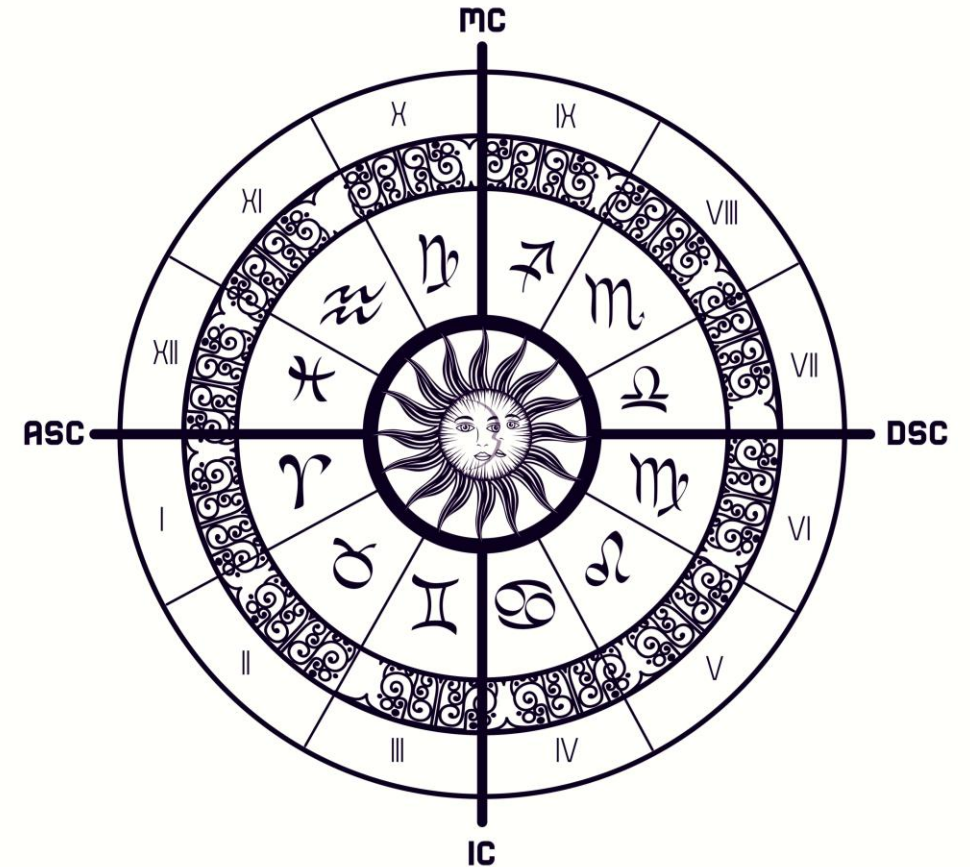


# The Lunar Nodes in Medical Astrology



Kira Sutherland

[astrologyofhealth.com](http://astrologyofhealth.com)

FAA January 2025

@astrologyofhealth



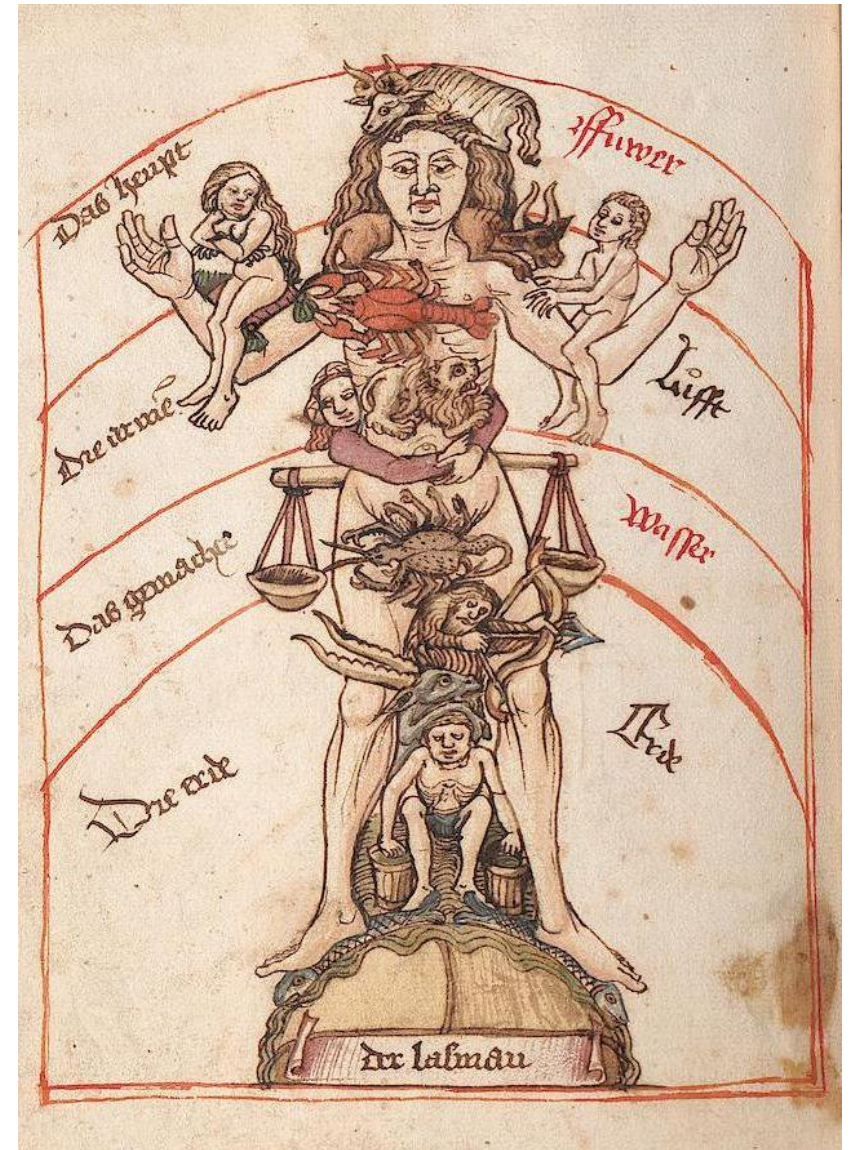
# Nodal Axis

- Dane Rudhyar – one continuous axis of cosmic alignment
- North Node is the intake point
- South Node is the releasing point
  
- An 18.6-year cycle (nodal return)
- A 9.3-year half cycle (opposition)



# Planets conjunct the natal nodes

- Planets conjunct the south will hinder our progress and keep pulling us back, making it harder to move forward
- Planets conjunct the north will help us to move there, like an extra magnet helping to pull us in the right direction



# North Node

---

Dragon's head

---

Where we bring energy from the universe into our physical form

---

Brings extra energy and vitality, physical strength and vigour

---

It can be too much at times, blowing your circuits with an overload of energy

---

This can cause health issues such as; swelling, overstimulation, bursting, blockages

---

Can be a trigger point for understanding of an illness or resolution of a problem

