

Success

Sensibility, intuition, and helpfulness.

Where possible, retreating is more favorable than dealing with business matters.

Dissolve restrictions, be patient and wait. Be aware that people can be more easily influenced.

Leisure

Your helpfulness will boost friendships.

Enjoy dancing or swimming, or watch a movie that will inspire your fantasies and imagination.

Retreat, relax, and recover.

Romance can be gentle and coziness will prevail.

If you plan outdoor excursions, be prepared for a shower here and there.

Health

Sensitive body parts:

Feet and Toes

All measures taken to flush out and detoxify the sensitive body parts are very effective.

Good for surgical operations except those on the sensitive body parts (see above), head, and neck.

Scarring is less severe.

Teeth: Removal of tartar and amalgam. Best for fillings, crowns, and dentures!

Blood-purifying, detoxifying herbal infusions and teas.

Sensitive nervous system.

Drugs have a much stronger effect on your body.

Monitor closely what you put into your body.

Lymphatic therapy.

Sluggishness or fatigue may occur in the transition into the next Zodiac sign of Aries.

Body Care

Aromas, scents:
Magnolia, Amaryllis,
Clary Sage

Prepare home-made ointments and cosmetics.

Apply detoxing facial and body care.

Treatments of bumps and pimples on the skin, and exfoliating procedures.

Removing body hair.

Correction of the nail bed.

Massages that serve to relax, ease tension, and detoxify. Reflexology massage. Carry out with special care, people are more sensitive.

Removal of callused skin.

Treating obstinate athlete's foot, nail fungus, and warts.

Foot bath.

No haircuts, hair becomes shaggy and unmanageable. Avoid washing your hair.



Garden/Nature

Plant part:

Leaf

Water plants.

Fertilize flowers.

Sow plants and vegetables that grow below ground, potatoes, leaf vegetables, and lettuce.

Dig over/plow to prepare soil for planting.

Trimming and cutting back plants.

Start a compost heap.

Mowing lawns.

Pest control. Weeding.

Harvested produce should be consumed as soon as possible.

Gather herbs for foot complaints.



Housework

Housework is dealt with much more successfully, efficiently, and effortlessly.

Problem stains are removed readily.

Best for doing laundry!

Reduce on laundry detergent, support the environment.



Dry cleaning.

Clean and store seasonal clothing.

Thoroughly clean wooden and parquet floors, metals, china etc.

Cleaning, polishing, and waterproofing shoes.

Combating mold.

Ventilate rooms briefly and rapidly.

Avoid painting.



Preserving and storing should be avoided.

Nutrition

Food quality:

Carbohydrate

Lettuce, spinach, lamb's lettuce, Endive, parsley, leek, cabbage (Brussels sprouts, kale, Chinese cabbage), all leafy herbs, asparagus, mushrooms, cress, Swiss chard, rhubarb.

Weight associated with overeating is less likely. If underweight, eat larger portions.

Cleansing and detox diets. Fruit and juice days.

Flush out poisons. Treatment for drug abuse.

Caffeine, alcohol, drugs, certain foods, and stimulants have a much stronger effect.

I've never met a healthy person who worried much about his health or a good person who worried much about his soul.

Haldane

Color

Blueish
White

Day

Wetness

Element

Water



Pisces

29 Monday

30 Tuesday

A P R I L

Positive affirmation:
"I am grateful to learn from every mistake."

Harvest Time

Ascending forces!
Sap is rising, enhancing plant growth above ground, resulting in the most juicy fruits and vegetables.



detox
remove
be active

Waning Moon

Success

Things get going and the way straight ahead seems the best.

People feel energetic, courageous, assertive, and at times anxious.

Good time for meetings and sales talks but impatience and selfishness do not favor teamwork.

Leisure

An enterprising spirit and spontaneity move people to enjoy outings, sports, competitions, cultural events, and travels.

Romance can be very passionate.

Good days for outings, even with cloudy skies the air still feels somewhat warm. Drying effect, get plenty to drink.

Health

Sensitive body parts:

Head, Brain, Eyes

All measures taken to flush out and detoxify the sensitive body parts are very effective.

Good for surgery, except on the sensitive body parts (see above), and neck.

Scarring is less severe.

Teeth: Removal of tartar and amalgam. Best for fillings, crowns, and dentures! Avoiding treatment of periodontitis and gums.

