The 2018 Feng Shui Planetary Prosperity Almanac and Ephemeris with Organizer

Astrological and Feng Shui Tools for 2018

Published by Mr. Scott Rauvers of the Institute for Solar Studies on Behavior and Human Health

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Other Almanacs are for gardens, this almanac nourishes soul!

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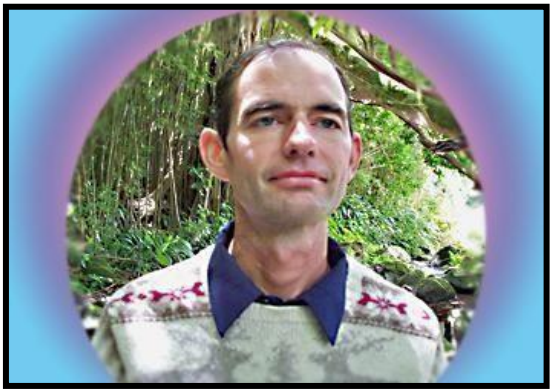

Scott Rauvers,

Author *of the Feng Shui Planetary Prosperity Almanac*

Thank you to all our 2017 fans for making the 2017 Tao Almanac an astounding success!

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Welcome to the 2018 Feng Shui Planetary Prosperity Almanac and Ephemeris with Organizer

Included in this all new 2018 Tao Almanac are new Tao Charts, a more detailed Ephemeris, first and last quarter moon dates (including new, full, apogee and perigee moons), new unique articles, a more mainstreamed easier to read 2018 moon void of course calendar and larger easier to read Electional Astrology dates. We also go into greater detail about each element showing Personality, Body Features, Strengths, Weaknesses, Lifestyle Recommendations and recommended foods for each element type. Our greatest contribution to this edition is the new seasonal LST Time Calendar, which dramatically improves remote viewing. We continue to adhere to our policy of knowing which foods to eat during each season according to each person's unique element to
maximizes health, vitality and well-being. Know the real reason behind the 2017 rash of hurricanes - find out how to enhance your remote viewing of the markets , find which goods heal according to your tao element and season, - new Tao charts and much more! We would also like to offer a special thanks to our 2017 readers who helped make the last years Tao Almanac such a huge success.

If you are a first time reader Welcome!. This easy to use almanac has purposely been written for people of all age brackets, sexes, professionals and nonprofessionals alike, and for people from all walks of life seeking a simple easy to use planetary organizer. Compiled by Scott Rauvers, the Founder of the Solar Institute and author of 3 personal success achievement books. This simple and unique almanac gives you the 21st century tools necessary for achieving personal and business

success in the new millennium.

This edition includes daylight savings hours, the major U.S. public holidays and the date each season begins. The included day planner gives you enough space to write in information for meetings, activities and other vital information. Included is a complete Moon Void of Course Calendar and with the dates the constellation is in each house, Planetary transits for 2018 and a complete 2018 Moon and Planetary Ephemeris Calendar showing the aspects for each day of the year are also included.

The section on Electional Astrology helps you put important events into motion using the aspects of the moon and aspectarian. Also included are the dates of new and full moons and the dates of super moons for the next 4 years. No longer does the reader need to go on frustrating searches for this important information.

This unique almanac includes which foods create maximum health according to the season and as each new season begins, a series of recommended exercises based on the Tao can be performed that enhance the immune system, restore energy and detox the body to maintain excellent physical health.

The information in the included ephemeris sets higher standards for simplicity and accuracy for contemporary Taoist and Chinese 12 earthly branches astrology. Updated with the very latest data, it includes the longitude dates of the Sun aligned with the major asteroids of Juno, Ceres, Europa, Pallas, Eros and Vesta. For remote viewers, the time of 13:30 LST is included at the start of every month for convenient planning of your remote viewing sessions. As an added feature for our readers, are the more than 21 original articles showcasing the latest creative ideas and rare information that will super-charge your goal setting and objectives all through 2018.

The beginning pages show how to find your element and animal sign and how to use these signs to choose foods that will enhance health and vitality according to the season. It also shows you how to match your element to each season and the recommended anti-aging foods and herbs for those seeking a lifestyle of longevity.

Timing is vital to any important undertaking or major venture

Avoid frustrating failures and delays by knowing the very best time to undertake or fulfill your vital venture. To benefit fully from this information, you do not need to know your horoscope, simply plan your activity based on the favorable dates listed and take action on any day of the year. Seeking to find the date the Moon is in Taurus? our Moon Houses section gives the exact time and date the moon will be in that house.

Know the best time to plan travel and perform self-healing based on the included Tao charts and know your peak cycles of 'CHI' to supercharge your QI Gong practice and maximize feelings of revitalization.

Years of computerized astrological data and ancient Taoist wisdom have all conveniently been capsulated into this rare one-of-a-kind almanac which is now available in nook, kindle and hardcover editions.

Once again, we welcome our loyal readers to the 2018 edition and all of us here at EZ3DBIZ publications wish you a happy and prosperous 2018!

An Introduction to the Elements

Traditional Eastern Medicine states humans are a microcosm of our universe. Through thousands of years of careful observation of the interactions occurring in Nature, the Five Phases of Transformation theory was born (*also referred to as the Five Elements*). This knowledge has been applied to the human body for healing, treatment, diagnosis and prevention of illness. It also is used in the Tao to find the best dates to plan important ventures.

Early references to the early birth of the Five Phases can be found in the classic Chinese text **Inner Canon of the Yellow Emperor** dated between the first and forth centuries BC. The five phases spread from here and became applied in practices such as feng shui, astrology, shiatsu, acupuncture, chi gong and healing and prevention of illness through diet.

Each of the 5 phases consists of a major and secondary organ, which then governs its associated emotion. Each phase is also assigned its own hour. For example, the phase of wood is associated with sunrise and an upwards flow of life force. Also, each of the phases is assigned its own particular taste. By changing diet, we change how our food tastes, which affects our nerves, which then re-directs the flow of the life force.

One of the most easily recognizable ways that the flow of QI (life force) is impacted is by experiencing the seasons. Therefore, seasons are an excellent starting point to understand this flow more clearly. Below is an example of how the seasons can weaken certain organs.

- Summer Heat Weakens the Heart
- Spring Winds Weaken the Liver
- Winter Cold Dryness weakens the Kidneys
- Fall Humid Weather weakens the Spleen
- Late Spring Cold Dry Weather weakens the Lungs
- Excessive effects on the body during winter will manifest themselves during spring time
- Excessive effects on the body during late spring winds manifest themselves as a low appetite in summer
- Excessive effects on the body in summer manifest as a fever during fall
- Excessive effects of humidity in fall manifest themselves as a persistent cough during winter

Just as each planet has a peak of energy according to the season and hour, there also exist character and personality traits that are unique to each individual when born during a particular month. The year of a person's birth gives their animal and element sign. This governs their personality, attributes and character.

Use the information conveniently displayed in this almanac at the beginning of each month to pursue a career, examine your inner weaknesses and strengths, perform self-healing or plan important projects. A little-known secret in timing is to plan your most important or challenging projects just after your birthday (*which also matches your animal sign as will be shown in this almanac*).

Each person's unique sign has personality traits that manifest themselves strongly according to certain seasons. There also exist organs of the body, which are energetically more active, then usual according to certain times and seasons. We can also use the 5 phases of the Tao to know when an excess of a particular emotion damages which body part and how to restore balance.

- Excessive anger damages the liver, but is balanced by grief.
- Excessive joy injuries the heart, and is balanced by fear.
- Excess sympathy injures the stomach, and is balanced by anger.
- Excess grief damages the lungs, and is balanced by anger.
- Extreme fear damages the kidneys, but is balanced with sympathy.
- Extreme moaning injures the kidneys, and is balanced by joy.
- Prolonged standing in the same location harms the kidneys and bladder and is balanced by walking.
- Excessive cold injures the kidneys and bladder, and is

balanced by warm liquids.

- Fear and depression are the result of weak kidneys and bladder.
- Fear and depression are balanced by laughter.

We can also use the 5 phases to bring balance to excess emotions.

- Excess Freedom can be balanced by more Responsibility
- Excess Love can be balanced by more Wisdom
- Excess Meekness can be balanced by more Self Value
- Excess Caution can be balanced by more Courage
- Excess Patience can be balanced by more Aggressiveness
- Excess Tenderness can be balanced by more Stability
- Excess Joy can be balanced by more Moderation/Fear
- Excess Faith can be balanced by more Understanding
- Excess Gentleness can be balanced by more Strength
- Excess Intuition can be balanced by more Logical Reasoning
- Excess Generosity can be balanced by more Economy
- Excess Repose can be balanced by more Energy
- Excess Zeal can be balanced by more Reflection
- Excess Ambition can be balanced by more Unselfishness
- Excess Charity can be balanced by more Justice
- Excess Candor can be balanced by more Tactfulness
- Excess Aspiration can be balanced by more Judgment
- Excess Benevolence can be balanced by more Discrimination
- Excess Liberty can be balanced by more Lawful Obedience

HABIT	**OPPOSITES**
Adequate Sunshine	*Sunburn, No Sunshine*
Adhering to Goals	*Fear, Doubt, Self-Pity*
Cheerful	*Gloomy*
Compassion	*Self Righteousness*
Confidence	*Discouragement*
Constipation	*Cleansing the Intestines*
Deep Breathing	*Insufficient Breaths*
Exercise	*Excessive or no Exercise*
Fasting	*Toxemia*
Forgiveness/Compassion	*Hate*
Freedom	*Tension*
Honesty	*Conclusion*
Mediation and prayer	*Restlessness and Nervousness*
Moderation in lifestyle	*Prescription drugs and Excessive Alcohol*
Reading and Close Work	*Excessive Close work and incorrect reading*
Thankfulness	*Fault Finding*

Before we begin you need to know your animal sign and metal element. Let's explore this next.

How do I Find My Element?

The first step is to match your year of birth with one of the animals listed on the following page.

Step 1

YOUR CHINESE ANIMAL ZODIAC SIGN

- **Rat:** 2008, 1996, 1984, 1972, 1960, 1948, 1936
- **Ox:** 2009, 1997, 1985, 1973, 1961, 1949, 1937
- **Tiger:** 2010, 1998, 1986, 1974, 1962, 1950, 1938
- **Rabbit:** 2011, 1999, 1987, 1975, 1963, 1951, 1939
- **Dragon:** 2012, 2000, 1988, 1976, 1964, 1952, 1940
- **Snake:** 2013, 2001, 1989, 1977, 1965, 1953, 1941
- **Horse:** 2014, 2002, 1990, 1978, 1966, 1954, 1942
- **Goat:** 2015, 2003, 1991, 1979, 1967, 1955, 1943, 1931
- **Monkey:** 2015, 2004, 1992, 1980, 1968, 1956, 1944, 1932
- **Rooster:** 2017, 2005, 1993, 1981, 1969, 1957, 1945, 1933
- **Dog:** 2018, 2006, 1994, 1982, 1970, 1958, 1946, 1934
- **Pig:** 2019, 2007, 1995, 1983, 1971, 1959, 1947, 1935

Step 2

Next, match animal with element.

- **Wood:** Tiger, Rabbit
- **Fire:** Snake, Horse
- **Earth:** Ox, Dragon, Goat, Dog
- **Metal:** Monkey, Rooster
- **Water:** Pig, Rat

Step 3

- 0 or 1, you are a metal element.
- 2 or 3, you are a water element.
- 4 or 5, you are a wood element.
- 6 or 7, you are a fire element.
- 8 or 9, you are an earth element.

And finally match the last number in your birth year to determine your element. When using your metal element in this almanac we will use the

Cow / Ox (Ying -Fixed Element Water)
Ox years include 1901, 1913, 1925, 1937, 1949, 1961, 1973,

1985, 1997. The Ox month is from Jan 6th to Feb 3th, and the hours are from 1am to 3am. If you were born during any of the years listed as the Ox, then that month matches your character and personality and will determine your fortune for that month.

You can also use Step 1 to determine your Animal Zodiac Sign and explore your character, traits and strengths and explore any relevant weakness you may have then use that information to strengthen any weak areas you feel you need strengthening. You can also use it for planning important projects.

Now that you have found your element and animal sign you simply match it to each month shown in this almanac. You can use your element to locate the appropriate diet and lifestyle by using the charts shown later in this book. You can also use your element to find your lucky numbers, colors, hour and day of week.

How to find your QI peak phase.
If you have been practicing QI Gong or similar exercises for many years you will no doubt have discovered that the revitalization energy has certain peaks or times the energy is stronger. To use the chart below to find your seasonal yearly peak let's use the example of the metal element. The chart below shows that QI energy peaks during fall. If you were a metal element, then during sunset at fall would be your peak.

Element – Season

WATER – WNTER
METAL – FALL
EARTH – SUMMER
WOOD - SPRING

The Tao divides life into five elements: metal, water, fire, earth and wood. Each one of the elements has its own season that contains recommended foods and attributes. The Tao teaches us that as each person is born they take on the attributes according to that season. This strongly establishes their core personality, health risks, emotional state and their strengths and weakness. In this section we shall examine each element's strengths and weaknesses. Listed on the following pages are the following attributes according to each element - Color, Hours, Energy, Hours, Body Features, Personality, Strengths, Weaknesses, Lifestyle Recommendations and recommended foods.

Fire

Active from June 21 to mid-August
heart problems, quick thinkers
Plant life is full of vital life force. Color is **red** and the flavor is **bitter**. Energy during this time is connected to the heart and the small intestine. Hours of the day when the Heart is most active during this time is between 11 a.m. and 1 p.m.. The hours the small intestine is most active is between 1 and 3 p.m.

Body Features
Triangular face which narrows at the chin, along with prominent features and a reddish complexion.

Personality
These people are usually emotional, strong and energetic Their body is strong and they have active circulation. During this time life is most expansive and exhibits its full manifestation. Passionate, sensitive, excitable and impatient. Sociable and articulate.

Strengths
Quick study, an eye for details, ambitious and persistent

Weaknesses
Easily frustrated does not adapt to change quickly. May have a hard time getting along with others because some may have strong egos, allowing them to become isolated. Susceptible to cardiovascular and circulatory problems such as heart disease and hypertension. Also may be vulnerable to varicose and spider veins and any of the following - menstrual disorders, neck

and shoulder tightness, toothache, anxiety, insomnia, palpitations, stress and constipation.

Lifestyle Recommendations

Properly schedule your time, especially during your midlife transition and set aside some time to yourself allowing yourself to contemplate on your own wellbeing. Keep a journal. Think about what you find brings joy and remind yourself that you are worthy and deserving. Make room for this in your life.

Foods that enhance Fire

Grains: amaranth, quinoa, corn, maize and popcorn,
Vegetables: chives, endive, okra, asparagus, Brussels sprouts and scallions
Beans and Pulses: chickpeas and red lentils
Fruits: persimmon, peaches, cherries, apricot, guava, strawberry
Fish: lobster, crab and shrimp
Spices: spices in general are considered fire foods. Chili and curry

Earth

Most active from mid-August to Sept 21
prone to stomach ailments, giving and nurturing
The earth element is yellow, flavor sweet, and the organs are the stomach and spleen. The stomach is most active between the hours of 7 to 9 a.m. and the spleen between 9 and 11 a.m.

Body Features

Earth types have oval faces which are fleshy, full and slightly yellow in complexion.

Personality

Imaginative, easygoing, giving and nurturing and sincere. The type that tends to make friends easily. Conservative, takes methodical approaches and not an initiator.

Strengths

They feel content in the company others and thrive on the energy of the others and in turn nurture them.

Weaknesses
Prone to worry and over thinking. They may become needy, wanting more affection, or may give too much of themselves, becoming a pushover. Have big appetites and are prone to over indulgence. Digestive and intestinal problems. Regions of the body prone to disorders include spleen, intestine, pancreas and the stomach. They may have diarrhea,
muscular weakness and low energy constipation, bloating, ulcers. inflammation of the intestines and water retention.
Lifestyle Recommendations
Work on self-reliance and develop skills that encourage setting boundaries.
Foods that enhance earth
Grains: Millet
Vegetables: all squash: (acorn, butternut, Hokkaido, Hubbard, spaghetti, pumpkin) shiitake mushrooms, beets, onions, sweet corn, parsnips, string beans, rutabaga, collards, chard, artichoke and sweet peas
Fruits: honeydew, tangelo, raisins, sweet grapes, sweet apples, figs, cantaloupe, sweet orange, papaya, dates and tangerine
Fish: swordfish, sturgeon, salmon and tuna
Nuts: sesame seeds, almonds, pecans, walnuts and sunflower seeds
Sweeteners: rice syrup, barley malt, molasses, agave and maple syrup

Metal
frequent colds and flu, intellectual and organized
Active from Sept 21 to December 21
Color is white, flavor spicy or volatile, associated organs are the lungs and large intestine. The lungs are most active during this time from 3 to 5 a.m. and the large intestine from 5 to 7 a.m.
Body Features
Round and wide facial structure associated with a prominent nose and fair complexion.

Personality
Intellectual, meticulous articulate, rational and organized. Persistent at following tasks through to the end.
Strengths
Their excessive optimistic outlook, ability to see myriad possibilities and curious nature may lead them to excessive deliberating. This may cause Metal types to often change their minds and spread themselves far too thin. This may result in them scattered and unfocused. Being good at some topics, they tend to become overextended.
Weaknesses
These people usually have weak-energy and are fragile in build. They need Yan food for active energy. This can be obtained from nuts and dairy. Respiratory conditions such as asthma, sinusitis and allergies leave them susceptible to colds and flu, colitis, upper back pain and laryngitis and also diseases that affecting the skin mouth, teeth and bone marrow.
Lifestyle Recommendations
Establish regular mealtimes rather than eating at random. Spontaneity is allowed for creativity, in order to counteract the hyper-rational side. Aerobic exercise is recommended for metal types for health and overall well being.
Foods that enhance metal
Grain: sweet rice, mochi, white and brown rice Vegetables: celery, daikon radish, cauliflower, cabbage, Chinese cabbage, onions, watercress, mustard turnips, garlic, cucumber, leeks and turnip greens
Beans and Pulses: white beans
Fruits: pear, apples and banana
Fish: haddock, herring, flounder, Bass, snapper, cod, sole and halibut
Herbs and Seasonings: horseradish, cinnamon, cayenne, dill, fennel, thyme, ginger root, basil and rosemary

Water

Active from December 21 to March 21

hormone problems, strong willpower

Color is black, flavor salty, associated organs are bladder and kidneys. The hours these organs are most active are from 3 to 5 p.m. and the kidneys from 5 to 7 p.m.

Body Features

A square, filled out face with large ears and dark complexions.

Personality

Strong willpower and endurance.

Strengths

Deep thinkers and are content with pleasures of the mind.

Weaknesses

These people usually have a “friable” physique. They may have weak internal energy which quickly disappears from the body. They may need more liquid food in their diets and moderate amounts of salt to keep water. May appear timid, hesitant and unsure of themselves. Prone to physical weakness. May be overly dependent on others. Prone to extremes in decision making, alienating those around them. Kidneys, urinary tract, bladders, ovaries, hormonal system and lower back. May age prematurely. Susceptible to genital, urinary and reproductive ailments which include infertility and impotence.

Lifestyle Recommendations

Drink plenty of water to clear out the kidneys. Nurture social relations and avoid spending too much time alone. Water types are very self-sufficient, however this may cause coldness and detachment from others when out of balance.

Foods that enhance water

Grain: black rice, barley and buckwheat

Vegetables: burdock, asparagus and beets

Beans and Pulses: black lentils, adzuki, black beans

Sea Vegetables: kelp, hijiki, nori, wakame, kombu, arame, dulse and Irish moss

Fruits: purple and black grapes, blackberries, raspberries,blueberries, watermelon and black raspberries

Fish: scallops, oysters, clams, blue fish, caviar and mussels

Nuts: black sesame seeds and chestnuts

Condiments and Seasonings: umeboshi, tamari, shoyu, miso,

tekka, gomasio, salt cured pickles (these last two are also sour).

Wood
Active from March 21 to June 21
prone to headaches. Intense personality
Color is green, flavor sour, and associated organs are liver and gall bladder. Hours for the gall bladder are from 11 p.m. to 1 a.m. and the liver from 1 to 3 a.m.

Body Features
Rectangular and muscular facial features and with an olive complexion.

Personality
Confident, responsible, intense, smart, decisive and authoritative.

Strengths
Highly motivated with a strong personality.

Weaknesses
These people usually have lean physique and thin bones. Disorders of nervous system— especially the brain. Disorders of the liver, bronchial tubes, throat, esophagus and stomach. Frequent headaches, neck and shoulder pain, eye disorders, nerve pain, throat constriction, high blood pressure and acid reflux disorder.

Lifestyle Recommendations
Excess wood properties can make someone appear over stressed. Methods to release stress includes meditation or yoga. Physical activities such as fishing, hiking, sailing and bird watching as they are not overly goal oriented. Some wood types can eat all types of products regardless of their taste and color. Wood types should eat moderate amounts of food and preferably raw. Olive oil is recommended for wood types.

Foods that enhance wood
Grains: oats, rye and wheat
Vegetables: collard greens, carrots, alfalfa, broccoli, parsley, lettuce, kale, beets, leeks, zucchini, artichokes and shiitake

mushrooms
Beans and Pulses: lima. green lentils and mung
Fruits: green apple, sour cherry, limes, lemons, grapefruit, avocado, plums and quince.

The 2018 Feng Shui Planetary Prosperity Almanac and Ephemeris with Organizer

JANUARY 2018

13:30 LST Time Begins at 7 a.m. PST.

January is the time of year for new beginnings. A time for recovery. A month for ambitions, making others happy, socializing and learning to get organized. It is a month to be fun and enjoy the new beginnings. The name of the first month of the year comes from the Roman god Janus who has the god of doorways and gates as well as beginnings and endings. Janus is usually depicted as having two faces pointing in opposite directions. According to Roman mythology, the god Saturn gave Janus the ability to see into the past and the future.

Cow / Ox (Ying -Fixed Element Water)

Ox years include 1901, 1913, 1925, 1937, 1949, 1961, 1973, 1985, 1997.
The Ox month is from Jan 6th to Feb 3th, and the hours are from 1am to 3am. Ox persons are ambitious, conventional, disciplined, steady, dependable, calm, methodical, fair-minded, logical, patient, hardworking, modest, resolute and tenacious. They can also sometimes be stubborn, narrow- minded, materialistic, rigid, demanding and nurture grievances. The Ox attains their prosperity and success through their natural leadership qualities, fortitude and hard work. They make excellent engineers, dentists, surgeons and archaeologists. They are compatible with individuals born in the years of the Rooster, Snake and Rat.

Season - Winter

Winter forces us to spend more time indoors. It encourages reflection and introspection. We also become much less physically active. It is the time for being objective, artistic and allowing for flexibility. Allow yourself to be yourself. Allow yourself to express more wisdom and awe the beauty winter brings. For healing, warming and heat therapy works best this

time of year and it is the best time of year to build new body strength. This is the season of fluids flowing all around us in multiple directions at once. A time of quiet willpower and spontaneous sighs. The color of winter represents black and darkness. Around Christmas life goes though the phase of re-birth and a healing of mind and body begins as we rest our emotions. This time of contemplation allows us to take a spiritual and physical inventory of our lives and to nurture our emotions and spirit. It is
a time to be on the lookout for fear.

Seasonal Healing Sounds for Winter
Kidneys – FFFFFFFFFFUUUUUUUU

Healing Color Visualization Exercise

Kidneys and Bladder / Ears / Water Element

Breathe in deep while focusing on the kidneys. As you breathe out release the sound "HOOOOOO", while visualizing DARK BLUE/INDIGO energy exiting through the ears. Repeat this exercise 6, 9, or more times.

Element WATER

Winter represents Cold and water. Its main action is cooling and moistening. The flowing effect of water is for it to sink to the lowest level. At this level, it either nourishes (as in feeding roots), or causes blockages. If circulation is poor or non-existent, blockages will begin to form, manifesting themselves during spring.

Water types succeed by not allowing their fears to block their full expression of creativity.

Moving water activates its functions. Winter is where energy travels deep within, lying dormant until spring. Qi circulation as well as blood are reduced by the effects of Cold. Cold also stiffens muscles and tendons, especially in the knees and limbs of the body. Water represents the Bladder and Kidneys which

play a role in urination, or water retention.

Flavor is SALTY

Saltiness is Yin energy. It is cooling and has affinity with the season of winter. It enters the kidneys, softens (good), hardens (bad) regulates fluids and detoxifies. Examples of salty foods: shellfish, soy sauce, seaweed and celery.

Best advice for Winter

People with Cold in their body, or who are cold sensitive, should take herbs to move the Qi and blood. It is a time to keep warm, meditate, rest and conserve energy. Eat hearty and warming foods. Cook for longer, with less water and at a lower temperature. Steam vegetables. Use more sea salt and include bitter tasting foods in the diet. Eat preserved and fermented foods such as fermented soy bean paste and miso.

Late Winter to Spring - Exposure to Cold, Excessive Sweet Foods, Excessive Yogurt, Cheese, Milk and similar dairy, Meat, Excessive Salts, Excessive Water, Overeating, Oversleeping, Lack of Exercise.
Mental Component – Doubts, Greed, Possessiveness, Lack of Compassion.

Season Moon Phase and Character
Crescent Moon (the moon phase just after new)
The seasonal holiday of Candlemas (approximately February 1st)
You charge forward with new impulses and ideas, even in the face of resistance. Your primary mission lies in actualizing new forms into a concrete and objective existence, existing as being separate from the old ways. You are fully invested in purpose, and may be very aware of the challenges that are represented by the status quo. This is because older forms never will yield without effort and struggle.

January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Year's day	2	3	4	5	6
7	8	9	10	11	12	13
14	15 M L King Day	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

ALL STAR PLANET RISE/SET TIMES ARE IN PACIFIC STANDARD TIME

Sirius Rise, Zenith and Set

2018 Jan 01 (Mon)	19:17 114	00:13 28S	05:04 246
2018 Jan 02 (Tue)	19:14 114	00:09 28S	05:00 246
2018 Jan 03 (Wed)	19:10 114	00:05 28S	04:56 246
2018 Jan 04 (Thu)	19:06 114	00:01 28S	04:52 246
2018 Jan 05 (Fri)	19:02 114	23:53 28S	04:49 246

Betelgeuse Rise, Zenith and Set

2018 Jan 01 (Mon)	16:47 79	23:19 52S	05:56 281
2018 Jan 02 (Tue)	16:43 79	23:15 52S	05:52 281
2018 Jan 03 (Wed)	16:39 79	23:11 52S	05:48 281
2018 Jan 04 (Thu)	16:35 79	23:07 52S	05:44 281
2018 Jan 05 (Fri)	16:31 79	23:04 52S	05:40 281

Arcturus Rise, Zenith and Set

2018 Jan 01 (Mon)	00:17 62	07:42 64S	15:07 298
2018 Jan 02 (Tue)	00:13 62	07:38 64S	15:03 298
2018 Jan 03 (Wed)	00:09 62	07:34 64S	14:59 298
2018 Jan 04 (Thu)	00:05 62	07:30 64S	14:55 298
2018 Jan 05 (Fri)	00:01 62	07:26 64S	14:51 298

Polaris Rise, Zenith and Set

2018 Jan 01 (Mon)	***** ***	20:19 46N	***** ***	08:21 45N
2018 Jan 02 (Tue)	***** ***	20:15 46N	***** ***	08:17 45N
2018 Jan 03 (Wed)	***** ***	20:11 46N	***** ***	08:13 45N
2018 Jan 04 (Thu)	***** ***	20:07 46N	***** ***	08:09 45N
2018 Jan 05 (Fri)	***** ***	20:03 46N	***** ***	08:05 45N

(**** denotes object continuously above horizon)

Vega Rise, Zenith and Set

2018 Jan 01 (Mon)	02:17 25	12:02 83S	21:48 335
2018 Jan 02 (Tue)	02:13 25	11:59 83S	21:44 335
2018 Jan 03 (Wed)	02:09 25	11:55 83S	21:40 335
2018 Jan 04 (Thu)	02:05 25	11:51 83S	21:36 335
2018 Jan 05 (Fri)	02:01 25	11:47 83S	21:32 335

Mercury Rise, Zenith and Set

2018 Jan 01 (Mon)	06:05 120	10:37 23S	15:08 240
2018 Jan 02 (Tue)	06:07 120	10:37 23S	15:07 239
2018 Jan 03 (Wed)	06:08 121	10:38 23S	15:07 239
2018 Jan 04 (Thu)	06:10 121	10:39 23S	15:07 239
2018 Jan 05 (Fri)	06:12 121	10:40 23S	15:07 238

Venus Rise, Zenith and Set

2018 Jan 01 (Mon)	07:48 124	12:07 21S	16:25 236
2018 Jan 02 (Tue)	07:49 124	12:08 21S	16:27 236
2018 Jan 03 (Wed)	07:51 124	12:10 21S	16:29 236
2018 Jan 04 (Thu)	07:52 124	12:11 21S	16:31 236
2018 Jan 05 (Fri)	07:53 124	12:13 21S	16:33 236

Mars Rise, Zenith and Set

2018 Jan 01 (Mon)	03:17 112	08:15 29S	13:13 248
2018 Jan 02 (Tue)	03:16 112	08:14 29S	13:11 248
2018 Jan 03 (Wed)	03:16 112	08:12 29S	13:09 248
2018 Jan 04 (Thu)	03:15 112	08:11 29S	13:06 248
2018 Jan 05 (Fri)	03:14 113	08:09 28S	13:04 247

Jupiter Rise, Zenith and Set

2018 Jan 01 (Mon)	03:30 112	08:25 29S	13:20 248
2018 Jan 02 (Tue)	03:27 112	08:22 29S	13:17 248
2018 Jan 03 (Wed)	03:24 113	08:19 29S	13:13 247
2018 Jan 04 (Thu)	03:21 113	08:15 28S	13:10 247
2018 Jan 05 (Fri)	03:17 113	08:12 28S	13:06 247

Saturn Rise, Zenith and Set

2018 Jan 01 (Mon)	**07:08 122**	**11:31 22S**	**15:55 238**
2018 Jan 02 (Tue)	**07:05 122**	**11:28 22S**	**15:51 238**
2018 Jan 03 (Wed)	**07:01 122**	**11:25 22S**	**15:48 238**
2018 Jan 04 (Thu)	**06:58 122**	**11:21 22S**	**15:44 238**
2018 Jan 05 (Fri)	**06:54 122**	**11:18 22S**	**15:41 238**

FEBRUARY 2018

13:30 LST Time Begins at 5:00 a.m. PST

Tiger (Yang - Fixed Element Wood)

Tiger years include 1902, 1914, 1926, 1938, 1950, 1962, 1974, 1986, 1998.
The month of Tigers are from Feb 4 to Mar 5. The hours of Tigers are from 3am to 5am. Tiger persons are daring, impulsive, vigorous, unpredictable, rebellious, colorful, powerful, affectionate, humanitarian, passionate, stimulating, sincere and generous. They can sometimes become impatient, quick-tempered, restless, reckless, obstinate and selfish. Tiger persons have faith in luck. They utilize their charisma and their daring to achieve success. Their humanitarian instincts and idealism lead them to their goals. Tiger people make good writers, pilots, actors and police officers. Tigers are compatible with Horses, Dragons and Dogs.

February is the month to uncover hidden knowledge and expand our spiritual growth. This is the time that the energies of the constellation Aquarius are at their strongest. A time to access deeper knowledge. A time to awaken to the unity with the one creative source. It is the time of year an inner awakening occurs.

February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14 Valentine's Day	15	16	17
18	19 President's Day	20	21	22	23	24
25	26	27	28			

ALL STAR / PLANET RISE/SET
TIMES ARE IN PACIFIC STANDARD TIME

Sirius Rise, Zenith and Set

2018 Feb 01 (Thu)	17:16 114	22:07 28S	03:02 246
2018 Feb 02 (Fri)	17:12 114	22:03 28S	02:58 246
2018 Feb 03 (Sat)	17:08 114	21:59 28S	02:54 246
2018 Feb 04 (Sun)	17:04 114	21:55 28S	02:51 246
2018 Feb 05 (Mon)	17:00 114	21:51 28S	02:47 246

Betelgeuse Rise, Zenith and Set

2018 Feb 01 (Thu)	14:45 79	21:17 52S	03:54 281
2018 Feb 02 (Fri)	14:41 79	21:13 52S	03:50 281
2018 Feb 03 (Sat)	14:37 79	21:09 52S	03:46 281
2018 Feb 04 (Sun)	14:33 79	21:06 52S	03:42 281
2018 Feb 05 (Mon)	14:29 79	21:02 52S	03:38 281

Arcturus Rise, Zenith and Set

2018 Feb 01 (Thu)	22:11 62	05:40 64S	13:05 298
2018 Feb 02 (Fri)	22:07 62	05:36 64S	13:01 298
2018 Feb 03 (Sat)	22:03 62	05:32 64S	12:57 298
2018 Feb 04 (Sun)	22:00 62	05:28 64S	12:53 298
2018 Feb 05 (Mon)	21:56 62	05:25 64S	12:50 298

Polaris Rise, Zenith and Set

2018 Feb 01 (Thu)	***** ***	18:16 46N	***** ***	06:18 45N
2018 Feb 02 (Fri)	***** ***	18:12 46N	***** ***	06:14 45N
2018 Feb 03 (Sat)	***** ***	18:08 46N	***** ***	06:10 45N
2018 Feb 04 (Sun)	***** ***	18:04 46N	***** ***	06:06 45N
2018 Feb 05 (Mon)	***** ***	18:01 46N	***** ***	06:03 45N

(**** denotes object continuously above horizon)

Vega Rise, Zenith and Set

2018 Feb 01 (Thu)	00:15 25	10:01 83S	19:46 335
2018 Feb 02 (Fri)	00:11 25	09:57 83S	19:42 335
2018 Feb 03 (Sat)	00:07 25	09:53 83S	19:38 335
2018 Feb 04 (Sun)	00:03 25	09:49 83S	19:34 335
2018 Feb 05 (Mon)	23:55 25	09:45 83S	19:30 335

Mercury Rise, Zenith and Set

2018 Feb 01 (Thu)	07:12 121	11:41 23S	16:12 239
2018 Feb 02 (Fri)	07:13 120	11:44 23S	16:16 240
2018 Feb 03 (Sat)	07:14 120	11:47 24S	16:21 240
2018 Feb 04 (Sun)	07:15 119	11:50 24S	16:26 241
2018 Feb 05 (Mon)	07:16 119	11:53 24S	16:30 242

Venus Rise, Zenith and Set

2018 Feb 01 (Thu)	07:55 113	12:48 28S	17:42 247
2018 Feb 02 (Fri)	07:55 113	12:49 28S	17:45 247
2018 Feb 03 (Sat)	07:54 112	12:50 29S	17:48 248
2018 Feb 04 (Sun)	07:53 112	12:51 29S	17:50 249
2018 Feb 05 (Mon)	07:52 111	12:52 30S	17:53 249

Mars Rise, Zenith and Set

2018 Feb 01 (Thu)	02:56 119	07:31 24S	12:06 241
2018 Feb 02 (Fri)	02:55 119	07:30 24S	12:04 241
2018 Feb 03 (Sat)	02:54 119	07:28 24S	12:02 241
2018 Feb 04 (Sun)	02:53 120	07:27 24S	12:00 240
2018 Feb 05 (Mon)	02:53 120	07:25 24S	11:58 240

Jupiter Rise, Zenith and Set

2018 Feb 01 (Thu)	01:50 114	06:40 27S	11:31 246
2018 Feb 02 (Fri)	01:47 114	06:37 27S	11:27 246
2018 Feb 03 (Sat)	01:43 114	06:33 27S	11:23 246
2018 Feb 04 (Sun)	01:40 114	06:30 27S	11:20 246
2018 Feb 05 (Mon)	01:36 114	06:26 27S	11:16 246

Saturn Rise, Zenith and Set

2018 Feb 01 (Thu)	05:21 122	09:44 22S	14:08 238
2018 Feb 02 (Fri)	05:17 122	09:41 22S	14:04 238
2018 Feb 03 (Sat)	05:14 122	09:37 22S	14:01 238
2018 Feb 04 (Sun)	05:10 122	09:34 22S	13:57 238
2018 Feb 05 (Mon)	05:07 122	09:30 22S	13:54 238

MARCH 2018

13:30 LST Time Begins at 3:00 a.m. PST

Spring is a time to watch for anger and impatience as we are more sensitive to these emotions than usual. Kindness is the Emotion to counter excessive anger. This is the best season to have enthusiasm and a positive attitude. This is the time of year motivation and self- improvement help to create new beginnings and birth new projects into fruition. Therefore, it is a good time to plan and prepare for the surprises spring brings. An excellent time of year for looking for new homes or relocating. This is the time of year inspiration affects us and colors seem more vivid and alive. A time we feel like shouting with enthusiasm as new life emerges. This is the most spiritual time of the year with prayer being the most effective. The color of spring is green. Spring is the best time of year to cleanse, detox or fast.

Rabbit (Ying - Fixed Element Wood)

Rabbit years are 1903, 1915, 1927, 1939, 1951, 1963, 1975, 1987, 1999.
Rabbit month is from Mar 6th to Apr 4th. The hours of Rabbits are from 5am to 7am. Rabbit persons are kind, sensitive, soft-spoken, self-assured, astute, amiable, elegant, reserved, gracious, cautious, artistic, thorough, tender, compassionate and flexible. They can sometimes become self- indulgent, opportunistic, moody, detached, superficial and lazy. Rabbit people pursue their objectives methodically, yet unobtrusively by using friendliness and amiability to achieve their aims. They are also good at using inscrutability and astuteness to outwit their opponents. Rabbits are most compatible with individuals born in the years of the Pig, Sheep and Dog.

Seasonal Healing Sounds for Spring
Liver – SSSSSHHHHHUUUUUU

Healing Color Visualization Exercise

Liver and Gall Bladder / Eyes / Wood Element
Breathe in deep and focus on the liver. As you breathe out release the sound "SHHHHHH", while visualizing GREEN energy exiting through the eyes. Repeat this exercise 3, 6, 9, or more times.

Element WOOD

Hibernating Energy bursts forth. This is the time of most rapid change and development.

Wood types succeed by putting into motion bold plans and new projects using their imagination and compassion.

Spring represents Wind. The Chinese character for Wind is a violent gust sending forth a small insect carrying illness through the air. It implies violent movement. Spring is when energy and movement are vigorous and ascending. It carries with it the idea of change and new growth.

Flavor is SOUR

Examples of sour food include: grapefruit, trout, tomato and lemon. Sourness is Yin energy, cooling, contracting and astringent, creates tension (*bad*), stops leakage and consolidates (*good*).

Best advice for Spring

Spring is the time we are particularly susceptible to colds and viruses. It is when allergies begin. It is key to protect yourself from the effects of Wind by dressing warmly. In particular, wear clothing that protects from draughts around the neck or chest. Metal types (*a term used in Traditional Chinese medicine*) should choose herbs that enhance the Qi and Lungs.

People suffering from hay fever should choose herbs from the phlegm category, especially Liver herbs. Take part in brisk activities by not over- exercising. Eating less and simply is key this time of year. Also, undergoing a detoxifying fast to clear the fats stored up over winter also helps a lot. Light foods such as young plants are key as well as light raw, sweet and pungent foods. Food should be cooked at a high temperature for as brief as period as possible. As summer approaches, the energy levels from spring begin peaking. Now the heat from summer starts causing friction within the body's immune system.

Season Moon Phase and Character
First Quarter Moon
The Vernal Equinox. (March 21st)
You are a willful builder of new structures for yourself and society. You characteristically exert utmost effort in order to achieve objectives of bringing new forms into reality. This is so even if resistance is occurring.

March 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30 Good Friday	31

ALL STAR AND PLANET /RISE SET TIMES ARE IN PACIFIC STANDARD TIME

Sirius Rise, Zenith and Set

2018 Mar 01 (Thu)	15:26 114	20:17 28S	01:12 246
2018 Mar 02 (Fri)	15:22 114	20:13 28S	01:08 246
2018 Mar 03 (Sat)	15:18 114	20:09 28S	01:04 246
2018 Mar 04 (Sun)	15:14 114	20:05 28S	01:00 246
2018 Mar 05 (Mon)	15:10 114	20:01 28S	00:56 246

Betelgeuse Rise, Zenith and Set

2018 Mar 01 (Thu)	12:55 79	19:27 52S	02:04 281
2018 Mar 02 (Fri)	12:51 79	19:23 52S	02:00 281
2018 Mar 03 (Sat)	12:47 79	19:19 52S	01:56 281
2018 Mar 04 (Sun)	12:43 79	19:15 52S	01:52 281
2018 Mar 05 (Mon)	12:39 79	19:12 52S	01:48 281

Arcturus Rise, Zenith and Set

2018 Mar 01 (Thu)	20:21 62	03:50 64S	11:15 298
2018 Mar 02 (Fri)	20:17 62	03:46 64S	11:11 298
2018 Mar 03 (Sat)	20:13 62	03:42 64S	11:07 298
2018 Mar 04 (Sun)	20:09 62	03:38 64S	11:03 298
2018 Mar 05 (Mon)	20:06 62	03:34 64S	10:59 298

Polaris Rise, Zenith and Set

2018 Mar 01 (Thu)	***** ***	16:25 46N	***** ***	04:27 45N
2018 Mar 02 (Fri)	***** ***	16:21 46N	***** ***	04:23 45N
2018 Mar 03 (Sat)	***** ***	16:18 46N	***** ***	04:19 45N
2018 Mar 04 (Sun)	***** ***	16:14 46N	***** ***	04:16 45N
2018 Mar 05 (Mon)	***** ***	16:10 46N	***** ***	04:12 45N

Vega, Rise, Zenith and Set

2018 Mar 01 (Thu)	22:21 25	08:10 83S	17:56 335
2018 Mar 02 (Fri)	22:17 25	08:07 83S	17:52 335
2018 Mar 03 (Sat)	22:13 25	08:03 83S	17:48 335
2018 Mar 04 (Sun)	22:09 25	07:59 83S	17:44 335
2018 Mar 05 (Mon)	22:05 25	07:55 83S	17:40

Mercury Rise, Zenith and Set

2018 Mar 01 (Thu)	07:16 95	13:04 41S	18:53 265
2018 Mar 02 (Fri)	07:15 94	13:06 42S	18:59 267
2018 Mar 03 (Sat)	07:14 93	13:09 42S	19:05 268
2018 Mar 04 (Sun)	07:13 91	13:11 43S	19:11 269
2018 Mar 05 (Mon)	07:12 90	13:14 44S	19:17 270

Venus Rise, Zenith and Set

2018 Mar 01 (Thu)	07:23 95	13:11 41S	18:59 265
2018 Mar 02 (Fri)	07:22 94	13:12 41S	19:02 266
2018 Mar 03 (Sat)	07:20 94	13:12 42S	19:05 267
2018 Mar 04 (Sun)	07:19 93	13:13 42S	19:08 268
2018 Mar 05 (Mon)	07:18 92	13:13 43S	19:10 268

Mars Rise, Zenith and Set

2018 Mar 01 (Thu)	02:30 123	06:52 22S	11:14 237
2018 Mar 02 (Fri)	02:29 123	06:51 22S	11:13 237
2018 Mar 03 (Sat)	02:28 123	06:50 22S	11:11 237
2018 Mar 04 (Sun)	02:27 123	06:48 22S	11:09 237
2018 Mar 05 (Mon	02:26	06:47 21S	11:08

Jupiter Rise, Zenith and Set

2018 Mar 01 (Thu)	**00:09 115**	**04:58 27S**	**09:46 245**
2018 Mar 02 (Fri)	**00:05 115**	**04:54 27S**	**09:42 245**
2018 Mar 03 (Sat)	**00:02 115**	**04:50 27S**	**09:38 245**
	23:58 115		
2018 Mar 04 (Sun)	**23:54 115**	**04:46 27S**	**09:34 245**
2018 Mar 05 (Mon)	**23:50 115**	**04:42 27S**	**09:31 245**

Saturn Rise, Zenith and Set

2018 Mar 01 (Thu)	**03:41 122**	**08:05 22S**	**12:29 238**
2018 Mar 02 (Fri)	**03:37 122**	**08:01 22S**	**12:25 238**
2018 Mar 03 (Sat)	**03:33 122**	**07:58 22S**	**12:22 238**
2018 Mar 04 (Sun)	**03:30 122**	**07:54 22S**	**12:18 238**
2018 Mar 05 (Mon)	**03:26 122**	**07:50 22S**	**12:15 238**

APRIL 2018

13:30 LST Time Begins at 1:02 A.M. PST

April is a good month for travel. A creative period where one can be bold. It is the month to avoid becoming introverted and to avoid becoming too critical and striving for perfection. April is a good month for continued momentum of goals and a time to begin reconnecting with the outdoors. The mind is stronger this time of year and it is easier to get motivated.

Seasonal Healing Sounds for Late Spring
SSSSSSSSSSSSSSSSSSS
SSSSSSSSS

Dragon (Yang -Fixed Element Wood)

Dragon years include 1904, 1916, 1928, 1940, 1952, 1964, 1976, 1988,
2000, 2012. The month of Dragons are from April 5th to May 4th. Dragon hours are from 7am to 9am. Dragon persons are pioneering, ambitious, generous self-assured, proud, direct, eager, zealous, magnanimous, vigorous, strong, fiery, passionate, decisive, loyal and idealistic. They may sometimes become dogmatic, arrogant, demanding, eccentric, over-bearing, impetuous and brash. Dragons love a mission or goal in their lives and they rely on their strengths and inner confidence to achieve it. They make excellent educators, instructors and sportspeople. Dragons are compatible with those individuals born in the years of the Rat, the Monkey, the Snake and the Rooster.

Season Moon Phase and Character
Gibbous Moon (the period just before a full moon)
The cross-quarter holiday of Beltane (approximately May 1st)

You become powerfully drawn to the accomplishment of goals with an analytical and detailed mind. You have passion for the perfection and building of new forms and structures and will not be content with the common status quo of outmoded conceptions. Nor will you be satisfied with any hesitation to move forward with the new which you feel needs to be perfected so that it may achieve its true potential.

April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Easter	**2**	**3**	**4**	**5**	**6**	7
8	**9**	**10**	**11**	**12**	**13**	14
15	**16**	**17**	**18**	**19**	**20**	21
22	**23**	**24**	**25**	**26**	**27**	28
29	**30**					

ALL STAR AND PLANET RISE/SET TIMES ARE IN PACIFIC STANDARDTIME

Sirius Rise, Zenith and Set

2018 Apr 01 (Sun)	14:24 114	19:15 28S	00:10 246
2018 Apr 02 (Mon)	14:20 114	19:11 28S	00:06 246
2018 Apr 03 (Tue)	14:16 114	19:07 28S	00:02 246
	23:59 246		
2018 Apr 04 (Wed)	14:12 114	19:03 28S	23:55 246
2018 Apr 05 (Thu)	14:08 114	18:59 28S	23:51 246

Betelgeuse Rise, Zenith and Set

2018 Apr 01 (Sun)	11:53 79	18:25 52S	01:02 281
2018 Apr 02 (Mon)	11:49 79	18:21 52S	00:58 281
2018 Apr 03 (Tue)	11:45 79	18:17 52S	00:54 281
2018 Apr 04 (Wed)	11:41 79	18:14 52S	00:50 281
2018 Apr 05 (Thu)	11:37 79	18:10 52S	00:46 281

Arcturus Rise, Zenith and Set

2018 Apr 01 (Sun)	19:19 62	02:48 64S	10:13 298
2018 Apr 02 (Mon)	19:15 62	02:44 64S	10:09 298
2018 Apr 03 (Tue)	19:11 62	02:40 64S	10:05 298
2018 Apr 04 (Wed)	19:08 62	02:36 64S	10:01 298
2018 Apr 05 (Thu)	19:04 62	02:33 64S	09:58 298

Polaris Rise, Zenith and Set

2018 Apr 01 (Sun)	***** ***	15:23 46N	***** ***	03:25 45N
2018 Apr 02 (Mon)	***** ***	15:19 46N	***** ***	03:21 45N
2018 Apr 03 (Tue)	***** ***	15:15 46N	***** ***	03:17 45N
2018 Apr 04 (Wed)	***** ***	15:11 46N	***** ***	03:13 45N
2018 Apr 05 (Thu)	***** ***	15:07 46N	***** ***	03:09 45N

Vega Rise, Zenith and Set

2018 Apr 01 (Sun)	21:19 25	07:09 83S	16:54 335
2018 Apr 02 (Mon)	21:15 25	07:05 83S	16:50 335
2018 Apr 03 (Tue)	21:11 25	07:01 83S	16:46 335
2018 Apr 04 (Wed)	21:07 25	06:57 83S	16:42 335
2018 Apr 05 (Thu)	21:03 25	06:53 83S	16:39 335

Mercury Rise, Zenith and Set

2018 Apr 01 (Sun)	06:37 79	13:09 52S	19:40 281
2018 Apr 02 (Mon)	06:33 80	13:03 51S	19:31 280
2018 Apr 03 (Tue)	06:28 80	12:56 51S	19:23 279
2018 Apr 04 (Wed)	06:24 81	12:49 50S	19:14 279
2018 Apr 05 (Thu)	06:20 82	12:43 50S	19:05 278

Venus Rise, Zenith and Set

2018 Apr 01 (Sun)	07:38 73	14:30 56S	21:23 288
2018 Apr 02 (Mon)	07:37 72	14:31 57S	21:26 288
2018 Apr 03 (Tue)	07:35 71	14:32 57S	21:29 289
2018 Apr 04 (Wed)	07:34 71	14:32 58S	21:32 290
2018 Apr 05 (Thu)	07:33 70	14:33 58S	21:34 290

Mars Rise, Zenith and Set

2018 Apr 01 (Sun)	**02:49 124**	**07:08 21S**	**11:26 236**
2018 Apr 02 (Mon)	**02:48 124**	**07:06 21S**	**11:24 236**
2018 Apr 03 (Tue)	**02:46 124**	**07:05 21S**	**11:23 236**
2018 Apr 04 (Wed)	**02:44 124**	**07:03 21S**	**11:21 236**
2018 Apr 05 (Thu)	**02:43 124**	**07:01 21S**	**11:20 236**

Jupiter Rise, Zenith and Set

2018 Apr 01 (Sun)	**22:59 114**	**03:53 27S**	**08:42 246**
2018 Apr 02 (Mon)	**22:55 114**	**03:49 27S**	**08:38 246**
2018 Apr 03 (Tue)	**22:50 114**	**03:44 27S**	**08:34 246**
2018 Apr 04 (Wed)	**22:46 114**	**03:40 27S**	**08:30 246**
2018 Apr 05 (Thu)	**22:42 114**	**03:36 27S**	**08:26 246**

Saturn Rise, Zenith and Set

2018 Apr 01 (Sun)	**02:45 122**	**07:10 22S**	**11:34 238**
2018 Apr 02 (Mon)	**02:41 122**	**07:06 22S**	**11:30 238**
2018 Apr 03 (Tue)	**02:37 122**	**07:02 22S**	**11:27 238**
2018 Apr 04 (Wed)	**02:34 122**	**06:58 22S**	**11:23 238**
2018 Apr 05 (Thu)	**02:30 122**	**06:54 22S**	**11:19 238**

MAY 2018

13:30 LST Time Begins at 11 p.m. PST

May is the month for healing on all levels from financial to physical. It is the time of love and success. A time to plan to increase your material success and to recognize and feel the abundance of Love, Joy and Peace that exists all around us. May is also a good month to explore literature and the arts and to begin a physical routine for health as the approach of summer begins.

Snake (Ying - Fixed Element Fire)

Snake years include 1905, 1917, 1929, 1941, 1953, 1965, 1977, 1989, 2001.
The month of Snakes are from May 5th to Jun 5th. Snake hours are from 9am to 11am. Snake persons are mystic, ambitious, elegant, cautious, graceful, soft-spoken, sensual, creative, prudent, shrewd, deep thinkers, wise, responsible, calm, strong, constant and purposeful. They may sometimes become loners, ruthless, distrustful, bad communicators, possessive, hedonistic, controlling and vengeful. Like the Rat, Snake people may pursue goals ruthlessly and with calculation. They may aim for control through power. Snakes make excellent politicians, business persons, teachers, theologians and philosophers. Snakes are most compatible with those individuals born in the years of the Ox and Rooster.

