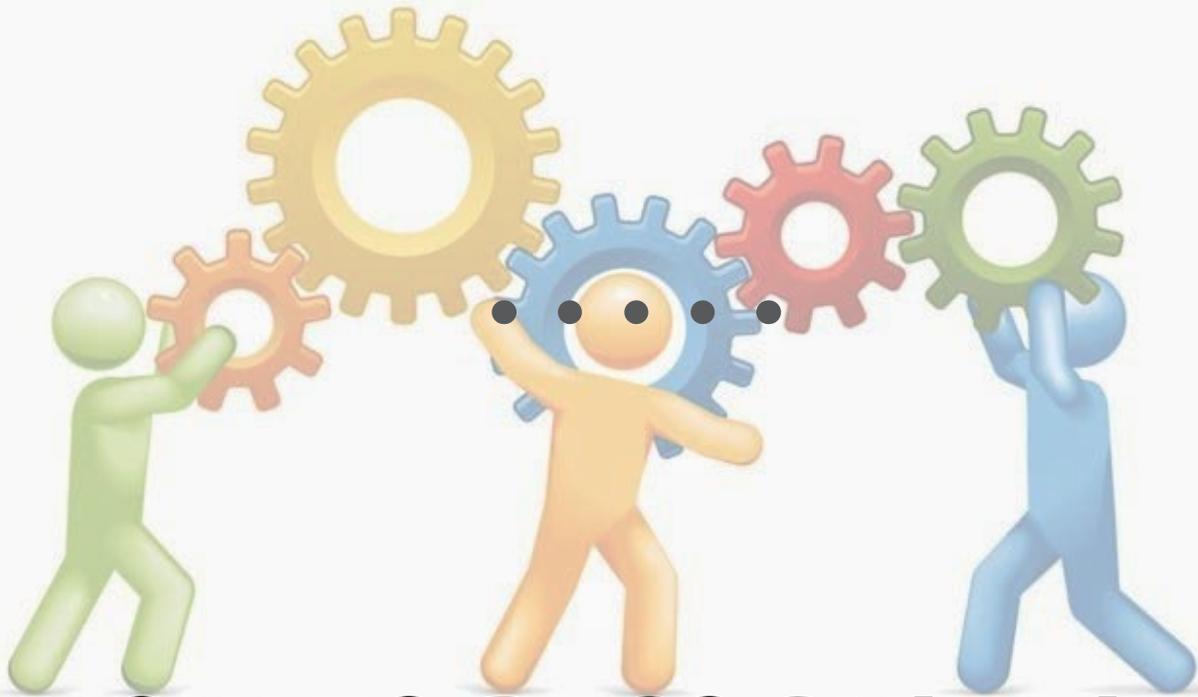


WORKPLACE STRESS



**HOW TO RECOGNIZE IT;
HOW TO TREAT IT**

a lecture by
DIANE L. CRAMER

Workplace Stress

HOW TO RECOGNIZE IT—HOW TO TREAT IT

by Diane L. Cramer, M.S.

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INTRODUCTION

What could be more appropriate than to talk about stress at work at a conference on business? I always try to fit my lecture to the theme of the conference and since this conference is on business I am lecturing on stress in the workplace because I decided that if you don't fulfill your sun sign, you are going to incur stress. It's a simplistic way of looking at it, but I'm going to talk about what each sign needs in terms of satisfaction in order not to be stressed.

We will also be talking about the acid/alkaline balance in the body, which I started studying many years ago but never quite understood until recently. Now it is becoming a more popular topic and we will discuss the astrology part of it.

What I have learned is that the body being too acidic leads to disease. It's as simple as that. The more alkaline your body is, the less disease you are prone to. It has to do with wrong eating habits, actually not only wrong eating but the fact that any kind of stress produces acid. And if you are in the workplace having a bad day, you become more acidic. So that's why I'm going to include

DEFINITION OF STRESS

From dictionary.com:
"a mentally or emotionally disrupting condition occurring in response to adverse external influences and capable of affecting physical health, usually characterized by increased heart rate, a rise in blood pressure, muscular tension, irritability and depression. A stimulus or circumstance causing such a condition. A state of extreme difficulty, pressure or strain."

NOTE: This is a transcript of a lecture given at a conference of the National Council for Geocosmic Research (NCGR). It has been edited for consistency and clarity.

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Always consult with a licensed health care practitioner when you have a medical condition that requires attention.

Diane L. Cramer
MEDICAL ASTROLOGY

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the acid/alkaline information in the lecture. According to the literature, at a certain point, when you are really overstressed, the body can no longer eliminate acid. What happens is that the acid goes into your tissues and bones and that is the beginning of disease.

