



NEW MOON CYCLE

Monthly Lunar Planning & Insight Guide

CAPRICORN

January 18 - February 16, 2026

ASTROLOGICAL INSIGHTS | JOURNAL PROMPTS | KEY DATES & TIMING | ELECTIONAL GUIDANCE



Capricorn New Moon Cycle Quick Start Guide

What This Is

This booklet is your personal road map for the next 29 days—a guide to understanding the energetic currents shaping your life and knowing exactly when to act, reflect, or release.

You don't need astrology experience to use this. Everything is explained in accessible language, and you can engage as deeply or simply as feels right for you.



Why Use a New Moon Cycle Guide

The Moon moves through 8 phases every 29 days, and each phase brings different energy:

New Moon: New beginnings, a time for seeding new thoughts and ideas.

Waxing Crescent: Initial growth and the struggle to move forward.

First Quarter: Obstacles are required to make progress. Decisions and taking action is required

Waxing Gibbous: Refining and Preparing

Full Moon: Truths are fully revealed, and things reach a peak of manifestation.

Disseminating: Sharing knowledge and releasing what has been culminated

Last Quarter: Shedding and letting go of structures that no longer serve a purpose.

Balsamic: Introspection, rest, and distilling everything down to a seed of potential. A final period of release and preparation for the next cycle

When you align your actions with these natural rhythms, you work with the energy instead of against it. This creates:

- More effective timing for important decisions
- Better understanding of emotional patterns
- Clarity about when to push forward and when to pause
- A sense of being supported rather than struggling alone

This booklet shows you exactly how to do that.

Remember

This is a guide, not a rule book. Take what resonates, leave what doesn't, and trust yourself above all. You don't have to do this perfectly—just show up with curiosity and care.

The Moon moves through her phases whether you pay attention or not. But when you choose to work consciously with her rhythms, life begins to feel less like a struggle and more like a dance.

Welcome to your Capricorn New Moon Cycle.

The architecture of your future is taking shape—and you are the one building it.



Capricorn New Moon Cycle January 18 – February 16, 2026

The Architecture of What Comes Next

The Capricorn New Moon opens the first lunar chapter of 2026, and it does not arrive quietly. This is a cycle of consequence—one that sets plans in motion long before their results are visible. What begins now is not meant for immediate display. It is built to last.

Although this cycle begins in Capricorn, the energy moving through it is forward-facing and strategic. Saturn, ruler of this New Moon, sets the tone through responsibility, endurance, and long-term vision. At the same time, there is a strong pull toward innovation and collective change, guiding how transformation is being shaped beneath the surface.

The cycle begins with a concentration of energy in Capricorn, drawing attention to the structures of your life—commitments, ambitions, boundaries, and responsibilities. Tension arises between outer demands and inner needs, while long-standing foundations are subtly destabilized. Adjustments are required. Not everything can continue as it has been.

As the Moon moves forward, the focus shifts into Aquarius, pulling awareness away from what is visible and into what is being planned. By the end of the Crescent phase, an extraordinary amount of energy gathers quietly, working in silence. Decisions are being made behind closed doors. New directions are forming without announcement.

This cycle begins with much of the planetary activity hidden from view—a symbolic closing of old chapters and the opening of new ones. Action, desire, and motivation are being recalibrated privately, while a long-term generational shift begins in the background. The impact of what is set in motion now will not be immediate, but it will be lasting.

This Capricorn New Moon cycle is charged, intense, and quietly dramatic. It carries the feeling of whispered conversations in back rooms, of blueprints being drafted before the doors open. The work of this cycle is not to force visibility but to build with intention. What you choose now—what you commit to, what you release, and what you quietly begin—will shape the structure of the year ahead.

This is not about speed—it is about solidity.

And what is built in silence now will stand when the noise returns.

"THE FUTURE IS NOT ANNOUNCED—IT IS CONSTRUCTED, PIECE BY UNSEEN PIECE."



Navigating This Moon Cycle

This Capricorn New Moon cycle unfolds in layers. Some moments ask for depth and reflection, others for courage, adjustment, or release. To support you in working with this energy consciously, this cycle is anchored by a few key touchpoints—each offering its own insight and opportunity.

Return to this page throughout the cycle to orient yourself as energy shifts. Each link opens deeper context for that phase or transit.

The **New Moon Blog** opens the cycle, offering context for the themes at play and guidance for setting intentions built to last. It explores the deeper structure of this period and what is being quietly initiated behind the scenes.

The First New Moon of 2026: A Time of Concealed Power

The **Full Moon Blog** marks the point of illumination. Here, attention shifts from what has been forming privately to what needs to be seen, owned, or integrated. This is where self-worth, clarity, and inner authority come into focus.

Full Moon in Leo: The Thorne Within

This cycle also contains moments of contrast.

Key Date: A rare threshold moment that opens an entirely new chapter.

January 26 – Neptune Enters Aries
A New 14-Year Chapter Begins

Most Challenging Day: When pressure peaks and tension demands honesty, discipline, and restraint. This is not a day to force outcomes but one that reveals where growth is required.

January 27 – Mars Conjunct Pluto in Aquarius
Obstacles will feel challenging but serve a purpose

Most Supportive Day: Chosen for its ability to work with momentum rather than against it. This is an ideal time for intentional action, commitment, and aligning yourself with what you want to build moving forward.

