

MEDICINE GARDEN

See the everyday magic in life...



January 2011 Forecast

Copyright 2010 Eileen Nauman
All Rights Reserved

Email: docbones224@earthlink.net
Website: <http://www.medicinegarden.com>
Blog: <http://talesfromechocanyon.blogspot.com>
<http://medicalastrologybyeileennauman.blogspot.com>
Facebook: <http://www.facebook.com/eileen.nauman>
Twitter: <http://twitter.com/eileennauman>

First of all, Happy NEW year! We survived the last one. Maybe not without dents, injuries or hobbling around...but we're still HERE :-). December was a shakeout month of huge proportions. But there's more shaking to do yet. We got the worst of it over with when Uranus turned direct on 12.5.2010. Now, in this month we have a New Moon solar eclipse at 13 Capricorn on January 4th. Nothing like kicking over the traces and started out the gate fast! Then, we have a 29 degree full moon at 29 Cancer on January 19th. For those of you who want to look back, 29 degree moons are bone breakers of mega proportion. In October 22, 2010 we had a full moon at 29 Aries. Then, a 29 Taurus full moon on November 21, 2010. The next one was 29 Gemini on December 21, 2010. Look back and ask yourself what happened at those times--and move two weeks ahead of that time. Events really crumbled.

If you didn't see my blog on what 29 degrees means, refresh your memory and go to: <http://tales-fromechocanyon.blogspot.com/2010/11/dilemma-of-29th-degree-thor-hammer-or.html>. This will help orient you to why it's such a powerful emotional leveler in a person's life.

We then get, after this 29 Cancer Full Moon on Jan 29th, Saturn going retrograde on January 25th, to close out the month. It's not as rocky as December, but the shake down of that month continues with major reverberations for some people in January, unfortunately. We can say that the following zodiac signs are on notice: Aries, Cancer, Libra and Capricorn. These are all cardinal signs and all were caught up in the first historical Grand Square we've ever witnessed. There is no historical writing

MEDICINE GARDEN



about when it last occurred, so we are out on a limb here watching this one and wondering what will happen. The Grand Square set up in July and August 2010. Since then, the four above cardinal signs have been in the thick of it. That means a lot of changes in one's life. It major, too, not minor. It could mean getting a job after being laid off for years, or getting fired from a job, going on a major move, a marriage, birth of a child, a divorce....these are the types of life shaping events that are happening to the cardinal signs right now.

Numerologically, one needs to understand that 2011 is a Master Number year. It has the energy of Saturn connected with Pluto and its not going to take any prisoners. The ramping up of energy for the birthing of the Aquarian Age 12.21.2012, is going to be felt by everyone very acutely. Please read my 2011 yearly forecast (it is a part of this month's release of information) but it's also up on the front page of www.medicinegarden.com. Be sure to send your relatives and friends. Forewarned is forearmed.

One of the good things is the first week in January, Jupiter and Uranus are conjunct in 27 Pisces. The brutal battering that Pisces and Virgo people have taken will at least get some 'air' and some good news in this week. Well earned, if you ask me.

January, numerologically speaking, is a '5' month. This means for everyone to 'expect the unexpected.' There's going to be plenty of surprises, shock, trauma and chaos not only in people's personal lives, but globally, too. North Korea is still behaving like the cad it is. The Middle East is still a hot bed of discontent. The Democratic president and feisty Republicans now go to hand-to-hand combat as they work to tear this country apart. When will the people stand up and be counted, I wonder? If there was ever a time to be counted--and heard--it is NOW in this year. If you're the type to never get involved, you had better in 2011.

This TSA invasive pat down (gate rape) should NEVER be tolerated by any citizen. People need to gather and support a change in this. Further, those Xray machines can and will cause cancer in the long term. TSA and Homeland Security/ Napolitano, have gone too far. Instead, they need to look at how Israel does their security at airports and take a hint from them, instead. At Thanksgiving, TSA stopped, to a large part, of doing these pat downs or having people go through the X-ray machines because of the fuss put up by 50% of this country who consider the invasive pat downs going too far. Get on board and have your voice heard.

