

The 2019 Tao Nutrition Planetary Almanac and Intuitive Astrology Organizer



**Perfect Timing for Growth, Success and
Abundance in one convenient almanac.**

Published by the Institute for Solar Studies, Santa Monica, California.



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***Some Almanacs are for gardens,
the Tao almanac nourishes wisdom***



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**REMOTE VIEWING THE FINANCIAL MARKETS
BOOK 4 - *Stock Market Remote Viewing. Heart Rate Variability and Intuition Secrets.*** Moving into our 3rd year of remote viewing the financial markets, this edition lists all our latest discoveries and technology. This fourth edition in our series validates our previous theories and hypothesis with published scientific studies confirming our theory that solar weather affects the health of the body, especially the heart. It also covers in detail the specific substances in essential oils that enhance remote viewing and goes into the details of why full moons enhance precognition. Standing waves are also briefly covered and how they enhance ARV sessions via the Schuman resonance. Seasonal cycles of the solar wind are

also covered to help one narrow down the remote viewing sweet spot. The second part of this edition covers the new science of HeartMath and how one can use HeartMath to boost their intuition. A special chapter is devoted to cosmic rays showing how they influence HRV (Heart Rate) and can be used to enhance the success of remote viewing sessions. Specific instructions for all the 4 main HeartMath exercises are included.

You may preview the first 3 chapters of any of these titles by visiting:

<http://www.mightyz.com/faqs.html>

**Available January 2019 - The Modern Alchemist's
Book of Anti-aging Formulas & Longevity Recipes**



Scott Rauvers,

Author of the Tao Almanac

Thank you to all our 2018 readers for making last year's 2018 Tao Almanac an astounding success! Wishing all 2019 readers an abundant and prosperous 2019!!

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***Welcome to the 2019 Tao Nutrition Planetary
Almanac and Intuitive Astrology Organizer!***

2018 was a spectacular year for discovering more Tao related material and connecting the material into an organizable, readable format. This has led to the accumulation of a complete picture of how to use the Tao not only for health, and prosperity, but to gain a much clearer understanding of the cycles of nature. When you know the cycles of nature, you have the power and energy to create a life of freedom, health and lasting financial prosperity.

What's New in the 2019 Edition

Included in this 2019 edition of the Tao Almanac are revised and all new Tao Charts, new unique articles, a more mainstreamed easier to read 2019 moon void of course calendar and the ever popular Electional Astrology date chapter has been completely rewritten making the finding of the dates to put tasks into action easier than ever before. Also a new daily **power of element** has been added to the Electional Astrology section, allowing one to see the strength of a particular element for each day. The best time for viewing Meteor showers and the best location for eclipses is also included.

With literally thousands of Tao charts now available on the web, the most relevant information has been edited down into the most useful information. Hence this edition includes not only revised Tao Charts, but alchemical and other correspondences. It also includes the node passages of the moon and the rise, zenith and set times of the longevity and prosperity star Canopus.

One of the new things in this 2019 edition, is we explore the ancient Taoist longevity texts and combine

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them with the latest scientific studies confirming why they extend lifespan.

The planetary ephemeris has been discontinued, allowing the almanac to **focus** more on alchemical related cycles. Hence, this edition includes all new alchemy correspondences, including musical note correspondences. All new articles include articles about cosmic rays, black holes Angkor Wat, the Wufu Xu and Wu Xing texts.

The greatest contribution to this edition is the newly revised LST Seasonal 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 maximize health, vitality and well-being.

Know the real reason behind the rash of hurricanes - find out how to enhance your remote viewing, which foods heal according to your Tao element and season and much more! We would also like to offer a special thanks to our 2018 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

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of Course Calendar and with the dates the constellation is in each house, 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 few 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 this edition 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 numerous original articles showcasing the latest creative ideas and rare information that will super-charge your goal setting and objectives all through 2019.

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**

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Avoid frustrating failures and delays by timing your important projects according to season, element or star in order to successfully 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 2019 edition and all of us here at EZ3DBIZ publications wish you a happy and prosperous 2019!!!

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What is Taoism?

Taoism was officially recognized by the Yellow Emperor (Huangdi) during approximately 2,740 B.C. Huangdi is said to have been a paragon of wisdom whose reign was a golden age. He was said to have dreamt of the ideal kingdom whose inhabitants were tranquil and lived in harmony with the natural law, while possessing virtues similar to those found in Daoism. Today the Tao is a religion indigenous to China. The book called Laozi, which is also known as



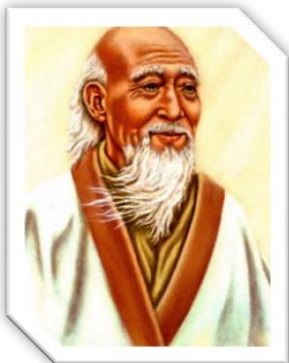
"Dao De Jing", contains the main writings of Taoism. Taoism believes that Tao is the root of all creation, the origin of consciousness and the beginning of Heaven and Earth.

Taoist teachings state there are other universes that exist besides this universe. Taoism believes human beings can achieve immortality due to the Tao being eternal. Hence, whoever can acquire and hold on to it achieves longevity. This is also called De (as in Dao De Jing), which stands for "obtaining the Dao".

Summary

Taoism pursues longevity and values life. Physical immortality and spiritual enlightenment is obtained via practicing the Tao while enjoying life during the process. Attainment of immortality takes place through the channeling of energies caused by effects of the Tao. Civilizations rise and fall, languages change & people evolve. As long as the sun shines giving earth her 4 seasons, the language of the Tao will always remain an important part of how to interpret the cycles of nature.

When did Taoism begin?



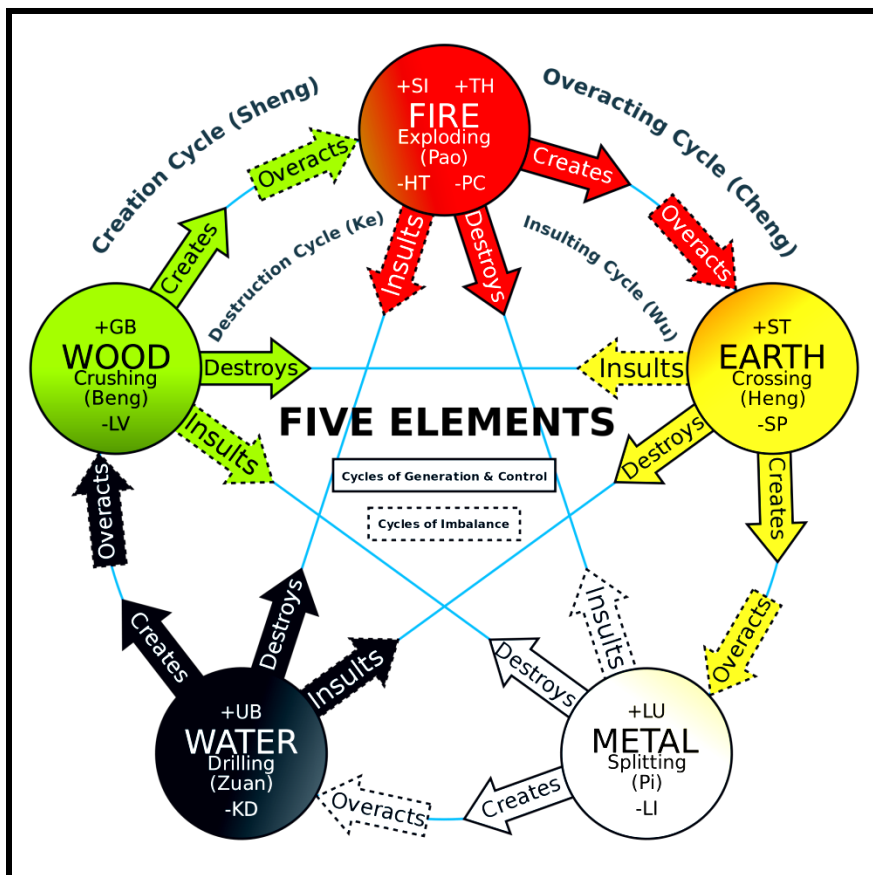
Yuan

Taoism first began with the Yellow Emperor, became fully enriched by Laozi, and became a formal religion by Zhang Daoling. Much of the awareness of the Tao is attributed to Laozi (pictured), a legendary Daoism philosopher. Other writings state that during the year 666, the Emperor of the Tang Dynasty gave Laozi the title "Tai-Shang Xuan-Yuan Emperor". In 1013 another Emperor gave Laozi the name "Tai-Shang Lao-Jun Hun-Shang-De Emperor".

Taoism utilizes tranquility and purity as its primary goals, as well as foundation, emptiness, softness and humility. Taoists believe there exists three Corpse-Spirits inside each one of us (similar to the Hawaiian Huna 3 selves) and that the perceived world we live in is made up of Yin and Yang. On top of Ying and Yang are the 5 main Phases (Water, Fire, Metal, Wood and the Earth). These emerge from the interaction between Yin and Yang. The "Five Phases" are responsible for the creation and operations that go on in our universe.

Water grows Wood, Wood grows Fire, Fire grows Earth, Earth grows Metal, and Metal grows Water. Water dissolves Fires, Fire dissolves Metal, Metal dissolves Wood, Wood dissolves Earth and Earth dissolves Water.

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What is the "Ba-Gua"?

