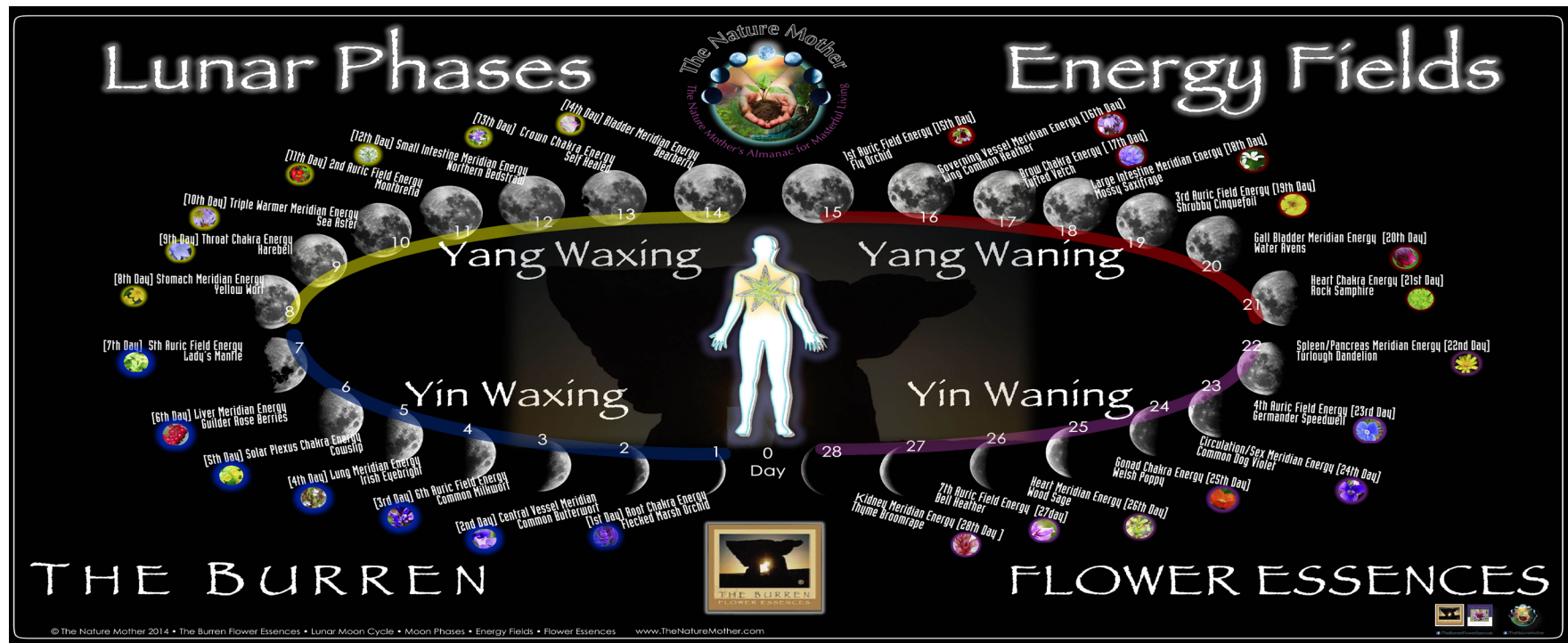


February 2015

Monthly Day Planner



How to use the Day Planner to Increase the Frequency of your Energy Field To Vibrate in the Frequency of Grace.

- 1) The Phase of the Moon** teaches you about what type of energy output to use as you perform your daily schedule in both work, social and family activities. While simultaneously increasing the energy stability of the etheric bodies (double.)
- 2) The color** on the Day Planner aligns with both the energy output activity and the attitude of the Season the Moon Phase represents:
 - Blue – Spring: Preparing, Cleansing, Tilling, Planting Seeds - Add this type of activity at this time.
 - Yellow – Summer: Weeding, Watering, Caring, Expanding - Add this type of activity at this time.
 - Red – Autumn: Harvesting, Reaping, Releasing, Letting go - Add this type of activity at this time.
 - Violet – Winter: Storage, Conservation, Contemplation, Still - Add this type of activity at this time.
- 3) The Energy Field** is described so that you can run or trace the energy field with your hands, or your minds eye while sitting in a chair or standing. Simply run your hands, (keeping them about 2in from the body) in the direction of the pathway that is written in the Day Planner, use your visualization ability to trace the energy with your minds eye in the same way.
- 4) The Lunar Forecast** is written and provided by the wonderful Lunar Astrolog Elliott Tanzer - www.elliotttanzer.com
- 5) The monthly virtue** is what you want to increase in your life as you progress through the specific months. It provides focus on a specific virtue that vibrates above 60 on the Life Force Scale - through the energy of Grace.
- 6) Weekly Negative Behaviors;** Physical, Emotional, or Mental to Heal and Forgive. Take the time everyday to release from your energy field, old beliefs and programs that no longer serve you. Every day supports you releasing or forgiving these negative learned patterns and programs. Remember what happened yesterday has no value today.
- 7) Mantra Observation Meditation:** teaches you to observe yourself feeling the negative feelings until they quiet inside you, observe them until they are still. Inviting in the healing mantra as you also feel the feelings of the Gracious instruction. This is recommended to do at least 2 or 3 times a day, please feel free to change the mantra around; however staying with the general theme of the day we are working with is best. Feel how the mantra feels in the energy field.
- 8) There are several Natural Energy Remedies** to support your journey to Spiritual living, the single essence, herbs and gems change daily, that would be acquiring 28 different remedies of each, however, you can slowly build to them. The combination essence changes weekly, it includes all the flowers within the specific moon phase you are in, and should last for 4 or 5 moon phases. The cell salts and homeopathy change monthly, the cell salts should be taken daily for the month, the homeopathy taken when symptoms are present. Acquiring the herbs and teas can be built up slowly as well.
- 9) The foods and fluids** are recommended so that you can choose one or two of them on the days they are recommended. Blessing your foods by holding the hands over them as you focus on the monthly virtue we are working with. Drink at least 4 glasses of water also blessed with the daily blessing, the monthly virtue or the daily mantra. Focus into the water.
- 10) The Exercises** are specific simple movements to do during the specific day you are working with. I recommend doing them at least once a day, but two or three times are very beneficial. Note; they are quite different from other exercises and are specific to the energy field you are working with on a specific day. Remember the energy temple carries Fear or Grace.

**For more information please contact us at
Gateways Enterprises
(530) 677-3247 Info@thenaturemother.com**

FEBRUARY 01 2015

SUNDAY

Day 13 • 1st Qtr Moon (Summer)

Date: February 01 Sunday	Day of Lunar Cycle Day 13 1st Qtr Moon Phase (Very Strong Waxing)	Crown Chakra Energy Very Strong Yang
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The Crown Chakra is at the top of the head and runs out the top, back and through the body. The activity of the Crown Chakra Energy is movement flowing straight out from the head upward then turning around in a figure eight and crossing at the center at the head and moving throughout the body interweaving all the other chakras as it descends, turning and coming back in continuous movement. Sit in a chair, close your eyes place your index fingertips on your thumb nails and trace the energy flow with your minds eye.

Lunar Energetic Expression: Very Strong Yang energy for this pleasant, creative and possibly romantic morning until 11:36am. Then a do-nothing important Cancer moon the rest of the day. Caution to avoid initiating new projects or discussing new ideas as they are likely to prove unrealistic. This is a good day for socializing with friends and family.

February Virtue: Happiness, Joy, Exuberance.

Weekly Negative Behavior to Heal: Being Judgmental.

Mantra Observation Meditation: While meditating bring to your attention being "Judgmental" – Feel the feelings as they arise, observe them until they dissipate. Invite the Mantra, "Health consciousness is joyful and brings ease to everything you do." Feel what stirs in you.

Cardinal Energy Frequency Crown Chakra Symptoms To Forgive:

Physical-To Forgive: Nervous system, Nutritional deficiencies.

Emotional-To Forgive: Shock, Stressed, Sadness, Hopelessness.

Mental-To Forgive: Non-responsibility, Belief "There is no cure."

Burren Flower Essences to Balance: Selfheal.

Combo Burren Flower Essence: 1st Qtr Moon Phase Essence (yellow)

Cell Salt: Natrum Mur, **Homeopathy:** Sepia, **Gem:** Blue Sapphire

Foods to Balance: Lean meats, Sardines, Tuna, Black-eyed Peas, Brown Rice, Leafy Greens, Seaweed, Grapefruit, Blueberries, Raspberries.

Fluids To Balance: At least four glasses of plain water blessed with *Health* and 1 cup Korean Ginseng, Skull Cap, or Blue Vervain tea.

Exercise To Balance: Stand upright with knees slightly bent. Lift the arms above the head. Bend to the right and roll backwards around to the other side and forward in front. Repeat the roll 3 to 5 times. Then repeat the whole thing to the other side.

DAY PLANNER:

6 am

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NOTES:



Selfheal

(-) Hopelessness, overly dependant, fear, shock.
(+) Hopeful, belief in healing, strong life force.

FEBRUARY 02 2015

MONDAY

Day 14 • 1st Qtr Moon (Summer)

Date: February 02 Monday
Day of Lunar Cycle: Day 14 1st Qtr Moon Phase (Very Strong Waxing)
Bladder Meridian Energy: Very Strong Yang

The Bladder Meridian begins at the inside of the eyebrows each side of the nose. It travels over the head and down the back of the neck where it expands to two strands at either side of the spinal column to the base of the buttocks, the two strands become one again as they travel down the legs and ends on the outside of the feet at the little toe. Use both hands 2in. away from the body, lovingly trace the energy over the head, neck upper back, then change position of hands at back and follow the path down the legs to the feet. Or tap inside eyebrows.

Lunar Energetic Expression: Very Strong Yang energy with this Groundhog Day to do-nothing important emotionally sensitive Cancer Moon morning until 11:41am. Then Moon enters Leo for an energizing rest of the day with focus, discipline and wise decisions between 5-6:53pm. Later caution is needed to avoid misunderstandings and clumsiness.

February Virtue: Happiness, Joy, Exuberance.

Weekly Negative Behavior to Heal: Being Critical.

