

**How to Read the Astro Calendars**  
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## How to Read the Astro Calendars Introduction

The following is an adjunct to the Antipodean Astro Calendars and the Northern Hemisphere Astro Calendars and serves as an aid in how to read some of the information contained in them. It will help you to get started if you are a beginner or, if you have used the calendar before, it may illustrate something to you that you did not realise was there.

The calendars are designed for beginners and the researchers working in the field of rhythms. The colourful graphic representations help the beginner and researcher alike whilst the amount of detail and explanations is important for the researcher to find a non simplistic path into their quest to find co-relationships to plant rhythms and the rhythms taking place in the sky above us. Initially the fullness of the calendar can be bewildering and off putting to the beginner and they are advised to begin with one rhythm that they connect with (eg the lunar phase cycle of New Moon to Full Moon) and become familiar with it before taking on another rhythm. It may take years before one can grasp everything that is in the calendar and one cannot expect to understand everything in it immediately ..... it takes inner effort and time!

### The Top Bar to the calendar relates to Sun Information

Refer to the illustration on page 2

Starting at the top of the Astro Calendar page we have the year and month labelled but also a coloured horizontal bar.

The January month will always have the left side of the bar coloured reddish (denoting a 'fire' element) and the right side brownish for 'earth'. The first half of the month finds us with the Sun in Sagittarius, a 'fire' constellation and the second half in Capricorn – 'earth'.

The Sun passes in front of 12 constellations in the course of the year, 3 of which are 'fire', 3 are 'air', 3 are 'water' and 3 'earth'. They are colour coded accordingly. The 12 constellations referred to in the calendar are from the Sidereal Zodiac and not the Tropical Zodiac of your birth sign. There is an article on my website 'Tropical & Sidereal Zodiacs' [www.astro-calendar.com](http://www.astro-calendar.com) that discusses these two zodiacs.

Around the middle of every month you will find that the Sun progresses into a new constellation. In the example given you will find that it takes place on the 15th at 08:17.

Looking a bit more closely at the horizontal bar you will notice that it slopes upwards from left to right. This indicates that the Sun is moving northwards ie heading in the direction of the North Pole. By common convention the top of a page represents North and the bottom South. This is the 'Rocket View' of the Sun's movement between the hemispheres and there is a rocket symbol on the left side of the page.

However when the Sun moves northwards with bar sloping upwards (heading to mid winter) it also gets lower in the sky at midday. A person in the Southern Hemisphere faces a dilemma here because the top of a page, besides representing North also by convention represents 'Up!' To solve this problem I have a 'Ground View' as well (**for Southern Hemisphere editions only**). At the bottom right of the page there is an image of a person looking up, and you will see also a symbol of the Sun with a line sloping downwards. This 'Ground View' line is a horizontal reflection of the line of the top bar.

Look through the calendar and note how the slope of the bar changes. In July for example the slope will be opposite to that of January ie it will be sloping downward as the Sun heads South. Look at June and December where the slope changes direction. These are the solstice points where the Sun reaches its farthest North and farthest South, respectively. The dates and times of these solstices are given in that top section too.

When the Sun gets lower in the sky each midday this can be termed a 'Descending Sun'. When it gets higher as it moves to midsummer it is also known as an 'Ascending Sun'. These terms can be confusing when communicating to someone in the opposite hemisphere. I prefer to use universal terms such as Sun moving North or South instead of 'Ascending' or 'Descending'. I think it also helps us to be conscious of the phenomena and not just a label for a recipe.

When the Sun, Moon or planets are over the Southern Hemisphere their forces are stronger for those in the South. It helps us to be aware of them. They will also rise South of East and set South of West. The Sun only rises at due East twice a year and that is at the Equinoxes – here again dates and times are given in the top section. When these luminaries are over the Northern Hemisphere they will rise North of East and set North of West. So when we note where something is rising we can know over which hemisphere it is.

Other information given in the top section are the dates, times and distances for perihelion and aphelion. Perihelion occurs every 1st week of January and this is when the Earth is closest to the Sun for the year. Aphelion is when the Earth is at its farthest.

# 20XX MONTH



PERIHELION  
2nd @ 10:59  
\* Sun closest to Earth  
147.1 million km



SUN IN FRONT OF SAGITTARIUS CONSTELLATION UNTIL 15TH

Sun changing constellation  
08:17

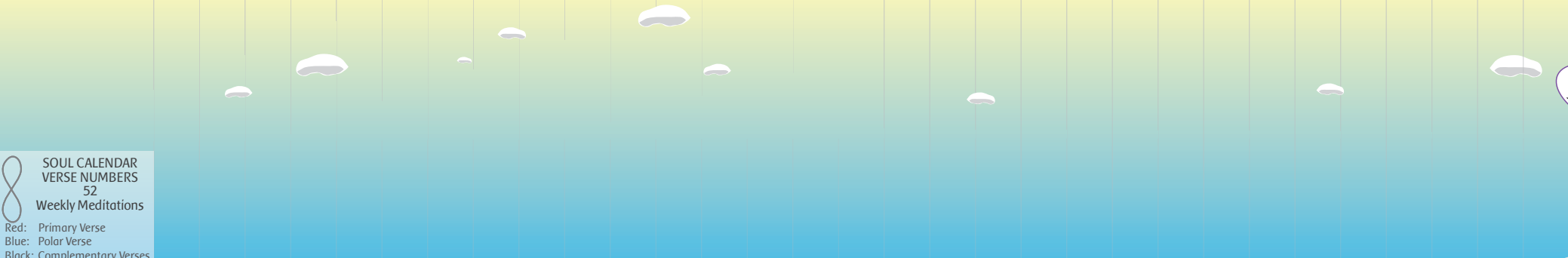
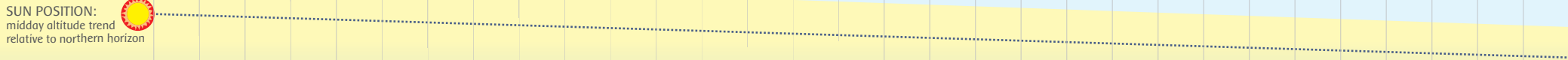
SUN IN FRONT OF CAPRICORN CONSTELLATION

