

MONTHLY FITNESS & HEALTHY LIFE STYLE GUIDE

Astrological Guide for Personal Growth



FOR

Stanley Tucci

November 11, 1960
6:00 AM (Unknown Birth Time)
Peekskill, New York

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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	19	Sco	04	Neptune	9	Sco	15
Moon	17	Leo	47	Pluto	7	Vir	55
Mercury	10	Sco	45	Asc.	10	Sco	30
Venus	25	Sag	15	MC	19	Leo	15
Mars	18	Can	05	2nd cusp	9	Sag	34
Jupiter	3	Cap	00	3rd cusp	13	Cap	18
Saturn	14	Cap	19	5th cusp	21	Pis	57
Uranus	25	Leo	37	6th cusp	18	Ari	47

Tropical Placidus Standard Time observed

November 11, 1960 6:00 AM
 GMT: 11:00:00 Time Zone: 5 hours West
 Lat. and Long. of birth: 41 N 17 24 73 W 55 15
 Lunar Return for: Peekskill, New York 41 N 17 24 73 W 55 15

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: Peekskill, New York 41 N 17 24 73 W 55 15

LUNAR RETURN: January 14, 2017 at 1:24:51 AM

Zodiac Signs on the Other House Cusps

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 Scorpio (MAJOR FOCUS):

Water Retention is one of your biggest barriers to weight loss success this month!

Characteristics of Scorpio on the Ascendant:

It will be easy to lose weight with Scorpio on the Ascendant. The only problem is not eating CAN cause other health problems to manifest themselves. Even if you do not feel like eating anything, force yourself to have something small to hold you over, and while you are at it, try to make it nutritious.

You can either be the devil, bringing destruction and ruin, or an angel bestowing blessings on your fellow human beings. These are the only two options this month, and there are no in-betweens. You will be extremely courageous, strong willed, sensitive, and emotionally deep inside. The capacity you have to overcome any obstacle or adversity that comes to you is unequalled by any other sign.

With Scorpio on the Ascendant this month, your physical stamina will increase, staying with projects until the very end, and can be somewhat obsessed with strengthening the body. You will stay with your goals to the bitter end now as long as there is a glimmer of hope at success. You will be attracted to people who are also strong and magnetic. In your personal affairs you will become more secretive, not willing to reveal to the public your private business.

Whether it is a career, love, relationships, decisions, hunches, jealousy or hatred, you do so with your whole heart. You have a special kinship to the animal world and I would be surprised not to see dogs and cats scattered around the property this month.

Your Ruling Planet this Lunar month is:

Scorpio is ruled by both Mars, the planet of energy and aggression, and Pluto, the planet of transformation and rebirth.

The Part Of The Body Your Sign Rules:

Scorpio rules the 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. Scorpio is associated with a strong constitution and can usually overcome problems.

Your Metabolic rate this month is:

High. INCREASES THE APPETITE dramatically, making you feel hungry more often. With this much energy present, you should be able to overcome any obstacles before you. Remember to change your routine to keep from getting bored. Because it will be very easy to burn up food that you eat now, make sure to eat smaller and more nutritious meals. If you eat more frequently, say 4 mini-meals a day, your body will thank you for it. Just like a car or plane, the better the fuel that you put in, the better the performance. Avoid heavy food and carbohydrates that can clog the engine and slow you down, stealing your energy. Heavy food can cause you to feel sluggish, resulting in the need to take more breaks and afternoon or evening naps to recharge.

Likely attitude towards diet and exercise:

You are so darned busy and active you don't have time to exercise. If you do consider exercise, you will want to include anything that involves heat, or working up a good sweat.

Exercise Programs:

Boxing, long-distance running, or any strenuous sport is great. You prefer to be alone when trying to unwind from the stress of the day. The Stairmaster, weight lifting, gymnastics, jogging, or yoga combined with meditation are good for you.

Eat:

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.

