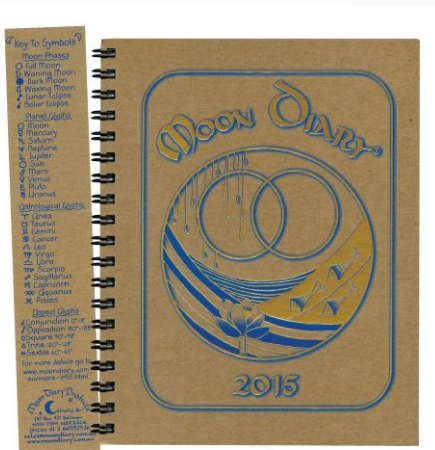


AstroUpdate — November 2014

Welcome to the Stella Starwoman November AstroUpdate as we celebrate SEVEN YEARS of publication!

2015 Moon Calendars & Diaries - ON SALE NOW!



The 2015 Moon Calendar and Diaries are now available for purchase at the Stella Starwoman Store. I'll be uploading new photos for the diaries and calendar to the site over the next week, so don't be surprised if you see the 2014 photos still there. It's just that some of you have contacted me keen to buy diaries now, so please go right ahead!

BUY Thomas Zimmer's 2015 ASTRO/MOON CALENDAR at this link [MOON CALENDAR 2015](#) COST \$15.95

BUY the 2015 MOONTIME DIARY at this link [MOONTIME DIARY 2015](#) COST \$34.95

BUY the 2015 MOON DIARY at this link [MOON DIARY 2015](#) COST \$34.95

Featured Sign - Scorpio



The Sun travels through water sign Scorpio from the 23rd October until 22nd November. Scorpio is the eighth sign of the zodiac with keywords "I survive" and "I am intense". Scorpio has three symbols, the scorpion, representing Scorpio's lower nature, her jealousy, desire for revenge and tendency to manipulate others; the eagle, representing Scorpio's ability to soar above emotional attachment thus accessing the true power of the sign and finally the holy dove, symbol of divine love, compassion and forgiveness. Those born under the sign of the Scorpion are usually loyal, strong and courageous. They love exploring the mysteries of life – birth, death, sexuality, reincarnation and anything taboo. They have a reputation for being passionate, secretive and highly sexual and due to their emotional intensity, often have to deal with issues of trust and betrayal. Negatively, Scorpios can be possessive, jealous, vindictive, destructive and manipulative, particularly when hurt or betrayed. In medical astrology, Scorpio rules the organs of elimination and reproduction including the urinary tract, bowel, prostate gland and nasal bones. When Scorpios are out of balance they can suffer from haemorrhoids, constipation, urinary tract infections, menstrual and reproductive problems plus catarrh and sinus problems. The Scorpio colours are dark red, purple, dark green and black. Scorpio's greatest lesson is to learn to let go on an emotional level and forgive.



Astrology & Health



“A physician without a knowledge of astrology cannot rightly call himself a physician”. HIPPOCRATES

When most people think of astrology they do not think of it in relationship to health, however until as recently as the 17th Century, medicine and astrology were intimately linked. Medical Astrology is the branch of astrology that uses the birth chart to identify weak areas of the body that may be predisposed to illness as well as suggesting potential treatment options. Many of humanity’s greatest thinkers such as Aristotle, Culpeper and Paracelsus explored the relationship between medicine and astrology while the Greek physician, Hippocrates, born around 460 BC and known as the “Father of Medicine,” used astrology and the study of patient birth charts as the most scientific means of diagnosis available to Greek physicians of his era.

So what caused the separation between medicine and astrology, which still exists to this day? In the 17th century during the ‘Age of Enlightenment’, the brilliant English scientist, Sir Isaac Newton, developed his theories of what we now call mechanical physics. According to Newton, the universe could be understood by taking matter apart and studying it piece by piece. Medical doctors embraced Newton’s ideas and began to view the body as a machine, studying individual parts in isolation, rather than looking at the person as a whole. Medical astrology thus became increasingly marginalised as scientists were unable to demonstrate a connection between astrology and human disease using the new scientific methods.

Fast forward to the 20th century when new paradigms were explored, including what we now call quantum physics, a science which views the universe from a broader perspective, integrating both the physical and ‘immaterial’ or metaphysical aspects of reality. From this ‘quantum’ point of view, a person’s overall health can be diagnosed by not only examining their physical symptoms, but also by looking at any part of life that might affect that person, including their relationships, environment, diet, past traumas, current stresses and any other psychological, mental or spiritual issues. Despite these advances in thought, allopathic medicine still has difficulty in acknowledging that all living organisms have electromagnetic properties – in other words we are energetic beings.

As Dr Sarah Knox, a US biomedical scientist put it, “Medicine only examines one side of Einstein’s equation. $E=MC^2$ means that energy can also be converted to matter. Without looking at the energetic components to the entire expression of human health how can one fully expect to understand the causes of breakdown?”

Those with a knowledge of Chinese, Tibetan or Ayurvedic medicine will know that these traditional systems, thousands of years old, have never lost sight of this essential truth. All are based on the idea that a person’s constitutional or energetic type has a great effect on their overall health and that individuals with different constitutional make-ups require different types of treatment. All recognise the importance of environment and emotions on health.

