

Lunar Calendar for June 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	29	30				

Planetary movement for June 2010

June 7th: Mercury in Taurus

June 10th: Venus in Cancer

June 12th: New Moon in Taurus (Mrigashira)

June 16th: Sun in Gemini

June 23rd: Mercury in Gemini

June 26th: Full Moon in Sagittarius (Mula)

Partial Lunar Eclipse 4:56 am EST

Chart for June 1, 2010 at 5:53 am (sunrise), ABO

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

Ascendant: 15°30 Taurus (Rohini)

Sun: 16°53 Taurus (Rohini)

Moon: 9°22 Capricorn (Uttara Ashadha)

Mars: 3°01 Leo (Magha)

Mercury: 23°01 Aries (Bharani)

Jupiter: 5°19 Pisces (Uttara Bhadrpadā)

Venus: 20°49 Gemini (Punarvasu)

Saturn: 3°49 Virgo (Uttara Phalguni)

Rahu: 18°12 Sagittarius (Purva Ashadha)

Ketu: 18°12 Gemini (Ardra)

Uranus: 6°07 Pisces (Uttara Bhadrpadā)

Neptune: 4°41 Aquarius (Dhanishtha)

Pluto: 10°42 Sagittarius (Mula)

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

Key Words for June 2010:

*** Support – finally! ***

*** Self-improvement activities are key ***

*** Family time ***

*** Release and renewal. Emotional and creative authenticity! ***

*** Cool down pitta! ***

Congratulations! You made it out of the black hole of the last few months! The planets are now in full forward movement. May was intense and there was a lot of planetary transition going on, especially in the last week of the month. We will need to give the planets a few days to settle into their new zodiacal homes before we feel like it's safe to step outside again, but things should start to pick up and lighten up this month. Mars has finally moved out of Cancer and into Leo (where it loves to be) until July 21. This is great news! Saturn has gone direct (hurray!) and we should all start to feel the support coming back into our lives. Both Mars in Leo and Saturn in Virgo benefit from activities which focus on self-improvement, so sign up for those classes you've been thinking about. You will actually be able to follow-through now! Zippy little Mercury is moving through three signs this month (from Aries to Taurus and on to Gemini), helping to keep things interesting and us on our toes. All of the planets are in or soon will be in signs they are friendly with, so there is an underlying feeling of ease and comfort this month. This is a welcome change from the last few months, I am sure.

One disclaimer: in order to feel the support, we have to be open to it first! Sometimes, it is hard to release from the emotions and the upsets the last few months presented (well, since the fall really). When we get raked over the coals, like many did, trust can be a bit bruised. Sure, this month has some challenges – it's life after all. But there is a pronounced shift in energy – for the better! – so try to remain open to it! You deserve the support and the sweetness that is there! (Yes, you do.)

Mars in Leo – a Welcome Shift!

Mars in Leo will give us that extra zap of energy we all could use. Mars, the fiery little planet, is considered to be a Great Friend to Leo, the fire sign it will be calling home until July 21st. For most of June, Mars is in the nakshatra (Vedic sign) of "Magha", which means "mighty" and has a strong connection to our ancestors. This nakshatra will actually be very prominent over the next few months as Mercury will also be in Leo from July 24th until September 1st (in Magha until August 15th). It seems there is something deeper going on for us regarding our families, our ancestors and our lineage (spiritual as well as familial). Interesting since Mars just finished a 7.5 month stint in Cancer, the nurturing and emotional sign which connects to our home and ancestors too... Perhaps Mars, the planet of energy, is infusing us with a little extra family pride? Or it is giving us some opportunities to connect or reconnect with loved ones, especially those who might have been the recipient of the very emotional and volatile outbursts Mars in Cancer was creating since last October? Or perhaps it is giving us a chance to release from ties which aren't supporting us, and is opening up doors to meet and connect with those who are our true "families". The aspect by Rahu Mars is experiencing this month makes it all the more loaded with karma and energy.

However it shows up in your life, these next few months have an underlying energy connecting with our ancestors and the deep karma we have with those we call Family. Spending time with family (ancestral and spiritual) is definitely recommended, but a word of caution: remember Leo can be proud – too proud at times! – and Mars can default to anger, so just be aware of how much time you spend with family over the next few weeks and months. Sometimes, Mars and Leo both just need to agree to disagree instead of forcing their wills on others. Leo is a lion and needs its own space, and Mars sometimes just needs to cool down on its own. Respect that for yourself and others too.

