

Cycles of Life:

Initiations through the Journey of Life

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NORWAC Post Conference Workshop with Brian Clark*

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Following are some notes in preparation for our weekend seminar. These notes are intended as a way to process engaging with our seminar theme. We only have one day together to consider our life cycle initiations from an astrological perspective; therefore, it may be beneficial to start to reflect on these transitions astrologically. These notes are designed to help guide you through the process.

Section 1 has some background notes to orientate us to ways of thinking about the age factor and life cycle transitions on both a personal and collective level.

Section 2 considers the life cycle from the perspective of the Jupiter cycle, the seven 12-year passages of our life.

Section 3 includes some worksheets to help prepare some of your personal astrological information. Included are instructions of how to generate Saturn and Progressed Moon cycles for your lifetime, using Solar Fire, as well as mandalas and instructions for mapping your Progressed Lunation Phases. I have also included some notes on the Jupiter and Chiron cycles. During the seminar we will address the cycle of the Lunar Nodes and the outer planets as well.

Section 4 addresses some ways of thinking about the rites of passage and initiations of our lives.

Please bring along at least **three printed copies of your natal chart** so you can work with them in different ways. The subject matter also evokes a life review and it will be worthwhile to have a special journal or notebook for this material.

I will look forward to meeting everyone and sharing what I hope will be an insightful and memorable conference with you.

My very best

Brian Clark
Stanley, Tasmania
April 12, 2017

Section 1: Life Transitions

One of astrology's many marvels is that the planetary cycles organically map out the stages and phases of our life cycle. Anthropologists, sociologists and psychologists too have charted the life journey; so often their theories echo the astrological wisdom inherent in these cycles.

At 16 Dane Rudhyar, one of the 20th Century's foremost astrologers, also a painter, writer, musician and philosopher was inspired by the idea that the nature of time was cyclic and that the Law of Cycles controlled all existence. This would influence the course of his life work and design a framework for a deeper appreciation of astrological cycles.¹ The astrological model offers us a profound entry into understanding the nature of time in the context of our personal, family and life cycles.

This law of cycles allows the astrologer to move through time, as well as have an overview of time. During the weekend we will consider the life cycle from the view of the generic planetary cycles as well as the personal ones. Initiatory times of life are constellated around the 'critical phases' of planetary cycles, whether the cycle is in relationship to itself (generic) or to individual placements in the chart (personal). When thinking about the development of these cycles, there is a strong temptation to see these as linear, unfolding sequentially over time. During the weekend we will try as much as possible to keep the integrity of the cycle intact and imagine time from a multi-dimensional perspective. Age is an important factor in considering how we feel and ascribe meaning to the events of our lives. Journeying through the life cycle will allow us to re-visit, re-imagine and re-connect with our story as well as move our narrative forward. We will pay tribute to the stages of life as initiatory times reflecting on ways to participate in and ritualise these transitions.

Rites of Passage: Separation, Initiation and Return

In the early 20th century anthropologist Arnold Van Gennep wrote *Les Rites de Passage*² bringing attention to the need for ritual, celebration and acknowledgement of the passing of time. While acknowledging the difficulty in systemising ceremonial rites across cultures, he did identify the commonality of rites of passage. He says:

I think it legitimate to single out *rites of passage* as a special category, which under further analysis may be subdivided into *rites of separation*, *transition rites* and *rites of incorporation*.³

Joseph Campbell's hero's quest and its stages of Separation – Initiation – Return were influenced by Van Gennep's seminal ideas. Like Campbell, author David Leeming in his book *Mythology Voyage of the Hero* described the hero's journey through various archetypal stages, using eight stages to construct the life cycle of the hero.⁴ He defined these stages as:

1. The miraculous conception, the divine birth and the hiding of the child
2. Childhood, Initiation and Divine Signs
3. Preparation, Meditation and Withdrawal
4. Trial and Quest
5. Death and the Scapegoat
6. Descent into the Underworld
7. Resurrection and Rebirth
8. Ascension, Apotheosis and Atonement.

¹ Dane Rudhyar, *A Brief Factual Biography*, © James Shore, USA: 1972, 3.

² Arnold Van Gennep, *The Rites of Passage*, tr. Monika B. Viedom and Gabrielle L. Caffee, The University of Chicago Press, Chicago, Il: 1960.

³ Arnold Van Gennep, *The Rites of Passage*, 10 - 11

⁴ David Adams Leeming, *Mythology Voyage of the Hero*, J.B. Lippincott Company, Philadelphia, Pa: 1973.

While these are imagistic of the heroic life cycle they can also be metaphors for stages within the life cycle; perhaps each phase of life. What is of interest is that eight stages of the life cycle is also referred to in psychological literature⁵, such as with Erik Erikson, who formulated his life cycle theory on the premise that the human lifetime was divided into eight stages.

Erikson's Eight Stages of the Life Cycle

Erikson was also influenced by Van Gennep. With each of his 8 stages came a task, a challenge and maturation. He suggested a virtue that underpinned each stage as well as a psychosocial crisis that accompanied its development. He also gave a time frame; however when researching in the 1950's and 1960's' life expectancy and the social climate was very different than today. Yet it serves as a way of thinking about the tasks that accompany our phases of life. These are his eight stages:

	Virtue	Task or Psychosocial Crisis	Age
1	HOPE	Trust vs. Mistrust	Infancy (0 – 1.5)
2	WILL	Autonomy vs. Shame and Doubt	Early Childhood (1.5 – 3)
3	PURPOSE	Initiative vs. Guilt	Play Age (3 – 5)
4	COMPETENCE	Industry vs. Inferiority	School Age (5 – 12)
5	IDENTITY	Identity vs. Role Confusion	Adolescence (12 – 18)
6	LOVE	Intimacy vs. Isolation	Young Adult (18 – 40)
7	CARE	Generativity vs. Stagnation	Adulthood (40 – 65)
8	WISDOM	Ego integrity vs. Despair	Maturity (65 +)

While we might argue that Erikson's use of eight stages was arbitrary, as astrologers we are familiar with the eight-fold developmental of the lunation cycle, as suggested by Dane Rudhyar. This 29 ½ day cycle of the Sun and Moon, from New Moon to New Moon, is visible in our heavens each month and has always served as a living symbol of the quintessential round. Let's place Erikson's model alongside the lunation cycle. While we cannot impose one system of thought directly on another, other ideas can inform and amplify astrological wisdom.

The Lunation Cycle	The Lunation Cycle Keyword	Erikson's Life Cycle Virtue	The Lunation Cycle Task	Erikson's Life Cycle Task
New Moon	Birth	Hope	Emerge	Trust
Crescent	Struggle	Will	Break Away	Autonomy
First Quarter	Action	Purpose	Engage	Initiative
Gibbous	Preparation	Competence	Analyse	Industry
Full Moon	Culmination	Fidelity	Realise	Identity
Disseminating	Convey	Love	Distribute	Intimacy
Last Quarter	Edit	Care	Reflect	Generativity
Balsamic	Withdraw	Wisdom	Release	Ego Integrity

⁵ In family therapy, there are many differing versions of the family life cycle which is understandably more complex than an individual's life cycle, yet nonetheless intertwined. E. M. Duvall's summary spans the life of the family and also is based on eight phases: 1) the courtship of the primary couple, 2) their marriage, 3) child-rearing years, 4) their children's adolescence, 5) leaving home, 6) the readjustment of the primary couple, 7) old age and 8) death.

The Lunation cycle is the classic archetypal cycle that marks out every nuance from birth to death. Its eight phases suggest the inevitability of growth, change, maturity and death. As an archetypal cycle its essence underpins all cycles and knowing its sequence helps us to instinctually identify the conventional stages within all other cycles.

The Cycle of Aspects

Astrologically, aspects also are shaped in the great round, capturing a moment or a season of a cycle. When reflecting on seasons and phases we can also consider that aspects are snapshots of a moment in a cycle, unfolding the energy at a particular moment in time. In themselves they are also phases of the cycle; hence are metaphoric of seasonal, monthly and diurnal cycles.

Note the cycle of aspects and their association with the seasonal, monthly and diurnal cycles; compare these turning points in each cycle to imagine each aspect and its felt experience.

