

## INTRODUCTION TO ASTROLOGY AND ESSENTIAL OILS THE SIGNS & HOUSES

### INTRODUCTION TO ASTROLOGY AND ESSENTIAL OILS THE SIGNS & HOUSES PART 1: THE BASICS

#### Section 1: Introduction to Astrology – Signs & Houses

##### 1. Western astrology and traditional Chinese medicine:

- The Energy Almanac, Chapter 66 of The Yellow Emperor’s Classic of Medicine corresponds the annual seasonal cycle and the planetary energies of the heavens with the acupuncture meridian system
- The flow of energy through the meridian system matches perfectly with the seasonal cycle (the astrological signs) and the planetary rulers of each of the signs

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##### 2. Western astrology and traditional Chinese medicine:

- The Energy Almanac, Chapter 66 of The Yellow Emperor’s Classic of Medicine, states:
- “The basic building blocks of this system utilize representative symbols of the ten heavenly stems and the twelve earthly branches, each symbol representing an aspect of natural process”
- This combination of the heavenly stems and earthly branches together describe the cycles of life along with the seasonal cycle

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##### 3. Western astrology and traditional Chinese medicine:

- The Energy Almanac, Chapter 66 of The Yellow Emperor’s Classic of Medicine, states:
- “The interactive dynamic between the stems and the branches produces subsystems that make up the large system of meteorology. This system is not just about predicting weather patterns but is also about the influence of these weather patterns on all living things in the world, especially people’s well-being.”

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##### 4. Western astrology and traditional Chinese medicine:

- The Energy Almanac, Chapter 66 of The Yellow Emperor’s Classic of Medicine, states:
- “The five elemental phases and the six atmospheric influences have a definite pattern and rhythm. This knowledge is very profound. If one grasps it, one can know the changes that will transpire in the natural world. One who masters this science can enjoy eternal health.”

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##### 5. Western astrology, Chinese medicine, and the zodiac wheel:

- The zodiac wheel corresponds with the seasonal cycle of the year and is divided into twelve segments that represent the twelve months of the year and the twelve segments of life (birth through death)
- Each segment represents an astrological sign and its corresponding house, which relates with specific attributes and personality traits of that sign and house
- Each segment corresponds with the organ of the associated meridian

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### 6. Western astrology and the zodiac wheel:

- Everyone has the attributes or energies of the twelve segments
- Depending on your time of birth, some of the houses and signs are more predominant in your personality and your life's purpose
- Based on your time of birth, the segments that contain the placement of the sun, moon, and rising sign (where the sun was rising over the horizon) have the strongest influence on your core personality traits

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### 7. The zodiac wheel - the sign of Aries and the first house:

- Approximate dates March 21st – April 20th the beginning of spring
- Relates with taking the initiative, new beginnings, independence, how you present yourself to the world, and your self-confidence
- Corresponds with the head in western astrology
- Corresponds with the lungs in Chinese medicine
- Key phrase “I am” and the planetary ruler is Mars

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### 8. The zodiac wheel - the sign of Taurus and the second house:

- Approximate dates April 21st – May 20th the middle of spring
- Relates with your sense of self-worth and your core values, finances, resources, and your relationship with money, and stability
- Corresponds with the neck or throat in western astrology
- Corresponds with the colon or large intestine in Chinese medicine
- Key phrase “I have” and the planetary ruler is Venus as a morning star

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### 9. The zodiac wheel - the sign of Gemini and the third house:

- Approximate dates May 21st – June 20th the end of spring
- Relates with communication, early education, siblings, your immediate community, and your ability to integrate different aspects of your personality
- Corresponds with the lungs, arms, and hands in western astrology
- Corresponds with the stomach in Chinese medicine
- Key phrase “I think” or “I talk” and the planetary ruler is Mercury

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### 10. The zodiac wheel - the sign of Cancer and the fourth house:

- Approximate dates June 21st – July 21st the beginning of summer
- Relates to your immediate family, your home, maternal figures, emotional security, and the ability to nurture yourself and others
- Corresponds with the womb, breasts, and stomach in western astrology
- Corresponds with the spleen and pancreas in Chinese medicine
- Key phrase “I feel” and the planetary ruler is the Moon

