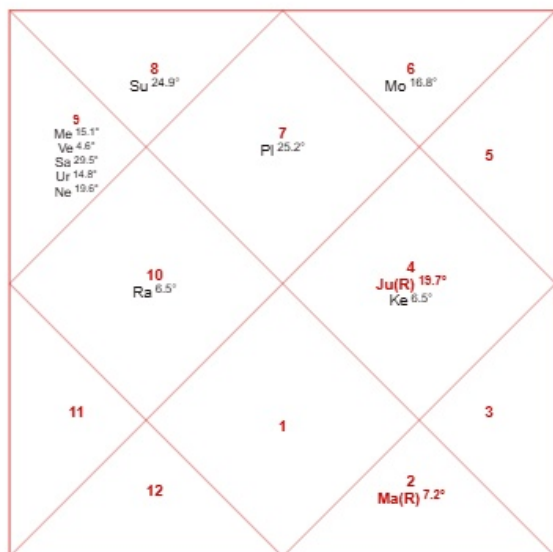


North Indian Rasi chart

Lahiri • whole-sign houses



RETROGRADE PLANETS • KARMIC BLUEPRINT

Bhavya

2 /

2 Retrograde Planets

Tactful, harmonious · Dual success

8

Lagna Libra (Air)

Retrograde Mars, Jupiter

Dominant Jupiter at 19.70°

Chart summary

Body	Sign	Degree	House	Motion	Dignity
Sun	Scorpio	24.91°	2nd	Always direct	
Moon	Virgo	16.76°	12th	Always direct	
Mercury	Sagittarius	15.06°	3rd	Direct	
Venus	Sagittarius	4.60°	3rd	Direct	
Mars	Taurus	7.19°	8th	Retrograde	Neutral
Jupiter	Cancer	19.70°	10th	Retrograde	Exalted
Saturn	Sagittarius	29.53°	3rd	Direct	
Uranus	Sagittarius	14.76°	3rd	Direct	
Neptune	Sagittarius	19.62°	3rd	Direct	
Pluto	Libra	25.18°	1st	Direct	
Rahu	Capricorn	6.52°	4th	Always backward (not counted)	
Ketu	Cancer	6.52°	10th	Always backward (not counted)	

Retrograde count and initial prediction

~29.2% of charts · Tactful, harmonious · Dual success

- Often seen as tactful, socially skilled and widely accepted.
- There's a dual current in their psyche - one part socially adept, the other quietly self-analyzing.
- They carry past-life impressions, but these don't burden them heavily.
- They can balance the outer world success with moderate inner depth.

Nearly 75% of people have 1 to 3 retrograde planets, forming the bulk of humanity's moderate karmic evolution path. The more retrograde planets in a chart, the deeper the karmic work and the greater the spiritual potential.

The more retrograde planets, the more introspective and withdrawn the individual's inner world becomes. They often live a parallel inner life, rich in symbolism and memory, but misunderstood or unseen by others. Society may struggle to accept this hidden emotional universe, especially in relationships requiring external emotional responsiveness. (book p.68)

Initial karmic reading

This chart contains **2 retrograde planets**: Mars, Jupiter. Their energies are turned inward and are interpreted as layered karmic themes rather than inherently weak or negative placements.

Dominant retrograde: Jupiter has the highest degree among the retrograde planets. Under the supplied dominance rule, its lesson colours the other retrogrades.

Composition

Planet	Group	Element	Sign plane	House health	Harmonious phase
Mars	outer	Fire	Physical / material plane	8th · challenging	Phase 3 - Reliving the Past-Future Loop
Jupiter (dominant)	outer	Ether	Emotional / sentimental plane	10th · neutral	Phase 3 - Reliving the Past-Future Loop

Key rules and chart combinations

- If two planets are retrograde simultaneously, the planet at a higher degree of retrogression (in zodiacal degrees) tends to be more dominant and influential. (book p.52)
- Retrograde effects may be good or bad, depending on placement, dignity, aspects and house ownership - yet they are always unexpected, layered or karmically nuanced. (book p.52)
- Yogkaraka planets, when retrograde, can behave strangely or paradoxically - delivering mixed or reversed results. (book p.52)
- Retrograde planets do not inherently distort their results. Instead, they alter the way those results are delivered - they tend to amplify, delay or internalize the themes of their domain. Their effects depend on dignity (own sign, exaltation, debilitation), aspects received, nakshatra and sign placement and Lagna and house ownership. (book p.7)
- Retrograde planets are considered to have maximum Chesta Bala (effort strength). Retrograde = Closer = Brighter = More Intense. Their energetic influence becomes stronger, more intense and more internalized. (book p.6)
- Retrograde planets impact living significations (people, relationships, emotions) more than non-living ones (objects, possessions, events). (book p.9)

Positive and negative manifestation

If handled positively	If handled negatively
Introspection, self-awareness	Self-doubt, confusion
Enhanced willpower & effort	Lethargy, procrastination
Resolution of past karma	Repetition of karmic loops
Development of latent talents	Distorted self-image, social isolation
Unique perception & creativity	Eccentricity, denial of reality

Combinations found

Red flag: Mars Retrograde + afflicted Venus

Sexual abnormalities, impotency, early ejaculation; failure to satisfy partner, dissatisfaction in intimacy. (Engine note: Venus is treated as afflicted when it is debilitated in Virgo or shares a sign with Saturn, Rahu or Ketu.)

Source: book p.191.

Mars Retrograde strongly placed in the 6th, 8th or 12th

Strong presence in 6th, 8th or 12th houses may lead to arrogance, obstinacy, harsh behaviour, refusal to take help from others and engagement in selfish, immoral or unethical acts. The native acts without thinking, then regrets deeply and often becomes careless with consequences.

Source: book p.191.

Mars Retrograde in a female chart

Delay in marriage; a tendency to be attracted to men they can dominate or control; playing karmic roles of ruling or correcting male partners. Mars rules sexual drive, initiative and passion - retrograde Mars in women can create difficulty asserting desire, hesitation in intimacy or suppressed passion; in Phase 1 the native may over-project desire into fantasy but withdraw when real intimacy is available and in Phase 3 she may become afraid of her own instincts. In a female horoscope Mars also represents the husband, his nature and longevity - a weak, retrograde or afflicted Mars (especially by Saturn or Rahu) may lead to marital delays and challenges in conjugal happiness (book p.65-66, p.217).

Source: book p.192.

Jupiter Retrograde in the Artha or Kaam Trikona

Jupiter's energy is not aligned with the Artha Trikona (2nd, 6th, 10th) or the Kaam Trikona (3rd, 7th, 11th), which govern money, possessions and pleasure. When Jupiter retrogrades in these houses its influence can become distorted, resulting in difficulty in managing material wealth, conflicts related to desires and pleasures, imbalance in relationships, struggles with material success, self-doubt about what truly matters and missed opportunities for spiritual advancement. (Jupiter may still bestow wisdom of speech and success in the 2nd house - wealth of knowledge.) The key is to release attachment to material success and channel Jupiter's higher wisdom towards spiritual progress.

Source: book p.282.

Jupiter Retrograde in own sign or exaltation

Jupiter has rulership over its own signs (Sagittarius and Pisces) and the sign of exaltation (Cancer); in these signs the retrograde Jupiter's outcome can be particularly positive, bestowing inner wisdom and spiritual clarity. If Jupiter occupies the same houses according to the Kaal Purusha Kundli, it often brings positive results in the later part of life, especially during Jupiter Mahadasha.

Source: book p.281.

♂ Mars Retrograde in Taurus, 8th house

The Wounded Warrior · Energy, drive, aggression; internalizes assertiveness

Sign

Taurus 7.19°

House from Libra Lagna

**8th - Transformation,
secrets, longevity, occult**

Element and plane

**Earth - Physical /
material plane**

Modality and ruler

Fixed - Venus

Dignity

Neutral

Retrograde cycle

**Every 26 months, ~70-80
days**

The nature of Mars retrograde

Mars Retrograde

The Inward Warrior: Rage, Restraint & the Karmic Cost of Suppressed Fire

Essence of Mars in Retrograde

Mars is the planet of energy, war, aggression, sexuality, assertion and tamas guna. In retrograde motion, its natural impulse to act, fight and conquer turns inward, often causing conflict within the self rather than outside.

The warrior cannot charge. The fire cannot flow forward. The battlefield is now internal.

Mars retrograde creates individuals who are often:

- Aggressive, quarrelsome and full of inner tension
- But unable to express their anger directly or constructively
- Timid externally, but internally burning with rage, frustration and repressed desire

This creates a disconnect between thought and action - one may want to fight, express or love, but emotionally or karmically blocked from doing so.

Behavioral and Emotional Impact

- Timidity, emotional hesitation and lack of self-confidence
- The native often feels used by others for their agendas
- Obstacles in achieving goals, frequent delays and internal fear
- The person carries emotional impediments and karmic guilt
- Often involved in litigations, arguments and legal disputes during Mars dasha or antardasha

Mars retrograde is not the absence of anger - it is the

fear of expressing it

This individual may:

- Explode in front of the wrong person (misdirected anger)
- Be inwardly disturbed yet externally passive
- Feel misunderstood, cornered or suffocated

Spiritual and Psychological Tendencies

- Spends energy reliving past experiences
- Tries to recreate past patterns in present environments and people
- More interested in spiritual goals, often at the cost of physical and material needs
- Introverted in nature; suppressed sexual desires
- Carries emotional disappointments and repressed ambition

This Mars gives an opportunity to relive, develop and transform suppressed desires - sexual, emotional and aggressive

Negative Manifestations

- Animalistic traits, lust, rash decisions, emotional violence, crude anger
- Strong presence in 6th, 8th or 12th houses may lead to:
- Arrogance, obstinacy, harsh behaviour
- Refusal to take help from others
- Engagement in selfish, immoral or unethical acts
- Acts without thinking, then regrets deeply
- Often becomes careless with consequences

Health, Danger & Violence

- Native should be extremely careful with:
- Knives, sharp tools, vehicles, firearms or machinery
- Driving, bike riding or handling weapons
- Sudden accidents and profuse bleeding possible
- Anger when suppressed long can cause:
- Mental health issues
- Explosive violence or self-harming behaviour

Red Flag Combinations

- Mars Retrograde + Rahu: Extremely unfortunate
- Possibility of imprisonment, criminal behaviour or suicidal tendencies
- Mars Retrograde + afflicted Venus:
- Sexual abnormalities, impotency, early ejaculation
- Failure to satisfy partner, dissatisfaction in intimacy
- Mars Retrograde + Mercury Retro/Combust + Weak Jupiter:
- Complete blockage of expression
- Cannot express anger, emotion or love
- Suffocating internal world; possibly psychologically damaging

Typical Symptoms

- Common traits:
- Suppressed anger, cannot speak truth directly
- Often misunderstood and misjudged
- Cannot express feelings in a civilized or structured way
- Frequently in inner rebellion, disconnected from guidance

They know something is wrong - but not what. And they act impulsively, then suffer deeply.

Impact on Women

- Delay in marriage
- Tendency to be attracted to men they can dominate or control

- Plays karmic roles of ruling or correcting male partners

Karmic Signature

- Likely suffered punishment in a past life due to misuse of aggression or violence
- Now afraid to express anger - thus internalizes rage
- Constantly walking a line between:
- Over-suppression (leading to illness)
- And violent eruptions (leading to damage)

The soul carries guilt and lessons. This life offers a chance to channel fire, not burn with it

Career & Talents (When Balanced)

If supported by benefics (Jupiter, Saturn, Mercury, Moon), retro Mars may channel into:

- Psychiatry, psychology, spiritual healing
- Social work, scientific research, activism
- Sports (with caution) - can produce:
- Injury, disqualification or controversy (e.g., drug use, aggression on field)

Dark Side of Retro Mars

- Like a terrorist, dictator or tyrant - it waits silently, then strikes irrationally
- Speaks negatively, abuses, becomes vindictive or vulgar
- Suffers heavily due to own uncontrolled behaviour
- Tends to:
- Live with guilt
- Be unaware of consequences
- Act first, think later

When Enlightened or Trained

- With awareness, discipline and spiritual practice, Mars retrograde can:
- Become a force of transformation
- Lead to success in highly demanding fields
- Be channeled into inner mastery
- The native must learn:
- Where to act, how to express, how to pause
- That power without patience is destruction

"Mars retrograde is not weakness - it is war without an outlet. It is the rage of a past life echoing through the present body. This Mars must learn to wield the sword inward first - cutting through ego, impulse and illusion. When mastered, it becomes the fire of purpose. When ignored, it burns everything in its path - including the self. A mindful Mars retrograde can become a yogi, a healer, a protector - not a destroyer."

Magnetic nature

Mars is a positively magnetized planet - the natural radiator. In its natural radiating mode Mars expresses as loudness, assertion and outward push. Uncontrolled, it may cause conflict, irritation and harm; harnessed positively, it can motivate, energize and protect others - making the native a leader, warrior or protector.

Past-life karma and spiritual prescription

The Wounded Warrior and the Path to Inner Power

Karmic Background: The Warrior's Guilt

If you are born with Mars Retrograde in your natal chart, it suggests that in a previous incarnation:

- You may have been a soldier, guard, militant or even a criminal - someone who followed orders blindly or acted impulsively in high-stakes or violent situations.
- You possibly committed regrettable acts under someone else's authority - actions that left you with lingering guilt or internal conflict.
- The soul now remembers the misuse of physical force or misguided aggression and instinctively chooses inhibition over expression in this life.

This karmic wound results in:

- Anger turned inward, leading to:
- Passive aggression
- Internalized stress and frustration
- Muscle tension, fatigue and low energy
- Difficulty asserting oneself
- Feeling directionless, timid or unmotivated
- Struggles with physical vitality and even sexual dissatisfaction due to the suppression of Marsian energy

Psychological Traits in Present Life

- Outward aggression is replaced with inner anguish - you may feel emotionally burdened but struggle to express it.
- You might experience emotional explosions when triggered - intense bursts of anger that come out of nowhere and feel disproportionate.
- You may often find yourself held back by emotional or psychological blocks, especially when trying to pursue your desires.
- When Mars(R) and Venus(R) are both retrograde, there's a tendency to be attracted to emotionally or physically dependent partners or those who are socially nonconforming or dysfunctional - a karmic mirror reflecting your own suppressed assertive energy.

Karmic Gift: Spiritual Redirection of Will

Mars Retrograde brings with it a powerful inner engine - but one that runs best on conscious spiritual fuel.

Your energy must be:

- Directed inward for spiritual pursuits, rather than external conflict
- Purified through practices that encourage non-violence, inner strength and self-control

The house and sign Mars occupies shows:

- Where you're likely to experience hesitation, inner pressure or karmic redirection
- Where your energy is being retrained for spiritual alignment, not physical conquest

Spiritual Prescription: Cultivate Conscious Action

To master the karmic lesson of Mars(R):

1. Learn techniques to release pent-up energy.

- Martial arts, yoga, breathwork and grounding exercises help move Mars energy constructively.
- Avoid bottling emotions - use safe outlets to release them. 2. Practice non-reactive strength.
- Strength is not loud. True Mars(R) power lies in patience, presence and principle-based action.
- Respond, don't react - especially when angry. 3. Reconnect with your physical body.
- Mars rules the muscles and vitality - nurture your body through physical activity and rest.
- Don't neglect health while chasing spiritual ideals. 4. Explore the root of guilt.
- Meditate on past decisions (even from early life) where you felt controlled or forced.
- Practice self-forgiveness - understand that regret is a signal for growth, not punishment. 5. Define your own path.
- Mars Retrograde individuals often feel lost or without direction. You must create your own mission, aligned with inner truth - not external pressure.