The Ba-Gua" are the 8 "Trigrams". They were invented by an ancient Emperor known as "Fu-Xi" and are the foundational building blocks of Taoism philosophy. This practice was utilized by Mr. Li Ching Yuen who allegedly used it to live to over 200 years of age.

What day are the "Jie-Jia" rituals performed?

On the 25th day of the last month of a year at midnight (on the eve of the 24th) all Taoist temples perform the "Jie-Jia" ritual, which is a "welcoming ceremony for the royals or honored guests".

Where are the Taoist Temples?

Out of 21 Taoist temples in China, the 5 main temples are:

- Mao Shan Taoist Monastery in the county of Ju Rong,
- Bao Pu Taoist Monastery in Hangzhou,
- Chang Dao Temple in Dujiangyan.
- White Cloud Temple in Beijing,
- Tai Qing Temple in the city of Shen Yang (pictured),



What national Taoist organizations exist today?

Master Ren Fa Rong (pictured) at the White Cloud Temple in Beijing represents the Taoists today.



Sun Si Miao

Sun Si Miao is portrayed as the King of Medicine and lived around the Tang Dynasty during the sixth century. Sun Si Miao believed in the

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balance of Yin and Yang by keeping in harmony with the natural environment (i.e. the climate). He saved countless lives by applying these principles. His ideas greatly influenced Chinese Medicine and are still widely used today.

The following tables give a brief summary of the elements and their attributes.

Element Correspondences – AIR					
Music	Plant	Shape	Sound	Time	Tool
Toning, Mantras, Chants, Songs	Blueball, Dandelion	Octahedron. Circle with dot in middle	Wind Chimes, Bells	Dawn	Wand, Aromatic
<p>The spirit of Air is represented by the playful slyphs, much like winged fairies of folklore. When a sacred circle is drawn, the element of air is the first point of calling. At the start of another day, fresh, motivating winds fill our lungs with cool, warm air. A time to learn and grow.</p> <p>Air represents the gaseous state of matter and rules breath, speech, voice, information, communication, networking, intellect, eloquence and networking. Animals are the hawk, eagle and songbird and the tool the dagger. Minerals are mercury, jade, granite, salt rock, halite, hematite, jasper and malachite. Plants are anise, citron peel, lavender, lemon, bergamot and frankincense. Incense is sandalwood and galbanum.</p>					

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Element Correspondences - FIRE						
Music	Plant	Shape	Sound	Gemstone	Time	Tool
Drums	Basil, Fennel, Onion	Tetrahedron (triangle pointed upwards)	Crackling, Static	Ruby, Garnet, Carnelian, Lava, Amber	Noon	Athame
<p>The spirit of fire is represented by the salamander. Following the sun, turning clockwise around the circle brings us south. The height of the summer sun fills one with passion and living in the moment, filling our body and soul with the energy of fire.</p> <p>Fire corresponds to inspiration, birth and the spark of life. Fire is represented by passions, the life force and the drive to create. Animals represented by fire include the dragon, horse and the lion. Minerals include iron, gold, fire opal, tiger's eye, garnet, amber and carnelian. Plants include basil, allspice, angelica, cinnamon, cedar, mustard, nettles, nutmeg, onions, orange, rosemary, sunflower, tangerine, tobacco, red poppy, rose germanium and woodruff. Incense is copal and olibanum.</p>						

Element Correspondences – WATER					
Music	Plant	Shape	Sound	Time	Tool
Gong, Prayer Bowl	Kelp, Lettuce, Willow	Eicosahedron, Trident	Waves, Raindrops	Dusk	Cup
<p>The Spirit of water is represented by the Mermaid. Water follows the moon, teaching us to flow intuitively with the current of life. Patience is water's strength, carving its way, eventually reaching its destination. Emotions grow into fullness, expressing themselves allowing us to discover our psychic gifts.</p>					

Water represents the liquid state of matter and rules the subconscious mind. Animals represented by water include the dolphin, sea serpent, seals, gulls and fish. Minerals include silver, topaz, sapphire, lapis lazuli, amethyst and citrine.

Element Correspondences – EARTH

Music	Plant	Shape	Sound	Time	Tool
Brass and metallic Instruments	Oats, Rice, Corn, Oak, Ivy	Cube, Circle with an equidistant cross at the radius	Echoing	Night	Pentacle, Coin

The spirit of Earth is represented by the Leprechaun. When most people draw a circle, they begin at the top, or northernmost point. The more grounded we become, the wiser we become and the more we are able to reach for the sky.

Earth represents melancholic temperament and the solid state of matter. It represents livestock, money, crops, property, family, investments, savings and family. The mineral associated with earth is Salt. Minerals include granite, salt, jade, hematite, lead, emerald and Ochre.

An Introduction to the 5 Phases

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 fourth centuries BC. The five phases spread from there and became applied in practices such as feng shui, astrology, shiatsu, acupuncture,

The five elements are used to explain an array of phenomena, from the interaction between internal organs, cosmic cycles, the succession of political regimes and the healing behavior of medicinal drugs.

The 5 phases were employed in numerous fields of early Chinese thought such as Feng shui, astrology, traditional Chinese medicine, military strategy, music and martial arts. The system is still used today as a reference tool in one way or another in various forms of alternative and complementary medicine including the martial arts.

The elements that make up the 5 phases are seen as moving and ever changing having a type of energetic transformation of universal energy that gives rise to all observable phenomena in the perceived universe.

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

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Qi (life force) is impacted 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.

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 than 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. In nature and our everyday lives, when one or more of the following become excessive, the counter-

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emotion / energy will automatically manifest itself which in turn will restore balance.

- Excessive anger / determination to be right damages the liver/gallbladder, but is balanced by grief.
- Excessive joy injures the heart/small intestine/pericardium/triple heater, and is balanced by fear.
- Excess pensiveness damages the spleen/pancreas/stomach and is balanced by being more carefree.
- Excess sympathy injures the stomach, and is balanced by anger.
- Excess grief damages the lungs/large intestine, and is balanced by anger.
- Extreme fear damages the kidneys/bladder, 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 Envy can be balanced by more Benevolence
- Excess Love can be balanced by more Wisdom
- Excess Meekness can be balanced by more Self Value

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- 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 Liberty can be balanced by more Lawful Obedience

**THE 5 MAIN ORGANS GOVERNING THE
FUNCTIONING OF THE BODY**

- The Kidneys control the bones and rule the spleen.
- The Heart controls the pulse and rules the kidneys.
- The Lungs control the skin and rule the heart.
- The Liver controls the muscles and rule the lungs.
- The Liver nourishes the muscles.
- The muscles strengthen the heart and the heart nourishes blood which strengthens the spleen.

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Organ Properties and Vulnerabilities				
Organ	Conscious Influence	Conscious Attribute	Virtue	Vulnerability
Heart	Consciousness	Experience	Propriety	Lack of Sleep harms the heart
Liver	Visions and Dreams	The Dream World	Compassion and Benevolence	Lack of Compassion harms the liver
Lung	Reflexes and Instincts	Responses	Righteousness and Reverence	Excess reflexes or lack of reverence harms the lungs
Spleen	Intention, Mental focus	Reflection	Sincerity, Trust	Excess mental focus harms the Spleen
Kidneys	Willpower, perseverance and determination	Deep Sleep	Wisdom	Lack of Wisdom or sleep harms the kidneys

The 5 Main Influences of the Seasons

Spring – Motivation

Summer – Connection with Nature

Late Summer – Slowing Down / Winding Down

Fall – Purification / Renewal

Winter – Mind and Body

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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

SENSATIONS, EMOTIONS, AND THE 5 PHASES

<u>Element</u>	<u>Chakra</u>	<u>Gland</u>	<u>Sense</u>	<u>Organ</u>	<u>Emotion</u>
Sky	Throat	Thyroid	Hearing	Ears	Ego/Pride
Air	Heart	Thymus	Touch	Skin	Greed
Fire	Navel	Pancreas	Sight	Eyes	Anger
Water	Genitals	Gonads	Taste	Tongue	Self-Indulgence
Earth	Rectal	Adrenal	Smell	Nose	Attachment

Finding Your Sign

To start, one needs their animal sign and phase. 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.

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

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Step 2

Now that you know your animal sign, next match your animal sign with one of the following 5 phases.

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

Now that you know your phase, the final step is to match the last number in your year of birth to find your element.

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.**

For example, if you were born in 1970, your animal sign would be dog, your phase earth and your element metal. Now you can use these 3 and match them with the charts and information shown in this almanac. As an example of how to use this almanac to plan for the year, if your animal

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sign was OX, the OX month is from Jan 6th to Feb 3th of each year and the hours are from 1 a.m. to 3 a.m. January matches your character and personality and you can use the information to plan for that month.

On the following pages the information for each sign lists your animal's traits, strengths and weakness. You may then use that information to strengthen any weak areas you feel you need strengthening or improving. You can also use it for planning important projects that require critical timing.

You can use your element to locate the appropriate diet and lifestyle by using the charts shown at the end of this almanac. You can also use your element to find your lucky numbers, colors, hour, day of week and much more! This is what makes the Tao so exciting, it shows in clear detail how everything unites with all substance in the universe, giving one a clear path to carry out their dreams and achieve their goals.

