

Lunar Calendar for March 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 March 2010

March 3: Venus enters Pisces

March 10: Mars stations direct (retrograde since Dec. 21)

March 15: Sun enters Pisces

Mercury enters Pisces

New Moon in 1°10' Pisces (Purva Bhadrapada) 21:01 UT*

March 20: Vernal Equinox (Sun passes over the Equator) 13:32 EDT

March 27: Venus enters Aries

March 30: Mercury enters Aries

Full Moon in 15°1' Virgo (Hasta) 2:25 UT*

*UT is Universal Time which corresponds with Greenwich time.

Chart for March 1, 2010 at 6:36 am (sunrise), ABO

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

Ascendant: 15°17 Aquarius (Satabhishak)

Sun: 16°51 Aquarius (Satabhishak)

Moon: 29°11 Leo (Uttara Phalguni)

Mars Retrograde: 6°49 Cancer (Pushya)

Mercury: 6°00 Aquarius (Dhanishtha)

Jupiter: 16°00 Aquarius (Shatabhishak)

Venus: 28°34 Aquarius (Purva Bhadrapada)

Saturn Retrograde: 8°49 Virgo (Uttara Phalguni)

Rahu: 25°53 Sagittarius (Purva Ashadha)

Ketu: 25°53 Gemini (Punarvasu)

Uranus: 1°40 Pisces (Purva Bhadrapada)

Neptune: 2°42 Aquarius (Dhanishtha)

Pluto: 11°03 Sagittarius (Mula)

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

Key Words for March 2010:

* transcend the mind * take a leap of faith! *

* forward movement finally, however so slight! *

* have patience... stay focused... stay positive! *

Planetary energies in focus: Rahu in Sagittarius, Ketu in Gemini

The North and South Nodes of the Moon are not planets however we use them as such in Jyotish. They are called the “shadows” (the Sun and Moon are the “lights”). They take about 1.5 years to go through one sign, always traveling opposite one another, and are (almost) always going retrograde (appearing to travel backwards through the signs). They are connected to eclipses astronomically and so astrologically are connected with things which can “eclipse” us in our own lives or in society.

The myth goes... there was a demon who yearned for immortality and to become divine. So being a sneaky little demon, it crashed a soma-drinking party the gods were having since getting a cup of this nectar of immortality and would ensure its divinity (“soma” is also another name for the Moon). The demon got in line, got a cup, took a sip and with one drop of the nectar in its throat, Vishnu, the Sustainer, sliced the demon in half with his chakra discus so as to maintain order in the Universe (we can't have any sneaky little demons taking up deity status, now can we). But he was just a second too late since the demon got a drop of the nectar in its throat... so now we have not one but 2 demonic energies with the nectar of immortality! The demon was severed at its head, making the top half with the head Rahu (or the North Node of the Moon), and the bottom half with the tail Ketu (or the South Node of the Moon).

We all have Rahu and Ketu in our charts, and they are always in opposite positions from each other. Astrologically, Rahu is voracious, intense and chaotic in nature and needs focusing in order to attain what it is after (recall its original yearning for divinity). Ketu, which means “doubt” in Sanskrit, is foggy, confused, and mystical in energy and requires faith. It is all about Moksha or liberation and nonattachment. The two are very karmic in nature and can show us what direction we have come from (Ketu) and where we are headed (Rahu). But remember – even though they can be chaotic and confusing in nature, they yearn for spirituality – they yearn to transcend their lot in life as “demons” (creatures who dwell in the shadows and trenches of life). They represent our personal and societal dark sides which are yearning to merge with the light.

From November 4, 2009 until May 4, 2011 Rahu is sitting in Sagittarius and Ketu in its opposite sign of Gemini. Ketu with all of its fog and doubt eventually brings immense faith and transcendence to its connections. Being in Gemini, there is a strong Mercury influence... which directly brings us to the mind and to our interpersonal communications. Ketu in Mercury's sign shows a natural tendency towards intellect, however, it can create some mental confusion if one is relying too heavily on the aspects of the mind. As a global community, it seems Ketu in the social and witty sign of Gemini is asking us to remember our intellect and logic but not to rely so heavily upon this – detach from this instead. Rahu, Ketu's counter-part, is sitting in Sagittarius, the truth-seeker and opportunity-seizer, which has a deep love of pushing the boundaries and going the distance whether that is physically with travel and sports, or whether it is metaphysically with philosophy and spirituality. The Jupiter connection to Sagittarius also brings in a sense of faith and mind-transcendence, helping us to not just question and discuss, but to know in the depth of our souls that “this” is Truth (whatever “this” may be at any particular moment). It seems that this current Nodal configuration is asking us to release from the mind, the chatter, the questioning... and to leap to a place of faith and deep knowing. How to do this? Trust that you know what is best for you. Meditation and sitting still with pointed focus (focus on the breath or a mantra) in order to connect with your higher consciousness can help to recall this when the Ketu doubt creeps in. Muscle test when in doubt – the body has tremendous wisdom – don't doubt this. The root of all imbalances in Ayurveda is “prajnaparad” – Sanskrit for “crimes against wisdom”. You know what your Truth is – always. Have faith in that, and keep that as your focus.

