

AstroUpdate – August 2019

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

It's harvest season in the northern hemisphere and beautiful crop circles are appearing in the fields of France, Russia, Italy and the UK. This month we feature two crop circles from Hampshire and Wiltshire in the UK both created around the number six, symbol of balance and harmony.

Having survived Mercury retrograde and the July solar and lunar eclipses, it's time to get back on track and enjoy the abundant Leo energy flowing throughout the month of August.

Leo New Moon – Blossom & Flourish



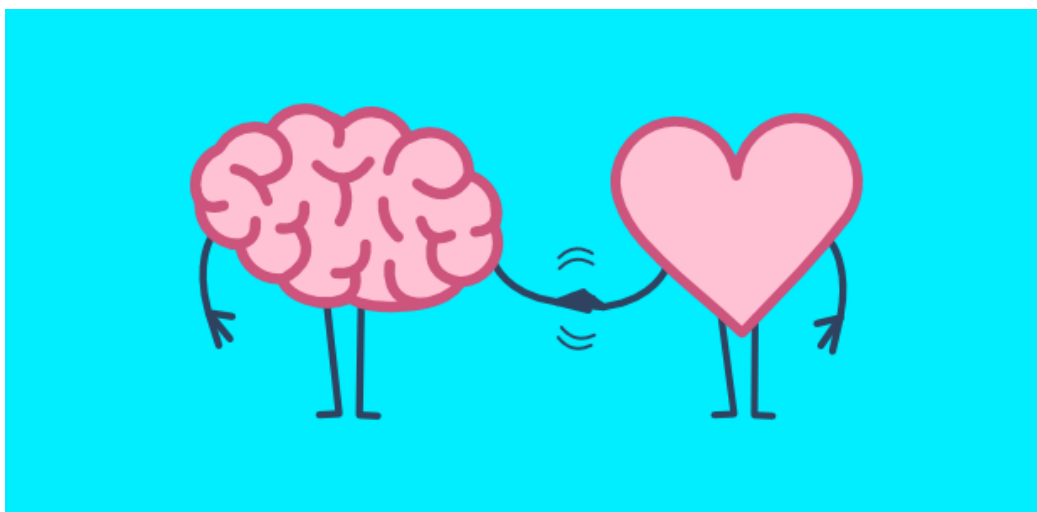
On 1st August, a brand new moon in fire sign Leo marks the beginning of a new monthly cycle. 2019 has been a challenging year for many, with its theme of 'destroying to rebuild', but August promises some much needed respite in the lead up to spring. With Mercury retrograde over the past few weeks, it's also been a time of inner reflection and completing unfinished business, but now we can plant seeds and ideas and watch them blossom and flourish as the season unfolds.



Leo is the quintessential symbol of creativity and ruled by the sun, centre of our solar system. The sun brings light, life and clarity, so shine that Leo light into any dark corners of your life, pursue your interests and projects with enthusiasm and lead from the heart, rather than the ego. Here are some beauty tips to enjoy between now and the full moon on 15th August as the lunar energy grows stronger.

Massage with essential oils
Enjoy nourishing treatments/facials
Cut hair for lusher, thicker growth
Cut nails for stronger, faster growth
Colour hair / add highlights
Develop / plant new positive habits

Mercury Direct- Emotional Intelligence



Communication planet Mercury has been retrograde since early July travelling through fire sign Leo and water sign Cancer and, pushing us to deal with unfinished business, delivering home truths and revealing hidden or buried emotions. New truths and valuable insights have emerged along with missing pieces of information and new perspectives.

When Mercury is retrograde it's best to go with the flow and remain flexible and open but that's not always easy and frustration can easily build up. As August unfolds, Mercury starts picking up speed and moving forward again, helping us make sense of the events of the past three weeks and tie up all those loose ends. The gifts of Mercury retrograde in Leo and Cancer are heart-centred wisdom and emotional intelligence.

Mars in Leo – Fun Fun Fun



Action planet Mars left Cancer in early July and will be cruising through dramatic and charismatic fire sign Leo until 18th August in what might just be a match made in heaven. This uber-masculine combo will put passion in your imagination and fire in your loins. Add Venus and the Sun in Leo as travelling companions with Mercury hopping in the back seat from the 11th onwards and there'll be no excuse for idling on the sidelines. August is a month for risk taking, creativity, adventure, drama and FUN FUN FUN!

