



# SOLAR WRITER

## LUNAR RETURN REPORT

A SOLAR WRITER REPORT  
for Meryl Streep

**WRITTEN BY STEPHANIE JOHNSON**



**COMPLIMENTS OF**

**ESOTERIC TECHNOLOGIES**

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### Meryl Streep

#### Natal Chart

1 May 2022

5:04:52 am BST -1:00

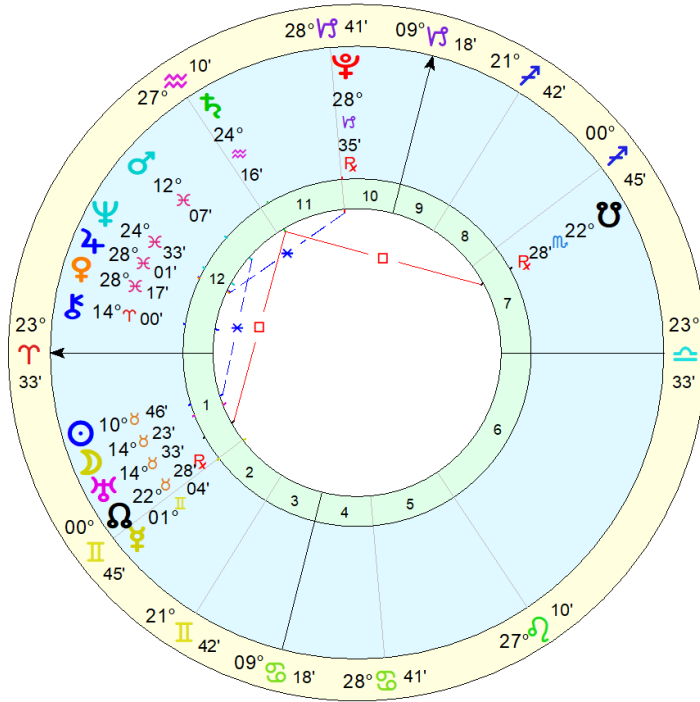
London

51°N30'

000°W10'

Tropical

Placidus



### Meryl Streep

#### Natal Chart

22 Jun 1949

8:05 am +4:00

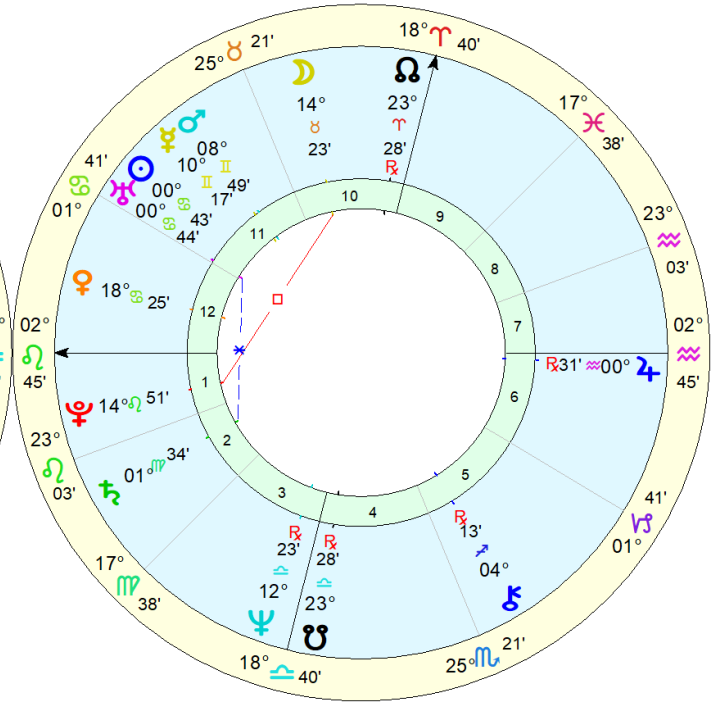
Summit

40°N44'29"

074°W21'36"

Tropical

Placidus



## Introduction



*"I've never seen a moon in the sky that, if it didn't take my breath away, at least misplaced it for a moment.*  
-- Colin Farrell, Irish Actor

The Moon has been long known for its effect on planet Earth. Together with the gravitational pull of the Earth and the Sun it is known to influence the ebb and flow of oceans. The Earth's large moon makes it unique in the inner Solar System. Mercury and Venus have no moons, and Mars has only two small asteroid-sized objects orbiting it. Without the Moon, planet Earth would be much darker at night and the wonder of Eclipses would not exist.

