

MEDICINE GARDEN

See the everyday magic in life...



December 2009 Forecast

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Email: docbones@gotsky.com
Website: <http://www.medicinegarden.com>
Blog: <http://talesfromechocanyon.blogspot.com>
<http://medicalastrologybyeileennauman.blogspot.com>

Consider the whole month of December as a "reset" month. Some can reset without problems, like the mutable signs of Gemini, Virgo, Sagittarius and Pisces. Fixed sign people, however, are going to find this month like slogging through glue (Leo, Aquarius, Taurus and Scorpio folks). The rest, the cardinal signs, will see this month in a competitive sense and know they are being challenged, but will figure out how to MEET the challenge. This means Aries, Libra, Cancer and Capricorn people will rise to the occasion without too much stress. The stress is going to land four-square, however, on anyone who isn't willing to be FLEXIBLE this month.

I want you to think back to September of this year. What were your focuses for all month? Well, here's the deal: you are going to revisit these not only in December, but there's an energy that will expand all of 2010. So give this some serious thought. Whatever the areas, this is where you're working. And while it might be

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painful for some, and wonderful for others, it's all about honing and polishing and refining yourself.

For those who are refusing to do the hard work, the inner work, the sandpaper on our rough edges, then December is going to be kicking you sideways all over the Cosmos. This is no "little month" energy-wise. It's designed to get us set up and prepared for those things we need to continue working on throughout all of 2010. We have our marching orders from September 2009. Now, we need to see if we're actually in the groove and moving in that direction. If we are, December isn't going to be rough for you. It's not going to be fun, but it's not a stressful, grinding energy that it could be. For those who aren't doing the work, there is no place any more, for you to hide. The jig is up, as they say. Your first shot over your bow of your life is December 1 when Uranus turns direct.

Then, if you haven't started cleaning up your act and getting into that transforming groove that

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the Cosmos is asking of you, then the "blue moon" Lunar Eclipse on December 31st is going to set you straight one way or another. Really, now, is this how you want to do it? I've never seen such a fierce lineup of energy and planets in one month -- ever. This is how IMPORTANT this month is for all of us.

If you can be of the mind of flexibility, that change and situations are going to show you where you need to focus and improve yourself personally on all levels (spirit, mental, emotional) then your physical body will be okay. But, if you're hiding, dodging, suppressing your emotions, then you may be ill at some point during this month. The reason why we get colds and/or flu is to slow down and be so sick that we have lots of time to sit and think about what is happening to us and how we feel--because we're too ill to do anything else.

This is going to be a Christmas that is going to have some unexpected moments, to say the least. And the focus is on FAMILY. Whether it be your spouse, your children, brother/sister, aunts/uncles, or grandparents, you will be dealing with issues regarding them. This month is primed for upsets and chaos with Uranus going direct on December 1st. You were sent this article in November to help you prepare for the sudden changes that will be taken place. Then, a day after that, a Full Moon at 10 Gemini. So the "fuel" of the shock (Uranus) is coupled with the emotional tsunami of the full moon; not a nice combo. Then, on December 16th, we have a New Moon at 24 Sagittarius. December 20th, Mars goes retrograde and the world is going to feel like it got unplugged from it's energy and direction. Everyone is going to feel their energy withdraw. Some may complain of fatigue or just not having their normal 'get-up-and-go.' Add to this, Mercury goes retrograde on December 26th for three weeks. Lastly, we have the rare "blue moon" (a second full moon in a month) and what a way to ring in the New Year because it occurs on December 31st and is at 10 Cancer. And, it is a Lunar ECLIPSE as

well, which makes it powerful and intense. Add to this, we are in a "5" month, which is ruled by Uranus, so December is going to be chaos personified. Hang on.

As nice as November was (well, it was stressful with a Saturn square Pluto, so it required a lot of reactions to things coming at us...), I'm hoping you're noticing that we get a kick butt, take names month, and then the next month we get to absorb what happened to us, and then we turn right around and get another kick butt, take name month that follows. This is how it's going right now and all we can do is try our best to adjust, be flexible and forgiving of ourselves and others. Let's look at the "5" energy in order to appreciate December's energy expression and see how we can work with it--not against it.