---

Watch the immune system/autoimmune issues

# South Node

---

Dragon's tail

---

Weakens, drains, creates fatigue, depletes

---

Like a leaking of energy and vital force

---

Where we need to let go, excrete from, it can be used for detoxification

---

Trigger point for ailments

---

Toxic matter needs to be removed, its an exit spot of the body and mind

---

Inherited issues

---

Ailments can be associated with fatigue, loss of energy/vitality, deficiencies, wasting diseases, low energy/libido, mysterious or strange ailments, addiction, low self esteem, sadness

# South Node

---

Behaviour and issues we bring from previous lives

---

Familiar, default position, challenges

---

Comfortable, addictive, but not a useful place to be

---

We can be unconsciously in our south node, and this can appear pathologized

---

Feeling of being stuck and stagnated with behaviour, where there is no growth or progress

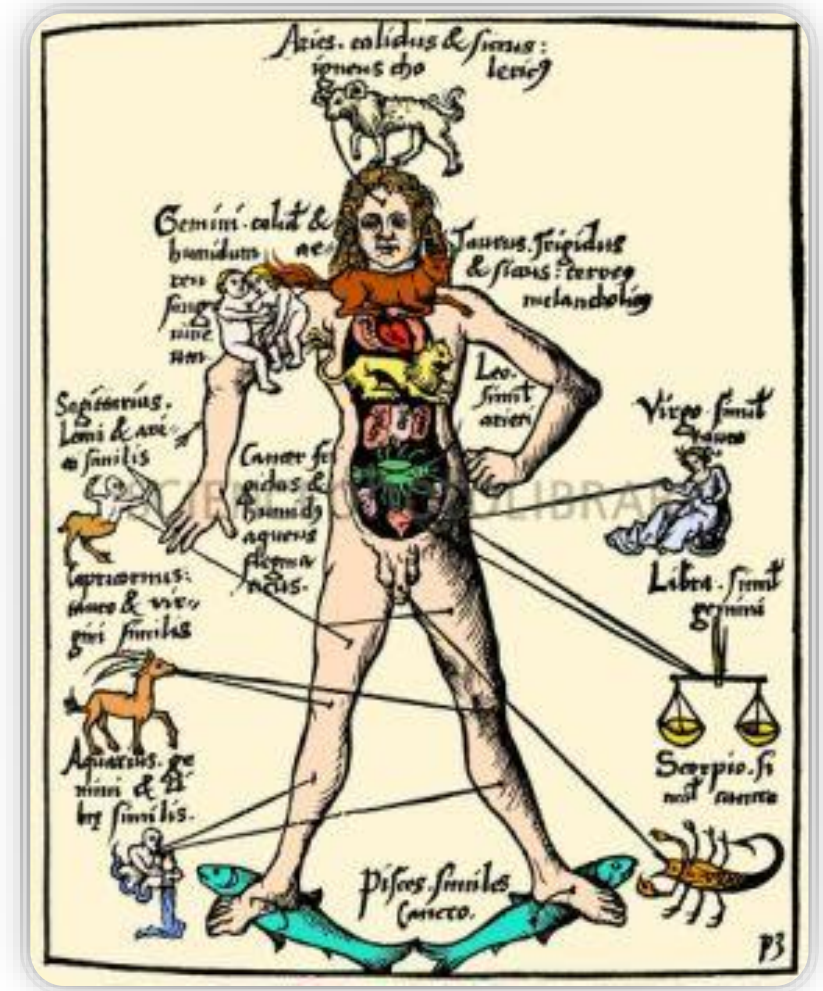
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How do you live in the north node and learn to integrate what was brought in from the south?

---

# Your own Natal Chart

- What signs?
- What houses do they occupy?
- How is this expressed in your life?
  
- What body parts and systems need attention?
- Are they close to the angles? (ASC, MC etc.)
- Conjunct or in aspect to other planets?



# Houses of Health

- Play a vital role in medical astrology
- Indicating where or how an illness can occur
- Similar rulership to the natural ruler of the house i.e. Aries and the 1<sup>st</sup> house, Taurus and the second house etc.
- Jane Ridder-Patrick refers to this as Factor 1, Factor 2 etc.



# Houses and nodes in relation to health and ailments

1<sup>st</sup> – Physical body, self-image, how we cope with stress, constitution, head, inflammation and adrenals

2<sup>nd</sup> – Throat, tonsils, larynx, thyroid, jaw, neck, metabolism, values, inclusive of foods, the five senses, how we value our physical body

3<sup>rd</sup> – Nervous system, food sensitivities, lungs, arms, hands and fingers, how we express ourselves and communicate

4<sup>th</sup> – Stomach, breasts, uterus, digestion, emotional links to foods, learned food habits & traditions, security (foods). Rules soil, dairy foods, food processing

# Houses and nodes continued

5<sup>th</sup> – Heart, spine, energy creation, chest, creativity towards food preparation, style, the heating/cooking of foods, our creative embodiment

6<sup>th</sup> – Health and disease, digestion and absorption of nutrients, pancreas, small intestines, gut-brain axis, vagus nerve, nervous system, habits, restrictive diets and food sensitivities, rituals/routine regarding one's health, self-examination and personal growth

7<sup>th</sup> – Lower back, kidneys, bladder, things of balance, hormones, how well your body can regulate and balance your diet vs. your body needs

8<sup>th</sup> – Large intestines, sex/reproductive organs and hormones, all detoxification and elimination channels, inherited issues, DNA and genetics, deep psychological processes

# Houses and nodes continued

9<sup>th</sup> – Liver, hips, bum and thighs, movement/sport, pancreas/blood sugar levels, overindulgence, no limits, overseas foods, search for meaning

10<sup>th</sup> – Bones, skin, connective tissue, hair, teeth, gallbladder and melancholy, reputation based on the 'fruits of your labour' (physical appearance)

11<sup>th</sup> – Electrics, nervous system, ankles, calves, circulation, mitochondria, energy creation from foods eaten

12<sup>th</sup> – Feet, toes, immune system and lymphatics, autoimmune, unconscious habits, no boundaries, mental health, hospitals, institutions, ancestral issues, withdrawal and invisible realms