The physical attributes of the Moon are known. Astrologers also associate the cycles of the Moon with human affairs, in particular, the emotions of individuals. This report delves into the effect of the Moon on your life as it cycles through your Horoscope. Every month, the Moon returns to the exact position it held in your Birth Chart at your time of birth. If you calculate this Return for the location of your current residence then you have what astrologers call a Lunar Return.

This Lunar Return can tell you the ebb and flow of your life in the following month. It is not a major influence but it can add colour and clarity to patterns, circumstances and events. Your physical and emotional reserves are described and this in turn helps you plan how to cope with everyday life during the course of the month.

This report is not a comprehensive tome outlining every detail of your Lunar Return chart. Rather it is intended to give you the broad brush influences of the Moon's cycles on your life.

When using these Lunar Return interpretations, please bear in mind that, inevitably, every chart will contain some contradictory influences. As a result, certain interpretations of different items in the same chart may seem difficult to reconcile. However, this may still be an accurate reflection of your Chart, as it is likely that you do experience conflicting desires, events and circumstances in your life. Usually, an astrologer will synthesise these apparent contradictions in order to present a cohesive and meaningful interpretation of any anomalies in your Horoscope.

## YOUR TEMPERAMENT



*"The moon puts on an elegant show, different every time in shape, colour and nuance."*

-- Arthur Smith, English Comedian

### *The Moon*

*The Moon is the most important influence in your Lunar Return chart. Each month the Moon returns to the exact position that it had when you were born but other factors change. Therefore, the Lunar Return chart tells a story for a month. The Moon is said to be a strong influence on your emotions and mood. Its placement in your Lunar Return Chart reveals much about how you are affected during the phase of its influence. The Moon in its House shows the area of life that is pre-occupying you most during the month, where you are likely to be seeking emotional satisfaction. The other Planets also influence how easily you are likely to achieve that emotional satisfaction.*

### *The Moon is in Taurus*

The Moon is the most important influence in your Lunar Return Chart because it is the point on which the chart revolves. Your Lunar Return Moon Sign is always the same as the Sign in your Birth Chart. Nevertheless, it is important to recognise your own Moon Sign tendencies as the basis of this report. How you react and respond is through your own Moon Sign. With the Moon in the Sign of Taurus, the creature comforts of life appeal to you, offering a safe haven in a busy world. At times you may have difficulty rousing yourself to face new challenges, particularly if you're feeling insecure in your life. However, it is only that routine and familiar surroundings feel so safe in an unpredictable world. Fortunately, you also enjoy establishing order in your life, and this can rouse you from any temptation to overindulge. In fact, you can often be found quietly sorting through files and drawers, weeding the garden bed or some such useful activity. You may find comfort in everyday chores. Your down-to-earth nature usually asserts itself when needed. At other times you may be keen to enjoy the more sensual side of life. Indulging the five senses can be comforting. The touch of human skin, the taste of fine food and drink, the finer scents in your daily work, the sight of a beautiful person or scene and the sound of inspirational music all provide you with a sense of well-being. You may even have a talent in one or more of these areas. Astrologically speaking the Moon is exalted when in Taurus, emphasising that wonderful ability of yours to manifest the things that you need in your life, as well as for your friends and family. When you read the rest of this report you need to take note of your basic need for stability and security. If you are going through a particularly emotional month then this need is to the fore.

