

MOON CHART 2009

In all meditation it is of value for the student to remember that, from the standpoint of permanent benefit, it is easier to meditate effectively during the period from the new moon to the full moon, than from the full moon to the new moon. The first half of the lunar cycle is one of intensification, absorption and accretion; the second half is one of assimilation and distribution. More real progress over a long period can be made by observing this cyclic law.

Wisely utilizing newly acquired energies keeps inflowing and outflowing channels open and prevents emotional, mental and psychical congestions, which may otherwise be experienced, with their accompanying physical consequences.

Table of new and full moons for the twelve months of 2009:

UNITED STATES STANDARD TIME

<u>2009</u>	<u>EST</u> <u>Day</u>	<u>Moon</u>	<u>Sign</u>	<u>Eastern</u>	<u>Central</u>	<u>Mountain</u>	<u>Pacific</u>	<u>Greenwich</u> <u>Mean Time</u>	<u>GMT</u> <u>Day</u>
Jan	10	Full	Cap	10:28pm	9:28pm	8:28pm	7:28pm	3:28am	11
Jan	26	New #		2:56am	1:56am	12:56am	11:56pm*	7:56am	26
Feb	9	Full #	Aqu	9:50am	8:50am	7:50am	6:50am	2:50pm	9
Feb	25	New		8:36am	7:36am	6:36am	5:36am	1:36pm	25
Mar	10	Full	Pisc	9:39pm	8:39pm	7:39pm	6:39pm	2:39am	11
Mar	26	New		11:07am	10:07am	9:07am	8:07am	4:07pm	26
Apr	9	Full	Ari	9:57am	8:57am	7:57am	6:57am	2:57pm	9
Apr	24	New		10:24pm	9:24pm	8:24pm	7:24pm	3:24am	25
May	8	Full	Tau	11:03pm	10:03pm	9:03pm	8:03pm	4:03am	9
May	23	New		7:12pm	6:12pm	5:12pm	4:12pm	12:12pm	24
Jun	7	Full	Gem	1:13pm	12:13pm	11:13am	10:13am	6:13pm	7
Jun	22	New		2:36pm	1:36pm	12:36pm	11:36am	7:36pm	22
Jul	7	Full #	Can	4:23am	3:23am	2:23am	1:23am	9:23am	7
Jul	21	New #		9:36pm	8:36pm	7:36pm	6:36pm	2:36am	22
Aug	5	Full #	Leo	7:56pm	6:56pm	5:56pm	4:56pm	12:56am	6
Aug	20	New		5:03am	4:03am	3:03am	2:03am	10:03am	20
Sept	4	Full	Vir	11:04am	10:04am	9:04am	8:04am	4:04pm	4
Sept	18	New		1:45pm	12:45pm	11:45am	10:45am	6:45pm	18
Oct	4	Full	Lib	1:11am	12:11am	11:11pm*	10:11pm*	6:11am	4
Oct	18	New		12:34am	11:34pm*	10:34pm*	9:34pm*	5:34am	18
Nov	2	Full	Sco	2:15pm	1:15pm	12:15pm	11:15am	7:15pm	2
Nov	16	New		2:15pm	1:15pm	12:15pm	11:15am	7:15pm	16
Dec	2	Full	Sag	2:32am	1:32am	12:32am	11:32pm*	7:32am	2
Dec	16	New		7:03am	6:03am	5:03am	4:03am	12:03pm	16
Dec	31	Full #	Cap	2:14pm	1:14pm	12:14pm	11:14am	7:14pm	31

NOTE: When and where **Daylight Saving Time** is use, **add one hour** to the above times. (#) indicates eclipses of the sun at the new moon and of the moon at the full moon. An asterisk (*) indicates **pm** of the day previous to the day stated in the column for Eastern Standard Time.

The full moons of the three spiritual Festivals will be observed worldwide on the following days: *EASTER* on April 9th, *WESAK* on May 8th, and *CHRIST'S FESTIVAL* and *WORLD INVOCATION DAY* on June 7th. **Check locally for the actual day of the festival meetings**, which may vary from the date of the full moon.

KEYNOTES FOR THE DISCIPLE

<u>ARIES:</u>	I come forth and from the plane of mind, I rule.
<u>TAURUS:</u>	I see and when the eye is opened, all is light.
<u>GEMINI:</u>	I recognise my other self and in the waning of that self, I grow and glow.
<u>CANCER:</u>	I build a lighted house and therein dwell.
<u>LEO:</u>	I am That and That am I.
<u>VIRGO:</u>	I am the mother and the child. I, God, I, matter am.
<u>LIBRA:</u>	I choose the way which leads between the two great lines of force.
<u>SCORPIO:</u>	Warrior I am and from the battle I emerge triumphant.
<u>SAGITTARIUS:</u>	I see the goal. I reach that goal and then I see another.
<u>CAPRICORN:</u>	Lost am I in light supernal, yet on that light I turn my back.
<u>AQUARIUS:</u>	Water of Life am I, poured forth for thirsty men.
<u>PISCES:</u>	I leave the Father's home and turning back, I save.

These keynotes for the disciple may be used in sequence as the seed thought for the meditation work done each month at the time of the full moon.