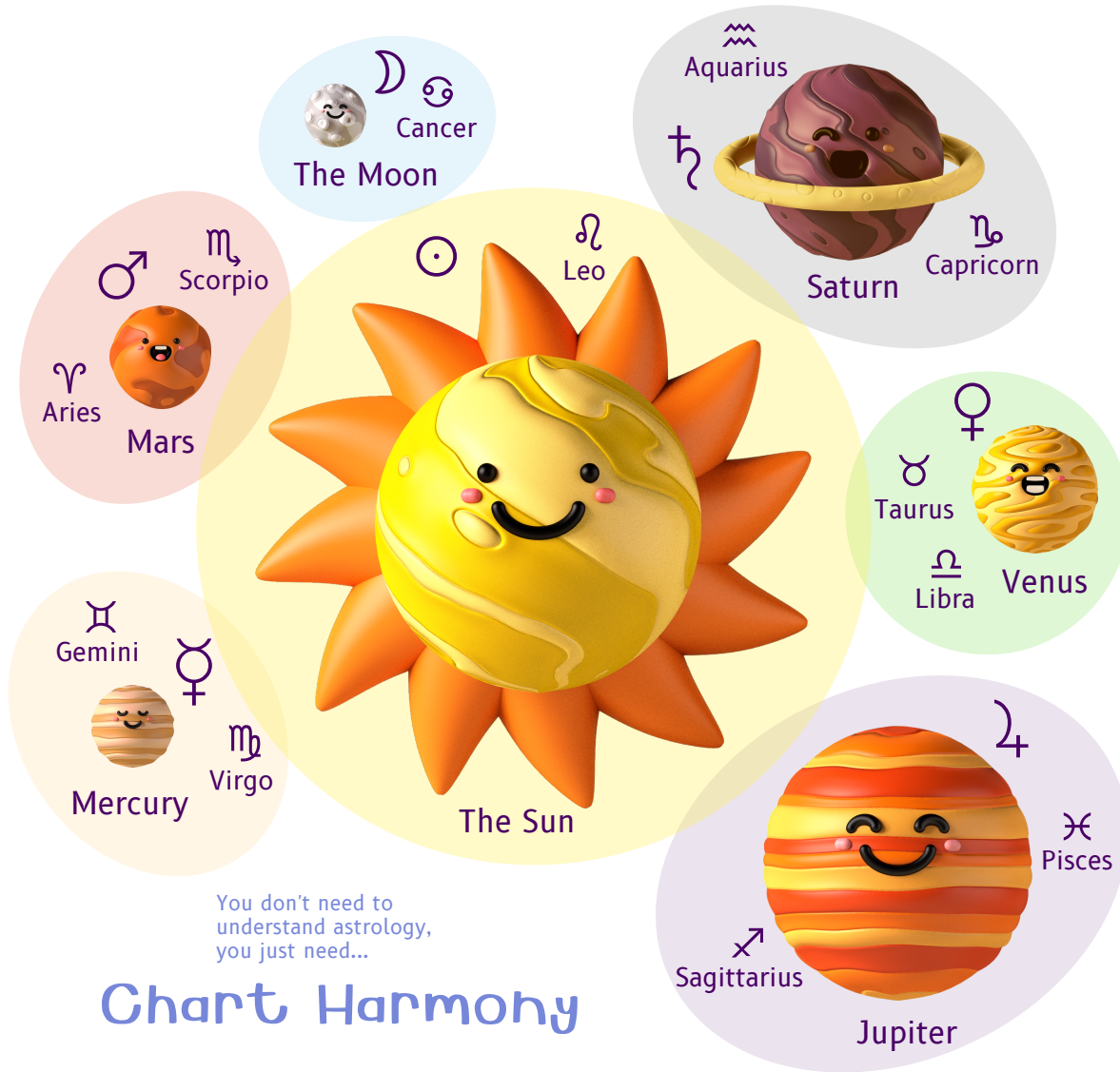


Keeping Health Rulers Happy

Simply by keeping the rulers of 3 specific parts of our charts happy, we can improve our setpoint for vitality every day. Using traditional rulership, identify the planetary rulers of your natal **Moon**, your **ASC/1H**, and your **6H**.



You don't need to understand astrology, you just need...