### *The Moon is in the 1st House*

Your emotions are strong this month. Something or someone is triggering feelings that rush to the surface

and refuse to be pushed away. This can be positive if you are experiencing new and exciting adventures. On the other hand perhaps you have needed to express some strong feelings for some time as a result of an upsetting experience or action. Either way it is time for them to come out, so it is much preferable for you to express your emotions in a strong and powerful manner rather than trying to push them away. There is no need to be aggressive or harmful. Rather you need to communicate your true feelings in a way that is constructive and respectful. Suppressing emotions may cause you unhappiness and certainly does not support your well-being. This Lunar cycle can really help you clear out old hurts and move forward in a positive manner. Emotional truths can be liberating. Feelings are not right or wrong. They simply are. Yours need to be expressed. You have no need to try to change the actions or reactions of others, or to get caught up in their emotions. This is your chance to liberate yourself. Once you accept, release and express your feelings then you are likely to feel freer. Centuries ago Italian Statesman Francesco Guicciardini said: *"To give vent now and then to his feelings, whether of pleasure or discontent, is a great ease to a man's heart."* When the Moon is in the 1st House of a chart it is considered to be prominent. Therefore, you need to make sure that your emotions are positively improving your health, rather than adding to any stress. Women with this placement need to pursue a lifestyle that is conducive to good ovarian health.

### *The Moon is Conjunct Uranus*

When someone gives you a wake-up call, do you like it? Are you grateful that someone is caring and brave enough to tell you the truth and shake you out of your complacency? Do you welcome friends and family who are independent thinkers and let you know what they think? Do you like sudden surprising events? Let's hope so because this is a month during which you are likely to receive a wake-up call in your personal life, one that catapults you out of your comfort zone. A person or an event sparks a change in your domestic life. Your emotions are aroused. You may fall in love with an exciting lover, or you may be drawn to a new habitat. You are impulsive, likely to react to loved ones, move to a new location, or take personal risks. If you are the sort of person who welcomes change then this could be an intoxicating month, one that propels you forward in your personal growth. You may feel exhilarated, ready for the stimulation. However, if you prefer stability in your private life then you could find this month a bit tense. You may be fearful, worrying what is around the corner, or concerned about how you are going to cope. If you think of a roller coaster ride at a fun fair and try to go with the flow then you are more likely to enjoy the ride. If you resist then you could become fretful and fearful. Once again, if you take a deep breath and try to enjoy the ride then you are more likely to make the most of this awakening. This is also a temporary situation. Next month is likely to be a calmer one.



## YOUR EMOTIONAL SATISFACTION



*"Aim for the moon. If you miss, you may hit a star."*  
 -- W Clement Stone, Author, Philanthropist, Businessman

### *The Ascendant*

*The Ascendant or Rising Sign may not be as important as the Moon in a Lunar Return chart; however, it is a strong influence. Your Ascendant tells you how you are likely to try to achieve the emotional satisfaction that you require this month. Planets that influence the Ascendant are also of importance. The Moon remains the key factor in your Lunar Return Chart and your Ascendant provides the framework through which you can assimilate, understand and seek to express your emotional needs.*

### *The Ascendant is in Aries*

Your Lunar Return Ascendant is the fiery Aries indicating that you have increased drive and motivation this month. You are less likely to hold back when it comes to expressing your feelings and much more likely to rally forth. You are more self-assertive. If you are not accustomed to expressing yourself then you may need a little practice so that you are not too forceful. You need to ensure that you are assertive rather than aggressive. It is a good month during which to take the time to consider other people's feelings while still expressing your own. This month is also likely to be one of new beginnings, even if these are tiny steps forward. You need to find new ways to express yourself, new projects and renewed energy. Physical outlets could prove useful if you feel stressed or restless. This is the ideal month in which to experiment with different ways in which to present your feelings, ideas, opinions and impressions. You can be a leader now rather than a follower. This is a time for action and initiative.

No matter what is happening in your life right now you are likely to have the energy to tackle it. In fact, you are likely to face any circumstances head on. You feel energised, ready to handle most things. As a result you are likely to achieve quite a bit this month. You may consider starting some things afresh. If you are a person who is well able to let go and move on then you are likely to find this ability accentuated this month. If you are the type of person who holds on, preferring familiarity, then you may be surprised by your change of heart in some things. You are ready for something new and have the ability to move forward. Even if you don't implement changes immediately you are likely to have ideas about what and how to change things in the future. You value your independence now too. Others may be surprised to see you take a more assertive role, but you know deep in your heart that the timing is right. You feel the need to be the leading person in your own life. You care much less for what others think and are ready to take responsibility for your own direction. This is a month during which your feelings are likely to prompt new action thanks to the

dynamic energy of your fiery Aries Ascendant. It is also possible that Aries-like people come into your life this month to help show you the way.

