

# Saturn Neptune in Aries in 2026

By Ari Moshe Wolfe

## *Saturn as Ground and Template*

Tracking Saturn transits is always useful and constructive. This is because at any moment in time, Saturn is the ground, the root, the foundation and template upon which this life journey is taking place.

Where Saturn is, is where we are setting up shop, it reflects the parameters and boundaries relevant at any given time that we simply cannot bypass. Saturn invites a slowing down, a becoming aware of where we are, and a taking responsibility for the developments that are tangibly, actually needed right now.

Saturn itself may not point to the deeper soul curriculum; the inner content we are working out, but it does point to the forum within which it is all taking place.

For this reason, it's been incredibly instructive for me to continually contemplate and teach about the Saturn Neptune conjunction this past year, which is very soon to enter into its next phase.

## *Saturn–Neptune and Self-Reflection*

Saturn always invites some level of introspection and self-reflection. This is necessary because it takes a bit of time and thoughtfulness to understand the times, to understand where we are and what is necessary. More often than not, we find ourselves playing out conditioning; who we have been told we should be, what has been rewarded in the past, what worked in our previous stage of development, what we were able to "get away with" when we were younger (literally and spiritually).

Saturn is about maturation, and what has worked then may have been appropriate at THAT level, but it may not be appropriate now. Kindergarten efforts are not appropriate in high school.

The level of self-reflection that has come with this Saturn Neptune conjunction is just so deep. This conjunction, happening at the very end of the zodiac reflects such an essential and ultimate dissolution. The immense meaning and value we have placed on "being somebody": A somebody that is acceptable by the projected standards of whatever we have learned deems us as acceptable. A somebody that will be rewarded by whatever imaginary parental figure is going to give us a sticker for being a good boy/girl. A somebody that is well enough put together that it can protect itself from the horrible shame of life saying, doing, not saying, not doing that one

thing that will break the well-designed frame of everything we have been trying to keep together.

This Saturn Neptune has been a breaking down of the sandcastle of "self" that we have designed to protect us from the deep inner belief, the hidden secret we all keep that if we let go of our somebodyness, then we'd reveal just how horrible and unlovable we actually are. Because of our shame, we have become defensive and protective of life and all the ways we anticipate it WILL inevitably hurt us.

So what has the discipline, the ground, the template of this conjunction been? It's simply been one of meeting the stark reality of things being the way they are, regardless of how we've been imagining them to be. The ending of our meaning making, the bringing to completion the somebody we have been trying to be. Even the most good looking, respected, successful, well-loved somebody is still an identity and that identity requires a lot of maintenance and control in order to stay well put together.

Who am I when others treat me not the way I want them to? Who am I when I don't get the attention I crave? Who am I when I am judged? Who am I when I am misunderstood? Who am I when I am adored? Who am I when I am idolized? Who am I when I fall from grace?

Saturn Neptune has been breaking down the forms that have become overly inflated and important. It has been washing away the illusion of importance we have placed in who and what we think we are. This is what we are all going through right now.

This can feel scary, and we may feel victimized at times. but what does Saturn say here? This is your karma, which is to say, this is your lot. It is yours to embrace, for it is all the gurus gift, showing up in this form to help you in your awakening.

### *Boundaries in Love's Universe*

This Saturn Neptune has been teaching the discipline of not-judging. How could we judge when we don't truly know what is in our best interest? It has also at the same time been teaching us the lessons of where and how boundaries operate in Love's universe. In love's universe, boundaries are established to honor and respect the unique limits and parameters that are helpful and necessary at this stage of our development. They are established to protect and care for all that is worthy of care. They are not established for the sake of judgment, separation or attack.

The right use of boundaries is a matter of self-mastery. Knowing our own limits, knowing how to set limits and to say "no" to what distracts us. Sometimes learning boundaries has been a necessary part of the dissolution process. The "nice person" somebody may be discovering that being nice (ergo being loved and approved of by everyone) is essentially meaningless. That it's OK to say no, it's OK if other's are disappointed, it's OK to prioritize one's own alignment and be less available to be everything to everyone.

This boundary learning has been rich. So much of who we have become; the ways we have made ourselves available to the world is merely just an expression of how we have learned to make ourselves acceptable and worthy of love. And so we have not understood where "no" plays a role in our spiritual evolution.

