Monthly Forecast for Cameron Diaz

The Sun in Capricorn
From 12 Jan 20 To 19 Jan 20 23:30

The Sun in the 6th House
From 12 Jan 20 To 12 Jan 20 17:02
Daily routine, health and work are the areas in which you shine right now.

The Sun Opposition Venus
From 12 Jan 20 To 12 Jan 20 09:15
Anxiety and worries can arise through crossed lines. Try not to force communications.

The Sun in the 7th House
From 12 Jan 20 17:02
Relationships are the arena for your self knowledge right now. Business partnerships may also feature.

The Sun Sesquisquare Mars
From 13 Jan 20 19:28 To 15 Jan 20 18:58
Exact 14 Jan 20 19:13
Despite a little tension, this is an auspicious time for love and affection. Enjoy the company of your nearest and dearest but don't overindulge.

The Sun Trine Pluto
This a time for pondering options rather than making hard and fast decisions. Your vitality is likely to be a little low right now so you are best advised to take your time when it comes to making irrevocable moves. You need to let go and trust your intuition. If you can find the time then you could record your dream, jot down any inspirational ideas or perhaps find a creative outlet for self-expression. You may not have clarity right now, but it will come later.

**The Sun in Aquarius**

From 19 Jan 20 23:30

Time to be innovative. Shine in social groups. Gregarious pursuits rather than introspective. Be spontaneous.

**The Sun Sextile Neptune**

From 21 Jan 20 12:37 To 23 Jan 20 12:18

Exact 22 Jan 20 12:27

The urge to be impulsive is strong right now. However you really do need to think before you act. Otherwise you could react rashly. Resist the urge to react in a heated manner if you can. With a steady rein you are able to breakthrough obstacles in innovative ways. Alternatively let go of any urge to control situations or projects that are out of your control and take a few days to walk away and consider all of your options. This way you can make decisions that are in your own best interests without alienating those around you.

**The Sun Sesquisquare Saturn**

From 23 Jan 20 13:27 To 25 Jan 20 13:11

Exact 24 Jan 20 13:19

On the whole you are confident and optimistic during this period but you also make adjustments in the way that you conduct your affairs. Make the most of this sunny period to expand your horizons but don’t push your luck. It behoves you to be the bigger person in certain situations. This is your chance to let go of negative behaviour and thoughts and to move forward with your goals.

**The Sun Quincunx Mars**

From 28 Jan 20 16:54 To 30 Jan 20 16:46

Exact 29 Jan 20 16:50

Despite a little tension, this is an auspicious time for love and affection. Enjoy the company of your nearest and dearest but don’t overindulge.
The Sun Semisquare Jupiter

From 01 Feb 20 10:48 To 03 Feb 20 10:46

Exact 02 Feb 20 10:47

Caution is advised today for many reasons but mostly because you may not be striking the right balance between self expression and your drive to get ahead. Take care with machinery and star away for dangerous situations and this can be a combative time. if you are not cautious you could alienate the very people who can help you. A little diplomacy and self-restraint although frustrating for you at the moment, can be very helpful. If you are feeling very frustrated by the need to involve other people in your equation, then you may benefit from a physical outlet. Sports, martial arts etc could be helpful.

The Sun Sesquisquare Pluto

From 03 Feb 20 21:05 To 05 Feb 20 21:06

Exact 04 Feb 20 21:05

This a time for pondering options rather than making hard and fast decisions. Your vitality is likely to be a little low right now so you are best advised to take your time when it comes to making irrevocable moves. You need to let go and trust your intuition. If you can find the time then you could record your dream, jot down any inspirational ideas or perhaps find a creative outlet for self-expression. You may not have clarity right now, but it will come later.

The Sun Trine Uranus

From 04 Feb 20 02:20 To 06 Feb 20 02:20

Exact 05 Feb 20 02:20

Some days you can feel like you are treading water, getting nowhere no matter how hard you try. Today is such a day. Obstacles seem to be strewn along your path. You may even feel a little down, unappreciated and that your achievements count for little. The time has come for you to reflect, realistically and not pessimistically, on the truth. Is this just a temporary period of frustration or do you need to mark some more serious decisions so that you can fully express yourself. Right now steady accomplishment is the way to go. The trick is to let go of anything that has outlived its value and wait to see what emerges.

