

# April 2018 Conscious Calendars Vedic Astro Forecast PDF (bonus for paid subscribers) \*See corrections and additions\*.

## UNIVERSAL CONSCIOUS CALENDARS 2018



**NEW MOON APRIL 16**

1:59 am UTC / 2:58 am BST London / 11:57 am AEST / April 15 9:59 pm EDT / 6:59 pm PDT



**FULL MOON APRIL 30**

12:59 am UTC / 1:59 am BST / 10:59 am AEST / 8:59 pm EDT / 5:59 pm PDT

APRIL 2018						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2 IV	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29 IV	30					

Sun appears to enter Aries April 14 (Sun is exalted in Aries for leadership in Vedic)

**MERCURY RETROGRADES** March 22/23 through April 15

**Green Day Types:** April 2 Type IV, April 3 (not one of the four Types), April 29 Type IV, April 30 Type (not one of the four Types)

**\*NOTE FOR SOUTHERN HEMISPHERE:** Red Day is April 16 and MILD GREEN DAY is April 17

[Subscriber Login](#)

CONSCIOUS  
CALENDARS

[Subscribe Now](#)

## HIGHLIGHTS of APRIL 2018

- ☐  **FULL BLUE MOON IN VIRGO ON MARCH 31** starts a two-week waning energy for April.

- ☐ **INTENSE ZONE OF THE YEAR – MARCH 30 - APRIL 8**  
**Mars and Saturn cross in the sky** with some days having the Moon align with Green Day energy, off setting the intensity on the Green Days. Keep reading for more information.

- ☐ **RED DAY – APRIL 15 OR 16, depending where you live.**

**\*NOTE FOR NORTHERN HEMISPHERE:**

**Red Day is Sunday April 15** and **MILD GREEN DAY is Monday April 16**

**\*NOTE FOR SOUTHERN HEMISPHERE:**

**Red Day is Monday April 16** and **MILD GREEN DAY is Tuesday April 17**

Your “takeaway” is that the first day of the waxing moon is auspicious anywhere you live with this lunar cycle. This means that when I am teaching the forest bathing class it will be a Green Day for everyone!

- ☐  **NEW MOON IN ARIES APRIL 15/16 aligns with Venus and Jupiter!**

- ☐ **\* Added PURPLE DAYS** AKA SATURN MOON DAYS ADDED TO THE CALENDAR ABOVE – EXTRA BONUS ON THE PDF **APRIL 6, 7, 8 AND 20, 21, 22**

Purple days were not officially rolled out, and so I am now adding them to the calendars to help you increase your awareness and noticing on these days.

**\*Correction:** There was a design mistake on the calendar. April 7 is not a Green Day, and it was not listed as one in the notes on the bottom of every calendar. If you read below the calendar, you will see that I have had all the Green Days labeled in words for the last year, and April 7 is not on the list. I greatly apologize for this mistake.

Thank you for your understanding.

April 7 is a Purple Day with the newly added visual for the month.

☐ ○ **FULL MOON IN LIBRA APRIL 30**

---

## GOOD THINGS TO KNOW FOR THE MONTH OF APRIL

Detailed Information on the Individual Days of the month come after this section

### **More on the INTENSE ZONE OF THE YEAR March 30 – April 8**

**April 1<sup>st</sup>** is the most intense day of this zone, and it is protected because the Moon makes it a Green Day!

**Mars and Saturn cross during this time zone and Mercury is retrograde.**

All of April continues to have Mars in Sagittarius with Saturn, which will heat up intensity and lead to possible accidents for some people.

Make extra safe decisions this month – maybe wait on sky diving, or bungee jumping over crocodiles this year. Make some **fun, safe** choices during April.

All in all, you'll notice a shift after April 8<sup>th</sup> and there are some incredible Green Days at the end of April 2018 to look forward to enjoying, too.