The Cycle of Aspects	The Cycle of the Seasons	The Lunation Cycle	The Diurnal Cycle	The Diurnal Angles
Conjunction	Winter Solstice	New Moon	Midnight	IC
Waxing Square	Spring Equinox	First Quarter	Sunrise	Ascendant
Opposition	Summer Solstice	Full Moon	Noon	MC
Waning Square	Autumn Equinox	Last Quarter	Sunset	Descendant
Return (Conjunction)	New Moon Next Cycle	The return of the Winter Solstice	Midnight Next Day	IC

Planetary Cycles

All planets have defined cycles; their cyclic returns symbolise homecoming and mark the maturation of a cycle of life. In reference to the life cycle, many planetary cycles demarcate phases of life. Saturn and the progressed Moon are valuable markers as they measure distinct cycles of 27.3 and 29.5 years each, marking out three stages of life: childhood and young adulthood, the adult phase and finally a more mature elder phase of life. This trinity has deep roots in matrilineal tradition.

Three cycles map out the current life span for many individuals living in developed countries. Three cycles of the Progressed Moon measure 82 years, which is the approximate life expectancy for individuals in countries such as Japan, Switzerland, Israel and Australia (UK is 81) dependent on statistical research. Three cycles of Saturn encompass 88 years. The Lunar Nodes also map out the life span with 4-5 phases of 18.6 years each. Four Nodal cycles span 74-75 years, the average life expectancy in countries such as Serbia and Argentina.

Planetary Cycle	The 1 st Cycle		The 2 nd Cycle		The 3 rd Cycle		The 4 th Cycle	
	Age at the 1 st ♀	Age at the 1 st Return	Age at the 2 nd ♀	Age at the 2 nd Return	Age at the 3 rd ♀	Age at the 3 rd Return	Age at the 4 th ♀	Age at the 4 th Return
Saturn	14-15	29-30	44-45	58-59	73-74	88-89		
Progressed Moon	13-14	27-28	41	54-55	68-69	81-82		
Lunar Nodes	9- 9.5	18-19	27-28	37-38	46-47	55-56	65-66	74-75

The above table *approximates* the opposition and return ages which we might consider in terms of our own and the family's development. For contemplating the life cycle and its initiatory times and its crossroads, the social planets Jupiter and Saturn are important in demarcating familial and social rites

of passage. Chiron and the outer planets are significant in differentiating psychic and psychological phases of life, while the cycle of the lunar nodes might be described as vocational and spiritual passages. The progressed Moon's cycle brings its felt experiences to the current transition and identifies emotional layers of transition.

Another cycle spanning the whole life is Uranus's of 84 years. The squares and oppositions in this cycle are important turning points in both our development and that of the family.

Planetary Cycle	Age at the Waxing Square	Age at the 1 st Opposition	Age at the Waning Square	Age at the 1 st Return
Uranus	20-21	38-42	62-63	84

Within this cycle we could measure seven cycles of Jupiter. Using Jupiter's 12-year cycle we can map out seven distinct phases of the life cycle astrologically. These stages are also important in family life as they suggest socialisation phases, chapters in development and when initiations into life as well as changes and growth will take place. In coming to understand the major cycles, you will also begin to see the repetitive themes of these cycles in family life.

The following tables separate the life cycle into seven Jupiter cycles. Since the Jupiter cycle is actually 11.88 years, the returns may vary by 1-2 years in the latter cycles. Times of planetary aspects vary slightly for each individual due to Jupiter's direct and retrograde motion through the zodiac; therefore the ephemeris needs to be consulted for the precise dates. This serves as a prototypical model of ages astrologically and studying this map of the life cycle helps us become more familiar with the astrological life cycle; once we are fluent with this map then we are more equipped to be able to move back and forth across the life span and the generations within the family.

Section 2: [The Astrological Life Cycle from the perspective of Jupiter](#)

Each Jupiter cycle is nearly 12 years and each one marks a phase of life. In nearly 84 years or one Uranus cycle there are 7 Jupiter cycles. Alchemists considered seven stages in their alchemical opus; likewise we might consider the seven Jupiter cycles as transformative passages in our life work, as each 12-year period calls for a particular task.

Jupiter Cycle	Life Passage	Age Span	Age at Opposition	Age at Return
1 st cycle	Childhood	Birth to age 12	6	12
2 nd cycle	Adolescence	12 - 24	17 - 18	23 - 24
3 rd cycle	Young Adulthood	24 - 36	29 - 30	35 - 36
4 th cycle	Mid-Life	36 - 48	41 - 42	47 - 48
5 th cycle	Middle Age	48 - 60	53 - 54	59 - 60
6 th cycle	Seniority	60 - 72	65 - 66	71 - 72
7 th cycle	Eldership	72 - 84	77 - 78	83 - 84

At each return there is an initiation into the next phase of maturity. I have sub-divided the cycles into phases to honour the astrological phenomena, such as the first returns of the inner planets and the powerful repetitive cycles of the social and outer planets and again these ages are generalised. This is only one way of thinking about the life cycle, but I have found it useful when moving back and forth through the different stages of development in the life cycle, as well as with the family life cycle and its different generations. Chiron's cycle of the waxing and waning aspects has not been included, as these ages are specific to each generation due to the ellipse of its orbit; however, I have included a table with approximate ages in the cycle for each sign.

Another way we might think of this sevenfold life cycle is that there are four phases to the life cycle with three transitory phases of transition between one way of being and another. The four phases of the life cycle could be viewed as: Childhood, Young Adulthood, Middle Age and Eldership with the transition phases being: Adolescence, the transition between Childhood and Young Adulthood; Mid-life, the transition between Young Adulthood and Middle Age; and Seniority, the transition between Middle Age and Eldership. While it is impossible to define the stages of life as being more fixed or stable than others, the in-between stages do represent three eras of dynamic change. It is during these phases of transition that life may be more uncertain or turbulent.

Life Cycle Phase	Phase of Transition	Life Cycle Phase
Childhood	Adolescence	Young Adulthood
Young Adulthood	Mid-Life	Middle Age
Middle Age	Seniority	Eldership

In context of the family it is significant how we and other living members of each generation in the family may be experiencing and re-experiencing similar planetary cycles. Note which cycles are repeating themselves, as other family members or members of your generation may be experiencing a similar stage. Let's look back and reflect on these life phases. I have included some reflective questions; however, it would be useful to contemplate your experiences and development through these passages and how this informs and shapes the life schema.

The 1st JUPITER CYCLE
The Life Phase

CHILDHOOD: AGES 0 –12
An approximate age

Infancy

Lunar Return	27.3 days
Mercury Return	11 – 13 months
Venus Return	10 – 14 months
Solar Return	1 year
Mars Return	22 months (17 –23. 5 months)

Early Childhood

Jupiter opposition	6 years
Waxing Progressed Moon Square	7 years
Waxing Saturn Square	7.5 years

Latency Period

Nodal Opposition	9 years
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Middle Childhood could be viewed as the period between 7.5 and 9, or the time between the Waxing Saturn Square and the Nodal Opposition. **Late Childhood** can be viewed as the period between 9 and 12, from the Nodal Opposition to the Jupiter Return.

- Review the astrological cycles of childhood. Consider your own experiences and that of your children and parents. Reflect on the shifts on the family.
- Note the powerful impact of the four inner planets returning in the first year of life.
- What is your first memory? Write down your first memory. Reflect on the memory imaginatively, using metaphors, symbols and images. Do you feel this memory is soulful? Does your chart reflect this in any way such as a lunar aspect or an aspect pattern?

- Consider the mystical and other-worldly experiences of your childhood. What were the religious and spiritual overtones you experienced? What were your private mystical experiences and what are any dreams or nightmares you may still remember from childhood.

Childhood Sub Stage	Age-Related Developmental Period	Astrological Developmental Cycle	Initiation of the Planetary Return
Newborn	ages 0 – 4 weeks	from birth to the first lunar return at 27.3 days	Moon
Infant	ages 4 weeks – approximately 1 year	from the first lunar return at 27.3 days to first Solar return which will also include the phases of the first Mercury and Venus return	Mercury Venus Sun
Toddler	ages 1 – 2	from the first Solar return to the first Mars return	Mars
Pre-School	ages 2 – 6	from the first Mars return to the Jupiter opposition	Mars/Jupiter
School	ages 6 – 12	from the Jupiter opposition to the Jupiter return	Jupiter

The 2nd JUPITER CYCLE

ADOLESCENCE: AGES 12 –24

Early Adolescence

First Jupiter Return	12 years
Progressed Moon Opposition	14 years
Uranus waxing Sextile	14 years

Middle Adolescence

First Saturn Opposition	15 years
Second Jupiter Opposition	18 years
First Nodal Return	19 years

Late Adolescence

Waning Progressed Moon Square	20.5 years
Neptune Semi-Square	20.5 years
Uranus Square	21 years
Waning Saturn Square	22 years

Like many psychological researchers, the World Health Organisation defines adolescence as the second ♃ cycle. During this period the brain is still developing and growing. Note the cluster of planetary cycles around age 21, ‘the coming of age’. Note when these cycles repeat again in midlife, as below. Then reflect on your adolescence and the passages and stages of life your parents and grandparents were in at the time, even if you were not living with them or in contact with them.

