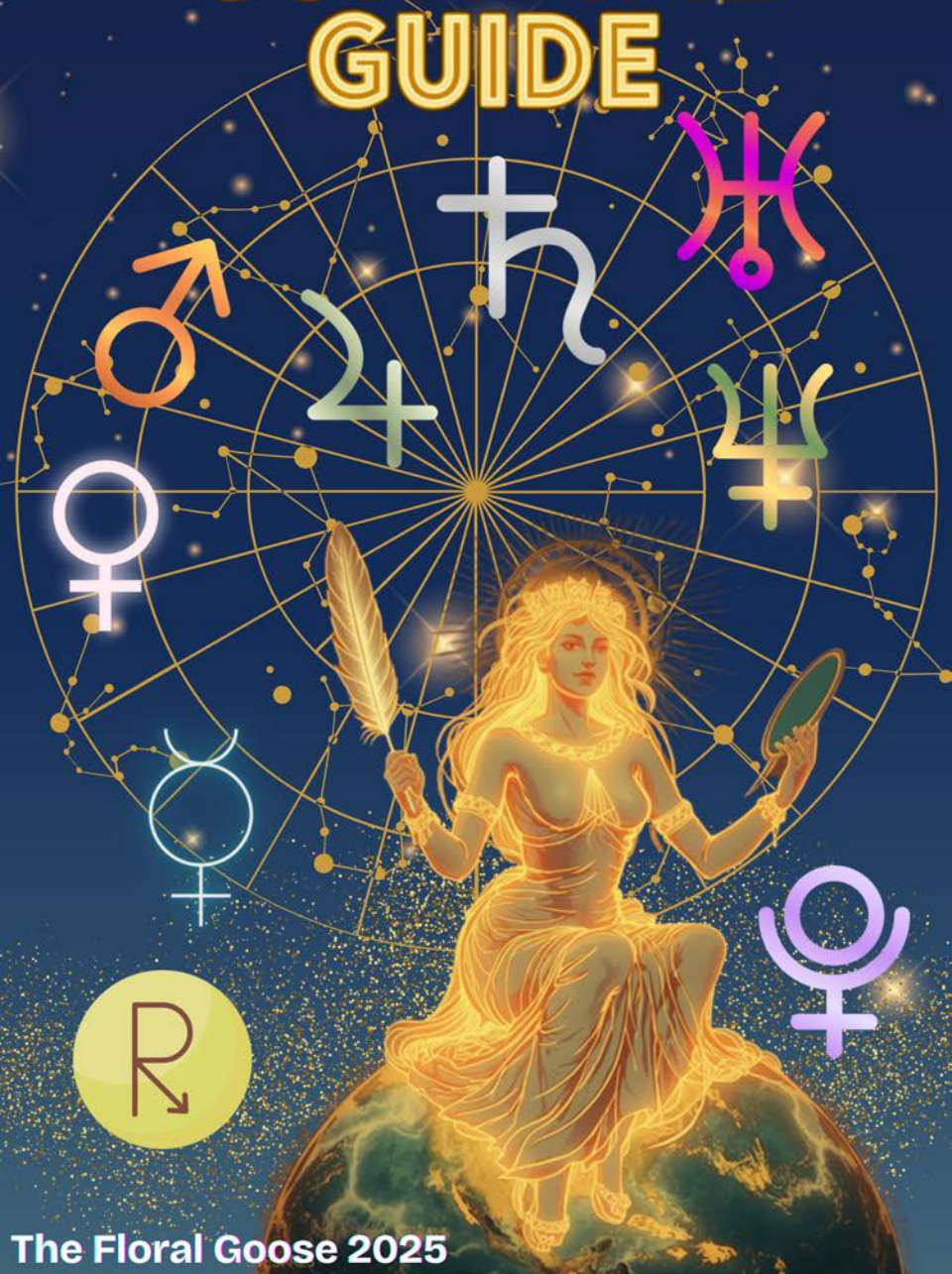


RETROGRADE SURVIVAL GUIDE



INTRODUCTION



"The cosmos doesn't rewind to punish you—it rewinds to realign you."

Every so often, the planets appear to move backward in the sky—a celestial illusion known as retrograde motion. But while astrologers through the ages have warned of confusion and delay, retrogrades are not cosmic punishments. They are periods of reflection, asking us to pause, reassess, and reconnect with our inner rhythm.

