



The Capricorn New Moon

Aquarius Solar Ingress

Welcome
to Dana's Moon Workshop for 2018

Current dates and times are calculated for:

Your birth factors are :

The Moon's transits through your chart reflect the **Porphry**
House system. If you'd prefer another house type, let me know!

"Walk towards what you don't know,
the Moon will take you there."
— Kathleen Jesme

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Lesson One: The Solar Ingress



Saturn's Four Pillars of Success: 2018 – 2020



The spirit of the times—or **zeitgeist**—is shaped in the outer rings of our solar system, by Jupiter, Saturn, Uranus, Neptune, and Pluto. Of these, Saturn is the second-fastest mover, entering a new sign every 2.5 years. That just happened—**on December 19, 2017, Saturn entered Capricorn**. His first 6 months in any sign are especially rich with opportunity—if you're nimble. Saturn predicts the cultural zeitgeist from now through 2020. Yet most people are a little flat-footed. It takes them a while to choose the new rhythm. During the first 6 months of a new Saturn, they're falling behind the times.

But not you! Below are four key pillars to a successful Saturn transit through Capricorn. Plant yourself on these foundations and Saturn will reward you. This isn't just a list of *shoulds*. The thing about zeitgeist planets is that their influence is already happening. You've already been freshly thinking in Capricorn Saturn ways! As you read about Saturn's pillars below, notice, in which areas of life you've already been having these thoughts. That's how the magic happens. Link the astrology with your experience. Then you'll more confidently know which of your many inner voices you should listen to. You'll have identified Saturn—your inner wisdom voice.

- **Simplify:** Saturn says reduce the distractions. Edit the apps. Cut the obligations. Trim the meetings and time-wasting contacts. This scrutiny is itself muscle building. It strengthens your honesty and ruthlessness. These traits will help you build your capacity for razor sharp focus in the coming months. Focus is a Saturn power. With it, there's not a mountain you can't move.
- **Organize:** You can organize your space (I felt the sudden urge to buy a raft of new office supplies). You can also organize your behavior (I designed new office procedures too—given the snafus of my December Mercury retrograde!). Discipline is another way to get organized. Commit to good routines. Organizing your life will increase your efficiency and effectiveness, important Saturn virtues. If you catch yourself running around in circles, linger on this pillar.
- **Give yourself a meaningful challenge:** Saturn is a Type A personality. Of all the planets, he's the one who's most interested in worldly success. Be ambitious! A good goal will scare you a little—but excite you more. If you commit to it, Saturn will provide the strength to keep going. But if you have no ambitions, or just small ones, Saturn's effect is to weigh you down.
- **Don't take things personally:** Saturn doesn't nurture crybabies (he leaves that to the Moon.) This makes him seem unfriendly, even cruel. But honestly, it's just another way of being efficient. Dry the tears and see what you can do. Be practical, realistic. Recognize that with a little wire and glue, you can fix almost anything.

These capacities are currently running through the zeitgeist. Listen to what one of my delightfully wild and fiery clients (with very little earth in her chart) wrote me earlier this week (continued on page 28).

Your New Moon Beginning

Tuesday January 16 at 4:17 pm AHST

26 Capricorn 54

I know it in my gut.

I know it in my bones.



What we know in our gut is Moon intelligence. What we know in our bones belongs to Saturn. Both guide us wisely. The Moon's intuition supports us throughout the day's fluctuating moods and circumstances. We suddenly think of Janis, a friend we haven't seen in a while. A few hours later we run into her. Somewhere inside we already knew our paths would cross. That's lunar intuition. Saturn knowing runs deeper. Like the planet, it's slower moving. It steadies us. It turns out that Janis is in a jam and needs a place to stay. Our heart leaps—we'd *love* to help. Yet something inside holds our mouth shut. Somehow we know that offering Janis the spare bedroom won't go well. We know this in our bones.

The great "invisible" prize of this Capricorn cycle is the strengthening awareness it can bring of your own elemental knowing. Saturn-ruled Capricorn is a no-frills sign. It's structural and enduring. After we die, the last of us to go will be our bones. Yet bones aren't just idle lumber holding up the rest of us. Their marrow is integral to our immunity. Our bones are as alive and intelligent as our beating hearts. There's intelligence in them. If you slow down and listen, they'll restructure you. The energy pathways that run through the bones encourage confidence and strength. Yet most people are in their heads and disconnected from their bones.



Perhaps that's why bone soup has become so trendy these days. Nutritional scientists have validated what kitchen magicians have known for centuries: sipping bone broth is incredibly healing. Not surprisingly, it's particularly good for *Moon* problems. It heals the gut. It reduces intestinal inflammation. It can balance the sometimes exhausting fluctuations of our emotions. Rich in minerals and compounds like collagen, glycine, and glutamine, bone soup strengthens our immune system too. Saturn's soup steadies us.

A fine New Moon practice—you could do this for a whole year—is to nourish and meditate upon the part of the body ruled by each New Moon sign. Capricorn rules hard structures, like teeth, bones, joints, and especially the knees. All this suggests, of course, a perfect Capricorn New Moon ritual: **Make a generous pot of bone soup!**

If you've never cooked up a big batch of something on a New Moon, I invite you to try this at least once on your Moon journey. After the Moon temples were razed, **kitchens** became the de facto **temples** for forgotten feminine arts like cooking up healing potions. I've experimented with kitchen magic off and on for years (I have a small passion for "charming" my food). It didn't take long for me to learn that whatever is cooked during the New Moon tends to have more vitality than when the same recipe is performed at another time. And this is before any magical intentions are applied.

Of course, **enchanted food** is a very subjective business. How do you know whether you've really succeeded? People can convince themselves of anything. Here's my method: I forget about it. I



enjoy the enchanting and let it go. If, later, when I'm drinking or eating whatever it was I once charmed, if my attention is spontaneously called to the taste or energetic qualities of the food—in other words, if I'm genuinely surprised by its power—I know my magic has worked.

The recipe is simple. Put water and bones in a pot. I use my solarized New Moon water; the broth will taste better if you also roast your bones first. Add a little apple cider vinegar, heat this to a boil, then lower the fire to a slow simmer, where you can let the pot linger for a day or two. Throughout the month, I save all my vegetable scraps in a freezer bag, as adding these to the pot creates an amazing depth of flavor. I've heard a lot of people say bone broth tastes awful—I always wonder why! I use my pendulum to tell me when the broth is done. Then I cook it up into a couple of even more delicious soups, which, with judicious freezing, nourish me throughout the Moon's cycle.

So how do you put a little extra magic in your soup? First meditate on what you need. This soup is innately healing and strengthening. What other support could you use? Let this be a gentle meditation while gathering the ingredients. **Feminine magic—what I call “cauldron” magic—is done by drawing what you want to you**, rather than focusing it into existence. The gesture of stirring soup is circular and inclusive. Focusing and projecting your intentions into objects, that's masculine “wand” magic. I spent a couple years practicing wand magic to charm my food—with mixed results. I'd get an idea of what I wanted—and then would try to mentally force that into my drink or meal. This was the way a Scorpio wizard once taught me. It was somewhat exhausting and I always felt a bit fraudulent. Eventually the food itself showed me another way. By gently tuning into the energy of whatever I was cooking—especially when that was *living* food, plant-based and fresh—I noticed that magic was organically building in the pot. I merged with the energies of the food and gently turned this into the desired direction. It's cooperative magic, not manipulative. Try it and see!

I would recommend cooking Saturn's four pillars into your soup this cycle. Also investigate the conditions in the house highlighted by this New Moon: **your 7th House** of relationships—ruling significant others and those enemies (or “teachers”) who keep you on your toes. Perhaps you feel a need to make a fresh start—or reaffirm your commitment to a long-running project here. Or maybe you're feeling vulnerable and reclusive. Whatever the expectation or need, it's always beneficial with Capricorn to be kind to yourself. Don't feed and flatter the inner dictator. Enjoy your authority without all the judgments and “shoulds.”

With the **7th House**, your thoughts may turn to a significant other. Relationships are up for review. This is the time when the thoughts spinning in your head may spin around a particular person—a lover, your mate, a business partner, a counselor, anyone with whom you feel a certain contract. The terms of this contract may benefit from a little renegotiation now. Have you said what needs to be said? Have you looked at the matter from the other's point of view? Both of these strategies can lead to beneficial changes. If you're really miserable with someone, before you call it quits, try giving to yourself what you'd like to receive from that person. This will definitely shift the energy and put you in a stronger position should you need to make a decision. The 7th also rules open enemies—the kind of people who don't hide their disgust or displeasure with you. Wise spiritual masters advise that you treasure your enemies more than your friends. The people who sling mud are often your greatest teachers. The sign of this New Moon may suggest a style or point of view that may be uncomfortable for you... but this is the month to be like Alice and go boldly through the Looking Glass. See what your world looks like with a different pair of eyes.



