

HOROSCOPE



ARIES
(MAR. 21-APRIL 20)

Take work home without guilt. Changes at home require patience. Disappointment will lead to estrangement in romance. Your lucky day this week is Tuesday.



TAURUS
(APR. 21-MAY 21)

Praise will follow goals pursued. Rekindle old romances. Keep your eyes open and get to it. Your lucky day this week is Monday.



GEMINI
(MAY 22-JUNE 21)

Be more focused at work. Look into family outings or projects. Don't overextend yourself with friends. Your lucky day this week is Thursday.



CANCER
(JUNE 22-JULY 22)

Do not overspend on entertainment. Children will be a handful. Avoid exaggeration when interacting with your partner. Your lucky day this week is Thursday.



LEO
(JULY 23-AUG 22)

Emotional situations could bring out your stubborn nature. Pursue unfamiliar grounds. Do not blow situations out of proportion. Your lucky day this week is Monday.



VIRGO
(AUG. 23-SEPT. 23)

Your patience will be tested. Act on a hunch to make extra cash. Self-reflection will lead to clarity. Your lucky day this week is Friday.



LIBRA
(SEPT. 24-OCT. 23)

Controversial subjects should be avoided at all costs. Don't overdo it. You need to enjoy yourself. Your lucky day this week is Friday.



SCORPIO
(OCT. 24-NOV. 21)

Communication will lead to new friendships. Avoid sharing ideas that might bring added cash. Pleasure trips will be benefitting. Your lucky day this week is Saturday.



SAGITTARIUS
(NOV. 22-DEC. 21)

You are apt to make changes at home. Spend less on sports. Spend more time with friends. Your lucky day this week is Saturday.



CAPRICORN
(DEC. 22-JAN. 20)

Be wary of erratic behaviour at home. Friends will be loyal. Uncertain changes regarding your personal life are evident. Your lucky day this week is Sunday.



AQUARIUS
(JAN. 21-FEB. 19)

Think before you say something you will regret. Romance will unfold through business connections. Curb your spending habits. Your lucky day this week is Thursday.



PISCES
(FEB. 20-MARCH. 20)

Plan a special evening with your partner. Expand your circle of friends. Avoid over reacting in situations related to love. Your lucky day this week is Monday.

LS

EDITOR'S NOTE

Dancing to life's tunes

When you are down and insomnia takes over, you get a tad hyper, but remember each rush is bound to be gushed out, that is the way it is, and you are always 'on the rebound' with life's complexities.

This is true for everything, be it a high from a side effect of some happy hormone medication, or just a high from being alive or life itself. You are bound to come down crashing at some point and realise that truly that melancholy is just the flip side of the same coin.

Perhaps that is why people tend to abuse drugs in their quest of an everlasting high, only to realise, often too late, that such a thing is nothing but a chimera.

I am a self-confessed, trigger-happy person: anything gives me a high! From a basket full of red tomatoes to playing carrom by the roadside with men in some remote village; that's how bizarre and random I am, if I may say so. I equally feel low when I see an elderly woman begging in the streets of this cruel city, or when a cherished plant needs to be chopped down because of a bad bug.

The crux of the matter is that life does hand you bothers that are hard to deal with. Every one of us has some sort of reason to be troubled and be melancholic, but we need to snap out of it simply because that's what life demands!

Sadness, melancholia, or even clinical depression, I feel, is like the flu of the mind; while the common flu can easily be treated with over the counter pills, but the 'lows of life' need to be nudged to get cured. At times, it becomes absolutely necessary to seek professional advice. Yet, most of the time the virus remains dormant before attacking again for no good reason.

Why is it that I don't feel like getting out of the bed or meeting people or even attending the daily chores? Why do I constantly feel that something bad is lurking behind and will be hissing at me from behind? Why am I afraid to giggle silly or even laugh my heart out?

These are the questions so many of us ask, yet we do not try hard enough to seek the answers. Personally, there are moments I am depressed, followed by my bursts of elation, only to be down again; it's the cycle of my being.

BY THE WAY

Which colour are you?

Style is an expression of individuality and colours are linked to the same. Sure, trends come and go. Some colours are in for a while and others are not. But what doesn't change is personal style. And colours are what greatly reflect that inner persona; it defines an individual's style and conveys an aura.

A person may connect to some tones more than the others. It all depends on one's aesthetic; what one feels the most confident and comfortable in. Some love the brightest tones of the spectrum. They feel the best in colours such as bright pinks, blues, reds, neons, etc. They are the fun-loving people with a fun element ingrained. They want to fill others' lives with happiness and paint the world in bright beautiful colours; a desire they sub-consciously express through their outfits.

Black is another colour that vastly expresses individuality. This colour is more of a mood; not necessarily pertaining to gothic or 'emo' as it is colloquially called, but revealing a nature to keep things easy and right within the comfort zone.

A black-lover likes to keep it hassle-free. It's a no-brainer choice for that which makes them feel safe while still keeping it stylish. Not to mention, black-lovers are some of the kindest souls that love to be by others' side at all times!

Just like black, some people cannot get enough of white. They are obsessed with this colour and like to incorporate it in almost every outfit. White is simple yet stunning, and these people reflect exactly that. White expresses the chic and down-to-earth personality. People who love white see the world with love and



The mind is the real deal; the heart — just its puppet. There are many unresolved issues of the psyche that play on your nerves and you lose yourself in them; you become burdened and overwhelmed with how the mind plays tricks on your conscience and how easily you succumb to it.

Blame it on PMS; blame it on mid-life crisis — in reality we are all coping with melancholia in some form or the other. Life does give you lemons with sourness or difficulty, but the reality is you cannot always make lemonade, encouraging optimism and a positive 'can do' attitude in the face of adversity or misfortune becomes difficult at times, especially when your mind is all tangled.

Life has given me a bumper harvest of lemons and I am sore from making lemonades. I am in deed a patchwork person living a patchwork life and it's the tapestry of highs and lows that make it interesting.

So, the next time you see someone down or someone insomniac scribbling gibberish give them a hug and say 'I do get it and it's ok to be sad.'

Chin up everyone, and have a great time reading Star Lifestyle. Today we give you the recipe for a perfect soft-boiled egg on P16 — if not the perfect recipe for life!

— RBR
Photo: Collected

simplicity in their eyes. If white is your colour, you're not only always looking on-point but also are in the safe zone as white never goes out of style!

Rich shades on the other hand express sophistication. Some individuals love the rich, deep colours such as green, navy blue, maroon and so on. These people love elegance and never miss a chance to express that with their outlook. They also have a good heart and know how to love others deeply.

Muted tones might speak fall to us, but for some it's a forever-mood. Casual comfort lovers mostly connect to this shade-range. Muted tones such as greys and khakis radiate a carefree energy; giving a sense of comfort and safety. People who love these shades give off the same vibe; making others feel loved and cared for!

Pastels define a girly, chic personality. The beautiful tones always exhibit a lively mood. Pastels are bright without being in-the-face; perfectly depicting pastel-lovers who are amazing but never overwhelming. Just like every other colour mentioned, pastels also embody a demographic; defining people who brighten up others' lives.

We all have different traits and personalities. And the colours we connect to might just be a reflection of who we are inside! In fact, it's safe to say that we all represent different shades of the wide spectrum of our beautiful world.

By Zohaina Amreen