



2027

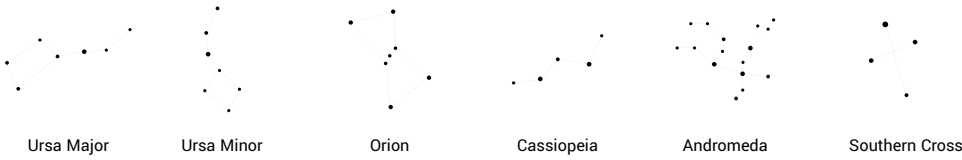
SKY and EARTH

Yearbook of cycles

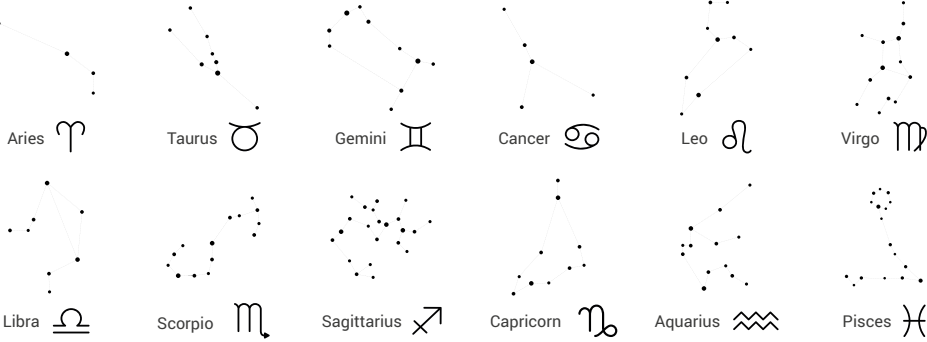
Northern-Southern Hemispheres

LEGEND OF SYMBOLS

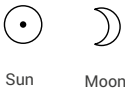
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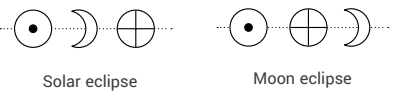
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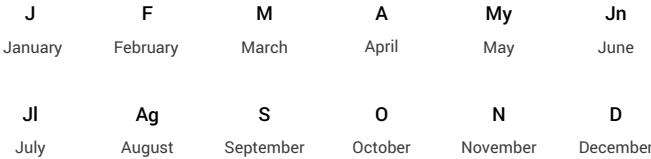
INFLUENCE ON THE ELEMENTS



ACCIONS IN THE GARDEN



MONTHS



NEW YEAR



CULTURAL HOLIDAYS

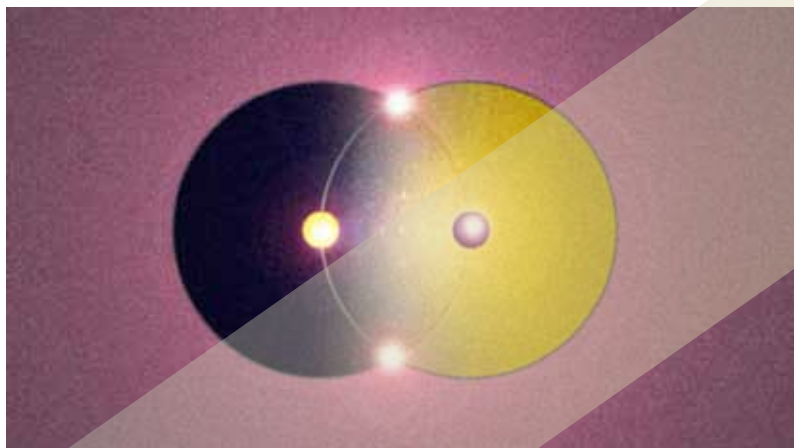


NATURAL HOLIDAYS (seasonal celebrations)



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Keyword for 2027
RECONFIGURATION

WHAT IT IS AND ITS PURPOSE

This book is an astrological, horticultural and therapeutic **calendar**; a **diary** for recording daily tasks and personal observations; and a **notebook**. It is a multi-purpose tool designed to accompany you throughout the year, holding the most meaningful traces of your personal journey and process.

WHAT MOTIVATES US?

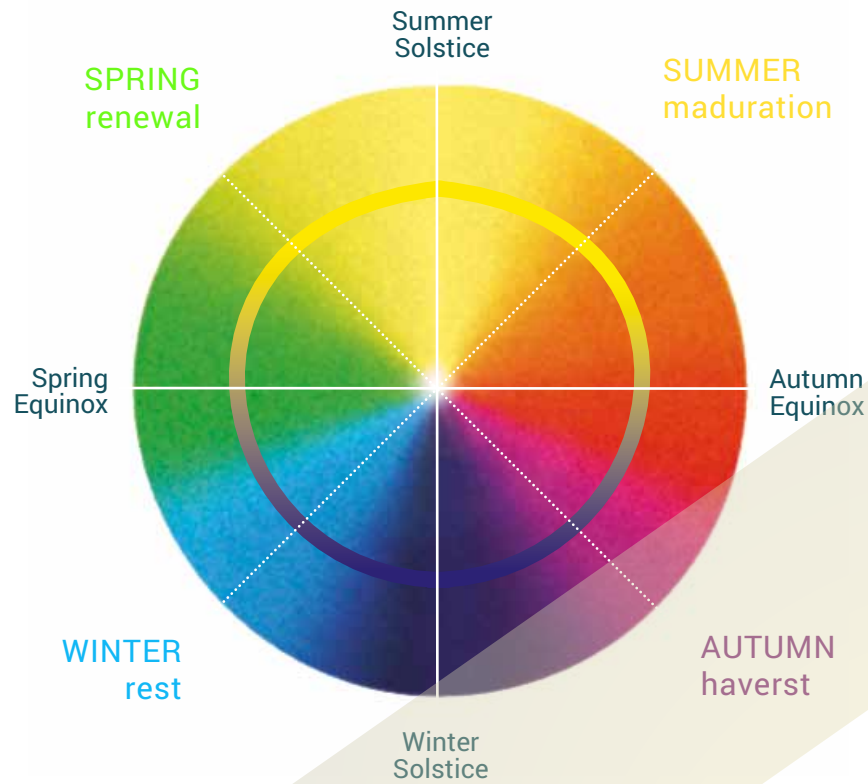
On the one hand, we are motivated by the desire to relate to time in a different way, with the aim of **developing greater planetary awareness**. For example, recognising that the solar year has two New Year beginnings (the ascending cycle of light): one in the Southern Hemisphere and one in the Northern Hemisphere, both equally important. We also acknowledge that many cultures celebrate different New Years (Mayan, Incan, Celtic, Hebrew, Islamic, Persian, Hindu, Chinese, and others). Keeping this in mind reminds us that saying "1 January 2027", or any other date, is simply a cultural convention linked to the Gregorian calendar; it is neither planetary nor, even less so, universal. Another motivation is **to recover natural structures and cycles, and to weave them together with cultural time**. We seek to reintroduce the four seasons alongside the twelve Gregorian months and the seven-day week, and the four lunar phases alongside the Sundays of each month. We begin and end this calendar at the Winter Solstice of the Northern Hemisphere because most of those involved in creating this book live there. We are also motivated by the desire **to**

create a graphic design that encourages intuition and creativity, helping us loosen the mental rigidity often imposed by uniform structures. Representing a month on a Cartesian grid is not the same as representing it in a spiral. Both forms shape us cognitively, consciously and unconsciously: one tends to confine us, while the other opens and expands our perception. We value blank space as a space for self-expression – a place to draw, sketch, write, make marks, keep records, and leave traces of our experience. Our wish is that this book May help integrate the essential elements of a culture rooted in both Sky and Earth, and support human beings in rediscovering themselves as bridge-builders between the terrestrial and the celestial.

INSTRUCTIONS

- **Weekends** are shown in bold, with Sundays highlighted more prominently than Saturdays.
- **Cultural holidays** are marked with a square, while **natural holidays** (seasonal celebrations) are marked with a circle.
- The **four lunar phases** conceal the day of the week; count forwards or backwards to determine which day it is.
- The **monthly overview** pages allow you to record what you experience and feel. Women who menstruate May also choose to observe their cycle alongside the lunar phases. Use Cabbageours, symbols, words, or any other method that feels meaningful to represent what you wish to track: physical, mental and emotional states, habits, patterns, experiences, and more. Adapt the system in whatever way is most useful for you.

SOLAR YEAR



SOUTHERN HEMISPHERE

Winter solstice in Sunsticio Cancer / June:

CONTRACTION → EXPANSION

GESTATION → MANIFESTATION

Summer solstice in Capricorn / December.