### **\* MERCURY RETROGRADES IN PISCES THROUGH APRIL 15, 2018**

**Mercury** is in its weakest place in the heavens all year – which can have people feeling frazzled easier. The same amount of time on electronics or computer will leave us twice as exhausted and workouts will not be quite as replenishing. Please still exercise, it's just more important to get nature time or hang with the trees during this Mercury Retrograde.

Break up with your phone – or design electronic-free times in the day to help your nervous system heal. I taught about this in last month's PDF extensively.

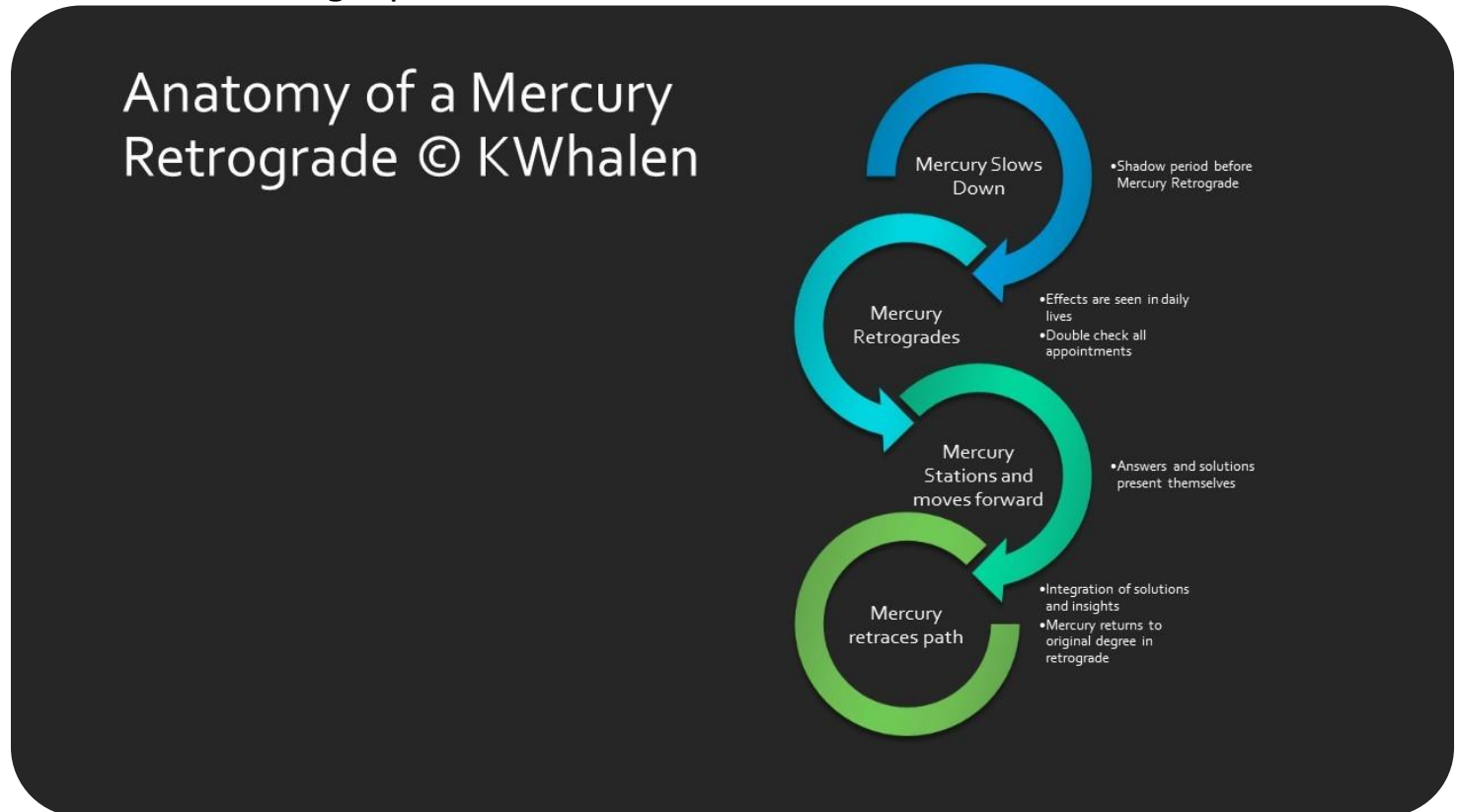
**\*\*\*After April 8<sup>th</sup>, the exhaustion from electronics will lessen but still make sure you are replenishing yourself.** (This is because Mars

and Saturn are finally through a tug-of-war that has added exhaustion from Left-brained activity).

