

May 18 is the Full Flower Moon. This full moon celebrates Spring in all its glory. So, don't stay inside hiding from the world. Get out there and enjoy the beauty of the season. Madame G recommends that you encourage family and friends to head outside and take a hike. It's time to barbeque and drink some iced tea. It's never too late to have a little fun. GO!

Aries (March 21-April 19)

You're intense, Aries, there is no doubt about that. You have incredible qualities, but sometimes that intensity can be overwhelming. Be you and dial it back just a little. To do this, consider going for a long run and doing all the healthy things that you sometimes ignore. Once you've burned through some energy go ahead and have a party! We might just be able to keep up with you at this point.

Taurus (April 20-May 20)

If you're not sure what would make you happy, take out your journal and free-write a couple pages on the subject. Your higher wisdom will speak loudly and clearly, but you need to screen out feedback from friends and family. Your heart wants what it wants, and others' opinions will only confuse matters.

Gemini (May 21-June 20)

You need not look outside for your other side, your immortal twin. Your other half is within you and hidden down deep. The work of self-discovery will help you unlock all the very best parts of yourself. Do your best and learn to be a friend to yourself, and you'll discover that you've been looking for you all along. Breathe deep and don't judge yourself for making a misstep. You didn't know.

Cancer (June 21-July 22)

Dear wild-card, I mean Cancer. Your emotions vacillate wildly in many directions. Sometimes on purpose and often not. Don't get trapped in the mystique of the "crazy" motif. This is not a good place to stay. You have more control than you're letting on. Keeping up the drama is harder than it looks. Let go and be yourself. It's okay to have a bad day without it meaning anything at all.

Leo (July 23-Aug. 22)

Live, laugh and love! You're on the right track and have the right purpose. Be your best self and you're there. During this three-week transit, make it your mission to mingle with influencers in your field, and form a closer bond with casual friends who are up to big things. Don't go in with an agenda, Leo. Just get to know them better. If synergies exist, they'll quickly become obvious. This Mars cycle brings a burst of energy to go full-tilt on your life.

Virgo (Aug. 23-Sept. 22)

Dear lovely Virgo, you have all the right stuff. Your heart is strong of purpose and courageous. You are strong and pure. Don't forget who you are and allow others to dictate who you become. Be your best self and live according to your own moral code. Do the best you can. Live as you've always imagined. You are loved and love well in return.

Libra (Sept. 23-Oct.22)

Be the best version of yourself because you move beyond judgment. Remember that judgment is merely a subjective opinion and you're not the authority on all things. Power corrupts and absolute power corrupts absolutely. Do your best and be your best self. Live well. And others around you will live the best possible lives they can, too.

Scorpio (Oct. 23-Nov. 21)

Dear Scorpio, don't drown in your observations. Though your eyes and senses are very keen and you spot your enemies, don't make false ones. Observe without assuming poor intent. Instead adopt the posture that others have positive intent. Now, make moves toward your best life and learn from your mistakes. Choose to live well.

Sagittarius (Nov. 22-Dec. 21)

Whenever you feel your inner energy whipping around like an internal hurricane, stop and spend two full minutes focusing on your breath: four counts to inhale, hold for four, then exhale for eight. This will reset your autonomic nervous system and get you back to center. After that, you'll be able to think strategically and make decisions based on logic (instead of fear or anxiety).

Capricorn (Dec. 22-Jan. 19)

Dear Capricorn, you may not want to hear why others have stopped calling. But, it's time to take a good hard look at yourself in the mirror. It's not that they don't love you. It's that your behavior is unacceptable. It might be time to seek help where you think you're fine. It's never too late to be who you've always wanted to be. Asking for help is not weakness. It's a strength.

Aquarius (Jan. 20-Feb. 18)

You've been on a mission for the past six months, and this week might finally bring some well-deserved rewards. Circulate and market yourself. There are people out there who are looking for the very skills you have, so this could be the win-win everyone's been waiting for.

Pisces (Feb. 19-March 20)

Madame G guide to the stars Week of MAY 20

Written by Gallupsun Staff
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Just as things are heating up close to home, don't rule out a spontaneous getaway. On Saturday, the year's only full moon in Scorpio, electrifies your ninth house of global adventures. Work opportunities could emerge that come with the perk of some exhilarating travel.