2014 Janet's Plan-its AR Aries TA Taurus GE Gemini CN Cancer LE Leo VI Virgo LI Libra SC Scorpio Dates based on SG Sagittarius North American time zones. May CP Capricorn differ from calendars AQ Aquarius using Greenwich Ы **Pisces** Mean Time.

RETROGRADE MOTION

As we spin, the signs along the zodiac belt and the planets appear to move east to west hour by hour. But over time, the planets move through the signs west to east. The Moon takes two to three days to traverse a sign while Pluto takes over a decade! Each planet (other than the Sun or Moon) appears to stop and reverse its direction from time to time. This is an optical illusion called "Retrograde" motion. Later, it stops a second time and resumes forward (Direct) motion. It hangs out longer at the degrees of these stopping points, called "stations." When that planet, or even another planet, later makes connections ("aspects") to the station degrees, issues that emerged during that Retrograde period are re-visited. Matters associated with the planet are more difficult during the Retrograde phase and are more intense for a few days around the stations.

Planets move through the Retrograde range three times. First they proceed forward through the range of degrees where the backtracking will occur. This is called the entry "shadow" (shaded on the graph). Next, they back up over that degree range in the Retrograde portion of the cycle (marked in black on the graph). Finally, they go forward again through the backtracking range in the exit "shadow" (shaded). Related events can occur during these three phases. We don't feel the effect of the shadows as much as we do the Retrograde itself, but we often sense the slow-down at the stations.

Many people notice the Retrograde of Mercury since it's linked to mix-ups in all forms of communication and local transportation. Anything begun then (or in the entry shadow) is subject to mistakes or revisions. A safer time for contracts, major decisions or beginning new activities is when Mercury is not in the entry shadow or Retrograde. There's less likelihood for revision later for activities initiated during the exit shadow.

Looking at the 2014 Retrograde graph, you can see there is usually one planet (or more) in Retrograde motion. Shadows are always in progress (which is typical). Times of "least

resistance" are when no planets are Retrograde (which doesn't happen in 2014) or only one planet is Retrograde: 2/1-2/5. Two planets are Retrograde 1/10-1/31, 2/6-2/26, 6/2-6/6, 11/24-12/7 and 12/22-1/9/15. At all other times, three or more planets are Retrograde, the most being five: 6/20-7/1, 7/19-9/22 and 10/4-10/25. Progress is most impeded then. (These numbers include Eris, not shown on the bar chart.)

MOON GROOVES

The degree of New and Full Moons repeats for a period of about six months, moving through consecutive signs. (I coined the term "moon groove" for this phenomenon.) For the next six months or so, the degree of each New and Full Moon decreases one or two degrees each month until another groove ensues. This pattern doesn't conform to a calendar year, so you only can see part of it on the 2014 list.

New Moons occur at about 10-11° of the signs from October 2013 through March 2014 and Full Moons are around 25-26° from October 2013 through April 2014. In the next groove, New Moons occur at about 0° from September 2014 through March 2015. Full Moons are around 14° of the signs from November 2014 through April 2015.

If you have a planet in your birth chart at a moon groove degree, it receives extra attention during a groove period. If it's accentuated by New Moons, take new action in the area of your life represented by that planet. If Full Moons spotlight your natal planet, matters culminate in a big way over several months regarding the affairs of that planet. In interpreting effects, consider your birth planet's sign, house and aspects. If a New or Full Moon is on your birthday, that's important! If it falls within the period of a moon groove, the emphasis will likely affect you throughout the entire moon groove time frame.

Learn more about Retrogrades and Moon Cycles in Janet's Plan-its Celestial Planner.

