

THE CHAKRA HEALING REPORT FOR

Julia Roberts

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12:16 AM

Atlanta, Georgia

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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	4	Sco	03	Pluto	21	Vir	57
Moon	24	Leo	47	True Node	27	Ari	55
Mercury	13	Sco	53	Asc.	27	Can	53
Venus	18	Vir	04	MC	16	Ari	45
Mars	3	Cap	45	2nd cusp	19	Leo	50
Jupiter	1	Vir	22	3rd cusp	15	Vir	34
Saturn	7	Ari	09	5th cusp	22	Sco	07
Uranus	27	Vir	12	6th cusp	26	Sag	56
Neptune	23	Sco	21				

Tropical Placidus Daylight Savings Time observed

GMT: 04:16:00 Time Zone: 5 hours West

Lat. and Long. of birth: 33 N 44 56 84 W 23 17

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 Scorpio:

Your Sun-sign rules your colon, prostate gland (if male), and reproduction. These areas of your body are in proximity to your second of Spleen Chakra. Your Spleen Chakra is ruled by Pluto (for reproduction), and also by the Moon (which rules the emotional side of sexuality). So, in order to keep healthy you need to maintain a positive and accepting attitude towards your deepest feelings and your sexuality. You need to accept your body as well as your emotions. If you have any blocks to doing this, you need to delve deeply into the reasons for this and unravel them. First, you need to acknowledge any underlying negative beliefs you may have about yourself, then affirm the positive beliefs which would be the opposite to those, and then become established in the new life-affirming beliefs.

In order to keep bringing in the positive healing, Source energy, you need to keep the parts of your body healthy which the Sun rules, namely your heart and the vertebra of your spine. You also need to ensure that your pancreas and your endocrine glands as a whole are given the right nutrients for their proper functioning. As your thoughts become purer and revitalized, your ideas will become healthier too, and your overall health and reproductive power will increase.

Sun in 4th 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 you self-confidence, and you approach everyday life with the belief of "I can." You apply this positive belief in yourself in the area of your home, where you seek to make it a secure and nurturing place for your family. You also have the ability to nurture and protect the environment.

Sun Sextile Mars:

You have many positive opportunities to assert your self-confidence, by being a leader for others and inspiring them to bring out their own creativity. Your Solar Plexus Chakra is likely to be neither too open nor too closed, as you have just the right amount of constructive willpower.

Sun Sextile Jupiter:

You have many fortunate opportunities to reach others with your generous, charitable nature. You can do this because of the easy flow of energy from your Solar Plexus up to your Third Eye, so that you rise above attachment to the self and to a higher plane of giving. You have a natural insight into what others need and the capacity to respond.

Sun Quincunx Saturn:

You will need to use positive willpower, adaptability, and affirmations to make a living doing what you really like to do and to have the vitality to be successful. Survival needs may have held your parents and grandparents back from being able to be themselves, and you need to learn new thought patterns and move ahead into the future.

Chapter 3: The Moon

Moon in Leo:

You are very good at showing others how to have happy feelings, and you would excel in any job looking after children and planning recreational, artistic programs for them. Your own art would be very healing, and you would also be able to act in plays which portray emotions. The Moon rules your Second Chakra, but the sign of Leo raises your emotions to a higher plane, so that you can do something constructive and positive with them, rather than just feel them. You have a warm heart, and people are drawn to you because they sense your strength and ability to lead. However, make sure that you are nurturing yourself and not just giving out energy to others without taking time to replenish it.

Moon in 2nd house:

The Moon rules your Second or Spleen Chakra, and its house shows how you bring your emotions out into the everyday world. You can always tune into it and say, "I feel," because your emotions are a vital part of your being. Your emotions are likely to be expressed in the area of ensuring your security and comfort as well as that of your family, so you work towards having a stable, dependable home.

Moon Conjunct Jupiter:

As your Moon rules your Spleen Chakra, you are able to feel your emotions and provide nurturing for others. Jupiter rules your Third Eye and enables you to be aware of your perceptions and to interpret them in useful, positive ways. The combination makes you very sympathetic and generous and able to create good karma through your unselfish deeds.

