





Lunar Calendar for January 2010

Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3
4	5	6		8	9	10
11	12	13	14		16	17
18	19	20	21	22		24
25	26	27	28	29		31

Planetary movement for January 2010

January 13: Saturn stations retrograde until May 29, 2010
January 14: Mercury stations direct (retrograde since Dec. 27)
Venus enters Capricorn
Nodes station direct (rare planetary event)
January 15: New Moon in 0°56' Capricorn (Uttara Ashadha)
Sun enters Capricorn
Solar Eclipse 0°26' Capricorn (Uttara Ashadha) 00:06 MT
January 28: Uranus enters Pisces
January 29: Full Moon 16°15' Cancer (Pushya) at 11:19 pm MT
**above lunar calendar is for Universal Time and can differ by a day depending on location. Full Moon is on the 30th for time zones east of NM*

January: A Very Full Month...

January is full of major planetary events. It's a bit overwhelming, actually. So naturally, we might feel the same way. Overwhelmed. Tired. Stuck even. No, it's not just post-holiday cookie-overload kicking in. It's Mercury Retrograde, Mars Retrograde, Saturn Retrograde and a Solar Eclipse smack in the middle of it all! The energy can feel confusing since these placements can be contrary to each other. It's no wonder hibernating for the month sounds appealing. It's not such a bad idea, actually. The planetary placements this month are not very supportive of starting new projects or of making big decisions. Saturn Retrograde in particular can create a feeling of isolation and of not being supported. Mars Retrograde can create a sense of inertia. And Mercury Retrograde can make us unsure of the choices we make. (For more info on retrograde, please see May 2009 forecast: www.lexneon.com/flyers/May2009Forecast.pdf) Considering all of this, January is a month to try to stay relatively still, calm and focused. Witnessing what comes up instead of reacting is the way to go. Have patience, and continue to build upon existing foundations rather than laying groundwork for new ones.

Of course, this might be challenging at times. Some of the current planetary configurations also create impatience and frustration (Mars Retrograde in Cancer), which can lead to rash words and hasty choices (Mercury Retrograde in conjunction with chaotic Rahu). However, it's these same planetary configurations which ask us to rise above the sharpness and exhibit patience and understanding instead. The key and goal for this month and the next few months is healthy emotional expression. The planets are lining up and creating intense friction, hopefully encouraging us to shift very old, very deeply entrenched emotional patterns. Only change can come after a time of friction. It's time for emotional reprogramming. No, this is not easy nor is it much fun if we get caught up in the drama or the story (also known as the ego). If we do, then it could be accompanied by some crying, pouting and even some good old kicking and screaming. But it is crucial, and Mars in Cancer is giving us about 8 months to work out our karmic wiggles since it will take some time. It seems the Universe is trying to help us work through some sticky emotional stuff. If we don't move this energy, it will find a home somewhere within our systems, so supporting "agni" now is a very good idea (for more info on agni, see Remedies for Mars in next column and May 2009 forecast www.lexneon.com/flyers/May2009Forecast.pdf).

Chart for January 1, 2010 at 7:15 am (sunrise), ABQ

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

Ascendant: 15°56 Sagittarius (Purva Ashadha)

Sun: 17°03 Sagittarius (Purva Ashadha)

Moon: 28°11 Gemini (Punarvasu)

Mars Retrograde: 24°43 Cancer (Ashlesha)

Mercury Retrograde: 24°21 Sagittarius (Purva Ashadha)

Jupiter: 2°28 Aquarius (Dhanishtha)

Venus: 14°35 Sagittarius (Purva Ashadha)

Saturn: 10°31 Virgo (Hasta)

Rahu: 27°04 Sagittarius (Uttara Ashadha)

Ketu: 27°04 Gemini (Punarvasu)

Uranus: 29°06 Aquarius (Purva Bhadrpadha)

Neptune: 00°35 Aquarius (Dhanishtha)

Pluto: 9°19 Sagittarius (Mula)

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

Key Words for January 2010:

- * healthy emotional expression *
- * have patience * keep agni strong *
- * don't react; be the witness *

Planets to uplift: Mars and Mercury

Mars, a speedy little planet that typically takes about a month to transit a sign, has been sitting in Cancer since October 6, 2009 and will be there until May 27, 2010. That's a very long time for Mars to be stationed anywhere in the chart. Plus it's in a sign it doesn't really enjoy being in. Mars in Cancer is considered "debilitated" in astrology since Mars, a fiery planet of direct, fast action and impulsive energy, does not express itself as it would typically like in the watery, highly emotional and indirect sign of Cancer.

