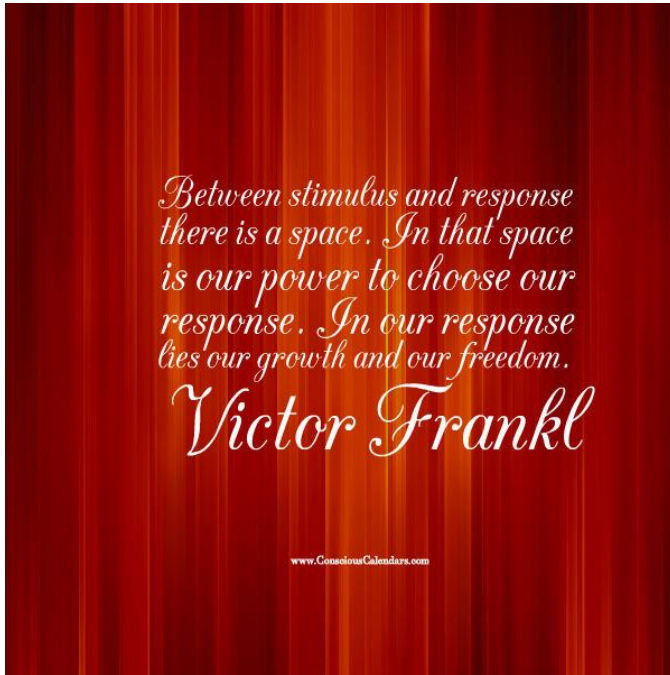


November 2016 Vedic Astrology Insights for ©Conscious Calendars



Highlights of the Month

Mars makes some POWER moves while it resides in Capricorn for about 5 weeks beginning on November 1, 2016.

It's a time to **harness and own your innate leadership abilities and practice clear boundaries.**

Mars is the **planet of Leadership, of fantastic strength and ability to command oneself** and as a result people with a strong Mars in certain houses of his/her personal birth chart

often command or manage others, like what we see in executives' charts.

Mars in the Vedic System is called "Exalted" when it is in Capricorn and when this happens, then it helps each of us to harness energy, focus, determination, our personal leadership style and power in ways that are unique to each of us.

Mars passes once every two years through this constellation and is considered to be at an apex of expressing its magical physical powers when it is in Capricorn.

If someone has a strong Mars they might have strong internal discipline, strong **physical prowess, the kind that great athletes have over their bodies**, and the kind of mastery that great and true yogis (the kind who practice meditation and austerities in isolation for years, kind of yogis) have with their minds over their bodies.

Great athletes can use this power in a way that is focused on pushing the body to extremes but that is only because they have **practiced mind over body**. Great leaders also have this ability to push past physical boundaries, and regretfully in nations where making money is considered king, this is often heralded as good when people just work, work, work and abuse their bodies.

See where **you are being asked to step into a new form of your own personal power this month.**

Many people will be **inspired to a new work-out routine or to build strength in some way.** Just make sure you do not try and make too many changes too quickly. If you continue a daily practice, you will be very different at the end of the 5 weeks.

This Mars could be lighting up your first house in your personal health routines to your work or career if Capricorn is your tenth house to your twelve house of spiritual pursuits which would have someone "chop wood and carry water" or use physical experience to transcend the physical, like many people experience in rites of passage like Vision Quests or extreme fasting or extreme yoga.

Remember, real power is often connected to responsible **leadership**, and keeping the needs of the many in mind as you lead.

Remember, we can each build tremendous strength when we give up comforts and focus on being satisfied with what we have. **This builds a different kind of stamina that ultimately leads to deeper meaning and a happier life.** So, see where you are being asked to step up in your life, in your personal **daily routine** (instead of sleeping in now that the days are getting shorter) or **in your budget**, or in **how you show up at work.**

Special Yoga in the heavens with Mars & Saturn shifts violence into discipline

Back in mid-September Mars was WITH Saturn in Scorpio which egged on many of the bombings and terrorist attacks like the night club bombing in Florida and other similar events.

