

On Friday, prepare for a waxing moon. In Dana Gerhardt's Moon Watching series, she writes that the full moon gets all the attention, when it comes to crazy. But, you shouldn't underestimate the first or last quarters moons. This week, prepare for "crisis mode." Madame G reminds you, where there is crisis, so also is opportunity. Breathe deep and take action.

Aries (March 21-April 19)

Your new path is heading in the right direction. Even if you stumble, that's still a sign of progress. Instead of ruminating on the "how" or "what", reflect on your "why". Read interesting books by diverse people. Seek out the truth in all corners. Discount nothing. Believe only what you know and feel to be true. While you're at it, get outside and have some fun. You've got this!

Taurus (April 20-May 20)

Do you remember, Joni Mitchell's song: Both Sides Now? It's a melancholy tune that packs a punch. Look it up on iTunes or YouTube and take the lyrics to heart. Consider both sides of any argument. The point of any discussion is for understanding. Today, show love to those who annoy you at work, home, or a crowded Massage school and remain calm. Think: both sides!

Gemini (May 21-June 20)

Jim Kabat-Zinn wrote a book called: Wherever you go, there you are. This creative little masterpiece provides excellent guidance for cultivating mindfulness. You may choose to read it, or not—it really doesn't matter. You are and have all that you need for success and happiness within you today. Stop grasping dear Gemini! Start living, well. You can! You're worth it.

Cancer (June 21-July 22)

Stop blaming! One minute your thanking God and the next cursing all gods. Deepak Chopra said, "Good luck is opportunity meeting preparedness." Are you prepared? Maybe you're not living the way you feel you should. Maybe you are. As you are, you're ready. You have enough. You're enough. Look towards your goals and act, or don't—it's your choice.

Leo (July 23-Aug. 22)

Practice non-judgement for health. This means more than refraining from judging others—it also means—don't judge yourself. You should still progress, have goals, and aim high. But, lose attachment to the outcome. Enjoy the process, while smelling the roses. You may get stuck 10 times in the snow, but at least the dog really loved the frozen elk on the side of the road. Yay!

Virgo (Aug. 23-Sept. 22)

Choose better problems! You may love opening up drama from the drama vault, but it's not helping. If you want a better life, get better problems. For instance, helping 10 or 10,000 homeless is a better problem than Maria's stupid haircut. Saving 5, 50, or 5 million starving people is more worthy of attention than Carlos' smelly feet. Wake up! Humanity needs you.

Libra (Sept. 23-Oct.22)

So, life isn't treating you fairly. Why do you care? Your ego's at stake and you hate to lose. Again, why do you care? If your entire life is made up of pleasing others, how often do you please yourself? Continue down this road, if you want. But, consider that life (your life) isn't infinite, at least this corporeal one isn't. Breathe deep and learn while you can. Enjoy!

Scorpio (Oct. 23-Nov. 21)

Sore doesn't even begin to describe it. But, that's okay. Muscles work hard and get sore—it's a good sign. You'll stretch those creative muscles too, even if you have to go out and buy a Dollar Tree monkey for the office. Herbert the mascot represents fun! Stop dreaming and start drinking to the tunes of whatever you want. Cut loose and enjoy, because this is your story. Live it!

Sagittarius (Nov. 22-Dec. 21)

Good times are made to stay, but you need to work for it. You can't just sit on your mom's couch eating potato chips. You need to move. Don't blame your current situation on the fact you "like good shit." Suck it up butter cup! You need a steady diet of Ramen noodles (at \$0.69) and some elbow greece. Get out there and fix your life! You can, with a little effort (or a lot). DO it!

Capricorn (Dec. 22-Jan. 19)

What's up? You may feel off course or void of center, but that's not bad. Every chapter in life has a new beginning and a first sentence. You're formulating yours. This is the beginning of a beautiful...You make up the rest. You're the author and creator of your life. Stop with the excuses. You're good enough! Bad enough! And young enough! Have fun. You're there!

Aquarius (Jan. 20-Feb. 18)

Hold onto your butts—it's going to be a bumpy ride! Thanks Harry Potter for all the wisdom. What's your legacy? Your probing mind knows what to do and where to go. Don't be afraid of rejection, pain, or failure. You're just discovering all the ways NOT to do a thing. You'll figure out how to do it and share it with the world. Madame G recommends you sharpen a pencil.

Pisces (Feb. 19-March 20)

Madame G guide to the stars WEEK OF FEB. 3

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Happiness and unhappiness are the same because they begin with a choice. You can feel bad when someone is mean to you, or you can choose not to be mad. You may choose to get angry when you see the state of the world, or you can take action. Anytime you worry or expend unnecessary emotion, you drain brain power. Instead, look at what concerns you—act. Now!