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November 27, 2025

# How Planetary Fields Entangle with Your Body's Energy Blueprint

Holistic well-being begins with a preventive approach to health, urging us not to wait until disease manifests. Your food choices play a pivotal role in shaping your body's health, but it's not just what you eat; your thoughts and emotional state significantly influence your well-being.

Your body is interconnected to the environment surrounding you, from the obvious impacts of diet and lifestyle to even the more subtle influences like planetary gravitational pulls. We are most familiar with how the lunar cycle affects human behavior and physiology. The other planets in the solar system exert their influence in more subtle ways, affecting our energetic body.

Our etheric body, our subtle energy counterpart of the physical body, possesses a series of force centers (nerves plexus) or chakras that receive the energy of the planets. According to Eastern teachings, the energy we receive from the Trinity passes from these subtle centers into our physical body by means of invisible circuits called nadis (Savitri, Hindu text) or meridians (TCM).

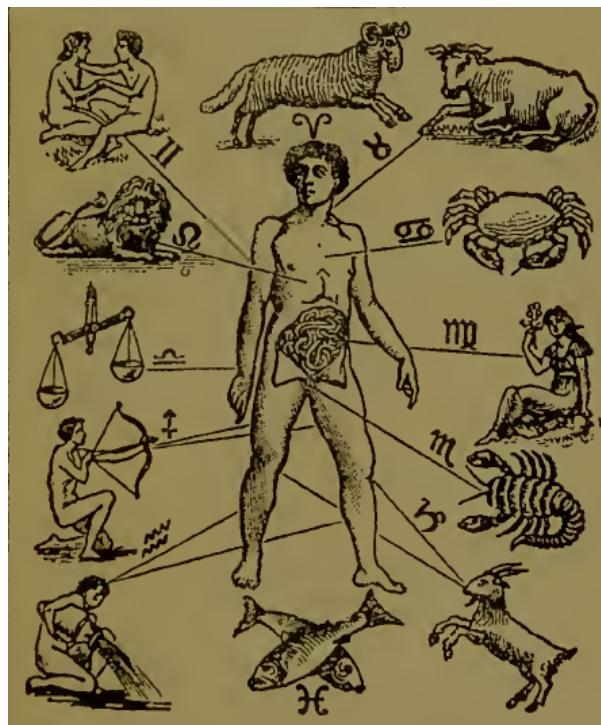
All ailments are caused because our magnetic field doesn't pull enough energy from the air we breathe into the lungs to supply the different parts of the body, so when weaker areas are not supplied with their energy, abnormal function results.

Your astral chart reflects your own energy pattern to offer insights into your state of health, pinpoint nutritional deficiencies, and gauge your psychological balance.

The condition and placement of planets in your chart can indicate potential health issues based on their dignity and avasthas, as well as the zodiac sign, they occupy. However, it's important to note that not all symptoms or diseases are certain to manifest, and their occurrence may vary throughout different stages of life corresponding to planetary periods (dasas/profections) and transits.

When multiple planets highlight a particular ailment, the likelihood of its manifestation increases.

Nonetheless, health astrology operates akin to a personalized weather forecast, offering insights for preventive measures rather than definitive predictions. Just as one prepares for possible rain by carrying an umbrella, understanding one's astrological health indicators facilitates proactive healthcare strategies aimed at prevention.



# The Elements

The four elements Fire Earth Water and Air can help you to pinpoint some obvious and easy ways to correct factors that affect health. Too much or not enough of an element can contribute to weakness in various parts of the body. By compensating for a lack of or an emphasis on an element one can alter the imbalance and improve health.

Fire Earth Water and Air elements are the building-blocks of our physical as well as of our psychological functioning and we find them also in natural substances like herbs, and nutrition. This is the reason why understanding your health energetic blueprint makes healing possible.

The Four Humors (Hippocrates, Galen) are the metabolic agents of the Four Elements in the human body. The right balance and purity of them is essential to maintaining health.

**An excess of a humor may lead to a great diversity of symptoms and diseases with the problem manifesting through the weakest point of the individual client.**

Every humor or element is a combination of two qualities: TEMPERATURE & MOISTURE. These concepts apply both physically and psychologically.

