

October 2018 Conscious Calendars Vedic Astro Forecast PDF (bonus for paid subscribers)

OCTOBER 2018						
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	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	30	31			

October 6 Venus retrogrades in Libra with Jupiter.

★ Jupiter moves into Scorpio - Oct 11, 2018 at 1:49 pm UTC / 2:49 pm BST / 9:49 am EDT / 6:49 am PDT / and Oct 12 at 12:49 am AEDT

★ Oct 17 Moon between Ketu & Mars, intense Yellow Day, possible danger or stuck issues

HIGHLIGHTS of October 2018

- **9 GREEN DAYS - OCTOBER 10, 11, 12, 13, 24, 25, 26, 27 and 28**
- **6 YELLOW DAYS - OCTOBER 4, 5, 17, 18, 19 and 31**
- **1 RED DAY ON OCTOBER 8**

- **6 PURPLE DAYS - OCTOBER 2, 3, 15, 16, 29 and 30**
- **NEW MOON IN VIRGO ON OCTOBER 8 or 9** (depending on where you live) **Set new patterns of self-healing and Self-care**
- **FULL MOON IN ARIES ON OCTOBER 24 or 25** (depending on where you live)
- **VENUS RETROGRADES IN LIBRA ON OCTOBER 6** **Revisit what, where and how you incorporate pleasure and love into your life and work**
- **JUPITER MOVES INTO SCORPIO ON OCTOBER 11**
- **INTENSE DAY TO WATCH—MOON IS BETWEEN KETU AND MARS ON OCTOBER 17**
- Good news! We have MILD Yellow Days when the Moon is in Cancer from NOW October 31 through March 2019! Jupiter moving into Scorpio now helps the energy on Yellow Days to not be so scattered. You might even experience random little gifts on two to four Yellow Days per month now!

Please connect with us with us **on Facebook or on Instagram**.

***THEME OF THE MONTH:**

Self-nourishment, rest, ease and enjoyment are the focus of the month. Drink in relaxation while finding new ways to enjoy your work.

***MAJOR HEALTH TIP FOR THE MONTH:**

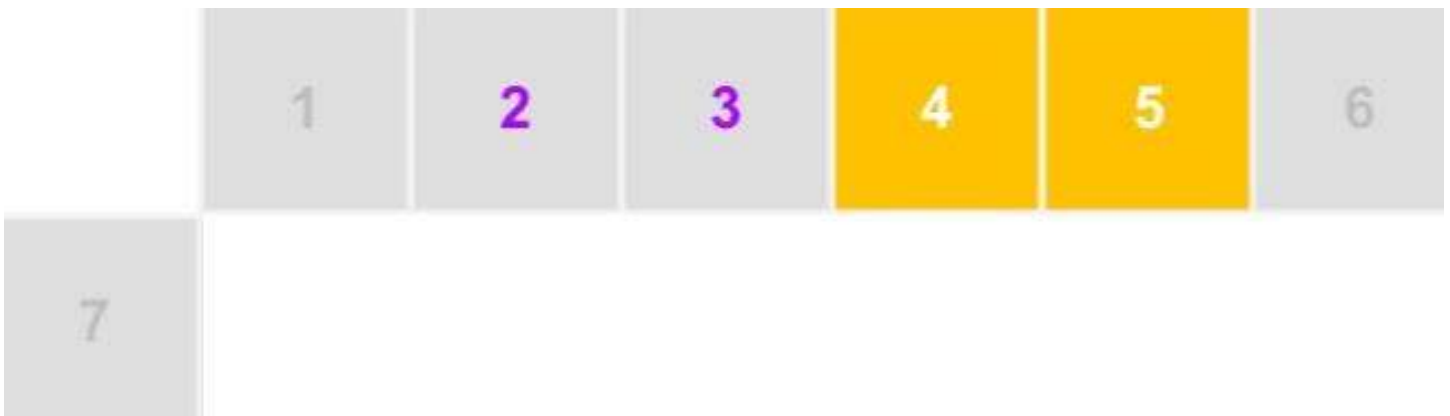


Drink Blue Butterfly Pea vine Tea for clearing and to help skin and hair be vital. See end of PDF for more information.

I've been drinking this for three months now, and have shared all about it in a video on my Instagram @ConsciousCals. It is deep blue and when combined with lavender or mint, it is divine.

