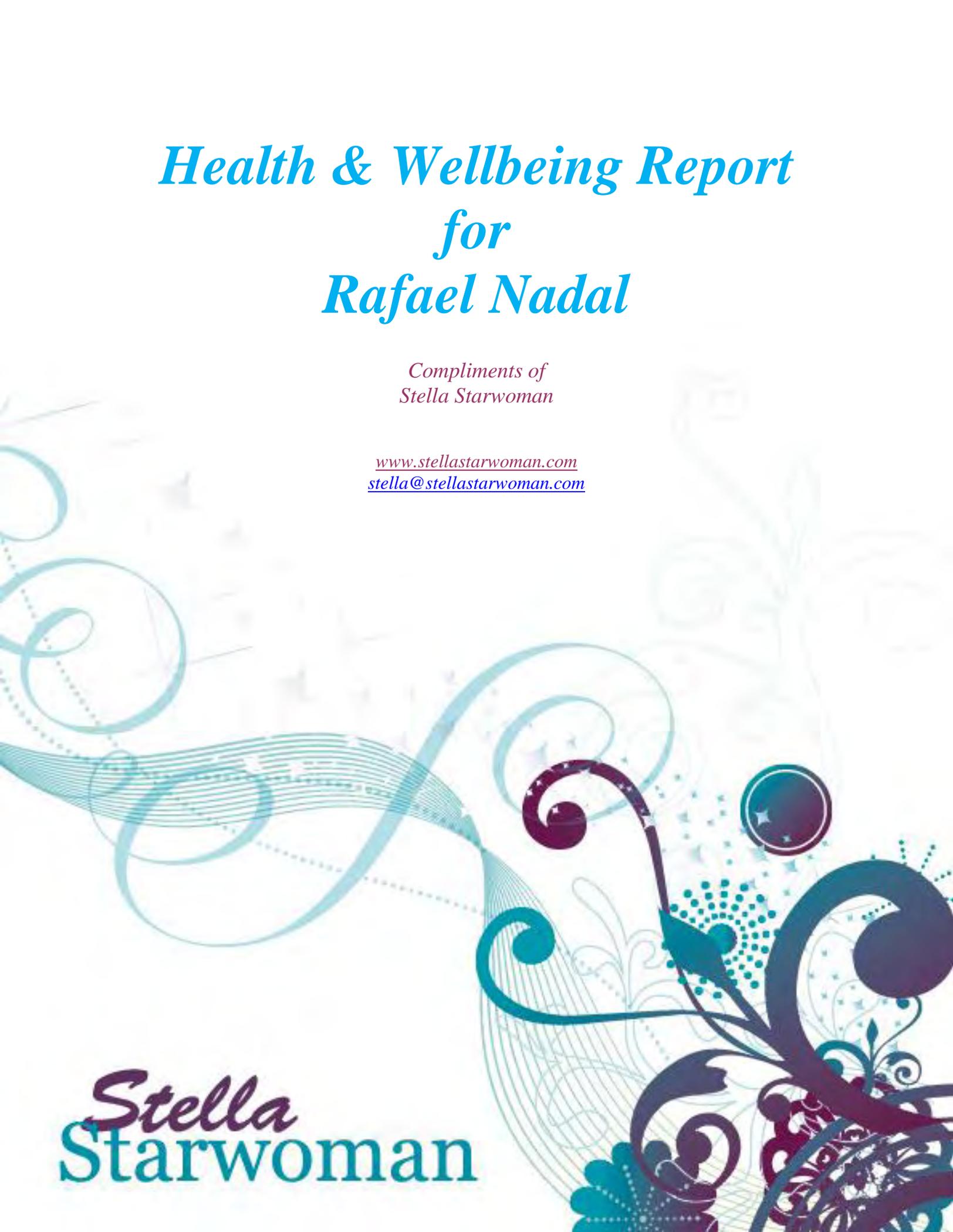


# *Health & Wellbeing Report for Rafael Nadal*

*Compliments of  
Stella Starwoman*

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*Stella*  