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#### 11. The zodiac wheel - the sign of Leo and the fifth house:

- Approximate dates July 22nd – August 22nd the middle of summer
- Relates to your children, creativity, physical activity, leadership, self-expression, and a strong sense of self
- Corresponds with the heart, chest, and spine in western astrology
- Corresponds with the heart in Chinese medicine
- Key phrase “I will” and the planetary ruler is the Sun

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#### 12. The zodiac wheel - the sign of Virgo and the sixth house:

- Approximate dates August 23rd – September 22nd the end of summer
- Relates to your physical health, daily work, being of service, and the ability to process information into practical use
- Corresponds with the intestines and digestive system in western astrology
- Corresponds with the small intestine in Chinese medicine
- Key phrase “I analyze” and the planetary ruler is Chiron (or Mercury)

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#### 13. The zodiac wheel - the sign of Libra and the seventh house:

- Approximate dates September 23rd – October 22nd the beginning of fall
- Relates to both professional and personal partnerships, communicating with others on an individual basis, fairness, and equality
- Corresponds with the kidneys and lower back in western astrology
- Corresponds with the urinary bladder in Chinese medicine
- Key phrase “I balance” and the planetary ruler is Venus as an evening star

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#### 14. The zodiac wheel - the sign of Scorpio and the eighth house:

- Approximate dates October 23rd – November 21st the middle of fall
- Relates to birth, death, sexuality, transformation, forgiveness, other people’s money and resources, and deep or intense feelings
- Corresponds with the genitals in western astrology
- Corresponds with the kidneys in Chinese medicine
- Key phrase “I transform” and the planetary ruler is Pluto

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#### 15. The zodiac wheel - the sign of Sagittarius and the ninth house:

- Approximate dates November 22nd – December 20th the end of fall
- Relates to long-distance travel, exploration, higher education, philosophy, and religious beliefs
- Corresponds with the thighs in western astrology
- Corresponds with the pericardium in Chinese medicine
- Key phrase “I seek” and the planetary ruler is Jupiter

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#### 16. The zodiac wheel - the sign of Capricorn and the tenth house:

- Approximate dates December 21st – January 20th the beginning of winter
- Relates to your career, your public image, paternal and authority figures, government, and structure
- Corresponds with the knees in western astrology
- Corresponds with the lymph system in Chinese medicine
- Key phrase “I utilize” and the planetary ruler is Saturn

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#### 17. The zodiac wheel - the sign of Aquarius and the eleventh house:

- Approximate dates January 21st – February 18th the middle of winter
- Relates to group activities, community, groups of friends, higher ideals, higher intellect, and change for benefit of the group
- Corresponds with the ankles in western astrology
- Corresponds with the gallbladder in Chinese medicine
- Key phrase “I know” and the planetary ruler is Uranus

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#### 18. The zodiac wheel - the sign of Pisces and the twelfth house:

- Approximate dates February 19th – March 20th the end of winter
- Relates to spirituality, selfless social service, hidden influences, the ending of cycles, and intuition
- Corresponds with the feet in western astrology
- Corresponds with the liver in Chinese medicine
- Key phrase “I believe” and the planetary ruler is Neptune

## INTRODUCTION TO ASTROLOGY AND ESSENTIAL OILS THE SIGNS & HOUSES PART 2: OIL BLENDS

### Section 2: Introduction to Essential Oils for Astrology

#### 1. Essential oils to support the sign of Aries and the first house:

- Young Living’s Acceptance
- Young Living’s Believe
- Young Living’s Light the Fire
- Meramour’s Lung Organ-Supporting Blend
- 40% lemon
- 40% myrtle
- 10% basil
- 10% peppermint (substitute spearmint if high blood pressure)

#### Affirmations from Higher Vibrational Living

- I honor who I am and my uniqueness
- I am inspired to live life to the fullest
- I take action in a careful way

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### Section 2: Introduction to Essential Oils for Astrology