While a full discussion of western medical astrology is beyond the scope of this article, I’d like to encourage you to take a look at your own birth chart to gain a basic understanding of how medical astrology applies to you. We can start by looking at the four astrological elements, fire earth, air and water, the parts of the body related to each sun or star sign and some simple ways of supporting these different types of energies to gain optimum health. If you don’t have a copy of your birth chart or don’t know your element balance, just read the section on your particular sun or star sign (e.g. Geminis read the section on Air). You might just discover a thing or two!

FIRE SIGN HEALTH IMBALANCE

Those with charts dominant in fire tend to experience inflammation and heat when out of balance. For example fire signs can suffer from rashes or overheating when angry or burning the candle at both ends.

SENSITIVE AREAS

Aries: Head, face, brain, eyes

Leo: Heart, chest, spine, spinal column, upper back

Sagittarius: Hips, thighs, liver, sciatic nerve

FIRE SIGN TREATMENT

- Soaking up the sun
- Going on an adventure
- Having fun or being silly
- Doing creative or inspiring work
- Promoting something
- Being energetic and enthusiastic
- Embracing the inner child

EARTH SIGN HEALTH IMBALANCE

Those with charts dominant in earth tend to experience congestion and rigidity when out of balance. For example earth signs can suffer from sluggish digestion, weight gain or aches and pains when stuck in a rut or working too hard.

SENSITIVE AREAS

Taurus: Throat, neck, thyroid gland, vocal tract

Virgo: Digestive System, intestines, spleen, nervous system

Capricorn: Knees, joints, skeletal system



EARTH SIGN TREATMENT

- Getting out in nature
- Moving the body
- Making something
- Gardening or hiking in the bush
- Tidying and organising
- Enjoying the pleasures of the flesh
- Reviewing accomplishments

AIR SIGN HEALTH IMBALANCE

Those with charts dominant in air tend to experience dryness and nervousness when out of balance. For example air signs can suffer from mental stress and nervous conditions when thinking too much or disconnecting from the body and ignoring its messages.

SENSITIVE AREAS

Gemini: Arms, lungs, shoulders, hands, nervous system, respiratory system, brain

Libra: Kidneys, skin, lumbar region, buttocks

Aquarius: Ankles, calves, circulatory system

AIR SIGN TREATMENT

- Getting out in the fresh air
- Talking, reading, writing, listening
- Finding space
- Learning new things
- Exercising the intellect
- Doing puzzles, quizzes and games

WATER SIGN HEALTH IMBALANCE

Those with charts dominant in water tend to experience swelling, water retention and discharges when out of balance. For example water signs can suffer from unexplained weight gain or fluid retention due to emotional stress.

SENSITIVE AREAS

Cancer: Chest, breasts, stomach, alimentary canal

Scorpio: Reproductive system, sexual organs, bowels, excretory system

Pisces: Feet, toes, lymphatic system, adipose tissue

WATER SIGN TREATMENT

- Being near water
- Being in nature
- Being intimate and close with others
- Nurturing and helping others
- Honouring and acknowledging feelings
- Crying and sharing feelings
- Bathing and swimming



Key Astrological Events – November



With Mercury finally moving forward again, November promises to be a less challenging month than October. The communication planet will reach normal speed by the end of the first week of November, meaning you can confidently move ahead with any plans or projects that may have been delayed or derailed during the Mercury retrograde period in October. Mercury shifts from Libra to Scorpio on the 9th providing penetrating insight and an ability to uncover hidden or secret information. Mercury will remain in Scorpio until the 28th November.

The two October eclipses encouraged you to follow your heart and not your head, and this advice continues to hold good throughout November. These eclipse periods occur twice a year and help us stay on track while simultaneously eliminating the dead wood in our lives. If the eclipses have brought apparent loss, know that you will benefit from the shifts and changes in the long run.

The November full moon falls on the 7th in earth sign Taurus promoting all things earthly and sensual. With the Sun conjunct both Venus and Saturn in passionate Scorpio at this full moon, you could be making some serious decisions about personal relationships. Is it time for a greater commitment or time to say goodbye?

Dynamic Mars conjunct transformational Pluto on the 11th in Capricorn will give you the energy to follow through on important decisions and take decisive action which others may find surprising! Remember, the theme this month is to strike a balance between your own needs and the needs and desires of others.

Relationship planet Venus leaves Scorpio and enters optimistic and happy-go-lucky Sagittarius on the 17th, followed by the Sun on the 22nd November and Mercury on the 28th. There's also a new moon in Sagittarius on the 22nd, making the final week of November a wonderful time for getting outdoors; planning the summer holidays; meeting up with friends for fun, social occasions or simply dreaming big.



November 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	Aquarius	Air	Full Moon 7th
2 nd -4 th	Pisces	Water	
4 th -6 th	Aries	Fire	
6 th -8 th	Taurus	Earth	
8 th -10 th	Gemini	Air	
10 th -13 th	Cancer	Water	Third Quarter
13 th -15 th	Leo	Fire	
15 th -18 th	Virgo	Earth	New Moon 22nd
18 th -20 th	Libra	Air	
20 th -22 nd	Scorpio	Water	
22 nd -25 th	Sagittarius	Fire	
25 th -27 th	Capricorn	Earth	
27 th -29 th	Aquarius	Air	First Quarter
29 th -30 th	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 stellaw@ozemail.com.au

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

Happy Stargazing
Stella Woods

