

September 2018 Conscious Calendars

Vedic Astro Forecast PDF

(bonus for paid subscribers)

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

Sept 1 Venus moves into Libra

Sept 6 Saturn goes direct in Sagittarius

Sept 19 Mercury moves into Virgo (* special time of the year)

HIGHLIGHTS of September 2018

We are finally here everyone – the Golden Zone is here, and actions taken during the Green Days in this time period will flourish! So, if you are creating something new or stepping into a new job or making major changes this month, this is a great time to be establishing new relationships and new routines or re-establishing what works for you.

The Green Days during the Golden Zone have more energy to support you and your dreams. It will also be MORE energy on those Green Days, so don't expect that everything will magically happen. You still need to take action to have results on these days, and since there is more energy on these days, you really want to be prepared for them. It might feel like too much of a good thing if you are an entrepreneur or someone who tends to wear more than one hat in your life's work.

It will be similar to being at a party with all of your favorite friends and mentors and those who inspire you. You will still need to reach out to your mentor, connect with your friends and make sure you ask the super star if you can work with them! Your efforts and connections during this time still need to be cultivated and tended over the next two months for full fruition.

● **NEW MOON IN LEO IS SEPTEMBER 9**

Read about Sun in Leo below in the Sept 9 entry.

○ **FULL MOON IN PISCES ON SEPTEMBER 24 or 25 (depending on where you live)**

- **7 GREEN DAYS - SEPTEMBER 2, 13, 14, 25, 26, 27, and 28**
- **5 YELLOW DAYS - SEPTEMBER 6, 7, 8, 20 and 21**
- **1 RED DAY ON SEPTEMBER 9**
- **5 PURPLE DAYS - SEPTEMBER 4, 5, 17, 18 and 19**
- **EQUINOX ON SEPTEMBER 23**
- **VENUS MOVES INTO LIBRA ON SEPTEMBER 1 (This fosters wealth for some, creativity and open-hearted communication for all. See the blog post on Venus in Libra.)**

- **MERCURY MOVES INTO VIRGO ON SEPTEMBER 19**

The Golden Zone of the year begins then, but because of Mars and Ketu stirring issues Sept 19 -23 count on the **full effects beginning Sept 25. These activities are supported during Mercury in Virgo: money-making opportunities, new work, finding a job, signing lucrative contracts, technology upgrades, successful marketing efforts, film, writing and communication mediums flourish.**

- See the note about Mars crossing the eclipse Ketu Sept 19 – 23 below. Make sure you are careful in any sports, hikes or adventures.

***HEALTH TIP OF THE MONTH:**

QUICK TIP NORTHERN HEMISPHERE: Eat reconstituted, dried Shiitake Mushrooms for immune health. FALL Equinox occurs this month.

QUICK TIP SOUTHERN HEMISPHERE: Eat sliced fresh, green onion (scallion) on top of food and soups to open-up your flow and get your system moving in your SPRING. Spring Equinox occurs this month in S. hemisphere.



- In fall in the northern hemisphere, it is good to eat re-constituted dried Shiitake Mushrooms is a Taoist tradition. This bolsters the immune system and gives a deeper resilience to the body. If you have fresh shiitake available, then try to eat 50% fresh and 50% dried shiitake mushrooms.

In Taoist food medicine, August and September are the months to prepare the immune system for winter and to get rid of heat and toxins that accumulated in summer.

Simply place the dried mushrooms (minus the stems) in water for one hour to overnight, then slice them and add the sliced mushrooms to soups and stir fries or to homemade wraps of any kind. The meaty texture of the dried mushroom is very satisfying to bite into as well, and could easily be added to a vegetable kabob too.

Ayurveda does not use mushrooms, but Taoist, Chinese and Asian food medicine has used the immune modulating effects of mushrooms for millennia and the science proves that these mushrooms are high in Vitamin D and ergothionine which is an anti-oxidant and protects cells from DNA damage, thus preventing many chronic illnesses, including helping reduce inflammatory diseases effects.

- For spring in the southern hemisphere, the winter ice within is starting to break-up and we want to encourage the fluid to move within your body and between your cells like

melting snow on mountain tops. Using scallion or green onion as a fresh condiment, on top of food and soups, opens the sinuses and gets your fluid moving, very gently. It can also be used at the first sign of a sinus cold to help open and ward off immune challenges in spring.

