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## 1.1. The Findings of Science

### The Lunar Cycle

The moon is the earth's only natural satellite and after the sun the second brightest object in the sky. It makes a complete orbit around the earth in approximately 29.5 days. The angle between the earth, moon, and sun changes during the moon's elliptical orbit. We see this as the cycle of the moon's phases. Every 29.5 days, the New Moon transits through its waxing phase into the Full Moon and during its waning phase into the next New Moon.



Fig. 1.a:

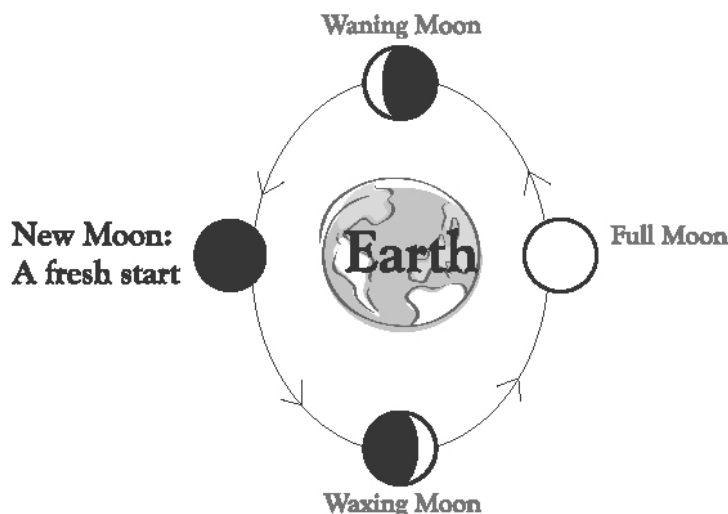
*It takes 29.5 days for the moon to orbit around the earth. (Dimensions are not proportional.)*

### The Rotation of the Earth

Earth completes a rotation around its own axis every 24 hours. Because of the earth's rotation, the moon seems to rotate once a day around the earth when viewed from the earth. We see the moon every day rising and setting. Depending on the moon's position during its 29.5-day elliptical orbit around the earth, we see the crescent, the New Moon, or the Full Moon. Due to the tidal effects of the moon, the earth's rotation is slowing slightly with time. A modern day is about 1.7 milliseconds longer than it was a century ago.

humans. They discovered how to utilize the influence of the lunar cycle to improve the harvest, the health of plants, animals, and humans, forestry, building, crafting, cooking, and preserving as well as to explain psychological fluctuations and human interrelations. The positive outcome of their activities was often crucial to survival. The observations made reliable forecasts possible, thereby providing a valuable transfer of knowledge to future generations.

#### 1.4. ● New Moon – A New Beginning



*Fig. 1.f: The New Moon symbolizes a new beginning.*

- The body detoxifies most efficiently.
- Self-healing powers peak.
- Ingestion of food slows down.
- Day of fasting helps to prevent illnesses and promote health.
- Dropping bad habits is easier.
- Make decisions and confirm your resolutions.
- Care for sickly plants.
- Change of weather is likely.

New Moon is the end point of waning moon and at the same time the beginning of a new cycle. As the closure of the preceding waning moon phase, New Moon is the culmination of the body's abilities to detoxify and its powers of self-healing. However, even though the healing powers are at a peak, any kind of surgery is to be avoided if possible.

On New Moon the body detoxifies most efficiently, but ingestion of food likely slows down. A day of fasting on a New Moon day promotes health and can prevent illnesses.

This is also the best day to drop bad habits, change directions if necessary, confirm your resolutions, and finalize new decisions. Body and mind are more likely to stay calm and balanced in the face of changes, withdrawal, or loss.

The care of sickly plants is most effective during New Moon. Weather changes and short-term climate changes are to be anticipated.

