ASTROS
Consultoría Astrológica



FREE GUIDE 02

# Transits and Progressions

## A guide to understanding the cycles of your life

**Because the sky keeps moving. And so do we.**

THE SKY BEHIND EVERY STORY

# Everything changes, including us

Have you ever felt that you were entering a new stage of life, even though you could not quite see where you were heading?

Perhaps something that once excited you no longer interests you as much. Or you begin to question decisions that once seemed final. Sometimes the changes are visible to everyone; at other times, only you know that something is happening.

Astrology offers a way to reflect on these processes through planetary movements.

While our birth chart symbolically represents the sky at the moment we were born, transits and progressions let us explore how that story might unfold over the years.

But there is something important to make clear from the start.

**Astrology is not a crystal ball.**

It cannot tell us with certainty what will happen tomorrow, when we will find a partner, or whether we will get the job we want.

Nor is there solid scientific evidence that planetary positions determine events in our personal lives.

What we can do is use its symbolic language as a tool for reflection: identify themes, ask ourselves questions, and consider different ways of approaching what we are experiencing.

And that alone can be quite interesting.

> **The sky keeps moving.**
> **And our story moves with it.**

# What are transits?

The planets never stop moving.

As you read these lines, Earth continues to orbit the Sun, and the other planets continue along their paths.

In astrology, **transits** are the actual positions of the planets in the sky, as seen from Earth.

To interpret them, we compare those positions with our birth chart.

Imagine that Venus occupied a particular place in the zodiac when you were born. Years later, Saturn passes through that same place.

An astrologer would say that *Saturn is transiting your natal Venus*.

What does that mean?

In astrological language, Venus relates to love, relationships, and personal values. Saturn represents responsibility, boundaries, and maturity.

Putting these two symbols together, we might ask:

- What do I need from my relationships today?
- Are there boundaries I need to learn to set?
- Do my relationships truly reflect what I value?

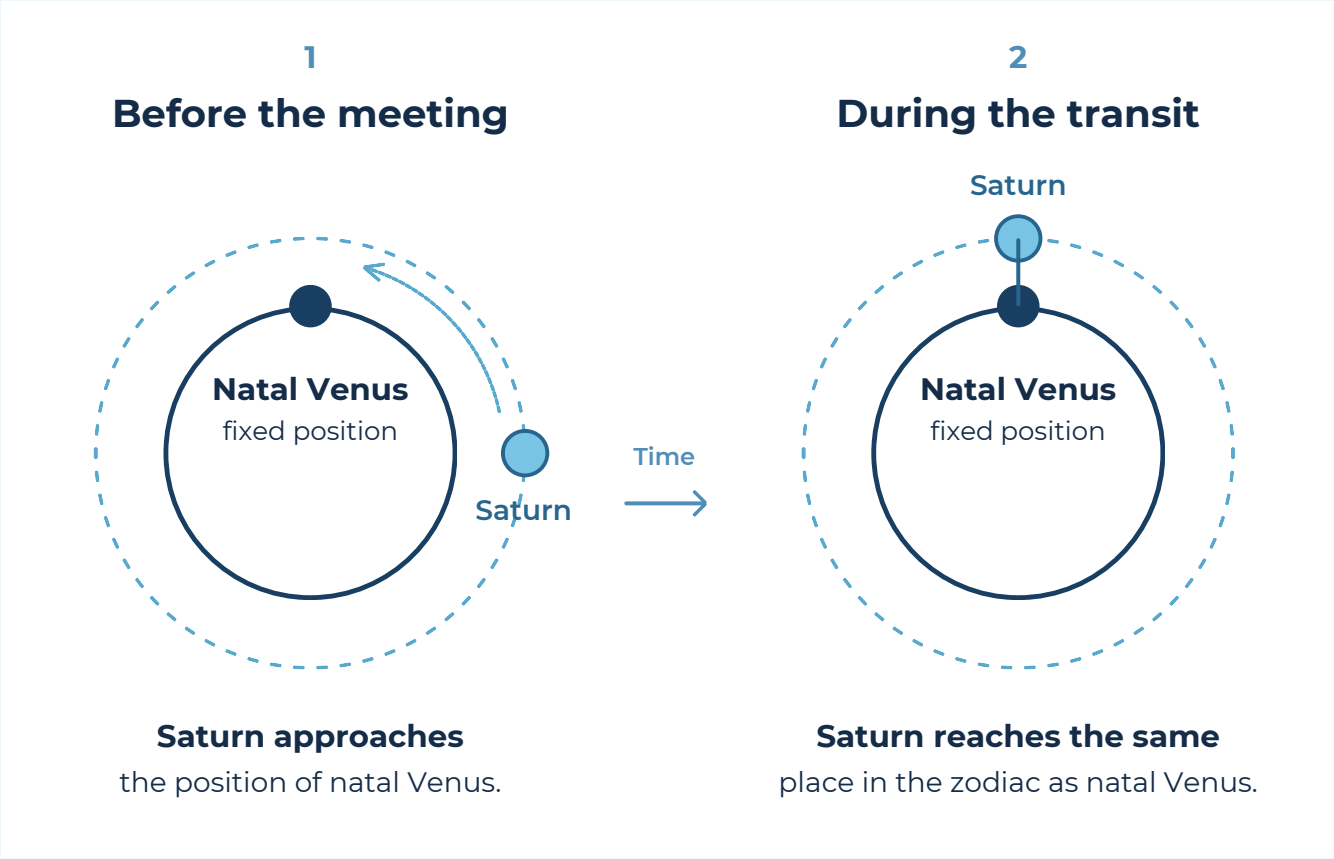
It does not mean that a relationship will end or that you will necessarily meet someone.