Starwoman



# Rafael Nadal

## Natal Chart

3 Jun 1986

6:19:59 pm CEDT -2:00

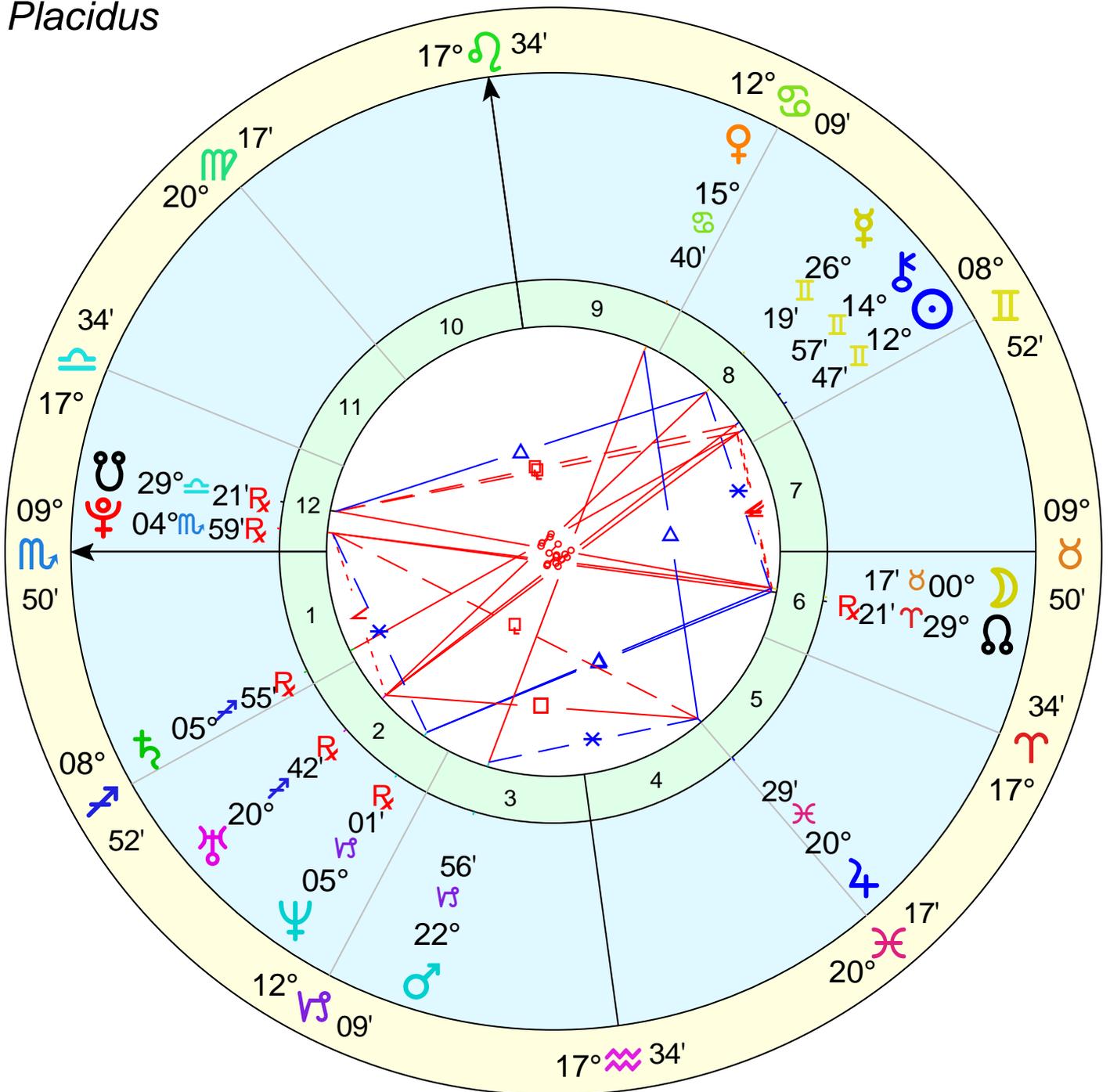
Manacor

39°N34'

003°E12'

