

## Astrological Transits & Life Transitions

The dictionary defines 'transit' as passing over or through something or traversing it; a change, a transition. When applied to a celestial body it suggests passing over the meridian of a place or another heavenly body. As astrologers we observe major transits in order to reflect and give meaning to the major life transitions that we experience. Transits are a snapshot of a point in time, a phase of life and a process of change that characterize moments in the shifting tides of our lives. They symbolize the significant influences on our personal development and augur change and possibly transformation.

While all planets transit the horoscope, it is the ones beyond the orbit of Saturn that signal the greatest change. Saturn is the periphery, the outer edge of our visible solar system. To see beyond the outside edge we need technological assistance. Therefore, in the symbolic solar system, Saturn represents the boundary of what can be factually identified, the skin of the self, and both the structure and the frontier of what is known. Beyond Saturn are forces greater than personal and social law. With technical and scientific progress, the trinity of planets beyond Saturn's orbit - Uranus, Neptune and Pluto - has revealed themselves and has come to symbolize the forces beyond what is familiar and controllable. Even though astronomers recently demoted Pluto's status to a 'dwarf' planet, contemporary astrologers recognize that the archetype of Pluto is too potent a force to downgrade. In a similar vein Chiron has never reached the astronomical status of a planet; however its archetypal nature is of profound significance.

Broadly speaking the energetic force of the outer planets represent what is unknown to us, forces beyond our control, even trans-generational and trans-personal experiences that are influencing our field of existence. As the outer planets transit the crucial segments of our horoscope we potentially encounter a larger story that impinges on our personal story and opens up our self-awareness. Symbolically, outer planet transits are like arrows that puncture our skin forcing us to direct our attention to the lesion. Something beyond the bounds of our power is altering the principal structures that we use to identify who we are. In our technologically-advanced, digitally-enhanced, computer-generated New Age it is not easy to feel that we are out of control, or if we are, then we imagine that we have done something inauthentic that has attracted the situation. When we find ourselves in the midst of our suffering with unexpected changes and separations, confusion, chaos and uncertainty, we encounter the undeniable evidence that there is something greater than us. Psyche and psychic forces do not seek our permission to operate. Something lives in us and through us that is not always of our own doing. This is the nature of the outer planets as they transit

our horoscope and astrological images and metaphors help us to participate with this understanding and to engage more fully with the psyche.

When working with the effects of outer planet transits it is important to recognize that they manifest in a variety of ways: either as an inner experience, an emotional or psychological crisis, a spiritual shift or an external event. Transiting planets may manifest on a combination of levels.

One way of thinking about how a transit could manifest is to consider three levels where a transit may impact the individual.

1. The **literal level** of events and outer world circumstances.

This is the concrete level of manifestation and may occur when the individual is not responding to their need for change. Due to the correspondence between inner and outer events it is always important to note that the outer event, no matter how dramatic or how small, may be the reflection of an inner need, a symbol of an ending or a cry for help. When inner change is needed we may first recognize it in the outer world through events that confront us to change our direction, attitude or ways of being in the world. It is important to reflect on the astrological symbolism of the transit, together with the impact of the event, as symptomatic of an underlying need for change and redirection.

2. The **emotional level** or the feeling effect of the transit, as it triggers responses often from the past.

Under major transits the individual is awakened to a wide range of feelings, many of which may be uncomfortable. If authentic feelings concerning past issues have been repressed, the individual may feel overwhelmed with compulsive and/or difficult emotions. When psychological changes are afoot, then repressed feelings and painful memories may begin to rise to the surface of consciousness for recognition and healing. Through the symbolism of the transit we are able to reflect on what feelings are being awakened.

3. The **soul level** or the depth of meaning which it brings to my understanding.

This is the 'heart' of the transit when the individual encounters an awakening to a more genuine aspect of the self. This may be frightening, as what is demanded of the individual is mysterious and often unknown. The 'dark night of the soul' is a common expression for these passages.

