

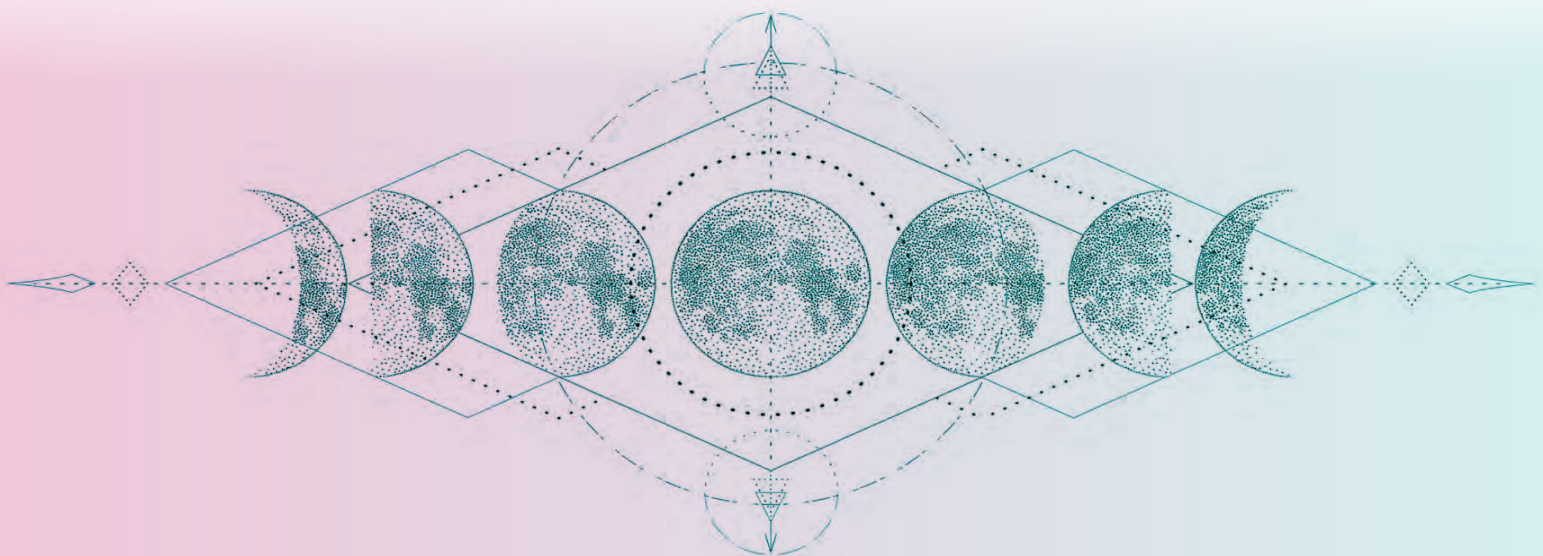
# Progressions - Staying in tune with the cycles of life

*“Nature is a mystery school for the soul.”*

So says author Rebecca Jennings in her book *“Your Soul had a Dream, Your Life is It”*. Jennings says nature's seasons hold the codes for cyclic living, as do the cycles of the flora that wilt, grow, blossom and die. The key words here are 'cyclic living'. We live in a world, a universe that is cyclic. All is encoded and harmonised. Harmonics exist in music, mathematics, weather and astronomy. We also have sleep cycles, weather cycles, economic cycles, birth and death, and cycles of the seasons.

It is, perhaps, no wonder that western society is currently experiencing a burgeoning interest in the planetary cycles and their influence on life on earth. The study and ancient practice of astrology has long helped humans tune into repeating patterns. Astrology has its uses in medicine, politics, weather prediction, financial markets and more. As individuals we have consulted the star maps for centuries, finding meaning in the greater understanding of our own destiny and purpose, our place in the greater cosmic patterns. Astrology is a science based on cycles. And astrology helps us tune into to our own natures, the nature of planet earth and our growing awareness of how everything is linked – cycles within cycles.

One of the most important cycles for planet Earth and our life on Earth is that of the Moon. The Moon has played a key role in the evolution of earth. Without this Moon and its cycles, life on Earth would paint a very different picture. In astrology, one of the astrological cyclical calculations that can bring awareness to the underlying rhythms within our life is called the 'secondary progressed lunar phase'. This planetary pattern is based on the progression of the Sun and Moon from the time of our birth. This is a symbolic system which reflects the cycle of the Sun and Moon over years rather than days.



