



UNLOCKING MIDLIFE MYSTERIES



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A PRACTICAL GUIDE TO THE BIG ASTROLOGICAL TRANSITS

Questioning your direction? Struggling to find balance? Wondering what happened to your life? You're not alone. And you don't have to try to navigate the journey without help. In this guide, you'll learn about the powerful transitions of midlife, what you can expect during each one, and how to practice self-care to support yourself through these challenging yet transformative times.



**MIDLIFE IS A PROFOUND
PHASE OF TRANSFORMATION**

As we navigate through our 30s, 40s, and 50s, life seems to shift in ways that are unexpected, overwhelming, and often disorienting. One day it seems like anything is possible, and the next you are wondering how you got here. Whether it's career burnout, a sudden desire for something new, or questioning your purpose in life, these experiences are no accident. At the moment we took our first breath, the planets were at a certain places in the sky - that snapshot is what we call the natal (birth) chart. The celestial path that the sun, moon, and planets take is called the Zodiac, and it contains twelve constellations. If you've ever looked up your horoscope or been asked, "What's your sign?" you've had a taste of astrology. You have a Sun sign based on what time of year you were born and a Moon sign based on where the moon was at that time of the month, and those give information about your personality, your gifts and challenges, and the ways that you shine and seek security.

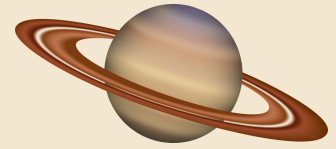


That isn't the end of the information that astrology gives. Those same planets keep moving through the sky, some quickly and others VERY slowly. As they do, they make connections with each other and to the places they were in at the time of your birth. The energy from those connections is part of what we experience during the chaos of midlife.

This phase of life corresponds to several significant planetary transits that every one of us experiences— key moments when the planets challenge us to grow, transform, and heal. Each of these predictable transits occurs around specific ages, sparking important life questions and changes that help us more fully become who we are meant to be.

SATURN RETURN

(AGES 28-30, 58-60)



The Saturn Return

This is one of the most well-known astrological events. It happens when Saturn returns to the position it was in at the time of your birth, marking the end of one period of life and the beginning of a new stage of maturity. Most people will experience this twice in their life, and some will have a third Saturn return in their final years. The first Saturn return happens around age 28 - 30.

What Happens

- **Reevaluation of Life Choices:** Saturn asks you to examine the structure of your life. You might find yourself questioning your career, relationships, and long-term goals.
- **Increased Responsibilities:** Saturn brings maturity, often through new responsibilities. You may feel the weight of adult life, as if you need to "grow up" quickly.
- **Building Foundations:** This is a time to build or rebuild solid foundations, whether that's through starting a family, committing to a career path, or making serious financial decisions.

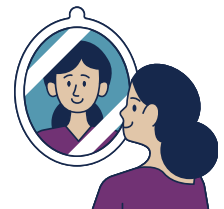
Self-Care Tips

- **Grounding Practices:** Engage in regular routines such as yoga, meditation, or journaling to help keep you centered while navigating the changes Saturn brings.
- **Seek Mentorship:** Saturn encourages learning from elders and those with more experience. Surround yourself with supportive mentors, a trusted friend, or counselor.

Reflection

If you have already gone through your first Saturn return, you might look back at those years when you were age 28 - 30.

- Was there any tension between parts of your work, free time, or home life and your values?
- Were there any changes in the direction of your life at that time that you did make or wanted to make but were not able to?



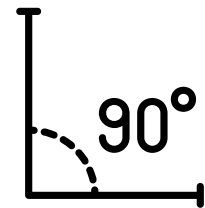


PLUTO SQUARE PLUTO (AGES 36-48)

Pluto Square Pluto

Pluto is the planet of transformation - just think about the way that since 2006 it has gone from being called the ninth planet to being referred to as a dwarf planet! The change in names doesn't lessen its impact. Because it is so slow moving, Pluto is often called a generational planet. On one level, your entire generation will experience the process of transformation to find true power in similar ways.

