

# CERES ♀

## ♊ in Capricorn

### HOW DO YOU RELATE TO YOUR BODY?



You view your body as a vehicle that helps you achieve your objectives, possibly as baggage you have to carry around in order to be in the physical world.

Maintenance is unappealing but it guarantees a useful end of life, which you are determined to have.

Building regular habits is comforting and effective for you.



### HOW DO YOU TAKE PHYSICAL CARE OF YOURSELF AND OTHERS?

You can be a very efficient caretaker, but may tend to value effectiveness over warmth.

You can be stoical and resigned about your health. You tend to see needs as desires, suppressing the fulfillment of them instead of addressing them right away.

Setting achievable goals for your body and your health motivates you.

Your core physical need is: good nutrition and affectionate touch, to help you feel less alone with the work of life.

### HOW DO YOU NEED TO EAT AND NOURISH YOURSELF?



You gravitate towards disciplined eating with a tendency to eat sparingly.

You tend to feel a need to work for food and must remember that you deserve it for simply being alive.

Use your productive and disciplined connection with food to cultivate a way of eating that nourishes and comforts you as well as maintains your body.

And stop working through meals.



### HOW DO YOU HANDLE MONEY?

You may feel overwhelmed by all the work there is to do around making money and managing it.

For you, financial goals are very motivating; without the structure of goals you can feel discouraged.

You grow wealth responsibly and consistently and may be driven by a perpetual sense of impoverishment, even when that's no longer true.

### YOUR HAVINGNESS BUCKET:



Your bucket is large and doesn't often feel full. You believe deep down that money must be worked for and earned through sweat and effort, so when it comes to you too easily, you have trouble accepting and holding onto it.