



NEW MOON CYCLE

Monthly Lunar Planning & Insight Guide

Aquarius

February 17 – March 17, 2026

Astrological Insights • Journal Prompts
Key Dates & Timing • Electional Guidance



Aquarius 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.

A Note on Using This Guide

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 Aquarius New Moon Cycle.

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

Why Use a New Moon Cycle Guide

The Moon moves through 8 phases every 29 days, and each phase brings different energy. When you align your actions with these natural rhythms, you work with the energy instead of against it.

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

Working with lunar rhythms brings more effective timing for important decisions, better understanding of emotional patterns, insight into when to push forward and when to pause, and a sense of being supported rather than struggling alone.

This booklet shows you exactly how to do that.



Aquarius New Moon Cycle February 17 - March 17, 2026

Entering the Eclipse Cycle: A Time of Reckoning and Realignment

This cycle marks a turning point—one that unfolds gradually rather than all at once. Eclipse seasons work in layers, revealing and clarifying over time. Rather than offering quick fixes, this chapter reshapes how you relate to your choices, your responsibilities, and the direction your life is taking.

At its core, this cycle highlights the space between intention and action. What you value matters, but what ultimately shapes your future is what you consistently choose and maintain. Over the coming weeks, reality reflects back the results of past decisions—both supportive and uncomfortable. This isn't judgment; it's information. Clarity arriving in real time.

This cycle brings attention to what has quietly become unsustainable. Patterns that once served you may now weigh you down. Roles accepted out of obligation may shift from supportive to draining. Systems—personal, relational, or professional—that rely on overextending or avoidance are likely to show strain. The purpose isn't to overwhelm, but to make visible what needs adjustment, repair, or release.

There is a strong theme of responsibility here—not as restriction, but as self-respect. This cycle favors integrity over perfection and honesty over endurance. It invites you to examine where you've been managing too much, postponing necessary boundaries, or hoping things would resolve without direct engagement. Over time, that approach becomes harder to sustain.

At the same time, this is not a cycle of loss without meaning. As old structures loosen, understanding grows. You may find yourself thinking differently, prioritizing differently, and questioning beliefs that no longer reflect who you are becoming. Growth now comes through refinement—simplifying what matters and aligning daily choices with deeper values.

Change doesn't arrive all at once. Each phase offers its own lesson: moments of insight, periods of tension, and times for rest and integration. Following the rhythm of the cycle allows you to respond thoughtfully rather than react impulsively.

This is an invitation to move through change with presence. To trust that understanding develops through engagement, not control. By following each phase, you give yourself space to integrate insight, make conscious decisions, and build a future shaped by honesty and intention. This cycle is not about starting over—it's about responding clearly to where you are now, and letting that response guide what comes next.

"EVERY TURNING POINT INVITES THE SAME CHOICE: RESIST WHAT'S SHIFTING, OR RESPOND WITH PRESENCE."



Navigating This Moon Cycle

This Aquarius New Moon cycle unfolds in layers. Some moments call 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.



Key Eclipse Moments

The **New Moon Blog** opens the cycle with the Solar Eclipse in Aquarius, illuminating long-term shifts in identity, belonging, and direction. It provides context for the changes unfolding ahead and marks the beginning of a deeper reorientation that will continue to develop over time.

Aquarius Solar Eclipse: The Space Between Belonging and Becoming

The **Full Moon Blog** brings the Virgo Lunar Eclipse to a critical point of recognition, revealing the outcomes of earlier choices and where adjustments are now required. It highlights what is sustainable, what is not, and where realignment must move from intention into practice.



Virgo Lunar Eclipse: When Consequences Arrive



Three Pivotal Days

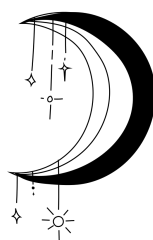
Key Date – February 20: Neptune Conjunct Saturn in Aries. A rare threshold moment that opens an entirely new chapter—one of the most significant turning points of the year.

Most Challenging Day – February 27: Mars Squares Uranus. 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. Something inside you is stirring.



Most Supportive Day – February 22: Venus harmonizes with Jupiter. 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. Especially positive for creative pursuits.

Throughout the cycle, key dates are highlighted to help you navigate shifts in energy, timing, and focus. These moments offer natural checkpoints—





★ *New Moon*

★ AWAKENING & ALIGNMENT ★

Keywords: Awakening • Truth • Courage • Alignment • Integrity

★ *"THE MOMENT YOU CHOOSE TRUTH, THE PATH BEGINS TO REVEAL ITSELF."*

February 17 - 23, 2026 ★

Wisdom of the Transits

The days ahead bring a powerful turning point—one that gently but firmly calls for honesty, courage, and intentional beginnings. This week opens with a shift in perception around belonging, identity, and authenticity. Watch for a growing discomfort with roles, expectations, or connections that no longer reflect who you are becoming. This is meant to help you see more clearly where real alignment is missing, not to unsettle you.

