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A full-page portrait of actress Hayley Atwell. She is wearing a dark blue, sleeveless, form-fitting dress with a cutout at the waist. She has shoulder-length, wavy brown hair and is looking directly at the camera with a slight smile. The background is a solid, muted pink color.

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In the stars

The woman making astrology cool again

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The Sunday Telegraph



'One in 80 people have a grand trine in their charts. You have two.' I am having my horoscope read by astrologer Carolynne Faulkner. She has sent me a circle with lines running through it, peppered by symbols and numbers; my astrological chart, which represents exactly where the planets were at the precise time and place I was born. 'I once worked on a programme about serial killers and a lot of them have grand trines. You can either do a lot of good with a grand trine, or a lot of bad.' It sounds terrifying, but thankfully I don't have to worry about it because I don't believe any of this.

Still, one thing is certain: while it's been around for thousands of years, its reputation veering from one extreme to another, astrology, right now, is cool. And especially among the young: a recent study found that 58 per cent of Americans between 18 and 24 believe astrology is scientific. Astrologers in the US have near rock-star status, and Lena Dunham is one of its vocal fans among millennials ('You can be a very serious and substantial woman and also allow the planets to rule your soul!' she tweeted in 2015).

So what's new about the new astrology? Carolynne, whose breezy good looks and down-to-earth charm have earned her a reputation as Britain's coolest astrologer, has developed her own system, 'dynamic astrology', which is about making changes to your life based on what your horoscope can tell you: self-help by the stars.

Astrology isn't just about your star sign, she says, but about your moon sign, rising sign, the planet they fall under and which 'house' they manifest in. It sounds complicated, though her new book, *The Signs*, explains it with an alluring logic.

Carolynne started out in entertainment, and in her late 20s worked with an astrologer. 'One day he said, "Your interpretations are amazing, you need to take this further."' So she trained as a life



STARR GAZING

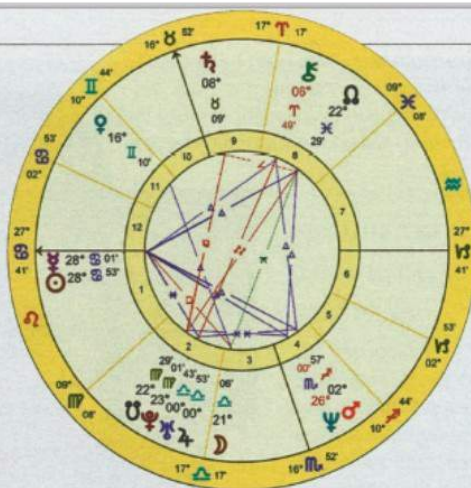
The woman making astrology cool again

Move over Mystic Meg, there's a new astrologer in town. Sceptic *Anna Magee* gets a reading from Carolynne Faulkner. Portrait by *Emma Sweeney*

'Nobody's future is written in the stars, but astrology can help create yours'



Right Writer Anna Magee's astrological chart, drawn up by Carolyn Faulkner. Left Carolyn's book, *The Signs*



coach and studied astrology in India, then combined the two, and began doing live readings on TV and radio. 'Their phones used to get jammed,' she says. After meeting Nick Jones, founder of Soho House, 10 years ago, she became the club's in-house astrologer. 'He said, "I don't really subscribe to astrology but I think my members are going to love you,"' she recalls. 'He's a very practical Virgo. They're not easy.' She also has a clinic at Harrods' Urban Retreat, and hosted an event for Net-a-Porter's VIP clients. The secrets Carolyn must know... She won't name any of her celebrity clients ('my nickname is The Vault') but admits her loyal 250-strong client base, who pay either £180 an hour for a reading or a fixed monthly sum she won't disclose, includes 'very famous' models, socialites and pop stars. 'One agent called me to get help understanding a new artist's issues because they were being uber controlling,' she says. 'I looked at her client's chart and explained it was because she was terrified of being out of control. When she confronted her client about it, the artist said those exact words.'

Of course, astrology has its critics.

Richard Dawkins has said it 'demeans astronomy, shrivelling and cheapening the universe', and Brian Cox has called it 'a load of rubbish'. Carolyn isn't fazed. Her message for sceptics? 'Use the book for a week to the letter and if it doesn't enhance your life, that's fine by me. But you can't discredit something until you're educated about it.'

Faulkner also has blatant disregard for what other astrologers are doing. 'I get a bit of stick from them; that what I do isn't real astrology because mine is a kind of coaching method based on the stars. I take something that someone else would spend two pages examining and put it into a couple of sentences.' This fast-track astrological self-help is what makes her readings so compelling – she categorises signs into 'gone wrong' and 'gone right' and coaxes people to look honestly at how they can change the former and bring out more of the latter in themselves. 'Nobody's future is written in the stars,' she says, 'but astrology can help you create yours by understanding your own and other people's behaviours.'

As my reading continues, it becomes spookily accurate. There's a bit about 'a

Cancer sun and a Cancer rising', which, she says, means that 'gone right, you pioneer things; you are kind, creative and highly intuitive. Gone wrong, you're needy and take everything personally. At your worst, you're explosive and defensive, over-ambitious and unforgiving.' It may sound vague, but to me it's spot on.

She continues: 'Your moon is in Libra, which means you're torn between loving working on your own, but also working best in close partnerships.' She's right: to say I'm torn between creative solitude and the buzz of an office is an understatement.

However sceptical I am, it's impossible to resist the pull of knowing what will happen next. But Carolyn's mode of astrology for the 21st century isn't the fait accompli of typical newspaper predictions; it's more 'a tool for interpretation that puts you at the heart of the decision-making', she says.

For me, she says, 'The year up to October was a fortuitous time, but also a time when every single relationship – work partnerships, allegiances, home life – has come up for renegotiation. It's been incredibly stressful but you have learned a lot of lessons.'

And that's where it gets eerie. On 6 October 2016, the website I founded, Healthista, moved into a period of growth that came with everything Carolyn describes: incredible highs and lots of lesson-learning lows. It got to the point where, for the first time since I left Catholic school, I began believing in something bigger than myself and meditating daily. 'All that turbulence will pass at the end of the month and you will be left with more peace, spirituality and a different perspective,' Carolyn tells me. 'Your intuition is strong, and this more peaceful outlook will mean you're more inclined to listen to it.' I know, it's all very vague and non-committal, but by the end of our conversation, I want to believe. Because, well, planets. ♦

♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓ CAROLYN'S TAKE ON THE YEAR AHEAD ♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓

There are some interesting shifts at the tail end of 2017, with several impacting us throughout 2018. They will no doubt trigger major changes that influence us all as individuals and indeed the world around us.

♦ Jupiter moves into Scorpio at the end of 2017 for just over a year. After spending 13 months or so in Libra, which pushed us to harmonise our relationships and to recognise which were beneficial and which were

counterproductive to our inner peace, Jupiter in Scorpio's influence will be intense, empowering and transformative. This shift encourages us to tune into our magnetism and intuition. It also highlights the need to deepen our knowledge of self, others and our experiences in life.

♦ Saturn moves into Capricorn in December 2017, moving out of Sagittarius (where it has been since December 2015) and into its

default or natural setting, where it remains until 2020. Saturn's job is to show us where we are restricted and it asks that we take off the 'rose-tinted glasses' and see things as they really are. It is not such a hard aspect, unless you have been ignoring the gentle nudges of the universe to encourage you to make changes.

♦ Uranus moves into Taurus in March for seven years. This is a huge shift. After the riot-provoking and

unpredictable influence of Uranus in fiery Aries, dare we hope for a more stable period? Taurus is all about solutions, stability and steady accomplishment, although given this new combination with pioneering and revolutionary Uranus, it is going to be a fabulous time for incredible solutions.

'The Signs: Decode the Stars and Reframe Your Life' (Penguin Life, £9.99) is out now. Anna Magee is editor of healthista.com

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Alicia Vikander is the central figure on the cover, looking directly at the camera with a slight smile. She has dark hair pulled back and is wearing a black, sequined, one-shoulder dress. Her right hand is raised, with fingers slightly spread, resting near her shoulder. The background is a clear, bright blue sky.

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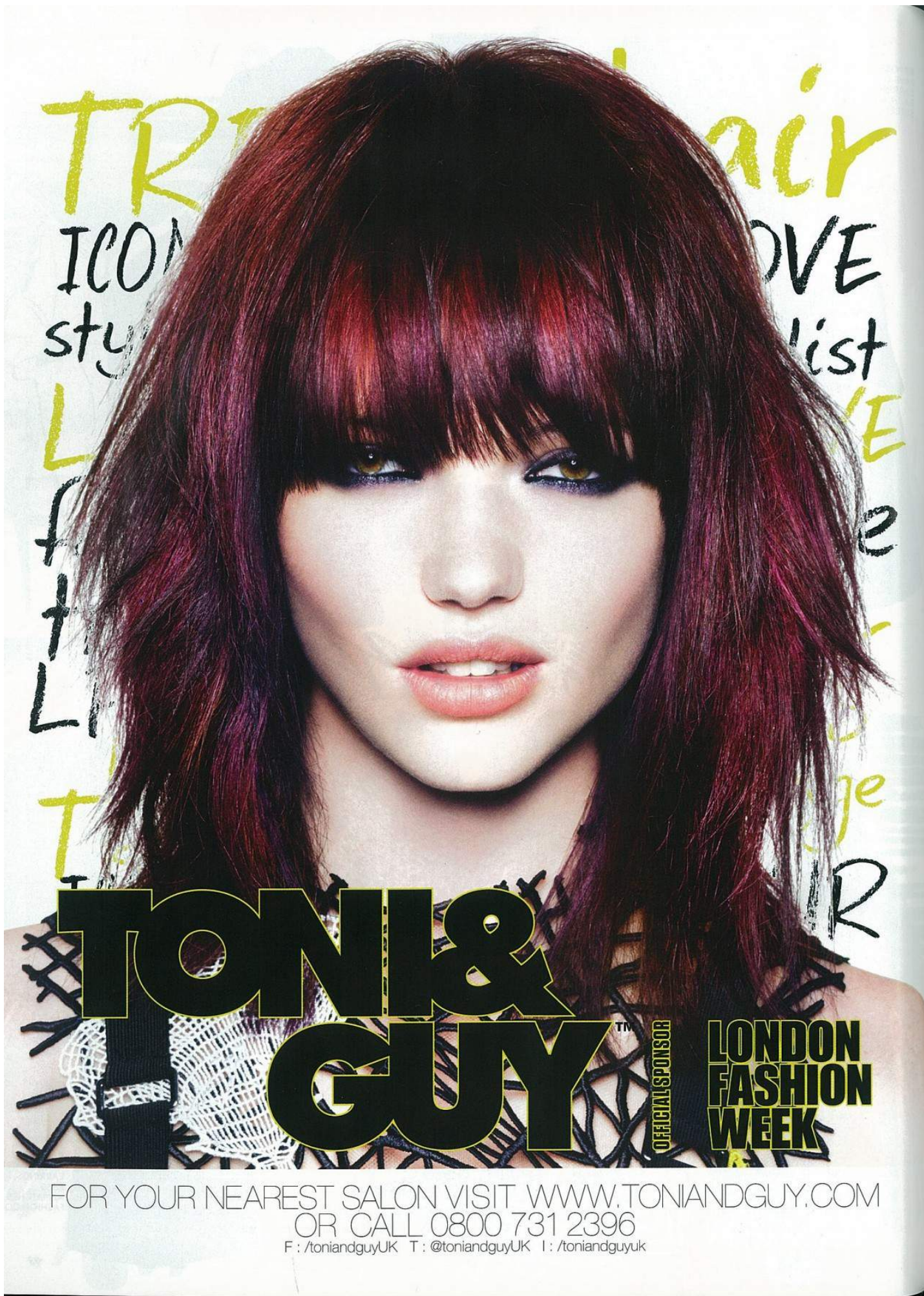
The bags
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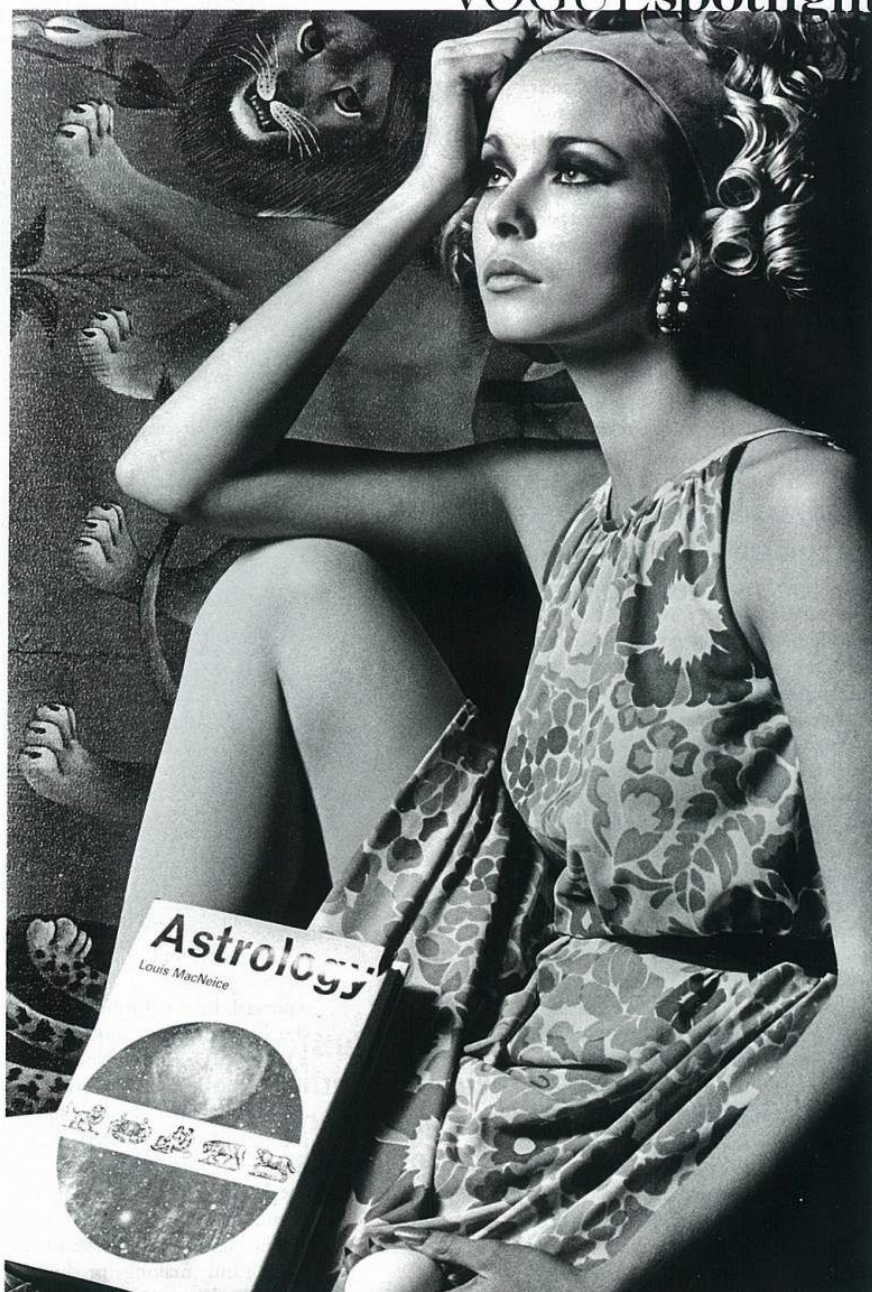
Written in the STARS

There's a new constellation of astrology gurus in the ascendancy. Richard Godwin charts their influence

You have to be careful about dropping the A-bomb into conversation. Casually enquire after someone's star sign at a party, or blame a missed email on Mercury in retrograde and you make a dangerous gamble. For some, it will be a bit like announcing you own everything Justin Bieber has ever recorded, or declaring that the earth is flat. The evangelical atheist Richard Dawkins reckons astrologers should be prosecuted. But he would. He's an Aries.

