

Astrology of October 2026

Overview of October 2026

OCTOBER 2026

3rd Venus retrograde &
Mercury enters its shadow
10th New Moon in Libra
16th Pluto direct
23rd Sun enters Scorpio
24th Mercury retrograde
25th Venus retrogrades
back into Libra
26th Full Moon

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The Sun is in its second week in Libra as we start October but the key to this month is Scorpio energy. Venus & Mercury are already residing there, a sign ahead of the Sun & both retrograde from Scorpio this month with Venus already almost stationary, going retrograde on 3rd & Mercury enters its shadow on the same day. Pluto which rules Scorpio goes direct on 16th, the Sun enters Scorpio on 23rd & Mercury goes retrograde the next day leading to a potent Full Moon on 26th. Pluto's change of direction will lessen the load, decrease the intensity & help us to more directly connect to its transformational qualities re the Venus & Mercury themes that surface.

At the start of the month we have five planets retrograde – Saturn, Uranus, Neptune, Pluto & Chiron. Then we add Venus, then Pluto goes direct, then we also add Mercury so there are six by the end of the month but only up until 13th November & although Venus & Mercury have more visible, everyday impact, their retrogrades are much shorter than the outer planets & the first two weeks of October are, energetically, the peak of the retrogrades and it will begin to wane from 17th

Key days of contacts are 2nd & 3rd, 16th & 23rd to 26th inclusive whilst I would also include 11th to 14th inclusive as there are no contacts over those 4 days & these can sometimes feel uneasy and/or be days of integration or clear movement. Saturn has been a bit of a lone wolf in the middle of the chart for some time & its retrograde is now taking it back towards the other outer planets, lessening their gap but opening up a bigger gap in the middle which accounts for periods with few contacts or the faster moving planets not making contacts for a couple of weeks in some instances.

The New Moon on 10th is in Libra with Venus & Mars squaring & throws the spotlight on our connections & perceived differences with others & not losing ourselves in those.

The Full Moon on 26th falls on the Scorpio/Taurus axis with added potency from Venus & Mercury's retrogrades in Scorpio & offers great releasing & transformational energies for the following two weeks. Shadow energies of guilt & shame are being loosened sufficiently to no longer have a hold on us, helped by seeing others going through similar.

Daily astrology of October 2026

Facing our skeletons in the closet robs them of the power we have been giving them to control us.

It is time to turn and face them,
forgive ourselves and others and have empathy for the old version of ourselves that did the best that they could then.

Share the wisdom, love, forgiveness and understanding that you now have with that younger version of you to help them to heal.

And leave the past behind.

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Autumn / Spring Equinox

(northern/southern hemisphere)

23rd September 2026 01:05 BST

Sun enters Libra

Over the coming 3 mths,
be prepared to -

- *dig deep
- *feel fully & deeply
- *look into the shadows
- *purge anything that is not aligned with your heart or Soul

*Deep transformation
awaits those prepared to
face their shadows*



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There is just one niggly connection on 1st, between the Sun & Venus, almost stationary, turning retrograde on 3rd. By itself it might not seem that significant but if you factor in that Mars its male counterpart is one of 3 planets to reach 2° the next day, it provides an interesting undercurrent from its Scorpio home. Joining Mars are Mercury & retrograde Neptune.

I have called October Scorpio season with both Venus & Mercury retrograding there & the Sun starting its monthly visit too so I am again sharing this season's themes which started at the Equinox:-

Be prepared to dig deep, to feel fully & deeply, to look into the shadows & to purge anything that is not aligned with your heart or Soul.

Scorpio was traditionally ruled by Mars & as I type, Scorpionic/Plutonian themes of abuse, power & control are being very publicly brought to our attention. Shame, wrongly put on victims, is one of the shadow emotions we frequently see after abuse. Scorpio is the deep water sign of the zodiac & when emotions are too powerful they can get pushed beneath the surface, hidden somewhere deep & secret & it takes great courage to allow them to be surface.

Scorpio season is when we can gain freedom from our shadows & secrets buried in these deep recesses. To do that, we have to allow what is buried to surface, or for the light to be shone deeply on them & to release any blame or shame that we are carrying.

Astrologically, Mercury's retrograde will help us to speak up, to regain our power through speaking out & telling our stories. Neptune will help the truth to be revealed & you may have noticed how lies are being more easily exposed.

3rd with Mars opposing Pluto may bring things to a climax & could add frustration & a strong drive to confront or do battle. Anger could erupt & whatever the drive, it needs to be employed wisely otherwise we end up repeating cycles of misuse of power, of toxic masculinity.

Although the Scorpio energy is strong, the Sun is still in Libra; keeping quiet to keep the peace has to end whilst it can gift us diplomatic skills to help with communication.



