

The Lunar Planner

Live in magnificence with the Heavens, in harmony with the natural Lunar Cycles, and in attunement to Mother Earth. Make passage through these transformative times with inner peace and experiential wisdom.

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*L*iving in attunement to the Lunar Cycles teaches us to dance in harmony to the natural rhythm that governs our emotional and experiential world. Rather than being overwhelmed by the surface turbulence of our growth and awakening process, we become empowered within its underlying current.

We establish an inner peace that is in tune with all of life. Rather than fighting our daily experience, or attempting to force outcomes that are out of touch with our true path, we learn to embrace our experience in the unconditional acceptance that makes possible true inner change.

We can then manifest in our outer world, and in our relations, the changes we truly seek. Living in attunement to the Lunar Cycles supports our greatest well being and the manifestation of our highest potential and true purpose on Earth.

To view the current Lunar Theme and to
download the current lunar month's calendar please visit
The Lunar Planner
www.lunarplanner.com

INTRODUCTION TO THE LUNAR PLANNER

Living in attunement to the phases of the Moon brings awareness to the changing tides that colour our daily experience. It cultivates the personal empowerment required to embrace the true gift that our daily experience provides. Using the Lunar Planner quickly reveals how the lunar rhythms naturally support a continuous spiral of personal growth and unfoldment.

Living in attunement to the natural Lunar Cycle cultivates a body-mind awareness where our attention shifts to the intuitive, feeling side of self, where we learn to live in the power of the present. Cultivating our capacity to live in the present brings us the sensitivity to intimately trust and breathe with the natural tides of our experiential unfoldment.

Rather than living in grief over the past and worry about the future, attempting to control and force outcomes in endless struggle, life becomes a graceful dance when we attune ourselves to this natural spiral of growth. Using the Lunar Planner on a daily basis provides a way to participate in harmony with our own biological rhythms, and with those of Mother Earth and all of Nature. It cultivates the capacity to embrace, in true compassion—in unconditional acceptance and understanding—the powerful transitions occurring in our lives and in the lives of those around us.

The changing phases of the Moon are the result of the interaction between the Sun, Earth and Moon. The Moon is the way, the RELATIONSHIP, between the Sun (the sphere of the Soul), and the Earth (the sphere of our incarnate personality). Living in concert with the changing phases of the Moon, (the experiential / emotional world) serves us to integrate Solar - Sol - Soul awareness into our physical lives. It turns (tunes) the key of our experiential / emotional world to open the door to the Golden Light of our Soul

Living in attunement to this natural cycle of life facilitates integration of the greater cosmic energies infusing into the Earth and ourselves—integration of the very Intelligence that is responsible for our spiritual awakening, and that supports us to manifest our Divine Destiny.

THE LUNAR MONTH

Each Lunar Month—beginning with each New Moon—has eight Lunar Phases, each approximately 3.7 days long. Each Lunar Phase has a specific characteristic of growth that blends from one to another, progressing in a natural cycle of experiential unfoldment. The growth gained in one entire cycle becomes the seed birthing into the following cycle, creating one continuous evolutionary spiral.

The *Lunar Phase Characteristic Chart* on the following pages explains the eight individual lunar phases, their characteristics, and how they express in our daily lives. Please read through the entire chart to gain a feel for how each phase naturally shifts from one to another. You can refer to this chart during the lunar cycle, especially as each phase-shift occurs to learn how to participate in harmony with the shifting tides.

The Lunar Planner for the current month follows the Lunar Phase Characteristic Chart. The

Lunar Month is divided into its eight phases with the dates and times for each lunar phase change. You may prefer to adjust the times according to your time zone.

The Lunar Planner is not something just to read, it is an experiential and participatory tool that can empower you to live in harmony and balance with your emotional and physical experience. To gain full benefit from the Lunar Planner, use it on a daily basis to note your experiences and to schedule your activities. You can also print the entire planner or just the current month. Noting and observing your experiences and feelings on a daily basis—in the context of the lunar phase characteristics—quickly reveals how the lunar phases are already working in your life. This creates an awareness of how to live in conscious empowerment within the lunar cycle's unfoldment.