January 30 – Mid-Afternoon
Favors Growth, Confidence, and Personal Direction

Throughout the cycle, key dates are highlighted to help you navigate shifts in energy, timing, and focus. These moments offer natural checkpoints—opportunities to pause, adjust, and engage with the cycle as it unfolds.



New Moon

QUIET POWER, FUTURE BLUEPRINT

Keywords: Concealment · Strategic Reset · Inner Authority · Collective Evolution · Hidden Momentum · Intuitive Planning · Long-Term Vision · Subtle Transformation



January 18 - January 24, 2026



Wisdom of the Transits



New Moon in Motion: The Quiet Architecture of Power

This waxing Moon cycle opens as one of the most intense and consequential periods of the year. From the very beginning, there is a sense of pressure: a call to define your path, take responsibility for your ambitions, and build structures that can withstand both internal and external upheaval. At the same time, subtle currents are pushing you to examine what truly nourishes you and where old security no longer serves. Change is accelerating, quietly shaking the foundations beneath your feet, asking you to let go of habits, beliefs, or relationships that no longer align with your growth.

As the Crescent Moon phase unfolds, energy shifts inward. Five major forces—Sun, Mercury, Venus, Mars, and Pluto—gather in alignment, creating an intense undercurrent of transformation. Though these forces are potent, they remain largely hidden: conversations, intentions, and breakthroughs are taking place in private, in places unseen. This is not a time for display or immediate action—it is a time for subtle strategy, reflection, and careful cultivation.

During this period, inner clarity, insight, and quiet determination are your most valuable allies. Truths will surface that may initially feel overwhelming or disruptive, but they are the foundation for long-term evolution. What is being built now is not fleeting—it is the architecture of your future, drafted with precision and intention before it can be shared or acted upon. There is power in restraint, wisdom in patience, and strength in observing before stepping forward.

This is a cycle that demands depth, attention, and inner authority. While the world may feel chaotic or unclear, know that the most profound shifts often happen out of sight, in the quiet places of reflection and planning. Your work now is to listen, to observe, and to move deliberately, trusting that these unseen currents are shaping a future far stronger than anything immediately visible.



"THE GREATEST TRANSFORMATIONS OFTEN UNFOLD IN SILENCE, WHERE UNSEEN HANDS ARE SHAPING THE FUTURE."



★ *New Moon*

QUIET POWER, FUTURE BLUEPRINT

Keywords: Concealment · Strategic Reset · Inner Authority · Collective Evolution · Hidden Momentum · Intuitive Planning · Long-Term Vision · Subtle Transformation

★ January 18 – 24, 2026 ★
★ Daily Transits

★ January 18 – Capricorn New Moon 12:51pm, MST ★
The First New Moon of 2026: A Time of Concealed Power

January 18 — Mercury conjunct Mars in Capricorn

A highly focused yet volatile alignment. Mercury and Mars unite in Capricorn, sharpening strategy, ambition, and decisive action. Mars is at peak strength, amplifying drive and authority, while Mercury brings disciplined thinking—but both operate under pressure and limited visibility, hidden beneath the Sun's overwhelming light.

This can manifest as mental strain, sharp words, impatience, or ruthless determination. Work quietly, refine plans, and avoid forcing outcomes. Power builds behind the scenes until clarity returns.

January 19 - Sun Enters Aquarius

The Sun's entrance into Aquarius shifts focus toward innovation, collective ideals, and future-oriented thinking. Aquarius emphasizes intellectual independence, reform, and the evolution of community through shared vision.

This marks the Sun's second annual meeting with Pluto in Aquarius, deepening our understanding of long-term social and ideological transformation that will unfold over the next 18 years. Yet this year carries a subtler tone: with Mercury, Venus, and Mars under the Sun's beams (operating with limited visibility), much of this cycle unfolds behind the scenes, marked by hidden dynamics, muted expression, and potential misunderstandings as the new Aquarian chapter quietly takes shape.

January 19 — Venus conjunct Pluto in Aquarius

A quiet yet potent alignment. Venus meets Pluto in Aquarius, intensifying themes of desire, value, attachment, and power within relationships and finances. In Aquarius, this pairing challenges social bonds, exposing where connection has become detached, controlled, or misaligned with true values.

With Venus operating under the Sun's influence, blind spots are likely. Transformations unfold inwardly and behind the scenes, requiring deep self-examination. Issues of control, manipulation, or imbalance may surface subtly, asking for honest reassessment before outward change or expression is possible.



January 18 - 24, 2026

★ Daily Transits

★ January 20 — Mercury Enters Aquarius

Mercury's entrance into Aquarius shifts the mind toward abstract thinking, future vision, and collective dialogue. Yet with limited visibility, clarity is compromised. Ideas may feel unheard, distorted, or mentally overwhelming, with a tendency toward anxious thought loops or subjective reasoning.

Communication requires precision and discipline—assumptions, hints, or subtle cues are easily missed. Much of this cycle operates beneath the surface, making it essential to slow the mind, state intentions plainly, and remain grounded in the present moment.

