

CERES ♀ in Aries

HOW DO YOU RELATE TO YOUR BODY?



You see your body as a vehicle for your will; it often feels like your body just trails behind you as you speed through life.

You value your independence and when down with an illness, you're a cranky patient.

You have strong bodily boundaries, which you are prepared to defend physically.



HOW DO YOU TAKE PHYSICAL CARE OF YOURSELF AND OTHERS?

You may take very slapdash care of yourself at times, because you push your body through discomfort, instead of listening to its needs.

Most likely you have fast-moving self-care routines—or no routines at all.

Your body responds well to things like military habits, airline pilot checklists, and drill sergeant's instructions—any routine which is fast and prepares your body for activity.

Your core physical need is: to move your body (at least a little) every day and use up your abundant energies in sensible exercise.

HOW DO YOU NEED TO EAT AND NOURISH YOURSELF?



You see food as fuel, like adding gas to your car: it's not about slowly enjoying flavors, it's about quick, effective nutrition, possibly for athletic reasons.

Watch out for eating on the run, eating while driving, or grabbing fast food.

You have a tendency to bolt your food, so don't forget to chew!



HOW DO YOU HANDLE MONEY?

You can be impulsive with money and live "in the moment." Saving is not your strong suit.

You generally don't want to be saddled with a lot of possessions as you feel they just slow you down. You can buy something on impulse and then give it away just as quickly.

You may be a little too risky with money, and interested in quick money.

Set limits before heading to a casino—and stick to them!

YOUR HAVINGNESS BUCKET:



You believe that money goes to the bold who are willing to pounce on and capture it. You try to keep alert and watch for opportunities.