Eclipses and Retrogrades in the 2018 Sky

It's the new year! Get out your calendar and record some of the obvious potholes in the road ahead. **Eclipses** and personal planet **retrogrades** (Mercury, Mars, Venus) are collectively stressful times. These sky events may or may not be dramatic for you, but as they're triggering plenty of others in the atmosphere, it's wise to go carefully. Avoid scheduling important events if you can. **Mercury** retrogrades trouble communication, machinery and paperwork. **Venus** retrogrades wobble finances and love. Avoid surgeries and launching new ventures when **Mars** is retrograde. Notice July's overlapping retrogrades with the eclipses. Not the best time for a dream vacation! Solar and lunar eclipses are usually active two weeks before and after their "moment." We get such a moment with this cycle's lunar eclipse. Typically, the solar is considered more potent. But pay attention and see for yourself. The solar is next month.

Total Lunar Eclipse: January 18

Partial Solar Eclipse: July 12

Partial Solar Eclipse: February 15

Mercury Retro: July 26 to August 19

Mercury Retro: March 22 to April 15

Total Lunar Eclipse: July 27

Mars Retro: June 26 to August 27

Venus Retro: October 5 to November 16

Mercury Retro: November 16 to December 6

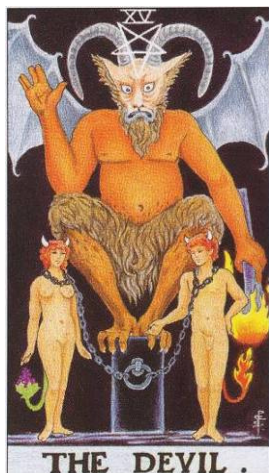
Cultivating Earth

The swiftest way to develop your "sensing" of the astrological energies (in yourself and the environment) is to work with the elements. **Recognizing and cultivating each of the four elements is the fast track toward a magical relationship with the natural and invisible worlds.** Capricorn is an earth sign. Its New Moon suggests the way to most profitably revitalize and renew yourself as this cycle begins is with earth qualities.



One way to do earth is by **grounding** the body. My sure-fire technique for grounding is to lie with your back on the ground (outside is best) for 30 to 40 minutes. Earth will take care of things for you. Your role is the noticing: notice how you feel before and after. *That* will educate you about grounding. **Routines** are another "earthing" technique. Good habits stabilize your system. People who don't have such reliable anchors are usually scattered and ungrounded. To "earth" the digestive system, **eat fiber**. Human bodies were sculpted by the hunter gatherers who likely ate over 100 grams of daily fiber (for most today, it's 16). **Salt**—the good kind—has important trace minerals. A pinch of Himalayan or sea salt in your daily 32 oz of water is stabilizing. (Don't eat processed—depleted—table salts!) Visually, attune to Nature's **browns** and **greens**.

Capricorn is the "Devil" card in the Tarot



Tarot cards—the good ones—are metaphysical teachings. The lesson of the Devil card is perhaps the wittiest, although initially it does look grim. **A wicked satyr overlord appears to enslave a naked man and woman who are chained to his stone cold throne.** Yet look closely. The chains around their neck are so loose, the pair could slip them over their heads and get away at any time. So it is with all Capricorn things that can become our overlords, like money, status, or sexual conquests. The Devil card advises, "Be suspicious of your worldly ambitions." Investigate your commitments. Are you still at choice? Or are you bound in addiction or obsession? The more aware you are, the less afraid you need to be of the Devil. As you contemplate the Devil cards in this month's playbook, he may eventually seem like a clever friend.

The Solar Ingress: Aquarius

**Sun enters Aquarius: Friday January 19 at
5:10 pm AHST**

You can't have a Moon workshop without the Sun. *Sol* leads the dance. His "ingress" into each new sign begins preparing the conditions for your next New Moon.



*The Sun goes through the zodiac at a pace of about one degree per day. This New Moon being at 26 Capricorn tells us that the Sun has been in Capricorn for about 26 days already (there are 30 days/degrees in each sign). Early in the Capricorn Moon cycle, the Sun enters Aquarius. What does **this** mean? That is the question I want you to answer! But don't look for something canned or predictable. This isn't a mechanical universe where everything is caused by outer forces. Astrology helps you to recognize the invisible energies that are naturally running through the atmosphere. Importantly, these are **living** energies—they're awake and highly creative. Keep an eye out for them.*

The Work of the Season.

Ingenious, frustrating, rebellious, visionary and irritating, the archetype of Aquarius promotes divine discontent. You'll find it in your restlessness, in those thoughts that question the status quo. In big or small ways, when you resonate with this energy, you feel the urge for a better future. Something about the present isn't exactly right. This is different from the energy of Capricorn—which prefers that you fit in. Saturn-in-Cap says calm down, find your place in the world and work with focus. But the eyes of Aquarius are often skyward, looking for inspiration, for a better future. This is the month to awaken to divine truths—collective and personal. These truths you find in your heart. Listen to your innermost self. What's uniquely you matters a little more over the next thirty days.

Your inner genius wants to revolutionize the status quo. Listen. Never mind what others will think: Innovation is rarely consensual. If the zodiac had stopped at Capricorn, we'd have only duty but no progress. In the silence of winter's second month, boredom is the only sin. Remember, round is good: like Sun and Moon, cartwheels, chocolate chip cookies, the rounded wisdom of your soul.

Open Mind and Divine Accident.

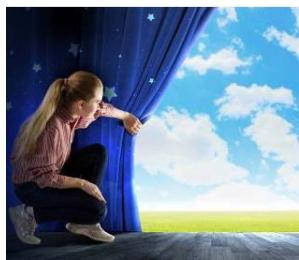
It's not easy to hear Aquarian truths. They're odd. They flit through your mind so quickly you might miss them. Worse, they challenge that petty administrator in your head who expects you to behave as you've been taught – not as you might behave, if you were truly free. This may be why Aquarians gather such eclectic friends – it helps having fresh minds to reflect and strengthen one's radical thoughts. ***If you're not fully living the life you want, wake up now.*** This season can turn on small changes. You won't save the whole world every year. Yet through slight, significant shifts this month, you'll revolutionize *your* year—and play your part in reweaving humanity.

Beware of falling into Aquarius' shadow: distraction, going through the motions, the fear of hurting or disappointing others, a mind so tight and burdened nothing new can get in. The remedy?

Moment-to-moment, keep your mind free. Go to a windy place and dissolve your thoughts into the vast sky. Welcome divine accidents as a leap on Zeus' wings. Even if it's an unexpected shock that



wakes you up. Or the surprise of an unintended miracle. Long ago a man hoped to invent a new explosive. His chemicals accidentally dried on his mixing stick. When he quickly scraped them off on the stone floor—voila--the match was born! Serendipity, I hear, is how the gods like to giggle into an open mind.



Your Personal Season

Following the Sun through the houses of your horoscope can lead to some of your greatest revelations in this workshop! Here's your annual rhythm. This month a year ago and a year from now, the Sun returns to this very house in your chart. Look for the patterns in your own experience. Your relationship with the Aquarius Sun is similar yet different each year. The joy is in the noticing!

Zero degrees of Aquarius brings the Sun to your **7th house**. This is the season to enjoy **the benefits of significant others** – recognizing that what you do with a partner can far surpass what you can accomplish alone. Just as a tree can't produce its fruit without the bee who pollinates its flower, consider how you also need others to make your dreams come true.

This is a time for renewing your commitments to partnership--to **celebrate the people** in your life. Six months ago, when the Sun was in your 1st house, you were celebrating your independence. You were re-inventing your persona, opening yourself to the adventure of becoming a-new-and-improved you this year. But this month, you need to experience the other side of life's social equation and acknowledge your dependencies. It's an auspicious time to open yourself to other people, **discovering who they are and what they want**. Listen to what they have to say. Their perspectives, their insights, their needs will expand your world. Of course this isn't always comfortable. In the 7th, you need to surrender a little, make yourself more vulnerable. While you might feel an urge to be judgmental this month, realize that your criticisms may or may not be true about the other person—what's for sure, however, is that your dissatisfactions will always say something about you!