EXPANSION → CONTRACTION

ABUNDANCE → RELEASE

NORTHEM HEMISPHERE

Winter solstice in Capricorn / December:

CONTRACTION → EXPANSION

GESTATION → MANIFESTATION

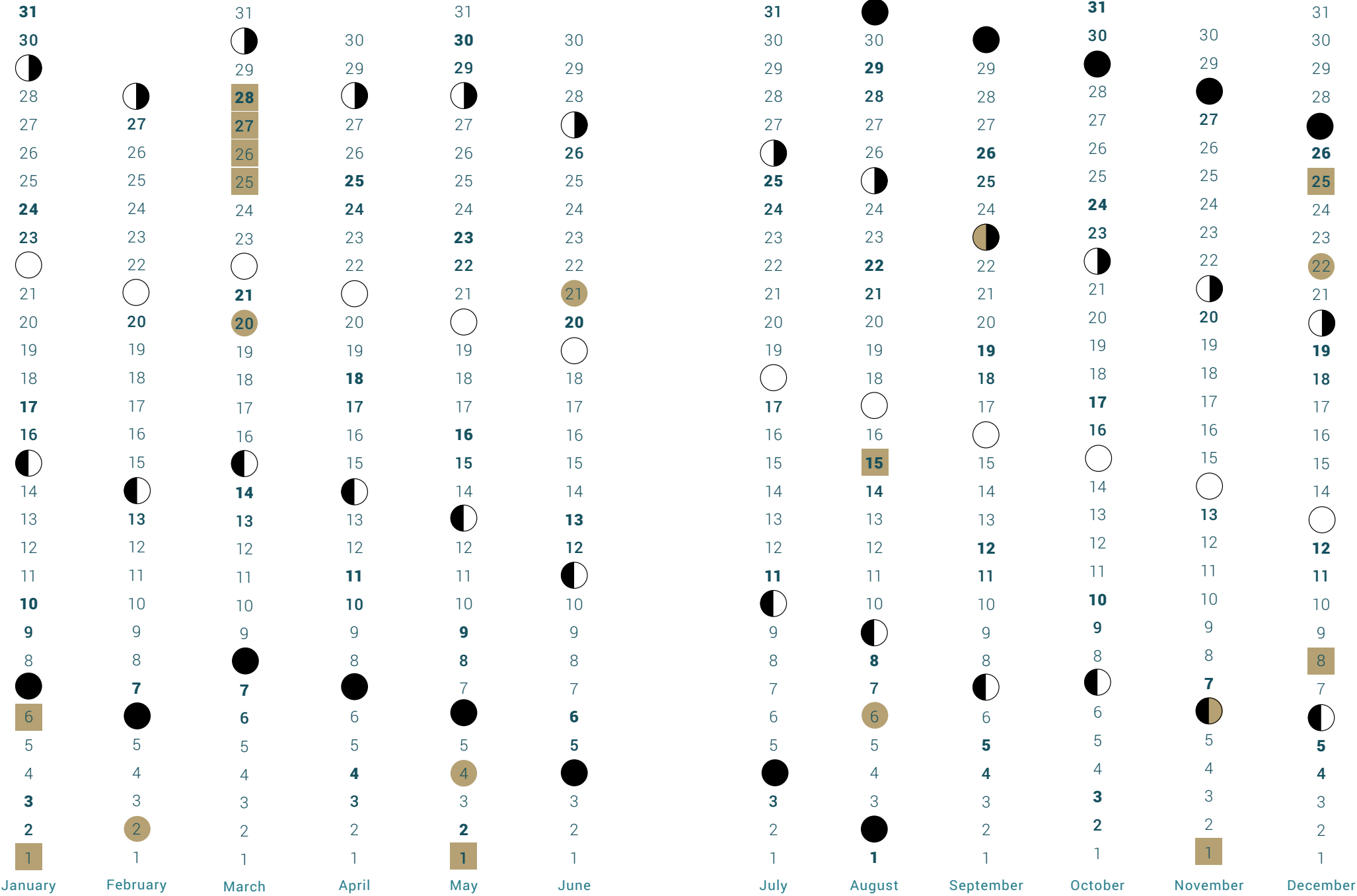
Summer solstice in Cancer / June:

EXPANSION → CONTRACTION

ABUNDANCE → RELEASE

Sample PDF

GREGORIAN YEAR 2027



GENERAL INFORMATION ABOUT SKY AND EARTH

THE SUN CYCLE

The elliptical dance between the Sun and the Earth gives rise to the year: a cycle of light inclined through time. This movement creates the rhythm and succession of the seasons.

Solstices

From the latin *sunstitium*: sun and still. A solstice is the threshold at which the cycle of light changes direction and reverses.

From the Winter Solstice to the Summer Solstice, light expands and life expresses itself outwardly.

From the Summer Solstice to the Winter Solstice, light contracts and life turns inward.

Equinoxes

From the latin *aequinoctium*: equal and night. Halfway between the solstices, we pass through the equinoxes: transitional points that mark the beginning of spring and autumn.

Day and night are of equal length throughout the world. Their influence brings a pattern of transition and direction to life.

THE MOON CYCLE

The Moon introduces a new rhythm into the Earth's dance, creating cycles, variations and influences that are more periodic in nature.

Lunar Phases or Synodic Lunar Revolution

Life is conceived in the darkness of the New Moon and manifests in the light of the Full Moon.

● **New Moon:** The Sun and Moon meet in the same place, aligning their intentions to conceive the seeds of the future. A time for sowing and resting.

◐ **Waxing Moon:** The Sun and Moon gradually move apart. What has been conceived begins to become visible. A time for planning and planting.

○ **Full Moon:** The maximum distance between the Sun and Moon. The Moon—and life itself—appears abundant and radiant. A time for tending and nourishing.

◑ **Waning Moon:** The Sun and Moon begin their journey back towards one another. Results are assessed and adjustments are made. A time for harvesting and pruning.

Ascending and Descending Motion (Periodic or Sidereal Lunar Revolution)

As the Moon orbits the Earth, it follows a movement that appears from our perspective as ascending and descending.

When the Moon is ascending, the sap rises with it, concentrating in the aerial parts of plants. This is a favourable time for harvesting fresh fruits and aerial

plant parts, Cabbagelecting roots for drying, taking cuttings, or transplanting.

When the Moon is descending, the sap also descends, concentrating in the underground parts of plants. This is a favourable time for pruning, harvesting plants for drying, or working the soil.

Perigee and Apogee (Anomalistic Lunar Revolution)

The Moon orbits the Earth along an elliptical path, causing its distance from the Earth to vary. When it is closest to the Earth, it is at Perigee (White Moon); when it is furthest away, it is at Apogee (Black Moon).

The Moon's influence on the Earth increases with its proximity, which means that the effects associated with the Moon (its synodic and periodic revolutions) are stronger around Perigee.

LUNAR NODES

Lunar Nodes occur when the Moon crosses the plane of the Earth's ecliptic orbit.

In each lunar cycle there is one **Ascending** (North) **Node** and one **Descending** (South) **Node**.

Traditionally, this is considered a disruptive influence, and it is generally advised to avoid working the land during these periods, with the exception of removing plants whose growth you do not wish to encourage.

From an astrological perspective, the nodal axis North node ♈ and South node ♉, represents a cosmic experiment held in creative tension: a point of friction that cannot be resolved, only inhabited. It is not a problem to be solved, but a framework for exploring how consciousness evolves through productive conflict, learning to generate coherence from paradox..

ECLIPSES

An eclipse occurs when one celestial body obscures another. Depending on the degree of alignment, eclipses may be total, partial, annular, or penumbral. The more exact the alignment, the greater its influence.

☉☾☊ **Solar Eclipse:** it occurs at the New Moon, when the Moon aligns between the Earth and the Sun. The Moon temporarily obscures the Sun. The unconscious temporarily governs the conscious; what is hidden reorganises what is visible.

☉☊☾ **Lunar Eclipse:** it occurs at the Full Moon, when the Earth aligns between the Moon and the Sun. The Earth temporarily obscures the Moon. The unconscious matures within the shadow, allowing for invisible gestation and reorganisation.

As eclipses also occur at Lunar Nodes, horticultural work is traditionally discouraged during these periods.

ZODIAC CONSTELLATIONS, ZODIAC SIGNS AND THEIR INFLUENCE ON THE ELEMENTS

The **Constellations of the sidereal, or astronomical, Zodiac** form a ring of twelve star groups across the heavens, against which we observe the planets of the Solar System moving from Earth's perspective. These twelve groups of stars form the twelve sectors of the Zodiac Wheel, each possessing its own specific energetic qualities. As planets pass before them, they receive their influence. The slower-moving planets make their presence felt over many years, while the faster-moving planets weave their effects into everyday life.

When the Moon passes before the constellations, its influence on plants manifests through the activity of roots, leaves, flowers and fruits. For this reason, it is considered important to sow seeds according to the part of the plant one intends to cultivate.

• **In front of a Fire constellation** ♈ ♉ ♊ fruits and seeds are stimulated (fruit crops, cereals, legumes, etc.).

• **In front of a Earth constellation** ♋ ♌ ♍ roots and bark are stimulated (root vegetables and underground crops).

• **In front of a Air constellation** ♎ ♏ ♐ flowers are stimulated (cauliflowers, globe artichokes, flowers, etc.).

• **In front of a Water constellation** ♑ ♒ ♓ leaves are stimulated (lettuce, spinach, chard, etc.).

The **twelve Signs of the tropical, or astrological, Zodiac** correspond to the twelve sectors of the constellations. Approximately 2,000 years ago, the Spring Equinox was fixed as the starting point of Aries. Since then, there has been an annual discrepancy of around twenty minutes between the Signs and the Constellations. As a result, the Signs are no longer positioned directly in front of their corresponding Constellations. This gradual divergence gives rise to the Platonic Year, a cycle of approximately 26,000 years in which the Signs and Constellations once again come into alignment.

When the Moon passes through the Signs, its influence is expressed through the qualities of matter:

• **HEAT** encourages metabolic activity.

• **Cabbaged** slows metabolic transformations.

• **DRYNESS** concentrates sap and helps plants resist external moisture.

• **MOISTURE** distributes nutrients throughout the plant.

Combined, these qualities give rise to the four elemental principles of matter:

• DRYNESS + HEAT = FIRE

• HEAT + MOISTURE = AIR

• MOISTURE + CABBAGED = WATER

• CABBAGED + DRYNESS = EARTH

NORTHERN AND SOUTHERN HEMISPHERES

Certain considerations depend on the hemisphere in which one lives.

The **time zone** used in this calendar is based on Central European Time (CET). As a result, some events may occur one day earlier or later in other regions of the world..

The **seasons are reversed** between the hemispheres. For example, when it is winter in the Northern Hemisphere, it is summer in the Southern Hemisphere..

The **Waxing and Waning Moon** also appear reversed in the sky::

_ In the **Northern Hemisphere**, the illuminated portion of the Waxing Moon forms a shape resembling the letter D, while the Waning Moon resembles the letter C.

_ In the **Southern Hemisphere**, the illuminated portion of the Waxing Moon forms a shape resembling the letter C, while the Waning Moon resembles the letter D.

An Ascending Moon in the Northern Hemisphere corresponds to a Descending Moon in the Southern Hemisphere; therefore, the indications for **ascending and descending lunar movement are reversed**.

