

# HEALTH & WELLBEING

## A Solar Writer Report for Sample Health Wellbeing



**Written by Michele Finey**

*Compliments of:-*

*Life Awareness*

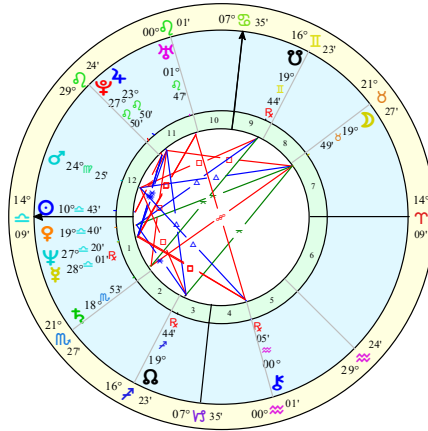
*284 College Street, West End  
Palmerston North, NZ 4410*

*[www.lifeawareness.co.nz](http://www.lifeawareness.co.nz)*

*[lesley@lifeawareness.co.nz](mailto:lesley@lifeawareness.co.nz)*

*+64 27 308 5240*

**Sample Health Wellbeing**  
Female  
5 Oct 1955  
6:00 am NZT -12:00  
Palmerston North  
40°S21'  
175°E37'  
Tropical  
Placidus



## Astrological Summary

### Chart Point Positions: Sample Health Wellbeing

<b>Planet</b>	<b>Sign</b>	<b>Position</b>	<b>House</b>	<b>Comment</b>
The Moon	Taurus	19°Ta49'	7th	read into 8th House
The Sun	Libra	10°Li43'	12th	read into 1st House
Mercury	Libra	28°Li01'	1st	
Venus	Libra	19°Li40'	1st	
Mars	Virgo	24°Vi25'	12th	
Jupiter	Leo	23°Le50'	11th	
Saturn	Scorpio	18°Sc53'	1st	read into 2nd House
Uranus	Leo	1°Le47'	11th	
Neptune	Libra	27°Li20'	1st	
Pluto	Leo	27°Le50'	11th	read into 12th House
Chiron	Aquarius	0°Aq05'	5th	
The North Node	Sagittarius	19°Sg44'	3rd	
The South Node	Gemini	19°Ge44'	9th	
The Ascendant	Libra	14°Li09'	1st	
The Midheaven	Cancer	7°Cn35'	10th	

### Chart Point Aspects

<b>Planet</b>	<b>Aspect</b>	<b>Planet</b>	<b>Orb</b>	<b>App/Sep</b>
The Moon	Quincunx	Venus	0°08'	Separating
The Moon	Trine	Mars	4°35'	Applying
The Moon	Square	Jupiter	4°00'	Applying
The Moon	Opposition	Saturn	0°55'	Separating
The Moon	Quincunx	The North Node	0°05'	Separating
The Moon	Semisquare	The Midheaven	2°46'	Applying
The Sun	Semisquare	Jupiter	1°53'	Separating
The Sun	Semisquare	Pluto	2°06'	Applying
The Sun	Conjunction	The Ascendant	3°25'	Applying
The Sun	Square	The Midheaven	3°08'	Separating
Mercury	Conjunction	Venus	8°20'	Applying
Mercury	Square	Uranus	3°46'	Separating
Mercury	Conjunction	Neptune	0°41'	Applying
Mercury	Sextile	Pluto	0°11'	Applying
Mercury	Square	Chiron	2°03'	Separating
Venus	Conjunction	Neptune	7°39'	Applying
Venus	Sextile	The North Node	0°03'	Applying
Venus	Trine	The South Node	0°03'	Applying
Venus	Conjunction	The Ascendant	5°31'	Separating
Mars	Trine	Chiron	5°39'	Applying
Mars	Square	The North Node	4°41'	Separating
Mars	Square	The South Node	4°41'	Separating
Jupiter	Square	Saturn	4°56'	Separating
Jupiter	Sextile	Neptune	3°29'	Applying
Jupiter	Conjunction	Pluto	3°59'	Applying

