

Heart & Soul Centered Astrology



Introduction to Retrograde Planets



part of
The Complete Retrograde Series
with Ari Moshe Wolfe

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Intro to Retrograde

Retrograde (Rx) is a natural phenomena for all planetary activity. All planets will at some point appear to move backwards. From an evolutionary perspective, we ask, "what does this represent within consciousness"?

In this series we will explore this question for all the planets. Our learning in this series is rooted in the recognition that everything "up there" reflects what is "in here". Thus we will explore all the various facets of the retrograde journey including:

- Stationing retrograde
- Stationing direct
- Shadow periods
- Relationship with the Sun



WHAT IS RETROGRADE?

Retrograde can be understood in two general ways. One, on a more basic level it implies a process of review, reflection, integration, revision, re-thinking. All kinds of "re" words. Two, on a deeper level it reflects a process of individuation wherein the soul is learning to throw off and deconstruct from conditioned patterns relative to that planetary function. From this perspective, retrograde motion reflects a natural process of accelerated growth and self-awareness. This is true both in transit and in natal charts.

Intro to Retrograde

KARMIC IMPLICATIONS

The individual application of retrograde planets, both in natal charts and transits, always needs to be understood according to individual soul context. In natal charts retrograde often refers to a dynamic wherein the soul is learning to slow down and become self aware relative to any conditioned tendencies to overdue it in the past. Or, in a similar way, to develop more agency and self-awareness relative to that planetary function.

To give an example, consider Mars retrograde. This can either reflect a soul that misused the Mars energy (masculine force) in violent and reactive ways and thus the retrograde reflects a deeper introspection and perhaps caution relative to how one acts upon their own will. Or, on the other hand this can reflect where the soul has not fully inhabited their own self-leadership, perhaps not acting when they needed to. Thus the Mars retrograde might reflect the soul going deeper within to learn to rely on its capacity for self-leadership.

In all cases Mars rx would represent where the soul is developing a profound degree of self-awareness and ultimately the potential for greater mastery/self-knowledge. This is true for all retrograde planets.

There's no way to know what the karmic implications of a retrograde planet are without seeing it in context with the natal chart and the soul's actual reality.

Intro to Retrograde

NATAL VS TRANSIT

Natal rx implies a life long soul intention and thus is a part of the program relative to the soul's individual karmic and evolutionary needs. This is true even if it may change via secondary progressions at a certain point during the lifetime.

In transit, it is similar to natal charts in that the only difference is that transits are transient, whereas natal charts are life long. Thus in transit the retrograde phenomena reflects specific karmic and evolutionary needs that are playing out at a particular time in the soul's journey. They have to be understood according to the house/sign they are moving through, the planetary ruler of the sign and any aspects they are creating with other planets in the natal chart. All relative to a fundamental understanding of the natal chart.

OBLIQUE RETROGRADE

Oblique rx is when a planet that is direct is forming an aspect to a retrograde planet. While the direct planet is not retrograde, it is directly connected to a retrograde function and thus the retrograde archetype applies to it in some way. This is true natively and in transit.

For example, if natal or transiting Mercury retrograde is opposing a soul's natal Venus, even though Venus is not retrograde, the opposition to the Mercury rx will imply retrograde dynamics manifesting relative to one's Venus. As always, what this specifically means needs to be understood by studying the whole context.

Intro to Retrograde

RETROGRADE PATTERNS OF EACH PLANET

<i>Planet</i>	<i>Days in Retrogradation</i>	<i>How long from one Rx to the next?</i>
Mercury	~ 21	~ every 3 months
Venus	41	~ 1 year 6 month
Mars	72	~ 2 years
Jupiter	121	~ 9 months
Saturn	138	~ 7.5 months
Uranus	151	~ 7.25 months
Neptune	158	~ 7 months
Pluto	182.625	~ 6.75 months

Note that the farther out planets all spend more time in retrograde. Pluto is practically retrograde half of the time! This fits with the nature of the outer planets in general: they reflect a more existential soul-level, transpersonal facet of reality. They all spend more time retrograde which itself implies more time going within, accessing the deeper dimension of our being.

