

Here's to Your Good Health with Astrology

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Here's to Your Good Health with Astrology

By Nancy R. Fenn

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Who doesn't want to be healthy? I've been fascinated with health ever since I can remember. My grandmother's best friend was bedridden with rheumatoid arthritis since she was in her early thirties. My own mother had chronic mental and physical illnesses (some would call it hypochondria). Seeing these people suffer set me on my path as a healer.

In my family, it was not an easy thing to be interested in good health. Believe it or not, being interested in health opened me to ridicule. Adele Davis, a pioneer in the health food community, was just beginning to write books like, "Let's Eat Right to Keep Fit". My father called her a "health food nut" and downed another piece of rare roast beef, two martinis, French fries and a Caesar salad, chased with a chain of PallMalls

My grandparents lived past 95 in excellent health. My parents died at 58 and 60. They cut more than 35 years off those wonderful genes with their lifestyle.

These are the principles I advocate for a lifetime of good health.

- 1.It's your health.
- 2.Your physical health and your mental health are the same thing.
- 3.Be yourself.

Let me explain each one with some examples.

#1 It's your health.

Ladies and gentlemen, it is your health. It's not the doctor's health or the government's health. It's your health and it's your responsibility to keep yourself healthy.

The Greeks had a wonderful saying about this, "After 30, every man is his own doctor."

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If, by the time you're 30, you don't understand your own body and what makes it work, there is no power on earth that can save you from yourself.

·If there are some things that run in your family you'd like to change, learn about DNA reprogramming and healing with The Sunhealer at www.sunhealer.com

·Jesus is one of many great healers through the ages. The first question Jesus asked a sick person was, "Do you want to be healed?" Ask yourself this question. Listen to your answer.

·Food is preventive medicine or slow poison. Please learn about your own body; take the time to educate yourself about nutrition; and avoid white sugar and white flour as if your life depended on it.

·Know your stress points. When you're under stress, what's the first thing in your body to "go"? Is it your stomach, headaches, your back? From now on, this will be your flagship. Your body knows before you do, it's time to make a change.

#2 Your physical health and your mental health are the same thing.

This principle is nifty for self healing because you can come at a problem either through the mind or through the body.

·If you're feeling depressed, you can take Yoga and by putting your body into positions of self confidence and life force energy, your spirits will lift.

·If your stomach is tied up in knots all the time and you have chronic anxiety, you can raise in your consciousness the idea of self acceptance and the concept that you are safe and wanted in the world and these symptoms will disappear.

·You can make changes in the physical world, such as leaving an abusive spouse and your mental and physical health will improve.

·The easiest and fundamental connection between the mind (mental health) and body (physical health) is the breath. When we breath consciously, no negative emotion can be present. Simple but profound, this is one of the great secrets of meditation.

#3 Be yourself.

Trying to be something you're not is life-threatening. Most people will interpret the statement "trying to be something you're not" negatively. What we mean is, trying to be a different type of person than you naturally are.

"Type" is defined according to the popular concepts of typing personality that we find in the Myers-Briggs Type Indicator(r) or in Keirsey Temperament Theory. If you wonder what your "type" is, visit www.keirsey.com for a free self test.

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Here are some examples from real life.

- If you love solitude and the great outdoors, don't get yourself stationed on a submarine.
- If you love confrontation, competition and running the show don't be a teacher or case worker.
- If you love children, soft moments, nurturing and intimacy don't try being a litigation attorney.

Why do we try to be something we aren't? It happens in a context of trying to please others - parents, teachers, religious leaders, spouses.

According to Dr. Katherine Benziger (www.benziger.org) the short term cost of trying to be something you're not is "increased irritability, headaches and difficulty in mastering a new task."

The long term results include "exhaustion, depression, lack of joy, a homeostatic imbalance involving oxygen or the pre-mature aging of the brain and a vulnerability to illness."

I have clients with chronic fatigue syndrome, fibromyalgia, insomnia, cancer, tumors, esophagitis, migraines, bleeding ulcers, chronic diarrhea, obesity, manic-depressive disorders, deep scarring acne, strokes, apnea, and drinking problems who still will not consider making a lifestyle change.

Could these people be healed? Yes, certainly. When they begin to shift over into who they really are, the symptoms will disappear, sometimes dramatically.

If this solution is too simple, please ask yourself why things have to be so complicated in your life.

My special message today is for introverts. Our definition of ourselves has been controlled for the most part by people who don't understand us because the majority of people in the world, 70%, are extroverts.

We're in the process of reclaiming our right to be exactly the way we are. Introverts need to spend at least half their time alone for good mental health. This has nothing to do with our love of people. We give energy to others and need time alone to fill up again.

Introverts, please be honest about your needs for time alone and other territorial issues. You can find some great resources for introverts at my website www.theintrovertzcoach.com.

For all people wanting to cut down on their stress, one of the greatest services I can render is an astrology reading. Astrology is one of the few places you can go in the world where you will find someone holding up a clear mirror to who you really are.

Astrology is a paradigm that gives each person permission to be exactly who they are. We get as close as we can to the "god's eye view" of you. Astrologers recognize the absolute uniqueness of each individual.

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When you see an astrologer, we will say to you, "Let me tell you about the wonderful person I see here in your astrology chart...." We are positive and supportive people.

If you have drifted so far from yourself, you can't find your way back home, give an astrologer a call. We have the map.

All change starts within. I hope I've given you some great things to think about on your road to good health. Please remember these three principles ...

- #1 It is your health.
- #2 Your physical health and your mental health are the same thing.
- #3 Be yourself.

Nancy R. Fenn is a professional astrologer in the San Diego area.

Astrology and Vedic Yajnas / Rituals in Hindu Religion

By CyberAstro Astrologer

Astrology and Vedic Yajnas / Rituals in Hindu Religion by CyberAstro Astrologer

Astrology and Vedic Yajnas / Rituals

As per Vedic Astrology texts, there are two types of Yajnas / rituals or tasks – the daily ones and the occasional ones. The daily Yajnas / rituals are those which a person accomplishes on a daily basis.

In addition, daily prayers to "Your Deity" also come within the purview of the above. While the occasional ones are often done for fulfilling a particular wish. This wish may be as diverse as the desire for having

a child, the desire for wealth in times of financial constraints, having a long term romantic affair / stability in a love relationship, success on the business front or getting rid of certain diseases. In this way, the basis for performance of occasional duties may be anything related to a person or collective welfare. In such a situation, a person seeks the help of astrology when the desires are not completely fulfilled.

A learned Astrologer arrives at a decision after collectively analysing the placement of various planets in a person's Horoscope chart. Accordingly, the Astrology prediction is given and Astrology remedies in the form of Yajnas / rituals is prescribed for fulfilling the particular desire.

The relationship between astrology and Vedic Yajnas / rituals is one and important. This is because the auspicious time cannot be found without the help of astrology whereas Vedic Yajnas / rituals cannot be performed without the help of any auspicious time.

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He is the cheif astrologer in <http://www.cyberastro.com> and has a Phd in Astrology. You can get more of his articles and predictions in <http://www.cyberastro.com>



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