Mantra Observation Meditation: While meditating bring to your attention a time when you were "Critical" – Feel the feelings, observe them until they dissipate. Invite the Mantra. "Patience is the remedy when your critical parent shows up. Embrace the grace of patience as a gift of the Divine." Feel what stirs.

Cardinal Energy Frequency Bladder Meridian Symptoms To Forgive:

Physical: Bladder infections, Fluid retention, Leaky bladder.

Emotional: Emotional pain, Frustration, Being pissed off.

Mental: Inability to express, Cowardice, Impatience

Burren Flower Essences to Balance: Bearberry.

Combo Burren Flower Essence: 1st Qtr Moon Phase Essence (yellow)

Cell Salt: Natrum Mur **Homeopathy:** Sepia **Gem:** Fluorite

Foods to Balance: Lean meats, Tuna, Salmon, Green Peas, Aduki Beans, Leafy Greens, Parsley, Watercress, Red Chard, Black Cherries, Currents.

Fluids To Balance: At least four glasses of plain water blessed with *Patience*, 1 cup Uva-Ursi, Cornsilk, or Devil's Claw tea or tincture.

Exercise To Balance: Stand upright with hands on your hips. Hold one leg out in front and turn the ankle inward as far as it will go and rotate the foot up at the ankle rotate it in the other direction in and out five times. Repeat with the other foot. Repeat with both feet, 5 times.

DAY PLANNER:

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NOTES:

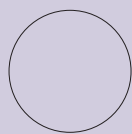


Bearberry

(-) Suppressed festering anger, frustration, restless
 (+) Freedom of expression, patient, selfconfident.

FEBRUARY 03

TUESDAY



2015

Day 15 • Full Moon Phase (Fall)

Date: February 03 Tuesday	Day of Lunar Cycle Day 15 Full Moon Phase Extreme Waxing Transition	1st Auric Field Energy Physical Body Extreme Yang Energy
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The First Auric Field, the Physical Body is the visible appearance of the energy fields in physical form. Your physical body holds all the DNA memory up to at least 4 generations, which amounts to 30 People. Your physical body manifests physically the programmed beliefs held in the mind through conditioning. Lovingly massage the physical body with dry skin brushing. The brushing movement is always toward the heart.

Lunar Energetic Expression: Strong to Extreme Yang energy Full Snow Moon in fiery Leo, with encounters likely with brilliant people between noon and 2:18pm. Nighttime favors joyful social interactions and sharing inspired ideas until 11:31pm. Late evening encourages a more contemplative time before sleep.

February Virtue: Happiness, Joy, Exuberance.

Weekly Negative Behavior to Heal: Feeling Superior.

Mantra Observation Meditation: While meditating bring to your attention feeling "Superior" – "Feel the feelings as they arise, observe them until they dissipate. Invite the Mantra "Equality and justice is the backbone of a civilized society. Embracing the equality of At-One-Ment is the core of self-reliance." Feel what stirs within.

Cardinal Energy Frequency 1st Auric Field Symptoms To Forgive:

Physical-To Forgive: Toxic symptoms, Toxic aches and pains, Digestion.

Emotional-To Forgive: Overwhelm, Vulnerable, Poor self-confidence.

Mental-To Forgive: Lost sight of purpose, Not-knowing who we are.

Burren Flower Essences to Balance: Fly Orchid.

Combo Burren Flower Essence: Full Moon Phase Essence (Red)

Cell Salt: Natrum Mur, **Homeopathy:** Sepia, **Gem:** Amethyst.

Foods to Balance: Lean meats, Tuna, Salmon, Green Peas, Rye Crackers, Dark Leafy Greens, Watercress, Cream Cheese, Red Chard.

Fluids To Balance: At least four glasses of plain water blessed with Self-Reliance, 1 cup Horsetail, Burdock, or Nettle tea or tincture.

Exercise To Balance: Stand upright with hands by your side, this exercise is a strong march in place. Begin to march with 1 leg out in front and the opposite arm up to shoulder level in front. Repeat the march with the other foot. Repeat with both feet twenty times.

DAY PLANNER:

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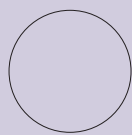
NOTES:



Fly Orchid

(-) Poor survival instincts, overwhelmed, lost.
(+) Connectedness, knowing your purpose.

JANUARY 04
WEDNESDAY



2015

Day 16 • Full Moon Phase

Date: February 04 Wednesday	Day of Lunar Cycle Day 16 Full Moon Phase Extreme Waning	Governing Vessel Meridian Energy Extreme Yang (Strong)
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The Governing Meridian begins at the bottom of the torso in-between the legs. The Energy travels across the tailbone, the sacrum, up the lumbar all the way up the spinal column, up the neck over the top of the head and down the face and nose ending at just above the upper lip. Keep the hand about 2in. away from the body and lovingly trace the energy pattern from the base of the body up the back over the head ending at the upper lip. Or gently tap above the upper lip center.

Lunar Energetic Expression: Strong to Extreme Full Moon Yang energy for this do-nothing important Leo Moon all day and night until 11:46pm, making this a day of contemplation, tending to routine chores or idle socializing. Late night mental alertness for problem solving, organizing, or engaging in a long over due serious discussion.

February Virtue: Happiness, Joy, Exuberance.

Weekly Negative Behavior to Heal: Having Poor Judgment

Mantra Observation Meditation: While meditating bring to your attention having "Poor Judgment" – Feel the feelings that surface, observe them until they dissipate. Invite the Mantra. "Being consciously connected to Source brings wisdom. Curiosity about what is wise, brings strength." Feel what stirs.

Cardinal Energy Frequency Governing Vessel Symptoms To Forgive:

Physical-to Forgive: Toxic symptoms, Aches and pains due to toxicity.

Emotional-To Forgive: Overwhelm, Vulnerable, Poor self-confidence.

Mental-To Forgive: Lost sight of purpose, Not-knowing who we are.

Burren Flower Essences to Balance: Ling Common Heather.

Combo Burren Flower Essence: Full Moon Phase Essence (Red)

Cell Salt: Natrum Mur, **Homeopathy:** Sepia, **Gem:** Hematite

Foods to Balance: Lean meats, Cod, Sardines, Green Peas, Kamut, Leafy Greens, Parsley, Watercress, Red Chard, Apricot, Papaya, Grapes.

Fluids To Balance: At least four glasses of plain water blessed with Curiosity, 1 cup Boswellia, Alfalfa, or Motherwort tea or tincture.

Exercise To Balance: Stand upright with hands placed on your back at the kidney area. Pull the shoulders back as hard as you can with the chest stretched out, then bring them forward so that your spine is curved in and rolled. Repeat back and forth quickly about fifteen to twenty-five times.

DAY PLANNER:

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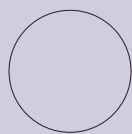
NOTES:



Ling Common Heather

(-) Feeling abandoned not belonging, alone.
(+) Giving to others, patience, strength.

FEBRUARY 05
THURSDAY



2015

Day 16/17 • Full Moon Phase

Date: February 05 Thursday	Day of Lunar Cycle Day 16/17 Full Moon Phase Extreme Waning	Governing Vessel Meridian Energy Extreme Yang (Strong)
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The Governing Meridian begins at the bottom of the torso in-between the legs. The Energy travels across the tailbone, the sacrum, up the lumbar all the way up the spinal column, up the neck over the top of the head and down the face and nose ending at just above the upper lip. Keep the hand about 2in. away from the body and lovingly trace the energy pattern from the base of the body up the back over the head ending at the upper lip. Or gently tap above the upper lip center.

Luner Energetic Expression: Strong to Extreme Yang energy Virgo Moon day, gets off to a productive start with focus on details, details, details. Caution to stay alert between 11-12:57pm, when fuzzy thinking and anxiety may result in poor decisions. The evening brings emotional coolness

February Virtue: Happiness, Joy, Exuberance.

Weekly Negative Behavior to Heal: Harsh Sentences

Mantra Observation Meditation: While meditating bring to your attention to passing "Harsh Sentences" – Feel the feelings that surface, observe them until they dissipate. Invite the Mantra "Putting yourself in the shoes of another, allows you to be just in your ruling. Be curious about the outcome of empathy." Feel what stirs.

Cardinal Energy Frequency Governing Vessel Symptoms To Forgive:

Physical-to Forgive: Toxic symptoms, Aches and pains due to toxicity.

Emotional-To Forgive: Overwhelm, Vulnerable, Poor self-confidence.

Mental-To Forgive: Lost sight of purpose, Not-knowing who we are.

Burren Flower Essences to Balance: Ling Common Heather.

Combo Burren Flower Essence: Full Moon Phase Essence (Red)

Cell Salt: Natrum Mur, **Homeopathy:** Sepia, **Gem:** Hematite

Foods to Balance: Lean meats, Cod, Sardines, Green Peas, Kamut, Leafy Greens, Parsley, Watercress, Red Chard, Apricot, Papaya, Grapes.

Fluids To Balance: At least four glasses of plain water blessed with *Curiosity*, 1 cup Boswellia, Alfalfa, and Motherwort tea or tincture.

Exercise To Balance: Stand upright with hands placed on your back at the kidney area. Pull the shoulders back as hard as you can with the chest stretched out, then bring them forward so that your spine is curved in and rolled. Repeat back and forth quickly about fifteen to twenty-five times.

DAY PLANNER:

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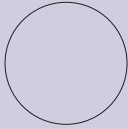
10 pm

NOTES:



Ling Common Heather

(-) Feeling abandoned not belonging, alone.
(+) Giving to others, patience, strength.

FEBRUARY 06  2015
FRIDAY

Day 17 • Full Moon Phase (Fall)

Date:	Day of Lunar Cycle	Brow Chakra Energy
February 06 Friday	Day 17 Full Moon Phase (Strong Energy Waning)	Strong Yang Energy

The Brow Chakra is in the middle of the forehead on a diagonal path to the occiput. The activity of the Brow Chakra Energy is movement flowing straight out from the forehead in front of the body about 18 ins. then turning around in a figure eight and crossing at the center at the head and moving straight out the occiput and turning around and coming back in continuous movement. Sit in a chair, close your eyes place the index finger on the thumb nail and focus as you lovely trace the energy pathway with your minds eye.