Venus Retrograde 2026

3rd Oct retrogrades
at 8° 29" Scorpio
25th Oct retrogrades
back into Libra
14th Nov goes direct
at 27° 52" Libra
4th Dec re-enters Scorpio
15th Dec out of shadow

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Venus goes retrograde on 3rd October at 8° 29" Scorpio & will retrograde back into Libra from 25th October to 4th December, having turned direct on 14th November. As Venus turns retro Mercury enters its shadow & will also retrograde in Scorpio on 24th, the day after the Sun joins them in this deep water sign, ruled by Pluto. This is why I have named October Scorpio season.

Venus & Mercury are the two planets closest to the Sun & never far from it, cycling 2-3 signs ahead of the Sun before turning retrograde & then going a short distance behind before bouncing back again. They are therefore very closely linked with our personal expression, balance & evolution.

Scorpio is the sign of the zodiac that we would look to for power & control issues which can include abuse. Recent headlines are bringing to the surface the disempowerment of women & sexual abuse, clearly represented by Venus in Scorpio so expect these to stay in the headlines & for matters to further evolve during this time. With Mercury, the planet of the mind & communication also retrograding later in the month, it will make it easier to talk about these difficult experiences & hopefully a shift will occur as both planets go direct & then come out of their shadow.

Scorpio has an intenseness & sensitivity with strong emotions that can be overwhelming so they are pushed beneath the surface, to lurk in the shadows of the unconscious.

On 2nd Mercury, Mars & Neptune all interplayed at 2° & Mars moves on to oppose Pluto on 3rd which may bring a climax & could add frustration, a strong drive to confront or do battle. Anger could erupt & whatever the drive, it needs to be employed wisely otherwise we end up repeating cycles of misuse of power, of toxic masculinity.

Last but not least on 3rd is the waning half Moon, the midway point between the Full Moon on 26th Sept & the upcoming New Moon on 10/10.

Overall this could feel like a testing day. Look for intensity of feeling arising & what those emotions are, what values are being threatened or where you feel disempowered. These will likely show us themes & areas that we will be working on in this Scorpio season.

There are two connections on 4th, an opposition between the Libran Sun & retrograde Saturn, also a niggly connection between Mercury & retrograde Uranus. The Sun will have no more contacts until the New Moon on 10th.

Any planet opposing the Sun shows us contrast & what we find difficult expressing or what we feel or think restricts, stops or alters our expression. Key words for Saturn are fear, restriction, rules & regulations so we are likely to be focused on what isn't working right, what we feel is limiting us or what we are frightened of, or a combination of these. Another association is with the father.

The Libran Sun, ruled by Venus, would like to live in a world of harmony & peace so when their scales get knocked out of balance they quickly try to rebalance them, usually over-compromising and/or keeping quiet to keep the peace. They will shy away from doing battle or arguing but because they are suppressing their feelings rather than dealing with them, they can instead, become passive aggressive.

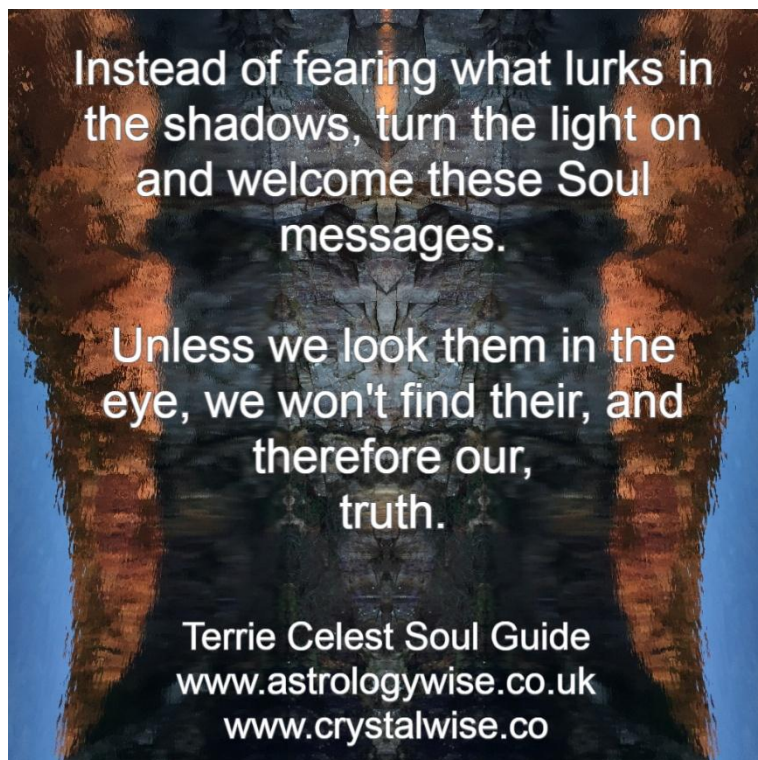
This Saturn opposition comes from Mars's home sign & this Libra/Aries axis always brings to the fore masc/fem, yin/yang imbalances. We can be shown where our inner & the outer world clash & this might surface again at the New Moon when Venus & Mars square.

