

# Lunar Returns

Understanding your "personal New Moon"  
each month

# What is a Lunar Return?

Your Lunar Return happens monthly when the transit moon "returns" to the place it was when you were born.

Just as a Solar Return is a "birth chart for your year", a Lunar Return chart highlights where you can best focus your energy for any upcoming month.

While rarely used in client work, unless it's retainer work (regular check-ins or monthly high touch sessions) it is a powerful tool for anyone wanting to dive into their personal Astrology each month.

# Why isn't it used in professional settings?

In high touch retainer work, a Lunar Return is an AMAZING tool. However, because it is location dependent, if a person takes an unexpected trip or moves throughout the year...the lunar return for that month when calculated in advance would be null and void.

This can lead to counseling someone in the wrong direction when looking at it for a year ahead, a common reading.

# The best way to work with Lunar Returns

Starting at my Solar Return, I calculate my Lunar Returns for a given year. (I don't travel much, so they are usually accurate).

At that point I take note of the two most important parts of interpretation, the Ascendant of the chart falling in the natal house and the house location of that moon in the lunar return chart.

Each month, I dive into the Lunar return on the day of or close to in helping to plan out the month ahead, and answer any pressing questions I have about the month ahead.

# Interpreting the Lunar Return Chart

- The Natal house that the Lunar Return Ascendant Falls in
- The location of the Moon in the Lunar Return chart
- Aspects to the Moon in the Lunar Return chart
- Location & Aspects to the house ruler of a point of focus



# Natal House of the Lunar Return Ascendant

**The House of the natal chart that the Lunar Return Ascendant falls in will show you the most important events or focus points for the month ahead.**

You calculate this by overlaying the Lunar Return chart over the natal house. In [astro-seek](https://astro-seek.com/) you do this by selecting the "birth chart x return chart" option to view where the ascendant falls in the natal chart.

# Lunar Return Ascendant in Natal Houses

## 1ST HOUSE

The focus is on self-development and stepping into new identity roles. You are in charge of making changes in your life, and they can range from new levels of embodiment to simply embracing physical changes like updating your wardrobe.

Anything your undertaking this month will depend on your own efforts. If you apply your willpower, you can create massive changes. If you sit back and do nothing and don't take any risks or start anything new...nothing will change. The universe is not conspiring for you, **YOU** must be this month.

## 2ND HOUSE

The focus this month is on your material resources. Money becomes a major factor this month and can be a signifier of positive change in this department.

However, at it's root the events this month must come from a place of strong self esteem. So if you are stretching yourself to grow your financial resources or income your focus needs to be really believing in yourself and the actions that you're taking. Focus on building your inner resources just as much as you do your outer resources. Take care of your belongings, don't neglect them.

# Lunar Return Ascendant in Natal Houses

## 3RD HOUSE

On a practical level short distance travel or spending time with siblings/things that remind you of early childhood can be the central focus this month. Taking a new course or class, embracing new ways to share your message or voice, writing, and teaching can also be on the agenda. Focusing on mindset work can be really beneficial as well.

When you're in one of these months things tend to move fast and you're pulled in many directions. Allow yourself to be, and make sure you're paying attention to the story you're telling yourself in your head about what you're doing.

## 4TH HOUSE

The focus this month if not focused on spending time resting, recuperating, and spending time in your home or family is often in completing a project. You may need to come to terms with wrapping up some loose ends with something you began in a previous cycle.

Beyond that, this should be a month that you spend time with your "deep self". Pull back and focus on your close relationships, tending your own soul, and tuning into your own intuition. Just make sure you're actually nourishing yourself not just hiding.



# Lunar Return Ascendant in Natal Houses

## 5TH HOUSE

The focus this month will be on children, pleasure, romance, creativity, or some major entertainment. This is a time where you're meant to be stoking your joyful self and expression. If you're in the dating world, this can absolutely be an indicator of positive dating experiences. If you're in a relationship, this can show it's time to start dating each other again, or bring some pleasure into your world. You need to remember why it's good to be alive through some pleasure activities.