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 that the rejuvenation energy is stronger. Use the data below to find your seasonal peak each year. Let's use the example of the element metal. The data 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

WOOD – SPRING - dawn

FIRE – SUMMER – 12 noon

**EARTH – LATE SUMMER – late
afternoon**

METAL – FALL - sunset

WATER – WINTER - midnight

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2019 Highlights

Venus 2019

Venus starts out as the morning star, with Jupiter closing in on it rapidly. By January 22nd it will be separated by less than 2.5° at which time the planetary duo will shine near the bright star the hour before dawn with Saturn making an even closer approach to Venus in February. During March, Venus will be close to the Sun's glare but won't be the evening star until late November. During this time Jupiter and Saturn will catch up with Venus again.

2019 Meteor showers

The Geminid and Perseid meteor showers will be hard to see, due to them taking place a couple of days within the full Moon. However the frosty Quadrantid shower will peak around the new Moon, making it an ideal show, as far as lack of moonlight is concerned.

2019 Eclipses

There are a total of 5 five eclipses in 2019 with January (20th and 21st) containing a lunar and July a solar (2nd). The January lunar eclipse is almost perfect for viewing in north America and the solar eclipse is perfectly positioned for the Americas, with a complete solar eclipse being visible in Argentina and Chili. The December solar eclipse brings rings of Sun to India, the Arabian Peninsula, Indonesia and Guam.

JANUARY 2019

13:30 LST Time Begins at 6:55 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 is 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

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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. Fear can sometimes feel more intense during winter. The color of winter represents black and darkness. The mind goes through the phase of re-birth and healing 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.

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. You can also visualize dark blue violet light flowing down from the planet mercury filling the kidneys, seeing the dark blue violet protecting, strengthening and bringing the kidneys into a state of peak health and well being.

Element WATER

Winter represents cold. 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

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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 or practice bone strengthening resistance exercises. 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.

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January 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 New Year's Day	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 ML King Day	22	23	24	25	26
27	28	29	30	31		

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

Canopus Rise, Zenith and Set

2019 Jan 01 (Tue)	21:09 160	23:26 5S	01:48 200
2019 Jan 02 (Wed)	21:05 160	23:22 5S	01:44 200
2019 Jan 03 (Thu)	21:01 160	23:19 5S	01:40 200
2019 Jan 04 (Fri)	20:57 160	23:15 5S	01:36 200
2019 Jan 05 (Sat)	20:53 160	23:11 5S	01:32 200

Sirius Rise, Zenith and Set

2019 Jan 01 (Tue)	18:31 110	23:48 41S	05:09 250
2019 Jan 02 (Wed)	18:27 110	23:44 41S	05:05 250
2019 Jan 03 (Thu)	18:23 110	23:40 41S	05:01 250
2019 Jan 04 (Fri)	18:19 110	23:36 41S	04:57 250
2019 Jan 05 (Sat)	18:15 110	23:32 41S	04:53 250

Betelgeuse Rise, Zenith and Set

2019 Jan 01 (Tue)	16:37 81	22:58 65S	05:23 279
2019 Jan 02 (Wed)	16:33 81	22:54 65S	05:19 279
2019 Jan 03 (Thu)	16:30 81	22:50 65S	05:15 279
2019 Jan 04 (Fri)	16:26 81	22:46 65S	05:11 279
2019 Jan 05 (Sat)	16:22 81	22:43 65S	05:07 279

Arcturus Rise, Zenith and Set

2019 Jan 01 (Tue)	00:28 67	07:21 76S	14:14 293
2019 Jan 02 (Wed)	00:24 67	07:17 76S	14:10 293
2019 Jan 03 (Thu)	00:20 67	07:13 76S	14:06 293
2019 Jan 04 (Fri)	00:16 67	07:09 76S	14:03 293
2019 Jan 05 (Sat)	00:12 67	07:05 76S	13:59 293

Polaris Rise, Zenith and Set

2019 Jan 01 (Tue)	***** **	19:59 33N	***** **	08:01 32N
2019 Jan 02 (Wed)	***** **	19:55 33N	***** **	07:57 32N
2019 Jan 03 (Thu)	***** **	19:51 33N	***** **	07:53 32N
2019 Jan 04 (Fri)	***** **	19:47 33N	***** **	07:49 32N
2019 Jan 05 (Sat)	***** **	19:43 33N	***** **	07:45 32N

(**** denotes object continuously above horizon)

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Vega Rise, Zenith and Set

2019 Jan 01 (Tue)	03:34 41	11:41 84N	19:49 319
2019 Jan 02 (Wed)	03:30 41	11:38 84N	19:45 319
2019 Jan 03 (Thu)	03:26 41	11:34 84N	19:41 319
2019 Jan 04 (Fri)	03:22 41	11:30 84N	19:37 319
2019 Jan 05 (Sat)	03:18 41	11:26 84N	19:33 319

Mercury Rise, Zenith and Set

2019 Jan 01 (Tue)	05:43 118	10:42 34S	15:41 242
2019 Jan 02 (Wed)	05:46 118	10:45 34S	15:43 242
2019 Jan 03 (Thu)	05:49 118	10:47 34S	15:45 242
2019 Jan 04 (Fri)	05:52 118	10:50 34S	15:48 242
2019 Jan 05 (Sat)	05:55 118	10:52 33S	15:50 242

Venus Rise, Zenith and Set

2019 Jan 01 (Tue)	03:13 108	08:35 42S	13:57 252
2019 Jan 02 (Wed)	03:14 108	08:35 42S	13:56 252
2019 Jan 03 (Thu)	03:15 109	08:35 41S	13:56 251
2019 Jan 04 (Fri)	03:15 109	08:35 41S	13:55 251
2019 Jan 05 (Sat)	03:16 109	08:36 41S	13:55 251

Mars Rise, Zenith and Set

2019 Jan 01 (Tue)	11:04 90	17:06 57S	23:08 270
2019 Jan 02 (Wed)	11:01 89	17:04 58S	23:08 271
2019 Jan 03 (Thu)	10:59 89	17:03 58S	23:07 271
2019 Jan 04 (Fri)	10:57 89	17:01 58S	23:06 271
2019 Jan 05 (Sat)	10:55 88	17:00 58S	23:05 272

Jupiter Rise, Zenith and Set

2019 Jan 01 (Tue)	04:43 116	09:46 36S	14:50 244
2019 Jan 02 (Wed)	04:40 116	09:43 36S	14:46 244
2019 Jan 03 (Thu)	04:37 116	09:40 36S	14:43 244
2019 Jan 04 (Fri)	04:34 116	09:37 36S	14:40 244
2019 Jan 05 (Sat)	04:31 116	09:34 36S	14:37 244

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Saturn Rise, Zenith and Set

2019 Jan 01 (Tue)	06:53 117	11:54 35S	16:54 243
2019 Jan 02 (Wed)	06:50 117	11:50 35S	16:51 243
2019 Jan 03 (Thu)	06:46 117	11:47 35S	16:47 243
2019 Jan 04 (Fri)	06:43 117	11:43 35S	16:44 243
2019 Jan 05 (Sat)	06:39 117	11:40 35S	16:41 243

FEBRUARY 2019

13:30 LST Time Begins at 4:50 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 one's 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.

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February 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14 Valentine's Day	15	16
17	18 Presidents' Day	19	20	21	22	23
24	25	26	27	28		

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

Canopus Rise, Zenith and Set

2019 Feb 01 (Fri)	19:07 160	21:24 5S	23:42 200
2019 Feb 02 (Sat)	19:03 160	21:21 5S	23:38 200
2019 Feb 03 (Sun)	18:59 160	21:17 5S	23:34 200
2019 Feb 04 (Mon)	18:56 160	21:13 5S	23:30 200
2019 Feb 05 (Tue)	18:52 160	21:09 5S	23:26 200

Sirius Rise, Zenith and Set

2019 Feb 01 (Fri)	16:29 110	21:46 41S	03:07 250
2019 Feb 02 (Sat)	16:25 110	21:42 41S	03:03 250
2019 Feb 03 (Sun)	16:21 110	21:38 41S	02:59 250
2019 Feb 04 (Mon)	16:17 110	21:34 41S	02:56 250
2019 Feb 05 (Tue)	16:13 110	21:30 41S	02:52 250

Betelgeuse Rise, Zenith and Set

2019 Feb 01 (Fri)	14:36 81	20:56 65S	03:21 279
2019 Feb 02 (Sat)	14:32 81	20:52 65S	03:17 279
2019 Feb 03 (Sun)	14:28 81	20:49 65S	03:13 279
2019 Feb 04 (Mon)	14:24 81	20:45 65S	03:09 279
2019 Feb 05 (Tue)	14:20 81	20:41 65S	03:05 279

Arcturus Rise, Zenith and Set

2019 Feb 01 (Fri)	22:22 67	05:19 76S	12:12 293
2019 Feb 02 (Sat)	22:18 67	05:15 76S	12:09 293
2019 Feb 03 (Sun)	22:14 67	05:11 76S	12:05 293
2019 Feb 04 (Mon)	22:10 67	05:07 76S	12:01 293
2019 Feb 05 (Tue)	22:06 67	05:04 76S	11:57 293

Polaris Rise, Zenith and Set

2019 Feb 01 (Fri)	***** **	17:57 33N	***** **	05:58 32N
2019 Feb 02 (Sat)	***** **	17:53 33N	***** **	05:55 32N
2019 Feb 03 (Sun)	***** **	17:49 33N	***** **	05:51 32N
2019 Feb 04 (Mon)	***** **	17:45 33N	***** **	05:47 32N
2019 Feb 05 (Tue)	***** **	17:41 33N	***** **	05:43 32N