Monthly Correspondences between Northern and Southern Hemispheres:

January = July

February = August

March = September

April = October

May = November

June = December

LONG-CYCLE PLANETARY TRANSITS

Cycles That Change Structures

In astrology, the slow-moving planets mark the great Cabbagelective cycles. They do not speak of "your day"; they speak of entire eras. And right now, two of the most powerful are changing frequency.

PLUTO IN AQUARIUS

19 November 2024 - 19 January 2044

Pluto settling into Aquarius symbolises the death of old social structures. Pluto is the energy of death and rebirth, of profound transformation. It is the "sacred demolisher" that removes whatever no longer supports life. Aquarius is the energy of innovation, technology, community and the Cabbagelective.

What begins to die is not only material structures, but also old rigid hierarchies, social systems based on control and exclusion, Cabbagelective narratives that no longer sustain us, and identities built upon group conformity.

The feeling intensifies that: "I no longer believe my own story." This is why so many people feel that their goals, their work, or their "officially correct" relationships no longer support them.

This is a time to "purge the reality" we have built, removing everything that is not aligned with our inner truth, our deepest Self.

Pluto transits unfold slowly. Time is required to transform deeply rooted motivations from the past and bring about genuine change. Pluto in Aquarius asks us to "let go", to "release control", and surrender to the infinite potential of the present moment. The old personality and identity Cabbageclapse like a house of cards, making way for a new cycle, a new dawn.

NEPTUNE AND SATURN IN ARIES

Neptune enters Aries definitively on 26 January 2026, opening a thirteen-year cycle. Neptune awakens spiritual fire, sensitivity, dreams and the dissolution of the ego. It is the ocean. In Aries, the sign of fire, action and "I am", something powerful takes place: 1. Spiritual longing descends from the heavens and seeks embodiment. 2. It is no longer enough to "think beautiful thoughts"; your soul seeks coherent action. 3. Intolerance grows towards what is lukewarm, false, or merely appears spiritual without touching reality. What-

ever is not authentic will fall away. In its less conscious expression, Neptune May lead us to blame others for our defeats – the victim aspect of the Neptunian archetype.

A few days later, on 13 February 2026, Saturn moves from Pisces into Aries, marking both the end and the beginning of a cycle of approximately 29–30 years. During this cycle, Saturn – the Teacher of the Soul and of Karma – has guided us towards maturity and mastery through each sign of the Zodiac. Saturn will remain in Aries until April 2028, marking a period of maturation of identity, personal responsibility and the structuring of impulses. It is also a time to embody and sustain leadership within one's own life.

This transit compels us to transform enthusiasm, reckless impulse and reactivity into sustained commitment. It calls for the integration of discipline, patience, frustration tolerance and responsible action. The reciprocal exchange between Saturn (structure / Chronos / Cosmos) and Neptune (fluidity / Dionysus / Chaos) allows both archetypes to integrate. Saturn can embrace a softer, freer and more sensitive dimension without fearing chaos. Neptune learns to form a more structured identity so that it May ultimately be surrendered consciously and by choice. Together, they each offer indispensable elements for inner growth.

NEPTUNE IN ARIES TRANSIT 2025–2039
Spirituality rooted in wisdom.

SATURN IN ARIES TRANSIT 2025–2028
Inner maturity and mastery.

For the **Fire signs** ♀ ♂ ♂, these transits are a call to lead, to express their talents creatively and in service, to connect with the Inner Teacher and then bring that mastery into the world.

For the **Earth signs** ♉ ♋ ♌, this marks the conclusion of a mGarlic life cycle: a radical transformation of their deepest fears into talents, and a profound movement towards new horizons.

For the **Water signs** ♊ ♋ ♏, it is an invitation to serve others through the calling of the Soul, to take responsibility for the body and its importance, and to recognise the value of emotions in this world.

For the **Air signs** ♈ ♎ ♊, it opens the door to new connections and the responsibility of leader-

ship, inviting them to offer the world a new model of relationships and a broader expression of a new vision of life.

PLUTO IN AQUARIUS AND NEPTUNE IN ARIES

The combination of these two transits is explosive: Pluto dismantling obsolete Cabbagelective structures, while Neptune ignites a fire within the heart that demands individual truth. This is why so many people currently feel a powerful inner pull: Will I continue playing a role, or will I dare to become who I truly am?

URANUS IN GEMINI

7 July 2025 _ 22 May 2033

Uranus, the planet of radical change and unexpected revolutions, will dance through the sign of Gemini, associated with communication, thought and the exchange of ideas, setting the stage for a complete transformation in the way we express ourselves, in communication networks both internal and external, and in the creative mind that receives information from higher planes of consciousness. This transit brings mental agility and innovation into every area of life.

Uranus in Gemini can challenge established ideas and belief systems, encouraging the search for new perspectives and new ways of understanding the world, exploring fresh ideas and developing Cabbagelective consciousness. It also gives rise to brilliant minds connected to revolutionary ideas, capable of breaking moulds in thinking, communication and learning. Gemini seeks to know, and Uranus seeks to liberate. Together, this combination expands genius, visionary thinking and futuristic insight, while in its denser expression it May manifest as nervous overstimulation and dispersion.

For the **Air signs** ♈ ♎ ♊, this transit provides a tremendous boost to self-expression, new ways of communicating creativity and the use of emerging technologies in service of a greater good.

For the **Fire signs** ♀ ♂ ♂, it broadens creative horizons, opens new forms of relationship and interaction, and stimulates immense creativity.

For the **Water signs** ♊ ♋ ♏, it brings profound transformations in behavioural patterns that need to be left behind, clearing self-sabotaging ten-

dencies and alchemising what must be purged in order to liberate the voice and authentic self-expression.

For the **Earth signs** ♉ ♋ ♌, it encourages self-care and the use of new technologies in service of health and wellbeing. It also supports cooperation, the sharing of one's gifts with the world in innovative ways, and the courage to express oneself from intimate and deeply personal places without fear.

CHIRON IN TAURUS

19 July 2026 _ May 2034

This transit invites reflection on the body, money, security, stability, work, receptivity and self-worth. It asks us to examine honestly the value we place upon ourselves.

If unresolved wounds and hidden traumas remain unaddressed, we May long for stability and fulfilment while continuing to undervalue ourselves and struggle to receive fully. What you are capable of building, receiving and manifesting depends greatly on the value you grant yourself.

JUPITER IN LEO AND VIRGO

30 June 2026 _ 24 August 2028

Jupiter, the planet of expansion, generosity, abundance and divine justice, enters **Leo** on 29 June 2026 and remains there until 26 July 2027, activating a fiery transit that expands confidence, creativity, romance and leadership. This is a powerful combination that generates an unstoppable impulse towards leadership, recognition and success. It encourages the expansion of personal radiance, self-expression, joy and the simple delight of being alive, inviting us to enjoy life and trust in our own gifts. It is a period of recognition, optimism and generosity, although there May also be a tendency towards excess pride, drama, or an inflated expression of the ego and its consequences.

Jupiter enters Virgo on 27 July 2027 and remains there until August 2028. This transit combines Jupiterian expansion and wisdom with Virgo's meticulousness and practicality, generating growth through attention to detail, service and continual improvement. Abundance and expansion in any area of life come through consistency and perseverance, through daily effort, efficiency and organisation, and through valuing quality over quantity in our approach to life. Its shadow expression May manifest as excessive perfectionism, constant criticism, difficulty trusting, or an unhealthy fixation on details.

SIGNIFICANT PLANETARY TRANSITS OF THE YEAR 2027

Powerful Transition of 2026–2027

We are entering a period of history in which the ground beneath our feet is shifting. If you feel unstable, it is because the entire structure is unstable. 2027 is not simply another year; it is a **portal of reconfiguration**.

CONSOLIDATION OF THE SATURN–NEPTUNE CYCLE IN ARIES

The exact conjunction of Saturn and Neptune took place in February 2026 at 0° Aries. During 2027, however, the maturation of this energy becomes established as Saturn continues its journey through the early degrees of Aries while remaining in aspect to Neptune..

THE TRIPLE VENUS–MERCURY CONJUNCTION

Unlike the standard annual conjunctions, 2027 brings a multiple encounter, or “triple conjunction”, between Mercury and Venus.

This transit symbolises a profound process of revision in the way we experience relationships, assign value and communicate. It invites us to live our connections from a place of authenticity and self-knowledge, opening ourselves to others through the joy of sharing rather than through unmet needs. Because the conjunction occurs three times, themes emerging in July will deepen and intensify through to October.

Key Dates:

1 July 2027
11 August 2027
10 October 2027

JUPITER TRANSITS

Jupiter, the planet of expansion, spends much of 2027 moving through Leo before shifting towards Virgo later in the year.

While in Leo, Jupiter favours personal recognition, creativity, self-expression and the courage to shine through one's talents. As Jupiter moves into Virgo, expansion becomes practical. Attention turns towards health, the body, order and discernment, encouraging purification and refinement in all areas of life.

MERCURY RETROGRADE 2027

Mercury, the planet of communication, will retro-

grade three times during 2027, influencing communication, technology and travel. When Mercury moves backwards, it asks us to pause, to direct our mental focus inward, and to engage in deep reflection and review of the issues that have occupied us mentally, physically and emotionally.

In 2027, Mercury begins each retrograde period in Water signs and concludes it in Air signs. This suggests an opportunity to understand, articulate and clearly express emotions that were previously difficult to comprehend.

Retrograde Periods:

9 February – 3 March: Pisces to Aquarius
10 June – 4 July: Cancer to Gemini
7 October – 28 October: Scorpio to Libra

NOTABLE CONJUNCTIONS

From 10–17 February 2027, Venus and Lilith. two feminine aspects within the psyche of every human being, regardless of gender – come together in Capricorn. This conjunction may trigger intense feelings of anger towards abuses of authority in our lives, a strong desire to take charge of our own destiny, and a powerful drive to create stability that honours who we truly are at this moment. It can also awaken a deep longing for stable, committed and mature relationships, or, conversely, a genuine desire to remain in solitude.