This is the definition of stress from Dictionary.com: “a mentally or emotionally disrupting condition occurring in response to adverse external influences and capable of affecting physical health usually characterized by increased heart rate, a rise in blood pressure, muscular tension, irritability and depression. A stimulus or circumstance causing such a condition. A state of extreme difficulty, pressure or strain.” All of those things create acid in the body.

Toxins cause stress. Noise causes stress. There are a lot of things that cause stress. I am going to give you some information about stress and then we will go through twelve charts. Using the twelve signs of the zodiac I arbitrarily picked twelve people so that we could look at each one to see how they fulfill their Sun sign. We will also look at transits that could contribute to stress in the houses of work, 2, 6 and 10. If we have time left, we can always go back to the charts.

ACID/ALKALINE BALANCE

I have become really fascinated with this acid/alkaline business. Apparently, the main thing that you want to do in order to live a healthy life is use the 80/20 ratio—an intake of 80% alkaline-forming food and 20% acid-forming food. But this is almost impossible because the foods we love tend to be more acidic. If you find that you are very acidic, if you can eat 80/20, you can bring your

AS AN IMPORTANT ASIDE...

When we're talking about the subject of acidity, think of acid rain. One of the authors I mentioned makes a point of this. What do they say about acid rain? It is killing the environment. Destroying it. So what do you think too much acid is doing to your body? It can damage us also. It's slightly simplistic, but not really.

He is in charge and he fulfills his Sun sign. Notice that he has an angular Uranus. That will indicate something different about his life. How about his unusual life style, love affairs and marriage with Uranus in the seventh house? The point is that he has both Pluto and Uranus angular in his chart. When I am trying to simplify something, I just look at the angles of the chart. And he certainly was a first and he certainly has a unique lifestyle. So I thought he was a good example of an Aries.

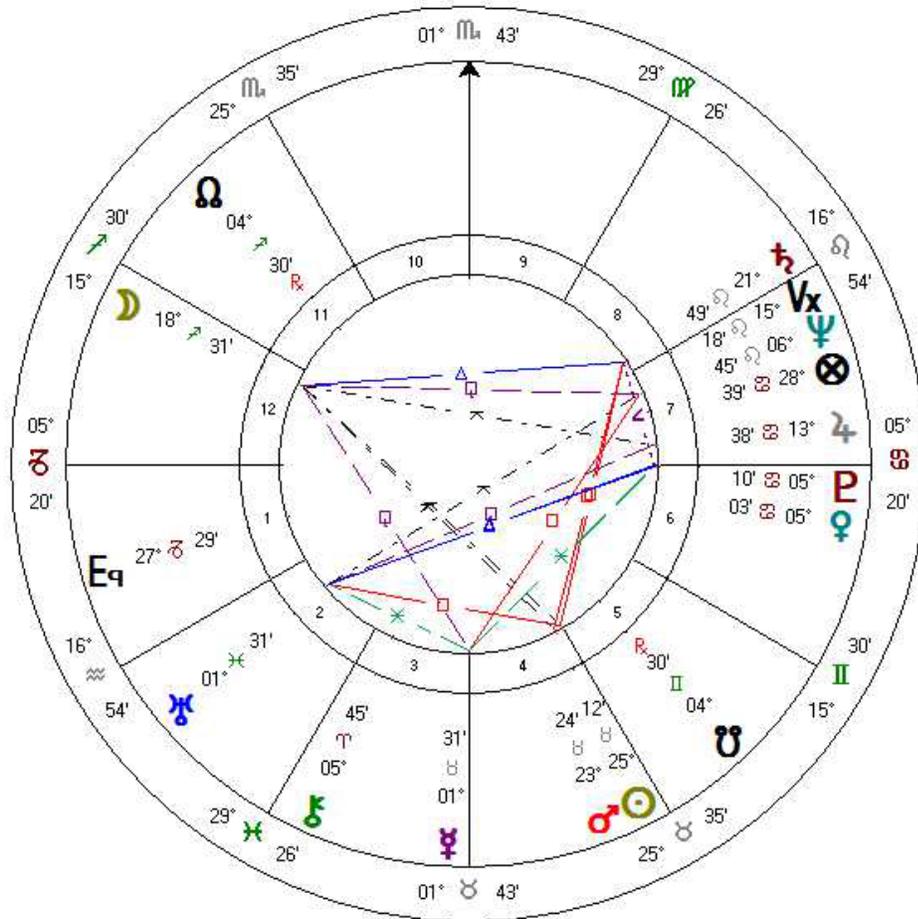
Taurus

What does Taurus need? We are going to look at Liberace who is a perfect example of someone who enjoys opulence and luxury—a Taurean trait. Taurus doesn't do well in a fast-paced, unpredictable work environment. They like to take things slowly and do things their own way, to be in a comfortable atmosphere. Taurus has a tendency to be too sedentary. Remember, we just saw that being too sedentary contributes to acidity. So you have to be careful with that. Taurus needs an outlet. They need to do something involving bodywork or something physical. Taurus is a sign that likes its leisure time. I don't think Taurus would do well working all day with no breaks. And they don't like jobs with overtime. But they *are* very good at physical work. They need intimacy, regular meals and physical contact. Think of earth as something physical. A comfy chair at the office could make all the difference in the world. Otherwise...stress. This is what we are trying to see: If you don't fulfill your sign work wise, what would happen?