(**** denotes object continuously above horizon)

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Vega Rise, Zenith and Set

2019 Feb 01 (Fri)	01:32 41	09:40 84N	17:47 319
2019 Feb 02 (Sat)	01:28 41	09:36 84N	17:43 319
2019 Feb 03 (Sun)	01:24 41	09:32 84N	17:39 319
2019 Feb 04 (Mon)	01:20 41	09:28 84N	17:35 319
2019 Feb 05 (Tue)	01:17 41	09:24 84N	17:31 319

Mercury Rise, Zenith and Set

2019 Feb 01 (Fri)	06:59 112	12:12 39S	17:27 248
2019 Feb 02 (Sat)	07:00 111	12:16 39S	17:32 249
2019 Feb 03 (Sun)	07:02 110	12:19 40S	17:36 250
2019 Feb 04 (Mon)	07:03 110	12:22 41S	17:41 251
2019 Feb 05 (Tue)	07:04 109	12:25 41S	17:46 251

Venus Rise, Zenith and Set

2019 Feb 01 (Fri)	03:45 115	08:51 36S	13:58 245
2019 Feb 02 (Sat)	03:46 115	08:52 36S	13:58 245
2019 Feb 03 (Sun)	03:47 115	08:53 36S	13:59 245
2019 Feb 04 (Mon)	03:48 115	08:54 36S	14:00 245
2019 Feb 05 (Tue)	03:49 115	08:55 36S	14:01 245

Mars Rise, Zenith and Set

2019 Feb 01 (Fri)	09:56 79	16:20 66S	22:45 281
2019 Feb 02 (Sat)	09:53 79	16:19 66S	22:45 281
2019 Feb 03 (Sun)	09:51 79	16:17 66S	22:44 281
2019 Feb 04 (Mon)	09:49 78	16:16 67S	22:43 282
2019 Feb 05 (Tue)	09:47 78	16:15 67S	22:43 282

Jupiter Rise, Zenith and Set

2019 Feb 01 (Fri)	03:09 116	08:10 35S	13:11 244
2019 Feb 02 (Sat)	03:05 116	08:07 35S	13:08 244
2019 Feb 03 (Sun)	03:02 116	08:03 35S	13:05 244
2019 Feb 04 (Mon)	02:59 116	08:00 35S	13:01 244
2019 Feb 05 (Tue)	02:56 116	07:57 35S	12:58 244

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Saturn Rise, Zenith and Set

2019 Feb 01 (Fri)	05:05 116	10:07 35S	15:09 244
2019 Feb 02 (Sat)	05:02 116	10:04 35S	15:05 244
2019 Feb 03 (Sun)	04:58 116	10:00 35S	15:02 244
2019 Feb 04 (Mon)	04:55 116	09:57 35S	14:58 244
2019 Feb 05 (Tue)	04:51 116	09:53 35S	14:55 244

MARCH 2019

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

This is the best season to have enthusiasm and a positive attitude. 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 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.

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March 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
31					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

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

Canopus Rise, Zenith and Set

2019 Mar 01 (Fri)	17:17 160	19:34 5S	21:52 200
2019 Mar 02 (Sat)	17:13 160	19:30 5S	21:48 200
2019 Mar 03 (Sun)	17:09 160	19:27 5S	21:44 200
2019 Mar 04 (Mon)	17:05 160	19:23 5S	21:40 200
2019 Mar 05 (Tue)	17:02 160	19:19 5S	21:36 200

Sirius Rise, Zenith and Set

2019 Mar 01 (Fri)	14:39 110	19:56 41S	01:17 250
2019 Mar 02 (Sat)	14:35 110	19:52 41S	01:13 250
2019 Mar 03 (Sun)	14:31 110	19:48 41S	01:09 250
2019 Mar 04 (Mon)	14:27 110	19:44 41S	01:05 250
2019 Mar 05 (Tue)	14:23 110	19:40 41S	01:01 250

Betelgeuse Rise, Zenith and Set

2019 Mar 01 (Fri)	12:45 81	19:06 65S	01:31 279
2019 Mar 02 (Sat)	12:41 81	19:02 65S	01:27 279
2019 Mar 03 (Sun)	12:38 81	18:58 65S	01:23 279
2019 Mar 04 (Mon)	12:34 81	18:54 65S	01:19 279
2019 Mar 05 (Tue)	12:30 81	18:51 65S	01:15 279

Arcturus Rise, Zenith and Set

2019 Mar 01 (Fri)	20:32 67	03:29 76S	10:22 293
2019 Mar 02 (Sat)	20:28 67	03:25 76S	10:18 293
2019 Mar 03 (Sun)	20:24 67	03:21 76S	10:15 293
2019 Mar 04 (Mon)	20:20 67	03:17 76S	10:11 293
2019 Mar 05 (Tue)	20:16 67	03:13 76S	10:07 293

Polaris Rise, Zenith and Set

2019 Mar 01 (Fri)	***** **	16:06 33N	***** **	04:08 32N
2019 Mar 02 (Sat)	***** **	16:02 33N	***** **	04:04 32N
2019 Mar 03 (Sun)	***** **	15:58 33N	***** **	04:00 32N
2019 Mar 04 (Mon)	***** **	15:54 33N	***** **	03:56 32N
2019 Mar 05 (Tue)	***** **	15:50 33N	***** **	03:52 32N

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Vega, Rise, Zenith and Set

2019 Mar 01 (Fri)	23:38 41	07:49 84N	15:57 319
2019 Mar 02 (Sat)	23:34 41	07:46 84N	15:53 319
2019 Mar 03 (Sun)	23:30 41	07:42 84N	15:49 319
2019 Mar 04 (Mon)	23:26 41	07:38 84N	15:45 319
2019 Mar 05 (Tue)	23:23 41	07:34 84N	15:41 319

Mercury Rise, Zenith and Set

2019 Mar 01 (Fri)	06:57 88	13:02 59S	19:08 272
2019 Mar 02 (Sat)	06:53 88	13:00 59S	19:07 273
2019 Mar 03 (Sun)	06:49 87	12:57 59S	19:04 273
2019 Mar 04 (Mon)	06:45 87	12:53 60S	19:01 273
2019 Mar 05 (Tue)	06:41 87	12:49 60S	18:58 274

Venus Rise, Zenith and Set

2019 Mar 01 (Fri)	04:09 113	09:20 38S	14:31 247
2019 Mar 02 (Sat)	04:10 113	09:21 38S	14:32 247
2019 Mar 03 (Sun)	04:10 112	09:22 38S	14:34 248
2019 Mar 04 (Mon)	04:10 112	09:23 38S	14:36 248
2019 Mar 05 (Tue)	04:11 112	09:24 39S	14:37 248

Mars Rise, Zenith and Set

2019 Mar 01 (Fri)	08:58 71	15:42 73S	22:26 289
2019 Mar 02 (Sat)	08:56 71	15:41 73S	22:25 289
2019 Mar 03 (Sun)	08:54 71	15:39 73S	22:25 290
2019 Mar 04 (Mon)	08:53 70	15:38 73S	22:24 290
2019 Mar 05 (Tue)	08:51 70	15:37 74S	22:23 290

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Jupiter Rise, Zenith and Set

2019 Mar 01 (Fri)	01:37 117	06:37 35S	11:38 243
2019 Mar 02 (Sat)	01:33 117	06:34 35S	11:34 243
2019 Mar 03 (Sun)	01:30 117	06:30 35S	11:31 243
2019 Mar 04 (Mon)	01:27 117	06:27 35S	11:27 243
2019 Mar 05 (Tue)	01:23 117	06:23 35S	11:24 243

Saturn Rise, Zenith and Set

2019 Mar 01 (Fri)	03:26 116	08:29 35S	13:31 244
2019 Mar 02 (Sat)	03:23 116	08:25 35S	13:28 244
2019 Mar 03 (Sun)	03:19 116	08:22 35S	13:24 244
2019 Mar 04 (Mon)	03:15 116	08:18 35S	13:21 244
2019 Mar 05 (Tue)	03:12 116	08:14 35S	13:17 244

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The 2019 Tao Nutrition Planetary Almanac
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April 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19 Good Friday	20
21 Easter	22	23	24	25	26	27
28	29	30				

The 2019 Tao Nutrition Planetary Almanac
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**ALL STAR AND PLANET RISE/SET TIMES ARE IN
PACIFIC STANDARD TIME**

Canopus Rise, Zenith and Set

2019 Apr 01 (Mon)	16:15 160	18:32 5S	20:50 200
2019 Apr 02 (Tue)	16:11 160	18:29 5S	20:46 200
2019 Apr 03 (Wed)	16:07 160	18:25 5S	20:42 200
2019 Apr 04 (Thu)	16:04 160	18:21 5S	20:38 200
2019 Apr 05 (Fri)	16:00 160	18:17 5S	20:34 200

Sirius Rise, Zenith and Set

2019 Apr 01 (Mon)	13:37 110	18:54 41S	00:15 250
2019 Apr 02 (Tue)	13:33 110	18:50 41S	00:11 250
2019 Apr 03 (Wed)	13:29 110	18:46 41S	00:07 250
2019 Apr 04 (Thu)	13:25 110	18:42 41S	00:04 250
2019 Apr 05 (Fri)	13:21 110	18:38 41S	23:56 250

