

MOON CHART 2008

In all meditation it is of value for the student to remember that, from the standpoint of permanent benefit, it is easier to meditate effectively during the period from the new moon to the full moon, than from the full moon to the new moon. The first half of the lunar cycle is one of intensification, absorption and accretion; the second half is one of assimilation and distribution. More real progress over a long period can be made by observing this cyclic law.

Wisely utilizing newly acquired energies keeps inflowing and outflowing channels open and prevents emotional, mental and psychical congestions which may otherwise be experienced, with their accompanying physical consequences.

Table of new and full moons for the twelve months of 2008:

				<i>UNITED STATES STANDARD TIME</i>					
<u>2008</u>	<u>EST</u>			<u>Eastern</u>	<u>Central</u>	<u>Mountain</u>	<u>Pacific</u>	<u>GREENWICH</u>	<u>GMT</u>
	<u>Day</u>	<u>Moon</u>	<u>Sign</u>					<u>MEAN TIME</u>	<u>Day</u>
Jan	8	New	Cap	6:38am	5:38am	4:38am	3:38am	11:38am	8
Jan	22	Full	Aqu	8:36am	7:36am	6:36am	5:36am	1:36pm	22
Feb	6	New#	Aqu	10:46pm	9:46pm	8:46pm	7:46pm	3:46am	7
Feb	20	Full#	Pisc	10:32pm	9:32pm	8:32pm	7:32pm	3:32am	21
Mar	7	New	Pisc	12:15pm	11:15am	10:15am	9:15am	5:15pm	7
Mar	21	Full	Ari	1:41pm	12:41pm	11:41am	10:41am	6:41pm	21
Apr	5	New	Ari	10:56pm	9:56pm	8:56pm	7:56pm	3:56am	6
Apr	20	Full	Tau	5:26am	4:26am	3:26am	2:26am	10:26am	20
May	5	New	Tau	7:19am	6:19am	5:19am	4:19am	12:19pm	5
May	19	Full	Tau	9:12pm	8:12pm	7:12pm	6:12pm	2:12am	20
Jun	3	New	Gem	2:24pm	1:24pm	12:24pm	11:24am	7:24pm	3
Jun	18	Full	Gem	12:32pm	11:32am	10:32am	9:32am	5:32pm	18
Jul	2	New	Can	9:20pm	8:20pm	7:20pm	6:20pm	2:20am	3
Jul	18	Full	Can	3:00am	2:00am	1:00am	12:00am	8:00am	18
Aug	1	New#	Leo	5:14am	4:14am	3:14am	2:14am	10:14am	1
Aug	16	Full#	Leo	4:18pm	3:18pm	2:18pm	1:18pm	9:18pm	16
Aug	30	New	Vir	2:59pm	1:59pm	12:59pm	11:59am	7:59pm	30
Sept	15	Full	Vir	4:14am	3:14am	2:14am	1:14am	9:14am	15
Sept	29	New	Lib	3:13am	2:13am	1:13am	12:13am	8:13am	29
Oct	14	Full	Lib	3:04pm	2:04pm	1:04pm	12:04pm	8:04pm	14
Oct	28	New	Scor	6:15pm	5:15pm	4:15pm	3:15pm	11:15pm	28
Nov	13	Full	Scor	1:18am	12:18am	11:18pm*	10:18pm*	6:18am	13
Nov	27	New	Sag	11:56am	10:56am	9:56am	8:56am	4:56pm	27
Dec	12	Full	Sag	11:38am	10:38am	9:38am	8:38am	4:38pm	12
Dec	27	New	Cap	7:23am	6:23am	5:23am	4:23am	12:23pm	27

NOTE: When and where **Daylight Saving Time** is in use, **add one hour** to the above times. (#) indicates eclipses of the sun at the new moon and of the moon at the full moon. An asterisk (*) indicates pm of the day previous to the day stated in the column for Eastern Standard Time.

The full moons of the three Spiritual Festivals will be observed worldwide on the following days: *EASTER* on March 21st; *WESAK* on April 20th, and *CHRIST'S FESTIVAL* and *WORLD INVOCATION DAY* on June 18th. **Check locally for the actual day of the festival meetings,** which may vary from the date of the full moon.

KEYNOTES FOR THE DISCIPLE

<u>ARIES:</u>	I come forth and from the plane of mind, I rule.
<u>TAURUS:</u>	I see and when the eye is opened, all is light.
<u>GEMINI:</u>	I recognise my other self and in the waning of that self, I grow and glow.
<u>CANCER:</u>	I build a lighted house and therein dwell.
<u>LEO:</u>	I am That and That am I.
<u>VIRGO:</u>	I am the mother and the child. I, God, I, matter am.
<u>LIBRA:</u>	I choose the way which leads between the two great lines of force.
<u>SCORPIO:</u>	Warrior I am and from the battle I emerge triumphant.
<u>SAGITTARIUS:</u>	I see the goal. I reach that goal and then I see another.
<u>CAPRICORN:</u>	Lost am I in light supernal, yet on that light I turn my back.
<u>AQUARIUS:</u>	Water of Life am I, poured forth for thirsty men.
<u>PISCES:</u>	I leave the Father's home and turning back, I save.

These keynotes for the disciple may be used in sequence as the seed thought for the meditation work done each month at the time of the full moon.