Thank goodness that NOW, Mars is two signs away from Saturn and a special 'exchange' of energy occurs where discipline and order become accessible when before weaker minds crumbled under the pressure and lashed out at strangers with attacks or self-harm. Add to that a Jupiter shining wisdom on that Mars in Capricorn, we have a triply good reason that reason and self-control will prevail during these 5 weeks.

Just Say NO

People who regularly have a hard time saying "No" might actually be able to do so during this five week period or be able to exercise healthy boundaries, if it has been difficult for them usually.

This does not mean they have fully healed their issue, but at this time, they get to feel what it is like for many who find it easy to say "No" or those who might be

naturally pushy and tend to get their needs met on a regular basis.

For instance, strong Mars people usually want things done yesterday, or can tend to be impatient and have a knack for getting what they want in the world, if not by persuasion, by emotional force. They are very clear on what they want, so it makes it easier to focus on end results and stay focused until they achieve that clear goal for them too. Thus the ability to be efficient is often associated with Mars as well.

We all are more efficient when we focus on JUST one thing at a time and stay on it until it is finished. A person with a strong Mars in their personal chart naturally have this talent or habit.

Some people are born with an exalted planet in their horoscope chart and then the planet expresses itself powerfully in their behaviors and tendencies and talents.

Pace Yourself

Now that Mars is exalted - you can access an innate strength unique to you. You can do it, just pace yourself.

The good news about all of this is that this Mars is not going to just starting pushing people around for what it wants. Currently, Jupiter is sending guiding and wise energy to the 'exalted' Mars in Capricorn. This will ensure that for most of us, the intense focus and ability of Mars in this place can be channeled for higher good and for something that benefits others or society as a whole. That is a magic combination when a planet of action, like Mars is powerful and is guided by a stable Jupiter (from Virgo).

Those individuals who have the energy of Jupiter combined with Mars in their birth charts are guided by wisdom and can be incredibly effective at the same time.

It is a golden combination in a birth chart, and we have those forces together that **will fuel all of us to better ourselves and advocate for causes that make a difference during the month of November.**

Full Moon in Aries November 14, 2016

Tap into your Inner Introvert and lead in a new way

This full moon reminds you that you have secret and hidden abilities. You see, the Moon in Aries is in a region of constellation (called Krittika) where the Sun holds great leadership abilities, and at the same time the Sun is opposite that full moon and appears to be in Libra until mid-November, where the regal Sun brings out a quiet introvert. Combine these two energies for the month along with Mars being

off the charts into effective action and you are being asked to OWN that your inner knowing and intuition are great guides.

Contrary to belief, many great leaders are actually introverts who if they honor their need for quiet, time alone and time in nature or to unwind, are forces to be reckoned with.

You too are being reminded by this power-centric combination that you do not need to lead by speaking, but often by what you do not say, or by stepping up and owning what you know to be true, which comes to you in your times of quiet and nourishment.

Many of you who have read my [Jumpstart to Happiness free e-book](#) know that the some of the happiest people develop intuition and luck, and they do this by carving out some quiet time every day.

This full Moon of action in Aries, with a Sun in harmony seeking Libra and a Mars in Capricorn giving a focus on effectiveness and boundaries combines to give us the perfect way to carve out quiet time each day to help us use our intuition and develop luck and lead a life that is both balanced and powerful.

You are being asked to really tap into this energy from November 7 – November 21, 2016. This is because the full Moon on November 14 is the PEAK energy of this cycle.

The Full Moon is in Aries according to the Vedic Map remember!

*If you want to learn more about what that means, see the asterisk at the end of this document.

New Moon in Scorpio November 29, 2016



Access the Cosmos and Light Hidden within You

The New Moon arrives each month when the Sun and Moon align in the Moon's orbit around Earth.