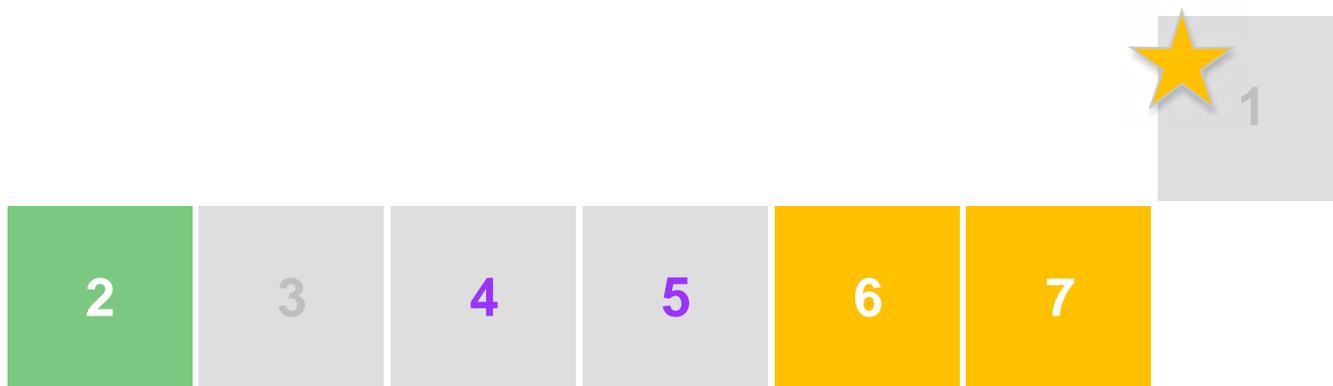
Detailed Description of September 2018:

First Week of September: September 1 – September 7

Overview of the Week:

Venus is in Libra (Yellow STAR to go with the lighter color of Venus) for four months now and Sept 2 is a Green Day. Hang in there, we have part of the full Golden Zone activated right now, we just have two Purple Days, three Yellow Days and the quiet day of the month (Red Day) to get through to experience the effects of the Golden Zone!

The Calendar makes it EASY to see!



POSITIVE AFFIRMATION FOR THE NEXT WEEK:

"We are not made of sugar, we do not melt in the rain." Kenyan proverb

This is your Theme for the Week

Difficulties do not define every moment of a day or define you. Sure we have two Purple Days and three Yellow Days coming up...This week might take some hard work and extra focus to stay on-track, but the work will be worth it with the Leo New Moon on Sept 9! Remember that the quiet part of the lunar cycle in the four days leading into each new moon are a cocooning

time for your ideas or organizing and acting gently. Since there are Purple and Yellow Days just before this New Moon, do not think that adversity is the full reality. It is just a few more weeds that naturally grow in the garden. Some 'sweat equity' is needed to clear things to make room for the new planting.

September 1 Venus moves into Libra! This is a very LUCKY thing for many people on the planet. Venus will be in Libra for four months and will fortify many creative acts from creating music, communities, new companies, families, diplomacy for Peace and Harmony, great art and far-reaching Non-profit organizations or Benefit Corporations.

There will be more videos on this topic coming soon – [Here is a short blog post sharing which Astrological Ascendants and moons will experience support.](#)

Sunday September 2 is a Mild Green Day



Today's energy is quick, sharp and moves swiftly. Be the leader you know you are!

Today just happens to have enough guidance from both Jupiter and Venus that it will help you make some important, clear decisions.

If something is not or has not been working for you today, you can easily move on, or might even change contracts or relationships which are not supporting your flourishing. Remember, pruning is needed for healthy growth. (Do not uproot the tree, just prune it. This is not permission to abruptly end a relationship where you have not been managing complex emotions. Ending a relationship without processing the lesson, and how you can improve yourself is a lost opportunity.)

See if you can focus on what outcomes are needed to make the relationship or work project successful for you. Stay focused on the goal! You can be in action and not be in reaction to emotions. This is a day to act with precision.

It is not a typical kind of mild Green Day because this Moon-Day is usually too sharp to handle.

It is a Samurai Moon Day.

The Moon this day is connected with the piercing insight associated with the Sun and qualities of clear leadership. (Moon is 7th day waning past a full moon).

September 4 & 5 are Purple Days

(look at the calendar on page 1)

PURPLE DAYS:

Purple Days are Saturn with or opposite the Moon days reminding us that obstacles and going slower can be part of a natural cycle. If we are GO, go, go all the time we are all exhausted. Natural pauses help us gather our energy and focus, just like meditation clears the mind and consciousness.

Tuesday September 4 is a Purple Day

PREPARATION WINS THE WEEK: Get ready for the next FIVE DAYS ON SUNDAY SEPTEMBER 2 AND MONDAY SEPT 3!

Tuesday: There might be extra expenses to fix something today. Stay focused on your long-term goal, which is what Saturn Moon days ask of everyone. Discipline is sexy to an enlightened mind. Do what is important first today, then what is pleasurable later.

A beautiful Gemini Moon, it is just opposite a retrograde Saturn.

