

AstroUpdate – July 2019

Hi and welcome to the Stella Starwoman July AstroUpdate and a special welcome to all new subscribers!

It's harvest season in the northern hemisphere and beautiful crop circles are appearing in the fields of France, Russia, Italy and the UK. This month we feature a crop circle from Hampshire, UK in the form of an eight-pointed star – eight being a number connected with Venus and the divine feminine.

This month as we enter the depths of winter in Australia, we have both a solar and lunar eclipse with an overall theme of work-life balance. There are some great tips for dealing with the eclipses and beating the winter blues and did I mention Mercury is turning retrograde on the 8th? Patience my friend... patience!

Solar Eclipse at the Cancer New Moon



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 3rd July we have a solar eclipse at the new moon in water sign Cancer (10-11°) a sign connected with home, family and tribe. In preparation for this eclipse, think



about any changes or improvements you'd like to make in these areas, including actually moving or renovating your home. You may be asked to let go of some cherished idea, person, friendship or activity. But as one door closes another will surely open.

And watch your words carefully even if you 'know' you're right. With Mercury and Mars joining forces at this new moon penetrating insight combined with a sharp tongue could cause irreparable damage!

Crop Circle Update

I promised I'd post more images of the crop circles as they appear in the fields over the northern hemisphere summer. There have been six new crop circles reported in France this past month, but here's a stunning one from Owslebury in Hampshire, UK - an eight pointed star in a field of green barley. You can see how massive this formation is and how geometrically perfect when viewed from the air. As for the elusive circle makers and how they achieve such magnificent feats overnight without ever being seen....well that's another story! (Photos: Steve Alexander from Temporary Temples)



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Mercury Retrograde in Leo and Cancer
'Moving Forward' Not Always Best



Communication planet Mercury will travel backwards from 8th July to 1st August through fire sign Leo and water sign Cancer.

This cosmic phenomenon occurs every three to four months and is known as a time when things can go haywire. Delays, computer problems, broken promises and relationship meltdowns are typical manifestations.

Problems with transportation and crucial bits of information that prevent us from achieving understanding or 'moving forward' are also common. Hidden information can suddenly come to light and carefully laid plans grind to a halt.

The best way to deal with Mercury retrograde is to avoid starting new projects and focus on completing existing ones. It's also a good time to do anything starting with 're'. Revising, renewing, revisiting, reflecting, recalibrating – you get the idea!



Beating the Winter Blues



Winter in Australia can be harsh, particularly for those of us in the southern states, but with our pot belly stoves, insulated houses, warm cars and hot showers, it's easy to forget that winter is a time to slow down, retreat and withdraw in preparation for spring. The French word for winter is 'hiver' which like 'hibernation' derives from the Latin hibernationem meaning 'to winter, pass the winter or occupy winter quarters.'

Here are a few ideas for hibernating in style. Let your tax return wait until spring...

- 1) Do less in the evenings, enjoy a relaxing bath or foot massage, go to bed earlier and cosy up under the doona.
- 2) Make a large pot of stew or soup and some warm drinks to share with friends in front of a cosy fire.
- 3) Lower your expectations. No goals, no deadlines, no to-do list. Take a good, long rest.
- 4) Keep warm. It sounds obvious, but how many people do you see with a bare midriff in winter? Keeping your kidneys and lower back well covered conserves



energy and helps you relax and heal. Hats, scarves and gloves were invented for a reason.

5) Head down to the sauna and spa and enjoy that feeling of smooth skin and inner glow.

6) Snuggle up on the couch with a book, lover, pet, child or glass of wine.

7) Light the candles, burn the incense and reflect on all the things you plan to release at this dark time of year.

8) Visit the bush with friends and family – hire a cabin or caravan and enjoy a few relaxing days in nature at low season prices.

Lunar Eclipse at the Capricorn Full Moon



On the 17th July we have a full moon eclipse in earth sign Capricorn. This power-packed cosmic alignment will reveal all sorts of buried feelings, so take time out to process it all. With Saturn, Pluto and Venus aligned with the sun and moon in Cancer and Capricorn and the nodal axis, this is no ordinary eclipse. There's a sense of karma and paying dues. A pressure cooker of cosmic energies one might say. A chance to clear out dead wood once and for all.

