

The Lunar Planner

Daily Journal

Live in magnificence with the Heavens, in harmony with the natural Lunar Cycles, and in attunement to Mother Earth. Make passage through these transformative times with inner peace and experiential wisdom.

*L*iving in attunement to the Lunar Cycles teaches us to participate in harmony with the natural rhythms that govern our emotional and experiential world. Rather than being overwhelmed by the surface turbulence of our growth and awakening process, we become empowered within its underlying current. We establish an inner peace that is in tune with the natural cycles of life. Rather than fighting our daily experience, or attempting to force outcomes that are out of touch with our inherent life cycles, we learn to embrace our experience in the unconditional acceptance that makes possible true inner change. We can then manifest in our outer world, and in our relations, the changes we truly seek. Living in attunement to the Lunar Cycles supports our greatest well being and the manifestation of our highest potential and its expression on Earth.

Visit The Lunar Planner to download the current lunar month's calendar.

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www.lunarplanner.com

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INTRODUCTION TO THE LUNAR PLANNER

Living in attunement to the phases of the Moon brings awareness to the changing tides that color our daily experience. It cultivates the personal empowerment required to embrace the true gift that our daily experience offers. Using the Lunar Planner quickly reveals how the lunar rhythms naturally support a continuous spiral of personal growth and unfoldment.

Living in attunement to the natural Lunar Cycles cultivates a body-mind awareness where our attention shifts to the intuitive feeling part of self, where we learn to live in the power of the present. Cultivating our capacity to live in the present brings us the sensitivity to intimately trust and breathe with the natural tides of our experiential unfoldment.

Rather than living in grief over the past and worry about the future, attempting to control and force outcomes in an endless struggle, life becomes a graceful dance when we attune ourselves to this natural spiral of growth. Using the Lunar Planner on a daily basis provides a way to participate in harmony with our own biological rhythms, and with those of Mother Earth and all of Nature. It cultivates the capacity to embrace, in true compassion—in unconditional acceptance and understanding—the powerful transitions occurring in our lives and in the lives of those around us.

Living in attunement to this natural cycle of life also facilitates our integration of the greater cosmic energies infusing into the Earth and ourselves—integration of the very Cosmic Intelligence that is responsible for our evolutionary process, our spiritual awakening, and our greater wellbeing on Earth.

THE LUNAR MONTH

Each Lunar Month—beginning with each New Moon—has eight Lunar Phases, each approximately 3.7 days long. Each Lunar Phase has a specific characteristic of growth that naturally shifts from one phase to another, progressing in a natural cycle of experiential unfoldment. The growth gained in one entire lunar cycle becomes the seed that will birth into the following cycle, creating one continuous evolutionary spiral.

The “Lunar Phase Characteristic Chart” on the following pages explains the eight individual lunar phases, their characteristics, and how they express in our daily lives. Read through the entire chart to gain a feel for how each phase naturally shifts from one to another. You can refer to this chart during each lunar cycle, especially as each phase-shift occurs, to learn how to participate in harmony with the shifting tides.

Each Lunar Month’s calendar is divided into its eight phases with the dates and times for each lunar phase change. You may prefer to write in your local time. See the “World Time Zones” chart later in this introduction.

Use each Month's Lunar calendar on a daily basis to note your experiences and to schedule your activities. Noting and observing your experiences and feelings on a daily basis—in the context of the lunar phase characteristics—quickly reveals how the lunar phases are already working in your life. This creates an awareness of how to live in conscious empowerment throughout each lunar cycle.

As you learn how each lunar cycle unfolds, it becomes quite natural to live in a gentle and harmonious dance with the lunar rhythm. You may even come to find that the lunar phases are more important to you—to know if it is the day before the First Quarter Moon, the day after the Full Moon, or the time of the New Moon, as an example—than knowing if it is Monday, Tuesday or Wednesday.

A LUNAR CYCLE'S THEME

Each New Moon begins a new Lunar Month, each with its own unique Lunar Theme, which unfolds throughout the lunar month. You can attune to the lunar theme and its unique expression in your life purely through an intuitive and experiential method; or you can simply let the lunar theme unfold and reveal itself as you work with the Lunar Phase Characteristics Chart. This is described more in the “Lunar Phase Characteristic Chart” under the New Moon.