Wednesday September 5 is a Purple Day

FOCUS OF THE DAY: Choose to change and integrate it. You are not a victim of your circumstances.

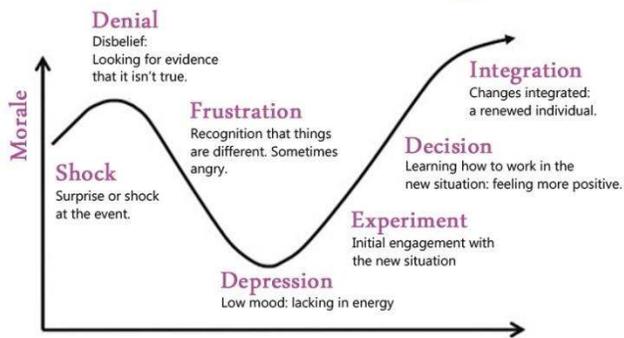
We can choose to change and to be resilient and healthy when difficulty strikes which brings the real prize = deep meaning in life.

Everyone has some place in their life and psyche where they are going through some adversity or change this week. As you help **yourself change, realize challenge is part of flourishing.** Look to the cycle of Change from Elizabeth Kubler-Ross (who was born with the moon in Gemini in today's lunar mansion).

The energy of today helps us move through the stages of loss/change about something in our life.

The Stages of Loss are: Shock, Denial, Frustration, Depression, Experiment, Decision, Integration.

The Kübler-Ross Change Curve

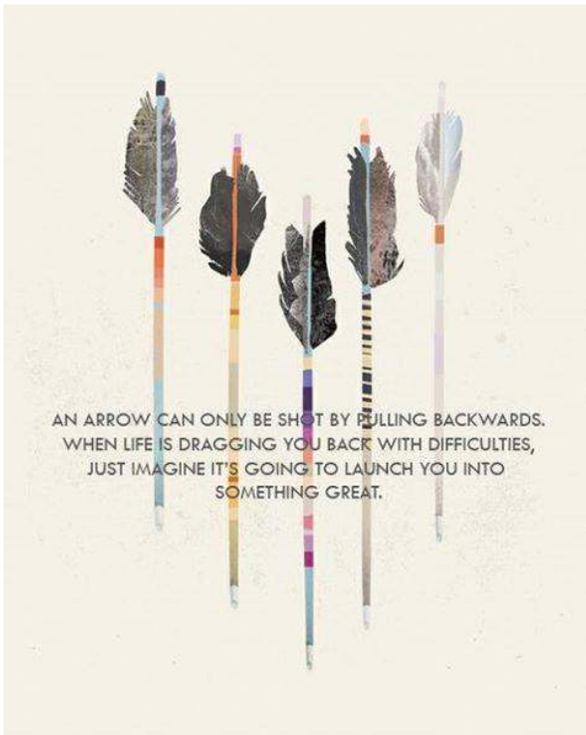


Use this map to remind yourself that you might just be in a thunderstorm which is bringing new life to a dry place in your life. (Ardra Moon today)

Astronomy of the Day: The Moon is with the bright star Betelgeuse in the constellation of Orion in Gemini today.

September 6, 7 & 8 are Yellow Days

(look at the calendar)



Thursday September 6 is a Yellow Day



Saturn goes direct today! Look at your calendar – I explain the Stars below the calendar – just look!

The planet of decay, time and death (which turns death into new life, like soil does) is finally going to move something forward in your life through Spring of 2019. New scientific laws and inventions will move forward too.

September 6 Energy of the Day: Reach out and thank someone for being a good 'partner', co-worker, friend and confidante. Today's energy reminds us we can do more when we have a close buddy to help us. The Moon is with the twin-stars Castor and Pollux.

The symbolism of today is the quiver of an arrow which is associated with the ability to begin and guide successful projects.

