

# MOON CHART 2024

Table of new and full moons for the twelve months of 2024:

UNITED STATES TIME								
DATE	MOON	FESTIVAL **	EASTERN	CENTRAL	MOUNTAIN	PACIFIC	GMT	DAY/ GMT
Jan 11	NEW	Capricorn	6:57:10am	5:57:10am	4:57:10am	3:57:10am	11:57:10am	11
Jan 25	FULL	Aquarius	12:53:46pm	11:53:46am	10:53:46am	9:53:46am	5:53:46pm	25
Feb 9	NEW	Aquarius	5:58:57pm	4:58:57pm	3:58:57pm	2:58:57pm	10:58:57pm	9
Feb 24	FULL	Pisces	7:30:11am	6:30:11am	5:30:11am	4:30:11am	12:30:11pm	24
Mar 10	NEW	Pisces	5:00:12am*	4:00:12am*	3:00:12am*	1:00:12am	9:00:12am	10
Mar 25	FULL^	Aries	3:00:05am *	2:00:05am*	1:00:05am*	12:00:05am*	7:00:05am	25
Apr 8	NEW#	Aries	2:20:37pm*	1:20:37pm*	12:20:37pm*	11:20:37am(-)*	6:20:37pm	8
Apr 23	FULL	Taurus	7:48:44pm*	6:48:44pm*	5:48:44pm*	4:48:44pm*	11:48:44pm	23
May 7	NEW	Taurus	11:21:42pm*	10:21:42pm*	9:21:42pm*	8:21:42pm*	3:21:42am	8
May 23	FULL	Gemini	9:52:54am*	8:52:54am*	7:52:54am*	6:52:54am*	1:52:54pm	23
Jun 6	NEW	Gemini	8:37:30am*	7:37:30am*	6:37:30am*	5:37:30am*	12:37:30pm	6
Jun 21	FULL	Cancer	9:07:39pm*	8:07:39pm*	7:07:39pm*	6:07:39pm*	01:07:39am	22
Jul 5	NEW	Cancer	6:57:10pm*	5:57:10pm*	4:57:10pm*	3:57:10pm*	10:57:10pm	5
Jul 21	FULL	Cancer	6:16:55am*	5:16:55am*	4:16:55am*	3:16:55am*	10:16:55am	21
Aug 4	NEW	Leo	7:12:49am*	6:12:49am*	5:12:49am*	4:12:49am*	11:12:49am	4
Aug 19	FULL	Leo	2:25:35pm*	1:25:35pm*	12:25:35pm*	11:25:35am*	6:25:35pm	19
Sep 2	NEW	Virgo	9:55:21pm*	8:55:21pm*	7:55:21pm*	6:55:21pm*	1:55:21am	3
Sep 17	FULL^	Virgo	10:34:14pm*	9:34:14pm*	8:34:14pm*	7:34:14pm*	2:34:14am	18
Oct 2	NEW^	Libra	2:49:03pm*	1:49:03pm*	12:49:03pm*	11:49:03am*	6:49:03pm	2
Oct 17	FULL	Libra	7:26:10am*	6:26:10am*	5:26:10am*	4:26:10am*	11:26:10am	17
Nov 1	NEW	Scorpio	8:47:54am*	7:47:54am*	6:26:54am*	5:26:54am*	12:46:54pm	1
Nov 15	FULL	Scorpio	4:28:17pm	3:28:17pm	2:28:17pm	1:28:17pm	9:28:17pm	15
Dec 1	NEW	Sagittarius	1:21:11am	12:21:11am	11:21:11pm(-)	10:21:11pm(-)	6:21:11am	1
Dec 15	FULL	Sagittarius	4:01:27am	3:01:27am	2:01:27am	1:01:27am	9:01:27am	15
Dec 30	NEW	Capricorn	5:26:34pm	4:26:34pm	3:26:34pm	2:26:34pm	10:26:34pm	30

## 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 2024, the dates for Daylight Savings Time are March 10 – November 3. 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 **March 25**, *Wesak* on **April 23**, and the *Christ's Festival* on **May 23**, and *World Invocation Day* on **May 23**.

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.