

Lunar Calendar for March 2009

Sunrise: from 6:35 am to 6:54 am
Sunset: from 6:02 pm to 7:27 pm

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					

Chart for March 1, 2009 at 6:35 am (sunrise), ABQ

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

Ascendant: 15°17 Aquarius (Shatabhishak)

Sun: 17°07 Aquarius (Shatabhishak)

Moon: 11°41 Aries (Ashwini)

Mars: 25°23 Capricorn (Dhanishtha)

Mercury: 25°00 Capricorn (Dhanishtha)

Jupiter: 18°48 Capricorn (Shravana)

Venus: 20°56 Pisces (Revati)

Saturn R: 24°58 Leo (Uttara Phalguni)

Rahu: 14°51 Capricorn (Shravana)

Ketu: 14°51 Cancer (Pushya)

Uranus: 27°57 Aquarius (Purva Bhadrapada)

Neptune: 00°35 Aquarius (Dhanishtha)

Pluto: 8°59 Sagittarius (Mula)

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

Planetary movement for March 2009

March 4: Mercury in Aquarius

March 6: Venus retrograde in 21°33 Pisces (Revati)

March 7: Mars in Aquarius

March 10: Full Moon in 26°46 Leo (Uttara Phalguni)

March 14: Sun in Pisces

March 22: Mercury in Pisces

March 26: New Moon in 12°14 Pisces (Uttara Bhadrapada)

Sunrise and Sunset times for March:

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.

**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!**

***Reflect on and express your love!**

**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 traveling through 3 signs this month – that's a lot of changes for one planet (other than the Moon) to make in such a short time! Mercury could use some support as it speeds through many different energies this month: Capricorn, Aquarius and Pisces. We will all need to stay on our toes a little bit more than usual and stay grounded in our center as the energy around the planet of communication and the nervous system revs up into high speed for March and also for April (with different signs, of course).

Some Ayurvedic ways to help stay grounded and support Mercury:

- 1) Slow pranayama (breathing exercises) where you inhale fully and slowly and exhale fully and slowly. Deep long exhales help to release toxins in the system, so try to breathe out more than you breathe in.
- 2) Doing "abhyanga" (Ayurvedic oil massage) in the morning or on a weekend will help soothe and support "majja dhatu" (the nervous system) as well as other deep tissues. For more info on abhyanga: http://www.drclaudiawelch.com/articlesnups/art_abhyanga.html
- 3) Practicing restorative yoga poses will help to ground any "vata" energy (flighty, nervous, anxious, overly mobile), which will be prone to imbalance this month. Working with the legs and pelvis and especially any kind of forward bends is especially supportive. Think shavasana!

The same will be true for April, so the sooner we all start getting our Mercury energy focused and grounded, the better off we will all be!

For more information on Jyotish (Vedic Astrology) readings and workshops: Alexia Neonakis www.lexneon.com 505-275-5906 lexneon@yahoo.com ::NAMASTE::

Although Venus is exalted in Pisces this month (please see February forecast: <http://www.lexneon.com/flyers/February2009Forecast.pdf>), it will station retrograde on March 6th until April 17th. This means that Venus will appear to be rolling backwards in the sky. Think of a sling shot: you pull it backwards in order for it to propel more powerfully forward. This is what is going on for the next few weeks: Venus is being pulled backwards only to propel itself more powerfully in April. So it's clear then that Venus will be acting a little differently than it normally does during this retrograde time. Venus may buck against the things it connects to (love, relationship, compassion, compromise) only to eventually come back and embrace them in a more powerful way. These lessons and opportunities for growth are not easy, but with the understanding that we are just preparing to be launched into a deeper understanding of Venus will help during this time.

Retrogrades can bring challenges to the planets at first, but the lessons learned from a retrograde time can help us to grow even more in that particular planetary energy. For all of us, it is about Venus' energy this month: love, relationships, creativity, and compromise among other things. The Piscean connection to Venus (purity, sincerity, transcendence) makes it even more beautiful once we get through the challenges it presents. The Vedic sign of Revati is also quite sweet. It's ruled by Mercury, so communicating our love and emotions is part of what this month is all about.

Planetary connections in focus: "8 and 12 away"

The planets have aligned in such an interesting pattern at the beginning of the month (about the first 1-2 weeks) to allow us to do some serious reflection. For the beginning of March, almost all of the Nakshatra rulers are either 8 or 12 away from the planets they are in. This means that there is a lot of indirect, underlying energy connecting us to the 8th houses and 12th houses. The 8th house is all about mystery, intimacy, probing beneath the surface of what seems to be to reveal the hidden truth. The 12th house is about transcendence, meditation, and releasing from this realm. Both are considered "moksha" houses: houses of freedom, death and ultimate renewal – which can come many times from painful yet incredibly insightful contemplation and life experience. These houses also have connections to loss and undoing, as well as removing ourselves from life. This can show up as needing to stay in more than usual, or as taking more time to meditate and contemplate. We are being asked to release from old ways, and to recognize how this release is truly freeing. Once again, it's just old patterns coming up for examination and reconfiguration.

Key Words for March 2009:

*** slow down * reflect * release * time to reconfigure old ways! ***

***For planetary chant, please see past forecasts:**

<http://www.lexneon.com/html/MonthlyForecast.html>