

This article first appeared in the *Mountain Astrologer* in 1991. I have revised it slightly over the years. You will notice **transiting Saturn** is discussed crossing the **Angular Houses** of the “*Traditional*” chart. The reader might want to refer to my [Past Life Article](#) and to the discussion of the [Past Life Chart Wheel](#). The houses are numbered in a clockwise manner in the Past Life chart, with the traditional 12th house becoming the **Past Life Ascendant**. Considering transits to the houses in the Past Life Chart is an innovative way to see how past life patterns get awakened when outer planets cross the **Past Life Chart Angles!**

Saturn: Time as a Process

I have found as a practicing astrologer that individuals are often challenged to make crucial decisions during key Saturn transits. I refer to Saturn as the “**Cosmic Chiropractor**” because this planet is a symbol of process orientation. People are usually in the midst of slow change during vital Saturn transits. Aspects formed by transiting Saturn are processes of becoming that can denote new ambition and psychological strength.

The fortune teller would say that Saturn is a symbol of bad luck and might warn a person to hide in his or her fears. A modern astrologer can perceive this planet as denoting hard work and discipline. Ambition can point to great rewards. Hopefully an astrologer has the ability to translate this period as a well-timed transition in the person’s life. The enlightened astrologer knows that obstacles can be integrated into an overall productive experience. Turbulent weather may indicate to proceed with caution, but it can still be a very creative time period!

Cosmic Breath

Each of the outer planets symbolizes important processes. When I do public lectures or teach classes, I like to illustrate these outer planet processes through the breath. *Jupiter* is taking a refreshing and spontaneous Buddha belly inhale. This is followed by a joyous, expansive exhale, leading us on mental and physical journeys. *Uranus* is hyperventilation! There are rapid inhales, and the exhales are abruptly fired forward into the unknown. *Neptune* is a merging of the inhale and exhale. There is an escape from the boundaries of the conscious mind and body. The breath migrates to that part of a person that is intuitive and awed by creation. *Pluto*, the “**Cosmic Composter**”, is taking a deep intense inhale. The breath is held and possessed; it fills consciousness with passion and intensity. Then it is released painfully slowly. It may take years to fully process Pluto breaths. *Saturn*, the “**Cosmic Chiropractor**”, is a deep deliberate inhale. It is a breath that lacks the emotional intensity of Pluto, but makes up for this in determination. At its best, it can be a slow release filled with wisdom. Saturn can be a steady breath surrounded by the allies of well-planned decisions. It is as if the experiences gained from previous breaths bring fruition into the present. At its most difficult, it can be a shallow exhale filled with unresolved fears and internal conflicts.

Transiting Saturn crossing the Chart Angles (Houses 1, 4, 7 & 10)

The **four angular houses** of the birthchart can act as cosmic alarm clocks , especially .when crossed by a transit of Saturn. These four great directions are similar in nature to the four cardinal directions on the Medicine Wheel of the Native American Indians. The **1st house** or Ascendant encompasses the formation of identity. It allows us to adopt a path that is true to our values. The **4th house** tunes us into our security needs as we explore the issues of dependency and intimacy. The experiences of this house may put us in touch with our inner child, and foster the discovery of greater intuition. The **7th house** denotes our ability to take our individual act into relationships with others. The mirrors created by these relationships show us how far we have come and still must go. The **10th house** shows the overall life strategy for finding suitable cultural roles for our evolving ambition. This is the big career angle in the chart. It is our public life and must be dealt with consciously ,or a person could lose sight of their near and dear. The 10th house trap in Western society is to be successful no matter the consequences to our private life.

When *transiting Saturn* arrives at our *Ascendant*, this starts a new cycle of **solidifying our identity**. It might feel like a confrontation if we haven't been on target as far as our life choices. Our personal style tends to take on a more serious demeanor. Our energy and thoughts can become more disciplined. Our self-image sometimes becomes more important. This may be a time of losing excess weight mentally or physically. The transit of Saturn through the previous watery 12th house represented a more reflective period. Balancing idealism and seeking more inspirational myths to live for could have been the reality. Consequently, when transiting Saturn moves over the Ascendant, the process of living these new aspirations begins.