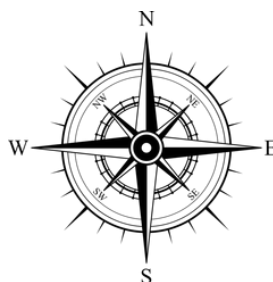
As the week unfolds, a defining threshold is reached. Long-held illusions, distractions, or avoidance patterns begin to dissolve, revealing what is sustainable and what is not. There is an invitation to mature emotionally, to take responsibility for your vision, and to act from truth rather than hope alone. This marks the beginning of a new chapter—one shaped by self-leadership, integrity, and courage.

A quiet inner spark follows this realization, encouraging you to check in with your belief, motivation, and inner fire. What still matters to you? What are you willing to begin again, with intention? By the end of the week, the energy softens, offering reassurance that choosing alignment brings support. Emotional connection, creative flow, and a sense of ease remind you that integrity and joy are not opposites—they work together.

This week is about listening inward, releasing what no longer fits, and setting a direction that feels honest and sustainable. What you choose now becomes the foundation for what grows next.



TRUTH IGNITES DIRECTION





February 17 - 23, 2026 Wisdom of the Transits

February 17 — New Moon Solar Eclipse in Aquarius

This Solar Eclipse marks the beginning of an 18-month chapter focused on authenticity, belonging, and personal truth. Eclipses don't offer subtle shifts—they initiate long-term change by revealing what can no longer be ignored. Look for questions arising around where you fit, who truly sees you, and whether your current path reflects who you are becoming rather than who you've been expected to be.

There can be a sense of standing at a crossroads, caught between the familiarity of the past and the pull of something new and undefined. What once felt comfortable may now feel restrictive, while unfamiliar ideas or directions feel strangely liberating. Rather than demanding sudden action, this moment calls for honest recognition. Your current understanding shapes the choices you'll make over time.

As this new cycle begins, remember that belonging starts with self-acceptance—when you choose to live in alignment with yourself, the right connections follow.

New Moon Blog: [Aquarius Solar Eclipse: The Space Between Belonging and Becoming](#)

The most meaningful change begins the moment you stop abandoning yourself.

Recognizing Where I No Longer Belong

I take a moment to acknowledge what has been shifting beneath the surface. I have been changing—thinking differently, questioning more, feeling the distance grow between who I was and who I'm becoming. I recognize that some spaces, communities, and versions of myself no longer fit the way they once did.

- Where do I feel like I no longer speak the same language as the people around me?
- What relationships or communities used to feel like home but now feel constrictive or false?
- Where have I been conforming out of fear rather than genuine alignment?

I allow myself to honor this discomfort without rushing to fix it or force myself back into spaces I've outgrown. I acknowledge that evolution sometimes looks like distance, and that's not abandonment—it's growth. I give myself permission to observe without judgment.

I trust that the gap between who I was and who I'm becoming is not a failure. It's a threshold.



February 17 - 23, 2026 Wisdom of the Transits

Building Without a Blueprint

I take a moment to sit with the uncertainty I've been carrying. I recognize that I am being asked to build something new—a different version of myself, changed relationships, a new way of showing up—but the path forward is not yet clear. I acknowledge the discomfort of not having all the answers.

- If I knew I didn't need perfect clarity to move forward, what would I start building today?
- What am I waiting to fully understand before I trust myself enough to take the next step?
- How can I honor both my need for authentic self-expression and my desire for meaningful connection—without sacrificing either?

I allow myself to release the need for certainty before I act. I acknowledge that some of the most important transformations begin in the fog, and that building in the dark is not recklessness—it's faith. I give myself permission to start before I'm ready.

I trust that I can be both free and connected. Evolving and still belonging—to myself first, and then to what's truly meant for me.

February 18 — Sun Enters Pisces

As the Sun moves into Pisces, the collective energy softens. Attention turns inward toward emotions, intuition, and what has been lingering beneath the surface. This is a liminal space—understanding feels partial, and motivations may be harder to read, both in yourself and others.

Be aware of mixed signals, unfinished conversations, or subtle tension in the air, as if something important is forming but not yet ready to be named. At the same time, there is a quiet opening for insight. Reflection, compassion, and creative thinking are supported, even if certainty is not. Avoid rushing conclusions or reacting to surface-level confusion. This phase calls for patience, honesty, and emotional maturity.

When illusions fade, truth doesn't arrive loudly—it reveals itself gently, asking you to listen more deeply than before.





February 17 - 23, 2026 Wisdom of the Transits

February 20 — Saturn Conjunct Neptune & Aries Crescent Moon

This day marks one of the most significant turning points of the year—and of this generation. Rare cycles like this signal the end of an era and the ignition of a new one. What has been slowly unraveling beneath the surface now reaches a moment of undeniable truth. Illusions fade. Avoidance no longer works. What is real, sustainable, and aligned comes sharply into focus.

There is a sense of completion here, but not an ending that lingers. This is a threshold moment—quietly powerful, direct, and irreversible. Structures built on denial, fantasy, or escapism may fall away quickly, creating space for something more honest to take shape. This energy does not demand chaos; it calls for courage. It invites you to take responsibility for your vision and to live it, rather than merely imagine it.

