

THE CHAKRA HEALING REPORT FOR

Jane Citizen
15 October 1974
5:00 AM
Sydney, Australia

AbsoluteSoulSecrets.com
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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	21 Lib 03	Pluto	7 Lib 15
Moon	11 Lib 22	True Node	11 Sag 23
Mercury	10 Sco 34	Asc.	13 Lib 59
Venus	15 Lib 13	MC	8 Can 24
Mars	20 Lib 58	2nd cusp	19 Sco 51
Jupiter	8 Pis 38	3rd cusp	15 Sag 48
Saturn	18 Can 39	5th cusp	2 Aqu 16
Uranus	27 Lib 41	6th cusp	2 Pis 21
Neptune	7 Sag 41		

Tropical Placidus Standard time observed
GMT: 19:00:00 Time Zone: 10 hours East
Lat. and Long. of birth: 33 S 52 151 E 13

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

Libra Rising:

Your outward expression of your Heart Chakra is likely to be a reaching out to others with cooperativeness, friendliness, and fairness. Your partner is likely to provide a balance for that by being more assertive, decisive, and competitive.

Chapter 2: The Sun

Sun in Libra:

As an individual, you are very concerned about harmony and balance, and the parts of your body to which your Sun sign corresponds are your kidneys. Your kidneys provide you with energy by separating out the waste products, which would interfere with energy, beauty, and harmony. For them to be able to do this, it is important that you keep a vision of harmony and beauty in your mind - a belief that you are lovable and worthy of the best. The Chakra which is near your kidneys in your Solar Plexus, which has to do with personal power and self-image, and if you work on these qualities, your kidneys will benefit. Know that it is desirable to love yourself, rather than just give in to a partner for the sake of harmony. If you love yourself, you will be bringing into the relationship the Source of all love and harmony.

Sun energy comes into your body through your Heart Chakra and your Heart Chakra is ruled by Venus, which in turn rules Libra and balance and love, so elevate yourself to the level of heart energy, Love from your heart and you will bring love into your life in return. The vertebrae in your spine will be healthier and aligned, because you will be "standing tall" for ideals of harmony and love.

Sun in 1st 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 strive to be first, and if you find your energy being depleted, simply take a rest and dare to try something new. Find an area where you can really express yourself as an individual.

Sun Conjunct Venus:

The Sun rules your Solar Plexus and Venus your Heart Chakra. Make sure that you assert yourself in your relationships, so that you are not just doing what the other person wants. Make sure that you assert yourself with love, rather than just through your ego. Then your energy will flow beautifully, freely, and artistically.

Sun Conjunct Mars:

The Sun and Mars are co-rulers of your Solar Plexus Chakra, giving you very concentrated willpower and energy. Make sure that your ego-expression is in harmony with Divine Will, so that you will not attract negative karma by dominating others. Find constructive outlets for your dynamic energy.

Sun Square Saturn:

The challenge for you is to be able to express yourself creatively and make a living at the same time. The Sun rules your Solar Plexus and your own identity. Saturn rules your Root Chakra and your sources of stability. In the past, you were somehow separated from your roots, but through your own conscious willpower you can succeed.

Sun Conjunct Uranus:

You are able to use your strong willpower to be aware of what your higher self is telling you and to act on it. You can apply your higher intuition towards creating new inventions, finding spiritual uses for electricity and electronics, and showing others how to relate to one another in enlightened, tolerant ways. It is by allowing your kundalini to rise from your Solar Plexus to your Crown Chakra that you are able to tap this higher wisdom.

Chapter 3: The Moon

Moon in Libra:

For you to be healthy and happy, you need pleasant, harmonious relationships, with a balance of give and take. You need to be able to express your feelings in a relationship, without the emotions being too intense, and you are also willing to listen to and nurture the other person. That is because, with the sign of Libra, the emotions are elevated to the energy of the Heart Chakra. The main challenge for you is to make sure that you are being yourself, rather than forgetting your own needs for the sake of harmony with the other person. To assert yourself, you need to have a healthy Solar Plexus Chakra and to affirm that you can assert yourself and still have harmony.

Moon in 12th 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 quiet, sensitive way. You are sensitive to how even the subtlest psychic influences can affect your emotions, and you respond very compassionately to those in need.

Moon Conjunct Venus:

Emotions and love are very important to you. Begin by loving yourself and accepting your own emotions, and then you will be free to reach out to others with care and compassion. The emotions of your Spleen Chakra are thus transformed into the higher form of love of your Heart Chakra.

