

ASTROLOGY WITHOUT TEARS – Using Astrology for Healing

For the last article in this series, I thought we'd explore how you can use your Astrological natal chart to heal yourself.

Traditionally, Astrology has always been used for healing – most physicians and herbalists were also Astrologers, and the understanding that psychological issues affected the physical body was a view that was accepted as a given. In modern times, it is far easier to take medicines and pills rather than face the root cause of the illness. Studying your Astrological chart can help discover how you can work on the positive side of particular signs and planets in order to avoid certain illnesses, or to treat existing physical ailments.

'When the mind is in pain, the body cries out.'

Since Astrology is a vast and varied subject, health issues are indicated in many different parts of the natal chart. Sometimes it is a combination of many different placements and transits that result in a physical ailment manifesting. The trick is to learn as much as you can about your natal chart, so you can work on the positive side of the signs and planets involved.

For this article, we will be concentrating on the 6th house, which traditionally rules health and healing, as well as daily routines. Looking at your 6th house and any planets / points that are natively placed there will give you an idea of health problems that you may encounter in your lifetime, and what you need to do to avoid them. If you are working on the negative side of a sign / planet you may already suffer from the physical ailments described below.

SIGNS ON THE 6TH HOUSE CUSP

Aries: The part of the body ruled by Aries is the head, and many people with this placement have problems with headaches and migraines. Psychologically, this is because they lack confidence, and have a fear of being driven. This person needs to work on being assertive (without being aggressive), and gain self confidence by standing up for themselves and letting themselves be the leader rather than the follower.

Since Mars is the ruler of Aries, having this planet in your 6th house will have a similar effect to having Aries on the cusp – the degree of influence will depend upon aspects to other planets / points in your chart. Aries and Mars also rule the brain, and if working on the negative of this sign and planet, another serious health risk is a brain tumour. This occurs if the person is stubborn and refuses to change old patterns of behaviour.

Taurus: Taurus rules the neck, throat, tonsils, ears, jugular veins and thyroid glands. Many people with Taurus or Venus on the 6th house (as well as people with other strong Taurean placements) have problems with sore necks resulting from stubbornness, inflexibility, and feeling as if they lack solid foundations and routine. Sore throats psychologically represent angry words that have been withheld and not expressed, and tonsillitis can occur if the person represses their emotions and stifles their creativity.

Working on the positive side of Taurus means ensuring you have a stable foundation, strong roots, and a sense of material stability and security. In ritual, sometimes it is good to concentrate on the element of earth in order to feel more grounded.

Gemini: Parts of the body ruled by Gemini include shoulders, arms, hands, lungs and the breath. Since Gemini (and Mercury) rule the intellect and thought patterns, nervous breakdowns can occur if situations have not been thought through properly. Problems with the shoulders and arms relate to wanting to be able to hold onto experiences, and grab hold of life joyously. Lung problems occur if the person is not feeling worthy of living life to the full.

As I mentioned in my article about the Ascendant, the two 'faces' of Gemini are the intellectual and the social butterfly. We are not living life to the full if we are only working on one side of Gemini – the intellectuals need to get out more, and the social butterflies should try reading a book!

Cancer: Cancer rules the stomach and breasts, and I have done charts for a few people with this placement (or the Moon in the 6th house) who have had cancer, especially breast cancer. Psychologically, this represents deep hurt, secrets or grief that has been held onto and has been 'eating away' at the person. The sign of Cancer is very nurturing and caring, and if the ability to nurture has not been expressed, this can also cause illness. Stomach complaints are also emotional in origin – it shows what we 'can't stomach'.

Remember that Cancer is the most creative sign of the zodiac – nurturing doesn't necessarily mean having children – 'giving birth' can also represent the creative process. Also, remember to nurture yourself!

Leo: Leo, ruled by the Sun, represents the heart. Heart problems are very common these days – we are not taught to express our emotions, especially men. People with heart problems have long-standing emotional issues that have not been dealt with. Of course, heart problems are also caused by not having a healthy lifestyle ... but remember that eating disorders are themselves related to emotional issues and lack of confidence.

Leo and the Sun are all about self confidence – if struggling with the positive side of this sign, try doing a solar ritual (especially during Summer Solstice) dedicated to Leo and the Sun, and list the ways in which you shine in life.

Virgo: Virgo (and Mercury) rules the 6th house, and is also the sign associated with health and healing. Many people with this placement are healers, and work hard to be physically fit with good nutrition and exercise. Parts of the body ruled by Virgo are the abdominal region, large and small intestines, and spleen.

