

AstroUpdate — May 2015

Welcome to the Stella Starwoman May AstroUpdate! Sorry it's a bit late – I've had such a busy month with workshops, new courses, eclipses, Easter, podcasts, writing deadlines...you name it! But today it's time to celebrate the sensuous Scorpio full moon, so make sure you step outside tonight and bathe in her beautiful silvery light.

And if any of you would like an astrology or tarot reading either by phone, Skype or in person (I'm based in St Kilda, Melbourne), please give me a call on 03 9534 5021 or send an email to stella@stellastarwoman.com.

I've included a full price list below.

Mother Moon



To celebrate Mother's Day, I thought we'd take a look at moon signs, the moon being the primary symbol of all things feminine, nurturing and mothering, at least in Western culture. Most people know their 'star sign' (position of the transiting sun on the day of birth) but very few people know or understand the significance of their 'moon sign', which, to an astrologer, is equally if not more important.

The sun sign (star sign) changes every 30 days: for example this month the sun is in Taurus until the 21st May and will then move into Gemini for the next thirty days, whereas the moon changes zodiac sign every two and half days. So, if two people are born in the same month of the same year, one might be a Taurus with the moon in Cancer and another a Taurus with the moon in Sagittarius. There are 144 possible sun/moon combinations, each with their own unique signature. The sun or star sign shows a person's potential and where they shine, whereas the moon sign reveals a person's natural habits; what makes them feel good or nurtured, how they saw their mother and the way they behave instinctually or when alone in private. We could say the sun sign represents the fully fledged adult and his/her potential, whereas the moon sign is strongly connected to the inner child.



Nurturing the Inner Child



In these days of moving forward, getting ahead, taking action, kicking goals and monitoring progress, we often forget that we are instinctual creatures driven by our feelings and inner world. If you'd like to create a more rewarding, emotionally-balanced and stress-free life, try living in tune with the moon. There are two main ways you can do this.

Firstly, find out which sign the moon was in when you are born (this information can easily be found on any of the main astrology websites or by consulting an astrologer) and then check the table on the next page to find out which activities best suit your moon sign and finally, make sure you indulge in these activities whenever you feel stressed or unbalanced. For example if you have the moon in Virgo, cleaning out the kitchen cupboards or going for a massage will always make you feel good, whereas if you have moon in Aries you'd be better off getting hot and sweaty, playing sport or chopping wood. This advice applies to both men and women.

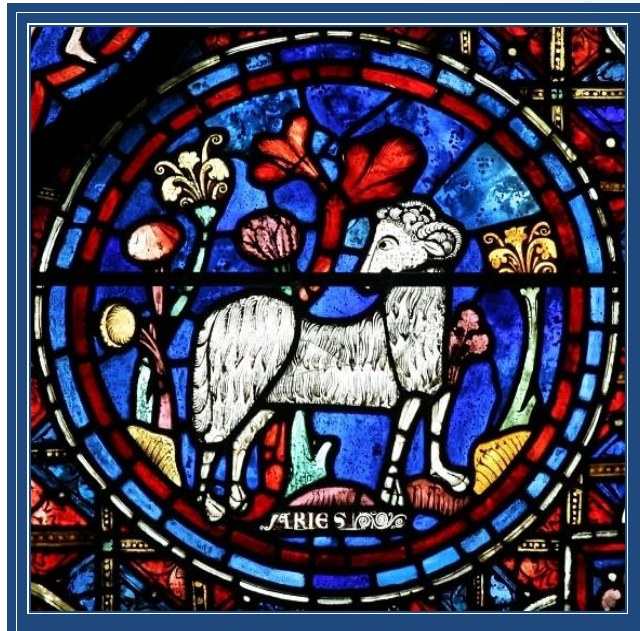
Secondly, you can plan your monthly activities according to the sign of the transiting moon, which changes every two and half days. To find out where the moon is on any given day, you will need a moon calendar or diary or simply check the moon tables in AstroUpdate. For example this month from 8th- 10th May the moon will be in practical and business-oriented Capricorn – a great time to do your tax return, update your will, check your super account or plan a business meeting. And conversely, 8th-10th May is probably not the best time to have friends round for dinner or go on a romantic date, as Capricorn favours business and worldly affairs. I've just remembered Mother's Day is on the 10th May, but fortunately the moon shifts into Aquarius early in the morning – hopefully your family are free thinking, alternative types!