May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13 Mother's Day	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28 Memorial Day	29	30	31		

ALL STAR AND PLANET RISE/SET TIMES ARE IN PACIFIC STANDARDTIME

Sirius Rise, Zenith and Set

2018 May 01 (Tue)	12:26 114	17:17 28S	22:08 246
2018 May 02 (Wed)	12:22 114	17:13 28S	22:04 246
2018 May 03 (Thu)	12:18 114	17:09 28S	22:01 246
2018 May 04 (Fri)	12:14 114	17:05 28S	21:57 246
2018 May 05 (Sat)	12:10 114	17:01 28S	21:53 246

Betelgeuse Rise, Zenith and Set

2018 May 01 (Tue)	09:55 79	16:27 52S	23:00 281
2018 May 02 (Wed)	09:51 79	16:23 52S	22:56 281
2018 May 03 (Thu)	09:47 79	16:20 52S	22:52 281
2018 May 04 (Fri)	09:43 79	16:16 52S	22:48 281
2018 May 05 (Sat)	09:39 79	16:12 52S	22:44 281

Arcturus Rise, Zenith and Set

2018 May 01 (Tue)	17:21 62	00:50 64S	08:15 298
2018 May 02 (Wed)	17:17 62	00:46 64S	08:11 298
2018 May 03 (Thu)	17:14 62	00:42 64S	08:07 298
2018 May 04 (Fri)	17:10 62	00:39 64S	08:04 298
2018 May 05 (Sat)	17:06 62	00:35 64S	08:00 298

Polaris Rise, Zenith and Set

2018 May 01 (Tue)	***** ***	13:25 46N	***** ***	01:27 45N
2018 May 02 (Wed)	***** ***	13:21 46N	***** ***	01:23 45N
2018 May 03 (Thu)	***** ***	13:17 46N	***** ***	01:19 45N
2018 May 04 (Fri)	***** ***	13:13 46N	***** ***	01:15 45N
2018 May 05 (Sat)	***** ***	13:09 46N	***** ***	01:11 45N

Vega Rise, Zenith and Set

2018 May 01 (Tue)	19:21 25	05:11 83S	14:56 335
2018 May 02 (Wed)	19:17 25	05:07 83S	14:52 335
2018 May 03 (Thu)	19:13 25	05:03 83S	14:48 335
2018 May 04 (Fri)	19:09 25	04:59 83S	14:45 335
2018 May 05 (Sat)	19:05 25	04:55 83S	14:41 335

Mercury Rise, Zenith and Set

2018 May 01 (Tue)	05:15 85	11:30 48S	17:46 275
2018 May 02 (Wed)	05:13 85	11:30 48S	17:48 276
2018 May 03 (Thu)	05:12 84	11:31 48S	17:50 276
2018 May 04 (Fri)	05:11 83	11:31 49S	17:52 277
2018 May 05 (Sat)	05:09 83	11:32 49S	17:55 278

Venus Rise, Zenith and Set

2018 May 01 (Tue)	07:15 56	14:59 67S	22:44 304
2018 May 02 (Wed)	07:15 56	15:00 67S	22:47 305
2018 May 03 (Thu)	07:15 55	15:02 68S	22:49 305
2018 May 04 (Fri)	07:15 55	15:03 68S	22:52 305
2018 May 05 (Sat)	07:15 55	15:04 68S	22:54 305

Mars Rise, Zenith and Set

2018 May 01 (Tue)	01:53 123	06:16 22S	10:39 237
2018 May 02 (Wed)	01:51 123	06:14 22S	10:37 237
2018 May 03 (Thu)	01:49 123	06:12 22S	10:36 237
2018 May 04 (Fri)	01:47 123	06:10 22S	10:34 238
2018 May 05 (Sat)	01:45 122	06:08 22S	10:32 238

Jupiter Rise, Zenith and Set

2018 May 01 (Tue)	20:45 113	01:43 28S	06:36 247
2018 May 02 (Wed)	20:40 113	01:38 28S	06:32 247
2018 May 03 (Thu)	20:36 113	01:34 28S	06:27 247
2018 May 04 (Fri)	20:31 113	01:29 28S	06:23 247
2018 May 05 (Sat)	20:26 113	01:25 28S	06:19 247

Saturn Rise, Zenith and Set

2018 May 01 (Tue)	**00:47 122**	**05:12 22S**	**09:37 238**
2018 May 02 (Wed)	**00:43 122**	**05:08 22S**	**09:33 238**
2018 May 03 (Thu)	**00:39 122**	**05:04 22S**	**09:29 238**
2018 May 04 (Fri)	**00:35 122**	**05:00 22S**	**09:25 238**
2018 May 05 (Sat)	**00:31 122**	**04:56 22S**	**09:20 238**

JUNE 2018

13:30 LST Time Begins at 9 p.m. PST

Summer is an excellent time of year to connect with nature spirits, take herbs, learn or perform astral travel, soul work and to learn the hidden knowledge of plants and stones. This season brings out joy and surprise with the strong scents of summer being carried upon the warm moving winds. This season allows us to aspire to greater things and expand our horizons of what we thought was not possible.

Summer is a season of growth, expansion and fruition. We move with greater effort. We feel energized by longer days and warmer nights, bringing with it the emotions of the joys of life and love. Summer is also a time to watch for excess hysteria and excitement. It is a time for being expressive, outgoing and for socializing.

Seasonal Healing Sounds for Summer
Heart – HHHHAAAAAAAAAAAAAAAAA

Horse (Yang - Fixed Element Fire)

Horse years include 1906, 1918, 1930, 1942, 1954, 1966, 1978, 1990,
2002.The month of Horses are from Jun 6th to Jul 6th. Horse hours are from 11am to 1pm. Horses are agile mentally, are talkative and are physically magnetic. They are intelligent, perceptive, astute, flexible, cheerful, popular, earthy, quick-witted, changeable and open-minded. Horses are prone to becoming hot-tempered and stubborn, lacking stability and perseverance. They may also become rude, and impetuous. A Horse person's success and performance relies on their

astuteness, keen mind and persuasive ability to achieve their objectives. Horses are compatible with those individuals born under the signs of Dogs, Tigers and Sheep.

Healing Color Visualization Exercise

Heart, Pericardium and Small Intestine / Tongue / Fire Element

Breathe in deep while focusing on the heart. As you breathe out release the sound "HAAAWWW", while visualizing RED energy exiting through the tip of the tongue. Repeat this exercise 3, 6, 9, or more times.

Element FIRE

The color of summer represents red. Summer is Heat. Heat and Fire exist as Yang energies. Heat is warming, activating, drying and energizing.
Yang peaks during midsummer. This manifests as brightness, activity, growth, creativity and joy. Heat is required for transformation, especially the growth of plants. When heat is excessive it turns to fire, the heat is now out of control and sickness results.

Heat rules perspiration and speech. Excessive Heat (*Fire Element*) can cause heatstroke. This can cause some people to become incoherent and sweaty. In less acute situations, where Heat manifests due to diet or emotions, symptoms are similar but much less extreme; insomnia is one example. Black fungus (*also called Auricularia polytricha, wood ear, cloud ear, Judas ear or tree ear)* is effective in removing heat in the blood and is good for the stomach. Summer represents the element of fire. Fire types succeed by being warm- hearted and generous.

Flavor is BITTER

Examples of bitter foods include: radicchio, rye, rhubarb and coffee. It is a time to eat more colorful food, cook food quickly and use more spices in cooking. Use more water, less salt, eat smaller, lighter meals on extra hot days and drink luke warm liquids. This is the best time of year to reduce the intake of pasteurized dairy products such as cottage cheese. Consume more apples, pears or sprouted barley and especially watermelon are helpful this time of year. Bitterness is Yin energy. It is cooling and has an affinity with Summer. The summer season produces descending movements, dries dampness (*good*), cause dryness (*bad*), reduces excess and promotes digestion. It is the time of year digestion is strongest in the stomach.

Best advice for Summer

Eating slow regular meals while relaxed are key. Recommended foods: Sweet grains and vegetables prepared plainly with little seasoning.
Watch for excessive dry or bitter foods.

Excess to Watch for: Excessive Red Meat, Excessive Proteins, Excessive Salts, Excess Spicy Foods, Excess Midday Exercise, Excessive Antibiotics, Alcohol, Indigestion, Too much mental activity, Fatigue.

Mental Component – Anger, Repression of Emotions.

Fire people must be careful of overheating, internally or externally. Herbs that calm the mind are key during this time. If mental disturbances are felt, herbs to detoxify must be taken if there are signs of rampant Heat or Fire occurring.

Seasonal transition

Our behavior and attitude must both be in harmony as we transition into each new season. Seasonal transition is when ill-health frequently manifests itself in the body.

A QI exercise for the Summer Season

Triple Heater / No Specific Sense Organ / Fire Element

Breathe deeply while focusing on the body's torso. As you breathe out release the sound "HHHEEEE", while visualizing RED energy exiting through an open mouth. Repeat this exercise 3, 6, 9, or more times.

Studies have shown that excess geomagnetic energy can adversely affect the heart *(Influence of local geomagnetic storms on arterial blood pressure. S. Dimitrova et al. September 2004).*

The heart is a fire element, therefore during times there is excessive geomagnetic energy present, it is a good idea to eat more foods that quench fire. Seasonally geomagnetic storms are stronger than average during the months of Spring and Fall. You can get real time geomagnetic activity levels (also called the planetary K-Index by visiting the address below).

www.swpc.noaa.gov/

Season Moon Phase and Character
Full Moon

The Summer Solstice (June 21st).

You are aware of the effect that your work has on others and are operating out of visible clarity compared to blind faith. Your watchword is objectivity and you are open to the influences of those all around you. Likewise, you are fully aware of the influences you can have on them as well. Hence, your work has detailed meaning for you only while in combination with others.

June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	**4**	**5**	**6**	**7**	**8**	9
10	**11**	**12**	**13**	**14**	**15**	16
17 Father's Day	**18**	**19**	**20**	**21**	**22**	23
24	**25**	**26**	**27**	**28**	**29**	30

ALL STAR AND PLANET RISE/SET TIMES ARE IN PACIFIC STANDARD TIME

Sirius Rise, Zenith and Set

2018 Jun 01 (Fri)	10:24 114	15:15 28S	20:07 246
2018 Jun 02 (Sat)	10:20 114	15:11 28S	20:03 246
2018 Jun 03 (Sun)	10:16 114	15:07 28S	19:59 246
2018 Jun 04 (Mon)	10:12 114	15:03 28S	19:55 246
2018 Jun 05 (Tue)	10:08 114	14:59 28S	19:51 246

Betelgeuse Rise, Zenith and Set

2018 Jun 01 (Fri)	07:53 79	14:26 52S	20:58 281
2018 Jun 02 (Sat)	07:49 79	14:22 52S	20:54 281
2018 Jun 03 (Sun)	07:45 79	14:18 52S	20:50 281
2018 Jun 04 (Mon)	07:41 79	14:14 52S	20:46 281
2018 Jun 05 (Tue)	07:37 79	14:10 52S	20:42 281

Arcturus Rise, Zenith and Set

2018 Jun 01 (Fri)	15:20 62	22:45 64S	06:13 298
2018 Jun 02 (Sat)	15:16 62	22:41 64S	06:09 298
2018 Jun 03 (Sun)	15:12 62	22:37 64S	06:06 298
2018 Jun 04 (Mon)	15:08 62	22:33 64S	06:02 298
2018 Jun 05 (Tue)	15:04 62	22:29 64S	05:58 298

Polaris Rise, Zenith and Set

2018 Jun 01 (Fri)	***** ***	11:23 46N	***** ***	23:21 45N
2018 Jun 02 (Sat)	***** ***	11:19 46N	***** ***	23:17 45N
2018 Jun 03 (Sun)	***** ***	11:15 46N	***** ***	23:13 45N
2018 Jun 04 (Mon)	***** ***	11:11 46N	***** ***	23:09 45N
2018 Jun 05 (Tue)	***** ***	11:07 46N	***** ***	23:05 45N

Vega Rise, Zenith and Set

2018 Jun 01 (Fri)	17:19 25	03:09 83S	12:54 335
2018 Jun 02 (Sat)	17:15 25	03:05 83S	12:51 335
2018 Jun 03 (Sun)	17:11 25	03:01 83S	12:47 335
2018 Jun 04 (Mon)	17:07 25	02:57 83S	12:43 335
2018 Jun 05 (Tue)	17:03 25	02:53 83S	12:39 335

Mercury Rise, Zenith and Set

2018 Jun 01 (Fri)	05:08 58	12:46 66S	20:26 302
2018 Jun 02 (Sat)	05:10 57	12:51 66S	20:34 303
2018 Jun 03 (Sun)	05:13 57	12:57 67S	20:42 304
2018 Jun 04 (Mon)	05:16 56	13:02 67S	20:50 305
2018 Jun 05 (Tue)	05:19 55	13:07 68S	20:58 305

Venus Rise, Zenith and Set

2018 Jun 01 (Fri)	07:45 53	15:39 69S	23:33 307
2018 Jun 02 (Sat)	07:47 53	15:41 69S	23:34 307
2018 Jun 03 (Sun)	07:49 54	15:42 69S	23:34 306
2018 Jun 04 (Mon)	07:51 54	15:43 68S	23:35 306
2018 Jun 05 (Tue)	07:53 54	15:44 68S	23:35 306

Mars Rise, Zenith and Set

2018 Jun 01 (Fri)	00:38 121	05:05 23S	09:33 239
2018 Jun 02 (Sat)	00:35 121	05:03 23S	09:30 239
2018 Jun 03 (Sun)	00:32 121	05:00 23S	09:28 239
2018 Jun 04 (Mon)	00:29 121	04:57 23S	09:25 239
2018 Jun 05 (Tue)	00:27 121	04:54 23S	09:22 239

Jupiter Rise, Zenith and Set

2018 Jun 01 (Fri)	18:23 112	23:21 29S	04:23 248
2018 Jun 02 (Sat)	18:19 111	23:17 29S	04:19 248
2018 Jun 03 (Sun)	18:15 111	23:13 29S	04:15 249
2018 Jun 04 (Mon)	18:10 111	23:08 29S	04:11 249
2018 Jun 05 (Tue)	18:06 111	23:04 29S	04:07 24

Saturn Rise, Zenith and Set

2018 Jun 01 (Fri)	22:36 122	03:04 22S	07:29 238
2018 Jun 02 (Sat)	22:32 122	03:00 22S	07:24 238
2018 Jun 03 (Sun)	22:28 122	02:56 22S	07:20 238
2018 Jun 04 (Mon)	22:24 122	02:52 22S	07:16 238
2018 Jun 05 (Tue)	22:19 122	02:48 22S	07:12 238

JULY 2018

13:30 LST Time Begins at 7 p.m. PST

July is a good time to start important work a little later than usual. It is a month for outdoor activities, making new friends, forgiving and working on challenging projects.

Sheep (Ying - Fixed Element Fire)

Sheep years include 1907, 1919, 1931, 1943, 1955, 1967, 1979, 1991, 2003.
Sheep months are from is Jul 7th to Aug 7th. Sheep hours are from 1pm to 3pm. Sheep persons are artistic, creative, gentle, compassionate, understanding, mothering, determined, righteous, sincere, sympathetic, mild-mannered, shy, peaceful, generous and seekers of security. Sheep may sometimes turn moody, become indecisive, over-passive, prone to excess worry, pessimistic, over-sensitive and complain. Sheep persons rely on their good nature and their sensitivity in order to persuade others to meet their demands and needs. They may use subtle, indirect methods and persistence to achieve their objectives. They are good at artistic and creative endeavors. Sheep people are compatible with those born under the signs of Rabbits, Pigs, and Horses.

Season Moon Phase and Character
Disseminating Moon (the period just after the full moon)
The cross-quarter holiday called Lamas (approximately August 1st)
Your mission in life is to shed light and you become filled with the knowledge of what has been accomplished in particular fields of endeavor. Your purpose is to share this with others. This is a representation of the symbolic fruition of the life of a garden. Hence you now represent the culmination of an entire planting cycle.

July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Independence Day	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

ALL STAR AND PLANET RISE/SET TIMES ARE IN PACIFIC STANDARDTIME

Sirius Rise, Zenith and Set

2018 Jul 01 (Sun)	08:26 114	13:17 28S	18:09 246
2018 Jul 02 (Mon)	08:22 114	13:13 28S	18:05 246
2018 Jul 03 (Tue)	08:18 114	13:09 28S	18:01 246
2018 Jul 04 (Wed)	08:14 114	13:05 28S	17:57 246
2018 Jul 05 (Thu)	08:10 114	13:01 28S	17:53 246

Betelgeuse Rise, Zenith andSet

2018 Jul 01 (Sun)	05:55 79	12:28 52S	19:00 281
2018 Jul 02 (Mon)	05:51 79	12:24 52S	18:56 281
2018 Jul 03 (Tue)	05:47 79	12:20 52S	18:52 281
2018 Jul 04 (Wed)	05:43 79	12:16 52S	18:48 281
2018 Jul 05 (Thu)	05:39 79	12:12 52S	18:44 281

Arcturus Rise, Zenith and Set

2018 Jul 01 (Sun)	13:22 62	20:47 64S	04:15 298
2018 Jul 02 (Mon)	13:18 62	20:43 64S	04:12 298
2018 Jul 03 (Tue)	13:14 62	20:39 64S	04:08 298
2018 Jul 04 (Wed)	13:10 62	20:35 64S	04:04 298
2018 Jul 05 (Thu)	13:06 62	20:31 64S	04:00 298

Polaris Rise, Zenith and Set

2018 Jul 01 (Sun)	***** ***	09:26 46N	***** ***	21:24 45N
2018 Jul 02 (Mon)	***** ***	09:22 46N	***** ***	21:20 45N
2018 Jul 03 (Tue)	***** ***	09:18 46N	***** ***	21:16 45N
2018 Jul 04 (Wed)	***** ***	09:14 46N	***** ***	21:12 45N
2018 Jul 05 (Thu)	***** ***	09:10 46N	***** ***	21:08 45N

Vega Rise, Zenith and Set

2018 Jul 01 (Sun)	15:21 25	01:11 83S	10:57 335
2018 Jul 02 (Mon)	15:17 25	01:07 83S	10:53 335
2018 Jul 03 (Tue)	15:13 25	01:03 83S	10:49 335
2018 Jul 04 (Wed)	15:09 25	00:59 83S	10:45 335
2018 Jul 05 (Thu)	15:05 25	00:55 83S	10:41 335

Mercury Rise, Zenith and Set

2018 Jul 01 (Sun)	07:23 59	14:57 65S	22:30 300
2018 Jul 02 (Mon)	07:27 60	14:59 65S	22:30 300
2018 Jul 03 (Tue)	07:31 61	15:01 64S	22:29 299
2018 Jul 04 (Wed)	07:35 61	15:02 64S	22:28 298
2018 Jul 05 (Thu)	07:38 62	15:03 63S	22:26 298

Venus Rise, Zenith and Set

2018 Jul 01 (Sun)	08:53 66	16:06 61S	23:18 294
2018 Jul 02 (Mon)	08:55 66	16:06 60S	23:17 293
2018 Jul 03 (Tue)	08:57 67	16:07 60S	23:15 293
2018 Jul 04 (Wed)	09:00 67	16:07 60S	23:14 292
2018 Jul 05 (Thu)	09:02 68	16:08 59S	23:12 292

Mars Rise, Zenith and Set

2018 Jul 01 (Sun)	22:59 123	03:25 22S	07:46 237
2018 Jul 02 (Mon)	22:56 123	03:21 22S	07:42 237
2018 Jul 03 (Tue)	22:52 123	03:16 22S	07:37 237
2018 Jul 04 (Wed)	22:48 123	03:12 21S	07:32 237
2018 Jul 05 (Thu)	22:45 124	03:08 21S	07:27 236

Jupiter Rise, Zenith and Set

2018 Jul 01 (Sun)	16:15 111	21:15 30S	02:19 249
2018 Jul 02 (Mon)	16:11 111	21:11 30S	02:15 249
2018 Jul 03 (Tue)	16:07 111	21:07 30S	02:11 249
2018 Jul 04 (Wed)	16:03 111	21:03 30S	02:07 249
2018 Jul 05 (Thu)	15:59 111	20:59 30S	02:03 249

Saturn Rise, Zenith and Set

2018 Jul 01 (Sun)	**20:30 122**	**00:57 22S**	**05:21 238**
2018 Jul 02 (Mon)	**20:26 122**	**00:53 22S**	**05:17 238**
2018 Jul 03 (Tue)	**20:21 122**	**00:49 22S**	**05:12 238**
2018 Jul 04 (Wed)	**20:17 122**	**00:45 22S**	**05:08 238**
2018 Jul 05 (Thu)	**20:13 122**	**00:40 22S**	**05:04 238**

AUGUST 2018

13:30 LST Time Begins at 5:30 p.m. PST

August is the month we begin to reap the rewards of our previous work. It is the month to begin releasing emotional obstructions and obstacles that may be blocking us. This is the season where personal changes begin.
Avoid playing the role of "victim" either in health, work or lifestyle. It is the best time of year to change jobs; so, mail out your resume and visit the offices of people you wish to work with. Be open to accepting dinner and conference invitations.

August is the time of year to watch for the emotions of jealously, pensiveness, worry, excess anxiety and the quality of our lives and is a good time to have more equanimity. It is the time of year to develop habits related to health and improving our quality of life. It is the time of year to maintain stability, practicability and a homely environment. The taste of food lingers longer than usual this time of year, making it an excellent season for picnics, baseball games, barbecues and outdoor activities.

August brings with it purification via diet (late summer detox) creating a re-newel of one's self. Changes on the personal level happen more often this time of year, so it is important to be prepared for transformation. It is a good time to review things that have failed and to give them another chance to succeed. Allow yourself to experience your emotions more and avoid excess speedy and concern over the unnecessary little things. This is the season of intellectuality. Taking herbs during August has a more measurable impact upon the body compared to other months of the year. This is the season the mind starts to become more active. It is a good time of year to learn to sing, aim for clarity. The color of late summer is

yellow.

Monkey (Yang - Fixed Element Metal)

Monkey years include 1908, 1920, 1932, 1944, 1956, 1968, 1980, 1992,
2004. Monkey months are from Aug 8th to Sep 7th. Monkey hours are from
3pm to 5pm. Monkey types are inventors, motivators, improvisers, quick- witted, inquisitive, flexible, innovative, problem solvers, sociable, polite, dignified, competitive, objective, self-assured, factual and intellectual.
They may be egotistical, jealous, vain, selfish, cunning and suspicious. Monkey types are competitive and very success oriented. They use their guile, charming demeanor and self confidence to achieve their ambitions. They make excellent writers, lawyers, diplomats, actors, sportspeople and teachers. Monkey types are most compatible with those individuals born during the year of the Rat and the Dragon.

Late Summer

Healing Color Visualization Exercise

Spleen and Stomach / Mouth / Earth Element

Breathe in deeply and while doing so, focus on the spleen. As you breathe out release the sound of "WHHOOOO", while visualizing YELLOW energy exiting through the mouth cavity. Repeat this exercise 3, 6, 9, or more times

Element EARTH

Earth is a time the summer season is winding down. During this time attune yourself to the upcoming season. Changes

from one season to the next occur as a gradual process. It is not a sudden event and does not happen overnight. Therefore, taking the time to perform detoxification over a period of days, rather than all at once yields the best results. For example, detoxing in the morning with watermelon and lots of water each day for a week during the transition phase, works much better than a full on 1 week fast.

Change represents the transformative properties of the Element Earth. All return to the earth before they can become transformed into something else. The change of seasons is no exception to this rule. Earth spins on its axis which the seasons revolve around.

Besides spring, late summer is the second best time of year to detox, fast or go on a juice cleanse. This will strengthen your body for the upcoming winter.

Flavor is SWEET

Sweetness is Yang energy. This can be cooling or warming and has affinity for transition and change. It cycles upwards, outwards, tonifies, produces dampness (*bad*), builds tissue (*good*), harmonizes, moistens dryness (*good*) and creates fat (*bad*).

Examples of sweet foods include: parsnip, fruit, honey, carrot and pumpkin. Earth Element types should pay particular attention to their digestive systems this time of year.

Earth types succeed by developing clear boundaries and learning to take care of themselves.

August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

ALL STAR AND PLANET RISE/SET TIMES ARE IN PACIFIC STANDARDTIME

Sirius Rise, Zenith and Set

2018 Aug 01 (Wed)	06:24 114	11:15 28S	16:07 246
2018 Aug 02 (Thu)	06:20 114	11:11 28S	16:03 246
2018 Aug 03 (Fri)	06:16 114	11:07 28S	15:59 246
2018 Aug 04 (Sat)	06:12 114	11:04 28S	15:55 246
2018 Aug 05 (Sun)	06:08 114	11:00 28S	15:51 246

Betelgeuse Rise, Zenith and Set

2018 Aug 01 (Wed)	03:53 79	10:26 52S	16:58 281
2018 Aug 02 (Thu)	03:49 79	10:22 52S	16:54 281
2018 Aug 03 (Fri)	03:45 79	10:18 52S	16:50 281
2018 Aug 04 (Sat)	03:41 79	10:14 52S	16:47 281
2018 Aug 05 (Sun)	03:37 79	10:10 52S	16:43 281

Arcturus Rise, Zenith and Set

2018 Aug 01 (Wed)	11:20 62	18:45 64S	02:14 298
2018 Aug 02 (Thu)	11:16 62	18:41 64S	02:10 298
2018 Aug 03 (Fri)	11:12 62	18:37 64S	02:06 298
2018 Aug 04 (Sat)	11:08 62	18:33 64S	02:02 298
2018 Aug 05 (Sun)	11:04 62	18:29 64S	01:58 298

Polaris Rise, Zenith and Set

2018 Aug 01 (Wed)	***** ***	07:25 46N	***** ***	19:23 45N
2018 Aug 02 (Thu)	***** ***	07:21 46N	***** ***	19:19 45N
2018 Aug 03 (Fri)	***** ***	07:17 46N	***** ***	19:15 45N
2018 Aug 04 (Sat)	***** ***	07:13 46N	***** ***	19:11 45N
2018 Aug 05 (Sun)	***** ***	07:09 46N	***** ***	19:07 45N

Vega Rise, Zenith and Set

2018 Aug 01 (Wed)	13:19 25	23:05 83S	08:55 335
2018 Aug 02 (Thu)	13:15 25	23:01 83S	08:51 335
2018 Aug 03 (Fri)	13:11 25	22:57 83S	08:47 335
2018 Aug 04 (Sat)	13:08 25	22:53 83S	08:43 335
2018 Aug 05 (Sun)	13:04 25	22:49 83S	08:39 335

Mercury Rise, Zenith and Set

2018 Aug 01 (Wed)	07:16 75	13:59 54S	20:41 285
2018 Aug 02 (Thu)	07:10 75	13:53 54S	20:36 285
2018 Aug 03 (Fri)	07:03 75	13:46 55S	20:30 285
2018 Aug 04 (Sat)	06:56 75	13:39 55S	20:24 285
2018 Aug 05 (Sun)	06:48 74	13:33 55S	20:18 286

Venus Rise, Zenith and Set

2018 Aug 01 (Wed)	09:58 86	16:10 47S	22:20 273
2018 Aug 02 (Thu)	09:59 87	16:09 46S	22:18 273
2018 Aug 03 (Fri)	10:01 88	16:09 46S	22:16 272
2018 Aug 04 (Sat)	10:03 88	16:09 45S	22:14 271
2018 Aug 05 (Sun)	10:04 89	16:08 45S	22:11 270

Mars Rise, Zenith and Set

2018 Aug 01 (Wed)	20:49 128	00:58 19S	05:02 232
2018 Aug 02 (Thu)	20:44 128	00:53 19S	04:57 232
2018 Aug 03 (Fri)	20:39 128	00:48 18S	04:52 232
2018 Aug 04 (Sat)	20:35 128	00:43 18S	04:46 232
2018 Aug 05 (Sun)	20:30 128	00:38 18S	04:41 232

Jupiter Rise, Zenith and Set

2018 Aug 01 (Wed)	14:17 111	19:16 29S	00:18 249
2018 Aug 02 (Thu)	14:13 111	19:12 29S	00:15 249
2018 Aug 03 (Fri)	14:10 111	19:08 29S	00:11 249
2018 Aug 04 (Sat)	14:06 111	19:05 29S	00:07 249
2018 Aug 05 (Sun)	14:03 111	19:01 29S	00:03 249

Saturn Rise, Zenith and Set

2018 Aug 01 (Wed)	18:20 123	22:43 22S	03:10 237
2018 Aug 02 (Thu)	18:16 123	22:39 22S	03:05 237
2018 Aug 03 (Fri)	18:12 123	22:34 22S	03:01 237
2018 Aug 04 (Sat)	18:07 123	22:30 22S	02:57 237
2018 Aug 05 (Sun)	18:03 123	22:26 22S	02:53 237

SEPTEMBER 2018

13:30 LST Time Begins at 13:30 LST Time Begins at 3 p.m.

Fall brings with it clarity and simplicity; a time to prepare for hibernation. It is a time to watch for depression.

Seasonal Healing Sounds for Fall Spleen
– HHHHUUUUUUUUUUUUUU

Rooster (Ying - Fixed Element Metal)

Rooster years include 1909, 1921, 1933, 1945, 1957, 1969, 1981, 1993, 2005. Rooster month is from Sep 8th to Oct 7th. Rooster hours are from 5pm to 7pm. Rooster types are very acute, conservative, critical, perfectionists, alert, zealous, practical, neat, meticulous, organized, self- assured, decisive, scientific and responsible. They may sometimes become overzealous and critical, opinionated, puritanical, egotistical and abrasive.

Roosters adhere to their good administrative skills, and their efficient, precise and methodical skills to achieve their objectives. They excel at being administrators, teachers, accountants, scientists, and nurses. Rooster types are compatible with those individuals born in the year of the Snake, Ox and Dragon.

Healing Visualization for September Lungs and Colon /

Nose / Metal Element

Breathe in deep and focus on the lungs. As you breathe out, release the sound "SSSSSSS", while visualizing WHITE energy exiting through the nose. Repeat the exercise 3, 6, 9, or more times.

Element METAL

Fall is a time of Dryness. It is when energy begins to move inwards and downwards, returning completely to the earth.

Metal types succeed by accepting changes, and releasing the past with grace as well as being less opinionated,

As leaves dry out, do does our skin. This dryness particularly affects the lungs and large intestine. The effects of this dryness will manifest themselves strongest during the winter period. This is a key time to get more vitamin E. The organs also relate to Metal and are particularly susceptible to injury from dryness this time of year. The Lungs also become susceptible to artificial humidifiers or air-conditioning. Injuries of the lungs this time of year manifest as a cough or constipation.
Certain types of asthma become more frequent this time of year.

Flavor is PUNGENT

Pungency is Yang energy. It is warming and has an affinity with Fall. It likes to move upwards, outwards, promoting circulation. It also aids digestion, induces sweating, distributes (*good*) and scatters (*bad*).
Pungent foods include: cabbage, ginger and onion.

Best advice for Fall

People who are vulnerable to dryness should take herbs to strengthen the Qi in their Lungs and the strength of their Intestines. It is an especially good time to take the St. Germain Tincture/Extract.

Foods should be prepared to consolidate energy and to stimulate the sense of smell into the diet. Foods should be baked, sautéed and cooked with less water on low heat for longer periods than usual.
Gradually introduce salty, sour and bitter foods.

Early Winter: Exposure to Cold, Disorganization

Mental Component – Worry, Fear, Anxiety, Grief, Suppressing natural urges/emotions. Not allowing an outlet or working to release these emotions via the Emotional Freedom Technique or other emotional self-healing and stabilizing methods.

Excess to Watch For: Excessive fasting, excessive travel, excess exercise, excessive sex, excess overuse of senses, lack of sleep, overwork, dry skin.

Season Moon Phase and Character
Last Quarter Moon (the quarter after the full moon)
The Fall Equinox. (September 21st).
You are an exemplar of the tearing down of the old in order to make way for the new. "Crisis in Consciousness" occurs where you may find it hard to get with the current scheme of things, and have a strong desire to change it. A core level discontent arises with the existing social structures in your environment.

September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	**3** Labor Day	**4**	**5**	**6**	**7**	8
9	**10**	**11**	**12**	**13**	**14**	15
16	**17**	**18**	**19**	**20**	**21**	22
23	**24**	**25**	**26**	**27**	**28**	29
30						

ALL STAR AND PLANET RISE/SET TIMES ARE IN PACIFIC STANDARDTIME

Sirius Rise, Zenith and Set

2018 Sep 01 (Sat)	04:22 114	09:13 28S	14:05 246
2018 Sep 02 (Sun)	04:18 114	09:10 28S	14:01 246
2018 Sep 03 (Mon)	04:14 114	09:06 28S	13:57 246
2018 Sep 04 (Tue)	04:10 114	09:02 28S	13:53 246
2018 Sep 05 (Wed)	04:06 114	08:58 28S	13:49 246

Betelgeuse Rise, Zenith and Set

2018 Sep 01 (Sat)	01:51 79	08:24 52S	14:56 281
2018 Sep 02 (Sun)	01:47 79	08:20 52S	14:53 281
2018 Sep 03 (Mon)	01:43 79	08:16 52S	14:49 281
2018 Sep 04 (Tue)	01:39 79	08:12 52S	14:45 28

Arcturus Rise, Zenith and Set

2018 Sep 01 (Sat)	09:18 62	16:43 64S	00:12 298
2018 Sep 02 (Sun)	09:14 62	16:39 64S	00:08 298
2018 Sep 03 (Mon)	09:10 62	16:35 64S	00:04 298
2018 Sep 04 (Tue)	09:06 62	16:31 64S	23:56 298
2018 Sep 05 (Wed)	09:02 62	16:27 64S	23:52 298

Saturn Rise, Zenith and Set

2018 Sep 01 (Sat)	16:14 123	20:37 22S	01:03 237
2018 Sep 02 (Sun)	16:10 123	20:33 22S	00:59 237
2018 Sep 03 (Mon)	16:07 123	20:29 22S	00:55 237
2018 Sep 04 (Tue)	16:03 123	20:25 22S	00:51 237
2018 Sep 05 (Wed)	15:59 123	20:21 22S	00:47 237

Polaris Rise, Zenith and Set

2018 Sep 01 (Sat)	***** ***	05:24 46N	***** ***	17:22 45N
2018 Sep 02 (Sun)	***** ***	05:20 46N	***** ***	17:18 45N
2018 Sep 03 (Mon)	***** ***	05:16 46N	***** ***	17:14 45N
2018 Sep 04 (Tue)	***** ***	05:12 46N	***** ***	17:10 45N
2018 Sep 05 (Wed)	***** ***	05:08 46N	***** ***	17:07 45N

Mercury Rise, Zenith and Set

2018 Sep 01 (Sat)	05:02 68	12:09 59S	19:14 292
2018 Sep 02 (Sun)	05:06 68	12:11 59S	19:15 291
2018 Sep 03 (Mon)	05:10 69	12:14 58S	19:16 291
2018 Sep 04 (Tue)	05:15 70	12:17 58S	19:17 290
2018 Sep 05 (Wed)	05:20 70	12:20 57S	19:18 289

Venus Rise, Zenith and Set

2018 Sep 01 (Sat)	10:40 107	15:51 32S	21:02 252
2018 Sep 02 (Sun)	10:41 108	15:50 32S	20:59 252
2018 Sep 03 (Mon)	10:42 108	15:49 31S	20:56 251
2018 Sep 04 (Tue)	10:42 109	15:48 31S	20:53 251
2018 Sep 05 (Wed)	10:43 110	15:47 30S	20:50 250

Mars Rise, Zenith and Set

2018 Sep 01 (Sat)	18:29 128	22:34 19S	02:43 232
2018 Sep 02 (Sun)	18:25 128	22:31 19S	02:39 232
2018 Sep 03 (Mon)	18:21 128	22:27 19S	02:36 232
2018 Sep 04 (Tue)	18:17 127	22:23 19S	02:33 232
2018 Sep 05 (Wed)	18:13 127	22:20 19S	02:30 233

Jupiter Rise, Zenith and Set

2018 Sep 01 (Sat)	12:32 113	17:27 28S	22:21 247
2018 Sep 02 (Sun)	12:29 113	17:23 28S	22:17 247
2018 Sep 03 (Mon)	12:26 113	17:20 28S	22:13 247
2018 Sep 04 (Tue)	12:23 113	17:16 28S	22:10 247
2018 Sep 05 (Wed)	12:20 113	17:13 28S	22:06 247

Saturn Rise, Zenith and Set

2018 Sep 01 (Sat)	**16:14 123**	**20:37 22S**	**01:03 237**
2018 Sep 02 (Sun)	**16:10 123**	**20:33 22S**	**00:59 237**
2018 Sep 03 (Mon)	**16:07 123**	**20:29 22S**	**00:55 237**
2018 Sep 04 (Tue)	**16:03 123**	**20:25 22S**	**00:51 237**
2018 Sep 05 (Wed)	**15:59 123**	**20:21 22S**	**00:47 237**

OCTOBER 2018

13:30 LST Time Begins at 1 p.m. PST

October brings with it the cumulation of past karma from the previous months. It is a good time to learn remote viewing or other skills that allow us to access our intuitive gifts. It is also the season to put an end to projects that did not yield successful results. Sounds seem sharper this season, the scents richer and we feel an urge to withdraw from our environment. It is the time to express emotions that make us cry more or that may dominate our will and learn to recognize out ambition. The therapy of acupuncture works best this season. The color of fall is white. A time of year to enjoy being playful, content and to build inner strength.

Dog (Yang - Fixed Element Metal)

Dog years include 1910, 1922, 1934, 1946, 1958, 1970, 1982, 1994, 2006.
Dog months are from Oct 8th to Nov 7th. Hours of the Dog are from 7pm to 9pm. Dog types are honest, attractive, amiable, unpretentious, sociable, open-minded, intelligent, straightforward, popular, loyal, have a sense of justice and fair play, idealistic, moralistic, practical, skillful. intelligent, affectionate and dogged. They may at times become cynical, judgmental, pessimistic, cold, a worrier, stubborn lazy and quarrelsome. Dog persons use their sense of justice, determination and simple practicality to achieve their objectives. They excel at being teachers, lawyers, judges, soldiers, doctors and make good religious workers. Dog types are most compatible with those individuals born during the year of the Tiger, Horse or Rabbit.

From late October until early January is the best time to take slightly more Astragalus herb or its extract in tincture form. This herb has been scientifically proven to build muscle and bones and is also being studied for its anti-aging effects. Winter is the

time the bones of the body should be strengthened especially using resistance exercises.

Season Moon Phase and Character

Balsamic Moon. (October 31st) (the period after the moon's last quarter)

You become very focused on a barely perceived distant reality. You feel somewhat alienated from the existing structure of human society. You begin sharing the knowledge distilled from past experiences in an effort to bring that past essence that is now encapsulated forward into the emerging new forms. Your sense of mission in helping to prepare the way for something novel that is about to emerge is strong. This is so even if the new social structure, as it arrives, may not be clearly discernable to you. You have to be prepared to strike out on your own, to trumpet out your message(s), to shake off the remnants of the dead past, and act as a chanticleer for the coming new dawn.

October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8 Columbus Day	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31 Halloween			

ALL STAR AND PLANET RISE/SET TIMES ARE IN PACIFIC STANDARDTIME

Sirius Rise, Zenith and Set

2018 Oct 01 (Mon)	02:24 114	07:16 28S	12:07 246
2018 Oct 02 (Tue)	02:20 114	07:12 28S	12:03 246
2018 Oct 03 (Wed)	02:16 114	07:08 28S	11:59 246
2018 Oct 04 (Thu)	02:12 114	07:04 28S	11:55 246
2018 Oct 05 (Fri)	02:08 114	07:00 28S	11:51 246

Betelgeuse Rise, Zenith and Set

2018 Oct 01 (Mon)	23:49 79	06:26 52S	12:59 281
2018 Oct 02 (Tue)	23:45 79	06:22 52S	12:55 281
2018 Oct 03 (Wed)	23:41 79	06:18 52S	12:51 281
2018 Oct 04 (Thu)	23:37 79	06:14 52S	12:47 281
2018 Oct 05 (Fri)	23:34 79	06:10 52S	12:43 281

Arcturus Rise, Zenith and Set

2018 Oct 01 (Mon)	07:20 62	14:45 64S	22:10 298
2018 Oct 02 (Tue)	07:16 62	14:41 64S	22:06 298
2018 Oct 03 (Wed)	07:12 62	14:37 64S	22:02 298
2018 Oct 04 (Thu)	07:08 62	14:33 64S	21:58 298
2018 Oct 05 (Fri)	07:04 62	14:29 64S	21:54 298

Polaris Rise, Zenith and Set

2018 Oct 01 (Mon)	***** ***	03:27 46N	***** ***	15:25 45N
2018 Oct 02 (Tue)	***** ***	03:23 46N	***** ***	15:21 45N
2018 Oct 03 (Wed)	***** ***	03:19 46N	***** ***	15:17 45N
2018 Oct 04 (Thu)	***** ***	03:15 46N	***** ***	15:13 45N
2018 Oct 05 (Fri)	***** ***	03:11 46N	***** ***	15:09 45N

Vega Rise, Zenith and Set

2018 Oct 01 (Mon)	09:19 25	19:05 83S	04:55 335
2018 Oct 02 (Tue)	09:15 25	19:01 83S	04:51 335
2018 Oct 03 (Wed)	09:12 25	18:57 83S	04:47 335
2018 Oct 04 (Thu)	09:08 25	18:53 83S	04:43 335
2018 Oct 05 (Fri)	09:04 25	18:49 83S	04:39 335

Mercury Rise, Zenith and Set

2018 Oct 01 (Mon)	07:52 98	13:31 38S	19:09 261
2018 Oct 02 (Tue)	07:57 99	13:33 38S	19:08 260
2018 Oct 03 (Wed)	08:02 100	13:35 37S	19:07 259
2018 Oct 04 (Thu)	08:07 101	13:37 36S	19:06 258
2018 Oct 05 (Fri)	08:12 102	13:39 35S	19:05 257

Venus Rise, Zenith and Set

2018 Oct 01 (Mon)	10:23 121	14:52 23S	19:20 239
2018 Oct 02 (Tue)	10:20 121	14:48 23S	19:16 239
2018 Oct 03 (Wed)	10:17 121	14:44 23S	19:11 239
2018 Oct 04 (Thu)	10:14 121	14:41 23S	19:07 239
2018 Oct 05 (Fri)	10:10 121	14:37 23S	19:03 238

Mars Rise, Zenith and Set

2018 Oct 01 (Mon)	16:42 122	21:07 22S	01:33 238
2018 Oct 02 (Tue)	16:39 122	21:04 22S	01:31 238
2018 Oct 03 (Wed)	16:36 122	21:02 22S	01:30 238
2018 Oct 04 (Thu)	16:33 122	21:00 23S	01:28 238
2018 Oct 05 (Fri)	16:30 121	20:57 23S	01:27 239

Jupiter Rise, Zenith and Set

2018 Oct 01 (Mon)	11:01 115	15:48 27S	20:36 245
2018 Oct 02 (Tue)	10:58 115	15:45 27S	20:32 245
2018 Oct 03 (Wed)	10:55 115	15:42 27S	20:29 245
2018 Oct 04 (Thu)	10:52 115	15:39 27S	20:26 245
2018 Oct 05 (Fri)	10:49 115	15:36 27S	20:22 245

Saturn Rise, Zenith and Set

2018 Oct 01 (Mon)	**14:19 123**	**18:41 22S**	**23:03 237**
2018 Oct 02 (Tue)	**14:15 123**	**18:37 22S**	**22:59 237**
2018 Oct 03 (Wed)	**14:11 123**	**18:34 22S**	**22:56 237**
2018 Oct 04 (Thu)	**14:08 123**	**18:30 22S**	**22:52 237**
2018 Oct 05 (Fri)	**14:04 123**	**18:26 22S**	**22:48 237**

NOVEMBER 2018

13:30 LST Time Begins at 11:00 a.m. PST **Seasonal Healing Sounds for Early Winter** Solar Plexus – SSSSHHHHHIIIIIIII

November is the month of the rich scents of cinnamon, clove, crunchy leaves, gunpowder and frost. This is the season cooler temperatures begin and evenings start becoming darker more rapidly. It is a time of being thankful for all the blessings received during the year. A time Holiday movies begin. Early winter is a good month to travel and for Health and Healing.

Pig (Ying - Fixed Element Water)

Pig years include 1911, 1923, 1935, 1947, 1959, 1971, 1983, 1995, 2007.
Pig months are from Nov 8th to Dec 6th. Pig hours are from 9pm to 11pm. Pig types are honest, simple, gallant, sturdy, courageous, persevering, diligent, calm, understanding, thoughtful, patient, scrupulous, resolute, sociable, peace-loving, loyal, hard-working, trusting, sincere, passionate and intelligent. They may at times become condescending, fatalistic, naïve, over-reliant, self-indulgent and materialistic. Pigs use their strength, patience, hard work, popular sociability and loyalty to achieve their objectives. They are good at being teachers, fundraisers, club organizers and society organizers. Pigs are compatible with those individuals born during Sheep and Rabbit years.

November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	
4	5	6	7	8	9	10
11 Veterans Day	12	13	14	15	16	17
18	19	20	21	22 Thanksgiving Day	23	24
25	26	27	28	29	30	

ALL STAR AND PLANET RISE/SET TIMES ARE IN PACIFIC STANDARD TIME

Sirius Rise, Zenith and Set

2018 Nov 01 (Thu)	00:22 114	05:14 28S	10:05 246
2018 Nov 02 (Fri)	00:18 114	05:10 28S	10:01 246
2018 Nov 03 (Sat)	00:14 114	05:06 28S	09:57 246
2018 Nov 04 (Sun)	23:07 114	04:02 28S	08:53 246
2018 Nov 05 (Mon)	23:03 114	03:58 28S	08:49 246

Betelgeuse Rise, Zenith and Set

2018 Nov 01 (Thu)	21:47 79	04:24 52S	10:57 281
2018 Nov 02 (Fri)	21:43 79	04:20 52S	10:53 281
2018 Nov 03 (Sat)	21:40 79	04:16 52S	10:49 281
2018 Nov 04 (Sun)	20:36 79	03:12 52S	09:45 281
2018 Nov 05 (Mon)	20:32 79	03:08 52S	09:41 281

Arcturus Rise, Zenith and Set

2018 Nov 01 (Thu)	05:18 62	12:43 64S	20:08 298
2018 Nov 02 (Fri)	05:14 62	12:39 64S	20:04 298
2018 Nov 03 (Sat)	05:10 62	12:35 64S	20:00 298
2018 Nov 04 (Sun)	04:06 62	11:31 64S	18:56 298
2018 Nov 05 (Mon)	04:02 62	11:27 64S	18:52 298

Polaris Rise, Zenith and Set

2018 Nov 01 (Thu)	***** ***	01:26 46N	***** ***	13:24 45N
2018 Nov 02 (Fri)	***** ***	01:22 46N	***** ***	13:20 45N
2018 Nov 03 (Sat)	***** ***	01:18 46N	***** ***	13:16 45N
2018 Nov 04 (Sun)	***** ***	00:14 46N	***** ***	12:12 45N
2018 Nov 05 (Mon)	***** ***	00:10 46N	***** ***	12:08 45N

Vega Rise, Zenith and Set

2018 Nov 01 (Thu)	07:18 25	17:03 83S	02:53 335
2018 Nov 02 (Fri)	07:14 25	16:59 83S	02:49 335
2018 Nov 03 (Sat)	07:10 25	16:55 83S	02:45 335
2018 Nov 04 (Sun)	06:06 25	15:51 83S	01:41 335
2018 Nov 05 (Mon)	06:02 25	15:48 83S	01:37 335

Mercury Rise, Zenith and Set

2018 Nov 01 (Thu)	10:03 123	14:24 21S	18:44 236
2018 Nov 02 (Fri)	10:05 124	14:25 21S	18:44 236
2018 Nov 03 (Sat)	10:08 124	14:26 21S	18:43 236
2018 Nov 04 (Sun)	09:10 125	13:26 21S	17:43 235
2018 Nov 05 (Mon)	09:11 125	13:27 20S	17:42 235

Venus Rise, Zenith and Set

2018 Nov 01 (Thu)	07:14 113	12:09 29S	17:04 248
2018 Nov 02 (Fri)	07:07 112	12:03 29S	17:00 248
2018 Nov 03 (Sat)	07:00 111	11:58 29S	16:57 249
2018 Nov 04 (Sun)	05:52 111	10:52 30S	15:53 250
2018 Nov 05 (Mon)	05:45 110	10:47 30S	15:50 250

Mars Rise, Zenith and Set

2018 Nov 01 (Thu)	15:12 113	20:05 28S	00:59 247
2018 Nov 02 (Fri)	15:09 113	20:03 28S	00:59 247
2018 Nov 03 (Sat)	15:06 112	20:01 29S	00:58 247
2018 Nov 04 (Sun)	14:03 112	19:00 29S	23:57 248
2018 Nov 05 (Mon)	14:00 112	18:58 29S	23:56 248

Jupiter Rise, Zenith and Set

2018 Nov 01 (Thu)	09:32 117	14:12 25S	18:52 243
2018 Nov 02 (Fri)	09:29 117	14:09 25S	18:49 243
2018 Nov 03 (Sat)	09:26 117	14:06 25S	18:46 243
2018 Nov 04 (Sun)	08:23 117	13:03 25S	17:42 242
2018 Nov 05 (Mon)	08:21 118	13:00 25S	17:39 242

Saturn Rise, Zenith and Set

2018 Nov 01 (Thu)	**12:26 123**	**16:48 22S**	**21:10 237**
2018 Nov 02 (Fri)	**12:22 123**	**16:44 22S**	**21:06 237**
2018 Nov 03 (Sat)	**12:18 123**	**16:40 22S**	**21:02 237**
2018 Nov 04 (Sun)	**11:15 123**	**15:37 22S**	**19:59 237**
2018 Nov 05 (Mon)	**11:11 123**	**15:33 22S**	**19:55 237**

DECEMBER 2018

13:30 LST Time Begins at 9:00 a.m. PST

Winter forces us to spend more time indoors. It encourages reflection and introspection. We also become much less physically active. It is the time for being objective, artistic and allowing for flexibility. Allow yourself to be yourself. Allow yourself to express more wisdom and awe the beauty winter brings. For healing, warming and heat therapy works best this time of year and it is the best time of year to build new body strength. This is the season of fluids flowing all around us in multiple directions all at once. A time of quiet willpower and spontaneous sighs. The color of winter represents black and darkness. Around Christmas, life goes though the phase of re-birth and a healing of mind and body begins as we rest our emotions. This time of contemplation allows us to take a spiritual and physical inventory of our lives and it nurtures our emotions and spirit. It is a time to be on the lookout for fear.

Rat (Yang - Fixed Element Water)

Rat years include the following 1900, 1912, 1924, 1936, 1948, 1960, 1972, 1984, 1996, 2008. Rat months are from Dec 7th to Jan 5th. Rat hours are from 11pm to 1am. Rat personalities are meticulous, charming, sociable, forthright, industrious, charismatic, generous to close family and friends, eloquent, and shrewd and tenacious. They may sometimes become over-ambitious, manipulative, vindictive, venal, critical, un-sociable and ruthless. They have good leadership skills and entrepreneurial skills.

Their quickness to exploit opportunities and their good eye for

details allows them to achieve power and wealth. They are excellent politicians, lawyers, engineers, detectives and pathologists. Rat types are most compatible with those individuals born during the years of the Monkey, Dragon and Ox.

Seasonal Healing Sounds for Winter

Kidneys – FFFFFFFFFFFUUUUUUUU

A good tip to improve the successful outcome of the healing sounds is to do an oil pulling beforehand (swishing your mouth with COLD PRESSED sunflower oil for 5 minutes, then spitting out the oil and rinsing the mouth). This greatly strengthens the vocal chords and mouth muscles.

Healing Color Visualization

Exercise Kidneys and Bladder /

Ears / Water Element

Breathe in deep while focusing on the kidneys. As you breathe out release the sound "HOOOOOO", while visualizing DARK BLUE/INDIGO energy exiting through the ears. Repeat the exercise 3, 6, 9, or more times.

Element WATER

Winter represents cold and water. Its main action is cooling and moistening. The flowing effect of water is for it to sink to the lowest level. At this level, it either nourishes (*as in feeding roots*), or causes blockages. If circulation is poor or non-existent

blockages will begin to form. These blockages will gradually build

up, manifesting itself strongest during spring.

Water types succeed by not allowing their fears to block their full expression of creativity.

Moving water activates its functions. Winter is where energy travels deep within, lying dormant until the approach of spring. Qi circulation, as well as blood, are reduced by the effects of cold. Cold also stiffens muscles and tendons, especially in the knees and knees. Water represents the Bladder and Kidneys which play a crucial role in urination, or water retention.

Flavor is SALTY

Saltiness is Yin energy. It is cooling and has affinity with the season of winter. It enters the kidneys, softens (*good*), hardens (*bad*) regulates fluids and detoxifies. Example of salty foods: shellfish, soy sauce, seaweed and celery.

Best advice for Winter: People with Cold in their body, or who are cold sensitive, should take herbs to move the Qi and blood. It is a time to keep warm, meditate, rest and conserve energy. Eat hearty and warming foods. Cook for longer, with less water, at a lower temperature. Steam vegetables. Use more sea salt and include bitter tasting foods in the diet. Eat preserved and fermented foods such as fermented soy bean paste and miso.

Late Winter to Spring - Exposure to Cold, Excessive Sweet Foods, Excessive Yogurt, Cheese, Milk and similar dairy, Meat, Excessive Salts, Excessive Water, Overeating, Oversleeping, Lack of Exercise.

Mental Component – Doubts, Greed, Possessiveness, Lack of Compassion.

Season Moon Phase and Character

New Moon

The Winter Solstice. (**December 21st**)

A time of opportunity. You may feel subjective or self-centered in approach. You make your own rules appropriate to the moment. Some may question why it needs to be done this way or that way, and are not satisfied with the answer due to the fact it is how it has always been done.