Tropical

Placidus



## Astrological Summary

### Chart Point Positions: Rafael Nadal

Planet	Sign	Position	House	Comment
The Moon	Taurus	0°Ta17'	6th	
The Sun	Gemini	12°Ge47'	8th	
Mercury	Gemini	26°Ge19'	8th	
Venus	Cancer	15°Cn40'	9th	
Mars	Capricorn	22°Cp56'	3rd	
Jupiter	Pisces	20°Pi29'	5th	
Saturn	Sagittarius	5°Sg55'	1st	
Uranus	Sagittarius	20°Sg42'	2nd	
Neptune	Capricorn	5°Cp01'	2nd	
Pluto	Scorpio	4°Sc59'	12th	
Chiron	Gemini	14°Ge57'	8th	
The North Node	Aries	29°Ar21'	6th	
The South Node	Libra	29°Li21'	12th	
The Ascendant	Scorpio	9°Sc50'	1st	
The Midheaven	Leo	17°Le34'	10th	

### Chart Point Aspects

Planet	Aspect	Planet	Orb	App/Sep
The Moon	Trine	Neptune	4°44'	Applying
The Moon	Opposition	Pluto	4°42'	Applying
The Moon	Semisquare	Chiron	0°20'	Separating
The Moon	Conjunction	The North Node	0°55'	Separating
The Moon	Opposition	The South Node	0°55'	Separating
The Sun	Opposition	Saturn	6°52'	Separating
The Sun	Opposition	Uranus	7°54'	Applying
The Sun	Conjunction	Chiron	2°09'	Applying
The Sun	Semisquare	The North Node	1°34'	Applying
The Sun	Sesquisquare	The South Node	1°34'	Applying
Mercury	Opposition	Uranus	5°36'	Separating
Mercury	Sextile	The North Node	3°02'	Applying
Mercury	Trine	The South Node	3°02'	Applying
Mercury	Sesquisquare	The Ascendant	1°28'	Separating
Venus	Opposition	Mars	7°16'	Applying
Venus	Trine	Jupiter	4°49'	Applying
Venus	Trine	The Ascendant	5°49'	Separating
Mars	Sextile	Jupiter	2°26'	Applying
Jupiter	Square	Uranus	0°12'	Applying
Jupiter	Sesquisquare	Pluto	0°30'	Separating
Uranus	Semisquare	Pluto	0°42'	Applying
Uranus	Opposition	Chiron	5°44'	Applying

<b>Planet</b>	<b>Aspect</b>	<b>Planet</b>	<b>Orb</b>	<b>App/Sep</b>
Uranus	Trine	The Midheaven	3°07'	Applying
Neptune	Sextile	Pluto	0°01'	Applying
Neptune	Trine	The North Node	5°39'	Applying
Neptune	Sesquisquare	The Midheaven	2°26'	Applying
Pluto	Opposition	The North Node	5°37'	Applying
Pluto	Conjunction	The South Node	5°37'	Applying
Pluto	Conjunction	The Ascendant	4°51'	Separating
Chiron	Semisquare	The North Node	0°35'	Separating
Chiron	Sesquisquare	The South Node	0°35'	Separating
Chiron	Sextile	The Midheaven	2°37'	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 Fire is Balanced*  
*...and Element Earth is Balanced*  
*...and Element Air is Balanced*  
*...and Element Water is Balanced*

The Elements in your chart are balanced. This means that you are capable of finding a happy balance between the physical, mental, emotional and spiritual aspects of living. Therefore you are also likely to cope pretty well with the many aspects and challenges of life. You have the necessary resources to call on to help you manage different situations.

*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 Taurus*

You have a deeply sensuous nature. Emotional security is just as important to you as material security, and the two are linked. Both personal possessions and sensual aromas hold special memories that you find comforting. Your personal needs and creature comforts are important to you. You probably enjoy food and cooking, but you can be given to over indulge in too much rich food. This is more likely to happen when your emotional (or financial) security is under threat. Over eating may stem from childhood behaviour that you learned, for food made you feel comfortable and contented. It still does, but your body can become overloaded with sugar and fat if you are not careful about your diet. You are loyal and enjoy supportive relationships for you have a generous heart and a romantic nature. Aromatherapy massage can be especially soothing and sensual, particularly when you are in need of additional nurturing. You respond well to tactile therapies and are probably also good at giving these gifts to loved ones when in need.

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 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 Opposite 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 Gemini*

You are an inquisitive person with a highly developed mind, but you can get bored easily. You enjoy social contact and the exchange of ideas and information but can sometimes get so caught up in what you are doing, that you become scattered or overly myopic, focusing too much on the trees and ignoring the forest altogether. Although you have a quite brilliant mind, you may need to learn that your body and emotions are just as important to your overall wellbeing.

