






Lunar Calendar for August 2008

| Mo | Tu | We | Th | Fr | Sa | Su |
|----|----|----|----|---|---|----|
| | | | |  | 2 | 3 |
| 4 | 5 | 6 | 7 |  | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 |  | 17 |
| 18 | 19 | 20 | 21 | 22 |  | 24 |
| 25 | 26 | 27 | 28 | 29 |  | 31 |

Planetary movement for August 2008

August 1: *New Moon in 16°30' Cancer (Pushya) (conjunct Sun, Mercury, Venus)

*Total Solar Eclipse at 4:21 am (mountain time)

*Venus enters Leo

August 7: *Mercury enters Leo

August 9: *Mars enters Virgo

August 16: *Full Moon in 00°19' Aquarius (Dhanishtha)

(conjunct Uranus)

*Sun enters Leo (conjunct Venus)

*Partial Lunar Eclipse at 3:10 pm (mountain time)

August 24: *Mercury enters Virgo (conjunct Mars)

August 25: *Venus enters Virgo (conjunct Mars, Mercury)

August 30: *New Moon in 13°16' Leo (Magha) (w/ Sun, Saturn)

Sunrise and Sunset times for August:

Sunrise: from 5:48 am to 6:13 am

Sunset: from 8:09 pm to 7:34 pm

Chart for August 1, 2008 at 5:48 am (sunrise), ABQ

**note: the nakshatras (Vedic signs) listed in () can change as can the zodiac signs.*

Ascendant: 8°56' Cancer (Pushya)

Sun: 15°36' Cancer (Pushya)

Moon: 16°30' Cancer (Pushya)

Mars: 24°45' Leo (Purva Phalguni)

Mercury: 18°34' Cancer (Ashlesha)

Jupiter Retrograde: 20°41' Sagittarius (Purva Ashadha)

Venus: 00°15' Leo (Magha)

Saturn: 13°48' Leo (Purva Phalguni)

Rahu: 24°32' Capricorn (Dhanistha)

Ketu: 24°32' Cancer (Ashlesha)

Uranus: 28°11' Aquarius (Purva Bhadrapada)

Neptune: 29°14' Capricorn (Dhanishtha)

Pluto: 4°52' Sagittarius (Mula)

**the 3 outer planets are not traditionally used in Jyotish (Vedic Astrology)*

Planets to uplift for August 2008: Moon and Sun

Remedies for the Moon:

***Chant the Moon's mantra:** Aum Som Somaya Namaha

***Wear the Moon's colors:** white, pearl, silver, grey, black

***Eat Moon foods:** rice, rice pudding, milk, tapioca, yoghurt, water

***Wear the Moon's gems:** pearls, moonstone, mother of pearl / silver

*Do restorative yoga and asana to activate the water center.

*Call your Mother and tell her you love her or take her out to lunch!

***Lunar Eclipse recommendations (August 16):** A deeply internal time which supports release of old habits, patterns, ways of being that no longer serve or support you and your environment. Write it all down or have a garage sale and let the old go so the new can come in!

**Doing these things on Monday is especially helpful as it is the Moon's day. Doing these things (on any day) with the intention that the energy is to support the Moon is also important.*

Remedies for the Sun:

***Chant the Sun's mantra:** Aum Sum Surayaya Namaha

***Wear the Sun's colors:** all shades of orange

***Eat the Sun's foods:** carrots and beets (cooked or juiced), currants, raisins, pomegranate juice, sugar cane juice, red lentils

***Wear the Sun's gems:** ruby, garnet, sunstone / gold

*Do spinal twists that work on the solar plexus and target / support the organs in that area (the liver, spleen, gall bladder, pancreas...)

*Call your Father and tell him you love him or take him out to lunch!

***Solar Eclipse recommendations (August 1):** A very powerful time for manifesting what you want, write your list of things you want (from life, from work, for your health...) and state them in the present (rather than "I would like" write "I have..."). Just because the eclipse has passed doesn't mean the window has closed!

**Doing these things on Sunday is especially helpful as it is the Sun's day. Doing these things (on any day) with the intention that the energy is to support the Sun is also good.*

Key Words for August 2008: * release of old ways *

* create space for the new * now is the time for change *

Reasons for uplifting these planets over others:

August is a month of stating very clearly what we want from life and from the Universe, as well as being ready to release what is no longer of service. Much of the month's energy is revolving around release: of old habits, old ways of being, even old eating habits. Releasing the old is the only way to make space for the new to come in. Now is the time for change! The things we release now (especially around the eclipse on the 16th) and the shifts we make will be helpful as we enter into some more challenging energy over the next few months. If we hold tightly to these old patterns that are surfacing, they will only come up again and again in the next few months. They are just asking for release as they no longer serve you or the greater good.

Among other things, the Sun and Moon are connected to the Soul, the Heart, the Emotions: our Internal Landscape. They are also connected to the Ego and the Mind: the things we show others and at times try to "show off". These sometimes opposing energies of the hot Sun and the cool Moon are asking for support this month with the powerful eclipse energy and the 2 new moons. On a metaphysical level as well as on a very physical plane, they simply are asking for unity. Remember they need each other and are in a sense two sides of the same coin. They are each other's mirror.

On a physical level, the Moon and Sun represent the white and red blood cells. This is an excellent time to get your bloodwork done, check your eyes, and to make any diet and lifestyle changes that have been coming up lately. See an Ayurvedic Consultant for what foods will support you and your blood. Remember, what you eat becomes you!

**It is still important continue to uplift Jupiter since it is Retrograde the entire month. Keeping our personal meditative practices strong is key, as is maintaining an outlook of positivity, faith and abundance.*

Chanting the Prayer to the 9 Planets in the morning is an excellent way to align with all the planets:

Sun: Aum Sum Suryaya Namaha

Moon: Aum Som Somaya Namaha

Mars: Aum Kum Kujaya Namaha

Mercury: Aum Bum Budaya Namaha

Jupiter: Aum Gum Guravay Namaha

Venus: Aum Shum Shukraya Namaha

Saturn: Aum Sham Shanaya Namaha

Rahu: Aum Ram Rahuvay Namaha

Ketu: Aum Kem Ketuvay Namaha