December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25 Christmas	26	27	28	29
30	31					

The 2018 Feng Shui Planetary Prosperity Almanac and Ephemeris with Organizer

ALL STAR AND PLANET RISE/SET TIMES ARE IN PACIFIC STANDARD TIME

Sirius Rise, Zenith and Set

2018 Dec 01 (Sat)	21:20 114	02:16 28S	07:07 246
2018 Dec 02 (Sun)	21:16 114	02:12 28S	07:03 246
2018 Dec 03 (Mon)	21:13 114	02:08 28S	06:59 246
2018 Dec 04 (Tue)	21:09 114	02:04 28S	06:55 246
2018 Dec 05 (Wed)	21:05 114	02:00 28S	06:51 246

Betelgeuse Rise, Zenith and Set

2018 Dec 01 (Sat)	18:49 79	01:26 52S	07:59 281
2018 Dec 02 (Sun)	18:46 79	01:22 52S	07:55 281
2018 Dec 03 (Mon)	18:42 79	01:18 52S	07:51 281
2018 Dec 04 (Tue)	18:38 79	01:14 52S	07:47 281
2018 Dec 05 (Wed)	18:34 79	01:10 52S	07:43 281

Arcturus Rise, Zenith and Set

2018 Dec 01 (Sat)	02:20 62	09:45 64S	17:10 298
2018 Dec 02 (Sun)	02:16 62	09:41 64S	17:06 298
2018 Dec 03 (Mon)	02:12 62	09:37 64S	17:02 298
2018 Dec 04 (Tue)	02:08 62	09:33 64S	16:58 298
2018 Dec 05 (Wed)	02:04 62	09:29 64S	16:54 298

Polaris Rise, Zenith and Set

2018 Dec 01 (Sat)	***** ***	22:24 46N	***** ***	10:26 45N
2018 Dec 02 (Sun)	***** ***	22:20 46N	***** ***	10:22 45N
2018 Dec 03 (Mon)	***** ***	22:16 46N	***** ***	10:18 45N
2018 Dec 04 (Tue)	***** ***	22:12 46N	***** ***	10:14 45N
2018 Dec 05 (Wed)	***** ***	22:08 46N	***** ***	10:10 45N

Vega Rise, Zenith and Set

2018 Dec 01 (Sat)	04:20 25	14:05 83S	23:51 335
2018 Dec 02 (Sun)	04:16 25	14:01 83S	23:47 335
2018 Dec 03 (Mon)	04:12 25	13:57 83S	23:43 335
2018 Dec 04 (Tue)	04:08 25	13:54 83S	23:39 335
2018 Dec 05 (Wed)	04:04 25	13:50 83S	23:35 335

Mercury Rise, Zenith and Set

2018 Dec 01 (Sat)	06:36 116	11:20 27S	16:05 245
2018 Dec 02 (Sun)	06:26 115	11:13 27S	16:00 245
2018 Dec 03 (Mon)	06:18 115	11:06 27S	15:55 246
2018 Dec 04 (Tue)	06:11 114	11:00 27S	15:50 246
2018 Dec 05 (Wed)	06:05 114	10:55 28S	15:46 246

Venus Rise, Zenith and Set

2018 Dec 01 (Sat)	03:58 104	09:20 35S	14:42 256
2018 Dec 02 (Sun)	03:57 104	09:19 35S	14:40 256
2018 Dec 03 (Mon)	03:55 104	09:17 34S	14:38 256
2018 Dec 04 (Tue)	03:54 104	09:15 34S	14:36 256
2018 Dec 05 (Wed)	03:53 104	09:14 34S	14:34 256

Mars, Rise, Zenith and Set

2018 Dec 01 (Sat)	12:49 102	18:16 36S	23:43 258
2018 Dec 02 (Sun)	12:46 102	18:14 36S	23:42 258
2018 Dec 03 (Mon)	12:44 101	18:12 36S	23:42 259
2018 Dec 04 (Tue)	12:41 101	18:11 37S	23:41 259
2018 Dec 05 (Wed)	12:38 101	18:09 37S	23:41 260

Jupiter Rise, Zenith and Set

2018 Dec 01 (Sat)	07:08 119	11:42 24S	16:15 241
2018 Dec 02 (Sun)	07:05 119	11:39 24S	16:12 241
2018 Dec 03 (Mon)	07:02 119	11:36 24S	16:09 241
2018 Dec 04 (Tue)	07:00 120	11:33 24S	16:06 240
2018 Dec 05 (Wed)	06:57 120	11:30 24S	16:02 240

Saturn Rise, Zenith and Set

2018 Dec 01 (Sat)	**09:40 123**	**14:02 22S**	**18:25 237**
2018 Dec 02 (Sun)	**09:36 123**	**13:59 22S**	**18:21 237**
2018 Dec 03 (Mon)	**09:33 123**	**13:55 22S**	**18:18 237**
2018 Dec 04 (Tue)	**09:29 123**	**13:52 22S**	**18:14 237**
2018 Dec 05 (Wed)	**09:26 123**	**13:48 22S**	**18:11 237**

Attributes characterized by Aquarius

As we head out of Pisces and into Aquarius we are entering a new phase that will gradually become Yin dominant. Pisces exerts more yang type energy and Aquarius is exerting more Yin type energy. Hence we are entering a time of great balance occurring between the two. This may mean a reduction or even loss of psychic and intuitive ability for some, which is why there is such growing interest in the field of remote viewing. Yin energy vibrates at a higher frequency and if not balanced, may cause some people to become over-active, resulting in a loss of productivity. Some of the symptoms we may be experiencing more of include the following: A racing mind and an inability to calm down and focus the mind on a single activity. One method to reduce this is by using grounding techniques. Men of the future will be more emotional compared to the tougher and harder men of years past. We are also witnessing a change in the types of diseases that are occurring today. Yin conditions include kidney and liver diseases, anxiety and fear, depression, victim mindset and obesity.

The following are Aspects Related to Yin Energy

- More Female
- Energy Flow is more upwards
- Lower Pressure
- Circular Movement
- Outward moving or centrifugal direction
- Density is lower
- Close to earth's center and of a lower altitude
- Near Oceans
- Colors are Violet, Blue and Indigo
- Expanded and larger

- Shape is circular, rounded and curved
- Cooler Temperature
- Smooth and Soft
- Near large bodies of water
- Entropic
- Flow force is stagnant or slow
- Moon and Planets
- Shrill or higher notes
- More Alkaline
- Materials are cool, soft and expanded
- Chemical elements include light and toxic. Radioactive materials are extreme yin
- Liquid Gas
- Attitude is introverted and covert
- Physics is attractive (magnetism)
- Tissues are dilated, cool, relaxed and sickly
- Low Blood Sugar
- Flaccid or relaxed
- Bones are oxteoporotic and soft
- Nerves are limp and relaxed
- Pulse is slow, weak heart and expanded arteries
- Lower Hormones
- Hormones include Progesterone and Estrogen
- Voice is of a higher pitch

- Body hair is less hair
- Eyes are larger
- Hips are expanded or wider
- Fewer red blood cells
- Reproductive organs are higher on the body and more apart (expanded)
- Cancers are of the soft tumor type or blood type cancers
- Diseases include viral infections, degenerative diseases and fungal or yeast infections. Also diseases of a cold like nature.
- Body position is lying down or prone
- Age is older
- Body shape is Pear Shaped, rounded and heavier
- Hormones include cortisol, estrogen, glucagon, coritisone and parathormone
- Lifestyle includes music, art, computers, phones and television. Excessive exercise or excess sun accelerates yin effects. Nutritional deficiencies.
- Oxidation rate is slower or of four lows.
- Lower Na/K levels and higher Na/K levels
- Sympathetic nervous system (tissue breakdown)
- Step Up
- Emotions include anger, resentment, fear, grief and guilt

- Thoughts include erratic, destructive and confused
- Morals include lack of spiritual orientation and loose living, lack of truth
- Politics include socialism, communism, corruption, welfare state
- Nutritional Balancing methods include colonic irrigation, baths, herbal formulas, supplements used in moderation as they may become overly yin.
- Foods include sugars, fruit, fermented, distilled water, reverse osmosis water, alkaline water and alcohol
- The Seven System Energy Movement
- Outwardly moving, left spin, upwards moving, no wobble or controlled wobble, no impact
- Minerals are copper dominant

2018 Moon Void of Course Calendar

The definition for a void of course Moon is the period of time the Moon "wanders" after its last aspect and is headed towards its new aspect. The void of course Moon represents a period of time lasting usually less than a day. During this time the course of events or when undertaking new tasks, especially physical and mental, seems more difficult. Arrangements may be subject to unexpected changes. You may seem less likely to make a solid decision when the moon is void of course. Some expert Astrologers will refuse to make important business plans during a void of course moon, even if the Moon is void of course during any part of the day. Another tip for working with the void of course moon is when the idea of something pops into your mind and you receive a strong urge or impulse to act upon it, or get an urge to buy something, if this urge, impulse or "bright idea" takes place when the moon is void of course, the idea/items may not be conductive towards success or the chance of it succeeding may not be good.

Planning important projects or journeys when the moon is not void of course, it can greatly accelerate the success of a project or objective. Think of a void of course moon as moving from one house into a new house. The very best time to take advantage of the beneficial moon energy is just as the void of course is ending. Plan the following projects when the moon is not in void:

- Start a new business, project or enterprise.
- Begin to engage forward motion for long-term success.
- Sign documents and send out important e-mails.
- Hold important meetings and make critical decisions.
- Purchase food to be used for long term use or storage.

All times shown in the Moon's Void of Course Calendar on the following pages are in **Eastern Standard Time**

Planning important projects or journeys when the moon is not void of course, it can greatly accelerate the success of a project or objective. Think of a void of course moon as moving from one house into a new house. The very best time to take advantage of the beneficial moon energy is just as the void of course is ending. Plan the following projects when the moon is not in void:

- Start a new business, project or enterprise.
- Begin to engage forward motion for long-term success.
- Sign documents and send out important e-mails.
- Hold important meetings and make critical decisions.
- Purchase food to be used for long term use or storage.
- Begin or revise a book
- Register a Domain name or Begin a Website
- Open a New Bank Account
- Apply to Enroll in Courses or Long Term Academic projects such as College or Trade Schools

One neat trick in using the Void of Course is the next time a big idea suddenly pops into your mind, see if it occurred when the moon was void of course. If it was, considering postponing the project or idea or give it more time. If the idea occurred when the moon was not void, then the odds of it succeeding are greatly increased. If you want to keep something hidden or secret, do it the last few hours the moon is void of course.

Moon in House Meanings

Plan your task according to the recommended properties below when the moon is not void of Course or just coming out of a void of course. This will better help you accomplish your goal or task. The last 30 minutes as the moon comes out of void of course is the most powerful time.

Moon in Aries
Associated Healing Regions - head, face and brain
A time to begin activities involving authority, rebirth, spiritual conversion, leadership or willpower.
Associated Properties - Self-improvement, makeovers, conflict, combat, health and vitality, energy workings, warriors and soldiers, working on weapons, battles, war, cutting through the red-tape. Intention for yourself.

Moon in Taurus
Associated Healing Regions - Neck, throat and ears
A time to begin activities involving real estate, love, material acquisitions and money.
Associated Properties - business, possessions, increasing self-worth and/or self-esteem, patience, fertility, values and ethics, prosperity, security, love, music and the arts, bindings and endurance.

Moon in Gemini
Associated Healing Regions - hands, shoulders, arms or lungs
A time to begin activities involving communication, change of residence, public relations, writing and travel.
Associated Properties - Memory, intelligence, ideas, commerce, siblings, writing, teaching and learning, adaptability, computers, travel, cars and transportation in general, gay, bi or cross gender issues, buying and selling, communication and networking.

Moon in Cancer
Associated Healing Regions - Stomach and Chest
A time to begin activities involving domestic life and home.
Associated Properties - psychic abilities, divination, finding one's roots, home, mother, family, children, food, past lives, finding or buying a home, weather workings, real estate, establishing a coven, initiation, planting and raising food crops, starting a tradition,

Moon in Leo
Associated Healing Areas - spine, heart and upper back
A good time to begin activities involving courage, fertility, childbirth, authority and power over others.
Associated Properties - children, creativity, fun, self-expression, love, romance and dating, play, vacation and leisure, investments and speculation, awards and recognition, pride and personal pride, selling a home at a good profit, queens and kings, aristocracy and big rituals.

Moon in Virgo
Associated Healing Regions - nervous system and intestines
A good time to begin activities involving health, dietary concerns, employment and intellectual matters.
Associated Properties - organizing, diet, making tools and objects, business and trade, Health, healing, diagnosing, wellness, herb lore and study, establishing a system or bureaucracy, mentality and intelligence, familiars, climate, science, logic, numbers and mathematics, systems and analysis, genetics, soldiers and the military, servants, underlings, co-workers, police and law enforcement, cleansing, purification and ecology in general.

Moon in Libra
Associated Healing Regions - Lower back, kidneys
A good time to begin activities involving justice, court cases, artistic work, partnerships and unions, karmic, spiritual, or emotional balance and mental stimulation.
Associated Properties - romance and dating, partnerships, Legal matters in general, justice, contracts, love, accountant, socializing, team-building, marriage, music, finding a good doctor, war and/or peace, balance, beauty and harmony, lawyer, diplomacy, open enemies and service to others.

Moon in Scorpio
Associated Healing Regions - Reproductive organs
A good time to begin activities involving psychic growth, sexual

matters, power, secrets, and fundamental transformations.
Associated Properties - regeneration, renewal, banishing, forging a group identity, sex, death, initiation, transformation, developing psychic talents, will and willpower, secrets, research, uncovering hidden or lost things, magic in general, black magick, divination, contacting the dead, morals and morality, contacting the other planes, purging and purification through suffering, nuclear power, warriors and fighters, taxes and insurance, exorcism, hypnotism, energy workings, will and willpower.

Moon in Sagittarius
Associated Healing Regions - thighs, hips and thighs
A good time to begin activities involving travel, truth, publications and legal matters.
Associated Properties - education, philosophy and ethics, dreams, legal matters in general, laws, judges, teaching and learning, luck in general, good luck, contacting the higher plane, accessing the Akashic records, big rituals, divination, starting a tradition, conscience, big business, monopolies and ceremonial magick.

Moon in Capricorn
Associated Healing Regions- teeth, skin, knees and bones,
A good time to begin activities involving recognition, career, organization, ambition and political matters.
Associated Properties - big business, achievement, awards and recognition, career, job, business, work, honor and reputation, statesmen, presidents, government in general, father, authority in general, world leaders.

Moon in Aquarius
A good time to begin activities involving problem-solving, extrasensory abilities, science, freedom, the breaking of bad habits or unhealthy addictions, creative expression and friendship.
Associated Healing Regions -ankles, blood and calves.
A good time to begin activities involving founding a coven,

covens in general, friends, acquaintances, clubs and organizations, congress and other legislative bodies, hopes, idealism, politics in general, congressmen and representatives, getting a raise, making the world a better place, freedom, genius, logic, utopia, electronic things in general and luck in general.

Moon in Pisces
A good time to begin activities involving telepathy, music, dream-work, clairvoyance and the creative arts.
Associated Healing Regions - lymph glands and feet.
Associated Properties - merging with Deity, spirituality, increasing psychic ability, contacting other planes, prisons and prisoners, criminals, hidden enemies, past lives and karma, reincarnation, confinement, the downtrodden and unfortunate, magick in general, potions, brews, secrets and hidden things, finding lost items, banishment, exorcism, medium-ship, charity and welfare, poisons, drawing out poisons, cleansing, widows and orphans, spies, hypnotism, mental health, nuclear power, radiation, psychic healing, working with oils, working on self-betterment by examining hidden aspects of yourself, incenses and perfumes, luck in general and bad luck.

All times shown in the Moon's Void of Course Calendar on the following pages are in **Eastern Standard Time**

ALL TIMES EASTERN STANDARD		**January 2018**		
Date of Last Aspect	**Time Void Begins**	**Date**	**House**	**Time Void Ends**
2	5:43 p.m.	3rd	Leo	2:23 a.m.
4	6:09 p.m.	5	Virgo	3:12 a.m.
6	9:51 p.m.	7	Libra	7:14 a.m.
9	11:12 a.m.	9	Scorpio	3:04 p.m.
11	9:52 a.m.	12	Sagittarius	2:05 p.m.
14	3:47 a.m.	14	Capricorn	2:41 p.m.
17	1:29 p.m.	17	Aquarius	3:30 a.m.
19	6:51 a.m.	19	Pisces	3:24 p.m.
21	8:12 p.m.	22	Aries	1:21 a.m.
23	11:14 p.m.	24	Taurus	8:29 a.m.
25	10:15 p.m.	26	Gemini	12:41 p.m.
28	5:37 a.m.	28	Cancer	1:55 p.m.
30	11:39 a.m.	30	Leo	1:52 p.m.

ALL TIMES EASTERN STANDARD		February 2018		
Date of Last Aspect	Time Void Begins	Date	House	Time Void Ends
1	5:58 a.m.	1	Virgo	2:12 p.m.
3	2:05 a.m.	3	Libra	4:45 p.m.
5	1:45 p.m.	5	Scorpio	10:55 p.m.
8	2:14 a.m.	8	Sagittarius	8:52 a.m.
10	11:37 a.m.	10	Capricorn	9:20 p.m.
13	12:42 a.m.	13	Aquarius	10:10 a.m.
15	4:04 p.m.	15	Pisces	9:41 p.m.
17	5:12 p.m.	18	Aries	7:04 a.m.
20	6:10 a.m.	20	Taurus	2:11 p.m.
22	6:45 a.m.	22	Gemini	7:05 p.m.
24	2:57 p.m.	24	Cancer	10:05 p.m.
26	4:50 p.m.	26	Leo	11:41 p.m.
28	6:12	31	Virgo	12:55

	p.m.			a.m.
ALL TIMES EASTERN STANDARD		**March 2018**		
Date of Last Aspect	**Time Void Begins**	**Date**	**House**	**Time Void Ends**
2	6:49 p.m.	3	Libra	3:21 a.m.
5	1:18 a.m.	5	Scorpio	6:22 a.m.
7	3:52 a.m.	7	Sagittarius	5:01 p.m.
9	9:26 p.m.	10	Capricorn	4:51 a.m.
12	11:35 a.m.	12	Aquarius	6:43 a.m.
15	3:31 a.m.	15	Pisces	6:11 a.m.
17	9:11 a.m.	17	Aries	2:55 p.m.
19	3:28 p.m.	19	Taurus	9:05 p.m.
21	1:20 p.m.	22	Gemini	1:29 a.m.
23	11:51 p.m.	24	Cancer	4:52 a.m.
25	2:57 a.m.	26	Leo	7:39 a.m.
28	5:55 a.m.	28	Virgo	10:29 a.m.

30	12:58 a.m.	30	Libra	1:53 p.m.
ALL TIMES EASTERN STANDARD		**April 2018**		
Date of Last Aspect	**Time Void Begins**	**Date**	**House**	**Time Void Ends**
1	2:28 p.m.	1	Scorpio	1:55 p.m.
3	12:01 p.m.	4	Sagittarius	9:53 a.m.
6	9:34 a.m.	6	Capricorn	2:00 p.m.
8	10:39 p.m.	9	Aquarius	2:51 a.m.
11	10:54 a.m.	11	Pisces	2:41 p.m.
13	7:25 a.m.	13	Aries	11:24 p.m.
16	1:58 p.m.	16	Taurus	4:50 a.m.
17	9:04 p.m.	18	Gemini	8:01 a.m.
20	8:01 a.m.	20	Cancer	10:30 a.m.
22	10:55 a.m.	22	Leo	1:05 p.m.
24	2:39 p.m.	24	Virgo	4:39 p.m.
26	5:47	26	Libra	9:12

	a.m.			p.m.
29	1:31 a.m.	29	Scorpio	3:10 a.m.
30	10:55 p.m.	30	Sagittarius	11:20 a.m.

ALL TIMES EASTERN STANDARD		**May 2018**		
Date of Last Aspect	**Time Void Begins**	**Date**	**House**	**Time Void Ends**
3	8:49 p.m.	3	Capricorn	10:05 p.m.
6	9:47 a.m.	6	Aquarius	10:45 a.m.
8	10:28 p.m.	8	Pisces	11:10 p.m.
11	5:01 a.m.	11	Aries	8:39 a.m.
13	2:04 p.m.	13	Taurus	2:15 p.m.
15	4:29 p.m.	15	Gemini	4:41 p.m.
17	2:17 p.m.	17	Cancer	5:45 p.m.
19	5:12 p.m.	19	Leo	7:10 p.m.
20	11:29 p.m.	21	Virgo	10:01 p.m.
23	10:54 a.m.	24	Libra	2:51 a.m.

25	5:01 p.m.	26	Scorpio	9:37 a.m.
28	1:21 a.m.	28	Sagittarius	6:25 p.m.
30	2:25 a.m.	31	Capricorn	5:25 a.m.

ALL TIMES EASTERN STANDARD		**June 2018**		
Date of Last Aspect	**Time Void Begins**	**Date**	**House**	**Time Void Ends**
1	11:35 p.m.	2	Aquarius	6:05 p.m.
4	1:07 a.m.	5	Pisces	6:52 a.m.
7	2:34 a.m.	7	Aries	5:24 p.m.
9	3:25 p.m.	10	Taurus	12:01 a.m.
11	11:28 p.m.	12	Gemini	2:52 a.m.
13	3:41 p.m.	14	Cancer	3:29 a.m.
15	12:17 p.m.	16	Leo	3:20 a.m.
17	11:25 p.m.	18	Virgo	4:40 a.m.
20	6:50 a.m.	20	Libra	6:28 a.m.
21	5:37	22	Scorpio	3:10

	p.m.			p.m.
24	10:01 a.m.	25	Sagittarius	12:28 a.m.
26	6:51 a.m.	27	Capricorn	11:50 a.m.
29	4:57 a.m.	30	Aquarius	12:35 a.m.

ALL TIMES EASTERN STANDARD		**July 2018**		
Date of Last Aspect	**Time Void Begins**	**Date**	**House**	**Time Void Ends**
1	6:54 p.m.	2	Pisces	1:30 p.m.
4	5:45 a.m.	5	Aries	12:51 a.m.
7	3:08 a.m.	7	Taurus	8:52 a.m.
9	12:08 p.m.	9	Gemini	12:57 p.m.
10	4:01 p.m.	11	Cancer	1:58 p.m.
12	10:47 p.m.	13	Leo	1:29 p.m.
14	7:11 p.m.	15	Virgo	1:32 p.m.
17	6:49 a.m.	17	Libra	3:41 p.m.
19	3:51 p.m.	19	Scorpio	9:12 p.m.

22	5:17 a.m.	22	Sagittarius	6:11 a.m.
24	4:21 a.m.	24	Capricorn	5:47 p.m.
25	9:40 a.m.	27	Aquarius	6:40 a.m.
29	5:24 a.m.	29	Pisces	7:27 p.m.
31	6:41 p.m.	1	Aries	6:53 a.m.

ALL TIMES EASTERN STANDARD		**August 2018**		
Date of Last Aspect	**Time Void Begins**	**Date**	**House**	**Time Void Ends**
2	10:51 p.m.	3	Taurus	3:50 p.m.
5	7:44 p.m.	5	Gemini	9:31 p.m.
7	3:52 a.m.	8	Cancer	12:30 a.m.
9	7:20 a.m.	10	Leo	12:15 a.m.
11	5:57 a.m.	11	Virgo	11:58 p.m.
14	12:36 a.m.	14	Libra	12:55 a.m.
16	3:57 a.m.	16	Scorpio	4:53 a.m.
20	7:45	21	Capricorn	12:01

	p.m.			a.m.
23	10:15 a.m.	23	Aquarius	12:55 p.m.
25	12:27 a.m.	26	Pisces	1:30 a.m.
28	9:55 a.m.	28	Aries	12:30 p.m.
30	7:04 p.m.	30	Taurus	9:31 p.m.

ALL TIMES EASTERN STANDARD		**September 2018**		
Date of Last Aspect	**Time Void Begins**	**Date**	**House**	**Time Void Ends**
2	1:55 a.m.	2	Gemini	4:01 a.m.
4	2:35 a.m.	4	Cancer	8:01 a.m.
6	8:41 a.m.	6	Leo	9:53 a.m.
8	9:32 a.m.	8	Virgo	10:28 a.m.
10	11:11 a.m.	10	Libra	11:21 a.m.
11	6:57 p.m.	12	Scorpio	2:14 p.m.
14	4:53 a.m.	14	Sagittarius	8:44 p.m.
16	7:14 p.m.	17	Capricorn	7:05 a.m.

19	1:11 p.m.	19	Aquarius	7:51 p.m.
21	1:12 p.m.	22	Pisces	8:25 a.m.
24	1:25 a.m.	24	Aries	7:03 p.m.
25	6:27 a.m.	27	Taurus	3:15 a.m.
28	6:35 p.m.	29	Gemini	9:25 a.m.
30	11:37 a.m.	31	Cancer	2 p.m.

ALL TIMES EASTERN STANDARD		**October 2018**		
Date of Last Aspect	**Time Void Begins**	**Date**	**House**	**Time Void Ends**
3	4:23 a.m.	3	Leo	5:11 p.m.
5	7:35 a.m.	5	Virgo	7:18 p.m.
7	10:01 a.m.	7	Libra	9:11 p.m.
9	4:51 a.m.	10	Scorpio	12:08 a.m.
11	7:11 p.m.	12	Sagittarius	5:51 a.m.
13	8:57 p.m.	14	Capricorn	3:16 p.m.
16	5:48	17	Aquarius	3:55

	p.m.			a.m.
19	6:25 a.m.	19	Pisces	4:21 p.m.
21	7:45 p.m.	22	Aries	2:58 a.m.
23	2:15 p.m.	24	Taurus	10:31 a.m.
26	10:48 a.m.	26	Gemini	3:40 p.m.
28	12:36 a.m.	28	Cancer	7:26 p.m.
30	10:30 p.m.	30	Leo	10:41 p.m.

ALL TIMES EASTERN STANDARD		**November 2018**		
Date of Last Aspect	**Time Void Begins**	**Date**	**House**	**Time Void Ends**
2	12:31 a.m.	2	Virgo	1:47 a.m.
4	2:25 a.m.	4	Libra	4:01 a.m.
6	3:15 a.m.	6	Scorpio	6:01 a.m.
8	5:41 a.m.	8	Sagittarius	1:58 p.m.
10	10:31 p.m.	10	Capricorn	10:50 p.m.
13	10:11 a.m.	13	Aquarius	10:44 a.m.

15	10:57 p.m.	15	Pisces	11:42 p.m.
18	3:01 a.m.	18	Aries	10:55 a.m.
20	5:45 p.m.	20	Taurus	6:41 p.m.
22	4:58 a.m.	22	Gemini	11:09 p.m.
25	12:30 a.m.	25	Cancer	1:37 a.m.
27	2:20 a.m.	27	Leo	3:30 a.m.
29	4:45 a.m.	29	Virgo	8:07 a.m.

ALL TIMES EASTERN STANDARD		**December 2018**		
Date of Last Aspect	**Time Void Begins**	**Date**	**House**	**Time Void Ends**
1	9:33 a.m.	1	Libra	9:48 a.m.
3	1:15 p.m.	3	Scorpio	2:50 p.m.
5	4:52 p.m.	5	Sagittarius	9:47 p.m.
8	5:01 a.m.	8	Capricorn	7:00 a.m.
10	4:25 p.m.	10	Aquarius	6:29 p.m.
13	5:21	13	Pisces	7:41

	a.m.			a.m.
15	6:50 a.m.	15	Aries	7:45 p.m.
18	2:20 a.m.	18	Taurus	4:35 a.m.
19	7:41 a.m.	20	Gemini	9:31 a.m.
22	9:20 a.m.	22	Cancer	11:27 a.m.
24	9:50 a.m.	24	Leo	11:50 a.m.
25	10:35 a.m.	26	Virgo	12:51 p.m.
28	11:26 a.m.	28	Libra	3:22 p.m.
30	5:53 p.m.	30	Scorpio	8:21 p.m.

Constellations the Sun shines through each month

Aquarius from Jan 20 to Feb 18

Pisces from Feb 19 to Mar 20

Aries from Mar 21 to Apr 19

Taurus from Apr 20 to May 20

Gemini from May 21 to Jun 20

Cancer from Jun 21 to July 22

Leo from July 23 to Aug 22

Virgo from Aug 23 to Sep 22

Libra from Sep 23 to Oct 22

Scorpio Oct 23 to Nov 21

Sagittarius Nov 22 to Dec 21

Capricorn from Dec 22 to Jan 19

The Harvest Moons

Farmers named moons according to their planting, sowing and harvesting. Hence we have a colorful assortment of moon phases.

January
Full Wolf Moon
This Moon appeared as wolves howled in hunger outside villages during winter. It is also called as the Old Moon. Some Native American tribes called this the Snow Moon, and some applied that name to the February full moon.

February
Full Snow Moon
Heaviest snows fall in February in North America. Hunting is difficult, hence some Native American tribes called this the Hunger Moon.

March
Full Worm Moon
As spring begins, the ground soften and earthworms reappear, inviting the return of birds. This is also called the Sap Moon as maple sap begins flowing and the tapping of maple trees begins.

April
Full Pink Moon
This full Moon celebrated the appearance of pink flowers such as the ground phlox and moss pink (the first spring flowers). It is also called the Egg Moon, the Fish Moon and the Sprouting Grass Moon.

May
Full Flower Moon
An abundance of flowers spring forth during this month. Some Algonquin tribes called it the Milk Moon or Corn Planting Moon.

June
Full Strawberry Moon
Algonquin tribes liked this moon because it was a time to gather ripening strawberries. It is also sometimes known as the Hot Moon or Rose Moon.

July
Full Buck Moon
Buck's antlers are full growth during July. This moon was also called the Thunder Moon as thunderstorms are more frequent during this month.

August
Full Sturgeon Moon
Some Native American tribes knew sturgeon fish in the Great Lakes and Lake Champlain were caught more easily during this full Moon. It is also sometimes called the Green Corn Moon.

September
Full Corn Moon
This full Moon is commonly a time that corn is harvested. It is also known as the Barley Moon, because it the season to harvest and then thresh the ripened barley. chores.

October
Full Hunter's Moon
This is the moon most often used for hunting and storing provisions for winter. This is also called the Dying Moon and the Travel Moon.

November
Full Beaver Moon
Algonquin tribes set beaver traps during this time to ensure a fresh supply of warm winter furs. This Moon is also known as the Frost Moon.

December

Full Cold Moon

This full Moon is also known as the Long Nights Moon by some Native American tribes.

The 2018 Feng Shui Planetary Prosperity Almanac and Ephemeris with Organizer

Supermoons until 2021

2017						
Thursday, May 25	new Moon	2017-05-25 19:44	2017-05-26 01:24	357,209		
Saturday, June 24	new Moon	2017-06-24 02:31	2017-06-23 10:50	357,937		
Sunday, December 3	full Moon	2017-12-03 15:47	2017-12-04 08:43	357,495		
2018						
Tuesday, January 2	full Moon	2018-01-02 02:24	2018-01-01 21:56	356,565		
Friday, July 13	new Moon	2018-07-13 02:48	2018-07-13 08:30	357,431	Solar eclipse	
Saturday, August 11	new Moon	2018-08-11 09:58	2018-08-10 18:06	358,082	Solar eclipse	
2019						
Monday, January 21	full Moon	2019-01-21 05:16	2019-01-21 19:59	357,344		
Tuesday, February 19	full Moon	2019-02-19 15:53	2019-02-19 09:07	356,761		
Saturday, September 28	new Moon	2019-09-28 18:26	2019-09-28 02:28	357,802		
2020						
Monday, March 9	full Moon	2020-03-09 17:48	2020-03-10 06:34	357,122		
Wednesday, April 8	full Moon	2020-04-08 02:35	2020-04-07 18:10	356,908		
Friday, October 16	new Moon	2020-10-16 19:31	2020-10-16 23:48	356,912		
Sunday, November 15	new Moon	2020-11-15 05:07	2020-11-14 11:49	357,838		
2021						
Tuesday, April 27	full Moon	2021-04-27 03:31	2021-04-27 15:25	357,378		
Wednesday, May 26	full Moon	2021-05-26 11:14	2021-05-26 01:53	357,309		
Saturday, December 4	new Moon	2021-12-04 07:43	2021-12-04 10:02	356,793		

+ Represents Super Moon occurring at the Full Moon (Perigee)

- Represents Super Moon occurring at the New Moon (Apogee)

Perigee				Apogee			
Jan 1	21:56	356565 km	++ F- 4h	Jan 15	2:11	406459 km	-- N-2d 0h
Jan 30	9:55	358994 km	F-1d 3h	Feb 11	14:17	405700 km	N-4d 6h
Feb 27	14:50	363936 km	F-2d10h	Mar 11	9:15	404681 km	N-6d 3h
Mar 26	17:19	369103 km	F-4d19h	Apr 8	5:33	404144 km	F+7d16h
Apr 20	14:46	368712 km	N+4d12h	May 6	0:36	404457 km	F+5d23h
May 17	21:07	363776 km	N+2d 9h	Jun 2	16:36	405314 km	F+4d 2h
Jun 14	23:56	359506 km	N+1d 4h	Jun 30	2:44	406059 km +	F+1d21h
Jul 13	8:30	357431 km	N+ 5h	Jul 27	5:45	406222 km +	F- 14h
Aug 10	18:06	358082 km	N- 15h	Aug 23	11:25	405743 km	F-3d 0h
Sep 8	1:23	361354 km	N-1d16h	Sep 20	0:55	404874 km	F-5d 1h
Oct 5	22:31	366395 km	N-3d 5h	Oct 17	19:18	404225 km	F-6d21h
Oct 31	20:06	370200 km	N-6d19h	Nov 14	15:58	404340 km	N+6d23h
Nov 26	12:11	366622 km	F+3d 6h	Dec 12	12:27	405176 km	N+5d 5h
Dec 24	9:53	361059 km	F+1d16h				

2018 Lunar Phases — Honolulu (Pacific/Honolulu) Time

New Moon	First Quarter	Full Moon	Third Quarter	Lunation
		Jan. 1, Mo *04:25 PM*	Jan. 8, Mo *12:26 PM*	1175
Jan. 16, Tu *04:18 PM*	Jan. 24, We *12:20 PM*	Jan. 31, We *03:27 AM*	Feb. 7, We *05:55 AM*	1176
Feb. 15, Th *11:06 AM*	Feb. 22, Th *10:09 PM*	Mar. 1, Th *02:52 PM*	Mar. 9, Fr *01:22 AM*	1177
Mar. 17, Sa *03:14 AM*	Mar. 24, Sa *05:35 AM*	Mar. 31, Sa *02:37 AM*	Apr. 7, Sa *09:21 PM*	1178
Apr. 15, Su *03:59 PM*	Apr. 22, Su *11:46 AM*	Apr. 29, Su *02:59 PM*	May 7, Mo *04:11 PM*	1179
May 15, Tu *01:49 AM*	May 21, Mo *05:50 PM*	May 29, Tu *04:20 AM*	June 6, We *08:34 AM*	1180
June 13, We *09:45 AM*	June 20, We *12:52 AM*	June 27, We *06:54 PM*	July 5, Th *09:52 PM*	1181
July 12, Th *04:49 PM*	July 19, Th *09:53 AM*	July 27, Fr *10:22 AM*	Aug. 4, Sa *08:19 AM*	1182
Aug. 10, Fr *11:59 PM*	Aug. 17, Fr *09:49 PM*	Aug. 26, Su *01:58 AM*	Sept. 2, Su *04:39 PM*	1183
Sept. 9, Su *08:02 AM*	Sept. 16, Su *01:16 PM*	Sept. 24, Mo *04:54 PM*	Oct. 1, Mo *11:47 PM*	1184
Oct. 8, Mo *05:47 PM*	Oct. 16, Tu *08:02 AM*	Oct. 24, We *06:47 AM*	Oct. 31, We *06:42 AM*	1185
Nov. 7, We *06:02 AM*	Nov. 15, Th *04:54 AM*	Nov. 22, Th *07:41 PM*	Nov. 29, Th *02:21 PM*	1186
Dec. 6, Th *09:21 PM*	Dec. 15, Sa *01:49 AM*	Dec. 22, Sa *07:50 AM*	Dec. 28, Fr *11:36 PM*	1187

Position of the Moon at Sunrise and Sunset according to Phase

New Moon
New moons rise at sunrise and set at sunset
***** New moons are overhead at noon**
Underfoot at Midnight

First Quarter
Moon Overhead at
sunset Underfoot
at sunrise

Full Moon
Rise at dusk and set at sunrise
***** Full moons are overhead at midnight**
Underfoot at Noon

Third Quarter (last quarter) Moon
***** Overhead at sunrise**
Underfoot at sunset

Moon's Phase*	Moon Visibility	Approximate Rising Time	Approx Setting Time
The Dark Moon	Invisible	sunrise	At sunset
The Waxing Crescent	Slim crescent (the right side)	mid-morning	At mid-evening
The 1st Quarter	half full (the right side)	around noon	At around midnight
The Waxing Gibbous	3/4 full (the right side)	mid- afternoon	At wee hours of morning
The Full Moon	full, round	sunset	At sunrise
The Waning Gibbous	3/4 full (the left side)	early evening	At mid-morning
The 3rd Quarter	half full (the left side)	midnight	At noon
The Waning Crescent	Slim crescent (the left side)	early morning	At mid-afternoon

Moon Phases and Timing

NEW MOON

New beginnings. Love and romance, job hunting or healing. A time to bring ourselves and ideas into the open. A feeling of impulsive, emerging, initiating, subjective, beginning, active, aspiring, instinctual, new, innovative and young emerging forces. This phase corresponds to Spring, the East and the Rising Sun. It is the best time for starting new projects, growth, initiation and enhancement. The three days after the New Moon are the most potent time for beginning new projects.

FIRST QUARTER MOON

A time to change, perfect, build, continue and modify projects and ideas. This phase is adolescent, struggling, creative, active, challenging, powerful, strong, outgoing, vital and the will culminates. This phase corresponds to Summer, South and the Noontime Sun. The first quarter moon represents vitality, freedom, Ideas, inspiration, energy, continued growth of wealth, success, luck, courage, friendship and health.

FULL MOON

A time when our projects, plans and ideas become released and let go into the world. A period of objective, conscious accomplishing, fulfilling, awareness, relating, emotional and mature energy. This phase corresponds to Autumn (Fall) West and the Setting Sun. It is the most powerful time for fruition and the completion of projects. Manifestation of goals, strength, nurturing, passion, healing and power. Knowledge, legal undertakings and dreams.

WANING MOON JUST AFTER FULL

Wisdom, enhanced psychic ability, reversing circumstances and scrying. A time for banishing, releasing the old, addiction, removing unwanted negative energies or removing unwanted illness.

LAST QUARTER

A time to evaluate past efforts. Look at what worked and what did not and re-write and prepare for the next upcoming cycle. A time of evaluating the past in the present with an open eye towards the future. A period of breaking-down, releasing, assimilating, old, letting-go, dreaming, silent, wise, consolidating, introspective, renewing and final. This phase corresponds to Winter, North, and the Midnight (Invisible) Sun.

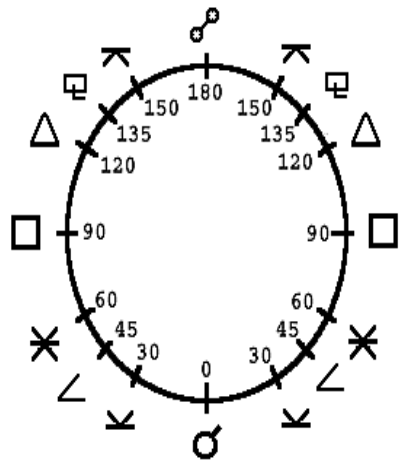
DARK MOON JUST BEFORE NEW

Dealing with attacks and bringing justice to bear, exploring our darkest recesses, understanding our anger and passions. Good for prophecy work. The most auspicious time for banishing getting rid of things. This is also a good phase to catch up on any unfinished business and complete projects not completed earlier.

2018
Planetary
Ephemeris

Aspects			
☌	Conjunction	☍	Opposition
△	Trine	□	Square
✶	Sextile		

Planets			
☉	Sun	☽	Moon
☿	Mercury	♀	Venus
♂	Mars	♃	Jupiter
♄	Staurn	♅	Uranus
♆	Neptune	♇	Pluto



January 2018 — Tropical Midnight Ephemeris — Time Zone: EST (05:00 West)

Day	☉	☽	+12 Hr ☽	True ☊	☿	♀	♂	♃	♄	♅	♆	♇
1 M	10♑43 11	27♊59 01	05♋38 04	15♌20℞	18♐09D	08♑47D	14♏17D	16♏58D	01♑24D	24♈34R	11♓54D	18♑46D
2 Tu	11 44 19	13♋17 13	20 55 06	15 15	19 09	10 02	14 55	17 08	01 31	24 34	11 56	18 49
3 W	12 45 27	28 30 27	06♌02 04	15 13	20 12	11 18	15 32	17 18	01 38	24 34D	11 57	18 51
4 Th	13 46 35	13♌28 55	20 50 11	15 12	21 18	12 33	16 10	17 28	01 45	24 34	11 58	18 53
5 F	14 47 43	28 05 13	05♍13 35	15 12D	22 27	13 49	16 47	17 37	01 52	24 34	12 00	18 55
6 Sa	15 48 51	12♍15 05	19 09 37	15 14	23 38	15 04	17 24	17 47	01 59	24 34	12 01	18 57
7 Su	16 49 59	25 57 17	02♎38 20	15 15	24 51	16 20	18 02	17 57	02 06	24 34	12 03	18 59
8 M	17 51 08	09♎13 02	15 41 49	15 16	26 05	17 35	18 39	18 06	02 13	24 34	12 04	19 01
9 Tu	18 52 16	22 05 07	28 23 26	15 16℞	27 22	18 51	19 16	18 15	02 20	24 35	12 06	19 03
10 W	19 53 25	04♏37 17	10♏47 09	15 16	28 40	20 06	19 54	18 25	02 27	24 35	12 07	19 05
11 Th	20 54 34	16 53 34	22 57 02	15 14	29 59	21 22	20 31	18 34	02 34	24 36	12 09	19 07
12 F	21 55 42	28 58 00	04♐56 57	15 11	01♑19	22 37	21 08	18 43	02 41	24 36	12 10	19 09
13 Sa	22 56 51	10♐54 16	16 50 21	15 07	02 41	23 52	21 45	18 52	02 47	24 37	12 12	19 11
14 Su	23 57 59	22 45 34	28 40 14	15 03	04 04	25 08	22 23	19 00	02 54	24 37	12 14	19 13
15 M	24 59 07	04♑34 38	10♑29 05	14 59	05 27	26 23	23 00	19 09	03 01	24 38	12 15	19 15
16 Tu	26 00 15	16 23 49	22 19 06	14 57	06 52	27 39	23 37	19 17	03 08	24 38	12 17	19 17
17 W	27 01 23	28 15 09	04♒12 13	14 55	08 17	28 54	24 14	19 26	03 14	24 39	12 19	19 19
18 Th	28 02 29	10♒10 32	16 10 21	14 54	09 43	00♒10	24 51	19 34	03 21	24 40	12 21	19 21
19 F	29 03 36	22 11 54	28 15 28	14 54D	11 10	01 25	25 28	19 42	03 28	24 41	12 22	19 23
20 Sa	00♒04 41	04♓21 19	10♓29 47	14 55	12 38	02 41	26 05	19 50	03 34	24 42	12 24	19 25
21 Su	01 05 46	16 41 10	22 55 50	14 56	14 06	03 56	26 42	19 58	03 41	24 43	12 26	19 27
22 M	02 06 49	29 14 07	05♈36 24	14 57	15 35	05 11	27 19	20 06	03 48	24 44	12 28	19 29
23 Tu	03 07 52	12♈03 02	18 34 24	14 58	17 04	06 27	27 56	20 14	03 54	24 45	12 30	19 31
24 W	04 08 54	25 10 48	01♉52 34	14 58	18 35	07 42	28 33	20 21	04 00	24 46	12 31	19 33
25 Th	05 09 55	08♉39 55	15 33 00	14 59℞	20 06	08 58	29 10	20 28	04 07	24 47	12 33	19 35
26 F	06 10 56	22 31 56	29 36 37	14 58	21 37	10 13	29 47	20 36	04 13	24 48	12 35	19 37
27 Sa	07 11 53	06♊46 54	14♊02 27	14 57	23 10	11 28	00♒24	20 43	04 20	24 49	12 37	19 39
28 Su	08 12 51	21 22 48	28 47 18	14 57	24 42	12 44	01 01	20 50	04 26	24 51	12 39	19 41
29 M	09 13 47	06♋15 10	13♋45 30	14 56	26 16	13 59	01 38	20 56	04 32	24 52	12 41	19 43
30 Tu	10 14 43	21 17 15	28 49 21	14 56	27 50	15 14	02 15	21 03	04 38	24 53	12 43	19 45
31 W	11 15 37	06♌20 40	13♌50 04	14 55	29 25	16 30	02 51	21 10	04 45	24 55	12 45	19 47
1 Th	12 16 30	21 16 30	28 38 59	14 55D	01♒01	17 45	03 28	21 16	04 51	24 56	12 47	19 49

January

Planetary Data

Ingresses

	Day	Time
☿ ♑	11	12:08 AM
♀ ♒	17	8:43 PM
☉ ♒	19	10:08 PM
♂ ♐	26	7:55 AM
☿ ♒	31	8:38 AM

Stations

	Day	Time
♅ D	2	9:10 AM

Lunar Ingresses & Void Moons

Ingresses

	Day	Time
♊	30	3:31 AM
♋	1	3:10 AM
♌	3	2:23 AM
♍	5	3:11 AM
♎	7	7:14 AM
♏	9	3:06 PM
♐	12	2:03 AM
♑	14	2:42 PM
♒	17	3:32 AM
♓	19	3:27 PM
♈	22	1:27 AM
♉	24	8:40 AM
♊	26	12:40 PM
♋	28	1:57 PM
♌	30	1:53 PM

Void Times

		Last Aspect
31	6:38 PM	☓ ♅
2	5:45 PM	□ ♅
4	6:10 PM	△ ♅
6	9:51 PM	□ ☿
9	11:13 AM	☓ ☿
11	9:53 AM	☓ ♀
14	3:48 AM	△ ♅
17	1:30 AM	☌ ♀
19	6:52 AM	□ ♂
21	8:13 PM	△ ♂
23	11:15 PM	☌ ♅
25	10:17 PM	△ ☿
28	5:38 AM	☓ ♅
30	11:40 AM	☍ ☿

Phases & Eclipses

Lunar Phases

Day	Time		
1	9:23 PM	☽	11 ♋37
8	5:25 PM	☽	18 ♎35
16	9:17 PM	●	26 ♑54
24	5:21 PM	☽	04 ♉53
31	8:27 AM	○	11 ♌37

Solar Eclipses

Day	Time
~ None ~	

Lunar Eclipses

Day	Time		
31	8:30 AM	T	1.315

February

Planetary Data

Ingresses

	Day	Time
♀ ♓	10	6:19 PM
☿ ♓	17	11:27 PM
☉ ♓	18	12:17 PM

Stations

Day	Time

Lunar Ingresses & Void Moons

Ingresses

	Day	Time
♌	30	1:53 PM
♍	1	2:13 PM
♎	3	4:46 PM
♏	5	10:57 PM
♐	8	8:54 AM
♑	10	9:21 PM
♒	13	10:12 AM
♓	15	9:42 PM
♈	18	7:05 AM
♉	20	2:12 PM
♊	22	7:08 PM
♋	24	10:06 PM
♌	26	11:42 PM

Void Times

		Last Aspect
1	5:59 AM	△ ♅
3	2:06 AM	☓ ♃
5	1:45 PM	☍ ♅
8	2:16 AM	□ ♀
10	11:38 AM	△ ♅
13	12:43 AM	□ ♅
15	4:05 PM	☌ ☉
17	5:14 PM	△ ♃
20	6:11 AM	☌ ♅
22	6:46 AM	☍ ♃
24	2:58 PM	☓ ♅
26	4:51 PM	□ ♅

Phases & Eclipses

Lunar Phases

Day	Time		
7	10:54 AM	☽	18 ♏49
15	4:05 PM	●	27 ♒07
23	3:09 AM	☽	04 ♊39

Solar Eclipses

Day	Time		
15	3:52 PM	P	0.599

Lunar Eclipses

Day	Time
~ None ~	

February 2018

Tropical Midnight Ephemeris

Time Zone: EST (05:00 West)

Day	☉	☽	+12 Hr ☽	True ☊	☿	♀	♂	♃	♄	♅	♆	♇
1 Th	12 ♒ 16 30	21 ♑ 16 30	28 ♑ 38 59	14 ♑ 55 D	01 ♒ 01 D	17 ♒ 45 D	03 ♐ 28 D	21 ♏ 16 D	04 ♉ 51 D	24 ♈ 56 D	12 ♓ 47 D	19 ♉ 49 D
2 F	13 17 22	05 ♑ 56 40	13 ♑ 08 50	14 56	02 37	19 00	04 05	21 22	04 57	24 58	12 49	19 51
3 Sa	14 18 13	20 14 57	27 14 38	14 56	04 14	20 16	04 42	21 28	05 03	24 59	12 51	19 53
4 Su	15 19 03	04 ♒ 07 40	10 ♒ 53 59	14 56 ℞	05 52	21 31	05 18	21 34	05 09	25 01	12 53	19 55
5 M	16 19 52	17 33 40	24 06 56	14 56	07 30	22 46	05 55	21 40	05 15	25 03	12 55	19 56
6 Tu	17 20 41	00 ♏ 34 04	06 ♏ 55 29	14 55	09 09	24 01	06 32	21 45	05 21	25 04	12 57	19 58
7 W	18 21 28	13 11 39	19 23 05	14 55	10 49	25 16	07 08	21 51	05 26	25 06	12 59	20 00
8 Th	19 22 15	25 30 20	01 ♐ 33 59	14 55 D	12 30	26 32	07 45	21 56	05 32	25 08	13 02	20 02
9 F	20 23 00	07 ♐ 34 36	13 32 47	14 56	14 11	27 47	08 21	22 01	05 38	25 10	13 04	20 04
10 Sa	21 23 45	19 29 05	25 24 05	14 56	15 54	29 02	08 58	22 06	05 44	25 12	13 06	20 06
11 Su	22 24 28	01 ♑ 18 17	07 ♑ 12 13	14 57	17 37	00 ♓ 17	09 34	22 11	05 49	25 14	13 08	20 07
12 M	23 25 11	13 06 20	19 01 05	14 58	19 21	01 32	10 10	22 15	05 55	25 16	13 10	20 09
13 Tu	24 25 52	24 56 52	00 ♒ 54 04	14 59	21 05	02 48	10 47	22 20	06 00	25 18	13 12	20 11
14 W	25 26 32	06 ♒ 52 58	12 53 54	14 59	22 51	04 03	11 23	22 24	06 06	25 20	13 15	20 13
15 Th	26 27 10	18 57 06	25 02 47	14 59 ℞	24 37	05 18	11 59	22 28	06 11	25 22	13 17	20 15
16 F	27 27 47	01 ♓ 11 08	07 ♓ 22 20	14 59	26 25	06 33	12 36	22 32	06 16	25 24	13 19	20 16
17 Sa	28 28 23	13 36 31	19 53 46	14 58	28 13	07 48	13 12	22 36	06 22	25 26	13 21	20 18
18 Su	29 28 57	26 14 13	02 ♈ 37 56	14 56	00 ♓ 02	09 03	13 48	22 39	06 27	25 28	13 23	20 20
19 M	00 ♓ 29 29	09 ♈ 05 01	15 35 30	14 53	01 52	10 18	14 24	22 43	06 32	25 30	13 26	20 21
20 Tu	01 30 00	22 09 29	28 47 01	14 51	03 42	11 33	15 00	22 46	06 37	25 33	13 28	20 23
21 W	02 30 29	05 ♉ 28 09	12 ♉ 12 57	14 49	05 33	12 48	15 36	22 49	06 42	25 35	13 30	20 25
22 Th	03 30 56	19 01 27	25 53 39	14 47	07 25	14 03	16 12	22 52	06 47	25 37	13 32	20 26
23 F	04 31 21	02 ♊ 49 33	09 ♊ 49 06	14 47	09 18	15 18	16 48	22 55	06 52	25 40	13 35	20 28
24 Sa	05 31 44	16 52 12	23 58 41	14 47 D	11 11	16 33	17 24	22 57	06 57	25 42	13 37	20 29
25 Su	06 32 05	01 ♋ 08 21	08 ♋ 20 52	14 48	13 04	17 48	17 59	22 59	07 01	25 45	13 39	20 31
26 M	07 32 25	15 35 52	22 52 51	14 50	14 58	19 03	18 35	23 02	07 06	25 47	13 41	20 32
27 Tu	08 32 42	00 ♑ 11 16	07 ♑ 30 28	14 51	16 52	20 18	19 11	23 04	07 10	25 50	13 44	20 34
28 W	09 32 57	14 49 43	22 08 17	14 52	18 45	21 33	19 46	23 05	07 15	25 53	13 46	20 35
1 Th	10 33 11	29 25 21	06 ♐ 40 07	14 51 ℞	20 38	22 47	20 22	23 07	07 19	25 55	13 48	20 37

March

Planetary Data

Ingresses

	Day	Time
☿ ♈	6	3:34 AM
♀ ♈	6	7:45 PM
♂ ♑	17	12:39 PM
☉ ♈	20	12:15 PM
♀ ♉	31	12:53 AM

Stations

	Day	Time
♃ R	9	12:45 AM
☿ R	22	8:18 PM

Lunar Ingresses & Void Moons

Ingresses

Day	Time
27	12:42 AM
1	1:57 AM
3	4:21 AM
5	9:23 AM
7	6:03 PM
10	5:52 AM
12	6:45 PM
15	6:12 AM
17	2:56 PM
19	9:07 PM
22	1:30 AM
24	4:52 AM
26	7:45 AM
28	10:30 AM
30	1:52 PM