The number '5' has a meanings: Travel-oriented. Trendsetter. Innovative. Sales person. Flash. Curious. Sense oriented. Gypsy at heart. Learning proper use of personal freedom, freedom-oriented. Learns through experience. Communication. Clever wit. Biting sarcasm. Sliver coated tongue can turn to a blade of steel . Can't stand being hemmed in. Flexible. Magnetic personality. Magnet drawing opposite sex. Adventurous. Expect the unexpected. Shocking. Lighting bolt. Burnout. Drifter. Impulsive. Self-centered. Jealous of other's successes. Bored easily. No one person will encounter all of these, but you may get five or six of them bubbling up in your life during January.

As with January being the "new" month in the "new" year, it does plant the seeds for a number of people. With a Solar Eclipse being a NEW Moon, there are going to be plenty of seeds planted and it will be for Capricorn and Cancer people. But the 29 Cancer Full Moon on January 19th is a clean up energy and that means these two signs are a push-pull dynamic. On one hand, you will be given 'new' ways, ideas or direction, but at the same time, you're still cleaning up messes from trying to dodge the bullet in your personal life. Poor Capricorn and Cancer are going to feel like they are in the center of a massive, cosmic tug-of-war. Just do the best you can and always, do the RIGHT thing and it will work out accordingly.

MEDICINE GARDEN



Let's look at January!

January 1st brings your life into a little better focus. Mercury just pulled direct on 12.29.2010, so we're coming out from under that 'cloud.' The Moon is in Sagittarius all day but for those nursing a hang over, it's a quiet day. For the rest of us, the only aspect is Moon sextile Saturn. We'll be in a somber mood, but also busy doing this and that around the house, too. For guys, it's football games. The gals may putter and do sewing, painting or some other hobby to get away from the sports. This is also a day of family get-togethers, or a loved one is on your mind. We are three days away from a New Moon Solar Eclipse, and we are in the 'shadow' of it until January 4th, when it occurs. Be awake for opportunities. New seeds are being scattered about. Maybe there is one for you.

January 2 the Moon is in Sagittarius until early evening when it goes into Capricorn. This is a much more active day, particularly the first half of it. There's short trips in the offing. Meditation is great today with Moon sextile Neptune. In the evening, expect some major surprises. Moon is square Jupiter and Uranus right at dinner time. Guess whose coming to dinner? If it's a quiet family affair, I wouldn't worry. But if you're have relatives or friends over, expect the unexpected. There's some kind of surprise in the offing this evening. Something like, "I'm pregnant," or "I've just joined the military," type of thing. Sagittarius, Gemini, Capricorn and Cancer are all bound up in this surprise this evening. We're in the eclipse shadow, stay alert for opportunities today.

June 3rd is the first Monday of the new year! The Moon is in droll and pedantic Capricorn, so it is a DRUDGE getting your holiday mind back into the business harness once more. Ugh! This is worsened with Moon conjunct Pluto. Bullying is in vogue. Authority figures may think they're above the law and you. Try to use this energy today to EMpower people, not DISempower them. Governments struggle. Confront authoritarianism quietly

but firmly. Don't let anyone bully you. Report them. In the shadow of the New Moon eclipse, there may be 'new' ideas or practicalities that show up--or rear their head. This is a teeth grinding Pluto day of transformation. Try to transform with dignity, grace and maturity.

January 4 is Tuesday and we're having the New Moon Eclipse at 13 Capricorn at 1:03 a.m., pst. When you wake up, you may feel a bit more hopeful, more optimistic than pessimistic and 'up' for some positive changes. See my article on the eclipse for details this month. The Moon is in earthy Capricorn all day. It's a mixed bag day with more positive aspects than the other type. However, the day starts off with Venus squaring Neptune all day. A spat with your loved one may remove the frosting from the cake. You may see him or her in an entirely different light and it might not be what you expect. Jupiter conjuncts Uranus today, too, so this means sudden and unexpected surprises happening for Pisces/Virgo people. They will be on the receiving end of the cosmic goodies, for once. Then, Venus conjuncts Jupiter and Uranus. To say the least, with Venus in Scorpio, many are going to be in an amorous mood tonight. Think of surprising your loved one with a dinner. Later, Moon squares Saturn and then Moon conjuncts Mars, so all your love making plans are liable to go up in the smoke of a heated argument. Watch for road ragers tonight and drive carefully. Watch your emotional triggers because with Mars active, you might choose to become more warrior than diplomat.

