

A SEASONAL REFLECTION GUIDE

A Guide Through Autumn

Thirteen weeks, read one at a time. From the full moon of late September to the quiet of mid December.

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How I came to work this way.

For the last few years I have been working with the transits, and with the new and full moons. Not as a ceremony, not as something to release or forgive. Simply to see which themes are in the field, and how they reflect what is moving in my own inner world.

Sometimes it was so accurate that my mental suffering resolved on the spot. Naming the theme was enough. Over time it has helped me become, more and more, a passenger of this body. Without becoming detached from the human experience.

I say sometimes on purpose, and this part matters. Some collective transits will reach you far more deeply than others, and that depends entirely on your own unique design. If a week lands quietly for you, nothing has gone wrong. It is usually because that energy is already written in your own design, so you carry it consistently and the transit simply influences you a little less.

So read this as a mirror rather than a forecast. Hold each theme next to your own inner world and see what it reflects. Where it says nothing, let it say nothing.

ONE PRACTICAL NOTE

All dates and times in this guide are given in Central European time, from Belgium, where I live and work. Depending on where you are, the exact moment of a moon will shift by a few hours. The theme does not.

The sun sends information, and we are standing in it.

The sun does not only send light. It streams neutrinos, and they carry information. They pass through everything, including this page and your body, day and night. Whichever energy the sun stands in colours what the whole planet receives at that moment, and each planet adds its own frequency to the stream, so the message never stands still. That is what a transit is. Not a symbol. A stream we are all sitting inside. We are being informed constantly, and knowing a little about what is arriving makes it easier to carry, mostly because you stop taking all of it personally.

THE SUN · FIVE TO SIX DAYS

The active part, the yang force. What is illuminated and driven into the collective spotlight, so it shows what we are all outwardly engaging with. It arrives as doing energy. Sometimes an event comes with it, sometimes it is simply an internal mood.

THE MOON · TEN TO ELEVEN HOURS

All sixty four energies in roughly twenty eight days. The emotional weather, driving short lived moods and temporary activations. It can briefly complete something open in your design, which is why a theme feels urgent and then passes.

SATURN · TWO TO THREE YEARS

Discipline, structure and accountability. Saturn is the judge. It shows where boundaries must be respected and what stepping outside your integrity costs, and it breaks down whatever was never sustainable.

THE EARTH · OPPOSITE THE SUN

The receptive part, the yin force, always balancing the sun's energy. It is the floor beneath the solar theme, which lets it land and keeps us from burning out in the spotlight. When you feel unsteady, this is what helps you ground the sun's energy.

JUPITER · ABOUT A YEAR IN A SIGN

Jupiter emits roughly four percent of the neutrino stream, which is why it matters despite moving slowly. Expansion and internal law. That growth is available to whoever lives by their own authority, not someone else's rulebook.

THE NODES · SLOWER STILL

Think of the nodes as the stage the whole world is standing on, not the actors on it. They set the backdrop, the topics, the kind of change people push for.

DATES TO REMEMBER

Full moon	26 September · 18.50
New moon	10 October · 17.50
Full moon	26 October · 05.13
New moon	9 November · 08.02
Full moon	24 November · 15.55

New moon	9 December · 01.52
Jupiter shifts	27 September
Saturn shifts	28 October
Jupiter shifts	2 November
The nodes shift	24 November

39

21 to 27 September

*The season opens in the body as a temple,
and in a love that does not judge.*

A full moon on Saturday the 26th, and Jupiter shifts on Sunday the 27th.

THE SUN

Love of the Body

Gate 46 is love for the body, exactly as it is. Every experience it has is right, even the hard ones, and nothing needs dodging to be worth having. It trusts that the body's own responses already lead you at the right time.

THE EARTH

Pure Innocence

Gate 25 is love without conditions, loving what is without picking who deserves it. It is the gate of the spiritual warrior and the shaman. Its real test is not performing for others, it is coming back to yourself when that love has worn thin.

REFLECT · FOR AWARENESS, NOT FOR CHANGING ANYTHING

What is your relationship to your body, do you love your body as it is? Or are you always improving in an obsessive way?

What about experiences, are you okay with unpleasant experiences? Or is that something you judge yourself or others over?

Where could you soften your standards this week, just to enjoy being in your body?