So far this year you've been developing your dreams and skills – now they need to be **tested by sharing them** with others. That means that the Sun in the 7th will also bring **changes**, to the extent you're receptive to the feedback of your companions. Let your receptivity strengthen the bond between you and your mate, your business partners, or anyone with whom you've established a committed relationship. This house also rules **open enemies**—the kind of people who insult you to your face rather than behind your back. Often these characters can be your dearest allies! Even the crazy ones will teach you a lot about yourself. By pushing your buttons, they help you to deepen self-understanding, to expand your patience and self-control. Of course if one or more relationships really aren't serving you, you may need to pull back this month, and become more discerning about you who take into the intimacies of your 8th house.

On **January 23** the Sun enters your **8th House**. Do you feel a sense of completion with your work in the 7th House? It's natural to be energized by beginnings—but good endings are important too. What was your greatest achievement in your 7th House this year? When the Sun enters your 8th House your **sexual energy** may be at a peak—this could also be a **vulnerable, unsteady** time. Deep mysteries are at play now. You'll learn more about the work of this house in next month's workshop; until then, notice where your instincts are taking you.





The New Moon

**Tuesday January 16 at 4:17 pm AHST to Saturday
January 20 at 5:46 pm AHST**

Since this is **your natal moon phase**, these days may be especially significant--what happens now will have a deeper resonance, touching your life purpose.

January 19 at 5:10 pm AHST: The Sun enters **Aquarius** and the collective enters a new season. **Your interests and approach start to shift**, subtly or dramatically. Let this happen naturally, without directing it.

It's time for a fresh start... explore your world with new eyes.

What would others wish for you?

Westerners typically believe the New Moon is a time for making wishes. In the East, the New Moon is a time for going to temple and serving the spiritual life. I've often wondered about this apparent contradiction—between the self-focused grasping of Western wish-makers and the Eastern calm that led to insight and divine guidance.

I eventually found a reconciliation of these views in the word “**aspiration**.” Aspiration means both to breathe in, and to set your sights high. In other words, with aspirations you dream great things for yourself—by breathing in sanctified air. It's like you lay yourself at the feet of the divine and ask what heaven wants you to do. Of course it's tricky distinguishing “divine” voices from the dreams of ego. So one New Moon, I shook things up by taking myself out of the equation. **I imagined instead what my friends and loved ones would wish for me.**

I wondered, for example, what my son would dream up for me this cycle. The answer came quickly! I wondered what my neighbor would want for me. Another quick answer! What's more, the answers were different from the same half-hearted hopes I had most cycles, the ones that often didn't get done. These visions had a fresh spin that took me beyond my ego's limitations. They also inspired more joy and ease: since they were my imaginative secret, I wasn't so worried about failing! Feeling more playful, I remembered them happily whenever I saw the person I'd aspired to please. The net result? I saw more changes in my New Moon house than I did the cycle before!

Moon Journal

Leave your logical mind behind and slip into the dreamier state of intuition and imagination. See yourself achieving a personally meaningful aspiration. If you don't have any, imagine what your loved ones (real or divine) would want you to achieve in your New Moon house this cycle.



New Moon Voids, Sign and House



Moon Voids

Voids during sleep time are easy. But during hours of activity, it's said that anything begun on a void of course moon will come to nothing. But until you've verified this yourself, it's just a superstition. Especially when you've got no choice but to start something during these hours, note the beginning here and see for yourself what really happens.

Tuesday 1/16 from 8:30 pm AHST to 10:32 pm AHST

Friday 1/19 from 1:55 am AHST to 10:26 am AHST

Moon in Signs

Modern astrology, to its detriment, neglects **the fundamental qualities of zodiac signs: hot, cold, wet, and dry**. As the daily Moon moves through the signs, the qualities of heat and moisture are part of the changing nature of time. Though subtle at first, they're important. They represent **the logic behind many traditional Moon sign rules**--for gardening, healing, domestic chores and more. The good news is that with practice, you can actually sense these four qualities--in the weather, the mood of the day, activities that go smoothly, those that don't, etc. The New Moon is an excellent time to train your senses on these fundamental cues. The more aware you become, the more traditional Moon rules you'll "discover" on your own! A good friend of mine lived "off the grid" for a time, away from civilization and fully immersed in the natural world. Her senses were so awakened, she could tell the daily Moon sign without looking at a calendar! This is harder to do if you're surrounded by unnatural influences. But if you resolve to **train your senses on the qualities** at each New Moon, your progress will be swift.

Tuesday 1/16 at 10:32 pm AHST **Aquarius**: An air sign Moon, its qualities are **hot** and **moist**. *Think of a rain forest, teeming with activity, ripe with odors, its green forest leaves busily returning oxygen to the air.* When moisture meets heat, there is movement. Think of blood circulating through your veins, air moving in and out of your lungs, sound and scents traveling on the wind. Air sign days feel lighter than other days; fresh, alive, in motion. Your eyes may be drawn skyward, to the flight of a bird, leaves rustling in the wind. Your thoughts may be nimble or restless. *Train your senses on movement.*

Friday 1/19 at 10:26 am AHST **Pisces**: A water sign Moon, its qualities are **cool** and **moist**. *Think of cool mist. Imagine being surrounded by it; it's drawing into your pores and sinking into the earth, nourishing the roots of all growing things. Train your senses on water's life-sustaining force.* If there's ever a time to take a long, luxurious scented bath, it's during a water sign Moon. Water can be far more soothing and nourishing now, in ways your senses will slowly start to name. Touch the leaves of your camellia bush—can you feel how supple they are? Is your skin softer today? Water days can help to open intuition; too much water and we might drown in self-indulgence or apathy.

Moon in Houses

The Moon's transits through the houses of your chart describe a **very personal cycle**, which should become clearer over time. Start with a light touch: just notice when your thoughts are instinctively drawn to conditions or events in these houses.

Wednesday 1/17 at 5:24 am AHST **Eighth House**: rebirth and regeneration, sex, death and taxes, joint finances, inheritance, loans

Thursday 1/18 at 7:43 pm AHST **Ninth House**: philosophy, higher education, distant travel, law



The Crescent Moon

Saturday January 20 at 5:46 pm AHST to Wednesday
January 24 at 12:20 pm AHST

The cycle is still young... use the fresh energy to commit to your goals.

Anchoring Your Vision

"I have a plan" is one of my favorite mantras for this Moon phase. The energy during this phase is still young. Think of a fragile sprout that could easily get trampled or crushed. Good intentions at the start of a moon cycle are often like that. Without practical support, your dreams will vanish into thin air.

A good way to support your projects is to list the steps required to really pull them off. The list doesn't have to be perfect or complete. Expect to alter this plan anyway as new information comes. What matters now is to start anchoring the vision, just as a germinating seed roots itself into the earth. You've considered the dreams that your loved ones would wish to come true for you this year. What, realistically, are *you* prepared to accomplish? Which visions would you be happiest to achieve? Select the short and long-term goals that you will committed to seeing realized in the month and year ahead.

Moon Journal

For each of your goals, do the following--no matter how far off the goal's realization may be: **think of at least one specific *action* you can take at the *next Moon phase*** to bring you one step closer to your success.



Crescent Moon Voids, Sign and House



Moon Voids

If there are any beginnings during these hours, record them and observe their progress. Not all void-begun projects fail. Sometimes they simply lack outer support; you must carry them forward on your own. This isn't always a bad thing--most projects pick their own "perfect" moment to be born.

Sunday 1/21 from 3:13 pm AHST to 8:27 pm AHST

From Tuesday 1/23 at 8:02 pm AHST to Wednesday 1/24 at 3:39 am AHST

Moon in Signs

Moon-wise gardeners from long ago observed how during the waxing Moon, there was a burst of blossoms in the garden; in the woods, sap was rising in the trees; in the orchards, fruits were plumper, juicier, sweeter. With each New Moon, they observed how the earth "exhales." **Everything above ground swells with the earth's life force**, increasing with the moonlight, to peak at the Full Moon. The waxing Moon is best for **planting**, especially those plants that yield above ground--flowers, fruits and non-root vegetables--while the waning Moon is good for sowing root plants, also pruning, weeding, and conditioning the soil. **Moon signs** told traditional gardeners even more. They noticed how particular signs were more or less conducive to particular gardening activities and the cultivation of certain kinds of plants. With our busy schedules and the shrinking plots of land around our homes, gardening is a luxury that fewer and fewer of us can enjoy. You may not have a garden, but you still may be a "cultivator"--trying to grow something, whether it's raising a child or developing your yoga practice. **Consider how the old moon rules for gardening may hold new wisdom for all that you want to grow.**

Sunday 1/21 at 8:27 pm AHST **Aries:** It's a fruit day... the hot/dry qualities of fire signs promote the development of **fruit** and **seeds**. Fruit trees planted now may thrive, but little else will, given the day's dry, infertile quality. It's a better time to dig, hoe, or weed--or ponder the miracle of seeds rather than planting them. Everything a sweet pea needs to know is written in its seed. Seeds contain the future! Many spiritual traditions say the same is true for you--your future is being created by the seeds you're forming today. You may want to remove (burn, dig, hoe, or weed!) all thoughts that send you in the wrong direction.

