
MONTHLY FITNESS & HEALTHY LIFE STYLE GUIDE

Astrological Guide for Personal Growth

TAYLOR SWIFT

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8:36 AM

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INTRODUCTION

Before beginning, choose the SHORT VERSION REPORT for all the important data you will need for any month. The longer version includes much more data that MAY confuse you if you are looking for just the facts.

The biggest challenge to your health and diet is your emotional state. When your emotions are out of control, your body follows your lead. Second in command is Mercury, taking the lead from the emotions and reacting on the body in very profound ways.

Please let me Introduce you to the MONTHLY FITNESS AND HEALTHY LIFE STYLE GUIDE REPORT.

What it is: A monthly look at dietary and exercise potential based on the sign on the Ascendant, with a secondary look at the Moon, house, aspects and all other planets. It is a "LONG TERM" procedure for people interested in taking charge and control of their lives, and understanding the underlying cause of diet and exercise breakdowns. By understanding the monthly influences imposed upon them, they can work with them and avoid the pitfalls placed in their path.

What It is NOT: It is not intended to be used for "quick" dietary loss or health maintenance. It is not meant to be an "overload" of information so that the reader is confused by what can be overwhelming information if not closely monitored as seen below (in the USE paragraph).

DISCLAIMER: No diet or exercise regime should be started without the advice of a doctor or physician.

What is included: Signs on the Ascendant, planets in the house, signs and aspects, Midheaven (as others see us and contribute to our dietary effort).

What is NOT included and why: Midpoints. The main emphasis must be on the monthly emotional response that gets us all into trouble, causing us to spin out of control in a dietary sense.

So How Do I Use It: Major Focus, Focus and no notations. Items marked with Major focus have everything to do with the Health and diet guide. Items marked with focus are still important, but not as much of a major focus as the others. No notation means that the data has been included for information purposes, but I feel do not have a stronger influence than the information that is tagged.

An Important Note On Metabolism: You will see references to metabolism as rated High, Low and Medium. Just because a rating of high is considered good, all it really means is that you have an increased appetite more often. "If" you don't get off your butt and do some sort of exercise, all that food will simply turn into fat.

Helpful hints:

These points work for me, and are only suggestions. Find what works for you and make the change.

Best of luck!

- 1) Throw away the scale! If your clothes begin to fall off, or become loose, you are losing weight.
- 2) Pay attention to transits to your natal chart by the planet Jupiter (it expands what it touches), it tends to keep you bloated and feeling that nothing is happening. If you stay with it and don't give in to a "Why am I trying, when nothing is happening?" attitude, you will be very happy with your success after the Jupiter transits end, either natal or Lunar returns.
- 3) Pay attention to transits to your natal chart by the planet Saturn, it tends to bind up the internal works, when passing the easiest food becomes somewhat difficult. Carbohydrates and bread are especially difficult.
- 4) Bread is the biggest thief of your energy. It will cause sluggish behavior, loss of energy and send you in for a nap to recharge yourself.
- 5) Eat several times a day (every 5-6 hours is comfortable), with smaller portions. Never wait until you are starving to eat, because you can always count on over-eating. If you eat tiny morsels of food several times a day, you will never be "hungry".
- 6) Eat heavy meals (earlier) during the day. Your last meal should be no later than 6pm. Eat enough to carry you through until AM, but not so much that you can't digest it.
- 7) If you over-eat, skip the next meal, as you have over-loaded your digestive system, then wait until you start to feel hungry and have a very small vegetarian type meal. Drink lots of water.
- 8) Double cheeseburgers won't help your diet, but if you must, eat it at noon and don't eat until dinner at 6, eating only vegetable type foods and by all means drink plenty of water. Remove as much bread as possible before eating, and your digestive system will thank you.
- 9) I know what they say about coffee being a no-no, but on a day when you have a very busy schedule and need to get going, one cup (the real stuff) in the morning does the trick for the entire day, and an added benefit of being a wonderful diuretic. Any more than one cup reacts negatively on the nervous system. For me, the energy from one cup of coffee lasts 2-3 days, limiting my intake even more. I am actually down to 1/3 of a cup now. It still keeps me wired for 3 days.
- 10) Do experiment with food groups and types to see what your body likes and dislikes. For me it is Chinese food. I get a complete (takeout portion controlled) meal for a nominal price, and it covers all the food groups. I pass on the soup though. I have a dozen meals made up at a time and freeze them until needed. As a suggestion, I might have Pepper steak (replaced with chicken) with vegetables and fried rice. My body agrees with the results, but yours may react differently.
- 11) If you are a couch potato like me who spends most of his day sitting (writing text like this), then exercise is more essential. If you sit and watch TV a lot, then include exercises that you can do while watching TV. Make your personal space your work out area as well.

12) Your Lunar return influences change every month, and so should your diet, if not only to keep you from getting bored to death! You will actually find your body needs and food groups change as well.

For the past two years I have been paying careful attention to the Lunar return (13 moons), and especially the sign on the Ascendant, and have come up with the following and very effective guide for everyone concerned with health, diet and exercise. As a long time sufferer dealing with obesity, I have practiced what I am about to preach with very nice results. It is what has inspired me to write this program and keep track of the ups and downs, pitfalls and workable solutions to a problem plaguing many Americans. I believe it to be an invaluable tool (if used correctly) to take back control of your life. The nice part about this program is, if you fail, you can always start over. You might even understand why you failed, bringing eventual success to your efforts. It points out quite clearly how you might fair in a "fire sign month", or how you may fail or see less than expected results in a "Venus controlled month".

BIRTH ASTROLOGICAL DATA

The astrological analysis is based on the following information. This information can be useful if you are an astrologer or student of astrology:

Sun	21	Sag	32	Neptune	11	Cap	20
Moon	3	Can	30	Pluto	16	Scor	30
Mercury	8	Cap	50	Asc.	8	Cap	12
Venus	1	Aqu	55	MC	2	Scor	27
Mars	26	Scor	47	2nd cusp	18	Aqu	58
Jupiter	7	Can	40	3rd cusp	0	Ari	19
Saturn	13	Cap	28	5th cusp	26	Tau	45
Uranus	4	Cap	39	6th cusp	17	Gem	23

Tropical Placidus Standard Time observed

December 13, 1989 8:36 AM

GMT: 13:36:00 Time Zone: 5 hours West

Lat. and Long. of birth: 40 N 19 46 75 W 57 56

Lunar Return for: Los Angeles, California 34 N 03 08 118 W 14 34

ASPECTS and ORBS:

Conjunction:	3	Deg	00	Min
Opposition :	3	Deg	00	Min
Square :	3	Deg	00	Min
Trine :	3	Deg	00	Min
Sextile :	2	Deg	00	Min

Lunar Return for: Los Angeles, California 34 N 03 08 118 W 14 34**LUNAR RETURN: January 3, 2015 at 11:46:58 PM**

Zodiac Signs on the Ascendant and MC, and the Ascendant Ruler

The zodiac signs on the Ascendant and MC, and the house position of the Ascendant ruler at the time of the Lunar return are described below. Your social and career opportunities for the coming month are influenced by these signs and house placement.