This month Saturn, Sun and Moon are in Scorpio together for the last time in 30 years (this is the third new Moon in Scorpio, which has occurred each year with Saturn since 2014).

You have great creative forces which are deep within your being.

This cyclical combination gives you unique access to the vast oceans of knowing and being that lie within you, and give you access to great creative forces like those that lie at the edge of a black hole.

Did you know that the entire cosmos is within you, from the vastness of the oceans on Earth to the expansion of space itself? This New Moon reminds you of this possibility.

This New Moon and Saturn combination gives you access to this knowledge and opens a portal within which will allow you to **silently experience deep truths about your True self**, which is consciousness itself and beyond even that.

There is a place within you, which IS you, which transcends all questions, all matter, fear or doubt and is the center of your being. It the place *beyond*, which is ever present and which has no words.

If a black hole is actually not darkness but a location of great creative force because its event horizon (the edge of a black hole where time and space begin to warp) creates and spews energy into the cosmos, then you can begin to see that nothing about you or within you is to be feared or dark, but that you are a creative vortex of beauty and vastness generating your unique form of creativity while being connected with everything in the Universe at the same time.

Ultimately a deep, mysterious source of creation lives within you and this New Moon with Saturn in Scorpio light up this knowledge on an experiential level within you during these two weeks.



Here's what you can do November 28, 29 & 30 to find the power balance between darkness & light

On the day before, the day of and the day after this new Moon:

- Make sure to meditate daily or
- Float in a swimming pool or in the ocean
- Try "floating" in a sensory deprivation tank or

- Lay down for 10 minutes with a cleared, small quartz crystal at your third eye (with the tip facing down toward your toes) or at your navel (turned upward) and allow your body to align with light and 'charge your field'. Keep this short if you have not done this kind of thing before. (This is a simple variation of a Kathleen signature move in my many years of working with light and crystals in both the East Indian and energy healing system of Chinese medicine.)



If you regularly meditate, then you will notice how deep and quiet these days are. If you go for a daily walk, then take part of that time to just sit quietly once you come home, and be with the eerie silence which teems with life.

It will be like stopping and observing the desert – what seems stark and lifeless at first but comes alive and gets louder as your senses rise to noticing the messages the Universe has for you.

You can find pools of silence that are both powerful and nourishing and are a portal that you possess. Get ready to experience exponential states of relaxation when you meditate with this New Moon.

Moving Beyond Fear

When you find quiet time in these three days, instead of fear you can find that there is nothing to fear. When you drop into the truth of this place within you, you will understand the Universe and your nature in new ways (by experiencing deep states of meditation on these days).

The image below is to remind you that you there are two sides to each emotion,

that moving beyond fear allows you to experience the world from both sides, the dream reality and .



The Ocean within you

If you have ever floated on the edge of the tectonic plates under the ocean, like I have, you can palpably feel that the immense vastness is stunningly beautiful and that all is possible and all is well.

This trifecta of Saturn (the ultimate dark matter planet connected with space and time itself) with the New Moon and Sun in Scorpio brings this deep knowing to you the day before, the day of and the day after this new Moon and helps you experience the deep mysterious secrets of our Universe, that lie within you.

You will experience first-hand glimpses of this truth when you meditate on and around THIS magical new moon.

Experiment with this energy from November 22 – December 6, 2016. This is because the New Moon on November 29 is the PEAK energy of this theme. The New Moon is in Scorpio according to the Vedic Map remember! * See explanation below.

Weekly November Information:

November 1 – 5

The Moon is waxing in light from lunar day 2 – 6

Tuesday **Nov 1** An almost Yellow Day

This day has a beautiful Moon, Venus Saturn after Sunset, but...for Sky viewing it might seem nice to go out and see this incredible trio in the sky just after sunset AND keep in mind that in Vedic Astrology, we do not recommend viewing Saturn or the Eclipses.