January 5 the Moon goes into Aquarius early in the morning. An air day instead of a earth day. This is a great day! One that has nothing but positive soft aspects. Talk about waking up in a good mood! Let's count our blessings. Moon is sextile Uranus/Jupiter/Venus. If you had a fight with your loved one last night, you can make up for it today--and all will be forgiven. People are happy for once. And hopeful. This is a rare day when we get aspects like this. A working day for sure because sextiles always mean work. There's

MEDICINE GARDEN



some nice surprises coming to Aquarian/Leo, Taurus/Scorpio people, plus Virgo/Pisces folks, too. Cosmic goodies are a comin'!

January 6 the Moon is in Aquarius. It's a roll-up-your-sleeves day with Moon trine Saturn. It's a somber day with little humor except for the dry, cutting type. People are working, focused and have little time for play. The Cosmic Work Ethic is being sprinkled over everyone. Also, expect manifestation of some thing in your life. Saturn is the great manifestor here on this planet. Aquarius and Leo people will get the lion's share of it, however.

January 7 the Moon is in Aquarius the first half of the day and then swims into fishy Pisces. The Moon is VOC (void-of-course) which means it behaves like a Mercury retrograde. Not much gets done in the afternoon and early evening; it's a Cosmic Time Out. Sun is square Saturn, so there's some consternation with the boss or some in your life who has authority OVER you. It's a time to act responsibly and with maturity. Expect a busy day, a short trip and plenty of emails/phone calls. Moon is sextile Mercury and we're flying around in high gear. Add to this Moon conjunct Neptune and we're flying BLIND. Best to switch to your internal gut hunch and intuition to thread the needle on this day. At home tonight, be kind to your spouse or there will be a highly unpleasant fight and you'll go to bed pissed off. NOT a good way to end your day. Diplomacy and compassion makes the difference.

January 8, Saturday, the Moon is in nepunized Pisces. It's wanting to be a lazy day but with Moon sextile Pluto, I'm afraid you're busy shoveling snow or into some kind of house/yard work. This is a highly intense day with Pluto energy present. Be sure to EMpower others and yourself today. The hard, nasty side of Pluto makes people out to be a bully and DISempower others. NOT a good thing. Use this energy to accomplish a LOT in a little time. Great for meditation and spiritual adventures, too.

January 9th the Moon continues to swim along in Pisces. this is a day with some surprises in it and best to wake up and 'expect nothing, receive everything,' frame of mind. If you do, this is a real working day. Moon is sextile Sun and Mars, so everyone is behaving like they got a B-12 shot have super vigorous energy. This is a Mars day; good for sliding, skiing, being out in the cold of winter doing sports if younger. If older, you're doing something inside the house, not sitting idly by watching TV. Use this shot of energy and get something that's been hanging around--finished.

Monday, January 10th, you will have a helluva jolting, shocking night. Chances are you won't sleep well. The Moon has roared in the Ram, Aries and its tail is on fire. This is a day with so many aspects that it shows, clearly, everyone is running at Mach 3 with their hair on fire! This isn't a day for wimps! Moon is conjunct Jupiter/Uranus, so be looking for some NICE surprise to drop into your lap today. Further, Moon is sextile Venus and love is on some people's minds. The night turn testy around 9:45 p.m., PST. Moon is square Pluto, which brings out the bullies and intimidators. Add to this, Mercury is squaring Uranus, and you have an unholy alliance between these two aspects. If a woman or girl, do NOT walk alone....always have a companion. And for couples, watch your words because this could be a nuclear incident between you. And it will be too easy to say things you will regret the rest of your life. Bite your tongue.

Tuesday, January 11th, the Moon continues in aggressive, fiery Aries. This is a battleground day. Maybe a war day for some. Mercury is square Jupiter so do NOT promise more than you can deliver. Lies and embellishments can get out of hand here with this aspect. Further, Moon is opposed Saturn, so it's a real downer day for many. There's a grim reality setting in globally and it could use a warm, fuzzy blanket but there isn't any in sight.... This is a chuck under the chin day, especially for Aries and Libra people. This is about being accountable and being responsible. If you aren't, you're going to find yourself in a

MEDICINE GARDEN



sling and no way out. It's easy to be aggressive today. Or just 'pop-off.' Try not to. On another note, we are now entering the "shadow" of Saturn going retrograde. See my article on this for more details. Suffice to say, from this day to the 25th of the month, it's going to feel like the Cosmos has thrown a heavy blanket over all of us, more or less. Those who are really going to feel this are Libra people because Saturn is in your sign, and the opposite sign, Aries. Air and fire do not like earthy Saturn, so this hangs like a yoke upon them every day.