<b>FIRE</b>	<b>HOT AND DRY</b>	Heat: energy life impulse motive movement energy is spent and body cools down
<b>AIR</b>	<b>HOT AND MOIST</b>	Coolness; malfunction, not enough energy for metabolic processes
<b>EARTH</b>	<b>COLD AND DRY</b>	Dryness: maintains form and creates boundaries
<b>WATER</b>	<b>COLD AND MOIST</b>	Moisture: cool conditions attract moisture, connects and softens

Because heat and cold are the primary characteristics, the placement on the scale of hot/cold is most important.

An organism that is cold has to be heated and one that is too hot has to be cooled down. In practice we will use mainly foods of a humoral nature, contrary to the excess humor (the principle of antipathy). Also some foods can be eaten which have the temperature as the healing element but not the same degree of moisture/ dryness.

If the problem is excess water it is best to avoid all cold and moist foods and eat as much as you can from those foods listed under hot and dry. But some foods under hot and moist can be eaten

too. These foods will heat the body up, and more heat always means less moisture. The secondary axis the moisture/dryness rate depends on the heat/cold axis to a certain extent.

Lastly, herbs should work against the humoral excess that causes the disease; this is the most important thing. The exact herb that you need will be determined by the planetary positions in your chart. Also, they have to be taken at the right planetary hour for better results.

# Your Elemental Blueprint

Your element combination = Fire **14.81%** - Earth **59.26%** - Air **0.0%** - Water **25.93%**

## The Fire Element

The concept of the Fire element in traditional medicine systems aligns with several aspects of modern physiology and metabolism. The idea of internal fire (or Agni in Ayurveda) correlates with the body's basal metabolic rate (BMR), which is the amount of energy expended while at rest. A study published in the New England Journal of Medicine (1996) found that individuals with higher BMRs tend to have better cardiovascular health. This aligns with the traditional view that a balanced Fire element contributes to overall vitality.

The Fire element is all about that stimulating, creative energy that gets you moving and keeps things exciting. It handles your body heat, digestion, and the way sweat helps purify by flushing out toxins. When Fire is balanced in you, it shows up as solid physical energy and the drive to actually get things done—not just dream about them. You feel confident, cheerful, optimistic, courageous, inspired, warm, and affectionate toward others and yourself.

It also rules transformation and sight, both the physical kind and the psychological insight that helps you see things clearly. That means it controls internal processes like digestion, body temperature, and your immune system, which fights off threats. Fire drives all the chemical reactions that produce heat and light in your body. But if it builds up, it can create hyperacidity or excess bile in your small intestine, leading to infections or inflammation.

Fire makes you competitive and idealistic, with a real sense of fair play, but it's sensitive and can get thrown off by other elements. It's strongest from puberty to middle age, peaks around noon, in summer, and right after eating when digestion kicks in. Things like too much alcohol or constant excitement can make it unstable, and ignoring competition can dampen it down.

### Physique

Lean or stream-lined with powerful muscles, often prominent veins, hirsute body, strong, expressive face, sparkling eyes.

### Temperament

Choleric, bilious-nervous. Constitution: Athletic, ectomorphic.

## What Low Fire Feels Like—and How It Holds You Back

Low Fire in your chart can leave you feeling wiped out, like everything takes more effort than it should. You're lethargic, low on courage or confidence, and self-esteem takes a hit—it's hard to believe in yourself when that inner drive just isn't there. Physically, vitality dips: poor digestion, a stiff body, cold hands and feet from bad circulation, weak muscles, indigestion, low body heat, and you're more prone to getting sick because your defenses are down. Your liver and gallbladder aren't pulling their weight, leading to sluggishness and that heavy depression where facing the day feels impossible. But this doesn't have to stick—you've got the power to warm things up and get that energy flowing again, one habit at a time.

### Ways to Boost Low Fire

Boost Fire gently and steadily using warmth, stimulation, movement, and activities that rekindle motivation. Engage the senses, heat the body, and support digestive fire.