Avoid:

Large meals during the day and the evening meal should be light. Drink plenty of water but avoid alcohol which has a negative effect on you, especially now. Crash or odd type diets should be avoided, especially those that allow you to yo yo back and forth. You may have some constipation complaints this month due to incorrect diet.

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 Scorpio, Scorpio Decanate

The metabolic rate this month is Very high. INCREASES THE APPETITE dramatically, making you feel hungry more often.

Ruled by the planet Mars/Pluto, you are inwardly emotional, shy, modest and secretive and you will either be the devil incarnate or a saint, there can be no in-between. The possibility of going from one

extreme to the other in area of your life is a strong possibility. You will be very active and changeable by the moment, and taken negatively, you can take everything way too seriously and may find that you have to learn to lighten up.

Ruler of Ascendant in 3rd house:

With the Lunar Ascendant Ruler 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 this month, and your ability to relate to it.

Additional 3rd house influences:

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.

MC in Leo:

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 Leo on the Midheaven this month, you should try to avoid fatty foods, snack foods, cakes, and candy.

Career matters or things that can have your interest this month are acting, performing, artistic work, banking, fashion, medical profession, lecturing, being a spokesperson for others, politics or local government, and work with animals.

Your goals will be courageous, proud and somewhat egotistical. In your career you need a position where all of that Leo energy can shine through. A job in the background would stunt your growth and creativity leaving you bored to death. You are a born leader and because of this you do not take direction or orders from others very well.

With Leo on the Midheaven, your strong ego needs will look for expression in the public in some way. You may find that assistance comes from the father or an authority figure this month. You are known for your courage and strength of character, and other people recognize it. You draw others to you for their own support and source of inspiration.

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 3rd house:

The Lunar Sun is now in your 3rd house. Communication will increase with people connected to the sign that occupies the 3rd house this month. Life accelerates and the phone will never stop ringing with the Lunar Sun located here. There will be an increase in visits to and from others, talking, writing, everyday activities, short trips to do this and that, shopping, time spent with family and friends and a general outpouring of energy.

Additional 3rd house interpretations:

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

Sun square Jupiter:

The Ego Out Of Control.

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.

Avoid:

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.

Practical considerations go out the window and large scale errors in judgment can easily be made, so don't count on anything until you have it firmly in your hand. This can be a great time to diet because you can lose weight easily. It is possible that at this time there will be more contacts with Sagittarians or people with those qualities, but those contacts might not be very harmonious.

You may very well quit your job because of ego conflicts with authority figures. This is not a good month for gambling, romance or business as FOOLISH OPTIMISM can be your downfall.

Be careful not to promise more than you can deliver because you can fall short of your promises leaving you marked unreliable. Confrontations with others can breed hurt feelings, and over inflated egos can get in the way of your progress.

Transportation accident levels are on the rise so keep an eye on the road at all times. The need to spend money on needless items, or spending just for the sake of spending will be very strong. Very extravagant, materialistic and arrogant behavior emerges. You may feel frustrated over financial shortages which is the result of your spending.

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 10th 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 10th house. Your career becomes highlighted during this month, as well as your relationship with your co-workers. If you have an inclination, one of these co-workers can provide a source of warmth on a cold night. The danger lies in the fact that this relationship may become highlighted and out in the public eye. Unhappy attitudes on the work front will be magnified and apparent with this placement. You may want to work by yourself rather than be involved with others. If the Lunar Moon makes stressful aspects while in the 10th house, there can be some unfavorable publicity, or matters on the home front can conflict with the career.

Whenever your emotions get out of control, especially with the Moon located here, you should try to avoid eating chocolate and refined sugar as well as highly seasoned and spicy food because of intestinal upsets.

Additional 10th house interpretations:

Profession, occupation, ambitions, goals, talents, satisfaction from work, your public self, status, the actual title of your job, reputation, what you are known for, strangers perceptions of you, public reputation, status, life direction, achievements, honor, dishonor, authority figures, government, politics.