1 Tue	2 Wed	3 Thu	4 Fri	5 Sat	6 Sun	7 Mon	8 Tue	9 Wed	10 Thu	11 Fri	12 Sat	13 Sun	14 Mon	15 Tue	16 Wed	17 Thu	18 Fri	19 Sat	20 Sun	21 Mon	22 Tue	23 Wed	24 Thu	25 Fri	26 Sat	27 Sun	28 Mon	29 Tue	30 Wed	31 Thu
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ROCKET VIEW

## Sun Information Map

SUN POSITION:  
midday altitude trend  
relative to northern horizon



DESCENDING  
ASCENDING

SOUL CALENDAR  
VERSE NUMBERS  
52  
Weekly Meditations

Red: Primary Verse  
Blue: Polar Verse  
Black: Complementary Verses

GROUND VIEW

## Top Page Moon Information

Refer to the illustration on page 4

### Moon High or Low

*Ascension / Descension Declination Cycle – 27.32 days.*

Below the top bar of the Astro Calendar on each monthly top page we have information pertaining to the Moon. The top bar containing Sun information was covered in a previous article.

You will easily note the curves going up and down. Look below and to the right of the rocket picture. Note 3 lines crossing the page horizontally and parallel to each other, 2 are green and one is red. They represent the Tropics of Cancer and Capricorn and the Equator (red line). With a rocket's eye view we are generally more aware that the Sun, in its annual movement, ranges between the 2 Tropics and crosses the equator at the Equinoxes. What is less well known is that the Moon's range is similar to the Sun but 12X faster ie it does in 1 month what the Sun takes 1 year to do. The Moon spends half of each month in each hemisphere. The Sun spends half a year in each hemisphere. I say 'similar' and intend to explain why in a later article.

When the Moon is at the bottom of the curve this represents its most southerly declination for the month. If you look for a grey square above the black curves with the constellation symbols it will give you information about this peak southerly position for the Moon. In the example given for the 10th you will read "Peak 20S53 01:16". This means the Moon is over the Southern Hemisphere of the Earth at a latitude of 20° 53' at the 24 hour time of 01:16. (Please note: times are Eastern Australian Time or Pacific Time and no account is taken of daylight savings in the calendar). If you are in the Southern Hemisphere this would be the Sun's equivalent of the Summer Solstice (Winter Solstice for the north) ie it is a Lunarstice the 'midsummer' of the month! 2 weeks later on the 23rd the Moon will be at its Peak North position over the latitude of 20° 49' (20 degrees 49 minutes ..... minutes are subdivisions of a degree and there are 60 per degree). This is one of the Moon's cycles and is called its declination or ascension/descension cycle and has a period of 27.32 days. This cycle is part of a greater cycle of 18.6 years which will be covered in the later article mentioned above.

We are quite familiar with the lunar phase rhythm of Full-New-Full Moon but it is well worth getting to know some of the other lunar rhythms that have a periodicity of around 1 month. How do we get to know and observe this declination cycle? Note where on your horizon the Sun or Moon rises and sets each day. The Sun rises at due East only twice a year and that is at the Equinoxes. The Moon does so twice a month. When they rise at due East they will set at due West. The little lightning symbol on the equator line denotes when the Moon crosses the equator. There are regular weather disturbances at these times and quite often, in warmer coastal climates, sheet lightning offshore. When the Sun, Moon or planets are in the Northern Hemisphere you will see them rising in the North-East and setting in the North-West. If you see any of these luminaries rising in the South-East or setting in the South-West you will know they are over the Southern Hemisphere.

At the bottom right of the page ([for Southern Hemisphere editions only](#)) there is an image of a person looking up to represent the 'Ground View' as opposed to the 'Rocket View'. Representing altitude, from a person on the ground viewpoint, towards the top of a page would represent high. From a rocket perspective, when you are looking over the hemispheres from above, the top of a page represents North. Consequently you will find that the Moon curve at the bottom of the page ('Ground View') is a horizontal reflection of the curves above them ('Rocket View'). They are 2 different viewpoints and need to be represented differently. When you are in the Southern Hemisphere with the Moon at its most southern position (bottom of upper curves) you will see the Moon very high in the sky when it is at its mid-heaven position (halfway across the sky and equivalent to the Sun's noon position).