Cycle	Adolescence	Mid Life phase	Later Life
Jupiter Return	12	36/47	59/71
Progressed Moon Opposition	14	41	68
Saturn Opposition	15	44	73
Nodal Return	19	37	55/74
Uranus cycle	♃ at 21	♃ at 38 - 42	♃ at 61 - 63
Neptune cycle	♆ at 21	♆ at 41	♆ 62-63

- Contemplate the way you handled changes, transitions and moves.
- Reflect on how your beliefs and attitudes to life developed through this period
- Were there any major illnesses, crises or traumas that profoundly influenced the course of your life?

The 3rd JUPITER CYCLE

YOUNG ADULTHOOD: AGES 24 – 36

Young Adulthood: Pre-Saturn Return

Second Jupiter Return	24 years
Progressed Moon Return	27.3 years
Second Nodal Opposition	28 years
Neptune Waxing Sextile	28 years
Uranus Waxing Trine	28 years

Young Adulthood: Post-Saturn Return

First Saturn Return	29.5 years
Progressed Lunation Phase Return	29.5 years
Third Jupiter Opposition	30 years
Progressed Moon Square	34 years

Adulthood continues beyond this phase; however I have used Young Adulthood to describe this powerful time of emergence into the responsibilities and experiences of becoming an adult. The midpoint of this period is the Saturn Return, which is a living symbol and metaphor for this period of the life cycle which initiates the individual into autonomy and self-regulation, conscientiousness, dependability and accountability.

- What major milestones took place during your twenties?
- What significant changes took place for you at your Saturn return?

The 4th JUPITER CYCLE

MID-LIFE: AGES 36 - 48

Phase One: The Late 30's

Third Jupiter Return	36 years
Second Saturn Square	37 years
Second Nodal Return	37 years
Waxing Pluto Square	36 - 40 years (note: only for the ♍ in ♏ and the ♏ in ♌ generation; other generations do not experience this aspect as early)

Phase Two: Shifting Perspectives entering the 40's

Uranus Opposition	39 – 42 years
Second Progressed Moon Opposition	41 years
Waxing Neptune Square	41 years
Fourth Jupiter Opposition	42 years

Phase Three: The Mid 40's

Second Saturn Opposition	45 years
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Mid Life embraces the 4th Jupiter cycle when all the outer planets are configured in difficult aspects in their generic cycle. Uranus is at its opposition point; Neptune at its waxing square. Each generation will experience the transition differently; for example with Pluto in Virgo and Libra the Pluto Square is experienced during this stage of the life cycle, whereas this was not the case with their grandparents. Some generations will have their Uranus square earlier than others; therefore the sequence of the Uranus opposition and Pluto square is altered.

Planetary Cycle/ Age	Previous Ages of Note	Forward Ages
3 rd Jupiter Return 35-36	Previous returns at 12 and 24; the opposition between 29 and 30. Reflect back	Note the next returns between 47 – 48 and 59 – 60 to reflect on how you might imagine yourself at that age
2 nd Saturn ☐ 36 - 37	The first waxing square at age 7; opposition at 14-15; waning square at 22 and the return at 29 – 30. Consider your ambitions and driving forces at these times	The Saturn opposition at age 44 – 45 and the next return at 58 – 59. How might your decisions and choices now influence the outcome at 59?
2 nd Nodal Return 37 - 38	The first nodal return at 19; contemplate your soul's yearning at this period of life	The next nodal return at 55 -56. How do you imagine you will participate with the soul's desire in this next phase of life?
2 nd Prog. Moon ♁ – 41	Previous opposition at 13-14 as well as the return at age 27-28. Look back on your sense of security ability to nurture your needs.	At age 54 – 55 ushers in the 3 rd cycle. The work done at mid-life to insure the safety and emotional wellbeing of you and your dependants allows an organic renewal
Waxing Neptune ☐ 41	The first semi-square at age 20-21. Consider your dreams and ideals at this time of life. What dreams are still real and possible? What is not?	The Neptune opposition at 82. The Neptune square marks the half way point in the human life cycle offering a review of our creative and spiritual self.
4 th Jupiter ♃ 41 - 42	The 2 nd ♁ at 18 is in focus – where were you heading and do you need to pick up any threads, such as lost educational opportunities or travel	The next ♁ at 47 - 48 will complete this phase. What necessary changes are needed to insure that the vision and goals for us and our families are being supported
2 nd Saturn ♄ 44 - 45	A direct plumb line to the adolescent opposition (14 – 15) awakens the fragility and the strengths in the self to succeed.	The return at 59 - 60 can reap the rewards of the work done now- how can we be as honest as possible with our authentic needs and goals

The 5th JUPITER CYCLE

MIDDLE AGE: AGES 48 - 60

Entering the 50's: The Chiron Return

Fourth Jupiter Return	48 years (usually 47)
Chiron Return	50 years
Second Saturn Waning Square	51-52 years
Fifth Jupiter Opposition	53 years

The Mid 50's: Reflection

Second Progressed Moon Return	55 years
Uranus Waning Trine	55 years
Third Nodal Return	56 years
Neptune Waning Trine	56 years

The Saturn Return

Second Saturn Return	59 years
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The Fifth Jupiter cycle encompasses the decade of the 50's, which starts with the Chiron return and ends with the Jupiter and Saturn returns. Note the amount of returns in this decade. For some

generations Pluto also was trine to natal Pluto; however this will occur earlier for the Pluto in Virgo generation.

- Reflect on the passage of your parents through their 50's. What occurred in their lives at the Chiron Return? Mid-fifties and towards the end of this decade.

The 6th JUPITER CYCLE

The Life Phase

SENIORITY: AGES 60 - 72

An approximate age

Fifth Jupiter Return	60 years (generally 59 years)
Waning Uranus Square	61-63 years
Third Waxing Saturn Square	66 years
Sixth Jupiter Opposition	66 years
Third Progressed Moon Opposition	69 years

- Reflect on the transition from regular work and identity in the world

Note that this cycle begins with the concurrent returns of Jupiter and Saturn which harmonically coincide before the age of 60 (i.e. 29.5 years X 2 = 59; 11.88 years X 5 = 59). The Jupiter/Saturn synodic cycle is 20 years and at age 60 both planets return to their natal place. 20 years is known as a 'score', a way to keep a tally on life. At 60 we are three score years and the achievements and experiences of life are being transforming into wisdom, the great task of this Jupiter cycle.

The 7th JUPITER CYCLE

The Life Phase

ELDERSHIP: AGES 72 - 84

An approximate age

Sixth Jupiter Return	72 years (71 years generally)
Fourth Nodal Return	74 years
Third Waning Saturn Square	81 years
Third Progressed Moon Return	82 years
Seventh Jupiter Return	83 years
Uranus Return	84 years

Retrospection and contemplation of one's life is the key during this phase. This is the balsamic phase of life where the accomplishments and disappointments of life are internalised to forge a sense of integrity at having lived and fulfilled an authentic life.

Section 3a: The Cycle of Jupiter

The Jupiter Cycle

Note that the cycle of Jupiter is 11.88 years so the cycle starts before the age listed, but for convenience sake we will use a cycle of 12 years

- How old are you now? Which cycle of Jupiter are you presently experiencing?
- Consider the way that you began each new Jupiter cycle. Reflect on how you responded to the world at this time – your dreams, your principles, your possibilities. What were your beliefs and ideals at this time?
- Now consider the oppositional points of this cycle. What were the major developmental phases and experiences of your life as Jupiter opposed itself, at approximately age of 6, 18, 30, 42, 54, 66, and 78? Are there any similar images, feelings, urges or insights that occur around these times?

