

Progressed Moons

the cycle of emotional maturity & inner
success

What is a progressed chart?

The progressed chart is an EVOLUTIONARY chart at it's core. Showing your inner growth and maturity through time.

This is different from a transit chart which shows events and opportunities that are occurring in your world from the outside in.

While progressions may also show when certain energies come to a head in your life, at it's core it is showing you places for inner growth and transformation. Events triggered by a progression tend to reflect a major theme or storyline arc in your life, even more-so than a transit.

Types of Progressed Charts

The two most common progressed charts are **day for a year progressed** & **Solar Arcs**.

Progressed day for a year charts or Secondary Progressions: are the most common, but this means the outer planets barely move during your lifetime.

Solar Arc charts move the planets each 1 degree for each year, making the outer planets move as well.

Many Astrologers come to have a preference for one over another.

Significance of the Progressed Moon?

The progressed moon shows your cycle of emotional maturity.

It's marked by understanding your core needs, ending the roller coaster of searching for things that are not fulfilling to your path.

As such it is also a marking point of deepening your intuition, knowing what is right for you...and what you can leave behind. What brings fulfilment, and what is empty chasing.

There is an element here of also caretaking others, a mark of emotional growth is being able to meet your own needs so well that you have extra in your cup to give to others.

Changes & Evolutions occurring under the Progressed Moon's energy

- Emotional Maturity
- Understanding your TRUE Needs & meeting them
- Deepening Intuition
- Inner security, confidence
- Compassion/Giving back to others
- Intimacy with others through greater self intimacy

Interpreting the Progressed Moon

- The Sign the Progressed Moon is in
- The House the Progressed Moon is in
- Aspects of Progressed Moon to Natal Planets
- The Progressed Moon Lunar Cycle

Progressed Moon in the Houses

1ST HOUSE

This is the time of starting something new. You must learn to trust yourself and start allowing room to reorient to who you are becoming, rather than who you've been. You must be willing to forge ahead intuitively, get messy, embarrass yourself, be told that "it won't work, and who do you think you are".

Remember, the moon is asking you to understand what you need out of life, and to trust your internal guidance system to get you there. Make decisions quickly. Jump in with both feet. Trust your inner knowing to direct you to where you need to go, and be unafraid to become the person that makes that life happen.

2ND HOUSE

You're in a season of connecting to your inherent value and worthiness. It is only through finding self love and cherishing yourself that you also get further instinctive clarity and intuitive abilities attached to your innate gifts in life. It would be the gravest mistake to look to others to validate your worthiness, because this is a time of proving yourself TO yourself. You've started a new cycle, entered a season of becoming the version of yourself that will be forming over the next 27 years. Now is the time about plumbing your inner depths and trusting that everything you need is already inside of you.

Go big, find faith in yourself.

Progressed Moon in the Houses

3RD HOUSE

It's time to start telling the world what you know, who you are, and what you have to offer. This is a season of **SPEAKING** up for what you know is inside of you and clarifying your voice both internally and externally. Mindset work is prime here, as is taking on new experiences of teaching and learning. You need to be touching on and sharing new ideas on a grand scale. The only thing that matters in this season is feeding your curiosity and sharing your own truth. Don't worry about how you need to present it or other trivial concerns. Learn to share from your heart, and be brutally honest in your own mind and you will succeed in this cycle.

4TH HOUSE

Your challenge now is to root yourself and create a life of intimacy. To belong so fully to yourself, that people are able to feel that radiate out in your presence. This is a prime time to grow your intuitive and emotional skillset, becoming someone who knows to move not based on the world around them and all of its subtle energies and distortions, but from the inner wisdom. Just make sure that you're not so sucked into your own depths that you find yourself hiding from the world and trying to escape. Intimacy is needed, which requires connection with others.

Progressed Moon in the Houses

5TH HOUSE

You have entered the realm of creativity and self expression. To take intimacy, with your own heart and experience and move it out into the world. To give back, authentically and from your own heart. This can simply be through play, pleasure, relationships, a focus on children. But usually it means the start of a new creative endeavor. A way of giving part of you, back out into the world. But just as you can't tell a child that they are "playing wrong".

You must not let anyone tell you that your expression in this season is wrong. You're learning to live your life, to create your art, to march to your own beat without care for how it is received by those around you.

6TH HOUSE

The desire to contribute meaningfully to the world is one need that must be met, but you get to choose the terms in which you do it.

