

# CERES ♀

## in Aquarius

### HOW DO YOU RELATE TO YOUR BODY?



In some ways your relationship to your body is more of a theory than an actuality.

In some ways, your body is an annoying necessity.

Sometimes you have excess nervous energy which makes it difficult to stay in your body.

You can easily develop eccentric self-care rituals.



### HOW DO YOU TAKE PHYSICAL CARE OF YOURSELF AND OTHERS?

It's hard to have regular habits.

Your habits might involve some rebellion against societal norms or may be driven more by scientific ideas and less by common sense.

Because of excess energy, you may have sleep issues, or feel naturally jumpy and twitchy in your body and crave stimulation.

Your core physical need is: to ground out the excess electricity in your body and practice self-calming, so you can rest. Hot baths are good for this.

### HOW DO YOU NEED TO EAT AND NOURISH YOURSELF?



You forget to eat because you're so busy thinking about other things, or because you don't adhere to a schedule.

You may have an interest in food ideology, political vegetarianism and social change around food.

You explore dietary experimentation including Modernist food, fringe diets, eccentric eating and new food technologies.



### HOW DO YOU HANDLE MONEY?

Money is erratic for you and a sudden increase in income can happen as easily as a wipeout.

Avoid getting locked into a lifestyle that uses all the money you can possibly earn—you need more freedom than that.

You're prone to radical financial shifts up, down or sideways because your means of income source can shift suddenly from employment to self-employment, commissions, inheritance, and so on.

Nontraditional income sources appeal to you.

### YOUR HAVINGNESS BUCKET:



You believe everyone deserves and that wealth shouldn't be concentrated in the hands of just a few. You'd like to change the world and make it more equitable in a grand, financial experiment.