★ January 21 — Sun conjunct Mercury in Aquarius

A brief moment of clarity within an otherwise pressured cycle. Mercury reaches the heart of the Sun, bringing insight, mental breakthroughs, and innovative ideas—especially where stagnation has lingered.

This is an ideal day for brainstorming and re-framing perspective. However, with other planets still operating under strain, visibility remains limited. Capture insights privately and continue working behind the scenes, as mental pressure and overwhelm may return once Mercury moves past this moment of clarity.

★ January 22 — Mercury conjunct Pluto in Aquarius (Under Pisces Crescent Moon)

An intense and uncompromising alignment unfolds beneath the Pisces Crescent Moon. Mercury joins Pluto in Aquarius, compelling deep mental excavation and the exposure of hidden truths around power, influence, and collective narratives—particularly within social and technological systems.

The Pisces Crescent Moon softens yet blurs this process, heightening sensitivity, intuition, and emotional permeability. Revelations may arrive through subtle cues, dreams, or quiet realizations rather than direct statements. While insights can be transformative, communication may remain unclear or emotionally charged. Move gently, trust intuitive knowing, and allow truths to surface without forcing immediate articulation or action.

★ January 23 — Mars Enters Aquarius / Sun Conjunct Pluto

Mars joins Aquarius, activating drive, courage, and the will to act on ideals that serve the collective. In Aquarius, Mars fights for principle, innovation, and future-oriented change. Yet operating under pressure, this energy turns inward—assertion may feel constrained, delayed, or expressed indirectly.

At the same time, the Sun continues its alignment with Pluto, intensifying insight and sharpening focus on long-term, meaningful transformation. With Mercury, Venus, and Mars all under strain, their agendas are folded into the Sun-Pluto dynamic, creating a deeply private and strategic period. Much is shifting beneath the surface; power consolidates quietly as the blueprint for the future takes shape behind the scenes. ★

"SOMETIMES THE UNIVERSE WITHHOLDS CLARITY NOT TO PUNISH YOU, BUT TO TEACH YOU TO TRUST THE PROCESS OVER THE PLAN."



January 18 – 24, 2026 Deep Reflection

The Unseen Blueprint

This week, I give myself permission to step out of urgency and into intention. I acknowledge that not everything unfolding in my life needs to be visible yet. There is wisdom in working quietly, in allowing ideas, desires, and plans to form without pressure or performance.

I reflect on where I feel called to take greater responsibility for my future—not through force, but through clarity. What structures in my life are no longer stable or aligned? What foundations am I being asked to rebuild from the inside out? I notice where change feels uncomfortable and recognize that discomfort as a signal of growth, not failure.

- I ask myself: What am I building that I am not ready to share yet?
- What truths are emerging privately that will shape my next chapter?

I honor the fact that this moment is about preparation, not completion. I trust that the quiet work I do now—refining my values, strengthening my resolve, and listening deeply—will become the backbone of something enduring.

I do not rush the process. I allow the future to take form in its own time.

Power in Stillness

This week invites me to redefine power. Not as visibility, dominance, or immediate results—but as restraint, awareness, and inner authority. I observe where I feel pressure to act, explain, or prove myself, and I consciously choose stillness instead.

I reflect on my relationship with control. Where do I try to force outcomes out of fear or impatience? Where would it feel safer—and wiser—to pause, gather insight, and let clarity emerge naturally? I acknowledge that some truths arrive softly, through intuition, subtle realizations, or emotional undercurrents rather than clear answers.

- What is asking to be transformed within me before it can be expressed outwardly?
- What version of myself is quietly taking shape beneath the surface?

I remind myself that the most meaningful change often happens in private moments of honesty. I allow myself to sit with uncertainty, trusting that I am being guided toward a future that is stronger, more aligned, and more authentic than anything I could force right now.

I choose patience. I choose depth. I choose to let power grow in silence.



★ *First Quarter* ★

★ **GROUNDING CHOICES, LASTING FOUNDATIONS**

Keywords: Discernment · Sustainability · Values Check · Practical Wisdom · Commitment · Resource Awareness · Steady Progress · Long-Term Security

January 25 - 30, 2026
Wisdom of the Transits ★

The Threshold Week

This is one of the most defining weeks of the cycle—a stretch of time demanding maturity, restraint, and deep self-honesty. It begins with a grounding reality check and carries us through pressure, initiation, closure, and finally, a carefully chosen moment to begin again.

The week opens with a stabilizing influence that forces clarity around limits, values, and sustainability. Decisions made here are not about desire alone but about what can truly be maintained over time. Compromise becomes necessary—not as loss but as discernment. This is where priorities are refined and the path forward becomes more realistic and intentional.

Midweek delivers the most intense moment of the entire cycle—a confrontation with power, determination, and internal resistance. This is not a breaking point but a proving ground. You are tested on how you respond under pressure, how you wield strength, and whether your strategy is rooted in reaction or resilience. Obstacles are not meant to stop you—they are meant to sharpen you.

At the same time, a major chapter quietly closes as another begins. A long-running era dissolves, taking with it outdated dreams, illusions, and emotional attachments. What remains is not emptiness but readiness. A new cycle ignites—one that asks for courage, initiative, and embodied belief rather than passive hope.

