



# SOLAR WRITER

## HEALTH & WELLBEING

A SOLAR WRITER REPORT  
for Tom Hanks

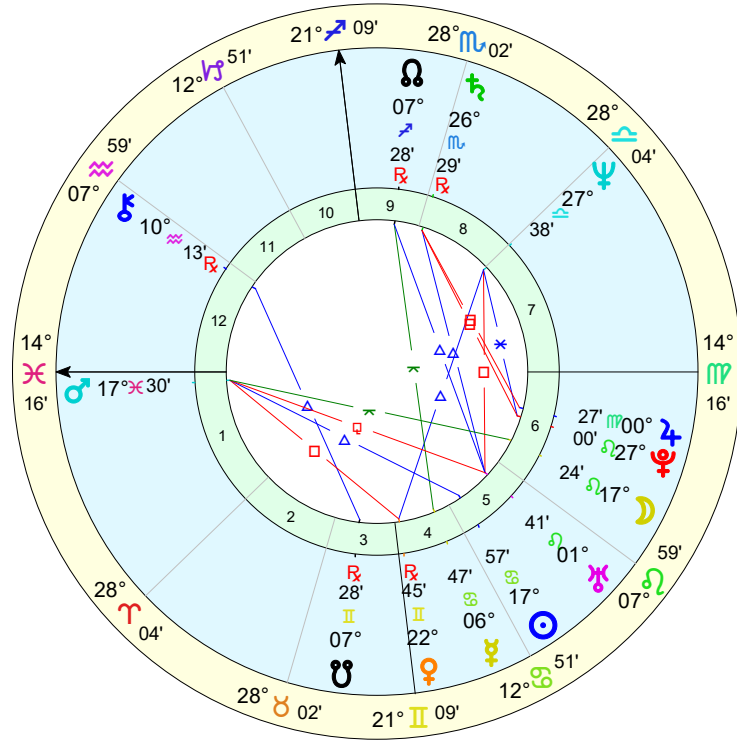


Esoteric  
technologies

### COMPLIMENTS OF

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**Tom Hanks**  
**Natal Chart**  
9 Jul 1956  
11:17 pm PDT +7:00  
Concord, CA  
37°N58'41"  
122°W01'48"  
*Tropical*  
*Placidus*



# Astrological Summary

## Chart Point Positions: Tom Hanks

Planet	Sign	Position	House	Comment
The Moon	Leo	17°Le24'	6th	
The Sun	Cancer	17°Cn57'	5th	
Mercury	Cancer	6°Cn47'	4th	
Venus	Gemini	22°Ge45'	4th	
Mars	Pisces	17°Pi30'	1st	
Jupiter	Virgo	0°Vi27'	6th	
Saturn	Scorpio	26°Sc29'	8th	
Uranus	Leo	1°Le41'	5th	
Neptune	Libra	27°Li38'	7th	
Pluto	Leo	27°Le00'	6th	
Chiron	Aquarius	10°Aq13'	12th	
The North Node	Sagittarius	7°Sg28'	9th	
The South Node	Gemini	7°Ge28'	3rd	
The Ascendant	Pisces	14°Pi16'	1st	
The Midheaven	Sagittarius	21°Sg09'	10th	

## Chart Point Aspects

Planet	Aspect	Planet	Orb	App/Sep
The Moon	Quincunx	Mars	0°06'	Applying
The Moon	Conjunction	Pluto	9°35'	Applying
The Moon	Trine	The Midheaven	3°44'	Applying
The Sun	Trine	Mars	0°26'	Separating
The Sun	Trine	The Ascendant	3°41'	Separating
Mercury	Quincunx	The North Node	0°41'	Applying
Venus	Square	Mars	5°14'	Applying
Venus	Trine	Neptune	4°53'	Separating
Venus	Opposition	The Midheaven	1°36'	Applying
Mars	Sesquisquare	Uranus	0°49'	Separating
Mars	Conjunction	The Ascendant	3°14'	Separating
Mars	Square	The Midheaven	3°38'	Applying
Jupiter	Square	Saturn	3°57'	Separating
Jupiter	Conjunction	Pluto	3°26'	Separating
Saturn	Trine	Uranus	5°11'	Separating
Saturn	Square	Pluto	0°30'	Separating
Uranus	Square	Neptune	4°02'	Separating
Uranus	Trine	The North Node	5°47'	Applying
Neptune	Sextile	Pluto	0°38'	Applying
Neptune	Sesquisquare	The Ascendant	1°37'	Applying
Pluto	Trine	The Midheaven	5°51'	Separating
Chiron	Trine	The South Node	2°44'	Separating