Every 24 hours the Moon travels across the skyline. It makes a transit. Halfway across the sky she is at her highest point for that 24 hour period. She is crossing the meridian. Observing the Moon at her mid-sky position from day to day you will notice that for a fortnight the Moon climbs higher and higher reaching a peak and then gets lower and lower for a fortnight. This corresponds to the Moon Curve going up and down in the calendar. When the Moon is travelling high\* you can also notice that the Moon will rise in the South of East and set South of West. The higher the transit the more in a southerly direction will be the risings and settings. The Moon will be over the Southern Hemisphere. When the Moon is transiting low she will rise in the North of East and set North of West. The lower the arc of travel the more northerly will be the risings and settings. The Moon will be over the Northern Hemisphere.

For the Moon to go from its peak transit height and come back to its peak height takes 27.32 days. NB. The Moon only rises due East twice a month and that is when she crosses the equator in the Pisces and Virgo constellations. That is also when she sets due West.

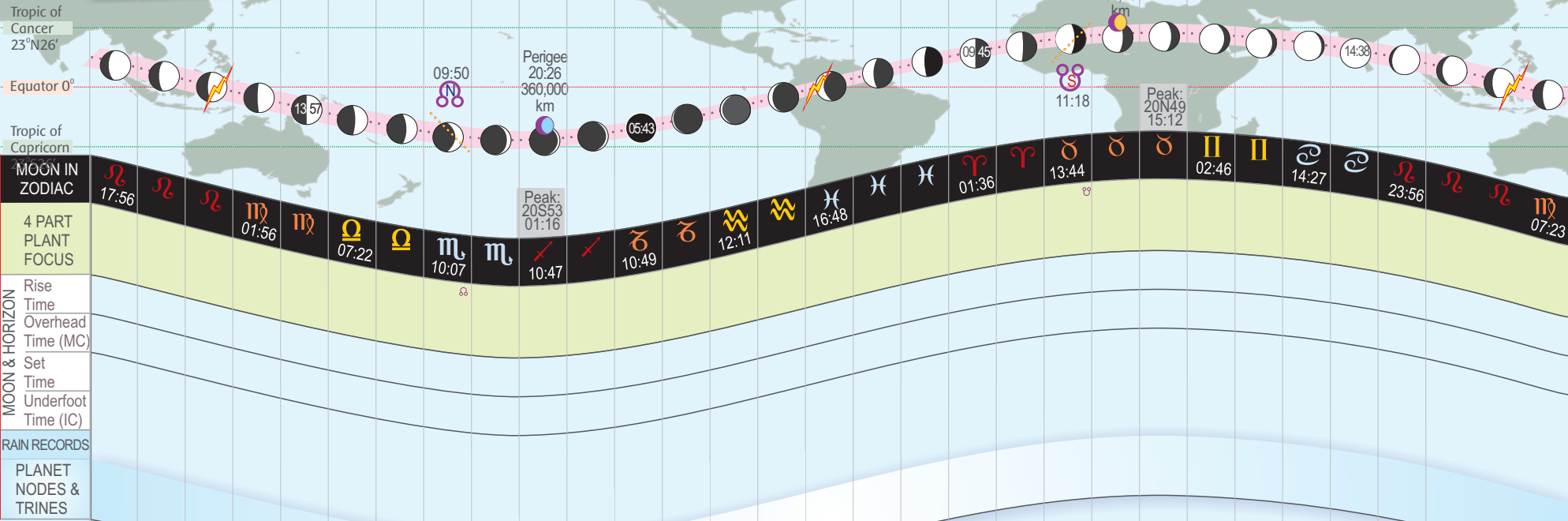
\***Northern Hemisphere notes.** The above writing is from the perspective of an observer in the Southern Hemisphere. When the Moon is travelling high in the South it is travelling low in the North for you. You will also need to face South to observe the transiting, rather than North.

# Moon Information Map

**ROCKET VIEW**  
MOON'S PATH OVER THE EARTH

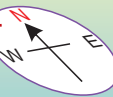
For detailed explanations see CENTRE PAGES & LEGEND

1 Tue	2 Wed	3 Thu	4 Fri	5 Sat	6 Sun	7 Mon	8 Tue	9 Wed	10 Thu	11 Fri	12 Sat	13 Sun	14 Mon	15 Tue	16 Wed	17 Thu	18 Fri	19 Sat	20 Sun	21 Mon	22 Tue	23 Wed	24 Thu	25 Fri	26 Sat	27 Sun	28 Mon	29 Tue	30 Wed	31 Thu
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MOON POSITION: mid-heaven height above northern horizon

DESCENDING  
ASCENDING



**GROUND VIEW**

## **Common Practical Activities for the Lunar Declination Rhythm:**

When the Sun, Moon or planets are over the Southern Hemisphere their forces are stronger for those plants in the South. The converse applies for those residing in the North. A common biodynamic practice is for transplanting to be done when the Moon is travelling away from the hemisphere one is living in ie towards a Peak in the opposite hemisphere. This is also known as the descending part of the cycle as the mid-heaven position of the Moon gets lower each consecutive day (descends) for a 2 week period before it begins climbing in altitude again.