Numerologically, December is a '5' universal month. That is the energy of 'expect the unexpected.' Quite literally. For those of you who are in Tarot, it is like The Tower and the Seven of Cups--all those choices! Decisions, decisions! What shall I do? A million ways to do something and in a 5 month energy, we are stressed to the max and unsure which way to go. Surely, this month is a treasure chest for each of us on another level. The 5 energy is a manifestation of the higher energies we are all plugged into, and the heart, the '5' is at the fulcrum point. So, if our heart is in the right place, then for certain, there's a download coming your way--just stay open--expect nothing, receive everything.

The number 5 is an interesting number. Why? If you look there are 9 numbers. And if you divide them in half, 4 are on the right of the 5 and four on the left of it. 5 is literally and figuratively at the fulcrum point, or balance point between them. And, if you look at our chakra system--we have 3 lower chakras, the root, sacral and solar plexus. Then, the heart chakra, which is the fulcrum point because there are three chakras above it: the throat, brow and crown chakra. So, the number 5 has a lot to do with heart chakra energy, compassion being kind, giving a smile instead of frown, etc.

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It is December, after all, the month of Holidays for all the major religions. Let's practice what we preach: if you can, volunteer to help others in some large or small way. If you can afford to buy a turkey for the poor or a mission, do so. Remember: everyone is carrying heavy loads; you aren't the only one. That should hopefully give you pause to remain patient instead of impatient, kindness instead of selfishness, generosity instead of being a Scrooge. There are endless ways to support your community where you live. If you have no money to donate, how about donating some of your time? Or go visit a nursing home? Or make something for the elderly that they need? Again, ideas and possibilities are endless. This month is asking us to act in a compassionate manner not only toward ourselves, but everyone around us--strangers, friends, relatives alike.

December kicks off with a herky-jerky Uranus going direct. You already have this article in the November astro forecast. The energy in the first week of December will send shock waves through all of us, large and small. Those most affected by this, of course, are Pisces and Virgo people. The Full Moon on December 2nd lands in Gemini, so they and their opposite sign, Sagittarian's, are in for one chaotic ride too--hang on. Uranus comes in to break old patterns and habits whether we're ready to change them or not. So our time has come. Give them up without a fight if you're wise. Or, as I say: Surrender to a Higher Power. Add to this, the high emotions a Full Moon always brings, and we are going to be wrestling with emotional issues--big time. This full Moon has soft and hard aspects to it, so it shows us if we're willing to be flexible, change and surrender over to a higher power, that it doesn't have to be complete stress at all. We start with Moon sextile Mars, Moon trine Jupiter and then Moon square Uranus.

This coming week leading up to the Full Moon and then five days forward of it (November 24th through December 7th) will have these aspects and energy at play. And with Uranus backing it, there's some nice surprises for some people, and for others, a real jolt to their reality. HOW that

will play out only a professional astrologer can tell you and at the end of this article is our recommendation. There is going to be ACTION around this Full Moon because of the Moon sextile Mars. If you have been waiting for an answer on something, it's coming. And with Moon trine Jupiter, expect GOOD news. The only fly in this ointment is Moon is square Uranus which means, possibly, that the news may not seem good to you, but in the long run, it will be. It's one of those give-and-take Full Moon's. And Gemini's and Sagittarian's are at the focus of this Full Moon. Christmas is going to come early for many of you; the cosmos is going to reward you for a lot of hard work you have been putting in for quite sometime. Now, you're prezzies will be handed out.

You'll spend the rest of the week adjusting to the events that have changed in your life on December 1st and 2nd. On December 5th, Mercury drags its feet, kicking and screaming, into the Earth sign, Capricorn. Mercury rules the air element, so there is always friction when it goes into an earth or water sign. For Cappies, you will be very busy with short distance or long distance traveling, tons of emails avalanching you, phone calls to field and becoming a communication's specialist. This will go on for about three weeks, as it takes Mercury that length of time to zoom from one zodiac sign to another.

December 6th is a feisty day with Moon conjunct Mars. Just watch what you say or how you act/react. Think first, please. This is a time when temper's flare and people "go postal" or get very irritated and impatient. Take some deep breaths and avoid going ballistic and becoming a drama king or queen. It's not worth it. The Moon is in Leo for that day, so Leo's and Aquarian's are tested on this.

December 7th is a nice but super busy day. Virgo's and Pisces will find themselves in the eye of the hurricane that day, with some happy news coming their way.

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December 10th the Moon is conjunct Saturn. People who are depression really sink when this aspect occurs. If you have friends or family with this diagnosis, give them a call or drop in for a visit--it will lift them back up.