As you learn how each lunar cycle unfolds, it becomes quite natural to live in a gentle and harmonious dance with the lunar rhythm. You may even come to find that the lunar phases are more important to you—to know if it is the day before the first quarter moon, the day after the full moon, or the time of the New Moon, as example—than knowing if it is Tuesday or Wednesday.

THE LUNAR THEME

Each New Moon begins a new Lunar Month, each with its own unique Lunar Theme. The New Moon star alignments set the Lunar Theme for each Lunar Cycle and provide the underlying context for our daily experience. Our personal astrological cycles augment this theme, personalizing its unfoldment in our daily experience. You can attune to the lunar theme and its unique expression in your life purely through an intuitive and experiential method, or you can simply let it unfold as you work with the Lunar Phase Characteristics Chart. In the Lunar Planner we also explore each Lunar Cycle Theme with Astronomical Astrology.

ASTRONOMICAL ASTROLOGY

Complimenting the lunar calendar is the Solunar Theme for the month. On each New Moon the sun and moon astronomically align with specific stars in the heavens that provide unique cosmic qualities of Universal Intelligence that express into and unfold throughout the lunar cycle. Observing New Moon and planetary alignments to specific stars and to the astronomical constellations of the entire heavens, beyond the bounds of the modern day astrological signs, reveals the transcendent currents and evolutionary themes that guide our Human experience. Astronomical Astrology—the unification of Astronomy and Astrology—is the interpretive exploration of these alignments as they are experienced and seen looking directly into the Heavens.

Mythology is the picture language of the Greater Heavens. It is the language of the art-science of Astronomical Astrology. Celestial Mythology articulates the organization of the entire celestial sphere, including that of the individual stars and their relationship in the astronomical constellations they create. Mythological Star Lore articulates our human experience from within the greater perspective that we are evolving souls participating in the unfoldment of an embracing Creative Intelligence. Our daily experiences are seen in the context of this unfolding Intelligence supporting nothing less than our highest attainment and realization of Universal Love.

The tapestry of spiraling Solunar themes, along with the themes of interweaving planetary alignments, eloquently reveals the greater story line that directs the evolutionary unfoldment of human consciousness, and that molds our daily experience. Month by month, lunar chapter by lunar chapter, we come to see our experiences in a new light and clarity, as part of the unfoldment of a grand Divine Symphony. Whether we experience this symphony as one of tragedy or exquisite harmony is determined by our capacity to elegantly dance this grand dance of life.

Living in experiential attunement to the unfolding lunar phases, with awareness of the Solunar Themes that guide our lives, supports us to embrace our profound personal experiences and the global transitions occurring for all of Humanity with far greater understanding and compassion. In this awareness, we find ourselves making conscious and responsible choices that help facilitate our personal transformation and spiritual awakening, and that manifest this inner awareness as true personal fulfillment in our daily lives.

All planetary and star alignments referenced in this material are TRUE (sidereal) ASTRONOMICAL PLACEMENTS. Signs and constellations mentioned may not correspond to tropical astrological signs that are shifted ~25 degrees from the sidereal signs.

*Orb of Night, revealer of Feeling within Self,
the "veil of day" is lifted.
The depths of the Greater Heavens tell us we are a significant part in
a much greater Creative Intelligence—a Miraculous Event.*