It would be normal for all three levels to be entwined during the period of the transit. Theoretically the conscious awakening to the event would be the awareness of the need for change, which heralds the beginning of the transit. The emotional reactions would follow unearthing archaic and repressed feelings. Finally the understanding and integration on a deeper level would occur strengthening the individual's identity and awareness of themselves. All major transits potentially awaken an individual's potentiality; however, like all opportunities it is incumbent on the individual. Free will is the act of consciously cooperating with the potential of the transit and facing what needs to be confronted and dealt with.

## Timing the Transit

Since we generally feel out of control when undergoing major transits, timing of astrological cycles is empowering when we recognize that there is an order, a pattern and rhythm to our experiences and transitions. Life is not as haphazard when we recognize the greater patterns of our lives. Therefore an important consideration in timing a transit is the orb of allowance. Following is a table comparing the approximate times of an outer planet transit using either a one or five degree orb. However, major transits are not objective data that can be summarized and codified, as each individual's family background, life experience and level of consciousness shape how they come into contact with the transit.

Planet	Approximate Time using a 1°orb	Approximate Time using a 5°orb
♃	<b>15-22 months</b>	<b>42 months</b>
♄	<b>20-24 months</b>	<b>70 months</b>
♅	<b>22 - 24 months</b>	<b>70 + months (varies due to Pluto's elliptical orbit)</b>

Obviously the influence of the transit is highly subjective. While we may be able to time an astrological transit, gauging the timing of psychological, emotional and spiritual change is never as easy. Perhaps one of the ways to think about the time frame is to consider that while the planetary influence of the transit may occur as early as five degrees, the affect may not be immediately or personally felt. The symbolism of the transit may appear in dreams or through experiences in the outer world that are not personally connected to them. These experiences may not impact directly, but subtly there is a growing awareness of changes and shifts in the environment. At the

beginning of the transit the effects may feel more impersonal or inner directed, whereas in the midst of the transit they may feel more personal and in the world.

For instance, imagine transiting Neptune beginning to oppose the Moon in the 9<sup>th</sup> house. The individual may dream of faraway places, fantasize about living abroad, hear of other people's spiritual journeys or watch their parents move house or female friends go back to university to complete a degree. The symbols are around them, but not directly impacting upon them. When the transit is within one degree, then the changes are directly impacting upon the individual. During this phase of the transit the individual may feel engulfed by the changes and be in the midst of this transition. Because the outer planets move much more slowly, there is a great difference in timing between a one-degree and a five-degree orb. Through experience you begin to feel the subtle ways the transits manifest at different times.

Another important point to consider is the movement of the outer planets. They slowly move forward in their cycle, then turn retrograde, and turn direct again, passing over the same degree of the zodiac three or five times. Jupiter and Saturn in transit pass over the same segment of the zodiac once or three times while the outer planets Uranus, Neptune and Pluto will cross a degree of the zodiac at least three and sometime five times. This movement creates a sub-cycle.

The first transit will be when it is direct, bringing the issue into consciousness. The retrograde period is the time of internalization, reflection and consideration while the final transit over the planet would suggest the understanding and reconciliation of the changes. For outer planet transits there is generally 3 or sometimes 5 passes across a particular degree of the zodiac. When there are five 'hits' of the planet the process is repeated in the pattern of Thesis-Antithesis-Synthesis.

1 <sup>st</sup> 'hit'	Direct	Thesis	Separation	Consciousness
2 <sup>nd</sup> 'hit'	Retrograde	Antithesis	Initiation	Consideration
3 <sup>rd</sup> 'hit'	Direct	Synthesis	Return	Change



## Considering Transits

Before beginning to work with transits it is important to contemplate some larger questions on the nature of transits: do they always manifest? Do some major transits have no accompanying effect on an individual? And of course it is imperative that we reflect on our beliefs about prediction and how it is best used with astrological images.

