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*Astrogirl Monthly Fitness and
Healthy Life Style Guide*



Monthly Fitness and Healthy Life Style Guide for

Lindsey Lohan



2 July 1986
12:00 AM
New York, New York



Introduction

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.



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Helpful hints

- 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.



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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. Pay attention to your intake, and see what agrees with you and what doesn't.

11) If you are a couch potato like me who spends most of his day sitting, 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!

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 ones 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 fail in a "fire sign month", or how you may fail or see less than expected results in a "Venus controlled month".



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

Sun	10	Can	00	Neptune	4	Cap	17
Moon	14	Tau	58	Pluto	4	Sco	35
Mercury	4	Leo	10	Asc.	22	Pis	53
Venus	19	Leo	06	MC	26	Sag	14
Mars	19	Cap	55	2nd cusp	6	Tau	14
Jupiter	22	Pis	41	3rd cusp	4	Gem	19
Saturn	4	Sag	04	5th cusp	17	Can	33
Uranus	19	Sag	34	6th cusp	13	Leo	23

Tropical Placidus Daylight Savings Time observed

2 July 1986 12:00 AM

GMT: 04:00:00 Time Zone: 5 hours West

Lat. and Long. of birth: 40 N 42 51 74 W 00 23

Lunar Return for: New York, New York 40 N 42 51 74 W 00 23

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



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Lunar Return for: New York, New York 40 N 42 51 74 W 00 23
LUNAR RETURN: 22 February 2007 at 4:02:23 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 Leo (MAJOR FOCUS):

The sign on your Lunar Ascendant this month is Leo. Makes losing weight more difficult, because of all the rich and fatty foods ingested.

Characteristics of Leo on the Ascendant:

You will be courageous, proud and somewhat egotistical this month. You are an incurable romantic and dreamer, and are perfectly capable of making dreams a reality. You will be much more proud and stubborn now, finding it very difficult to break undesirable habits and behavior patterns. Your stamina can also be a wonderful asset, and you can easily inspire others to be their best. You are apt to be intensely self absorbed and god forbid you should ask for assistance from others, as this is a sure sign of weakness. Generosity and warmth wins many friends, and your inspiration for others is also a plus this month. Creative abilities, art, music, entertainment and communications fields are where your efforts will be placed.

Yes, you will be somewhat self centered this month, and what mark you can make on the world in the name of self expression is your forte. Do the best that you can, and the world can use you as a model for their own gain and inspiration.

The Ruling planet for Leo:

The Sun, the giver of life, which gives you strength, vitality and confidence has rulership over your Ascendant this month.

The Part of The Body that Leo Rules:

Leo rules the heart, back, spine, nervous tension, fever, eyes, liver and forearm.

Your Metabolic rate this month:

Medium to high. INCREASES THE APPETITE somewhat, 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



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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 health and diet:

"Diet??? I don't need no stinking diet!.....There's too much partying to be done!!!"

Your appetite will increase dramatically with Leo located here. Choices in food lean towards more lavish meals such as fattening "subs". The only problem with this eating pattern, is you are STILL going to be very hungry in a few hours. Eat small digestible meals more frequently. Appetite returns every 2-3 hours after last meal, even if lifestyle is sedentary.

Exercise Programs:

Aerobic exercise, health club, exercise class, going out dancing, martial arts, kickboxing, tennis, golf, walking, Pilates, yoga, calisthenics, basketball and softball are excellent outlets for Leo energy.

Eat:

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.

Avoid:

Fatty foods, snack foods, cakes, and candy.

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 Leo, Sagittarius Decanate

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

You will explore the philosophical side of life. Freedom is desired and sought above everything else. Ruled by the planet Jupiter, you will be well intentioned and sympathetic to people and their causes. You will feel a strong devotion to your fellow man and be extremely moral and honest in your actions. One drawback to this position is taking chances and risks just for the thrill of it.



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Ruler of Ascendant in 7th house:

With the Lunar Ascendant Ruler in the Lunar 7th house your social identity will become very important. This house represents your partnerships both romantic and platonic, contractual obligations with others, and open enemies. The 7th house represents a stronger emphasis on one-to-one relationships.

Additional 7th house influences:

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.