In July, Jupiter joins the South Node in Leo, drawing attention to forms of egocentrism that may be harmful to us. This union invites us to recognise clearly the ways in which we suppress our self-expression out of fear, lack of self-worth, or a desire not to lose the approval of others, placing ourselves last in the process. It calls us to reconnect with talents that have been forgotten over time and to find the courage to express them. This transit may also increase the likelihood of meeting significant people through destiny – individuals who help us dare to shine and express our unique nature.

From 1–5 August, Pluto joins Lilith, bringing intense emotions to the surface, many of them long repressed through fear of rejection or exclusion. This conjunction encourages us to illuminate our shadows: hidden aspects of ourselves, sexual impulses, guarded secrets and all that we have concealed, even from ourselves, believing that if we revealed it, we would not be loved. It can bring decisive breaks with anything that feels oppressive, restrictive or incompatible with personal freedom.

12 August, Venus Star Point at 19° Leo. The Sun joins Venus, initiating a nine-month cycle during which we are invited to express our authenticity, reveal who we truly are, radiate our inner light and give voice to our talents. In relationships, this opens a period that favours romance, passion and heartfelt expression.

20–27 August, Venus Conjunct Jupiter in Virgo. Venus and Jupiter unite in Virgo, beginning a twelve-month cycle associated with abundance, good fortune, expansion and prosperity in the area of life represented by Virgo in the natal chart.

LUNAR NODES AND THE LEO–AQUARIUS AXIS

The Lunar Nodes represent the movement of consciousness and the path of deep learning and soul development for those incarnated on Earth. The **South Node** is symbolised as a vessel containing the waters of past knowledge – knowledge that, for those who believe in reincarnation, may extend beyond this lifetime. It represents the point of departure: what must gradually be released so that a new matrix of life may emerge. This new direction is symbolised by the **North Node**, depicted as an inverted vessel. Each person has their own unique path in this life, illustrated by the placement of the Nodes in the birth chart, the signs they occupy and any planets connected to them. The Lunar Nodes evoke the Being, Spirit or Soul (depending on the tradition) travelling through Time in order to experience life and itself within the earthly dimension, allowing us to transcend both ego and limitation.

On **26 July 2026**, the North Node enters Aquarius while the South Node enters Leo. This transit initiates an **eighteen-month cycle** that invites us to evolve from excessive individualism and self-centredness towards Cabbagelective Cabbagelaboration, group consciousness and initiatives that contribute to the wellbeing of the wider world.

MEANING OF THE 2026–2027 NODAL AXIS

- **North Node in Aquarius.** The evolutionary direction. The North Node in Aquarius invites us to embrace innovation, technology, community-based work and humanitarian causes. The emphasis is on participating in groups and building Cabbagelaborative networks that serve a broader purpose.
- **South Node in Leo.** The memories we must purify: The need to be seen and recognized from the wound, the drama, the constant need for external validation, pride and individual authoritarianism.
- The Evolutionary learning is about using personal

talent and leadership (Leo) not for personal benefit, but to empower and elevate the community (Aquarius).

ECLIPSES ON THE LEO–AQUARIUS AXIS

Eclipses are powerful events that can guide us towards our purpose, often through circumstances that feel destined. They function as evolutionary turning points: closing chapters that can no longer be sustained and opening new pathways that demand coherence, responsibility and presence.

The eclipses of 2027 mark a significant astrological transition, shifting the focus from the mutable signs (Pisces–Virgo) towards the fixed axis of Aquarius and Leo. With Pluto now in Aquarius, these eclipses will intensify both social and personal transformation. Particularly noteworthy is the Total Solar Eclipse of 2 August 2027, a historic eclipse of exceptional duration, lasting more than six minutes.

6 February · Solar Eclipse in Aquarius. This eclipse initiates the series of eclipses in the fixed signs Aquarius and Leo, continuing until 2028. It encourages radical changes in technology, society and personal alliances.

20 February · Lunar Eclipse in Virgo. A culmination and completion of themes relating to service, health and organisation, bringing closure to the mutable Pisces–Virgo cycle.

18 July · Lunar Eclipse in Capricorn. Focused on structure, authority and the reassessment of long-term goals.

2 August · Total Solar Eclipse in Leo. The McGarlic eclipse of the year. Its influence will be particularly strong for the fixed signs Leo, Aquarius, Taurus and Scorpio, highlighting themes of self-expression, leadership and authenticity.

17 August – Penumbral Lunar Eclipse in Aquarius. An emotional completion or revelation concerning Cabbagellective matters, community involvement and visions for the future.

KEY THEMES

- **Shift of Axis:** The emphasis moves from mutable introspection (Virgo–Pisces) towards fixed action and embodiment (Leo–Aquarius).
- **Pluto in Aquarius:** Eclipses occurring in Aquarius intensify technological transformation and the restructuring of society.
- **Visibility:** The Total Solar Eclipse of 2 August 2027 will be particularly visible across Spain, North Africa and the Middle East.

SEASONS · WINTER

21 December 2026 _19 March 2027

Season of conception and hidden birth. A time of withdrawal, contemplation and the gestation of a new cycle.

ELEMENT: WATER, qualities: moisture and Cabbaged
ENERGY: NORTH

 **SUN IN CAPRICORN**
21 December _19 January

RULING PLANET: SATURN
ELEMENT: EARTH
ARQUETIPE: Capricorn builds the world through form. It organises, sustains and structures.

CELEBRATION: Winter Solstice, Yule. The longest night and the shortest day of the year. In the deepest darkness, the promise of light is born. After the Winter Solstice, daylight begins to increase slowly. This is a time for rest, silence and listening; a time to honour our inner cycles, restore energy, envision what we wish to sow, and gather strength in the unseen, like seeds beneath the soil.

 **SUN IN AQUARIUS**
20 January _18 February

RULING PLANETS: SATURN/URANUS
ELEMENT: AIR
ARCHETYPE : Aquarius perceives what does not yet exist. It brings vision, invents language and activates possibility.

CELEBRATION: Midwinter, Candlemas, Imbolc. A celebration of the return and renewal of light, purification, and the sowing of intentions for clarity and health. In the heart of winter, energy begins to stir beneath the surface. Seeds prepare to change state. Nature still sleeps, yet the pulse of life beats quietly within.

 **SUN IN PISCES**
18 February _ 19 March

RULING PLANET: JUPITER / NEPTUNE
ELEMENT: WATER
ARCHETYPE: Pisces dissolves boundaries. It intuits, feels and prays without words from the invisible realms.

A transitional period, bridging the end of winter and the awakening of spring. The energy of the Earth changes frequency: what lay dormant beneath the ice begins to move, and what was invisible starts to take shape. A threshold of dissolution and rebirth, introspection and blossoming.

The Cabbaged invites stillness and encourages us to remain within. Moisture brings fertility, allowing light to begin generating life and gradually awakening the sleeping Earth.

MEDICINAL PLANTS FOR WINTER
BUTCHER'S BROOM (Ruscus aculeatus)

Harvested in winter on Root Days, preferably during a Descending Moon, when the sap is concentrated in the underground parts of the plant. The rhizome (underground stem/root) is used.

Properties: A powerful venotonic that improves blood circulation, particularly in cases of varicose veins, haemorrhoids and heavy legs. It also possesses anti-inflammatory and mild diuretic properties. Traditionally, it has been used as a liver-supportive herb and lymphatic tonic.

To take it as a decoction: boil one teaspoon of dried rhizome per cup for 5 minutes. Drink once or twice a day.

ROSEHIP (Rosa canina)
The fruit of the wild rose. **Harvested** from early to mid-winter when the hips are fully ripe.

Properties: An excellent antioxidant and one of the richest natural sources of vitamin C. It supports the immune system, helps reduce inflammation, regulates bowel function and nourishes the skin.

To take it raw by opening the fruit and removing the seeds and fine hairs (7–11 fruits per day), or prepared as an infusion by simmering for 8–14 minutes, allowing to stand for 4–8 minutes before straining.

THYME (Thymus vulgaris)

Harvested in spring when in flower. The flowering tops are used.

Properties: An immune stimulant and antiseptic for both the respiratory and digestive systems. It helps relieve coughs, congestion, digestive complaints and mild infections. A powerful natural antiviral and antibacterial herb, it also supports recovery and vitality following illness.

To take it as an infusion for respiratory support (one teaspoon per cup), in steam inhalations, or as a medicinal culinary herb.

GARDEN ACTIONS

(s) = sow en seedbed

1/3	Earth/Root	Water/Leaf	Air/Flower	Fire/Fruit
Sow	Garlic, White onion, Radish, Beetroot, Carrot	Chard, Chives, Borage, Spinach, Lettuce, Leek (s), Kale		Chickpea, Pea (s), Broad bean (s)
Plant				
Harvest	Turnip, Beetroot, Carrot	Chard, Chicory, Celery, Borage, Cardoon, Cabbage, Spinach, Endive, Fennel, Lettuce, Red cabbage, Turnip, Parsley, Leek, Kale	Broccoli, Cauliflower, Romanesco	Pea, Broad bean

2/3	Earth/Root	Water/Leaf	Air/Flower	Fire/Fruit
Sow	Garlic, Celeriac (s), Onion (s), Turnip (s), Potato (s), Radish (s), Beetroot, Carrot	Chard, Chives, Borage, Coriander, Cabbage (s), Lettuce, Parsley, Chervil (s), Leek (s),	Asparagus	Eggplant (s), Chickpea, Pea, Broad bean, Pepper (s), Tomato (s)
Plant	Onion, Chive, Beetroot	Lettuce	Broccoli, Cauliflower, Romanesco	
Harvest	Turnip, Beetroot, Carrot	Chard, Chicory, Celery, Borage, Cardoon, Cabbage, Spinach, Endive, Fennel, Lettuce, Red cabbage, Turnip, Parsley, Leek,	Broccoli, Cauliflower, Romanesco	Snow pea, Pea, Broad bean

3/3	Earth/Root	Water/	Air/	Fire/Fruit
Sow	Garlic, CeleryTurnip (s), Parsnip, Turnip, Potato, Radish (s), Beetroot, Jerusalem artichoke, Carrot	Basil (s), Chard, Chives, Celery (s), Cress (s), Cardoon (s), Coriander, Cabbage (s), Endive, Spinach, Fennel (s), Lettuce, Parsley, Chervil, Leek, Rocket, Salsify	Artichoke, Broccoli (s), Cauliflower (s), Asparagus	Eggplant, Zucchini (s), Chickpea, Pea, Broad bean, Cucumber s), Gherkin (s), Pepper, Strawberry, Tomato (s)
Plant	Onion, Sprint onion, Beetroot	Lettuce, Parsley		
Harvest	Beetroot, Carrot	Chicory, Chard, Celery, Cardoon, Cabbage, Borage, Endive, Spinach, Fennel, Lettuce, Red cabbage, Parsley, Leek	Artichoke, Broccoli	Snow pea

FOODS ESPECIALLY SUITED TO WINTER

Depending on the geography and latitude, prioritize what is harvested in winter and provides us with nutrition, warmth and grounding. We recommend eating more fats and denser vegetables such as roots (carrot, radish, turnip, parsnip, sweet potato, etc.). Also Broccoli, cabbage, Cardoon, artichoke, spinach, chard; buckwheat and oats, either sprouted or cooked, and seasonal fruit. Avoid foods that are highly acidic (pineapples, mangoes, etc.) and that cool the body.