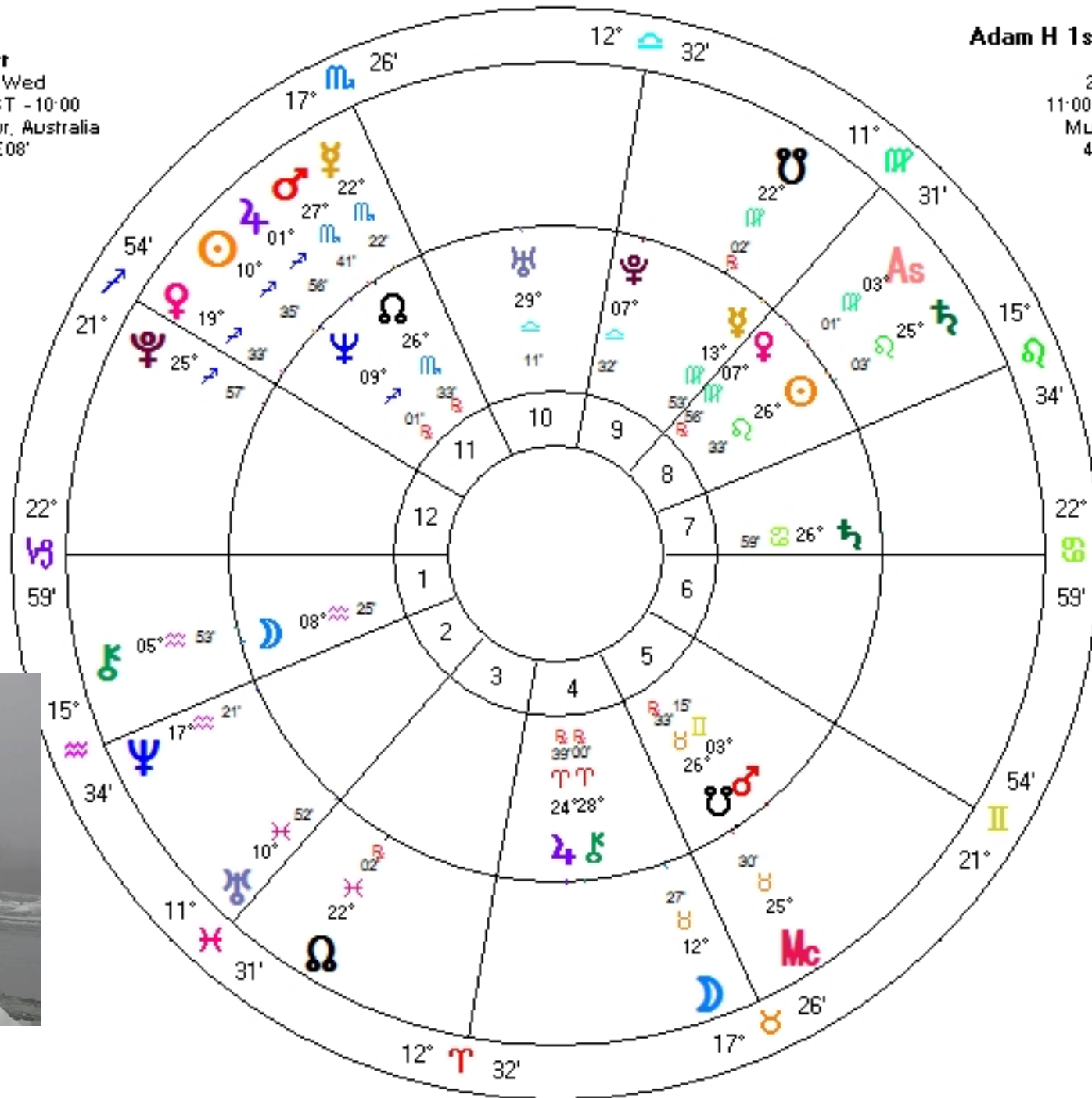
# The Nodes

- Planets transiting a node warrant attention
- As do transiting nodes to natal planets
  
- Conjunction the north node can = an excess of energy from the transiting planet, intake point
- South node drains the planet's energy, release point
  
- Either node can be a trigger for the onset of a karmic illness or resolving of a problem



Inner Wheel  
**Adam H**  
**Natal Chart**  
 20 Aug 1975, Wed  
 2:42 pm AEST - 10:00  
 Coffs harbour, Australia  
 30°S 18' 153°E08'  
*Geocentric*  
*Tropical*  
*Placidus*  
*True Node*

Outer Wheel  
**Adam H 1st broken leg**  
**Natal Chart**  
 2 Dec 2006, Sat  
 11:00 pm CET - 1:00  
 Munich, Germany  
 48°N08' 011°E34'  
*Geocentric*  
*Tropical*  
*Placidus*  
*True Node*



<b>Zodiac Sign</b>	<b>Medical Connection</b>	<b>Meaning</b>
<b>Aries</b>	Healing wounds related to physical identity, head, and face.	Learning self-acceptance and self-confidence.
<b>Taurus</b>	Healing wounds related to throat, neck, thyroid and self-worth.	Learning to appreciate one's own value and resources.
<b>Gemini</b>	Healing wounds related to lungs, arms, hands, nervous system and communication.	Learning to express oneself authentically and heal mental chatter.
<b>Cancer</b>	Healing wounds related to chest, stomach, cycles, and emotional security.	Learning to nurture oneself and heal family patterns.
<b>Leo</b>	Healing wounds related to heart, spine, and creative expression.	Learning to shine authentically and find joy in self-expression.
<b>Virgo</b>	Healing wounds related to digestive system, intestines, nervous system, routine and service to others and self.	Learning to find balance in self-care and service to others.
<b>Libra</b>	Healing wounds related to kidneys, lower back, hormones and partnerships.	Learning to cultivate healthy relationships and find harmony within oneself.
<b>Scorpio</b>	Healing wounds related to reproductive organs, elimination, genetics and transformation.	Learning to embrace vulnerability and release emotional baggage.
<b>Sagittarius</b>	Healing wounds related to thighs, hips, liver and beliefs.	Learning to explore one's beliefs and find meaning in life's journey.
<b>Capricorn</b>	Healing wounds related to bones, skin and career.	Learning to find purpose and authority from within.
<b>Aquarius</b>	Healing wounds related to lower legs, ankles, nervous system, circulation and friendships.	Learning to embrace individuality and contribute to collective progress.
<b>Pisces</b>	Healing wounds related to feet, lymphatic system, boundaries and spirituality.	Learning to connect with higher consciousness and heal past traumas.