But Pluto also works powerfully in our individual lives. It takes nearly 250 years to complete its orbit! While the United States just experienced a Pluto return, we will only have a Pluto square in our lives. This is when Pluto makes a right angle to its natal position. During this transit, we are challenged to shed old identities and ways of being. This transit often brings deep psychological transformation and the emergence of buried emotions.



What Happens

- **Confronting Deep-Seated Issues:** Hidden fears, unresolved traumas, and power struggles tend to surface during this time, demanding attention.
- **Transformation of Identity:** You may feel compelled to completely overhaul your identity, shedding parts of yourself that no longer serve you.
- **Power Struggles:** Whether in your personal or professional life, you may experience intense power dynamics as you reassess who holds authority in your life.

Self-Care Tips

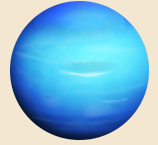
- **Shadow Work:** Engage in therapy, counseling, or journaling to confront and process unresolved emotions or past traumas.
- **Release Control:** Practice letting go. Meditation, breathwork, or even creative outlets like painting or writing can help you release control and embrace transformation.

Reflection



If you are older than age 48, you have already had your Pluto Square. Have you grieved what has been lost or changed significantly during this time of midlife? It's never too late to take note of what has changed and mourn what has passed away.

NEPTUNE SQUARE NEPTUNE (AGES 40-42)



Neptune Square Neptune

Neptune is the planet associated with dreams, illusions, and spirituality. It is slow moving, taking about 165 years for its orbit. When Neptune squares its natal position, we find ourselves in the process of letting go of old identities and searching for greater purpose. This time of transit can often bring confusion, disillusionment, and a reevaluation of what's real and what's fantasy in your life.

What Happens

- **Disillusionment:** Long-held beliefs, relationships, or career paths may no longer feel aligned with your true self. You may feel like you're "waking up" from a dream.
- **Intuition & heightened Sensitivity:** Your sensitivity to others, as well as your own emotions, increases. You may feel more empathic but also more vulnerable.
- **Spiritual Awakening:** This rite of passage is a time of seeking deeper meaning and reclaiming spirituality for yourself. You might feel drawn to new spiritual practices or creative outlets to express your innermost feelings.



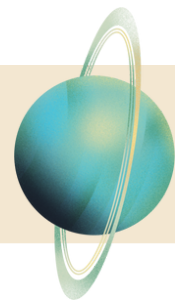
Self-Care Tips

- **Spiritual Grounding:** Meditation, prayer, or spending time in nature can help you reconnect with a sense of peace and purpose as you navigate confusion. Creative expressions can also be a way to deal with the emotions that arise.
- **Spend Time Near Water:** Neptune is associated with water. Whether you spend time on a lake, take a swim, or enjoy a hot bath or shower, the connection with the flow of life through water can be healing.

Reflection

If your Neptune square has already happened, did you experience any changes to your spiritual practices during that time? Were there other ways in which your life shifted?

THE URANUS OPPOSITION (AGES 41-45)

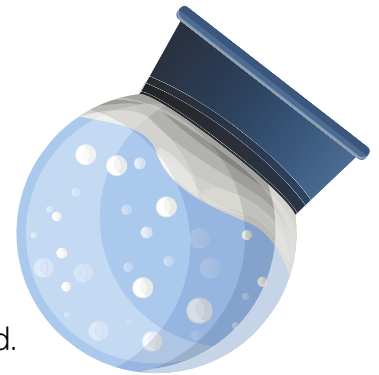


The Uranus Opposition

This opposition is often referred to as the “midlife crisis” transit. Uranus, known as the planet of change, rebellion, and innovation, reflects the desire for freedom during this time. You may feel a sudden urge to break free from anything that feels restrictive. It’s hard to know what to expect during this time ~ some area of life, maybe even several, will likely undergo unexpected changes. While this can feel frightening, in the end the liberation and awakening that occur can be lifegiving for the remaining decades of life.