Lunar Energetic Expression: A very strong yang energy waning for Virgo Moon day to be cautious and avoid wasteful spending and meaningless debates based on a false sense of confidence. Do nothing important afternoon and night favors tending to routine chores and non-work related social interactions.

February Virtue: Happiness, Joy, Exuberance.

Weekly Negative Behavior to Heal: Rendering a verdict on others.

Mantra Observation Meditation: While meditating bring to mind rendering a "Verdict" – Feel the feelings as they arise, observe them until they dissipate. Invite the Mantra. "Balance and harmony prohibits rendering judgment on others. Seek Harmony and balance will follow." Feel what stirs.

Cardinal Energy Frequency Brow Chakra Symptoms To Forgive:

Physical-To Forgive: Sinus problems, Hay fever, Allergies, Addictions.

Emotional-To Forgive: Fears criticism, Needy, People pleaser.

Mental-To Forgive: Lack of self direction, Lack of insight, Dependency.

Burren Flower Essences To Balance: Tufted Vetch.

Combo Burren Flower Essence: Full Moon Phase Essence (Red)

Cell Salt: Natrum Mur, **Homeopathy:** Sepia, **Gem:** Diamond

Foods to Balance: Lean meats, Cornish Hen, Sardines, Sweet Potato, Kamut, Jerusalem Artichoke, Leafy Greens, Zucchini, Apricot, Grapes.

Fluids To Balance: At least four glasses of plain water blessed with Harmony, 1 cup Ginko, Colt's Foot, or Kava Kava tea.

Exercise To Balance: Stand with feet together with elbows bent and hands placed over the abdomen with the head back. Place the left foot and leg to the side and the right lower arm and hand out from the body (elbow tucked to side) and bend the head down. Close the hand and foot in, and bend the head back. Do the same thing with the right foot and the left hand. Note the elbows need to stay to the side of the body. Repeat 6 times.

DAY PLANNER:

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NOTES:



Tufted Vetch

(-) Lack of self direction, compulsive, addiction.
(+) Self-trust, self-assured, independence.

FEBRUARY 07 2015

SATURDAY

Day 18 • Full Moon Phase (Fall)

Date: February 07 Saturday
Day of Lunar Cycle: Day 18 Full Moon Phase (Strong Energy Waning)
Large Intestine Meridian Energy: Strong Yang Energy

The Large Intestine Meridians begin at the thumb side of the index finger nail base. They travel up the back of the hand across the wrist up the outside of the arm across the elbow up to the top of the shoulder up the neck across the jaw and ends at either side of the nostrils. With the fingers of one hand 2in. from the body lovingly trace the energy pattern from the finger to the nose, then repeat the other hand and arm. Or lovingly tap at both sides of the nose.

Moon Energetic Expression: Strong Yang high energy for this do-nothing important Virgo Moon day until 12:44pm. The rest of the day take action, while remembering that Mercury is still in Retrograde, so caution with beginning new projects. The night favors passion, creativity and encounters with dynamic individuals. Plan something special.

February Virtue: Happiness, Joy, Exuberance.

Weekly Negative Behavior to Heal: Judgments are about the past.

Mantra Observation Meditation: While meditating bring to your attention "Judgments are about the past." – Feel the feelings that arise, observe them until they dissipate. Invite the Mantra. "Being in the present moment prohibits judgments. Be present NOW and promote confidence, and resilience." Feel what stirs.

Cardinal Energy Frequency Large Intestine Symptoms To Forgive:

Physical-to Forgive: Constipation, Irritable bowel, Memory problems.

Emotional-To Forgive: Grief, Guilt, Dullness, Inability to let go.

Mental-To Forgive: Apathy, Indifference, Old thinking patterns.

Burren Flower Essences to Balance: Mossy Saxifrage.

Combo Burren Flower Essence: Full Moon Phase Remedy (Red)

Cell Salt: Natrum Mur, **Homeopathy:** Sepia, **Gem:** Moon Stone.

Foods to Balance: Lean meats, Turkey, Halibut, Brown Rice, Buckwheat, Leafy Greens, Brussel Sprouts, Zucchini, Kiwi, Pears, Grapes, Pineapple.

Fluids To Balance: At least four glasses of plain water blessed with Resilience, 1 cup Slippery Elm, White Oak Bark, or Cascara Segrada tea.

Exercise To Balance: Stand with feet slightly apart. Stand on one foot, place the other foot at the ankle of the supporting foot and turn the toes in of the lifted foot. Move it outward away from the body, as if you were backhanding, bring it back to the ankle. Repeat this about seven or ten times. Change feet and do the same thing with the other foot. Repeat each foot 3 times.

DAY PLANNER:

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NOTES:



Mossy Saxifrage

(-) Being scornful, depression, closed, regrets.

(+) Heightened intuition, open, patient, inclusive.

FEBRUARY 08 2015

SUNDAY

Day 19 • Full Moon Phase (Fall)

Date: February 08 Sunday	Day of Lunar Cycle Day 19 Full Moon Phase (Good Energy Waning)	3rd Auric Field Energy Good Yang Energy
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The Third Auric Field is also known as the Astral Body, the Emotional Body. It is the second Energy Field that is invisible to the eye and does not completely surround the physical body, but is primarily felt at the solar plexus area at the navel or what is commonly called the gut area. Take both hands about 2in. from the body and lovingly massage the energy in the area of the Solar Plexus or navel, front and back.

Moon Energetic Expression: Good Yang energy for this Libra Moon day. Caution for relationship imbalances especially between 2 - 6pm, as suppressed hostilities could be made known and emotional bridges burned. Joyfulness should return after 9pm with the possibility of clear communication and win-win negotiations and forgiveness.

February Virtue: Happiness, Joy, Exuberance.

Weekly Negative Behavior to Heal: Being Self-centered

Mantra Observation Meditation: While meditating bring to your attention being "Self-centered" – Feel the feelings as they arise, observe them until they dissipate. Invite the Mantra "Expansion is experienced by the number of people in your world as opposed to life being about you. Wisdom asks you to open your life to others." Feel what stirs.

Cardinal Energy Frequency 3rd Auric Field Symptoms To Heal:

Physical-To Forgive: Poor assimilation and metabolism, Stomach ache.

Emotional-To Forgive: Fear of death, Insecurity, Feeling alone.

Mental-To Forgive: Inability to communicate, Energy body distortions.

Burren Flower Essences to Balance: Shrubby Cinquefoil.

Combo Burren Flower Essence: Full Moon Phase Essence (Red)

Cell Salt: Natrum Mur, **Homeopathy:** Sepia, **Gem:** Pyrite

Foods to Balance: Lean meats, Chicken, Halibut, Lentils, Jerusalem Artichoke, Leafy Greens, Brussel Sprouts, Zucchini, Banana, Pear, Pineapple.

Fluids To Balance: At least four glasses of plain water blessed with Wisdom, 1 cup Maca, Dandelion or Eluthero tea.

Exercise To Balance: Kneel on the floor and do the exercise known as the "cat." Arch your back and push the abdomen out as you arch, for a count of 10. Pull the abdomen into the spine as far as you can as you round the spine and drop the head for a count of 10. Repeat.

DAY PLANNER:

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NOTES:



Shrubby Cinquefoil

(-) Fear of death, lack of inspiration, no clarity.
(+) Vocally expressive, energy coordination.

FEBRUARY 09 2015

MONDAY

Day 20 • Full Moon Phase (Fall)

Date: February 09 Monday
Day of Lunar Cycle: Day 20 Full Moon Phase (Moderate Energy Waning)
Gall Bladder Meridian Energy: Moderate Yang Energy

The Gall Bladder Meridian Energy begins at the lower corner of the eye then back behind the ear then it loops forward around the forehead to the middle of it, back over the ear, behind the shoulder, under the arm to the front base of the ribs, then zigzag to the back, to the front hip, and then straight down the side of the leg and ending at the 4th toe. Take your hands 2in. from the body and lovingly trace the energy pattern of the meridian. Or gently tap the beginning or end of the meridian

Moon Energetic Expression: Moderate Yang energy for this do-nothing important Libra Moon day may add to frustrations and disappointments. Be cautious to avoid being judgmental of individuals with the tendency to complain and be winey.

February Virtue: Happiness, Joy, Exuberance.

Weekly Negative Behavior to Heal: Being egotistical.

Mantra Observation Meditation: While meditating bring to your attention being "egotistical" – Feel the feelings, observe them until they dissipate. Invite the Mantra. "Inner peace only occurs when you are focused on giving to others first, before you give to yourself. Humility and peace are partners in all successful negotiations." Feel what stirs.

Cardinal Energy Frequency Gall Bladder Meridian Symptoms To Forgive:

Physical: Mid-back pain, Gallstones, Digestion with constipation.

Emotional: **Passive,** Out of control, Raging, Helplessness.

Mental: Intolerance, Self-righteousness, Un-forgiveness.

Burren Flower Essences to Balance: Water Aven.

Combo Burren Flower Essence: Full Moon Essence (Red)

Cell Salt: Natrum Mur, **Homeopathy:** Sepia, **Gem:** Crystoprase

Foods to Balance: Lean meats, Chicken, Cod, Millet, Lentils, Leafy Greens, Cabbage, Okra, Summer Squash, Banana, Pear, Pineapple.

Fluids To Balance: At least four glasses of plain water blessed with Peace, 1 cup Astragalus, Burdock, or Milk Thistle tea.

Exercise To Balance: Stand with your feet slightly apart for balance. Place your arms straight in front of the body to – 45-degree angle to the floor. Bring them straight back as far as you can without bending the body forward. Bring them back to the starting point. Repeat twenty times quickly.

DAY PLANNER:

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NOTES:



Water Aven

(-) Low self-esteem, raging outbursts, intolerance.
 (+) Self-control, gentle expression, forgiveness.

FEBRUARY 10 2015

TUESDAY

Day 21 • Full Moon Phase (Fall)

Date:	Day of Lunar Cycle	Heart Chakra Energy
February 10	Day 21 Full Moon Phase	
Tuesday	(Moderate Energy Waning)	Moderate Yang

The Heart Chakra is at the sternum just below the breasts in the front and at the spine just below the shoulder blades at the back. The activity of the Heart Chakra Energy moves straight out in front of the body in the middle of the chest, turning around in a figure eight and crossing at the center at the spine and moving out the back just below the shoulder blades, turning around and coming back to the center in a continuous movement. Sit in a chair, close your eyes place the index finger tip over the thumb nail and with your minds eye lovingly trace the pathway of the Chakra.