#### 2. Essential oils to support the sign of Taurus and the second house:

- Young Living's Into the Future
- Young Living's Release
- Young Living's Fulfill Your Destiny
- Meramour's Large Intestine Organ-Supporting Blend
- 40% jade lemon (or lemon)
- 40% hinoki (or cypress)
- 10% lemon-myrtle
- 10% spearmint (substitute peppermint if low blood pressure)

#### Affirmations from Higher Vibrational Living

- I am grounded and open to change
- I hold on to what is of value and let go of what I no longer need
- I am reliable and secure in myself

### Section 2: Introduction to Essential Oils for Astrology

#### 3. Essential oils to support the sign of Gemini and the third house:

- Young Living's Grounding
- Young Living's Stress Away
- Young Living's Envision
- Meramour's Stomach Organ-Supporting Blend
- 30% lemon
- 30% copaiba
- 30% patchouli
- 10% peppermint (substitute spearmint if high blood pressure)

#### Affirmations from Higher Vibrational Living

- I learn and grow and pace myself
- I connect and share with others in a thoughtful way
- I am centered and focused

### Section 2: Introduction to Essential Oils for Astrology

#### 4. Essential oils to support the sign of Cancer and the fourth house:

- Young Living's Longevity
- Young Living's Transformation
- Young Living's Abundance
- Meramour's Spleen/Pancreas Organ-Supporting Blend
- 40% tangerine
- 40% fennel
- 10% clove
- 10% coriander

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### 4. Continued - Essential oils to support the sign of Cancer and the fourth house:

Affirmations from Higher Vibrational Living

- I nurture others and also take care of myself
- I honor my sensitivity and pay attention to my needs
- I am able to give to others from a place of fullness within

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### 5. Essential oils to support the sign of Leo and the fifth house:

- Young Living's Live Your Passion
- Young Living's Valor
- Young Living's Joy
- Meramour's Heart Organ-Supporting Blend
- 40% marjoram
- 40% cypress
- 10% neroli
- 10% helichrysum

Affirmations from Higher Vibrational Living

- I honor my inner fire and passion
- I live from the heart with courage
- I radiate love and joy and express my creativity

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### 6. Essential oils to support the sign of Virgo and the sixth house:

- Young Living's Live with Passion
- Young Living's Motivation
- Young Living's Surrender
- Meramour's Small Intestine Organ-Supporting Blend
- 30% marjoram
- 30% copaiba
- 20% lavender
- 20% lemon

Affirmations from Higher Vibrational Living

- I see what is of value and cultivate what sustains me
- I analyze situations in order to be of service to others
- I tend to the details in life in order to foster health and growth

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### 7. Essential oils to support the sign of Libra and the seventh house:

- Young Living's Clarity
- Young Living's Harmony
- Young Living's Sacred Mountain

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### 7. Continued - Essential oils to support the sign of Libra and the seventh house:

- Meramour's Urinary Bladder Organ-Supporting Blend
- 25% ylang ylang
- 25% blue spruce
- 25% geranium
- 25% clary sage

Affirmations from Higher Vibrational Living

- I am able to see my own and other's points of view
- I am committed to balance in relationships
- I am open to making changes to be fair to myself and others

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### 8. Essential oils to support the sign of Scorpio and the eighth house:

- Young Living's Present Time
- Young Living's Forgiveness
- Young Living's Sensation
- Meramour's Kidney Organ-Supporting Blend
- 30% ylang ylang
- 30% cypress
- 30% black spruce (blue spruce)
- 10% jasmine

Affirmations from Higher Vibrational Living

- My will is in alignment with Divine Will
- I dive deep into my feelings and surface with new insights
- I seek true empowerment for myself and others

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### 9. Essential oils to support the sign of Sagittarius and the ninth house:

- Young Living's Peace and Calming
- Young Living's Magnify Your Purpose
- Young Living's White Angelica
- Meramour's Pericardium Organ-Supporting Blend
- 30% cedarwood
- 30% copaiba
- 30% myrtle
- 10% geranium