### *Shame, Judgment, and True Identity*

This Saturn Neptune has been teaching us to reflect upon where our boundaries have also been highly misplaced. Too much rigidity, too much focus on structure and form for it's own sake. We have held a shaming finger and pointed it to the world, pointed it at our close relationships, determining ourselves to be the judge of what everything should be doing.

We have pointed at ourselves and have been our own worst judges. You know, Saturn judgment often takes one of two forms. One is the *outward* projection of our inner shame. In this example we blame the world for constantly judging us and making us feel bad about ourselves. The other is the *inward* punishment linked to our inner shame. We know ourselves to be bad and so we live with our head drooped down, demonstrating our innate unworthiness.

One of the greatest lessons I have been learning, contemplating, and appreciating, is that the truth of who I am has nothing to do with my self-image. In other words, regardless of how I feel about myself and regardless of who I think I am, the truth is the truth. And the truth is I am host to God, I am an instrument of Love and that there is NOTHING I have ever done or said that has defined me to the contrary.

Knowing this doesn't absolve me of my own guilt, but it also invites me to consider the sliver of shining light possibility that I may in this moment return to the light. What greater salvation than to know that we are deserving right now, innately; that we have always been loved and are loved right now?

When we catch that, when we really grasp the truth of this, we realize that the "mess" of everything we have created ourselves to be is being clarified by the light. The somebody we think ourselves to be wants to figure out how to resolve the cluster of somebodyness that it created. But it cannot. We leave this to our divine mother-father of creation to take care of the mess.

It's like a child who got a bit too caught up in believing itself to be the role it was pretending to be. To the parent, it has all just been an act, and it has never detracted from who the child is. Leave it to the parent to set the schedule, to clarify the terms, to lead the way. This is what we have been learning to do.

### *Free Will, Identity, and Choicelessness*

A great question in all of this is "Where is our own freedom of choice? Are we just passive?" There is in fact no dichotomy here. I don't know how to explain why there is no dichotomy, but there isn't. I have the experience of making choices, and at the same time I know that the path is going where it is meant to go.

We have to play out our experiences. And yet we don't play them out passively. We engage it, we give ourselves to it. And all the while, the unbelievable truth revealed through our experiences is that we aren't who we thought we were. So who has been the one engaging? Well, it's never been our self-image. It's as if, we, as timeless beings, are just showing up for the experience, even if unaware at times that we are these eternal timeless beings.

We learn that most of what we think is "free will" is just choosing between perceived options. These options merely creating the illusion of making a choice, but only actually exist at the level of identity.

The person trying to improve their body will make choices relative to diet. The person seeking a mate will make choices relative to become more attractive to their sexual interests. The person seeking financial success will make choices relative to their financial goals.

And it gets ever more nuanced. We bring with us our neurosis, our fears, our compulsions, our shame, our unworthiness, our "don't ever show this to anyone-ness" and all of this creates the world of choices.

True free will exists in the present moment, a place I don't know how to understand or grasp. Here and now I, that which I am, is choosing to think differently.

As we stop seeing ourselves as the person we thought we were, all the options cease to exist, and what comes is just the path. Many people speak to this path as choiceless in its nature. Just as there is no alternative to what we are, there are no options. This is quite amazing to contemplate, but nearly impossible to understand. For me at least.

### *Forgetting What I was Trying to Achieve*

On a personal note, I have often found myself forgetting what it was that I was trying to achieve. Like in a very literal sense. At times this has expressed as a debilitating loss of perspective, self-doubt, feeling that all of my ideas have just become a cluster of "somebodyness". This has resulted in a lot of thinking, looking at a lot of options, trying really hard to find something concrete, defined, tangible for who and what I am and should be.

Other times this forgetting has been a truly humbling "laugh at myself" kind of moment. Realizing I got really caught up in the game and began taking myself way too seriously. Sometimes I catch myself getting so involved until I realize that I don't even remember what problem I was trying to find the solution to! At times I have even found myself wondering if I got

the problem all wrong, and that all of my solution seeking may have been completely misguided. How many journeys do we walk all the while not even sure where we are going, or why?

