

# MOON CHART 2022

Table of new and full moons for the twelve months of 2022:

UNITED STATES TIME								
DATE	MOON	FESTIVAL **	EASTERN	CENTRAL	MOUNTAIN	PACIFIC	GMT	DAY/ GMT
Jan 2	NEW	Capricorn	1:33:19pm	12:33:19pm	11:33:19am	10:33:19am	6:33:19pm	2
Jan 17	FULL	Capricorn	6:48:15pm	5:48:15pm	4:48:15pm	3:48:15pm	11:48:15pm	17
Feb 1	NEW	Aquarius	12:45:50am	11:45:50pm(-)	10:45:50pm(-)	9:45:50pm(-)	5:45:50am	1
Feb 16	FULL	Aquarius	11:56:20am	10:56:20am	9:56:20am	8:56:20am	4:56:20pm	16
Mar 2	NEW	Pisces	12:34:36pm	11:34:36am	10:34:36am	9:34:36am	5:34:36pm	2
Mar 18	FULL	Pisces	3:17:24am *	2:17:24am*	1:17:24am*	12:17:24am*	7:17:24am	18
Apr 1	NEW	Aries	2:24:14am*	1:24:14am *	12:24:14am*	11:24:14pm(-)*	6:24:14am	1
Apr 16	FULL	Aries	2:54:52 pm*	1:54:52pm*	12:54:52pm*	11:54:52am*	6:54:52pm	16
Apr 30	NEW^	Taurus	4:27:55pm*	3:27:55pm*	2:27:55pm*	1:27:55pm*	8:27:55pm	30
May 16	FULL#	Taurus	12:13:58am*	11:13:58pm(-)*	10:13:58pm(-)*	9:13:58pm(-)*	4:13:58am	16
May 30	NEW	Gemini	7:30:06am*	6:30:06am*	5:30:06am*	4:30:06am*	11:30:06am	30
Jun 14	FULL	Gemini	7:51:35am*	6:51:35am*	5:51:35am*	4:51:35am*	11:51:35am	14
Jun 28	NEW	Cancer	10:52:05pm	9:52:05pm*	8:52:05pm*	7:52:05pm*	2:52:05am	29
Jul 13	FULL	Cancer	2:37:27pm*	1:37:27pm*	12:37:27pm*	11:37:27am*	6:37:27pm	13
Jul 28	NEW	Leo	1:54:51pm*	12:54:51pm*	11:54:51am*	10:54:51am*	5:54:51pm	28
Aug 11	FULL	Leo	9:35:34pm*	8:35:34pm*	7:35:34pm*	6:35:34pm*	1:35:34am	12
Aug 27	NEW	Virgo	4:16:57am*	3:16:57am*	2:16:57am*	1:16:57am*	8:16:57am	27
Sep 10	FULL	Virgo	5:58:52am*	4:58:52am*	3:58:52am*	2:58:52am*	9:58:52am	10
Sep 25	NEW	Libra	5:54:23pm*	4:54:23pm*	3:54:23pm*	2:54:23pm*	9:54:23pm	25
Oct 9	FULL	Libra	4:54:48pm*	3:54:48pm*	2:54:48pm*	1:54:48pm*	8:54:48pm	9
Oct 25	NEW^	Scorpio	6:48:31am*	5:48:31am*	4:48:31am*	3:48:31am*	10:48:31am	25
Nov 8	FULL#	Scorpio	6:01:58am	5:01:58am	4:01:58am	3:01:58am	11:01:58 am	8
Nov 23	NEW	Sagittarius	5:57:03pm	4:57:03pm	3:57:03pm	2:57:03pm	10:57:03pm	23
Dec 7	FULL	Sagittarius	11:07:59pm	10:07:59pm	9:07:59pm	8:07:59pm	4:07:59am	8
Dec 23	New	Capricorn	5:16:42am	4:16:42am	3:16:42am	2:16:42am	10:16:42am	23

## 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 2022, the dates for Daylight Savings Time are March 13 – November 6. 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 16, Wesak on May 16, and the Christ's Festival on June 14, and World Invocation Day on June 14.*

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.