Moon Energetic Expression: Moderate Yang energy for this Scorpio Moon day that is difficult to predict if it will be a highly productive day, with Mercury going Direct tomorrow, and or a good day to go slow and easy. Keep the day nice, easy and fluid. The nighttime is a good evening to be passionate.

February Virtue: Happiness, Joy, Exuberance.

Weekly Negative Behavior to Heal: Selfishness.

Mantra Observation Meditation: While meditating bring to your attention "Selfishness" – Feel the feelings that arise, observe them until they dissipate. Invite the Mantra. "We receive in life what we give to it. If we are focused on taking and selfishness, then all we will receive will be taking and selfishness." Feel what stirs within.

Cardinal Energy Frequency Heart Chakra Symptoms To Heal:

Physical-To Forgive: Poor Circulation, Anxiety, Palpitations, Fatigue

Emotional-To Forgive: Nervous, Anxious, Unaware, Chaos.

Mental-To Forgive: Inner conflict, Fear of being alone, Resistance.

Burren Flower Essences to Balance: Rock Samphire.

Combo Burren Flower Essence: Full Moon Phase Essence (Red)

Cell Salt: Natrum Mur, **Homeopathy:** Sepia, **Gem:** Emerald

Foods to Balance: Lean meats, Chicken, Salmon, Lentils, Brown Rice, Leafy Greens, Cauliflower, Celery, Watercress, Apricots, Watermelon.

Fluids To Balance: At least four glasses of plain water blessed with Love, 1 cup Hibiscus berry, Blueberry Leaf, or Horsetail tea.

Exercise To Balance: Stand and contract the heart center as you curve the back, arms loosely to the side and folding forward. Then arch the back as you push the heart center forward in expansion, with the arms falling backward in an open position. Make these movements big and repeat forward and back at least 10 times

DAY PLANNER:

6 am

7 am

8 am

9 am

10 am

11 am

Noon

1 pm

2 pm

3 pm

4 pm

5 pm

6 pm

7 pm

8 pm

9 pm

10 pm

NOTES:



Rock Samphire

(-) Inner conflict, not grounded, nervousness.
(+) Peace with self, centered, acceptance of self.

FEBRUARY 11 2015

WEDNESDAY

Day 22 • 3rd Qtr Moon (Winter)

Date: February 11 day	Day of Lunar Cycle Day 22 3rd Qtr Moon Phase (Yin Energy Waning)	Circulation / Sex Meridian Energy Quieting Yin Energy
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The Circulation/Sex Meridian begins at the base of the nail of the middle finger at the thumb side. It travels across the center of the palm, the inside of the arm, across the elbows up the top of the arm, across the shoulder and down the breast and ends at the outside of each nipple. Place one hand 2in. away from the body and lovingly trace the meridian pathway, repeat each arm. Or gently tap the middlefinger nail base.

Moon Energetic Expression: Quieting Yin energy for this First Quarter Scorpio Moon day and the energy may seem disjointed as Mercury goes direct in the am. Caution is needed until 10am with a small window of opportunity to accomplish much until 1:49pm. Then Caution again until 9:50pm, so avoid important negotiations. The late night is productive.

February Virtue: Happiness, Joy, Exuberance.

Weekly Negative Behavior to Heal: Being focused narrowly.

Mantra Observation Meditation: While meditating, bring to your attention being "focused narrowly." Feel the feelings that arise; observe them until they dissipate. Invite the Mantra "Being open-minded is spiritual, being closed minded is egoic. Enlightened thought will transform everyone in its presence." Feel what the mantra stirs within you.

Cardinal Energy Frequency Circulation/Sex Mer. Symptoms To Forgive:

Physical-To Forgive: Circulation problems, Varicose veins, Raynauds.

Emotional-To Forgive: Self-pity, Fearful in groups, Shyness, Pessimistic.

Mental-To Forgive: Reserved, Aloof, Difficulty expressing beliefs/feelings.

Burren Flower Essences to Balance: Common Dog Violet.

Combo Burren Flower Essence: 3rd Quarter Moon Essence (Purple)

Cell Salt: Natrum Mur, **Homeopathy:** Sepia, **Gem:** Black Onyx

Foods to Balance: Chicken, Turkey, Cornish Hens, Cod, Bulgur Wheat, Peas, Leafy Greens, Peppers, Apricots, Black Cherries, Pomegranates.

Fluids To Balance: At least four glasses of plain water blessed with *Light*, 1 cup of Red Clover, Sarsaparilla, or Prickly Ash Bark tea or tincture.

Exercise To Balance: Stand with your feet together and your hands on your hips, put your weight on one foot while you take the leg to the side as you touch the floor with your toes. Bring that foot back, transfer your weight and repeat with the other foot. Repeat 10 times alternating feet.

DAY PLANNER:

6 am

7 am

8 am

9 am

10 am

11 am

Noon

1 pm

2 pm

3 pm

4 pm

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6 pm

7 pm

8 pm

9 pm

10 pm

NOTES:



Common Dog Violet

(-) Feeling abandoned, inability to bond,
(+) Feeling at home, embracing transitions.

FEBRUARY 12 2015

THURSDAY

Day 23 • 3rd Qtr Moon (Winter)

Date: February 12 Thursday	Day of Lunar Cycle Day 23 3rd Qtr Moon Phase (Yin Energy Waning)	Gonad Chakra Energy Gentle Yin Energy
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The Gonad Chakra is located in the center of the body between the navel and the pubic bone in the front and at the center of the sacrum in the back. The activity of the Gonad Chakra Energy is movement straight out in front of the body in the middle of the abdomen, turning around in a figure eight motion and crossing at the center at the spine and moving out the back in the middle of the sacrum, turning around and coming back to the center in a continuous movement. Sit in a chair, place the index fingertip over the thumb nail, close your eyes and with your minds eye, lovingly trace the energy of the Chakra.

Moon Energetic Expression: Very quiet Yin energy for this do-nothing important Scorpio Moon day until late morning when the moon enters Sagittarius. The rest of the day should be enthusiastic with expansive ideas making it productive and enjoyable. Avoid frustrated people between 4-6:30pm. The evening could bring escapist tendencies.

February Virtue: Happiness, Joy, Exuberance.

Weekly Negative Behavior to Heal: Being self absorbed.

Mantra Observation Meditation: While meditating bring to your attention being "Self-absorbed" – Feel the feelings that arise, observe them until they dissipate. Invite the Mantra: "Forgetting the truth you reap what you sew," allows for negative behavior. Appreciating the fact that what you give comes back will promote generosity." Feel what stirs.

Cardinal Energy Frequency Gonad Chakra Symptoms To Forgive:

Physical-To Forgive: Addictions, Autoimmune disorders, OCD.

Emotional-To Forgive: Being a victim, Suppressed rage, Emotional pain.

Mental-To Forgive: Denial, Work-a-holic, High expectations.

Burren Flower Essences to Balance: Welsh Poppy.

Combo Burren Flower Essence: 3rd Quarter Moon Phase (Purple)

Cell Salt: Natrum Mur, **Homeopathy:** Sepia, **Gem:** Coral

Foods to Balance: Chicken, Turkey, Cornish Hens, Cod, Millet, Peas, Leafy Greens, Beet Greens, Peppers, Apricots, Black Cherries, Mango.

Fluids To Balance: At least four glasses of plain water blessed with Appreciation, 1 cup Damiana, Pennyroyal, or Horsetail tea.

Exercise To Balance: Stand with your feet slightly apart and your hands on your hips to support your balance and knees relaxed. Tilt the pelvis forward and do pelvic rotations to the right repeat 5 times on the same side and then repeat on rotating to the other side. Then rotate in a figure 8 movement and repeat 10 times.

DAY PLANNER:

6 am

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Noon

1 pm

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6 pm

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NOTES:



Welsh Poppy

(-) Abusive behavior, suppressed rage, denial.
(+) Spiritual communication, balance, moderation.

FEBRUARY 13 2015

FRIDAY

Day 24 • 3rd Qtr Moon (Winter)

Date: February 13 Friday
Day of Lunar Cycle: Day 24 3rd Qtr Moon Phase
Spleen/Pancreas Meridian Energy: Transition Yang/Yin Waning Moderate Yin Energy

The Spleen/Pancreas Meridian begins at the base of the big toe nails on the inside of the legs. It travels up the inside of the leg across the knee, up the inside of the thigh into the torso up the body to the base of the ribs then slightly to the side across the breast above the nipple and then turns down the side of the body and ends at about the 9th rib. Take both hands 2in. from the body and lovingly trace the energy pathway of the meridians. Or gently tap the beginning or end of the meridian.

Moon Energetic Expression: Moderate yin energy for this Sagittarius day of enthusiasm and optimism with innovative ideas especially in the late morning between 10 and noon. This is a highly productive day for accomplishments, long range decision making, win-win negotiating and social interactions. This is a great night for social gatherings.

February Virtue: Happiness, Joy, Exuberance.

Weekly Negative Behavior to Heal: Putting your interests first

Mantra Observation Meditation: While meditating bring to your attention putting "your interests first." Feel the feelings that arise; observe them until they dissipate. Invite the Mantra. "Spirit is always looking for the good of the whole. Putting yourself first stops energy flowing outward, Looking at the whole, energy moves gently." Feel what stirs.

Cardinal Energy Frequency Spleen/Pancreas Symptoms To Forgive:

Physical-To Forgive: Aches, Pains, Muscle cramps, Anti-fungal, Foggy.

Emotional-To Forgive: Emotional outbursts, Stressed, Anxious, Needy.

Mental-To Forgive: Abusive living, Cynicism, Over-striving, Hard-driving.

Burren Flower Essences to Balance: Turlough Dandelion.

Combo Burren Flower Essence: 3rd Qtr Moon Essence (Purple)

Cell Salt: Natrum Mur, **Homeopathy:** Sepia, **Gem:** Malachite

Foods to Balance: Lean meats, Chicken, Turkey, Cod, Amaranth Brown Rice, Leafy Greens, Okra, Celery, Winter Squash, Apricots, Blackberries.