- Reflect on the fullness of the cycle and contemplate these 12-year phases of your life. What is thematic about these periods and how would you describe these in an imaginative way?

1st cycle 0 – 12

2nd cycle 12-24

3rd cycle 24-36

4th cycle 36-48

5th cycle 48-60

6th cycle 60-72

7th cycle 72-84

Jupiter's transit by house

- When did Jupiter cross the cusp into this house? Did you notice feeling freer or more optimistic about this area of your life?
- When will Jupiter leave this house by transit? Have you changed your attitudes and beliefs towards this area of your life?
- How many times has Jupiter transited this house – for instance if you are between 12 and 24, then this is the 2nd time that Jupiter has transited this house? If so what are you aware of? If you are between 24 and 36 then this is the 3rd time that Jupiter has transited this house. If you are between 36 and 48, then this is the 4th time etc. Reflect on what happened 12 years ago (or 24 or 36) when it transited this house – what are your recollections from the previous times? Does a theme emerge?
- How could you expand the horizon of the house that Jupiter is transiting? What beliefs and principles need changing or attending to in this area? How can you feel liberated in this area of your life? Where do you need to be more conscious and open-minded?
- Reflect on whether your attitudes in this area encourage you to develop and grow?
- Are you aware that you are questioning this area of your life? Do you understand the environment of this house better?
- What are you capable of achieving in this area of your life? How could you be more adventuresome and positive in this district of your life?

Jupiter's transits to natal planets

- How might I be more conscious and confident of this energy in my life?
- What obstacle does this part of me present? How could I encourage this part of myself more effectively and become more masterful with this energy?
- What limits do I place on this part of myself that I can now change by seeing this differently? What part of me feels restless and longs for adventure?
- What teachers or courses could help me become more aware and functional in relation to this energy?
- What goals could I set for myself in regards to this planetary energy?

Section 3b: The Cycle of Saturn

Saturn's Cycle

- How old are you? Which cycle of Saturn are you presently experiencing? Reflect back to the previous cycles at the same time by reflecting on what occurred 29-30 years ago. Reflect on the way that you began each new cycle of Saturn as it returned to its natal position

1st cycle 0-29.5;

2nd cycle 29.5-58/9;

3rd cycle 58/9-88

- Now consider the oppositions and square of this cycle. What were the major developmental phases and experiences of your life as:
 - Saturn was in its opening or waxing square at 7/8, 36/7 and 65/6;
 - Saturn opposed Saturn at 14/15 and 44/45;
 - Saturn was in its closing or waning square at 21/22 and 51/2.

Saturn's transit by house

- When did Saturn cross the cusp into this house? What structural shifts and directional changes did you notice in this area of your life?
- When will Saturn leave this house by transit? What outdated aspects and issues from this environment have been brought to completion?
- If you are between birth and 29 ½, then this is the 1st time that Saturn has transited this house. If so what are you aware of? If you are between 29 ½ – 59 then this is the 2nd time that Saturn has transited this house. Reflect on what happened when it transited this house in the first cycle. If you are 59 + then this will be the 3rd pass of Saturn– what are your recollections from the previous times Saturn transited this house? Does a theme emerge?
- How could you be more organised and competent in the house that Saturn is transiting? What structures need replacing or attending to in this area? What plans, goals, budgets or audits need to occur in this area of your life? Where do you need to be more disciplined or aware?
- Reflect on whether your structural organisation of this area is too rigid or too loose. What boundaries may need to be put into place and what ones need to be altered?
- What measures can be taken so you feel more mature, more in control and authoritative over the concerns of this house.
- Are you aware that this area of your life is demanding more of your focus and time? Are you becoming more conscious of your commitments and responsibilities in this particular arena?
- Is your attitude towards this area of your life beginning to change? Are you aware of the consequences of your past actions in this area? Are authority figures in this area more dominant than before?
- What are you capable of achieving in this area of your life? How could you be more realistic and constructive in this region of your life?

Saturn's transits to natal planets

- How might you be more aware and in control of this energy in your life?
- What obstacle does this part of you present? How could you parent this part more effectively or become more masterful with this archetype?
- What fears do you recognise regarding this energy? How do you still hold back in regards to this area of your personality? Where do you still feel inefficient and unskilled? If so what do you need to do to skill up in this area?
- What teachers or elders could help you become more aware and functional in this region?
- Where does the work need to be done? What foundation work needs redoing? What needs reconstructing?
- What goals could be set in regards to this planetary energy?

Below is a guide to generating your Saturn transits for a lifetime using your Solar Fire program

1. The Transits of Saturn – The Generic Cycle

The transits of Saturn to its natal placement define important initiatory points in the life cycle. At each transition there is a new definition of life for the next 7-8 years that emerges. Along with each change comes new awareness of ageing, responsibility, maturity and autonomy.

Calculating your Saturn Returns, Oppositions and Squares to its natal placement

1. Open your chart
2. On the top menu choose Dynamic. Click on Transits & Progressions and make sure your chart is highlighted under Dynamic Radix Chart
3. Under Period of Report choose the Start Date as your birth date and the period as 90 years (to generate three cycles in your lifetime)
4. Under Location choose Natal
5. Under Event Selection choose only Transits to Radix
6. Under Point Selection click on Transits. Another window called Transiting Points will come up. Choose the Saturn file – choose edit to make sure you only are using Saturn and then choose save and select.
Then click on Extra. When Extra Transiting Points comes up, choose None. When you press edit there should be 0 Selected Midpoints. Choose save and select.
7. Click on Radix. Another window called Radix Points will come up. Choose the Saturn file – choose edit to make sure you only are using Saturn and then choose save and select.
Then click on Extra. When Extra Transiting Points comes up, choose None. When you press edit there should be 0 Selected Midpoints. Choose save and select.
8. Under Aspect Selection click on Transits. Another window called Transiting Points will appear. Choose the Harm04 file (this should only include the conjunction, opposition and square)
9. Then click on Saved Selections and Saved Dynamic Selections appears. Type in The Saturn Cycle and click OK and this will be saved for other reports
10. Finally, click view and the Dynamic Events Report will generate the generic cycle of Saturn for a lifetime.

2. The Transits of Saturn through the Houses of Your Horoscope

The transit of Saturn through the houses of your horoscope suggests both the developmental progress and fostering of your identity in the world as well as the environment where reality checks, character building and responsibility will be strongly focused over the next 2 – 2 ½ years.

Calculating the Transits of Saturn through the houses of the horoscope

1. Open your chart
2. On the top menu choose Dynamic. Click on Transits & Progressions and make sure your chart is highlighted under Dynamic Radix Chart
3. Under Period of Report choose the Start Date as your birth date and the period as 90 years (to generate the report for a lifetime)
4. Under Location choose Natal
5. Under Event Selection choose Transits to Radix and House Ingress
6. Under Point Selection click on Transits. Another window called Transiting Points will come up. Choose the Saturn file – choose edit to make sure you only are using Saturn and then choose save and select. (If there is no Saturn file then create one by using

the Create button on the right. Name the file Saturn and make sure only Saturn is chosen for this file).

Now click on Extra. When Extra Transiting Points comes up, choose None. When you press edit there should be 0 Selected Midpoints.

7. Still under Points Selection, click on Radix. When the box Radix Points appears choose None – choose edit to make sure there are no planets or points listed under Selected Points. Choose save and select.
Now click on Extra. When Extra Transiting Points comes up, choose None. When you press edit there should be 0 Selected Midpoints.
8. Under Aspect Selection click on Transits and choose Harm04 (this is the 4th harmonic which includes the aspects conjunction, square and opposition)
9. Then click on Saved Selections and Save Dynamic Selections appears. Type in Saturn Through the Houses and click OK and this will be saved for other reports
10. Finally, click view and the Dynamic Events Report this will generate your Saturn transits through the houses

3. The Transits of Saturn to the Sun and Moon

Saturn's transit to the Sun in our lifetime characterise important developmental times in forging our identity and goals in the world. Transits to the Moon help shape the structures of our wellbeing and represent times where our innermost feelings of security are challenged. Both are times of great growth and character-building through the laying down of supportive structures.