Few would say they believe in astrology, exactly... It's more like a guilty pleasure, an irrationality of choice. Clearly it's ridiculous to contend that an ancient Babylonian interpretation of the movement of the heavens, filtered through a bit of New Age pop psychology, might govern our innermost desires.

Scientists don't take horoscopes in the least bit seriously. But lost souls do, more and more. Astrology is ascendant in a way that may seem surprising in our binary, utilitarian age. Celebrities are extolling the virtues of the stars with increasing abandon. Lena Dunham recently announced: "Yes, you can be a very serious and substantial woman and also allow the planets to rule your soul!" Cara Delevingne (Leo) has a tattoo of a lion on her hand; Rita Ora (Sagittarius) has a bow and arrow behind her ear; Rihanna (Pisces) has



Left: Cara Delevingne's lion tattoo, inset, denotes her Leo star sign



two fish on her neck. Yet perhaps this makes sense: famous people often feel at the mercy of forces they can't control.

Meanwhile, a new generation is using the stars to chart their course through an increasingly uncertain world. "It's not a niche market but a cultural movement," according to Aliza Faragher, co-founder of the Los Angeles-based dating app Align, which makes matches according to astrological compatibility. Indeed, from stargazing retreats in Tulum to Gemini hate-memes on Tumblr (many

stemming from the fact that Donald Trump is a Gemini) and the growing trend for biodynamic food "grown and harvested according to the phases of the moon", all things cosmic are being redefined. How else to explain the 6 million visitors to Astrologyzone.com each month, the website of America's most popular astrologer, Susan Miller?

"Astrology is wildly popular with millennials," Ruby Warrington, British journalist and founder of the website The Numinous, tells me on the phone from New York, where she's now based. The site specialises in "modern cosmic thinking". "As our lives become more entwined with technology and >

we outsource the job of knowing ourselves to our apps, devices and machines, a space is being created for a deeper investigation about what it really means to be human," she says. The Numinous offers advice on how to cope with the Mercury retrograde (the thrice-yearly phenomenon where the transit of the messenger planet spells earthbound calamity) alongside articles on jewellery designers and orgasmic meditation workshops. "I see all things numinous as the missing pieces to the wellness craze that's sweeping Britain and the rest of the world," she says. "You can drink green

Richard Dawkins reckons astrologers should be prosecuted. But he would. He's an Aries

juice and do all the yoga you want, but if you're not addressing your emotional and spiritual wellbeing, too, it will have very little lasting impact."

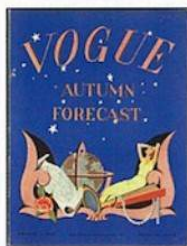
The Numinous marks a shift away from astrology's more naff associations. Now, it speaks to meditation, mindfulness and a wider "consciousness" movement, used less to predict the future and more as a means of understanding those endless subjects of fascination: ourselves.

"Having a birth chart made is personal to you," says London-based Carolyne Faulkner, astrologer for Soho Houses around the globe. "It maps the positions of the sun, moon, planets and other celestial objects when you were born. No one in the world has the same one."

Faulkner is the go-to woman for singers, actors and creative types who regularly fly her around the world to dispense one-to-one cosmic advice. And, as she explains, there's a lot more to it than with newspaper horoscopes – as with molecules (and also Scientology) it all becomes more complicated the more you look. The locations of objects in the cosmos each influence a different aspect of your character. Your sun sign governs your identity, your rising sign is the face you present to the world (and your fashion sense), your moon sign represents your more hidden emotions, and so on.

For some, seeing a high-end astrologer like Faulkner at Soho House is slightly less burdensome than seeing a shrink and often just as beneficial. The practice is also gaining intellectual respectability, claim married astrologers Quinn Cox and Stella Starsky. He is

Above: Capricorn in Vogue's December 2010 "Star Signs" shoot by Tim Gutt, with set design by Shona Heath. Below: American Vogue, August 1931



a puckish Libran, formerly a journalist; she is a sensual Capricorn, formerly a buyer at Dries Van Noten. Together they now run a private cosmic consultancy in Boston for clients including Harvard professors and Wall Street investors. "They're sophisticated, they're unembarrassed and they tend to be ambitious," says Cox.

The pair don't approve of "playing God" and making predictions for people's futures, which they see as exploitative. "We prefer to use it as a tool for greater self-awareness, perhaps in addition to cognitive therapy or meditation," says Starsky.

They developed their "sexy-smart" style by making charts for friends after fashion shows, and went on to publish the cult bestselling book *Sextrology* (truly, an indispensable guide to human weirdness). Their main innovation is to divide the signs into male and female, and in place of the vague language of newspaper horoscopes, they are unnervingly specific, right down to physical details and sexual peccadilloes: Cancer males have womanly hips, Leo women like to go on top, Virgo men

are highly controlling, and so on (it gets filthier). "We maintain that our book can be read cover-to-cover as a story of human nature," says Starsky. "These are characters in a mythical, archetypal story. I think younger generations see that more readily than those into their granny's astrology."

Scientists, of course, consider astrology a pseudoscience, as it begins with a premise and then seeks evidence to back it up, making it susceptible to confirmation bias. We see what we want to see in it. And as even Cox admits: "After every session we look at each other as if to say: 'I have no idea why this works.' I just know that once you buy into the idea of this thing being real, there are rules, everything is interrelated, and it's always right."

But even with my confirmation-bias goggles on, I find it hard to get past the embarrassingly accurate description of me in *Sextrology*. (I'm Cancer male, Aries moon, Virgo rising, since you ask.) My habit of flipping my feet when I wake up in the morning, my loping gait, my pathological need for female approval. "It's you, it's definitely

you," confirms my Aquarian wife, who otherwise considers astrology the pinnacle of narcissism. And when I supply Starsky and Cox with my full birth chart for a Skype consultation, I do begin to fear drowning in my own watery reflection.

They tell me all sorts of things about myself: how the Mercury-Sun conjunction in my 10th house means writing is the perfect career for me, but that a Saturn-Jupiter opposition in my first house means I am always torn between conforming to the rules and colouring outside the lines. Am I too much or not enough? This is apparently a powerful dynamic for me.

There are things about my mother, too, and teenage depression, and then something "leaps out" at them. "When you were about 19 there's something totally out of left-field that happened that you've never really been able to explain..." says Cox. Erm, maybe the never-to-be-repeated gay relationship I had when I was a student in France? "OK! Well, yes, that figures!" I never tell anyone about this, I say, not because I'm ashamed but because it just seems like it happened to a different person. "You need to embrace it as part of your healing," Starsky tells me. "It's not about the thing itself, sex or anything like that," says Cox. "It's about the part of you that was available to that. It was the 'Who am I?' in that situation."

They advise me to read "Self-Reliance", an 1841 essay by Ralph Waldo Emerson, and move to LA. I come away feeling dizzy, elated. Perhaps this is what comes with finally being understood! Perhaps I'm giving myself licence to express this now as Starsky says I need to stop retreating into my cerebral comfort zone and start following my instincts! Later, I have a comedown. Doesn't everyone undergo some sort of transition at 19 or 20? Why did I confess that? But wasn't their advice actually quite insightful? Wise even? I'm torn between wanting to confess more and more and feeling that this inward journey is dangerous and solipsistic. My Jupiter-Saturn playing up again.

but as a system of identity, astrology chimes with many modern modes of thinking, bypassing the politics of ethnicity, gender, social class, religion and age. Astrology is also redemptive and non-judgemental, a way of legitimising "your weird". Meanwhile, the fact that science-minded types find it so

appalling makes it all feel quite subversive, in the way of wearing a tutu to a football match. One of my favourite astrologers is Victor Vazquez (aka rapper-artist-novelist Kool AD), whose hip-hop horoscopes for *Paper* magazine are mocking and deadly serious at the same time. "I believe in astrology as much as, like, anything else," he tells me. "I find its sort of outsider status among academics pretty attractive. Mysticism finds its way into everybody's thinking whether we're conscious of it or not."

Astrology's popularity with a generation that has grown up Googling everything makes hella sense, as Kool AD might say. All you need is someone's birthday, and ideally their precise time and place of birth, and you can log on to Alabe.com and call up a sort of Wikipedia page of their soul. "This represents a hugely empowering shift away from the astrologer as a guru figure, placing the answers firmly in the hands of the individual," says Warrington. Our online interactions are mediated by the great gods of

I'm torn between wanting to confess more and feeling that this inward journey is solipsistic. My Jupiter-Saturn playing up again

big data in any case, and archetypes aren't so different from algorithms ("If you liked this Taurus, you might also like these Capricorns!"). They're also a lot more, well, human. Why is my boyfriend such a control freak? He's a Virgo. Why is the world



Above: gold and diamond pendant, £8,000, Noor Fares, at Dover Street Market. Below: white-gold and diamond pendant, £55,000, Theo Fennell



Left: Tim Gutt's portrait of Cancer, *Vogue* December 2010. Below: Strange Invisible Perfumes in Cancer, £105, Siperfumes.com



so messed up at the moment? Mercury is in retrograde.

And without discounting the influence of genetics and culture and education and so on, is it really so implausible that the time of year that you were born has some influence on your character? The moon governs the tides and creates tiny signatures in the form of pearls – moon-like emanations formed by the sea washing over oyster beds. Pretty! Might it not have some tiny effect on our moods, too? But then you reach the limits of the theory. The idea that Pluto, a minuscule rock 4.5 billion miles away, has any effect on our actions is absurd. But, as Albert Camus argued, only by recognising the absurd can you be free.

In his autobiography, *Speak, Memory*, Vladimir Nabokov relates an episode that I have always found instructive. When he was a young boy, his father took him to say how-do-you-do to a famous general. The military man shows him a trick, arranging some matches in the shape of a boat, but then an aide-de-camp interrupts. The Russo-Japanese war has broken out and the general is needed at the front. Nabokov never sees the end of the trick. Many years later, his father is fleeing the Bolsheviks when a peasant approaches him at a railway station and asks for a light. It turns out to be the general in disguise. The meeting itself isn't of much interest to Nabokov. "What pleases me is the evolution of the match theme... The following of such thematic designs through one's life should be, I think, the true purpose of autobiography."

And of life itself, perhaps? These thematic designs run through all of our lives, irrespective of who or what we think is doing the designing. Consciousness is the gift that allows us to notice these signs and symbols. It is one of our highest callings, therefore, to train our senses and faculties to appreciate them all the more, from the tiniest pearl to the phases of the moon.

Jung referred to astrology's "synchronicity principle" – its meaningful coincidence. He did not believe that the planets literally cause us to act in certain ways. But they do provide a set of coordinates that allow

us to slip out of the world of emails and alarms and into the realm of myth and poetry. It doesn't have to be empirically true. It doesn't even need to signify anything. Perhaps it just needs to be beautiful. ■

16 APRIL 2018

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A S T R O

Astrology has gone from crystal-ball naffness to chic readings at private members' clubs. *Polly Dunbar* meets the women giving our star signs a rebrand

G I R L S

Carolynne Faulkner,
AKA Britain's
coolest astrologer



IT'S A THING

THINK OF AN ASTROLOGIST. I'll bet what pops into most minds is a woman with a black bob, swishy purple robes and an alliterative name. In other words, someone who may or may not be 'mystic', but definitely isn't cool.

That image is getting a much-needed update, thanks to a new generation of women working to banish the old clichés about crystal balls and tall, dark strangers, and make astrology cool again. Their efforts are paying off: according to a recent study, scepticism about astrology is decreasing, while millennials are increasingly turning to it to help them make sense of the world. How often do you hear people explain a technological mishap or misunderstanding with a friend with the phrase, 'Mercury's in retrograde'? (which, btw, it currently is).

Lena Dunham is a vocal fan, tweeting, 'You can be a very serious and substantial woman and also allow the planets to rule your soul!' And celebrities including Taylor Swift, Gigi Hadid and Kendall Jenner have all spoken of their belief in the power of the zodiac.

'My generation didn't take astrology seriously – everyone relied far more on logic and it lost its credibility,' says Carolynne Faulkner, the 41-year-old in-house astrologer for Soho House. 'But I'm seeing such a resurgence recently among younger people. They're looking for a way to cope with all the negativity they see around them and they're much more open to it.'

Carolynne, dubbed Britain's coolest astrologer, has spent years battling to transform ideas about astrology. 'When I went on TV a decade ago, they wanted to call me Cosmic Carolynne – it was so 1980s,' she says. 'I've worked hard to change the branding of astrology, to make it accessible and empowering; it's a tool for self-improvement.'

Her system is called dynamic astrology, and shows users how to change their lives based on their astrological chart. It's much more in-depth than traditional astrology, using not only star signs, but the position of the sun, moon and other planets at the moment someone was born to create a personal picture of their character.

It sounds complicated, but Carolynne's book, *The Signs*, explains how to work it all out. 'It helps you understand yourself and other people, which means you can make changes to your own

of her work involves life coaching, often for highly successful types – including celebrities she won't name – who want her to help them understand personality dynamics within their work spheres.

In our tech-dominated, politically turbulent age, in which rates of depression and anxiety are higher than ever, it's perhaps not difficult to see the appeal of a belief system that explains our place in the world – much as religion once did. It offers a comforting sense that there's something bigger than us.

This craving for spirituality of some sort has also fuelled a resurgence of interest in healing crystals, sound baths and tarot. 'As life becomes more uncertain, scientific or so-called logical answers aren't cutting it any more. Astrology is resonating with people at a time when we need to make sense of a seemingly senseless world,' explains Ophira Edut, one of the AstroTwins, who, with identical twin sister Tali, provides horoscopes at astrostyle.com and for US sites including Refinery29. Such is their influence, even Beyoncé has had a personal reading.

Ophira believes the new trend for astrology is the result of growing numbers of women finally feeling empowered enough to openly explore a side of themselves they might previously have been mocked for. 'As women rise into new levels of power, we aren't interested in simply following the old patriarchal model that dismisses astrology,' she says. 'Frankly, it's outdated – it's based on the 18th-century Enlightenment movement, which promoted intellect, science and reason, but left out spirituality and emotion.'

She says it's possible that today's women are naturally more tuned in to metaphysical ideas. 'Many people believe that the vibration of the planet has raised since 2012, and that younger generations are born with greater amounts of sensitivity and receptiveness to this.'

Ophira also points out that it's never been easier to access astrology, thanks to the internet and social media; even if you do feel embarrassed about checking your horoscope, you can do it discreetly and as often as you like. 'I don't like to admit I believe in it, and I'm not even sure I do, really, but I check my horoscope every morning on my phone,' says Claire Brooker, 34. 'I find it reassuring.'

And as Carolynne says, whether you're a believer or a die-hard sceptic, 'If it helps people reflect on themselves and feel empowered, that's all that matters.' ■

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Looking for that big promotion or struggling to make a tricky personal decision? Well, instead of traditional life-coaching, a growing number of women are turning to 'dynamic astrology'. Nicole Mowbray reports on the rise of this new astro-therapy

IS ASTROLOGY 2015'S NEW SELF-HELP?