Wednesday 1/24 at 3:39 am AHST **Taurus:** A **fertile** moon, second only to water sign moons. It's the finest earth sign day for planting (soak seeds in water first as the day's quality is dry); transplanting now encourages hardy root development. In the garden of daily life, touching into your stability will promote lasting growth. Nourish what grounds you. This is traditionally a **root day**--though if you can, wait to plant your parsnips and carrots after the Full Moon, on another earth sign day, when Moon phase and sign influences combine--to assure underground growth of magical proportions!

Moon in Houses

When you keep your focus on growth at the Crescent Moon, you may find that **helpful messages, meetings or connections** come from the houses the Moon is transiting.

Saturday 1/20 at 9:54 pm AHST **Tenth House:** career, authority figures; one's reputation and power in the world

Tuesday 1/23 at 6:26 pm AHST **Eleventh House:** the collective--friends, groups, organizations; life's goals



The First Quarter Moon

**Wednesday January 24 at 12:20 pm AHST to Saturday
January 27 at 10:12 pm AHST**

*A turning point... will you go forward with new action?
Or hang back in familiar patterns?*

Unleashing Your Wild Self

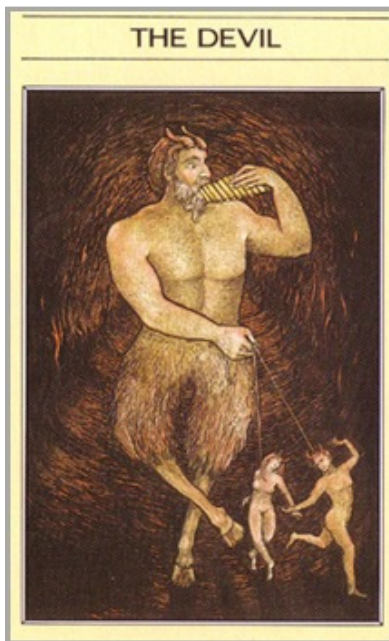
At the First Quarter Moon, sunlight hits the Moon's surface at such an angle that it enhances the shadows of craters, mountains and ridges. If you gaze at the Moon through a pair of binoculars now—you'll see the Moon's landscape more clearly. And if you gaze at the Moon through the lens of imagination, you may see even more interesting sights. According to early Moon lore, **the shadows of the Moon were thought to be the sacred groves of the Goddess Diana**, where she hunted with her sacred hounds. It is useful to remember the Divine Huntress during the First Quarter. What does she hunt? Experiences that release her spirit. Diana has been called "the many-breasted one"—she works to nourish life. She runs faster than the wind, aims for high goals; her arrows always hit their mark. What makes her so formidable? **She understands the regenerative powers of nature and solitude.** Diana flees from all relationships, preferring instead to roam the wild woods, close to her animal nature. Attachments can fetter the spirit—we may be so encumbered by what others think of us, that we don't take risks or stand up for ourselves, fearing only what we might lose. When we spend time in the wild, alone, we strengthen our connection to that inner voice that knows exactly what we should be doing right now, no matter what others will say.

Moon Journal

Connect with your inner Diana spirit. Find a wild place this First Quarter Moon where you can be alone in deliciously high spirits. Practice running faster than the wind. Practice protective nurturing—or expert target shooting. Write about what you're feeling in your journal.



First Quarter Voids, Sign and House



Moon Voids

During waking hours, optimum for routine activities--what you have to do again and again, like scouring the sinks or watering the roses. Enjoy the sensual doing of it without attachment to result.

From Thursday 1/25 at 5:17 pm AHST to Friday 1/26 at 7:40 am AHST

Moon in Signs

Just as plants in our gardens respond to the Moon, so do our bodies. **Our nutritional requirements and our ability to digest certain foods change with the Moon.** No one assimilates all foods in the same way every day. The trend towards three "balanced" meals, each containing every food group, may have long ago driven our intuition of these cycles underground. Moon signs can re-alert us to our cyclic capacity to utilize certain types of food—fats, proteins, carbohydrates, and salt (the macro nutrients). As with most Moon rules, these shouldn't be reduced to an automatic system, followed mindlessly. Better to observe the types of foods you enjoy during each Moon sign and discover your personal response to the Moon's influence. Note what you crave, what tastes especially good, what seems especially nourishing, and what seems unappealing, or gives you indigestion. On salt days, for example, salt may be just what you need--or precisely what you should avoid. In time, you'll discover your personal food rhythm and return to a more natural, intuitive style of eating. Before foods were as processed and denatured as they are now, it was well understood that foods have an energetic as well as nutritional value. Following Moon signs can help to better connect us with the energetic quality of foods. For more information (and inspiration!) check out this wonderful book written by my friend, Rebecca Wood: *The New Whole Foods Encyclopedia*.

Friday 1/26 at 7:40 am AHST Gemini: Air signs are traditionally **fats** days. If your nature is too airy (or in Ayurvedic terms, overly *Vata*), especially on this Moon, healthy fats and oils can ease this condition. Soothing an over-active nervous system, they help ground and warm the body. Natural fatty acids, found in plants, are the precious liquid that protects the plant's future (its seeds). If your diet is too rich in fats, or you're feeling lethargic or dull, you might lean towards something more airy today – like **flowers**! Says my friend Rebecca, flowering vegetables (like broccoli or squash blossoms), can send the energy upward, stimulating the head, replenishing the spirit.

With the Moon in your natal Sun sign, a quiet moment spent contemplating your life's purpose, and how you're currently fulfilling it, can increase your joy and equanimity over the next month.

Moon in Houses

There may be tensions and/or a need to do something in the area of life the moon is transiting. Success comes through movement.

Saturday 1/27 at 12:15 am AHST Twelfth House: self-undoing, service, spiritual practice, hidden enemies



The Gibbous Moon

**Saturday January 27 at 10:12 pm AHST to Wednesday
January 31 at 3:27 am AHST**

This phase coincides with **your current progressed moon phase**. Take appropriate action here every lunar month and your long term goals will be more easily realized.

*January 27 at 11:10 pm AHST: **Natal lunar return:** Nourish yourself! This moment seeds your emotional possibilities for the coming month. Notice whether you've been mothering yourself as you'd truly like to be mothered.*

*The Moon is almost full... feel the energy gathering!
Problems now are invitations to new creativity.*

Your Magical Workshop

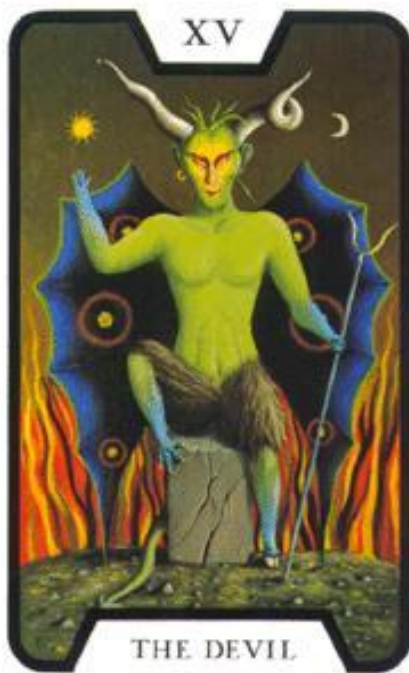
When I talk to clients during their progressed Gibbous phase, they often feel a little lost, or like they need to strike out on a new dream because the current one isn't working. But when we look at their situation more objectively, we usually find they've already accomplished a lot. What's left, however, may be the most difficult part of their dream. That's what Gibbous is for. This is the phase to **persevere through your toughest obstacles**. Ingenuity is favored now, especially during the initial hours of this phase. If you've reached a block in your current plans, or if you have a long-standing personal dilemma, record it in your journal. Ask for guidance and see what pops into your head – immediately or in the next few days. Working with your imagination can also be quite beneficial. In the eighties a popular exercise at many new age workshops was a guided visualization to create a fantastic **personal workshop** in your mind. You can site this inner laboratory anywhere, high in the mountains, overlooking the ocean, just be sure to make it a beautiful, breath-taking spot. Build it in the style of your favorite architect. Furnish it with prized pieces that will cost you nothing. Fill it with the greatest books, tools, magic potions, mentors and allies—everything you'll need to solve *any* problem.

