

# LUNAR PLANNING

*Working with Natural Cycles*

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As we approach the end of 2008 and start to look to the year ahead, you may like to include our friend the moon in your plans. Just as the body has its natural rhythms and cycles, so does our planet. Many of you have written asking for information on lunar planning, so here some basic pointers for leading a more balanced life.

The moon circles the earth every 28 days passing through each of the twelve zodiac signs en route. The word 'moon' is similar to the word 'mood' and for good reason! When the moon is in a fire sign, people tend to feel more energetic and active or even angry! The moon in an earth sign is a good time to get things done on a practical or financial level. When the moon is in an air sign, use the time for planning, discussing and thinking. And when the moon is in a water sign, tune in to your inner world, spend time alone and rest.

There are four important dates to note during each moon cycle.

- 1) When the moon is in your sign
- 2) Day of the new moon
- 3) Day of the full moon
- 4) When the moon is in the same sign as your natal moon (Lunar Return)

Firstly, take note of when the moon is in the same zodiac sign as your star sign. So if you are a Virgo, look up the dates each month when the moon is in Virgo. You should feel particularly 'in tune' on these days and activities will proceed smoothly for you.

Secondly, note the date of the new moon. This is a good day to launch new projects, write your diary or journal, spend time alone meditating or plant dreams and wishes for the month ahead. This is the beginning of the 28 day lunar cycle and corresponds energetically to the first whiff of spring. The period between the new moon and the full moon is known as the 'waxing moon' – this is when things start to grow and develop.

Thirdly, note the date of the full moon, which occurs two weeks after the new moon. The full moon is always in the zodiac sign opposite the sun. So this month (December), for example, the sun is in Sagittarius and the full moon in Gemini. The full moon is harvest time. Energy is at its peak and so this is a great time for a party, celebration, product launch or conference. The period between the full moon and

the new moon is known as the 'waning moon' – this is when matters reach completion and energy breaks down ready for the next cycle.

Finally, if you know which sign the moon was in when you were born, note the 2-3 days each month when the moon will be in that sign. This is your 'lunar return' and the natural energies of this period will resonate with your own personal energy. For example, if you were born with the moon in Libra, you should experience feelings of harmony, balance and fairness when the transiting moon is in Libra.

If you are interested in learning more about fine-tuning your life to the cycles of the moon, consider purchasing a moon diary or calendar. This will show you how to plant and harvest by the moon, take care of your body and fertility and improve your emotional wellbeing. Diaries and calendars can be purchased from your local esoteric bookshop.

Alternatively, you can check out my Monthly Stars on this website (click on the horoscope wheel to your left) to see which dates the moon is in your zodiac sign each month. Or subscribe to my free AstroUpdate (just fill in your name and email address on the right hand side of the screen) and receive a moon table each month that lists the moon phases and new and full moons.

I'll be supplying you with more information on this fascinating topic, but in the meantime, here's what one of my readers had to say about using lunar planning to save on visits to the beauty salon!

*Dear Stella,*

*Just a note to let you know how much I look forward to reading your pages every month when the "Living Now Magazine" comes out, especially the moon chart which I have been using for the past few years to calculate the best time of the month to wax my legs.....It took me a little time to get used to your formula and I do depend on the chart in order to find the air/fire position of the planets after the full moon, but now I won't even make an appointment until I see the magazine..... I have since convinced the girl who does my waxing of the validity of waiting for the right moon cycle.....she can see for herself how the hair growth has subsided, she now waits for my appointments to also wax for herself and her daughter.....So again "Thank you" and please consider spreading this good advice through the magazine.....*

*Your Friend Sylvia L (05/10/08)*