

of ambition they enjoy and are good at work which allows them to express their concern for humanity. They make excellent field or social workers or administrators for large charitable organizations. Not obsessive about income, they must avoid wasting their money on trendy fripperies.

Change, leisure and retirement

Aquarians are often quite seriously disturbed if they are kept waiting for final decisions, or feel some change hovering over them without knowing precisely when it will happen. A sudden decision (whether their own or someone else's) is not nearly as difficult for them. Their quick reactions may even make them sweep out of a well-established job given enough provocation. They should try not to let the prospect of retirement make them miserable for ten years before the event, instead gradually building up new areas of interest which can fill more of their lives when the time comes. If their work has been dull, uninteresting or too conventional, they should surely look forward to being able to express fully their originality and creative or scientific flair. They should give special thought to any necessary adjustments they may have to make, perhaps thinking of ways in which spare-time work can bolster their retirement income.

Health, diet and exercise

The circulation can be vulnerable. Aquarians are often at their best in cold weather and, like Capricorns, usually enjoy it, but they should keep warm, wearing light but windproof clothes which won't restrict their movements. Regular exercise should be creative rather than dull or repetitive. Like all air signs, Aquarians thrive best on a light, nourishing diet. The ankles are ruled by this sign and can be vulnerable; exercises to strengthen them, perhaps shoes with good ankle support, are desirable, especially if skiing or winter sports are enjoyed.

AQUARIUS AS ASCENDANT

Psychological motivation

As with Sun Aquarians, the need for independence is very great and the personality may seem to be distant; it

is difficult to feel close to the enigmatic person with Aquarius rising. The difference between independence and isolation must be recognized: no man is an island. Psychological wholeness is likely to come through awareness that their best qualities are shown through kindness towards and appreciation of other people. When these are reciprocated, they should not push them away or put up barriers, but accept them. Eager for self-knowledge, they are very stubborn and may resist the realization that they should change, even when



they accept it intellectually. Pigheadedness and vanity do not become them.

The problems of sacrificing independence for a permanent relationship are never far away. The ideal partner may be one willing to take a back seat and play a purely supportive role. They will certainly need to be proud of their partners, and to see some very special qualities in them (partly because they think these reflect their own qualities?) They are normally very generous, but an underlying need to be boss can be hard to live with, and inflexibility can cause extra problems, so it is vital that these people learn to compromise.

Every meaningful relationship to some extent involves sacrifice, and if they feel unable to modify their own needs to take account of their partner's, they should think twice before embarking

on the relationship; do they really want a partner, or just a partnership?

Aquarians who grow too inward-looking can become hypochondriacs. However, perversity could drive them in the other direction, so that they ignore their symptoms; they can also be attracted to the latest fashionable health cure. As the circulation is Aquarius-ruled, and the heart is the Leo organ (Leo is the polar sign), the latter should be kept healthy through regular exercise. Psychological problems or even simple worry may cause otherwise inexplicable back pain.

AQUARIUS PROGRESSED TO PISCES

When the Sun progresses into Pisces, Aquarians feel confused because their emotions flow more easily and are more openly shown. They will also rely rather more on intuition. There is a great contrast between the warm, emotional approach typical of the Piscean and the much cooler, distant, logical Aquarian. It's not surprising that Aquarians feel the ground shaking under their feet when the Piscean qualities begin to make themselves felt. Don't forget that the temperamental changes will be gradual, nor that they will be of considerable advantage. The trendy and slightly eccentric Aquarian image may also be softened, and the romantic element, often buried, will now appear, especially in the clothes which may be softer and more delicate.

In the northern hemisphere, Aquarius and Pisces rise fairly quickly, so even if an early degree of Aquarius is rising at birth, the subject may be quite young when the Ascendant progresses into Pisces. Parents should look out for subtle personality changes and ensure that these are positively expressed and contribute to the psychological development. The Aquarian openness and frankness may be clouded by a rather secretive tendency. If, for instance, the change takes place when the child is very young, such an event as the birth of a younger sibling could result in the negative side of Pisces provoking deception, worry and confusion. The increased sensitivity of Pisces will, however, greatly soften anyone with Aquarius rising, making them more personally sympathetic.