The Sun Sextile Chiron

From 04 Feb 20 14:11 To 06 Feb 20 14:13

Exact 05 Feb 20 14:12

Your biological urges are powerful right now but they may be a little out of balance. Try to direct your energies into positive outlets. A new empowering exercise regime or a debating team may provide a channel for your pent-up energy. You can enjoy this time
of extra energy but only if you direct it wisely and avoid conflict. Enjoy the feelings but avoid the seven deadly sins!

**The Sun Trine Saturn**

From 07 Feb 20 12:41 To 09 Feb 20 12:46

Exact 08 Feb 20 12:43

On the whole you are confident and optimistic during this period but you also make adjustments in the way that you conduct your affairs. Make the most of this sunny period to expand your horizons but don’t push your luck. It behoves you to be the bigger person in certain situations. This is your chance to let go of negative behaviour and thoughts and to move forward with your goals.

**The Sun Quincunx Venus**

From 09 Feb 20 06:09

Exact 10 Feb 20 06:13

Anxiety and worries can arise through crossed lines. Try not to force communications.

**Mercury in Capricorn**

From 12 Jan 20 To 14 Jan 20 02:56

Adopt wise and careful thinking. Seek knowledge which carries some authority. Approach new ideas with caution. Plan carefully.

**Mercury in the 7th House**

From 12 Jan 20 To 26 Jan 20 18:19

Time to focus on your significant other - whether personal or business. Decisions regarding partnerships.

**Mercury Trine Pluto**

From 14 Jan 20 02:24 To 15 Jan 20 04:32

Exact 14 Jan 20 15:29

You are likely to have difficulty focusing on anything at the moment. You may be mentally confused, a bit out of sorts. Someone or something may have made a dent in your usual confident attitude to life. The best thing to do is to do nothing. Rest, relax and be kind to yourself. Listen to soothing music, take a walk by the lakeside, or meditate in a room of your own. Make sure that you surround yourself with uplifting people and pastimes.

**Mercury in Aquarius**

From 14 Jan 20 02:56 To 31 Jan 20 22:16
Seek original and unique ideas. Enjoy exchanging ideas with other people, particularly friends and groups of people.

**Mercury Sextile Neptune**

From 14 Jan 20 23:18 To 16 Jan 20 01:22

Exact 15 Jan 20 12:21

This can be an exciting period or a nervous one as your mind is stimulated with new ideas. Mental tension can be a welcome or unwelcome visitor depending on your basic nature. Nevertheless this is the sign of the times right now and so you would be well advised to be flexible rather than have a rigidity of mind. Welcome interruptions rather than be irritated by them. Embrace some radical new thoughts.

**Mercury Sesquisquare Saturn**

From 16 Jan 20 02:00 To 17 Jan 20 04:01

Exact 16 Jan 20 15:01

Your mind is quite sharp and you are keen to learn new things during this transit, but something is also frustrating you. Your usual ideas and beliefs are being challenged and this is the ideal time to reassess your values. You can let go of outmoded ideas and adopt new beliefs.

**Mercury Quincunx Mars**

From 18 Jan 20 21:15 To 19 Jan 20 23:24

Exact 19 Jan 20 10:18

This is the classic writer's block transit. You are eager to move forward with a romance, an artistic project or a stimulating pastime but you can't seem to make any progress. Patience is sorely needed right now. Perhaps try to think outside the square but don't force the issue.

**Mercury Semisquare Jupiter**

From 20 Jan 20 22:28 To 22 Jan 20 00:59

Exact 21 Jan 20 11:41

Physical and mental pastimes can be frustrating during this transit. You have some bright ideas but perhaps not the energy to carry them out. On the other hand you may have plenty of energy but your plans seem to go awry. Persistent effort should eventually pay dividends.

