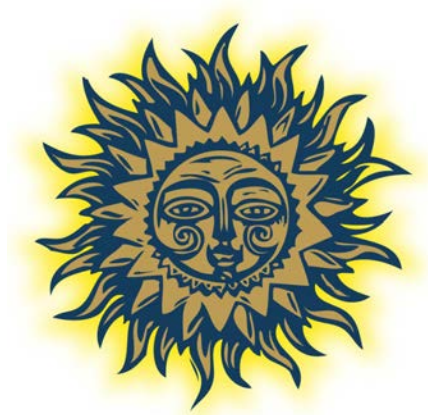


# **HEALTH & WELLBEING**

## **A Solar Writer Report for Brad Pitt**



**Written by Michele Finey**

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# Brad Pitt

Male

Dec 18 1963

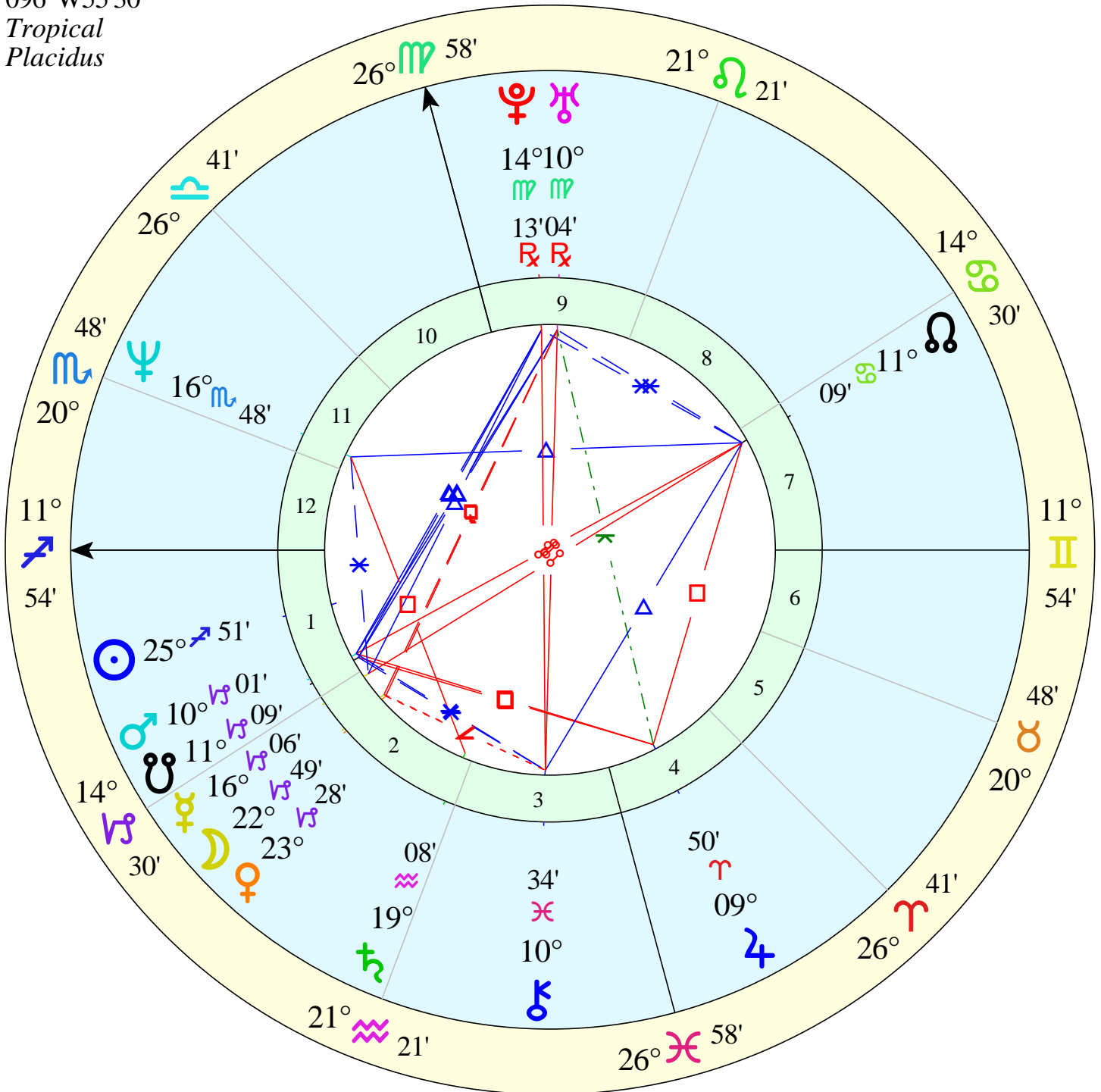
6:31 am CST +6:00

Shawnee, Oklahoma

35°N19'38"