Moon Square Neptune:

You need to use your conscious willpower to rise above the unconscious influences in your early environment which could have directed you towards an addiction tendency, rather than a higher-level application of your keen emotional receptivity. With a positive attitude and a belief in yourself, you can develop your psychic, artistic, caring side and do very well. It is a matter of freeing your Spleen and Throat Chakras.

Chapter 4: Mercury

Mercury in Scorpio:

Mercury rules your Throat Chakra and brings the energy of the Source into your speech. Scorpio is very penetrating, and therefore your words are likely to go deep enough to reach the Source and allow you to utter words of truth. Use this ability for its positive purpose of helping others to regenerate their thoughts and opinions. If they put up resistance, they may be having to deal with an underlying block about which they are sensitive. Make sure that you remove your own blocks, so that your words will be accurate rather than just reflective of any resistance within you.

Mercury in 4th 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 likely to engage in much educational activity in your home, such as reading, having discussions and teaching your children.

Mercury is Retrograde

Mercury rules your Throat Chakra, and this is an area that may have some indication that you do not think you are moving ahead, even though you really are. For example, you may have had throat problems in your childhood that were somehow not real problems, but still seemed to hold you back. There may have been situations where you could not speak up for yourself. These situations seemed to originate from your ancestors rather than from you. You need to acknowledge your own goodness and be assured that it is okay to express yourself.

Chapter 5: Venus

Venus in Virgo:

Venus rules your Heart Chakra and Virgo rules your pancreas and intestines, which, in turn, are in the area of your Solar Plexus Chakra. What you need to do is bring more love down to your Solar Plexus, so that you can increase your self-confidence, individual power, and ability to assert your will. This will make you a more revitalized, actively loving person, and your health and relationships will benefit as a result. You will bring more sweetness into your life by believing in yourself.

Venus in 3rd 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 have good relationships with your relatives, as you do things for them and they do things for you. You express your love very well in words.

Venus Conjunct Pluto:

You are very much tuned in to the transformative power of love. Venus rules your Heart Chakra and your capacity to be loving, compassionate and harmonious. Pluto rules your Spleen Chakra and your regenerative and reproductive potential. You are able to turn things around by bringing in love where it has been lacking.

Chapter 6: Mars

Mars in Capricorn:

Mars rules your Solar Plexus Chakra and Capricorn your Root Chakra, as ruled by Saturn. For your self-confidence and self-esteem, you need to enhance your feeling of connectedness with the earth. This means that by being practical and reliable, you will connect with the Source and receive benefits that go far beyond remaining grounded. Strive for structure and balance, as this will benefit your bones and teeth, which Capricorn also rules. Be decisive and base your decisions on the power that can come only from consciousness and hard work.

Mars in 6th house:

Mars co-rules your Solar Plexus Chakra, along with the Sun. Its house shows you the areas of life where you express your initiative, desire, and physical action. The key words for it are "I can." You are likely to apply your drive towards hard, exacting work, perhaps using your hands or specialized tools. You may work in the field of health or nutrition.

Mars Trine Jupiter:

You have unusually good fortune in initiating projects that expand and become prosperous. This is because you are readily able to combine positive self-confidence with faith and optimism. You could teach positive thinking to others. You have a good flow of energy between your Solar Plexus and Third Eye.

Mars Square Saturn:

It is a challenge for you to do physical work that requires discipline and precision, but you have the energy to succeed if you try. Mars rules your Solar Plexus and Saturn your Root Chakra, and you are likely to assert yourself very well to meet your survival needs.

Chapter 7: Jupiter

Jupiter in Virgo:

Jupiter rules your Third Eye and it would add a quality of optimism and joy to the usually serious nature of Virgo. Virgo is interested in health and healing, and Jupiter indicates a special psychic ability for doing this, perhaps through your hands. You could help others by upholding good moral values and purity. For example, there is a spiritual connection to eating healthy food and living according to good habits.

