

Introduction and Annotations

The moon governs the oceans on earth, it rules the tides. All of nature is affected by the lunar cycle. Since our human bodies consist up to 80 per cent of water, the moon influences us as well. Powers activated by the moon affect us more than the powers activated by the sun.

Many of the ancient calendars followed the position of the moon. This knowledge has been used for centuries in all aspects of life. Generations of farmer's and people living close to nature observed these rules of nature, guided by the moon. Following this guidance enables you to live a sustainable lifestyle by feeling connected with nature and her beneficial forces.

You'll find plenty of valuable, easy to use information. You will know, what, when, and how to do the best. Plan your actions, revise your results, use your time, work, and money effectively. Improve and live a better, healthier and more successful life.

Notice

This calendar book is intended as a reference volume only, not as a medical manual. The information given here is designed to help you make informed decisions about your health. It is not intended as a substitute for any treatment that may have been prescribed by your doctor. If you suspect that you have a medical problem, we urge you to seek competent medical help.

Daily Calendar Information

Weekdays and Holidays

Additional to weekdays this calendar lists holidays and observances in the United States of America.

Half Moon

In this calendar, Half Moon marks the midpoint of a waxing moon phase between new moon and full moon as well as the midpoint of a waning moon phase between full moon and new moon.

No Meat on Wednesdays and Fridays

The weekly advice of no meat on Wednesdays and Fridays is based on old country saying in Europe.

Cutting and Filing Toenails and Fingernails

For cutting and filing fingernails and toenails the most suitable times are any Friday after sunset. You will favour healthy and strong nails. This information is also based on country saying in Europe.

New Moon, Full Moon, Lunar and Solar Eclipses

The exact times of new moon, full moon, lunar and solar eclipses are listed on any given day in Eastern (EDT), Central(CDT) and Pacific Daylight Time (PDT) and equivalent the daylight savings times EST, CST and PST. They are based on the information of the American

Ephemeris for the 21st Century, programmed by Neil F. Michelson with revisions by Rique Pottenger.

New moon: On new moon the body detoxifies very effectively. But ingestion of food can slow down or stop this altogether. A day of fasting on a new moon can prevent many illnesses. This is also the best day to let go of bad habits and to make new decisions. Body and mind are more likely to stay calm when facing loss or withdrawal.

Full moon: With a day of fasting on a full moon you may also prevent many illnesses. Be cautious since the body utilizes nutrition the best, it would do the same with artificial flavors, additives, ... Wounds might bleed more profusely than other times. Recovery after surgery is impeded. Vaccinations are unfavorable in the three days before or on full moon. Tissues are more likely to accumulate water. Healing herbs collected on full moon have greater curative power. Doing laundry, cleaning windows, making preserves and painting are not recommended as activities on a full moon day often turning out rather poor results.

Transition into the Next Zodiac Sign

The exact times the moon transits into a next zodiac sign are listed in parenthesis in Eastern (EDT), Central(CDT) and Pacific Daylight Time (PDT) and equivalent the daylight savings times EST, CST and PST. They are based on the information of the American Ephemeris for the 21st Century, programmed by Neil F. Michelson with revisions by Rique Pottenger.

When the moon transitions before 12:00 PM the given day is allocated to the next zodiac sign, when the moon transitions after 12:00 PM the given day is allocated to the previous zodiac sign. With this information you may plan precisely for the relevant lunar influences of the day.

Moon Phases

For easy reference each weekday pictures a symbol of the moon phase.

Example:

MARCH 17.

Friday • St. Patrick's Day

No meat. Cutting and filing toenails and fingernails.

(Waning Moon enters Sagittarius at 8:01 PM PST, 10:01 PM CST, 11:01 PM EST)



Moon Phases

Additional to the information below the weekday everyday features the respective moon phases such as new moon, waxing moon, full moon, and waning moon.

Zodiac sign

On each given day you see the position of the moon in the various zodiac signs. Within 12 months the sun moves through all zodiac signs. The moon passes through the same signs within 28 days. This is called the lunar cycle.