You're in a season of giving back, but that does not mean you have to submit yourself to "jobs" or services (paid or unpaid) that crush your soul or do not leave you feeling like you're actually doing something meaningful in the world. If your work has been out of balance, this is a time where teachers (or students) can come into your life. Seek a mentor who is living and serving the world in a way that inspires you. See what skills are reflected back to you, and how they can help more than just yourself.

Progressed Moon in the Houses

7TH HOUSE

You're in a season of learning to give yourself over to intimacy. Relationships come to the forefront, can you trust yourself when you get entangled with other people? Do you give your heart and trust to the right people? Do you shy away in fear of being hurt? Do you give more than you should to people who have not deemed themselves worthy? Do you care too much about the opinion others hold over you? In this season you're being challenged to create emotionally secure bonds with other people...without losing yourself and authentic expression in the process. To learn to fully trust others with your heart, if they deserve it.

8TH HOUSE

In this season you're tasked with facing what you've suppressed. Old traumas, hurts, and unconscious material must be faced and reckoned with. This is a level of intuitive and emotional maturity many people avoid like the plague because it carries the heavy burden of intimate honesty with your own "demons". It would be a mistake to bury your head in the sand and try to pretend like the things pressing on your consciousness at this time don't exist. You must face it before you can transform it, which is the end goal of this 2 year season. Let the unconscious become conscious so that you can restore your personal power.

Progressed Moon in the Houses

9TH HOUSE

After facing your own shadows, you should have a new perspective on life that needs new actions...and an updated belief system. You have to start taking outward actions, often requiring some level of faith in the future and yourself to move forward. For some this is travel or investing in education. For many this is simply embracing your spiritual nature, and testing out your belief system. There is a difference between mental knowledge, and wisdom that comes from practice. This season is asking you to practice what you preach, and give way for the broadening of your life perspective to take solid form through acts of faith, growth, and experimentation.

10TH HOUSE

Your focus should be turning to what you want to be known and recognized for in life. A calling, a mission. The thing that benefits more than just yourself that you can give back to the world. If you already have a strong skillset, this can be a time of being recognized for that skill. It may however be a time where you are figuring out what that mission and skill is, and building it. You want to hone in on what you can offer back to the world, and what you most deeply desire to be recognized as and start crafting your path to actualize that vision. If your social encounters and public persona feels out of step with your soul, this is your time to correct it.

Progressed Moon in the Houses

11TH HOUSE

You're being pulled out into the community at large. In part because your own hopes and dreams can't come to life without the help of strangers and energies greater than your own will. If you hide at home, nothing can conspire in your favor. You have to move out into the world, taking all that you've learned and taking the opportunity to share with others all you can. This can be your story, your mission, your vision, your desires, your dreams, your heart. Pour it out and put yourself out there, and trust that even if it doesn't all come to fruition in this period, that it will when you begin a new cycle in a few years when the PM moves into your 1st house.

12TH HOUSE

A 27 year cycle is closing. You've come as far as you're going to come this round. The taste of something new, the fruition of what you feel like you've worked on for ages, is upon you. But it's not going to be birthed until the moon moves back into the 1st house. The effort you need to put in right now is not creating something new...it's unbecoming who you've been. It's letting the undercurrents and energies in your life shake themselves out like you would a dirty rug. Surrender to the process of forgetting who you've been, so you have room to become who you're designed to be in the cycle that will begin soon enough. Hold faith and patience.

Progressed Moon in the Signs

ARIES

During this period you need to embrace an essential need to act courageously. To move towards things that scare you, to embrace conflict and competition. If you find yourself being presented with more and more "enemies" and challenges than usual, know that it will pass once the moon moves out of this sign. Don't squander the opportunity to face them head on though. Act decisively, quickly, and fight for what you believe in.

TAURUS

During this period you're called into deep presence. To slow down and get down into your body wisdom. To discover what true comfort means for you. To tap deeply into your body wisdom, by being in tune with your animal body and senses. Turn towards nature, sensual experience, and pleasure. Beware of thinking that "being stuck" in consistency or a "comfort zone" is where true stability or pleasure lies. It can be a prison keeping you from exactly what you need. Trusting your natural body instincts is key, because they work for you in new and old situations.

Progressed Moon in the Signs

GEMINI

During this period you're called to experience the world in a new way. You're hungry for experiences and information. So let yourself be led by curiosity, surprise, and synchronicity. Put yourself in a varied situations, so there is plenty of room for soaking up new information. Just make sure you're taking notes on what you learn, and you're integrating it into your experience. It would be a mistake to just be full of "hot air" spending too many hours talking about nothing...and not learning anything new. (Tiktok rabbit holes also fall under this negative bit)

CANCER

During this period it's time to become intimate with your own depths. To allow yourself to deeply feel what is in your own heart. If there is grief or pain that is keeping you from having a steady relationship with your own heart, then you need to enter a period of healing. Stay tuned to places that make you feel like healing is really possible, rather than just some quick fix or half hearted solution. There is no escaping having to figure out what you actually need. If you find yourself dwelling on the same problems, without searching for a solution and a vision of healing...know you're in the wrong direction.