**Mercury Sesquisquare Pluto**

From 22 Jan 20 06:44 To 23 Jan 20 09:43
You are likely to have difficulty focusing on anything at the moment. You may be mentally confused, a bit out of sorts. Someone or something may have made a dent in your usual confident attitude to life. The best thing to do is to do nothing. Rest, relax and be kind to yourself. Listen to soothing music, take a walk by the lakeside, or meditate in a room of your own. Make sure that you surround yourself with uplifting people and pastimes.

**Mercury Trine Uranus**

From 22 Jan 20 09:40 To 23 Jan 20 12:42

Delays can be frustrating but they can sometimes also cause you to take an alternative route that is far more satisfying. You may not realise how narrowly focussed you are being in your thinking. Take another look at aspects of your life that may be troubling you right now.

**Mercury Sextile Chiron**

From 22 Jan 20 16:18 To 23 Jan 20 19:27

Something is troubling your mind. Perhaps it is a project, or a communication or contract with another person. Has some news upset you? So that you don't become too obsessed with worries you may find it useful to consult someone professional in relation to this problem. On the other hand you may benefit from some soothing intellectual distractions. Either way it is time to adjust your thinking and let go of outmoded ideas. You may need to let go of a person, project or contract rather than let negative thoughts drag you down.

**Mercury Trine Saturn**

From 24 Jan 20 08:20 To 25 Jan 20 12:27

Your mind is quite sharp and you are keen to learn new things during this transit, but something is also frustrating you. Your usual ideas and beliefs are being challenged and this is the ideal time to reassess your values. You can let go of outmoded ideas and adopt new beliefs.

**Mercury Quincunx Venus**

From 25 Jan 20 08:32 To 26 Jan 20 13:28

Right now you expend much energy on communications. Your mind is active. This is a time of hour to hour problem solving. You may be restless. Try to focus on what you do
Mercury in the 8th House

From 26 Jan 20 18:19

Invest your time wisely. Make decisions regarding joint ventures or investments. Seek financial advice.

Mercury Sextile Jupiter

From 30 Jan 20 00:00 To 31 Jan 20 12:52

Exact 30 Jan 20 17:54

Physical and mental pastimes can be frustrating during this transit. You have some bright ideas but perhaps not the energy to carry them out. On the other hand you may have plenty of energy but your plans seem to go awry. Persistent effort should eventually pay dividends.

Mercury Quincunx Pluto

From 31 Jan 20 21:26 To 02 Feb 20 17:49

Exact 01 Feb 20 18:31

You are likely to have difficulty focusing on anything at the moment. You may be mentally confused, a bit out of sorts. Someone or something may have made a dent in your usual confident attitude to life. The best thing to do is to do nothing. Rest, relax and be kind to yourself. Listen to soothing music, take a walk by the lakeside, or meditate in a room of your own. Make sure that you surround yourself with uplifting people and pastimes.

Mercury in Pisces

From 31 Jan 20 22:16

Time to be intuitive. Daydream, fantasise and imagine all possibiities. The time will come to face realities.

Mercury Sesquisquare Uranus

From 01 Feb 20 01:53 To 02 Feb 20 23:18

Exact 01 Feb 20 23:23

Delays can be frustrating but they can sometimes also cause you to take an alternative route that is far more satisfying. You may not realise how narrowly focussed you are being in your thinking. Take another look at aspects of your life that may be troubling you right now.

Mercury Semisquare Chiron
Something is troubling your mind. Perhaps it is a project, or a communication or contract with another person. Has some news upset you? So that you don't become too obsessed with worries you may find it useful to consult someone professional in relation to this problem. On the other hand you may benefit from some soothing intellectual distractions. Either way it is time to adjust your thinking and let go of outmoded ideas. You may need to let go of a person, project or contract rather than let negative thoughts drag you down.

**Mercury Square Neptune**

From 02 Feb 20 08:10 To 04 Feb 20 15:04

Exact 03 Feb 20 09:17

This can be an exciting period or a nervous one as your mind is stimulated with new ideas. Mental tension can be a welcome or unwelcome visitor depending on your basic nature. Nevertheless this is the sign of the times right now and so you would be well advised to be flexible rather than have a rigidity of mind. Welcome interuptions rather than be irritated by them. Embrace some radical new thoughts.