Ascendant in Libra (MAJOR FOCUS):

Characteristics of Libra on the Ascendant:

You will require peace and harmony away from the maddening crowds this month. You will have a flair for artistic and creative projects and can talk up a storm. Indecisions will fluctuate from "yes" to "no" to "I don't know", and all within the same breath. Since you have a wonderful sense of color, decorating, painting, drawing or any field that allows you to match patterns with surroundings would be good for you to experiment in.

You become more charming and polite, but may come across as insincere. There will be much more of an interest in books, music, art and photography (taking pictures as well as posing) as Libra is ruled by Venus, planet of sensuality and beauty. It will not be hard to see that physical attractiveness will be much more important to you this month. There is much more of an emphasis on personal luxuries, comforts, dressing well and cosmetics and beauty aids (for the ladies) and retaining your youth in some way. On the negative side, Librans can also be somewhat shy, rude or altogether antisocial, with a total disregard for appearance.

Relationships that are not harmonious with a sense of cooperation and friendship can really mess up your internal wiring. Approval and recognition from others for work well done is a necessity for balancing your life. You are a natural at giving of yourself and when unappreciated you wilt like a flower that has been stepped on.

Your Ruling Planet this Lunar month:

Libra is ruled by Venus, planet of beauty, love, fun, and comfort.

The part of the body your sign rules:

The lower back, kidneys, skin and ovaries are areas of concern for you this month. Lower back pain, and problems caused by too much sugar or rich food might be a cause for concern.

Your Metabolic rate this Lunar month:

Low. With a low metabolic rate, it will be much more difficult to absorb and release

anything you eat, not that you can't but it will be at a much slower rate. Any heavy food or carbohydrates can really wipe you out physically, and any sugar will turn to fat much more rapidly. Eat smaller meals, less often, and above all, learn to recognize when you are full. You can always eat again later!

Likely attitude towards diet and exercise:

"Okay, I'll give diet and exercise a try, just make sure there are plenty of goodies to eat after I am done."

Exercise Programs:

Tennis, squash, calisthenics, basketball, golf, volleyball or perhaps sailing are excellent ways to spend some quality time, especially if it involves a partner to share in the fun.

Eat:

Drink lots of water and cranberry juice, strawberries, apples, raisins, almonds, asparagus, peas, corn, carrots, spinach, beets, radishes, tomatoes, wheat, brown rice, oatmeal, broiled fish, seafood, poultry, low fat cheese, yogurt, plenty of fresh fruits and vegetables, salad greens, and whole grain bread.

Avoid:

Beef, pork, sugar, alcohol and carbonated drinks which is bad for the kidneys.

Pay attention to any/all planets located in the First House of the self, for additional tips and information, as well as the aspects to them.

Disclaimer: Before starting any diet, always seek the advice of a doctor or physician.

Ascendant is in Libra, Aquarius Decanate

Your Metabolic Rate this Lunar month: High. INCREASES THE APPETITE dramatically, making you feel hungry more often.

Ruled by the planet Uranus, you have a strong intellect and are governed by reason than emotions. Take a project and systematically make it work because that is your strong suit. Kindness and sympathy for people around you are very positive traits, and should be utilized at every opportunity to bring success back to you. Caution carried to extremes promotes inaction, which is a danger as well.

Ruler of Ascendant in 4th house:

With the Lunar Ascendant Ruler in the Lunar 4th house, the focus will be on the home, the emotional makeup of your personal life, your connection with your emotions, and with your past, family and most of all as a parent. The 4th House represents the home and your most private thoughts and feelings, and because of this your life will be very private this month, choosing to play it very close to the home environment. The 4th House relates to the mother or mothering influences for others, and becoming a "more nurturing" parent.

Additional 4th house influences:

Country, home, family, memories, dependence on others or others depending on you, real-estate, safety, security, roots, tradition, loyalties, ties, domestic life, nourishment, support from others, being accepted, belonging, furnishings, meals, your subconscious memories, fears, or habits. Laundry, food, household items, daily home life, private life, and karmic conditions.

MC in Cancer:

Since this is the most "visible" part of the Lunar chart, it represents how you want to be seen by the outside world. It is the face or mask that you deliberately put on for others to see.

With Cancer on the Midheaven you should try to avoid starches, sugar, and salt. Constipation from cheese and salt produces bloating. Spicy and highly seasoned food doesn't sit well with your more than sensitive stomach. Be good to your digestive system this month, and it will not have to hurt you!

Career matters or interests for you this month can include nursing, caring professions, social work, restaurants, historian, architecture, child care industry, being a public figure, areas relating to women, babies, housing, retail sales, or food.

You are psychic and receptive to everything in your environment, and feel things on a deeper level than most other people. Your responses to life situations are emotional rather than intellectual which can have mixed results. Moods change like the incoming and outgoing tide, and just as often. A career that brings you into contact with the masses would be an excellent career choice.

Extreme changes in your life or going away from your base of operations which you consider safe and secure is detrimental to your well being. You keep a tight grip on people, possessions, memories or sentimental objects. Your home and domestic security is very significant to you, and you run on pure "instinct". In connection to other people in your environment you are very loyal, protective, supportive, loving, compassionate, softhearted and sympathetic to their needs. People seek you out in a time of crisis because they know you will understand and provide help if at all possible. You will never forget the thoughtful or thoughtless, kind or unkind things that are said and done to you. You may forgive them, but never forget any injustice.

Zodiac Signs on the Other House Cusps

The zodiac signs on the other house cusps affect your attitude to many areas of your life, and have a significant impact on what kinds of opportunities and challenges will present themselves in the coming month.

Scorpio on the 2nd cusp:

You may have to spend money on, or products pertaining to any of the following health concerns this month: reproductive organs, bladder, prostate, colon, rectum, the vocal cords, larynx, liver, uterus, menstruation, sweat glands and the endocrine glands. Some health complaints you may have this month are headaches, infections and fevers.

Please try to avoid You may decide to spend money on accessories for, or invest in the following: boxing, long-distance running, or any strenuous sport. The Stairmaster, weight lifting, gymnastics, jogging, or yoga combined with meditation.

Try to include more of these in your shopping cart: asparagus, cauliflower, radishes, onions, tomatoes, black cherries, coconuts, milk, cheese, yogurt, cottage cheese, fresh fruits and vegetables & whole grain bread, fish and seafood, green salads, beets, almonds, walnuts, citrus fruit, berries, apples, bananas and pineapples.

Try to keep alcoholic beverages out of your shopping cart. Try to avoid eating large meals during the day and the evening meal should be light.

Scorpio on the cusp of the second house points to secretiveness in financial affairs. You will put a lot of effort in managing your personal funds. You will do this in private ways, no one else in your environment will realize what you decide financially, whether the outcome is good or bad. You will also resent anyone prying into your personal business. This behavior points to an insecurity that has an effect on sharing and forces you to try to hold on to what you have with tenacity. Look to the house with Pluto to find out where your challenges in finances will come from.