Virgo is also the sign associated with worry and criticism – some people with this placement (especially since Virgo, as well as Gemini, is ruled by Mercury) suffer from nervous breakdowns – remember that there is a difference between worrying and analysing problems. The positive side of Virgo problem-solves by analysing the situation from all viewpoints, and therefore discovering a practical solution.

Libra: Libra is the sign associated with balance – in these busy times, sometimes this is difficult to achieve. Parts of the body associated with Libra are the kidneys and lumbar region. Libra has a tendency to try to keep the peace when they should be speaking up – this frustration stores itself in the lower back, causing pain through lack of support (especially within a relationship). Kidneys eliminate toxins – if problems are not 'filtered', the toxins will build up – some people with this placement would rather not 'rock the boat' ... but this causes more problems in the long run.

Scorpio: Parts of the body ruled by Scorpio are the bladder, reproductive organs, and the body's elimination system. Scorpio (ruled by Pluto) is a very intense, powerful sign representing the Underworld and deep transformations. If we resist the birth, death and rebirth cycle (death of an old way of life and the birth of a new), then we may have health problems in these areas of our body. The word 'power' is sometimes seen in a negative way – but if we use power for constructive purposes instead of being ego-driven, we can achieve personal transformations that can change our lives. Scorpio also rules sex – if the power structure is not balanced in a sexual relationship, problems associated with menopause for women and the prostrate for men can occur.

Connect with positive Scorpio energy by dedicating a ritual to the Underworld deities such as Pluto / Hades, Persephone, and Anubis.

Sagittarius: Sagittarius rules the hips and thighs, but is also associated with depression. Many people with Sagittarius or Jupiter in their 6th house (or people with strong Sagittarian influences in their chart) pretend to the world that everything is fine, but in reality they are quite depressed. Positive Sagittarian energy is all about searching for the truth and acquiring wisdom – some people with strong Sagittarian energy think they already have the wisdom they need, but in actual fact this is what they are here to learn. Sagittarius and Jupiter are also associated with over-indulgence, causing weight issues – sometimes another source of depression.

Sagittarius energy tends to be irresponsible – health problems can occur if the person does not realise that true freedom can only come from being balanced within (and not by running away).

Capricorn: Parts of the body ruled by Capricorn are the skin, teeth, joints and hair. Many people with Capricorn or Saturn in their 6th house (or strong Capricorn influences in their chart) have recurring problems with their teeth (I know a Capricorn Ascendant with this problem!). Teeth psychologically represent indecisiveness, and Capricorn doesn't like to be indecisive! Capricorn is business-like and professional, and likes to be in control at all times.

To connect with positive Capricorn energy, take a good long look at yourself – are there parts of your life in which you aren't disciplined and structured? Do you need more routine in your life? Words such as 'discipline' and 'routine' may sound rather boring, but we need these things in order to get things done.

Aquarius: Aquarius rules the calves, ankles, and circulation of the blood. Aquarius is a fixed sign, and problems with the ankles are related to inflexibility and guilt. Having Aquarius on your 6th house cusp (or Uranus in your 6th house) represents people who have to learn in their day-to-day life how to handle revolutionary changes to help humanity, without being explosive and disruptive. By this disruptive behaviour they can create more problems. Like Sagittarius, Aquarius needs to learn to be more responsible.

Pisces: Traditionally, Pisces is the sign associated with escapism, and therefore all forms of addictions such as drugs and alcohol. If you have Pisces or Neptune in your 6th house, watch for signs of escaping from reality. The feet and toes are also ruled by Pisces, and foot problems psychologically relate to a fear of the future, and fear of 'standing on your own two feet'. Working on the positive side of Pisces means concentrating on your creativity and spirituality, rather than feeling sorry for yourself and being a martyr. The key phrase for this placement is 'meditate, don't medicate'.

During an illness, the Full Moon brings things to a head – whether this is good or bad depends on whether the person has learnt their psychological lesson. Illnesses 'fixed' with drugs will only manifest in a different form if the root issue has not been dealt with.

For a complete Astrological health plan, remember that your entire chart needs to be taken into consideration, as well as aspects and planetary transits.

There is much value to be gained in understanding all the information your birth chart has to offer, and issues regarding health and personal healing are just a small part of what Astrology can offer us. We cannot heal anyone – only ourselves.



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