

V Ṛ Ṣ A B H A (T A U R U S) L U N A R M O N T H

SUNDAY ĀDITYĀ (SUN)	MONDAY CANDRA (MOON)	TUESDAY (MAṄGALA) MARS	WEDNESDAY BUDHA (MERCURY)	THURSDAY BṚHASPATI (JUPITER)	FRIDAY ŚUKRA (VENUS)	SATURDAY ŚANI (SATURN)
6	7	8	9	JUNE 10	11 ●  PHYSICAL INTIMACY: <u>Somatic Movement Practice</u> 7pm PT	12
13	14	15	16 MENTAL INTIMACY: <u>Self-Acknowledgement and</u> <u>Gratitude Workshop</u> 7pm PT	17 ◐	18  15 Minutes of Self-Intimacy <u>IG</u> and <u>FB</u> Live 12pm PT	19
20	21	22	23 EMOTIONAL INTIMACY: <u>Cacao Ceremony and</u> <u>Celebration!</u> 7pm PT	24 ○	25	26
27	28	29	30 SPIRITUAL INTIMACY: <u>Sacred Circle</u> 7pm PT	JULY 1 ◐	2  15 Minutes of Self-Intimacy <u>IG</u> and <u>FB</u> Live 12pm PT	3
4	5	6	7	8	9 ●	10 PHYSICAL INTIMACY: <u>Somatic Movement Practice</u> 7pm PT
11	12	13	14  15 Minutes of Self-Intimacy <u>IG</u> and <u>FB</u> Live 12pm PT	15	16 MENTAL INTIMACY: <u>Workshop Theme TBD</u> 7pm PT	17 ◑

THIS CALENDAR WAS PREPARED
FOR YOU WITH LOVE BY

FROM ^{the} HEARTH 

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WHY FOLLOW THE LUNAR CALENDAR?

The Sun is an external representation of your power - your will, confidence and courage. The Moon is an external representation of your mind - your feeling nature, your psyche, intuition and sense of connection.

At each New Moon, the Sun and Moon meet within a unique section of the sky. This means that your power and your psyche are aligned, activating unique karmas and initiating a uniquely potent time to practice Self-Intimacy within the backdrop of a section of the sidereal Zodiac that only comes around once each year.

ABOUT THE RULING PLANET

The Ruling Planet is the force that is experienced during the lunar cycle.

Taurus' Planetary Ruler: Śukra (Venus)

Cakra: Anāhata (Heart)

Element: Vāyu (Air)

The Force of Venus

- Love
- Beauty
- Relationships

ABOUT THE SIGN

The Zodiac sign determines how the force of the Ruling Planet feels.

The Feeling of Taurus

- Śakti (Creation)
- Element: Pṛthvī (Earth)
- Sensual
- Grounded
- Slow Moving
- Gathering/Accumulating
- Pleasure
- Happiness
- Dependable
- Possessive
- Stable

WORKING WITH THIS LUNAR CYCLE'S ENERGY

When you consider the force of Venus and the feeling of Taurus, which thoughts arise? Are there particular aspects of your experience that you want to take action on over this lunar cycle? On the New Moon - the first day of this lunar cycle - the invitation is to journal about these forces and feelings and see what comes up! Let it be an exploration driven by curiosity; there is no need to 'get anywhere.'

The information above is based on the work of [Earth and Sky Way](#); check out Elise's offerings for more in-depth knowledge of Vedic Astrology! And join the From The Hearth Collective for access to Self-Intimacy practices tailored to each phase of this lunar cycle's energy!