

2026 Janet's Plan-its™ On a Page

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

Learn more at AstrologyBooth.com.

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 in the clear between Retrograde cycles or at least in the exit shadow, when there's less likelihood for revision later.

Times of "least resistance" are when the fewest heavenly bodies travel backward. The higher the number backtracking, the more that progress is impeded. In 2026, there are two or fewer planets in reverse from 1/12-7/6, and within this stretch, no planets are retrograde from 3/21 to 5/5. Beginning 8/3, there are always five or more planets in reverse. The most difficult times are 10/3-10/15 and 10/24-11/13, when seven planets are retrograde, including both Mercury and Venus 10/24-11/13, turning Direct the same day! (Although not shown on the chart, these numbers include Eris.)

Planetary stations are hard enough on their own and even more challenging when happening simultaneously. Eris turns retrograde 7/22, a day before Mercury turns Direct 7/23. Then Saturn turns retrograde 7/26. When Saturn turns Direct 12/10, Neptune follows suit 12/12. Stations near a New or Full Moon have extra impact! In 2026, there are stations within 1-2 days of the 1/3 Full Moon, 2/1 Full Moon, 3/18 New Moon, 10/26 Full Moon, 11/24 Full Moon and 12/8 New Moon. Stations occur exactly at the 6/29 Full Moon and 9/10 New Moon. It's best to avoid major decisions and actions around any of these times.

See if any station degree makes a strong connection to your chart (within 2° of being exact). In that case, the entire Retrograde cycle, including shadows, presents challenges for the part of your life related to the affected item(s) in your chart. The impact is most noticeable a few days around the stations. The Retrograde planet stimulates the matters of the house the contacted natal planet occupies and any house where it rules the sign on the cusp.

MOON GROOVES

For about six months from each autumn to the next spring, New and Full Moon degrees repeat, shifting 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 1-2° per month until another groove ensues. Such an emphasis extends the usual influence of New and Full Moons.

New Moons from September 2025's eclipse through April 2026 are within one degree of 28° of the signs. Full Moons during the same period occur within one degree of 13°. In the next groove, starting September 2026, New Moons occur within one degree of 17° of the signs through April 2027 and Full Moons are within one degree of 2° through March 2027.

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 significant, 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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	MERCURY	VENUS	MARS	CERES	JUPITER	SATURN	CHIRON	URANUS	NEPTUNE	PLUTO	MOON PHASES
				D 11/12/25 2°31' AR	R 11/11/25 25°9' CA	D 11/27/25 25°9' PI	R 7/30/25 27°10' AR	R 9/6/25 1°28' GE	D 12/10/25 29°22' PI	D 10/13/25 1°22' AQ	E = ECLIPSE
JANUARY							D 1/2 22°36' AR				Full 1/3 13°2' CA New 1/18 28°44' CP
FEBRUARY	B 2/11 8°30' PI R 2/26 22°34' PI		E 2/5 16°48' AR					D 2/3 27°28' TA		E 2/4 3°49' AQ (prior R shadow)	Full 2/1 13°4' LE New 2/17 28°50' AQ
MARCH	D 3/20 8°30' PI				D 3/10 15°5' CA	E 3/2 7°13' PI			B 3/16 1°37' AR (next R shadow)	E 3/31 2°10' AR	Full 3/3 12°54' VI New 3/18 28°27' PI
APRIL	E 4/9 22°34' PI					B 4/20 7°56' AR E 4/25 27°10' AR (prior R shadow)	B 4/10 26°16' AR (next R shadow)		(prior R shadow)		Full 4/1 12°21' LI New 4/17 27°29' AR
MAY	Dates based on Eastern Time Zone										Full 5/1 11°21' SC New 5/16 25°58' TA Full 5/31 9°56' SG
JUNE	B 6/12 16°19' CA R 6/29 26°15' CA				E 6/6 25°9' CA						New 6/14 24°3' GE Full 6/29 8°15' CP
JULY	D 7/23 16°19' CA					R 7/26 14°45' AR			R 7/7 4°25' AR		New 7/14 21°59' CA Full 7/29 6°30' AQ
AUGUST	E 8/6 26°15' CA						R 8/3 0°52' TA				New 8/12 20°2' LE Full 8/28 4°54' PI
SEPTEMBER		B 8/31 22°52' LI									New 9/10 18°26' VI Full 9/26 3°37' AR
OCTOBER	B 10/4 5°2' SC R 10/24 20°58' SC	R 10/3 8°29' SC		B 9/10 10°12' CA B 9/17 17°0' LE				R 9/10 5°41' GE			New 10/10 17°22' LI Full 10/26 2°46' TA
NOVEMBER	D 11/13 5°2' SC E 11/30 20°58' SC	D 11/13 22°52' LI	B 11/5 20°56' LE		R 11/22 23°56' CA					D 10/15 3°4' AQ	New 11/9 16°53' SC Full 11/24 2°20' GE
DECEMBER		E 12/15 8°29' SC	R 1/10/27 10°25' VI	D 2/23/27 10°12' CA	R 12/12 27°1' CA D 4/12/27 17°0' LE	D 12/10 7°56' AR E 3/15/27 14°45' AR	D 1/6/27 26°16' AR	D 2/8/27 1°41' GE	D 12/12 1°37' AR E 4/2/27 4°25' AR	E 2/6/27 5°30' AQ	New 12/8 16°57' SG Full 12/23 2°14' CA

New Moon
 Full Moon
 Eclipse
 Shadow begins
 Retrograde
 Direct
 Shadow ends
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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 2026 Retrograde, turning Direct 1/11 at 24°37' AR. It has overlapping shadows from 3/4 to 5/30 between 24°51' AR and 25°44' AR, turning Retrograde 7/22 at 25°58' AR. It next turns Direct 1/12/27 at 24°51' AR.