It means that, from an astrological perspective, this may be a worthwhile theme to explore.

**Transits invite us to notice the questions that might become important at different stages of our lives.**

# How to read a transit

The birth chart remains our reference point. What changes over time is the position of the transiting planet.




Birth chart: a fixed reference

Transits: positions on a given date

## What are we comparing?

**Natal Venus** stays where it was at birth. **Transiting Saturn** moves forward until it reaches that same place in the zodiac.

We call this symbolic meeting a **conjunction of transiting Saturn with natal Venus**.

Conceptual diagram, not to scale. The rings distinguish two astrological reference frames; they do not represent physical orbits.

# Some changes take longer than others

Not all planets move at the same speed.

The Moon travels through the zodiac in about a month, while Pluto takes roughly 248 years.

This difference matters in astrological interpretation.

Faster planets, such as Mercury, Venus, and Mars, are usually associated with more passing concerns.

Slower planets, such as Saturn, Uranus, Neptune, and Pluto, are used to explore processes that may unfold over months or even years.

Think of an everyday example.

Deciding to have a difficult conversation may take only a few minutes. But reaching the point where you feel ready for it may require months of reflection.

In Steven Forrest's approach, slower planets help describe the major themes of a life stage, while faster planets may point to specific moments within those processes.

**A simple way to picture it:**

Slower planets represent the chapters of a story.

Faster planets represent some of the scenes within those chapters.

And even if we recognize a theme, that does not tell us how the story will end.

**Slow planet: a chapter**

The main theme of a life stage

**Fast planets: scenes within the chapter**

**Scene 1**

A moment within that chapter

**Scene 2**

Another moment in the same chapter

**Scene 3**

A new scene in that stage

# What are progressions?

So far, we have discussed the actual movements of the planets in the sky.

Progressions work differently.

They are a symbolic technique based on a particular correspondence:

**One day after your birth represents one year of your life.**

For example:

- The sky on the day you were born corresponds to your birth chart.
- The sky 20 days after your birth is used to calculate your progressions at age 20.
- The sky 40 days after your birth is used to calculate them at age 40.

It sounds unusual, doesn't it?

It is important to understand that progressed planets are not the planets' actual positions in the sky today. Their positions are calculated using this symbolic rule.