ILLUSTRATIONS: ALEXANDER WELLS

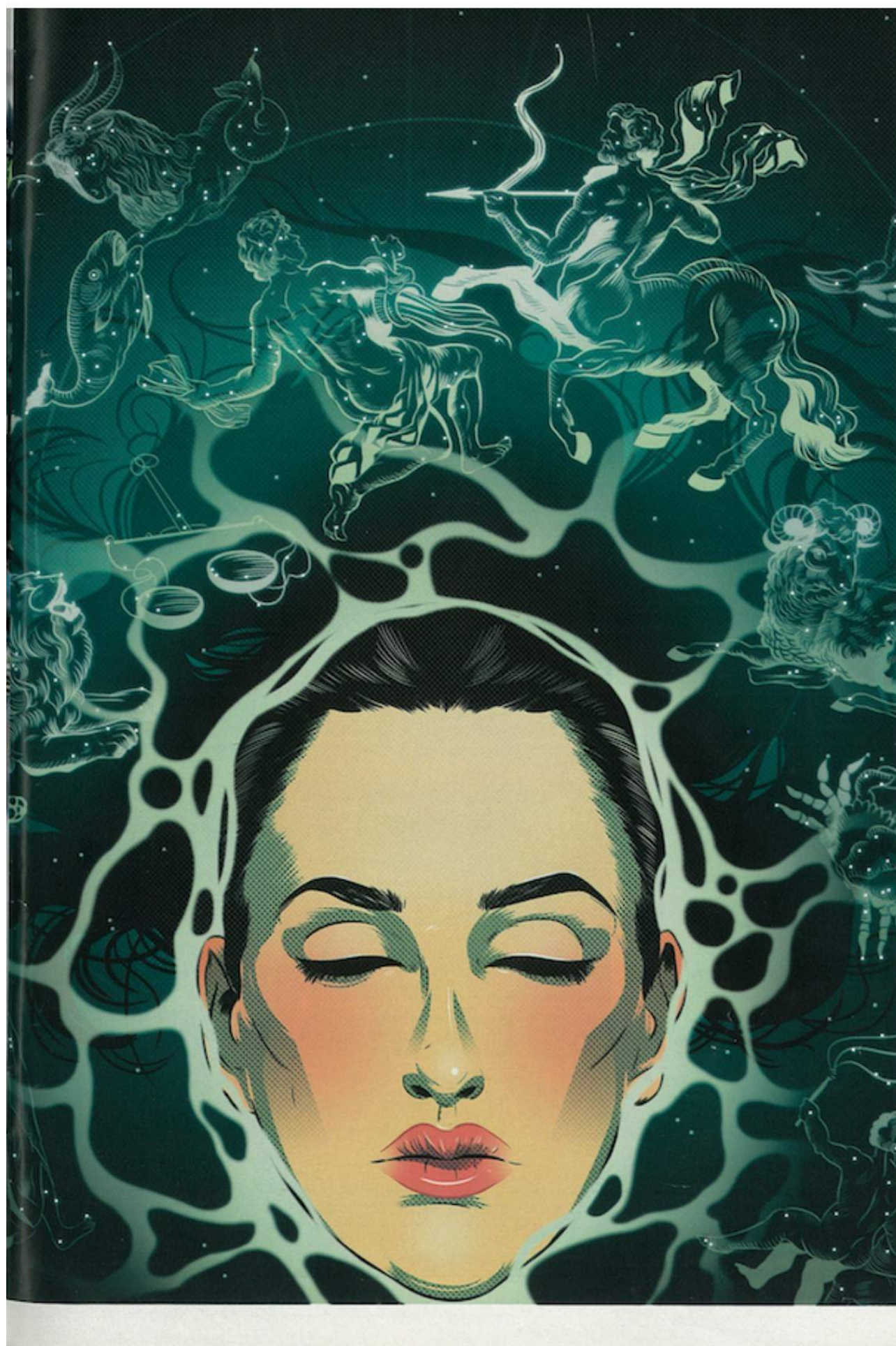
ACCORDING TO ASTROLOGICAL experts, 2015 is set to be one of the most potential-packed years we've seen in decades. From life goals to career to health and well-being, it seems anything is possible – if we play our cards right, that is. While you might not pay too much attention to your daily horoscope, you may be interested to learn how to harness your own personal planetary powers through studying your own individual astrological chart.

This is where 'intuitive and spiritual astrologer' Carolyne Faulkner comes in. Carolyne has spent the past 10 years

working on her own system of 'dynamic astrology', which uses a heady combination of traditional astrology with her powers of intuition to give an in-depth look at someone's personality traits and character. In other words, she uses your chart as a springboard to help identify problems, weaknesses and areas of your life that need improvement. Keep falling for the same inappropriate men? Struggle sticking to your no-sugar plan or keeping up those good intentions to hit the gym? Career not going according to plan? Carolyne claims she can help.

Carolyne's own brand of 'astrology with ▶





flash

Have a naughty kitty? A shy puppy? Carolyn believes pets also have a relationship with the zodiac. 'Pets are beings like us with a consciousness,' she says.

a difference' has made her the go-to woman for celebrities and the international power set, with whom she often travels or consults over Skype. Such is the growing demand for her skills that she's recently started a monthly clinic at Harrods' Urban Retreat. Women all over the world are now using her charts for everything from trying to lose weight to finding love, securing a promotion or getting their finances in order. How? Carolyn believes that your 'natal chart' – the exact positions of the sun, moon, planets and other celestial objects when you were born – dictates your character, including your positive qualities and flaws. She has spent 10 years developing her own system to identify negative traits and patterns of behaviour, which she claims helps clients change their lives for the better. It's astrology as self-help, if you will.

'Your chart is your own personal reading, no one in the world would have the same one, unless they were born in the same hospital at exactly the same time, so the stars were aligned in the same way – an identical twin, perhaps. I've been working on this unique system for a decade and it gives a more detailed, personalised side to astrology.'

Rising, moon and sun signs in a nutshell...

Ever wondered why you and a friend with the same star sign are total opposites? In classic astrology you have three signs and they each influence a different part of your personality.

Your moon sign

The sign the moon was in when you were born determines your innate feelings and

most subconscious reactions. Your inner self, as it were.

Your sun sign

This is all about your ego, the centre of your personality. Beware of listening to your ego too much.

Your rising sign

This influences the way you present yourself to the world; it is the side of you most people see on a daily basis but it might not necessarily be the true you.





IT'S ALL ABOUT ENERGIES

'Astrology is a language of energies,' says Carolynne. 'I use it to see which energies people have to work with. There are helpful and harmful potentials of each sign. Put simply, someone's sun sign – Taurus, Leo, Cancer, etc – represents their ego or their identity and it symbolises the person we are trying to become. That's one of the 12 astrological readings we normally find in magazines and newspapers.'

'However, your rising sign may be different to your sun sign. Someone could be a Taurus with a rising sign of Scorpio. The rising sign is the face we present to others, so a person with Scorpio rising would present a lot of Scorpio's characteristics to the outside world.'

'Then there is someone's moon sign. Looking at someone's moon sign enables you to determine their emotional well-being. The moon sign represents your reactions to other people, situations and even how you feel about yourself. Someone who has a moon in Taurus, for example, needs nourishment. There is no point trying to talk to them when they are hungry. Have a conversation after they've eaten.'

In other words, our sun sign, moon sign and rising sign form a three-dimensional view of who we are. Understanding how they work together – or 'cracking the code', as Carolynne terms it, gives us a deeper understanding of self, why we do the things we do and why we feel so strongly about certain things. Carolynne believes creating an awareness of these things can put you on the path to true happiness – and ultimately help you bring out the best in yourself and others.

USING THE STARS TO IMPROVE YOURSELF

'When you learn about yourself, it gives you a framework to start analysing the behaviour of others,' says Carolynne. 'I don't believe everything in life is fixed, that someone has certain characteristics or behaves a certain way and that is that. I believe that by finding out about your astrological drivers and motivation, you can influence the present.' So, you can understand why you behave in a certain way or react to a certain trigger or repeat ▶



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Get ready for some va-va-voom...

HORSE PLAY

*Polo style goes
mainstream*



WELLNESS

BODY & SOUL

Surf for health, says
Camilla Hewitt

A RECIPE FOR WELLNESS



SWEET KALE & COCONUT SALAD

SALAD

- » 2 large handfuls of green or purple winter kale
- » 1 large corn on the cob
- » 20ml of coconut oil
- » half a yellow courgette
- » 1 handful of coconut shavings

DRESSING

- » 1 date
- » 15ml freshly squeezed lemon juice
- » 1 tbsp tahini
- » 1/2 tsp wholegrain mustard
- » 20ml water

METHOD

- 1 Finely chop and massage the kale.
- 2 Remove corn pieces from the cob and lightly char them in coconut oil.
- 3 Thinly slice the courgette.
- 4 Add all of this and the coconut shavings to a mixing bowl.
- 5 Whizz the dressing ingredients in a blender for 30-45 seconds.
- 6 Pour the dressing on top, mix together and enjoy.

Recipe by
thefarmgirl.co.uk



SOUL SURFER

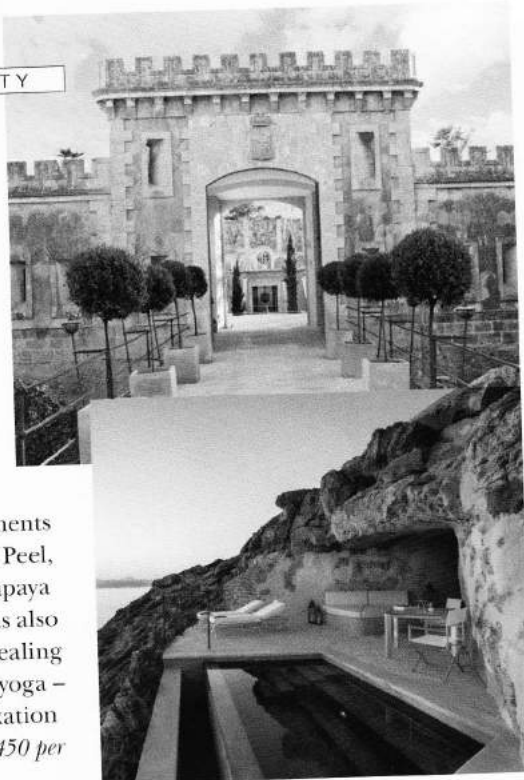
If you're looking for a new sport this summer, try surfing – it can be as good for brains as it is for bodies. While it may not be the easiest hobby to pick up, persist and you'll find that it is a great way to get fit and let your daily stresses dissolve. On a physical level, it's an incredibly effective workout, requiring strong shoulders and arms for paddling out to the waves, and core strength and balance for riding them back to shore. Yet surfing offers much more than just physical activity, the psychological benefits are astonishing. The ocean is an environment far removed from the hustle and bustle of everyday life, where the prevailing sound is that of the waves, so it's a great way to disconnect and clear the mind. Your initial lesson is guaranteed to bring you laughter, while riding the crest of a wave for the first time is as empowering and exhilarating as it sounds. So why not head to the coast and let Rebecca Coley, founder of DRIFT, show you how time spent playing in the sea and connecting with nature can be deeply nourishing. driftretreat.co.uk

ESCAPE THE CITY

CAP ROCAT, Mallorca

Brilliantly carved from the limestone depths of a former 19th-century fortress, Cap Rocat has revealed its spectacular new spa. The focal point is a dramatic 25m saltwater swimming pool under a glass ceiling – allowing the sunshine to flood the space by day, while by night, the star-filled skies create a mesmerising place to swim.

Five rooms offer signature treatments that include the Cap Rocat Body Peel, using quince, coconut oil and papaya to revitalise the body. The spa has also launched traditional ayurvedic healing techniques, combined with daily yoga – the perfect programme for relaxation and recuperation. Doubles from €450 per night B&B. caprocat.com

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FEATURES

Your astrological forecast for September

by CAROLYNE FAULKNER

13 SEP 2018



[See October's astrological forecast here.](#)

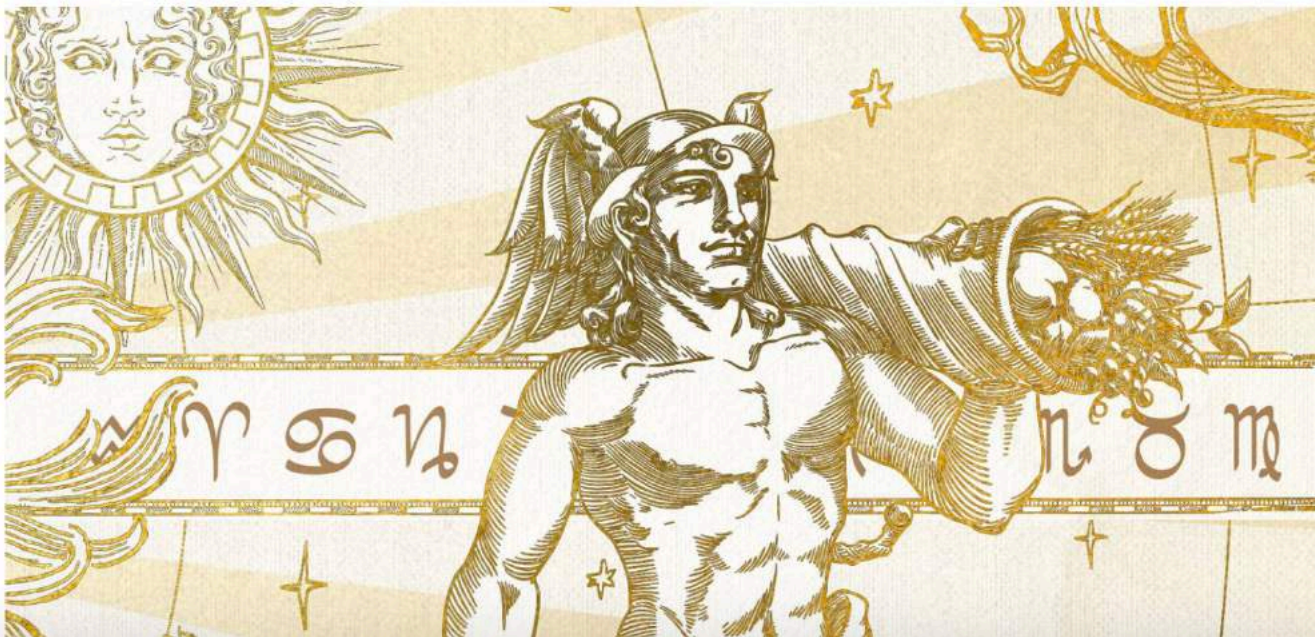
We all know when the sun is in our sign - that's what's known as our starsign. But that is only one part of the bigger picture. You've also got the movement of the planets, the moon, and the sun. Here, Soho House's in house astrologer and author of The Signs, Carlyne Faulkner, gives a helpful breakdown of some of the major movements that are set to impact us all in September - and how to make the most of them.

What September looks like from the stars

The overarching star message of the month is to get organised. This reduces anxiety and stress, and there is the potential for that to rule us in September if we let it. If we collectively tune into all the earth energy of Virgo and Capricorn this month, we will maximise the potential for peace of mind and long-term rewards. Virgo and Capricorn as a rule are not so interested in conceptual ideas or lists of chores that never seem to be ticked off. Both signs are geared toward achievement and control. They push us subconsciously to keep our commitments and focus on actualising all the plans conceived in the summer. After the baking summer in London or long dreamy holidays in Tulum, we now need to re-acquaint with the morning alarm and focus on making

stuff happen. To counteract the 'gone wrong' potential of both signs (Virgo causes stress and anxiety and Capricorn makes us feel like failures) let's dial that down and raise the 'gone right' vibe. Think of it as a public service!

In summary: Get organised, make realistic plans, clear your space, detoxify as much as possible and focus solely on the goals for the rest of the month.



The Sun

The sun shines in a sign for almost one month, empowering the energy of the sign it falls in. Virgo energy is magnified until 23 September, when the sun changes sign to shine for Libra. This impacts us all collectively, but is even more powerful for those of you with Virgo as your star sign, moon sign, rising sign (or any other major stamp). This Virgo vibe is also extremely influential for the opposite sign to Virgo: Pisces. It's time to stop dreaming, be pragmatic and actualise all we have held in our heads for so long.

The most effective way to align with Virgo energy is to be prudent and stop the over-indulgence unless it's being channelled into purifying our lives. Purify on the three levels: mind, body and spirit. If you can't quite manage all three, at least get your house affairs in order, clear out the clutter and get more organised. Virgo works best when it feels in control: control your mind with meditation, your body with exercise and purifying practices (like authentic yoga) and your spirit by sidelining negative influences and focusing on the positives.