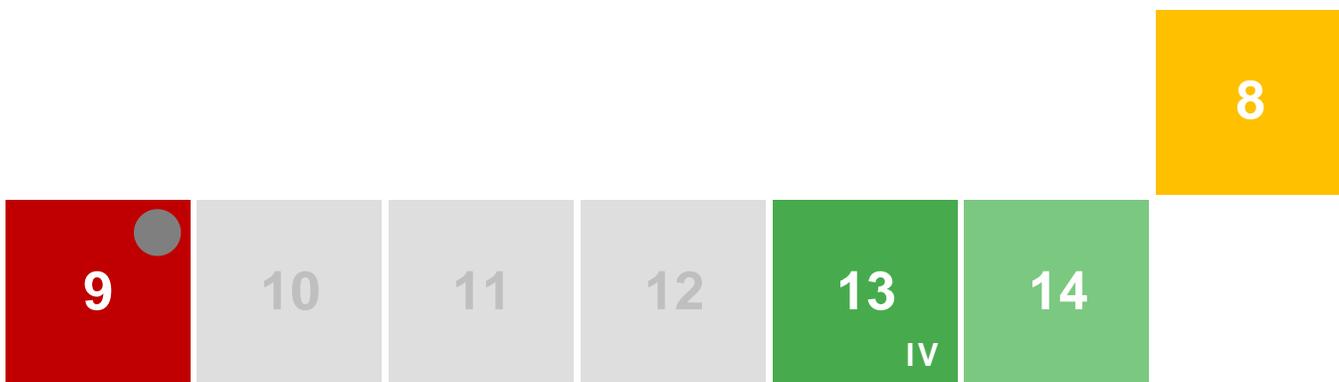
Friday September 7 is a **Yellow Day**

A classic Yellow Day with distractions, emotions or possible drama that can arise. Knowing that the day can be distracting is all you need to know to re-focus on your tasks for the day. Getting lost in conversation that does not help someone is just gossip.

Try to keep redirecting yourself back to what you wanted to get done today. Make sure to eat regular meals and take your brain supplements early in the day, this will help you stay on track.

Only two more days until you are in the waxing moon.
Clear what distracts you.

Second Week of September: September 8 – September 14



Overview of the Week:

The Sun is in Leo from Aug 17 – Sep 17 and the New Moon is in Leo on September 9 this week. Ask yourself what gives your life meaning? Who are the people and activities which help your **vitality**?

Make plans to connect after this New Moon to spend time that is both enjoyable and also **builds something** with friends, family or community.

You are about to feel the full effects of the **Golden Zone of the Year from Sept 25 – Oct 28 (with 2/3 of the Golden Zone is activated and has been supporting you on the Green Days since Aug 29!)**

POSITIVE ACTION FOR THE NEXT WEEK:

Gather your energy on a daily basis with meditation, yoga, a daily walk, qi gong or your favorite form of gentle exercise.

This will help you make the most of the Golden Zone from Sept 25 – Oct 28 (with Purple and Yellow Days sprinkled throughout it).

Saturday September 8 is a Yellow Day

The Moon is in its own sign of Cancer, a water sign of flow. It is only a Yellow Day because the Moon is also with the disruptive forces of Rahu. Do not run any errands today, or add extra activities. You will be successful if you have today be just "a regular day". Only look at emails or messages in pre-set periods of time. Just let everyone know when you will be responding to emails, because small fires (small emergencies) at work or in the family schedule could happen today. Take breaks often, use the 20 minute rule to get up and stretch or drink water.

Sunday September 9 is a Red Day

It is still a Red Day on the day of the New Moon because the Moon does not become NEW until well after sunrise around the world. See the times below.

So, it is on September 10 that the first lunar day begins.

Sep 9 is simply the lowest mental and lunar energy of the month.

This is a great day to listen to your intuition after resting, possibly in a forest or in a Greenhouse – the plants have absorbed the Sun and can nourish you gently with the energy of our sun. Or go to a Far-infrared sauna which mimics the energy of the Sun beating down on the Earth and the rays that bounce up to greet us that is familiar and healing to all of us.

I am probably going to a Salt Room that is heated with Far-infrared elements on this Red Day for instance since the Moon is in the sign of healing energy from the Sun. Far-infrared rays are the healing rays of the sun that have hit the Earth and bounced up to us, and we experience these rays as healing energy that is also comforting.



NEW MOON IN LEO SUNDAY SEPTEMBER 9

New Moon in Leo occurs on September 9 6:01 PM UTC / 7:01 PM BST / 2:01 PM EDT / 11:01 AM PDT / **September 10** 4:01 AM AEST

MERCURY, MOON AND SUN ARE TOGETHER IN LEO

This New Moon in Leo gathers the rays of light and love that comes from the heart in all of us and reminds us that when we speak from our heart people listen differently.

If you are trying to express yourself or get a point across (usually about ego, then) stop, pause and connect with what you are really trying to influence or say – when we connect with LOVE or connect with how much we care about the person, work project, excellence, or idea we are expressing, then the tone of our voice changes and all of a sudden we are heard.

This is at the core of heart-centered leadership too.

It is not about the individual's idea who is speaking, but reminding others of the what the _____ (fill-in-the-blank) project, mission, ideal or REAL point of what you are doing.

For instance, when you connect with how much you appreciate someone, it doesn't matter if they are a child, a friend helping cut vegetables for a pot-luck dinner, or a co-worker. When you speak from a place of appreciation and heart connection, then the energy shifts in any conversation.

And the results of the project change too.

SUN IN THE HOUSE OF THE SUN

This is the only month each year that the Sun, the planet of health, vitality, leadership and 'showyness' is in the house of the Sun.