Blood-purifying, detoxifying herbal infusions and teas.

Sensitive sense organs.

If you suffer from migraines drink plenty of water, and avoid coffee, chocolate, and sugar.

Body Care

Aromas, scents:
Cloves, Peppermint,
Thyme

Prepare home-made ointments and cosmetics.



Apply detoxing facial and body care.

Treatments of bumps and pimples on the skin, and exfoliating procedures.

Removing body hair.

Correction of the nail bed.

Massages that serve to relax, ease tension, and detoxify.

Reflexology massage.

Removal of callused skin.



Treating obstinate athlete's foot, nail fungus, and warts.

Eye compresses to relieve strained eyes.



Any kind of hair care.

Garden/Nature

Plant part:

Fruit

Sowing plants and vegetables that grow below ground.



Sowing and planting anything that is supposed to grow fast. Sowing and planting fruit and tomatoes.

Dig over/plow the soil to prepare for planting.

Spreading manure. Fertilizing grains, vegetables, and fruit.

Weeding. Pest control.

Pruning of fruit trees and bushes.

Harvesting and storing grains, vegetables, potatoes, fruits, and tomatoes.

Start a compost heap.

Gather herbs (roots) for eye complaints and headaches.



Day off on 5/3.

Housework

Housework is dealt with much more successfully, efficiently, and effortlessly.

Problem stains are removed readily.

Best for doing laundry!

Dry cleaning.

Clean and store seasonal clothing.



Thoroughly clean wooden and parquet floors, metals, china, etc.

Cleaning windows and glass.

Cleaning, polishing, and waterproofing shoes.

Combating mold.

Ventilate rooms sufficiently.



Air beds.

Suitable for making cheese.

Preserving and freezing fruit and vegetables.



Baking bread, cakes, and cookies (use more leavening agent).



Painting.

Nutrition

Food quality:

Protein

Beans, peas, corn, tomatoes, pumpkin, lentils, soybeans, cucumber, eggplant, zucchini, berries, fruit, chili, bell pepper, figs, avocado, melon, olives.

Weight associated with overeating is less likely. If underweight, eat larger portions.

Cleansing and detox diets. Fruit and juice days.

Flush out poisons. Treatment for drug abuse.

Drink plenty of water.

A man wrapped up in himself makes a pretty small package.

John Ruskin

☿ → ♀ $\begin{cases} 3:52 \text{ AM PST} \\ 5:52 \text{ AM CST} \\ 6:52 \text{ AM EST} \end{cases}$

♁ 1:19 AM PST $\begin{cases} 3:19 \text{ PM CST} \\ 4:19 \text{ PM EST} \end{cases}$ → ♃ → ♅

1 Wednesday

2 Thursday

3 Friday

No meat.

No meat.

Cutting and filing toenails and fingernails.

Positive affirmation:
"I am grateful to learn from every mistake."

Harvest Time

Ascending forces! Sap is rising, enhancing plant growth above ground, resulting in the most juicy fruits and vegetables.



detox
remove
be active

Waning Moon



Color

Indigo Blue

Day

Warm

Element

Fire



Aries

M A Y

Success

Realism and material security are important. Persistence comes easy, thoughts and reactions are slower.

Assess financial areas.

Conservative tendencies may make people want to stay away from risk taking.

● **New Moon:** Confirm your resolutions. Finalize new decisions. Drop bad habits.

Leisure

Relax at a picnic/feast. Enjoy culinary pleasures and hobbies.

The earth feels cold to the touch, so take slightly warmer clothes.

Health

Sensitive body parts:

Head and Neck

All measures taken to flush out and detoxify the sensitive body parts are very effective.

Scarring is less severe.

Teeth: Removal of tartar and amalgam. Best for fillings, crowns, and dentures!

Avoiding treatment of periodontitis and gums.

Blood-purifying, detoxifying herbal infusions and teas.

Sensitive blood circulation.

Organs of speech, jaws, teeth, tonsils, thyroid gland, neck, and vocal chords get easily affected. Keep neck warm.

On cold days ears should be protected. Sensitivity to noise.

High blood pressure: Avoid salty foods.

Massages, lymphatic therapy, and chiropractic treatment to release blockages.

● **New Moon:** Avoid any surgery if possible.