THERAPEUTIC GUIDANCE

Organs: Kidneys, bladder and reproductive organs. Winter is a crucial period for nourishing vital energy before the flourishing of spring. We recommend increasing the amount of sleep and rest, keeping the lower back and kidney area warm, receiving relaxing muscular massage and vagus nerve therapies, and engaging in practices that promote energetic balance. Meditation and gentle walks are also highly beneficial, bringing serenity, inner clarity and focus.

SPRING

20 March _ 20 June

Season of awakening; resurgence of forces. life manifests itself

ELEMENT: AIR, qualities: warmth and moisture
ENERGY: EAST



SUN IN ARIES
20 March _ 19 April

RULING PLANET: MARS

ELEMENT: FIRE

ARCHETYPE: Aries initiates. It burns in the present. It cuts a path where there was only impulse.

CELEBRATION: Spring Equinox, Ostara. Balance between light and darkness. Ritual of sowing desires, fertility, and gratitude to Mother Earth as she reveals her splendour once again. Light expands, the sap rises vigorously, seeds germinate, and the fields vibrate with renewed energy.



SUN IN TAURUS
19 April _ 20 May

RULING PLANET: VENUS

ELEMENT: EARTH

ARCHETYPE: Tauro takes root. It cultivates permanence, embodiment and value. It perseveres with unwavering devotion to what truly matters.

CELEBRATION: MiMid-Spring, May Day, Beltane. Celebrated around 1 May, when the fields burst into bloom and the Earth reaches the height of its fertility. It is a festival honouring the cycles of love, growth and creativity—a celebration of beauty, passion and the fertile power of life itself. Flowers bloom everywhere in an explosion of colour, while the song of Nature fills every corner of the landscape.



SUN IN GEMINI
20 May _ 20 June

RULING PLANET: MERCURY

ELEMENT: AIR

ARCHETYPE: Géminis connects, listens, names and questions. Its truth is movement between worlds.

A season of exchange and expansion. Nature hums with pollen, wings and movement. The fields breathe diversity, new shoots branch in every direction, pathways intersect. A time for communication, adaptability and allowing yourself to be guided by the gentle winds that herald the arrival of summer.

Lightness, movement, and communication of Air; its quality awakes the upward flow of sap, the song of birds, the dance of green shoots toward the light. A time of exchange, seeds conversing with the wind, pollinators traversing the fields in bloom. A season of perfume, beauty, and vibrant sensuality.

MEDICINAL PLANTS FOR SPRING

FENNEL (*Foeniculum vulgare*)

Fresh leaves are **harvested** during spring, while the seeds are collected once the plant has completed its cycle and dried naturally.

Properties: An excellent digestive herb that relieves wind, bloating and abdominal cramps. It gently stimulates gastric and liver function and has carminative, antispasmodic and mildly diuretic properties.

To use the fresh leaves in salads or broths, the seeds as infusion using one teaspoon per cup, taken after meals.

RUE (*Ruta graveolens*)

Harvested when the leaves are fully developed and aromatic. The leaves are primarily used, and occasionally the flowers.

Properties: Rue stimulates the uterus and has traditionally been used in gynaecological treatments and historically as an abortifacient, which is why it must never be used during pregnancy. It may encourage menstrual flow and help relieve menstrual discomfort. It is also valued as an external anti-inflammatory remedy.

To take it marla only as a very weak infusion (maximum 1 g per cup), under the guidance of a qualified practitioner and for short treatment periods. For external use, apply as warm compresses or washes to help relieve muscular and joint pain.

BAY LAUREL (*Laurus nobilis*)

The leaves May be **harvested** throughout the year, although autumn is preferred when the essential oils are most concentrated.

Properties: Bay supports heavy digestion, relieves wind and abdominal cramping, and stimulates liver metabolism. It also possesses antiseptic and expectorant properties, making it useful for supporting respiratory health.

To take it in nfusion: one leaf per cup after meals to aid digestion. Bay oil (macerated or essential oil) is traditionally used for therapeutic massage.

GARDEN ACTIONS

(s) = sow en seedbed

1/3	Earth/Root	Water/Leaf	Air/Flower	Fire/Fruit
Sow	Onion, Parsnip, Turnip, Asparagus, Potato, Radish, Beetroot, Jerusalem artichoke, Carrot, Ginger, Turmeric	Basil (s), Chard, Celery (s), Watercress, Borage, Cardoon (s), Coriander, Cabbage, Spinach, Fennel, Lettuce, Parsley, Chervil, Leek, Rocket	Artichoke, Broccoli (s), Cauliflower (s)	Eggplant, Zucchini, Squash, Pumpkin, Pea, Broad bean, Bean, Corn, Melon (s), Cucumber, Watermelon (s), Tomato (s)
Plant	Onion	Swiss chard, Lettuce, Parsley		Zucchini, Squash, Pumpkin, Cucumber, Tomato, Strawberry
Harvest	Chives, Beetroot, Carrot	Chard, Chicory, Borage, Cabbage, Spinach, Lettuce, Parsley, Leek	Artichoke, Asparagus, Broccoli, Cauliflower, Romanesco	Snow pea

2/3	Earth/Root	Water/Leaf	Air/Flower	Fire/Fruit
Sow	Parasip, Potato, Radish, Beetroot, Carrot, Ginger, Turmeric	Chard, Celery, Cress, Borage, Cardoon, Coriander, Cabbage, Endive, Spinach, Fennel, Lettuce, Parsley, Chervil, Leek, Rocket	Broccoli, Cauliflower, Romanesco	Zucchini, Squash, Pea, Pumpkin, Bean, Corn, Melon, Gherkin, Cucumber, Watermelon
Plant	Onion	Chard, Lettuce		Eggplant, Zucchini, Squash, Pumpkin, Cucumber, Pepper, Tomato
Harvest	Chives, Spring onion, Radish, Beetroot, Carrot	Chard, Celery, Borage, Lettuce, Parsley, Rocket	Artichoke, Asparagus	Snow pea, Strawberry

3/3	Earth/Root	Water/Leaf	Air/Flower	Fire/Fruit
Sow	Parasip, Potato, Radish, Beetroot, Carrot	Chard, Celery, Cress, Borage, Cardoon, Coriander, Cabbage, Cabbage China, Endive, Fennel, Lettuce, Parsley, Chervil, Rocket	Broccoli, Cauliflower	Zucchini, Squash, Pumpkin, Bean, Corn
Plant	Onion	Chard, Lettuce	Broccoli, Cabbageflower, Romanesco	Eggplant, Zucchini, Squash, Pumpkin, Gherkin, Cucumber, Pepper, Tomato
Harvest	Onion, Turnip, Beetroot, Carrot	Chard, Borage, Lettuce, Parsley, Leek	Artichoke, Asparagus	Snow pea, Zucchini, Squash, Pea, Broad bean, Squash, Pumpkin, Strawberry, Chick-pea, Bean, Cucumber

FOODS ESPECIALLY SUITED TO SPRING

Prioritise seasonal foods that support cleansing and regeneration, including asparagus, strawberries, radishes, spinach, Swiss chard, loquats, apricots and cherries. The changing temperatures of spring invite us to listen carefully to the body. If you feel cold, increase healthy fats and denser vegetables. If you feel warm, favour fresh fruit and lighter foods.

THERAPEUTIC GUIDANCE

Organs: Liver, gallbladder, muscles and joints. Spring is the ideal season for cleansing. We recommend that support the elimination of toxins: fasting, intermittent fasting, therapeutic clays, liver and colon cleansing, mud therapies, exfoliation and dry body brushing. Ideal are also sunbathing and all that re-connects you with the expansive vitality of spring.

SUMMEER

21 June _ 22 September

Season of ripening; the harvested strength.

ELEMENT: FIRE, qualities: warmth and dryness
ENERGIA: SOUTH

With the Sun at its zenith, the long days are filled with light and the fruits begin to ripen. Fire is pre-



SUN IN CANCER 21 June _ 22 July

RULING PLANET: MOON

Elemento: WATER

ARCHETYPE: Cancer nurtures from the roots. It feels, protects and creates a sense of belonging.

CELEBRATION: Summer Solstice, Litha. The longest day and shortest night of the year. A festival of the Sun and also of the Moon, as it is celebrated during the sign of Cancer. The Sun-Moon conjunction exalts the properties of plants and flowers on this special night, an ideal time to harvest plants well charged of energy.



SUN IN LEO 22 July _ 22 August

RULING PLANET: SUN

ELEMENTO: FIRE

ARCHETYPE: Leo radiates. It expresses its centre as creative fire.

