



Charting a Successful Surgery

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By Eileen Naumann

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Picking a successful surgery date is not an art, rather, it is a formula that I've been fine-tuning since 1970. In that formula, avoiding the wrong day is as critical as choosing the right day. The wrong day can cause you a longer stay in the hospital and a longer recovery time, not to mention having sponges left in your body, picking up a blood disease, contracting the local hospital virus or bacterial "bug," etcetera. And this doesn't include the obvious malpractice (the oops factor as I refer to it) of taking the wrong organ or operating on the wrong limb--you get the idea.

LAND MINES & HAND GRENADES

Step one in selecting a successful surgery date is trying to get the most serious land mines and hand grenades off the table. They are:

1. Mercury retrograde
2. Mars retrograde
3. Moon void-of-course
4. Transiting planet turning retrograde or direct on the day of the surgery.

MERCURY RETROGRADE - I suggest that 7 days before and after, what I term the 'shadow' period, is just as problematical and behaves like a true retrograde and should be avoided. This means lab reports may be misread, x-

rays may not be evaluated correctly, or the wrong person's test may be given to your Doctor and he will think it's your test.

It's absolutely imperative to get a second, even third opinion during this time.

TRANSITING MARS - *Surgeon's scalpel or an axe?* Again, 7 days before and after the actual retrograde behaves like one. Mars rules our muscles and red blood cells and our vitality and energy reserves. When Mars is retrograde, this is when medical malpractice really rears its head because Mars also rules the surgeon. Be sure, if you must have surgery during this period, to tell your surgeon in no uncertain terms that EXTRA blood transfusion material must be available in case you do hemorrhage, have a 'bleeder' and they can't stop it from bleeding and must have a transfusion to replace it. Fever and infection/inflammation are always a strong possibility after surgeries under a Mars retrograde.... so if they kick you out of the hospital too quickly, be on the lookout for this possibility and don't wait. Call your physician immediately.

Recovery time will be longer than normal for surgery performed during a Mars retrograde. Mars rules our energy; it is our vital force (coupled with our Sun). How quickly we bounce back can be determined by several factors. Under a transiting Mars retrograde, all bets are off, and everyone is not going to recover in the 'normal' expected time.

BEWARE THE VOID-OF-COURSE MOON - In our business, we call this a "VOC." The Moon makes its last major aspect

in the sign it is in, and the period between that time and the first major aspect it makes in the next sign, is said to be Void of Course. Medically astrology-wise, a VOC behaves EXACTLY like a Mercury retrograde! We've also found over the years that you should NOT schedule 3 hours BEFORE the Moon goes VOC, and do not schedule a surgery until 3 hours PAST the VOC. This is that 'shadow' time when things become muddled, confused, and chaotic.

TRANSITING PLANET GOING DIRECT OR RETROGRADE AT THE TIME OF YOUR SURGERY -

Do not schedule a surgery on a date when ANY transiting planet is either turning direct or retrograde. Things will go wrong. How badly, depends upon which planet is involved. Some possibilities are: Mercury: nerve related damage. Venus: a vein-related problem. Mars: unexpected hemorrhage. Jupiter: massive swelling. Saturn: bone infection. Uranus: problems with electric equipment, lights and appliances in the operating theater. Neptune: you may pick up a bacteria or virus in the most unusual and unaccountable way. Pluto: you can die on the table, be resurrected, die again; sudden transformation.

CHOICES WE CAN LIVE WITH

NEW MOON OR FULL MOON –

If you have your druthers; and all things being equal, and the surgery is elective instead of an emergency that can't wait (no matter WHAT the transiting aspects are to that person's chart), always try to catch NEW MOON energy. The reason is that the tidal blood flow in our body is at its lowest ebb and people do not hemorrhage as easily, bruise less, and swell less, at the surgery site. At a FULL MOON, the blood tidal flow is at its peak, and a person who must have surgery during this time will experience far broader bruising, swelling (this means taking more pain meds), and serious possible hemorrhaging at the surgery site.

I always like to schedule 5 days before or on the NEW MOON for best results. However, this piece of the formula is one of our 'giveaways' that if we can't get the perfect day, then we will schedule on a full moon, if necessary. Homeopathic precautions and remedies can alleviate some of the possibilities and helps level the playing field on this full moon energy.

AVOID SURGERY WHEN THE TRANSIT OF THE MOON IS IN THE ZODIAC SIGN RULING THAT ORGAN OR SYSTEM OF YOUR BODY - For example, if you must go in for heart by-pass surgery, we do not want to schedule this surgery for the transit of the Moon in Leo, because Leo rules the heart and cardiovascular system. We have seen that it exacerbates potential problems that could occur with the surgery. And, of course, you need this possible complication like a hole in the head.