Depending on what house Leo governs for you personally determines the effect this New Moon has on you. For some it is a time of retreating in nature and finding vitality in soaking up the rays of the sun and the energy of the forests and plants which the Sun gives, for others it is the last hooray before school and a frenetic time.

Note that the Sun gives vitality to the plants

This is what people who are born with the Sun in Leo intrinsically have – a heart-centered form of leadership. They often have an innate 'gut' sense of direction to go in life too.

When the new moon is in Leo, it is the time of year that everyone gets access to this talent set, and if you listen well to what is important to you, this can help you improve your relationships, work-life and help you plan the rest of your year.

You can focus on what your 'gut' is saying and also where you feel connection and where you feel appreciated. It works both ways. Follow the energy of those who appreciate you, and what you can do and build together can grow.

The Sun is in Leo in the Vedic system (and sidereal sky map) from approximately Aug 17 – Sep 17.

Thursday September 13 is a Type IV Green Day This is the first time the Moon is with both Venus and Jupiter in 2/3 of what is the Golden Zone energy!

Today is a great day for communicating, being artistic, creative or expressing yourself. It is also a good day for architecture, Vastu, Feng Shui and making changes in your home, office or garden. It happens to be Jupiter's day, Thursday, and is also a great day for diplomacy, and creating lasting bonds between people, communities, countries or is fantastic for a family reunion or gathering of 'old friends' to re-ignite long lasting bonds of friendship.

Friday September 14 is a Mild Green Day

The Moon is still basking the rays of the energy which creates lasting healing between people. Much of what was said for Sept 13 applies today it is just not as good a day for a big event. Today is a little more about the mundane and how we can create lasting relationships with simple things like a short conversation with a neighbor, breaking bread with a stranger. For instance, a good activity for today is to volunteer in a soup kitchen or buy a meal from a non-profit or Benefit Restaurant that is helping homeless people get trained in hospitality skills.

A regular Friday night meal among friends and family might feel sweeter than usual and stand out in your year as a time of connection and listening.

Third Week of September: September 15 – September 21



OVERVIEW OF THE WEEK: Mercury moves into Virgo for its most potent time of the year in a sign of healing for the Earth and Earthlings. Use the next month to heal your body, finding the right foods and herbs for your unique needs and to possibly make some incredible collaborations and sign some expansive contracts.

POSITIVE AFFIRMATION FOR THE NEXT WEEK:

I see my goals completed and take steps to help myself be successful. I am prepared when I actively prepare.

"I spy" opportunities which need Tender Loving Care and I follow through to cultivate luck.

Luck takes follow through!

September 17, 18 & 19 are Purple Days

PURPLE DAYS:

Purple Days are Saturn with or opposite the Moon days reminding us that obstacles and going slower can be part of a natural cycle. If we are GO, go, go all the time we are all exhausted. Natural pauses help us gather our energy and focus, just like meditation clears the mind and consciousness.

Monday September 17 is a Purple Day

Get rid of something you no longer need today. Give items you no longer need to charity, a good friend or clear and organize to make room for the new during the Golden Zone!

The Moon is aligned with Galactic Center today.

(The Moon is in Sagittarius with Saturn in Mula Nakshatra, 8th lunar day waxing Moon)

Tuesday September 18 is a Purple Day

Volunteer today or make a gift to a charity. As you reduce someone else's suffering you will find it lifts your spirit and takes your focus off of your problems.

Cultivate Gratitude today for what all the challenges in your life have GIVEN you. It has helped you be stronger and kinder.

(The Moon is in Sagittarius again today, 9th lunar day waxing moon).

Tuesday September 19 is a Purple Day and Mercury moves into Virgo, the Golden Zone begins

Thanking friends who have helped you in the past reminds you of the WEALTH of your network and support. This seeds your subconscious mind that you have support when you need it.

This is one of the positive psychology practices that I share in the Prosperity & Happiness Program.

ALIGNED POSITIVITY BUILDING ACTION: See if you can write ONE thank you email, text or old-fashioned note to a friend, mentor or family member per day for the **next three days**. This has been proven to remind you that you have a network you can rely upon, whether you ever ask for help or not.



MERCURY MOVES INTO VIRGO SEPT 19

Sept 19 Mercury moves into Virgo (* special time of the year) setting up a healing month, and great opportunities for speaking, communications and contracts. In the first 5 days of the Golden Zone...

Sept 19 – 23 We have a small distraction that partially affects the Golden Zone. Those in sports, construction or manual labor make note of Sept 19 – 23 time, see below. Keep an eye on your people and team!

Mars has now stationed and is gathering force giving more force to the strong-willed and clearer boundaries even to those who might not have great discipline. Now is the time to make some commitments to your

health, but don't OVER commit. Keep your word with yourself and make a promise that is easy to keep.

