

Heart & Soul Centered Astrology



Chart Interpretation Course
Part II: Transits & Progressions
Complete Workbook

with Ari Moshe Wolfe

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Heart & Soul Centered Astrology



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Segment 1: Intro to Transits

Introduction

We start this course by going all the way back to the starting point. The moment of your birth.

At that moment there is something special going on that will only ever happen once during your entire incarnation: Your natal chart was exactly aligned with the planetary positions in the sky.

Of course, that's a somewhat silly way to think of it. But it's true: your natal chart is whatever was happening in the sky at the moment of your birth. Your birth, and the karmic and evolutionary reasons for it, are in absolute mathematical harmony with the current transits.

Transits are the current planetary positions. They are called transits because they are moving. The celestial bodies are always in transit. Whereas your natal chart is fixed, it is unmoving. Thus, the very moment after your birth begins the separation between your natal chart and the ongoing movement of the cosmos. This creates an ongoing relationship between the natal chart (fixed, non-changing) and the ever-unfolding cycles of the cosmos (ever-changing).

Teachings of this Course

In this first segment, I first introduce the idea of looking at the movement of the cosmos relative to a natal chart; what that means, how to think of it, and how to do that. Then, I introduce transits, what they are and how to work with them.

In the second segment, I teach the philosophy and technique of secondary progressions and demonstrate their application.

Lastly, in the third segment, I teach planetary cycles which relate to fixed life cycles that relate to everyone. For example, planetary returns, secondary progressed lunar returns, nodal oppositions, and the likes.

Part 1: Transits (cont'd)

Part I: Introduction to Transits and the Bi-wheel

Astrology is understood relative to the specific placements of the natal chart, which symbolizes your particular position relative to the cosmos at large at the time and location of your birth. Even though objectively we know that everything in this solar system orbits around the Sun, the natal chart reflects the idea that consciousness is “center everywhere periphery nowhere” (quote from Yogananda). The natal chart teaches us a profound lesson, that even more profound than the fact of the Sun being the center of the solar system is that the Sun lives inside of us, as does the entirety of creation. The entire cosmos is within.

When we work with the natal chart as a map that symbolizes the evolutionary intentions of the soul, we recognize two important factors:

1. Our natal chart is 100% relevant and purposeful, as is our birth and the conditions thereof.
2. Our natal chart is ours for our entire incarnation, as is our body. From birth to death, this is what we are working with.

Based on this, the natal chart implies an unmoving foundation that will never go away. But what is moving? What does change in our lives?

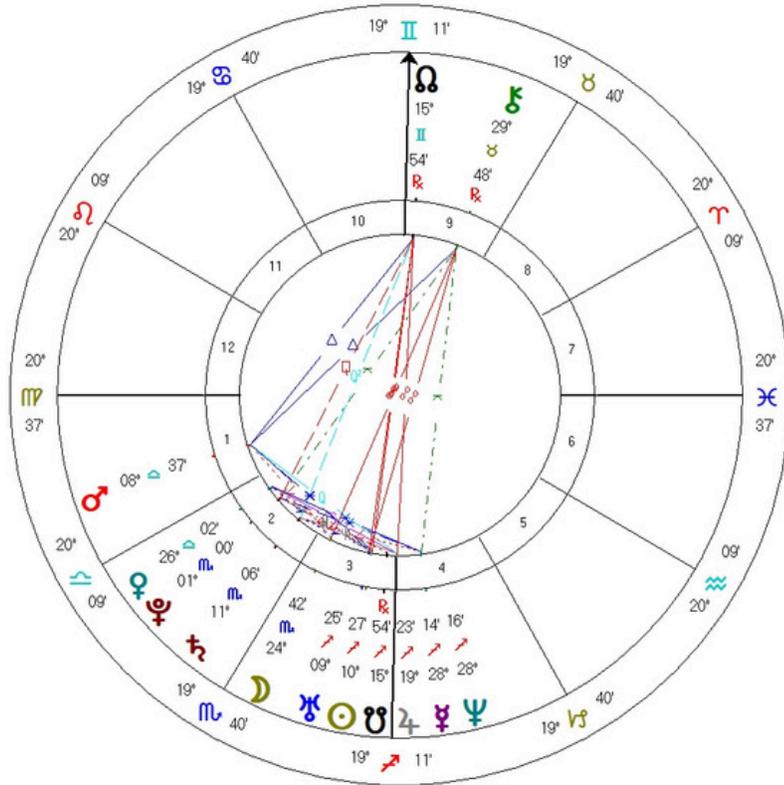
The answer is everything! Everything does. And so, when we speak about astrology in our lives, day-to-day, we will be looking at the interface between the moving and the unmoving. Or said differently: The cycles of the cosmos manifesting in time relative to the core life-long soul directive as symbolized by the natal chart.

How do we do this?

Segment 1: Transits (cont'd)

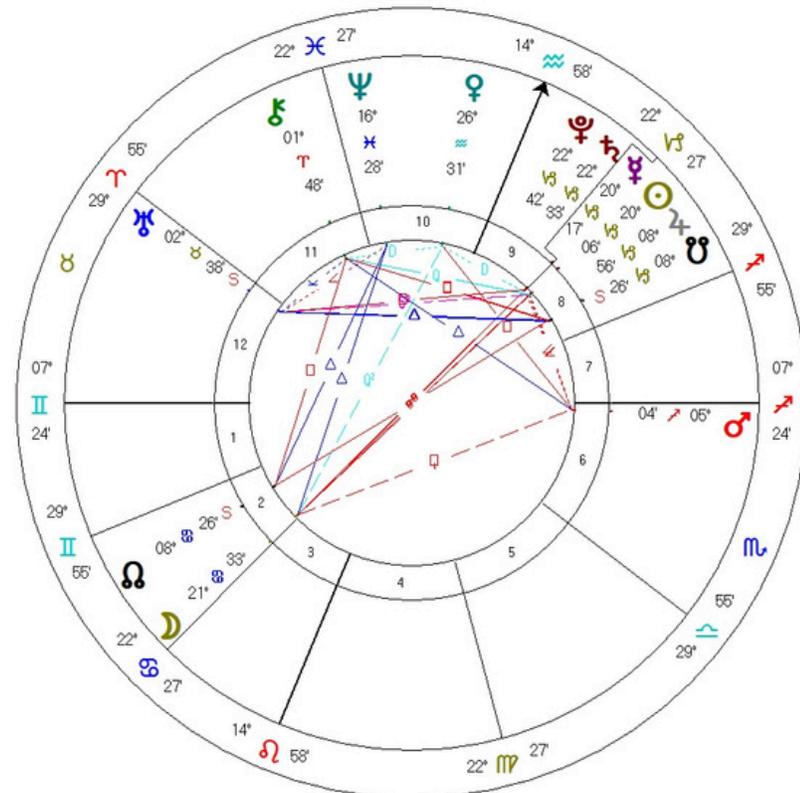
Let's look at two charts here. The first one is my own chart.

Ari Moshe Wolfe
Natal Chart
Dec 3 1983, Sat
0:23 am EST +5:00
longbranch, nj
40°N 18° 15' 07S W59°34"
Geocentric
Tropical
Porphyry
True Node
Rating B



And this is the chart of the transits at a particular moment in time.

Event Chart
Natal Chart
Jan 10 2020, Fri
2:00 pm PST +8:00
Sonoma, California
38°N 17°31' 122°W 27°25"
Geocentric
Tropical
Porphyry
True Node
Rating B



Segment 1: Transits (cont'd)

Part I: Introduction to Transits and the Bi-wheel (cont'd)

Both of these charts are similar in that they are both a snapshot in time. However, one of them is a natal chart while the other one is a moment in time with no particular correlation. It comes and it goes, it is not an incarnation. Let's look at both of these charts.

Check out my Venus. It is 26 Libra in the 2nd house. Some thoughts: It's conjunct Pluto, a balsamic conjunction so it's completing a cycle. It combines the Libra and the 2nd house archetype: both related to Venus (Libra and Taurus). Obvious this is a strong soul desire to awaken to the harmony within me. I'll be drawn into relationships to learn lessons of self-value, self-esteem, and also exhausting desires to link self-worth to other people. My Venus also speaks to a deep appreciation and attunement to sensuality, beauty, song, and harmony. I have been and will continue to unravel this signature and unlock deeper levels of growth and healing as I continue this journey. My experience of this signature will shift as I grow, but the core intention, the soul directive, is unchanging.

Now let's look at the current transits. On January 10th, 2020 at 2:00 pm in Sonoma California Venus was in Aquarius in the 10th house. Since we are not interpreting a birth chart, we have no context to apply this. If this was an event then we can interpret that Venus in Aquarius in the 10th house to say something about the event. If you were casting an election chart (a way to divine an answer to a question by casting a natal chart in the moment) then this Venus in Aquarius in the 10th house would say something.

What I'm wanting to point out is that this chart only has *practical* meaning when applied to a chosen context. For our purposes, we want to ask the question: "*What does the current position of Venus in Aquarius mean for me?*"

To answer this, we need to create a bi-wheel. In a bi-wheel, there are two or more charts that will serve one of two purposes. The chart on the inside is the context (the natal chart). It sets the house positions that the outer charts will conform to. The chart or charts on the outside (the transits or progressed chart) are being analyzed relative to the context: the inner chart.

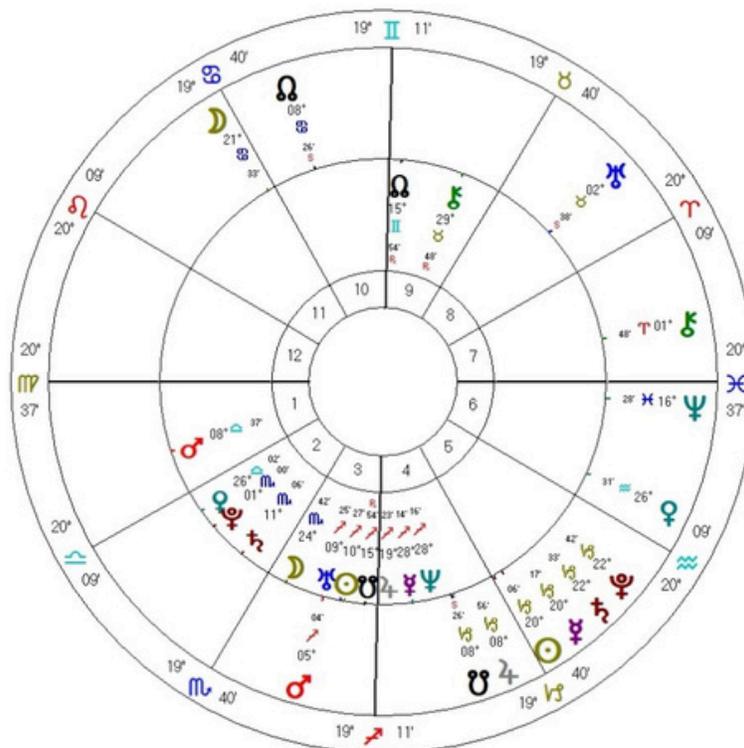
Segment 1: Transits (cont'd)

Part I: Introduction to Transits and the Bi-wheel (cont)

So, in this case, if I want to understand what Venus in Aquarius means to me, then my own chart must be the context in which that Venus is relevant. We'd have to see where that Venus in Aquarius falls in my own chart.

Inner Wheel
Ari Moshe Wolfe
Natal Chart
Dec 3 1983, Sat
0:23 am EST +5:00
longbranch, nj
40°N 18° 15' 073"W 59°34"
Geocentric
Tropical
Porphyry
True Node

Outer Wheel
Transits Jan 10 2020
Event Chart
Jan 10 2020, Fri
2:00 pm PST +8:00
sonoma, California
38°N 173° 1' 122°W 27°26"
Geocentric
Tropical
Porphyry
True Node



Here we see that Venus falls in my 6th house. But what happened to the 10th house? Wasn't Venus in the 10th house? Now it's in the 6th.

This is an important principle to understand that throws off a lot of beginners. Once you create a bi-wheel, all of the planets are placed in the houses of the native chart, the inner chart. So, since 26 degrees manifest in my 6th house, that is where Venus is. Remember, the inner chart sets the stage.

We would express the position of transiting Venus through my chart as: Venus is transiting in Aquarius in my 6th house.

Segment 1: Transits (cont'd)

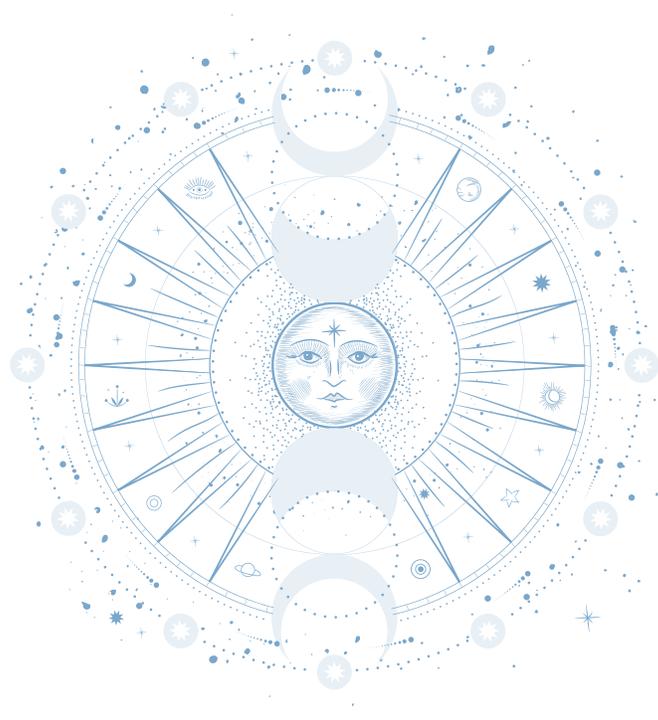
Part I: Introduction to Transits and the Bi-wheel (cont)

Otherwise, if we want to express where Venus is right now in the local sky, then yes, we would say that Venus is in the 10th house right now. But if we want to understand what Venus means for us right now, we would fit it into our own chart to analyze exactly where it is transiting.

In a sense, our natal chart is a fixed sky. Whenever a planet moves through Aquarius it will be moving through my 5th and 6th houses. That is my subjective and unique soul context. That is where I would look to analyze those planets in my chart.

A Note on Forecasting

There is of course immense value in looking at a transit chart just by itself in that it reflects the collective energies unfolding everywhere in the world. While Venus is not in the 10th house at the same time in every part of the planet, Venus IS in Aquarius, and the planetary positions, and thus planetary aspects, are the same every moment everywhere in the world. Houses are created via the relationship between the ecliptic and a specific place on the earth. The planetary positions in the signs however have nothing to do with specific earth locations and are thus the same everywhere.



There are many forecasting techniques, but the most self-evident is to simply look at the transits as the general statement to what's unfolding in consciousness right now. For example, in the Jan 10th 2020 chart we see that Saturn is in a balsamic conjunction with Pluto. This represents a culmination of an entire cycle that is relevant everywhere and for everyone on the earth.

Segment 1: Transits (cont'd)

Part II: Interpreting Transits

There are three levels to which we can understand the transiting planets in our own chart.

1. The house the transiting planet is moving through symbolizes the area of life where that function is manifesting.

Note: Before interpreting any transiting planet, understand the natal chart. If Venus is moving through my 6th house I will want to know what my 6th house means: what it reflects relative to my soul's evolutionary journey.

2. The aspects the planet is making to your own natal planets symbolize the specific cycles that are currently manifesting in your own life. The natal planets are always regarded as the stationary point no matter what the transiting planet is.
3. The natal position of the planetary ruler of the transiting planet provides more context for how we can understand and integrate the themes of that transiting planet. The planetary ruler is the ruler of the *sign* the planet is moving through.



Segment 1: Transits (cont'd)

To apply these three principles, I'll briefly apply them to Venus in Aquarius moving through my 6th house:

- 1. The house of the transiting planet:** Before we think about Venus itself, we ALWAYS need to get grounded in the context. In other words, to look at the natal chart and understand that first. So, in this case, we are looking at Aquarius in the 6th house. This is liberating the way I do service, elevating my consciousness to higher, more lucid ways of organizing/ healing/ making things efficient and free of unnecessary conditions. Anything in the 6th house is where we are improving and developing self-accuracy, and so I am improving and developing my objective consciousness (Aquarius); ability to objectively discern and analyze, and with clear seeing to do the 6th-house work of making life work better. This also means that I have a tendency to feel limited and rebellious relative to arbitrary chores and work that feels completely unnecessary when it can be improved by better thinking.

Ok, now let's add Venus. Venus is grace and beauty. Note that during this transit, Venus had been in my 6th house for about 5 days and remained in my 6th house for some time after. During that time I found a rhythm of cleaning and chores that had progressively been feeling more healthy and functional. There was a lot to organize and put together. The theme was to make things as simplified and user-friendly as possible.



Segment 1: Transits (cont'd)

2. Aspects the transiting planet is making: On the 10th of January, 2020, Venus in Aquarius trined my own natal Venus in Libra in the 2nd house. Here is an air trine, so it had to do with ideas, relationship, connection – and in the earth houses (6th and 2nd) so it's practical, useful, related to resources and taking care of things. To give an example of one thing that manifested in my awareness on that day, nearly exactly when transiting Venus was trining my natal Venus: I got hooked on one of these videos I saw on Facebook where a woman demonstrated all these creative and highly functional ways to fold clothing and organize personal possessions. Each way was genius – the way she worked with the folds and used space efficiently. It was both intelligent, beautiful, artistic, and space-efficient. Venus in Aquarius in the 6th (evolved organization) trining Venus in Libra in the 2nd house (my personal possessions and sense of aesthetic beauty, harmony).

On that day I also found myself more connected to a desire to re-organize my personal possessions and change some things in the kitchen to make it feel more breathable and life-encouraging. Being we are looking at a trine, this was a generally harmonious experience where it was easy to access awareness of what choices to make in order to make the best out of the times. And since we are dealing with transiting Venus and natal Venus, we would not expect this to involve any confrontations. If a more challenging planet, like Pluto, were involved then even in a trine, there might still be the tension of needing to do the deep psychological Pluto work.



Segment 1: Transits (cont'd)

- 3. Natal ruler of transiting planet:** Lastly, the ruler of my 6th house Aquarius, where Venus is transiting, is Uranus which is in Sagittarius in the 3rd house. This conditions the entire experience of transiting Venus in Aquarius. It provides a background context for how I will experience this 6th house Aquarius transit. Once again, it's useful to just think of what this means natively before adding any transiting planet. The ruler of my 6th house Aquarius says something about my 6th house Aquarius always, not just when a planet is transiting through it.

Uranus in Sag in the 3rd house, (also conjunct the Sun and on my south node – but I'm going to simplify for now) speaks to a soul intention for clear thinking. To see things as they are and to articulate my understanding in a creative way that reflects my own soul individuality.

Ruling the 6th house there's a tendency for me to get muddled up in lots of ideas, perspectives, points of view that I might end up dissociating as a result of thinking far too abstractly to the point that I'm not able to articulate anything of use. I do this because I'm trying to manage the thoughts and make them all tidy, but they are actually beyond what I can personally control. The key here is to simplify (Sagittarius) my thinking and keep it to direct experience, spontaneous and unplanned so that my words and my logical premises are clear and easy. Relative to Aquarius in the 6th house – this means letting go of an arrogant (Aquarius) need for some kind of mental perfection that wants to organize and make everything make sense (6th house organization relative to Sag need to know it all and 3rd house need for logical cohesion), but all in total theoretical conceptual terms – not in any way that is practical and useful. The 6th house wants me to make sure that I'm making things work and that it's actually useful and improves life.

Segment 1: Transits (cont'd)

If you want to add the fact of Uranus being conjunct my Sun we'll just recognize that my own life's purpose is linked to such articulation as a teacher. The balsamic conjunction with the south node implies that this is an old dynamic being brought forward from the past to be completed, and thus even the 6th house Aquarius dynamic (relative to its ruler, Uranus, being on the south node) of trying to control everything with dissociated and highly theoretical thinking is a karmic pattern of the past.

It might be useful to know that early in this life I studied a lot of Talmud which is a highly theoretical and abstract system of texts from multiple centuries and multiple perspectives all synthesized together in order to derive meaning and understanding for practical living. It combines the need to make order out of seeming chaos and occasional incongruency between texts, to translate meaning from these texts, and formulate clear understanding. The skills involved require making meaning out of many pieces. The culture I was a part of in which I studied Talmud valued intellectual clarity in a way that I now can recognize can at times be dissociative.

All this describes the way in which I was relating to the transit of Venus through Aquarius in the 6th house.

Other important things to note when looking at transits:

- 1. Planets that enter a new quadrant.** This obviously has significance. You will generally feel the pull of that angle for some time before it actually crosses into the next quadrant.
- 2. Stationary retrograde and stationary direct motions.** All planets (except for the Sun and Moon) will station (come to a stop) retrograde and eventually station direct again. Where is that happening in your chart? Is it aspecting any planets in your chart while moving retrograde? Where is the planetary ruler of this transiting planet?
- 3. Transiting planets aspecting other transiting planets.** The aspects of the transiting planets to itself are of course representative of the current themes emerging here and now in the collective. These themes are universal and apply to everyone. What personalizes it is when we put it in our own chart.

Segment 1: Transits (cont'd)

For example, in January of 2020 Pluto and Saturn were conjunct and entered into a new phase relationship. This happened at 22 degrees Capricorn. 22 Capricorn is in my 5th house of children and creative purpose. At that time my daughter was born and I began to put my feet forward to actualize my purpose in the world in a more concrete and self-responsible way: Capricorn in the 5th house. My Saturn in Scorpio in the 2nd house rules my 5th house which means that I am focusing on and healing core Scorpio second house issues around self-value, self-esteem, and the self-trust to build a structure of stability and continuity that emanates from a deep place within me.

Note that in the 2 years that followed we saw Saturn gradually separated from Pluto and moved on into Aquarius. During that time Saturn remained in my 5th house and it was during that time that I put together my Heart and Soul-Centered Astrology training program and began putting myself out there with my own work on a much more professional level. Saturn Pluto brought a lot of core evolutionary lessons, and then the movement of Saturn through my 5th house has represented a gradual individuation as I have been strengthening my own self-authority and confidence in my creative self-actualization in my work.



Segment 1: Transits (cont'd)

Orbs, waning and waxing

Like in natal charts, orbs are applicable. As a planet moves into an orb the particular intentions of that aspect are coming into focus. At that time there is the opportunity to begin to integrate and work on that intention.

As the planet moves beyond the exact aspect and begins separating, this is when we see the developments really begin to take off. Consider the analogy of driving your car somewhere. As you are approaching, you feel the excitement, it's incredibly rich and profound. Once you are there there is still that freshness of excitement. However, as you spend more time there you are settling into the new reality. The build-up and charge may not be there anymore, but the new phase is now playing out.

This is how we can think of applying and separating aspects. For example, an applying Mars transit will often bring more intensity than the separating transit. Why? Because there is a building to an exact aspect. All the dynamics are strengthening. After the aspect we are already moving on to the next aspect, thus it represents a time of integration and playing out/living out the particular aspect within its phase.

When it comes to outer planets, planets that represent collective cycles relative to the entire planet, we will find a similar dynamic but it's useful to give it some special attention. Take the 60's and early 70's. During that time we had a Pluto Uranus conjunction. They made the actual conjunction in 1965 and 1966. What was happening during the time before the conjunction? A growing sense of revolution on the planet. A growing radicalization relative to anti-war sentiments, the growth of the Beatles popularity, new ideas and possibilities were beginning to emerge - trickling in and threatening the status quo.