What Happens

- **Desire for Freedom:** You may feel a sudden urge to break free from routine, responsibilities, or commitments that no longer bring joy or meaning to your life.
- **Sudden Changes:** Major life changes, such as career shifts, moves, or relationship changes, are common during this period. These changes often happen unexpectedly and can feel disruptive.
- **Rebellion Against the Status Quo:** This transit often brings a desire to rebel against societal norms, leading to a reevaluation of personal values and goals.



Self-Care Tips

- **Breathe:** Sometimes change can bring anxiety or emotional shock that makes it hard to be present. Breathe in slowly through your nose & out through your mouth.
- **Try New Experiences:** Engage in activities that break your routine, whether it’s traveling, learning a new skill, or engaging in a hobby that excites you.
- **Embrace Flexibility:** Allow yourself to be open to change. Yoga, tai chi, or flexible goal-setting can help you adjust to new perspectives without feeling overwhelmed.

Reflection

If you are already past your Uranus opposition, were there changes that came as a sudden surprise in your life? How did you need to let go of control?



THE CHIRON RETURN (AGE 50)

Chiron Return

Right around age 50, we go through one of the most healing transits of midlife. The asteroid Chiron is called the “wounded healer.” When it returns from its journey all the way around the Zodiac, we experience a time of profound healing transformation. The Chiron Return asks you to confront deep emotional wounds that may have followed you for decades, especially in certain areas of life. While this may be uncomfortable at times, the end result can bring renewal and peace that leaves us forever changed.

What Happens

- **Confronting Old Wounds:** You may be called to confront emotional or psychological wounds from childhood or earlier life stages.
- **Healing Through Wisdom:** This transit provides an opportunity to heal past wounds through the wisdom and maturity you’ve gained over the years.
- **Giving Back:** At the conclusion of this transit, people often feel drawn to share their healing journey with others, becoming mentors, guides, or teachers during this time.



Self-Care Tips

- **Healing Modalities:** Journaling or therapy might be helpful during this time. You might explore alternative healing methods like reiki, acupuncture, or grief recovery to support your emotional healing journey.
- **Service to Others:** Volunteering, mentoring, or supporting others on their healing path can be a powerful way to work through your own process.

Reflection

What longstanding emotional wounds have you dealt with in life? If you are on the other side of this transit, can you see ways that healing might have begun to take place? Are there ways that you could imagine your experiences might help you support others?

NAVIGATING THE TRANSITS OF MIDLIFE TOGETHER



*Midway upon the journey of our life, I found myself in a forest dark,
for the straightforward pathway had been lost. ~ Dante*

Embracing the Transformation

The transitions of midlife can feel overwhelming, but they also provide important opportunities for growth, healing, and transformation. By understanding more about them, you can move through this time with more grace, self-awareness, and purpose. These times are meant to help you become a more authentic, empowered version of yourself. And you don't have to try to find your way on your own. These transits don't last forever and there are important clues in our birth charts that help us know where we might be in the swirling seas of midlife changes. Get ready to chart your course through midlife. Whether you are a solo traveler who prefers to take the lead or prefer to have a guide lead the way, Life Transits has resources to help you learn more about what is ahead and to process what you've already experienced.

★ One of the biggest insights I had from learning astrology was that the major changes I had experienced throughout midlife were to be expected. As I looked back on my life, there was a clear pattern: the dates of the planetary returns and transits matched up with the big shifts in my life! I think back to those confusing times and wish that I had known that they weren't personal failures that could have been avoided by working harder or having better plans. Instead, they were natural cycles of transformation that brought confidence and clarity about the future. ★



About Me: Lorri specializes in helping people through life's transitions with a personalized combination of astrological guidance, grief recovery methods, and self-care strategies. For over a decade she has worked 1:1 providing spiritual companionship, guidance, and a listening presence to people from diverse backgrounds. Ready to explore your unique calendar of transits and discover your next steps? Let's connect.



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