

Your health in the stars

Find out what 2015 has in store for you – in mind, body and spirit. Astrologer Patsy Bennett shows you how to make the most of your year ahead.



Aries (March 21-April 20)

Mind: Set your sights on your goals, and you won't look back: this is your year to really blaze a trail at work and in key relationships. You'll enjoy rolling out projects which are already on the drawing board involving travel or home development, always rising to challenges with your trademark enthusiasm.

Body: Look out world, here comes a vibrant Ram! This will be a busy year, so a strengthening fitness program, plus clean, whole foods, and adequate rest will support the physical demands you'll face.

Spirit: This year is all about walking the talk - your outward actions will speak volumes about your inner self. February, March, August and September especially require that you express your values in your daily life; that you practise what you preach. Show your compassionate side, and appreciate the rewards this brings.



Taurus (April 21-May 20)

Mind: Love and beauty aren't far from your mind, because you'll get the chance to achieve more of both. Saturn will ask that you work a little harder to attain harmony in your relationships, but your efforts will be worthwhile. Financial developments mid-year could kick-start an

adventurous, potentially lucrative project.

Body: The work you put into your health and wellbeing will pay off. Be prepared to increase physical activity while supporting your nervous system with relaxing, replenishing routines. Guard against excessive indulgence in food and drink, especially in January and July.

Spirit: You'll enjoy tuning into a more spiritual vibe by investigating various cultural ideologies to find practices and prayers which support your beliefs. A friend, partner or teacher will pique your spiritual curiosity, and may introduce you to new values, guiding you towards a more hands-on and everyday approach to your own spirituality.



Gemini (May 21-June 21)

Mind: You may be torn between work and domestic priorities, and nothing ruffles a Twin's feathers more than uncertainty and overwork. You'll gain financial stability by sharpening your negotiating skills - just ensure the agreements you make are rewarding on more than just a financial level.

Body: Your state of mind will manifest in your physical body, more so than usual. Put your health first, or you'll risk living off your nerves, especially from March to July. Enjoy a mini-makeover to suit special events in April and December.

Spirit: Immerse yourself in projects which set



Cancer (June 22-July 23)

Mind: It's a case of embracing change like never before; and being prepared to work hard to obtain the life you want. Fortunately, Jupiter in your money zone will help you to boost finances. July will be a turning point: Mercury, Mars and the Sun in your sign all favourably aspect Neptune, bringing you the chance to make a dream come true.

Body: Treat your body well, and your vitality will soar; consequently, you'll excel in the bigger picture. New ideas about nutrition and the link between mind, body and spirit will appeal to your sensitive soul. Deep down, you're hard-wired to care. A fresh approach to nurturing this year will prompt you to put more energy into caring for yourself.

Spirit: Gentle movement, meditation, yoga, and dance will raise your energy levels and your spirit. Focus on the most practical methods to bring lasting happiness into your life. Relationships will be a source of contentment for you and, in 2015, it's all about how you can live – and work – in harmony with people you're linked with.

“For my part, I know nothing with any certainty
- but the sight of the stars makes me dream.”
Vincent van Gogh

Leo (July 24-August 23)

Mind: Your star is on the rise! Combine adventurousness, restlessness, and vitality and you're a courageous lion; add a dash of optimism, and the sky's the limit, especially from April to August. Your finances could blossom after August, although work on key relationships is necessary, especially over shared duties or finances.

Body: You'll require a potent and nourishing diet to keep up with 2015's dynamic and potentially demanding pace. Pluto in your health sector is all about physical transformation and a fresh look and attitude. Slow-burn work-outs like yoga will suit you more than high-impact training, which could cause burn-out.

Spirit: This year, you'll consider life from an increasingly spiritual point of view. You already know that success and self-confidence stem from inner calm and self-esteem, so you'll enjoy finding new ways to boost your self-worth and courage, like positive self-talk and visualisations. Teachers and resources will be readily available to help.

Virgo (August 24-September 23)

Mind: This year is all about creating balance in your relationships. In the process, you'll gain self-awareness and a stronger sense of identity. You'll feel inspired to seek a partner if you're single and, if you're in a relationship, March, April and September will be great months to create more harmony. Avoid underestimating yourself.

Body: Health, good looks and vitality are Virgo territory, but in 2015, expect to pay extra attention to energy peaks and troughs and guard against hypersensitivity and allergies during autumn and spring. Avoid tiredness and weight gain after August, as Jupiter in Virgo for the rest of the year could cause over-exertion or overindulgence.

Spirit: You'll seek understanding, inspiration

and hope in new areas, via travel and study, and feel inclined to tap into your psychic abilities, as déjà vu and premonitory dreams become more frequent. You'll gain a renewed sense of spirituality through a better understanding of yourself, which will fill you with deep serenity and fulfilment.

