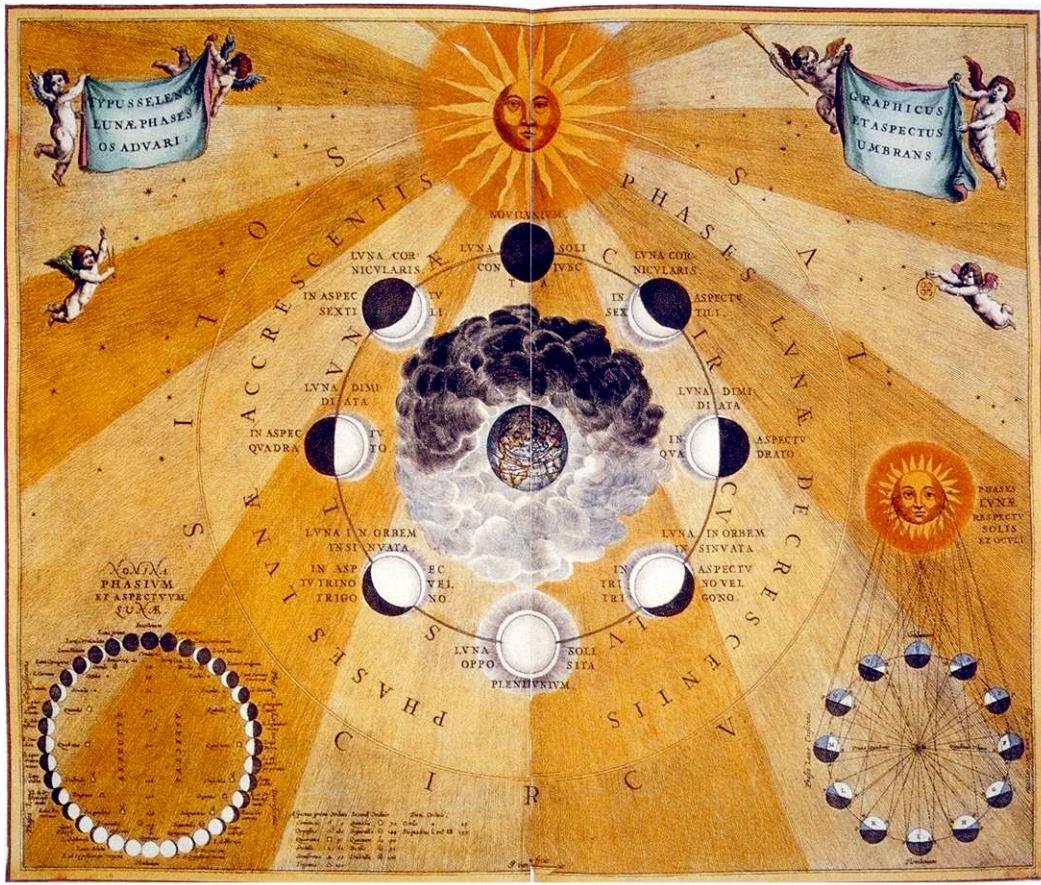


LUNAR LIFE CYCLE

The Timing of Your Life

CAROLINE MYSS



Andreas Cellarius

Created by Philip Levine
for myss.com



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Imagine...

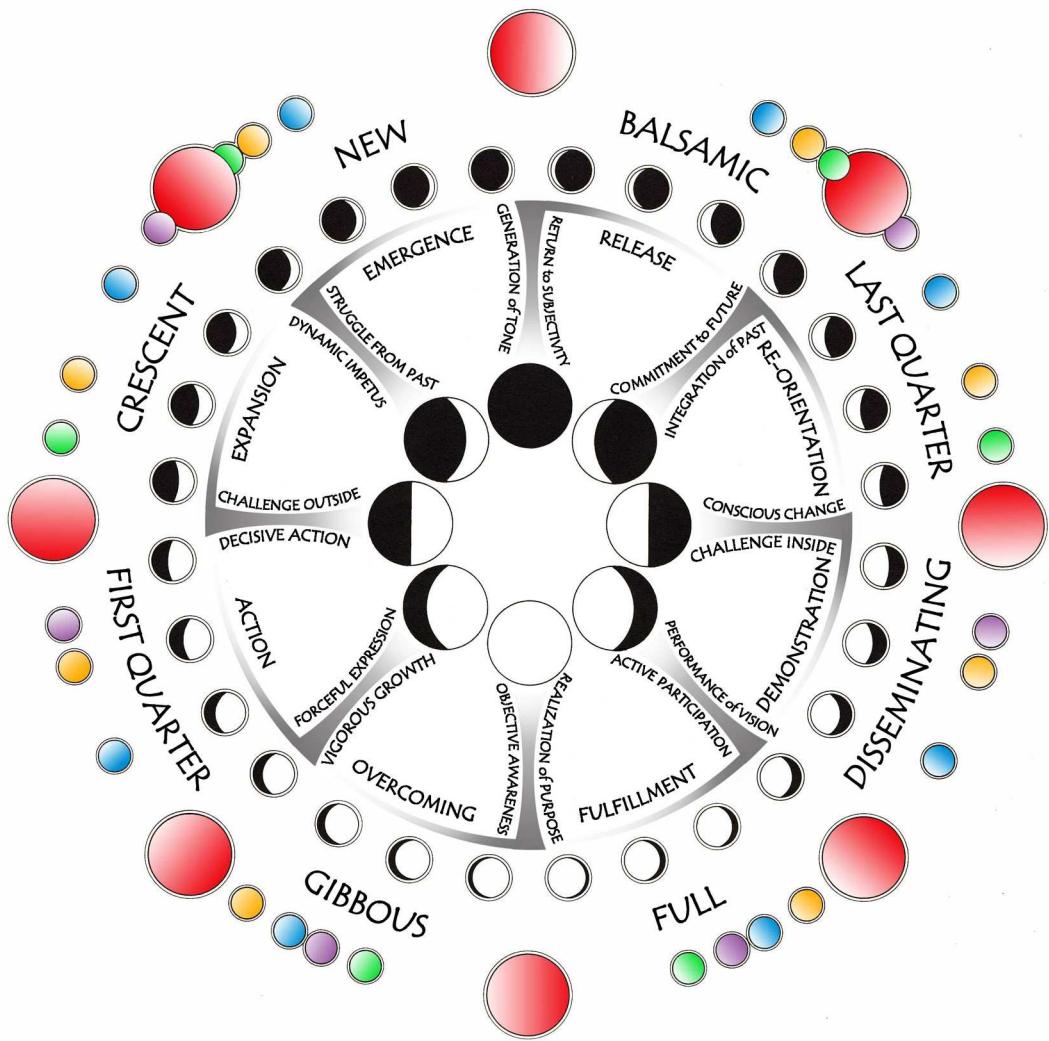


seeing your life, over the years of its unfoldment, through the highs and lows, the successes and failures, with a perspective on it all, how it all fits into some typical archetypal process, like the turning of the seasons...

understanding the place of it all – even the gaps – and how it might fit an intelligent pattern...

liberating yourself from guilt, regret or resentment, as you come to appreciate an alternative perspective that can uncover meaning in previous experience...

feeling your participation in this larger process, with its own turning points, goals, and stages, and how that feeling of sharing in something greater can nourish and sustain you...



... Astrology is not merely a study of celestial cycles in themselves; it is a technique of interpretation of the meaning of these cycles with reference to the possibilities for growth in individuals... Its essential purpose – when true to its highest and truest function in human affairs – is to indicate the possibilities for individual development inherent in the significant turning points in the cycle of a human life.

– Dane Rudhyar, *The Lunation Cycle*

Lunar Life Cycle is dedicated to Dane Rudhyar
(for more on Rudhyar, visit khaldea.com and beyondsunsigns.com)

Contents

INTRODUCTION	i
FIRST LUNATION CYCLE (December 1952 – June 1967)	1
DISSEMINATING PHASE (October 1955 – November 1959)	3
LAST QUARTER PHASE (November 1959 – November 1963)	5
BALSAMIC PHASE (November 1963 – June 1967)	7
SECOND LUNATION CYCLE (June 1967 – December 1996)	11
NEW MOON PHASE (June 1967 – October 1970)	13
CRESCENT PHASE (October 1970 – March 1974)	15
FIRST QUARTER PHASE (March 1974 – September 1977)	17
GIBBOUS PHASE (September 1977 – July 1981)	19
FULL MOON PHASE (July 1981 – August 1985)	21
DISSEMINATING PHASE (August 1985 – October 1989)	23
LAST QUARTER PHASE (October 1989 – July 1993)	25
BALSAMIC PHASE (July 1993 – December 1996)	27
THIRD LUNATION CYCLE (December 1996 – May 2026)	31
NEW MOON PHASE (December 1996 – March 2000)	33
CRESCENT PHASE (March 2000 – August 2003)	35
FIRST QUARTER PHASE (August 2003 – April 2007)	37
GIBBOUS PHASE (April 2007 – May 2011)	39

Contents

FULL MOON PHASE (May 2011 – June 2015)	41
DISSEMINATING PHASE (June 2015 – July 2019)	43
LAST QUARTER PHASE (July 2019 – February 2023)	45
BALSAMIC PHASE (February 2023 – May 2026)	47
NEW MOON PHASE (May 2026 –)	49



for

Caroline Myss

This is your personal Lunar Life Cycle Report. It has been calculated for the following birth information:

**Dec 2 1952
7:49 am CST +6:00
Chicago IL**

THE TIDES GO OUT, then come in. We breathe in, and then out. Our hearts pump the blood, in and out. The seasons, the faces of the Moon, the alternation of day and night...cycles rule so much of our lives. What if we could find a way to see our lives in the same way, as a rhythmic in-and-out, or up-and-down?

The meaning of our different times of life would be revealed if we could only see these as phases in the larger context of the cycles of our lives. The Lunar Life Cycle provides such a perspective, and is based upon your own time and place of birth.

The Lunar Life Cycle is based upon the monthly cycle of the Moon as it moves around the Earth. We are familiar with the changing face of the Moon when it emerges two or three days after the New Moon as a thin crescent in the western sky at dusk. Over the next 10-12 days the Moon's light increases. Midway through the cycle the Full Moon appears, after which the light begins to wane with each passing day, until the Moon finally passes into total darkness just before the next New Moon. This phenomenon is based upon the changing relationship between the Sun, Moon and the Earth.

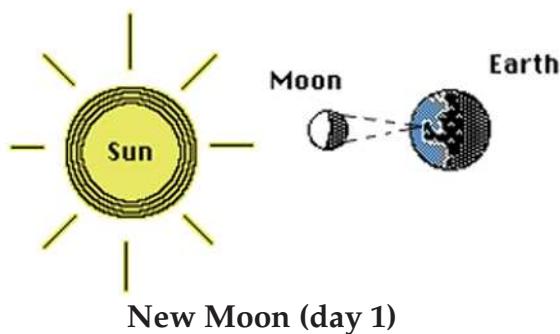
Introduction

C. G. Jung recognized the significance of the cycle. Comparing the daily course of the Sun to the life of a human being, Jung wrote:

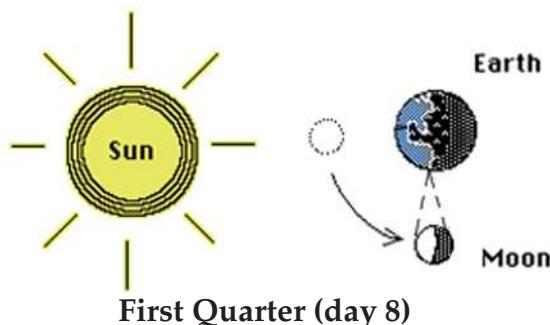
At the stroke of noon the descent begins. And the descent means the reversal of all the ideals and values that were cherished in the morning... It is as though it should draw in its rays, instead of emitting them. Light and warmth decline and are at last extinguished... we cannot live the afternoon of life according to the programme of life's morning – for what was great in the morning will be little at evening, and what in the morning was true will at evening have become a lie... Whoever carries over into the afternoon the law of the morning... must pay for so doing with damage to his soul.

(*Modern Man In Search Of A Soul*)

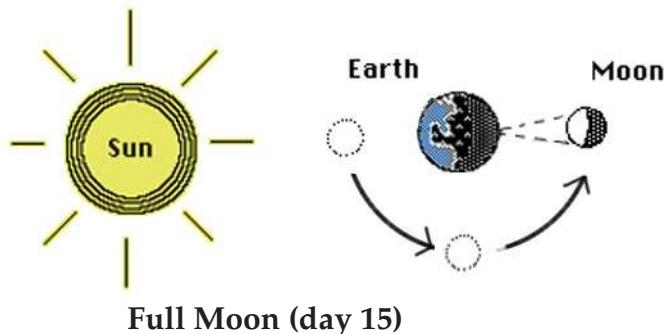
At the **New Moon** the Sun and Moon are in the same area of space with relation to the Earth and we do not see the Moon unless it eclipses the Sun:



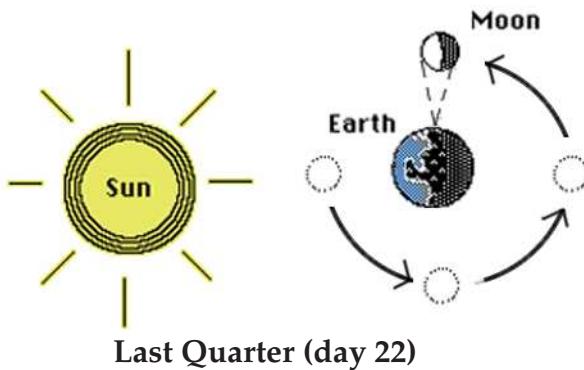
By the **First Quarter**, the Moon has moved away from that area of space to a point where it forms a right angle (90 degrees) with the Earth and the Sun. At this time we see half of the face of the Moon in light and half in darkness:



At the **Full Moon** the Earth is in between the Sun and Moon. When this alignment is straight enough, we observe an eclipse of the Moon, in which the Earth's shadow falls across the face of the Moon for a few hours. More often the Full Moon is notable because the face of the Moon is fully lit by the light of the Sun:



At the third or **Last Quarter** we have a similar situation to the First Quarter, except now the Moon is on the other side of the Earth in relation to the Sun. But the angle is still one of 90 degrees and we again see a face of the Moon which is half dark and half light:



This cycle has been significant since the dawn of human existence. It provided one of the few repetitive patterns which allowed prehistoric humans to gain a sense of security and predictability in a chaotic environment. (The others were the cycles of night/day and of the seasons. These provide the basis of the astrological houses and the zodiac, respectively.) The changing face of the Moon was worshipped as an aspect of the Feminine, as a goddess, a Queen of the Night who ruled over fertility and magic. Modern astrology has largely overlooked this important and meaningful cycle, with the notable exception of Dane Rudhyar.¹

Using the astrological technique of Secondary Progressions we are able to discover a basic structure or pattern which underlies the changes and circumstances of your life. This is the main objective of all astrological counseling tools: to reveal an order or meaning beneath or within what may often appear to be random or chaotic situations.