Body Care

Aromas, scents:

Geranium,
Jasmine, Rose

Prepare home-made ointments and cosmetics.



Apply detoxing facial and body care.

Treatments of bumps and pimples on the skin, and exfoliating procedures.

Removing body hair.

Correction of the nail bed.

Massages that serve to relax, ease tension, and detoxify.

Reflexology massage.

Removal of callused skin.

Treating obstinate athlete's foot, nail fungus, and warts.



Garden/Nature

Plant part:

Root

Sow plants and vegetables that grow below ground.



Everything grows slowly and lasts well.

Dig over to prepare soil.

Trimming/cutting back plants. Weeding. Mulching.

Start a compost heap.

Combat vermin found in the soil.

Spread fertilizer and liquid manure.

Fertilize flowers with poorly formed roots.



Harvested produce is well suited for storage.

Harvesting root vegetables.

Gather herbs (roots) for sinus issues, sore throat, and ear complaints.

● **New Moon:** Change of weather is likely. Care for sickly plants.

Housework

Housework is dealt with much more successfully, efficiently, and effortlessly.

Problem stains are removed readily.

Best for doing laundry!

Reduce on laundry detergent, support the environment.



Dry cleaning.

Clean and store seasonal clothing.

Thoroughly clean wooden and parquet floors, metals, china etc.

Cleaning, polishing, and waterproofing shoes.

Combating mold.

Air rooms only briefly.



Painting.

Preserving root vegetables.



Nutrition

Food quality:

Salt

Garlic, carrots, red beets, reddish, rutabaga, sugar beet, celery, potatoes, onions, kohlrabi.

Weight associated with overeating is less likely. If underweight, eat larger portions.

Cleansing and detox diets. Fruit and juice days.

Flush out poisons. Treatment for drug abuse.

Avoid large quantities of salty foods like bacon, ham, salted herring, fatty cheese, and the like.

● **New Moon:** A day of fasting.

The happiness of the bee and the dolphin is to exist. For man it is to know that and to wonder at it.

Jacques Cousteau

4 Saturday

● **New Moon** 3:47 PM PST,
5:47 PM CST, 6:47 PM EST

M A Y

Positive affirmation:
"I am grateful to learn from every mistake."

Harvest Time

Ascending forces!
Sap is rising, enhancing plant growth above ground, resulting in the most juicy fruits and vegetables.



detox
remove
be active

Waning Moon



Color

Bright Blue

Day

Cool

Element

Earth



Taurus

Success

Critical and superstitious behavior emerges, especially pertaining to money.

A penetrating power will strengthen your capacity to act.

An increased perception opens our interest for the essentials and helps to discover hidden potentials.

Leisure

Relax within your close family, with meditation, and relaxation exercises.

A longing to feel safe will be nurtured if you focus on habits and rituals. An increased sensitivity will help to enjoy every moment.

Romance can be very passionate.

If you plan outdoor excursions, be prepared for a shower here and there.

Health

Sensitive body parts:

Sex organs, Ureter

All measures taken to supply nutrient materials and strengthen the sensitive body parts are very effective.

Healing ointments are easily absorbed. Applying herbal ointments to the shoulders for rheumatic gout and alike.

Sensitive nervous system.

Female disorders: As a preventative measure apply hip baths using yarrow.

Pregnancy: Avoid any exertion, miscarriages are more likely.

Keep region of the pelvis, kidneys, and feet warm to prevent infection of the bladder and kidneys.

Lymphatic therapy.

Body Care

Aromas, scents:
Anemone, Cornflower
Oregano, Thuja

Treatments with firming and moisturizing creams are more effective.



Massages that serve to regenerate, and strengthen, perhaps aided with beneficial massage oils.

Correcting and cutting ingrown nails.

Hair dyes applied now, will look more vibrant.

Garden/Nature

Plant part:

Leaf

Watering all indoor and outdoor plants.

Sow plants, herbs, and vegetables that grow and flourish above ground, leaf vegetables (no lettuce).

Sowing, planting, harvesting, and drying every kind of medicinal herbs.

Transplanting.

Trimming and cutting back plants.

Combating slugs and snails.
Mowing lawns.

Start a compost heap.

Avoid pruning fruit trees and bushes. Avoid cutting down any trees.

Harvested produce should be consumed as soon as possible.



Housework

Light housework only.

Ventilate rooms briefly and rapidly. Don't air mattresses.