Message of Mars Retrograde

"You once used your strength without awareness or consent. Now your lesson is to use your will with wisdom and purpose. The fire within must warm your soul, not scorch your world."

Mars Retrograde is your call to transform inner conflict into empowered calm - to shift from a warrior in battle to a warrior of peace.

Source: book p.42.

Mars Retrograde in Taurus

Earth sign - Physical / material plane

- The retrograde planet focuses on tangible, practical aspects - finance, health, daily routines, work
- Native may re-evaluate material goals, habits and bodily wellbeing
- Results are concrete but may be delayed or require discipline

Tuning: Retrograde planets slow down naturally, often leading to deep introspection and karmic recalibration.

The Reluctant Warrior - Stuck Between Comfort and Change

Most Comfortable in Phase 3: Seeking Safety in the Past

Mars retrograde in Taurus, an inimical sign to Mars, turns the planet's natural force of action and aggression into hesitation, resistance and fear of change.

- The native feels most secure in Phase 3, where the past feels safe, familiar and predictable
- This attachment to previous stability leads to:
- Fear of taking new risks
- Avoidance of necessary confrontation
- Postponing action due to lack of clarity or confidence Mars here becomes a soldier who prefers a stable shelter to the chaos of battle - even when the battle is needed.

Inertia and Internal Blockage

- Mars loses vitality in Taurus and when retrograde:
- It creates physical and mental inertia
- Enthusiasm diminishes
- Personal projects feel like a burden
- The native is disconnected from inner fire, unable to act with spontaneity

Actions are delayed, not because of external forces, but because of internal resistance and lack of faith.

Karmic Signature

- The soul brings forward memories of a stable, secure past life
- The desire is to recreate that emotional security at all costs
- Intuition is dampened and the native relies more on external cues (people, circumstances) than inner guidance
- This becomes dangerous when the native trusts others blindly, especially in times of retrogression
- Possibility of deception, falsehood and being taken advantage of

When Mars Goes Retrograde in Taurus (Transit Insight)

Even for those without natal retrograde:

- Mars retro in Taurus is a time to:
- Delay personal and exclusive tasks
- Avoid high-stakes commitments or confrontations
- Re-evaluate desires, relationships and investments

This is not the time for new ventures, especially if:

- There is disinterest in the task
- Health is low
- There is lack of honest effort or devotion

“Mars retrograde in Taurus is a warrior resting on old ground, mistaking comfort for truth. But not all security is safety - some is stagnation. The soul must wake from its slumber, trust its own fire and act not out of fear - but out of self-belief. Only then can Mars move forward - not just through life, but through time.”

Source: book p.195.

Mars Retrograde in the 8th house

Health and vitality - challenging

These houses are associated with physical strain, disease and subconscious suffering. A retrograde planet here may lead to psychosomatic issues from suppressed inner turmoil, chronic health problems that force lifestyle and spiritual change, a need for holistic healing (Ayurveda, meditation, energy work) and karmic patterns needing resolution through acceptance and reform. However, if these retrograde planets are handled consciously, even in difficult houses, they can become catalysts for deep healing and awakening.

A key house of consciousness

Retrograde planets are indicators of evolving consciousness. They carry the potential to cause radical life changes, especially if connected to key houses like 1st, 4th, 8th, 9th, 10th or 12th - propelling the native toward higher awareness, service, teaching or artistic mastery or leading into detours, delays or challenges that ultimately purify the ego and develop the soul.

Introduction to Mars Retrograde in Houses

Energy, Dharma and the Flow of Wealth

Mars: The Engine of Action, Dharma and Prosperity

Mars is more than just the planet of war and aggression - it is the source of life force, vitality, motivation and courage.

In Vedic astrology, Mars rules over Dharma (righteous path) and Artha (prosperity and material success).

- It signifies initiative, willpower and the ability to manifest change
- The flow of money, entrepreneurship and leadership are closely tied to Mars
- Without Mars, no action begins and no effort sustains

In short: You cannot be a doer without Mars.

What Happens When Mars Goes Retrograde?

When Mars is retrograde - either in the natal chart or transit - its outward energy turns inward.

This affects:

- Decisiveness
- Motivation
- Quick execution of plans
- Expression of anger or desire

The native delays action, struggles with assertion and may feel blocked or directionless, especially in material matters.

Mars and the Flow of Money

- Mars governs Artha Trikona (2nd, 6th and 10th houses)
- Retrograde Mars, especially in transit, can affect money flow, cause delays or even recession-like conditions
- When Mars and Saturn both retrograde simultaneously, it creates a tight and compressed karmic energy, often manifesting as:
 - Economic slowdowns
 - Warlike conditions
 - Global unrest

Nakshatras and Mars-Linked Prosperity

The power of Mars is also dependent on the nakshatra it occupies.

Dhanishta - Mars-ruled nakshatra in Capricorn - is especially significant:

- Dhanishta = Dhan (wealth) + Tishtathi (resides)
- If benefic planets (e.g., Jupiter, Venus, Mercury, Sun) are in Dhanishta, it brings abundance, music, rhythm and money magnetism

Mars does exceptionally well in the following nakshatras - especially if direct and strong:

- Ashwini, Magha, Moola
- Punarvasu, Vishakha, Purvashada
- Kritika, Uttar Phalguni, Purva Bhadrapada
- Mrigashira, Chitra, Dhanishta

Among these, Chitra is the brightest star and rules glamour and brilliance.

Mars retrograde in Libra with Chitra nakshatra can create powerful personalities with charisma and edge.

Mars and the Feminine Chart

- In a female horoscope, Mars also represents husband, his nature and longevity
- A weak, retrograde or afflicted Mars (especially by Saturn or Rahu) may lead to:
- Marital delays
- Challenges in conjugal happiness
- In rare cases, even widowhood

A strong Mars ensures security, support and energy balance in relationships.

Revolution, Reform & Social Change

- Every revolutionary, reformer or system-changer needs a blessed Mars
- Without Mars, one cannot:
- Stand against injustice
- Lead a movement
- Create breakthrough innovations

Pairing Mars with Jupiter - courage guided by wisdom - is the ideal recipe for constructive social transformation.

When Is Mars Strong?

Mars becomes most effective and empowered when:

- Placed in a Kendra house (1st, 4th, 7th, 10th)
- In own sign (Aries, Scorpio)
- In exaltation (Capricorn)
- Occupying any of the benefic nakshatras listed above

But a retrograde Mars, even in strong signs, often slows down results, making efforts more introspective and delayed.

"Mars is the divine flame of action. When direct - it blazes the trail. When retrograde - it smolders within, asking the soul to question, refine and reawaken its purpose before it strikes."

Source: book p.216.

Intense Attraction to the Hidden and the Forbidden

Mars retrograde in the 8th house pulls the native into the depths of mystery, death, sexuality, power and transformation.

- Occult sciences, mysticism, tantra, black magic, hypnotism and spiritual alchemy captivate them
- At some point in life, the native will actively explore or deeply study these subjects
- Their interest is not casual - it's an inner pull, often karmically rooted

The curiosity is not intellectual - it's cellular memory of past-life experiences resurfacing.

Challenging for Marriage and Intimacy

- This is not a favourable placement for long-term romantic partnerships
- Native's intensity, secrecy and involvement in esoteric or taboo topics often make partners uncomfortable
- Can lead to:
 - Lack of sexual satisfaction
 - Emotional distance
 - Trust issues
- Divorce, especially if:
 - 7th lord
 - Venus or
 - Moon is afflicted

The native may love deeply but struggles to be understood in love.

Extreme Outcomes: Danger and Violence

This house is a gateway of destruction and rebirth and with Mars retrograde:

- There may be a karmic tendency towards:
 - Accidents
 - Sudden surgeries
 - Cardiac issues
 - Suicidal or homicidal thoughts (especially if chart is negatively afflicted)
- The native can become:
 - Verbally or emotionally abusive
 - Socially manipulative
- Or in extreme cases, violent and self-destructive

When the Martian fire has no outlet, it burns inward or lashes out.

If Well-Used: Genius in Deep Fields

If the 8th lord (especially Mercury, Moon or Jupiter) is strong and well-placed, this placement gives exceptional success in:

- Surgery
- Criminal or forensic investigation
- Research psychology
- Insurance, finance or inheritance management
- Fiction and occult literature

The same Mars that destroys can also dissect, decode and heal - depending on the channel.

Psychological Profile: Rejection, Jealousy and Isolation

- Native often carries deep-rooted fear of abandonment, death or betrayal
- Feels emotionally isolated even in the company of others
- May become secretly jealous of people who appear happier, freer or more “normal”

This placement gives an intense fear of losing control, which may express as:

- Obsessiveness
- Paranoia
- Extreme need to dominate or retreat

Karmic Signature: Power Misused or Repressed

This position often reflects unfinished karmic business from past lives involving:

- Misuse of power or sexuality
- Violent deaths
- Abandonment or betrayal
- Or deep spiritual work left incomplete

The native may be born carrying the vibration of secrecy and power - either to resolve it or elevate it.

Spiritual Potential: Deep Alchemy and Inner Light

If the native:

- Channels anger into awareness
- Uses desire for secrecy into sacredness
- Transforms jealousy into detachment

Then this Mars becomes a powerhouse of inner strength and spiritual wisdom.

When used positively, this placement offers transcendental insights, psychic gifts and the ability to transform oneself and others at a soul level.

“Mars retrograde in the 8th house is not a curse - it is a crucible. You will burn or rise, but you will not remain unchanged. You carry the map of life, death and rebirth. Choose not the path of destruction - but of sacred transformation. What seems like darkness is the deepest entry to divine light ”

Lordship and special combinations

Mars rules the 2nd and 7th houses from Libra Lagna. Retrograde planets also govern specific houses in the chart and their lordship influences how their retrograde motion affects life. Living significations (self, siblings, spouse, children, mother, etc.) are more affected than material ones. Results may include delay in manifestations, distortion or confusion regarding life purpose or relationships, partial breakdowns in related areas until the native realigns or a sense of loss or lack in those domains. These perceived shortcomings arise not to punish, but to push the native toward evolution and introspection.

Red flag: Mars Retrograde + afflicted Venus

Sexual abnormalities, impotency, early ejaculation; failure to satisfy partner, dissatisfaction in intimacy. (Engine note: Venus is treated as afflicted when it is debilitated in Virgo or shares a sign with Saturn, Rahu or Ketu.)

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Delay in marriage; a tendency to be attracted to men they can dominate or control; playing karmic roles of ruling or correcting male partners. Mars rules sexual drive, initiative and passion - retrograde Mars in women can create difficulty asserting desire, hesitation in intimacy or suppressed passion; in Phase 1 the native may over-project desire into fantasy but withdraw when real intimacy is available and in Phase 3 she may become afraid of her own instincts. In a female horoscope Mars also represents the husband, his nature and longevity - a weak, retrograde or afflicted Mars (especially by Saturn or Rahu) may lead to marital delays and challenges in conjugal happiness (book p.65-66, p.217).

♃ Jupiter Retrograde in Cancer, 10th house

The Wounded Guru · Reflection on wisdom, beliefs, education and expansion

Sign

Cancer 19.70°

House from Libra Lagna

**10th - Career, karma,
status, authority**

Element and plane

**Water - Emotional /
sentimental plane**

Modality and ruler

Movable - Moon

Dignity

Exalted

Retrograde cycle

Once a year, ~120 days

The nature of Jupiter retrograde

Jupiter Retrograde

The Inner Guru - Wisdom, Self-Realization & the Path of Expansion

Jupiter, the most powerful planet, represents honesty, auspiciousness, justice, ethics, faith, hope, expansion, space and development - all deeply positive traits. It is the karaka (significator) for the 2nd, 5th, 9th, 10th and 11th houses in the natal chart, influencing matters of wealth, wisdom, children, prosperity and long travels. Jupiter blesses the native with wisdom, knowledge, wealth, honour, morality, children and in the female chart, the husband. It also signifies comforts and long journeys.

Jupiter Retrograde: When Jupiter goes retrograde, it brings all of this powerful influence into a mysterious internal space, offering strength and training powers that enable the native to accomplish tasks that most others would deem impossible. These natives possess a unique ability to take risks and achieve great success. They develop a visionary approach to life, with a deep and different perspective on moral and ethical values, which they learn through personal experience and their own reactions.

Jupiter, the karaka of long travels, can experience adverse effects on travel plans during its retrograde phase. Despite extensive planning, plans get cancelled, leading to discomfort or unforeseen problems during long travels. The energy that would typically promote expansive experiences is now reversed, causing setbacks in these areas.

Karmic Signature: The Delayed Expansion

Karmically, Jupiter represents expansion, offering opportunities for growth in mind, body, soul and principles. However, in its retrograde state, the native may experience delayed growth and development. The common tagline for Jupiter retrograde could be: "Better late than never." These individuals take their time to understand the value of time. They often take longer to dive deep into their spiritual or philosophical journey, but once they reach their destination, they never stray from the path of righteousness and awareness. This is the Buddha path - where they regret past mistakes and actions taken out of ignorance.

At some point, the native realizes their past actions and the ignorance that led them to make mistakes. This realization sparks a deep self-transformation. They evolve from a bad man or ignorant person into a wise man later in life. However, self-growth remains delayed in this process.

Impact on Health, Energy and Daily Life

A significant aspect of Jupiter retrograde natives is their guilt. They tend to feel guilty about their actions in the past, which can become a spiritual burden, making them feel insecure and inadequate. This guilt-driven consciousness leads them to seek validation and approval from others. They crave recognition, praise and positive remarks from those around them to feel secure about their actions.

This constant need for external validation may manifest in a lack of confidence, leading to an insecurity that clouds their spiritual progress. It's advised that they not allow guilt to impede their spiritual journey. Instead, self-forgiveness and letting go of past mistakes are crucial for their emotional and spiritual development.

Recommendation:

It is important to release guilt and embrace self-acceptance. The native should focus on their inner growth, rather than seeking external praise. Meditation, self-reflection and spiritual practices that help with self-forgiveness will promote progress on their spiritual path.

Positive Potential: Transcendence Through Inner Expansion

Jupiter retrograde is a guru in its own right, but one who teaches through experience rather than direct teachings. The first guru is typically the father and when Jupiter is retrograde, the native may experience difficulties in relating to their father's ideology and belief system. This creates differences and struggles to align with the father figure's thoughts, which can impact the native's sense of self and beliefs.

Jupiter represents passion, hope, faith, development and expansion, but in retrograde, this expansive energy is turned inwards, focusing on internal development. This shift can significantly contribute to spiritual development and self-realization on a higher plane, though material satisfaction may remain elusive.