Calculating your Saturn Transit to the Sun and Moon for a lifetime

1. Open your chart
2. On the top menu choose Dynamic. Click on Transits & Progressions and make sure your chart is highlighted under Dynamic Radix Chart
3. Under Period of Report choose the Start Date as your birth date and the period as 90 years (to generate three cycles in your lifetime)
4. Under Location choose Natal
5. Under Event Selection choose Transits to Radix and Entering/Leaving (this will give your transits an orb of one degree entering and leaving)
6. Under Point Selection click on Transits. Another window called Transiting Points will come up. Choose the Saturn file – choose edit to make sure you only are using Saturn and then choose save and select. Then click on Extra. When Extra Transiting Points comes up, choose None. When you press edit there should be 0 Selected Midpoints. Choose save and select.
7. Click on Radix. Another window called Radix Points will come up. Choose the SunMoon file – choose edit to make sure you only are using the Sun and the Moon and then choose save and select.
8. Then click on Extra. When Extra Transiting Points comes up, choose None. When you press edit there should be 0 Selected Midpoints. Choose save and select.
9. Under Aspect Selection click on Transits. Another window called Transiting Points will appear. Choose the Harm04 file (this should only include the conjunction, opposition and square)
10. Then click on Saved Selections and Saved Dynamic Selections appears. Type in The Saturn Cycle and click OK and this will be saved for other reports
11. Finally, click view and the Dynamic Events Report will generate the generic cycle of Saturn for a lifetime.

Section 3c: The Progressed Moon

The Cycle of the Progressed Moon

Each cycle of the progressed Moon lasts approximately 27.3 years charting important developments in the individual and family life cycle. During its first revolution (from 0 - 27.3 years old), the Moon is absorbing, recording, gathering experiences, sensing and participating in the feeling life of the tribe. The Moon has no personal container in the early years. Since the ego is unformed, the Moon is contained by Mother and the family; therefore it participates freely in the feeling life of the family. Lunar boundaries are fluid. The child absorbs, senses and records the moods and feelings of its environment. Lunar aspects also help to identify the child's attachment style, their experience of loss and grief and their ability to manage these feelings. The Moon registers and remembers the feelings in the family atmosphere as well as the emotional reaction to them. These remembrances become the record of the individual's feeling life, symbolised by the progressed Moon. The progressed Moon later passages recollect and reawaken these earlier feelings and impressions. During the first cycle, the progressed Moon experiences and shapes the feeling terrain of the individual.

Emotional maturity is marked by the completion of its first revolution at age 27. By then, we have recorded every emotional experience available to us. Its second journey through the horoscope (from 27.3 - 54.6 years old) is the phase of adult life, when emotional and personal attachments are formed. Life force is directed and creative. Giving birth literally or to the creative self initiates us into the adult cycle; both the feeling life of child and adult co-exist. The child is internalised and the tentative mothering of the self commences; remembering and reliving our earlier emotional experiences in an adult context begins. A greater choice about our emotional responses and an ability to differentiate our present feelings from those in the past and of others is part of this maturation.

The progressed Moon symbolises the archives of all that we have tasted, touched, wanted, smelt and felt. Lunar memories are stored in psyche as images, symbols, feelings, impressions and instincts or imprinted upon the body. Lunar memory is not lineal, memorising dates and statistics, but revealed through dreams and senses. The progressed Moon is rhythmic and reflective. As the Moon progresses through the horoscope she evokes dreams, images and songs which bring continuity to our life narrative. Memory and imagination are woven together through Luna's progression.

Lunar memory is also stored in the body, in the adrenal or olfactory glands, the tension in the muscles, allergies and illnesses; therefore the progressed Moon often synchronises with health issues and is a measurement for wellbeing. The body remembers. Primal lunar responses may find their way into consciousness through particular eating habits, changeable moods, anxiety, obsessions and rituals or excessive fluids which misshape the body. The progressed Moon's movement during this stage evokes psyche's bodily souvenirs. Emotional patterns repeated throughout our adult relationships that are evoked by the progressed Moon may have their origins in early feeling responses. The Moon is habitual and through her steady progression of the horoscope we become conscious of the feeling life that underlies our emotional responses.

During this second phase of the progressed Moon through the horoscope, the same astrological territory is traversed as during the first phase and this is no longer virgin territory. The progressed Moon remembers the images and impressions of the last phase. The progressed Moon during this phase acts as a loosening agent, allowing buried complexes, taboo feelings and repressed memories to be felt again and find some acknowledgment and acceptance. The astrological cycle provides a tool to connect passages of time together. Links can be made back to times in the previous cycle which allows space for the process of reflection and musing.

The third circuit of the progressed Moon (from 54.6 - 82 years old) initiates us into an elder phase of life symbolised by the wise woman, grandmother, tribal elder and crone. Emotional experiences are more anchored and directed, less reactive and instinctive. Our emotional attitudes are more integrated and understood adding a sense of well being to the whole community. The mysteries of the darkening Moon are being internalised; the menopausal phase wanes.

These three phases correspond with the contemporary family life cycle of child, parent and grandparent, which the ancients saw as the maiden or child, the mother or bride, and the crone or widow. The three generations of the family are continually part of the progressed lunar cycle; therefore the movement of the progressed Moon can also describe atmospheric changes in the family, either the family of origin or the family of choice or both, specifically mother and children. Systemically the progressed Moon symbolises the emotional atmosphere around the child or the mother.

The evolving need for nourishment, comfort and security is indicated by the Progressed Moon's maturity through the horoscope. To begin the exploration of this developmental cycle we will explore the generic and personal cycles. To generate your own progressed Moon cycles on Solar Fire, follow the steps below.

1) **The Progressed Moon's Generic Cycle:**

to calculate when the progressed Moon returns and opposes itself

Calculating your Progressed Moon's Returns and Oppositions

1. Open your chart
2. On the top menu choose Dynamic. Click on Transits & Progressions and make sure your chart is highlighted under Dynamic Radix Chart
3. Under Period of Report choose the Start Date as your birth date and the period as 83 years (to generate the oppositions and returns for three cycles)
4. Under Location choose Natal
5. Under Event Selection choose only Progs to Radix
6. Under Point Selection click on Progs. Another window called Progressing Points will come up. Choose the Moon file – choose edit to make sure you only are using the Moon and then choose save and select. Then click on Radix and again choose the Moon file
7. Under aspect Selection click on Progs. Another window called Progressing Points will appear. Choose the Harm02 file (this should only include the conjunction and opposition)
8. Then click on Saved Selections and Saved Dynamic Selections appears. Type in Progressed Moon Opposition and Return and click OK and this will be saved for other reports
9. Finally, click view and the Dynamic Events Report will generate your progressed Moon's oppositions and returns

2) **The Progressed Moon's Personal Cycle:**

track the progressed Moon through the houses of the horoscope and note its change of sign.

Calculating your Progressed Moon's Ingress into the Signs and Houses

1. Open your chart
2. On the top menu choose Dynamic. Click on Transits & Progressions and make sure your chart is highlighted under Dynamic Radix Chart

3. Under Period of Report choose the Start Date as your birth date and the period as 83 years (three cycles)
4. Under Location choose Natal
5. Under Event Selection choose three boxes: Progs to Radix, House Ingress and Sign Ingress
6. Under Point Selection click on Progs. Another window called Progressing Points will come up. Choose the Moon file – choose edit to make sure you only are using the Moon and then choose save and select. Then click on Radix and choose None. Choose edit to make sure no planets or points are chosen and then choose save and select
7. Under Aspect Selection click on Progs. Another window called Progressing Points will appear. Choose the None file – this file should have no aspects
8. Then click on Saved Selections and Saved Dynamic Selections appears. Type in Progressed Moon through the Houses and Signs and click OK and this will then be saved for other reports
9. Finally, click view and the Dynamic Events Report will generate your progressed Moon's journey through the Houses and Signs of your horoscope. Note when the Moon changes sign within the house it is progressing through

Section 3d: The Cycle of Chiron

Chiron's orbit is approximately 50 years. Its return marks a critical period in the acceptance of self. Near the age of 50 we experience a shifting paradigm where the unseen world of spirit intersects with the known world of form and reality. It is a profound time post mid-life and before the entry into later life, which the round of Chiron throughout our horoscope has prepared us for.