THE LUNAR PHASES & THEIR CHARACTERISTICS

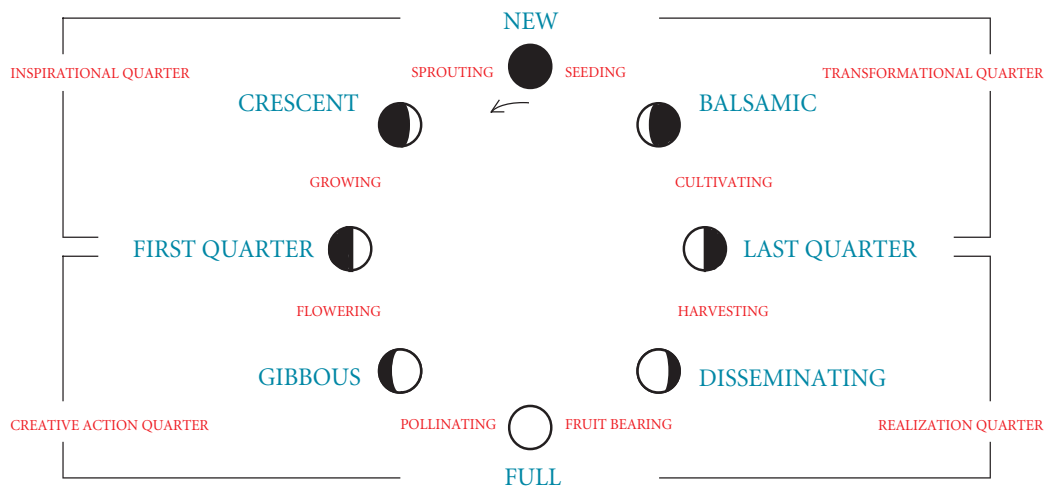
Each Lunar Cycle begins on a New Moon and averages 29.53 days—one Lunar Month. There are eight Lunar Phases approximately 3.7 days in length in each Lunar Cycle.

Each Lunar Phase has a distinct Phase Characteristic which colours our daily experience. As one phase shifts to another, the characteristic of each phase also shifts. The 24 hour period just before a phase transition is its most potent time and is when the shift begins to be felt in our daily experience. At this time there is an energy crescendo about to burst through into the next phase of the Cycle. This period just before the phase shift has a distinct characteristic. Immediately following the shift a new phase characteristic begins. The Lunar Phase Characteristics Chart on the following pages explains in detail the eight Lunar Phases, their characteristics, and how they express in our daily lives.

Learning about the phase characteristics, and how they shift from one to another, can provide phenomenal guidance on how to most effectively participate in our day-to-day world. For example, it can be quite helpful to know if it is day of drawing external events to stimulate action, a day of magnetic attraction, a time of relaxation and realization, a time when needs surface within to stimulate change, or a time of surrender—a great day to just play.

The Lunar Phases correlate to the growth of a plant, as plants grow and blossom in total attunement to the natural cycles found in nature. The *New Moon* begins the *Sprouting Phase*; the *Crescent Moon* begins the *Growing Phase*; the *First Quarter Moon* begins the *Flowering Phase*; the *Gibbous Moon* begins the *Pollinating Phase*; the *Full Moon* begins the *Fruit Bearing Phase*; the *Disseminating Moon*, sometimes called the Waning Gibbous, begins the *Harvesting Phase*; the *Last Quarter Moon* begins the *Cultivating Phase*; and the *Balsamic Moon*, sometimes called the Last Crescent, begins the *Seeding Phase*. The entire Lunar Cycle completes in the Seeding Phase. On the following New Moon a new Lunar Cycle begins.

Each New Moon begins a new Lunar Theme. The overall theme, set by the sidereal Sun-Moon star alignment, expresses uniquely in our daily lives and creates our Personal Lunar Theme which unfolds in accordance with the Lunar Phase Characteristics as described in the Lunar Phase Characteristics Chart. The growth gained from one cycle becomes the seed expressing as a new theme in the following cycle, continuing as our Lunar Spiral of Growth.



Lunar Phases & Their Transitions

The *phase transition statements* indicate how each 3 1/2 day long phase begins and ends.