It takes the moon 2 to 3 days to pass through a zodiac sign. Each zodiac sign represents certain characteristics which are activated while the moon passes through the sign. All characteristics and resulting influences are listed for easy use in the advice categories.

Next to each picture of a zodiac sign, you find the matching astrological symbol.

Example:

Waxing Moon in Aries

**The overview of the daily lunar influence features the following information:****Properties of the waxing and waning moon phases:**

The time of the waxing moon is best used to rest, recover, regroup, and gain new strength. The body is ready to absorb, even with the same amount of food the body is more likely to gain weight. Everything that is supplied to the body to build up and strengthen it is much more effective. The closer to full moon the stronger the impact of the forces: GATHER STRENGTH – REST, RECOVER – BUILD UP

During waning moon everything you do for detoxing and cleansing works best. Overeating will not result in weight gain as quickly. Almost all housework is dealt with much more successfully and effortlessly. The closer to new moon the stronger the impact of the forces: DETOX – REMOVE – BE ACTIVE

The influences and effects are listed in detail in the advice categories.

Day and element

Each zodiac sign represents one of the elements: fire, earth, air, or water.

Each day is determined by qualities of the element (fire, earth, air or water) of the zodiac sign the moon passes through: Warm, Cool, Air/Light, or Wetness. As the moon travels through the

signs these qualities are activated.

These details are summarized for a quick overview of the day. The resulting effects are listed in the advice categories.

Color:

Each zodiac sign matches a certain color. Experiment with matching or complimentary colors in your daily outfit. Watch their effects on your well-being. The colors may also be applied to color therapy.

Aries – *Indigo/Blue*

Taurus – *Bright Blue*

Gemini – *Light Blue*

Cancer – *Green*

Leo – *Green*

Virgo – *Yellow*

Libra – *Orange*

Scorpio – *Red*

Sagittarius – *Orange/Yellow*

Aquarius – *Bright/Dark Blue*

Pisces – *Blueish White*

Sensitive body parts:

In the course of the lunar cycle every body part and organ gets affected, listed daily as '*sensitive body parts*'. Knowing this you can plan ahead to improve your health: Whatever you do for the well-being of the sensitive body parts during that day is even more beneficial. Watch out, everything that puts a special burden or strain on the '*sensitive body parts*' is twice as harmful. Avoid any surgery on these parts except emergency surgery.

Aries – *head, brain, eyes*

Taurus – *head, neck*

Gemini – *shoulders, hands, arms, lungs*

Cancer – *chest, lungs, liver, stomach, gall bladder*

Leo – *back, diaphragm, circulation, arteries*

Virgo – *digestive organs, nerves, spleen, pancreas*

Libra – *hips, kidneys, bladder*

Scorpio – *sex organs, ureter*

Sagittarius – *thighs, veins*

Capricorn – *knees, bones, joints, skin*

Aquarius – *lower legs, veins*

Pisces – *feet, toes*

Garden/Nature:

The lunar cycle has an effect on each part of a plant: the roots, the leaves, the fruits or the blossoms.

Depending on the ecliptic ascending forces reign, when the moon passes through Capricorn, Aquarius, Pisces, Aries, and Taurus. Sap is rising, plant growth above the ground is enhanced, and fruits and vegetables are especially juicy. This period is called Harvest-Time.

Descending forces reign, when the moon passes through Cancer, Leo, Virgo, Libra and Scorpio. Sap is drawn downwards, thereby enhancing root formation. This period is called Planting-Time.

Gemini and Sagittarius represent the turning points between the ascending and descending forces: A change of forces takes place and no exact distinction of the forces is possible.

The effects and tips are listed in the advice categories.

Nutrition:

Food Qualities: The body does not digest fats, protein, carbohydrates or salt the same everyday. For example some digest bread the best on a carbohydrate day while others feel stuffed after only one piece of bread. Observe these food qualities and note what works best for you.

Example:

GATHER STRENGTH – REST, RECOVER – BUILD UP

Day: Warm • Element: Fire • Color: Indigo Blue • Sensitive Body Parts:

Head, Brain, and Eyes • Garden: Harvest-Time • Plant Part: Fruit • Food

Quality: Protein

How to utilize the information in the advice categories:

Success:

We all experienced that some days work goes easier and more efficient. Knowing the influence of the lunar cycle you can plan ahead to improve your opportunities, possibilities and activities daily.

