

AstroUpdate – May 2019

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

My apologies to any of you who've not received recent copies of this newsletter – as you may know, a few months ago I was reported for sending SPAM and 95% of my outgoing emails were blocked. This has been most time consuming and frustrating as my mailing list is 100% legit, however I'm now in the process of sorting out the situation and moving to a new service provider with the help of my webmaster. Thank you for your patience and onto this month's astrological happenings!

New Moon in Taurus – Character is Destiny

**Character is
destiny.**

– Heraclitus

The May new moon falls on the 5th in earth sign Taurus. The temptation will be to cut corners because you believe there's a quicker or easier way. The advice is to act with integrity for you will reap what you sow at this new moon. No shortcuts!



Sun Gods in London



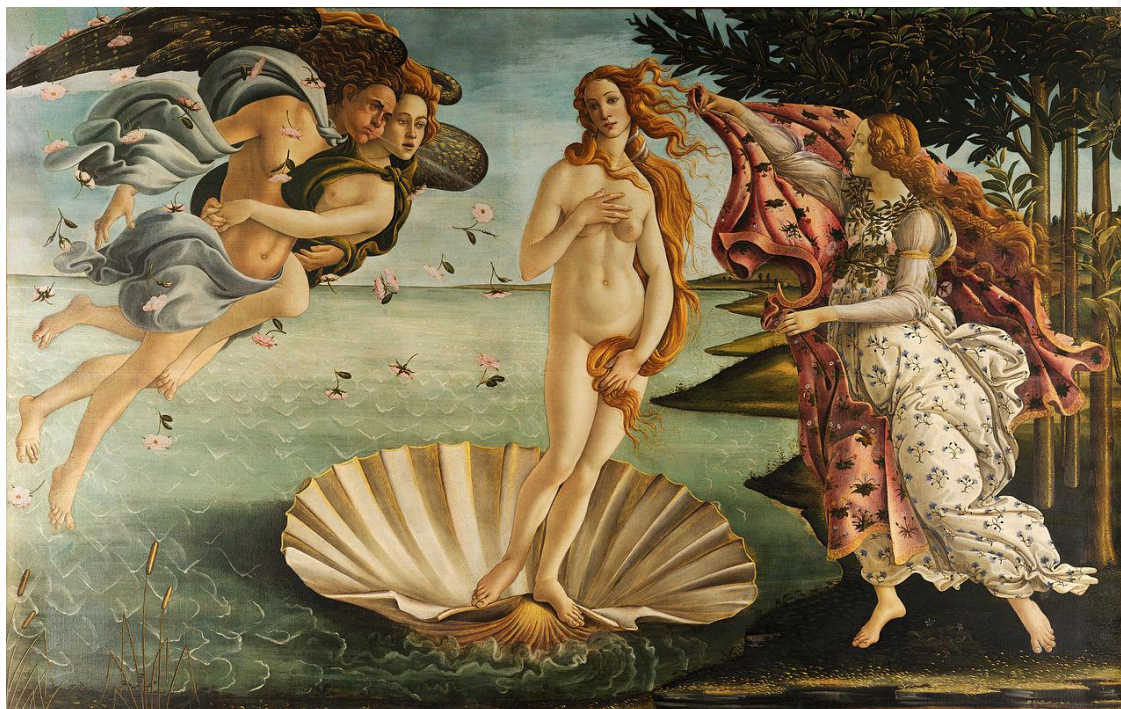
Astrological symbolism pops up all over the place. I recently noticed this fabulous blue and gold astrological clock standing proudly over the entrance to Bracken House in Cannon Street, London. If you look closely you'll see former British PM Winston Churchill at the centre of the dial masquerading as the sun god! Imagine a similar clock in Canberra with Scott Morrison as sun god...

Bracken House is the former home of London's Financial Times newspaper and the paper plans to move back to its Cannon Street birthplace later this year, opposite St Paul's Cathedral in London's famous Square Mile.

Politics, Finance, Religion AND Paganism – love it!



Venus in Taurus – Pamperfest



Venus rules love, beauty, creativity, money and pleasure and every month she cruises through a different sign of the zodiac. This month she'll be visiting sensual earth sign Taurus as we celebrate life in the physical body. Daily life takes on a glorious multi-coloured hue with pampering, fashion and beauty all perfect activities to indulge in. Or perhaps you'd prefer home-cooked food; fresh flowers from the garden; herbal teas; fine wines, craft beers, cosy furnishings, warm fires or the earthy beauty of nature? Perfect activities for the golden days of autumn. Finances often take a turn for the better with Venus in Taurus - the keyword is 'physical abundance'.

Venus will be sashaying through Taurus from 15th May to 9th June so light the fire, book that massage or simply take a long soak in the bath...



Full Moon in Scorpio – Speak Your Truth



The May full moon falls on the 19th in water sign Scorpio. Doing something out of the ordinary will bring unexpected pleasure and satisfaction. Trust your feelings, speak your truth, and follow your heart wherever it leads you.

The Scorpio full moon marks the celebration of Wesak and Buddha's birthday.

Buddha and the Taurus/Scorpio Polarity

Every religious, spiritual and political leader bases their belief system and teachings on their astrological make-up, whether or not they're aware of it. For Pisceans and Virgos, it's sacrifice and service; for Sagittarians it's freedom and truth and for Taureans and Scorpions, it's release from material and emotional attachment aka 'The Middle Way'

The Middle Way is the term Siddhartha Gautama, the spiritual teacher who founded Buddhism, used to describe the character of the path he discovered that he believed would lead to liberation. The Buddha, a term meaning 'enlightened one', describes the middle way as a path of moderation between the extremes of sensual indulgence and self-mortification. This, according to him, was the path of wisdom.





