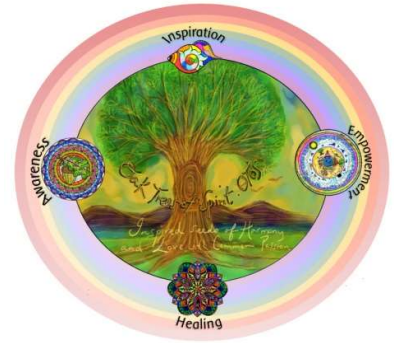


# Oak Trees Of Spirit™ Awareness



## Forecast Calendar Tips

- The Oak Trees Of Spirit (OTOS™) Forecast Calendar acts as a spiritual guide providing insight into the energies surfacing within the month and the overall year
- Place the Calendar where it can easily be viewed in passing
- Read the Calendar at the beginning of the month, as an overall view of what is in store for the month ahead, using this as a framework for your choices and actions
- Glance at the Calendar again every week or within a two-week period to keep abreast of the flow of guidance and assistance of how to make the most suitable decisions within the framework unfolding
- It is not advisable to become too obsessed or fixated on reading the Calendar or memorising it, as this could cloud the perspective – leading to having one try to absorb the guidance with a closed mind, instead of with an open heart
- There is no need to buy each of the gemstones mentioned – simply download a photo of the required gem and use it as a visual image to connect with when needed

## How to use the Oak Trees Of Spirit (OTOS™) Forecast Calendar Year Planner

- The Oak Trees Of Spirit™ (OTOS™) Forecast Calendar Year Planner is a beautifully colourful document (best printed in full colour A3)
- Each colour represents the uniqueness of each day, week and month across the year
- This insight helps us to flow through our year more harmoniously

## Days explained:

- Mondays
  - Colour: Red (Black and Brown as secondary)
  - Chakra: Root (centre of physical vitality and stability; found at the base of the spine)
  - Element: Earth (grounding)
  - Focus: Compassion
  - Action: Self Love
  - Household Activity: Sweep, vacuum, mop; cleanse/purify
- Tuesdays
  - Colour: Orange (Grey as secondary)
  - Chakra: Sacral (centre of sexual energy and emotions; found at the centre of the hips)
  - Element: Water (creating)
  - Focus: Happiness
  - Action: Self Esteem
  - Household Activity: Water plants; washing
- Wednesdays
  - Colour: Yellow
  - Chakra: Solar Plexus (centre of ego, power and wisdom; found at the navel)
  - Element: Fire (thinking)
  - Focus: Harmony
  - Action: Self Trust
  - Household Activity: De-clutter and clear (letting go of all that is no longer needed or useful)

- Thursdays
  - Colour: Green/Pink
  - Chakra: Heart (centre of unconditional love and compassion; found at the centre of the chest)
  - Element: Air (loving)
  - Focus: Self Healing
  - Action: Self Respect
  - Household Activity: Dust
- Fridays
  - Colour: Sky Blue (Turquoise as secondary)
  - Chakra: Throat (centre of trust and communication; found at the throat area)
  - Element: Ether (expressing)
  - Focus: Inner Peace
  - Action: Self Motivation
  - Household Activity: Clean windows
- Saturdays
  - Colour: Indigo/Dark Blue
  - Chakra: Third Eye (centre of intuition, will, purpose and Self control; found at the centre of the forehead)
  - Element: Mind (envisioning)
  - Focus: Enlightened Wisdom
  - Action: Self Discipline
  - Household Activity: Clean mirrors
- Sundays
  - Colour: Violet/White/Gold
  - Chakra: Crown (centre of inner development, unity and Higher Consciousness; found at the top of the head)
  - Element: Spirit (sharing)
  - Focus: All That Is As Spirit Is (the Creator's Essence in all things and beings)
  - Action: Resilience
  - Household Activity: Rest within Self and what brings harmony to Self