Segment 1: Transits (cont'd)

Orbs, waning and waxing

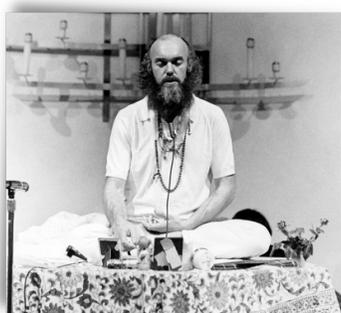
During the conjunction the Beatles released Revolver and Rubber Soul which are both regarded as a core turning point in the midpoint in the life of the band. They introduced psychedelic, free your mind, multi-cultural, and a profoundly radicalizing of consciousness music to the entire world. And by 1966 their influence was certainly global. Just using the Beatles as an example, the conjunction was the meeting of these transformative and evolutionary planetary energies.



However, what's meaningful is to note what happened after the conjunction. As these planets began to separate the new cycle began to slowly integrate in life. Woodstock happened 3 years after the conjunction. The hippy revolution only really began to take off after the conjunction. The more widespread anti-war sentiments, the spread of spiritual ideas from the east, Ram Dass (Be Here Now released 1971), etc - all happened after the exact transit.



In this particular example, we are looking at the new phase. After the conjunction of course we will start to see a whole new cycle unfold. We can follow the example I gave and look at subsequent phases of development between these two planets.



The next hard aspects between Pluto and Uranus happened 2012 - 2014. While I have not read it, I understand that the book "Cosmo and Psyche" by Richard Tarnas is an excellent book for studying outer planetary cycles and collective world themes.

Segment 1: Transits

Part III: The Meaning of the Transiting Planets

We can think of each transiting planet as symbolizing the same thing it would in the natal chart. If Venus both corresponds to inner values, inner relationship to self, as well as the relationships in our lives and how we negotiate/dance with meeting the needs of ourselves and others in relationship – then transiting Venus will represent the same thing. Transiting Venus can literally show up as an actual person that you will do the Venus relationship dance with in some way. Just as much as it can reflect the things in your life, anything that has to do with comfort and pleasure, etc.

My suggestion for tuning into each transiting planet is to see each planet as a holographic signature. Within it is contained multiple levels of meaning and possibility – and all can co-exist. It would be irresponsible to limit the meaning of a transiting planet solely to a specific context. An example of that would be to interpret transiting Venus making a sextile to your natal Saturn as the grounding of an important relationship or love interest into a long-term committed possibility. It might be, but it doesn't have to be. The intelligence of the unfolding cosmos is great and far more holistic than what our awakening minds can grasp. The archetypes and thus the soul dynamics unfolding are definite; beyond that, we have to be careful not to get too hooked in any literal projection of what all this might look like.

Transiting Planets Represent Opportunities

It's easy for the mind to get stuck on a dualistic mindset of "negative vs positive" or "malefic vs benefic". I do not ascribe to such views on astrology or life. Everything, every moment, is useful to our own evolutionary growth. The variable, which is not marked in the chart or in the transits, that determines the usefulness of any experience is our own choosing.

Segment 1: Transits

Part III: The Meaning of The Transiting Planets (con't)

I was recently moving through a Mars in Libra transit, which according to the traditional definition, would generally indicate the likelihood of arguments and confrontations. Indeed, there was a lot of uncomfortable content that arose to be dealt with, and as per Mars, a lot of energy was simulated. I felt the inner impulse towards defense, towards attack, towards reactivity. However, I met it all with an inner orientation towards peace. This means the energy was there, but the higher teachings of Mars were also engaged: thoughtful and mindful response as opposed to reactivity.

Transiting planets are opportunities. A deeper teaching of our evolutionary journey is that we ask for everything that ever happens to us. While this may be hard to fully grasp, this knowledge is actually the seat of true empowerment. To thus meet all that arises as an opportunity to work on our own minds is to put the sovereign soul before all comings and goings.

Orienting our attention to God, to healing, to wellness is a powerful practice that brings us into maximal harmony with the cosmos, learning and growing from all things because we have decided that this is the way in which we choose to live.

All things are for our benefit. Our relationship to what arises is most important. This eliminates good and bad and directs all attention towards our inner orientation. The cycles are fixed, the only thing we have agency over is our choice - but choice itself derives from our desire; what is that we want.



Segment 1: Transits

Part III: The Meaning of the Transiting Planets (con't)

Reflective, not Causative

It's common in our languaging to say things like "the effects of a Mars transit" or "Jupiter sextile your Venus will bring..." The truth is however, there are no effects and no planets are bringing us anything.

Jeffrey Wolf Green often taught Astrology is reflective of reality, not causative. I try my best to catch my languaging and to choose words that accurately convey this idea. While it is somewhat easy to speak in these causative terms, it is meaningful in my view to think of all planetary transits as simply reflective of what is. The cosmos "up there" are the cosmos "in here", and everywhere. Reality is simultaneous and one, the transiting planets are reflective of and an extension of that oneness.

— “
Astrology is
reflective of
reality, not
causative.
” —

The planets in Transit

At this point, let's look at each of the planets to understand the evolutionary implications and opportunities inherent in each transiting planet. Our general considerations here are the planets' movements through the 12 houses, aspects with the 4 angles, and aspects to natal planets. I will not address all of these things specifically, however we will have ample opportunity to apply the teachings on each planet in a diversity of transit examples. In segment 3, we will give special attention to planetary cycles such as when a planet returns to its natal position or forms aspects to its natal position.

Segment 1: Transits

Moon



Note that the transiting Moon is a great and very easy place to start in tracking and learning about transits since it covers so much ground really quickly. It is thus also a great portal into our own self-study. The Moon moves through an entire sign in about 2.5 days, and of course, takes about 29 days to move around the entire zodiac and a bit more than that from new Moon to new Moon.

The Moon in transit corresponds to where the day-to-day life is emotionally relevant and real for us right now. There's a very personal realm of self-experience that accompanies the Moon's transit. The sign the Moon is moving through represents the emotional climate at the time. The house and specific aspects it is forming with our natal chart correspond to how this is personally relevant to us.

There's an opportunity with the Moon to become more embodied and integrated in our human experience. Just as the natal Moon corresponds to how we emotionally integrate experience on a moment-to-moment basis, the Moon in transit is our key to making everything that arises in our life REAL for us. Remember that evolution happens through the integration of the emotional body. Nothing is real until it informs our sense of "I".

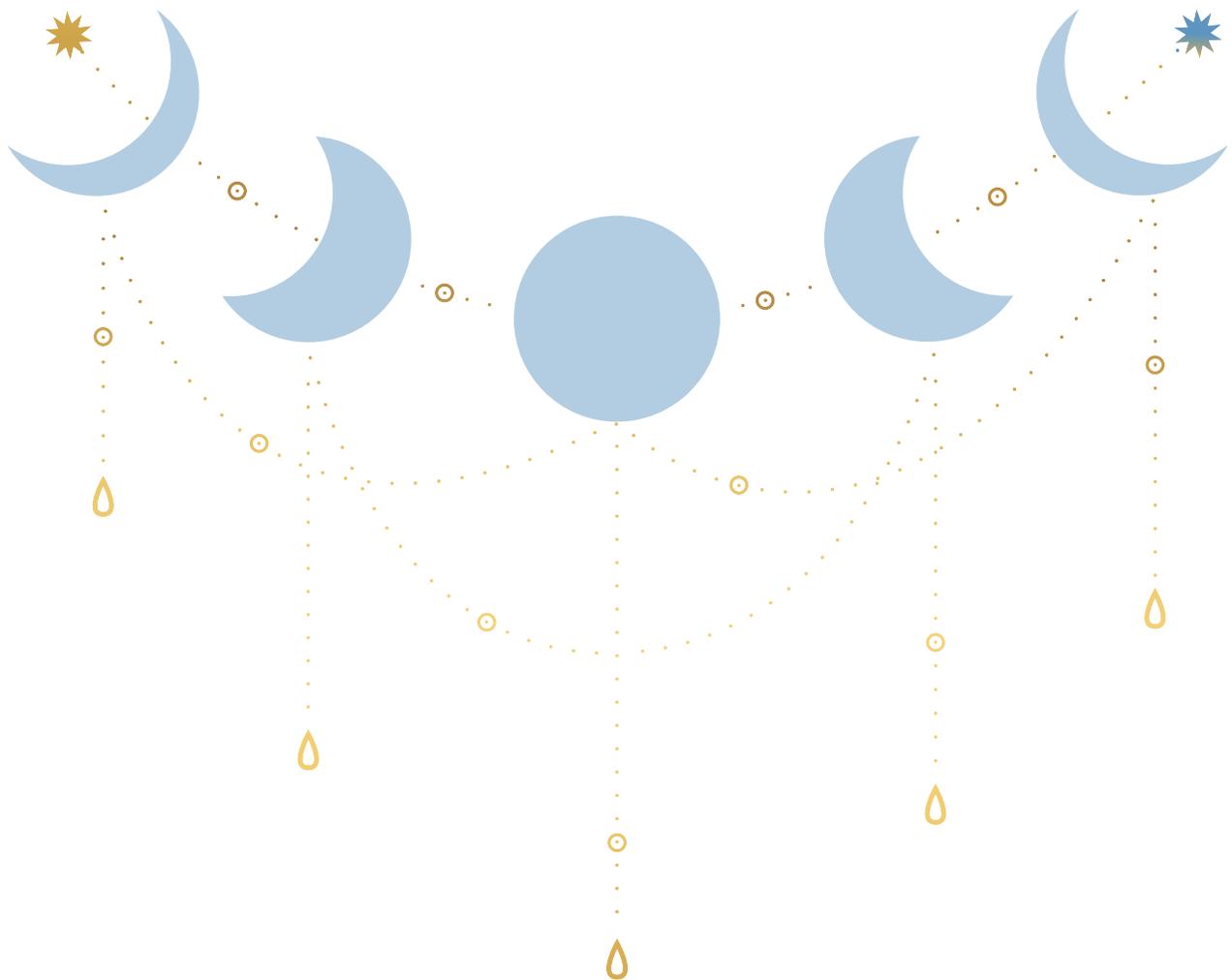
While the transiting Moon is very quick, it can easily bring up core evolutionary dynamics. I frequently observe that every month, as the Moon aspects my natal Pluto, I can feel the inner draw, that there is often a palpable internal process occurring. Sometimes this will manifest in more overt ways, but it is always something I can feel into. The fact of merely knowing that the Moon is aspecting my Pluto always helps me to understand the evolutionary potential of the moment; it helps me to be in more conscious relationship to the flow of right now.

Segment 1: Transits

Moon (con't)

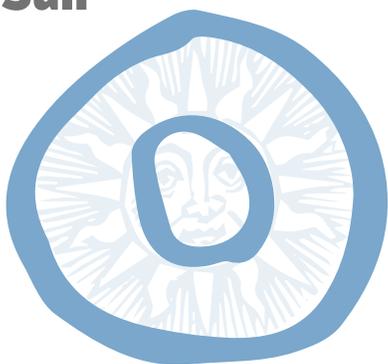
Challenges: Identification with temporary emotional experience.

Wisdom: Allowing the present moment experience to inform deeper self-knowledge. Self-intimacy.



Segment 1: Transits

Sun



This is where life is happening now. The Sun, corresponding to the centralizing force of ALL planetary activity and thus the unfolding of consciousness within and without, is how and where we are engaging with the present moment creative life force of existence. We are to develop confidence in our own life and enthusiasm relative to the movement of the transiting Sun. The sign the Sun is in of course corresponds to the current of creative life at the time.

On a very practical level, since we are working within a tropical zodiac framework, the Sun's movement through the zodiac literally corresponds to the seasons. For example, movement into Libra and Aries will represent the equinox points. This is true everywhere in the world, the only discrepancy being which equinox depending on the southern hemisphere vs the northern hemisphere. Same with the solstice points.

Thus the Sun provides a very concrete real-life experience of creation. This is partly why Sun sign astrology and the popular forecasting relative to the movement of the Sun into a new sign is so popular. Because it is real. Each sign is a domain of consciousness, and as the Sun moves through each sign it reflects a movement into a new creative purpose and intention.

In the application in our natal charts through house and individual aspects, the Sun represents where we are to develop the confidence and joy of our personal existence. Developing a healthy self-centered awareness of our own unique manifestation of life and thus a personal sense of soul purpose allows each individual to engage with life experience and take creative control. The Sun says here is where life is happening. Thus light and attention is present there.

Challenges:

Lacking in confidence, creative agency. Overly self-focus and narcissistic to the point of missing the meaning and true gift of creative intelligence.

Wisdom:

Cultivating self-entitlement to live and claim creative agency over one's own life as one has the divine right to do so.

Segment 1: Transits

Mercury



Mercury in transit corresponds to the data, perspective, information, and communication that is flowing in and out of our lives.

On the one hand, it will speak to intellectual stimulation by way of a constant flow of new data that will then serve to expand our existing logical framework of reality. On the other hand, Mercury in transit corresponds to where we are thinking thoughts and putting those thoughts into circulation in our lives and into life in general. It encompasses all things such as communication devices, mediums of communication, the people around us, the things we think about, learn about, and talk about.

What's meaningful to note about Mercury transits is that there is an apparent experience of external data/information entering into the field of subjective awareness. This information is internalized and results in a greater understanding of reality. The challenge however can be the disarray of conflicting perspectives and/or an endless search for more information to no conclusion. Or not "hearing" new data via a persistent focus of attention on one's own inner thinking, thus blocking out new and useful information.

We can see Mercury showing up as conversations, things we are researching, where the mind will turn its interest towards certain directions, interaction with local environment and of course our hands. Note that Mercury is profoundly versatile and multifaceted. The mind can move in all kinds of directions, thus the possibilities for a Mercury transit are as infinite as the mind can reach.

Challenges:

Scattered thinking, over mental stimulation, searching for logical cohesion without thoughtfulness.

Wisdom:

The power of curiosity and consideration. To cultivate responsiveness as opposed to mental reactivity. Possibility of useful and relevant new information or data that further enhances our soul journey.

Segment 1: Transits

Venus



Venus in transit corresponds to the entire realm of relationship. Relationship, the nature of the archetype, corresponds to intimacy: a meeting of two in such a way that personally meaningful exchange and sharing occurs. Venus corresponds to personal needs and how each soul is in an inner relationship/inner listening to their needs, which thus dictates the nature of a soul's relationship with all things: the world of objects, one's body, and the world of other people.

Relationship to physical reality refers to one's body, possessions, food, the sensual embodiment of life, inner and outer connection to beauty, grace, and harmony. Relationship to other people reflects how others show up in our lives as a part of the flow of giving and sharing. Venus transits thus invite the soul to become fluid and adaptable to the reality of harmony and balance.

In relationship to **physical reality**, there is the possibility of commodification, indulgence, laziness, overdependence on the prevalence of one's physical reality without putting forth the effort to be in relationship. Relationship enables conscious connection in a space of appreciation and balance. Venus in transit can manifest as where we are stuck in a dependency on the physical world we are familiar with as a way to sustain a sense of survival, self-value, or pleasure. There is always a calling to develop ourselves in the way of grace and harmony with Venus's movements.

Interpersonally, Venus teaches us that all relationship requires a conscious connection to the energy of balance. Each relationship has its own conditions and needs according to the nature of the relationship. Sharing relationship in a way that nurtures the energy of harmony means listening and being attuned to the energy of balance.

The sign Venus moves through naturally points to where these lessons of grace and beauty are. The houses and aspects it forms in the natal chart point to the specific areas where we have the opportunity to deepen in our embodiment of harmony. There is no aspect, be it hard or soft, that doesn't serve this purpose.

Segment 1: Transits

Venus cont'd

One of the teachings of Venus is that harmony can manifest in all kinds of ways. The energy of stress, fear of lack, craving for more, dependency on external experience, others behaving or giving to us in a certain way without our own investment in communication, or object focus are all signs of not being connected to one's inner feeling center.

Venus corresponds to the heart chakra and thus always invites a stance of balance and integration. It teaches that there is a way to be in balance with all facets of our life. This requires active listening. Often a Venus transit can bring up expectations which, when not met, can lead to a sense of lack/loneliness. As a result it's easy to turn towards whatever or whoever will provide "pleasure" and run away from whatever will provide "pain". The more we can consciously connect the inner and the outer with conscious relationship, the more balanced and healthy our lives will be.

Challenges:

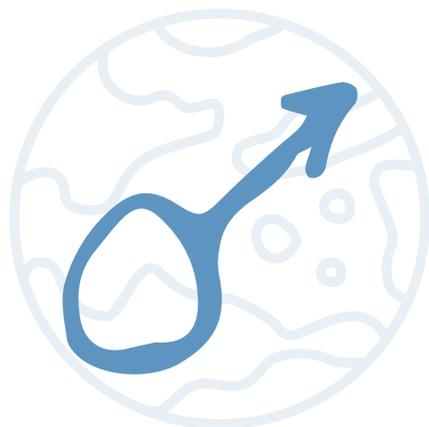
Shallow, commodification, laziness, seeing the world from a subjective "what will it give me" perspective.

Wisdom:

Giving and sharing, developing skill and grace in communication and cultivating the energy of balance and peace. Contentment.

Segment 1: Transits

Mars



Mars is the leading edge of our evolutionary growth. Wherever Mars is transiting is where there is a lot of energy and stimulation. It requires active choice-making and conscious response because Mars always points to where there is a next step, a next experience. The energy of "next" corresponds to the fact that in virtue of being here, there is yet unresolved karma. Mars leads the way to create a life experience that serves as the template through which we engage and exhaust our karmic dynamics.

Our choices will always set us on a path towards a new experience, each choice eliciting particular consequences. The key with Mars is to know one's underlying sense of purpose/desire. This instigates greater self-knowledge and thus wisdom/soul leadership in the choices one makes.

Commonly, Mars can correlate to accidents of all kinds and confrontational experiences. This archetype is destructive and sometimes violent. When such things arise in our external experience, which sometimes it does, how we respond to it and what we learn from it is most important. Often, we are called to engage our will, to defend, to protect, to act - especially if we have otherwise not been connected to a healthy use of will. Other times we are called upon to curb an otherwise instinctive impulse to react and to cultivate more thoughtfulness.

We can see Mars in transit as always pointing to one of two possible realities. One reality in which we are oriented towards fear and defense as its own goal: satisfying the need to win and protect. This validates the consciousness of separation and is oriented towards short-term experience. In the other reality, we are oriented towards growth and soul evolution. This validates our inner orientation to live from empowerment, integrating all experience from the seat of our choice to evolve as the bottom line. At the core then, we can see Mars in transit as how we as a soul are constantly facing the next moment as an opportunity to become more empowered and aligned with our evolutionary potential.

Segment 1: Transits

Mars (con't)

Wherever Mars is moving and the aspects it is forming will instigate the possibility of strong, fast, quick, and important experiences and choices that may support our evolutionary growth. Otherwise, it will create more noise which itself still has the potential to support our evolutionary growth by way of our retrospective learning.

Hard aspects carry the greater potential to be confrontational and very stimulating. During such times greater care and attention is advised.

Often Mars, as quick of a moving body that it is, can have profound effects. Like a soldier setting off a war with a single shot, or ending an entire war with the simple raising of a flag. These decisions can reflect deeper evolutionary potential and sometimes the consequences are far reaching.

Challenges: Living reactively, fear orientation, confrontational

Wisdom: Self-leadership that uses all experience and inner stimulation as a launch towards soul growth. The desire to evolve leading to wise decisions and responses. Fearlessness and making choices as necessary.

Segment 1: Transits

Jupiter



Jupiter corresponds to the ongoing journey of realization. There is an inherent, constant potential for deepening of insight and realization with Jupiter in transit. Regardless of the kind of transit, the core intention is to see more of the truth.

The challenge with Jupiter transits in general are the ways in which a soul will seek to maintain philosophical/intellectual security by way of holding onto beliefs and convictions about reality,

or patterns of exaggeration, self-convincing, and the need to prove oneself. All of this keeps the soul from the incredibly rich and an inherently optimistic potential for deepening realization.

Thus, Jupiter in transit speaks to where there is an opportunity to cultivate deeper insight and to apply it in one's life. It's often necessary to let go of existing ideas, to "take risks" and open up to new experiences and insights that have never been experienced before. This means letting go of what we know, opening our hands so that we can receive. This means being honest about the present moment and opening to direct experience as opposed to living out or trying to convince oneself of old constructs.

The possibility of seeking, restlessness, quick and easy growth but one that is not sustained in any long-term way is common here. Opportunism and the allure of flashy, good-looking possibilities can emerge. It's necessary to both follow one's intuition and embrace opportunities that are presenting, and to also understand that the richness of the soul journey is always leading us back home to our true nature. Thus, restlessness can easily be disguised as going for the next big thing.

The houses Jupiter moves through and the aspects Jupiter makes in the natal chart correspond to opportunities for expansion and growth. This can show up by way of promotions or gifts literally being handed to us, and it can show up by way of certain things (people, opportunities, events, etc.) actually being "taken" away from us. This "loss" is only to clear the way.

Segment 1: Transits

Jupiter (cont)

If a Jupiter transit is ever experienced as difficult it's usually indicative of one of two things: One, there is a necessary clearing in order to make way for greater realization and insight, and growth.

Two, a soul was trying to "pack in too much" via opportunism or fear of missing out. As a result, it loses everything. This serves the potential to induce humility and ultimately wisdom.

At the core of all Jupiter transits is the striving for greater self-honesty and self-knowledge. Thus sincerity and a deepening understanding of honesty and truthfulness is how a soul can align with optimal growth.

Sometimes, Jupiter transits can magnify existing dynamics - thus things will "seem" to appear exaggerated and blown up for a time. Both in ways that appear "good" and "bad". This can serve the purpose to enhance awareness of one's life: of what to change, where to go, what to let go of, what to move towards etc.

There can also be an exaggerated feeling of needing to "run away" relative to the need for freedom within the Jupiter archetype. Often, self-honesty and greater sincerity is the remedy to feelings of alienation.

Challenges:

Not knowing when to stop, gambling type behavior, restless and ungrounded, opportunism, "big" everything but unsustainable or impractical to one's actual reality.

Wisdom:

Seeing the teaching in everything, applying the principals of the tao into one's life as a way to deepen and enhance one's greater potential. Orienting towards direct experience in the here and now.

Segment 1: Transits

Saturn



In transit, Saturn potentially "strengthens everything it touches" (Adam Gainsburg quote). Saturn in transit serves the purpose of grounding and crystalizing form in our lives that is functional and useful to our evolutionary purpose.

Remember that time and space exists only to be used wisely in the unraveling of time and space. This is a powerful understanding.

Where we encounter limitations and restrictions in our lives is exactly where we are to learn lessons of responsible time-space usage. In this sense Saturn in transit can often bring a sense of limitation and restriction, but we also have the opportunity to become more self-aware and self-responsible.

A common Saturn experience is feeling "weight", time pressure, restriction, depression, feeling there is a mountain of work in front of oneself. The teaching in all of this is to know oneself. To know the work one is to do and to steadily set forth on the path of doing it.

Often there is a need to become introspective and actually decondition/ unravel inherited conditioning, shame, or fear that inhibits one from accessing true self-authority.

In serving to strengthen our lives, Saturn is the ultimate trainer. Its thoroughness is like a parent that will be diligent in teaching the child to clean up after itself. If we follow the lessons of Saturn, we will learn to act in alignment and set ourselves to live a good life from here forth.

A common experience within Saturn transits is that of failure. Failure is the way we learn, and the more we are able to integrate our failures to develop more alignment, the more quickly we will grow.

The house Saturn is moving through will indicate the area of life where there is a gravity of focus: we are needing to set up shop there and do the work necessary to define our lives in useful and practical ways. This is where we are growing our roots and working steadily for the long term.

Segment 1: Transits

Saturn (con't)

Common challenges that arise with Saturn are the pressures of society, time, money issues, work overload, life being too stressful. This all reflects where time and space is manifesting in such a way that is burdensome to the soul. With heavy conditioning, it might take time to unravel the growth opportunity with these experiences. Thus, depression is a common experience during strong Saturn transits. The higher purpose of depression is to become introspective and to look at the structural reality of one's life through deep self-reflection. In this way a soul can begin to cultivate new habits of positive change.

