

# 2010 On a Page

Janet's  
Plan-its™

AR	Aries
TA	Taurus
GE	Gemini
CN	Cancer
LE	Leo
VI	Virgo
LI	Libra
SC	Scorpio
SG	Sagittarius
CP	Capricorn
AQ	Aquarius
PI	Pisces

## RETROGRADE MOTION

As we spin, the signs along the zodiac belt and the planets appear to move east to west hour by hour. But over time, the planets move through the signs west to east. The Moon takes two to three days to traverse a sign while Pluto takes over a decade! Each planet (other than the Sun or Moon) appears to stop and reverse its direction from time to time. This is an optical illusion called "Retrograde" motion. Later, it stops a second time and resumes forward (Direct) motion. It hangs out longer at the degrees of these stopping points, called "stations." When that planet, or even another planet, makes connections ("aspects") later to the station degrees, issues that emerged during that Retrograde period are re-visited. Matters associated with the planet are more difficult during the Retrograde phase and are more intense for a few days around the stations.

Planets move through the Retrograde range three times. First they proceed forward through the range of degrees where the backtracking will occur. This is called the entry "shadow" (shaded on the graph). Next, they back up over that degree range in the Retrograde portion of the cycle (marked in black on the graph). Finally, they go forward again through the backtracking range in the exit "shadow" (shaded). Related events can occur during these three phases. We don't feel the effect of the shadows as much as we do the Retrograde itself, but we often sense the slow-down at the stations.

Most people notice the Retrograde of Mercury very strongly since it's linked to mix-ups in all forms of communication and local transportation. Anything begun then (or in the entry shadow) is subject to mistakes or revisions. A safer time for contracts, major decisions or beginning new activities is when Mercury is not Retrograde or in the entry shadow. There's less likelihood for revision later for activities initiated during the exit shadow.

Looking at the 2010 Retrograde chart, you can see there is usually at least one planet in Retrograde motion and often more than one. There are always shadows in progress (and

this is quite typical). The periods of "least resistance" (when no planets are Retrograde) in 2010 are 12/6-12/9 and 12/30-12/31 (continuing through January 24, 2011 – see the Star Pages for Dec. 5). There's only one planet Retrograde 3/11-4/5 and 11/19-12/4. The highest number of heavenly bodies Retrograde at once in 2010 is six: 7/23-8/8. Progress is most impeded then.

## MOON GROOVES

The degree of New and Full Moons repeats for a period of about six months, moving through consecutive signs. (I coined the term "moon groove" for this phenomenon.) For the next six months or so, the degree of each New and Full Moon decreases one or two degrees each month until another groove ensues. This pattern doesn't conform to a calendar year, so you only can see part of it on the 2010 list.

New Moons occur at about 24-25° of signs from September 2009 through March 2010. Full Moons occur at about 10° of the signs from October 2009 to March 2010. In the next groove, New Moons occur at about 13° from October 2010 until April 2011 and Full Moons are at about 29° from September 2010 through March 2011.

If you have a planet in your birth chart at a moon groove degree, it receives extra attention during a groove period. If it's accentuated by New Moons, take new action in the area of your life represented by that planet. If Full Moons spotlight your natal planet, matters culminate in a big way over several months regarding the affairs of that planet. In interpreting effects, consider your birth planet's sign, house and aspects. If a New or Full Moon is on your birthday, that's important! If it falls within the period of a moon groove, the emphasis will likely affect you throughout the entire moon groove time frame.

*Read more about Moon cycles in Using This Planner, at the beginning of the calendar.*

● New Moon ○ Full Moon (E) Eclipse B Shadow begins R Retrograde D Direct E Shadow ends

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	MERCURY	VENUS	MARS	CERES	JUPITER	SATURN	CHIRON	URANUS	NEPTUNE	PLUTO	MOON PHASES
	R 12/26/09 21°48' CP		R 12/20/09 19°42' LE			B 10/10/09, 27°50' VI				B 12/17/09, 2°47' CP	(E) = ECLIPSE
<b>JANUARY</b>	D 1/15, 5°33' CP					R 1/13, 4°39' LI					New 1/14, 25°1' CP (E) Full 1/29, 10°15' LE (○)
<b>FEBRUARY</b>	E 2/3, 21°48' CP			B 2/13, 20°41' SG			B 2/14, 26°4' AQ (next R shadow) E 2/16, 26°14' AQ		B 2/8, 25°55' AQ (next R shadow) E 2/23, 26°29' AQ		New 2/13, 25°18' AQ (●) Full 2/28, 9°59' LI (○)
<b>MARCH</b>			D 3/10, 0°18' LE				(prior R shadow)	E 3/17, 26°37' PI B 3/18, 26°40' PI	(prior R shadow)		New 3/15, 25°10' PI (●) Full 3/29, 9°17' LI (○)
<b>APRIL</b>	B 4/4, 2°40' TA R 4/17, 12°38' TA			R 4/28, 4°38' CP	B 4/29, 23°30' PI					R 4/6, 5°25' CP	New 4/14, 24°27' AR (●) Full 4/28, 8°7' SC (○)
<b>MAY</b>	D 5/11, 2°40' TA E 5/28, 12°38' TA		E 5/17, 19°42' LE			D 5/30, 27°50' VI				R 5/31, 28°42' AQ	New 5/13, 23°9' TA (●) Full 5/27, 6°33' SG (○)
<b>JUNE</b>							R 6/4, 0°59' PI				New 6/12, 21°24' GE (●) Full 6/26, 4°46' CP (E)
<b>JULY</b>								R 7/5, 0°35' AR			New 7/11, 19°24' CN (E) Full 7/25, 3°0' AQ (○)
<b>AUGUST</b>	B 7/31, 5°22' VI R 8/20, 19°4' VI			D 8/8, 20°41' SG	R 7/23, 3°24' AR						New 8/9, 17°25' LE (●) Full 8/24, 1°26' PI (○)
<b>SEPTEMBER</b>	D 9/12, 5°22' VI E 9/27, 19°4' VI	B 9/5, 27°39' LI				E 9/5, 4°39' LI				D 9/13, 2°47' CP	New 9/8, 15°41' VI (●) Full 9/23, 0°15' AR (○)
<b>OCTOBER</b>		R 10/8, 13°14' SC		E 10/24, 4°38' CP		B 10/22, 10°27' LI					New 10/7, 14°24' LI (●) Full 10/22, 29°33' AR (○)
<b>NOVEMBER</b>	B 11/22, 19°37' SG D 11/18, 27°39' PI	D 11/18, 27°39' LI			D 11/18, 23°30' PI		D 11/5, 26°4' AQ		D 11/6, 25°55' AQ		New 11/5, 13°40' SC (●) Full 11/21, 29°18' TA (○)
<b>DECEMBER</b>	R 12/10, 5°56' CP D 12/30, 19°37' SG E 1/17/11, 5°56' CP	E 12/20, 13°14' SC			E 2/8/11, 3°24' AR R 1/25/11, 17°14' LI	R 1/25/11, 17°14' LI	E 2/22/11, 0°59' PI	D 12/5, 26°40' PI E 3/21/11, 0°35' AR		E 2/25/11, 28°42' AQ	New 12/5, 13°29' SG (●) Full 12/21, 29°21' GE (E)

The shadows of Chiron, Neptune and Pluto can overlap, creating a brief double shadow [darker shading].