

# Cosmic Wheel of the Year ★ Strategies for 2009 ★

Compliments of Chicago Astrologer Barbara Schermer

**T**here are twelve two-week (New Moon to Full Moon) cycles every year you can use to auspiciously develop intentions and initiate successful actions. Of these twelve periods, three cycles are most beneficial for improving your physical health, three for improving your mental health, three for your emotional health and three for your spiritual health.

## ★ New Moon in EARTH signs

December 27, 2008 (Capricorn), April 24 (Taurus), September 18 (Virgo)

Use the auspicious two-week period following each date to focus on your physical life and health. Recommendations: Begin new health regimes (strengthen your body, start diets, and add nutritional support), organize and determine strategies, make systems more efficient, initiate your new business or start your new job.

## ★ New Moon in AIR signs

January 26 (Aquarius), May 24 (Gemini), October 17 (Libra)

Use the auspicious two-week period following each date to focus on your mental life and health. Recommendations: Feed your brain with nourishing supplements, communicate, network and market, create community and practice mindfulness techniques—your thoughts have direct effect on your physiology.

## ★ New Moon in WATER signs

February 24 (Pisces), June 22 (Cancer), July 21 (29 Cancer 17), November 16 (Scorpio)

Use the auspicious two-week period following each date to focus on your emotional life and health. Recommendations: Process and release emotional wounds, purify through detoxification (body scrubs, colonics, hot springs), make love(!) and explore intimate feelings, get pregnant if you wish, develop your intuition and listen to your dreams.

## ★ New Moon in FIRE signs

March 26 (Aries), August 20 (Leo), December 16 (Sagittarius)

Use the auspicious two-week period following each date to focus on your spiritual life and health. Recommendations: Re-envision your future, take spiritual retreats, initiate new action of all types, feed your spirit with travel, enjoyment and friends, brainstorm new possibilities and be a positive catalyst by renewing your faith, hope and joy.

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*“To book a personal consultation to learn how the cosmic patterns influence your life in 2009, or for information on Star Parties, upcoming classes, evening salons, or seminars, call 773.248.7108 or email Barbara at [Barbara@astrologyalive.com](mailto:Barbara@astrologyalive.com).”*

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*“The sky will bow to your beauty, if you do.” – Rumi*