# Olivia Newton-John

## Natal Chart

26 Sep 1948, Sun  
6:00 am BST -1:00  
Cambridge, England  
52°N13' 00°E08'

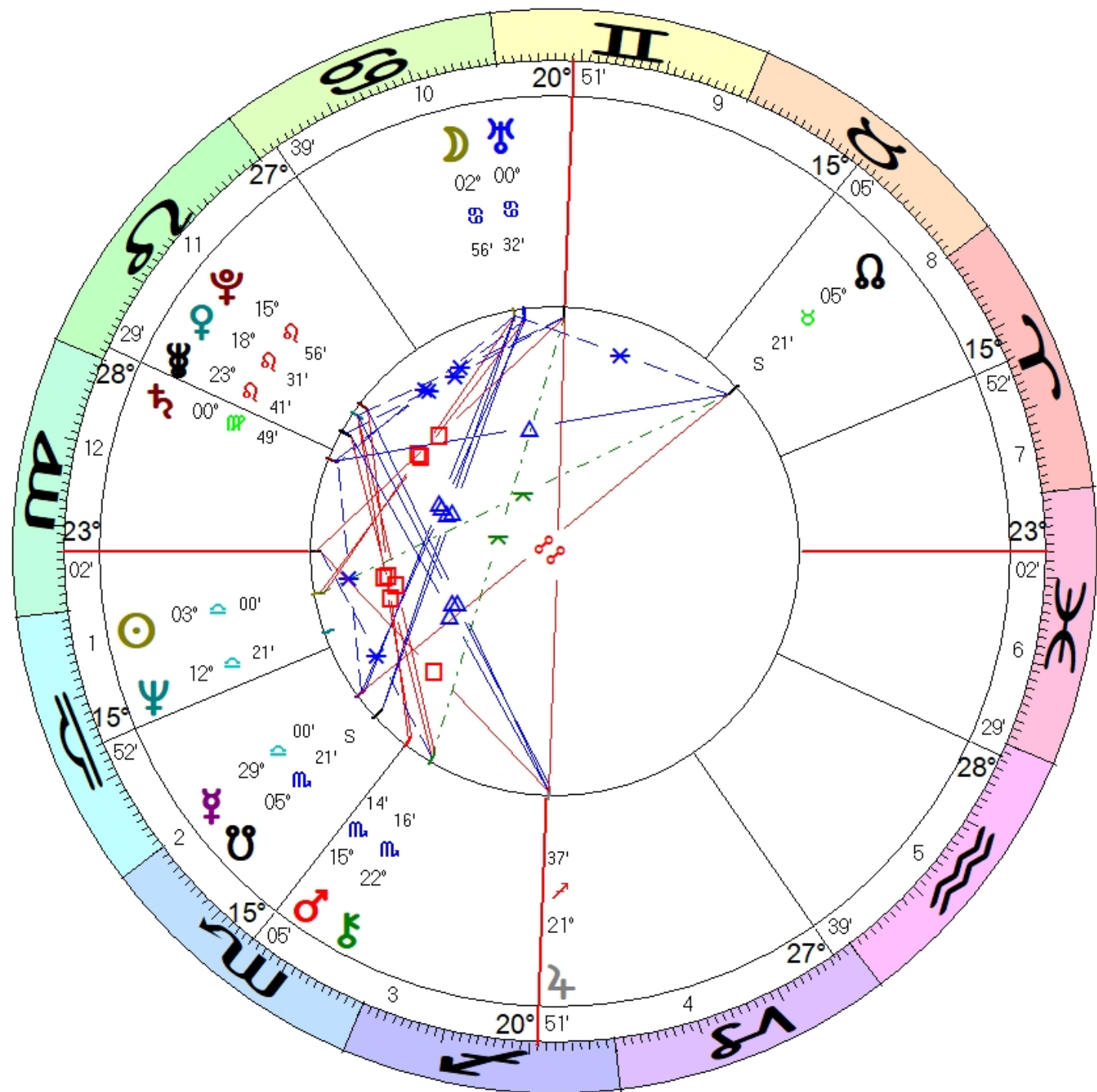
*Geocentric*

*Tropical*

*Placidus*

*True Node*

Rating: A

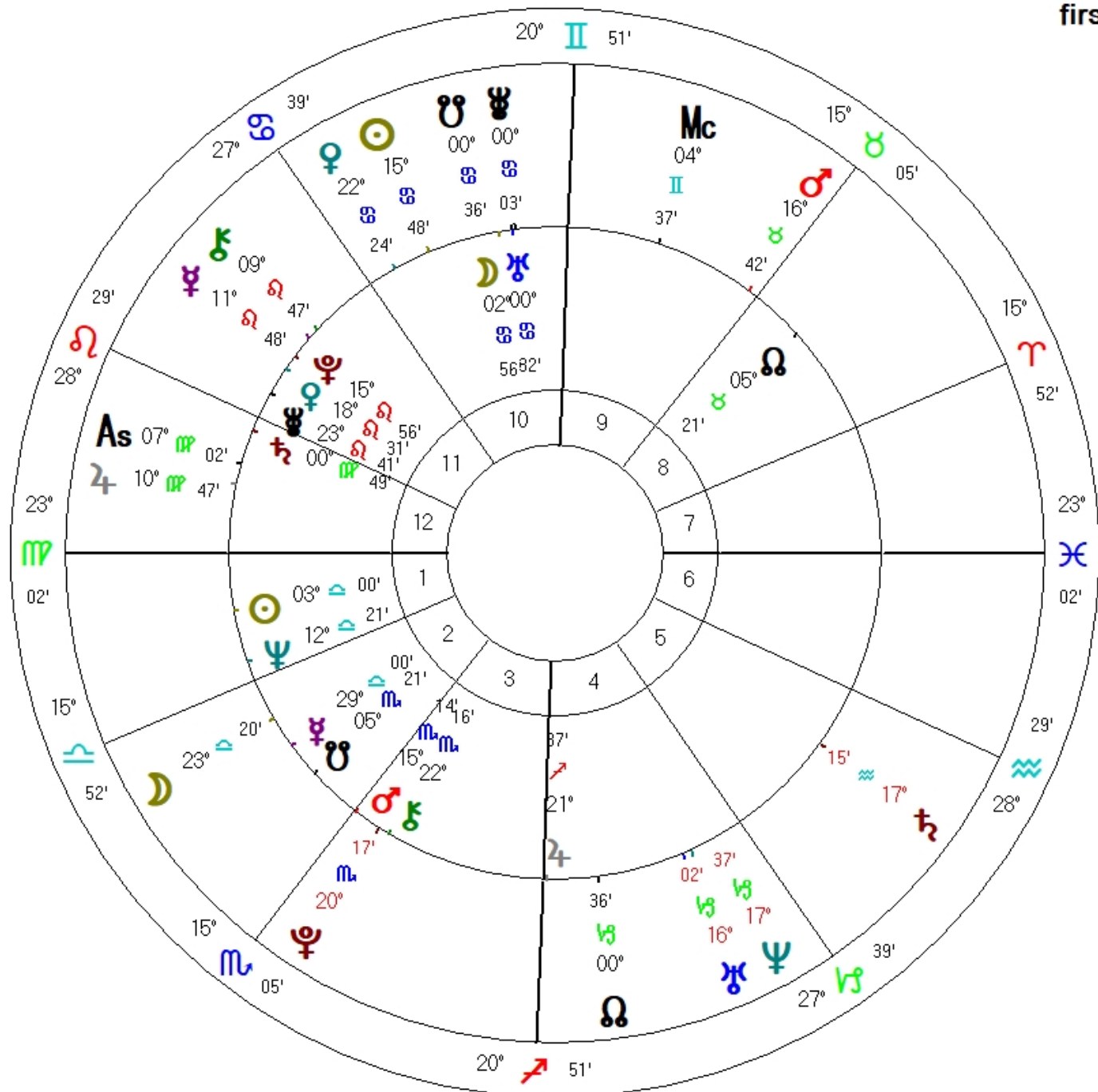


Inner Wheel

# Olivia Newton-John Natal Chart

26 Sep 1948, Sun  
6:00 am BST - 1:00  
Cambridge, England  
52°N13' 00°E08'

*Geocentric  
Tropical  
Placidus  
True Node*



# first diagnosis (estimated date)

**Natal Chart**  
7 Jul 1992, Tue  
10:00 am PDT +7:00  
Los Angeles, CA  
34°N03'08" 118°W14'34"

*Geocentric  
Tropical  
Placidus  
True Node*

Outer Wheel

Olivia Newton-John

**Solar Return**

26 Sep 1991, Thu (±1 secs)

3:29:45 pm BST -1:00

Cambridge, England

52°N13' 000"E08'