## YOUR TURNING POINT



*"Turning Point: A time at which a decisive change in a situation occurs, especially one with beneficial results"*

-- Oxford Dictionary

### **Angular Planets**

*Astrologers note not only the Planets in a Horoscope but also the Angles and Houses. The Angles of a Chart are calculated and then the Planet or Planets influencing your Ascending and Descending Signs, and the Midheaven (MC) and Imum Coeli (IC) of your Horoscope become important. Planets which are close to these Angles are given extra significance. They are called Angular Planets. When a Planet is Angular in your Lunar Return Chart then this is of consequence. The nature of the Angular Planet sets the tone of your month. Sometimes these Planets indicate current events and emotional challenges or promises. The Moon still remains the most important theme of your month, but these Angular Planets give you extra information about what is likely to surface during this time. The Planets on the Angles of your Lunar Return Chart also indicate the months in which other astrological influences are triggered. Therefore, you may note the months during which you are experiencing the effects of an Angular Planet and those in which you are not. If there is no Angular Planet listed in this section then you can pay more attention to the themes and subtle influences. If there are Angular Planets then you are likely to experience an important event, hear some news of consequence or interact with a significant person. You may also experience months when you have more than one Planet affecting your Angles. These are likely to be key months of the year.*



## YOUR VITALITY



*" There is a vitality, a life force, an energy, a quickening, that is translated through you into action, and because there is only one of you in all time, this expression is unique."*

-- Martha Graham US modern dancer and choreographer

### **The Sun**

*The Sun is an important component of your Lunar Return report as, like the Moon, it is called a "luminary" rather than a planet. As such it illuminates personal matters which are close to your heart. The Sun shines its light on what you are likely to desire during the month. The Moon shows how your moods are affected by other people and by events. Therefore, the Moon also portends your emotional and physical health. However, the Sun depicts what you actively seek or desire this month. You may override your feelings and push for your own objectives, or you may go with the flow and pursue your personal goals. Either way the Sun illuminates what you actively seek during the month. Also importantly the Sun highlights your physical vitality during the month. It shows whether or not you are able to invest a lot of energy into your desires or if you should sit back and wait as your energy levels are low. Timing in astrology, and life, is everything. Your Sun Sign and placement in your Lunar Return chart can help you determine the best times to seek your desires. If you look at a sequence of your Lunar Return charts then you may see the rise and fall of your energy patterns. This will help you utilise the months of lower energy for planning and the months of high energy for action.*

### **The Sun is in the 1st House**

Your Sun is placed in an Angular House in your Lunar Return indicating a month of vitality and high energy. When the Sun is in this powerful position then you are in a month of action. It is time to maintain your physical activities while also pursuing your desires. In your case this is your time to shine as the leading actor in your own life. The Sun is in the 1st House of health and happiness depicting a time during which you can be a little more self-centred, in the most positive sense of the word. Now you can remind yourself that you deserve the very best. It is time to dream a little, and be willing to stare down a few fears. Ironically you need to also temper your heightened energy with a little self-restraint. Nevertheless, if you act with integrity and self-awareness then this is a month during which you can grow in ways you may not have predicted. You are able to assert yourself, discover new ways of expressing your desires and learn new skills that stand you in good stead in the future. You may even have a makeover to reflect your newfound confidence. This is your month to enjoy all that you tackle. You need to choose wisely but at the same time you are likely to have many opportunities to expand your understanding of how you operate in the world. You are a leader rather than a follower this month. The trick is to make sure that you are leading from the heart of the Sun and not from ego. As Chinese Philosopher Lao Tzu said: *"A leader is best when people barely know he exists, when his work is done, his aim fulfilled, they will say: we did it ourselves."* This placement also calls for making changes, if necessary, to improve the condition of your heart. This is the ideal time to read up on heart health care and implement good lifestyle choices.