In the secondary progressed lunar system, the lunation cycle takes approximately 28 – 30 years to complete. This system is based on your birth chart and starts from the time of your birth, with your own lunar phase. There are 8 lunar phases – New Moon, Crescent, First Quarter, Gibbous, Full Moon, Disseminating, Third Quarter and Balsamic. Each one paints a different picture for the background of your life. Are you, for instance, in a New Moon phase where it is time to plant seeds, new ideas or new projects. Or perhaps you are experiencing a Full Moon period during which you are ready to reap the rewards of all that you have sown in previous phases.

I have been working with these phases for decades. They are a cornerstone of my astrological practice. I know they work, both from my work and my personal life. Following are the phases with a basic interpretation. If you don't know your current phase you could check your astrology software, such as my Astro Gold macOS app. Or you could ask your astrologer.

**New Moon:** It is time to sow the seeds for the next 29-year phase of your life. In the past few years you undergone a winter phase, one during which you have had plenty of time to reflect on your life and make plans for the future. You have recently been through a period of pondering a deeper meaning in your life, reevaluating your values and adjusting your goals. Perhaps you have had to let go of loved ones or cherished dreams. It has been a time of Winter where many things have seemingly lain dormant in your life. Now you are entering a Spring phase and can begin to explore new ideas and reach out for new experiences.

New people and new projects are likely to enter your life now. You are also likely to explore different relationships and activities that can help you achieve your goals. Perhaps you ended a significant relationship during the previous phase, mourning the loss of a loved one. Now you are free to meet someone new, perhaps to marry or make some other commitment. On the other hand, you may have moved home, away from the comfort of your family. After a period of resettlement, you are now eager to explore your new environment. It is also possible that you are in the process of changing careers. Whatever the scenario it's now time to birth your new ideas. You are now ready to approach your life with renewed self-confidence and purpose. So, celebrate your past achievements and treasure the memories and take the first step into your new life.

**Crescent Phase:** For the past few years, you have been at the beginning of a new life cycle, exploring new opportunities in your relationships, home, hobbies and career. You have been planting seeds and now you are likely to seed the shoots begin to show. In other words, anything new started in the past few years will start to gain momentum during this cycle. A new home, job or relationship begins to take shape during this phase. If you have chosen well during the previous phase then you are likely to reap the benefits of a rewarding home life, blossoming career, or supportive marriage. However, if you have been rash in your choices, you may now have to adjust in these areas. Either way you begin to feel driven to make things happen.

Asserting yourself becomes a goal. You recognize that you are entering a period of creativity and you feel a strong urge to take action to achieve your dreams. Sometimes this requires a change of attitude by you, or your friends and family. Adjustments may be necessary as you readily embrace a new way of life.

This can be challenging if other people have not attuned to the changes in you. You now need to assert yourself, ensuring that you continue to move forward in your life. Your creativity and energy can propel you closer to your dreams. The idea is to adjust your course, if necessary, or to allow matters to unfold of their own volition, trusting that you are headed in the right direction.

**First Quarter:** The Eagles song 'Life in the Fast Lane' could be the catchphrase for this period of your life. That's because your life is about to speed up. It is now is time for action. You have been exploring a new direction in one or more areas of your life for the past seven or so years. Now your efforts are likely to pay off. You may be spoiled for choice by the number of opportunities that arise now. You have the drive and ability to make the most of this phase, however; you may lack discrimination when it comes to making the right choice. Do not despair. You need to remain

flexible enough to make the necessary adjustments to keep you on the right course for achieving your goals. It is time to face any fears that may be blocking your path. You may be frightened, but do not hesitate. You may also experience opposition from others as you begin to express yourself more forcefully. Listen to their concerns, make any necessary adjustments but do not let others determine the course of your life. You are in charge and need the freedom right now to learn your own lessons, even if you make some mistakes along the way. Your determination will reap great rewards during this phase. You are learning your craft, and your experience will prove invaluable in the future.