# 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 Weak*

With a lack of Earth you are somewhat ungrounded and you may lack stamina or endurance. Your physical body may not be overly strong and you will therefore benefit from incorporating highly nutritious food in your diet. Eating, and especially juicing root vegetables such as carrots and beetroot will help to build up your Earth energy. Try to remember to eat well. Regular meals and a routine of physical activity will assist you to build up your strength. Gardening can be a good activity to ground you too. Earthy colours such as greens, dark yellows and browns can also help to enhance the Earth Element and ground you.

### *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 anxiety, depression and weight gain. Finding ways to establish harmonious relationships and supportive connections is important. 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. The Element Water is fluid and melds itself to its surroundings. You can be easily influenced by people. Ensure that you protect yourself from negative

environments, for they can make you unwell. You may also experience hormonal fluctuations and mood swings from time to time. Too much Water can also be associated with mental illness and emotional disorders. Grounding earthy colours and activities can make a real difference. Create a peaceful sanctuary in your mind, or a place where you can regroup and centre yourself. If you are feeling stressed, it will help to establish firm boundaries and areas of responsibility. You are a caring soul and can contribute substantially to the wellbeing of others, but you sometimes give too much and overlook your own wellbeing. Learn to say no. When you are feeling down, talk things over with someone close. Bright, happy colours like pinks and bright yellow and also earthy tones can be soothing.

*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, initiative 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 able to call on these qualities when you need to. Having the Modes balanced also indicates that you are capable of attuning your inner self to your outer experiences. There are stages and cycles in life and you possess the necessary skills to manage and adapt.

## 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 Leo*

When your emotional needs are being met you are a generous and giving soul, expressing yourself with confidence and creative leadership. You are a passionate person and it is important that you feel you are receiving tangible expressions of love from others, which can be in the form of admiration, gifts, or other expressions of love that support you emotionally. When you feel connected with your emotional centre, your generosity and loyalty are second to none, but when you feel unloved or unsupported emotionally, you can revert to coping mechanisms you learned as a child, which can manifest as a tendency to become self-indulgent or overly focused on yourself. This was probably the way you coped as a child when you didn't get the attention you wanted, but as an adult you need to develop mature ways to honour your inner child.

Ensure that you have an outlet for your creativity. Expressing your feelings and imagination creatively via the arts, drama, theatre and other creative pursuits will support your emotional health and wellbeing. When your heart is full you are generous to a fault and radiate warmth, confidence and compassion, in particular where your own children

are concerned.

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 Quincunx Mars*

Your early circumstances led you to develop a high degree of courage and independence, but anger and impatience are two emotions that can sometimes erupt from within you. Though you may not be aware of it, others can find this behaviour threatening. You are very driven and speak your mind spontaneously without thinking, which is a sign of your honesty. But however forthright, your sudden emotional outbursts can damage your relationships, and can lead to health problems such as high blood pressure. When you were young you may have had to fight to be heard or seen. Perhaps you experienced a lot of squabbling and arguments when you were growing up. As an adult you will learn to grow beyond these angry emotions. When things don't go the way you want, try channelling your frustration into sport or other physical activities and hard work that releases excess adrenaline. Left unchecked, anger and impatience can damage the liver and the heart. Regular meditation is an excellent way to lower blood pressure and help you relax.

### *The Moon is Conjunct Pluto*

You are probably deeply interested in the workings of the mind and fascinated to learn what makes people the way they are. As a child you may have experienced your share of trauma or emotional abuse or other difficulties that left you asking, why me? While some of these early problems were painful, they fostered your fascination with psychology and the unconscious. You have a powerful survival instinct and this means you can manage just about anything that comes your way. You are passionate about what is right and wrong, though you can become obsessed, especially when under emotional strain. You learned ways to defend and protect yourself that served you well. Yet these defence mechanisms can mean that you overreact to perceived threats. Try not to judge others.