Evaluate what is working and what isn't. Make a good old-fashioned list and then go back over it and pencil in solutions. Remember not to judge yourself harshly if you fail to have all of the answers immediately. Write your list and then, like the artist Libra is, leave it alone for a while to let the ink dry and then step back in and ask your higher mind for some answers.

The Moon

We all have our very own moon sign in our birth-charts which is handy to know. The moon reflects in each zodiac sign for around 2.5 days and we have a new and full moon every month. Moon governs the collective “mood” and it's great to know which sign the moon graces when we have certain things we need to do. For example, new pitches and presentations are great with a Gemini Moon, so it's easy to communicate your message, while a moon in Pisces is great to write a new song or get creative.

You can draw your birth chart and find your own Moon Sign [here](#).

The new moon is the best time to plant the seeds of new beginnings, adopt new habits and launch new projects. The full moon and the sun are both in Virgo and they are saying the same sort of thing: Purify, clear out negativity and make a new list of all the things you wish to achieve over the next four weeks. One idea is to write a 'Manifestation List' - contemplate all as actuality and then, once written, burn it and let the Universe step in.

Full moon in Aries on 25 September

The full moon is the best time to release negativity and to move on. Humans comprise 65-70 per cent water and these moon phases impact upon bodies of water, so they tend to bring up emotions, or anything else that needs to be released. Because this one is in Aries, we have to dial down the fire if it's manifesting as anger and impatience, and instead, tune into the power of the flame to ignite our passion. Go for a run and then conjure up dynamic ideas or pioneering ways to create the experiences in life that will reward you.





MOBILE 5

The Planets

Saturn - 'The Boss'

We often call Saturn the Queen, known as the planet of karma and life lessons. We have the opportunity to create great karma under this alignment. Saturn doesn't approve of failure and flaky people who break commitments. It is a hard alignment for us all as we reap what we have sown over the past seven years. For many we will be enjoying the fruits of our labour. If you are struggling, just relax, face issues and be brave, then you win the respect of Saturn and there is nothing quite like that one!

whole Scorpio vibe can be incredible, empowering, omnipresent or even utterly terrifying if not handled with care. Best way to handle this is to dial up the ‘gone right’ vibes and tighten up our tribe. Scorpio is a water sign and so it reflects the energy and behaviour of what, and who, it surrounds itself with. Jupiter is only interested in integrity, so we must be mindful not to take short-cuts in that respect, they won’t serve anyone in the long run. Jupiter can be very judgmental and so it’s wise for us to do the right thing, forgive those who don’t, give them a nudge but then keep moving toward the light.

If folk choose to stay in the dark, don’t dim your light; try to shift them to an altogether higher state of awareness (without ever sacrificing yourself or your own sense of peace). Venus moves into Scorpio the planet of love, and money (strange that the two combine, although perhaps some love money more than love). This is intense and powerful. It has the capacity to bring about passion like none other and rewards if used with positive intent. Scorpio is sexy, magnetic and captivating and we all have the ability to tune into that and use those smoldering flames as a force for good.



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Saturn is in the sign of Capricorn. So, those of you born in 1988-1991 will be in the midst of what is known as the 'Saturn Return'. Saturn demands that we look at life without rose-tinted glasses and Capricorn is all about success and commitments, which to make and which to break. This planet has been in retrograde since April, asking us to re-evaluate our commitments, direction in life and to assess which beliefs or situations were preventing us from achieving. It also delivered incredible opportunities for many of us. However, now that Saturn is direct (it changed on 6 September), it's time for us to deliver on our promises and work hard.

The impact of Saturn is often perceived to be a little like a 'wet blanket' dampening our fun. But quieting the mind and attuning to the subtle messages from the universe will stand us in good stead.

Mars - 'The Energy'

Mars is in Capricorn and usually stays in each sign for around six weeks. It's the planet that influences our energy (both physical and sexual) and also governs our drive and career in general and re-fuels those who have other planets in the same sign. It has been acting rather strange, choosing to stay with Capricorn and Aquarius intermittently

picture and gives us random ideas and flashes of genius, then Mars and Capricorn step in and encourage us to take these ideas seriously and make them work, because the Aquarius vibe has been so high, the need for compassion and humanity is high and so incredible unions and collaborations are forming all over the globe.

Mars moves back into Aquarius and this is an amazing time for stimulation and revolutionary ideas in general. We must watch out for over-stimulation and take time out to unplug, or we run the risk of having melt-downs and this is such a waste of time.

If you have a strong Aquarius (Sun/Moon/Rising/Mars) influence in your chart, do not sleep with anything electrical near your head. You need to refresh your energy at night, so leave the phone at the door, turn to nature as much as you can to heal your spirit and take care of yourself.

Jupiter – ‘The Teacher’

Jupiter is still in Scorpio until November and it's pumping out Scorpio energy in abundance. Jupiter magnifies the energy of the sign it's in and this means that the

Jupiter is still in Scorpio until November and it's pumping out Scorpio energy in abundance. Jupiter magnifies the energy of the sign it's in and this means that the whole Scorpio vibe can be incredible, empowering, omnipresent or even utterly terrifying if not handled with care. Best way to handle this is to dial up the 'gone right' vibes and tighten up our tribe. Scorpio is a water sign and so it reflects the energy and behaviour of what, and who, it surrounds itself with. Jupiter is only interested in integrity, so we must be mindful not to take short-cuts in that respect, they won't serve anyone in the long run. Jupiter can be very judgmental and so it's wise for us to do the right thing, forgive those who don't, give them a nudge but then keep moving toward the light.

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Carolyne Faulkner is the in house astrologer at Soho House and Co, author of The Signs and founder of the pioneering self-improvement method based on the stars 'Dynamic Astrology (TM)'. Her approach to astrology shies away from the traditional practice of branding the whole world into 12 signs, which expects them to be the same kinds of people experiencing the same things at certain times and instead looks at the movements of the major planets and analyses how they impact us, based on our birth-chart. It combines life-coaching, spirituality, philosophy and current astrological impacts to offer people ways to navigate the daily rhythms of life.

FEATURES

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FEATURES

Your astrological forecast for October

by CAROLYNE FAULKNER

1 DAY AGO





We all know when the sun is in our sign - that's what's known as our starsign. But that is only one part of the bigger picture. You've also got the movement of the planets, the moon, and the sun. Here, Soho House's in house astrologer and author of The Signs, Carolynne Faulkner, gives a helpful breakdown of some of the major movements that are set to impact us all in October - and how to make the most of them.

What October looks like from the stars

As Mars is still in Aquarius, the planet that influences our energy, there is a risk that we might go overboard in certain areas of our lives, throwing the natural order out of balance. So, if you are working too hard, take off at least one day a week, and do things that nourish your soul. On the flipside, if you're partying too hard, be sure to take a break. If we collectively tune into the air energy of Libra (Sun and Mercury) and Aquarius (Mars) this month, we will be tuning in to our ability to conjure up genius ideas out of 'thin air' (sent by Aquarius). We can also successfully negotiate ways to use them by 'fair' and 'just' means: all traits of Libra 'gone right'. It's also a good time to seek investment and to sound-out ideas, companies, people and concepts to invest in. As you work to balance your life and relationships in general, the universe will reward you in kind and send you more of what you need, and even a little of what you like.

The Sun

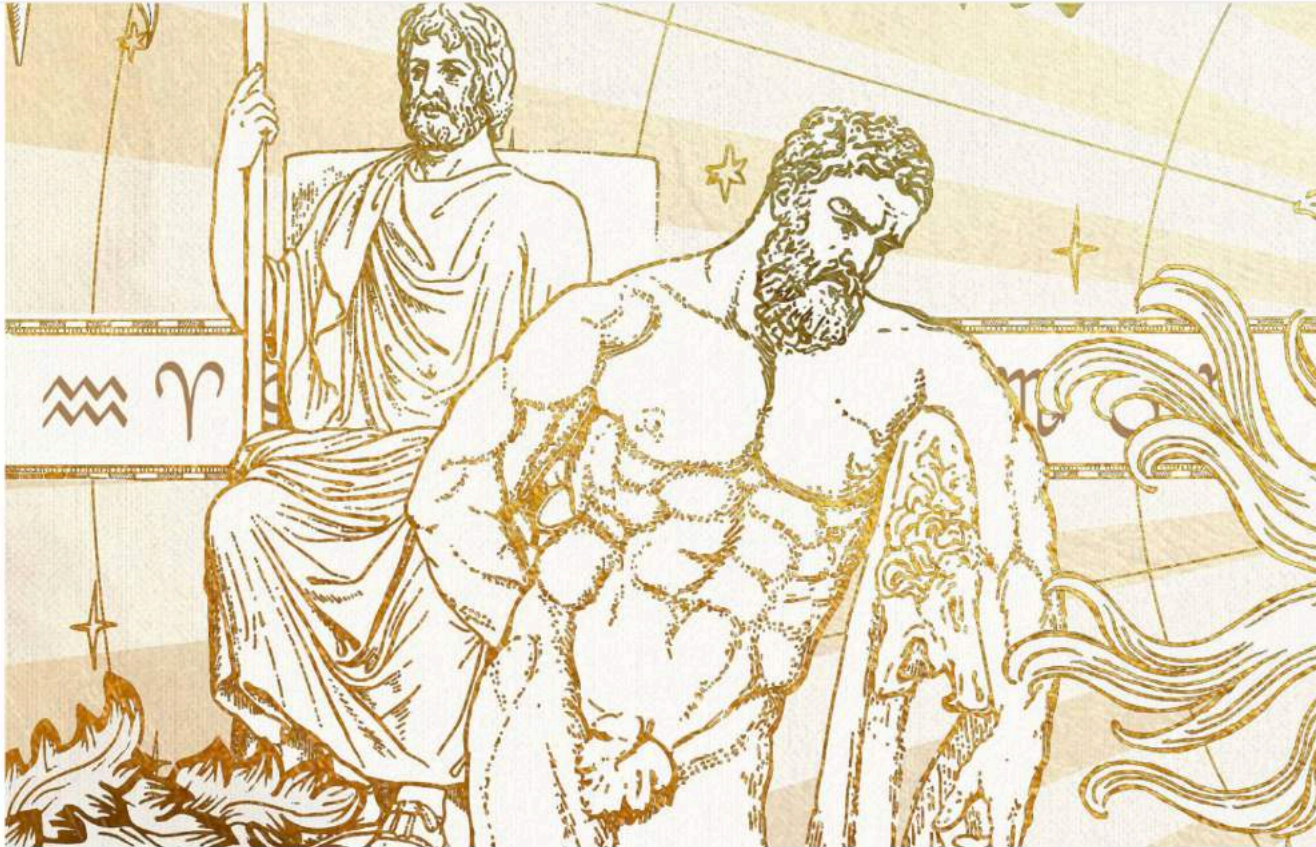


MOBILE 5

The Sun shines in a sign for almost one month, empowering the energy of the sign it falls in. Libra energy is magnified until October 23rd, when it all changes to empower Scorpio. For now, Libra impacts us all collectively, but is even more powerful for those of you with Libra as your star sign, moon sign, rising sign (or any other major stamp). This Libra vibe is also extremely influential for the opposite sign to Libra, Aries. Libra season is a wonderful time for falling in love: with ourselves, our lives and all the relationships we currently have. If you're single, the only issue with the Sun being in Libra is that Libra hates to be alone, so those tuning into the 'gone wrong' run the risk of attracting superficial and transient love in a bid to beat loneliness.

The most important relationship we all have is with ourselves. To attract the 'right one' or 'ones' you first have to 'be' the right one. It's important that we work on self-love in order to boost our energy; no other person can do that for us. The energy we vibrate with will attract the people and also the situations in our lives and so we must shake off insecurities and be happy with who we are now.

Evaluate what is working and what isn't. Make a good old-fashioned list and then go back over it and pencil in solutions. Remember not to judge yourself harshly if you fail to have all of the answers immediately. Write your list and then, like the artist Libra is, leave it alone for a while to let the ink dry and then step back in and ask your higher mind for some answers.



MOBILE 5

The Planets

Mercury - 'The Messenger'

Mercury shines a light on our communications, in general, and sends light bulb moments and illuminating ideas directly to our minds. It's in the diplomacy loving sign of Libra at the moment and Mercury combines with the Sun this month to enhance the Libra traits in us all. So, the first ten days of the month are all about artful negotiations, pacts, agreements and keeping the peace, in general, without sur-rendering our truth or integrity. Polish your diplomacy and charm and the rewards will flow, so long as they are steeped, first, in sincerity.

Mercury then gives into Scorpio, and it's about to get intense! Scorpio won't leave anything buried for long so it's better to deal with any issues or misunderstandings right away. If you have made promises that you cannot keep then you need to face them and handle them immediately. That said, Mercury in Scorpio also brings things to light. If people have been acting in ways that fall short of integrity, then it's very likely to show up. Intense, revealing and smoldering is the vibe until 31st, when Mercury moves into Sagittarius (you know, the sign that shoots you in the eye with the arrow of truth at the most inconvenient times!)

Neptune - 'The Inspiration'

Neptune is the ruler of the seas and oceans and has been in the sign it rules, Pisces, since 2012. Both planet and sign push us to spiritualise our lives, to develop a higher vision and to find some type of practice that can connect us to source-energy once again. If you have a strong Pisces (Sun/Moon/Rising/Mars) influence in your chart, then there could be a tendency to see things clearly now. However, for many this can be scary, and so they seek to cloud their third eye (insight and intuition) using brain-numbing substances. So many people that I know are wondering why they are attracted to an extra glass of bubbly or a perfectly mixed Eastern standard and the message is that it's Neptune. Seeing clearly is difficult and so if you wish to indulge that's fine, so long as you are working with balance. Limit the negative and pump up the positive with spiritual practice; yoga hits the spot every time, as does daily meditation and also walking within Mother Nature.

[See September's astrological forecast here.](#)

SEPTEMBER 2018

HOUSE NOTES

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SATURDAY 1, 10.30AM



Yoga brunch

Explore Yin Yang yoga in this 75-minute class with Lily Silverton, followed by a light brunch where you can meet and socialise with your fellow yogis.

TUESDAY 4, 7PM



In Conversation Giles Duley with Citizens of Humanity

Citizens of Humanity sit down with photographer Giles Duley to discuss his life, work and experiences photographing refugee women of the Congo for *Humanity* magazine's September issue.

WEDNESDAY 5, 9AM



The future of authentic brand content creation

Talenthouse curates a panel discussion to explore the role of creator communities in authentic branded content.

MONDAY 10, 7PM



Futuristic skincare: disrupting the beauty industry

Dr Augustinus Bader discusses his holistic approach to the healthcare and beauty business, sharing his unique business model, as well as information about his regenerative medicine Foundation and biomedical discoveries.



Courtesy Maple & Co

TUESDAY 11, 7.30PM



Star wars

Find out all you need to know about building a business from scratch while staying sane and spiritual, with founder of Dynamic Astrology, Carolyne Faulkner. She joins us to discuss everything stars- and start-up related.

WEDNESDAY 12, 6.30PM



Code and Culture presents Emil Socialize's Soleseekers

See *Soleseekers*, the UK's first feature-length documentary on UK trainer culture, charting the rise of collectors, inspectors and respecters of trainers. The screening will be followed by a Q&A with the director Emil Socialize and guests.