WATCH FOR

The urge to push your body harder than it wants to go, in the name of self-improvement.

GROUND

Take a pause. Watch the innocence of nature around you, the light, the falling leaves, the small things you'd normally miss.

SATURDAY 26 SEPTEMBER, 18.50 · IN ARIES

Tested Innocence

GATE 25, LINE 6 · IN EXALTATION

A full moon is when things come to a head. Whatever has been quietly building becomes too loud to ignore, and something often reaches a natural end. In Aries that arrives fast and direct, without much patience for waiting it out.

Gate 25 is love without conditions, the ability to love what is without picking and choosing who deserves it. It is the gate of the spiritual warrior and the shaman, and its real test is not performing for others. It is coming back to yourself when that love has worn thin. This gate heals by withdrawing, not by convincing anyone.

Line 6 here is called ignorance. It holds the memory of an action that once went wrong and caused real suffering, and it can answer that by becoming so careful it stops acting at all. The growth is not in staying safely uninvolved. It is in finding your way back into life without needing every action to be perfect first.

SIT WITH

*Where have you become so careful about acting at all,
because an old action once went wrong and you suffered
for it?*

LET GO

Let go of the belief that staying still is what keeps you safe.

SUNDAY 27 SEPTEMBER

Jupiter Shifts

Jupiter emits roughly four percent of the neutrino stream, which is why it matters despite moving slowly. It is expansion and internal law. Whatever it stands in gets enlarged and rewarded, and that growth is available to whoever lives by their own authority, not someone else's rulebook.

It moves out of gate 7, the role of the self. That is leadership energy, but the kind that works by supporting rather than taking the lead. It finds peace when it stops reaching for the front and offers direction instead, and it cannot be forced into power. It only lands when the community recognises it.

And into gate 4, the gate of answers. This energy wants an answer to everything, whether or not the answer holds up. It asks the questions and makes the hypotheses, but it cannot check them, so it will happily produce a confident answer that is nonsense. What Jupiter adds is volume. It makes that hunger for answers bigger and rewards it, so the whole field will feel pushed to explain, and to sound sure while doing it.

REFLECT

Where do you feel pressure to answer quickly, when “I don't know yet” is actually more honest?

GROUND

Before answering something today, pause for one breath first.

40

28 September to 4 October

*A sharpened eye, and a strong opinion
underneath it.*

Libra season begins. You might feel a strong need for balance and harmony right now. There's a pull to keep things nice rather than open up the harder questions, just to avoid disturbing the peace. Learn to share your good feelings and your bad ones equally, don't be afraid to be who you really are, despite what's expected of you.

THE UNDERTONE OF OCTOBER

The whole of October moves through all the spleen gates, one after another. The spleen is survival, taste, intuition and instinct. It was first called the cleansing machine, the washing machine of the body. That undertone runs underneath every week of this month.

THE SUN

Correction

Gate 18 is the awareness of what can be corrected and what cannot, a sharp eye for what could work better. This is a time to learn generationally, from parent to child, which makes it essential material.

THE EARTH

Opinions

Gate 17 takes logic and shapes it into a clear opinion, useful for finding real solutions. The catch: opinions often feel personal to the people receiving them, even when they're meant to help.

REFLECT · FOR AWARENESS, NOT FOR CHANGING ANYTHING

As a woman, how were you conditioned by your father, and as a man, how were you conditioned by your mother?

What is being handed down from parent to child in your line, and what is yours to correct, or to leave alone?

WATCH FOR

Correcting people close to you more than you would a stranger, old patterns often show up through this gate.

GROUND

If you catch yourself stuck in your own opinions, take a walk and simply observe, without judging what you see.

41

5 to 11 October

*Depth you already carry, and then a knowing
that needs no preparation.*

A new moon on Saturday the 10th.

THE SUN

Depth, then Intuitive Insight

Gate 48 asks you to trust the depth you already carry, even when it feels like there's more to learn. From Thursday the eighth, that depth sharpens into Gate 57, a sudden, clear knowing that needs no preparation at all.

THE EARTH

The Huntress, then Shock

Gate 21 wants control over how resources and responsibilities are shared, especially in your own space. From Thursday, Gate 51 brings a jolt, a disruption that wakes you up rather than knocks you down.