Detailed Description of October 2018:

First Week of October: October 1 – October 7



OVERVIEW OF THE WEEK:

Purple and Yellow Days this week remind us that there is a natural pace to everything we do. We are not meant to be 'on' all the time. Let the interruptions or delays this week, help you cultivate patience and loving the moment as it is. **As you either solve the problem or allow the delay to help you gather energy – you are developing self-confidence and trust.**

POSITIVE AFFIRMATION FOR THE NEXT WEEK:

"I gather my energy whenever there appears to be an interruption and welcome the loving pace of the Universe into my life."

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 October 2 is a Purple Day

Things might take longer, **but what you do** on these days will influence the next two weeks. Slow and steady is the focus for today.

The Moon is in Gemini, and the Saturn influence slows things down today.

Wednesday October 3 is a Purple Day

The Moon is in Gemini in a, but with Saturn shining on the moon, we expect the day to be about letting go to make space for what will grow next.

Both Yellow Days: Plan to get your daily routines finished FIRST thing in the morning and give yourself extra time in any commutes. This way the day can go smoothly.

Remember on any Yellow Day, take your supplements and focus on eating regular meals to steady your day.

There are often distractions on days when the Moon is with Rahu.

The Moon is in its own house of the Moon, the constellation of Cancer, a water sign of flow.

Thursday October 4 is a Yellow Day

Today the Moon is in a special place, called Punarvasu which is normally a lucky or wealth producing day.

ACTION of the DAY: Fill your day and lungs with as many deep breaths as possible ~ it is the way to spread smoothness throughout your body and open to solutions. It might be a day of drama if you are tense and bracing against "what is".

If you choose to not do drama anymore, then when others are being dramatic or there are extra steps to what you do then you are not thrown off and can continue to choose the way of kindness and possibility.

The Moon is in the flowing sign of Cancer – but is with distraction prone Rahu today.

Friday October 5 is a Yellow Day

Another day of potential flow. If you have to wait anywhere – consider just meditating right there. Find your center where ever you are. The Moon today connects you to a deeply spiritual current despite it being a Yellow Day.

- **Saturday October 6**

Venus retrogrades in Libra and becomes stronger to help you REVISIT what brings joy and delight into your life.

*Do creative pursuits, travel, silence and meditation, gardening, time with animals or nature, what people bring joy into your life or other things bring you joy.? For some this will be a time to revisit old relationships and cherish them or let something go, for others it will be

claiming that you are incredibly creative, or that you love to work with others and help them with their creativity.

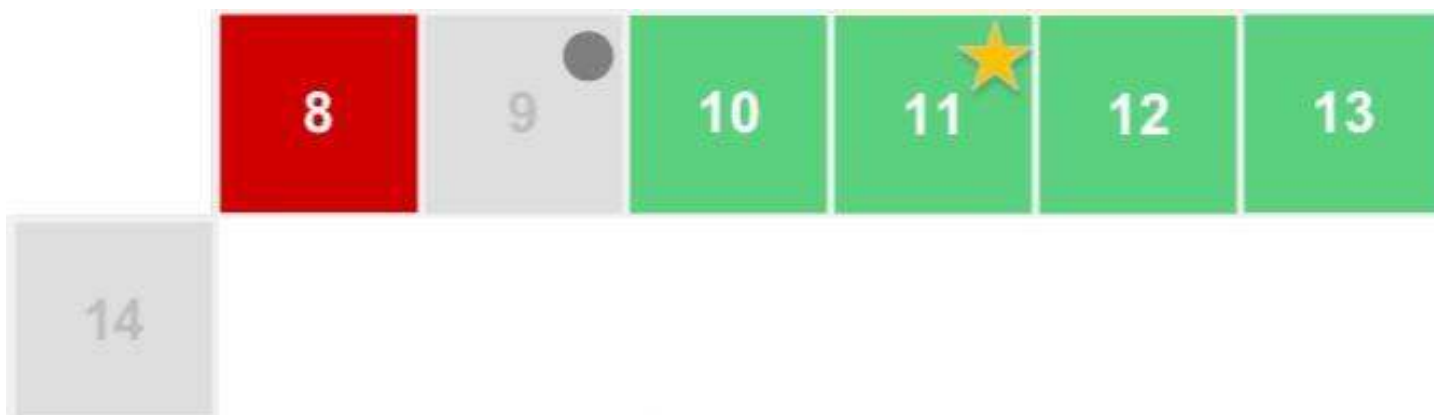
All retrograde periods turn us inward. We naturally turn inward and **develop intuition from our quiet time or being creative** when Venus retrogrades specifically. Developing our quiet time and creativity develops intuition and the space for intimacy in relationships. See the connection between quiet time and intimacy?