### 1.5. 🌙 Waxing Moon – The Inhale

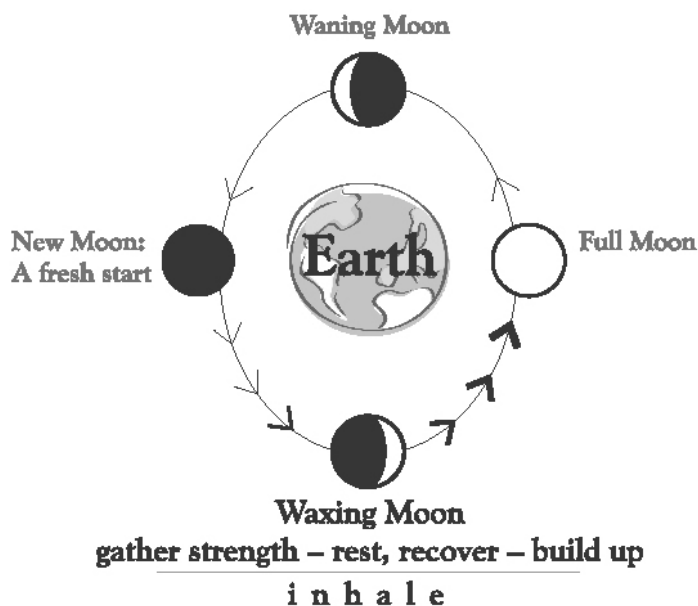


Fig 1.g: Waxing moon – the inhale.

- Gather strength, rest, and recover.
- The body absorbs more readily.
- Weight gain is easier.
- Supply nutrient materials to strengthen the body.
- Stimulants and vitamins have a stronger effect.
- The closer it is to Full Moon, the stronger the waxing moon phase's impact will be.

For the duration of about two weeks while the moon is waxing, nature transitions through the first half of the moon cycle. Following the active phase during the waning moon, now it's time to rest, recover, and regroup. This section of the lunar cycle can be described as the inhale of nature, a time to rest in order to collect and regain strength.

Since the body readily absorbs during this time, you are more likely to gain weight even with regular amount of food intake. Therefore avoid indulging in rich foods. If you are overweight, eat smaller portions.

Everything that is supplied to build up and strengthen the body is most effective. Stimulants and vitamins have a stronger effect. The closer it is to Full Moon, the stronger the waxing moon phase's impact will be.

Now is the perfect time to plan ahead and restructure. Go easy and take time to relax with the goal of gathering strength for the active phase of the waning moon. Most likely you feel less energetic as during the waning moon phase. Slow down, take it easy, and trust in nature's rhythm. If you get plenty of rest during the waxing moon phase, nature will provide you with renewed energies for the waning moon phase.

Any deficiencies of minerals and/or vitamins in the body are best taken care of during the waxing moon. Include all important supplements, tonics, and herbs in your diet. Focus on foods that contain essential minerals and vitamins your body is lacking.

## 2. Introduction to the Effects of the Zodiac Signs

*"Know, that you are a little world of your own  
And the sun and moon are within you  
As well as the stars."*

*Origen Adamantius*

Astrology divides the year into 12 sections starting at the spring equinox, the First Point of Aries. Called zodiac signs, these parts each match a certain cluster of stars. Aries is the name of the star cluster the sun travels through from March 21<sup>st</sup> through April 20<sup>th</sup>. Subsequently following Aries are the star clusters or groups of Taurus, Gemini, Cancer, Leo, Virgo, Libra, Scorpio, Sagittarius, Capricorn, Aquarius, concluding with Pisces.

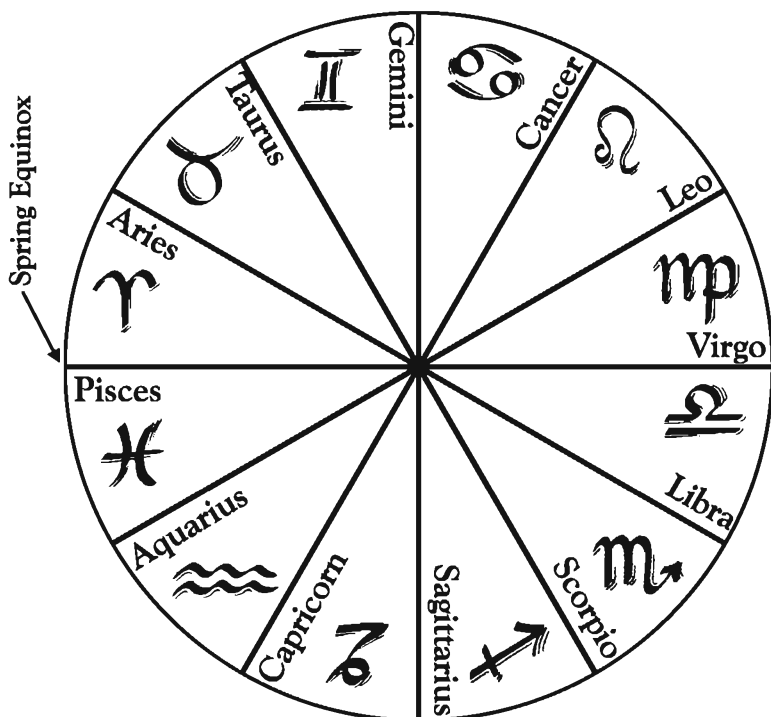


Fig. 2.a: The zodiac consists of 12 sections of the zodiac signs.