REFLECT · FOR AWARENESS, NOT FOR CHANGING ANYTHING

How can you embrace your depth more, instead of doubting it?

Is the insecurity about "not knowing enough" something you can simply sit with right now?

How does your intuition talk to you, and how can you listen to it more this week?

WATCH FOR

Over-preparing for something simple, or dismissing a sudden shock that's actually clearing something up.

GROUND

If you feel insecure, lean on the resources around you. There is grounding to be found in your tribe.

SATURDAY 10 OCTOBER, 17.50 · IN LIBRA

Clarity, Not Doubt

GATE 57, LINE 3 · IN EXALTATION

A new moon is a starting point. The sky is dark, so it is a moment to plant something rather than act on it yet. In Libra, what wants planting has to do with balance and fairness, mostly in how you are with other people.

Gate 57 is intuition, and this week it is available to all of us. It is the ability to go straight to the heart of something, right now, without having to think it through first. You already have this. It only needs quiet to reach you.

This line has no difficult side at all, which is rare. It gives you a sharp, clear intelligence. And when you are properly anchored in the now, there is no tomorrow to be afraid of.

SIT WITH

Where are you not in the now? And are you giving yourself enough nothing time for intuition to arrive?

LET GO

Let go of being busy for one day. Forget what is next and where you need to be, and give yourself time to be anchored right here.

42

12 to 18 October

*Carrying on, and the question of what is ready
to be finished.*

THE SUN

Continuity

Gate 32 is first of all about individual survival on the material plane. It will not rush toward a revolution, but once something is established in the community it adapts instinctively, keeping its own nature intact.

THE EARTH

Growth

Gate 42 wants to see things through to real completion, not just started and abandoned. It works best paired with follow-through, turning potential into something finished.

REFLECT · FOR AWARENESS, NOT FOR CHANGING ANYTHING

Can you feel your own ambition underneath the routine?

What in your life can be transformed, and what cannot? Take your time with this, there is no rushing it.

WATCH FOR

Keeping a routine or project alive past its natural end, out of fear rather than purpose.

GROUND

Pick one thing you've been "still working on."
Either close it, or commit to it fully, no more limbo.

43

19 to 25 October

The values that hold a community, and the order you make yourself.

THE SUN

Values

Gate 50 feels responsible for the wellbeing of the people around it, holding the values that keep a community together. Its challenge is knowing which values are truly its own, and which were simply inherited.

THE EARTH

Ordering

Gate 3 pushes to finish and resolve things in its own way, even without a clear starting direction. Patience with the mess at the beginning eventually brings real order.

REFLECT · FOR AWARENESS, NOT FOR CHANGING ANYTHING

What are your own values, can you actually name them, or do you need to dig for them?

Which rule are you following because it's expected, not because you still believe it?

What do you need to resolve in your own way, even if it starts messy?

WATCH FOR

Feeling responsible for others' wellbeing more than feels fair to you.

GROUND

If there is chaos, add patience. The energy that orders it is already on its way, and all you have to do is wait for it to arrive.

44

26 October to
1 November

*Meaning found through struggle, and care that
forgets to include you.*

A full moon on Monday the 26th, and Saturn shifts on Wednesday the 28th.

THE SUN

The Game Player

Gate 28 takes risks in the search for real meaning, willing to struggle for what matters. Its fear, that life has no meaning at all, is exactly what pushes it to keep searching.

THE EARTH

Caring

Gate 27 nurtures and protects the people it loves, sometimes at real cost to itself. True care also means knowing when to let someone struggle a little, so they can grow.

REFLECT · FOR AWARENESS, NOT FOR CHANGING ANYTHING

What's your meaning in this life, is that clear to you, or still forming?

Which battles are you fighting right now, are they even yours to fight?

If melancholy comes up, the sense of life as devoid of purpose, can you watch it without giving it meaning?

WATCH FOR

Sacrificing your own needs for others without even noticing you're doing it.

GROUND

Nourish yourself. Take the time. That is what will help you feel grounded these days.

MONDAY 26 OCTOBER, 05.13 · IN TAURUS

When Giving Turns

GATE 27, LINE 1 · IN DETRIMENT

A full moon in Taurus asks what you actually need to feel full. Comfort, steadiness, something you can touch. Taurus is good at nourishing and steady grounding, so let it help you. The sun sits in the same gate and line opposite this moon, so both halves are lit at once.