Void Times

		Last Aspect
28	7:14 PM	△ ♅
2	7:49 PM	☍ ♀
5	2:19 AM	☍ ♅
7	4:55 AM	☌ ♃
9	10:28 PM	△ ♅
12	11:36 AM	□ ♅
15	3:33 AM	✕ ♂
17	9:12 AM	☌ ☉
19	3:29 PM	☌ ♅
21	1:21 PM	☍ ♃
23	11:51 PM	✕ ♅
26	2:58 AM	□ ♅
28	5:54 AM	△ ♅
30	12:59 AM	✕ ♃

Phases & Eclipses

Lunar Phases

Day	Time	
1	8:52 PM	☽ 11♊22
9	7:20 AM	☽ 18♐49
17	9:12 AM	● 26♓53
24	11:34 AM	☽ 03♋56
31	8:36 AM	○ 10♎44

Solar Eclipses

Day	Time
~ None ~	

Lunar Eclipses

Day	Time
~ None ~	

April

Planetary Data

Ingresses

	Day	Time
☉ ♉	19	11:12 PM
♀ ♊	24	12:39 PM

Stations

	Day	Time
☿ D	15	5:20 AM
♄ R	17	9:46 PM
♆ R	22	11:25 AM

Lunar Ingresses & Void Moons

Ingresses

Day	Time
30	1:52 PM
1	6:58 PM
4	2:55 AM
6	2:01 PM
9	2:50 AM
11	2:39 PM
13	11:26 PM
16	4:50 AM
18	8:02 AM
20	10:27 AM
22	1:08 PM
24	4:40 PM
26	9:13 PM
29	3:12 AM

Void Times

		Last Aspect
1	2:30 PM	☍ ♅
3	12:06 PM	☌ ♃
6	9:35 AM	△ ♅
8	10:40 PM	□ ♅
11	10:56 AM	✕ ♅
13	7:27 AM	△ ♃
16	1:59 AM	☌ ♅
17	6:04 PM	☌ ♀
20	8:05 AM	✕ ♅
22	10:57 AM	□ ♅
24	2:40 PM	△ ♅
26	5:50 AM	△ ♆
29	1:32 AM	☍ ♅

Phases & Eclipses

Lunar Phases

Day	Time	
8	3:18 AM	☽ 18♑24
15	9:57 PM	● 26♈02
22	5:46 PM	☽ 02♐42
29	8:58 PM	○ 09♏38

Solar Eclipses

Day	Time
~ None ~	

Lunar Eclipses

Day	Time
~ None ~	

March 2018

Tropical Midnight Ephemeris

Time Zone: EDT (04:00 West)

Day	☉	☽	+12 Hr ☽	True ☊	☿	♀	♂	♃	♄	♅	♆	♇
1 Th	♓ 30 40	♌ 28 49 00	♍ 06 03 59	14 ♌ 51 ℞	20 ♓ 34 D	22 ♓ 44 D	20 ♐ 21 D	23 ♏ 07 D	07 ♑ 19 D	25 ♈ 55 D	13 ♓ 48 D	20 ♑ 37 D
2 F	11 30 52	13 ♍ 15 58	20 24 12	14 49 22	26 23	59 20	56 23	08 07	23 25	58 13	50 20	38
3 Sa	12 31 01	27 28 02	04 ♎ 26 55	14 46 24	18 25	14 21	32 23	09 07	28 26	00 13	53 20	40
4 Su	13 31 10	11 ♎ 20 24	18 08 11	14 42 26	08 26	29 22	07 23	10 07	32 26	03 13	55 20	41
5 M	14 31 16	24 50 04	01 ♏ 26 00	14 37 27	57 27	43 22	42 23	11 07	36 26	06 13	57 20	42
6 Tu	15 31 21	07 ♏ 56 03	14 20 25	14 32 29	44 28	58 23	18 23	12 07	40 26	09 13	59 20	44
7 W	16 31 24	20 39 24	26 53 23	14 28 01 ♈	28 00 ♈	13 23	53 23	12 07	44 26	11 14	02 20	45
8 Th	17 31 26	03 ♐ 02 49	09 ♐ 08 14	14 25 03	09 01	27 24	28 23	13 07	48 26	14 14	04 20	46
9 F	18 31 26	15 10 12	21 09 19	14 24 04	46 02	42 25	03 23	13 07	52 26	17 14	06 20	48
10 Sa	19 31 24	27 06 14	03 ♑ 01 34	14 24 D 06	20 03	57 25	38 23	13 ℞ 07	55 26	20 14	09 20	49
11 Su	20 31 21	08 ♑ 55 58	14 50 04	14 26 07	49 05	11 26	13 23	12 07	59 26	23 14	11 20	50
12 M	21 31 16	20 44 30	26 39 51	14 28 09	12 06	26 26	48 23	12 08	02 26	26 14	13 20	51
13 Tu	22 31 10	02 ♒ 36 42	08 ♒ 35 33	14 29 10	30 07	40 27	23 23	11 08	06 26	29 14	15 20	52
14 W	23 31 01	14 36 55	20 41 13	14 30 ℞ 11	42 08	55 27	58 23	11 08	09 26	32 14	18 20	54
15 Th	24 30 51	26 48 48	02 ♓ 59 59	14 29 12	47 10	09 28	32 23	09 08	13 26	35 14	20 20	55
16 F	25 30 39	09 ♓ 15 00	15 34 01	14 26 13	45 11	24 29	07 23	08 08	16 26	38 14	22 20	56
17 Sa	26 30 25	21 57 08	28 24 21	14 21 14	36 12	38 29	41 23	07 08	19 26	41 14	24 20	57
18 Su	27 30 09	04 ♈ 55 37	11 ♈ 30 50	14 15 15	19 13	53 00 ♓	16 23	05 08	22 26	44 14	27 20	58
19 M	28 29 52	18 09 48	24 52 19	14 07 15	54 15	07 00	50 23	03 08	25 26	47 14	29 20	59
20 Tu	29 29 32	01 ♉ 38 06	08 ♉ 26 52	13 59 16	21 16	21 01	24 23	01 08	28 26	50 14	31 21	00
21 W	00 ♈ 29 09	15 18 19	22 12 09	13 52 16	40 17	36 01	58 22	59 08	30 26	53 14	33 21	01
22 Th	28 45	29 08 06	06 ♊ 05 54	13 46 16	51 18	50 02	32 22	57 08	33 26	57 14	35 21	02
23 F	02 28 19	13 ♊ 05 19	20 06 08	13 43 16	54 ℞ 20	04 03	06 22	54 08	36 27	00 14	38 21	03
24 Sa	03 27 50	27 08 10	04 ♋ 11 16	13 41 16	49 21	18 03	40 22	52 08	38 27	03 14	40 21	04
25 Su	04 27 19	11 ♋ 15 17	18 20 02	13 41 D 16	36 22	32 04	14 22	49 08	40 27	06 14	42 21	05
26 M	05 26 45	25 23 02	02 ♌ 31 07	13 42 16	16 23	47 04	48 22	46 08	43 27	09 14	44 21	05
27 Tu	06 26 09	09 ♌ 37 03	16 42 53	13 43 15	50 25	01 05	21 22	43 08	45 27	13 14	46 21	06
28 W	07 25 31	23 48 21	00 ♍ 53 02	13 42 ℞ 15	18 26	15 05	55 22	39 08	47 27	16 14	48 21	07
29 Th	08 24 51	07 ♍ 56 34	14 58 29	13 40 14	40 27	29 06	28 22	36 08	49 27	19 14	51 21	08
30 F	09 24 08	21 58 18	28 55 31	13 35 13	58 28	43 07	01 22	32 08	51 27	23 14	53 21	08
31 Sa	10 23 23	05 ♎ 49 39	12 ♎ 40 13	13 28 13	13 29	57 07	35 22	28 08	53 27	26 14	55 21	09
1 Su	11 22 36	19 26 48	26 09 03	13 19 12	25 01 ♉	11 08	08 22	24 08	54 27	29 14	57 21	10

April 2018

Tropical Midnight Ephemeris

Time Zone: EDT (04:00 West)

Day	☉	☽	+12 Hr ☽	True ☊	☿	♀	♂	♃	♄	♅	♆	♇
1 Su	11 ♈ 22 36	19 ♎ 26 48	26 ♎ 09 03	13 ♌ 19 ℞	12 ♈ 25 ℞	01 ♉ 11 D	08 ♑ 08 D	22 ♏ 24 ℞	08 ♑ 54 D	27 ♈ 29 D	14 ♓ 57 D	21 ♑ 10 D
2 M	12 21 47	02 ♏ 46 42	09 ♏ 19 31	13 08	11 35	02 25	08 41	22 20	08 56	27 33	14 59	21 10
3 Tu	13 20 57	15 47 28	22 10 32	12 58	10 46	03 38	09 13	22 15	08 57	27 36	15 01	21 11
4 W	14 20 04	28 28 51	04 ♐ 42 38	12 49	09 57	04 52	09 46	22 11	08 59	27 39	15 03	21 11
5 Th	15 19 09	10 ♐ 52 12	16 57 55	12 41	09 09	06 06	10 19	22 06	09 00	27 43	15 05	21 12
6 F	16 18 13	23 00 16	28 59 47	12 36	08 23	07 20	10 51	22 01	09 01	27 46	15 07	21 13
7 Sa	17 17 15	04 ♑ 57 02	10 ♑ 52 38	12 33	07 41	08 33	11 24	21 56	09 03	27 49	15 09	21 13
8 Su	18 16 15	16 47 15	22 41 32	12 32	07 02	09 47	11 56	21 51	09 04	27 53	15 11	21 13
9 M	19 15 14	28 36 11	04 ♒ 31 53	12 33 ᴅ	06 28	11 01	12 28	21 46	09 04	27 56	15 13	21 14
10 Tu	20 14 11	10 ♒ 29 18	16 29 05	12 33	05 58	12 14	13 00	21 40	09 05	28 00	15 15	21 14
11 W	21 13 05	22 31 52	28 38 13	12 33 ℞	05 33	13 28	13 32	21 35	09 06	28 03	15 17	21 15
12 Th	22 11 59	04 ♓ 48 39	11 ♓ 03 38	12 30	05 14	14 42	14 03	21 29	09 07	28 06	15 19	21 15
13 F	23 10 50	17 23 30	23 48 32	12 26	04 59	15 55	14 35	21 23	09 07	28 10	15 21	21 15
14 Sa	24 09 39	00 ♈ 18 54	06 ♈ 54 38	12 18	04 50	17 08	15 06	21 17	09 08	28 13	15 23	21 15
15 Su	25 08 27	13 35 41	20 21 49	12 08	04 46	18 22	15 37	21 11	09 08	28 17	15 25	21 16
16 M	26 07 12	27 12 44	04 ♉ 08 01	11 57	04 48 D	19 35	16 08	21 05	09 08	28 20	15 26	21 16
17 Tu	27 05 56	11 ♉ 07 08	18 09 29	11 46	04 54	20 49	16 39	20 59	09 08	28 24	15 28	21 16
18 W	28 04 38	25 14 25	02 ♊ 21 18	11 35	05 06	22 02	17 10	20 52	09 08 ℞	28 27	15 30	21 16
19 Th	29 03 18	09 ♊ 29 27	16 38 17	11 26	05 22	23 15	17 40	20 46	09 08	28 31	15 32	21 16
20 F	00 ♉ 01 55	23 47 14	00 ♋ 55 48	11 19	05 43	24 28	18 10	20 39	09 08	28 34	15 34	21 16
21 Sa	01 00 31	08 ♋ 03 37	15 10 20	11 15	06 09	25 42	18 40	20 32	09 08	28 37	15 35	21 17
22 Su	01 59 04	22 15 43	29 19 36	11 14	06 39	26 55	19 10	20 25	09 08	28 41	15 37	21 17
23 M	02 57 35	06 ♌ 21 52	13 ♌ 22 27	11 14 D	07 13	28 08	19 40	20 18	09 07	28 44	15 39	21 17 ℞
24 Tu	03 56 04	20 21 18	27 18 21	11 14 ℞	07 51	29 21	20 10	20 11	09 07	28 48	15 40	21 17
25 W	04 54 30	04 ♍ 13 35	11 ♍ 06 55	11 12	08 33	00 ♊ 34	20 39	20 04	09 06	28 51	15 42	21 16
26 Th	05 52 55	17 58 16	24 47 30	11 09	09 18	01 47	21 08	19 57	09 05	28 55	15 44	21 16
27 F	06 51 17	01 ♎ 34 28	08 ♎ 18 58	11 02	10 07	03 00	21 37	19 50	09 04	28 58	15 45	21 16
28 Sa	07 49 37	15 00 47	21 39 42	10 52	10 59	04 13	22 06	19 43	09 03	29 01	15 47	21 16
29 Su	08 47 56	28 15 29	04 ♏ 47 55	10 41	11 54	05 26	22 34	19 35	09 02	29 05	15 48	21 16
30 M	09 46 12	11 ♏ 16 50	17 42 04	10 28	12 53	06 38	23 02	19 28	09 01	29 08	15 50	21 16
1 Tu	10 44 27	24 03 33	00 ♐ 21 15	10 15	13 54	07 51	23 30	19 21	09 00	29 12	15 52	21 15

May

Planetary Data

Ingresses

	Day	Time
☿ ♉	13	8:39 AM
♄ ♉	15	11:16 AM
♂ ♒	16	12:54 AM
♀ ♋	19	9:10 AM
☉ ♊	20	10:14 PM
☿ ♊	29	7:48 PM

Stations

	Day	Time

Lunar Ingresses & Void Moons

Ingresses

	Day	Time
♏	29	3:12 AM
♐	1	11:20 AM
♑	3	10:06 PM
♒	6	10:49 AM
♓	8	11:11 PM
♈	11	8:40 AM
♉	13	2:14 PM
♊	15	4:42 PM
♋	17	5:48 PM
♌	19	7:11 PM
♍	21	10:02 PM
♎	24	2:51 AM
♏	26	9:39 AM
♐	28	6:29 PM
♑	31	5:27 AM

Void Times

		Last Aspect
30	10:56 PM	☌ ♂
3	8:50 PM	△ ♄
6	9:48 AM	□ ♄
8	10:29 PM	☌ ♄
11	5:02 AM	☌ ♂
13	2:04 PM	☌ ♄
15	4:29 PM	△ ♂
17	2:18 PM	☌ ♀
19	5:14 PM	☌ ☉
20	11:30 PM	□ ♃
23	10:55 AM	△ ♆
25	5:04 PM	□ ♆
28	1:26 PM	☍ ☿
30	2:26 AM	□ ♆

Phases & Eclipses

Lunar Phases

Day	Time		
7	10:09 PM	☽	17 ♒ 26
15	7:48 AM	●	24 ♉ 36
21	11:49 PM	☽	01 ♍ 01
29	10:20 AM	○	08 ♐ 10

Solar Eclipses

Day	Time
~ None ~	

Lunar Eclipses

Day	Time
~ None ~	

June

Planetary Data

Ingresses

	Day	Time
☿ ♋	12	3:59 PM
♀ ♌	13	5:53 PM
☉ ♋	21	6:06 AM
☿ ♌	29	1:16 AM

Stations

	Day	Time
♆ ℞	18	7:26 PM
♂ ℞	26	5:04 PM

Lunar Ingresses & Void Moons

Ingresses

	Day	Time
♑	31	5:27 AM
♒	2	6:06 PM
♓	5	6:54 AM
♈	7	5:26 PM
♉	10	12:03 AM
♊	12	2:53 AM
♋	14	3:20 AM
♌	16	3:20 AM
♍	18	4:41 AM
♎	20	8:30 AM
♏	22	3:11 PM
♐	25	12:29 AM
♑	27	11:53 AM
♒	30	12:37 AM

Void Times

		Last Aspect
1	11:37 PM	☌ ♆
4	1:09 AM	□ ♃
7	2:35 AM	△ ♀
9	3:37 PM	□ ♀
11	11:28 PM	☌ ♀
13	3:42 PM	☌ ☉
15	12:18 PM	☍ ♆
17	11:26 PM	☌ ☉
20	6:51 AM	□ ☉
21	9:34 PM	□ ♆
24	10:00 AM	△ ☿
26	8:53 AM	□ ♆
29	4:58 AM	☌ ♆

Phases & Eclipses

Lunar Phases

Day	Time		
6	2:32 PM	☽	15 ♓ 59
13	3:42 PM	●	22 ♊ 44
20	6:51 AM	☽	29 ♍ 04
28	12:53 AM	○	06 ♑ 28

Solar Eclipses

Day	Time
~ None ~	

Lunar Eclipses

Day	Time
~ None ~	

The 2018 Feng Shui Planetary Prosperity Almanac and Ephemeris with Organizer

May 2018 — Tropical Midnight Ephemeris — Time Zone: EDT (04:00 West)

Day	☉	☽	+12 Hr ☽	True ☊	☿	♀	♂	♃	♄	♅	♆	♇
1 Tu	10 ♉ 44 27	24 ♏ 03 33	00 ♐ 21 15	10 ♑ 15℞	13 ♈ 54 ᴰ	07 ♊ 51 ᴰ	23 ♑ 30 ᴰ	19 ♏ 21℞	09 ♑ 00℞	29 ♈ 12 ᴰ	15 ♓ 52 ᴰ	21 ♑ 15℞
2 W	11 42 40	06 ♐ 35 12	12 45 32	10 03 14	13 58 09	04 23 58	19 13 08	08 59 29	15 15 53	21 15 15		
3 Th	12 40 52	18 52 26	24 56 09	09 53 16	05 10 16	24 26 19	06 08 57	29 18 15	15 54 21	15 15		
4 F	13 39 02	00 ♑ 57 02	06 ♑ 55 30	09 46 17	14 11 29	24 53 18	58 08 56	29 22 15	15 56 21	15 15		
5 Sa	14 37 10	12 52 01	18 47 06	09 41 18	26 12 41	25 20 18	50 08 54	29 25 15	15 57 21	14 14		
6 Su	15 35 17	24 41 20	00 ♒ 35 19	09 39 19	41 13 54	25 47 18	43 08 53	29 28 15	15 59 21	14 14		
7 M	16 33 23	06 ♒ 29 43	12 25 12	09 38 20	58 15 06	26 13 18	35 08 51	29 32 16	00 21	13 13		
8 Tu	17 31 27	18 22 28	24 22 12	09 38 22	17 16 19	26 40 18	27 08 49	29 35 16	01 21	13 13		
9 W	18 29 30	00 ♓ 25 04	06 ♓ 31 45	09 38 23	38 17 31	27 06 18	20 08 47	29 38 16	03 21	13 13		
10 Th	19 27 31	12 42 53	18 59 01	09 36 25	02 18 43	27 31 18	12 08 45	29 42 16	04 21	12 12		
11 F	20 25 31	25 20 39	01 ♈ 48 14	09 32 26	28 19 56	27 57 18	05 08 43	29 45 16	05 21	12 12		
12 Sa	21 23 30	08 ♈ 22 02	15 02 15	09 25 27	56 21 08	28 22 17	57 08 41	29 48 16	06 21	11 11		
13 Su	22 21 27	21 48 54	28 41 52	09 16 29	26 22 20	28 46 17	49 08 38	29 51 16	08 21	10 10		
14 M	23 19 23	05 ♉ 40 51	12 ♉ 45 24	09 05 00 ♉	59 23 32	29 11 17	42 08 36	29 55 16	09 21	10 10		
15 Tu	24 17 17	19 54 53	27 08 34	08 54 02	33 24 44	29 35 17	34 08 34	29 58 16	10 21	09 09		
16 W	25 15 11	04 ♊ 25 36	11 ♊ 45 02	08 44 04	10 25 56	29 59 17	27 08 31	00 ♉ 01 16	11 21	09 09		
17 Th	26 13 02	19 05 56	26 27 19	08 35 05	49 27 08	00 ♒ 22 17	19 08 28	00 04 16	12 21	08 08		
18 F	27 10 52	03 ♋ 48 18	11 ♋ 08 04	08 28 07	30 28 20	00 45 17	12 08 26	00 07 16	13 21	07 07		
19 Sa	28 08 41	18 25 54	25 41 13	08 25 09	13 29 32	01 08 17	04 08 23	00 11 16	14 21	07 07		
20 Su	29 06 28	02 ♌ 53 32	10 ♌ 02 32	08 23 10	58 00 ♋ 44	01 30 16	57 08 20	00 14 16	15 21	07 06		
21 M	00 ♊ 04 13	17 08 00	24 09 48	08 23 ᴰ 12	45 01 56	01 52 16	49 08 17	00 17 16	16 21	06 05		
22 Tu	01 01 57	01 ♍ 07 53	08 ♍ 02 18	08 24 14	34 03 07	02 13 16	42 08 14	00 20 16	17 21	06 04		
23 W	01 59 38	14 53 06	21 40 24	08 23℞ 16	26 04 19	02 34 16	35 08 11	00 23 16	18 21	05 03		
24 Th	02 57 19	28 24 16	05 ♎ 04 50	08 21 18	19 05 30	02 55 16	28 08 08	00 26 16	19 21	05 03		
25 F	03 54 57	11 ♎ 42 11	18 16 24	08 15 20	13 06 42	03 15 16	21 08 05	00 29 16	19 21	04 02		
26 Sa	04 52 34	24 47 32	01 ♏ 15 38	08 08 22	07 07 53	03 35 16	14 08 02	00 32 16	20 21	04 01		
27 Su	05 50 10	07 ♏ 40 43	14 02 49	07 58 24	02 09 05	03 54 16	07 07 58	00 35 16	21 21	03 00		
28 M	06 47 45	20 21 55	26 38 04	07 48 26	00 10 16	04 13 16	00 07 55	00 38 16	22 20	02 59		
29 Tu	07 45 18	02 ♐ 51 18	09 ♐ 01 39	07 37 28	00 11 27	04 31 15	54 07 51	00 41 16	22 20	02 58		
30 W	08 42 50	15 09 13	21 14 07	07 27 00 ♊	21 12 38	04 49 15	47 07 48	00 44 16	23 20	02 57		
31 Th	09 40 21	27 16 32	03 ♑ 16 39	07 19 02	28 13 49	05 07 15	41 07 44	00 47 16	24 20	02 56		
1 F	10 37 51	09 ♑ 14 45	15 11 07	07 13 04	36 15 00	05 24 15	34 07 41	00 49 16	24 20	02 55		

June 2018 — Tropical Midnight Ephemeris — Time Zone: EDT (04:00 West)

Day	☉	☽	+12 Hr ☽	True ☊	☿	♀	♂	♃	♄	♅	♆	♇
1 F	10 ♊ 37 51	09 ♑ 14 45	15 ♑ 11 07	07 ♌ 13ᵃ	04 ♊ 36ᵇ	15 ♋ 00ᵇ	05 ♒ 24ᵇ	15 ♏ 34ᵃ	07 ♑ 41ᵃ	00 ♉ 49ᵇ	16 ♓ 24ᵇ	20 ♑ 55ᵃ
2 Sa	11 35 21	21 06 08	27 00 12	07 09	06 45	16 11	05 40	15 28	07 37	00 52	16 25	20 54
3 Su	12 32 49	02 ♒ 53 47	08 ♒ 47 24	07 08	08 56	17 22	05 56	15 22	07 33	00 55	16 25	20 53
4 M	13 30 16	14 41 34	20 36 54	07 08ᵇ	11 07	18 33	06 12	15 16	07 29	00 58	16 26	20 52
5 Tu	14 27 43	26 34 00	02 ♓ 33 30	07 09	13 19	19 44	06 27	15 10	07 26	01 00	16 26	20 51
6 W	15 25 09	08 ♓ 36 04	14 42 19	07 10	15 31	20 55	06 41	15 04	07 22	01 03	16 27	20 50
7 Th	16 22 35	20 52 55	27 08 28	07 10ᴿ	17 43	22 05	06 55	14 58	07 18	01 06	16 27	20 48
8 F	17 19 59	03 ♈ 29 33	09 ♈ 56 41	07 09	19 55	23 16	07 08	14 53	07 14	01 08	16 27	20 47
9 Sa	18 17 23	16 30 16	23 10 38	07 06	22 06	24 26	07 21	14 47	07 10	01 11	16 28	20 46
10 Su	19 14 47	29 57 59	06 ♉ 52 20	07 00	24 17	25 37	07 32	14 42	07 06	01 14	16 28	20 45
11 M	20 12 10	13 ♉ 53 33	21 01 20	06 54	26 26	26 47	07 44	14 37	07 02	01 16	16 28	20 44
12 Tu	21 09 33	28 15 11	05 ♊ 34 23	06 47	28 35	27 57	07 55	14 32	06 57	01 19	16 29	20 43
13 W	22 06 55	12 ♊ 58 07	20 25 23	06 40	00 ♋ 42	29 07	08 05	14 27	06 53	01 21	16 29	20 41
14 Th	23 04 16	27 55 05	05 ♋ 26 06	06 35	02 47	00 ♌ 17	08 14	14 23	06 49	01 24	16 29	20 40
15 F	24 01 37	12 ♋ 57 16	20 27 30	06 31	04 51	01 27	08 23	14 18	06 45	01 26	16 29	20 39
16 Sa	24 58 57	27 55 45	05 ♌ 21 06	06 29	06 52	02 37	08 31	14 14	06 41	01 28	16 29	20 38
17 Su	25 56 16	12 ♌ 42 49	20 00 14	06 29ᵇ	08 52	03 47	08 38	14 10	06 36	01 31	16 29	20 36
18 M	26 53 34	27 12 56	04 ♍ 20 33	06 30	10 49	04 57	08 45	14 06	06 32	01 33	16 29	20 35
19 Tu	27 50 51	11 ♍ 22 57	18 20 02	06 31	12 45	06 06	08 51	14 02	06 28	01 35	16 29ᵃ	20 34
20 W	28 48 08	25 11 52	01 ♎ 58 34	06 32	14 38	07 16	08 56	13 58	06 23	01 37	16 29	20 32
21 Th	29 45 23	08 ♎ 40 17	15 17 16	06 32ᴿ	16 29	08 25	09 00	13 54	06 19	01 40	16 29	20 31
22 F	00 ♋ 42 38	21 49 45	28 18 01	06 30	18 18	09 35	09 04	13 51	06 15	01 42	16 29	20 30
23 Sa	01 39 53	04 ♏ 42 19	11 ♏ 02 56	06 26	20 04	10 44	09 07	13 48	06 10	01 44	16 29	20 28
24 Su	02 37 06	17 20 06	23 34 06	06 22	21 48	11 53	09 10	13 45	06 06	01 46	16 29	20 27
25 M	03 34 19	29 45 10	05 ♐ 53 30	06 16	23 30	13 02	09 11	13 42	06 01	01 48	16 29	20 25
26 Tu	04 31 32	11 ♐ 59 20	18 02 53	06 11	25 10	14 11	09 12	13 39	05 57	01 50	16 29	20 24
27 W	05 28 46	24 04 21	00 ♑ 03 56	06 06	26 47	15 20	09 13ᵃ	13 37	05 53	01 52	16 28	20 23
28 Th	06 25 57	06 ♑ 01 53	11 58 24	06 02	28 22	16 29	09 12	13 34	05 48	01 54	16 28	20 21
29 F	07 23 08	17 53 46	23 48 14	05 59	29 55	17 37	09 11	13 32	05 44	01 56	16 28	20 20
30 Sa	08 20 20	29 42 06	05 ♒ 35 42	05 58	01 ♌ 25	18 46	09 08	13 30	05 39	01 57	16 27	20 18
1 Su	09 17 32	11 ♒ 29 23	17 23 31	05 58ᵇ	02 53	19 54	09 06	13 28	05 35	01 59	16 27	20 17

July

Planetary Data

Ingresses

	Day	Time
♀ ♍	9	10:31 PM
☉ ♌	22	5:00 PM

Stations

	Day	Time
♃ D	10	1:02 PM
☿ R	26	1:02 AM

Lunar Ingresses & Void Moons

Ingresses

	Day	Time
♒	30	12:37 AM
♓	2	1:31 PM
♈	5	12:50 AM
♉	7	8:51 AM
♊	9	12:59 PM
♋	11	1:58 PM
♌	13	1:30 PM
♍	15	1:31 PM
♎	17	3:42 PM
♏	19	9:12 PM
♐	22	6:12 AM
♑	24	5:49 PM
♒	27	6:41 AM
♓	29	7:28 PM

Void Times

		Last Aspect
1	6:56 PM	☌ ☿
4	5:47 AM	☍ ☽
7	3:09 AM	△ ♀
9	12:10 PM	□ ♀
10	4:00 PM	□ ♆
12	10:48 PM	☌ ☉
14	7:11 PM	☌ ☿
17	6:49 AM	☍ ☉
19	3:52 PM	□ ☉
22	5:18 AM	△ ☉
24	4:22 AM	△ ☿
26	9:41 AM	☌ ♆
29	5:25 AM	☌ ☿

Phases & Eclipses

Lunar Phases

Day	Time		
6	3:51 AM	☽	14 ♈ 12
12	10:48 PM	●	20 ♋ 41
19	3:52 PM	☽	27 ♎ 05
27	4:21 PM	○	04 ♒ 44

Solar Eclipses

Day	Time		
12	11:01 PM	P	0.337

Lunar Eclipses

Day	Time		
27	4:22 PM	T	1.609

August

Planetary Data

Ingresses

	Day	Time
♀ ♎	6	7:27 PM
♂ ♑	12	10:13 PM
☉ ♍	23	12:08 AM

Stations

	Day	Time
♅ R	7	12:49 PM
☿ D	19	12:24 AM
♂ D	27	10:04 AM

Lunar Ingresses & Void Moons

Ingresses

	Day	Time
♓	29	7:28 PM
♈	1	6:55 AM
♉	3	3:51 PM
♊	5	9:32 PM
♋	8	12:01 AM
♌	10	12:18 AM
♍	11	11:59 PM
♎	14	12:57 AM
♏	16	4:54 AM
♐	18	12:45 PM
♑	21	12:01 AM
♒	23	12:56 PM
♓	26	1:32 AM
♈	28	12:35 PM
♉	30	9:30 PM

Void Times

		Last Aspect
31	6:42 PM	☌ ☿
2	10:51 PM	△ ☿
5	7:47 PM	△ ♀
7	3:55 AM	☍ ☿
9	7:20 AM	☌ ♆
11	5:58 AM	☐ ☉
14	12:37 AM	△ ♂
16	3:56 AM	□ ♂
18	11:06 AM	☍ ♂
20	7:47 PM	△ ☉
23	10:19 AM	☐ ♂
25	12:39 AM	△ ♀
28	9:55 AM	☍ ♂
30	7:04 PM	□ ♂

Phases & Eclipses

Lunar Phases

Day	Time		
4	2:18 PM	☽	12 ♉ 19
11	5:58 AM	●	18 ♌ 41
18	3:49 AM	☽	25 ♏ 20
26	7:56 AM	○	03 ♓ 12

Solar Eclipses

Day	Time		
11	5:47 AM	P	0.737

Lunar Eclipses

Day	Time
~ None ~	

July 2018

Tropical Midnight Ephemeris

Time Zone: EDT (04:00 West)

Day	☉	☽	+12 Hr ☽	True ☊	☿	♀	♂	♃	♄	♅	♆	♇
1 Su	09 ♋ 17 32	11 ♒ 29 23	17 ♒ 23 31	05 ♌ 58ᵇ 02	♌ 53ᵇ 19	♌ 54ᵇ 09	♒ 06ᴿ 13	♏ 28ᴿ 05	♑ 35ᴿ 01	♉ 59ᵇ 16	♓ 27ᴿ 20	♑ 17ᴿ
2 M	10 14 43 23	18 33 29	14 55 05	59 04	18 21	02 09	02 13	27 05	30 02	02 01	16 27	20 16
3 Tu	11 11 55 05	♓ 13 06 11	♓ 13 37 06	00 05	41 22	10 08	58 13	25 05	26 02	03 16	26 20	14
4 W	12 09 06 17	16 58 23	23 43 06	02 07	02 23	18 08	53 13	24 05	22 02	04 16	26 20	13
5 Th	13 06 18 29	34 24 05	♈ 49 36 06	03 08	20 24	26 08	47 13	23 05	17 02	06 16	25 20	11
6 F	14 03 30 12	♈ 09 48 18	35 33 06	04 09	35 25	34 08	40 13	22 05	13 02	08 16	25 20	10
7 Sa	15 00 43 25	07 16 01	♉ 45 20 06	03ᴿ 10	48 26	42 08	33 13	21 05	09 02	09 16	24 20	08
8 Su	15 57 55 08	♉ 30 05 15	21 40 06	02 11	58 27	49 08	25 13	21 05	04 02	11 16	24 20	07
9 M	16 55 09 22	20 08 29	25 23 06	00 13	06 28	56 08	16 13	20 05	00 02	12 16	23 20	05
10 Tu	17 52 22 06	♊ 37 08 13	♊ 54 56 05	58 14	11 00	♍ 04 08	07 13	20 04	56 02	13 16	22 20	04
11 W	18 49 36 21	18 10 28	46 00 05	56 15	12 01	11 07	56 13	20ᵇ 04	52 02	15 16	22 20	02
12 Th	19 46 51 06	♋ 17 29 13	♋ 51 33 05	54 16	11 02	18 07	46 13	20 04	47 02	16 16	21 20	01
13 F	20 44 06 21	27 01 29	02 40 05	53 17	07 03	24 07	34 13	21 04	43 02	17 16	20 20	00
14 Sa	21 41 20 06	♌ 37 20 14	♌ 09 52 05	53ᵇ 17	59 04	31 07	22 13	21 04	39 02	18 16	19 19	58
15 Su	22 38 36 21	39 11 29	04 23 05	53 18	49 05	37 07	10 13	22 04	35 02	20 16	19 19	57
16 M	23 35 51 06	♍ 24 42 13	♍ 39 30 05	54 19	34 06	44 06	57 13	23 04	31 02	21 16	18 19	55
17 Tu	24 33 06 20	48 21 27	50 59 05	55 20	16 07	50 06	43 13	24 04	27 02	22 16	17 19	54
18 W	25 30 21 04	♎ 47 15 11	♎ 37 10 05	56 20	55 08	56 06	29 13	25 04	23 02	23 16	16 19	52
19 Th	26 27 37 18	20 52 24	58 32 05	56 21	29 10	02 06	15 13	27 04	19 02	24 16	15 19	51
20 F	27 24 52 01	♏ 30 30 07	♏ 57 06 05	56ᴿ 21	59 11	07 06	00 13	28 04	15 02	25 16	14 19	49
21 Sa	28 22 08 14	18 44 20	35 49 05	56 22	25 12	13 05	45 13	30 04	11 02	26 16	13 19	48
22 Su	29 19 24 26	48 47 02	♐ 58 05 05	55 22	47 13	18 05	29 13	32 04	07 02	26 16	12 19	46
23 M	00 ♌ 16 41 09	♐ 04 08 15	07 23 05	54 23	04 14	23 05	14 13	34 04	04 02	27 16	11 19	45
24 Tu	01 13 58 21	08 13 27	07 02 05	54 23	17 15	28 04	58 13	36 04	00 02	28 16	10 19	44
25 W	02 11 15 03	♑ 04 12 09	♑ 00 04 05	53 23	24 16	32 04	42 13	39 03	56 02	29 16	09 19	42
26 Th	03 08 33 14	54 58 20	49 13 05	53 23	27 17	37 04	25 13	42 03	53 02	29 16	08 19	41
27 F	04 05 51 26	43 08 02	♒ 37 00 05	53 23	25ᴿ 18	41 04	09 13	44 03	49 02	30 16	07 19	39
28 Sa	05 03 10 08	♒ 31 06 14	25 43 05	53ᵇ 23	17 19	45 03	53 13	47 03	46 02	30 16	06 19	38
29 Su	06 00 30 20	21 09 26	17 41 05	53ᴿ 23	05 20	49 03	36 13	51 03	42 02	31 16	05 19	36
30 M	06 57 50 02	♓ 15 36 08	♓ 15 14 05	53 22	47 21	52 03	20 13	54 03	39 02	31 16	04 19	35
31 Tu	07 55 12 14	16 54 20	20 55 05	53 22	25 22	56 03	04 13	58 03	36 02	32 16	02 19	34
1 W	08 52 34 26	27 40 02	♈ 37 30 05	52 21	58 23	59 02	47 14	01 03	33 02	32 16	01 19	32

August 2018 — Tropical Midnight Ephemeris — Time Zone: EDT (04:00 West)

Day	☉	☽	+12 Hr ☽	True ☊	☿	♀	♂	♃	♄	♅	♆	♇
1 W	08 ♌ 52 34	26 ♓ 27 40	02 ♈ 37 30	05 ♌ 52 R	21 ♌ 58 R	23 ♍ 59 D	02 ♒ 47 R	14 ♏ 01 D	03 ♑ 33 R	02 ♉ 32 D	16 ♓ 01 R	19 ♑ 32 R
2 Th	09 49 57	08 ♈ 50 47	15 07 56	05 52	21 26	25 01	02 31	14 05	03 30	02 32	16 00	19 31
3 F	10 47 22	21 29 18	27 55 18	05 51	20 51	26 04	02 16	14 09	03 26	02 33	15 59	19 30
4 Sa	11 44 47	04 ♉ 26 16	11 ♉ 02 34	05 51	20 12	27 06	02 00	14 13	03 23	02 33	15 57	19 28
5 Su	12 42 14	17 44 27	24 32 10	05 51 D	19 29	28 08	01 45	14 18	03 21	02 33	15 56	19 27
6 M	13 39 42	01 ♊ 25 52	08 ♊ 25 38	05 51	18 45	29 10	01 30	14 22	03 18	02 33	15 55	19 26
7 Tu	14 37 12	15 31 17	22 42 44	05 52	17 58	00 ♎ 11	01 15	14 27	03 15	02 33	15 54	19 24
8 W	15 34 43	29 59 37	07 ♋ 21 24	05 53	17 11	01 12	01 01	14 32	03 12	02 33 R	15 52	19 23
9 Th	16 32 15	14 ♋ 47 28	22 17 00	05 53	16 23	02 13	00 48	14 36	03 10	02 33	15 51	19 22
10 F	17 29 48	29 49 04	07 ♌ 22 36	05 54	15 37	03 13	00 35	14 42	03 07	02 33	15 49	19 21
11 Sa	18 27 23	14 ♌ 56 31	22 29 38	05 54 R	14 52	04 14	00 22	14 47	03 05	02 33	15 48	19 19
12 Su	19 24 58	00 ♍ 00 50	07 ♍ 29 00	05 53	14 10	05 13	00 10	14 52	03 02	02 33	15 47	19 18
13 M	20 22 35	14 53 09	22 12 23	05 52	13 31	06 13	29 ♑ 59	14 58	03 00	02 32	15 45	19 17
14 Tu	21 20 13	29 26 00	06 ♎ 33 28	05 50	12 57	07 12	29 48	15 04	02 58	02 32	15 44	19 16
15 W	22 17 51	13 ♎ 34 18	20 28 24	05 48	12 27	08 11	29 38	15 10	02 56	02 32	15 42	19 14
16 Th	23 15 31	27 15 39	03 ♏ 56 11	05 46	12 03	09 09	29 28	15 16	02 54	02 31	15 41	19 13
17 F	24 13 12	10 ♏ 30 11	16 58 00	05 44	11 46	10 07	29 20	15 22	02 52	02 31	15 39	19 12
18 Sa	25 10 53	23 20 02	29 36 45	05 44 D	11 35	11 05	29 12	15 28	02 50	02 30	15 38	19 11
19 Su	26 08 36	05 ♐ 48 41	11 ♐ 56 24	05 44	11 31	12 02	29 05	15 35	02 48	02 30	15 36	19 10
20 M	27 06 20	18 00 27	24 01 25	05 46	11 35 D	12 59	28 58	15 41	02 46	02 29	15 35	19 09
21 Tu	28 04 05	29 59 52	05 ♑ 56 21	05 47	11 46	13 55	28 53	15 48	02 45	02 29	15 33	19 08
22 W	29 01 51	11 ♑ 51 23	17 45 30	05 49	12 05	14 50	28 48	15 55	02 43	02 28	15 32	19 07
23 Th	29 59 38	23 39 10	29 32 48	05 50	12 31	15 46	28 44	16 02	02 42	02 27	15 30	19 06
24 F	00 ♍ 57 27	05 ♒ 26 51	11 ♒ 21 40	05 51	13 05	16 40	28 41	16 09	02 41	02 26	15 28	19 05
25 Sa	01 55 17	17 17 35	23 14 55	05 50 R	13 47	17 35	28 38	16 16	02 39	02 26	15 27	19 04
26 Su	02 53 08	29 13 55	05 ♓ 14 52	05 48	14 36	18 28	28 37	16 24	02 38	02 25	15 25	19 03
27 M	03 51 01	11 ♓ 17 57	17 23 22	05 45	15 32	19 21	28 36	16 31	02 37	02 24	15 24	19 02
28 Tu	04 48 56	23 31 18	29 41 56	05 41	16 35	20 14	28 36 D	16 39	02 36	02 23	15 22	19 01
29 W	05 46 52	05 ♈ 55 24	12 ♈ 11 52	05 36	17 45	21 06	28 37	16 47	02 35	02 22	15 20	19 00
30 Th	06 44 49	18 31 29	24 54 24	05 31	19 00	21 57	28 39	16 55	02 35	02 21	15 19	18 59
31 F	07 42 49	01 ♉ 20 47	07 ♉ 50 48	05 26	20 22	22 48	28 41	17 03	02 34	02 20	15 17	18 58
1 Sa	08 40 50	14 24 36	21 02 23	05 22	21 49	23 38	28 45	17 11	02 33	02 19	15 15	18 57

September

Planetary Data

Ingresses

	Day	Time
☿ ♍	5	10:38 PM
♀ ♏	9	5:24 AM
♂ ♒	10	8:55 PM
☿ ♎	21	11:39 PM
☉ ♎	22	9:53 PM

Stations

	Day	Time
♄ D	6	7:08 AM
♆ D	30	10:02 PM

Lunar Ingresses & Void Moons

Ingresses

	Day	Time
♉	30	9:30 PM
♊	2	4:01 AM
♋	4	8:03 AM
♌	6	9:54 AM
♍	8	10:28 AM
♎	10	11:20 AM
♏	12	2:14 PM
♐	14	8:44 PM
♑	17	7:08 AM
♒	19	7:52 PM
♓	22	8:27 AM
♈	24	7:04 PM
♉	27	3:16 AM
♊	29	9:26 AM

Void Times

		Last Aspect
2	1:57 AM	△ ♂
4	2:37 AM	✕ ☿
6	8:43 AM	☌ ♂
8	9:30 AM	✕ ♀
10	11:13 AM	△ ♂
11	6:58 PM	□ ♆
14	4:54 AM	✕ ☉
16	7:15 PM	□ ☉
19	1:10 PM	△ ☉
21	1:13 PM	□ ♃
24	1:26 AM	△ ♃
26	6:29 AM	□ ♆
28	6:37 PM	☌ ♃

Phases & Eclipses

Lunar Phases

Day	Time		
2	10:38 PM	☽	10 ♊ 33
9	2:02 PM	●	17 ♍ 00
16	7:15 PM	☽	24 ♐ 01
24	10:53 PM	○	01 ♈ 59

Solar Eclipses

Day Time

~ None ~

Lunar Eclipses

Day Time

~ None ~

October

Planetary Data

Ingresses

	Day	Time
☿ ♏	9	8:39 PM
☉ ♏	23	7:22 AM
☿ ♐	31	12:37 AM
♀ ♎	31	3:41 PM

Stations

	Day	Time
♀ R	5	3:04 PM

Lunar Ingresses & Void Moons

Ingresses

	Day	Time
♊	29	9:26 AM
♋	1	2:01 PM
♌	3	5:11 PM
♍	5	7:18 PM
♎	7	9:09 PM
♏	10	12:09 AM
♐	12	5:53 AM
♑	14	3:17 PM
♒	17	3:35 AM
♓	19	4:21 PM
♈	22	2:58 AM
♉	24	10:32 AM
♊	26	3:40 PM
♋	28	7:27 PM
♌	30	10:42 PM

Void Times

		Last Aspect
30	11:37 AM	△ ☿
3	4:32 AM	△ ♃
5	7:34 AM	□ ♃
7	10:03 AM	✕ ♃
9	4:50 AM	□ ♆
11	7:13 PM	☍ ♃
13	8:58 PM	✕ ☉
16	5:49 PM	✕ ♃
19	8:28 AM	△ ☉
21	7:47 PM	△ ♃
23	2:18 PM	□ ♆
26	10:49 AM	☌ ♃
28	12:38 AM	△ ♂
30	10:31 PM	△ ☿

Phases & Eclipses

Lunar Phases

Day	Time		
2	5:46 AM	☽	09 ♋ 08
8	11:47 PM	●	15 ♎ 48
16	2:02 PM	☽	23 ♑ 19
24	12:45 PM	○	01 ♉ 13
31	12:40 PM	☽	08 ♌ 12

Solar Eclipses

Day Time

~ None ~

Lunar Eclipses

Day Time

~ None ~

September 2018 — Tropical Midnight Ephemeris — Time Zone: EDT (04:00 West)

Day	☉	☽	+12 Hr ☽	True ☊	☿	♀	♂	♃	♄	♅	♆	♇
1 Sa	08 ♍ 40 50	14 ♉ 24 36	21 ♉ 02 23	05 ♌ 22 ℞	21 ♌ 49 D	23 ♎ 38 D	28 ♑ 45 D	17 ♏ 11 D	02 ♑ 33 ℞	02 ♉ 19 ℞	15 ♓ 15 ℞	18 ♑ 57 ℞
2 Su	09 38 53	27 44 18	04 ♊ 30 30	05 20	23 20	24 27	28 49	17 19	02 33	02 17	15 14	18 57
3 M	10 36 59	11 ♊ 21 06	18 16 12	05 20 D	24 56	25 15	28 54	17 28	02 33	02 16	15 12	18 56
4 Tu	11 35 06	25 15 49	02 ♋ 19 55	05 20	26 36	26 03	28 59	17 36	02 32	02 15	15 11	18 55
5 W	12 33 15	09 ♋ 28 23	16 41 01	05 22	28 20	26 50	29 06	17 45	02 32	02 14	15 09	18 54
6 Th	13 31 26	23 57 27	01 ♌ 17 14	05 23	00 ♍ 06	27 36	29 13	17 53	02 32	02 12	15 07	18 54
7 F	14 29 40	08 ♌ 39 48	16 04 25	05 23 ℞	01 54	28 22	29 21	18 02	02 32 D	02 11	15 06	18 53
8 Sa	15 27 55	23 30 16	00 ♍ 56 26	05 22	03 44	29 06	29 30	18 11	02 32	02 10	15 04	18 52
9 Su	16 26 12	08 ♍ 21 56	15 45 46	05 19	05 36	29 50	29 40	18 20	02 32	02 08	15 02	18 52
10 M	17 24 30	23 06 54	00 ♎ 24 25	05 14	07 29	00 ♍ 32	29 50	18 30	02 33	02 07	15 01	18 51
11 Tu	18 22 51	07 ♎ 37 26	14 45 13	05 08	09 23	01 14	00 ♒ 01	18 39	02 33	02 05	14 59	18 50
12 W	19 21 13	21 47 10	28 42 52	05 01	11 17	01 55	00 13	18 48	02 34	02 03	14 57	18 50
13 Th	20 19 37	05 ♏ 32 00	12 ♏ 14 31	04 54	13 11	02 34	00 25	18 58	02 34	02 02	14 56	18 49
14 F	21 18 03	18 50 25	25 19 56	04 48	15 06	03 13	00 39	19 08	02 35	02 00	14 54	18 49
15 Sa	22 16 30	01 ♐ 43 21	08 ♐ 01 07	04 43	17 00	03 50	00 53	19 17	02 36	01 58	14 52	18 48
16 Su	23 14 59	14 13 42	20 21 41	04 42	18 53	04 26	01 07	19 27	02 37	01 57	14 51	18 48
17 M	24 13 29	26 25 40	02 ♑ 26 18	04 41 D	20 47	05 01	01 23	19 37	02 38	01 55	14 49	18 48
18 Tu	25 12 01	08 ♑ 24 15	14 20 09	04 42	22 39	05 35	01 39	19 47	02 39	01 53	14 48	18 47
19 W	26 10 35	20 14 40	26 08 27	04 43	24 31	06 07	01 55	19 57	02 40	01 51	14 46	18 47
20 Th	27 09 10	02 ♒ 02 06	07 ♒ 56 12	04 44	26 22	06 37	02 13	20 08	02 41	01 49	14 44	18 46
21 F	28 07 47	13 51 17	19 47 51	04 44 ℞	28 12	07 07	02 30	20 18	02 43	01 48	14 43	18 46
22 Sa	29 06 26	25 46 21	01 ♓ 47 09	04 41	00 ♎ 01	07 34	02 49	20 28	02 44	01 46	14 41	18 46
23 Su	00 ♎ 05 07	07 ♓ 50 36	13 56 58	04 37	01 49	08 01	03 08	20 39	02 46	01 44	14 40	18 46
24 M	01 03 49	20 06 28	26 19 14	04 30	03 37	08 25	03 28	20 49	02 47	01 42	14 38	18 45
25 Tu	02 02 34	02 ♈ 35 23	08 ♈ 54 56	04 21	05 23	08 48	03 48	21 00	02 49	01 40	14 36	18 45
26 W	03 01 20	15 17 53	21 44 11	04 11	07 09	09 09	04 09	21 11	02 51	01 38	14 35	18 45
27 Th	04 00 08	28 13 46	04 ♉ 46 29	04 00	08 53	09 28	04 30	21 22	02 53	01 35	14 33	18 45
28 F	04 58 59	11 ♉ 22 16	18 01 00	03 50	10 37	09 46	04 52	21 33	02 55	01 33	14 32	18 45
29 Sa	05 57 52	24 42 34	01 ♊ 26 53	03 42	12 19	10 01	05 14	21 44	02 57	01 31	14 30	18 45
30 Su	06 56 47	08 ♊ 13 52	15 03 38	03 36	14 01	10 14	05 37	21 55	02 59	01 29	14 29	18 45
1 M	07 55 44	21 55 41	28 50 29	03 32	15 42	10 26	06 00	22 06	03 02	01 27	14 27	18 45 D

October 2018

Tropical Midnight Ephemeris

Time Zone: EDT (04:00 West)

Day	☉	☽	+12 Hr ☽	True ☊	☿	♀	♂	♃	♄	♅	♆	♇
1 M	07 ♎55 44	21 ♊ 55 41	28 ♊ 50 29	03 ♌32ᴿ	15 ♎42ᴰ	10 ♏ 26ᴰ	06 ♒ 00ᴰ	22 ♏ 06ᴰ	03 ♑ 02ᴰ	01 ♉ 27ᴿ	14 ♓ 27ᴿ	18 ♑ 45ᴰ
2 Tu	08 54 44	05 ♋ 47 52	12 ♋ 47 48	03 31	17 22	10 35	06 24	22 17	03 04	01 25	14 26	18 45
3 W	09 53 48	19 50 16	26 55 11	03 31ᴰ	19 01	10 42	06 48	22 28	03 07	01 23	14 24	18 45
4 Th	10 52 50	04 ♌ 02 25	11 ♌ 11 47	03 32ᴿ	20 39	10 47	07 13	22 40	03 09	01 20	14 23	18 45
5 F	11 51 57	18 23 00	25 35 41	03 31	22 17	10 49	07 38	22 51	03 12	01 18	14 21	18 45
6 Sa	12 51 06	02 ♍ 49 23	10 ♍ 03 30	03 28	23 54	10 50ᴿ	08 04	23 03	03 15	01 16	14 20	18 45
7 Su	13 50 17	17 17 26	24 30 25	03 22	25 29	10 48	08 30	23 14	03 18	01 13	14 19	18 45
8 M	14 49 30	01 ♎41 42	08 ♎50 31	03 14	27 05	10 43	08 56	23 26	03 21	01 11	14 17	18 45
9 Tu	15 48 45	15 56 05	22 57 43	03 04	28 39	10 36	09 23	23 38	03 24	01 09	14 16	18 46
10 W	16 48 03	29 54 46	06 ♏ 46 43	02 52	00 ♏ 12	10 27	09 51	23 50	03 27	01 06	14 15	18 46
11 Th	17 47 22	13 ♏ 33 11	20 13 53	02 41	01 45	10 16	10 18	24 02	03 30	01 04	14 13	18 46
12 F	18 46 44	26 48 44	03 ♐17 44	02 30	03 17	10 02	10 46	24 13	03 33	01 02	14 12	18 47
13 Sa	19 46 07	09 ♐41 03	15 58 57	02 21	04 49	09 45	11 15	24 25	03 37	00 59	14 11	18 47
14 Su	20 45 32	22 11 49	28 20 07	02 16	06 19	09 27	11 44	24 38	03 40	00 57	14 09	18 47
15 M	21 44 59	04 ♑24 24	10 ♑25 16	02 13	07 49	09 06	12 13	24 50	03 44	00 54	14 08	18 48
16 Tu	22 44 28	16 23 21	22 19 21	02 12	09 19	08 43	12 42	25 02	03 47	00 52	14 07	18 48
17 W	23 43 58	28 13 57	04 ♒07 52	02 12ᴰ	10 47	08 17	13 12	25 14	03 51	00 50	14 06	18 49
18 Th	24 43 31	10 ♒01 46	15 56 20	02 11ᴿ	12 15	07 50	13 43	25 26	03 55	00 47	14 05	18 49
19 F	25 43 05	21 52 15	27 50 06	02 10	13 42	07 21	14 13	25 39	03 59	00 45	14 04	18 50
20 Sa	26 42 40	03 ♓50 29	09 ♓53 55	02 07	15 08	06 50	14 44	25 51	04 03	00 42	14 02	18 50
21 Su	27 42 18	16 00 51	22 11 39	02 01	16 34	06 18	15 15	26 04	04 07	00 40	14 01	18 51
22 M	28 41 57	28 26 38	04 ♈46 00	01 52	17 59	05 45	15 47	26 16	04 11	00 37	14 00	18 51
23 Tu	29 41 38	11 ♈09 51	17 38 15	01 41	19 22	05 10	16 18	26 29	04 15	00 35	13 59	18 52
24 W	00 ♏ 41 21	24 11 04	00 ♉48 11	01 28	20 46	04 35	16 50	26 41	04 20	00 32	13 58	18 53
25 Th	01 41 06	07 ♉29 19	14 14 11	01 15	22 08	03 58	17 22	26 54	04 24	00 30	13 57	18 53
26 F	02 40 53	21 02 23	27 53 32	01 02	23 29	03 22	17 55	27 06	04 28	00 28	13 56	18 54
27 Sa	03 40 42	04 ♊47 13	11 ♊43 01	00 52	24 49	02 45	18 28	27 19	04 33	00 25	13 55	18 55
28 Su	04 40 34	18 40 33	25 39 27	00 44	26 08	02 08	19 01	27 32	04 37	00 23	13 54	18 56
29 M	05 40 27	02 ♋39 27	09 ♋40 16	00 39	27 26	01 32	19 34	27 45	04 42	00 20	13 54	18 56
30 Tu	06 40 23	16 41 43	23 43 38	00 37	28 42	00 57	20 08	27 58	04 47	00 18	13 53	18 57
31 W	07 40 21	00 ♌45 56	07 ♌48 30	00 37ᴰ	29 58	00 22	20 41	28 10	04 52	00 15	13 52	18 58
1 Th	08 40 21	14 51 15	21 54 07	00 37ᴿ	01 ♑11	29 ♎48	21 15	28 23	04 57	00 13	13 51	18 59