<b>Diet</b>	Add spices and sour foods slowly to wake up digestion and help your body absorb what it needs: lemons, yogurt, cayenne, cinnamon, cardamom, curry, ginger, or peppermint tea. Herbs like burdock root or dandelion leaf support your liver and gallbladder to get things moving.
<b>Lifestyle &amp; Exercise</b>	Get moving regularly; aerobic exercises to strengthen your heart and circulation, or solo challenges like hiking, mountain climbing, roller skating, ice skating, or skiing to build confidence and that I can do this feeling. Bring in red and orange colors in your clothes or space for an instant lift. Light candles or sit by a fire to tap into that warmth.
<b>Herbal / Energy Support</b>	Gemstones like carnelian, ruby, bloodstone, or topaz can amp up your energy. Flower remedies such as Indian paintbrush or scarlet monkey flower help shake off the lethargy. Scents like black pepper, basil, or cinnamon give a quick motivational hit. In Chinese medicine, work on your liver and gallbladder to fuel the Fire.

## The Air Element

The Air element's connection to respiration and the nervous system is well-supported by modern physiology. The emphasis on deep breathing exercises for those lacking in Air element aligns with scientific understanding of the benefits of controlled breathing. A study published in *Frontiers in Psychology* (2018) demonstrated that specific breathing practices can significantly reduce stress and anxiety levels, likely through modulation of the autonomic nervous system.

The association between Air element imbalance and joint stiffness has been corroborated in

modern rheumatology. Research published in *Arthritis Research & Therapy* (2015) shows that low humidity and sudden changes in barometric pressure (both air-related phenomena) can exacerbate joint pain in individuals with rheumatoid arthritis, supporting the traditional link between Air element and joint health.

The Air element, characterized by its inherent lightness, plays an essential role in facilitating movement throughout the body and mind.

When well-balanced in an individual, it manifests graceful physical motion, clear and balanced perception, and effective communication skills.

When in excess, it disrupts this harmony, amplifying restlessness and disconnection.

Physiologically, it governs circulation, the respiratory and nervous systems, overseeing all forms of connection—such as tubes, ducts, nerves, speech, touch, coordination, and propulsion. Importantly, the Air element does not directly control physical organs but rather the underlying principle of movement and interconnectedness within them. For instance, it regulates processes like peristalsis, bowel movements, sneezing, urination, and the rhythmic inflow and outflow of breath.

### **Temperament**

Sanguine, bilious-sanguine. Constitution: Slender, ectomorphic.

### **Low Air**

A lack of Air may lead to difficulties in perception, introversion, tiredness, shortness of breath, and slowness of movement. With a deficiency of air in the chart, you may have poor communication skills and a dislike of socializing. You can lack a sense of humor. You need to think things through more carefully before making an important decision. You may have a difficulty in the flow of bodily energies leading to poor circulation. Your body can lack elasticity and flexibility.

### **Remedies to Balance Low Air**

Balancing low Air requires stimulation of movement, breath, communication, and lightness. Increasing mental clarity, circulation, and social engagement helps restore balance while reducing heaviness and stagnation.

<b>Diet</b>	Herbal teas such as gotu kola or fo-ti, known as the elixir of life in Chinese medicine, can stimulate brain activity. Heavy foods should be kept to a minimum as they add to the heaviness of having low air. Eat plenty of raw fruits and vegetables. Juices, sprouts and grains should be added to the diet.
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<b>Lifestyle &amp; Exercise</b>	<p>Deep breathing exercises are essential. A trip to the mountains can be rejuvenating. Working with groups can enhance communication skills, while activities like dancing can increase awareness of movement through space. Wearing sky colours such as blue and coral can help. Pleasant sounds such as music can be calming and increase the air element.</p> <p>Flower remedies like Scleranthus, sweet pea, quaking grass, and penstemon can help one relate better to groups. In Chinese medicine, working with the stomach and spleen meridians is advisable to stimulate the Air element.</p>
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25.93%

## The Earth Element

The Earth element's association with stability and nourishment in traditional medicine systems has interesting parallels with modern nutritional science. The emphasis on whole grains and root vegetables for balancing Earth energy aligns with current dietary recommendations. A meta-analysis published in *The Lancet* (2019) found that diets rich in whole grains and fibrous vegetables are associated with reduced risk of colorectal cancer and improved digestive health.

