

Supporting Your Planets: Planetary Remediation How To

The first time I saw my natal chart, I cried. So many planets in so many bad spots. Everybody has Venus somewhere in their chart, but not all Venuses are equally strong! But no placement is hopeless. There are methods for improving problematic planetary energies. And if you implement the methods correctly, they will improve the life-areas the planets govern. (Read more [HERE!](#))

Planetary remediation is the art of boosting your energies or abilities using actions, materials, and spirits related to your planets.

Supporting Planets That Need Help

What planet might be problematic? (Note: afflictions can show up as **challenges with “too much” or “not enough” in any life area.**)

- Nurturing, self-care, sitting comfortably with emotions, relationships with mothers or maternal figures – remediate MOON
- Too much or not enough analysis, difficulty managing details, poor memory or retention, harsh words or inability to articulate your point so that others understand – remediate MERCURY
- Relationships, enjoying the pleasures of life, art or creativity, attitudes about food, personal appearance, hygiene, insufficient energy for or excessive preoccupation with sex – remediate VENUS
- Ability to receive healthy attention and be seen, finding an audience, being authentic, shining your light, dealing with authority, recognizing and honoring your true self, asking for what you deserve – remediate SUN
- Setting healthy boundaries, standing up for yourself or others, managing conflict, curbing your temper, physical vigor, self-defense, active lifestyle, excessive injuries or accidents – remediate MARS
- Being naive or gullible, expanding your attentions and activities, constantly learning without taking action, difficulty choosing between options, giving away too much or being miserly, excessive or insufficient benevolence, too much travel with difficulty settling down – remediate JUPITER
- Too harsh or self-controlled, inability to commit to a long-term plan, insufficient discipline, too much short-term thinking or risk-taking, overconsumption, excessive shopping or spending, disrespecting tradition or the elderly – remediate SATURN

You can also check the astrology natal chart for:

1. Planets in signs of their Detriment or Fall (see list at the bottom)
2. Planets conjunct (within 10°), opposed from (175-185°), or squared by (85-95°) Mars or Saturn
3. Planets in the 6th, 8th, or 12th house
4. Planets “under the beams”, within 15° of the Sun (unless they are in the signs of their rulership)

Once you identify the challenged planet, boost or regulate its energies through **related actions** or **related objects** (see below).

Actions	Objects
<ul style="list-style-type: none"> • Do more things associated with the planet • Spend time with and learn from associated people • Donate money, time, or resources to associated groups • Interact with the planet’s energies and entities on its planetary day and hour 	<ul style="list-style-type: none"> • Wear associated colors, stones, or scents • Ingest associated foods or teas • Create talismans, amulets, or charms on the planetary day and hour

Tips for Success

- **Start with one planet at a time and commit a couple of months to focusing just on it.** If you need to work with more than one, don't start with Mars or Saturn (be judicious with them because a little Mars or Saturn energy goes a long way!)
- **Set your intention beforehand.** How do you want to get better? How do you want this planet’s energies to manifest in your life? Consciously anchor the planetary energy into your own body and your own habits.
- **Use your intuition to decide what to do and when.** You're not supporting planets in general, but rather a specific planet as it functions *in your life*. Effective activities will have their own unique flavor and qualities. (Use the planet’s sign, house, and aspects in your natal chart for ideas.)
- **Repeat.** This isn't a “one and done” type of healing. You need to repeat good habits to create good energy.

- **Track your results.** Notice what works. Do more of that. If you find it helpful, journal or record your “before and after” experiences. Be patient and keep working at it. This skill takes time to develop.
- **Get support. Ask your Spirit Team for help and *thank them*.** Put your desires out there. How would you like these energies to function better in your life? Find people and benevolent spirits who can help you.

If you have more questions about how to apply this in your life or your chart, feel free email me at robin@poolmx.com.

Make sure you check out my article [“Support Your Planets, Fix Your Life”](#) for more techniques, tips, and tricks for success!