Fluids To Balance: At least four glasses of plain water blessed with Gentleness, 1 cup Papaya leaf, Fenugreek, or Licorice tea or tincture.

Exercise To Balance: Stand with your feet slightly apart and your hands by your side with the back of the hand against the body, rotated inward. Move the arms away from the body palms facing out about 45 degrees or as far as you can with the palms outward, and bring them back. Repeat arm movements 20 times.

DAY PLANNER:

6 am

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9 am

10 am

11 am

Noon

1 pm

2 pm

3 pm

4 pm

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NOTES:



Turlough Dandelion

(-) Sadness, emptiness, feeling deprived, nervous.

(+) Easy-going, optimistic, joyful, acceptance.

FEBRUARY 14 2015

SATURDAY

Day 25 • 3rd Quarter Moon (Winter)

Date: February 14 Saturday
Day of Lunar Cycle: Day 25 3rd Qtr Moon Phase (Moderate Yin Waning)
4th Auric Field Energy: Moderate Yin Energy

The Fourth Auric Field is also known as the Mental Body the Thinking/ Mind Body. It is the third Energy Field that is invisible to the eye and does not completely surround the physical body, but is primarily felt in the head area including the neck it is commonly where we organize our beliefs and programs. Place your hands at your neck and head area, about 2in. away from the body and gently feel and work with the energy of the head and neck. Play with the energy field.

Moon Energetic Expression: Moderate Yin energy for this Valentine's Day that is possibly feisty, argumentative and possibly recklessly impulsive in the early morning. Then an up-beat, do-nothing important Capricorn Moon day that leans towards the practical with a tendency to be emotionally cool and calculating.

February Virtue: Happiness, Joy, Exuberance.

Weekly Negative Behavior to Heal: Self-indulgent.

Mantra Observation Meditation: While meditating bring to your attention to being "Self-indulgent." Feel the feelings that arise; observe them until they dissipate. Invite the Mantra. "Self indulgence promotes and supports the ego. Feel the Kindness of Spirit giving you what you need to unfold your spiritual purpose." Feel what stirs.

Cardinal Energy Frequency 4th Auric Field Symptoms To Forgive:

Physical-To Forgive: Cold extremities, Skin problems, Irritable bowels.

Emotional-To Forgive: Irrational anger, Hostility, Frustration.

Mental-To Forgive: Impatience, Poor communication, Judgmental.

Burren Flower Essences to Balance: Germander Speedwell.

Combo Burren Flower Essence: 3rd Qtr Moon Essence (Purple)

Cell Salts: Natrum Mur, **Homeopathy:** Sepia, **Gem:** Rose Quartz

Foods to Balance: Chicken, Turkey, Game Meats, Cod, Buckwheat, Beans, Leafy Greens, Carrots, Apricots, Grapes, Mango, Papaya.

Fluids To Balance: At least four glasses of plain water blessed with Kindness, 1 cup Boneset, Achizandra, or Elecampane tea or tincture.

Exercise To Balance: Stand with your feet slightly apart and your hands on your hips to support your balance. Bend slightly forward and drop your head, rotate the head up to one shoulder then rotate the head in a complete circle ending at the opposite shoulder. Repeat this head circle five times each side.

DAY PLANNER:

6 am

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Noon

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6 pm

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8 pm

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10 pm

NOTES:



Germander Speedwell.

(-) Irrational anger, hurtful, hostile, angry.
 (+) Releases control, calm communication, secure.

FEBRUARY 15 2015 SUNDAY

Day 26 • 3rd Qtr Moon (Winter)

Date:	Day of Lunar Cycle	Heart Meridian Energy
February 15 Sunday	Day 26 3rd Qtr Moon Phase (Yin Energy Waning)	Yin Energy (Soft, Gentle)

The Heart Meridian Energy begins in the center of the underarm and it travels down the center of the inside of the arm, crosses the palm and ends at the base of the inside nail of the little finger. Take the fingers of one hand 2in. away from the body and trace the meridian pathway. Repeat both sides a few times. Or tap the base of the inside of the little finger nail base.

Moon Energetic Expression: Soft Yin energy for this serious minded pursuits and communications with others at least until 1pm, then caution is needed, as there could be adolescent, rebellious behavior to upset the status quo. Be vigilant, expect the unexpected. Let go of the outmoded and embrace the new and improved. A somewhat stogy night, be quiet.

February Virtue: Happiness, Joy, Exuberance.

Weekly Negative Behavior to Heal: Being Scornful.

Mantra Observation Meditation: While meditating bring to your mind being "Scornful" – Feel the feelings that arise, observe them until they dissipate. Invite the Mantra. "Words can be used as lethal weapons to the inner child. Be mindful of that. Gentleness with words builds the confidence needed to be happy and exuberant." Feel what stirs.

Cardinal Energy Frequency Heart Meridian Symptoms To Forgive:

Physical-To Forgive: Heart issues, Shortness of breath. Chest tight.

Emotional-To Forgive: Insecure, Low self-esteem, Lack of confidence.

Mental-To Forgive: Unworthiness, Undeserving, Withholding love.

Burren Flower Essences to Balance: Wood Sage.

Combo Burren Flower Essence: 3rd Qtr Moon Essence (Purple)

Cell Salt: Natrum Mur, **Homeopathy:** Sepia, **Gem:** Green Obsidian

Foods to Balance: Chicken, Turkey, Lean Meats, Salmon, Brown Rice, Peas, Leafy Greens, Bell Peppers, Watermelon, Strawberries, Oranges.

Fluids To Balance: At least four glasses of plain water blessed with *Mindfulness*, 1 cup of Hawthorne Berry, Butcher's Broom or Lady's Slipper tea.

Exercise To Balance: Stand with your feet slightly apart and your arms up and out at shoulder level with your elbows bent and rotated with fingertips pointing to the floor. Then rotate at the elbows so the fingertips face the ceiling. Do this rotation quickly. Repeat the up and down rotation 20 times.

DAY PLANNER:

6 am

7 am

8 am

9 am

10 am

11 am

Noon

1 pm

2 pm

3 pm

4 pm

5 pm

6 pm

7 pm

8 pm

9 pm

10 pm

NOTES:



Wood Sage

(-) Unsupportive, harsh words, insecurity.
(+) Gentleness with words, Self-control.

FEBRUARY 16 2015

MONDAY

Day 27 • 3rd Qtr Moon (Winter)

Date: February 16 Monday	Day of Lunar Cycle Day 27 3rd Qtr Moon Phase (Yin Energy Waning)	7th Auric Field Energy Deep Yin Energy
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The Seventh Auric Field is a Yin field and is also known as the Monad Body or the 3rd Spiritual Body. It is the sixth Energy Field that is invisible to the eye and does not completely surround the physical body, but is primarily felt in the head and neck area like a halo. The Monad Body represents the Oneness of Spirit – All Is One. Sit in a chair and place hands 2in from the body at the back of the head. Pat until you connect to the energy and then move/push it playfully in and out.

Moon Energetic Expression: Deep, deep Yin energy for this Aquarius Moon day to accomplish a lot in the morning. Then a do-nothing important until 6:13pm, when focus returns to the contemplative and attention to routine chores. Mental alertness and lighthearted playfulness make for an enjoyable, productive night.

February Virtue: Happiness, Joy, Exuberance.

Weekly Negative Behavior to Heal: Being disdainful with others.

Mantra Observation Meditation: When meditating bring to your attention being “disdainful” – Feel the feelings that arise, observe them until they dissipate. Invite the Mantra “When you nurture and water your plants they flourish with beauty. Why do we not think that nurturing and watering humans with purity, will bring happiness” Feel what stirs.

Cardinal Energy Frequency 7th Auric Field Symptoms To Forgive:

Physical-To Forgive: Pain and discomfort, Vision and Speech problems.

Emotional-To Forgive: Pretentious, Prejudice, Talkative, Deceptive.

Mental-To Forgive: Self absorbed, Obsessed with own problems, Selfish

Burren Flower Essences to Balance: Bell Heather.

Combo Burren Flower Essence: 3rd Qtr Moon Essence (Purple)

Cell Salt: Natrum Mur, **Homeopathy:** Sepia, **Gems:** Tourmaline Quartz

Foods to Balance: Chicken, Sole, Lean Meats, Halibut, Brown Rice, Sweet Potato, Broccoli, Chard, Grapefruit, Strawberries, Apples.

Fluids To Balance: At least four glasses of plain water blessed with Purity, 1 cup Passion Flower, Elderberry, or Kava Kava tea or tincture.

Exercise To Balance: Stand with your feet slightly apart and your arms at shoulder level with your right hand faced up and your left hand faced down. Gently pivot to the right with shuffle foot movements to complete a full circle. Start out with 2 or 3 circles and work up. Repeat the circles 21 times.

DAY PLANNER:

6 am

7 am

8 am

9 am

10 am

11 am

Noon

1 pm

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3 pm

4 pm

5 pm

6 pm

7 pm

8 pm

9 pm

10 pm

NOTES:



Bell Heather

(-) Lack of belief in self, alone, prejudice, alone.
(+) Courage, flexibility, inner tranquility, strength

FEBRUARY 17 2015

TUESDAY

Day 28 • 3rd Qtr Moon (Winter)

Date: February 17 Tuesday	Day of Lunar Cycle Day 28 3rd Qtr Moon Phase (Yin Energy Waning)	Kidney Meridian Energy Deep Yin Energy
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The path of the Kidney Meridian begins under the feet and flows to the ankle, rotates around the ankle up the inside of the legs across the pubic bone about 4 inches apart from each meridian and ends underneath the clavicle at either side of the sternum. Place your hands 2in. away from the body and lovingly trace the meridian pathway from the feet to the torso. Or tap at the beginning or the end of the meridian.

Luner Energy Expression: Quiet/Contemplative extreme yin energy for this Mardi Gras day with the moon in Aquarius. This is a good day to celebrate with family and friends or working with associates. Caution is needed to avoid making agreements, going on a wild goose chase, or over-eating or drinking. The evening is great for social activities.

