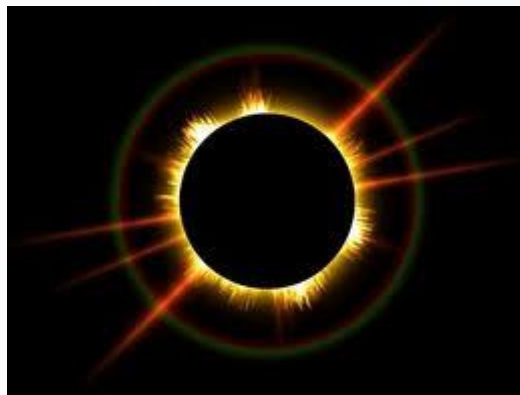


AstroUpdate — October 2014

Welcome to the Stella Starwoman October AstroUpdate as we celebrate SEVEN YEARS of publication! I could never have imagined when I started this newsletter that it would still be going strong seven years later. My goodness, seven years is the time I spent in high school and that seemed like an eternity. Thank you to those of you who have supported my work and kept in touch over this time – it's always a pleasure to hear from you, even if it sometimes takes me a while to reply to your emails.

On the cosmic front there's lots happening this month with a lunar and a solar eclipse plus the thrice yearly Mercury retrograde transit through Scorpio and Libra. And as spring has now sprung there's also an article on gardening by the moon, a centuries old agricultural practice that works just as well in a small backyard.

October Lunar & Solar Eclipses *Getting Real*



Eclipses are like newspaper headlines, boosting and enhancing planetary energies and this month we have two eclipses, a lunar eclipse at the Aries full moon on the 8th and a partial solar eclipse at the Scorpio new moon on the 24th.

With the Sun and Venus in Libra opposite the full moon and Uranus in Aries, the lunar eclipse on the 8th offers the chance of a complete new beginning in relationships, teaching us to maintain a sense of self without being selfish (Aries) while experiencing the joys of being in relationship without sacrificing the self (Libra). With transformational Pluto in the mix, this is sure to be a powerful time, especially for Librans with birthdays within a day or two either side of the eclipse; those born around 6th-10th April and anyone with planets or personal points, such as the Ascendant and Midheaven, close to 15-16° Aries, Cancer, Libra or Capricorn.



Solar eclipses begin new chapters in our lives and their effects are usually felt for at least the next six months. During a solar eclipse, lunar concerns (gut feelings, emotional patterns, subconscious mind and habits) somehow interfere or block out our outwardly focused yang energy (the sun) which can be an enlightening or frightening experience, depending on our level of self-awareness. This month's solar eclipse on the 24th is in Scorpio, a sensual water sign with a focus on secrecy, passion, shared resources, depth and intimacy. With the Sun and Moon conjunct relationship planet Venus and trine romantic Neptune, this eclipse is sure to make you follow your heart rather than your head.

Gardening By The Moon



On a recent visit to Queensland, I finally got to meet and share a wonderful dinner with the man behind Australia's most famous moon calendar, astrologer Thomas Zimmer. Thomas has been living in the wilds of Tallebudgera Valley for decades and produced his first moon calendar as a Christmas present for friends in the late seventies. Almost forty years later, his *Astrological Calendar & Moon Planting Guide* has become something of an institution for those interested in astrology, moon cycles and organic gardening. During my visit, I was lucky enough to see Thomas at work on his 2015 calendar which he painstakingly calculates and draws each year by hand with not a computer in sight!

Astrology is often viewed as a complicated esoteric art, and indeed it can be approached from this angle, but all astrology is based on planetary cycles and the most basic and most important planetary cycle is the relationship between our earth, the sun and the moon. A good moon calendar will show the waxing and waning positions of the moon in a visual format and include dates for the new and full moon each month. Moon calendars can be used for a variety of purposes, but one of their most interesting and practical applications is to assist in planting by the moon – a simple agricultural technique that has been used by farmers for thousands of years to increase crop yield and minimise time spent on irrigation and weeding. Just as the moon influences the rise and fall of the tides, plants with their high water content, are also influenced by the waxing and waning of the moon.



If you'd like to try your hand at gardening by the moon, all you need is a moon calendar showing the dates of new and full moons and a willingness to give it a go. The monthly moon cycle is divided into four different phases, each lasting a week. Use the date of the new moon as the starting point for week one (24th October this month) and then proceed as follows, remembering a lunar month has 29.5 days and goes from one new moon to the next.

- 1) New Moon to First Quarter – Week One (24th – 31st October)
- 2) First Quarter to Full Moon – Week Two (1st – 7th November)
- 3) Full Moon to Third Quarter – Week Three (8th-15th November)
- 4) Third Quarter to New Moon – Week Four (16th-22nd November)

Week One – New Moon to First Quarter Phase The moon is new and the sap is rising. Plant leafy annuals (plants where you eat the foliage) broccoli, cabbage, celery, lettuce, spinach, silverbeet, basil, coriander, asparagus, parsley, etc. Apply liquid fertiliser and prune shrubs and mow lawns for fast regrowth.

Week Two – First Quarter to Full Moon Phase The moon gains in potency in the lead up to the full moon. Plant fruiting annuals (plants where you eat the seed or seed bearing organ) beans, corn, tomatoes, pumpkin, peas, eggplant, capsicum, zucchini, etc. Grafting and budding benefit from high sap flow. Prune shrubs and mow lawns for fast regrowth. As the full moon approaches at the end of this week (closest full moons are 8th October and 7th November), harvest any juicy berries, succulent leafy greens or other veggies for their high water content. It is also best to harvest herbs at the full moon as their essential oils are strongest and fragrant flowers will also have a stronger scent.