At the same time, the Aries Crescent Moon lights a small but vital flame within. This is the spark that follows awakening—the question of what you still believe in, and whether your inner fire is burning or slowly fading. There's a pull to return to yourself, to tune out external noise and reconnect with what genuinely excites you. Rather than forcing action, notice what wants to begin.

Together, these energies create a powerful invitation: to ground your dreams in reality, to move forward with intention, and to lead yourself with presence. Growth now requires honesty, bravery, and engagement. The future being formed is not abstract—it is shaped by the choices you make when you listen inward rather than react outward. This is a moment to remember. The direction you set now becomes the path you walk forward.

“When the truth is revealed, the only real choice is whether you rise to meet it.”

The Spark of Belief

Today, I turn inward and ask myself what I still believe in beneath the noise, expectations, and shifting circumstances around me. I notice whether my inner flame feels alive, dimmed, or neglected, without judgment or urgency. I reflect on what genuinely excites me and what feels forced or outdated.

- What truth am I no longer able to ignore?
- Where have I been living on hope rather than honesty?
- What part of me is asking to be taken seriously now?

I allow clarity to replace illusion, even when it feels uncomfortable. I recognize that belief requires participation, not passive wishing. I choose to honor what feels real and begin again from a place of self-trust.

I understand that belief is not something I wait for—it is something I live.



★ **February 17 - 23, 2026** ★
Wisdom of the Transits

The Beginning Line

This moment marks a turning point. I acknowledge that something important is ending, and something equally important is beginning. I resist the urge to escape, delay, or look outward for direction. Instead, I ground myself in what is present and true.

- What am I ready to release in order to move forward honestly?
- What does courage look like in my daily choices right now?
- What would it mean to lead myself without waiting for certainty?



I allow action to grow from intention rather than fear. I accept responsibility for the life I am creating, step by step. I trust that even small, deliberate beginnings carry lasting impact.

I meet this new chapter awake, willing, and ready to begin.



February 22 — Venus Trine Jupiter

This is one of the most supportive and uplifting moments of the cycle, offering a welcome sense of ease after a period of intensity. There is a natural flow here—emotionally, creatively, and relationally—that reminds you what alignment feels like. Connections may deepen without effort, generosity feels mutual, and moments of warmth or good fortune arrive right on time.



This energy supports creativity, meaningful conversations, and opportunities that affirm your worth, whether through relationships, finances, or simple joy. It's also a moment to gently raise your standards—not from expectation, but from self-respect. When you recognize your own value, you naturally attract people and experiences that meet you there.



Let yourself receive without guilt or overthinking. Gratitude amplifies what's already working, and appreciation—of yourself and others—becomes the bridge to lasting abundance.





February 17 - 23, 2026

Deep Reflection

Coming Back to Myself

As this week comes to a close, I take time to reflect on what has shifted within me. I notice where clarity arrived, where illusions softened, and where my inner voice grew louder. I honor the moments that challenged me, as well as the moments that reminded me of my worth and capacity to begin again.

- What truth became clearer for me this week?
- Where did I feel called to be more honest with myself?
- What did this week reveal about who I am becoming?

I allow myself to integrate rather than rush ahead. I understand that recognition is a form of progress, even when action is still unfolding. I trust the insight I gained and allow it to guide me forward.

★ *I trust the clarity I gained and allow it to guide me forward.*

Carrying the Spark Forward

As I prepare to move into the next phase, I reconnect with my inner fire. I reflect on what felt energizing, supportive, or aligned, and I acknowledge what felt draining or outgrown. I recognize that small insights can shape lasting change when I choose to honor them.

- What do I want to continue nurturing after this week?
- Where do I feel a renewed sense of belief or motivation?
- What intention do I want to carry forward with me?

I remind myself that beginnings do not need to be dramatic to be meaningful. What matters is my willingness to stay present, courageous, and self-led.

★ *I move forward with intention, grounded in truth and self-trust.*





First Quarter

LISTENING BEFORE LEAPING

Keywords: Reflection • Integration • Preparation • Inner honesty

"GROWTH BEGINS THE MOMENT WE LISTEN INSTEAD OF RUSHING FORWARD."

February 24 - March 2, 2026

Wisdom of the Transits

This week unfolds like a quiet turning point. The Moon continues to grow in light, drawing attention toward what is forming ahead, yet the path forward is shaped by reflection rather than urgency. There is a sense that the future is calling for your attention—but only after you pause long enough to understand what the past has been trying to teach you.

Old themes, conversations, or emotional patterns may resurface, not to pull you backward, but to be integrated properly. This is a week of review, recalibration, and deeper listening. What once felt confusing begins to reveal its meaning when viewed with patience. Notice where you've been repeating cycles out of habit, or where you've already outgrown certain ways of thinking, relating, or responding.

As the Moon approaches its peak, perception strengthens. The tension you feel is not something to fix—it's information. It shows you where growth is ready to happen and where alignment requires honesty. Rather than pushing ahead, you're being invited to refine your direction, to consider not just what you want, but what is emotionally sustainable over time.

