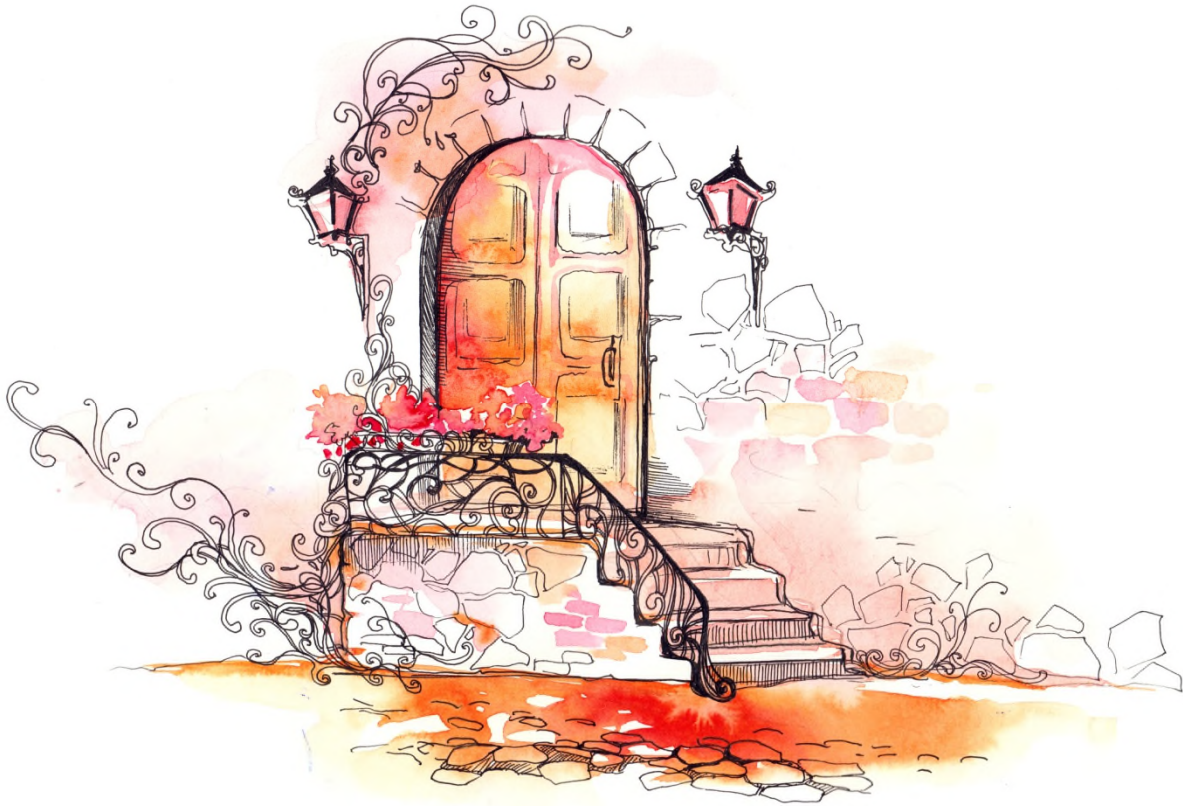


Sample Chakra Healing Report



Julia Roberts

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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	32	Pluto	21	Vir	57
Moon	1	Vir	33	True Node	27	Ari	55
Mercury	13	Sco	22	Asc.	25	Sag	32
Venus	18	Vir	30	MC	12	Lib	58
Mars	4	Cap	06	2nd cusp	0	Aqu	18
Jupiter	1	Vir	27	3rd cusp	8	Pis	23
Saturn	7	Ari	07	5th cusp	10	Tau	53
Uranus	27	Vir	14	6th cusp	4	Gem	02
Neptune	23	Sco	22				

Tropical Placidus Daylight Savings Time observed
GMT: 16:00:00 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

Sagittarius Rising:

Your outward expression of your Heart Chakra is likely to be warm, benevolent, and optimistic. Your partner is likely to provide a balance for that by being intellectual, talkative, and versatile.

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 10th house:

The Sun rules your Solar Plexus, and its house shows you how to 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 in the area of setting goals and successfully achieving them. You are likely to attain a responsible position in government, the military, or some other position of leadership and public trust.

Sun Sextile Moon:

Here you have an opportunity to harmonize the two very important polarities of the Sun (representing male energy) and the Moon (representing female energy). The resolution of these two polarities is a path to the higher realm of divine unity. You have been born with a vision of this harmony because your relationships tend to be good and your parents got along well. Your Solar Plexus and Spleen Chakra are likely to be healthy.

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 Virgo:

The Moon represents the water element and Virgo the earth element, indicating that you are able to express your emotions in a logical, detached way. You might, for example, teach others about nutrition because you can see that practical knowledge is the best way to overcome a lack of being cared for. You would do well to digest a great deal of knowledge about how to care for your own health, as you deserve to be well yourself, and others will be more likely follow the example of someone who appears healthy and self-confident. Allow your emotions to flow rather than just explain them away with logic. However, there is no need to go too far the other way either. It is by being centered in your Solar Plexus energy that you will achieve your best results.

Moon in 8th 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 in to it and say, "I feel," because your emotions are a vital part of your being. You express your emotions in a very intense way, such as caring for the dying or helping their relatives to handle their affairs. You could work as a counselor who helps people transform their lives.

Moon Trine Mars:

You have a talent for expressing your emotions in constructive ways and encouraging

enthusiasm and positive thinking in others. The energies of your Spleen Chakra and your Solar Plexus are in harmony, with an easy flow of energy from one to the other. You will enjoy good health because of your happy emotions and self-confidence.

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.

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 11th 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 like to exchange ideas with others from all walks of life to broaden your mind.

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 9th 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 likely to meet a romantic partner through a shared philosophy, religion, or place of higher learning, or possibly in a foreign land.

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 1st 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." Since Mars rules the first house, you are especially energetic and assertive, and you would find an outlet for that in sports, competitions, physical work, or other action.

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 8th 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 are likely to have positive insights into life after death, and you may profit from inheritances or a spouse's wealth.

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 3rd 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 very disciplined when it comes to writing, telephoning, speaking, or any other type of communication where sustained hard work is required.

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 9th 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 like to study new philosophies and new interpretations of old religions and cultural beliefs. These interests may prompt you to take sudden trips to faraway places.

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 11th 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 as a channel for a higher source. The key words for it are "I speak," but also "I listen." Your psychic ability and empathy are best applied in a group situation where you can either heal each other or heal other individuals by working together, or perhaps heal the planet with group meditations.

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 9th 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 are able to use your religious or philosophical beliefs to heal yourself dramatically, by using willpower and the power of positive thinking. You could also inspire others to use these same abilities. You could greatly benefit by studying yoga, traveling or otherwise expanding your awareness, so that you can attain your tremendous potential.

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 4th house:

You are developing a wonderful sensitivity to a family life and children. You have learned from past experiences and from observing your elders that career is not everything, and that keeping up outward appearances with others interferes with having a good home. As your home base becomes happier, you will find that your overall sense of stability and security increases, and that your Root Chakra opens. You may have to clear out some stress for this to happen, such as increasing the flexibility of your knees and making sure that your dental work is up to date.

MC in Libra:

You use your willpower to be fair and just to all, as the Light coming in through your Crown Chakra inspires you to do. You enjoy the respect and cooperation of others because of your good attitude towards others. Your Root Chakra brings in the practical earth energy, and your home balance your public life by being less proper and more emotionally spontaneous.