096°W55'30"

Tropical  
Placidus



Astrological SummaryChart Point Positions: Brad Pitt

Planet	Sign	Position	House	Comment
The Moon	Capricorn	22° Cp49'	2nd	
The Sun	Sagittarius	25° Sg51'	1st	
Mercury	Capricorn	16° Cp06'	2nd	
Venus	Capricorn	23° Cp28'	2nd	
Mars	Capricorn	10° Cp01'	1st	
Jupiter	Aries	9° Ar50'	4th	
Saturn	Aquarius	19° Aq08'	2nd	
Uranus	Virgo	10° Vi04'	9th	
Neptune	Scorpio	16° Sc48'	11th	
Pluto	Virgo	14° Vi13'	9th	
Chiron	Pisces	10° Pi34'	3rd	
The North Node	Cancer	11° Cn09'	7th	
The South Node	Capricorn	11° Cp09'	1st	
The Ascendant	Sagittarius	11° Sg54'	1st	
The Midheaven	Virgo	26° Vi58'	10th	

Chart Point Aspects

Planet	Aspect	Planet	Orb	App/Sep
The Moon	Conjunction	Mercury	6° 43'	Separating
The Moon	Conjunction	Venus	0° 38'	Applying
The Moon	Sesquisquare	Uranus	2° 14'	Applying
The Moon	Semisquare	Chiron	2° 44'	Applying
The Moon	Trine	The Midheaven	4° 08'	Applying
The Sun	Square	The Midheaven	1° 06'	Applying
Mercury	Conjunction	Mars	6° 04'	Separating
Mercury	Sextile	Neptune	0° 41'	Applying
Mercury	Trine	Pluto	1° 52'	Separating
Mercury	Opposition	The North Node	4° 56'	Separating
Mercury	Conjunction	The South Node	4° 56'	Separating
Venus	Sesquisquare	Uranus	1° 35'	Applying
Venus	Semisquare	Chiron	2° 06'	Applying
Venus	Trine	The Midheaven	3° 30'	Applying

<b>Planet</b>	<b>Aspect</b>	<b>Planet</b>	<b>Orb</b>	<b>App/Sep</b>
Mars	Square	Jupiter	0°11'	Separating
Mars	Trine	Uranus	0°02'	Applying
Mars	Trine	Pluto	4°12'	Applying
Mars	Sextile	Chiron	0°33'	Applying
Mars	Opposition	The North Node	1°08'	Applying
Mars	Conjunction	The South Node	1°08'	Applying
Jupiter	Quincunx	Uranus	0°14'	Applying
Jupiter	Square	The North Node	1°19'	Applying
Jupiter	Square	The South Node	1°19'	Applying
Jupiter	Trine	The Ascendant	2°04'	Applying
Saturn	Square	Neptune	2°20'	Separating
Uranus	Conjunction	Pluto	4°09'	Separating
Uranus	Opposition	Chiron	0°30'	Separating
Uranus	Sextile	The North Node	1°05'	Separating
Uranus	Trine	The South Node	1°05'	Separating
Uranus	Square	The Ascendant	1°50'	Separating
Neptune	Trine	The North Node	5°38'	Separating
Pluto	Opposition	Chiron	3°38'	Applying
Pluto	Sextile	The North Node	3°03'	Applying
Pluto	Trine	The South Node	3°03'	Applying
Pluto	Square	The Ascendant	2°19'	Applying
Chiron	Trine	The North Node	0°35'	Applying
Chiron	Sextile	The South Node	0°35'	Applying
Chiron	Square	The Ascendant	1°19'	Applying
The North Node	Quincunx	The Ascendant	0°44'	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 focusing on health related matters. It includes a range of nutritional advice, stress management tips and therapy options. However, it is not intended that this report be used in place of a consultation with a qualified medical practitioner, nor persons qualified in complementary or alternative healing. It is vital to always seek out professional medical and nutritional advice where one's health is concerned.