November

Planetary Data

Ingresses

	Day	Time
☿ ♈	6	1:59 PM
♃ ♐	8	7:38 AM
♂ ♓	15	5:20 PM
☉ ♐	22	4:01 AM

Stations

	Day	Time
♀ D	16	5:50 AM
☿ R	16	8:32 PM
♆ D	24	8:07 PM

Lunar Ingresses & Void Moons

Ingresses

	Day	Time
♌	30	9:42 PM
♍	2	12:48 AM
♎	4	4:01 AM
♏	6	8:02 AM
♐	8	2:00 PM
♑	10	10:55 PM
♒	13	10:45 AM
♓	15	11:42 PM
♈	18	10:56 AM
♉	20	6:43 PM
♊	22	11:11 PM
♋	25	1:37 AM
♌	27	3:34 AM
♍	29	6:07 AM

Void Times

		Last Aspect
1	11:31 PM	☌ ♀
4	2:26 AM	☌ ♃
6	3:18 AM	☍ ♀
8	5:42 AM	□ ♂
10	10:35 PM	△ ♅
13	10:14 AM	□ ♅
15	10:59 PM	☌ ♅
18	3:04 AM	△ ☉
20	5:46 PM	☍ ♅
22	4:59 AM	△ ♆
25	12:31 AM	☌ ♅
27	2:22 AM	□ ♅
29	4:47 AM	△ ♅

Phases & Eclipses

Lunar Phases

Day	Time		
7	11:01 AM	●	15 ♏ 11
15	9:54 AM	☽	23 ♒ 11
23	12:39 AM	○	00 ♊ 52
29	7:19 PM	☽	07 ♍ 43

Solar Eclipses

Day Time

~ None ~

Lunar Eclipses

Day Time

~ None ~

December

Planetary Data

Ingresses

	Day	Time
☿ ♏	1	6:11 AM
♀ ♏	2	12:01 PM
☿ ♐	12	6:42 PM
☉ ♑	21	5:22 PM
♂ ♈	31	9:19 PM

Stations

	Day	Time
☿ D	6	4:21 PM

Lunar Ingresses & Void Moons

Ingresses

	Day	Time
♍	29	6:07 AM
♎	1	9:49 AM
♏	3	2:54 PM
♐	5	9:48 AM
♑	8	7:01 AM
♒	10	6:40 PM
♓	13	7:40 AM
♈	15	7:44 PM
♉	18	4:36 AM
♊	20	9:34 AM
♋	22	11:27 AM
♌	24	11:59 AM
♍	26	12:49 PM
♎	28	3:23 PM
♏	30	8:23 PM

Void Times

		Last Aspect
1	9:34 AM	☌ ☿
3	1:16 PM	☍ ♅
5	4:53 PM	☍ ☿
8	5:01 AM	△ ♅
10	4:27 PM	□ ♅
13	5:20 AM	☌ ♅
15	6:49 AM	□ ☉
18	2:20 AM	☍ ♅
19	7:42 PM	☌ ♂
22	9:20 AM	☌ ♅
24	9:50 AM	□ ♅
26	10:36 AM	△ ♅
28	11:27 AM	☍ ♂
30	5:54 PM	☍ ♅

Phases & Eclipses

Lunar Phases

Day	Time		
7	2:21 AM	●	15 ♐ 07
15	6:49 AM	☽	23 ♓ 26
22	12:49 PM	○	00 ♋ 49
29	4:35 AM	☽	07 ♎ 36

Solar Eclipses

Day Time

~ None ~

Lunar Eclipses

Day Time

~ None ~

November 2018 — Tropical Midnight Ephemeris — Time Zone: EST (05:00 West)

Day	☉	☽	+12 Hr ☽	True ☊	☿	♀	♂	♃	♄	♅	♆	♇
1 Th	08 ♏ 42 51	15 ♌ 26 29	22 ♌ 29 21	00 ♌ 37 ℞	01 ♐ 14 ᴅ	29 ♎ 47 ℞	21 ♒ 17 ᴅ	28 ♏ 24 ᴅ	04 ♑ 57 ᴅ	00 ♉ 13 ℞	13 ♓ 51 ℞	18 ♑ 59 ᴅ
2 F	09 42 53	29 32 12	06 ♍ 34 52	00 36	02 26	29 14	21 51	28 37	05 02	00 10	13 50	19 00
3 Sa	10 42 58	13 ♍ 37 10	20 38 51	00 32	03 36	28 43	22 25	28 50	05 07	00 08	13 50	19 01
4 Su	11 43 04	27 39 36	04 ♎ 39 02	00 26	04 44	28 14	23 00	29 03	05 12	00 06	13 49	19 02
5 M	12 43 13	11 ♎ 36 46	18 32 19	00 17	05 49	27 47	23 35	29 16	05 17	00 03	13 48	19 03
6 Tu	13 43 23	25 25 14	02 ♏ 15 03	00 06	06 52	27 21	24 10	29 29	05 22	00 01	13 48	19 04
7 W	14 43 36	09 ♏ 01 20	15 43 41	29 ♋ 54	07 52	26 58	24 45	29 42	05 27	29 ♈ 58	13 47	19 05
8 Th	15 43 50	22 21 45	28 55 20	29 42	08 49	26 37	25 20	29 55	05 33	29 56	13 46	19 06
9 F	16 44 06	05 ♐ 24 14	11 ♐ 48 28	29 30	09 42	26 18	25 56	00 ♐ 08	05 38	29 54	13 46	19 07
10 Sa	17 44 24	18 07 57	24 22 56	29 21	10 31	26 02	26 32	00 22	05 44	29 51	13 45	19 08
11 Su	18 44 43	00 ♑ 33 39	06 ♑ 40 23	29 15	11 15	25 48	27 07	00 35	05 49	29 49	13 45	19 10
12 M	19 45 04	12 43 35	18 43 42	29 11	11 54	25 36	27 44	00 48	05 55	29 47	13 44	19 11
13 Tu	20 45 27	24 41 18	00 ♒ 36 57	29 10	12 27	25 27	28 20	01 01	06 00	29 45	13 44	19 12
14 W	21 45 50	06 ♒ 31 19	12 25 03	29 10 ᴅ	12 54	25 20	28 56	01 15	06 06	29 42	13 44	19 13
15 Th	22 46 16	18 18 49	24 13 21	29 10	13 14	25 16	29 33	01 28	06 12	29 40	13 43	19 15
16 F	23 46 42	00 ♓ 09 18	06 ♓ 07 23	29 10 ℞	13 26	25 14	00 ♌ 10	01 41	06 17	29 38	13 43	19 16
17 Sa	24 47 10	12 08 15	18 12 31	29 08	13 29 ℞	25 15 ᴅ	00 47	01 55	06 23	29 36	13 43	19 17
18 Su	25 47 39	24 20 47	00 ♈ 33 33	29 05	13 23	25 18	01 24	02 08	06 29	29 34	13 42	19 18
19 M	26 48 10	06 ♈ 51 16	13 14 16	28 58	13 07	25 23	02 01	02 21	06 35	29 32	13 42	19 20
20 Tu	27 48 41	19 42 50	26 17 05	28 50	12 40	25 31	02 38	02 35	06 41	29 30	13 42	19 21
21 W	28 49 14	02 ♉ 57 01	09 ♉ 42 30	28 39	12 03	25 41	03 16	02 48	06 47	29 27	13 42	19 23
22 Th	29 49 49	16 33 19	23 29 03	28 29	11 16	25 53	03 53	03 01	06 53	29 25	13 42	19 24
23 F	00 ♐ 50 25	00 ♊ 29 13	07 ♊ 33 13	28 19	10 19	26 07	04 31	03 15	06 59	29 23	13 42	19 26
24 Sa	01 51 02	14 40 24	21 50 04	28 11	09 12	26 24	05 09	03 28	07 06	29 21	13 42	19 27
25 Su	02 51 41	29 01 29	06 ♋ 13 58	28 05	07 59	26 42	05 46	03 42	07 12	29 20	13 42 ᴅ	19 28
26 M	03 52 22	13 ♋ 26 49	20 39 28	28 02	06 40	27 03	06 24	03 55	07 18	29 18	13 42	19 30
27 Tu	04 53 04	27 51 22	05 ♌ 02 04	28 01	05 18	27 25	07 03	04 08	07 24	29 16	13 42	19 32
28 W	05 53 47	12 ♌ 11 13	19 18 32	28 02 ᴅ	03 56	27 49	07 41	04 22	07 31	29 14	13 42	19 33
29 Th	06 54 32	26 23 48	03 ♍ 26 52	28 03	02 36	28 15	08 19	04 35	07 37	29 12	13 42	19 35
30 F	07 55 19	10 ♍ 27 37	17 26 00	28 03 ℞	01 22	28 43	08 57	04 49	07 44	29 10	13 42	19 36
1 Sa	08 56 07	24 21 56	01 ♎ 15 21	28 02	00 15	29 12	09 36	05 02	07 50	29 09	13 42	19 38

December 2018 — Tropical Midnight Ephemeris — Time Zone: EST (05:00 West)

Day	☉	☽	+12 Hr ☽	True ☊	☿	♀	♂	♃	♄	♅	♆	♇
1 Sa	08 ♐ 56 07	24 ♒ 21 56	01 ♓ 15 21	28 ♑ 02 ℞	00 ♐ 15 ℞	29 ♓ 12 D	09 ♈ 36 D	05 ♐ 02 D	07 ♑ 50 D	29 ♈ 09 ℞	13 ♈ 42 D	19 ♑ 38 D
2 Su	09 56 57	08 ♓ 06 14	14 54 30	27 59	29 ♏ 18	29 43	10 15	05 15	07 57	29 07	13 42	19 40
3 M	10 57 48	21 40 03	28 22 49	27 53	28 31	00 ♏ 16	10 53	05 29	08 03	29 05	13 43	19 41
4 Tu	11 58 40	05 ♏ 02 39	11 ♏ 39 27	27 46	27 55	00 50	11 32	05 42	08 10	29 04	13 43	19 43
5 W	12 59 34	18 13 06	24 43 26	27 38	27 31	01 25	12 11	05 55	08 16	29 02	13 43	19 45
6 Th	14 00 29	01 ♐ 10 23	07 ♐ 33 52	27 29	27 18	02 02	12 50	06 09	08 23	29 00	13 44	19 46
7 F	15 01 25	13 53 51	20 10 20	27 22	27 16 D	02 40	13 29	06 22	08 30	28 59	13 44	19 48
8 Sa	16 02 22	26 23 20	02 ♑ 33 00	27 16	27 25	03 20	14 08	06 36	08 36	28 58	13 44	19 50
9 Su	17 03 20	08 ♑ 39 28	14 42 57	27 12	27 42	04 00	14 47	06 49	08 43	28 56	13 45	19 52
10 M	18 04 19	20 43 44	26 42 09	27 10	28 08	04 42	15 26	07 02	08 50	28 55	13 45	19 53
11 Tu	19 05 19	02 ♒ 38 36	08 ♒ 33 30	27 10 D	28 42	05 25	16 06	07 16	08 57	28 53	13 46	19 55
12 W	20 06 19	14 27 23	20 20 44	27 12	29 23	06 09	16 45	07 29	09 04	28 52	13 47	19 57
13 Th	21 07 20	26 14 10	02 ♓ 08 16	27 13	00 ♐ 10	06 54	17 25	07 42	09 10	28 51	13 47	19 59
14 F	22 08 22	08 ♓ 03 40	14 00 59	27 15	01 03	07 40	18 04	07 55	09 17	28 50	13 48	20 01
15 Sa	23 09 24	20 00 54	26 04 03	27 16	02 00	08 27	18 44	08 08	09 24	28 49	13 48	20 02
16 Su	24 10 26	02 ♈ 11 03	08 ♈ 22 31	27 16 ℞	03 01	09 15	19 23	08 22	09 31	28 49	13 48	20 04
17 M	25 11 29	14 39 01	21 01 03	27 14	04 06	10 03	20 03	08 35	09 38	28 46	13 50	20 06
18 Tu	26 12 32	27 29 02	04 ♉ 03 19	27 11	05 14	10 53	20 43	08 48	09 45	28 45	13 51	20 08
19 W	27 13 36	10 ♉ 44 06	17 31 28	27 06	06 25	11 43	21 23	09 01	09 52	28 44	13 52	20 10
20 Th	28 14 40	24 25 21	01 ♊ 25 34	27 01	07 38	12 35	22 03	09 14	09 59	28 43	13 52	20 12
21 F	29 15 45	08 ♊ 31 42	15 43 15	26 57	08 54	13 27	22 43	09 27	10 06	28 43	13 53	20 14
22 Sa	00 ♑ 16 50	22 59 32	00 ♋ 19 44	26 54	10 11	14 19	23 23	09 40	10 13	28 42	13 54	20 16
23 Su	01 17 55	07 ♋ 42 58	15 08 15	26 51	11 30	15 13	24 02	09 53	10 20	28 41	13 55	20 18
24 M	02 19 01	22 34 37	00 ♌ 01 03	26 50	12 50	16 07	24 43	10 06	10 27	28 40	13 56	20 19
25 Tu	03 20 07	07 ♌ 26 38	14 50 28	26 50 D	14 12	17 02	25 23	10 19	10 34	28 40	13 57	20 21
26 W	04 21 14	22 11 48	29 39 59	26 52	15 35	17 57	26 03	10 32	10 41	28 39	13 58	20 23
27 Th	05 22 22	06 ♍ 44 27	13 ♍ 54 49	26 53	16 58	18 53	26 43	10 45	10 48	28 38	13 59	20 25
28 F	06 23 30	21 00 47	28 02 10	26 54	18 23	19 50	27 23	10 58	10 55	28 38	14 00	20 27
29 Sa	07 24 38	04 ♎ 58 53	11 ♎ 50 54	26 55	19 48	20 47	28 03	11 10	11 02	28 37	14 01	20 29
30 Su	08 25 47	18 38 19	25 21 13	26 55 ℞	21 15	21 44	28 43	11 23	11 09	28 37	14 03	20 31
31 M	09 26 57	01 ♏ 59 46	08 ♏ 34 08	26 54	22 42	22 43	29 24	11 36	11 16	28 37	14 04	20 33
1 Tu	10 28 07	15 04 30	21 31 05	26 52	24 09	23 41	00 ♈ 04	11 48	11 24	28 36	14 05	20 35

2018 Articles

Below are Articles from the 2017 Tao Almanac. These are can be accessed online at the following address below
www.ez3dbiz.com/health_articles.html

2017 Almanac Articles

- Learning about the Coming Age of Aquarius and how its energies are affecting life on earth
- The Future of Earth's Terrestrial Weather
- How to Tap into Theta to Choose Your Reality
- The Star Sirius and Prayer
- The Mars Effect
- The Abundance Prayer

Is Solar Activity Affecting Human DNA?

Several million years ago a single cosmic ray blasts into earth's atmosphere at close to the speed of light. This cosmic ray collides with an oxygen atom, and then generates a shower of energetic particles. Just one of these is all that is needed to knock a DNA molecule in a living creature, altering ever so slightly. It is that single DNA molecule which happens to reside in a developing egg cell located within an ape-like animal that lives in Africa. This DNA is altered by the collision by cosmic rays – mutated. This results in offspring that becomes slightly different from its original mother.

It is this mutation, evolution at work if you will, that gives the new offspring a significant advantage over its peers in the wild for food and mates. As the generations pass, this new DNA is carried by more and more of the ever expanding population. Eventually this DNA becomes present in nearly everyone and the altered version no longer is called a mutation, it has now "joined the club", becoming one of more than 23,000 human genes that make up the human genome.

Life is constantly evolving. During some periods evolution grows faster then at other times. It may be that at one period, solar evolution evolves faster during solar minimum. Back in 2012, I wrote the Flag Ship book for the Solar Institute titled **Solar Flares and Their Effects Upon Human Behavior and Health** (revised 2017). While re-writing this revised version, I came across some interesting discoveries which I am going to share with you in this article. One is that at the very low point of a sunspot cycle, weeds appear to become resistant to Herbicides. Hence the clue here is plant genes are changing the plant in order to make it resist to herbicides.

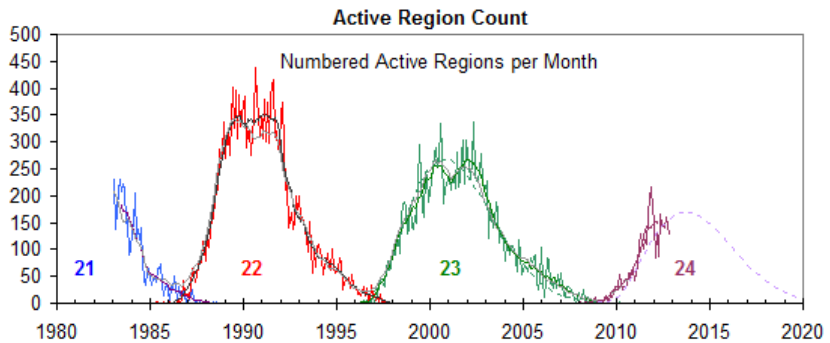
Resistance in a weed evolves after a weed population has been subjected to intense and repeated spraying of a

single herbicide. It is the Solar Institute's theory that the plant purposely accumulates the pesticide over time in its system in order to create a resistance to it. Hence, at the very bottom of a sunspot cycle, which is a period where solar radiation is lowest, DNA of the plant changes in such a way that it becomes resistant to future sprayings of pesticides and herbicides. This results in a altered form DNA that is now resistant to the standard herbicide. It may also be that antibiotic resistant treatments follow a similar pattern.

The Cosmic Ray Connection

The plant may be receiving the necessary energy for this "flip" in its DNA from cosmic rays; not only from our own sun, but from cosmic rays emerging from Cygnus X, which emits huge amounts of cosmic rays.

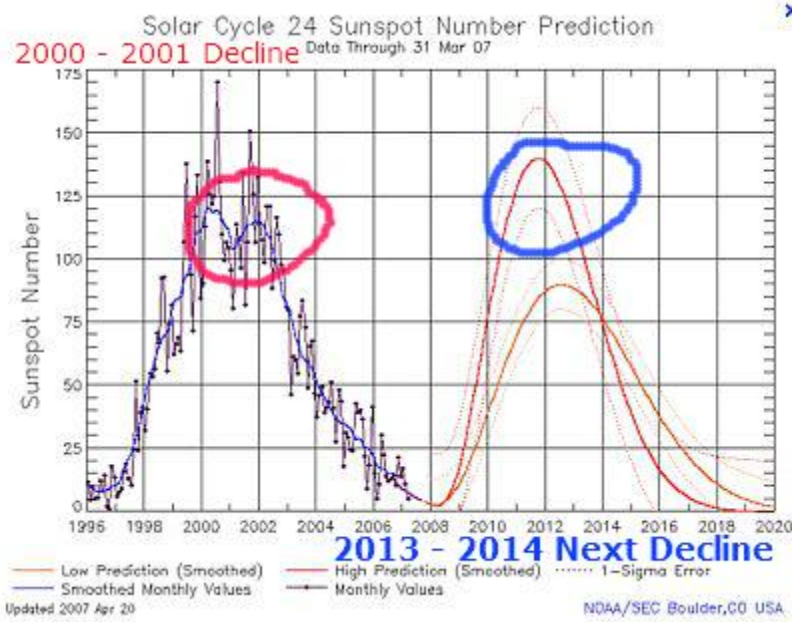
During sunspot minimum, more cosmic rays enter earth's atmosphere. Cosmic rays are really a form of low dose ionizing radiation and more cosmic rays can contribute to increased clouds, hence more moisture/rain. This has already been confirmed scientifically in numerous published papers. Using research gathered from the past few years, let's now connect the dots between sunspot minimum and herbicide resistant weeds.



In 1996, the first documented case of glyphosate-resistant L. rigidum was reported in Australia in 1996 near Orange, New

South Wales. 1996 was a sunspot minimum during sunspot cycle 22. In 2009, Canada identified its first herbicide resistant weed, giant ragweed. At that time 15 weed species had been confirmed as resistant to glyphosate. 2009 was the sunspot minimum during sunspot cycle 23.

As 2006 approached, farmers reported 107 biotypes of weeds within 63 weed species with herbicide resistance. Many of these are now what are termed "superweeds". 2006 was the approaching low of sunspot cycle #23. According to NASA our current Sunspot cycle #24 (as of 2017) is due to reach its low between 2017 and 2020. During this period, expect more weeds to become resistant to herbicides and pesticides and possibly even witness the emergence of new classes of "Super Weeds".



As the above image shows, as of 2017 we are entering sunspot minimum. If indeed cosmic rays are affecting the DNA of plants, especially during solar minimum, then we

would see this reflected in biology as well, including humans. It just so happens that a child born in England a few years ago happened to have 3 extra strands of DNA. His name is Alfie Clamp and he was born in 2009 at the very low of a sunspot minimum. So perhaps at this next approaching solar sunspot minimum (2017 into 2020) we may see more children born with extra strands of DNA.

This would give rise to the hypotheses that cosmic rays may be also be influencing fertility and lifespan. In a scientific study titled: Effects of Reduced Natural Background Radiation on Drosophila melanogaster Growth and Development as Revealed by the FLYINGLOW Program, and published in March 2017 by P. Morciano and colleagues, the study the compared the amount of cells exposed to low dose radiation at the Gran Sasso Underground Laboratory (LNGS, L'Aquila) of National Institute of Nuclear Physics (INFN) in Italy and found that a considerable difference existed between the two groups.

The study concluded that environmental radiation contributed to the development of defense mechanisms at the cellular level of fruit flies. This is a major study showing that low dose ionizing radiation is affecting life at the cellular level. Considering sunspot cycles have an effect on life, they must be exerting an influence at the very start of conception as well.

In a study published in February 2015 titled; Solar activity at birth predicted infant survival and women's fertility in historical Norway and conducted by Gine Roll Skjaervo and colleagues, the study found that during periods of extreme low solar activity, also known as solar minimum, that people born during this period lived longer lives compared to people born at solar maximum. The study also showed that fertility rates were affected. It could be that the artificially produced pesticides were only effective when solar activity was stronger due to less cosmic rays influencing the organism causing enhanced resistance. This would also

mean in the future we are looking at a major increase in "superweeds", due to the resistance factor becoming maximized due to a third cycle of sunspot minimum, since the introduction of widespread artificial pesticides.

So what can we conclude from this? If people born during lower sunspot activity live longer, it may be that cosmic rays are affecting DNA which allows the body more resistance to future diseases,

Cosmic Ray Peaks Throughout History

A stalagmite removed from a submerged blue hole in the Bahamas showed that between 45,000 and 11,000 years ago, Earth was bombarded by twice the amount of cosmic radiation than today. An analysis of ice cores from polar stations in Greenland and Antarctica showed that there have been three periods when cosmic ray flux has increased dramatically. The first was approximately 60,000 years ago. The second was approximately 40,000-35,000 years ago, and the third and last peak in earth's history was between 16,000 and 17,000 years ago. Each period of enhanced cosmic rays lasted for about 2,000 years.

Another piece of interesting information is according to Astronomy.com, around the year 2022, just after our next sunspot minimum, a star is forecast to go supernova and this star just happens to be in the constellation Cygnus, the constellation that emits large amounts of cosmic rays. Supernovas also emit cosmic rays. The link between supernovas and cosmic rays has been proven in NASA's Fermi Gamma Ray Telescope. So we are looking at a major increase in cosmic rays bombarding earth starting around the year 2022.

What Does the Future Hold?

Earth has been here a long time. During this time nature has evolved over time to overcome the burdens of excessive environmental extremes. As earth continues to enter the

age of Aquarius, causing climate change and numerous other changes, we can look at what earth was like the last time it was aligned in the constellation Aquarius, which was approximately 25,000 years ago to get an idea of earth's future.

Researchers believe the small population of Europe grew slowly until 25,000 years ago. During this time climate change was very prominent, with people living in caves. The sewing needle, fishhook and spear were invented 25,000 years ago. Also carved figurines, and personal decorative ornaments such as bracelets and pendants began to appear 25,000 years ago. These were all inventions that increased humankind's ability to find and capture food, as well as unleash their full creativity. This small population survived the Late Glacial Maximum (LGM). After the ice melted, they fled south. This then created a 'genetic bottleneck' of hunter-gatherers, which caused a loss of hunter-gatherer mitochondrial DNA after the Late Glacial Maximum.

Considering in the coming decades sunspot activity is expected to decrease, we can expect certain regions of the world to exhibit increased rainfall, as well as more maturing of technology that is in its early stages, as well as an increase in vegetarians and a reduction of artificial weed killers and a return to enhanced biodynamic gardening techniques. Vegetariasm is expected to increase because 25,000 years ago certain bears were vegetarian.

The Body's Immune System is Weakened by Excessive Solar Activity

I have written several articles over the years showing that pandemics occur more often when sunspots are peaking. This has since been confirmed in a published paper titled: Is sunspot activity a factor in influenza pandemics? The study shows that influenza pandemics occur within a 1 year plus or minus period just after sunspot maximum. It is my theory that Influenza Pandemics are occurring more often during these

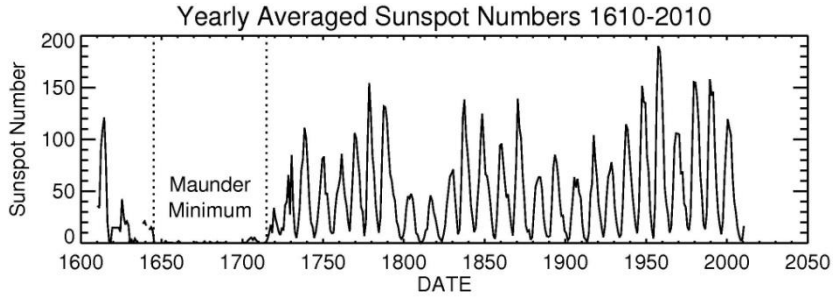
times because at sunspot maximums, the body's immune system has not developed enough resistance to the invading bacteria. There have also been documented scientific studies confirming that during sunspot maximum, the body makes less Vitamin D from sunlight. Therefore, the body's resistance to disease causing bacteria is maximized at sunspot minimums.

Reference

Influenza pandemics, solar activity cycles, and vitamin D.
DP Hayes, May 2010

Stock Markets Decline at Sunspot Minimum

Another interesting fact is the stock market always has years of lower activity during sunspot minimum, of which I have written about previously. It just so happened that one of the world's most recognized inventors Thomas Edison filed for a patent on his light bulb in 1880, which was a period of sunspot minimum. As we approach sunspot minimum, new ways of doing things, a new approach to life and new technologies that have been conceived the previous years are now starting to mature. It took Thomas Edison years before his genius invention of the light bulb created a major impact on civilization.



The Ancient Taoist Practice of the Inner Smile & The Science of Heartmath

For those of you who have been following my writings over the years, you know I am an advocate for Heartmath, which is a great way to stay healthy and to practice preventative disease and illness. it works. For those of you who may be new to Heartmath, it is a simple method where you place your awareness around your heart, then become aware of your breathing. As you do this, you then experience and feel each breath as you breathe in and out and focus on something you appreciate in your life. The good thing about Heartmath is its flexibility. You have the option to use other emotions such as unconditional love, gratitude, appreciation or any other type of similar emotion and feel these emotions flowing through your heart as you breathe in and out through it.

While performing the Heartmath exercise, your mind and heart go into a state of coherence, which creates a deep state of relaxation, readiness and revitalization. In summary, this newly formed coherence improves performance, health and emotional well-being.

The other good thing I love about Heartmath is that it has undergone years of scientific testing and verification by the Heartmath Institute. These scientific studies prove that the changes caused by Heartmath are real and repeatable. You can view the complete library of research papers on Heartmath at the address below:
https://www.heartmath.org/research/research-library/

It is a scientific fact that the heart puts out more far more electromagnetic energy then the brain. Research by the Heartmath Institute has also shown that when a person goes into heart coherence, the signal radiated by their heart radiates out into the surrounding environment and the person becomes more sensitive to detecting information in the environment around them. This makes it a great tool to

for intuition.

Out of all the organs in the human body, our heart generates the strongest and farthest reaching rhythmic electromagnetic field. This electromagnetic field is approximately 100 times stronger than the brain's electromagnetic field. It has been scientifically proven that the human heart's electromagnetic field can be detected several feet from the body with sensitive magnetometers. The electrical field of the heart when measured with an electrocardiogram (ECG) is approximately 60 times stronger in amplitude than our brainwaves.

If you are new to Heartmath and want to learn how to create the coherent field, you can purchase electronic devices that help entrain your brain into this coherent state of mind. One device sold by Heartmath is the **emWave2**. Many athletes have used this device to *'get in the zone*'.

Studies on 5,500 people have shown that after 6 to 9 weeks of Heartmath training, it caused the following benefits to occur -

60% drop in depression
50% drop in fatigue
46% drop in anxiety
30% improvement in sleep
25% improvement in listening ability
24% improvement in the ability to focus

The Inner Smile

It is very likely that the science of Heartmath originated on a centuries old practice known as "**The Inner Smile**". Heartmath has done the scientific research necessary to verify its effectiveness. Inner Smiling has been used by Taoists and other ancient cultures for centuries as a simple, quick and yet powerful way for preventing disease and ill health. It reduces stress, improves the immune system, creates calmness in the midst of chaos, and helps one

connect with inner clarity and their true intuitive guidance.

Projecting a smile on your face and directing it inwards towards your organs (especially the 5 main organs) and inner body creates feelings of relaxation and enhanced awareness. Even if you don't feel like smiling, just pretending to smile into these organs is all you need to experience this unique energy. ThichNhat Hahn and Balinese healers teach that smiles clear away negative energy and use smiling meditation to calm the mind and bring healing to the soul in a quick and effective manner.

The Heartmath Institute does not call their technique Inner Smiling (they instead call it Heartmath and use the term "core heart feelings"). The Heartmath technique teaches its students a meditation style technique in which the Inner Smiling method is obviously prominent. Inner Smiling acts as the doorway towards experiencing your inner essence and creating a positive transformation of your life.

The basis of Inner Smiling is to generate gratitude, acceptance, care and trust. The Qigong techniques of energy meditation use similar methods. Heartmath focuses more on generating coherence between the mind and heart while generating these same feelings.

Benefits of the Inner Smile

Lowers blood pressure, Calms the nervous system, Improves hormone balance, improves brain functioning, creates overall positive feelings of well-being and strongly realigns the body's parasympathetic nervous system

By practicing the inner smile or Heartmath your body learns to develop an "Inner Relaxation Response" allowing it to let go of all inner stress and discomfort. Your levels of muscle tension start decreasing, your digestive system begins receiving more blood for doing its job well, and your immune system stars receiving the necessary energy it needs to function at peak levels. This all results in a higher level of brain functioning. The opposite of this is the "fear

and flight" response where your bodily systems begin shutting down due to feelings of fear and stress, which in turn deactivate your higher brain functions.

Relaxation decreases the production of the stress hormone, cortisol, and increases production of DHEA, which regulates your body's ability to heal and repair itself. In a January 2013 study titled: Effects of mindfulness meditation on serum cortisol of medical students, and published by W. Turakitwanakan and colleagues, the study concluded that regular practice of mindfulness meditation lowered cortisol levels thus contributing to lower stress and the decrease of the risk of diseases arising from stress; including psychiatric disorders, peptic ulcers and migraines.

How to Practice the Inner Smile

While I have written that Heartmath is a great way to experience immediate relief from stress and to rapidly increase energy levels, the Inner Smiling technique is similar, but has a few added steps to it. Here is a simple method to practicing the Inner Smiling Technique.

1. After closing your eyes and relaxing all muscles in your body, take several slow deep breaths.

2. Let yourself become aware of your breathing.

3. Center your awareness in your heart.

4. Visualize yourself breathing in and out through your heart and imagine every molecule of each breath you take flowing in and out of your lungs as you breathe in and out.

5. Next smile into your heart. As you do so, do it with appreciation, acceptance, gratitude and care.

6. Next imagine the "Inner Smile" expanding from your heart,

and as it does so, infusing every cell in your body.

To send the Inner Smile to someone or something, bring mind someone whom you care for unconditionally. This could be a spouse, parent, someone you care about or a child or a pet. You could also recall something that you love or someone who makes you smile. Shower this appreciation upon this person, pet, or even an event. As you smile into your heart, send it outward.

If you are new and just starting out, a good method that simplifies the process to get started is to spend a little time focusing on breathing deeply in and out through your heart. As you do so, just imagine any feelings of tension or irritation dissolving in your breath. The EMWave2 is one way to learn to develop mind / body coherence.

Emotional Balance is the Key to Evolving Health

As I write about extensively in my 2016 published book **Eternal Youth via Tao TeChing. Longevity Secrets via Universal Energy**, the Tao teaches that balance in all things provides all things. Because we are affected by emotion on a daily basis, what if we could bring balance to our emotions?

Too much of anything is not healthy. That is why we automatically experience both negative and positive emotions without us having to do anything. By having the right balance between the two, it provides. Resilience is key to overcoming life's obstacles. It is one of the key core aspects I show in my book **Secrets to Creating Money Effortlessly using Lucid Dreaming**.

A couple years I wrote a book on Cognitive Therapy titled: **Cognitive Therapy for the Solitary Practitioner. A Guidebook to Living Well** , which shows a non-pharmaceutical approach to wellness. Cognitive Therapy is very popular in Europe and slowly starting to gain widespread acceptance in the United States.

Scientific Studies on Emotions and Health

Let's take a look at the scientific data regarding emotions and health. Even though there is not a lot of published data on this subject, it is growing. This is due to new technology allowing researchers to measure a person's real time brainwave activity and the thousands of chemical reactions that occur in the body, including the changes that take place during the 24 hour circadian rhythm cycle.

Dr. Barbara L. Fredrickson, psychologist at the University of North Carolina, Chapel Hill, states that both positive and negative emotions help us to adapt to the circumstances that are occurring in our live at the present moment. The key is finding a balance between the two.

Positive emotions tend to expand awareness, opening us up to new ideas. This causes us to grow and evolve, acting as a toolkit for survival. Without negative emotions we wouldn't be able to adapt quickly to difficult situations and respond effectively to them. The downside of negative emotions is the danger of becoming 'hooked' on negative events from the past or excessive worry about the future. This is because these emotions are not relevant to what is actually going on in the present. Experts state that emotionally healthy people have fewer negative emotions and bounce back from difficulties faster (resilience). Emotional wellness is having the ability to hold onto positive emotions longer and to have appreciation for the good times. This in turn allows one to develop a sense of meaning and purpose in life.

Dr. Richard J. Davidson, a neuroscientist at the University of Wisconsin-Madison, states that recent research is showing an association between positive emotions and health; however the underlying mechanisms (the underlying brain circuits) are still to be revealed.

Dr. Davidson has used real time brain scans to show that positive emotions are triggering the brain's "reward" pathways, which are located deeply within protective regions

of the human brain, including a region called the ventral striatum. When a person experiences a positive emotion, there is a longer lasting effect in the brain's ventral striatum which lowers the body's stress hormones.

The Amygdala

In my book **Solar Visualization Tools for Health and Prosperity** I show a number of exercises that can relieve unwanted and unnecessary fear through the amygdala. Dr. Davidson's research has shown that the amygdala becomes stimulated when one experiences fear and anxiety. His research studies have shown that people who recover slowly from a stimulated amygdala fear based event are more at risk for a variety of health conditions compared to those who recover more quickly (*resilience*). Dr. Davidson concludes by stating "*We've shown that there are big differences among people in how rapidly or slowly the amygdala recovers following a threat*".

Published Scientific Research Studies Documenting the Effects of Meditation and Emotions

Dr. Barbara Fredrickson conducted a research study on the effects of meditation and emotions. The study involved 2 groups; group one meditated on kindness and compassion and the other group did not. They discovered that after 6 weeks, the kindness and compassion meditation group showed increased positive emotions and enhanced social connectedness compared to the group that did not practice the kindness and compassion meditations. The kindness and compassion meditation group also displayed enhanced functioning of a nerve that controls the body's heart rate known as the Vagus nerve (which responds during Heartmath exercises). The study concluded that taking the time to learn skills that self-generate positive emotions helps one become healthier, more interconnected socially and most of all, more resilient.

More and more research studies are concluding that people who can picture and find the right balance of positive emotions end up becoming more resilient. Studies are also showing that cognitive therapy and self-reflection (thinking about the things you find important) also help one to generate positive self-emotions.

In Dr. Richard Davidson's meditation study, he also discovered that there were changes in the brain's reward centers after people meditated for 2 weeks on compassion and kindness. The participants in the study also showed increased generosity and positive social interconnectedness.

How to Motivate a Person by finding what's Relevant to them

Dr. Emily Falk, a neuroscientist at the University of Pennsylvania, studied how self-affirmation (thinking about what's most important to you) affect's the brain's circuits. Her research studies concluded that when people were asked to think about meaningful items or things, that a region in their brain that identifies with relevant information becomes stimulated. This stimulation changed how people responded to general health advice.

Dr. Emily states, "In general, if you tell people that they sit too much and they need to change their behavior, they can become defensive. They'll come up with reasons why the message doesn't apply to them, but if people reflect on the things they value before the health message, the brain's reward pathways are activated."

In summary, although many of us think we are at the mercy of our emotions, much like we can't control the weather, research is starting to show that we can exert some control over which emotions we choose to experience. The key is to have the right balance of emotions and a positive mindset, combined with being open to experiencing positive change which creates balance.

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A Scientifically Verified Simple Non-Prescription Formula that Kills Antibiotic Resistant Bacteria

It is a real blessing to have the technology we do today to instantly prove in real time if something is valid or not. In the case of healing, we have thousands, if not millions of published reports on the effectiveness or un-effectiveness of various combinations of healing compounds and their combinations. Many of these are made public at the National Institutes of Health website, which is where the study on Bald's Eye Salve, which we are about to discuss is available for reading.

What if we could look at healing formulas used in Europe during the Middle Ages and see if they actually worked? The middle ages in Europe began in the 5th century and lasted until approximately the 15th century. The middle ages is marked by the fall of the Western Roman Empire, which then merged into the Renaissance and Age of Discovery. It was a time where numerous new discoveries were being made, much like today.

During the middle ages infections were one of the most feared superbugs. Most notably the Black Plague, which lasted from 1346–1353. The Black Plague killed millions of people. It was during this time a formula surfaced that involved a simple mixture of garlic, onion and wine. The name of the formula is known as Bald's Eye Salve. The formula was discovered in the British Library in a 10th century text known as **Bald's Leech Book**, which is widely considered to be one of the earliest known medical textbooks, making the healing formula centuries old. The formula was also considered to be the "*best of leechdoms*" healing remedies.

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A 1,000-Year-Old Antimicrobial Remedy with Antistaphylococcal Activity. Published Jul/Aug 2015. Freya

Harrison et al.

The formula was made to heal eye infections, which are similar in composition to germs/bugs that cause staph infections. Scientists wanted to test the formula to see if it would kill the Methicillin-resistant Staphylococcus aureus (MRSA) infection. This infection is caused by staph bacteria that has become resistant to antibiotics that are used to treat staph infections, making it a kind of modern-day superbug.

Scientists from the microbiology department of the University of Nottingham recreated the remedy and its preparation instructions, including the proper ratios of ingredients (such as using a brass vessel to brew it in) as closely as possible, then tested the centuries old formula on large cultures of MRSA. Part of the instructions called for the formula to stand for nine days, at which time it was to be strained through a cloth (light fermentation) and to use wine from a vineyard known to have existed in the ninth century.

After microbiologists tested the formula on MRSA, methicillin-resistant Staphylococcus aureus (which is a staph bacterium that is ineffective to commonly used antibiotic treatments), they were astonished by the lab results. The microbiologists reached the conclusion that Bald's Eye Salve was as effective as a prescription based antibiotic such as flucloxacillin or dicloxacillin, which are pharmaceutical based remedies used for treating serious MSSA infections.

The microbiologists also asked a U.S. team to run the same tests on live mice. The results were the same. The microbiologists also found that Bald's Eye Salve keeps for a long period of time when stored in a refrigerator. The conclusion of this scientific study? Bald's Eye Salve kills up to 90% of MRSA bacteria and that it is just as effective as a prescription based antibiotic such as flucloxacillin or dicloxacillin.

In conclusion we can learn a lot from the masters of medicine during the middle ages (also known as the "dark

ages". They lived in a period where they needed remedies that were effective to treat all sorts of plagues and infections. Bald's Eye Salve is just one example of this.

I have also written articles on two more potent formulas that surfaced around the 1700's known as the Longevity Formula of Count St. Germain and the Swedish Bitters Formula. These articles can be read at **www.ez3dbiz.com/health_articles.html**

A Simple Formula for Reducing Cancer Risk, Increasing Energy and Generating Strong and Healthy Eyes

A Simple Breakfast Formula for Energy and Healthy Eyes

Making oatmeal is a great way to get energy for the day and oatmeal is low in refined carbs; however having oatmeal day after day can get boring and the high calorie content may cause weight gain and if you sweeten it, it may cause a rise in blood sugar if taken too much. I have been using the following formula with great success. This simple breakfast, taken in moderation, gives you energy as well as anti-aging benefits consists of the following -

4 to 5 eggs fried in olive oil
1 cup of water with 8 to 15 drops of Astragalus tincture/extract
After eating the eggs take 1 to 2 handfuls of raw sunflower seeds.

This above combination is packed with amino acids which not only nourishes the body, but also the literary gland, helping the body to release HGH (Human Growth Hormone) which is a great natural way to give the body energy. It is also good for the eyes. Why fry the egg? Let's explore why.

According to nutritiondata.com, a fried egg has almost

3 times as much Vitamin A as an egg omelet. If the egg is hard boiled, the vitamin A content is double that of a fried egg. A research study conducted at Ohio State University showed that when tomatoes are cooked, the Lycopene is much more easily absorbed into the body. This is because the heat restructures the Lycopene molecules in the tomatoes as they become exposed. A study titled: Digestibility of Cooked and Raw Egg Protein in Humans as Assessed by Stable Isotope Techniques, and published in 1998 in the Journal of Nutrition and conducted by Pieter Evenepoel, and colleagues, found that when eggs were cooked, that they are better digested (by a factor of 2); hence more nutrients enter the body intact.

As for cooking the eggs, it seems best to cook them sunny side up or over easy eggs or doing a combination of both to receive the full range of benefits. These options give you the most nutritional, antioxidant and protein absorption overall. Another study found that the absorption of beta-carotene was 6.5 times greater in stir-fried carrots than in raw carrots. Carrots happen to contain high levels of vitamin A and they also contain lycopene. It just may be that the heat is altering the molecular structure of the Vitamin A in the foods, allowing for enhanced absorption into the body, much like tomatoes fried in oil have a similar effect.

Nutrients in Egg Yolks

One egg yolk contains approximately 0.25 mg of lutein and zeaxanthin. This may not seem like a lot, however it is the composition of the egg yolk that makes it extremely beneficial for the eyes. This is because the composition of the egg yolk is in a form that is highly absorbable by the body. Its composition is in a nearly ideal form in such a manner that the body can take almost all of it in. To increase the absorption even more, frying the eggs in Olive Oil will help the body absorb the lutein because lutein is an oil-soluble compound.

A Note on Raw Eggs
When you eat eggs raw, it is key to find a high-quality source of the eggs because "factory farmed" eggs may cause food borne illness. It is best to select eggs from organically-raised and pastured hens, also free-range eggs can contain higher levels of nutrients overall.

Astragalus
In a large scale study published in 2011 in the Life Sciences Journal titled: Glaucoma Treatment with the Extract of Astragalus Membranaceus in Rats Experimental Model and conducted by Chi-Ting Horng and colleagues, the study concluded that Astragalus extract may decrease the MDA production (oxidative stress) and restore GPx levels (Glutathione peroxidase) in the periocular blood (the eyes). This extremely beneficial effect may be the same as that of brimonidine (a medical drug). Furthermore, Astragalus Extract also showed the ability to significantly lower IOP as is the case with brimonidine and acetazolamide (both drugs). So in summary, Astragalus Extract may be as effective as a standard glaucoma drug medication. Speaking from personal experience I have found that taking mulberry with Astragalus also helps strengthen the eyes.

Further Reading - Astragalus Root and Elderberry Fruit Extracts Enhance the IFN-β Stimulatory Effects of Lactobacillus acidophilus in Murine-Derived Dendritic Cells. Hanne Frøkiær et al. Oct 2012

Astragalus boosts energy
A study titled: Effects of the main active components combinations of Astragalus and Panaxnotoginseng on energy metabolism in brain tissues after cerebral ischemia-reperfusion in mice, published in October 2015 and conducted by XP. Huang and colleagues, concluded that a combination of Astragalus and Ginseng improved the energy

metabolism in rats.

Astragalus is Anti-Cancer
A study titled Anti-tumor effects of Astragalus on hepatocellular carcinoma in vivo and published in Feb 2012 and conducted by Li Lian-Kun and colleagues, found that Astragalus contains compounds that fight and prevent cancer.

Sunflower Seeds reduce Breast Cancer Risk
A study titled The association between dietary lignans, phytoestrogen-rich foods, and fiber intake and postmenopausal breast cancer risk: a German case-control study, conducted by AL Zaineddin and colleagues, that was published in May 2012 found that sunflower seeds were associated with a significantly reduced risk of breast cancer.
There is limited scientific evidence linking the intake of eggs to an increased risk of cancer. In a study that was published in 2009 titled Egg consumption and the risk of cancer: a multisite case-control study in Uruguay and conducted by D. Aune and colleagues, the study found that a high intake of eggs increased the risk of several cancers.
So in summary a limited diet of eggs combined with the anti-cancer foods such as Astragalus and sunflower seeds not only contribute to more energy, but provide a lower risk of cancer compared to obtaining energy from eating foods high in refined carbohydrates. Sunflower Seeds and Eggs are also an excellent source of protein.

Olive Oil Increases the Absorption of Carotenoids
In one of my earlier articles titled: Why people born during fall live longer than people born at other times of the year, I show that Olive Oil was the prime reason the 2 women and 1 man lived to over 100 years of age. In a study published in November 2000, titled: Consumption of tomato products with olive oil but not sunflower oil increases the antioxidant

activity of plasma, and conducted by A. Lee and colleagues, the study concluded that consumption of tomato products with olive oil, but not with sunflower oil. improves the antioxidant activity of the plasma.

Olive Oil contains healthy levels of Lutein and Beta-Carotene

Lutein and Beta-Carotene are important ingredients for healthy eyesight. In a study published in November 2002 titled; Identification and quantitation of major carotenoids in selected components of the Mediterranean diet: green leafy vegetables, figs and olive oil, and conducted by Q. Sw and colleagues, the study concluded that extra virgin cold-pressed olive oil contained substantial quantities of lutein and beta-carotene, but the more-refined 'extra light' olive oil did not.

Frying Tomatoes in Olive Oil increases the absorption of lycopene

In a research study, blood lycopene levels were shown to increase to 80% more when people consumed tomatoes that had been fried in olive oil.

What is Lycopene?

Lycopene is a bright red carotene and carotenoid pigment and phytochemical that exists in tomatoes and other red fruits and vegetables, such as red carrots.

Formulas without Beta Carotene for Healthy Eyes Work Better

A study published in May of 2013 on the NIH website titled: NIH study provides clarity on supplements for protection against blinding eye disease, concluded that carotenoids can compete with one another for their absorption in the body. In testing out eye improvement formulas, they found that beta-carotene may mask the beneficial effects in a eye healing

formula involving lutein and zeaxanthin.

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So in summary, it is best to fry the eggs in only a small amount of Olive Oil because the beta carotene in the olive oil may reduce the absorption of the lutein in the eggs.

Breakfast Cereals and Carbohydrates

Many of us take way too many refined carbohydrates in our diet because we feel it gives us "extra energy" and a "full and satisfied feeling" of "fullness".

What are Refined Carbohydrates?
Refined carbohydrates are plant foods that have been so overly processed that the whole grain has been completely extracted during processing. This is done mainly to preserve the shelf life of the product.
There are a large number of energy bars and drinks available today. Some taste good some taste not so good. Also some may contain caffeine or sugar and at times we may feel that we have too much sugar in our body or that excess caffeine may contribute to migraines or a caffeine withdrawal. In a large scale scientific study titled: Dietary intakes of carbohydrates in relation to prostate cancer risk: a prospective study in the Malmö Diet and Cancer cohort, published in Dec 2012 and conducted by L. Drake and colleagues, the study concluded that that a high intake of refined carbohydrates may be associated with an increased risk of prostate cancer.

The most commonly consumed refined carbohydrates include: cakes, cookies, pie, candy, chips white bread, white rice and pasta. One very interesting note is that breakfast cereals marketed as a "way to get your energy for the day" are packed with refined carbohydrates (P.K. Newby et al. February 2009). Many of the sugary, cold cereals found in grocery stores are considered to be refined grains. They are typically made from enriched flour due to the refining of their original wheat, corn or oat grain. Many of these breakfast cereals have 2 or fewer grams of fiber each serving. What is even more interesting is that only 1 cup of a refined cereal, such as corn flakes, has up to an 1 ounce of refined grains.

The Wonderful Healing Effects of Banisteriopsis

Ayahuasca has been used for centuries in South American healing ceremonies. It is just starting to attract the attention of western biomedical scientists who want to study its effects as a simple and affordable treatment for depression.

Banisteriopsis is the prime ingredient used in the South American plant-based brew ayahuasca. Banisteriopsis s a master healing plant and is used as a natural psychedelic drink by South American Shamans for "vision quests". Accounts from ordinary people using ayahuasca include complete recovery from deafness, the lifting of depression and cancer. From my personal experience I have found it a great winter drink to bring strength and healing to the body and have mixed a few drops of it in a tincture extract with raw carrots and guacamole to relieve eyestrain. I also believe that if longevity / anti aging studies are carried out on this plant, that it will be found to lengthen lifespan. This is because I have found that Banisteriopsis induces lucid dreams (besides its numerous healing effects) and herbs / plants that induce lucid dreams and relieve depression are usually anti-aging herbs. Another interesting finding is the anti aging plant FO TI (also called He Shou Wu) is a vine, and Banisteriopsis is one of the largest vines in the South American rainforest.

In order for ayahuasca to work, it must include the herb Banisteriopsis along with a herb or food such as passionflower tea or passionflower extract or dark chocolate to activate the MAO inhibitors in the Banisteriopsis, which than gives it its ayahuasca like effects. This than draws out the healing properties present in the Banisteriopsis.

Just recently researchers from Brazil published results from the very first scientific study of using ayahuasca for therapeutic healing benefits. Scientists carrying out the study observed that the drink began reducing severe depression in patients within only a matter of hours. What

was even more interesting is that the effects were still present after three weeks. From my personal experience of taking Banisteriopsis with Passionflower Tincture at the ratio of between 1:1 and 3:1 (with 3 being 3 parts Banisteriopsis) , I immediately notice a warm sensation in the upper part of my body followed by strong feelings of being "grounded". This effect occurred after only using it for about a week, with two days on and one day off. There have also been confirmed reports that combining a tincture of Bobansana with Banisteiopsis tincture dramatically enhances the effects.

What is Ayahuasca?
Ayahuasca is a prepared sacramental drink that contains 2 main herbs. Banisteriopsiscaapi and the leaves of a shrub (Psychotriaviridis). The only purpose of Psychotriaviridis is to activate the MAO psychoactive compounds in Banisteriopsis. You can also use Passionflower, Syrian rue seeds or dark chocolate to get similar effects as these are all MAO inhibitors.

