

MOON CHART 2013

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

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

Table of new and full moons for the twelve months of 2013:

<u>UNITED STATES STANDARD TIME</u>									
<u>2013</u>	<u>EST Day</u>	<u>Moon</u>	<u>Sign</u>	<u>Eastern</u>	<u>Central</u>	<u>Mountain</u>	<u>Pacific</u>	<u>Greenwich Mean Time</u>	<u>GMT Day</u>
Jan	11	New	Cap	2:45pm	1:45pm	12:45pm	11:45am	7:45pm	11
Jan	26	Full	Aqu	11:39pm	10:39pm	9:39pm	8:39pm	4:39am	27
Feb	10	New	Aqu	2:21am	1:21am	12:21am	11:21pm*	7:21am	10
Feb	25	Full	Pic	3:27pm	2:27pm	1:27pm	12:27pm	8:27pm	25
Mar	11	New	Pic	2:52pm	1:52pm	12:52pm	11:52am	7:52pm	11
Mar	27	Full	Ari	4:28am	3:28am	2:28am	1:28am	9:28am	27
Apr	10	New	Ari	4:36am	3:36am	2:36am	1:36am	9:36am	10
Apr	25	Full^	Tau	2:58pm	1:58pm	12:58pm	11:58am	7:58pm	25
May	09	New^	Tau	7:30pm	6:30pm	5:30pm	4:30pm	12:30am	10
May	24	Full^	Gem	11:26pm	10:26pm	9:26pm	8:26pm	4:26am	25
Jun	08	New	Gem	10:57am	9:57am	8:57am	7:57am	3:57pm	08
Jun	23	Full	Can	6:33am	5:33am	4:33am	3:33am	11:33am	23
Jul	08	New	Can	2:15am	1:15am	12:15am	11:15pm*	7:15am	08
Jul	22	Full	Leo	1:17pm	12:17pm	11:17am	10:17am	6:17pm	22
Aug	06	New	Leo	4:52pm	3:52pm	2:52pm	1:52pm	9:52pm	06
Aug	20	Full	Leo	8:46pm	7:46pm	6:46pm	5:46pm	1:46am	21
Sep	05	New	Vir	6:37am	5:37am	4:37am	3:37am	11:37am	05
Sep	19	Full	Vir	6:14am	5:14am	4:14am	3:14am	11:14am	19
Oct	04	New	Lib	7:36pm	6:36pm	5:36pm	4:36pm	12:36am	05
Oct	18	Full^	Lib	6:39pm	5:39pm	4:39pm	3:39pm	11:39pm	18
Nov	03	New#	Sco	7:51am	6:51am	5:51am	4:51am	12:51pm	03
Nov	17	Full	Sco	10:17am	9:17am	8:17am	7:17am	3:17pm	17
Dec	02	New	Sag	7:23pm	6:23pm	5:23pm	4:23pm	12:23am	03
Dec	17	Full	Sag	4:29am	3:29am	2:29am	1:29am	9:29am	17

NOTE:

When and where Daylight Saving Time is in use, add one hour to the above times.

(#) indicates a full eclipse near to the time of the new or full moon.

(^) indicates partial or annular eclipses near to the time of the new or full moon.

(*) indicates pm of the *day previous* to the day stated in the column for Eastern Standard Time.

The full moons of the three spiritual Festivals will occur on the following days:

Easter on March 26th, *Wesak* on April 25th, and the *Christ's Festival* and *World Invocation Day* on May 24th.

Check locally for the actual day of the festival meetings, which may vary from the date of the full moon.

KEYNOTES FOR THE DISCIPLE

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

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