Libra (September 24-October 22)

Mind: You'll enjoy forging a new direction, while drawing on your experience. Collaborations will open doors. You'll accomplish new tasks, even if you must have a temporary setback to gain greater rewards. Financially, you may feel under pressure in April and September, as you balance domestic and work obligations.

Body: A careful fitness routine which supports work:life balance will appeal to your quest for harmony more so than usual – it will be a busy year, so a running debate will revolve around how to best manage your time. Exercise creates energy, so make time for it. A creative outlet such as art or dance will soothe nerves.

Spirit: Travel - leaving your comfort zone and pushing yourself forward - will appeal to your quest for adventure. Demand that your ideas be taken seriously, and act on them. You'll be motivated and uplifted, which could produce a career upturn. As you gain direction, you'll feel empowered, as will people whose lives you touch.

Scorpio (October 23-November 22)

Mind: Broaden your horizons by setting parameters, goals, and benchmarks. Avoid 'scarcity thinking', self-criticism, and underestimating your potential. Saturn, the planet which sets boundaries, will be in your money zone for most of the year, so set a clever budget to suit your needs. Mid-July's New

Moon will revitalise your home and work. **Body:** You may be prone to overwork and overindulgence, so consider how to best manage your time and energy. Superfoods and core strength-building exercise will provide balance and sustained energy release. Intense emotions will require a physical outlet, so revise your fitness routine at turning points in April and September.

Spirit: Avoid addictions and nurture relationships to increase your potential for success. Take the time to train your emotions into positive thought patterns. Your spirit will revitalise as a result, and you'll attain deeper relationships and a stronger sense of fulfilment.

Sagittarius (November 23-December 22)

Mind: Allow your imagination to soar! Aim to fulfil a dream, because in 2015, you could set a new standard for yourself. Jupiter, the planet of expansion and abundance, adds fuel to the fire of adventure and your decisions will do the rest. Keep an open mind and avoid one-upmanship, as this kind of ego game will only end in tears.

Body: You'll be physically active, especially from April to August, when you'll feel more inclined to be sporty, competitive and active, and friends will wish to join your ventures due to the upbeat example you set. Regular muscle-strengthening exercises will build mental stamina, too.

Spirit: The words of Franklin D. Roosevelt - "The only thing we have to fear is fear itself" - apply to you this year. Keep your doubts in check; once you do, the spirit of adventure will be hard to ignore. To build resilience, tune into Saturn's practical influence, which will help you to keep to a timetable and achieve goals through dedication, hard work, and self-belief.

Capricorn (December 23-January 30)

Mind: Someone you love will take you under their wing in 2015, although you may also wonder who is calling the shots. You'll satisfy the call of the wild via travel, go-getting career moves, or bold changes at home. The March-April eclipses will encourage you to align your domestic goals with bigger-picture ambitions.

Body: It's in your power to overcome niggling physical or nervous issues by strengthening your resolve and emotional stamina. Positive self-talk will boost self-worth. Towards October, a new look could be what you need, when you'll be ready to face the world with a more powerful stance, and a bolder appearance to match.

Spirit: Transformative Pluto will encourage you to dig deep to source your inner strength, especially regarding domestic and family matters. In April, you'll reach a turning point which has long been in the making. A positive future requires a positive stance, to help you to banish doubts that merely conjure up your worst fears.

Aquarius (January 21-February 19)

Mind: This could be a breakthrough year; the time is ripe for an overhaul of your personal life, your looks, and your general approach to life. Taskmaster Saturn will provide you with the structure and tenacity to attain goals. You'll feel motivated to share your collaborative efforts more fairly, especially in work and domestic arenas.

Body: A new look will suit you in 2015, so consider how you will show off that inner sparkle which is bursting to be seen (and admired) on the outside. Find ways to work and exercise smarter; set expectations for your fitness, and you'll manage to find the time to express the 'new emerging you' in physical and beautiful ways.

Spirit: Push the boat out in a new direction; take the initiative and flap your spiritual wings a little. Emotions will fluctuate, especially during a transformative phase in your personal life in March. You'll overcome hurdles with sheer perseverance and a dash of inspiration. Creative visualisation will help you to regulate mood swings.

Pisces (February 20-March 20)

Mind: Key relationships are the focus, especially around the eclipses at the end of March and mid-September. You'll gain self-confidence as you draw the line between your problems and other peoples'. Exercising compassion will come naturally,

especially the more you accept both your own, and others', parameters.

Body: Great opportunities to improve fitness will increase your energy levels for the first half of the year. You'll get the chance to change to a healthier diet and fitness regime due to your need to succeed in the broader scope; teachers or mentors inspire you, especially after July. **Spirit:** This year's eclipses will encourage you to alter your approach to intimate issues, including spirituality. It's a good year to work on your vulnerabilities, knowing that sensitivities tend to surface when you're ready to conquer them. This is a year of faith and compassion, and listening to your heart will impact positively on all your relationships.

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