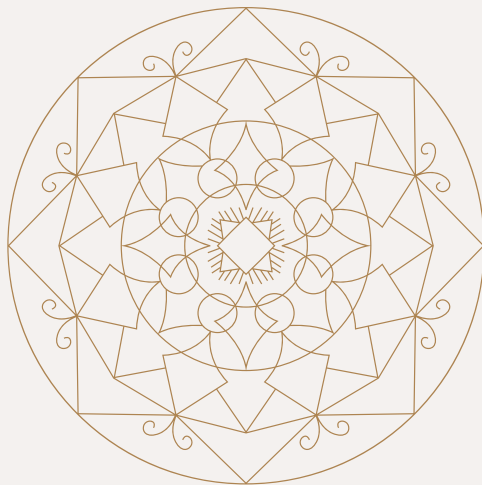


Retrograde RHYTHMS

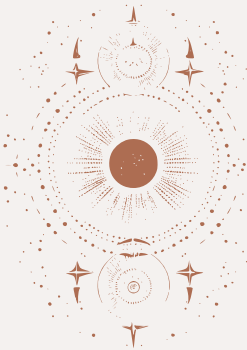
Rewire for 2025



Cosmic Reset

Understanding Retrogrades - An Integrative Perspective

From a scientific standpoint, planetary retrogrades are an illusion born from the interplay of **motion and perspective**. This phenomenon occurs when a planet appears to move backward in the sky due to the relative speeds and positions of celestial bodies in orbit. Rooted in the principles of the **Theory of Relativity** and the laws of planetary motion, retrogrades exemplify Einstein's concept of frames of reference. While no planet actually reverses its trajectory, their apparent reversal is a direct consequence of our Earth-based vantage point.



As Above, So Below

Astrology teaches us that the macrocosm and microcosm mirror each other. When a planet retrogrades, its energetic signature intensifies and turns inward, inviting us to work with its themes in a more introspective and recalibrating manner.

Retrogrades slow us down, highlighting unfinished business, unresolved patterns, and the need for realignment.

As planets shift their vibrational influence during retrogrades, we are called to align with their harmonic resonance, learning to work with the planetary rhythm rather than resist it. **Each retrograde acts as a cosmic tuning fork, calling us to examine aspects of our consciousness that need rewiring**, retrogrades offer a natural phase of **reflection, reset, and regeneration**.

Psychologically, retrogrades can surface unresolved memories, emotional imprints, and subconscious fears, activating the nervous system.

The key is to engage in intentional recalibration—honoring the slowed-down pace, integrating practices, and allowing the mind-body system to adapt to the shifts. Similar to a software update, where old paradigms are deconstructed to make space for new codes of awareness and growth.

Cosmic Reset

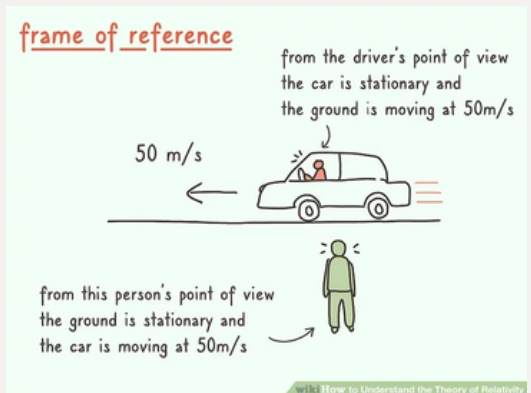
Understanding Retrogrades - The Optical Illusion

*“Reality is merely an illusion,
albeit a very persistent one.
~ Albert Einstein*

A retrograde happens **when a planet appears to move backward in the sky**. This is an optical illusion caused by differences in speed between Earth and the other planet in orbit.

Imagine being in a moving car
–if you pass another car, it can look like it's going backward even though it's still moving forward.

Here is an image from wiki how explaining the theory of relativity in everyday life



What does it mean for Us?