## PHASES OF MERCURY RETROGRADE

Please get the full information in your Mercury Learning Center

Here are some high-points:



### MERCURY RETROGRADE PHASE II MARCH 23 - APRIL 7

Changes are afoot ~ and exhaustion and frustration is higher than usual because of the added tension from Mars and Saturn crossing.

Go with the flow and NOURISH your nervous system as best you can.

\* **APRIL 8 – APRIL 15** Mercury is slowing down and **information and solutions are starting to reveal themselves, but not quite clearly.**

In this phase, help the NEW INFORMATION, which isn't quite clear yet, get to you.

Just like when we shift our focus and look at a piece of art, a room or an outdoor space with our peripheral vision, this week is about relaxing your focus and allowing the scenes of your life "to be", and see what begins to reveal itself...the answers are already coming, they just are not fully crystallized.

It is at this time in the experience, for instance if you are sitting in a garden or park, that the wild-life begins to present itself to you, as some little flowers newly noticed, as a bird-song, or as an animal coming out of hiding, inching its way into your field.

The NEW INFORMATION is on its way, you have hints of it now. Keep 'looking' with an open mind, and do not be set that the answer has fully revealed itself yet.

**APRIL 15 - MERCURY GOES DIRECT – THIS MARKS THIRD ARROW/PHASE IN DIAGRAM, and IMMEDIATELY GOES INTO LAST PHASE OF MERCURY RETROGRADE CYCLE**

After Mercury goes direct, this marks the resolve of Mercury Retrograde.

**MERCURY RETROGRADE PHASE IV APRIL 16 – MAY 3**

**Mercury Retraces its path:** Integration of solutions and insights occur during this time.

Mercury returns to original place in the sky when it began retrograding and crosses the threshold into new territory.

#AstroProTip: (Mercury began retrograding at 22'48" in Pisces.)

[Click HERE to See your Mercury Learning Center to learn more and get health tips in the Mercury Balance Plan. There is quite a bit there!](#)

# Detailed Description of April 2018:

First Week of April : April 1 – Mar 7

---

First three days of April are Green Days in a row!

## **POSITIVE AFFIRMATION FOR THE WEEK:**

“Gifts and challenges arising at the same time are like wind or clouds on a picnic day. I know there is a hidden protection and messages embedded within each encounter. There is a Divine timing to everything.”

For instance, clouds on a picnic day keep us from getting burned by the sun.

## **Health Tip about pushing or listening in these intense times:**

A “stop” or redirect message like technology blowing up, completely stopping or disappearing often gives us a change to re-assess what we were doing. “Listen In” (that is my version of Lean In) to yourself, body and the moment.

Is it time to take a quick 5 to 10-minute break and spend time in nature, make some tea or rejuvenate? Make sure to return to the task, this is not an excuse to wander-off.

When technology fritzes out on us, we have an opportunity to re-organize what we have on the device when we get it working again. Take the time to both, take quick breaks and to go ahead and re-organize and save content if say, if you did not do that before Mercury started to go retro (like I suggest!).

**\*Sun, Mon, Tues April 1, 2 & 3 are all Green Days**

## **Sunday April 1 Mild Green Day**

Today is filled with promise and shifting, as the Moon moves from Virgo into Libra from mild Green energy pre-dawn to Green Energy by end of day...all to prepare you for Monday being a lovely Green Day!