Sagittarius on the 3rd cusp:

There can be more communication about, or a need to learn more about areas concerning: hips, thighs, sciatic nerve, liver, lungs and motor nerves. The tendency to feverish complaints may be on your mind as well.

Areas that will be interesting for you, or take participation in learning: archery, fencing, rock climbing, polo, horseback riding, calisthenics, rafting, hiking, camping, and canoeing.

Communication about dietary options, or learning about health care benefits surrounding: fruits and vegetables, raw salads, green peppers, strawberries, pears, apples, potatoes, oats, whole grain cereals, egg yolk, broiled poultry and fish, beets, tomatoes, plums, cherries, oranges, lemons, skim milk, yogurt, brown rice, whole wheat, (drink) water, and rice. Ethnic foods such as vegetables,

curry, sushi, rice, salad, also juice, granola, dried apricots, popcorn and raisins, asparagus and olives, green peas, mushrooms, sage, cloves and nutmeg. What the negative effects of butter and other fats, gravies, cream, candy, chocolate and alcohol are.

With Sagittarius on the cusp of the third house, you are very talkative, with an ease in expressing a myriad of subjects on a broad scale. Jupiter, the ruling planet of Sagittarius confirms your naturally happy, optimistic and outgoing nature, being a friend to everyone. Sagittarius has domain over politics, religion, spirituality, and education, and much of your communication will be primarily in these areas. Friends, family, neighbors and the public will share your interests in some degree. You will have a great interest in learning and expanding your life, growing from the experience. This is travel related energy, so visiting places long distances away, or having family and friends at a great distance is normal here. Organization is your key to success, and you are prepared for all that life has to offer. You also are an excellent judge of character, and first impressions to you are very important. Look to the house where Jupiter is located to see where your interests can be found.

Capricorn on the 4th cusp:

Around the home front there may be health concerns for yourself and family members regarding any of the following: The bones, teeth and especially the knees, hair, skin, and stomach are sensitive points this month. If you are not cautious, accidents from this sign include broken bones, sprains, dislocations, joint pain, sensitive skin, and allergies. You may very well benefit from reflexology and massage to relieve any symptoms listed above.

Sports involving people around the home environment can include hiking, jogging, golf, or rock climbing.

Dietary needs can change, or a member of your family may need to make changes in diet including more: oranges, lemons, celery, cabbage, spinach, broccoli, corn, peas, potatoes, walnuts, almonds, whole wheat, oats, brown rice, raw salad, fresh fruits and vegetables, lean protein, fish, eggs, whole-grain bread, cheese, buttermilk, yogurt, beans, plums, strawberries and blueberries.

A change in diet or special dietary needs for family members can exclude: eating chocolate and refined sugar is bad for you, as well as highly seasoned and spicy food because of intestinal upsets.

With Capricorn on the fourth house of the home, family, roots, real estate, property and security, you will take a great deal of responsibility for the care of your home and family. Security for those you love and cherish will be of utmost importance for you. Everyday affairs, running the house, tidiness, organization, and having everything just so, belongs to Capricorn. There will not be much of a sense of humor around the home as Capricorn is ALL business, very practical, with very strict rules. Community involvement will be important, and you will always be available to take on your share of responsibilities. Look to the house where Saturn is located to see where your home security can be found.

Aquarius on the 5th cusp:

Since this has rulership over children, there may be some health concerns connected to: Calves, ankles, circulation, breath, eyesight, and blood need some attention. Health complaints can include cramps, allergies, sudden illness or nervous disorders.

This is also the house of amusement, you can have some fun and challenges with the following: dancing, gymnastics, skating, aerobics, martial arts, and skiing. You might find some company and enjoyment in viewing exercise videos, but make sure you have lots of different ones, to keep you from going crazy with boredom.

Because this is the house of your creativity, what fabulous dishes can you come up with using these: fish, lobster, tuna, oysters, spinach, radishes, celery, cabbage, lettuce, corn, squash, almonds, walnuts, apples, peaches, pears, lemons, oranges, sea salt, carrots, strawberries, vegetables, whole-grain bread, chicken, beets, broccoli, peppers, tomatoes, pineapple, brown rice, whole wheat, yogurt and cheese.

Please try to avoid: coffee, which can make you nervous. On the other hand you can try herbal teas to relax. Ethnic food and cuisine is great stuff, just don't overdo it.

You have Aquarius on the fifth house of Children, recreation, romance and creativity, artistic abilities, hobbies, writing books (creatively), speculation and investments. You are very unconventional and very unusual about the way you approach life. This is a very unstable position for love and romance, marked with breakups which can occur quite suddenly or out of the blue. You are cool and detached in the area of romance, but highly receptive, social and enjoy any and all recreational activities. There are very real concerns for children, but in intellectual ways, rather than emotional. Your children are apt to be very rebellious this month, keeping your hands full. Look to the house where Uranus is located to see where you might find your recreation and romance potential.

Pisces on the 6th cusp:

There can be injury to, or have health concerns for yourself and others concerning the following: feet, toes and bones of the feet. Some health complaints this month are swelling, allergic reaction to drugs, or problems with the feet. Low blood pressure and inflammations can be cause of concern this Lunar month. There can be vulnerabilities or sensitivity to medicines, drugs, and anesthesia.

Some great ideas for sports and exercise can include: music, dance, biking, the stair master, treadmill, rowing machine, swimming, ice skating, canoeing, rowing, water skiing, surfing, water-aerobics classes. Step aerobic, ballet, jazz or other types of dance will be very appealing to you now. Meditative techniques, yoga and Tai Chi might capture your interest as well.

Try including more of this in your diet: liver, lean beef, lamb, egg yolks, oysters, kidneys, whole-grain cereals, barley, dried beans, beet, spinach, onions, lettuce, raisins, dates, apricots, peaches,

grapes, apples, lemons, oranges, lettuce, strawberries, radishes, cucumbers, almonds, walnuts.

Please try to avoid: cut down on table salt, for that can make you feel bloated. Coffee can over-stimulate Pisces natives and should be cut down to a bare minimum. Pisceans are particularly susceptible to the effects of alcohol. Because the ruler Neptune also governs drugs, you should be careful in their use. Get advice first before you take anything new. Water retention is a problem for Pisces, and since you will be drawn to salt, the problem only gets worse. Avoid alcohol in excess too because it will tend to dehydrate you.

You have Pisces on the cusp of the sixth house of Work, Work environment, responsibilities, health, work and service for others, relationships with employees and co-workers, and your interest in physical fitness. Overworking yourself, worry and responsibilities fill your life affecting your health. Fears of not being the best, or of being a failure is what drives you to the point of exhaustion and fatigue. Choose a profession or goal of something that you truly believe in to be happy and healthy. Photography, motion pictures, working in liquids or hospital service is a possibility. Look to the house where Pluto is located to see where you might find work or service to others.

Aries on the 7th cusp:

You may seek professional advice in any of the following health areas: sinus, headaches, tooth and gum problems, or even nose bleeds. Protect your head and face from injuries.