Planets to uplift: Saturn and Mars

Yes, we are still uplifting Mars! It's so important this month to do so since Mars is finally, after 2.5 long months, shifting out of being retrograde and will be stationing direct. It means it will finally be moving in the direction it likes to move in – forward! This shift will hopefully bring an end to the very sad and devastating earth shifting that has occurred over the last few months. Some current planetary configurations, including Mars Retrograde, have contributed to the overwhelming loss and devastation people have been experiencing on a personal and global level.

As Mars stations direct on March 10th, we will start to feel the wind blowing ever so slightly at our backs. For the last few months, any forward movement has required tremendous effort, and has resulted in sheer exhaustion – emotional and physical. This energy is just starting to shift, although Mars will still be in the highly emotional sign of Cancer until the end of May. Expect some emotional releases to occur! Some may not seem welcome but try to hold that space for yourself or your friends to release whatever it is that has been bottled up. This is a good time to short take a break from what you have been doing to regroup and then reenter with a renewed sense of focus. Take a weekend getaway! Movement is starting to happen! Results will still be a ways off but you will start to see some areas of effort progressing. As with last month, keep the body work going (massage, acupuncture,...) and the muscles moving (yoga, aikido, swimming,...). We still need to move the emotions through the muscles so they don't get trapped in the body creating dis-ease.

Saturn is still retrograde in Virgo and will remain this way until the end of May 2010. As mentioned in last month's forecast, this can create a sense of inertia or of feeling unsupported. Do not lose hope! Maintaining focus on the big picture is crucial now. Saturn likes long term planning, and Mars likes immediate gratification. Both are happening this month so stay balanced and try not to get caught up in one over the other. Keep your plan in mind and continue to plug away at it even if the fruits of your labor are seemingly small. Saturn's energy will be felt as the month progresses since it will be sitting directly opposite Venus, the Sun, and Mercury when these planets shift into Pisces. The New and Full Moons will also be connected to Saturn this month, so focusing on Saturn can help us connect very tangibly to almost all of the planets. As planets connect to Saturn, they can become emotionally reticent... or they can become more stable, grounding the ethereal energy the planets can take on when in Pisces. The latter is what we are after as we uplift Saturn this month so keeping this intention is recommended.

The chart for the month has Mars sitting in the 6th house of health and digestion and Saturn sitting in the 8th house of deep-seeded karmas and transformation. These houses are both directly related to health and healing, so keeping your diet clean and balanced is key. Talk to an Ayurvedic practitioner for how to do this if you are not sure (www.ayurveda-nama.org or www.ayurveda.com for a practitioner near you). Stay steady; not over-doing it is also important this month as Mars' eagerness can overextend and create imbalance in life and in digestion. As usual, keep your agni strong (see February forecast for a lengthy list of how to do this), and consider doing a cleanse if you feel strong enough. The Mars placement in the 6th house is also connected to service, so volunteering is a great way to express Mars this month. This in turn will help to release some of those deep-seeded karmas. The bones and muscles, which connect to Saturn and Mars respectively, are where our bodies hold our deepest memories and karmas. These planets have recently been aligned in a way to help us to reach deep within ourselves, and to purge any ancient internal programs specifically connected to lack of support or abandonment. Allow the planets to help you release from these programs as they no longer serve you as an individual and as part of the larger community. These months have been tricky at best for many people. Know that this time is starting to actively shift for us all and we will start to feel the support and love we all desire and deserve.

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)

***Have patience!** Movement on projects has begun!

***Volunteer!** Be of service!

***Move those muscles!** Get a massage, acupuncture session or Ayurvedic consultation! Do Yoga! These are all healing Mars modalities.

****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 February forecast for detailed list of how to keep agni strong.

**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.*

Remedies for Saturn:

***Chant Saturn's mantra:** Aum Sham Shanayay Namaha

***Wear Saturn's colors:** black, blue, turquoise

***Eat Saturn food:** sesame seeds, black beans, black rice, black dhal, blue corn tortillas

***Wear Saturn's gems:** lapis lazuli, turquoise, amethyst (Blue sapphire is a powerful Saturnian gem that very few people can wear without experiencing harsh affects in their lives and health. Please consult a Jyotishi if you have one to see if you are supported by wearing a blue sapphire.)

***Have patience!** Be organized! Keep focused and positive! You are getting there!

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

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 on Yale and Silver:

Usually the first Thursday of the month at 7pm:

Monday, March 1st

Thursday, April 1st

Thursday, May 6th

Thursday, June 3rd

For readings and to sign up for monthly newsletter:

www.lexneon.com / lexneon@yahoo.com / 505-275-5906

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