

AstroUpdate – March 2019

Hi and welcome to the Stella Starwoman March AstroUpdate, and a special welcome to new subscribers!

This month we take a close look at maverick Chiron who has just completed a lengthy journey through Pisces (since 2010) and will be travelling through Aries until 2027, helping us expand our collective definition of what is beautiful or normal.

And communication planet Mercury goes retrograde in Pisces in early March for a full three weeks, making this a month of revision, reflection and renovation. Don't worry if you're finding it hard to get ahead or make clear decisions. The fog will lift come April.

Chiron in Aries – Seeing More Kinds of Beauty



We live in interesting times... Every generation has its own struggles and triumphs and these are often reflected by the so-called outer planets which move slowly, allowing us to absorb and understand their lessons as they pass through each sign of the zodiac.

One of the biggies this year is the Chiron in Aries transit which began tentatively in 2018 and is now in full swing until 2027. Astrologers often refer to Chiron as 'the wounded healer': a being who has learned to heal others through his own experience of pain. He shows where we feel ashamed, broken or inadequate.

So, what are the wounds faced by the current generation? Mental illness, depression, loneliness and anxiety? Eating disorders, substance abuse, body shaming and gender politics? Feelings of being ugly, inadequate and undesirable? Fear of missing out?



Expensive housing, student debt, lack of job security and unstable future?
Environmental devastation, pollution and climate change? Take your pick!

There's no doubt that the technology that has helped connect and inform us over the past half century has also weakened and divided us. No matter how desirable the trappings of beauty, fame and perfection seem, we can't all be superheroes, superstars and supermodels and no amount of wealth, achievement and glory can heal the wounds of depression, inadequacy and anxiety. Enter Chiron in fire sign Aries which is all about acknowledging and celebrating individual flaws and differences. Healing collective wounds by transforming the way we see ourselves and others. Maintaining a sense of personal identity, but accepting and embracing others who look, think, feel, believe and live in a different way. And truly understanding they are just as important as we are.

If you feel as though you don't fit in, Chiron in Aries could be a truly healing period where you finally accept you are fine just the way you are and that everyone has some kind of wound, disability, shame or hang-up. Feeling flawed is normal! Over the next few years we will see people become increasingly assertive about defending their individual competency, behaviour, background, sexual preference, body shape and lifestyle choice, rather than trying to conform to some autocratic ideal.

At a recent MTV Video Music Awards, the artist Pink told the story of how her six year old daughter came home from school saying: 'I'm the ugliest girl I know - I look like a boy with long hair.' Pink replied: 'When people make fun of me, that's what they use. They say I look like a boy or I'm too masculine or I have too many opinions, my body is too strong.' And I said to her: 'Do you see me growing my hair? Do you see me changing my body? Do you see me changing the way I present myself to the world?' ... 'We don't change. We take the gravel and the shell and we make a pearl. And we help other people to change so they can see more kinds of beauty.'

Expanding our view of what is beautiful, acceptable and normal in ourselves and others is a major theme of Chiron in Aries. Why not start today?



Mercury Retrograde in Pisces – Honour Your Feelings



Communication planet Mercury travels backwards from 6th-28th March in the sensitive, psychic and creative water sign Pisces. Mercury retrograde occurs every three to four months and is known as a time when everything 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. Our unconscious and intuitive sides are particularly active and the best laid plans often grind to a sudden halt.

When Mercury is retrograde in a water sign we tend to revert to old habit patterns and emotional responses. Some will experience moodiness or free-floating anxiety as emotions come to the surface while others will discover a split between logic and feelings. The best advice is to avoid starting new projects, but rather to focus on completing or revising existing ones. And if you can't work out how to move forward or solve a problem, spend time daydreaming, reflecting and meditating and the answers will come.



New Moon in Pisces – Dreaming Big



The March new moon falls on the 7th in meditative water sign Pisces. With Neptune conjunct the new moon, now is the time to exercise your imagination and dream big. New moons are all about fresh beginnings and untapped potential and both Neptune and Pisces can open us up to the myriad opportunities in life. Too often we focus on lack of money, experience, time or talent as reasons for aiming low, restricting ourselves or forgetting what we're truly capable of. Life can be magical and this Pisces new moon reminds us of the beauty, creativity and endless possibility all around us. Make a wish, say the magic words out loud and see what happens!

Autumn Equinox - Celebrating the Harvest



On 21st March, the sun moves into Aries, heralding the golden season of autumn. On this day, all over the world, there are exactly twelve hours of daylight and twelve hours of darkness and we call this the autumn equinox (equi = equal and nox = night).

For the next six months, nights will be longer than days, meaning it's time to start withdrawing energy from the outer world and prepare for the cooler months ahead.