The week concludes with the most supportive window available to begin anew. While clarity is still unfolding and much remains unseen, this moment favors self-trust, growth, and excellence. It is not about perfect timing—it is about aligned timing. What is started now is meant to grow steadily, gaining strength and definition as it reveals itself over time.

"TRUE STABILITY IS BUILT THROUGH HONEST CHOICES, NOT ENDLESS EFFORT."



First Quarter

GROUNDING CHOICES, LASTING FOUNDATIONS

Keywords: Discernment · Sustainability · Values Check · Practical Wisdom · Commitment · Resource Awareness · Steady Progress · Long-Term Security

January 25 - 30, 2026
Daily Transits

January 25 — First Quarter Moon in Taurus

With this First Quarter Moon in Taurus, the focus turns to values, resources, and sustainability. This is a reality check. You are asked to be honest about limits—time, energy, finances, and capacity. Not everything can be pursued at once, and not every desire is worth the cost. Compromise becomes necessary, but not at the expense of what truly matters.

This phase invites grounded decision-making. What do you value enough to commit to long-term? What must be simplified or released in order to move forward with stability and confidence? Adjustments made now—practical, intentional, and value-aligned—create the foundation for lasting success.

What you commit to now must be able to carry you forward.

January 26 - Neptune Enters Aries

We are crossing a defining threshold. Neptune's entry into Aries opens an entirely new 14-year chapter—one that reshapes how inspiration, belief, courage, and purpose move through our lives. We were given a preview of this energy earlier in the year, but now the doorway opens fully, and there is no returning to the same dream.

This is a profound shift. Neptune has not traveled through a fire sign since 1984. For years, the collective tone has been shaped by sensitivity, dissolution, and emotional immersion. Now, the dream meets heat. What once drifted, imagined, or dissolved is being activated. Passion is stirred. Action is provoked. Separation begins.

Fire initiates. It does not wait for permission, explanation, or certainty. It acts first and figures it out later. When boundless Neptune enters this terrain, inspiration spreads quickly and unpredictably. Ideals ignite. Imagination accelerates. Intuition demands movement, not contemplation. At the same time, frustration, anger, and irritation can flare just as easily when direction is unclear.

This is not a gentle transition. Steam rises when water meets fire.

"WHAT YOU COMMIT TO NOW MUST BE ABLE TO CARRY YOU FORWARD."



★ January 25 - 30, 2026

Wisdom of the Transits

First Quarter in Motion: The Threshold Week

January 26 - Neptune Ingress Aries Continues

Yet this new era is not about chaos—it is about motivation. Neptune in Aries awakens the emotional forces that compel us to take risks, to stand for something, to begin even when the path is not fully formed. It asks: What moves you enough to act? What belief is strong enough to become embodied?

At the same time, something important is ending. As Neptune leaves Pisces, illusions dissolve. Dreams that no longer hold meaning fade. Disillusionment may surface—not as loss but as clarity. What once inspired devotion may now feel hollow. What once expanded may now quietly recede.

This is how long chapters close: not with noise, but with honesty.

The coming years will amplify some ideals and reduce others. Certain visions will grow louder, while others wash away entirely. What remains will be what truly fuels courage, initiative, and independent will. This is not about saving the dream—it is about living it. A new era begins not with answers, but with ignition.

Closing the Last 14 Years

I take a moment to honor what is ending. Over the past fourteen years, I have grown through sensitivity, uncertainty, compassion, and surrender. I reflect on the dreams I once held—both the ones that carried me forward and the ones that quietly dissolved along the way.

- Where have I been idealistic to the point of losing myself?
- What beliefs, hopes, or longings no longer feel true in my body?
- Where has disillusionment actually brought me clarity rather than loss?

I allow myself to grieve what did not materialize, without judgment. I acknowledge what softened me, what opened my heart, and what taught me the difference between fantasy and truth. I release the need to keep believing in what no longer inspires me.

I close this chapter with gratitude, honesty, and readiness for what comes next.

"WHAT ONCE NEEDED BELIEF NOW ASKS FOR TRUTH; WHAT ONCE SOFTENED ME HAS TAUGHT ME HOW TO LET GO."



★ ★ **January 25 - 30, 2026**
Daily Transits

Opening the Next 14 Years

As a new chapter begins, I turn toward what stirs me into motion. I listen for the quiet heat inside—the emotion that motivates me to act, to initiate, to take risks even without certainty.

- What inspires me enough to move forward now?
- What belief am I willing to stand behind, even if I stand alone?
- What feels ready to be explored, expanded, or embodied?

I notice where passion arises—where imagination wants expression, where intuition demands movement. I also acknowledge where frustration or anger may be pointing me toward truth rather than resistance.★

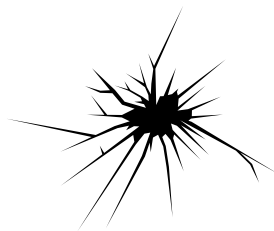
I give myself permission to begin imperfectly. I do not need a fully formed plan—only a willingness to act in alignment with what feels real, alive, and meaningful. I step into this new era ready to explore who I am becoming through action, courage, and lived conviction.