So, even though all the astronomy sites are saying to go view it, maybe just meditate right at or after sunset.

This is an incredible way to harness the energy of this special combination of planets and moon.

Today's moon is a bit gullible and can miss the big picture. You will want to make sure you take extra brain herbs today and tomorrow.

At the same time, Saturn brings possible obstacles to the day, similar to a Yellow Day while Venus helps us see the positive and the silver lining that the daftness and delay can ultimately bring.

So, keep all this in mind with your day.

Give yourself a break, and keep your expectations of yourself and others simple. Consider yourself accomplished if you can just show up to a scheduled meeting today.

Wednesday & Thursday **Nov 2 & 3**

It's two Wise Woman Moon Days in a row.

This happens when the Moon is in the place of wisdom like that of the eldest sister or crone. Societies which flourish cherish and listen to the words of the elders - and this Moon helps us each tap into our inner wisdom and might just have us get sagacious advice from an elder too.

But it is only lunar day 3 & 4, so the light of the moon is just beginning, so the messages will come as whispers.

So, listen up and hear what your older friends have to say.

Or what are the ancient trees, or ancient Earth or your inner guide telling you?

Listen to the rain and sunbeams and see what they are saying to your heart.

Friday & Saturday **Nov 4 & 5**

Lunar Day 5 & 6

The Moon is in Sagittarius for two days on Friday and Saturday.

Nov 5 the Moon is in between our Sun and the center of our galaxy. This moon in this place is good for choosing to give something up so you can experience more spiritual freedom. Is there something in your home or office which you really no longer need or better yet, something you cling to which ultimately is in your way or is not good for you? Take steps to reduce or eliminate it and you will find freedom.

Week of November 6 – 12

The Moon is waxing in light from lunar day 7 – 13

Tuesday – Thursday Nov 8, 9 & 10 Yellow Days

The classic Yellow Days return now that Jupiter no longer buoys the Yellow Day by reducing the tech issues or scatteredness.

These three days, the Moon is in Aquarius with Ketu, the half-planet which can bring obstacles, especially technology issues or nervous system flare-ups if that is an underlying health issue for you. These are also deeply spiritual days, which is great if you are able to be on retreat. Just notice how these days will have challenges which will give you 'room to grow' spiritually. See if despite distractions or irritations today, that you can still choose compassion or kindness.

Try and run any errands that entail traffic around these three days.

Yes, election day in the United States is a Yellow Day!

At the very least, make sure you get your vote in by Monday Nov 7th to avoid having any 'hanging chad' issues with your ballot.

Please vote!

Saturday Nov 12 Green Day Type II

A soft and tender type of Green Day which is a classic Green Day. Great date day or for enjoying an experience with a view, a boat ride, or water.

Today is about allowing yourself to be swiftly carried through important transitions. This moon relates to being taken across difficult waters, and this blessed Moon along with guidance from Jupiter shining on the Moon, some smooth

sailing is in order today.

Week of November 13 – 19

The Moon is waxing in light to full moon on Nov 13 & 14, then waning in light giving dark half lunar day 6 (6 days after the full moon).

Sunday Nov 13 Green Day Type I

Another classic Green Day, with an almost full moon, lunar day 14.

Light and swift energy and the light of consciousness and the fire of a Moon in Aries gives steady energy to your day. This is a good time to focus on getting stuff done – from house projects to beginning new ventures or opening bank accounts or travel for work or pleasure.

Whisk along in your life and make the second of three full Green Days this month really count!

Nov 14 Full Moon in Aries (See description above of how to prepare and use this day) A wildly balanced full moon really since the Moon is in a fire sign, but the Sun is in its quietest and softly spoken place all year.

Friday Nov 18 Green Day Type IV

Moveable Green Day

This is a sweetly tasting Green Day because the Moon is in Gemini opposite Venus. A straight up day to improve the 'look' of your home or office or yard or body. If you are thinking of changing how you dress at all, or want to try a new restaurant or new recipe, then this is the day for it.