Use this day to meander your way through household projects, or better yet, in the garden or woods. The healing energy of the Moon in a healing

Earth sign still points to using the Earth, moss and trees for your health today. Changes are afoot ~ go with the flow and help the NEW INFORMATION which is trying to get to you start to hint at revealing itself (connected to this moon and the stage of Mercury retrograde).

And of course, is tied to the full Blue Moon energy leading us to the free Forest Bathing class I am giving on April 16 at 2:30 pm Pacific Time.

I have a lovely Full Moon exercise to share with you which is aligned with the element of that moon!

Read the entry for April 30, and you will see it.

You get the guidance early by being a subscriber.

### **Monday April 2 Green Day Type IV**

Finally, a classic Green Day.

This is an artistic and extremely musical moon connected with harmony in all ways (sound and your life) because of the connection with both Venus and Jupiter today.

Let yourself be whisked away by something today, have fun and make some changes. It is time to do things differently somewhere in your life.

#AstroProTip: The moon is with Jupiter in Libra, in Swati, opposite Venus.

### **Tuesday April 3 Green Day** (not an official Type of Green Day – go for it).

The Moon continues to be connected with both Jupiter and Venus today.

There is just no special action that is more supported than another – it's a free for-all – as ANY actions taken can receive more nourishment and will flourish at a later time when you support them today.

### **April 6, 7 & 8 are Purple Days**

**Saturn-Moon Days, or "Purple Days" and these have a little Red tinge to them too.**

The Moon is with Saturn on this day, or opposite it. The day is slower and possibly has obstacles but the delays will improve what you are creating on these days. Let go, be patient. Keep long term goals in mind.

**These three days the Moon is with Saturn and Mars, and those two planets tend to rub each other the wrong way. So expect a bristly**

## **three days. Lots of deep breaths!**

After April 1<sup>st</sup>, the intensity is already waning, and these Purple Days just happen to overlap with Mars and Saturn finishing their CROSS which might have made some of you feel a little cross.

### **HEALTH TIP #2 FOR THE WEEK – WORKING WITH SATURN AND MARS**

We resolve these frictions in ourselves, first by dissipating -  
Dance, shake your booty, make a deep loud sound, release!

Then you can see how the things that you think have sharp edges in your life, or technology could actually be here to support you.

Geek Out this month by working WITH Mars and Saturn: Understand how science helps you DO things (Saturn is the science of things, and Mars is about getting things done or managed you could say.)

For instance watch the Netflix show: The Secret Rules of Modern Living Algorithms\_ (<https://www.netflix.com/title/80095881>)

### **Friday April 6 Purple Day**

The Moon is with Saturn and Mars for three days, and April 6 it is in a place directly aligned with Galactic Center – attempt to meditate a little longer today, and you might even try bi-naural beats to assist you to reach deeper states.

**Saturday April 7 Purple Day** ~ It's a day connected to pleasure by letting go or doing manual labor. Go work in the garden, rake or organize your book shelf. These are the simple pleasures in life. The less we have the less we have to lose.

---

Second Week of April: Apr 8 – Apr 14

### **Sunday April 8 Purple Day**

Today is connected with the science of using fire effectively because the moon has passed Saturn and Mars (in Purva Ashada). A perfect example of an aligned act is the Irish gardener who tends to my neighbor's yard. He



happily pulls out a blow torch, and ever so gently fries the seeds of the most invasive little weed we all have in our yards. This weed is tricky: as soon as one pulls these weeds by hand, the seeds literally pop and spread themselves, most effectively. He just fries them and then clears the dirt and over turns it and adds compost.

Hope that gives you an idea on how to use the energy today. Be safe though!

No this is not an excuse to make caramelized milk or flan for dessert tonight.

But cooking your entire dinner on a pre-heated cast-iron pan IS an aligned action for today. Delicious. Be careful with the heat.

### **April 9, 10 & 11 are Yellow Days**

The Moon is now in Capricorn and too much work or being distracted with many projects will tend to be one of the issues.