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

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

When reading this report, don't assume that all the health issues mentioned will actually manifest. This report includes an assessment of some of the most challenging aspects and planetary positions in your chart, and as a result it tends to focus on potential

problems. It would be a mistake to assume that all the health issues mentioned in this report will actually be experienced. Be aware too, that our Natal Chart is not a static thing. It is a symbolic representation of our potential, which unfolds and develops as we journey through life. Our conscious actions and choices play a key role in health too.

### Disclaimer

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

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

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

### Your Basic Health Needs



### Your General Temperament

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

#### *Element 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, bread 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 drink plenty of water. Juicing fruits and vegetables is very beneficial. Changing your routine once in a while and making space in your life for creative expression can also uplift your spirit. Regular exercise routines and movement is also important.

#### *Element Air is Weak*

You can be prone to isolate yourself socially from the world which can lead to depression and related problems. Make an effort to get out and about and interact with people more often. You need to cultivate friends and relationships. In sharing ideas and exchanging information you can learn to express yourself with more confidence, especially in social situations. You may have been misunderstood early in life, which led you to withdraw



from people. Build your social confidence gradually by interacting with one or two special people. Build rapport gradually by getting to know them and sharing your story. Wearing bright yellows and orange colours can help to bring about more balance in these areas. If you are prone to depression, fish oil and vitamin B3 can assist. Get out in the fresh air and visit new places more frequently.

### *Element Water is Weak*

It can be difficult for you to express your feelings; indeed you can have trouble actually knowing what your feelings are. Emotional scenes can make you uncomfortable. Others may see you as unfeeling, or even cold and aloof, and perhaps you could learn to develop more empathy. This would help you to connect with people on a more personal level and promote mutual understanding. It could be that you hide your feelings because you see them as weaknesses' to be overcome. Keeping a journal can help you to get in touch with your feelings and become more comfortable in expressing yourself. Drink plenty of water especially when exercising, as you can be prone to dehydration. Colours such as deep blues and violet shades can assist you to find a sense of inner peace and reconnect you with your emotional centre when you feel inner uncertainty.

## Your Emotional Health

The Moon symbolises our capacity to give and receive nurturing. Our feelings, emotions and personal inner life all relate to the Moon, as does food and nutrition. Our emotional wellbeing often relates to inherited patterns of behaviour from our parents and/or defence mechanisms that we learnt in childhood. The Sign in which the Moon is located will describe the way in which our need for nurturing and emotional security is sought and met. As adults, we still have a child within us that continues to seek comfort and protection.

### *The Moon is in Capricorn*

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



Apart from the Sign of the Moon, lunar aspects describe our habits and moods. The moon travels quickly across the heavens and it is constantly forming aspects to the other planets and the Earth. The moon's aspects relate to these repeating patterns of behaviour that develop early in life. Our lunar aspects are familiar to us and comfortable; they are where we take refuge in times of stress and are therefore a key component of our wellbeing. Our emotional responses are seen in lunar aspects and so too are psychosomatic conditions, which are the body's reaction to emotional stress. The Moon symbolises the unconscious mind, where personal beliefs and emotional patterns are stored. Habits, phobias, fears and even physical problems that arise from stress can be eliminated using techniques such as hypnotherapy and behavioural therapies. Bad habits can be replaced by good habits that support health and wellbeing. Counselling and psychotherapy are also effective ways to heal emotional problems.

### *The Moon is Conjunct Mercury*

You may find that life can be confusing at times. Sometimes there is so much going on that life can quickly get out of hand. In childhood you may have experienced a lot of change, for example perhaps you moved around from place to place a great deal, or experienced events that created a feeling of insecurity or uncertainty. You had to learn to adjust quickly to new circumstances and adapt. This can also mean that you are prone to sudden emotional fluctuations. Perhaps a family member behaved erratically and you experience similar mood swings. You have a vivid imagination and sometimes it can be difficult to reconcile this with day-to-day reality. A good outlet and therapy for you can be to express your ideas, thoughts, imagination and feelings in creative writing or journaling. If you experience insomnia or other sleep disturbances, the herb valerian can help you relax and sleep soundly.

