

The Progressed Moon! So, to start with the bare basics, with a progressed chart, you add one day to your date of birth for every year you've been alive and creates a new chart, the progressed chart, which is reflective of your maturation and growth as you age, and can be used in predictive analysis. The Progressed Moon moves the fastest of the progressed planets by far because the transit Moon moves the fastest by far. You won't experience any of the other progressed planets in all 12 signs of the Zodiac (a max of 4 usually, until we start living a lot longer anyway!). The Progressed Moon is the only progressed planet you'll experience in every Zodiac sign and every natal and progressed house, not just once, but usually 3-4 times.

The Progressed Moon spends about 2 ½ years in a sign, and 2-3 years in a natal or progressed house. This movement is similar in speed to transit Saturn, which is why there's something called "Saturn chasing the Moon" - at times, you may find transit Saturn and your Progressed Moon moving in lockstep, continuously making the same aspect for years (about up to 5). It gets the most attention when it's the conjunction, and your Progressed Moon moves along with transit Saturn in the same sign for a while (so with transit Saturn currently in the middle of Capricorn, you may be experiencing this if your Progressed Moon is in the middle of Capricorn). But this does occur with other aspects (I've most commonly seen the quincunx and opposition in practice - guess under those, you really want some astro guidance!).

When it's semisextile, sextile, or trine, this can be super helpful for giving you lots of stabilizing energy, and you can handle growth, maturity, and responsibility a lot easier (depending on other aspects, of course!).

When it's the square, quincunx, or opposition, this can make it so anytime you want to experience the growth of your Progressed Moon, you have a challenge to overcome first from Saturn (ya know, those Saturn lessons). If you don't handle it well, then the challenges can be bigger, and you can struggle a lot emotionally with the Moon in play (so extra chances of depression, grief, and general pessimism). When it's the conjunction, you may also experience the challenges to overcome for personal growth, and may need to pay more attention to making sure you're addressing your own emotional needs. Saturn can clamp way down on your ability to take care of yourself emotionally and ignore the emotional stuff in your life, so you have to really make a conscious effort and be very mindful.

When transit Saturn isn't blocking the Progressed Moon, the Progressed Moon is more like a hybrid of Jupiter and Saturn. The Moon wants us to grow and mature and evolve, like Saturn, but also embrace the good, the benevolent, the breath of life experiences, like Jupiter. This plays out most with the sign and the natal and progressed house the Progressed Moon is located. And yes, you do want to track the movement of the Progressed Moon in BOTH the natal and progressed chart houses! (and all of the progressed planets, btw)

The areas of the life the sign and houses rule can be more dominant in your life at the moment. This can be conscious or subconscious (since there is a little subconscious energy to watery, intuitive Moon). You may volley between the conscious and subconscious with it. Ultimately, you'll want to make progress, achieve some growth, and have some experiences with these areas while the Progressed Moon is in the sign/houses.

Similar to transit Saturn, the first time the Progressed Moon goes through all 12 signs and all of your natal and progressed houses can be the hardest to deal with because it's the first time. Once you have the first experience, the second, third, and potential fourth times get easier and easier. The first time the Progressed Moon goes through all 12 signs and natal/progressed houses, you're learning these signs/houses for the first time. You're adapting to them, you're gaining new insights, you're challenged in new ways. The second time, it's more familiar, like something you vaguely recall, and a little more comfortable. The third time, it's a lot more familiar, and a lot more comfortable, and more conscious. The fourth time, if you live that long, it's in the bag!

When your Progressed Moon comes to conjunct your natal Moon, you experience your Progressed Lunar Return (every 26-28 years or so). This can be a time when you feel more at ease emotionally, more comfortable deep down. You've come home emotionally, and this can be familiar and calming energy.

As your Progressed Moon moves, it'll make every aspect to every part of your chart during its cycle. Progressed Moon aspects generally kick in 1-2 degrees before the aspect is exact and last until 1-2 degrees after the aspect is exact (it's usually about 3 months). This means the Progressed Moon usually isn't triggering events, but rather is creating the conditions for things like New/Full Moons, Eclipses, and faster transit aspects to trigger something that can be related to the Progressed Moon aspect during the time the aspect is in orb. So when you have your Progressed Moon making an exact aspect, look at what the other aspects and occurrences are during that time (especially involving the same point the Moon is aspecting, or the same house involved, or a related point).

Another little thing with the Progressed Moon is the Progressed Lunation Phases. Each phase is outlined on the Progressed Moon page on the site (I'll paste them at the end here for reference). The Progressed Sun and Moon aspect one another and create phases like the transit Sun and Moon, and each phase in the progressed chart can show general energy that's encompassing your life. Every phase is 44 degrees long, lasting 3-4 years (since the Progressed Moon moves roughly 1 degree per month), and the most important ones are the Progressed New Moon and Progressed Full Moon.

