

# Balancing the Elements in your Chart with FOOD, COLOR, and MUSIC

by Eva Starr

**E**very astrologer brings their unique background and interests to their astrology practice. I am a **Cancer Sun** and a graduate of the San Diego Culinary Institute, so food is a significant part of my world. Trained chefs take an extraordinary interest in the colors, smells, and aromas of food, along with the taste of the palate. A balanced approach is essential to the design and delivery of a dish.

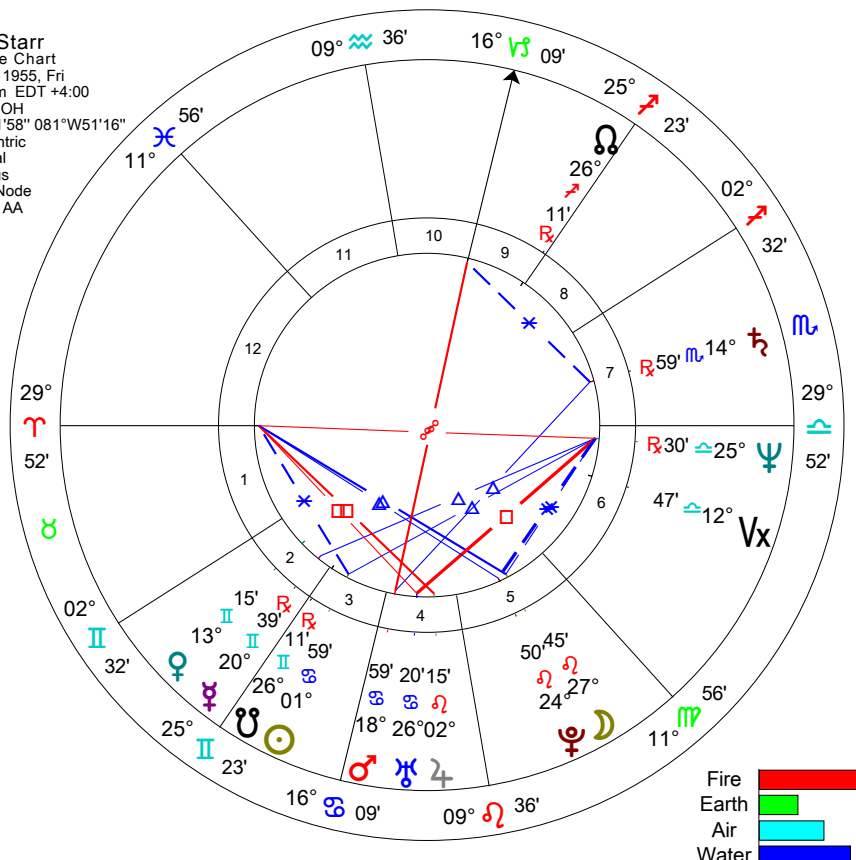
My chef's eye is equally attuned to the concept of balance in an astrological chart. I've learned to look at charts from a holistic viewpoint and evaluate the elemental balance, taking note of missing or excessive elemental energies. I then consider what actions could be taken to create greater balance, adding elements like ingredients to a dish. This exercise is easily applicable to natal charts and can also be used for solar return periods.

In Western astrology, the zodiac contains four elements, and each zodiacal sign is associated with one element. If you use astrological software, many programs will calculate an elemental balance for you. To do it by hand, you simply consider the sign placement of planets and personal points.

Elements	Signs
Fire	Aries, Leo, and Sagittarius
Earth	Taurus, Virgo, and Capricorn
Air	Gemini, Libra, and Aquarius
Water	Cancer, Scorpio, and Pisces

My natal horoscope is provided with a line graph of the elements to provide an example. My chart is heaviest in the elements of fire, followed by water and then air. It is lowest in earth.

Eva Starr  
Female Chart  
Jun 24 1955, Fri  
2:31 am EDT +4:00  
Berea, OH  
41°N21'58" 081°W51'16"  
Geocentric  
Tropical  
Placidus  
Mean Node  
Rating: AA



If you're new to astrology, contact a professional astrologer for help deciphering the elements of your natal chart.

## Balancing Elements with Diet

With a natal **Mercury in Gemini trine Neptune in Libra**, my thirst for knowledge is insatiable. I have studied astrology along with other metaphysical and spiritual subjects since the early 1970s. I have to come to believe that everything is energy and has a vibration, so many techniques can be used to restore balance.

Chakra work, numerology, aromatherapy, and dietary and color therapies are some of the areas I have explored through works

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of influential teachers like Edgar Cayce and Louise Hay. As a chef, I particularly enjoy experimenting with the concept of balancing a chart's elements through food.

