

Change, leisure and retirement

Change, or the need for it, will arouse Sagittarian enthusiasm, and these people cope particularly well with conditions that other, more settled, zodiac types may find very disruptive. Their love of change is so strong that they'll provoke it for its own sake, sometimes due to momentary boredom. Partners should encourage them to think carefully when considering change, which may not always be as progressive as they imagine: the grass isn't always greener on the other side. Retirement will offer exciting possibilities, and Sagittarians will be sure to use the extra time available – perhaps for physical or intellectual travel.

Health, diet and exercise

A love of hearty food and drink means that biliousness is highly likely if the diet isn't watched carefully. Although Sagittarians need and enjoy exercise they can still put on weight, and most Sagittarian women will at some time notice an accumulation around the hips. The daredevil trait found in most Sagittarians suggests that the interest in sports may result in slight accidents: pulled muscles, for instance, are common, especially hamstrings and thigh muscles. They must remember this particularly as they grow older; they will want to exercise just as violently at sixty as they did at twenty, but this would be unwise.

Any form of sporting activity is usually welcome, but if there is no interest whatsoever in sport (which occasionally happens), they must take sufficient exercise in some other way, for they will almost certainly be intellectuals whose minds need to be relaxed, probably with the help of some moderate physical fatigue. Similarly, those whose work is physically exhausting should try to relax through more intellectual spare-time pursuits.

SAGITTARIUS AS ASCENDANT

Psychological motivation

The need for challenge, so important to a Sun sign Sagittarian, is even greater when Sagittarius rises. These people have what it takes to exploit their potential to the full and, provided early encouragement was given, will

move forward with ever-increasing self-confidence, and the great expectations with which a positive, optimistic outlook endows them will probably be accomplished.

Strongly aware of the world about them, a consciously developed depth of character – perhaps through a true assessment of their own shortcomings – will enable these people to achieve personal harmony which might otherwise be denied by their volatile natures. They are objective and eager to know more about themselves, and



unlike some people will not shy away from the trail to self-knowledge: in fact, it will fascinate them. However, they must allow time for thought; their downfall can lie in thinking they have all the answers, when in fact important details are missing through a lack of thoroughness. At their most highly developed, these people are the philosophers of the zodiac, with a peerless intellectual capacity.

A healthy level of friendship and intellectual rapport is needed in relationships. There is sexual exuberance, but a partner who only satisfies their sexual needs will very soon bore them. Intellectual challenge is also essential; a claustrophobic lifestyle will have disastrous psychological effects. The individual may go on eating or drinking binges, for instance, or develop

psychosomatic liver-related illnesses.

When life offers no challenge, the usual optimistic, enthusiastic outlook will be clouded, and uncharacteristic depression will set in. A change of lifestyle and perhaps of scene is probably best, but escapism must be avoided and physically running away is not a long-term solution. A full assessment of the problem should be made, however tedious this might seem.

SAGITTARIUS PROGRESSED TO CAPRICORN

Sun sign Sagittarians are unconventional and usually lack worldly ambition, but when the Sun progresses into Capricorn they become more conventional, more traditional and perhaps more ambitious. They will notice status symbols, and may even start to buy some of them. A young Sagittarian may put a relationship on a more formal footing at this time. The casual Sagittarian image, often a hangover from student days, may sober up and become much neater. For those born on the first or second day of the Sagittarian Sun sign period, this progression will coincide with the first Saturn Return (see p.312), so an important period of change and development is almost inevitable.

When a Sagittarian Ascendant progresses into Capricorn, the wilder areas of the psyche will be tamed, with the individual becoming more reflective and better able to absorb the implications of important issues and think more seriously about them. Blind enthusiasm is less likely, or will be tempered with caution; inner restlessness will be calmed by greater patience.

If the individual has been much involved in sport, exercise or physical activity, very great care should be taken that joints don't start to stiffen, or arthritis develop. The need to keep moving is, of course, paramount.

Sagittarian ambition, which is mostly personal, will be an even stronger motive when the Ascendant progresses into Capricorn, and it may be made more effective by being more clearly and narrowly directed. In general, the subject will become selective in choosing those personal priorities which are at the top of any list of objectives.