

AstroUpdate – November 2010

Hi and welcome to the Stella Starwoman November AstroUpdate!

It's all happening this month.... I'm delighted to announce the launch of the [Stella Starwoman On Line Store](#) just in time for ChristmasAND Linda Marson & I are looking forward to hosting our 'In Your Element' three day workshop at beautiful Pottsville Beach in Northern NSW in late November. There are still a few places left if you'd like to join us (see below for special offer).

I'll also be doing readings at *Cristina Re's High Tea Party* on the 21st November at her flagship store 'Where A Girl Goes' in Collingwood, if you fancy a luxury day out with champagne, fine food, manicures, live music, papercraft workshops and of course astrology readings.

And as if that weren't enough excitement for November, I've been invited to help launch Annika Glac's new feature film *Belladonna* which premieres in Melbourne this month. You can meet Annika and myself on the 19th at the screening at Cinema Kino at 7pm. That's just the news for Planet Earth..... read on to find out why Neptune's imminent move into Pisces is such wonderful news for artists, musicians and spiritual seekers.

Launch of Stella Starwoman Shopping Cart



The words 'shopping' and 'cart' sound so simple and straightforward, but as anyone who's ever set up an internet store will know there are many challenges and pitfalls to be faced! As an avid on line shopper myself, I hope you'll enjoy browsing my brand new STAR STORE – here are a few product highlights. Please let me know if there's something you'd like to see in stock.

[Zodiac Screensaver – a new affirmation for each week of the year for your star sign - \\$19.99 \(Mac/PC\)](#)

[Astrological Calendar & Moon Planting Guide from Thomas Zimmer - \\$14.99 each](#)

[Moon Diaries & Moontime Diaries - \\$29.95 each](#)

[Health & Wellbeing Report based on your time, date and place of birth - \\$40](#)

[Tarot Correspondence Course - \\$395](#)

Check it out for yourself at www.stellastarwoman.com

or [click here](#) to go straight to the Star Store for stress free shopping.



Incredible India & Idealistic Neptune



With idealistic Neptune hovering round the final degrees of Aquarius as a prelude to her 14 year journey through spiritual and creative water sign Pisces beginning in April next year, it seems appropriate that the 2010 Commonwealth Games were hosted by post-colonial India, a country that boasts some of the most sophisticated esoteric, artistic, healing and spiritual traditions in the world.

When Mahatma Gandhi challenged the British Raj in the early 20th century, throwing off centuries of colonisation and repression, he helped liberate a country with an unbroken tradition of healing, art, music, culture, spirituality and religion stretching back thousands of years. India is the birthplace of the 4500 year old Vedic tradition and its cultural legacy rivals that of ancient Egypt and China. Many Westerners embark on a spiritual journey to India hoping to reconnect with the sacred feminine energy, largely suppressed or neglected in the West. They visit ancient temples, live in ashrams, practice yoga and meditation, enjoy ritual and marvel at the different cultural mindset.

As we host the Mind Body Spirit Festival in Australia this month, we might reflect on the fact that a holistic life has always been at the core of Indian philosophy. According to Ayurvedic medical practitioner, Robert Svoboda, every individual is composed of a mind, a body and a spirit. The ancient Rishis of India who developed the Science of Life organised their wisdom into three bodies of knowledge: Ayurveda, which deals mainly with the physical body; Yoga, which deals mainly with spirit; and Tantra, which is mainly concerned with the mind. The philosophy of all three is identical; their manifestations differ because of their differing emphases. Ayurveda is most concerned with the physical basis of life, concentrating on its harmony of mind and spirit. Yoga controls body and mind to enable them to harmonise with spirit, and Tantra seeks to use the mind to balance the demands of body and spirit.

Neptune's imminent move into home sign Pisces is one of the clearest indications of a mass spiritual awakening and a balancing of masculine and feminine consciousness. I believe we will come to embrace a more spiritual, artistic and creative way of life over the next 14 years. Sound healing, colour healing, dreamwork, meditation, yoga, spirituality, altered states of consciousness and the sacred feminine will all become more and more important just as Neptune's transit of air sign Aquarius (1998-2011) has made technology fashionable, commonplace and widely accessible. Movies such as 'Avatar' and 'Twilight' are opening the doors of perception and paving the way forward.

Masculine Consciousness

Waking Reality

History & Linear Time

Science & Language

Law & Logic

Feminine Consciousness

Altered States of Consciousness

Eternity & Cycles of Time

Art & Music

Ritual & Magic



'In Your Element' - Three Day Workshop

Six Places Left - \$100 Discount Offer

26th - 28th November - Pottsville Beach, Northern NSW



Restore harmony and balance to your life and get set for 2011 at this three day interactive and fun workshop in the idyllic setting of Pottsville Beach on the NSW Tweed Coast, just south of the Queensland Border.

