

AstroUpdate – July 2018

Hi and welcome to the Stella Starwoman July AstroUpdate! More stuff on the likely effects of Uranus in Taurus this month, plus some interesting astro tidbits from my recent visit to Milan. And it's also eclipse season – out with the old and in with the new!

Uranus in Taurus – You Are What You Eat!



Uranus spends roughly seven years in each zodiac sign and his function is to blow apart the status quo creating freedom and independence via new technology, new ideas and revolution. Uranus recently moved into fertile earth sign Taurus and one of the things he'll be shaking up over the next seven years is our attitude to agriculture and by extension our attitude to food and how we nourish our bodies.

Mealtimes have always played a central part in human culture – a chance to enjoy food with friends and family and a time to relax in a nurturing environment and share stories. But nowadays many of us eat alone, on the run or not at all. We have an obesity and eating disorder crisis in the West with millions of people allergic to toxins in food and millions more on special diets. Uranus in Taurus could change all that.

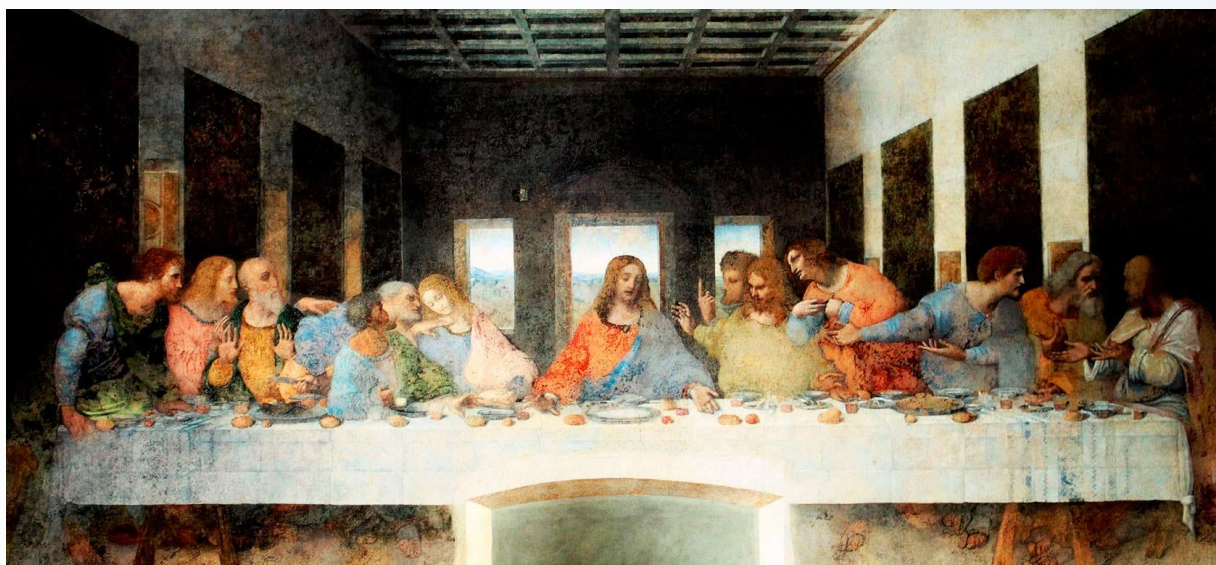
How? By making it fashionable to eat proper food that nourishes the body and feeds the soul. By promoting good quality sleep and rest and a return to a more natural way



of life. By teaching us to listen to our bodies and live in tune with the seasons; with more focus on maintaining health and less on building wealth. By choosing more home-cooked food; eating produce in season; farmers' markets; biodynamic and organic agriculture; lots of fruit and veg; juicing; home cooking; slow cooking and slow eating; saying no additives and preservatives, sharing food with others and opting for healthy eating choices in cafes and restaurants. The number of vegetarians and vegans is on the rise and everywhere I go I hear people talking about Ayurvedic medicine, bone broth and detoxing. These were fringe concepts just a few years ago, but life is no fun if you're body's not working properly.

Over the past half century we've asked our farmers and food producers to be more 'efficient'. With Uranus in Taurus we could be asking them to save our lives. In 431 BCE, the Greek physician Hippocrates said: "*Let food be thy medicine and medicine be thy food.*" His advice still rings true today. The best way to heal our planet is by healing ourselves.

