

# 2022 Janet's Plan-its™ On a Page

Dates based on North American time zones. May differ from calendars using Greenwich Mean Time.

AR	Aries
TA	Taurus
GE	Gemini
CN	Cancer
LE	Leo
VI	Virgo
LI	Libra
SC	Scorpio
SG	Sagittarius
CP	Capricorn
AQ	Aquarius
PI	Pisces

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## RETROGRADE MOTION

As the earth spins, the signs along the zodiac belt and the planets appear to move east to west hour by hour. But over time, the planets move through the signs west to east. The Moon takes two to three days to traverse a sign while Neptune and Pluto take over a decade! Each planet (other than the Sun or Moon) appears to stop and reverse its direction from time to time. This is an optical illusion called "**Retrograde motion**". Later, it stops a second time and resumes forward (Direct) motion. It hangs out longer at the degrees of these stopping points, called "stations." When that planet, or even another planet, later makes connections ("aspects") to the station degrees, issues that emerged during that Retrograde period are re-visited. Matters associated with the planet are more difficult during a Retrograde and more intense at stations.

Planets move through the Retrograde range three times. First they proceed forward through the range of degrees where the backtracking will occur. This is called the entry "shadow" (shaded on the graph). Next, they back up over that degree range in the Retrograde portion of the cycle (marked in black on the graph). Finally, they go forward again through the backtracking range in the exit "shadow" (shaded). Related events can occur during these three phases. We don't feel the effect of the shadows as much as we do the Retrograde, but may sense a slow-down at stations.

Many people keep an eye out for **Mercury Retrograde** since it's linked to mix-ups in all forms of communication and local transportation. Anything begun then (or in the entry shadow) is subject to mistakes or revisions. A safer time for contracts, major decisions or beginning new activities is when Mercury is not in the entry shadow or Retrograde. There's less likelihood for revision later for activities initiated during the exit shadow.

Times of "least resistance" are when the fewest heavenly bodies travel backward. The higher the number backtracking, the more that progress is impeded. The earlier part of 2022 is light on Retrogrades and the tally peaks later in the year. There are no Retrogrades 2/4 - 4/28. There are three periods when only one planet is Retrograde: 1/29 - 2/3, 4/29 - 5/9 and on 6/4. Five or more are Retrograde 7/28 - 12/3! Within this period, seven or eight are in reverse 8/24 - 10/8, with the maximum of eight 9/9 - 10/2. The remainder of 2022, two to four are Retrograde. Although it is not shown on the chart, these numbers include Eris.

Planetary stations are hard enough on their own and even more challenging when they occur nearly simultaneously. The bar graph shows two stations on 1/14. Two stations are only one day apart on 6/13 and 6/14, and two only two days apart on 7/19 and 7/21. Stations near a New or Full Moon have an extra impact. (See New Moons on 4/30, 6/28, 10/25, 11/23 and 12/23, and Full Moons on 1/17, 9/10 and 10/9.) It's best to avoid major decisions and actions around these times.

See if any station degree makes a strong connection to your chart (within 2° of being exact). In that case, the entire Retrograde cycle, including shadows, presents challenges for the part of your life related to the affected item(s) in your chart. The impact is most noticeable a few days around the stations. The Retrograde planet stimulates the matters of the house the contacted natal planet occupies and any house where it rules the sign on the cusp.

## MOON GROOVES

New and Full Moon degrees repeat for about 6 months, shifting through consecutive signs. (I coined the term "moon groove" for this phenomenon.) For the next 6 months or so, the degree of each New and Full Moon decreases 1-2° per month until another groove ensues. This pattern spans two calendar years, only partially visible on the 2022 list. Such an emphasis extends the usual influence of New and Full Moons.

New Moons occur within one degree of 12° of the signs from October 2021 through March 2022. Full Moons during the same time frame are within one degree of 27°. In the next groove, from October 2022 through March 2023, New Moons occur within one degree of 1° of the signs and Full Moons are within one degree of 16°.

If you have a planet in your birth chart at a moon groove degree, it receives extra attention during a groove period. If it's accentuated by New Moons, do something new in the area of your life represented by that planet. If Full Moons spotlight your natal planet, matters culminate in a big way over several months regarding the affairs of that planet. In interpreting effects, consider your birth planet's sign, house and aspects. If a New or Full Moon falls on your birthday, that's significant, even more so if it's within the period of a moon groove.