Jupiter	Trine	The North Node	4°06'	Separating
Jupiter	Semisquare	The Midheaven	1°14'	Separating
Saturn	Quincunx	The South Node	0°50'	Applying
Uranus	Square	Neptune	4°27'	Applying
Uranus	Opposition	Chiron	1°42'	Separating
Neptune	Sextile	Pluto	0°30'	Applying
Neptune	Square	Chiron	2°45'	Applying
Pluto	Semisquare	The Ascendant	1°19'	Applying
The South Node	Trine	The Ascendant	5°34'	Applying

## Health and Wellbeing Report



### Introduction

Medical astrology is a complex branch of the astrologer's art. Many factors need to be taken into account when considering the overall health of the individual.

This report aims to give you a picture of some of the astrological indicators in the horoscope that correspond with your health and wellbeing.

The information in this report includes an assessment of your natal chart specifically focussing on health related matters. It includes a range of nutritional advice, stress management tips and therapy options. However, it is not intended that this report be used in place of a consultation with a qualified medical practitioner, nor persons qualified in complementary or alternative healing. It is vital to always seek out professional medical and nutritional advice where one's health is concerned.

This report aims to provide you with some useful tips about physical health matters and also about mental, emotional and spiritual wellbeing. This information is based on the author's own knowledge obtained over more than 25 years as an astrologer and healer as well as additional research she has undertaken. The main focus of this report is to point out the astrological indicators that can manifest as health problems, or imbalances, and to suggest possible causes and/or treatments that might be of benefit.

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

In reading this report, please take into account that some factors are more powerful and obvious than others. For example, the Sun, the Moon, the Ascendant and any planets in the 1st House, should probably be given more weight in the overall interpretation, than say, aspects to the 6th house, or Chiron's position.

Be aware too, that our natal chart is not a static thing. It is a symbolic representation of our potential, which unfolds and develops as we journey through life.

### **Disclaimer**

Essential oils should not be used full strength and never swallowed. They should be diluted with water, or suitable carrier oil such as almond oil, before use. Do your own research before using essential oils. Certain oils are not recommended for some conditions and some can be harmful and/or toxic. There are a number of contra-indicators to be aware of when using essential oils. Some people are sensitive to particular oils, although the pure, top quality oils are less likely to result in allergic reactions. The author takes no responsibility for any adverse reactions caused.

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

## Your Basic Health Needs



## Your General Temperament

The overall balance of elements and modes is connected with our general attitudes and perspective and shows whether our values, point of view and style of expression are particularly focussed towards certain qualities and tendencies of temperament, or whether there is some under-emphasis of certain qualities. The balance of elements and modes also relates to one's overall constitution. Where there is too much, or too little, of any element or mode, there can be a corresponding imbalance that we consciously need to address, in order to bring about emotional, spiritual, mental and physical healing.

### *Element Air is Strong*

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

### *Mode Cardinal is Strong*

Cardinal energy is associated with strong leadership qualities. You react to stress intensely, but also recover your vitality quickly. With a strong cardinal energy you tend to go after what you want in life by taking the initiative. When you encounter problems, you tackle them directly. Stress tends to originate mainly from a combination of family issues and work pressure as you try to manage your various responsibilities and personal relationships. You tend to be very driven and active and you can become stressed when you feel your personal authority is being compromised. You could be prone to arthritic problems, stomach upsets, kidney problems or headaches. You like to be in charge and do not like being told what to do. It is important for your sense of wellbeing that you have goals that you actively work towards attaining. You tackle problems by taking action, but doing too much can be

your Achilles heel.

### **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. Personal possessions and aromas often hold special memories that you find comforting. As you go about trying to have your needs met, you are persistent and do not take no for an answer. You probably love food and cooking, but you can be given to over eat, especially too much rich food. This is more likely to happen when your emotional (or financial) security is under threat. Over eating may stem from a childhood behaviour that you learned, for food made you feel comfortable and contented. You are dogged in your determination to find supportive relationships and you have a generous heart and a romantic nature. Aromatherapy massage can be especially soothing for you 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.



