TURNING MALEFIC MALADIES INTO WARRIORS OF WELLBEING

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We have calcium in our bones, iron in our veins, carbon in our souls and nitrogen in our brains. We are 93% stardust, with souls made of flames, we are all just stars that have people names.

NIKITA GILL
POSITIVES AND NEGATIVES OF EACH PLANET

Mercury = learning or dullness
Venus = joy or vice
Mars = activity or inflammation
Jupiter = faith or greed
Saturn = discipline or deprivation
Uranus = ingenuity or tension
Neptune = empathy or escapism
Pluto = dedication or control
TEMPERATURES

**Heat** expresses itself as expansion and vitalisation

**Cold** expresses itself as contraction, crystallisation, concretion

**Dry** expresses itself as radiation and irritation

**Moist** expresses itself as relaxation, mobility and plasticity
MARS

+ Activity
  - Inflammation

  • Nature is hot, dry, acute and expansive
  • Aphrodisiac, caustic
  • Rubefacient, stimulant
  • Tonic and Inflammatory
  • Energetic, excessive and masculine/yang
  • Stimulating and speeding
  • Strength, courage, muscle tone and athletic ability (J Hill)
MARS RULERSHIP

• Muscle tissue
• Iron and Red Blood Cells – providing energy
• Adrenals and their hormones (cortisol)
• Physical action, movement, catabolic processes (using fuel)
• Sexual urges (esp. in men) though the sustaining forces are ruled by Pluto
• Male genitals, testosterone
• Generation of heat through exercise
• Rules surgery and the surgeon’s knife
MARS COMMON AILMENTS

- Fevers and inflammations
- Acute, sudden and sharp problems
- Accidents
- Infections
- Shingles, herpes (all types)
- Burns and scalds
- Over abundance of heat
- Ruptures of blood vessels
- Traumatic, violent and invasive problems

- Irritations and hemorrhages
- Cuts, wounds, breakages, bruises and overstrains
- Animal and insect bites and stings
- Anemia and surgery (8th house emergency surgery)
- Sports injuries / accidents
- Some blood disorders and clotting malfunction
MARS (JUDITH HILL)

Hot

• Mars above the horizon
• Day birth
• Masculine sign
• Very hot Mars, overheating, inflammation, irritation
• Needs help with cooling and soothing
• Need for cooling and demulcent herbs

Cold

• Mars below the horizon
• Night birth
• Feminine sign
• Slower metabolism and weight gain
• Trouble with detoxification
• Lacking vital heat

Look to opposition, square and quincunx for issues as well
DIGNITY AND DEBILITY

• Mars does well in its own signs of rulership: Aries and Scorpio
• Happy in Capricorn where it is exalted
• In detriment with Libra and Taurus = weak and malfunctioning
• With Taurus can have great endurance
• In its fall with Cancer = struggles, introverted and defensive
SATURN

+ Discipline
- Deprivation

• Nature is cold and dry
• Binding, restricting, contracting, crystallizing
• Chronic and masculine
• Represents the process of aging
• Saturn is the chief disease producing planet
SATURN RULERSHIP

• The skin
• Anything of form and structure
• Skeletal system / bones and knees
• Parathyroid gland – helps to regulate the metabolism of minerals
• The spine, joints, teeth, cartilage, tendons, ligaments, connective tissue, hair and nails
• Maturation and the aging process
• Crystalline lens of the eye
SATURN COMMON AILMENTS

- Bone disorders / all skeletal disorders
- Maladies of the spinal cord / spine
- Cold, depression and **melancholy**
- Contraction and obstruction
- Rheumatism, paralysis, gout, atrophy,
- Skin disorders, gangrene
- Consumption and wasting disorders
- Obstinate and chronic complaints
- Diseases of hardening and crystallization: rheumatism and arthritis, stone formation, blood vessel plaque
- Malnutrition, constipation, atrophy or stagnation
- Can indicate barrenness, sterility and low libido
- Illnesses arising from cold, neglect
SATURN (JUDITH HILL)

Warm

• Saturn above the horizon
• Day birth
• Masculine sign
• Warmer and less pathological
• Look to opposition and square signs for issues as well
• Especially if Sun, Moon or Ascendant are in opposition

Cold

• Saturn below the horizon
• Night birth
• Feminine sign
• Extremely cold and sluggish
• Trouble with detoxification
• Lacking vital heat
DIGNITY AND DEBILITY

• Saturn rules Capricorn and Aquarius, enhancing their natural energy
• Exalted in Libra which also supports its energy
• Detriment in Cancer and Leo which alters and interferes with its energy
• Fall in Aries making it a harder placement and creating a weakness
John Fitzgerald Kennedy
Natal Chart
29 May 1917, Tue
3:00 pm -5:00
Brookline, Massachusetts
42°19'54" 071°W07'18"
Geocentric
Tropical
Placidus
True Node
Rating: A
TRANSITS, PROGRESSIONS & SOLAR ARC

- Where the ailments take place depends on the sign, house and planets involved.