January 12th, Wednesday, is the first quarter phase of the Moon. What started out on January 4th with the eclipse, continues to come to its highest intensity starting this week and lasting the next seven days. Capricorn's and Cancers are going to feel the heat of this the most. Accidents are in the air with Mars sextile Uranus...but if it happens, you'll be lucky and it won't be as bad as first thought. Surprises are here to. The Moon is in Aries, so they and Libra's get the biggest ones- and they will be good ones! Mid-afternoon, Moon squares Mars, and this is a time of losing your temper and saying things you shouldn't. Further, car accidents and accidents in general are in the air. Stay focused and they won't happen. By the end of the day, everyone has kissed and made up with Moon trine Mercury. A short trip is in the offing this evening.

January 13 the Moon is in fixed, stubborn Taurus all day. Mercury unhappily moves into Taurus. Mercury is the air element and Taurus is earth and they simply don't get along. However, all Taurus people will be up for a short trip in the next three weeks. And Taurus/Scorpio people will be running full bore on emails and phone calls.... you are cosmos central for communication too. Mars is sextile Jupiter, and that means Pisces/ Virgo and Aquarius/Leo people are going to get a NICE surprise today. The rest of us will feel this energy and things will be hectic all day, but it will work out really well for everyone. A happy end to a super active day!

January 14th has a different cast of energy to it. Mars is 29 Capricorn and Jupiter is 29 Pisces. Please read my blog on "29 degrees and what it means" at <http://talesfromechocanyon.blogspot.com/2010/11/dilemma-of-29th-degree-thor-hammer-or.html> to understand the enormity of this day. We have TWO planets that are at this intense, intractable degree. For the signs of Pisces/Virgo and Aquarius/Leo will be in the gun sights of this phenomena. To say the LEAST, this is going to be an emotionally intense day for everyone, but especially for these four zodiac sun signs. Buckle up. And own your stuff and don't try to run away or avoid it because this time, it won't work. Gunmen come out on this 29th degree where Mars is concerned. And road ragers will abound. Drive safely and stay alert. The other good thing to take the edge off all of this is Moon is trine Sun. People, if in a position of stress and high emotions, will find a way to work THROUGH it and be successful. Remain flexible all day because a lot will be ask of everyone. And, if this isn't enough already, we now move into the 'shadow' of the Full Moon which occurs on January 19th. This means our emotions are going to be on the front burner, and we're feeling a lot of explosive pressure with Life breathing down our necks. This five day period will be like this every day so settle into finding your quiet, inner space, instead. Don't get hooked into emotional tempests that aren't yours, either. Because people are going to be popping off like champagne corks this next five days.

January 15, Saturday, can't come too soon. It's a lot quieter, but still active than Friday was. The Moon happily glides into airy Gemini all day and they and Sagittarian's are the focus. Expect some 'interesting' dreams the night before because Moon is square neptune. If you had a nightmare, your dreams change markedly around 3:00 p.m. PST when Moon sextiles Uranus and Jupiter. You'll wake up in a good mood. And then the Moon trines Mars, so you may get up early. Whenever you arise, you'll be full of energy and want to make the most of this super busy day. To add

MEDICINE GARDEN



to this energy, fiery Mars is moving into airy and fixed Aquarius. For Aquarian people, now through February 21st, Mars is in your sun sign. This means you get super power energy. Vitality will zoom up. You'll feel so full of yourself, you'll be ready to change the world single handedly. Also, it's a time of manifestation of things that you need in your life. Mars is there to kick everything into high gear for you. The other air signs, Gemini and Libra, will also feel that thrust of vitality too.

January 16, the Moon is in Gemini. And what a lazy Sunday it is! The only aspect is Moon trine Saturn. That may mean the men are couch potatoes and the women may be focused on children or a hobby. Everyone is in a placid-frame of mind. Responsibilities occur today, perhaps to elderly parents or an older male in your family. This is a care giving day in one way. In another, it's about working on some long term project (maybe a thousand piece puzzle or something you're making or painting). You will find a quietness to this day, but after last week, we all need this cosmic time out.