The Moon and Your Mood

♈	Moon in Aries (Fire) - Mood – self-assertive, independent & courageous Tackle jobs involving tools and machinery; get physical and sexual; take on new challenges and risks; play sport/go on adventures; compete/fight with others; be loud and proud!
♉	Moon in Taurus (Earth) - Mood – calm, stable, sensual and productive Eat, drink, sleep, make love, enjoy life's sensual pleasures; look after your money and finances; get out in nature and the garden; focus on security, comfort and pampering your body; enjoy physical work; listen to music or visit an art gallery.
♊	Moon in Gemini (Air) - Mood – inquisitive, nervous, quick-thinking, easily bored Get together with friends and colleagues; talk, network, share information, gossip; study, read, write, surf the net, make phone calls; hold meetings and brainstorming sessions; enjoy arts, crafts and mind games/puzzles; get out and about in the local neighbourhood.
♋	Moon in Cancer (Water) - Mood – sentimental, emotional, loving, nurturing Spend time at home with close family; hang out with children and pets; enjoy cooking and food preparation; lie in the bath or visit a spa; reminisce about the past or visit a museum; enjoy taking care of others.
♌	Moon in Leo (Fire) - Mood – confident, creative, warm and high-spirited Dress up and strut your stuff; enjoy partying, entertaining and socialising with friends; perform and show off your skills and prowess; time for love, fun, romance and extravagance; go to the theatre, movies or a concert.
♍	Moon in Virgo (Earth) - Mood – practical, organised, efficient and helpful Clean and tidy the house, shed, garden; shop for necessities rather than luxuries; do any task that requires attention to detail; go for a health treatment or massage; help a friend, neighbour or family member.
♎	Moon in Libra (Air) - Mood – cooperative, romantic, inclusive and artistic Decorate or beautify your home; spend time with or propose to the one you love; resolve conflicts and build alliances; buy new clothes, shoes and accessories; seek out beauty, art, music and culture
♏	Moon in Scorpio (Water) - Mood – intense, investigative, private and passionate Visit a counsellor or psychologist; spend time alone processing your feelings; enjoy passionate sex with someone you love deeply; check your superannuation and investments; repair, restore, replace and fix broken things; do research; investigate the darker side of life...
♐	Moon in Sagittarius (Fire) - Mood – adventurous, broad-minded, freedom-loving Do something adventurous and fun; go camping or on a road trip with friends; read to learn about new ideas and expand your mind; seek out new people and places; play sport and enjoy time outdoors; learn a new language or plan an overseas trip.
♑	Moon in Capricorn (Earth) - Mood – practical, conservative, hard-headed and ambitious Apply for a promotion, pay rise or new position; handle legal and government matters; fulfil family and community obligations; monitor your finances, tax and superannuation; hold long term planning and business meetings.
♒	Moon in Aquarius (Air) - Mood – revolutionary, humanitarian, free thinking, inventive Do something out of the ordinary; mix with free thinking and alternative people; join a social or humanitarian cause; fix the computer or buy technical gadgets volunteer for a charity or community group.
♓	Moon in Pisces (Water) - Mood – meditative, peaceful, fantasy-prone, creative Daydream, pray, meditate and tune out; practice kindness to those in need listen to music or visit an art gallery; go for a massage or lie in a warm bath enjoy a bottle of wine with your partner.

Gothic Cathedrals & Zodiac Imagery



On a recent visit to France, I looked forward to exploring the zodiac imagery in one of Europe's most famous Gothic cathedrals, Notre Dame de Chartres (Our Lady of Chartres). Chartres is one of the oldest shrines in France dating back to pre-Christian times. Built on a hilltop over a sacred well and surrounded by forest, Chartres was a centre of Celtic worship hundreds of years before the birth of Christ. Julius Caesar himself wrote about this hill and its dolmen (megalithic monument) where the Druids were initiated. The present day cathedral was consecrated in 1260 and you can still visit the sacred well, deep inside the crypt.

Chartres Cathedral is a magical place. Built on the principles of sacred geometry by master stone masons funded by the Knights Templar, it was one of the chief stopping points on the pilgrimage to Santiago de Compostela in Spain in medieval times. A living library of esoteric knowledge and symbolism, the cathedral is aligned to the northern hemisphere summer solstice. On the 21st June each year, the sun shines through the window of 'Saint Apollinaire' with a depiction of the Roman sun god Apollo and its rays fall straight on an iron nail in the floor of the cathedral. The Cathedral School of Chartres produced some of the greatest neo-Platonic, esoteric and Gnostic scholars of the Middle Ages, teaching knowledge and wisdom rather than simply faith.