Children of course may be the focus of the month. This can also be a time that you are birthing a creative project.

## 6TH HOUSE

The focus this month is on the day to day routines of life and your health. It might be that your day to day work or mundane habits are just running at the forefront. It may also indicate that a health issue may crop up during the month. As always, if you find yourself dealing with unsavory parts of work or health that is just an indicator that you need some realignment and this is a positive time to make some changes.

If you're wanting to create new routines, habits, and health patterns this is an excellent month to implement them.

# Lunar Return Ascendant in Natal Houses

## 7TH HOUSE

The focus this month will be on your relationships. If the ruler of the house has favorable aspects to it, this is a good indicator of a new relationship or partnership that will be beneficial. If you have harder aspects, this will help to show you where you'll face relationship difficulties. Which can also show you how to move through any issues. As this is a monthly chart, it may be the highlight of the month but will rarely be an issue that becomes longstanding without other major indicators in a solar return or transit chart.

## 8TH HOUSE

The focus this month will be transformation, deeper intimacy, and having to confront issues of the unconscious. It can also be some great sex and healing through relationships. You may come face to face with some of your "inner demons" or have some powerful realizations that shift the trajectory of your actions over the next month or beyond. Spending time tapping into your spiritual practices, participating in ritual, or some other deeper "occult" practice like shadow work is really highly indicated here.

To a less degree it can also show financial benefits/difficulties coming from others or taxes

# Lunar Return Ascendant in Natal Houses

## 9TH HOUSE

The focus this month will be in some form something that takes you outside of your day to day humdrum.. It might be as "small" as a major change in your belief system through an epiphany or experience. It may be traveling some place new, starting a new course of learning/teaching, or even a major spiritual experience.

If you have an opportunity to get out of your comfort zone this month, you should take it.

Beware of becoming overly dogmatic or defensive of your beliefs this month.

## 10TH HOUSE

The focus this month will be your career or public persona. Opportunities can abound at this time, so put yourself out there.

If you are faced with difficulties in the career or public arena, the aspects to the ruler of the 10th will give you understanding and guidance of how to move through the difficulties in the most successful way.

Usually this is a great time to launch something, or to really push to get your name out there in some way.

# Lunar Return Ascendant in Natal Houses

## 11TH HOUSE

Community, social media, and furthering your hopes and dreams will be the focus of this month. It's a great time to "put yourself out there", seek out new community, share your message, make moves that will help you build your life long hopes and dreams.

In the modern world this is a big indicator that social media and trends will play a major role. It's a great time to make a big push on a social campaign. Or simply to put extra effort into your community at large.

## 12TH HOUSE

The focus this month is on tending to that which is behind the scenes in your life. It's not a good time to start any projects or to put yourself out there in a major way. Take a step back, spend some time working on healing and balancing your energies. Figure out what your soul needs, and take some time to recharge. Meditation, spiritual work, and artistic experiences should be prioritized.

Of course there are some events out of our control, and this month can bring time being forced to slow down and be introspective in some manner such as illness.

# The location of the Moon in the Lunar Return Chart

Here we are looking at ONLY the Lunar Return chart. To view this on [astro-seek](#), you simply select the "return chart" option. This will show you just your lunar return chart.



# The Moon in the Lunar Return Chart Shows...

Where you'll be expending your EMOTIONAL energy for the month ahead. While the Ascendant will show you your focus for the month, the moon shows you where your energy is either helping to focus...or hindering by leaking energy for the month.

# Moon location Lunar Return Chart

## 1ST HOUSE

Expect the be emotionally dealing with issues related to your physical body, identity, and the direction you're headed in life.

Leaking energy would look like being really down on your physical appearance, putting yourself in situations with people who don't respect you, waffling about what direction to take and asking for a million opinions from people you don't trust.

Strong energy would look like making bold and intuitive moves, talking yourself up with, putting extra effort into your appearance, dancing and feeling ALIVE.

## 2ND HOUSE

Expect the be emotionally dealing with issues related to your finances, self esteem, and your natural skills/gifts.