February Virtue: Happiness, Joy, Exuberance.

Weekly Negative Behavior to Heal: Being Sarcastic.

Mantra Observation Meditation: While meditating bring to your attention being "Sarcastic" – Feel how it feels, observe the feelings until they dissipate. Invite the Mantra: "Everything that you express towards others is an investment into your life experience; as what goes around comes around, understand that and you will relate with joy." Feel what stirs.

Cardinal Energy Frequency Kidney Meridian Symptoms to Forgive:

Physical-To Forgive: Fluid retention, Mid to low back pain, Kid. stones.

Emotional-To Forgive: Melancholy, Fear, Panic, Hopelessness.

Mental-To Forgive: Anxiety about survival, Sexual insecurity.

Burren Flower Essence To Balance: Thyme Broomrape

Combo Burren Flower Essence: 3rd Quarter Moon Essence (Purple)

Cell Salt: Natrum Mur, **Homeopathy:** Sepia, **Gem:** Black Obsidian

Foods to Balance: Game Meats, Eggs, Salmon, Red Meat, Walnuts, Aduki Beans, Cherries, Red Chard, Asparagus, Parsley, Cherries, Cranberries, Black Currents.

Fluids to Balance: At least four glasses of plain water, blessed with *Understanding*. 2 glasses or 7 oz of water and 1 oz Just Cranberry Juice. 1 cup Golden Rod, Juniper or Corn Hydrangia tea or tincture.

Exercise to Balance: Hands on the hips. Turn your feet outward. Stand on the left foot and lift the right leg straight out with ankle flexed (1) and then take your raised leg to the right (2) and then place it beside the other foot (3.) Repeat with the left foot. Repeat both legs 5 times each

DAY PLANNER:

6 am

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11 am

Noon

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4 pm

5 pm

6 pm

7 pm

8 pm

9 pm

10 pm

NOTES:



Thyme Broomrape

(-) Uncontrolled anger, sexual insecurity, disloyal
(+) Courageous, loyal, sexual security, peaceful.

FEBRUARY 18 2015

WEDNESDAY

Day 1 • New Moon Phase (Spring)

Date: February 18 Wednesday
Day of Lunar Cycle: Day 1 New Moon Phase (Transition Waning/Waxing)
Root Chakra Energy: Extreme Yin (Quite)

The Root Chakra is at the base of the spine in the back and the pubic bone front. The activity of the Root Chakra Energy is movement straight out in front of the body turning around in a figure eight and crossing in the center and moving out the back turning around and back to the center. Sit in a chair, place the index fingertip over the thumb nail, close your eyes and with your mind's eye, lovingly trace the energy pathway of the Root Chakra

Energy Expression: Quiet/Contemplative extreme yin energy for this Pisces New Moon that is pleasant and highly productive day all day. This is a great time to initiate new projects or take your projects to the next level. The night time is a great time to work on achieving your goals and also a good night to shake off work and enjoy some entertainment.

February Virtue: Happiness, Joy, Exuberance.

Weekly Negative Behavior to Heal: Being Derisive

Mantra Observation Meditation: While meditating bring to your attention being "Derisive" – Feel the feelings that arise, observe them until they dissipate. Invite the Mantra: "Giving is the evidence that you have. Withholding is the evidence that you have not. Give approval and it shall be given to you." Feel the mantra, feel what stirs.

Cardinal Energy Frequency Root Chakra Symptoms To Forgive:

Physical-To Forgive: Scattered energies, Fatigue, Body pain

Emotional-To Forgive: Tantrums, Hysterical, Selfish.

Mental-To Forgive: It's all about "me," Self absorbed.

Burren Flower Essence to Balance: Flecked Marsh Orchid

Combo Burren Flower Essence: New Moon Phase Essence (Blue)

Cell Salt: Natrum Mur, **Homeopathy:** Sepia, **Gem:** Ruby

Foods to Balance the Energy: Anchovies, Red Meats, Salmon, Cabbage, Water Cress, Pomegranates.

Fluids To Balance: At least four glasses of plain water, blessed with Giving, 1 cup American Ginseng, Devil's Claw, or Marshmallow tea.

Exercise To Balance: Stand with your heels together and toes turned outward. Bend your knees as far as they will go – tilt the pelvis forward as far as you can and tilt back to normal and straighten the knees. Do the same thing with the toes turned inwards and the heels turned outwards. Repeat each exercise 5 times.

DAY PLANNER:

6 am

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11 am

Noon

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4 pm

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6 pm

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8 pm

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10 pm

NOTES:



Flecked Marsh Orchid

(-) Scattered energies, selfish, temper tantrums.
 (+) High constant energy, generous, cool, calm.

FEBRUARY 19 2015

THURSDAY

Day 2 • New Moon Phase (Spring)

Date: February 21 Thursday
Day of Lunar Cycle: Day 2 of New Moon Phase (Early Waxing)
Central Vessel: Meridian Energy Extreme Yin (Quite)

The Central Vessel Meridian begins at the base of the trunk, on the torso between the legs and runs straight across the pubic bone, up the center of the body across the navel, up the sternum, neck and chin and ends underneath the bottom lip. Hold a hand 2in. from the body and lovingly trace the energy pathway from the bottom of the torso to the lower lip. Or gently tap under the lower lip.

Lunar Energetic Expression: Quiet contemplative energy for this Chinese New Year of the Wood Sheep in this Pisces Moon day. This is a great day for all activities and social interactions until 5pm. Then a do-nothing important moon evening to slow down and contemplate. Avoid interpersonal interactions where you feel unloved. This too shall pass.

February Virtue: Happiness, Joy, Exuberance.

Weekly Negative Behavior to Heal: Having Contempt.

Mantra Observation Meditation: While meditating bring to your attention having "Contempt" – Feel the feelings that arise, observe them until they dissipate. Invite the Mantra; "Feeling superior produces contempt. Freedom from judgment brings the freedom to love." Feel what stirs

Cardinal Energy Frequency Central Vessel (Brain) Symptoms To Forgive:

Physical-To Forgive: Poor Concentration, Memory, Blood sugar issues.

Emotional-To Forgive: Abandonment issues, Resisting change.

Mental-To Forgive: Not feeling at home, lack of trust.

Burren Flower Essence to Balance: Common Butterwort

Combo Burren Flower Essence: New Moon Phase Essence (Blue)

Cell Salt: Natrum Mur, **Homeopathy:** Sepia, **Gem:** Carnelian

Foods to Balance: Sardines, Chicken, Almonds, Cashews, Brown Rice, Jerusalem Artichoke, Greens, Sunflowerseed Oil, Mango and Bananas.

Fluids To Balance:

At least four glasses of plain water, blessed with *Freedom*, 1 or 2 cups Gotu Kola, Motherwort, or Yellow Dock Tea or tincture.

Exercise To Balance: Place your arms by your side with the palms of your hands facing toward the body. Raise your right hand out 45 degrees diagonally from the body. Bring the right arm back to the body while you take the left arm out 45 degrees diagonally. Repeat each arm position 10 times.

DAY PLANNER:

6 am

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Noon

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NOTES:



Common Butterwort

- (-) Feeling abandoned, inability to bond.
- (+) Feeling at home, embracing transitions.

FEBRUARY 20 2015

FRIDAY

Day 3 • New Moon Phase (Spring)

Date: February 20 Friday
Day of Lunar Cycle: Day 3 New Moon Phase (Early Waxing)
6th Auric Field Energy: Low Yin Energy (Gentle)

The Sixth Auric Field is also known as the Atmic Body or 2nd Spiritual Body. It is the Spiritual Energy Field that expresses Christ Consciousness as it channels and transforms spiritual energy into physical form the 2nd aspect of the Trinity. Place your hand 1 inch from your body at the face and neck area. Feel the energy and play with it.

Moon Energetic Expression: Still quiet energy for this Aries Moon day to do-nothing important until 5:15pm. This may not be a fun day so it is best to work by yourself and focus on routine chores until late afternoon. Then the moon changes to playful with high energy and renewed social rapport making it a good night to party.

February Virtue: Happiness, Joy, Exuberance.

Weekly Negative Behavior to Heal: Being Disrespectful.

Mantra Observation Meditation: While meditating focus on a time when you were being "Disrespectful" – Feel the feelings that arise, observe them until they dissipate. Invite the Mantra: "Respect for others occurs only by having respect for yourself. Enthusiastically embrace self respect as you connect to inner Spiritual guidance." Feel what stirs.

Cardinal Energy Frequency 6th Auric Field Symptoms To Forgive:

Physical: Headaches, Eye problems, Hand Tremors.

Emotional: Indecisive, self-doubt, fear.

Mental: Disconnected from self, Confusion.

Burren Flower Essence to Balance: Common Milkwort.

Combo Burren Flower Essence: New Moon Phase Essence (Blue)

Cell Salt: Natrum Phos, **Homeopathy:** Sepia, **Gem:** Bentonite

Foods to Balance the Energy: Anchovies, Red Meats, Salmon, Cabbage, Quinoa, Millet, Amaranth, Water Cress, Pomegranates.

Fluids To Balance: At least four glasses of plain water, blessed with Enthusiasm, 1 cup Bacopa, Colts Foot, or Prickly Ash Bark tea.

Exercise To Balance the Energy: Twirling Exercise. Stand with your feet slightly apart. Arms stretched out in front of the body at eye level, wrists flexed, fingers pointing to the sky, thumbs toward each other almost touching. Focusing through your thumbs twirl slowly to the right taking little steps with your feet for a full circle. Repeat each twirl exercise 7 times, working up to 21 times.

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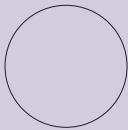
NOTES:



Common Milkwort

(-) Disconnected from self, fear of insanity, speech impediments.

(+) Self-governing, personal responsibility.

FEBRUARY 21  2015
SATURDAY

Day 4 • New Moon Phase (Spring)

Date:	Day of Lunar Cycle	Lung Meridian Energy
February 21 Saturday	Day 4 New Moon Phase (Early Waxing)	Mild Yin Energy (Gentle)

The Lung is a Yin Meridian that begins in the front of the body at the top of the arm inside at the shoulders at the level of the 3rd rib. The flow runs up to the top of the arm and down the inside of the arm to end at the inside of the thumb at the nail base. Take one hand at a time 2in. away from the body, and lovingly trace the path. Or gently tap the beginning or the end of the meridian.