There is wisdom in moving slowly now. Decisions made from pressure or impatience will feel hollow, while those shaped by understanding and self-trust will endure. This week favors intentional preparation over visible progress. It encourages you to gather insight, notice your inner responses, and adjust your expectations with compassion.

You are not meant to have everything figured out yet. What matters is your willingness to stay present, curious, and honest with yourself. The future doesn't demand certainty—it responds to perception. As this week closes, you may realize that what's growing isn't just momentum, but comprehension.





February 22 - March 2, 2026 Wisdom of the Transits

February 24 — First Quarter Moon in Gemini

As this cycle reaches its First Quarter, momentum builds through perception and honest communication. This phase highlights the stories you tell yourself—and others—and invites examination of where truth may have been blurred by avoidance or mixed messages. When thoughts remain unspoken or understanding is delayed, confusion can grow, making it harder to move forward with integrity.

This is a moment to question assumptions, sort fact from fear, and untangle mental knots that have quietly formed. Clear expression becomes a tool for healing rather than conflict. By choosing honesty and thoughtful dialogue, you create space for comprehension, repair, and forward movement. Progress now depends on your willingness to speak clearly, listen openly, and align your words with what you know to be true.

February 25 — Mercury Retrograde Begins in Pisces

Mercury begins its retrograde journey through Pisces, marking the first of three reflective communication cycles this year. This sets a clear theme of emotional perception and inner listening. Over the coming weeks (through March 21), facts may feel harder to grasp, conversations may miss their mark, and certainty may seem temporarily out of reach. Rather than forcing resolution, slow down and notice what is being felt beneath the surface.

Mixed signals, misunderstandings, and foggy thinking invite you to rely less on logic and more on intuition. Pay attention to patterns, emotional responses, and subtle cues rather than taking everything at face value. What feels unclear now is revealing something important over time. When the mind pauses, the inner voice has space to speak.

With Mercury now moving retrograde, pay close attention to conversations, decisions, and situations that resurface during this period—especially those connected to themes that first emerged around February 6. What repeats now is not a coincidence, but an invitation to revisit, reassess, and understand something more fully before moving forward.

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

"THE FUTURE TAKES SHAPE WHEN WE LISTEN CLOSELY TO WHAT THE PAST WAS TRYING TO TEACH US."



February 22 - March 2, 2026 Wisdom of the Transits

February 27 — Gibbous Moon in Cancer · Mercury Retrograde Conjunct Venus · Mars Square Uranus

There is a tenderness to this day that runs deep. Care flows easily, and the impulse to nurture, protect, or support others feels instinctual. You may find yourself thinking less about what you need and more about the people you love, the spaces you hold, and the ways you show up emotionally.

This generosity comes from the heart—but it also calls for perception. Old feelings may resurface quietly. Past connections, unspoken desires, or lingering questions around love and value can drift back into focus, especially when you are trying to do the "right" or kind thing. It's possible to give with the best intentions and still feel misunderstood or misaligned. This isn't failure—it's information. It's a reminder to check in with what you truly want, not just what you offer.

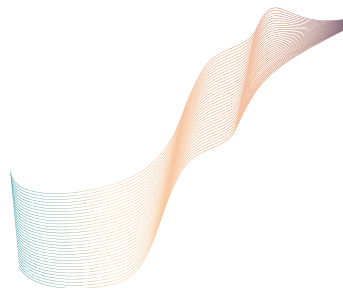
At the same time, something inside you is stirring. A restlessness that's been building begins to move closer to the surface. Changes that were once hidden or delayed start to reveal themselves, sometimes suddenly. What once felt distant now feels real.

Today calls for presence over reaction. Care for yourself as gently as you care for others. When you slow down and listen, the emotional truth beneath the movement becomes clear—and understanding is what carries you forward.

March 2 — Mars Enters Pisces

The pace of action softens. Drive becomes less about force and more about feeling—what moves you now is emotional resonance, meaning, and quiet conviction. Motivation may ebb and flow, guided by intuition rather than clear plans or urgency. This is a time when creativity, compassion, and sensitivity become sources of strength.

Challenges are best met with grace instead of resistance. You may feel pulled in many emotional directions, tempted to push through tiredness or carry more than is yours. This shift calls for conscious rest and gentler boundaries. When you allow yourself to move with the current rather than against it, action becomes purposeful, sustainable, and deeply aligned.



"NOT EVERY STEP FORWARD IS LOUD—SOME ARE CHOSEN QUIETLY."



February 22 - March 2, 2026
Deep Reflection

Reading the Pattern

As this week unfolds, I give myself permission to look back without judgment. I notice what has repeated, what has shifted, and what no longer holds the same weight. I allow insight to form slowly, trusting that understanding doesn't need to rush.

- What from the past week or month feels unfinished or unresolved?
- What pattern am I beginning to recognize more clearly now?
- What lesson feels ready to be carried forward? ★

I sit with what these reflections reveal, even if the answers are uncomfortable or incomplete. I remind myself that awareness is a form of movement, and that seeing clearly is often the first real step toward change. I allow meaning to emerge without forcing resolution.

