

THE CHAKRA HEALING REPORT



FOR

Cameron Diaz

August 30, 1972

2:53 AM

San Diego, California

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Your birth chart interpretation is based on the positions of the planets at the time of your birth. For the benefit of students of astrology, these positions, along with other technical information, are listed below:

Positions of Planets at Birth:

Sun	7 Vir 07	Pluto	0 Lib 58
Moon	22 Tau 15	True Node	25 Cap 13
Mercury	19 Leo 58	Asc.	22 Can 40
Venus	21 Can 20	MC	10 Ari 39
Mars	9 Vir 46	2nd cusp	14 Leo 36
Jupiter	28 Sag 32	3rd cusp	9 Vir 56
Saturn	19 Gem 36	5th cusp	15 Sco 56
Uranus	16 Lib 11	6th cusp	21 Sag 11
Neptune	2 Sag 33		

Tropical Placidus Daylight Savings Time observed

GMT: 09:53:00 Time Zone: 8 hours West

Lat. and Long. of birth: 32 N 42 55 117 W 09 23

Aspects and orbs:

Conjunction:	7 Deg 00 Min
Opposition :	5 Deg 00 Min
Square :	5 Deg 00 Min
Trine :	5 Deg 00 Min
Sextile :	4 Deg 00 Min
Quincunx :	4 Deg 00 Min

Dear Friend,

This report is about how you can heal your mind and body by being aware of the latent energies in your aura and making the best, most spiritual use of them. Your aura is a field of energy that permeates and surrounds your physical body. It has seven special energy centers within it called chakras. Chakras are vortexes of energy, and they are the places in your aura where divine consciousness can come in and manifest in your physical body, especially if you are receptive to it and use your willpower to allow it to enter.

Your aura also has three channels where the divine energy flows within your aura, and in yoga, these are called the ida, pingala and sushumna. The ida carries the life energy in the left side of your body. The pingala carries it in the right side of your body. The sushumna, which is the most important, carries it in the middle of your spiritual column.

The chakras are the places where the ida, pingala, and sushumna meet together. There is so much energy in these places that the energy whorls around as divine creative potential waiting as an ever-present resource to be manifested into physical form, so that we can bring healing life-force into our daily lives.

To draw upon this infinite source of energy, we can use meditation, prayer, or affirmations. In this way, we transcend our everyday consciousness and become receptive to the healing power within us. There are specific affirmations that can be used to direct the healing force to particular areas of the body. These are contained in Louise Hay's book "Heal Your Body". Often these affirmations are sufficient to address a particular condition, but sometimes a more specific focus is needed to get the energy to come through. That is because we may have subconscious blocks to allowing the affirmation to work, and these have to be identified and dissolved. The blocks may be present because we have grown up in a culture that asserts mind-body duality, rather than mind-body unity. There may also be blocks because of individual karma from the past or individual lack of recognition of future possibilities. This is where astrology comes in - to identify any blocks you may have and to give you guidance as to how to dissolve them, so that you can become one with the Source and fulfill your divine

purpose.

Louise Hay's book also links the physical conditions and affirmations with particular vertebrae in the spine. This is helpful because the sushumna is located in the middle of your spinal column, and using the most specific affirmation possible should bring the healing light to the part that needs healing. However, if there is a blockage at the unconscious level, it will manifest on the physical level in the form of a blockage in the energy of the physical spine. The tension from this will be observable, as one or more bones in the spine will be out of alignment and there will be various symptoms in the surrounding muscles, organs, or other parts of the body. This report then, is designed to give you insight into the nature of any such blockages that you may be likely to have as an individual. The report also suggests ways of dissolving them and getting your own healing energy flowing. It will still depend on your own willpower whether you choose to use these new insights and how, in order to better your own health.

This report neither diagnoses nor prescribes, but works on the subtler level of the astral aura, as described by astrology, to understand and potentially re-direct the energies before they manifest on the physical level, so that you may be in tune with the higher, spiritual purpose for which the energies are intended rather than have them manifest as any lack of vitality or health.

