

# CERES ♀

## ♎ *in Libra*

### HOW DO YOU RELATE TO YOUR BODY?



You like to take your time to look your best; being slapdash about self-care is the furthest thing from your mind.

Aesthetic comfort is more important than physical comfort; you might follow fashion trends that are gorgeous, but painful.

Living in your body in a balanced way is important to you.



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

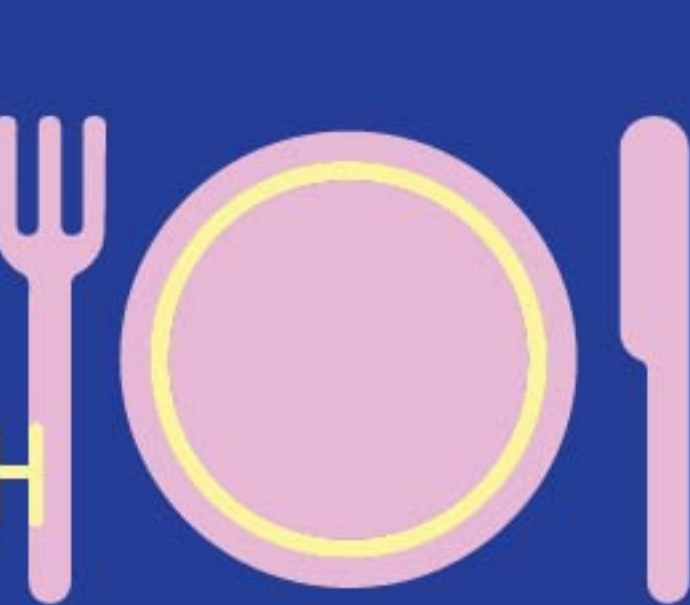
You believe that a healthy person is also an attractive one but sometimes being attractive matters more.

Maintaining balance between care of self and care of others is important and not always easy.

You tend to be in your head about physical self-care and may spend more time thinking about how you'd like to care for yourself than actually doing it.

Your core physical need is: Clean, moving air to keep you cool and comfortable and not a frumpy, sweaty mess.

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



Food must be pretty and elegant and nutrition must be balanced.

You can be indecisive about how and what to eat, even forgetting to eat if the decisions become too arduous.

You eat best in partnership; find a partner with whom you can share healthy physical rhythms with and a shared "life of the body."



### HOW DO YOU HANDLE MONEY?

You can be spendy because you like beautiful things.

Having a partner to dialogue with about money and budgeting can be anxiety-relieving and if you don't have a life partner, a financial advisor or coach can fit the bill.

You enjoy buying pretty things for the people you love as an expression of affection; gifts may represent love to you.

### YOUR HAVINGNESS BUCKET:



You believe deep-down that money should be distributed fairly and inequity hurts you deeply. But no matter how hard you try, you cannot make up for this.