**Weeks explained: (view with the Forecast Mandala here)**

- Each week flows in accordance with the Lunar Cycle
- New Moon – 1<sup>st</sup> Lunar Phase
  - Colour: Yellow
  - Season: Spring (September-November)
  - Element: Air (awareness)
  - Direction: East (be conscious of own Mind)
  - Energy: New beginnings and awakenings
  - Focus: This is a time of new beginnings and renewals
  - Action: Good time to start projects, or restart old projects
- Waxing Moon – 2<sup>nd</sup> Lunar Phase
  - Colour: Red
  - Season: Summer (December-February)
  - Element: Fire (empowerment)
  - Direction: South (be conscious of own Actions)
  - Energy: Intense and focused movement
  - Focus: This is a time of adapting, adjusting and energising what's already been started (the energy is too heated/intense to start anything new now)
  - Action: Good time to strengthen and protect, as well as to make small changes to what's already been actioned, and ensuring that all is still on course towards reaching the intended outcome

- Full Moon – 3<sup>rd</sup> Lunar Phase
  - Colour: Blue
  - Season: Autumn (March-May)
  - Element: Water (upliftment)
  - Direction: West (be conscious of own Emotions)
  - Energy: Gratitude, Celebration
  - Focus: This is a time of celebrating accomplishments and being grateful for the journey, learning and growth along the way
  - Action: Good time to reflect on how far the project has come and be grateful for the progress made, celebrating the sense of completion to come
- Waning Moon – 4<sup>th</sup> Lunar Phase
  - Colour: Green
  - Season: Winter (June-July)
  - Element: Earth (grounding)
  - Direction: North (be conscious of own Physical/Material matters)
  - Energy: Winding down, coming to a standstill to rest, releasing, cleansing and letting go
  - Focus: This is a time of tying up loose-ends, completion, consolidating
  - Action: Good time to end projects, settle debts, or to put out feelers, researching and sowing inspirational seeds for new projects to come (creating the stable grounding/doing the groundwork needed to launch the new project at the start of New Moon)
- Dark of the Moon – Day before New Moon
  - Colour: Dark Green
  - Season: Deep Winter (August)
  - Element: Core of the Earth
  - Direction: Core
  - Energy: Reflective, deep cleanse and purification
  - Focus: This is a time of rest and hibernation
  - Action: Good time to reflect on the flow of the project completed – the pros, the cons, the lessons, the growth, what to do differently moving forward; reflect on the groundwork done for the new project – what to consider, final preparations before starting

#### **Months explained:**

- Spring – 1<sup>st</sup> Phase of the calendar year
  - Colour: Yellow
  - Months: September-November
  - Element: Air
  - Direction: East
  - Focus: New beginnings
  - Energy as with New Moon
- Summer – 2<sup>nd</sup> Phase of the calendar year
  - Colour: Red
  - Months: December-February
  - Element: Fire
  - Direction: South
  - Focus: Adapt
  - Energy as with Waxing Moon

- Autumn – 3<sup>rd</sup> Phase of the calendar year
  - Colour: Blue
  - Months: March-May
  - Element: Water
  - Direction: West
  - Focus: Gratitude
  - Energy as with Full Moon
- Winter – 4<sup>th</sup> Phase of the calendar year
  - Colour: Green
  - Months: June-July
  - Element: Earth
  - Direction: North
  - Focus: Completion
  - Energy as with Waning Moon
- Deep Winter
  - Colour: Dark Green
  - Month: August
  - Element: Earth
  - Direction: North
  - Focus: Rest and Reflection
  - Energy as with Dark of the Moon

\*Public Holidays are marked with the numbers in white

\*Lunar phases and special lunar days to observe are indicated

\*The white colour in the year planner are merely empty spaces

\*The neutral colour across the Saturday and Sunday areas at the bottom of the year planner indicates the weekend

*\*Please feel free to share your experiences and comments with the Oak Trees Of Spirit (OTOS™) Forecast Calendar Facilitator (see contact details at the end of this page)*

*\*12-month Personalised Forecast Calendars are also available to order*

Oak Trees Of Spirit (OTOS™) is the action of sowing Inspired seeds of Harmony and Love with Common Passion, with the help of inspired beings integrating their skills in a way that sows these seeds on a growing spectrum all the time. Our work intends to bring awareness, inspiration, empowerment and healing in a way that helps all beings to BE ALIVE in Everyday Healing and Harmony, as inspired by your Highest Self. The Awareness shared through our work is only a guide. Each being's own choice and own attitude will determine their own experience in life. OTOS™ is sharing Awareness tools and Processes to help all BE ALIVE in Everyday Healing; working from the principle of integration of Self beyond different beliefs.