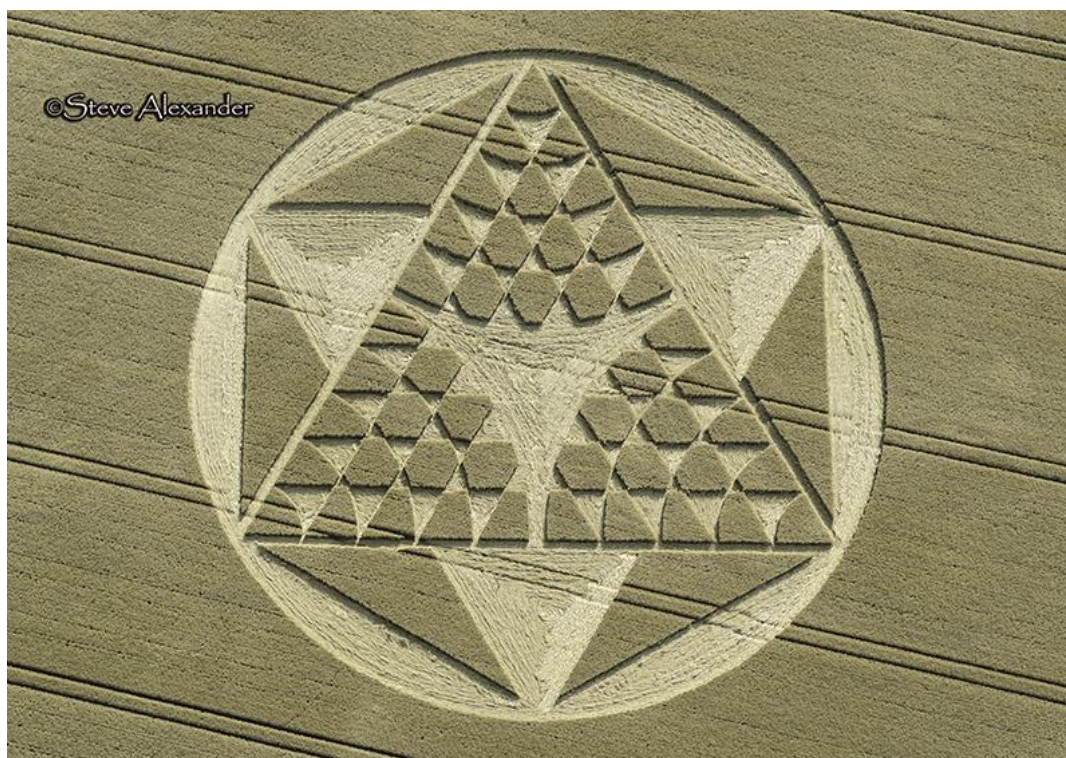
Venus in Leo – Opening the Heart

Venus is the planet of love, pleasure and heart-connection. She'll be travelling through passionate fire sign Leo until the 21st August promoting loyalty, generosity, love and creativity - no hard-heartedness, bitterness, coldness or cynicism here!



Venus in Leo opens the heart turning it into a warm, glowing fire that radiates love and helps us break free of inhibitions or beliefs that have kept our hearts closed or protected in the past. How will you open your heart and let your joy, radiance and inner truth shine forth this month?

Crop Circle Update



Crop Circle - Barton Stacey, Hampshire, UK (28th July – 76 metre diameter)

Crop circles have been photographed in fields all over the world, but each year, regular as clockwork, a whole host of these amazing geometrical formations appear overnight in the fields close to the sacred sites of South West England, such as Stonehenge and Avebury. Despite their best efforts, no scientist, farmer or sceptic has ever caught or filmed a person creating a genuine crop circle.

These stunning photos were taken by Steve Alexander. You can read more about crop circles and their sacred geometry and see the whole gallery of the 2019 formations on Steve and Karen Alexander's website <https://temporarytemples.co.uk>





