

Lunar Calendar for July 2010

Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	☾
5	6	7	8	9	10	☉
12	13	14	15	16	17	☾
19	20	21	22	23	24	25
☉	27	28	29	30	31	

Planetary movement for July 2010

July 4: Uranus stations retrograde

July 5: Venus in Leo

July 6: Mercury in Cancer

July 11: New Moon in Gemini (24°55 Punarvasu)

Total Solar Eclipse 3:21 pm EST (1:21 pm MT) visible from South Pacific with Greatest Eclipse over Easter Island

July 16: Sun in Cancer

July 20: Mars in Virgo

July 23: Jupiter stations retrograde until November 18th

Mercury in Leo

July 26: Full Moon in Capricorn (8°41 Uttara Ashadha)

Chart for July 1, 2010 at 5:56 am (sunrise), ABQ

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

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

Ascendant: 14°30 Gemini (Ardra)

Sun: 15°32 Gemini (Ardra)

Moon: 11°18 Aquarius (Shatabhishak)

Mars: 19°12 Leo (Purva Phalguni)

Mercury: 19°11 Gemini (Ardra)

Jupiter: 8°36 Pisces (Uttara Bhadrpadada)

Venus: 25°48 Cancer (Ashlesha)

Saturn: 4°39 Virgo (Uttara Phalguni)

Rahu: 17°56 Sagittarius (Purva Ashadha)

Ketu: 17°56 Gemini (Ardra)

Uranus: 6°34 Pisces (Uttara Bhadrpadada)

Neptune: 4°26 Aquarius (Dhanishtha)

Pluto: 9°57 Sagittarius (Mula)

Lunar Calendar for August 2010

Mo	Tu	We	Th	Fr	Sa	Su
						1
2	☾	4	5	6	7	8
9	☉	11	12	13	14	15
☾	17	18	19	20	21	22
23	☉	25	26	27	28	29
30	31					

Planetary movement for August 2010

August 1: Venus in Virgo

August 16: Sun in Leo

August 20: Mercury stations retrograde until evening of September 12
*be extra mindful 5 days before and after (8-15 until 9-17)

Chart for August 1, 2010 at 6:16 am (sunrise), ABQ

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

Ascendant: 14°16 Cancer (Pushya)

Sun: 15°08 Cancer (Pushya)

Moon: 25°48 Pisces (Revati)

Mars: 7°31 Virgo (Uttara Phalguni)

Mercury: 11°50 Leo (Magha)

Jupiter Retrograde: 9°15 Pisces (Uttara Bhadrpadada)

Venus: 00°05 Virgo (Uttara Phalguni)

Saturn: 6°55 Virgo (Uttara Phalguni)

Rahu: 17°34 Sagittarius (Purva Ashadha)

Ketu: 17°34 Gemini (Ardra)

Uranus: 6°18 Pisces (Uttara Bhadrpadada)

Neptune: 3°47 Aquarius (Dhanishtha)

Pluto: 9°14 Sagittarius (Mula)

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

Key Words for July and August 2010:

* Bang! Then slow it down... *

* Reflect and release... it's time for rejuvenation *

* Love, Trust and Faith *

* Soul / Ego – it's your choice! *

* Happy Summer! *

It's gonna be a hot one... but there is some shade!

There is a lot of movement in July! The month starts off with a bang and a bit of a double-edged sword as many of the planets are in the fierce nakshatra (Vedic sign) of Ardra, which means "humid or moist". This harsh degree of Gemini brings with a hard work, tears and perspiration – and true growth. Ardra connects to Rahu, the chaotic North Node of the Moon, as well as to Rudra, the God of Storms, showing us this nakshatra can really pack a punch! Nothing comes easily with Ardra, however, it does enable us to get things done quickly and to really understand the deeper lessons of why and how we got to where we are. Its higher purpose is to allow things to be released and to make room for the new to flourish. Our attachments many times make it difficult to allow things to release and "die". If this is the case, Ardra will facilitate you letting go (even if it means prying it out of your white-knuckled grip!). This nakshatra is very present in the sky as we transition from the Lunar Eclipse on June 26 to the Solar Eclipse on July 11. This "in-between" time is perfect for allowing the old to go and ushering the new in. Note that eclipses are about exposing what is hidden, so if you've got something tucked away somewhere, now is the time to let it come out... otherwise, the eclipses will do it for you! Luckily, the sweet nakshatra Punarvasu enters on the scene early-on in July (just before the eclipse) to mitigate Ardra's intensity and to smooth over any upsets that may have occurred early on in the month or at the end of June. July's Total Solar Eclipse will be the culminating point of the last few months, and things should hopefully calm down a bit after this. August already is slower in planetary movement (just look above!) allowing us a little energetic break. (Phew! Thank you, planets!)

Mars, Venus and Saturn all join up in the grounded sign of Virgo for the month of August in the nakshatra Uttara Phalguni, which is all about healing and rejuvenation. August will be a great time to do healing work on yourself or loved ones, and also on any relationships that may need extra attention. Mars, Venus and Saturn are being aspected by Jupiter, which will also be retrograde from July 23 until November 18th, possibly challenging our trust and faith in the relationship department. Here's the good part: retrograde planets are actually stronger in Jyotish. They can take us backwards at first so we get some good perspective on that area in our lives – in this case, love, trust and faith. Jupiter is giving us the opportunity to go into our hearts and realign with what we know to be true so we don't commit "prajnaparad" – Sanskrit for "crimes against wisdom" – the root of all imbalance in Ayurveda.