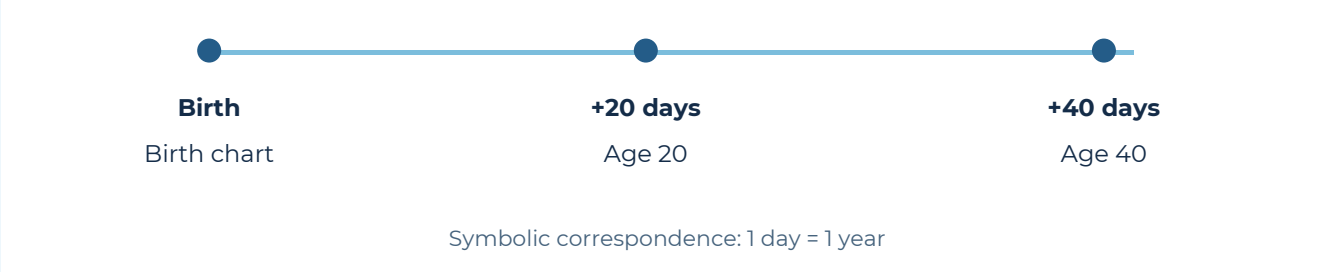
In evolutionary astrology, progressions are used especially to explore our inner development.

For example, we can use them to ask how our needs, our ways of relating to others, or our understanding of who we are have changed.

Perhaps you still live in the same city, have the same job, and share your life with the same people.

But something is changing within you.

**Progressions invite us to look at the transformation that is not always visible from the outside.**



# Two ways of looking at the same story

Let's make a simple comparison:

Transits are like the weather, while progressions are more like our inner clock.

Imagine that it is raining outside.

The rain is the same for everyone, but each person may experience it differently.

One person is annoyed because they had outdoor plans. Another enjoys staying home with a book. Someone else takes the opportunity to walk in the rain.

In this comparison:

**Transits** represent the planetary movements we all share, interpreted differently in relation to each birth chart.

**Progressions** represent an individual symbolic rhythm of personal development: an inner process.

And the two techniques can complement each other.

You might be facing major changes at work while also discovering that your personal priorities are no longer the same.

Or you might experience a time of deep inner transformation without anything particularly striking happening in your daily life.

The outer and inner worlds do not always move at the same pace.

And our story takes shape through both.



**TRANSITS**

Outer weather



**PROGRESSIONS**

Inner clock

# What do we look for in a chart?

In astrology, transits and progressions are interpreted in relation to our birth chart.

To do this, we focus mainly on three elements.

**Planets:** represent different human functions or needs. For example, Venus relates to affection, and Saturn to responsibility.

**Houses:** represent areas of life, such as family, relationships, work, or personal identity.

**Aspects:** are geometric relationships between planetary positions. They are interpreted as different ways in which two symbols interact.

Some aspects are traditionally associated with greater ease, and others with tension or challenges.

But **a difficult aspect does not mean something bad will happen, just as a harmonious one does not guarantee good news**.

Interpretation depends on the chart as a whole, the person's circumstances, and their experience.

The same configuration can be read in different ways.

So rather than looking for automatic answers, we seek to understand the questions raised by the symbolism.



**Conjunction**

0°



**Opposition**

180°



**Sextile**

60°

# Let’s look at a real-life story

**Marilyn Monroe: public life and private life**

Marilyn Monroe’s story offers an interesting way to see how astrologers relate planetary cycles to biographical moments. Let’s look at three simple examples.

## 1. Saturn and public image — 1954

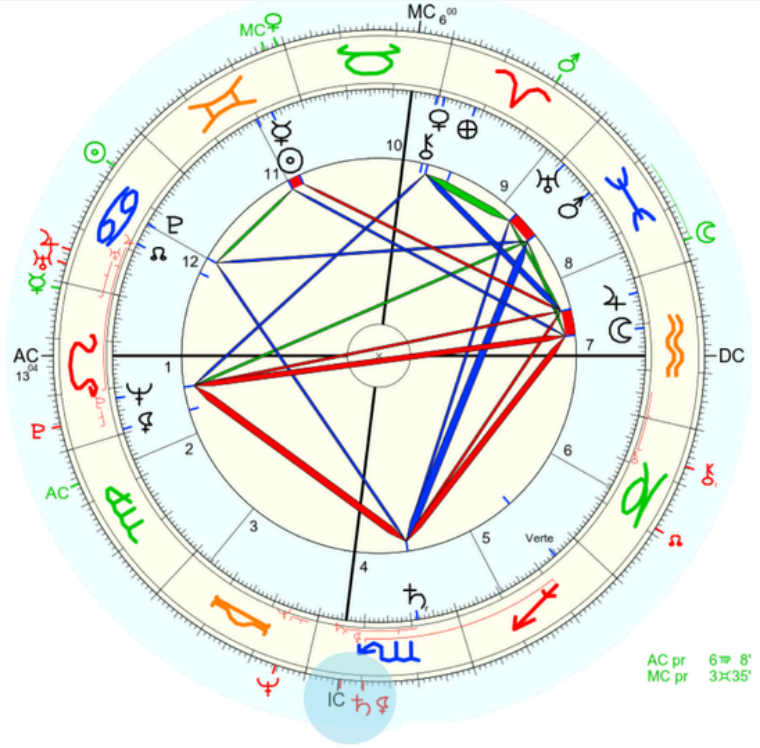
On September 15, 1954, Marilyn filmed the famous white-dress scene in *The Seven Year Itch*.