Planets located in the house of partnerships (and getting professional help or advice) of any kind, including marital, can have you working on projects (as partners) in any of the following: martial arts, surfing, rollerblading, gymnastics, boxing, football, softball, or basketball, jogging, walking, horseback riding, swimming, or tennis.

You may seek professional advice in the dietary advantage of any of the following: tomatoes, beans, brown rice, broccoli, bananas, dried apricots, walnuts, olives, onions, lettuce, cauliflower, cucumber, spinach, and milk.

You may also seek out advice on the negative effects of: salt and liquor. Ingesting too much salt affects the bones and arteries, while liquor will react negatively on the kidneys.

Relationships, partnerships, marriage, people you have close associations with, cooperation or lack of, contracts, and legal matters are all part of the seventh house. You will be energetic, aggressive, highly sexed and experimenting. With Aries here, you will not want to be dominated, leading to some interesting arguments. You won't take injustices very well, and stand up and fight for what you believe in. You love peace and harmony, but when you are offended, you do get even. Look to the house that contains Mars to see how you will deal with partnerships.

Taurus on the 8th cusp:

Perhaps bad habits need to be changed to prevent problems with: throat, neck, ears, or jaw. Stiff necks, sore throats and earaches are common complaints.

The eighth house has to do with things that drain you physically, bad habits, obsessions, and joint financial matters. Perhaps this is where the energy is going to: Some great exercise or sports ideas include archery, marksmanship, and golf would be great. Remote control speed and dexterity fit into that category as well.

Perhaps you can use these food items to transform or renew yourself: asparagus, beets, cauliflower, spinach, cucumber, onions, nuts and cranberries. You should also drink plenty of water to help keep your system flushed out. Include more fish, seafood, eggs, liver, beans, wheat germ, fresh fruit and green salads.

You may also realize that by curbing or deleting these from your diet, you may actually add to your longevity: Carbohydrates, heavy, and rich foods. Choose a diet plan that allows plenty of fresh fruit, frozen yogurt and low fat toppings. Crash diets should be avoided.

The eighth house deals with joint resources, possessions that are not earned directly by you, but obtained through the relationship, wills, or pensions. It also has to do with money belonging to others such as taxes, corporate money, insurance, and the stock market. The eighth house also relates to the mysteries of life and sex. Taurus will have an influence on the above matters by helping to make sound judgments as well as practical ones in investing. Marriages just for the sake of money can occur here. You can expect some good times and bad times financially, but in the long run things should work out quite well. Look to see which house Venus is located in, to see where your joint money can be found.

Gemini on the 9th cusp:

If you do any foreign travel this month, you might suffer from problems with: shoulders, upper arms, breathing, nerves, asthmatic conditions, hands, fingers, sense of hearing and lungs. Because Gemini is a dual sign, you might find that you have two health complaints at the same time.

You may travel to foreign places to experience sports such as: Aerobics, working out, volleyball, jogging, dance, gymnastics, basketball, or tennis should keep your nerves functioning properly. Get an enthusiastic friend to help you exercise, because you love to talk while doing most anything and would enjoy the company.

As long as you are visiting someplace different, why not try dishes made with food native to the area, such as: asparagus, green beans, tomatoes, celery, carrots, spinach, oranges, peaches, plums, apricots, wild rice, grapefruit, almonds, broiled fish and shellfish, (drink) grape juice, apples, raisins, lettuce, cauliflower, cabbage, milk, buttermilk, and cottage cheese.

You may want to avoid the following food that may be bad for you: Since your nerves are shaky to begin with, coffee and stimulants should be avoided. Herbal teas have a calming effect. You may be inclined to eat junk food at the drop of a hat, so choose your junk food wisely.

The ninth house is the house of long range goals and long distance travel. Religion, philosophy

and higher education are ninth house matters. With Gemini ruling the ninth house, you will be serious in your approach to religion, philosophy and education. You will be very restless to do something, and will always be on the lookout for something to stimulate your mind. Travel, visiting people and talking the night away with new people on new adventures are just what the doctor called for. Look to the house where Mercury is located to see where your interests in higher aspirations can be found.

Cancer on the 10th cusp:

Since this is the house of your occupation, job title, and life direction, you may decide to have more of an interest in any of these medical fields. Since it is a monthly influence, you may just want to become an authority on any of the following: There can be injury to, or have health concerns for yourself and others concerning the following: stomach, the breasts, digestive organs, indigestion, stomach ulcer, flatulence, bladder, coughs, gallstones, liver and intestines, or emotional disorders such as depression, hypochondria and hysteria.

If you are considering a career change to the sports and exercise industry, you may have interests in these fields: Some great sports ideas or exercise to include: Water sports, swimming, running, calisthenics, sailing, wind surfing, and white water rafting.

If instead you are considering a career change to the grocery or produce/food industry, perhaps you may consider one of these products: Try to include more of these in your diet: egg yolks, whole grain rye, yogurt, beets, fish, milk, cheese, lettuce, and tomatoes, which are high in calcium. Fresh vegetables, fresh fruit, lean protein, onions, and cabbage are excellent fields as well.

The tenth house is the home of worldly aspirations and attainment. This sector shows how you present yourself to the public, and deeds for which you leave behind as your legacy, or what you will be remembered for. The tenth has domain over the profession, public offices held, and your reputation. The energy of Cancer here indicates that you will take great pride in whatever you do, nurturing others and the environment in which you live. You enjoy taking responsibility and need respect for your self worth and confidence. You will be very sensitive about what you do and how it relates to your standing in the community. Helping people, catering to peoples needs or caring for home and domestic matters would be an ideal situation for you. Look to the house where the Moon is located to see what kind of career you might choose, or how you will be remembered.

Leo on the 11th cusp:

You may join forces with others in a team effort to do some research, or raise money for problems dealing with: The heart, back, spine, nervous tension, fever, eyes, liver and forearm.

In the house of humanitarian efforts, working with groups of people as a team, you may organize functions having to do with the following: Aerobic exercise, health club, exercise class, dancing, martial arts, kickboxing, tennis, golf, walking, Pilates, yoga, calisthenics, basketball and softball.

You may work on humanitarian efforts to raise money to buy food for the homeless that can

include any of the following: Try to include more of this in your diet: whole wheat, rye products, almonds, walnuts, sunflower seeds, lemons, peaches, coconut, rice, seafood, beets, asparagus, egg yolk, beef, lamb, poultry, liver, fresh fruit, salad greens, cheese, whole milk, and yogurt, spinach, raisins, dates, plums, pears, and oranges, onions, cucumbers, lettuce, apples.

The eleventh house has domain over achievement of goals and objectives, and hopes and wishes. Humanitarian efforts, clubs, groups, associations, sharing ideals are also associated with the eleventh house. People that support your efforts, friends and connections to the outside world can be found in this house. With Leo located in the eleventh house, the focus turns to groups and organizations where you can take a leadership role of some kind. Friends and associations will be very important for you, and some may be famous or of social influence. Look to the house where the Sun is located to see where you might find your friends, associations and group involvement's and interests.

Virgo on the 12th cusp:

With the emphasis now on charity, volunteer work and social work, you may volunteer your time in hospitals or institutions dealing with: Lower digestive track, abdominal region, large and small intestines, hands, nails, the sinuses, respiratory system and bowels.

