

MOON CHART 2023

Table of new and full moons for the twelve months of 2023:

UNITED STATES TIME								
DATE	MOON	FESTIVAL **	EASTERN	CENTRAL	MOUNTAIN	PACIFIC	GMT	DAY/ GMT
Jan 6	FULL	Capricorn	6:07:42pm	5:07:42pm	4:07:42pm	3:07:42pm	11:07:42pm	6
Jan 21	NEW	Aquarius	3:53:02pm	2:53:02pm	1:53:02pm	12:53:02pm	8:53:02pm	21
Feb 5	FULL	Aquarius	1:28:21pm	12:28:21pm	11:28:21am	10:28:21am	6:28:21pm	5
Feb 20	NEW	Pisces	2:05:38am	1:05:38am	12:05:38am	11:05:38pm(-)	7:05:38am	20
Mar 7	FULL	Pisces	7:40:09am	6:40:09am	5:40:09am	4:40:09am	12:40:09pm	7
Mar 21	NEW	Aries	1:22:56pm *	12:22:56pm*	11:22:56am*	10:22:56am*	5:22:56pm	21
Apr 6	FULL	Aries	12:34:19am*	11:34:19pm(-) *	10:34:19pm(-)*	9:34:19pm(-)*	4:34:19am	6
Apr 20	NEW#	Aries	12:12:19 am*	11:12:19pm(-)*	10:12:19pm(-)*	09:12:19pm(-)*	4:12:19am	20
May 5	FULL^	Taurus	1:33:50pm*	12:33:50pm*	11:33:50am*	10:33:50am*	5:33:50pm	5
May 19	NEW	Taurus	11:53:04am*	10:53:04am*	9:53:04am*	8:53:04am*	3:53:04pm	19
Jun 3	FULL	Gemini	11:41:31pm*	10:41:31pm*	9:41:31pm*	8:41:31pm*	03:41:31am	4
Jun 18	NEW	Gemini	12:36:56am*	11:36:56pm(-)*	10:36:56pm(-)*	9:36:56pm(-)*	04:36:56am	18
Jul 3	FULL	Cancer	7:38:29am*	6:38:29am*	5:38:29am*	4:38:29am*	11:38:29am	3
Jul 17	NEW	Cancer	2:31:37pm*	1:31:37pm*	12:31:37pm*	11:31:37am*	6:31:37pm	17
Aug 1	FULL	Leo	2:31:28pm*	1:31:28pm*	12:31:28pm*	11:31:28am*	6:31:28pm	1
Aug 16	NEW	Leo	5:37:58am*	4:37:58am*	3:37:58am*	2:37:58am*	9:37:58am	16
Aug 30	FULL	Virgo	9:35:25pm*	8:35:25pm*	7:35:25pm*	6:35:25pm*	1:35:25am	31
Sep 14	NEW	Virgo	9:39:36pm*	8:39:36pm*	7:39:36pm*	6:39:36pm*	1:39:36am	15
Sep 29	FULL	Libra	5:57:20am*	4:57:20am*	3:57:20am*	2:57:20am*	9:57:20am	29
Oct 14	NEW^	Libra	1:54:56pm*	12:54:56pm*	11:54:56am*	10:54:56am*	5:54:56pm	14
Oct 28	FULL^	Scorpio	4:23:50pm*	3:23:50pm*	2:23:50pm*	1:23:50pm*	8:23:50pm	28
Nov 13	NEW	Scorpio	4:27:11am	3:27:11am	2:27:11am	1:27:11am	9:27:11 am	13
Nov 27	FULL	Sagittarius	4:16:06am	3:16:06am	2:16:06am	1:16:06am	9:16:06am	27
Dec 12	NEW	Sagittarius	6:31:49pm	5:31:49pm	4:31:49pm	3:31:49pm	11:31:49pm	12
Dec 26	FULL	Capricorn	7:33:00pm	6:33:00pm	5:33:00pm	4:33:00pm	12:33:00am	27

NOTES:

(#) indicates a total 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. "Eclipse Predictions by Fred Espenak, Nasa GSFC Emeritus".

(*) In 2023, the dates for Daylight Savings Time are March 12 – November 5. Please note that Daylight Savings Time is shown (1 hour has been added to Standard Time).

(**) The astrological sign shown in this column is the sign relating to the sun rather than the moon.

(-) Indicates the day previous to the date stated in the first column.

The Three Spiritual Festivals will be celebrated on the following days:

Easter on **April 6**, *Wesak* on **May 5**, and the *Christ's Festival* on **June 3**, and *World Invocation Day* on **June 4**.

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

All times are taken from the Swiss Ephemeris

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.

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.

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 that 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.