Leaking energy would look like doubting yourself, spending money as a crutch, staying frozen in scarcity mode, imposter syndrome, looking for validation from others.

Strong energy would look like making a strong response to any financial opportunities or difficulties, falling in love with yourself, hyping yourself up, reminding yourself of how much you have accomplished, proving your gifts to yourself

# Moon location Lunar Return Chart

## 3RD HOUSE

Expect the be emotionally dealing with issues related to sharing your thoughts and ideas, communication issues, travel, siblings.

Leaking energy would look like being afraid to speak your mind, worrying if you're saying the right thing, worrying mentally over some upcoming project or trip, mentally doubting yourself and playing out worst case scenarios.

Strong energy would look like speaking up, taking opportunities to share your ideas, learning a new skill, saying yes to new experiences that are nourishing for you.

## 4TH HOUSE

Expect the be emotionally dealing with issues related to family, home, unfinished projects, major intuitive downloads, opportunities for healing.

Leaking energy would look like not having strong boundaries with family, trying to fix things for others, neglecting yourself, neglecting your home, continuing to procrastinate on a project, ignoring an inner knowing.

Strong energy would look like filling your own cup, tending your heart and home, quiet time, wrapping up projects.

# Moon location Lunar Return Chart

## 5TH HOUSE

Expect the be emotionally dealing with issues related to children, romance, creative projects, a need for pleasure.

Leaking energy would look like ignoring the call to be playful, focusing too much on responsibilities, forgetting to have fun, ignoring a creative impulse.

Strong energy would look like having fun, prioritizing time for pleasure and play, rekindling joyfulness in your relationships, making art, making love, playing hooky from work to make memories.

## 6TH HOUSE

Expect the be emotionally dealing with issues related to your health, habits, and work life.

Leaking energy would look like getting worked up over problems at work that are out of your control, becoming a servant/tolerating being treated badly, poor health habits, letting your habits get worst/not making changes when you know you need to, not tending to yourself in illness.

Strong energy would look like creating new healthy habits, strong boundaries at work, speaking up for your needs, starting healthy habits.

# Moon location Lunar Return Chart

## 7TH HOUSE

Expect the be emotionally dealing with issues related to interpersonal dynamics and relationships. This is any 1:1 relationship.

Leaking energy would look like fixating on worst case scenarios, having the same argument over and over, codependency, losing yourself in a new relationship, not being clear about your boundaries, taking on other peoples problems as your own.

Strong energy would look like facing any conflicts head on, strong boundaries, still care taking yourself, seeking solutions/support to any conflicts

## 8TH HOUSE

Expect the be emotionally dealing with issues related to unconscious dilemmas, other peoples resources, shadows, transformational experiences.

Leaking energy would look like staying around folks who are draining your energy, sexual relationships with someone who doesn't value you, trauma responses without looking for solutions.

Strong energy would look like holding energetic boundaries, being mindful of who you're spending time with, personal empowerment work.



# Moon location Lunar Return Chart

## 9TH HOUSE

Expect the be emotionally dealing with issues related to learning, spiritual experiences, travel, personal belief system.

Leaking energy would look like running away from problems in your life, getting into arguments over your values, dogmatism, avoiding opportunities to stay in your "comfort zone", pointless arguments.

Strong energy would look like saying yes to new opportunities, being open to contradictory beliefs, learning and spiritual experiences, traveling for self growth.

## 10TH HOUSE

Expect the be emotionally dealing with issues related to career, your public identity, your mission in life.

Leaking energy would look like focusing on projections or gossip, not taking action on career goals, doing what has worked for others not what you feel called to do, hiding, not fully capitalizing on visibility, not advocating for promotion.

Strong energy would look like taking full advantage of any opportunities for growth and visibility, **STAYING** true to yourself and your mission

# Moon location Lunar Return Chart

## 11TH HOUSE

Expect the be emotionally dealing with issues related to community, social media, your hopes and dreams.