January 27 - Mars conjunct Pluto in Aquarius

This is the most intense and challenging moment of the Capricorn Moon cycle. A powerful surge of force, pressure, and determination comes to the surface, asking us to confront how we use power—both internally and externally. Old patterns around control, conflict, and survival instincts may be triggered, especially where ideas, systems, or long-term visions are concerned.

This is not reckless energy—it is strategic. It demands focus, discipline, and emotional maturity. You may feel pushed to defend your position, assert your truth, or push through resistance, but shortcuts and reactive choices will backfire. This moment exposes where strength is real and where it is performative, where strategy is refined and where it still needs training.

Obstacles may feel sharp, personal, or unrelenting, yet they serve a purpose. They are shaping endurance, sharpening skill, and clarifying commitment. This is a proving ground. What you are willing to persist through now defines the depth of your resolve and the integrity of the future you are building.



"I NO LONGER WAIT FOR THE DREAM TO SAVE ME - I MOVE, AND BECOME THE DREAM."



★ ★ **January 25 - 30, 2026**
Daily Transits ★ ★

January 29 - Gemini Gibbous Moon / Mercury Conjunct Venus

The Gibbous Moon invites refinement. This is a time to edit, simplify, and polish what has already been set in motion. Not everything needs to be said or shared—discernment around language, audience, and timing matters.

There is a noticeable softening today after an intense week. Communication flows more easily, insights arrive quietly, and plans begin to align behind the scenes. Journaling and reflection bring clarity, revealing subtle "light-bulb moments." While much remains private, the path forward feels calmer, clearer, and more intentional.

January 30 - Best Electional Chart
Cancer Rising ~ Jupiter in the first house

There is no flawless moment in this cycle, but January 30 at 2:51 PM MST offers the strongest available ground for intentional beginnings. The energy favors growth, confidence, and personal direction, especially when the focus is on identity, visibility, or long-term excellence.

While much remains unseen and still unfolding beneath the surface—particularly around shared resources and behind-the-scenes dynamics—this moment supports steady progress without forcing clarity. It's best used for setting intentions that prioritize self-trust, quiet confidence, and commitment to quality over speed.

Begin with the understanding that not everything needs to be visible yet. What you start now is meant to grow, mature, and reveal itself in time.



"I NO LONGER WAIT FOR THE DREAM TO SAVE ME - I MOVE, AND BECOME THE DREAM."



January 26 – 30, 2026 Deep Reflection

The Weight of the Choice

This week, I slow down and listen to what reality is asking of me. I acknowledge that not every path is sustainable, and not every desire is meant to be pursued right now. I reflect on where I am being asked to choose wisely rather than impulsively.

- What am I willing to commit to long-term?
- What drains me more than it supports me?
- Where do I need to adjust expectations in order to move forward with integrity?

I allow discomfort to guide me toward clarity rather than avoidance. I recognize that pressure is not punishment—it is refinement. I choose to respond with patience, strategy, and self-respect.

I trust that the decisions I make this week are shaping stability, not limitation.

Crossing the Threshold

I honor what is ending. I acknowledge the beliefs, dreams, and identities that have carried me this far—and I give myself permission to release what no longer feels alive or true.

- What chapter am I ready to close without resentment?
- What have I learned about my resilience, strength, and inner authority?

As I step into what is beginning, I commit to acting from alignment rather than fear. I do not need all the answers—only the courage to begin with intention. I allow growth to be gradual, unseen at first, and built on trust in myself.

I cross this threshold grounded, clear, and ready for what comes next.





Full Moon

HEART-CENTERED CLARITY

Keywords: Presence over Performance, Quiet Power, Letting Go with Dignity, Aligned Visibility, Private Integration, Inner Validation, Self-Respect

February 1 - 8, 2026 ★

Wisdom of the Transits

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Integration After the Peak

With the Moon now past its peak, the energy of the week turns from initiation to integration. What was illuminated at the Full Moon is no longer asking for performance or proof—it's asking for honesty, adjustment, and release. This is a period of processing what has already surfaced, not pushing for new outcomes.

Early in the week, long-running chapters begin to close. A sense of finality hangs in the air, especially around security, values, and the systems we've relied on for stability. The ground may still feel unsettled, but it's no longer shifting in the same chaotic way. Instead, there's an opportunity to recognize what has permanently changed and to stop trying to rebuild what belongs to the past.

Midweek opens space for conversation and perspective. Dialogue becomes easier, and insights are exchanged more freely, though surprises and sudden revelations may interrupt familiar narratives. News—personal or collective—can feel jolting at first, yet ultimately liberating. These moments clarify what needs to be said and what no longer needs to be debated.

As the week progresses, thinking and relating soften. Communication becomes more intuitive, less linear. Clarity may blur, but meaning deepens. This is a time to listen closely, reflect honestly, and notice what themes are beginning to repeat—quiet signals pointing toward what will soon be reviewed or revised.

The week closes with relational and value-based tension that cannot be ignored. Sudden shifts in dynamics highlight where freedom, authenticity, and alignment matter more than comfort. While not everything is fully understood yet, what breaks or changes now reveals where growth is unavoidable. ★

This waning Moon week is not about forward momentum—it's about discernment. Letting go of outdated expectations. Integrating recent truths. And allowing space for what is no longer viable to fall away, so the next chapter can emerge with greater integrity and clarity.