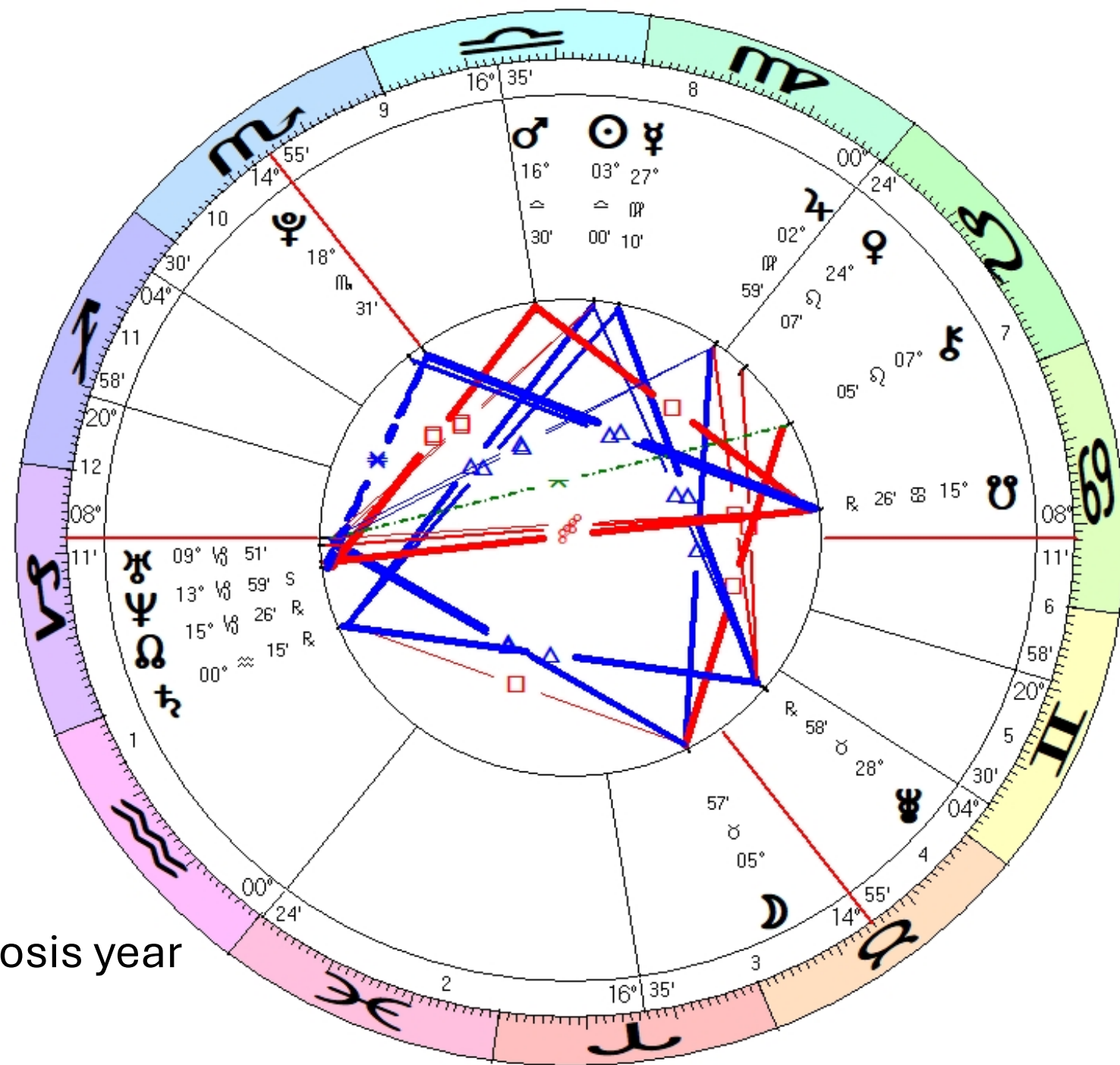
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*Tropical*

