

AstroUpdate – April 2019

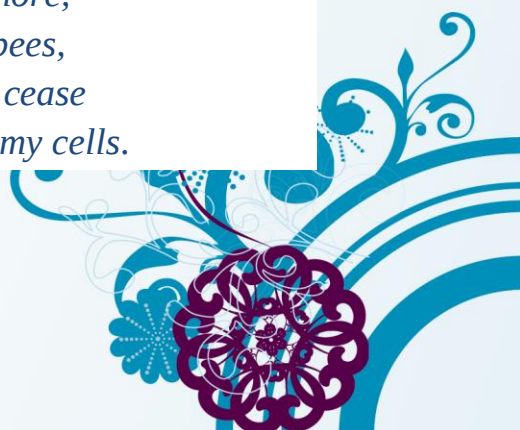
Hi and welcome to the Stella Starwoman April AstroUpdate, welcome to the beautiful season of autumn and a special welcome to all new subscribers!

Ode to Autumn



*Season of mists and mellow fruitfulness
Close bosom-friend of the maturing sun
Conspiring with him how to load and bless
With fruit the vines that round the thatch-eves run;
To bend with apples the moss'd cottage-trees
And fill all fruit with ripeness to the core;
To swell the gourd, and plump the hazel shells
With a sweet kernel; to set budding more,
And still more, later flowers for the bees,
Until they think warm days will never cease
For summer has o'er-brimm'd their clammy cells.*

John Keats (1819)



Mercury Direct – Back on Track



Communication planet Mercury has been retrograde for most of March in sensitive, psychic and creative water sign of Pisces, pushing us to deal with unfinished business, delivering home truths and revealing hidden or buried emotions. When Mercury is retrograde it's best to go with the flow, but that's not always easy and frustration can easily build up. As April unfolds Mercury starts picking up speed and moving forward again helping us make sense of the events of the past three weeks and tie up all those loose ends.

New Moon in Aries – Time to Grow Up!



The April new moon falls on the 5th April in fire sign Aries. Normally this new moon kick-starts a brand new cycle for everyone, but this year a challenging clash with the Saturn-Pluto-South Node conjunction in Capricorn forces us to cool our heels, sort

out our stuff and act like a grown up. No mad risk taking, no new adventures and no carefree enthusiasm here. It's like your mum telling you you can't go out until you've finished your homework and cleaned your room. The tendency to try and escape or to fool yourself and others will be strong and enticing - you know what you have to do!

Lunar Body Care



The monthly cycle of the moon and planet Earth has always had a profound effect on the weather, tides, birds, fish, animals, plant growth and of course on human beings. Humans, like plants are composed mainly of water, meaning the waxing and waning moon affects our growth and behaviour patterns. You can use the monthly moon cycle to plan your body and beauty routine – here are some useful tips for looking great AND saving money!



Lush locks and smooth legs

Although the hair shaft is technically dead, our hair follicles are made of tissue mainly composed of hydrogen and oxygen, the two elements that make up H₂O or water. If you'd like to make your hair grow faster or have lusher, thicker locks, visit the hairdresser during the first half of the lunar cycle when the moon is waxing or growing bigger (between new moon and full moon).

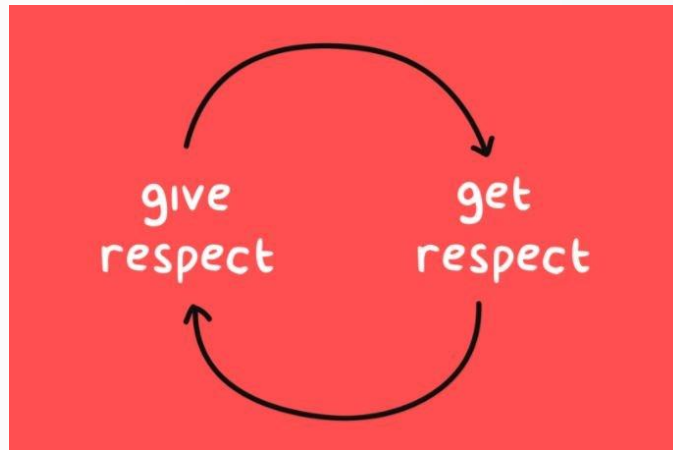
If you want your hair to grow back more slowly to save on visits to the salon, cut your hair in the second half of the lunar cycle when the moon is waning or growing smaller (after the full moon but before the new moon). This is also the best time for leg waxing or removal of other unwanted hair, as regrowth will be much slower.

Health and beauty timetable

From new moon to full moon (waxing moon)	Massage with essential oils Nourishing treatments/facials Cut hair for lusher, thicker growth Cut nails for stronger, faster growth Colour hair / highlights Develop/plant new positive habits
From full moon to new moon (waning moon)	Weight loss & detoxification Fasting Body scrub & exfoliation Deep cleansing treatments/facials Lymphatic drainage Removal of unwanted hair Emotional release Dental hygiene Kicking bad habits



Full Moon in Libra – Empathy & Respect



The April full moon in Libra on the 19th offers the chance to practice empathy, conciliation, compromise and build positive, equal relationships. Healing words, tolerance and kindness are especially important. We are going through a collective phase where people are increasingly taking entrenched positions and showing disrespect and condescension to those who disagree with them. No one likes to be on the receiving end of criticism and there are always two sides to every story or situation. Commit to making your world a kinder place at this full moon.

