

Saturn: “The Cosmic Chiropractor”

I remember from many, many, many, Moons ago, when I was a teenager, watching a movie that began with a Native American Indian saying “this is a great day to die.” What struck me with so much curiosity was the happy way he expressed this feeling. His smiling face reflected a history of a deep inner connection. How could you even think about being happy about dying? That was the question running through my brain! Dying didn’t seem like a pleasurable option. Later when I began studying Astrology I quickly perceived that Saturn represented aging and wisdom (both Saturn & Pluto symbolize a potential rebirth). This great giant of pragmatic intelligence in mythology is known as Chronos, the god of time.

I refer to Saturn as the “Cosmic Chiropractor” because this planet points to adjustments we are challenged to make in life. Its placement in our birthchart gives clues about our karmic lessons. It’s the current movement of Saturn or *transit*, through our chart that indicates ways to redefine ourselves to maintain a sense of harmony and fulfillment.

Saturn is the great reality-tester of the sky. It has a way of grounding a person’s idealism. The idea isn’t to allow our ideals to be smashed. But better to learn from the past and maintain a realistic life approach. Balancing our highest values with sound planning is a Saturn song.

It’s tempting to forecast difficult times ahead when this planet is about to make a key “hit” in our chart or life. Viewing our testy friend with at least one sober eye is wise. I have witnessed many of my clients accomplish great milestones and inner strength when Saturn was knocking loudly on their door. A little bit of fear can still be converted into powerful creative expression.

What follows is a bit of a mini-reading for certain ages or critical time periods each of us encounters along the life cycle. Approximately every seven to eight years following birth, individuals experience a key visit from Saturn. How do I know this? Because it’s just like a clock. Saturn makes important alignments known as aspects at these times. This can mark the beginning of a dramatic change in consciousness or reality. If you want a more precise interpretation you will of course need to have your own astrological chart interpreted!

Ages 7-8: Somebody Training

It’s interesting that the famous mystic and philosopher, Rudolph Steiner believed a person did not fully incarnate until age seven. This matches the reality and grounding symbolism of Saturn. This period is similar to the “somebody training” that Ram Dass describes in his own lectures and writing. This is the early cultural training ground taught to children by their earliest authority figures whether it is parents, teachers, etc. This is the entrance into fitting into societal norms. In my opinion, our soul doesn’t really belong to any norm!

Ages 14-15: Teen Quest for Identity

This is the awkward stage of adolescence. We are trying to expand beyond the “somebody training”. This can be a confusing cycle in integrating the previous cycle with this one. Balancing needs of the self with expectations of others is the challenge.

Ages 21-22: Searching for Creative Self-Expression

The pressure to act like an adult is building. Individuals are more inclined to plan for the future or at least feel like time wants them to make major decisions. Some people get too locked into a narrow identity at this time. It's best when dealing with Saturn to maintain some flexibility. Rigidity can be the shadow. It's a serious time period for many, but can ignite a creative passion. Overcoming a fear of the present releases a wonderful stream of energy. During any of Saturn's major cycles in our chart, career interests can manifest.

Ages 28-29: Reality Test 101

This time period is referred to by Astrologers as the “**Saturn Return**”. It's a Major Cycle!! Saturn has returned to the sign it occupied at birth in our chart. It denotes a loud call to redefine our lives if necessary. Often there are career changes or advancements. Some people find they need new ambitions. This cycle seems to attract a lot of responsibility. Sometimes we welcome this and then again many do not. Our soul growth can be immense. The challenge is not to become too disappointed if life isn't giving us exactly what we expected. Making the effort to move in a new direction can be well rewarded in our inner and outer worlds!

Ages 37-38: Testing the Dream

I have found my clients are faced with numerous choices at this time. This is usually another key career time period. This is a repeat of the Saturn cycle that occurred at ages 7-8, when we were children. Now we are adults. There can be a tremendous surge from within to pursue a new dream or further realize a current plan. Added responsibility often comes here as well. Some people become parents. Bold new blazing trails of ambition can be born. I received my first book contract at this time in 1987 (*Astrological Games People Play*). After signing the contract, I had to leap over my fear of finishing the book! I only had the first two chapters finished. Why do I mention fear? This is what holds some of us back during a key Saturn cycle. It takes faith and sheer effort to express our full potential during these big Saturn cycles. Remember this, Saturn responds well if you take small steps. The first step can take you through the rest of them.

Ages 44-45: Past meets Present

This is a repeat of the cycle that occurred at ages 14-15. Some people revert back to adolescent behaviors. Hopefully we have become older and somewhat wiser. Saturn may guide you to that special signature of success during this period. People can become frustrated if they have relied too heavily on “the system” to guide them to fulfillment. Breaking free into one's own identity and individual expression is vital in order to stay energized. One's career and private life might need to be balanced. It's urgent to know how to reward oneself. Integrating the past and present nourishes the future ambitions.

Ages 51-52: Self-Mastery

We want to show the world we are on top of our game at this point in time. This is a

repeat of the cycle that occurred at ages 21-22. This can be a key re-evaluation of one's ambitions. One may question the meaning of life. People with deeper values and insights seem to enjoy this time period. Expressing great levels of self-mastery is possible. Feeling successful is a strong desire. Not allowing self-doubt to dominate is essential. Balancing seriousness and play is the road to happiness.

Ages 58-59: Reality Test 202

A repeat of the cycle that occurred at ages 28-29 or a second **"Saturn Return"** happens here. Even more concern about how to best use our time is on our mind. I have done numerous consultations for this age group with each person responding differently. Some feel anxiety about the challenges of new choices. Others embrace this period with excitement and yet feel cautious at the same time. Much depends on how the past was lived. Saturn is the planet of wisdom, and the past can be a great teacher! Career drives and new commitments can be exhilarating.

Every seven years into the future, over the remaining years of life, Saturn delivers us with other growth-promoting cycles. Astronomers say that if Saturn fell from the sky into the ocean it could float! It's that light in weight. It's surprising that Saturn often is given such heavy interpretations by Astrologers. Depression or loneliness certainly can manifest under Saturn's influence. Feelings of success and failure can coincide during the same Saturn cycle. This planet denotes how to find the determination to forge ahead. Nobody loves rejection. When we take a risk during a major Saturn cycle, life teaches us great lessons. Perhaps the I-Ching sums it up best: "Perseverance furthers those who persevere".