You can be prone to conditions such as Obsessive Compulsive Disorder, constipation or sexual difficulties. Such psychological problems and physical disorders can result from trauma, but you have the capacity to overcome these issues and use the knowledge you develop to assist others who are in need of healing and understanding. Being in control of your emotions and controlling other aspects of life is important for you, however releasing your deepest fears and emotions is highly cathartic and healing. Should negative feelings of resentment, jealousy or revenge well up from within, it is important to work through these issues psychologically, for negative emotions can become toxic and seriously impact on your health if left to fester.



# 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 Cancer*

You are a sensitive and highly imaginative soul. Because you have a high level of intuition, it can be sometimes tricky for others to understand you or to see things as you do. You are good at expressing your feelings and imagination, but perhaps not so good

at articulating your needs. You will learn to feel comfortable and more confident in expressing yourself as you mature. Home and family are important to you, so any lack of emotional or family support you experience may have a profound effect on your confidence. Do not fear the future, nor try to live in the past.

At times of stress you like to retreat into your shell and hide from the world. You may be prone to health problems such as stomach upsets, fluid retention and chemical sensitivities, particularly when you feel unsupported or emotionally vulnerable. Parts of the body that can feel the effects of stress are breasts, stomach, digestive organs, ribs and diaphragm.

Comfort eating is something you may need to watch for. You are a caring and loving person and yet nurturing others and yourself can be difficult for you at times. Sometimes you can be too focused on giving to others or, on having your own needs met. Try to find a balance between giving and receiving.

When under emotional stress you can reach for food. Prolonged stress can manifest in eating disorders that are linked to emotional issues. Nutrition and diet are very important factors in maintaining health and vitality. As you learn more about yourself, you will be able to express your feelings with more ease and feel secure in doing so. You will come to feel comfortable with your sensitivity and shyness, learning to honour your inner child. You will come to rely more on your radar-like intuition and recognise that you possess special and unique gifts as your confidence grows and discover who you really are.

It is important that you nurture yourself regularly and listen to your intuition. You may have trouble in standing up for yourself and the idea of confrontation can make you run a mile. This fear can make you resort to manipulation or emotional bribes, which others may resent. Writing may provide an outlet when direct confrontation seems beyond you. Get plenty of rest when you are tired. Soak in a bath from time to time with some soothing oils such as Bergamot, Lavender, Cedarwood or Sandalwood, which will strengthen your resolve and soothe anxiety. For indigestion try peppermint tea.

## 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 5th House*

Your sense of identity is largely about expressing yourself creatively. You have a strong personality and you want to make your mark, not because you are driven by ambition per se, but you just want the creative freedom to express yourself.

You have a strong constitution and most likely do not get sick often; provided you have an outlet for your creativity, you feel confident and happy. Self-expression can take many forms. You may have an artistic gift, or a strong desire to have children, but whatever your passion, you feel that you must be true to yourself and be creative. Sometimes you can be too focused on yourself.

You are youthful and energetic and may think you will remain so forever. You might need to learn to lessen the pace, particularly as you get older, and especially if you think that you are immune to ageing, but you will probably keep active and involved. You may be prone to seasonal depression in the winter months.

One of your lessons is to let others have the spotlight once in a while. You do not need to be constantly at the centre of things. You might also be tempted to live your life vicariously through your children. Watch for any tendency on your part to become a 'stage mother' or 'football father'. Although interested in what your children create, it is probably not a good idea to force them into activities in which they do not naturally have an interest. Your children will return your generosity, your love and affection if given freely without strings.

You are confident and are probably gifted creatively. You probably enjoy sports and games. Team captain is a role in which you will excel.