Plan on continuing to find "work-around" solutions to your issues, and make sure you eat regular meals.

Breakfast on Yellow Days is even more important than usual!

**Just FYI: April 11, 12 & 13 the Moon is in an air sign** ~ it will be even more important to ground yourself because of the Yellow Days and the waning moon right now.

**Turmeric, maitake or reishi mushrooms** are all great ways to get healing earth foods into your life this week – do not cook these together, just get some of them in your diet in different ways. When the moon is in air signs like April 11 – 13 this can cause many of us to get wafted by the winds of thoughts or distracted, because the moon is waning.

**Turmeric in Vedic Astrology is specifically used to balance a challenged Jupiter.** This week is an important week to use turmeric if you do not regularly use it. It is MORE than the many thousands of good things it does for you, it is the energetic balancing of the planets in your life with this herb this week!

You'll be thankful that **April 12, 13 and 14** are not too eventful as we go

into this New Moon and Mercury going direct next week. The Moon is waning and helping us turn inward as we prepare for the quietest lunar day of the month, the Red Day.

**\*April 14 the SUN appears to move into Aries for a month!**

Happy Birthday Aries Suns in the Vedic Calendar!

Aries is the sign of impulse and fire which becomes leadership and action when the Sun is here. Those born with the Sun here are often said to be great leaders, if they are born close to midday.

---

Third Week of April: Apr 15 – Apr 21

---

**Three things occur on APRIL 15:** \*MERCURY GOES DIRECT, AND IN THE AMERICAS - THE MOON BECOMES NEW LATE IN THE DAY AND IT IS A RED DAY ON APRIL 15

**\*NOTE FOR NORTHERN HEMISPHERE: Red Day is Sunday April 15 and MILD GREEN DAY is Monday April 16**

**\*NOTE FOR SOUTHERN HEMISPHERE: Red Day is Monday April 16 and MILD GREEN DAY is Tuesday April 17**

Your “takeaway” is that the first day of the waxing moon is auspicious anywhere you live with this lunar cycle. This means that when I am teaching the forest bathing class it will be a Green Day for everyone!

---

*\*Sunday April 15 or Monday April 16 is the Red Day, depending on where you live.*

*Here is an easy tip: The Red Day always comes ONE day before the New Moon. This month, the first lunar day that rises with the sunrise just happens to be a Mild Green Day.*

---

 **NEW MOON IN ARIES APRIL 15/16 aligns with Venus and Jupiter!**

**April 15** 9:59 pm EDT / 6:59 pm PDT

**April 16** 1:59 am UTC / 2:58 am BST London / 11:57 am AEST

The New Moon is in a Fire Sign ~ and the Sun is what is called exalted when it is in Aries. So, the new moon here lights passion and impulse for moving forward in life while the quiet of the moon and Jupiter and Venus in this place, thankfully make the experience a harmonious, beautiful and whole-picture kind of drive.

Remember, Venus and Jupiter in Vedic mythology are the two great teachers and sages and so these planets of light with the New Moon usher new guidance you can access from within yourself.

You really DO have the answers when you go within.

This new moon sets in motion your ability to balance listening and acting and vision in whatever project on which you are focused.

Of course, I am going to suggest that daily meditation, or a daily walk in a park or the woods is going to help you TAP that knowing silence within all month and help you be effective at the same time.

It really is a rare combination right now, as THIS particular new moon with Venus in Aries and Jupiter in Libra cannot occur for another 12 years after today.

This theme and energy is activated for the next 10 days.

Seize the moments in this special window, and drink in the healthy air of the forest or trees as a newly remembered habit, while sharing your incredible talents at work.



*Forest Bathing and Qi Gong with the Trees  
Monday April 16 at 2:30pm*

## **FOREST BATHING AND QI GONG WITH TREES**

**Monday APRIL 16 at 2:30 pm PDT**

I AM GIVING A FREE LIVE CLASS ABOUT FOREST BATHING and QI GONG WITH TREES.