December 12th is Hanukkah for all our Jewish friends. IT is also a very nice Saturday with sex-tiles hanging around. It's a busy day, full of filling lists but you'll get a lot done.

December 13th, for all you sky watchers is when the Geminids meteor shower occurs. The day is a pretty wicked one with Moon square Mars, so there's some griches out there who aren't in the holiday spirit; beware. Don't hook into their dramas. They aren't yours. Mars is going retrograde and it's "shadow" period is seven days before that. That means from December 13th through the 20th, you're going to see transportation issues, a slowing down, cancellations of air traffic and so many other plugs in any form of travel from now on. Stay home. You won't regret it.

December 15th has Moon conjunct Venus and its' in the sign of Sagittarius. Everyone is going to feel compassion and kindness today....and wake up in a good mood! There is hope in the air. Take full advantage of it! Gemini's and Sag's could get a very nice promotion, a raise, get a job or some other kind of newsy gift coming their way.

December 16th is the New Moon at 24 Sagittarius. This is a NICE one for the most part, although there is the control freak, Pluto conjunct the Moon. Sag and Gemini people are going to be dealing with authority issues and you must maintain a sense of core and what is right and just. Pluto people on the down side, can be highly manipulative and they may have their eye on you. So, stand your ground the outcome will be positive. Also, Moon is square Uranus, continuing to carry forward the reverberations of Uranus going direct on December 1st. Who needs this? Yuk. Well, the good news is that the rest of the aspects, Moon sextile Jupiter and the Neptune, take

the sting out of things. The key for this New Moon is to have a "live-and-let-live" attitude toward everyone. If you can rise to the heart level and try to be compassionate instead of judgmental, it will be a good thing for you. And, as we all know, the New Moon is a time to plant "new" seeds. These are epiphany's that occur at this time (5 days before this energy comes in from December 12th onward), a new way of seeing yourself, others, or a situation, creative ideas brim and spill over, and perhaps doing something you've never done before.

If you have a business idea, get it out now because Mars goes retrograde on the 20th. And we're already in the 'shadow' of Mars going retrograde. I would suggest that if you have a business deal to sell, or you're trying to get a job or do something to help yourself, do it around December 11th, when the aspects are excellent and you're as far away from the Mars retrograde energy as you can be.

December 18th is a good travel day. It's Friday and the week before Christmas. If you have to travel (and I sure would NOT recommend it to anyone this month) then this is the best day to do it. The problem is that Mars is going retrograde and it's "shadow" period is seven days before that. That means from December 13th through the 20th, you're going to see transportation issues, a slowing down, cancellations of air traffic and so many other plugs in the traveling pipes. Even today is not immune to Mar's slowing down, so you may not arrive right on time as a result.

December 20, Mars goes retrograde. We will all feel the plug being pulled on our vitality, our energy level will sag, we won't feel like doing much of nothing. If you're staying home, this is okay. But if you're on the road on this particular day, you are going to have travel related problems that will send your blood pressure through the roof. Mars rules mechanical things (see my article on this for December) and mechanical breakdowns, large and small, are going to occur. It can be in

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your home, your car, at work or in whatever form of transportation you're taking.

December 21 is the luckiest day of the month! And again, if you must travel, I would select this day. Why? Because Moon is conjunct Jupiter. Everyone is in a good mood! Even if you're delayed or late reaching your destination, you won't care. Everyone is in an upbeat, forgiving mood. Wish I could spread this energy over the entire month of December to take the sourness out of it! And Happy Birthday to all Capricorn's! The Sun transits into your zodiac sign for the next thirty days! You will feel, at least, a little more energy even with Mars retrograde. And with it retrograde, you're not going to see things manifest as you hoped. But don't despair. Plant your seeds for the next thirty days and even though they get off to a slow start, I promise there will be a strong finish after Mars goes direct on March 11, 2010. Until then, you may be stalled; but keep going forward knowing there's a pot of gold at the end of the rainbow in March. And, it is also the Winter Solstice, so let's give our friends in Nature some snacks. Maybe put out a couple of apples for the raccoons and deer. Some crackers or bird seed. Anything to let Mom Nature that you are celebrating her birthday in a heart centered way.

On December 22nd, there is the Ursids meteor shower.