When working with clients I differentiate between astrological timing and psyche's timing. While we can measure the time of an astrological transit precisely using defined orbs, the human psyche does not always respond in a similar fashion. One of the mysteries that astrology addresses is the issue of fate. "When will something 'happen' and what will be its nature?" is the question that clients and students ask when examining their transits. Before we address this question, it is important to reflect on your beliefs.

While the past can be reflected upon, the present is often uncertain and the future remains even more unknowable. Often astrology is used to try to make the future more certain or more knowable, yet is this plausible in any way? For over two thousand years, the most famous oracle in the ancient world at Delphi was consulted. One of the main questions asked of the oracle is similar to the question asked today by astrological clients: 'how have I offended the god and what reparations can I make in my relationship to this deity?' A common question still asked of modern oracles today: 'What is going on, and why is this happening to me?'

While many astrological practitioners claim to read the chart and its movements through delineating the images in the chart, my experience has been that the actual revelations and oracular messages arise spontaneously from the open exchange between the client and myself. Therefore astrological predictions are possible when we remain attuned and open to the astrological metaphors and symbols of the horoscope. However in my experience the 'prediction' is not read, or even consciously known by the astrologer, but reveals itself in the exchange between the astrologer and the person whose chart is being examined. Many astrologers claim predictive ability but in most cases these techniques are not able to stand up under scrutiny. Perhaps the urge to have a mechanistic astrology that predicts or divines the future is a defense against the uncertainty of the future and a safeguard in a chaotic world. Astrological transits supply a richness of signs, symbols and metaphors that can help us reflect and consider our future options. And in some cases working

with the transit in an enquiring exchange with another individual can oracularly reveal what is important and necessary to know.

## The Transits of the Outer Planets

In our current climate the outer planets are reflecting deep and far-reaching changes globally. Each individual is called to respond to these transits in their own unique and individualistic way. All four of these planets are on the threshold of transition as they change zodiacal signs. Chiron finally moves into Pisces in February 2011 having lingered on the threshold of Aquarius and Pisces. A month later, Uranus moves into Aries to begin its new 84 year great round of the zodiac. Neptune enters Pisces, its ruling sign, for the final time in its current cycle in February 2012 while Pluto crossed the threshold of Capricorn for the final time in this cycle in November 2008, exposing the underbelly of the economic markets. It is time to be aware of the impact of the outer planets in our lives and what they may reveal in terms of our personal journey.

The outer planets differ from the social planets Jupiter and Saturn by transit, as they take us beyond the realm of familial, social and cultural expectations into a deeper experience and understanding of the self. These transits are designed to lead us into the exploration of the unknown, often triggered through the release of unconscious aspects of the self. We could summarize the nature of outer planetary transits, including Chiron, as follows:

- transits magnetize events in the outer world in order to mirror and awaken psychic life
- a transit is best understood as a natural unfolding of life, not as a precursor to anything negative
- outer planet transits awaken the experience of fate; they act as a summons to address the larger patterns and the complex issues of life
- outer planetary transits usually involve chaos, as it is in the primeval aspect of the self where creativity is discovered and awakened. In order to break through to this level of innate ingenuity there is a necessary breaking down of defenses and barriers. Outer planetary transits suggest that in addressing the innate complex, the suffering creativity and the denied life force can be awakened and transformed
- transits help the individual to discover their authenticity and reconnect to aspects of the soul's original intention that is embedded in the horoscope
- dilemmas that arise during transits are generally the struggle between the emerging self and its new intentions versus the aspects of self that hold on to the past

- if what we desire or unconsciously seek is at conflict with parental and societal mores then we may experience circumstances during the transit that help us become more aware of our own needs and what is best suited for our personal development
- transits imply that we consciously cooperate in designing our experiences, but also that we collaborate on the optimum outcome through heeding and working together with the intention of the transiting energy
- free will is the ability to respond to what life offers. Our control is not external but internal, as we are able to control our responses, not the event or the individual constellating our experience
- we cannot judge another's understanding or the way they deal with their experiences. 'Bad' things are part of a complicated fate and the complexity of the pattern is often impossible to see or know
- physical symptoms and disease may be manifested symbols of the transit; therefore, the metaphors, images and symbols of the symptoms are clues to the psychological structure of what is endeavoring to express itself