### *The Sun is in Taurus*

The Zodiac Sign of your Sun is not a major influence in your Lunar Return Chart. However, it is worth noting its general influence on you and those around you. When in Taurus slowly but surely wins the race this month. While your energy levels are not high you do have the ability to persist and achieve your goals. You are resilient and know how to pace yourself. You need to slow down when you are tired. A sore throat is also a sign that you are pushing too hard. The trick with this Sun Sign is to rest when you can, knowing that your vitality is likely to increase next month. Gardening may provide some relief from the stresses of daily life. Pleasurable activities such as singing, cooking and beauty treatments can also help boost your vitality. Nevertheless, if ever you wanted to be a couch potato this is the month.

### *The Sun is Sextile Mars*

The Sun is combining with the fiery Mars this month indicating that you are likely to have plenty of physical energy. In fact, you are all set for an adventure. You are ready, willing and able to set goals, and then take action to make sure that they are reached. Even if you are not usually a risk-taker this month sees you able to break out of old patterns and act in new ways. You are more enterprising than usual, able to initiate change. You need to be a little wary of being too rash. At times you may feel a little edgy and impatient; however, you can use these feelings as signals and prepare for progress. Occasionally, conflict can be the catalyst for the changes that you need to make in order to move on. Anger can be a strong motivating force; however, you need to make sure that you act with integrity not aggression. This is time for you to be daring not foolhardy. If you feel pent-up and aggressive, then these are the times when physical exercise or a sport is beneficial. In fact, this month you may be attracted to a new and exciting physical activity or game, something that helps you positively utilise your extra energy. Your passion for sports may be a prominent theme of this month, as you enjoy the challenge of directing your energies into the physical and mental challenge. You may also enjoy trips to sports events, theme parks, and out-of-the-way places. Basically this month you are ripe for adventure, so make the most of the opportunities that come your way and enjoy the ride.

### *The Sun is Trine The Midheaven*

The Sun is influencing the Midheaven angle in your Lunar Return Chart which indicates that you are striving to get ahead this month. You have a sense of purpose which you want to share publicly. You have the drive to move forward with your goals, particularly those relating to your chosen profession. You are likely to make progress this month. This may not be a month of giant leaps forward. Nevertheless, you are progressing towards your goals. This is more likely to be through your own efforts to shine rather than with assistance from others. You are clear on what success means to you and ready to move in the right direction.

## COMMUNICATING YOUR NEEDS



*“Words are singularly the most powerful force available to humanity. We can choose to use this force constructively with words of encouragement, or destructively using words of despair. Words have energy and power with the ability to help, to heal, to hinder, to hurt, to harm, to humiliate and to humble.”*

*-- Yehuda Berg, Rabbi and Author*

### **Mercury**

*Mercury is the planet of communications. This merry planet is always full of contradictions, toing and froing between dual options. Therefore, Mercury in a Lunar Return Chart represents how well you express your feelings and how easily you are distracted from achieving health and well-being. Self-awareness is the key to success in many aspects of life. Mercury here tells you how you can become more self-aware and what types of activities may stimulate good health.*

### **Mercury is in the 2nd House**

Money matters are likely to engender strong feelings this month. If you are feeling positive about yourself then your good vibes are noticed by others. As a result your self-esteem is boosted through your connections, as may be your personal income. Opportunities to earn extra income may arise. On the other hand if you are feeling somewhat down then you may worry about your income. Bills and expenses may be playing on your mind. This is your month to set your thinking straight when it comes to money matters. You need to adopt an attitude of gratitude, face any monetary circumstances that are troubling you and plan your way forward. You feel better once you have tackled any outstanding issues that are connected to your possessions and finances.

## YOUR DRIVE AND DETERMINATION



*"The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand."*

-- Vince Lombardi, US Coach

### **Mars**

### **Saturn**

The planets Mars and Saturn highlight your drive and determination in any given month. The fiery Mars shows which areas are likely to demand your attention and whether or not you have the energy to deal with these demands. The serious planet Saturn depicts the degree to which you are likely to apply yourself to any given task. Together, they represent challenges as well as your ability to rise to these challenges. Planets in a Lunar Return chart are not as important as the Moon and Sun unless they connect with an Angle (as explained in a previous section). Nevertheless, it is worth looking at the influence as another piece of information about your month.