December 23rd has some nasty Uranian energy to it and this is when the Grinch may steal your Christmas mood--but don't let him. Moon is conjunct Uranus and this is indicative of air disasters. I would NOT fly on this day no matter how much money you paid me. It's a day of rough surprises and it's going to catch Pisces and Virgo people off guard. Try not to enter into other people's emotional dramas. Steer clear and communicate clearly about what you will or will not do. Or what your needs are. With Mercury sextile the Moon today, you can talk your way in or out of trouble. Expect some people to be grumpy, abrupt and impatient.

December 24th the moon is in Pisces most of the day and then hoves into Aries later on. This is a nasty day because it has sooooo many squares and plenty of friction-based aspects. I hope you aren't home with your family especially if you don't get along with them. You'd be wiser to sidestep family drama and stay home. You'll be a lot happier and a lot less stressed. Further, there is someone in your family who is a bully and who either wants to manipulate or control you. None of this makes for great digestion. Some families can only 'fight' when they're together on holidays. If you have one of them--avoid them. And for the rest of us, shoppers who are last minute types are going to be in an UGLY frame of mind. This just is the opposite of the Christmas spirit. Better to stay home, play nice music, enjoy your own environs and people. There's a lot of old family patterns and dysfunction that is going to show its ugly head today. Who needs it? Bah! Humbug!

Add to this day, we are now in the "shadow period" of the "Blue Moon" Lunar Eclipse that takes place on December 31st, New Year's Eve. For the next seven days, there's a lot of emotions building up. I hope you look for positive ways to blow them off. Expect some people in your life to be nasty and blaming you for their unhappy life. Don't buy into it. Eclipses always show us something we need to look at a lot more closely. Usually, it is emotional wounds we own. We all have them and we all need, in the next week, to be aware of our wound(s) and make sure we don't drag it out and hit someone over the head with it. Remember to think before you speak. Think about your actions BEFORE you initiate them. Be kind to yourself and be kind to others and circumvent this explosive time of dark emotions bubbling over and you projecting them on someone else.

December 25th is Christmas Day. Merry Christmas! At least the aspects are slightly better with Moon trine Mars...there is an air of at least trying to cope and get along with your relatives if you decided to go home for Xmas. But, Sun is square Saturn, so an older person is going to be a Grinch and try to steal the happiness from you,

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anyway. Don't let him. Moon is square Saturn, and Saturn rules old men. If you have a grouchy old man in your family on this day, beware. Stay out of his line of sight and enjoy the rest of the people. Venus goes into Capricorn today, which is a good thing! All Capricorn's are going to get a gift they've really been wanting, and so will their opposite sign, dear, sweet and vulnerable Cancer. At least someone is having a nice Christmas day! Venus is the goddess of pleasure and happiness. Capricorn is going to buck up and feel far more hopeful about the future than they usually do for the next three weeks. That's a gift in and of itself!

December 26th is Kwanzaa. This is a really nice day for the most part with many trines and sextiles, so Saturday is a good day for most people. Mercury, however, goes retrograde on this day... there's the bah, humbug! Those of you traveling will get delays for the next three weeks. And if you travel today, it might be a pleasant flight but you're still going to end up late arriving home, thanks to Mercury retrograde. See my article on this for the month of December.

If you have to travel home, I'd suggest December 27th. The Moon is trine the Sun and at least everyone will be in a happy frame of mind.

December 28th is a mixed bag simply because a lot of people who spent Christmas via travel, must go back to work on this Monday after probably having travel delays. It's a hectic day with a lot of demands being placed upon you whether you want them or not.

December 31 is New Year's Eve, but it's a mean son-of-a-bitch. I can't put up a strong enough red flag warning to all of you about this day. Not only is it a "blue moon"--the second full moon in December (talk about back-to-back emotional steam rollers: Dec 2nd and Dec 31st!), it is a Lunar ECLIPSE. And of course, eclipses are here to show us something we need to see and work on--even if we have been avoiding doing so. This eclipse is at 10 Cancer, so they and their opposite

sign, Capricorn get the full brunt of this energy. See my article on this for the month of December.