This introspective energy helps the native develop a more refined understanding of their values, beliefs and decisions. Through self-churning, they gain the wisdom to navigate complex projects and solve problems in a more efficient and effective manner.

Spiritual and Emotional Healing Karmic lesson:

- Take time to introspect on matters ruled by Jupiter and those associated with the houses Jupiter influences in the natal chart.
- Reflect on the spiritual lessons they carry, especially in relation to their father figure and their sense of morality.
- Self-analysis and personal reflection will ultimately lead them toward self-transformation.

What needs to be transformed is not the outer world, but their internal journey and self-knowledge.

"Jupiter retrograde is the story of the inner guru, who learns to expand by turning inward. Their path is not one of outward achievements, but of internal exploration. They must learn to trust their inner wisdom and release the need for external approval. Once they understand the power of introspection, they become the wise man who transcends the material world and achieves self-realization."

The Turning Point in Life - From Materialism to Inward Journey

The real turning point in life is not found in the materialistic world but rather in the inward journey, as one evolves into a higher state of consciousness. True transformation occurs when one holds the real God and real self - when the process of self-inquiry delves to its deepest level. The beauty of life lies not in external achievements but in the depth of inner exploration.

This is the golden opportunity to go deeper and deeper within oneself. When a native experiences retrograde Jupiter, it marks the beginning of a profound spiritual journey - this is when 50% of the job is done. It provides an opening to connect with one's true self and begin a deeper understanding of life and the universe. However, the native must recognise and embrace this opportunity - otherwise, it may go to waste.

But if the native faces malefic aspects during this period, the opportunity for inner growth might be blocked. They may fail to tap into the power of retrograde Jupiter and miss the chance to reinvent themselves.

If Rahu obstructs this process and the sign lord is also in a retrograde or weak position, true reinvention becomes a distant possibility. The native will struggle to break free from their old patterns and experiences, making it difficult to experience the transformation that retrograde Jupiter offers.

Retrograde Jupiter serves as a wake-up call to the native, reminding them that there is no such thing as being "self-made." Man is but a tool in God's hand and all that happens in life occurs through divine grace. The individual is not the doer but merely the instrument through which life unfolds. When the native realizes that they are not in control, their perspective shifts. The moment they understand that whatever happens does not define them, they open themselves to a brighter future - one that is aligned with source consciousness or God consciousness, not materialistic gains.

Retrograde Jupiter carries a profound message: you need to rise from where you have fallen. The journey is not one of external achievement, but of reconnecting with the divine source and recognizing that true success lies in the realization that one is always connected to the greater whole, beyond individual ego or material success.

Source: book p.244.

Past-life karma and spiritual prescription

Karmic Background: Misplaced Faith or Misunderstood Wisdom

If you are born with Jupiter Retrograde in your natal chart, it suggests that in a previous incarnation:

- You may have followed or preached rigid dogmas, false philosophies or blinded others through your belief system.
- Alternatively, you may have questioned the system and suffered rejection or punishment for thinking outside traditional norms.
- You could have been a spiritual teacher, philosopher or priest, whose teachings were either:
 - Twisted by others or
 - Used for control, creating karmic debts that now require conscious clearing.

As a result, in this life, you carry spiritual discontent - a yearning to find the truth behind truth.

Psychological Traits in Present Life

- You feel conflicted by religion, spiritual authority and rigid ethical systems.
- There's a deep-rooted discomfort toward mainstream religious beliefs - you may feel pressured, limited or psychologically suffocated (rūḍhi-vād se satāyā huā).
- As you go inward and glimpse something beyond religious conditioning, a new fear emerges - fear of:
 - Abandoning the known
 - Being judged by society
 - Disrupting your social standing
- You may hesitate to share your insights, fearing that expressing your personal truth might:
 - Jeopardize your public image
 - Cause alienation from family, community or cultural tradition

Thus, you swing between:

- Radical inner awakenings and
- A return to religious conformity out of fear and guilt

Karmic Gift: Inner Expansion of Awareness Jupiter(R) doesn't deny abundance - it redirects it inward.

- The energy of Jupiter - the planet of wisdom, growth, truth and divine justice - becomes a tool for soul purification.
- You begin to see abundance not in wealth or position, but in depth of understanding and inner richness.
- You are blessed with the ability to:
 - Discover truth where others stop searching

- Navigate uncharted spiritual territories
- Reinterpret wisdom outside institutionalized forms

The house and sign Jupiter occupies show:

- The karmic field of internal growth
- Where you're challenged to break traditional molds and walk your own path of wisdom

Spiritual Prescription: Follow Inner Guidance

To master the karmic lesson of Jupiter(R):

1. Question without guilt.

- Let go of inherited doctrines that don't resonate with your inner truth.
- Ask: "Does this belief empower or imprison me?" 2. Trust your gut and intuition.
- Your inner voice is your true guru - listen closely.
- Whenever you're unsure, pause and ask: "Does this bring me joy?" That is your compass. 3. Release fear of being seen.
- Don't dim your wisdom to fit in.
- Your hesitation is karmic; your expression is healing.
- The world may not need another preacher, but it does need authentic voices of experience. 4. Redefine spirituality on your terms.
- You are here to create a synthesis of intellect and intuition.
- Mix spiritual inquiry with logic, ethics with awareness, tradition with evolution. 5. Pursue joy over duty.
- Jupiter(R) natives often carry a heavy ethical load.
- Remember: Happiness is sacred. Follow what lights you up - this is the true meaning of dharma.

Message of Jupiter Retrograde

"You once misunderstood truth or were misunderstood while seeking it. Now your lesson is to trust your own light and walk the path of wisdom guided by joy, intuition and fearless awareness."

Jupiter Retrograde is not the denial of growth - it is the deepening of wisdom, as you move from inherited beliefs to embodied truth.

Source: book p.45.

Jupiter Retrograde in Cancer

Water sign - Emotional / sentimental plane

- These placements invoke deep introspection, sensitivity, unresolved emotional karma
- Emotional triggers often have roots in past-life experiences
- Native may experience psychic impressions, healing crises and intuitive development

Tuning: Retrograde planets become emotionally loaded - they surface karmic wounds, empathic blocks and unresolved grief.

The Emotional Seeker - Childlike Qualities, Expansion & the Blocked Path of Decision Making

Most Comfortable in Phase 3: Reconnecting with the Past

When Jupiter goes retrograde in Cancer, it taps into the native's deep emotional reservoir and past life experiences, bringing forward childlike qualities and a desire to reconnect with the innocence of earlier years. This is a comfortable placement in Phase 3, where the native seeks to expand emotional depth and nurture qualities that may have been suppressed or lost. There's a strong pull to revisit childhood traits - such as curiosity, imagination and an innate desire to care for others.

Cancer is ruled by the Moon and Jupiter here expands the emotional and nurturing aspects of the native. The retrograde motion, however, introduces a sense of emotional contraction, as past emotional baggage and unresolved feelings may resurface. The native seeks to re-expand these qualities from the past, but the retrograde energy stifles this expansion, making the journey a personal struggle.

Emotional and Psychological Conflict

The native often finds themselves caught between the urge to nurture and a fear of being emotionally exposed. While they are highly sensitive and intuitive, their ability to express these traits fully is often blocked due to the retrograde motion of Jupiter. This results in:

- Internal conflict about their emotional needs and how to express them
 - Difficulty opening up to others emotionally, especially about deep-seated issues
 - A tendency to revert to childhood patterns, sometimes over-sensitivity or emotional withdrawal
- Their challenge is reconciling their desire to be caring and supportive with the fear that they will be rejected or misunderstood.

Decision Making and Mental Clarity

Jupiter in Cancer is traditionally a strong decision-maker, particularly when it comes to decisions that require empathy, compassion and understanding the emotional needs of others. With retrograde Jupiter, however, this ability is significantly diminished. The native may face:

- Uncertainty in decision-making, especially when emotional factors are involved
- Difficulty trusting their intuitive judgement, leading to hesitation and delay
- Tendency to second-guess themselves, especially when they need to make decisions related to family or home life

The retrograde motion of Jupiter creates an internal conflict where the native, though equipped with strong decision-making abilities, struggles to fully trust their inner wisdom. Their confidence in making choices becomes compromised, leading to self-doubt and missed opportunities.

Material Confusion and Financial Strain

While Cancer generally has a natural instinct for financial stability - especially in matters concerning family and home - retrograde Jupiter can cause delays and obstacles in material pursuits. This may manifest as:

- Inconsistent financial decisions
- Challenges in accumulating wealth or securing long-term financial goals
- A lack of clarity about how to expand or invest in material matters

The native may feel emotionally attached to possessions or family wealth but struggle with how to properly manage or invest in them. The sense of financial security may often feel out of reach and the retrograde energy adds to the difficulty of creating the emotional and material foundation the native seeks.

Partnership and Trust Issues

In relationships, especially those related to family or close personal bonds, the retrograde energy can bring up:

- Emotional insecurity and difficulty expressing needs clearly
- Unresolved family dynamics from the past that affect the present relationship
- Overreliance on others for emotional support, leading to imbalances in the relationship

The native may also struggle with trusting others emotionally, particularly when their own vulnerabilities are exposed. Developing a deeper emotional resilience and trust in their own judgments will be essential for growth.

Karmic Signature

Karmically, the native has carried over emotional patterns from past lives that may have involved a strong emotional dependence on others or an unresolved need for emotional security. In this life, the retrograde Jupiter asks the native to reconnect with their emotional core and learn to expand their sense of self-worth and confidence. They may have:

- Failed to honour their emotional boundaries in past lives, leading to emotional over-reliance
- Neglected their own emotional needs, focusing instead on others
- Struggled with emotional insecurity and dependence

In this life, the retrograde energy encourages the native to learn self-sufficiency in emotional matters and expand their emotional intelligence so they can make decisions that nurture both their spiritual and material growth.

“Jupiter retrograde in Cancer is the seeker who wishes to nurture and expand but is bound by emotional patterns from the past. The path is blocked not by the lack of ability, but by a fear of emotional exposure and vulnerability. When the native learns to embrace their emotions without fear of judgement, they will open up to a greater expansion - not just of material wealth, but of deep emotional fulfillment and inner strength.”

Source: book p.256.

Jupiter Retrograde in the 10th house

Health and vitality - neutral

The book does not list the 10th house in either health group; health results here follow the planet, sign and overall chart.

A key house of consciousness

Retrograde planets are indicators of evolving consciousness. They carry the potential to cause radical life changes, especially if connected to key houses like 1st, 4th, 8th, 9th, 10th or 12th - propelling the native toward higher awareness, service, teaching or artistic mastery or leading into detours, delays or challenges that ultimately purify the ego and develop the soul.

Retrograde Jupiter in Houses - Introduction

Jupiter as Guru - The Path of Righteousness and Liberation

Jupiter is considered a Guru - a teacher who walks the path of righteousness and truth. In astrology, Guru represents wisdom, knowledge, spiritual guidance and moral clarity. Therefore, Jupiter is most beneficial in the 1st, 5th and 9th houses, which are known as the Dharma Trikona, representing the path of righteousness. Jupiter, in these houses, aligns well with its natural inclination to guide the native towards spiritual growth, moral uprightness and wisdom. This placement is favored by Jupiter and bestows the grace of the Guru upon the native, making it a strong position for learning, teaching and spiritual development.

On the other hand, Jupiter also brings its grace in the Moksha Trikona (the houses of liberation), namely 4th, 8th and 12th houses, which represent the path of liberation. These houses are associated with emotional fulfillment, transformation and ultimate release (Moksha) and Jupiter in these houses enhances the native's ability to pursue spiritual awakening. Jupiter has rulership over its own signs (Sagittarius and Pisces) and the sign of exaltation (Cancer) and in these signs, the retrograde Jupiter's outcome can be particularly positive, bestowing inner wisdom and spiritual clarity.

If Jupiter is placed in the same houses according to the Kaal Purusha Kundli, it often brings positive results in the later part of life, especially during Jupiter Mahadasha. The timing of Jupiter's period can prove to be highly beneficial for the native, enhancing their spiritual development and wisdom.

Negative Signs and Houses: The Material Trikonas

However, there are certain placements where retrograde Jupiter may not offer the best results. Jupiter, as a divine master, is not interested in materialism or worldly pursuits. Therefore, Jupiter's energy is not aligned with the Artha Trikona (2nd, 6th and 10th houses) or the Kaam Trikona (3rd, 7th and 11th houses), which govern money, possessions and pleasure. These houses are concerned with material achievements and personal desires, areas that Jupiter, as a spiritual planet, does not engage with directly.

Jupiter is connected to the highest state of spiritual awareness and cannot truly resonate with the lower frequencies associated with the material and physical world. It is a planet that views females as either mothers or sisters and does not understand the dynamics of physical relationships in the same way. Hence, Jupiter's higher energies do not align with the energies of the Kaam Trikona (desire) or Artha Trikona (material wealth). Therefore, when Jupiter retrogrades in these houses, its influence can become distorted, resulting in:

- Difficulty in managing material wealth
- Conflicts related to desires and pleasures
- Imbalance in relationships due to the misalignment of spiritual and physical desires

While Jupiter may bestow wisdom of speech and material success in the 2nd house (wealth of knowledge), it does not favour material wealth in the same way it does spiritual wealth. Jupiter despises material pursuits such as money and sex and the retrograde motion further disturbs its capacity to bring positive material results in these houses.

Jupiter in retrogression in these material houses signifies an internalized spiritual conflict, as the native may struggle to reconcile their desire for material success with their spiritual calling.

Retrograde Jupiter in the Artha or Kaam Trikona may lead to frustration and disillusionment, as the native attempts to chase material success or physical gratification, only to find that these pursuits bring little fulfillment. Jupiter's retrogression disrupts the native's ability to manifest the positive potential of these houses, leaving the native feeling disconnected from both their spiritual goals and worldly desires.

Thus, the retrograde influence exacerbates the challenges posed by these placements, resulting in:

- Struggles with material success, especially if the native is overly focused on wealth and desires
- Self-doubt and inner conflict regarding what truly matters in life
- Missed opportunities for spiritual advancement due to a focus on materialism

"Jupiter retrograde in material houses does not seek wealth or pleasure but calls the native to seek deeper truths and spiritual fulfillment. The key to navigating this placement is to release attachment to material success and instead channel the higher wisdom of Jupiter towards spiritual progress, self-awareness and personal growth."

Source: book p.281.

Not Comfortable Placement: The Clash Between Wisdom and Authority

When Jupiter goes retrograde in the 10th House, the native experiences a significant conflict between the planet of wisdom and the house of authority. Jupiter, known for its expansive, peaceful and philosophical nature, finds it suffocating in the 10th House, which governs career, reputation and public status. The 10th House is associated with authority, responsibility and the demands of the professional world and Jupiter's expansive nature is often restricted by the pressures of work and career obligations.

The 10th House is also the house of ambition and while Jupiter's wisdom could theoretically enhance the native's career, the retrograde motion causes delays, setbacks and confusion regarding their professional path. This can create a sense of being stuck, unsure of career direction and constantly facing barriers in achieving professional success.