### **Mars is in the 12th House**

As many astrologers rightly proclaim Mars is the planet connected with energy. Energy has a negative and a positive force. When you focus energy positively then through decisive action you can achieve results. However, if you are rash then this can result in accidents, conflict and misguided behaviour. Mars is also the planet that is connected with fast vehicles, sporting arenas and sharp instruments. Hence the need to utilise these things carefully rather than recklessly. In your case this fiery planet is in the shadows this month meaning that you need to lay low. Your energy levels are likely to be depleted if you try to push yourself. In some cases this influence can mean that you are working hard behind the scenes on something of importance. However, it is more likely that you need to take some time out from everyday life and rest. As British statesman John Lubbock once said: *"Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time."* This is your month to have some respite where possible. Even if you are working on an important project you can still cease for moments and breathe. Other possibilities with the planet Mars in the 12th House include volunteer work, taking a position in an institution, and becoming involved in a philanthropic project.

### **Saturn is in the 11th House**

The planet Saturn is known as the taskmaster of the Zodiac. Sometimes it is thought to be a hard taskmaster. At other times it is known that this planet's influence is essential in achieving any set task. As

such Saturn steadily helps you attract the tools that you need to achieve your objectives. The choice about whether or not you pick up your tools is yours; however, you also then live with the consequences. These can be either opportunities lost or satisfaction guaranteed. This month your social circle is shifting. This could be due to added responsibilities at work, a change of job, maternity/paternity leave, marriage/divorce, or a change in position on a local group committee. However, it is also likely to be as a result of changes in your own heart and mind. Whatever the impetus, this month you are likely to discover your true friends, the ones who last through the other changes in your life. At first you may be too busy dealing with your different schedule, the ramifications of recent events or your new responsibilities. However, eventually you are likely to find time to reflect on the difference in your friendships, social calendar and local network.



## YOUR SOCIAL NEEDS



*"Life is not measured by the number of breaths we take, but by the moments that take our breath away."*  
 -- Maya Angelou US author, dancer, actress and singer

### Venus

#### Jupiter

The Lunar Return Chart tells more about energy levels and urges to direct energy than it does about events that occur. The more joy that can be experienced then the better your energy levels is likely to be. Joy equals vitality. Two of the most positive planets – Venus and Jupiter – describe the areas that come alive this month and offer the most pleasure. Although the Moon, the Sun and Planets on the Ascendant are key to this report, it is also useful to look at the placements of Venus and Jupiter so that you can determine where to find gratification.

#### Venus is in the 12th House

The planet Venus is all about attraction. What attracts you, what makes you attractive to others and how can you attract what you need? Therefore, Venus tells you about your relationship with love, money, pleasure, joy and feeling worthwhile. In a Lunar Return Chart this planet of love tells you what you are likely to attract throughout the month, what gives you pleasure right now. It depicts whether or not personal relationships are likely to be prominent, what kind of personal relationships and whether or not you are likely to be focussed on money and pleasure. In your case Venus is in the 12th House of your Lunar Return Chart bringing a sense of vulnerability to matters of the heart and purse. This is not a favourable time for pushing ahead in money or love. To a certain extent matters are out of your control. Therefore, you need to have compassion for yourself and your loved ones. If you are in debt then this is the month during which you realise your troubles and start to untangle them. You may seek the counsel of others. This is an unfavourable month for making big romantic gestures or spending large amounts of money, unless they have been specifically planned previously. It is more likely that secrets abound this month in connection with love and money. Perhaps you have a secret admirer whose advances are welcome. If they are not welcome then you need to seek professional help. You may also be harbouring a secret love. Another scenario might be that you or your loved one are apart right now for reason of work, family or other matters that have to take precedence. You can be reassured that this is a temporary state of affairs. Now is the time to quietly examine your feelings and the purpose of any close relationship while still keeping your feelings private. If you have strong feelings then the trick is to use these feelings to benefit yourself and others. Joy is sought through altruistic acts of love rather than selfish ones right now.

