

MOON CHART 2019

Table of new and full moons for the twelve months of 2019:

UNITED STATES TIME								
DATE	MOON	FESTIVAL **	EASTERN	CENTRAL	MOUNTAIN	PACIFIC	GMT	DAY/ GMT
Jan 5	NEW^	Capricorn	8:28:05pm	7:28:05pm	6:28:05pm	5:28:05pm	1:28:05am	6
Jan 21	FULL#	Aquarius	12:15:58am	11:15:58pm(-)	10:15:58pm(-)	9:15:58pm(-)	5:15:58am	21
Feb 4	NEW	Aquarius	4:03:28pm	3:03:28pm	2:03:28pm	1:03:28pm	9:03:28pm	4
Feb 19	FULL	Pisces	10:53:28am	9:53:28am	8:53:28am	7:53:28am	3:53:28pm	19
Mar 6	NEW	Pisces	11:03:51am	10:03:51am	9:03:51am	8:03:51am	4:03:51pm	6
Mar 20	FULL	Aries	9:42:45pm *	8:42:45pm*	7:42:45pm*	6:42:45pm*	1:42:45am	21
Apr 5	NEW	Aries	4:50:22am *	3:50:22am *	2:50:22am*	1:50:22am *	8:50:22am	5
Apr 19	FULL	Aries	7:12:04am*	6:12:04am*	5:12:04am*	4:12:04am*	11:12:04am	19
May 4	NEW	Taurus	6:45:23pm*	5:45:23pm*	4:45:23pm*	3:45:23pm*	10:45:23pm	4
May 18	FULL	Taurus	5:11:14pm*	4:11:14pm*	3:11:14pm*	2:11:14pm*	9:11:14pm	18
Jun 3	NEW	Gemini	6:01:50am*	5:01:50am*	4:01:50am*	3:01:50am*	10:01:50am	3
Jun 17	FULL	Gemini	4:30:33am*	3:30:33am*	2:30:33am*	1:30:33am*	8:30:33am	17
Jul 2	NEW#	Cancer	3:16:06pm*	2:16:06pm*	1:16:06pm*	12:16:06pm*	7:16:06pm	2
Jul 16	FULL^	Cancer	5:38:06pm*	4:38:06pm*	3:38:06pm*	2:38:06pm*	9:38:06pm	16
Jul 31	NEW	Leo	11:11:49pm*	10:11:49pm*	9:11:49pm*	8:11:49pm*	3:11:49am	1
Aug 15	FULL	Leo	8:29:08am*	7:29:08am*	6:29:08am*	5:29:08am*	12:29:08pm	15
Aug 30	NEW	Virgo	6:37:02am*	5:37:02am*	4:37:02am*	3:37:02am*	10:37:02am	30
Sep 14	FULL	Virgo	12:32:39am*	11:32:39pm*(-)	10:32:39pm*(-)	9:32:39pm*(-)	4:32:39am	14
Sep 28	NEW	Libra	2:26:15pm*	1:26:15pm*	12:26:15pm*	11:26:15am*	6:26:15pm	28
Oct 13	FULL	Libra	5:07:46pm*	4:07:46pm*	3:07:46pm*	2:07:46pm*	9:07:46pm	13
Oct 27	NEW	Scorpio	11:38:21pm*	10:38:21pm*	9:38:21pm*	8:38:21pm*	3:38:21am	28
Nov 12	FULL	Scorpio	8:34:17am	7:34:17am	6:34:17am	5:34:17am	1:34:17pm	12
Nov 26	NEW	Sagittarius	10:05:29am	9:05:29am	8:05:29am	7:05:29am	3:05:29pm	26
Dec 12	FULL	Sagittarius	12:12:09am	11:12:09pm(-)	10:12:09pm(-)	9:12:09pm(-)	5:12:09am	12
Dec 26	NEW^	Capricorn	12:13:01am	11:13:01pm(-)	10:13:01pm(-)	9:13:01pm(-)	5:13:01am	26

NOTES:

(#) indicates a total eclipse near to the time of the new or full moon.

(^) indicates partial or annular eclipses near to the time of the new or full moon.

(*) In 2019 the dates for Daylight Savings Time are March 10 – November 3. Please note that Daylight Savings Time is shown (1 hour has been added to Standard Time).

(**) The astrological sign shown in this column is the sign relating to the sun rather than the moon.

(-) Indicates the day previous to the date stated in the first column.

The Three Spiritual Festivals will be celebrated on the following days:

Easter on March 21st, *Wesak* on May 18th, and the *Christ's Festival* and *World Invocation Day* on June 17th.

Check locally for the actual day of the festival meetings, which may vary from the date of the full moon.

All times are taken from the Swiss Ephemeris

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.

KEYNOTES FOR THE DISCIPLE

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.

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