This report is dedicated to my chiropractor, Dr. John Bjarnason of Toronto, who has greatly assisted me in combining my astral knowledge of my aura with its unblocked, physical manifestation, so that I have been able to enjoy better health

Best Wishes, Lorna Houston Copyright 2005

Chapter 1

The Ascendant

Cancer Rising:

Your outward expression of your Heart Chakra is likely to be very emotional, protective, and nurturing. Your partner is likely to provide a balance for this by being very detached, practical and emotionally uninvolved.

Chapter 2

The Sun

Sun in Virgo:

As an individual, you have a great deal of energy in the area of your pancreas, spleen and intestinal tract. Just as your personality is discerning and analytical, your body is capable of sorting out what is healthy for you and getting rid of anything that is not. Keep up your health and resistance by eating only healthy food in the first place, but remember also that pure thoughts are what create a healthy body too. So, don't worry if you are exposed to any unhealthy influences. Instead, be joyful and non-judgmental towards yourself. This will do more good for your health than criticizing yourself or your environment for not being perfect. So, let go and enjoy the sweetness of life. Nourish yourself and be happy.

Keep the vitality coming into your body by maintaining the health of your heart and your spine. Teach others to do the same and, in that way, you will be spreading the happiness of being healthy. You will also be creating for yourself an environment of health-conscious individuals, who will make it easier for you to be able to enjoy your surroundings without having to be concerned about their effect on your health. Show others, by your example, the positive path to purity and the rewards of a healthy lifestyle.

Sun in 2nd house:

The Sun rules your Solar Plexus, and its house shows how you bring the energy of this chakra out into the world. Your Solar Plexus gives your self-confidence, and you approach everyday life with the belief of "I can." You apply this in the area of wealth and concrete things. As your inner confidence unfolds, you gradually feel comfortable with the idea that real security comes from within, rather than needing to come from what you own.

Sun Conjunct Mars:

The Sun and Mars are co-rulers of your Solar Plexus Chakra, giving you very concentrated willpower and energy. Make sure that your ego-expression is in harmony with Divine Will, so that you will not attract negative karma by dominating others. Find constructive outlets for your dynamic energy.

Sun Square Neptune:

It is a challenge for you to integrate your self-assertion with your higher ability for selflessness and compassion, but you have the willpower to succeed. Success is a matter of mastering the potential of your Solar Plexus, so that you are above being attached to your ego. Then your energy is liberated to go to your Throat Chakra, where your Neptunian receptivity can be expressed.

Chapter 3

The Moon

Moon in Taurus:

You can achieve great emotional healing and happiness by singing songs which express how you feel or by doing lovely artwork or sculpture. You enjoy the security and contentment of working with the earth element, such as making pottery or gardening. In fact, these activities can even be a spiritual meditation exercise for you, where you transcend your feelings and sense oneness with the divine. You like to listen to the vibrations around you at the same time as you allow your own creative, self-expression to unfold, and this is very healthy for your Throat Chakra.

Moon in 11th house:

The Moon rules your Second or Spleen Chakra, and its house shows you how you bring your emotions out into the everyday world. You can always tune in to it and say, "I feel," because your emotions are a vital part of your being. You express your emotions with your many friends and acquaintances who tend to share your feelings about a particular cause.

Moon Square Mercury:

You need to use conscious willpower to verbalize your feelings and to keep your emotional side and your logical side in balance. With a positive attitude, you can be successful in keeping the energies of your Spleen and Throat Chakras flowing.

Moon Sextile Venus:

You are blessed with many opportunities to make your home a loving, beautiful place. Your marriage is likely to be happy because you are able to express your emotions in a very loving way, and your children are likely to be kind and affectionate. Your Spleen Chakra energy very readily elevates itself to the higher love of your heart.

Chapter 4

Mercury

Mercury in Leo:

Mercury rules the Throat Chakra and Leo rules your heart, so you have a very dramatic way of speaking right from your heart. Your words would attract the attention of others and you could inspire them in acting or public speaking. You would also know how to take charge of children in such a way as to be able to teach them and have them listen.

Mercury in 2nd house:

Mercury co-rules your Throat Chakra, along with Neptune. Its house shows you the areas of life where you are likely to gain information and express your thoughts. It has to do with communication, and can be summarized in the words "I speak". You are very businesslike and practical in your method of self-expression, and you are concerned with the concrete facts.