Each planet carries its own story, its own domain of life. When it retrogrades, that story turns inward: Mercury asks us to revisit how we communicate. Venus reopens questions of love and worth. Mars slows our drive so we can move with intention instead of impulse. Even the outer planets—Jupiter through Pluto—invite us into deep review of our beliefs, boundaries, and soul purpose.

This guide is your companion through those rewinds. Inside, you'll find:

- 🌿 Planet-by-planet breakdowns with themes, survival tips, and rituals
- 📅 Reflection prompts to help you navigate internal shifts
- 🌟 Practical advice for handling life's cosmic curveballs
- 🌀 Affirmations & magic to turn challenges into realignment



RETROGRADE DATES

planet

*Retrograde
Begins*

Direct

Mercury

November 9, 2025
Sagittarius

November 29, 2025
Scorpio

Venus

2026: Oct 3
Scorpio

Nov 14
Libra

Mars

2027: Jan 10
Virgo

Apr 1
Leo

Jupiter

2025: Nov 11
Cancer

Mar 11
Cancer

Saturn

2026: July 26
Aries

Dec 10
Aries

Uranus

2025: Sep 6
Gemini/ Taurus

2026: Feb 3
Taurus

Neptune

2025: July 4
Aries/ Pisces

2025: Dec 10
Pisces

Pluto

2026: May 9
Aquarius

2026: Oct 11
Aquarius

November 9, 2025
Sagittarius

November 29, 2025
Scorpio

RX



MERCURY RETROGRADE

The Messenger's Mischief

Themes: Communication, technology, travel, contracts

Survival Tips: Double-check emails, back up files, revisit old ideas

Ritual Idea: Write a letter to your past self or redo a journaling prompt

Crystal/Herb: Fluorite + lavender



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Mercury Retrograde

JOURNAL PROMPTS

Pro tip: Mercury's retrograde in different signs and houses will color these themes. But these general reflections work for every cycle.

👁️ Reflection & Awareness

- ✨ Where do I feel misunderstood—or where might I have misunderstood someone else?
- ✨ What messages or insights from the past are resurfacing now?

🧠 Mind & Communication

- 💡 How does my internal dialogue sound right now? Supportive or self-critical?
- 💡 What patterns keep showing up in my communication style?

💻 Technology, Travel & Everyday Flow

- ▶️ How can I simplify or reorganize my digital space (emails, photos, notes)?
- ▶️ How can I reconnect with the joy of learning, curiosity, or writing itself?

2026: Oct 3

Scorpio

♋

Nov 14

Libra



VENUS RETROGRADE

The Mirror of the Heart

Themes: Love, beauty, money, self-worth

Survival Tips: Don't rush relationship decisions; revisit creative values

Ritual Idea: Mirror meditation for self-love

Crystal/Herb: Rose quartz + rose petals



Venus Retrograde.

Journal Prompts.

Use these anytime Venus is retrograde—or whenever you feel called to come home to your heart

💖 Love & Relationships

- ♥ What relationships (past or present) still hold energy that needs release or forgiveness?
- ♥ Am I seeking validation or connection?

💎 Self-Worth & Beauty

- ♥ In what ways do I already embody beauty, without effort or performance?
- ♥ In what ways do I already embody beauty, without effort or performance?

🌱 Money & Values

- ✂️ What beliefs about money or success no longer fit who I'm becoming?
- ✂️ What would abundance mean if it were measured in joy, not numbers?

2025: Nov 11

Cancer

Mar 11

Cancer

RX

JUPITER RETROGRADE

The Sage's Reflection

Themes: Growth, luck, belief systems

Survival Tips: Review your long-term vision,
redefine what success means

Ritual Idea: Write your personal philosophy
statement

Crystal/Herb: Sodalite + sage

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JUPITER RETROGRADE JOURNAL PROMPTS

Use these to reconnect with your inner teacher, realign your beliefs, and redefine what abundance means to you.

🌱 Growth & Expansion

- 🌱 Where in my life have I been expanding too quickly or without intention?
- 🌱 How can I celebrate progress without measuring it by external success?

🕒 Purpose & Direction

- 🕒 Am I following my own path—or someone else's version of success?
- 🕒 How do I want to contribute to the world through my wisdom or experiences?