To help delineate the nature of transits more effectively, it is important to respect the human psychological processes that Dr. Kubler Ross identified as denial, anger, depression and bargaining. She noted that these were human responses on our journey towards acceptance. Often these processes along with grief, loss, suffering and pain are avoided, through either cutting them off or rationalizing them. We might tend to manage our pain, forget our trauma and deny our feelings rather than participating with the process. Without genuine feeling, no transforming experience can occur and the complex that has been unearthed is left frozen and unresolved. Therefore it is important to recognize the many stages and phases that occur during major transits. The process is never easy and to be familiar with the process it is important to develop an in-depth understanding of the transiting planetary archetype. This can be done through myth, symbol, metaphor and process. Psychology is a great aid here as it helps to deepen the process so the astrologer does not get bogged down in the literal, outer and pragmatic manifestations of the transit.

## **Chiron ♄**

In Greek mythology, Chiron was the originator of the healing art. In an astrological context this archetype plays an important role in wounding and healing and by transit the timing of the onset of illness and cure. Chiron's transit to important parts of the horoscope, such as the Ascendant, the Sun or Moon, often are synchronous with a spiritual awakening which may be accompanied by a healing

crisis, bringing to light the unexpressed and disenfranchised aspects of the self. By nature Chiron is courageous and its transits encourage the heroic act to heal the self through the acceptance of our mortality and limitedness. Part of this task is also to acknowledge the inevitability of the human experience of suffering and mortality.

Chiron's transits may quicken the healing crisis either through an accident, an illness, an experience or an encounter which awakens the individual to the awareness of the source of their suffering. Often this is experienced as a battle between the instinctual and civilized parts of the self or the individual may find that they are in between two worlds. Whether through a healing dream, a shamanistic vision or a near-death experience, individuals have the opportunity to experience another reality. Chiron often synchronizes with the encounter with the mentor or healer who, in projected form, offers insight and cure to their predicament. For Chiron healing is accomplished homeopathically; what has wounded the soul is the agent that must heal it. Therefore under a transit of Chiron, which opens the wound, there are many helpful remedies such as: dream work, astrological counseling, flower essences, crisis counseling, shamanistic training, Reiki or chiropractic treatments, naturopathy, herbs and natural remedies. It is also important to understand that the open wound carries the life force of what has been previously repressed. Closing down the wound too quickly or analyzing it too much may re-infect the wound.

Underpinning Chiron may be the wound of feeling marginal and foreign in the system. Chironic individuals feel as if they are the scapegoat or identified one in the family system, in touch with the familial wounds that may have been inflicted through adoptions, fostering, relinquishments, and loss of spirit in the family. Chiron by transit often brings trans-generational abandonment and severances to the surface to be put to rest in the family system.

### **Planetary Implications and Experience**

- Marginalization and feeling the foreign one in the system
- The identified one in the family system
- Familial wounds, adoptions, fostering, relinquishments
- Loss of spirit
- The outsider; on the fringe
- The pain of incarnation and the wound of embodiment
- Feelings of disenfranchisement
- The inner guide and mentor

## **Transiting Task and Rite of Passage**

- Spiritual awakening
- The healing crisis that awakens the expression of the soul
- The heroic urge to heal the self
- Acknowledging the inevitability of human experience and mortality
- Questing for the imaginative and restorative place where the physical and the spiritual world overlap
- Accepting the wound of being marginal

## **Metaphors and Archetypal Symbols connected to the process**

- The Centauroomachy; the battle between the instinctual and civilized parts of the self
- Homeopathic healing
- The place between the worlds, such as Chiron's cave, a healing shrine or temple,
- The healing dream, shamanistic vision or near-death experience
- The encounter with the mentor or healer