Leaking energy would looks like spending time with people who don't share your values, looking for community in just anyone, not taking opportunities for alignment with your dream reality, not being visible/sharing yourself

Strong energy would look like seeking out like minded community, focusing on how to get close to your life long hopes and dreams, manifestation, being visible/connecting

## 12TH HOUSE

Expect the be emotionally dealing with issues related to spiritual growth, energetics, illness, closing of cycles, isolation

Leaking energy would look like trying to force yourself out into the world, "woe is me", escapism, drugs, alcohol, trying to fix soul needs to worldly things

Strong energy would look like taking time to rest, recharge, spiritually center, prioritize your health, correct imbalances, heal, meditate, spending time in soulful isolation, accepting endings in your life

# Aspects of Moon in Lunar Return chart

This will show how to work through any opportunities or challenges shown by the aspects to the Moon and other planets. Remember, the moon is symbolizing where your energy is flowing on the given month, either to your advancement or to your detriment.

# Aspecting Planets

## SUN

### positive:

Increasing your self esteem, feeling aligned to a purpose in your life, feeling like you "know who you are", who you're being in the moment is matching up with who you desire to be long term and your goals.

### negative:

you're feeling out of alignment, lacking joy, depressed energies, identity crisis, depressive episode in part due to your own coping mechanism, feeling disconnected from your purpose.

## MOON

I'm leaving this here, because I might recommend looking at aspects between a house ruler & the moon. The moon will NEVER aspect itself in a Lunar Return chart.

### positive:

Making intuitive moves, nourishing yourself, healing work, recognizing unconscious desires and motivations, compassionate responses to others and yourself, time spent tending to your own needs.

### negative:

Unconscious reactions that cause more problems, neglecting yourself, lack of boundaries, pouring from an empty cup, hyper-vigilance, not recognizing your own needs, curated negative emotional state

# Aspecting Planets

## MERCURY

### positive:

Learning, teaching, writing, sharing your voice, understanding your message and conveying it, doing mindset work, advocating for yourself or others, choosing the story you're telling yourself, saying what needs to be said, difficult conversations

### negative:

mental self talk that is negative, unregulated nervous system, anxiety, taking stimulants, being afraid to say what needs to be said, avoiding new experiences, not trusting your voice, harming others with your words

## VENUS

### positive:

staying open to receiving what you desire, intimacy, loving relationships with yourself and others, having standards and having boundaries with others, being compassionate but not taking on the energy of others, asking for what you want and need, fluid motion

### negative:

imposter syndrome, fear around receiving, scarcity, co-dependency, provoking arguments, judging others, gossip, not taking care of what you already have, accepting the minimum, indecision, laziness



# Aspecting Planets

## MARS

### positive:

taking decisive action, making a choice, standing up for yourself or others, taking a risk, starting something, being bold, staying active, good competitive streak, positive sexual energy, being honest about your desires, direct communication

### negative:

letting your anger get the best of you, afraid to make the wrong decision, indecision, making choices out of fear, avoiding confrontation, going over the top in conflict/being aggressive, hyper-vigilance, burnout, overextension

## JUPITER

### positive:

expanding your world through experiences, testing out your beliefs, acts of faith, saying YES to aligned opportunities, seeking out opportunities, asking for what you want, upgrading your beliefs, answering a calling/mastering a craft

### negative:

over extending yourself on "luck", overspending, not being prepared for the work and challenges with an opportunity, "paying the check tomorrow", turning down opportunities, hiding, pessimism.

# Aspecting Planets

## SATURN

### positive:

taking the responsible action, being devoted to a course of action, acting as the authority in your life, using common sense, making a plan and sticking to it, making the rational choice, tending to the mundane, purposeful action

### negative:

depression, taking on responsibilities without real purpose, shirking duties that are necessary for your success, lack of faith, missing out on opportunity due to a negative outlook, all work/no play attitude, only seeing the hardship not the purpose.