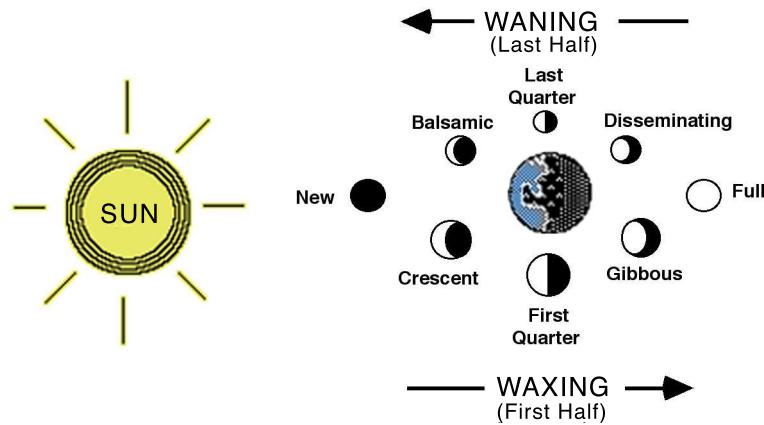
¹See [The Lunation Cycle](#), Aurora Press, 1967, and [The Lunation Process in Astrological Guidance](#) by Leyla Rael.

Introduction

The Lunar Life Cycle is one expression of the archetypal structure we call the **cycle**. While Western civilization has mainly lost this important key, it has remained hidden within astrology as its basic foundation. The signs of the zodiac, the houses, and astrological aspects are all based upon the cycle. Their meanings are derived from the particular place or function each has within the cycle as a whole. Our lives unfold according to the same cyclic pattern. This is difficult for us to discern because there are so many cycles with many different periods all overlapping or interpenetrating: 12-year cycles, 29-year cycles, 1-year, 18-year, monthly, etc.

The most basic structure of the cycle is derived from the fact that it consists of a beginning, a middle and an end. The monthly lunar cycle suggests by observation that the cycle can be meaningfully divided into two halves. During the first half the movement is outward, as the Moon travels away from the area of space occupied by the Sun. As it does so, the light of the Sun increases (waxes) on the face of the Moon. At the turning point symbolized by the Full Moon, this movement reverses and the Moon begins approaching the Sun as the reflected light on its surface wanes, until they meet again at the New Moon. Halfway between these two turning points (New Moon and Full Moon) we can also see two other important division points where light and darkness are equal on the Moon's surface. At the First Quarter the light is increasing, while at the Last Quarter it is decreasing. These simple astronomical observations provide the rationale for interpreting the lunar cycle's phases.

In addition to using these four turning points to define the lunar cycle and four of its phases, four more phases can be determined by using the midpoints between New, First Quarter, Full and Last Quarter Moons. This gives the eight phases found in this Report:



This Report projects this cycle symbolically over a 29-30 year period of your life. This period is based upon the lunar cycle, and the timing of its beginning, middle and end are uniquely yours. By using this key, you are able to identify your present phase, as well as past and future phases and their meanings, determined by their place within the whole cycle. There is no specific type of circumstance or event which goes with any particular

phase: "Whatever happens in a person's life during a particular phase of the lunation cycle, it plays the same role in the development of that life as the phase does in the cycle."²

Your first lunar cycle did not necessarily begin at birth, because most of us (unless we were born at the New Moon) were born somewhere in the middle of a cycle. Thus your first complete lunar cycle begins any time before age 30.

What follows is a report which identifies the dates for each of the eight phases of your Lunar Life Cycle and explains the meaning of each phase. In addition, each cycle as a whole can be identified by a symbol, taken from *An Astrological Mandala* by Dane Rudhyar.³ This symbol, if contemplated, may in some way help you to interpret the main quality or meaning of the cycle as a whole for you. It can be useful to refer back to this symbolic purpose from time to time in order to better understand the direction of your Lunar Life Cycle in your life.

NOTE: The descriptions of the phases of the Lunation Cycle are written for the conscious adult, capable of reflection and choice. These interpretations will usually not seem applicable to the earliest years of your life, during babyhood and childhood, but they are included so as to provide the fullest articulation of your Lunar Life Cycles.

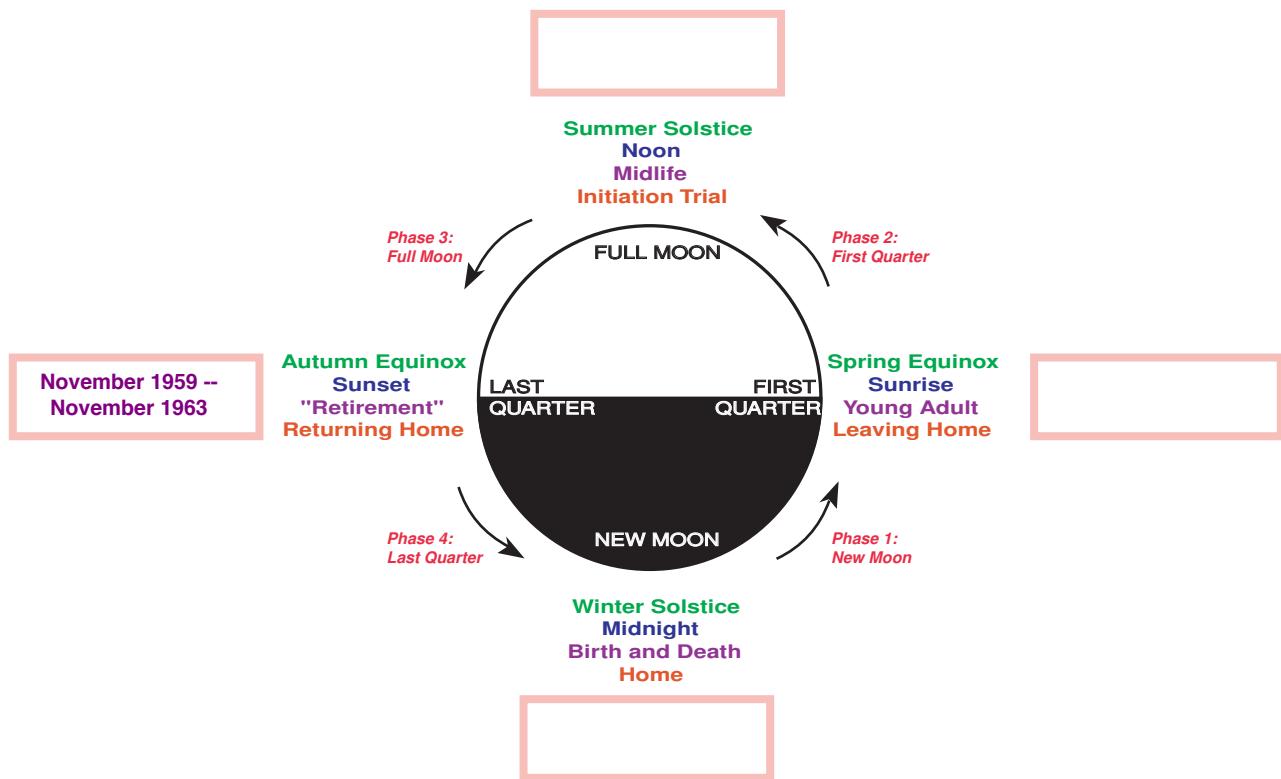
NOTE # 2: Nothing contained in this report is meant to suggest any foreknowledge of the timing of your demise.

²Leyla Rael, *ibid.*, p. 15.

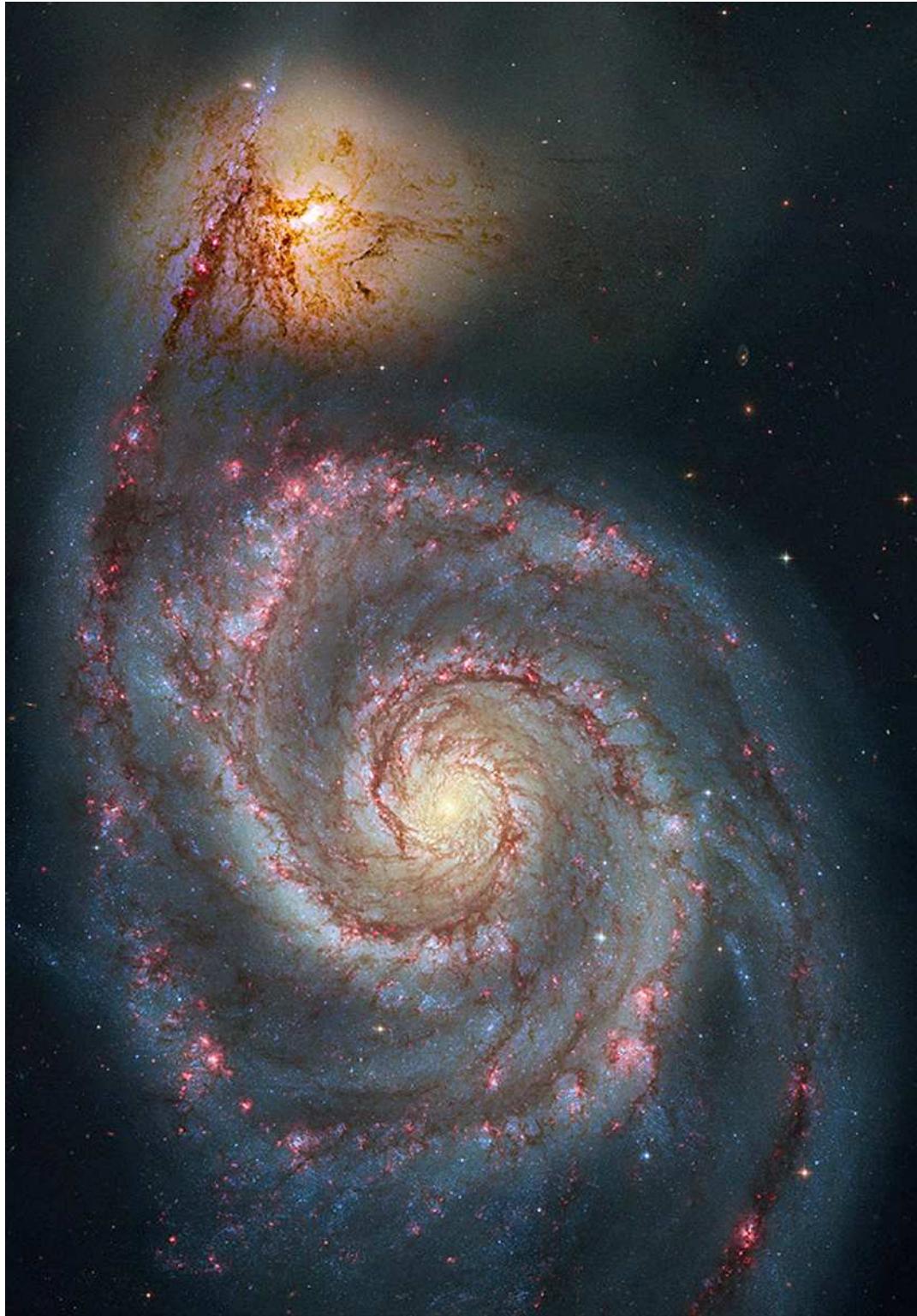
³Vintage Books, New York, 1974.

CAROLINE MYSS

YOUR FIRST LUNAR CYCLE



Your dates



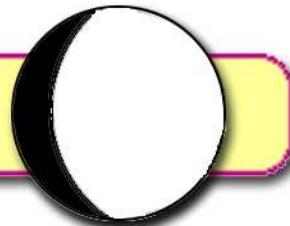
M51 Hubble Remix
S. Beckwith (STScI), Hubble Heritage Team, (STScI/AURA), ESA, NASA

Caroline Myss's First Lunar Life Cycle

December 1952 – June 1967

You were born after the beginning of your first Lunar Life Cycle, during the **Full Moon** Phase of that cycle. In a sense, that is the Phase you are most "at home" in. The first entry into the next following Phase in your life began the **Disseminating** Phase for this cycle, which lasted from **October 1955** until **November 1959**.

DISSEMINATING



The color and fragrance radiating from the flower attract the insects who carry on the sacred work of pollination. Psychic qualities also emanate from the flower, evoking love, passion, or healing in the hearts of its admirers. The fruit begins to form...

Your Disseminating Phase occurred from **October 1955**, when the progressed Moon was in a waning sesquisquare with the progressed Sun or 135 degrees behind it, until **November 1959**.

It is now time for the plant which has flowered to spread its newly produced pollen into the environment. *Demonstration* of whatever has been achieved or learned is called for: teaching, promoting, or some other kind of expressive effort. Since the last half of the cycle is a time for finding meaning, you may at this time be searching for a way to **IMPRESS UPON OTHERS** whatever has been realized during your Full Moon Phase. In doing so these results can become related for you to a larger context which extends beyond the boundaries of your personal life. This effort can also help you to digest and assimilate the learning from that phase. If your Full Moon Phase was disappointing, the Disseminating Phase can be a time for reform.

First Lunar Life Cycle

This phase would correspond to the time when a building has been completed (Full Moon) and is occupied and serving the need for which it was originally created (or an alternative need if circumstances changed). In the human life cycle this phase would parallel the late 40's and early 50's, considered to be the time of peak productivity, when experience and maturity more than make up for waning stamina. This would be the time for one to concentrate upon making his or her mark upon society, ideally having found his or her calling.

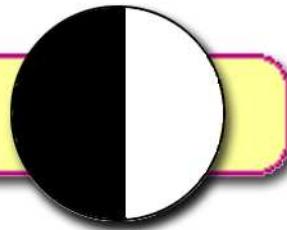
At first this expression may be stressful or the environment may resist your message, but by **February 1957** the results of the first half of the cycle and your realizations which occurred during the Full Moon Phase should be coming together. This is a peak time for understanding and may present opportunities for expression which demand relatively little effort. It is not an opportunity to be wasted. Pour your energies into whatever you BELIEVE IN.

You may have formally trained or studied in earlier phases in order to have reached this point or learned instead through your experiences. Now there may be a sense of inner pressure as the further distilling of what you've learned calls for organization and a possible shift in perspective required for its active expression. You can learn by teaching or doing. The time for fruition is not quite here yet, but you must disseminate the products of the earlier phases now if the fruit is to truly form in the next phase. Just as the flower needs help from the birds and bees if it is to procreate, you need the interaction with others to facilitate your own unfoldment.

As you approach the beginning of the Last Quarter Phase and your progressed Moon begins to square (90 degrees) your progressed Sun in the months before **November 1959** you may find yourself experiencing increasing tension or confusion between the old and the new, as well as an uneasy sense that something is missing.

Looking back over the Disseminating Phase in your life, you may want to record any inner or outer events that seem relevant to the meaning of this period (**October 1955 to November 1959**). What can you see that shows the quality of this phase?