## **Uranus ☾**

By nature Uranus urges us to be independent and separate; however when handled unconsciously or immaturely this often leads to separation and disconnection. Hence Uranian trauma is often about the harrowing experience of dis-connection, dis-engagement, and abandonment. Underpinning the disorder of the Uranian archetype is often the familial story of separation and severance, which has left an indelible shock on the psyche. Naturally Uranus wants to take the road less traveled, adventure into the unknown and explore the unlived life to seek what could be possible. Too often this has meant cutting ties and breaking traditions, leaving behind unexplored possibilities of familial relationships. Often underlying this archetype is something that has been severed, split off or cut out of the family experience that wants recognition and life. Therefore by transit Uranus may bring these issues to light.

Physiologically, a common experience of Uranus transits is that the nervous system is heightened, therefore nervousness, anxiety and difficulties resting and sleeping are frequently reported. The anxiety of being still and unmoving is heightened; restlessness, the urge to break free and take off from all responsibilities is often overwhelming. While the individual may want to risk and open themselves up to the possibilities inherent in life, they also need to be cognizant to know the

difference between separating and cutting off, and the distinction between detachment and disinterest. However what also may be embedded in the nervous tension are feelings of abandonment. As these feelings surface the urge to separate and be free is at odds with the rational mind.

While the nature of Uranus is to break free and separate, the question is from what? It is important that the individual recognizes what they may want to break free from. Their experience may be that they want to separate from an individual, a job, a place; however under a powerful Uranus transit it is more likely they are trying to break free from an aspect of themselves. Uranus transits are more likely to be experienced through mental tension, anxiety, panic attacks, lack of sleep, nervous strain and stress. However if reactions are physically somatized, these are likely to manifest as spasms, twitches, circulatory problems, irregular heartbeats and erratic breathing. When projected out onto the world, Uranus may be accident prone due to lack of concentration, rushing, feel pressured and anxious. However Uranus transits are the perfect opportunity to become conscious of breaking the pattern and the negative cycle.

Uranus jolts us into awareness and its process may feel both invigorating and unstable. But its intention is change; often long-term change. Hence the insights we receive are often omens for our future and communication well ahead of 'real time'. Hence the individual may need to become more centered, focused and aware more of their physical and mental health. Under a Uranus transit the following resources may be helpful: gestalt therapy, group therapy or an individually orientated psychotherapy as well as relaxation techniques.

### **Planetary Implications and Experience**

- The experience of dis-connection and dis-engagement
- The anxiety of being still and unmoving
- Separation & severance
- Freedom, individuality, non-attachment and separateness
- Schisms and situations we feel cut off from
- Breaking traditions
- Abandonment

### **Transiting Task and Rite of Passage**

- To take the road less traveled

- To adventure into the unknown
- To explore the unlived life and seek what could be possible
- To risk and open oneself up to the possibilities inherent in life
- To recognize choices in life
- To know the difference between separating and cutting off and the distinction between detachment and disinterest
- To be independent but not separate
- To become aware of the opportunities that present themselves

### **Metaphors and Archetypal Symbols connected to the process**

- The cosmic conveyor belt – the transit feels like a wild ride where we could end up anywhere!
- The roller coaster ride
- All of a sudden; a bolt from the blue
- An amazing thing just happened
- Flying, feeling disconnected from the body
- Trapped behind a plate of glass
- Mourning the unlived life
- Opportunities for change
- Anxiety and panic

### **Neptune ♆**

Longing is a Neptunian state of mind, along with dreaming and idealizing; it is the bitter-sweet experience of life. In human experience it is the interplay between chaos and order and the interchange of reality and fantasy. Because its tendency is to dissolve boundaries, become invisible, surrender and sacrifice, these issues often surface under a transit of Neptune. Underpinning the dark side of this archetype is often lost dreams, shattered illusions, enmeshment and sacrifice, misguided spiritual values and unlived or unacknowledged creativity. Therefore the transits of Neptune reunite us with what is missing, what has been lost and that which has remained unknown. However, the nature of Neptune is otherworldly, and therefore access to its intelligence and wisdom is not through logic or pragmatism, but through imagination, feeling and fantasy. In antiquity the nine muses were poetry, history, tragedy, flute-playing, lyric poetry, dancing, mythic astronomy, comedy, mime; muses that are helpful under any Neptune transit.