Affirmations from Higher Vibrational Living

- I learn and explore in order to understand the deeper meaning in life
- I am focused on my true path and purpose
- I live with faith and hope, knowing that the sunrise follows the darkest night

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#### 10. Essential oils to support the sign of Capricorn and the tenth house:

- Young Living's Gentle Baby
- Young Living's Inner Child
- Young Living's Inspiration
- Meramour's Lymph Node Supporting Blend
- 30% cedarwood
- 30% Balsam fir
- 30% cypress
- 10% ledum

#### Affirmations from Higher Vibrational Living

- I follow through on my goals in a flexible manner
- I honor my passion as well as my sense of responsibility
- I am guided by wisdom and inner knowledge

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#### 11. Essential oils to support the sign of Aquarius and the eleventh house:

- Young Living's Humility
- Young Living's Hope
- Young Living's Highest Potential
- Meramour's Gallbladder Organ-Supporting Blend
- 30% lavender
- 30% marjoram
- 20% wintergreen
- 20% rosemary (substitute clary sage if high blood pressure)

#### Affirmations from Higher Vibrational Living

- I see the bigger picture
- I honor my commitment to truth and social justice
- I manifest my higher purpose

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#### 12. Essential oils to support the sign of Pisces and the twelfth house:

- Young Living's Gratitude
- Young Living's Awaken
- Young Living's Dream Catcher or Build Your Dream
- Meramour's Liver Organ-Supporting Blend
- 40% fennel
- 40% orange
- 10% rosemary (substitute nutmeg if high blood pressure)
- 10% celery seed

#### Affirmations from Higher Vibrational Living

- I am deeply connected with Spirit
- I trust my intuition and tune into my inner guidance
- I honor my dreams and am grounded in reality

## INTRODUCTION TO ASTROLOGY AND ESSENTIAL OILS THE SIGNS & HOUSES

### INTRODUCTION TO ASTROLOGY AND ESSENTIAL OILS THE SIGNS & HOUSES PART 3: APPLICATION

#### Section 3: Introduction to Essential Oils for Astrology

##### 1. Determine your Sun sign and Moon sign:

- Use astro.com to create a birth chart for yourself – If you do not know your exact time it would be beneficial to work with an astrologer to determine it
- Contact an astrologer for better understanding of your natal chart or current influences
- Reference Higher Vibrational Living Through Astrology, Essential Oils, & Chinese Medicine to learn more about yourself, challenges with your Sun and Moon signs and additional application methods using acupuncture points

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##### 2. Choose Young Living blends or Meramour's blends for daily support:

- Support your Sun sign for physical health, vitality, and self-expression
- Support your Moon sign for emotional health, intuition, and hormonal balance
- Support the sign that has the most challenging aspects in the natal chart - signified by red lines in the chart (90° square or 180° opposition) from other planets
- Choose blends that correspond with the houses in your chart with the most planets or that your Sun sign or Moon sign are located in

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##### 3. Michelle Meramour's chart:

Sun in Cancer in the 11th house

Moon in Virgo in the 1st house

Most challenging aspects affect Michelle's Moon

Choose oils for first house (Aries)

Choose oils for sign of Cancer

Choose oils for sign of Virgo

#### Section 3: Introduction to Essential Oils for Astrology

##### 4. Application methods for daily support:

- Create a perfume spray using 12 drops of essential oils per ounce and fill 50%/50% with water and vodka or 100% water
- Diffuse the Sun sign blends during the day and the Moon sign blends during the night
- Apply the essential oil blends during the corresponding meridian time of the day (see Higher Vibrational Living)
- Apply the blends using the Releasing Emotional Patterns with Essential Oils

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5 Additional ways to use Astro.com:

- Use the free horoscope section for the daily horoscope (on Thursdays you can access the long-term influences and love horoscope for free)
- Use the free horoscope section for Short Report Forecast to see what upcoming transits (current planetary influences)
- Use the free horoscope section for the AstroClick Travel to see what planetary influences affect different areas of the world – click on the line and a definition will come up on the side of the chart