### *The Moon is Conjunct Venus*

Both relationship stress and financial stress can be particularly upsetting for you. This could be related to feelings of insecurity that have their roots in your upbringing and early development. You may have felt unloved or ignored by your parents or perhaps your family had to struggle financially to make ends meet. Sometimes insecurity can lead to eating disorders and food addictions. Your early conditioning may have also led to attention seeking behaviour, or conversely you may deny your emotional needs and instead focus on giving to others, later feeling resentful. During adolescence when relationships and peer group pressures are high, you may have had some difficult experiences that led to further insecurity. It is important that you learn to value yourself. This will help you to establish loving relationships and find the security you seek. Try not to turn to food as a solace. This can lead to weight gain that can further deplete your self-esteem. You probably have a real talent for art and art therapy can be highly beneficial for you. Theatre, music and other forms of creative expression will help to build your confidence. Try to be more discerning in your relationship choices. If no suitable relationship is available, don't settle for second best. You will learn that you are perfectly capable of managing on your own.

### *The Moon is Semisquare Chiron*

In childhood you may have felt quite different from others and experienced a deep sense of isolation or loneliness. You may have had to manage on your own without much support from your family. These early wounds could also have a physical component, for example you may be physically different in some way from other people, perhaps you had an accident that left you with physical scars. Whatever your early circumstances, somehow you feel like an outsider, and yet this also provides you with a unique gift of wisdom. You have learned a great deal about life and grew up quickly. You will continue to develop specialised knowledge and wisdom throughout life and are likely to acquire rare insight into other people. In particular, you have a great deal of empathy and understanding. While you realise that some wounds cannot be healed, you appreciate that difficult experiences foster even deeper healing within the soul.

### *The Moon is Sesquiquare Uranus*

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

### Your Vitality and Wellbeing



### Your Spiritual Essence

The Sun plays a vital role in matters of health. The Sun governs physical stamina and vitality. We get Vitamin D directly from the Sun, and a lack of exposure to sunshine can lead to a host of illnesses including seasonal depression, especially for those who live in extreme latitudes.

The Sun Sign will often describe our manner of self-expression. It can also reveal information about our physical type and the kinds of ailments that can affect us, including parts of the body that are affected by stress and genetically inherited conditions.

The Sun Sign represents the essence of who we are. It is largely associated with our sense of identity. As we move through life and learn more about ourselves, we tend to become more like our Sun Sign.

Early in life, the Sun Sign is more likely to express itself as ego. Later in life, as we come to know ourselves, our self-expression becomes more developed. Jung's concept of the 'Self' is also associated with the Sun Sign, which begins to emerge as we develop and mature. As we move through life, we move away from purely ego expression, towards a more comprehensive style of self-expression.

Stress can manifest according to the Sign in which the Sun is placed and this can affect our wellbeing and health. For example, when our ego expression is thwarted, if we lack confidence, or are fearful about expressing ourselves.

As we get to know ourselves and develop more fully, we become more conscious and aware, so our Sun Sign shines ever more brightly.

### *The Sun is in Sagittarius*

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

You have a youthful attitude and good vitality, but problems can arise from too much of a good thing. Over indulgence may lead to liver complaints over time. It is important for you to take a regular holiday and to spend time outdoors. Being involved in activities such as horse riding, or adventure trekking, can help to express your restless spirit, but more importantly, learn to enjoy each moment wherever you are and whatever you are doing. This may involve developing a sense of meaning and purpose that will guide you towards spiritual contentment.

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

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

### Your Vitality - The Life Force

The position of the Sun has a great deal to say about one's overall constitution, vitality and health. The House in which the Sun is placed corresponds directly with the time of day that you were born. Generally speaking, a person born during the day is thought to have a more powerful and dynamic solar energy and to be more extraverted and direct in their manner of self-expression, than someone born during the night, when more subtle night forces make for more introspection.

If you were born at sunrise, or in the middle of the day, the Sun is at its greatest strength and your solar forces are very powerful. As well as the House in which the Sun

is placed, consider the Sun's Sign and the aspects it makes to other planets, all of which will provide more clues to the overall picture of health and life force. As well as vitality and energy, the Sun governs one's identity, creativity and self-expression. Without the Sun there is no life. Therefore, the relative position of the Sun says a great deal about the type of energy and life force that we possess.

