

Lunar Calendar for July 2008

Mo	Tu	We	Th	Fr	Sa	Su
	1	2		4	5	6
7	8	9		11	12	13
14	15	16	17		19	20
21	22	23	24		26	27
28	29	30	31			

Planetary movement for July 2008

July 3: New Moon in Gemini combust the Sun (16:07 Ardra)

June 7: Mercury in Gemini

June 8: Venus in Cancer (combust until July 15th)

July 18: Sun in Cancer (combusts Mercury for rest of month)

June 18: Full Moon in Sagittarius (28:01 Purva Ashadha)

June 24: Mercury in Cancer

**Jupiter is still Retrograde the entire month*

Sunrise and Sunset times for July:

Sunrise: from 4:56 am to 5:15 am

Sunset: from 7:24 pm to 7:10 pm

Chart for July 1, 2008 at 4:56 am (sunrise), ABQ

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

Ascendant: 1°18' Gemini (Mrigashira)

Sun: 15°59' Gemini (Ardra)

Moon: 22°51' Taurus (Rohini)

Mars: 5°53' Leo (Magha)

Mercury: 24°26' Taurus (Mrigashira)

Jupiter Retrograde: 24°29' Sagittarius (Purva Ashadha)

Venus: 22°06' Taurus (Punarvasu)

Saturn: 10°34' Leo (Magha)

Rahu: 25°09' Capricorn (Dhanistha)

Ketu: 25°09' Cancer (Ashlesha)

Uranus: 28°40' Aquarius (Purva Bhadrpada)

Neptune: 29°56' Capricorn (Dhanishtha)

Pluto: 5°34' Sagittarius (Mula)

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

Planets to uplift for July 2008: 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, almonds, cashews

***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. Avoid "pitta-headed" communication this month (angry, irritable, short-tempered).

**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!

**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.*

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

Reasons for uplifting these planets over others:

The intensity of the last few months has calmed down some and we find the overall energy of July 2008 to be generally stable and supportive of profound "searching": internally (meditation, contemplation) and externally (travel).

Mercury (the planet of communication) and Venus (creativity and love) are once again prominent as they are the main planets shifting signs and are connected to the ascendant (rising sign) of the chart for July. Mercury and Venus can use extra support this month as they are each "combust the Sun" for much of the month – meaning the Sun (or the ego, among other things) is blocking the planets from view and keeping them hidden, eclipsed or "in the shadows." On an individual level, this may manifest as the ego taking center-stage and disregarding the planets of communication, love and creative expression. If we can "step out of our own way" and try to reflect on (or search for) the true intentions behind what we say and feel this month, the month can be full of love and sincere connections.

On a practical level, avoiding pitta-aggravating foods (hot, spicy, pungent, sharp, caffeinated) is a good idea as these can lead to increased and imbalanced pitta (sharpness, anger, irritability) in the mind and speech. Favoring Mercury and Venus foods which are generally green and cooling will be supportive of not only our digestion but also our thoughts and emotions. This is good for summertime in general, but is even more important for July 2008 as there is an inclination towards pitta-imbalance in the chart.

**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.*

**Key Words for July 2008: * searching * ego release *
* love * awareness* conscious communication ***