The New Moon star alignments set the Lunar Theme for each Lunar Cycle and provide the underlying context for our daily experience. Our personal astrological cycles may also augment this theme, personalizing its expression in our daily experience. Although it is not necessary to know the star alignments and their meaning to use the Lunar Planner, I offer the Monthly Lunar Planner commentary online (www.lunarplanner.com), which explores the details of each lunar cycle, including the changing phases and other planetary cycles—the underlying cycles upon which we evolve and which guide our daily lives—based in star-level astronomical astrology and synodic astrology.

The tapestry of spiraling lunar themes, along with the themes of interweaving planetary alignments, eloquently reveals the greater story line that directs the evolutionary unfoldment of human consciousness, and that molds our daily experience. Month by month, we come to see our experiences in a new light and clarity, as part of the unfoldment of a grand Divine Symphony. Whether we experience this symphony as one of tragedy or harmony is determined by our capacity to gracefully dance along with it.

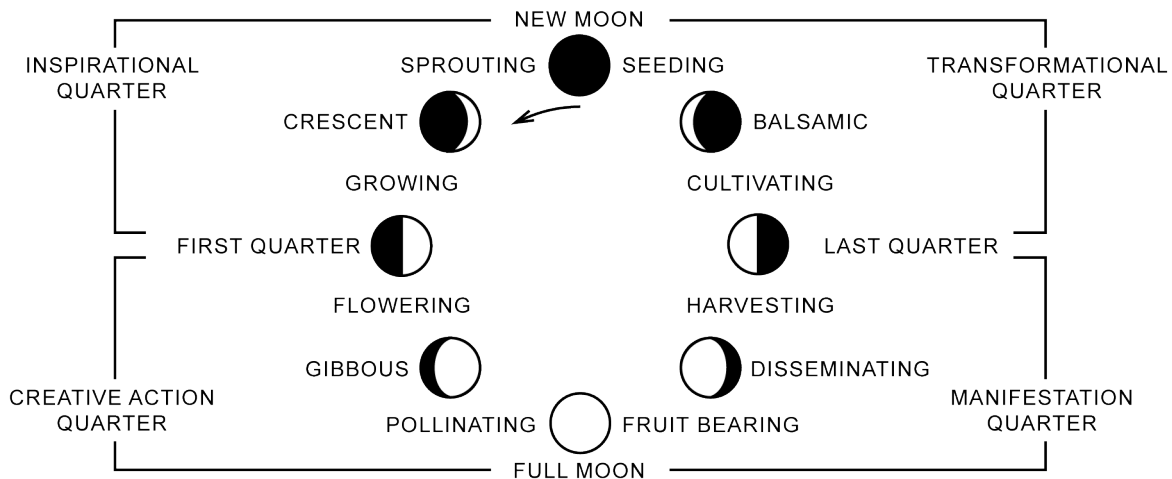
Living in experiential attunement to the unfolding lunar phases, with awareness of the lunar themes that guide our lives, supports us to embrace our profound personal experiences and the global transitions occurring for all of humanity with far greater understanding and compassion. In this awareness, we find ourselves making conscious and responsible choices that help facilitate our personal transformation and spiritual awakening, and that manifest this inner awareness as true personal fulfillment in our daily lives.

THE LUNAR PHASES & THEIR CHARACTERISTICS

Each Lunar Cycle, beginning on a New Moon, averages 29.53 days—creating one Lunar Month. Each of the eight Lunar Phases are approximately 3.7 days in length. Each Lunar Phase has a distinct Phase Characteristic which colors our daily experience. As one phase shifts to another, the characteristic of each phase also shifts. The 24-hour period just before a phase transition is its most potent time and this is when we begin to feel the phase shift in our daily experience. At this time there is an energy crescendo, much like a building wave that is about to crest into the next phase of the lunar cycle. This time, just before the phase shift, has a distinct characteristic. Immediately following the shift, a new phase characteristic begins.

The lunar phases correlate to the growth cycle of a plant—from its seed, to its flower, its fruit, to its decay and return to seed. This is the nature of each lunar month and of our monthly experience.

Learning about the phase characteristics, and how they shift from one to another, provides guidance on how to most effectively participate in our day-to-day world. For example, it can be quite helpful to know if it is a time for applying our creative imagination; a time for creative action, a time of magnetic attraction and communication, a time of relaxation and realization, a time to initiate change, or a time to surrender and let go.



The “Lunar Phase Characteristics Chart” on the following pages explains in detail the eight Lunar Phases, their characteristics, and how they express in our daily lives. It is a convenient reference while using the Lunar Planner.