## URANUS

### positive:

sudden windfalls, change after periods of being stuck, new inspiration, finally making progress, innovation, the start of a new chapter, a solution finding you, being true to yourself, authentic expression, sudden healing

### negative:

nervous system upheaval, avoiding change, not seeing the blessing in a harder change, being afraid of what the future will bring, being rigid and avoiding the opportunity for change, dragging your feet causing more anxiety

# Aspecting Planets

## NEPTUNE

### positive:

Spiritual healing, soulful inspiration, experiences of the divine, creative inspiration, intuitive understanding, making decisions from your inner knowing, aligning yourself to spiritual guidance/synchronicities, time spend in meditation/working with energy

### negative:

escapism, substances to avoid reality, trying to fix your soul with worldly things, numbing yourself, spending time in spaces and around people who drain your energy, not having compassion for others

## PLUTO

### positive:

being open to transformation, owning your honest desires, actively working with the story/situation to respond from an empowered place, occult practices/wisdom/rituals, sexual experiences, healing your unconscious by allowing it into your consciousness

### negative:

responding from an unhealed unconscious response, projecting your issues onto others, trauma responses, disempowered perspectives, shame spirals, psychological freeze/flight, disempowerment through "fixing yourself", not being honest about your desires

# Location of a house ruler & aspects

Each house of the chart represents certain "issues" or opportunities in a chart. For example you may have a question about your relationships or career for that month.

For that you'd look at the ruler of the 7th house (relationships) or 10th house (career) and it's location and aspects.

You want to look at the ruler of that house for information about what events, outcomes, and opportunities you may have for that month. Usually you only want to look at the houses that are already showing activity that month



# For the most detailed analysis

I suggest looking not only at the ruler location in the Lunar Return chart, but also looking at the superimposed (birth x return chart) to see where the house cusp falls in the natal houses.

Just as the ascendant in the natal house shows the main FOCUS on that month, a house cusp falling in a natal chart shows where the main focus of that houses activities will be in the month ahead. This is also helpful at connecting the dots between what is happening in that month, and natal predisposition.

We're going to be diving into this way more in Solar Returns but let's use the most commonly talked about house for an example...



# The Superimposed 2nd House

Everyone wants to know about....MONEY.  
How can I make more money this month!?

It's important to note that for people who are making sales all the time such as sales professionals, entrepreneurs, or other commission based folks...this is super helpful to look at EVERY month.

For folks who are salary based or have more traditional forms of income it can still be helpful to look at, but is usually only indicated as a major importance when the 2nd, 6th, or 10th house is already playing a major role in the chart for that month.

# 2nd house lunar return cusp falls in...

## 1ST HOUSE

Making money this month is supported by the efforts that you're taking yourself. You need to take a risk, start something new, do the inner work you've been avoiding and actually take decisive action. It's on YOU.

If the ruler of this house is poorly aspected, be very mindful of what you're undertaking.

Would it be worth the effort? Are you willing to face the challenges laid out by the any natal planets in the 1st house as well as any aspects to the ruler of the 2nd house in the lunar return chart.

## 2ND HOUSE

This does double down on the financial potentials for the month. Making money is supported by believing in what you're having to offer and holding your gifts in high esteem. You need to validate what YOU'RE doing first and not rely on the numbers. Doing things to build your confidence and show it to others, will benefit your bottom line as well.

Your 2nd house and it's natal condition does come to the forefront. So be mindful of any aspects it touches on there as potential pitfalls or further refinements.

# 2nd house lunar return cusp falls in...

## 3RD HOUSE

Making money this month is supported by putting your voice and message out there. Find as many opportunities to share, teach, and even learn from others. (there is a mild cause of promoting someone else's learning course or even uplifting the voices of others)

This can also be a great time to travel for income (so say yes to that conference or schedule that retreat if you're able to look that far ahead) even if it's just for personal connections...you profit from connections and opportunities to get your message out there, even in casual spaces.

## 4TH HOUSE

Making money this month is supported by stepping back and going into your intuitive cave. Take care of yourself, wrap up an old project, or put on an EASY sale or sell. By stepping back your energy and taking care of yourself through deep nourishment, it increases your financial potential.

Tending to your home and taking care of your mundane tasks are also GREAT energy there.