It is easy for you to tackle many projects simultaneously, but equally important that you pay attention to your body when it tells you something is up. Try to eat regular meals and get plenty of nutrition. You expend a

great deal of energy because your mind is constantly on the go, but you may forget to exercise. Making time for physical activity might be low on your list of things to do, but you will benefit from making an effort.

Highly strung, you thrive on nervous energy. You are versatile and adaptable which means you can cope well with day-to-day stress, however you can be prone to picking up viral infections and can experience health problems such as; colds, flu and other respiratory illnesses including asthma. In particular your body can be affected by conditions that affect the lungs, arms, hands, shoulders, bronchial tubes and sinuses. Such problems can be a sign that you need to express your feelings, not just your ideas. Aromatherapy blends and herbs useful for these conditions include: Basil, Cedarwood, Eucalyptus, Lemon, Fennel, Peppermint, Tea Tree, Thyme and Marjoram.

You are curious and interested in people and the world around you, and you enjoy networking and social interaction. You enjoy conversation and the exchange of ideas. Sometimes you may feel that you are not being understood or listened to, and you have a strong need to be heard. As you get to know yourself you will be able to communicate more effectively by speaking less, but actually saying much more.

## 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 8th House*

Through your life you could find that you are subjected to a certain amount of emotional, or psychological pain and stress. You will probably develop a deep understanding of the complexities of life, which may lead you to explore the unconscious and its workings. You have the unique ability to re-invent yourself, like a snake shedding its skin; you can adapt to whatever life throws at you.

You are a survivor and personally identify with the fact that you have undergone certain events and have survived. You are highly sensitive and at the same time tremendously resourceful and strong. This means that you can experience euphoric highs and extreme lows and may therefore develop a deep-seated need to be in control of everything, so you feel you can cope with these ups and downs. But as you move through life you will discover that being in control is really an illusion. For you, the health impacts of stress can include: sexual issues, reproductive problems, constipation and lower back problems. Accepting your feelings of powerlessness and vulnerability may be the first step towards a more open and relaxed approach to living.

Try meditation, massage or yoga. Martial arts training could also be a good option. As you learn more about yourself, you will feel more comfortable with your emotions. Don't hold on to resentment, or dwell on past hurts. This can take you on a downward spiral that can adversely affect your health. You are able to turn negatives into positives and you have a unique gift for healing. Close emotional ties and intimacy bring ultimate healing, which takes place as you learn to relax and let go. You possess strength and sensitivity in

equal measure.

## 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.

### *Saturn is Opposite The Sun*

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

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

### *Chiron is Conjunct The Sun*

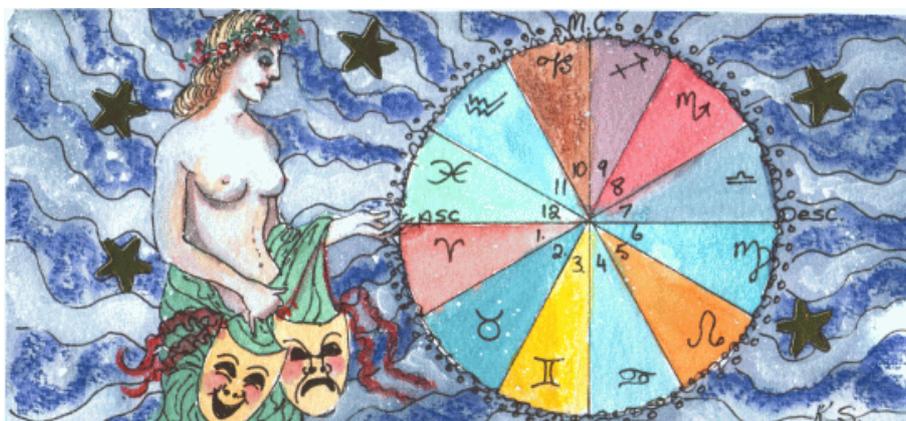
You are a sensitive and caring soul who can be easily wounded by life. You may be subject to a range of illnesses, perhaps even serious health concerns, which can impact on you both physically and emotionally. As a result of life's experiences you will come to realise that you possess a unique gift for healing; indeed a profession in the healing arts could ideally suit your temperament and abilities. You would be wise to listen 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 discover that healing takes place on many levels and come to understand that the physical, mental, emotional and spiritual dimensions are intertwined and of equal importance. You can make a valuable contribution to the health and wellbeing of others and may become involved in teaching the lessons you have learned. Honouring and expressing your individuality may be a challenge, but will bring rewards as you develop wisdom.