**"THE MOMENT YOU STOP PERFORMING IS THE MOMENT YOUR REAL POWER BECOMES
VISIBLE-TO YOU."**



Full Moon

HEART-CENTERED CLARITY

Keywords: Presence over Performance, Quiet Power, Letting Go with Dignity, Aligned Visibility, Private Integration, Inner Validation, Self-Respect

February 1 – 8, 2026

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Daily Transits

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February 1 - Leo Full Moon

The Leo Full Moon rises with a single, uncompromising question: Can you know your worth without needing the world to confirm it?

As transformation continues quietly behind the scenes—systems shifting, power realigning, truths unfolding out of view—this Full Moon casts its light inward. It reveals a different kind of strength. Not performance. Not recognition. But self-acknowledgement.

Leo teaches that true authority doesn't need to announce itself—it is embodied. This Full Moon marks the transition from being seen to seeing yourself. From striving for recognition to sitting securely in your own knowing. From the stage to the throne.

February 3 - Uranus Stations Direct: Closing the Taurus Chapter

Uranus stations direct for the final time in Taurus. Over these years, stability has been anything but static. Our relationship with security, money, values, and the physical world has been disrupted, challenged, and redefined—often through sudden shifts that forced adaptation rather than choice.

This station represents a moment of reckoning and resolution. What has changed permanently? What can no longer be rebuilt the old way? As Uranus prepares to leave Taurus in the coming months, the ground begins to settle—not back into comfort, but into a new understanding of what stability actually means.

For some, this may feel like a final adjustment or clean-up phase, especially where long-standing patterns around worth, resources, or safety are concerned. The lesson of this cycle is clear: true security is not found in what resists change but in what can evolve with it.

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This is the beginning of the end of an era—and the quiet preparation for what comes next.

"NOT ALL POWER ANNOUNCES ITSELF. SOME POWER SIMPLY KNOWS."



February 1 - 8, 2026 Daily Transits

February 5 — Libra Disseminate Moon / Mercury Squares Uranus

The Libra Moon opens a space for sharing, reflection, and dialogue. After weeks of internal processing and behind-the-scenes movement, the atmosphere lightens. People are more open, more willing to talk, and more receptive to different viewpoints. It's a natural moment to reflect on what you've learned so far this year and to exchange insights with others.

At the same time, conversation carries an edge. Unexpected information, sudden realizations, or surprising announcements can disrupt the status quo—especially around ideas, technology, or collective issues. What's revealed may arrive abruptly, but it has the power to unlock new ways of thinking and seeing.

This is a day where dialogue matters. Breakthroughs come through honest exchange, even if they feel unsettling at first. Stay flexible, listen closely, and allow new perspectives to reshape the narrative.

February 6 — Mercury Enters Pisces

Mercury shifts from the sharp, analytical atmosphere of recent weeks into a more intuitive, fluid mode. Logic gives way to feeling, symbolism, and subtle perception. Thought processes soften, and communication becomes less linear and more impressionistic.

Although Mercury is now moving away from the Sun's overwhelming influence and gaining visibility, it is also approaching its retrograde phase. For many, this marks the true beginning of the **pre-shadow period**—a time when themes, conversations, and decisions begin to foreshadow what will later be revisited.

This is a moment to listen more than you speak, to notice patterns rather than seek immediate clarity. Meaning emerges through intuition, reflection, and what is felt beneath the words.

February 8 — Venus squares Uranus

Venus meets Uranus in a final moment of tension, closing a long chapter of upheaval around relationships, values, and security. Sudden shifts, emotional jolts, or unexpected turns in partnerships may surface—not to destabilize without reason but to reveal what can no longer be sustained.

With Venus still operating with limited clarity, reactions may feel intense or premature, and the full meaning of what unfolds may not be immediately visible. Yet Venus governs this terrain, reminding us that discomfort can be a catalyst for realignment rather than loss.

This transit asks for flexibility without self-betrayal. What changes now is showing you where freedom, authenticity, and truth matter more than comfort. What remains after this moment is what is genuinely aligned—and strong enough to evolve.



February 1 – 8, 2026
Deep Reflection
Claiming Inner Authority

As this week unfolds, I turn inward to recognize what has already been revealed. The light has peaked, and what remains is not performance, but truth. I take time to notice where clarity has quietly settled—where I no longer need approval, permission, or reassurance to trust myself.

I reflect on where I've been seeking confirmation outside of myself and what it feels like to withdraw that energy.

- Where am I ready to stand without explanation?
- What part of me already knows the answer, even if it hasn't been spoken aloud?

I sit with the understanding that real confidence doesn't announce itself—it stabilizes. It becomes embodied through consistency, boundaries, and self-respect. I allow my sense of worth to exist without witnesses, knowing that what is rooted deeply does not need to prove its strength.

I trust myself even when no one is watching. I choose myself with clarity and calm authority. My approval is enough.

Releasing What No Longer Requires My Energy

As the energy begins to wane, I give myself permission to release what has completed its purpose. I acknowledge the roles, expectations, and narratives I've carried that no longer feel aligned with who I am becoming.

I notice where I've been over-explaining, over-performing, or overextending in order to be understood.