TIME ZONES

Next to each Lunar Phase in the each calendar is the date and time of the lunar phase transition. Primarily, all times referred to in the Lunar Planer are GMT (Greenwich Mean Time), which is the same as UT (Universal Time). MST (Mountain Standard Time) is also listed. If you are in a different time zone, you can easily convert to your local time using the table below. You can write your local time next to the phase change so you will know when the shifts occur in your geographical area.

The Earth is divided into 24 Time Zones, each is 15° in longitude. The longitude at Greenwich England is the Prime Meridian—where we reference astronomical time. (GMT is generally shown in 24-hour time rather than AM or PM.) For each time zone moving west from Greenwich, one hour is subtracted to get local time. At the 12th time zone, we come to the International Date Line, the 180th meridian. When crossing this line, moving west, the date is advanced one day. The following chart shows some of the basic times zones and how to convert from GMT to local time.

To convert GMT to:	Standard Time			Daylight / Summer Time		
	Americas					
Atlantic Time	AST	subtract	4 hours	ADT	subtract	3 hours
Eastern Time	EST	subtract	5 hours	EDT	subtract	4 hours
Central Time	CST	subtract	6 hours	CDT	subtract	5 hours
Mountain Time	MST	subtract	7 hours	MDT	subtract	6 hours
Pacific Time	PST	subtract	8 hours	PDT	subtract	7 hours
Aleutian Time	YST	subtract	9 hours	YDT	subtract	8 hours
Aleutian Hawaii Time	AHST	subtract	10 hours	AHDT	subtract	9 hours
	Europe					
Western European Time	WET	add	0 hour	WEST	add	1 hour
Central European Time	CET	add	1 hour	CEST	add	2 hour
Eastern European Time	EET	add	2 hours	EEST	add	3 hours
Moscow Time	MSK	add	3 hours	MSD	add	4 hours
	Austriala / New Zealand					
Western Time	WST	add	8 hours	WDT	add	9 hours
Central Time	CST	add	9:30 hours	CDT	add	10:30 hours
Eastern Time	EST	add	10 hours	EDT	add	11 hours
Lord Howe Time	LHST	add	10:30 hours	LHDT	add	11 hours
New Zealand Time	NZST	add	12 hours	NZDT	add	13 hours

More Time Zones and Time Converter: www.worldtimeserver.com
www.timeanddate.com/library/abbreviations/timezones/

LUNAR PHASE CHARACTERISTICS

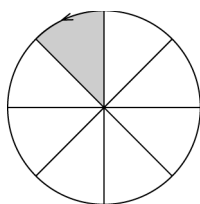
The Inspirational Quarter The First Quarter of the Lunar Cycle is the “Inspirational Quarter.” It has two phases: the “Sprouting Phase” and the “Growing Phase.”

LUNAR PHASE

CHARACTERISTIC

NEW MOON

Sprouting Phase
0° - 45°



Expressing a New Theme

A new theme emerges on the New Moon that will unfold throughout the lunar cycle. This may arise as an inner message or an impulse expressing from a field of all possibilities deep within the unconscious mind. It can be quite clear and specific, a spontaneous message or impulse, even one suggesting a major life change; or it may be vague and general. The New Moon is a perfect time for meditation, or for a peaceful walk in nature—however you might go within self to listen. A simple word or phrase may pop into your mind during this quiet time describing the new lunar theme in a way that is unique to you, or perhaps a simple feeling or knowing will come over you. The ability to listen and to trust the inner is all that is required at this time.

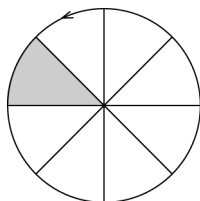
The ideal time to attune to your New Moon theme is exactly as the New Moon occurs, or at sunrise after the New Moon if the New Moon occurred during the night. The theme may also slowly emerge over a day or two—to the time when you can first see a sliver of a setting moon at sunset, which occurs a day or two after the New Moon. Observing your thoughts when seeing the first sliver of the Moon can often be a time of realizing the opportunity for growth the lunar cycle offers.

Releasing Restricting Concepts

The latter part of the Sprouting Phase, just prior to the Crescent Moon, requires letting go of any limiting or restricting thoughts, concepts or patterns. What surfaces now in one's mind is, “how I might have done this in the past”—an old approach based on past experience. These old patterns or concepts surface to consciously be released, as they would limit our opportunity for creativity and growth.