Emotional and Psychological Conflict

The retrograde Jupiter in the 10th House creates emotional conflict due to the clash between the native's intellectual and philosophical ideals and the demands of the material world. The native may feel:

- Suffocated by the demands of career and authority, longing for the peace and introspection Jupiter naturally craves
- Confusion about their career direction, with delays and frustration in professional advancement
- Struggles with authority figures, particularly bosses or superiors, leading to misunderstandings, conflict or lack of recognition
- A sense of being stuck, asking themselves, "Where am I heading?", often feeling uncertain about their professional path

This placement may cause the native to feel torn between philosophical pursuits and the demands of the professional world, creating psychological strain and a lack of fulfillment in their career life.

Career Struggles and Delays

Jupiter retrograde in the 10th House can lead to significant career challenges:

- Delays in career progression, promotions and recognition for work well done
- Uncertainty and confusion regarding career decisions, with the native often feeling like they are choosing the wrong profession or heading in the wrong direction
- Frequent changes in job roles or stagnation, as the native struggles to find their true calling or professional identity
- Discontent with their career achievements, even if they are successful in their field, as they may feel that they are not doing what they are truly meant to do

The retrograde motion of Jupiter means the native's career path is often filled with setbacks, delays and frustration. Success may come later in life, but it is rarely immediate or easily achieved.

Karmic Signature

Karmically, the native may be revisiting unresolved issues related to career and public reputation from past lives. In previous incarnations, the native may have been too focused on material success or worldly ambitions, neglecting their spiritual wisdom or inner calling. The retrograde Jupiter in the 10th House suggests that the native's current life is about reconciling their spiritual ideals with the material world and professional responsibilities.

The challenge here is to integrate Jupiter's higher wisdom into the material and public aspects of life, particularly in terms of career and public reputation. The native must learn how to apply their wisdom to worldly pursuits, without losing sight of their spiritual or intellectual goals.

Positive Influence

If Jupiter is in 1st, 5th, 9th, 4th, 8th or 12th signs, the native experiences fewer obstacles and the retrograde Jupiter can bring positive results, including:

- Wisdom in career decisions, allowing the native to find their true path and purpose later in life
- Positive recognition and professional achievements once the native has overcome initial delays and struggles
- Long-term career growth, particularly if the native embraces their higher wisdom and applies it to leadership or mentoring roles
- Good communication with authority figures, if the retrograde energy is tempered by positive aspects to Jupiter's position

However, if the signs and houses are less favourable, the native will continue to face obstacles, delays and frustration in their career life. Constant reassessment of their professional path is necessary to avoid feeling stagnant or unfulfilled.

"Jupiter retrograde in the 10th House is the seeker who is caught between their spiritual ideals and the demands of career and authority. This placement brings delays, frustration and confusion in the professional realm, but with patience and wisdom, the native can overcome these challenges. Once the native learns to balance their intellectual wisdom with career demands, success will eventually come, especially in later life."

Source: book p.308.

Lordship and special combinations

Jupiter rules the 3rd and 6th houses from Libra Lagna. Retrograde planets also govern specific houses in the chart and their lordship influences how their retrograde motion affects life. Living significations (self, siblings, spouse, children, mother, etc.) are more affected than material ones. Results may include delay in manifestations, distortion or confusion regarding life purpose or relationships, partial breakdowns in related areas until the native realigns or a sense of loss or lack in those domains. These perceived shortcomings arise not to punish, but to push the native toward evolution and introspection.

Jupiter Retrograde in the Artha or Kaam Trikona

Jupiter's energy is not aligned with the Artha Trikona (2nd, 6th, 10th) or the Kaam Trikona (3rd, 7th, 11th), which govern money, possessions and pleasure. When Jupiter retrogrades in these houses its influence can become distorted, resulting in difficulty in managing material wealth, conflicts related to desires and pleasures, imbalance in relationships, struggles with material success, self-doubt about what truly matters and missed opportunities for spiritual advancement. (Jupiter may still bestow wisdom of speech and success in the 2nd house - wealth of knowledge.) The key is to release attachment to material success and channel Jupiter's higher wisdom towards spiritual progress.

Jupiter Retrograde in own sign or exaltation

Jupiter has rulership over its own signs (Sagittarius and Pisces) and the sign of exaltation (Cancer); in these signs the retrograde Jupiter's outcome can be particularly positive, bestowing inner wisdom and spiritual clarity. If Jupiter occupies the same houses according to the Kaal Purusha Kundli, it often brings positive results in the later part of life, especially during Jupiter Mahadasha.

Living with your retrogrades

Phase 1: Living the Future Now

Early life (childhood to youth) · Radiating

The retrograde planet jumps ahead and pulls you toward the future before it comes. The native feels a sense of urgency, a futuristic vision or goal and strong motivation. This is the radiating phase - energy focused outward, magnetizing people and opportunities. In this phase, it is nearly impossible to misuse the retrograde planet.

Space and relationships: Expansion of psychic space - everything feels closer; blurring of energetic boundaries, heightened illusions, over-imagination, emotional entanglements and idealistic expectations. Such natives must learn to set and protect psychic boundaries.

Intimacy: The individual tries to experience future possibilities now - overstimulated by fantasies, chasing idealized versions of love; relationships begin with intensity but fade due to lack of grounding.

Phase 2: The Dilemma

Middle age · Mixed (dual-mode)

"I feel like I've been here before, but I'm not sure. Should I go forward or step back?" One part remembers the future and radiates; another part absorbs, anchored in doubt. This inner duality (duwidha) leads to misunderstanding by others, emotional instability or indecisiveness and inconsistent behaviour. This is the most misunderstood phase.

Space and relationships: Present-centred balance - equal use of space. The most harmonious phase for interpersonal relations; the ideal state to integrate karmic lessons without drama or confusion.

Intimacy: A certain emotional or sexual exhaustion - as if already lived; can manifest as disinterest, detachment, a lingering sense of disappointment, the inner self replaying rather than experiencing afresh.

Phase 3: Reliving the Past-Future Loop

Later life · Absorbing

“What I'm trying to create is something I feel I've already done... but I must do it again.” The native recreates past circumstances, feels emotionally drained and experiences déjà vu and stuckness. Energy becomes absorbent. Most individuals live predominantly in this phase, repeating patterns without understanding why.

Space and relationships: Contraction of psychic space - highly introverted, emotionally withdrawn, energetically self-protective. Healing happens through reconnection, not retreat.

Intimacy: The most internalized phase - emotionally unavailable or sexually withdrawn; fear, guilt or confusion around desire due to unconscious entanglement with past-life experiences. Healing requires forgiveness and letting go of outdated soul imprints.

Switching the energy consciously

1. Recognize the phase they are in.
2. Observe their energy behaviour (radiating or absorbing).
3. Accept and realign with the planetary lesson.
4. Learn to flow between phases with awareness.

Recognising retrograde karma

- What patterns repeat in my life, no matter what I do?
- Where do I have unusual clarity or fear, even without experience?
- In which area of life do I feel both drawn and blocked?
- Which inner qualities feel natural, but I've never consciously learned them?

Practical guidance and remedies

1. **Reframe delays.** Not every delay is punishment. Retrograde periods are often soul pauses - a divine check-in to replay, reassess or rewire the karmic loop.
2. **Journal your inner world.** Retrograde karma lives in your dreams, symbols and recurring images. Journal strange childhood memories, recurring dreams and emotional themes that repeat with no external cause - these are likely tied to retrograde planets' memory fields.
3. **Work with advanced astrological tools.** Explore Navamsa (D9) - soul purpose and spiritual maturity; Shashtiamsa (D60) - the past-life blueprint; Bhrgu & Nadi techniques - precise karmic threads across lives.
4. **Focus on the positive traits.** Instead of fearing your retrograde planets, honour them. They are reminders of your deeper self, offering inborn wisdom, artistic or spiritual excellence, deep resilience and authentic leadership.

During retrograde transits

When planets go retrograde by transit, they trigger past-life themes and unfinished tasks. Retrograde transits are not setbacks; they are cosmic reviews - encouraging re-evaluation of choices, correction of past mistakes, reflection before action and inner restructuring before external progress. The planetary message is clear: Pause, reflect, rework and realign.

Closing message

Retrograde planets remind us that not all progress is forward. Sometimes, the greatest evolution comes through stillness, pause and reflection. These apparent backward motions are soul callings to turn inward, revise karmic imprints and realign with your deeper truth. (book p.52)

Generated from Retrograde Planets: Your Karmic Blueprint - Saurabh Avasthi (Notion Press, Edition 1.0, Oct 2025). Astrology offers a lens for reflection; consult a qualified professional for health, legal or financial decisions.

What is Retrogression?

Retrogression is an apparent backward motion of a planet as seen from Earth. It's an optical illusion caused by the relative positions and speeds of Earth and the other planets in the solar system.

- Planets do not actually move backward in space.
- Due to Earth's faster or slower movement compared to other planets, it may appear from our perspective that a planet is moving westward (backward) rather than eastward (forward) against the backdrop of stars.

This apparent backward motion is called Retrograde Motion.

Group 1: Sun and Moon - Never Retrograde

- Sun and Moon never appear to move backward.
- Their motions are always direct in the zodiac.
- Hence, the concept of retrograde does not apply to luminaries.

Group 2: Rahu and Ketu - Always Retrograde

- Rahu and Ketu are not physical planets; they are mathematical nodal points of the Moon's orbit intersecting the ecliptic.
- They always move retrograde.
- It is technically incorrect to call them "retrograde" in the traditional planetary sense because they never go direct.

Correct phrasing: Their normal motion is retrograde; they do not switch between direct and retrograde.

Group 3: Retrograde + Direct Planets (Vedic)

These 5 planets in Vedic astrology have both Direct and Retrograde motions:

Retrograde Planet Retrograde Frequency Duration Mercury 3-4 times a year ~20-24 days each Venus Every 18 months ~42 days Mars Every 26 months ~70-80 days Jupiter Once a year ~120 days Saturn Once a year ~140 days Let's look at each in more detail:

Saturn (Shani)

- Retrograde once a year for around 140 days (~4.5 months).
- Due to its slow speed, its retrograde motion impacts deeply and for longer durations.
- Important for karmic lessons, delays, restrictions.

Jupiter (Guru)

- Retrograde once a year for about 120 days (~4 months).
- Brings reflection on wisdom, beliefs, education and expansion.
- Often a time of spiritual introspection.

Mars (Mangal)

- Retrograde every 2 years (~26 months).
- Duration is around 70-80 days.
- Affects energy, drive, aggression; internalizes assertiveness.
- People born with Mars retrograde may channel energy inward.

Venus (Shukra)

- Retrograde every 18 months for ~42 days.
- Impacts love, relationships, beauty and finances.
- Promotes revisiting past relationships and reevaluating values.

Mercury (Budh)

- Most frequent retrograde: 3-4 times a year.
- Each retrograde lasts around 20-24 days.
- Affects communication, travel, technology and intellect.
- Time for re-evaluation, reflection, re-doing tasks.

Group 4: Trans-Saturnian Planets (Uranus, Neptune, Pluto)

- These are outer planets beyond Saturn.
 - Mostly used in Western astrology; not part of traditional Vedic Astrology.
 - Called the Icy Giants (Uranus, Neptune) and Dwarf Planet (Pluto).
 - Their retrogrades are long-lasting and more collective in influence than personal.
- Planet Retrograde Frequency Duration
Uranus Once a year ~155 days
Neptune Once a year ~158 days
Pluto Once a year ~180 days

These planets affect generational themes such as:

- Uranus: Innovation, rebellion, sudden change
- Neptune: Illusion, spirituality, dreams
- Pluto: Transformation, death-rebirth, power dynamics

Source: book p.1.

Astronomical Basis of Retrograde Motion (Optical Illusion)

Retrograde motion is not real backward movement - it's an optical illusion that occurs due to the relative motion of Earth and the planet.

How it Happens:

- Planets move in elliptical orbits around the Sun at different speeds.
- When Earth overtakes a slower-moving outer planet (like Mars, Jupiter or Saturn), the planet appears to move backward (westward) in the sky for a period of time.
- Similarly, inner planets like Mercury and Venus also appear to move backward when they are between Earth and the Sun (inferior conjunction).

This phenomenon is called Apparent Retrograde Motion.

Example:

- Let's say Earth is moving faster than Jupiter.
- As Earth passes Jupiter, from our vantage point on Earth, Jupiter appears to slow down, stop (station) and then move backward.
- This backward motion is retrograde. Once Earth pulls far enough ahead, the planet appears to resume direct motion

Relative Speeds and Retrogression

Planet Speed Category Behavior During Retrograde Often in retrograde for months; Jupiter, Slow movers appear to "backtrack" Saturn significantly in sky Mercury, Retrograde more frequently Fast movers Venus but for shorter durations Retrograde less often but Mars Moderate speed visibly significant Sun, Moon Consistently direct Never retrograde

Source: book p.4.

Astrological Significance in Vedic Astrology

Chesta Bala - The Strength of Motion

In Vedic astrology, one of the Shad Bala (six-fold strengths) of a planet is Chesta Bala or "effort strength."

- Retrograde planets are considered to have maximum Chesta Bala.
- This means they are closest to Earth during retrograde and thus appear brighter and larger.
- Their energetic influence becomes stronger, more intense and more internalized.

Retrograde = Closer = Brighter = More Intense = Chesta Bal

How Retrograde Planets Affect the Natal Chart

1. They behave differently from their usual nature.
 2. They internalize their energy and influence.
 3. Retrograde planets may rework or revisit the karma associated with their sign, house and lordship.
 4. Their direction of energy may be reversed or intensified:
- Mercury Retrograde → Rethink, Reanalyze
 - Venus Retrograde → Reevaluate love, relationships
 - Saturn Retrograde → Deep introspection about responsibilities and karma

Source: book p.6.

Common Myth: “Retrograde Planets Always Give Distorted or Unexpected Results” - Let’s Bust This

Many astrologers (especially beginners) believe:

“Retrograde planets give abnormal, distorted or unpredictable results of the houses they own or are placed in.”

Reality:

- Retrograde planets do not inherently distort their results. Instead, they alter the way those results are delivered.
- They tend to amplify, delay or internalize the themes of their domain.
- Their effects depend on:
 - Their dignity (own sign, exaltation, debilitation)
 - Aspects received
 - Nakshatra and sign placement
 - Lagna and house ownership

For example:

- A retrograde Saturn in the 7th house may not give delayed marriage in all cases - it might actually intensify the importance of commitment or make the person more serious about partnerships.
- A retrograde Jupiter may not necessarily "deny wisdom"; instead, the person may learn differently - more through introspection or unorthodox methods.

Retrograde = Past Life Karma?

Yes - many astrologers believe that retrograde planets indicate unresolved past life karma.

- The planet returns you to the same theme that wasn't fully processed or understood.
- Retrograde motion = karmic revisiting.
- These planets offer a second chance to evolve spiritually by reflecting and responding differently this time.

Retrograde Planets and Psychological Impact

- The energy is not missing - it is inward.
- Retrograde planets create self-reflection.
- The native may process their planetary energies in a non-linear or atypical way.
- Can lead to depth originality and unique expression.