The advice is to embrace change, face your fears and stride boldly forward. Eclipses always offer the chance to make a new start and with the Cancer-Capricorn polarity, the focus is on home, work, family, community and the way we balance our personal and domestic life with the requirements of work and society. Any weak areas are likely to crumble as July unfolds.



Happy Birthday Leo - Charismatic & Brilliant!



From the 23rd July to the 23rd August, the Sun travels through fire sign Leo, symbolised by the majestic lion, king of the beasts. Lions in art and mythology are symbols of strength, supremacy, glory and brilliance and most Leos are extremely creative and love to show off their talents. Often attracted to the performing arts or any role where they can shine and lead others, Leos at their best are loving, loyal, affectionate and sincere, displaying willpower, courage, dignity and leadership and radiating confidence.

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 the true leader is the servant of all. Happy birthday to all Leos – here's wishing you a fantastic year ahead!

Planetary Ruler: Sun

Element: Fire

Symbol: The Lion

Gift: Charisma & Warmth

Challenge: Humility

Colours: Gold, Yellow, Orange

Birthstones: Ruby for warmth, Topaz for mental clarity; Tiger Eye for intuition.



Celebrating the Return of the Light



Even though the weather is still cold, the days are now growing longer and spring is just around the corner. Halfway between the winter solstice (21st June) and spring equinox (23rd September) is Imbolc, a traditional fire festival celebrated at the beginning of August to welcome the return of the light.

If you'd like to celebrate the return of the light, light a blue candle and place it in the centre of your home. Blue represents peace, wisdom, communication, truth, patience, health and calm. Fill a small bowl with water and add a pinch of salt for protection and purification. Follow this with a few drops of essential oil – something calming like rose, lavender or bergamot is a good choice. Next, tie together a small bunch of dried herbs and beginning at your front door, dip the herbs in the water and wipe them gently round the door frame.

Continue to do this to all doorways and windows in the house to spread protection and peace throughout your home. Once you have finished, place the bowl of water and bunch of herbs next to the candle to anchor the energy and then sit quietly for a few minutes. Once the herbs have dried out, burn them in the candle flame.



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).

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.

JULY

Date	Sign	Element	Moon phase
1 st -2 nd	Gemini	Air	
2 nd -4 th	Cancer	Water	New Moon & Solar Eclipse 3rd
4 th -6 th	Leo	Fire	
6 th -8 th	Virgo	Earth	
8 th -10 th	Libra	Air	First Quarter
10 th -13 th	Scorpio	Water	
13 th -15 th	Sagittarius	Fire	
15 th -17 th	Capricorn	Earth	Full Moon & Lunar Eclipse 17th
17 th -20 th	Aquarius	Air	
20 th -22 nd	Pisces	Water	
22 nd -25 th	Aries	Fire	
25 th -27 th	Taurus	Earth	Third Quarter
27 th -29 th	Gemini	Air	



29 th -31 st	Cancer	Water	
31 st -2 nd August	Leo	Fire	New Moon 1 st August

AUGUST

Date	Sign	Element	Moon phase
1 st -2 nd	Leo	Fire	New Moon 1 st
2 nd -4 th	Virgo	Earth	
4 th -7 th	Libra	Air	
7 th -9 th	Scorpio	Water	First Quarter
9 th -11 th	Sagittarius	Fire	
11 th -14 th	Capricorn	Earth	
14 th -16 th	Aquarius	Air	Full Moon 15th
16 th -19 th	Pisces	Water	
19 th -21 st	Aries	Fire	
21 st -24 th	Taurus	Earth	
24 th -26 th	Gemini	Air	Third Quarter
26 th -28 th	Cancer	Water	
28 th -30 th	Leo	Fire	
30 th -1 st September	Virgo	Earth	New Moon 30th

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
www.stellastarwoman.com