Intro to Retrograde

STATIONING RETROGRADE

- Wrapping up, preparing, going within
- Often there can be irritation relative to the need to slow down or not push through in the way one otherwise wanted to
- New information/experience/inner content arising that leads a soul to a new phase of experience
- When a planet stations retrograde that function is highlighted and emphasized for a time. Similar to putting your finger on a pulse. The energy is strong and pronounced.

MOVING RETROGRADE

- Unfolding of necessary karmic developments
- Induction of greater self-awareness and soul-alignment.
- Introspection, individuation, deconditioning from known patterns.
- Meeting the requirements of what is arising as it is preparing the grounds for whatever is most relevant for the soul's path
- Self-doubt is common, often a sense of things not working the way one wants things to. Frustration.

STATIONING DIRECT

- Harvesting of self-knowledge
- Sense of clarity, crystallization of experience
- Fear or overwhelm
- Need to act or integrate what one has learned
- Beginning of a new journey of growth

Intro to Retrograde

ASPECTS TO THE SUN + ASTRONOMICAL TERMS

Retrograde is inexplicably connected to the Sun. For the planets interior to the Earth's orbit (Mercury, Venus) :

- **The superior conjunction.** Astronomically, this happens as Earth and the planet are on opposite sides of the Sun. This is a conjunction with the Sun that occurs as the planet seems to be passing the Sun in its direct motion. It is the midpoint between the last retrograde cycle and the upcoming one.
- **Inferior conjunction.** Astronomically, this happens as Earth and planet are both on the same side of the Sun. This is a conjunction of that planet with the Sun as the planet seems to cross the Sun, moving in the opposite direction. The inferior conjunction is the midpoint of a retrograde cycle.

For the planets exterior to the Earth's orbit:

- **The superior conjunction** is the conjunction between the planet and the Sun. It is always the midpoint between the last retrograde cycle and the next. It occurs when the planet and the Earth are on both sides of the Sun.
- **The inferior conjunction** will express as the opposition between the planet and the Sun. This is always the midpoint of the retrograde cycle. Astronomically, it is when the planet and the Earth are both on the same side of the Sun.

Here's a great wiki page that explains the astronomy of retrograde motion: https://en.wikipedia.org/wiki/Apparent_retrograde_motion