Key Points to Remember:

- Retrograde planets are not weak - they're often stronger.

- They function differently, not incorrectly.
- They indicate lessons that are more internalized and sometimes karmic in nature.
- Interpretation depends on entire chart context - not just the retrograde tag.

Source: book p.7.

Understanding Retrograde Planets: The Inward Journey of the Soul

Key Concept:

Retrograde planets appear to move backward in the sky from our perspective on Earth. Though an optical illusion astronomically, astrologically they carry deep psychological, karmic and spiritual significance.

Core Characteristics of Retrograde Planets:

Inward Energy Flow:

Retrograde planets turn their energy inward.

Native becomes more subjective, contemplative and often slow to act in the external world.

In contrast, direct planets express their energy outwardly - they are more action-driven, socially visible and goal-oriented.

Karmic Memory Carriers:

Retrograde planets are repositories of past-life memories.

They represent unfinished karmic tasks carried into this life. The native often does not consciously recognise these as past-life issues, but experiences them as:

Unfinished goals

Unresolved emotional patterns

Natural talents or persistent tendencies

More Influence on Living Significations:

Retrograde planets impact living significations (like people, relationships, emotions) more than non-living ones (objects, possessions, events).

Psychological Effect on the Native:

Positive Manifestation Negative Manifestation Introspection, self-awareness Self-doubt, confusion Enhanced willpower & effort Lethargy, procrastination Resolution of past karma Repetition of karmic loops Distorted self-image, social Development of latent talents isolation Unique perception & Eccentricity, denial of reality creativity

Free Will and Transformation:

"Retrograde is not a punishment; it's a call for evolution." A retrograde planet does not doom the native.

With willpower, right action and awareness, the native can: Transform karmic baggage into strength Channel retrograde energy into unique expression Achieve more than others in that area by putting in extra effort

If Handled Positively:

Retrograde planets can give unusual strength originality and mastery in their areas of influence.

If Handled Negatively:

They may cause depression, selfishness, isolation and distorted perceptions of life and self.

Source: book p.9.

Five Elements and Their Corresponding Planets

In classical Vedic and elemental philosophy, the five elements (Pancha Mahabhutas) are linked with five key planets. Each element carries distinct characteristics and when these planets are retrograde, they turn those elemental qualities inward, deepening introspection and creating opportunities for mastery.

Element	Planet	Key Nature of the Element
Earth	Mercury	Stability, practicality, analysis
Water	Venus	Emotions, flow, receptivity
Fire	Mars	Action, energy, courage
Wisdom, expansion, higher Ether	Jupiter	thinking
Air	Saturn	Movement, logic, detachment

Source: book p.11.

Effect of Retrograde Planets in Different Elemental Signs

The sign in which a planet becomes retrograde significantly influences how its energies are internalized and expressed. This includes the plane of existence the retrograde energy manifests on:

1. Earth Signs (Taurus, Virgo, Capricorn):

- Operates on the physical/material plane
- The retrograde planet focuses on tangible, practical aspects - finance, health, daily routines, work
- Native may re-evaluate material goals, habits and bodily wellbeing
- Results are concrete but may be delayed or require discipline

2. Air Signs (Gemini, Libra, Aquarius):

- Operates on the mental/intellectual plane
- Retrograde planets deepen thought processes, often leading to over-analysis or innovative ideas
- Native tends to rethink, reassess and sometimes detach emotionally
- Communication and reasoning become central themes of growth or conflict

3. Water Signs (Cancer, Scorpio, Pisces):

- Operates on the emotional/sentimental plane
- These placements invoke deep introspection, sensitivity, unresolved emotional karma
- Emotional triggers often have roots in past-life experiences
- Native may experience psychic impressions, healing crises and intuitive development

4. Fire Signs (Aries, Leo, Sagittarius):

- Operates on the inspirational/action plane
- Retrograde planets here influence one's ideals, leadership, motivation and drive
- The native may face internal conflict in initiating action or asserting individuality
- If harnessed, leads to renewed purpose and visionary action

Role of House Lordship in Retrograde Planets

Retrograde planets also govern specific houses in the chart and their lordship influences how their retrograde motion affects life:

Living significations (e.g., self, siblings, spouse, children, mother, etc.) are more affected than material ones. Results may include:

Delay in manifestations

Distortion or confusion regarding life purpose or relationships Partial breakdowns in related areas until the native realigns A sense of loss or lack in those domains These perceived shortcomings arise not to punish, but to push the native toward evolution and introspection

Example:

If retrograde Jupiter rules the 7th house (relationships), the native may:

Struggle to find a compatible partner Have karmic ties or unresolved relationship patterns Feel confused about the meaning of partnership until conscious growth is undertaken

Retrograde in Transit: The Karmic Signal

When planets go retrograde by transit, they trigger past-life themes and unfinished tasks:

Retrograde transits are not setbacks; they are cosmic reviews.

- These periods encourage:
- Re-evaluation of choices
- Correction of past mistakes
- Reflection before action
- Inner restructuring before external progress

This is often why retrogrades are associated with:

- Reappearing old patterns
- People or situations from the past returning
- Sudden halts in ongoing projects

The planetary message is clear: Pause, reflect, rework and realign.

Path of Mastery and Evolution

Retrograde planets do not indicate failure - they signal potential for mastery if approached with awareness. Their results are not inherently negative; their power lies in how the native handles them:

If Handled Positively:

- Retrograde planets drive the native to work harder, delve deeper and emerge with excellence in the areas they govern
- These planets often bless the individual with original perspectives, innovative thinking and extraordinary growth

If Handled Negatively:

- They can lead to depression, withdrawal, rigid thinking, antisocial behaviour and repetitive failures
- The native may feel stuck, haunted by internal doubts or misunderstood

Source: book p.12.

Retrograde Planets: Carriers of Wisdom and Higher Consciousness

Retrograde planets are often misunderstood. Far from being merely problematic or obstructive, retrograde planets are portals to inner wisdom, past-life echoes and higher consciousness. Their motion - appearing to move backward - symbolically represents a reversal of outward energy flow, directing the soul inward.

1. Retrograde Planets as Catalysts for Wisdom

- Knowledge is of the past - something gathered and accumulated.
- Wisdom is of the future - it emerges from reflection, assimilation and spiritual maturity.

Retrograde planets act as bridges between the two, enabling the native to convert past experiences (from this or previous lives) into deep wisdom. This manifests as:

- Intuition beyond age
- Repeated inner nudges to seek the “why” behind events
- A natural philosophical or spiritual bent

These planets do not just store information - they demand understanding.

2. Surrender to the Divine and Higher Consciousness

Retrograde motion slows the planet's expression, which results in:

- Deeper introspection
- Inner calling
- A sense of detachment from material flow

This gradually leads the individual to surrender - not in defeat, but in acceptance and alignment with something higher:

- God or Ishwara in theistic language
- Universal Intelligence or higher consciousness in spiritual terms

Such natives often find peace, strength and even success when they let go of egoic control and trust the divine timing and flow of life.

3. Retrograde Planets as Blessings

A retrograde planet offers something unique, unconventional and often genius-like in the areas it governs. It signifies:

- A special karmic role in this lifetime
- Hidden talents or memories from past lives
- A soul path that is non-linear but deeply rewarding

Instead of following the crowd, the native walks a soul-aligned path, which may initially feel lonely or misunderstood but ultimately leads to profound fulfillment and distinctive

achievements.

Retrograde = not failure, but differentiation.

Not regression, but redirection.

4. Consciousness and the Slowness of Retrograde

The slower motion of a retrograde planet allows:

- Greater awareness of one's thoughts, motives and inner dynamics
- Time for deeper processing
- A tendency to observe rather than impulsively act

As a result, the level of consciousness is higher, often bringing:

- Spiritual insights
- Exceptional perception in the domain of the retrograde planet
- Greater patience and maturity

This is why many individuals with prominent retrogrades in their charts are:

- Philosophers
- Spiritual seekers
- Researchers
- Artists with deep emotional intelligence

5. Health and House Placement of Retrograde Planets

Retrograde planets also influence health and vitality, especially based on their house placement.

Here's a breakdown:

Houses Promoting Good Health (2, 4, 5, 7, 9, 11):

These houses are considered benefic and supportive to the native's wellbeing. When a retrograde planet is placed here, it may:

Strengthen immunity over time
Bring healing through self-awareness
Promote longevity through balanced introspection
Help native develop health-conscious habits after internal realization

Houses Linked to Health Challenges (1, 3, 6, 8, 12):

These houses are associated with physical strain, disease and subconscious suffering. A retrograde planet here may lead to:

Psychosomatic issues from suppressed inner turmoil
Chronic health problems that force lifestyle and spiritual change
Need for holistic healing (Ayurveda, meditation, energy work)
Karmic patterns needing resolution through acceptance and reform
However, if these retrograde planets are handled consciously, even in difficult houses, they can become catalysts for deep healing and awakening.

Retrograde planets are not problems to be fixed but

mysteries to be understood.

They may make the native walk slower, but that slowness ensures depth, insight and eventual brilliance.

Source: book p.15.

Nature and Attributes of the Native Based on Number of Retrograde Planets in Birth Chart

Retrograde planets signify karmic backlog, inner contemplation and non-linear growth. The number of retrograde planets in a horoscope offers insight into the depth of karmic evolution, psychological temperament and unique life challenges or strengths.

General Distribution (As per Martin Schulman):

- 0 Retrograde Planets: ~7.7%
- 1 Retrograde Planet: ~18.7%
- 2 Retrograde Planets: ~29.2%
- 3 Retrograde Planets: ~26.7%
- 4 Retrograde Planets: ~12.7%
- 5 Retrograde Planets: ~4.15%
- 6 Retrograde Planets: ~0.66%
- 7-8 Retrograde Planets: ~0.005% (extremely rare)

Insight: Nearly 75% of people have 1 to 3 retrograde planets, forming the bulk of humanity's moderate karmic evolution path.

0 Retrograde Planets (7.7%)

- These natives are externally focused, straightforward and experience few internal conflicts.
- They move easily toward goals, face fewer karmic delays and often achieve what they desire without complex psychological hindrances.
- However, they may lack introspection, depth or spiritual pull in early life.

1 Retrograde Planet (18.7%)

- Generally balanced and independent.
- These natives are free-spirited, friendly and not heavily burdened by karmic obligations.
- They may experience subtle inner conflicts related to the planet retrograding but are often capable of overcoming them with ease.
- Reflect a first step into self-awareness and soul work.

2 Retrograde Planets (29.2%)

- Often seen as tactful, socially skilled and widely accepted.
- There's a dual current in their psyche - one part socially adept, the other quietly self-analyzing.
- They carry past-life impressions, but these don't burden them heavily.
- They can balance the outer world success with moderate inner depth.

3 Retrograde Planets (26.7%)

- Begin to show signs of inner turbulence.
- May appear peevish, impatient or irritable, especially under stress.
- However, they're also highly determined, often converting their inner tension into strong motivation for success.
- Can be extremely focused, once their direction is clear.
- Psychological processing of karma becomes more conscious.

4 Retrograde Planets (12.7%)

- These natives often carry heaviness, sadness or a melancholic undertone.
- They may lean toward creative expression, especially writing, poetry or philosophy, as a way to process inner burdens.
- Life appears more inwardly reflective and external success may require persistent inner healing.
- May feel emotionally isolated, even in crowds.

5 Retrograde Planets (4.15%)

- Natives are complex, difficult to understand and may seem detached or indifferent.
- Their approach to life is unconventional, often confusing to others.
- They may struggle with relationships due to emotional aloofness or deep inner world.
- These individuals often withdraw into themselves, processing life at levels others cannot see.
- A potential for spiritual awakening, if guided well.

6 Retrograde Planets (0.66%)

- Very rare. Life is often destined toward extraordinary accomplishments, specific fame or niche mastery.
- These individuals seem to operate outside the collective consciousness, guided by inner visions or karmic destiny. Example: Mohammad Ali - world-renowned boxer, with a unique life path, personal philosophy and spiritual journey.
- Great potential, but life is intense, non-linear and fated.

7-8 Retrograde Planets (0.005%)

- Extremely rare and profoundly enigmatic personalities.
- They may appear lonely, detached or mystical, with an aura of secrecy or unpredictability.
- Very difficult to understand, even by themselves.
- These souls are on an extraordinary karmic mission, often working through deep past-life residues, often unconsciously.
- Can be brilliant or broken - depending on whether they can align with the true path of the soul.
- Loners by necessity, often finding peace in solitude, spirituality or higher service.

— . . . —

Psychological Summary

Retrograde Psychological Traits Life Orientation Count Straightforward, Outer world 0 goal-oriented success Independent, socially 1 Balanced adaptable 2 Tactful, harmonious Dual success Striving for 3 Irritable, driven breakthrough Creative, 4 Gloomy, introspective philosophical Spiritually 5 Indifferent, complex inclined 6 Unique, intense Fated brilliance 7-8 Mysterious, isolated Cosmic purpose The more retrograde planets in a chart, the deeper the karmic work and the greater the spiritual potential.

Retrograde Planets and Magnetic Energy: A Deeper Understanding

Magnetism and the Universe

- Everything in the universe - planets, stars, humans, even thoughts and intentions - carry magnetic energy.
- The natal chart is more than a planetary map; it is a blueprint of energetic and magnetic alignment that defines what we attract, repel, radiate or absorb.
- Every planet in the chart behaves magnetically - it either radiates energy outward or absorbs energy inward and this function changes based on emotional states and levels of awareness.

Radiating vs Absorbing Energies:

Moment-to-Moment Magnetic Balance

Mode Characteristics When It Happens The planet emits energy When native is outward - giving, Radiating happy, confident, sharing, empowering energized others The planet pulls energy When native is low, inward - needing, Absorbing anxious, fearful or consuming, seeking insecure energy from others Every individual constantly shifts between these two states.

- One can observe their emotional state moment-to-moment and determine: "Am I absorbing or radiating energy right now?"

The Role of Retrograde Planets in Magnetic Behavior

- Retrograde planets internalize energy - they are slow-moving, deeper, more introspective.
- Their magnetic behaviour is intensified and often karmically charged.
- They can become:
 - Hyper-absorbing when not understood consciously
 - Focused radiators when consciously directed with awareness
- Retrograde planets often carry unfinished karmic lessons, leading the native to revisit, revise and master areas related to their significations. Key Insight: Retrograde doesn't weaken a planet; it intensifies its magnetic quality and demands conscious engagement.

Planet-Specific Magnetism

Venus: The Natural Absorber

- Venus is negatively magnetized by default.
- It governs desire, pleasure, comfort, love, beauty and luxury - things one instinctively wants to receive.
- Therefore, Venus often operates in absorption mode - pulling in attention, affection, resources, sensual experiences.
- However, when the native's overall energy is high (due to other powerful planets or mental state), Venus can shift into radiating mode and offer unconditional love, beauty, creativity and harmony to others.

Thus, even Venus can become a source of healing and joy to others when balanced properly.