Moon trine Uranus:

Cars should be bought or repaired with this placement, if possible when the Lunar Return Moon is on the increase or well aspected to the sign Aquarius. New technologies and ideas can be grasped much easier, and changes implemented on the home front will have a positive outcome. People can and will show up unexpectedly and out of the blue.

Phone calls can suddenly arrive from women in distress, and you will find the compassion to provide comfort to them. Communications can arrive from Aquarian people, or people with those qualities.

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 2nd 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 2nd 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.

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.

Communications are likely to increase over money matters this month. Business transactions, gathering information, discussions and negotiations about money matters, short trips for business purposes, planning and discussions with others about money or possessions are highlighted. Checks can arrive in the mail that is bound to put a smile on your face, especially if they are overdo.

News of future promotions or financial gains is possible as well. New ideas can be incorporated for earning more money. If Mercury is harshly aspected while in the 2nd house, you may be bound up with financial worries or make changes in your financial outlook. Agreements and contracts involving business can be stressed as well.

Mercury trine N. Node:

Communications increase with harmonious results this month. This is also a favorable time for public relations, advertising, short trips and contacts with the general public and it is also a very sociable time for the exchange of ideas. You have a good grasp of any situation at hand and your judgment is sound, so use it for any form of the written or oral word. Joint plans and the exchange of ideas will prosper,

and the same goes for any intellectual pursuits, social or business communications.

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 conjunct Neptune:

Neptune rules the feet, toes and bones of the feet. Some health complaints this month are swelling, allergic reaction to drugs, or problems with the feet. There can be vulnerabilities or sensitivity to medicines, drugs, and anesthesia.

Exercise Programs:

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 help you when you are feeling funky!

Avoid:

Cut down on table salt, for that can make you feel bloated. Coffee can over-stimulate Neptune natives and should be cut down to a bare minimum. Neptune also governs drugs, you should be careful in their use. Avoid alcohol in excess too because it will tend to dehydrate you.

Conversations that deal with psychic and intuitive subjects can take place, or a phone call for help can arrive. Psychic conditions can draw you into relationships quite easily this month.

This is a difficult time to separate love from compassion and you will notice you have an intuitive, psychic and telepathic rapport with others, especially women. You will exhibit a more CAUTIOUS and RESERVED mannerism, and you will notice artistic and creative tendencies emerge, crying out for expression. Pleasure travel is indicated as well under this influence.

Financial limitations and a certain amount of loneliness are possible, but can easily attract love in its purest form. Weakened kidneys is possible due to the misuse of sexual energy or too sweet a diet, so make sure to increase your water intake to keep them in good working order.

HYPNOTIC LOVE AFFAIRS that will have a very profound effect on you can occur this month. Business, romance and sex will probably have a somewhat secretive tone to it.

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.

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 12th 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 located here, you will learn a great deal about the inner you through spiritual dimensions of life. Spiritual teachers or friends may enter your life and guide you along the way. Metaphysical interests can begin, or past experiences will give you insights into your future. You might seek a place of refuge and spiritual retreat and seclusion. This is to be considered a wonderful position of Jupiter for learning the art of Meditation. If Jupiter makes a difficult placement while in the 12th house, there is a danger of feeling sorry for yourself and indulge in escapism of your own device.

Additional 12th house interpretations:

Social work, charity, volunteer work, subconscious fear, guilt, resentment, hate, past-life karma, skeletons in the closet, damaging secrets, secret plots, compassion, psychic ability, sensitivity, self-undoing, confinement, imprisonment, religious retreats, subconscious mind, libraries, mental illness, emotional blocks, addictions, secret motives, hidden agendas, suppressed knowledge, secret societies, occult wisdom, hidden meanings, illumination, enlightenment, fantasy, self-deception, hidden enemies, hospitals, institutions, spirituality, unredeemed karma, selfless service, mystical inspiration, and clairvoyant abilities.

Jupiter sextile Saturn:

Wherever Jupiter is placed by house and whatever it touches by aspect tends to benefit, receive good fortune or become larger than when it started, at least positively aspected. This can make dieting very difficult, unless you cut food intake to a system designed to try to expand itself. On the negative side, it can act to prevent good things to come to us. In either case, it will sharply increase your appetite, which is why smaller more healthy meals are suggested.