Betelgeuse Rise, Zenith and Set

2019 Apr 01 (Mon)	11:44 81	18:04 65S	00:29 279
2019 Apr 02 (Tue)	11:40 81	18:00 65S	00:25 279
2019 Apr 03 (Wed)	11:36 81	17:57 65S	00:21 279
2019 Apr 04 (Thu)	11:32 81	17:53 65S	00:17 279
2019 Apr 05 (Fri)	11:28 81	17:49 65S	00:13 279

Arcturus Rise, Zenith and Set

2019 Apr 01 (Mon)	19:30 67	02:27 76S	09:21 293
2019 Apr 02 (Tue)	19:26 67	02:23 76S	09:17 293
2019 Apr 03 (Wed)	19:22 67	02:19 76S	09:13 293
2019 Apr 04 (Thu)	19:18 67	02:16 76S	09:09 293
2019 Apr 05 (Fri)	19:14 67	02:12 76S	09:05 293

Polaris Rise, Zenith and Set

2019 Apr 01 (Mon)	***** **	15:03 33N	***** **	03:05 32N
2019 Apr 02 (Tue)	***** **	14:59 33N	***** **	03:01 32N
2019 Apr 03 (Wed)	***** **	14:55 33N	***** **	02:57 32N
2019 Apr 04 (Thu)	***** **	14:51 33N	***** **	02:53 32N
2019 Apr 05 (Fri)	***** **	14:47 33N	***** **	02:49 32N

The 2019 Tao Nutrition Planetary Almanac
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Vega Rise, Zenith and Set

2019 Apr 01 (Mon)	22:36 41	06:48 84N	14:55 319
2019 Apr 02 (Tue)	22:32 41	06:44 84N	14:51 319
2019 Apr 03 (Wed)	22:29 41	06:40 84N	14:47 319
2019 Apr 04 (Thu)	22:25 41	06:36 84N	14:43 319
2019 Apr 05 (Fri)	22:21 41	06:32 84N	14:39 319

Mercury Rise, Zenith and Set

2019 Apr 01 (Mon)	05:34 96	11:22 52S	17:09 264
2019 Apr 02 (Tue)	05:32 96	11:20 52S	17:07 264
2019 Apr 03 (Wed)	05:30 96	11:18 52S	17:06 264
2019 Apr 04 (Thu)	05:28 96	11:16 52S	17:04 264
2019 Apr 05 (Fri)	05:27 96	11:15 52S	17:03 264

Venus Rise, Zenith and Set

2019 Apr 01 (Mon)	05:09 101	10:46 47S	16:24 259
2019 Apr 02 (Tue)	05:08 101	10:47 48S	16:26 259
2019 Apr 03 (Wed)	05:08 100	10:47 48S	16:27 260
2019 Apr 04 (Thu)	05:08 100	10:48 49S	16:29 260
2019 Apr 05 (Fri)	05:07 99	10:49 49S	16:31 261

Mars Rise, Zenith and Set

2019 Apr 01 (Mon)	09:03 64	16:04 79S	23:05 296
2019 Apr 02 (Tue)	09:01 64	16:03 79S	23:04 296
2019 Apr 03 (Wed)	09:00 64	16:01 79S	23:03 296
2019 Apr 04 (Thu)	08:58 64	16:00 79S	23:02 297
2019 Apr 05 (Fri)	08:57 63	15:59 79S	23:02 297

Jupiter Rise, Zenith and Set

2019 Apr 01 (Mon)	00:45 117	05:45 35S	10:45 243
2019 Apr 02 (Tue)	00:41 117	05:41 35S	10:41 243
2019 Apr 03 (Wed)	00:38 117	05:38 35S	10:37 243
2019 Apr 04 (Thu)	00:34 117	05:34 35S	10:34 243
2019 Apr 05 (Fri)	00:30 117	05:30 35S	10:30 243

**The 2019 Tao Nutrition Planetary Almanac
and Intuitive Astrology Organizer**

Saturn Rise, Zenith and Set

2019 Apr 01 (Mon)	02:32 116	07:36 36S	12:39 244
2019 Apr 02 (Tue)	02:29 115	07:32 36S	12:35 245
2019 Apr 03 (Wed)	02:25 115	07:28 36S	12:31 245
2019 Apr 04 (Thu)	02:21 115	07:24 36S	12:28 245
2019 Apr 05 (Fri)	02:17 115	07:21 36S	12:24 245

MAY 2019

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.

**The 2019 Tao Nutrition Planetary Almanac
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The 2019 Tao Nutrition Planetary Almanac
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May 2019							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				1	2	3	4
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
Mother's Day							
19	20	21	22	23	24	25	
26	27	28	29	30	31		
	Memorial Day						

The 2019 Tao Nutrition Planetary Almanac
and Intuitive Astrology Organizer

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

Canopus Rise, Zenith and Set

2019 May 01 (Wed)	14:17 160	16:35 5S	18:52 200
2019 May 02 (Thu)	14:13 160	16:31 5S	18:48 200
2019 May 03 (Fri)	14:09 160	16:27 5S	18:44 200
2019 May 04 (Sat)	14:06 160	16:23 5S	18:40 200
2019 May 05 (Sun)	14:02 160	16:19 5S	18:36 200

Sirius Rise, Zenith and Set

2019 May 01 (Wed)	11:39 110	16:56 41S	22:13 250
2019 May 02 (Thu)	11:35 110	16:52 41S	22:09 250
2019 May 03 (Fri)	11:31 110	16:48 41S	22:06 250
2019 May 04 (Sat)	11:27 110	16:44 41S	22:02 250
2019 May 05 (Sun)	11:23 110	16:40 41S	21:58 250

Betelgeuse Rise, Zenith and Set

2019 May 01 (Wed)	09:46 81	16:06 65S	22:27 279
2019 May 02 (Thu)	09:42 81	16:02 65S	22:23 279
2019 May 03 (Fri)	09:38 81	15:59 65S	22:19 279
2019 May 04 (Sat)	09:34 81	15:55 65S	22:15 279
2019 May 05 (Sun)	09:30 81	15:51 65S	22:12 279

Arcturus Rise, Zenith and Set

2019 May 01 (Wed)	17:32 67	00:29 76S	07:23 293
2019 May 02 (Thu)	17:28 67	00:25 76S	07:19 293
2019 May 03 (Fri)	17:24 67	00:21 76S	07:15 293
2019 May 04 (Sat)	17:20 67	00:18 76S	07:11 293
2019 May 05 (Sun)	17:16 67	00:14 76S	07:07 293

Polaris Rise, Zenith and Set

2019 May 01 (Wed)	***** **	13:05 33N	***** **	01:07 32N
2019 May 02 (Thu)	***** **	13:01 33N	***** **	01:03 32N
2019 May 03 (Fri)	***** **	12:57 33N	***** **	00:59 32N
2019 May 04 (Sat)	***** **	12:53 33N	***** **	00:55 32N
2019 May 05 (Sun)	***** **	12:49 33N	***** **	00:51 32N

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and Intuitive Astrology Organizer

Vega Rise, Zenith and Set

2019 May 01 (Wed)	20:38 41	04:50 84N	12:57 319
2019 May 02 (Thu)	20:35 41	04:46 84N	12:53 319
2019 May 03 (Fri)	20:31 41	04:42 84N	12:49 319
2019 May 04 (Sat)	20:27 41	04:38 84N	12:45 319
2019 May 05 (Sun)	20:23 41	04:34 84N	12:41 319

Mercury Rise, Zenith and Set

2019 May 01 (Wed)	05:15 83	11:33 63S	17:52 278
2019 May 02 (Thu)	05:15 82	11:35 64S	17:57 279
2019 May 03 (Fri)	05:16 81	11:38 65S	18:01 279
2019 May 04 (Sat)	05:16 80	11:40 65S	18:05 280
2019 May 05 (Sun)	05:17 79	11:43 66S	18:10 281

Venus Rise, Zenith and Set

2019 May 01 (Wed)	04:51 85	11:03 61S	17:16 275
2019 May 02 (Thu)	04:50 85	11:04 61S	17:18 276
2019 May 03 (Fri)	04:50 84	11:04 62S	17:19 276
2019 May 04 (Sat)	04:49 84	11:05 62S	17:21 277
2019 May 05 (Sun)	04:48 83	11:05 63S	17:23 277

Mars Rise, Zenith and Set

2019 May 01 (Wed)	08:20 60	15:30 81S	22:40 300
2019 May 02 (Thu)	08:19 60	15:29 81S	22:39 300
2019 May 03 (Fri)	08:18 60	15:28 82S	22:38 300
2019 May 04 (Sat)	08:16 60	15:27 82S	22:37 300
2019 May 05 (Sun)	08:15 60		15:26 82S

Jupiter Rise, Zenith and Set

2019 May 01 (Wed)	22:41 117	03:45 35S	08:45 243
2019 May 02 (Thu)	22:37 117	03:41 35S	08:41 243
2019 May 03 (Fri)	22:32 117	03:36 35S	08:36 243
2019 May 04 (Sat)	22:28 117	03:32 35S	08:32 243
2019 May 05 (Sun)	22:24 117	03:28 35S	08:28 243

The 2019 Tao Nutrition Planetary Almanac
and Intuitive Astrology Organizer

Saturn Rise, Zenith and Set

2019 May 01 (Wed)	00:37 115	05:40 36S	10:44 245
2019 May 02 (Thu)	00:33 115	05:37 36S	10:40 245
2019 May 03 (Fri)	00:29 115	05:33 36S	10:36 245
2019 May 04 (Sat)	00:25 115	05:29 36S	10:32 245
2019 May 05 (Sun)	00:21 115	05:25 36S	10:28 245

JUNE 2019

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 them 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 – HHHHAAAAAAAAAAAAAAAAAAAAA

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. 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. 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. Because heat can contribute to increased antioxidant damage, watermelon is packed with summer antioxidants. Bitterness is Yin energy. It is cooling and has an affinity with Summer.

