



Get

FIT

The Dark Pixie Astrology

Get Fit

It's always summer somewhere, full of bikinis, beach-hopping, short-shorts, and tank tops, and this mini e-course focus on your health. Losing weight will be covered, but it's really more about being healthy. When you're healthy, you're always hot!

(well, almost always)

Before you begin, you will need to know a few placements from your natal chart. They are:

6th house sign, planets, and ruler

Sun sign, house, and aspects

Do you need to create your natal chart?

Watch the video on the Free Astrology Courses page for instructions on how to do so via astro.com, and how to figure out the placements in your chart.

www.thedarkpixieastrology.com/free-astrology-courses

FIRST: 6TH HOUSE OF HEALTH

The 6th house rules your health, and can show health issues you may have throughout your life, along with how you can approach having a healthier life and improving your health. First, look to see what sign is on the cusp of your 6th house (the cusp of a house is the very beginning of that house). The sign on the cusp is the most important part of your 6th house, and if you pay attention to nothing else covered in this mini course, pay attention to this sign. Next, you'll look at any planets that are in your 6th house. Any planets in the 6th house will impact your 6th house, and will offer more ways for you to become famous. Check out the 6th House page on The Dark Pixie Astrology for interpretations of the 12 signs on the cusp and natal planets in the house:

<http://www.thedarkpixieastrology.com/the-6th-house.html>

But I don't have any planets in the 6th house!

Having no planets in your 6th house does NOT mean you're destined to have a million health problems, or none at all. It just means you have less karmic stuff to work through in this life to deal with your health.

Planets in the 6th house can give a clue as to how you are with health in general. Jupiter in this house can show you're super lazy with your health, or you're a super health nut. Mars can also show a health nut, and you benefit most from physical exercise (the more strenuous, the better). Venus can show you're someone who tends to have a better health track record, and can get help from others with your health issues. Mercury can show you're someone who makes lots of plans but doesn't stick with them, so you need to try lots of things and give yourself plenty of variety. The Sun helps you to focus more on your health, it's more important to you, and when you're

healthy, you feel like you can do anything. Uranus can show you benefit from trying alternative medicine, while Neptune can show you benefit from incorporating spirituality into your health regimen. Pluto can show you can be a little obsessive with your health, but you have the power within you to control your own health. Saturn can show that you may struggle with health early on in life, and have to live as healthily as possible, doing everything right. And the Moon can show that being healthy is important for you to feel emotionally secure and stable, and that you need some support from loved ones for a healthy lifestyle.

Once you've got those, then you'll want to find the ruler of the 6th house. Every sign has a planetary ruler of that sign. They are:

Aries - Mars

Taurus, Libra - Venus

Gemini, Virgo - Mercury

Cancer - Moon

Leo - Sun

Scorpio - Pluto

Sagittarius - Jupiter

Capricorn - Saturn

Aquarius - Uranus

Pisces - Neptune

The planetary ruler of a house is the planetary ruler of the sign on the house cusp, so whatever sign is on your 6th house cusp, the ruler of that sign is the ruler of your 6th house. The house that planet is in can give a little more information about your 6th house, with the house the ruler is in being linked to the 6th house in some way.

Planetary ruler of the 6th house in the houses:

1st house - you can naturally strive to be healthy, and seem to have greater vitality and strength

2nd house - you can take a practical view of your health, but you indulge a lot so you have to learn moderation

3rd house - you can think a lot about your health, wanting to learn about various health approaches, and need variety

4th house - being healthy makes you feel secure and stable, and you try to be healthy to keep yourself grounded

5th house - you can approach your health in a playful way, not wanting to be too serious, and like exercise that is playful and like something you'd do as a kid

6th house - the ruler of the house in the house gives a natural ease with the energy of that house

7th house - you can benefit from having a partner to hold you accountable and give you support with your lifestyle

8th house - you can dedicate yourself fully to your health, and when you're healthy, you transform your life

9th house - you can try health regimens that are used in other countries/cultures, and want to have fun with your lifestyle

10th house - you can be practical and logical with your health, making long terms plans and sticking with it to become healthier