Progressed Moon in the Signs

LEO

During this period of time you're meant to step into your true expression. Just like a child who plays or dances like no one is watching, you're meant to find your version of that in your life now. To feel free to be yourself. To not censor yourself for the crowd, or to play a part to receive love or validation. Self-expression, creativity, and playfulness need to take center stage in your life. By embracing it with authenticity, you find self esteem and self love like a nourishing well in your own system. If you find yourself trying to be someone to fit in, know you're in the wrong direction.

VIRGO

During this period you need to embrace meeting your growing responsibility, honing your skills that serve more than yourself, and opening up your life to teachers and mentors. There is a soberness to this period where you have to think ahead, rather than focusing on the here and now. You're growing through showing up for what you **SHOULD** be doing, more than what you want to be doing. Seek out people who have the skills or accomplishments that you want to have, and accept their teaching even if that requires more responsibility in your own life. Embracing meaningful advancement.

Progressed Moon in the Signs

LIBRA

During this period you need to find your inner harmony. The world will always present two choices, two stories, two extremes. Don't get yourself sucked out into the world, but instead find a place in yourself to restore balance. Make sure you're making decisions based in what is exciting, true, real, and a source of beauty for your life rather than trying to be what others expect of you. There is no harm in conducting yourself with grace, but don't neglect your values and truth creating inner turmoil just so you don't have to be a source of "outer turmoil"

SCORPIO

During this period you come face to face with intense emotional realities, desires, and stories that are residing within you. There can be a temptation to "get rid" of the "bad" inside of you, but this would be a mistake. The true purpose of Scorpionic shadow work is to integrate the parts of yourself and your desires that are "unsavory" in some way. To not slip into a depression, shame spiral, or avoidance but to see the magic in the parts of you that you "don't like" or wish you could "get rid" of. Delving into magic and occult practices can be deeply helpful tools in this season.

Progressed Moon in the Signs

SAGITTARIUS

During this period you must embrace experiences that expand your reality. You're in a season that requires growth, which means the hum drum of your day to day life needs some shaking up. New education, travel, spiritual experiences, and actively working with your belief system are all critical at this juncture. If you find yourself becoming rigid in your thinking and being certain that you "know the best way for the world to work" then know you're in the negative expression of this energy.

CAPRICORN

During this period your commitment is being tested. There is a challenge before you, and it requires your full devotion and discipline. Make a goal, and stick to it no matter what situations arise that make you want to tuck tail and run. You are required to control your own impulses, to sacrifice today's wants for tomorrows deep desires and needs. Just make sure that you're signing up for a challenge that serves your own heart and soul. If you're avoiding your work, you'll find yourself having loads of opinions about what everyone else "should" be doing better.

Progressed Moon in the Signs

AQUAIRUS

During this period you must commit yourself to authenticity above approval. Summit yourself to innovation over predictable outcomes. Self validation and following the beat of your own drum is necessary. If you don't dare to follow your own path because you worry that it's not a safe enough journey...because no one else has gone that way before, you're likely to find yourself on a path that you don't want to see through to the end. Be ruthless in being true to yourself, no matter what others think. When you choose to walk a path that your heart suggests, it doesn't matter if you ever cross the "finish line" the path is gift enough.

PISCES

During this period you're tasked with seeking spiritual nourishment. There are times in your life when the only thing that can feed you is like ambrosia, not of this world. You might find it in spiritual or psychic experiences, at the ballet, or in a piece of music that stirs something in your soul. Something that has the right energy to it. Ask for spiritual guidance, both in this world and in the beings that dwell outside of it. Seek it in meditation, retreat, and art. If you find yourself trying to escape your reality through drugs, alcohol, food, or too much screen time...know you're missing the mark.

Progressed Moon Aspecting Natal Planets

KEY'S TO INTERPRETATION

- **The House & Sign of the Progressed Moon** (*what flavor is it adding to the natal planet*)
- **The aspect that is connecting them**
- **The natal planet placement**
- **The natal planet as ruler of a house**
- **Any major outer planet transits to the planet simultaneously?** (*shows emotional maturity required as part of that transit*)

Review of Aspect Energies

Conjunction: This brings the ability to discern your genuine needs & follow your intuition to create a healthy expression for the natal planet.

