

# CERES ♀ ♊ in Gemini

## HOW DO YOU RELATE TO YOUR BODY?



You relate to your body in a cerebral way.

You may find the physical world is just so...physical.

It's easier to be in your head than in your body.



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

Having clear routines and changing up your habits keeps you flexible and staves off boredom.

The necessity of maintaining your physical health can be tiresome.

Find ways to manage your nervous energy.

Your core physical need is: To stay in motion and create a rhythm of small habits that soothe you. View the ground as a touchstone you are always circling back to.

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



You can be attracted to fad diets which seem like a good idea but don't always play out well physically.

Your cooking can be versatile and inventive – have fun with it. Don't get lost in the internet and forget to eat, also watch out for mindless snacking.



## HOW DO YOU HANDLE MONEY?

Money is more of a theory than a reality. Economic theories intrigue you, but they're not always connected to the reality of your everyday life. You like to have a financial plan but get distracted on the way to implementing it. Work to focus your mind on finances, handle your money in short bursts, and allow yourself to set it aside when you need a break. On a break, put it entirely out of your mind.

## YOUR HAVINGNESS BUCKET:



Your tendency to analyze things leads you to be unsure about what's actually in your bucket, because of all the internal arguing about it. Don't get lost in the details.