Neptune's veil is apparent during its transit. Disguise, false impressions, invisible sensations, daydreams are all part of its spell. Physical or mental illness under this transit often remains mysterious, otherworldly, misdiagnosed or labeled as psychosomatic. Of course it is psychosomatic, revealing itself through the archetype of illusion and asking the healer to imaginatively read the symptom. Under a Neptune transit it is imperative to see the symbol in the event in order to comprehend its nature. Under important Neptune transits, the psyche reveals the martyred and surrendered parts of the self in order that they may be reclaimed in the service of creativity or spirituality.

An individual undergoing a Neptune transit has probably pulled up anchor and has the sensation of floating, going with the tides of life, one step at a time. It is important therefore to be conscious of maintaining daily rituals and the awareness of the body. Physiologically the sense of vitality is lowered; therefore feeling alert, focused and able to be active is often impaired during this time. The immune system may be compromised and one's resistance to viruses, common colds, communal diseases is lowered. Fatigue, tiredness and loss of direction accompanied by confusion are common under the sway of Neptune. Reality as was once known has been suspended; hence the individual may feel they are in a state of inspired genius or creative madness. To help discover what underlies the symptoms there are many creative and imaginative healing techniques which could be valuable. Some of these could be Jungian dream analysis, a Tarot reading, mythology or any art therapy that awakens the power of symbols, using essential oils, aroma-therapy, color and music to create a healing space, Tai chi, dance, elegant movements that bring peace and relaxation, meditation to relax the mind and fencing to bring out the graceful warrior. Under a Neptune transit the course of one's life is being altered so that a reengagement with the sacrificed creativity and spirituality can occur.

### **Planetary Implications and Experience**

- Longing; the bitter-sweet experience of life
- Idealizing & imagining
- Chaos and order, the interchange of reality and fantasy
- Dissolving boundaries
- Invisibility, surrender and sacrifice
- The other world
- Dreams of life, illusions

- Enmeshment
- Spiritual Values
- Creativity
- What is Missing, lost and unknown

### **Transiting Task and Rite of Passage**

- Liminality and the experience of drifting between two fixed points
- Pulling up anchor and floating, going with the tides of life
- One step at a time
- Being conscious of the necessity of maintaining daily rituals and the awareness of the body
- The task of creativity
- Dreaming the impossible dream
- Physiologically one's sense of vitality is lowered, therefore feeling alert, focused and able to be active is often impaired during this time

### **Metaphors and Archetypal Symbols connected to the process**

- The fog slowly lifting
- The shifting tides
- Fatigue, tiredness and loss of direction
- Confusion
- The suspension of the everyday
- Swimming upstream
- Rescue fantasies and vivid dreams
- Bursts of inspired genius and fits of creative madness

### **Pluto ♇**

In *East Coker*, the second of *Four Quartets*, T.S. Eliot wrote “I said to my soul, be still, and wait without hope, for hope would be hope for the wrong thing”. While poetically striking, this quote could apply to the nature of Pluto by transit, for the individual needs to bear the devastating pain of hopelessness. By nature Pluto confronts us with the deepest regions of the psyche. In Greek myth this was characterized by Hades, the underworld place whose deepest region was Tartarus, where all the shame, secrets, betrayals from the emotional past were stored. Astrologers are alert to what

manifests during a transit of Pluto for it is often connected emotionally to what has been buried alive and incomplete. During a transit of Pluto we journey to the depths of the underworld to locate and redeem what has been buried alive, confront the ghosts and shades of our familial past and let go of out worn attachments. During a transit of Pluto the psyche endeavors to find its integrity, emotional sincerity and leave behind what is no longer valid or appropriate so we can become more authentic with our feelings, more honest about our intentions and true to our self. One common experience during this transit is that the individual feels none of their best skills and talents are of any use. They must be vulnerable and approach the experience without any help. No wonder lethargy, depression and forgetfulness often accompany this transit.