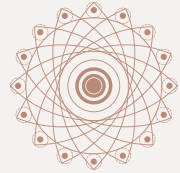
Consider the prefix “**re**” - occurring originally in loanwords from Latin, used with the meaning “again” or “**again and again**” to **indicate repetition**, or with the meaning “back” or “**backward**” to **indicate withdrawal or backward motion**

Reflect, revisit past actions, recalibrate, readjust, release, reintegrate, reassess, review, rewire, reconsider, relax, relate, etc.

Cosmic Reset

Quantum Field Theory (QFT) Explained

The foundation of modern physics that describes how everything in the universe exists as energy fields rather than just solid particles. It states that all particles—such as electrons, photons, and even planets—are excitations (disturbances) in underlying fields that permeate all of space. For example, an electron is not a tiny solid object moving around. Instead, it is a localized vibration or ripple in the "electron field." **Everything we perceive as "physical" is simply energy fluctuating within these fields.**



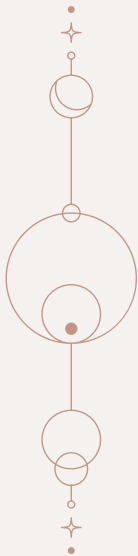
Rewiring for Alignment

As we step into 2025, a year infused with significant cycles, shifts and turnings of epic proportions, we are being invited to approach this as an opportunity for **harmonic realignment**—a cosmic reset designed to **deepen our connection to purpose, clarity, and embodied wisdom.**

To embrace these planetary motions and perspectives as natural intervals of **integration, realigning our frequency with the evolving consciousness of the planet.**

Retrogrades are gateways—portals that allow us to return to deeper truths, refine our intentions, and **step forward with renewed coherence.**

The invitation: to re-member, to re-attune, and to rewire our internal and external worlds for greater integrity, harmony, and purpose.



How to Use this Guide



This guide is designed to be an immersive, intuitive resource that you can return to throughout the year, helping you dance with the retrograde rhythm as opportunities for deep self-awareness, emotional regulation, and transformation.

Here's how to navigate and integrate this guide into your daily practice:

Understand the Retrograde Cycles

Each section of this guide breaks down the meaning of a planetary retrograde, giving you insights into how it may impact different areas of your life, including relationships, career, mindset, and well-being.

Practice Somatic & Embodiment Techniques

Your body holds onto stress, emotions, and memories. Retrogrades can stir up deep-seated patterns, which is why incorporating breathwork, grounding techniques, and movement practices is essential for navigating them smoothly. Use the suggested embodiment practices to regulate your nervous system and stay grounded.

Apply simple CBT (Cognitive Behavioral Therapy)

Retrogrades often bring up old stories and patterns. This guide includes Cognitive Behavioral Therapy (CBT) techniques to help you reframe negative thoughts, shift limiting beliefs, and develop new, empowering mental pathways.

Deepen Your Awareness with Neuroscience Insights

Each retrograde affects the way your brain processes information, emotions, and experiences. The neuroscience insights in this guide will help you recognize how retrogrades influence your thinking patterns, allowing you to make empowered decisions rather than reactive ones.

How to Use this Guide



Incorporate Astrological Guidance

Each planetary retrograde section includes astrological insights to provide deeper guidance on the energetic themes and patterns emerging. By understanding the cosmic invitation of each period, you can align your efforts with the greater planetary movements. Use these insights to navigate personal and professional decisions with greater clarity and intention.

No retrograde is the same although general themes apply based on the energetic signature and archetypes of the planets. The sign and degrees of the retrogrades play a big impact as well as other cosmic dances they make with other bodies. So though Mercury retrogrades 3x a year and the general theme are rewiring of thoughts & communication, the flavor, invitation and the how varies depending on the sign it stations retrograde and direct in. This guide will help you deepen your exploration.

Move at Your Own Pace

This is not a rigid system but an adaptable framework. Some periods may feel more relevant or impact you more than others, and that's okay. Allow yourself to engage with this guide intuitively, applying the practices and insights that support your unique journey. You are encouraged to refer to your own natal chart and check if you have planetary bodies in the degrees where the retrogrades are - this will show you areas of life that may be more impacted and help you work and align with the invitation even deeper.

