





Lunar Calendar for April 2009

Mo	Tu	We	Th	Fr	Sa	Su
		1		3	4	5
6	7	8		10	11	12
13	14	15		16	18	19
20	21	22	23	24		26
27	28	29	30			

Planetary movement for April 2009

April 7: Mercury in Aries

Uranus in Pisces

April 9: Full Moon in 25°23 Virgo (Chitra)

April 14: Sun in Aries

April 15: Mars in Pisces

April 17: Venus stations direct in 5°13 Pisces (Purva Bhadrpada)

April 25: Mercury in Taurus

New Moon in 10°51 Aries (Ashwini)

Planets to uplift: Mercury and Venus

Remedies for Mercury:

*Chant Mercury's mantra: Aum Bum Budaya Namaha

*Invoke Saraswati: Aum Shri Saraswati Namaha

*Wear Mercury's colors: all shades of green

*Eat Mercury foods: green dal, leafy greens, zucchini, summer squash

*Wear Mercury's gems: emerald, peridot, jade, aquamarine

*Do gentle pranayama (breathing exercises) to calm the mind and nervous system, like alternate nostril breathing or So Hum breath.

*Doing these things on Wednesday is especially helpful as it is Mercury's day.

Doing these things (on any day) with the intention that the energy is to support Mercury is also important.

Remedies for Venus:

*Chant the Venus' mantra: Aum Shum Shukraya Namaha

*Invoke Lakshmi: Aum Shri Lakshmiya Namaha

*Wear Venus' colors: all shades of pink

*Eat Venus foods: kidney beans, cashews, asparagus

*Wear Venus' gems: diamonds, clear and rose quartz

*Take your partner out and tell them you love them!

*Reflect on and express your love!

*Doing these things on Friday is especially helpful as it is Venus' day. Doing these things (on any day) with the intention of supporting Venus is also good.

Reasons to uplift Mercury and Venus over other planets:

please note this is similar information as last month since Mercury was experiencing similar conditions

Mercury is traveling through 3 signs this month – that's a lot of changes for one planet (other than the Moon) to make in such a short time! Mercury could use some grounding and support as it speeds through many different zodiacal energies this month: Pisces, Aries and Taurus. Pisces is poetic and dreamy, but can bring confusion. Aries is quick and energetic, but can be impulsive and abrasive. Taurus is thoughtful and steady, but can be stubborn and plodding. We may feel the dramatic sign shifts as each one occurs, bringing new and different energy to how we communicate and think – or we may just feel like we need a break from all of the commotion! If that is the case, do it! In the meantime, here are some Ayurvedic tips to help us continue to stay grounded yet on our toes a little bit more than usual as the planet of communication and the nervous system stays in high speed (as it did for March):

- 1) Slow pranayama (breathing exercises) where you inhale fully and slowly and exhale fully and slowly. Deep long exhales help to release toxins in the system, so try to breathe out more than you breathe in.
- 2) Doing "abhyanga" (Ayurvedic oil massage) in the morning or on a weekend will help soothe and support "majja dhatu" (the nervous system) as well as other deep tissues. For more info on abhyanga: http://www.drclaudiawelch.com/articlesnups/art_abhyanga.html

Sunrise and Sunset times for April:

Sunrise: from 6:53 am to 6:16 am

Sunset: from 7:28 pm to 7:15 pm

Chart for April 1, 2009 at 6:53 am (sunrise), ABQ

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

Ascendant: 8°46 Aries (Ashwini)

Sun: 17°59 Pisces (Revati)

Moon: 4°28 Gemini (Mrigashira)

Mars: 19°39 Aquarius (Satabhiskak)

Mercury: 19°29 Pisces (Revati)

Jupiter: 25°13 Capricorn (Dhansishtha)

Venus: 10°20 Pisces (Uttara Bhadrpada)

Saturn R: 22°35 Leo (Purva Phalguni)

Rahu: 12°56 Capricorn (Shravana)

Ketu: 12°56 Cancer (Pushya)

Uranus: 29°43 Aquarius (Purva Bhadrpada)

Neptune: 1°37 Aquarius (Dhanishtha)

Pluto: 9°18 Sagittarius (Mula)

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

3) Practicing restorative yoga poses will help to ground any "vata" energy (flighty, nervous, anxious, overly mobile), which will be prone to imbalance this month with speedy Mercury. Working with the legs and pelvis, and practicing any kind of forward bends is especially supportive.

4) A good (daily!) head and neck massage will help relieve any tension that may build up while Mercury is in Aries and then in Taurus.

We continue to uplift Venus this month as it remains retrograde until mid-April and begins to wrap up its long stay in Pisces. In addition, Venus is calling for uplifting so that we continue to keep the higher ideals of love, relationship, partnership and creative expression on the forefront of our thoughts and clear in our hearts as Mars and Uranus join Venus this month (see below). [For more information on Venus in Pisces and Venus retrograde, please see the February and March forecasts: <http://www.lexneon.com/html/MonthlyForecast.html>]

Planetary connections in focus: the conjunction of Venus, Mars and Uranus

Typically, the outer planets (Uranus, Neptune and Pluto) aren't used in Jyotish. However, when an outer planet changes signs (which happens infrequently since they travel rather slowly) and especially when it conjoins other planets, it seems worth discussing. This April 7th, Uranus enters Pisces and joins Venus (who has been there since late January). Then Mars joins the duo on April 15th, and the three travel together in Pisces until May 24th.

To put it simply, Venus is a lover and Mars is a fighter. When Venus and Mars travel side by side, they challenge our traditional viewpoints of love, relationships, marriage. Generally, this connection can go one of two ways: it can create challenges and disharmony, causing upset and fights. Or Mars can merge and energize, bringing enthusiasm and that spark of life to Venus calling it to action, and helping Venus in Pisces to manifest all it stands for: purity, serenity, idealism, romance. As Mars in Pisces is considered to be in a "great friend's" sign, my sense is that it will go the harmonious direction, bowing to and working with Venus and with Pisces. Mars in Pisces isn't really up for a fight anyway.

Add Uranus to this already powerful planetary connection and this forward-thinking planet could bring about major changes in what society feels about the institution of marriage, about relationships, about love and sexuality. On a subtle and personal level, these planets together and especially in sensitive Pisces can start to create those internal shifts that will express on a larger, more public scale, bringing about major legislation changes for equal rights for all in these areas.

Key Words for April 2009:

* breathe! * stay grounded * internal shifts are occurring *
* love in action! *

*For planetary chart, please see past forecasts (February is most recent):
<http://www.lexneon.com/html/MonthlyForecast.html>