

# 2023 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. Most of 2023 has one or more planets Retrograde. The earlier part of 2023 is lighter on Retrogrades than later in the year. The most difficult time is 8/23 to 10/10, when seven or eight planets are in reverse. The smoothest stretch is from 1/19 to 6/29, when two or fewer planets are retrograde, except for 5/1 to 5/6, when there are three. A brief clear period from 1/23 to 2/2 has no Retrogrades at all. (Although 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. Twice, two are only a day apart: first, Eris 1/11 and Mars 1/12; later, Venus 9/3 and Jupiter 9/4. It's intense when three station in three days: Eris 7/21, Venus 7/22 and Chiron 7/23. Stations near a New or Full Moon have extra impact. See New Moons on 1/21, 4/20 (a solar eclipse), 6/18, 9/14 and 12/12, and Full Moons on 5/5 (a lunar eclipse) and 12/26. It's best to avoid major decisions and actions around any of 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

For about six months from each autumn to the next spring, New and Full Moon degrees repeat, shifting through consecutive signs. (I coined the term "moon groove" for this phenomenon.) For the next six months or so, the degree of each New and Full Moon decreases 1-2° per month until another groove ensues. Such an emphasis extends the usual influence of New and Full Moons.

New Moons occur within one degree of 1° of the signs from October 2022 through March 2023. Full Moons during the same time frame are within one degree of 16°. In the next groove, from October 2023 through March 2024, New Moons occur within one degree of 20° of the signs and Full Moons are within one degree of 5°.

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
	R 12/29/22 24°21' CP		R 10/30/22 25°37' GE	B 11/28/22 23°49' VI	D 11/23/22 28°48' PI	D 10/23/22 18°35' AQ	D 12/23/22 11°56' AR	R 8/24/22 18°55' TA	D 12/3/22 22°39' PI	D 10/8/22 26°7' CP	E = ECLIPSE
JANUARY	D 1/18 8°8' CP		D 1/12 8°8' GE			E 1/26 25°15' AQ		D 1/22 14°56' TA		B 1/8 27°54' CP (next R shadow)	Full 1/6 16°22' CA New 1/21 1°33' AQ
FEBRUARY	E 2/7 24°21' CP			R 2/3 6°58' LI	E 2/14 8°43' AR					E 1/29 28°36' CP (prior R shadow)	Full 2/5 16°41' LE New 2/20 1°22' PI
MARCH	Dates based on Eastern Time Zone		E 3/16 25°37' GE			B 3/11 0°31' PI	B 3/29 15°27' AR (next R shadow)		B 3/9 24°53' PI (next R shadow)		Full 3/7 16°40' VI New 3/21 0°50' AR
APRIL	B 4/7 5°51' TA						E 4/15 16°26' AR (prior R shadow)		(prior R shadow)		Full 4/6 16°7' LI New 4/20 29°50' AR
MAY	R 4/21 15°37' TA			D 5/6 23°49' VI				E 5/9 18°55' TA B 5/12 19°5' TA		R 5/1 0°22' AQ	Full 5/5 14°58' SC New 5/19 28°25' TA
JUNE	D 5/14 5°51' TA				B 6/11 5°35' TA	R 6/17 7°13' PI					Full 6/3 13°18' SG New 6/18 26°43' GE
JULY	E 5/31 15°37' TA	B 6/19 12°12' LE							R 6/30 27°41' PI		Full 7/3 11°19' CP New 7/17 24°56' CN
AUGUST		R 7/22 28°36' LE		E 7/15 6°58' LI			R 7/23 19°58' AR				Full 8/1 9°16' AQ New 8/16 23°17' LE Full 8/30 7°25' PI
SEPTEMBER	B 8/3 8°1' VI				R 9/4 15°35' TA			R 8/28 23°4' TA			New 9/14 21°59' VI Full 9/29 6°0' AR
OCTOBER	R 8/23 21°51' VI	D 9/3 12°12' LE									New 10/14 21°8' LI Full 10/28 5°9' TA
NOVEMBER	D 9/15 8°1' VI		E 10/7 28°36' LE			D 11/4 0°31' PI					New 11/13 20°44' SC Full 11/27 4°51' GE
DECEMBER	E 9/30 21°51' VI										New 12/12 20°40' SG Full 12/26 4°58' CN
	B 11/25 22°11' SG				D 12/30 5°35' TA	E 2/7/24 7°13' PI	D 12/26 15°27' AR	D 1/27/24 19°5' TA	D 12/6 24°53' PI	E 3/25/24 27°41' PI	E 2/1/24 0°22' AQ
	R 12/13 8°29' CP				E 3/23/24 15°35' TA		E 4/18/24 19°58' AR		E 3/25/24 27°41' PI		
	D 1/1/24 22°11' SG										

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 E Shadow ends    D Direct    R Retrograde    B Shadow begins    E Eclipse    Full Moon    New Moon

The shadows of Chiron, Neptune and Pluto overlap, creating brief double shadows (darker shading). Eris has overlapping shadows, as well. Eris begins 2023 Retrograde, turning Direct 1/11 at 23°55' AR. It has overlapping shadows from 3/3 to 5/28 between 24°9' AR and 25°1' AR, turning Retrograde 7/21 at 25°16' AR. It next turns Direct 1/11/24 at 24°9' AR.