Some of the emotional landscape of a Pluto transit is grief, which resurfaces from previous losses which were not mourned. This may also be trans-generational, in that the individual may feel the powerful and emotive affect of family losses never grieved. Compulsions or obsessions may arise to alert the individual of unfulfilled needs and desires. Pluto transits also unearth what has been kept secret in the family due to shame. Therefore the past infiltrates the present and the individual is faced with encountering the darkness of the past that was never allowed to be lightened by conscious acknowledgement.

Pluto's passage encourages rebirth, but before this new cycle can begin the old cycle must complete itself and die. Consistent with the symbols, Pluto transits may manifest as reproductive setbacks, elimination or digestive difficulties, sexual complexities, growths, tumors or fungal problems. Mentally the manifestation may be depression, rage, resentment. Pluto confronts the individual with their darkest shadow; hence the symptoms under a Pluto transit are often repelling. However this is designed to help draw off the poisons, purge the waste and clear the pollution. Underlying the symptoms is new life buried under the secrets, shame and denials of the past. Since Pluto is a demanding energy confrontational therapies are helpful. Consider the following: primal therapy, re-birthing, psychotherapy, grief and loss counseling, sex therapy, Rolfing, deep tissue massage, fasting, detoxification, retreat, silence and periods of aloneness. Physical and mental transformation is often the result of purging during the Pluto transit.

### **Planetary Implications and Experience**

- Loss and grief, incomplete mourning
- Secrets, shame and the emotional past
- Intimacy and betrayal
- Trust and suspicion
- Emotional strength

- Compulsion, obsession
- Reliance on crisis to feel alive
- Power, control and intensity
- Denials, neglect & abuse
- The split between power and love
- Manipulation

### **Transiting Task and Rite of Passage**

- To journey to the depths of the underworld to locate and redeem what has been buried alive
- To be more authentic with feelings
- To become more honest about one's intentions, true to oneself
- To let go of out worn attachments and find the integrity of emotional sincerity
- To confront the ghosts and shades of one's familial past
- To leave behind what is no longer valid or appropriate
- The individual often feels that none of their best skills and talents are working; often lethargy, depression, forgetfulness accompany these feelings

### **Metaphors and Archetypal Symbols connected to the process**

- "To wait without hope, for hope would be hope for the wrong thing" (TS Eliot)
- The heroic descent into the underworld
- The therapeutic encounter
- Birth, death, rebirth
- Facing the fears
- Confronting taboos
- Death, sex and money
- Letting go, relinquishment

### **What to Do until the Transit is Over**

As explored, the transits of Saturn, Chiron, Uranus, Neptune and Pluto symbolize and often parallel significant periods of transition in our life. These slower moving planets represent a process of awakening, realization and confrontation with aspects of the unknown self. The call to change and

move into a greater understanding of the self is usually at odds with the ego, and often uncomfortable and threatening to the security systems the individual has constructed.

While it is important to surrender to the process of the transit during these transitions it is not always an easy task. Therefore it is important to honor the transitional energy through ritual and conscious intention. Ritual is a process that acknowledges a greater force to become part of our everyday life. This can be accomplished in various ways. Through the individual's awareness of what is occurring the energy can be acknowledged and supported which is an important way to honor the divine that stirs beneath the surface of the changes. Astrology is a marvelous tool to help the individual negotiate this terrain as it offers images and symbols which reflect and honor the transiting energy. The nature of the energy can be met by the individual in a number of ways, and if acted upon then the transit becomes ritualized and honored. In an ancient way it helps to make the process sacred.