Experiment away and let your inner artist/chef/creative fly!

Week of November 20 – 26

The Moon is waning in light to what is called dark half lunar day 7 – 13

Monday & Tuesday Nov 21 & 22 Yellow Days

This kind of Yellow Day is the exact opposite of the previous three. Count on drama or someone throwing a temper tantrum of some sort today, be it in traffic, or some celebrity (it is a REGAL moon after all on Nov 21, and someone wants to feel like a king). Watch that you might feel like an entitled celebrity yourself.

Remember we are all human beings, and just because you may not like how the day is going does not mean you or anyone else gets to ruin someone else's day.

Nov 22 the Moon is still with Rahu in Leo in a lunar mansion that can be a bit indulgent or wants to celebrate. Just be careful to NOT celebrate with food or drink which you will regret.

Celebrate the greatness of someone else, or of how blessed you are in a way that takes in the beauty and power of nature. You will be glad you did.

Wednesday & Thursday Nov 23 & 24 Mild Green Days

Nov 23 is a Type III Green Day

Now typically, I do not give mild Green Days full "Type" but these two Green days the Moon is with Jupiter in Virgo – a healing constellation.

This is a great day to spend extra time stretching or drinking new teas or eating medicinal food while preparing for Thanksgiving (if you live in the U.S.).

It is a great day for a massage, or hiking in healing parks with green trees or mountainous energy – it is equally a good day to stay in and organize! Since this kind of Green day is a fixed day, activities which establish foundations, like filing, and organizing can bring great peace of mind today.

U.S. Thanksgiving is a mild Green Day this year! Thursday Nov 24

Type I Light and Swift Green Day

Light and Swift days, in particular days with the Moon is a healing constellation give extra credence to taking healing medicines or making your food your medicine. So, instead of over eating on Thanksgiving Day, you might consider making one or two dishes which have a healthy twist to them. Try unsweetened, cranberries and add raisins instead of sugar. Or eat hawthorn berries (crataegis) since it is used for heart health and for over eating in Chinese medicine by clearing the gi tract (and it is used in Naturopathy and European fold medicine as well for heart health).

Time for a nice change, since in previous years we have even had eclipses occur. Thankfully, family will probably be civil and games and good times can be had by all. So, celebrate all that you are grateful for because it raises your vibration.

Week of November 27 – 30

The Moon is waning in light Nov 27 – 29 and then begins waxing in light

again on Nov 30.

Monday Nov 28 Red Day

Tuesday **Nov 29 New Moon in Aries** (See description above of how to prepare and use this day).

November as Power Month

The Month of November is about embodies power, the power that you already have and the power you are being asked to step into. The power might be about curbing your desires or developing discipline or saying NO if you normally have a hard time doing that.

Building self-esteem comes from discipline and often meeting agreements we have with ourselves is an immensely empowering experience.

So, as Mars crosses Capricorn this month with guidance from Jupiter, you might be drawn to stand up for a cause, or discover passion in your life to build something new or to contribute at work or home in a new way. If you lose time when doing something then this is likely connected with your purpose and passion.

The Full Moon this month also brings in Mars energy because the full moon occurs in Aries, a sign ruled by Mars.

* The Vedic map is 23 degrees different than a typical Western astrology map. Any Sidereal Western astrologer uses a similar map to a Vedic Astrologer. What this simply means for you is that the dates of the Sun signs in slightly shifted from your 'magazine horoscope'. This is the map of what astronomers use and is viewing the energy of YOU standing on the Earth and viewing the heavens from Earth, not the Tropic of Cancer.

That is why this system is called a 'fixed star' system because the planets, Moon and even the Sun appear to move across our sky in front of and co-mingling with the energies of the fixed stars and galaxies beyond our solar system. The ancients of India understood these energies and have documented the results of the planets and moon in various places for over 5,000 years.