SATURDAY 13, 10.30AM

Set health

Join health
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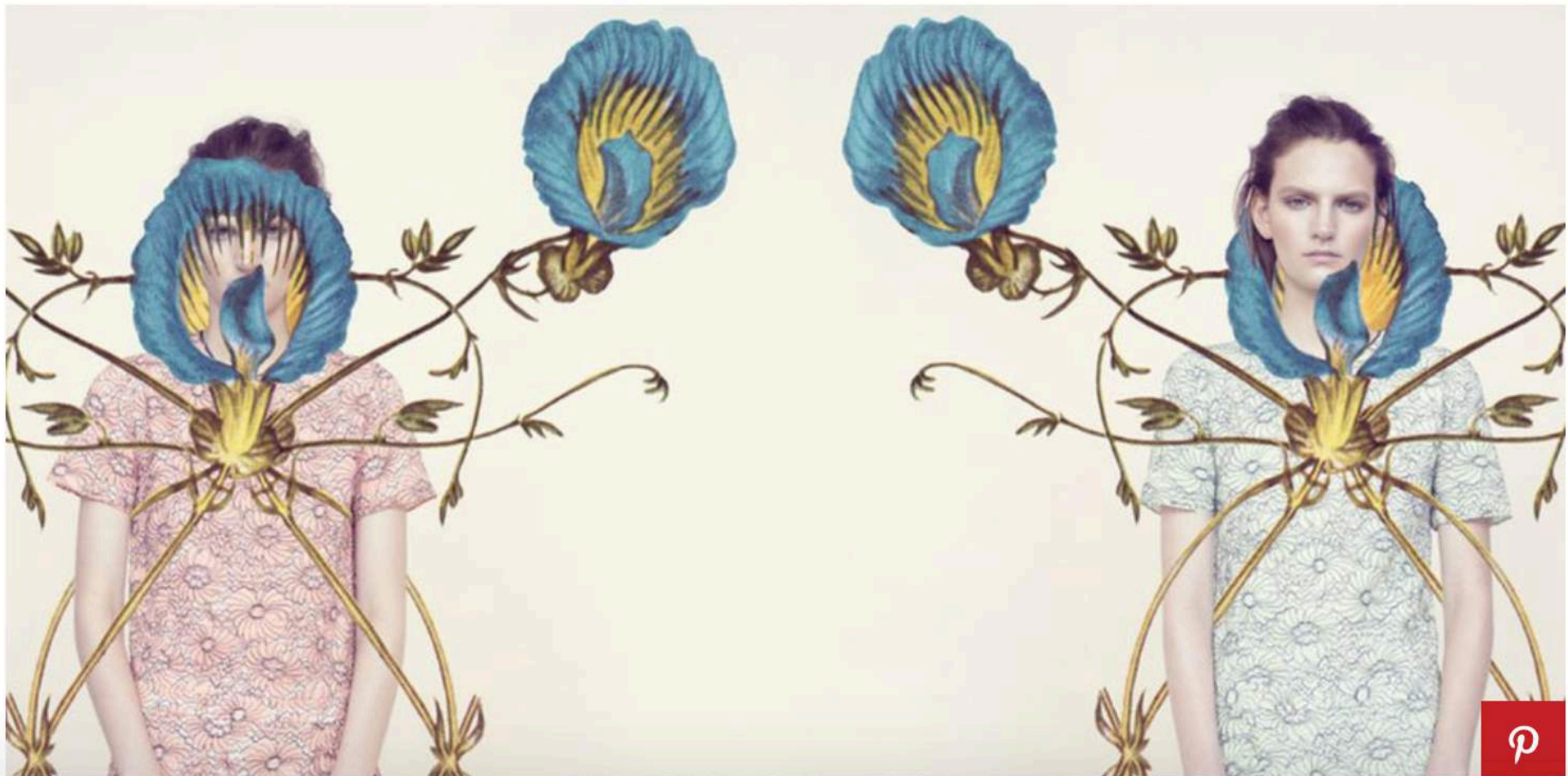


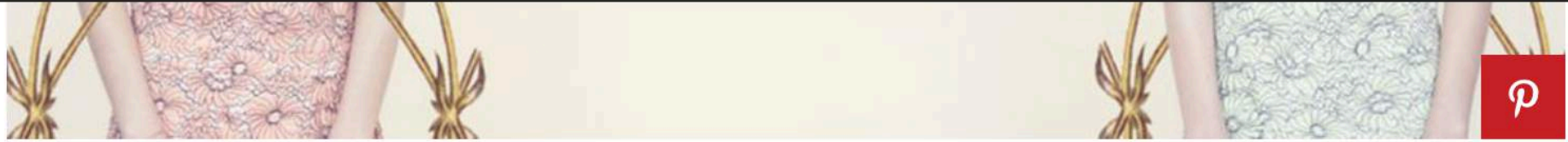
Do you read your horoscope?

Bazaar explores the world of astrology with a consultation at Urban Retreat

B

By [Harper's BAZAAR UK](#) Jul 14, 2014





Picture: Elena Rendina for Harper's Bazaar UK

JP Morgan once said: "Anyone can be a millionaire, but to become a billionaire, you need an astrologer." The world-renowned banker and America's first billionaire regularly saw his astrologer Evangeline Adams and, while not all of his business decisions might have been ethical, no one can dispute his success.

Today we have access to daily, weekly, monthly and annual horoscopes. Generally, they're vague and can be easily aligned to every possible equation, which makes some of us slightly sceptical of astrology as a whole. But, there is a more in-depth, personalised side to the art, which might even convert the cynics. Carlyne Faulkner, Urban Retreat's resident astrologer, uses the date, time and place of your birth to map out your star alignment. Faulkner then goes through the 12 houses and interprets how the location of the planets could affect different aspects of your life.

Faulkner offers her own intuition, but it is by no means forced upon you, and she recommends you tape the hour-long session, so you can refer back to it at a later date.





After 60 minutes, I have a better understanding of astrology and myself. The process is individually tailored, so while I always knew I was a Sagittarius, I now know that my rising sign, or ascendant, is actually Libra, and that my temper is down to a blend of Mars and Aries. Some observations were less welcome than others, as I have always wanted to write but the stars predicted that I would return to a previous career path. Of course, you don't have to take astrology too literally; nevertheless used lightly and correctly, perhaps we all have the potential to reach the dizzying successes of JP Morgan.

Astrologer consultation at Urban Retreat, £140 for 60 minutes, visit Urbanretreat.co.uk

MORE BEAUTY

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Life Coaches

For a spiritual makeover

B

By [Lucy Halfhead](#) Feb 5, 2015





Photograph by Horst Diekgerdes for Harper's Bazaar

Who: Carolyne Faulkner: Dynamic Astrology Ltd.

Why: Faulkner is a soul coach and an intuitive and spiritual astrologer who provides insight, clarity and unique perspectives.

Contact: 07989 503 290; pieceandplanet.com





Who: Sam Wigan

Why: Life coach Sam helps clients to identify what they really want in life and to become more aware of themselves as loving, joyful beings. Benefits include greater clarity of purpose, ease with challenging situations at work or home and renewed motivation and energy.

Contact: sam.wigan@icloud.com

Recommended by: Antonia Wigan, *Harper's Bazaar* associate publisher

Who: Bee Goddess

Why: Not only is she a spiritual coach but a fine-jewellery designer, too. She has coached the likes of Rihanna and has an incredibly uplifting way about her. You can opt to take away the piece of jewellery that best represents your 'sign', too, so that you can carry it round with you for guidance. She flies all over the world to meet with clients.

Contact: hello@beegoddess.com; beegoddess.com

Recommended by: Anna Vitiello, *Harper's Bazaar* senior fashion assistant

Who: Mooji

Why: Anthony Paul Moo-Young, known as Mooji, is one of the few modern teachers





Who: Mooji

Why: Anthony Paul Moo-Young, known as Mooji, is one of the few modern teachers of the advaita tradition to speak with such authority, clarity and playfulness about the true nature of being human. It is not for faint-hearted: there is no pussyfooting or ego-messaging here – this is the real thing. He runs sessions in London, Portugal and India, and online satsangs for those who are genuinely interested in the direct experience of truth.

Contact: mooji.org

Recommended by: Alexandra Gage, contributing editor

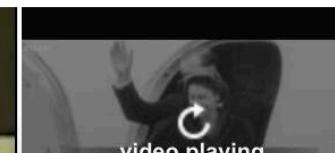
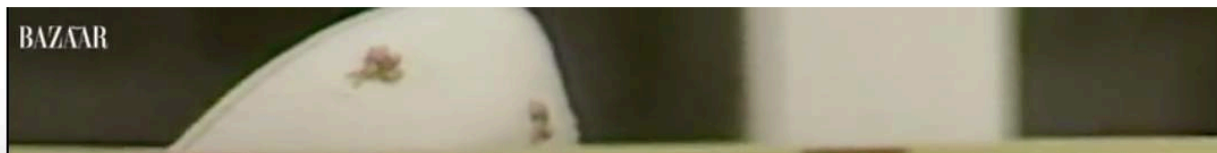
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The Woman Making Astrology Cool Again

Tor Cardona, 19th January 2018[♥ SAVE TO MY FAVOURITES](#)

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Changing the way we read our horoscopes and pioneering a whole new take on astrology is [Carolynne Faulkner](#). With 16 years of experience as a life coach using the stars as her guide, she's the in-house astrologer at Soho House and Harrods, and boasts a loyal roster of A-list clients. Dubbed an "astrology guru" by Vogue, it's no wonder she's shaking up the wellness sphere. Ahead of the launch of her new book, [The Signs](#), we signed up for a session to see what all the hype was about...

Tell us more...

On a mission to simplify astrology and make it a user-friendly and effective life coaching tool, Carlyne Faulkner's insights will change the way you read your horoscope for good. By plotting your bespoke birth chart (the arrangement of stars at the time of your birth), she'll analyse each aspect of your life – from career to relationships – with uncanny accuracy.

As she explains, "This isn't a crystal ball in which to read the future, but a path guiding you toward a greater control of your life to increase happiness and enhance wellbeing."

How's it different to horoscopes?

Unlike horoscopes, which even loyal readers will admit can be vague and easily aligned to every possible equation, Faulkner's method is totally bespoke. "Your star sign is only one part of a much bigger picture. Using the date, time and place of your birth, I can gauge the energy of the stars when you were born and how it has the potential to impact you and events," she explains.

So does that mean horoscopes really are a load of rubbish? "No," she says, "While your star sign is your ego self, the one that governs your self-identity, your rising sign is also crucial to bear in mind – this is the face we show others and heavily governs our personality."

For example, we're a Cancerian but analysing our chart it soon became clear our rising sign was Taurus and that our entire chart was heavily dominated by Taurus energy. This definitely resonates: "Gone right, you're tenacious, grounded, dedicated and talented. At your worst, you're stubborn, impatient, greedy and materialistic." It may sound generic, but to me it's spot on.

Who's it for?

Those keen for a quick answer into their future will be disappointed. Carlyne's observations (she recommends you tape the session, so you can refer back to it at a later date) are detailed – it's more personality observations than crystal ball reading and when we asked her to put a timeline on situations she was describing to us, it was pretty vague.

It's also worth noting some of her observations are less welcome than others – she won't hesitate to (accurately) highlight your flaws and weaknesses, but her logic is that knowledge of such elements of your personality can make you a better, stronger person.

Carlyne may not offer the instant gratification and reassurance of a tarot card reading, but this is intelligent stuff and, essentially, life coaching through the stars.

Want in?

Appointments with Carlyne don't come cheap (from £180 for an hour's session) but those keen to know more can buy her new book, *The Signs*, for £9.99, which explains how to plot your own birth chart (it's surprisingly straightforward) and analyse it.

Her message for the sceptics? "Use the book for a week to the letter and if it doesn't enhance your life, that's fine by me. But you can't discredit something until you're educated about it."

The Signs: Decode the Stars and Reframe Your Life by Carlyne Faulkner is available now on Amazon priced £9.99.

For more information on Dynamic Astrology or to book an appointment with Carlyne, visit

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For more information on *Dynamic Astrology* or to book an appointment with Carolyne, visit DynamicAstrology.com

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CULTURE

The Ideal Best Friend for Every Zodiac Sign



Taylor Markarian

Which zodiac sign is the most reliable? Which is the most fun? Discover the sign that can offer you the best friendship.



Aries (March 21–April 19)



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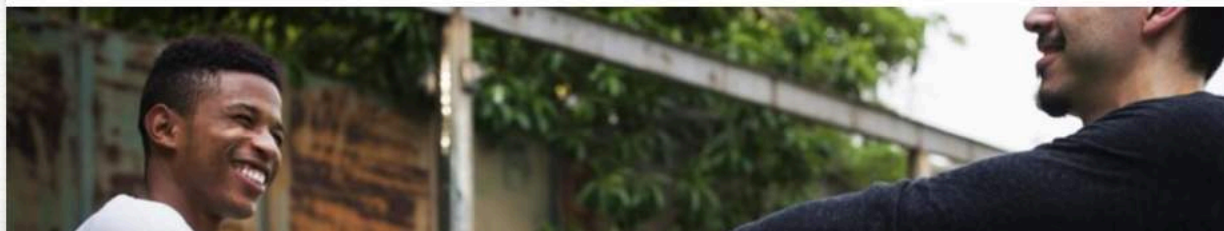


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Carolyne Faulkner of [Dynamic Astrology](#) is renowned for her astrological readings, and you can find her in places like *InStyle* and *Vogue*. According to her, Aries is a sign that craves opposites in a best friend. Aries is an outspoken, active, and sometimes combative sign, so the natural opposite would be Libra. "Both are learning about change and peace," says Faulkner, "and can teach each other. Libra struggles with change and Aries can't live without it. Aries needs to cultivate more peace in their lives and Libra strives to keep it." Because Aries and Libra have opposing qualities, though, some might prove to be too at odds with each other. That is why Aries and Aquarius often make for great friends: both are driven by excitement and a restless spirit. You'll want to share these [63 best friend quotes](#) with your BFF.

Taurus (April 20–May 20)





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It is easy for a Taurus to lose their head, either in the clouds or to their temper. That is why this sign needs someone who can provide a reality check—such as Virgo. “Taurus is usually fiercely loyal and happiest with an honest Virgo on speed dial,” Faulkner asserts, “as they appreciate their truth and practicality.” Taurus will forever appreciate the help of their Virgo friends and show them great kindness in return. Learn your most [attractive trait based on your zodiac sign.](#)

Gemini (May 21–June 20)



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Gemini is a sign that fits best with their own kind. They are giddy social butterflies who look for the same zest for life in their friends. "A Gemini prefers to hang with fellow air signs Aquarius and other Gemini to avoid boredom and routine," says Faulkner. "A Gemini is content when life won't stay the same, [but will be] exciting." Don't underestimate a Gemini, though. While they may be some of the ultimate party people, they also find excitement and fulfillment in intellectual activities. Their best friend needs to be able to keep up with (or even challenge) them on all levels.

Cancer (June 21–July 22)



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Cancer is another sign that usually makes friends within their own group. Faulkner says, "They appreciate and value each other and will always find each other in a room." Cancer's emotional radar is exceptional, so it's easy for them to figure out who they click with and who they don't. "Cancer also forms interesting connections with their opposite sign, Capricorn," she adds. "Both appreciate security and stability and the sanctity of family." However, these two signs are opposites for a reason: A Capricorn isn't nearly as sensitive. Learn which [zodiac signs should never, ever date each other.](#)

Leo (July 23–August 22)





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Leo and Aquarius are two extremely charismatic zodiac signs, so it's only natural that they would make for a powerful duo. "Leo and Aquarius cannot resist each other as friends," Faulkner says. "Although Leo may sometimes find an Aquarian buddy annoyingly aloof, they make unspoken pacts of loyalty and share a fabulous sense of humor and ability to raise the roof whenever they join forces." The bold, likable Leo also admires Aquarius for their individualism and unique sense of self.

Virgo (August 23–September 22)





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Virgo is a very nurturing earth sign, so they love when they can be of use to their friends, especially when it comes to emotional support. "Virgo is a 10/10 for honesty and healing," Faulkner surmises. Because of this, they are most suited to being friends with sensitive Cancer and loyal Taurus. These signs go well together for another reason, too: Virgo expects to get what they give, and these signs usually deliver.