MC in Taurus:

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 Taurus located here, you should try to avoid carbohydrates, heavy or rich foods. Choose a diet plan that allows plenty of fresh fruit, frozen yogurt and low fat toppings. Crash diets should be avoided.

Career matters or interests you may have this month are in sports, horticulture or agriculture, financial management, food industry, accountancy, building, banking, singing, art, music, banking, real estate, architecture, landscaping, conservation, flowers, leather, and jewelry

Your goals include the ability to accomplish things with the speed of glue. This is an asset because you will never forget the fine details and finishing strokes that make projects into masterpieces. Every action you employ is well thought out, organized, filed, cross referenced and above all methodical. You can work for hours on projects that people have lost interest in. In relationship matters, Taurus is more stable and social, and should be much happier and fulfilled.

You are considered to be rock hard, headstrong, opinionated, solid, reliable and dependable. You are sensible and practical in all matters. Your appearance is cool, calm and collected, and unemotional most of the time, which masks a great strength which is an asset to you in times of struggle. Security on the job, finances which balance in your favor and a home which is your piece of the rock are utmost important to you.



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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 7th house (FOCUS):

The Lunar Sun is now in your 7th house. One to one relationships, friends and agreements, functioning as a unit rather than as an individual, romance with commitment, consultations with doctors, lawyers or any experts are highlighted this month. This is an important time for working with others and not against them. Make sure you make an equal contribution to whatever you work on, including business and marriage.

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.

Sun conjunct Mercury:

Mercury can get out of control, and your nervous system is going to suffer! Mercury rules the shoulders, upper arms, breathing, nerves, asthmatic conditions, hands, fingers, sense of hearing and lungs.

Exercise that is good for Mercury: Aerobics, working out, volleyball, jogging, dance, gymnastics, basketball, or tennis should keep your nerves functioning properly.

Avoid: Any time your nerves are out of control or stressed, 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.

Major good news can easily arrive that puts a smile on your face this month . Sheer will power will override intellectual considerations that will aid you in completing tasks. Get togethers can spark some very meaningful discussions that will be remembered for quite awhile.

Take a look at your life, what you've done, where you have been and where you are going and make the appropriate changes if necessary. Fresh and new ideas for creative endeavors can surface. Contacts can include more Virgo or Gemini People that are involved in your life now.



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This is one of those months where you can be close and intimate with others without feeling vulnerable. Do your own thing in life rather than what others expect you to do. Should you be lacking in self confidence this will give you a shot in the shorts to come alive again in the world. You will probably make more short trips around town than usual.



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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.



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Moon sextile 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.

Moon square Asc.:

Your Emotions are out of control, dictating what you eat and drink.

Emotional difficulties in self expression and dealing with others in your environment exists, especially where women and domestic areas are concerned.

Moon sextile N. Node:

Meeting new women in your environment can have a very positive effect on you this month and success will be found dealing with the public. You have the ability to make changes in your life at this time, should you have the desire to do so.



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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 7th 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 7th 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.

Increased communications with partners both marriage and business are highlighted. Business matters increase as do public relations, social activities and advertising methods. You may be contacting or discussing matters with attorneys, lawyers or doctors as well. If Mercury makes a harsh aspect while in the 7th house, there can be communication problems in marriage or partnerships, and legal difficulties.

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.

Mercury sextile MC:

This is a good time to go looking for real estate, pay bills, or pay attention to all details and balance the checkbook. Your heart and mind will be more in harmony and activities that take place in the home are fortunate. Public relation matters can prosper and domestic and professional matters go well.



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Venus

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

Venus in 8th 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.

Financial gains can come from others, benefits through marriage or business. The sexual side of relationships is aroused to the point of INTENSITY this month. Favors seeking loans and relating to others, personal security and financial matters take on greater importance. Pensions or inheritances may provide an additional source of income or you may experience a certain spiritual closeness to your mate that cannot be defined. You can open a joint bank account for projects that are important to the both of you. If Venus receives any harsh aspects while in the 8th house, excessive sexual needs can arise.

Additional 8th house interpretations:

Rebirth, transformation, other peoples money, secrets, sex, mysticism, intuitiveness, renewing, rebuilding, restoring, refurbishing, limiting beliefs, bad habits, attachments that drain you physically, attachments to possessions that restrict or burden, obsessions, compulsive behavior, legacies, inheritance, insurance, alimony, taxes, loans, psychic and occult matters, and metaphysics.