#### Venus is Conjunct Jupiter

Your relationships with others are likely to be more fun and light-hearted than usual this month. You and



some of your friends are in the mood to celebrate. You may receive invitations to social events that celebrate or commemorate. Money matters are also likely to flow more smoothly now. Gifts and rewards are possible. You need to make sure that you enjoy yourself and show some restraint. This is your time to enjoy and attract good things, but you also need to respect others. If you overdo it then you could suffer the consequences. Likewise you can attract money but can you also keep it or put it to good use? Your need to be more social than usual can be indulged as long as excess is avoided.

### *Venus is Sextile Pluto*

Social contacts can be a little more volatile than usual. This can be a positive influence if you are interested in politics, psychology, social work, youth work or other such challenging activities in society. However, you need to avoid unnecessary conflict with your loved ones. You can tackle the sticky issues but only if you are able to resolve conflict rather than inflame situations. Others may also be feeling touchy with this combination in their own Lunar Return Charts. Therefore, you can benefit from joint projects that help transform situations, but not ones whereby you are needlessly confrontational. This is your month to detect problems, perhaps write about them in a journal and make a mental note to deal with them later.

### *Jupiter is in the 12th House*

In traditional astrology Jupiter is the planet of Kings. This planet brings rewards wherever it is placed in a chart. Of course Kings can be benevolent and magnificent, or they can be maleficent. Therefore, there is an element of choice in association with Jupiter. In your Lunar Return Chart this planet of largess depicts where you are likely to attract rewards and recognition. Good fortune can be yours if you act with humility and wisdom. Growth is possible wherever Jupiter reigns. When Jupiter is in the 12th House of your Lunar Return Chart it heralds a month of lying low. You may be embroiled in some tricky situations but you have the uncanny ability to rise above the dross and make gold from any situation, as long as you honour others as well as yourself. It is time to look after your own needs but also the needs of other people, taking a positive and optimistic outlook on any demands or changes that occur now. You are more likely to work behind the scenes rather than taking on a public role, and you would be wise to refuse to accept public accolades right now. It is not that you don't deserve them, but rather that it is your turn to benefit privately from most matters. This is a private month. Prayer, meditation and communing with angelic forces benefit you now. If you step into the public arena then you may seem grandiose, and undeserving. This just happens to be a month when anything other than humility can backfire. You are to learn everything that you can from behind the scenes from those more experienced. This way you stand to benefit by becoming joyful in service to others. Trust that good things come to those who wait.

## Conclusion



You will have noticed that there are many influences in your Lunar Return Chart, some conflicting with others. It is important to remember that this is a Lunar report and therefore anything associated with the Moon needs to be given precedence. The main themes will be repeated throughout this report but an understanding of the Moon is crucial.

Others may also share the planetary effects that are in your Lunar Return Chart. Therefore, this report can give you personal guidance and also highlight influences in other people's lives.

**About the Author:** Stephanie Johnson is a founder of Esoteric Technologies, the company that creates the Solar Fire suite of astrology products. She has helped create, design, develop and author Solar Fire and the other products. In particular she is the author of many of the Solar Writer range of astrology report writers. She is also the Marketing Director for Esoteric Technologies. Stephanie runs her own Seeing With Stars astrology consultation business as well as editing the Australian Data Collection. She holds a Federation of Australian Astrologers' Practitioner's Certificate and Diploma and is a member of the Federation of Australian Astrologers. She is a student of Medieval Astrology and the Ancient Wisdom teachings. She has lectured at national conferences, and her astrology articles have appeared in Australian publications including the FAA Journal and the Astrological Monthly Review. Before commencing her professional astrology career Stephanie was a journalist for 15 months in Australia, England and the USA.

**About the Artist:** The illustrations have been created by artist, illustrator and teacher, Janet Bridgland. Janet divides her time between her home and garden in Bridgewater, overlooking the Heysen Trail, and working in the second-hand bookshop Back Pages Books, in cosmopolitan Adelaide where she sells books, paints and teaches watercolour painting and drawing. Her beautiful illustrative work can be discovered at: [www.janetbridgland.com.au](http://www.janetbridgland.com.au)

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