

Lunar Calendar for May 2009

Mo	Tu	We	Th	Fr	Sa	Su
					2	3
4	5	6	7	8	10	
11	12	13	14	15	16	
18	19	20	21	22	23	
25	26	27	28	29	30	

Planetary movement for May 2009

May 2: Jupiter in Aquarius
May 7: Mercury retrograde in Taurus
May 8: Full Moon in 24°41 Libra (Vishakha)
May 15: Sun in Taurus
May 17: Saturn stations direct
May 24: New Moon in 9°22 Taurus (Krittika)
Mars in Aries
May 26: Mercury in Aries
May 31: Mercury direct in Aries
Venus in Aries

Uplift Mercury

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.
*Take time to review any important documents, communication, or conversations.
*Get your car checked! And try not to do any computer updates!
*Keep agni (digestive fire) strong! Eat lots of ginger!
**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.*

Reasons to uplift Mercury over other planets:

Mercury is stationing retrograde from May 7th until May 30th. This is a usual planetary occurrence, and some astrologers don't like to place much importance on it. However, as Mercury rules communication, our minds, our daily work and our general ability to be swift and clear, it seems that this typical planetary event is always one to take note of. Having a little extra patience and flexibility with ourselves and others seems to be the key to "surviving" Mercury Retrograde. To give it a bit of extra attention this month (and perhaps to placate it?)...

What does "retrograde" mean?: When a planet goes retrograde, as Mercury does about 3 times a year and will be for the month of May, it "appears" to be rolling backwards in the sky. Retrograde planets can bring about challenges at first, but are actually considered quite strong in Jyotish. As mentioned in previous forecasts, think of a retrograde planet as a slingshot being pulled backwards only to propel forward more powerfully than if it were simply rolling along its path. The key is to make sure the slingshot is being pulled back and released, and this happens with our own conscious efforts, and our own wanting to "get right" with the energy that is feeling a little off because it is retrograde.

What does "Mercury Retrograde" mean in a person's birth chart?:

They think a little differently than others. They may go over things in their heads, almost like they are rehearsing them. They may say something and wonder why they just said it, if it came out right and if anyone understood them. They are not necessarily linear or logical thinkers, but rather go with their intuition and their own methods of deduction. This can frustrate others who may not understand (in a

Sunrise and Sunset times for May:

Sunrise: from 6:15 am to 5:54 am
Sunset: from 7:52 pm to 8:15 pm

Chart for May 1, 2009 at 6:15 am (sunrise), ABO

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

Ascendant: 15°42 Aries (Bharani)
Sun: 17°16 Aries (Bharani)
Moon: 12°39 Cancer (Pushya)
Mars: 12°54 Pisces (Uttara Bhadrpadapa)
Mercury: 6°18 Taurus (Krittika)
Jupiter: 29°59 Capricorn (Dhansishtha)
Venus: 8°32 Pisces (Uttara Bhadrpadapa)
Saturn R: 21°07 Leo (Purva Phalguni)
Rahu: 10°04 Capricorn (Shravana)
Ketu: 10°04 Cancer (Pushya)
Uranus: 1°12 Pisces (Purva Bhadrpadapa)
Neptune: 2°16 Aquarius (Dhanishtha)
Pluto: 9°07 Sagittarius (Mula)

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

logical way!) how a MercR person arrived at an answer – even if it is correct. And so the MercR person many times will try to go over the question in a "logical" way, possibly doubting their intuition or their own system. The best thing for MercR person to do is to trust the intuition! Most times, you will be right! (In the birth chart, the retrograde planet will have an "R" next to it or will be underlined. All planets can station retrograde, except the "lights": the Sun and the Moon. The Lunar Nodes, Rahu and Ketu, are always retrograde.)

