

New Moon in Capricorn

Monday February 8, 2016

The new moon in Capricorn occurs every year in late winter.

New moons are a ripe time for new beginnings – it is a time of quiet, listening and planning. Since the lunar light is low (the Moon will not be visible until the third day in the waxing cycle), this natural quiet time of the month and year is more about taking time to pause, reflect on the previous year, and make sure we include plans of what nourishes our mind and spirit for the next year.

Each new moon infuses the world's psyche with a theme related to that zodiacal sign. **Capricorn's** new moon in an **Earth sign** spotlights a global focus on work and action, goals and plans for the upcoming year and rooting pragmatic solutions for last year's problems in order to avoid repeating the same mistakes this year.

The movable nature of Capricorn brings flexibility to your ideas inspiring creativity while still giving you a long term view which gives greater vision to a sustainable success.

Make note: Those with **Capricorn Ascendants, Sun or Moons in their birth charts will feel this month is a significant personal month; while THIS New Moon in Capricorn calls upon all of us** to have a five year and ten year plan which will guide us as we sail through our lives, giving direction while still leaving flexibility in place.

Contrast the long-term Capricornian view, which looks beyond only this year's goals and achievements as a guide to greater achievement and impact instead of only looking at short term goals - like where to make a splash and money at the expense of building something that lasts and is **of use to many people**.

Big Vision

It is not just because we are at the beginning of the year that we are all inspired to invoke Big Vision for the year and beyond because the worldwide collective unconscious is triggered to think and act like Capricorns in subtle ways with this New Moon.

Capricorn is connected with the love of work itself, productivity, agrarian or physical labor, gardening; any kind of activity which makes you sweat or makes sure you can feel it the next day. The focus of work for Capricorns is for some future experience and some future sense of security and safety. As a result, putting off pleasure for now and focusing on the long term is a common trait of an ascendant or Moon in Capricorn.

Creativity is more focused on solving useful problems, applying good old fashioned ingenuity and creating great "work arounds" which help fellow team members. A mark of honor for a Capricorn is pulling oneself up by the boot straps.

As a result of this new moon, Capricorns and the world-over can be overly focused on work, goals, success and what defines personal success.

Success and Failure: two sides of the same coin

“Success and failure. We think of them as opposites, but they're really not. They're companions — the hero and the sidekick.” ~Laurence Shames

Turning Success on its head

Success as the goal is all wrong

If we apply this notion of setting goals and focus **only** on success for our year, we might sound like Winston Churchill when he said “Success consists of going from failure to failure without loss of enthusiasm.” Keep your eye on the prize, as it were.

But if we only focus on goals and success, we will eventually find that even that is an illusion – and is exhausting.

“Our most commonly held formula for success is broken. Conventional wisdom holds that if we work hard we will be more successful, and if we are more successful, then we’ll be happy...this formula is actually backward: *Happiness fuels success*, not the other way around.” Shawn Achor

The true essence of the new moon in Capricorn is not about the goals, work or success:

*Goals exist really, not to measure our success but to simply motivate and craft the steps to move us toward our future. Goals exist to help us begin the journey and to help us **move into** and toward life instead of react to it.*

Where are you standing right now? How can you cultivate happiness in this moment which will fuel your ultimate success?



As we gain wisdom, we see that the Capricorn new moon inspires in all of us more of what Lao Tzu said

“A journey of a thousand miles begins beneath one’s feet.”

It is not the first step which Lao Tzu is emphasizing, but that ‘action arises naturally from stillness.’ (Thanks to Michael Moncur for this).

The journey that New Moons inspire

This is what all new moons inspire, the stillness which inspires action; from month to month filling our year. It is a map of quiet, inspiration, action and fulfillment repeating itself over and over – whether you enjoy the process or not is completely in your hands.

New Moon inspires goals and to delight in where you *are*

The Capricorn New Moon each year helps us craft a set of goals, inspires the motivation to take the journey and reminds us we always have a known place from which to leave. Right here and now.

See the light

Did you know you are designing your future right now with your thoughts in this very moment? This might seem comical to some, but your year truly pivots on your perpetual now. How are you going to craft the next year?

Happiness in your hands

Did you know that 90% of your happiness is in how you process the world? This has been known for thousands of years in the ancient wisdom traditions and has been taught by sages, but now modern social science has repeatedly documented in the positive psychology movement that your perception and whether you think you can do anything about it is the key to your happiness.

Cultivate a happier life this year

“Happiness is not the belief that we don’t need to change; it is the realization that we can.” Shawn Achor

Uncharted Territory

Let each New Year – even the **Chinese Lunar New Year** which happens to be on this New Moon - fill you with hope for the year. Sure, set goals for the year, but how about trying a new approach? Take concrete actions toward what cultivates your personal happiness and the time tested ways that ***all humans can increase their set point of happiness*** and you will discover uncharted territories within yourself and experience even greater success as a result.

To Define Happiness

Social scientists have sought ways to universally define and test happiness across global cultures, countries and time. Since Happiness is truly a subjective experience, the well-known Shawn Achor returned to what the ancient Greeks defined as **Happiness to give his definition:**

The joy you feel striving for your potential.

It is in the striving for our good, for our unique potential and for what we have to offer the world that we as humans are universally most happy.

How does this change how you will set your goals for the month and for your year now?

I hope that you have been inspired to focus on goals of connection, inclusion and sharing more of your genuine self. Love and connection are at the root of these ‘happiness factors’. (coined by Kathleen M. Whalen)

Lessons of the Zodiac

This is what the trip through the zodiac, year after year is meant to teach us; each new moon in a new zodiac sign lights up a new theme in our lives. In this journey, we eventually learn the deeper lessons that each constellation illuminates within us.

The New Moon of winter in the Northern hemisphere is quiet but burgeoning with possibility. Let the potential of ***your hopes and how you feel guide*** your true goal setting, not numbers and things you can annotate at the end of the year. You will have a richer life to look back upon in the future as a result. That is the real goal of a life filled with good works - the connections forged while contributing to make the world a better place.

Vedic Astrology

Remember, Vedic Astrology uses a sidereal map of the skies and so you will see the new and full moons listed in different zodiac signs than the Western astrology that is ubiquitous on the web and in most newspapers and magazines. The Vedic map is the same map astronomers use and is the same map that gives many people a different “Sun Sign” in Vedic Astrology than in Western Astrology.

The Vedic system gives more importance to your Moon sign and ascendant – which helps interpret your karmas, personal timing and reveals the deepest elements of your consciousness.

This is also why it is sometimes considered a more accurate system for timing – these are based on the basic elements like the map being the same as viewed from where you were born (on Earth) and special features unique to this system add to secret layers of karmic timing (like the Vimshottari Dasha system).

Continue reading for new moon and full moon themes throughout the year and learn more about your personal journey and **how to cultivate your highest potential with happiness as a side effect.**

“Your mind, this globe of awareness, is a starry universe. When you push off with your foot, a thousand new roads become clear.” ~ Rumi

Happy Lunar New Year - The Year of the Fire Monkey!