CRESCENT MOON

Growing Phase
45° - 90°



Expanding Upon the Theme

The Growing Phase is when the currently held theme or vision would like to expand into a greater perspective. New possibilities of unfoldment—ones not realized before—would like to evolve. This next 3 1/2 day phase is a time of engaging your creativity and integrating it with the original theme, identifying its unique and full potential. It is a time of allowing a realistic and achievable plan of action to evolve. It begins a time of inspiration and creativity.

External Stimulus

Just before First Quarter Moon, an external stimulus is drawn, some event outside of self creating a challenge to take action. This provides the impetus to move forth from the inspirational quarter into the action quarter of the lunar cycle. This is a time when any fears or doubts hidden within may surface to be embraced. To move forward through the “reasons why not” is to move through any self-limitations to a new level of self-empowerment. Not stepping through any fears is an opportunity lost resulting in little or no growth. The external stimulus generally occurs in the 24-hour period leading into the First Quarter Moon.

LUNAR PHASE CHARACTERISTICS

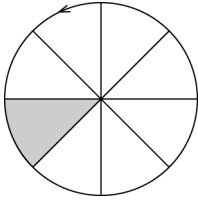
The Creative Action Quarter The Second Quarter of the Lunar Cycle is the “Creative Action Quarter.” It has two phases: the “Flowering Phase” and the “Pollinating Phase.”

LUNAR PHASE

CHARACTERISTIC

FIRST QUARTER

Flowering Phase
90° - 135°



Initiate Action

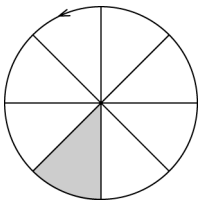
Drop all hesitation and take the steps to move forth on what you were inspired about and upon your stimulus to action. The inspiration is now gone, it is now time to function in trust and knowing. Remember, the flower that is about to burst forth from the bud is not yet visible. Trust in the process. Demonstrate your trust in physical action and you will be supported. The creative tension brought forth by the external stimulus now shifts into opportunity for practical application of your talents. This time is stressful or traumatic only if action is ignored. What you are putting together now is the groundwork for the manifestation of the theme. Simply, this begins a time to work.

Pushing Through

The latter part of the Flowering Phase, leading into the Gibbous Moon, requires perseverance to push through, to push open. Consistent application of your energies is a demonstration of your inner commitment to self. You are pushing through past limitations of self to a new level of self-confidence and integrating your greater potential with personal will. The flower bursts open on the Gibbous Moon.

GIBBOUS

Pollinating Phase
135° - 180°



Attraction & Involvement

The Gibbous Phase brings a strong desire to connect and involve with others. It is a magnetic and social time. The outer and opposite becomes alluring. It is a time of exploration and involvement. Flowers not only blossom to reveal their beauty, but their functional purpose is to provide the pollination required to bear fruit. Communication is highlighted, with a purpose to be of value to each other, stimulating creativity. Share your vision and direction, what you have been working on. This hones clarity of purpose and builds the required energy for success and achievement through the amalgamation of different energetics.

Vision & Enthusiasm

The latter part of this phase, building into the Full Moon, climaxes into vision and enthusiasm. It is the intermixing of opposites that creates the magic to bear the fruit of your passion. The day and night just before the Full Moon is the most potent, exhilarating energy—a social and alchemical time of celebration. Enjoy it. It is the climax point in the Lunar Cycle. The Full Moon is also when we complete the waxing (building) first half of the lunar cycle, and begin the waning (diminishing) second half of the lunar cycle.

LUNAR PHASE CHARACTERISTICS

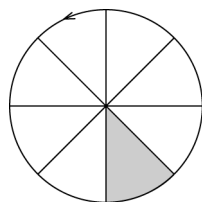
The Manifestation Quarter The Third Quarter of the Lunar Cycle is the "Manifestation Quarter."
It has two phases: the "Fruit Bearing Phase" and the "Harvesting Phase."

LUNAR PHASE

CHARACTERISTIC

FULL MOON

Fruit Bearing Phase
180° - 225°



Realization of the Theme

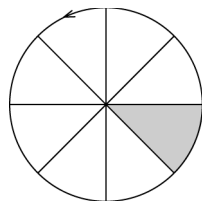
The day just after the Full Moon is a great day to kick back. This phase begins as if waking from a sleep. The day after Full Moon provides perspective about the lunar theme. It is a time of realizing of the purpose of the lunar cycle. Relax and allow this realization to occur; no need to force it as it surfaces on its own. The purpose behind what you were originally guided to trust and act upon, what you have been going through, and how it fits into the greater context of the whole, now becomes clear and conscious. This can often be a sobering time.

