

Lunar Calendar for February 2010

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Planetary movement for February 2010

February 6: Mercury enters Capricorn

February 7: Venus enters Aquarius

February 13: Sun enters Aquarius

February 14: New Moon in 0°53' Aquarius (Dhanishtha)

February 27: Mercury enters Aquarius

February 28: Full Moon 15°35' Leo (Purva Phalguni) at 16:37 UT

*UT is Universal Time which corresponds with Greenwich time. EST is 5 hours behind, MT(ABQ) is 7 hours behind.

Chart for February 1, 2010 at 7:05 am (sunrise), ABQ

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

Ascendant: 17°03 Capricorn (Shravana)

Sun: 18°36 Capricorn (Shravana)

Moon: 22°30 Leo (Purva Phalguni)

Mars Retrograde: 14°41 Cancer (Pushya)

Mercury: 24°24 Sagittarius (Purva Ashadha)

Jupiter: 9°18 Aquarius (Shatabhishak)

Venus: 23°33 Capricorn (Dhanishtha)

Saturn Retrograde: 10°19 Virgo (Hasta)

Rahu: 26°58 Sagittarius (Uttara Ashadha)

Ketu: 26°58 Gemini (Punarvasu)

Uranus: 00°14 Pisces (Purva Bhadrpada)

Neptune: 1°39 Aquarius (Dhanishtha)

Pluto: 10°22 Sagittarius (Mula)

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

Key Words for February 2010:

* slowly gain strength – sit tight! *

* plan your health strategy *

* move your muscles! get a massage! *

* cross your T's and dot your I's! *

Planet in focus: Saturn in Virgo from Sept. 2009 to Nov. 2011

To go back in time a bit: Saturn entered Virgo on September 9, 2009 and will be there until November 11, 2011. Tricky old Saturn actually enjoys being in the sign of Virgo so hopefully we will all benefit from this new shift! Saturn in Virgo is a time to focus on health and physical fitness. It's no wonder the government is trying to pass health care legislation now. Remember that Saturn can be finicky and wants a realistic plan for your health make-over – not a pie in the sky kind that will leave you feeling depressed if you don't accomplish your goal. Saturn is realistic. Virgo is detailed. Keep this in mind when looking at your current state of health and fitness. These next 2 years are the time to sign up for regular appointments with a trainer, yoga class, or nutritionist. Realistic and detailed: remember these so you set good goals for yourself. And above all, be kind to yourself! Have patience with yourself and your body. Saturn is slow, but steady.

Bone health (Saturn) and the GI tract/digestion (Virgo) are also areas to look at during this time so stand up straight, get your teeth and spine checked, get your bone density tests done, and keep that agni (digestive fire) strong! Here are some Ayurvedic ways to support agni:

- 1) Take 3 deep belly breaths before eating.
- 2) Drink ginger tea! Ginger is considered “tridoshic” (balancing for all) and its natural pungent taste will kindle low agni (digestive fire). Low agni can show up as various forms of indigestion (gas, bloating, burping, heartburn, slow digestion)
- 3) Drink “agni tea”: recipe is on the Ayurvedic Institute's online resource page at www.ayurveda.com/online_resource
- 4) Eat plain yogurt in between meals. To make a “lassi” mix 1 part yogurt with 1 part water, and add some powdered cumin and a pinch of salt for a savory lassi or some honey and a sprinkle of cinnamon for a sweet lassi. FYI: never eat yogurt after sundown or with any kind of fruit, especially sour fruits. Sorry to say but those delicious-looking parfaits and fruit smoothies are actually pretty bad for your digestive health. (See the “incompatible food combining” chart on www.ayurveda.com/online_resource.)
- 5) 20 minutes before a meal, take a teaspoon of fresh grated ginger, a pinch of mineral salt and a squeeze of fresh lime. This will help to ignite a weak or out of balance agni (and will also make you do a little sour-faced dance in the kitchen!).
- 6) Do spinal twists, or lay on top of a firm pillow or bolster placed directly under your ribs. These will help stimulate the digestive enzymes in the stomach, gallbladder and liver.
- 7) Eat only when you are hungry. A sure-fire way to extinguish agni is to overeat, eat on the go, eat too little or eat when you aren't hungry.
- 8) Avoid drinks with ice when you eat! This will immediately extinguish your agni and create all sorts of indigestion. If you need internal cooling, try drinking fresh coconut water or adding lime to your water (lime is slightly cooling, whereas lemon is slightly heating).

The current scoop on Saturn:

From mid-January until May 29, 2010, Saturn is sitting in a retrograde position which can create a feeling of isolation and of not being supported. During this time, anything you try to begin may feel like a start-stop effort. Don't despair! The key to retrograde planets is to activate them so they can become stronger. Meaning, sit down and write out your plan. Make sure it is sound and sensible for you. Work out the details of it. Look it over once more, and then start slowly. This is the way of Saturn and the way of Virgo. We are being given a few cocoon-like months to rest, reflect and make sure we will stick to it once we actually start it! Understanding that these first few months of the year are really challenging to start anything new is very important. Not getting frustrated with the delays is also key. Delays and mini-road blocks pop up to help us reassess our plan (special thanks to Ganesha for placing the obstacles in our path as well as for helping to remove them! Aum Gam Ganapataye Namaha!). Not much can be initiated now with the current planetary configurations, so sit tight and keep your focus on what you wish to see manifest in the long-term since it may take some time for anything we try to initiate to receive full support until about June (with glimpses of support showing up in mid-March). And remember that Saturn like things to be well-planned and thought through. Saturn in Virgo is especially fond of sustainable endeavors, so keep your plan green and detailed. It takes time for flowers to grow; we are just planting the seeds now!