Chart Harmony

<u>Health Astro</u>	<u>Sign</u>	<u>Sign's Ruler</u>	<u>Stuff It Likes</u>	<u>CH Color</u>
Moon				
ASC/1H				
6H				

Remember, **Chart Harmony** can be as simple as feeling a need, slowing down, and engaging in a thoughtful breath.

Health Through the Houses

Even though we have certain body parts ruled by certain signs, and certain symptoms that align with certain planets, much of what shows up in our health will express in a particular house. Use these keywords to help identify where your body may be asking for more support [provided just by honoring the ruler of the sign in each house of your natal chart].







Houses in which my health really shows up include: _____.
 Rulers of those houses [based on the signs in each of them] include: _____,
 _____, and _____. Is there overlap with the Moon/1H/6H rulers **Chart Harmony** I'm already doing? If not, what needs to be added to my ritual experience? _____

Body Parts Ruled by Signs

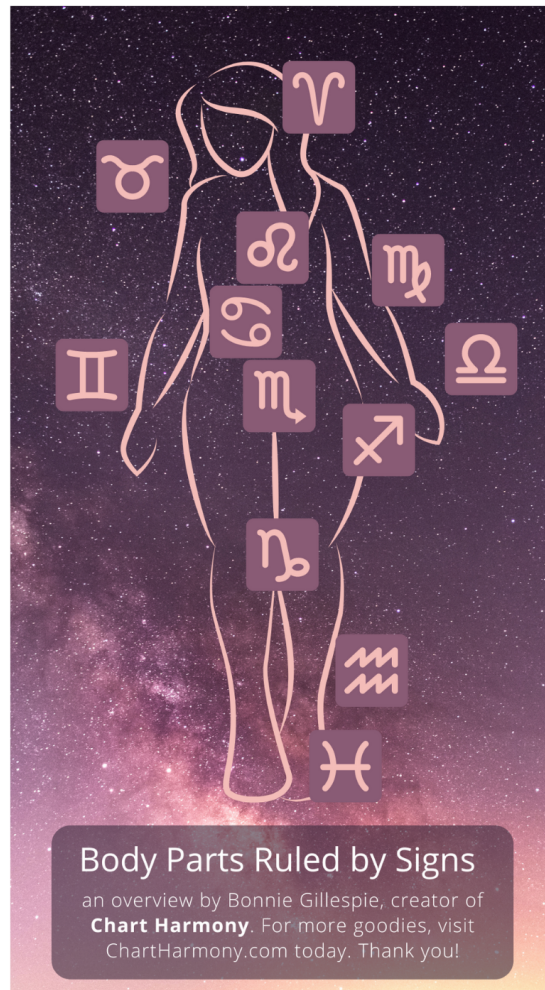
Using the super-cute one-sheet for Body Parts Ruled by Signs, it seems my health really shows up in parts ruled by the signs _____, _____, and _____. The rulers of these signs are _____, _____, and _____. Opportunities for **Chart Harmony** with these planets include _____.

One of my favorite things to do with the Moon is to give a little extra love to all the parts of my hot bod. As the Moon goes through all 12 signs, I have ample opportunity to lavish attention to aligned body parts and bring everything into balance using La Luna as my bodily tour guide.

Let's start with the parts labeled with zodiac glyphs clustered around the torso and toward this side of the graphic on this page.

-  **Taurus:** ruler of the sinuses, ears, neck, throat, vocal cords, tonsils, and thyroid
-  **Leo:** ruler of the heart, circulation, blood pressure, spine, back, and left eye
-  **Cancer:** ruler of the breasts, diaphragm, womb, lymphatic system, vagina, stomach, and right eye
-  **Gemini:** ruler of the lungs, shoulders, bronchial tubes, arms, hands, and capillaries
-  **Scorpio:** ruler of the reproductive organs, genitals, prostate, rectum, colon, urethra, pubic bone, and urinary tract

BODY PARTS RULED BY SIGNS



Next, let's shift to the parts with zodiac glyphs clustered from head to toe, moving down this side of the graphic on this page.