At that time, Saturn was transiting very close to her Imum Coeli, opposite her Midheaven.

The Midheaven is associated with public life, and the Imum Coeli with roots and private life.

From an astrological perspective, this configuration invites us to explore the tension between what we show the world and what we need to protect in our private lives.

This does not mean Saturn caused that scene or the personal events surrounding it. It is a way to reflect symbolically on the different dimensions of that moment.




September 15, 1954 · Transiting Saturn near the IC, opposite the natal MC.

# Marilyn Monroe: 1954

## 2. Progressed Mars and self-assertion

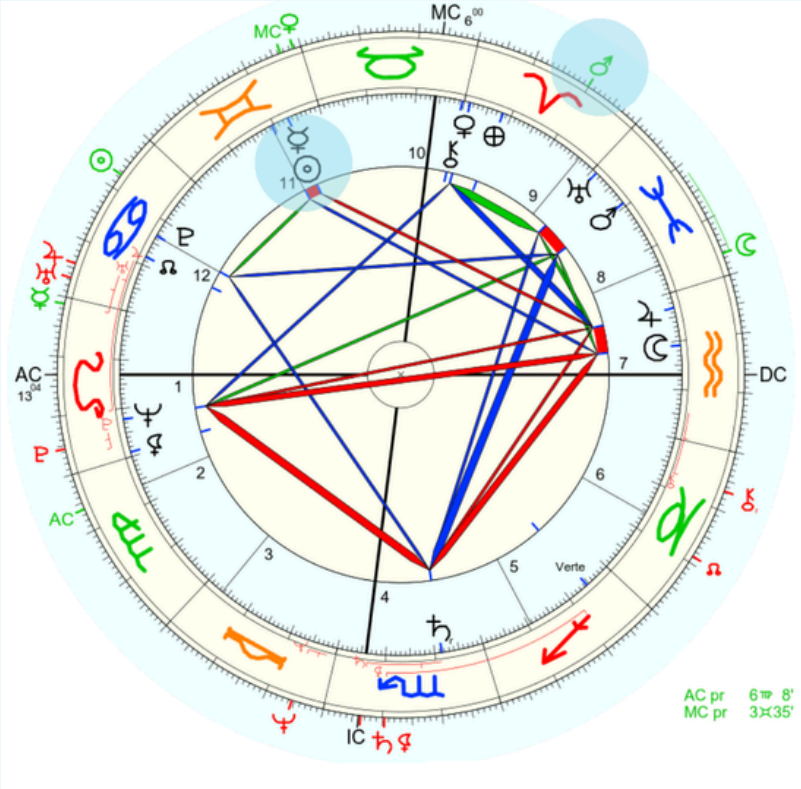
During that same period, Marilyn's progressed Mars formed a very close sextile to her natal Sun.

Mars represents initiative, the desire to act, and the ability to assert ourselves. The Sun relates to our identity.

One possible interpretation is an opportunity to express one's will and take a more active role in shaping one's life.

We cannot know from this aspect what decisions Marilyn made or how she truly felt.

But we can use it to reflect on the difference between the identity others expect of us and the one we want to build.




September 15, 1954 · Progressed Mars sextile natal Sun.