- Transits and Progressions do not always herald problems but may be the triggers for recurrence or resolution of ailments.
SYMPATHY OR ANTIPATHY

- Planets in excess can be antidoted by opposite planet or element

- If a natal planet is weak treat by same planet or element
MARS AND SATURN TREATMENTS / ANTIDOTES

Mars

• Excess is treated with Venus, Saturn or Water remedies
• Deficiency is treated with Mars or Fire remedies

Saturn

• Cools the Sun or Mars
• Overindulgences of the Moon, Venus, Jupiter or Neptune
PLANETARY REMEDIES

• Sun issues need: Moon or by antidoting the planet afflicting it
• Moon needs: Sun, Mars or Saturn
• Mercury needs: sympathetic Mercury, Venus, Neptune or Saturn
• Venus needs: Mars or Saturn
• Mars needs: Venus or the Moon to soothe or Saturn to cool and stabilise
REMEDIES FOR EACH PLANET

• Jupiter needs: Mercury or stable Saturn
• Saturn needs: Venus or Mars
• Uranus needs: Saturn's stabilising or Venus soothing
• Neptune needs: grounding Saturn or stimulated by Mars
• Pluto is tricky, potentially assisted by Mars or with its own remedies
**MARS REMEDIES**

- aerobic exercise, boxing, martial arts
- iron rich foods
- heat application, hot stones
- acupuncture
- movement therapy, dancing
- strong massage, rolfing
- sweating, saunas and steam rooms
- warming herbs such as ginger, cayenne, cinnamon, pepper
- diaphoretic teas such as yarrow and elder
- diuretics such as celery or dandelion leaf tea
- heating foods and meals made in a slow cooker
EXERCISE/MOVEMENT

• This is one of THE MOST IMPORTANT things you can do for your long term health
• It decreases your chance of many cancers by as much as 50%
• It stimulates your immune system and makes you breath more deeply
• Is an antidepressant, speeds up your metabolism and makes you feel better about your body

Using your Mars energy with exercise can in turn give you a confidence boost to be more decisive, bold and assertive in other areas of your life!
GET YOUR MARS ON!

• **Fire** – competitive sports, fast and adventurous activities

• **Earth** – physical training, weights, develop endurance and strength, useful physical labour, gardening

• **Water** – swimming, skating, skiing, dancing (things that are fluid)

• **Air** – team sports, dancing, sports with strategy and mental quickness, social sports like doubles’ tennis
SATURN REMEDIES

- cold packs and ice application
- casting body parts
- chiropractic or osteopathic work
- mineral supplements, vitamin D
- fasting and juicing treatments
- sleep and alone time
- weight training
- astringent herbs and teas
- clay and mud treatments
- eating cooling foods and liquids

Applying discipline to lifestyle and indulgences is using Saturn in a positive fashion
SATURN – SLEEP AND REST

The human body needs on average 7.5 to 8 hours of sleep. Anything less can lead to decreased performance in many areas of the body and life, including:

- Memory
- Mood
- Blood sugar issues
- Immune function
- Healing
- Increased stress hormones and weight gain
ENERGETICS OF SATURN

• Meditation, sitting still, naps, sleeping
• Retreat and heal / **convalesce**
• Slowing down to **hear** what our body wants!
• House, sign and houses ruled by Saturn
WHAT ELSE TO DO?

- Get in tune with the planet’s energy BEFORE the transit / progression
- Make adjustments to avoid undue stress
- Those things that we RESIST are the hardest

With clients – lead time before a transit is very helpful
BACH FLOWERS AND THE 12 HEALERS

• Sun – vitality
• Moon – emotions
• Ascendant – physical body / stress
• Mars – action and strength
• Saturn – grounding and stability
BACH FLOWERS AND THE 12 HEALERS