- What am I ready to let go of now that I see it clearly?
- What becomes stronger when I no longer seek validation or agreement?

I honor the wisdom of restraint. Not everything needs to be shared. Not every realization needs an audience. I allow my truth to mature quietly, trusting that what is meant to last does not require urgency or display.

I release the need to be understood by everyone. I move forward with quiet confidence and discernment.





Last Quarter

RELEASE
SHAPES
POWER

Keywords: Release, Reckoning, Restructuring, Inner Authority, Endings & Beginnings

February 9 - 16, 2026

Daily Transits

February 9 - Scorpio Last Quarter Moon

Questions of perception arise now—how we define sanity, intuition, and truth, both for ourselves and through the eyes of others. Past moments of being silenced or discouraged may resurface, not to wound us again but to be cleared.

The Moon is uncomfortable in Scorpio, intensifying emotions and exposing what has been buried. Yet this discomfort is purposeful. It invites us to sit with uncertainty, to loosen our grip on outdated narratives, and to trust that what once felt unrealistic may now be ready to exist.

February 10 - Venus Enters Pisces

Venus enters Pisces, where she expresses her highest potential, softening the atmosphere and opening space for compassion, healing, and emotional renewal. Though still operating with limited visibility, her influence works quietly—reshaping relationships, creative desires, and values from the inside out.

This is a period of subtle but profound growth. Emotional fulfillment is sought not through control or certainty but through vulnerability, forgiveness, and surrender. Beauty is found in the unseen, the unspoken, and the moments of genuine connection that ask nothing in return. What is forming now does not need visibility yet—it needs trust.



"RELEASE IS NOT LOSS—IT IS ALIGNMENT."



February 9 – 16, 2026 Daily Transits

February 11 — Mercury Pre-Shadow in Pisces (8°)

Mercury enters its pre-shadow phase, quietly signaling that a review cycle has begun. This is the buildup—the first hints that certain conversations, ideas, or unfinished matters will soon ask for deeper attention. Miscommunications may surface, old themes resurface, and small disruptions serve as gentle warnings rather than problems to fix.

Think of this as the rough draft. The story is being written now, but it will need revision later. Clarity is not required yet—awareness is. What catches your attention during this phase is likely to return, asking to be reconsidered with greater sensitivity and insight.

Move slowly. Listen carefully. Notice what repeats.

Mercury Retrograde Cycle (Pisces » Aries)

- February 6 — Mercury enters Pisces
- February 11 — Mercury enters Pre-Shadow (8° Pisces)
- February 25 — Mercury stations Retrograde (22° Pisces)
- March 21 — Mercury stations Direct (8° Pisces)
- April 9 — Post-Shadow period ends (22° Pisces)
- April 15 — Mercury enters Aries

February 13 — Capricorn Balsamic Moon • Saturn enters Aries

This day carries the feeling of endings and beginnings overlapping. Under the Capricorn Balsamic Moon, attention turns to what has reached its limit—structures, commitments, responsibilities, or patterns that can no longer be sustained. This is the quiet pause before renewal, a moment for honest inventory: what is solid, what is obsolete, and what quietly drains your energy.

At the same time, Saturn steps into Aries, beginning a new 2.5-year chapter. The shift is uncomfortable by design. Saturn moves slowly and deliberately, while Aries wants immediate action. This creates friction between patience and urgency, restraint and impulse. There may be frustration, fatigue, or the sense of pushing against a wall—but this is not wasted effort. What is being asked now is discipline applied to courage, endurance applied to initiation.

This is a clearing phase. Decluttering physical spaces, simplifying schedules, and releasing obligations that no longer serve creates room for stronger foundations to be built. Some systems—personal or collective—are ready to be dismantled so something more resilient can take their place.

Move slowly. Choose wisely. Not everything needs to be carried forward. What survives this threshold is meant to last.

"POWER MATURES WHEN WE STOP PROVING AND START CHOOSING."



February 9 – 16, 2026 Daily Transits

February 15 – Sun Square Uranus

This is the final alignment between the Sun and Uranus in Taurus, marking the slow closure of a long chapter that has been reshaping identity, stability, and personal freedom. What has been quietly unsettled over the past years reaches a point of undeniable clarity.

This transit challenges the version of yourself built for safety rather than truth. Sudden insights, restlessness, or disruptions may arise—not to destabilize you but to expose where you've outgrown roles, routines, or expectations that no longer fit. Authority is questioned. Old definitions of success or security loosen their grip.

The tension here is creative. It asks for individuation without destruction, liberation without impulsive escape. Breakthroughs come when you stop resisting change and allow authenticity to lead, even if it alters the terrain beneath your feet.

This is not chaos—it is re-calibration. A final invitation to shed what is false so what is real can finally move forward.



"NOT EVERYTHING THAT ENDS WAS MEANT TO CONTINUE."



February 9 - 16, 2026
Deep Reflection
Releasing and Rebuilding

As the Scorpio Last Quarter Moon guides me inward, I give myself permission to release what has reached its limit. I acknowledge the fears, patterns, and structures I've held that no longer serve my growth.

I notice where I've been resisting change, clinging to safety, or carrying burdens that are not mine to maintain.

- What am I ready to release now that I see it clearly?
- Where can I embrace patience, discipline, and measured action as I step into what is next?