-  **Aries:** ruler of the head, face, teeth, tongue, hair, arteries, and blood
-  **Virgo:** ruler of the digestive system, pancreas, small intestines, eyes, and ears
-  **Libra:** ruler of the kidneys, bladder, veins, sense of touch, insulin regulation, and lower back
-  **Sagittarius:** ruler of the liver, sacrum, lumbar vertebrae, hips, and thighs
-  **Capricorn:** ruler of the skin, body hair, ligaments, tendons, joints, knees, spleen, bones, and teeth
-  **Aquarius:** ruler of the shins, calves, ankles, forearms, and circulatory system
-  **Pisces:** ruler of the feet, pituitary gland [hormone production], and pineal gland [melatonin secretion]

Have fun with this! While health astrology is a MASSIVE topic, simply energizing your hot bod in sync with the moves of the Moon will feel GREAT!

Seeing any patterns? Is there a planet that is especially LOUD for you, where health is concerned? Put some thoughts here:

Goddess Asteroid Hygiea

Assuming you've located the goddess of health on your natal chart, you'll want to keep up with its planetary returns. I know, I know... "planetary" isn't wholly correct for sweet Hygiea [located at Astro.com using the extended chart selection; put the number 10 in the manual entry space under the "additional objects" menu]. Still, knowing when she's been where IN GENERAL will help you track patterns throughout your healthy life!

Now, I've just spent forEVER looking for a real Hygiea ephemeris out there on the internet. There isn't one that makes me happy AT ALL. So... I've created a sign-by-sign list of when Hygiea has entered and will enter each sign of the zodiac, 1900-2100. You're welcome. ;) Enjoy my very '90s-style presentation by clicking on any of the links below.

[Hygiea in Aries](#)

[Hygiea in Libra](#)

[Hygiea in Taurus](#)

[Hygiea in Scorpio](#)

[Hygiea in Gemini](#)

[Hygiea in Sagittarius](#)

[Hygiea in Cancer](#)

[Hygiea in Capricorn](#)

[Hygiea in Leo](#)

[Hygiea in Aquarius](#)

[Hygiea in Virgo](#)

[Hygiea in Pisces](#)

Are you noticing any themes that seem to collect around the dates Hygiea is in any particular sign? The sign it was in at your birth? The sign it's in right now [Capricorn]? Put some thoughts here:

Condition of Your Moon

Each of the 7 Traditionals [2 benefics, 2 malefics, 2 luminaries, 1 shape-shifter] has a particular level of "health" in your natal chart. This list will get us clear on how healthy your natal Traditionals are from the very beginning of your natal chart! From there, there's all the transits that happen, those lunar progressions, and of course annual profections and more. Yep... all of it counts! So, let's go in slowly, shall we?

Your natal Moon is in the sign of _____ and in the _____ house. The Moon is a luminary, reflecting back the light of everything she encounters. She requires rest, replenishment, and time alone so that she can be the most nurturing mirror available to the rest of the universe. She changes signs quickly [So moody!] and never goes retrograde. Her **Chart Harmony** signature is BLUE.

CHART HARMONY: THE MOON	YAY!	BOO!	NBD EITHER WAY
Dignity? [Cancer = domicile, Taurus = exaltation; Capricorn = detriment, Scorpio = fall]			
Can see Cancer house?			
Retrograde at birth? [N/A]			
In house of joy? [3H]			
In an angular house? [1H, 4H, 7H, 10H]			
In sect? [Night vs. Day chart]			
Out-of-bounds?			
Afflicted?			

Condition of Your Mercury

Your natal Mercury is in the sign of _____ and in the _____ house. Mercury is our shape-shifter, always in a different role in our lives. They enjoy keeping it light, being curious, and communicating constantly about everything they observe and perceive. They like being entertained with variety and lightheartedness. Their **Chart Harmony** signature is PINK.

CHART HARMONY: MERCURY	YAY!	BOO!	NBD
Dignity? [Gemini/Virgo = domicile, Virgo = exaltation; Sagittarius/Pisces = detriment, Pisces = fall]			
Can see Gemini & Virgo houses?			
Retrograde at birth?			
In house of joy? [1H]			
In an angular house? [1H, 4H, 7H, 10H]			
In sect? [Night vs. Day chart/Morning vs. Evening star]			
Out-of-bounds?			
Afflicted?			

Condition of Your Venus

Your natal Venus is in the sign of _____ and in the _____ house. Venus is a benefic that adores luxury. Her love language is being taken care of like the treasure she is. When in good shape, she is a magnet for our love, money, enoughness, and everything we value. She takes her time (because that feels good) and never sees self-care as self-indulgent. Her **Chart Harmony** signature is GREEN.