For keywords describing planets, signs and aspects, see my handy "[Astrologer's Apprentice Cheat Sheet](#)."

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	MERCURY	VENUS	MARS	CERES	JUPITER	SATURN	CHIRON	URANUS	NEPTUNE	PLUTO	MOON PHASES
	B 12/29/21 24°23' CP	R 12/19/21 26°29' CP		R 10/8/21 12°8' GE	D 10/18/21 22°20' AQ	D 10/10/21 6°53' AQ	D 12/19/21 8°26' AR	R 8/19/21 14°48' TA	D 12/1/21 20°24' PI	D 10/6/21 24°19' CP	E = ECLIPSE
JANUARY	R 1/14 10°20' AQ	D 1/29 11°5' CP		D 1/14 27°58' TA	E 1/8 2°11' PI	E 1/15 13°31' AQ		D 1/18 10°49' TA		B 1/6 26°7' CP (next R shadow)	New 1/2 12°20' CP Full 1/17 27°51' CA
FEBRUARY	D 2/3 24°23' CP					B 2/26 18°35' AQ				E 1/27 26°48' CP (prior R shadow)	New 2/1 12°20' AQ Full 2/16 28°0' LE
MARCH		E 3/1 26°29' CP		E 3/28 12°8' GE			B 3/25 11°56' AR (next R shadow)		B 3/7 22°39' PI (next R shadow)	E 3/21 23°12' PI	New 3/2 12°7' PI Full 3/18 27°40' VI
APRIL			Dates based on Eastern Time Zone				E 4/11 12°56' AR (prior R shadow)		(prior R shadow)		New 4/1 11°31' AR Full 4/16 26°46' LI New 4/30 10°28' TA
MAY	B 4/26 26°5' TA				B 5/4 28°48' PI			E 5/5 14°48' TA B 5/7 14°56' TA		R 4/29 28°36' CP	Full 5/16 25°18' SC New 5/30 9°3' GE
JUNE	D 6/3 26°5' TA					R 6/4 25°15' AQ					Full 6/14 23°25' SG New 6/28 7°23' CN
JULY	E 6/18 4°51' GE								R 6/28 25°27' PI		Full 7/13 21°21' CP New 7/28 5°39' LE
AUGUST					R 7/28 8°43' AR		R 7/19 16°26' AR				Full 8/11 19°21' AQ New 8/27 4°4' VI
SEPTEMBER	B 8/20 24°12' VI		B 9/3 8°8' GE					R 8/24 18°55' TA			Full 9/10 17°41' PI New 9/25 2°49' LI
OCTOBER	R 9/9 8°55' LI										Full 10/9 16°33' AR New 10/25 2°0' SC
NOVEMBER	D 10/2 24°12' VI			R 10/30 25°37' GE		D 10/23 18°35' AQ				D 10/8 26°7' CP	Full 11/8 16°1' TA New 11/23 1°38' SG
DECEMBER	E 10/17 8°55' LI										Full 12/7 16°2' GE New 12/23 1°33' CP
	B 12/12 8°8' CP				D 11/23 28°48' PI		D 12/23 11°56' AR		D 12/3 22°39' PI		
	R 12/29 24°21' CP			B 11/28 23°49' VI			E 4/15/23 16°26' AR	D 1/22/23 14°56' TA	E 3/24/23 25°27' PI	E 1/29/23 28°36' CP	
	D 1/18/23 8°8' CP		D 1/12/23 8°8' GE	R 2/3/23 6°58' LI	E 2/14/23 8°43' AR	E 1/26/23 25°15' AQ					

● New Moon ○ Full Moon ⊕ Eclipse ● Shadow begins ● Shadow ends ● Direct ● Retrograde ● Retrograde begins ● Retrograde ends ● Direct ● Shadow ends © 2021 Janet Booth | 1-877-293-1607 | AstrologyBooth.com

The shadows of Chiron, Neptune and Pluto overlap, creating brief double shadows (darker shading). Eris has overlapping shadows, as well. Eris begins 2022 Retrograde, turning Direct 1/10 at 23°41' AR. It has overlapping shadows from 3/3 to 5/29 between 23°55' AR and 24°47' AR, turning Retrograde 7/21 at 25°1' AR. It next turns Direct 1/11/23 at 23°55' AR.