Week Three - Full Moon to Third Quarter Phase The moon is starting to wane and energy is drawn downwards into the earth. Plant root crops – beetroot, potatoes, parsnip, carrots, onions, sweet potatoes, turnips, ginger, garlic, etc. You can also plant perennials – trees, shrubs, berries, vines, rhubarb, and bulbs. A healthy root system for these plants ensures long term viability. Sow lawns and lay turf; harvest for storage; take cuttings; apply solid fertilisers; mow lawns for slow regrowth.

Week Four - Third Quarter to New Moon Phase Do not plant anything! This is a period of low vitality as we move toward the end of the moon cycle, so weed and turn over the garden beds, make compost and apply mulch and solid fertilisers. Prune shrubs and mow lawns for slow regrowth.

Of course it is possible to ditch the moon calendar altogether and do what our ancestors did – simply watch the moon each night to see it growing bigger and smaller and attune yourself to her different phases. It is easy to see when the moon is full, but I always had difficulty telling the difference between the waxing crescent moon and the waning crescent moon until an Italian friend taught me a rhyme he learned at school “Gobba a ponente luna crescente, gobba a levante luna calante” which roughly translated means, “Hunchback in the west, moon waxing, hunchback in the east, moon waning”. So if you can see the crescent moon near sunset (west) it means it is waxing or growing bigger and if you can see it near sunrise (east), the moon is waning or growing smaller. May your garden grow and flourish!

PS – The Thomas Zimmer 2015 Moon Calendars will be available for purchase from late October onwards from the Stella Starwoman shopping cart at this link [MOON CALENDAR 2015](#)



Key Astrological Events – October



From 5th-26th October, communication planet Mercury will be retrograde, travelling backwards through water sign Scorpio and air sign Libra. Mercury retrograde occurs approximately three times a year and is known as a time when everything seems to go haywire. Delays, computer problems, broken promises and relationship misunderstandings are typical manifestations of Mercury retrograde. Problems with transportation and crucial bits of missing information that prevent us from achieving understanding or "moving forward" are also common during a Mercury retrograde period.

With Mercury acting as messenger between the unconscious and conscious mind, think of the Mercury retrograde transit as a three week opportunity to get your life back on track and regain integrity and truth. Pay particular attention to gut feelings, hunches and pieces of information that randomly come your way. Avoid starting new projects; instead focus on completing or revising existing ones and if things do go wrong, ask yourself: "What is the hidden message behind this event?" And as Mercury travels backwards through Scorpio (inner truth and integrity) and Libra (balance in relationships), ask yourself: "How can I speak my truth openly and honestly?" and "How can I achieve a better balance between give and take in my relationships?" The midpoint of the Mercury retrograde cycle is on the 17th October – at this midpoint there is often an 'aha' moment and the whole message of the cycle becomes clear.



Featured Sign- Libra



The Sun travels through air sign Libra from 23rd September until 23rd October this year. Libra is the seventh sign of the zodiac with keywords “I balance” and “I seek my other half”. Those born under the sign of the Scales promote love and harmony and teach us about the importance of give and take. They adore relationships, are often cultured or artistic and are experts in charm, diplomacy and negotiation. Negatively, Librans can be superficial, indecisive, manipulative or dependent and because they hate unpleasantness or disagreement, they often avoid conflict and bury their heads in the sand. In medical astrology, Libra rules the kidneys, lumbar region and skin, so when Librans are out of balance they tend to suffer from lower back pain, kidney problems, urinary tract problems and skin diseases such as eczema. The Libra colours are ivory, pink, turquoise and blue. Libra’s greatest lesson is to learn to develop their ‘inner partner’ and become whole rather than seek an outer partner to feel complete.

HOW TO HANDLE A LIBRA

Well, it’s more a question of how to stop them handling you! These career diplomats will subtly manoeuvre you into a corner and you won’t be able to refuse their ever-so-pleasant requests. But if you do find yourself needing to handle a Libra, charm and diplomacy is the way to go. Smile, ask them nicely and they’ll almost always say ‘Yes’.



October 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	Sagittarius	Fire	First Quarter
<u>1st-3rd</u>	<u>Capricorn</u>	<u>Earth</u>	
3 rd -5 th	Aquarius	Air	
<u>5th-7th</u>	<u>Pisces</u>	<u>Water</u>	Full Moon 8th Lunar Eclipse
7 th -9 th	Aries	Fire	
9 th -12 th	Taurus	Earth	
<u>12th-14th</u>	<u>Gemini</u>	<u>Air</u>	Third Quarter
14 th -16 th	Cancer	Water	
<u>16th-19th</u>	<u>Leo</u>	<u>Fire</u>	
19 th -21 st	Virgo	Earth	New Moon 24 th Solar Eclipse
<u>21st-24th</u>	<u>Libra</u>	<u>Air</u>	
24 th -26 th	Scorpio	Water	
26 th -28 th	Sagittarius	Fire	
<u>28th-31st</u>	<u>Capricorn</u>	<u>Earth</u>	
31 st	Aquarius	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 stellaw@ozemail.com.au

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

Happy Stargazing
Stella Woods

www.stellastarwoman.com