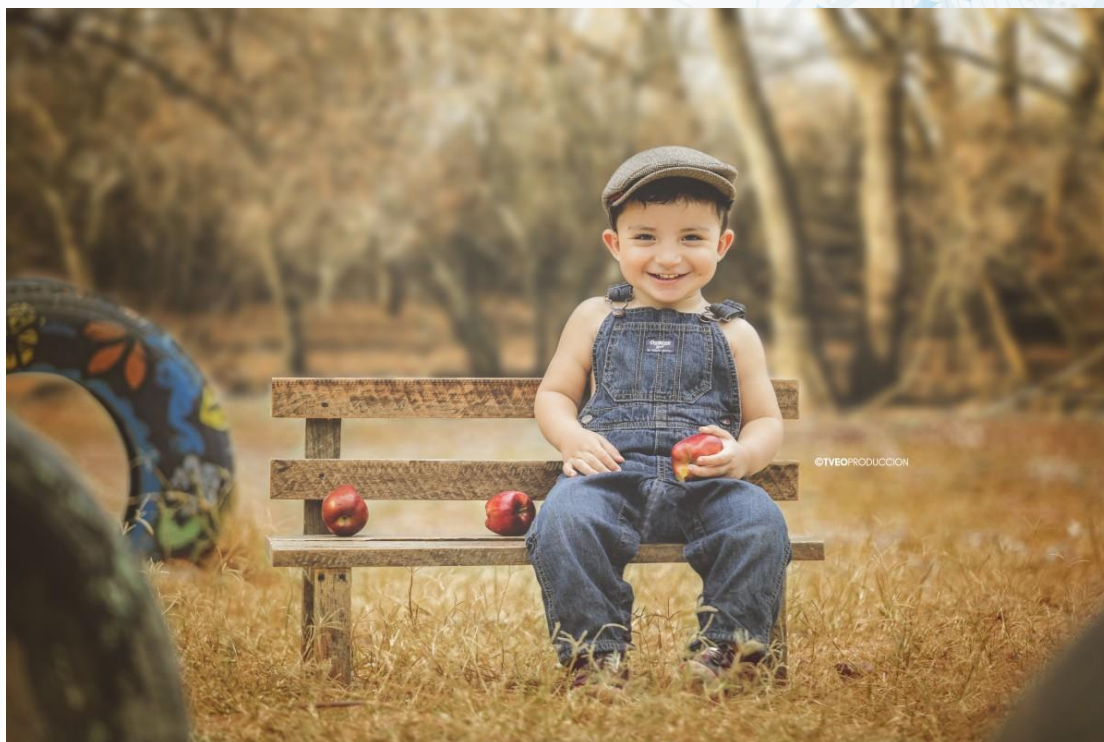
Crop Circle Pepperbox Hill, Alderbury, Wilts, UK (23rd July – 55 metre diameter)

Leo - Loving Your Inner Child

With so many planets in fiery Leo this month, it's time to bask in all that positive, radiant Leo energy and display your own spark of brilliance. Leo represents the Inner Child – the joyful, creative, spontaneous part of Self who is both playful and wise. The Inner Child knows instinctively what we need to feel happy, confident and light-hearted, but how often do we ignore his or her voice in favour of Ms Martyr, Dr Logic or Mrs Dutiful?

Being in touch with your Inner Child connects you with your own uniqueness and helps you play, explore, enjoy life and have fun. Yes, you are special and what's wrong with that? Follow your heart. Believe in yourself. Take action with courage and strength. Be generous, warm and loving. Make heartfelt connections and respect the divine spark in others. .





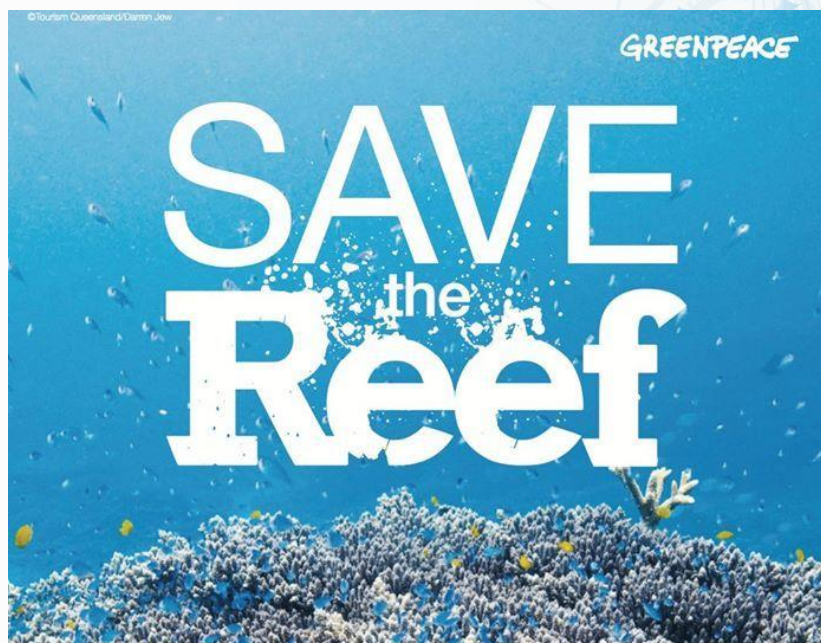
And if you've never had a proper conversation with your Inner Child, why not start right now? Just find a quiet place, imagine that beautiful child inside you and tune in. It could be the start of a great relationship!