I honor my experiences as guidance, not limitation.

Preparing for What's Next ★

As the energy continues to build, I gently shift my focus toward the future I am shaping. I check in with how my choices feel emotionally and physically, noticing where I feel steady, hopeful, or resistant. I allow myself to move forward thoughtfully rather than reactively.

- What kind of future feels emotionally sustainable for me? ★
- What do I want to approach differently moving forward?
- What am I ready to engage with more intentionally?

I acknowledge that preparation is an act of self-respect. I don't need to have every detail figured out to move with purpose. I trust that clarity grows through presence, patience, and honest self-listening.

I move toward my future with awareness, patience, and trust.



Full Moon

TRUST MEETS RESPONSIBILITY

Keywords: Integrity • Accountability • Commitment • Grounded growth

"WHEN CLARITY ARRIVES, THE QUESTION IS NO LONGER WHAT YOU SEE—BUT WHAT YOU'RE WILLING TO DO WITH IT."

March 3 - 10, 2026
Wisdom of the Transits

This week unfolds under the growing intensity of a Lunar Eclipse that is still forming, still tightening its grip. Nothing has resolved yet—but everything is becoming harder to ignore. The days ahead carry a sense of inevitability, as if threads long pulled in private are now drawing closer to their breaking point. What has been tolerated, postponed, or rationalized begins to surface with urgency.

As the eclipse approaches, perception sharpens. Emotional responses intensify. The body, the mind, and the heart all start sending clearer signals about what is sustainable and what is not. Rather than being about sudden change for its own sake, this moment confronts the truth of what your daily life is actually built on. Care, effort, and responsibility are being examined closely, especially where they have crossed into depletion or self-neglect.

Alongside this pressure, new cycles begin to stir. Vision and desire awaken, but they are immediately tested by reality. This week calls you to hold both: imagination and discipline, longing and commitment. Not everything that feels inspiring is meant to be acted on—but what survives honest scrutiny now has the potential to last.

Momentum also begins to return toward the end of the week, offering reassurance that growth is possible when it's grounded in integrity. Expansion favors patience, understanding, and follow-through. This is a week for listening closely, choosing deliberately, and preparing to respond rather than react. The eclipse does not demand perfection—it demands truth.





February 1 - 8, 2026

Daily Transits

March 3 - Virgo Lunar Eclipse

The Virgo Lunar Eclipse on March 3, 2026 is not a gentle realization—it is a reckoning. This moment sits at the midpoint of a longer Virgo–Pisces eclipse cycle that began in September 2024 and continues through February 2027. Earlier phases revealed where our systems, relationships, and well-being were failing, and later offered guidance on how to restore balance. Now, this eclipse reflects back the results of what we chose to do—or avoid—since then.



At its core, this eclipse exposes where care turned into over-responsibility, where service became self-neglect, and where maintaining order came at the cost of health and integrity. The body becomes a messenger here, enforcing limits where none were honored before. Fatigue, stress, and physical symptoms are not failures—they are signals.

Support is available, but responsibility cannot be avoided. This phase calls for follow-through, boundaries, and alignment between values and daily choices. The consequences are real—but so is the opportunity for resolution.



For a deeper exploration of this eclipse and how it fits into the larger cycle, read the full blog:

[Virgo Lunar Eclipse: When Consequences Arrive](#)

Deep Reflection

The Unfinished Blueprint

As I reflect on the path that led me here, I allow myself to look back with honesty rather than self-criticism. I remember the clarity that arrived months ago—when I could clearly see what needed to change and how my life was asking to be reorganized. Today, I'm not here to judge what I did or didn't do. I'm here to understand it.

- What changes became clear to me in September 2025?
- What steps did I follow through on, and where did I hesitate?
- Where did I stay in preparation rather than action?



I acknowledge the truth of my choices and the reasons behind them. I recognize that awareness without follow-through carries consequences, but also wisdom. I let this reflection inform my next steps, not punish me for the past.

I meet myself with honesty and use clarity as a tool for growth

"IT IS EASY TO DODGE OUR RESPONSIBILITIES, BUT WE CANNOT DODGE THE CONSEQUENCES OF DODGING OUR RESPONSIBILITIES."

– JOSIAH STAMP



★ ★
March 3 - 10, 2026

Daily Transits

Listening to the Body's Wisdom

I turn my attention inward and listen to what my body has been communicating over time. I recognize that physical symptoms are not random—they are signals, boundaries, and requests for care. Instead of pushing through or dismissing them, I choose to listen.

- What physical symptoms have appeared or intensified recently?
- Where do I carry tension, and what might it be connected to emotionally or mentally?
- What limits is my body asking me to respect?

I allow myself to take these messages seriously. I understand that my body enforces boundaries when my mind avoids them. By responding with care and responsibility, I create a healthier, more sustainable way of living.