Imagine you're in your workshop. If your current problem is making more money, create a powerful green wand that can draw more of it to you. If you're currently struggling in relationship with someone, have your mentor call up their mentor, and together reach a new solution. If you'd like to create world peace, figure out how! There is nothing that can't be invented or solved in your personal workshop. Visit it often during the Gibbous Moon.

Moon Journal



Gibbous Moon Voids, Sign and House



Moon Voids

An alternative and less mentioned view of Moon voids is that they favor “out of the box” behavior. You’re less connected to the outer world, which could inspire **revolutionary thinking!** Watch where your thoughts go during the voids.

Sunday 1/28 from 2:14 am AHST to 8:57 am AHST

Tuesday 1/30 from 6:40 am AHST to 8:53 am AHST

Moon in Signs

During the Gibbous Moon health weaknesses are sometimes aggravated--which makes this a good Moon phase to investigate the relationship between Moon signs and your body. Each zodiac sign rules certain parts of the body. As the Moon moves through the signs, these areas are affected. **When the Moon is in the right sign, anything done to strengthen or heal that area can be doubly beneficial. Anything that afflicts or weakens this part of the body will be twice as harmful!** Especially avoid surgeries on body parts the transiting Moon rules—particularly near the Full Moon.

I like to use the Moon signs as a prompt to tune in—in a conscious sensory way—to the areas of the body the sign rules. I shut my eyes and try to feel the condition of those areas. It’s also a good time to investigate the relationship between health problems and their mental causations. One of my favorite resources for transforming health-harming thoughts is Louise Hays’ *Heal Your Body*.

*Sunday 1/28 at 8:57 am AHST: **Cancer:** This Moon affects the **chest, stomach, liver, and gall-bladder.** It might be a moody day, as stored feelings stir and release into awareness. What you didn’t acknowledge in the past could feel strange as it comes up now. Fears may become heartburn, overwhelm could lead to stomach trouble, criticism of others could overtax the liver or gall-bladder. You want security and perhaps a little more rest than usual.*

*Tuesday 1/30 at 8:53 am AHST: **Leo:** Energy goes to the **heart and circulation.** This is not a good Moon for open-heart surgery. But aerobic exercise can be especially beneficial today--unless you’re out of shape, in which case, take care not to strain yourself. One out of every two women will die of heart disease (I heard this on *Oprah*). And I heard: the greatest common sorrow among heart patients is *not feeling appreciated*. Appreciate someone you love today—especially the sweet and playful child within.*

Moon in Houses

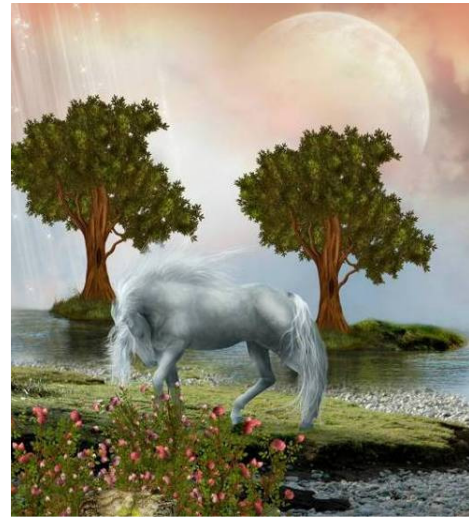
Without realizing it, you may be incubating a new future in the house the Moon is transiting.

*Monday 1/29 at 12:20 pm AHST **First House:** self image, personal appearance, approach to life*

*Tuesday 1/30 at 2:19 pm AHST **Second House:** money, resources, possessions, self worth, talents, psychological strength*

The Full Moon

Wednesday January 31 at 3:27 am AHST to
Saturday February 3 at 11:49 am AHST



Illumination

Three things to know about this Full Moon: It's a **supermoon**—which means it's 16% brighter and 7% larger than the usual Full Moon. It's a **lunar eclipse**—which means things could be jittery and tense. If the eclipse "moment" (the first time above) occurs in your location after sunset and before sunrise, there's a good chance you can view it. (Google to be sure.) This Moon is also a **Blue Moon**—which means it's the second Full Moon in the calendar month. There's nothing celestially special about blue moons, however. They're just an accident of the calendar. Since the eclipse occurs before daybreak (and behind the mountains) in my town, what I'll be enjoying most on Full Moon night is the brightness.

The light from a typical Full Moon is ten times brighter than the Quarter Moon's light (or to be more scientifically precise, it's 11.27 times brighter in magnitude). Moon lovers have known this long before science proved this was true. Instinct told them the Full Moon's light was bright *and* powerful. It could be used for magical purposes—like **charging** amulets, talismans, ritual objects, liquids or herbs with lunar vibrations. Try it and see! **Place a favorite object** (this is great for crystals) **under the Full Moon**, on a clean cloth you've blessed with your intention, ringed by a silver cord if you have one. Raven Grimassi advises ringing a silver bell nine times near the object being charged—to increase the vibratory rate and aid in absorption of Luna's energetic-magnetic properties. I've also heard that placing your object on a mirror will increase the charge. Be sure to collect your object before sunrise—as the Sun will cancel the lunar charge. If you plan to use the object for ritual purposes, wrap it in cloth. If you would like to "charge" yourself—there are many (often intricate) rituals for drawing down the Moon. But here's a simple one: kneeling beneath the Moon, part your hair, and allow the light to soak in at the base of your skull. Imagine a circle of silver light is all around you, protecting you, and helping to amplify and hold the lunar charge.

Moon Journal



Illumination can be a subtle thing. This moon gift of brilliance is so ordinary we often take it for granted. Many good ideas come together for me during the Full Moon... but I had to train myself to notice them. When I was expecting a chorus of angels to sing, I missed the fact that profound new realizations had come naturally from the growth of the past two weeks. Be sure to record the gifts of insight that come to you this phase.

Full Moon Voids, Sign and House

Called the Full Wolf Moon, when, in the dead of winter, hungry wolves howled outside the Indian settlements. Also, Moon of Frost in the Teepee, Ice Moon, Limbs of Trees Broken by Snow Moon, Moon When the Little Lizard's Tail Freezes Off.

Moon Voids

Moon lore says that **actions won't have repercussions on the void**. If you do a scary task you've been avoiding during a moon void, this will likely be the end of the matter. If you visit the doctor to check out that mole, you'll discover it's benign and won't need further treatment. If you send your taxes off, you won't be audited. Again, to believe this without verifying it against your own experience, is just superstition—so check this out and see for yourself! (Be sure to record the results for future reference.)

Thursday 2/1 from 2:34 am AHST to 9:13 am AHST

From Friday 2/2 at 9:06 pm AHST to Saturday 2/3 at 11:47 am AHST



Moon in Signs

The body is especially absorbent at the Full Moon, which is why it's often suggested that we fast when the Moon is full – any toxins we take in will be quickly absorbed! Our emotions may also be at high tide. Therefore this is a perfect time to experiment with the healing power of aromatherapy to ease our bodies and moods. We are particularly receptive now to the positive effects of essential oils. Use your intuition to touch base with your body-mind and experiment with scents to heal whatever is out of balance. I've listed helpful essential oils for each Moon sign day—but this list isn't exclusive. Experiment with your favorite oils. Note whatever you're drawn to; this is your intuition guiding you towards balance. Water retention is high at the Full Moon. The body has been storing what's been ingested during the waxing weeks—at the Full Moon you may be overloaded!

*Thursday 2/1 at 9:13 am AHST: **Virgo**:* This can be focused—or a picky Moon. Irritations and stress may be at high tide today. Hold a stone, hug a tree, plant your feet in the ground and **absorb the healing properties of earth**. Scents and oils for this Moon are ginger, cardamom, lemongrass (massaged on the stomach aids digestion), sage (clears the air of impurities), orange blossom, lavender, jasmine, rose (relieve stress).

*Saturday 2/3 at 11:47 am AHST: **Libra**:* Think grace, think charm, think beauty. This is an excellent Moon for facial masques. **Skin treatments** are extra beautifying in Libra, even more so when the Moon is full. Rose oil will attune you to Love's higher vibrations. Experiment with carnation, clove, and fennel as scents—do they help you get into the spirit of the day?