Energetic Expression: Mild yin waxing energy for this fast-paced Aries Moon day with the opportunity to accomplish much or enjoy energetic activities. Even though the evening is a do-nothing important time it is still good for joyful and possibly a romantic evening.

February Virtue: Happiness, Joy, Exuberance.

Weekly Negative Behavior to Heal: Mocking others.

Mantra Observation Meditation: While meditating focus on "Mocking others" – Feel the feelings that arise, observe them until they dissipate. Invite the Mantra: "Compassion is the energy that raises the consciousness above the egoic expression of mocking." Feel what stirs.

Cardinal Energy Frequency Lung Meridian Symptoms To Forgive

Physical – I Forgive: Hay fever, Nasal congestion, Asthma.

Emotional – I Forgive: Impatience, Haughty, and Unsympathetic.

Mental – I Forgive: Overwhelm, Regret, Closed off from intuition.

Single Burren Flower Essences to Balance: Irish Eyebright.

Combo Burren Flower Essence: New Moon Phase Remedy (Blue)

Cell Salt: Natrum Mur. **Homeopathy:** Sepia, **Gem:** Lazulite

Foods to Balance: Cornish hen, Lean Meats, Mozzarella, Brussel Sprouts, Carrots, Chard, Borage Oil, Black Currents, Grapes.

Fluids To Balance: At least four glasses of plain water blessed with *Compassion*, 1 cup Mullein, Rosehips or Fenugreek tea, or tincture.

Exercise To Balance: Place each arm up at shoulder level with the elbows bent and the palms of the hands facing the floor. Move the elbows down to the side of the body and back up to shoulder level. Do this quite rapidly Repeat each exercise 20 times.

DAY PLANNER:

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NOTES:



Irish Eyebright

(-) Being scornful, depression, regrets
(+) Heightened intuitive abilities, inclusive

FEBRUARY 22 2015

SUNDAY

Day 5 • New Moon Phase (Spring)

Date: February 22 Sunday
Day of Lunar Cycle: Day 5 New Moon Phase (Mild/Mid Waxing)
Solar Plexus Chakra Energy: Moderate Yin Energy

The Solar Plexus Chakra is a Yin Chakra and is located at the lower middle of the spine at the navel. The activity of the Solar Plexus Chakra Energy is movement straight out in front of the body turning around in a figure eight and crossing in the center at the navel and moving out the back turning around and back to the center in continuous movement. With eyes closed, sit in a chair, place the index fingertips over the thumb nails, and lovingly trace the energy path with your mind.

Lunar Energetic Expression: Mild yin waxing energy, for this do-nothing important Aries Moon day until about 6:28pm. The impulse of the day is to go fast and possibly get stuck in the sand. The tendency is to spin your wheels, only to go nowhere fast, take a deep breath and ask for help. Avoid reckless, impulsive or argumentative behavior. Be Calm.

February Virtue: Happiness, Joy, Exuberance.

Weekly Negative Behavior to Heal: Being Fearful of involvement.

Mantra Observation Meditation: While meditating bring to your attention being "Fearful of involvement" – Feel the feelings, observe them until they dissipate. Invite the Mantra "Fear is the absence of love, being fearful of involvement is unloving estrangement in the issue. Be enthusiastic about involvement." Feel what stirs from the mantra.

Cardinal Energy Freque Solar Plexus Chakra Symptoms To Forgive:

Physical- I Forgive: Physically exhausted, Blood sugar problems.

Emotional- I Forgive: Helpless, Grief, Anxiety.

Mental- I Forgive: Feeling alone, Unsure about life.

Single Burren Flower Essences to Balance: Cowslip.

Combo Burren Flower Essence: New Moon Phase Essence (Blue)

Cell Salt: Natrum Mur, **Homeopathy:** Sepia, **Gem:** Yellow Topaz

Foods to Balance: Almonds, Brail Nuts, Brown Rice, Turkey, Gamey Meats, Halibut, Mozzarella, Summer squash, Chard, Apricots.

Fluids To Balance: At least four glasses of plain water Blessed with Empathy, 1 cup of Maca, Astragalus or Licorice tea or herbal tincture.

Exercise To Balance: Stand and bend forward to the floor, relax down, turn to the right and hold the ankle and turn to the left and hold. Do this 3 times each position. Stand upright. Place your arms out-stretched at the side of the body as you twist at the waist to the right and then to the left. Repeat four or five times.

DAY PLANNER:

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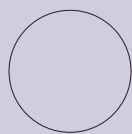


Cowslip

(-) Exhaustion, helplessness, anxious.

(+) Light-hearted, confidence, kind, patient.

FEBRUARY 23
MONDAY



2015

Day 6 • New Moon Phase (Spring)

Date:	Day of Lunar Cycle	Liver Meridian Energy
February 23 Monday	Day 6 New Moon Phase (Moderate Waxing)	Moderate Yin Energy

The Liver Meridian runs up the front of the body. It begins at the little toe side of the big toe nail and runs up the inside of the leg across the pubic bone and the travels to the side of the body at the iliac crest and ends up at the 7th rib under the breast. Bend forward, place hand 2in. from the body and lovingly trace the path-way. Or tap gently under the breast or at the beginning or the end of the meridian.

Lunar Energetic Expression: Moderate yin energy, for this Taurus Moon day. Morning irritability and conflict likely early morning. The rest of the day makes solid progress with good social rapport at least until 9pm, then do-nothing important. The evening is good for amenable company or a fine time to be alone.

February Virtue: Happiness, Joy, Exuberance.

Weekly Negative Behavior to Heal: Being Fearful of participation.

Mantra Observation Meditation: While meditating observe when you are being "Fearful of participation" – Feel the feelings that arise, observe them until they dissipate. Invite the Mantra "Acceptance of what is transforms fear of participation into embracing life." Feel the energy that arises.

Cardinal Energy Frequency Liver Meridian Symptoms To Forgive:

Physical-To Forgive: Sluggish blood, Hepatitis, Fatigue, Sinuses.

Emotional-To Forgive: Resentment, Anger, Frustration.

Mental-To Forgive: Shattered dreams, Hopeless, Discontentment.

Single Burren Flower Essences to Balance: Guelder Rose Berries.

Combo Burren Flower Essence: New Moon Phase Remedy (Blue)

Cell Salt: Natrum Mur, **Homeopathy:** Sepia, **Gem:** Yellow Jasper

Foods to Balance the Energy: Black Rice, Black Beans, Lamb, Liver, Beet Greens, Lima Beans, Leafy greens, Apples, Cherries, Elderberries.

Fluids To Balance: At least four glasses of plain water, blessed with Acceptance, 1 cup Dandelion, Majoram or Milk Thistle tea or tincture.

Exercise To Balance: Place your arms in front of the body (breast stroke) and raise them either side of your head to – 45-degree angle (like angel wings.) Bring the arms back to the starting point and repeat. Do this quite rapidly Repeat each exercise 20 times.

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NOTES:



Guelder Rose Berries

(-) Sarcasm, jealousy, frustration, impatient.

(+) Light-hearted, understanding, hopeful

FEBRUARY 24 WEDNESDAY

Day 7 • New Moon Phase (Spring)

Date: February 24
Wednesday

Day of Lunar Cycle: Day 7 New Moon Phase
(Moderate Waxing)

5th Auric Field Energy: Moderate Yin Energy

The Fifth Auric Field is a Yin energy also known as the Buddhic Body or 1st Spiritual Body. It is the First Spiritual Energy Field that is our connection to the Holy Spirit of Truth instructing us to live spiritually in this physical experience. Sit in a chair, close your eyes and place your hands at the heart area around the body 2in. away from the body, and lovingly trace or pull or play with the energy around the heart level of the body.

Lunar Energetic Expression: Moderate yin action for this do-nothing important, down to earth Taurus Moon day until late evening. Much of a routine nature, can be accomplished as long as the momentum can be maintained. There is the tendency to kick back and have fun. Late evening the moon enters Gemini with lightheartedness.

February Virtue: Happiness, Joy, Exuberance.

Weekly Negative Behavior to Heal: Fear of taking part.

Mantra Observation Meditation: While meditating, bring to your attention to "Fear of taking part" – Feel the feelings inside, observe them until they dissipate. Invite the Mantra "Living fully takes courage; have the courage to live with exuberance." Feel what stirs.

Cardinal Energy Frequency 5th Auric Field Symptoms To Forgive:

Physical-To Forgive: Ulcers, Injuries, Ruptures or broken areas.

Emotional-To Forgive: Shyness, Self-conscious, Timid.

Mental-To Forgive: Stage fright, False humility, Resist complements.

Burren Flower Essences to Balance: Lady's Mantle.

Combo Burren Flower Essence: New Moon Phase Remedy (Blue)

Cell Salt: Natrum Mur, **Homeopathy:** Sepia, **Gem:** Citrine

Foods to Balance: Heart, Salmon, Tuna, Brown and Wild Rice, Buck Wheat, Brussel Sprouts, Tomato, Parsley, Apricots, Watermelon.

Fluids To Balance: At least four glasses of plain water blessed with Courage, 1 cup Shepard's Purse, Thyme, Comfrey tea or tincture.

Exercise To Balance: Twirling Exercise. Stand with your feet slightly apart. Arms stretched out to side of the body elbows bent so that fingers are facing the floor. Twirl to the right as you raise the right arm at the elbow to the ceiling for ½ circle, alternate arms, left arm up as right arm comes down on the 2nd half of the circle, twirl slowly to the right taking little steps with your feet for a full circle. Repeat each twirl exercise 7 times, working up to 21 times.

DAY PLANNER:

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NOTES:



Lady's Mantle

(-) Self-conscious, stage-fright, withdrawn.

(+) Comfortable expressing self, public speaking.

FEBRUARY 25 2015

THURSDAY

Day 8 • 1st Qtr Moon (Summer)

Date: February 25 Thursday
Day of Lunar Cycle: Day 8 1st Qtr Moon Phase Mid Waxing
Triple Warmer Meridian Energy: Moderate Yang Energy

The Triple Warmer Meridian Energy begins at the outside of the ring finger nails. Travels up the back of the hands, wrists and arms and goes across the back of the shoulders as it moves up the side of the neck, around the ears and ends at the outer edge of the eyebrows. Take one hand at a time and place it 2in. from the body and lovingly trace the pathway of the energy on both sides. Or tap the ends of meridian.