11th house - you can benefit from having a group to support you who are going through the same thing as you

12th house - you can prefer to spend time on your health on your own, working out alone, or focus on your spiritual health in addition to your physical health

Another thing to look at is if your 6th house cusp is at certain degrees called critical degrees. In each sign, there are 30 degrees (and in each degree, there are 60 minutes). The critical degrees are specific degrees that can mean you have more to work through, and with the 6th house, this means you'll have to work harder at maintaining a healthy lifestyle. The critical degrees are:

0, 13, and 26 of Aries, Cancer, Libra, Capricorn

8-9, 21-22 of Taurus, Leo, Scorpio, Aquarius

4 and 17 of Gemini, Virgo, Sagittarius, Pisces

There is one more critical degree, the anaretic degree, which is 29 degrees of any sign. Having your 6th house at the anaretic degree can show that you have a hard time with a healthy lifestyle, either going way too far and not allowing yourself to indulge every now and then or pushing yourself physically to the point of a near-heart attack, or that you don't take it seriously enough, eating too much, being too physically lazy, not following doctor's orders or sticking to a regimen. You need to strike a balance between the two, finding a lifestyle that's healthy and that you'll stick with but that isn't so restricting you can't enjoy life with the rest of us.

SECOND: THE SUN

The Sun rules you, your physical body, and so has a connection to your health. Determine the sign the Sun is in and house the Sun is located. Visit The Natal Sun page of The Dark Pixie Astrology for interpretations of the Sun in the 12 signs and 12 houses:

<http://www.thedarkpixieastrology.com/the-natal-sun.html>

Next, determine the major aspects that your Sun makes to your other planets. An aspect is when two points in a chart are at certain angles to one another. If you don't know the aspects your Sun makes, create your chart on astro.com as described in the video, and when you've generated the chart, click on Additional tables (PDF) on the upper left. This will generate a PDF of your chart with an Aspects table on the bottom. Find the Sun symbol:



Follow the column and row for the Sun and see if any of them are filled out. Ones that are empty show no major aspects exist between the Sun and the other planet. These are the glyphs for the other planets:

Moon ☾

Mercury ☿

Venus ♀

Mars ♂

Jupiter ♃

Saturn ♄

Uranus ♅

Neptune ♆

Pluto ♇

This table does show some minor aspects. For the sake of this mini course, you can just focus on the major aspects, which are:

Conjunction ☌

Sextile ✳

Square ◻

Trine ▲

Opposition ⋈

The minor aspects that astro.com shows are (if you're a beginner, just focus on the major ones first and get a good handle on those):

Semisextile ♁

Quincunx ⚡

Quintile Ⓚ

BiQuintile Ⓛ

Semisquare ◻

Sesquiquadrate

Look at the row and column for your Sun, and see which major aspects are present with other planets. Your Sun likely won't make more than a handful of major aspects (even less than that for some of you). This is the case for all planets, so if you don't have more than a couple of major aspects to your Sun, don't be alarmed. The major aspects will just have more influence over your Sun.

Sextiles and trines are seen as positive, so you have an easier time manifesting the energy of the two planets together in a positive way. Squares and oppositions are seen as difficult, so you have a harder time manifesting the energy of the two planets in a positive way. That doesn't mean that if you have only squares and oppositions to your Sun for major aspects that you'll always have health problems, but you will have to work harder. Squares tend to be more internal, so if you see a square, you know it's something you need to work on with yourself on the inside. Oppositions tend to be external, so if you see an opposition, you know that you have to learn how to manage dealing with other people and oppositional energy.

Conjunctions can go either way as neutral aspects. In the natal chart, the planets conjunct your Sun is most important for Sun, and can impact how you deal with your health. Mercury and Venus don't travel very far from the Sun, so it's very common to see them conjunct the Sun. For interpretations of all major aspects to your natal Sun, visit The Natal Sun page of The Dark Pixie Astrology:

<http://www.thedarkpixieastrology.com/the-natal-sun.html>

Like with the 6th house, you'll also want to see if your Sun is at a critical or anaretic degree, and if it is, it'll be interpreted similarly to the 6th house when it comes to health.