The concept of grounding in Earth element practices has been scientifically investigated. A study in the *Journal of Environmental and Public Health* (2012) found that direct physical contact with the Earth's surface (known as earthing or grounding) can have measurable effects on inflammation, immune responses, wound healing, and prevention and treatment of chronic inflammatory and autoimmune diseases.

The Earth element is all about that dense, heavy grounding—solid and unyielding, like the soil that anchors everything in place. When it's balanced in you, it translates to practicality, unwavering stability, and a strong sense of responsibility that keeps your world steady. You step up as the caregiver and nurturer, offering that reliable support others crave, just as the earth sustains life without fanfare.

Physiologically, Earth is the builder: it governs your bones, teeth, skin, cartilage, muscles, tendons, and nails—the tough, structural elements that form the body's framework. Its core job is the formation and laying down of basic materials for construction, growth, maintenance, and repair of tissues. Just like Water, Earth accumulates steadily, gathering resources to fortify and endure. It is anabolic; that is, it builds up, creating density and strength over time. Tied to your sense of smell—for picking up scents or instinctively sensing threats—Earth is wired for survival, shining brightest in children as they grow strong and in the recovery phase after illness, when rebuilding takes center stage.

## Temperament

Melancholic, lymphatic, nervous. Constitution: Solid, endomorphic.

## Body Type and Personality

Earth equips you with hardy resilience and deep stamina—your body's go-to for long-haul endurance. In excess, that accumulation tips into overdrive: tissues densify, skin thickens to a tough, leathery feel, and you might see more body hair, along with sclerosis, calcium deposits, or a sluggish heaviness that weighs you down.

Personality-wise, Earth keeps you grounded in the material world—cautious, tradition-loving, and respectful of natural laws. You thrive on control and predictability, valuing the tried-and-true. But excess Earth can make you resistant to change or fresh ideas, especially anything abstract or spiritual, turning caution into stubbornness.

## What Excess Earth Feels Like—and Why It's Time to Lighten Up

With excess Earth accumulating in your chart, you feel it in every step: a sluggish body bogged down by lethargy, like carrying an extra layer you didn't ask for. Your frame may trend stocky and heavy from continuous building and low activity. Rigidity sets in, with compulsive habits or routines, and a slow metabolism that leads to blockages such as joint deposits, artery congestion, and mineral buildup causing aches and stiffness. Digestion slows, leaving you feeling full and stagnant. This is your body's signal that excess accumulation is stifling your natural flow. The solution is to introduce movement, brightness, and lightness.

## Ways to Balance Excess Earth

To balance excess Earth, bring in movement, circulation, brightness, and foods that lighten digestion. Create environments that feel energetic, incorporate flexibility, and disrupt stagnant habits. Use uplifting colors, stimulating activities, and practices that break up accumulated heaviness.

<b>Diet</b>	<p>Select light, quick-digesting foods such as fruit salads, sprouts, and fresh vegetables to ease the load. Reduce dense foods like meat and potatoes that linger in digestion. Space meals to give your system time to process, and drink water consistently.</p> <p>Warm and moist foods such as egg yolks, figs, olive oil, butter, raisins, and wheat products help maintain fluidity. Foods like spelt, turnips, carrots, red beets, nuts, seeds, grapes, berries, soft cheeses, duck, chicken, wild game, rabbit, shellfish, trout, pomegranates, ghee, chickpeas, and coconut are beneficial.</p>
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	<p>Heating spices, salt, and cooking methods can warm cold foods. Generally, spicy, sweet, and salty foods are warming, while sour and bitter foods cool the system.</p>
<b>Lifestyle &amp; Exercise</b>	<p>Infuse your surroundings with bright yellows, golds, and oranges to energize the mind and body. Precision sports like tennis, golf, or badminton activate agility and help break stagnation.</p> <p>Fresh air and breezy environments stimulate circulation.</p> <p>Wearing fiery colors boosts energy. Crystals such as carnelian, hematite, rhodochrosite, and fire agate support warmth and movement.</p> <p>Flower remedies like chestnut bud and chicory help shift old patterns, while oak and mustard relieve depressive tendencies. In Chinese medicine, activating the liver and gallbladder meridians supports movement and breaks up stagnation.</p>
<b>Herbal / Energy Support</b>	fumitory, polypody, senna, borage, lemon balm, dodder, scammony, black hellebore