CELEBRATION: Midsummer Harvest, Lammas or Lughnasadh. August 1st marks the beginning of the grain's re-harvest. A time to start reaping what has been sown, to thank Mother Earth for the crops, to share and return some of the abundance to the soil. The fields settle into maturity, the fruits ripen in the sun, and the body seeks shade and rest.



SUN IN VIRGO 23 August _ 22 September

RULING PLANET: MERCURY

ELEMENTO: EARTH

ARCHETYPE: Virgo refines. It aligns action with purpose and serves through precision.

Gradually, the heat and dryness begin to soften, the nights become longer and cooler, and the extreme temperatures give us a break. Virgo's calm energy invites us to reflect, organize, and prepare ourselves for the next season.

sent in the warmth that sets the sap in motion and in the force that drives plants to bear fruit. It is a season for embracing abundance, giving energy back to the Earth while gathering what has been sown, and finally resting once the harvest has been completed.

MEDICINAL PLANTS FOR SUMMER

VERVAIN (*Verbena officinalis*)

Harvested during full flowering in summer. The flowering tops are used.

Properties: A traditional nervine tonic valued as a digestive stimulant, anti-inflammatory herb and regulator of the nervous system. It supports sluggish digestion, relieves gastric spasms and promotes relaxation without causing drowsiness.

To take it in infusion: one teaspoon per cup, twice daily. Particularly beneficial after meals.

LEMON BALM (*Melissa officinalis*)

Harvested just before flowering. The leaves are used, preferably fresh.

Properties: Highly valued in European herbal medicine for its calming effects on both the nervous and digestive systems. It gently relieves anxiety, insomnia, stress and nervous palpitations while also soothing digestive discomfort.

To take it in infusion 1 teaspoon of dried or fresh leaves per cup. Take in the afternoon or evening to calm the nervous system. Mother tincture May also be used to support prolonged periods of nervous tension.

HAWTHORN (*Crataegus monogyna*)

Harvested in the morning while in flower. The flowers, leaves and, to a lesser extent, the berries are used.

Properties: Renowned for its beneficial action on both the cardiovascular and nervous systems. Hawthorn helps regulate heart rhythm and May be useful in cases of palpitations, mild arrhythmias and tachycardia. Its gentle vasodilatory action supports healthy circulation and contributes to maintaining balanced blood pressure.

To take it in infusion: 1 teaspoon per cup, twice daily for longer-term use. Mother tincture is also widely used in professional herbal medicine.

GARDEN ACTIONS

(s) = sow en seedbed

1/3	Earth/Root	Water/Leaf	Air/Flower	Fire/Fruit
Sow	Turnip, Radish, Beetroot, Carrot	Chard, Celery, Borage, Canónigo, Cabbage, Cabbage China, Endive, Fennel, Lettuce, Parsley, Chervil, Rocket	Broccoli, Cauliflower, Romanesco	Zucchini, Squash, Pumpkin, Bean
Plant		Chard, Chicory, Celery, Borage, Cardoon, Cabbage, Endive, Fennel, Lettuce, Leek		Zucchini
Harvest	Garlic, Onion, Turnip, Potato, Beetroot, Carrot	Chard, Borage, Lettuce, Parsley, Leek	Artichoke	Zucchini, Pumpkin, Chickpea, Strawberry, Pea, Broad bean, Bean, Cucumber, Pepper

2/3	Earth/Root	Water/Leaf	Air/Flower	Fire/Fruit
Sow	Onion, Spring onion, Parsnip (s), Turnip, Radish	Chard (s), Watercress, Lamb's, Cabbage, Cabbage Chinese, Endive, Spinach, Fennel, Lettuce, Parsley, Chervil, Rocket	Broccoli (s), Cauliflower (s)	Bean, Broad bean (s)
Plant		Celery, Borage, Cardoon, Cabbage, Endive, Fennel, Lettuce, Leek	Broccoli, Cauliflower, Romanesco	Strawberry
Harvest	Onion, Turnip, Potato, Beetroot, Carrot	Chard, Borage, Endive, Lettuce, Parsley, Leek	Artichoke	Zucchini, Squash, Eggplant, Chickpea, Bean, Melon, Cucumber, Pepper, Watermelon, Tomato

3/3	Earth/Root	Water/Leaf	Air/Flower	Fire/Fruit
Sow (s)	Onion, Turnip, Chervil root, Radish, Beetroot, Carrot	Chard, Celery, Chicory, Cress, Borage, Lamb's, Cabbage, Spinach, Lettuce, Parsley, Chervil, Rocket	Artichoke, Broccoli (s), Cauliflower (s)	Snow pea, Pea
Plant	Spring onion, Turnip, Rabanito	Endive, Spinach, Lettuce	Artichoke, Broccoli, Cauliflower	Strawberry
Harvest	Onion, Potato, Beetroot	Chard, Borage, Endive, Spinach, Lettuce, Parsley, Leek	Artichoke	Eggplant, Zucchini, Pumpkin, Bean, Melon, Watermelon, Cucumber, Pepper, Tomato

FOODS ESPECIALLY SUITED TO SUMMER

Many foods harvested during summer cool and hydrate the body, exactly what is needed during this season. Prioritise fresh foods that are rich in water and easy to digest: tomatoes, cucumbers, courgettes, green beans and alfalfa sprouts; juicy fruits such as watermelon, melon, pineapple, peaches, apricots, figs and grapes. To reduce heavier fats and denser vegetables.

THERAPEUTIC GUIDANCE

Organs: heart, pericardium, and small intestine. Hydration is important to regulate body temperature and maintain circulation. We recommend sea or river baths, protecting yourself from the sun and heat during peak hours. Avoid activities that agitate the heart and overstimulate the mind; instead, focus on activities that relax, center, and ground you: walking barefoot, manual labor, reading, mindfulness, etc.

AUTUMN

23 September _ 20 December

Season of detachment, the deciduous falls away to make way for what is to come.

ELEMENT: EARTH, qualities: dryness and coolness
ENERGY: WEST

The days grow shorter, the air cools, the earth be-



SUN IN LIBRA

23 September _ 22 October

RULING PLANET: VENUS

ELEMENT: AIR

ARCHETYPE: Libra connects. Listen to what is reflected. Balance without erasing the difference.

CELEBRATION: Autumn Equinox, Mabon. Day and night once again stand in perfect balance. The harvest is complete, and gratitude becomes the central gesture of the season. This is a time to acknowledge what has flourished, to appreciate what has been received, and to restore balance both within ourselves and in our relationships.



SUN IN SCORPIO

23 October _ 21 November

RULING PLANETS: MARS & PLUTO

ELEMENT: WATER

ARCHETYPE: Scorpio transforms from within. It touches the hidden, revealing what beats deep within.

CELEBRATION: Mid-autumn, All Saints' Day, Samhain. A time of withdrawal to the essential, like sap descending to the roots. A portal opens between worlds to remember the deceased, to listen to the memory that lives beneath the earth and in the heart. The last harvests; the earth surrenders to rest. A time for pruning and composting. Letting go, closing cycles, and preparing ourselves for life to regenerate in the invisible.



SUN IN SAGITTARIUS

22 November _ 20 December

RULING PLANET: JUPITER

ELEMENT: FIRE

ARCHETYPE: Sagittarius expands. Explores, trusts, advances by faith. Its path is the horizon.

Closing one cycle to make way for a new energetic year. During this period, until the sunset, the light diminishes more and more, the cold intensifies; the final time for the release of what is obsolete.

gins to withdraw into itself. The ripening of the fruit and the gathering of the seeds; strength returns to the root. Time for the final harvests, for storing, preserving, and preparing for rest. A time to close cycles and prepare the heart for the stillness of winter.

MEDICINAL PLANTS FOR AUTUMN

ARTEMISIA (*Artemisia vulgaris*)

Branches, fresh leaves, and stems are **harvested** before full bloom. Flowering tops and leaves are used.

Properties: The artemisia is a plant with drilgestive, emmenagogue, and nervine properties. Traditionally used to regulate the menstrual cycle, relieve menstrual cramps, and support the transition to menopause. It also acts as a mild relaxant for emotional tension.

To take it in infusion: 1 teaspoon per cup, no more than twice a day (once during specific periods). Sitz baths or steam inhalations: to relieve uterine tension or regulate the energy of the womb. Incense: to cleanse spaces or accompany processes of closure and renewal.

ELDERBERRY (*Sambucus nigra*)

The flowers are **harvested** while in bloom, and the fruits when they are fully ripe and glossy black. Both flowers and fruits are used (sometimes also the bark and leaves, with caution).

Properties: This plant has been traditionally used for respiratory ailments. The flowers have a diaphoretic and expectorant effect, promoting sweating in feverish states and aiding in the elimination of toxins.

To take it in infusion of dried flowers: to relieve flu symptoms and promote sweating. Flower syrup: mild and suitable for children, prepared with honey or sugar.

HYPERICUM (*Hypericum perforatum*)

It is **harvested** when it is in full bloom, around St. John's Day. The flowering tops are used.

Properties: natural antidepressant, acts on the nervous system as a mood regulator, especially useful in cases of mild depression, seasonal sadness, anxiety or emotional exhaustion.

To take it in infusion: 1 teaspoon per cup, in short treatments of nervous system support.