### *Uranus is Opposite The Sun*

You are perhaps a rather eccentric person and somewhat highly-strung. Your highly nervous energy probably means that you tend to spread yourself too thin and may overlook important physical matters.

Stress can easily deplete your body of vitamins and minerals. Nervous disorders, tics and tremors, epilepsy, varicose veins, and a range of unusual or rare conditions are possible. Iodine, magnesium, Vitamin A and D can be deficient, poorly assimilated, or even too abundant in the body. Circulation problems can occur. You will benefit from learning relaxation techniques. Try to get enough rest and eat well. You may experience identity problems, or have trouble finding your niche in life, because you don't really fit into the mainstream. It is important for your mental health and wellbeing that you have an outlet for your creativity. Yoga, Tai Chi or other relaxation techniques can benefit you enormously.

## 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 Scorpio*

You have a powerful constitution and can recover from even life-threatening illnesses. You probably do not get ill very often, but when you do it can be serious. This is possibly because you have a tendency to store up negative emotions that can form into toxins over time.

Try not to hold onto negative emotions such as resentment or anger. You can be unwilling to cry or express your emotions, even when you feel intense grief. Expressing your feelings and letting go of things that you cannot control, will bring healing. You like to be in control, but releasing and letting go now and again will bring about better health.

Some possible health problems for you can include: anaemia, reproductive problems, haemorrhoids, bladder infections, cystitis and sexually transmitted diseases. It is also possible that you might experience health problems that are genetically inherited.

You may also be prone to obsessive-compulsive disorders, or other types of emotional, or mental disorders. All these conditions are rare, but more likely when you are subjected to stress, or repressing your emotions. You are passionate in expressing yourself, but at the same time you may feel undermined by other people who may perceive your actions as threatening or controlling. They may be responding to an aspect of your unconscious self that is difficult for you to see, but other people are picking up on. You have a powerful aura

that others may find intimidating.

Psychotherapy is one healing option that may be highly beneficial for you. It will help you understand yourself more deeply and help you heal emotionally and restore health when it is at a low ebb. Detoxifying your system from time to time will aid healing too. Now and then you might like to consider a dose of magnesium powder to flush out your bowel to keep your elimination system in good working order.

Aromatherapy oils and herbs often useful for those with Scorpio rising are; Fennel, Lavender, Lemongrass, Marjoram, Rosemary, Cypress, Juniper, Neroli, Clary Sage and Ylang Ylang.

## 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.

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

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

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

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

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

### *Pluto is Conjunct The Ascendant*

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

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

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

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

## Inner Needs and Outer Experiences - Finding Balance

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

### *Dispositor of The Ascendant (Pluto) is Opposite The Moon*

Any health problems you experience may have, at their cause, emotional issues stemming from childhood. These issues may have to do with your upbringing, your family, or your relationship with your mother, and they may be related to your diet. You feel things deeply and are highly sensitive to your environment and as a child you may have been wounded in ways that mean it is difficult for you to express your feelings easily as an adult. People may misinterpret your motives or you may have trouble giving voice to your feelings. Nevertheless, you have a strong desire to express your emotions and to find fulfilment through relationship and so it is up to you to heal emotionally and to let go of the past.

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

life's ups and downs better than you might think. Wearing Moonstone can be helpful in balancing your hormones and emotions.

### *Mercury is Sesquisquare The Ascendant*

You are given to behaving in very spontaneous and changeable ways according to the whims of the moment and the people and circumstances in which you find yourself. You can be an extravert and also an introvert. You are highly adaptable and cope pretty well with the stresses of daily life, however you may be prone to catching viruses, colds and flu, gastric problems, or ingesting substances that have a detrimental effect. You may also experience accidents from a tendency to rush without enough forethought. Both respiratory conditions and digestive complaints may be associated with an underlying allergic response to certain foods or air-borne substances such as pollen or dust. Some of these symptoms may be brought on by too little thiamine (B1). Thiamine deficiency can also result in nervous complaints and even nerve damage. Communication problems such as stuttering or autism may also be related to this aspect. You are highly capable and intelligent, but you are inclined to take on too much, perhaps because of a need to show others how efficient or clever you are. Try to keep an open mind as you learn from your experiences.