*Placidus*

*True Node*

Rating: A



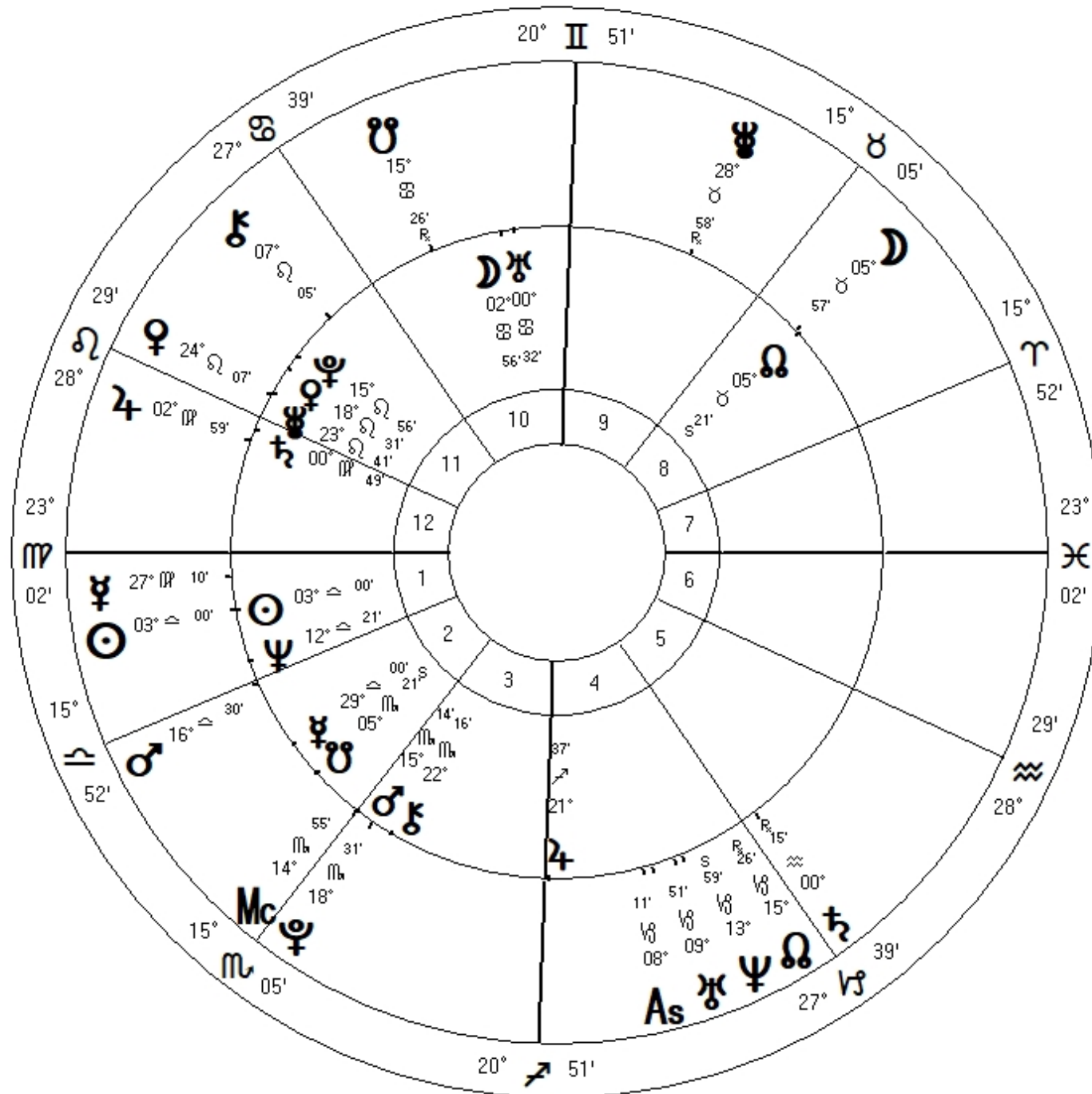
Solar return for diagnosis year

Inner Wheel  
**Olivia Newton-John**

**Natal Chart**

26 Sep 1948, Sun  
6:00 am BST -1:00  
Cambridge, England  
52°N13' 000"E08'

*Geocentric*  
*Tropical*  
*Placidus*  
*True Node*



Outer Wheel  
**Olivia Newton-John**

**Solar Return**

26 Sep 1991, Thu (±1 secs)  
3:29:45 pm BST -1:00  
Cambridge, England  
52°N13' 000"E08'

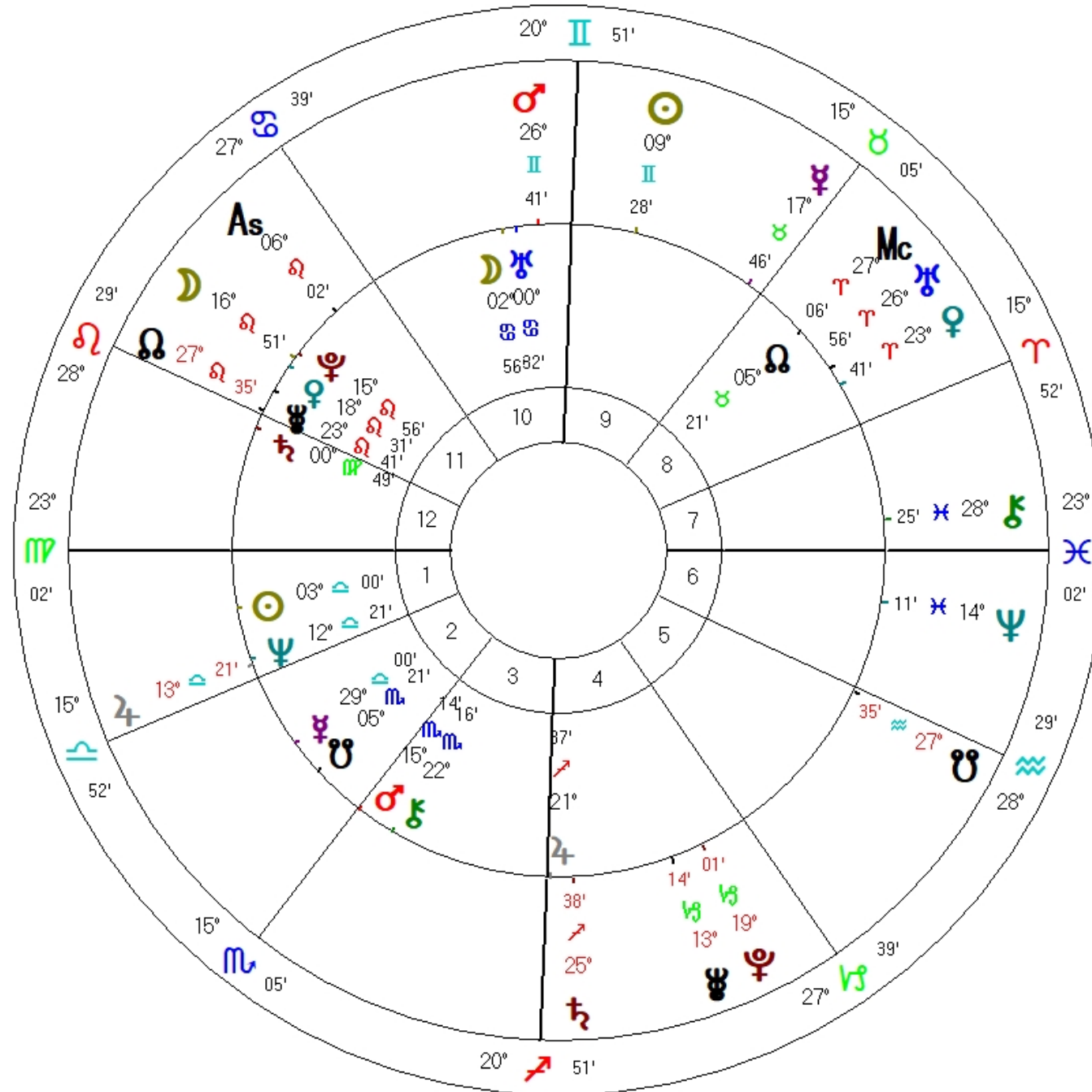
*Geocentric*  
*Tropical*  
*Placidus*  
*True Node*