## Would you like to explore this story further?

To explore the Marilyn Monroe examples in more depth, I invite you to visit the ASTROS YouTube channel.

youtube.com/@astrosastrologia

# Marilyn Monroe: 1962

## 3. The progressed Sun and Pluto

On May 19, 1962, Marilyn sang *Happy Birthday, Mr. President* before thousands of people, in one of the most memorable public appearances of her career.

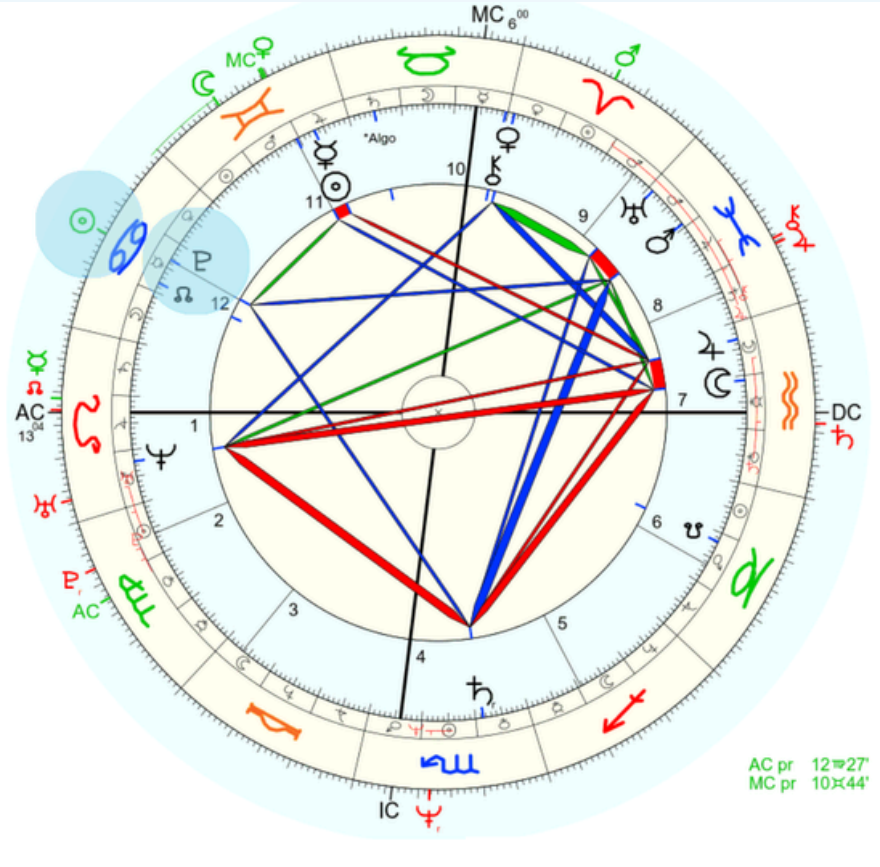
In an astrological reading of that period, we find her progressed Sun forming a conjunction with her natal Pluto.

The Sun represents identity; Pluto is symbolically associated with deep transformation and the search for meaning.

From this perspective, we might ask how her relationship with the public identity she had built was changing.

But there is an essential limit: **this configuration cannot predict her death or explain, on its own, what happened in her life.**

These interpretations are made in hindsight, with knowledge of her biography. They are examples of symbolic reading, not proof that astrology caused or foretold events.




May 19, 1962 · Progressed Sun conjunct natal Pluto.

# The future is not written

When studying transits and progressions, it is easy to get excited about discovering what lies ahead.

But their greatest appeal is not in trying to predict the future. Their ability to do so is limited, given the many possible symbolic interpretations.

Their real appeal lies in learning to see our lives from another perspective.

Recognizing that we have cycles. That our needs change. That sometimes we need to act, and at other times we need to pause, reflect on our experiences, and discover what we want to do next.

Astrology can be an invitation to explore these questions.

It does not replace our decisions, our judgment, or the professional support we need when facing important situations. Nor does it remove the uncertainty of living.

And it does not have to.

Because our story is shaped not only by what happens to us, but also by how we respond.

**The sky can offer us a language for reflecting on our cycles. How we choose to live them remains our own.**

If you would like to keep exploring, I invite you to discover the readings, stories, and conversations at ASTROS.

**ASTROS Consultoría Astrológica**

The sky behind every story.

www.astrosastrologia.cl

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