CHART HARMONY: VENUS	YAY!	BOO!	NBD
Dignity? [Taurus/Libra = domicile, Pisces = exaltation; Aries/Scorpio = detriment, Virgo = fall]			
Can see Taurus & Libra houses?			
Retrograde at birth?			
In house of joy? [5H]			
In an angular house? [1H, 4H, 7H, 10H]			
In sect? [Night vs. Day chart]			
Out-of-bounds?			
Afflicted?			

Condition of Your Sun

Your natal Sun is in the sign of _____ and in the _____ house. The Sun is a luminary, literally providing light and life to everything. Ego? What ego? Literally giving you LIFE just by being! How is that ego? He never goes retrograde, leads from the heart, and will not be ignored. So very bright that you'd better not stare right into him; instead, let him light you up for all the ways you lead with your heart too! His **Chart Harmony** signature is ORANGE.

CHART HARMONY: THE SUN	YAY!	BOO!	NBD
Dignity? [Leo = domicile, Aries = exaltation; Aquarius = detriment, Libra = fall]			
Can see Leo house?			
Retrograde at birth? [N/A]			
In house of joy? [9H]			
In an angular house? [1H, 4H, 7H, 10H]			
In sect? [Night vs. Day chart]			
Out-of-bounds?			
Afflicted?			

Condition of Your Mars

Your natal Mars is in the sign of _____ and in the _____ house. Mars is a malefic that helps you stay passionate as you fight for what you want. He's always ready to go to war and he's never afraid to cut a bitch (even if that bitch is you). He lights it fired up, sweaty, in motion, and always winning. When in good shape, he'll keep you decisive, competitive in all the best ways, and energized. Fast and hot, he doesn't know the meaning of burnout. [But YOU do.] His **Chart Harmony** signature is ORANGE.

CHART HARMONY: MARS	YAY!	BOO!	NBD
Dignity? [Aries/Scorpio = domicile, Capricorn = exaltation; Taurus/Libra = detriment, Cancer = fall]			
Can see Aries & Scorpio houses?			
Retrograde at birth?			
In house of joy? [6H]			
In an angular house? [1H, 4H, 7H, 10H]			
In sect? [Night vs. Day chart]			
Out-of-bounds?			
Afflicted?			

Condition of Your Jupiter

Your natal Jupiter is in the sign of _____ and in the _____ house. Jupiter is a benefic that sees NO limits. He's driving the party bus to Vegas, passing out glitter cannons, and buying lottery tickets for everyone. He's unapologetic about the use of exclamation points! And when you're falling down drunk, he orders more shots! He's pure magic when healthy, helping us tap into all the possibility of the universe. Out of whack? He's doing the most in all the wrong [but well-meaning] ways. His **Chart Harmony** signature is PURPLE.

CHART HARMONY: JUPITER	YAY!	BOO!	NBD
Dignity? [Sagittarius/Pisces = domicile, Cancer = exaltation; Gemini/Virgo = detriment, Capricorn = fall]			
Can see Sagittarius & Pisces houses?			
Retrograde at birth?			
In house of joy? [11H]			
In an angular house? [1H, 4H, 7H, 10H]			
In sect? [Night vs. Day chart]			
Out-of-bounds?			
Afflicted?			

Condition of Your Saturn

Your natal Saturn is in the sign of _____ and in the _____ house. Saturn is a malefic that loves a NO. Daddy Saturn is here to make sure you do what your soul came here to do. Stay on track. Use the system or build a new one. Embrace structure and schedules. Set boundaries and focus on the basics. When he's healthy, we're centered, strong, build to last, and in sync with what works. His vibe is cold, old, and quietly watching like the parent you never want to disappoint. His **Chart Harmony** signature is BLACK.

CHART HARMONY: SATURN	YAY!	BOO!	NBD
Dignity? [Capricorn/Aquarius = domicile, Libra = exaltation; Cancer/Leo = detriment, Aries = fall]			
Can see Capricorn & Aquarius houses?			
Retrograde at birth?			
In house of joy? [12H]			
In an angular house? [1H, 4H, 7H, 10H]			
In sect? [Night vs. Day chart]			
Out-of-bounds?			
Afflicted?			
