

natural and enthusiastic gardeners. Any diminution of income, provided it is not massive, will be greeted with equanimity; careful with money, they are not devoted to it. Lack of self-confidence can make changes at work rather difficult to cope with. The threat of being fired is frightening; out of work, they are peerless in their effort to find a new job and, willing and hard workers, they should do so more easily than most.

Health, diet and exercise

It is essential for Virgoans to spend as much time as possible in the fresh air and, if possible, in the country. Children of nature, their spirits are revived by long walks and cycle rides. This is also a sign much related to wholefood diets and vegetarianism. The Virgoan diet must contain plenty of fiber: this Sun sign rules the bowels, and constipation can cause problems, usually because of an unbalanced diet.

Medically administered drugs don't suit many Virgoans, and they should always watch carefully for any allergy. Holistic and homeopathic treatments are often favored, with excellent results. Balance is the best answer to Virgoan health problems, plus exercise and fresh air; it is a mistake to sacrifice these for family or work. These people also benefit considerably from relaxation techniques such as yoga; meditation is especially good if they are prone to worry, although resulting introspection may exacerbate the problem.

As a result of worries (perhaps about the career or family), Virgoans are often vulnerable to severe headaches or even migraines. A change of diet may help more than they realize, so they should seek medical advice if they do have painful headaches.

VIRGO AS ASCENDANT

Psychological motivation

Quite frequently when Virgo rises we find the other Mercury-ruled sign, Gemini, on the Midheaven. This offers unique psychological potential for the individual concerned: the principles of Mercury – the need to examine every situation in life in great detail – are handsomely united to the need to communicate. These individuals will

have a natural instinct that helps them identify with all Mercury-ruled characteristics as well as the basic principles of Gemini. As a result, they are usually very well integrated psychologically, and provided their potential is constructively and positively directed, there is a good chance that their lives will be splendidly fulfilled.

The Virgoan tendency towards worry and hypercriticism may be turned inwards on the self. This is likely to give rise to the same problems of headaches and migraines that we

inner warmth and sensitivity will dull the slightly brittle edge of their reactions and attitudes, and tender, loving sentiments will be characteristic. These people may take the easy way out of arguments and problems.

Worry is more likely to affect the systems of these people, for example causing constipation and similar problems. Hypochondria is very likely, in which case they should assess any health problems logically and not make mountains out of molehills.

VIRGO PROGRESSED TO LIBRA

When a Virgoan Sun progresses into Libra, life may be taken a little more easily, and more time may be set aside for leisure. More money will probably be spent on simple pleasure. It will be easier for these people to realize they must control their tension, and find ways of doing so. They will be less hard on themselves and their partners.

The change of Sun sign may occur at a time when the individual is coming to terms with his or her emotional life and needs. If so, it will now be easier for them to show their love and affection, and their natural Virgoan modesty will be tempered. The Libran need for peace and harmony will become evident, and as a result the individual will be able to take a more balanced view of life. The characteristic neat, businesslike Virgoan image may give way to a softer, more romantic look: dark colors and small patterns becoming pastel shades and large, floral designs. Venus' sign placing in the natal chart will assume greater importance, and its influence on the individual will now be more marked.

When a Virgo Ascendant progresses into Libra the need to relate in depth to a partner, and to develop a really close and satisfactory rapport with him or her, is strongly enhanced. If these people are unattached, care must be taken that in their anxiety to express themselves in this way they don't rush into a relationship, ignoring their natural Virgoan critical sense. They will also be able to take a more relaxed view of life, and the whole personality should develop a potential inner calm which will do much to ease away tension, worry and nervous restlessness.



have mentioned above. The same solution applies – particular care with diet, and proper medical advice. Very often these people need to work harder to establish a reasonable degree of self-confidence than do Sun Virgoans. (To assess this fully, other planetary positions and relationships in the chart must be examined.) Conflicts relating to self-criticism must be worked through; an important way of building up confidence is to allow some self-praise, rather than invariably denigrating personal achievements. Success in this respect will depend to a large extent on upbringing and the attitude of parents; if this was highly critical, the problems will be more intractable.

In one-to-one relationships, in spite of the tendency to nag, a remarkable emotional response will be seen. An