#### A Course in Miracles Passage

There's a teaching from A Course in Miracles I've been really feeling lately that speaks to all of this. I just searched for this teaching and found that this idea comes up several times. What follows are selected passages from one specific section entitled "The Real Question." From A Course in Miracles – Complete Edition T-4.VII#T-4.VII.1:4-5

*1 All things work together for good. 2There are no exceptions, except in the ego's judgment. 3The ego resents everything it does not control. 4Control is a central factor in what the ego permits into consciousness, and one to which it devotes its maximum vigilance. 5This is not the way a balanced mind holds together. 6Its control is unconscious.*

*3 A crucial source of the ego's off-balanced state is its lack of discrimination between impulses from God and from the body.*

*7 This is the question which must be asked: "Where can I go for protection?" 2Only an insane mind fails to ask it. 3Even the insane ask it unconsciously, but it requires real sanity to ask it consciously. 4The real problem is correctly stated as "What is the question?" because the answer can be found if the question is recognized. 5If it is not, you will attempt a number of solutions, all ego-based, not because you think they will really work, but because the question itself is obscure.*

*13 Consider the alchemist's age-old attempts to turn base metal into gold. 2The one question which the alchemist did not permit himself to ask was "What for?" 3He could not ask this, because it would have immediately become apparent that there was no sense in his efforts, even if he succeeded.*

*15 Ideational preoccupations with conceptual problems set up to be incapable of solution are another favorite ego device for impeding the strong willed from real progress in learning.*

*16 It is noticeable that in all these diversionary tactics, the one question which is never asked by those who pursue them is "What for?" 2This is the question which you must learn to ask in connection with everything your mind wills to undertake. 3What is your purpose? 4Whatever it is, you cannot doubt that it will channelize your efforts automatically. 5When you make a decision of purpose, then, you have made a decision about future effort, a decision which will remain in effect unless you change the decision.*

*4Be always unwilling to adapt to any situation in which miracle-mindedness is unthinkable. 5That state in itself is enough to demonstrate that perception is wrong.*

### *Asking the question "To Whom?"*

One personal correlation this brings up for me is how on many occasions when talking to friends or even counselors about the immense level of stress I feel under as a father of 3 and a dog - all of whom need my attention, and not knowing how to give everyone what they need, and to feel balanced within myself, I have often heard the advice that goes something like: "This is just what being a parent is like. It'll pass once they are older."

That response has really irritated me because it just assumes, accepts, a certain level of stress to my life as "how its supposed to be." It is deeply untrue in my inner knowing. A friend taught me a helpful question to ask, which is "to whom?" In other words, "stressful is how it's just supposed to be, **for whom?**" Maybe for someone - perhaps many someones, but is that *my* decision? Do I accept a slow death and degradation of health as a part of what it means to raise a family? Does that feel congruent or true to the love that I am by any means? Absolutely not. And so there is another way. To quote once again:

*Be always unwilling to adapt to any situation in which miracle-mindedness is unthinkable. <sup>5</sup>That state in itself is enough to demonstrate that perception is wrong.*

### *Saturn Neptune in Aries: 3 Distinct Phases*

Let's now start to tune into this new phase of the Saturn Neptune conjunction as they enter into a new phase in Aries.

The meaning of our lives is not the one that WE give it. God's will for us, the actual truth that we each have a role to play, that there is relevance and purpose in our lives, this is where the meaning in. Our Saturnian lives are breaking down so that we can take on the meaning that has been given, not the one we have created.

And the meaning given is loving, is safe, is joyful. It is not one of harshness, sickness and death. This is the higher "setting up shop" level of understanding for this Saturn Neptune conjunction as they have been playing out in Pisces for this past year plus.

Imagine what this will be like when these planets enter into Aries and move into a new phase?

One creative way to think of this is: Saturn moving behind Neptune has been a lesson in letting Love take the lead; that structure should be in service to love, not the other way around. Now, once Saturn passes Neptune the role of structure will be to go out into the world as a strong and able servant of Love's will. There is work to do, a new path of individuation and experience. I'd like to present this new journey of Saturn Neptune in Aries in three distinct phases:

#### Phase 1: Weakness

Weakness. Saturn Neptune in Aries may start off as weak, small, incapable. I am nothing, I am not strong, I have nothing to offer and the waves of life are much greater than me. What could I possibly do? Here we take the memory of who we have been and the accurate assessment of

our past in so far as the person we have thought ourselves to be and the illusions thereof. We might deeply sense that we are too small and may feel a loss of faith and motivation.