Sextile: Speaking about your own needs, emotional desires, and intuition is key in this progression. Letting yourself get excited by the potentials that understanding yourself or showing up in an emotionally mature way will yield for you.

Square: Tensions, stress, and fears must be overcome through following your intuition and getting to the root of what you need. Making sure you don't let outside influences overpower your inner knowing.

Trine: An opportunity in your life revolving around the natal placement requires you to clarify your needs and follow your intuition. Make sure you're staying free of outside influences.

Opposition: An integration has to happen with how you're utilizing the energy of the natal planet. If you've been putting your needs second, or not following your intuition...this transit will show you what is out of alignment.

Progressed Moon Aspecting Natal Planets

SUN

You're being tasked with taking some time to figure out who you are now. You're not the same person you were, and you need some time to figure out what you need in this season. What sparks your fire, what lights up your soul, what makes you inspired to live your life. Introspection is needed, and then using your intuition to realign your life with your new needs. Otherwise you're just going to keep moving forward in your old programming, wondering why nothing feels as good as it used to. A sense of "something is wrong with me" will prevail, where inspiration should be.

MOON

You're being tasked with peering into your own subconscious and deep self. Are there needs not being met? Is your heart still healing from something that needs more attention? Have you closed yourself off from the world out of protection, but now you're starving for connection and intimacy? Taking some time to spend time in your own heart is key.

Progressed Moon Aspecting Natal Planets

MERCURY

You're being tasked with bringing some unconscious material into your mind in a new way. Are you talking to yourself and others in a way that honors your instincts, intuition, and heartfelt needs? Do you hold stories that say you can't have your needs met in a certain way? Are you not even asking for what you need, because you're afraid it won't be met?

This period is asking you to upgrade your mindset and communication to more deeply honor your intuition and soulful needs.

VENUS

In relationships and financial matters, your ability to give and receive is calling for an upgrade. Are you leaving space for your real needs to be met? Have you lowered walls around your heart to let room for genuine intimacy? Are you spending and earning money in a way that honors your real desires, or are you splurging on things that only temporarily numb your real feelings? Are you spending time with people and experiences that do the same...numb you rather than fulfill you? This transit is asking you to take stock and make course corrections now.

Progressed Moon Aspecting Natal Planets

MARS

You're being tasked with aligning your willpower with your intuition and needs, making sure the actions you take, battles you fight, and energy you expend align with your natural instincts and genuine needs in life. To do this you need to take a step back, to slow down, to take fewer actions and spend less energy. To really consider what you desire, what you need, and what you've been spending energy on that doesn't get you any closer to those things. Assess where you're spending precious energy, and then create alignment through letting go before you add on.

JUPITER

You're being tasked with upgrading your belief system in life through faith in action. You need to both understand your own needs, and then be open to a positive vision for your life in the future. Beyond that, you need to be willing to take instinctive/intuitive action towards that vision. Trusting that if you're not getting any nudges towards making a move, that the best thing you can do is just find pleasure in life. That you don't have to be "ON" all the time, and can enjoy this moment without constantly striving forward. That you'll know when the time is right to make a move.

Progressed Moon Aspecting Natal Planets

SATURN

You're being tasked with following through with the promises you make yourself. It's one thing to make a goal, it's a whole other feeling when you take the steps to make it happen. Right now, you need to make it happen and do something that makes you take pride in your efforts. When you're not feeling like an authority or source of strength in your own life, it's usually because you're letting yourself down somewhere. No one else is coming to save you. No one else is going to make your dreams a reality. Stand up, follow through. Learn to trust yourself with your own needs.

URANUS

You're being tasked with finding inner comfort amidst the changes that are out of your control. Your reaction, your choices, how you move yourself through life and advocate for your own needs and intuitive knowing...that is all within your power. Other people might have opinions, and you may be conditioned to listen to others over your own knowing...but you can change that at any time. You are free to choose your own path. Stay in tune with your own authentic feelings and instincts, and avoid the urge to dissociate rather than speaking up for your truth.

Progressed Moon Aspecting Natal Planets

NEPTUNE

You're being tasked with restoring your spiritual center. There is something ready to come through you now, but you need to be willing to quiet down and listen. You also may need to ASK a higher power for support on a specific issue or question at this time. Googling solutions will not feed or fulfill you at this time, you need support that can only come from a soulful, energetic, and divine place. Be open to the synchronicities, and set aside time to hear your own deep truth.

