

***Collected are some ideas to expand your considerations about your healing.***

## **Your Healing Is Individual To You**

One of the foremost pioneers of the new approach is Lawrence LeShan, who has developed a model of holistic health based on the following principles:

1. A person exists on many levels, each of which is of equal importance.
2. The patient has systems of self-repair which are crucial to the prevention and treatment of that particular person's illness.
3. Individuals must be actively and knowledgeably involved in their own treatment.
4. Each person is unique and needs to be treated as such. In LeShan's view: 'A disease, from the viewpoint of holistic medicine, is a sign that something is wrong with your life. Your task is to find out what that something is and to take appropriate action'.

## **Illness As Intelligence At All Levels Of Life**

There seems to be a purposeful intelligence at work. In the spiritual domain, the philosopher and priest, Teilhard de Chardin, put forward the teleological principle that 'everything is in motion, everything is raising itself, organising itself in a single direction, which is that of the greatest consciousness.

## **Influence Of Your Attitude**

Individual Response to Stress Studies in the USA and Israel, carried out by researchers like Pines and Kobasa, have shown that the attitudes which consistently determine good health are these: a strong commitment to self, work and family; the ability to see change as a challenge rather than a threat; a sense of control over the environment so that the person feels capable of dealing with whatever comes along; and an ability to make some sort of sense of what is happening and to feel that the challenge and effort are worthwhile.

On the other hand, people are more likely to become ill in response to stress if they feel alienated from the outside world, if they feel powerless, and if they lack a commitment to anything they do.

*— All of the excerpts above come from A Handbook of Medical Astrology by Jane Ridder-Patrick*

## The Horoscope As The Medicine Wheel

The four elements and the four signs of the cardinal modality have also been used in shamanic cultures for millennia as the medicine wheel, which represents the four cardinal directions called in ceremony and the beginning of the seasons.

In the northern hemisphere, cardinal Aries (fire) begins spring, cardinal Cancer (water) begins summer, cardinal Libra (air) begins fall, and cardinal Capricorn (earth) begins winter. These are reversed in the southern hemisphere.

The four directions also represent stages of life: birth (east, fire, new beginnings), youth (south, water, emotional innocence and trust), adulthood (west, earth, physical energy), and elderhood (north, air, wisdom).

The whole horoscope could therefore be seen as a medicine wheel or sacred hoop of life to align with. Please note that this is one way of looking at this and different shamanic traditions look at the wheel of life differently. The seasons of the year align with the seasons of life through birth (Spring), youth (Summer), adulthood (Fall), and elderhood (Winter). Everything is connected in a great mandala of creation.

— *The Complete Guide to Astrology: Understanding Yourself, Your Signs, and Your Birth Chart*  
by Louise Edington