- Feast on delicious home-cooked food
- Relax on the beautiful pristine beach
- Enjoy the company of like-minded others
- Leave feeling relaxed, energised and ready for anything

Former Tarot Guild President, Linda Marson and I have teamed up to take you on a three day journey designed to balance mind, body, spirit and heart working with the four astrological elements fire, earth, air and water. We're pooling our skills to offer a whole program of activities including lunar planning, meditation, music, healing, tarot, astrology, Ayurvedic nutrition, rituals, vision boards and dream analysis.

And as Linda and I are both Sagittarians (which some might think is too much of a good thing), you can be sure we'll be spending plenty of time outdoors swimming in the ocean, doing morning tai chi and strolling barefoot along the beach. Linda's also organised some optional post-workshop excursions to Mt Warning, the Minjunbal Aboriginal Cultural Centre, Crystal Castle and Byron Bay for those who'd enjoy a longer break.

So...if you feel like getting 'in your element' or have further questions, you can contact Linda on (02) 6676 1212 or email: linda@tarotjourney.com.au [Click here](#) for the full program and registration form.

Full Price \$660 OR receive a \$100 discount (\$559) if you mention my name (Stella Woods) when booking

(Cost includes lunches and dinners and all workshop activities.).



Featured Sign - Scorpio



The Sun travels through water sign Scorpio from the 23rd October until 22nd November. Scorpio is the eighth sign of the zodiac with keywords “I survive” and “I am intense”. Scorpio has three symbols, the scorpion, representing Scorpio’s lower nature, her jealousy, desire for revenge and tendency to manipulate others; the eagle, representing Scorpio’s ability to soar above emotional attachment thus accessing the true power of the sign and finally the holy dove, symbol of divine love, compassion and forgiveness. Those born under the sign of the Scorpion are usually loyal, strong and courageous. They love exploring the mysteries of life – birth, death, sexuality, reincarnation and anything taboo. They have a reputation for being passionate, secretive and highly sexual and due to their emotional intensity, often have to deal with issues of trust and betrayal. Negatively, Scorpios can be possessive, jealous, vindictive, destructive and manipulative, particularly when hurt or betrayed. In medical astrology, Scorpio rules the organs of elimination and reproduction including the urinary tract, bowel, prostate gland and nasal bones. When Scorpios are out of balance they can suffer from haemorrhoids, constipation, urinary tract infections, menstrual and reproductive problems plus catarrh and sinus problems. The Scorpio colours are dark red, purple, dark green and black. Scorpio’s greatest lesson is to learn to let go on an emotional level and forgive.





Scorpio New Moon

This month's New Moon is in water sign Scorpio on the 6th. Venus has been travelling backwards through Scorpio since the 8th October and began her retrograde journey at the same degree of the zodiac as this Scorpio New Moon. Venus in Scorpio is all about values, integrity, honouring emotions and following one's passion or bliss. This New Moon will crystallise and help make clear any feelings or issues that have arisen over the past few weeks paving the way for new relationships, new attitudes and renewed creative expression particularly as Scorpio is the sign most associated with rebirth and renewal. According to astrologer Michele Finey "This New Moon arrives in time for the full flowering of spring in the southern hemisphere. Venus' association with beauty, love and fertility is shown by the planet's relationship with the Earth which is the ratio of the golden mean, the naturally occurring spiral pattern of growth within all life. At this New Moon the goddess of love and beauty (Venus) ushers in a fertile and highly creative period, ripe for planting new crops, new ideas and finding love."

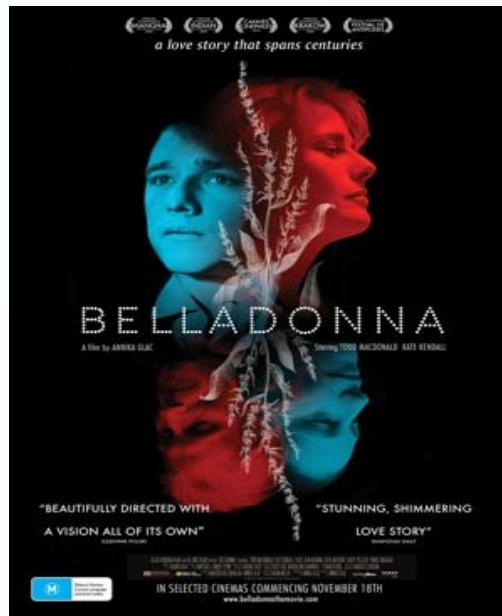
Taurus Full Moon

The November Full Moon falls on the 22nd in earth sign Taurus. With Venus being the ruler of Taurus, she is the dominant planetary energy in this month's moon cycle. Venus completes her retrograde cycle on the 19th November, just a few days before this Full Moon. If you remember from last month's newsletter, the purpose of Venus retrograde is to put us back in touch with what we truly value and then help us express these values through our life in the outer world. With Mercury conjunct Mars in truthful and often outspoken Sagittarius at this Full Moon, you will not be in the mood for tact and diplomacy, particularly when it comes to matters of the heart. Your true feelings will emerge, despite your best efforts, so be as honest as possible, even if it means ruffling a few feathers. Relationships that have run their course may break up at this time, but at least you will know where you stand. On a brighter note, you now have the best possible chance to act with integrity and put long buried dreams and plans into practice.