## Aries



### Strengths:

Determination, drive, enthusiasm, courage, willpower, spontaneity, initiative, self-confidence, zeal, and enterprising spirit.

### Weaknesses:

Impatience, headiness, single-mindedness, quick temper, recklessness, and selfishness.

The astrological symbol of Aries pictures a force which starts from one point spreading out like a fountain. It depicts also the horns of a ram, indicating the ram is ready for combat.

The new beginning starts at spring equinox. Aries resembles a young, untamed ram running zestfully over spring meadows, ready to ram obstacles with its horns. In astrology Aries' traits are described as energetic, aggressive, enthusiastic, and heady.

Aries is also spontaneous and courageous, and for its own ideas and interests the force can move "head first through a wall," exhibiting impatience and willingness to take risks. Aries acts with a natural self-confidence.

But with its quick temper Aries often makes decisions thoughtlessly and too quickly. A solitary fighter it does not find it easy to work well in a team. Although the Aries force can be helpful, straight, and honest, it still prefers to follow its own way and dislikes being told what to do.



## 2.2. The Elements: Fire, Earth, Air, and Water

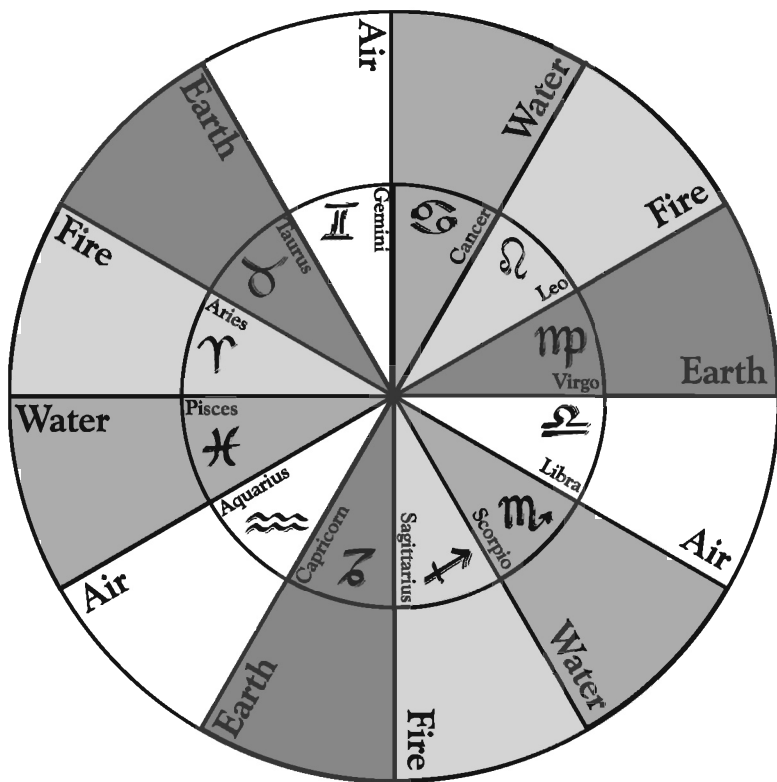


Fig. 2.a

*Correlation of the elements fire, earth, air, and water with the zodiac signs.*

Each zodiac sign correlates with one of the elements of fire, earth, air, and water. Each element brings its correspondent characteristics to the sign it is associated with.

Aries as the first sign in the zodiac represents the element of fire, Taurus is connected with the earth element, Gemini with the air element, and Cancer with the water element. Continuing through the zodiac, the sign of Leo represents the element of fire again, Virgo is connected with the earth element, and so on. The connections are not random but represent explicit characteristics of the respective zodiac signs.

### **Fire—Energy – "I will"**

Aries, Leo, and Sagittarius all display energetic and fiery qualities representing the element of fire. In Aries these qualities are expressed in a rather inexperienced, heady, and premature way, while Sagittarius knows how to use them in more mature and experienced ways.

### **Earth – Methodology – "I act"**

Taurus, Virgo, and Capricorn express well grounded characteristics connected to the element of earth. With patience, methodology, and perseverance they work toward their goals. Taurus prefers earthly pleasures, and Virgo displays healing, nurturing, and protective abilities. Capricorn can be resourceful and disciplined enough to survive in the most meager circumstances.