Can I use Banisteriopsis as a Depression Relief drink?
Considering most pharmaceutical drugs can be highly addictive, react negatively with foods or other medication or extremely expensive and require prescriptions, Banisteriopsis is an excellent long term and affordable solution to pharmaceuticals. There are numerous website feedback forums today with people talking about how Banisteriopsis has dramatically changed their lives for the better.

In another scientific study led by Jaime Hallak, a neuroscientist at the University of São Paulo, Brazil, he gave mild doses of ayahuasca to 6 volunteers who were diagnosed with mild to severe depression. These volunteers had been unresponsive to at least one pharmaceutical antidepressant drug. None of the volunteers had used ayahuasca before. After drinking it, they sat in a quiet room

where physicians used clinical questionnaires to track their depression symptoms in real time. Improvements in the depressed volunteers were seen in just two to three hours. This is a major breakthrough because conventional pharmaceutical antidepressants can take weeks to work. The researchers followed up on the volunteers for the next 3 weeks. What they discovered was that the benefits from drinking the Banisteriopsis brew continued to hold up in assessments during the next two to three weeks afterwards.

Brian Anderson, a psychiatrist at the University of California who has published papers on ayahuasca's potential and who read the research study conducted by Jaime Hallak. concluded “It is a proof of concept of what so many ritual ayahuasca users already know: ayahuasca can help one feel extra well, not just during the experience, but for up to days or weeks after.”

If we look at the scientific research we can see that it is biochemically plausible that ayahuasca could treat depression because it contains compounds that alter concentrations of mood-regulating neurotransmitters such as serotonin in the brain, which act just like a commercial pharmaceutical antidepressant. These biochemicals in ayahuasca include the hallucinogen N,N-dimethyltryptamine, which binds to serotonin receptors, and also chemicals tetrahydroharmine, harmine and harmaline. These prevent the **breakdown of serotonin** (**which occurs more often during winter** due to the lack of sunlight) and other neurotransmitters.

Further clinical trials of ayahuasca are under way. Dr. Draulio de Araujo, a neuroscientist at the Federal University of Rio Grande do Norte in Natal, Brazil, states that his team has treated 46 (out of a planned 80) patients in a double-blind, randomized, placebo-controlled study of ayahuasca. (The study began in January 2014.)

Proven to Cure Addiction?
Dr Jacques Mabit showed in his research studies how 1/3rd of his patients who were treated for drug addictions were completely cured by drinking ayahuasca. His success rate was as high as 70% for those completing the full treatment.

So this is a remarkable plant and hopefully it can be a great way to treat wintertime blues, as well as keep the body strong and healthy.

Character Traits that Build Success

Success. Every goal setter worships it, few really achieve lasting success and even fewer know where it truly comes from. True and lasting success is **having peace of mind resulting from self-satisfaction knowing you did your very best** so as to become the best that you know you are capable of becoming. Hence, only you know how much effort you put into trying to be the best you can. You can never be a true and lasting success unless you have made the very best effort to become the very best you can be. Do the best you can and let the results take care of themselves. Hence, self-worth and significance should never determine whether you win or lose. Simply put, whether you win or lose, you should not let winning be a determination of your value of self-worth.

If we find that our successes are impacting people in a negative manner, such as leaving people drifting, floating and drowning like flood debris in our wake of success, then we are not a real success, even though the world may reward us. Results are not criteria for success, it is only the effort made for achievement that is key. **There is no such thing as loosing** if we have made the very best effort to do the best we can.

Summary -
You are the only person who knows whether or not you have won. The more you know yourself, the more you know how capable you are of doing your best. Let's next examine the core traits of character that build long term lasting success.

What is Preparation? - Organizing a set routine ahead of time, much more is accomplished in a shorter period of time. This is due to the fact that careful planning puts effort where it is most needed, when it is needed.

What is Enthusiasm? - Enthusiasm is defined as the "god within". If you don't derive joy from what you do, the enthusiasm to push harder when necessary will never reveal itself when it is most needed. If we enjoy what we do, enthusiasm flows naturally and we do a better job and are much more likely to be the best we can be. Enthusiasm is contagious and stimulates others. If you don't have enthusiasm, then act enthusiastic and enthusiasm will begin flowing. Enthusiasm exudes confidence. Enthusiasm must be adjusted to the occasion. Excess enthusiasm in some cases can be detrimental.

Mistakes? - Mistakes are a valuable marker, showing us what not to repeat. They must never be allowed to turn into excuses or make us victims.

What is Unselfishness? - Working as a team adds strength to our potential. Hence, more is accomplished in less time. In some cases working with others forges friendships, which comes from mutual esteem and devotion. Good friendships should be based on mutual concern, where each one helps one another, but does not seek their own self-interest.

What is Reputation? - A good reputation is based on a strong character and having peace within. When one seeks

to use friends to advance their own agenda, they will never be at peace within themselves.

What is Loyalty? - Loyalty is what makes a person great. If loyalty is present on a team, its force will forge each individual into a powerful and productive team. Loyalty is a summarized term for Devotion, Commitment, and Faithfulness. It is a quality that smoothes out the bumps along the road to success. Loyalty can be compromised when temptation presents itself. However strong loyal beliefs and values will preserve our loyalty.

What is Self-Control? - Self Control is the ability to keep our emotions under control via self-discipline. Discipline is done to help correct, prevent and improve. Too much emphasis is put on discipline being used to punish, which over the long term is completely ineffective. Following your true calling in life enhances your self-control. If you don't exercise self-control while preparing, your inattention to detail will show up and present itself when you least expect it.

What is Alertness? - Our motives, traits and skills have all come from one or the following. 1 - Personal Experience. 2 - What we were taught. 3 - What we observe in nature. People who are naturally more inquisitive are usually more alert. By not being alert at the right moment, we miss opportunities. Hence, attentiveness allows us to improve ourselves and not to allow us to repeat the mistakes made by others.

What is Initiative? - Initiative comes from having the courage to make important decisions and then follow through. This allows one to move ahead without fear, even if they make mistakes. It is the fear of failure or not trying, that stops us from knowing how great we are capable of

becoming. Hence, adversity allows one to grow stronger, learn and become better in the end. Careless mistakes are not lessons. By knowing how far you can go, you put yourself out on the edge, maximizing your capabilities, if mistakes are made, at least you know how far you can go.

What is Intentness? - Intentness is knowing that the better something will be, the greater the length of time it will take to get it. Hence, any worthwhile accomplishment is going to take time and sacrifice. Patience is a valuable part of Intentness. Intentness shows us that difficult, yet relativistic goals produce purpose directed lives. Adversity should not be dreaded or be used as an excuse to stop us from being the best we can be. Instead we should gain strength from adversity, using it as a springboard towards larger goals and accomplishments. Intentness comes from setting realistic objectives and concentrating on them while resisting temptations along the way while remaining determined and persistent.

What is Mental Conditioning? - In most sports 80% is physical and the remaining 20% is mental conditioning. Being in prime condition mentally comes from diet, exercise, moderation and rest. Think of the amount of mental concentration necessary to putt a ball on a golf course. Proper mental conditioning can be easily obtained through a wholesome lifestyle by taking care of the body. Hence, when your mind and body are in the best possible condition, you are more able to perform at your very best. Also you can have a body in tip-top shape, however a failure to address moral, mental and spiritual values will put limits on how much the body is able to perform to the best of its ability.

What is Skill? - Skillful persons have an innate ability to perform a chosen skill quickly and competently within a set time frame and to do it under great pressure. Hence, anyone

can learn to drive, but it takes skill to respond to unexpected problems. Skill is also a great ability to have when one needs to perform well while under pressure. Hence, the more competent one is, the more detailed the person must be when executing exacting tasks. Even a person with limited competency can learn a skill if they dedicate themselves to working on the basic fundamentals. This is why choosing a career at which we are good at allows us to competently perform our skills to the best of our ability. If you have to think about it, you will end up doing it too slowly. Self control is vital to doing it right the first time every time, allowing you to "execute the fundamentals quickly".

What is Team Spirit? - Team Spirit comes from each person sacrificing their own personal interests for the good of all. This can come from the trait of eagerness. Hence eagerness allows one to willingly perform their assigned task on a team, allowing new accomplishments to unfold. Also having consideration for others allows our problems to be made manageable.

What is Pose? - Pose is a state of being where you are your true self. No inner conflicts exist. Pose allows us to ignore what others think of us. It protects us from outside influences who want to try to change us. This means we don't have to try to be anything other than who we truly are. This allows us to function nearer to our own ability. Pose can be built from confidence and self-control. Hence, the more prepared one is, the more confident they become. Poise can be difficult to achieve, however when attained, it is a solid and valuable quality to have.

What is Confidence? - Confidence is showing respect without fear. It can also come from having small victories along the way and from being prepared ahead of time. It also comes from keeping things in their proper perspective.

Hence, the old saying "Failing to prepare is really preparation for failure". When you believe in yourself without allowing yourself to be intimidated, self-centered or naive, you are confident in your ability to carry out your tasks. If we find ourselves placing blame on others for our troubles, it is a sign we need to look at our own performance in life.

What is Greatness? - Being at your very best when your best is needed. This comes from taking on difficult challenges with a sense that you will accomplish great things. The greater the task, the more opportunity one has to deliver their best and be greatly rewarded. Competitive greatness does not being a super-star in a chosen field, instead it's about learning to give all we have and not about winning or losing.

What is Ambition? - Having a noble and worthy purpose greatly enhances the chances of success. This is because the objective is not being carried out via self-interest. This is why team ambition is so powerful. Ambition should never allow us to sacrifice our integrity or efforts. Hence, the grander the vision the more success is shared and the greater the chances of mega-success.

What is Character? - If we have talent, we may rise to the top, however it takes character to stay there.

What is Sincerity? - Sincerity is a form of friendship based on the recipient’s word and character that have withstood the tests of life. A sincere leader on the battle field is more likely to be followed by soldiers compared to an insincere leader. A lack of sincerity alienates people needlessly.

What is Resilience? - Also known as adaptability, it is being able to rapidly and adequately adjust to unexpected situations at any time. Change is inevitable. Bull headed

people will always stay stuck in the same place. However, adaption to circumstances, when needed, is an opportunity to improve, grow and overtake those who have not completely adapted. Being malleable is a vital part of resilience. To grow when resilience is needed, one must survey the situation and make necessary changes. Routines may need to be changed, new personal added or new actions executed. Any long term planning will always have to account for a period of adaptability along the way.

What is Honesty? - Honesty is doing what we know in our heart is right and avoiding temptation to do things we know are wrong. If we are truly honest it is a testament to our integrity because our integrity will never allow us to compromise. Dishonest acts can become so excessive we end up deceiving our very own selves. Over the long term continued dishonesty destroys credibility, one's reputation and costs one's very own self-respect. The key is to learn how to resist temptation when it presents itself. Taking the honest route makes us feel good about ourselves and is the king of therapy.

What is Resourcefulness? - Resourcefulness is where we use our wits, common sense and good judgment to meet the challenges that arise. It helps us invent, create and imagine solutions. A great feeling of accomplishment comes from overcoming challenges. Resourcefulness is closely related to the entrepreneurial spirit. If at first, even though you may not have quality in your work, making the best effort is what count. Over time quality will follow.

What is Reliability? - Reliability is an accomplished feat that has earned the respect of those around us. Reliability is also a form of versatility. Hence when you are on time, show up as requested. Over time this develops reliability.

What is Competitive Aggressiveness? - When we are aggressive we are ready to respond. We have the intensity at hand under control and will continue on, even if it feels painful. It is experiencing the struggle within to be the very best that we can be.

What is Integrity? - Integrity is a key trait. It comes from the following 3 traits. 1 - Honesty. 2 - Reliability. 3 - Sincerity. When these 3 are present, purity of intention occurs, leading to Integrity. It is a very valuable trait to have and takes time to achieve.

What is Patience? - Patience shows us that our accomplishments built up over a long period of time is why we experience a greater appreciation of our success. Patience is what we need if we want something that is of high quality, satisfying and worthwhile. There is no success unless patience played its part along the way. Patience teaches us that all good things take time. Time is what adds value to quality accomplishments. Obtaining something too quickly or even too easily will cheapen its outcome. One example is people who obtain a large amount of money quickly do not appreciate it or don't know how to handle its true value. As one grows older in age, patience comes naturally.

What is Faith? - Faith is a personal and private issue and each person knows what their true faith is. Faith is really about having faith in ourselves. Faith is a key component if we want things to turn out as they should. Even if things do not turn out as we had planned, we must still have faith along the way. We still need to do our part to allow our faith to become reality. Hence, faith without action is dead and action without faith is worthless. The more one knows oneself, and is honest with oneself, the easier it is to keep the faith.

What is the Core of True Success? - Success is complete peace of mind stemming from direct action of self-satisfaction, knowing you did your best to be the best you were capable of becoming at any given moment. A good reputation, accolades, awards or achievements do not make you successful. Deep down inside of each one of us is the spirit that really knows the truth about the extent of our true potential, capabilities and performance.

Success is giving our all; one success after the other. Accomplishments of goals or objectives do not mean we have succeeded. Objectives are a wonderful way to allow us to stretch our potential, but achieving an objective does not mean we are finished. We must also learn to appreciate the blessings in life and learn that they to are not success in and of themselves. The real factor is this "*Did I make the effort to do my best?*" Hence, you are the only one that knows if this is true or not.

LST Seasonal Calendar

This calendar is the result of years of finding the peak time to perform associative remote viewing sessions. It is based on the Spottiswoode calendar that reviewed thousands of remote viewing tests to find the best time of day to perform remote viewing. Our research discovered seasonal peaks of accuracy matching specific LST time slots when we did the associative remote viewing sessions around midnight. These seasonal peaks dramatically enhance the success of associative remote viewing sessions throughout the year. The chart shows the hours remote viewing sessions peak from the original data of thousands of remote viewing studies. It also explains the reason why during summer remote viewing session were not as accurate. The following chart is courtesy of
http://www.treurniet.ca/GCP/JSE_Spottiswoode.pdf

Below are the seasonal LST time slots.

All ARV sessions are conducted between 11:20 p.m. and 12:30 a.m. (30 minutes after mid-night).
All ARV sessions are performed within 24 to 48 hours of the following moon phase (best to last) -
The Half Moon heading towards the full moon (best time)
The Half Moon headed towards the new moon (2nd best time)
Full Moons (3rd best time)

How to Use the Calendar
After calculating to your time zone, match the times shown on the following pages to the rectangular sections in the chart. If they fall within range of higher values during that season, then performing an associative remote viewing session at midnight on that date will yield good results. If not, then wait until the date when the chart shows that

remote viewing accuracy is higher.

Peak Seasonal Remote Viewing Seasonal LST Accuracy Time Slots

Early Spring - 8:45LST to 9:30LST (best seasonal time). In Hawaii at Midnight on Feb 11th it is 08:29LST

Spring - 12:30LST to 14:30LST. In Hawaii at Midnight on April 11th it is 12:22LST

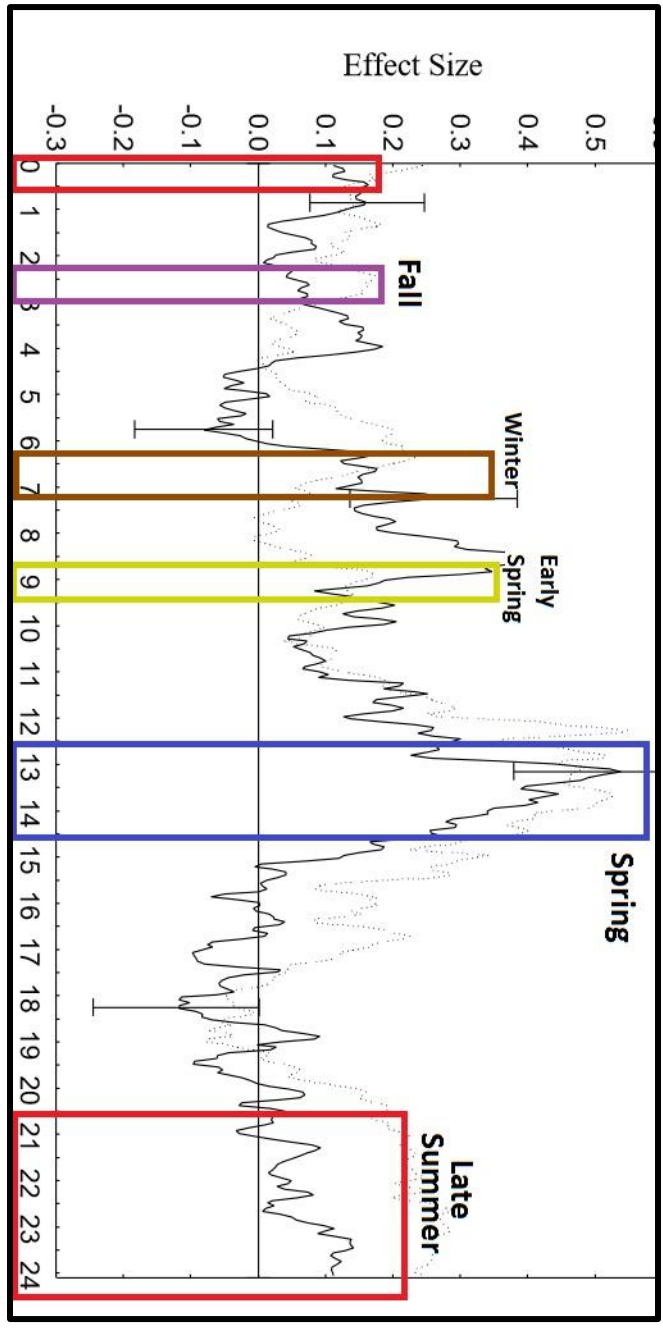
SUMMER - = ARV SESSION RESULTS ARE AT THEIR YEARLY LOW FOR ACCURACY

Late Summer - 20:30LST to 00:30LST. In Hawaii at Midnight on August 11th it is 20:23LST

Fall - 2:15LST to 3:00LST. In Hawaii at Midnight on November 11th it is 02:25LST

Winter - 6:15LST to 7:15LST. In Hawaii at Midnight on January 11th it is 06:25LST

The following page after the seasonal calendar shows the times in Hawaiian Time.


Effect Size
-0.3
-0.2
-0.1
0.0
0.1
0.2
0.3
0.4
0.5
0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24
Fall
Winter
Early Spring
Spring
Late Summer

Date .....LST Time	July 1, 17:42
January 1, 05:47	July 2, 17:46
January 2, 05:50	July 3, 17:49
January 3, 05:54	July 4, 17:53
January 4, 05:59	July 5, 17:57
January 5, 06:02	July 6, 18:01
January 6, 06:06	July 7, 18:05
January 7, 06:10	July 8, 18:08
January 8, 06:14	July 9, 18:12
January 9, 06:18	July 10, 18:16
January 10, 06:21	July 11, 18:20
January 11, 06:25	July 12, 18:24
January 12, 06:30	July 13, 18:28
January 13, 06:34	July 14, 18:32
January 14, 06:37	July 15, 18:36
January 15, 06:41	July 16, 18:40
January 16, 06:45	July 17, 18:44
January 17, 06:49	July 18, 18:48
January 18, 06:53	July 19, 18:52
January 19, 06:57	July 20, 18:56
January 20, 07:01	July 21, 18:57
January 21, 07:05	July 22, 19:04
January 22, 07:09	July 23, 19:08
January 23, 07:13	July 24, 19:12
January 24, 07:17	July 25, 19:16
January 25, 07:21	July 26, 19:20
January 26, 07:25	July 27, 19:24
January 27, 07:29	July 28, 19:28
January 28, 07:33	July 29, 19:32
January 29, 07:37	July 30, 19:36
January 30, 07:41	July 31, 19:40
January 31, 07:45	August 1, 19:44
February 1, 07:49	August 2, 19:48
February 2, 07:53	August 3, 19:52
February 3, 07:57	August 4, 19:55
February 4, 08:01	August 5, 19:59
February 5, 08:05	August 6, 20:03
February 6, 08:09	August 7, 20:07

February 7, 08:13	**August 8, 20:11**
February 8, 08:17	**August 9, 20:15**
February 9, 08:21	**August 10, 20:19**
February 10, 08:25	**August 11, 20:23**
February 11, 08:29	**August 12, 20:27**
February 12, 08:33	**August 13, 20:31**
February 13, 08:37	**August 14, 20:35**
February 14, 08:41	**August 15, 20:39**
February 15, 08:45	**August 16, 20:43**
February 16, 08:49	**August 17, 20:47**
February 17, 08:53	**August 18, 20:51**
February 18, 08:57	**August 19, 20:55**
February 19, 09:01	**August 20, 20:59**
February 20, 09:05	**August 21, 21:03**
February 21, 09:09	**August 22, 21:07**
February 22, 09:13	**August 23, 21:11**
February 23, 09:17	**August 24, 21:15**
February 24, 09:21	**August 25, 21:19**
February 25, 09:25	**August 26, 21:23**
February 26, 09:29	**August 27, 21:27**
February 27, 09:33	**August 28, 21:31**
February 28, 09:37	**August 29, 21:35**
March 1, 09:40	**August 30, 21:39**
March 2, 09:44	**August 31, 21:43**
March 3, 09:48	**September 1, 21:47**
March 4, 09:52	**September 2, 21:50**
March 5, 09:56	**September 3, 21:54**
March 6, 10:00	**September 4, 21:58**
March 7, 10:04	**September 5, 22:02**
March 8, 10:08	**September 6, 22:06**
March 9, 10:12	**September 7, 22:09**
March 10, 10:16	**September 8, 22:13**
March 11, 10:20	**September 9, 22:17**
March 12, 10:24	**September 10, 22:21**
March 13, 10:28	**September 11, 22:25**
March 14, 10:31	**September 12, 22:29**
March 15, 10:35	**September 13, 22:33**
March 16, 10:40	**September 14, 22:37**
March 17, 10:43	**September 15, 22:41**

March 18, 10:47	**September 16, 22:45**
March 19, 10:51	**September 17, 22:48**
March 20, 10:55	**September 18, 22:52**
March 21, 10:59	**September 19, 22:56**
March 22, 11:03	**September 20, 23:00**
March 23, 11:07	**September 21, 23:04**
March 24, 11:11	**September 22, 23:08**
March 25, 11:15	**September 23, 23:12**
March 26, 11:19	**September 24, 23:16**
March 27, 11:23	**September 25, 23:19**
March 28, 11:27	**September 26, 23:23**
March 29, 11:31	**September 27, 23:27**
March 30, 11:35	**September 28, 23:31**
March 31, 11:39	**September 29, 23:35**
April 1, 11:43	**September 30, 23:39**
April 2, 11:47	**October 1, 23:43**
April 3, 11:50	**October 2, 23:47**
April 4, 11:54	**October 3, 23:54**
April 5, 11:58	**October 4, 23:58**
April 6, 12:01	**October 5, 00:03**
April 7, 12:06	**October 6, 00:07**
April 8, 12:10	**October 7, 00:11**
April 9, 12:14	**October 8, 00:15**
April 10, 12:18	**October 9, 00:19**
April 11, 12:22	**October 10, 00:23**
April 12, 12:26	**October 11, 00:27**
April 13, 12:30	**October 12, 00:30**
April 14, 12:34	**October 13, 00:33**
April 15, 12:38	**October 14, 00:35**
April 16, 12:42	**October 15, 00:38**
April 17, 12:46	**October 16, 00:42**
April 18, 12:50	**October 17, 00:46**
April 19, 12:54	**October 18, 00:50**
April 20, 12:58	**October 19, 00:55**
April 21, 13:01	**October 20, 00:59**
April 22, 13:05	**October 21, 01:02**
April 23, 13:09	**October 22, 01:06**
April 24, 13:13	**October 23, 01:10**
April 25, 13:17	**October 24, 01:14**

April 26, 13:21	**October 25, 01:18**
April 27, 13:25	**October 26, 01:21**
April 28, 13:29	**October 27, 01:25**
April 29, 13:33	**October 28, 01:29**
April 30, 13:37	**October 29, 01:33**
May 1, 13:41	**October 30, 01:37**
May 2, 13:44	**October 31, 01:45**
May 3, 13:48	**November 1, 01:49**
May 4, 13:52	**November 2, 01:53**
May 5, 13:56	**November 3, 01:55**
May 6, 14:00	**November 4, 01:57**
May 7, 14:06	**November 5, 02:01**
May 8, 14:10	**Note: End 2016 Daylight**
May 9, 14:14	**Saving Time (-1 hour)**
May 10, 14:18	**November 6, 02:05**
May 11, 14:22	**November 7, 02:09**
May 12, 14:24	**November 8, 02:13**
May 13, 14:28	**November 9, 02:17**
May 14, 14:32	**November 10, 02:21**
May 15, 14:36	**November 11, 02:25**
May 16, 14:40	**November 12, 02:29**
May 17, 14:44	**November 13, 02:33**
May 18, 14:48	**November 14, 02:37**
May 19, 14:52	**November 15, 02:41**
May 20, 14:56	**November 16, 02:45**
May 21, 15:00	**November 17, 02:48**
May 22, 15:04	**November 18, 02:52**
May 23, 15:08	**November 19, 02:56**
May 24, 15:12	**November 20, 03:00**
May 25, 15:15	**November 21, 03:03**
May 26, 15:19	**November 22, 03:07**
May 27, 15:23	**November 23, 03:11**
May 28, 15:27	**November 24, 03:15**
May 29, 15:31	**November 25, 03:19**
May 30, 15:35	**November 26, 03:23**
May 31, 15:39	**November 27, 03:27**
June 1, 15:43	**November 28, 03:31**
June 2, 15:47	**November 29, 03:35**
June 3, 15:51	**November 30, 03:40**

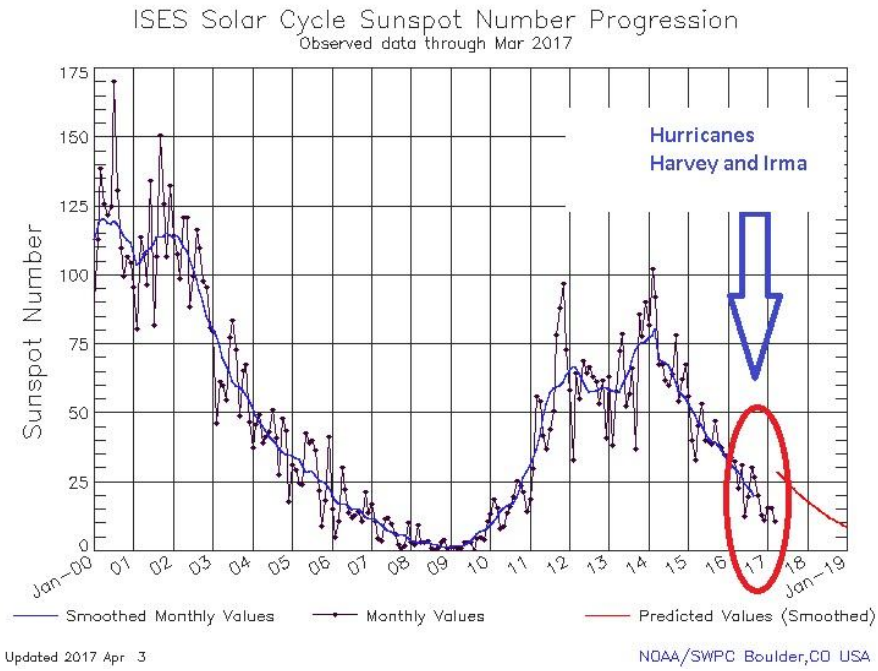
June 4, 15:55	**December 1, 03:44**
June 5, 16:00	**December 2, 03:48**
June 6, 16:03	**December 3, 03:52**
June 7, 16:07	**December 4, 03:56**
June 8, 16:11	**December 5, 04:00**
June 9, 16:15	**December 6, 04:03**
June 10, 16:18	**December 7, 04:07**
June 11, 16:22	**December 8, 04:11**
June 12, 16:26	**December 9, 04:15**
June 13, 16:30	**December 10, 04:19**
June 14, 16:34	**December 11, 04:23**
June 15, 16:38	**December 12, 04:27**
June 16, 16:42	**December 13, 04:33**
June 17, 16:46	**December 14, 04:37**
June 18, 16:50	**December 15, 04:41**
June 19, 16:54	**December 16, 04:46**
June 20, 16:58	**December 17, 04:50**
June 21, 17:02	**December 18, 04:54**
June 22, 17:06	**December 19, 04:58**
June 23, 17:10	**December 20, 05:02**
June 24, 17:14	**December 21, 05:06**
June 25, 17:18	**December 22, 05:10**
June 26, 17:22	**December 23, 05:14**
June 27, 17:26	**December 24, 05:18**
June 28, 17:30	**December 25, 05:25**
June 29, 17:34	**December 26, 05:29**
June 30, 17:38	**December 27, 05:33**
	December 28, 05:28
	December 29, 05:33
	December 30, 05:37
	December 31, 05:41

Why there was above average hurricane activity in the U.S. during late 2017?

According to a September 2017 Forbes magazine article, certain regions in Texas have had so much record breaking rainfall, the National Weather Service has had to invent new rainfall measuring equipment. In 2017, record floods have been occurring across Nepal and India. I mention in my book **Solar Flares and Their Effect Upon Behavior and Human Health** (revised in 2017) that certain regions on earth may receive above average amounts of rainfall. This is due to the fact that earth is entering a phase of very low solar activity. The last period of such low solar activity was from 1650 to 1810, known as "The Little Ice Age", which included the Spörer Minimum, from 1450 to 1530; the Dalton Minimum, from 1790 to 1820 and the Maunder Minimum, from 1645 to 1720; and the Dalton Minimum. I state clearly in my book that scientific evidence has proven that when sunspot activity is lower, more cosmic rays will occur. This is because stronger solar activity acts as a shield against incoming cosmic rays that flood earth's upper atmosphere. The period from 2017 to 2019 is cycle of very low sunspot activity (sunspot minimum). A paper published in nature written by Stanford researchers stated that the intensity of extremely rapid wet spells and extremely dry spells has been increasing over the decades during the south Asian monsoon season.

Reference:
Observed changes in extreme wet and dry spells during the South Asian summer monsoon season

The following image is Solar Cycle #24.



Sunspot Activity

As of 2017 we are in Solar Cycle 24, and approaching solar minimum. Numbers of sunspots began their decline around 2014. During this decline we have seen a major increase in water moisture content in earth's atmosphere. This is what is responsible for the strong hurricanes. Because we are in a declining sunspot cycle, there is less solar radiation. This allows more cosmic rays to penetrate earth's atmosphere. We shall show this in greater depth later on. As we shall show in the following images, when the hurricanes began first forming, we see an accumulative effect in the sun's solar radiation (X-Ray Background Flux). This is what is responsible for giving the hurricane's winds a "push" creating the forces necessary for it to build up energy. This increase in solar radiation also causes inflammation in the body. I outline this effect in greater detail along with the scientific references in the book **Solar Flares and Their**

Effect Upon Behavior and Human Health. It is as if the effect of above average solar activity leaves a lasting resonance that manifests itself over the course of a few days, playing out its effects on weather and the immune system. The following images show that when the hurricanes first began forming, solar radiation was increasing.

Date	Radio Flux 10.7cm	SESC Sunspot Number	Sunspot Area 10E-6 Hemis.	New Regions	GOES15 X-Ray Bkgd Flux				X-C
2017 08 17	77	30	280	-999	A8.3	0	0	0	10
2017 08 18	80	41	410	0	B1.3	2	0	0	3
2017 08 19	87	33	360	0	B3.3	9	0	0	5
2017 08 20	86	44	530	1	B3.3	4	1	0	7
2017 08 21	87	43	590	0	B2.6	4	0	0	10
2017 08 22	90	48	520	0	B1.7	3	0	0	14
2017 08 23	85	40	460	0	B1.1	4	0	0	5
2017 08 24	79	43	440	0	Unk	2	0	0	6
2017 08 25	81	39	280	0	B1.2	1	0	0	5
2017 08 26	78	35	250	0	B1.1	0	0	0	2
2017 08 27	78	22	150	0	B1.1	1	0	0	1
2017 08 28	82	17	100	0	B2.0	1	0	0	0
2017 08 29	84	35	390	2	B2.2	3	0	0	10
2017 08 30	87	42	630	0	B1.9	4	0	0	12
2017 08 31	92	59	950	1	B1.8	0	0	0	5
2017 09 01	93	62	940	0	B2.4	3	0	0	7
2017 09 02	100	71	920	1	B2.3	4	0	0	9
2017 09 03	120	96	1140	1	B3.3	2	0	0	18

Solar radiation Peak at B3.3

HURRICANE HARVEY DATES - Aug 17, 2017 – Sep 3, 2017

Reference:
http://legacy-www.swpc.noaa.gov/ftpdir/indices/quar_DSD.txt

Quarterly Daily Solar Data

Date	Radio Flux 10.7cm	SESC Sunspot Number	Sunspot Area 10E-6 Hemis.	New Regions	Stanford Solar Mean Field	GOES15 X-Ray Bkgd Flux
017 10 01	86	34	430	0	-999	A5.4
017 10 02	86	25	400	0	-999	A6.9
017 10 03	86	25	450	0	-999	A5.5
017 10 04	87	27	430	0	-999	A5.8
017 10 05	85	26	400	0	-999	A5.9
017 10 06	84	22	390	0	-999	B1.3
017 10 07	80	11	220	0	-999	A7.5
017 10 08	77	0	0	0	-999	A8.7
017 10 09	72	0	0	0	-999	A7.7

Hurricane Nate October 3rd to 11th, 2017

Background Flux Peaked at B1.3

Quarterly Daily Solar Data

Date	Radio Flux 10.7cm	SESC Sunspot Number	Sunspot Area 10E-6 Hemis.	New Regions	Stanford Solar Mean Field	GOES15 X-Ray Bkgd Flux	X-Ray C	X-Ray M
2017 09 05	121	122	1630	1	-999	C1.2	7	5
2017 09 06	133	79	1690	0		C1.9	2	3
2017 09 07	129	94	1660	1		C1.2	8	4
2017 09 08	117	89	1760	0		B8.6	16	5
2017 09 09	107	49	1110	0		B6.7	10	3
2017 09 10	100	38	420	1		B4.9	4	0
2017 09 11	80	23	110	0		B2.6	0	0
2017 09 12	76	11	140	0		A8.3	2	0
2017 09 13	75	11	120	0		A1.6	0	0
2017 09 14	74	11	120	0		A0.0	0	0
2017 09 15	73	13	80	0		A1.4	0	0
2017 09 16	72	13	90	0		A0.0	0	0

Solar Radiation Peak at C1.2

HURRICANE MARIA DATES - September 5, 2011 – September 16, 2011

# Date	Radio Flux 10.7cm	SESC Sunspot Number	Sunspot Area 10E-6 Hemis.	New Regions	Stanford Solar Mean Field	GOES15 X-Ray Bkgd Flux	X-Ray C	X-Ray M
2017 08 30	87	42	630	0	-999	B1.9	4	0
2017 08 31	92	59	950	1		B1.8	0	0
2017 09 01	93	62	940	0		B2.4	3	0
2017 09 02	100	71	920	1		B2.3	4	0
2017 09 03	120	96	1140	1		B3.3	2	0
2017 09 04	140	122	1470	0		C1.6	8	7
2017 09 05	121	122	1630	1		C1.2	7	5
2017 09 06	133	79	1690	0		C1.9	2	3
2017 09 07	129	94	1660	1		C1.2	8	4
2017 09 08	117	89	1760	0		B8.6	16	5
2017 09 09	107	49	1110	0		B6.7	10	3
2017 09 10	100	38	420	1		B4.9	4	0
2017 09 11	80	23	110	0		B2.6	0	0
2017 09 12	76	11	140	0		A8.3	2	0
2017 09 13	75	11	120	0		A1.6	0	0
2017 09 14	74	11	120	0		A0.0	0	0
2017 09 15	73	13	80	0		A1.4	0	0

Solar radiation Peak at C1.9

HURRICANE IRMA DATES - August 30, 2017 – September 15, 2017

Conclusion

Increased solar radiation contributed to the formation of these hurricanes. The overall long term increase in cosmic rays precipitated an increase in water moisture which further enhanced the destructive nature of the hurricanes. Because we are in a declining solar cycle, headed towards sunspot minimum, overall long term solar radiation levels are not as strong as they would usually be if we were at sunspot maximum. Hence overall, more cosmic rays are entering earth's atmosphere and making more clouds.

How Higher Barometric Air Pressure Leads to Genius. A short summary of the Genius of Dr. NakaMats.

After reviewing over two years of research involving associative remote viewing of the future dow jones, the data revealed that whenever barometric air pressure peaked, remote viewing sessions were more accurate. This peak would also coincide with an increase in the sun's 10.7 cm radio flux. I go into more detail about this as well as how to enhance the results of remote viewing in my book **Remote Viewing. The Complete User's Manual on Experiencing Future Consciousness**.

Because creativity and intuition are so closely related to one another, could it mean that when barometric air pressure is higher inspiration and creativity are more common?

After further research I think I may have discovered a link. This could also mean that a more active 10.7cm radio flux, which is usually accompanied by increased sunspots, would also be a time creativity and inspiration flows more easily. This also shows a cyclic period which usually peaks at around sunspot maximum. between pressure and creativity.

Dr. Yoshiro Nakamats is a 93 year old man (as of 2012) born in Tokyo Japan who went to school at the University of Tokyo Faculty of Engineering. Dr. Yoshiro Nakamats received a patent for his floppy disk invention in 1952. Due to disputes between him and IBM, IBM has paid him a portion of the licensing rights ever since the invention of the floppy disk was perfected. The front gate of his house is shaped like a floppy disk. Dr. Yoshiro Nakamats states that true invention and innovation work best without any attached strings. This is because working on borrowed money or for others does not allow for full freedom of intellect.

Dr. Yoshiro Nakamat's patents have played important roles in the invention of the CD, DVD, Fax Machine, Karaoke Machine, Taxi Meter, Digital Watch, CinemaScope, Spring-Loaded Shoes, Fuel Cell Powered Boots, Water Powered Engine, World's Smallest Air Conditioner, a pillow that sounds an alarm when a driver nods off behind the wheel and many more. The total number of Dr. Yoshiro Nakamat's patents currently exceed 3,377. This is three times as many patents as Thomas Edison and he has won the Grand Prize at the International Exposition of Invention 16 times, which is a record. Also the Tesla Society has added Dr. Yoshiro Nakamats to its list of great inventors. The list includes Nikola Tesla, Archimedes, Michael Faraday and Marie Curie.

When he visited the United States, twelve U.S. Cities held "Dr. Yoshiro Nakamats Days" and the State of Maryland has made him an honorary citizen. The United States Congress has also awarded Dr. Yoshiro Nakamats a Certificate of Special Recognition.

Pressure and Creativity

Dr. Yoshiro Nakamats readily shares his secret to his great inventions. He states that his greatest ideas occur while taking long underwater swims. He says this is because if the brain has too much oxygen in it, it acts as a deterrent for true inspiration. The trick to starving the brain of oxygen for a short period of time is to dive deep underwater. This will then allow the water pressure to fill the brain with blood. He states that after diving to the bottom of a swimming pool, he holds his breath as long as possible. He calls this the "*0.5 seconds before death*" zone. While in "*the zone*" he will visualize an invention and then immediately write the ideas and thoughts he has received on a plexi-glass waterproof tablet. Next he returns to the surface of the swimming pool. The region at the bottom of a swimming pool is a region of high pressure. This matches the region of high barometric air pressure associated with increased accuracy of remote viewing.

Dr. Yoshiro Nakamats and Health

Dr. Yoshiro Nakamat's states the reason people die younger than they should is because they eat too much and that 1 super nutrient meal with a maximum of 700 calories per day is what works for him. Speaking from 7 years of anti-aging research with over 2,000 pages written on anti-aging, I have also found this to be true. My research has shown this is because valuable energy that fuels the immune system is wasted when too much food is eaten. I outline this in greater detail in my series of anti-aging books published over the previous 5 years.

Dr. Yoshiro Nakamat's research into diet and intelligence have also earned him the Ig Nobel Prize and he has invented the following supplements:

Dr. Yoshiro Nakamat's Brain Drink
Dr. Yoshiro Nakamat's Yummy Nutri-Brain Snacks

Books authored by Dr. Yoshiro Nakamats include:
Invention of Politics and How to Become a Superman Laying Down

Dr. Yoshiro Nakamats states his spirit of invention is not driven by wealth or fame, but by the spirit of love and that for an invention to "make it", it must consist of the following 3 motives.

1 - Theory

2 - Inspiration

3 - Practicality

Increased Solar Activity Enhances Creativity

As stated at the beginning of this article, when the sun's

10.7cm radio flux levels are stronger, that it will usually, but not always match the increase in barometric air pressure. This is a time inspiration and creativity are enhanced. Suitbert Ertel writes in his article "Synchronous Bursts of Activity in Independent Cultures; Evidence for Extraterrestrial Connections" that a link exists between scientific creativity and solar cyclic variation. Eddy's research into abnormal secular periods of solar inactivity (Maunders minimum) showed the opportunity to put the present hypothesis to a crucial test.

His research revealed the following -

1) Cultural flourish curves show marked bursts after the onset of secular solar excursions in both Europe and China

2) During periods of extended solar excursions, bursts of creativity occur in painting, literature and science. These succeeded one another with lags of approximately between 10 and 15 years

3) Reported regularities of cultural output exist throughout, with eminent creators and decrease with ordinary professionals.

Summary

During the maxima of sunspot activity, human behaviour and creativity is stimulated. In order to make maximum use of our gifted talents, seeking inspiration at the right time and under the right conditions can make maximum use of our time while creating groundbreaking new ideas and information that can make the world a better place.

Reference

Franz Lidz (author). Smithsonian Magazine Page 24.Interview with Dr. Nakamats. December 2012.

Further Reading

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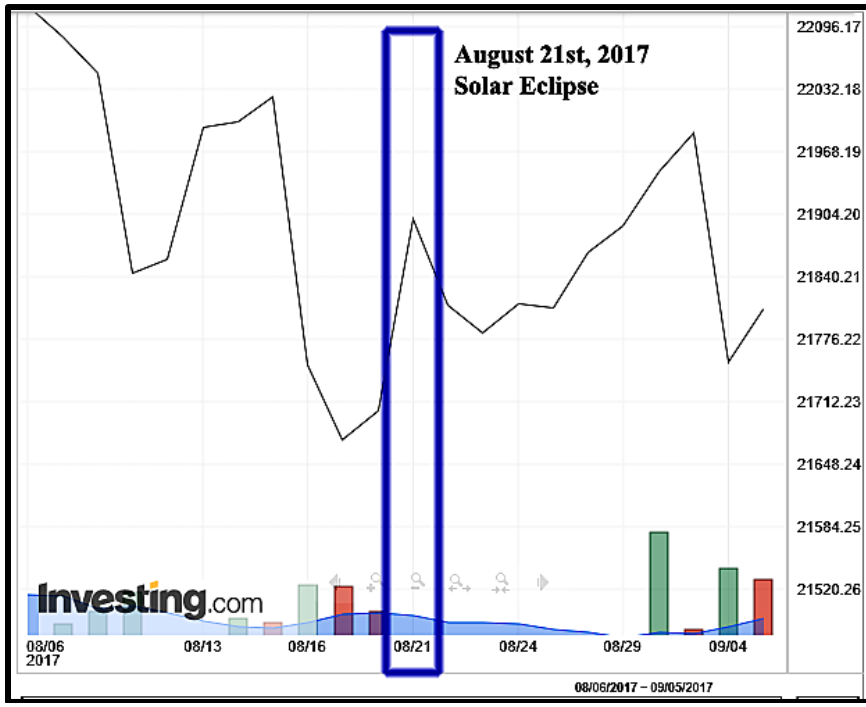
Goncharov, G.G., "Asian Nomads Invasions and Solar Cycles" (Abstract), Relations of Biological and Physicochemical Processes with Solar Activity and Other Environmental Factors, 1993

James Borges - Journal of Borderland Research (Vol. LVI, No. 1, First Quarter 2000)

Solar Eclipses and the Stock Market

Regarding the 2017 solar eclipse that occurred on Monday August 21st, 2017, I have written extensively about how within a few weeks before and after a solar eclipse that the stock market will usually become weaker. As we can see with the image below (Taken August 11th, 2017), the stock market has already begun to weaken as the date of the solar eclipse approached.



Solar Eclipses and their Impacts on Life

An excellent research study titled; Effect of solar eclipse on microbes performed in March 2011 and conducted by Amrita Shriyan and colleagues in Mangalore India, found that a significant change in colonies of bacteria occurred during a solar eclipse. The biggest change occurred in the species of Fungi. In another study published in June 1981 titled:

Effects Of Total Solar Eclipse On Mental Patients—A Clinicobiochemical Correlation, which was conducted by G.C. Boral and colleagues, the study concluded that levels of cortisol and prolactin of mental patients increased during and immediately after a total solar eclipse. Imbalanced levels of cortisol and prolactin have been shown to cause behavior abnormalities in people who are mentally ill.

Reference

Abnormal cortisol levels during the day and cortisol awakening response in first-episode psychosis: The role of stress and of antipsychotic treatment. Valeria Mondelli et al. December 2012.

Stronger geomagnetic activity caused by solar flares increases the risk of suicide and depression, therefore, we can make a rough connection showing that the effects of solar eclipses cause similar effects to geomagnetic storms. Therefore if there is a solar eclipse occurring during a geomagnetic storm, it should be a time of caution.

Further Reading

Solar Eclipses and Market Crashes

Gravity Waves during Solar Eclipses

Measurement devices that are sensitive to local gravitation show anomalous behavior during solar eclipses. Gravitational waves that travel at the speed of light maintain consistency, however during solar eclipses, gravitational waves may be subjected to refraction such as the moon. Gravity waves have also been found to occur during solar eclipses.

References

On the detection and attribution of gravity waves generated by the 20 March 2015 solar eclipse. G.J. Marlton et al. Sept

2016.

Possible detection of atmospheric gravity waves generated by the solar eclipse.M.J. Davis and A.V. Da Rosa. June 1970.

Bismuth Oxychloride and Solar Activity

Researcher Piccardi looked at the speed of the reaction that occurs when bismuth oxychloride is mixed with distilled water during periods of stronger than average solar activity. Their study also found changes occurred during solar eclipses. A full report of their complete experiments can be found in the references below.

References

Cosmophysical Factors In Stochastic Processes. Simon E. Shnoll. Professor in the Department of Physics, Moscow State University, and the Institute of Theoretical and Experimental Biophysics, Pushino, Russian Academy of Sciences.Translated By American Research Press.

Shnoll, S.E., Panchelyuga, V.A., On the characteristic form of histograms appearing at the culmination of Solar eclipse, arXiv: physics/ 0603029.

Polarized Light During a Solar Eclipse

During a solar eclipse, intensive multiple scattering of polarized light occurs because the visible light is more intense at the horizon, creating twilight effects similar to sunset. Hence, the sky is darkest at zenith.

References

Polarization of the Sky and the Solar Corona During Total Solar Eclipses. Gabor Horvath and Dezso Varju

Skylight polarization during a total solar eclipse: a quantitative model. G. P. Können. 1987

Using the Power of Asteroids to Enhance Creativity, Healing and Success

Many of us have seen the game space invaders where the player destroys asteroids. However, the opposite is also true. We can use asteroids to create. The way to use this energy is to wait for an asteroid to align longitudinally with the sun. This alignment with the sun is much like a laser beam, stimulating our thoughts and consciousness. Many of these asteroids align with our sun about once a month on average.

Using Divine Spirit to Enhance Creativity

Just knowing these positions is not enough. You have to know how to work with sprit to mold this energy into form and substance, creating new technology, art or other works utilizing your divine creative spirit. This energy flows from the universe to you, using you as the vessel. Use this technique to help you create outstanding works of art or technology using the proper asteroid.

Where the asteroid got their names

The asteroids are named after the family of females of the planet Jupiter. Ceres represents his sister, Pallas Athena his daughter, Juno his wife and Vesta also as a sister.

An exercise to utilize the energies of an Asteroid to Create

First pick an asteroid that relates to the properties you want to work with. If you are a lawyer and want to seek truth, then Pallas works well. If you were building new electronic devices or circuits, you would set out to work on these projects when the Sun aligns with Eros.

1: First sincerely believe in your talents and abilities.

2: Next acknowledge and thank the divine love that exists all around you.

3: Next go into a deep relaxed state of mind then repeat the following. "***I honor and acknowledge the divine love that exists all around us and fill my heart with this divine love.***"

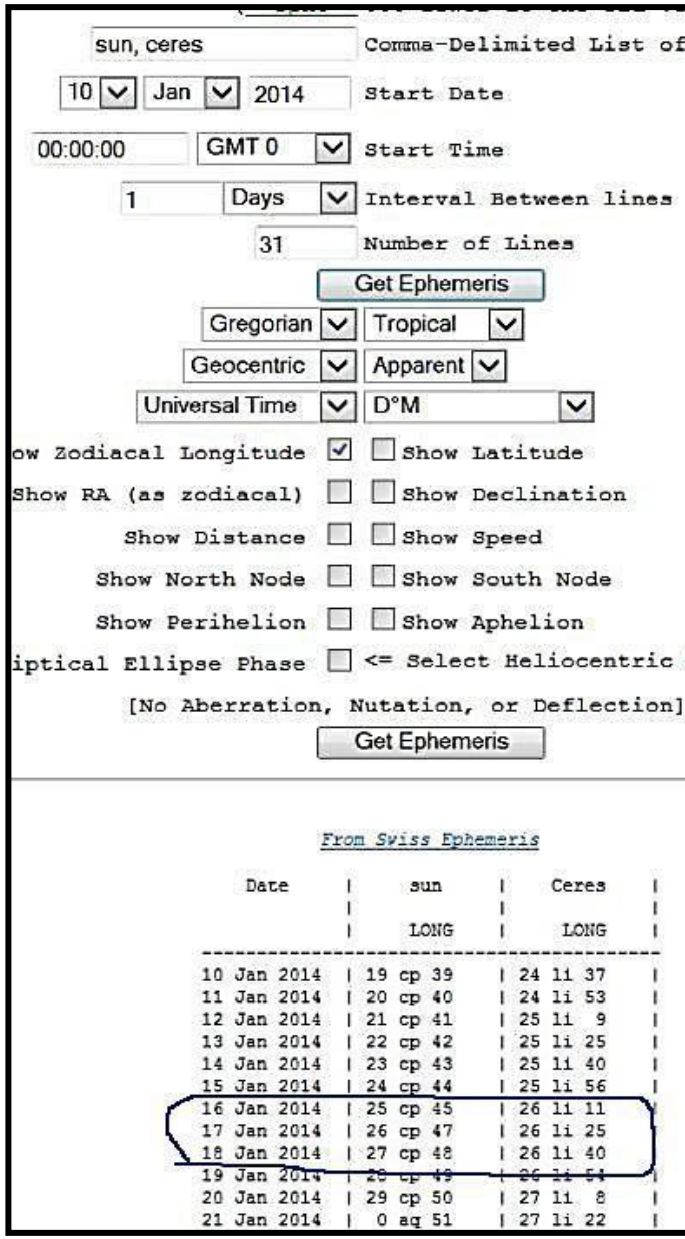
4: "***I am in an open receptive state filling myself only with the power and presence of the divine.***"

5: "***What is God's Highest Idea for me to_____?"***

6: If you were an artist, you would say "*What is God's Highest Idea for me to create an outstanding work of art?* etc. etc. ….

7: Next follow what pops into your mind and start creating. This is all there is to it.

On the following page is an example of an asteroid aligning longitudinally with the sun, taken from the online Swiss Ephemeris.



Date	sun LONG	Ceres LONG
10 Jan 2014	19 cp 39	24 li 37
11 Jan 2014	20 cp 40	24 li 53
12 Jan 2014	21 cp 41	25 li 9
13 Jan 2014	22 cp 42	25 li 25
14 Jan 2014	23 cp 43	25 li 40
15 Jan 2014	24 cp 44	25 li 56
16 Jan 2014	25 cp 45	26 li 11
17 Jan 2014	26 cp 47	26 li 25
18 Jan 2014	27 cp 48	26 li 40
19 Jan 2014	28 cp 49	26 li 54
20 Jan 2014	29 cp 50	27 li 8
21 Jan 2014	0 aq 51	27 li 22

www.true-node.com/eph1/

As we can see on the previous chart, the sun aligned with Ceres at 26 degrees on the 17th of January, 2014.

Just as the moon aligns with a new constellation every few days (Moon Void of Course) and the Sun aligns with a new constellation every few weeks (Horoscope), asteroid alignments also have particular influences on our consciousness. When we know what the properties of each asteroid are, all we need to do is wait for it to become longitudinally aligned with our sun, then set out to uncover information or build new projects. Each alignment lasts from 24 to 48 hours. Below are the asteroids and the property of each asteriod.

EUROPA

Constellation - Taurus, Virgo and Capricorn

Planetary Archetypes - Venus, Mercury and Saturn.

This asteroid rules wealth and good fortune. It is an especially good asteroid to work with if you do graphic design or are an artist. The new European Union utilizes the Archetype of Europa. Sculptures exist of her outside the new European Union Parliament building in Strasbourg and also she is also depicted on the European Council building. The archetype of Europa is also on the monetary note called the Euro.

Properties - passion and power, values and resources, inherent resources, the ability and power to either build structures or cultivate land that create wealth. Powerful and resourceful instincts. The power to create abundance through an attractive and commanding nature and/or creating abundance by cultivating the earth.

CHIRON

Planetary Archetype - Venus.