Special Screening of the Movie Belladonna

Meet Stella Woods & Annika Glac - Cinema Kino 19th November 7 pm



One of the great things about being an astrologer is that I get to meet lots of amazingly creative and talented people. A few years ago I had the good fortune to come across Annika Glac, a yoga teacher who came to see me to discuss “the timing of certain work projects”. I encouraged her to pursue her dream of making a feature film and now after a lot of blood, sweat and tears, Annika’s dream has finally come true.

Belladonna from Glass Kingdom is Annika’s first feature film and has already received worldwide acclaim after featuring at the 2010 Cannes Film Festival and the 2009 Shanghai Film Festival

Luke (Todd Macdonald) is a Naturopath who seems to have it all. Katherine, (Kate Kendall) his tightly wound fiancée wants him to be the perfect doctor and husband however there’s a problem, he can’t sleep. Beset by persistent vivid nightmares of a life centuries ago in rural Poland, he wonders why the dreams seem to mirror his life. The more he tries to understand and resolve them the more things fall apart, until Amelia enters his life. A stranger who seems completely familiar.

Annika has organised some introductory screenings of *Belladonna* at the Palace Cinemas in November prior to the movie’s national release in the new year. I will be a special guest at the screening at

CINEMA KINO, 45 Collins Street, Melbourne on Friday 19th November at 7 pm.

Why not come along and support a visionary Australian artist and meet and chat with myself and Annika after the film. Watch the *Belladonna* trailer at: www.belladonnathemovie.com

Purchase tickets at: www.palacecinemas.com.au/movies/belladonna



November Moon Calendar

Launch projects at the New Moon, bring them to completion in the period from just before the Full Moon to the Third Quarter phase and wind them down and reflect on developments in the week before the next New Moon. The period between the New Moon and the Full Moon is the waxing moon (moon getting bigger and fuller). The period between the Full Moon and the New Moon is the waning moon (moon getting smaller and thinner).

Many of you have written asking for info on the best time to cut your hair or wax/shave your legs. You can use this moon table to select the most favourable days to slow or increase hair regrowth. Full instructions can be found in my Lunar Hair Care guidelines at www.stellastarwoman.com/files/LunarHairCare.pdf but to get you started I've marked the best dates for **waxing/shaving to slow regrowth** in **yellow** and the best dates to **cut hair for thicker, lusher growth** in **green**. If you're serious about Lunar Hair Care - order your own Moon Calendar from the [Stella Starwoman Store](http://www.stellastarwoman.com) then you'll know exactly what time the moon changes from one zodiac sign to the next.

<u>Date</u>	<u>Sign</u>	<u>Element</u>	<u>Moon Phase</u>
1 st	Leo	Fire	
1 st -3 rd	Virgo	Earth	
3 rd -5 th	Libra	Air	
5 th -7 th	Scorpio	Water	New Moon 6th
7 th -10 th	Sagittarius	Fire	
10 th -12 th	Capricorn	Earth	
12 th -14 th	Aquarius	Air	
14 th -17 th	Pisces	Water	
17 th -19 th	Aries	Fire	
19 th -22 nd	Taurus	Earth	Full Moon 22nd
22 nd -24 th	Gemini	Air	
24 th -26 th	Cancer	Water	
26 th -28 th	Leo	Fire	

Thanks for being part of AstroUpdate. If there's something you'd like to see featured, or have something you think would interest others, please contact me at stellaw@ozemail.com.au

PS – Don't forget to check out your November Monthly Stars at www.stellastarwoman.com to see what's coming up for you this month.

Happy Stargazing

Stella Woods

www.stellastarwoman.com



Where a Girl Goes...
to have High Tea with friends



Cristina Re invites you to the
Where a Girl Goes High Tea Party

An exclusive all day event for girls to enjoy high tea, live music with The Natalie Gauci Band, manicures, astrology readings with Stella Starwoman, paper craft workshops and complimentary champagne on arrival!

Limited Tickets

*Tickets \$85 available at
Where a Girl Goes store.
Phone: 03 9495 6222*

Book early – tickets are limited!

**Sunday, 21st November 2010
11am - 4pm**

Where a Girl Goes Store
Corner of Oxford & Langridge Street

www.whereagirlgoes.com

Special Gift

*Everyone receives a
luxury gift bag of
goodies to take home!*