Gate 27 is caring and nourishment. It matters because nothing survives without it. So the question this week is simply whether you are caring too much, or too little, for yourself.

Line 1 is where caring turns into envy. You might feel it because someone else seems to look after themselves better, or because something feels unfair. That is okay. Sit with it, and let it show you how to care for yourself and what you actually need. A full moon starts a new cycle, so this is a good place to begin one.

SIT WITH

How can you nourish yourself more deeply right now, and where are you caring too little for you?

LET GO

Let go of caring for everything and everyone that is not yours to carry, or not in line with your values.

WEDNESDAY 28 OCTOBER

Saturn Shifts

Saturn moves retrograde into gate 17, the gate of opinions, and stays there until the new rave year begins, carrying us to the end of the cross of planning. This is the gate of the student and the teacher, where logic is organised into a formula and prepared for expression.

This gate is the right eye. It sees clearly in the now, it is the best eye for experimentation, and it works by finding a fixed pattern and projecting forward from it. Saturn adds weight and consequence. Where this gate would happily keep projecting the same pattern forward, Saturn asks you to be accountable for it, and to notice that a firmly held opinion is not the same thing as a fact. The twist is that the teaching turns inward. Saturn is not asking you to convince anyone, it is asking whether the formula you keep repeating still holds.

REFLECT

Which pattern are you projecting into the future, and is this still correct for you?

GROUND

Take one opinion you state often and look for the fact underneath it. If there is none, let it stay a possibility.

45

2 to 8 November

What has worked before, and then something entirely your own.

Jupiter shifts on Monday the 2nd.

THE SUN

Alertness, then Self-Expression

Gate 44 looks to the past for patterns that can be trusted again, assessing what's worked before. From Thursday the fifth, Gate 1 takes over, a sudden pull toward your own unique creative expression.

THE EARTH

Rationalizing, then Higher Knowledge

Gate 24 rationalizes and makes sense of new ideas before they're shared. From Thursday, Gate 2 offers a quieter, more intuitive sense of direction.

REFLECT · FOR AWARENESS, NOT FOR CHANGING ANYTHING

What have you learned from the past that you can trust again now?

Is there an old fear of instability holding you back from moving forward?

From Thursday: what do you want to create, purely because it's yours?

WATCH FOR

A sudden creative urge arriving unannounced from Thursday onward, don't dismiss it as random.

GROUND

Spend ten minutes making something just for the joy of it, no audience, no purpose.

MONDAY 2 NOVEMBER

Jupiter Shifts Again

Jupiter moves into gate 29, the gate of saying yes, and gives the neutrino stream that flavour. It is the energy of entering an experience fully without knowing where it leads, and expansion now lands there, so the field rewards whoever commits. It carries a second instruction that is easy to skip. Rest is part of it. A yes without rest becomes a yes you cannot keep.

This is different from the sun carrying the same energy. The sun would light it for five or six days and move on. Jupiter magnifies and rewards it for months, so the yes you give in these weeks sets a direction rather than a mood.

REFLECT

What would you say yes to if you followed your own internal law, and where would that expand you?

GROUND

Say one yes that belongs to your own values, and give it the rest it needs to be kept.

46

9 to 15 November

*Insight arriving from inside, and then asking
for the right words.*

A new moon on Monday the 9th.

THE SUN

Self-Expression, then Insight

Early in the week, your own creative expression is still settling in. From Wednesday the eleventh, Gate 43 brings sudden insight, understanding that arrives from within, not from outside.

THE EARTH

Assimilation

Gate 23 knows how to find the right words and the right timing to share what it knows. Its gift is turning a sudden insight into something others can actually understand.

REFLECT · FOR AWARENESS, NOT FOR CHANGING ANYTHING

What insight have you had recently that you haven't shared yet?

Can you write your insight down and wait until someone actually asks to hear it?

Are you holding too tightly to your own view, dismissing what others bring?

WATCH FOR

Miscommunicating something important because you rushed to share it too soon.

GROUND

Write your insight down privately first. Let it sit for a day before deciding how to share it.

MONDAY 9 NOVEMBER, 08.02 · IN SCORPIO

Originality Asks for Solitude

GATE 1, LINE 4 · NEITHER EXALTED NOR IN DETRIMENT

A new moon in Scorpio goes deep rather than wide. It is a good moment to name what has been quietly running you, and to put your energy into one thing properly instead of many things halfway.