Buddha's birthday is celebrated at the time of the May full moon (Wesak) which in Western astrology gives him a Sun in Taurus and Moon in Scorpio, both fixed zodiac signs. The big lesson for Taurus is to let go of material attachment. The big lesson for Scorpio is to let go of emotional attachment.

Siddhartha came from a royal family and enjoyed a cosseted life of Taurean luxury in his early years. At Saturn return, (aged 29) he left his palace to meet his subjects. Despite his father's best efforts to shield him from the dark side of life (the realm of Scorpio); he was suddenly plunged into the underworld, encountering old age, disease, death and deprivation. Shocked by his experiences, he then sought to release his attachment to the material, pursuing enlightenment through depriving himself of worldly goods and food and practising self-mortification and meditation. After nearly starving himself to death (Scorpio enjoys extremes), he collapsed in a river and almost drowned.

At this point he began to reconsider his choice of path and decided that the middle way was the best option - the lesson a person with Taurus Sun and Scorpio Moon most needs to learn. Here's a quote from his Discourses II: "You should lose your involvement with yourself and then eat and drink naturally, according to the needs of your body. Attachment to your appetites - whether you deprive or indulge them - can lead to slavery, but satisfying the needs of daily life is not wrong. Indeed, to keep a body in good health is a duty, for otherwise the mind will not stay strong and clear."

What is your spiritual mantra?



Happy Birthday Gemini!



From the 21st May to the 22nd June, the Sun travels through mutable air sign Gemini. Gemini is the third sign of the zodiac with keywords “I think” and “I communicate”. Gemini’s symbol is the twins, one mortal, one immortal, the dark side and the light side. Geminis are extremely curious and like to accumulate information and process data. They think at lightning speed, are versatile and adaptable and love gadgets, mobile phones, books and surfing the net. Easily bored, Geminis need lots of intellectual stimulation and often have a youthful appearance. Negatively, the Gemini individual can be fickle and nervous with scattered energy and a tendency to gossip or make cutting remarks. Some are over-reliant on logic and dismiss emotions as irrational or unimportant. When Geminis are out of balance they suffer from nervous tension or problems in the lungs, arms, shoulders and hands. Gemini’s greatest challenge is to learn constancy and mental discipline and to accept the importance of emotions in both themselves and others.

ALL ABOUT GEMINI

Ruling Planet:	Mercury
Element	Air
Symbol:	The Twins



Gift:	Intelligence
Challenge:	Commitment
Colours:	Yellow, Light Blue, Metallic Colours
Birthstones:	Agate for healing; Tourmaline for focus & mental activity; Citrine to lift the spirits.

Celebrating the Seasons

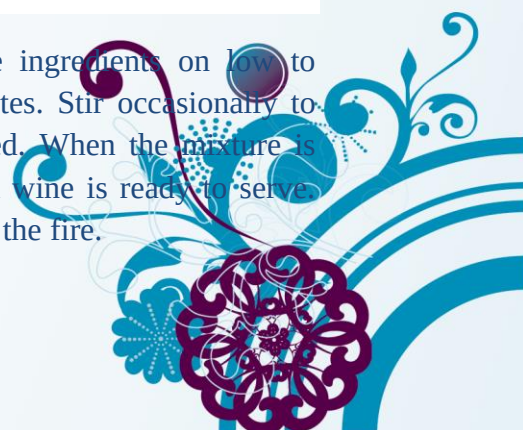


And finally....astrology's all about cycles and seasons and what better way to celebrate the shorter days and cooler weather than...

Making Your Own Mulled Wine

- One bottle or cask of red wine
- Grated zest of 1 orange and 1 lemon
- Remainder of 1 orange and 1 lemon cut into slices
- 1 tsp ground nutmeg
- 2 tsp ground ginger
- 5 whole cloves & 3 cinnamon sticks
- 100 g sugar (or honey to taste)
- 2/3 cup brandy/cognac
- 1 cup water or orange juice

Combine all ingredients in a large pan. Gently warm the ingredients on low to medium heat on the stove (avoid boiling), for 20-25 minutes. Stir occasionally to make sure that the honey or sugar has completely dissolved. When the mixture is steaming and the ingredients have blended well, the mulled wine is ready to serve. Ladle into mugs (leaving seasonings behind) and drink round the fire.



May & June 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.

MAY

Date	Sign	Element	Moon phase
1 st	Pisces	Water	
1 st -4 th	Aries	Fire	
4 th -6 th	Taurus	Earth	New Moon 5th
6 th -8 th	Gemini	Air	
8 th -10 th	Cancer	Water	
10 th -13 th	Leo	Fire	First Quarter
13 th -15 th	Virgo	Earth	
15 th -17 th	Libra	Air	
17 th -19 th	Scorpio	Water	Full Moon 19th
19 th -21 st	Sagittarius	Fire	
21 st -24 th	Capricorn	Earth	
24 th -26 th	Aquarius	Air	
26 th -29 th	Pisces	Water	
29 th -31 st	Aries	Fire	
31 st -2 nd June	Taurus	Earth	



JUNE

Date	Sign	Element	Moon phase
1 st -2 nd	Taurus	Earth	
2 nd -5 th	Gemini	Air	New Moon 3 rd
5 th -7 th	Cancer	Water	
7 th -9 th	Leo	Fire	
9 th -11 th	Virgo	Earth	First Quarter
11 th -13 th	Libra	Air	
13 th -15 th	Scorpio	Water	
15 th -18 th	Sagittarius	Fire	Full Moon 17 th
18 th -20 th	Capricorn	Earth	
20 th -23 rd	Aquarius	Air	
23 rd -25 th	Pisces	Water	
25 th -27 th	Aries	Fire	Third Quarter
27 th -30 th	Taurus	Earth	
30 th -2 nd July	Gemini	Air	

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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