The decade of the 50's is also an important transitional period, as during this time there are five major planetary returns:

Chiron Return	50
The Second Progressed Moon Return	54
The Third Nodal Return	55
The Second Saturn Return	58 – 69
The Fifth Jupiter Return	59 – 60

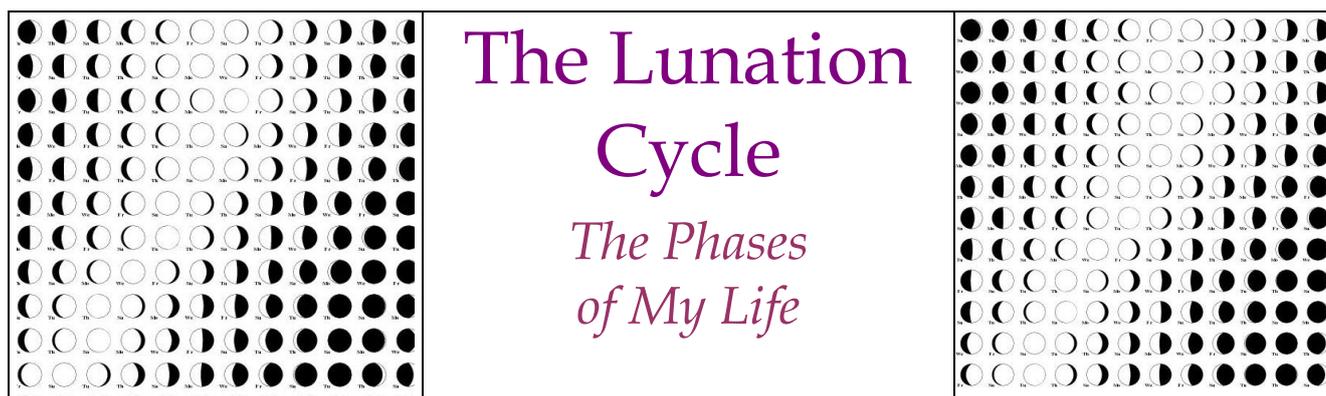
The crisis points in any generic cycle of a planet are fourfold: the first occurs with the waxing square of the planet's first square to itself; the second is the opposition; the third is the waning and final square of the cycle. The return of the planet completes the cycle with the last crisis point. Each marks a turning point in the experience of the archetype in an individual's life. The crisis points in Chiron's cycle do not occur at the same age for all individuals, as with the other planetary cycles (exception Pluto). The following table shows the approximate ages of these crisis points given the natal sign of Chiron. Everyone experiences their return near the age of 50. Using this as a guide, reflect on the critical points in the Chiron cycle until now, journaling your experiences, memories, impressions and insights into this round of Chiron.

Approximate Ages in Chiron's Cycle

Please note that this table shows only the approximate age span of Chiron's transits to its natal position. Because of the irregularity of orbit and retrogradation, these ages will vary.

Natal Chiron In Sign of	First Waxing Square		Opposition		Last Waning Square	
	Years	Months	Years	Months	Years	Months
Aries ♈	16 19	6 9	20 26	2 11	28 33	4 1
Taurus ♉	9 14	10 20	15 20	3 2	26 28	10 4
Gemini ♊	7 9	2 10	13 15	4 3	26 30	10 3
Cancer ♋	5 7	9 2	12 13	8 10	30 35	3 6
Leo ♌	5 5	1 9	13 17	10 1	35 40	6 2
Virgo ♍	5 6	5 3	17 23	1 1	40 42	2 10
Libra ♎	6 8	3 1	23 29	1 9	42 44	10 3
Scorpio ♏	8 11	1 8	29 34	9 9	44 44	0 6
Sagittarius ♐	11 16	8 10	34 36	9 7	43 44	9 6
Capricorn ♑	16 21	10 8	36 37	1 0	41 43	10 9
Aquarius ♒	21 23	8 1	32 36	10 1	38 41	4 10
Pisces ♓	19 23	9 1	26 32	11 10	33 38	1 4

Section 3e: Worksheets for the Lunation Cycles phases of a lifetime



the lunar cycle is in progress at birth; you were born at a certain phase of this cycle.

Where is the New Moon before you were born? _____

Is this your Sun sign or the sign before? _____

What zodiacal degree was the New Moon before you were born? _____

What is your lunation phase at birth? _____

Born at a distinctive moment in the Sun – Moon cycle, you will experience your own unique passage through the progressed phases of the lunation cycle. Like the rest of humanity you return to your lunar birth phase at 29 -30, in close proximity to Saturn returning. Your first round of the full progressed lunation cycle begins at the New Moon after your birth; from this point you can map the astrological phases of your life using the *Progressed Lunation Cycle*.

These cycles are a private and profound diary of your soul's passage; a simple and straightforward schema of the soul time of your life. Following are mandalas to plot these. But first let's discover the timing of these phases using our computer – following is a description using Solar Fire.

Calculating your Progressed Lunation Phases for your Lifetime using Solar Fire

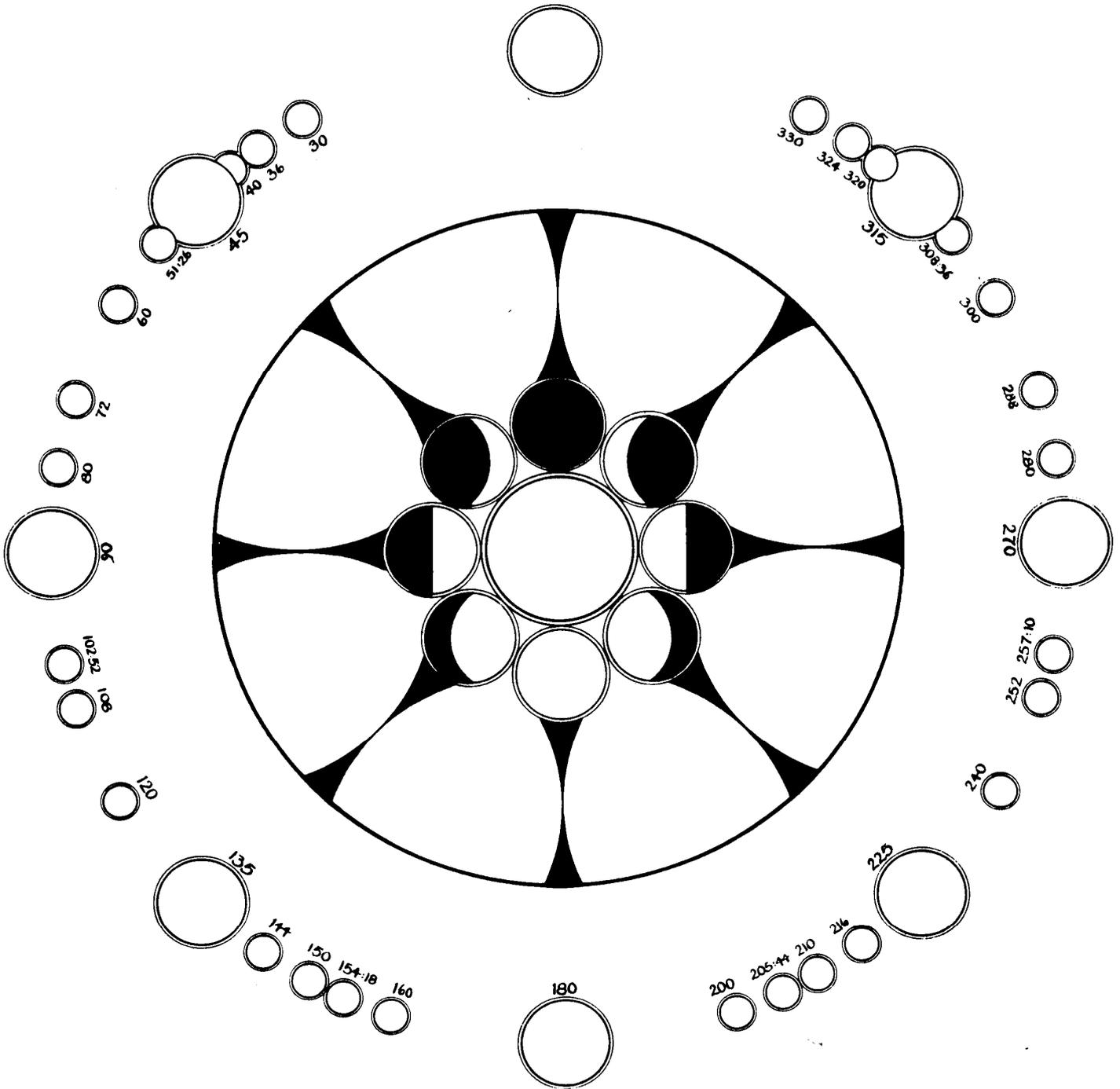
1. Open your chart
2. On the top menu choose Dynamic. Click on Transits & Progressions and make sure your chart is highlighted under Dynamic Radix Chart
3. Under Period of Report choose the Start Date as your birth date and the period as 89 years (this will encompass three cycles of 29 ½ years each from your birth)
4. Under Location choose Natal
5. Under Event Selection choose only Progs to Progs
6. Under Point Selection click on Progs. Another window called Progressing Points will come up. Choose the Sunmoon file – choose edit to make sure you only are using the Sun and Moon and then choose save and select
7. Under aspect Selection click on Progs. Another window called Progressing Points will appear. Choose the Harm08 file – this file will have the 45 degree aspects only
8. Then click on Saved Selections and Saved Dynamic Selections appears. Type in Progressed Phases of a Lifetime, click OK and this is saved for other reports
9. Click view and the Dynamic Events Report will generate your life's progressed phases

