

AstroUpdate — January 2019

Happy New Year and welcome to the Stella Starwoman January AstroUpdate!

2019 promises to be a bumper year with Jupiter in home sign Sagittarius, Saturn in home sign Capricorn and the Chinese New Year of the Pig, launching on 5th February. We'll have more on the Year of the Pig next, month, but for now it's time to...

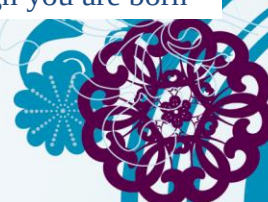
Get Grounded!



The first time I heard the term 'I feel grounded' was in a yoga class in 1987, during morning sharing. I had no idea what it meant. Down to earth...practical...organised? We were all sitting in a circle on our yoga mats...on the ground. Being a word lover, I also wondered what the opposite of feeling grounded might be. I learned all about that as my spiritual journey progressed!

Now I know that feeling grounded means being present in your body, connecting with the earth and feeling peaceful, centred and balanced no matter what is going on around you. Being grounded is one of the main themes for 2019, which opens with a Sun-Saturn conjunction in earth sign Capricorn followed by the first of three eclipses also in Capricorn. Sprinkle in a dose of Pluto and the South Node in Capricorn, follow it up with Uranus in fellow earth sign Taurus from March onwards and it doesn't get much more grounded than that!

Capricorn and Taurus are not interested in rhetoric or PR spin; they are no-nonsense earth signs looking for tangible results. But no matter what zodiac sign you are born



under, 2019 is a year when we are all called to be physical and practical, to live in our bodies and to be grounded and present. This involves eating well; sleeping peacefully; connecting with the earth and with the animal and plant kingdom; appreciating sounds, tones, smells, colour and beauty and celebrating and enjoying our amazing bodies, fellow humans and the world we live in.

On a global level, Saturn and Pluto's journey through Capricorn reminds us of the limitations of the earth and urges us to live more sustainably. 2019 is a time of taking responsibility and sorting things out for ourselves, rather than waiting for someone else to do the dirty work or lead the way. It's a year of getting serious about finances, about investment and debt and a year of planning for the future. It's also a year of reaping what we have sown. Fortunately with Jupiter in optimistic Sagittarius throughout the year, we should be able to ground our dreams and visions with Jupiter providing the inspiration and Saturn/Pluto in Capricorn helping us get the work done.

Capricorn Solar Eclipse – Wiping the Slate Clean



Early January serves up a power-packed solar eclipse with no less than five planets and the karmic south node in earth sign Capricorn. With the south node in the mix, old patterns of behaviour are more pronounced, so now is a good time to set intentions for the year ahead, with a view to saying goodbye to relationships, activities and habits that no longer serve. Capricorn relates to executive ability and the



ability to stand tall and strong, no matter how difficult circumstances may be. Patience and perseverance are vital.

This new moon solar eclipse is also ideal for launching creative, artistic and musical projects.

Jupiter in Sagittarius – Expand Your Horizons



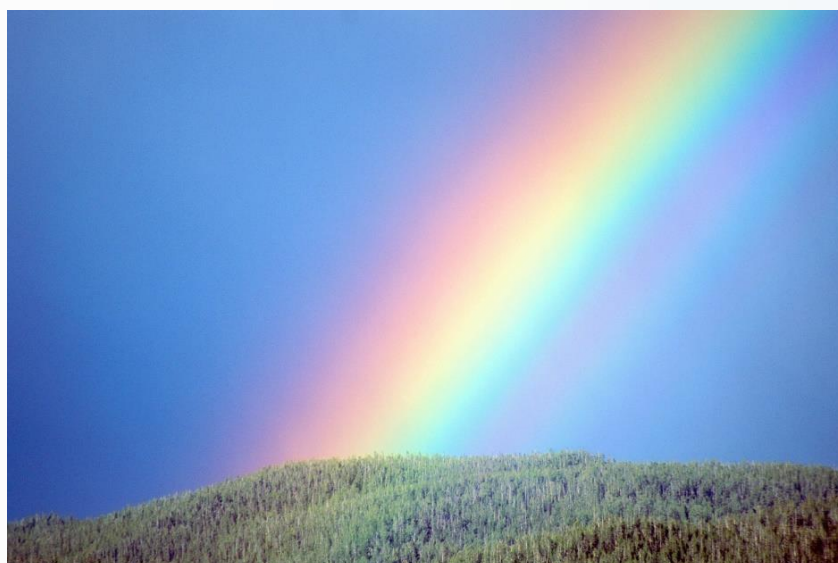
Regular readers of AstroUpdate will know that lucky and bountiful Jupiter, the largest planet in our solar system, recently entered Sagittarius for a year long stint. Jupiter is the ruler of Sagittarius and very much at home in this exuberant fire sign, offering the gifts of abundance, growth, wisdom, freedom and optimism. Jupiter is the student, the seeker, the explorer and adventurer, always on an exciting quest. Jupiter in Sagittarius says: “I know what amazing things you’re capable of and I’ll fill you with the courage, confidence and faith to get started!”

Throughout 2019, visions of a brighter future are likely to abound both personally and globally, coupled with the urge to create a more moral, ethical and tolerant world. There will be a strong desire to improve our personal circumstances; travel and expand our horizons and learn and grow through contact with other cultures. However, with Jupiter clashing with spiritual Neptune three times during 2019, many will question their beliefs, especially those who have lost faith in traditional religions. And with all that optimism and exuberance, we can expect an increase in gambling and speculative activities, so keep your head screwed on when chasing rainbows!



