

CERES ♀ ♊ in Pisces

HOW DO YOU RELATE TO YOUR BODY?



Being in the physical world is a lot of work – sometimes you may just want to escape your body and retreat to your imagination.

Your body is a barometer of your emotional state and you may be prone to showing psychosomatic symptoms.

For you, connecting with nature can be a spiritual thing. This is good and it supports you being fully in your body.



HOW DO YOU TAKE PHYSICAL CARE OF YOURSELF AND OTHERS?

Your touch may be gentle because your own body is so sensitive.

You may tend to take care of others through sacrificing your own bodily needs. Beware of overgiving.

Your body thrives on the restorative process of sleep and dreaming.

Your core physical need is: sleep, rest, solitude in nature and unstructured time in which to tend your physical self, far away from the needs of others.

HOW DO YOU NEED TO EAT AND NOURISH YOURSELF?



You may have physical or digestive sensitivities or allergies.

Food could be more of an escape than a grounding, and you may be prone to self-delusion regarding the healthiness of your self-care choices.

You may feel drawn to compassionate eating, such as ethical vegetarianism.



HOW DO YOU HANDLE MONEY?

You are not the best saver and not well organized and it may seem like your money just leaks away.

You may see money as an escape, paying too much for things because it's tiresome to fight for more value or a better price.

You may have poor financial boundaries with people whose perpetual needs are a drain on your finances (like the drunken uncle or luckless old friend). Stop giving to those who will never get anywhere in life.

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YOUR HAVINGNESS BUCKET:

Convert your leaky havingness bucket into a siphon by supporting a charity you believe in. This inspires you to make money so you can give to a worthy cause.