**Gibbous:** It is time to pause and reflect on changes that have taken place over the past 10 or so years. Whether you realize it or not you have been through a lengthy period of change, either in your personal attitudes and behaviour or in your activities related to work, family and partnerships. The seeds of change were sown some years ago and you have been slowly working to harvest the results. Now it is time to slow down and ensure that you are on the right track. This is a self-improvement phase during which you need to clarify your personal goals and create a plan of action to develop them. You may find that you need to take time to perfect your skills. Make sure that your eagerness to achieve perfection in your own life is not directed towards other people. Other people are unlikely to have the same passion for self-improvement. Of course, you could direct your efforts into teaching a course of self-improvement. This way you develop an avenue of expression for your own passion for self-improvement and your need to enlighten other people! However, the key to this phase is to concentrate on self-assessment, making adjustments and gaining clarity to ensure that you continue your journey to fulfillment in the next phase. Although this period focuses on reassessment, it is also important that you continue to act to further your goals and purpose. As you perfect your skills, you also need to practice them. Something is about to blossom.

**Full Moon:** You are about to reap the rewards of your efforts. You have reached a culmination point in your life. You are set to benefit from seeds sown and nurtured for the past 14 years or so. The success that you experience during this part of the cycle largely depends on how well you have tended the different areas of your life. If you have steadily and creatively worked towards your goals, shouldering your responsibilities along the way, then you are likely to reap great rewards during this time. You now have the wisdom of hindsight. You can look back over the past 14 or so years and recognize your successes and your mistakes. You are the top of the mountain, and it is time to make the most of experience. You need to make the most of all that you have learned and make hay while the sun shines, so to speak. This is your time to receive the rewards of the fruits of your labour.

**Disseminating:** In the past few years, you have been busy making the most of your talents and knowledge. Now you may have a vague feeling that you need to change direction. It is not necessarily time for a complete change, rather you could pivot and share the knowledge and wisdom you have gained from your experiences. Others can benefit from your wisdom. During this phase you could take up further education in your own field of expertise or begin a new field of study. You may begin teaching others or write and publish articles or a book. You are ready to capitalise on lessons learned in the past 17 or so years. In other words, it is time to share or sell your expertise to a wider audience. Teaching, writing, traveling, publishing, contracts and education are all highlighted during this phase of your life. So, get busy. Find your preferred medium. Volunteer or sell your time and experience. Start that course that you always meant to take, market those products.

**Third Quarter:** This is a challenging and rewarding phase of your life. It's time for action, but unlike earlier years now you have acquired the expertise and wisdom to know which challenges are most rewarding and which may prove fruitless. You have learnt much about yourself through your experiences, and the projects that you have undertaken in recent times. Now it is time to put this wisdom into action. And, to enjoy life knowing that you have the expertise and the self-awareness to live life to the full during this period. You may reassess your goals, but you are more

likely to be forging ahead with recently set goals. And you may start to reorient your life to more truly reflect your goals. Therefore, changes can take place in your career, home and relationships. However, you are unlikely to recklessly make these adjustments. Whether you realize it or not the modifications made now are heading you in a new direction. For instance, perhaps you are bored with your job and decide to start a hobby in your spare time. It is possible that this new hobby will become some much more than a pastime, perhaps catapulting you into a new creative direction, or perhaps even becoming the seeds of a business further down the track. Right now, you need to make the most of your talents and skills, but you also need to be aware that your life is going to take an entirely new direction in about five or seven years. Therefore, make the most of your skills and hone them. Don't waste time procrastinating. Rather make the necessary adjustments and forge ahead.

**Balsamic:** It is time to reflect on your achievements of the past 25 or so years with a view to reassessing your dreams and wishes. It is time to slowly and gently let go in all areas of your life and move forward. There is no rush. You have a few years during which to undergo this process. People and things that have played an important role in your life are likely to alter, leaving you with more time on your own. This process can be somewhat unsettling as you miss the comfort of old habits and friends, but the time is ripe for change. You can willingly release the past or you can rail against your fate. The more that you resist the process of transformation, the more likely you are to be frustrated during this period of your life. You may need to take some time to mourn the loss of friends and things that were once close to your heart. You are being urged to slow down, reflect and prepare for a new phase of your life. This means that you need to contemplate the meaning of your life, and perhaps life in general. You can liken this phase to the earth's season of winter. During winter many trees and plants seem to die, losing their leaves and color. They lay dormant beneath the surface, unseen but ready to burst into life in spring. It is the same in your life. You need to trust that your life will blossom again.