**Mercury Sesquisquare Venus**

From 08 Feb 20 22:02

Right now you expend much energy on communications. Your mind is active. This is a time of hour to hour problem solving. You may be restless. Try to focus on what you do best.

**Venus in the 8th House**

From 12 Jan 20 To 01 Feb 20 13:58

Your persuasive powers are high. Invest your time and money wisely.

**Venus Sextile Jupiter**

From 12 Jan 20 To 13 Jan 20 04:13

Exact 12 Jan 20 08:20

Love and money may be somewhat frustrating during this period. You may desire to move forward and experience some romance, or spend some of your income, but the moment is not quite right. You would be better showing patience with loved ones and being restrained in your spending habits. If someone is demanding that you loosen the pursestrings then rather than saying an outright "no" try soothing the situation with a financial plan.

**Venus Quincunx Pluto**
There is a saying about a fool and his/her money being easily parted. Your challenge at the moment is to avoid spending money on frivolous items. At the same time you could reassess your spending habits. This is also a time when you may let go of your expectations of friends and loved ones. In other words you need to adjust your attitude to money and love.

**Venus Sesquisquare Uranus**

From 13 Jan 20 17:07 To 15 Jan 20 08:56

Exact 14 Jan 20 13:01

Partnerships, business or personal, can prove frustrating right now. You are seriously considering your options but having some difficulty getting your point across or taking action. Take your time.

**Venus Semisquare Chiron**

From 14 Jan 20 02:57 To 15 Jan 20 18:48

Exact 14 Jan 20 22:52

Your interactions with others may be intense right now. Express yourself honestly and then step back and allow others to discover their truth.

**Venus Square Neptune**

From 14 Jan 20 20:36 To 16 Jan 20 12:29

Exact 15 Jan 20 16:32

An exciting creative person or project suddenly comes to light creating a little tension. Your path is unpredictable at the moment and you are best advised to go with the flow rather than resist the current.

**Venus Sesquisquare Venus**

From 17 Jan 20 23:54 To 19 Jan 20 15:56

Exact 18 Jan 20 19:54

Your social plans seem to go awry during this transit. If you are a flexible person who enjoys spontaneity then you may enjoy this erratic time. However, if you are a steady person then you may find it somewhat nerve-wracking. Your romantic life and your personal finances are also subject to the vagaries of the changeable planet Mercury. Try to go with the flow and avoid making irreparable decisions.

**Venus Opposition The Sun**
Anxiety and worries can arise through crossed lines. Try not to force communications.

**Venus Opposition Mars**

From 20 Jan 20 20:51 To 22 Jan 20 13:02

Exact 21 Jan 20 16:56

People - or a particular person you love - need your company and counsel. You may feel irritated by the interruptions but rewards are likely to flow if you are considerate and diplomatic.

**Venus Quincunx Uranus**

From 26 Jan 20 05:51 To 27 Jan 20 22:21

Exact 27 Jan 20 02:05

Partnerships, business or personal, can prove frustrating right now. You are seriously considering your options but having some difficulty getting your point across or taking action. Take your time.

**Venus Square Saturn**

From 29 Jan 20 03:22 To 30 Jan 20 20:04

Exact 29 Jan 20 23:42

Want to party? Resist the urge to be distracted. Now is the time to discover your true heart's desire. This could be a person, a vocation, or an artistic hobby.

**Venus Quincunx Mercury**

From 29 Jan 20 10:46 To 31 Jan 20 03:29

Exact 30 Jan 20 07:07

Right now you expend much energy on communications. Your mind is active. This is a time of hour to hour problem solving. You may be restless. Try to focus on what you do best.

**Venus Trine Venus**

From 30 Jan 20 14:27 To 01 Feb 20 07:15

Exact 31 Jan 20 10:50

Your social plans seem to go awry during this transit. If you are a flexible person who enjoys spontaneity then you may enjoy this erratic time. However, if you are a steady...
person then you may find it somewhat nerve-wracking. Your romantic life and your personal finances are also subject to the vagaries of the changeable planet Mercury. Try to go with the flow and avoid making irreparable decisions.