Intro to Retrograde

SHADOW PERIOD

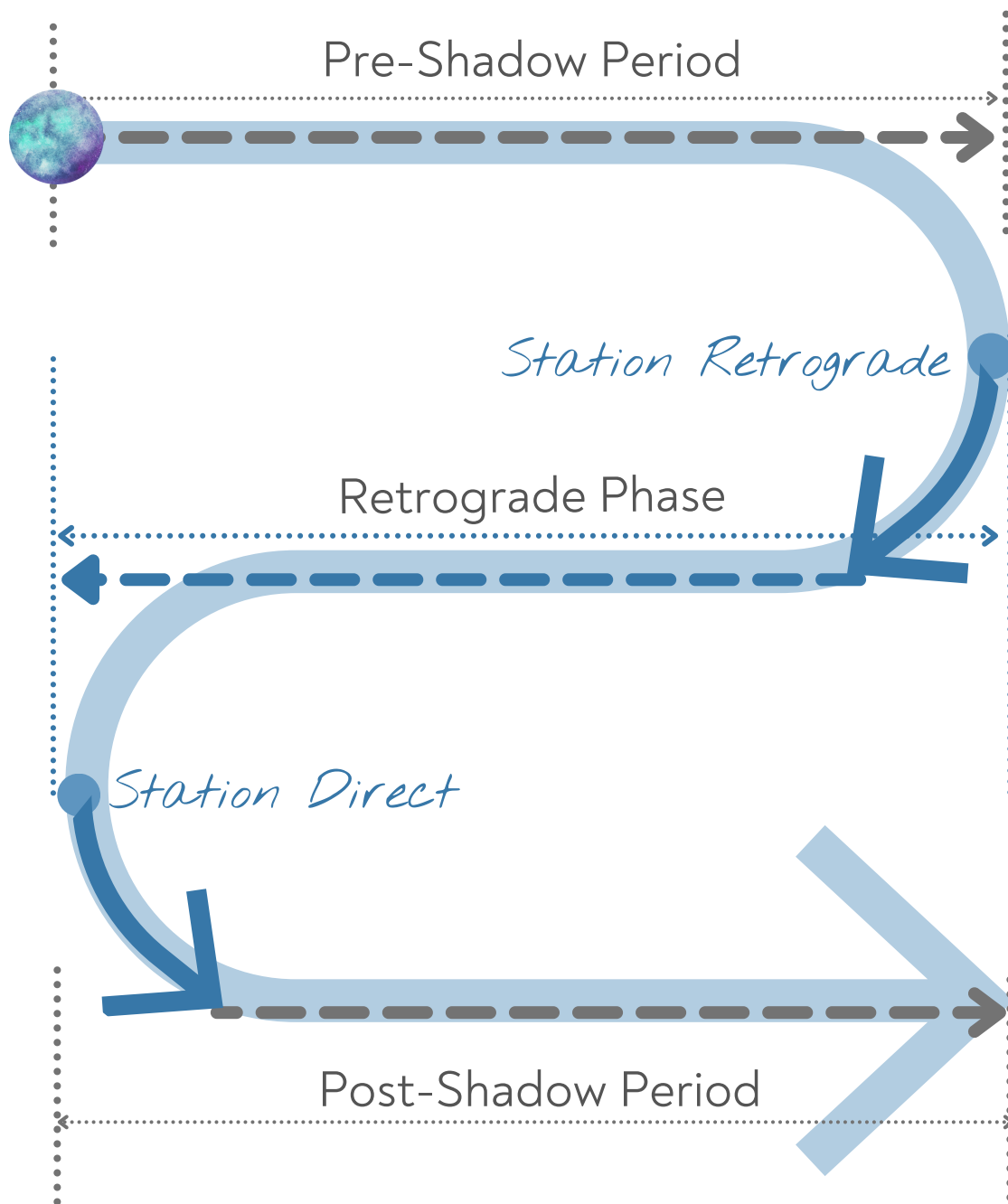
Shadow periods reflect the entirety of a retrograde journey from the degree it will retrograde **back** to, to the degree where it **first** went retrograde. See diagram on next page for visual.

For example, if on January 28th 2022 Venus will retrograde back to 11 degrees Capricorn, then the first time Venus, when direct, passed over 11 degrees Capricorn it can be said to have entered it's shadow period. In this case that is Nov 17 2021.

Further, if Venus will station retrograde at at 26 Capricorn on Dec 18th 2021, then after the retrograde motion is over and Venus is direct again, it can be said to leave its rx shadow when it again passes through 26 Capricorn on March 1 2022.

Thus, while the actual retrograde motion only takes place from Dec 18 2021 till Jan 28th 2022, Venus will be moving back and forth over a particular section of the zodiac all from the way from Nov 17 2021 till March 1 2022.