How does Mercury Retrograde affect us?: As many of us know, when Mercury stations Retrograde, everything seems to go haywire. Communication is off or we seem to misunderstand what people are saying. Computers and electronics freak out. Cars break down. We seem to revisit issues we thought were over and done with. We run into people from our past. Travel plans get botched. People cancel appointments or just space out on them. The perfectly planned day becomes a free-for-all. The President gets sworn in incorrectly (last time Mercury was retrograde in January). The list goes on. The most challenging and active days for Mercury Retrograde are the 5 days before and after it actually stations retrograde. This time, that would mean May 2-6, and May 31-June 4.

Just Breathe!: The idea to keep in mind when Mercury goes Retrograde is that we are being given the opportunity to slow down and make sure these sorts of things are where we would like them to be. It's a good idea to take the time to slow down and reread, rethink, or just pause before putting the information out there. Have a second set of eyes look over anything of importance. However, typos and misunderstandings will happen during this time. Maybe we are all just being given the opportunity to reflect and let go a bit, and to remember that we are just not in control of everything no matter how well-planned. And by the way, we are only human and aren't always perfect. (This may be hard for the pitta-heads to digest. Sorry guys!)

Agni and Krittika – Specifics for May: Perhaps a blessing for us this time around is that Mercury will be in the sign of Taurus from May 1st – May 26th, and will then be in Aries for a short time. The nature of Taurus is slow and methodical, plodding even. It takes its time and likes things to be thorough. This energy will be welcome this month as it will enable us take a little extra time on things. The Nakshatra (Vedic sign) present for the month is "Krittika," the Cutter. It's sharp, penetrating nature will hopefully help us to zero-in on the errors before sending the info out into the world. The combo of Taurus and Krittika can create precision and patience. The deity connected with Krittika is "Agni," the god of fire. In the healing system of Ayurveda, the digestive fire is also called "agni" and is the key to health and longevity. This month, keeping our agni strong will be crucial. Winged little Mercury may want to go fast, but in order to do so, one must have strong agni. So don't burn the candle at both ends! 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) 20 minutes before a meal, take a teaspoon of fresh grated ginger, a sprinkle 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!).
- 4) Do spinal twists, or lay on top of a firm pillow or bolster placed directly under your ribs. These will help stimulate the digestive juices in the stomach, gallbladder and liver.
- 5) 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.
- 6) 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).

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

Another big switch: Jupiter in Aquarius for May-July 2009

From December 2008-April 2009 and again from August 2009-December 2009, Jupiter will be debilitated in the sign of Capricorn. As written about in the January forecast, this placement has caused everyone to slow down, take stock, and go slowly in a step-by-step fashion towards rebuilding. This Capricorn energy has been necessary, although not entirely welcome. It can also be a bit depressing, tedious and tiresome to always have to go by the book. However, Jupiter has jumped into the forward-thinking and a bit more uplifting sign of Aquarius from May 2nd – July 31st. These next few months will be a time for all to see some understanding in why we are doing things the way we are doing them, to see some results of the hard efforts we have been making, and to let us all feel a bit lighter and more hopeful than we have the past few months. Since Jupiter will be in Aquarius again from December 20, 2009 until May 3, 2010 and in November 2010, the next few months will be a window into what some of next year will be like. Whatever challenges or lessons present themselves during May, June and July of 2009 will surely come up again next year. Take note of things you would have done differently or any opportunities that were missed so that next year, you won't encounter the same outcome. And the same goes for what you would like to see come to fruition! The spring and summer months may be time to plant seeds that will manifest next year.

Venus, Mars and Uranus are still conjunct!

Please refer to the April 2009 forecast for the importance of this planetary connection. One main significance: as predicted in the April forecast, major strides have been made towards equal rights for all in marriage with Iowa, Connecticut, Maine, Massachusetts, Vermont, and New Hampshire all passing legislature allowing same-sex couples to marry. All of these states except Massachusetts passed legislature in the months of April and May of 2009, while Venus-Mars-Uranus have been conjunct.

Key Words for May 2009:

*** take it slow * keep agni strong *
 * just breathe, pause... then speak! *
 *hope!***