Charity, volunteer work and social work, may be spent in hospitals or institutions dealing with sports or exercise rehabilitation: Tennis, racquetball, swimming, sailing, fishing, biking, meditation techniques, and walking.

You can also volunteer your time in the kitchen or food preparation center in hospitals and institutions working with: Green vegetables, whole wheat and grain breads, oats, almonds, cheese, oranges, bananas, lemons, lean beef, lamb, yogurt, brown rice, eggs, cottage cheese, melons, apples, pears, papaya, and honey.

The twelfth house rules the subconscious mind, problems arising from unseen causes, and limitations in our lives. This house has rulership over behind the scenes activities, emotional problems, secrets, deceptions, problems to overcome, the side of ourselves away from public view, where the soul can step back and take a look at the world around us. The twelfth house also has rulership over prisons, hospitals, and other institutions that would remove you from society. Virgo energy on the twelfth house indicates that you can be quite critical, but are able to keep it under control and hidden. You will take health matters seriously, and will play a major role in your lives. Look to the house where Mercury is located to find that area in which you retire from public view.

The Sun

The placement of the Sun in the Lunar return chart is very important and affects almost every area of your life!

Sun in 4th house (FOCUS):

The Lunar Sun is now in your 4th house. You will look to find your nourishment with home and family. Time spent around the home, activities that take place in the home, meditation, reflecting on past events through memories, romance, social activities, family matters and dealing with emotional issues all are emphasized this month.

Additional 4th house interpretations:

Country, dependence on others or others depending on you, real-estate, safety, security, roots, tradition, loyalties, ties, domestic life, nourishment, support from others, being accepted, belonging, furnishings, meals, fears, or habits. Laundry, food, household items, daily home life, private life, and karmic conditions.

Sun square Uranus:

The Ego Out Of Control.

Uranus rules the Calves, ankles, circulation, breath, eyesight, and blood need some attention. Health complaints can include cramps, allergies, sudden illness or nervous disorders.

Exercise that is good for the planet Uranus:

Ankles can cause some complaints this month, so use caution during dancing, gymnastics, skating, aerobics, martial arts, and skiing.

Avoid:

Cut down on coffee, which can make you nervous. On the other hand you can try herbal teas to relax. Ethnic food and cuisine is great stuff, just don't overdo it.

Freedom is needed, sought and desired at all costs this month, especially from circumstances that have you tied down or restricted in some way. Sudden romances can begin and end just as quickly, so don't expect anything long term from it. This is an unfavorable time for any group activities. Contacts are likely to be with Aquarius people, or people who have those qualities, but not likely to be very harmonious.

This can be a time of electrical fires, so be more aware of the hazards in your surroundings. Murphy's Law is in full effect, so if it can go wrong it will! Hold on to something and prepare for a shock in your life! This is not a good time for private negotiations because disappointments of the major kind are to be expected.

You will experience difficulties in expressing yourself and that is hard to do with your foot in your

mouth. Separations from others are possible because either of you or both need your own space. You will have the advice potential of a blind man, you won't see it, or take it.

Sun conjunct Pluto:

Investigate anything you want to this month, because the realizations that arrive will be spectacular. Bargain hunting can prove wonderful as you can come up with some wonderful buys! Your will power is stronger than at other times and any improvements and changes that you have been wanting to make in your life can be instituted successfully this month. Long time friends can become lovers under this influence. Contacts will be with more Scorpio personalities, and should be quite harmonious.

An intuitive and psychic time fills this month, full of wonderful insights. Outdated ideas and possessions that are no longer needed can be discarded and new attitudes about life can be adopted. You are extremely sensitive to your inner self and close personal relations are harmonious.

This month favors research and forming new contracts or working for large groups of people or the masses rather than singular endeavors. Insight, compassion, detective work and having the inside scoop on something accompany this influence. This is a great time to repair things that are a little run down and need TLC (Tender loving care).

Sun opposition MC:

The Ego Out Of Control.

An active time filled with hard work, accomplishments and enlightenment. Ego conflicts with authority and family are likely to occur. Don't let it get out of hand. Responsibilities in your domestic and work environment are likely to increase. Family problems can arise to be dealt with.

Sun square N. Node:

The Ego Out Of Control.

Don't expect communications to be easy with the rest of the world this month. A withdrawal from social activities can be expected. Problems with the nervous system can develop and physical exercise may be the key to relieving the tension.

Relationships between men and women will not do well and creative endeavors should be left alone, for a more fortunate time. You may want to be a leader, but the timing is very wrong.

The Moon

The placement of the Moon in the Lunar return chart affects emotions, moods, domestic affairs and relationships with women during the coming month.

Moon in 9th house (MAJOR FOCUS):

Now, right after the Ascendant this month, the Moon is extremely important to your health, diet and well being. The Moon RULES your emotional state, and which ever way it goes, so does your diet and health. Ever been in love????? I mean really in love?? Did you need to eat to feel whole, or was love your entire nourishment? What happened when you broke up, got divorced or weren't getting along, and who became your new bestest friend (again)??? Food!

Wherever the Moon is placed this month, is where you will look for love, support or emotional nourishment. The aspects to the moon this month will show you your chance of finding it. With well aspected (nourished) planets your health and quality of life thrives, but anything negative will send you off your diet and health plan into the waiting and willing arms of a lover called food!!! If you will look at the planets afflicted (difficult), it will give you some idea of how you will try to nourish yourself (food) and what you have a thirst or hunger for. Spicy and hot foods (Mars) can point to sexual desire, sweets (Venus) can indicate a need for pure love and romance. Even in times of anger, you will turn to this willing lover (food), who never ever, ever lets you down, especially when wrongs haven't been righted. The amount of food you eat when angry will show just how much you want to punish others or punish yourself.

The Lunar Moon is now in your 9th house. Emotional boredom strikes when least expected and we need to go out and experience something a little different and exciting. A get away trip to the store or a jaunt down the road can be emotionally stimulating. Routine is the master of our lives unfortunately, but there is no reason we can't daydream is there? Films of a different flavor than we are used to would be ideal, especially if it involves some distant intrigue to it. Since the 9th house is the religious home, some new age or religious music can prove to be very enlightening.

Whenever your emotions get out of control with the Moon located here, you will have more of a craving for butter and other fats, gravies, cream, candy, and chocolate. Try to cut down on as much alcohol as possible to avoid damage to the liver and skin.

Additional 9th house interpretations:

Higher education, philosophy, travel, spirituality, mysticism, journeys of the mind, psychic alignment, sense of humor, opinions, foreign ideas, foreign cultures, law and legal matters, inspiration, publishing, sports, spiritual journeys, wisdom, akashic records, consciousness expansion.

Moon trine Neptune:

Water retention.

Charitable and spiritual approaches to others will enhance your life this month. This is a wonderful time for developing or using your ESP and you may experience some heavy duty dreams, see some odd weather conditions, be possessed by sexual vibes that are strong, or feel some increased impressions about your environment. You will be very sympathetic and compassionate to your fellow man and your perceptions and inner visions will be on target. Avoid negative people so you can get the full effect of this positive energy.