Properties - healing and disease and how it affects one's spiritual path. It symbolizes strength through suffering. Chiron teaches wisdom and patience and mastery over the darkness of our soul. In healing others we gain valuable insight and salvation. Chiron gives one character, lessons in life and perseverance. It teaches us this if we are ready to learn them or not. This asteroid also rules public speaking, communication, power, and spiritual healings. A powerful time for sales, communication or other venture that deals with advertising and information to the public at large. Chiron gives one strength to overcome their condition and move on.

CERES

Planetary Archetypes - Pluto and the Moon

This asteroid rules anti-aging, and youth. It feeds and nourishes the soul and spirit. Ceres represents caring, nurturing, nourishment, growth. It also is associated with Renewal, Nourishment. It causes living things to emerge, sustaining and nourishing newly created life forms. Ceres contains the secret of the great mystery of birth, death and renewal. Effects seem to be are amplified when aligned with the moon.

Properties - food, cooking and nutrition. The cycle of loss, death and rebirth, agriculture, hard work, mothering, parenting and gardening. It teaches one to go with the universal flow. The ability to nurture a creative project even if it includes letting go. By relinquishing attachment, the cycle ends, preparing us for new beginnings. The unification of giving and receiving as an exchange of energy. Ceres also represents fertility, the stomach and uterus.

Negative attributes include: eating disorders, grief, work problems and custody issues. Other negative traits include feelings of abandonment or unworthiness, low self esteem, fear of abundance, over-attachment, parent-child complexes,

possessiveness and barrenness.

Pallas
Constellations - Aquarius and Libra
Planetary Archetypes - Mars and Uranus
This asteroid rules Justice, genuineness and outspoken truth. Good for negotiating business deals with the wealthy or those who have obtained a lot of corporate power. Pallas is the bringer of karmic energies, justice, fairness, independence, law and order. Pallas Athena embodies the rational and encourages left-brain thinking. It is civilizing and organizing, bringing culture and cultivation to mankind. It can also rule the wisdom of intuitive knowing often experienced in the belly as a 'gut instinct'. It is a knowing that may speak through symptoms or disease, through creativity or craft, or radiate through stillness and tranquility or even erupt in anger or hostility. It encourages us to be heroic and battle the regressive forces of our instinctual nature. It also represents the application of practical skill and creative intelligence in order to be of service.
Properties - intelligent and cerebral. A producer of patterns and connecting the dots. Control of strategic command in both the warrior aspects and of the peaceful general. Ruler of cities, seeing both sides of the coin. Justice, creativity and art. Survivability, allowing one to reclaim their personal power. **Additional properties include:** the father/daughter relationship, intuition, wisdom, immune system, the arts, the kidneys, defense and horses, teacher of household attributes such as cooking, spinning, weaving, and the defender and protector of 'bright-eyed' intelligence. Sharp, focused on the now, located in the present and ruling logic over instinct. Pallas encourages left-brain thinking. learning to direct them into heroic pursuits to eradicate what is dark and primitive. Minor influences include injustice and illnesses due to a weakened immune system, conflict and legal battles.

EROS
This asteroid rules high technology, learning and karmic energy. A great asteroid which can be used to accelerate and enhance creative works such as art or new technology. A good time for understanding the power of creation and connecting to the Divine.. During these alignments, what you focus most comes into reality.

VESTA
Constellation - Virgo
Planetary Archetypes - Saturn
This asteroid rules education and learning. It is also associated with devotion, service and the inner life. A time to bring more genuine dedication and focus towards a goal during this period. A time to center the self and to focus. It also represents devotion and responsibility, continuity of family life and restores coherence to our everyday experiences.
Properties - work and well being, devotion, great piety and responsibility. Honoring the authenticity of the inner life grace and virtue, refuge, asylum and political peace, hospitality and family life.

Juno
Constellation - Libra
Planetary Archetypes - Venus, Scorpio
Properties - marriage and social customs. soul mates. change of relationships, commitment, true love. Diplomacy, fashion, marriage and beauty, weather, flowers and fairness.
Negative Properties - spouse abuse, women's rights (both positive and negative), unfairness., rage, inferiority complexes, bitterness, denial, betrayal, inequality.

The Sun at 29 degrees
This is known as the Anaretic degree. This is a period similar to that of the properties in the constellation Scorpio. It is a

good time to begin activities involving prayer, psychic growth, sexual matters, power, secrets, and fundamental transformations.

Associated Properties - regeneration, renewal, banishing, forging a group identity, sex, death, initiation, transformation, developing psychic talents, will and willpower, secrets, research, uncovering hidden or lost things, magic in general, black magic, divination, contacting the dead, morals and morality, contacting the other planes, purging and purification through suffering, nuclear power, warriors and fighters, taxes and insurance, exorcism, hypnotism, energy workings, will and willpower.

The Sun at 29 degrees is mentioned in this almanac because a person named Ema McKinley had a miracle healing when the sun was at 29 degrees the night before Christmas eve. You can view her video titled: Miracle Healing; Ema walks from wheelchair after 18 years. Although further details regarding this degree of the sun are needed, it may be a time of powerful healing.

The Sun in Scorpio at 29 degrees represents the following attributes: lifelong compulsions; strong willed, tunnel vision, total intensity. strong focus on the final ultimate goal. Whether it be victory or a strong obsession with endings to the death. The ability to execute under pressure; the all-or-nothing, winner-take-all personality, integrity and authenticity, emotional inscrutability. The understanding of the relationship between money, power and gender. Demand total attention from others. The fighter, will to live. Nerves of steel.

2018 Sun / Asteroid Alignments

Europa
Jan 30 and 31
Feb 8 and 9
Mar 13 and 14
Apr 23 and 24

May 24 and 25
June 23 and 24

July 19 and 20

Aug 14 and 15

Sept 12 and 13

Oct 16 and 17

Nov 23 and 24

Jan 4 and 5 (2019)

Eros
Mar 6 and 7

May 14 to 17
July 25 to 27

Sep 27 and 28
Nov 9 to 11
Sept 22 and 23
Jan 1&2 (2019)

Ceres
Jan 18 to 20

Feb 24 and 25
Apr 30 to May 1
May 14 to 17

June 14 and 15

Oct 5 to 9

Nov 28 and 29

Pallas	Vesta
Jan 19 and 20	Jan 23
Mar 10 and 11	Mar 15 and 16
	Mar 24
May 18 to 20	Apr 23 and 25
Aug 6 and 7	and 24
Aug 8 and 9	Jun 18 to Jun 20
Oct 11 to 13	Jul 15 to Jul 16
Dec 2 and 3	Sep 24 to 25
	Nov 13 to 15
	Jan 7&8 (2019)

Europa
Jan 30 and 31
Feb 8 and 9
Mar 13 and 14
Apr 23 and 24

May 24 and 25
June 23 and 24
Dec 6 and 7
July 19 and 20

Aug 14 and 15

Sept 12 and 13

Oct 16 and 17

Nov 23 and 24

Jan 4 and 5 (2019)

Chiron
Feb 14 and 15

Mar 18 and 19
Apr 20 to 21
May 21 and 22
Jul 24 and 25
Aug 23 and 24

Oct 21 and 22
Nov 20 and 21
Dec 18 and 19

0 = Sun at 0 Degrees
All other dates are sun at 19.5 degrees

Sun
Jan 9 and 10
0 = Jan 19 and 20
0 = Feb 18 and 19
Mar 10 and 11
Mar 20 and 21
Apr 9 and 10
0 = Apr 19 and 20
May 10 and 11
0 = May 20 to 21
June 10 and 11
0 = June 21 and 22
July 12 and 13
0 = July 22 and 23
Aug 12 and 13
0 = Aug 22 and 23
Sept 12 and 13 (Aligns with Eurpoa)
0 = Sept 22 and 23
Oct 13 and 14

0 = Oct 24 and 25
Nov 12 and 13
0 = Nov 22 and 23
Dec 11 and 12
0 = Dec 21 and 22

Moon Electional Astrology Aspects

How to Use Electional Astrology for Perfect Timing

Electional Astrology is great if you don't want to use or can't understand the complications of astrology. Electional astrology also makes great times to know the best time to broadcast a radionics rate if you practice radionics. It is the ultimate way to use the energy of the earth's moon for perfect timing. The power of the moon's aspects reach their maximum energy just after the full moon and again just after the new moon. If you want to use the aspects for maximum impact, the very first hour the aspect begins is the best time to start something new for maximum success.

Most followers of Electional Astrology agree that the Moon should never be in the 1st house when beginning any new enterprise or venture. The following information about the aspects of the moon has been taken from the ancient text of the 1676 edition of **Ramesey's Astrologie Restored** p.128-9 and the 'Aphorismes of Bethem' (*Henry Coley's Key to the Whole Art of Astrology (1676) p341-3*).

moon conjunction saturn

Bad for most purposes. This period is especially bad for dealing with elderly or saturnine people. It is a time not recommended for business, travel and the beginning of new ventures.

moon sextile saturn
Not a good time for love affairs or friendship with women. It is favorable for excavation, building projects and agriculture. It is also a good time for dealing with elderly people, officials and magistrates.

moon square Saturn
Bad for everything, especially medical treatment, travel, love affairs and dealing with saturnine people.

moon trine saturn
This time is favorable for repairs and renovations of old buildings including personal objects and artifacts. It is also a favorable time for agricultural work, building, and for dealing with saturnine people.

moon opposition saturn
An unfavorable time period for new ventures or hiring new employees. It is also a bad time for seeking favors, business or any type of advancement.

moon conjunction Jupiter
A good and favorable period. An especially good period for dealing with lawyers, lawsuits and doctors and professional people in general.

moon sextile Jupiter
A good time for decision making, including legal transactions. It is also a favorable time for marriage.

moon square jupiter
This is a good period for getting advice and study. Other than that this period is generally doubtful.

moon trine Jupiter
A good time for new ventures and for associating or dealing with influential people.

moon opposition jupiter
This is a favorable period for journeys, and generally unfavorable for other purposes.

moon conjunction mars
An unfavorable time for most purposes, especially journeys and dealing with martial people.

moon sextile mars
This is a favorable period for fights, competitions and contests. It is also a good time for buying weapons, tools, machinery, etc.

moon square mars
A good time for forming new liaisons, marriage or dealing with influential people. A period to avoid contention.

moon trine mars
A good period for any strenuous or challenging activity and for starting controversies. It is also a good time for lawsuits or fights and also for buying animals and also dealing with martial people.

moon opposition mars
An unfavorable time for journeys, friendships, new ventures and dealing with women.

moon conjunction sun
A favorable period only for matters designed to be kept secret, hidden or private.

moon sextile sun
A good time for seeking favors from influential people or titled persons. Also a good time for short journeys, new friendships changes and seeking advancement.

moon square sun
An unfavorable time for travel, new undertakings or dealing with influential people.

moon trine sun
Good for beginning new ventures, influencing important people and seeking advancement.

moon opposition sun
A bad period for business and also an unfavorable period for starting new ventures or making important changes. A good time for dealing with titled people; but not with rich men.

moon conjunction venus
A favorable period for having fun, love affairs and showing off or relaxing.

moon sextile venus
A good period for love affairs, marriage, financial matters and buying jewelry and ornaments.

moon square venus
A favorable time for games and sports and also a good time for marriage and hiring new employees.

moon trine venus
Good for love affairs, marriage, and wearing new clothes (except if the Sun is not in Leo).

moon opposition venus
A generally unfavorable period. All Venusian concerns must be approached with extreme caution.

moon conjunction mercury
A good time for correspondence and writing, sending messages, letters, etc. Also it is a

favorable time for signing contracts, preparing accounts and for most commercial transactions.

moon sextile mercury
This is an excellent time for learning, study, and for dealing with clever people. Also it is a very good time for business and entering into contracts and agreements.

moon square mercury
An excellent time for buying and selling, travel, study, sending messages and dealing with influential people.

moon trine mercury
An excellent time for undertaking work which requires ingenuity or flexibility and new studies. Also it is a good time for dealing with lawyers, secretaries and literary people.

moon opposition mercury
A favorable time for dealing with clerical people, literary, travel and study. A good time for business, but not for signing contracts.

The following page lists the aspects of the moon for 2018 as well as the planets.

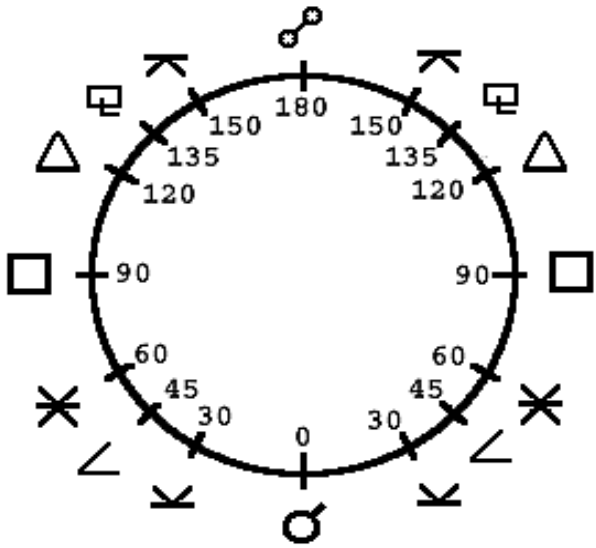
For maximum effect, putting goals into action during the first 45 minutes as the aspect is just starting always yields the best results.

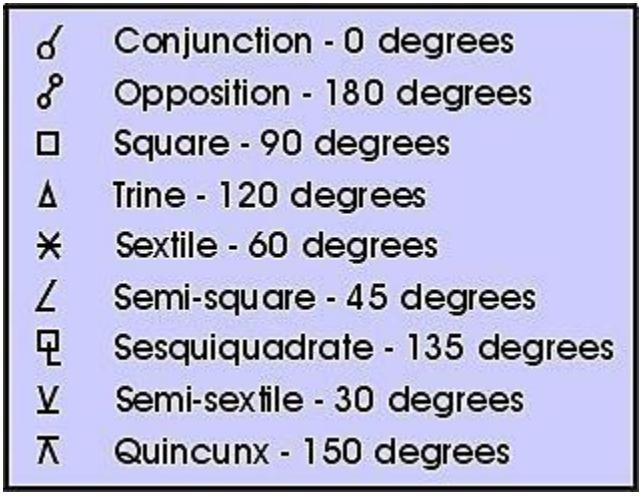
Aspects			
☌	Conjunction	☍	Opposition
△	Trine	□	Square
✱	Sextile		

Planets			
☉	Sun	☾	Moon
☿	Mercury	♀	Venus
♂	Mars	♃	Jupiter
♄	Staurn	♅	Uranus
♆	Neptune	♇	Pluto

Aspects			
☌	Conjunction	☍	Opposition
△	Trine	□	Square
✶	Sextile		

Planets			
☉	Sun	☽	Moon
☿	Mercury	♀	Venus
♂	Mars	♃	Jupiter
♄	Staurn	♅	Uranus
♆	Neptune	♇	Pluto





What is meant by "Moon Ingress?"
When the moon ingresses into your sign it is like a fresh flow of undiluted energies emerge. Use this period to as a time to give you an advantage for planning events and activities.

The times shown on the following pages are at noon Greenwich time.

Day	h m	
01 Jan	08:11	☽ ♋
	10:28	☽ ☌ ♄
	23:30	☽ ☌ ♀
02 Jan	02:26	☉ ☌ ☽
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	07:43	☽ △ ♂
	09:36	☉ ✶ ♆
	11:09	☽ △ ♅
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	13:45	☽ ☌ ♇
	15:48	♂ □ ♌
	22:47	☽ □ ♅
03 Jan	07:23	☽ ♌
	17:30	♀ ✶ ♆
04 Jan	07:41	☽ ∥ ♌
	07:44	☽ ☍ ♌
	09:35	☽ □ ♂
	09:37	☽ ⚻ ♅
	10:22	☿ ∥ ♇
	10:51	☽ ⚻ ♂
	11:35	☽ □ ♅
	18:54	☽ △ ☿
	23:11	☽ △ ♅
05 Jan	08:13	☽ ♏
	11:26	☽ △ ♄
	15:02	♂ ∥ ♅
	22:45	☉ ∥ ♄
06 Jan	04:38	☽ ☌ ♆
	05:58	☽ ∥ ♅
	10:25	☽ △ ♀
	11:41	☉ △ ☽
	12:05	☽ ⚻ ♆
	14:24	☽ ✶ ♂
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	15:50	♂ ⚻ ♌
	16:42	☽ △ ♇
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13 Mar	12:30	♀ □ ♄
	15:24	☽ ✱ ♀
	18:17	☽ ☍ ♃
	19:59	☉ △ ♃
	21:38	☽ ✱ ☿
14 Mar	03:40	☽ ⚻ ♌
	03:43	☽ ⚷ ♌
	04:53	☉ ⚻ ♀
	20:54	☽ □ ♃
15 Mar	03:36	☽ ✱ ♅
	06:47	☿ ⚻ ♆
	07:34	☽ ✱ ☌
	10:13	☽ ⚺
16 Mar	02:09	☽ ✱ ♄
	06:07	☽ ⚻ ♅
	13:48	☽ ☌ ♆
	18:06	☽ ⚻ ☿
	19:44	☿ △ ♌
17 Mar	02:10	☽ ✱ ♇
	06:12	☽ △ ♃
	13:13	☉ ☌ ☽
	14:03	☽ ⚻ ♀
	16:23	♂ ♑
	18:58	☽ ♈
	19:05	☽ □ ♂
18 Mar	08:10	☉ ☍ ☽
	09:16	♀ △ ♌
	10:21	☽ □ ♄
	17:07	☉ ⚻ ☽
	20:43	☽ △ ♌
	22:01	☽ ☌ ♀
	23:48	☽ ☌ ☿
19 Mar	09:06	☽ □ ♇
	17:26	☽ ☍ ♀
	19:31	☽ ☌ ♅
20 Mar	01:07	☽ ♉
	01:50	☽ ⚻ ♆
	03:37	☽ △ ♂
	03:47	☿ ☌ ♀
	14:56	☽ ☍ ☿
	16:03	☉ ♈
	16:06	☽ △ ♄
	18:17	☽ ☍ ♅

21 Mar	01:29	☽ □ ☊	27 Mar	06:15	☽ ☌ ♅
	02:44	☽ ✶ ♆		10:58	☽ ☍ ☊
	13:60	☽ △ ♀		10:58	☽ ☊
	17:22	☽ ☍ ♅		14:11	☽ △ ☿
				15:01	☿ ☊ ♀
22 Mar	05:31	☽ ♊			
	08:23	☉ ✶ ☽	28 Mar	02:06	☽ □ ♅
	16:34	☽ ☊		08:36	☽ △ ♀
	18:02	♀ ☌ ♆		09:56	☽ △ ♄
	21:59	☽ ☌ ♅		14:31	☽ ♏
23 Mar	00:00	☿ ℞	29 Mar	00:42	♀ ☍ ♄
	05:05	☽ ✶ ☊		01:26	☽ △ ♂
	06:41	☽ □ ♆		04:00	♀ ☊ ♄
	10:32	☽ ✶ ☿		05:32	☽ △ ♄
	17:09	☽ ✶ ♀		06:37	☽ ☊ ♀
	23:04	♀ □ ♇		06:53	☽ ☊ ♄
				14:12	☉ □ ♄
24 Mar	03:54	☽ ✶ ♄		14:16	☽ ☊ ☿
	08:53	☽ ♋		15:51	☽ ☍ ♆
	15:37	☉ □ ☽			
	15:38	☽ ☍ ♂	30 Mar	00:23	☽ ☌ ♆
	16:02	☉ □ ♂		02:37	☽ △ ♇
	23:39	☽ ☍ ♄		04:60	☽ ✶ ♅
				15:14	☉ ☊ ☽
25 Mar	09:54	☽ △ ♆		17:50	☿ △ ☊
	12:55	☽ □ ☿		17:53	☽ ♎
	20:42	☽ ☍ ♇			
	23:33	☽ △ ♅	31 Mar	04:37	♀ ♉
				07:14	☽ □ ♂
26 Mar	01:00	☽ □ ♀		09:23	☽ □ ♄
	06:60	☽ □ ♄		12:39	☉ ☍ ☽
	11:45	☽ ♌		16:16	☽ ☍ ☿
	22:15	☉ △ ☽		17:20	☽ ✶ ☊

01 Apr	07:06	☽ □ ♆
	10:54	☉ ⚸ ☽
	17:47	☉ ☌ ☿
	18:31	☽ ☍ ♅
	22:31	☽ ∥ ♆
	22:58	☽ ♏
02 Apr	00:56	☽ ⚸ ☿
	03:19	☽ ☍ ♀
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	15:20	☽ ✷ ♄
	15:41	♂ ☌ ♄
	18:01	☽ ⚸ ♅
	20:52	☉ △ ♌
	22:12	☿ ⚸ ♆
	22:55	☽ □ ♌
03 Apr	02:35	☽ △ ♆
	09:03	☽ ⚸ ♀
	14:10	☽ ✷ ♇
	16:07	☽ ☌ ♃
04 Apr	06:56	☽ ♐
	07:00	☿ □ ♂
	15:31	☉ ∥ ☿
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05 Apr	00:52	☽ △ ☿
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	12:21	☽ □ ♆
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06 Apr	13:38	☽ △ ♅
	18:02	☽ ♑
	21:42	☉ ⚸ ♆
07 Apr	09:16	☽ □ ☿
	12:13	☽ △ ♀
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	17:43	☽ ☌ ♂
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09 Apr	02:42	☽ □ ♅
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	19:17	☽ ✷ ☿
10 Apr	07:59	☽ □ ♀
	08:18	☽ ☍ ♌
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	08:59	☽ ∥ ♃
	11:05	♀ □ ♌
	20:35	☽ ⚸ ♀
11 Apr	01:13	☉ ✷ ☽
	02:10	☽ □ ♃
	04:44	☉ □ ♇
	05:47	♀ △ ♂
	14:57	☽ ✷ ♅
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12 Apr	11:53	☽ ☌ ♅
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	16:22	♀ ✶ ♆
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	22:30	☽ ✶ ♂
13 Apr	00:10	☽ ☍ ♆
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14 Apr	03:26	☽ ♈
	07:45	♀ ☊ ♋
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19 Apr	02:49	☽ ☋ ♋
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	21:60	☽ ☋ ♀
20 Apr	02:59	☉ ♉
	12:07	☽ ✶ ♅
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21 Apr	00:43	☽ □ ☿
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22 Apr	00:56	☽ △ ♅
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24 Apr	03:45	☽ □ ♅
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27 Apr	01:14	☽ ☍
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28 Apr	02:35	☿ △ ♋
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29 Apr	04:54	☽ ∥ ♆
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30 Apr	00:60	☉ ☌ ☽
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01 May	02:57	☽ ✷ ♂
	12:13	☉ ☌ ☽
	15:20	☽ ☍
	21:53	☽ ∥ ♃
	22:40	♀ ☌ ♂
02 May	09:23	☽ ☍ ♀
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	11:21	☽ ☌ ♌
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	22:33	♀ ✷ ♌
04 May	00:52	☽ △ ♅
	02:07	☽ ♑
	20:03	☽ ☍ ♄
05 May	02:22	☉ ☌ ♃
	07:54	☉ △ ☽
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	16:40	☽ □ ☿
	21:01	☽ ☍ ♀
06 May	06:22	☽ ☍ ♂
	13:50	☽ □ ♅
	13:56	☉ ✷ ♆
	14:49	☽ ♒
07 May	08:41	☿ □ ♀
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	16:54	☽ ∥ ♌
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17 May	05:59	☉ ∥ ☽
	18:20	☽ ☍ ♀
	21:48	☽ ♋
	22:01	☽ ✷ ♅
18 May	10:53	☽ ✷ ☿
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19 May	00:24	☽ △ ♆
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	23:35	☽ □ ♅
20 May	01:39	☽ ☍ ♂
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	19:33	☽ □ ☿
21 May	02:01	☉ ♊
	03:31	☽ □ ♃
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22 May
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02:40 ☽ △ ♅
03:51 ☉ □ ☽
07:50 ☽ ✱ ♀
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16:20 ☽ △ ♄

23 May
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24 May
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06:52 ☽ ♎
12:21 ☽ △ ♂
12:50 ☉ △ ☽
18:05 ☽ □ ♀
21:29 ☽ □ ♄
21:47 ☽ ✱ ♌

25 May
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13:25 ☿ △ ♇
21:04 ☽ □ ♇

26 May
06:28 ♀ ☌ ♄
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27 May
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04:36 ☽ □ ♌
06:58 ☽ △ ♀
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28 May
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29 May
01:33 ☉ ✱ ♌
07:21 ☽ ✱ ♂
13:12 ☽ △ ♌
14:21 ☉ ☌ ☽
23:37 ☿ ♊

30 May
01:25 ☉ ⚻ ♂
01:25 ☽ ⚻ ♌
06:27 ☽ □ ♆

31 May
09:27 ☽ ♑
11:04 ☽ △ ♅

01 Jun	00:54	☽ ☌ ♄		06 Jun	00:40	☽ ⚻ ♅
	14:03	☿ △ ♂			01:36	☽ ✱ ♄
	14:17	♀ △ ♃			01:50	☉ ☌ ☿
	16:42	☽ ✱ ♃			02:08	♀ ☍ ♇
	16:60	☽ ☍ ♀			13:58	☿ □ ♆
	18:31	☽ ✱ ♆			16:39	☽ △ ♃
					18:34	☉ □ ☽
					19:23	☿ ∥ ♀
02 Jun	03:37	☽ ☌ ♇			19:26	☽ ☌ ♆
	07:12	☿ ⚻ ♇			20:37	☽ □ ☿
	08:19	♀ △ ♆				
	08:26	☿ ✱ ☊		07 Jun	03:53	☽ ✱ ♇
	12:42	☿ ⚻ ♂			05:53	☉ □ ♆
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03 Jun	00:00	☽ □ ♅		08 Jun	04:33	☌ ☍ ☊
	10:23	☽ ☌ ♂			10:49	☽ △ ☊
	12:43	☽ ☍ ☊			10:57	☽ ✱ ♂
	12:45	☽ ⚻ ☊			10:58	☽ □ ♄
	13:19	☉ ⚻ ♄				
	19:03	☿ ⚻ ♄		09 Jun	07:31	☉ ✱ ☽
	19:10	☽ △ ☿			11:43	☽ □ ♇
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04 Jun	01:25	☉ △ ☽		10 Jun	01:37	☽ ⚻ ♆
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					16:04	☽ □ ☊
05 Jun	10:54	☽ ⚺			16:21	☽ △ ♄
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10 Jun	01:37	☽ ☌ ♆	15 Jun	03:29	♀ □ ♅
	02:50	☉ ☌ ♀		06:11	☽ △ ♃
	04:04	☽ ☋		09:40	☽ △ ♆
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	16:21	☽ △ ♄	16 Jul	00:56	☽ △ ♄
	17:22	☽ □ ♂		03:18	☽ ☌ ♅
				04:37	☽ ☌ ♀
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11 Jun	05:15	☽ ☍ ♃		15:35	☽ ✶ ♃
	05:41	☽ ☌ ♅		20:25	☽ ☍ ♆
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12 Jun	03:31	☽ ✶ ♀		19:43	☽ ☍
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	06:54	☽ ☊	18 Jul	03:20	☽ □ ♄
	17:44	☽ ✶ ☊		05:57	☽ ✶ ☊
	19:35	♀ ☌ ♄		06:57	☽ △ ♂
	19:47	☿ ♋			
	20:01	☽ △ ♂	19 Jul	06:43	☽ □ ♇
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13 Jun	07:53	☽ ☌ ☊			
	09:42	☽ □ ♆	20 Jul	00:05	☽ ☌ ♆
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	21:41	♀ ♌		09:06	☽ ✶ ♄
				10:03	☽ ☌ ♀
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14 Jun	07:21	☽ ♋		12:14	☽ □ ♂
	09:37	☽ ✶ ♅		13:15	♂ ☍ ☊
	13:05	☽ ☍ ☿		23:42	☽ ✶ ♀
	18:10	☽ ☍ ♄			
	22:53	♀ ☌ ♂			

21 Jun	03:34	☽ ✷ ♀
	03:50	☿ △ ♆
	04:39	☽ △ ♂
	09:54	☉ ♋
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22 Jun	01:34	☽ □ ♇
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	19:11	☽ ♏
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23 Jun	05:56	☉ ✷ ♅
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24 Jun	00:40	☽ ⚻ ♅
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24 Jun	00:40	☽ ⚻ ♅
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25 Jun	04:30	☽ ⚺
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	17:10	♀ □ ♃
	22:33	☽ ✷ ♂
26 Jun	07:23	☽ ⚻ ♀
	08:51	☽ △ ♀
	12:15	☽ ⚻ ♌
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	14:43	♂ ∥ ♄
	21:00	♂ ♐
27 Jun	03:40	☿ ⚻ ♂
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	13:16	☉ ☌ ♄
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	19:42	☽ △ ♅
28 Jun	03:34	☽ ☍ ♄
	04:55	☉ ☌ ☽
	19:14	☽ ✷ ♃

29 Jun	01:07	☽ ✷ ♆	04 Jul	02:20	☽ ☌ ♆
	02:22	☿ ⚻ ♀		09:47	☽ ✷ ♀
	05:05	☿ ☊		15:37	☽ ∥ ♆
	08:58	☽ ☌ ♀			
			05 Jul	04:50	☽ ♈
30 Jun	04:37	☽ ♒		10:09	♀ ⚻ ♃
	08:03	☽ ⚷ ☿		10:57	☉ △ ♃
	08:39	☽ □ ♅		11:42	☿ ⚷ ♂
	12:57	☿ □ ♅		14:05	☿ ∥ ☊
	16:38	☽ ⚻ ☊		14:57	☽ □ ♄
	16:41	☽ ⚷ ☊		16:24	☽ △ ☊
	23:11	☽ ☌ ♂		21:30	☽ ✷ ♂
				22:40	☽ △ ☿
01 Jul	08:04	☽ □ ♃			
	18:59	☽ ⚻ ♀	06 Jul	07:53	☉ □ ☽
	22:58	☽ ⚷ ♀		18:54	☽ □ ♆
02 Jul	07:14	☽ ∥ ♃	07 Jul	07:11	☽ △ ♀
	17:32	☽ ⚺		11:14	☽ ⚻ ♆
	21:39	☽ ✷ ♅		13:37	☽ ∥ ♆
			08 Jul	03:53	☽ □ ♂
03 Jul	00:48	☉ ⚻ ♂		10:42	☽ □ ☿
	04:28	☽ ✷ ♄		12:32	☽ ⚷ ♃
	06:03	☽ ⚻ ♅		14:32	☉ △ ♆
	08:59	☿ ☌ ☊		17:35	☽ ∥ ♅
	17:00	☉ △ ☽		17:48	☽ ✷ ♆
	20:22	☽ △ ♃		18:03	☉ ✷ ☽

09 Jul	00:12	☽ △ ♆	12 Jul	01:39	☽ ☌ ♄
	02:46	☽ ☊ ☿		03:21	☿ △ ♅
	09:08	☿ □ ♃		09:46	☉ ☌ ♆
	12:49	☽ ☍ ♃		12:34	☿ ☊ ♅
	16:11	☽ □ ☿		15:13	☽ △ ♃
	16:59	☽ ♊		19:57	☽ △ ♇
10 Jul	01:23	☽ ☊ ☿	13 Jul	01:44	☽ ☌ ♆
	02:20	☿ ♍		02:50	☉ ☌ ☽
	02:50	☽ ✶ ♌		12:32	☉ ☍ ♆
	06:28	☽ △ ♂		17:32	☽ ♌
	17:00	♃ D		17:60	☿ ☍ ♃
	17:25	☽ ✶ ☿		21:12	☽ □ ♅
	20:01	☽ □ ♇			
	20:36	☽ ☊ ♌	14 Jul	02:41	☽ ☊ ♌
				02:45	☽ ☌ ♌
11 Jul	17:59	☽ ♋		05:13	☽ ☌ ♂
	21:10	☽ ✶ ☿		06:34	☿ △ ♄
	21:37	☽ ✶ ♅		14:45	☽ □ ♃
				23:13	☽ ☌ ☿
12 Jul	01:39	☽ ☌ ♄			
	03:21	☿ △ ♅			
	09:46	☉ ☌ ♆	15 Jul	09:09	☽ ☍ ♃
	12:34	☿ ☊ ♅		14:26	☽ ☊ ☿
	15:13	☽ △ ♃		17:32	☽ ♍
	19:57	☽ △ ♇		21:22	☽ △ ♅

16 Jul	00:56	☽ △ ♄
	03:18	☽ ☌ ♅
	04:37	☽ ☌ ♀
	13:21	☽ ☌ ♀
	15:35	☽ ✱ ♃
	20:25	☽ ☍ ♆
17 Jul	02:30	☽ △ ♀
	07:52	☽ ⚻ ♆
	10:51	☉ ✱ ☽
	19:43	☽ ♎
18 Jul	03:20	☽ □ ♄
	05:57	☽ ✱ ♌
	06:57	☽ △ ♂
19 Jul	06:43	☽ □ ♀
	09:56	☽ ✱ ☿
	19:54	☉ □ ☽
20 Jul	00:05	☽ ☌ ♆
	01:14	☽ ♏
	05:43	☽ ☍ ♅
	09:06	☽ ✱ ♄
	10:03	☽ ⚻ ♀
	12:12	☽ □ ♌
	12:14	☽ □ ♂
	13:15	♂ ☍ ♌
	23:42	☽ ✱ ♀
21 Jul	02:30	☽ ☍ ♃
	02:52	☿ ☌ ♅
	07:39	☽ △ ♆
	07:55	☽ ⚻ ☿
	08:24	☽ ⚻ ♅
	14:29	☽ ✱ ♇
	20:02	☽ □ ☿
22 Jul	06:25	☽ ☌ ♃
	09:16	♀ ✱ ♃
	09:20	☉ △ ☽
	10:13	☽ ♐
	20:38	☽ ✱ ♂
	20:47	☉ ☊
	21:47	☽ △ ♌
23 Jul	15:37	☽ □ ♀
	18:08	☽ □ ♆
	19:21	☽ ⚻ ♌
24 Jul	02:26	♀ ⚻ ♆
	08:23	☽ △ ☿
	10:48	☉ ⚻ ☽
	19:13	♀ ☍ ♆
	21:49	☽ ♑
25 Jul	02:51	☽ △ ♅
	05:47	☽ ☍ ♄
	11:29	☉ □ ♅

25 Jul	02:51	☽ △ ♅
	05:47	☽ ☌ ♄
	11:29	☉ □ ♅
26 Jul	01:33	☽ ✱ ♃
	05:00	☿ ℞
	06:30	☽ ✱ ♆
	10:05	☽ △ ♀
	13:41	☽ ☌ ♇
27 Jul	05:08	☉ ⚷ ♂
	10:42	☽ ♒
	15:49	☽ □ ♅
	18:45	☉ ⚻ ☽
	18:49	☽ ☌ ♂
	20:22	☉ ⚷ ☽
	22:43	☽ ⚷ ☊
	22:43	☽ ⚻ ☊
28 Jul	01:11	♀ △ ♇
	14:48	☽ □ ♃
29 Jul	01:25	☉ ☍ ☊
	01:26	☉ ☌ ☊
	09:26	☽ ⚷ ☿
	11:28	☽ ☍ ♃
	23:28	☽ ♓
30 Jul	04:34	☽ ✱ ♅
	06:49	☽ ✱ ♄
	11:07	☽ ⚻ ♅
31 Jul	00:03	☽ ⚻ ☿
	03:24	☽ △ ♃
	07:30	☽ ☌ ♆
	14:27	☽ ✱ ♇
	20:48	☽ ☍ ♆
	22:43	☽ ⚷ ♀
01 Aug	10:55	☽ ♈
	16:06	☽ ✱ ♂
	17:45	☽ □ ♄
	21:14	☽ ⚻ ♀
	22:22	☽ △ ☊
02 Aug	02:40	♂ □ ♅
	06:05	☉ △ ☽
	17:28	☽ ☍ ♀
03 Aug	00:17	☽ □ ♇
	02:53	☽ △ ☿
	19:22	☽ ⚻ ♆
	19:52	☽ ♉
	23:40	☽ □ ♂

04 Aug	00:34	☽ ☌ ♅
	02:07	☽ △ ♄
	06:42	☽ □ ☊
	16:37	☽ ∥ ☿
	18:20	☉ □ ☽
	21:51	☽ ☍ ♃
05 Aug	00:49	☽ ✷ ♆
	02:14	☽ ∥ ♅
	06:59	☽ □ ☿
	07:04	☽ △ ♀
	23:48	☽ △ ♀
06 Aug	00:16	☽ ⚻ ♃
	01:32	☽ ♊
	04:09	☽ △ ♂
	10:42	☉ ∥ ☽
	11:45	☽ ✷ ☊
	23:17	♀ ♒
08 Aug	00:29	♀ △ ♂
	04:02	☽ ♋
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09 Aug	02:00	☉ ☌ ☿
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10 Aug	01:27	♀ □ ♄
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	13:49	☽ ☌ ☊
	13:54	☽ ∥ ☊
	16:59	☿ ∥ ♅
	20:54	☉ ⚻ ♃
11 Aug	03:47	☽ □ ♃
	03:55	☽ ☌ ☿
	06:23	☿ □ ♃
	09:60	☉ ☌ ☽
	16:17	☽ ⚻ ♃
	18:08	☉ ∥ ☽
12 Aug	03:60	☽ ♏
	08:05	☽ △ ♅
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	09:56	☽ ∥ ☿
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12 Aug	03:60	☽ ♏	16 Aug	03:00	☉ ☌ ☿
	08:05	☽ △ ♅		07:57	☽ □ ♂
	08:52	☽ △ ♄		08:55	☽ ♏
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	13:16	☽ ☌ ♅		13:28	☽ ☍ ♅
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13 Aug	02:45	♂ ♑	17 Aug	06:19	☽ □ ☿
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14 Aug	04:39	☽ △ ♂	18 Aug	00:09	☉ ⚻ ☽
	04:49	☽ ⚻ ♀		07:50	☉ □ ☽
	04:58	☽ ♎		09:36	☽ ⚻ ☿
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				18:16	☽ ☌ ♃
15 Aug	02:10	☽ ✷ ☿			
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	23:50	☽ ☌ ♀		06:26	♃ △ ♆
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				23:13	☽ □ ♆

20 Aug	01:36	☽ ☌ ☊
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21 Aug	04:01	☽ ♑
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23 Aug	03:56	☉ ♏
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24 Aug	04:56	☽ ☍ ☊
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01 Sep	05:33	☽ ✷ ♆
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26 Sep	00:31	♂ ⚷ ☊
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01 Oct	00:00	☿ D
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03 Oct	00:52	☿ ∥ ♆
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04 Oct	03:01	☽ ∥ ♌
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09 Oct	03:49	☉ ♂ ☽
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10 Oct	00:26	☿ ☌ ♏
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12 Oct	04:01	☉ □ ⚸
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13 Oct	06:23	☽ ☍ ♃
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14 Oct	01:00	☉ ✱ ☽
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	19:17	☽ ☐ ♑
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15 Oct	02:42	☽ ☌ ♄
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16 Oct	08:55	☽ ☌ ⚸
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19 Oct	09:35	☿ △ ♆	23 Oct	10:33	☿ ∥ ♀
	11:47	☽ □ ♃		11:09	☉ ♏
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	21:48	☽ ✱ ♅	24 Oct	00:33	☉ ☌ ♅
				02:36	☿ ⚻ ♌
20 Oct	04:28	☽ ✱ ♄		12:41	♀ ✱ ♄
	09:45	☽ △ ♀		14:34	☽ ♉
	13:02	☽ ⚻ ♅		15:31	☽ ☍ ♅
	17:21	☉ ∥ ☽		16:39	☉ □ ♌
				16:46	☽ □ ♌
21 Oct	00:08	☽ ☍ ♆		16:47	☉ ☌ ☽
	05:17	☽ △ ☿		16:54	☽ ⚻ ♆
	09:34	☽ ✱ ♇		22:01	☽ ☌ ♀
	11:20	☿ ∥ ♃		22:29	☽ △ ♄
	12:51	☽ ∥ ♆			
	21:04	☿ ∥ ♂	25 Oct	13:55	♀ ∥ ♃
	23:49	☽ △ ♃		14:08	☽ ∥ ♅
				15:30	☽ ✱ ♆
22 Oct	06:59	☽ ♈		20:60	☉ ⚻ ☽
	10:11	☽ △ ♌		22:19	☽ □ ♂
	13:60	☉ ⚻ ♅			
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2018 Planetary Retrogrades

Mercury

Direction	Degree And Sign	Date
Enters Rx Zone	10:56pm 04° Aries 47'	March 8th, 2018
Retrograde	08:12pm 16° Aries 54'	March 22nd, 2018
Direct	05:15am 04° Aries 47'	April 15th, 2018
Leaves Rx Zone	05:01pm 16° Aries 54'	May 3rd, 2018

Direction	Degree And Sign	Date
Enters Rx Zone	02:37pm 11° Leo 32'	July 7th, 2018
Retrograde	00:57am 23° Leo 27'	July 26th, 2018
Direct	00:18am 11° Leo 32'	August 19th, 2018
Leaves Rx Zone	01:39am 04° Taurus 51'	September 2nd, 2018

Direction	Degree And Sign	Date
Enters Rx Zone	08:52pm 27° Scorpio 16'	October 28th, 2018
Retrograde	08:27pm 13° Sagittarius 30'	August 12th, 2018
Direct	04:23pm 27° Scorpio 16'	December 06th, 2018
Leaves Rx Zone	11:28am 13° Sagittarius 30'	December 24th, 2018

Venus

Direction	Degree And Sign	Date
Enters Rx Zone	11:20pm 25° Libra 15'	September 2nd, 2018
Retrograde	03:07pm 10° Scorpio 50'	October 5th, 2018
Direct	05:45am 25° Libra 15'	November 16th, 2018
Leaves Rx Zone	10:28pm 10° Scorpio 50'	December 17th, 2018

Mars

Direction	Degree And Sign	Date
Enters Rx Zone	01:52pm 28° Capricorn 37'	May 12th, 2018
Retrograde	04:41pm 09° Aquarius 13'	June 26th, 2018
Direct	10:19am 28° Capricorn 37'<	August 27th, 2018
Leaves Rx Zone	02:30pm 09° Aquarius 13'	October 8th, 2018

Jupiter

Direction	Degree And Sign	Date
Enters Rx Zone	03:29am 13° Scorpio 21'	December 12th, 2017
Retrograde	10:58pm 23° Scorpio 13'	March 8th, 2018
Direct	11:59am 13° Scorpio 21'	July 10th, 2018
Leaves Rx Zone	08:47pm 23° Scorpio 13'	October 6th, 2018

Saturn

Direction	Degree And Sign	Date
Enters Rx Zone	05:39pm 02° Capricorn 33'	January 10th, 2018
Retrograde	08:39pm 09° Capricorn 09'	April 17th, 2018
Direct	05:43am 02° Capricorn 33'	September 6th, 2018
Leaves Rx Zone	05:05pm 09° Capricorn 09'	December 12th, 2018

Uranus

Direction	Degree And Sign	Date
Enters Rx Zone	10:13am 28deg; Aries 36'	April 20th, 2018
Retrograde	09:20am 02° Taurus 34'	August 07th, 2018
Direct	01:13pm 28deg; Aries 36'	January 06th, 2019
Leaves Rx Zone	08:47am 02° Taurus 34'	April 23rd, 2019

Neptune

Direction	Degree And Sign	Date
Enters Rx Zone	01:43am 13° Pisces 42'	February 26th, 2018
Retrograde	03:44pm 16° Pisces 30'	June 18th, 2018
Direct	05:43pm 13° Pisces 42'	November 24th, 2018
Leaves Rx Zone	02:32pm 16° Pisces 30'	March 15th, 2019

Tao Foods Section

Food Type, Taste and Activity

DAIRY

Milk:	Produces fluids & lubricates the intestines. **Neutral** and sweet,
Butter:	Blood tonic, circulates blood. **Warm** and sweet,

SEAFOOD

Shrimp:	Kidney Yang tonic. **Warm** and sweet
Eel:	Qi tonic, treats Bi syndrome, strengthens bones. **warm**, sweet
Mussel:	Qi tonic, treats simple goiter. **Warm** and salty,
Abalone:	Detoxer, enhances vision. **Neutral**. Sweet and salty
Shark:	Tonifies Qi and Blood. Lubricates dryness, reduces swelling. **Neutral**, sweet & salty
Carp:	Moves water, promotes milk secretion, heals swelling. **neutral**, sweet
Cuttlefish:	Blood tonic, enhances vision. **Neutral** and salty
Oyster:	Blood tonic. **Neutral**, sweet and salty
Oyster shell:	Stops sweating, astringes Jing and softens hardness. **Cool** and salty
Saltwater clam:	Moves water, eliminates phlegm, softens hardness. C**old** and salty,
Freshwater clam:	Detoxer, enhances vision. **Cold**, sweet and salty
Crab:	Moves blood, cools heat sensations facilitates recovery of dislocations. **Cold** and salty
Kelp:	Softens hardness and moves water. **Cold** and salty,
Seaweed:	Softens hardness, eliminates phlegm, moves water. **Cold** and salty

GRAINS & ELEMENT

Wood = Wheat

Fire = Corn

Earth = Grain

Metal = Rice

Water = Bean

FRUIT
Warm

Guava:	Obstructive and constrictive. May help stop diarrhea and bleeding. **Warm** and sweet
Chinese Date (red & black):	Qi & Blood tonic. Helps, produce fluids and detoxifies. **Warm** and sweet
Longan (Long Yan/Dragon's Eyes):	Qi & Blood tonic. Removes Blood Stag. Calms down Shen. **Warm** and sweet
Coconut milk & meat:	Promotes fluids and urination. Kills intestinal worms. **Warm** and sweet
Peach:	Activates Blood. Qi, Blood & Yang tonic. Promotes fluid and lubricates intestines. Helps , stop coughs and expels cold. **Warm**, sweet and sour
Raspberry:	Helps control urination and astringes Jing. **Warm,** sweet and sour
Litchi:	Qi & Blood tonic, Calms Shen. **Warm**, sweet and sour
Cherry:	Qi, Yang and Blood tonic. Activates Qi and Blood. Expels Wind, Cold and Damp. **Warm**, sweet & harsh.
Kumquat:	Circulates Qi. Relieves cough and transforms Phlegm. **Warm**, pungent, sweet and sour

Dried Mandarin orange peel:	Regulates Qi. Eries dampness and transforms Phlegm. **Warm**, pungent and bitter
Hawthorn Fruit:	Harmonizes Middle Jiao and removes Qi, Blood and Stagnation of foods especially. Meats. Expels tapeworms. **Warm**, sweet & sour

LEGUMES

Soybean Oil:	Lubricates intestines. **Hot**, pungent & sweet
String bean:	Qi, Blood & Yin tonic. **Neutral** and sweet
Yellow soybean:	Qi tonic. Lubricates dryness, eliminates edema. **Neutral** and sweet
Black soybean:	Circulates Blood & bodily fluids, detoxer. **Neutral** and sweet
Corn:	Blood tonic and diuretic. **Neutral** and sweet
Hyacinth bean:	Qi tonic. Eliminates edema. **Neutral** and sweet
Broad bean:	Qi tonic. Eliminates edema. **Neutral** and sweet
Peas:	Blood tonic. Induces bowel movements. **Neutral** and sweet,
Kidney bean:	Diuretic. Heals swelling. **Neutral**, sweet and bland
Adzuki bean:	Diuretic. Heals swelling and detoxes. **Neutral** , sweet and sour,
Castor bean:	Detoxer and heals swelling. Induces bowel movements. **Neutral**, sweet and pungent
Mung bean:	Detoxer. Clears heat and is a diuretic. **Cool** and sweet
Soybean:	Qi & Blood tonic. Clears Heat. Lubricates dryness, and eliminates edema. **Cool** and sweet
Tofu:	Qi tonic. Produces fluids. Lubricates dryness, and detoxifies. **Cool** and sweet,

NUTS

Walnut:	Lubricates intestines and astringes Jing. **Warm** and sweet
Chestnut:	Circulates Blood and ceases bleeding. **Warm** and sweet
Peanut:	Qi & Blood tonic. Lubricates and harmonizes stomach. **Neutral** and sweet
Peanut Oil:	Qi & Blood tonic. Lubricates intestines, pushes accumulations downward. **Neutral** and sweet,
Almond:	Qi & Blood tonic. Lubricates Lu. Relieves cough, and transforms phlegm. **Neutral** and sweet.