Do not be out driving or drinking on this night. I guarantee you a rotten time, police hauling you over, or your getting into an accident. It's not worth it. Stay home and perhaps invite a few good friends and/or family over for a quiet, safe celebration. You are going to see major weather in the last seven days, leading up to December 31st. I would not step foot on an airplane right now. There are nothing but hard aspects with this eclipse. Moon is opposite Pluto, so some of you will be confronting authority (think police officer pulls you over and cites you for drunk driving....), Moon square Saturn shows a lot of people being very depressed, feeling lonely, as if nothing in their life is going to turn around again. There's going to be more suicides on this lunar eclipse than usual. If you have a friend or family member who you know is depressed, please call them and make sure they're okay. Moon is opposite Venus, so lovers and spouses are fighting with one another. There's nothing pretty about this eclipse. It's about digging deep into our own wounding and doing something positive, I hope, about it. This eclipse at the end of the month is just as brutal as Uranus/Full Moon on December 1st and 2nd. If you made the changes earlier in the month, chances are you aren't going to experience the rugged quality of this eclipse. But if you didn't turn the corner early on, then you're getting a second kick in the butt and it's not going to be pretty. Make the changes and sail through this eclipse on the 31st.

BEST DAYS: 4, 5, 11, 12, 14, 15, 18, 21, 22, 27

CRISIS DAYS: 1, 2, 6, 7, 8, 9, 10, 13, 17, 20, 24, 25, 28, 31

UNASPECTED: 0

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TRANSFORMATION TOOLS

ASTROLOGICAL COUNSELORS

You can engage the services of the medicinegarden.com's professional astrologer and find out. Our own Rosemarie Brown is a natal counselor. Just contact her at: starrose@sedona.net Her website is: <http://www.rosemariebrown.com>

If you are wanting to move and aren't sure where or you have a place in mind, but aren't sure if it's "right" for you, Rosemarie Brown has locale information available. If health is your consideration she also can assist with medical astrology.

NUMEROLOGY AND YOU

If you don't like astrology then consider Numerology to do all the above for you. Karen David is world renown as a numerologist. Check her out at: <http://www.karendavid.com> or email her at: KDMystic@aol.com She can make a big, positive difference in your life.

PERSONAL COACH

NEED A "Coach", some serious therapy that gets to the "heart" of your angst or what you're wrestling with? We recommend Rosemarie Brown. Please contact her at: <http://www.rosemariebrown.com> or by email at: starrose@sedona.net

VOICE ANALYSIS--THE MISSING NOTE

I've had my voice analyzed by Ani Williams and I can tell you from personal experience that we all have a "missing note" in our life. So what? Well, consider this. Without this missing note back in our life, we aren't working off of 8 cylinders. We're working on 6--or less! Please go to Ani's website for more information. This is a life-changing "tool" that you should include in your personal transformation kit. <http://www.anwilliams.com> or contact her via email at: songaia@earthlink.net

SPIRITUAL UPKEEP RENOVATION: NEED A SHAMAN?

Grace Verte (GraceVerte@netsedona.com), Karen David (KDMystic@aol.com) and Rosemarie Brown are all trained shamanic facilitators who can help you through your spiritual transformation. For a list of other shamanic facilitators in the United States and more information on Soul Recovery and Extraction, go to: <http://www.medicinegarden.com/SRE/SREchapter.html> and then contact one of them for further help!

WORLDWIDE SHAMANIC FACILITATOR DIRECTORY

Europe: http://www.medicinegarden.com/SRE/SRE_Faculty_Europe.html

Australia/New Zealand: http://www.medicinegarden.com/SRE/SRE_Faculty_AU_NZ.html

USA/Canada: http://www.medicinegarden.com/SRE/SRE_Faculty_USA.html

FOR CARE OF BODY, MIND AND SPIRIT:

HOMEOPATHY

Our favorite classically trained homeopath is Yolande Grill of Cave Creek, Arizona. She does long-distance case taking by phone and I consider her one of the best we've got in the USA. So, don't delay! She is also a shamanic facilitator, as well. Get a hold of Yolande at: y.grill@att.net

MEDITATION

It is there that you meet your teachers and guides, the spirits who love you despite yourself. This is a time to go in and listen to your inner voice, your heart and your desires....and to become (finally) aware of them and then to act upon them.

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FLOWER and GEM ESSENCES.

These are gentle healers that can help a person to heal themselves. Just go to: <http://www.medicinegarden.com> and point/click on the store link where you can find the Natural Essences. You'll see gorgeous photos of your favorite flowers, as well as useful information that might help you in some positive way!

SOURCES:

I've Got Your Number by Karen J. David, Bantam Books, NY, 1992.

Luck, Love and Your Numbers by Karen David, Ottenheimer, MD, 1994

Website: www.kdmystic.net
Email: KDMystic@aol.com