We also try, if possible, to avoid using the transiting Moon in a sign opposite the sign ruling the body part that is going to be operated on. In the above example, we would try not to choose a day where the transiting Moon is in Aquarius, either. We've observed that the same things can

happen, but are about 50% less problematic than when the Moon is in the sign that rules that organ or system that is going to be operated on.

FIXED, CARDINAL AND MUTABLE SIGNS - Choosing a mutable sign to have the transiting Moon in works well when surgery is "exploratory." Mutable signs are ultimately flexible and the most creative of the Quadruplicity. One wants the surgeon to be in just that 'creative' frame of mind when s/he is poking around in you looking for the root cause of all your problems.

When surgery is known, try for a fixed transiting Moon. A transit of the Moon in a fixed sign of Taurus, Leo, Scorpio or Aquarius ensures a number of things. First, that the surgeon is going to go in and do the surgery on the organ agreed upon. Secondly, the surgeon's hands are at their steadiest in a fixed sign. And when one has delicate surgery, such as cataract or laser eye surgery, you want really steady hands and no 'oops' or slip ups on the surgeon's part. If you can't use a Moon in a fixed sign for whatever reasons, then opt for a cardinal sign, next. The hands aren't quite as steady, but guaranteed, your surgeon will be FAST. You will come out of surgery sooner than expected under a cardinal Moon.

From another point of view, those who have surgery under a Cardinal Moon will heal faster than under a mutable Moon (fastest healer) and a fixed Moon (slowest of the three).

MOON COMBUST THE SUN -

This is a very old rule and I find that it's worth considering when setting up a good surgery date. And again, this is one of those 'druthers' that if you are forced into having this situation, then do it. But if you can avoid it, do so. I have found that if the transiting Moon is within 10 degrees applying to the person's natal Sun position, that everything gets heightened, more tense, more anxiety-ridden than the

normal reaction to an operation (and you're nervous, worried, anxious anyway). Moon combust the Sun just turns up the volume and intensity. It is the seesaw between the emotions ruled by the Moon and the person's Vital Force, the Sun. It is about one's emotions being so intense and brutally dark that it really begins to tear into the vitality and energy of the person as a whole and to bleed them dry, emotionally and psychically speaking. When this happens, the immune system is compromised even more, and it begins a domino-like effect that works against the person.

Happily, there are homeopathic precautions and prescriptions that can ameliorate the person's worry, angst and anxiety. More on homeopathy can be found at the end of this article.

TRANSIT OF THE MOON IN HARD ASPECT TO OTHER NATAL PLANETS - In elective surgery, this is much easier to do than a surgery that must be performed quickly, or even on an emergency basis. All things being equal, make sure there are no hard aspects of the transit of the Moon on surgery day to the person's Sun, Mars, Saturn, Neptune, Uranus or Pluto. These will work against the person in a number of ways. Instead, try to have soft aspects, such as a sextile or trine.

In some, few cases, conjunctions work well with Venus or Jupiter at the time of surgery. I call these our "guardian angel" aspects, and if you can get one for the surgery day, even with all things not being equal, it guarantees a good outcome to the surgery. *The only case where it won't is in cosmetic surgery.* For cosmetic surgery there can be no hard aspects from the Moon to any planets listed above.

COSMETIC SURGERY - In the case of cosmetic surgery, the medical

astrologer must make sure that the transit of Venus (beauty) and Neptune (the illusion of beauty) are making soft aspects to everything in the natal chart, for starters. Otherwise, you will look in the mirror after the work is done and go “eeeeekkkkkk” and not like it at all. Neptune warps our vision of how we see ourselves, unfortunately.

GUARDIAN ANGEL ASPECTS THAT CAN SAVE YOUR LIFE – As mentioned previously, the transiting Moon either conjunct, sextile or trine the person’s natal Venus or Jupiter at the time of surgery is a sign that a higher Cosmic force than the surgeon is paying attention to you on that surgery table. These are the ‘guardian angel’ aspects. I have seen one of these, time and again, make up the difference on a surgery chart that we’ve selected.

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HOMEOPATHY — MAKING THE BEST OF BAD

Luckily for all of us who might have to undergo an operation, there are things we can do to help ourselves emotionally, mentally and physically. Best of all, these things can help us heal up in a faster time than normal.