LAST QUARTER



Heavy with its fruit, the plant bends to the ground. It has given all it has to give, poured its life into the fruit, and now waits to be relieved of its burden. What is left for the plant now? The fruit offers food and a womb for the infant seed.

Your Last Quarter Phase covers the period from **November 1959 to November 1963**. This begins when the Progressed Moon forms a waning square, 90 degrees behind your progressed Sun.

Ideally you have been able to share the results of this cycle of experience during the previous Disseminating Phase and to learn from the reactions and feedback of others. Now comes the realization that the goals or activities which have served to fulfill the purpose of the cycle may have outlived their usefulness, that they were means and not ends in themselves. In the same way that the life force begins leaving the plant's stalk and leaves and becomes concentrated in the fruit and its seed(s), the enthusiasm which sustained your earlier efforts may be waning. This can lead you to question *why* you are continuing to invest yourself in what may feel like increasingly empty or meaningless activity.

This phase occurs at the midway point in the closing half of the cycle, just as the First Quarter did in the first half. What was then a crisis in action is now a *crisis in consciousness*. The Moon now, as then, presents a face divided into a dark half and a lighted half, again symbolizing choice. Again you live the balance between light (conscious) and darkness (unconscious). This time *darkness* is growing, symbolizing the need to allow an inner, hidden process time for gestation as the cycle winds down. Now, instead of building forms, it is time for de-structuring, for letting go and taking them apart, perhaps allowing you to see them in a broader context. Ideas, methods, or relationships which were perfectly suitable earlier are now expendable, possibly even turning toxic. You can tell which ones because they have lost much of their meaning and feel increasingly empty. It is possible at this time that a previously hidden side of yourself may emerge, surpris-

ing yourself or others, as you free yourself from the confines of your cherished beliefs or security patterns.

It is quite likely that qualities or talents which were neglected or left behind during the first half of the cycle may now assert themselves in your life, asking you to restore the balance. For example, if the first half of the cycle required more assertiveness and expression, this phase may begin a period in which receptivity or inwardness are more suitable. Other examples may be the need to balance between intellect and feelings, activity and meditateness, or caring for others and caring for yourself. Remember this is a BALANCING process.

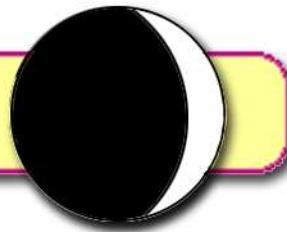
In our building analogy, the time has come when the original building has reached the limits of its usefulness. Perhaps it is aging and taking increasing resources to maintain it, or it has become too small to accommodate the growing population using it. The time has come to RE-EVALUATE the suitability of the building in its present form. Decisions need to be made about whether to enlarge, renovate or replace it. In the human life cycle, this phase corresponds to the approach of retirement age. The vehicle (physical body) is considered (rightly or otherwise) by society to be losing its capacity to serve the needs of the collective. The individual must begin searching for an alternative source of meaning to replace the productive activity that ideally has sustained him or her up to now.

You may feel the need at this time to commit yourself to some ideal or principle. Only you can judge the difference between commitment and inflexibility. This phase often brings some kind of important purging or REORIENTATION. Since you are at this time beginning to be drawn toward the future, toward the next cycle, your vision may not be shared by others in your environment. It is a good time, however, for you to try to give a stable structure to your ideals or philosophy, to organize or articulate your worldview. Particularly around **August 1962** you may be able to organize your beliefs into a systematic approach to life which can form the basis for the coming cycle. This can be a time of inner harmony or vision.

You should be asking “why?” more often during this phase: “Why am I doing this?” The desire which caused you to invest your energies in the pursuit of certain goals is now drying up. Without understanding this phase as part of the cycle as a whole, you may be tempted to interpret this as terribly wrong, even to blame yourself for a loss of meaning and to seek help from “experts” or from escapism. But the rhythmic wisdom of the cycle declares this to be a necessary phase if you are to avoid becoming too identified with increasingly obsolete aims. TRUST that there is a deeper meaning ready to replace what seemed so obvious before.

Looking back at your Last Quarter Phase, you may want to record any inner or outer events that seem relevant to the meaning of this period (**November 1959** to **November 1963**). What can you see that has the quality of this phase?

BALSAMIC



To the observer, the plant is caught in autumn's deathlike grip. Leaves and fruit wither and fall, the stalk bends or breaks. But beneath these decaying remains lies the promise, the seed, the bridge from cycle to cycle. It can wait, slumbering peacefully at winter's breast.

The closing phase of your cycle, the Balsamic, occurs from **November 1963** when the progressed Moon is in a 45 degree waning semisquare behind the progressed Sun until your next New Moon in **June 1967**.

This is probably the most difficult phase of the cycle for most people in the West. There is no reason why it has to be any more challenging than the others, except that for most of us our discomfort with and lack of understanding of death has not prepared us for the end of most cycles. But in the lunar cycle it is easy to see that the death of one cycle is the preparation and source for the one that follows. Whatever you are doing during this phase may be seen as an act of *release, self-emptying, or letting go*.

The increasing darkness on the Moon's face symbolizes the waning of interest, the loss of meaningful activity which characterizes this phase. This is a time for *release*, for even more letting go. Pain during this phase is most likely a signal that you are attached to something which is no longer right for you. Your objective during this phase is to **EMPTY YOURSELF**, to make room for the birth which follows. You may find yourself withdrawing, going more into yourself. Your inner experience is what matters now, more than outer circumstances. This phase can be particularly appropriate for meditation and a relative retreat from the world. Rest may now be necessary to balance the intensive activity of the earlier phases.

See if you can choose to be less active now, instead of feeling restricted by circumstance. Try fasting, or spending time quietly with yourself. Take the time and space to listen to whatever is occurring deep within you. Just as the Moon becomes swallowed by darkness during this phase, you may find this to be an opportunity to lose your sense of individual

First Lunar Life Cycle

separateness in a greater identification with a group or even humanity as a whole. You may be more inclined to make sincere sacrifices for the good of others.

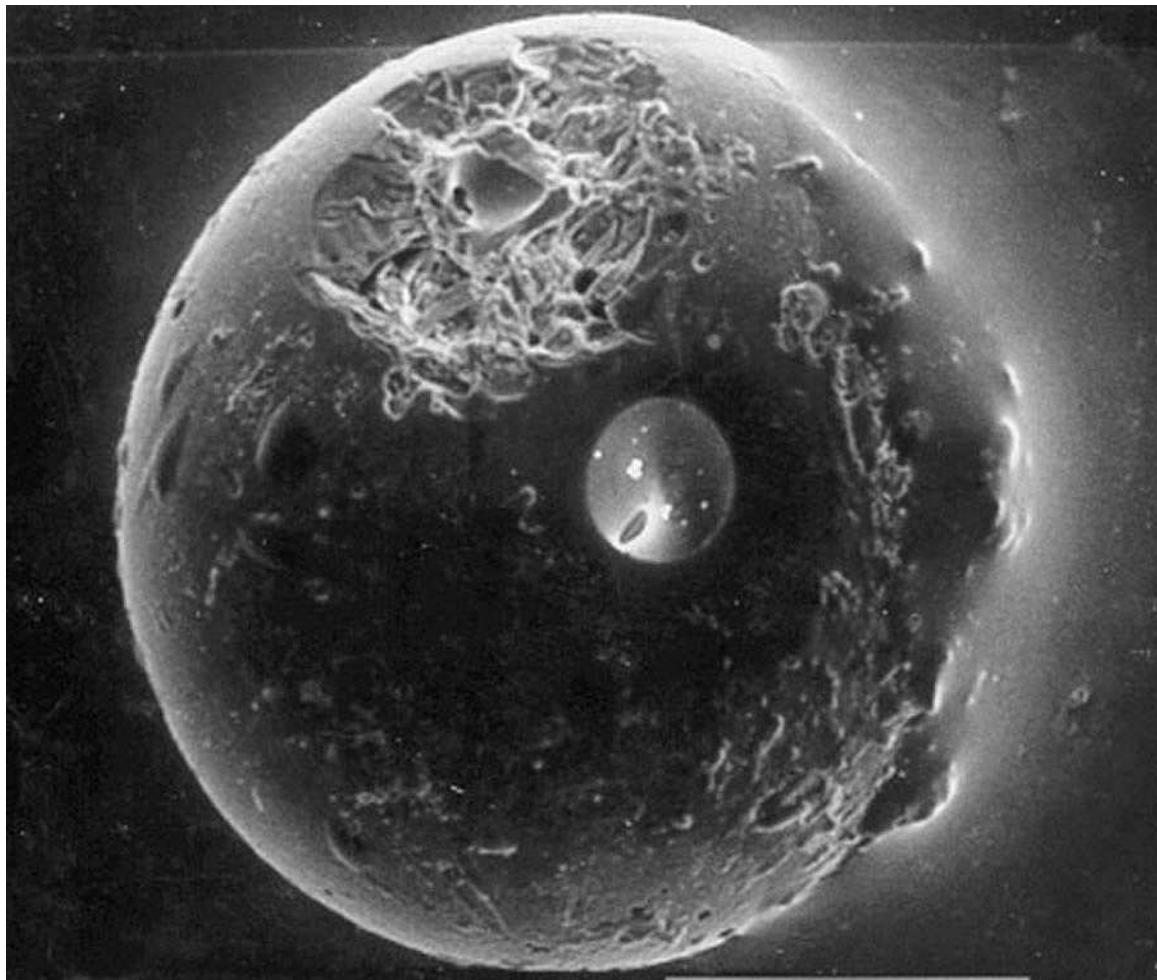
In the building analogy, the time has come to move out and allow the contractors to take over in their efforts to prepare for a new cycle of activity in a new or changed building which will follow. For the human life cycle, this can be seen as a period of rest, retreat, or retirement from the world. Whether that means reflecting on life's meaning and past experiences, actively pursuing options that had to be put aside earlier, or just waiting to die depends upon the individual.

Similar alternatives may attract you now. This phase may find you reflecting upon the deeper meaning of the past 26-27 years, trying to condense the most valuable aspects of your experiences into a theme or lesson to pass on to others, much like the life energies of the plant become condensed in the seed. Analyze your thoughts and feelings about death: is it the end, or a transition? Do you want this phase of your Lunar Life Cycle to be a bridge to the future or a dead end? You may not be able to see what's coming, but you can still choose to believe that there *will* be more, to have faith in the future and in new possibilities.

You are now preparing the way for the next cycle. By allowing yourself to grieve for what is passing away and accepting feelings of emptiness, you prepare the vessel of your personality for the release of new potential at the next New Moon. Don't be afraid of the emptiness, try not to fill it with meaningless activity or premature commitments. You are likely to be straining to see the future now, but this is also the time to harvest the essence of the entire cycle which has passed. What seems to matter most, and how can you essentialize your experience to form a basis for renewal? You may be prophetic or visionary at this time, but don't expect everyone else to see what you see.

As you approach the New Moon in the months leading up to **June 1967** try to surrender, to open yourself, and to maintain an inner peace and receptivity.

When the Balsamic Phase comes you may want to record any inner or outer events that seem relevant to the meaning of this period (**November 1963 to June 1967**). What can you see that has the quality of this phase?



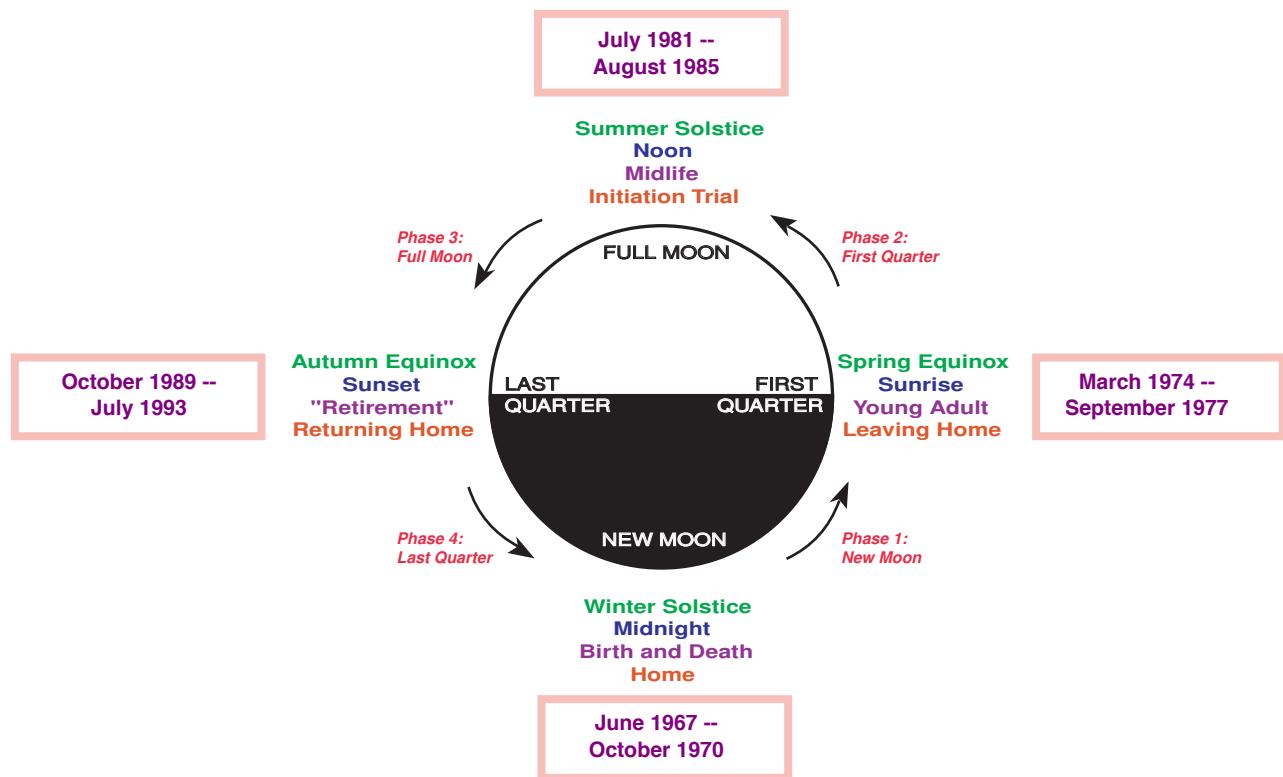
A Spherule from the Earth's Moon
Credit: Timothy Culler (UCB) et al., Apollo 11 Crew, NAS