January 17th is the opposite of Sunday. It's got a tone of aspects trickling down into our world. That means BUSY with capitals! The Moon goes into watery Cancer around noon, PST today. Until then, it is still in Gemini. The first half of the day is going to go at a frenetic, multitasking pace for everyone. Further, Moon is square Jupiter and Uranus, so Gemini and Sagittarian's may get an ugly surprise. It won't be nice this time, so stay loose, centered and flexible and you'll deal with it. Further, for everyone, it means not promising more than you can deliver. A big mouth and boasting will get you in trouble today. Be conservative, instead, on what you can deliver to another. Once the Moon flows into Cancer, things turn ugly, as in DAWG ugly. The aspects turn sour. In the evening hours there is Moon opposed Mercury/Pluto. This is jaw droppingly intense, emotionally speaking. You may receive a phone call about a child, relative or friend that will require an intense emotional reaction out of

you. There may be a long trip in the offing due to this phone call. Then, the last aspect of the day is Mercury conjunct Pluto. For some, this can bring intense inner awareness, even an epiphany. For others though, especially the signs of Capricorn/Cancer the news will be gut punching in all probability.

January 18, Tuesday, the Moon continues in emotional and watery Cancer. After yesterday, which was a major upset emotionally for many, this day has only one aspect, thank goodness. It is Moon square Saturn and this shows responsibility trumps everything else in the day. It especially hits Cancer/Capricorn people the most. Today is about taking responsibility and not being the victim. Your choices are your own; no one made you take them except yourself. This is a day of major manifestation of something into each of our lives as well. And because it has the square, which is hard energy, we have a choice here, as well. Squares can either be a stumbling block OR a building block. Whatever comes down today, you will have this choice. I hope you take the latter. It's the best choice. And with the Full Moon bearing down upon us tomorrow, everyone is feeling emotionally frayed at the edges. Irritability and anger are easily tapped into. Try to take some deep breaths and put yourself in the other person's place before you react.

January 19th, Wednesday, is the Full Moon at 29 Cancer. And as you've already seen, (and hopefully read) the 29th degree is a mean emotional chuck under the chin for some. It brings every toxic and wounded emotions we have up to the surface to be acted/reacted too. The last 29 degree Moon was December 21st at 29 Gemini. Look back on that two weeks and see how you fared. You know now what you're up against this month. The Full Moon is in Cancer, so they and Capricorn's are on the hot seat, quite literally. And both these signs have a tendency to sit and suppress/repress their wounded and hurt emotions. Well, not any more. The next two weeks you are going to be like volcanoes spewing out

MEDICINE GARDEN



your emotions. I just hope it's at the right person and you're not projecting on some innocent bystander to your release. There are some good aspects to help this emotional Roto Rooter take place and discharge with Moon trine Jupiter. Later, Sun sextiles Jupiter, so lots of Cosmic help and support to clean out our personal toxic emotions once and for all. We get 29 degree moons like this every once in awhile and they are designed to help us DUMP the toxic and poisonous emotions we all carry. If we discharge them properly, then we are cleaned out and won't contract a disease. Because that's the outcome of sitting one one's emotions: chronic illness. Use this next two weeks as a cleansing and own your own stuff and don't project it on others. And believe me, in the next two weeks, there are going to be ample situations that will confront each of us that we'll have to deal with. With Moon opposed Mars as the last aspect today, it's a red flag warning that the next two weeks is about owning our shit and discharging it appropriately. The Full Moon means that for the next two weeks, we are at fruition and signing/sealing things we started under the New Moon.

January 20, Thursday, the Sun moves into airy Aquarius. Happy birthday to everyone born under this sun sign. For the next thirty days, you are full of super fuel/energy/vitality and drive. The best things will occur in this month. It could be a new job, a door opening or some kind of movement in your life such as a marriage or birth of a child, or meeting the right person. Remain open and allow the Cosmos to come into your life in a good way. Moon is trine Venus today, so love is in the air. Plus, people are in a decent frame of mind with Moon in party-hardy Leo. There's fire and energy available for everyone with Leo strutting its stuff! And Moon is sextile Saturn so this means manifestation for Leo/Aquarius, in particular. Enjoy this upper high energy! The lion is roaring.

January 21st, Friday, the Moon is in Leo until mid-afternoon when it swings into earthy, practical Virgo. We go from fire in the morning, where

energy is frenetic to earth, where everything shallows out and becomes quiet. The only aspect to this day is Moon opposed Neptune midmorning. Chances are you may have slept in late and almost was late for work, or you had odd, weird dreams. A lot of people will be spacy this morning until this aspect passes. After lunch PST, we get down to the business of work. Common sense and practicality rule from mid-afternoon on. And pay attention to details because if you don't, they could bite you in the butt later on. Add to this transiting Jupiter is at 29 degrees of Pisces today, so it's a real corker for Pisces/Virgo people emotionally speaking. For the rest of us, we're going to see people turning into drama kings and queens all over the place. Try to reign in your own feelings and walk around these dramas if you can. Whew!