Mars: The Natural Radiator

- Mars is a positively magnetized planet - its nature is to radiate energy outward.
- It governs action, drive, aggression, anger and willpower.
- In its natural radiating mode, Mars often expresses as loudness, assertion and outward push.
- If the native's Mars energy is too high and uncontrolled, it may cause conflict, irritation and harm.
- However, if harnessed positively, this Mars energy can motivate, energize and protect others - making the native a leader, warrior or protector.

Every Planet Can Radiate or Absorb

- While certain planets have default magnetic tendencies, every planet has the potential to:
- Radiate energy: share, express, give
- Absorb energy: learn, internalize, recharge
- This depends entirely on the native's current emotional state, conscious awareness and spiritual maturity.
- A planet in absorption mode seeks healing and understanding.
- A planet in radiation mode seeks to influence, express and serve.

Mastering Energy Balance: The Key to Personal Growth

- A spiritually aware person can learn to switch modes - from absorbing to radiating and vice versa.
- This ability to blend or redirect planetary energies gives the native emotional flexibility and resilience.
- The moment a native realizes:
 - "I am absorbing too much; I need to radiate" or
 - "I am exhausted from radiating; I need to absorb and recharge" - they begin to consciously manage their energy field.

This mastery helps the native deal with personal problems effortlessly and build emotional immunity.

Spiritual Takeaway

Spiritual Journey

- The natal chart is a map of magnetic currents and the key to fulfillment lies in learning:
- When to give and when to receive
- When to express and when to introspect
- When to act and when to surrender
- Self-observation and planetary awareness allow the native to magnetize positivity, release karmic baggage and radiate their highest potential.

Source: book p.18.

Switching the Energies of Retrograde Planets: A Three-Phase Process

Core Premise:

- Retrograde planets, though often seen as problematic, carry immense potential.
- They can be used just like direct planets, but they demand greater awareness and inner work to access and switch their energy.
- Switching energies of direct planets is relatively easy - they respond instantly to effort.
- Retrograde planets, however, are complex - they function like karmic time loops, carrying memory of the future and lessons from the past.

Three Phases of Retrograde Energy Activation

Phase 1: Living the Future Now

"The retrograde planet jumps ahead and pulls you toward the future before it comes."

- Retrograde planets first move forward, then reverse, symbolizing a temporal overlap.
- This motion causes the native to jump ahead of himself, living a version of the future now.
- The native feels:
 - A sense of urgency.
 - A futuristic vision or goal.
 - Strong motivation and forward-drive.
- This is the radiating phase - the energy is focused outward, magnetizing people and opportunities.
- The native seems charismatic, dynamic and already arrived.
- In this phase, it is nearly impossible to misuse the retrograde planet - the energy is fully forward-facing.

Phase 2: The Dilemma

"I feel like I've been here before, but I'm not sure. Should I go forward or step back?"

- Now the planet has reversed direction - moving back but carrying imprints of the future.
- The native becomes internally conflicted:
 - One part of them remembers the future, feels drawn toward it.
 - Another part feels uncertain, anchored in current or past doubts.
- This creates cross-vibrations:
 - One side radiates (driven by future memory).
 - One side absorbs (confused, stuck in hesitation).
- The result: inner duality or "duwidha," leading to:

- Misunderstanding by others.
- Emotional instability or indecisiveness.
- Inconsistent behaviour.
- This is the most misunderstood phase, as astrology and standard prediction models struggle to decode the double-time energy conflict here.

Phase 3: Reliving the Past-Future Loop

"What I'm trying to create is something I feel I've already done... but I must do it again."

- This is the repetition phase.
- The native, now fully in the retrograde zone, begins to:
- Recreate past circumstances.
- Feel emotionally drained.
- Experience a sense of déjà vu and stuckness.
- It's as though the future they once lived in is now being relived, but through circumstances that resemble the past.
- In this phase:
- Energy becomes absorbent.
- The native is more comprehensible to others, yet less energized.
- There's little outward radiating energy.
- Most individuals live predominantly in this phase, repeating patterns without understanding why.

Summary Table: Phases of Retrograde Energy

Direction	Inner	Magnetic	External	Phase	I	Energy	State	Mode	Effect	Excited	Charisma	Phase
Forward	visionary	Radiating	magnetism	1	energetic	leadership	Confused	Mixed	Misunderstood			
Phase	Conflicted	dual	(dual-mode	d	2	unstable	)	unpredictable	Emotionally	Repetitive	Tired	
Phase	drained	(past-future	reflective		Absorbing	3	karmically	e)	emotional	looping		

Key Takeaways:

- Retrograde planets carry the memory of a future that the soul has already touched.
- Their motion brings unfinished karmic tasks, which need re-experiencing and mastering.
- Astrology struggles to decode Phases 1 and 2 because they are non-linear and intuitive.
- To consciously switch retrograde energy, one must: 1. Recognize the phase they are in. 2. Observe their energy behaviour (radiating or absorbing). 3. Accept and realign with the planetary lesson. 4. Learn to flow between phases with awareness.

Source: book p.26.

Three Phases of Retrograde Planet: Spread Across Different Life Stages

Time & Life Sequence Connection

The three phases of retrograde planets do not always happen in a short span - they often unfold across different periods in a native's life. Sometimes, they even bridge across lifetimes.

Blending of Lifetimes: Karmic Carry-Over

- Retrograde planets are karmic markers that carry unresolved tasks or lessons from past incarnations.
- The native brings vivid memories and impressions related to the retrograde planet from previous lives.
- These memories are not always conscious but are jeevant (alive and active) within the subconscious mind.
- This phenomenon is called blending of lifetimes - a continuity of soul intention that transcends time. Possible Descriptio Karmic Energy Phase Life n Role Behavior Stage Seeds of Future-livin karmic g impulse - desire the native Early life awaken; Phase tries to live (childhood powerful Radiating 1 out a life to youth) drive path that's toward not yet fully ambition or matured. vision Confusion between Duality past becomes knowledge active, Mixed and present karmic Phase Middle (Radiating reality; memories 2 age + native is conflict Absorbing) uncertain with and in real-world internal experience conflict. Native feels like they're reliving or Attempt to repeating resolve, something. complete Phase There's Later life or Absorbing 3 emotional surrender heaviness karmic and the backlog energy becomes introverted.

Spiritual Insight

- Retrograde planets indicate karmic recall, where past-life impressions colour present-life perception. The vividness (jeevanta) of these planetary memories can cause:
- Deja vu experiences.
- Instant attractions or repulsions.
- Irrational fears or talents.
- Awareness of which phase you're in and which life issue is linked to which retrograde planet is key to spiritual maturity.

Practical Applications for the Native

- Recognize that not every delay is punishment - it may be a soul's pause to replay, reassess and realign.
- Journal dreams, visions and spontaneous inner images connected to specific themes - they may link to the retrograde planet's karmic memory.
- Work with astrologers who understand past-life and karmic charts (D9, D60, Bhrgu techniques)

to uncover the roots of persistent life themes.

Source: book p.29.

Retrograde Planets and Karma

Spiritual Insight into the Soul's Journey

Retrograde = Karmic Recall

A retrograde planet at birth is not a flaw or defect - it is a spiritual clue.

It reveals:

- An unfinished karmic lesson
- A skill, trait or psychological pattern carried over from a previous incarnation
- A soul-level commitment to resolve or complete what once began

In essence, retrograde planets are karmic reminders - marking issues that were partially mastered or left unresolved in the past and now demand attention, awareness and integration.

The Vividness of Past-Life Impressions

Retrograde planets carry memories that are alive within the subconscious - they are jeevant, pulsing quietly under the surface.

These vivid karmic memories influence our:

- Thought patterns
- Desires and fears
- Personal style, strengths and even our failures

These memories often manifest as:

- Déjà vu experiences: Feeling you've been somewhere or done something before without logical explanation
- Instant attractions or repulsions: Unexplainable connections or aversions to people, places, ideas
- Irrational fears or talents: Deep skills or anxieties that have no origin in this life but feel profoundly familiar

Your Chart as a Karmic Map

Your horoscope is not a prediction machine - it is a map of your soul's evolution.

Every planet, house and sign represents a pathway. When a planet is retrograde:

- The Bhava (house) it occupies tells us the area of life where karmic work is focused - relationships, wealth, education, health, etc.
- The Rashi (sign) tells us the approach, emotion and psychological context of the karmic imprint - whether through logic, emotion, service, action, etc.
- A retrograde planet in any house-sign combination enhances the potential in that area - but only if navigated consciously.

Retrograde Planets and Soul Growth

Retrograde planets:

- Bring extraordinary capabilities in the area they rule or occupy
- These capabilities may not be visible on the surface - they are innate, subtle and sharpened through reincarnations
- Represent stored energies, often locked internally, until the native becomes aware of them
- Carry powerful soul memories - but without conscious effort, they can create confusion or inner conflict

Karmic Challenges and Growth

Opportunities

Retrograde planets offer the native:

- A chance to revisit and reconsider life themes from a higher perspective
- The need to act with *nishkarnth bhav* (selflessness) in those areas - because retrograde energy often reflects situations where we once acted with ego or ignorance
- An inner tension - a drive to complete something long overdue
- A second chance to grow where we once resisted growth

They also reflect an internal struggle - a desire to fulfil a goal that feels:

- Pressing but unclear
- Familiar but not understood Important but hard to verbalize

This struggle becomes the soul's refining fire.

Development of Consciousness Through Retrograde Planets

Retrograde planets are indicators of evolving consciousness.

They carry the potential to:

- Create deep, inner awakening
- Cause radical life changes, especially if connected to key houses like 1st, 4th, 8th, 9th, 10th or 12th
- Propel the native toward higher awareness, service, teaching or artistic mastery
- Lead the native into detours, delays or challenges that ultimately purify the ego and develop the soul

How to Recognize Retrograde Karma

Ask:

- What patterns repeat in my life, no matter what I do?
- Where do I have unusual clarity or fear, even without experience?
- In which area of life do I feel both drawn and blocked?
- Which inner qualities feel natural, but I've never consciously learned them?

These questions point toward your retrograde karma.

Practical Applications for the Native

Here's how to consciously work with retrograde planets:

1. Reframe Delays

- Not every delay is punishment.
- Retrograde periods are often soul pauses - a divine check-in to replay, reassess or rewire the karmic loop.

2. Journal Your Inner World

- Retrograde karma lives in your dreams, symbols and recurring images.
- Journal:
- Strange childhood memories
- Recurring dreams
- Emotional themes that repeat with no external cause

These are likely tied to retrograde planets' memory fields.

3. Work With Advanced Astrological Tools

- Explore charts like:
- Navamsa (D9) - shows soul purpose and spiritual maturity
- Shashtiamsa (D60) - considered the past-life blueprint
- Bhrgu & Nadi techniques - trace precise karmic threads across lives
- These charts and methods help you connect the visible to the invisible, the present to the past.

4. Focus on the Positive Traits

- Instead of fearing your retrograde planets, honour them.
- They are not curses - they are reminders of your deeper self, offering:
- Inborn wisdom
- Artistic or spiritual excellence
- Deep resilience
- Authentic leadership

Embrace the Gift Within the Loop

A retrograde planet is not broken - it is a portal.

- A portal to the unfinished pages of your soul's book.
- A chance to re-read and re-write what was once misunderstood.
- A power to master what others may never even question. Your karma is not your prison. It's your curriculum. Study it consciously and you liberate the soul from the cycles of unconscious repetition.

Source: book p.32.

Inner vs. Outer Planet Retrograde

A Mirror of Karma Through Celestial Motion

Retrograde planets act as mirrors reflecting the unresolved karmas of past lives. But not all retrograde planets behave the same way. There is a distinct difference between inner (inferior) planets and outer (superior) planets during retrogression - both astronomically and astrologically.

Inner Planets Retrograde

(Mercury & Venus)

- Astronomically, these planets lie between Earth and the Sun.
- During retrogression, they show their non-luminous side to Earth, meaning their energy is filtered.
- Only longer wavelength rays, especially red-spectrum warm radiations, reach Earth.
- These warmer wavelengths are dense, heavy and carry adverse or karmically intense energies.
- Retrogression Periods:
- Mercury retrogrades ~4 times a year (once in each element - Fire, Earth, Air, Water).
- Venus retrogrades approximately once every 1.5 years, typically in the 8th sign from its previous retrograde - symbolizing karmic transformation.

Astrological Implications:

- These retrograde phases affect the mind, communication (Mercury) and relationships, values (Venus) on an intensely personal level.
- Often results in:
- Delays, confusion and internal rewiring
- Postponement of auspicious events, especially during Venus retrograde
- Overthinking, miscommunication and self-worth struggles

Karmic Perspective:

- They indicate inward-turning energy:
- Mercury(R) - Reevaluation of how one thinks, learns and communicates across lifetimes.
- Venus(R) - Karmic test around love, attachment, pleasure and material values.
- These planets demand introspection and emotional maturity during retrograde.

Outer Planets Retrograde

(Mars, Jupiter, Saturn)

- Astronomically, these planets lie beyond Earth's orbit.
- During retrogression, they face Earth with their luminous side - they appear larger, brighter and

less combust.

- Smaller wavelength rays, like ultraviolet radiation, usually blocked by the Earth's atmosphere, now penetrate more easily.
- These higher-frequency rays activate subconscious or even unconscious karmic imprints.
- Retrogression Durations:
- Mars - ~72 days every 2 years
- Jupiter - ~120 days annually
- Saturn - ~140+ days annually
- They also have stationary phases before and after retrogression, amplifying effects.

Astrological Implications:

- They influence deep-rooted patterns, unfinished karmas and long-term life direction.
- When retrograde:
- Mars(R) - Internalized aggression, past misuses of power or courage.
- Jupiter(R) - Philosophical crises, misapplied wisdom or blind faith. Saturn(R) - Karmic backlog, misplaced responsibility or misuse of structure.
- These planets do not usually support:
- New beginnings or auspicious ceremonies
- Major life decisions, especially related to power, status or structure

Karmic Notes:

- Effects are often odd, unpredictable or non-traditional.
- Yogkaraka planets, when retrograde, can behave strangely or paradoxically - delivering mixed or reversed results.
- Retrograde Saturn or Jupiter, despite being natural benefics, may:
- Delay results
- Turn inward in energy
- Bring rewards only after struggle

Key Rules and Observations

- If two planets are retrograde simultaneously, the planet at a higher degree of retrogression (in zodiacal degrees) tends to be more dominant and influential.
- Retrograde effects may be:
- Good or bad, depending on:
- Placement
- Dignity
- Aspects
- House ownership
- Yet they are always unexpected, layered or karmically nuanced.
- Retrogrades offer an opportunity to:

- Re-evaluate
- Realign
- Release subconscious conditioning

Spiritual Takeaway

“Retrograde planets remind us that not all progress is forward. Sometimes, the greatest evolution comes through stillness, pause and reflection. These apparent backward motions are soul callings to turn inward, revise karmic imprints and realign with your deeper truth.”

Source: book p.50.

Retrogression in Signs

The Coloring of Karma and the Soul's Journey Across Lifetimes

When Retrograde Planets Occupy a Sign...