### **Air – Thoughts – "I think"**

The element of air correlates to Gemini, Libra, and Aquarius. Indeed, they display a kind of airiness, observed as flexibility and mobility in thinking, acting, and feeling. Gemini is very talented in communication, and Libra is flexible and acknowledges coexisting vantage points. Aquarius displays flexibility in the fields of imagination and vision.

### **Water—Feelings – "I feel"**

Water represents feelings and correlates with the signs of Cancer, Scorpio, and Pisces. The characteristics of water signs are sensibility and empathy. Cancer expresses these traits best in the areas of home and family, while Scorpio explores intensely and deeply the thresholds and marginal realms of feeling. Pisces uses intuition, sensitivity, and receptivity in feelings, striving to reach toward fathomless depths.



### 3.1. Moon in Aries

Element	Plant Part	Gardening	Sensitive Body Parts	Food Component
<b>Fire – Warm</b>	<b>Fruit</b>	<b>Harvest Time</b>	<b>Head, Brain, and Eyes</b>	<b>Protein</b>

*(Chapter 2.1. features the general description of each zodiac sign.)*

#### Success

With Aries, determination, drive, and initiative, things get going and the way straight ahead seems the best.

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

It's a good time for meetings and sales talks but keep in mind that impatience, single-mindedness and selfishness do not favor teamwork.

#### Leisure Time

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

Romance can be very passionate, for Aries represents the element of fire.

These are in general good days for outings, and even with cloudy skies the air still feels somewhat warm. But a drying effect will make you more thirsty and dehydrated, so make sure you get plenty to drink.

#### ☾ Waxing Moon in Aries

Now is the best time to start anything new or alter, reconfigure, and remodel in many areas such as on the job, at school, for leisure, and in the home. It is essential to focus and gather forces, getting plenty of time to rest, recover, regroup, and gain new



strength. The closer it is to Full Moon, the stronger the impact of the forces will be.

### **Health During Waxing Moon in Aries ♈**

Healing ointments are easily absorbed. All measures taken to supply nutrient materials and strengthen the sensitive body parts of the head, brain, and eyes are very effective.

Consider that the sense organs are more sensitive as well.

Since the head is more sensitive, if you suffer from migraines drink plenty of water, and avoid coffee, chocolate, and sugar during these days.

Close to Full Moon any surgery should be avoided if possible, since the healing process slows down and scarring can be more severe.

### **Body Care During Waxing Moon in Aries ♈**

All measures taken to supply nutrient materials and strengthen the body are very effective. Treatments with firming and moisturizing creams are more effective as well as massages to regenerate and strengthen, perhaps added with beneficial massage oils. Since Aries affects the head and eyes, this is a good time for any facial treatments, massages, and eye compresses for strained eyes.

Correcting and cutting ingrown nails during these days promotes healthy growth.

Any kind of hair care works well and hair dyes will look more vibrant.

Enjoy the scents of cloves, peppermint, and thyme.

### **Garden/Nature During Waxing Moon in Aries ♈**

When the moon travels in Aries, any garden work benefiting fruits is most effective. Sow plants and vegetables that grow and flourish



above ground, especially fruit and tomatoes. In the appropriate season grafting onto fruit trees is more successful when moon travels in Aries.

Furthermore, it is recommended to sow and plant anything that is supposed to grow fast and for immediate use.

Cultivating grains is also favorable while the moon is in Aries.

Transplanting yields good results.

Harvest time is here with ascending forces! Sap is rising, enhancing plant growth above ground, and fruits and vegetables are at their most juicy. Harvesting and storing grains, vegetables, potatoes, fruit, and tomatoes is recommended.

Since Aries affects the head and eyes, gather herbs for eye complaints and headaches.

### **Housework During Waxing Moon in Aries ☾**

If you intend to remodel or rearrange furniture, start during the waxing moon phase. However, only light housework is advisable, since the waxing moon still requires time to relax, recover, and gather strength.

Every time the moon travels through a star sign that represents the element of fire, it's best to ventilate rooms sufficiently since the air in general is not as humid.

The element of fire makes baking yield good results. Dough for breads, cakes, and cookies rises faster, except on the days close to New Moon. Making cheese is also suitable during these days.

When the moon travels in Aries, anything pertaining to fruits is favorable, such as preserving and freezing.

### **Nutrition During Waxing Moon in Aries ☾**

Everything that is supplied to the body to build up and strengthen is most effective. Stimulants and vitamins have a stronger effect.