Print out this report; the first conjunction of the P Sun and P moon after birth is your first progressed New Moon. The 1st mandala traces the lunation phase of your birth to the first New Moon after birth. The 2nd maps the first New Moon after birth to the second one and so on -

The Lunation Cycle

Eight Stages of Development

The Birth Cycle



My Lunation Phase at Birth is _____ Aspect between Sun and Moon, if any _____

_____ Ephemeris Date

_____ Progressed Date

My New Moon before Birth _____

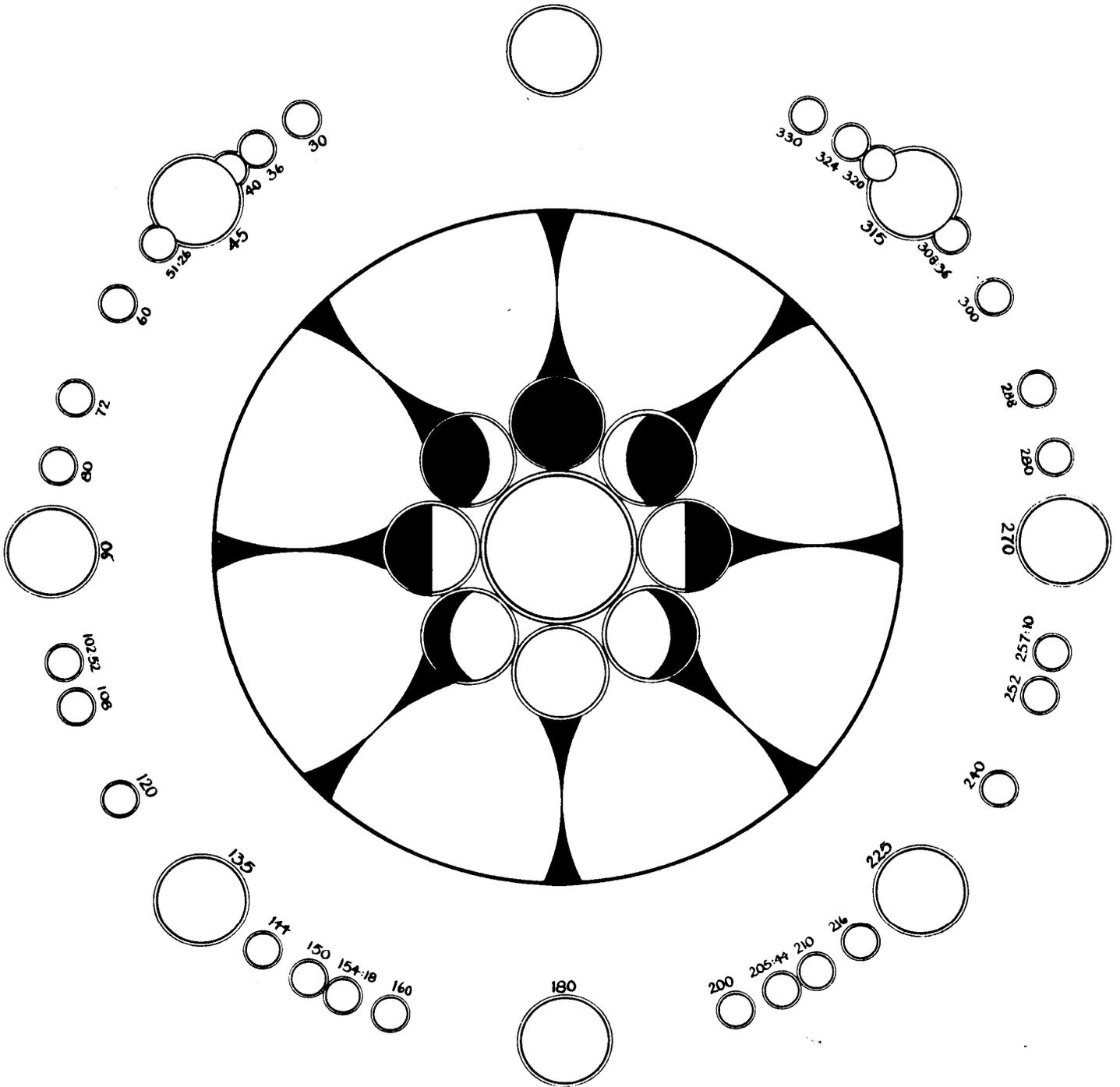
Note: the phases remaining in your cycle after birth are dependent on your birth phase

My 1st New Moon after Birth _____

The Lunation Cycle

Eight Stages of Development

My First Round



Ephemeris Date

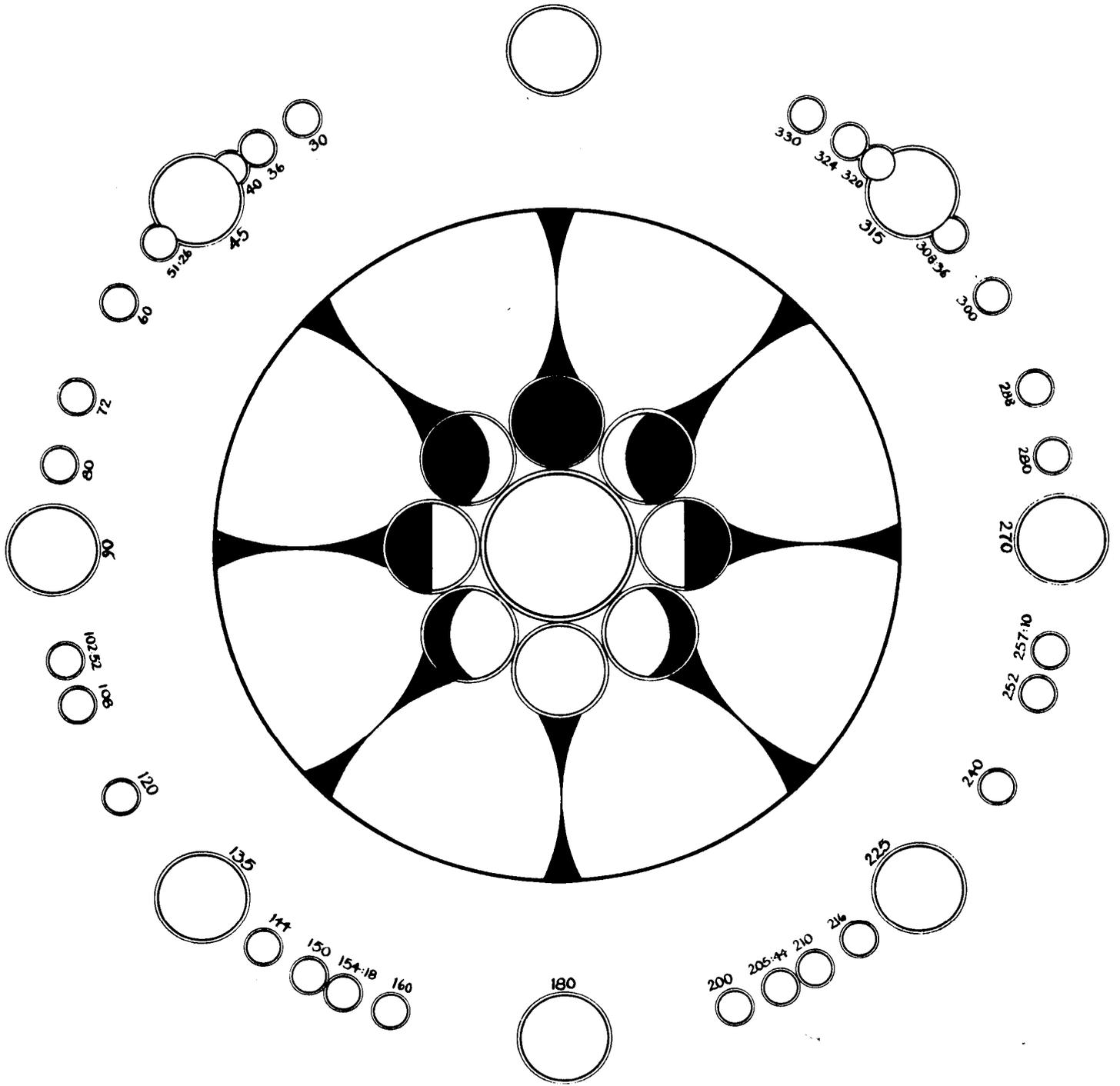
Progressed Date

- My 1st New Moon after Birth
- My 1st First Quarter Moon after Birth
- My 1st Full Moon after Birth
- My 1st Last Quarter Moon after Birth