## 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 Libra*

You have a strong need for harmony and peace and you possess excellent diplomatic and social skills, which you use to establish and maintain harmonious relationships. At the same time you are a dynamic and driven person and therein lies a conflict that you can find a difficult balancing act. For how does one go about expressing oneself and one's desires, but at the same time allow others to have their way, whilst keeping the peace and maintaining harmonious ties? Consequently you may feel an inner

tension that is not obvious to others. On the surface everything seems peaceful and wonderful, but underneath you can sometimes be a mass of contradictions that produce their own brand of stress. Relationships are often a source of stress for you, which can manifest in a range of disorders including: skin problems, eyestrain, urinary tract infections, kidney infections and headaches. Soaking in a bath with added oils of Juniper, Tea Tree and Sandalwood can aid in treating cystitis, which is a condition to which you are sometimes prone. For relaxation try Bergamot, Lavender or Geranium.

You might need to learn to express your own needs more directly. You will find this easier to do as you get to know yourself. Being fair to others is high on your agenda, but sometimes this means that you have trouble easily expressing your needs and can appear to be manipulative, which can create more problems than it solves. As you get to know yourself you will find that making decisions and being direct will become less difficult. You will learn to be fair on yourself too. Though a challenge, you perhaps need to develop the ability to spend time alone. You are motivated by others, but can struggle when there is nobody around to inspire or challenge you. You could benefit from trying yoga, or perhaps regular walking, or other activities that give you some time alone with yourself.

During periods of stress you can feel pulled in many directions by your own desires, your commitments and your relationships. Over time you will stop trying to please everybody else and be able to balance your desires and your relationships. It will become easier to simply state your position. Consequently, you will discover that your health will improve because stress will impact less. Avoiding confrontation and trying to keep the peace at all costs can sometimes be counter-productive and even make matters worse. It is okay to say no.

### **Your Vitality - The Life Force**

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

If you were born at sunrise, or in the middle of the day, the Sun is at its greatest strength and your solar forces are very powerful. As well as the house in which the Sun is placed, consider the Sun's sign and the aspects it makes to other planets, all of which will provide more clues to the overall picture of health. As well as vitality and energy, the Sun governs one's identity, creativity and self-expression. Without the Sun there is no life. Therefore, the relative position of the Sun says a great deal about the type of energy and life force that we possess.

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

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

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

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

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

### **Managing the Physical Demands of Living**

When challenging relationships are formed between the Sun and other planets, this can relate to internal and external stress factors that can lead to health problems, if ways are not found to balance their energies. The Sun is a vital component of life and vitality. These aspects can be potent indicators of one's overall health and wellbeing.

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

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

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

### ***Jupiter is Semisquare The Sun***

You are generally an optimist and enjoy adventure, but at times you may have an exalted idea of your abilities and can be over-confident and take unnecessary risks. This could be because you are actually lacking in real confidence and trying to compensate by exaggerating your skills. Actually you are a rather fortunate person in many ways, but it is possible that these positives can turn into negatives by a tendency to be lazy, or by trying to escape your responsibilities, leading you into a cycle of over-indulgence. Don't waste your good fortune by over eating or drinking. Because you tend to over-estimate your virtues, you may not realise when you reach your limits. Try to set yourself goals and stick to them. Alcoholism, weight gain and metabolic problems such as diabetes, or liver problems can result if you fail to heed the warning signs. You also leave yourself open to developing high cholesterol or heart conditions. Your diet should include a good amount of Vitamin B6, Choline,