Moon in Houses

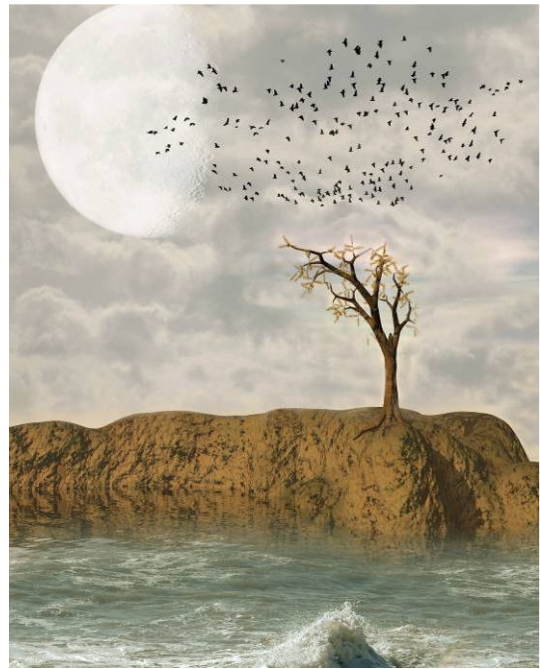
You may have reached a turning point in this part of your life. Do full moon house transits feel more intense than others? That's what some people say... see for yourself if this is true!

*Wednesday 1/31 at 9:05 pm AHST **Third House**:* communication, learning, siblings, neighbors

*Friday 2/2 at 3:30 pm AHST **Fourth House**:* home, parents or family, real estate, emotional roots

The Disseminating Moon

**Saturday February 3 at 11:49 am AHST to
Wednesday February 7 at 5:54 am AHST**



*You've learned your lesson and received your illumination.
Now: What will you do with it?*

The Sounds of Silence

This is one of the “talking” Moons. But its greatest gifts may come through an intelligent practice of **silence**. Silence is a rich compost that makes for fertile speech. In the presence of spiritual masters, I’ve observed how a wise teacher will often sit in silence before answering a student’s question. When the teacher finally speaks, his or her words are weighty—but also sharp as arrows, and just as expertly aimed, for they precisely hit their mark. The words gain much of their strength from that initial pause in silence. A practice I like to do every morning, but one I especially recommend on the Disseminating Moon, is to **precede important contemplations with a period of silence**. If there is a particular problem I’m having, I will consciously compost it with silence. This means entering a meditative space before I start thinking about it. Sometimes this means just sitting in solitude with a cup of tea, enjoying the silence. Often I’ll do a round of 21 breaths, just counting the in and out breaths until I reach 21. If my mind is particularly restless, I may do two to three rounds of this. At some point I notice a shift. That’s when I take a fresh look at my problem. Solutions emerging from silence have a refreshing originality and brilliance, far beyond what ordinary mental states serve up.

Moon Journal



This might sound silly, but I’m serious. Especially if you’re not in a writing mood, make a point just to sit with your journal this phase. Don’t write anything. Just sit with it. Feel the words without reading them. You’ll discover something precious.

Disseminating Moon Voids, Sign and House

Moon Voids

During these hours, if words don't come or no one is listening, **let your mind be empty** as a rain barrel in summer. Fill with the nourishment of the invisible. Relax.

Monday 2/5 from 10:34 am AHST to 5:56 pm AHST



Moon in Signs

Disseminating is generally a more social Moon phase. It's a good one for **people watching**. Moon sign predictions of the collective mood are as useful as weather predictions—rarely a hundred percent accurate, they're a good starting point nonetheless. Just keep them in perspective—there are lots of influences at work besides the Moon.

Strength comes from within during the waning Moon phases. Give yourself positive messages now. Each sign of the zodiac offers its own **mantras of affirmation**—but you're encouraged to innovate. With practice, your awareness of the energetics of Moon signs will increase, as will your ability to dance with each energy in optimum ways. As you gain experience in the reality of the lunar rhythm, the more quickly you'll locate it in nature, in your body, in your feelings. The mind is usually the last part of us to synchronize with the Moon. That's why these affirmations are so powerful--**they bring your mind to the Moon sign.**

*Monday 2/5 at 5:56 pm AHST: **Scorpio**: Hunches could be strong—so could paranoia. People may be feeling especially vulnerable today. Don't probe too deeply unless you're invited. The collective mood may be self-protective—or go towards crisis in order to clear the air. Affirm your resilience. Meditate on the phrase "**I REGENERATE.**" *I regenerate my powers. I regenerate my commitment. I regenerate my self-discipline. I regenerate my courage to dive to the depths.**

Moon in Houses

Messages may come from the house the moon is transiting—or this may be **where you're called on to speak your truth.**

*Monday 2/5 at 8:24 am AHST **Fifth House**: children, creativity, pleasure, self-expression, recreation*

The Last Quarter Moon

Wednesday February 7 at 5:54 am AHST to
Sunday February 11 at 8:35 am AHST



*Sometime the most important action during this phase is refraining from action.
Be rather wise than impulsive.*

When Enthusiasm Wanes

I start all my new food, fitness or spiritual regimes full of enthusiasm. But after about three weeks, my interest often wanes. Alarmed, I call myself names (“Lazy!”). I try to kick myself forward, but the resistance takes hold nonetheless, and whatever wonderful thing I was doing for myself falls apart. I’ll busy myself elsewhere (“I don’t have time”), then I’ll forget my good habit altogether (denial), until disappointment creeps in (“I’m such a loser--back to my sloppy ways again.”).

The Moon cycle saved me from this madness. Following the Moon, I realized I wasn’t a flake, that nothing lasts forever, that everything (no matter how wonderful) needs to die and be refreshed. **The “falling apart” stage is natural.** And it often comes at the Last Quarter. Now that I know this, I handle it with greater intelligence. I back off from my discipline, but I don’t abandon it. Instead I become more creative. I get more playful, I try new things, I shorten or lengthen the time I spend. I understand that I’m in a process of reworking. I’m in “experiment and discovery” mode. I no longer tire myself out with rigidity or expectations of perfection. This way I allow each new regime to find a more natural integration into my life.

Moon Journal



Notice what you don’t feel like doing anymore and trust in the intelligence of your instincts. What adjustments can you make so you can keep what’s of value and release what no longer serves?

Last Quarter Voids, Sign and House

Moon Voids

Connecting with others may be fruitless, but **connecting with the sacred** can be powerful. These hours are good for prayers and regular spiritual practice.

From Wednesday 2/7 at 9:16 pm AHST to Thursday 2/8 at 3:54 am AHST

Saturday 2/10 from 8:36 am AHST to 4:21 pm AHST



Moon in Signs

The Last Quarter phase is a good time for positive (as opposed to anxious) **wondering**, as in “I wonder what will happen next?!” Questions are powerful invitations... hollowing out a space for new information and experiences to come your way. You’re not trying to solve anything. You’re allowing your mind to expand for the possibilities that are just around the corner. The day’s Moon sign may help to send your wondering in optimum directions.

Of course words aren’t the only expression of energy or mood. When I worked a corporate job it fascinated me that on certain days, many in the office were dressed in the same colors; also fascinating was noting who wasn’t in tune! **Moon signs rule colors too.** They often coincide with a day’s prevailing color trend. But just as with other Moon rules, this is not a pat formula. We choose colors to inspire us, to bring a new balance, to express our moods. Note which colors you’re drawn to on certain Moon sign days. Are you in tune? You may be choosing an alternate color to help you deal with the day’s energy. Over time you may notice personal or collective patterns.

Thursday 2/8 at 3:54 am AHST: Sagittarius: Think of Jack climbing that beanstalk, outwitting a giant, and returning with bags of gold. Wonder, “**How far can I go?**” Optimism and enthusiasm—some would call it foolishness and naivete—open new doors. Expand your horizons by entertaining foreign concepts. Sagittarius rules “higher mind” and its colors evoke the hues of the gods: *royal blue, purple, and gold.*

Saturday 2/10 at 4:21 pm AHST: Capricorn: The day’s mood favors a solid, responsible, realistic approach. This is an earth Moon, a fine Moon for contemplating worldly things in a practical way. When you’re not engaged in work inspiring your respect or joy, this Moon can bring bitterness, depression or inertia. Contemplate the following: “**What’s my societal role?**” The 10th house of your chart may hold clues. This Moon’s colors have serious tones: *black, browns, and greys.*

Moon in Houses

You may be **trimming away what you no longer need** in the houses where the moon is transiting.