Mercury

The placement of Mercury in the Lunar return chart affects communication, and your ability to learn and express yourself during the coming month.

Mercury in 4th house (MAJOR FOCUS):

They say that where the mind goes, the body follows. That is why there is a Major Focus on it every month. What you think, speak and project, even unspoken words will convince the body of your intent and act accordingly. Positive affirmation of your goals will bring positive results to your health and diet efforts. Negative thoughts and actions will bring nothing but negative results to your health and diet efforts. Look at the aspects to Mercury to find out if the influences around you this month will act to derail your efforts or strengthen them. If they are negative, look to the cause and correct them. You may not be able to change them completely, but you will be aware of what the cause is, and be prepared to work with them, instead of against them. You have the tools for success, if you don't take them out of the tool box and put them to work, what good are they?

Mercury is in your 4th house, and indicates areas of interests in your life this month, as well as health matters or where your thoughts are likely to be focused.

Discussions can take place at home with your mother or immediate family. Communicate your feelings about events that have bothered you in the past or matters that need ironing out. Sometimes this placement in the fourth indicates a change of residence because of a career change. Home improvements can also take place with this placement. If Mercury makes a harsh aspect while in the 4th house, the emotions can interfere with logic and reasoning. Communications with family and with domestic matters will become more difficult to resolve.

Additional 4th house interpretations:

Country, home, family, memories, dependence on others or others depending on you, real-estate, safety, security, roots, tradition, loyalties, ties, domestic life, nourishment, support from others, being accepted, belonging, furnishings, meals, your subconscious memories, fears, or habits. Laundry, food, household items, daily home life, private life, and karmic conditions.

Mercury conjunct Venus:

The body takes its orders directly from the mind. As the mind goes, so goes the body. Influences that will either support or sabotage your health and diet efforts this month are indicated here. Hard or difficult aspects to Mercury will bring negative results and possible illness. They will HELP to show you the error of your ways, and your thought process, not to punish you with failure. Soft or easy aspects to Mercury will help, support, nurture and bring success to your efforts. Sometimes too easy an aspect will make you over-confident and not appreciate what you are doing, or what you have.

Venus rules the throat, neck, ears, jaw, the thyroid gland, tonsils, chin, palate, kidneys, shoulders

and upper torso are sensitive areas for concern this month. Stiff necks, sore throats and earaches are common complaints.

Exercise that is good for Venus: archery, marksmanship, and golf would be great. Remote control speed and dexterity fit into that category as well.

Avoid:

Carbohydrates, heavy, and rich foods. Choose a diet plan that allows plenty of fresh fruit, frozen yogurt and low fat toppings. Crash diets should be avoided.

A gathering of family members should prove to be a happy time at some point in this month. Journalistic fields and communications of all kinds are under a fortunate star. Invitations received can be very interesting, and you will find that politeness can aid you to make that sale if that is your line of work.

Business activities are highly favored and your communicative abilities are highlighted. The vocal qualities become more pleasing for others to listen to and maybe you will choose to write some poetry to express your creativity. Pleasant experiences surround you and communications are harmonious with others. Take hints from anywhere they come from, they will prove to be beneficial to you. The ability to understand others point of view is an asset as well.

Venus

The placement of Venus in the Lunar return chart affects romance and friendship over the coming month.

Venus in 4th house (FOCUS):

Next in line for our Focus is lovely, seductive and beautiful Venus. Wherever Venus is located indicates where love, affection and attention can be found. Look carefully at the aspects to Venus because she can either bring love or try to hold it back. Negative aspects can also try to derail your efforts for health and diet, whereas positive aspects can help to support your efforts. Do not allow negative Venus aspects to knock you off your path to success, instead recognize that they are there, and work with them, instead of against them. Remember, every day, is NOT going to be a holiday.

Make peace with the people you live with and your parents. This is a wonderful month to redecorate the house. Watch the digestive system because there will be an increase of good and rich food. Drinking too much can be adverse as well. Romance and real estate matters are favored. Entertaining in the home will be pleasant and well received.

Suggested exercise programs to help you stay slim and in shape are water sports, swimming, running, calisthenics, sailing, surfing, or rafting. Avoid any fitness program that requires you to exert yourself too much. Do not try to lose weight too quickly now, rather a slow and gradual weight loss is the way to go.

Try to avoid eating starches, sugar, and salt. Constipation from cheese can occur, and salt produces bloating. Spicy and highly seasoned food doesn't sit well with your more than sensitive stomach. Be good to your digestive system this month, and it will not have to hurt you!

Additional 4th house interpretations:

Country, home, family, memories, dependence on others or others depending on you, real-estate, safety, security, roots, tradition, loyalties, ties, domestic life, nourishment, support from others, being accepted, belonging, furnishings, meals, your subconscious memories, fears, or habits. Laundry, food, household items, daily home life, private life, and karmic conditions.

Venus sextile Saturn:

Pending deals can this month be finalized with profits this month and you will be more cautious than usual in your dealings with others. Benefits can come through older people and in your daily routine, use old business standards rather than employing new ones.

A new love relationship that starts will be with someone much younger or older than you. You will be more willing to make sacrifices for the sake of others and you will take your duties and responsibilities to others very seriously.

A positive side of this energy is the ability to purchase items from a standpoint of only what you need and let the luxuries of life wait until another time. Balance the books and budget your funds to keep your life in check. You are able to be more controlled in your affections, putting your emotions on hold.

Mars

The placement of Mars in the Lunar return chart affects your drive, ambition, and vitality during the coming month.

Mars in 5th house:

Next in line is the planet Mars. Mars is considered extremely aggressive and masculine. It shows where you will put tremendous energy and where you will apply that energy by house. Mars is that push that gets you going, gets you off the couch and onto the treadmill. Push too hard however, and you can meet with great resistance from all areas around you, including people, places and things. Applied in the wrong way will bring with it combative situations, arguments, tempers flaring and in some cases accidental behavior. If the Universe tells you to knock off the macho behavior (aspect wise), then take a hint and do so. If the Universe gives you a green light aspect wise, then go for it with your whole heart. Look carefully at the aspects to find out who, or what may be putting obstacles in your path, and act accordingly.

Sex and lovemaking is high on your list of things to do this month. Children may require more than normal attention at this time. Be careful that family members are not neglected. Gambling and speculative ventures are not favored as discipline will be lacking in your life. Sexual jealousy or frustrations are possible, so try to take the "edge" off by engaging in dancing or physical activity. You can be somewhat crude or invite physical harm to yourself now, or on the other hand you may get involved in a sudden and impulsive love relationship.

Additional 5th house interpretations:

Love affairs, speculation, games, creative expression through art, music, dance, theatrics, writing, poetry, songs, stories, athletics, or personal craftsmanship. Creating beauty, courtship, lovemaking, pastimes, concerts, dating, playing with children, parties and leisure activity.

Mars opposition Jupiter:

Jupiter rules the hips, thighs, sciatic nerve, liver, lungs and motor nerves. The tendency to feverish complaints may be noted this month.