Moon Quincunx Jupiter:

Although you are nurturing and would like to help people, you may have been discouraged from doing so in the past, perhaps by older people who may have told you that you would not have enough for yourself if

you gave to others. However, now you can be more adaptable to current circumstances and create good karma by being kind and generous. Let the energy flow between your Spleen Chakra and Third Eye.

Moon Sextile Neptune:

You grew up in a home environment that encouraged your psychic receptivity and right-brain awareness, and you may be very talented musically or artistically. You are able to be nurturing of others and to tune in to their subtler, unconscious needs. You have an easy flow of energy between your Spleen Chakra and Throat Chakra.

Moon Conjunct Pluto:

The Moon and Pluto are the co-rulers of your Spleen Chakra, and you need to acknowledge and express your feelings in order to be happy and healthy. The Moon pertains more to your nurturing feelings and Pluto more to your sexuality and reproduction. You need to affirm that you can experience and handle these strong emotions without losing your connection to your centre.

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 1st 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 be a competent debater because of your quick mind and your self-confidence in expressing yourself.

Mercury Trine Jupiter:

You have an unusual talent for making speeches about your positive philosophy. You may travel a lot to learn and to spread your ideals to others. You are likely to acquire a good education and to teach others. The chakras ruled by these planets both pertain to particular aspects of your mind - Mercury the logical and communicative functions of your Throat Chakra and Jupiter the positive, perceptive ability of your Brow Chakra.

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 Libra:

Venus rules your Heart Chakra in your aura, and it also rules the sign of Libra, which rules your kidneys. To have healthy kidneys, you need to have love and balance in your life, and freedom from extremes. To bring the energy from your Heart Chakra into your everyday life, you need to find a balance between looking after your own needs and caring about others. It is by building and maintaining good self-esteem that you are able to give the most to others, and in return that they will have the most consideration for you.

Venus in 1st 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 like to express your sense of beauty outwardly, with an attractive appearance and clothes. You are extroverted and friendly.

Venus Conjunct Mars:

Venus rules your Heart Chakra and has to do with your love for both yourself and others, balance, partnerships, and compassion. Mars rules your Solar Plexus and has to do with your willpower, energy, and self-assertion. For the energy of these two chakras to work well together, focus on putting your love into action.

Venus Square Saturn:

Although it may be a challenge for you to form lasting relationships, you can be successful at this through your self-confidence and willpower. You can express your love for others by providing for their survival, even though this may be hard work. Venus rules your Heart Chakra and Saturn your Root Chakra. You need to improve the flow of energy between the two by cultivating a more positive, happier outlook.

Chapter 6: Mars

Mars in Libra:

Mars rules your Solar Plexus Chakra and Libra is ruled by Venus, which rules the heart. You are able to take the inspiration of self confidence and vitality of your Solar Plexus and channel it to a higher plane of love and compassion. You would do this by first mastering how to give love to yourself, so as to have a high self-esteem. It would follow from this that you would then have respect and compassion for others, because you would recognize the best qualities of yourself mirrored in them.

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 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.

Mars Conjunct Uranus:

The physical energy of your Solar Plexus is elevated to the very high spiritual level of your Crown Chakra. When you assert yourself, you are likely to receive a sudden flash of intuitive inspiration, which combines the energy of your physical and mental potential to a new form of unity. You may be a mechanical genius or an athlete who can suddenly outsmart your opponent.

Chapter 7: Jupiter

Jupiter in Pisces:

Jupiter rules your Brain Chakra, which has to do with clairvoyant perception. The sign of Pisces also makes you a natural psychic. Take time away by yourself to let this great ability unfold. Engage in meditation and prayer, or be one with nature. Protect your awareness from the insensitive realities of the everyday world, so that you can elevate your surroundings to a higher plane of healing through your subtle, but very powerful, positive influence.

Jupiter in 6th 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 a lot to give others in the area of health and healing, as you have both the inspiring energy and the detailed focus. You make positive thinking practical.

Jupiter Square Neptune:

It is a challenge for you to put together your enthusiastic, positive spiritual faith with your quite side of subtler listening, but you have the willpower to work this out and to put your awareness into action, such as by doing spiritual paintings. You are capable of great insights, and you may be able to act as a channel.