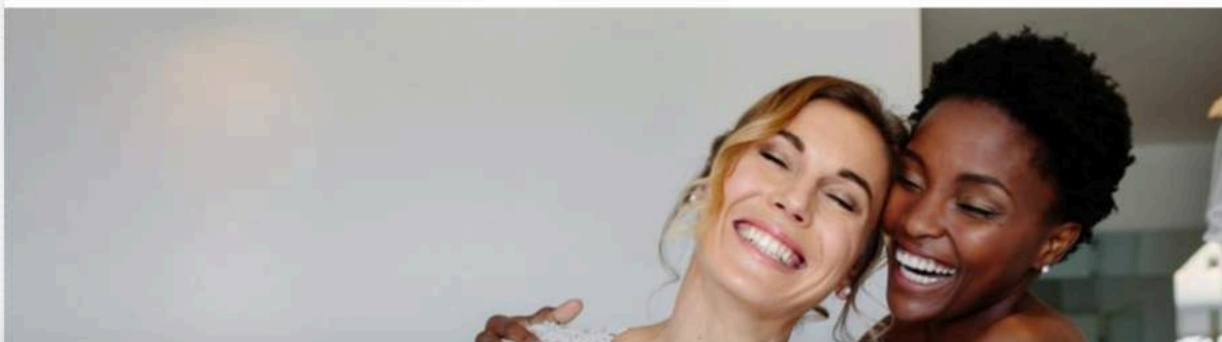
Libra (September 23–October 22)



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Libra is a very mellow sign, and they easily make friends. "Libra likes to have friends that they can relax with and be themselves," Faulkner explains. Because Libra is a sign marked by diplomacy and open-mindedness, they can find something good in each of the signs. Every so often, though, a Libra wants to be pampered for all their hard work. "[If] they are channeling their need-adoration vibe, they prefer fans and so will hang with anyone who will tell them how great they are, like a kind and gracious Taurus." These are [your biggest fears according to your zodiac sign.](#)

Scorpio (October 23–November 21)





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Scorpios crave deep, lasting friendships. People under this sign want to know their friends better than anyone else and they take their ties very seriously. Because Scorpio is such a passionate friend, they are most compatible with those who share that quality. "A Scorpio is usually happiest with Pisces as a bestie," Faulkner concludes. "Pisces let them be themselves and show them how to let go." A Pisces will support Scorpio, but also takes some of their edginess off, which can be a good thing.

Sagittarius (November 22–December 21)

Sagittarius (November 22–December 21)



Sagittarius is the great adventurer. As such, they need companions who are willing and ready to take on anything. That is why Aquarius and Aries are the best friends for this sign. "All are avid adventurers who excite each other and encourage everyone to embrace life and take risks," Faulkner says. "All three are generally honest and direct." Sagittarius is probably the most lighthearted of the three, but that doesn't mean they don't have substance. For your next adventure, [see the best tattoo style for your zodiac sign.](#)

Capricorn (December 22–January 19)





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It tends to be difficult for Capricorn to get along with most people. Instead, they need to find someone who is understanding and open to them and someone who can teach them to open up themselves. Virgo is the closest to Capricorn in terms of how they view the world in a very pragmatic manner. Capricorn also appreciates Virgo's dedication. "Capricorns are 10/10 for advice and commitment," Faulkner states. However, if a Capricorn meets someone too much like themselves, they can seriously butt heads. In this case, the easy-going yet loving Pisces would be a good fit. Find out [the best ways to de-stress based on your zodiac sign.](#)





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Aquarius (January 20–February 18)

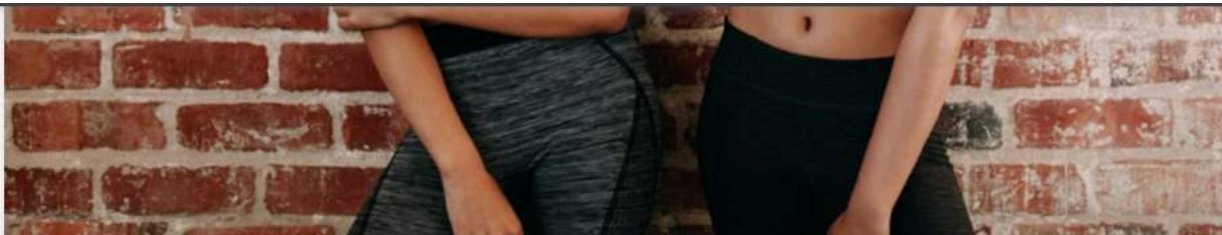


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"Aquarius [rates high in] innovation and random inspiration," Faulkner says. For this reason, they like to buddy up with signs who can appreciate their intelligence and their go-getter spirit. Leaders like Aries and Leo love Aquarius for their ability to trend-set, and Gemini and Pisces adore people with this sign for their creativity. "Aquarius likes to be free and made to feel special," she adds, "so they like the water signs who do this readily."

Pisces (February 19–March 20)





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Pisces and Aquarius get along very well because they both tend to be free spirits. “They are a law unto themselves,” Faulkner explains. It can be hard for other signs to understand a Pisces as deeply as an Aquarius will. According to Faulkner, you can be sure that a Pisces won’t befriend another Pisces so easily. Check out [what your zodiac sign says about your libido](#).



Originally Published on [Readers Digest](#)

The Sun

Associations: ego, talents, success

How it can help you: When the sun is in your own sign, you can feel unstoppable. Or, as Faulkner puts it, "it gives us time to shine." The sun arrives to remind us of our innate talents, the skills that come easily to us — and how we can use those gifts to move farther down the right path.

How it can hurt you: Again, the sun rules our egos — don't let its influence urge you to outshine others who deserve their due just as much you do.

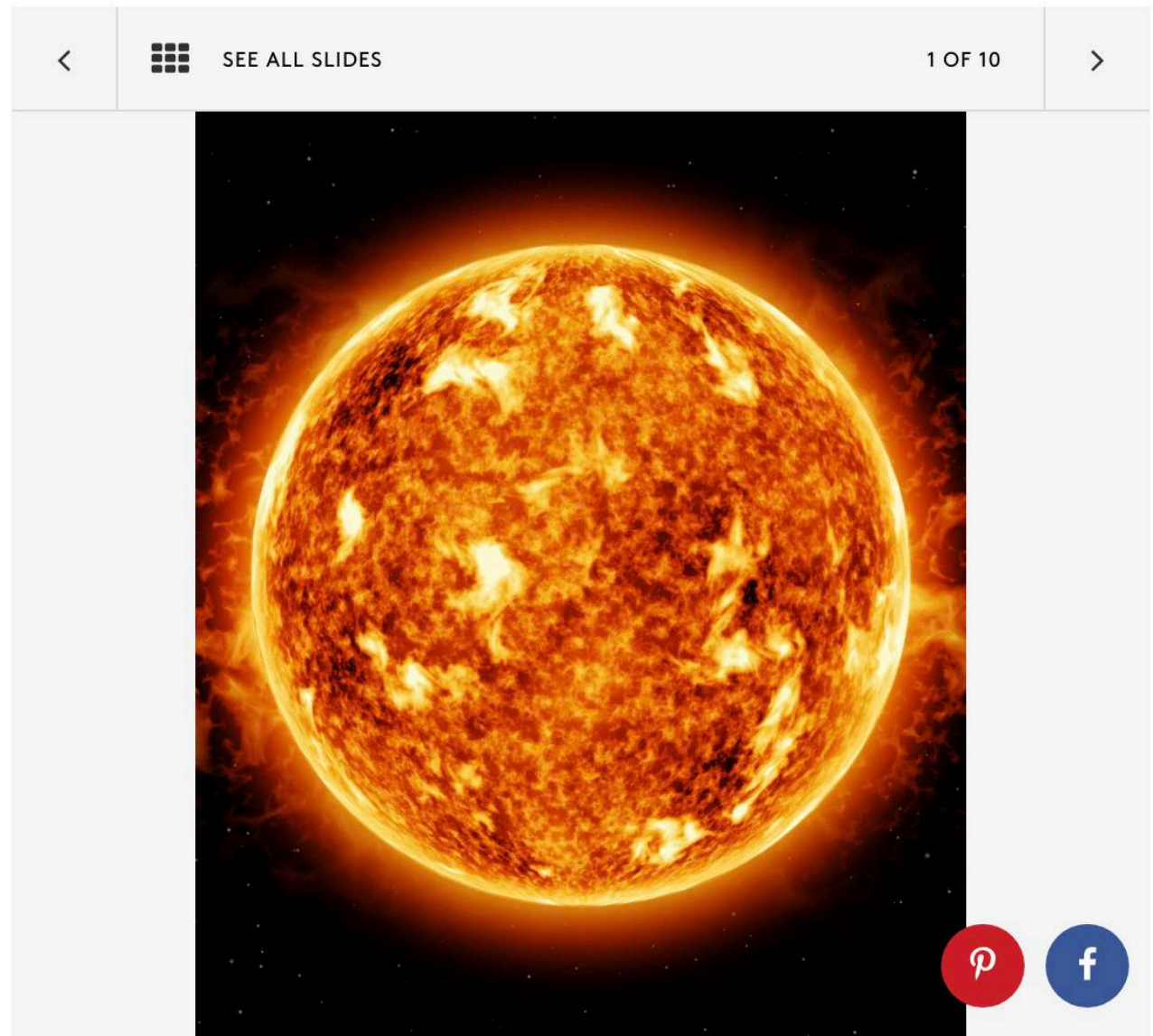


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The Moon

Associations: emotions, self-expression, needs

How it can help you: The moon tends to reveal truths to us that were there all along — we just need to shift our perspective slightly to notice them. Faulkner adds that, since the moon is so closely connected to our moods, its frequent movement from sign to sign can easily be seen in how we express ourselves.

How it can hurt you: Faulkner says that the moon can get us into trouble by making us *too* in touch with our feelings, leading us to overreact or respond defensively to others. She explains that it's a good idea to avoid getting involved in other people's problems or conflicts, especially during the full moon.

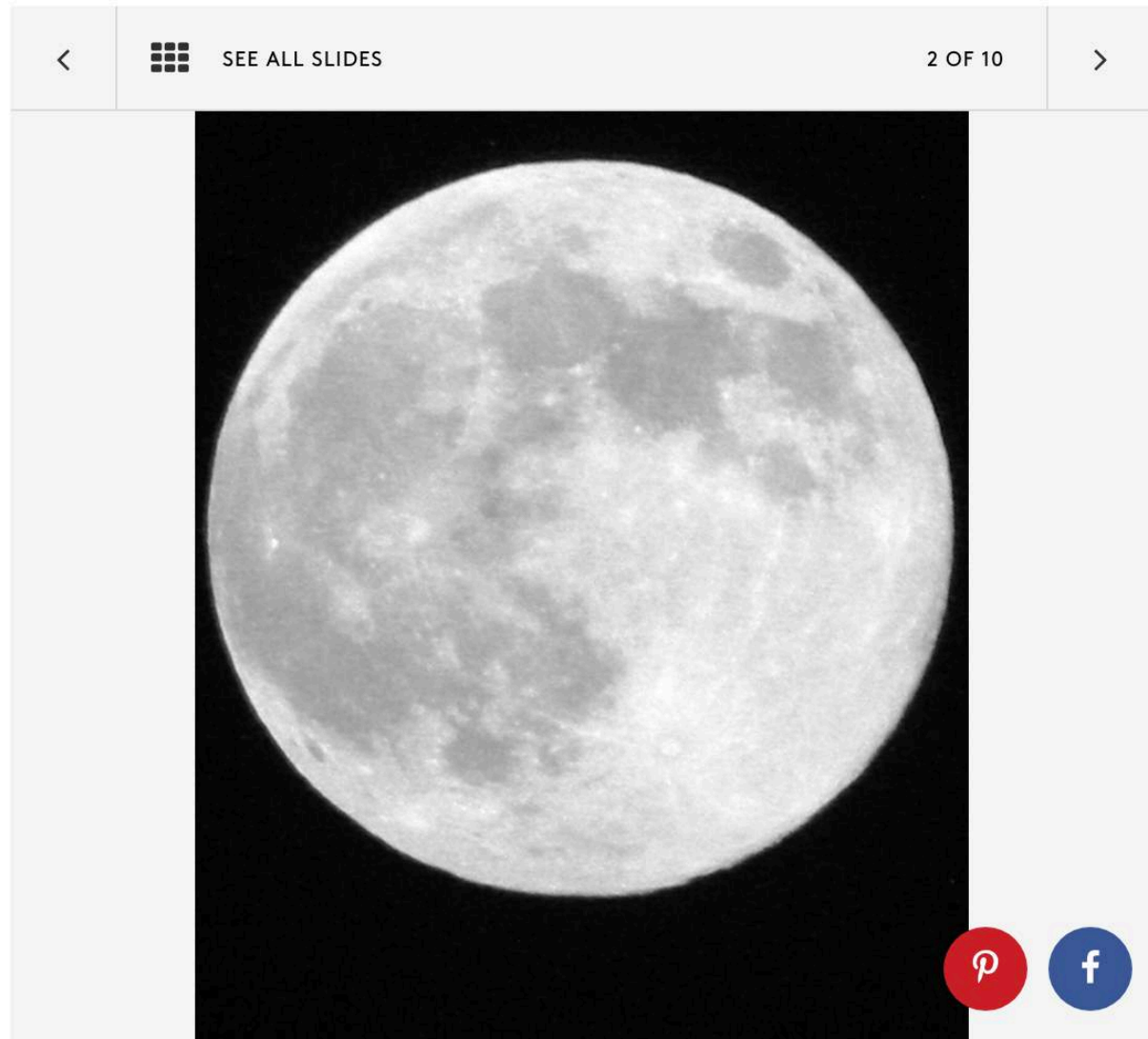


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Mercury

Associations: communication, intelligence, timing

How it can help you: The messenger planet can fast-track your attempts at communication, boost your mode of self-expression (depending on which sign it's in), and even heighten the sense of synchronicity between you and your friends: "You think about someone, then they call you," Faulkner explains.

How it can hurt you: Mercury can just as easily hit pause on your communications as it can fast-track them. It can throw off your concentration and make regular interactions feel extremely awkward.

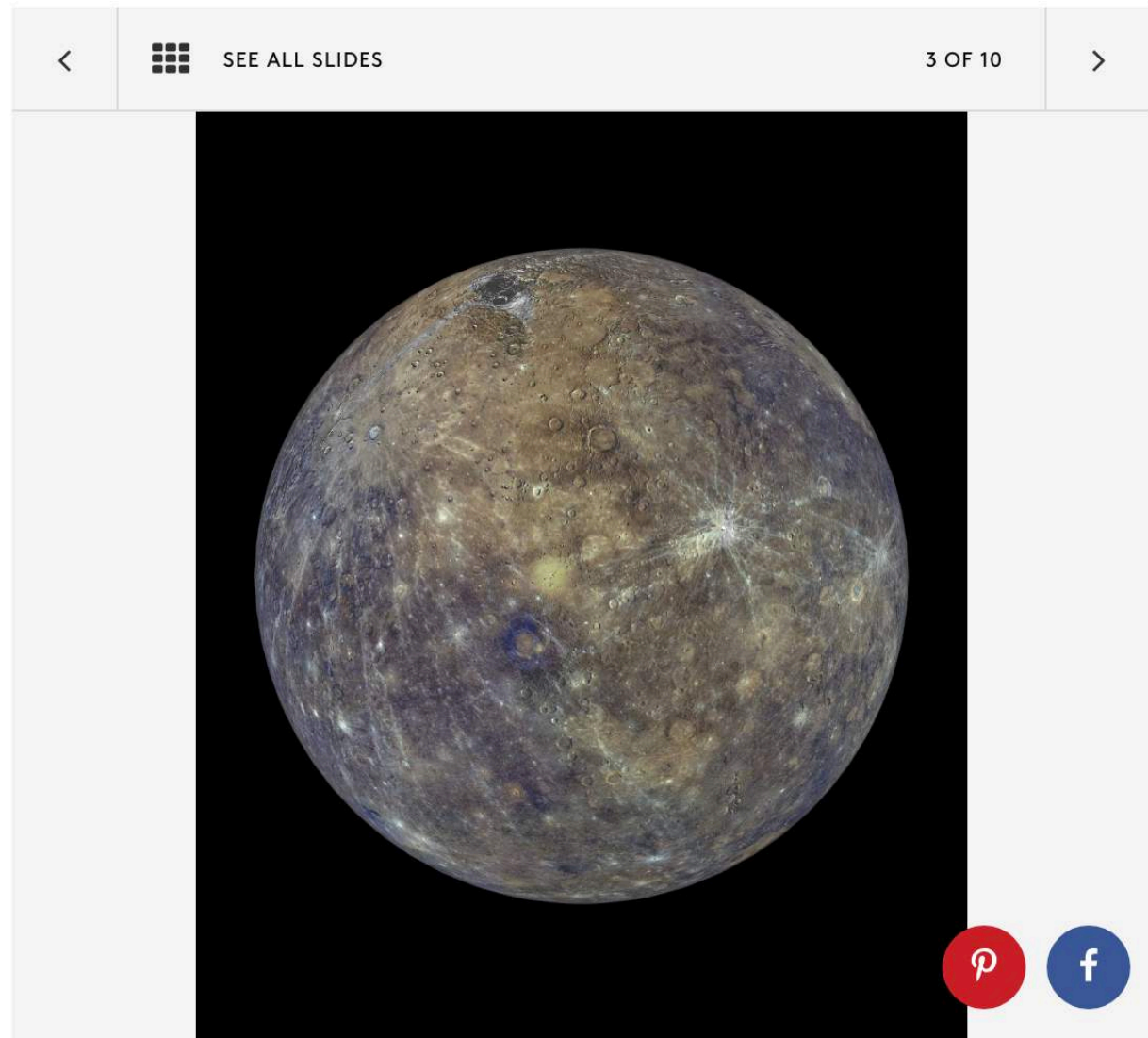


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Venus

Associations: love, beauty, expectations

How it can help you: Fittingly, the planet of love can bring out the hopeless romantic and insightful aesthete in all of us. It encourages us to see the good in others and our surroundings, then asks us how we can show our appreciation for those things.