THIRD: LOSING WEIGHT & OTHER HEALTH STUFF

1) Losing Weight

Many people want to know what it is in their chart that can show how to lose weight. First, look at your 6th house cusp and any planets in it to tell you how to should change your lifestyle in order to do so. Secondly, you'll want to see what's going on predictively. These are traditionally the best times for you to lose weight (though some of them can also make you gain weight if you don't watch yourself!):

Jupiter in the 1st house, 6th house, or Sun sign

Mars in the 1st house, 6th house, or Sun sign

Sun in the 1st or 6th house

Venus in the 6th house

Jupiter conjunct, sextile, or trine the 1st house cusp, ruler, 6th house cusp, ruler, or Sun

Saturn sextile or trine the 1st house cusp, ruler, 6th house cusp, ruler, or Sun

2) Other Health Stuff

If you have a particular health issue and want to know what to know the astrology of it, all you have to do is find the ruler(s) for that health issue. It's usually going to be the ruler of the body part that the health issue is impacting. Here's a list of the body parts associated with the signs/planets/houses:

Aries/Mars/1st house – All about the head – acne, eyes, face, scalp, brain, headaches, dizziness

Taurus/Venus/2nd house – All about the throat – coughs, chin, neck, thyroid gland, voice and vocal cords

Gemini/Mercury/3rd house – hands, wrists, arms, shoulders, hay fever, lungs, breathing, nervous system

Cancer/Moon/4th house – All about the chest – breasts, chest cavity, pancreas, stomach, gas, ulcers, tumors

Leo/Sun/5th house – back, spine, exhaustion, heart, inflammations (note that the sun also rules the body itself as a whole, so transit aspects to the sun can impact you overall as well)

Virgo/Mercury/6th house – All about the abdomen – bowels, intestines, diarrhea, constipation, digestion, assimilation, solar plexus

Libra/Venus/7th house – adrenal glands, buttocks, diabetes, kidneys

Scorpio/Pluto/8th house – rectum, colon, bladder, organs of elimination, PMS, menstruation, STD's, organs of reproduction

Sagittarius/Jupiter/9th house – hips, liver, sciatica, thighs, upper legs

Capricorn/Saturn/10th house – bones, joints, arthritis, knees, rheumatism, gall bladder, gall stones, skin, psoriasis, itching, eczema

Aquarius/Uranus/11th house – All about lower legs – ankles, calves, circulation, cramps, spasms, varicose and spider veins

Pisces/Neptune/12th house – colds, feet, bunions, corns, lymphatic system, poisoning, toxicity, drugs, nerves

In the natal chart, you'll usually see the planet or house associated with your health issue is afflicted (hard aspects - squares, oppositions, some conjunctions), especially by malefics (Mars, Saturn, and Pluto in particular).

In transit, you can predict when you'll have periods where you can see difficulties arise with your health issue, along with when you'll have periods where you can make great strides. Again, this will be with the planet or house associated with your health issue. Benefics (Venus and Jupiter) and easy aspects (sextiles and trines) show good periods, and malefics and hard aspects can show hard ones, so it's good to see them in advance so you can plan and prepare and make the bad better and the good great.

3) Headaches/Migraines

On the [Even More Astrology Lessons](#) page on the website, aspects are listed so you can see for predicting headaches/migraines:

- transit sun or mercury square or opposing the 1st house ruler (house of self), 3rd house ruler (rules the mind), 6th house ruler (house of health), sun (natural ruler of 1st house), mercury (natural ruler of 3rd and 6th houses)
- transit mars, saturn, uranus, or pluto conjunct, square, or opposing the 1st house ruler, 3rd house ruler, 6th house ruler, sun, mercury, or in the 1st, 3rd, or 6th houses
- new or full moon conjunct, square, or opposite mars; square or opposite sun or mercury; full moon in the 1st, 3rd, or 6th houses

4) Accidents & Injuries

This is a mini lesson for the September 2014 newsletter about predicting accidents and injuries:

