



## **New Moon Partial Eclipse 15 Capricorn 25 Jan 5-7, 2019**

These days are useful for envisioning the next lunar month. Imagine you are planting seeds and setting intentions. Take some personal time, go within and create your intentions with as much lucidity and clarity as possible.

This is not about accomplishing so much right now as it is about a time best used for reflection, planning, and intending.

As the first New Moon of the New Year (and a partial eclipse) it has significance beyond the usual monthly time for seeding and setting intentions while also envisioning and co-creating the entirety of the New Year.

### **Questions to ask of your-self when setting intentions include:**

- Do you feel that your ideas and plans are manifesting?
- Do you follow through and fulfill your commitments?
- Do you have patience and steadfastness in your life?
- Do you feel that you get the respect that you deserve?
- Do you sometimes feel your efforts and contributions are simply not making a difference?
- Do you feel burdened by guilt and judgments?
- Are you your own greatest critic?
- Are you too critical or judgmental of others?

### **Suggested Actions and Intentions:**

- Consider committing to a project that is likely to get results and then stick with it.
- Create a schedule or a detailed plan of action

## **Partial Solar Eclipse**

Another remarkable feature of this New Moon is a Partial Solar Eclipse - Super New Moon, where all the attributes of this time are magnified. Not only is the power and strength amplified for setting your intentions, it also serves for the next six months and perhaps the entire year.

Consider making sure you include in the envisioning process of planting seeds of intention, the urgent necessity to face any fears from the past (including your past and the collective past) that could be holding you back. If you can, courageously, and with brutal honesty, confront these fears and these 'shadow' programs, then your possibility of creating major breakthroughs are magnified. Otherwise, the profound opportunities available in this rare time-frame are wasted.

### **The possible shadow programs to consider are:**

- False classes and hierarchies
- Extreme control programs
- The extremes of Patriarchy
- Lack of respect for the Feminine and the Earth

- Extremes of Judgment and guilt
- The wounding from our family lineages

### **First Quarter Moon 23 Aries 48 Jan 13-15, 2019**

This is the testing ground where you may face challenges preventing you from fulfilling the intentions you have activated. It's time for making decisions, a reckoning perhaps. It can feel like a referendum on the seeds you planted last week. You could possibly regret that you intended the course of action you are on, or perhaps regret that you ignored the possibilities completely.

In any case, some kind of action is required, despite your uncertainties. It's not the time for resting or escaping. It's not too late to act on your plans. It is best to trust the correctness of your intentions, even if you are faced with challenges or uncertainty.

### **Full Moon Total Lunar Eclipse 0 Leo 52 Jan 20-22, 2019**

This is a time for maximum expansion - when the energies of life are most pronounced and heightened. Extreme experiences may occur including overwhelming fullness of your consciousness and your perceptions may be wildly exciting. It's great to be alive - to see and feel everything, even in the middle of the night.

However, these experiences can be so overwhelming it may feel like too much. Less sleep may be a side affect because your consciousness is so expanded. Beware of manic behavior, as well as irrational fears that can surface in you or others. This is understandable as previously hidden (in the dark) or repressed inner aspects (also in the environment around you) are now exposed.

At this time the seeds of intention from a previous New Moon have grown and stand revealed. If you have intended well, this is a gratifying time. Bask in the joy of their manifestation. In such cases, who needs sleep?

If things have gone well these past few weeks since the New Moon, you will be feeling really good about yourself and your life, and even have seen and felt some beneficial results from your actions. You accomplished a lot, and have been well respected for it. Others are noticing it also.

However, beware of certain pitfalls that may arise unexpectedly, and that others can easily notice:

- A control program when being a parent, leader, boss, teacher, therapist or other hierarchical roles and being overly identified with these roles.
- Becoming resentful when you are not respected.
- Becoming angry when your intentions do not turn out (a too-personal attachment to the results)
- An overly entitled attitude towards receiving recognition, appreciation, and reward.
- Being too distant and impersonal
- Acting like a know-it-all

However, if you have not clearly intended or seeded at the New Moon, or failed to take actions toward their manifestation, you might feel remorse, even disappointment, as you become increasingly aware of what you may have missed. Notice these feelings, while remembering to go easy on yourself, as your self-judgment, and oversensitivity to the judgment of others, can also be greatly expanded now.

## **Total Lunar Eclipse**

This Full Moon features a Total Lunar Eclipse of great magnitude, as a Super Powerful Full Moon. Everything about a Full Moon is magnified! The opportunity here is to have the confidence and courage, and the *intention*, to recognize the hidden shadow and unconscious elements of life that exist within us all. Remember, that as these repressed, hidden, or denied behaviors emerge, it could be triggered by anyone. However, it's not always about you or your shadow – unless you are personally triggered by what is happening. There is an advantage to looking at your own shadow, calling it out and exposing it. We can only change what we are aware of needs changing.

It turns out that certain kinds of historically world-wide behaviors can also become increasingly evident. For this eclipse these include:

- Desperate and extreme efforts to hold on to control
- Narcissism and entitlement
- Sociopathic behavior
- False classes and hierarchies
- The excesses of patriarchy

To call this out, and then not be surprised by it, can powerfully energize and expand your awareness into a whole new level of self-love and objective, non-judgmental behavior.

The what can emerge is the awareness of your capacity to expand consciousness, knowing you cannot leave out the shadow and the deeper, darker stuff. When it's integrated into the expanded light of awareness, then wholeness is possible. As you can see, great breakthroughs are available at this time.

## **Last Quarter (7 Scorpio 38) January 26-28, 2019**

These days are not a time of rest or pure escape but rather require action. A key word is dissemination or the spreading of knowledge, information, insights, ideas, wisdom.

If you set intentions at the New Moon, took decisive, inspired action at the First Quarter Moon, bathed in a sense of accomplishment during the Full Moon, then this is a tremendous time to share, to express, to contribute what you have learned, and what you have gained.

This is not to be viewed as one more accomplishment, or additional *doing*, but rather an elegant and mature giving back, an effortless sharing, reserved for those open to receiving. Possibly what you are sharing are future seeds of intention to inspire others.

However, if you have not had an illuminating or successful time these past weeks, you could be feeling the stress of having missed an opportunity. Events in your life may reflect your disappointment in having little to share, or in having made few, if any, strides toward a fulfilling life.

Use these difficult feelings and experiences to inspire a different approach, augmented by greater awareness and conviction next month and next year.