The **transit of Saturn** over the *Ascendant* (entering 1st house) may not be fully grasped until a few years later, until Saturn reaches the earthy 2nd house. The essence of this transit constitutes a new commitment to an evolving identity, which may take a bit of time to crystallize. The lessons are not the same for everyone. A scattered person might be learning more about concentration, whereas a rigid individual may be taking a bold new step away from being too controlling. A timid person could learn to be a little more adventurous. I have worked with numerous individuals trying to transcend relationship addictions. I have found that this cycle can be a time of tuning into a deeper sense of the 1st house identity in a renewed fashion. Unfortunately, the “*shadow*” side of this cycle can be a lost sense of self where actions become frozen in fear, and ideals are no longer alive due to rigid ideas tied to controlling behaviors. Seeing life as a growth-promoting adventure can give us the push we need at this time. Having a cheering or adoring fan in our corner doesn't hurt either!

Transiting Saturn conjunct the **4th house** (entering the 4th house) begins a new cycle of creating meaningful roots. It is a time for stabilizing the emotional nature by dealing with dependency needs. Again, the lessons are different for each person. A lost childhood may be healed by the discovery of the inner child or repressed feelings. Past fears can be conquered. A fear of being alone can be turned into enjoyment of some solitude. An exhausted emotional nature can get replenished. Those burned out by a strenuous public profile (10th house) might be learning to relax into a deeper sense of

self. A power-oriented type A personality can be finding it meaningful to let others take the center stage once in a while. The “*shadow*” of this cycle can manifest as a difficulty in taking responsibility for our actions. A tendency to grow too dependent can throw relationships out of balance. On the other hand, those with too much impersonal energy may run away from intimacy. Privacy may become a way to hide from life and cease to be an empowering tool. Remembering to see the glass as half full rather than half empty keeps us from losing our way here. Tapping into our intuition is liberating during this cycle.

Transiting Saturn conjunct the **7th house** or descendant (entering the 7th house) begins a new cycle of tuning into relationship strengths and weaknesses. It is a time to balance power with others. I have found this to be an important cycle for those dealing with relationship addictions, and it is a great reality testing season for relating in general. A person with a pattern of depending too much on others for support may be cultivating self-reliance, whereas an independent, power-driven type might learn to encourage the growth of key peers. A tendency to dominate others due to emotional fears could be recognized. Someone could even conquer a reluctance to commit. The “*shadow*” of this cycle may include running away from relationships that promise true closeness and fulfillment. Projecting too much responsibility onto others and trying to make others change to suit our own needs can become compulsive. Learning to trust can be a way to happiness. Building honest and stable partnerships points the way to great happiness. By the way, contrary to popular belief, this is a great cycle to start and expand a business!

Transiting Saturn conjunct the **10th house** or *Midheaven* (entering the 10th house) begins a new cycle of redefining cultural roles. This can be a spontaneous time when we enjoy career success, parenthood, and other satisfying roles. A healthy integration of the private (4th house) and public lives can be accomplished. A person can be learning to focus energies in a new dynamic way. One’s talents might be recognized. Pursuing choices that express serious ambition might bring confidence and excitement. Discovering a deeper sense of life purpose happens for some. The “*shadow*” of this cycle is related to being too attached to outer success. Emotional dryness or instability can result. The private or love life sacrificed to extreme work drives. A fear of growing in new directions can cause one to freeze. Depression is perhaps the most difficult part of this cycle if someone feels like life is no longer stimulating or rewarding. The key is to greet life with a sense of sober reality, but not to give up your dreams! Self mastery can rise to an all time high at this time through patience and dedication.