Mercury Sextile Saturn:

Mercury rules communication and your Throat Chakra, and Saturn rules groundedness and your Root Chakra. You have a very rational, logical way of communicating and a talent for organization and disciplined work. You would excel in science or health care or any field where precision and detail are required.

Mercury Sextile Uranus:

You have an unusually brilliant, inventive mind that you use to apply intuitive flashes of inspiration to scientific and practical problems. This is because of the easy flow of energy between your Throat Chakra and Crown Chakra. You are blessed with an ability to find answers to your questions by channeling your Higher Self.

Chapter 5

Venus

Venus in Cancer:

Venus rules your Heart Chakra and is the inspiration behind your caring, protective love. It is important, that you work on your own self-esteem and self-nurturing, and then the special love you have for others will be nourished and ongoing. In particular, eat foods that are gentle for your stomach and think thoughts about how life agrees with you, and how new experiences are easy to take in. In this way, you will achieve a positive, harmonious state with yourself and your surroundings.

Venus in 12th house:

Venus rules your Heart Chakra. Its house shows you the areas of life where you give and receive love and compassion. The key words for it are "I love." You are unusually kind and compassionate, especially to those most in need. You attract sensitive, caring people in return.

Chapter 6

Mars

Mars in Virgo:

Mars rules your Solar Plexus Chakra, and Virgo rules the parts of your physical body in that same area, namely your pancreas and intestinal tract. You need to keep physically active to keep these parts of your body healthy, and if you maintain an emotional state of vitality and self-confidence, that will help too. You would be talented in the areas of health promotion, once you have mastered how your own health works. You have a talent for taking high energy from the Source and learning how it should be channeled in specific ways.

Mars in 2nd house:

Mars co-rules your Solar Plexus Chakra, along with the Sun. Its house shows the areas of life where you express your initiative, desire, and physical action. The key words for it are "I can." You would be likely to apply your strong drive by running your own business, earning money, and acquiring things of genuine value.

Chapter 7

Jupiter

Jupiter in Sagittarius:

Jupiter rules your Third Eye, and, its also rules the sign of Sagittarius in the physical plane. You have a great potential for psychic perception and for bringing this awareness out to the level where it can be used to do psychic healing. You can also help others discover which affirmations or positive thoughts will do them the most good. You would be able to master yogic breathing exercises and teach them to others.

Jupiter in 6th house:

Jupiter rules your Brow Chakra. Its house shows you the areas of life where you express your spiritual values, positive thinking, and prosperity. The key words for it are "I see." You have a lot to give others in the area of health and healing, as you have both the inspiring energy and the detailed focus. You make positive thinking practical.

Jupiter Square Pluto:

It is a challenge for you to combine your higher faith and optimism with your actual spiritual regeneration, but you have the positive willpower to do it, and to put your higher values into practice. As long as you are focused, you can bring about great, inspired good for yourself and others. It is a matter of keeping an easy flow of energy between your Third Eye and you Spleen Chakra.

Chapter 8

Saturn

Saturn in Gemini:

Saturn rules your Root Chakra, the area where your intellectual ideas are carried out into actual, physical manifestation. For happiness, you just need to know that the goals you are carrying out are really your own rather than what someone else told you to study or to communicate. So, release the past and decide what you would really like to do. Then enjoy the success of achieving what you are here to do. You will then notice how relaxed your breathing is.

Saturn in 11th house:

Saturn co-rules your Root Chakra, along with the Earth. Its house shows you the areas of life where you express discipline, responsibility, and structure for your survival and grounding. The key words for it are "I have." You are capable of working with a group of people to achieve serious goals, which will overcome hardships and benefit everyone.

Saturn Trine Uranus:

You have a very fortunate ability to combine practicality and discipline with the creativity and inventiveness of your higher mind. You are able to make practical use of new, original ideas and come up with solutions to everyday problems that no one else has ever thought of. You have an easy, positive flow of energy between your Root Chakra and your Crown Chakra.

Chapter 9

Uranus

Uranus in Libra:

Uranus rules your Crown Chakra, the source of your infinite potential for new ideas and knowledge. Libra is also an indicator of mental activity, and your ideas are likely to be new and refreshing. You might be able to come up with original ideas about how to improve relationships and create place.