Look for updates on the Facebook Page at [www.iLoveVedicAstrology.com](http://www.iLoveVedicAstrology.com) or better yet - find me on Instagram @ConsciousCals

You'll get exclusive access to a free PDF only on Instagram on April 16 all day long.

We will cover three things in the Free **Forest Bathing** Class:

1. Define and help you understand the benefits of forest bathing.
2. I'll share one relaxing and rejuvenating **qi gong** practice with trees and

3. We'll talk about the approach to understand different trees for health and forest bathing, so you can begin testing and doing this on your own; and I'll share two species of trees found to cultivate a healthier immune system. Yes, there will be a **replay available through Wednesday April 18.**

The deeper practices of forest bathing (and special qi gong practices with trees) have been in qi gong, Taoist Yoga and Chinese medicine for thousands of years.

Forest bathing and qi gong with trees are two similar practices, each slightly different, each with great health benefits. Additionally,

Join me at **7:30 pm PDT that night on APRIL 16 FOR A DEEPER LEARNING of Forest Bathing, types of trees and qi gong practices with diagrams to help direct your mind during the practices.**

The class is only \$5 pre-paid until midnight of April 16.

I will teach a paid class with more advanced information via an online class teaching you more practices with the trees and you will learn more about the different types of trees used for cultivation.

If you cannot join us live, you can purchase the class and watch later. After midnight ET April 16, the price will increase.

The Link to purchase the class will be released at the end of the day on Monday April 2 (a Green Day).

And yes, my free class will be available for replay for a few days.

The pre-paid bundle will give you access to both classes on April 16 and PDF with diagrams.

For that whopping \$5, \$1 of every class sold for the month will go to the Child Educator division of the National Arbor Day Foundation. <https://natureexplore.org/>

**\*April 19 Venus moves into Taurus, another of its POWER places.**

### **April 20 & 21 are Purple Days**

The Moon is building in light, so this set of Purple Days gives you an ability to have the perseverance needed to deal with the obstacles or slow-downs that Purple Days can bring. You have the energy now to keep on keeping your focus.

The Moon is Gemini – opposite Saturn and Mars, so it is still affected by ‘the stare of Saturn’ to stop or obliterate things. Loss brings new things into our life remember.

### Fourth Week of April: Apr 22 – Apr 28

---

### **April 22 is the third of three Purple Days**

The Moon is in the sweeter zone of Gemini, just before moving into Cancer constellation tomorrow.

The Moon is on its way to a Yellow Day.

So this is the hump day of five days in a row again of Purple to Yellow Days. Discipline and habits we form NOT in the Purple and Yellow Days are what can keep us steady through the days that might tug on us a bit more. Thank fully, the moon is building in light toward a full moon at the end of this month, with Green Days in sight.

**Stick to routine or get short moving meditation in on this day ~ movement is key today.**

### **Monday & Tuesday Apr 23 & 24 are Yellow Days**

Remember Yellow Days are when the moon is connected with the drama or distracting energies of the eclipse patterns.

If you are new to the Conscious Calendars community, I taught a class last year that covers the theme of what it means that Rahu is now in Cancer constellation and Ketu is now in Capricorn. (Scroll to the bottom of your Bonuses Page)

Eat regularly, and stay away from drama. Just try not to egg anything on today, and if there seems to be a mis-understanding brewing, find a graceful way to end the conversation and find resolve in another way.

Exiting possible dramatic situations is a good way to avoid tension on Yellow Days.

Be extra kind on these days, and build compassion.

**Saturday April 28** is almost a mild Green Day, hope is springing into our lives today! Just don't be gullible (easily convinced) today, there is a tendency for that.

Fifth Week of April: Apr 29 – Apr 31

---

### **Sunday & Monday April 29 & 30 Green Days**

#### **Sunday April 29 Type IV Green Day (moveable Day).**

Great day for making changes, moving furniture, rearranging in home, office or garden or routines.