### *The Sun is in the 1st House*

You were born just before sunrise, when the rays of the Sun emerge from the night. This first ray of morning light corresponds with strong stores of energy and vitality that you can call upon when needed.

You have a strong personality. Happy and generous, your energy and vitality are generally very good and you are usually full of dynamic enthusiasm. You probably do not get sick very often, but when you do, you recover your energy very quickly. You are sometimes inclined to think you are invincible, so be wary of taking too many risks or over-estimating your physical abilities. Even with a powerful Sun position such as this, you are still human.

You are enthusiastic and direct in your manner of expression, have a powerful ego and you like to win, which means that you can come across to others as self-centred at times. As you mature, you will recognise that winning is not everything. Your passions are strong, but as you move through life, you will learn to accept that other people are equally important to you and you will come to value them more.

Because you like to express yourself creatively and you probably have leadership skills, try to channel your enthusiasm and energy into issues that really matter.

### 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.

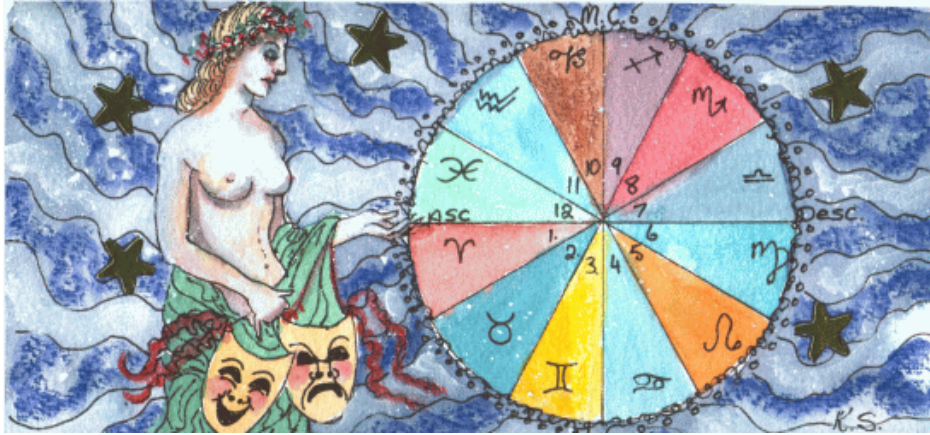
Also consider those vitamins and minerals that are associated with the planet involved in the challenging aspect with the Sun, for this too may provide clues as to potential deficiencies, that when brought into balance, can aid healing.

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 Sign that is Rising at your time of birth is usually quite obvious; often more so than the Sun Sign. The concept of the "persona" is thought to be associated with the Ascendant. This is the "mask" we wear, or the face that we show to the world and therefore the Ascendant Sign corresponds to characteristics that are immediately apparent. The Sign on the Ascendant also describes areas of the body where we might feel the effects of any stress that we encounter in our interaction with the world around us. The Ascendant will often describe those health conditions that manifest as a result of short-term stress. This area of the horoscope corresponds with acute health conditions and the stress we encounter when we are trying to fit in, or trying to put our best side forward, especially when we feel we must hide our true nature.

#### *The Ascendant is in Sagittarius*

You generally love life and are adventurous in your approach to living. This means you are likely to be a risk-taker, which has both positive and not-so positive effects. For the most part, Sagittarius rising gives you a great abundance of energy and vitality. You most likely love the outdoors and being active. With a liking for travel and adventure, you may feel trapped by the routine nature of daily living, which you can find dull, or boring, and this can result in a tendency to want to escape.

The pleasure-loving side of you can lead you to indulge in all kinds of excesses that can impact on liver function. You would be wise to limit your consumption of alcohol and minimise the intake of rich, sweet, salty and fatty foods. Possible health concerns for you can include: hypertension, fevers, liver problems such as hepatitis, sciatica,



rheumatism, hip dysplasia, obesity, diabetes and accidents. You might also be prone to picking up infectious diseases, particularly from overseas travel.