The Lunation Cycle

Eight Stages of Development

My Second Round



Ephemeris Date

Progressed Date

My 2nd New Moon after Birth

My 2nd First Quarter Moon after Birth

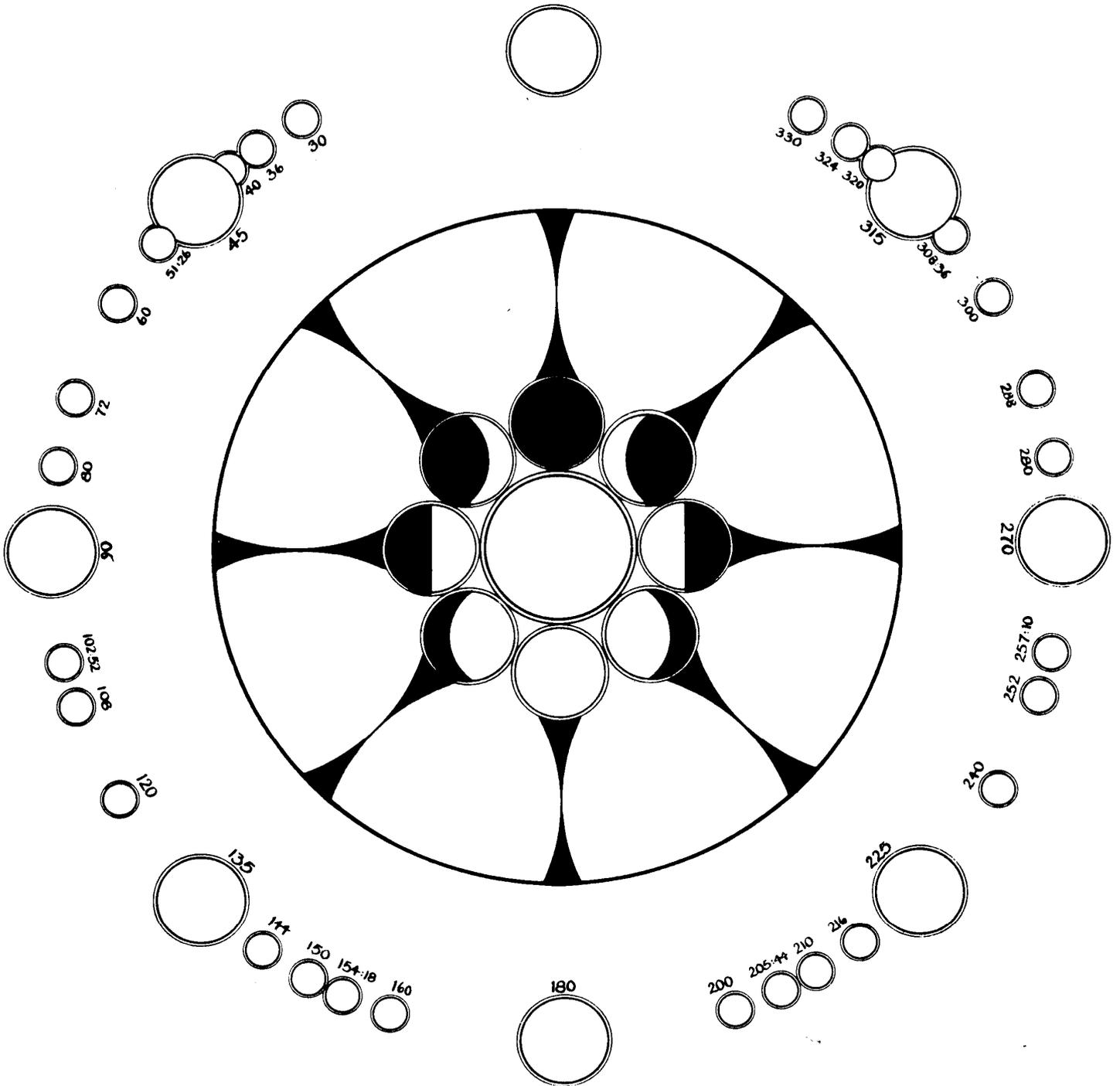
My 2nd Full Moon after Birth

My 2nd Last Quarter Moon after Birth

The Lunation Cycle

Eight Stages of Development

My Third Round



Ephemeris Date

Progressed Date

My 3rd New Moon after Birth
 My 3rd First Quarter Moon after Birth
 My 3rd Full Moon after Birth
 My 3rd Last Quarter Moon after Birth

_____	_____
_____	_____
_____	_____
_____	_____

Section 4: Considering our Initiatory Rites of Passage

SIR: Separation, Initiation, Return

During our weekend we are exploring the process of transition using the astrological life cycle as our guide, as well as contemplating our own personal transitions. In some ways the whole of life could be understood as a transition; a suspension between the two great mysteries of birth and death. However, we are focusing on the transitions that astrology identifies and personal transitions due to life events such as loss, illness, family, work, marriage, children, divorce, retirement etc. The astrological recognition of these important rites of passage links us into a greater cosmic intelligence in which we are invited to participate.

While there are many ways to think about transitions, Van Gennep's three stages are a good starting point to reflect on the process of transition:

- 1) The rites of separation; *something is left behind, a 'death' occurs and we enter into a period of uncertainty and disorientation, as the fixed reference points we once knew are shifting*
- 2) Transition rites; *ritual and ceremony assist us in crossing the threshold between the two ways of being. This passage is often referred to as liminal from the Latin, limen meaning threshold*
- 3) The rites of incorporation; *the post-liminal stage where a new identity or 'being' is forming*

Note in terms of the outer planets' transits: outer planets move across a degree of the zodiac at least 3 times. The process described above summarises their transition as they move direct (separation) across an important point in the horoscope, retrograde (liminality), and then direct for the last time (incorporation).

Reflect on this process. Imagine rituals, ceremonies, projects, affirmations etc. that would be useful at each stage of the transition. Consider major transitions in your life; note the astrological context at this time; journal your reflections about the process, the time, the felt experiences, what was left behind, what was embraced etc.

Past, Present and Future

St. Augustine suggested that time was an extendedness of the soul itself. While we tend to see time in a linear fashion, it has a greater dimension, a soul time or eternal time. In transition, the present is punctured by the past, and what is presently felt is often a remembered present. Time is a critical element in transition and we will explore its dynamics and complexities when in transition.

Reflect on your experience of times when you have been in transition

Gods of Transition

Each of our planetary archetypes will have a different orientation to transition. In Greek myth many god/desses were associated with different types of transition. Reflecting on their archetypal dimension encourages amplification of different transitional processes. For instance Hecate is petitioned as the goddess of the crossroads, near the New Moon. She is associated with the transitions of our life that evoke the ghosts of our past. Artemis oversaw the initiations of young girls. She is a goddess of childhood transitions and childbirth. Hermes is specifically known as an escort in and out of the underworld. Many gods have transitional rites and we will explore these as metaphor of transitions and as archetypal templates of transition. From this perspective we will also explore planetary associations and signatures of transition.

In contemplating your horoscope which planets and aspects contribute to your unique approach to transition? Which planets and points do you feel speak to us about transitions?