Largest Full Moon of 2009
Credit & Copyright: Vincent Jacques Sky Show

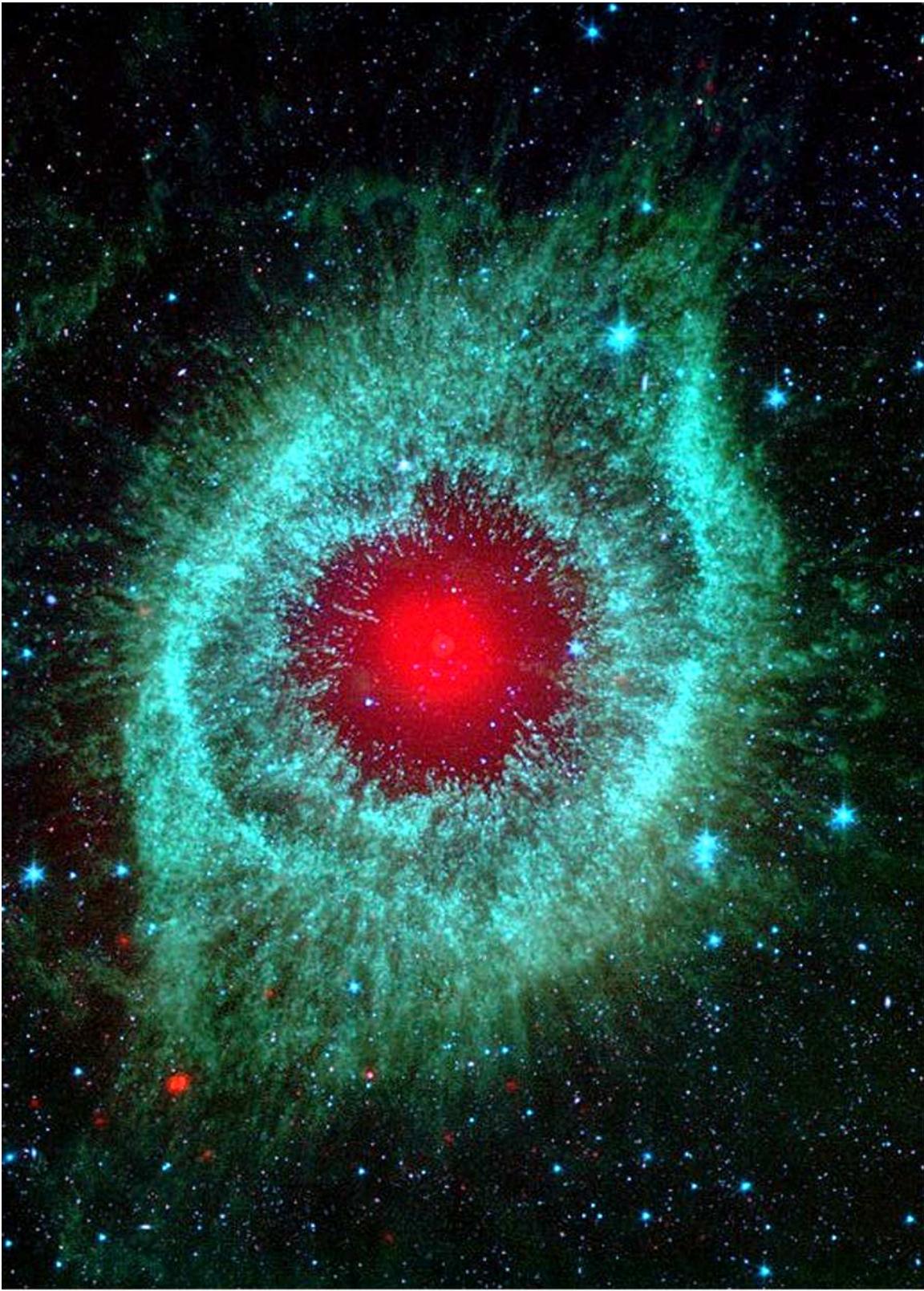
CAROLINE MYSS

YOUR SECOND LUNAR CYCLE



INSIDE: The Lunar Cycle

OUTSIDE: The Seasonal Cycle
Daily Cycles
Human Life Cycle
Initiation Journey



Dust and the Helix Nebula
NASA, JPL-Caltech, Kate Su (Steward Obs., U. Arizona), et al

Caroline Myss's Second Lunar Life Cycle

June 1967 – December 1996

Your Lunar Life Cycle begins in **June 1967**. This New Moon occurs in the zodiacal sign of **Sagittarius**. This sign represents the defining and seeking of an idealistic goal or the promotion of your ideals. The cycle as a whole has as its symbol:

A FLAG BEARER IN A BATTLE

This suggests a courage and devotion to an ideal which could inspire you face conflict or move ahead. Your own associations with this image are important here as well.

NEW MOON

In the dark silent womb of earth, frost warms to water, micro-organisms stir, the rhythms of life awaken in the heart of the seed. After a long sleeping death, in the cold hard ground, the flower-to-be comes alive in the bright green shoot within the shell. Above the ground, no one can see the momentous rebirth taking place or hear the whisper of new life.

Your **New Moon** Phase (Progressed Moon conjunct Progressed Sun) covers the period from **June 1967** until **October 1970**.

The New Moon Phase has as its keywords *birth* or *emergence*. This is the time of the germination of the seed which contains the potential for the entire cycle. In its infancy, the cycle

Second Lunar Life Cycle

now rests entirely upon spontaneity and instinct. There may not be a clear vision of the future here, but you need to get moving anyway. Trust your instincts during this phase. It takes time (14-15 years) for this seed to unfold. This period has been aptly described by the Chinese oracle the *I Ching*: "The footprints run crisscross. If one is seriously intent, no blame." The in-rushing of new energy, a release which must sustain the entire cycle, may carry you away if you are not able to focus or to contain it. *Trust* that this new potential energy has a purpose and allow it to guide you. This is a most important time in any cycle.

Your life is fertile now, like the egg awaiting impregnation. Any quality, idea, person, phrase, image, or vision may provide the seed which years from now can mature into creative expression or fruitful experience. Like the sprouting seed or the infant, the new potential is fragile. The Sun and Moon are in alignment with the earth at the New Moon, symbolizing a union of creative potential (Sun) and unconscious receptivity (Moon). This alignment or union of the symbols of masculine (Sun) and feminine (Moon) suggests a time of conception. This conception *process* may take a year or two.

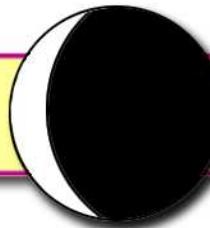
This phase may be like the first encounter between two people: many possibilities exist. Perhaps there is even a feeling of something important in the air, without a definite expectation of what's to come. You may have fantasies, dreams, or wishes, but only as time passes will you come to see a direction unfolding. Eventually, at the First Quarter, decisions will be necessary. For now, just experience each day and take the time to become more familiar with whatever is stirring within you.

The events which occur at this time, whatever they may be, need to be seen as containing the emergence of a potential which will gradually unfold over the next several years. Only in time will the first hints appear as to the overall meaning or direction of that potential. There may not be any specific event(s) of major significance at this time, because the cycle, like the New Moon itself, begins in the "dark," *within* you. Just like the seed germinating with no one to see it, the birth of the cycle may be occurring in a subjective way, as a stirring, a curiosity, or a new interest. But if you trust yourself to SPONTANEOUSLY PROJECT your ideals upon the outer world, this activity will naturally lead you to your goal.

The New Moon does not occur in a vacuum, but follows a previous cycle. (The New Moon is both the end of the prior cycle as well as the start of the present one.) Thus this emergence takes place in the context of what has preceded it, and it may be hindered or even severely damaged if we are unable to be open to its need for the freedom to find its right expression. We must be OPEN TO THE NEW, to that which we have not experienced before.

Looking back over the New Moon Phase of your life, you may want to record any inner or outer events that seem relevant to the meaning of this period (**June 1967 to October 1970**). What can you see that had the quality of emergence or birth?

CRESCE



The green shoot is healthy and alive. The pressure of life expanding within the seed builds against the hard shell, the product of an earlier time when protection was necessary against the cold, hard winter. If the plant is to live, this shell must go. The shoot must leave the safety of the shell and begin making its way into the world.

Your Crescent Phase begins with the waxing semisquare when the progressed Moon is 45 degrees ahead of the progressed Sun and covers the period from the end of the New Moon Phase in **October 1970 until March 1974**.

The Crescent Phase, symbolized by the appearance of the slender crescent of Moon in the western sky at sunset, represents the period in which the potentials of the New Moon begin to take shape. After a process of subjective birth or conception, the new impulse behind the cycle *expands* and needs to *assert* itself. At the beginning of this phase, around **October 1970**, you may encounter the first serious resistance to the unfoldment of the cycle. The new seed may feel the pressure of the past (*karma*) – pre-existing habit patterns, fear, security needs, traditions, or the resistance of others in the environment to change. This may come as a shock, as a sudden imposition of "reality" upon your dreams and projections or it may be a more gradual process. It demands faith in yourself and the future as you strive to overcome the obstacles which appear to block you.

The Moon at this time is still quite close to the Sun in the sky, struggling symbolically to break free of its dominating influence. So far, the Moon and Sun have shared the same sky, but with this phase their separation grows, and the night sky becomes the Moon's domain, at least for the first few hours of the evening. But the Moon is still young and immature for this cycle, a pre-adolescent asserting her independence, trying to break free of parental domination. She is motivated more by the desire for freedom from the past than by any clear vision of the future, illustrating the quality of this phase in your life.

Second Lunar Life Cycle

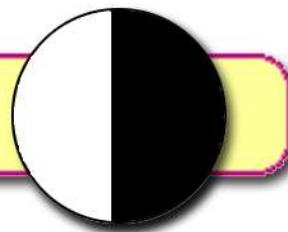
Another useful analogy for understanding the phases of the cycle (besides the seed and plant) can be found in the life cycle of a building. The New Moon Phase would symbolize the architect's idea for the building (the *conception*). This idea would probably arise out of a *need*. This new possibility arising from a need suggests a possible analogy in your life: that this Lunar Life Cycle has a purpose which is somehow meant to answer a need. (The symbol at the beginning of this cycle may provide a clue to that purpose.) The recognition of the need for a new building would lead to a plan of action – to blueprints, permits, the purchasing of property, contracting builders, masons, carpenters, etc. These first actions represent the Crescent Phase.

The events occurring during this phase call upon you to take the initiative to move beyond the past and its conditioning. Look at whatever may seem to be holding you back and ask yourself if you still need it. Yielding to fear or inertia at this point will only make the coming phases more difficult. Around the time of the waxing sextile, when the progressed Moon is 60 degrees ahead of the progressed Sun in **November 1971**, opportunities are likely to appear which favor the giving of some kind of initial form and stability to the direction of the cycle. Don't let these pass without a COURAGEOUS MOVING FORWARD on your part.

As you approach the beginning of the First Quarter Phase in the months before **March 1974**, you may find yourself experiencing increasing tension or conflict between the old and the new, between your past and future.

Looking back over the Crescent Phase in your life, you may want to record any inner or outer events that seem relevant to the meaning of this period (**October 1970 to March 1974**). What can you see that shows the quality of this phase?

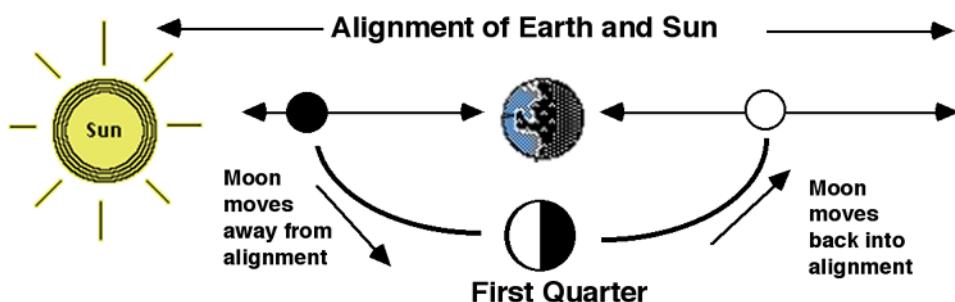
FIRST QUARTER



Freed from the shell, the sprouting plant decides its future by sinking its moisture-seeking rootlets down into the earth. Spreading them out, it stakes out its territory and whole-heartedly climbs toward the air and sky, affirming "Here I will be."

Your First Quarter Phase consists of the period from **March 1974**, when the progressed Moon forms a waxing square, 90 degrees ahead of the progressed Sun, until **September 1977**.

While the Moon has been pulling away from its alignment with the Sun and Earth up to now, symbolizing the need in the first two phases for establishing your independence from past conditioning, the First Quarter represents a shift in direction in which the Moon “turns a corner” and starts moving back to an alignment which culminates at the Full Moon in **July 1981**:



The First Quarter symbolizes one of the more crucial phases of the cycle, the *crisis in action*. This time calls for will and intention, for committed and decisive action which can anchor or ground the future form of the cycle. “Crisis” means choice, and this is the phase when you choose either to align your life with the future of the cycle or to retreat. You may face

a particularly critical decision during this phase with long-range implications. But it is also possible that the commitment called for during this phase is one which needs to be reflected not by a dramatic statement but by the sum of the many minor choices which collectively state: "This is who I am and this is where I intend to go." What are your daily actions saying? What do you intend? To what are you committed? Do your choices accurately reflect that commitment?

What had been a struggle between the future and the past in the Crescent Phase now demands a commitment from you which may well determine the outcome of the cycle, especially results which will come to fruition at the Full Moon Phase. Yet the Moon is half dark, indicating that your choices at this time must be made while a good deal of the future direction of the cycle remains unknown.

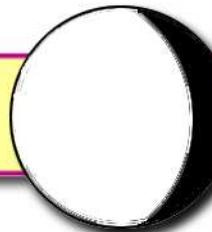
By the decisions you make now, you can demonstrate that you no longer need to struggle *against* the past, and are ready to move intentionally *toward* the future. The balance of light and darkness on the face of the Moon suggests a point of equilibrium (though possibly tense) and a need to choose, while the light's increasing domination of the darkness in the days following symbolizes a growing awareness of purpose and the increasing power to direct your life by reason rather than unconscious habitual impulses.

Referring to the analogy of the construction of a building, the First Quarter represents the phase in which the ground is cleared and the first concrete steps toward manifestation take place as a foundation is built. The building as a whole will only be as strong as its foundation, and errors or shoddy workmanship at this point in the building process can later undermine confidence in the building as a whole. Great care needs to be taken here.

Events at this time call for ACTION and CONFIDENCE and the WILLINGNESS TO COMMIT. A cornerstone can be laid now in the foundation upon which you will depend for several years. Further into this phase, around **July 1976**, when purpose and instinct are in harmony, the opportunity may present itself for a more or less stable form of expression of the partially revealed life-direction of the cycle. The entire first half of the cycle, from **June 1967 until July 1981**, involves a building process in which the necessary structures or forms are developed for the future expression (if successful) of the purpose of the cycle. The First Quarter is the turning point in that construction process, and the choices made at this time will likely have long-term repercussions. Returning to the analogy of the plant and the seed, this is the time for rooting, for actions that have an air of finality.

