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On May 29, the moon enters a Last Quarter phase. This means the left side of the moon is illuminated, while the right is in shadow. According to the Watching Series by Dana Gerhardt, the Last Quarter moon may seem like "crisis in consciousness." Change is inevitable and often uncomfortable. However, change is absolutely necessary. Madame G suggests looking for clarity in the right places, at the right time, and in the right way.

Aries (March 21-April 19)

Sometimes it feels as if the weeks drag on and on. You're likely ready for something fresh. Learn to meditate and appreciate time in motion. When you feel as if you're stuck, stop and look around. What can you do to elevate yourself? Perhaps you should read a new genre of fiction or nonfiction. Madame G suggests reading *Travels with Charley* by John Steinbeck. Enjoy a road trip across the United States with a poodle, without ever leaving your living room. Let your imagination run wild.

Taurus (April 20-May 20)

The sun is out and summer is just around the corner. If you have kids this may feel a bit overwhelming when you try to keep up activities and obligations. Stress may rear its ugly head with a vengeance. Sometimes rethinking our fears and anxiety is better than pretending they don't exist. For the young at heart, read *Amelia Bedelia* by Peggy Parish. This fun idiom-filled book might just give the entire family something to laugh about.

Gemini (May 21-June 20)

The Sun is in your sign this month. Your loving and fun nature will expand outward giving joy to others. An extra burden may present itself when others latch onto your kindness without giving back. They may drain you of more than you have to give. If and when this happens sit down and

take time for yourself. Madame G recommends any book on mediation or yoga from Deepak Chopra to *10% Happier* by Dan Harris. There are plenty of mindfulness apps, podcasts, and online resources available as well.

Cancer (June 21-July 22)

Last Quarter moons supposedly effect social interactions. It appears some people may lash out unexpectedly: from road rage to work-place violence. This is a time of change and upheaval. As the sign most likely to commit murder (according to the FBI), consider reading one or several books on anger such as *When the Anger Ogre Visits* by Andrea Salmon. You may also want to attend a few anger-management meetings as well. It can't hurt.

Leo (July 23-Aug. 22)

This month, you'll experience a pull toward change. Often, when we begin feeling complacent, the world shakes us up and forces us to move forward. Look for inspiration from those around you. Take the dog for a walk. Seek motivation and mentorship from those who've been there. Listen to motivational speakers and TedTalks, or read a good book, such as *You Are A Badass: How to Stop Doubting Your Greatness and Start Living an Awesome Life*
by Jen Sincero. You've got this!

Virgo (Aug. 23-Sept. 22)

Are you feeling a smidge nostalgic? You may remember a lost love or a dream you thought long dead and pine for a renewal. F. Scott Fitzgerald said: "For what it's worth: It's never too late to be whoever you want to be." You need never give up hope or lose faith in yourself. Consider Jane Austen's work *Persuasion*. The heroine, Anne Elliot, believes her chance for happiness is long past until it smacks her right in the face, eight years later. Never give up dear Virgo. Never give up.

Libra (Sept. 23-Oct.22)

When you're world-weary and heartbroken, the best thing to do is sit down and cry. If that option is out or you're just too tired to cry, consider spending time on self-care. Elizabeth Gilbert's novel, *Eat, Pray, Love* will force out the tears or make the soul feel stronger. The movie version with Julia Roberts will encourage you to eat ice cream and travel. Rest well and don't forget to live.

Scorpio (Oct. 23-Nov. 21)

When the world kicks you down — strike it down and sting back. But remember that wisdom comes from careful deliberation. It's not enough to exact revenge on those who you think have slighted you. The sweetest vengeance is excellence of character and execution of skill. Enjoy Cal Newport's book, *So Good They Can't Ignore You: Why skills Trump Passion in the Quest for Work You Love* . Sit down and prepare to take the world by storm, with patient steady focus.

Sagittarius (Nov. 22-Dec. 21)

You'll likely feel especially restless this month. It's more than Spring Fever — it's restless-soul syndrome. Remember Tolkien's wise words: "Not all who wonder are lost." Madame G suggests getting out in nature. Go hiking! Take a long drive with the windows down. Seek out adventure and you'll find it. For the serious-natured Sagittarius, consider reading: Kurt Vonnegut's *Letters*. They may inspire you to live your dreams.

Capricorn (Dec. 22-Jan. 19)

If you find that you're more irritable than usual or perhaps more generous, stop and reflect on your actions. How do you feel? When the mind is too busy with rumination of any kind, you'll find action impossible. Consider reading the children's classic by Mary Norton, *The Borrowers*. It's delightful. Get in touch with your inner child and learn to play again. Have fun!

Aquarius (Jan. 20-Feb. 18)

The practical often invades realms of loftier thinking. You may find it difficult to contemplate the life of the soul while changing diapers or vacuuming. It's in your best interest to find a balance between your mind and body. Consider reading or listening to books about mindfulness or something fun such as, Joshua Foer's *Moonwalking with Einstein: The Art and Science of Remembering Everything* .

Pisces (Feb. 19-March 20)

You've a romantic heart with generous intentions. But you may find that your heart is sore this week. Get some fresh air. Travel if you can. Enjoy a lovely cup of tea or a strong cup of coffee. Treat yourself. In order to satisfy that romantic tendency, dabble in the classics. Consider reading Emily Bronte's *Wuthering Heights*, Jane Austen's *Sense and Sensibility*, or Leo Tolstoy's *Anna Karenina* . Add just enough drama and suspence into your daily study and you'll find that you're on your way to happiness.