### FIRE

The fire signs are as the spark plugs of the zodiac, reminding me of the Energizer bunny or the Roadrunner character from Bugs Bunny cartoons. Fire signs want action and are driven by passion. Fire rules the function of internal combustion, fights off toxins and viruses, and tends to high fevers.

#### Excess Fire

When there is an excess of fire in a chart, the native may tend to be impulsive, with an *act first, think later* mode of being. People with heavy fire energy may be prone to burnout, overstimulation, or inflammation. To balance that excess, choose foods that are cold, moist, and heavy, such as grains and root vegetables. Avoid red meat and spicy foods.

#### Low Fire

Low fire in a horoscope may result in poor digestion and the disease-fighting gut heroes may be low on energy. People with little fire may be lackadaisical and slow to take action. For balance, choose foods that are light and aromatic, and avoid cold foods, dairy, and meats. Lemon, yogurt, and bitter greens are good choices, as well as certain teas and herbs. I recommend cinnamon, garlic, ginger, and cayenne as warming influences.

### EARTH

Earth Signs are the *Steady Eddies*, solid as a rock, and persistent. The earth element governs the skeletal and eliminatory systems, including teeth. People with strong earth in their horoscope thrive on connecting with the physical earth, working with plants, dirt, and stones. They are generally more resistant to transitory colds and flu than people with heavier with Fire and Air influences.

#### Excess Earth

Excess earth in a chart lends to sluggish systems and a heaviness to the body. Metabolism and digestion slow down, and there may be an increased density of body tissue and body hair. To offset excess earth, select fruits, salads, sprouts, or steamed vegetables with spices. Soups and teas are good choices, and a heavier diet should be avoided.

### Low Earth

People with low earth in their chart may need grounding. When the earth element is light or missing, the native needs stable routines to provide structure. Earth-light folks may need more sleep than others. They can benefit from literally touching the earth. Good dietary choices to add earthiness are meat, potatoes, grains, root crops, steamed veggies, cheese, butter, sugar, and oil. I recommend avoiding fruits and raw foods.

### AIR

The air signs are the *Chatty Kathys*, often witty and knowledgeable. Archetypes of the conversationalist and the curiosity seekers are associated with air. The air element rules the respiratory, circulatory, and nervous systems. Air-heavy people can easily be thrown off-kilter, with quick wits turning into an overwhelmed mode at times.

#### Excess Air

Excess air in the chart may lead to restlessness, nervous exhaustion, and insomnia. The skin and hair may be prone to dryness. Natives with heavy air benefit from lightly steamed vegetables, nuts, croutons, and enzymes, which help in the proper absorption of nutrients. It's best to avoid raw foods, grains, root crops, and refined sugar.

#### Low Air

Low air in the horoscope can indicate an introverted personality. The native may feel uncomfortable around people, with an under-the-radar curiosity about the world around them. To increase the influence of air, eat plenty of raw foods, sprouted seeds, oatmeal, and yogurt. Vegetable juices can be beneficial. Restore balance with herbs like ginger, garlic, cayenne, and dandelion root.

### WATER

Water signs are the touchy-feely people of the zodiac, the emotional roller-coasters who fluctuate like the tides of the ocean. People with strong water placements may process energetically through emotion as if they are picking up the emotions of the world through osmosis. Water lubricates, flushes, and cools the body. Any health problems tend to occur in cycles.

#### Excess Water

If a person has excess water in the chart, it may lead to a sluggish digestive system, poor assimilation, and slow metabolism. They may also be prone to cysts and swelling, especially when the **Moon** is full. All humans are affected by the Moon as our bodies, depending on age, are two-thirds to three-quarters water, but those with heavy Water influence can experience the lunar cycle more acutely. For balance,

choose foods that are hot, dry, and light. Steamed vegetables and fresh fruits are helpful. Avoid oily foods, dairy, sweets, bread, and salt.

### Low Water

When there is little water in the constitution, people may need help flushing the toxins from the body, and tend toward dehydration and insomnia. People with low water suffer from conditions akin to people with excess air, including dry skin and hair and difficulty with nutrient absorption. Behavioral remedies might include taking baths, drinking plenty of fluids, and living near water. Foods like melons, cucumbers, and other fleshy vegetables will be helpful. Natives with low water in the chart should avoid periods of fasting, as their bodies are less able to withstand the stress.

### Balancing Elements with Color

Another passionate interest of mine is color therapy, known as *chromotherapy*. The use of color offers another potential pathway for treating elemental imbalances in a horoscope.

