REBALANCING
with the *Elements & Modes*

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from an NCGR Conference

Today we are going to talk about using the elements and the modes to balance your health. I have some brief introductory comments plus handouts of the charts that we will use to illustrate charts of people with an imbalance of the elements and the modes.

Ever since I started studying medical astrology, I have been interested in the effects of the elements and modes. Once I read in a book on health that the body is so finely tuned that even the slightest imbalance can lead to a health problem. We don't realize how finely tuned our bodies are—it can be the slightest thing going wrong. I have always been fascinated by the elements and the modes and I always use them. You can use the elements and modes to describe your personality but today we are going to talk about them both in terms of personality and in terms of health.

There are four books that could give you some information on the elements and the modes in terms of health: the first is *A Guide to Natural Health* by Jonathan Keyes. It is full of information on the modes: cardinal, fixed and mutable, and the elements of fire, earth, air and water in terms of health. It was published by Llewellyn. Second, my latest book *Managing Your Health and Wellness* has a section on the elements and modes, also published by Llewellyn. In the back of the book I have a lot of nutritional information on what might benefit you if you have a particular health problem. When I find information it comes from many sources. For example, I was writing my last book with around twenty books in my lap pulling out information. And of course I have to

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Always consult with a licensed health care practitioner when you have a medical condition that requires attention.

ten years for him to improve or be free of the disease. That is a very serious disease. He had to give up his medical practice. So whatever you can see that can give people hope—you can look at the progressed Moon for periods of improvement. You'll feel better such and such a month, you may have less vitality in such and such a month. Whatever you can do. You should help people. Don't let them leave a reading thinking, "It's hopeless, it's over." In medical readings you can be dealing with people with very serious diseases. But let's get back to the topic of the lecture.

AUDIENCE: *Some days I feel good; some days I feel bad.*

DC: Well, that can be the daily transits of the Moon, biorhythms, transits to your Sun. I can't get into that right now. Let's start with cardinality.

The Cardinal Mode

An example of a chart with excess cardinality is Nancy Hastings. Let me give you her numbers. Nancy Hastings wrote two books on progressions. She was a well-known astrologer and she died several years ago of cancer. It was pretty tragic. She has the following points:

Element	Points	Mode	Points
Fire	5	Cardinal	23
Earth	12	Fixed	1
Air	6	Mutable	8
Water	9		

Table 2. Points for Nancy Hastings's natal chart.

So Nancy's is an example of a chart with a cardinal emphasis. Cardinal type of people are very willful, very wired, sometimes very hyper. Cardinal type people are your Type A types. They tend to get acute types of disease. Each type of disease is represented by the quadruplicity. So cardinal is acute, fixed is chronic and mutable can be recurring. I'll come back to that. By the way, mutable can be acute also. The cardinal types can be people who like action. And they also want to get results immediately if they get ill. They don't want to wait. They want to know immediately what it is and what to do. Now *The American Book of Nutrition and Medical Astrology* by Eileen Nauman describes the root causes of disease. This information is from her book. She says that the root causes of cardinal types of diseases are the kidneys and the gallbladder. So if you have a problem in cardinality in your chart, then you can nourish what is weak. I've seen this word used in health books about nourishing the part of your body that is weak. You take foods, supplements or herbs to nourish the kidneys or the gallbladder, or you can avoid substances that are harmful to those areas. It's both. Avoidance and nourishing. People who have cardinality emphasized have to recognize their limits. They tend to push forth too much. They tend to annoy other people because they get in their way. They don't know their limits. They need boundaries and they need to take responsibility for their own actions as they cause a lot of their own problems. Very fast energy. Now the parts of the body have to do with the head—there's Aries; the kidneys—there's Libra; the skin and bones—that's Capricorn, the stomach—there's Cancer. Both my introductory book, *How To Give An Astrological Health Reading* and my latest book *Managing Your Health And Wellness* have information on the signs and their relation to the parts of the body. The latter was written more for the layperson. I have tried to simplify the study of medical astrology even more than in the first book. Both books take you through the parts of the body.

AUDIENCE: *Cardinality is the head?*

DC: Yes. So you've got the head, kidneys, the stomach, skin and bones. If you know your signs you know that Aries refers to the head, Capricorn to skin, bones and nails, and Libra is the kidneys. This is simplified but it can be used as a general guide. And then you've got Cancer for the stomach. Cancer also rules the chest cage. Cancer rules coverings in the body. It also rules containers, which is why it rules the womb and the stomach—and the breasts. You start to learn what these signs rule and where they fall in the body. With cardinality you can experience gallbladder problems, heart burn, high blood pressure.

So for people with an emphasis in cardinality you need relaxing and soothing foods, but you need to nourish yourself too since you can always be in a hurry. You need nourishing food. If you could do meditation, yoga or tai chi that is helpful. Take relaxing herbs like chamomile, lemon balm, skullcap and maybe digestive herbs and spices such as garlic, fennel and basil. Now, you don't have to remember all this. There are many books that contain information on natural healing. And I have a lot of information in the