Often Saturn transits will reflect a time where we will go back to our past, unraveling core imprints from our early years, and heal. Sometimes there is a need for a therapeutic type container to support the unraveling of crystalized patterns in a safe and useful way.

Challenges: Refusal to grow up, to mature. shame, fearing judgment, overconcern with social approval and failure to develop self-authority from within. Not learning from failure, self-repression, getting stuck in over identification with conditioned social identity.

Wisdom: Allowing for failure and a reconnection to honest self-reflection. Open to consider long-term goals and to discipline oneself in ways that nurture long-term growth. Cultivating patience for the small and necessary steps and understanding the value of alignment, setting a solid foundation for all things. Healthy commitment to what is worthwhile. Discipline.

Segment 1: Transits

Uranus



Uranus corresponds to our essential individuality. It is who we are as a soul. In this sense, it is not developmental and it cannot be measured or understood in time.

There is a lot of confusion when it comes to Uranus transits. Generally thought of as "shocks and surprises", it is in fact only so relative to our conditioned consciousness. There are no surprises in reality, which is completely self-evident to itself. Let's take Uranus transits apart a bit.

Uranus transits can manifest as events that seem to either entirely change the course of one's life, or feel completely unexpected, out of the blue. It's important that one objectify their reality and raise attention to a higher point of view. In this way, there is less fear and trauma and more of a clear seeing.

The purpose of Uranus is to wake up, to liberate from the known. It always points to our essential nature. However there is a strong tendency with Uranus transits to project the past, and thus project stories of fear into the present and future. The conditioned mind is not great at interpreting or understanding where things are going. Uranus can feel like an acceleration of evolutionary dynamics and it can feel either profoundly exciting, freeing, or terrifying.

Often times Uranus transits can show up as dreams, repeated synchronicities, and all kinds of signals that seem to portend something bad. It's important that we understand that these repeated signals are not necessarily portending a horrible or unfortunate turn of events. There might come a time in the future where these dynamics will be faced, but at such times the soul will often have a choice relative to how it responds to the dynamics.



Segment 1: Transits

Uranus (con't)

The soul dynamics need to be faced. The particular circumstances/events do not necessarily need to go a certain way. This being said, there are some things that will just happen, it's a part of the soul program and nothing can be done to stop it. Those things one need not worry about because they are for our best, even if we do not understand.



What's most important is that we do not get stuck in the future. If there are events to unfold, they will. However, any dynamics that arise now, even if it is coming from a dream or message about the future, are arising in consciousness now. Now is the time in which we can look objectively at our own projections and observe what is present in our field of awareness.

Uranus points to the soul's essential nature, and thus there is the calling to liberate and wake up out of all conditioned patterns that shield the soul's true nature from itself. This is why fear and terror often come with Uranus because the conditioned mind only knows the past. And so looking forward it's important to interpret all fear with the insight that the fear itself is what is moving out so as to create space for the present moment, as opposed to there being an actual future to fear.



These transits can also reflect a surge of intellectual clarity, higher view, and seeing of reality. A flurry of genius and creative potential can open up which can be exhilarating and profound as much as it can be ungrounding. This can also manifest as a total fascination with particular technological or "elevated" advancements in technology, society or any facet of life leading the soul to resonate with particular subcultures, communities, or groups.

Segment 1: Transits

Uranus (con't)

There is also often the need to release attention on the constructs of the known - be it one's social group or social expectations/pressures so that one can simply be free to be oneself.

The house Uranus is moving through as well as the aspects Uranus forms corresponds to the area of life where there is accelerated change taking place. During a particularly strong/active Uranus transit time, it can feel like everything is changing way too quickly. This can also manifest by way of deep discontent with the status quo of one's life - leading a soul to make sudden changes that perhaps seem out of the blue to everyone else, and even to oneself. Repressed emotional and psychic content can come to the surface during these times as well leading to hyper-emotional states and erratic action.

Spiritually, there can be a profound awakening to a dimension of reality that is purely archetypal/energetic. In this awakening, nothing, or little, is taken personally. Things like relationships, sex, socialization, eating, making money, etc. can feel absolutely irrelevant as if viewing it all from a high mountain perch. This is often natural and can be a taste of a more non-dual state of awareness. A soul may begin to apprehend the cosmic algorithm, the intelligence of creation.

This can also reflect periods of profound inventiveness and creative intelligence. It's important to not become so fascinated with the mind and its intelligence that the soul ends up becoming dissociative, which can happen during Uranus transits.



Segment 1: Transits

Uranus (con't)

In general, it's useful to conceive of Uranus from the perspective that it is not Saturn. Thus, all the repressed content that we hold back due to our need for social acceptance from loved ones, family, society will be pushing forward to be released. If this content is entirely suppressed it can result in unexpected blow-ups or blowouts, affecting one's level of stress to very high levels and again, erratic and anarchistic behavior.

Challenges: Projection, trauma, fear, paranoia, bringing past into future and missing the present. Overly excited, erratic, stress, hyper anxious.

Wisdom: Cultivating objectivity and letting go of the past. Arriving more fully as one's true self, a surge of genius, and acceleration of evolutionary dynamics relevant to one's greater evolutionary growth.

Segment 1: Transits

Neptune



Neptune in transit corresponds to our ongoing relationship to the Truth that never comes or goes. The invitation is a reorientation to absolute reality, that which is the same about all people, places, things and moments.

Thus, Neptune can often be disorienting relative to the displacement of ultimate meaning to temporal facets of reality. Common experiences are that of confusion and a sense of lostness/meaninglessness.

The greater potential is one of forgiveness and learning of one's inherent connection to greater meaning. It's also possible to be swept off one's feet so to speak by the promise of "salvation" in all the various forms it can appear to manifest.

Thus, fantasy and wishful thinking, misplaced hopes, and expectations on others or reality can provide a sense of deep meaning and joy, only to be entirely dissolved. During particularly strong Neptune transits it can feel like there is no clear reference point to hold onto. Answers, ideas, past, future all don't seem to provide the peace and trust one is looking for.

The work, to quote Jesus, is to "seek ye the kingdom of heaven first" which is to practice placing one's faith in ultimate reality, to that which is not of one's own making. In so doing there is a reference for peace that is not of this world and doesn't depend on any beliefs linked to this world of form, time, and space.



Segment 1: Transits

Neptune (con't)

During a Neptune transit there can be heightened experiences that seem to be "out of this world": miracles, healings of any seeming magnitude, connection to the divine in the form of events, teachers, or even just ordinary day to day experiences that are turned up from mundane to holy. Inspiration, and a more open awe to the holiness of life can express in all kinds of art, creativity, music, film etc. Anything that orients attention more towards the timeless and universal.



Neptune can reflect how anything and anyone can be an instrument of love. In this way, people can be "elevated" to fame, seemingly ordinary people and events might have a larger impact on the masses. A soul can receive divine inspiration to say or do something that has miraculous effects.

In the same way, that which has otherwise seemed so solid and important can be washed away as easily as the ocean dissolves a sandcastle. Neptune can imply a humbling process in which "higher" and "lower" or "special" and "unimportant" are flipped, switched, or totally disorganized.

A beautiful teaching from A Course in Miracles is the idea that there is no order of difficulty in miracles. What this points to is the notion that we will often hold some "problems" as more unsolvable, more deserving of losing our peace than others. In this way, we very often will hold on to unresolved grievances, fear, and hate - not knowing that from the perspective of the divine, all of this can be easily solved.

The solving of all problems can be as simple as turning a light on in a dark room. The invitation with a Neptune transit, no matter how dark or gloomy things seem to be, no matter how hopeless and despairing a situation is, is to seek a reference for truth that corrects all perception.

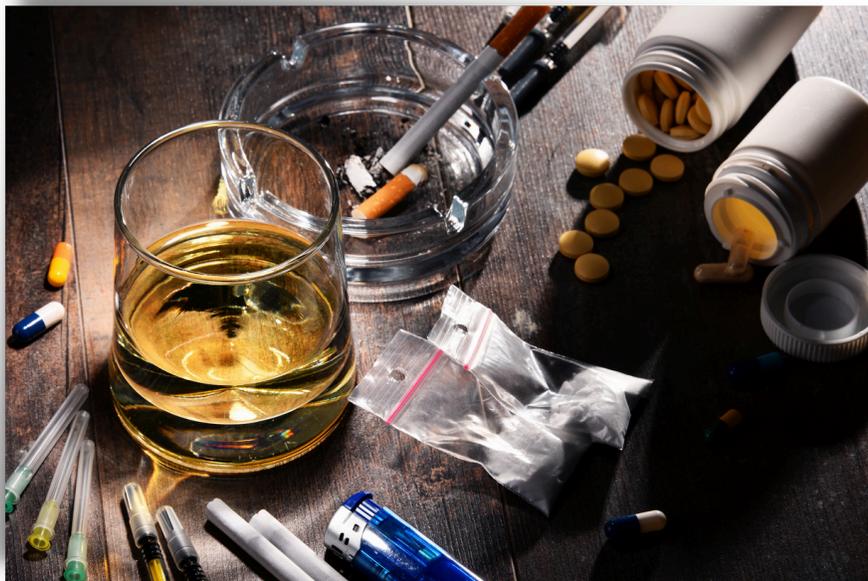
Segment 1: Transits

Neptune (con't)

This means learning to surrender and it means not holding our problems as our own. They are inherently unsolvable because there's only an extent to which our personal control can get us somewhere.

During particularly strong Neptune transits there can often be a deep sense of longing: a longing for greater meaning in some way or another. The dream partner, more money, more fame. There's the possibility of the soul getting stuck in the hoping, wishing, positive thinking, and naïve idealism. The danger in this is losing all faith and trust in life when life doesn't conform to one's wishful thinking. Or in another way, a Neptune transit can reflect where a soul is doubling down in their illusion, protecting themselves from reality by sustaining their dreams of reality in order to uphold that which they earnestly want to be true. The more reality continues to be what it is, the more the soul will need to strengthen their dream version of it. This can result in profound dissonance, confusion, a deep sense of victimization, and possibly delusion.

On the other hand, the soul can also fall into escapism by way of all typical Neptunian forms of escapism: drugs, alcohol, food, sex, television, etc. Often during strong Neptune transits, there can be a deep existential feeling that something is wrong, that there is no hope for salvation. And yet these are the very points where there is a great possibility of reorientation and healing.



Segment 1: Transits

Neptune (con't)



Neptune corresponds to the will of God. The will of God is itself, peace, truth, love, unity. It's a fundamental truth. The practice with Neptune in transit is to spiritualize our life by way of knowing that only God's will is real. Only love is real. In this sense, all errors, mistakes, hurts can be used and redirected in the present moment for healing. Nothing of this world is a hindrance to God's will, so long as we understand that this is so.

Challenges:

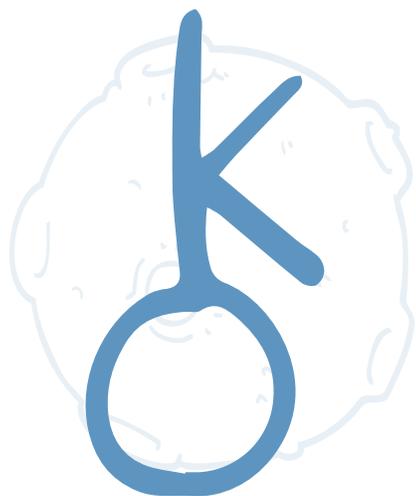
Unrealistic fantasy, getting lost by the glimmer of false promises, being deluded or duped by misplaced meaning, emptiness, giving up, escapism

Wisdom:

Reorientation to absolute reality, prayer, healing, miracles, unity consciousness, spiritualization of one's entire world by way of turning towards the source, unconditional love. "Forgiveness offers everything I want" - ACIM lesson 122

Segment 1: Transits

Chiron



Chiron initiates us into a deeper heart-centered awareness and compassion. We are learning to use our own pains and differentnesses to bring out something new and healing.

Often with a Chiron transit we will be called to step forward in some way that will provide medicine to others, but in so doing we will also have to face our own inner pain. Thus, a common experience during Chiron transits is a deep sense of brokenness.

It's important to understand that these feelings are not indicative of there being someone wrong with oneself, but rather indicative of there simply being a medicine path to walk.

Feeling pain while in service is just a part of the healing and bringing out of the medicine. On the other hand there is the possibility of becoming utterly identified with being broken and thus holding back/holding off from doing the work one is here to do.

A common Chiron experience is one wherein we may feel fatally wounded and thus retreat into an inner space of isolation. The pain may be too great. And yet it is in just that experience that there is the opening to humility, compassion and thus the possibility of healing that can only come from such intimacy with one's vulnerability.

Chiron transits are initiatory. The house it is moving through corresponds to the area of life where we are connecting to our sacred medicine through the initiatory path of compassion in facing our vulnerability. Often, this is where we will "defy" what is supposed to happen by way of showing up to do our work in spite of conditions that we would otherwise deem as uncompliable to what we are doing. In this sense we create something that opens the doors for others simply because we are showing up.

Segment 1: Transits

Chiron

Strong Chiron transits can feel like a mess and point to where we might create wounding for ourselves or others. This happens by way of denial of one's condition and thus not learning about oneself and certainly not creating one's medicine. In the denial, the pain will be perpetuated by way of the denial. Further, there can be patterns of overcompensation that all result from the denial of one's actual reality; an underlying guilt.

There can be an issue of masochism in a Chiron transit. This points back to the sense of guilt that often comes with Chiron linked to having made mistakes or hurt others in the past. Then, in the process of helping others, it's easy to overcompensate to the point of doing what is beyond one's capacity to actually do - thus creating more self-hurt and messiness as a result.

In a positive sense, spiritual masochism, which is something Jeffrey Wolf Green often spoke of in relation to Chiron, can also refer to the idea that sometimes it hurts to be in service but that the hurt itself is not a reason to back off. It can humble us and take us deeper into the heart of our own healing gifts.

Challenges:

Guilt, denial, masochism, creating wounding for oneself or others, embellishing the pain and remaining separate, getting messy

Wisdom:

"The wisdom of a deeply open heart" - (subtitle to Adam Gainsburg's book on Chiron). Compassion, healthy connection to vulnerability, softening into purpose and healing in the midst of tender experience.

Segment 1: Transits

Pluto



Pluto corresponds to evolutionary necessity. In transit it speaks to the reality of change and evolution that is relevant for each soul at every moment of time.

The purpose of a Pluto transit is related to the underlying motive of this human incarnation: evolution is a law and there's nothing that can be done about it other than to cooperate or resist. Thus, Pluto transits point us directly to our own soul and our essential choice to do what is necessary or not.

On the one hand, Pluto transits can manifest by way of **gradual and deep inner self-realization** that enables a soul to make necessary and essential changes in one's life. Making a commitment that will utterly bring profound growth. Letting go of an existing form. Deciding to shed old patterns, making any choice that reflects an essential shift to greater soul sovereignty. Since Pluto transits are so slow, this can often happen as the result of a long and deep process of an intensified psychological inner process.

Within that, there can also be a draw to certain people or experiences that attract the soul on a very deep level. These attractions reflect that which is within the soul but has not yet been realized. The soul will not be able to deny or ignore these attractions. Whether or not they are acted upon in any particular way is not as important as the psychological self-knowledge the soul gleans by way of the strong attractions. It will absolutely lead to changes in the soul's life. However, if the orientation is not towards soul growth, this can become the point of obsession, addiction, or unhealthy attachment.

Sexual attraction is of course a common example. Another example might be an attraction to a particular position in life. Any fixation can become a point of losing our soul sovereignty by way of our deep emotional need for external fulfillment. Besides for strong attraction would be strong aversion. This too can become a potential for uncovering greater psychological self-knowledge, or a point of resistance or victimization.

Segment 1: Transits

Pluto

Strong emotional feelings may arise during a Pluto transit - emotions that might impel a soul to close up in jadedness, distrust, to seek revenge, to be consumed with hate and victimization. The soul may feel impelled to stay in that place. It's important to understand that we all have a choice whether to orient towards soul growth or not. In choosing soul growth These intense emotional experineces will be met as a catalyst for deep inner work. Otherwise the soul will be entrapped by their own unconsciousness and it can become a very dark place.



In a similar way, a soul might find itself interfacing with people/forces/experiences of darkness that will attempt to manipulate or take power from the soul. However, the soul's true power cannot ever be taken without consent. Thus, these experiences can often serve as a catalyst for the soul to reorient to their true power, to become more affirmed in who they are. In this sense, it's important to not give in to the temptation to join in the darkness. Sometimes a decisiveness and clarity of will to orient towards the light opens up during a Pluto transit.

Besides for the evolutionary process that occurs through a gradual and deep inner realization, a Pluto transit can reflect a period or event that is cataclysmic. Cataclysmic events imply that which absolutely destroys and "pulls the rug under the feet" of our existing securities. The loss of the existing forms of security of course just points to the reality of impermanence which itself point us to our attachments which itself exists relative to the truth of the eternal soul that we are.

Cataclysmic change can happen and result in deep feelings of loss, distrust and victimization. It's important that the soul understands that they are entirely responsible for their own reality and in this sense can orient towards understanding the greater evolutionary purpose in all the changes. Generally, as Pluto moves further away from a particular transit there tends to be more clarity and empowerment.

Segment 1: Transits

Pluto

These cataclysmic changes can also be the result of decisions or realizations happening within the soul. Often during a Pluto transit, the soul may be faced with the pressure of unprocessed shadow material, deep psychological content that has not yet been integrated in conscious awareness. Thus the soul will be bound, possessed, controlled, limited by way of their existing psychological limitations. This can be an incredibly stressful and painful process. All kinds of strong emotions and triggers may arise. The more soul-centered the soul is, the more the soul will meet this with increased inner focus on itself. Otherwise, these periods can be very messy and challenging with entanglements and power dynamics.

This is where in Pluto transits we might find ourselves moving more into an involutionary phase: where we go more within to tend and allow for a death process. This is absolutely necessary before we can move into the new form. We have to let the old go before we can even understand whom we are becoming next.

While Pluto transits are often intense and can bring with it some of the hardest of the human experience, they are profound times of evolutionary growth.

Challenges:

Resistance, victimization, obsession, entanglements, inner pressure and stagnation of not knowing how to make change, entrapment linked to not knowing one's own power, temptation and impelling force of separating desires.

Wisdom:

Capacity to commit or let go. Making changes as necessary. Deepening of psychological self-awareness and commitment towards soul evolution, no matter what that takes. Developing a resiliency that is steady in the midst of change. Evolution.

Segment 1: Transits

Lunar Nodes



The transiting south node corresponds to dynamics from the past that are coming to a head now. These dynamics can represent fruitful elements of the past that are being harvested and used. Just as much as it can represent areas of deepened self-knowledge/self-awareness that is ripening in this moment

The transiting south node can also represent unresolved dynamics from the past that are coming up to be met and resolved.

When the south node is aspecting natal planets, in particular via the conjunction, the karmic issues related to that planet will be very present and there is an opportunity to bring past dynamics to some degree of completion.

The planetary ruler of the sign the south node is moving through is also very important to consider. Its house, sign, and aspects refer to the specific dynamics manifesting at the time as it relates to the past that is currently coming to a head now.

The transiting south node simply means this is what is coming up now. As always, the purpose is to engage it, use it, work with the energies but definitely not get stuck there. This is where the polarity, the transiting north node is important.

Segment 1: Transits

Lunar Nodes



The transiting north node corresponds to the evolutionary potential of the present moment. By way of choice, this is where evolutionary growth can be embraced. Being the north node, we will find the transit reflecting new ways of moving forward, of evolving our sense of self - and thus evolving our own soul since our self-concept is a reflection of our soul-level desires.

When the north node aspects planets, in particular with the conjunction, it will reflect the possibility of growth and positive development relative to that planet. However there can still be challenges. For example, a conjunction with Pluto will still be Pluto - and thus there will be the possibility of facing difficult content and being in a deep evolutionary process. It can still be resisted, but being the north node there is a green light to go for it as it relates to the ongoing evolutionary needs and potential of the soul.

One particular nodal transit worth addressing is when the nodes square a planet in the natal chart. This will represent a dynamic tension with that planet and a profound stress for integration. In virtue of the square, the planet is stressed for integration via the apparent duality of opposites on both sides. This emphasizes the possibility of cultivating immense wisdom but will often happen by way of experiencing great stress or polarization.

Segment 1: Transits

Basic Guidelines for Planets Through the houses

Cardinal house:

- New cycle, new development,
- quality of starting a new phase
- Subjective and needs time to clarify

Fixed house:

- Stabilizing, brings out essence of that particular quadrant
- Intensification of focus, commitment, grounding, going deeper
- Greatest degree of immersion with that transiting body

Mutable house:

- Universalizing, making more applicable and accessible
- Dispersing knowledge/experience into more diverse and multifaceted life experience
- Completing, more existential, review of deeper meaning/purpose behind all things
- Preparing for new cycle

Segment 1: Transits

Orbital Period of the Planets

How long a complete cycle around the zodiac takes

<i>Planet</i>	<i>Revolution Period</i>
Sun	365.26 days
Moon	27.322 days
Mercury	87.97 days
Venus	224.7 days
Mars	1.88 years
Jupiter	11.86 years
Saturn	29.46 years
Chiron	50.39 years
Uranus	84.01 years
Neptune	164.79 years
Pluto	248.59 years
Lunar Nodes	18.613 years

Data collected from <https://www.exploratorium.edu/ronh/age/>
with Sun, Moon, and Chiron added manually after google search.

Segment 1: Transits

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

Segment 1: Assignment

Pull up a bi-wheel with the transits on the outside and your natal chart on the inside. These can be current transits or a particular time in your life. Please see below for recommended software on pulling up biwheels. Pick up to three transits.

1. **Pick a transiting planets.** Note the sign and house it is moving through as well as any aspects it is making with your natal planets. You also may wish to consider any phases it are forming. Consider the archetypal meaning of this transiting planet.
2. **Pick an aspect.** Pick one aspect the transiting planet it is forming to a point in your chart. Or, if you wish, you can simply focus on the house position of the transiting planet without looking at any aspects.
3. **Tune into natal chart.** Before interpreting the transiting planet, tune into your own natal chart and observe the relevant context. For example:
 - a. If transiting Jupiter is squaring your natal Saturn, start with your Saturn and connect with what it says about you and this lifetime. What are the lessons, where are you learning self-accountability, what are you deconditioning, how are you getting stronger?
 - b. If Jupiter is transiting your 11th house, look at your 11th house first and reflect on what this says about your soul journey.
 - c. Remember to consider the planetary ruler of the sign the transiting planet is in. I.E. Jupiter transiting Cancer in the 11th: look towards your natal Moon.
4. **Apply the transiting planet.** Apply transiting planet to the house it is in and to the aspected planet you are analyzing. Do this in in context with the planetary ruler of the transiting planet. See if you can find examples in your own life of how this is/was playing out. What might be some lessons or teachings for you to harvest at this time?

There is true gold when we are able to translate our observation of the transiting planets into practical wisdom and life guidance for our journey here and now. The best way to learn astrology is through direct observation. When it comes to the transiting planets, we can usually find a very real and tangible example of them in our day to day living if we are paying attention.

