

# The Dharma of the Hours: Astrology of a Good Day

**PISCES**  
4-6AM

**Wake up inside  
the dream**

A time to get our spiritual "feet on the ground" and meditatively clear away residual mental "pathogens" before they reincarnate into our day.

## 6 am: Spring Equinox Invocation

*Burning center of the wheel of life, Infuse us with your steady presence so we can "fear forward" and seize this day: mad enough to be mortal, sane enough to disappear.*

**ARIES**  
6-8AM

**Cultivate Chi**

What are the chi-building thoughts, foods and practices that fire your courage so you are poised to punch through another day of egoic fears?

**TAURUS**  
8-10AM

**Waking Down**

Time to move down out of our willful Aries heads and work patiently with the supremely manageable, zen-like conditions directly in front of us.

**GEMINI**  
10-12PM

**Nimble  
Networking**

Grounded in the uncomplicated world of our Taurean senses, we're now poised for some undistracted multi-tasking and nimble networking.

## Noon: Summer Solstice Invocation

*Sublime Sun Being, may we celebrate our mortal shine time with abandon and in the same way that we accept, without mourning, the death of our dreams at dawn, may we slip gracefully into the encroaching night.*

**CANCER**  
12-2PM

**Nurturing Pause**

Time for dietary sustenance and a pause to infuse the buzzy disciplines of Gemini with some profession-free coziness and tender human care.

**LEO**  
2-4PM

**Heartfelt  
Leadership**

Time to aim our personally refreshed and nurtured psyches back out at the world and dare to "shine special" for the sake of the greater community.

**VIRGO**  
4-6PM

**Harvesting  
the Day**

Time to phase out of the leadership personality and organize and put to rest the final details of the day.

## 6 pm: Fall Equinox Invocation

*Fruits ripen, seeds drip; It is the harvest time of the day. May our hearts grow plump and sweet with gratitude for all that flowers, fails and has a chance to rise again.*

**LIBRA**  
6-8PM

**Souls in  
symmetry**

With the workaday world of Virgo now freshly behind us, time to relax into the beauty of life, entertain, and smooth over interpersonal differences.

**SCORPIO**  
8-10PM

**Undress  
and Confess**

With Libran love now activated, we strip off our diurnal facade and drape tenderly excavated confessions on the funeral pyre of the night.

**SAGITTARIUS**  
10-12AM

**Meaning from  
the moments**

With Libran heart and Scorpio dark now equally visible, the soul scours our day for panoramic principles and truths, whether asleep or awake.

## Midnight: Winter Solstice Invocation

*Pride into petals! Regrets into incense!  
On the altar of midnight, You turn our sins into ceremony. Beloved Alchemist, I am yours.*

**CAPRICORN**  
12-2AM

**Purposeful Eclipse  
of Purpose**

In the winter solstice of sleep, Capricorn snuffs out our Sagittarian world views and the goals they inspire, plunging us into the fertile void.

**AQUARIUS**  
2-4AM

**Collective  
Visioning**

With past purposes paused, eclipsed and refreshed, the Aquarian hours redirect our self-centered ambitions into a collectively shared vision of oneness.

**ASTRODHARMA**

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