

**Arcana Workshops 2019
Meditation Action Group**

**2019 Seed Thoughts
In Breathing Cycle**

New Moon	Seed Thought	Full Moon
1/5/19 Sat # 5:29 PM ♊	Intention	1/20/19 Sun # 9:17 PM ♋
2/4/19 Mon 1:05 PM ♌	Love	2/19/19 Tue 7:55 AM ♍
3/6/19 Wed 8:05 AM ♎	Liberation	3/20/19 Wed 5:44 PM ♏
4/5/19 Fri 12:52 AM ♐	Infinite Diversity	4/19/19 Fri 3:13 AM ♑
5/4/19 Sat 2:47 PM ♒	Joy	5/18/19 Sat 1:12 PM ♓
6/3/19 Mon 2:03 AM ♈	Brotherhood	6/17/19 Mon 12:32 AM ♉

All Times are PST

Indicates eclipse of the sun by a new moon, or of the moon by the earth at full moon, intensifying whatever influences then prevail.

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**2018 Seed Thoughts
Out Breathing Cycle**

NEW MOON	Seed Thought	Full Moon
7/2/19 Tue # 11:17 AM ♌	Vigilance	7/16/19 Tue # 1:39 PM ♍
7/31/19 Wed 7:13 PM ♎	Cooperation	8/15/19 Thur 4:30 AM ♏
8/30/19 Fri 2:38 AM ♐	Creation	9/13/19 Fri 8:34 PM ♑
9/28/19 Sat 10:28 AM ♒	Harmony	10/13/19 Sun 1:09 PM ♓
10/27/19 Sun 7:40 PM ♈	Courage	11/12/19 Tue 5:36 AM ♉
11/26/19 Tue 7:07 AM ♋	Beauty	12/11/19 Wed 9:13 PM ♌
12/25/19 Wed # 9:14 pm ♊	Synthesis	1/10/20 Fri # 11:22 AM ♈

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