**Venus Sextile The Moon**

From 31 Jan 20 09:15 To 02 Feb 20 02:06

Exact 01 Feb 20 05:39

Right now it would be best if you stop to think before you speak. Otherwise misunderstandings are likely to occur. Count to ten and then express your feelings calmly. It is just a question of finding the right words. Compassion could be at the fore-front of your mind.

**Venus in the 9th House**

From 01 Feb 20 13:58

Delight in knowledge. Spend time with people from all walks of life. Follow your heart.

**Venus Square Jupiter**

From 05 Feb 20 17:49

Exact 06 Feb 20 14:25

Love and money may be somewhat frustrating during this period. You may desire to move forward and experience some romance, or spend some of your income, but the moment is not quite right. You would be better showing patience with loved ones and being restrained in your spending habits. If someone is demanding that you loosen the pursestrings then rather than saying an outright "no" try soothing the situation with a financial plan.

**Venus Opposition Pluto**

From 09 Feb 20 13:21

Exact 08 Feb 20 16:38

There is a saying about a fool and his/her money being easily parted. Your challenge at the moment is to avoid spending money on frivolous items. At the same time you could reassess your spending habits. This is also a time when you may let go of your expectations of friends and loved ones. In other words you need to adjust your attitude to money and love.

**Venus Trine Neptune**

From 09 Feb 20 05:03 To 10 Feb 20 22:35

Exact 10 Feb 20 01:48

An exciting creative person or project suddenly comes to light creating a little tension.
Your path is unpredictable at the moment and you are best advised to go with the flow rather than resist the current.

**Mars in the 11th House**

From 12 Jan 20

It is time to pursue your personal desires in friendships and groups. This could mean becoming a leader in your field.

**Mars Opposition Neptune**

From 16 Jan 20 01:44 To 29 Jan 20 06:59

Exact 24 Jan 20 01:05

The urge to be impulsive is strong. This could be because of heightened emotions - excitement or anger. Changes are afoot and you may be tempted to react in a rash manner. Resist any negative impulses if you can. Try to think before you speak or act. Observe your own behaviour and reactions, then move forward in a considered fashion. Letting go is the key, but you need to do so with wisdom rather than foolhardy behaviour. With a steady rein you are able to be innovative rather than reckless. This week is a busy one. You are likely to have several projects on the go at once. The urge to be impulsive is strong. However you need to resist if you can. With a steady rein you are able to breakthrough obstacles in innovative ways. However rash behaviour or decisions could lead you into hot water. This is a good time to prioritise. Write lists if you need to. Incorporate new activities, tasks and habits that enable you to break free from the past. At the same time let go of anything that is holding you back.

**Mars Semisquare Chiron**

From 24 Jan 20 17:08

Exact 17 Jan 20 08:12

This can be a frustrating time in which your efforts to move forward in life appear to be thwarted. Try to direct your energy into positive pursuits. Don't push others. Strategise. Actions taken now will eventually have results or you will see why they were never meant to be.

**Mars Trine Pluto**

From 19 Jan 20 22:27

The desire to escape is strong, perhaps inspired by a wonderful project or person; or maybe you are tired. Don't push. Take some quiet time. Have faith that all will be well.

**Mars Sesquisquare Uranus**

From 21 Jan 20 13:47

Discipline and endurance are required now. You need to resist any urges that you have to control situations or other people. This is an ideal time to know your priorities, pursue
realistic goals and let go of anything that has outlived its use by date. Accomplish what you can. Any delays are likely to be fortuitous although you may now realise so now.

**Mars Semisquare Venus**

From 05 Feb 20 13:41

Exact 09 Feb 20 02:03

People - or a particular person you love - need your company and counsel. You may feel irritated by the interruptions but rewards are likely to flow if you are considerate and diplomatic.

**Mars Square The Sun**

From 08 Feb 20 08:05

Despite a little tension, this is an auspicious time for love and affection. Enjoy the company of your nearest and dearest but don't overindulge.