Rituals & Reflection

A ritual and reflection for each retrograde is available in the end, these are all ceremoniously and intentionally shared to help you align with the planetary energy. These rituals act as tangible tools to anchor you in the present moment and help you integrate the lessons of each retrograde season.

Journal Your Experience

Keep a notebook or digital journal to track your reflections, life events and shifts throughout the period. This will help you recognize patterns, celebrate progress, and deepen your connection with yourself as part of the macrocosm.

By flowing with the **Rhythms of the Retrogrades** you cultivate a more intuitive, regenerative, and sustainable way of moving through life—one that honors the natural cycles shaping your relationships, mindset, beliefs and patterns.

May this guide be your trusted companion, helping you step into deeper alignment with yourself, others, and the ever-unfolding flow of the universe.



Will you step into the rhythm of your own becoming?

The door is open

In our one-on-one sessions, I'll guide you to the threshold of your most aligned, confident self. Attune with the macrocosmic rhythms, the spiraling process of growth and align with your own cycles of reflection, recalibration, and renewal.

Together, we'll decode your cosmic blueprint, uncovering how these rhythms shape your path and the lessons they hold for you. But **only you can choose to cross the threshold and embrace the transformation waiting on the other side.**

If you're ready to move with the flow of life's cycles—navigating each pause, pivot, and push forward with clarity and purpose—let's take this journey together, one conscious breath and step at a time.

✉ thea@mata.com.co
📧 [@soulsoiltlc](https://www.instagram.com/soulsoiltlc)
📍 the wyrd garden
www.tlc.mata.com.co



Retrogrades of 2025

*"Sometimes you have to take a step back
to move forward"*
~ Erika Taylor

SD - Stationary Direct; SR - Stationary Retrograde; S - Shadow

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
♃			S 1 SR 15	SD 7 S 26		S 30	SR 18	SD 11 S 25		S 22	SR 10 SD 29	S 17
♁	S 28		SR 2	SD 13	S 16							
♂		SD 24										
♃	R	SD 4						S 17			SR 11	
♄	SD 1			S 6			SR 13				SD 28	
♅	SD 30				S 20				SR 6			
♆	D 1		S 14				SR 4					SD 10
♇	D 1 S 10				SR 4					SD 14		

♃ **Mercury** 9° Aries - 26° Pisces; 15° Leo - 4° Leo; 6° Sagittarius - 20° Scorpio

♁ **Venus** 10° Aries - 24° Pisces

♂ **Mars** SD 17° Cancer

♃ **Jupiter** SD 4° Gemini; SR 25° Cancer to 15° Cancer

♄ **Saturn** SD 14° Pisces; SR 1° Aries to 25° Pisces

♅ **Uranus** SD 23° Taurus; SR 1° Gemini to

♆ **Neptune** SD 27° Pisces; SR 2° Aries to 29° Pisces

♇ **Pluto** SD 1° Aquarius; SR 3° Aquarius to 1° Aquarius



Mercury

*“I am the spirit of metals,
the fire which does not burn,
the water which
does not wet the hands”
~ The Book of Philosophers*



Mercury

Enters Shadow	Begins	Sign & Degree	Ends	Sign & Degree	Length	Exits Shadow
March 1	March 15, 3:46pm	9°35 Aries	April 7, 8:07pm	26°49 Pisces	23 Days	April 26
June 30	July 18, 1:45PM	15°34 Leo	August 11, 4:29pm	4°14 Leo	24 Days	August 25
October 22	November 10, 4:01am	6°51 Sagittarius	November 30, 2:38AM	20°42 Scorpio	19 Days	December 17

2025 is Mercury's transition year from **Fire to Water**.

Where 2024 was a fire elemental year, 2026 will be a water elemental year.