Exercise which is good for Jupiter:

Archery, fencing, rock climbing, polo, horseback riding, calisthenics, rafting, hiking, camping, and canoeing.

Excessive speed while driving can bring an accident in your direction, so take this opportunity to SLOW DOWN!

Generosity can get out of hand, so be careful with your funds and possessions this month. If you cannot afford to buy something, don't buy it now! Use caution in your spending now, as you may purchase something with a lot of good will in your heart, for the wrong or undeserving people. You may find out too late that the people that you put your time,

effort and love into do not have your best intentions at heart. It is therefore better to buy small gifts and offer small tokens, than to look like a major fool!

Arrogance, accidents and impulsive actions are advised against, and caution is advised in business dealings with foreigners and danger is present while traveling!

Financial mistakes can easily be made, leaving you with egg on your face. This period is unfavorable for any legal activities and don't start any new endeavors because impatience and carelessness can be your downfall.

Relationships actually appear better than they are. Unethical business practices should be avoided and use caution when dealing with others, especially foreigners. Be careful of others who encourage you to spend money or waste your time and energy as money comes and money goes very quickly now. Challenges will excite you and impulsive and hasty actions will be your downfall as you go off like a loose cannon and more than likely wind up overextending yourself and getting involved in very UNWISE ventures. Legal and religious disagreements occur now, so avoid remarks made to others, no matter how innocent they were meant to be. Travel and trips will prove to be more expensive than you counted on through your own extravagance as well.

Jupiter

The placement of Jupiter in the Lunar return chart determines in what areas of your life you are likely to have opportunities for growth and expansion during the coming month.

Jupiter in 11th house:

Next in line we have Jupiter, planet of good fortune and expansion. Wherever Jupiter falls it likes to make things bigger, and gives resistance to letting things go back to normal shape, like the human body for instance (especially around the hip area). Whenever Jupiter takes a prominent position in the Lunar or Natal chart, weight will be easy to put on, and remain on, until the influence ends. Then and only then can things go back to normal, whatever normal is.

With Jupiter prominent here, the emphasis is on group activities and organizations that will benefit you in some way. Friends become more supportive of your endeavors, and the need to be with many people or have more friends is present. You may learn a great deal about yourself now, so don't allow selfishness to enter your life. What you give out to others will come back 10 fold for you now. There will be a sense of brotherhood with the world, and humanitarian efforts will be satisfying and rewarding. If Jupiter makes a stressful aspect while in the 11th house there is the danger of using friends and organizations for your own personal and selfish gain.

Additional 11th house interpretations:

Humanitarian efforts, friendship, sudden occurrences, rebelliousness, and outrageous behavior. Dreams, concerns, political views, breaking the rules, freedom, groups of people, allies, teammates, colleagues, what kind of friend you are, acquaintances, social circles, wishes, ambitions, aspirations and your ability to work with others on projects.

Saturn

The placement of Saturn in the Lunar return chart determines where you will encounter obstacles, difficult lessons, and where discipline will be needed in your life during the coming month.

Saturn in 2nd house:

Next up is Saturn. Saturn is the great teacher. Wherever Saturn is located by house, shows where losses, setbacks, depression, maturity, growing up or feeling gloomy can occur. Usually it is present when the time is just not right for an action or activity to occur, for whatever the reason. It is like having a credit card that always comes back "access denied". Sometimes the access is permanent, other times it is temporary in nature.

Responsibilities and obligations in taking care of others can arise this month. The emphasis is placed on material needs versus material desires now and responsibilities in financial areas arise and you will learn to do without some material comforts. Because this is the house of values, you are learning what is truly necessary for happiness in your life materially and sexually, and material and spiritual values can change. If money gets in the way of discovering these values, there will be some financial losses necessary to help you see clearly. If Saturn makes a difficult aspect while in the 2nd house, you may experience the loss of finances or possessions you were holding onto too tightly. Funds may be somewhat limited as well this month.

Additional 2nd house interpretations:

Self worth, values, inner creativity, talents, inner strength, determination, wealth, income, ethics, morals, integrity, priorities, conscious actions, meeting obligations, capacity for earning and spending, and acquiring material possessions.

Uranus, Neptune and Pluto

The placement of the 3 outer planets in the Lunar return chart indicates areas in your life that are likely to take surprising twists and turns, where idealism and illusion may enter your life, or where compulsive or extreme situations may arise in your life during the coming month.

Uranus in 7th house:

Next in line is the planet Uranus, ruler of Aquarius, and just like a true Aquarian, Uranus, is the rebel, the non-conformist, the humanitarian and the unpredictable child. Wherever Uranus is placed by house, all bets are off for a normal existence, replaced by sudden out of the blue and whimsical behavior. No matter what the circumstance this month, it won't be boring! It is life thrust upon us, not chosen.

Relationships, marriage and business partnerships can undergo sudden and unexpected changes. There will be a greater need and desire for freedom bringing separations and divorce. Marriages entered into this month will be an error in judgment that can end just as suddenly. If Uranus makes a difficult aspect while in the 7th house, there can be changes and unstable situations that arise in marriages causing possible breakups.

Additional 7th house interpretations:

Commitment, harmony, marriage partners, romantic partners, business partners, doctor and patient relationships, relating to people who oppose your ideas, competitors, adversaries, opponents in any area, conflicts, enemies, lawsuits, karmic patterns, people's reactions to our actions, the public, and legal affairs.

Uranus square Pluto:

Uranus is the original rebel without a cause. It acts independently of reason, and as impulsively. In our everyday humdrum lives it serves to act as notice to everyone that no matter what "you" do or say, the chances are pretty good, I'm not doing it! If I do though, "you" are going to regret the results. This is an unacceptable energy pattern for health and diet, at least try to prevent inflicting too much damage on yourself.

There will be a great need for freedom this month and you will find relating to people very difficult. Be careful of manipulating people because there will be a very deep seated need to change the lifestyles of others. Old hang ups and ways of life will end and new ones can begin. Rapid and unforeseen changes and events can occur that wipe out old conditions. Friendships and group associations are greatly altered or end altogether.

Why go with the flow when you can resist and make yourself as well as everyone else miserable? A time of stress and turmoil has arrived, along with a desire to overthrow everything you have been doing. Remember that all of this rebellion and change can bring accidents, so don't overthrow yourself at the same time. This is a difficult time for taxes, finances, alimony, money and Inheritance.

Uranus opposition N. Node:

Uranus is the original rebel without a cause. It acts independently of reason, and as impulsively. In our everyday humdrum lives it serves to act as notice to everyone that no matter what "you" do or say, the chances are pretty good, I'm not doing it! If I do though, "you" are going to regret the results. This is an unacceptable energy pattern for health and diet, at least try to prevent inflicting too much damage on yourself.

STRESS has entered your life this month, so use any means to get rid of it before it gets the best of you. You will not appreciate any sexual advances made towards you this month and any assistance that is offered by others will be refused. You may find that during this time matters of sexuality become less important to you and matters of pure intimacy without being sexually active become more important and necessary. You can also find that people can come to you for consolation and you can do so without the threat of sexual advancement on your part coming into play, instead enjoying people for their company.