Mercury will be retrograde from August 20th to September 12th in Leo, which has strong connections to the soul/the ego. Again, this Mercury Retrograde will challenge us to be authentic rather than speak with ego. With the help of reflective Mercury Retrograde, Retrograde Jupiter and healing Virgo, the month of August will also help us to look back over the last few months (since fall 2009 especially) and digest all that has happened. It's been an intense year for many people and for the Earth, and these things take time to integrate. Keep in mind the Solar Eclipse is in Punarvasu – the "good again" nakshatra – so things will hopefully start to take a turn for the better for all.

Planets to uplift: the Sun and Mercury

The Sun is being eclipsed and is prominent at the top of the chart this summer. It also rules the sign of Leo, which will begin mid-August in the Jyotish system. The Sun connects to the soul/ego so supporting the Sun with the remedies below will help us to discern what is coming from the soul and what is ego. Mercury is going retrograde, as it does about 4 times each year, which can mix up communications, among other things. Mercury also has a major

role in the digestion and assimilation of things (food, emotions, life experiences). Having this extra focus on Mercury will help to make the summer a time for rest and rejuvenation as it has potential to be this year.

Remedies for the Sun:

***Chant the Sun's mantra:** Aum Sum Surayaya Namaha!

***Wear the Sun's colors:** all shades of orange

***Eat the Sun's foods:** carrots and beets (cooked or juiced), currants, raisins, pomegranate juice, sugar cane juice, red lentils

***Wear the Sun's gems:** ruby, garnet, sunstone / gold

***Do spinal twists** that work on the solar plexus and target and support the organs in that area (the liver, spleen, gall bladder, pancreas...)

***Call your Father** and tell him you love him or take him out to lunch!

***Doing these things on Sunday is especially helpful as it is the Sun's day. Doing these things (on any day) with the intention that the energy is to support the Sun is also good.**

***Solar Eclipse recommendations for July 11th:** A very powerful time for manifesting what you want, write your list of things you want (from life, from work, for your health, for your family, friends, for the world...) and state them in the present (rather than "I would like" write "I have..."). The classic texts recommend being very mindful during the time of an eclipse, especially the few minutes surrounding the pinnacle of it (which will be at 7:21pm UT/3:21pm EST), so meditating or focusing on what you wish for yourself and others is the best thing to do. ***Pregnant women should not look at eclipses (solar or lunar)! *** For an animated view of the eclipse, check out: www.shadowandsubstance.com

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** (but don't eat fast!): green dal, leafy greens, zucchini, summer squash, almonds, cashews

***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 mindful** of thoughts and communication.

***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/articlesnpubs/art_abhyanga.html

***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 good.**

***Remember the 5 days before and after Mercury goes retrograde** are the most charged so be extra aware of your communication during these days. Sending any important documentation before these days and getting someone to look over your work is also suggested. Any computer upgrades, car repairs or important talks are best done before Mercury starts to go retrograde. Also remember that Mercury retrograde is a good time to reflect on the past and get right with whatever feels off. The eclipse and other planetary alignments this month are also supportive of this, for both July and August.

Travel according to the Vedas...

Here's a little Vedic summer travel tip: try to travel on the following days, when the Moon is in the following Nakshatras (Vedic signs). Travel will be much easier on these days. If you travel on the "might be tricky" days, just expect delays or not the pleasantest of trips so try not to check your luggage and have a good book on hand and your iPod juiced up. All the other days are considered neutral so feel free to make travel plans for the days not listed. If there is overlap with a "tricky travel" nakshatra or if the nakshatra is at the end or beginning of the day (meaning, the rest of the day will be fine for travel), **the time will be listed in EST.** Otherwise, the entire day is listed as potentially supportive or tricky.

Whatever you do, enjoy your summer! Next forecast will be in September!

"Generally Supportive" Travel Days when the Moon is in sidereal...

Mrigashira (23'20 Taurus – 6'40 Gemini): Friday, July 9 - Sunday, July 10 at 9am / Wednesday, August 4 from 9pm - Friday, August 6 at 6:55 pm

Hasta (10' – 23'20 Virgo): Saturday, July 17 - Sunday, July 18 / Friday, August 13

Dhanishtha (23'20 Capricorn – 6'40 Aquarius) thru Satabhishak (6'40 – 20' Aquarius): Tuesday, July 27 - Thursday, July 29 until 8am / Monday, August 23 – Wednesday, August 25 until 2pm

"Might be Tricky" Travel Days when the Moon is in sidereal...

Bharani (13'20 – 26'40 Aries) thru Kritika (26'40 Aries – 10' Taurus): Tuesday, July 6 – Thursday, July 8 until 11am / Monday, August 2 from 7pm – Wednesday, August 4 until 9pm

Ardra (6'40 – 20' Gemini): Saturday, July 10 from 9am to Sunday, July 11 at 6:30am / Friday, August 6 at 6:55 pm - Saturday, August 7

Ashlesha (16'40 – 30' Cancer): Tuesday, July 13 from 1pm to midnight / Monday, August 9 – Tuesday, August 10 at 1am

Purva Phalguni (13'20 – 26'40 Leo): Thursday, July 15 – Friday, July 16 / Wednesday, August 11

Swati (6'40 – 20' Libra) thru Vishakha (20' Libra – 3'20 Scorpio): Sunday, July 18 from 2pm – Tuesday, July 20 / Sunday, August 15 – Monday, August 16

Uttara Ashadha (26'40 Sagittarius – 10' Capricorn): Sunday, July 25 / Saturday, August 21

Purva Bhadrapada (20' Aquarius – 3'20 Pisces) thru Uttara Bhadrapada (3'20 – 16'40 Pisces): Thursday, July 29 from 8am – Saturday, July 31 until 2:15 pm / Wednesday, August 25 from 2pm – Friday, August 27 until 8pm

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, ABQ: Usually the first Thursday of the month at 7pm: Thurs., July 1st (for July and August) / Thurs., Sept. 2nd