When the Moon is in the ascending fortnight plant vitality moves into its upper reaches - it is like a mini Spring and Summer. With a descending (going low) Sun the Earth breathes in, and the plant's main activity withdraws into the root zones. So too with the Moon's descension, but to a lesser degree - a mini Autumn and Winter. The ascending periods are considered favourable for grafting and the application of 501 (bio-dynamic spray), but not for pruning when open wounds could bleed too much. In the descending period, which lasts a fortnight, the increased vitality within the soil makes it appropriate for activities like the spraying of 500 (BD spray), compost making and transplanting. It is remarkable how well plants do transplant at these times. A root growth cycle is able to commence, enabling rapid reestablishment of the plant. Maria Thun advocated the planting of all seeds during lunar descension, whereas others might only sow root crops at this time. Higher tides occur around the Peak Ascension and there is more rapid plant growth.

During the ASCENDING period there exists a greater emphasis on the energy flow from the centre of the Earth to the Universe periphery. This phenomenon, observed in spring tides, has a correspondence to the strength of the sap flow in a plant that can be harnessed by the gardener. Concentrate on aspects of gardening that enhance the energetic states of the upper reaches of the plant. A suitable time for grafting because the sap from the rootstock can have a stronger upward flow for a better union with the scion. A good time to pick flowers and fruit because they are part of the upper reaches of the plant. Plant seeds towards peak ascension (plant's 'spring tide') for quicker germination. The overall ascending effect is greatly enhanced when the Moon is waxing and/or around lunar perigee. You can note that there will be a correspondence to tide heights.

During the DESCENDING period the lunar energy tends to flow down from the cosmic periphery towards the centre of the Earth. These forces are now biased to work more strongly into the lower reaches of the plant - the rhizosphere. A suitable time for transplanting, composting, re-potting and planting of legumes and root crops. Plants connect readily to the Earth through root growth during this fortnight. Prime time for harvesting as the plant energies are more contained within the physical plant itself. Good time for pruning or to cut lawns as the plant is less inclined to lose its life juices (sap) through bleeding. The overall descending effect is greatly enhanced towards New Moon and lunar apogee.

## **Moon Light or Dark – Full or New**

*Phase or Synodic Cycle – 29.53 days*

The Moon reflects the Sun's light towards the Earth except at New (Null) Moon when the Sun is directly behind the Moon. In the days after the Null Moon you will notice that the Moon steadily moves away from the Sun - setting later than the Sun by some 50 minutes each day. As she moves away she obtains a different angle to the Sun and reflects more light. The Moon is waxing – her phase increases. The waxing continues for a fortnight until the Moon is opposite the Sun and we have the Full Moon with her face fully illuminated by the Sun. She then steadily angles back to the Sun, wanes, decreases phase.

There is a continual tussle between light / levity against darkness / gravity. Plants have been shown to have a greater metabolic activity and absorption rate towards Full Moon and seeds germinate faster. A flush of fertility / growth forces comes to the Earth with every Full Moon. At this time only, and not all month, the Earth is open to being fertilized through her water organisation with life forces of light . However do not plant exactly at the Full Moon as she is in the midst of change between waxing and waning and results are unpredictable.

## **Practical Activities for the Phase Rhythm:**

The gardener uses the period of enhanced growth forces towards Full Moon for plants that have their main development above the soil surface such as lettuce or tomatoes. Sap flow towards the upper reaches of the plant are stronger during this waxing period. Good and rapid seed germination rates can be expected and there is evidence to suggest that the plant will go on to maintain this rapid growth throughout its life cycle. Harvests for immediate consumption have excellent taste but do not store well. If conditions are dry, this is a good time to water because lunar forces cannot be harnessed without a water matrix. In excessive wet conditions take action to prevent fungal attacks. The fortnightly period prior to New Moon is generally used to plant root crops (for plants that have their emphasis below ground), composting and for seed bed preparation.

You will find the first two rhythms in particular have a lot of horticultural practices in common and experience will unveil subtle differences.

## Moon Near or Far

*Perigee/Apogee Apsidal Cycle – 27.55 days*

The Moon is not always at a constant distance from the Earth. Look at the perigee and apogee events for each month and note the varying distances of the Moon from the Earth. She gets farther away for a fortnight and then draws closer in again. With practice it is possible to discern when the Moon is getting closer because it grows in size optically by some 10%. At the closest Perigee of the year the Moon is some 356,600km away and a fortnight later it will be around 406,500km.

Maria Thun advocated that planting seeds in the hours around a lunar perigee was not beneficial to subsequent plant growth. Maria Thun based calendars have this period marked as a non planting time.

I am of the opinion **this is true for some of the perigees but not all of them** and more so in some years than in other years. This opinion comes from my experience in observing the weather, being familiar with astronomical rhythms and realising that the weather and the plants are dancing to the same tune which is being called by the Sun, Moon, planets and stars.

Every perigee is different, as is every full moon, as is every peak declination (ascension or descension). I have just listed 3 different lunar rhythms which take place every month. It is important to consider them in relationship to each other.

You will find that up to twice in every year the perigee takes place within 12 hours of the full or new moon ie the perigee/apogee rhythm is in synch with the lunar phase rhythm. This beautiful fact comes about as 14 full moon cycles takes 413.32 days and 15 perigee cycles takes 413.42 days. When this occurs you will notice:

- that it is the closest perigee of the year (proxigee) around 357,000kms;
- that a fortnight before or after the proxigee is the most distant apogee around 406,600km;
- that there are very high and very low tides in this period;
- that there will be widespread unusual or extreme occurrences of weather (including earthquakes).