Resource for Bi-Wheels and Ephemeris

Resources for Bi-Wheels and Ephemeris

At this point, students are expected to be able to pull up natal charts and bi-wheels. Here are a list of recommended resources:

Casting charts and bi-wheels

- **Astro.com** – this is free. When pulling up a chart be sure to pick “extended chart selections” so that you can create a bi-wheel with two charts.
- **Solar Fire** – excellent, highly esteemed, and popular software for PC. Apply my affiliate discount code AMW15 to get 15% off.
- **Astro Gold** – for iPhone, Android and Mac computers. Much cheaper than solar fire, easy to use, less fancy options than the full on Solar Fire program, but for our purposes it allows you to store unlimited charts and create bi-wheels and tri-wheels.
- **Time Passages** – software just for Mac computers

Ephemeris

To study past and future transit and as we will soon learn, secondary progression cycles, the more expensive software have functions that allow you to pull up a series of dates and see them listed in a row. Otherwise, I recommend the use of an ephemeris. You can buy a book (usually 50 or 100 years of planetary cycles) that will allow you to look up, line by line, where every planet was on any day.

Or you can use free ephemeris software:

- **<http://www.true-node.com/eph1/>** - Type in any planet or asteroid and choose the date you want to see and how many lines (days) you want the software to report.
- **https://www.astro.com/swisseph/swephe_e.htm** - Popular online ephemeris.

I will offer instruction on how to properly use an ephemeris in our next segment.

Heart & Soul Centered Astrology



Chart Interpretation Course
Segment 2
Secondary Progressions

Segment II: Secondary Progressions

Introduction

Transits are pretty straightforward because they are happening in live time. They are universal and relate to everyone even though they operate uniquely for each one of us.

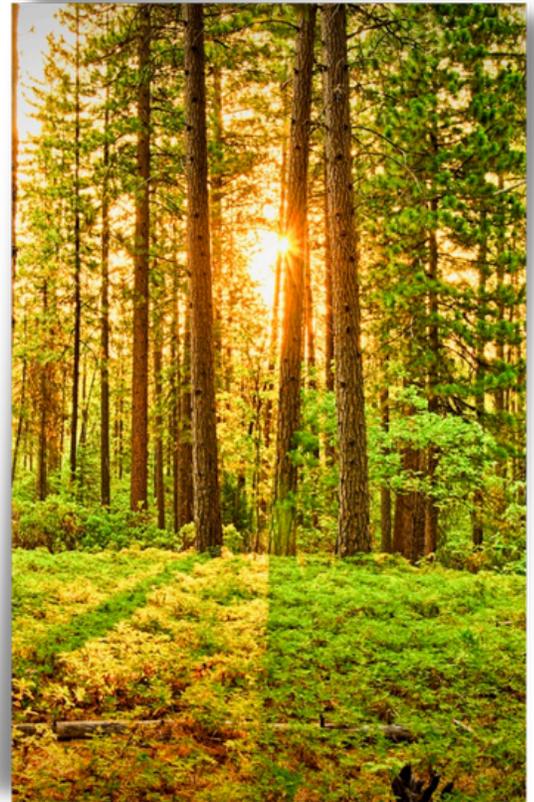
Secondary progressions, and the world of progressions and other calculations such as solar arcs, are a different animal. Note first that the official term to describe what we are teaching in this segment is “secondary progressions”. For the sake of ease and for the fact that working with other progressions are not very common, I will sometimes just write “progressions”. Know that unless otherwise indicated, throughout this segment, I am always referring to secondary progressions when I refer to progressions.

Part 1 and 2 introduces the idea of progressed charts. Part 3 teaches how to work with the progressed chart. Part 4 teaches how to cast a progressed chart. Part 5 teachers interpretation of the progressed chart with examples.

Part I: Time is fluid, A philosophical introduction

What is the sound of a tree falling? You can more or less imagine what that would sound like. What happens if you slow it down and take what would otherwise be a 10-second fall and make it 10 hours? And what if you had really good recording instruments that were able to pick up the sound? Then what is the sound of a tree falling? Well, you would certainly hear a whole lot more nuance than you would in just 10 seconds.

Another example: what is the sound of a tree growing? In a way, that question is somewhat inaccessible to us because trees take such a long time to grow, it's hard to conceive it even making a sound. Yet what if we speed up a tree's grown 100,000,000 times and record it? Certainly, it would make a sound.



Segment II: Secondary Progressions

Philosophical Intro Con't ...

What these examples reveal is that time is a very relative experience. Depending on what individuated consciousness will perceive as small or large, fast or quick will determine the experience it has within time and space. Have you ever had a dream where it seems hours went by but it was only a minute long?

There's a certain "norm" that humans experience here on earth during incarnation that regards the function of time according to the most obvious and overt cycles: the rotation of the Earth on its axis (day and night), the revolution of the Earth around the Sun (years), the monthly lunar cycle (months) and so forth. Our own bodies sleep and wake to the rhythm of the daily cycles. Seasons come and go in a year. Menstrual cycles change with the Moon.

Astrologically, we can easily measure and observe time according to the natural cycles of planets: 2 years is a Mars cycle, 12 years is a Jupiter cycle, 7 for a Saturn square, and so forth.

These natural cycles, as marked by the tangible and measurable cycles of the cosmos, reflect our shared Earthly experience and generally agreed upon consensus experience and perception of time.

However, if we assert the premise that time is not primary reality, but is itself a manifestation of limitations and parameters within which we are learning, then it's something we can play with and use in a way that is far more malleable than we tend to think it to be.

This is the difference between Uranus and Saturn. Saturn corresponds to concrete definitions. All of the cycles of the planets mark very concrete Saturn time delineations. Uranus however says that reality is essence first. Reality is a manifestation of archetypal intelligence, emanating from the Source of all things: the mind of God so to speak. Reality manifests like a fractal that manifests on every size scale throughout all of time but maintains its unique blueprint no matter where you look.

Segment II: Secondary Progressions

Philosophical Intro Con't ...

Consciousness itself exists independent of time. Everything that is time and space is not primary to our nature, it is only temporary. With this understanding, we can approach an appreciation for secondary progressions.

Since we exist independent of time, we can use time according to our purposes. Meaning, time itself is not the god, it is not the rule of law and set in just one way. If that were so, then there would truly be no power in the notion that we are eternal and timeless beings.

To use time according to our purposes means we can play with it. We can speed it up, slow it down and explore all kinds of variations of it in order to observe and experience more subtlety and perspective to our lives. Remember, if we are infinite beings then time and space can be used and perceived in infinite ways. It is here for our own purposes.

All this being said, what are secondary progressions?

Part II: Secondary Progressions, a Practical Introduction

Secondary progressions are basically a way of slowing down the transits with respect to the notion that the large and the small are all the same depending on how we think of them. In secondary progressions, 1 day of transits equals 1 year of progressions.



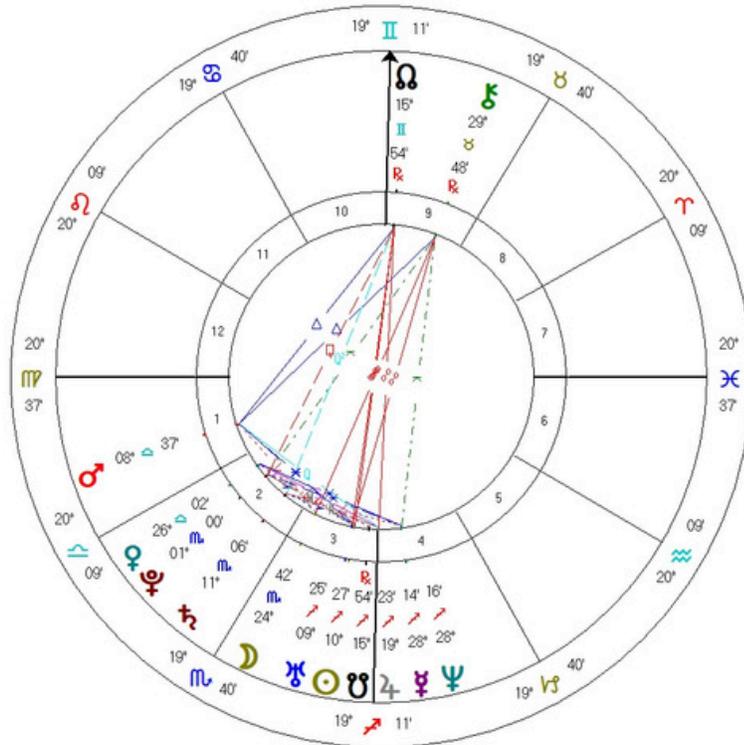
What that means is the planetary placements on X days after your birth (i.e. the transits) equal the planetary placements in your progressed chart X years after your birth. For example, if Mercury stationed retrograde 10 days after you were born, then on your 10th year of life Mercury will station retrograde in your progressed chart.

Segment II: Secondary Progressions

Part II Practical Intro Con't...

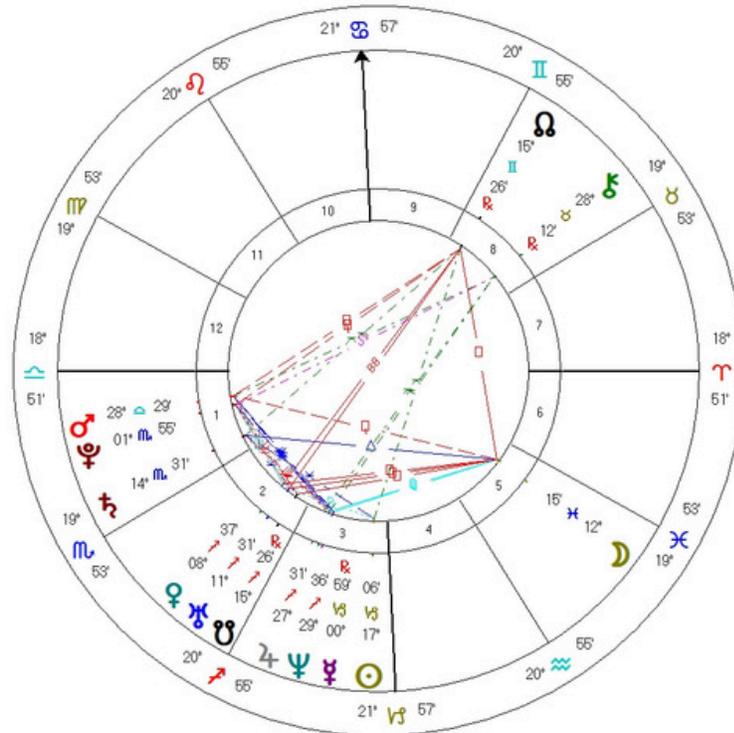
Let's look at my chart again for a real example.

Ari Moshe Wolfe
Natal Chart
Dec 3 1983, Sat
0:23 am EST +5:00
longbranch.nj
40°N18'15" 073°W59'34"
Geocentric
Tropical
Porphyry
True Node
Rating B



Now let's look at the transits 36 days after my birth.

Transits 36 Days After My Birth
Event Chart
Jan 8 1984, Sun
0:23 am EST +5:00
LongBranch, NJ
40°N18'15" 073°W59'34"
Geocentric
Tropical
Porphyry
True Node



Segment II: Secondary Progressions

Part II Practical Intro Con't...

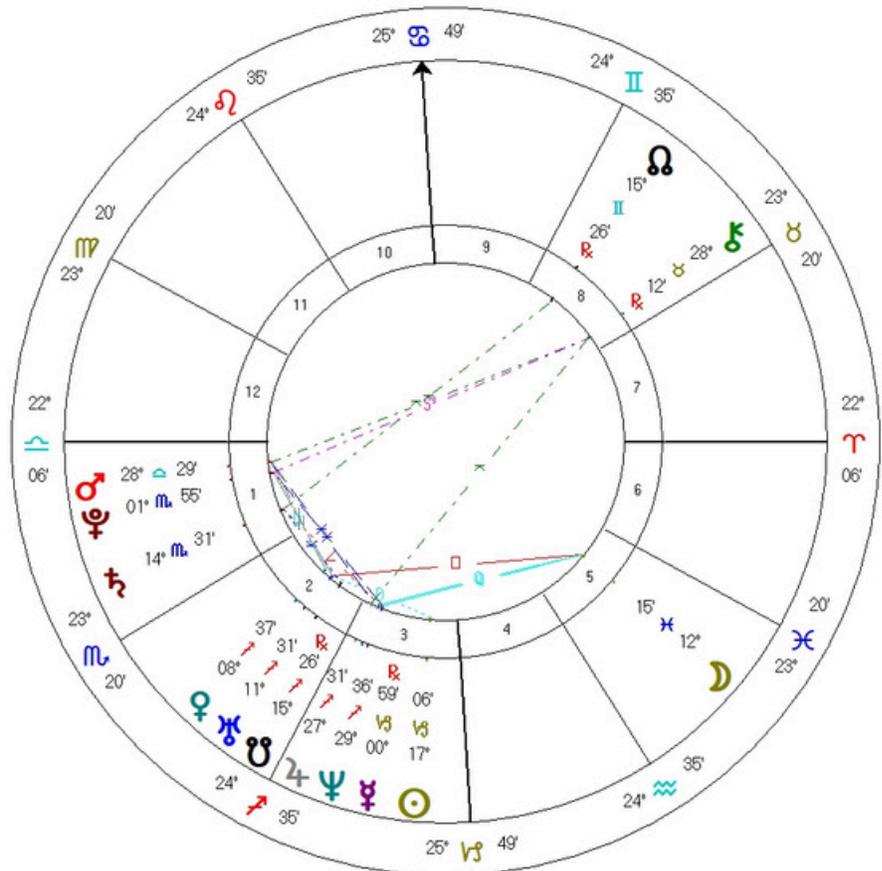
What do you notice? Well exactly what you'd expect. The Sun moved almost exactly 36 degrees (because the Sun moves almost exactly 1 degree a day). The Moon moved through the entire zodiac plus a few signs. Mars moved from 8 Libra to 28 Libra. Venus moved through all of Scorpio and entered Sagittarius. Looks like at some point during those 36 days Mercury stationed retrograde.

Now if we consider each day after my birth as a microcosm of a year, we can take that day, and, similar to slowing down the falling of a tree, expand it so that the day equals a year.

This means that on the 36th **year** of my life, my secondary progressed chart will look exactly like the transits of the 36th **day** of my life.

Here is the progressed chart of my 36th year of life.

Ari Moshe Wolfe
Sec.Prog. SA in Long
Dec 3 2019, Tue
0:23 am EST+5:00
longbranch.nj
40°N 18° 15' 07.3"W 59°34"
Geocentric
Tropical
Porphyry
True Node
Rating B



Notice they are the same!

Segment II: Secondary Progressions

Part III: How to Work with a Progressed Chart

We can think of the progressed chart as a subset of the natal chart. It symbolizes cycles that are unfolding more slowly, over a long period of time. They stay with us much longer than transits.

Progressed charts are however very different than transits. Notice how much Neptune has moved in these 36 years of secondary progression. Not very much. This is because in 36 days Neptune isn't going to move very much. The Sun and the Moon however will move a lot. The Sun moves a degree a day and thus in the secondary progressed chart, it will move a degree a year. The Moon moves around 12 degrees a day, give or take, and thus in the secondary progressed chart it will move 12 degrees in a year, give or take.

The Sun and the Moon are the most straightforward bodies in the secondary progressed chart. Everything else is a lot more variable because they are naturally variable. All the inner planets speed up and slow down all the time according to their retrogradation patterns. The Sun and Moon of course never move retrograde.

Soon, we will learn more about the progressed planets and how to work with them in our own lives. First it's most important that you know how to cast one and learn the proper way to look at it.

Two ways of looking at a progressed chart:

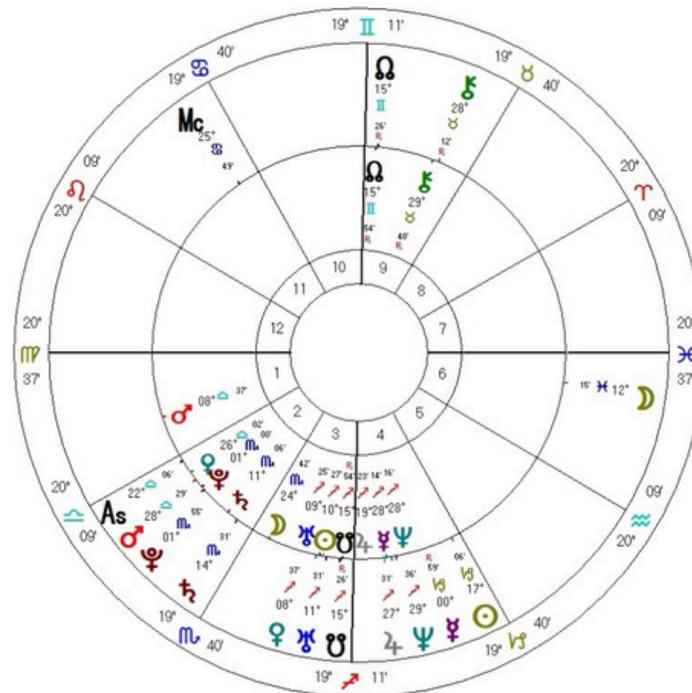
- 1. By itself.** Looking at a progressed chart by itself will tell you things like where your progressed ascendant is, your progressed Moon, progressed Sun (as well as the progressed lunar cycle: new Moons, full Moons etc.). When a planet is entering a new sign.

The progressed chart can be read as the present moment sub-set of the natal chart. It's a soul theme unfolding in your own life and can be understood entirely on its own terms. You can read the stand-alone progressed chart in the same way you would read the natal chart. The only difference is the natal chart is a core life-long intention whereas the progressed chart symbolizes the specific themes that are unfolding right now, and a lot more slowly.

Segment II: Secondary Progressions

2. Relative to the natal chart. This allows us to see what houses the progressed planets are moving through as well as the aspects they are making to our natal chart. In this course we will practice looking at progressions in a bi-wheel with the natal chart in the center. Let's take a look at mine again from 2019.

Inner Wheel
Ari Moshe Wolfe
Natal Chart
Dec 3 1983, Sat
0:23 am EST +5:00
longbranch, nj
40°N 18' 15" 073°W 59' 34"
Geocentric
Tropical
Platyphry
True Node



Outer Wheel
Ari Moshe Wolfe
Sec.Prog. SA in Long
Dec 3 2019, Tue
0:23 am EST +5:00
longbranch, nj
40°N 18' 15" 073°W 59' 34"
Geocentric
Tropical
Platyphry
True Node

Without making any interpretations, what meaningful observations can we observe here? Here's what I see:

1. Moon is in Pisces in the 6th house. It has been and will continue to square all of my Sagittarius planets. It is moving into a sextile with my progressed Sun.
2. Mercury is retrograde (has been for many years) but is at zero degrees Capricorn. It recently was sextile to my natal Pluto. Seeing something like that would perk my interest to find out if and when and if it might regress into Sagittarius, when it stationed rx and when it will station direct.
3. Progressed Mars is currently inbetween my Venus and Pluto. In seeing this, I might be curious to know when Mars was on my Venus and when it will be on my Pluto.
4. My progressed Venus is in Sag in my 3rd very close to a conjunction with my natal Uranus.
5. My progressed ascendant is freshly in my 2nd house.

Segment II: Secondary Progressions

Part IV: How to Cast a Progressed Chart

These days most astrology software will allow you to pull up a progressed chart for any day in time for any natal chart. In the olden days, we would actually have to calculate the progressions by looking at an ephemeris to track the transits X days after birth to chart the progressions X years after birth.

It is important to become familiar with an ephemeris, to know how to read one, and to be able to understand the basis for calculating secondary progression. Doing this will enable us to look forward and backward to see where the progressed planets are coming from and where they are going.

This is a free ephemeris provided by astro.com. ©Astrodienst AG / www.astro.com

ASTRODIENST EPHEMERIS for the year 1984

JANUARY 1984																	00:00 UT	
Day	Sid.t	☉	☽	♀	♁	♂	♃	♅	♁	♁	♁	♁	♁	♁	♁	♁	Day	
S 1	6 39 22	9♁44'41	14♁ 7	8°R 7	29♁.54	24♁.40	25♁.55	13♁.56	11♁ 8	29♁.21	1♁.47	15°R54	14♁.32	2♁.12	28°R27	S 1		
M 2	6 43 18	10°45'52	26°48	6♁.47	1♁ 6	25°12	26° 8	14° 1	11°12	29°23	1°48	15♁.53	14°29	2°19	28♁.25	M 2		
T 3	6 47 15	11°47'04	9♁.18	5°30	2°18	25°44	26°21	14° 6	11°15	29°25	1°50	15°51	14°25	2°26	28°23	T 3		
W 4	6 51 11	12°48'15	21°37	4°20	3°31	26°16	26°35	14°11	11°18	29°27	1°51	15°48	14°22	2°32	28°21	W 4		
T 5	6 55 8	13°49'26	3♁.47	3°17	4°43	26°48	26°48	14°16	11°22	29°30	1°52	15°43	14°19	2°39	28°19	T 5		
F 6	6 59 5	14°50'37	15°49	2°23	5°56	27°19	27° 2	14°21	11°25	29°32	1°53	15°38	14°16	2°46	28°17	F 6		
S 7	7 3 1	15°51'48	27°44	1°39	7° 8	27°51	27°15	14°25	11°28	29°34	1°54	15°32	14°13	2°52	28°15	S 7		
S 8	7 6 58	16°52'58	9♁.36	1° 6	8°21	28°22	27°28	14°30	11°31	29°36	1°55	15°27	14° 9	2°59	28°13	S 8		
M 9	7 10 54	17°54'08	21°27	0°42	9°33	28°53	27°41	14°35	11°34	29°39	1°56	15°23	14° 6	3° 6	28°11	M 9		
T 10	7 14 51	18°55'18	3♁.21	0°28	10°46	29°25	27°55	14°39	11°37	29°41	1°57	15°20	14° 3	3°13	28° 9	T 10		
W 11	7 18 47	19°56'27	15°23	0°D23	11°59	29°56	28° 8	14°43	11°41	29°43	1°58	15°D19	14° 0	3°19	28° 8	W 11		
T 12	7 22 44	20°57'35	27°37	0°27	13°12	0♁.27	28°21	14°48	11°44	29°45	1°58	15°19	13°57	3°26	28° 6	T 12		
F 13	7 26 40	21°58'43	10♁ 9	0°39	14°25	0°57	28°34	14°52	11°47	29°47	1°59	15°20	13°54	3°33	28° 4	F 13		
S 14	7 30 37	22°59'50	23° 2	0°59	15°37	1°28	28°47	14°56	11°50	29°49	2° 0	15°22	13°50	3°40	28° 3	S 14		
S 15	7 34 34	24° 0'57	6♁.20	1°25	16°50	1°59	29° 0	15° 0	11°53	29°51	2° 1	15°23	13°47	3°46	28° 1	S 15		
M 16	7 38 30	25° 2'03	20° 6	1°57	18° 3	2°29	29°13	15° 4	11°56	29°54	2° 2	15°R23	13°44	3°53	28° 0	M 16		
T 17	7 42 27	26° 3'09	4♁.19	2°35	19°16	2°59	29°26	15° 8	11°59	29°56	2° 2	15°22	13°41	4° 0	27°59	T 17		
W 18	7 46 23	27° 4'14	18°56	3°18	20°29	3°29	29°39	15°11	12° 1	29°58	2° 3	15°18	13°38	4° 6	27°57	W 18		
T 19	7 50 20	28° 5'18	3♁.52	4° 6	21°43	3°59	29°52	15°15	12° 4	29°59	2° 3	15°13	13°35	4°13	27°56	T 19		
F 20	7 54 16	29° 6'22	18°57	4°57	22°56	4°29	0♁ 5	15°19	12° 7	0♁ 2	2° 4	15° 6	13°31	4°20	27°55	F 20		
S 21	7 58 13	0♁.725	4♁ 1	5°53	24° 9	4°59	0°18	15°22	12°10	0° 4	2° 5	14°59	13°28	4°27	27°54	S 21		
S 22	8 2 9	1° 8'28	18°56	6°51	25°22	5°28	0°30	15°25	12°13	0° 6	2° 5	14°52	13°25	4°33	27°53	S 22		
M 23	8 6 6	2° 9'30	3♁.33	7°53	26°36	5°58	0°43	15°29	12°15	0° 8	2° 6	14°47	13°22	4°40	27°52	M 23		
T 24	8 10 3	3°10'32	17°49	8°57	27°49	6°27	0°56	15°32	12°18	0°10	2° 6	14°44	13°19	4°47	27°51	T 24		
W 25	8 13 59	4°11'33	1♁.40	10° 3	29° 2	6°56	1° 8	15°35	12°21	0°12	2° 6	14°D43	13°15	4°53	27°50	W 25		
T 26	8 17 56	5°12'34	15° 9	11°12	0♁.16	7°25	1°21	15°38	12°23	0°14	2° 7	14°43	13°12	5° 0	27°50	T 26		
F 27	8 21 52	6°13'34	28°16	12°23	1°29	7°53	1°33	15°41	12°26	0°16	2° 7	14°44	13° 9	5° 7	27°49	F 27		
S 28	8 25 49	7°14'34	11♁ 6	13°36	2°43	8°22	1°45	15°44	12°28	0°18	2° 7	14°R45	13° 6	5°14	27°48	S 28		
S 29	8 29 45	8°15'33	23°41	14°50	3°56	8°50	1°58	15°47	12°31	0°20	2° 8	14°45	13° 3	5°20	27°48	S 29		
M 30	8 33 42	9°16'32	6♁ 4	16° 6	5°10	9°18	2°10	15°49	12°33	0°21	2° 8	14°42	13° 0	5°27	27°47	M 30		
T 31	8 37 38	10°17'29	18♁.18	17♁.23	6♁.23	9♁.46	2♁.22	15♁.52	12°36	0°23	2♁. 8	14♁.37	12♁.56	5♁.34	27♁.47	T 31		

Delta T = 53.79 sec

FEBRUARY 1984																	00:00 UT	
Day	Sid.t	☉	☽	♀	♁	♂	♃	♅	♁	♁	♁	♁	♁	♁	♁	Day		
W 1	8 41 35	11°18'26	0♁.25	18♁.42	7♁.37	10♁.14	2♁.34	15♁.54	12°38	0°25	2♁. 8	14°R29	12♁.53	5♁.41	27°R46	W 1		
T 2	8 45 32	12°19'22	12°26	20° 2	8°51	10°42	2°46	15°57	12°40	0°27	2° 8	14♁.19	12°50	5°47	27♁.46	T 2		
F 3	8 49 28	13°20'16	24°22	21°23	10° 4	11° 9	2°58	15°59	12°43	0°29	2° 8	14° 8	12°47	5°54	27°46	F 3		
S 4	8 53 25	14°21'10	6♁.15	22°46	11°18	11°36	3°10	16° 1	12°45	0°30	2°R 8	13°55	12°44	6° 1	27°46	S 4		
S 5	8 57 21	15°22'02	18° 7	24° 9	12°32	12° 3	3°22	16° 3	12°47	0°32	2° 8	13°43	12°41	6° 7	27°46	S 5		

Segment II: Secondary Progressions

Part IV: How to Cast a Progressed Chart (cont'd)

Lets practice identifying progressions with an ephemeris.