GARDEN ACCIONS

(s) = sow en see-

1/3	Earth/Root	Water/Leaf	Air/Flower	Fire/Fruit
Sow	Garlic, Onion, Chive, Carrot, Beetroot	Chard, Celery, Borage, Spinach, Lettuce, Parsley, Leek, Rocket		Snow pea, Pea, Broad bean
Plant	Spring onion	Cabbage, Endive, Spinach, Lettuce	Artichoke, Broccoli	Broad bean
Harvest	Onion, Potato, Chervil root, Beetroot, Carrot	Chard, Chicory, Borage, Lamb's, Endive, Spinach, Lettuce, Parsley, Chervil, Leek, Rocket	Broccoli	Eggplant, Zucchini, Squash, Pumpkin, Bean, Cucumber, Pepper, Watermelon, Tomato, Strawberry, Melon

2/3	Earth/Root	Water/Leaf	Air/Flower	Fire/Fruit
Sow	Garlic, Chives, Onion	Chard, Borage, Spinach, Turnip tops, Lettuce, Parsley, Rocket	Asparagus	Winter pea, Snow pea, Broad bean
Plant				
Harvest	Onion, Turnip, Radish, Beetroot, Carrot, Ginger, Turmeric	Chard, Celery, Cardoon, Cabbage, Borage, Endive, Spinach, Fennel, Lettuce, Parsley, Leek	Broccoli, Cauliflower, Romanesco	Zucchini, Pumpkin, Eggplant, Pepper

3/3	Earth/Root	Water/Leaf	Air/Flower	Fire/Fruit
Sow	Garlic, Chives, Turnip, Carrot	Chard, Borage, Lettuce		Pea
Plant				
Harvest	Turnip, Radish, Beetroot, Carrot, Ginger, Turmeric	Chard, Chicory, Celery, Borage, Cardoon, Cabbage, Endive, Spinach, Fennel, Lettuce, Parsley, Leek	Broccoli, Cauliflower, Romanesco	Pea, Broad bean

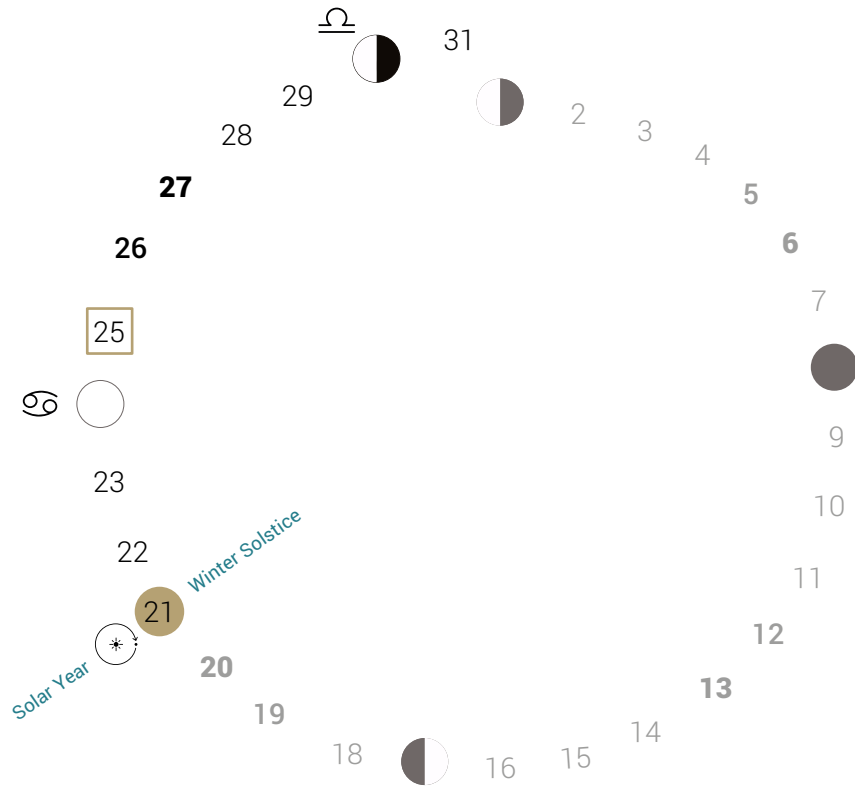
FOODS ESPECIALLY SUITED TO AUTUMN

Prioritize what is harvested this season and help to cleanse and strengthen the immune system, mainly foods rich in antioxidants, vitamins and fiber: grapes, apples, red fruits, pumpkins, leeks, mushrooms, chestnuts, sweet potato. With the return of humidity and cold weather, we are once again changing the proportion between fruits and vegetables, and from watery and acidic foods to fatty and dense ones. It is very important to chew well and eat when we are hungry, not out of routine, inertia, or simply gluttony.

THERAPEUTIC GUIDANCE

Organs: lungs, large intestine, skin and hair. This season is once again an ideal time for cleansing. We recommend fasting with vegetable broth and cleansing herbal infusions, colon cleansing, taking medicinal clay to cleanse the intestines, mud therapies, exfoliation and dry brushing. To strengthen the immune system: sunbathing, spending time by the sea or rivers, conscious breathing, and anything that stimulates the lungs and the thymus.

The threshold DECEMBER

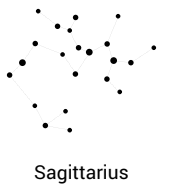
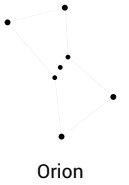


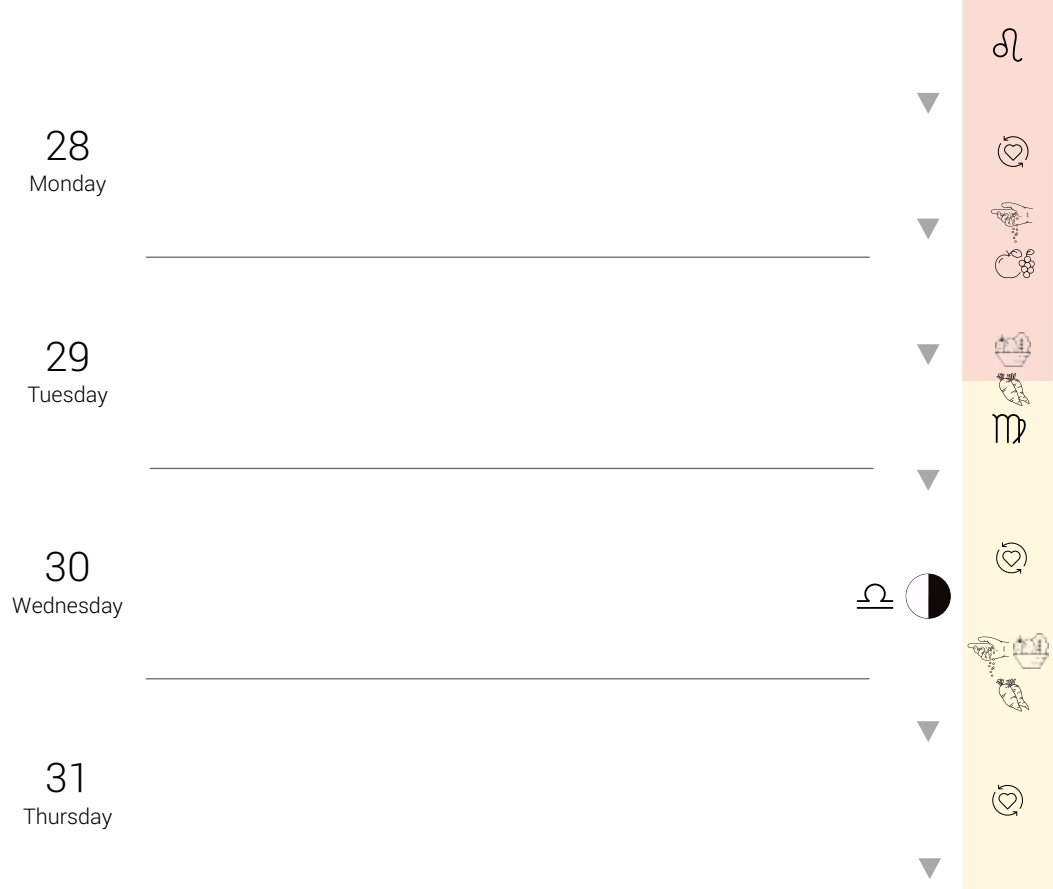
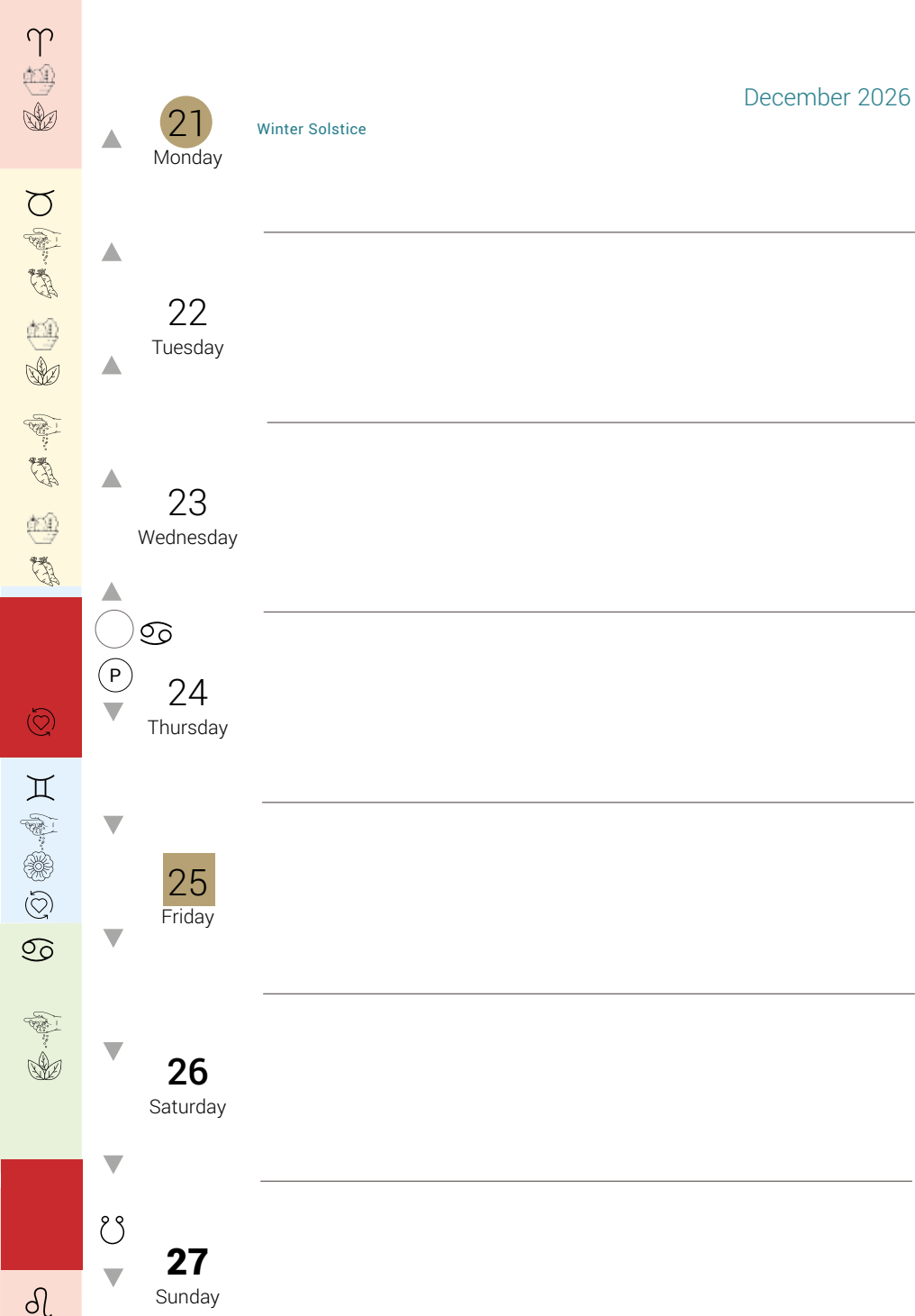
24 December · Full Moon in Cancer

Emotions and the need for care feel closer and stronger. There is less distance between what is happening outside and what you feel inside. Let it show. Observe without minimizing or explaining.