## **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.

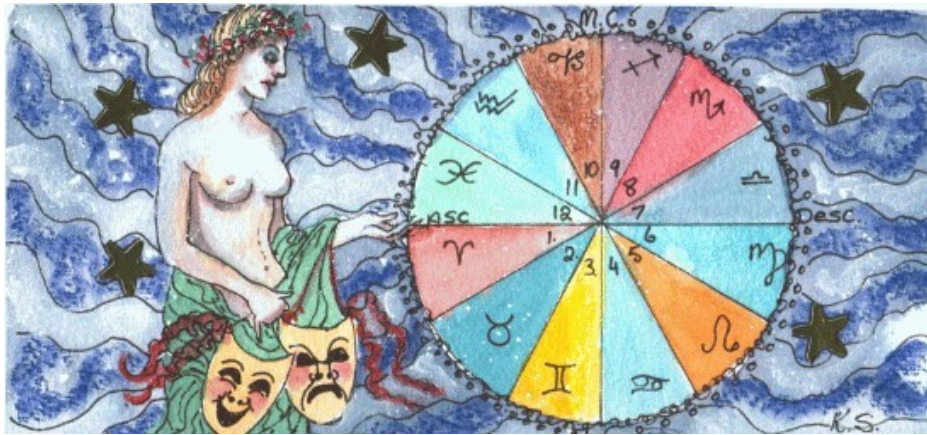
Magnesium, Iodine, Vitamin A and Vitamin D are ruled by the Sun. A deficiency or incorrect assimilation of any of these minerals and vitamins can be the cause of health problems when there are difficult aspects involving the Sun.

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 Pisces*

You are a sensitive and imaginative soul. You may need to develop a stronger sense of your identity and protect yourself from absorbing too much negativity from your immediate environment. Most medical problems associated with Pisces rising are brought about by this acute sensitivity. Drugs, be they prescribed or recreational, should be avoided, or used very sparingly, for it is likely that they can have a detrimental impact on your highly sensitive system. In particular, avoid alcohol. You could also be allergic to a variety of chemicals, or foods.

You are highly intuitive and probably very creative or artistic, perhaps also quite psychic. You are not really focused on your own physical body, and at times may not even be aware you have one!

Learning to get in touch with your body through a course in yoga for example, something that combines the spiritual and physical, will have a positive effect. This is an excellent

way for you to become more attuned to your body.

Pisces rules the feet, the lymphatic system, the fluids of the body and the glands, so problems can manifest in these areas, due to the cumulative effects of stress. Glandular fever is a Piscean ailment. You may also be prone to psychosomatic illnesses, which have their cause in unexpressed or unacknowledged feelings. You are also prone to catching viruses, colds and flu.

Reflexology is an excellent therapy for those with Pisces rising. You are highly suggestible and so hypnosis can also be a good way to heal.

It is important to make sure that you eat fresh and healthy food, which will help stave off health problems.

Living near the water and having a harmonious interchange with your surroundings is very healing and renewing to your spirit. Regular meditation can be useful too.

Aromatherapy oils and herbs that can assist you include: Basil, Bergamot, Clary Sage, Neroli, Patchouli, Sandalwood, Ylang Ylang, Geranium, and Camomile.

## 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.

### *Mars is Conjunct The Ascendant*

You have a strong desire to express yourself and a great deal of dynamic energy. You can overexert yourself at times. When you feel frustrated or thwarted, you can become more heated. At times you need to express your anger, but you may have a fiery temper that can be difficult to manage. Generally these outbursts, when they occur, are short lived. But if they start to happen frequently, or lead to destructive behaviour, you may need to find a new way to express this part of yourself. You are highly competitive, so

channelling your energy into physical challenges could be the answer. However, be aware that high-risk activity can sometimes lead to accidents if you rush in too aggressively.

Having a strong Mars means you have a dynamic and energetic physical energy. You prefer direct action; you like to get on with things and you like to get your own way. Initially, when you experience delays or obstacles, you can be prone to outbursts of temper, headaches, high blood pressure or cardiovascular problems, particularly if you anger easily. As you mature you will realise that challenges come along in order that we develop other qualities, such as patience and the ability to remain calm in a crisis.

It is probably a good idea to limit your intake of alcohol and not eat too many spicy foods. Ensure you get enough minerals in your diet, especially Iron, Folic Acid, and Vitamin B12, particularly when you are under stress. Your body can become depleted of iron, or you may experience adrenal exhaustion if you push yourself too far. Wearing the gem bloodstone can assist to purify the blood.

You use a great deal of energy and are very productive, but you do need to replace your energy and watch that it does not become destructive.

## 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 (Neptune) is Square Uranus*

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.

