2019 Janet's Plan-its™ On a Page

Dates based on North American time zones. May differ from calendars using Greenwich Mean Time.

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AR	*Aries*
TA	*Taurus*
GE	*Gemini*
CN	*Cancer*
LE	*Leo*
VI	*Virgo*
LI	*Libra*
SC	*Scorpio*
SG	*Sagittarius*
CP	*Capricorn*
AQ	*Aquarius*
PI	*Pisces*

RETROGRADE MOTION

As the earth spins, 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 Neptune and Pluto take 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 a Retrograde and more intense at 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, but may sense a slow-down at stations.

Many people keep an eye out for Mercury Retrograde 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.

Times of "least resistance" are when the fewest heavenly bodies travel backward. There are two periods in 2019 when no planets are Retrograde: 1/11 - 3/4 and 3/29 - 4/8. Only one is Retrograde 1/7 - 1/10, 3/5 - 3/28 and for one day on 4/9. The highest number of planets Retrograde simultaneously is seven: 7/8 - 7/17 and 7/20 - 7/31. Six are Retrograde 7/18 - 7/19, 8/1 - 9/17, and for about 24 hours from the evening of 7/7 to the evening of 7/8. Two to five are Retrograde the remainder of 2019. These numbers include Eris, which is not shown on the bar chart. The higher the number of Retrograde planets, the more progress is impeded.

Planetary stations are hard enough on their own but what if there are two within a day of one another or even on the same day? This occurs three times in 2019: 4/9 - 4/10, 7/7 - 7/8 and 8/11. It's best to avoid major decisions and actions around these times.

Check to see if any of the stations degrees makes a strong connection to your chart (within a couple degrees of being exact). In such a case, the entire time frame of the Retrograde presents challenges for the part of your life related to the affected item(s) in your chart. This is most noticeable for a few days around the station and when the associated shadow begins or ends. For example, Pluto impacts any natal planet around 23° of a Cardinal sign on 4/24/19 and 1/23/20. Its mission of major transformation will work on the matters of the house(s) where the natal planet is positioned and any house where the natal planet rules the sign on the cusp.

MOON GROOVES

New and Full Moon degrees repeat for about 6 months, shifting through consecutive signs. (I coined the term "moon groove" for this phenomenon.) For the next 6 months or so, the degree of each New and Full Moon decreases 1-2° per month until another groove ensues. This pattern spans two calendar years, only partially visible on the 2019 list. Such an emphasis extends the usual influence of New and Full Moons.

New Moons occur within one degree of 15° of the signs from October 2018 through April 2019. Full Moons are within one degree of 0° from October 2018 through April 2019. In the next groove, New Moons occur within one degree of 4° of the signs from October 2019 through April 2020 and Full Moons are within one degree of 19° from October 2019 through April 2020.

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, do something new 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 falls on your birthday, that's important, even more so if it's within the period of a moon groove.

For keywords describing planets, signs and aspects, see my handy "**Astrologer's Apprentice Cheat Sheet**."

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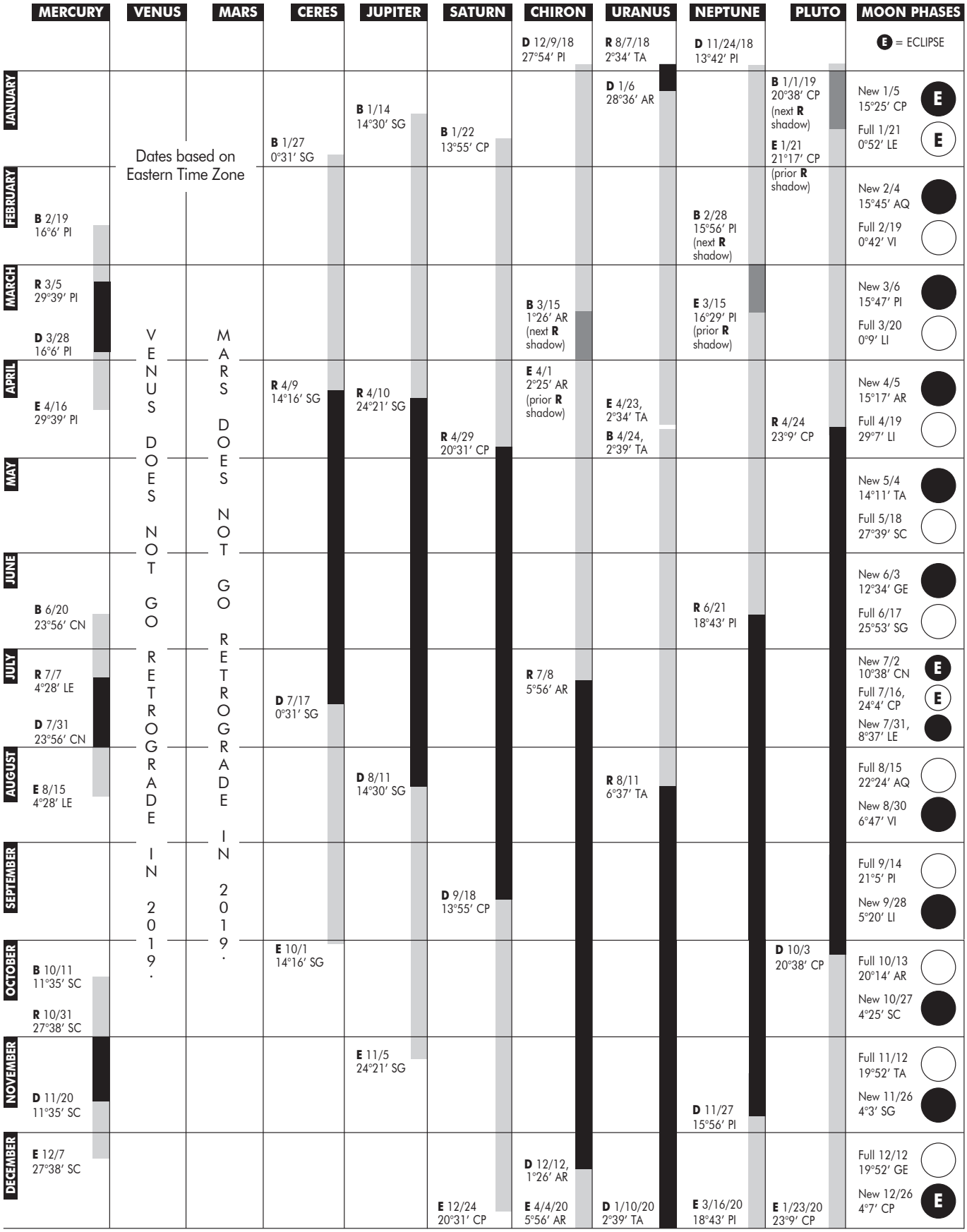

The shadows of Chiron, Neptune and Pluto overlap, creating brief double shadows (darker shading). Eris has overlapping shadows, as well. Eris begins 2019 Retrograde, turning Direct 1/10 at 22°59′ AR. It has overlapping shadows from 3/2 to 5/29 between 23°13′ AR and 24°6′ AR, turning Retrograde 7/20 at 24°20′ AR. It next turns Direct 1/10/20 at 23°13′ AR.