The Progressed New Moon is a fantastic time for new beginnings, new growth, and a whole new chapter in life. We often start something big during this phase, and the beneficial energy is available to us during the entire phase. Think about the energy of New Moons - enthusiasm, high energy, excitement, lots of movement. This is one of your personal New Moons.

Full Moons are a time of reaping (reap what you sow), and are highly emotional, so Progressed Full Moons can show the fruition of something important (for good or bad), and this generally occurs right around the start of the Progressed Full Moon phase (up to a few months before). For a real life example, I experienced a Progressed Full Moon (actually Lunar Eclipse) that went exact in November 2016; 2 months before, my mother's husband died unexpectedly of a heart attack, and I became a caregiver since she's disabled. The Progressed Full Moon/Lunar Eclipse occurred in Taurus (money and resources), was conjunct my Descendant (others), which is conjunct my North Node (so it seems this is some part of my life destiny), and opposed my natal Pluto (tied to death, shared resources, and things like wills and legacies and all of that; also ruling power and control, which I had to take on at the time since my mother couldn't deal with any of it and my stepfamily was totally useless and so atrocious even the funeral director couldn't stand them - power struggles too!).

Another note about the phases - you the Progressed Lunation Phases, between the Progressed Sun and Moon, but you also have transit personal lunar phases between the transit Sun and your natal Moon, and transit Moon and your natal Sun. Once every year, you'll experience all 3 in the same phase (so find your Progressed Lunation Phase, see when the transit Sun will be at that angle to your natal Moon, and then see when the transit Moon will be at that angle to your natal Sun at that time). This lasts for a few days and can really pop the lunation phase in your life so you reeeally feel the energy of it.

Someone mentioned calculating the Progressed Lunation Phases - you're going to follow the Progressed Moon in relation to the Progressed Sun since the Moon is the one moving fast (just like with the transit Sun and Moon) and see how far apart they are. To use mine, my Progressed Sun currently sits at 7 degrees Scorpio, and my Progressed Moon at 5 degrees Gemini. Counting forward from my Progressed Sun at 7 degrees Scorpio, my Progressed Moon is just going to be 7 whole signs apart (Sagittarius, Capricorn, Aquarius, Pisces, Aries, Taurus, Gemini) in 2 months, which is 210 degrees (30 degrees x 7; there are 30 degrees in every sign), making them 208 degrees apart right now. The Progressed Full Moon phase is from 180 - 224 degrees, so I'm in this phase for another 16 degrees (roughly 16 months).

The Progressed Lunation Phases from the site for reference:

Progressed New Moon Phase

0 to 44 degrees apart

This is the beginning of a new life cycle. New moons are all about beginnings, and the same comes with progressed New Moons. Initially, you may experience something coming to an end with the previous progressed lunar phase, and you can be left wondering what you should do now, but this is an excellent time to start anew. Some may feel youthful, childlike, seeing the world with different, fresher eyes. You may be more open and spontaneous and energetic. New ideas can come to you quickly, and you may rush to get things done, desperately enthusiastic to do something, but there's no need to jump into things. You're starting a whole new phase of life, remember? Take a little time. You may be inclined to take more risks, try new things, and see endless possibilities in your life. Creativity may be high. Your attitude can be more buoyant. You feel something good is coming, even if you don't know what. Your dreams become incredibly important, and if you've been working hard at achieving one, this can be the time that it will come to pass. For those dreamless, this can be the time to finally create some.

Progressed Crescent Moon Phase

45 to 89 degrees apart

The Progressed Crescent Moon Phase is usually more challenging than the New Moon Phase. Everything you've set into motion and started with the Progressed New Moon Phase will now require more work,

more planning, more dedication, more awareness, more thought. You may experience struggles and challenges on your path, and feel like your focus is on where you're leaving from instead of where you're going to. As always with change, there will come some level of resistance, and this is the time it will be felt. You have to let go of your past and keep moving forward, not putting so much focus on what happened before. You may need to adjust your path, tweaking to get the right outcome. Initially, you may feel more creative and inspired, but as the phase goes on, you see the work laid out before you more clearly. Some may be inclined to give up, but keep on going, you just have to keep going. During the New Moon Phase, if it was a difficult time rather than a fruitful one, then this phase could provide an option for you to start over. If you were able to start a dream, then this phase can help you make the dream reality by allowing you to take the necessary steps to begin.

Progressed First Quarter Moon Phase

90 to 134 degrees

The First Quarter Phase is a very busy time. Whatever your goals may be, this phase requires you to fully commit yourself to them and move forward with stoic determination towards them. You must work carefully, laying a foundation for the future. If you don't do a good job now, things won't pan out the way you want them to as time goes on. Everything you do and decide comes with a certain amount of mystery. It's not intentional; it's just that you don't know all the facts just yet, so

your decisions and actions must be taken with care. Trust your intuition. You may want to just cut everything out that feels restraining, and a challenge or crisis may present itself during this phase to test you. Independence is important to you now, and you may take steps to gain more independence, especially if you haven't felt like you have enough freedom. This phase could have you striking out on your own in some way. This can be thrilling or it can be terrifying, and some of you may seek out others going through the same as yourself for support. Take this time to strike while you can though, or you may regret it in a later phase.