It is a time to relish our lives, talents, relationships and what brings meaning into our lives. Venus in its OWN sign of Libra is what brings this.

Meaningful silence is more satisfying than empty words.

Venus retrograde in Libra means you are being asked to revisit what, where and how you incorporate pleasure and love into your life, work and relationships.

Second Week of October: October 8 – October 14



OVERVIEW OF THE WEEK:

The Red Day and this new moon in Virgo remind us to nourish well. Take time to slow down on both Oct 8 & 9. Do not overdo it on the four Green Days because these Green Days barely have the “light” of the moon for outward activity. If you have something that you have been working on for a long time, this is the time to quietly reveal it.

Conscious Calendars launches its new experience this week! We

have been working on it for months – so we are quietly revealing it to you subscribers first.

NEW MOON AFFIRMATION FOR THIS WEEK:

The world is full of possibility. The New Moon opens the roads to how you love and nourish yourself and to being inspired in new ways.

“Your mind, this globe of awareness, is a starry universe. When you push off with your foot, a thousand new roads become clear.”

~ Rumi

“Take a step, it is in the right direction.” Kathleen Whalen

Monday October 8 is a Red Day

This is the day of quiet and nourishment; the day before the new moon.



NEW MOON IN VIRGO TUESDAY OCTOBER 9

New Moon occurs on October 9 3:46 AM UTC | 4:46 AM BST | 4:46 PM AEDT **OCT 8** @ 11:46 PM EDT

NOTE: UTC is Universal Time or the old GMT. GMT is only used in winter in the UK now. I have been giving you the standard time for years with Conscious Calendars and give the times for every new and full moon in four to five locations around the world.

This New Moon in Virgo is here to help you set new patterns of self-healing and Self-care. The theme of the next two weeks asks you to RECEIVE in new ways. The hidden gift of this new moon shows you new forms of income. Venus, Jupiter and Mercury are all in the house of income from this new moon ~ sending you signs and messages of how you can receive healing and receive income in ways related to communication, teaching, speaking, the arts, music and collaboration or arbitration and peace-making. Where in your life can you build bridges to a new way of life?

Wednesday October 10 is a Mild Green Day

A special day connected with the arts, knowledge, music and sacred geometry. Be creative, listen to music which lifts your soul, play music or sing or shift the energy in your home today!

A great thing to do today is to SHIFT something in your home to open to prosperity or to add vital force to your home or a specific room.

The north is the direction of prosperity in Vastu – how can you clear space in the north of an altar, room or home and help the flow of abundance come into your home?

The North-east is the direction of the most vital force (prana and qi) coming into any home or room. Either unblock the energy in the NE corner of your meditation space or place a crystal in the NE corner to bring more vital, clear energy into your space.

This is an advanced teaching of Vastu (Indian Feng Shui) and Kathleen will be teaching about this more in E-School (Energy School) over the next year.

Also each region of a home or altar is connected with the planets as well. The Universe and solar system is reflected within you and your surroundings, all is in harmony.

The Moon is in Libra with all three of the planets that make a Green Day, in Swati, but the moon is just barely new, so it is a mild Green Day.

Thursday October 11 is a Mild Green Day

A day of transition. You will be supported in simple changes today. Use this day for allowing things to shift. You might be developing new relationships, or stop and delight in small little joys throughout the day.

The Moon is with all the Green Day planets first thing in the morning and then Jupiter shifts into Scorpio in our orbit around Earth.

***October 11 - JUPITER MOVES INTO SCORPIO for an entire year.**

Jupiter shifts to Scorpio on October 11 1:49 pm UTC / 2:49 pm BST / 9:49 am EDT / 6:49 am PDT / and Oct 12 at 12:49 am AEDT

This begins a New Year for everyone. In particular it begins a new year for the career and health for anyone with a Scorpio, Sagittarius or Pisces ascendant or Moon. Jupiter expands collaboration, community and wealth for anyone with Cancer or Capricorn ascendant or Moon.

There will be great shifts in the movements of caring for our oceans over the next year.

Friday October 12 is a **Mild Green Day**

It is a Moon Jupiter day. Connect with the element of water today, it could be a pond, the ocean, misting your face with fresh water or misting your plants. Allow the life-giving force of water to bless you today to set the energy of the next year of Jupiter in the deep-water constellation of Scorpio.

The moon now moves into Scorpio with Jupiter. The Moon is just appearing in the sky as a little more than a sliver; it is the 4th lunar day of light.