Retrograde planets are not just planetary pauses - they are soulful replays and when placed in a specific zodiac sign, they take on the entire energetic coloring of that sign. Their energy is directed backward in time, often pulling the native's consciousness toward:

- Unfinished karmic lessons
- Prior life attachments and unresolved emotional impressions
- Repeating themes of behaviour tied to ego, survival or material desires These signs act like filters through which the retrograde planet's karma is refracted - affecting how the soul experiences the lesson in that incarnation.

Karmic Implication: A Soul Interrupted

- The soul is on a journey, with its own karmic curriculum and destination.
- But attachment to material goals, ego, comfort or fear causes repeated deviation from this path.
- Retrograde planets, especially in particular signs, create friction:
- Between the higher self (soul's intent) and the lower self (ego's need for gratification)
- Between present opportunities and past conditioning

As a result:

- The inner soul knows the karmic work remains unfinished.
- But the conscious personality resists - preferring patterns, familiarity or denial.

This resistance to karmic learning creates disharmony, tension and repetition in life experiences across multiple lifetimes.

3 Phases of Retrograde Planets Across Signs

The three phases (Future-Conflict-Past) of retrograde expression do not confine themselves to one lifetime.

They are time-agnostic and can break barriers of time and space, bleeding into multiple incarnations.

Each sign modulates how these phases express:

Example: Mercury Retrograde in Aries

- Sign Nature: Aries = Mars-ruled, fire sign, action-oriented, impulsive
- Planet Nature: Mercury = intellect, communication, logic

Phase 1 - Leaping Forward (Future)

- Mercury's energy aligns well with Aries' forward, aggressive motion
- The native seems confident, assertive, articulate, with a fast-processing mind
- There is surface-level harmony, especially in expression

Phase 2 - Conflict/Duality (Present Moment)

- The internal tension begins as Mercury tries to reverse while Aries pushes forward
- The mind struggles to slow down and reflect
- Miscommunication and mental frustration increases

Phase 3 - Diving into Past

- Complete disharmony
- Aries wants forward motion, Mercury wants backward introspection
- Native becomes mentally conflicted, with anxiety, over-analysis or regret
- Often feels disconnected from their own thoughts - a mismatch between ideas and actions

Advisory: Such natives should not dwell on the past. Looking backward intensifies mental chaos. Instead, they must be guided to balance action with reflection and focus on conscious present communication.

Example: Mercury Retrograde in Taurus

- Sign Nature: Taurus = Venus-ruled, earthy, stable, grounded
- Planet Nature: Mercury = intellect, data, speech, cognition

Phase 1 - Future Leaping

- Least harmony - Mercury wants speed, Taurus prefers inertia
- Native struggles to initiate communication or adapt mentally
- Feels sluggish, mentally resistant or overly materialistic in thought

Phase 2 - Present Conflict

- Here, Mercury's reversal works well with Taurus' slow and reflective nature
- This is the most harmonious phase in this sign
- Native becomes intellectually deep, values thoughtful conversations and develops lasting ideas

Phase 3 - Immersion in Past

- Taurus's stubbornness may anchor the mind to past wounds
- But due to Venusian influence, pleasure may last longer and pain is softened
- Past memories surface gently, allowing healing

Advisory: Natives should be encouraged to write, speak slowly, enjoy tactile experiences and reflect with calm instead of mental rush.

How Retrograde Planets Tune to Signs

- Every planet tunes itself differently depending on the element, modality and ruling planet of the sign it retrogrades in.
- Fire Signs (Aries, Leo, Sagittarius): Retrograde energy struggles to slow down - results in internal frustration, burnout or ego tension.
- Earth Signs (Taurus, Virgo, Capricorn): Retrograde planets slow down naturally, often leading to deep introspection and karmic recalibration.
- Air Signs (Gemini, Libra, Aquarius): Retrograde energy becomes intellectualized - resulting in overthinking, emotional disconnect or circular reasoning.
- Water Signs (Cancer, Scorpio, Pisces): Retrograde planets become emotionally loaded - they surface karmic wounds, empathic blocks and unresolved grief.

Spiritual Summary

"Retrograde planets in signs are echoes of unlearned lessons, coloured by the sign's attitude, behaviour and frequency. They reflect where the soul has struggled before - and where it seeks resolution again, until the native finally says, 'I am ready to learn what I once denied.'"

The more a person clings to ego, identity and outer satisfaction, the more dissonance retrograde planets create.

When the inner voice (soul) is honored over the outer noise (ego), the disharmony softens - and karmic loops begin to dissolve.

Source: book p.53.

Retrograde Planets in Houses from Lagna (Ascendant)

A Threefold Process of Karma, Time and Soul Evolution

The Threefold Process: House × Planet = Time Loop of Karma

Every retrograde planet operates in a threefold karmic process:

1. Phase 1 - Leaping into the Future: The soul tries to experience the outcome before doing the work - fantasy, projections, idealism, inflated expectations.
2. Phase 2 - Conflict or Balancing Moment (Present): The soul confronts what is real vs. what was projected. Inner struggle, but also the best opportunity for alignment.
3. Phase 3 - Returning to the Past: The soul loops back to old emotions, past-life imprints, déjà vu experiences or incomplete lessons.

Now, overlay this with the threefold process of houses:

- Each house has:
- A primary domain (what it represents)
- A ruling planet (which lends its nature)
- A karmic orientation (forward-looking, rooted in past or balancing)

The harmony (or disharmony) between the planet's retrograde phase and the house's natural frequency determines:

- Whether the karmic lesson will be smooth, delayed or intense
- Whether the native will feel stuck, balanced or free to evolve

Core Principle

A retrograde planet in a house will cause the native to expand or stretch the time dimension of that house's results.

- The native subconsciously chooses to stay longer in the phase (future, past or both) where:
- They find emotional comfort
- Or where they receive maximum validation
- Thus, the soul resists movement and prefers to repeat or prolong that phase.

General Rule: Harmony Depends On

1. The phase the retrograde planet is in 2. The natural frequency of the house 3. The ruling planet of the house and its relationship to the retrograde planet 4. Whether the native is identifying with the ego (lower self) or soul (higher self)

Time Expansion and Spiritual Choice

- Retrograde planets give the illusion of control over time: Native wants to stay longer in the phase where they felt most safe, validated or happy.
- This could be a past comfort (Phase 3), an idealized future (Phase 1) or a moment of reflection and healing (Phase 2).

The problem arises when:

- The soul refuses to move forward
- Ego keeps chasing satisfaction from a time phase (past or future) without integrating the present moment's wisdom

Source: book p.57.

Retrograde Planets and the Uniqueness of Their Expression- A 4320-Fold Path of Karmic Complexity

The Geometry of the Soul's Blueprint

The zodiac is a 360° mandala of time, karma and consciousness. With 12 houses representing 12 unique life areas (from self to society, survival to salvation), the possibilities multiply:

12 Houses × 360 Degrees = 4320 unique expressions for each retrograde planet.

That means:

- Every retrograde planet's effect is deeply personal, highly specific and almost never repeated identically in any two charts.
- Only two people out of thousands may share a similar karmic setup - making retrograde interpretation a highly intuitive and individualized art.

Why Retrograde Interpretation is Difficult

For astrologers:

- Unlike direct planets, retrograde planets don't follow standard behavioral models.
- Their expression depends on:
 - Phase (1, 2 or 3) the native is operating from
 - The sign and house combination
 - Degrees of retrogression, aspects, dispositor, yogas
 - Soul readiness to process karmic lessons
- Hence, prediction or judgement without depth and spiritual insight can lead to errors or misguidance. Retrograde planets ask not "What will happen?" but "What are you here to understand, release or complete?"

The Soul's Free Will: How You Use Retrograde Energy How to use a retrograde planet is not fixed in fate - it remains a choice of the individual.

Every retrograde planet offers:

- A loop of time and memory
- A karmic lesson waiting to be completed
- A powerful skill or insight, often buried beneath emotional or psychological blocks

You can:

- Remain stuck in the past, reliving old wounds
- Leap ahead without preparation, causing confusion
- Or balance, digest and transform your karmic content into wisdom

This is why:

- Retrograde planets are not limitations - they are refinements.
- They are advanced karmic tools, meant to be used with awareness, effort and free will.

Source: book p.58.

The Space Factor in Retrograde Phases

How Retrograde Planets Affect Our Perception of Space, People and Energy

Retrograde motion doesn't just affect the flow of time and karma - it also impacts how we perceive and use personal space, both physically and psychically.

Each retrograde planet, depending on its phase of expression, influences how close or distant we feel from:

- People
- Situations
- Emotions
- Reality

This spatial behaviour profoundly affects relationships, energy dynamics and even our sense of boundaries.

Phase 1: Leaping Ahead into the Future

Keyword: Expansion of Psychic Space

- The individual tries to live the future now, projecting far ahead of the present reality.
- They feel as if everything is closer - people, events, objects, emotions.
- There's a blurring of energetic boundaries, leading to:
 - Heightened illusions
 - Over-imagination
 - Emotional entanglements
 - Idealistic expectations

Psychological Effects:

- The native feels more, absorbs more and lives more intensely than non-retrograde individuals.
- If others invade this expanded space (through criticism, interruption, disrespect or emotional manipulation), the person may:
 - React aggressively
 - Feel suffocated or misunderstood
 - Experience discord in relationships
 - They struggle to maintain harmony with others

Guidance:

- Such natives must learn to set and protect psychic boundaries.
- They must realise that not everyone shares their intensity or emotional projection toward the future.

Phase 2: Present-Centered Balance

Keyword: Equal Use of Space

- This is the most harmonious phase in terms of interpersonal relations.
- The individual lives in the present moment, respects their own space and that of others.
- There is no excessive expansion or contraction of energy.
- Communication and coexistence are balanced, mutual and relatively free of tension.

Psychological Effects:

- The person can:
- Cooperate well with others
- Create healthy relationships
- Handle emotional give-and-take effectively
- They're less likely to overreact to external stimuli or perceived energetic invasions.

Guidance:

- Encourage natives in this phase to stay grounded, as they are most aligned with balanced evolution.
- This is the ideal state to integrate karmic lessons without drama or confusion.

Phase 3: Retreat into the Past

Keyword: Contraction of Psychic Space

- The person lives with a sense of expectancy, but it's oriented toward a future that has already passed - a deep karmic memory loop.
- They tend to become highly introverted, emotionally withdrawn and energetically self-protective.

Psychological Effects:

- The native:
- Uses very little external space
- Withdraws into their internal landscape
- Absorbs more energy than they radiate
- Appears emotionally unavailable, indifferent or detached to others
- This contraction of space is a defense mechanism rooted in past life experiences, regret or fear of repetition.

Guidance:

- These natives should be gently encouraged to:
- Express themselves more openly
- Engage with supportive relationships
- Practice self-reflection without isolation
- Understand that healing happens through reconnection, not retreat

Retrograde phases not only twist time but also reshape space.

Some expand into imagined futures.

Others hold the present as sacred ground.

Still others retreat into the karmic silence of memory.”

Source: book p.60.

Retrograde Planets and the Law of Relativity

Perception, Karma and the Changing Lens of Space-Time

Nothing Exists in Isolation: The Universe of Relativity

The Law of Relativity tells us that:

"Nothing in the universe exists independently - it is understood only in relation to something else."

This principle is crucial in understanding retrograde planets.

- Retrograde planets do not behave in absolute terms.
- Their influence is always relative to:
- The individual's chart
- Other planetary placements
- Past karmic imprints
- The level of soul awareness

Changing Perception Through Retrograde

Individuals with retrograde planets have:

- A different internal lens of reality
- A shifted perception of space and time
- A tendency to experience life comparatively differently than those without retrograde influences

Life for them is never "normal" - their responses, lessons and experiences are relatively altered to bring karmic understanding.

Three Levels of Universal Perception

People interact with the universe through three levels of reality:

Level Description Dominant in Physical body, Retrograde Mercury, 1. Matter tangible reality, Venus, Mars sensory world Emotional attachments, Same inner planets 2. Substance desires, intimacy, (Mer, Ven, Mar) ego forms Manifested relationships, All retrograde planets 3. Form karma, past-life influence this echoes Others perceive life through:

- Spirit (Chetana) - the abstract, divine, eternal presence
- Soul (Atma, Ātmiyata) - the immortal self, the witnessing consciousness

Most people are some blend of these perspectives, but retrograde planets skew the balance - pulling the native into repeated loops of matter-substance-form until awareness arises.

Karmic Law Operates Only in Form, Not Spirit

"Karma does not act on the soul. It acts only on what is visible, tangible, emotional and manifested."

- The Atman (soul) is untouched by karma - it is the pure observer.
- Karma unfolds in the planes of matter and form - because that's where lessons can be experienced, remembered and transcended.
- Retrograde planets operate as karmic agents, guiding us to:
- Repeat certain experiences
- Confront attachments
- Recognize where we've clung too long to form

Especially:

- Mercury(R), Venus(R) and Mars(R) act as mirrors of material karma:
- Same relationships return
- Similar attractions, desires, conflicts re-emerge
- Life seems to "echo" past-life patterns with eerie familiarity

Perception Is the Bridge Between Karma and Freedom

Because retrograde energy alters perception, individuals:

- May experience deeper illusions, but also deeper awakenings
- See life through the relativity of what was, not what is
- Are called to shift their window - from matter to awareness, from attachment to liberation

The only way out is through conscious relativity - observing without over-identifying, acting without attachment.

Spiritual Summary

"Retrograde planets bend your lens. They make you feel more, remember more and react more - But also offer you a chance to see beyond form. Karma binds in matter, but freedom lies in perception. The soul is not here to repeat. It's here to realise."

Source: book p.62.

Retrograde Planets and Sexuality

Karmic Loops, Intimacy and the Inner Life of Desire

The Inner Disconnect: A Karmic View of Sexual Incompletion

Sexuality is not merely physical - it is an energetic, emotional, mental and karmic convergence between two beings.

True sexual fulfillment is possible only when two individuals align in time and space - merging fully in body, mind and consciousness.

But when retrograde planets dominate a birth chart, this alignment becomes fragmented. The individual:

- Lives primarily in one retrograde phase (future, present or past)
- Fails to fully be in the "now", disrupting the energetic flow required for sexual harmony

Thus, retrograde energy can become the underlying karmic cause of:

- Sexual dysfunctions
- Dissatisfaction
- Identity confusion
- Inner conflict between soul and body

Examples of Retrograde Effects on Sexual Energy

Venus Retrograde in a Male Chart

- Venus governs love, receptivity and attraction.
- In Phase 3 (returning to the past), the man feels emotionally safer avoiding intimacy with women.
- He may unconsciously withdraw from romantic relationships, feel numb to affection or idealize past partners.
- His innermost energy pulls inward, avoiding present sensual connection.

Mars Retrograde in a Female Chart

- Mars rules sexual drive, initiative and passion.
- Retrograde Mars in women can create difficulty asserting desire, hesitation in intimacy or suppressed passion.
- If in Phase 1, the native may over-project desire into fantasy but withdraw when real intimacy is available.
- If in Phase 3, she may become afraid of her own instincts.

Mental Planets and Sexual Disconnection

Mercury(R) or Uranus(R):

Sexual energy gets disturbed or rerouted into the mental realm.

