

**This is the (slightly edited and put into a table) writing of Jivan Joti Kaur
Khalsa**

Moon Centres: Location in Body and behaviours		What did you notice this month? Possible dates/ possible sensations/ behaviours?
Hairline or Arcline	<p>You are at your best.</p> <p>You are outgoing, centered, authoritative, sensitive, all knowing, and neutral in your communication. You are the closest to your truth.</p> <p>You feel confident and self-assured. Things seem to flow and fall into place perfectly.</p> <p>This is a good time for anything, especially making important decisions, doing presentations, and working out relationships</p> <p>Visionary</p> <p>Shadows: Paranoid</p>	
Cheeks	<p>Beaming</p> <p>Flirtatious</p> <p>Shadows: Out of control can be a most dangerous time because this is the time you will have a tendency to be emotional, commotional, and out of control. This is a very important time to eat well, do yoga, meditate. Don't say anything or do anything that could alienate those in your important relationships. Just when you want to go out of control, you need to use your discipline to be in control. Most likely whatever you feel at this time is an illusion. It will pass. It's not a good time to make important decisions.</p>	
Lips	<p>Talkative</p> <p>Excellent verbal Communication</p> <p>Your diet and spiritual practice are especially important at this time, to keep you in balance.</p> <p>During love-making, your lips may be very sensual.</p> <p>Shadows: Sharp Tongued communication goes to</p>	

	<p>the extremes. It can be either very effective or very ineffective.</p> <p>If you tune into yourself, you can determine if it is a good time to speak up or to keep silent. Your words may uplift and inspire or alienate and destroy.</p> <p>You need to use your sensitivity and be cautious.</p> <p>If you feel insecure, angry, or resentful, it's better to keep silent.</p> <p>If you feel expansive and heart-centered, it's probably safe. If in doubt, be silent and meditate on more before speaking.</p>	
Earlobes	<p>This is a time when you are the most analytical.</p> <p>You want to discuss values and what is important to you.</p> <p>It is a good time to work for a cause, join a political rally, or discuss what values you want to employ at work or at home.</p> <p>Empowered by Values</p> <p>Shadows: Self Analytical: You need to be careful, because you may be over critical of both yourself and others. It is not a good time to make final decisions.</p>	
Nape of Neck	<p>Speaking from the heart</p> <p>Romantic.</p> <p>You are very romantic, like Valentine's Day for 2.5 days.</p> <p>One flower can make you go crazy.</p> <p>You will take risks, be flirtatious and whimsical.</p> <p>It is a good time to try out new things</p> <p>Shadows: It is not a good time to make important decisions</p>	
Nipples or breasts	<p>Unconditional love</p> <p>Vision</p> <p>Compassionate</p>	

	<p>You are compassionate, heart-centered, intimate, and giving to the extent of foolishness. It is a good time to throw a party or visit an ill friend.</p> <p>Shadows: You may want to watch out for boundary issues, because you will have a harder time saying "no."</p> <p>It is not a good time to make important personal or business decisions.</p>	
<p>Belly Button/ Naval Centre/ or corresponding spot on the back of the spine</p>	<p>Physical Energy</p> <p>It is also good time to keep a diary, chant loudly for 31 minutes, go to a funny movie, or keep silence</p> <p>Power to deliver</p> <p>Shadows: Unstable : If your Navel Center is weak, you will be insecure and very vulnerable to criticism.</p> <p>You may be sorry if you have a serious discussion during this time. If your Navel Center is overly strong, you could be intimidating, alienating, or aggressive.</p>	
<p>Thighs</p>	<p>You will be very confirming, productive, and have a high energy level.</p> <p>All of the details which may slip during the rest of the month seem like they have to be done, almost to the point of obsession.</p> <p>You may find yourself making lists of all the projects you dreamed about during the month and not be happy until they are all completed.</p> <p>This is a good time to make important decisions</p> <p>Creative Strength</p> <p>Constructive</p> <p>Shadow (if weak in this area) Disorganized</p>	
<p>Eyebrows</p>	<p>Healing Dreams</p> <p>This is a most sensitive part of the woman's body, because they are the most subtle part of the parasympathetic nervous system.</p>	

	<p>When the Moon Center is in the eyebrows, you are very imaginative and illusionary.</p> <p>This is a good time to write a poem, play with a child, and brainstorm new ideas. It is a time of expansion, sowing seeds to sprout, and going.</p> <p>The Eyebrows are beyond the ordinary. It is a good time to imagine a new business or plan of action.</p> <p>Shadow: It is not a good time to shop (as you will buy everything)</p>	
Clitoris	<p>Leadership</p> <p>Mood to socialize.</p> <p>Charming, talkative, sociable, and outgoing.</p> <p>This is a good time to dress up, to make new friends, to network, to make sales, or go to a meeting—anything in a social setting.</p> <p>Shadows: You need to watch out for being cliquish by keeping your efforts inclusive and for the good of the whole.</p> <p>It is not a good time to balance your checkbook or figure out what is wrong in relationships at home or the workplace.</p>	
Vagina	<p>You may have the tendency to be social, but it will have a deeper quality to it.</p> <p>You will want to connect in a more intimate way, perhaps with a small group of people or with one other person.</p> <p>It is a good time to take a ‘time out,’ a break in the action, realizing that endings and beginnings are the same.</p> <p>Shadows: Some women don’t want to be social at all. You may have feelings of emptiness and want to be alone. It is a good time to meditate, go within, and feel the Shuniya or zero-point.</p>	