Saturday October 13 is a **Mild Green Day**

A Wise Woman Moon Day

Today's energy is about listening to the wisdom of those older than you. You might have an echo of something your parents, grandparents or mentor has said to you. The Moon is in its 5th lunar day of light.

Listen to the voices of your elders and let their footsteps in front of you help you see an easier path.

Third Week of October: October 15 – October 21



OVERVIEW OF THE WEEK:

A Purple and Yellow Day week which is in between each of the Green Day weeks for both September and October. This week is a challenge which also is a balance to go, go, go energy that stretches of Green Days can bring. *Perseverance makes the rewards

sweeter.

Without obstacles, would we ever find a better solution?

POSITIVE AFFIRMATION FOR THE NEXT WEEK:

When life shows me “not that way”, I listen, and a different path is revealed.

See how hardship can give way to our highest purpose. Here is a quote from the Seattle Symphony about the life of Schumann (a great classical composer), “Resilience. Determination. Exultation. Schumann’s Second Symphony reminds us how humans, flaws and all, can overcome challenges with guts and grace. The pain and humiliation of a hand injury that ended his piano career led Schumann onto a symphonic path...”

And we are the luckier for it!

We do not understand why things happen sometimes, but when we continue with guts and grace, beauty and bliss can be revealed to us, like Schumann’s injury directed him on his purpose filled path.

Monday October 15 is a Purple Day

Saturn and Moon are in Sagittarius connecting with fame and prosperity energies. It is a day to listen to where to either persevere or let something go. We are usually being asked to let go of ‘our opinion’ or expectations of how things are “supposed” to be on Purple Days.

By letting go today, you will allow prosperity to flow into your life at a later time.

Tuesday October 16 is a Purple Day

A day which might feel like you are pushing a rock uphill, keep in mind that you get muscles when working hard.

How is what you are ‘working hard’ to do today is going to eventually give back to you?

Use that image to help you forgo or to say ‘no’ to something today or realize that you are pouring important foundations of character within yourself.

***Wednesday October 17 is a Yellow Day**

This is a pivotal day in the month for three reasons: 1. The sun appears to change constellations into Libra. Libra is where the Sun helps us

each focus on 'others' and harmony and health over our own needs or focus is on a long-term goal. The Sun is considered debilitated in Libra, but this does not necessarily create weak leaders for example, Bill Gates' sun is Libra. 2. This sets up the energy for the full moon to be in Aries, a sign of fire and expansion. 3. This is also the day that Moon is between Ketu and Mars on the 17th — be on the lookout for possible danger or stuck issue. The person with their ear to the ground hears the stampede soonest.

Thursday October 18 is a Yellow Day

It is a Yellow Day, so there might be confusion, tech issues or odd delays to 'getting things done' or to your commute. At the same time, today's Moon flows with bringing you deep answers. Listen to your intuition after sitting quietly today. (Shravana Moon reminds us we have the answers within us).

Friday October 19 is a Yellow Day

Now the chaos of the last few days gives way to discovering a new beat and rhythm to your life – listen to the bird song, the pounding of your own feet as you walk, the rhythm of your breathe – the song of the Universe sings through you.

New ideas will come to you today ~ let them inspire the revolutionary inside of you.

Do things differently today.



Green Days! Fourth Week of October: October 22 – October 28



OVERVIEW OF THE WEEK:

The Golden Month, Golden Green Days and full moon is here.

Celebrate and spend time with friends, family, your chosen 'tribe' and people you love or learn something new! Expand your horizons and bask in Gratitude for how blessed you already ARE, this will expand your abundance.

POSITIVE AFFIRMATION FOR THE NEXT WEEK:

"I easily see where and how the Universe supports me. Everyone is here to help me (in their own way)."

○ **Wednesday October 24 is a Type I Green Day**
One of the most auspicious types of Green Days, the moon is in the Ashwini lunar mansion.

A full Moon and Green Day in this special place can only *potentially* happen once a year. It did not happen in 2017, and a full moon in this auspicious place will not happen again until 2021 and then it is NOT a Green Day!

That is how rare this combination is. It is not until 2026 that we get what we have on Oct 24, 2018 as a Green Day with this auspicious Ashwini full moon!

That is another reason this is the Golden Zone of 2018, this combination of life giving, connecting, collaborating and loving energies is supporting all this goodness in our lives in at least two major areas of our lives.