Lunar Energetic Expression: Yang energy, Moderate action, for this First Quarter Moon day in Gemini where tensions run high until noon. The afternoon calls for discipline and rapport is best for scheduling important discussions and activities with brilliance continuing late into the night.

February Virtue: Happiness, Joy, Exuberance.

Weekly Negative Behavior to Heal: Fear of Association.

Mantra Observation Meditation: While meditating bring to your attention to "Fear of Association" – Feel the feelings that come, observe them until they dissipate. Invite the Mantra "Faith in Source and Inner Guidance allows you to be fearful of nothing." Feel what stirs within you.

Cardinal Energy Frequency Triple Warmer Mer. Symptoms To Forgive:

Physical-To Forgive: Temperature changes, Weak immune system.

Emotional To Forgive: Spaciness, Resentful, Fear, Hopelessness.

Mental to Forgive: Not accepting life, Spiritually closed off.

Burren Flower Essences to Balance: Sea Aster.

Combo Burren Flower Essence: 1st Quarter Moon Essence (Yellow)

Cell Salt: Natrum Mur, **Homeopathy:** Sepia, **Gem:** Clear Quartz

Foods to Balance: Lean meats, Chicken, Cod, Sardines, Sunflower Seeds, Leafy Greens, Tomatoes, Yellow Squash, Raspberries, Banana.

Fluids To Balance: At least four glasses of plain water blessed with *Faith*, 1 cup Eluthero, Angelica, Yerba Mate tea or tincture.

Exercise To Balance: Stand with your feet slightly apart. Arms close to the body, Elbows bent and hands stretched as much outward as possible. Fold one arm across the body then alternate the arm action, first one side then the other, stretching the arms back and bent as far as possible when not on the body. Repeat both sides about 20 times.

DAY PLANNER:

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NOTES:



Sea Aster

(-) Lacking direction, irresponsible, resentful.
 (+) Spiritual insight, vision, wisdom, clarity.

FEBRUARY 26 2015

THURSDAY

Day 9 • 1st Qtr Moon (Summer)

Date: February 26 Thursday
Day of Lunar Cycle: Day 9 1st Qtr Moon Phase (Strong Waxing)
2nd Auric Field Energy: Moderate to strong Yang Energy

The Second Auric Field is a Yang field and is also known as the Etheric Body, it is invisible to the naked eye and completely surrounds the physical body like a field of light and it filters all the energy's of the other subtle upper bodies through it for a complete etheric double. Keep your hands about 2in. from the body and lovingly stroke or massage the energy around the whole body, much like Reiki or healing touch.

Lunar Energetic Expression: Yang energy, Moderate to strong activity for this do-nothing important Gemini Moon day with caution to avoid great ideas that are likely to be unrealistic. Caution for people that are all-talk-and-no-action as you will spin your wheels, but enjoy the playful banter.

February Virtue: Happiness, Joy, Exuberance.

Weekly Negative Behavior to Heal: Protecting yourself from living fully.

Mantra Observation Meditation: While meditating bring to your attention to "Protecting yourself for living fully," – Feel the feelings that arise, observe them until they dissipate. Invite the Mantra "Living life as if you are a victim and denying the worthiness bestowed on you by the Creator, simply by the fact that you are an expression of life." Feel what stirs.

Cardinal Energy Frequency 2nd Auric Field Symptoms To Forgive:

Physical-To Forgive: Sinus problems, Foggy thinking, Poor Digestion.

Emotional-To Forgive: Smothering, Being possessive, Controlling.

Mental-To Forgive: Disappointed, Lack of trust, Martyrdom.

Burren Flower Essences to Balance: Montbretia.

Combo Burren Flower Essence: 1st Qtr Moon Essence (Yellow)

Cell Salt: Natrum Mur, **Homeopathy:** Sepia, **Gem:** Aventurine

Foods to Balance: Lean meats, Lamb, Cod, Shell Fish, Salmon, Leafy Greens, Tomatoes, Pomegranates, Strawberries, Banana, Elderberries.

Fluids To Balance: At least four glasses of plain water blessed with Worthiness, 1-cup Lemon Balm, Chaste Tree, or Ginger tea or tincture.

Exercise To Balance: Kneel on the floor and sit on your heels. Lift the pelvis up and tilt the pelvis forward and do pelvic rotations to the right continuously for five rotations. Sit back on the heels and repeat the exercise on the left side. Push the knees apart slightly and fold into the yoga position of Child's pose (fetal position with head on the floor.)

DAY PLANNER:

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NOTES:



Montbretia

(-) Smothering, possessive, controlling, martyr.
 (+) Accepting, trusting, letting go, wise choices.

FEBRUARY 27 2015

WEDNESDAY

Day 10 • 1st Qtr Moon (Summer)

Date: February 27 Wednesday
Day of Lunar Cycle: Day 10 of 1st Qtr Moon Phase
Stomach Meridian Energy: Mid Waxing-Transition Yang Moderate Yang Energy

The Stomach Meridian begins under the eyes circles around the face, travels down the neck to the clavicle where it opens wider about 2 inches on either side and then travels all the way down the front of the body across the pelvis, down the legs, knees, ankles and ends at the base of the 2nd toenail on the little toe side. Run the energy with both hands 2in. off the body as you lovingly trace the pathway. Or, gently tap the beginning or the end of both meridians.

Lunar Energetic Expression: Moderate yang energy for this emotionally sensitive Cancer Moon day, which can be productive in many ways. Caution is needed between 4-6:40pm to avoid conflict, hyperactivity and a rude inclination to push and shove. Avoid upsets at this time and the rest of the night should be productively or entertaining.

February Virtue: Happiness, Joy, Exuberance.

Weekly Negative Behavior to Heal: Fear of Connection.

Mantra Observation Meditation: While meditating, bring to your attention having "Fear of Connection" – Feel the feelings that arise, observe them until they dissipate. Invite the Mantra "Good communication requires connection and love. Good communication is necessary for happiness and joy." Feel what stirs.

Cardinal Energy Frequency Stomach Meridian Symptoms To Forgive:

Physical-To Forgive: Stomache, Acid reflux, Upset stomach.

Emotional-To Forgive: Discontent, Bitterness, Emptiness.

Mental-To Forgive: Unsatisfied, Lack of sympathy, Shutting down.

Burren Flower Essences to Balance: Yellow-wort.

Combo Burren Flower Essence: 1st Quarter Moon Phase (Yellow)

Cell Salt: Natrum Mur, **Homeopathy:** Sepia, **Gem:** Turquoise

Foods to Balance: Game-meats, Chicken, Halibut, Cream cheese, Cabbage, Bell Peppers, Celery, Black grapes, Papaya, Pineapple.

Fluids To Balance: At least four glasses of plain water blessed with *Clarity*, 1 cup Marshmallow, Chamomile, or Astragalus teas or tinctures.

Exercise To Balance: Place your arms in front of the body (breast stroke) and spread out either side of your body and down to a 45-degree angle (like reaching as far back as you can.) Bring the arms back to the starting point and repeat. Do this quite rapidly Repeat each exercise 20 times.

DAY PLANNER:

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NOTES:



Yellow-wort

(-) Sadness, emptiness, nervous, feeling deprived.
 (+) Flexible, full of life, empathetic, satisfied.

FEBRUARY 28 2015

SATURDAY

Day 11 • 1st Qtr Moon (Summer)

Date: February 28 Saturday
Day of Lunar Cycle: Day 11 1st Qtr Moon Phase (Mid Waxing Yang)
Throat Chakra Energy: Moderate Yang Energy

The Throat Chakra is Yang energy and is located at the center of the neck, at the cervical spine front and back. The Throat Chakra Energy is flowing out in front of the body for about 18 inches, turning around in a figure eight and crossing at the center at the neck and moving out the back and turning around and coming back to the center in continuous movement. Sit in a chair, close your eyes, place the index fingertips over the thumb nails and with your minds eye lovingly trace the energy flow.

Lunar Energetic Expression: Yang energy, Moderate action for the Cancer Moon day. The morning is off-kilter with unexpected upsets and potentially out of control emotionally explosive outbursts as old hostilities surface, making this a good time to clear the air. Do-nothing important for the rest of the day, retreat into the safety of one's own space, making this a good evening to enjoy peace and quiet. Be still.

February Virtue: Happiness, Joy, Exuberance.

Weekly Negative Behavior to Heal: Afraid to express yourself

Mantra Observation Meditation: While meditating bring to your attention being afraid to "Express Yourself" – Feel the feelings that arise, observe them until they dissipate. Invite the Mantra "Above all else I Trust my Spiritual Expression and Guidance." Feel what stirs.

Cardinal Energy Frequency Throat Chakra Symptoms To Forgive:

Physical-To Forgive: Lack of endurance, Fatigue, Dryness.

Emotional-To Forgive: Controlling, Low self esteem, Depression.

Mental-To Forgive: Apathy and loss of passion, Lack of faith.

Burren Flower Essences to Balance: Harebell.

Combo Burren Flower Essence: 1st Qtr Moon Phase Essence (Yellow)

Cell Salt: Natrum Mur, **Homeopathy:** Sepia. **Gem:** Blue Topaz

Foods to Balance: Eggs, Lean meats, Chicken, Halibut, Cream cheese, Cabbage, Seaweed, Chard, Zucchini, Kiwi, Pear, Pineapple.

Fluids To Balance: At least four glasses of plain water blessed with Trust. 1 cup Horsetail, Chickweed, or Catnip tea or tincture.

Exercise To Balance: Stand with your feet turned inward to the floor and about 1 foot apart. Place your arms by your side with your elbows bent and head straight. Raise your arms to shoulder level and turn your head to the right. Lower the arms and head front. Repeat to the left. Repeat both sides about 10 times.

DAY PLANNER:

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NOTES:



Harebell

(-) Loss of passion, apathy, lack of faith, shyness.
 (+) Personal power, trusting self, friendly, energy.