Inside the cathedral there is a beautiful astrological clock and a massive stained glass window showing the twelve signs of the zodiac and images of the agricultural labours and activities performed during each month of the year. The four fixed signs associated with the Galactic Cross (Leo, Taurus, Aquarius, Scorpio) are depicted in the central column of the window in four leafed clovers, symbols of the cross (and also a Druid symbol of good fortune). However Taurus has for some reason been replaced by the sign Gemini, perhaps to represent the summer solstice. Some people are surprised to find these traditionally pagan symbols inside a Christian cathedral, but throughout Europe, there are literally hundreds of examples of astrological imagery in places of worship, one of the most famous being the zodiac calendar and sundial on the marble floor of the Basilica Santa Maria degli Angeli e dei Martiri in Rome, a church originally designed by Michelangelo.

I'll be sharing more of these astrological discoveries in future issues of AstroUpdate.



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Featured Sign - Taurus



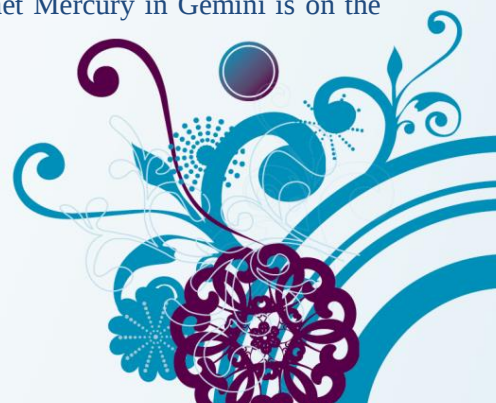
This year from the 20th April to the 21st May, the Sun travels through fixed earth sign Taurus, Taurus is the second sign of the zodiac with keywords “I have” and “I hold”. The zodiac symbol for Taurus is the bull, who appears calm, slow-moving and peaceful until aroused! Taureans love sensual and physical pleasure and are generally caring and affectionate. They are also patient, steadfast and reliable with excellent taste and enjoy financial security and prosperity. Taureans can be very stubborn and take things literally, so proceed slowly and steadily when dealing with one of these individuals and always explain things in a practical manner. They usually resist change and their anger can be truly awesome as it builds up steadily over a long period of time. When Taureans are out of balance they often suffer from sore throats, voice and thyroid problems or a stiff jaw. The Taurean colours are pink, light blue, russet and the warm earthy tones. Taurus also has a strong connection with the arts, particularly music - many Taureans are excellent singers. With their fine taste and patient, hard-working qualities, Taureans produce things of beauty that outlive them. With their innate understanding of the physical body and material world, many Taureans work in the financial, food, fitness and health industries. Their greatest lesson is to accept and embrace change and adopt a balanced approach to material life and possessions.

May Full Moon & New Moon

The May full moon falls on the 4th in water sign Scorpio opposite the sun in fertile earth sign Taurus. Mercury and Saturn oppose each other at this full moon making the theme honest communication and its importance in building relationships based on respect and integrity. The recent eclipse cycle in Aries-Libra has forced us to examine our relationships, the way we treat others and our expectations. We are now being asked to consider all situations from the other's point of view and to speak with mindfulness and courtesy. The May full moon is also known as the Wesak moon, marking Buddha's birth and enlightenment.

New moons are all about new beginnings. The May new moon falls on the 18th in earth sign Taurus heralding a challenging moon cycle with the theme of adjustment and patience. Mars in Gemini and Saturn in Sagittarius oppose each other at this new moon, creating dynamic tension, while communication planet Mercury in Gemini is on the threshold of his retrograde cycle which runs from 19th May to 12th June.

The advice is to slow down, meditate and listen to the inner voice otherwise feelings of anger are likely to erupt. Mercury will conjunct the Sun on the final day of May, bringing insight and understanding.



May 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>
<u>1st-3rd</u>	<u>Libra</u>	<u>Air</u>	Full Moon 4th
3 rd -5 th	Scorpio	Water	
<u>5th-8th</u>	<u>Sagittarius</u>	<u>Fire</u>	
8 th -10 th	Capricorn	Earth	Third Quarter
<u>10th-12th</u>	<u>Aquarius</u>	<u>Air</u>	
12 th -14 th	Pisces	Water	
<u>14th-16th</u>	<u>Aries</u>	<u>Fire</u>	New Moon 18th
16 th -18 th	Taurus	Earth	
18 th -20 th	Gemini	Air	
<u>20th-23rd</u>	<u>Cancer</u>	<u>Water</u>	First Quarter
23 rd -25 th	Leo	Fire	
25 th -28 th	Virgo	Earth	
<u>28th-30th</u>	<u>Libra</u>	<u>Air</u>	
<u>30th-31st</u>	<u>Scorpio</u>	<u>Water</u>	

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

PS – Don't forget to check out your May Monthly Stars at www.stellastarwoman.com to see what's coming up for you this month.

Happy Stargazing

Stella Woods

www.stellastarwoman.com