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Mars

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

Mars in 6th 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.

Hard work and accomplishments through service to others is emphasized. Conflicts, difficulties, and arguments in the work place and with the boss or subordinates are possible. Illness, infections and fevers and accidents can occur if you are not careful. You may be working so hard that you are neglecting your physical health. If Mars forms a difficult aspect while in this house, there can be health hazards around the work place that can bring the possibility of injury, or your diet can easily affect your health. This is an excellent month to take this powerful energy and harness it to some physical workout activities.

Health complaints this month, as well as injuries can be directly linked to the sinus, headaches, tooth and gum problems, or even nose bleeds. Protect your head and face from injuries.

Your metabolic rate will get a boost with Mars here as it 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.



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With Mars here you are likely to crave more fast food, takeout or frozen dinners. You will tend to eat way too much, and most probably eat while in motion. A big drawback to your diet now will be a lack of understanding or caring about calories and fat content in the food you eat. On the positive side, you may be extremely active, which will help to burn up all the fat and calories before they do any damage. If however, you are inactive, all that excess fat and calories won't travel very far from your hips.

Anything that microwaves quickly and doesn't keep you waiting is right up your alley. Be careful about being driven to eat when you are angry, because that is a downfall this month. Internalized anger is your way of punishing yourself (and others), and what better way to do that, than with food. You are more of a "grab" and run eater. Food that is hot and spicy will be much more to your liking, but for goodness sakes, don't forget to CHEW YOUR FOOD!!! Protein and iron will be beneficial to your diet this month. You may not be in the mood to cook, but if you do cook, be careful not to cook your food beyond recognition. Waiting for food is not your forte with Aries here, choosing prepared and ready to go food rather than preparing food. A clue to success is to have someone with more patience than you prepare "quality" food and leave it at different places so that you can easily access it on a whim.

Suggested exercise that will sooth your body include strenuous activity that calms the nerves. You may feel inspired to try vigorous sports such as martial arts, surfing, rollerblading, gymnastics, boxing, football, softball, or basketball, jogging, walking, horseback riding, swimming, or tennis. Mars rules iron, so pumping iron might have you feeling wonderful. Do to your impatient nature at this time boredom can easily undo somewhere in your path, or buy prepared nutritious food in quantity and what you accomplish. Remember above all, to keep it fun.

Try to exclude from your diet salt and liquor in particular. Ingesting too much salt affects the bones and arteries, while liquor will react negatively on the kidneys.

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.



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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 5th 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, your creative side comes alive, relationships improve, new sexual relationships begin, improved relations with your children, meeting people from different backgrounds, increased social activities and pleasure travel are highlighted. Women desiring to become pregnant can do so (if able to) this month. If Jupiter makes a difficult aspect while in the 5th house, then the pursuit of pleasure and investments will be way out of control!

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 trine Asc.:

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 are able to see the needs of others and can turn it to your advantage. Your positive mannerisms will attract people to you, and relationships will be happy. It will be easy to express joy when you are with other people and they will respond the same way to you. Your energy flow is smooth and harmonious and you have a greater faith that everything will work out for you. You might meet that special someone that brings you great emotional happiness this month as brand new loves can begin.



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This is an excellent time for school or new fields of study. If you have the opportunity to teach or lecture, you have found your present calling, or it has found you. People that are quite different than yourself or from different cultures or countries can enter your life. Relations with the public and marriage are very prosperous.

Jupiter square N. Node:

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.

Be careful of judging people incorrectly, before you have all the facts available. There may be a great deal of confusion around having many partners around you and what your real needs are. This is to be considered an eased time in the process of separating from others or parting ways.

Viewpoints on religious, educational and cultural ideas are out of harmony with the rest of the world and support will be difficult to find from others. Disharmony, lack of social niceties, looking out for oneself, materialistic approaches to helping others, antisocial behavior, craving after the "pleasures" of life, disharmony with groups of people, quarrelsome behavior.



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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 1st house (MAJOR FOCUS):

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.