Lunar Phase	Phase Begins with	Phase Ends with	
New Moon	Sprouting	Expressing a New Theme	Releasing Restricting Patterns
Crescent	Growing	Expanding the Concept	External Stimulus
First Quarter	Flowering	Initiate Action	Pushing Through
Gibbous	Pollinating	Attraction & Involvement	Vision & Enthusiasm
Full Moon	Fruit Bearing	Realization of the Theme	Movement & Participation
Disseminating	Harvesting	Manifestation & Demonstration	Inner Need
Last Quarter	Cultivating	Initiate Change	Coalescence into Essence
Balsamic	Seeding	Focus to the Future	Surrender & Play

LUNAR PHASE

CHARACTERISTIC

NEW MOON

Sprouting

0° - 45°

Expressing a New Theme

A new theme emerges. At the beginning of this phase, a new idea, a new concept sprouts forth. A step is provided, one to act upon for personal unfoldment. This is an inner message, an impulse expressing from a field of all possibilities deep within the unconscious mind—a step to take this lunar month for your Path of Fulfillment. Often this process is one of discovery, slowly revealing a simple theme, or it may be quite clear and specific, even suggesting a major life change. The New Moon is a perfect time for prayer or meditation—to go within Self. The ability to listen, honor and trust the inner is all that is required now.

Releasing Restricting Patterns

The latter part of this phase, just prior to the first crescent Moon, requires letting go of any limiting or restricting thoughts or patterns. What surfaces now in one's mind is, How I would have done this in the past, the old or established ways, based on past experience? These old patterns surface to consciously be released, as they would limit the unfoldment of the new theme and our own Growth. The theme would now like to move into a more expansive form. Without consciously honoring, accepting in Love, and letting go of the old patterns, we hold Self back from moving forth into the expansive growing phase.

CRESCENT

Growing

45° - 90°

Expanding the Concept

This is a time when the currently held vision would like to expand into a greater perspective. New possibilities of unfoldment—ones not realized before—would like to grow. This 3 1/2 day phase is a time of engaging your creativity and integrating it with the original theme, identifying its unique and full potential. It is a time of allowing a realistic and achievable plan of action to evolve, a time of inspiration, and a time to have faith in Self to carry out your unique and realized Lunar Theme.

External Stimulus

Just before first-quarter moon, an external stimulus is drawn, some event outside of Self creating a challenge. This provides the impetus to move forth from the inspirational phase into the action phase that will follow. Now is a time when any fears or doubts hidden within may surface to be embraced. This is an opportunity for growth. To move forward through the I can't's and the reasons why not is to move through self limitation to a new level of Self-empowerment. Not stepping into action results in opportunity lost and no growth. Remember, the Universe totally supports your highest growth and unfoldment.

FIRST QUARTER

Flowering

90° - 135°

Initiate Action

Drop all hesitation and take the steps to move forth on what you were inspired about. The inspiration is now gone; function in trust and knowing. Remember, the flower that is about to burst forth from the bud is not yet visible. Trust in the process. Demonstrate this trust in physical action and you will be supported. The creative tension brought forth by the external stimulus now shifts into opportunity and unfoldment. This is a time for practical application of your talents. This time is stressful or traumatic only if action is ignored. What you are putting together now is the groundwork for the manifestation of the theme. Simply, this begins a time to work.

Pushing Through

The latter part of this phase requires perseverance to push through, to push open. Consistent application of your energies is a demonstration of your inner commitment to Self. You are pushing through past limitations of Self to a new level of Self-confidence and integrating your greater potential with personal will. The flower bursts open.

GIBBOUS

Pollinating

135° - 180°

Attraction & Involvement

This phase brings a strong desire to connect and involve with others. The outer and opposite is alluring. It is a time of exploration and involvement. Flowers not only blossom to reveal their beauty, but their functional purpose is to provide the pollination required to bear fruit. Communication is highlighted. The purpose is to be of value to each other, stimulating creativity. Share your vision and direction, what you have been working on. Consistent application of energy against challenging forces is at issue to bring clarity of purpose and to build the required energy within for success.

Vision & Enthusiasm

The latter part of this phase, building up to the full moon, matures your efforts into vision and enthusiasm. It is the intermixing of opposites that creates the magic to bear the fruit of your passion. The day and night just before the Full Moon is the most potent, exhilarating energy—a social and alchemical time of celebration. Enjoy it.

