

## Lunar Calendar for February 2009

Mo	Tu	W	Th	Fr	Sa	Su
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☾	3	4	5	6	7	8
●	10	11	12	13	14	15
☾	17	18	19	20	21	22
23	24	☉	26	27	28	

### Planetary movement for February 2009

February 1: Mercury stations direct 27°46' Sagittarius (Utt. Ashadha)

February 5: Saturn-Uranus opposition (the 2<sup>nd</sup> of 4, which began on Election Day: see November forecast for more information on this)

February 8: Mercury enters Capricorn

February 9: Lunar Eclipse and Full Moon 26°31' Cancer (Ashlesha) 9:38 am EST

February 13: Sun enters Aquarius

February 14: Neptune enters Aquarius (outer planets not used in Jyotish)

### Planets to uplift: Moon and Jupiter

#### Remedies for the Moon:

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

\*Invoke/connect with the Divine Mother

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

\*Eat Moon foods: coconut milk, rice, rice pudding, milk, water

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

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

\*Gaze at the Moon or take a moon bath on the Full Moon.

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

*\*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 Jupiter:

\*Chant the Jupiter's mantra: Aum Gum Guravay Namaha

\*Invoke Ganesha: Om Gam Ganapatye Namaha

\*Wear the Jupiter's colors: gold and purple

\*Eat Jupiter foods: chickpeas, mung dal

\*Wear Jupiter's gems: yellow sapphire, citrine, topaz

\*Go for a hike and work the thighs.

\*Look at the planet Jupiter: located low in the early morning sky

\*Babysit for a friend. (Jupiter is the planet of children)

\*Call your Guru or favorite teacher and tell her/him you love her/him and are grateful for the lessons you have received!

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

### Reasons to uplift Moon and Jupiter over other planets:

It is rare to find a well-supported Moon in a chart. On the contrary, the Moon (the receptive and reflective planet of our emotions and mind, our mothers, our nurturing, and our sustenance among other things) is many times faced with major planetary challenges. It's no wonder its indications become afflicted in our lives and in our world. I'm sure it is for this reason that in Jyotish, gemstones which support the Moon sign are the most recommended remedies. We all can use a little extra support in these very important lunar areas.

The month of February finds the Moon traveling mostly unsupported – meaning it is off on its own without the support of planets surrounding it and in a sense, protecting it. This can create a sense of loneliness and of feeling simply unsupported. Making sure you are getting the nourishment you need (physical and emotional), having gatherings with supportive friends and family, and connecting with your mother and mothers around you are all ways to support the Moon this month. In addition to this, the Lunar Eclipse on February 9<sup>th</sup> is covering the Full Moon in Cancer. This is a bit of a mixed blessing. On the one hand, the Full Moon is perfectly at home in the sign of Cancer, its natural placement. It would be wonderful to experience this supportive and

### Sunrise and Sunset times for February:

Sunrise: from 7:05 am to 6:37 am

Sunset: from 5:35 pm to 6:01 pm

### Chart for February 1, 2009 at 7:05 am (sunrise), ABQ

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

**Ascendant:** 17°22 Capricorn (Shravana)

**Sun:** 18°52 Capricorn (Shravana)

**Moon:** 01°30 Aries (Ashwini)

**Mars:** 3°38 Capricorn (Uttara Ashadha)

**Mercury:** 27°45 Sagittarius (Uttara Ashadha)

**Jupiter:** 12°21 Capricorn (Shravana)

**Venus:** 4°41 Pisces (Uttara Bhadrpadada)

**Saturn:** 26°53 Leo (Uttara Phalguni)

**Rahu:** 15°16 Capricorn (Shravana)

**Ketu:** 15°16 Cancer (Pushya)

Uranus: 26°28 Aquarius (Purva Bhadrpadada)

Neptune: 29°32 Capricorn (Dhanishtha)

Pluto: 8°19 Sagittarius (Mula)

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

nurturing energy on its own, without the nodes eclipsing it. On the other hand, eclipses are very powerful opportunities when we can set in motion the intentions of what we would like to manifest in our lives as the energy is magnified tremendously. As with the past Solar Eclipse in January, the Lunar Eclipse on February 9<sup>th</sup> is a good opportunity to be clear on what you would like for the upcoming year. Take the time to think about it, write it down and during the eclipse meditate or focus solely upon them. Put the written intentions in a special place (on an altar, under a candle, crystal or deity). Be aware that eclipses bring out things from the past, which can also be a blessing – or a bit of a curse.

Jupiter, the planet of abundance, spirituality and opportunities among other things, is sitting with 3 malefic planets (Sun, Mars, Rahu) and opposite another one (Ketu) for the month. This is a lot of potentially harsh energy coming at Jupiter, challenging its upbeat and optimistic nature. The key to harmonizing these intense planets is to take the time to really hear others, as well as speak your truth and beliefs.

### Planet in focus: Venus in Pisces

Venus entered Pisces on January 27, 2009 and will stay there until May 30, 2009. This is a particularly long transit for Venus, a planet that spends about 1 month in a sign. Venus is the planet of love, our ideas of and receptivity to love, our creative expression, our sense of beauty. Pisces is a mystical sign, hazy and dreamy, spiritually-oriented and without limitations or boundaries. Venus is considered “exalted” when in Pisces – it loves to be here as its natural loving and creative ways are supported and enhanced. Its pure and poetic nature is channeled more easily, as are sincere expressions of love and gratitude. The next few months may find us all feeling a bit more loving and serene at times, even if it is not typical for us. This particular transit of Venus in Pisces is welcome at a time when the other planets' focus of security, stability and structure is overbearing. Balance seems to be in the stars for us all: staying focused on steady growth these days is certainly clear, and Venus is here to remind us to stay creative and loving as well.

### 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 Budhaya Namaha

Jupiter: Aum Gum Guravay Namaha

Venus: Aum Shum Shukraya Namaha

Saturn: Aum Sham Shanayay Namaha

Rahu: Aum Ram Rahuvay Namaha

Ketu: Aum Kem Ketuvay Namaha

### Key Words for February 2009:

\* gather with loved ones \* speak your truth \*

\* stay present with your emotions \* be creative \*