*Dispositor of The Ascendant is Neptune  
Neptune is Sesquisquare The Ascendant*

It is important for you to develop a meaningful life philosophy and a creative outlet, for you are most likely a gifted artist. You can be prone to depression and moodiness, especially if you do not feel a spiritual connection with the natural world, nor have a belief system in which you can put your faith. You are a sensitive soul who is easily affected by your environment. Expressing your creativity through the arts will bring healing and a sense of belonging which is integral to your wellbeing.

In your efforts to feel a sense of belonging, you could try to forge connections with various people and/or groups including associations that are not really in your best interest. Whether this is a conscious, or an unconscious journey on your part, either way, you are seeking to make spiritual connections that are meaningful and you give people the benefit of the doubt. You are a caring person, but you can sometimes end up being taken advantage of, because of your highly idealistic nature and your strong desire for meaningful connections. At times you can feel misunderstood, which can make you feel isolated, or depressed. Stress can result in problems with the various fluids of the body such as lymph circulation. You can also experience metabolic problems, endocrine system problems or glandular malfunctions. You are likely to be highly sensitive to drugs and chemicals, so you should try to avoid these substances as much as possible and/or monitor their intake for side effects. Avoid alcohol and recreational drugs. Certain substances may work as poisons on your delicate system, so try to eat well and limit your exposure to food additives and preservatives. You are highly imaginative and may need more sleep than the average person in order to function effectively. Coping with the harsh realities of the world can be traumatic for you, so endeavour to be involved with nature, animals, music and the arts as much as you can.

# 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 The Sun*

You are probably quite conscious of the importance of maintaining a healthy body and eating well. By paying attention to your health and diet, and by managing stress, you will be able effectively deal with any potential constitutional weakness. Health and healing could play a major role in your life. You may develop a specific interest in healing, or could be employed in this area. You will probably find that a large part of your life is spent focusing on health, work and your various daily responsibilities. Be aware that prolonged stress and bad dietary habits can lead to high blood pressure. Areas you should take special care with include your cardio-vascular and circulatory systems, your heart, your back and spine. Since your self-identity is largely determined by your work



and being active, make sure that you make time to relax and take pleasure in what you are doing. Ensure you get plenty of Iodine and Magnesium in your diet as well as Vitamins A and D, especially during times of stress.

### *The Moon is in the 6th House*

It is important for you to eat well. Your eating habits and diet have a particular impact on your overall health. When under stress you might tend to reach for food, or you may develop specific food allergies.

You are a caring person who understands the feelings and emotions of others, but you need to honour your own feelings too. It is important that you feel good about your work situation, as stress in the workplace can take a toll. You might prefer to take on the role of homemaker, or caregiver, or to work from home, rather than have a regular job in the wider world. Whatever your daily routine, activities or occupation, honour your feelings and your intuition and learn to nurture yourself, as well as others.

Failing to honour your feelings in this way, can lead to a range of psychosomatic reactions including stomach upsets and problems with the digestive system. Prolonged stress and bad habits can also lead to problems with breasts, lymph circulation, or fluid metabolism. Hormonal imbalances and emotional disorders such as depression can also result.

You sometimes tend to hold your emotions inside you and may feel uncomfortable about sharing your feelings, but finding a comfortable way to express your emotions will lift a weight from your heart. Ensure you get plenty of potassium and B-Group vitamins in your diet, especially during times of stress.

### *Jupiter is in the 6th House*

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.

### *Pluto is in the 6th House*

You may have to struggle to overcome something in order to survive. Because of your experiences you tend to rely on your own resources a good deal and feel the need to be strong and self-sufficient. As a result, the cumulative effects of stress can manifest in

conditions that effect the reproductive area, the colon, bladder or lower back and you can also be prone to developing psychological problems, such as obsessive-compulsive disorder. You are more sensitive than you like to think, for you like to show that you are quite driven and ambitious. Because you like to be self-sufficient, you may hide your sensitivity from others. Remember that holding in the effects of stress can make you sick. Pluto's connection with the 6th House suggests that you may suffer from constipation, haemorrhoids or fertility problems. These conditions can be a signal that you need to address the underlying psychology that is probably contributing to, if not causing, these problems. If not addressed, the on-going build up of toxins in your system, can result in serious diseases. Expressing your emotions, rather than holding them in, will alleviate tension and help to stop these conditions from developing. It is probably a good idea to detoxify your system once in a while and psychotherapy can be beneficial to help you release old patterns. Whatever the healing method, learning to let go will facilitate deep healing, psychologically and physically.