I honor my body's wisdom and respond with respect and care



March 5 — Sun Harmonizes with Jupiter

This is one of the more supportive moments in the cycle, offering a sense of ease after the intensity of the Lunar Eclipse. There is more emotional space available now, making it easier to regain perspective and trust yourself again. Confidence rebuilds gently, not through force, but through reassurance that you are moving in the right direction.

This day is well suited for returning to what was revealed during the eclipse with a steadier mindset. Insight comes more naturally when pressure is released. When you follow what feels expansive rather than heavy, understanding begins to form. This is a reminder that growth does not always arrive through struggle—sometimes it shows up as quiet encouragement.



March 6 — Venus Enters Aries

As Venus moves into Aries (through March 30), there is a noticeable shift in how desire, connection, and value are expressed. What was once cautious or accommodating becomes more direct and self-led. This energy encourages honesty about what you want and the courage to pursue it, rather than waiting for alignment or permission to appear.

For the weeks ahead, relationships and priorities may feel more active, even confrontational at times—not out of conflict, but out of a need for honesty. This is a period that favors bold choices over quiet compromise, and self-respect over people-pleasing. When you act in alignment with what truly matters to you, confidence replaces hesitation. Fulfillment now comes from choosing yourself with intention and integrity.

"GROWTH REQUIRES BOTH AWARENESS AND FOLLOW-THROUGH."



March 3 - 10, 2026

Daily Transits

March 7 - Three Significant Alignments

Disseminating Moon in Scorpio

This phase invites a deeper reckoning with what has been revealed over the past weeks. As information, emotions, and realizations continue to circulate, this Moon calls you to look honestly at how you respond when control is stripped away. It's a moment to confront uncomfortable truths about power, fear, and survival instincts—within yourself and within the systems you participate in.

Rather than reacting, this phase supports conscious examination. How do you hold your integrity under pressure? What parts of you emerge when you feel cornered, silenced, or unseen? By acknowledging these shadows without judgment, you reclaim agency. Perception now becomes a form of empowerment, transforming buried emotions into insight that guides wiser, more deliberate choices moving forward.

March 7 — Sun Meets Mercury in Pisces

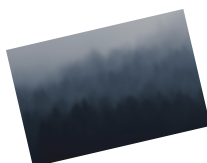
This moment turns attention inward, where thoughts are shaped less by logic and more by feeling, memory, and intuition. The mind may feel foggy or nonlinear, yet deeply imaginative. Understanding doesn't arrive through facts alone—it comes through noticing emotional responses, dreams, and subtle impressions. There is a heightened sensitivity to what feels true, even if it's difficult to articulate.

This marks the beginning of a new reflective cycle around thinking and communication. It's a time to revisit ideas, conversations, and plans formed in the past, viewing them through a more compassionate and honest lens. When you allow space for uncertainty, insight begins to surface naturally, revealing what needs to be reworked before moving forward.

March 7 — Venus Meets Neptune in Aries

This moment opens a completely new chapter—one that begins a 14-year journey none of us have navigated before. It introduces a way of relating, desiring, and dreaming that is unfamiliar, idealistic, and quietly powerful. There is magic here: inspiration, longing, and the courage to imagine something more aligned with who you are becoming.

At the same time, discernment matters. Passion can move faster than understanding, and impulses may feel fated before they are fully formed. This is an invitation to dream bravely without losing yourself. Let creativity, vision, and heart-led desire guide you—but keep one foot grounded in self-perception. What begins now sets a tone that will echo for years to come.



"WHAT BECOMES VISIBLE ASKS TO BE ANSWERED."



March 3 - 10, 2026

Daily Transits

March 8 — Venus Meets Saturn in Aries

This day brings a sobering contrast to the idealism of the days before. Desire meets reality, and imagination is called to take form. Where passion wants immediate movement, restraint calls for patience and responsibility. This is not a denial of longing, but a test of what is sustainable.

Relationships, values, and commitments come into sharper focus now. Fantasy gives way to truth, and questions of longevity replace "what if." You may feel the need to slow down, set boundaries, or define terms—especially around time, energy, and resources. What holds up under pressure is worth building. What doesn't is quietly revealed, offering understanding rather than disappointment.

March 10 — Jupiter Stations Direct

This shift marks a meaningful turning point. Forward movement resumes after a long period of review, bringing renewed confidence, hope, and a sense that momentum is finally returning. What felt delayed or uncertain begins to organize itself, not through force, but through a clearer sense of possibility.

There is supportive energy available now—subtle, steady, and expansive—that helps counter recent confusion or emotional heaviness. This is a moment to lean into growth with trust rather than urgency. Opportunities strengthen through consistency and belief, not shortcuts. What you invest in from here can carry forward with lasting benefit.



"GROWTH REQUIRES BOTH AWARENESS AND FOLLOW-THROUGH."



March 3 - 10, 2026
Deep Reflection

What Shifted Beneath the Surface

As this week comes to a close, I take time to notice what quietly but meaningfully shifted. I reflect on how my thoughts, emotions, and priorities evolved as the days unfolded. Rather than focusing on single events, I look at the overall movement—what became clearer, what felt challenged, and what no longer feels the same.