As you move through life you will likely grow out of most of these problems and develop a strong mind and a powerful way of expressing your opinions and ideas, without having anything to prove. Ensure you get enough B-Group vitamins, especially during times of stress.

### *Dispositor of The Ascendant (Pluto) is Sesquisquare 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.

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

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

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

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

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

## Health Challenges



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

The 6th House yields important information about one's health. The 6th House is also the House of 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.

#### *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.

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

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

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

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

## 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 Square the 6th House Cusp*

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

## 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 3rd House*

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

### *Mars is in 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 Gemini*

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 the 8th House*

Intense events and experiences involving grief may be part of your journey towards wholeness. Although emotionally painful, ultimately these events will bring healing on the very deepest levels. Sexual intimacy can be fraught with issues too, but will also replenish the inner recesses of your soul. Your wounds are likely to open you to powerful processes of transformation and lead you to investigate the nature of the psyche. You might become interested in psychology and be gifted as a healer. Feeling powerless, money worries, sexual problems or intimacy issues, or problems with reproductive organs, colon, bladder, or the lower back region, can be signals that it is time to explore your own psyche.

There might be some unresolved issues from the past, perhaps from childhood that you need to explore from time to time. Undertaking psychotherapy, or some other form of emotional healing might be the very thing that sets you on a path towards helping others in the same way. Because you are sensitive, you tend to hide your vulnerability and pain behind a strong persona, but you are a survivor.

You are likely to be drawn towards exploring life's mysteries. As you delve within, you will discover untold riches. Getting in touch with your emotions and feelings might be painful, but it will prove ultimately rewarding. Your soul will be replenished and your world will be transformed. Let go of the past, for it may be holding you back.

Part of your journey through life will take you on a profoundly powerful process that will ultimately prove rewarding, for it will lead you to a new beginning, where you will be empowered and more fully in touch with your emotional centre.

Psychotherapy, detoxifying, past life regression, colonic irrigation, relaxation techniques, meditation, hypnotherapy, or dream work, are powerful mediums that you might explore.

## 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.

### *Uranus is Opposite Chiron*

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

Social isolation has become an issue for many people, consistent with the fact that aspects between these

planets are common. Chiron and Uranus were on opposing sides of the Earth for a long period of time. Just about everyone born between 1950 and 1990 have Chiron and Uranus in opposition.

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

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

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

## Key Parts of the Body

Each degree of the zodiac corresponds with a specific part of the body. The location of each planet in the Birth Chart will therefore represent certain physical areas. This section lists all the anatomical degrees of your Natal planets as well as the degree of the Ascendant and 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 1st degree of Taurus*

Part of Body: Throat, gullet

*The Sun is located at the 13th degree of Gemini*

Part of Body: Pulmonary veins

*Mercury is located at the 27th degree of Gemini*

Part of Body: Fingers

*Venus is located at the 16th degree of Cancer*

Part of Body: Pancreas

*Mars is located at the 23rd degree of Capricorn*

Part of Body: Muscle insertions of upper to lower legs

*Jupiter is located at the 21st degree of Pisces*

Part of Body: Left fibula muscle

*Saturn is located at the 6th degree of Sagittarius*

Part of Body: Left femoral artery

*Uranus is located at the 21st degree of Sagittarius*

Part of Body: Head of left femur

*Neptune is located at the 6th degree of Capricorn*

Part of Body: Right adductor muscle

*Pluto is located at the 5th degree of Scorpio*

Part of Body: Testicles, left side of uterus

*Chiron is located at the 15th degree of Gemini*

Part of Body: Scapulae

*The North Node is located at the 30th degree of Aries*

Part of Body: Parotid gland

*The Ascendant is located at the 10th degree of Scorpio*

Part of Body: Corpus cavernosum of penis

*The Midheaven is located at the 18th degree of Leo*

Part of Body: Right cardiac cavity (Azimene)

*The 6th house cusp is located at the 19th degree of Aries*

Part of Body: Nerve connections - synapses

## Conclusion

### References Sources:

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

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

## The Anatomical Degree Areas

Reproduced with permission from Jane Ridder-Patrick

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

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

## 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.