Learning to be happy wherever you are and no matter what you are doing, will help to stave off illness, especially as you get older. You need to feel inspired as having purpose and meaning is important to your sense of wellbeing. Your youthful attitude and happy-go-lucky approach to life are great assets and will help to maintain good health. You are adaptable and therefore cope with change very well, however you are very restless and can get bored easily. Too much of anything is your Achilles heel. "All things in moderation" is a motto you should heed.

Herbs and aromatherapy oils that are useful for those with Sagittarius rising include: Lavender, Rosemary, Sandalwood, Ylang Ylang, Juniper, Sage, Thyme. Peppermint and ginger are good for travel sickness. For jet lag try Lavender, Sandalwood, Ylang Ylang and Rosemary.

### **Your Strengths and Sensitivities**

The 1st House of your Horoscope and the Ascendant are associated astrologically with the physical body. The Ascendant is the place of interface between the physical and spiritual realms.

The Ascendant also describes your immediate environment and general physical type. Planets in the 1st House and in particular those that are in conjunction with the Ascendant, are considered to be very strong. These planets tell us something more about our physical appearance, vitality and manner of expression.

Any planets that make a conjunction to the Ascendant are especially powerful. These planets and any that are located in the 1st House should be taken into consideration when assessing your physical attributes and health.

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

These planets will modify the expression of the Ascendant Sign, and in some cases may seem to contradict it, but taken together you will probably strongly identify with both the Ascendant Sign and any planets in the 1st House.

### **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 (Jupiter) is Square Mars*

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

Taking things too far can result in cardiovascular ailments, high blood pressure, inflammatory conditions, problems with the adrenal glands, headaches, migraines and fevers. Anger can be the root cause of these problems. Anger management can go a long way towards a return to health. You may have sudden outbursts from time to time. Although these are usually short lived, they can have a dramatic impact on your relationships and your life in general. Swallowing your anger won't work either because repressed hostility can also lead to disease. Channel your energy and any feelings of frustration into sport, exercise, or make efforts to affect positive changes in the world around you.

### *Dispositor of The Ascendant is Jupiter*

It is important for you to have a sense of purpose and to follow your visions. You are capable of doing this, because you tend to express yourself with confidence. It does not appear to others that you have any worries or concerns. You are generally relaxed in your style of expression and you may be viewed as an authority in your field. Perhaps things are too easy. Problems can result if you do not have a clear vision of what your life should be. Your early experiences may have taught you that to be successful you must appear successful, and this is usually a winning formula, but part of you needs to have an underlying belief or purpose to feel whole. If you do not have a sense of purpose or meaning, you can drift through life.

Until you find your mission in life, you can be quite restless and may have a tendency to over-indulge in food, alcohol or drugs. Alcoholism is possible with this aspect and liver problems can result. High cholesterol and heart conditions can also take hold. Weight gain and metabolic problems such as diabetes are also possible. Supplements of Vitamin B6 and Zinc can be beneficial for you.

Don't waste your positive energy and opportunities on self-indulgent behaviour; use it to make the world a better place. This is a much more productive, worthwhile and healthy option. Keep searching for your mission and purpose and try to make practical use of your many skills and talents.

### *Chiron is Square The Ascendant*

You are a sensitive and caring soul who can easily be wounded. You may be subjected to an illness or psychological wound that could have a profound impact on you physically and/or emotionally. As you move through life you will come to realise that you possess a unique gift for healing, indeed a profession in the healing area would ideally suit your temperament. You are wise beyond your years. Listen to and honour your inner self. You may find that you are put into situations that are painful and through this suffering you will become a more caring and giving individual. You will come to understand that the physical, mental, emotional and spiritual dimensions are intertwined and of equal importance. You will experience profound healing and can make a valuable contribution by teaching others the lessons you learn. You may feel alone in your suffering, but you are capable of providing a beacon of hope that helps to inspire others in similar situations.

### *Dispositor of The Ascendant (Jupiter) is Quincunx Uranus Uranus is Square The Ascendant*

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

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

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

Learning yoga or Tai Chi could be highly beneficial for you, as these practises facilitate

and enhance the natural flow of energy within your body and externally in your environment.

### *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 work and daily activities, which indicates the connection that exists between all these aspects of life. The 6th House is also associated with our habits. To stay healthy it is important to eat sensibly, to establish good habits and to manage daily stress.