To the ego, it is all either cause for giving up hope, or on the flip side, a false sense of importance usually only to eventually tip over into hopelessness. But to the love that we are, nothing is off the table, we just have to do our walk.

Perhaps during the stripping away of this Pisces phase we have found ourselves at the precipice of a great "ok now what!?" This can feel exciting and yet deeply daunting at the same time. If we still think we are supposed to have the answers already, and if we judge ourselves for not understanding, then we will feel very weak and fragile.

### Phase 2: Emergence and Spiritual Renewal

Emergence of new, fresh energy; spiritual renewal. I think this will most significantly begin to come into expression especially as Saturn passes a couple or so degrees from Neptune. Some space, some perspective. The gradual movement of Saturn represents the crystallization and clarification of form. The fear here might be in becoming overly structured; the fear of just creating another "somebody". But new structure has to be developed. The key in this phase is to set into practice the humility of building with the strength of our inner spiritual guidance, our deeper calling in life.

Another way to think of this is this: all of life is designed to help each one of us to achieve our spiritual goals. These are the potentialities that are innate to our purpose; the ways that love wishes to animate and live through and as us. The truth of this isn't a question, it's not a debate as to its inevitability. It's just a matter of the process itself, seemingly unfolding in time. And so there can be a very strong and growing sense of fate beginning to unfold.

Appropriately so, we will start to envision ourselves in new ways. Perhaps not free of identity making, but perhaps more light, less burdened by older baggage, and more confident and free to walk the path that Meaning has made for us.

### Phase 3: Spiritual Activation and Miraculous Capacity

Simultaneous to all of this, we are going to see many contrary expressions of this conjunction expressing in the world. The crystallization of intense delusion, ideals of power and strength, and a massive amount of energy poured into defending and protecting an ethnic, national, cultural religious sense of identity. The potential for the idealization of rigid and violent attitudes is very strong in this signature, and we've seen this in history as well. Massive deception as the masses give meaning and faith to false idols of power and strength that are just empty and void of any real meaning.

This intensity naturally brings forward within each of us a more matured and sobering attitude to come into alignment. While this can be (and will for many) be met with fear and discouragement, the higher potential of this conjunction is spiritual activation. This will look many ways for each of us, but this is how I will define it in its essence:

All of the capacities and ways we have developed ourselves as human beings have no innate meaning on their own. For example, speaking a certain language has no innate meaning. Playing a musical instrument has no meaning. Being good at listening to others has no meaning. All of these things are generally just ways that we have learned to identify ourselves, ways we have given meaning to our lives in our trying to be somebody.

Spirit however will use all of these for its purposes. The skills and capacities we naturally possess, as well as our relationships and the places we feel weak and fearful - all of this gets absorbed into the stream of God's will and becomes a part of this next phase.

This is what gives all of our skills and capacities actual meaning, for otherwise they only point to themselves, attempting to gratify an ego or give meaning where we couldn't find any. Once any part of our being is animated by the power of Truth, it has the capacity to express and do things that are literally beyond this world. There are no limits or bounds to the miracles that we possess.

### *Discipline, Shedding Guilt, and Beginning Anew*

The correlation of the increased darkness and to our miracle capacities should not be underestimated. This is where we are given an assignment and guided, shaped, directed where we are to go.

In this sense, we are re-disciplining ourselves to operate on a much higher level of consciousness. For many this will feel thousands of pounds lighter than the past. For others, there will be still a process of shedding the remnants of the guilt-oriented ways we are familiar with. And this leads to a final point I want to make.

The beginning of a new astrological cycle doesn't innately mean fresh, new, gone with the past. In fact, more often than not, a new cycle reflects the anxiety of starting something new but still not being psychologically done with the past. While it's literally done with, we are still familiar with what we are familiar with. And thus, there is a strong tendency to try to go back to what we have known.

In the context of this Saturn Neptune in Aries, this new phase **STRONGLY** invites us to self-reflect and get clear about what it is we are leaving behind. It is time to let the older ways go because we have work to do, and we are right on time.