

AstroUpdate – March 2013

Welcome to the Stella Starwoman March AstroUpdate! Hope your year is unfolding exactly as planned and with that in mind I have a special Autumn Equinox Ritual for you this month. But firstly some big news! After 18 1/2 years (one nodal return) of charts, clients, students, magazine columns, lectures, radio shows, books, readings and the whole enchilada, it's time for a break!

*Stella on Long Service Leave from mid-April to
mid-September - Book Your Reading Now!*



If you've been thinking about booking in for a tarot or astrology reading or perhaps using that Christmas gift voucher, you may like to book in now, as I will be taking long service leave from mid April to mid-September. Gift vouchers have no expiry date, so you'll be able to use them either before mid-April or from mid-September onwards. I've listed below the times I'm available for readings – I will do my best to fit you in! Many of my clients come for their readings with friends or family and then treat themselves to lunch, dinner, ice creams or massage at the beach in St Kilda afterwards (there are lots of great cafes, restaurants and day spas close by)

I also offer readings by phone (recorded on CD) or by Skype (not recorded) for those not able to come to Melbourne in person. To book your reading, just call me (Stella) on 03 9534 5021 or email stella@stellastarwoman.com Full details of prices and services along with testimonials can be found on my website www.stellastarwoman.com I've listed the most popular readings with prices below. All readings (except Skype) are recorded on CD.

READING TIMESLOTS

Mondays 1 pm–6 pm Wednesdays 9 am–9 pm Thursdays 9 am–12 pm & 5.30 pm–9 pm

TYPES OF READING

Half Hour Astrology or Tarot Phone Consultation with CD	\$90
One Hour Tarot Reading with CD	\$120
Full Birth Chart Consultation with CD & Report	\$250
Twelve Month Astrology Forecast with CD & Report	\$250
Astrology/Tarot Combo Deluxe Consultation	\$300
Zodiac Child Reading (Guidance for Parents)	\$220
Couple Compatibility for Two People (Business or Personal)	\$300



Autumn Equinox



March 20th, the autumn equinox, is a key date in the astrological calendar as the sun moves from Pisces to Aries and day and night are of equal length. The leaves begin to turn from green to brilliant reds and yellows, animals start to migrate, and the harvest is underway. Many ancient civilisations considered the equinox and solstice points the most important days of the calendar, marking the turning points of the year. For the next six months, nights are longer than days, which means it is time to start withdrawing energy from the outer world and prepare for the cooler months ahead. Stock up your kitchen shelves and freezer and get your house and garden in order. The autumn equinox is a good time to get rid of any unwanted possessions – old clothes, furniture, books, files, papers, you know the sort of thing. Remember the golden rule of decluttering. ‘Is it useful? Is it beautiful? Is it sentimental?’ If it’s none of these, let it go and make space for something new. Old stuff energetically and emotionally drags you down and keeps you from moving forward. You will be amazed how good you will feel when you remove all this ‘old stuff’ from your life.

Last month’s new moon on the 10th February marked the beginning of the Chinese New Year. Themes for the Year of the Snake tie in nicely with the autumnal energy with themes of renewal, recycling, reinventing, rejuvenating, restarting, researching and rebirth. 2013 is definitely the year to overhaul what doesn’t work and implement what does.

Autumn Equinox Ritual

Traditionally, the autumn equinox was celebrated with a harvest feast to give thanks for and share the abundance of the past season. Most people no longer plant or harvest their own foods and while the convenience of the 24 hour supermarket is a blessing, we tend to take all that abundance for granted. At a time of year when plants are setting their seeds and getting ready for the new cycle, this ritual will help bring your life into balance so you can reap your own personal harvest.

Perform this ritual just before dusk – you can do it alone or with others, indoors or outdoors. Set up a meditation or sacred space with seasonal elements such as baskets of nuts and fruit, seed pods, autumn leaves, stalks of grain and anything else you associate with the word ‘harvest’.



Take a bunch of dried herbs (sage and rosemary are good) and perform a smudging ceremony by wafting the smoke from the herbs around the room or space you are working in. This helps cleanse the atmosphere and relax the mind.

Now in quiet contemplation, think of the goals you've accomplished over the past few months and the people who have helped you accomplish them. What seeds are you now harvesting in career, family, love, personal creativity or education? How have you balanced your own needs with your commitments to others? How have you given and how have you received? Go round the circle and share your findings. Make sure you offer thanks to those who have helped you as well as honouring your own contribution.

Now close your eyes and imagine the sun rising above you, shining brightly for exactly half the day, then retreating into darkness for the next twelve hours. Feel the delicate balance of night and day and ask yourself what is needed to bring more balance into your life. More fun? Less obligation? Or perhaps more satisfying employment? Give yourself time to explore the concept of personal balance and how you can create more of it. Write down your findings.

End the ritual by holding hands and giving thanks for all of the blessings you have in life then complete the evening by sharing plates of food and drink to celebrate the abundance of the harvest both inner and outer.