In business, on the job, at school or for any goal oriented activity you have a choice to be more effective, save time, effort, and money. Take charge and avoid negative influences. Be better prepared and know when to achieve the most with the help of a lunar almanac.

Leisure:

Have more fun! Plan parties and activities when you and others will enjoy them the most. Know

ahead, what will work the best for family and social time, hobbies, exercises, and fun things in life.

Nutrition:

Simple yet striking ways to improve your diet: Know daily, which fruits and vegetables benefit your body the most. Eat meals you like, but pick the right timing!

During waxing moon it's most beneficial to strengthen the body. It gains weight easier than during waning moon, stimulants and vitamins are more effective as well. The waning moon phase is best for measures to detox the body.

Food Qualities: The body does not digest fats, protein, carbohydrates or salt the same everyday. For example some digest bread the best on a carbohydrate day while others feel stuffed after only one piece of bread. Observe these food qualities and note what works best for you. Change your nutrition for the better. Now you know daily, what quality the day provides for your nutrition.

Health:

In the course of the lunar cycle every body part and organ gets affected, listed daily as 'sensitive body parts'. Knowing this you can plan ahead to improve your health: Whatever you do for the well-being of the sensitive body parts during that day is even more beneficial. Watch out, everything that puts a special burden or strain on the 'sensitive body parts' is twice as harmful. Avoid any surgery on these parts except emergency surgery.

During waxing moon all measures taken to supply nutrient materials and strengthen the body are more effective. When the moon is on the wane all measures taken to flush out and detoxify are more successful.

Useful advice and experience based on century old knowledge support and strengthen your health and well-being.

Body Care:

You wonder why some days your hair just doesn't retain its form or the same body treatments will bear different results?

The influence of the lunar cycle can explain, so you can plan the most auspicious times for any body, nail and hair care and improve all results.

Know when it's best to use detoxing body care. Pick the best day for the hair dresser. Reduce the use of hair restorers and dandruff removers by considering the correct times for hair treatment. Massages are more effective during certain times of the lunar cycle. For cutting and filling fingernails and toenails the most suitable times are any Friday after sunset. You will favour healthy and strong nails.

Scents are assigned to each star sign. Improve your well being by surrounding yourself with these soothing scents.

Aries – *cloves, peppermint, thyme*

Taurus – *geranium, jasmine, rose*

Gemini – *lavender, lemon balm, magnolia, verbena*

Cancer – *lilac, lilies of the valley, lilies, violets*

Leo – *hibiscus, oleander, rose*

Virgo – *lavender, fir, sage, meadow flowers*

Libra – *roses, violets, daffodils*

Scorpio – *anemone, cornflower, oregano, thuja*

Sagittarius – *calendula (marigold) geranium, rosemary*

Capricorn – *cedar, juniper*

Aquarius – *cyclamen, peach, wild roses*

Pisces – *magnolia, amaryllis, clary sage*

Garden/Nature:

For centuries gardeners and farmers all over the world used these powerful guidelines successfully.

The lunar cycle has an effect on each part of a plant: the roots, the leaves, the fruits or the blossoms. Pick the right timing for great results: For best results choose a leaf day for planting leave vegetables such as lettuce, spinach, cabbage. For any root vegetables such as carrots, beet-roots, radish,... you will choose a root day.

There are many opportunities to harmonize your agenda with the weather conditions for the kind of work you want to do. You will know when to avoid any unfavorable days for your activities.

Your harvest will make you stand out! Know when, what, and how to do the most natural for your garden.

House Work:

Does your housework yield different results over time even so you do it the same way? To take care of housework in tune with nature and the lunar cycle will get you the best results for your efforts. It's like magic! Housework will be much more fun.

Housework is dealt with much more successfully and effortlessly during waning moon: For example problem stains are removed better, allowing you to reduce on cleaners and save money. At the same time you help the environment, since waste water is broken down better. Optimize results with baking, preserving foods and many other activities in the house.