Thursday 2/8 at 11:46 pm AHST Sixth House: health, routine work, co-workers, servants, pets

The Balsamic Moon

Sunday February 11 at 8:35 am AHST to
Thursday February 15 at 11:05 am AHST



*If you honor just one moon phase each month, make it this one.
Resting now will bring great benefits.*

Empty Your Cup

Most days are for doing and strategizing. But these days are different. They're for resting, cleansing and renewal. Acceptable "projects" are therefore few: fasting, dropping old habits--or my favorite, picking a cluttered corner in your house or office and tossing what you no longer need. Do this as a meditation. You are practicing the release of your desires and attachments. You are creating new space. Do this slowly, gracefully. **You are gathering energy for your next beginning.**

There is a well-known Buddhist story about a student petitioning a master for teachings. The teacher invites the student for tea. The master tilts the teapot over a cup that's already filled, and he starts to pour. "Wait!" cries the student, "that cup is full. You'll make a mess!" Of course the teacher was actually making a point. The student couldn't receive the master's teachings because his mind was already too full--of opinions, judgments, etc. To be truly receptive to new teachings, you need to empty your tea cup first.

Moon Journal This is the phase to empty out your cup. List all the issues that are currently swirling in your mind. Then allow yourself to cross all of them out, so, for a day or at least an hour, you have nothing to do to and nothing to worry about. **Enjoy the feeling of being completely free.**

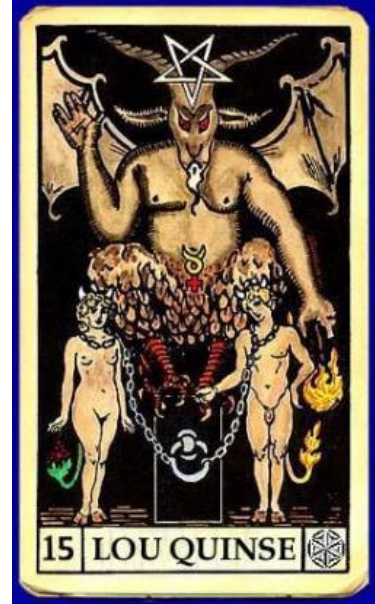


Dark Moon Voids, Sign and House

Moon Voids

Lazy hours! Allow yourself to **indulge luxuriously in the art of doing absolutely nothing**. Go completely “off the grid” if you can.

From Monday 2/12 at 9:41 pm AHST to Tuesday 2/13 at 5:11 am AHST



Moon in Signs

For years I was such a hypocrite on Balsamic Moons. While I advised others to rest, I had a monthly deadline that always came at the Dark Moon – which meant I was pushing myself when I should have been still. I never enjoyed this work, but it had to be done. I finally figured out a way to complete this monthly project during the Last Quarter Moon. Not only did I enjoy the work more, my Dark Moons became much more interesting.

I do relax now. In fact, I make a game of figuring out new ways to relax. I’ve noticed the different quality of the Moons makes some types of rest more pleasurable and nourishing than others. Check this out and see for yourself!

*Tuesday 2/13 at 5:11 am AHST: **Aquarius**:* Relax during an **air** sign Moon with a good book, stimulating conversation, by figuring something out. If it’s a sunny day, notice the extra **brightness** in the air—that’s one of the signatures of an air sign Moon. If you’re drinking coffee today to get your energy going, you may find it takes more cups to do the job. During the waning Moon **stimulants** are less effective. On the other hand, **sedatives** will have a stronger effect—less will do more.

Moon in Houses

If activity calls you into these houses, do it slowly.

*Monday 2/12 at 3:06 am AHST **Seventh House**:* partnerships, committed relationships; open enemies



Lesson One: The Solar Ingress

The Sun in Everything

In one of the earliest and best astrology readings I ever had, the astrologer did a remarkable job predicting my monthly focus over the course of a year. How did she know exactly what I'd be doing and what would matter to me each month? The memory of that reading remained with me for years. When I later began studying astrology on my own, I dug out her tape hoping to uncover her brilliant technique. Had she worked with transits? Secondary progressions? The solar return? Imagine my disappointment when I discovered that all she'd done was to describe **the seasonal changes of the Sun, going through the houses of my chart**. It was so simple--I wanted my money back! I went on to study far juicier and more complicated astrological techniques, calculations that were often so startling in their accuracy, they gave me chills. Yet sometimes, more often than I wished, these fancy techniques weren't accurate in any kind of meaningful way.

You can create quite a stir in the astrology community if you discover a complex predictive system, hidden for centuries in the notes of some ancient astrologer. But such fascinations come and go. **The most enduring factors are preserved by their simplicity**—which is also, ironically, a great way to keep them out of everyone's sight. This was the lesson in Edgar Allen Poe's "The Purloined Letter." An important letter had been stolen and detectives made a relentless search, in every possible hiding place of the suspect's house, only to come up empty-handed. Of course the stolen letter was sitting on the writing table, in plain view the whole time. **We never suspect the obvious**. For years I trained my astrologer eyes on the furthest reaches of our solar system, looking into finer and finer details, having lost the simple potency of the Sun.

Without the Sun there would be no life. Our earth clings to the Sun, committed to circling its celestial campfire of heat and light, watching a changing backdrop of constellations behind it as we go. **The Sun's movement through the zodiac defines our year. It names our seasons and is encoded into the DNA of all living things on earth**. The Sun's position gives us valuable information—and it's left in plain view for all to see. We can see the majesty of solar energy in a blade of grass, in what makes our cars run, in the beauty of a flower. Does my dog have to consult a calendar to schedule his coat shedding every spring? Must the tree think and plan when to drop its leaves each winter? Of course not. They do so instinctively with the solar rhythm. Humanity is proud that it's raised itself beyond nature by conquering it with science. But we're dense as Poe's detectives if we think this means we're not affected anymore by the same solar rhythm that inspires dogs and trees.

My hair stylist says his clients dye their hair according to the seasons. In spring they like to liven up their color, often with streaks of a lighter shade; in summer they want their hair to go brighter (even natural blondes, he tells me, complain their natural blonde just isn't bright enough for summer); in fall they want red tones, like the changing leaves; and in winter, everyone takes their hair color down to darker hues. My friend, astrologer and natural-time expert, Samten Williams has worked for years with this **instinctive connection** between her clients and the Sun. Before showing someone which part of their birth chart the Sun is currently lighting up, she sits them down with a blank chart-wheel and describes the meaning of each house. She then asks them to pick the part of the chart that most interests them now. Invariably their instinctive choice matches the astrological position of the Sun! When the Sun enters a new sign (the Solar Ingress), our natural rhythm begins to change. Along with everything alive on the planet, our life force shifts. We start to move in a different way. Aware or not, we join the collective cycle.

Giving Birth Each Season

This might sound blasphemous coming from an astrologer—but I think knowing astrology can actually disadvantage us in relationship to natural time. It makes it easier to leap away from our natural DNA-level intelligence, into the more remote imaginings of our minds. In my early efforts to attune with the work of each season, I imagined the Sun transiting through signs was **like getting a new employer every month**, who assigned me new tasks, and expected me to develop different areas of expertise. But I was disappointed with my early efforts at attunement: I rarely did the seasonal work I set out to do. The metaphor of Sun-as-employer was of limited value. It took months of observation before I realized **the work of each season occurs more like a pregnancy**. When I was pregnant with my son Branden, I used to marvel how my body seemed to know exactly what to do, without my directing it. Of course, knowing I was pregnant made it easier to work with my body's changes. I fed myself the right foods, I rested when I needed resting, but the real miracle was happening without any thought.

The same is true with our seasonal shifts. We do them without thinking. But just as a woman who didn't tend her pregnancy might lose or impair her child, so it is with each season's potential new birth. We need to respect the miracle that is taking place within us. We need to watch how it naturally unfolds and guard that this unfolding gets all the attention and nourishment it needs. Be prepared to be surprised at what comes, just as a woman who doesn't know whether she's birthing a boy, a girl, or twins. The astrological cues should be regarded as archetypes. This means they have an energetic, living quality. They help to pattern our actions and thoughts—but they are also new each time they come alive in us. In other words, **we aren't just following a seasonal assembly line, we're helping to create the season every year it arrives**. Let yourself float beyond the astrology terms to the place where you can authentically connect them to your life as it is. Over time, observe how the seasons come alive in you.

How does the Solar Ingress differ from the New Moon?