Looking back over the First Quarter Phase in your life, you may want to record any inner or outer events that seem relevant to the meaning of this period (**March 1974 to September 1977**). What can you see that shows the quality of this phase?

GIBBOUS



Now the young plant grows steadily toward the Sun and its own maturity. Leaves multiply and bring a living interaction with the environment, while the stem thickens and branches out. Any earlier setbacks are now either overcome or adapted to in preparation for the flowering which follows.

Your Gibbous Phase covers the period from the waxing sesquisquare, when the progressed Moon is 135 degrees ahead of the progressed Sun, in **September 1977** through **July 1981**.

With the Gibbous Phase we come to the close of the first half of the cycle. The light of the Moon is reaching its peak by the end of this phase, and so you approach the culmination of what began as a seed at the New Moon in **June 1967**. Linking it with the previous phase, this is a time which calls for productive activity as a direct outcome of the choices of the First Quarter. The beginning of this phase in **September 1977** may bring your activity more into contact with others and be a time in which tension occurs as the environment responds (or doesn't) to your expression. The Gibbous Phase is a time for *adjustment*, when you learn to adapt to the environment and to existing realities or limitations in the pursuit of the direction to which you have committed.

If we look at the entire normal human life cycle of 70-80 years we can also see parallels to the shorter Lunar Cycle. The New Moon corresponds to infancy, the Crescent (1/8 of a cycle) to adolescence, and the First Quarter (1/4 of a cycle) to reaching adulthood (age 18-21) when important choices need to be made and we are capable of making responsible commitments (legally if not practically). The Gibbous Phase would then refer to the late 20's and early 30's, the time when we are establishing a family, a career or an identity on the basis of earlier choices. We are apprentices to life, gaining experience and perspective, and also working to correct any noticeable flaws which originate from our earlier formative years. We also learn during this time to adapt our original choices to the realities of our environment, now that we have had time to learn from our experience.

Second Lunar Life Cycle

Particularly around **December 1978**, a sense of discomfort or tension may lead you to pursue a greater analysis, refinement, or introspection. You may be forced by conflicting desires to sort out your priorities. This could result in a deeper understanding of your motives. Since this is the close of the first half of the cycle during which the forms which can serve to express the purpose of the cycle are constructed, this is the time when you are able to see more of what has evolved than before and are naturally likely to try to improve or refine what you see. These "forms" may be part of your personality, and so this is often a time in which counseling, training, or some kind of guidance is sought. This is a time when **ATTENTION TO DETAIL** and **PERSEVERANCE** are appropriate. The building is being completed.

As you approach your Full Moon in the months leading up to **July 1981** you may experience increasing tension between the opposites within you or between yourself and others. You could also be feeling a desire to find new or better ways to use the skills or knowledge developed during the past phases.

Looking back over the Gibbous Phase in your life, you may want to record any inner or outer events that seem relevant to the meaning of this period (**September 1977 to July 1981**). What can you see that had the quality of this phase?

FULL MOON

The plant which was a seed and then a shoot gives birth to a bud which gradually blossoms into a flower. The plant can now be seen as the mother of the flower, and the flower declares the completion of the growth of the plant. It now takes over as the mother of future seeds, sharing itself as color and fragrance.

The Full Moon of your cycle occurs in **July 1981** when the progressed Moon and progressed Sun are exactly opposed (180 degrees) and your Full Moon phase lasts until **August 1985**.

The Full Moon is the midpoint of the cycle and a major turning point. During this phase the results of the first half of the cycle (from **June 1967** until **July 1981**) and especially of the choices made at the time of the First Quarter (**March 1974** and the months following) become apparent. Up to this point the light on the face of the Moon has been increasing and the Moon has been traveling away from the Sun, but now both trends are reversed. And so the time for building or construction comes to an end and you need to shift gears.

This is the flowering of the seed, and can be a time of *fulfillment* or *failure*. Quite often it is a combination of the two. Missed opportunities from earlier in the cycle may come back now to haunt you but can provide valuable learning. In fact, this Full Moon Phase is not so important as a reckoning of success or failure as it is for the MEANING which you give to what becomes objectively realized at this time.

The meaning of the plant now changes, and the flower becomes the focus for the evolutionary purpose of the plant (and original seed). In the building analogy, it is time for moving into the now-completed building. Instead of being seen as a construction project the building becomes *useful*, alive with activity. A new element enters and changes the meaning of the building. In your own life some type of similar constructive growth should now be ready to provide you with a structure which can be increasingly useful in the ful-

Second Lunar Life Cycle

fillment of the purpose of your cycle (see the symbolic purpose before the New Moon section).

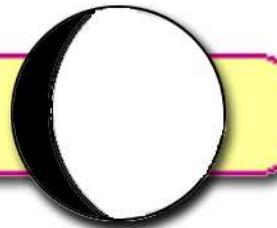
In the entire 70-80 year human life cycle, the Full Moon Phase corresponds to mid-life. This well-known period of reorientation calls for reflection upon what has been accomplished (because that now becomes more obvious) and a re-evaluation of future goals. In the same manner, your Full Moon Phase may bring the realization of the necessity for giving up a cherished dream or of the need to change your life radically if that dream is ever to be realized. "Tomorrow" now becomes "today." In one sense, the Full Moon Phase is like reaching a mountain peak after a long climb and, whether the view is spectacular or disappointing, the only place left to go is back down. But it is possible to have a revelation on the mountain top, a dream to take back with you as an inspiration for the future.

This is the time for an OBJECTIVE and DETACHED ACCEPTANCE of what your life's choices have brought to you. It represents a new starting point as well, signalling the beginning of the second half of the cycle, which represents a growth in consciousness. If you cannot find constructive meaning in the positive or negative experiences of this time, the remainder of the cycle can be a winding down, a kind of "going through the motions." You may need to let go of or leave a situation or relationship which has served its purpose. Your life has been directed toward this outcome and now you may leave behind aspects of what you have been and begin searching for meaning and for ways to express what you have become.

This can be either a time of polarization and division or of complementation and balance. You should be able to see yourself more clearly now than ever before. At its best this can be a time of enlightenment in which the purpose of the cycle is at last revealed to you. Relationships may be particularly important during this phase. Your direction may especially be clarified or brought into focus around **March 1984**. This period can bring feelings of discomfort or tension, heightening your awareness of conflicting desires and requiring you to adjust your goals or plans.

Looking back over the Full Moon Phase in your life, you may want to record any inner or outer events that seem relevant to the meaning of this period (**July 1981 to August 1985**). What can you see that had the quality of this phase?

DISSEMINATING



The color and fragrance radiating from the flower attract the insects who carry on the sacred work of pollination. Psychic qualities also emanate from the flower, evoking love, passion, or healing in the hearts of its admirers. The fruit begins to form...

Your Disseminating Phase occurs from **August 1985**, when the progressed Moon is in a waning sesquisquare with the progressed Sun or 135 degrees behind it, until **October 1989**.

It is now time for the plant which has flowered to spread its newly produced pollen into the environment. *Demonstration* of whatever has been achieved or learned is called for: teaching, promoting, or some other kind of expressive effort. Since the last half of the cycle is a time for finding meaning, you may at this time be searching for a way to IMPRESS UPON OTHERS whatever has been realized during your Full Moon Phase (**July 1981 to August 1985**). In doing so these results can become related for you to a larger context which extends beyond the boundaries of your personal life. This effort can also help you to digest and assimilate the learning from that phase. If your Full Moon Phase was disappointing, the Disseminating Phase can be a time for reform.

This phase would correspond to the time when a building has been completed (Full Moon) and is occupied and serving the need for which it was originally created (or an alternative need if circumstances changed). In the human life cycle this phase would parallel the late 40's and early 50's, considered to be the time of peak productivity, when experience and maturity more than make up for waning stamina. This would be the time for one to concentrate upon making his or her mark upon society, ideally having found his or her calling.

At first this expression may be stressful or the environment may resist your message, but by **January 1987** the results of the first half of the cycle and your realizations which occurred during the Full Moon Phase should be coming together. This is a peak time for

Second Lunar Life Cycle

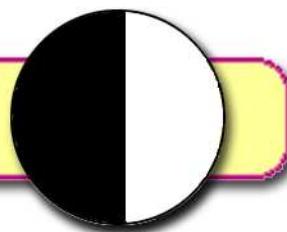
understanding and may present opportunities for expression which demand relatively little effort. It is not an opportunity to be wasted. Pour your energies into whatever you BELIEVE IN.

You may have formally trained or studied in earlier phases in order to have reached this point or learned instead through your experiences. Now there may be a sense of inner pressure as the further distilling of what you've learned calls for organization and a possible shift in perspective required for its active expression. You can learn by teaching or doing. The time for fruition is not quite here yet, but you must disseminate the products of the earlier phases now if the fruit is to truly form in the next phase. Just as the flower needs help from the birds and bees if it is to procreate, you need the interaction with others to facilitate your own unfoldment.

As you approach the beginning of the Last Quarter Phase and your progressed Moon begins to square (90 degrees) your progressed Sun in the months before **October 1989** you may find yourself experiencing increasing tension or confusion between the old and the new, as well as an uneasy sense that something is missing.

Looking back over the Disseminating Phase in your life, you may want to record any inner or outer events that seem relevant to the meaning of this period (**August 1985 to October 1989**). What can you see that shows the quality of this phase?

LAST QUARTER



Heavy with its fruit, the plant bends to the ground. It has given all it has to give, poured its life into the fruit, and now waits to be relieved of its burden. What is left for the plant now? The fruit offers food and a womb for the infant seed.

Your Last Quarter Phase covers the period from **October 1989 to July 1993**. This begins when the Progressed Moon forms a waning square, 90 degrees behind your progressed Sun.

A cyclic purpose has been conceived at the New Moon (**June 1967 - October 1970**), given a foundation by your choices or actions at the First Quarter (**March 1974 - September 1977**), and reached some kind of peak or flowering at the Full Moon (**July 1981 - August 1985**). Ideally you have been able to share the results of this cycle of experience during the previous Disseminating Phase and to learn from the reactions and feedback of others. Now comes the realization that the goals or activities which have served to fulfill the purpose of the cycle may have outlived their usefulness, that they were means and not ends in themselves. In the same way that the life force begins leaving the plant's stalk and leaves and becomes concentrated in the fruit and its seed(s), the enthusiasm which sustained your earlier efforts may be waning. This can lead you to question *why* you are continuing to invest yourself in what may feel like increasingly empty or meaningless activity.

This phase occurs at the midway point in the closing half of the cycle, just as the First Quarter did in the first half. What was then a crisis in action is now a *crisis in consciousness*. The Moon now, as then, presents a face divided into a dark half and a lighted half, again symbolizing choice. Again you live the balance between light (conscious) and darkness (unconscious). This time *darkness* is growing, symbolizing the need to allow an inner, hidden process time for gestation as the cycle winds down. Now, instead of building forms, it is time for de-structuring, for letting go and taking them apart, perhaps allowing you to see them in a broader context. Ideas, methods, or relationships which were

perfectly suitable earlier are now expendable, possibly even turning toxic. You can tell which ones because they have lost much of their meaning and feel increasingly empty. It is possible at this time that a previously hidden side of yourself may emerge, surprising yourself or others, as you free yourself from the confines of your cherished beliefs or security patterns.

It is quite likely that qualities or talents which were neglected or left behind during the first half of the cycle may now assert themselves in your life, asking you to restore the balance. For example, if the first half of the cycle required more assertiveness and expression, this phase may begin a period in which receptivity or inwardness are more suitable. Other examples may be the need to balance between intellect and feelings, activity and meditateness, or caring for others and caring for yourself. Remember this is a BALANCING process.

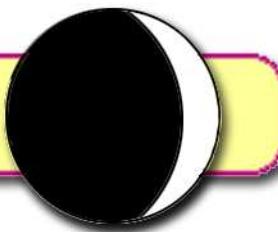
In our building analogy, the time has come when the original building has reached the limits of its usefulness. Perhaps it is aging and taking increasing resources to maintain it, or it has become too small to accommodate the growing population using it. The time has come to RE-EVALUATE the suitability of the building in its present form. Decisions need to be made about whether to enlarge, renovate or replace it. In the human life cycle, this phase corresponds to the approach of retirement age. The vehicle (physical body) is considered (rightly or otherwise) by society to be losing its capacity to serve the needs of the collective. The individual must begin searching for an alternative source of meaning to replace the productive activity that ideally has sustained him or her up to now.

You may feel the need at this time to commit yourself to some ideal or principle. Only you can judge the difference between commitment and inflexibility. This phase often brings some kind of important purging or REORIENTATION. Since you are at this time beginning to be drawn toward the future, toward the next cycle, your vision may not be shared by others in your environment. It is a good time, however, for you to try to give a stable structure to your ideals or philosophy, to organize or articulate your worldview. Particularly around **May 1992** you may be able to organize your beliefs into a systematic approach to life which can form the basis for the coming cycle. This can be a time of inner harmony or vision.

You should be asking "why?" more often during this phase: "Why am I doing this?" The desire which caused you to invest your energies in the pursuit of certain goals is now drying up. Without understanding this phase as part of the cycle as a whole, you may be tempted to interpret this as terribly wrong, even to blame yourself for a loss of meaning and to seek help from "experts" or from escapism. But the rhythmic wisdom of the cycle declares this to be a necessary phase if you are to avoid becoming too identified with increasingly obsolete aims. TRUST that there is a deeper meaning ready to replace what seemed so obvious before.

Looking back at your Last Quarter Phase, you may want to record any inner or outer events that seem relevant to the meaning of this period (**October 1989 to July 1993**). What can you see that has the quality of this phase?

BALSAMIC



To the observer, the plant is caught in autumn's deathlike grip. Leaves and fruit wither and fall, the stalk bends or breaks. But beneath these decaying remains lies the promise, the seed, the bridge from cycle to cycle. It can wait, slumbering peacefully at winter's breast.

The closing phase of your cycle, the Balsamic, occurs from **July 1993** when the progressed Moon is in a 45 degree waning semisquare behind the progressed Sun until your next New Moon in **December 1996**.

This is probably the most difficult phase of the cycle for most people in the West. There is no reason why it has to be any more challenging than the others, except that for most of us our discomfort with and lack of understanding of death has not prepared us for the end of most cycles. But in the lunar cycle it is easy to see that the death of one cycle is the preparation and source for the one that follows. Whatever you are doing during this phase may be seen as an act of *release, self-emptying, or letting go*.

The increasing darkness on the Moon's face symbolizes the waning of interest, the loss of meaningful activity which characterizes this phase. This is a time for *release*, for even more letting go. Pain during this phase is most likely a signal that you are attached to something which is no longer right for you. Your objective during this phase is to **EMPTY YOURSELF**, to make room for the birth which follows. You may find yourself withdrawing, going more into yourself. Your inner experience is what matters now, more than outer circumstances. This phase can be particularly appropriate for meditation and a relative retreat from the world. Rest may now be necessary to balance the intensive activity of the earlier phases.