It is rare that we want to uplift Mars since it is a strong and sometimes overpowering planet that can create challenges for people if out of balance. As Mars is sitting in Cancer for a total of about 8 months, we are being given the opportunity to work out our emotional kinks. Since Mars is in such focus for such a prolonged time, it is important to tune into its current energy and intentions for us in order to help bring about the change and growth it has in store. Emotions get heightened when Mars sits in Cancer, so as mentioned, it is giving us the chance to cleanse and purify our emotions and to remove aggression from them.

Remedies for Mars:

***Chant Mars' mantra:** Aum Kum Kujayah Namaha

***Wear Mars' colors:** all shades of red and coral

***Eat Mars foods and keep agni** strong:** eat red lentils, fresh ginger, agni tea (www.ayurveda.com/online_resource/agni_tea_recipe.htm)

***Wear Mars' gems:** red coral (to energize if feeling inertia setting in), white coral (to placate if feeling too fiery)

*Healthy emotional expression is key! Have patience!

****Agni** is the digestive fire in Ayurveda that helps us to digest and assimilate everything in life, not only our food but our emotions as well as our daily life events. Agni is the key to health and longevity. See May 2009 forecast for more ways to support agni.

**Doing these things on Tuesday is especially helpful as it is Mars' day. Doing these things (on any day) with the intention that the energy is to support Mars is also important.*

Mercury is retrograde until January 14th, and can bring up issues around communication as we know, and can bring things "from the past" (people, issues) back into our lives. Sometimes that isn't welcome, but many times, it's our opportunity to "get right" with these things if needed, and complete our karma in this area. The connection of Mercury to Rahu this month may also create the overwhelming need to speak your mind. As Rahu's energy can be erratic and may cause a person to speak and then regret, remember to "think before you speak" so that misunderstandings aren't created. In addition to this, Mars Retrograde in the emotional sign of Cancer is another "think before you speak" combination as emotions may be high and words may be unnecessarily loaded.

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.

*Be clear in communication and in intention. Think before speaking!

*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.

Solar Eclipse in Capricorn (Uttara Ashadha)

The eclipse on the 15th in Uttara Ashadha, meaning "latter victor", is especially supportive of long-term planning and results coming to fruition down the road. The moment of the eclipse is a good time to meditate or engage in spiritual practice. Any hopes and wishes focused on during the eclipse are said to be tremendously magnified, so take time beforehand to get focused and to write down any intentions. Avoiding everyday tasks (like driving) is suggested during an eclipse. The eclipse will be at its peak from 00:06 (just after midnight on the 15th) for about 11 minutes (this is for Mountain Time, so EST is 2:06 am on the 15th). It will be visible in Eastern Asia, the Indian Ocean and parts of Central Africa. *Pregnant women should never look at the eclipse (lunar or solar).*

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

2010 Monthly Forecast schedule for Annapurna in Nob Hill on Yale and Silver:

Usually the first Thursday of the month at 7pm:

Thursday, January 7th

Thursday, February 4th

Monday, March 1st

Thursday, April 1st

Thursday, May 6th

Thursday, June 3rd

Upcoming workshop:

Intro to Jyotish with special focus on Ayurveda, \$150

Friday, February 19th 7pm-9pm **free and open to the public!*

Saturday, February 20th 10am-12:30pm/ 2pm-4pm

Sunday, February 21st 9:30am-12:30pm

Follow-up class on Saturday, February 27th 10am-1pm, \$10

Both classes being taught at "A Time to Relax" Yoga Studio

11601 Menaul, just east of Juan Tabo

More info online: www.lexneon.com/html/InWorkshops.html