Note Sept 19 – 23 some people are more prone to injuries or lack of proper protection or care for the body. Do not take any high-risk hikes or adventures during these days. So if you or a loved one has had some injuries in the past month, then steer clear of overdoing it in any sports, hiking or adventures during these days. This is one of two time periods left this year where we want to be extra careful of the joint and head injuries.

One time every two years Mars passes through one of its most intense places in the sky, in Capricorn, and affects our tendency toward anger or irritation if we have not developed restraint and Peace within ourselves. Mars in Capricorn gives great strength, prowess, stamina, discipline and clear boundaries to most everyone (in your own way) around the world for a short while.

Things heat up when Mars and Ketu cross – expect more disruption in the global corporate industry with cyber security issues and with Trade Wars and cyber-warfare (Warfare connected with influencing elections and public opinion, the U.S. has been doing this to other countries for decades. Sadly, the major 'super powers' find new ways of trying to influence other countries.)

Thursday September 20 is a Yellow Day

Today might feel a little stuck or that your internal circuits are a little jammed. The solution?

ALIGNED ACTION OF THE DAY:

Go silent as often as you can – THAT MEANS UNHOOK FROM TECHNOLOGY, TEXTING, CHATTING OF ALL FORMS FOR AS LITTLE AS 2 – 5 MINUTES AT A TIME TODAY. Your inner voice and intuition might say different things throughout the day. That's ok, you need something different at all hours of a Yellow Day like today.

(Moon is in Capricorn with Ketu and Mars)

Sept 20: Mercury drops into the light of the Sun after today. It is the last day to see Mercury as a "morning star" before sunrise.

Friday September 21 is a **Yellow Day**

Rhythm and listening to the beat of the Universe as it lives through YOU is the reminder of the day.

The Universe is not “out there” it lives in you and through you.

The Universe is within you.

This is not a metaphor, the solar system, energy of the planets are connected with tissues and elements of the body. Rays of energy from Jupiter rain down on Earth and our bodies are sensitive to these signals. Everything that is ‘out there’ is actually reflected in the Universe within you.

Your body actually changes with the lunar day just before sunrise every day!

ADVANCED TEACHING (coming to you in Kathleen’s Eschool) Your body changes with each lunar day just before sunrise. We actually switch WHICH nostril is open just before sunrise according the lunar day. It has all been mapped by the ancients and is an advanced Yoga practice. I will be teaching about this over the next year for those who are interested.

ALIGNED ACTION OF THE DAY:

Micro nourishing is what is important today. Take 30 second breaks and take deep breaths, palm your eyes or just close your eyes for as little as 10 seconds to give yourself permission to re-group.

Remember that tapping your foot, fingers, hands and shimmying are also ways we nourish and activate ourselves.

Stretching is good for the body-mind.

Astronomy of the Day: Venus reaches its greatest illuminated extent in the evening sky on Sept 21.

[Fourth Week of September: September 22 – September 28](#)

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Statement of the Week:

FOUR GREEN DAYS IN A ROW AROUND A FULL MOON AND DURING THE GOLDEN ZONE!

I will be on the **Prosperity Cruise** from September 24 – 30 with an incredible group of people leaving Vancouver, B.C and landing in San Diego, CA on Holland America!

Jennifer my assistant and the person in charge of support at Conscious Calendars will also be on the trip and being her extra ordinary self helping with the Prosperity Course while on the Cruise.

Conscious Calendars will still be covering email support Monday – Friday via email.

We just want to share the Celebration with You!

We will be sharing with all of you the Prosperity Program that those on the Prosperity Cruise have been practicing for the past month.

September Equinox marks the MIDDLE of the season! (Not the beginning of the season, like a meteorologist must say. That is just so they can compare days of rain and temperature evenly over many years. The ENERGY and agricultural and natural rhythm of the year is that Equinox marks EVEN time of day between DAY and NIGHT. This also marks the center of FALL in the northern hemisphere, according to true rhythm or the center of SPRING in the southern hemisphere.

As with all things of ancient wisdom: OBSERVE, see what you observe to be true with your own perception. Notice what you perceive in the natural world around and how your body feels with these changes of Equinox and Solstice. We have already **felt** the fall or spring energy by Sept 23.



EQUINOX ON SUNDAY SEPTEMBER 23

ACTION OF THE WEEK: For Equinox Week Practice Even Breath – Sama Prana

Simply inhale with the same number of beats as your exhale. Do not force the breath and no need to hold any nostrils closed. Simply inhale the same length of time as exhale, see what happens to your mind.

It usually gets calmer and this even-ness shifts your mindset and affects those around you. Try it!