2027: Jan 10

Virgo



Apr 1

Leo



MARS RETROGRADE

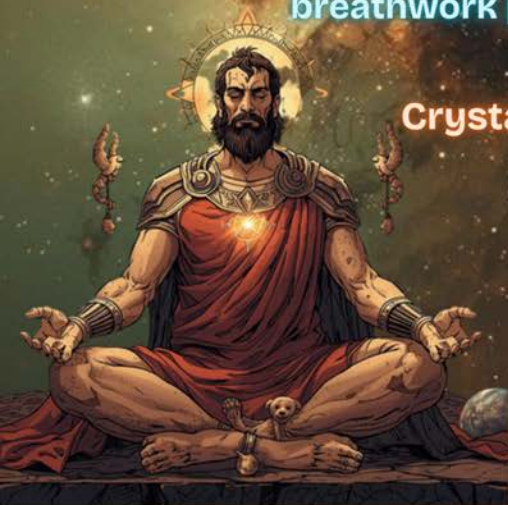
The Warrior's Pause

Themes: Motivation, drive, anger, sexuality

Survival Tips: Delay big launches; focus on strategic action

Ritual Idea: Grounding movement or breathwork practice

Crystal/Herb: Hematite + ginger.



MARS RETROGRADE JOURNAL PROMPTS

Action. Intention. Realignment.

🔥 Energy & Motivation

🔥🐦 What activities or goals have been draining rather than energizing?

🐦🔥 How can I balance rest with inspired action?

🔪 Anger & Assertion

🔪 Where am I being called to assert myself more clearly?

🔪 How can I channel anger into clarity or creativity instead of conflict?

❤️ Passion & Desire

❤️ Where am I afraid to go after what I truly want?

❤️ What would my life look like if I followed my desires fearlessly but wisely?

2026: July 26

Aries



Dec 10

Aries



SATURN RETROGRADE

The Elder's Audit

Themes: Boundaries, discipline, lessons

Survival Tips: Revisit commitments,
reassess structure and time

Ritual Idea: Declutter your workspace or
schedule

Crystal/Herb: Black tourmaline + myrrh



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SATURN RETROGRADE PROMPTS

Reflection. Responsibility. Realignment.

Boundaries & Discipline

Where do I need stronger boundaries—with myself or with others?

How can I hold myself accountable with compassion instead of criticism?

Responsibility & Lessons

What lessons keep repeating until I finally face them?

What does true maturity look like for me at this stage of life?

Reflection & Renewal

Where am I being called to take radical responsibility for my own growth?

What outdated beliefs about “success” or “authority” am I ready to release?

2026: July 26

Aries



Dec 10

Aries



NEPTUNE RETROGRADE

The Mystic's Clarity

Themes: Dreams, illusions, spirituality

Survival Tips: Reality checks; pause on
escapist habits

Ritual Idea: Dream journal or intuitive
watercolor session

Crystal/Herb: Amethyst +
mugwort





NEPTUNE RETROGRADE PROMPTS

Illusion. Intuition. Illumination.

 **Illusions & Clarity**

What illusions or false stories am I beginning to see through?

How can I discern between intuition and wishful thinking?

 **Dreams & Intuition**

What messages or symbols have appeared in my dreams lately?

When has my intuition proven right, even when logic disagreed?

 **Faith & Surrender**

What am I ready to surrender to the flow of life?

What helps me remember that I'm part of something larger than myself?

2025: Sep 6
Gemini/ Taurus

♄

URANUS RETROGRADE

2026: Feb 3
Taurus



The Awakener's Recalibration

Themes: Innovation, freedom, rebellion

Survival Tips: Expect internal revolutions instead of
external chaos

Ritual Idea: Free-write your most unconventional
idea

Crystal/Herb: Aquamarine +
eucalyptus

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URANUS RETROGRADE PROMPTS

Rebellion. Revelation. Realignment.

⚡ Change & Awakening

Where in my life am I resisting change that might actually set me free?

What unexpected events or disruptions have revealed my deeper truth?

💡 Innovation & Ideas

What ideas or inspirations have felt "ahead of their time"?

If I could redesign one area of my life from scratch, what would I do differently?

🌀 Freedom & Rebellion

What rules or expectations no longer make sense for who I am today?

How can I channel my rebellious energy into constructive evolution?

