

Solar Fire Temple Meditations 2022:
Southern Lights Centre
433 Long Bay Road, Akaroa

For about 3 minutes around the exact time of the Full Moon in each sign there is an increase in energy and by meditating at this time one can tune in and be impressed by the energies of the month. These are held in the Temple, Long Bay Road, Akaroa on the following dates: All are welcome, please join us.

| | |
|---------------------|----------------|
| 17 January | 4.00 pm |
| 16 February | 4.00 pm |
| 18 March | 4.00 pm |
| 16 April | 4.00 pm |
| 16 May | 3.30 pm |
| 14 June | 4.00 pm |
| 13 July | 4.00 pm |
| 11 August | 4.00 pm |
| 10 September | 4.00 pm |
| 9 October | 4.00 pm |
| 8 November | 4.00 pm |
| 8 December | 4.00 pm |



Meditation Retreats

**These are held preceding or on the four
Spiritual Festivals of the year**

17 April (Christ)

15 May (Wesak)

12 June (Humanity)

7 August (Sirius)

** Day retreats (Sunday 9.30 am – 4 pm) for the remainder of the solar fire festivals will be held in response to requests on the following dates **

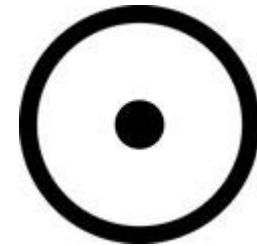
Capricorn - 16 January
Aquarius – 13 February
Pisces – 13 March
Cancer – 10 July
Virgo – 11 September
Libra – 9 October
Scorpio – 6 November
Sagittarius – 4 December

For more information on meditations or events
please contact:

Julia and Orest Tarnawsky
433 Long Bay Road, Akaroa
Ph: 0211 736813

Website: www.southernlights.org.nz
E-mail: julia@southernlights.org.nz

SOLAR FIRE MEDITATIONS



2022

AGELESS WISDOM TEACHINGS

The Ageless Wisdom teachings are the basis of all religions and philosophies. They are underlying principles that govern the universe and its functioning. It is said that there is a Spiritual Hierarchy that governs Humanity. It is made up of ascended Masters who have completed their incarnational experience and are now guiding Humanity.

The basis of the Ageless Wisdom Teachings is an understanding of both heart and mind, combining the two to be able to be of service in a practical way.

SOLAR FIRE MEDITATIONS

We meditate at the time of the full moon not because of the moon but because of the sun. At this time the moon is out of the way and there is an increased amount of energy/light flowing from the Sun.

The meditations have an astrological focus as each of the Zodiacal signs represents a certain principle. One is able to gain a better understanding of the energies of the month and work with them more effectively.

There is also a meditation at the time of the new moon. This is a time for focusing on positive things occurring in the community, locally or globally.

○ = full moon
● = new moon

Capricorn ♑

- 3 JANUARY 7.33 am
- 18 JANUARY 12.47 pm

Aquarius ♒

- 1 FEBRUARY 6.45 pm
- 17 FEBRUARY 5.56 am

Pisces ♓

- 3 MARCH 6.34 am
- 18 MARCH 8.18 pm

Aries ♈

- 1 APRIL 7.24 pm
- 17 APRIL 6.54 am

Taurus ♉

- 1 MAY 8.28 am (+eclipse)
- 16 MAY 4.13 pm (+eclipse)

Gemini ♊

- 30 MAY 11.30 pm
- 14 JUNE 11.51 pm

Cancer ♋

- 29 JUNE 2.51 pm
- 14 JULY 6.37 am

Leo ♌

- 29 JULY 5.54 am
- 12 AUGUST 1.35 pm

Virgo ♍

- 27 AUGUST 8.16 pm
- 10 SEPTEMBER 9.59 pm

Libra ♎

- 26 SEPTEMBER 10.54 am
- 10 OCTOBER 9.54 am

Scorpio ♏

- 25 OCTOBER 11.49 pm (+eclipse)
- 9 NOVEMBER 0.01 am (+eclipse)

Sagittarius ♐

- 24 NOVEMBER 10.11 am
- 8 DECEMBER 5.07 pm

Capricorn ♑

- 23 DECEMBER 11.16 pm