Tuesday September 25 is a **Mild Green Day**

○ FULL MOON IN PISCES Tuesday September 25, 2018

FULL MOON occurs **September 25** 2:52 AM UTC / 3:52 AM BST / 12:51 PM AEST / **September 24** 7:52 PM PDT

Full Moon in this sliced of sky within Pisces means it is a day for establishing things you want to last a long time. This is perfect for gathering a group of people who will work together for a long-term goal. It is great to pour foundations to homes, companies, ideas, community projects, something you want to stick around a long time around your home or life.

Use the next week to establish things that are important to you, or have fences, hardscapes and fixes to your home done today. These will stay fixed a long time.

Only sign contracts today that you are sure you want to last a long time!

Wednesday September 26 is a **Type II Green Day**

Soft and Mild Day ~ Great for dates and connecting with friends mid-week. See a performance of some sort, play music together or just enjoy each other's company. The full moon energy spills into today and tomorrow.

Thursday September 27 is a **Type I Green Day**

Today's energy is the gathering point of the Golden Zone, literally!

The Golden Zone is really about the planets that teach and guide us, Jupiter and Venus being in positive force places, and Mercury being in its strongest place for learning, commercial interests and communication systems and

marketing of the entire year all showering the Moon with these positive forces. These Golden Zone days from Sept 26 – 28 are really what an ideal Green Day is like.

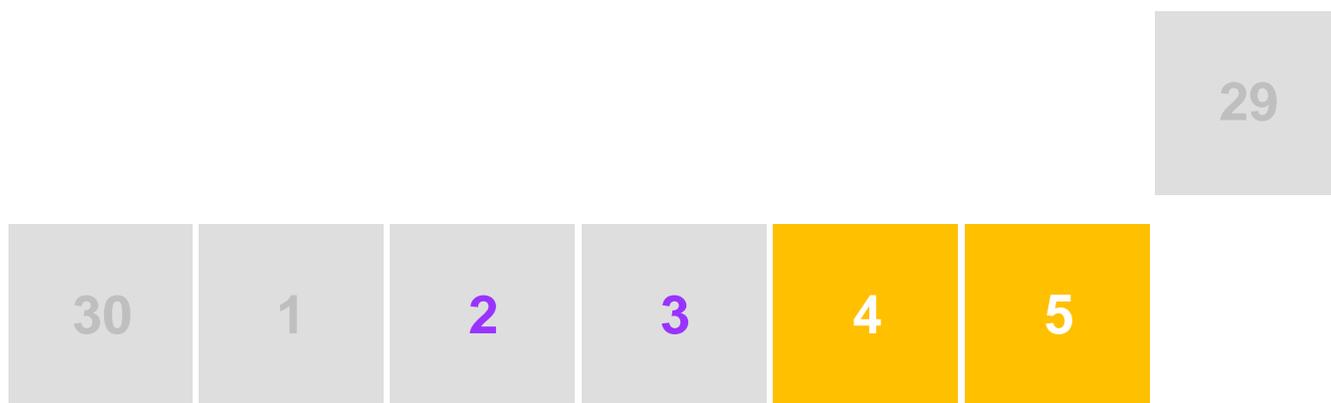
The Moon is in Aries in one of the most auspicious places in the sky. Plus, it is Jupiter's Day and the Moon is opposite Jupiter, Venus and Mercury. This is a typical off the charts Green Day and it is a special Golden Zone Green Day with all the energy of goodness

Friday September 28 is a Mild Green Day

The Golden Zone Green Day energy is even stronger in Australia and the southern hemisphere today. The glow of the Green Day spills into today for those in the southern hemisphere.

Soak up the sweetness of the day, share in the prosperity of the day and make important connections and communications today.

Last Days of September: September 29 - 31



Overview of the Week:

Use the energy of the full moon on Sept 25 and the Green Days to help you store energy that will guide you more easily through the first week of October.

September's last days:

- **Saturday September 29 Neutral Day (Moon not opposite Jupiter yet, so it is a neutral day with clear energy for decisions.)**
Today's energy is quick, sharp and moves swiftly.

- It is a **Samurai Moon Day**.

The Moon this day is connected with the piercing insight associated with the Sun and qualities of clear leadership. Surgeons often are born with Moons in this lunar mansion since the day is about cutting to point, and talents with knives and sharp objects goes with those born with Kritika Moon.

Leadership in ancient India was trained in future leaders by training them in combat with meditation, sword fighting, and the law – all of these are features which are needed for a wise leader to rule on behalf of the people for whom they care.

- **Sunday September 30 Neutral Day** This is a fixed energy day which is associated with fertility, and the steadiness that helps all things be conceived and grow. The Moon in Earth sign Taurus asks us to define what we are growing in our life and to ready the ground for it (to be planted just after the new moon soon).