FULL MOON IN ARIES Wednesday October 24, 2018

Created by Kathleen M Whalen M.S. Founder of Conscious Calendars © 2018

FULL MOON occurs **October 24** 4:45 PM UTC (Universal Time) / 5:45 PM BST (London, British Standard Time) / 12:45 PM EDT / 9:45 AM PDT

OCT 25 3:45 AM AEDT (Sydney, Australia)

NOTE: UTC = Universal Time or the old GMT. GMT is only used in winter in the UK now. I have been giving you the standard time for years with Conscious Calendars and give the times for every new and full moon in four to five locations around the world.

The Full Moon in Aries is all about acting on impulse, stepping-up in a moment's notice to help and lead and being inspired. Combine this energy with the auspicious Green Day energy (Ashwini Moon) known as being one of the best days for beginning anything – from travel, to business, to contracts, to spiritual practices where the beginning is blessed from moment one promising to expand and yield fruitful ways in the future. For instance, someone may ask you to help volunteer or teach or be interviewed at a moment's notice during these Green Days – say Yes, and show up with your particular set of talents. Introverts have tremendous leadership abilities, often in project management or in helping operations run smoothly. Be yourself.

Aries is a fire sign that is the first impulse of life, the desire that drives us to take action. The Aries full moon with all of these Green Days light up your leadership ability to make quick, clear decisions and act swiftly on them.

Step into your particular leadership style with this full moon.

The new moon in Virgo two weeks ago had you nourish well and slow down, drinking in the healing of nature, garden fresh foods and herbs and re-setting healthy patterns in daily life.

With these new patterns in place, now you step into leading in new ways too.

Thursday October 25 is a Mild Green Day

A bit of a wild energy day. If you can listen to your gut and intuition today instead of following any pre-set patterns, then the day will be filled with great potential. Remember, potential is just that, you will need to follow

through on something that you discover today.

Try and spend time in nature today and let the wildness soak into your cells to revitalize you, red cheeks and all.

Friday October 26 is a Green Day

Aligned Action: Make sure to meditate today and see how it grounds you quickly.

“To a mind that is still the whole Universe surrenders.” Lao Tzu

Aligned Action:

Welcome to a ‘getting things done’ day now that the Moon is in an Earth sign of Taurus.

Focus on how to improve the bottom line in your company. Or try to fix or install something in your home or your garden which will save you money over time.

For instance, installing rain barrels in your home, condo complex or apartment building will save you money on watering your garden over time.

Saturday October 27 is a Mild Green 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)

*Mercury moves into Scorpio with Jupiter, shifting ever so slightly the flavor or Green Days. Today and tomorrow have guidance from Jupiter, and curiosity and commerce (signing contracts for future sales) related support.

Sunday October 28 is a Type II Green Day

A Day of pleasure with friends and family or a ‘great date night’ try and play music, games, or go out for entertainment and relax with your loved ones.

This is also a great day for doing anything creative, crafty, trying on new clothes, or for romance.



OVERVIEW OF THE WEEK:

October's last days:

Make sure to watch the video on the November overview in your October Astro Forecast Videos. We end October with the pattern of two Purple Days and two Yellow Days (Nov 1 is a Yellow Day).

This is why October was such a big deal!

We only have one mild Green Day on Oct 9 for the first two weeks of November.

POSITIVE AFFIRMATION FOR THIS WEEK:

I am a human being. Human beings and nature are not perfect. "I rejoice in all my lovely quirks. It makes me uniquely me." I celebrate the beauty of life in all its forms.

Monday October 29 is a Purple Day

There are two different types of actions you can take today.

Focus on one set of details for the day or learn something new. Let all expectations fall away, and see if you can be like a child in your curiosity.

Those born with the Moon in this place can experience difficult marital karma.

As a result, be patient with any relationship issues that arise on this Purple Day. Do not judge what happens, do not take anything personally today. Cultivate equanimity. You are a still pond.

(The moon is in Gemini. The Moon is in Ardra)

Tuesday October 30 is a Purple Day

Examine your communication style today and see if you can improve them.

If you are an entrepreneur or a coach or run a company, fix one thing in your email/communication system.

And examine your communication style, what words could you edit or change that you use often that might not be helping others feel at ease?

Do you start sentences to your partner or family "We need to ____".

That immediately sets up a 'should' and will only lead to disappointment, especially if you do not get to that task right away.

Try instead "Could we try to ____?" or "It would be so wonderful to see ____ fixed. Imagine how nice it will feel when that is finished."