Best wishes and big hugs! Robin

Planetary Associations

<p>MOON - <i>healing and nurturing</i> Start seeds, nurture house plants, receive local healing Donate to or get involved with organizations that benefit mothers, children, or people who work with the sea.</p>	<p>Take better care of yourself or others. Hug more. Be a parental figure. Get in touch with expressing emotions. Listen sympathetically without offering advice. <i>Hang out with caretakers, travel agents, sailors, healers.</i></p>
<p>MERCURY - <i>communicating and analyzing</i> Speak words of affirmation and appreciation. Listen to the spirits of your natural environment. Donate to or get involved with organizations that benefit education, data use, or financial literacy.</p>	<p>Make a pro and con list. Act out of logic rather than impulse. Speak up for those who need it. Learn a new language or technical skill. <i>Hang out with accountants, business people, analysts, scientists, magicians, linguists, writers.</i></p>
<p>VENUS - <i>beautification and enjoyment</i> Become a better cook, using fresh natural ingredients, Exercise creativity or have fun outdoors. Donate to or get involved with organizations that promote the arts or beautification.</p>	<p>Take time to enjoy life. Have a picnic. Connect with nature. Make your home more comfortable. Strengthen relationships. Create art, decorate, beautify. <i>Hang out with artists, decorators, chefs, estheticians, perfume makers, people who enjoy the good life.</i></p>
<p>SUN - <i>helping others and yourself shine</i> Encourage people to be visible and express themselves. Step up to be seen and lead. Come out of any closet. Donate to or get involved with organizations that promote performing arts, leadership, or political change.</p>	<p>Sing karaoke. Raise your hand to make a point in a meeting. Show your personality, hobbies, or interests. Share a message. Connect with important or influential people. <i>Hang out with performers, politicians, royalty, people who like being the center of attention, comedians.</i></p>
<p>MARS - <i>acting and exercising</i> Pick up litter. Fight through obstacles. Protest. Take risks. Stand up for the environment at work. Improve your fitness. Donate to or get involved with organizations that promote fitness or benefit youth or veterans.</p>	<p>Fight for a cause you believe in. Learn martial arts. Set boundaries about what you will and won't tolerate. Stand up for those who can't stand up for themselves. <i>Hang out with military, athletes, young people, individualists, risk-takers, metalsmiths.</i></p>
<p>JUPITER - <i>expanding and exploring</i> Try something new that you've never done before. Go places you've never been. Travel long-distance. Donate to or get involved with organizations that benefit higher education, justice issues, or international audiences.</p>	<p>Learn about foreign people or places. Become more tolerant. Try ethnic food. Explore law, philosophy, or spirituality. <i>Hang out with scholars, lawyers, philosophers, world travelers, people who want the best for others, anyone who expands your horizons.</i></p>
<p>SATURN - <i>focusing, weeding out, and repairing</i> Deep clean. Repair, donate, or recycle instead of buying new. Do maintenance on old, neglected places. Work the land. Focus on what serves you and others (stop spiraling!) Donate to or get involved with organizations that benefit history, tradition, preservation, the elderly, or the land.</p>	<p>Make practical decisions and stick to them. Save money. Channel down your options and commit. Make a tough call. Respect tradition. Do something the old-fashioned way. <i>Hang out with older people, the homeless, farmers, traditionalists, institutions or corporations.</i></p>

Planet	Stones / Metals / Natural Substances	Colors / Animals
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Moon ☾	Selenite, moonstone, pearl, mother of pearl, white coral SILVER Cardamom, jasmine, geranium, lemon, coconut, papaya, lilies	White, silver, pale colors – Babylon: blue Dolphin, hare, cat, deer, unicorn,
Mercury ☿	Marcasite, agates, malachite, opal, labradorite, quartz Lemongrass, sandalwood, dill, marjoram, lavender, honeysuckle birch, aspen, magnolia, dandelion, ginger ALUMINUM	Speckled colors, deep green, yellow, violet Babylon: variable Snake, owl, ibis, jackal, hippogriff
Venus ♀	Carnelian, yellow sapphire, pastel corals, rose quartz, alabaster Rose, myrtle, ylang ylang, honey, rosemary, apple, pear COPPER	Sea green, pink, pastels – Babylon: white Dove, swan, mermaid
Sun ☼	Ruby, sunstone, jasper, citrine, yellow topaz, amber Sandalwood, citrus, frankincense GOLD Lemon, honey, pine, walnut, sunflower, chamomile, yellow roses	Gold, bronze, scarlet Babylon: yellow firefly, peacock, dragon, lion, phoenix
Mars ♂	Bloodstone, red jasper, red carnelian, red coral, ruby, garnet IRON Dragon's blood, myrrh, cinnamon, juniper, black pepper, holly	Red, yellow, fiery or shining Babylon: red Hawk, bear, wolf, ram
Jupiter ♃	Amethyst, blue sapphire, topaz, clear quartz TIN Balsam, cedar, oak, olive, juniper, lime, dates, pistachios	Blue, purple, brown – Babylon: orange Stag, bull, griffin, eagle
Saturn ♄	Sapphire, smoky quartz, onyx, obsidian, black tourmaline, the dust and rubbish of any other stones LEAD (other metals in raw ore form) Witch hazel, yew, elm, cypress, myrrh, patchouli, violet, poppy	Black, dark gray, murky or muddy colors Babylon: grey Raven, basilisk, moth, decay insects

Planet	Day	Angel	Good for boosting
Moon	Monday	<i>Jibrā'īl</i> جبرائيل	Healing, intuition, self-care, comfort with emotions, nurturing, health
Mercury	Wednesday	<i>Burqān</i> برقان	Knowledge, eloquence, skill, memory, logical decision-making, analysis
Venus	Friday	<i>Anā'īl</i> عنانيل	Love, beauty, passion, enjoying life, relationships, creativity
Sun	Sunday	<i>Dardā'īl</i> درذائيل	Authority, success, fame, authenticity, being seen/getting attention
Mars	Tuesday	<i>Samsmā'īl</i> صمصمائيل	Strength, boundaries, standing up for the needy, courage, healthy risks
Jupiter	Thursday	<i>Sarfyā'īl</i> صرفيائيل	Wisdom, trust, the right level of benevolence, prosperity, higher education
Saturn	Saturday	<i>Ksfyā'īl</i> كسفيائيل	Patience, endurance, commitment to projects, structure, limits, discipline

Planets in Detriment (D) or Fall (F)

Moon in Capricorn (D) or Scorpio (F)

Mercury in Pisces (D,F) or Sagittarius (D)

Venus in Aries (D) Scorpio (D) or Virgo (F)

Sun in Aquarius (D) or Libra (F)

Mars in Libra, (D) Taurus (D) or Cancer (F)

Jupiter in Gemini (D) Virgo (D) Capricorn (F)

Saturn in Cancer (D) Leo (D) or Aries (F)