Any dirt and spots are easily removed in the laundry.



Avoid painting, as paint will take very long to dry.



Nutrition

Food quality:

Carbohydrate

Lettuce, spinach, lamb's lettuce, Endive, parsley, leek, cabbage (Brussels sprouts, kale, Chinese cabbage), all leafy herbs, asparagus, mushrooms, cress, Swiss chard, rhubarb.

Weight gain: avoid indulging in rich foods. If overweight, eat smaller portions and avoid carbohydrates.

Supply nutrient materials to strengthen the body. Focus on foods that contain essential minerals and vitamins. Stimulants and vitamins are more effective.

Positive affirmation:
"I am serving only
the highest purpose."

☾ → ☿ — 2:30 AM PST
4:30 AM CST
5:30 AM EST

10 Wednesday

No meat.

11 Thursday



Planting Time

Descending forces!

Sap is drawn downward, enhancing root formation.
Best days for sowing, planting, and transplanting.

gather strength
rest, recover
buildup



Waxing Moon

J U L Y

Death meant little to me. It was the last joke in a series of bad jokes.

Charles Bukowski

Color

Red

Day

Wetness

Element

Water



Scorpio

Success

Career and business are in the foreground now and thinking becomes clear and serious, but somewhat inflexible.

Perseverance and reasoning assist in financial matters, planning, and contracts. The values of tradition, authority, and discipline impact our endeavors.

Leisure

Money is not likely to be wasted in a shopping spree.

Many are drawn to enjoy cultural events.

The earth feels cold to the touch, so take slightly warmer clothes.

Health

Sensitive body parts:

Knees, Joints, Bones, Skin

All measures taken to supply nutrient materials and strengthen the sensitive body parts are very effective.

Healing ointments are easily absorbed.

Sensitive blood circulation.

Avoid overstraining bones and knees, and apply gentle stretching exercises only.

Problems with meniscus: Don't overstrain.

Dress slightly warmer.

High blood pressure: Avoid salty foods.

Massages, lymphatic therapy, and chiropractic treatment to release blockages.

○ *Full Moon: Avoid any surgery and vaccination if possible.*

Body Care

Aromas, scents:

Cedar, Juniper

Treatments with firming and moisturizing creams are more effective.



Massages that serve to regenerate, and strengthen, perhaps aided with beneficial massage oils.

Correcting and cutting ingrown nails.

Every kind of skin care is beneficial.

Cutting and filing toenails and fingernails will make the nails grow stronger over time.

Hair dyes applied now, will look more vibrant.

Garden/Nature

Plant part:

Root

Sow plants, herbs, and vegetables that grow and flourish above ground.

Transplanting.

Harvest produce is suitable for storage. Harvest root vegetables.

Gather herbs for bone, joint, and skin diseases.

○ *Full Moon: Weather and climate changes. Herbs are most powerful.*

Housework

Light housework only.

Air rooms only briefly.

Preserving root vegetables.



Avoid dry cleaning, as the fabric may develop unwanted glossy blotches.

○ *Full Moon: Avoid doing laundry, cleaning windows, making preserves, painting.*

Nutrition

Food quality:

Salt

Garlic, carrots, red beets, reddish, rutabaga, sugar beet, celery, potatoes, onions, kohlrabi.

Weight gain: avoid indulging in rich foods. If overweight, eat smaller portions.

Supply nutrient materials to strengthen the body. Focus on foods that contain essential minerals and vitamins.

Stimulants and vitamins are more effective.

Avoid large quantities of salty foods like bacon, ham, salted herring, fatty cheese, and the like. Avoid heavy and greasy foods.

○ *Full Moon: A day of fasting.*

Positive affirmation:
"I am serving only the highest purpose."



Harvest Time

Ascending forces! Sap is rising, enhancing plant growth above ground, resulting in the most juicy fruits and vegetables.

gather strength
rest, recover
buildup

Waxing Moon



15 Monday

16 Tuesday

○ *Full Moon* 2:39 PM PST,
4:39 PM CST, 5:39 PM EST
Lunar Eclipse 2:32 PM PST,
4:32 PM CST, 5:32 PM EST

Color

Yellow

Day

Cool

Element

Earth



Capricorn

J U L Y

Live so that your friends can defend you but never have to.
Arnold H. Glasgow