# Your Daily Plan to Restore Balance

## Morning

### Diet

- • 6:30 AM - Hydration & Internal Spark Activation: Start with a warm glass of water infused with fresh lemon juice and a pinch of cayenne pepper (gentle sour + warming spice for digestion and circulation). Follow with a mug of warm ginger and peppermint tea, optionally adding a burdock root or dandelion leaf tincture for liver/gallbladder support.
- • 7:30 AM - Nourishing Breakfast & Mental Preparation: Enjoy a warm bowl of oatmeal or spelt porridge with cinnamon, cardamom, sliced figs, and a sprinkle of nuts/seeds. Alternatively, a small portion of scrambled egg yolks with sautéed spinach (light, warm, moist, liver-supporting). Pair with a glass of water.

### Lifestyle

- • 6:30 AM - Upon waking, before rising, take a moment to visualize a warm, vibrant light expanding from your core, fueling motivation. Gently stretch in bed, focusing on deep breaths to awaken your system.
- • 7:30 AM - As you eat, review your day's intentions, focusing on one small, achievable task to build momentum. Light a candle at your table to absorb physical and energetic warmth, fostering a sense of inner spark.

### Wear Clothing

- • 6:30 AM - Choose clothing in uplifting reds, oranges, or yellows to energetically stimulate your Fire element and counter Earth's heaviness, bringing a sense of brightness to your day.

### Exercise

- • 6:45 AM - Dynamic Wake-Up: Engage in 10-15 minutes of light aerobic movement. This could be vigorous marching in place, jumping jacks, or a quick dance session to energize and increase circulation. Focus on movements that feel uplifting and break any sense of morning sluggishness.
- • 7:00 AM - Mindful Confidence Building: Practice 5-10 minutes of sun salutations or dynamic yoga poses that emphasize core strength and opening, helping to build confidence and dispel inertia.

## Midday

### Diet

- • 12:30 PM - Light & Lively Lunch: A vibrant fruit salad (berries, apples, oranges) with a dollop of plain yogurt (gentle sour) or a large salad with sprouts, fresh vegetables, and a lean protein like shrimp or trout, dressed with olive oil and lemon. Focus on light, hydrating, fiber-rich foods to prevent post-meal heaviness. Drink water steadily throughout the afternoon to maintain fluidity.

### Lifestyle

- • 1:00 PM - Movement & Fresh Air: Step outside for 15-20 minutes. Take a brisk walk in fresh air, perhaps focusing on a precision-based activity like tossing a frisbee or simply observing your surroundings with heightened awareness to disrupt rigid patterns. Seek breezy environments to stir circulation and lighten the system.
- • 1:20 PM - Mental Refresh: Engage in a short, uplifting conversation or listen to energetic music to shift focus away from mental heaviness and promote spontaneity.

### Optional

- • 1:30 PM - Elemental Boost: Carry a carnelian or fire agate stone to stimulate motivation and break up energetic stagnation. Diffuse black pepper or basil essential oil for a quick, invigorating mental boost at your workspace.

## Evening

### Diet

- • 6:00 PM - Warming & Digestible Dinner: A warm, lightly spiced curry with lean chicken or rabbit, plenty of fresh vegetables (carrots, turnips, beets), and a small serving of spelt or quinoa. Use warming spices like ginger and turmeric. Alternatively, a hearty vegetable soup with lentils and a dash of cayenne. Sip on a warming peppermint tea with a slice of lemon during or after the meal. Avoid heavy, dense foods that might cause stagnation overnight.
- • 7:30 PM - Evening Hydration: Continue drinking water, but moderate intake closer to bedtime to avoid interruptions.