Saturday, January 22nd the transiting Moon is in Virgo all day. Let's hear it for earthy sense of humor and paying attention to those very necessary details in our life. Today, Jupiter moves into ARIES! And lucky Aries! When Jupiter rolls into your sign once every twelve years, you should throw a party. Things are going to start going right for all you fire sign rams. Stand by! Life is going to start flowing more smoothly and easily for you. If you've been banging against closed doors--they will now start opening. Moon is trine Mercury today, and Virgo/Pisces people are going to be very busy with emails and cell phone calls. They will need roller blades today and a short trip will be in the offing. Later, around dinner time, PST, Moon is square Venus, so don't buy into a tiff with a loved one. Be kind, listen and don't judge. That way, you can have a very nice evening instead of one where you're at emotional odds with your partner.

Sunday, January 23rd, is a very busy day with lots of upsets, surprises. Some will be good and others won't be. First, Moon moves from Virgo into Libra in the late afternoon. The first half of the day is spent in Earthy Virgo where we get a lot done. This is a work day even if it's a weekend

MEDICINE GARDEN



with Venus sextile Saturn...you may be prettying up your house, painting a room or in some way, beautifying where you live. Then, at noon PST, Moon is sextile Uranus and this is where surprises drop in. It could be a phone call, a neighbor or an email. It will be Libra and Aries people who will be ground zero for this aspect. Expect the unexpected. Then, near dinner time, Moon sextiles Jupiter and the bountiful universe puts some goodies into play for us. We get into a much better frame of mind and are happy. The last aspect is Moon trine Sun, so while the day started off rather chaotically, it will end on a good and satisfying note for all.

January 24, is Monday and we're back at work! Ugh! Moon is in Libra all day and it's going to be VERY contentious energy to say the least. Never forget that Libra is not only the sign of peace, but also of war. And today is a "war" day energy-wise for all. We start off with Moon square Pluto while we sleep. Some may experience nightmares, unfortunately. Then, Moon trine Mars and your dreams can take on aggressive overtone. Not good for a solid night's sleep. It will be restless. This Moon trine Mars energy is around all day. It's vital, aggressive, assertive and powerful. Moon squares Mercury late in the day before dinner, so watch what you say and how you say it. Diplomacy is the better part of valor, here. During dinner PST, Moon conjunct Saturn. Talking about a downer dinner. Geeze. If you have a friend who has depression, be sure to call her or him this evening...they may need to hear a cheerful voice to lift them out of the mire of this aspect. Plus, Saturn is going retrograde tomorrow, so it's really weighing down on them. This is a time when people choose suicide, so be watchful of others. Finally, at bedtime, Moon sextiles Venus and trust me, you will sleep like a proverbial baby tonight!

Saturn turns retrograde on January 25, Tuesday. The Moon is in Libra until evening hours when it moves into intense, watery Scorpio. It's a one-two punch with Saturn's behavior and that of moody, dark scorpion energy. Ouch. This is

a very, very heavy day energy wise and I'm sure everyone will feel like they're carrying an invisible load that will bring them to their knees. Libra and Aries are at the center of this retrograde. Although, with Jupiter in Aries, these folks aren't going to feel it as badly as Libra people will. Saturn is about paying one's debts. Be sure to read my separate article on this planet in this month's offering. Everyone is somber, responsible, serious and not given to too many jokes or smiles. It's time for karma pay back because that's Saturn's job. Just be responsible today and that will help. Moon is trine Neptune today, too, so this can take the harsh edge off Saturn's normally grim demeanor. Those who have been working hard, spiritually speaking, will bet DHARMA instead of KARMA today. Everyone will get exactly what they deserve.....no more, no less.