Shake things up and change at least one thing today.

It is also a good day for buying or selling vehicles of all kinds (since they move, get it?)

The Moon is with Jupiter in Libra and it is almost full (tomorrow).



## **Monday April 30 Full Moon in Libra – Moon is with Jupiter**

### **Green Day**

The Full Moon is in Libra and peaks at 12:59 am UTC / 1:59 am BST London / 10:59 am AEST / 8:59 pm EDT / 5:59 pm PDT

The theme of this Full Moon is about speaking your truth, but of being mindful of WHAT you speak. This theme reminds you that your compliments and positivity can heal someone's heart instantly.

What lessons did you learn from this past Mercury Retrograde? Did you learn you need to give more details in work situations, or give more updates to a partner, or did you learn that trying to get someone to understand something when *you* are not aligned is a waste of energy?

How are you using communication and expression to better the world?



## WRITING LOVE NOTES

Are you sending sweet little emails of thanks and appreciation?

That is the theme of this Full Moon. So in celebration of this full moon, you might get together with friends and write them love notes, or sweet thank yous or one simple line of appreciation.

Here is an idea:

Sit in a circle and write down what you appreciate about the person to your left in the circle and then at the same time pass the note to the person. Or make a short video of what you appreciate about a good friend and send it them. This is about bringing the world together in harmony, and positivity.

And if you see a situation where you can step up and be an advocate – do it! This is about speaking to create true justice and harmony in the world.

[If a subscriber by any chance shared this with you, please consider subscribing to get your very own access to the Calendars and timely updates.](#) Thank you.



## Month of May and summer glance for 2018

**Woo hoo! Can I just say I am excited to see that there are**

**12 Green Days in May.**

I have not seen that many in a really long time. This is because Venus now brings tons of power to add potential Green Days to the month when the bright moon is with it.

Your sneak peek is that May 1, 2 and 3 are Green Days which makes that 5 Green Days in a row including the last two days in April.

The moon moves into Scorpio and now helps bring concrete things into existence. That Earth based Taurus Venus helps make this real.

What a great way to begin the month, which is even stronger than April's beginning.

It is a mixed bag, but Mars also makes its move early in May. On May 2, Mars moves out of the fire sign of Sagittarius where it has been fighting with Saturn and moves into its power place (but its with the eclipse pattern.) So, the U. S. stock market won't quite make a full rebound, but there will be improvements in fits and spurts. (The constellation of Capricorn is the house of income or GDP and is connected with the stock market in the chart of the U.S.)

Needless to say, May has some significant shifts that try and stabilize markets and commerce. June, July and August will have their own contribution this year to causing many to question what they are doing – don't believe you doubts, but you want some reserves set aside to get through June – August folks.

Make hay in April and May I say.

And please quote me, Kathleen Whalen and Conscious Calendars, if you are sharing about how to plan for the year.

#### ABOUT KATHLEEN WHALEN M.S.

##### Founder of Conscious Calendars

Kathleen M. Whalen M.S. is an author, trained acupuncturist, Vedic astrologer and artist who has created a way for her clients to exponentially expand their wealth, health, love and peace in their lives. Kathleen's degrees in biochemistry, acupuncture, oriental medicine and vedic astrology are combined to give you access to a combination of the most enlightened information of the last 5,000 years of ancient knowledge and current edges of scientific theories for optimal health, purpose and prosperity. She consults and guides teams of serial multi-millionaires on a weekly basis, and also lovingly helps those who are deeply on their spiritual path. Just a few of her world reknown teachers are Pieter Weltevrede and Thubten Chodren and Dr. Vasant Lad which uniquely qualifies her to illuminate your way to more joy and abundance.

Kathleen is creator of the special timing calendars [www.ConsciousCalendars.com](http://www.ConsciousCalendars.com) and a custom Power & Prosperity Sound System for entrepreneurs.

She will share about her Taoist teachers in the Forest Bathing Class.