Jupiter in 2nd 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 ability to make money grow and to develop businesses from which you and others benefit.

Chapter 8: Saturn

Saturn in Aries:

Saturn rules your Root Chakra, which is where you get your inspiration to carry out your goals and become successful. Work first on releasing any past influences which have held you back from allowing your goals to be your very own. Get beyond the idea that it is selfish to be yourself. Set goals with which you really identify. Then your work to carry them out will be joyful.

Saturn in 9th 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 likely to work hard to acquire higher education. Your values are traditional, honest and, practical.

Saturn is Retrograde

You may have had experiences where you felt that you were held back by having to do things the way your grandparents did, even though you knew yourself that these restrictions and rules were no longer relevant. Or, you may feel held back by the fact that others in your past did not have enough and barely survived, and that they are keeping you from being prosperous. Realize that these limitations are all just illusions and that nothing terrible is going to happen if you release the past and live for today. You are now free to be the authority in your own life.

Chapter 9: Uranus

Uranus in Virgo:

Uranus rules your Crown Chakra, the source of your infinite potential for new ideas and knowledge. Virgo is also an indicator of the intellect, but in a more practical way. Uranus generates new ideas and Virgo organizes and remembers them. The result is that you have a special talent for coming up with inventions that can actually be used for the good of mankind.

Uranus in 3rd 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." You are a quick thinker, open to learning about the newest trends, way ahead of most people. You could make new, scientific discoveries. You tend to associate with other intelligent people, some of whom may be relatives.

Uranus Sextile Neptune:

You have a special ability to bring in very high, mystical insights, so as to reach others with compassion and bring them closer to God. Uranus rules your Crown Chakra, through which you can receive unlimited, new ideas from the Source. Neptune rules your Crown Chakra and your subtler listening ability and compassion.

Uranus Conjunct Pluto:

Uranus rules your Crown Chakra and your highest consciousness and understanding. Pluto rules your Spleen Chakra and your emotions and sexuality. You are likely to combine the highest awareness of the mind with the highest level of transformation of the body to bring about radical changes in yourself and your environment. You are ready to regenerate and move ahead into the future.

Chapter 10: Neptune

Neptune in Scorpio:

Neptune rules your Throat Chakra and your ability to listen on the subtler level. Scorpio is capable of handling extremes. You are able to understand others in a very deep way. You could even help them handle grief by being sympathetic, and at the same time not being afraid of dealing with the intense topic of death. Your insights are very profound.

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 Virgo:

Pluto rules your Second Chakra, in your lower abdomen. It has domain over your emotions and sexuality. Virgo, on the other hand, is a very rational sign of the mind and intellect. However, your mind would not exist if you had not been created in physical form, and your body is essential as a temporary house for your soul. Therefore it is important to recognize the importance of your emotions and sexuality for your overall health, including the evolution of your mind and soul.

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 Pisces:

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 your Heart Chakra, which is the link between your lower, physical chakras and your higher, mental ones. Pisces has already mastered the lessons of a giving heart and compassion for those most in need. Now you need to have compassion for yourself, so that you can grow and learn to give to others in new ways. Love yourself. Build good self-esteem and give yourself credit for the unconditionally loving person you are. Then you will become stronger and able to give even more.

North Node in Aries:

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 over the Sun's path at your lunar nodes. Your Aries North Node gives you special insight into how your male and female polarities can work together for your future. You will be striking out on your own and gaining from making new starts. Your Libra South Node shows that you have already mastered the lessons of cooperation and harmony, freeing you to be more decisive from now on.

North Node in 10th house:

You are now becoming very successful in your career in public life, and this will continue. Your childhood may have limited you from thinking that you could do as well, and your parents and grandparents may have been held back by emotional and family issues. As you succeed in overcoming this limitation, your Crown Chakra will open, and you will have a vision of all possibilities. You will be able to set the best goals and achieve them. You may need to clear out some stresses from your Root Chakra area for this to happen.

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.