These lunar periods are known as “supermoons” a term coined by Richard Nolle and defined as “a New or Full Moon which occurs with the Moon near (within 90% of) its closest approach to Earth”. The “supermoons” are 7.5 lunar months apart, alternating between new and full moons. This is half of the 413 day cycle. Sun, Moon and the Earth are in a straight line on these occasions (syzygy). Lunar rhythms have a correlation to rhythms in all fluids (including molten lava beneath our tectonic plates and plant sap). The extreme weather tends to be in a period 3 days either side of the the proxigee moon.

In 2014 the perigee distances will range between 356,900 at the proxigees to 369,800kms. Tidal forces are inversely proportional to the cube of the Moon's distance and consequently there are huge differences within this range. It is well worth taking note of those perigees under 358,000kms.

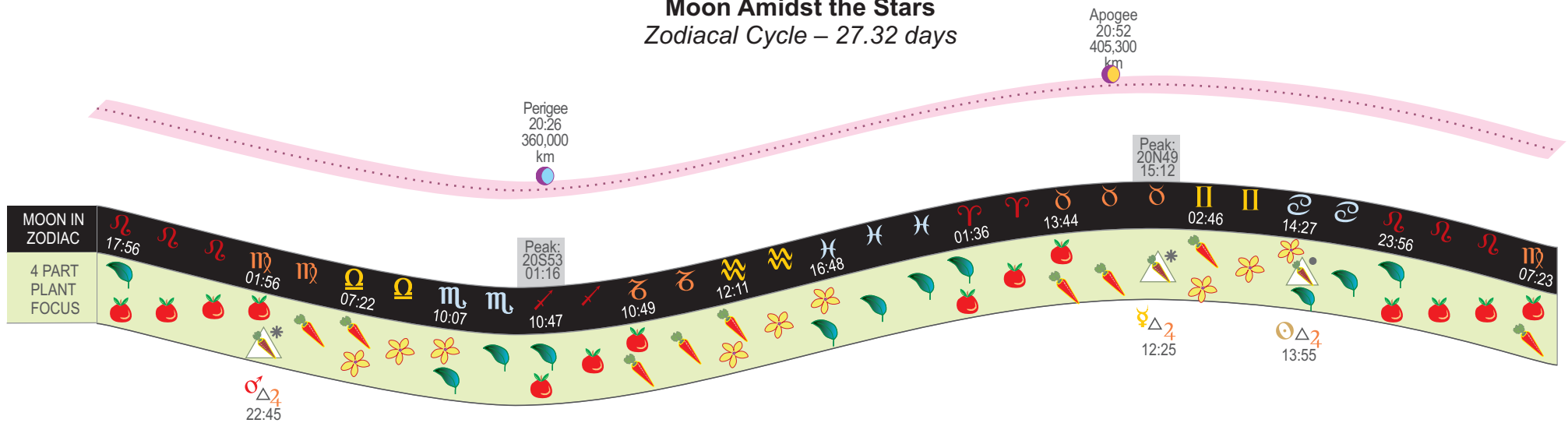
In my experience of perigees prevailing climatic and weather / atmospheric conditions become exaggerated. If is tending towards wet, then it will be very wet and if it is a hot period, then it will be very hot! If it was summer I could expect floods in the tropics but heatwaves in a temperate zone. This could be fine tuned by consulting a synoptic weather forecast to see where the high and low pressure cells are likely to be located.

With a sense of anticipation of what could happen weatherwise in a particular month I can plan my horticultural activities. If a close perigee (under 360,000kms) is pending when my prevailing weather conditions have been warm and moist I could expect fungal activity to be rife and take prophylactic actions accordingly. That perigee, under those conditions, would obviously have a negative effect on seed plantings. However if conditions had been very dry it could well turn out to be a favourable time. You will find the more distant perigees are further away, time wise, from the Full and New moons, the respective lunar rhythms are not in synch.

I am quite sure our horticultural activities and future research will be far more fruitful when we become more aware of the interplay of the various lunar rhythms and carry out our gardening and farming, as well as designing our experiments, accordingly.

**Practical Activities for the Apsidal Rhythm:** When the Moon is close to the Earth (perigee) prevailing weather / atmospheric conditions become exaggerated. If is tending towards wet, then it will be very wet and if it is a hot period, then it will be very hot! Plants such as beans, potatoes, carrots, radish and rye planted at the time of perigee have been shown to give higher yields. At apogee with the Moon at its farthest distance from Earth, levitation forces would be at their weakest, and gravity forces strongest. Some gardeners advocate planting potatoes around apogee. So called ‘supermoons’ occur when Perigee is within 24 hours of a Full Moon. Expect extreme weather focal points world wide at these times.

## Moon Amidst the Stars Zodiacal Cycle – 27.32 days



The starry background to the Moon is constantly varying from hour to hour. The Sun, Moon and Planets travel along a 14° wide route across the sky and the particular constellations behind this route are collectively known as the Zodiac. Every month the Moon returns to the same longitudinal Zodiac position ie she completes a circuit in front of the stars. For the purposes of this calendar the Zodiac has been divided into 12 equal constellations of 30°. It is a Sidereal Zodiac and you will find that it is different from the Tropical Zodiac that you find in most horoscope literature. For the difference between the two you may wish to read the relevant article on my website. [www.astro-calendar.com](http://www.astro-calendar.com).