Upsetting circumstances arrive in group and individual relationships and freedom will cause setbacks. Pig headedness is a negative use of this energy and arguments are a positive outlet for this energy because it gets everything out on the open.

Uranus opposition Asc.:

Uranus is the original rebel without a cause. It acts independently of reason, and as impulsively. In our everyday humdrum lives it serves to act as notice to everyone that no matter what "you" do or say, the chances are pretty good, I'm not doing it! If I do though, "you" are going to regret the results. This is an unacceptable energy pattern for health and diet, at least try to prevent inflicting too much damage on yourself.

You will find it hard to relate to others this month and people will have a difficult time getting to know the real you. You will find it difficult to take care of other peoples needs or show affection. Friendships are what you need now rather than intimate partners. You will also see that some added stress has entered your life to contend with as well.

Expect upsets and emotional instability to enter your life and the element of surprise and unpredictability will arrive at your door. Your attitude may adopt a very detached characteristic. Relationships are very disruptive this month and sudden separations can occur because you are looking for freedom from oppressive situations. Friends will prove to be very unreliable and you will be very bored with routines. Do not speculate or experiment with the occult this month, as the timing is unfortunate.

Uranus square MC:

Uranus is the original rebel without a cause. It acts independently of reason, and as impulsively. In our everyday humdrum lives it serves to act as notice to everyone that no matter what "you" do or

say, the chances are pretty good, I'm not doing it! If I do though, "you" are going to regret the results. This is an unacceptable energy pattern for health and diet, at least try to prevent inflicting too much damage on yourself.

You will feel the need to rebel against people to make sure they understand that you want to be left alone. You need more freedom and because of this it will be very difficult to make commitments to others.

You will experience clashes of wills with people in authority, in business relationships and political associations. Unpredictable business, professional and domestic occurrences can arise and your relationship with friends can change as they become annoying to you, whether they are your family or associates. Unexpected conflicts are sure to arise that not only affect your working environment, but your domestic one as well.

Rather than a voluntary change of residence, here is an involuntary change of residence, whether through your job, some kind of disaster or loss of lease. On the other hand, people may suddenly move into your home this month, which was not in the game plan. Each person's circumstances will be different with this month, but your need for "freedom" from domestic or working conditions will be challenged to some degree, especially in the retrograde. Has it always been easy for you to walk out of situations in the past? Well then this challenge may be in the form of working out circumstances in your life rather than turning and walking away from them one more time.

Neptune in 5th house:

One of my favorite planets is Neptune. Among the qualities it loves to bring to the party is illusion, and deception, but also imagination, illumination and inspiration (That covers all the "I" words). Psychic and intuitive aspects can emerge from our subconscious mind now, and can do so in a myriad of ways like music, art, poetry, compassion and humanitarian efforts. Remember to look at Neptune like you are in a very naughty dream that is not real, and is never going to come true. It was great at the time, but has nothing to do with reality.

Matters connected with children, speculative ventures, love relationships and recreational endeavors become clouded, confusing or just plain deceptive. This is a wonderful position for creative outlets and the idealized side of romance is stimulated rather than the reality of it. Unwanted pregnancies can find their place here as well. You may think that you can play the part of "savior" for someone, or allow others to play that part for you, but in actuality you can become a sponge for other people's problems. If Neptune makes a difficult aspect while in the 5th house, you may face some problems with sex, disappointments and deceptions in love and an abuse of drugs or alcohol.

Additional 5th house interpretations:

Love affairs, speculation, games, creative expression through art, music, dance, theatrics, writing, poetry, songs, stories, athletics, or personal craftsmanship. Creating beauty, courtship, lovemaking, pastimes, concerts, dating, playing with children, parties and leisure activity.

Pluto in 4th house (FOCUS):

Last in line, but not forgotten we have the planet PLUTO who is the master of digging down beneath the surface of who you are and bringing some very powerful yet subtle changes into your life. Pluto is where your OBSESSIONS can be found this month.

Making repairs on your home are favored this month. Get rid of old thought patterns that keep you from growing. Changes on the domestic front can be expected, and you may even decide to move this month. If Pluto makes a difficult aspect while in the 4th house, then there can be disruptions and upsets in the home that are out of your control.

Additional 4th house interpretations:

Country, home, family, memories, dependence on others or others depending on you, real-estate, safety, security, roots, tradition, loyalties, ties, domestic life, nourishment, support from others, being accepted, belonging, furnishings, meals, your subconscious memories, fears, or habits. Laundry, food, household items, daily home life, private life, and karmic conditions.

Pluto opposition MC:

Passion and strong feelings will increase that will be difficult to deal with this month and research and studies are favored. You may be working in an undesirable environment around virus's and bacteria in some way.

A great deal of pressure is on you to make changes in your goals and life direction, just be careful not to let your actions make those around you oppose your ideas. Changes against your will can take place, just don't waste your energies trying to fight the system, instead go with the flow. Tensions are sure to surface and home repairs and changes of residence is possible.

Pluto square N. Node:

Do not use this time for planning retaliations against people who have wronged you, even though it will be strong, so resist the temptation. Be careful of USING people for your own purposes as well. Associations can become very burdensome this month and tension and intolerance for others can lead to unwise choices. Aspirations for power can lead to problems or frustrations.

Interaction of the Lunar Return and Natal Chart

The following influences are based on the relationship of the Lunar return to the natal chart. These influences tend to bring about changes in attitudes and your perspective on life.

Lunar Return Ascendant in Natal 9th house:

With your Natal 9th house on the Lunar Ascendant, creative and intellectual work or studies become more important. Travel will be very satisfying, and in laws can be a source of inspiration or a real burden. Expand your beliefs and knowledge through education, writing, publishing, foreign trade or foreign issues. Your love partner can be of a foreign country, religion or race as well. Legal matters are also an issue to be dealt with at some time now.

Additional 9th house influences brought into the spotlight:

Higher education, philosophy, religion, travel, spirituality, mysticism, journeys of the mind, psychic alignment, sense of humor, opinions, foreign ideas, foreign cultures, law and legal matters, inspiration, publishing, sports, spiritual journeys, wisdom, akashic records, consciousness expansion.

Natal Ascendant in Lunar Return 3rd house:

With your natal Ascendant now in the Lunar 3rd house of communication, this is where social and intellectual learning is shared. This is where you will explore your community or communicate to your environment, and to make sense out of it. The 3rd House is also related to education, all forms of communication and short journeys. The 3rd House brings importance to brothers and sisters, childhood friends, neighbors and the outside world. Most importantly, it is where you as an individual fit within the structure of the world around you.

Additional 3rd house interpretations:

Search for knowledge, short trips, community involvement, relationship to siblings, education, dexterity, curiosity, analytical skills, speaking, writing, phone calls, letters, books, papers, television, radio, data, facts, neighbors, siblings, neighborhood, merchants, trading, travel around town, trips, visits, immediate environment, judgment in making choices, and telepathy.