As Jupiter spends one year in each zodiac sign, the last time Jupiter was in Sagittarius was 12 years ago (November 2006 to December 2007) and prior to that, 24 years ago (December 1994 to January 1996). Look back to those periods and see if you can see a theme emerging. How did you expand your horizons back then? What new things did you learn or do? The answers will give you an idea of what's in store for you over the coming year and how the choices you make now will impact on your future dreams and goals.

Jupiter's Pot of Gold in 2019



Aries	Good fortune through travel, adventure, study and expanded consciousness
Taurus	Good fortune through investments, inheritances and joint ventures
Gemini	Good fortune through personal and business relationships
Cancer	Good fortune through balanced lifestyle and putting your affairs in order
Leo	Good fortune through fun, romance, creativity and pleasure
Virgo	Good fortune through home life, property and close family
Libra	Good fortune through all forms of communication and local community
Scorpio	Good fortune through increased income and material possessions
Sagittarius	Good fortune via vibrant health and ability to pursue personal dreams and goals
Capricorn	Good fortune through service, solitude and spiritual activities
Aquarius	Good fortune via friends, social life and networking
Pisces	Good fortune in career and professional advancement

Happy Birthday Aquarius!



From the 20th January to the 19th February the Sun travels through fixed air sign Aquarius, noted for its egalitarian nature, progressive ideas and humanitarian bent. Aquarius is the eleventh sign of the zodiac with keywords “I am different” and “I am detached”. Aquarians are both radical and immovable at the same time. They will often espouse a social or religious movement such as feminism, Buddhism or environmentalism and then remain committed to it for the rest of their lives. Those born under the sign of the Water Bearer often look to the future and have fine minds and a higher vision for society. Many Aquarians excel in the areas of science, technology and politics. At best they use their cool headed idealism to serve humanity. Negatively, Aquarians can be detached and aloof with a rebellious or fanatical streak. In medical astrology, Aquarius rules the calves, ankles and general circulation. When Aquarians are out of balance they can suffer from varicose veins, sprained ankles, irregularities of the heart action and fluid build-up. The Aquarian colours are turquoise, aqua and silver. Aquarius’s greatest lesson is to learn to care for and relate to individuals rather than groups or ideals.



Leo Lunar Eclipse - Invoke the Seven Ps



On the 21st January we have a total lunar eclipse in the very first degree of fire sign Leo. This full moon eclipse may not be visible in Australia, but we'll all feel its effects because there's a lot of fire action going on, with Jupiter and Venus in Sagittarius and Mars and Uranus in Aries. Fire equals passion, excitement and action, so don't be surprised if you feel like a racehorse in the starting stalls – nostrils flaring and raring to go.

Eclipses signal new beginnings and fresh viewpoints and Leo brings star quality to the mix, but before sinking all your energy into some wild new plan, person or project, invoke what my father calls the Seven Ps (Proper Preparation and Planning Prevent Piss Poor Performance). The version he served up to us was slightly more delicately worded, but this is the original from his army days. Wise words indeed because there are lots of serious Capricorn planets holding all that fiery energy in check and emotions could burst out and overflow at this supermoon.



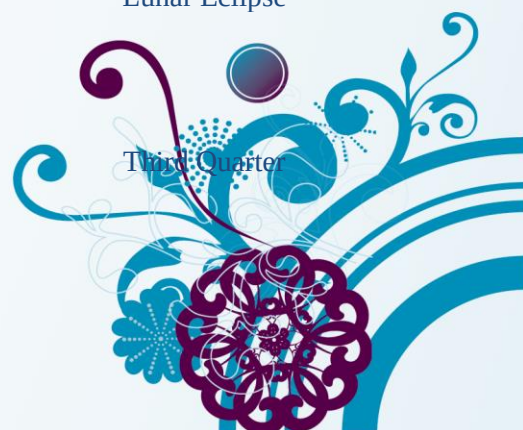
January & February Moon Calendar

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.

JANUARY

Date	Sign	Element	Moon phase
1st-2 nd	Scorpio	Water	
2 nd -5 th	Sagittarius	Fire	
5 th -7 th	Capricorn	Earth	New Moon 6 th Solar Eclipse
7 th -10 th	Aquarius	Air	
10 th -12 th	Pisces	Water	
12 th -15 th	Aries	Fire	First Quarter
15 th -17 th	Taurus	Earth	
17 th -19 th	Gemini	Air	
19 th -21 st	Cancer	Water	
21 st -23 rd	Leo	Fire	Full Moon 21 st Lunar Eclipse
23 rd -25 th	Virgo	Earth	
25 th -27 th	Libra	Air	
27 th -30 th	Scorpio	Water	
30 th -1 st Feb	Sagittarius	Fire	



FEBRUARY

Date	Sign	Element	Moon phase
1 st	Sagittarius	Fire	
1 st -4 th	Capricorn	Earth	
4 th -6 th	Aquarius	Air	New Moon 5 th Chinese New Year
6 th -9 th	Pisces	Water	
9 th -11 th	Aries	Fire	
11 th -13 th	Taurus	Earth	First Quarter
13 th -16 th	Gemini	Air	
16 th -18 th	Cancer	Water	
18 th -20 th	Leo	Fire	
20 th -22 nd	Virgo	Earth	Full Moon 20 th
22 nd -24 th	Libra	Air	
24 th -26 th	Scorpio	Water	
26 th -28 th	Sagittarius	Fire	Third Quarter
28 th -3 rd Mar	Capricorn	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 and Happy New Year!

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