Astro Magic in Italy – Leonardo's Last Supper



On a recent trip to Milan, I headed to the Santa Maria delle Grazie monastery to check out Leonardo da Vinci's masterpiece *The Last Supper* painted on the wall of the dining hall. Leonardo was an initiate of the ancient mystery schools founded in Egypt and Greece and his religious paintings are full of astrological and esoteric symbolism, often hidden in plain sight.

At first glance *The Last Supper* shows Jesus and his twelve disciples sharing a final meal on the eve of Jesus's crucifixion. However, the last supper occurred at the time



of the spring equinox, the beginning of the astrological year, when the sun begins his journey through the zodiac at 0° Aries. Leonardo's painting tells the story of the sun's journey throughout the year. The disciples represent the twelve signs of the zodiac (three for each season) and Jesus is the sun (or son). The male-female polarity is shown by Jesus and Mary Magdalene. She wears a blue garment with a red cloak, while he wears a red garment with a blue cloak.

Astro Magic in Italy – Milan's Zodiac Sundial



Next, I visited the magnificent cathedral in Milan and as I looked upwards I saw a tiny hole in the roof with a beam of sunlight penetrating the darkened interior, illuminating a solar calendar stretching the length of the cathedral floor. This enormous brass sundial, running perpendicular to the altar, had beautiful marble tiles engraved with the symbols of the zodiac – Gemini the twins; Leo the Lion; Sagittarius the Archer and so on.

I discovered the zodiac sundial was built in 1786 by two astronomers from the Brera Observatory to mark the Milan meridian and it still works perfectly. Each day at midday, a sunbeam shines onto the brass line and the closest marble tile shows the sun's zodiacal position that month (Aries the Ram when I was visiting). In past centuries it was the bishop's job to inform the Milanese authorities when that sunbeam hit the line each day so they could fire a cannon and let everyone know it was lunchtime! Gnocchi anyone?

Solar Eclipse in Cancer – Shifting Sands

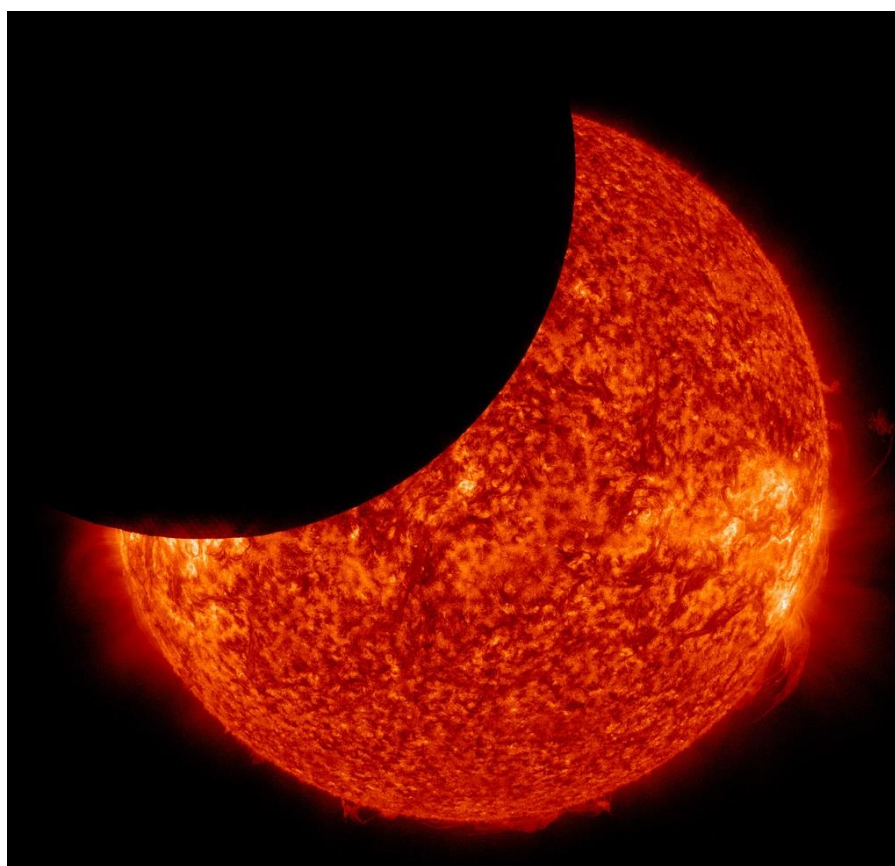


Eclipses affect us all, especially if you have planets or birth chart angles close to the eclipse degree. They often coincide with important events and can take you down a path in life you never saw coming. Sometimes events or epiphanies happen right on the eclipse date and sometimes the week either side of the eclipse. Seeds are sown; decisions are made; hidden things are revealed and matters come to a head. These life-changing events can be happy or sad, but are usually unforgettable.



