



Is happiness a passing feeling or a state of being?

Reach for the stars, is a fun lighthearted book,
which describes each zodiac in short.

We all have the same qualities in us,
we just forget how to practice them in a perfect system.

In this short eBook we give you steps to follow each month
to be the best you can be,
not only learn the skills
and make this year your best year ever
but live a happy life no matter what.

We hope you enjoy each “month”.

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TAURUS: *The Bull*



Dependable, stable and patient. They are creative and love art, good food, nice surroundings and a tactile partner. They crave security and need permanence in all aspects of their life. You'll never catch a Taurus making a snap decision. They can be shy and reserved when in large groups, but if they are with a small group of friends who they know well and feel comfortable with, they really shine. They can be very stubborn and immovable once they have decided on a path or a decision. Taureans do have a temper which they rarely show, but once they do, beware and stay away, as it is explosive. They are highly amusing and quite outrageous in appearance but underneath this crazy exterior is a background of true talent and very hard work. They hate to be rushed or hassled, preferring to work quietly and thoroughly at their own pace.

CREATIVITY

Learn to be more creative, You will find new joy in life. You have an abundance of creativity within you. You were created to be creative. We need to learn to tap into the creativity that lies within each one of us. Often, instead of releasing creativity we will, instead become comfortable with the familiar, resistant to change. Then we complain of being bored and don't realize we are the cause of our boredom.

Another hindrance to expressing our bountiful creativity is fear. We are afraid to step out and do something different. We give in to living in a rut when we could be living a vibrant, multi-colored life!

Three ways to increase your creativity:

Discover what inspires you. My inspiration is art. For another person it may be poetry. For another, inspiration may come from music or nature. All of us are created differently. Find the things that energize you and you have discovered the first and most crucial key to your creativity. **Pause and listen.** Take some time to just relax your mind as you enjoy the inspiration that energizes you. Let your mind focus on what you might be able to do to express your own creativity. Do you love to cook. Or to photograph flowers. Don't worry about finding inspiration. It comes eventually. Inspiration precedes the desire to create, not the other way around. **Take action** - be creative today.

All of us have equal talents and equal hours in the day.

The comfort zone is the great enemy to creativity. - Dan Stevens

Use what talents you possess, the woods would be very silent if no birds sang there except those who sang best. - Henry van Dyke

Beyond talent lies all the usual words:
discipline, love, luck - but most of all, endurance. - James Arthur Baldwin

THIS MONTH FOCUS ON THE 5 STEPS TO BE MORE CREATIVE

- 1 **Put away.** All our digital devices
- 2 **Listen.** Enjoy your favorite music at least once a day
- 3 **Seek.** Go out of your comfort zone
- 4 **Different.** Always think how you can make everyday things more creative, have a dinner pic-nic in the garden.
- 5 **Learn.** Something new - maybe Medieval Architecture

Lucky Number **6** • Lucky Day **Friday** • Colors **Yellow, Blue, Green**
Flowers **Rose, Lilly of the Valley** • Stones **Emerald, Agate** • Metal **Copper** • Element **Earth**

21 March - 20 April

Quality -Stability

Keyword - Creative

Charge - Negative



CANCER: *The Crab*



Very sensitive, kind, sympathetic and are popular because they really listen to what others are saying. Devoted to family and love ones and will sacrifice anything to ensure they are safe and secure. They are extremely psychic, have a great sense of humor and make the worlds greatest cooks. They have a feel for history perhaps collecting antiques and they love going to museums. If a loved one hurts them, they will sulk and retreat in silence to punish them. They need to have a home, but love traveling away from it, being happy in the knowledge that it is there waiting for them to come back to.

DEVOTION

Friendships are incredibly special things. A solid trusting friendship is something to be valued and appreciated. Relationships tend to be dominated by mutual devotion. Devoted friendships give freely of their time, attention and self. Enhancing devotion, will enhance your friendships.

Start by treating others how you want to be treated, because you simply cannot receive what you don't give.

Be trustworthy, do not make arrangements or promises you can't keep. **Keep in touch**, if you are fortunate to live in the same city, schedule a bi-weekly coffee or cocktail dates. If you do not live close by, schedule time to talk on the phone, skype, messenger or e-mail. Nothing lets a friendship die more quickly than neglect. **Be a good listener**, truly focus on what the other person says. Don't start thinking about what you are going to talk about as soon as you get a change. Wait until you friend is done sharing, ask follow-up questions and repeat back some of the things they said. **Communicate**, no matter how close the friendship, there will come a time when you have a disagreement, it is inevitable. Take some time apart to cool down before you talk again, and really try to look at both sides of the argument. Communication in times of upset only serves to make friendships stronger, this is where your devotion to this friendship will lead the way. **Be supportive**, As tough as it can be, try to unconditionally support your friends. Only when you think they are being harmful to themselves or others, that you need to step in. Lastly, **accept your friends the way they are**, some friends are great on the phone others are not. Some friends like to party, others might prefer a night sharing a nice meal. Some friends know the right things to say and others don't. We cannot control other people, and frankly, we shouldn't want to. When your friendship grows, you will automatically find the level of devotion growing, too. **Devotion is a beautiful quality that warms the heart, and fills the soul with gladness.**

Friendship isn't a big thing, it is a million little things

A true friend is the most precious of all possessions. - La Rochefoucauld

Am I not destroying my enemies when I make friends of them? - Abraham Lincoln

I can't promise to fix all of your problems, but I can promise you won't face them alone.

In the end, we will remember not the words or our enemies, but the silence of our friends. - Martin Luther King, Jr.

Far too many people are looking for the right person, instead of trying to be the right person? - Gloria Steinh

THIS MONTH FOCUS ON RELATIONSHIPS

- 1 **Once a day.** Tell someone how much you appreciate them. What makes them special in your life.
- 2 **Focus.** Every time someone speaks to you, really listen. Show empathy.
- 3 **Support.** Seek to assist, help or give some of your time in the community, family or a friend.

Lucky Numbers **2, 7** · Lucky Day **Monday** · Colors **Green, Russet**
Flowers **Larkspur, Tulip, Water Lilly** · Stones **Ruby, Onyx** · Metal **Silver** · Element **Water**

22 June - 23 July

Quality - Cardinal

Keyword - Devotion

Charge - Negative