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 (such as nuts), 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 "HHHEEEEE", 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, so strong geomagnetic energy during summer is rare. 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.

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June 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
31						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16 Father's Day	17	18	19	20	21	22
23	24	25	26	27	28	29

The 2019 Tao Nutrition Planetary Almanac
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**ALL STAR AND PLANET RISE/SET
TIMES ARE IN PACIFIC
STANDARD TIME**

Canopus Rise, Zenith and Set

2019 Jun 01 (Sat)	12:15 160	14:33 5S	16:50 200
2019 Jun 02 (Sun)	12:11 160	14:29 5S	16:46 200
2019 Jun 03 (Mon)	12:08 160	14:25 5S	16:42 200
2019 Jun 04 (Tue)	12:04 160	14:21 5S	16:38 200
2019 Jun 05 (Wed)	12:00 160	14:17 5S	16:34 200

Sirius Rise, Zenith and Set

2019 Jun 01 (Sat)	09:37 110	14:54 41S	20:12 250
2019 Jun 02 (Sun)	09:33 110	14:50 41S	20:08 250
2019 Jun 03 (Mon)	09:29 110	14:46 41S	20:04 250
2019 Jun 04 (Tue)	09:25 110	14:42 41S	20:00 250
2019 Jun 05 (Wed)	09:21 110	14:38 41S	19:56 250

Betelgeuse Rise, Zenith and Set

2019 Jun 01 (Sat)	07:44 81	14:05 65S	20:25 279
2019 Jun 02 (Sun)	07:40 81	14:01 65S	20:21 279
2019 Jun 03 (Mon)	07:36 81	13:57 65S	20:18 279
2019 Jun 04 (Tue)	07:32 81	13:53 65S	20:14 279
2019 Jun 05 (Wed)	07:28 81	13:49 65S	20:10 279

Arcturus Rise, Zenith and Set

2019 Jun 01 (Sat)	15:30 67	22:24 76S	05:21 293
2019 Jun 02 (Sun)	15:26 67	22:20 76S	05:17 293
2019 Jun 03 (Mon)	15:22 67	22:16 76S	05:13 293
2019 Jun 04 (Tue)	15:18 67	22:12 76S	05:09 293
2019 Jun 05 (Wed)	15:15 67	22:08 76S	05:05 293

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Polaris Rise, Zenith and Set

2019 Jun 01 (Sat)	***** **	11:03 33N	***** **	23:01 32N
2019 Jun 02 (Sun)	***** **	10:59 33N	***** **	22:57 32N
2019 Jun 03 (Mon)	***** **	10:55 33N	***** **	22:53 32N
2019 Jun 04 (Tue)	***** **	10:51 33N	***** **	22:49 32N
2019 Jun 05 (Wed)	***** **	10:48 33N	***** **	22:46 32N

Vega Rise, Zenith and Set

2019 Jun 01 (Sat)	18:37 41	02:48 84N	10:55 319
2019 Jun 02 (Sun)	18:33 41	02:44 84N	10:51 319
2019 Jun 03 (Mon)	18:29 41	02:40 84N	10:47 319
2019 Jun 04 (Tue)	18:25 41	02:36 84N	10:43 319
2019 Jun 05 (Wed)	18:21 41	02:32 84N	10:39 319

Mercury Rise, Zenith and Set

2019 Jun 01 (Sat)	06:28 59	13:43 82S	20:58 301
2019 Jun 02 (Sun)	06:33 59	13:48 83S	21:03 301
2019 Jun 03 (Mon)	06:37 59	13:52 83S	21:08 301
2019 Jun 04 (Tue)	06:41 59	13:57 83S	21:13 301
2019 Jun 05 (Wed)	06:45 59	14:01 83S	21:17 301

Venus Rise, Zenith and Set

2019 Jun 01 (Sat)	04:37 70	11:25 74S	18:13 291
2019 Jun 02 (Sun)	04:37 69	11:26 74S	18:15 291
2019 Jun 03 (Mon)	04:37 69	11:27 75S	18:17 291
2019 Jun 04 (Tue)	04:37 68	11:28 75S	18:19 292
2019 Jun 05 (Wed)	04:37 68	11:29 75S	18:21 292

Mars Rise, Zenith and Set

2019 Jun 01 (Sat)	07:46 60	14:56 81S	22:05 300
2019 Jun 02 (Sun)	07:45 61	14:54 81S	22:04 299
2019 Jun 03 (Mon)	07:44 61	14:53 81S	22:03 299
2019 Jun 04 (Tue)	07:43 61	14:52 81S	22:01 299
2019 Jun 05 (Wed)	07:42 61	14:51 81S	22:00 299

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and Intuitive Astrology Organizer

Jupiter Rise, Zenith and Set

2019 Jun 01 (Sat)	20:25 117	01:30 35S	06:30 243
2019 Jun 02 (Sun)	20:21 117	01:25 35S	06:26 243
2019 Jun 03 (Mon)	20:16 117	01:21 35S	06:21 243
2019 Jun 04 (Tue)	20:12 117	01:17 35S	06:17 243
2019 Jun 05 (Wed)	20:07 117	01:12 35S	06:12 243

Saturn Rise, Zenith and Set

2019 Jun 01 (Sat)	22:28 116	03:35 36S	08:38 244
2019 Jun 02 (Sun)	22:24 116	03:31 36S	08:34 244
2019 Jun 03 (Mon)	22:20 116	03:27 36S	08:30 244
2019 Jun 04 (Tue)	22:16 116	03:23 36S	08:26 244
2019 Jun 05 (Wed)	22:11 116	03:19 36S	08:21 244

JULY 2019

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 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.

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July 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	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			

The 2019 Tao Nutrition Planetary Almanac
and Intuitive Astrology Organizer

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

Canopus Rise, Zenith and Set

2019 Jul 01 (Mon)	10:17 160	12:35 5S	14:52 200
2019 Jul 02 (Tue)	10:13 160	12:31 5S	14:48 200
2019 Jul 03 (Wed)	10:10 160	12:27 5S	14:44 200
2019 Jul 04 (Thu)	10:06 160	12:23 5S	14:40 200
2019 Jul 05 (Fri)	10:02 160	12:19 5S	14:36 200

Sirius Rise, Zenith and Set

2019 Jul 01 (Mon)	07:39 110	12:56 41S	18:14 250
2019 Jul 02 (Tue)	07:35 110	12:52 41S	18:10 250
2019 Jul 03 (Wed)	07:31 110	12:48 41S	18:06 250
2019 Jul 04 (Thu)	07:27 110	12:44 41S	18:02 250
2019 Jul 05 (Fri)	07:23 110	12:41 41S	17:58 250

Betelgeuse Rise, Zenith and Set

2019 Jul 01 (Mon)	05:46 81	12:07 65S	18:27 279
2019 Jul 02 (Tue)	05:42 81	12:03 65S	18:24 279
2019 Jul 03 (Wed)	05:38 81	11:59 65S	18:20 279
2019 Jul 04 (Thu)	05:34 81	11:55 65S	18:16 279
2019 Jul 05 (Fri)	05:30 81	11:51 65S	18:12 279

Arcturus Rise, Zenith and Set

2019 Jun 01 (Sat)	15:30 67	22:24 76S	05:21 293
2019 Jun 02 (Sun)	15:26 67	22:20 76S	05:17 293
2019 Jun 03 (Mon)	15:22 67	22:16 76S	05:13 293
2019 Jun 04 (Tue)	15:18 67	22:12 76S	05:09 293
2019 Jun 05 (Wed)	15:15 67	22:08 76S	05:05 293

Polaris Rise, Zenith and Set

2019 Jul 01 (Mon)	***** **	09:06 33N	***** **	21:04 32N
2019 Jul 02 (Tue)	***** **	09:02 33N	***** **	21:00 32N
2019 Jul 03 (Wed)	***** **	08:58 33N	***** **	20:56 32N
2019 Jul 04 (Thu)	***** **	08:54 33N	***** **	20:52 32N
2019 Jul 05 (Fri)	***** **	08:50 33N	***** **	20:48 32N

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Vega Rise, Zenith and Set

2019 Jul 01 (Mon)	16:39 41	00:50 84N	08:57 319
2019 Jul 02 (Tue)	16:35 41	00:46 84N	08:53 319
2019 Jul 03 (Wed)	16:31 41	00:42 84N	08:49 319
2019 Jul 04 (Thu)	16:27 41	00:38 84N	08:45 319
2019 Jul 05 (Fri)	16:23 41	00:34 84N	08:41 319

Mercury Rise, Zenith and Set

2019 Jul 01 (Mon)	07:38 67	14:30 76S	21:22 292
2019 Jul 02 (Tue)	07:37 68	14:28 75S	21:18 292
2019 Jul 03 (Wed)	07:35 68	14:25 75S	21:14 291
2019 Jul 04 (Thu)	07:33 69	14:22 75S	21:10 291
2019 Jul 05 (Fri)	07:31 69	14:19 74S	21:06 291