1. Let's say someone was born on January 1, 1984. To find out where all the planetary positions were on the day of birth, simply locate the correct day and read the row. The "Day" column is the day of the month. "Sid. t" refers to sidereal time and is only important if you are casting a natal chart from scratch. Note that all positions in the ephemeris are for 12:00 midnight Universal Time (UT) of that day.
2. Then, we have each planetary glyph. Sun, Moon, etc. In this particular software, the glyph for Pluto is a capital P-shaped glyph. The north node symbol with a T in it is "True Node" which refers to the actual movement of the north node (which accounts for its occasional direct motion). The north node symbol that comes next is the "Mean Node" which averages out the mean motion of the north node (and does not account for its occasional direct motion). In this course, we use the True Node. (Remember, the position of the north node implies the position of the south node, as they are always an exact polarity. This is why there is no charting for the south node in this ephemeris: it is implied). Then the ephemeris charts one of the Black Moon Lilith calculations (there are more than one) and Chiron.
3. Now, where will all the planets be in the secondary progressed chart in 11 years? Easy! Look at 11 days after birth to January 11th, 1984. Sun at 19 Capricorn, moving to the 20th degree. Moon somewhere in Aries. Mercury would be stationing direct (D) by that day at 0 Capricorn etc.



Segment II: Secondary Progressions

Part V: Interpreting Secondary Progressions

We will learn the most through looking at actual charts. On the most basic level, the interpretation of progressions is the same as transits; however, the main difference is how darn long everything will stay in one spot! For example, Secondary progressed Mars might remain in one sign for several decades! Certainly, we can't say that if progressed Mars is in your natal 4th house that for the next 40 years, you might have accidents in your kitchen. That would be absurd.

When it comes to these long-term progressions, we can consider that transits to progressed planets, eclipse points on progressed planets, when progressed planets come into aspect with natal planets, and when progressed planets station retrograde or direct are the times where these themes will emerge and be more self-evident. Beyond that, they are very subtle and should be interpreted only in a way that actually makes sense and feels relevant and useful.

What I suggest is most important is to look for in secondary progressions is when a planet stations direct or retrograde, when a planet enters a new sign or house (either backwards or forwards), forms an aspects to a planet in the natal chart, and of course the progressed Moon and the progressed lunar phase which we will discuss in a few pages.

Suggested Important Secondary Progressed Movements

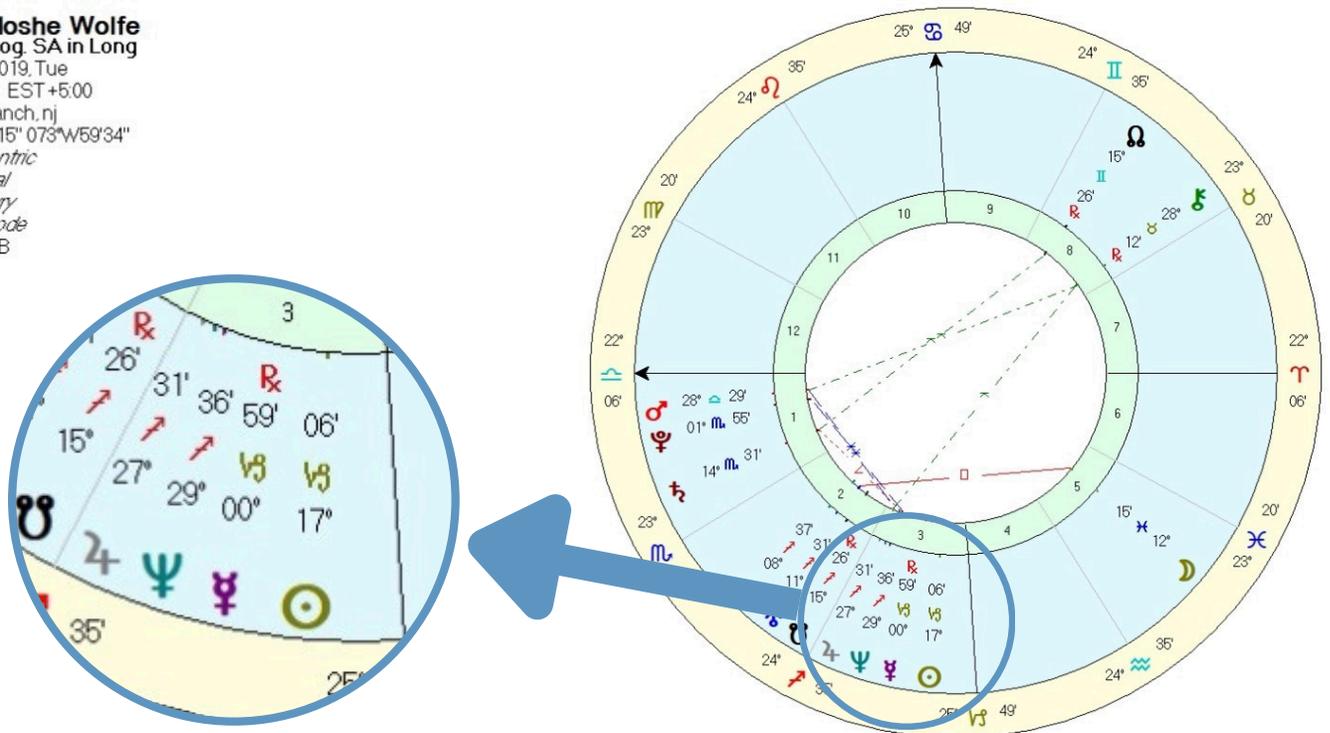
- Stationary direct or retrograde
- Ingress or regress into new sign or house
- Aspects to natal planets
- Progressed Moon and lunar phase

Segment II: Secondary Progressions

Part V: Interpreting Secondary Progressions

In my progressed chart in the 36th year of my life, you can see that Mercury was at the very end of its retrograde. Mercury will station direct in 2022. What does that mean? To understand this, it's advantageous to think about the meaning of Mercury stationing direct in general. It is an observable and direct experience that the couple days before Mercury stations direct, there is often a lot of intellectual clarity and new work, forward movement coming together. It symbolizes a time when the soul is ready to act upon and integrate the new perspectives and awareness gained during the Mercury Rx cycle.

Ari Moshe Wolfe
Sec.Prog. SA in Long
Dec 3 2019, Tue
0:03 am EST +5:00
longbranch, nj
40°N 18° 15' 073"W 59°34"
Geocentric
Tropical
Porphyry
True Node
Rating B



This is indeed what is happening in my life now. I am writing this workbook in September of 2021, almost exactly one year before Mercury will station direct. This is equivalent to less than a day before transiting Mercury stationed direct on the 38th day of my life. On that day, all the astrologers would have been talking about it, anticipating it, writing about it.

Likewise, we can go back to my past and observe what was happening a couple of years before Mercury stationed retrograde.

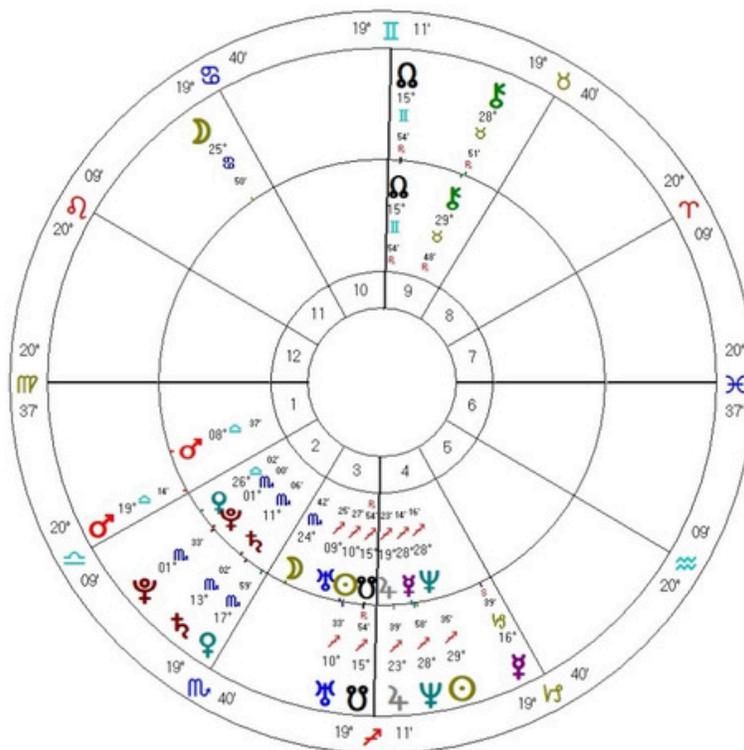
Segment II: Secondary Progressions

Part V Interpreting the Progressed Chart Con't ...

Here's a bi-wheel with my natal chart and the day progressed Mercury stationed Rx.

Inner Wheel
Ari Moshe Wolfe
Natal Chart
Dec 3 1983, Sat
0:23 am EST +5:00
longbranch, nj
40°N 18° 15' 07.3" W 59° 34"
Geocentric
Tropical
Porphyry
True Node

Outer Wheel
Ari Moshe Wolfe
Sec. Prog. SA in Long
Sep 25 2002, Wed
2:13:50 am PDT +7:00
sonoma, California
38°N 17° 31' 12.2" W 27° 25"
Geocentric
Tropical
Porphyry
True Node



We might expect that time of my life to characteristically feel like a Mercury stationing retrograde, and it did! The actual station Rx happened the first year of college, and thus the couple of years before represented the time when Mercury was nearly not moving at all. In transits, this generally corresponds to a deeply activated period with lots of last-minute activity, completing things, setting the stage for a period of development, clarification, and learning over the next few weeks. During that time, I was in a two-plus or so year process of rethinking the basis for my identity: 4th house, relative to my social conditioning and the moral values I had learned: Capricorn. During that time, instead of continuing the path I had been on as a Jewish youth leader and my plans to study Torah in Israel, I got sick, was in a deep process of questioning my faith, and started a completely new journey. I entered a Jewish college with a strong secular department and began studying new works. All existing plans or ideas of where I was going began to fall away.

Segment II: Secondary Progressions

Part V Interpreting the Progressed Chart Con't ...

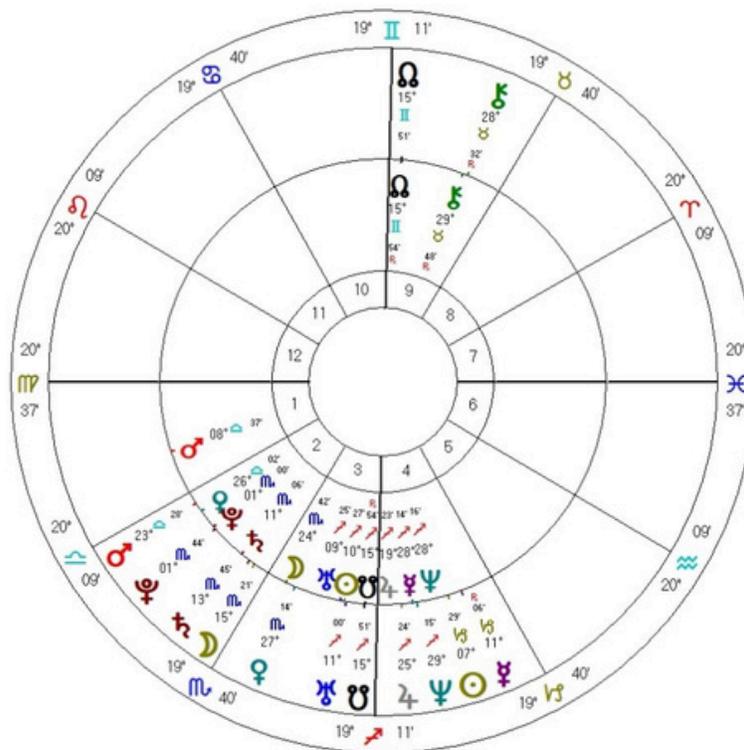
I entered the retrograde vortex: it was no longer time for me to control the direction of my life according to the plans and logical constructs I had previously known. It was time to learn something new. Being in the 4th house, this entire cycle has been about my sense of identity and belonging.

Imagine if this was a transit. Wouldn't you be interested in where the person was, in what they were planning and doing leading up to and during that time?

Looking for more highlights...

Within this Mercury Rx cycle are there any strong aspects that have occurred? One clear one that pops out at me is when Secondary Progressed Mercury Rx was sextile to my natal Saturn. This is a point worth looking at and reflecting upon.

Inner Wheel
Ari Moshe Wolfe
Natal Chart
Dec 3 1983, Sat
0:23 am EST +5:00
longbranch, nj
40°N 18° 15' 073"W 59°34"
Geocentric
Tropical
Porphyry
True Node

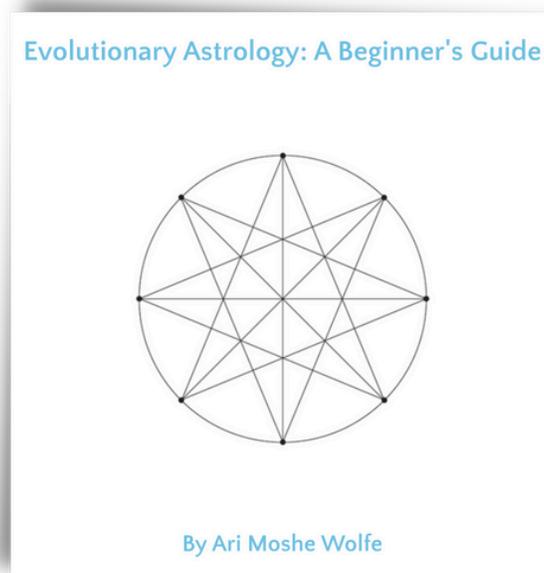


Outer Wheel
Ari Moshe Wolfe
Sec. Prog. SA in Long
Jun 26 2010, Sat
10:59:12 pm PDT +7:00
sonoma, California
38°N 1731' 122°W 27°25"
Geocentric
Tropical
Porphyry
True Node

Segment II: Secondary Progressions

Part V Interpreting the Progressed Chart Con't ...

Looking back at that time, that year was the first time I ever taught. Mercury: sharing information, putting together curriculum and writing. Relative to Saturn in the 2nd house, earning a living. I also moved from Washington State back to my parents' home in NJ and lived with them for a year (roots, upbringing: Cap 4th house, Saturn). They supported me financially in that I did not need to pay rent simultaneously to me beginning to support myself on a new level. It was a very reflective time for me and during that time I also began writing my ebook: *Evolutionary Astrology: a Beginners Guide*. In fact, I even made a DVD set based on the class series I taught that year. In typical Saturn/Capricorn fashion, however, I dropped the DVD set and realized that it wasn't my path at the time to create that, but the efforts and work were all very formative.



From this point on, I began to see myself as equipped and capable of teaching, that I had something to share and that I could support myself with this work. Note that after the sextile to Saturn, Mercury continued to form a semi-sextile to my natal Sun and Uranus and was joined with the SP Sun. That's when I completed and released the book and became a lot more active and seen in sharing teachings. It's also when I began a bi-monthly new and Full Moon Astro report which I sustained continually for about the next four years.

Segment II: Secondary Progressions

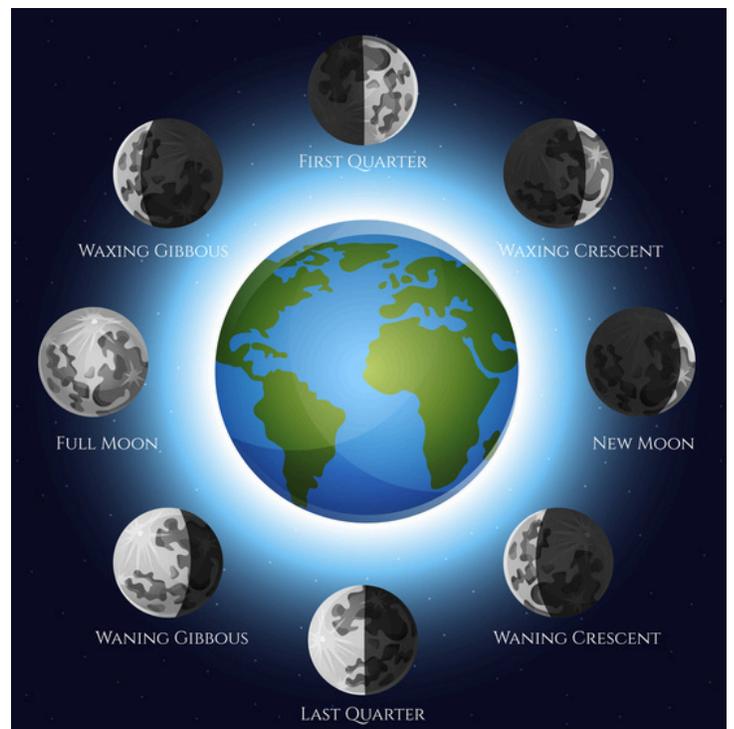
Part V Interpreting the Progressed Chart Con't ...

SP New Moons, Full Moons and Lunar Returns

A couple other very important and commonly used progressions are that of the Sun and Moon. The progressed Moon of course has a return every 27+ years, as that's how long it takes for the transiting Moon to make a complete orbit. Progressed New Moon to New Moon however is about 30 years, as is full Moon to full Moon.

We can read the Secondary Progressed lunar cycle as corresponding to the creative and emotional cycle manifesting in your life at the time. New Moons will speak to the beginning of a new period and there's generally a feeling that something new is being born. Imagine how at a New Moon you still can't see the Moon until another day or so. Likewise, I find that it generally takes about a year or so after a secondary progressed new Moon until we begin to really feel settled a bit into the new cycle.

We can apply our understanding of the 8 phases to the lunar cycle to understand the general human emotional climate at the time. Where we are growing in our sense of self, where our life is developing and growing. Understanding the secondary progressed lunar phase is useful in context with tracking transiting Saturn and the position of the secondary progressed Moon in general through the chart.



All of that combined speaks to where we are setting up shop, the life phase we are living out at the time. And they all operate in a very similar time frame of close to a 30-year cycle.

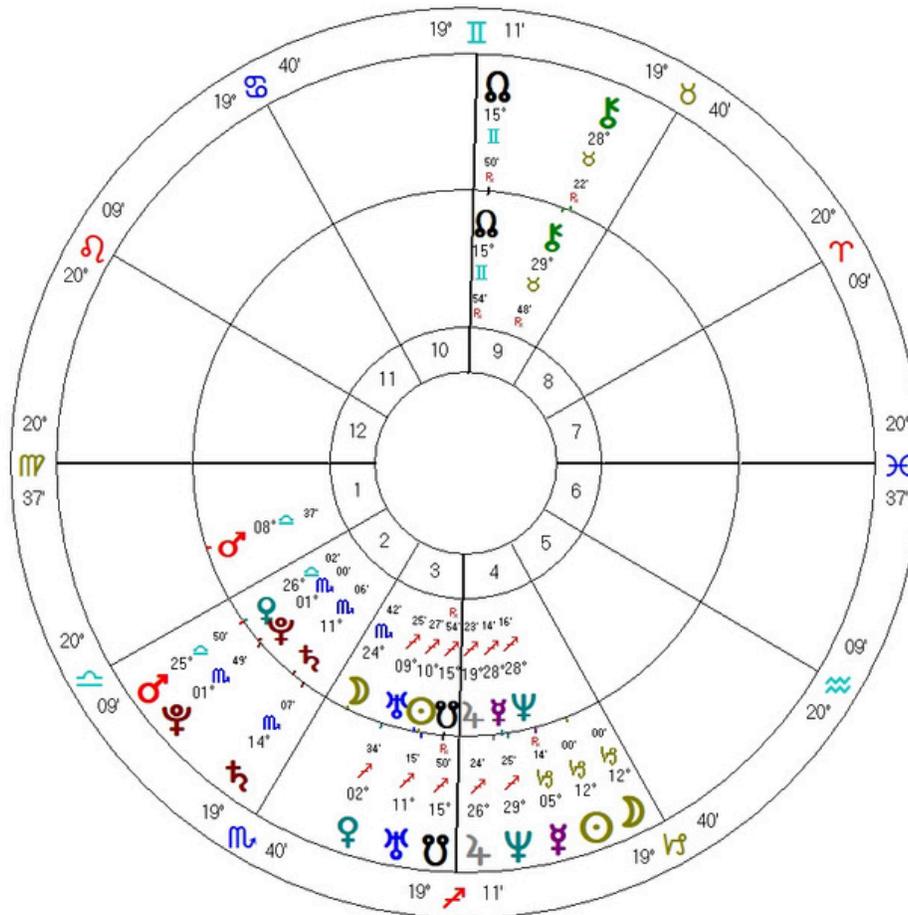
Segment II: Secondary Progressions

Part V Interpreting the Progressed Chart Con't ...