Happy Birthday Taurus!

From the 21st April to the 21st May, the Sun travels through earth sign Taurus, the majestic and powerful bull. Taureans love sensual and physical pleasure and are generally caring and affectionate, patient, steadfast and reliable with excellent taste, enjoying financial security and prosperity. They can be very stubborn and take things literally so, when dealing with a Taurean, proceed slowly and steadily and always explain things in a practical manner.

Taureans usually resist change and their anger can be truly awesome as it builds up steadily over a long period of time. When they are out of balance they often suffer from sore throats, stiff jaws or thyroid problems. Taurus has a strong connection with the arts, particularly music with many being excellent singers. With their innate understanding of the physical body and material world, many Taureans work in the



financial, food, fitness and health industries. Their greatest lesson is to accept and embrace change.



Ruling Planet:	Venus
Element:	Earth
Symbol:	The Bull
Gift:	Sensory Pleasures
Challenge:	Flexibility & Change
Colours:	Pink, Russet, Light Blue & Earthy Tones
Birthstones:	Emerald for creativity and self-esteem, Rose Quartz for love, Lapis Lazuli for intuition.



Samhain – Light Up the Bonfire!

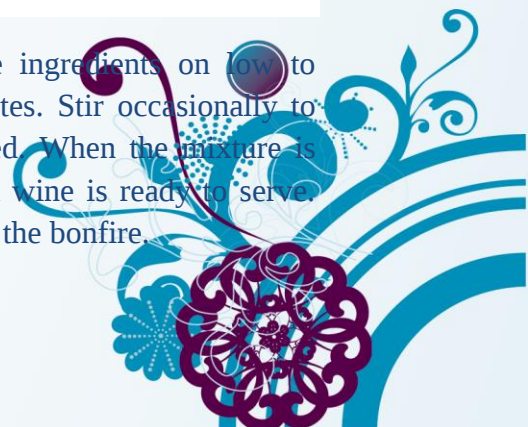


Samhain or “Summer’s End” is an ancient Celtic fire festival, celebrated at the beginning of May in the southern hemisphere. The Celts divided the year into two seasons, the light half and the dark half, with Samhain marking the gateway to the darker days of winter, and a magical time of passage between the seasons. The veil between this world and other dimensions is very supposedly very thin and those born at this time of the year are said to have the gift of second sight or clairvoyance. Samhain is a good time to go within and meditate and then literally and metaphorically get rid of dead wood. A backyard bonfire with friends followed by a feast with warming seasonal food and mulled wine or spiced cider is a great way of doing this. Here’s my favourite mulled wine recipe to get you started!

Making Your Own Mulled Wine

- One bottle or cask of red wine
- Grated zest of 1 orange and 1 lemon
- Remainder of 1 orange and 1 lemon cut into slices
- 1 tsp ground nutmeg
- 2 tsp ground ginger
- 5 whole cloves
- 3 cinnamon sticks
- 100 g sugar (or honey to taste)
- 2/3 cup brandy/cognac
- 1 cup water or orange juice

Combine all ingredients in a large pan. Gently warm the ingredients on low to medium heat on the stove (avoid boiling), for 20-25 minutes. Stir occasionally to make sure that the honey or sugar has completely dissolved. When the mixture is steaming and the ingredients have blended well, the mulled wine is ready to serve. Ladle into mugs (leaving seasonings behind) and drink round the bonfire.



April & May Moon Calendar

Launch projects a couple of days after 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).

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 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 – why not purchase a moon calendar, available at most esoteric book stores, then you'll know exactly what time of day the moon changes from one zodiac sign to the next, meaning you can fine-tune your activities with confidence.

APRIL

Date	Sign	Element	Moon phase
1 st -2 nd	Aquarius	Air	
2 nd -4 th	Pisces	Water	
4 th -6 th	Aries	Fire	New Moon 5 th
7 th -9 th	Taurus	Earth	
9 th -11 th	Gemini	Air	
11 th -13 th	Cancer	Water	First Quarter
13 th -15 th	Leo	Fire	
15 th -17 th	Virgo	Earth	
17 th -19 th	Libra	Air	Full Moon 19 th
19 th -22 nd	Scorpio	Water	
22 nd -24 th	Sagittarius	Fire	
24 th -26 th	Capricorn	Earth	
26 th -29 th	Aquarius	Air	Third Quarter
29 th -1 st May	Pisces	Water	



MAY

Date	Sign	Element	Moon phase
1 st	Pisces	Water	
1 st -4 th	Aries	Fire	
4 th -6 th	Taurus	Earth	New Moon 5th
6 th -8 th	Gemini	Air	
8 th -10 th	Cancer	Water	
10 th -13 th	Leo	Fire	First Quarter
13 th -15 th	Virgo	Earth	
15 th -17 th	Libra	Air	
17 th -19 th	Scorpio	Water	Full Moon 19th
19 th -21 st	Sagittarius	Fire	
21 st -24 th	Capricorn	Earth	
24 th -26 th	Aquarius	Air	
26 th -29 th	Pisces	Water	Third Quarter
29 th -31 st	Aries	Fire	
31 st -2 nd June	Taurus	Earth	

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 stella@stellastarwoman.com

Happy Stargazing

Stella Woods

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