



**K W A N Y I N H E A L I N G A R T S C E N T E R**  
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## 2014 Moon Chart for Rotation of Seeds and Oils



New Moon to Full Moon		
_____ tbsp total freshly ground _____ seeds		
AND _____ capsules/tsp/tbsp _____ oil		
Wednesday, January 1 <sup>st</sup>	to	January 14 <sup>th</sup>
Thursday, January 30 <sup>th</sup>	to	February 13 <sup>th</sup>
Saturday, March 1 <sup>st</sup>	to	March 15 <sup>th</sup>
Sunday, March 30 <sup>th</sup>	to	April 14 <sup>th</sup>
Monday, April 28 <sup>th</sup>	to	May 13 <sup>th</sup>
Wednesday, May 28 <sup>th</sup>	to	June 11 <sup>th</sup>
Friday, June 27 <sup>th</sup>	to	July 11 <sup>th</sup>
Saturday, July 26 <sup>th</sup>	to	August 9 <sup>th</sup>
Monday, August 25 <sup>th</sup>	to	Sept 7 <sup>th</sup>
Tuesday, September 23 <sup>rd</sup>	to	October 7 <sup>th</sup>
Thursday, October 23 <sup>rd</sup>	to	November 5 <sup>th</sup>
Saturday, November 22 <sup>nd</sup>	to	Dec 5 <sup>th</sup>
Sunday, December 21 <sup>st</sup>	to	Jan 3 <sup>rd</sup> , 2015

Full Moon to New Moon		
_____ tbsp total freshly ground _____ seeds		
AND _____ capsules/tsp/tbsp _____ oil		
Wednesday, January 15 <sup>th</sup>	to	January 29 <sup>th</sup>
Friday, February 14 <sup>th</sup>	to	February 28 <sup>th</sup>
Sunday, March 16 <sup>th</sup>	to	March 29 <sup>th</sup>
Tuesday, April 15 <sup>th</sup>	to	April 27 <sup>th</sup>
Wednesday, May 14 <sup>th</sup>	to	May 27 <sup>th</sup>
Thursday, June 12 <sup>th</sup>	to	June 26 <sup>th</sup>
Saturday, July 12 <sup>th</sup>	to	July 25 <sup>th</sup>
Sunday, August 10 <sup>th</sup>	to	August 24 <sup>th</sup>
Monday, September 8 <sup>th</sup>	to	September 22 <sup>nd</sup>
Wednesday, October 8 <sup>th</sup>	to	Oct 22 <sup>nd</sup>
Thursday, November 6 <sup>th</sup>	to	November 21 <sup>st</sup>
Saturday, December 6 <sup>th</sup>	to	December 20 <sup>th</sup>
Sunday, January 4 <sup>th</sup> , 2015		

Notes: Use a coffee grinder. Grind up to 1 week's worth of seeds and store them in the freezer. Sprinkle seeds on anything (after its cooked) and at any time of day. Oils in the morning only with breakfast.