## 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.

### *Venus is Semisquare the 6th House Cusp*

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

### *Chiron is Opposite the 6th House Cusp*

Your journey towards wholeness and wellbeing will likely involve some experiences that are potentially difficult or wounding, but you are likely to develop the skills and wisdom to convey information to others in a spirit of service. You could experience some health concerns that have a profound effect upon you, not just physically, but which lead you on a quest for knowledge and healing, which could develop into a career in teaching or the health sector. Before you can enter into such a role that provides service to others, you first need to heal yourself. Undertaking your own research into a variety of healing modalities is a good place to start. It is likely that you will experience some inner struggle to find a balance between having personal freedom and autonomy while at the same time accepting your obligations. To assist during times of stress and to rebalance your system, try a bath or massage using Clary Sage, Sandalwood and Ylang Ylang essential

oils, which will also lift your mood when you feel despondent.

## 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 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 Aquarius*

You may sense that you do not fit in to the mainstream, indeed you may not want to, and may prefer to stand apart. Trying to fit in, forcing issues, feeling isolated or cut off, or having to change your approach in order to fit in, can cause you stress. On the one hand, you value your independence and creative freedom, but having autonomy comes with a sense of isolation. You can also feel uncertain about your identity. This is the key to your wound.

As you search for your identity, you are likely to be interested in alternative approaches to living. Creative expression is important to you, but you may have trouble finding your particular niche until you understand more about yourself. Don't be disheartened by a lack of immediate results as you explore your options. You may mistakenly believe that your progress should be faster, or should happen with greater ease, but that is not the case. You sometimes think that you are right and everyone else is wrong, or vice versa. It is possible you may be resistant to new ideas, information or technology, or be well ahead of the times and full of new ideas that you have trouble getting off the ground.

Circulation problems, high or low blood pressure, burnout, panic attacks, nervous disorders, or headaches can be signals that you need to relax and go with the flow. Find a balance between fluctuating extremes and try to keep an open mind. Try meditation, hypnotherapy, homoeopathy, or acupuncture. Explore a variety of alternative and non-traditional options.

Healing will truly come to you, when you learn to remove any mental blocks and honour your uniqueness.

Discovering more about yourself will lead you to express your creativity and embrace your individuality. In your search, explore a range of options, ideas and lifestyles. As you do so, you will come to know yourself better by becoming aware of the similarities and differences between yourself and others. The by-product of these encounters is your growing self-awareness and insight that will eventually lead you to find your true self and a way to express your unique creativity.

### *Chiron is in the 12th House*

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.

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

# 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 18th degree of Leo*

Part of Body: Right cardiac cavity (Azimene)

*The Sun is located at the 18th degree of Cancer*

Part of Body: Duodenal opening of pancreatic duct

*Mercury is located at the 7th degree of Cancer*

Part of Body: Thoracic cavity

*Venus is located at the 23rd degree of Gemini*

Part of Body: Head of the humerus

*Mars is located at the 18th degree of Pisces*

Part of Body: Extensor muscles of right toes

*Jupiter is located at the 1st degree of Virgo*

Part of Body: Duodenum

*Saturn is located at the 27th degree of Scorpio*

Part of Body: Anus



*Uranus is located at the 2nd degree of Leo*

Part of Body: Aorta

*Neptune is located at the 28th degree of Libra*

Part of Body: Bladder

*Pluto is located at the 28th degree of Leo*

Part of Body: Chordae tendinae (Azimene)

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

Part of Body: Right cruciate ligaments

*The North Node is located at the 8th degree of Sagittarius*

Part of Body: Left superior femoral artery (Azimene)

*The Ascendant is located at the 15th degree of Pisces*

Part of Body: Left cutaneous veins

*The Midheaven is located at the 22nd degree of Sagittarius*

Part of Body: Right trochanter

*The 6th house cusp is located at the 9th degree of Leo*

Part of Body: Inferior vena cava

# Conclusion

## References Sources:

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

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

## The Anatomical Degree Areas

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

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