SEEDS

Cottonseed:	Stops bleeding and stops Sp Qi sinking. **Hot** and pungent
Sunflower seed:	Stops diarrhea. Promotes eruption of measles. **Warm** & neutral.
Pinenut:	Lubricates Lu & LI. Stops cough. Acts as a Qi, Yang & Blood tonic. Promotes fluids, and helps move Stagnant Blood. Expels cold & wind. **Warm** and sweet
Dill seed:	Qi & Yang tonic. Helps move Stagnant Blood and expel cold. **Warm** and pungent
Fennel seed:	Qi & Yang tonic. Helps move Stagnant Blood. Expels cold. **Warm** and pungent.
Bitter apricot seed:	Stops cough. Relieves asthma and lubricates intestines. **Warm**, pungent and bitter. Can be a toxin.
Sweet apricot seed:	Qi tonic. Lubricates intestines and stops cough. **Warm**, pungent and sweet.
Sesame seed:	Lubricates intestines, Restores hair color. hair, General Health tonic. **Warm** and sweet
Black sesame seed:	**Neutral** and Sweet
Cherry seed:	Promotes measles eruption. Detoxer. **Neutral**, bitter and pungent

Lotus seed:	Qi & Blood tonic. Constricts intestines. **Neutral**, sweet and harsh.
Sesame oil:	Detoxer. Lubricates dryness and promotes bowel movements. Helps create muscles. **Cool** and sweet,

Neutral

Papaya:	Enhances digestion, destroys intestinal worms, lubricates and stops cough. **Neutral** and sweet.
Figs:	Detoxer. **Neutral and sweet**
Grape:	Qi & Blood tonic. Strengthens the tendons and the bones. Promotes urination. **Neutral**, sweet and sour
Crab apple:	Helps quench thirst, stop diarrhea and astringes Jing. **Neutral**, sweet and sour
Olive:	Qi & Blood tonic. Benefits throat, produces fluids and acts as a detoxer. **Neutral**, sweet and sour
Loquat:	Lubricates dryness and harmonizes Liver. Stops cough. **Neutral**, sweet and slightly bitter
Apricot:	Lubricates and produces fluids. **Neutral**, sweet and sour
Pineapple:	Qi & Blood tonic. Helps promote urination and digestion. Quenches thirst, stops diarrhea and clears Summer Heat. **Neutral**, sweet and sour
Plum:	Produces fluids and promotes digestion and urination. **Neutral**, sweet and sour
Sour Plum:	Produces fluids and destroys worms. **Neutral and** extra. sour
Glutinous rice:	**Warm** and sweet. Qi tonic.
Malt:	Promotes digestion. **Warm** and sweet
White rice:	Qi tonic. **Neutral** and sweet
Rice bran:	Descends energy. **Neutral**, sweet & pungent
Rye:	Dries dampness, diuretic. Neutral and bitter
Whole wheat:	**Cool** and sweet

Wheat bran:	**Cool** and sweet
Buckwheat:	Qi & Blood tonic. Clears Heat and sedates Yang. **Cool** and sweet
Job's Tears:	Detoxer. Qi tonic. **Cool** and sweet
Barley:	Expands intestines and promotes urination.
Millet:	Qi and Blood tonic. Clears heat and lubricates dryness. Tonifies Yin and benefits digestion, Detoxer. **Cool**, sweet and salty

Cooling

Lemon:	Promotes fluids and harmonizes. Relieves thirst. **Cool and extremely** sour
Mango:	Qi & Blood tonic. Relieves vomiting and quenches thirst. Acts as a diuretic. **Cool**, sweet and sour.
Mandarin Orange:	Diuretic, lubricator and relieves cough. Transforms Phlegm. **Cool**, sweet and sour
Apple:	Produces fluids and lubricates. Promotes digestion and relieves intoxication. **Cool**, sweet and sour
Strawberry:	Lubricates and produces fluids. Detoxer of alcohol. **Cool**, sweet and sour
Pear:	Produces fluids and lubricates dryness. Transforms phlegm and clears Heat. **Cool**, sweet and slightly sour
Persimmon:	Qi, Blood & Yin tonic. Quenches thirst and lubricates. Clears Heat. **Cold** and sweet
Watermelon:	Promotes urination amd lubricates intestines. Quenches thirst. Clears Summer Heat and detoxifies. **Cold** and sweet
Banana:	Lubricates intestine and detoxifies. **Cold** and sweet
Grapefruit:	Harmonizes Middle Jiao. Circulates Qi and detoxifies alcohol. **Cold**, sweet and sour

Star Fruit (Carambola):	clears Heat and produces fluids. Promotes urination and detoxifies. **Cold**, sweet and sour
Muskmelon:	clears Heat and quenches thirst. Promotes urination. **Cold** and sweet

Beef:	Qi & Blood Tonic. **Neutral** and sweet,
Lamb:	Qi Tonic, Warms Interior. **Warm** and sweet,
Ham:	Qi Tonic, Produces fluids, subdues Reb. Qi. **Warm** and salty
Pork:	Lubricates dryness (Ni: sl. cold). **Neutral**, sweet and salty,
Duck:	Enhances water passage, reduces, swellings. **Neutral**, sweet and salty
Chicken:	Qi Tonic, Warms Interior. **Warm** and sweet
Chicken egg:	Blood tonic, lubricates dryness. **Neutral** and sweet
Egg white:	Detoxer, lubricates Lu, cools hot sensations, benefits the throat. **Cool** and sweet
Egg yolk:	blood tonic, lubricates dryness. **Neutral** and sweet
Eggshell:	Stops bleeding and checks gastric acid

VEGETABLES
Warm

Leek:	Qi & Yang tonic. Regulates Qi. Removes Blood Stagnation and expels excess Cold. Sedates Yin. **Warm** and pungent
Scallions:	Tonifies and regulates Qi. Clears Heat and sedates Yang. Dries Damp. Act as as a diuretic. Removes Blood stagnation and expels Cold. **Warm** and pungent
Mustard Greens:	Qi & Yang Tonic. Circulates Qi and Blood. Expels cold and sedates excess Yin. Expands Lu and transforms Phlegm. **Warm** and pungent
Squash:	Qi, Yang & Blood tonic. Circulates Blood. Heals inflammation and relieves pain. **Warm** and sweet

Neutral

Chinese cabbage:	Promotes digestion and urination. Tonifies Ki & Brain. **Neutral** and sweet
Carrot:	Qi tonic and dries dampness and Phlegm. **Neutral** and sweet
Corn:	Qi and Blood tonic. Tegulates Middle Jiao. Stimulates appetite and acts as a diuretic. **Neutral** and sweet
Black Fungus:	Qi & Blood tonic. Cools Blood and stops bleeding. **Neutral** and sweet
White Fungus:	Yin tonic. Produces fluids and lubricates. **Neutral** and sweet
Pumpkin:	Qi and Blood tonic. Dries Damp and acts as a diaphoretic. **Neutral and** sweet
Potato:	Qi tonic and heals inflammation. **Neutral** and sweet
Sweet Potato:	Qi, Blood and Yin tonic. Benefits Kidneys and astringes Jing. **Neutral** and sweet
Shiitake Mushroom:	Qi and Blood tonic. **Neutral** and sweet
Celery:	Qi and Blood tonic. Clears Heat and sedates Yang. Dries Damp and calms Liver. Expels Wind. **Neutral,** sweet and bitter
Taro:	Qi, Yang & Blood tonic. Circulates Qi and Blood. Clears Heat and reduces swellings. **Neutral**, sweet and pungent
Turnip:	Qi, Yang and Blood tonic. Circulates Qi and Blood. Clears Heat and Yang. Dries Damp and acts as a diaphoretic. Detoxer and acts as a Yin tonic. Clears Heat and Fire and dries Damp. Lubricates Dryness. **Neutral**, sweet and pungent, bitter

SPICES & HERBS

Dried Ginger:	Yang and Qi tonic. Circulates Blood and warms Middle Jiao. Opens the meridians. **Hot** and pungent
Pepper (black & white):	Warms interior and descends Reb. Qi. **Hot** and pungent

Pepper (red & green):	**Warms interior.** Harmonizes Middle Jiao and stimulates appetite. **Hot** and pungent
Cinnamon Bark:	Acts as a diaphoretic. Warms surface and interior. **Hot**, sweet and pungent
Fennel Seed:	Warms Interior and circulates Qi. **Warm** and pungent
Sweet Basil:	Qi and Yang tonic. Circulates Qi and Blood. Harmonizes. **Warm** and pungent
Dillseed:	Qi and Yang tonic. Circulates Qi and Blood. **Warm** and pungent
Garlic:	Qi and Yang tonic. Circulates Qi and Blood. Warms Middle Jiao and destroys worms. **Warm** and pungent
Clove:	Yang tonic. Warms Interior. **Warm** and pungent
Fresh Ginger:	Acts as a diaphoretic. Yang and Qi tonic. Circulates Blood and transforms Phlegm. Stops vomiting. **Warm** and pungent
Coriander:	Acts as a diaphoretic. Harmonizes Middle Jiao. **Warm** and pungent
Nutmeg:	Qi & Yang tonic. Warms Interior and circulates Blood. Warms Middle Jiao. **Warm** and pungent
Cinnamon Twig:	Acts as a diaphoretic. Warms Jiao. **Warm**, pungent and sweet
Star Anise:	Yang tonic. Circulates Qi and harmonizes. Stops vomiting. **Warm**, pungent and sweet
Caraway Seed:	Circulates Qi and descends Reb Qi. **Warm** and slightly pungent
Spearmint:	Acts as a diaphoretic. Circulates Qi & Blood. **Warm**, pungent and sweet
Ginseng:	Qi tonic. Produces fluids and calms Shen. warm, sweet, and slightly bitter
Rosemary:	Acts as a diaphoretic. Activates Blood and strengthen. Calms Shen. **Warm** and pungent,
Saffron:	circulates Qi & Blood. Eliminates Blood Stagnation. **Neutral** and sweet
Licorice:	Lubricates lungs and detoxifies. Moderates effects of other herbs. **Neutral** and sweet

Peppermint:	Acts as a diaphoretic and regulates Qi and Blood. **Cool** and pungent
Marjoram:	Acts as a diaphoretic and circulates Qi. **Drains dampness**. **Cool** and pungent

Miscellaneous Foods

Brown sugar:	Qi tonic. Circulates blood. **Warm** and sweet
Vinegar:	Disperses coagulations and detoxifies. Ceases bleeding. **Warm**, sour and bitter
Wine:	Promotes blood circulation. Expels cold and speeds up effects of herbs. **Warm**, sweet, bitter and pungent
Coffee:	Heart tonic, stimulant and a diuretic. **Warm**, sweet and bitter
Molasses:	Qi tonic. Lubricates and stops cough. **Warm** and sweet
White sugar:	Lubricates, produces fluids and acts as a Qi tonic. **Neutral** and sweet
Honey:	Detoxifies and lubricates dryness. Relieves pain. **Neutral** and sweet
Tea:	Quenches thirst and promotes digestion and urination. Aawakens Shen. **Slightly cold**, bitter and sweet
Salt:	Detoxer. Clears Heat and lubricates dryness, Yin tonic. **Cold** and salty

Cooling

Alfalfa sprouts:	Dispels Dampness and lubricates intestines. **Cool** and bitter,
Asparagus:	Qi, Blood & Yin tonic. Clears Heat and Fire, Dries Damp and lubricates Dryness. Acts as a diaphoretic. **Cool**, sweet and bitter
Lettuce (Iceberg):	Qi & Blood tonic. Clears Heat and Yang. Dries Dampness and acats as a diuretic. Accists lactation. **Cool**, bitter and sweet
Cucumber:	Clears Heat Yang. Detoxer. Promotes urination and quenches thirst. **Cool** and sweet
Eggplant:	Qi and Blood tonic. Clears Heat and Yang. Removes

	Blood Stagnation and relieves pain. Reduces swelling. **Cool** and sweet
Mushroom (button):	Qi and Blood tonic. Clears Heat and Yang. Calms Shen and stimulates appetite. Regulates Qi and transforms Phlegm. **Cool** and sweet
Spinach:	Qi and Blood tonic. Clears Heat and Yang. Acts as a hemostatic and lubricates Dryness. **Cool** and sweet
Winter Melon:	Detoxifies and acts as a diuretic. Transforms Phlegm. **Cool** and sweet
Swiss Chard:	Blood tonic. Clears Heat and Yang. Detoxifies and acts as a hemostatic. Relieves coagulations. **Cool** and sweet
Watercress:	Qi, Yang and Blood tonic. Circulates Qi and Blood. Clears Heat and Yang. Lubricates and quenches thirst. Acts as a diuretic. **Cool**, sweet and pungent
Radish:	Blood tonic. Clears Heat and detoxifies. Transforms Phlegm-Heat and lowers Reb. Qi. **Cool**, pungent and sweet
Bamboo shoot:	Tonifies Qi, Blood and Yin. Clears Heat and detoxifies. Balances excess warm energy of meat. **Cold** and sweet
Kelp:	Yin tonic. Clears Heat and lubricates Dryness. Softens Hardness and promotes flow of Water. **Cold** and salty
Lotus Root:	Qi, Blood and Yin tonic. Cools Blood (when ate raw). Stimulates appetite and produces muscles and relieves diarrhea (when ate cooked). **Cold** and sweet
Water Chestnut:	Clears heat. Yin tonic. Transforms Phlegm. Acts as a diuretic. **Cold** and sweet
Lettuce (Romaine):	Qi and Blood tonic. Clears Heat and Yang. Dries Dampness and acts as a diuretic. **Cold** and bitter

Year 2018 has 5 eclipses, 3 solar eclipses and 2 lunar eclipses.

Eclipses in 2018

Show: All Eclipses | Worldwide | 2010–2019 | Go

Jan 31	Lunar Eclipse (Total)	North/East Europe, Asia, Australia, North/East Africa, North America, North/West South America, Pacific, Atlantic, Indian Ocean, Arctic, Antarctica	
Feb 15	Solar Eclipse (Partial)	South in South America, Pacific, Atlantic, Antarctica	
Jul 13	Solar Eclipse (Partial)	South in Australia, Pacific, Indian Ocean	
Jul 27/28	Lunar Eclipse (Total)	Much of Europe, Much of Asia, Australia, Africa, South in North America, South America, Pacific, Atlantic, Indian Ocean, Antarctica	
Aug 11	Solar Eclipse (Partial)	North/East Europe, North/West Asia, North in North America, Atlantic, Arctic	

Seasonal Foods and their Effect on Health

When eating in season, you are in harmony with your local geographic region. This is because your environment has a lot to do with your immune system. Once your immune system becomes accustomed to your local living environment, it is in equilibrium with it. If you eat foods grown from outside your local region, they are usually never in season. These foods may create imbalance in the body. Outside foods and unexpected influences including weather extremes will "*shock*" it unexpectedly.

Eat vegetables that are in season only. The foods that grow directly near the place of residence have the most powerful influence for health and well being. Sprouted seeds of cereals are much more nutritious then un-sprouted because not only do they contain large numbers of B vitamins, but much of their phytic acid has been removed, which removes vital minerals from the body. B vitamins also help remove excess fluid and prevent its retention in the body. Where possible, eat foods growing in season in your local community to keep your immune system as healthy as possible. This means foods from local markets or foods growing in your backyard or local region that sprout fruit or vegetables during the current season. The more you are in harmony with your environment, the more your immune system remains in balance. It is one of the least expensive ways to keep healthy and prevent disease. For example, if you have an orange tree in your yard, eat these fruits when they are ripe and harvest them during their proper season. On my rural ranch near Malibu, CA, I have Polmeri and Mandarin Trees which bear fruit during early spring until early summer. These foods boost the body's resistance to colds, flu and bacteria, so they are in season, perfect for that time of year and the region I live in. I definitely notice the difference between supermarket bought food and freshly picked foods. Besides eating seasonally, here are some routines to get you started: Avoid unbleached flours and grains, as processing has removed all the vital nutrients from the bran. Chew food thoroughly and sip liquids. Eat foods that are easy to digest in the summer and heavier foods in the winter. Make soups from organic fruits and

vegetables. Now let's explore the magic of the 5 Elements of the Tao.

Seasons and the 5 Elements

The seasons are linked to the environmental elements

Spring = Wind
Summer = Heat
Late Summer = Damp
Autumn = Dryness
Winter = Cold

Now let's take a look generally at what foods to eat during what season.

Summer – Reduce foods that cause dampness **especially during late summer**. Salad Greens are best eaten during this season. Light foods that digest easily such as leafy greens, watermelon and cantaloupe are highly recommended. Reduce intake of meat or avoid altogether. Eat red fruits and reduce intake of pasteurized dairy such as cottage cheese and similar dairy based proteins.

Fall - Avoid extreme hot or cold foods. Take more moisture absorbing foods such as sesame seeds and Goji Berries.

Winter - Sweet Potatoes and Root vegetables are recommended. This is a time to tonify and rebalance. Yang-QI is weaker during this period.
Avoid excess beef and mutton. Take more soybeans, cottage cheese and other plant based proteins instead of meat based proteins. Take more soup and warm type foods.
Spring - More sweet foods such as Wheat, Brown Rice, Yogurt and Kefir. This is the best time to nourish spleen QI. This is the

period liver QI flows strongest.

Healing by Taste

The following Tao charts show you how to use taste for healing. For example, if you eat too much sour food and get constipated, then eat saltier tasting foods to restore balance.

Sour, Bitter, Pungent and Salty Foods and their Medicinal Effects

	Sweet	**Sour**	**Pungent**	**Salty**	**Bitter**
	Honey Red Dates Malt	Lemons, Tomatoes, Apples	Ginger Garlic, Chives	Salt, Kelp, Seaweed	Hops, Celery, Radishes
Good For	**Spleen and Stomach**	**Liver and Gallbladder**	**Lungs and Large Intestine**	**Kidneys and Bladder**	**Heart and Small Intestine**
Bad For	Kidneys and Bladder	Spleen and Stomach	Liver and Gallbladder	Heart and Small Intestine	Lungs and Large Intestine

Pungent Tasting Foods – These will promote blood circulation, and fight colds. Examples are ginger (*cold fighter*) and peppermint, (*relieves respiratory infections*).

Sweet Tasting Foods – These will replenish vital energy. These include Ginseng, Astragalus, Ophiopogon Root, Goji Berry and Carapax Trionycis. Malt Extract (h*igh in B Complex Vitamins*) and Chinese Dates relieve an upset gastrointestinal tract.

Sour Tasting Foods – These are astringent. These should be taken in moderation. Foods include: Chebula Fruit and Black Plum.

Bitter Tasting Foods – These remove dampness and *catharsis* (*catharsis* is *the purification and purgation of emotions usually pity and fear*). For example, **Coptis Root and Chinese Gentian** eliminate heat and damp or inflammation and exudation, and Rhubarb removes heat.

Salty Tasting Foods – These induce laxation or loose stools and they also harden and tone. **Seaweed, Kelp and Laminaria** heal Goiter (*the abnormal enlargement of the thyroid gland*) and Scrofula (*A form of tuberculosis affecting the lymph nodes*). Sodium Sulfate is a laxative.

The 5 Elements Sorted by Food Taste

Fire - Bitter foods are cooling (yin) and create contraction and the descending of energy

Earth - Sweet foods are strengthening (yang) and create a flow of energy that expands upwards and outward

Metal - Pungent foods are warming (yang) and create a flow of energy that expands and move outwards

Water - Salty foods are cooling (yin) and create a flow of energy that move inwards and down

Wood - Sour foods are cooling (yin) and create a flow of energy that contract and collects

Element and Food Type

	FIRE (bitter)	EARTH (sweet)	METAL (pungent)	WATER (salty)	WOOD (sour)
Grains	Amaranth Corn	Millet Barley	Rice	Buck-wheat	Oats / Wheat Rye
Legumes	Red Lentil	Garbanzo Peas	Navy Soy	Adzuki Black Kidney Pinto	Green Lentil Mung Lima
Nuts/ Seeds	Sunflower Pistachio	Pine Nut Pumpkin	Almonds	Black Sesame Walnut	Brazil Cashew
Vegetables	Red Bell Pepper Scallion Tomato Beet Dandelion Root Okra	Cabbage Carrot Parsnip Rutabaga Spinach Squash	Celery Cucumber Mustard Green Asparagus Broccoli Onion Radish	Kale Mush-rooms Seaw-eeds Water chestnut	Green Bell Pepper Green Pea Lettuce String Bean Zucchini
Fruits	Cherry Persimmon	Fig Orange Papaya Pineapple Strawberry	Apricot Banana Pear	Mul-berry Pom-egranate Raspberry Watermelon	Avocado Grape Lemon Lime Plum
Watch For Excess	Chocolate /Sugar	Meat	Eggs	Cheese	Soft Dairy

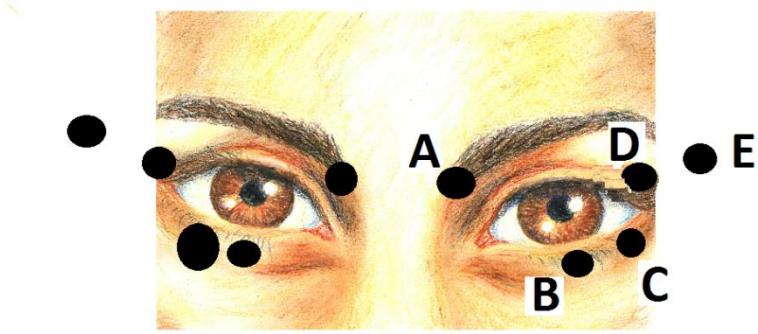
If you were a metal element, metal represents pungent foods including onion, which is warm in nature. Onions move energy in the Lung, Stomach and Large Intestine. It activates Yang and draws energy downwards. It can also create stomach fire creating good digestion. Other pungent foods recommended for metal types include garlic and chili.

Two Simple Eye Exercises That Relieve Eyestrain and Strengthen Vision

About 30 years ago while I was living in Australia, I came across a book on massage exercises that help strengthen the eyes and sharpen vision. I had used parts of these exercises throughout the years with remarkable success. A few weeks ago, by chance I just happened to come across the original text from the book and have decided to include it in this year's edition. Hence, here is the text as well as the exercises.

The eyes of a person and especially their movements reflect a person's intelligence. Hence, clever person's will exhibit large moving eyes, exploring their environment. A lack of eye movement or slow moving eyes shows repressed intelligence, which can be healed via proper stimulation of the eyes.

The eyes of the body open to the liver. People who have eye problems usually have liver disorders or vice versa. Anger is a common symptom of a defective or poorly operating liver. Tao theory states that people who strain their eyes may be prone to anger. These exercises we are about to discuss will strengthen both your liver and eyes. Use them for weak vision, cataracts, nearsightness, glaucoma, astimatism and liver issues. You can also use these exercises resulting from poor blood circulation below the eyes which can come from watching too much TV or excessive reading or similar activates that place strain on the eyes. Sluggish circulation signs include chilly sensations caused by the body temperature rising above room temperature. This causes the surroundings to be cooler then the body. Just as an automobile engine needs to remove heat via its cooling radiator, the body needs cool liquids to circulate it to remove heat. Hence, sluggish circulation causes an increase in body temperature causing "damp" to occur in the eye region of the body. Glaucoma and other eye issues are a result of excess fluids in the eyes. Practice these exercises in an environment filled with ambient light. For example a room lit by candles or a Himalayan salt lamp will provide a gentle and energizing environment for the eyes.



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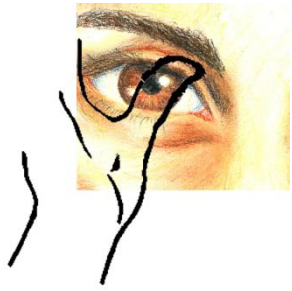


Steps

1 - Place your thumbs on the rim of your eye sockets located at the upper inside corner of the eyes. You will feel a small depression in the bone in this region which is the proper region to gently press. These points are shown as the letter A in the above image.

2 - Gently press in deeply and if there is pain, it shows that there is bad circulation. To increase the circulation, gently massage this

region for 10 seconds, release and repeat 3 times.

3 - Next put your index fingers in the small depressions at the middle region of the lower eye sockets shown at point B in the first image. Press in deeply on the rims, but not the cheekbones. Massage this area for 10 seconds, release and repeat 3 times.

4 - Next place your index fingers on the lower eye socket region that is located 1/4th of the distance from outside the corners of the eyes. See letter C in the above image. Press and massage this region for 10 seconds, release and repeat 3 times.

5 - Next place your index fingers on the upper eye socket located at the upper sides/ends of the corners of the eyes. See letter D in the above image. Press and massage this region for 10 seconds, release and repeat 3 times.

6 - Next place your fingers on your temples by moving them from out from the end of your eyebrows and locating the soft depressions on the sides of your head shown in point E in the above image. Press and massage this region for 10 seconds, release and repeat 3 times.

7 - Next rub your hands together in a brisk fashion until warm and then cup your hands over both of your eyes with your fingers slightly crossed, right over left. Don't press the eyes. Hold hands in this position for 10 seconds then repeat three times. Feel the healing warmth and light enter your eyes from your hands.

8 - Next rub your eyes lightly with your three middle fingers. Rub the bones around your eyes in a circular motion. Begin from the inside corner of your eye next to your nose. Rub up the bridge of your nose, across your eyebrows, towards your temples and down and back around the lower rim portion of your eye sockets and back to your nose. Repeat 10 times, pause and repeat 3 times.

Be sure not to rub the opposite direction as this will weaken the eyes. Use a natural healing cream if you feel you need a lubricant. For patients with glaucoma or cataracts, practice the first 7 eye

exercises just mentioned for up to 20 minutes a day. If the eyes become tired, do these exercises as they will also add a revitalizing effect to your entire body in mere minutes. When you feel pain in specific regions, do not press hard, the massaging of the other regions will gradually cause circulation to return, removing the pain over time.

Technique 2

Note all eye movements are to be done with your head level and straight. The only muscles that should move should be the eyeballs.

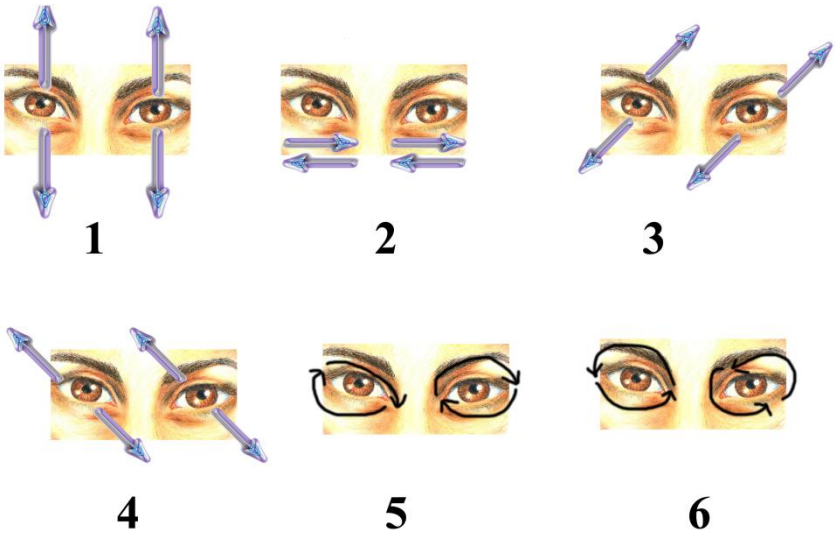
1 - Look upwards towards the sky and then down at the floor with your head level and straight. Repeat several times. Your eyes should move slowly and with deliberation.

2 - Next rotate the eyes to either side of your head, once again while holding your head level and straight.

3 - Next look up and down into the opposite corners of the eyes.

4 - Next rotate your eyes in a clockwise direction and then counterclockwise. This takes about 10 minutes to properly perform when done in a slow deliberate fashion.

5 - After each movement, or when you feel necessary, rub your hands together until warm and press your palms into your eye region to allow the healing energy to flow into the eyes.



That ends the 2 eye strengthening exercises.
I hope you find them of great value.

Tao Reference Charts

	FIRE	EARTH	METAL	WATER	WOOD
Colors	red	yellow	white	blue/black	green
Seasons	Summer	Late Summer	Autumn	Winter	Spring
Tastes	Bitter	Sweet	Pungent	Salty	Sour
Sounds	Laughing	Singing	Crying	Groaning	Shouting
Sense Organs	Tongue	Mouth	Nose	Ears	Eyes
Environment	Heat	Dampness	Dryness	Cold	Wind
Emotions	Joy	Worry or Pensiveness	Grief or Sadness	Fear	Anger

	Five Element Theory				
Details	**Wood (木 - Mù)**	**Fire (火 - Huǒ)**	**Earth (土 - Tǔ)**	**Metal (金 - Jīn)**	**Water (水 - Shuǐ)**
Cycles (Creation)	feeds Fire	makes Earth	creates Metal	collects Water	nourishes Wood
Cycles (Destruction)	breaks Earth	melts Metal	absorbs Water	splits wood	extinguishes Fire
8 Trigrams Nature	Wind and Thunder	Fire	Earth and Mountain	Heaven and Lake (River)[1]	Water
Symbol	Dragon	Phoenix	Caldron	Tiger	Tortoise
Colors	Green	Red	Yellow	White	Black / Blue
Planets	Jupiter	Mars	Saturn	Venus	Mercury
Dragons of the ...	East Sea	South Sea	-	West Sea	North Sea
Metals	Iron	Copper	Gold	Silver	Tin
Compass	East	South	Center	West	North

direction					
Heavenly creatures	Azure Dragon	Red Phoenix	Yellow Dragon	White Tiger	Black Tortoise
Seasons	Spring	Summer	Late Summer	Autumn	Winter
Stages	Germin-ation	Growth	Transfo-ration	Harvest	Storage
Climate	Windy	Heat	Humid	Dry	Cold
Grains	Wheat	Corn	Millet	Rice	Beans
Fruits	Plum	Apricot	Date (Jujube)	Peach	Chestnut
Day	Thursday	Tuesday	Saturday	Friday	Wednesday
Details	**Wood (木 - Mù)**	**Fire (火 - Huǒ)**	**Earth (土 - Tǔ)**	**Metal (金 - Jīn)**	**Water (水 - Shuǐ)**
Time of day	Morning	Noon	Afternoon	Evening	Night
Five Virtues	Benev-olence	Propriety	Sincerity	Righteousness	Wisdom
Energy	Upward	Expansive	Down-ward	Contr-acted	Floating
Action	Crushing	Exploding	Crossing	Splitting	Drilling
Senses	Vision, Sight	Touch, Speech	Taste	Smell	Hearing
Negative emotions	Anger	Sadness, Hate	Worry	Regret	Fear, Anxiety
Taste, flavor	Sour	Bitter	Sweet	Spicy	Salty
Positive emotions	Kindness	Joy, Love	Empathy	Hope	Will
Sounds	Shouting	Laughing	Singing	Crying	Moaning
Five Relations (Superior)	Ruler	Father	Husband, Man	Elder Brother	Friend
Five Relations (Subordinate)	(Civil) Servant	Son	Wife, Woman	Younger Brother	Friend
Five	Shao	Fu Xi	Yellow	Shennong	Zhuan

Emperors	Hao (少昊)	(伏羲)	Emperor (黃帝)	(神農)	Xu (顓頊)

METAL	WOOD	WATER	FIRE	EARTH
Splitting	Crushing	Drilling	Exploding/Pounding	Crossing
Axe	Arrow	Lighting	Cannon	Bullet
Elder Brother	Ruler	Friend	Father	Husband
Younger Brother	Subject	Friend	Son	Wife
Speech	Countenance	Listening	Sight	Thought
Crying	Calling	Moaning	Laughing	Singing
Deep Sighing	Shouting	Groaning		
Rank	Goatish	Rotten	Burning	Fragrant
Detention	Death	Fines	Life Exile	Exile
Tiger	Dragon	Tortoise	Phoenix	Caldron
Furred	Scaled	Shelled	Winged	Naked
Dog	Goat/Sheep	Pig	Chicken	Ox
Scorpions	Snakes	Centipedes	Toads	Lizards
Silver	Iron	Tin	Copper	Gold
7, 8	1, 2	10, 11	4, 5	3, 6, 9, 12
Friday	Thursday	Wednesday	Tuesday	Saturday
Huan, Shensi	Tai, Shantung	Heng, Hopei	Heng, Hunan	Sung, Honan
Tibetan	Mongol	Turks	Han	Manchurian
Jung-shou	Chü-mang	Hsüan-ming	Chü-jung	Hou-tu

METAL	WOOD	WATER	FIRE	EARTH
Splitting	Crushing	Drilling	Exploding/Pounding	Crossing
Axe	Arrow	Lighting	Cannon	Bullet
Vital	Blood	Will	Psychic	Physical
Respiration Elimination	Toxin processing	Elimination	Circulation of blood, hormones, and food	Digestion
Lay	Walk	Stand	Look	Sit
Back	Neck	Waist	Chest	Spine
Breath	Nails	Hair	Complexion	Breast
Skin	Tendons	Bones	Arteries	Muscles
Mucus	Tears	Urine	Sweat	Saliva
Spicy	Sour	Salty	Bitter	Sweet
Nose	Eyes	Ears	Tongue	Lips
Ring Finger	Index Finger	Little Finger	Middle Finger	Thumb
Autumn	Spring	Winter	Summer	Replenishing Indian Summer
Harvest	Birth	Storage	Growth	Transformation
Dry	Windy	Cold	Heat	Damp
Rice	Wheat	Beans	Corn	Millet
Horse	Chicken	Pig	Sheep	Cow
Peach	Plum	Chestnut	Apricot	Date
Re	Mi	La	Sol	Do
D	E	A	G	C
White Tiger	Green Dragon	Black Tortoise	Red Phoenix	Yellow Dragon

METAL	WOOD	WATER	FIRE	EARTH
Splitting	Crushing	Drilling	Exploding/Pounding	Crossing
Axe	Arrow	Lighting	Cannon	Bullet
White Tiger	Green Dragon	Black Tortoise	Red Phoenix	Yellow Dragon
Venus	Jupiter	Mercury	Mars	Saturn
Jīn	*Mù*	*Shuǐ*	*Huǒ*	*Tǔ*
Corporeal Soul	Ethereal Soul	Will	Aggregate Soul	Intellect
Sky Lake	Wind Thunder	Water	Fire	Earth Mountain
☰ ☱	☴ ☳	☵	☲	☶ ☷
Force Open	Ground Shake	Gorge	Radiance	Field Bound
Heaven Marsh	Wind Thunder	Water	Fire	Earth Mountain
Healthy Ecstasy	To Enter To Act	To Collapse	Beautiful	Favorable To Stop
Father Youngest Daughter	Eldest Son Eldest Daughter	Middle Son	Middle Daughter	Mother Youngest Son
Northwest West	Southeast East	North	South	Southwest Northeast

METAL	WOOD	WATER	FIRE	EARTH
Splitting	Crushing	Drilling	Exploding/Pounding	Crossing
Axe	Arrow	Lighting	Cannon	Bullet
Lungs	Liver	Kidneys	Heart	Spleen
			Pericardium	Pancreas
Large Intestine	Gall Bladder	Bladder	Small Intestine	Stomach
			Triple Warmer	
White	Turquoise (Green)	Black (Blue)	Red	Yellow
Collects	Feeds	Nourishes	Makes	Creates
WATER	FIRE	WOOD	EARTH	METAL
Splits	Breaks	Douses	Melts	Absorbs
WOOD	EARTH	FIRE	METAL	WATER
Lesser Yin	Lesser Yang	Utmost Yin	Utmost Yang	Center
West	East	North	South	Center
Forward	Back	Left	Right	Center
Smell	Sight	Hearing	Touch	Taste
Worry				Obsession
Grief			Joy	Thoughtfulness
Guilt	Anger	Fear	Love	Reflexion
Regret	Resentment	Anxiety	Hate	Empathy
Lamenting				Sympathy
Vital	Blood	Will	Psychic	Physical

The Double Letters of Seven			
Letter	**Planet**	**Creative Day**	**Body Part**
R	Sun	Sunday	Right Eye
G	Moon	Monday	Left Eye
P	Mars	Tuesday	Right Nostril
B	Mercury	Wednesday	Mouth
K	Jupiter	Thursday	Right Ear
D	Venus	Friday	Left Nostril
Th	Saturn	Saturday	Left Ear

Element, Season and Virtue					
Element	Planet	Direction	Season	Color	Virtue
Water	Mercury	North	Winter	Black	Wisdom
Metal	Venus	West	Fall	White	Righteo-usness
Fire	Mars	South	Summer	Red	Propriety
Wood	Jupiter	East	Spring	Blue-Green	Benev-olence
Earth	Saturn	Center	Last 18 days of each year	Yellow	Faith

Ssu Hsiang Interpretations				
Cycle	**More Yin**	**Less Yang**	**More Yang**	**Less Yin**
Heaven	Moon	Fixed Stars of the Zodiac	Sun	Planet
Sun Phase	Winter	Spring	Summer	Fall
Moon Phase	New	First Quarter	Full	Last Quarter
Earth	Emperor	Prince	Ruler/ King	Duke
Head	Ears	Nose	Eyes	Mouth
Advice	Still and Silent	Prepar e for Attack	Act with Force	Withdraw
Direction	North	East	South	West
Quality	Cold	Light	Hot	Dark
Cycle of Yin/Yang	Yin	Yin to Yang	Yang	Yang to Yin
Tai-Chi/2 Fish	Black Fish	White eye on black head	White Fish	Black eye on white head
Generated Trigram	Ken and K'un	Sun and K'an	Ch'i-en and Tui	Li and Chen

Astrological Hierarchy of the Elements	
Celestial Order	**Order of Element**
Sun	Fire
Mercury	Water
Venus	Metal
Earth	Earth
Moon	Water
Mars	Fire
Jupiter	Wood
Saturn	Earth
28 Lunar Mansions	Metal
Stars (Zodiac)	Wood

Element, Sound and Number					
Element	**Sound**	**Scent**	**Flavor**	**Emotion**	**Num**
Earth	Sings	Fragrant	Sweet	Sympathy	5 & 6
Water	Groans	Putrid	Salt	Fear	9 & 10
Metal	Weeps	Rotten	Pungent	Grief	7 & 8
Fire	Laughs	Scorched	Bitter	Joy	3 7 4
Wood	Shouts	Rancid	Sour	Anger	1 & 2

Elements, Sensation and Organs			
Element	**Animal**	**Body Part**	**Human Organ**
Wood	Feathers	Muscles	Liver/Gallbladder
Fire	Bald	Nerves	Heart/Small Intestine
Earth	Hairy	Skeleton	Lung/Large Intestine
Metal	Armor	Skin	Lung/Large Intestine
Water	Scaly	Blood	Kidney/Bladder

Five Element Harmonization				
Element	**Element Source**	**Element Product**	**Opposite**	**Friend**
Wood	Water	Fire	Metal	Earth
Fire	Wood	Earth	Water	Metal
Earth	Fire	Mental	Wood	Water
Metal	Earth	Water	Fire	Wood
Water	Mental	Wood	Earth	Fire

The 4 Seasons, Foods and Elements

Season	Dominant Element/Organ	Organ at its Weakest Point
Spring	Wood (Liver); eat less sour foods	Earth (Spleen); eat more mildly sweet foods
Summer	Fire (Heart); eat less bitter foods	Metal (Lungs); eat more pungent foods
Autumn	Metal (Lungs); eat less pungent foods	Wood (Liver); eat more sour foods
Winter	Water (Kidneys); eat less salty foods	Fire (Heart); eat more bitter foods

Element	Yin Organ	Yang Organ	Season
Fire	Heart	Small Intestine	Summer
Earth	Spleen	Stomach	Late Summer
Metal	Lungs	Large Intestine	Autumn
Water	Kidneys	Bladder	Winter
Wood	Liver	Gallbladder	Spring

Scents and Emotions used to Enhance Healing and Strength

Elem-ent	Sounds	Scent	Flavor	Emotion	Number
Water	Groans	Putrid	Salt	Fear	9 and 10
Wood	Shouts	Rancid	Sour	Anger	1 and 2
Metal	Weeps	Rots	Pungent	Grieving	7 and 8
Earth	Sings	Fragrant	Sweet	Sympathy	5 and 6
Fire	Laughs	Scorches	Bitter	Joy	3 and 4

QI Gong Peak Windows and Associated Data

Hourly and Monthly Variation of QI Flow			
Name	**Time Period**	**Organ**	**Month**
Gou	11 a.m. to 1 p.m.	Heart	June
Dun	1 p.m. to 3 p.m.	Intestines	July
Pi	3 p.m. to 5 p.m.	Bladder	August
Guan	5 p.m. to 7 p.m.	Kidneys	September
Bo	7 p.m. to 9 p.m.	Pericardum	October
Kun	9 p.m. to 11 p.m.	Triple Burner	November
Fu	11 p.m. to 1 a.m.	Gall Bladder	December
Lin	1 a.m. to 3 a.m.	Liver	January
Tai	3 a.m. to 5 a.m.	Lungs	February
Dazhuang	5 a.m. to 7 a.m.	Colon	March
Guai	7 a.m. to 9 a.m.	Stomach	April
Qian	9 a.m. to 11 a.m.	Spleen	May

Hours and the 5 Elements Simplified Chart

Element	**Wood**	**Fire**	**Earth**	**Metal**	**Water**
Solid organ	Liver	Heart	Spleen/ Pancreas	Lungs	Kidneys
Time full	1 am–3 am	11 am–1 pm	9 am–11 am	3 am–5 am	5 pm–7 pm
Positive emotion	Kindness	Love Honor	Compassion Fairness	Courage Righteousness	Gentle-ness

QI Gong / Revitalization energy – Seasonal and Hourly Peaks

Energy				Revitalization Peak
Place of Eternal Frost	Winter Solstice	Furthest Southward of Equator	Maximum Yin/ Shortest Days/ Longest Cold	**Midnight**
Golden Gate	Spring Equinox	Crosses Heavenly Equator	Light and Darkness/ Yin and Yang Balanced. Yang QI is expanding	**Sunrise**
Palace of Unive-rsal Yang	Summer Solstice	Furthermost Northernmost Point from Equator	Maximum Yang or Brightness, Longest Days, of light and heat	**Noon**

Gate of the Moon	Autumn Equinox	Crosses Equator	Light and Darkness, Yin and Yang in Balance, Yin QI is increasing	**Sunset**

QI Flow and Moon Phase

PHASE OF MOON	REASON	TIDE	QI & BLOOD	REGULATION
New	Moon between sun; earth. Start of orbit	Spring. M ax. Sun; moon pull together	Deficient	No Purging
Waxing Crescent	Moon between sun; earth & 1/8th around orbit	Spring. M ax. Sun; moon pull together	Turning excessive	No Tonifying
First Quarter	Moon is 90 deg. to sun & 1/4 around orbit	Neap. Min. Sun; moon work against each other	Deficient	No Purging
Full	Moon opposite sun & 1/2 around orbit	Spring. M ax. Sun & moon pull together	Excessive	No Tonifying

Last Quarter	Moon is 90 deg. to sun & 3/4 around orbit	Neap. Min. Sun & moon work against each other	Turning Deficient	No Purging
Waning Crescent	Moon between sun & earth & 7/8th around orbit	Spring. Max. Sun & moon pull together	Deficient	No Purging

Zi Wu Liu Zhu: Cyclical flow of Qi and Blood through the meridians – Organs and Hours

Branch	Channel	Organ	Hour
Zi shi	Foot Shao Yang channel	Gallbladder	23:00-01:00
Chou shi	Foot Jue Yin channel	Liver	01:00-03:00
Yin shi	Hand Tai Yin channel	Lung	03:00-05:00
Mao shi	Hand Yang Ming channel	Large Intestine	05:00-07:00
Chen shi	Foot Yang Ming channel	Stomach	07:00-09:00
Si shi	Foot Tai Yin channel	Spleen	09:00-11:00
Wu shi	Hand Shao Yin channel	Heart	11:00-13:00
Wei shi	Hand Tai Yang channel	Small Intestine	13:00-15:00
Shen shi	Foot Tai Yang channel	Urinary Bladder	15:00-17:00
You shi	Foot Shao Yin channel	Kidney	17:00-19:00
Xu shi	Hand Jue Yin channel	Pericardium	19:00-21:00
Hai shi	Hand Shao Yang channel	Triple Burner	21:00-23:00

Master Chart of the 5 Elements

Number	8	7	5	9	6
Planet	Jupiter	Mars	Earth/ Saturn	Venus	Mercury
Moo n Cycle	Half Moon heading towards full	Full Moon	Hidden Moon	Half Moon heading towards new	New Moon
Results	Tree	Heat	Soil	Metal	Water
Vegetable	Leeks	Shallots	Mallow	Onions	Greens
Scent	Rancid/ Oily	Burnt	Fragrant	Rotten	Putrid
Modulates	Prayer	Healthy Habits	Herbs	Acupun-cture	Warming Heat Therapy
Color	Green	Red	Yellow	White	Black
Exhibitor	Spiritual	Soul	Mind	Ambition	Body Strength
Taste	Sour	Bitter	Sweet	Pungent	Salty
Grains	Wheat	Red Millet	Yellow Millet	Brown Rice	Legumes
Fruits	Apple/ Plum	Berries	Dates/ Olives	Melon	Citrus
Movement	Upwards	Active	Downwards	Solidified	Liquid
Susceptible areas to disease	Nerves	Viscera	Tongue	Upper Back	Cavities

Master Chart of Seasonal Sounds and Emotions

	More Yang	Less Yang	Balanced Yin/Yang	Less Yin	More Yin
5 Elements	Wood	Fire	Earth	Air	Water
Yang Organ	Gallbladder	Small Intestine	Stomach	Large Intestine	Bladder
Interior	Muscles	Blood Vessels	Flesh	Skin	Bones
Exterior	Nails	Com-plexion	Breast/ Lips	Hair/ Breath	Skull/ Hair
Sensory	Eyes	Tongue	Mouth	Nose	Ears
5 Senses	Sight	Speech	Taste	Smell	Hearing
Fluids	Tears	Sweat	Saliva	Mucus	Urine
Season	Spring	Summer	Late Summer	Fall	Winter
Direction	East	South	Center/ Earth	West	North
Weather	Windy	Hot	Humid	Dry	Cold
Sounds	Shouting	Laughing	Singing	Weeping	Groaning
Nervous System	Control	Anxious	Sobbing/ Belch	Coughing	Trembling
Emotions	Anger	Joy	Worry	Depression	Fear
Creative Ability	Inspired	Aspiration	Intellect	Dominance	Will
Exterior Function	Color	Odor	Taste	Voice	Fluid

Number	8	7	5	9	6
Planet	Jupiter	Mars	Earth/ Saturn	Venus	Mercury
Moon Cycle	Half Moon heading towards full	Full Moon	Hidden Moon	Half Moon heading towards new	New Moon
Manifest-ative results	Tree	Heat	Soil	Metal	Water
Color	Green	Red	Yellow	White	Black
Exhibitor	Spiritual	Soul	Mind	Ambition	Body Strength
Movement	Upwards	Active	Down-wards	Solidified	Liquid
Susceptib le areas to disease	Nerves	Viscera	Tongue	Upper Back	Cavities
5 Tastes	Sour	Bitter	Sweet	Pungent	Salty
Grains	Wheat	Red Millet	Yellow Millet	Brown Rice	Legumes
Fruits	Apple/ Plum	Berries	Dates/ Olives	Melon	Citrus
Vegetables	Leeks	Shallots	Mallow	Onions	Greens
Foods not advised	Rancid/ Oily	Burnt	Fragrant	Rotten	Putrid
Modulates	Prayer	Healthy Habits	Herbs	Acupunc-ture	Warming Heat Therapy
Daily Rhythms	Morning	Noon	Afternoon	Evening	Night

Weather Effects	Crisp/ Dry	Fog/ Mist	Mellow	Snow	Ice/ Frost
Skin Color	Grey/ Blue	Red	Yellow/ Milky	Pale	Black/ Dark

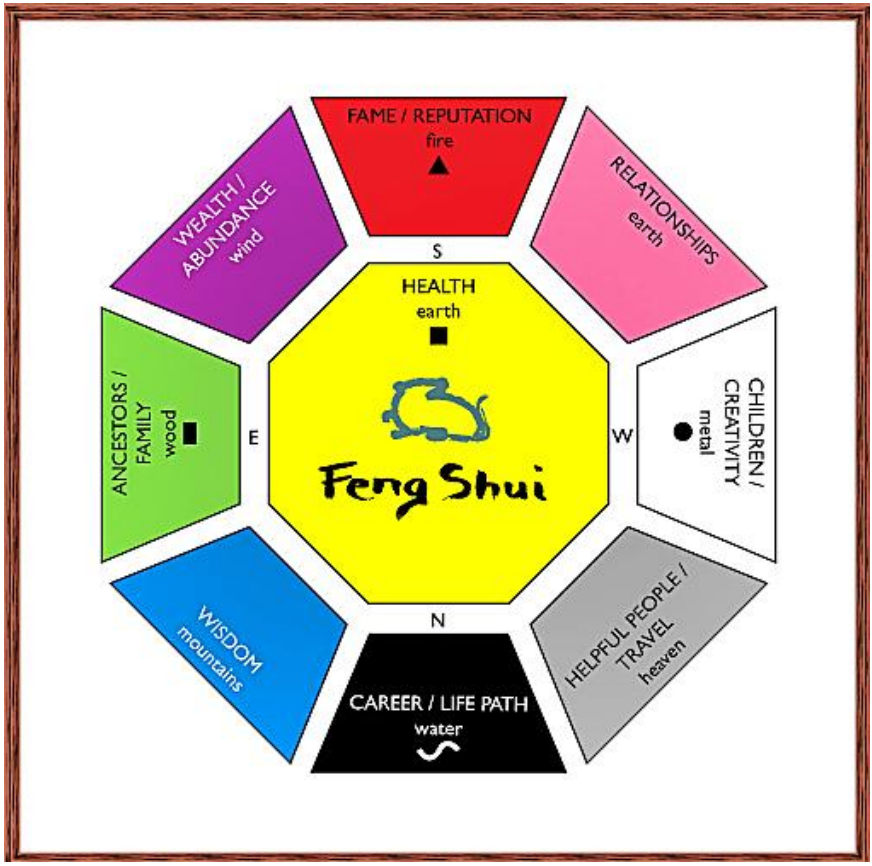
Microclimate Environments Caused by Activity in Given Regions

Clouds	**Black Soil, Multitude, Supporting, Hands, Large Wagons, Working Lathe, Parsimony, Cauldron, Square Cloth**
Mild Temperature/ Clouds	**Seeds, Worn Tree Trunk, Bridges, Guardians, Gateways, Small Rocks, Bypaths**
Cold, Dark And Rainy	**Danger, Trees Of Strength, Winding Road, Thief, Wheel, Concealed, Hidden, Ditch, Channel**
Tornadoes/Strong Winds	**Business, Decisions, Lofty, Long, Plumbline, Carpenter′s Square**
Cold, Clear And Crisp	**Machine, Clock, Moving Cogs, Ice, Cooling, Metal, Jade, Circular**
Clearing After A Thunderstorm	**Swift, Speed, Messages, Messengers, Vehemence, Decisions, Great Stretches Of Highway**

Clear, Warm And Dry	**Drought, Spiral Moving, Hollow Trees, Armor, Spears, Helmets**
Fog, Mist And Rain	**Salt, Swords, Stringed Instrument, Plucking Fruit, Decay, Magic, Reflected, Concubine**

Characteristic	Wood	Fire	Earth	Metal	Water
Virtue	Benevolence	Propriety	Fidelity/ Honesty	Righteousness	Wisdom
Planets	Venus	Jupiter	Mercury	Mars	Saturn
Heavenly Stems	1st (Jia 甲), 2nd (Yi 乙)	3rd (Bing 丙), 4th (Ding 丁)	5th (Wu 戊), 6th (Ji 己)	7th (Geng 庚), 8th (Xin 辛)	9th (Ren 壬), 10th (Gui 癸)
Represents	**Blooming, Creativity Flourish & Luxuriance**	Enthusiasm and passion	**Stability, Security & Nurturing**	**Progress, Persistence, Ambition & Determination**	**Brightness, Attitude, Mental Strength Aptitude**

	Wood	Fire	Earth	Metal	Water
Direction	East	South	Center	West	North
Season	Spring	Summer	Late Summer	Autumn	Winter
Climate	Windy	Hot	Damp	Dry	Cold
Age	Birth	Childhood	Adulthood	Old age	Death
Color	Blue Green	Red	Yellow	White	Black
Motive	Strength, warmth,	Expansion, activity	Nurturance, balance, coolness	cold, stiff, hard	Fluidity, movement,
Emotions	Anger	Hot	Pensiveness	Sadness, grief	Fear, fright
Sound	Shouting	Laughing	Singing	Weeping	Groaning
Taste	**Sour**	**Bitter**	**Sweet**	**Pungent**	**Salty**
Yin Channel	Liver	Heart	Spleen	Lungs	Kidneys
Yang Channel	Gall Bladder	Small Intestine, Pericardium	Stomach	Large Intestine	Bladder
Excessive Behavior	Rising energy	Slow, scattered energy	blocked energy	Weak energy	Chaotic energy
Stages	Birth and regrowth	Upward growth	Harvest	Decline and decay	Death and rebirth
Disharmony detectable In	Eyes, nails	Tongue, facial complexion	Mouth,lips	Nose, skin	Ears, hair


FAME / REPUTATION
fire
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wood
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W
CHILDREN / CREATIVITY
metal
WISDOM
mountains
N
CAREER / LIFE PATH
water
HELPFUL PEOPLE / TRAVEL
heaven

Favourable Locations for positioning Herbs / Fruits / Tree Types according to Region	
Grains, Herbs, Teas, Fruits, Fresh Fruit, Chrysanthemum	**House, Study, Mountain Retreat, Shrine, Temple.**
Rice, Lake Plants, Magnolia, Gardenia	**House, Bedroom, Marshes, Valleys, Lakes**
Dried Fruit, Peanuts, Tomatoes, Watermelon, Pepper, Maple	**Patio Or House Porch, Lighted Street Of The City, Lighthouse**
Plum, Peach, Evergreen, Young Bamboo, Green Vegetables	**House, Living Room, Forest, Buildings**
Taro, Flowered Bulbs, Beets, Potatoes, Yams, Ginger	**Kitchen In House, Bottom Of Ocean, Fields, Farms**
Trees, Poppy, Grass, Lily	**House, Hallway, Library, Forest Glades**

Swamp Plants, Reed, Lotus	**House, Bathroom, Waterfall, Well, River**
Avocado, Banana, Mango, Mushrooms	**House, Dining Room, Graves, Path, Gate, Palace, Castle**

Quality, Character and Traits tied to Emotion

Still, Silent	**Fair, Objective**	**Honest**
Moist, Dangerous, abysmal	**Deceitful, clever**	**Rebelliousness**
Cheerful, pleasing, joyous	**Affable, gentle**	**Laughter**
Rulership, Firm	**Benevolent, warm hearted**	**Leadership**
Protective, obedience, reception	**Benevolent, Warm Hearted**	**Devotion**
Dispersing, penetrating, gentle	**Heartless, cool**	**Empathy**
Arousing, moving	**Unlucky**	**Surprise**

Radiant, warm, brilliant	**Open minded, optimistic**	**Intuitive**

The Five Elements – Season, Organs and Climate (Damp, Heat etc.)

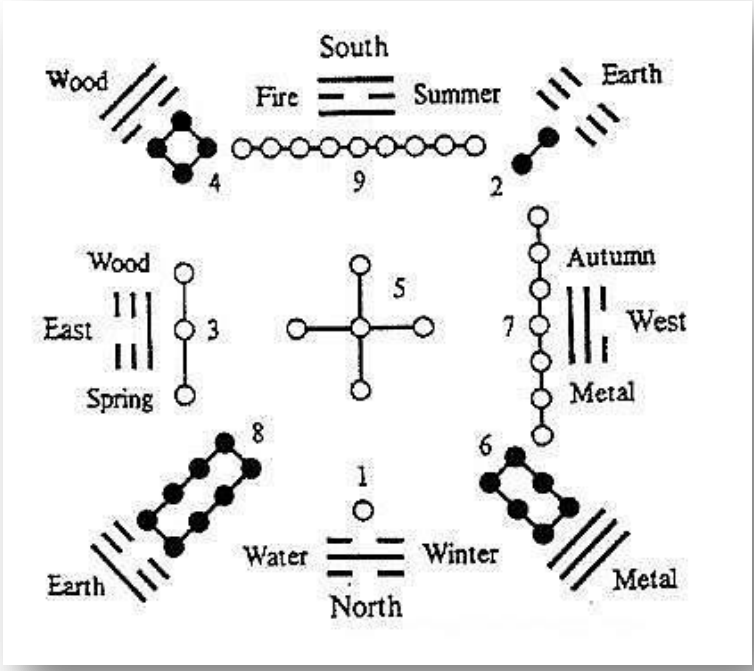
Element	Season	Climatic Factor	Organ Affected
wood	spring	wind	liver
fire	summer	heat	heart
earth	long/late Summer	dampness	spleen
metal	fall	dryness	lungs
water	winter	coldness	kidney

Characteristic	Wood	Fire	Earth	Metal	Water
Direction	East	South	Center	West	North
Season	Spring	Summer	change of seasons (last month of each season)	Autumn	Winter
Climate	Windy	Hot	Damp	Dry	Cold
Color	Green	Red	Yellow	White	Black
Shape	Rectangular	Angular	Square	Round	Undulating

Metals and their Associated Planets

Metal Element and Planet	
Planet	Title
Mercury	Water Star
Venus	Metal Star
Saturn	Earth Star
Mars	Fire Star
Jupiter	Wood Star

Planets and the Order of Elements	
Earth	Earth
28 Lunar Mansions	Metal
Moon	Water
Jupiter	Wood
Mercury	Water
Venus	Metal
Sun	Fire
Saturn	Earth
Stars and Zodiac	Wood


South
Wood
Fire
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Spring
5
Autumn
7
West
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1
6
Earth
Water
Winter
Metal
North

Thank you for helping make the all new 2018 Tao almanac another success. Utilize it as a valuable tool for health, prosperity and well-being in the years ahead. By possessing the tools to adapt to the coming changes, we gain new insights to non-invasive healing. It also lays the foundation for self-sufficiency and a cooperative harmony among nations and people to advance goals and realize our true potential.

Scott Rauvers

Founder of the Institute for Solar Studies on Behavior and Human Health.

www.**ez3dbiz.com**

An additional book you may be interested that closely relates to this title is Secrets to Creating Money Effortlessly using Lucid Dreaming also written by Scott Rauvers.

Notes

Notes

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