

Lunar Calendar for January 2009

Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	☾
5	6	7	8	9	10	☀
12	13	14	15	16	17	☾
19	20	21	22	23	24	25
☾	27	28	29	30	31	

Planetary movement for January 2009

January 11: Full Moon 26°46' Gemini
Mercury stations retrograde in 13°51' Capricorn
January 13: Sun enters Capricorn
January 26: New Moon, Solar Eclipse 12°36' Capricorn 2:59 am EST
Mercury enters Sagittarius
Venus enters Pisces
January 27: Mars enters Capricorn
February 1: Mercury stations direct. 27°52' Sagittarius

Planets to uplift: Mercury and Venus

Remedies for Mercury:

*Chant Mercury's mantra: Aum Bum Budaya Namaha
*Invoke Saraswati: Aum Shri Saraswati Namaha
*Wear Mercury's colors: all shades of green
*Eat Mercury foods: green dal, leafy greens, zucchini, summer squash
*Wear Mercury's gems: emerald, peridot, jade, aquamarine
*Do gentle pranayama (breathing exercises) to calm the mind and nervous system, like alternate nostril breathing or So Hum breath.
*Be clear in communication and in intention. Think before speaking!
*Doing these things on Wednesday is especially helpful as it is Mercury's day.
Doing these things (on any day) with the intention that the energy is to support Mercury is also important.

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
*Wear Venus' gems: diamonds, clear and rose quartz
*Take your partner out and tell them you love them!
*Read or write poetry, play music (drums and flute), sing!
*Doing these things on Friday is especially helpful as it is Venus' day. Doing these things (on any day) with the intention of supporting Venus is also good.

Reasons to uplift Mercury and Venus over other planets:

Mercury is retrograde from January 11th until February 1st, and can bring up issues around communication, as we know, and can bring things "from the past" (people, issues) back into our lives. Sometimes that isn't welcome, but many times, it's our opportunity to "get right" with these things if needed, and complete our karma in this area. The connection of Mercury to Rahu this month may also create the overwhelming need to speak your mind. As Rahu's energy can be erratic and may cause a person to speak and then regret, remember to "think before you speak" so that misunderstandings aren't created.

Venus is in Aquarius for much of this month, in the Vedic sign (nakshatras) of Dhanishtha, which means "wealthy". Being creative, reading and writing poetry, singing, playing music (especially the drums or flute), and attending kirtans are some ways to support Venus' energy this month. Engaging in our creative side in a rhythmic way will help us to find and keep balance in our systems and clear out any residual stuck energy lingering in the system from 2008 (a tricky year of much release). Being creative in these ways will also bring perspective and balance to the very "assess, structure and plan" energy present this month.

Key Words for January 2009:

* plan * have structure * be patient *
* music and rhythm bring balance *

Sunrise and Sunset times for January:

Sunrise: from 7:15 am to 7:06 am
Sunset: from 5:06 pm to 5:34 pm

Chart for January 1, 2009 at 7:15 am (sunrise), ABO

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

Ascendant: 16°11 Sagittarius (Purva Ashadha)

Sun: 17°19 Sagittarius (Purva Ashadha)

Moon: 13°05 Aquarius (Satabhishak)

Mars: 9°58 Sagittarius (Mula)

Mercury: 6°14 Capricorn (Uttara Ashadha)

Jupiter: 5°04 Capricorn (Uttara Ashadha)

Venus: 3°54 Aquarius (Danishtha)

Saturn: 27°46 Leo (Uttara Phalguni)

Rahu: 15°29 Capricorn (Shravana)

Ketu: 15°29 Cancer (Pushya)

Uranus: 25°16 Aquarius (Purva Bhadrapada)

Neptune: 28°27 Capricorn (Dhanishtha)

Pluto: 7°17 Sagittarius (Mula)

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

Planet in focus: Jupiter in Capricorn

The Big Switch: On December 10, 2008 Jupiter entered into the sign of Capricorn where it will stay in it until Dec. 19, 2009. Jupiter will also enter Aquarius briefly on May 2, 2009 – July 31, 2009.

Jupiter is the planet of abundance, opportunity, spirituality, faith, and broadening one's horizons among other things. It is naturally connected to the sign of Sagittarius and Pisces in Vedic Astrology. For all of 2008, Jupiter was at home in Sagittarius. This seemed like a great placement to many. However, Jupiter can be the planet that in the right sign, if you give it an inch, it will take a mile. In its own sign of Sagittarius during 2008, it seemed to have created some over-confidence and even bombastic behavior at times. It wants to go as far as possible, but many times is lacking a plan of how to manifest and maintain its dreams. Planning is Saturn's job.

As Jupiter now makes a big switch and enters into the Saturnian and sign of Capricorn, we are being asked to pull back on our over-zealous attitudes towards almost everything! Jupiter in Capricorn is considered "debilitated" – it doesn't like to be there. It's restricted. It can't travel. It can't do all the expansive things it would like to do, that are part of its nature. Its enthusiasm and joy are being checked. It's being asked to see things for how they "really" are: not always exciting and fantastic, but that sustainability requires hard work, patience and sacrifice. Being slow and steady, honoring process and having a Capricornian/Saturnian "prove it" attitude are what this year may require to make change happen. (Aquarius is also ruled by Saturn in Jyotish, so the spring and summer months will bring similar energy but will most likely offer more hope and the vision that things can and will change.)

Simply looking through the lens of this new Jupiter placement, it is clear that this year will be challenging for all: we all have to take a firm step back, assess what we experienced and released in 2008, and decide what seeds of opportunity are worth investing our time, energy, and resources into. To manifest this requires focus, a firm plan and a sound budget – something Capricorn is excellent at, and something Jupiter can benefit from. Rahu, which is traveling alongside and influencing Jupiter, also benefits from forced focus and planning. With Capricorn's focus present this year, we will get there, one step at a time!

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