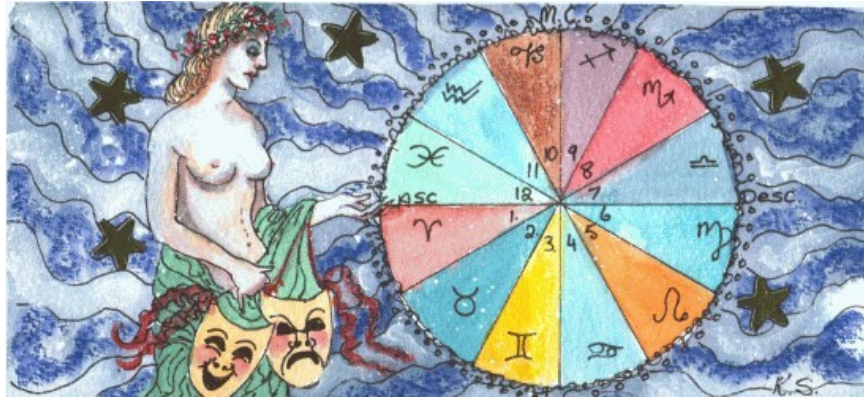
Chromium, Biotin, Manganese, Inositol, and Zinc.

If you limit your tendency towards excess and avoid accidents by calculating likely risk, you will probably enjoy a long and happy life.

*Pluto is Semisquare The Sun*

You are both strong and also sensitive, yet you tend to hide your sensitivity from others. You can cope with an enormous amount of stress, but actually the effects of stress can build up internally and have a cumulative effect that only becomes apparent at a later time. A range of potential health problems can come your way as a result of stress build-up, so effective management of stress is quite vital for you. Health problems can include thyroid conditions, which could develop because of a lack of iodine, or there may be muscular conditions related to a magnesium deficiency. You could also experience health issues involving the reproductive organs and genetically inherited conditions could also be part of your experience. Mental illnesses such as depression, bi-polar disorder, schizophrenia, and other similar conditions are also possible, and even life-threatening diseases. It could be that a close family member is the person who encounters some of these problems, rather than yourself, nevertheless these encounters will have a profound effect upon your own psychology. Some of this might sound bleak, but no matter what comes your way in life, you possess a powerful will and a strong determination to overcome any challenges, and that includes serious illness. You are a survivor. You recognise that your attitude goes a long way towards healing. You may be transformed in some way by your experiences and your life can be a series of endings and beginnings. Do not fear this process. Nor should you fear your own powerful psyche, which is capable of incredible achievements. Your strength and your sensitivity can work together. Healing techniques such as psychotherapy and associated treatments can be most beneficial for you.

## Your Health Factors



## Your Physical Body and Energy

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

### *The Ascendant is in Libra*

You approach life with a desire for fairness and balance. This means that you tend to have a highly idealistic side to you that desires perfection and harmony. You strive to keep the peace. Relationship stress is particularly difficult for you to cope with and can manifest in a range of problems, in particular symptoms that affect the skin.

Learning to be happy in your own company, when alone, may be one of your greatest challenges. You sometimes clamour for social interaction to keep from looking within yourself, or because you fear being on your own.

Sometimes you can be too focussed on others, or on making a good impression. You present yourself well, and are diplomatic in your dealings with people. It is important to honour yourself and find a balance between giving and receiving and between your needs and those of others.

You probably possess a strongly magnetic or beautifully proportioned body, which you enjoy looking after, but you can sometimes be overly concerned with your external appearance.



With Libra rising, you can be prone to kidney disorders and cystitis, so it is important to have enough fluid circulating in the body. You will find that having regular beauty treatments and spending time and money on your appearance will be uplifting to your self-esteem.

An inability to make decisions that sometimes plagues you can also result in teeth problems or sleeplessness. You should endeavour to limit your intake of sugar, alcohol and salt, which can lead to problems related in overindulgence. Naturally diuretic foods such as celery and cucumber will help cleanse the kidneys. Other possible health problems you can encounter include: anaemia, eye problems, kidney disease, and problems with fluid metabolism, acne, psoriasis or other skin conditions.