### Lifestyle

- • 7:30 PM - Evening Flow & Reflection: Dedicate 15-20 minutes to a calming activity that doesn't involve screens. This could be reading a physical book, journaling about your day's small successes, or listening to uplifting, instrumental music. Light a candle to maintain a warm, inviting atmosphere and encourage internal reflection.

- • 8:30 PM - Pre-Sleep Routine: Prepare for sleep with a warm (not hot) bath infused with Epsom salts and a few drops of cinnamon essential oil to encourage relaxation and continued warmth. Practice gratitude or affirmations to lift any lingering depressive feelings.

### Exercise

- • 7:00 PM - Gentle Movement for Release: Perform 15-20 minutes of gentle stretching or a slow, restorative yoga flow. Focus on opening the hips and torso to support liver and gallbladder meridians, aiding in the release of physical and emotional stagnation. A slow, mindful walk around the block can also be beneficial, ensuring it's not too vigorous for evening.

### Weekly Addition

Once a week, dedicate 1-2 hours to an activity that significantly boosts your Fire and challenges Earth's stagnation. This could be a vigorous hike, ice skating, a tennis match, or a boxing class – anything that combines cardiovascular intensity with mental engagement and agility. Afterward, indulge in a red beet juice cleanse (for 1 day) to further lift melancholic Earth heaviness and deeply support liver function, or consume red beet juice daily. Consider a session with a practitioner focusing on Chinese medicine liver/gallbladder pathways to address core imbalances and restore flow. Integrate flower remedies like Indian Paintbrush (to lift lethargy and spark emotional warmth) and Chestnut Bud (to help release rigid patterns and promote mental flexibility) daily into your water or morning routine.

# The Qualities of your Elements

The distribution on planets in the zodiacal wheel shows how we respond to stimuli, and especially how we act under tension. The presence of planets in a particular sign indicates how that sign expresses their element, meaning the mode of behavior they use to express the element needs. There are three qualities: Cardinal, Fixed, and Mutable.

The quality of elements in your chart is

**Cardinal 0.0% - Fixed 0.0% - Mutable 100.0%**

## Mutable Energy

The Mutable signs occur at the end of each season: Gemini (late spring), Virgo (late summer), Sagittarius (late autumn), and Pisces (late winter). The keyword for Mutable signs is Flexibility.

**General Traits and Imbalance:** With most planets in the mutable signs in the chart, you are flexible and adaptable but tend to scatter your energies. You are people oriented and need a lot of mental stimulation. At times you become hyper and experience insomnia from trying to do too much at once. Many of your problems stem from an inability to relax or concentrate. You're easily distracted and are prone to anxiety or worry. There can be a mental component to your illness. You have some tendency toward hypochondria. Learning to finish one thing at a time before starting a new project will help calm your nervous system.

**Health Tendencies:** You're prone to diseases that affect the lungs, intestines, nervous system and immune system. You're subject to sudden illness but usually have a quick recovery. However, there can be recurring illnesses. You may find that the cause of your illnesses relates to the lymph glands or pancreas. You need to build up your immune system and watch your sugar intake.

**Diet and Healing Recommendations:** Foods containing vitamins A/B and C and zinc aid the immune system. There can be metabolic disorders due to improper glucose production. There can also be illnesses difficult to treat, such as hypertension, ulcers and headaches. You can benefit from meditation, biofeedback or acupuncture. You need time to relax. Grounding techniques such as gardening or communing with nature, or disciplines that focus the attention, such as yoga and Tai chi, are beneficial. Flower remedies like white chestnut, madia elegans, Shasta daisy, vervain, and wild oat can work to focus and integrate energies. Crystals and gemstones like green calcite, aventurine, chrysoprase, chrysocolla, and malachite help ground energy.

**Remedies for Deficiency:** When lacking Mutable emphasis, you can become rigid and crystallized in your attitude. Flowing movements, as in dance and tai chi, are helpful for the body. Flower

essences such as rock water, quaking grass, and willow, as well as crystals like rose quartz, kunzite, and sugilite may be beneficial in increasing Mutable energy.

#### **END OF THE ELEMENTS REPORT**