On 13th July we have a solar eclipse at the new moon in Cancer (20-21°) a sign connected with home, family and tribe. In preparation for this eclipse, think about any changes you'd like to make in these areas, including actually moving home. The sun and moon in Cancer oppose Pluto, planet of death and rebirth. You may be asked to let go of some cherished idea, person, friendship or activity that no longer serves you. But as one door closes another will surely open.

Lunar Eclipse in Aquarius & Solar Eclipse in Leo



Eclipses usually occur in pairs in the same or opposite signs of the zodiac. As the moon approaches fullness on the 28th July we have a lunar eclipse in Aquarius and two weeks later on 11th August a solar eclipse in Leo, Aquarius's opposite sign. Aquarius and Leo are an interesting pair given that Aquarius is all about the collective and Leo all about the individual. Now is an important time to consider the groups you belong to as well as your friendships and associations. The essence of Aquarius is to focus on what's good for everyone, common goals, community and shared purpose. Leo, on the other hand, likes to be the centre of attention, look good and play to an audience. Leo is also about being creative and using our unique skills and talents to



build self-esteem and impress others.

The key with these two eclipses is to make sure you are honouring both Leo and Aquarius. How can you share your natural talents with the world, while maintaining a healthy sense of self? If you're being too altruistic or constantly sacrificing to please others, these eclipses will bring things to a head. Ditto if you're being too selfish or arrogant.

Happy Birthday Leo!