Life becomes much more serious, and you become self conscious and perhaps insecure. You are very self critical and your vitality will be low. Heavy responsibilities and accomplishments are to be expected. Do not engage in long range projects this month, as you will be withdrawn and tired, wondering who you really are inside. There can be a fair amount of depression that accompanies Saturn here. Keep the faith and everything will go forward next month. This is an excellent influence for losing weight because of a loss of appetite. At the same time the digestive process is slowed down and you will have to increase your fiber intake. If Saturn makes a difficult aspect while in the 1st house, there can be ill health or a lack of confidence.

The Part Of The Body Saturn Rules:

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.

Your Metabolic rate this Lunar month:

Steady to high. INCREASES THE APPETITE somewhat, 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.



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Exercise Programs:

Sports such as hiking, jogging, golf, or rock climbing would probably be to your liking this month.

Eat:

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.

Avoid:

Eating chocolate and refined sugar is bad for you, as well as highly seasoned and spicy food because of intestinal upsets.

Saturn opposition Neptune:

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.

Past indiscretions can come back on you, bringing problems. What you did in the past becomes an open book for the world to see, and can be publicly revealed. Boy, talk about tests in what you believe. Your health is very vulnerable to hidden conditions, so take care of yourself. Deceptions are at all time high, so don't let it find you now.

Avoid drinking or smoking because the body will be more vulnerable to them than usual. You've heard the expressions that you are your own worst enemy haven't you? Well, this is the influence that started it! Work will become very unappealing and avoided, and negativity will be experienced to and from others.



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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 8th 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.

Expect change of some kind in joint financial matters resulting in loss or gain. Death, inheritance, taxes and sexual matters can arise. Love relationships that begin this month will be different, but may not pass the test of time. Do not make any permanent commitments this month as relationships will have to be altered or end, because things cannot remain the same. If Uranus makes a difficult aspect while in the 8th house, there can be the death of a person that touches you very deeply, or problems can arise in business, taxes, wills and insurance.

Additional 8th house interpretations:

Rebirth, transformation, other peoples money, secrets, sex, mysticism, intuitiveness, renewing, rebuilding, restoring, refurbishing, limiting beliefs, bad habits, attachments that drain you physically, attachments to possessions that restrict or burden, obsessions, compulsive behavior, legacies, inheritance, insurance, alimony, taxes, loans, psychic and occult matters, and metaphysics.

Uranus conjunct 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.

You can meet people quite suddenly this month that seem to be sharing the same destiny as you are. You seem to be magnetized which draws new friends to you quite easily. The rebellious nature is out of harmony with the world and you may be seen as totally unpredictable under this influence.



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Neptune in 7th 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.

Watch the fine print in legal matters as they can be confusing or downright deceptive this month. Relationships, marriage or business partnerships can take on a confusing tone or prove to be deceptive in some way as well. Misunderstandings due to communication differences are likely, so be realistic in your expectations of others. Do not begin any new relationships this month. If Neptune makes a difficult aspect while in this house, there can be deception in marriage and withdrawing from others.

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.

Pluto in 5th 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.

An overpowering need for love affairs, frenzied creativity, and change in relationships with children should be expected during this month. Power plays regarding any of these matters can be expected and at the very least, affairs and relationships will be very intense. The strong ones will remain, while the ones that cannot cope with change will end. If Pluto makes a difficult aspect while in the 5th house, then there can be disruptions in romantic situations and sexual problems.

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.



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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 6th house:

With your Natal 6th house on the Lunar Ascendant, hard work and accomplishments through work and service to others is emphasized. Matters of day to day routines, health, pets and general well being will become more important. Co-workers can also become important or very difficult now.

Additional 6th house influences brought into the spotlight:

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.

Natal Ascendant in Lunar Return 8th house:

With your Natal Ascendant now in the Lunar 8th house, connecting and merging with others at a very deep level becomes very important. The 8th House is connected with sex, death, and others resources. Research, investigative activities, psychology, and archeology are all part of 8th house activities, as are the occult and secret pursuits. Most importantly, it is where you as an individual fit this month.

Additional 8th house interpretations:

Rebirth, transformation, other peoples money, secrets, sex, mysticism, intuitiveness, renewing, rebuilding, restoring, refurbishing, limiting beliefs, bad habits, attachments that drain you physically, attachments to possessions that restrict or burden, obsessions, compulsive behavior, legacies, inheritance, insurance, alimony, taxes, loans, psychic and occult matters, and metaphysics.

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