See if you can choose to be less active now, instead of feeling restricted by circumstance. Try fasting, or spending time quietly with yourself. Take the time and space to listen to whatever is occurring deep within you. Just as the Moon becomes swallowed by darkness during this phase, you may find this to be an opportunity to lose your sense of individual

Second Lunar Life Cycle

separateness in a greater identification with a group or even humanity as a whole. You may be more inclined to make sincere sacrifices for the good of others.

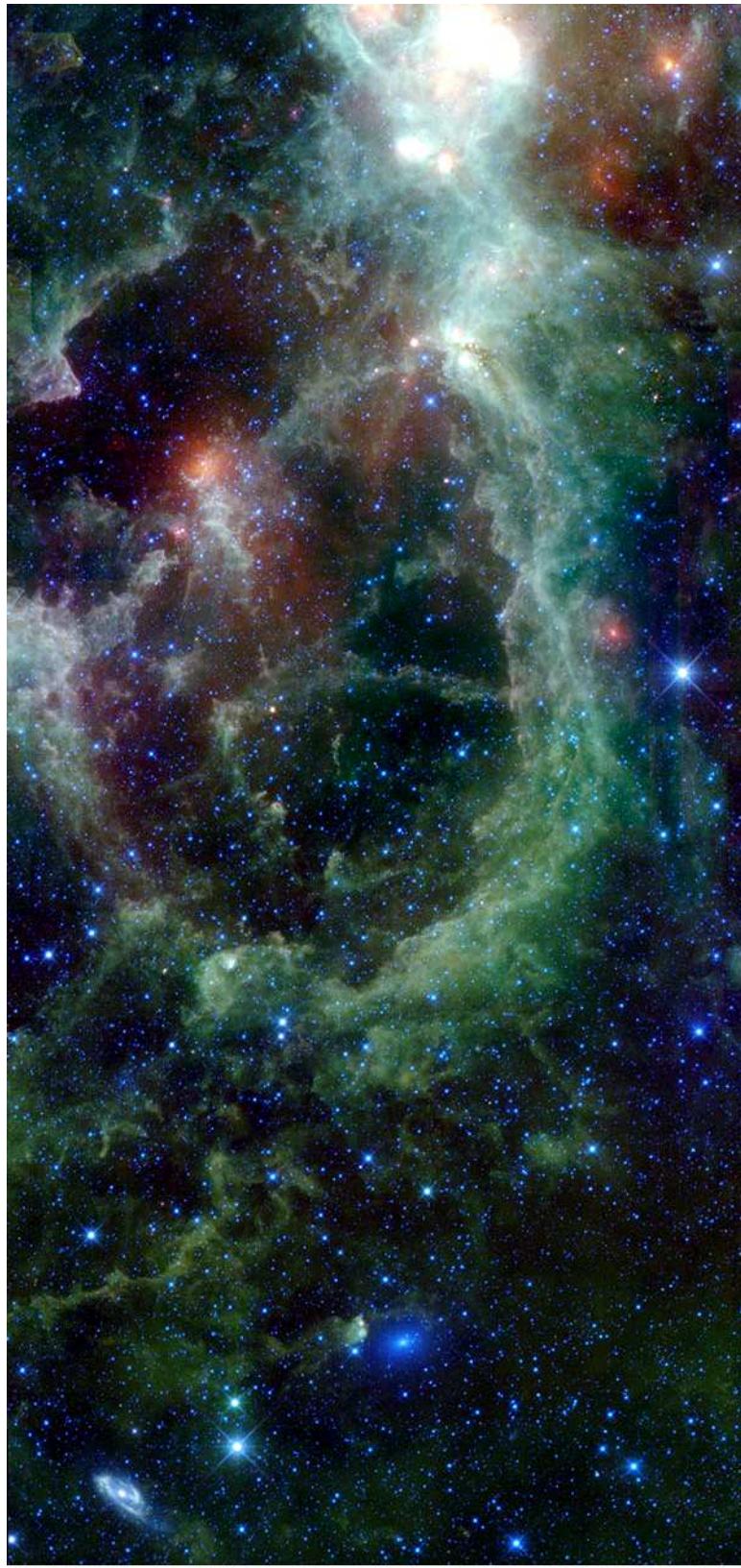
In the building analogy, the time has come to move out and allow the contractors to take over in their efforts to prepare for a new cycle of activity in a new or changed building which will follow. For the human life cycle, this can be seen as a period of rest, retreat, or retirement from the world. Whether that means reflecting on life's meaning and past experiences, actively pursuing options that had to be put aside earlier, or just waiting to die depends upon the individual.

Similar alternatives may attract you now. This phase may find you reflecting upon the deeper meaning of the past 26-27 years, trying to condense the most valuable aspects of your experiences into a theme or lesson to pass on to others, much like the life energies of the plant become condensed in the seed. Analyze your thoughts and feelings about death: is it the end, or a transition? Do you want this phase of your Lunar Life Cycle to be a bridge to the future or a dead end? You may not be able to see what's coming, but you can still choose to believe that there *will* be more, to have faith in the future and in new possibilities.

You are now preparing the way for the next cycle. By allowing yourself to grieve for what is passing away and accepting feelings of emptiness, you prepare the vessel of your personality for the release of new potential at the next New Moon. Don't be afraid of the emptiness, try not to fill it with meaningless activity or premature commitments. You are likely to be straining to see the future now, but this is also the time to harvest the essence of the entire cycle which has passed. What seems to matter most, and how can you essentialize your experience to form a basis for renewal? You may be prophetic or visionary at this time, but don't expect everyone else to see what you see.

As you approach the New Moon in the months leading up to **December 1996** try to surrender, to open yourself, and to maintain an inner peace and receptivity.

When the Balsamic Phase comes you may want to record any inner or outer events that seem relevant to the meaning of this period (**July 1993 to December 1996**). What can you see that has the quality of this phase?



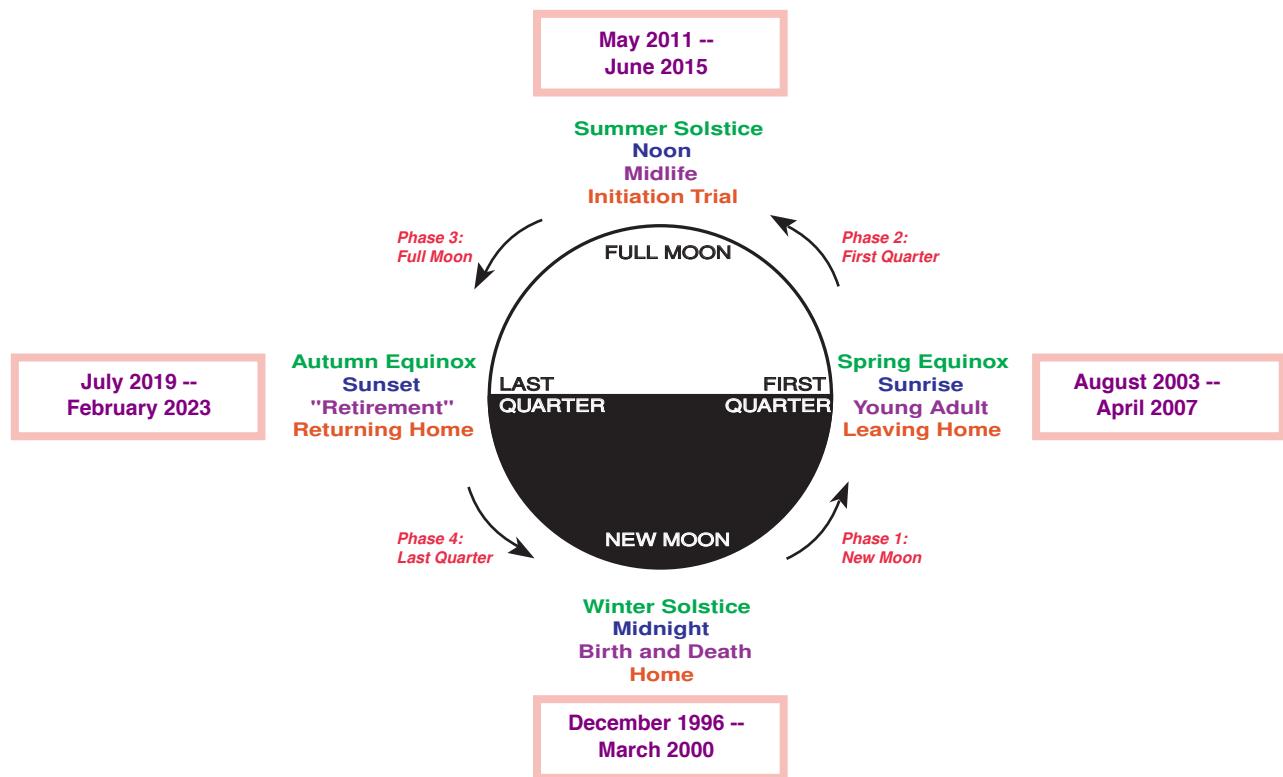
Galaxies Beyond the Heart: Maffei 1 and 2
Credit: NASA, JPL-Caltech, WISE Team



Blue Moon Eclipse
Credit & Copyright: Jean Paul Rou

CAROLINE MYSS

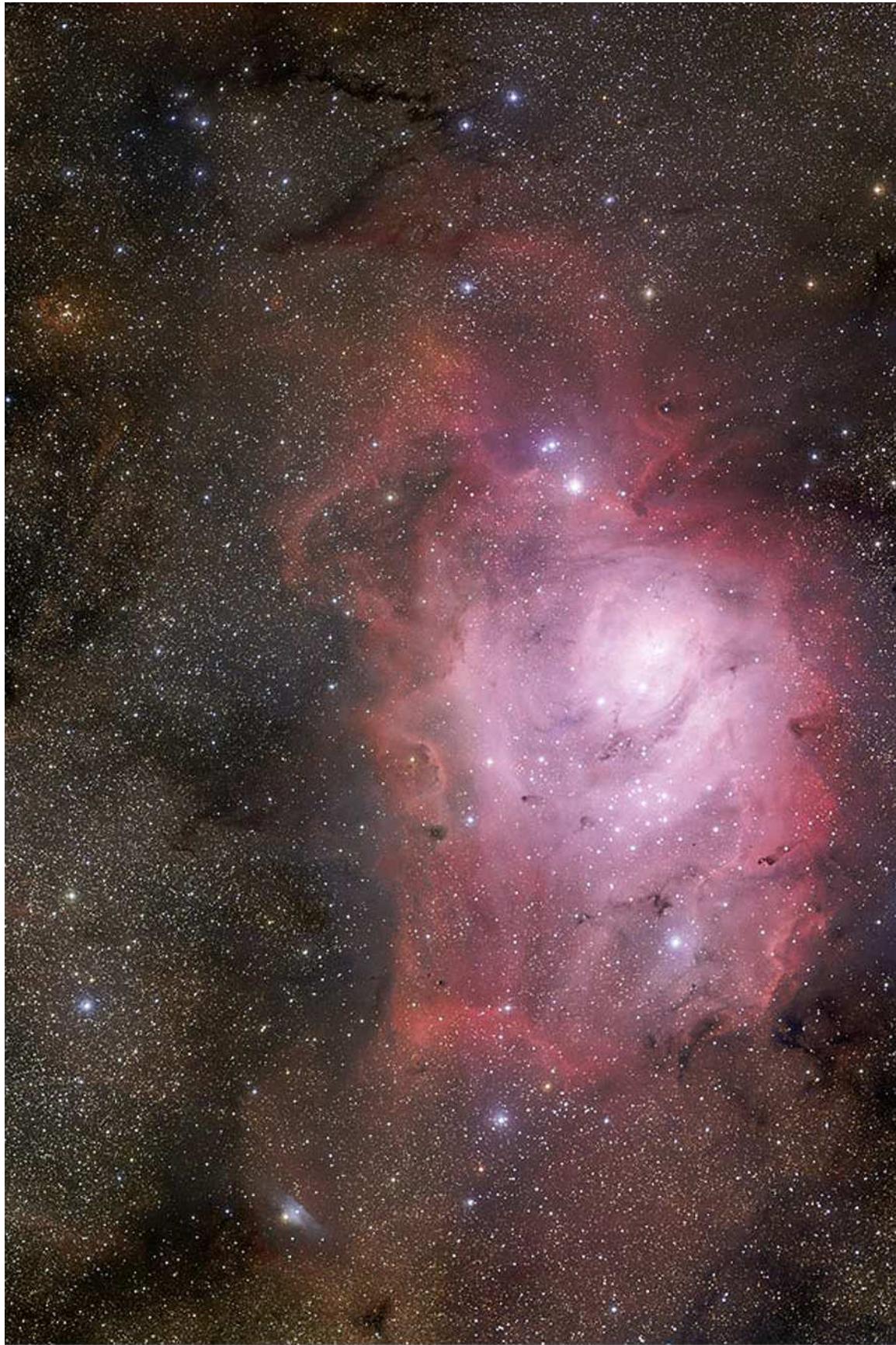
YOUR THIRD LUNAR CYCLE



INSIDE: The Lunar Cycle

OUTSIDE: The Seasonal Cycle
Daily Cycles
Human Life Cycle
Initiation Journey

Your dates



The Lagoon Nebula from GigaGalaxy Zoom
Credit: ES

Caroline Myss's Third Lunar Life Cycle

December 1996 – May 2026

Your Lunar Life Cycle begins in **December 1996**. This New Moon occurs in the zodiacal sign of **Capricorn**. This sign symbolizes the persistent effort which leads to mastery and the realization of ambition. The cycle as a whole has as its symbol:

A NATURE SPIRIT DANCING IN THE IRIDESCENT MIST OF A WATERFALL

Perhaps this represents the presence of unseen spiritual forces at a time of radical shift or discontinuity (waterfall). Such a recognition could evoke a joyful or playful attitude. Your own associations with this image are important here as well.

NEW MOON

In the dark silent womb of earth, frost warms to water, micro-organisms stir, the rhythms of life awaken in the heart of the seed. After a long sleeping death, in the cold hard ground, the flower-to-be comes alive in the bright green shoot within the shell. Above the ground, no one can see the momentous rebirth taking place or hear the whisper of new life.

Your **New Moon** Phase (Progressed Moon conjunct Progressed Sun) covers the period from **December 1996** until **March 2000**.

The New Moon Phase has as its keywords *birth* or *emergence*. This is the time of the germination of the seed which contains the potential for the entire cycle. In its infancy, the cycle

Third Lunar Life Cycle

now rests entirely upon spontaneity and instinct. There may not be a clear vision of the future here, but you need to get moving anyway. Trust your instincts during this phase. It takes time (14-15 years) for this seed to unfold. This period has been aptly described by the Chinese oracle the *I Ching*: "The footprints run crisscross. If one is seriously intent, no blame." The in-rushing of new energy, a release which must sustain the entire cycle, may carry you away if you are not able to focus or to contain it. *Trust* that this new potential energy has a purpose and allow it to guide you. This is a most important time in any cycle.