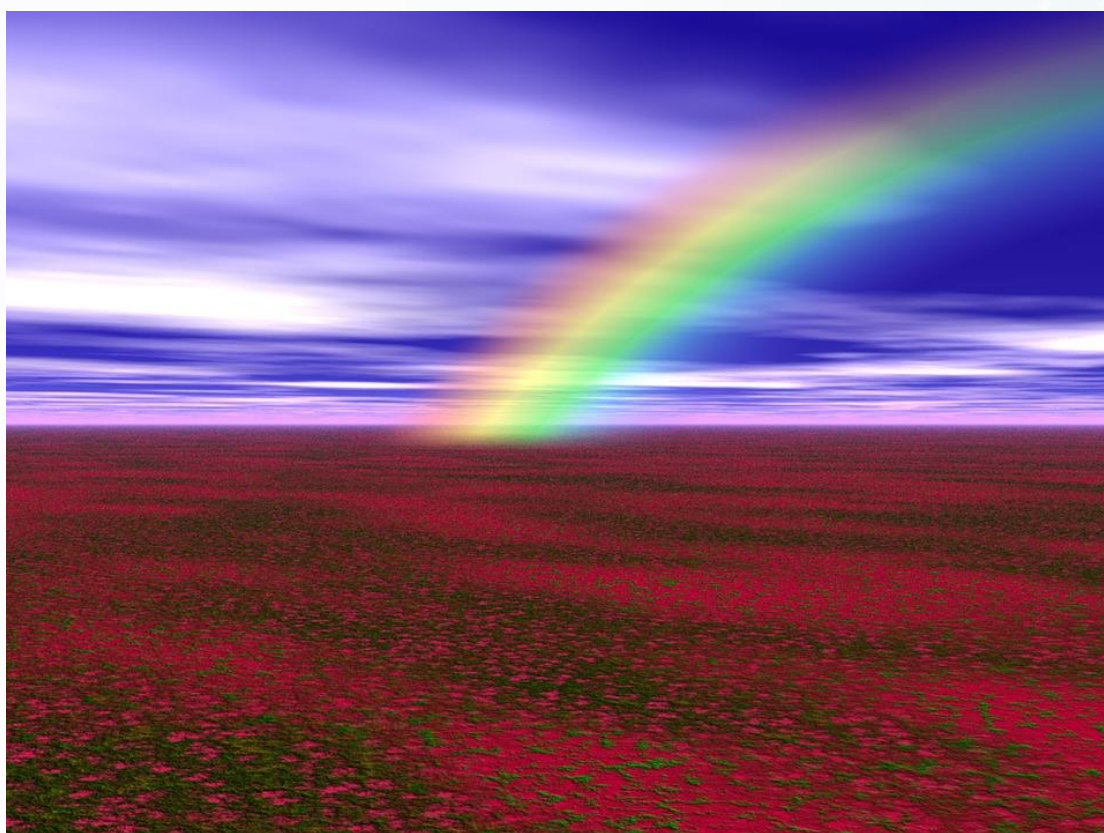


The Sun travels through fire sign Leo from 23rd July – 23rd August. Leo is the fifth sign of the zodiac with keywords “I express” and “I stand out”. Leo’s symbol is the lion, king of the beasts, but also the beast within who must be subdued and civilised. Lions in art and myth are symbols of strength, supremacy, glory and brilliance. Leos are extremely creative and love to show off their talents. They are often attracted to the performing arts or any role where they can shine and lead others. At best they are loving, loyal, affectionate and sincere, displaying willpower, courage, dignity and leadership and radiating confidence. Negatively, Leos can be arrogant, bossy, vain and over-dramatic. Leo rules the heart, circulatory system and spine. When Leos are out of balance they can suffer from back pain, nervous palpitations, high blood



pressure, fever, stroke and heart disease. The Leo colours are gold and orange. Leo is ruled by the Sun, so those with a prominent Sun in their chart often display Leo qualities. Leo's greatest lesson is to learn that they are not the centre of the universe. The true leader is the servant of all! Happy birthday to all Leos!

Mercury Retrograde – Strut Your Stuff



From 26th July to 19th August, communication planet Mercury will be travelling backwards through dramatic and charismatic fire sign Leo. When Mercury is retrograde, our unconscious and intuitive sides are particularly active and the best laid plans often come to a halt. Mercury retrograde in Leo is an opportunity to ditch anything or anyone that's holding you back in life and acknowledge your own brilliance. It is not a time for humility, sacrifice, false modesty or putting others first. It's a time to shine and embrace your goals and dreams. And if others don't like what they see...tough!



Mars Opposite Sun – Fight for Your Heart's Desire



Action planet Mars has been pedalling backwards through air sign Aquarius since late June. The Mars retrograde period occurs every couple of years and lasts for about ten weeks (27th June to 28th August this year). It's a period where good manners and appropriate behaviour often fly out of the window, not for any malicious or perverse reason, but because every now and then we need to put our own needs first rather than living a life of compromise and thoughtfulness. You may have read about Mars retrograde and its connection with accidents and bursts of anger. This tends to be true because when we get angry or 'accidentally' hurt ourselves or suffer damage to our property, it's really a wakeup call that something needs to change. And thinking about the problem won't change anything – we need to take affirmative and decisive action.

On the 27th July, halfway through the Mars retrograde cycle, Mars opposes the sun, the day before a total eclipse of the moon on the 28th July. Any tension that has built up in the first part of July is likely to explode in the week either side of these dates, so don't ignore the warning signs or push your feelings under the carpet. If you want to totally overhaul your life or radically change direction, the Mars retrograde period will put you in touch with your true nature and help you fight for your heart's desire.



July & August 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).

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 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.

Date	Moon Sign	Element	Moon Phase
JULY			
1 st -3 rd	Aquarius	Air	
3 rd -5 th	Pisces	Water	
5 th -7 th	Aries	Fire	Third Quarter
7 th -10 th	Taurus	Earth	
10 th -12 th	Gemini	Air	
12 th -14 th	Cancer	Water	New Moon 13th
14 th -16 th	Leo	Fire	
16 th -18 th	Virgo	Earth	
18 th -20 th	Libra	Air	First Quarter
20 th -22 nd	Scorpio	Water	
22 nd -25 th	Sagittarius	Fire	
25 th -27 th	Capricorn	Earth	
27 th -30 th	Aquarius	Air	Full Moon 28 th
30 th -31 st	Pisces	Water	



AUGUST

Date	Sign	Element	Moon phase
1 st	Pisces	Water	
1 st -4 th	Aries	Fire	
4 th -6 th	Taurus	Earth	Third Quarter
6 th -8 th	Gemini	Air	
8 th -10 th	Cancer	Water	
10 th -12 th	Leo	Fire	New Moon 11th Partial Solar Eclipse
12 th -14 th	Virgo	Earth	
14 th -16 th	Libra	Air	
16 th -19 th	Scorpio	Water	First Quarter
19 th -21 st	Sagittarius	Fire	
21 st -24 th	Capricorn	Earth	
24 th -26 th	Aquarius	Air	
26 th -29 th	Pisces	Water	Full Moon
29 th -31 st	Aries	Fire	
31 st -2 nd	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

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