**Jupiter in the 10th House**

From 12 Jan 20

Jupiter is the planet known for generosity, expansiveness and joie de vivre. Ancient astrologers considered it to have a positive influence heralding abundance and expansiveness. Therefore you can expect these traits to influence the area of your Birth Chart currently under its influence. Your career and public life are highlighted as the expansive planet Jupiter moves through the 10th House of your Chart. During this time you are likely to seek greater satisfaction from your chosen career. As a result you may seek and gain promotion, travel with your work, change jobs, or have the opportunity for further study to enhance your career. It is also possible that you take on a teaching or training role during this time. On the whole you seek more meaning and purpose. As US self-help speaker Earl Nightingale said: "We are at our very best, and we are happiest, when we are fully engaged in work we enjoy on the journey toward the goal we've established for ourselves. It gives meaning to our time off and comfort to our sleep. It makes everything else in life so wonderful, so worthwhile."

**Jupiter Quincunx Neptune**

From 14 Jan 20 18:03 To 05 Feb 20 01:30

Exact 27 Jan 20 00:59

It is out with the old and in with the new during this transit. You are letting go of goals and personal visions in order to take a new path. This could be difficult or it could be exciting, depending on the attitude which you are able to adopt during this topsy-turvy time.

**Jupiter Quincunx Pluto**

From 20 Jan 20 08:28
Your religious views and personal ideals are challenged during this time. You may become disillusioned either with your own personal goals, or with the world in general. As a result you may let go of ideals of the past, and adopt a new belief system.

**Jupiter Semisquare Saturn**

From 05 Feb 20 10:56

During this period you are forced to reassess your life's goals, and make the necessary changes to your ambitions. This can be difficult as you are required to let go of ideas and plans that you once held dear. However, you have the advantage of being able to set off in a new and exciting direction having cleared your path of unwanted debris.

**Saturn in the 7th House**

From 12 Jan 20

"The planet Saturn rules all that is durable, long-lasting, hardened and able to be structured like lead or concrete; industries like building or agriculture and businesses that have long range goals, are traditional and well-established." So says renowned astrologer Brian Clark. Therefore Saturn is likely to force you to slow down and restructure any area that it influences in your Birth Chart. You are required to seriously assess the value of the life areas influenced by this serious planet. When Saturn moves into the 7th House of your Birth Chart your relationship with your partner demands attention. It is possible that your partner's life changes in ways that demand you bear greater responsibilities within the partnership. You may reassess your priorities in both business and personal partnerships. This could result in a greater commitment to your partner, or it could be that you decide to end a serious relationship or close a business contract. Marriages and divorces can both occur during this time. If you are not already in a serious relationship, then you may meet someone who has a significant influence on your life.

**Saturn Trine Pluto**

From 28 Jan 20 19:47

Exact 06 Feb 20 04:13

Areas of your life which you thought were ideal start to crumble, and if you are not careful this can undermine your self-esteem. There is no need to be self-critical. It is simply that some areas of your life need to dissolve so that you can take a new direction. It is more important that you adopt a "go-with-the-flow" attitude. Spiritual studies, communing with nature and soothing music could all prove helpful and healing during this process.

**Uranus in the 11th House**

From 12 Jan 20

Uranus is a planet that is full of surprises. It takes approximately 84 years to do a full circle around the Zodiac. This means that it moves slowly through each Zodiac Sign and its effects on your Birth Chart takes time to unfold. It is important to note that this erratic planet can affect your life in a variety of ways depending on how you cope with...
change. If you try to resist change then you may find this planet's effects somewhat of a challenge. If you welcome liberation then you are in for a joyride. The planet Uranus helps you break free from past chains and restrictions and form new and more joyful ways of interacting in your life. Your life may be disrupted but you are then free from thinking inside the box, and new horizons open up. The area of your Birth Chart influenced by this liberating force is likely to be awakened and stimulated. As Uranus moves into the 11th House of your Birth Chart you surround yourself with unusual and eccentric friends, and feel the urge to socialise as you have never done so before. This could mean joining groups, particularly groups which have a cause or it could simply be meeting new friends.