Movement & Participation

The latter part of this phase shifts rapidly, as if time is compressing, as we enter the birth point in the lunar cycle. A sense of urgency is felt. It is a time to bring forth the fruits of your labors. On the day before the Disseminating Moon, it often seems as if there is more to do than there is time for. It is a day of much commotion with last minute details seeming to appear from nowhere. Keep cool and accelerate, making those last-minute preparations. A birthing is at hand.

DISSEMINATING

Harvesting Phase
225° - 270°



Manifestation & Demonstration

This is a time for the fruits of your labor to manifest and for any lessons to become tangible. Whether the fruit of this cycle is in the form of inner growth or outer manifestation, it is that which will support the true nourishment of self and others. Share your fruit. This is a time to give forth that which was learned or created, and to receive the same from others. Demonstrable expression and the imparting of your gifts anchors into the structure of your consciousness the self empowerment gained from this lunar cycle.

Inner Need

The Harvesting Phase completes with Inner Needs surfacing to consciousness, to become aware of what is important to self and what is not. A sense of completion comes forth with a recognition that the past scenario has served its purpose and it is time to leave what is antiquated behind. This can be an inner recognition or you may draw events to self as a reflection to aid in this clarity. Acknowledging the needs on the inner is essential to create the changes in your life on the outer, and this inner awareness provides the impetus to do so. There is now a pull to withdraw from the activity of this entire cycle, which merely served as the stage setting supporting your growth. Remember, others are experiencing inner need as well. Demanding others change is not the solution to your well being. Allowing mutual space and sharing your realizations with respect for everyone's own realizations supports all parties to change in a way that is right for each.

LUNAR PHASE CHARACTERISTICS

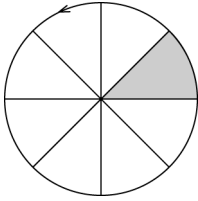
The Transition Quarter The Fourth Quarter of the Lunar Cycle is the "Transition Quarter." It has two phases: the "Cultivating Phase" and the "Seeding Phase."

LUNAR PHASE

CHARACTERISTIC

LAST QUARTER

Cultivating Phase
270° - 315°



Initiate Change

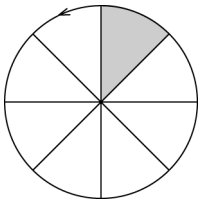
It is now time to plow under the crops so they may become the fertilizer for the next cycle. Let go of any vested interest or attachment to the experience of the Lunar Cycle and to the stage props that served your growth. This is a transformational time, a time for personal change. Step forth from old facades, and free yourself from past ways of participating in life. This is much like shedding a costume that you were wearing in a stage performance, now to reveal true self. Essentially a lesser self is what you are shedding. This is a time of departure, of walking away from that which is no longer nourishing, to make the changes in our lives for that which is, and to live in the fullness and wealth gained from the cycle. Knowing now what your new truth is, it is time to consciously live it. Doing so provides a choice for others to also live theirs. Not making the realized changes keeps self bound in a circle of old patterns of growth while changing allows you to spiral into a new octave of experience.

Coalescence into Essence

The latter part of this phase, just before the Balsamic Moon, is a time of coalescing all that was experienced throughout the lunar cycle into its essence. It is a reflective time of extracting and assembling what was learned from the cycle, claiming its true wealth and wisdom. It is this seed essence that is of true value to greater self and is that which will sprout in the next lunar cycle.

BALSAMIC MOON

Seeding Phase
315° - 360°



Focus to the Future

Dedication and commitment now turn toward the future. The seed is planted. It is time to let it germinate. Completing any loose ends is appropriate, making the field of all possibilities smooth and clear, ready for a new sprouting to occur. We now turn away from the past cycle completely and look ahead, preparing for and anticipating the future, and to a new step to emerge in our Lunar Path of Fulfillment.

Surrender & Play

The end of this phase is also the end of the entire Lunar Cycle. It leads into the next New Moon. The day before the New Moon requires total abandonment, total surrender, in order to allow the sprouting for the next Lunar Theme to occur. Let go of all fears, worries and self-judgment. Become empty, a clear vessel. This is a great time to play and have fun.