Inner Wheel

### Olivia Newton-John Natal Chart

26 Sep 1948, Sun  
6:00 am BST - 1:00  
Cambridge, England  
52°N13' 00°E08'

*Geocentric  
Tropical  
Placidus  
True Node*



Outer Wheel

### Olivia return and stage 4 Natal Chart

30 May 2017, Tue  
10:00 am PDT +7:00  
Los Angeles, CA  
34°N03'08" 118°W14'34"

*Geocentric  
Tropical  
Placidus  
True Node*

Inner Wheel

# Olivia Newton-John Natal Chart

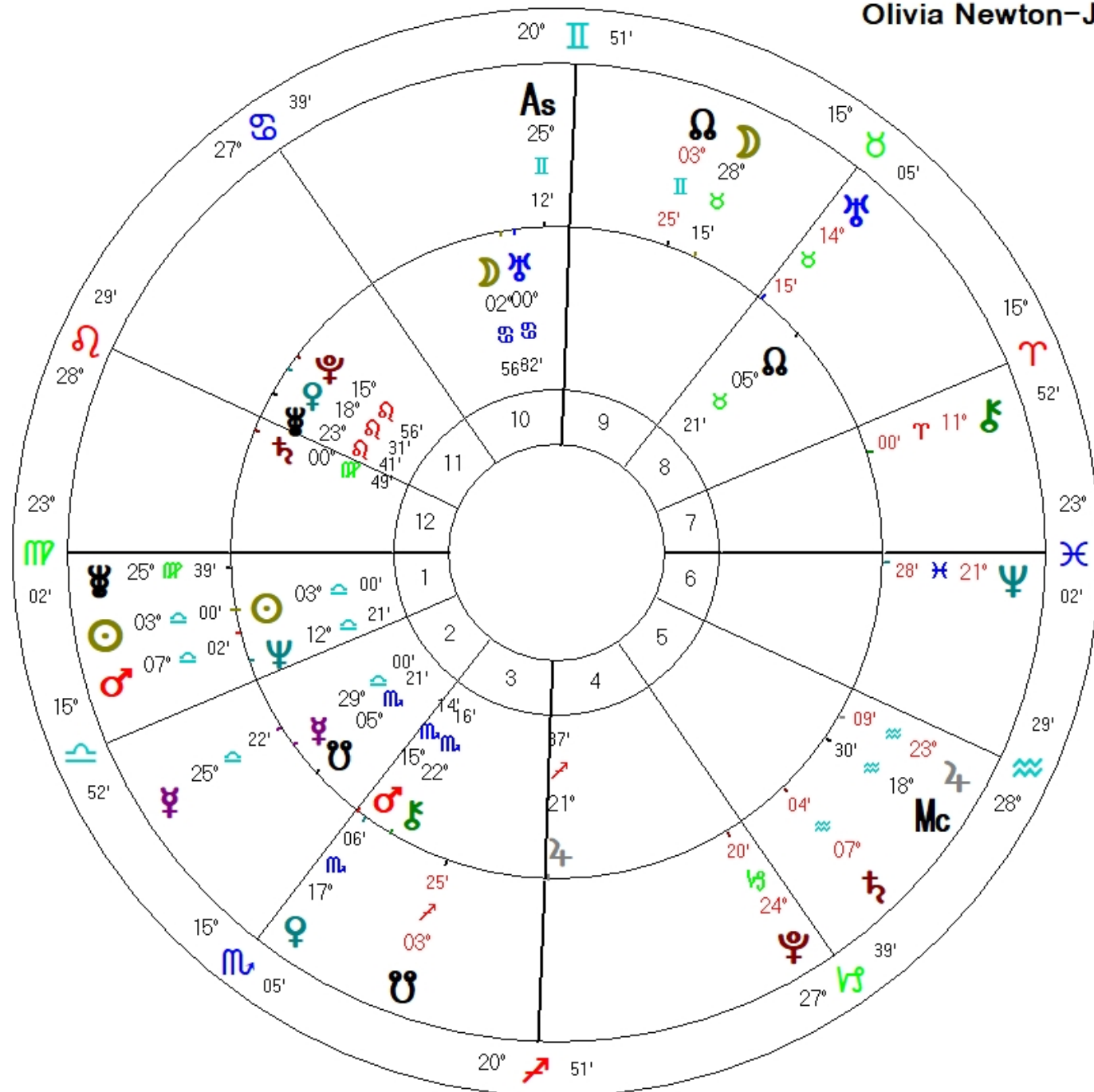
26 Sep 1948, Sun  
6:00 am BST - 1:00  
Cambridge, England  
52°N13' 00"E08'

*Geocentric  
Tropical  
Placidus  
True Node*

# Olivia Newton-John solar return of final year Natal Chart

25 Sep 2021, Sat  
10:03:37 pm BST - 1:00  
Cambridge, England  
52°N13' 00"E08'

*Geocentric  
Tropical  
Placidus  
True Node*



# Nodal shifts

- **May 2020** change from Cancer/Capricorn to **Gemini/Sagittarius**
- **January 2022** change to **Taurus/Scorpio**
- **July 2023** change to **Aries/Libra**
  
- **January 2025** change to **Pisces/Virgo**
- This will be fire/air to **water/earth**
  
- **End July 2026** change into **Aquarius/Leo**
  
- **March 2028** change into **Capricorn/Cancer**
- **September 2029** change into **Sagittarius/Gemini**

# Transiting Nodes

---

What signs are they occupying?

---

Collective energy and body parts/organs under stress (global themes)

---

What house are they transiting? This will make it personal

---

What body parts, organs and systems is this highlighting?

---

Need to express ourselves in these houses to help calm the nodal energy

---

What natal planets are being triggered? Esp. by conjunction, opposition, square and quincunx

# Nodal balance (last 1.5 years)

## **Aries/Mars**

- Head, brain, skull
- Adrenals
- Energy, passion
- Impatient, exhaustion
- Muscles and action
- Self care

## **Libra/Venus**

- Balance, hormones
- Lumbar/back region
- Acid/alkaline blood
- Kidneys/fluids
- Laxity, pleasure
- Care of others

# Aries/Libra axis

- Energy expenditure vs rest and balance
- Where did you give your energy away?
- Over care of others vs own needs and wants
- What house was this, and how did this play out?



# Pisces/Virgo Axis

- January 2025 until the end of July 2026
  - Focus on the immune system, boundaries, feet, lymphatics and mental health (**Pisces and Jupiter/Neptune ruled**)
  - To be balanced with small intestines, gut health, digestion, specific diets, nervous system, vagal nerve, gut-immune/brain axis (**Virgo and Mercury ruled**)
- 
- Where is this activating in your chart?
  - What houses? What aspects?
  - How can we support this area?

# Remediation for the North Node

(Jan Spiller – Astrology for the Soul)



**Involves addressing any imbalances or challenges** associated with this point in your chart



**Embrace Your Life Purpose:** Points and attributes to develop



**Step Out of Your Comfort Zone:** Find new opportunities for growth and expansion. This can feel uncomfortable, but it is worth it



**Uncover your passions, interests, and aspirations:** Find activities that resonate with your NN placement

# Remediation for the North Node



- **Seek Guidance and support** from those that inspire you and lift you up
- **Release Old Patterns and Limiting Beliefs** that may be holding you back
- **Be Aware of Universal Timing:** allow synchronicities and opportunities to unfold naturally

**Astrological Remedies:** Explore astrological remedies associated with the North Node, such as working with specific crystals, foods, flower essences, meditation practices, journaling, exercise, and body therapies

# Remediation for the South Node (Jan Spiller)

- **Reflect on the patterns and repetitive behaviours** that may be limiting you
- **Let go of attachments** to past experiences, identities, or roles that no longer serve you
- **Embrace the journey** of growth and change, even if it feels uncomfortable
- **Set clear intentions for growth** and evolution in areas related to your North Node
- **Cultivate presence** in your daily life to stay grounded amidst the changes you are creating
- Embark on **healing and integrating** what is learned (therapy, body therapy, shadow work, etc.)

# Planet or Node causing issues

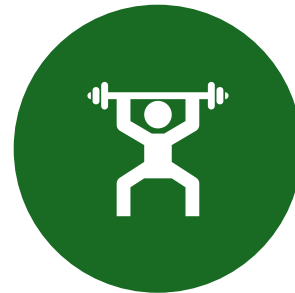
Nurture its nature/house placement

- Food and nutrition choices
- Environment, activities, therapies
- Use it, or it uses you
  
- Reread your natal nodal information
- Working with this energy will help align your mental and emotional states with your physical body

# Natal Nodes



Always need to be supporting, cleansing and working on both points



Physical, mental, emotional, spiritual



Support via sign, house, elemental energy



Foods, activities, flower essences, herbal medicine, body therapies etc.