- What insight stayed with me after the intensity of this week?
- Where did I feel a change in perspective, motivation, or desire?
- What truth feels more grounded now than it did at the beginning of the week?

I allow myself to integrate rather than analyze. I understand that not all change is loud or immediate—some of the most important shifts happen internally. I trust that what surfaced this week is informing my next steps, even if I don't act on them right away.

I integrate this week's insights with patience and self-trust.

Carrying Forward with Intention

Before moving into the next phase, I reflect on how I want to carry this energy forward. I notice where I felt supported, where I felt stretched, and where I may need to move more carefully or consciously. I honor the fact that growth this week required both courage and restraint.

- What do I want to approach differently after this week?
- Where am I being asked to slow down, commit, or stay present?
- What feels worth nurturing as I move ahead?

I remind myself that forward movement does not require urgency. Thoughtful integration creates stability. By choosing intention over reaction, I allow progress to unfold in a way that feels aligned and sustainable.

I move forward grounded, aware, and intentional.



Last Quarter

RELEASING TO REALIGN

Keywords: Release • Rest • Reflection • Realignment • Inner Listening

"NOT ALL PROGRESS MOVES FORWARD—SOME OF IT MOVES INWARD."

March 11 - March 17, 2026

Wisdom of the Transits

The Threshold of Release

The final stretch of this lunar cycle invites a different kind of participation—one that requires less of your effort and more of your perception. After weeks of intensity, revelation, and forward pressure, this phase naturally pulls energy inward. Momentum slows not as a setback, but as a necessary pause. This is a week for integration rather than initiation, reflection rather than decision-making.

During the waning cycle, attention turns away from what is forming and toward what is finishing. The focus is not on what's next, but on what is complete—or quietly ready to be released. Watch for a desire for solitude, fewer words, or more mental space. External demands feel heavier now, not because they are wrong, but because your system is recalibrating. This is a sign that rest is productive here.

Beliefs, motivations, and long-held assumptions come under gentle review. What once felt certain may now feel less convincing. What once motivated you may no longer carry the same charge. This isn't loss—it's refinement. As perspectives shift, you are invited to loosen your grip on outdated narratives and make room for more honest, spacious ways of thinking.

This is also a week of deep mental and emotional processing. Thoughts may loop or drift, emotions may feel harder to name, and resolution may seem just out of reach. Rather than forcing answers, the invitation is to listen. Insight arrives quietly when pressure is removed. The most important realizations now tend to surface when you're not actively searching for them.

This phase encourages journaling without structure, reflection without agenda. Questions matter more than answers. Imagination is welcome, but so is uncertainty. You don't need to resolve everything before the next cycle begins. You only need to acknowledge what has changed.

"THE BEAUTIFUL JOURNEY OF TODAY CAN ONLY BEGIN WHEN WE LEARN TO LET GO OF YESTERDAY." – STEVE MARABOLI



March 11 - March 17, 2026 Wisdom of the Transits

March 11 - Last Quarter in Sagittarius

As this cycle moves into its final turning point, attention shifts toward belief, meaning, and the stories you've been living by. This phase can feel fiery and uncomfortable, especially when long-held assumptions are challenged. Notice that what once felt unquestionably true no longer fits the person you've become.

Beliefs formed early in life, shaped by culture, family, or survival, are brought into question—not to destabilize you, but to refine your truth. This Moon invites reflection on what has shifted over the course of the Aquarius cycle. Experiences, conversations, and realizations may have quietly altered your perspective, encouraging you to release outdated narratives.

Growth now comes from honesty rather than certainty. As the cycle wanes, wisdom lies in acknowledging that evolving beliefs are a sign of expansion, not loss. What you no longer believe creates space for a broader, more authentic horizon to emerge.

March 15 — Balsamic Moon in Aquarius · Mercury Conjunct Mars in Pisces

This day marks the quiet close of a full lunar cycle. The return to an Aquarius Moon comes not as a call to begin, but as an invitation to rest, reflect, and mentally step back. After weeks of movement, insight, and disruption, this phase encourages spaciousness.

It's a time to review what has shifted over the past month and consider how those changes might shape the months—and even the year—ahead. Journaling now isn't about answers, but possibility. Let yourself explore "what if" without pressure or expectation.

At the same time, mental energy turns inward. Thoughts may feel emotionally charged or unfocused, making forward action feel premature. This is not stagnation—it's integration. Instead of pushing ahead, the emphasis is on reviewing past decisions, noticing internal dialogue, and understanding what truly motivates you.

When you slow down and listen, understanding emerges naturally. This day calls for patience, honesty, and trust that rest is part of progress, preparing you for what comes next.



"WHAT YOU RELEASE NOW SHAPES WHAT YOU ARE READY TO RECEIVE NEXT."



March 11 - 17, 2026
Deep Reflection

Releasing Old Beliefs

As this cycle winds down, I allow myself to reflect on how my beliefs have shifted. I notice where my perspective has expanded, where certainty has softened, and where ideas I once held no longer feel true. I give myself permission to change my mind without guilt or explanation.