**Uranus Sextile Chiron**

From 12 Jan 20

Times are changing and it is difficult to adjust. This could be literally a sudden change of events, or it could be that you have unexpectedly realised that a chain of events has led to changes deep within yourself. Perhaps you are being asked to let go in certain areas in your life or possibly you are being challenged to let go of old patterns of behaviour. Either way there is no going back. Success comes in embracing change, going with the flow and accepting that change can be positive.

**Neptune in the 6th House**

From 12 Jan 20

The planet Neptune takes approximately 164 years to circle the Zodiac. This slow-moving planet's transits unfold slowly. It is therefore more significant to look at any exact transits that are occurring in your Birth Chart. Nevertheless it can be helpful to try to understand the effect of Neptune as it enters into and transits through a House in your Birth Chart. Neptune is the planet that urges us to search for meaning in our lives, to look beyond the structures and focus on purpose. For instance are you pursuing a career because of ambition and material rewards or is it your true purpose and fully satisfying? Therefore it is not uncommon for the initial effects of Neptune to be confusion and disillusion, perhaps even a sense of loss. Gradually awareness emerges and you are able to see what is underlying the illusions and what you can gain by changing your course and embracing values that truly enhance your journey in life. Neptune helps you see the truth of any situation and therefore live your own truth. As Neptune travels through your 6th House you need to take care of your health, taking particular care with drugs of any description. The trouble is that your body is overly-sensitive during this time. You may even develop or discover allergies. You may also feel somewhat lethargic, overwhelmed by the demands of a busy life. A good balance of rest, exercise and a healthy diet goes a long way towards helping you cope with the stress of a busy schedule. You may also benefit from seeking advice from alternative healers, or perhaps even exploring options for working as a healer or in a spiritual field.

**Neptune Square Pluto**

From 12 Jan 20

Exact 31 Jan 20 11:10
This transit usually occurs around the age of 70 years and is a period of adjustment. It is time to come to terms with your past, in particular your dreams. You reflect on your life's achievements with the wisdom of hindsight letting go of dreams that can no longer be fulfilled. You may hold on to a few personal desires which can still be attained; however, it is likely that you change your focus to a more spiritual path. It is possible that you could feel disillusioned during this transit. You would do better to focus on the positive memories and the goals that have been achieved rather than dwell on painful memories.

Pluto in the 4th House

From 12 Jan 20

Pluto is the slowest moving planet in the Solar System, taking approximately 248 years to complete a circle around the Zodiac. This slow-moving planet's transits are long-lasting and initially pack a punch if you are not living according to your true natures. The more you are your authentic self, the more that you can embrace the positive side of Pluto. The author of the website Caf Astrology puts it best when stating: "Pluto compels us to explore more deeply. Superficiality is not acceptable for Pluto. Pluto transits insist that we get in touch with our core purpose and our deep sense of power. New levels of intimacy, not only with others but also with ourselves, are discovered and uncovered." Currently you may feel that the foundations of your life - family and home - are changing and it is difficult to find a firm foothold. In effect the foundations of your life, which you believed to be sure, are cracking. This can be exciting if you enjoy the challenge of change, but most often it is a time which leaves you feeling vulnerable. The areas most affected by this transit are your home and family members. It is a time of intensity and upheaval on the homefront. Family members may leave home or come to stay disrupting the comfortable routine. It is also possible that you change homes during this transit. Whatever the circumstances you are being asked to delve into your personal life with a view to changing at a deep level. You will not feel like the same person by the end of this period.

Pluto Semisquare Pluto

From 12 Jan 20

Exact 28 Jan 20 07:23

It's time to change your attitude to spiritual matters. Perhaps you change your beliefs, discarding old ones when new insights are made. It is also possible that you are required to make changes in your life as the result of the birth or death of a loved one.

Pluto Quincunx Chiron

From 12 Jan 20

It's time to let go of memories and emotions from the past, which may still be lingering on your mind, and to face the future with the wisdom of maturity.
THE BIRTH CHART

Cameron Diaz 30 Aug 1972 02:53 San Diego United States 32N42 (Lat) 117W09 (Long)

The Planets

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