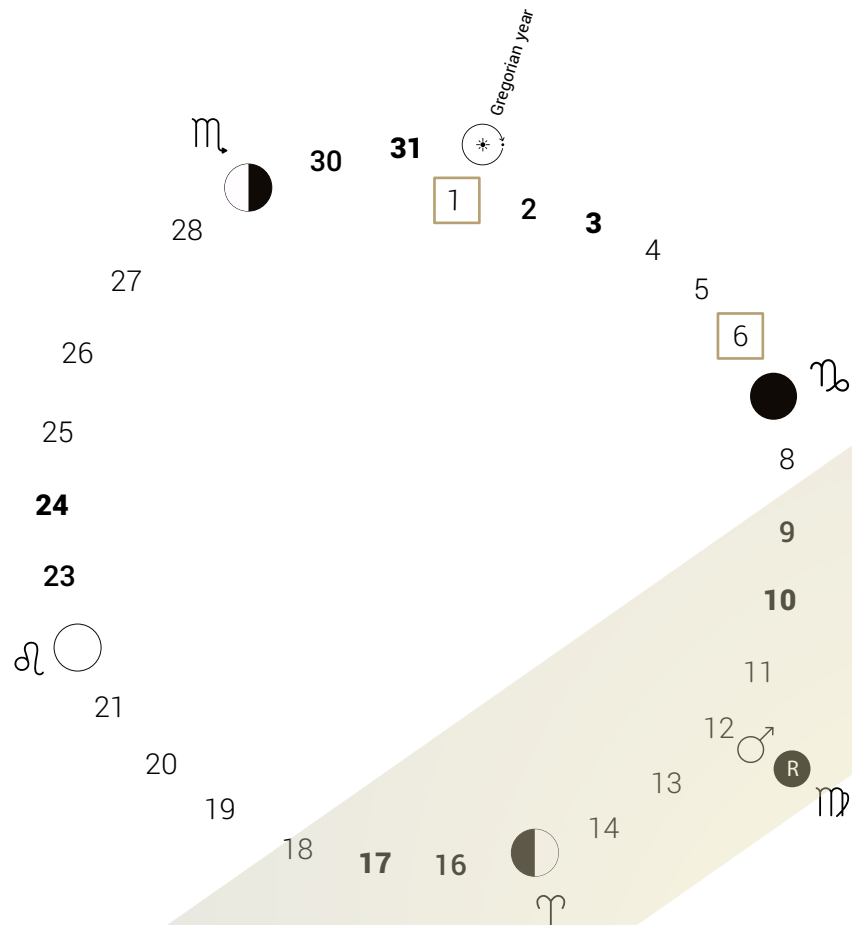
30 December · Waning Quarter in Libra

Small imbalances become visible. You notice what no longer fits well in relationships or in the way things are shared. Adjust without forcing the balance..





The shape begins to emerge JANUARY



7 January · New Moon in Capricorn

Growth is slow and built from the bottom up. Everything is more inward-focused; it is difficult to show or explain what is just beginning. Do not force visibility. Let the base be formed.

15 January · First Quarter in Aries

An urge to move and begin emerges. It is difficult to stay still; there is an impulse to act. Move without waiting for the perfect moment.

22 January · Full Moon in Leo

What has been built wants to be shown. It's difficult to hide or reduce what has already grown. Let it be seen naturally.

29 January · Waning Quarter in Scorpio

Some things no longer hold together with the same strength. You can clearly feel what needs to change or deepen. Do not hold on to it out of habit.

Sample PDF



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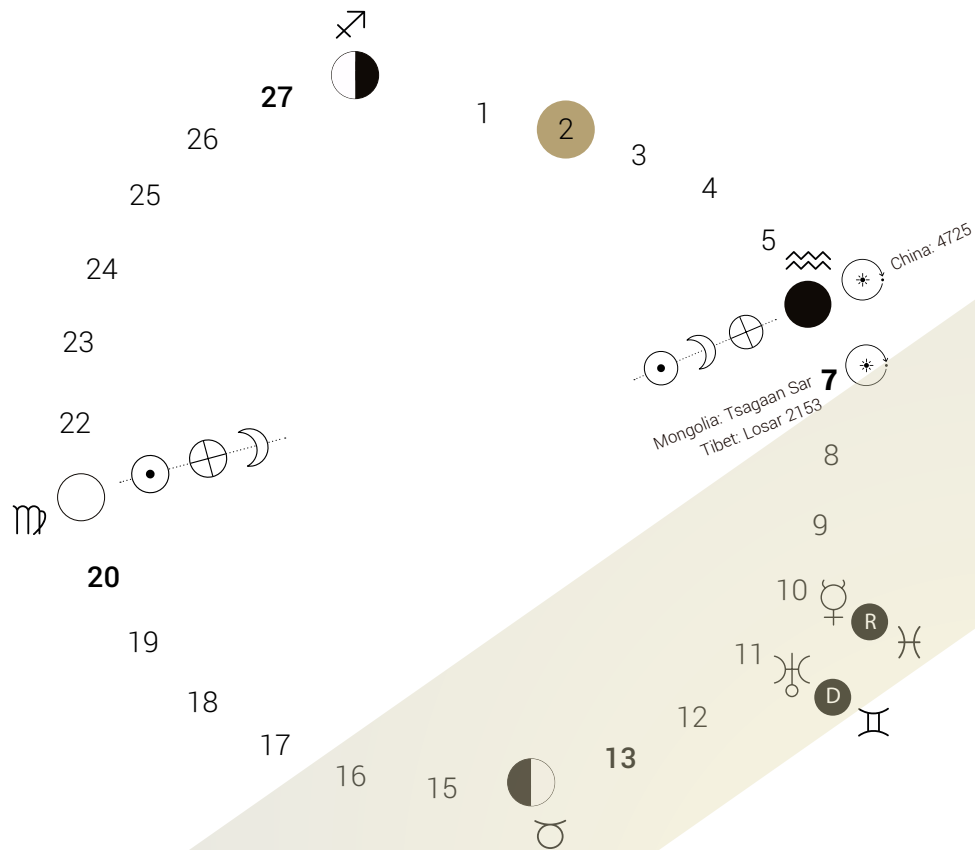


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Sunday

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What opens FEBRUARY



6 February · New Moon in Aquarius SOLAR ECLIPSE

The usual direction changes, although what is new is not yet clear. Ideas or a desire to do something different arise. Make space for the new, even if it has not yet taken shape.

14 February · First Quarter in Taurus

It is clear what has real substance and what does not. What has weight feels firm; what does not, feels uncomfortable. Support what truly nourishes and has weight.

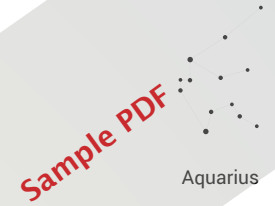
21 February · Full Moon in Virgo LUNAR ECLIPSE

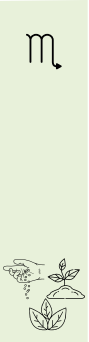
Ajusta lo que ya no se sostiene.

Details that are not working properly become impossible to ignore. Small errors, misalignments, or glitches stand out. Adjust what no longer holds.

28 February · Waning Quarter in Sagittarius

Some directions or plans or plans lose strength. What once motivated you now feels distant or empty. Let go of what no longer moves you.





February



Tuesday



Midwinter



Wednesday



Thursday



Friday



Saturday



Sunday

8

Monday

▲

9

Tuesday

▲

10

Wednesday

▲

11

Thursday

▲

12

Friday

▲

13

Saturday

▲

14

Sunday

▲

etc. until December 22, 2027, Winter Solstice

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GENERAL INFORMATION

Maria Triguero Puchades and **Paula Lustemberg**

SKY INFORMATION

Paula Lustemberg

Astrological implications of the solar year, lunar phases, and zodiacal archetypes
paulalustemberg.com / paulalustembergesp.substack.com

Ale Arriagada

Long-cycle planetary transits and relevant transits of the year
alquimica.it / YT: @alquimicalearriagada

EARTH INFORMATION

Maria Triguero Puchades

Influence of the Moon, Constellations and Zodiac
Signs on the Elements, and Garden Actions
albuferalandscapes.com / matripu@hotmail.com

Ana Gayoso

Qualities of the seasons and medicinal plants
eljardindelaslilas.com / esencia@eljardindelaslilas.com

Natalia Molina

Foods and therapeutic advice for each season

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GAYA producciones gaya.vision/producciones.html



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To recover the natural cycles and rhythms.
To celebrate the energies of each moment.
To restore our ancestral bond with Sky and Earth.