PLUTO

You're being tasked with healing the disempowered parts of yourself. The parts of yourself that you hold at arms length and tell yourself that you'd be "better" without. Painful experiences that happened to you...or even that you caused need to be integrated now without shame. Anything that you're trying to keep shoved down in your unconscious rather than owning it, needs your attention now. Listen to the heart of what it's asking you.

The Progressed Lunar Cycle

Calculated by looking at the PROGRESSED chart
Calculate how many degrees are between the Progressed Sun
& The Progressed Moon.

Works just like the lunar cycle, but showing where in the
broader cycles of your life the season you're in. Keeping in mind
that it takes 27 1/2 years for you to move through the New
Moon progressed cycle and back again.

Progressed Moon Lunar Cycle

NEW MOON (pm 0-45° ahead of ps): MOVE ON INSTINCT A new season is arising within you. It might feel crazy or impulsive to follow through with these new ideas and inspirations. Do it anyway. You don't need to know how it's going to end or have a plan in place. There is an element of just having to follow a thread that you have no idea why it's there, and can't explain it to others.

WAXING CRESCENT (pm 45-90° ahead of ps): HAVE FAITH IN YOURSELF looking back on what was inspiring during the past few years, now is your time to cement these new needs, beliefs, and goals into your life. You don't have to make things happen overnight, give them time to unfold naturally.

Progressed Moon Lunar Cycle

FIRST QUARTER (pm 90-135° ahead of ps): FIGHT FOR WHAT YOU WANT The last few phases were the fresh start in your life. They may have required some faith in your efforts, but haven't actually challenged you to commit yourself to this new path fully. This season spanning a few years will. If you want to reap the rewards of trusting your instincts, now is the season where you'll have to fight off the influences that could stop you in your tracks.

WAXING GIBBOUS (pm 135 - 180° ahead of ps): CELEBRATE YOUR VISION BEING REALITY So you've made it this far. You followed the first wisps of inspiration, and stayed committed to your truest needs and intuition. This is a season where you can keep rapidly bringing your vision to life. Soak up every opportunity for expansion that presents itself. Just understand the opportunity to self destruct will be just as present.

Progressed Moon Lunar Cycle

FULL MOON (pm 180°-225° ahead of ps): CELEBRATION & RELEASE

the progressed lunation cycle with its breath of fresh faith was 13.5 years ago (approximately). If you've followed through on the tests and opportunities of the cycle this is where things are coming easy. You've done it, you're winning. But there is also a detachment present. What you've been working towards for ages...no longer feels fulfilling. The cycle is switching again, and it's best to step back and consider what you want out of the next season. Moving from the full swings of spring and summer...into the dying of fall.

WANING GIBBOUS (pm 225 - 270° ahead of ps): FINISHING UP

What do you do when your heart is not "in it anymore". When what felt like a dream and excitement now feels like a stranger to you? The temptation is to seek out something new, but you're not in a season of new. You're in a season of following through on your commitments. Finishing what you started. Wrapping up, even if that's the last thing you'd like to do.

Progressed Moon Lunar Cycle

LAST QUARTER (pm 270-315° ahead of ps): REFLECTION & DISSEMINATE

Sometimes what you need to finish out a cycle is to put it all in perspective. The emotional maturity to go "here's the story i'd like to tell" and the ability to find a passionate new comer to pass it along to. If you're struggling to wrap up the things you've been working on for the last 2 decades (or the direction of your life story to that point), then finding ways to give back with grace and ease is the key to help you prepare for the season of new growth that isn't too far away. What has been the point of all your efforts up until now? How can you honor that effort in this season?

WANING CRESCENT (pm 315 - 360° ahead of ps): FORGETTING YOURSELF

You are at the end of the cycle. Something new is just around the corner, but the wind of it hasn't blown in yet. Now is the time to start letting go. To start forgetting who you've been...so that you aren't clinging to old perceptions when the something new blows in. Let yourself be a clean slate. A new chapter is calling your name, don't start it with the last cycles story because you can't let go.

Progression Calculation Tools

CALCULATING YOUR PROGRESSED MOON TRANSITS

- Enter birth chart info
- under orange "progres" choose "moon" from drop down menu

CALCULATING PROGRESSED MOON THROUGH SIGNS & HOUSES

- Enter birth chart info
- select "Moon" from drop down menu under "Progressed Planet"
- select "into natal houses & zodiac signs"

In Review

The progressed Moon shows the cycle of emotional maturity and success based on understanding your own unique needs and path.

Track how this cycle is impacting you by examining:

- The House of the Progressed Moon
- The sign of the Progressed Moon
- The Aspects of the Progressed Moon to Natal Planets
- The position in the Progressed Moon Lunar Cycle

Questions?

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