

**How to Read the Astro Calendars**  
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## How to Read the Astro Calendars Introduction

The following is an adjunct to the Antipodean Astro Calendars and the Northern Hemisphere Astro Calendars and serves as an aid in how to read some of the information contained in them. It will help you to get started if you are beginner or if you have used the calendar before illustrate something to you that you did not realise was there.

The calendars are designed for beginners and the researchers working in the field of rhythms. The colourful graphic representations help the beginner and researcher alike whilst the amount of detail and explanations is important for the researcher to find a non simplistic path into their quest to find co-relationships to plant rhythms and the rhythms taking place in the sky above us. Initially the fullness of the calendar can be bewildering and off putting to the beginner and they are advised to begin with one rhythm that they connect with (eg the lunar phase cycle of New Moon to Full Moon) and become familiar with it before taking on another rhythm. It may take years before one can grasp everything that is in the calendar and one cannot expect to understand everything in it immediately ..... it takes inner effort and time!

### The Top Bar to the calendar relates to Sun Information

Refer to the illustration on page 2

Starting at the top of the Astro Calendar page we have the year and month labelled but also a coloured horizontal bar.

The January month will always have the left side of the bar coloured reddish (denoting a 'fire' element and the right side brownish for 'earth'. The first half of the month finds us with the Sun in Sagittarius, a 'fire' constellation and the second half in Capricorn – 'earth'.

The Sun passes in front of 12 constellations in the course of the year, 3 of which are 'fire', 3 are 'air', 3 are 'water' and 3 'earth'. They are colour coded accordingly. The 12 constellations referred to in the calendar are from the Sidereal Zodiac and not the Tropical Zodiac of your birth sign. There is an article on my website 'Tropical & Sidereal Zodiacs' [www.astro-calendar.com](http://www.astro-calendar.com) that discusses these two zodiacs.

Around the middle of every month you will find that the Sun progresses into a new constellation. In the example given you will find that it takes place on the 15th at 08:17.

Looking a bit more closely at the horizontal bar you will notice that it slopes upwards from left to right. This indicates that the Sun is moving northwards ie heading in the direction of the North Pole. By common convention the top of a page represents North and the bottom South. This is the 'Rockets View' of the Sun's movement between the hemispheres and there is a rocket symbol on the left side of the page.

However when the Sun moves northwards with bar sloping upwards (heading to mid winter) it also gets lower in the sky at midday. A person in the Southern Hemisphere faces a dilemma here because the top of a page, besides representing North also by convention represents 'Up!' To solve this problem I have a 'Ground View' as well (for Southern Hemisphere editions only). At the bottom right of the page there is an image of a person looking up, and you will also a symbol of the Sun with a line sloping downwards. This 'Ground View' line is a horizontal reflection of the line of the top bar.

Look through the calendar and note how the slope of the bar changes. In July for example the slope will be opposite to that of January ie it will be sloping downward as the Sun heads South. Look at June and December where the slope changes direction. These are the solstice points where the Sun reaches its farthest North and farthest South respectively. The dates and times of these solstices are given in that top section too.

When the Sun gets lower in the sky each midday this can be termed a 'Descending Sun'. When it gets higher as it moves to midsummer it is also known as an 'Ascending Sun'. These terms can be confusing when communicating to someone in the opposite hemisphere. I prefer to use universal terms such as Sun moving North or South instead of 'Ascending' or 'Descending'. I think it also helps us to be conscious of the phenomena and not just a label for a recipe.

When the Sun, Moon or planets are over the Southern Hemisphere their forces are stronger for those in the South. It helps us to be aware of them. They will also rise South of East and set South of West. The Sun only rises in the East twice a year and that is at the Equinoxes – here again dates and times are given in the top section. When these luminaries are over the Northern Hemisphere they will rise North of East and set North of West. So when we note where something is rising we can know over which hemisphere it is.

Other information given in the top section are the dates, times and distances for perihelion and aphelion. Perihelion occurs every 1st week of January and this is when the Earth is closest to the Sun for the year. Aphelion is when the Earth is at its farthest.























