

CERES ♀ in Cancer

HOW DO YOU RELATE TO YOUR BODY?



Your body is an intuitive barometer, which will tell you things you can't know any other way if you pay attention to it.

You relate to your body as a gift to you from your heritage. You feel you should cultivate it well and pass the gift on by having children. It's likely you have high fertility.

Filial obligations may weigh on you and it may be hard to separate from your family, especially your mother.



HOW DO YOU TAKE PHYSICAL CARE OF YOURSELF AND OTHERS?

Physical care and emotional nurturance are tied together for you.

Affectionate touch is a wonderful medium for the love you feel for family members.

You may care for others in more traditionally domestic ways such as cooking for them.

Your core physical need is: Pure water to drink, shower with and soak in, to relax you completely and deeply.

HOW DO YOU NEED TO EAT AND NOURISH YOURSELF?



Since food is emotional for you, beware of eating to feel better.

Eating traditional family foods are a great source of comfort and can be grounding for you. Save the sugary family recipes for special occasions only.

You're prone to codependent eating, so practice eating by yourself and making your own, unemotional, choices.



HOW DO YOU HANDLE MONEY?

Money is emotional for you; establishing a financial safety net will ease your worries. You'll persist until you have this. Because you desire stability, you can be tenacious and retentive with money.

You prefer to handle money with family and other domestic relationships rather than on your own. At times, that may mean that others depend too much on you for resources, or that you, in turn, depend too much on others.

YOUR HAVINGNESS BUCKET:



Your bucket is available to all of your loved ones who might need it, but you're more cautious about giving to those outside your family.