(The Moon is in Punarvasu in Gemini. The combination of the moon opposite Saturn and in the communication and Mercury connection, it is a good time to take a broad look (Jupiter) at how to improve connection with others when you communicate.)

YELLOW DAYS SHIFT NOW

Good news! We have MILD Yellow Days when the Moon is in Cancer from NOW October 31 through March 2019!

Jupiter moving into Scorpio now helps the energy on Yellow Days to not be so scattered. You might even experience random little gifts on two to four Yellow Days per month now!

Wednesday October 31 is a Yellow Day

Happy Halloween

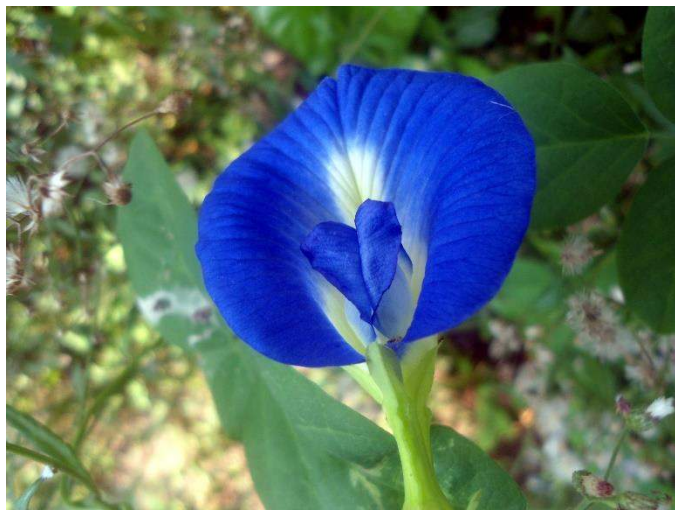
This is normally an auspicious Moon (Pushya) but only because the Moon is with the disruptive, chaotic, sometimes drama filled Rahu is it a Yellow Day.

Allow anything which could bother you to simply wash away. Laugh at the silly nature of technology breaking down, long lines where there are usually short ones, forgetting something at home, being late, or being redirected in your commute.

If we roll with what I call 'bad hair days' then we foster a more resilient immune system, health and magnetize ease and more joyful people to us, despite our circumstances.

This begins a better than usual series of Yellow Days – half the Yellow Days from here on out will be milder and today is the first one of its type through March 2019.

The Moon is in the water constellation of Cancer and the Moon is in the sign of the Moon.



Butterfly Pea Flower Tea

This gorgeous tea from Thailand is reported to have many positive effects in addition to its brilliant BLUE color and calming drinking experience.

The **Butterfly Pea plant, or Clitoria Ternatea** has been used in Ayurveda for many years for treating many neurological problems like depression, anxiety and for improving memory.

Blue Butterfly pea flower are full of antioxidants and rich in calcium, magnesium, potassium, zinc, iron, and manganese. The tea has an anti-inflammatory property and can improve immunity. It can help regulate blood sugar levels, reduce stress, assists with sleep, improve memory, treat respirator problems and help detox and bring vitality of skin and hair.

The tea also changes color depending on the pH of the water.

The plant looks like something of a blue morning glory and a northern pea-vine flower. The blue tea that comes from it is incredible!

PLUS, this tea is what was featured in our Prosperity Cruise! Everyone was given a sample of this tea to take home with them, and we will have it at all future Conscious Calendars events.

NOVEMBER 2018 LOOK AHEAD

Make sure to watch the November video overview in your October Astro Forecast Videos.

We only have one mild Green Day on Oct 9 for the first two weeks of November.

Mercury retrogrades in Scorpio with Jupiter from Nov 17 – Dec 6.

We have six Green Days during Mercury retrograde from Nov. 19 – 24! This makes the Green Days a little less Green and go (because of Mercury retrograde) and it makes Mercury retrograde a little less disruptive

(because the Green Days will help support getting things done during this time).

This is why October was such a big deal!

Enjoy your October and please share with us **on Facebook or on Instagram** what beautiful things happened for you on the Green Days in October!

Kathleen's Bio: 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 (M.D. medical school for one year), her medical research at M.D. Anderson Cancer Institute and Baylor College of medicine in neurology 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, many energetic forms of healing from inventing her own tuning fork healing approach, flower essences, aromatherapy, hot stone massage with the acupuncture practice and now vedic astrology, gems and mantra 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 renowned teachers are Pieter Weltevrede and Thubten Chodren, Dennis Flaherty 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.](#)