Aromatherapy oils and herbs that are useful for skin conditions include: Bergamot, Geranium, Lavender, Sandalwood, Frankincense, Juniper, Cypress and Tea Tree. The herbs Echinacea and Cranberry are good for cystitis.

### **Your Strengths and Sensitivities**

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

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

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

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

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

#### *The Sun is Conjunct The Ascendant*

You possess a strong physical energy. The Sun located here implies you have a dynamic and healthy life force and strong physical presence. It is important that you include plenty of Vitamins A&D, Magnesium, and Iodine in your diet, which will help sustain your energy levels.

You are likely to excel at physical activities, sports and creative pursuits especially those that involve physical exertion. Along with an abundance of energy and vitality and a positive happy outlook on life, you have a strong personal presence and dynamic ego. You enjoy being the centre of attention and are eager and enthusiastic. At times you might find that although you want to express yourself in this way, you are occasionally thwarted in your attempts. You might also experience inherited genetic conditions from your family that can affect your ability to express yourself.

But overall, you have a positive outlook that goes a long way towards maintaining a sense of wellbeing.

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

Mentally, you are very alert and tend to run on nervous energy. You like to keep your mind busy. You adapt easily to your environment, but can sometimes spread yourself too thin and can over-commit yourself to doing too many things at once. For you, stress can result in respiratory illnesses, such as hay fever, bronchitis or asthma and you can pick up passing viral infections easily when you are run-down. You can sometimes worry about a range of issues, including your health, which can have a detrimental impact on your wellbeing if you dwell on negatives.

Relaxation techniques can be very useful and aid healing, but as you are restless, it may be difficult for you to slow down and focus in this way. Likewise, when you are ill, you probably get bored. No matter how sick you feel, you try to keep your mind occupied. It might be difficult to rest, but you will derive enormous benefit from making the effort.

You may have a dislike, or fear, of doctors and sometimes have strong opinions about their shortcomings. Because you think that you know better, getting several opinions, as well as doing your own research, will help guide you when it comes to your own health interests.

The underlying cause of any recurring respiratory or digestive complaints that might come your way could be emotional and relate to issues that you sometimes try to avoid by constant mental activity. It is somewhat difficult for you to express your feelings, but getting in touch with your emotions can be highly cathartic and healing.

When you are ill, you should try to rest your mind as well as your body, difficult though this may be. Ensure that you eat well, as you sometimes think you can exist on just air. Make an effort to eat regular, healthy meals and ensure you get plenty of B-group vitamins.

### *Venus is Conjunct The Ascendant*

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

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

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

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

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

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

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

You are highly intuitive and are easily affected by your environment and the moods and feelings of others. It can sometimes be difficult for you to figure out why certain situations, or people make you feel uneasy, and because of this sensitivity, you can suffer from psychosomatic conditions that have an unacknowledged emotion at their core. When you feel that you do not belong, nor fit in with a certain situation, you can react with a range of symptoms. It is therefore important that you listen and honour your inner feelings and emotions.

You are probably highly sensitive to chemicals, drugs and perhaps certain foods or food additives. Be aware that you need to pay attention to your physical body and its needs. When taking medication, you may not require the same dosage as recommended; half may be enough. When under stress you may be prone to lymphatic or hormonal fluctuations and other imbalances of the endocrine system and can pick up viral infections, colds and flu. Incorrect diagnosis of ailments can occur, so it is probably a good idea get a second opinion and keep an open mind as to healing options. You will probably respond well to Reiki and other forms of spiritual healing. Trying to escape from problems via drugs will not solve anything and will probably cause you a great deal more pain. You would be wise to avoid alcohol and recreational drugs. Try to channel your imagination and feelings into creative and artistic pursuits, for which you probably have a great talent. Communing with nature or helping others can also help to restore a sense of equilibrium when you are under stress. Ensure you drink enough water, which will assist in flushing toxins from your delicate system.

