

Lunar Calendar for May 2010

Mo	Tu	We	Th	Fr	Sa	Su
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3	4	5	☾	7	8	9
10	11	12	13	☉	15	16
17	18	19	☽	21	22	23
24	25	26	☀	28	29	30
31						

Planetary movement for May 2010

May 3: Jupiter in Pisces
May 11: Mercury stations direct
May 14: New Moon in Aries (Krittika)
May 15: Sun in Taurus
May 16: Venus in Gemini
May 27: Mars in Leo / Full Moon in Scorpio (Anuradha)
May 30: Saturn stations direct

Chart for May 1, 2010 at 6:15 am (sunrise), ABQ

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

Ascendant: 15°21 Aries (Bharani)

Sun: 17°00 Aries (Bharani)

Moon: 24°27 Scorpio (Jyeshtha)

Mars: 18°42 Cancer (Ashlesha)

Mercury Retrograde: 12°26 Aries (Ashwini)

Jupiter: 29°52 Aquarius (Purva Bhadrpadapa)

Venus: 13°38 Taurus (Rohini)

Saturn Retrograde: 4°32 Virgo (Uttara Phalguni)

Rahu: 19°47 Sagittarius (Purva Ashadha)

Ketu: 19°47 Gemini (Ardra)

Uranus: 4°58 Pisces (Uttara Bhadrpadapa)

Neptune: 4°26 Aquarius (Dhanishtha)

Pluto: 11°15 Sagittarius (Mula)

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

Key Words for May 2010:

- * Check yourself – speak your Truth, not your ego ***
- *Pranayama is the key! Let the tension go through the breath, not the voice ***
- * Volunteer! ***
- *Keep vata down ***

May: a Month of Transition

This month is a doozy! May is a month of major – and long-awaited – planetary transition. We will be experiencing tremendous shifting all around us, internally and externally. The last few months have all been leading up to May when the final breakthroughs will hopefully occur. Emotions may be high for much of the month as planets shift of out long tenures and out of retrograde status.

On May 27th, Mars will finally be moving out of the watery and emotional sign of Cancer, its debilitated placement, where it has been sitting since the end of October 2009. This will be a very welcome change for all of us. As the planet shifts from Cancer, a water sign, into Leo, a fire sign, it is considered “gandanta” – meaning it is at a place of union of 2 signs (from water to fire) as well as 2 nakshatras (from Ashlesha to Magha). This double union/transition from about May 21-June 2 is generally considered inauspicious and can bring up challenges in our lives (please check with an astrologer about where it will be sitting in your chart and how it will affect you personally). For all of us, these days of intense transition are best suited to spiritual pursuits and ones where letting go is the intention; this has been the message for Mars in Cancer anyway: it is high time to let go of any emotions or attachments which aren't supporting you or are inhibiting your flow of energy.

Jupiter will be entering the ethereal sign of Pisces on May 3rd and will be here until next May 2011. Jupiter is happy in Pisces as it is one of its ruling signs in Vedic Astrology, so spirits should start to lift this month and over the next few months as Jupiter settles into Pisces. Jupiter, the Great Benefic, will be connecting with Mars for the month as it leaves Cancer and enters Leo. This Jupiter aspect will hopefully mitigate the intensity of the “gandanta” junction, and will enable the shifts that have been building over the past 7 months to take place with grace and ease. Jupiter will also aspect Saturn for the next year, and in doing so will help to lighten up some of Saturn's typically heavy energy.

Saturn will be stationing direct on May 30th after being retrograde since mid-January 2010. As discussed in previous forecasts, Saturn's 4 ½ month long retrograde position has been creating a sense of isolation and of not being supported. This shift out of retrograde status should contribute to a renewed sense of support. Saturn's new connection to Jupiter for the next year (yippee!) will help us all receive the support we all deserve and have been working so hard to attain.

Remember that things are not entirely stable during a time of transition so keeping Vata down this month is highly recommended:

- 1) Stay warm! Springtime isn't summer yet so make sure you don't get chilly! Always have a shawl or jacket with you ☺
- 2) Eat warm foods! Hold the ice in drinks, go easy on the salads, and make sure you get enough oil internally (like ghee, olive or walnut oil). Grounding foods like root veggies are also great for this.
- 3) Keep regular meal times, and try to keep a realistic schedule – meaning, don't overdo it. Always keep a little “wiggle room” in your plans. Vata does not like to be caged in so over-scheduling yourself is a definite no-no this month.
- 4) Oil up your skin! For more info on the benefits of Ayurvedic oil massage and how to do it:
http://www.drclaudiawelch.com/articlesnpubs/art_abhyanga.html
- 5) Keep regular sleep times! The more regular and stable you are in your personal life, the easier these transitions will occur.

Planets to uplift: Mercury and Jupiter

Mercury as we know is the planet of communication and expression. It is sitting in a “friend's” sign right at the top of the chart and is the first planet we encounter this month, so at first glance, it seems pretty happy in its prominent position. However, there are a few issues it is having this month...

For one, it is retrograde for the first third of the month, meaning, it appears to be rolling backwards in the sky and therefore acts almost as if it is in reverse. As always with Mercury Retrograde, issues around communication arise (or rather miscommunication). For the first half of the month while Mercury is retrograde, it will be sitting right next to the Sun, the planet of the Ego/the Self/the Soul. Mercury and the Sun are sitting in Aries, a very forceful, impulsive and at times aggressive sign. This mixture of energies could create some ego expression that may actually be very hard to suppress but may be unwarranted, almost like a volcano erupting... so this is a month to “check yourself.” Rather than impulsively letting the ego fly, take a breath, reflect and speak your Truth instead. Try not to engage in the ego if you can! If you are finding yourself stuck in a maelstrom of anger or frustration that you want to get out, try some pranayama (breathing exercises) first. Mercury is in Ashwini for most of the month, the Nakshatra (or Vedic sign) which has a strong connection to Prana, our vital life force.

How to do some basic pranayama: Start with long and steady forceful exhales through the nose followed by deep inhales again through the nose will help to release toxins and tension. Make sure you exhale longer than each inhale. Counting to 6 on the inhale and to 9 on the exhale is a way to start the pranayama, gradually increasing the count as you are able. Once the tension is released, continue with more gentle full breaths, imagining the breath traveling up your nostrils, over your third eye to the top of your head, down your neck to the middle of your back to your heart filling your ribcage with this vital life force, and back out again releasing whatever is not supporting you. Imagine the exhale traveling down about 12 inches below your nose, around your heart.

In addition to Mercury's retrograde energy this month, the Rahu and Ketu connection can create an overwhelming urge to communicate. However, the filter of what is appropriate is missing. Rahu and Ketu can be voracious, chaotic, and confusing in nature – at first; their real hope is for divinity – they just need help, focus and faith to get there. When they connect with a planet as they are with Mercury this month, they can override the planet's ability to express clearly. On the flip side, it can make one voracious in learning and gathering as much information as one can consume... although not necessarily be able to digest it all. If you are drawn to a class or new area of study, first look at your current schedule and then decide if it is time to add another thing. Rahu benefits from stern focus so keeping extra-curricular activities focused and to a minimum is recommended.

Remember the challenging effects of retrograde Mercury can be felt for the 5 days before and after it goes direct, meaning, we will still be feeling the trickiness until about May 16th. So if you are signing contracts, making deals, sending out important documents, getting your car fixed or your computer upgraded, it is best to try to wait until Mercury is fully direct. If you can't wait until May 16th, then have someone else take a second (and third!) look for you, and do the Mercury remedies listed below for good measure.

Jupiter, as mentioned above, is shifting into its ruling sign of Pisces for the next year. This is another welcome shift in the sky for all of us! We are uplifting Jupiter since it will be uplifting a number of planets it encounters this month (like Mars and Saturn); adding energy to Jupiter will spill into the other planets it connects with bringing beneficial effects to all. But moreover, we are uplifting Jupiter this month as a way to welcome it into its new home of Pisces, and also as an offering of gratitude for all it brings us. Jupiter is the planet of opportunities and expansion, and Pisces is a sign of poetry, idealism and mysticism. This connection can heighten intuition (so trust that inner voice more than ever!), and can help one to break-through and transcend spiritual and emotional walls, especially as it follows on the heels of Mars in Cancer, which has been working us over emotionally for the last 7+ months. Philanthropic endeavors are supported with Jupiter in Pisces, so this next year is the time to volunteer and engage in non-profit work. This time is also a time to jump at opportunities which present themselves – just keep expectations for the outcome realistic and slightly flexible since both Jupiter and Pisces can be on the dreamy side. How to do this? Saturn and Jupiter are sitting opposite each other for the next year, so Saturn's organizational abilities and reality-checking qualities will naturally do this for us. (Thank you, Saturn!)

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

*Be mindful of thoughts and communication. Take a deep breathe and think before you speak! Speak your Truth, not your ego! Unnecessary words are wasteful of precious Prana!

**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 Jupiter:

***Chant the Jupiter's mantra:** Aum Gum Guravay Namaha

***Invoke Ganesh:** Om Gam Ganapatye Namaha

***Wear the Jupiter's colors:** gold and purple

***Eat Jupiter foods:** chickpeas, mung dal

***Wear Jupiter's gems:** yellow sapphire, citrine, topaz

*Go for a hike and work the thighs.

*Look at the planet Jupiter: located low in the early morning sky

*Babysit for a friend. (Jupiter is the planet of children)

*Volunteer! Philanthropy is the way to go!

*Call your Guru or favorite teacher and tell her/him you love her/him and are grateful for the lessons you have received!

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

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: 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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