There is sure to be an increase of recognition and respect coming your way this month and people can easily come to you for advice and counseling as well. There will also be an evident feeling of joy being with others as well.

Those projects that you have been working on for so long can pay off now, and working with people or groups of people in some sort of structured unit has the greatest chance for success. Foundations for heavy responsibility go along with events now, but take note that as soon as this influence is over, it will become very quiet in your life. Consider the time that follows a giant tranquilizer and use it to take some time off for rest.

You will achieve the greatest success by using the middle of the road approach, and long range business and financial matters look good. Opportunities can be gained through hard work and expect some growth potential from business, professional or educational pursuits. This is a super time for friends and social get togethers which may involve authority people or older people than you.

Progress can be made in business, career, or your education, but make sure to make honesty your guideline in dealings with others, especially in business. Opportunities may come to you from authority figures or people more mature or older than yourself. In matters of love you will be more optimistic than usual mixed with an equal blend of caution.

Jupiter opposition Uranus:

Wherever Jupiter is placed by house and whatever it touches by aspect tends to benefit, receive good fortune or become larger than when it started, at least positively aspected. This can make dieting very difficult, unless you cut food intake to a system designed to try to expand itself. On the negative side, it can act to prevent good things to come to us. In either case, it will sharply increase your appetite, which is why smaller more healthy meals are suggested.

YOU CAN SUDDENLY MAKE A CHANGE IN YOUR JOB OR LIFE DIRECTION WITHOUT ANY WARNING. Challenges will occur to money, difficulties arriving out of the blue and quite unexpectedly.

The need for change for the sake of change alone will be high. Risks will remain risks this month and are to be considered ones that will fail. You may have to take sudden and difficult long distance trips and find that dealing with foreigners or customs and modes of transportation will be extremely difficult. Be careful not to be rude with others because this can be a direct result of your own inner restlessness.

There will be a great need for sudden and new freedom in your relationships and dealings with others. You will not listen to the opinions of others very well either under this influence. Heated words with people in your environment and accidents are possible. This is an unfavorable time for finding the money needed for that new project. Adventures, changes in occupation, separations, divorce, moving and losses of money can accompany this influence. Business ventures are likely to fail as well.

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.

Saturn trine Uranus:

Now, Saturn brings with it a separate set of circumstances wherever it is by house and aspect. In either case, whether positive or negative aspect, it puts very strong obstacles in your path to be dealt with. It has been noted that every time there is a Saturn transit, everything comes to a screeching halt, with a big sign that seems to suggest "Access Denied!" I have also seen that anytime there is a strong Saturn presence, denying us what we want can also be protecting us from ourselves, possibly by the presence of a more wise and learned energy than ourselves, which is also a characteristic of Saturn. Diet wise, it seems to limit the need to eat, curbs the appetite and allows you to take more control of the food that you eat. On the negative side, it always slows down the digestive process dramatically. The utmost caution should be advised as to what you eat with this energy as constipation, and a bound up digestive system can take on the consistency of cement. A vegetarian diet is ideal with this energy whether transits to natal, lunar return or progression.

This month favors any kind of mental pursuits, the study of Astrology, or parapsychology. Your friends will lean to more mature and older persons which you may have more in common with. In business stick to the older more established firms rather than trying someone new and new and creative ideas will bring happiness and peace into your life. Remember this is a time of hard work and the keywords for this month are honesty and determination. Finances are supported this month and come under a fortunate influence.

This is a time to make positive changes in your life and for breaking down the barriers that have you bound to the past. In other words, it is time to let go of the past and get on with your life. The changes you institute this month will be deliberately imposed and is an important time to let people express who they really are, or who you really are.

What have you been doing for a long period of time that has become outworn, outdated and flat out old? You can use this fortunate time period of electric ideas and processes to update or change things in your life. Changes made this month will be made carefully but with great speed and relationships will become a bit more stable.