Planets, signs, and houses are linked with specific colors, although sources may differ on the associations. For purposes of this article, I am using the work of Patrice Guinard, Ph.D. on the study of *Planets, Colors, and Metals*. Guinard's work takes into consideration the metal composition of the planets and defines the appropriate colors as follows:

- Sun - Yellow
- Moon - White
- Mercury - Brown
- Venus - Green
- Mars - Red
- Jupiter - Orange
- Saturn - Grey
- Uranus - Blue
- Neptune - Violet
- Pluto - Black



Other authors may vary from Guinard on the planetary associations with specific colors. For example, I have seen the color silver associated with the **Moon**, and

## BALANCING THE ELEMENTS

saffron with **Jupiter**. Vedic astrology uses a slightly different system and takes into account the science of Ayurveda and the three doshas, vata, pitta, and kapha. I have studied and admired Deepak Chopra's work using this system.

Chromotherapy can be used to manage excess energies within the natal chart or during transitory periods. **Mars**, for example, is a hot and dry planet, associated with the fire element and the color red. In my natal chart, I have an **Aries Ascendant**. Mars is the ruler of the Ascendant and closely conjunct my IC, which means Mars is in harsh aspect to Ascendant, Descendant, and Midheaven. When Mars or my Ascendant is activated by transit, I may want to cool down that fire energy so I am not involved in a temper-flaring brawl everywhere I go. One way to do that is by using the color blue.

If a natal chart abounds with earth energy (Taurus, Virgo, and Capricorn) and placements in the fixed signs (Taurus, Leo, Scorpio, and Aquarius), the native may be low on fire and need a boost. In this case, you could recommend the color red to *inflamm* action. Chromotherapy is another modality we can use to balance out the excessive or depleted energies in our charts.

### Balancing Elements with Music

For the Venusian and Neptunian souls who are musically inclined, the idea of rebalancing a chart might be explored in another

dimension with music therapy. This is an area where I have only dabbled, since the nuns in parochial school told me to lip-sync in the choir, long before anyone ever heard of the infamous lip-syncers Milli Vanilli.

Sources that associate musical notes to planets and zodiacal signs vary widely. In Raymond Buckland's book *Practical Color Magick*, he attributes *keynotes* for each sign as follows:<sup>1</sup>

**Aries: D-flat major**  
**Taurus: E-flat major**  
**Gemini: F-sharp major**  
**Cancer: G-sharp major**  
**Leo: A-sharp major**  
**Virgo: C major**  
**Libra: D major**  
**Scorpio: E major**  
**Sagittarius: F major**  
**Capricorn: G major**  
**Aquarius: A major**  
**Pisces: B major**

In my natal chart, there is a heavy water emphasis with my **IC, Sun, Mars, and Uranus in Cancer** and **Saturn in Scorpio**. I have had difficulty with constipation in my life. Buckland states that the problem of constipation is associated with the intestinal area and governed by Virgo. Since Virgo's keynote is C major, listening to any piece of music in the key of C major would be a fitting accompaniment for this issue. I recently learned that *Imagine*, a song by John Lennon, is one the most popular songs in C major, and added it to my playlist.

### Choose What Works for You

My natal chart also has an excess of fire, with **Aries Rising** and the **Moon, Jupiter, and Pluto in Leo**. On days when I have stressful aspects hitting my **Mars** or clashing with the **Sun**, I have several options to balance that fire energy. I could select foods based on dietary guidelines or consider color therapy by adding more grey or green to my day. Color therapy could be used through my diet, wardrobe choices, or by spending time in my garden where the color green is abundant. Perhaps I would locate a song in the tune of H major, to offer some Capricorn earth energy.

*I encourage you to play around with different techniques using food, color, and music to balance your chart. Take note of what you find helpful and share it with me. I would love to hear from you.*

#### REFERENCES

1 Raymond Buckley, *Practical Color Magic* (1983).

*Eva Starr, a practicing astrologer since the 70s, studied under Pat Geisler, is a member of OPA, LCAA, SDAS, NCGR, & AFA. Starr's writings and horoscope columns have been published from coast to coast for the last 20-plus years. Along with being a published author, Starr hosts a cable TV show, "Reach for the Moon". Born under the zodiac sign of Cancer, and an Aries rising, and Leo Moon, she captures you with her dramatic flair, stimulates you with her wild enthusiasm, yet touches your heart with an undeniable warmth. Eva's website is [evastarr.com](http://evastarr.com). And she will be presenting "Working with Your Lunar Return" for OPA on May 7th.*



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