### **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 (Venus) is Quincunx 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. Ensure that you get enough potassium and B-Group vitamins in your diet, which can assist with food cravings and help to balance your metabolism, also seek out therapy options as required. Although sensitive, you probably have a great deal of inner emotional strength, and can cope with life's ups and downs better than you might think. Wearing Moonstone can be helpful in balancing your hormones and emotions.

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

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

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

*Dispositor of The Ascendant is Venus*

You strive to develop close intimate relationships. Despite any setbacks you encounter in your dealings with people, you are still determined to find and establish supportive ties. You will make every effort to work at your personal relationships.

However, as your values are important to you, you may be unwilling to compromise those priorities and values that are closest to your heart, just so a relationship can work. Once you establish your priorities, you stick to them, and you can sometimes be judgemental of those who see things differently. You may need to recognise your inner worth and that others' values have equal merit.

When things get out of balance in your life you can experience a range of conditions such as possible sugar problems, thyroid conditions, kidney problems, potential Vitamin E deficiency, eating disorders, weight gain/loss, or issues involving self-esteem. A lack of B3 can result in skin problems such as dermatitis and even mental disturbances. Ensure you get plenty of Vitamin B and E in your diet, which will assist during times of stress. You are probably highly creative and may possess artistic skills. Using these talents on a regular basis will be healing to your soul and fulfilling in other ways as well.

Finding a way to express yourself in accordance with your true values, while at the same time maintaining supportive and harmonious relationships, is one of your main challenges. Wearing Rose Quartz can assist in enhancing feelings of unconditional love, both giving and receiving.

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

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.

#### *Pluto is Semisquare The Ascendant*

You have a powerful energy that can cope with just about anything that comes your way. Your inner strength means you will fight against injustices as you seek to

transform the world around you. You will fight for what you want in life; this includes your personal ambitions, but your biggest challenges and achievements have a more profound purpose.

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

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

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

## Health Challenges



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

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

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

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

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

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

You may be prone to unusual health conditions as well as circulatory disorders, or nervous conditions. You are somewhat highly strung and need to learn to relax. Day-to-day stress, especially in the workplace, perhaps underlies these problems. This is especially true if you have no creative outlet, or you are doing a job that you have to do, rather than one in which you take enjoyment. For this reason it is important that you spend time doing other things that you do enjoy, away from work. Meanwhile, seek a future occupation that fulfils your unique aptitudes and talents. Failing to address this issue over a long period of time, pushing yourself into a work situation where you do not fit, will result in creating more stress and can lead to a mental or emotional breakdown. It is probably better for you to chop and change jobs, at least from an inner wellbeing point of view, if you are feeling this kind of stress. If you are in a position that you find stressful, but cannot change it in the short term, develop a longer-term view, but spend your free time in hobbies or activities that interest you. You may be prone to accidents, especially workplace accidents, so ensure you take care and do not rush through your duties in order to get them done quickly, so you can

escape. Seek and find your special niche. You could develop cardio-vascular problems that are a result of prolonged stress, so it is important that you also learn to relax and laugh more.

### **Limiting the Impact of Chronic Stress**

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

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

You want to enjoy life to the full and find it frustrating when you are restricted from doing so by the demands of work, daily chores and responsibilities. You love life and have an exuberant approach to all you do, so you probably dislike being tied to a desk. In your work, you prefer to be out and about and may enjoy travel, or working outdoors. Work stress may come from any activity where your freedom is restricted. You prefer to leave the details to others, as these can be stressful for you too. Your other problem stems from a tendency to over indulge, in all its forms. This can lead to a host of problems, if left unchecked. Weight gain and associated health problems can result. Liver and skin problems can also manifest. Try to balance your enthusiasm with the practical necessities of living. Your outgoing approach and positive outlook are contagious and you can be an inspiration to others, so do not waste your opportunities. Meanwhile, try to find a job where you have some freedom and autonomy. Essential oils useful for managing your stress include Sandalwood, Camomile, Lavender, Clary Sage and Bergamot.