January 26, Wednesday, the Moon is in moody, deep water Scorpio, so Saturn's energy is hanging around like a wet blanket on all of us. Ugh! Things are pretty somber today. Mercury is square Saturn while we sleep, and it may portend some unhappy dreams to some of us. Then, Moon squares Sun and then Moon sextiles Pluto, so don't expect a good night's sleep out of this. There may have been some major event in the world that keeps you worried, anxious or fearful. It will show up in your dreams. And, to add salt to our somber frame of mind due to sleeplessness, Moon squares Mars. It is also the last quarter moon and everyone is jumpy, irritable, angry and aggressive. It's a pretty emotional day because Moon is in Scorpio digging into our depths whether we want it too or not. The best way to negotiate this day is to be flexible and not get drawn into emotional storms that aren't yours. Tread softly. Speak softly. Keep your tone gentle. There's a lot of people out there and very, very edgy and rattled.

January 27th, Thursday, the moon continues in moody and secretive Scorpio. It's very hard for us to shake off this weight of Saturn turning retrograde. The wet cosmic blanket is still hang-

MEDICINE GARDEN



ing around our shoulders whether we want it there or not. It's just heavy global energy. Period. This days is better. Moon is sextile Mercury, so we will get some sleep. And this aspect rules the day energy. Expect a lot of movement, restlessness and a quick, short trip to boot. Then, at dinnertime, Moon squares Neptune. We may end up feeling so tuckered out, that we want to go to bed early. But, in the early evening, Moon trines Uranus and we're getting a surprise whether we want it or not. It may turn out to be a very GOOD surprise. A nice way to cap off this day.

January 28, Friday, the energy lifts as Moon gallops into fiery Sagittarius. This is a great day energy-wise for positiveness and being hopeful. It's a lucky day, too, with Sagittarian's and Gemini folk being at the bulls eye of this Cosmic manna. Moon is trine Jupiter (and Jupiter is now in Aries) and that means Gemini/Sagittarius and Aries/Libra get the bulk of the Cosmic goodies today. But all of us will receive something that will make us smile or boost us in a positive way. Moon is sextile Sun mid afternoon, so things are clicking along very nicely. Work yes, but things are flowing easily with no blocks or hurdles to climb or go around. Then, at dinner time, PST, Moon is trine Uranus, so expect a nice surprise....a real cap off to a great day. Soak up the good vibes because we don't get many of these windows any more.

January 29, Saturday, is the 'perfect' weekend! The Moon continues in good humored Sagittarius and that just natural lifts everyone's somber mood. Saturn may have gone retrograde on the the 25th, but Friday and Saturday have been "uppers" that more than make up for that black, dark mood of this earthy planet. Sleep in! Have a lazy breakfast and some good coffee. Enjoy this special time with your loved ones. Celebrate being alive. Moon is sextile Saturn early in the day and more than likely, most of you will sleep very deeply and wake up late. That's okay, this is the day to do that! Then, Moon is conjunct Venus, a lovely, loving, compassionate energy. Both of these shower Saturday and you may well be doing

work or getting groceries or helping an elder loved one who needs your attention. It's also a great day to plan a very special dinner with the one you love. Amour is in the air tonight!

Sunday, January 30th, the Moon leaves Sagittarius in the night and when you wake up this morning, it is in earthy, hard working Capricorn. A huge switch in energy. And the day is going to reflect an entirely different and jarring energy, unfortunately. Saturn with Moon square Jupiter when you wake up. Chances are, you had some interesting and perhaps weird dreams. With this aspect, don't promise more than you can deliver. If you're shopping, don't get carried away, either. Jupiter is expansive and wants to enlarge everything. Don't let it be a bigger bill than you anticipated. This is a day where you can over do everything; even physical activity, so pace yourself instead. Add to this, around noon, PST, Moon is opposed Uranus, so watch for accidents. Stay focused. A nasty surprise could appear right now. In late afternoon, Moon opposes Jupiter and again, over reaction, overly emotional or over reactive rule this time frame. If something goes on, try to keep your cool and maintain your focus. Don't get scattered or lose your emotional temper. Finally, in the late evening, Cosmic balm is put on this contentious day in the aspect of Moon trine Sun. Whatever has happened today, when you're in bed tonight, you'll replay it and get good information or some kind of resolving of it.

Monday! The workaday world awaits. January 31 has the Moon in Capricorn. How appropriate. Saturn is the ruler of Capricorn, so this is a hard, slow, grinding day energy-wise. To add to this is Moon square Saturn, so this is a payment day karmically for many. For others, it simply means a day of drudgery without any uppers or hope. Everyone is in a grim frame of mind. Not many jokes are being shared today. On the other hand, those who are hard workers will see their idea or project move ahead, one slow step at a time. There is satisfaction in that, and that's about all that's being doled out today by the Cosmos. Be

MEDICINE GARDEN



responsible, be mature, handle your load with compassion and the day will end on a more positive note.