Uranus in 4th house:

Uranus rules your Crown Chakra. Its house shows you the areas where you express your universal understanding, knowing, and intuition. It also shows where you express your urge for freedom and individuality, and the types of friends you will choose and groups you will join. The key words for it are "I know." Your home is likely to be an unusual place, with unique decor, where your many friends and acquaintances would be welcome to come together.

Chapter 10

Neptune

Neptune in Sagittarius:

Neptune rules your Throat Chakra and your ability to listen on the subtler level. Sagittarius seeks the truth, and listening to the Source is the best way to do that. Your insight can be very profound and positive. You are well aware of how the greater good works in subtle ways. You could teach others about the path of kindness and forgiveness.

Neptune in 5th house:

Neptune co-rules your Throat Chakra, along with Mercury. Its house shows you the areas of life where you express your ability to listen and to reflect back creatively what you hear, especially when you are acting a channel for a higher source. The key words for it are "I speak," but also "I listen." You are physically very tuned in to children, and you could help them with their musical and artistic expression by gently supporting them and letting their talent emerge.

Neptune Sextile Pluto:

Neptune rules the subtler listening ability of your Throat Chakra and Pluto the regenerative and transformative power of your Spleen Chakra. You have a special ability to care and to heal in a very ultimate way. You could, for example, work on healing the planet. You could also express your compassion for the masses in a way that would make a real difference.

Chapter 11

Pluto

Pluto in Libra:

Pluto rules your Second Chakra, in your lower abdomen. It pertains to your emotions and sexuality. Libra rules relationships. You are aware of the way in which emotions and sexuality form a basis for relationships, even though the relationships also involve the higher communication of the mind. Your partnerships are likely to be very intense, with a good deal of discussion about what is fair for both and how the personal needs of each partner can be met.

Pluto in 3rd house:

Pluto co-rules your Second or Spleen Chakra, along with the Moon. Its house shows you the areas of life where you express your regenerative ability and your willpower to transcend mass karma, as well as your emotions and sexuality. The key words for it are "I feel." You have a tremendous ability to solve problems by using your mind to figure things out. You know how to get to the root of a problem and determine the logical solution. Your relatives have a transformative effect on your well-being.

Chapter 12

Chiron, North Node, and the Midheaven

Chiron in Aries:

Chiron represents the link between your individual identity and the Universal, as it is located between the inner and outer planets of the solar system. In your aura, it is related to the Heart Chakra, which is the link between your lower, physical chakras and your higher, mental ones. Aries is ruled by Mars, which has domain over your Solar Plexus. You first need to awaken to the fact that you have already mastered the physical realm, and that you can begin to awaken to the teachings of the heart. Loving with your heart is a balance between maintaining good self-esteem and giving to others. You have mastered the lessons of learning to love yourself, even though many others have not. Now you must begin to share with others, in order to grow spiritually. Breathing exercises would be one way to move your awareness from the physical up into your heart.

North Node in Capricorn:

Just as the ida and pingala (the channels of life energy in the left and right sides of your auric body) meet at your chakras, the Moon's path crosses the Sun's path at your lunar nodes. Your Capricorn North Node gives you special insight into how your male and female polarities can work together for your future. You will now be able to enjoy pursuing your own goals and being successful. Your Cancer South Node shows that you have already mastered the lessons of domesticity and sensitivity, freeing you to be more ambitious outside.

North Node in 7th house:

You are now learning to cooperate in a partnership or marriage, having observed in your parents and grandparents how disagreements and too much self-assertiveness can lead to problems and limitations. As you become more used to giving and taking in a proper balance, your Heart Chakra opens. Because there was too much anger in your past, you may need to clear out the lingering effects of primal emotions in your liver area in order to move ahead.

MC in Aries:

You direct your willpower very energetically towards finding ways to be one with the cosmos, and the higher power gives you the inspiration to be positive and self-renewing, as the light comes in through your Crown Chakra. Your Root Chakra brings in a very fine quality of earth energy, allowing you to appreciate the beauties of nature and giving you the desire for beautiful, peaceful surroundings.