

February Conscious Reflection 2016



This February is a Leap Year and contains the Chinese or Lunar New Year too.

The theme of the Capricorn New Moon and Chinese New Year infuse the month with a flurry of activity both because of the celebrations and for its usefulness of being between the **Mercury Retrograde of January** and the **Mega Red Days** or the first Solar and Lunar eclipses of the year in **March**.

Set your sites on making good use of February by:

- finishing to plan your year;
- incorporate new health routines more easily than January; and
- spend time with friends and family for a connected sense of work-life balance. Those lovely Green Days in February have a golden glow of connection, love and change to them.

Since the New Moon of February on February 8, 2016 is so important, I created a separate document telling you all about it. It is both the New Moon in Capricorn and the Lunar New Year – Year of the Fire Monkey this year.

February Quick Overview:

There are 3 lovely Green Days (one which is a Mild Green Day), 5 Yellow Days and one Red Day.

Prepare for some really incredible Green Days on February 19 & 20, 2016. These are so lovely that I have planned to [teach a special class on Saturday Feb 20, 2016](#) in the Seattle area – if you would like to know more, please email me.

FEBRUARY 2016 CONSCIOUS CALENDAR by Kathleen M Whalen ©

FEBRUARY 2016						
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29					

On **Feb 1, 2016** the month begins with the Moon and Mars together in Libra, Saturn still in Scorpio, Venus and Mercury in Sagittarius, the Sun in Capricorn, the eclipse patterns in Aquarius and Leo and Jupiter still retrograding in Leo.



Feb 2, 3 & 4, 2016 are Zen or Wabi Sabi kind of days since the Moon is with Saturn in Scorpio. The Moon is losing light moving toward the BIG New Moon on Feb 8, 2016.

Friday Feb 5, 2016

The Moon is with lovely Venus and Mercury in Sagittarius, but since the Moon is in place of 'intense life lessons' – you might be grieving for a friend or feel the suffering of the world more easily on this day. It is a heart opening day, through compassion for others.

Saturday Feb 6, 2016

Saturday is a Mild **Green Day**. The Moon is in a wealth producing place between Venus and Mercury in Sagittarius. There is so little light because the next day is a Red Day, or the lowest lunar energy of the

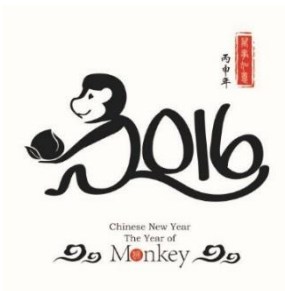
month, that the day will be filled with sweetness, but should not be a day for big exertion or working too hard. Plan on using it to spend with close friends and neighbors. Do not over exert yourself today, or over indulge in sweets.

Sunday Feb 7, 2016



Red Day is the quietest day of the month – and is the day before the New Moon and one of the biggest celebrations across much of the planet for Chinese New Year. The Moon has just entered Capricorn today and asks you to quietly tend to plants inside your home, pruning or adding soil where needed.

Monday Feb 8, 2016



New Moon in Capricorn and Lunar New Year – Year of the Fire Monkey

The New moon in Capricorn sets the tone for realistically visioning and planning your year.

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 possibility to sustainable success. Ideas can scale, your influence can expand from what you enact this month.

PLEASE see the 4 page PDF I created for you all about the Moon in Capricorn.

Tuesday & Wednesday Feb 9 & 10, 2016

Yellow Days

The Moon is with spiritual Ketu and in revolutionary Aquarius for these two days.

The Moon is deeply spiritual since it is with Ketu and it is also helping you lay the foundation for radical change in your life – what do you want to drastically change about your life? Your love life? Your finances? Your work or exercise routine?

These days help you boldly unhook from fear of results and make the changes you need to!

Feb 11 & 12, 2015

These are strange in between days, where it will feel as if your life might be waiting to exhale. Take these days in stride, since we need some good ole regular days to stay on our routines and prepare us for our more active or social days.

Sat Feb 13, 2016 Aquarius Sun

The Sun appears to move into Aquarius in our orbit around the Sun.

Feb 13 & 14, 2016



VALENTINE'S DAY

I would celebrate Valentine's day one day early this year – at the very least on Saturday February 13th since the Moon is in a light and swift place (Ashwini) and is almost a Green Day. But since the Moon is opposite Mars, it is not as conducive to romance as it is for fixing things or getting things done.

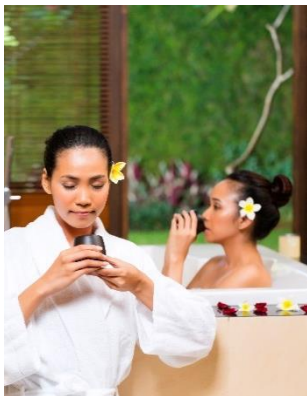
Sun Feb 14, 2016 Brings a wild energy to the day, and possibly even a day of arguments, so unless that is how you and your romantic partner like it (combative) then I recommend taking it easy on that Sunday and not to expect romantic gestures. Instead, if you went to the club and worked out together or took a hike or raced each other or went to a Russian spa and **sweat together**, then you have resonant acts for the day. (And yes, there is a little typo on the calendar – the hash marks across this day on the calendar do not mean anything.)

