

# SOULSTROLOGY

## COSMIC COACHING WORKSHEET FOR JANUARY 2021



### SUN

The Sun shines the cosmic spotlight onto your chart. **Make note of** the houses and life areas the Sun will travel through and shine a light on as well as any natal planets the Sun will directly shine upon.

As January 2021 begins the Sun is at 10° Capricorn, then moves into Aquarius on January 20 and ends the month at 11° Aquarius.

#### SUN NOTES

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### MERCURY

Mercury starts the New Year at 17° of Capricorn and then moves into Aquarius on January 9. On January 14 he begins his pre-retrograde shadow at 9° Aquarius and on January 30 he begins his first retrograde of the year at 26° of Aquarius.

Mercury focuses your mind and governs communications. **Make note of** the houses and life areas Mercury will travel through and bring your attention to as well as any natal planets which he may join up with, focusing your attention on the life areas ruled by these planets. **Also note** where he is in your chart (and therefore which life areas he is focused upon) when the pre-retrograde shadow begins, and of course when the official retrograde starts. **Pay particular attention** if you have any planets or house cusps at 2° either side of his pre-retrograde shadow or his official retrograde degree.

#### MERCURY NOTES

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## ♀ VENUS

As one of the cosmic benefics, Venus bestows pleasure, beauty, love, creativity and value. **Make note of** the houses and life areas Venus will be bringing her blessings to, including any natal planets which may receive a cosmic kiss from Venus.

Venus starts the year at 20° of Sagittarius and moves into Capricorn on January 8 and she ends the month at 28° of Capricorn. **Note if you have your natal** Venus anywhere between 20° of Sagittarius to 28° of Capricorn you will experience your Venus return during this time and can use this as a total reset of all Venus related matters.

### VENUS NOTES

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## ♂ MARS

Mars is the cosmic manifestor and provides motivation and energy. However, he can also bring conflict with him. **Make note of** the houses and life areas which Mars will be energizing as well as any natal planets which will get a direct energy boost from the cosmic manifestor.

Mars starts the year at 27° of Aries and then on January 7 moves into Taurus and ends the month at 12° of Taurus. This will create a big shift for all of us as he will *finally* be changing signs and moving out of Aries where he has been since last Summer thanks to his retrograde motion. **Note that** if you have your natal Mars in Taurus between 0°-12° you will experience your Mars return at this time which is a powerful opportunity to reset goals and re-energize yourself to manifest your desires.

### MARS NOTES

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### NEW MOON AT 23° CAPRICORN

January 12 at 9pm PT

You will receive a Soulstrology New Moon post to guide you as to the specific energies of this Capricorn New Moon but for now you can make note if you have anything at 21-25° Capricorn as it will be highly activated by this powerful New Moon.

#### NEW MOON NOTES

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### FULL MOON AT 9° LEO

January 28 at 11:16am PT

You will receive a Soulstrology Full Moon post to guide you as to the specific energies of this Leo Full Moon but for now you can make note if you have anything at 7-11° of Leo as it will be activated by this significant Full Moon.

#### FULL MOON NOTES

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### JUPITER

Jupiter is **the great cosmic benefic** and brings with him healing, expansion and blessings. Newly in Aquarius you should be aware of the houses and planets in your chart (and therefore life areas) he is gracing with his presence!

Jupiter begins 2021 at 2° Aquarius and ends the month at 9° Aquarius so it is these degrees in which his energy is the most potent and **I recommend checking your chart carefully for the house cusps and planets** which may be directly activated by Jupiter's arrow over January.

#### JUPITER NOTES

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## ♄ SATURN

Saturn is the stern cosmic headmaster who is always pushing us to improve ourselves and rewards us handsomely when we do so.

When he transits certain houses in our chart (and therefore life areas) we can feel his restrictive energy and feel the weight of our responsibilities. He pushes us to get this house (literally!) in order so that we can build from a firm foundation.

He begins the month at 1° of Aquarius and ends the month at 5° of Aquarius **so check which houses (and planets)** Saturn will be focusing on this month. **Note that if** you have your natal Saturn between 1-5° of Aquarius you will be experiencing your **Saturn Return** this month!

### SATURN NOTES

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## ♄ CHIRON

Chiron is the wounded healer and wherever he visits our chart in transit is where he brings up old, deep wounds which need to be healed. He helps us heal by learning about our wounds and becoming wiser for them. He turned direct last month after his annual retrograde so we can really harness his newly direct energy to heal.

He begins and ends the month at 5° Aries. **Note which** houses and planets in your chart (and therefore life areas) Chiron is transiting and where you can harness this healing energy. If you have your natal Chiron at 5° Aries you will be experiencing your Chiron Return – a powerful opportunity to heal old wounds and live the rest of your life from a different energetic foundation.

### CHIRON NOTES

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## URANUS

Uranus is the cosmic change agent and often turns our lives upside down in order to push us into the future. He begins the month retrograde at 6° of Taurus and turns direct on January 12 and doesn't move very quickly so he ends the month at 6° of Taurus (but in direct motion).

**Note which** houses and planets in your chart (and therefore life areas) Uranus is transiting and shaking up and specifically if you have anything at 5-7° of Taurus you will feel his electric energy.

### URANUS NOTES

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## NEPTUNE

Neptune rules spirituality and creativity and rather like his glyph (the trident of Poseidon – the God of the Seas) Neptune brings with him a fluidity but also an illusory energy which is why his shadow is deception and addictions (often are the result of escapism).

He begins January 2021 at 18° of Pisces and ends the month at 19° of Pisces.

**Note which** houses and planets in your chart (and therefore life areas) Neptune will be transiting specifically at 18-19° and harness his energies to infuse these life areas with spirituality and creativity, watching out for his slippery shadow.

### NEPTUNE NOTES

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## PLUTO

Pluto is the transformer. He does so by destroying what is old and decaying so newness can be birthed. He has been in Capricorn for quite some time now and last year made a number of aspects to other planets such as Saturn and Jupiter, so we should all be familiar with the houses and planets in our charts (and therefore life areas) which Pluto will be continuing to transit.

He begins January 2021 at 24° Capricorn and ends at 25° Capricorn so **watch out for** any house cusps or planets at these degrees or one degree either side (so 23-26) as they will be experiencing those Plutonic energies.

### PLUTO NOTES

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