Gate 1 is pure creativity, a style that is entirely your own, and it usually shows up when you are alone. Kept away from other people's opinions it stays fresh, and given time it becomes a beauty that does not fade.

Line 4 is being alone as the place where creativity happens. Working on your own protects it. Leaning on other people's ideas quietly waters down what was yours.

SIT WITH

*Is your creativity flowing truly from your own uniqueness,
or shaped by who might see it?*

LET GO

Let go of the end result, and of it needing to be useful or beautiful. Just create. Thirty minutes, alone, no phone.

47

16 to 22 November

*Energy that grows the more you use what you
are actually good at.*

THE SUN

Power Skills

Gate 14 fuels real ability, energy that grows the more you use your actual gifts, instead of draining you. Its gift is generosity, using what you're good at to genuinely help others.

THE EARTH

Contribution

Gate 8 leads by example rather than instruction, making its individual contribution visible. Its gift is showing others what's possible, simply by living it.

REFLECT · FOR AWARENESS, NOT FOR CHANGING ANYTHING

What do you need right now to empower yourself?

What do you truly love to do, can you do a small bit of it today?

Are you generous with your gifts, without letting others take advantage of them?

WATCH FOR

Working hard on things you don't actually love, just because you're capable.

GROUND

Do one thing today purely because you're good at it and enjoy it.

48

23 to 29 November

*Your own supply of power, and the practice of
being where you are.*

A full moon on Tuesday the 24th, and the nodes shift the same day.

THE SUN

Power

Gate 34 is an enormous, independent supply of energy that doesn't need outside approval to feel capable. There's a lot of busy energy in the background right now, use it, but don't burn through it.

THE EARTH

The Now

Gate 20 is real presence, seeing life only as it is, right now, without rehearsing the past or the future. Located in the throat, it carries strong manifesting power when you're actually here.

REFLECT · FOR AWARENESS, NOT FOR CHANGING ANYTHING

What is it you need to pick up and work harder on right now?

Can you give yourself real rest alongside that effort?

Where do you need outside validation for something you're already capable of?

WATCH FOR

Working hard without resting, this gate doesn't need permission, but it does need pacing.

GROUND

For five minutes today, notice only what's in front of you, no planning, no replaying.

TUESDAY 24 NOVEMBER, 15.55 · IN GEMINI

Self-Awareness, Not Self-Image

GATE 20, LINE 3 · NEITHER EXALTED NOR IN DETRIMENT

This one falls at 15.55, and many people read 555 as a sign that change is already on its way. In Gemini that change shows up first in the mind, in how you think and talk about your own life.

Gate 20 is about really being here, seeing life as it is, without replaying the past or rehearsing the future. At its hardest it stays on the surface and only looks present. At its best it becomes quiet self assurance, the kind that comes from knowing yourself rather than performing yourself.

Line 3 is knowing yourself by looking honestly at what you actually do. Taken too far it becomes so self conscious that you stop moving at all.

SIT WITH

Where are you not really living in the now, but stuck in the future or the past instead?

LET GO

Let go of everything that is not now.

TUESDAY 24 NOVEMBER

The Nodes Shift

Think of the Nodes as the stage the whole world stands on, not the actors on it. The old backdrop was about chasing quick answers and restless new experiences. The new one is about standing up for fairness and shared principles.

The channel of recognition also leaves the transits with this shift. That is the restless push of desire toward new experience, the constant fantasy of a new feeling, the pressure to find excitement and then prepare for the next round of it. If the last five months have felt like a donkey chasing a carrot you could never name, the chase quietens here.

What arrives instead is principles and formulization. More people establishing rules and boundaries in their communities, and pushing back where resources are shared unjustly. More people needing an answer to everything, whether or not the answer is valid. This is the stage until April 2027.

REFLECT

Where have you been chasing a new experience without knowing what you actually wanted from it?

There is nothing to do with this one. It is simply more to notice around you.

49

30 November to 6 December

*Small details held long enough to matter, and
then a steady rhythm.*

THE SUN

Focus, then Fixed Rhythms

Gate 9 holds attention on the small details long enough for them to actually matter, instead of giving up too soon. From Thursday, Gate 5 needs a steady, repeating rhythm to feel secure and recharged, its edge is jumping from task to task without finishing, leading to burnout.