Venus Rise, Zenith and Set

2019 Jul 01 (Mon)	04:53 62	12:01 81S	19:08 298
2019 Jul 02 (Tue)	04:54 62	12:02 81S	19:10 299
2019 Jul 03 (Wed)	04:55 61	12:03 81S	19:11 299
2019 Jul 04 (Thu)	04:57 61	12:05 81S	19:13 299
2019 Jul 05 (Fri)	04:58 61	12:06 81S	19:14 299

Mars Rise, Zenith and Set

2019 Jul 01 (Mon)	07:19 64	14:20 79S	21:20 296
2019 Jul 02 (Tue)	07:18 64	14:18 78S	21:19 296
2019 Jul 03 (Wed)	07:17 64	14:17 78S	21:17 296
2019 Jul 04 (Thu)	07:16 64	14:16 78S	21:15 295
2019 Jul 05 (Fri)	07:15 65	14:14 78S	21:13 295

Jupiter Rise, Zenith and Set

2019 Jul 01 (Mon)	18:11 116	23:12 35S	04:17 244
2019 Jul 02 (Tue)	18:06 116	23:07 35S	04:13 244
2019 Jul 03 (Wed)	18:02 116	23:03 35S	04:08 244
2019 Jul 04 (Thu)	17:57 116	22:59 35S	04:04 244
2019 Jul 05 (Fri)	17:53 116	22:54 35S	04:00 244

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Saturn Rise, Zenith and Set

2019 Jul 01 (Mon)	20:23 116	01:29 35S	06:31 244
2019 Jul 02 (Tue)	20:19 116	01:25 35S	06:27 244
2019 Jul 03 (Wed)	20:14 116	01:21 35S	06:23 244
2019 Jul 04 (Thu)	20:10 116	01:17 35S	06:18 244
2019 Jul 05 (Fri)	20:06 116	01:12 35S	06:14 244

AUGUST 2019

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 jealousy, envy, 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, revise 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.

Late Summer 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. The time period of late summer begins during late August and ends at the Fall /

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Autumn

Equinox.

It is a time of slowing down, when the transition from Yang to Yin energy begins. Late summer is when damp conditions are more prevalent and when worry is more common. The period of summer represents the spleen, pancreas and stomach. The spleen is responsible for nutrient absorption that nourishes the blood and muscles. The spleen generates white blood cells in bone marrow which in turn nourishes the immune system. Hence excess worry and over thinking can burden the spleen resulting in unnecessary fatigue. Fatigue is more common, hence it is a good time to get proper rest, adequate nutrition and to watch one's stress.

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

Spleen and Stomach / Mouth / Earth Element

Healing Color Visualization Exercise

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.

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Repeat this exercise 3, 6, 9, or more times.

Element EARTH

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.

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.

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.

Orange and Yellow are the colors of late summer. Late summer represents sweetness. This is the season that sweet and processed foods aggravate the spleen and

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pancreases contributing to excess dampness, resulting in feeling tired and anxious. Avoid drinks that are icy and sweet which can distress the digestive system. Eat foods that are fresh and avoid high temperature cooking. Sour or Pungent foods and exercise will help disperse August (late summer) dampness

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

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August 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				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

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

Canopus Rise, Zenith and Set

2019 Aug 01 (Thu)	08:16 160	10:33 5S	12:50 200
2019 Aug 02 (Fri)	08:12 160	10:29 5S	12:46 200
2019 Aug 03 (Sat)	08:08 160	10:25 5S	12:42 200
2019 Aug 04 (Sun)	08:04 160	10:21 5S	12:38 200
2019 Aug 05 (Mon)	08:00 160	10:17 5S	12:34 200

Sirius Rise, Zenith and Set

2019 Aug 01 (Thu)	05:37 110	10:54 41S	16:12 250
2019 Aug 02 (Fri)	05:33 110	10:50 41S	16:08 250
2019 Aug 03 (Sat)	05:29 110	10:46 41S	16:04 250
2019 Aug 04 (Sun)	05:25 110	10:43 41S	16:00 250
2019 Aug 05 (Mon)	05:21 110	10:39 41S	15:56 250

Betelgeuse Rise, Zenith and Set

2019 Aug 01 (Thu)	03:44 81	10:05 65S	16:26 279
2019 Aug 02 (Fri)	03:40 81	10:01 65S	16:22 279
2019 Aug 03 (Sat)	03:36 81	09:57 65S	16:18 279
2019 Aug 04 (Sun)	03:32 81	09:53 65S	16:14 279
2019 Aug 05 (Mon)	03:28 81	09:49 65S	16:10 279

Arcturus Rise, Zenith and Set

2019 Aug 01 (Thu)	11:30 67	18:24 76S	01:21 293
2019 Aug 02 (Fri)	11:27 67	18:20 76S	01:17 293
2019 Aug 03 (Sat)	11:23 67	18:16 76S	01:13 293
2019 Aug 04 (Sun)	11:19 67	18:12 76S	01:09 293
2019 Aug 05 (Mon)	11:15 67	18:08 76S	01:05 293

Polaris Rise, Zenith and Set

2019 Aug 01 (Thu)	***** **	07:05 33N	***** **	19:03 32N
2019 Aug 02 (Fri)	***** **	07:01 33N	***** **	18:59 32N
2019 Aug 03 (Sat)	***** **	06:57 33N	***** **	18:55 32N
2019 Aug 04 (Sun)	***** **	06:53 33N	***** **	18:51 32N
2019 Aug 05 (Mon)	***** **	06:49 33N	***** **	18:47 32N

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and Intuitive Astrology Organizer

Vega Rise, Zenith and Set

2019 Aug 01 (Thu)	14:37 41	22:44 84N	06:55 319
2019 Aug 02 (Fri)	14:33 41	22:40 84N	06:51 319
2019 Aug 03 (Sat)	14:29 41	22:36 84N	06:47 319
2019 Aug 04 (Sun)	14:25 41	22:32 84N	06:44 319
2019 Aug 05 (Mon)	14:21 41	22:28 84N	06:40 319

Mercury Rise, Zenith and Set

2019 Aug 01 (Thu)	05:00 68	11:49 75S	18:39 292
2019 Aug 02 (Fri)	04:56 68	11:46 75S	18:36 292
2019 Aug 03 (Sat)	04:52 68	11:43 75S	18:34 292
2019 Aug 04 (Sun)	04:49 68	11:41 76S	18:33 293
2019 Aug 05 (Mon)	04:46 67	11:39 76S	18:31 293

Venus Rise, Zenith and Set

2019 Aug 01 (Thu)	05:45 66	12:42 77S	19:38 294
2019 Aug 02 (Fri)	05:47 66	12:43 77S	19:39 294
2019 Aug 03 (Sat)	05:49 66	12:44 76S	19:39 293
2019 Aug 04 (Sun)	05:51 67	12:45 76S	19:39 293
2019 Aug 05 (Mon)	05:53 67	12:46 76S	19:39 293

Mars Rise, Zenith and Set

2019 Aug 01 (Thu)	06:52 70	13:38 73S	20:22 289
2019 Aug 02 (Fri)	06:51 71	13:36 73S	20:20 289
2019 Aug 03 (Sat)	06:51 71	13:35 73S	20:18 289
2019 Aug 04 (Sun)	06:50 71	13:33 73S	20:16 289
2019 Aug 05 (Mon)	06:49 71	13:32 72S	20:14 288

Jupiter Rise, Zenith and Set

2019 Aug 01 (Thu)	15:59 116	21:00 35S	02:06 244
2019 Aug 02 (Fri)	15:55 116	20:56 35S	02:02 244
2019 Aug 03 (Sat)	15:51 116	20:52 35S	01:58 244
2019 Aug 04 (Sun)	15:47 116	20:48 35S	01:54 244
2019 Aug 05 (Mon)	15:43 116	20:44 35S	01:50 244

Saturn Rise, Zenith and Set

2019 Aug 01 (Thu)	18:13 116	23:14 35S	04:19 244
2019 Aug 02 (Fri)	18:08 116	23:10 35S	04:15 244
2019 Aug 03 (Sat)	18:04 116	23:05 35S	04:11 244

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2019 Aug 04 (Sun)	18:00 116	23:01 35S	04:06 244
2019 Aug 05 (Mon)	17:56 116	22:57 35S	04:02 244

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, so 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

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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.