Did I mention Saturn like things planned out? ☺

Planets to uplift: Venus and Mars

The love planets! Just in time for Valentine's Day! Mars and Venus are considered two sides of the same coin: the masculine and feminine, the aggressor and the compromiser, the fight and the dance. Together they help us to connect physically and creatively to ourselves and in our relationships. And they are in association with each other all month...

The yummy side of the Venus-Mars connection

Venus, the planet of love, creativity and compromise, is in association with Mars for the entire month, and then with Ketu and Jupiter later in the month as Venus shifts into Aquarius. This month's Venus-Mars connection is about grounding the sometimes "otherworldly" energy Jupiter and Ketu can bring. These planetary influences on Venus can, on the one hand, create a lot of passion, idealism and transcendence in love and relationships. They can reconnect the upper and lower chakras of the body, aiding us in becoming whole again. One practical way to reconnect these parts is through giving and receiving all types of bodywork, especially massage (a Mars modality). Whether it is going to get a massage, giving one to your partner or friend, or massaging yourself before bathing (called "abhyanga" http://www.drclaudiawelch.com/articlesnpubs/art_abhyanga.html), receiving regular massages is vital now. The idea is to move the energy through the muscles in a loving way so any emotions or trauma trapped within the muscles can release. The oil helps to push the doshic imbalance (the displaced "vata, pitta or kapha" swirling around the body) back into the GI tract so that it can be eliminated. Ample oil and massage are some of the main keys to health in Ayurveda (please see link above for more info).

This Mars and Venus connection makes for an excellent time to receive and practice all types of bodywork. Considering the nakshatras (Vedic sign) Venus will be in later this month is called Satabhishak – meaning 100 physicians – this sign benefits from "100 healing modalities, stars and flowers", and many times needs "100 physicians" to help heal an imbalance. If you have a health issue, try treatments you never even considered before. The layered approach will prove beneficial this month. This is the time to receive a Jyotish (Vedic Astrology) reading (or take a class in it!), to take herbs or flower remedies, to start that yoga or aikido class you have been thinking about, and to receive alternative medicine treatments like an Ayurvedic consultation or an acupuncture treatment. (For Ayurvedic practitioners in your area, please check out the NAMA website: www.ayurveda-nama.org.) Saturn's (relatively) new position in the Vedic sign of Hasta, a degree of Virgo meaning the "hand", also benefits from all types of hands-on healing as well as energy work.

The shadow side of the Venus-Mars connection

On the flip side, these current planetary connections mainly to Venus can also create arguments and hotheadedness (Mars). Too much "philosophizing" about love or talking about what is wished for (Jupiter) rather than being grounded in what is are other challenges these planetary connections can bring about. Feeling confused about love and possibly ending a relationship abruptly (Ketu) is also possible this month. Being too idealistic – not realistic enough – to have a loving relationship can create a sense of sadness or even anger and resentment towards a partner... These are some of the possibilities this month can bring. And to top it all off, Valentine's Day is in the middle of it! One word of advice: no expectations! People are doing the best they can given the current planetary weather. The planets as a whole are just starting to move a little, but things won't be much different than they were in January. Continue to have patience and to plan for what you envision in the future. Making major moves now may prove more frustrating than actually fruitful. This month's underlying energy, if we don't get caught up in the shadow side, is one of deep healing in a gentle and loving way.

Remedies for Venus:

*Chant the Venus' mantra: Aum Shum Shukraya Namaha

*Invoke Lakshmi: Aum Shri Lakshmiya Namaha

*Wear Venus' colors: all shades of pink

*Eat Venus foods: kidney beans, cashews, asparagus, zucchini

*Wear Venus' gems: diamonds, clear and rose quartz

*Take your partner out and tell them you love them! Give them a massage!

*Infuse love and creativity in all you do!

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

Remedies for Mars:

*Chant Mars' mantra: Aum Kum Kujayah Namaha

*Wear Mars' colors: all shades of red and coral

*Eat Mars foods and keep agni** strong: eat red lentils, fresh ginger, agni tea (www.ayurveda.com/online_resource/agni_tea_recipe.htm)

*Wear Mars' gems: red coral (to energize if feeling inertia setting in), white coral (to placate if feeling too fiery)

*Have patience! And watch your tongue!

*Ask for a massage, acupuncture session or Ayurvedic consultation! Do Yoga! These are all healing Mars modalities.

**Agni is the digestive fire in Ayurveda that helps us to digest and assimilate everything in life, not only our food but our emotions as well as our daily life events. Agni is the key to health and longevity.

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

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 Kujayah 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

2010 Monthly Forecast schedule for Annapurna in Nob Hill on Yale and Silver:

Usually the first Thursday of the month at 7pm:
Thursday, February 4th
Monday, March 1st
Thursday, April 1st
Thursday, May 6th
Thursday, June 3rd

Upcoming workshop:

Intro to Jyotish with special focus on Ayurveda, \$150

Friday, February 19th 7pm-9pm **free and open to the public!*

Saturday, February 20th 10am-12:30pm/ 2pm-4pm

Sunday, February 21st 9:30am-12:30pm

For readings and to sign up for monthly newsletter:

www.lexneon.com / lexneon@yahoo.com / 505-275-5906

Follow-up class on Saturday, February 27th 10am-1pm, \$10

Both classes are being taught at "A Time to Relax" Yoga Studio
11601 Menaul, just east of Juan Tabo

More info online: www.lexneon.com/html/InWorkshops.html

:::NAMASTE:::