Jupiter Quincunx Pluto:

In the past you may have been held back from developing your talent to create positive, regenerative changes in yourself and others through your faith. However, you now have the chance to adapt to new opportunities and to discover the real power of prayer. Learn how to visualize what you want and then use your willpower to manifest it. You have great potential to succeed. Encourage a freer flow of energy between your Third Eye and Spleen Chakra.

Jupiter is Retrograde

Jupiter rules your Third Eye, and you may have unconsciously (or consciously) had experiences in your past where you were taught that you should not allow yourself to be psychic, because people who do that were somehow not accepted in the culture you were in. However, you know that you have natural ability in this area, which is healthy to develop and which can greatly benefit you. Know that what is holding you back in this area is just an illusion of a problem and not a real one. It is right for you to develop your inner seeing, and there is no genuine reason not to. You are now safe to know things and to grow.

Chapter 8: Saturn

Saturn in Cancer:

Saturn rules your Root Chakra, and this is where your energy comes from to achieve your own goals. You may have past limitations that you need to release. These may concern your feelings about your family and whether you were sufficiently nurtured. However, the future is yours to create whatever conditions you

would like from now on. As you set goals and work toward them, you will notice that what you have always wanted, deep down, will come into being and you will feel very fulfilled.

Saturn in 10th 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." Saturn also rules the tenth house, so you are particularly likely to have the discipline necessary to achieve a high responsible position.

Chapter 9: Uranus

Uranus in Libra:

Uranus rules your Crown Chakra, the source of your infinite potential for new ideas and knowledge. Libra is also an indicator of mental activity, and your ideas are likely to be new and refreshing. You might be able to come up with original ideas about how to improve relationships and create place.

Uranus in 1st 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 need the freedom to be yourself. You like to be the first to discover new things, and you are ready to advance into the future.

Chapter 10: Neptune

Neptune in Sagittarius:

Neptune rules your Throat Chakra and your ability to listen on the subtler level. Sagittarius seeks the truth, and listening to the Source is the best way to do that. Your insight can be very profound and positive. You are well aware of how the greater good works in subtle ways. You could teach others about the path of kindness and forgiveness.

Neptune in 2nd 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." You have material resources for yourself, but you are also willing to share with the poor by giving money, food, or housing.

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 Libra:

Pluto rules your Second Chakra, in your lower abdomen. It pertains to your emotions and sexuality. Libra rules relationships. You are aware of the way in which emotions and sexuality form a basis for relationships, even though the relationships also involve the higher communication of the mind. Your partnerships are likely to be very intense, with a good deal of discussion about what is fair for both and how the personal needs of each partner can be met.

Pluto in 12th 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 the willpower and understanding to transform the lives of those who are poor and disadvantaged. You empathize with them because of your keen emotional and psychic receptivity, and because of the example that was set by people who helped you in the past. You could help those addicted to drugs or alcohol to come to believe in their own strength.

Chapter 12: Chiron, North Node, and the Midheaven

Chiron in Aries:

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 the Heart Chakra, which is the link between your lower, physical chakras and your higher, mental ones. Aries is ruled by Mars, which has domain over your Solar Plexus. You first need to awaken to the fact that you have already mastered the physical realm, and that you can begin to awaken to the teachings of the heart. Loving with your heart is a balance between maintaining good self-esteem and giving to others. You have mastered the lessons of learning to love yourself, even though many others have not. Now you must begin to share with others, in order to grow spiritually. Breathing exercises would be one way to move your awareness from the physical up into your heart.

North Node in Sagittarius:

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 Sagittarius North Node gives you special insight into how your male and female polarities can work together for your future. You will now be free to pursue your philosophical and spiritual interests. Your Gemini South Node shows that you have already mastered the lessons of communicating with others, freeing you to be more independent.

North Node in 2nd house:

You are learning to create your own security and wealth, rather than rely on your partner's money or what you may have inherited. You have learned in the past that depending on others can result in debt or in burdensome responsibilities or guilt imposed by someone older. As you become established in your own success as to what you can build for yourself, you will find that your self-confidence increases and your Solar Plexus Chakra opens. You may have to clear some old stress out of your throat area for this to happen.

MC in Cancer:

You use your willpower to ensure that your home and family conform to the highest standards of goodness and respectability, and you are very sensitive to the need for the Divine Light to come in through your Crown Chakra and that of your children. Your home is a place where your Root Chakra can be

receptive to the stability and steadfastness of the earth energy, which you desire for your practical needs.