# 2nd house lunar return cusp falls in...

## 5TH HOUSE

Making money this month is supported by your creative efforts and whatever sounds FUN to do. On a practical level this might be a time where you're actually creating something new, so get messy. Channel in the muses and tend to what wants to come through you.

It also indicates that you need to fill up your playful cup. What sounds fun to do? Where can you focus on more pleasure? Is there something you promote or sell that is focused on pleasure and play, or is fun to deliver on. Do that.

## 6TH HOUSE

Making money this month is supported by focusing on your health and habits, tending to running your day to day or even focusing on doing more automations. This is a less favorable position for people who are self employed, though can emphasize that your employees or someone who can service your business helps you make more money. So again, unless you're looking to streamline your work, this might be a good time to take a step back and just focus on yourself and getting your healthy routines in place to support your own energy.



# 2nd house lunar return cusp falls in...

## 7TH HOUSE

Making money this month is supported by creating new relationships! Networking is key.

It might even be time to tend to your past clients and spark up some conversations (not in a creepy way). Looking to the relationships you already have can be powerful, just as much as formulating new ones.

If you are a service provider, this can indicate bringing in new 1:1 or small scale connective offers. Things where you're building an intimate 1:1 relationship with the person over a longer period of time.

## 8TH HOUSE

Making money this month is supported by navigating any old trauma wounds that make you doubt your own abilities and gifts/ really cleaning up where you take on energy from others and deconditioning. Being able to tap into your true desires or the outcomes you want without shame are key.

On a practical level this is also a good time for beginning new investments.

It goes without saying that offers that have to do with DEEP transformation or where you're going to be helping others with their resources will be supported here as well.



# 2nd house lunar return cusp falls in...

## 9TH HOUSE

Making money this month is supported by stepping into mastery in your craft. Often you'll be **TEACHING** what you know, or showing others how to shift and broaden their world to accept a new perspective.

You may also have financial opportunities that come with traveling or with connection from abroad, legal dealings, spiritual works, or publishing.

on energetic levels working with your own belief system about your earning potential can create shifts.

## 10TH HOUSE

Making money this month is supported by **GOING BIG**. This is a time where you want to give it all you got. Put yourself out there. Ask for the raise. Promote your big project. Send out your book. Run ads. Be visible. Hook a gigantic client.

This is just a very favorable placement and should really be capitalized on in any way you possibly can.

# 2nd house lunar return cusp falls in...

## 11TH HOUSE

Making money this month is supported by your community. For the self-employed, this is an obvious nod to social media and all of its iterations. You need OTHER people to be engaged with what you're doing, and that means that they need to care about what you're doing. If not because they LOVE the solution you're offering, but because they have a similar vision for the future as you do.

Whatever you do, be true to yourself and your own hopes and dreams. Share yourself with others. Be open to having people spread the word for you. \*incentives to do this is OK\*

## 12TH HOUSE

Making money this month is supported by taking a freaking break. If you're making moves, do it quietly. Do it with mystery. Don't let people know your next move. Be an enigma.

Taking time for a spiritual rest or focusing on ritual work can also be key. Tend to the unseen.

# The flow of interpretation...

Looking at where the Ascendant falls in the natal chart, noting the focal activities.

Noticing the house and aspects of the Moon in the Lunar Return chart. Where can they apply their energy or leak it out (leading to less of a successful month).

The houses that have activity in the Lunar Return chart or that a client wants to know about, where do their rulers fall and where does the house cusp fall in the natal chart. What does that say about how they can meet the challenges for the month? Does it touch on any natal planets, what themes in their entire life does it touch on?

# In Review

The lunar return chart shows you the energy of the emerging month ahead. It can really pin down certain timing, challenges, and activities for yourself or clients. [You can find your Lunar Return for free here.](#)

**Track how this cycle is impacting you by examining:**

- The Natal House that the Ascendant falls in
- The House and Aspects of the Lunar Return
- The Natal house that a certain house cusp falls in
- The rulers of a certain house cusp (such as 7th for relationships, or 10th for career)

# Questions?

Please leave them in the comment box below  
and I will get back with you as soon as possible