How it can hurt you: If Venus is retrograde, it can make that desire for beauty and harmony stop short, fuelling our vanity and greed in the process. "When [Venus] goes wrong it can be a little superficial and more concerned with what people can provide for them," Faulkner says.

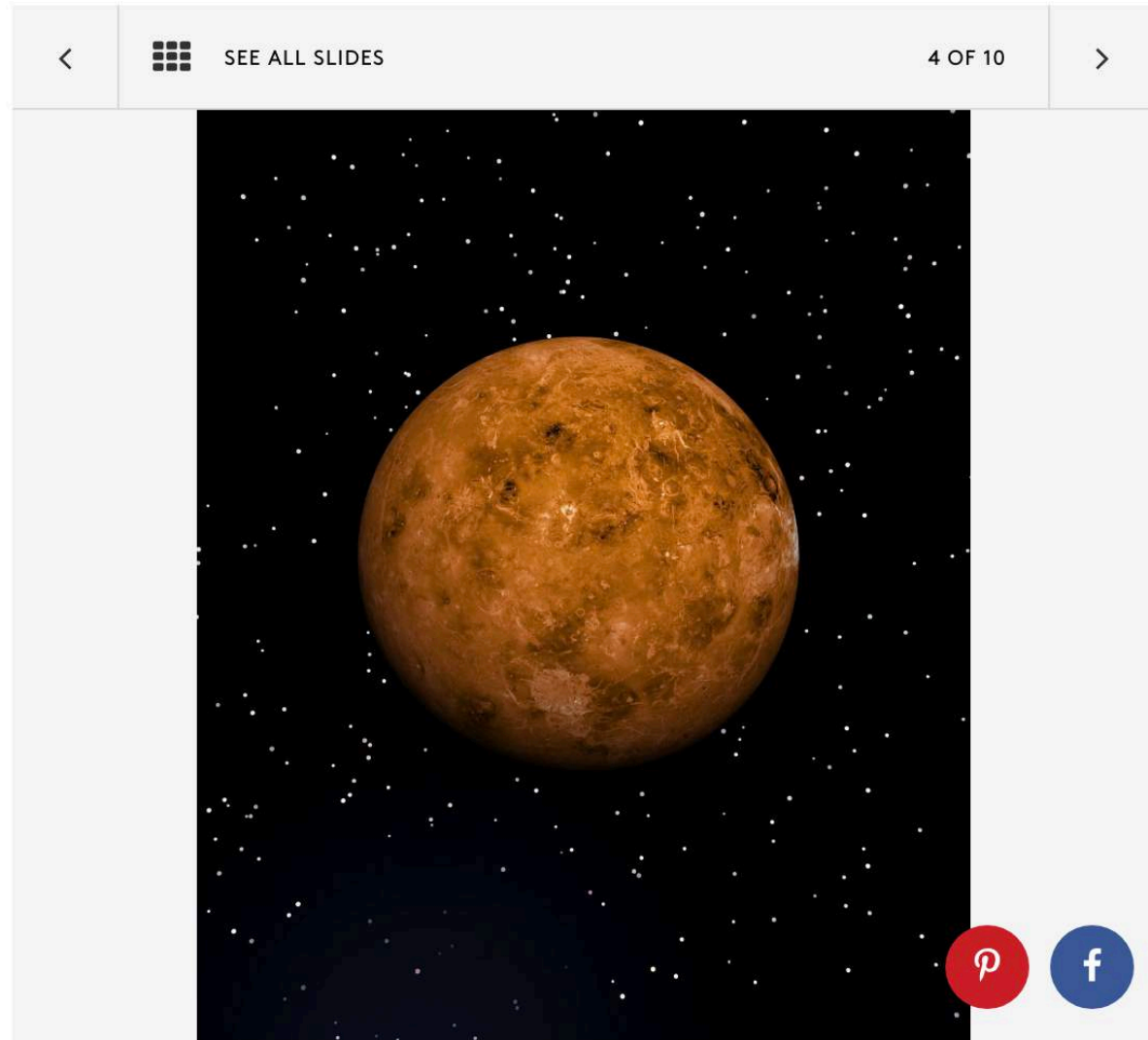


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Mars

Associations: energy, attraction, courage

How it can help you: Mars' energy is the astrological cure for any lethargy or lack of momentum we might feel in our lives. It boosts our bravery, highlights our sources of motivation, and even amps up our magnetism.

How it can hurt you: When Mars happens to be in a fiery, hot-headed sign (say, Aries), "people's tempers fray easily," Faulkner explains. Without enough patience and self-awareness, we can let Mars get the better of us — and we'll know it when we stop caring about who we hurt to get what we want.

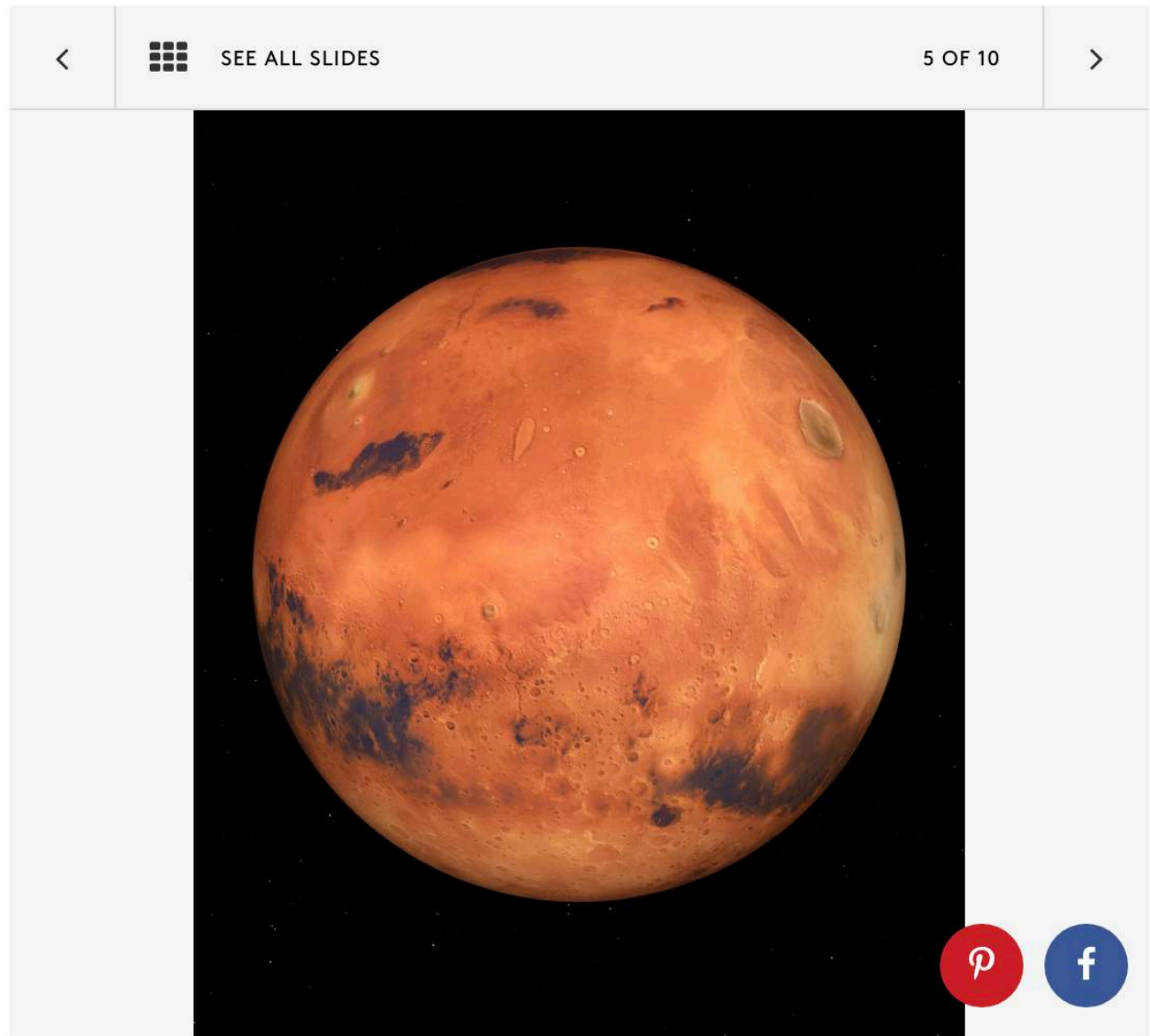


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Jupiter

Associations: wisdom, inspiration, influence

How it can help you: Faulkner explains that Jupiter functions like a spotlight for whatever sign it happens to be in. That sign's traits (good *and* bad) get lit up and, in turn, attract all kinds of attention. It's up to us to use our astrological know-how to determine which traits are worth emulating.

How it can hurt you: On the flip side, you can run into trouble if you lean too much into the negative side of the sign that's currently hosting Jupiter.

Faulkner compares Jupiterian energy to the One Ring from *Lord of the Rings* — it's extremely powerful, but can prove corrupting. "Don't put on the ring unless you can handle it," she says.

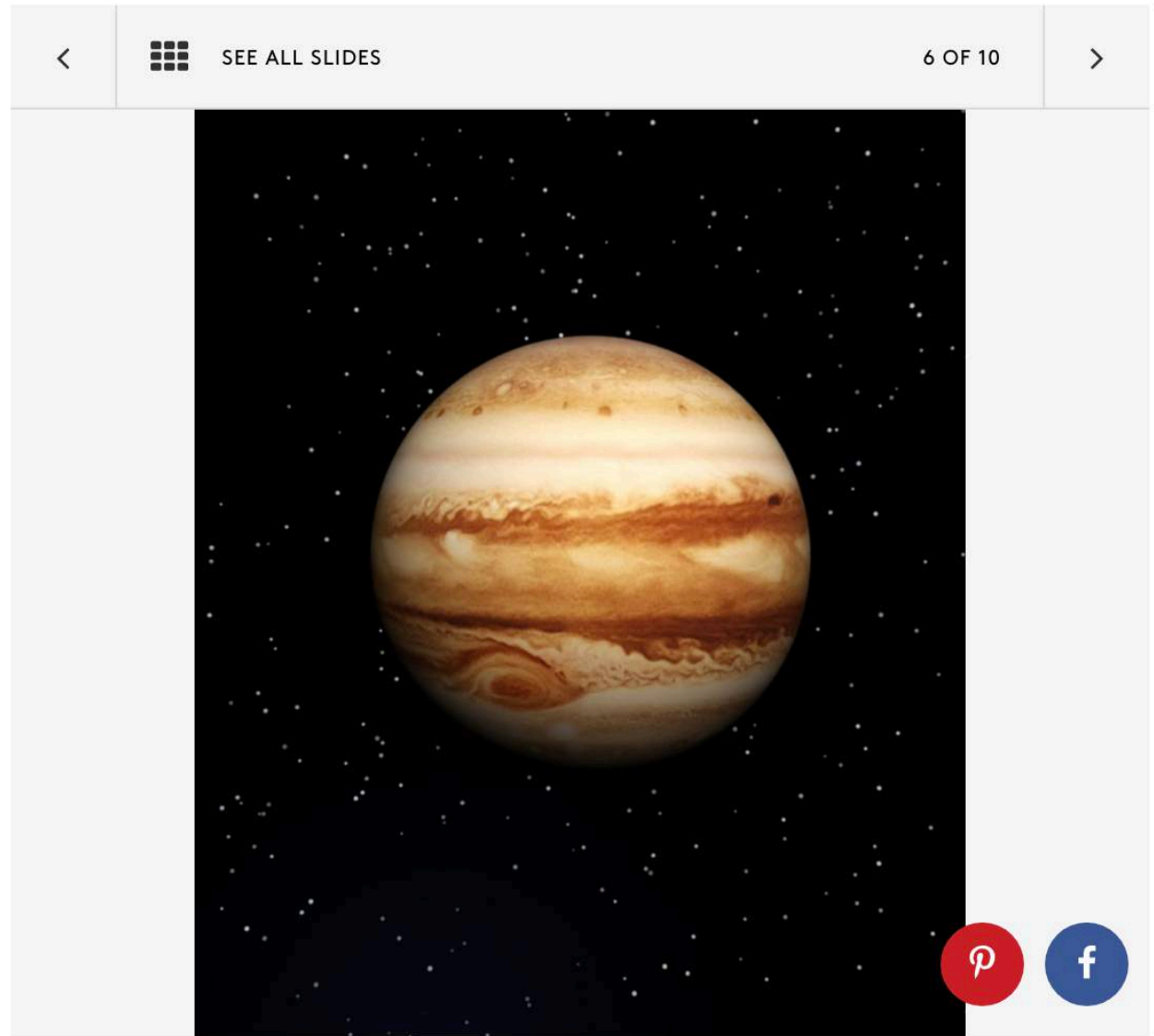


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Saturn

Associations: discipline, organization, tradition

How it can help you: Who couldn't use a little tough love every now and then? That's what Saturn promises us, Faulkner explains — it shows us how to "master the areas of life we've been avoiding." Even at its best, Saturn can prove challenging, but the results of its influence are worth it.

How it can hurt you: Like we said, Saturn is almost always difficult to deal with, but resisting its effects can make things much worse, especially when it returns to its natal placement in your birth chart. The temptation to bury your head in the sand will be real, Faulkner says, but doing so will keep you from making real progress in your life.