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September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Labor Day	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					

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

Canopus Rise, Zenith and Set

2019 Sep 01 (Sun)	06:14 160	08:31 5S	10:48 200
2019 Sep 02 (Mon)	06:10 160	08:27 5S	10:44 200
2019 Sep 03 (Tue)	06:06 160	08:23 5S	10:40 200
2019 Sep 04 (Wed)	06:02 160	08:19 5S	10:36 200
2019 Sep 05 (Thu)	05:58 160	08:15 5S	10:32 200

Sirius Rise, Zenith and Set

2019 Sep 01 (Sun)	03:35 110	08:52 41S	14:10 250
2019 Sep 02 (Mon)	03:31 110	08:49 41S	14:06 250
2019 Sep 03 (Tue)	03:27 110	08:45 41S	14:02 250
2019 Sep 04 (Wed)	03:23 110	08:41 41S	13:58 250
2019 Sep 05 (Thu)	03:19 110	08:37 41S	13:54 250

Betelgeuse Rise, Zenith and Set

2019 Sep 01 (Sun)	01:42 81	08:03 65S	14:24 279
2019 Sep 02 (Mon)	01:38 81	07:59 65S	14:20 279
2019 Sep 03 (Tue)	01:34 81	07:55 65S	14:16 279
2019 Sep 04 (Wed)	01:30 81	07:51 65S	14:12 279
2019 Sep 05 (Thu)	01:26 81	07:47 65S	14:08 279

Arcturus Rise, Zenith and Set

2019 Sep 01 (Sun)	09:29 67	16:22 76S	23:15 293
2019 Sep 02 (Mon)	09:25 67	16:18 76S	23:11 293
2019 Sep 03 (Tue)	09:21 67	16:14 76S	23:07 293
2019 Sep 04 (Wed)	09:17 67	16:10 76S	23:03 293
2019 Sep 05 (Thu)	09:13 67	16:06 76S	22:59 293

Saturn Rise, Zenith and Set

2019 Sep 01 (Sun)	16:05 117	21:06 35S	02:10 243
2019 Sep 02 (Mon)	16:01 117	21:02 35S	02:06 243
2019 Sep 03 (Tue)	15:57 117	20:58 35S	02:02 243
2019 Sep 04 (Wed)	15:53 117	20:54 35S	01:58 243
2019 Sep 05 (Thu)	15:49 117	20:50 35S	01:54 243

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Polaris Rise, Zenith and Set

2019 Sep 01 (Sun)	***** **	05:04 33N	***** **	17:02 32N
2019 Sep 02 (Mon)	***** **	05:00 33N	***** **	16:58 32N
2019 Sep 03 (Tue)	***** **	04:56 33N	***** **	16:54 32N
2019 Sep 04 (Wed)	***** **	04:52 33N	***** **	16:51 32N
2019 Sep 05 (Thu)	***** **	04:49 33N	***** **	16:47 32N

Mercury Rise, Zenith and Set

2019 Sep 01 (Sun)	06:11 77	12:43 68S	19:14 283
2019 Sep 02 (Mon)	06:16 78	12:46 67S	19:15 282
2019 Sep 03 (Tue)	06:22 79	12:50 66S	19:16 281
2019 Sep 04 (Wed)	06:27 79	12:53 66S	19:17 280
2019 Sep 05 (Thu)	06:32 80	12:56 65S	19:18 279

Venus Rise, Zenith and Set

2019 Sep 01 (Sun)	06:47 81	13:10 65S	19:32 279
2019 Sep 02 (Mon)	06:49 81	13:10 64S	19:31 279
2019 Sep 03 (Tue)	06:51 82	13:11 64S	19:31 278
2019 Sep 04 (Wed)	06:53 82	13:12 63S	19:30 277
2019 Sep 05 (Thu)	06:55 83	13:12 63S	19:29 277

Mars Rise, Zenith and Set

2019 Sep 01 (Sun)	06:25 79	12:51 66S	19:17 281
2019 Sep 02 (Mon)	06:24 79	12:49 66S	19:15 281
2019 Sep 03 (Tue)	06:23 79	12:48 66S	19:12 281
2019 Sep 04 (Wed)	06:22 80	12:46 66S	19:10 280
2019 Sep 05 (Thu)	06:21 80	12:45 65S	19:08 280

Jupiter Rise, Zenith and Set

2019 Sep 01 (Sun)	14:00 116	19:01 35S	00:06 244
2019 Sep 02 (Mon)	13:56 116	18:57 35S	00:02 244
2019 Sep 03 (Tue)	13:52 116	18:53 35S	23:55 244
2019 Sep 04 (Wed)	13:49 116	18:50 35S	23:51 244
2019 Sep 05 (Thu)	13:45 116	18:46 35S	23:47 244

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Saturn Rise, Zenith and Set

2019 Sep 01 (Sun)	16:05 117	21:06 35S	02:10 243
2019 Sep 02 (Mon)	16:01 117	21:02 35S	02:06 243
2019 Sep 03 (Tue)	15:57 117	20:58 35S	02:02 243
2019 Sep 04 (Wed)	15:53 117	20:54 35S	01:58 243
2019 Sep 05 (Thu)	15:49 117	20:50 35S	01:54 243

OCTOBER 2019

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

October brings with it the accumulation 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 our 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

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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.

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October 2019							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1	2	3	4	5
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
	Columbus Day						
20	21	22	23	24	25	26	
27	28	29	30	31	Halloween		

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

Canopus Rise, Zenith and Set

2019 Oct 01 (Tue)	04:16 160	06:33 5S	08:50 200
2019 Oct 02 (Wed)	04:12 160	06:29 5S	08:46 200
2019 Oct 03 (Thu)	04:08 160	06:25 5S	08:42 200
2019 Oct 04 (Fri)	04:04 160	06:21 5S	08:38 200
2019 Oct 05 (Sat)	04:00 160	06:17 5S	08:35 200

Sirius Rise, Zenith and Set

2019 Oct 01 (Tue)	01:37 110	06:55 41S	12:12 250
2019 Oct 02 (Wed)	01:33 110	06:51 41S	12:08 250
2019 Oct 03 (Thu)	01:29 110	06:47 41S	12:04 250
2019 Oct 04 (Fri)	01:25 110	06:43 41S	12:00 250
2019 Oct 05 (Sat)	01:21 110	06:39 41S	11:56 250

Betelgeuse Rise, Zenith and Set

2019 Oct 01 (Tue)	23:40 81	06:05 65S	12:26 279
2019 Oct 02 (Wed)	23:36 81	06:01 65S	12:22 279
2019 Oct 03 (Thu)	23:32 81	05:57 65S	12:18 279
2019 Oct 04 (Fri)	23:28 81	05:53 65S	12:14 279
2019 Oct 05 (Sat)	23:24 81	05:49 65S	12:10 279

Arcturus Rise, Zenith and Set

2019 Oct 01 (Tue)	07:31 67	14:24 76S	21:17 293
2019 Oct 02 (Wed)	07:27 67	14:20 76S	21:13 293
2019 Oct 03 (Thu)	07:23 67	14:16 76S	21:09 293
2019 Oct 04 (Fri)	07:19 67	14:12 76S	21:05 293
2019 Oct 05 (Sat)	07:15 67	14:08 76S	21:01 293

Polaris Rise, Zenith and Set

2019 Oct 01 (Tue)	**** *	03:07 33N	**** *	15:05 32N
2019 Oct 02 (Wed)	**** *	03:03 33N	**** *	15:01 32N
2019 Oct 03 (Thu)	**** *	02:59 33N	**** *	14:57 32N
2019 Oct 04 (Fri)	**** *	02:55 33N	**** *	14:53 32N
2019 Oct 05 (Sat)	**** *	02:51 33N	**** *	14:49 32N

**The 2019 Tao Nutrition Planetary Almanac
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Vega Rise, Zenith and Set

2019 Oct 01 (Tue)	10:37 41	18:44 84N	02:55 319
2019 Oct 02 (Wed)	10:33 41	18:40 84N	02:52 319
2019 Oct 03 (Thu)	10:29 41	18:36 84N	02:48 319
2019 Oct 04 (Fri)	10:25 41	18:32 84N	02:44 319
2019 Oct 05 (Sat)	10:21 41	18:28 84N	02:40 319

Mercury Rise, Zenith and Set

2019 Oct 01 (Tue)	08:17 103	13:49 46S	19:21 256
2019 Oct 02 (Wed)	08:20 104	13:51 45S	19:21 255
2019 Oct 03 (Thu)	08:23 105	13:52 44S	19:21 255
2019 Oct 04 (Fri)	08:26 106	13:53 44S	19:20 254
2019 Oct 05 (Sat)	08:29 106	13:55 43S	19:20 253

Venus Rise, Zenith and Set

2019 Oct 01 (Tue)	07:45 98	13:28 50S	19:11 261
2019 Oct 02 (Wed)	07:47 99	13:29 49S	19:11 261
2019 Oct 03 (Thu)	07:48 100	13:30 49S	19:10 260
2019 Oct 04 (Fri)	07:50 100	13:30 48S	19:09 259
2019 Oct 05 (Sat)	07:52 101	13:31 48S	19:09 259

Mars Rise, Zenith and Set

2019 Oct 01 (Tue)	05:57 88	12:04 59S	18:10 272
2019 Oct 02 (Wed)	05:56 88	12:02 59S	18:07 272
2019 Oct 03 (Thu)	05:55 88	12:00 58S	18:05 271
2019 Oct 04 (Fri)	05:55 89	11:59 58S	18:03 271
2019 Oct 05 (Sat)	05:54 89	11:57 58S	18:01 271

Jupiter Rise, Zenith and Set

2019 Oct 01 (Tue)	12:16 117	17:16 35S	22:16 243
2019 Oct 02 (Wed)	12:13 117	17:13 35S	22:13 243
2019 Oct 03 (Thu)	12:10 117	17:10 35S	22:09 243
2019 Oct 04 (Fri)	12:06 117	17:06 35S	22:06 243
2019 Oct 05 (Sat)	12:03 117	17:03 35S	22:03 243

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Thank you for your interest in the 2019 Tao Nutrition Almanac. Be sure to look for it in your favorite bookstore, or purchase it now online.

Scott Rauvers

Author