# Flower Essences

Where there is an issue with a planet try taking the corresponding Bach flower for the sign that the planet is in, or make a mixed remedy

- Sun (Vitality)
- Moon (Emotions)
- Ascendant (Physical body and how you react under stress)
- North Node
- South Node

Most importantly, please be gentle with yourself while you are on this journey, and may your days be blessed with whatever it is that you need

# Dr Edward Bach and the 12 healers

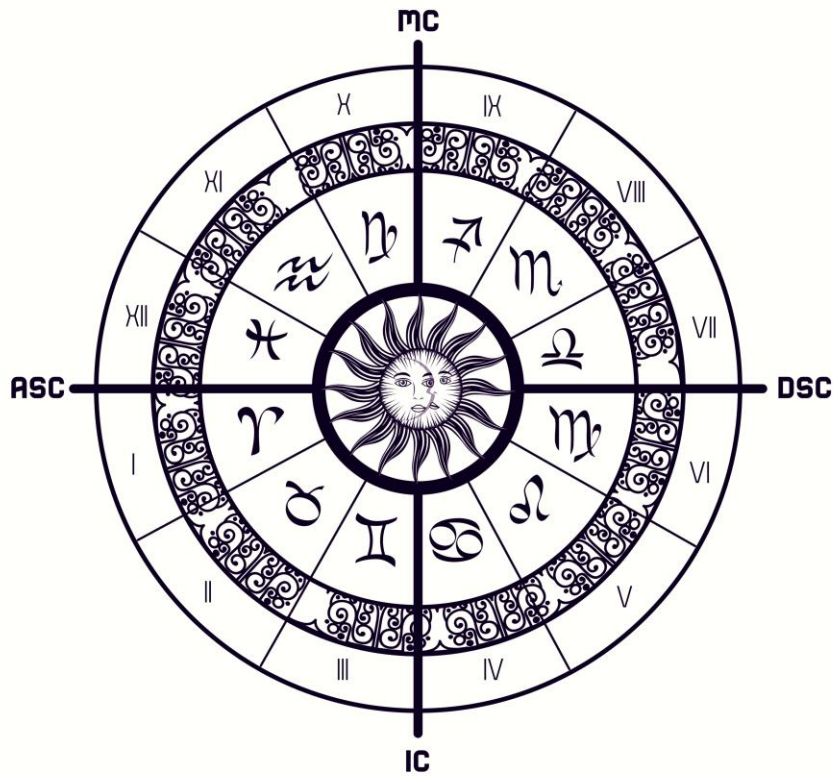
Sign	Flower essence	What it is used for / energetic treatment
<b>Aries</b>	Impatiens	Impatient and irritable, feelings of guilt or self-doubt
<b>Taurus</b>	Gentian	Depression of known cause, pessimism, easily discouraged
<b>Gemini</b>	Cerato	Unsure of self, repeatedly seeks advice from others, needs to trust own knowledge
<b>Cancer</b>	Clematis	Dreams of the future, inattention to the present, thinking about life when its 'perfect'
<b>Leo</b>	Vervain	Extreme of mental worry and energy, anxiety, tense, inability to relax
<b>Virgo</b>	Centauray	Easily influenced and used bothers, learning to say no to others requests and hold energy for themselves
<b>Libra</b>	Scleranthus	Indecision and hesitancy, imbalance, inability to commit to a choice due to ability to see both sides
<b>Scorpio</b>	Chicory	Self-indulgent, self-pity, demands attention and need to be in control and needed
<b>Sagittarius</b>	Agrimony	Mental worry, nervous anxiety but appears cheerful, 'face of the clown'
<b>Capricorn</b>	Mimulus	Fear of known things such as lack of achievement, success, poverty etc.
<b>Aquarius</b>	Water Violet	Pride, aloofness and desire to be alone, when they lack energy to engage and be in society
<b>Pisces</b>	Rock Rose	Extreme fear, terror or panic, lack of etheric boundaries, shock
<p>Dr Edward Bach first created the 12 healers, astrologers have since connected these original 12 flower essences to the astrological signs, you can use them individually depending on your Sun, Moon, rising sign or you can combine them to support a whole Natal chart. For further information please see books regarding the use of flower essences.</p>		

<b>Sign</b>	<b>Foods for the signs</b>
<b>Aries</b>	Lemons, dates, tomato, celery, leek, spinach, beetroot, walnuts, green tea
<b>Taurus</b>	Celery, apples, beans, lettuce, seaweed, berries, cabbage and broccoli family
<b>Gemini</b>	Pineapple, lettuce, apricot, peaches, seeds and nuts, oils, eggs
<b>Cancer</b>	Eggs, prunes, rye, salads, citrus, cabbage, shellfish, care with dairy
<b>Leo</b>	Bran, oats, plum, citrus, eggs, coconut, lettuce, protein foods
<b>Virgo</b>	Figs, fennel, olives, sprouts, soy, beetroot, seeds and nuts, apple, bitter greens
<b>Libra</b>	Water, celery, apple, spinach, radish, beans, berries, kidney beans, Taurus foods
<b>Scorpio</b>	Cherries, citrus, fibre, prunes, psyllium, alkaline foods, not too much salt
<b>Sagittarius</b>	Oats, asparagus, figs, cucumber, carrots, apples, onion, prunes, turmeric, cherries
<b>Capricorn</b>	Eggs, leeks, turmeric, prunes, rye, almonds, coconut, Cancer foods
<b>Aquarius</b>	Apples, oils, seeds and nuts, root vegetables, berries, oily fish, eggs, Taurus foods
<b>Pisces</b>	Fruit, peas, beans, nuts and seeds, root vegetables, whole grains, leafy greens

<b>Sign</b>	<b>Essential Oil</b>
<b>Aries</b>	Peppermint, Lavender, Juniper, Sweet orange, Rosemary, Ginger, Vetiver, Black Pepper
<b>Taurus</b>	Eucalyptus, Oregano, Cypress, Rose, Vanilla, Palma Rosa, Thyme
<b>Gemini</b>	Bergamot, Eucalyptus, Rosemary, Coriander, Basil, Lavender
<b>Cancer</b>	Lavender, Peppermint, Rose, Blue chamomile, Jasmine, Hyssop, Clary Sage
<b>Leo</b>	Rosemary, Basil, Vetiver, Rose, Jasmine< Neroli, Lemon, German Chamomile
<b>Virgo</b>	Frankincense, Cedar, Myrrh, Lavender, Mellissa, Cardamom, Carrot Seed
<b>Libra</b>	Geranium, Frankincense, Jasmine, Damask Rose, Peppermint, Rose Geranium
<b>Scorpio</b>	Patchouli, Fennel, Vetiver, Ylang Ylang, Basil
<b>Sagittarius</b>	Tea tree, Ginger, Cardamom, Black Pepper, Juniper, Grapefruit
<b>Capricorn</b>	Vetiver, Chamomile, Sandalwood, Grapefruit, Cypress, Frankincense, Scotch Pine
<b>Aquarius</b>	Ylang Ylang, Cypress, Juniper, Sweet Orange, Neroli, Bergamot, Frankincense, Jasmine
<b>Pisces</b>	Myrrh, Lemon, Sweet Orange, Ylang Ylang, Melissa, Mandarin, Clary Sage, Sandalwood

# Types of treatments

- Activities, sports
  - Art, reading, gardening
  - Massage and relaxing body treatments
  - Energetic body work such as reiki and shamanic healing
  - Structural treatments such as chiropractic and osteopathic
  - Psychological therapies
  - Socialising, friendship therapy
  - Nature and sunshine
  - Water therapies and being near water
- Foods and fluids as medicine
  - Vitamin and mineral therapies
  - Seasonal eating and cooking
  - Herbal medicine
  - Flower essences
  - Gemstones and gem remedies
  - Homoeopathy
  - Sleep, rest and meditation
  - Travel and change of scenery
  - Elemental balancing



Thank you

Kira Sutherland

[www.astrologyofhealth.com](http://www.astrologyofhealth.com)

FAA 2025