LUNAR PHASE

CHARACTERISTIC

FULL MOON

Fruit Bearing

180 ° - 225 °

Realization of the Theme

The day just after the full moon is a great day to kick back. This phase begins over the first day or two as if waking from a sleep. It is a time of gestation leading into the realization of the theme. Relax and allow this realization to occur; no need to force it as it surfaces on its own. The purpose behind what you were originally guided to trust and act upon, what you have been going through, and how it fits into the greater context of the whole now becomes clear and conscious. Often this is a sobering time.

Movement & Participation

The latter part of this phase shifts rapidly. A sense of urgency is felt. It is a time to bring forth the fruits of your actions. On the day before the Disseminating Moon, it is as if there is more to do than there is time for. It is a day of much commotion with last minute details seeming to appear from nowhere. Keep cool and accelerate, making those last-minute preparations. A birthing is at hand.

DISSEMINATING

Harvesting

225 ° - 270 °

Manifestation & Demonstration

This is a time for the fruits of your labor to manifest and for lessons to become tangible. Whether the fruit of this cycle is in the form of inner growth or outer manifestation, it is that which will support the true nourishment of self and others. Share your fruit. This is a time to give forth that which was learned or created, and to receive the same from others. Demonstrable expression and the imparting of your gifts anchors into the structure of your consciousness the self empowerment gained from this Lunar Cycle.

Inner Need

This phase completes with Inner Needs surfacing to consciousness, to become aware of what is important to Self and what is not. A sense of completion comes forth with a recognition that the past scenario has served its purpose and it is time to leave what is antiquated behind. Essentially a lesser self is what you are shedding. If required, events will be drawn to self as a final reflection to aid in this clarity. Acknowledging the needs on the inner is essential to create the changes in your life on the outer and this inner awareness provides the challenge to do so. There is now a pull to withdraw from the activity of this entire cycle, to emerge from the cocoon, that merely served as the stage setting for the intended growth. Remember, others are in inner need too! Demanding others change is not the solution to your well being. Allowing mutual space and sharing your realizations with respect for everyone's own realizations supports all parties to step forth in the change that is right for each.

LAST QUARTER

Cultivating

270 ° - 315 °

Initiate Change

Now it is time to plow under the crops so they may become the fertilizer for the next cycle. Let go of any vested interest or attachment to the experience of the Lunar Cycle and to the stage props that served your growth. This is a transformational time, a time for personal change. Step forth from old facades, and free yourself from past ways of participating in life. This is a time of departure, of walking away from that which is no longer nourishing, to make the changes in our lives for that which is, and to live in the fullness and wealth gained from the cycle. Knowing now what your Truth is, it is time to consciously live it; doing so provides a choice for others to also live theirs. Not making the realized changes keeps self bound in a circle of old patterns of growth; changing allows you to spiral to a new octave of experience.

Coalescence into Essence

The latter part of this phase results in coalescing into its essence all that was experienced so it can become the seed for the next cycle of growth and unfoldment. It is a reflective time of extracting and assembling what was learned from the cycle, claiming its true wealth and wisdom. It is this seed essence which is of true value to Greater Self and will sprout in the next Lunar Cycle.

BALSAMIC

Seeding

315 ° - 360 °

Focus to the Future

Dedication and commitment now turn toward the future. The seed is planted. It is time to let it germinate. Completing any loose ends is appropriate, making the field of all possibilities smooth and clear, ready for a new sprouting to occur. We now turn away from the past cycle completely and look ahead, preparing for and anticipating the future, and to a new step to emerge in our Lunar Path of Fulfillment.

Surrender & Play

The end of this phase is also the end of the entire Lunar Cycle. It leads into the next New Moon. The day before the New Moon requires total abandonment, total surrender, in order to allow the sprouting for the next Lunar Theme to occur. Let go of all fears, worries and self-judgement. Become empty, a clear vessel. This is a great time to Play and Have Fun.