Remember, all of my suggestions are so that you can 'meet the karma' or energy of the day and thus decrease difficulty – so when you either avoid confrontation on a detoxifying or intense day like **February 14th** is – then you can act in resonance and thus align with the cosmic energy of the day.



Feb 15, 2016

Named a "Samurai Moon" by Kathleen. This is both a contemplative day and a day to watch for sharp words (out of your mouth or someone else's) or to use the cutting energy of the day to eliminate ONE little habit which does not serve your highest good or does not help others.



Feb 16, 2016

A Moon Day for establishing beauty and health routines (The waxing Moon is in Taurus in Rohini and is considered 'exalted' or full of foundational energy from which to build families and good fortune). The Moon is opposite Saturn.

ACTIONS:

- A great monthly and resonant thing to do on this beauty-routine-day would be to make a home mask of honey and milk and bask in how soft your skin becomes. Guys, you can do it too.
- Or make a [Rejuvenating Almond Drink](#) (my dear Ayurvedic practitioner friends share with you their recipe). It is a nourishing Ayurveda health drink of soaked almonds, dates and saffron for the day.

Mmmm, it is so calming and adds what is called Ojas to the body; helping to balance hormones and induce calm and give the skins a certain glow.

Feb 17, 2016

The day may feel both productive and irritating at the same time (the Moon receives only glances from Saturn and Mars today, with a little extra Mars influence; Mrgashira Moon.)

It is the 10th lunar day of building light, a good day to let music and creativity help you let off steam, while still pushing yourself through the activities which might feel like a drain. Just do your routines, and do not complain. Tomorrow will be a new day.



Feb 18, 2016

Coined a “Mush Mind” day by Kathleen. Let your mind wander today because it will naturally wander.

If you need to perform, take extra brain supplements or do what you need to help your brain be ‘on its toes’.

This day has special qualities which challenge everyone with less ability to focus; more people will feel ‘unsupported’ in their lives and feel kind of scattered in low blood sugar brain kind of day. This is a different kind of scatteredness than a Yellow Day, this is a hard to grasp details kind of day.

One of the best things you can do, is to get time in nature today – this is one of the best ways to let your mind wander – look at the clouds, stare at the bugs in the grass. The simplicity of life and wonder sometimes does us good.

If you need to perform at your best today, then take whatever it is you need to help your mind be extra sharp and you will be functioning at your normal level!



Friday & Saturday Feb 19 & 20, 2016 Classic Green Days!

Friday Feb 19, 2016 Type IV Green Day – moveable day

Lovely day to be connected with nature, beauty and water. Start the day slow, taking your time and checking your list for the day. The second half of the day really begins to align. Plans, projects and errands can flow and you can get help along the way.

Saturday Feb 20, 2016 Type I Green Day – light and swift

Lovely Green Days with the Moon in its own sign in Cancer – a yielding and nourishing water with additional luck added because the Moon is opposite Venus and Mercury in Capricorn. Think of or find a place which has both trees, a way to connect with nature and the water – this is the ideal setting for these two Green Days. Make time for nature or a view of water on these days; this will help you maximize the opportunities found on this Green Day.

Feb 21, 2016

A lovely almost Full Moon day on a weekend – bask in breathing a little deeper, taking in the elements of the season, preparing to make the most of this full moon energy. Celebrate the passion in your life because you have tapped into your personal power when you connect with nature.

FULL MOON IN LEO AND A YELLOW DAY Feb 22, 2016



The Full Moon peaks in Leo at 10:21 pm UTC

Monday & Tuesday February 22 & 23, 2016

Yellow Days

The Moon is with retrograde Jupiter in Leo and rambunctious Rahu.

February 29, 2016 LEAP DAY and Yellow Day

The Moon is with vibrational Ketu in Aquarius again.

As I had said at the beginning, be thankful of a somewhat less eventful month in February since March holds 3 Red days!

Sneak Peek Ahead

Mark your calendar and make sure you download right now your Mega Red Day Report – so you know how to use and prepare for the Mega Red Days in March.

March 8, 2016 is the regular **Red Day** which just means the energy is quiet before the solar Eclipse on **March 9, 2016** at 5:58 UTC/ GMT.

Then two weeks later **the Lunar Eclipse on March 22 OR March 23** 4:48 UTC/GMT, depending on your location in the world, the second eclipse of the year occurs.

There are only 4 eclipses this year thankfully – and since you have access to Conscious Calendars – you know when the eclipse days and most importantly HOW to use these days to your advantage. That is an important ingredient to help change your patterns for GOOD.