Aquarius Full Moon – Champion Your Cause

On the 15th August, we have a beautiful full moon in humanitarian air sign Aquarius. This promises to be a really special full moon with Venus and Mars flanking the sun in Leo, all opposing the full moon.

The full moon in Aquarius embodies an emotional desire to network with like-minded people and advance humanitarian, scientific and progressive causes. The connection with Leo brings personal flair, charisma, warmth and emotional intelligence. It doesn't get much more regal than this, so plan something special to take advantage of this spectacular cosmic alignment or use your leadership skills to champion your particular cause.





As the lunar energy starts to wane (decrease) a few days after the full moon, the period between 19th August and the next new moon on 30th August favours the following activities

Weight loss, fasting & detoxification
Body scrub & exfoliation
Deep cleansing treatments/facials
Lymphatic drainage
Removal of unwanted hair
Emotional release & kicking bad habits
Dental hygiene

Happy Birthday Virgo!

On the 23rd August, the Sun leaves the courageous and charismatic fire sign of Leo and enters humble and service-oriented earth sign Virgo. Each sign of the zodiac develops and builds on the energy of the previous sign - Virgo directs the heart-centred creativity of Leo towards practical service in the world. A mutable and flexible energy, she applies her powers of discrimination and analysis to bring healing and perfection.

Archetypal representations of Virgo include the Divine Feminine, the Earth Mother and the Goddess of Fertility. Isis and Mother Mary embody her loving energy and healing powers.





In ancient times Virgo was no chaste virgin, but the independent woman who served the Goddess herself. The holy woman of the temple who initiated men into the sacred, healing rites of sexuality, awakening the fires of kundalini. The connection between physical lovemaking, healing and the divine are available to anyone who taps into the energy of Virgo.

Those born under the sign of Virgo are noted for their calm demeanour, attention to detail, healing abilities, love of nature and mastery of art and craft. When in balance, they are one of the most practical, kind-hearted and caring zodiac signs with an intuitive understanding of the mind-body connection. Usually blessed with fine minds, they are masters of research, data and language and instinctively understand the importance of a healthy lifestyle.

Negatively, Virgos can suffer from hypochondria, be over-critical, especially of self, and prone to worry and anxiety. Virgo rules the abdomen, intestines, spleen and central nervous system. When Virgos are out of balance they can suffer nervous problems, and stomach and intestinal disorders. Virgo's greatest lesson is to learn to accept imperfection in both themselves and others.

Happy birthday to all Virgos – here's wishing you a fantastic year ahead!



August & September 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.

AUGUST

Date	Sign	Element	Moon phase
1 st -2 nd	Leo	Fire	New Moon 1 st
2 nd -4 th	Virgo	Earth	
4 th -7 th	Libra	Air	
7 th -9 th	Scorpio	Water	First Quarter
9 th -11 th	Sagittarius	Fire	
11 th -14 th	Capricorn	Earth	
14 th -16 th	Aquarius	Air	Full Moon 15 th
16 th -19 th	Pisces	Water	
19 th -21 st	Aries	Fire	
21 st -24 th	Taurus	Earth	Third Quarter
24 th -26 th	Gemini	Air	
26 th -28 th	Cancer	Water	
28 th -30 th	Leo	Fire	New Moon 30 th
30 th -1 st September	Virgo	Earth	



SEPTEMBER

Date	Sign	Element	Moon phase
1 st	Virgo	Earth	
1 st -3 rd	Libra	Air	
3 rd -5 th	Scorpio	Water	
5 th -7 th	Sagittarius	Fire	First Quarter
7 th -10 th	Capricorn	Earth	
10 th -12 th	Aquarius	Air	
12 th -15 th	Pisces	Water	Full Moon 14th
15 th -17 th	Aries	Fire	
17 th -20 th	Taurus	Earth	
20 th -22 nd	Gemini	Air	Third Quarter
22 nd -24 th	Cancer	Water	
24 th -26 th	Leo	Fire	
26 th -28 th	Virgo	Earth	
28 th -30 th	Libra	Air	New Moon 29th
30 th -2 nd October	Scorpio	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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