The New Moon always follows the Solar Ingress (some years it's only days later, other years it may be weeks later). If at the Solar Ingress, you start shifting your rhythm and life starts calling you in new ways, after the New Moon, you can more profitably set your intentions and take new action. This is when the new cycle of development officially begins. The Sun and Moon cycles work together, but each have different roles. It's like what my dancer friend tells me about the tango—the man's job is to navigate, while the woman holds the rhythm. **The Sun tells us where to go, while the Moon's cycle tells us when and how**. Sometimes the Ingress and New Moon will touch the same house, sometimes it's adjacent houses. Your concerns may blend or multiply. And whether the New Moon comes days after the Ingress or weeks after will also change the quality of each cycle's development. Such differences in nuance are some of the wonderful discoveries about natural time that lie ahead of you.

I've celebrated New Moons for years. But I hadn't noticed how beautifully the Solar Ingress prepared the way. I had no idea that even in "season-less" Southern California, I was moving to the seasons, and what's more, that I had my own instinctive approach to each one. It was already happening ... but without a conscious partnering in the dance, I was more tentative in my expressions. I often doubted my interests and instincts. Whatever new thing wanted to grow could easily collapse under the greater weight of my obligations and routines. Like Hansel and Gretel at the gingerbread house, I was always being fattened by the busy witch of modern life. I've found that keeping close to the seasons is a way to nurture my spiritual strength and, each cycle, throw that bony witch back in her oven. **Following the Sun, again and again, I've made my way home**. I hope you will too.

January is the “Doorway” Month

As the first month of the new year, January vibrates with a special quality of energy--what the metaphysicians call “liminal.” It’s transitional and initiatory. Can you sense this vibe? The urge to create New Year’s resolutions is a common response to it. Less common is a practice I love, which is to first celebrate the achievements of the year you’re releasing. It’s an affirming, uplifting way to cross into the open spaces ahead. Absorb your victories, feel the joy--*ring* with it—then let ‘em go.



Heroes are on high alert when going through doorways. They quickly shake the past and look ahead. Their success depends on knowing what’s lurking in the space ahead. Our brain likes this strategy and wants to help us with it. **Neuroscientists have discovered that our brains are wired to use doorways as “delete” keys.** We’ve all had that experience of entering a room and forgetting why we did. That’s because our brains *use threshold crossings to clear out memory*. We dump our old “event models” so we can be open to new ones. No doubt this is why the Romans named the first month of the new year after Janus, god of beginnings & endings *and* the guardian of entrances, gates and doorways. With his two faces, he honors what’s behind and says hello to what’s ahead.



2018 means a New Personal Number

Numbers have symbolic resonance—and “life”—just as the signs and planets do. Each new year vibrates with the energy of a new number. 2018 is a “**2 Universal Year**” (numerologists calculate this by adding the numbers of the year together and reducing them to a single digit; so $2 + 0 + 1 + 8 = 11$; $1 + 1 = 2$.). “Two” years are about anchoring what was begun, as well as “the other,” with whom we might partner or battle. Looking at all the tensions spots around the world, one can only hope for a little more partnering! Numerology goes in nine year cycles—which means the sky rockets of last year were vibrating with the independence and individualism of one (“my side” and “me, me, me!”). May we hear more “We” this year! But that’s the world’s number, what about you in 2018?

To determine your personal year number, add the *day* and *month* of your *birthday* to the the *universal year* number; keep adding the digits until you get a single value. (If your birthday is May 17, for example, you would add $5 + 17 + 2$, for a total of 24; then add $2 + 4$ to get your Personal Year number “6”) There is disagreement among numerologists about whether your personal year begins on New Year’s Day, or on your birthday. I’ve seen both work. Discover for yourself which feels more accurate for you. If, for example, your birthday is in June and your number this year is 9, determine whether the quality of your experience from January to May is more like an 8 or a 9. **For a brief forecast for each number, go to pages 27-28.**

But first! Do a Janus. Look back. Look at your last year’s number and evaluate. Did the energy of this number run in some way through your previous year? If it was a “one,” year, for example, were you in some way more independent and initiating? If it was a “nine” year, did you get closure somewhere? Were there significant endings? Always find the resonance in your past experience, before applying metaphysical symbolism to your future.

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	<p>The beginning of a new nine-year cycle. Physical energy is generally high in “one” years. You may embark on an exciting new adventure or stretch yourself in new directions. Clarify your goals and challenge yourself to act on them. If you’re feeling insecure or unsure of what to do, you may first need to clear any problems or disappointments not fully released last year. Be advised, however; if you’re timid about taking risks or moving in new directions, your growth prospects for the entire nine-year cycle may be dampened. Don’t expect to have all the answers now. Just be open and willing to experiment with any new enthusiasms.</p>
	<p>A time for gestation. If last year saw a boost in energy and activity, don’t be surprised if you feel like pulling back a little this year. Trust that what was initiated last year will continue to develop as you re-calibrate-the inner machinery, absorb new information, and gather new strength. Cooperation and self control are particular virtues this year. You’ll likely accomplish more in partnership instead of going it alone. Seek mentors, lovers, or like-minded allies. Relationships of all kinds can deepen. You may be more emotionally sensitive now, but don’t give into the drama. Instead, take delight in your patience and calm.</p>
	<p>A busy, social, and generally happy year. Your charisma is high, your creative juices are flowing, and your mood is bright and cheerful. A good time for communication of all kinds and for widening your social circle. So what if you’re not feeling particularly responsible. This is an expansive time. Just be aware that next year the bill will come due for any financial excesses or frivolous choices. Enjoy yourself, but don’t completely ignore your goals.</p>
	<p>All work and no play made Jack a dull boy—except during his “four” year. That’s when hard work is inevitable—and can pay great dividends. Yet don’t expect to see immediate results from your efforts. The year can be a long, slow haul. But when it’s over, you’ll have plenty of reason to pat yourself on the back. Taking care of business now lays a sturdy foundation for greater success and security in the years to come. Get organized. Shoulder your responsibilities with a smile. And look forward to lots more razzle dazzle next year.</p>
	<p>The shackles around your ankles have fallen away. You’re free! Especially if you’ve been working without a break, this can be a rewarding year, full of excitement, adventure, and change. The “five” year is the midpoint of this cycle. It’s time to rewrite the rules and shake things up. You might change jobs, residences or relationships this year—or just expand your world to include new people and activities. Take a “Why not?” approach to things. Steer clear of your ruts.</p>

	Someone close to you may need more of your time and attention. The year's focus is on home and family, two wonderful outlets for your creativity. Caretaking builds good karma points, although outer accomplishments may appear elusive. The sands of time seem to fall oh so slowly through the glass. Just be generous, forgiving, and wise. Enjoy what a level-headed grown-up you've become. Next year will bring opportunities to gaze at your navel and pamper yourself.
	Book a room in your favorite monastery and reflect, review, and renew. This is a relatively quiet and introspective year, an important pause before the more hectic "eight" year ahead (the peak of this cycle). Enjoy its slower pace. Eat well. Rest well. Recognize what you've outgrown and say the proper eulogies. Keep polishing your skills. And become very clear about your definition of success. Visualize yourself achieving it. Let your imagination (and careful work) lay the tracks for next year's manifestations.
	You've got the Midas Touch this year—especially if you've been paying your dues by developing talents and opportunities over the past seven years. "Eight" is a power year; it's the peak of the cycle. Last year was inner-focused, but this year everyone is quite interested in what you've got to sell or say. Enjoy your authority. Expect lots of activity. Look for advancement, recognition, big decisions, and major achievements—all in equal measure to your prior efforts.
	Good endings make good beginnings, You're clearing the way for a new nine year cycle (starting next year). There may be some losses and letting go. If so, grieve the passing of what was not meant to continue. Your sorrow is a cleansing solvent that will make you new again. You might be focused on completing a major project this year. Acknowledge all that's gotten you to this point and apply the finishing touches with gusto. Even if the "nine" energy brings a recognition of past disappointments, this can be an inspiring, even enlightening year.

Saturn's Four Pillars of Success: 2018 – 2020 (cont. from page 2)

With all her fire, Jenna isn't what we'd call "Saturnian," but in recent weeks, after Saturn entered Capricorn, she was quickly in tune with the new spirit of the times. This suggests the years ahead can be amazingly productive for her!

Jenna wrote, "I've been feeling as though I'd like to distill the many hats I wear into something a little simpler. There was a time I wanted variety and to jump from place to place to do the work I love and now I'm wanting to work more efficiently and effectively—to feel more in control and skilled."

Exactly! It's that time for all of us—if we want to use the next 2.5 years to seriously get ahead.