I honor the tension between endings and beginnings. Not everything must be fixed, controlled, or resolved today. I allow clarity to emerge quietly, trusting that what is authentic will endure and what is misaligned will naturally fall away.

I release what no longer serves my highest good, I build forward with discernment, courage, and quiet strength.

Facing What Needs to Be Released

As this cycle wanes, I turn inward to see what has reached its natural conclusion. The Scorpio Last Quarter Moon calls me to confront hidden truths, emotional patterns, and fears I may have avoided.

I notice where I've held onto control, certainty, or outdated structures.

- What am I ready to let go of in order to create space for what matters?
- Which truths have been buried too long, waiting for acknowledgment?

I allow myself to face discomfort without resistance, trusting that release is not loss but alignment. The endings now are the foundation for the next chapter, clearing the way for strength, authenticity, and deeper self-knowledge.

I release what no longer aligns with my growth, I trust that what remains is meant to support my evolution.

"TRUE FREEDOM BEGINS WHERE FALSE STABILITY DISSOLVES."



From Depth to Authentic Power

This cycle opened with intensity, a quiet stirring beneath the surface. Thoughts, desires, and ambitions were sharpened, yet much of the energy remained private, gestating in silence. It was a time to observe, reflect, and tune into what truly matters before making any moves.

As the First Quarter Moon approached, we were asked to examine our priorities. What is worth our time, attention, and energy? Where can we compromise without sacrificing essence? The path forward required clarity, honesty, and careful adjustment. It was a moment to pause, realign, and ensure that our choices reflected what we truly value.

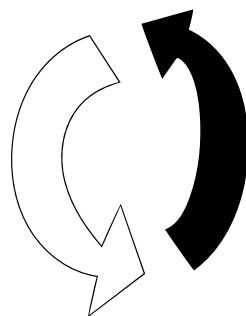
The Full Moon in the heart of this cycle illuminated self-worth and presence. Recognition from others became less important than seeing ourselves clearly. It asked us to step into authenticity, to embrace personal power, and to trust the quiet authority that comes from knowing our own truth.

By the Last Quarter Moon, the energy turned inward again. Old patterns, fears, and attachments rose to the surface, inviting release. This was not a time for forcing change or perfection but for letting go with awareness and courage. The things we released were not failures—they were simply no longer aligned with our growth.

Amid endings, new beginnings quietly emerged. Opportunities, insights, and responsibilities appeared in subtle ways, asking for patience, discipline, and focused effort. This was a period of testing, of refining, and of preparing the ground for what comes next.

Now, as the cycle closes, we are left with clarity and strength. The challenges, the stillness, and the hidden work of this period have consolidated power quietly within us. What remains is real, aligned, and ready to be carried forward into the next chapter.

This cycle has been about seeing clearly, releasing consciously, and stepping forward into authenticity—trusting that what is meant to last does not require display or recognition, only integrity and courage.



"TO GO FAST, GO ALONE. TO GO FAR, GO TOGETHER—STARTING WITH THE HARMONY BETWEEN THE PERSON THE WORLD SEES AND THE SOUL THAT LIVES AT HOME."





Deep Reflection: The Cycle Summary

Claiming My Inner Authority

This cycle has asked me to look inward, to notice where I have sought validation or allowed others to define my worth. I reflect on the ways I have deferred to expectations, rules, or external pressure rather than trusting my own insight.

- Where in my life have I given away my power or silenced my voice?
- What choices feel authentic when no one is watching?
- How can I anchor my sense of self in my own knowing, rather than in recognition or approval from others?

I sit with these questions and listen deeply. I notice the subtle ways that trusting myself feels both liberating and unfamiliar. I honor my capacity to claim authority quietly, without needing to announce it to the world.

I trust my own wisdom and timing, I step forward from a place of inner clarity and strength.

Releasing What No Longer Serves

I acknowledge what has reached its natural conclusion. This is the time to let go of patterns, commitments, or beliefs that no longer align with who I am becoming. Release is not loss—it is alignment.

- Where have I been holding on out of habit, fear, or obligation?
- What can I let go of now to make space for clarity, freedom, and authenticity?
- What grows stronger when I stop carrying what is not mine to bear?

I allow myself to release consciously, without judgment or regret. I notice how letting go creates energy, space, and movement within me. What remains is what is real, aligned, and meant to endure.

I release what no longer serves my growth, I move forward with discernment, focus, and trust in the natural unfolding of my path.

Stepping Into the Next Chapter

As endings and releases take shape, I notice the stirrings of new energy—opportunities, ideas, and intentions waiting quietly to be nurtured. I am invited to act with courage, patience, and integrity, knowing that clarity does not always arrive all at once. What inspires me enough to move forward now?

Where can I step with intention, even if the path is not fully clear?
What does it mean to build, create, or embody in a way that feels aligned with my truth?

I feel the quiet power of preparation, of careful discernment, and of movement that honors both patience and courage. Each step forward is a choice, and each choice carries the imprint of authenticity and integrity.

*I step forward with courage, clarity, and presence.
I honor the lessons of the past while embracing the possibilities of what is emerging.*



Energy Waves Wellness Ltd.

★ *Capricorn New Moon*
Cycle ★

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