Here's the chart of my most recent SP New Moon

Inner Wheel

Ari Moshe Wolfe
Natal Chart
Dec 3 1983, Sat
0:23 am EST +5:00
longbranch.nj
40°N 18° 15" 073°W 59°34"
Geocentric
Tropical
Porphyry
True Node



Outer Wheel

Ari Moshe Wolfe
Sec. Prog. SA in Long
Nov 30 2014, Sun
12:53:25 pm PST +8:00
sonoma, California
38°N 17°31" 122°W 27°25"
Geocentric
Tropical
Porphyry
True Node

During this time I was actually bringing the cycle that I began more or less 4 years earlier. Shifting how I define my work as an astrologer, ending the regularity of new and full Moon emails, I began my YouTube channel and also began teaching a beginners course. It was a new level of self-authority and command both in defining new structures and shaping old one's. It was a beginning. Interestingly, that was around the time I began receiving vision that I would leave my apartment and enter into a new phase of life experience.

The next June I left my apartment and began a new journey of self-discovery. In some ways, this journey was profoundly undirected and random. New experiences, new way of knowing myself. 4th house Cap: who am I and where do I belong? I was just beginning to orient a life path around music and producing albums.

Segment II: Secondary Progressions

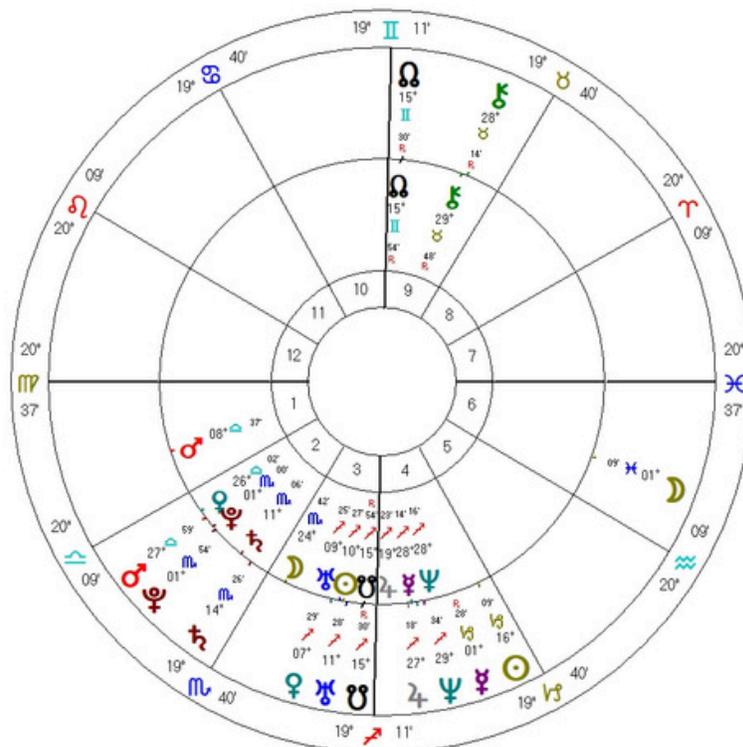
Part V Interpreting the Progressed Chart Con't ...

Between the new Moon and the crescent Moon, I had completely started anew. I stopped teaching except for perhaps an occasional class, just posted occasional YouTube videos and newsletters. I was invited to join a group of astrologers to teach with occasionally. While it being the seeds of new career developments, it also supported me adequately and kept me on the radar. My attention shifted to getting to know myself in a new way, in particular my music. My client work became so minimal that sometimes I would go weeks without doing a session.

I did not want to live in a fixed dwelling place as I wanted to be free to follow my path however I felt I needed to. So the majority of my new Moon phase was actually living out of my car, or traveling overseas to far away places.

Here's the chart of my most recent SP Crescent Moon

Inner Wheel
Ari Moshe Wolfe
Natal Chart
Dec 3 1983, Sat
0:23 am EST +5:00
longbranch.nj
40°N 18° 15' 073"W 69°34"
Geocentric
Tropical
Porphyry
True Node



Outer Wheel
Ari Moshe Wolfe
Sec.Prog. SA in Long
Dec 25 2018, Tue
1:35:20 pm PST +8:00
sonoma, California
38°N 173° 1' 122°W 27°25"
Geocentric
Tropical
Porphyry
True Node

Segment II: Secondary Progressions

Part V Interpreting the Progressed Chart Con't ...

Per clockwork, around the time that the SP lunar phase entered a new phase semi sextile (about 15 months prior to the exact crescent phase) I became depressed and self-reflective. Felt somewhat groundless and that there was a need to begin to consolidate my energy (semi sextile). I began to think about how I can ground myself (getting ready for crescent phase) while honoring my general need to stay open and unfixed in terms of where I am (still in new phase).

I took a whole year to build out my van and by Dec of 2018 I was actually able to live in it with electricity, running water and a composting toilet. I had entered the crescent phase. As I deepened into the crescent phase over time, I eventually shifted entirely to living in a home with Michelle and creating a family.

A theme of this phase, moving into and and furthering into it is characterized by the Pisces Moon in the 6th: surrender to the process, let go of control, and develop/work on what you can. During this crescent phase I have returned to more teaching and putting myself out there which has only been enabled by the ground of having a family and committing to serve in the ways that I can.

In terms of musical development, we can say the entirety of the new phase was constellated around moving towards and initiating the musical recording process. The bulk of the recording work and completion of the album actually happened during the crescent phase.

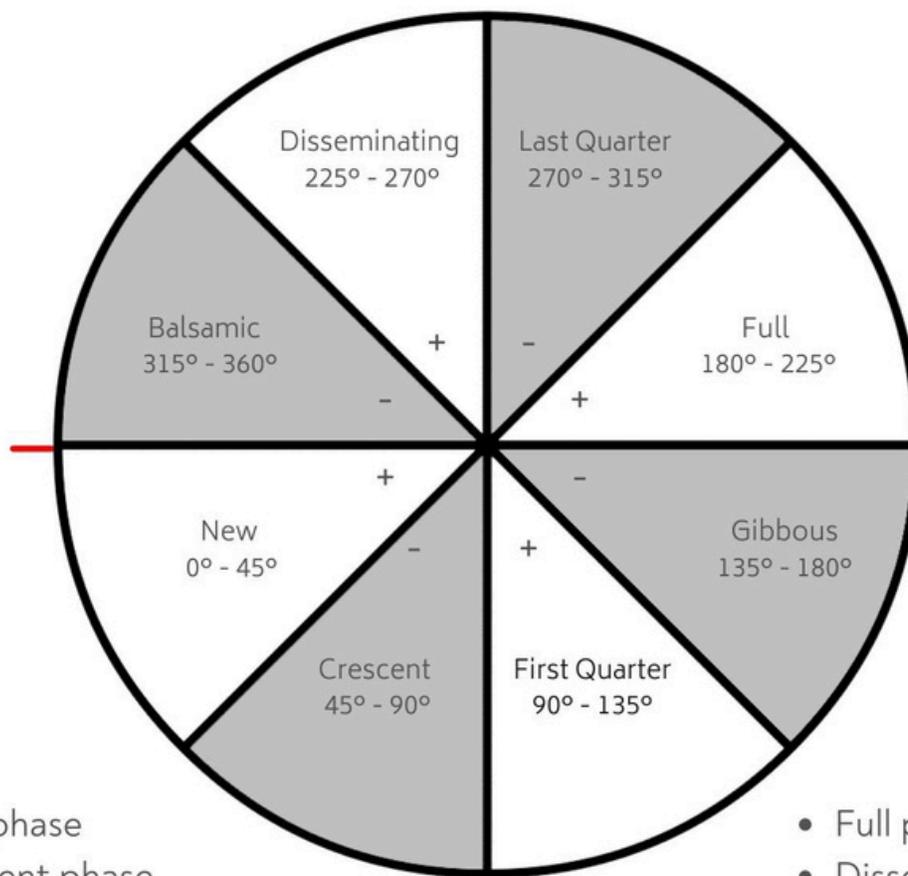


Segment II: Secondary Progressions

The SP Lunar Cycle and Review of the 8 phases

At this point it would be helpful to review the archetypal meaning of the 8 phases. This will help us to apply them in working with the secondary progressed lunar phase. The following pages are from the Chart Interpretation Course Part I, Segment 3 on Aspects and phases.

The 8 Phases



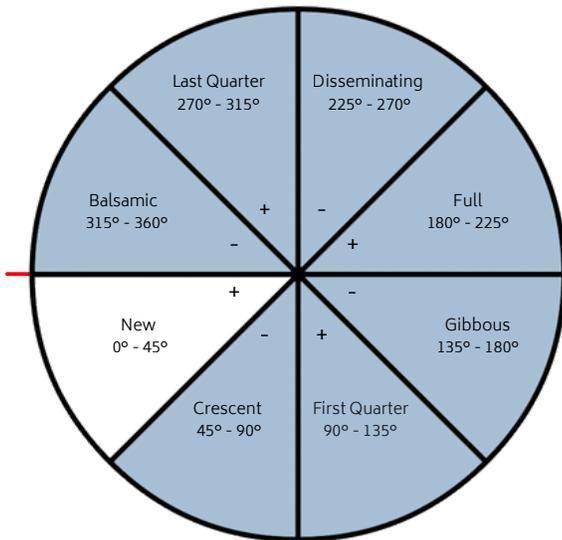
- New phase
- Crescent phase
- First quarter phase
- Gibbous phase

- Full phase
- Dissemination phase,
- Last quarter phase,
- Balsamic phase

Each phase is made of an arc of 45 degrees.

Segment II: Secondary Progressions

New Phase 0° - 44°59'



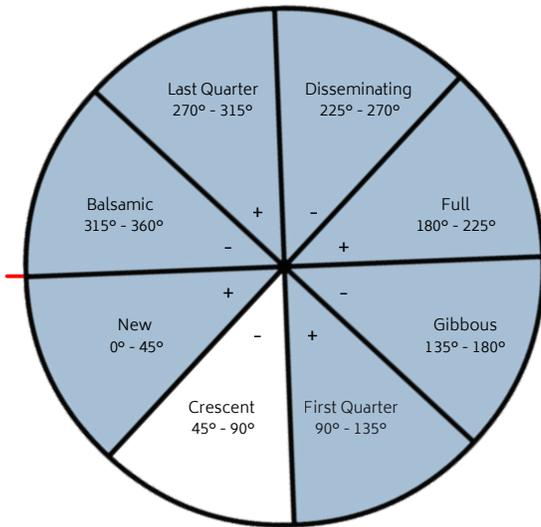
This phase correlates to a highly subjective orientation to the entire cycle. The resonance of the past is ebbing as a soul is ready to initiate a new journey of self-discovery.

This phase is yang and has the resonance of the Aries archetype. Why? Because there is an immense freshness and vast scope of potential that needs to be instinctively acted upon in order for self-discovery to occur.

To have any two planets in a new phase means that the soul is now starting a brand new cycle. Based on the newness of the cycle, it is necessary to engage a multitude of random experiences that will enable a gradual focusing of intention and direction. However, based on the newness of this cycle it is absolutely necessary for a soul to embrace the unknown, to get moving in the world, and simply learn by way of figuring it out along the way. Planets in this phase operate together through action and reaction.

Segment II: Secondary Progressions

Crescent Phase 45° - 89°59'



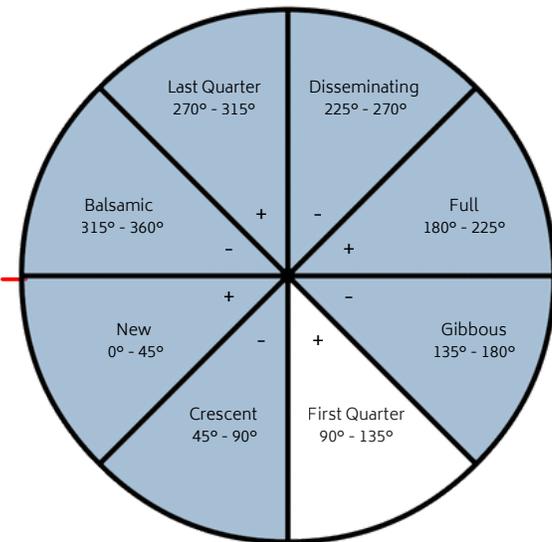
At this point, the discoveries that were made during the new phase are stabilized and internalized in a way that provides personal meaning and value for the soul. Planets in this phase operate through slowing down and developing steady familiarity.

This phase is yin and has the resonance of the Taurus archetype as Taurus symbolizes the very nature of internalization. This phase is relatively private and still very subjective.

A concrete value and personal meaning is being established in the cycle. It's necessary in this phase for the soul to seclude itself from excessive external interaction in order to become deeply connected to its own "flavor" and way of being. The purpose in this phase is in fact to develop an internal orientation and continue the journey in one's own way.

Segment II: Secondary Progressions

First Quarter Phase 90° - 134°59'



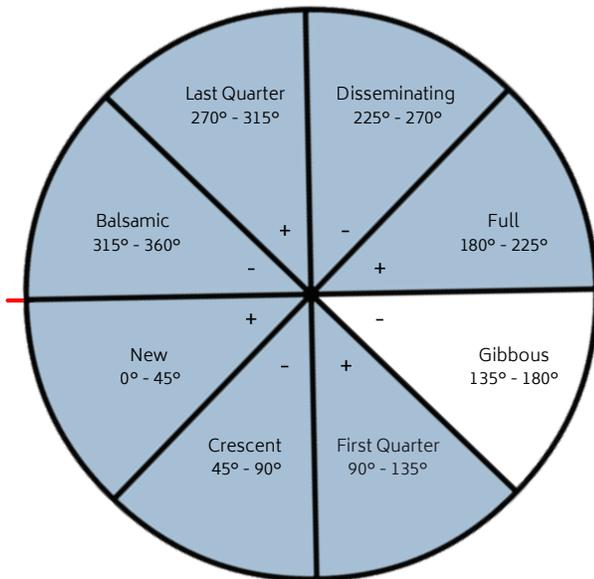
This is a cardinal turning point. Like the first quarter Moon (when the Moon is seen to be half full with the crescent side on the right), a quarter of the journey has been completed. This is an immense step in the cycle. At this point, the soul needs to make constructive choices that will enable it to make manifest and make workable the self-awareness that has been cultivated in the previous phase.

This phase is yang and to me, is associated with Cancer and Leo as it implies the need to know oneself and make one's knowing of self livable in a very tangible concrete way. In this phase, especially in the beginning, there are often conflicting or diverse decisions, opinions, ideas or choices that a soul must navigate through in order to find integration. This phase expresses as highly individualistic and full of new activity.

In this phase there is a characteristic experience of new direction and new potential that is being actualized for the very first time. The key in this phase is to focus the mind and live in a new way that demonstrates greater integrated self-knowledge.

Segment II: Secondary Progressions

Gibbous Phase 135° - 179°59'

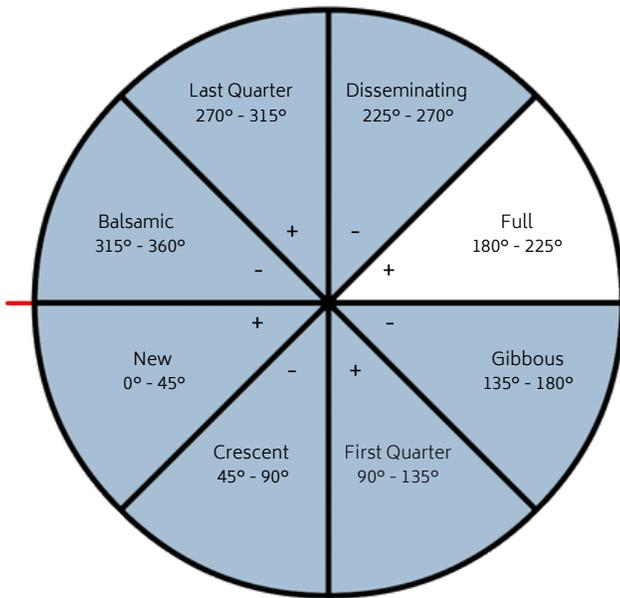


This phase requires the perfecting and refining of the purpose that had been previously actualized in the last phase. It is natural in this phase to develop a deep awareness of one's imperfections. It is necessary to become deeply self-aware and more humble in order to make whatever alterations are necessary.

This phase is yin and is associated with Virgo, as it implies the need to inspect oneself. This phase completes an entire hemisphere. After this phase, the purpose of the two planets will begin to express in a way that involves an immense degree of social interaction and relationships. Therefore it is necessary for a soul to literally deal with, fix up, refine and improve upon any sloppiness or inaccuracies. Movement through this phase is characterized as “one step at a time”. This phase is characterized by attending to the details, lots of work, showing up for whatever needs improvement. In this sense, the soul learns how to serve and be available for whatever work is necessary.

Segment II: Secondary Progressions

Full Phase 180° - 224°59'



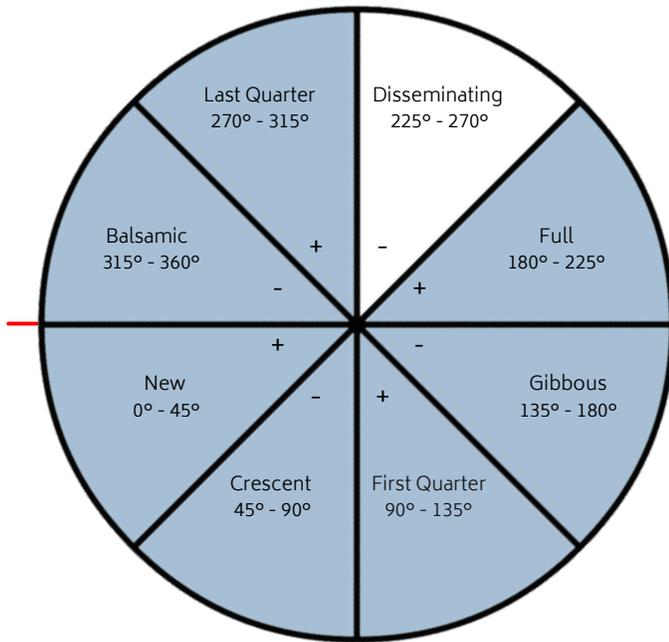
Now the two planets have moved halfway through the entire cycle of 360 degrees. The full phase is the harvest, the apex of the entire process. At this point, the soul has worked on itself and gotten to know itself to the point that it is capable of participating in society as an equal; as a being that has something to contribute in cooperation with others.

This phase is yang and is associated with Libra as this phase correlates to the need to involve oneself in relationships in order to integrate the energies of the planets in a socially relevant way.

This phase presents a unique challenge as it is necessary to find a balance between perceived opposites. This can manifest by way of social challenges that stress the soul to become more integrated. In order to apply one's purpose, there is often a natural rhythmic flow between being going too far out and then needing to go within. This flow must be followed such that balance can be achieved. As per Libra, balance is a dynamic dance, not a static point.

Segment II: Secondary Progressions

Disseminating Phase 224° - 269°59'



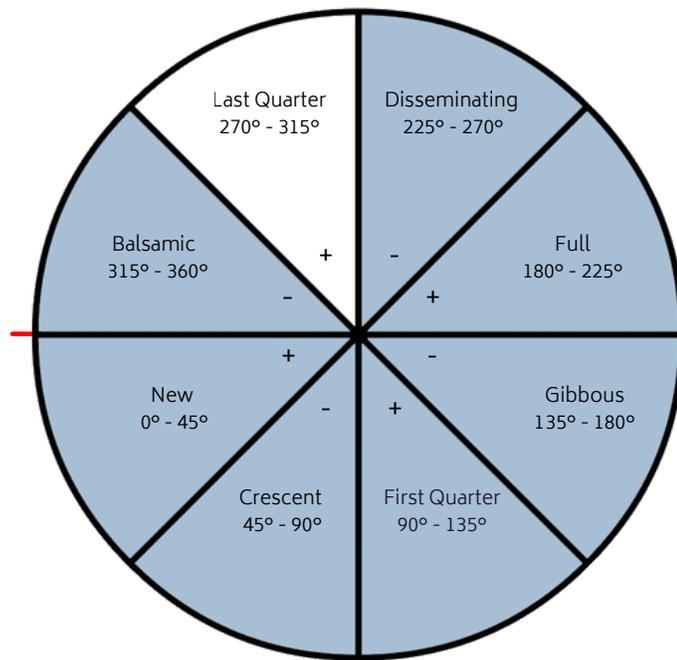
At this point, the purpose of the two planets has come to express itself through very direct and tangible socialization. Now, the soul is stabilizing that expression within society in a way that maximizes the potential of the purpose.

To do this, it is necessary for the soul to osmose within its own consciousness a deep understanding of how society/one's social reality/ whatever one is involved in is structured. Through that osmosis, the planetary energies can express themselves in society, in a way that recognizes and fulfills exactly what is needed.

This phase is yin and is associated with Scorpio based on the need to develop a penetrating consciousness that peers into one's social reality; to completely osmose oneself within one's social environment.

Segment II: Secondary Progressions

Last Quarter Phase 270° - 314°59'



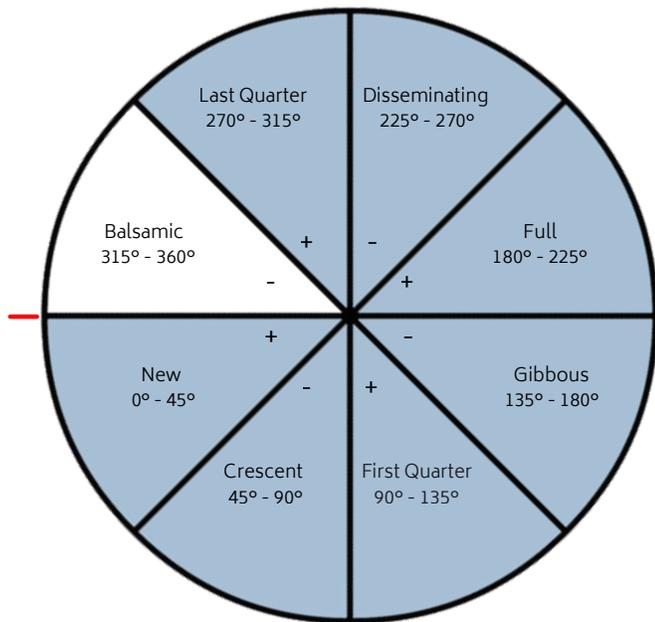
This phase symbolizes the necessity to break away from any social structures, systems, ideas, beliefs, etc that the soul has previously merged with. At this phase, the soul is pressured to actualize its potential in a way that reflects an ongoing deconditioning from all the socialization that has occurred prior to this phase.

This phase is yang and to me, is similar to the energy of Capricorn and Aquarius due to the need to demonstrate greater self-knowledge, the kind that can only come from learned experience (Capricorn), as well as the need to rebel against the prevailing status quo that the soul has become accustomed to (Aquarius).

At this point, it is necessary for the soul to adopt an orientation to life that reflects a more universal value system that is not conditioned by the current social trends and values of society.

Segment II: Secondary Progressions

Balsamic Phase 315° - 359°59'



This final phase correlates to the very end of an entire evolutionary cycle. Any two planets manifesting in this phase are completing a cycle that has archetypally taken place over many lifetimes. The essence of this phase is to embrace the transcendental and timeless truths that are absolute, inconsequential of one's immediate reality.

In this phase, the cycle is coming to an end, however is not yet complete. Thus, there is a natural need to surrender and cooperate with whatever processes need to be engaged. In so doing, the energies can express themselves in just the way they are meant to. Furthermore, all unfinished business must be re-lived in order to be resolved. In cooperating with the flow, a soul can become highly inspired to act in accordance to a vision or dream. Letting go of control can express itself as devotion, service, and an underlying faith in a higher power.