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

In your working life you like to have a high degree of control and autonomy. When you do not sense that you are in control, you can feel rather stressed which can result in lower back problems and a range of other medical conditions. It is also possible that you may develop some self-destructive patterns and habits. You may encounter tension and psychological stress at work too, including power struggles and other difficulties associated with "office politics". It could be that you are perceived to be a powerful person, though you may not feel this inside. Alternatively, if you try to manipulate others this could backfire and any attempts to get into positions of power by these means can lead to encounters that are counter-productive, even destructive. Your journey can take you from powerlessness to the highest levels of success. But in the process, learn to let go of those things you cannot change. Feelings of resentment can make you sick. To make your mark on the world, you need to be doing something that fulfils a worthwhile purpose in the larger scheme of things. You are a survivor but try not to burn too many bridges along the way. If things are not going according to plan, let go and move on. The essential oils, Orange, Frankincense and Bergamot will assist you at times of stress and aid joyful communication and expression.

### **Physical Energy and Exercise**

Iron, Cobalt, Chlorine, Folic Acid, Molybdenum, Selenium, Phosphorus, and Sodium,

along with Fatty Acids and Vitamin B12 are associated with Mars. Mars is a primary masculine or yang archetype, associated with our physical energy and vitality. Mars also governs the adrenal glands, the sexual response, the blood and the muscles. So the position of Mars describes our physical energy, competitiveness and our passions. The usual action of Mars is direct, spontaneous and forceful.

Mars is also the planet associated with our ego. The location of Mars tells us how we go about getting what we want, or how we turn our desires into reality. Mars also represents how we handle ourselves when our desires are thwarted.

Used positively, Mars is associated with expressing our personal desires in spontaneous and creative ways and expressing our creative energy in ways that fulfil our desires. If too intense in its expression, Mars can be destructive, overly focussed on ego, angry, hostile or aggressive. When under active, Mars can operate in a passive-aggressive fashion, or can result in a lack of drive and energy.

### *Mars is in Virgo*

You expend a great deal of energy in your work and are capable of working long hours, though you probably prefer to get things done as quickly and efficiently as possible. Even so, you might not have much time or energy left over at the end of the day for exercise, or for other activities outside work. Once you make the time and effort you will really enjoy regular exercise, in fact this too can become an obsession. Possible exercises and sports that are suited to your type are running, walking, racquet sports, yoga, or dance. You tend to prefer activities that you can do on your own, rather than in a team situation and like to have your feet on the ground, which provides you with a sense of safety and competence. Skydiving is probably not your style. You like to go at your own pace and to challenge yourself against the clock, or to set your own goals, rather than work against competitors. Possible health concerns with this Mars position include bowel conditions including chronic inflammation, indigestion, constipation, or food allergies. Try to eat nutritious and healthy food and eat slowly which will aid digestion.

Your energy style is measured and sensual. You are practical, but also quite driven. You approach your tasks in methodical way. Very few people can match your efficiency. You generate a great deal of output and are highly productive, however you can be critical of others and may lack skills in teamwork. You prefer to go it alone. You may need to recognise that networking and teamwork can be just as useful in getting a result and that others can provide useful feedback.

You can become frustrated and critical with systems that you see as lacking in efficiency and you can be prone to burnout. Expressing your frustrations via communication, such as writing, is a good outlet.

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

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 the 5th House*

Some of the core questions you need to ask yourself relate primarily to your creative essence. What do I want to create? What is the nature of creativity? What am I creating this for? Issues associated with children may also challenge you. You may need to get in touch with your inner child, to help answer some of these questions. Underlying these questions is perhaps a deeper question that you first need to ask yourself. Before you can express your creativity, you first need to learn more about yourself. Who are you? You may have a deep-seated identity issue that you need to address.

Issues around children and the need for creative expression may challenge you. Children may in some way be a catalyst for finding out more about who you are, if not directly, then indirectly. You may have a strong desire to have children, or no desire for a family at all. Stress can also affect your fertility. Other potential concerns can develop in areas such as heart, spine, circulation, sports injuries and fatigue. But finding your true identity will be the most healing experience of all. Expressing yourself creatively can help you to find yourself. Let yourself participate fully without fear.

