Crisis much? May 2 ushers in a New Quarter Moon and this stirs up anxiety. You may use this for good or bad. A little stress is good—it encourages growth and action. Too much of a good thing—and stress kills. You must seek the balance. First listen, what emotions are gnawing at you. Madame G suggests listening. You already know what to do. Eat the elephant!

Aries (March 21-April 19)

A one-thousand-mile journey begins with one step. Are you ready? This is your chance. You're planning and plotting is over. You adventure takes time and you have much to learn. At the end, you'll know what you're made of. You'll lose all fears. You're enough. For you've pushed yourself so far—you don't even know how far you'll go. Now is your time. GO!

Taurus (April 20-May 20)

Everything sounds good in theory. The practical reality may be quite different. If you're losing friends, sleep, or loved ones over an idea—it's time to dial back. It's all good and fun until someone loses an eye. There's no need to seek vengeance. Re-think your values. What's really important? We die alone. But, we don't have to die lonely. Choose wisely.

Gemini (May 21-June 20)

This is the way of the world: you gain and lose. Life is a risk. The price for life is death. We enjoy life because someday we will die. You're focusing on the wrong things. Quality is valuable. Perfection is unattainable and halts progress. Never let perfection get in the way of the good. What do you really value? Live well! And share your imperfect heart. What's to lose?

Cancer (June 21-July 22)

So, this is love? Your heart is a silly stranger. There is a fairy tale (a German) about a man who locks his heart in a box. When he gives away the key—it kills his love. What did those morbid Germans mean? Well, if you hide yourself—you'll hurt the ones you love. The heart is a muscle and requires use. Don't lock it away and hide. One day, you'll need that heart and then what.

Leo (July 23-Aug. 22)

The Farmer in the dale… Have you heard any good jokes lately? Well, if you haven't, you may need social interaction. Some pretty crazy things are happening in the world. As human beings, we always assume the time we live in, is worse or better, than the last. It's another form of bias. Yours manifests in hidden ways. Discovery is the surest thing against ignorance. Have fun!

Virgo (Aug. 23-Sept. 22)

You're an odd duck. But, that's okay we're all in this together. You might think there is only one right answer—we're taught that in school. The truth is, there are many correct answers. For instance, is it: The American Civil War or the British Colony Uprising? Both are technically true, one is remembered. When looking at the situation, remember there are always two sides.

Libra (Sept. 23-Oct.22)

You balance the scales. Are you being fair or greedy? Think through your next moves. This is not the time for missteps or anger. Contain yourself. Don't let them see you sweat. You can't control the actions of others, but you may have contributed to their disloyalty. At the heart of the issue, you are the common factor. Stop blaming. Start taking responsibility. You need it.

Scorpio (Oct. 23-Nov. 21)

It feels like a “crisis” of spirit. We’re heading into a First Quarter and feel the burning tension. This is good. You’re stepping back and assessing the situation wisely. Consider what you’re learning for good and bad. What are the steps needed for progress? Remember the key phrase, WIFL: what’s in it for me? You must learn and grow for progress. Reflect on your life.

Sagittarius (Nov. 22-Dec. 21)

You need action! This is not a request or suggestion. You must reach out and grab these moments. It’s up to you. In this life, you can make or break yourself. You are more than whatever has happened to you or what will happen to you. All you have is the here and now. This is enough. In order to eat the elephant, take one bite at a time. Bon appetite!

Capricorn (Dec. 22-Jan. 19)

You have lots to do. The chores and lists of to-do-lists are never-ending. You could run around haphazardly forever. This is a choice. Slow down. The key is not running straight towards the edge at full blast. You may stop and enjoy the roses and chamiso. (Take your allergy medication first.) Even if it doesn’t feel like it. You’re in charge. Don’t ask. Don’t demand. BE in command.

Aquarius (Jan. 20-Feb. 18)

What’s next? You’ve been thinking and planning again. You’re ready for action. You just don’t know where you’re going or when. This is good. Allow this time to push you forward. Now is the time to get the blood going. Soon you’ll know what to do. Change the shape of the story—you’re not worried—you’re excited. Have fun!

Pisces (Feb. 19-March 20)

This is time for self-reflection. You’re not always popular with the other signs. You’re too wish-washy for some and too headstrong for others. All you can be is yourself. You can’t please everyone, nor should you. If you sense a pattern, consider the common factor. Are you too high maintenance? Remember, you may think you can—but, you can’t buy friends.