

THE CHAKRA HEALING REPORT FOR

**Nelson Mandela**  
18 July 1918  
3:00 PM  
Umtata, South Africa

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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	25 Can 04	Pluto	5 Can 32
Moon	20 Sco 18	True Node	21 Sag 50
Mercury	16 Leo 08	Asc.	25 Sag 08
Venus	22 Gem 35	MC	7 Vir 37
Mars	12 Lib 35	2nd cusp	17 Cap 34
Jupiter	1 Can 10	3rd cusp	10 Aqu 36
Saturn	15 Leo 02	5th cusp	11 Ari 06
Uranus	26 Aqu 56	6th cusp	19 Tau 14
Neptune	6 Leo 23		

Tropical Placidus Standard time observed

GMT: 13:00:00 Time Zone: 2 hours East

Lat. and Long. of birth: 31 S 35 28 E 47

#### 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

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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**

### *Sagittarius Rising:*

Your outward expression of your Heart Chakra is likely to be warm, benevolent, and optimistic. Your partner is likely to provide a balance for that by being intellectual, talkative, and versatile.

## **Chapter 2: The Sun**

### *Sun in Cancer:*

Cancer rules your stomach and chest, as well as the womb and pregnancy (if you are female). Because you, as an individual, are very protective and in need of protection, you need to nurture these areas of your body which are vulnerable but also very vital and strong. Your stomach, chest, and womb are very close to your Solar Plexus Chakra, which is potentially very life-giving, if given the proper care and training. Remember that you received your first nourishment from your navel when you were inside the womb, when you first came from the Creator, and you will always know that you come from the Source and have Source energy to express.

Now that you have been born, the Sun's energy continues to vitalize your system, now coming in through your Solar Plexus as before, but also through your heart, as you have now evolved spiritually by being inspired by your mother's love to be able to give as well as to continue receiving what you need. Allow yourself times of receiving, and you will be renewed for your times of giving in the natural cycle of life, like the different phases of the Moon.

### *Sun in 8th 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 apply this in your ability to do research and get to the bottom of things. You are also good at handling other people's money and assuring them that their affairs can be taken care of properly.

### *Sun Trine Moon:*

You are blessed with a vision of tremendous harmony between your ego and your emotions, your male and female sides. Your parents would have got along well. Rather than take this for granted, go forth and teach others how to resolve their differences. You will be richly rewarded for doing this because it will keep your abundance of positive energy flowing for its intended purpose, so as to ensure your own health, happiness, and spiritual fulfillment.

### *Sun Quincunx Uranus:*

Although there was something in your past which inhibited your self-expression whenever you tried to express

original ideas, realize that it is your right to access your higher mind, and that it is very desirable and spiritual to do this. Affirm that your own ideas are good and that you deserve to get credit for them. Combine a discipline that emphasizes your Solar Plexus, such as the martial arts, with meditations to open your Crown Chakra.

### **Chapter 3: The Moon**

#### *Moon in Scorpio:*

You need to acknowledge the depth and intensity of your emotions in order to be healthy and happy. Both the Moon and Scorpio pertain to the Second Chakra - the Moon in the emotional, nurturing sense and Scorpio in the creative, reproductive, regenerative sense. Your depth allows you to get to the real, divine meaning of things so that you are going beyond everyday consciousness to contact the Source. You are nurtured by the Source to bring in new life and truth. You can have a transformational effect on the people you care about.

#### *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 Square Mercury:*

You need to use conscious willpower to verbalize your feelings and to keep your emotional side and your logical side in balance. With a positive attitude, you can be successful in keeping the energies of your Spleen and Throat Chakras flowing.

#### *Moon Quincunx Venus:*

In the past, you may have been discouraged from expressing your emotions in a loving way, but you can overcome this by being adaptable and open to the fact that you may meet nice, loving people who would help you create a loving home. Focus on elevating your kundalini from your Spleen Chakra to your Heart Chakra by working on your self-esteem and free flow of energy. Heal any past emotional blocks.

### **Chapter 4: Mercury**

#### *Mercury in Leo:*

Mercury rules the Throat Chakra and Leo rules your heart, so you have a very dramatic way of speaking right from your heart. Your words would attract the attention of others and you could inspire them in acting or public speaking. You would also know how to take charge of children in such a way as to be able to teach them and have them listen.

#### *Mercury in 9th 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 study and teach philosophical or religious subjects and to speak inspiringly.

#### *Mercury Sextile Mars:*

You have a special ability with words and communication. You are able to say exactly what you mean, but put it in a way that others will not find too blunt. This is because of the easy flow of energy between your Throat Chakra and Solar Plexus.

*Mercury Conjunct Saturn:*

Mercury rules your Throat Chakra of communication skills and Saturn your Root Chakra of groundedness. You are a very logical thinker and precise communicator, and you could do well at scientific subjects, where objective thinking is required.

**Chapter 5: Venus***Venus in Gemini:*

Venus rules your Heart Chakra, which also corresponds to the parts of your physical body which Gemini rules: your lungs, your shoulders, arms, and hands. So, you need to cultivate love for yourself and then reach out to others with it. In this way, you will generate a network of loving relatives and friends with whom you can exchange care and concern. This is the key to maintaining your health and happiness. Also, if you do yoga, visualize that when you breathe in, you are inhaling subtler prana besides oxygen, and this will help you make the connection with your heart.