Reflect on each of the major planetary energies by transit and suggest ways or methods in which these energies could be employed during their transit in order to help make the process more conscious. Strategies that could be well employed during these transits might include therapies or modalities of consciousness raising, courses and study, hobbies and activities, sports, healing techniques. In the course of our lives there are many ways to engage the transiting energy.

Draw on your own experience of what has been (and has not been) helpful for you when you have moved through major life changes. Reflect on your experiences of therapeutic, counseling and healing modalities that have been effective or not; courses and activities that have helped you to move forward or any other activities or ways of being which have helped you to become more conscious and self aware.

It is often very important for the individual to be able to feel that there are ways that they can engage and participate in the process of change without feeling overwhelmed or victimized by the process. Therefore I would recommend creating a list of helpful remedies for each transiting planet, be they therapies, courses, hobbies, sports, activities or some form of healing modality. Try not to be too rigid about defining what modality is best suited for the particular transit, as we know that any action is often very helpful when going through a difficult time.

Make your own list of helpful suggestions with each transiting planet. Following are some ideas to begin the process.

## Chiron ♄

Often under a major Chiron transit the individual will be called to a 'healing crisis'. What arises through the pain of the mental or physical body is the awareness of what is not being lived out in the individual's life. Chiron is the call to return to the inner sanctuary to explore what the soul needs to feel fulfilled. Therefore activities encouraging the inner world of symbol and image will be a healing balm.

- Dream work
- Astrological counseling
- Flower essences
- Crisis counseling
- Shamanistic training
- Vision quests, sweat lodge and chthonic healing
- Spa treatments, Reiki or chiropractic treatments
- Naturopathy, herbs and natural remedies
- Studying health and well being

## Uranus ♅

Uranus jolts us into awareness and its process may feel both invigorating and unstable. But its intention is change; often long-term change. Hence the insights we receive are often omens for our future and communication well ahead of 'real time'. Hence the individual may need to become more centered or actually embrace the Uranian archetype through:

- Gestalt therapy, group therapy or an individually orientated psychotherapy
- A course in information technology or mastering the computer
- The study of archetypal psychology, sociology, humanistic psychology, astrology
- Human resources
- Glass blowing, glass sculpture, innovative projects
- Volunteering for a humanitarian project like Greenpeace, Big Brothers etc.
- Movement and breathing

## Neptune ♆

The conspiracy of a Neptunian transit is to awaken us from our multi-layered dreams to move us closer to what is humanly possible. Under a Neptune transit the veil between the worlds is thinner than at any other time. Therefore to enter into the process of Neptune the individual could consider:

- Jungian dream analysis
- The study of the Tarot, mythology or any art that awakens the power of symbols
- Using essential oils, aroma-therapy, color and music to create a healing space
- Swimming with the dolphins
- Painting, singing, playing music to activate the creative sensibilities
- Tai chi, dance, elegant movements that bring peace and relaxation
- Meditation to relax the mind, fencing to bring out the graceful warrior
- Swimming, floatation tanks, being immersed in water, the elixir of life
- Journal keeping, recording dreams, writing poetry

## Pluto ♇

Transits of Pluto turn off the lights in our life so we can get accustomed to seeing in the dark. Therefore under this passage we become aware of what is hidden, buried and ignored in the basement of our selves. Pluto encourages us to look deep into the self and celebrate the depth and integrity of the soul. Some activities that could accompany this descent into the abyss would be:

- Primal therapy, re-birthing
- Psycho-therapy
- Grief and loss counseling
- Sex therapy
- Rolfing, deep tissue massage, bodywork
- Colonic irrigation, fasting, detoxification,
- Retreat, silence, periods of aloneness

To become ourselves we continually change. Astrology helps us consciously cooperate with these greater changes in our lives through the awareness of the outer planets' transits through our horoscope.