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

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

Our regular day-to-day activities, our habits, and our occupation are all connected with this House, the House of health. It can be difficult to change our habits and routines, but it is possible. By making conscious decisions that bring about better health, we can use the 6th House energies to establish healthy habits.

#### *Ruler of the 6th House is Venus*

You are a person with a high degree of integrity. You have a strong interest in giving to others and in providing services that fulfil their needs and you give quite selflessly when called upon. At times you might over-value others and under-value yourself, which can affect your sense of wellbeing.

Day-to-day stress can take its toll in ways that affect your self-esteem. You may feel unloved or undervalued at times. You should try to avoid replacing self-love with food, or other indulgent activities, in particular limit intake of sugary foods and alcohol, which you may not tolerate very well. Try to find a balance between giving and receiving.

Some relationships, especially in the workplace, may exacerbate feelings of unworthiness that sometimes emerge when you are under stress, but overall you enjoy working with people. Try to remember your values and self-worth are valuable in their own right and do not depend upon what others might think, say, or do. You may be interested in a profession in the healing area, if so, it would probably be in areas that honour the self-worth of others: massage therapy, aromatherapy, or beauty therapy for example. Also try to experience some of these pleasures yourself on a regular basis. Areas to watch for the effects of stress include: the thyroid, neck, tonsils, kidneys, bladder, vocal chords and the skin. Bach flower remedies, aromatherapy, or a regular massage can help you maintain optimum health. Consider taking up singing or dance, which are excellent ways for you to express yourself.

### 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.

#### *Saturn is Square the 6th House Cusp*

You may encounter issues related to authority figures, such as parents, the government and/or employers. You may either have an overly esteemed view of superiors, or perhaps resent their position and authority. This may stem from issues with your parents when you were a child. As a result, you can have problems establishing your own personal authority in the world, at least initially. Health problems can result from work stress that builds up over time. You probably work too hard; perhaps you are trying to make a good impression in order to rise through the ranks. Teeth, knee or joint problems are a signal that you need to look after yourself and make the time to de-stress. Massage or chiropractic care may be advisable. You may have clashes at work with those in authority, until you find a balanced attitude to authority figures in general. As you mature this will become easier. Joint stiffness can be relieved by the essential oils; Lavender, Eucalyptus, Juniper and Frankincense, add a few drops to a carrier oil for a therapeutic massage, or add to your bath at times when you need to relax.

#### *Neptune is Opposite 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 focused on ego, angry, hostile or aggressive. When under active, Mars can operate in a passive-aggressive fashion, or can result in a lack of drive and energy.

#### *Mars is in the 1st House*

With Mars here your energy is direct, strong, dynamic and even explosive at times. Sports and activities that suit your energy style include squash, martial arts, boxing, motorcar racing and similar activities that provide intense workouts and use high amounts of adrenaline. You probably enjoy competition.

Possible health problems with this location of Mars include cardiovascular problems, high blood pressure, muscle inflammation, acid-alkaline imbalances, headaches or migraines. Anger can be the root cause of some of these conditions. Anger management can go a long way towards a return to health. You tend to use a great deal of energy, and may not have enough stores of energy to call upon when you need them. If your energy wanes, it could be because you have developed a deficiency with one of the minerals or vitamins associated with Mars. Likewise disorders of the blood are also possible. At times you can be overly focused on having your own desires fulfilled. You can be aggressive



and self-centred, and you are capable of destructive behaviour when you do not get your own way. Learn to direct your energy into worthwhile activities. Try to think things through before taking action.

Burnout, chronic fatigue or exhaustion can occur when you overdo things physically and deplete yourself of important nutrition. You enjoy taking risks and experiencing adrenaline highs that come with adventure. However, accidents are possible, especially broken bones and head injuries, which are more likely to happen when you are hasty and impatient. Ensure that you balance your high energy output with enough input of nutrition.

### *Mars is in Capricorn*

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

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

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

## Healing Solutions



### Towards Health - The Journey Continues

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

#### *Chiron is in the 3rd House*

Part of your experience could include a deep wounding that in some way relates to your intellectual capacity. Perhaps you experienced some sort of learning disability, or maybe you missed some schooling due to ill health, so part of you feels unsure of your intellectual ability and hence you strive to attain more information and knowledge. At some point you might feel you are intellectually inadequate, which can lead you to over-compensate by cramming your head full of information, facts and data.