When we have an accident or injury, we often feel blind-sided. We never saw it coming! Well, sometimes you can astrologically. First, you want to see harsh aspects (square, quincunx, opposition; conjunction by Saturn, Uranus, Neptune, Pluto) to the body part that is affected in the chart. Say someone breaks their foot - in that case, you'd want to see harsh aspects to their Neptune, 12th house cusp, or 12th house ruler, as these all rule your feet. If someone sprains their wrist, you'd want to see harsh aspects to their Mercury, 3rd house cusp, or 3rd house ruler, as these all rule your wrists. You don't need a bunch of harsh aspects, especially if it shows in their chart that they're prone to accidents/injuries in general, or difficulties with that part of their body.

Next, you need Mars. Mars is the ruler of accidents and injuries, so you'll almost always see Mars involved. This can be transit Mars making a harsh aspect or in the house ruling the body part (or the 1st house, which rules you in general), or it can be natal Mars, with harsh aspects to natal Mars bringing in the accident/injury energy.

Lastly, you need a trigger, which will usually be the Sun or Mercury harshly hitting that area of the chart affected or the 1st house on the day of the accident/injury. The Sun and Mercury move quickly, so they set it off. Venus moves about as fast, but she's a gentler planet, so harsh Venus generally won't do it.

Usually, the person will have a predisposition in their natal chart to accidents/injuries, which will show up with prominent Aries or Mars, or harsh aspects to the Sun. If not that, you'll see harsh aspects to the part of the body in question, like harsh Mars to Neptune for someone who breaks their foot. Another thing to consider is their progressed chart, which could show

an aspect being made by progressed planets to natal planets, or progressed-to-progressed planet aspects, which wouldn't show up in the natal chart, but can give some predisposition to an accident/injury (it's just not permanent).

5) Blog posts

I also wrote a series of blog posts for a diabetes blog you can check out:

[Diabetes and Astrology](#)

[Astrology and the Thyroid](#)

[Astrology and Neuropathy](#)

[Astrology and Celiac Disease](#)

*Are you a beginner who wants to learn about transit aspects and basic predictive astrology? Visit the [Beginner Astrology Lessons](#) page on *The Dark Pixie Astrology* for some predictive lessons:*

<http://www.thedarkpixieastrology.com/beginner-astrology-lessons.html>

WORKSHEET

- **List all of your positions and write down some notes for each position.**

6th house sign:

6th house planets:

6th house ruler and house location of the ruler:

Sun sign:

Sun house location:

Aspects my Sun makes:

Which planet(s) are currently in my:

1st house?

6th house?

When will planets this year be in my:

1st house?

6th house?

What aspects are being made to my:

1st house cusp?

1st house ruler?

6th house cusp?

6th house ruler?

Sun?

The best time for my health in general this year is:

What are your health issues, and which planet, sign, and house rule them? List them below.

Health issue #1: _____

Rulers:

Health issue #2: _____

Rulers:

Health issue #3: _____

Rulers:

List when you'll experience aspects to the rulers of your health issues.

Health issue #1: _____

Aspects:

Health issue #2: _____

Aspects:

Health issue #3: _____

Aspects:

Optional: I want to lose weight!

According to my chart, the diet or exercise regimen I should follow is/includes:

Tip: If you have many different options, start with what appeals most to you or is most realistic for you to attempt right now.

Check all that apply and write down the dates that they're happening. This year, I have:

- Jupiter in my 1st house
- Jupiter in my 6th house
- Jupiter in my Sun Sign
- Mars in my 1st house
- Mars in my 6th house
- Mars in my Sun Sign
- Sun in my 1st house
- Sun in my 6th house
- Venus in my 6th house
- Jupiter conjunct, sextile, or trine the 1st house cusp or ruler
- Jupiter conjunct, sextile, or trine the 6th house cusp or ruler
- Jupiter conjunct, sextile, or trine my Sun
- Saturn sextile or trine the 1st house cusp or ruler
- Saturn sextile or trine the 6th house cusp or ruler
- Saturn sextile or trine my Sun

Any of these dates are good times for me to lose weight: