

Lunar Calendar for September 2008

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
☾	23	24	25	26	27	28
☾	30					

Planetary movement for September 2008

Sept. 8: Jupiter stations direct (after 4 months of being retrograde!)

Sept. 9: Pluto stations direct (after 5 months of being retrograde!)

Sept. 15: Full Moon in 28°41' Aquarius (Purva Bhadrapada)

Sept. 17: Sun moves into Virgo

Sept. 20: Venus moves into Libra

Sept. 24: Mercury goes retrograde in 28°51' Virgo until Oct. 15

Sept. 26: Mars moves into Libra

Sept. 29: New Moon in 12°28' Virgo (Hasta)

*Sept. 19-24 and Oct. 15-19 are the days surrounding Mercury Retro.

Sunrise and Sunset times for September:

Sunrise: from 6:39 am to 7:01 am

Sunset: from 7:32 pm to 6:51 pm

Chart for September 1, 2008 at 6:39 am (sunrise), ABQ

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

Ascendant: 14°29' Leo (Purva Phalguni)

Sun: 15°27' Leo (Purva Phalguni)

Moon: 6°31' Virgo (Uttara Phalguni)

Mars: 14°25' Virgo (Hasta)

Mercury: 10°34' Virgo (Hasta)

Jupiter Retrograde: 18°37' Sagittarius (Purva Ashadha)

Venus: 8°22' Virgo (Uttara Phalguni)

Saturn: 17°36' Leo (Purva Phalguni) combust 86%

Rahu: 24°30' Capricorn (Dhanishtha)

Ketu: 24°30' Cancer (Ashlesha)

Uranus: 27°09' Aquarius (Purva Bhadrapada)

Neptune: 28°24' Capricorn (Dhanishtha)

Pluto: 4°31' Sagittarius (Mula)

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

Planets to uplift for September 2008: Mercury and Venus

Remedies for Mercury:

***Chant Mercury's mantra:** Aum Bum Budaya 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 the Moon'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, especially with loved ones.*

**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 to a special dinner and tell them you love them.*

**Keep a sense of love and passion in all you do this month.*

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

Reasons for uplifting these planets over others:

Venus and Mercury are sitting with Mars for much of this month, which can create some "pitta" (hot, angry, frustrating) energy around love and communication. These same placements can also add a lot of passion and excitement to our relationships and even energize us in other parts of our lives. The planets are also in Virgo for much of the month, which can either add a touch of criticism to our communication, or can make us more precise and clear in how we are feeling. Many times, it is just a matter of choice.

As Mercury goes Retrograde on the 24th it can also bring up issues around communication, computers, etc. as we know. It tends to 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 and if needed, complete our karma in this area -- or just be reminded of someone who was once special to us. The five days preceding and following Mercury Retrograde are the days to really be mindful and when the energy is most heightened (as the planets "stations" into its Retrograde and Direct positions). Send any important communication before or after these days, get any computer work done early in the month, and sign any pending contracts before or after these dates if possible. And if you can't change the schedule, then do the Mercury remedies and trust it will all work out as planned. Another way to help focus this energy is to honor Saturn...

Honoring Saturn:

Saturn this month is sitting on the ascendant of the chart, affecting our pre-dawn and morning hours. The things we do in these hours have a profound influence on how we experience the day. Saturn likes to us to have a plan, to make a schedule (down to the minute!), and to stick to it! Saturn is all about service, authority and organization.

A way to honor this energy of Saturn, and to become it, is to start off the day with meditation and a good solid "dinacharya" - a daily routine (see the online resource page at: www.ayurveda.com). The classic Vedic texts state that meditating in the pre-dawn hours (the Brahma muhurta hours) is especially powerful as it can help us access and undo any traumas related to our birthing experience or to early childhood. On a mythological level, these hours are connected to Aditi, the Mother of the Gods and Kings - a deity that is all about rebirth, nurturing and abundance. The structure and schedule we create in our morning hours are very important this month as we move out of this "birthing" energy of the spring and summer and into the "kala sarpa yoga" energy of the upcoming months - energy revolving around breaking old patterns (a theme for the past few months, it seems!).

Saturn is giving us the gift of discipline and focus this month, allowing us to overcome any challenges we may have faced in the early years and to become the authority over our lives. These are some of the greatest lessons and gifts of Saturn. Yes, Saturn can restrict and we can sometimes feel as if we are being "punished" by Saturn. Sometimes, we are! But most times, it is so we can hone in our energies, focus and make things manifest in our worlds. And if we don't do this, we will just feel simply out of sorts and like we are going against our inner authority. Saturn wants us to have honor, to be of service, and to have the structure needed so we can be our own authorities, to awaken (Saturn is connected to the 3rd eye), and to achieve all the greatness it has in store for us.

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 Budaya Namaha

Jupiter: Aum Gum Guravay Namaha

Venus: Aum Shum Shukraya Namaha

Saturn: Aum Sham Shanaya Namaha

Rahu: Aum Ram Rahuvay Namaha

Ketu: Aum Kem Ketuvay Namaha

Key Words for September 2008:

*** cool down! * speak with passion and love *
* discipline * structure * "dinacharya" (the daily routine)***