

Astrology is Good Medicine

Astrology is good medicine in the best sense of the word. Astrology is simply unparalleled in its ability to indicate what would constitute any individual's total state of health and well being. Astrology is Holistic and looks at the whole person. Our wholeness can be formulated as our Spiritual, Emotional, Physical and Intellectual aspects of being.

Not so far back in history, Astrology was a fundamental basis and prerequisite for the study and practice of medicine. Certain rules were always adhered to such as when to and not to use a metal instrument for operation procedures. This rule was associated with the particular placement of Mars of the Horoscope in question. Most 'serious' medical practitioners would quickly scoff at such 'beliefs'. It was believed that should metal mix with a person's blood on such days, death could result. At present, there are countless cases of people who die during relatively routine operations. Curious! That the most valued medical practitioners in ancient times were those who tended to the spirit and the lowest level of doctor was the one who prescribed herbs and performed operations etc., is a fact not often discussed in medical journals.

Despite the marvels of science and technology, humanity is rapidly re-assessing what just a few short years ago was considered 'foolish superstition'. Breakthroughs in the study of mind\body connections are causing the establishment to re-examine their conservative attitudes. After all, medicine is big, big business and keeping in touch with the cutting edge is therefore a big, big interest. The mind\body model can be simply summed-up with the word "psychosomatic". The Latin word for soul is "Psyche". Even though main stream psychology adheres to a strictly scientific model wherein concepts like "soul" are a thing of the past, the origin of the word Psychology has deep spiritual overtones.

The Psychosomatic model works simply as follows: Disease and imbalance of any kind, even what we term "accidents" find their source in the spiritual, emotional and mental aspects of being. These have for millennia been accurately referred to as "subtle bodies". There are at least three, probably five and perhaps more of these bodies. They are the energy field that surrounds us. They are what we nonchalantly call the "aura". Scientific studies such as "Kirilian Photography" have proved their existence beyond a doubt. Science has even agreed that there is an electrical energy field surrounding and pervading the entire body.

Everyone knows that the brain functions by electrical impulses. Just as quantum physicists are proving many of the claims made by mystics throughout the ages, science is having to re-evaluate what it regarded as sheer nonsense not so long ago, the projected attitude of its rigid paradigm. That history has not unfolded as we have been led to believe is a reflection of all this and is also worth mentioning, but that is another story....

If one were to regard the emotional and mental bodies as abstract or spiritual, then, the physical body might accurately be described as the densest aspect of the spirit. Yes, it too is spirit, only the densest manifestation of spirit. Sure, as Einstein proved, and this formula remains true, $E=MC^2$. In other words, all physical manifestation is a dense form of energy. In turn, energy finds its source in mind, specifically that of divine mind, which in turn finds its source in the true meaning of the word spirit. Another truism of this branch of science is that

energy cannot die it can only change its form. That's why energy is the stuff of spirit, because spirit is eternal, immortal, omnipotent and omnipresent. In this regard, it is referred to as source or as God.

So, what does Astrology have to do with all of this? Well, a fundamental basis of Astrology is the elements. In the West we count four, in the East five. No matter! Both create workable formulas. As for our western cosmology, we have Fire, Water, Air and Earth. By way of a model, they constitute a simple yet eloquent formula for health. Fire says Act, Water says Love, Air says Understand and Earth says Plan. Since they are 'synergistic', they can be regarded in any order. Just the same let's see how it works.

We must take the initiative, or actively learn to love which prompts us to understand that unless we plan, our actions will prove ineffectual. Yet, if we do not understand who we are we do not know what we want or need to act upon and so feel apathetic about acting. If we do not act we begin to stagnate and this causes us to experience blockages in our self expression causing us to not like ourselves or others thus leading to a poor attitude about actively planning and engaging in experiences that will help us to better understand who we are. This kind of viscous circle creates a downward spiral of our energies due to blockages which are a by-product of not understanding this formula and which result in states of disease.

When disease is repressed over long periods, pressures build up and manifest as certain forms of illness and even have an uncanny way of attracting sudden and violent 'accidents' as a means of breaking free from their bondage. Can you really blame them? Nobody wants to be locked up. Oh yes, energy is spirit, remember!? And spirit is, of course, intelligent. It would have to be to create such a miraculous universe, after all! See why it is so important to love!

When we actively engage our energies to create a healthy state of love then the fear of deep self awareness is diminished. The courage to intimately know who we are leads to knowing what we truly want and need. Once these all important things are known we then become optimistic and confident about planning which would just be a waste of time and effort unless we plan to act. When these four elements are working in such a way as this, our energy starts to spiral upward and we begin to experience harmony, health and wholeness. In this state, disease and accidents rarely, if ever, occur. In the spirit of this foundational understanding, Astrology is good Medicine!

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