degree of Aquarius

Part of Body: Connections in lower leg

The Sun is located at the 14th degree of Taurus

Part of Body: True vocal cords

Mercury is located at the 1st degree of Gemini

Part of Body: Trachea

Venus is located at the 25th degree of Gemini

Part of Body: Radius

Mars is located at the 18th degree of Pisces

Part of Body: Extensor muscles of right toes

Jupiter is located at the 12th degree of Aries

Part of Body: Tongue

Saturn is located at the 15th degree of Cancer

Part of Body: Gastric nerves (Azimene)

Uranus is located at the 30th degree of Libra

Part of Body: Left ureter

Neptune is located at the 12th degree of Sagittarius

Part of Body: Long saphenous veins

Pluto is located at the 7th degree of Libra

Part of Body: Nerve supply to kidney and renal pelvis

Chiron is located at the 26th degree of Aries

Part of Body: Skull

The North Node is located at the 2nd degree of Sagittarius

Part of Body: Pelvic girdle

The Ascendant is located at the 3rd degree of Cancer

Part of Body: Eighth rib

The Midheaven is located at the 15th degree of Pisces

Part of Body: Left cutaneous veins

The 6th house cusp is located at the 6th degree of Sagittarius

Part of Body: Right femoral artery

Conclusion

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The Anatomical Degree Areas

Reproduced with permission from Jane Ridder-Patrick

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

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

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

About the Author

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

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About the Artist

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

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