Your life is fertile now, like the egg awaiting impregnation. Any quality, idea, person, phrase, image, or vision may provide the seed which years from now can mature into creative expression or fruitful experience. Like the sprouting seed or the infant, the new potential is fragile. The Sun and Moon are in alignment with the earth at the New Moon, symbolizing a union of creative potential (Sun) and unconscious receptivity (Moon). This alignment or union of the symbols of masculine (Sun) and feminine (Moon) suggests a time of conception. This conception *process* may take a year or two.

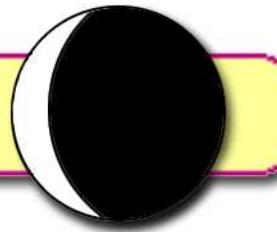
This phase may be like the first encounter between two people: many possibilities exist. Perhaps there is even a feeling of something important in the air, without a definite expectation of what's to come. You may have fantasies, dreams, or wishes, but only as time passes will you come to see a direction unfolding. Eventually, at the First Quarter, decisions will be necessary. For now, just experience each day and take the time to become more familiar with whatever is stirring within you.

The events which occur at this time, whatever they may be, need to be seen as containing the emergence of a potential which will gradually unfold over the next several years. Only in time will the first hints appear as to the overall meaning or direction of that potential. There may not be any specific event(s) of major significance at this time, because the cycle, like the New Moon itself, begins in the "dark," *within* you. Just like the seed germinating with no one to see it, the birth of the cycle may be occurring in a subjective way, as a stirring, a curiosity, or a new interest. But if you trust yourself to SPONTANEOUSLY PROJECT your ideals upon the outer world, this activity will naturally lead you to your goal.

The New Moon does not occur in a vacuum, but follows a previous cycle. (The New Moon is both the end of the prior cycle as well as the start of the present one.) Thus this emergence takes place in the context of what has preceded it, and it may be hindered or even severely damaged if we are unable to be open to its need for the freedom to find its right expression. We must be OPEN TO THE NEW, to that which we have not experienced before.

Looking back over the New Moon Phase of your life, you may want to record any inner or outer events that seem relevant to the meaning of this period (**December 1996 to March 2000**). What can you see that had the quality of emergence or birth?

CRESCE



The green shoot is healthy and alive. The pressure of life expanding within the seed builds against the hard shell, the product of an earlier time when protection was necessary against the cold, hard winter. If the plant is to live, this shell must go. The shoot must leave the safety of the shell and begin making its way into the world.

Your Crescent Phase begins with the waxing semisquare when the progressed Moon is 45 degrees ahead of the progressed Sun and covers the period from the end of the New Moon Phase in **March 2000** until **August 2003**.

The Crescent Phase, symbolized by the appearance of the slender crescent of Moon in the western sky at sunset, represents the period in which the potentials of the New Moon begin to take shape. After a process of subjective birth or conception, the new impulse behind the cycle *expands* and needs to *assert* itself. At the beginning of this phase, around **March 2000**, you may encounter the first serious resistance to the unfoldment of the cycle. The new seed may feel the pressure of the past (karma) – pre-existing habit patterns, fear, security needs, traditions, or the resistance of others in the environment to change. This may come as a shock, as a sudden imposition of "reality" upon your dreams and projections or it may be a more gradual process. It demands faith in yourself and the future as you strive to overcome the obstacles which appear to block you.

The Moon at this time is still quite close to the Sun in the sky, struggling symbolically to break free of its dominating influence. So far, the Moon and Sun have shared the same sky, but with this phase their separation grows, and the night sky becomes the Moon's domain, at least for the first few hours of the evening. But the Moon is still young and immature for this cycle, a pre-adolescent asserting her independence, trying to break free of parental domination. She is motivated more by the desire for freedom from the past than by any clear vision of the future, illustrating the quality of this phase in your life.

Third Lunar Life Cycle

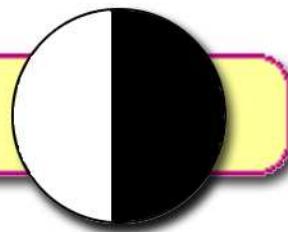
Another useful analogy for understanding the phases of the cycle (besides the seed and plant) can be found in the life cycle of a building. The New Moon Phase would symbolize the architect's idea for the building (the *conception*). This idea would probably arise out of a *need*. This new possibility arising from a need suggests a possible analogy in your life: that this Lunar Life Cycle has a purpose which is somehow meant to answer a need. (The symbol at the beginning of this cycle may provide a clue to that purpose.) The recognition of the need for a new building would lead to a plan of action – to blueprints, permits, the purchasing of property, contracting builders, masons, carpenters, etc. These first actions represent the Crescent Phase.

The events occurring during this phase call upon you to take the initiative to move beyond the past and its conditioning. Look at whatever may seem to be holding you back and ask yourself if you still need it. Yielding to fear or inertia at this point will only make the coming phases more difficult. Around the time of the waxing sextile, when the progressed Moon is 60 degrees ahead of the progressed Sun in **April 2001**, opportunities are likely to appear which favor the giving of some kind of initial form and stability to the direction of the cycle. Don't let these pass without a COURAGEOUS MOVING FORWARD on your part.

As you approach the beginning of the First Quarter Phase in the months before **August 2003**, you may find yourself experiencing increasing tension or conflict between the old and the new, between your past and future.

Looking back over the Crescent Phase in your life, you may want to record any inner or outer events that seem relevant to the meaning of this period (**March 2000 to August 2003**). What can you see that shows the quality of this phase?

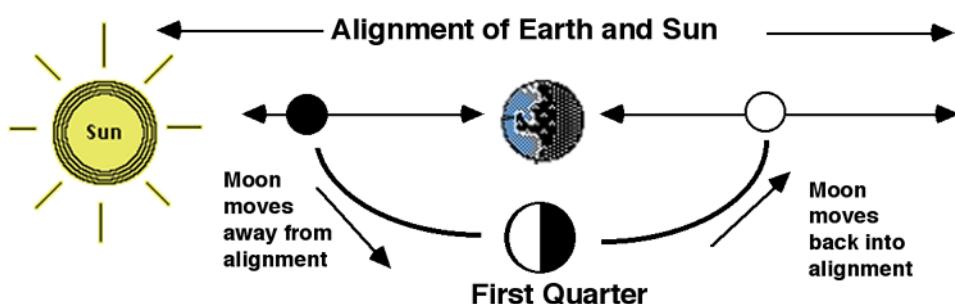
FIRST QUARTER



Freed from the shell, the sprouting plant decides its future by sinking its moisture-seeking rootlets down into the earth. Spreading them out, it stakes out its territory and whole-heartedly climbs toward the air and sky, affirming "Here I will be."

Your First Quarter Phase consists of the period from **August 2003**, when the progressed Moon forms a waxing square, 90 degrees ahead of the progressed Sun, until **April 2007**.

While the Moon has been pulling away from its alignment with the Sun and Earth up to now, symbolizing the need in the first two phases for establishing your independence from past conditioning, the First Quarter represents a shift in direction in which the Moon “turns a corner” and starts moving back to an alignment which culminates at the Full Moon in **May 2011**:



The First Quarter symbolizes one of the more crucial phases of the cycle, the *crisis in action*. This time calls for will and intention, for committed and decisive action which can anchor or ground the future form of the cycle. “Crisis” means choice, and this is the phase when you choose either to align your life with the future of the cycle or to retreat. You may face

a particularly critical decision during this phase with long-range implications. But it is also possible that the commitment called for during this phase is one which needs to be reflected not by a dramatic statement but by the sum of the many minor choices which collectively state: "This is who I am and this is where I intend to go." What are your daily actions saying? What do you intend? To what are you committed? Do your choices accurately reflect that commitment?

What had been a struggle between the future and the past in the Crescent Phase now demands a commitment from you which may well determine the outcome of the cycle, especially results which will come to fruition at the Full Moon Phase. Yet the Moon is half dark, indicating that your choices at this time must be made while a good deal of the future direction of the cycle remains unknown.

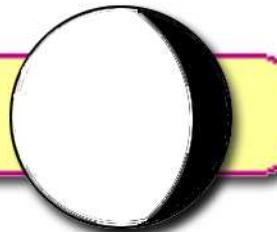
By the decisions you make now, you can demonstrate that you no longer need to struggle *against* the past, and are ready to move intentionally *toward* the future. The balance of light and darkness on the face of the Moon suggests a point of equilibrium (though possibly tense) and a need to choose, while the light's increasing domination of the darkness in the days following symbolizes a growing awareness of purpose and the increasing power to direct your life by reason rather than unconscious habitual impulses.

Referring to the analogy of the construction of a building, the First Quarter represents the phase in which the ground is cleared and the first concrete steps toward manifestation take place as a foundation is built. The building as a whole will only be as strong as its foundation, and errors or shoddy workmanship at this point in the building process can later undermine confidence in the building as a whole. Great care needs to be taken here.

Events at this time call for ACTION and CONFIDENCE and the WILLINGNESS TO COMMIT. A cornerstone can be laid now in the foundation upon which you will depend for several years. Further into this phase, around **January 2006**, when purpose and instinct are in harmony, the opportunity may present itself for a more or less stable form of expression of the partially revealed life-direction of the cycle. The entire first half of the cycle, from **December 1996** until **May 2011**, involves a building process in which the necessary structures or forms are developed for the future expression (if successful) of the purpose of the cycle. The First Quarter is the turning point in that construction process, and the choices made at this time will likely have long-term repercussions. Returning to the analogy of the plant and the seed, this is the time for rooting, for actions that have an air of finality.

Looking back over the First Quarter Phase in your life, you may want to record any inner or outer events that seem relevant to the meaning of this period (**August 2003 to April 2007**). What can you see that shows the quality of this phase?

GIBBOUS



Now the young plant grows steadily toward the Sun and its own maturity. Leaves multiply and bring a living interaction with the environment, while the stem thickens and branches out. Any earlier setbacks are now either overcome or adapted to in preparation for the flowering which follows.

Your Gibbous Phase covers the period from the waxing sesquisquare, when the progressed Moon is 135 degrees ahead of the progressed Sun, in **April 2007 through May 2011**.

With the Gibbous Phase we come to the close of the first half of the cycle. The light of the Moon is reaching its peak by the end of this phase, and so you approach the culmination of what began as a seed at the New Moon in **December 1996**. Linking it with the previous phase, this is a time which calls for productive activity as a direct outcome of the choices of the First Quarter. The beginning of this phase in **April 2007** may bring your activity more into contact with others and be a time in which tension occurs as the environment responds (or doesn't) to your expression. The Gibbous Phase is a time for *adjustment*, when you learn to adapt to the environment and to existing realities or limitations in the pursuit of the direction to which you have committed.

If we look at the entire normal human life cycle of 70-80 years we can also see parallels to the shorter Lunar Cycle. The New Moon corresponds to infancy, the Crescent (1/8 of a cycle) to adolescence, and the First Quarter (1/4 of a cycle) to reaching adulthood (age 18-21) when important choices need to be made and we are capable of making responsible commitments (legally if not practically). The Gibbous Phase would then refer to the late 20's and early 30's, the time when we are establishing a family, a career or an identity on the basis of earlier choices. We are apprentices to life, gaining experience and perspective, and also working to correct any noticeable flaws which originate from our earlier formative years. We also learn during this time to adapt our original choices to the realities of our environment, now that we have had time to learn from our experience.

Third Lunar Life Cycle

Particularly around **August 2008**, a sense of discomfort or tension may lead you to pursue a greater analysis, refinement, or introspection. You may be forced by conflicting desires to sort out your priorities. This could result in a deeper understanding of your motives. Since this is the close of the first half of the cycle during which the forms which can serve to express the purpose of the cycle are constructed, this is the time when you are able to see more of what has evolved than before and are naturally likely to try to improve or refine what you see. These "forms" may be part of your personality, and so this is often a time in which counseling, training, or some kind of guidance is sought. This is a time when **ATTENTION TO DETAIL** and **PERSEVERANCE** are appropriate. The building is being completed.

As you approach your Full Moon in the months leading up to **May 2011** you may experience increasing tension between the opposites within you or between yourself and others. You could also be feeling a desire to find new or better ways to use the skills or knowledge developed during the past phases.

Looking back over the Gibbous Phase in your life, you may want to record any inner or outer events that seem relevant to the meaning of this period (**April 2007** to **May 2011**). What can you see that had the quality of this phase?

FULL MOON

The plant which was a seed and then a shoot gives birth to a bud which gradually blossoms into a flower. The plant can now be seen as the mother of the flower, and the flower declares the completion of the growth of the plant. It now takes over as the mother of future seeds, sharing itself as color and fragrance.

The Full Moon of your cycle occurs in **May 2011** when the progressed Moon and progressed Sun are exactly opposed (180 degrees) and your Full Moon phase lasts until **June 2015**.

The Full Moon is the midpoint of the cycle and a major turning point. During this phase the results of the first half of the cycle (from **December 1996 until May 2011**) and especially of the choices made at the time of the First Quarter (**August 2003** and the months following) become apparent. Up to this point the light on the face of the Moon has been increasing and the Moon has been traveling away from the Sun, but now both trends are reversed. And so the time for building or construction comes to an end and you need to shift gears.

This is the flowering of the seed, and can be a time of *fulfillment* or *failure*. Quite often it is a combination of the two. Missed opportunities from earlier in the cycle may come back now to haunt you but can provide valuable learning. In fact, this Full Moon Phase is not so important as a reckoning of success or failure as it is for the MEANING which you give to what becomes objectively realized at this time.

The meaning of the plant now changes, and the flower becomes the focus for the evolutionary purpose of the plant (and original seed). In the building analogy, it is time for moving into the now-completed building. Instead of being seen as a construction project the building becomes *useful*, alive with activity. A new element enters and changes the meaning of the building. In your own life some type of similar constructive growth should now be ready to provide you with a structure which can be increasingly useful in the ful-

Third Lunar Life Cycle

fillment of the purpose of your cycle (see the symbolic purpose before the New Moon section).

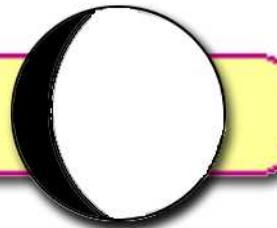
In the entire 70-80 year human life cycle, the Full Moon Phase corresponds to mid-life. This well-known period of reorientation calls for reflection upon what has been accomplished (because that now becomes more obvious) and a re-evaluation of future goals. In the same manner, your Full Moon Phase may bring the realization of the necessity for giving up a cherished dream or of the need to change your life radically if that dream is ever to be realized. "Tomorrow" now becomes "today." In one sense, the Full Moon Phase is like reaching a mountain peak after a long climb and, whether the view is spectacular or disappointing, the only place left to go is back down. But it is possible to have a revelation on the mountain top, a dream to take back with you as an inspiration for the future.