**Practical Activities for the Zodiacal Rhythm:** “As above so below”. The Moon’s travel through the Zodiac influences the plant in a 4-fold way based on the Aristotlean 4 States of Matter: EARTH (solid); WATER (liquid); AIR (gaseous); FIRE (radiant heat). The 12 constellations are in 3 sets of 4. Each element is associated with 3 constellations. You will notice that the constellations are colour coded in the calendar for ease of recognition. EARTH constellations are brown, WATER blue and so on. When the Moon is in an EARTH sign/constellation it is said that the roots of a plant are favourably influenced; in a WATER sign - leaves; in an AIR sign - flowery parts and in a FIRE sign - fruit and seeds. Root crops (like carrots) can be planted whenever the Moon is in Taurus, Virgo or Capricorn - EARTH constellations. Leaf crops are influenced more greatly by the WATER constellations of Cancer, Scorpio and Pisces; flowers by the AIR of Gemini, Libra, Aquarius; and fruit or seeds by the FIRE of Aries, Leo and Sagittarius.

Astrologers work in the same way but they generally use the Tropical Zodiac. Maria Thun was the first to advocate using the Sidereal Zodiac for this work. See the Legend 3 Page in the centre pages of the calendar - “About the Maria Thun Method” - for further information.

### Context to Working with Rhythms

As you can notice from the above, the four lunar rhythms vary from approximately 27 to 30 days in length. They are not of the same duration. As a consequence over the course of the year they come into and out of phase with each other. When you have a Full Moon on the same day as Perigee for example you have exceptionally strong lunar forces which manifest in very high tides, dramatic weather effects, fungal attacks and yes - there is a strong influence on the sap dynamics of the plants. You can also notice that the Winter Full Moon is always when the Moon is running High giving you the longest Full Moon light of the year on the shortest day. Not every Full Moon is the same by any means!!

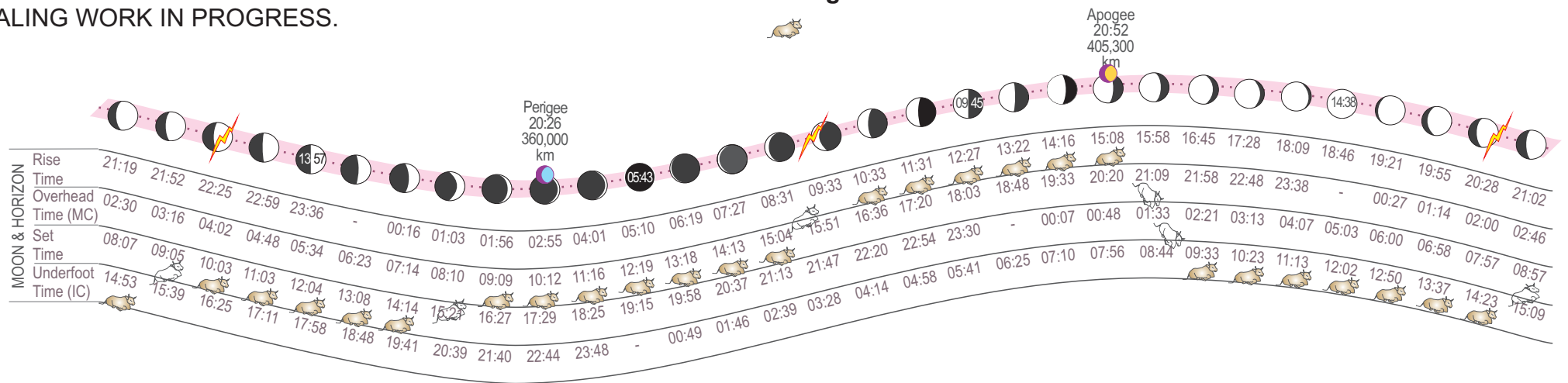
The Sun’s rhythms are considered before the Moon’s rhythms when it comes to our horticultural activities. This has been taken for granted. We cannot ignore the light and warmth of the Sun! # There is no set formula for planting to Lunar Rhythms. The four lunar cycles are each approximately of 1 month duration, however none of them are exactly the same length or synchronous, which allows for ever changing relationships. One has to read into the various influences shown on the calendar, look at the prevailing weather conditions, judge soil moisture and available personal time etc. Common sense is a primary ingredient.

See Legends in the center pages of the calendar for more explanations



## Cow Cudding Times

TRIALING WORK IN PROGRESS.



Virtually every consecutive day the cow lies down to chew its cud at a different time of day. Notice that they lie down to rest a bit later each day until it gets to mid afternoon before they start cudding. (represented by the brown cow in the Astro Calendar). Then they switch to resting at mid morning and cud approximately 50 minutes later on consecutive days. There is a pattern to this.

I have been aware of the cow's connection to lunar rhythms since 1990 and over that period have intermittently taken records of when cows are lying down and chewing their cuds. For most of that time I have not had cows of my own to observe and so my records are sparse. Nonetheless I have enough data to confidently say that a cow's rhythm of resting strongly correlates to the 4 key horizon aspects of the Moon. I set out a general rule on the next page but am also well aware that some refinements could be added to the fundamental rhythm. I encourage others to take up this research.