This phase is yin and is associated with Pisces as it is necessary in this phase to surrender to the ultimate reality and allow whatever process that needs to unfold to unfold on its own. This phase is characterized by “giving up effort” and learning what actions are appropriate and when. Consciousness is highly internalized at this point, as a soul is humbled through the realization that it is not the one in control. This of course can take various expressions depending on the evolutionary state of the soul.

Segment II: Secondary Progressions

Practice

1. Look at your progressed chart for today. Look at it by itself and then create a bi-wheel with your natal chart at the center. Note anything that stands out to you such as:
 - a. Any planets that are retrograde in your progressed chart but direct in your natal (or visa versa).
 - b. Planets that are in new houses or signs.
 - c. Any upcoming or recently passed aspects to the natal chart that pop out to you.
 - d. Note the position of the SP Moon and the current SP Lunar phase.
2. Remember that one day equals one year. Get an ephemeris or use an online program to observe the transits of the planets however many days after your birth. I ask you to do this so you can get a felt sense of the basis for your secondary progressed chart. This is helpful because our *feelings* about 36 days are different than our feelings about 36 years. Yet with secondary progressions we see them as octaves of one another. This also gives us a more developmental sense of our life's unfolding.

Looking at this, does it look like any significant alignments are coming up (planet soon to station direct or retrograde, a tight aspect, an ingress or regress into a different sign or house)?

3. Interpret the meaning of the progressions. What do they reflect that is or was unfolding in your life? Can you find examples of how this is or was real for you?

Optional:

With an ephemeris of software, go back to the past, track and reflect upon past secondary progressions. I.E. Lunar phases from past years or stationary points or aspects.

Segment II: Secondary Progressions

Resources for Bi-Wheels and Ephemeris

At this point, students are expected to be able to pull up natal charts and bi-wheels.

Here are a list of recommended resources:

Casting charts and bi-wheels

- **Astro.com** – this is free. When pulling up a chart be sure to pick “extended chart selections” so that you can create a bi-wheel with two charts.
- **Solar Fire** – excellent, highly esteemed, and popular software for PC. Apply my affiliate discount code AMW15 to get 15% off.
- **Astro Gold** – for iPhone, Android and Mac computers. Much cheaper than solar fire, easy to use, less fancy options than the full on Solar Fire program, but for our purposes it allows you to store unlimited charts and create bi-wheels and tri-wheels.
- **Time Passages** – software just for Mac computers

Ephemeris

To study past and future transit and secondary progression cycles the more expensive software have functions that allow you to pull up a series of dates and see them listed in a row. Otherwise, I recommend the use of an ephemeris. You can buy a book (usually 50 or 100 years of planetary cycles) that will allow you to look up, line by line, where every planet was on any day.

Or you can use free ephemeris software:

- **<http://www.true-node.com/eph1/>** - Type in any planet or asteroid and choose the date you want to see and how many lines (days) you want the software to report.
- **https://www.astro.com/swisseph/swephe_e.htm** - Popular online ephemeris.

Heart & Soul Centered Astrology



Chart Interpretation Course
Segment 3
Life Cycles

Segment III: Life Cycles

Introduction

As indicated by the fixed movement of the transiting planets and progressed Moon, the fixed life cycles are a part of the natural timing of soul evolution through the human experience.



Every baby gets a Mars return at near two years old. Have you heard of the “terrible 2’s?” All young adults get a Jupiter return at around 24 years old. Saturn Return at 29. Then we have a bit more nuanced aspects like the first nodal square at age four and a half. The secondary progressed square to the natal Moon, which happens around age seven which is around the time of the first quarter square of transiting Saturn to natal Saturn. There is the nodal return at 18 and a half, but also the nodal opposition at 9 and 27 years and so on.

We can divide our soul's human journey into various phases that are marked by our maturation within our human lives. While the division of these phases is by no means objective, we can all roughly agree that the first 7 years mark a significant phase of maturation. The next 7 years do as well. Adolescent years, early adult life. Then we have adult life and movement into the more mature “crone” years. Within all of these natural life cycles are specific astrological transits that marks very specific stations along the soul journey.



Our awakening is not by any means defined or indicated by a particular phase of life experience. It can happen anytime according to the desire of the soul, and this is not marked in the chart or in time. We are however carried by the winds of these life cycles which does facilitate our soul journey on this earthly plane.

Segment III: Life Cycles

In this segment, I will chart and define the various life cycles represented by the fixed transits and secondary progressed Moon specific to specific ages. I will do this in two ways.

1. First, I will **chart the cycles according to the planet**. I.e., I will look at all the essential Saturn transits and the ages they occur, then essential nodal transits and the ages they occur, etc.
2. Then, I will **chart all the planetary cycles according to sequential time**, starting at two years old and ending at 84. I will categorize these cycles into various groups according to the markers of the roughly 7-year Saturn cycles.



Knowing these life cycles is incredibly relevant and useful in working with natal charts. It both provides:

- *a perspective of where a soul is at* in terms of the natural unfolding of life experience;
- and it gives a reference to understand *where they are coming from and where they are going*.

Likewise, the more we can objectify our own past experiences relative to the planetary cycles we have lived through, the more wisdom and understanding we can apply to future cycles.

Segment III: Life Cycles

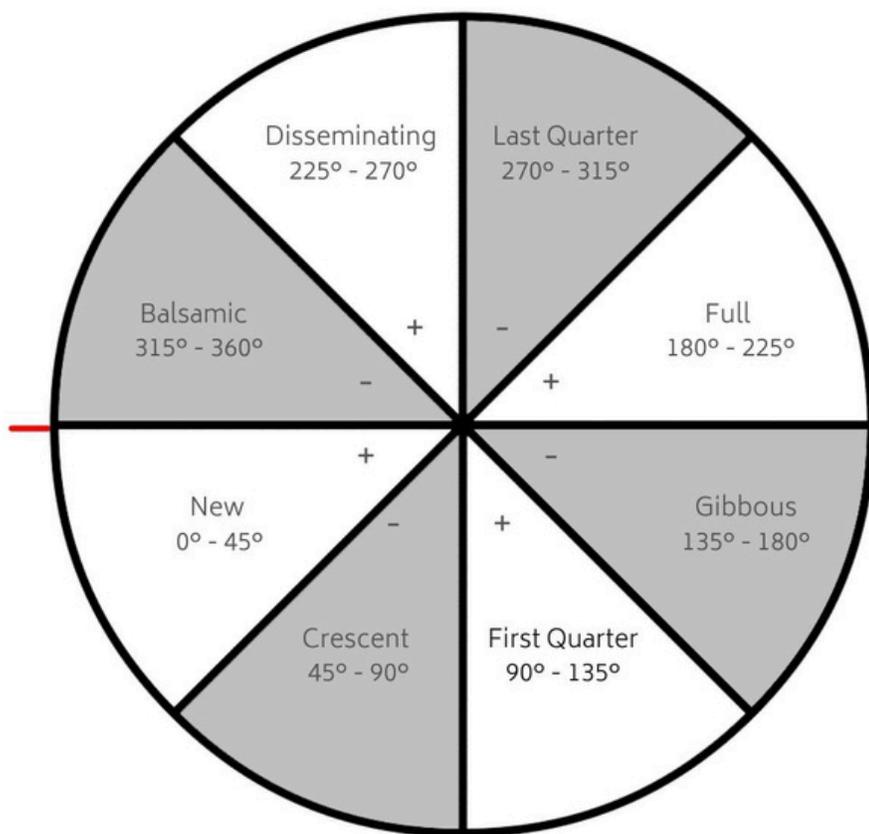
I will not be mapping Mercury and Venus as their orbits are so close to the Sun and are not useful in my opinion in terms of tracking long-term life development. I will also not be mapping every single aspect the planets form to their natal position. Generally, I am only focusing on squares, oppositions, and conjunctions. Sometimes the semi squares and sesquiquadrates. My emphasis on the angular aspects is because these aspects represent movement into one of the 8 phases, and so naturally represent shifts into new developmental cycles. While I am not giving significant attention to the semi-square and sesquiquadrates, one can fill them in as the midpoints between the conjunction, squares, and oppositions.

For the earlier years, since there is so much going on developmentally, I give attention to more aspects and then space them out a bit more.

As I address these phases, predominately the conjunction, square, and oppositions, note that prior to all these phases will be the culmination of a yin phase (*balsamic, crescent, gibbous or disseminating*). Thus, as per the nature of yin, there's a going within and often a feeling of completing or letting go that is happening.

Prior to all the cardinal phases, there will generally be a sense of introspection and deeper reflection. This is most strong before the conjunction and oppositions.

The 8 Phases



Segment III: Life Cycles

These cycles manifest at slightly different ages for different people

Due to the relative differences in the eccentricity of the planetary orbits, these life cycles will happen at slightly different times. Eccentricity points to how elliptical a planet's orbit around the Sun is. Due to a planet's elliptical orbit, it will move through some signs in the zodiac more quickly than others. For example, the Saturn opposition can actually happen during the 13th year of life for some people. Whereas for others it happens in the 16th year. See the chart below for a list of eccentricity.

<i>Name of Planet</i>	<i>Eccentricity</i>
Mercury	0.2056
Venus	0.0068
Earth	0.0167
Mars	0.0934
Jupiter	0.0483
Saturn	0.0560
Uranus	0.0461
Neptune	0.0097
Pluto	0.2482
Chiron	0.3772

Data collected from Wikipedia and
<http://www.astro.rug.nl/~etolstoy/ACTUEELONDERZOEK/JAAR2000/pluto/aosproperties.html>

Notice that Chiron is the most eccentric. This means that Chiron spends radically different amounts of time in each sign. Thus, the first quarter Chiron square can happen several decades apart from one person to the next! The more eccentric the orbit, the more variance these planets will have in terms of when the cycles manifest for an individual. The less eccentric, the more universal and consistent the ages of the transits will be for all souls.

Segment III: Life Cycles

These cycles manifest at slightly different ages for different people (con't) ...

Neptune is amongst the lowest in eccentricity, thus we can expect very close ages for all Neptune transits to itself. Even though we are not working with Mercury and Venus, I have included them just so we can see how they compare. Venus has a very low eccentricity and Mercury comes in third for highest eccentricity after Chiron and Pluto.

Note that because of the highly eccentric nature of Pluto and Chiron, I am not including these planets in my life cycle analysis. The reason for this, to use Pluto as an example, is that some people can get their first quarter Pluto square in the late 30's/early 40's while others can get it in their 60's! This the same square will manifest at completely different stages of life for different souls.

The other reason why the ages of other cycles will slightly vary is because of retrograde movement. For example, some souls might experience Saturn making a return to its natal position with one pass while others will get 3 passes if Saturn goes retrograde over natal Saturn.

Further, consider a soul who was born with Saturn at 11 degrees Scorpio just before Saturn stationed direct versus a soul that was born with Saturn at 11 degrees Scorpio several months before Saturn even went retrograde. In such a case we are looking at the same Saturn position for two souls who came into this world 8 or 9 months from each other! Thus, the timing of their Saturn return will happen with an 8 or 9 month discrepancy between their respective ages.

These are just some things to take into account and appreciate when we start to look at these planetary cycles.

Let's start by looking at the essential life cycle transits of all the planets, including the nodes and the secondary progressed Moon.

Segment III: Life Cycles



MARS



It's useful to start with Mars as the Mars return very clearly signifies the initiation and awakening to the force of "will." During the Mars return which occurs near age 2, the soul is coming into an initiation of personal sense of purpose and will. There is a need during this phase to put into practice and experience the use of personal will. This is necessary ego development.

Developmentally, the first Mars return is the most significant and overt and is the only one I will give attention to of the Mars cycles. Of course, we can appreciate the potency of Mars's transits: its squares, its oppositions, and ongoing returns during the first several years of a child's development.

Segment III: Life Cycles

4 JUPITER 4

First Square: ~ 3 years of age

The **first Jupiter square** occurs at around 3 years of age. This is a time when most souls are developing a greater capacity to interact with the environment in more complex ways. For example, matching colors and shapes, composing more complex sentence structures to convey whole thoughts. Generally, a soul is more capable at this time of apprehending greater complexity. Such as “on” or “in” or “besides” or “next to”. At this point there is a stress for the soul to participate in life with greater comprehension and synthesis skills, thus their world view is opening up and they can start to understand the meaning of things.

Opposition: 5.5 to 6 years

The next important Jupiter phase is at the **opposition** which is around **5 and a half years to 6 years old**. This is a profound and illuminating time in a soul’s journey. At this point, around the time the soul enters age 6, there is generally a significant expansion and opening of a whole new world of experience and learning. Many children across the world will enter kindergarten during this phase. Conceptual development is very strong and at this point and there is already a keen feeling that life is a place to learn and grow.

The growth during this time is to face the challenge of a world outside of one’s familiarity and to grow and learn, expand one’s own reality into greater possibilities. There is a profound development of social maturity and the capacity to understand more philosophical complexity. I recall myself at just that age beginning to think about God and what happens after we die.

Segment III: Life Cycles

Jupiter Return: ~ 12 years of age

Next, we have **the first Jupiter return** shortly **before age 12**. In my view, this is when the soul really becomes capable of more complex abstract thinking. We can think of this as “the capacity to think about thinking” in more sustained and concentrated ways. While this is absolutely possible prior to this age to some degree, the capacity to apprehend the larger scope of reality and one’s place in it – far beyond the limited world view the soul grew up in is greatly enhanced here. Just approaching the Saturn opposition and puberty, the soul is inching towards a significant shift in its human journey. It knows there is greater meaning and purpose in this life, and it wants to understand that.

I find it meaningful to note that in the Jewish tradition, this is the age, somewhere between 11 and 12, when a child begins to prepare for becoming a Bar-Mitsvah, which happens at age 13. This is the time when the soul begins to delve into Jewish study and learn the laws, the culture, the practices which it will adopt once it “comes of age.”

Opposition: 17.5 to 18 years

Let’s give attention next to the next Jupiter **opposition** at about **17.5 years to 18 years**. To give an example of something that is common for souls manifesting in western civilization, this is when attention is being directed towards life outside of high school, which implies traveling/being exposed to a whole reality outside of the culture one is predominately familiar with. Often times this means exploring new possibilities and there is a stress to clarify one’s personal vision. Where do I want my life to go, what do I want to study?

In general, for all souls, this time represents a stress to begin to orient towards an awareness of there being a life to go for and live for. Since the first Jupiter return, the soul had only just begun to come into their more complete self as a participant of social reality, so this is an important life phase. Often, a soul is developing themselves philosophically at this time and really begins to cultivate a more clear sense of who they are in the world in terms of their outlook on life.

Segment III: Life Cycles

I recall during that time I was a youth leader in a regional Jewish Orthodox organization and I was actually struggling with the polarity of becoming more well-known and influential simultaneous to doubting/questioning my own personal beliefs. I began putting together youth events, shared teachings during these events, and started to find a way to work with Judaism and the texts of Judaism that was workable for me at the time. Keeping true to my expanding understanding of life, which was more about compassion and inclusion, while still keeping to the culture and finding a way to somehow integrate/ reinterpret the elements that didn't feel true for me. It was a pressure that simultaneously defined me but also made me progressively more aware that I had a personal path to walk. I didn't quite realize that path until a year or so later, after my nodal return and as Jupiter progressed further into the full phase.

2nd Jupiter Return: 23 - 24 years of age

The next and final Jupiter transit we will attune to is the 2nd Jupiter return which happens around 23 and 24 years. This is the opening to the soul path.

Where am I going, what is the path before me?

Already several years into “adult” life wherein in most societies the soul has already been living all the legal rights, perhaps has been in school, perhaps is working, perhaps has a family of their own, this transit represents an important opening and maturing for the soul to set forth on a new journey towards their personal path of realization and growth. If it be spirituality, business, their job, what they want to go for, realizing a greater possibility of success, this is a time where a lot of growth and clarity of purpose can be claimed. This time is often experienced as a generally optimistic time, with the possibility of new directions, promotions, expanding experiences, and realizations. Often there is the need to clear the past in some way so that a new path of expansion can be walked with renewed clarity and insight.

Segment III: Life Cycles

I recall for myself; this was when I was certified as a Soulsign© Astrologer by Adam Gainsburg, my first teacher. During that time as well, many deeper realizations about healing and spirituality began to come together clearly. I even wrote a mini first book, a term paper for a self-study college course I created on "healing," sharing some of these realizations due to a miraculous healing experience I had, which took place during the year of my Jupiter return. The entire time was absolutely a pilgrimage kind of experience that opened up an expanded awareness of my life path on several levels.

This Saturn return involved a lot of travel, various spiritual teachers, deeper studies, an incredibly amount of movement. My next Jupiter return (at age 35/26) coincided within moving into a home with Michelle as we prepared for the birth of our daughter. This experience of "moving into a home to raise a family" was a completely new one for me. New people, new location, new way of experiencing family and new way of thinking about my personal life that set me on a new journey of expansion and spiritual growth.

Segment III: Life Cycles

♄ SATURN ♄

□ First Square: 5-8 years of age

The **first Saturn square** happens at around **5 – 8 years**. This is classically when the shift of identification moves from mother to father. This represents a time when the soul is becoming more identified with being a part of society, fitting in, and having a sense of purpose and belonging. The need to be contained/held and nurtured in a safe and protective space is loosening as the soul becomes more identified with how they fit into the larger group of their community/peer group. Learning to develop skills and apply them in life are most important. Specific interests and long-term developments are very strong at this point and only grow from here on. The tension here is that of a significant maturation: it can feel like the soul is letting go of the past, and there can be immense tenderness and tension in the transition between the older adolescent ways and a more mature attitude.

We see this strengthen as Saturn moves deeper into this phase. I specifically remember during this time that I felt strongly to begin attending synagogue with my father in the little orthodox minyan (a small congregation) about a mile from the house. I began walking with him to the minyan every Shabbas, attending the entire service. I felt to completely adapt to the social and “adult” reality he was living.



Segment III: Life Cycles

♄ Opposition: 13 to 16 years ♄

Next, the **Saturn opposition** happens anywhere between **13 and 16 years**. Again, very variable. This is one of the strongest and most overt life transitions. This coincides with puberty, and the soul is growing into its social identity. They are defining and actually integrating their gender, social, sexual, religious identity. This might not be fully formed yet, but as per the full phase – the active discovery of it is what begins. In fact, we have to appreciate that all the cardinal phases (square, opposition, conjunction) represent the BEGINNING of a yang phase of discovery. They do not by any means represent the achievement of it by any means, but the beginning of a new phase of development. This is especially true of Saturn which requires time and thoughtfulness to be fully realized.

This opposition can be a stressful time and how a soul experiences this really depends on the particular culture/society the soul has chosen to come into. In societies where positive sexual, social, religious modeling is held by the parents, teachers, and elders, there will generally be more support for the transitions. There's a need for positive affirmation of one's inherent capacities at this point. There needs to be a turning towards others who have walked the journey and can provide useful guidance during a phase where there's simultaneously an absolute need for the soul to experiment and find their own way while not knowing at all how to do that. We can intuitively imagine how the next 45 degrees, about 3.5 years later (and also around the time of the next Jupiter opposition), into the disseminating phase sesquiquadrate would represent a deepening of this maturation and the need to establish a more concrete sense of self, whereas, at the beginning of the full phase, it's all new and unintegrated.

This reminds me of how teenagers, in general, have a strong need to define where they belong, their identity, the groups they affiliate with, etc., and all the awkward social, parental, religious pressures, conditioning, shame, and fear that gets thrown into the mix as well.

Segment III: Life Cycles

With its retrograde movements, my Saturn opposition took place over a 9-month window from age 15 till early into age 16. During that time, within days or weeks of the exact retrograde opposition, I have a powerful memory of a very life-shaping experience. I was attending a Jewish youth event at a hotel for a Shabbas. This was known as a Shabbaton. The Hotel was sort of “U” shaped, and so one wing of the hotel could see the other wing out of the window, like standing on the long sides of a “U” and looking out at the other. The boys were on one wing, the girls were on the other wing. There was immense sexual tension. I recall calling girls on the phone in one of the boy's rooms with other boys. I recall one girl flashing our room from her window. All of this behavior and sexual excitement was somewhat discreet as I was a very religious boy. I was “*shomer negia*” which means I did not touch women. I identified and associated with a religious construct that was very conservative and repressive. I would say that most people saw me as somewhat of a role model. Pious, religious “frum”, torah loving and straight on my path.

During that weekend I met with a girl on the 8th floor of the hotel. The 8th floor was the floor everyone knew that no kids were staying. It was on the top floor. We sat outside in the hallway on the floor. I was filled with sexual desire. She was not *shomer negia*, but I was and she knew that I was. At a certain point, I asked her if I could just touch her knee. She would not let me, she knew it would be out of integrity with my belief/practice. The desire and attraction was so strong, I couldn't bear it. I reluctantly told her I had to go. That experience highlighted the degree of my sexual repression and was very formative.

It was really from that point on that I consider my life began to take a big turn. The sexual desires and intensity only grew, and at some point, I was not able to repress them. I began to live a somewhat secretive lifestyle somewhat pursuing my sexual desires, but with an immense amount of shame and confusion.

Segment III: Life Cycles

□ Last Quarter Square: 20 - 22.5 years

Next lets look at the **last quarter Saturn square**. This generally happens between **20 – 22.5 years**. This is a significant maturation where the soul now needs to define themselves relative to their social reality (job, career, long term developments, awareness of the long-term discipline and work necessary, unraveling social conditioning etc.) in a way that will allow them to use the rest of their 20's essentially in service to who they want to be. There can be a strong urging, feeling to define one's life in a completely new way but still feeling the natural pressures and limitations of the world they are living in. This phase marks the stress between the conditioning of the world (one's current job, family etc.) and the need to re-define one's life in a more personally relevant way. As per all things Saturn, self-reflection and knowledge of long-term goal is essential here. It's a potentially very empowering and strengthening life cycle.

During this time I was deep in my astrological studies and began looking at charts casually. I was already studying Adam Gainsburg's works and through him was familiar with the EA Pluto and the nodes paradigm. I would often sit with people for long periods of time, talking to them about their charts, trying to apply the teachings I had learned about the soul through the natal chart. I was new to all of this and I was just beginning to explore putting it into practice.

During the exact time of my Saturn square I was living in the New Orleans areas, post hurricane Katrina. I was a part of a group of people who set up a massive kitchen operation in the parking lot of a casino that was destroyed during the hurricane. Our operation grew and strengthened over time. I noticed at that time that we were procuring a lot of food that was donated to us, preparing it in the kitchen, but that we didn't have any thing to do with all the food waste. So I went on a mission to "harvest" abandoned trash cans from homes that were destroyed in the area. I found a couple, got them power cleaned, drilled holes in them and began a composting system. We formed a relationship to a local group that was working on bio-regeneration of the soil. They gladly accepted our compost.

Segment III: Life Cycles

This to me was a maturation into my Saturn in Scorpio in the 2nd house (regeneration of resources), relative to Saturn's transit in my 11th: being a part of community and actualizing a unique purpose. I felt incredibly proud of myself for what I started. Contributing something useful that aligns with my values that truly benefits the earth and the larger community. It was one of the first times in my life where I got a real tangible sense of "oh I can do this". A very healthy Saturn feeling.



Saturn Return: 28 - 30 years of age

The **Saturn return** can happen from **28 years till about 30**. This is the initiation of the core life intention for how the soul is meant to structure its existence within time in space in ways that are useful. By this time, the soul has not yet come into the full self-authority and maturation of claiming responsibility for their own life purpose. From an evolutionary perspective, this is when we can say a whole new essential life cycle of soul growth really begins to open up for the soul and there's a process now, as Saturn transits into a new phase, of strengthening and maturing into greater self-definition. A very introspective and internal time of essential changes and life choices. For many souls, this will be the time that they get the "keys" to the work they are here to do. For others, there will be a dropping away of the life they had already established and turning within towards the work they actually need to do, long term.