Look at Liberace. Think of luxury—he was a perfect example with all the candles, the glitter, the gold during his performances. I happened to notice that his Sun was on Algol, 25° Taurus; Algol has a reputation as being a malefic fixed star. However, one difficult placement in a chart is not enough to make any kind of dire prediction which no moral astrologer should be doing anyway. Algol is part of a larger picture with Liberace. He died of AIDS. He has a Venus-Pluto conjunction on the Descendant; that could also be a sexual disease.

When you are looking at a chart, look at the most elevated planet, which in this case is Saturn. He had to have a lot of discipline also to be an entertainer with all the work it took. Or it could indicate the fact that he ended up with

Liberace
Natal Chart (4)
 May 16 1919
 11:15 pm +5:00
 West Allis, Wisconsin
 43°N01' 088°W00'25"
Geocentric
Tropical
Placidus
Mean Node
 Rating: AA



health problems—you could look at Saturn that way also. However, Mercury is also angular, conjunct the fourth house cusp opposite the MC; he was an entertainer. But I just noticed that Algol when I was first looking at the chart. Liberace was quite energetic and quite a piano player, which could be shown by the Sun-Mars conjunction. The Sun-Mars could also mean he was too acidic. Now there's a clue...

AUDIENCE: *And it is square Saturn.*

DC: Right, it does square Saturn so there is a total imbalance. But I think he personifies Taurus if nothing else.

Pluto

Pluto can spend from twelve to fourteen years in a house and as it transits, you may not notice it as much, you just live with it. But what does Pluto have to do in terms of workplace stress? Obsession. It gets you obsessed; you are getting too stressed. It transforms you. It is a catalyst for change. It compels you to do something. And it can cause a crisis also. It can be a breakthrough. Pluto can empower you. It dominates and empowers. What happens when it goes through your second house? Remember, this is from the Jayi Jacobs chapter. It can completely change your value system. He says it can destroy it piece by piece. Nothing has the same worth as before.

Pluto going through your second house could cause financial fluctuation. So by the end of the transit you will look back and notice things are not the way they started out. It is the only way you can look at Pluto.

Pluto in the sixth could make your work habits change profoundly. Sometimes Pluto in the sixth could be a health crisis that cripples your career. So obviously that would be pretty stressful. Or you crave some type of employment that will fulfill your very existence. If somebody wants to know what the sixth house—which is supposedly the house of health—has to do with medical astrology, it has to do with how your day-to-day life or even your working environment causes stress which could lead to illness. It is one of the factors, but certainly not the only thing that could lead to a health problem. It is the underlying cause that you need to look at. The sixth house is day-to-day stuff, and if your daily life is stressful, your body would be building up acid.

Pluto in the tenth could mean you become more ambitious or you change careers. Maybe you will get into a whole new career. Or the career can swallow up your life. And maybe now you are ready to take a risk. It gives a strong drive for success or authority.

Neptune

Neptune stays in one house for approximately 14 years. It all depends on how fast the planet is moving and on the size of your natal houses, which is determined by what house system you use. If you have a large house, obviously the planet will remain in the house longer. When Neptune transits your

And Pluto, if you believe in it—past life regression is a cure for Pluto, or therapy—especially Gestalt or psychotherapy, and purification diets, which should be done under supervision. Gender reassignment is also Pluto. If you think it will help, you could change your sex.

If you have any questions, feel free to contact me at +1.212.288.6232, or at dcramer@dianecramer.com.

Thank you!

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Diane L. Cramer, M.S. is a certified (Level IV, NCGR) consulting astrologer, lecturer and teacher in all aspects of astrology in New York City. She is an expert in the various disciplines of astrology including natal chart interpretation, long-term forecasts, solar return interpretation, and chart comparison. She specializes in writing and instructing on medical astrology and nutrition and has published three books: *Managing Your Health & Wellness* (Llewellyn), *How to Give an Astrological Health Reading* (AFA), and *Dictionary of Medical Astrology* (AFA). She prepares health readings based on the natal chart.

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