● New Moon ○ Full Moon (E) Eclipse B Shadow begins R Retrograde D Direct E Shadow 6	New Moon O Ful	Moon (E) Eclipse	B Shadow begins	R Retrograde	D Direct	E Shadow end
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2014 Janet's Plan-its™ On a Page

	MERCURY	VENUS	MARS	CERES	JUPITER	SATURN	CHIRON	URANUS	NEPTUNE	PLUTO	MOON PHASES
		R 12/21/13 28°59′ CP	B 12/26/13 9°2′ LI	B 12/21/13, 18°32′ LI	R 11/7/13, 20°31′ CN	B 11/26/13, 16°39′ SC	D 11/19/13, 9°7′ Pl	D 12/17/13, 8°35′ AR	D 11/13/13, 2°35′ PI	B 12/24/13, 11°0′ CP	(E) = ECLIPSE
JANUARY	B 1/22, 18°10′ AQ	D 1/31, 13°33′ CP								(next R shadow) E 1/10, 11°35' CP (prior R shadow)	New 1/1, 10°57' CP Full 1/15, 25°58' CN New 1/30, 10°55' AQ
FEBRUARY	R 2/6, 3°20' PI D 2/28, 18°10' AQ			R 2/27, 1°53' SC			B 2/27, 13°6′ PI (next R shadow)		B 2/17, 4°48' Pl (next R shadow)		Full 2/14, 26°13′ LE
MARCH	E 3/20, 3°20′ Pl	E 3/4, 28°59′ CP	R 3/1, 27°32′ LI		D 3/6, 10°27′ CN	R 3/2, 23°19′ SC	E 3/10, 13°50′ PI (prior R shadow)		E 3/4, 5°22' Pl (prior R shadow)		New 3/1, 10°39′ Pl Full 3/16, 26°2′ Vl New 3/30, 9°59′ AR
APRIL								E 4/2, 12°31′ AR B 4/3, 12°34′ AR		R 4/14, 13°35′ CP	Full 4/15, 25°16′ Ll E New 4/29, 8°52′ TA E
MAY	B 5/22, 24°23′ GE		D 5/19, 9°2′ LI								Full 5/14, 23°55′ SC New 5/28, 7°21′ GE
JUNE	R 6/7, 3°10′ CN			D 6/1, 18°32′ LI	E 6/1, 20°31' CN		R 6/20, 17°45′ Pl		R 6/9, 7°36′ Pl		Full 6/13, 22°6′ SG New 6/27, 5°37′ CN
JULY	D 7/1, 24°23′ GE E 7/15, 3°10′ CN		E 7/21, 27°32′ LI			D 7/20, 16°39′ SC		R 7/21, 16°30′ AR			Full 7/12, 20°3' CP New 7/26, 3°52' LE
AUGUST				E 8/13, 1°53' SC							Full 8/10, 18°2' AQ New 8/25, 2°19' VI
SEPTEMBER	B 9/14, 16°46′ LI				B 9/12, 12°35′ LE					D 9/22, 11°0′ CP	Full 9/8, 16°19′ Pl New 9/24, 1°8′ Ll
OCTOBER	R 10/4, 2°18' SC D 10/25, 16°46' LI					E 10/27, 23°19′ SC					Full 10/8, 15°5′ AR New 10/23, 0°25′ SC
NOVEMBER	E 11/10, 2°18′ SC						D 11/23, 13°6′ Pl		D 11/16, 4°48′ Pl	B 12/26, 12°58′ CP	Full 11/06, 14°26' TA New 11/22, 0°7' SG
DECEMBER					R 12/8, 22°38′ LE D 4/8/15, 12°35′ LE	B 12/8, 28°17 SC R 3/14/15, 4°56′ SG	E 3/15/15, 17°45′ Pl	D 12/21, 12°34′ AR E 4/7/15, 16°30′ AR	E 3/6/15, 7°36′ Pl	(next R shadow) E 1/12/15 13°35′ CP (prior R shadow)	Full 12/6, 14°18' GE New 12/21, 0°6' CP

NOTE: The shadows of Chiron, Neptune, Pluto and Eris overlap, creating brief double shadows (darker shading). Eris begins 2014 Retrograde, turns Direct 1/9/14 at $21^{\circ}51'$ AR. It has overlapping shadows from 3/2 to 5/27 between $22^{\circ}5'$ and $22^{\circ}57'$ AR, turning Retrograde 7/19 at $23^{\circ}11'$ AR. It turns Direct 1/9/15 at $22^{\circ}5'$ AR. It doesn't make much progress in a year.