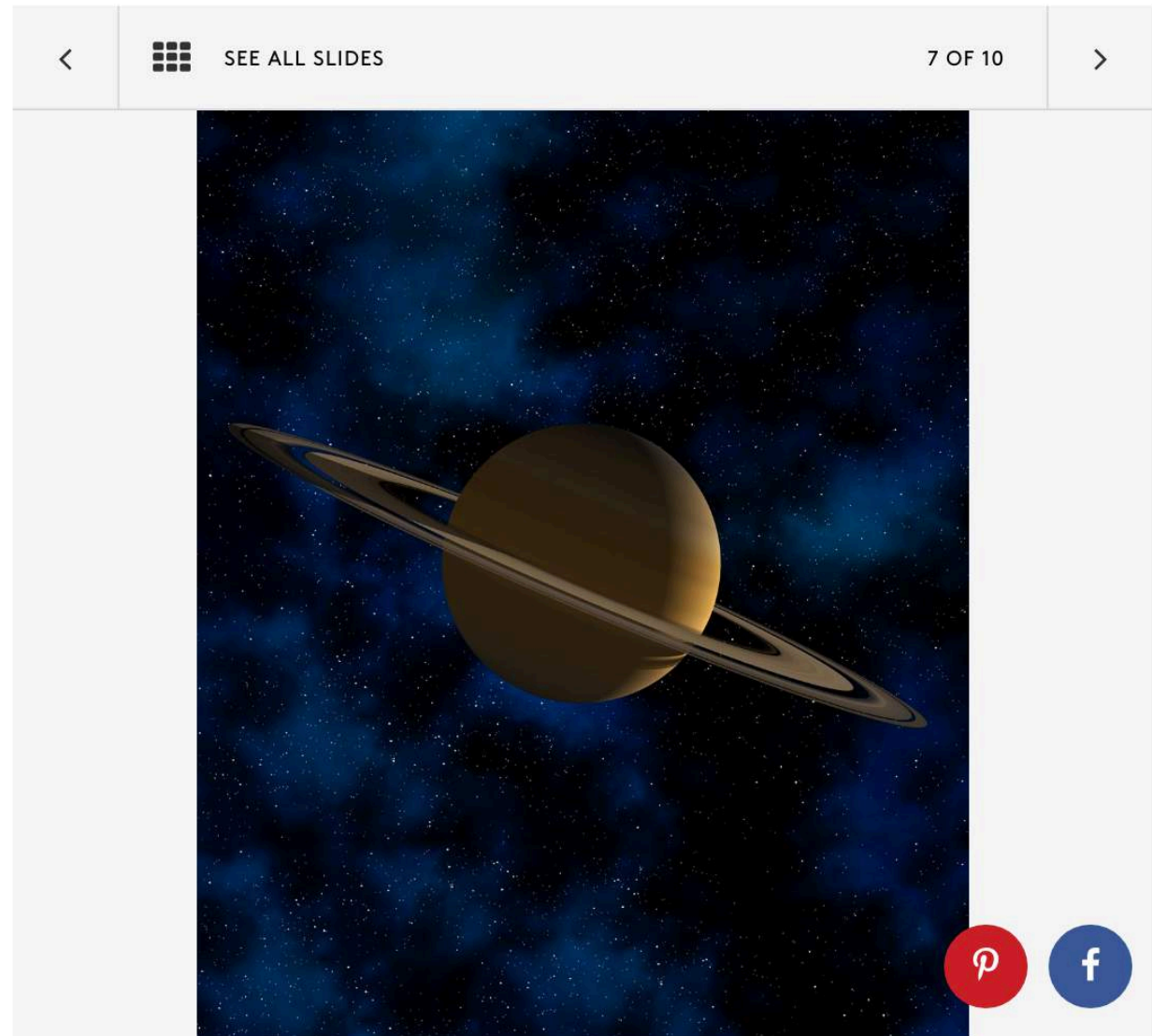


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Uranus

Associations: change, community, revolution

How it can help you: Uranus sets our sights on the future, reminding us that there's always another way we could attack our problems or express ourselves, if only we take the time to discover it. Simply put, "it wakes us up," Faulkner says.

How it can hurt you: In the same way that changes can be extremely positive and prompt personal development, they can also make our lives really frustrating. Similar to Saturn, you can save yourself some aggravation by getting out of Uranus' way and accepting the message it's trying to send you.

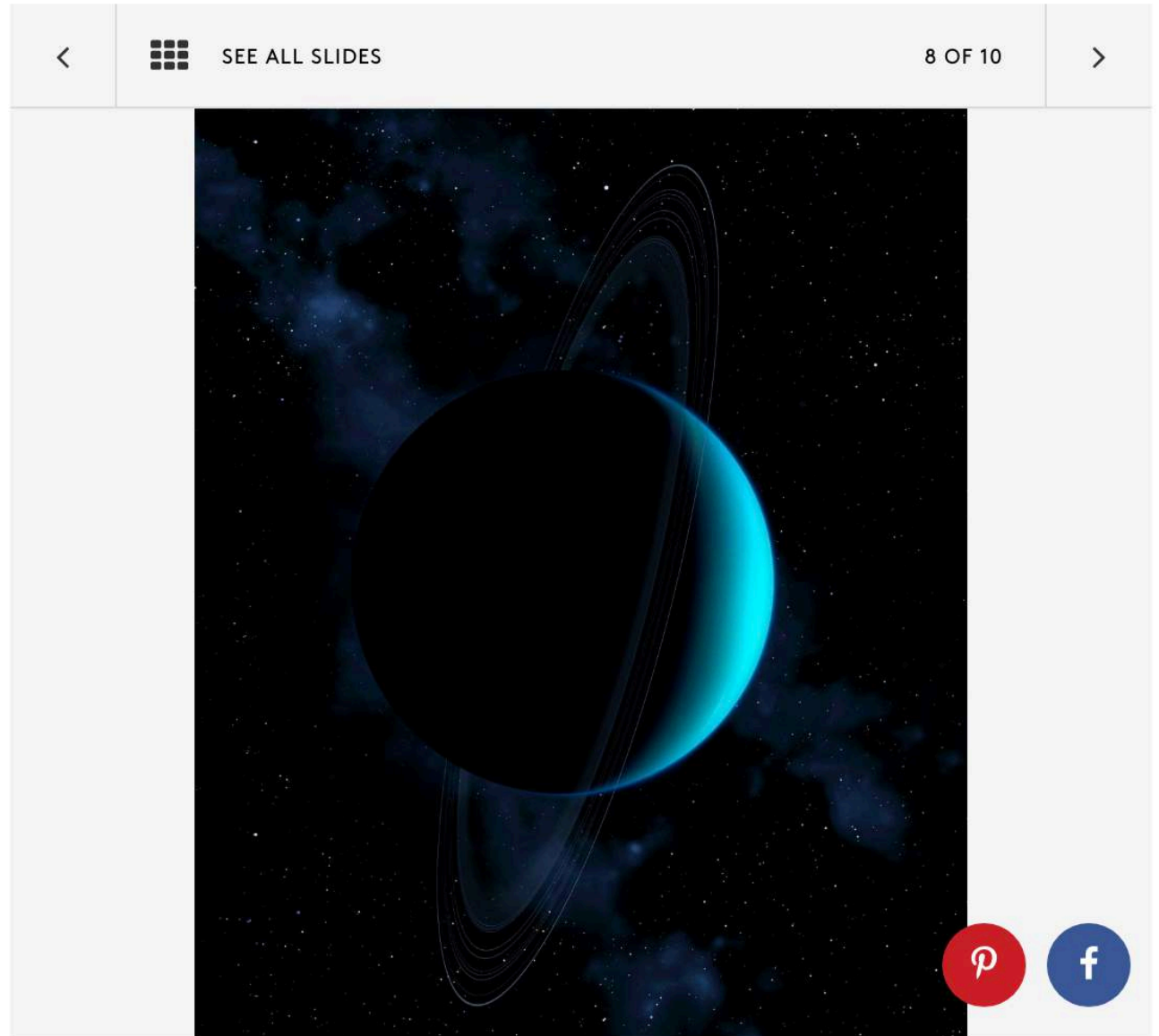


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Neptune

Associations: spirituality, imagination, optimism

How it can help you: This dreamy planet exists to illuminate our spiritual side and our inner fantasies. It can help you not only reflect on your faith but feel more secure in it overall. Plus, Faulkner says, a particularly strong Neptunian influence can remind you to "see every day as a blessing."

How it can hurt you: Neptune retrogrades are notorious for stirring up our anxieties and fears — that's what happens when we spend too much time plumbing the depths of our psyches, as we're wont to do during these retrogrades. As you might expect, that "causes us to do really silly things," Faulkner says.

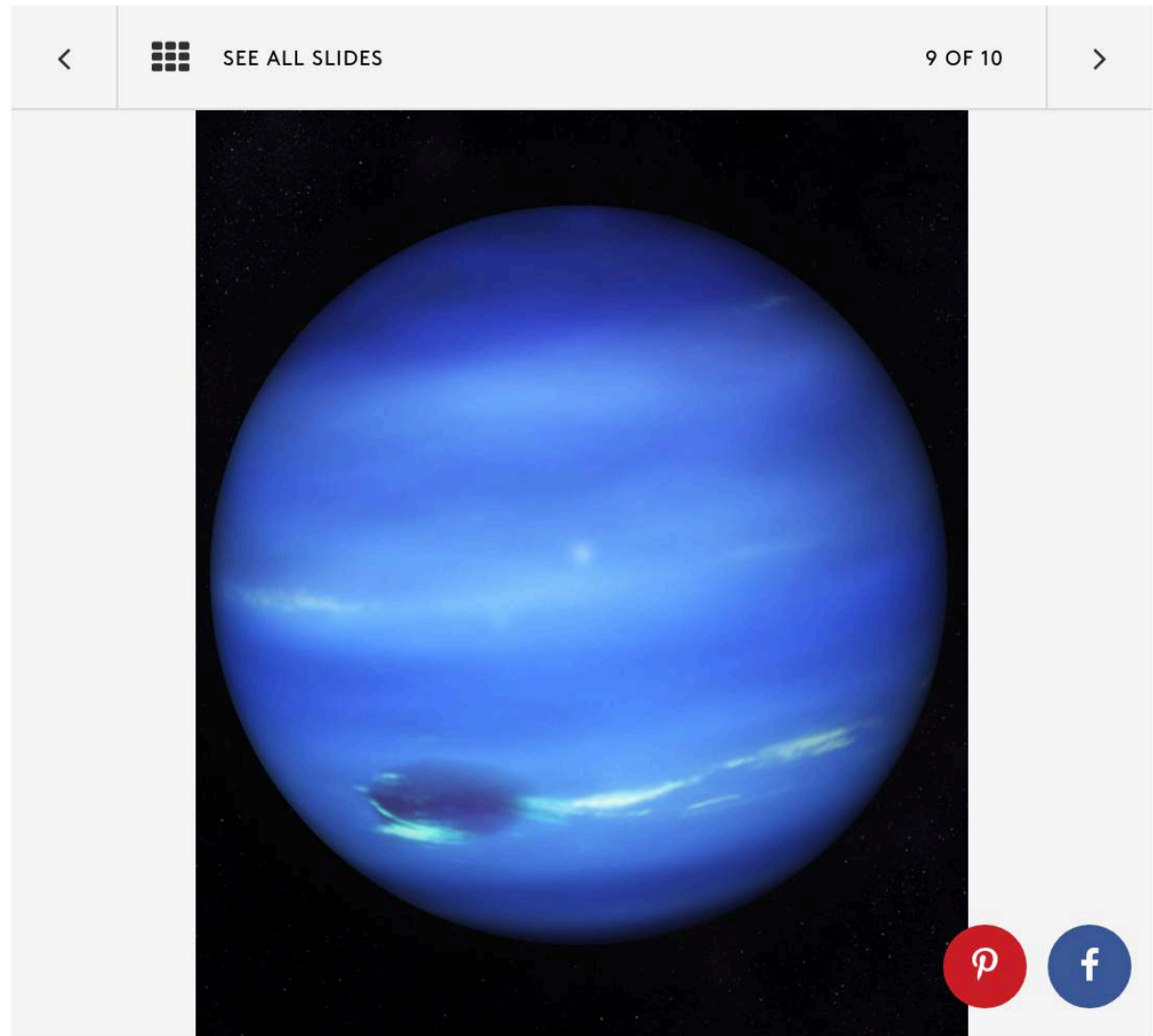


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Pluto

Associations: transformation, power, inevitability

How it can help you: Don't let its size fool you — Pluto is a very authoritative planet, Faulkner says. It can just as easily reward you for your efforts as it can completely strip you of your ego. It all depends on the nature of your actions. With Pluto, "you reap what you sow," Faulkner says.

How it can hurt you: "If people misuse power," Faulkner says, "it's not going to last." In other words, any corners you cut or commitments you let drop will likely come back around to bite you later — and it'll be all thanks to Pluto. It's just as much an agent of chaos as it is an authority figure.

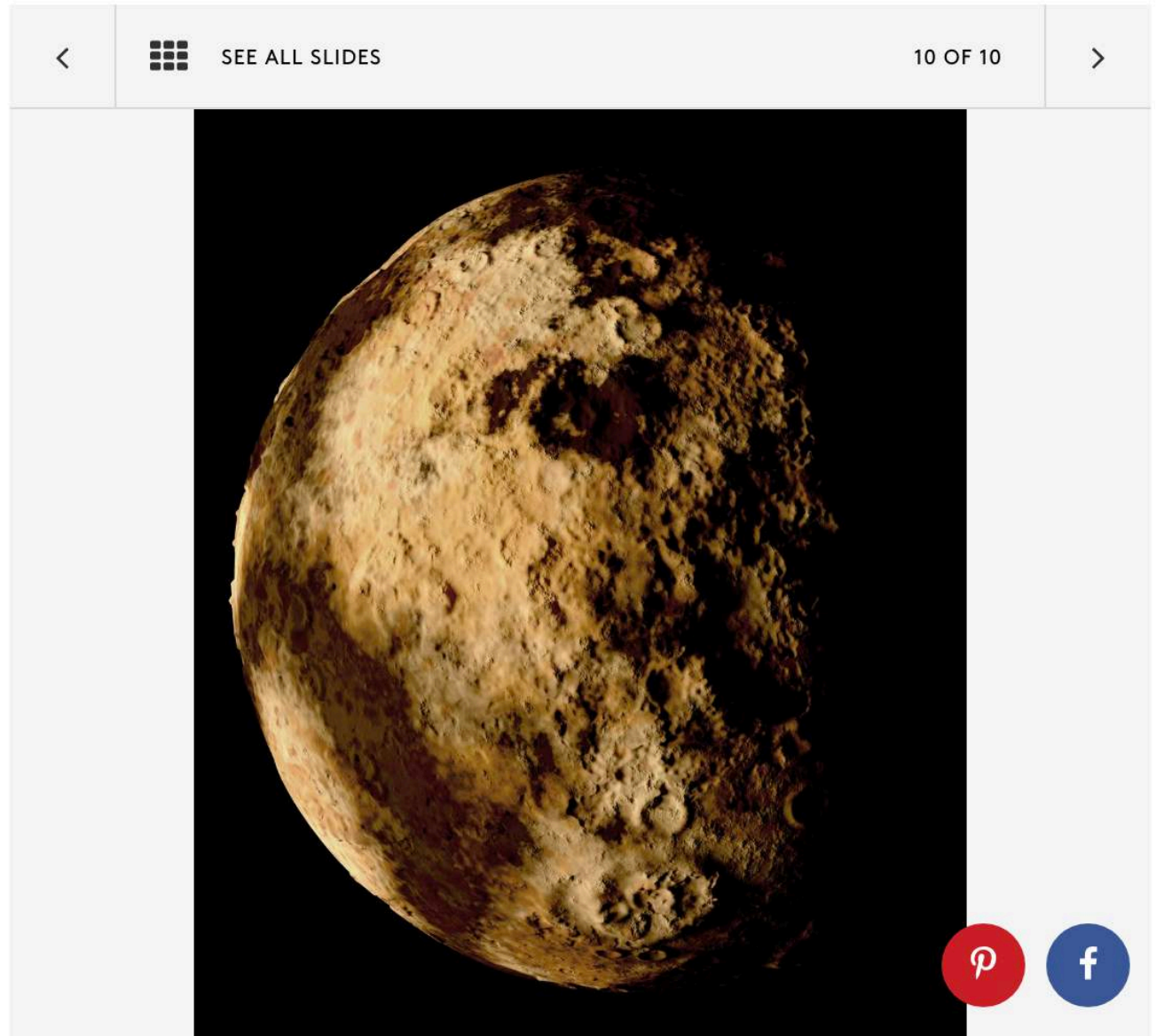


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