These individuals tend to:

- Overthink sexual connection
- Seek intellectual stimulation over physical intimacy
- Become preoccupied with abstract expectations rather than emotional presence
- The threefold retrograde process plays out entirely in the mental plane, creating:
- Sexual delay
- Aversion or dissociation
- Or unusual, erratic expressions of intimacy

Pluto Retrograde and Past-Life Sexual Memory

- Pluto represents deep cellular memory, transformation and karmic sexuality.
- When retrograde, current-life sexuality is deeply rooted in past-life sexual imprints - which can be:
- Shame-based
- Trauma-related
- Or mystically fused with power and control dynamics
- Native may:
- Feel attracted to unavailable partners
- Re-enact old sexual traumas or taboos
- Experience intense yet confusing sexual cravings

Sexual Orientation and Energetic Balance

- Heterosexuality involves opposite polarities (Yin & Yang) attempting to reach neutrality through blending.
- Homosexuality, from an energetic lens, may arise when:
- There is difficulty reconciling opposite energy (due to karmic friction)
- Two similar polarities (e.g., Yang-Yang or Yin-Yin) attempt to create inner magnetic balance through outer expression
- Retrograde planets may magnify this by:
- Projecting unresolved karmic dynamics with opposite sex partners
- Leading the soul to explore inner balance through unconventional forms of intimacy

Retrograde Phases and Sexual Behavior - A Deeper Look

When a person experiences retrograde energy, they are not operating entirely in the present. Their consciousness is partially tied to a different point in time - either leaping ahead into the future, resisting the present or retreating into the past. This shifting of inner orientation has profound consequences on how one relates sexually and emotionally.

Phase 1: Projecting Into the Future

In this phase, the individual tries to experience future possibilities now - especially around intimacy, connection and passion. They may become overstimulated by fantasies, chase idealized versions of love or imagine a deeper connection than what's actually present. This can lead to excessive desire, unmet expectations and sexual relationships that begin with intensity but fade due to lack of grounding. The soul here is reaching forward, often faster than the body or the partner can keep up with.

Phase 2: Conflict in the Present Moment

Here, the native feels a certain emotional or sexual exhaustion - as if they have already lived what they are now going through. This can manifest as disinterest, emotional detachment or even impotence in some cases. There may be a lingering sense of disappointment or emptiness, even in fulfilling relationships, because the inner self is replaying rather than experiencing afresh. The soul is caught in an in-between space, neither fully here nor fully beyond, often comparing the current experience with a karmic echo.

Phase 3: Retreat Into the Past

This phase is the most internalized. The individual draws inward, often becoming emotionally unavailable or sexually withdrawn. There may be fear, guilt or confusion around their own desires. The person may find themselves rejecting intimacy, not because of aversion, but due to an unconscious entanglement with past-life sexual experiences or traumas. The sexual expression becomes quiet, reflective or sometimes non-existent. Healing in this phase requires deep inner work, forgiveness and letting go of outdated soul imprints.

Number of Retrograde Planets = Depth of Internalization

- The more retrograde planets, the more introspective and withdrawn the individual's inner world becomes.
- They often live a parallel inner life, rich in symbolism and memory, but misunderstood or unseen by others.
- Society may struggle to accept this hidden emotional universe, especially in relationships requiring external emotional responsiveness.

Spiritual Perspective

"Retrograde planets do not destroy sexuality - they re-route it. The soul uses sexuality not just for pleasure, but as a mirror of karmic balance, emotional maturity and inner harmony."

By understanding these patterns:

- The individual can heal intimacy wounds
- Integrate their karmic memory with conscious desire
- And eventually experience deep, soul-level sexual fulfillment

"Retrograde planets ask not how much you desire, but how deeply you remember. Through

sexual energy, they replay lessons, reawaken old patterns and offer the chance to choose love - this time, with awareness."

Source: book p.65.

Retrograde Planets: Karma, Sexuality & the Path to Awakening

Retrograde Planets and the Karmic Echo

When a planet is retrograde in a birth chart, it doesn't move backward by physical law - it only appears so due to Earth's relative motion. But symbolically, it drags the soul backward into its own unfinished karmic storyline.

Retrograde planets are echoes of the past, playing in the present until we fully listen, understand and release.

Each thought, each action and each word - especially those that wound others - become embedded into the karmic field. Over lifetimes, these echoes accumulate and manifest as planetary retrogressions, placing the soul in darker or more introspective zones of its spiritual map.

- The more one hurts others through their mind, words or behaviour, the more one is cast into spaces of confusion, delay or limitation.
- But the more one heals others, brings joy and creates smiles, the more one rises toward divinity, clarity and liberation.

Retrograde planets are not punishments - they are soul checkpoints, asking:

"Are you ready to do this right, this time?"

Sexuality and Retrograde Energy

Retrograde planets often complicate one's ability to relate to others harmoniously - especially in intimate relationships.

- Communication with the opposite sex may be:
- Awkward
- Hesitant
- Emotionally blocked
- Misinterpreted or overly intense

When specific planetary combinations occur, these difficulties can deepen or shift into non-normative expressions of sexuality, such as:

- Homosexuality or bisexuality: When Mercury or Venus retrograde is:
- Conjunct with Mars, Venus or Neptune
- Squared by Mars
- Placed in the 8th house with aspect from Uranus

Such placements may indicate:

- Repeated karmas around gender identity, unexpressed desires or rejection by the opposite sex

- A soul's inner attempt to balance polarity by choosing same-energy intimacy
- An inward exploration of sexual energy beyond conventional roles

These expressions are neither good nor bad - they are simply the soul's way of learning something unique about love, acceptance and freedom.

The Karmic Challenge: Perception vs. Reality

One of the biggest karmic lessons of a retrograde-dominated chart is the ability to differentiate perception from reality.

- The retrograde individual often overlays life with layers of memory, past trauma, fantasy or inner dialogue.
- These overlays distort the truth and keep the native disconnected from the present.

The challenge is to:

- Peel back those transparent karmic veils
- Refocus on what is, not what was or might be
- Express inner discoveries into the outer world - through communication, creativity or service

If not, the knowledge, insights and inner genius that retrograde planets bring will remain hidden, unexpressed and unmanifested - like untapped treasure.

"Retrograde planets do not block your destiny - they merely reroute you through reflection. When you stop projecting the past and start living the truth of now, You free yourself from karma and awaken the gift these planets carry."

Source: book p.77.

Bonus reference: retrograde planets and the stock market

Retrograde Planets and the Stock Market

Source: book p.413.

Mercury

Mercury governs commercial activity, business transactions and market trends. It plays a crucial role in how the stock market behaves, especially in terms of speculation and business operations. The movement of Mercury is closely tied to market fluctuations and its influence is especially notable during transits.

When Mercury is in direct motion, it promotes smoother commercial activity and helps the native to read competitor movements and gauge market conditions. However, when Mercury is retrograde, it can lead to uncertainty in the market and the native may face difficulties in making clear business decisions. Retrograde Mercury is known for causing disruptions, delays and confusion, particularly in communication and commerce.

Key Market Influences of Mercury Retrograde:

- Mercury in direct motion: If Mercury is in its own house or exalted, it will provide a stable market trend, making it easier for the native to understand and predict market movements.
- Mercury in accelerated motion: If Mercury moves swiftly, it can trigger a sharp decline in market prices, leading to instability and sudden drops.
- Mercury in swift motion in malefic houses: In malefic houses, such as the 6th, 8th and 12th houses, market conditions may rise unexpectedly, as Mercury's influence in these houses can create sudden market shifts.

Source: book p.413.

Venus

Venus plays a significant role in pricing patterns and market fluctuations, particularly in areas related to luxury goods, speculation and consumer goods. Venus governs commercial activity and influences how products and services are priced in the marketplace.

When Venus is in retrograde, it can lead to delayed market trends, with prices becoming unstable or volatile. However, Venus' influence can also make the market more stable when in direct motion, especially when it aligns positively with Mercury.

Key Market Influences of Venus Retrograde:

- When Venus is in retrograde, foodstuff markets tend to be bearish, signaling lower prices and reduced demand. The retail and luxury sectors also experience downturns during this time.
- If Venus turns direct, the consumer markets can begin to recover as Venus stabilizes pricing and market expectations.
- When Venus is direct and positively aspects Mercury, the market remains steady.

Mercury and Venus Together

When both Mercury and Venus are retrograde, the market can face a double whammy of uncertainty, particularly in sectors tied to luxury goods and speculation.

- Mercury retrograde combined with Venus retrograde can lead to bearish trends, especially in foodstuff markets or luxury goods, where demand is lower.
- However, when Venus becomes direct, the market may experience a recovery in those sectors.

Combined Influence of Jupiter and Mercury Retrograde

When both Jupiter and Mercury are retrograde simultaneously, the market can experience a rise, particularly in sectors that involve innovation and growth. If Mercury is in the 1st, 5th or 9th house and positively aspects Jupiter, market conditions may improve, particularly in sectors like technology and silver.

- Silver prices can increase during this period due to the combined retrograde influence of these two planets, which bring a sense of long-term growth and expansion.

Other Key Retrograde Combinations:

- Mercury, Venus and Jupiter all retrograde: This alignment is generally associated with lower silver prices and a depressed market. When these benefic planets are retrograde, the market may experience a dip in pricing and growth.
- Mercury turning direct: The stock market often declines when Mercury turns direct, especially in speculative markets or when expectations are high. This is a time when corrections may happen in the market and many may find themselves caught off-guard by sudden downturns.

Key Insights for Stock Market Traders:

- Mercury Retrograde: Avoid high-risk speculative activities during this period. Market trends become hard to predict and confusion abounds.
- Venus Retrograde: Expect delays and instability in sectors related to luxury goods, consumer spending and pricing structures.
- Mercury and Venus Retrograde Combined: Foodstuff markets tend to be bearish; luxury and consumer sectors will likely face reduced demand.
- Jupiter and Mercury Retrograde: A combination that can signal rising trends, especially for silver and growth sectors. This could also be a time of positive transformations in technology and innovative industries.

Venus Retrograde and Its Influence on Stock Market Trends

Venus plays an essential role in market fluctuations, creating ups and downs, vacillations and change in the overall trading, commerce and money matters. It affects the pricing patterns, consumer behaviour and luxury markets. Venus, alongside Mercury and the Sun, forms an alliance that significantly impacts the direction of the stock market. These planetary alignments play a key role in determining the tone of the market and the monthly trends in the financial world.

Key Aspects of Venus' Role in Market Trends:

1. Mercury, Venus and Sun: The Alliance that Impacts Commerce and Trade The relationship between Mercury, Venus and the Sun sets the mood and tone for the market. Their positions in relation to each other during their transits influence market movements, especially in sectors tied to trade, commerce and money matters. Venus' proximity to Earth also affects the speed of the planets, which sets the pace for market trends:

- Mercury faster than Venus: Indicates a bullish tone for the market, as the faster-moving Mercury leads to a rising market trend.
 - Venus faster than Mercury: Indicates a bearish tone, causing the market to show signs of decline.
 - Both moving at the same speed: Results in mild fluctuations, with stable market conditions and minimal price shifts.
2. Speed and Movement of Venus and Mercury The varying speeds of Mercury and Venus play a crucial role in determining the direction of market trends:
- Mercury swift, Venus sluggish: Results in an upward market trend, with the market rising until Mercury slows down to the same speed as Venus.
 - Venus accelerating, Mercury slow: Leads to a steep market downturn, as prices drop until they stabilise.
 - Conjunction of Venus and Mercury: When both planets conjoin, the results are intense and usually signify a sharp market movement. If Venus and Mercury are both moving at the same speed, the market will likely see growth or decline depending on the alignment.
3. Venus and Sun: Influence on Market Position and Food Grains The position of Venus relative to the Sun greatly impacts market trends, especially in the agricultural sector:
- Venus close to the Sun: Leads to a sluggish market, with minimal movement and lower activity. Prices may not fluctuate dramatically during this time.

- Venus farthest from the Sun: When Venus is at its farthest point from the Sun, the market tends to show a good position with potential for growth and stability.
 - Venus conjunct Sun: Often creates a bearish market tone, particularly in sectors tied to agriculture and food. This can indicate shortages in food grains, leading to price hikes in food-related stocks.
4. Additional Influences of Venus in Market Movements
- Venus ahead of the Sun: This alignment is bearish for the market, leading to declines in various sectors.
 - Venus and Jupiter behind the Sun: This conjunction could lead to heavy rainfall and flooding, which can negatively affect crops and create a bullish trend in the market as demand for agricultural commodities increases.
 - Sun, Mercury and Mars alignment: This formation usually leads to a bearish trend in the market, with prices likely to fall.
 - Sun, Mercury and Venus alignment: This can indicate shortages in food grains and edible products, driving up prices in the market.
 - Sun ahead of Venus and Mercury behind: Indicates steadiness in the market, with stable and gradual price movement.
5. Venus Retrograde in Taurus and Libra The retrograde motion of Venus in different signs has specific implications for commodities and stocks:
- Venus retrograde in Taurus: This placement is highly beneficial for stocks in cotton, silver and sugar, leading to a bullish trend in these sectors. Textile industries also benefit, showing growth and returns beyond expectations. If Mercury is rising in the eastern direction or moving swiftly, this trend is amplified, with prices climbing steadily.
 - Venus retrograde in Libra: This can lead to lower demand and good production in sectors such as food grains, resulting in a bearish market in the agricultural sector. A more balanced production environment leads to steady but not rapid growth in these markets.
6. Venus in Direct Motion Once Venus transitions into direct motion, there is a bullish trend in the market, especially in sectors where it had been retrograde. The stabilization brought on by Venus' forward motion can reverse bearish trends, leading to price growth and market recovery.

Source: book p.414.

Mars Retrograde and Its Influence on Market Trends:

Mars, as a planet of action, energy and aggression, has a natural bullish tendency, particularly in sectors linked to products governed by Mars. This includes red-coloured products or items that are metals, iron, steel and meat. Mars retrograde brings a unique shift in these sectors and it is essential to understand its impact on the market.

Mars Retrograde Duration and Intensity:

- Mars is retrograde for about 80 days, with the midportion of 27 days being the most intense period of retrograde motion. During this intense phase, market trends related to Mars-ruled products are more likely to see an upward trend in prices, as the retrograde energy amplifies the underlying bullish tendency.

Mars Retrograde in Aries:

When Mars is retrograde in Aries, a sign ruled by Mars, the bullish trend intensifies for Mars-related sectors. These include:

- Metals, especially iron and steel
- Red-coloured products (like red fabrics, red-dyed goods and leather products)
- Meat and other agricultural products related to Mars' energy, such as livestock.

During this retrograde period, there is an increase in the demand and prices for these Mars-related commodities, as Mars' energy focuses on physicality, raw materials and energy-intensive industries. Prices of metals, steel and iron may experience a significant upward trend due to increased speculation and demand.

Direct Motion of Mars:

Once Mars transitions into direct motion, the energy shifts and the focus changes toward more practical and everyday products, such as foodgrains. This typically leads to a bearish trend in markets related to these products. When Mars is direct, food grains and other sectors related to basic agriculture may experience declining prices, as Mars' direct influence is not as strongly tied to commodities like metals and red-coloured goods.

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