Fire represents action, passion, persistence, initiation, drive, courage, activity, movement, heat, inflammation, combustion, eruption.

A transition year signifies endings and beginnings (alpha and omega), initiating and receiving, activity and rest, movement and stalemate, inflammation and moisture.

Moving back and forth the feminine and masculine, there is more stress on adaptability, fluidity, expanding capacities for nuance, spaciousness for trust and surrender as much as will and drive.

Check for Impact

Check your natal chart for planets, angles (Rising, Midheaven, Descendant, IC), minor bodies that fall on the degrees of retrogradation. Pay attention to the house or areas of life where the probable impact may play out.

Aries, Pisces, Leo, Sagittarius and Scorpio are invited to be more mindful, conscious and intentional during these periods.



Mercury

Overview of this Retrograde

Key Dates

Conjunct North Node

- March 2 Direct, North Node 28° Pisces
- April 3 Retrograde, North Node 26° Pisces
- April 10 Direct, North Node 27° Pisces

Conjunct Neptune

- March 3 Direct, Neptune 28°
- March 30 Retrograde, Neptune 29° Pisces
- April 16 Direct, Neptune 0° Aries**

Conjunct Venus

- March 12 Direct, Venus Retrograde 8° Aries
- March 30 Retrograde, Venus Retrograde 29° Pisces
- April 3 Retrograde, Venus Retrograde 28° Pisces

Sextile Pluto

- March 6 Direct in 3° Aries, Pluto 3° Aquarius
- March 26 Retrograde in 3° Aries, Pluto 3° Aquarius
- April 20 Direct in 3° Aries, Pluto 3° Aquarius

Trine Mars

- April 7 Retrograde in 25° Pisces, Mars 25° Cancer
- April 13 Retrograde in 28° Pisces, Mars 28° Cancer

Key Transits

- March 20 Spring Equinox, Seasonal New Year, Sun at 0° Aries
- March 25 Mercury Cazimi, Inferior Conjunction 4° Aries**
- March 29 Solar Eclipse, 8° Aries**
- March 31 Neptune enters 0° Aries**
- April 12 Sun conjunct Chiron, 22° Aries





*May this guide serve you attune with
the cosmic rhythms and your own,
enabling you to connect deeper with
yourself, others and the world.*

Aho Ashe Aho

*the revolution
begins within.*

It is my deepest intention to create radical and systemic shifts in the way we relate, work and live in the world. I believe that sustainable change starts within, that our environmental, socio-political challenges root from our dissociation from the nature's rhythms. I am dedicated to equip you with the knowledge of your unique cosmic blueprint, assist you be in compassionate awareness of your triggers, adaptable to the cycles - flow of life. Cultivating presence to your evolution, while gracefully navigating the tides of the human experience that we may contribute in more meaningful ways to the future our generation is responsible for creating. Seeding love and compassion with every breath, becoming the change we wish to see.

The collective starts with "I"

rooting your flourishing





DISCLAIMER

This guide is intended for educational and informational purposes only. The practices, insights, and recommendations contained within are based on ancient wisdom, astrology, neuroscience, and integrative wellness principles that the author gained certifications, devoted study, practiced, trained for and embodied. They are not a substitute for professional medical, psychological, financial, or legal advice. While every effort has been made to ensure the accuracy and effectiveness of the information provided, individual experiences may vary. You assume full responsibility for your choices, actions, and outcomes when applying the insights from this guide.

If you have any existing medical conditions, mental health concerns, or other disease, please consult a qualified healthcare professional before engaging in any suggested somatic practices, breathwork, or lifestyle changes. Always listen to your body and honor your personal limits.

The astrological insights in this guide are meant to serve as tools for self-reflection and empowerment. They do not predict the future or guarantee specific results. Your journey with the Retrogrades is unique, and how you engage with these practices should be intuitive and adaptable to your personal needs.

By using this guide, you acknowledge that the author is not liable for any consequences resulting from the application of the content provided.

Your path to alignment is yours to navigate—may this guide be a supportive companion along the way.

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