Make time for play, for sport, for creativity and for fun. Over time you will learn



more about who you are and where your true potential lies. You will discover the healing power of love that lies within and discover your creative essence. As a result you may discover an inner artist who is seeking expression.

### *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.

### **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.

### *Mercury is Square Chiron*

Your wounds are possibly connected to communication or learning. Perhaps you have trouble in these areas, perhaps as a result of your early in life at school. Perhaps you missed some important information in your school years, maybe owing to ill health. Both respiratory conditions and digestive complaints may be associated with this combination, including allergic reactions. Communication problems such as stuttering

or dyslexia may also relate to this aspect. As you move through life you will probably find that you grow out of these problems and develop a strong mind and a degree of wisdom. You may struggle with some of these issues but you can overcome them. Over time you may actually become a gifted teacher.

### *Uranus is Opposite Chiron*

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

Social isolation has become an issue for many people, consistent with the fact that aspects between these planets are common. Chiron and Uranus were on opposing sides of the earth for a long period of time. Just about everyone born between 1950 and 1990 have Chiron and Uranus in opposition.

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

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

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

### *Neptune is Square Chiron*

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

Chemical sensitivity is becoming more commonplace as we live in a world where we have more exposure to these substances, including various pollutants. Allergic conditions are also becoming more common. Likewise, drugs can heal, but can also cause side effects and some drugs are now ineffective, as viruses and bacteria are becoming more resistant. People are becoming more highly sensitive and are also more prone to feelings of depression, which is a common social problem.

Because many people have largely lost faith in traditional religions, we feel a sense of spiritual loss and a lack of purpose and meaning, which is becoming more and more common. It is important therefore to develop a meaningful life philosophy and to reconnect with the natural world, which can bring healing to the spirit.

## Key Parts of the Body

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

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

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

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

*The Moon is located at the 20th degree of Taurus*

Part of Body: Occiput

*The Sun is located at the 11th degree of Libra*

Part of Body: Nerve supply to kidney and renal pelvis

*Mercury is located at the 29th degree of Libra*

Part of Body: Right ureter

*Venus is located at the 20th degree of Libra*

Part of Body: Calyx minor

*Mars is located at the 25th degree of Virgo*

Part of Body: Liver

*Jupiter is located at the 24th degree of Leo*

Part of Body: Papillary muscles

*Saturn is located at the 19th degree of Scorpio*

Part of Body: Uterine ligaments, Haller's net (Azimene)

*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 1st degree of Aquarius*

Part of Body: Right tibial nerve

*The North Node is located at the 20th degree of Sagittarius*

Part of Body: Head of right femur

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

Part of Body: Right inguinal lymph nodes

*The Midheaven is located at the 8th degree of Cancer*

Part of Body: Oesophageal opening of diaphragm

*The 6th house cusp is located at the 1st degree of Aquarius*

Part of Body: Connections in lower leg

## 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.

For more information please refer to the website; [www.janeridderpatrick.com](http://www.janeridderpatrick.com)

### About the Author

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

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### About the Artist

The illustrations in this report were created by Kay Steventon, who is a Melbourne based artist/astrologer. After graduating from R.M.I.T. in 1980 with a Diploma Fine Art, Kay gained the F.A.A. Professional Astrologer qualification, and 'Living The Tarot' Diploma. Since 1966 Kay has had many solo and mixed exhibitions in

Melbourne and overseas, specializing in symbolic art in 1992. Her first Tarot deck and book, *'The Spiral Tarot'*, was published in 1998. Kay's second Deck, *'Celestial Tarot'*, was published in 2003 with the Celestial book written by Brian Clark. A 52 card deck, *'Goddesses and Heroines'* was published in 2005, again a joint effort by Kay and Brian Clark.

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