During this time I was at first living alone in a yurt in the forest. The person that owned the yurt wanted to repurpose it, so I had to find a new place. Over the next several months I lived in several different homes, all leading to the eventual realization that I need to establish a solid place of my own. I also definitively ended an intimate relationship with a woman I was orbiting with on and off for the past couple of years. Ending this relationship coincided with the awareness that it was time for me to get a lot more grounded and begin to learn to live my own life, in my own home.

Segment III: Life Cycles

Shortly after my Saturn return I began renting an apartment and bought my first vehicle. Prior to that time I had never owned a vehicle or rented an actual place of my own. I was living out an old paradigm that in my view relates to prior lives of being noncommitted to physical life, staying free of the impermanence of things. Relative to my Sag planets, needing to stay free to be anywhere. Renting a place and buying a car coincided with me beginning to teach longer courses. I even got an office for a time.

□ Last Quarter Square: mid to late '30s

The next **Saturn square** which happens in the **mid to late '30s** is another turning point. At this point, the soul is stressed to make choices that will set in motion and crystalize the new cycle of growth initiated at the Saturn square. Generally, there is a strengthening and profound maturing at this phase by way of the soul needing to consciously step into the time and space relationship in a way that demonstrates greater self-knowledge and self-agency. It can be stressful because it's really the first cardinal turning point since the Saturn return, so the soul is "tested" so to speak to demonstrate even greater maturity and wisdom.

In general, a guiding reflection point for all Saturn transits is:

Will I stay in the past or apply myself to nourish a future that is aligned with my evolutionary purpose?



Segment III: Life Cycles

Saturn Opposition: early '40s

The Saturn opposition that happens next is a powerful one, and as we'll see later, it coincides, more or less depending on the chart, with the Uranus opposition in the early '40s. This can be incredibly stressful on the basis that now the soul is aware of the entire conditioning reality that they have worked for and established over the past 14 or so years of their life. The need is to continue to define their life's purpose in a way that accounts for greater stress of social participation. Since Saturn deals with ethics and morality and points to how a soul is learning to consciously work with form in a good way, there's often a need to deal with greater complex life issues that will push the soul into deep introspection.

The feeling of being stressed or compromised is common in this transit since we are dealing with the opposition which reflects the need to integrate between perceived dualities. And this can give way to a profound and new phase of life experience because of the maturation and self-knowledge this gives birth to. Otherwise, if the soul is not doing the work, there is a great possibility for extreme depression and disconnection to one's life. This can push the soul to become more reflective of what they need to do to create the life they want long term.

Second Saturn Return: 50-59

The final transit we'll give attention to is the 2nd Saturn return which happens in the late 50's. It's useful to reflect on the two Saturn returns relative to one another. Many souls will, in a sense begin to step towards their dharma after the first Saturn return. Other souls will use the entire cycle of their 30's, 40's and 50's to play out and bring to completion core soul karmic dynamics and begin to enter into a completely new phase of purpose in the late 50's early 60's. The second Saturn is thus often a release point where a soul has learned the necessary lessons, has done the work, has "graduated" so to speak, and can in a sense let go of the life they have built prior to that point.

Segment III: Life Cycles

For many, this might mean graduating out of parenthood, or completing a long-term job and moving into a new phase of work or life direction, as if they are starting over again. As always, there is an immense amount of introspection and reflection that takes place leading up to and during this transit. And as Saturn continues to move through its phases, the soul will strengthen within that cycle for the next 30 years if they are around for that long.

Final Note on Saturn Cycle

These cycles are important in tracking essential life phases. It holds the life journey together because it points to how we are setting up the shop, consciously, in time and space reality. Our soul learning is encased within these Saturn cycles. This means that at every phase of life we are only ready for the “schooling” that we are ready for. The Saturn cycle we are in will hold the container for this schooling, and we will have the complete learning experience that we need within the cycle. If we do the work, then we can graduate and the next cycle will take us onwards. This is why these specific 7ish year cycles are so profound – it essentializes where we are learning to cultivate greater mastery and self-knowledge in our soul path. And if we meet it with wisdom, we move on to the next phase, growing into greater mastery and our life becomes more functional and healthy in all regards.

There’s also the important teaching that at the end of the day, we need to be able to integrate our spiritual realizations within the actual practical life we are living. Without that, it’s not fully understood. So, these Saturn phases mark times where we are learning to live a human life, a full life with respect to our deepest realizations. It takes time to integrate life’s many lessons and learn how to be a good disciple.

Segment III: Life Cycles

URANUS

First Semi-square: 10-11 years of age

The first semi-square happens between 10 and 11.

In this moment I have no specific memories or observations regarding this phase.

1st Quarter Square: 20-22 years of age

The first quarter square happens somewhere between 20 and 22.

The **first quarter square**, which closely coincides with the last quarter square of Saturn **between ages 20 and 22** (*and it's interesting to note how Saturn and Uranus often coincide in their life cycle transits. See the opposition*), is a turning point where the soul needs to liberate from existing social constructs and define themselves in a new way. The pressure of needing to fit in and participate in reality as one knows can be strong, and yet there's simultaneously a strong calling for the soul to individuate and know themselves on their own terms, free from precedent. Many souls will repress this, however. For many, this is a significant time of opening and freedom as the soul will begin to realize vistas of reality beyond anything they had known prior.

During the Uranus square to my natal Uranus I recall I had my first "psychedelic trip" with mushrooms at a rainbow gathering, and a few weeks later a similar experience with Marijuana. Transiting Uranus was in Pisces squaring my Uranus in Sagittarius. Both experiences were quite profound for me at the time.

Segment III: Life Cycles

Uranus Opposition: 39-45 years

Uranus opposition happens in my observation from around 39-45.

The opposition, along with the Saturn opposition, is one of the more powerful “highlights” of human incarnation and offers potential for radical realization. This is what is often known for many as a mid-life crisis. The pressure here is to break free from the socialized world the soul has become a part of. It's easy to feel restricted and limited and to act in a way that is in reaction to perceived external impositions to freedom. What's important is that the soul understands that they are essentially free to identify/define themselves in a new way, not according to precedent, and to take new steps accordingly. The more the sources of restriction are projected to external conditions, the more rebellious a soul might find themselves. This can result in sudden and erratic behavior and a rebellious need to throw off old conditions so that one can be free. There can be a strong sense of alienation, disconnect from one's life due to feeling far from one's true self. The extent to which there is suppressed content, keeping one's individuality pushed down, will result in the feeling that something has got to give.

Often the soul will desire to reconnect with past ways of being, ways that represents a time when they were more free, before all the pressures of adult life. An example of that is the classic “buy a motor cycle, dye your hair, and act like a teen ager again” or the sudden reemergence of the hobbies and interests the soul one had in their teens. This might be helpful in inducing a sense of freedom, but is at the core just a flashback to an earlier time when there was less conditioning and is but a metaphor for an essential freedom the soul is attempting to claim within.

Spiritually speaking, this is a powerful time with the potential for significant awakening. If the soul can learn to objectify their life experience and watch everything as an observer, then they can cultivate higher intelligence and simply step to the side of conditioned patterns.

Segment III: Life Cycles

♅ **Uranus Return: 83-85 years of age**

Lastly, we have the Uranus return at around age 84. To me, the Uranus return elicits the image of “Mod” from the movie Harold and Mod. While I do not have a lot of experience observing and correlating this transit, I can intuit, as can you, that this naturally initiates a soul who has the possibility of throwing off the pressures of the world. If they have been integrated in following their soul dharma, there’s the possibility of emerging into the wise fool. Someone who is free to be themselves and in a sense, live outside of the normative rules of society.

They do not have to follow the rules because they have graduated them and can enjoy the freedom of living in the present moment free from conditioning. I researched if there are any well known examples of changes that took place in well known people during the Uranus opposition and the first person I came across is a woman named Helen Ruth Elam, better known as Baddie Winkle. Google her.

Segment III: Life Cycles

♆ NEPTUNE ♆

☐ **First Quarter Square: 38-43 years of age**

Neptune square Neptune spans about a year and a half and can happen in my observations from as early as age 38 till age 43 or so. This time can reflect a spiritual crisis. There's a need for the soul to connect with greater meaning and purpose, beyond that of their own making. For many this will initiate a deeper dive into a practice of spirituality and devotion to higher meaning. It can manifest by way of choosing to become stronger in one's commitment by way of their service in the world, their own spiritual practice, or adopting a way of life that gives more meaning. The feeling that life is potentially dreary and lacking in meaning can instigate a soul to go deeper within and claim greater responsibility to connect with the divine in their lives, to make it more real.

Seeing that this happens around the same time as the Saturn and Uranus opposition, we can appreciate how much inner work and spiritual maturation is possible during these years.

🔗 **Neptune Opposition: 78-83 years of age**

The opposition happens roughly between ages 78 and 83. Interesting to note that this will very often tightly coincide with the Uranus return. This says something about that particular time of human life as being a potentially incredibly enriching spiritual time.

Segment III: Life Cycles

♀ **PLUTO** ♀

Pluto cycles can happen from as early as in the 30's or as late as in the 60's! Perhaps more of a range is possible, but this is what I've observed so far. Due to its relatively wide eccentricity, there will be great variance. For example, my Pluto first quarter square to my natal Pluto in Scorpio will happen in my early 40's. However, many of the souls who were born with Pluto in Capricorn will get their first quarter square in the 50's or 60's.

Pluto cycles will be powerful times in a soul's life, highlighting a window of time where the soul is directly working out the core evolutionary intent.

♄ **CHIRON** ♄

This body is the most eccentric. I got my first quarter Chiron square at age 9. The opposition at age 15 and the last quarter square at ages 25/26. I have Chiron in late Taurus. Barack Obama to contrast, who has Chiron in early Pisces, got his first quarter square at 22/23 and the Chiron opposition at 32.

The only transit that is universal, as per all transits, regardless of eccentricity, is the return of Chiron which happens at around 50. This is a powerful initiation into the Chiron medicine. If embraced with respect to one's inherent vulnerability and appreciation for what makes one unique/ not fit into the normative paths, this is an opportunity for the soul to open up the doors to higher consciousness and step into a quality of wisdom that can only come through knowing oneself in a deeply intimate way, free of denial. Often, however, the Chiron return is a stressful time where the core wounds emerge. It can thus feel like a debilitating and torturous time. This however can be used for healing and growth into deep compassion.

Segment III: Life Cycles

☾ NODES ♋

This timing is nearly universal. It only fluctuates slightly for each person because of the nodes occasional stationing direct, sometimes spending several weeks or more on a single degree. Since the nodes are so significant as it relates to the core evolutionary themes of the current life: speaking both to where we have come from, and our evolutionary potential, the life cycle transits of the nodes are important evolutionary stages in the soul's journey and are worthy of paying attention to.

☐ **First Nodal Square: 4.6 years of age**

The **first nodal square is at 4.6 years** and occurs just after the Saturn and progressed Moon semi squares, This is one of the first significant life transits where the soul is confronted with a scope of reality beyond its familiarity. The nodal squares push for emotional Integration and deeper self-knowledge and represent a significant period where the core soul dynamics meant to be addressed during the current life are initially brought to the surface. While I understand the potency of this conceptually, I personally need to observe this age more closely to say more about this beyond my conceptual understanding of its importance.

♋ **1st Nodal Opposition: 9.3 years of age**

The **first nodal opposition is at 9.3 years**. This is a strong time of self-awareness and often there are challenges that push the soul to begin to learn and incorporate some of the core life lessons that underlay this lifetime. The challenge with the nodal opposition is that the current evolutionary focus (transiting NN) is on the south node, and vice versa, thus there can be many fated dynamics manifesting now that are a part of the soul's program that might be experienced as emotionally challenging and beyond the scope of the soul's current capacity to emotionally integrate. Simply, at this age, most souls are not consciously on board with their evolutionary purpose and the deeper soul work at play.

Segment III: Life Cycles

First Nodal Square: 4.6 years of age

The next nodal square happens **just before 14 years**. Meaningful that we have the next square of the nodes at the sensitive age when we more or less will also have the Saturn opposition and progressed lunar opposition. This points to a theme that we will continue to notice: the coincidence of the Saturn and Lunar archetypes. This comes up again very strongly in the late 20's on various fronts. This is another crisis turning point that results in greater self-knowledge as the soul is stressed to adjust and open up their sense of identity to meet the evolutionary needs of their soul journey.

1st Nodal Return: 18.6 years of age

Nodal return is at **18.6 years**. This is life a turning period where the core evolutionary purpose and theme of this lifetime emerges. The need is to bring past dynamics to a close and set on the path to new life. Relative to the karmic density of the south node, there can be a lot of challenges that arise, simultaneous to a sense of life opening the doors of fate. Often this time reflects a period of profound evolutionary transition. Moving from the old into the new, deep reflection and culmination of past dynamics. The south node transit can easily speak to many dynamics coming to fruition as much as it can manifest as various attachments and entanglements coming surfacing to be resolved.

Nodal Opposition: 27.8 years of age

The next **nodal square** is at **23.3 years** and then the **nodal opposition** is at **27.8 years** which is for certain one of the most challenging times in a soul's life thus far. During this time we also have the progressed lunar return, the Saturn balsamic phase, moving towards a conjunction, so consciousness is already very inward.

Segment III: Life Cycles

The nodal opposition is challenging in that the evolutionary focus (NN) is on resolving the past (SN). It'll bring up strongly unresolved soul dynamics while simultaneously bringing forth fruitive dynamics from that past that are very ripe to be harvested now. This can be a stressful time and often there is strong emotional tension due to the unresolved dynamics of the past and the attachments to an old way of being. The need is to embrace what needs to emerge now and to continue orienting towards one's own evolution.

♈ Second Nodal Return: 37.2 years of age

The **next nodal return** at **37.2 years**. This transit often brings an immense amount of expansion and growth. But like the first nodal return, it is often very challenging. Nodal returns, in general, get very good rap for being fruitful and expansive times. However, they can also be quite challenging too. We can think of it as the portal to all kinds of unresolved past dynamics have opened up to be worked with an integrated now. There's a strong need to get on board and make choices relative to the soul's evolutionary purpose.



Segment III: Life Cycles

SECONDARY PROGRESSED MOON



This is an important progression to look at and is often missed as its timing is very similar to that of Saturn. Note the Moon's speed varies slightly since its orbit around the Earth is also slightly elliptical. Its speed can increase or decrease $\pm 12\%$ from its average speed. Thus these secondary Lunar progressed transits will show variance from chart to chart.

☐ **First Quarter Square: 6.5-7 years of age**

SP Moon **first quarter square** happens roughly as early as **6 to 7.5 years of age**. This is an important phase of life development. The SP Moon speaks to how we are developing a sense of self, integrating life experience in a way that informs who we know ourselves to be. The first square is an important developmental stage of self-knowledge. There's the need to know oneself in a way that can adjust to changing life circumstances. Thus a growing of self-intimacy and capacity for emotional regulation/ self care is significantly implied here.

🔗 **SP Moon Opposition: 12-14.5 years**

SP Moon Opposition can happen roughly from **12 to 14.5**. The theme here is growing self-intimacy through the tension of greater social exposure. The theme of this time is stepping forward into social life and learning to know oneself in a new way, to become more secure in one's self in the context of a completely new social reality.

Segment III: Life Cycles

☐ **SP Last Quarter Square: 19-21 years of age**

SP Moon last quarter square happens roughly from 19 – 21 years. This again speaks to the pressure within the soul to throw off extraneous conditioning from the past and define themselves in a way that is relevant and true to who they are. Again, this coincides with the Saturn square so we see very essential identity formation during this time.

♁ **Second Lunar Return: 27.3 years of age**

SP Lunar return happens at age **27.3**. This is a deeply internal and reflective time. Who am I, where do I belong, how do I care for myself? We are drawn into the lunar energies and reconnect with the core natal Moon intention of the current life. This happens on the heels of the Saturn return and during the same exact time of the nodal opposition. This is thus a very very internal time.

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LIFE CYCLES WITHIN THE SATURN PHASES

Here is a sequential list of transits from age 2 to 84. I am categorizing these transits according to the overarching context of the Saturn phases as follows:

- Until the first Saturn square.
- Until the Saturn opposition.
- Until the Last quarter Saturn square.
- Until the Saturn return.
- The entire 2nd Saturn cycle.
- Post 2nd Saturn return.

Note that once we pass the first Saturn return I begin emphasizing the various squares of Jupiter and nodes less so than I did in the earlier phases of development. The midpoints of the oppositions and conjunctions can be intuitively understood.

Segment III: Life Cycles

1. Within the first Saturn square

This time is characterized by the soul just coming into life experience and essential ego development. What's most significant in my view is the transition the soul makes with the first quarter SP Moon and Saturn squares at around the same time towards the end of this phase.

1. Mars Return = about 2
2. Jupiter square = 2.5 – 3+
3. Saturn semi square = 3.3-4
4. SP Moon semi square = 3-4
5. Nodal square = 4.6
6. Jupiter opposition = 5.5 – 6
7. SP Moon 1st quarter Square = 6-7.5
8. Saturn first quarter square = 5-7.5

Within the First Saturn Square	
Life Cycle	Age
Mars Return	~ 2
Jupiter First Quarter Square	2.5 - 3+
Saturn semi square	3 – 4
SP Moon Semi Square	3 – 4
Nodal Square	~ 4.6
Jupiter Opposition	5.5 – 6
SP Moon First Quarter Square	6 – 7
Saturn First Quarter Square	5 – 8

Segment III: Life Cycles

2. Between first Saturn Square and Saturn Opposition

This phase marks the blossoming of social identity beyond the safe and familiar confines of the first 5-7 years of relative seclusion. The soul is becoming aware of itself in philosophical and social terms and is beginning to set out on a path of personal expansion and discovery. Specific interests, talents, areas of study and self-development are now strongly emphasized. The most significant phases of this cycle in my view is the nodal opposition, Jupiter return and the SP Moon and Saturn oppositions. In a sense, we can say that from the nodal opposition till the completion of the SP and Saturn oppositions that the soul is in a powerful period of maturing and self-knowledge that significantly differentiates them from earlier years.

1. Jupiter Square = 8.5 – 9.5
2. Nodal opposition = 9.3
3. Uranus crescent semi square = 9-11
4. Jupiter return = 11.5-12
5. SP Moon opposition = 12-15
6. Saturn opposition = 13-16

Between First Saturn Square & Saturn Opposition

Life Cycle	Age
Jupiter First Quarter Square	8.5 – 9.5
Nodal Opposition	~ 9.3
Uranus Crescent Semi Square	9.6 - 11
Jupiter Return	11.5 - 12
SP Moon Opposition	12 - 15
Saturn Opposition	13 - 16

Segment III: Life Cycles

3. Between Saturn Opposition and Saturn return

Once the Saturn opposition completes the soul is gearing up to a significant period of self-knowledge. The first and profound period being the nodal return where the core evolutionary dynamics of this life are set in motion. This clearly marks an essential turning point where we can generally mark life as before nodal return and after nodal return. These are deeply formative times.

The last quarter squares of the SP Moon and Saturn instigate profound self-reflection and strengthen self-knowledge. To me, the most significant period are the late 20's when we have 3 very strong transits/progressions. SP Lunar return, nodal opposition, and then the Saturn return.

From age 27-30 we can say the soul is in a deep vortex of self-definition and healing.

1. Nodal return = 18.6
2. SP lunar last quarter square = 19-21
3. Saturn Square = 21 -22.5
4. Jupiter return = 23 -24
5. SP Moon return = 27.3
6. Nodal opposition = 27.8
7. Saturn return = 28-30

Between Saturn Opposition & Saturn Return	
Life Cycle	Age
Nodal Return	18.6
SP Moon Last Quarter Square	19 – 21
Saturn Last Quarter Square	20 – 22.5
Uranus First Quarter Square	20 - 22
Neptune Crescent Semi Square	~ 20 - 21
Jupiter Return	23 – 24
SP Moon Return	27.3
Nodal Opposition	~ 27.8
Saturn Return	28 - 30

Segment III: Life Cycles

4. During the 2nd Saturn Cycle

Here we have ongoing refinement and cultivation of one's soul path. At this point, the outer planets become more active in transit (see below for notes on Chiron and Pluto), in particular Uranus and Neptune. The highlight to me during this time is marked by late '30s to early '40s or so. During that time we have the Neptune first quarter square, Uranus opposition, and Saturn opposition. Quite profound, deep, often challenging, introspective times where the soul has a profound opportunity to awaken to deeper dimensions of self-knowledge and to integrate more masterful ways of functioning within time-space. In my view, these transits are some of the most profound of the entire lifetime in terms of fixed life cycles

1. Saturn square Saturn = 35 – 38
2. Nodal return = near 37.2
3. Jupiter return = 35-36
4. Neptune first quarter square = 38-43
5. Saturn opposition = 42 – 45
6. Uranus opposition = 39 - 45
7. Jupiter return = 47
8. Chiron Return = 50
9. Saturn Last Quarter square = 47-52
10. Saturn return = 58-59

During 2nd Saturn Cycle

Life Cycle	Age
Saturn First Quarter Square	35 – 38
Nodal Return	~37.2
Jupiter Return	35 – 36
Neptune First Quarter Square	38 – 43
Saturn Opposition	42 – 45
Uranus Opposition	39 – 45
Jupiter Return	47
Chiron Return	50
Saturn Return	58 - 59

Segment III: Life Cycles

5. Post 2nd Saturn Return

Besides for the ongoing movement of secondary progressed Moon and Saturn, ongoing nodal and Jupiter cycles, in my view, the most significant life phases at this point are the Uranus return and the Neptune opposition. Both of which happen at roughly 84 years.

1. Uranus return = 84 years
2. Neptune opposition = 80 - 84

Post 2nd Saturn Return

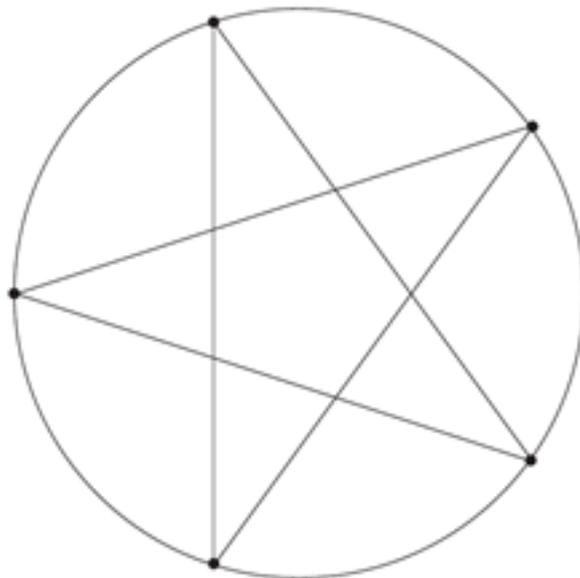
Life Cycle	Age
Uranus Return	84
Neptune Opposition	80 - 84



Segment III: Life Cycles

IMPORTANT CYCLES TO ALSO TRACK

1. I have not included any cycles for Chiron and Pluto because they are incredibly variable, sometimes within decades, for each person. They however are crucial life cycle phases and are worth tracking. If you are to recreate the list I created above, add in the Chiron and Pluto Squares (and opposition for Chiron) wherever they naturally occur in the chart you are looking at.
2. The Sun-Venus cycle: a new Venus cycle begins every 8 years. This is not about the transit of Venus around the zodiac but the completion of its 5-pointed hexagram pattern with the Sun. Essentially every 8 years will mark the completion of 5 Venus Sun inferior conjunctions which will in total complete a pentagram, each conjunction separated by exactly 72 degrees. See Adam Gainsburg for more learning on this topic.



Segment III: Life Cycles

SEGMENT III ASSIGNMENT

1. Create your own list of core life transits within the container of the Saturn cycles. Self-reflect on your own core soul development during these times.