Each season reveals something of the divine genius of nature, autumn being the crown jewel of the seasons with its harvest of grain and ripened fruit. The autumn time of day is dusk, as the sun gives way to the moon and stars and energy turns inwards towards rest, reflection and dreaming. In our own lives, autumn is a time to reflect on the challenges, achievements and harvest of the past year, while in the life cycle, the autumn years are often the richest and most rewarding as non-essential activities, beliefs and relationships drop off like falling leaves, leaving behind the ripeness of wisdom and experience.

Seven Top Tips for a Fruitful Autumn



- 1) Adjust your sleeping habits to follow the sun. As the days grow shorter, do less in the evenings, enjoy a relaxing bath or foot massage and go to bed earlier.
- 2) Write down all the wonderful things that have happened over the twelve months. You are a year older and a year wiser and you've survived! Celebrate your achievements.
- 3) Stock up your kitchen and freezer with all the delicious autumn produce available at markets, orchards and if you're lucky, your own garden.
- 4) As the weather cools down, get plenty of fresh air, but dress warmly. Give your wardrobe an overhaul making sure you have plenty of warm clothes you feel good in.



- 5) Enjoy ten minutes of stretching and deep breathing each day when the work day is over. Lie on your bed, on the couch or on the floor and pull air into all parts of your lungs and chest, then release it slowly along with all the tensions of the day.
- 6) Make a large pot of warming soup or stew to share with friends in front of a cosy fire.
- 7) Declutter your home one room at a time. Ask yourself: 'Is it useful? Is it beautiful? Is it sentimental?' If it's none of these, sell it or give it away and make space for something new.

Full Moon in Libra – Give Peace a Chance



The March full moon falls on the 21st in diplomatic air sign Libra, just a few hours after the autumn equinox when day and night are of equal length. The overriding theme of both the full moon and the equinox is harmony and balance, so now is an excellent time to resolve conflicts and arguments. Conflict arises when we believe we are right and reasonable while someone else (colleague, partner, friend, neighbour, family member, politician, religious figure, foreigner etc.) is wrong and therefore deluded. It sounds obvious and yet, if we make an effort, we all have the capacity to put ourselves in another person's shoes and see things from their point of view. With Chiron conjunct the Aries Sun at this full moon, the ability to empathise with others will bring deep healing and forgiveness.



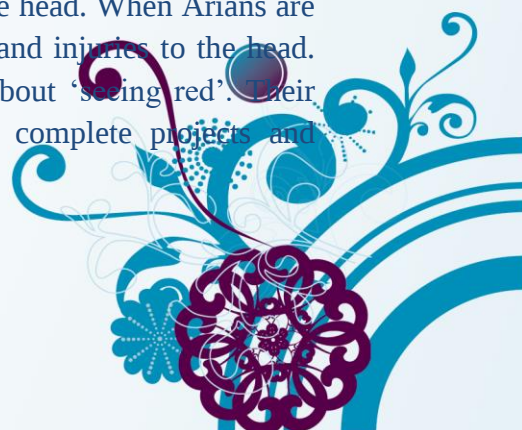
Happy Birthday Aries!



From the 21st March to the 21st April this year, the Sun travels through fire sign Aries. Aries is the first sign of the zodiac, the seed, the new beginning, the hero. Aries keywords are “I am” and “I initiate”. The symbol for Aries is the ram who rushes fearlessly into new situations, heedless of danger with no consideration for others.

Arians are true individuals and born leaders, keen to build their own personality and ego. They enjoy a challenge and often excel at sports and other competitive games. The typical Arian is independent and adventurous, displaying strength, boldness, initiative and courage. Negatively they can be angry, headstrong, selfish, domineering and arrogant. Arians need to learn how to cooperate with others, complete projects they have started and conserve their energy. If you want to annoy an Aries, boss them around, make fun of them, force them to follow a routine or tell them to calm down!

Each zodiac sign rules a part of the body. For Aries this is the head. When Arians are out of balance they often suffer from headaches, migraines and injuries to the head. And the Aries colour is red. When we get angry we talk about ‘seeing red’. Their biggest lesson is to learn how to cooperate with others, complete projects and conserve their abundant energy to avoid burnout.



March & April 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.

MARCH

Date	Sign	Element	Moon phase
1 st -3 rd	Capricorn	Earth	New Moon 7th
3 rd -5 th	Aquarius	Air	
5 th -8 th	Pisces	Water	
8 th -10 th	Aries	Fire	First Quarter
10 th -13 th	Taurus	Earth	
13 th -15 th	Gemini	Air	
15 th -17 th	Cancer	Water	
17 th -19 th	Leo	Fire	
19 th -21 st	Virgo	Earth	Full Moon 21st
21 st -23 rd	Libra	Air	
23 rd -25 th	Scorpio	Water	
25 th -28 th	Sagittarius	Fire	
28 th -30 th	Capricorn	Earth	
30 th	Aquarius	Air	Third Quarter



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 5th
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 19th
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	

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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