

MOON CHART 2010

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 2010:

<u>2010</u>	<u>EST</u> <u>Day</u>	<u>Moon</u>	<u>Sign</u>	<u>UNITED STATES</u> <u>Eastern</u>	<u>STATES</u> <u>Central</u>	<u>STANDARD</u> <u>Mountain</u>	<u>TIME</u> <u>Pacific</u>	<u>Greenwich</u> <u>Mean Time</u>	<u>Day</u>
Jan	15	New #	Cap	2:12am	1:12am	12:12am	11:12pm*	7:12 am	15
Jan	30	Full	Aqu	1:19am	12:19am	11:19pm*	10:19pm*	6:19 am	30
Feb	13	New		9:52pm	8:52pm	7:52pm	6:52pm	2:52am	14
Feb	28	Full	Pis	11:39am	10:39am	9:39am	8:39am	4:39pm	28
Mar	15	New		4:02pm	3:02pm	2:02pm	1:02pm	9:02pm	15
Mar	29	Full	Ari	9:27pm	8:27pm	7:27pm	6:27pm	2:27am	30
Apr	14	New		7:30am	6:30am	5:30am	4:30am	12:30pm	14
Apr	28	Full	Tau	7:20am	6:20am	5:20am	4:20am	12:20pm	28
May	13	New		8:05pm	7:05pm	6:05pm	5:05pm	1:05am	14
May	27	Full	Gem	6:08pm	5:08pm	4:08pm	3:08pm	11:08pm	27
Jun	12	New		6:16am	5:16am	4:16am	3:16am	11:16am	12
Jun	26	Full #	Can	6:31am	5:31am	4:31am	3:31am	11:31am	26
Jul	11	New #		2:42pm	1:42pm	12:42pm	11:42am	7:42pm	11
Jul	25	Full	Leo	8:38pm	7:38pm	6:38pm	5:38pm	1:38am	26
Aug	9	New		10:09pm	9:09pm	8:09pm	7:09pm	3:09am	10
Aug	24	Full	Vir	12:06pm	11:06am	10:06am	9:06am	5:06pm	24
Sep	8	New		5:31am	4:31am	3:31am	2:31am	10:31am	8
Sep	23	Full	Lib	4:18am	3:18am	2:18am	1:18am	9:18am	23
Oct	7	New		1:46pm	12:46pm	11:46am	10:46am	6:46pm	7
Oct	22	Full	Lib	8:38pm	7:38pm	6:38pm	5:38pm	1:38am	23
Nov	5	New		11:53pm	10:53pm	9:53pm	8:53pm	4:53am	6
Nov	21	Full	Sco	12:28pm	11:28am	10:28am	9:28am	5:28pm	21
Dec	5	New		12:37pm	11:37am	10:37am	9:37am	5:37pm	5
Dec	21	Full #	Sag	3:15am	2:15am	1:15am	12:15am	8:15am	21

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

The full moons of the three spiritual Festivals will be observed worldwide on the following days: *EASTER* on March 29th, *WESAK* on April 28th, and *CHRIST'S FESTIVAL* and *WORLD INVOCATION DAY* on May 27th. **Check locally for the actual day of the festival meetings**, which may vary from the date of the full moon.

KEYNOTES FOR THE DISCIPLE

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

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