PRE-OP PREPARATION—30 DAYS BEFORE THE OPERATION

Homeopathy and vitamins and minerals

can all play a strong part in preparing your body and soul for your coming operation. I suggest the following 30 days BEFORE the operation takes place (keeping in mind that your physician and surgeon should know WHAT you’re putting into your mouth so they can approve of it or not....)

Vitamin C: Vitamin C helps to support the shock your body is going to take under the knife. It also strongly supports your immune system as well as reducing the stress you’re going to feel prior to the surgery. It is one of two vitamins that “feed” the adrenal glands, and they are directly connected with our immune system and how well we handle (or not) our stress.

B-Complex: The B-complex is one of the best stress reducers known. If your stress is reduced, so is the potential damage and suppression of your immune system, which we want strong and resilient, going into the surgery.

Pantothenic Acid: This is part of the B-Complex. I like to use this any time I’m under continued stress, worry, anxiety or whatever is clobbering me in my life at that time. One of two vitamins that ‘feed’ the adrenal glands, this one is well known to stop adrenal exhaustion and to support them strongly. By supporting the adrenals, we can prevent stress from eating us alive and taking a pound of flesh, or reaching our sensitive immune system, which we absolutely want intact for the coming operation.

Vitamin E: Be SURE to let your doctor know you are using this. Vitamin E helps with the general healing of the area operated and cut upon. It is a natural oil and keeps the skin soft and well lubricated. It also helps to stop scarring. *People with heart problems should NOT take Vitamin E without their physician’s approval first.*

THREE DAYS BEFORE THE PLANNED OPERATION

— If you are under the present care of a homeopath, then do nothing but take this article to her or him and let her or him decide what is best for you. If you are not under the care of a homeopath, then consider the following.

Aconitum napellus: This is used

routinely for people who fear they may die on the surgery table. Further, we use this same remedy after surgery because it handles ‘shock.’ This is used with phobias, anxiety, and panic attacks as well.

Gelsemium: Is used for people who have a fear, anxiety, but it is non-specific. This should also be considered for people who are sensitive, or who ‘run’ on their central nervous system (think: Gemini and Virgo, or a strong Uranus or Mercury person) because this remedy sedates and protects it beautifully.

POST-OP HOMEOPATHIC REMEDIES — Surgery is a shock to the body that is always accompanied by a need for healing.

Phosphorus: This remedy should be used FIRST, and if possible, during the recovery stage, right after you come out of surgery. It eliminates the nasty nausea and potential vomiting that may take place after surgery, due to the administration of anesthesia.

Arnica montana: This incredible remedy is used for post-operative swelling, bruising and shock. It is wonderful for reducing swelling within twenty minutes of taking a dose. Bruising goes away in one-third quicker time, too. The ‘shock’ to the tissue that was traumatized by being cut is also dealt with and therefore, healing is speeded up as a result. Instead of the ‘normal’ six weeks for bruising and swelling to leave (especially in cosmetic surgery), it takes only 4-5 weeks. *NOTE: This should be administered in a very high potency, but only a qualified homeopath should do this—not you. Please contact your local Homeopath.*

Aconitum napellus: One dose of Aconite is used after surgery because it handles the ‘shock’ to the body, emotions and psyche from the operation (which is considered by the body as a sudden, shocking assault upon it and the cells hold the memory of that ‘attack’ for years and decades to come if it isn’t “cleared out” by this remedy.) *NOTE: This should be administered in a very high potency, but only a qualified homeopath should do this—not you.* Homeopathy makes the difference between a ‘normal’ healing

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time and bouncing back 30% sooner, even in as little as 3-4 weeks. You can use that part of your body sooner, to get it back into shape, too. If you do not know of a local homeopath, you can call the National Center for Homeopathy at: 1-703-548-7790 to find one. Or, access their web site at www.homeopathic.org. They have a directory, listed state-by-state, of homeopaths. They can guide you on not only potency, but dosage, how often and when and what to use.

NO SURGERY CHART IS PERFECT

No surgery chart is going to be perfect. You will never get all these rules moving the right direction simultaneously. It just doesn't happen in my experience. What one tries to do is get the most serious ones off the table: Mercury retrograde, Mars Retrograde, Moon Void of Course and the day on which a transiting planet turns retrograde or direct.

The others then become things we like to see off the table, but if they can't be we

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can live with it and so can the patient. Making up the difference with a nice aspect from the transiting Moon that day to either the person's natal Venus or Jupiter can cover a lot of sins of omission that potentially take place during surgery.

Finally mitigate the trauma and shock of a surgery's invasion on the mind, body and spirit with some efficient homeopathic preparation before and healing support after for a successful surgery.