1. Aries / Impatiens / impatient and irritable, feeling of guilt, self doubt
2. Taurus / Gentian / depression of known cause, pessimism, easily discouraged
3. Gemini / Cerato / unsure of self, repeatedly seeks advice from others
4. Cancer / Clematis / dreams of the future, inattention
5. Leo / Vervain / extreme of mental energy, anxiety, tense, inability to relax
6. Virgo / Centaury / easily influenced and exploited by others
7. Libra / Scleranthus / indecision and hesitancy, imbalance
8. Scorpio / Chicory / self indulgent and self pity, demands attention
9. Sagittarius / Agrimony / mental worry and torture but appears cheerful
10. Capricorn / Mimulus / fear of known thinks e.g. poverty, heights
11. Aquarius / Water Violet / pride and aloofness, desire to be alone
12. Pisces / Rock Rose / extreme fear and panic, terror
never apologize
for burning too brightly
or collapsing into yourself
every night

that is how galaxies are made.

-tyler kent white
STYLES OF TREATMENT

• Activities, sports
• Art, reading, gardening
• Massage and relaxing body treatments
• Energetic body work such as reiki and shamanic healing
• Structural treatments such as chiropractic and osteopathic
• Psychological therapies
• Socialising, friendship therapy
• Nature and sunshine
• Water therapies and being near water

• Foods and fluids as medicine
• Vitamin and mineral therapies
• Seasonal eating and cooking
• Herbal medicine
• Flower essences
• Gem stones and gem remedies
• Homoeopathy
• Sleep, rest and meditation
• Travel and change of scenery
• Elemental balancing
VENUS REMEDIES:

- soothing and relaxing herbs
- massage and aromatherapy
- flower essences
- using the 5 senses and things of pleasure
- eating the pitted fruits such as cherries, nectarines and peaches
- music
- relaxing and resting,
- being in the beauty of nature
- buying flowers
- wearing pastel coloured clothes
SATURN BY SIGN

• Aries – restrictions to brain and blood flow, headache and injury, skull issues, stroke and face injuries
• Taurus – restriction and issues with jaw, neck, throat and nose
• Gemini – lung and nervous system under-functioning and weakness, problems with shoulders, arms and hands, cold extremities
• Cancer – weak digestion and stomach, lung trouble, breast issues, low appetite and libido, fertility issues, phobias
• Leo – restrictions to the heart, blood pressure, back and spine problems and stiffness, liver issues
• Virgo – liver issues, diabetes and pancreas problems, malabsorption and small intestines maladies, food intolerances and restrictive diets, nerve tension, insomnia and anxiety
SATURN BY SIGN

- Libra – kidney and urinary system gravel, urinary problems in general, hormone issues, stiff lower back and kidney disease, acidity of body, balance issues
- Scorpio – fertility issues/sterility, sexual issues and infections, bowel problems, constipation and hemorrhoids, pelvic restriction, prostate issues and toxin accumulation
- Sagittarius – spinal alignment issues, arthritis, hip and thigh issues in general, sciatic nerve issues, liver congestion, restriction of movement from injury to body
- Capricorn – skin issues, dryness and sensitivity, fertility issues, knee and bone problems, issues of structure and strength, gallbladder disease and stones, depression and melancholy
- Aquarius – broken and sprained ankles, poor circulation especially to legs and feet, low blood pressure, nerve issues, tingling in extremities, heart problems
- Pisces – feet issues and cold, weakened immunity and lungs, wasting, apathy and depression, poor attention to diet and lifestyle, sluggish lymphatic system
MARS BY SIGN

- Aries – head, inflammation and immune problems, adrenal exhaustion
- Taurus – neck and throat issues, thyroid
- Gemini – lung, shoulders, arm and hand issues and accidents, immune and nervous system issues
- Cancer – digestion and chest issues, reproductive ailments
- Leo – heart, back and spine issues, blood pressure and spinal cord inflammation and injury
- Virgo – small intestine and digestive inflammation, allergies, pancreas and appendix problems
MARS BY SIGN

• Libra – kidney, adrenal problems, hormone imbalances and lower back issues
• Scorpio – reproductive and hormone issues and infections, bowel problems and inflammation, toxin buildup
• Sagittarius – Bum, hips, thigh injury, accidents and inflammation, liver and pancreas problems, hyperactivity, nerve issues and sciatica, sports injuries
• Capricorn – inflammation and itchy dry skin, bone, cartilage and ligament inflammation, knee problems, gall bladder
• Aquarius – nerve issues, lower leg and calf injury and muscle problems, cramps and spasms, electrical issues, blood pressure, blood toxin buildup and heart ailments
• Pisces – immune system and infections, feet injury and inflammation, parasites, lung issues, substance abuse, toxic buildup and blood clotting issues