At the same time you may feel a sense of stress that can stem from information overload, travel and mobility issues, or generally doing too much, which then leads problems such as recurring shoulder tension, colds, flu, asthma, bronchitis, chest and sinus conditions.

Learning new information can also be quite stressful for you and because it is painful, you might try to avoid it. Returning to study throughout life may be challenging for you, but it will also be highly rewarding and healing, and show you how to embrace your full potential. Teaching, writing or speaking could play a large role in your life. You are both student and teacher.

Make time to express your feelings, emotions and needs too. You will learn that communication comes in many forms, not just in words, facts and ideas. Healing begins when you stop trying to do ten things at once and keep an open mind.

### *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 Semisquare 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.

### *Venus is Semisquare Chiron*

Your self-esteem may have been wounded in your early years in such a way that they have made it difficult for you to establish develop close intimate relationships. Eating disorders can be associated with this aspect.

You may have not had much feeling of closeness or support in early life. This makes you both determined to find a supportive relationship that fulfils you, but at the same time you may enter into relationships that repeat the abusive patterns of the past. You will make every effort to work at relationships, but you may need to heal this part of yourself before you can enter into mutually caring relationships that fulfil your needs. Once you experience healing, you may discover that you have gifts as a counsellor. You have a need to heal others and may become personally involved with people who need healing. First and foremost, heal yourself.

### *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.

### *Pluto 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.

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

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

### Key Parts of the Body

Each degree of the zodiac corresponds with a specific part of the body. The location of each planet in the Birth Chart will therefore represent certain physical areas. This section lists all the anatomical degrees of your Natal planets as well as the degree of the Ascendant and 6th House cusp.

Unfortunately, the exact meaning of a few of the terms in the anatomical degrees remains unclear, even after consultation by the translator, Jane Ridder-Patrick, with German medical colleagues. However, from the zodiacal area concerned, it is relatively simple to give a fairly reliable approximation. Although he did include them along with his own work, Reinhold Ebertin was of the opinion that these degree areas are not as reliable as those he himself used.

The 'azimene degrees' are also included in this list. These degrees, which are sometimes called degrees lame and deficient, come from William Lilly's Christian Astrology written in the 17th Century. Lilly says that blindness, deafness, lameness or any other crippling disability or deformity, can be explained by the person having the Ascendant, the Ascendant ruler, the Moon or the most important planet, in either the Natal Chart or the Decumbiture Chart (a chart for the onset of an illness), in any of the Azimene Degrees (weak or lame degrees).

Please note that some of these degree areas are gender specific, and will therefore not necessarily apply to you. It is important to also keep in mind that you probably won't have health problems with all of these physical areas, nor necessarily with any of them, but if you do have a health issue that relates to any of these degree areas, you may need to investigate the nature of this particular planet further, for specific healing.

#### *The Moon is located at the 23rd degree of Capricorn*

Part of Body: Muscle insertions of upper to lower legs

#### *The Sun is located at the 26th degree of Sagittarius*

Part of Body: Condyles of left femur

#### *Mercury is located at the 17th degree of Capricorn*

Part of Body: Condyle of left tibia

#### *Venus is located at the 24th degree of Capricorn*

Part of Body: Muscle insertions of upper to lower legs

#### *Mars is located at the 11th degree of Capricorn*

Part of Body: Left cruciate ligaments

*Jupiter is located at the 10th degree of Aries*

Part of Body: Eyeball

*Saturn is located at the 20th degree of Aquarius*

Part of Body: Spinal nervous system

*Uranus is located at the 11th degree of Virgo*

Part of Body: Falciform ligament of liver, bile

*Neptune is located at the 17th degree of Scorpio*

Part of Body: Testicular lobes, left ovary

*Pluto is located at the 15th degree of Virgo*

Part of Body: 'Bare area' of liver

*Chiron is located at the 11th degree of Pisces*

Part of Body: Lymph vessels of foot

*The North Node is located at the 12th degree of Cancer*

Part of Body: Greater curvature of stomach (Azimene)

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

Part of Body: Long saphenous veins

*The Midheaven is located at the 27th degree of Virgo*

Part of Body: Iliac nerve

*The 6th house cusp is located at the 22nd degree of Taurus*

Part of Body: Arteries of nasal cavities



## 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](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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