2026: May 9

Aquarius



2026: Oct 11

Aquarius



PLUTO RETROGRADE

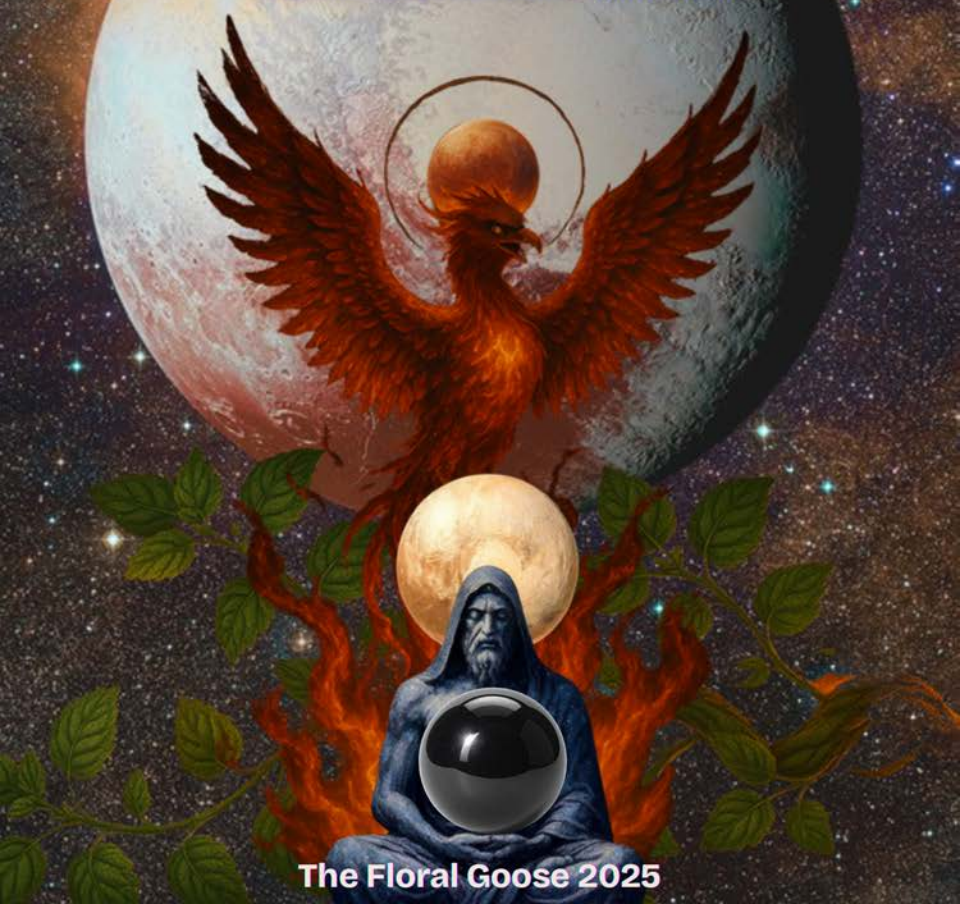
The Phoenix Within

Themes: Transformation, power, rebirth

Survival Tips: Deep shadow work; let go of outdated
power dynamics

Ritual Idea: Burn-and-release ceremony

Crystal/Herb: Obsidian + patchouli



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PLUTO RETROGRADE PROMPTS

Power. Shadow. Rebirth.

🔥 Power & Control

Where in my life am I trying too hard to stay in control?

What old power dynamics (in relationships, work, or within myself) need to be released?

🌑 Shadow & Transformation

When do I feel triggered, and what might that reaction be trying to reveal?

What version of myself am I becoming as I release old patterns?

🖋️ Healing & Integration

How can I bring light to the darker parts of my experience?

What does wholeness mean to me after transformation?



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✨ Closing Reflections — The Rhythm of Return

Retrogrades are not cosmic mistakes. They are the Universe's built-in breath—moments of reversal designed to bring us back into alignment with truth. Each backward motion reminds us that growth is not a straight line; it is a spiral. We circle back, we refine, we remember.

As the planets pause, so can we. In their stillness, we find the quiet courage to reflect, forgive, and begin again. Whether Mercury tangles our words or Pluto reshapes our soul, every retrograde invites us to trust the unseen order behind life's chaos.

May this guide be your compass in those moments of confusion and clarity alike—a reminder that the cosmos doesn't rewind to punish you, but to prepare you.

So when the skies turn inward once more, take a breath, light a candle, open your journal, and whisper to the stars:
I am not going backward. I am returning to myself.

In kindness



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The stars don't ask
you to move faster—
only to move truer.

Every backward step
in the heavens is an
invitation to come
home to yourself.

— THE FLORAL GOOSE
ASTROLOGY