The rhythm is primarily a synthesis of aspects of lunar and solar rhythms. There are 4 key aspects in any solar, lunar or planetary day. They relate to the local horizon and are approximately 90 degrees apart. These 4 aspects are when the sun/moon, planet is:-

- 1) RISING,
- 2) CULMINATING HIGH (directly overhead - midheaven or MC),
- 2) SETTING
- 4) CULMINATING LOW (directly underfoot - lowest point below the horizon or IC).

For the Sun these 4 aspects are called:-Sunrise, Midday, Sunset, Midnight. Each aspect has a unique quality to it. We all know how special Sunrise is and have experienced the 'flatness' of midday. Can we become aware of the qualities of Moonrise and the Moon-mid"day"?

The 4 aspects of the Moon could be joined together to form the arms of a cross. Picture a lunar clock with 4 hands approximately 90 degrees apart. 4 times a day, when the Moon arrives at these key positions I imagine a distinct tone sounding through Nature. The closest of the 4 lunar arms to midday (Sun key aspect) is when the cows are inclined to chew their cuds.


Example 1:- the Moon is setting at 11:10 and at IC at 17:04.  
 Midday is between these two times but closer to Moonset.  
 The cows will go down around 11:10.


Example 2:- the Moon is culminating at 8:25 and rising at 14:20.  
 Midday is between these two times but closer to the Moon rising.  
 The cows will go down around 14:20.

Cud(ding) means cows are actively chewing their cud and usually lying down for 1 to 2 hours. Times given are mid-period. The rows in the table on the above page conform to the 4 wavy rows in the Antipodean and Northern Star Calendars for Moon's horizon aspects.

The lunar phase cycle (LUNATION) is 29.5 and the 4 key aspect times are intimately related to the phases and we can note a pattern.

### General Rule

 3 days either side of New(No) Moon  
3 days either side of Full Moon  
3 days either side of Waxing Half Moon  
3 days either side of Waning Half Moon

 Cows cud when the Moon is at the overhead aspect  
Cows cud when the Moon is at the underfoot aspect  
Cows cud when the Moon is at the rising aspect  
Cows cud when the Moon is at the setting aspect



Transition times (represented by the outlined cow in the Astro Calendar) are when the cows are switching from an afternoon to a morning resting period in response to these sol-lunar rhythms. They could be resting and chewing their cud in the morning, afternoon or even both. The changeover time is not clear. Times are generally between 9am and 3pm and can be later in the summer and around Full Moon.

When the key aspects start to synchronise with the lunar perigee/apogee rhythm then we can have 4 days either side of an aspect and only 2 days either side of an adjacent aspect.

Cows are very strongly connected to lunar rhythms. Bulls and steers are not so strongly connected unless they are running with the herd (with mature cows). Dairy cows having additional rhythms imposed upon them by milking times and so they will not strictly adhere to the times given above. Pet cows are influenced by human rhythms, which can override lunar rhythms. New stock to the property take a few days to become sensitised ("tune in"). I suspect dehorned cattle would be less sensitive to these rhythms but I cannot say that categorically.

**Actively working with these rhythms changes our management practices and reduces animal stress** e.g. not moving stock at a cudding time and if they are not resting and cudding at the normal time then it could be an indication that their feed is too poor.

Not all animals are connected to lunar rhythms. Some are associated with Mars, others to Jupiter and so on. All are influenced by the Sun as well. Marine organisms are even more strongly connected to lunar rhythms than cows.

NB I have not managed to investigate what happens at night. However around clear night Full Moons there is a tendency for the cows to get up late in the morning after prolonged night grazing. **These findings have not been confirmed by other research as far as I am aware.**

Fish are said to feed (and therefore inclined to take bait) when the Moon is at one of these key quarter positions of RISING, OVERHEAD (MC), SETTING and UNDERFOOT (IC), especially when they coincide with dawn or dusk (New and Full Moons). Apparently some fishermen take advantage of fish feeding 2 hours before Moonrise and 1 hour after Moonset. I am not a fisherman.

**NB. Strong weather conditions can also change the rhythm as can planetary aspects.**

### Calendar Usage Notes

**No adjustment has been made for Daylight Saving.**

For events like rising and setting times you do not have to adjust times for time differences brought about through LONGITUDE ie as in TIME ZONES like Pacific Time.

Sunrise or Moonrise or Marsrise will be at the same time for any observer at the same LATITUDE and ALTITUDE (prominences such as hills and buildings to the east - will of course make a difference).

The Northern Hemisphere Astro Calendar rise/set times were based on 45 degrees north (San Francisco).

The Antipodean Astro Calendar rise/set times were based on 34 degrees south (Sydney).