This is the time for an OBJECTIVE and DETACHED ACCEPTANCE of what your life's choices have brought to you. It represents a new starting point as well, signalling the beginning of the second half of the cycle, which represents a growth in consciousness. If you cannot find constructive meaning in the positive or negative experiences of this time, the remainder of the cycle can be a winding down, a kind of "going through the motions." You may need to let go of or leave a situation or relationship which has served its purpose. Your life has been directed toward this outcome and now you may leave behind aspects of what you have been and begin searching for meaning and for ways to express what you have become.

This can be either a time of polarization and division or of complementation and balance. You should be able to see yourself more clearly now than ever before. At its best this can be a time of enlightenment in which the purpose of the cycle is at last revealed to you. Relationships may be particularly important during this phase. Your direction may especially be clarified or brought into focus around **February 2014**. This period can bring feelings of discomfort or tension, heightening your awareness of conflicting desires and requiring you to adjust your goals or plans.

Looking back over the Full Moon Phase in your life, you may want to record any inner or outer events that seem relevant to the meaning of this period (**May 2011 to June 2015**). What can you see that had the quality of this phase?

DISSEMINATING



The color and fragrance radiating from the flower attract the insects who carry on the sacred work of pollination. Psychic qualities also emanate from the flower, evoking love, passion, or healing in the hearts of its admirers. The fruit begins to form...

Your Disseminating Phase occurs from **June 2015**, when the progressed Moon is in a waning sesquisquare with the progressed Sun or 135 degrees behind it, until **July 2019**.

It is now time for the plant which has flowered to spread its newly produced pollen into the environment. *Demonstration* of whatever has been achieved or learned is called for: teaching, promoting, or some other kind of expressive effort. Since the last half of the cycle is a time for finding meaning, you may at this time be searching for a way to IMPRESS UPON OTHERS whatever has been realized during your Full Moon Phase (**May 2011 to June 2015**). In doing so these results can become related for you to a larger context which extends beyond the boundaries of your personal life. This effort can also help you to digest and assimilate the learning from that phase. If your Full Moon Phase was disappointing, the Disseminating Phase can be a time for reform.

This phase would correspond to the time when a building has been completed (Full Moon) and is occupied and serving the need for which it was originally created (or an alternative need if circumstances changed). In the human life cycle this phase would parallel the late 40's and early 50's, considered to be the time of peak productivity, when experience and maturity more than make up for waning stamina. This would be the time for one to concentrate upon making his or her mark upon society, ideally having found his or her calling.

At first this expression may be stressful or the environment may resist your message, but by **November 2016** the results of the first half of the cycle and your realizations which occurred during the Full Moon Phase should be coming together. This is a peak time for

Third Lunar Life Cycle

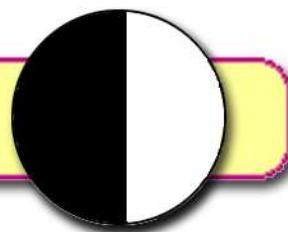
understanding and may present opportunities for expression which demand relatively little effort. It is not an opportunity to be wasted. Pour your energies into whatever you BELIEVE IN.

You may have formally trained or studied in earlier phases in order to have reached this point or learned instead through your experiences. Now there may be a sense of inner pressure as the further distilling of what you've learned calls for organization and a possible shift in perspective required for its active expression. You can learn by teaching or doing. The time for fruition is not quite here yet, but you must disseminate the products of the earlier phases now if the fruit is to truly form in the next phase. Just as the flower needs help from the birds and bees if it is to procreate, you need the interaction with others to facilitate your own unfoldment.

As you approach the beginning of the Last Quarter Phase and your progressed Moon begins to square (90 degrees) your progressed Sun in the months before **July 2019** you may find yourself experiencing increasing tension or confusion between the old and the new, as well as an uneasy sense that something is missing.

Looking back over the Disseminating Phase in your life, you may want to record any inner or outer events that seem relevant to the meaning of this period (**June 2015 to July 2019**). What can you see that shows the quality of this phase?

LAST QUARTER



Heavy with its fruit, the plant bends to the ground. It has given all it has to give, poured its life into the fruit, and now waits to be relieved of its burden. What is left for the plant now? The fruit offers food and a womb for the infant seed.

Your Last Quarter Phase covers the period from **July 2019 to February 2023**. This begins when the Progressed Moon forms a waning square, 90 degrees behind your progressed Sun.

A cyclic purpose has been conceived at the New Moon (**December 1996 - March 2000**), given a foundation by your choices or actions at the First Quarter (**August 2003 - April 2007**), and reached some kind of peak or flowering at the Full Moon (**May 2011 - June 2015**). Ideally you have been able to share the results of this cycle of experience during the previous Disseminating Phase and to learn from the reactions and feedback of others. Now comes the realization that the goals or activities which have served to fulfill the purpose of the cycle may have outlived their usefulness, that they were means and not ends in themselves. In the same way that the life force begins leaving the plant's stalk and leaves and becomes concentrated in the fruit and its seed(s), the enthusiasm which sustained your earlier efforts may be waning. This can lead you to question *why* you are continuing to invest yourself in what may feel like increasingly empty or meaningless activity.

This phase occurs at the midway point in the closing half of the cycle, just as the First Quarter did in the first half. What was then a crisis in action is now a *crisis in consciousness*. The Moon now, as then, presents a face divided into a dark half and a lighted half, again symbolizing choice. Again you live the balance between light (conscious) and darkness (unconscious). This time *darkness* is growing, symbolizing the need to allow an inner, hidden process time for gestation as the cycle winds down. Now, instead of building forms, it is time for de-structuring, for letting go and taking them apart, perhaps allowing you to see them in a broader context. Ideas, methods, or relationships which were

perfectly suitable earlier are now expendable, possibly even turning toxic. You can tell which ones because they have lost much of their meaning and feel increasingly empty. It is possible at this time that a previously hidden side of yourself may emerge, surprising yourself or others, as you free yourself from the confines of your cherished beliefs or security patterns.

It is quite likely that qualities or talents which were neglected or left behind during the first half of the cycle may now assert themselves in your life, asking you to restore the balance. For example, if the first half of the cycle required more assertiveness and expression, this phase may begin a period in which receptivity or inwardness are more suitable. Other examples may be the need to balance between intellect and feelings, activity and meditateness, or caring for others and caring for yourself. Remember this is a BALANCING process.

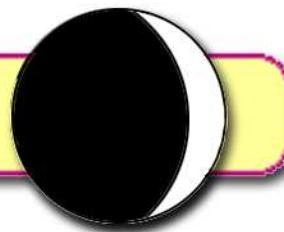
In our building analogy, the time has come when the original building has reached the limits of its usefulness. Perhaps it is aging and taking increasing resources to maintain it, or it has become too small to accommodate the growing population using it. The time has come to RE-EVALUATE the suitability of the building in its present form. Decisions need to be made about whether to enlarge, renovate or replace it. In the human life cycle, this phase corresponds to the approach of retirement age. The vehicle (physical body) is considered (rightly or otherwise) by society to be losing its capacity to serve the needs of the collective. The individual must begin searching for an alternative source of meaning to replace the productive activity that ideally has sustained him or her up to now.

You may feel the need at this time to commit yourself to some ideal or principle. Only you can judge the difference between commitment and inflexibility. This phase often brings some kind of important purging or REORIENTATION. Since you are at this time beginning to be drawn toward the future, toward the next cycle, your vision may not be shared by others in your environment. It is a good time, however, for you to try to give a stable structure to your ideals or philosophy, to organize or articulate your worldview. Particularly around **December 2021** you may be able to organize your beliefs into a systematic approach to life which can form the basis for the coming cycle. This can be a time of inner harmony or vision.

You should be asking “why?” more often during this phase: “Why am I doing this?” The desire which caused you to invest your energies in the pursuit of certain goals is now drying up. Without understanding this phase as part of the cycle as a whole, you may be tempted to interpret this as terribly wrong, even to blame yourself for a loss of meaning and to seek help from “experts” or from escapism. But the rhythmic wisdom of the cycle declares this to be a necessary phase if you are to avoid becoming too identified with increasingly obsolete aims. TRUST that there is a deeper meaning ready to replace what seemed so obvious before.

Looking back at your Last Quarter Phase, you may want to record any inner or outer events that seem relevant to the meaning of this period (**July 2019 to February 2023**). What can you see that has the quality of this phase?

BALSAMIC



To the observer, the plant is caught in autumn's deathlike grip. Leaves and fruit wither and fall, the stalk bends or breaks. But beneath these decaying remains lies the promise, the seed, the bridge from cycle to cycle. It can wait, slumbering peacefully at winter's breast.

The closing phase of your cycle, the Balsamic, occurs from **February 2023** when the progressed Moon is in a 45 degree waning semisquare behind the progressed Sun until your next New Moon in **May 2026**.

This is probably the most difficult phase of the cycle for most people in the West. There is no reason why it has to be any more challenging than the others, except that for most of us our discomfort with and lack of understanding of death has not prepared us for the end of most cycles. But in the lunar cycle it is easy to see that the death of one cycle is the preparation and source for the one that follows. Whatever you are doing during this phase may be seen as an act of *release, self-emptying, or letting go*.

The increasing darkness on the Moon's face symbolizes the waning of interest, the loss of meaningful activity which characterizes this phase. This is a time for *release*, for even more letting go. Pain during this phase is most likely a signal that you are attached to something which is no longer right for you. Your objective during this phase is to **EMPTY YOURSELF**, to make room for the birth which follows. You may find yourself withdrawing, going more into yourself. Your inner experience is what matters now, more than outer circumstances. This phase can be particularly appropriate for meditation and a relative retreat from the world. Rest may now be necessary to balance the intensive activity of the earlier phases.

See if you can choose to be less active now, instead of feeling restricted by circumstance. Try fasting, or spending time quietly with yourself. Take the time and space to listen to whatever is occurring deep within you. Just as the Moon becomes swallowed by darkness during this phase, you may find this to be an opportunity to lose your sense of individual

Third Lunar Life Cycle

separateness in a greater identification with a group or even humanity as a whole. You may be more inclined to make sincere sacrifices for the good of others.

In the building analogy, the time has come to move out and allow the contractors to take over in their efforts to prepare for a new cycle of activity in a new or changed building which will follow. For the human life cycle, this can be seen as a period of rest, retreat, or retirement from the world. Whether that means reflecting on life's meaning and past experiences, actively pursuing options that had to be put aside earlier, or just waiting to die depends upon the individual.

Similar alternatives may attract you now. This phase may find you reflecting upon the deeper meaning of the past 26-27 years, trying to condense the most valuable aspects of your experiences into a theme or lesson to pass on to others, much like the life energies of the plant become condensed in the seed. Analyze your thoughts and feelings about death: is it the end, or a transition? Do you want this phase of your Lunar Life Cycle to be a bridge to the future or a dead end? You may not be able to see what's coming, but you can still choose to believe that there *will* be more, to have faith in the future and in new possibilities.

You are now preparing the way for the next cycle. By allowing yourself to grieve for what is passing away and accepting feelings of emptiness, you prepare the vessel of your personality for the release of new potential at the next New Moon. Don't be afraid of the emptiness, try not to fill it with meaningless activity or premature commitments. You are likely to be straining to see the future now, but this is also the time to harvest the essence of the entire cycle which has passed. What seems to matter most, and how can you essentialize your experience to form a basis for renewal? You may be prophetic or visionary at this time, but don't expect everyone else to see what you see.

As you approach the New Moon in the months leading up to **May 2026** try to surrender, to open yourself, and to maintain an inner peace and receptivity.

When the Balsamic Phase comes you may want to record any inner or outer events that seem relevant to the meaning of this period (**February 2023 to May 2026**). What can you see that has the quality of this phase?

Caroline Myss's Next Lunar Life Cycle

May 2026 –

Your next Lunar Life Cycle begins in **May 2026**. This New Moon occurs in the zodiacal sign of **Aquarius**. This sign relates to innovation, independence and exploration of new experiences. The cycle as a whole has as its symbol:

A GARAGE MAN TESTING A CAR'S BATTERY WITH A HYDROMETER

This symbol suggests the application of technical knowledge or skill in order to maintain or evaluate your source of vitality. Your own associations with this image are important here as well.



And so begins another round, another cycle, with its potentials and challenges.

If you have any questions about your report, please write or call.



Philip Levine, M.A.

Philip Levine is a retired psychotherapist and has been a practicing astrologer for over 35 years. He has a Masters Degree in Clinical and Counseling Psychology and has been studying Jungian psychology, psychosynthesis, alchemy and astrology for four decades. He has assisted many people in their efforts to uncover and articulate their life purpose, and to become more effective in living that purpose.

Philip created the [Cosmic Window](#) in 1985 and has been providing his calendars to satisfied clients since then. In 2007 he collaborated with Richard Tarnas, award-winning author of [Cosmos and Psyche](#), in creating [A Calendar of Archetypal Influences](#).

Philip's love of astrology, computers, and the Mystery have combined to form his life's work, under the name of Sirius Astrological Services. Sensitivity to our cultural and global process of breaking down has led him at times to blog, to podcast, and to write numerous [articles](#) and two books. His passion is for seeing another human being awaken to who they really are, as we are all continually in the process of doing.

His book [The Pearl Within: Discovering the Riches of the Underworld](#) is available online. You may find his blog and podcasts at "[Mystery: Dancing in the Dark](#)". His next book "[The Birth of the Self](#)" will be appearing soon online as well.

You may contact Philip at philiplevine@myss.com.

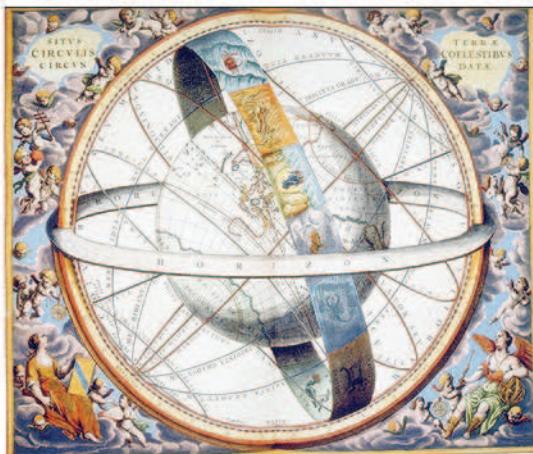


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*To everything there is a season,
and a time to every purpose under heaven:
A time to be born, and a time to die;
a time to plant, and a time to pluck up that which is planted;
A time to kill, and a time to heal;
a time to break down, and a time to build up;
A time to weep, and a time to laugh;
a time to mourn, and a time to dance;
A time to cast away stones, and a time to gather stones together;
a time to embrace, and a time to refrain from embracing;
A time to get, and a time to lose;
a time to keep, and a time to cast away;
A time to rend, and a time to sow;
a time to keep silence, and a time to speak;
A time to love, and a time to hate;
a time of war; and a time of peace.*

Ecclesiastes 3:1-8