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 6th 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.

Changes can arise in employment and health, or the job may become intolerable, or changed by new technological methods. You may have to take on additional responsibilities that can cause stress. If Uranus makes a difficult aspect while in the 6th house, you can suffer from an illness, lose your job, become uncooperative, very nervous, or have a work related accident.

The Part Of The Body Uranus Rules:

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

Your Metabolic Rate this Lunar month:

High. INCREASES THE APPETITE dramatically, making you feel hungry more often. With this much energy present, you should be able to overcome any obstacles before you. Remember to change your routine to keep from getting bored. Because it will be very easy to burn up food that you eat now, make sure to eat smaller and more nutritious meals. If you eat more frequently, say 4 mini-meals a day, your body will thank you for it. Just like a car or plane, the better the fuel that you put in, the better the performance. Avoid heavy food and carbohydrates that can clog the engine and slow you down, stealing your energy. Heavy food can cause you to feel sluggish, resulting in the need to take more breaks and afternoon or evening naps to recharge.

Exercise Programs:

Since your ankles can cause some complaints this month, use caution during 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.

Eat:

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.

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.

Additional 6th house interpretations:

Diet, service to others, coworkers, attention to detail, waiting on others, using skills, teaching others skills, craftsmanship, organization abilities, work routine, chores, responsibilities, punctuality, schedules, competency, how you work, taking responsibility for health or fitness, exercise, health care, stress, sleep habits, caring for the health of others, therapy, nutrition, nursing, tasks, habits, overall health, hard work, employees, hygiene, working environment, pets and animals.

Neptune in 4th house (FOCUS):

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.

Real estate purchases or the home where you live may have problems with plumbing, liquids of any kind and leaks. YOU MAY CONSIDER PUTTING IN SOME KIND OF FILTRATION OR WATER SYSTEM THIS MONTH. Perhaps problems with water or leaks can occur underground especially if Neptune is under a hard aspect. The domestic front becomes confusing and resources or outlays in energy prove exhausting. If Neptune makes a difficult aspect while in the 4th house, responsibilities with family members can arise and problems in gas, oil or water leaks can take place.

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 in 3rd house:

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.

Relationships and changes in attitude will be noticed with close family members, and neighbors. Communications and everyday matters will change fundamentally. Occult subjects, science, metaphysics, unexplained phenomena, life after death experiences and ecological matters become more important. Be careful what you sign and put into writing, the effects of your actions can reach far into the future. If Pluto makes a difficult aspect while in the 3rd house, then there can be danger around short trips or accidents while driving.

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.

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 12th house:

With your Natal 12th house on the Lunar Ascendant, relationships might be secret ones, away from the prying eyes of the public, but you must be more aware of secret enemies who will try to bring you down. Occult and metaphysical subjects can be investigated and utilized, and hospital procedures, self undoing and charitable endeavors also come under focus. In some ways, you will be happiest when you are very much to yourself, perhaps in a retreat situation.

Additional 12th house influences brought out in the spotlight:

Social work, charity, volunteer work, subconscious fear, guilt, resentment, hate, past-life karma, skeletons in the closet, damaging secrets, secret plots, compassion, psychic ability, sensitivity, self-undoing, confinement, imprisonment, religious retreats, subconscious mind, libraries, mental illness, emotional blocks, addictions, secret motives, hidden agendas, suppressed knowledge, secret societies, occult wisdom, hidden meanings, illumination, enlightenment, fantasy, self-deception, hidden enemies, hospitals, institutions, spirituality, unredeemed karma, selfless service, mystical inspiration, and clairvoyant abilities.

Natal Ascendant in Lunar Return 1st house:

With your Ascendant in the Lunar 1st house, the personal identity becomes more important. Questions of who am I, and where do I fit in, is highlighted. How will I relate to the outside world, and how will people see me is now a focal point this month.

Additional 1st house interpretations:

Personality, competition, gestures, body language, self-expression, aura, self-image, mannerisms, strength, vitality and soul purpose.