

The Sunday Telegraph

body+⁺soul

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TIME TO MAKE A FRESH START

We're still in the eclipse season, and next week will bring the full moon eclipse which is going to be a sort of climax or crescendo for many people. One of the best things to remember during eclipse season is that everything really does happen for a reason.

If there's a relationship or situation in your life which you know has reached its use-by date, this is the week to gently ask yourself what the next best step is. When eclipses happen, they do so for our own good. So if the fun or the passion has gone from someone or something and deep down you know you need to move on, then eclipse season is the time to do it.

When we cling on to something outdated, be it a friendship or a job or anything else, we tend to have a hard time. Intuitively, we might know something is over and yet we do what we can to resuscitate it, even if our best bet is to accept what is and move on. That's humans for you.

There are no easy fixes but the best way I know to deal with this energy is to repeat a Sanskrit chant that I love: "Om namo narayani", which means, "I surrender to the Divine."



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Should you buy a lottery ticket tomorrow or stay in bed? Find out at bodyandsoul.com.au/horoscopes

August 24 – September 23

It's time for you to revise your financial strategies. And now as your planet, Mercury, reverses in your money zone, you should find it easy to tweak your set-up. This is your lucky year – make the most of it. If it's your birthday week, the one thing you need to learn is when to push for what you want and when to release and move on. If you find yourself at odds with someone, see if there's a lesson in there for you, rather than exhausting yourself fighting to get your own way. To find out more, call 1900 999 888.

CAPRICORN

December 22 – January 20

So how do you feel about your working life and where you're headed professionally? As Mercury reverses in your career zone, it's time to take another look at your employment trajectory. If you're not on course to achieve your ambitions, use the power of Mercury reversing to change things. Don't give up if people don't give you what you want the first time you ask, either. To find out more, call 1900 999 888.

TAURUS

April 21 – May 21

At home, things are on the up and up. Spend time with people you love and/or making your home a lovely place to be. At work, you have a wonderful chance to modify the way you do things. In other words, if you want to rewrite your job description, now is a great time to do it, as Mercury reverses and creates opportunities for you to switch up your routines and duties. To find out more, call 1900 999 888.

YOUR WEEK AHEAD

VIRGO

LIBRA

September 24 – October 23

It's quite a turbulent time for you as Mercury reverses in Libra and we get closer to the eclipse in your love zone. You're being asked to reinvent yourself, perhaps without the company of someone who previously stood beside you. Don't worry – you can do it. And if someone has exited your life, then rest assured it was the right time for it and another person will come along. To find out more, call 1900 999 888.

AQUARIUS

January 21 – February 19

Having second thoughts about a travel or study plan? Good. It's the right time to rethink what you want in these parts of your life. Love-wise, this can be a turnaround week. If things haven't been going too well for you and your beloved, try again and you might get better results. For singles, it's a great time to meet someone online as loving Venus connects with technology planet Uranus. To find out more, call 1900 999 888.

GEMINI

May 22 – June 22

This could be an intense week. On top of the coming eclipse, there's a clash between your planet Mercury and the megalomaniac, paranoid planet, Pluto. Yes, there could be some fireworks related to any of the following: romance, a child, a creative project, sex or money. Your best bet is to be as Zen as you can be and to accept that everything really does happen for a reason. To find out more, call 1900 999 888.

SCORPIO

October 24 – November 22

One thing you don't want to do now is allow old fears to come back and plague you. In fact, every time you find yourself slipping into a worry session, take a moment to breathe and if you can, write down what scares you and then where you think that fear came from. This can really help you to face the fear and move on. It's a great week to do it. Take as much time out as you need. To find out more, call 1900 999 888.

PISCES

February 20 – March 20

It's a big week, with clashing planets affecting your love-life and career. Don't worry, whatever happens now is the universe shunting you along to where it wants you to be. We're still in the eclipse season (the full-moon eclipse is coming next week), so it's all about getting back on track. Try to keep this in mind if life gets challenging. Worried about cash? A turnaround may come soon. To find out more, call 1900 999 888.

CANCER

June 23 – July 23

It's time to find a better work/life balance. It's too easy to live in a whirl of stress, sleeping less, not eating well, dashing out the door in the morning already wound up, and so on. If you do nothing else this week, add something to your morning routine that will bring you peace. It could be meditation, a green smoothie, an affirmation app you listen to, yoga or a walk. Self-care is vital. To find out more, call 1900 999 888.

SAGITTARIUS

November 23 – December 21

This is the time for you to really go for it at work. Don't worry if things don't go as you want them to the first time round. You have Mars and Jupiter in your career zone, so you'll have lots of energy when it comes to chasing your professional dreams and ambitions, plus you have luck on your side. The current astro-climate is intense, though, so persistence is needed. To find out more, call 1900 999 888.

ARIES

March 21 – April 20

There could be frustrations connected to work this week. It looks like someone or something is slowing you down/getting in your way. No matter. Overall, you should be very motivated when it comes to work right now, so use any dramas as a chance to sort out any ongoing issues. Perhaps most importantly, don't lose your cool – remember to breathe through it all. To find out more, call 1900 999 888.

LEO

July 24 – August 23

If things aren't going your way financially this week, don't panic. You're at the start of a cycle during which you're going to be proactive about sorting your cash out. It will all happen if you work on it. Any problems arising this week are just red flags from the universe letting you know where you need to overcome an obstacle on the road to financial stability. To find out more, call 1900 999 888.

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