Featured Sign - Pisces



From the 18th February to the 20th March this year, the sun travels through mutable water sign Pisces, noted for her dreaminess, escapist nature and love of fantasy. Pisces is the twelfth and final sign of the zodiac with keywords, “I merge” and “I seek redemption”. With Pisces, the inner self is preparing for retreat from the world and as the ego dissolves, boundaries are weakened and impressionability and sensitivity increases. Pisceans are versatile and adaptable, gentle and compassionate. They are often psychic and highly attuned to the spiritual plane. Those born under the sign of the Fishes excel as counsellors, healers, actors, artists and musicians. Many are attracted to the fashion, beauty and movie industries whilst others work with those on the fringe of society – the elderly and sick, people with a disability or special needs and those in jail, detention or rehab centres. At best Pisceans serve humanity and practice unconditional love. Negatively, they can be victims and martyrs, known for self-sabotage or self-sacrifice. There is also a tendency to rescue or ‘save’ others. In medical astrology, Pisces rules the toes, feet and lymphatic system. There is sometimes a reflex effect on the abdominal region governed by opposite sign, Virgo. When Pisceans are out of balance they often suffer from foot trouble, intestinal diseases and fluid build up. Addiction to drugs and alcohol is also common. The Pisces colours are sea green, purple and the various shades of blue. Pisces greatest lesson is to learn discrimination and to protect and ground themselves.



Pisces Super Stellium

The February full moon in Virgo (on the 26th) set the scene for a remarkable astrological line up. It's been called a 'stellium storm', as since late February we've had no less than six planets in the charismatic and elusive water sign Pisces. With its symbol of two fish swimming in opposite directions, Pisces energy moves in mysterious and unpredictable ways.

The Piscean sensitivity picks up all the subtle layers of meaning in life. For artists and creators of all kinds, Piscean energy enhances the imagination, provides instinctive understanding and the ability to download ideas and images from the collective unconscious. March is therefore a prime time to focus on your dreams and visions for the future and let go of the past (especially if you're a water sign). You'll be helped in this quest by Venus, Mercury, the Sun, Neptune, Chiron and Mars - not to mention the Pisces new moon on the 12th. Keywords for working with Piscean energy are connection to source, acceptance, release, forgiveness and compassion.

And if your baby is due this month, prepare to meet an old soul in a new body!

Interview with Stella in Tenant Magazine



Ella Mitchell, 3RRR listener (and big astrology fan) has set up an online magazine called TENANT where she interviews people from in and around Melbourne about their lives and backgrounds. She kindly asked me if I'd like to feature in TENANT – thank you Ella! You can read my story (with photos) at this link if you're interested.

<http://tenantmag.com.au/2012/06/11/3182-stella-woods-astrologer/>

Here are just a few of the questions Ella asked:

“Astrology is not a career that is often promoted by career counsellors. When did you know you wanted to be an Astrologer?”

“Stella, in your own words what is it that Astrologers actually do?”

“You meet so many interesting people through your work. Who inspires you in your life?”

And my favourite question... *“What smells remind you of Melbourne?”*

Click on the link below to find out the answers...

<http://tenantmag.com.au/2012/06/11/3182-stella-woods-astrologer/>



Magic & Manifestation Affirmation Book & Cards



M.C. Zoe Sheridan (Sydney 2Day FM radio presenter) and Keenan Crisp from *Power Living* chose the *Love & Transformation* cards.

AstroUpdate subscriber Lisa Haley and I were proud guests at the [Soul Sessions](#) Melbourne launch held in Fitzroy on 1st February 2013. I was even prouder to be handing out cards from our new [Magic & Manifestation Affirmation Deck](#) to participants in the evening session which included sound meditation, speakers on yoga and personal development plus a delicious dinner with organic wine. Eloise King, founder of Soul Sessions, wants to create Friday nights out with a difference and she certainly managed that!



Lisa choosing her card for the night...



What message will my card reveal?



So that's how you do a love spell!

If you'd like some of these magical Affirmation Cards for yourself or perhaps a copy of Stella's companion book, *The Seven Secrets of Magic & Manifestation*, head straight to the Stella Starwoman [online store](#) or order from your local bookshop

Cards \$29.95
Book \$34.95
+ P&P

ISBN: 9326705932103 (cards)
ISBN: 9780646566269 (book)



March 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).

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 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.

<u>Date</u>	<u>Sign</u>	<u>Element</u>	<u>Moon Phase</u>
1 st -2 nd	Libra	Air	Third Quarter
2 nd -4 th	Scorpio	Water	
4 th -6 th	Sagittarius	Fire	
6 th -8 th	Capricorn	Earth	
8 th -10 th	Aquarius	Air	New Moon 12 th
10 th -12 th	Pisces	Water	
12 th -15 th	Aries	Fire	
15 th -17 th	Taurus	Earth	
17 th -20 th	Gemini	Air	First Quarter
20 th -22 nd	Cancer	Water	Autumn Equinox
22 nd -25 th	Leo	Fire	Full Moon 27 th
25 th -27 th	Virgo	Earth	
27 th -29 th	Libra	Air	
29 th -31 st	Scorpio	Water	
31 st	Sagittarius	Fire	Easter Sunday

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 March Monthly Stars at www.stellastarwoman.com to see what's coming up for you this month.

Happy Stargazing

Stella Woods

www.stellastarwoman.com