- What belief have I outgrown during this cycle?
- Where did I feel challenged to question something I once accepted as truth?
- What perspective feels more honest or spacious now?

I sit with what is being released, understanding that belief is not meant to be static. Growth asks for flexibility, curiosity, and courage. By letting go of outdated ideas, I create room for wisdom that reflects who I am now.

I allow my beliefs to evolve as I continue to grow.

Preparing to Begin Again

As the cycle comes to a close, I slow down and take stock of where I am. I reflect on the past weeks not to measure progress, but to understand alignment. I listen for what feels complete, what needs rest, and what I no longer wish to carry forward.

- What am I ready to release before the next cycle begins?
- What intention feels worth revisiting or redefining?
- What do I want to bring into the next phase with greater awareness?

I honor rest as part of my process. I trust that clarity will continue to unfold when I give myself space. By closing this chapter gently, I prepare myself to begin again with intention and self-respect.

I release what is complete and enter the next cycle with clarity.

"BEST IS NOT THE OPPOSITE OF GROWTH; IT IS WHERE GROWTH SETTLES."



What You Carry Forward

This cycle has not been subtle. It began with a powerful reset—one that called you to step outside familiar roles, question belonging, and confront where authenticity had quietly been compromised. It ends in the same place it began, but with different perception. The return to an Aquarius Moon at the close of the cycle is not circular—it is reflective. You are standing in the same symbolic space, but you are no longer the same person.

Over the past month, truths surfaced that could not be managed away. Patterns revealed themselves through tension, disruption, and recognition. Some moments called for courage. Others required restraint. Many demanded honesty—especially where it was easier to delay, rationalize, or stay comfortable. This cycle did not demand perfection. It demanded presence.

What made this period especially impactful was its rhythm. Initiation gave way to consequence. Insight was followed by responsibility. Vision was tested by reality. There were moments of intensity, but also moments of support, relief, and quiet encouragement. Together, they formed a story about alignment—not as an idea, but as a lived experience.

Ending with a Balsamic Moon invites rest rather than resolution. You are not meant to tie everything into a neat conclusion. Some realizations are still settling. Some choices will unfold later. What matters now is integration. Taking what you've learned and allowing it to inform how you move forward, without forcing immediate answers.

This cycle was not about reinventing yourself. It was about remembering who you are when you stop performing, overextending, or conforming out of fear. It called you to belong to yourself first. From that place, future connections, goals, and structures can be built with greater integrity.

As you close this chapter, allow yourself to acknowledge the work you've done—seen and unseen. Let go of what no longer fits. Carry forward what feels honest and sustainable. The next cycle will bring new questions, but you meet it now with deeper perception.

***You are not starting over.
You are continuing—more awake, more grounded, and more aligned than before.***

***"CLARITY DOESN'T ARRIVE TO PUNISH US—IT ARRIVES TO HELP US LIVE MORE
HONESTLY."***





★ Deep Reflection: The Cycle Summary ★

What This Cycle Changed

As I look back on this entire cycle, I allow myself to see the full arc of what unfolded. I reflect on the moments that challenged me, the insights that stayed with me, and the ways I was asked to grow. I notice what no longer feels the same.

What truth did this cycle make impossible to ignore?
Where did I feel myself outgrow an old pattern, belief, or role?
What part of me feels stronger or clearer now? ★

I acknowledge that meaningful change doesn't always look dramatic. Sometimes it shows up as quieter self-respect, clearer boundaries, or deeper self-trust. I honor the growth that occurred, even if it is still integrating.

I trust the wisdom gained through this cycle.

Carrying the Lessons Forward

As I prepare to move into the next chapter, I reflect on what I want to carry forward—and what I am ready to leave behind. I consider how this cycle reshaped my priorities, values, and sense of direction.

- What lesson from this cycle do I want to consciously apply moving forward?
- What am I no longer willing to repeat or tolerate? ★
- What kind of alignment do I want to protect going forward? ★

★ I remind myself that integration is ongoing. I don't need to rush clarity or certainty. I trust that the awareness I gained will continue to guide my choices.

★ *I move forward with clarity, integrity, and self-trust.* ★

Standing in My Integrity

As I complete this cycle, I take a moment to recognize how I showed up for myself. I reflect on the choices I made, the moments I paused, and the times I chose honesty over comfort. I acknowledge where I responded differently than I would have before—and where awareness alone marked meaningful change. ★

- Where did I choose integrity, even when it felt uncomfortable?
- What boundary, decision, or realization feels most important to honor moving forward?
- How has my relationship with myself changed through this cycle? ★

I allow myself to stand fully in what I now know. I understand that integrity is not perfection—it is consistency between my values and my actions. I commit to carrying this alignment forward, even when it requires courage or adjustment. I trust myself to continue choosing what is true, sustainable, and self-respecting.

★ *I honor my truth. I trust my decisions. I move forward in full integrity with who I am becoming.*



Energy Waves Wellness Ltd.

★ *Aquarius New Moon*
Cycle ★

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