THE EARTH

Skills, then Change

Gate 16 refines a skill through repetition until it becomes real mastery. From Thursday, Gate 35 brings a hunger for something new, a sense that change is close.

REFLECT · FOR AWARENESS, NOT FOR CHANGING ANYTHING

What needs your focus right now?

Is there something you're about to give up on too soon, before exploring every option?

What's your unique rhythm, a habit to introduce, or one you're finally ready to let go of?

WATCH FOR

Making a hasty decision just to stop feeling overwhelmed, or jumping between tasks without finishing any of them.

GROUND

Try one small rhythm shift this week, phone away by 9pm, or 30 minutes earlier in the morning just for you.

50

7 to 13 December

The clever shortcut, and the instinct to gather everything in.

A new moon on Wednesday the 9th.

THE SUN

Fixed Rhythms, then The Egoist

The steady rhythm continues briefly, then from Wednesday the ninth, Gate 26 sharpens into the instinct to find a clever shortcut, maximum reward for minimum effort. That's not automatically a bad thing; the invitation is simply to stay aware of when you're doing it.

THE EARTH

Change, then The Gatherer

Gate 45 gathers resources together, overseeing the wealth and future of a group. This is willpower energy, so watch for promises that were never really yours to make.

REFLECT · FOR AWARENESS, NOT FOR CHANGING ANYTHING

Where are you getting a lot from putting in very little right now, and is that actually okay?

Is this shortcut serving everyone involved, or just you?

Where might one real risk move you forward faster than another shortcut would?

WATCH FOR

The urge to slightly manipulate a situation in your own favor, even in small ways.

GROUND

Before taking a shortcut, ask if you'd be comfortable if everyone involved knew exactly what you did.

WEDNESDAY 9 DECEMBER, 01.52 · IN SAGITTARIUS

The Plan You Are Holding

GATE 5, LINE 6 · IN EXALTATION

A new moon in Sagittarius is a good moment to start something with a wider view, and to look at the whole picture instead of the fine print.

Gate 5 needs a steady rhythm to feel safe and to refill. It does best with things that repeat and can be relied on. At its hardest it becomes impatient, not trusting the timing and pushing to force things early. At its best it is patience, trusting your own rhythm even when nothing around you is cooperating.

Line 6 is yielding. The unexpected is not logical, and that can be genuinely unsettling. You were on step two, then three, then four, and something arrives from completely outside the sequence. That is often exactly what lets the whole process unfold. Logical minds want to explain it afterwards so it fits back into the pattern, the way people say coincidence instead of seeing that two things were always going to meet. You do not have to explain it.

SIT WITH

Can you keep your rhythm, and let the plan change, when something arrives out of sequence?

LET GO

Let go of being annoyed at the interruption in your logical steps. That may be exactly where your magic is.

51

14 to 20 December

*An unfinished idea, and the care with which it
is spoken.*

THE SUN

Ideas

Gate 11 pieces together ideas into a bigger picture, sensing possibility rather than needing hard logic. These ideas don't need to be fully formed to be worth having.

THE EARTH

Caution

Gate 12 speaks from the heart, carefully choosing how something is said, not just what is said. Its gift is knowing when to hold back and when to finally speak.

REFLECT · FOR AWARENESS, NOT FOR CHANGING ANYTHING

What idea have you been quietly piecing together, that isn't fully formed yet?

Does it need to be finished before it's worth having?

Is there something emotional you need to say, but are choosing your words carefully around?

WATCH FOR

Holding back something important simply because the timing doesn't feel perfect yet.

GROUND

Write down one unfinished idea, just as it is, messy, incomplete. Let it exist without needing to be perfect yet.

If you would like to read your own season with me.

◆

This guide follows the sun, the earth and the moon through the season, which means it is written for everybody and so for nobody in particular. It cannot see where those energies fall in your own design.

That is what a conversation is for. An hour, your chart open between us, and the season read against the way you are actually built. There is no urgency in this. If the guide alone was enough, that is a good outcome. And if something in these pages kept returning to you, you are very welcome to bring it.

A ONE TO ONE CALL

Write to me on Instagram and we will find a quiet hour.

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