Progressed Gibbous Moon

135 to 179 degrees

What happens during the Progressed Gibbous Moon Phase usually depends on what happened during the First Quarter Phase. This could be a time where you find yourself having to make a lot of adjustments and alter the process. You may find others aren't as supportive or responsive now. You may need to take a detour on your path. You may find you aren't as ready as you thought, and take some time to train yourself better. No matter what, remain flexible, because if you get stuck, you won't make it through this well. If the First Quarter Phase went well, then the Gibbous Phase may have you feeling more confident and wanting more. You may be presented with new opportunities and feel the world is at your feet. This phase can make it easy for everyone to go to excess though, whether it's because we feel

so bad or feel so good. You may find some success in this period, or at least initial indicators of it, as the phase winds down and you approach the Full Moon. Excitement builds and the feeling of being right on the brink dominates.

Progressed Full Moon Phase

180 to 224 degrees

The Progressed Full Moon Phase will have you reaping what you've sown. If you've spent the previous phases working hard, smart, carefully, and steadfastly, then this can be a time where you get all the rewards. Your dreams can come to fruition now, and you may feel quite satisfied with what you've achieved in your life. Others may recognize the hard work you've put in, and success is in your hands now. If the previous phases have not been handled well, then this can be a time where you look back thinking "coulda, shoulda, woulda". It's possible you could experience something that's looked upon as a "failure" now, but even if things don't work out as you want, this can be a time of great learning. If you can take away knowledge and wisdom from your experiences, then nothing is ever really a failure, and we often learn more from our disappointments than our triumphs anyway. No matter what, we now see the results of our actions and decisions from the past phases, and some amount of relief can come from that. There's no more waiting, no more wondering, no more unknown. Usually, results come early in this phase, with the latter part being calmer.

Progressed Disseminating Moon

225 to 269 degrees

During the Progressed Disseminating Moon Phase, it's a time to learn from everything that's come to pass in the previous phases, especially the Full Moon Phase. You must analyze what you've experienced, good or bad, and share your knowledge with others. Wisdom isn't something that should be kept to yourself, but spread around so others can learn from your good decisions and bad mistakes. You can be a positive influence on others now, and probably won't want to spend a lot of time alone. But don't just teach others with your words; if your actions don't line up with your words, then it doesn't really mean much. Sharing with others your new understanding will help you in the next phases of the lunation cycle, and if the Full Moon Phase wasn't very good for you, this phase can be a chance to change things. You can review what happened and make better decisions moving forward. If you tried to escape the challenges of the Full Moon, you might have more trouble with this Moon, continuing to bury your head in the sand. If you do that, you will pay for it in the next phase. Try to find a new cause and learn from the past.

Progressed Last Quarter Phase

270 to 314 degrees

Your focus may begin to shift with the Progressed Last Quarter Moon Phase. What you used to be driven towards no longer serves to excite and energize you. Internally, you may face struggles with your path,

feeling displeased with the way you're going now. This can be a time where you pick up a new cause, a new goal, a new dream, something to arouse your senses once again and start the next cycle of your life. We all need to renew ourselves at various stages of our lives, and this phase is one of those times. The focus is primarily on yourself and your future, and whether or not you have the time and energy to be able to do what you want, or if it's just too late. You may be tested once again, and face challenges that will help you decide whether you're committed or not. You may feel rushed, like you have to get these things done now or they'll never get done at all. The things you've been putting off will likely be what you focus on doing now. This phase can be a little like frantically tying up loose ends.

Progressed Balsamic Phase

315 to 359 degrees

The Progressed Balsamic Lunar Phase is the phase preceding the New Moon Phase, and is therefore all about preparing for that phase. This phase is best spent doing a lot of reflection and coming to a better understanding of yourself and life. Spending time alone and in deep thought or meditation is good. You may feel alone and exposed, but it's a time that you have to release and be with yourself. You need to evaluate what is important and serves a positive purpose in your life, and everything that doesn't need to go. If you try to hang onto things that you should let go of, you could pay the price. Same if you don't allow yourself to take the time to analyze and have a break, whether by

accident or illness. You know how it's good to exfoliate your skin to get rid of the dead skin cells and make way for new, healthier cells? This phase is all about exfoliation. At this point, you can free yourself from the things and people that haven't been right for you and you may be living your life as quintessentially you, and your energy can be incredibly focused, if you have enough energy. If there's something you've been working hard at for a very long time, or felt like you've been waiting for all your life, this can actually be the phase that it finally comes to fruition.