What materials, or information or people do you need to contact to help your dream or current project grow? Plot, plan & organize your office, or the space within your home where your creativity is going to flourish for the next four months. (Rohini Moon)

What you need to know about Mars in Capricorn

This year the planet Mars spends seven months **in Capricorn with some extra irritating features – we can use this to see where we can improve our lives and patterns, remember!**

Mars is more intense than usual this year because:

1. Mars is at its boldest in Capricorn and this year it is lingering longer and retrograding in this bold place. In Vedic tradition, protection practices are often sought when Mars retrogrades anywhere in the heavens.

Have you been more impulsive? Notice your habits, and you can add a PAUSE button.

2. Mars is with Ketu (which is said to act like Mars).

This means we have a double Mars energy, at its boldest, and is weak and filled with empty ego at the same time. Ketu is a spiritual influence which will also show our weaknesses to show us where we can improve ourselves, if we choose to look!

* Have you noticed your ego/self-identity getting bruised a little easier, or getting "micro-triggered" and then you settle back down?

Mars is actually not strong for helping us with discipline, like it usually does here because it is with Ketu. The eclipse pattern, Ketu can weaken our resolve to finish and do things, to weaken health and vitality and the joints (a Vata issue) and increase the likelihood of injuries to joints or head injuries and accidents or any issue which not treating 'wind' issues or Vata will make worse.

This is even more reason to be gentle with our bodies and not PUSH too much, and to meditate and hydrate to give resilience.

The good news is that with extra resolve, you can overcome some weak habits. Keep trying to do that daily walk, meditation or mantra! You can do it! Just keep trying. Please ~ we are all having challenges, and it helps to know we are all overcoming our personal issues at the same time. Remember, you are part of the human family and community and when you expand your issues to connect with others, less fortunate than you or understand the others are struggling too, it helps take the pressure off any perfectionist or judgmental voice. Keep trying and committing, and any time you stop yourself from angering you are triumphing!

I get to practice this with the planes flying over our house – which has expanded 5 fold. The noise is nothing our quiet, country like setting has ever experienced. In the challenge, I get to take a deep breath and still mark down the screeching plane times.

You can still be in action and reduce your irritation at the same time!

3. This year, Mars is also retrograding during the July and August eclipses and just crossed those eclipse patterns in late July!

I have explained most of this in the previous JULY PDF, and there is a tad more at the end of this PDF to help you understand why things might have felt wild, and out of hand in July from threatening world Trade Wars to unstable markets and continued cyber-warfare in the form of foreign entities trying to destabilize governments through social media posts that spread anger, short-sightedness and lack of seeing other human beings as human beings.

World Stage Influence:

This year Mars retrogrades in its most easy to anger place often causing irascible and impulsiveness (notice how dictators and weak world leaders are imposing restrictions with haste from Zimbabwe to the U.S.).

As a result, we have seen revolts, and violence in the name of independence from the elections in Zimbabwe (better than in 2002 elections, but still violent) to instability and unrest in Nicaragua and continued issues in countries still caught in war and violence. (The fires in California are related to both the ripples from the total solar eclipse in Aug 2017 and from the intense heat of Mars and Climate Change stoking each other's fires, literally.)

What to Plan for in October 2018!

Positive News about the Golden Zone of the Year:

You are still in the Golden Zone! There are four Green Days in a row in October from Oct 10 – 13 and FIVE Green Days in a row from Oct 24 – 28. Those are the highlights of October. So, you don't need the October PDF to use all the good energy of the Golden Zone!

Kathleen M. Whalen M.S. is an author, trained acupuncturist and herbalist, Vedic astrologer and artist who joyfully weaves vibrational healing with ancient wisdom and common sense to help you find purpose, wealth, health and peace.

Kathleen's degrees in biochemistry and attending the University of Texas at Houston School of Medicine - medical school, medical research at M.D. Anderson Cancer Institute and Baylor College of medicine gives her a unique ability to help individuals while choosing solutions which can help large groups of people at the same time.

Her educational background and practice of acupuncture, oriental medicine and vedic astrology add another layer to give YOU Aligned Action with the season and lunar rhythm for results with greatest fruits. You get access to enlightened information of the last 5,000 years of ancient knowledge and current scientific theories for optimal health, purpose and prosperity.

She consults and guides teams of serial multi-millionaires on a monthly basis, and also lovingly helps those who are deeply on their spiritual path with mantra, insights and resonant spiritual guidance. Just a few of her world renown teachers are Pieter Weltevrede and Thubten Chodren and Dr. Vasant Lad which uniquely qualifies her to illuminate your way to more joy and abundance.

If you would like a session with Kathleen to understand your personal rhythms of the year and have it explained and overlapped with the Conscious Calendars all at the same time [go HERE to connect for a session.](#)