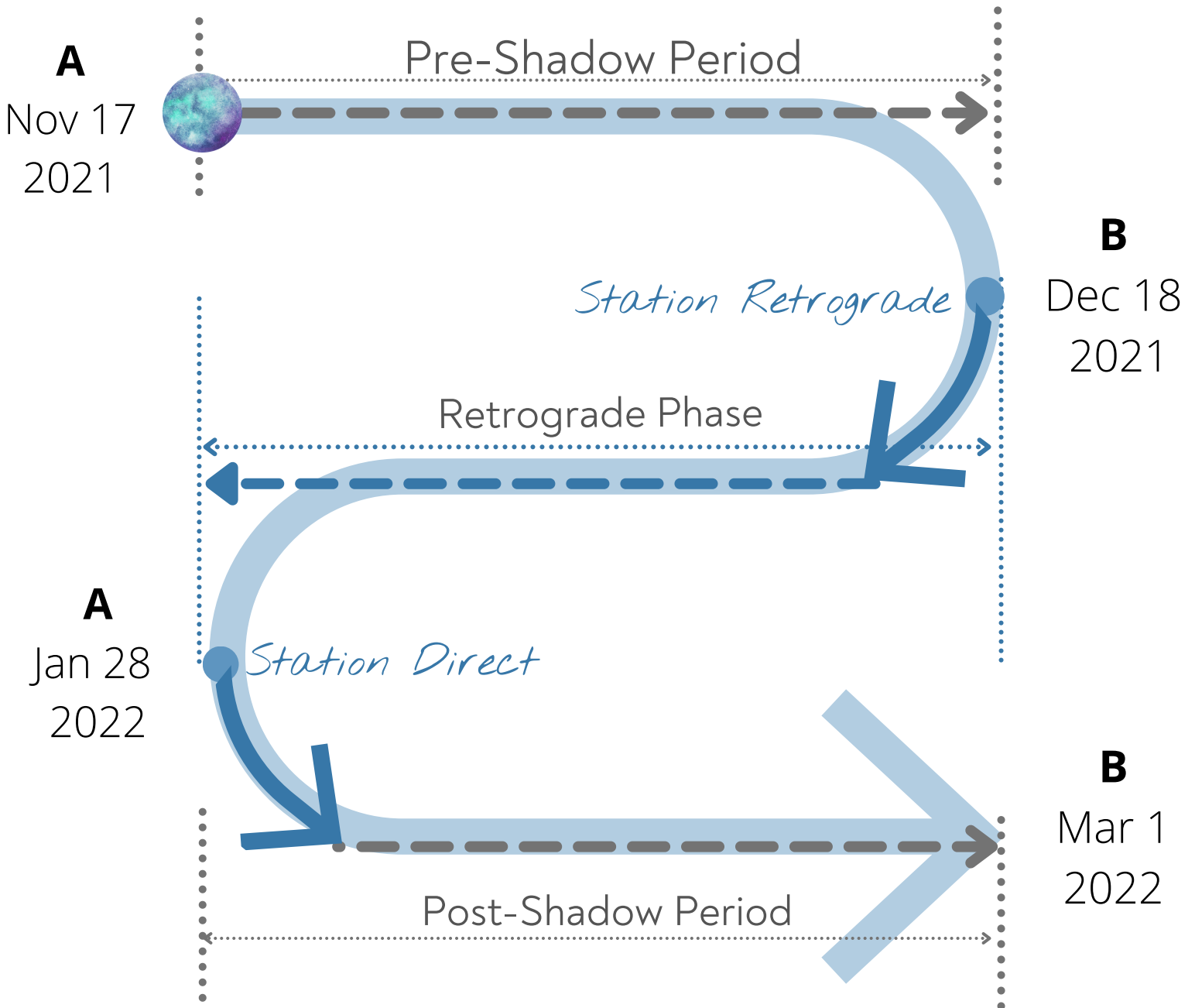
Intro to Retrograde



**Note: Pluto, Neptune and sometimes Uranus will often move over a single point a total of 3 times. (Add two more curves to this diagram)*

Intro to Retrograde

EXAMPLE OF UPCOMING VENUS RETROGRADE



The Retrograde Series

If you enjoyed this intro teaching, you are invited to deepen your study with Ari Moshe.

Heart & Soul Centered Astrology The Retrograde Series

An in-depth, nine class series devoted to studying the meaning of all the retrograde planets from an evolutionary perspective.

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