Improve and refine your methods. Use the most favorable time for your work and visible results will proof your success. Save time for things you enjoy most.

Additional information applies on new moon and full moon, which is listed in the respective categories of success, nutrition, health, garden/nature, and house work.

New moon

On new moon the body detoxifies very effectively. But ingestion of food can slow down or stop this altogether. A day of fasting on a new moon can prevent many illnesses. This is also the best day to let go of bad habits and to make new decisions. Body and mind are more likely to stay calm when facing loss or withdrawal.

Full moon

With a day of fasting on a full moon you may also prevent many illnesses. Be cautious since the body utilizes nutrition the best, it would do the same with artificial flavors, additives, ... Wounds might bleed more profusely than other times. Recovery after surgery is impeded. Vaccinations are unfavorable in the three days before or on full moon. Tissues are more likely to accumulate water. Healing herbs collected on full moon have greater curative power.

Example:

Success

Feelings, sensitivity, and cooperativeness.
Many are overly sensitive, beware of treading on someone's toes.
Be cautious if you let others easily influence you.
During negotiations make use of the cognitive ability of your senses.

Leisure-Time

The inner becomes more colorful than the outer.
Relax with family and close friends.
Retreat to your safe haven and enjoy your imagination while reading or listening to music.
Romance can be gentle. Deep feelings can surface.
Outdoor excursions: Possibility of showers.

Nutrition

... *Food quality: carbohydrates.*

Lettuce, spinach, lamb's lettuce, Endive, parsley, leek, cabbage (Brussels sprouts, kale, Chinese cabbage), all leafy herbs, asparagus, mushrooms, cress, Swiss chard, rhubarb.
If overweight avoid carbohydrates.
Weight associated with overeating is less likely. If under weight, eat larger portions.
Out of moodiness, one may eat more than is healthy.
Fruit and juice days.
Flush out poisons. Treatment for drug abuse.
Stomach troubles: avoid heavy meals.
Full Moon: Fasting Day.

Health

... *Sensitive body parts: chest, lungs, liver, stomach, gall bladder.*

All measures taken to flush out and detoxify the sensitive body parts are very effective.
Scaring is less severe.
Teeth: Removal of tartar and amalgam. Best for fillings, crowns, and dentures!
Blood-purifying and detoxifying herbal infusions and tea.
Sensitive nervous system.
Be cautious with alcohol, liver is very sensitive.
Stomach could act up and cause gas and heartburn.
Rheumatism: Don't air bedding outside, damp remains in the bedding.
Lymphatic therapy.
Full Moon: Avoid any surgery and vaccination if possible.

Body Care

... *Aromas, scents: lilca, lilies of the valley, lilies, violets.*

Prepare home-made ointments and cosmetics.

Apply detoxing facial and body care.

Treatments of bumps and pimples on the skin.

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.

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

Garden/Nature

... *Plant parts: leaf.*

Watering all indoor and outdoor plants.

Fertilize flowers.

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

Dig over/plow to prepare soil for planting.

Trimming and cutting back plants.

Weeding.

Combating pests above ground.

Setting up a compost heap.

Mowing lawns.

Transplanting.

Gather herbs for bronchitis, stomach, liver, and gall bladder complaints.

Avoid pruning fruit trees and bushes.

Unfavorable: Harvesting, storing, and preserving.

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

Housework

Almost all housework is dealt with much more effortlessly and successfully.

Problem stains are removed easier.

Dry cleaning.

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

Cleaning, polishing and waterproofing shoes.

Combating mold. Ventilate briefly and rapidly.

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

Your positive affirmations:

All throughout the day, in times of introspection, meditation, prayer and in any difficult situation positive affirmations improve your well-being. If you strongly concentrate on an affirmation, you will calm your mind and reduce stress levels immediately. In stress-full situations it helps significantly to repeat an affirmation over and over until your mind calms down and you can see things more clearly.

Each moon cycle from new moon to full moon and back to new moon features a new affirmation as daily help to reduce stress, anxiety and worries, to bring trust, calm, love and health into your life.

Example:

Your positive affirmation for this lunar cycle:

“I am centered in deep peace.”