BEST DAYS: 1, 5, 6, 16, 20, 28, 29

CRISIS DAYS: 2, 3, 4, 11, 14, 17, 18, 23, 24, 25, 26, 30, 31

UNASPECTED: 0

A SURVIVAL CHECK LIST TO DO

1. **YOGA CLASS?** Look at beginning Yoga or some other low stress and healthy exercise. I can't say enough about Yoga because it influences our breathing, stretches us, calms us and cleans out our chakras, which is very important during this time. All signs can benefit from yoga.

2. **READ A BOOK.** You can always go to my author website www.lindsaymckenna.com if you like fiction.

3. **TIME OUT!** Take time out for yourself. Be alone. Be quiet. Go in. Do things that give you joy. Be with people who love you. Don't put yourself in the gun sites of your enemies or those who are jealous or competitive with you.

4. **MEDITATION.** It is there that you meet your teachers and guides, the spirits who love you despite yourself. It is an excellent time to go in and listen to your inner voice, your heart and your desires....and to become (finally) aware of them and then to act upon them.

5. **COUNSELING.** Or you could title this: anger management course or "Who's Pushing My Buttons and Why?" This is a great time to seek counseling. Whether you go to a therapist, seek out a minister/priest, or some other professional, you should. Anger, when unexpressed, twists in us and hurts us. Anger inappropriately expressed always hurts others and that's not what you really want. I would also suggest contacting Rosemarie Brown, MSW, who is a "Coach" and has been trained to help put people in touch with their most important elements of themselves and get on with life in a positive fashion. You can reach her at: starrose@sedona.net. Coaching is a life-changing technique and I'm sure Rosemarie can help you to help yourself. You can visit her website as well at: <http://www.rosemariebrown.com>

6. **SWIMMING AND WATER.** Ah yes! Cancer, Scorpio and Pisces people really love the water. Swimming is a wonderful way to relax this winter.

MEDICINE GARDEN



What better time to sign up for a course in swimming at your local spa than now? Or a nice long bath or shower. Do take advantage of the water during this period because water is always healing for you. If you don't have a nearby pool, then think of a nice bath with your favorite bath salts or oils and luxuriate in it--treat yourself kindly and well. For Capricorn, Taurus and Virgo's, who are an earth signs, you're the soul of texture. Massage is one of the most basic preventative maintenance things you can do for yourself--so schedule massage once a week if you can.

7. CARE OF YOUR SOUL. Getting a soul recovery and extraction--no better time than now, believe me. We have all lost pieces of our spirit in this lifetime and many times, anger is a big red flag of loss. You can go to: http://www.medicin-garden.com/SRE/SRE_Faculty.html

8. ASTROLOGICAL COUNSELING. Getting your astrology natal chart read by a professional can definitely help shed light on your chaotic life if you are being influenced by this transit. Professional astrologer, Rosemarie Brown is available at: star-rose@sedona.net and her website: <http://www.rosemariebrown.com>. Shedding light into the dark areas of your life is always helpful and Rosemarie is one of the best!

9. MEDICAL ASTROLOGY TO SUPPORT GOOD HEALTH. If you have health concerns that should be looked into, contact: Rosemarie Brown at star-rose@sedona.net, is a trained medical astrologer. Find out what you're dealing with and learn how to turn this into a positive, healing experience.

10. FLOWER and GEM ESSENCES. These are gentle healers that can help a person to heal themselves. Just go to: <http://www.medicin-garden.com> and point/click on Natural Essences and you'll see gorgeous photos of your favorite flowers, as well as useful information that might help you in some positive way!

11. LEARNING TO TAKE CARE OF YOURSELF. I can't emphasize enough that this Mars retrograde

period is about going within and healing yourself on whatever level needs tending. Be kind to yourself! Do little things for yourself daily...things that make you happy or give you pleasure. Look for ways to take the stress off yourself.

12. PLANNING ON A NEW JOB IN THE FUTURE? WANT TO MOVE TO ANOTHER PART OF THE COUNTRY? Astrology can help! Check out Rosemarie Brown at star-rose@sedona.net and her website at: <http://www.rosemariebrown.com>

With all these "tools" at our disposal, you can make a smooth transition from the outer world into your bright, creative and educational inner world!