

Retrograde Cheat Sheet for 2020

Keeping track of retrograde planets, the signs they're navigating, shadow phases and everything in between, is a great way to understand the patterns, cycles and energies that each planet is here to grant us. The shadow phase, in particular, allows us to gather the pieces that remain from the retrograde and move forward stronger, focused and with a better end goal in mind. Ready to learn more? For more free astrology and journaling worksheets, check out thewritingorbit.com.

Saturn in Aquarius to Capricorn + Back to Aquarius. How is freedom expressed and what does it mean for the greater good to be truly free; what is the revolution happening and where? Are the structures we have working for the greater good?

Retrograde: May 10

Direct: Sept. 28

Out of Shadow: Jan. 4, 2021

Jupiter in Capricorn. What are some of the beliefs or convictions you're holding on to —and why? Assess your "career" and what you previously deemed "success" in it. How do your beliefs connect to your calling?

Retrograde: May 15

Direct: Sept. 12

Out of Shadow: Dec. 10

Uranus in Taurus. Check on your Earth friends often. Also, "ojo" as they say to what's going on with bitcoin and our concept of money, making money and finances in general. This retrograde will be in full blast mode as the U.S. election season heats up.

Retrograde: Aug. 15

Direct: Jan. 14, 2021

Out of Shadow: May 5, 2021

Neptune in Pisces. Between this planet and Saturn, both transiting their ruling signs, things feel a little more potent. What is real? What are facts? And how are you navigating between that and your dream world?

Retrograde: June 23

Direct: Nov. 29

Out of Shadow: March 20, 2021

Pluto in Capricorn. Pluto will be transiting this turf until late 2024 (with some Aquarius in between). What is power and who dishes it and against whom?

Retrograde: April 25

Direct: Oct. 4

Out of Shadow: Jan. 26, 2021

