

# Workplace Stress

HOW TO RECOGNIZE IT—HOW TO TREAT IT

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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 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

### 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.

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MEDICAL ASTROLOGY

[dianecramer.com/arts.html](http://dianecramer.com/arts.html)

They enjoy books, and any kind of playful exercise is good for Gemini. But the main thing is having a job that involves variety.

Now, if we look at Donald Trump we see he has Mars in the first house. Obviously, you are not going to just take someone's Sun sign and give an interpretation, but here is definitely a unique individual: his Sun is near the Nodes and Uranus. And Uranus is his most elevated planet. He is probably extremely hyper. You know he is out every night of the week. He says he would like to stay home but I doubt it.

Look at how hyper this chart is, Mars in the first house, Uranus elevated conjunct the Sun and Pluto applying to the Ascendant. I wouldn't give Pluto too much first house influence as it's more in the twelfth house, but it is rising above the Ascendant. He just *has* to do things that require diversity and energy. I would say once you get past the Sun sign, you can go into more detail in the chart to learn more about the profession. Certainly Taurus at the top of his chart shows his desire to acquire things in life. You get more information as you study the MC. Notice that Hugh Hefner has Gemini on the MC, which can be magazines. So that is something else.

AUDIENCE: *What do you do with Transpluto?*

DC: Oh, I put in Transpluto because it is a super-Pluto. And since Eleanor Kimmell, the cosmobiologist, uses Transpluto I started using it. I have two famous cases of Transpluto—I wish I had more but I haven't had time to investigate it further. First is the moment the famous race car driver, Dale Earnhardt, Sr., was killed during a race in Daytona Beach, Transpluto was on the Ascendant of the event chart. But the big one for me was before September 11.

The New Moon was conjunct Transpluto. I use New Moon charts to predict events from month to month, even more so than lunar returns. I find that the New Moon chart gives me more information. So those are my two famous cases of Transpluto. They are pretty potent though. Eleanor Kimmel says it is a super-Pluto. A medical astrologer, I believe Eileen Nauman, says that if you have Transpluto rising in your chart it indicates hypoglycemia. But I just throw it in as something to observe. Everyone has something they throw into a chart. Transpluto is my thing, but I think there *is* something to it.