Since both Mars and Leo are pitta in nature, here are some pitta-pacifying Ayurvedic suggestions to help cool things off (more info www.ayurveda.com):

- 1. Pitta's qualities are hot, sharp, light, oily, liquid, spreading and sour.** Eating foods and engaging in activities which increase these qualities will increase pitta in the body and in the mind and can create irritability and anger. **Avoid hot, sharp or oily foods** like caffeine, cheese, chili pepper or fried foods, which can increase an already sensitive pitta.
- 2. Avoid the midday sun or excessive heat!** Too hot for sensitive pitta! Stay cool in the AC.
- 3. Try an Ayurvedic milkshake:** blend up 2 cups milk with half a peeled cucumber and add turbinado sugar to taste (measurements are rough so just blend it until it's the consistency and sweetness you like). You will feel the heat come down and the pitta edge come off instantly.
- 4. Try some cooling pranayama** (breathing techniques) to cool down pitta: breathe in through your teeth or curl your tongue like a straw and sip cool air in through the tongue and then out through the nose.
- 5. Spinal twists in yoga** help to wring out any excess pitta from the liver (a pitta organ).
- 6. Take it easy!** Pitta is strong but quite delicate in nature and does not do well by working too hard! If pitta cuts back its workload by 70%, it will already be doing more than it should! But try to tell that to strong-willed and perfectionist pitta! ☺

The Partial Lunar Eclipse on June 26th

There will be a partial Lunar Eclipse on the full moon on June 26th, visible in the Americas, the Pacific and Eastern Asia with Hawaii having the best visibility from 4:56am PST – 6:17am EST (starting at 10:56 pm on June 25th Hawaii time). The Solar Eclipse will then be 2 weeks later, on July 11th.

****Pregnant women should not look at the eclipses!*** Eclipses are very powerful times of release and renewal. The partial Lunar Eclipse this month will be in Mula, a fierce and beautiful degree of Sagittarius, the truth-seeker. Mula in Sanskrit means “roots” and has strong connections to the roots of herbs and plants, so it would be a good time to weed and plant a new garden, or to start a new herbal regimen. Mula is also connected to metaphysical roots, so this nakshatra is helpful in getting to the root of an issue. (I am sure there is also an ancestral root connection, although I haven’t read that anywhere.) The presiding deity of Mula is Nirriti, the Goddess of Dissolution, making this particular Lunar Eclipse a very powerful one. Things which no longer serve or support will be removed and dissolved. So be prepared! The last few months with Mars in Cancer have helped us to see where we are uncomfortable emotionally. This eclipse will give us one final opportunity to let go of anything that occurred over the last few months which might be binding or inhibiting us from progressing spiritually.

Planets to uplift: the Moon and Venus

The support is finally here for us this month to proceed with any projects we began over the past few months. So now it is time to revisit what we love, what makes us feel nurtured and complete, and make sure these projects are an authentic expression of our love and emotions. Uplifting Venus and the Moon, will help us do this. Here are a few more reasons why:

The Moon is being eclipsed this month, so this shows it needs some extra attention and support. The New Moon on June 12th will be in Taurus, Venus’ sign, giving us 2 more reasons to support Venus and the Moon. Venus is prominent in the chart this month since the Sun and Ascendant are both in Taurus (Venus’ sign) meaning we start our day with Venus energy, but also because Venus is one of the first planets we encounter. Venus is also sitting for part of the month with Ketu (Rahu’s counterpart – it is Rahu which gobbles up the Moon in the Lunar Eclipse), which can create some confusion and doubt in matters of the heart. Venus then moves into Cancer, which is the Moon’s sign. So, keeping Venus and the Moon in our personal foregrounds will help us to maintain certainty in love and will help us to express ourselves emotionally and creatively this month.

Remedies for the Moon:

***Chant the Moon’s mantra:** Aum Som Somaya Namaha / Aum Chan Chandraya Namaha

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

***Eat Moon foods:** rice, rice pudding, milk, tapioca, yoghurt, water, coconut milk and 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 (June 26th):** A deeply internal time which supports release of old habits, patterns, ways of being that no longer serve or support you. Write it all down and have a burning bowl ceremony, 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 good.*

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.*

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

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

Usually the first Thursday of the month at 7pm: Thurs., June 3rd / Thurs., July 1st (for July and August) / Thurs., Sept. 2nd

For readings and to sign up for monthly newsletter: www.lexneon.com / lexneon@yahoo.com / 505-275-5906

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