

Lunar Calendar for November 2008

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 November 2008

Nov. 8: Venus in Sagittarius
Mars in Scorpio
Nov. 13: Full Moon in 27°05 Aries (Krittika)
Nov. 16: Sun in Scorpio
Nov. 20: Mercury in Scorpio
Nov. 27: New Moon in 11°23 Scorpio (Anuradha)
Uranus stations direct

Planets to uplift: the Moon and Venus

Remedies for the Moon:

***Chant the Moon's mantra:** Aum Som Somaya Namaha
***Wear the Moon's colors:** white, pearl, silver, grey, black
***Eat Moon foods:** coconut milk, rice, rice pudding, milk, water
***Wear the Moon's gems:** pearls, moonstone, mother of pearl
***Do restorative yoga and asana** to activate the water center.
***Gaze at the Moon** or take a moon bath on the Full Moon.
***Call your Mother** and tell her you love her or take her out to lunch!
**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 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 of supporting Venus is also good.*

Reasons to uplift the Moon and Venus over other planets:

Venus is the planet of love, balance and relationships. The Moon is concerned with nurturing, security, the home and emotions. For the beginning of the month, Venus is in Scorpio (ruled by Mars) and then moves into Sagittarius (ruled by Jupiter). Both the Full and New Moon this month are in signs ruled by Mars. Neither Jupiter nor Mars is considered a "friend" to Venus or to the Moon as their planetary energy can be quite opposite, hindering or even attacking to those of the Moon and Venus. For the simple reason of keeping the Moon's and Venus' energy of love, acceptance and nurturing in focus is why these planets have been chosen to be uplifted. As we are in a time of deep turmoil and renewal, the energies these planets give so freely is what we will all need most.

In addition to this, the Moon will be the only planet traveling outside of the Rahu-Ketu Kala Sarpa Yoga axis that is in place until the end of the year. The Moon could use support as it will be literally traveling solo and will be considered an "unsupported Moon" for almost half of the month. Be kind to yourself and seek out those you know will be supportive of you and of your emotions.

[For more information on the very important Kala Sarpa Yoga energy that is in place until the end of the year, please see the October forecast: <http://www.lexneon.com/html/MonthlyForecast.html>]

Sunrise and Sunset times for November:

Sunrise: from 7:28 am to 6:56 am
Sunset: from 6:11 pm to 4:55 pm

Chart for November 1, 2008 at 7:28 am (sunrise), ABO

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

Ascendant: 26°52 Libra (Vishakha)

Sun: 15°33 Libra (Swati)

Moon: 25°47 Scorpio (Jyeshtha)

Mars: 25°34 Libra (Vishakha)

Mercury: 1°07 Libra (Chitra)

Jupiter: 22°56 Sagittarius (Purva Ashadha)

Venus: 22°44 Scorpio (Jyeshtha)

Saturn: 24°42 Leo (Purva Phalguni)

Rahu: 20°08 Capricorn (Shravana)

Ketu: 20°08 Cancer (Ashlesha)

Uranus: 25°02 Aquarius (Purva Bhadrapada)

Neptune: 27°29 Capricorn (Dhanishtha)

Pluto: 5°14 Sagittarius (Mula)

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

Planets in focus: Uranus and Saturn

Although Uranus is not traditionally used in Jyotisha (Vedic Astrology), it has significant importance this month and in the months ahead as it directly opposes Saturn on Tuesday, November 4th – Election Day. The last time Saturn and Uranus opposed each other was from 1965-1967, during times of social and political unrest and revolution. The other days this Saturn-Uranus opposition will occur will be: February 5, 2009 / September 15, 2009 / May 1, 2010 (although the planets will be traveling very close to each other for all of April 2010). After that, they will be in opposition in June and July of 2032. It is a rare and very volatile planetary connection that deserves attention this month.

Uranus is innovative, forward thinking, and unusual. It is connected with upheaval and the unexpected. It is concerned with humanitarian causes, equality of all, individuality and freedom. It can be cold and detached as its main purpose is to further the cause. It is connected to political revolutions (the planet was actually discovered during the time of the American and French Revolutions).

Saturn is connected to what is old, tried and true. It can be stubborn, restrictive, slow and depressive. It is the "old establishment" as well as the wisdom of the elders. It likes stability and plans, and prefers that we take things in a step by step manner. With effort, honor and patience, Saturn will help to manifest whatever goal is being put forth.

When these two planets – and the candidates who perfectly represented them – "collided" as they did on Election Day, we know now that society voted for the Uranian candidate of ideals and the need for change, rather than sticking to the old Saturnian ways of governing. It will be interesting to see how these planets play out in the coming months and years as we are on a path to major change and renewal. Hopefully, a merger of the very important elements of each planet will occur so lasting and effective change can manifest.

Key Words for November 2008:

expect the unexpected * stay in a space of calm and acceptance
merge the wisdom of the elders with the innovation of youth
now is the time for change!

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