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Ceres in the houses shows where nurturing is needed and from whom.

Ceres in 1. Life will be approached in a nurturing way, with spontaneous caring and sympathy being extended to others and towards life generally. People seeing this would be inclined to be nurturing in return. If, however, there was lack of support in childhood or even in the current life situation, the result could be a deep dislike of one's body image and fear of moving forwards in life. The healing key is to learn to accept oneself, both the good and bad.

Ceres in 2. The nurturing environment required for the development of good self-esteem, is one where we feel valued and appreciated. This is first and foremost. In childhood, living comfortably with the basic essentials provided - such as money, clothing, food and housing; these are also important. If however, there was a lack of appreciation and the essentials to decent living were not provided, an inner void could form that one tries to fill with possessions and money. The healing key is learning to value all that is good and beautiful in oneself.

Ceres in 3. A home environment which has positive communications, where kind words of encouragement are spoken on a daily basis is required for good esteem to flourish. This will help those with this combination to be confident in voicing their opinions. If, however, there was constant judgment and criticism, self-worth will be damaged and result in turn, words being used negatively to wound and hurt people. The remedy is to replace negative self-talk with words of encouragement and love.

Ceres in 4. Emotional comfort and positivity in the home and provision of a domestic environment that is warm and welcoming, these are required if good self-esteem is to flourish. If, however, there was a cold atmosphere where the focus was on the basics in the absence of emotional support and caring, then self-esteem would have suffered. This will result in insecurities about one's value as a homemaker or parent. Nurturing the inner child will help to heal this.

Ceres in 5. A family environment filled with fun, laughter and adventures, where all are encouraged to develop their creative skills and to go out into life with confidence; this will build healthy esteem. But if this is lacking, if self-esteem was squashed because of a lack of love and support, it could result in a restless search for true love through many shallow and unfulfilling romances. The remedy is to learn to love the child within.

Ceres in 6. The environment that will be most nurturing is one which is run efficiently, with great attention to detail and cleanliness, where good hygiene is the rule and attention to health is provided - and praise is lavished when these duties are attended to. These life-skills could provide the basis for a successful career. However, if there was drudgery with no praise or support, low esteem will plummet and depression will impair the health. A lack of confidence in coping with life challenges could arise and hypochondria develop. The inner-child needs healing.

Ceres in 7. Fairness and justice in important relationships - this is essential to the creation of an atmosphere of harmony and balance in the home environment; a vital factor if self-esteem is to flourish. However, if in childhood there was conflict between the parents and an unjust sharing of power - self-worth will fall. This could lead to a codependency situation and the continual demanding of time and attention to try to quieten inner anxiety. The remedy is to learn to have a loving relationship with oneself first.

Ceres in 8. Steady, unwavering emotional support, trust and encouragement is required for self-worth to develop healthily. But if there was abuse, rejection, sexual misconduct or misuse; it will result in a lack of confidence, fears about being able to cope with life and the extinguishment of hope. Consequently, esteem will plummet with resultant depression. The remedy is to go on a search for wisdom and psychological self-understanding. The skills gained to bring about inner-healing can then be used to nurture and heal others.

Ceres in 9. The best environment for self-esteem to flourish is one where freedom is given to explore life and truths in order to form one's own understandings, beliefs and moral standards about life. However, if independent enquiry was squashed by people with fixed minds and ideas, or unscrupulous people used religion or moral platitudes to prey on the innocent; esteem will fall and moral standards suffer. It is vital to escape from

this type of corruptive environment and to start a new and independent search for understanding.

Ceres in 10. A life that is prominent in some way, such as - being born in a family with status or achieving public success through one's own hard efforts; this will boost esteem. But the reverse is true if there was notoriety or public shaming from authority figures. Then low self-esteem and negatives such as doubting one's ability to succeed, or shame about appearing in public; could arise. Self-respect will rise if we learn to appreciate the little things achieved every day in life. A career could be based on mentoring people who are seeking to reach their high life goals.

Ceres in 11. Being surrounded by warm and supportive friends who are present in those times when emotional support is needed; is the best environment in which healthy esteem can grow. For others, being in a nurturing society or serving in a humanitarian organisation will provide what is needed. However, if in childhood there was betrayal by friends, rejection and abandonment; low self-esteem and resentment will result in rebellious retaliations. Being one's, own best friend can help such a situation.

Ceres in 12. Some with the placement may feel abandoned psychologically or emotionally and bereft because no comfort is to be found. This placement indicates that self-nurturing should be applied - in private and out of the mainstream of life. For instance, developing a love of nature and of forests, flowers and gardens; this will help to tap into the healing and nurturing currents of nature. Or practicing universal worship of some kind and appreciating the fact that one is "a child of the universe." All these will help.