**If your latitude is very different to the San Francisco or Sydney latitudes then so will the rising times differ from those given in the calendars.**

All other times in the calendar will need changing unless you are on Australian Eastern Standard or Pacific times as they are not based on the Earth's horizon but on aspects to the Sun or stars. If you would like the Sun or Moon rise/set for your locale they can be obtained from:- <http://aa.usno.navy.mil>

# Bottom Page Planet Information

## Planet monthly constellation positions

Planet is moving northwards which would be 'descending' from a southern hemisphere viewpoint



						Planets not visible without a telescope			
♀ Mercury	♀ Venus	♂ Mars	♃ Jupiter	♄ Saturn	♅ Uranus	♆ Neptune	♇ Pluto		
N descending 1-9th 9-27th 27-31st	N descending Retro 1-31st	S ascending 1-31st	N descending Retro 1-31st	S ascending 1-31st	N descending 1-31st	N descending 1-31st	N descending 1-31st		

Planet is moving southwards which would be 'ascending' from a southern hemisphere viewpoint



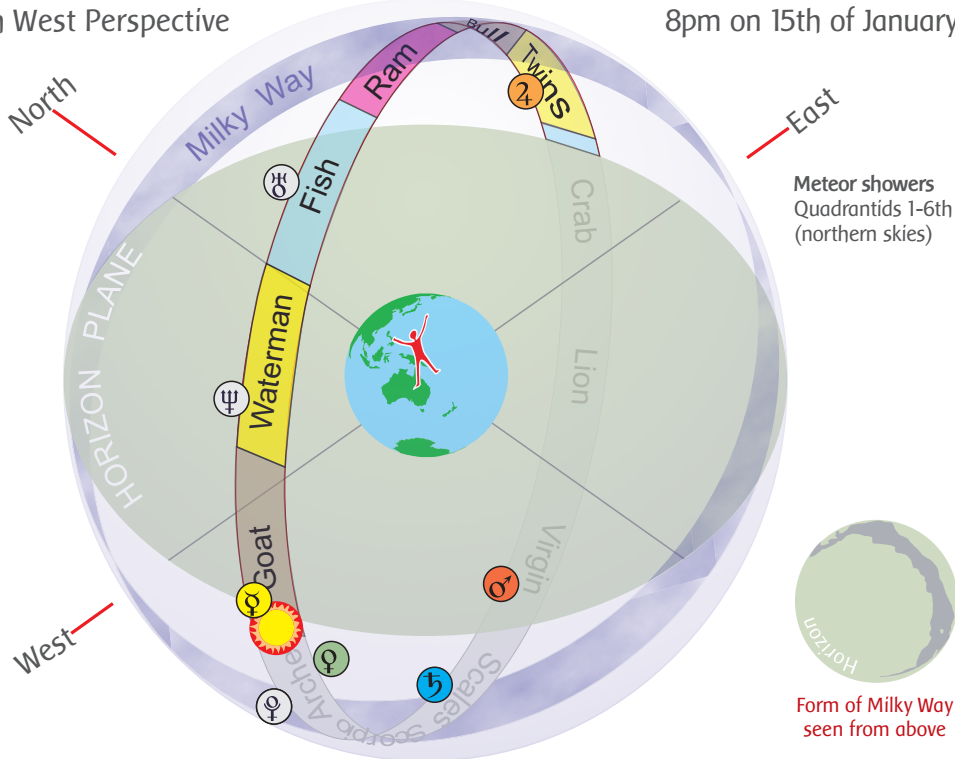
From the information in the columns one can determine that Mercury is in Sagittarius from the 1st of the month until the 9th when it changes to move in front of the star constellation of Capricorn. The Venus column also indicates that this planet is going retrograde from the 1st to 31st. Jupiter is also going retrograde. The other planets would all have direct motion as no retrograde is indicated for them. As the constellations are colour coded to the 4 elements Earth, Water, Air and Fire you can also discern what element the planet could be influencing. This also informs the planetary trines seen on the top page.

In Rudolf Steiner's course for farmers he indicated that planting trees in a so-called ascending period of a planet would be of benefit to the quality of the tree. Whether a planet is 'ascending' or 'descending' can easily be ascertained from the information above. **Please note that 'ascending' from a southern perspective is 'descending' for a northern hemispherean.**

### The MID-MONTH SKY VIEW

South West Perspective

8pm on 15th of January



Meteor showers  
Quadrantids 1-6th  
(northern skies)



Form of Milky Way  
seen from above

This next chart, in conjunction with the planet columns above, are aids for getting to know the wonders of the night sky. We all have a yearning to reconnect to the heavens consciously or unconsciously.

The red figure in the middle is the observer standing on Earth - this is a Geocentric Perspective. The planets and zodiacal constellations are rising easterly and setting westerly.

Every night and every hour the sky is different but if you go out and observe the sky at approximately the same time (8pm in this example) you will see a similar picture over the course of a month. The Moon however is not so constrained and its rapid movement is charted on the top page map for each month.

The planets travel along a band some 14° wide. The constellations along this band are known as the Sidereal Zodiac. The centre line around this band is the ecliptic - the Sun's course through the year. The rising compass positions of the planets, along with the zodiacal constellations move between North East and South East and back again in a scissoring motion. Settings are between North West and South West.

There is another 'band' which is beautiful to behold on a dark night in unpolluted sky and with a lot more obvious form to it - the Milky Way our Galactic Plane. This plane is inclined at a 62° angle to the Zodiac Plane. The Milky Way rises easterly and sets westerly too and, depending on your latitude, at some time in the 24 hour period can touch every point on your horizon. It is all encompassing and not limited as is the Zodiac which cannot touch the northern and southern parts of our horizon. Her dance is a delight..... more freely available on my website [www.astro-calendar.com](http://www.astro-calendar.com)

**Working with Cosmic Rhythms is a continual work in progress for us all.**