*Venus in 6th 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." Your love is expressed in your place of work, where you create beauty and get along well with others.

*Venus Trine Uranus:*

You have a special ability for extending positive, universal love to everyone. You make friends easily with others from all walks of life and you have many interesting encounters. You have an easy, fortunate flow of energy between your Heart Chakra, ruling love and compassion, and your Crown Chakra, ruling universal ideas.

**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 11th 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." You are likely to apply your drive towards mechanical inventions, community or group work, or promoting a cause.

*Mars Sextile Saturn:*

You have a special talent for doing physical work in which precision is needed, such as something mechanical or specialized forms of exercise. You have an easy flow of energy between your Solar Plexus and your Root Chakra, so that your initiative and drive become disciplined in the direction of achieving something practical.

## Chapter 7: Jupiter

### *Jupiter in Cancer:*

As Jupiter rules your Third Eye and Cancer pertains to psychic receptivity, you would have a special ability to use psychic energy to protect and heal others. They could be members of your own family, or they could be those who do not have families of their own to protect them. You could also use the generosity of your healing power to protect the earth and to do positive meditations for its preservation.

### *Jupiter in 7th 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 apply your good values in the areas of personal and professional relationships, where your sense of justice and fairness are likely to lead to a happy, long-lasting marriage and prosperous business partnerships.

### *Jupiter Trine Uranus:*

This very fortunate aspect indicates a positive flow of energy between your top two chakras - your Third Eye, which gives you foresight, clairvoyance, and optimism, and your Crown Chakra, which provides you with unlimited new ideas from the Infinite Source. You are able to put your insight and ideas together in a very inspiring way to teach others. You may be on the forefront of new religions and philosophies that see beyond the past and prepare for the ultimate future.

### *Jupiter Conjunct Pluto:*

Jupiter rules your Third Eye and Pluto your Root Chakra. You bring your positive faith down to the level of actual regeneration and inspiration for others to uplift themselves. You use your imagination, clairvoyance and higher perception for spiritual healing and for bringing about positive improvements in both yourself and others.

## Chapter 8: Saturn

### *Saturn in Leo:*

Saturn rules your Root Chakra, which is the Source of your energy to actually carry out your goals into physical manifestation. Release any past influences that have limited you from feeling that you can be the master of your own destiny, or where someone else's ego may have prevented you from asserting your own. Realize that it is your birthright to live your own life as you choose. Set goals which really make you happy and joyful, and then go about achieving them.

### *Saturn in 9th 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." You are likely to work hard to acquire higher education. Your values are traditional, honest and, practical.

## Chapter 9: Uranus

### *Uranus in Aquarius:*

Uranus rules your Crown Chakra, the source of your infinite potential for new ideas and knowledge. Uranus is also the ruler of the sign Aquarius, so you have concentrated access to the genius of your higher mind. You are a very inspired inventor or scientist or intellectual. You are readily able to detach yourself from any practical

problem and bring in an inspired solution.

#### *Uranus in 3rd 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 are a quick thinker, open to learning about the newest trends, way ahead of most people. You could make new, scientific discoveries. You tend to associate with other intelligent people, some of whom may be relatives.

#### *Uranus is Retrograde*

You may have learned when you were young that you had to conform, rather than enjoy your own freedom of thought. However, these restrictions were imposed by older people of a past generation and there is no reason now to be held back. You are now free to trust your Higher Self and be every bit as enlightened as you want to be. You do not have to go to great lengths to prove that you have your freedom, because you already have it, and the Universe approves of you. Your potential for new, original thoughts is infinite.

## **Chapter 10: Neptune**

#### *Neptune in Leo:*

Neptune rules your Throat Chakra and has to do with your ability to listen on the subtler levels. Leo is a very dramatic sign, and you would be able to express what you perceive in a very inspired way. As long as you remember that your ability comes from the Source, you will be an effective spiritual channel.

#### *Neptune in 8th 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 a special talent for healing those dealing with death because you have both empathy and courage. You would have a psychic understanding of your sex partner and an intuitive understanding of tantric yoga.

## **Chapter 11: Pluto**

#### *Pluto in Cancer:*

Pluto rules your Second Chakra in your lower abdomen, and pertains to your emotions and sexuality. Cancer is also an emotional sign. It is through the reproductive urge that children are created, and Cancer is the mothering energy that protects and nourishes the new life. You are very much in tune with the transformative changes that the child goes through inside the womb and as an infant, and you also value the miracle of creation itself.

#### *Pluto in 7th 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 a great ability to transform relationships, and you could use this ability to create cooperation and fairness in your own partnerships and also to help others by being a relationship counselor.

## 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 12th house:*

You are learning to express yourself more creatively in art, music, or dance, and you find this very meaningful. Your past may have taught you to be very methodical in your work, and this limited your emotional expression. As you overcome this, your Throat Chakra opens. You may even become a better singer. In order for this to happen, you may need to work on gaining self-confidence and release stress from the middle part of your body, in order to free your heart.

### *MC in Virgo:*

You use your willpower to keep a clean, neat appearance that will inspire others to the highest standards of perfection. The Divine Light coming in through your Crown Chakra tells you that cleanliness is next to godliness. You desire a home that is a quiet, secluded retreat where you can be one with nature and the earth. In this way, your Root Chakra brings in stable, earth energy.