With the Mercury/Uranus contact we need to notice where our focus is. Their signs either stay on the surface, with little focus & flitting from one thing to another, or contrastingly have an intense focus that can become blinkered. There is a distinct possibility that we won't want to look deeply into something but there are important clues for us there & maybe today is simply about noticing that reluctance & discomfort & then finding out what lies beneath it.

After 5th & 6th being quiet, 7th brings Venus retrograding back over Mercury & a potentially helpful connection between Mars & retrograde Uranus. This will be the first time that Mercury has led Venus since January making the mind more dominant than the heart & they will stay in this order until next July. This is Venus's first contact since retrograding & I repeat that I believe its Scorpio residency is contributing to the abuse & disempowerment of females that is dominating the headlines, so keep an eye on how these evolve in line with the astrology.

Interestingly, the potentially helpful connection, one that we need to tap into includes Mars, Venus's masculine counterpart & it suggests that we could feel a resonance with revelations & then process deep emotions that they may bring to the surface. The resonance of hearing that others have gone through similar situations acts as a catalyst & shame is no longer the gatekeeper.

These energies create an environment where we can feel emboldened to speak of things that we have deeply buried or hidden. This has a strong echo of the 'Me too' movement, a telling of truths long buried, a collective re-empowerment of the feminine.



In the dark of the Moon on 9th, Mercury has a niggly contact with retrograde Saturn which will be repeated twice more in November as Mercury retrogrades then returns to its direct motion, so it will be worth noting what our minds are telling us or any significant conversations or communications which don't go as we hoped. Scorpio brings deep emotional responses & an intensity that can make us blinkered & hyper-focused in one area so it shouldn't be hard to spot! It also means that feelings rather than thoughts might dominate, but are intrinsically linked.

Scorpio can also show us power & control themes & its Pluto ruler can take us into the depths where shadow emotions linger, which is also what the dark of the Moon can highlight & it can be the best time to turn & face them as they make themselves known.

Shadow emotions are usually guilt & shame. When you get to know someone, what are the parts of you or the stories you would keep to yourself for the longest, or even keep buried?

NEW MOON

in Libra 10th October 2026 16:50 BST

***Libra is where we venture out
into the world & see how others
do things or think, how we fit in,
where we agree, where we don't.***

***Where we overlap, we become
WE ARE but we are not meant to
lose I AM & all be the same.***

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difference

noun

the way in which two or more things which you are comparing are not the same

from dictionary.cambridge.org

Human life is full of paradoxes. We want to be acknowledged, loved & valued for who we are & yet we can fear being different, standing out, leading to judgement, criticism or isolation. But – *who we are* – is unique! Like snowflakes & shown by our fingerprints, we are all different & that includes our strengths & weaknesses, talents, thought processes & our reason for being here. We have lived many lives previously, bringing those experiences & wisdom into this incarnation, informing our choices of family, body, culture & outlining a roadmap for this lifetime.

Take any group & ask them to write down a description of the room or what they have just experienced & each will be different, filtered through their own perceptions & previous experiences. Can you see how that group are shining their unique lights individually but making the whole?

October's New Moon is on 10/10 in Libra giving us a double hit of balancing potential. With no contacts in the preceding days there is one on the day, a challenging square between retrograde Venus & Mars, both in Scorpio.

After the first 6 signs where we develop our sense of I AM, Libra is where we venture out into the world & see how others do things or think, how we fit in, where we agree, where we don't.

Where we overlap, we become WE ARE but we are not meant to lose I AM & all be the same.

How we react to differences is key.

Do we shrink or do we become a better version of ourselves?

There is courage in this chart to be truly ourselves, to end people-pleasing & be happy to be different, to be unique. Pluto will turn direct on 16th & brings more empowering potential to the Scorpio intensity that we could feel in the last 2 weeks of the month. This New Moon sets the stage.

We came to evolve into the best version of I AM that we can be, at this point in our cycle of incarnations & the passion that emerges through that.

After the New Moon on 10th, unusually we have 4 days with no major contacts suggesting that the cosmos is creating some space for integration. The next connection is on 15th between the Sun & Jupiter & needs to be tapped into to access its potential rather than its pitfalls, & potential is actually a Jupiter word, emphasising the need to seek its possibilities out.

When two planets have this type of contact, we can first see what they don't have in common, how they don't work well together, a bit like an old enemy that we only have negative memories of, we focus on our differences. So the key is in switching that train of thought around & beginning to explore where there might be common ground, how separate components might actually work together, blend or even compliment each other.

Jupiter here brings encouragement to that part of ourselves that keeps us small & shies away from being noticed. Our driver for that is most

likely not wanting to upset others or rock the boat in any way. Being seen, noticed, even famous may be seen as distasteful & ego-driven or a form of toxic masculinity that needs to dominate, can be loud or arrogant.

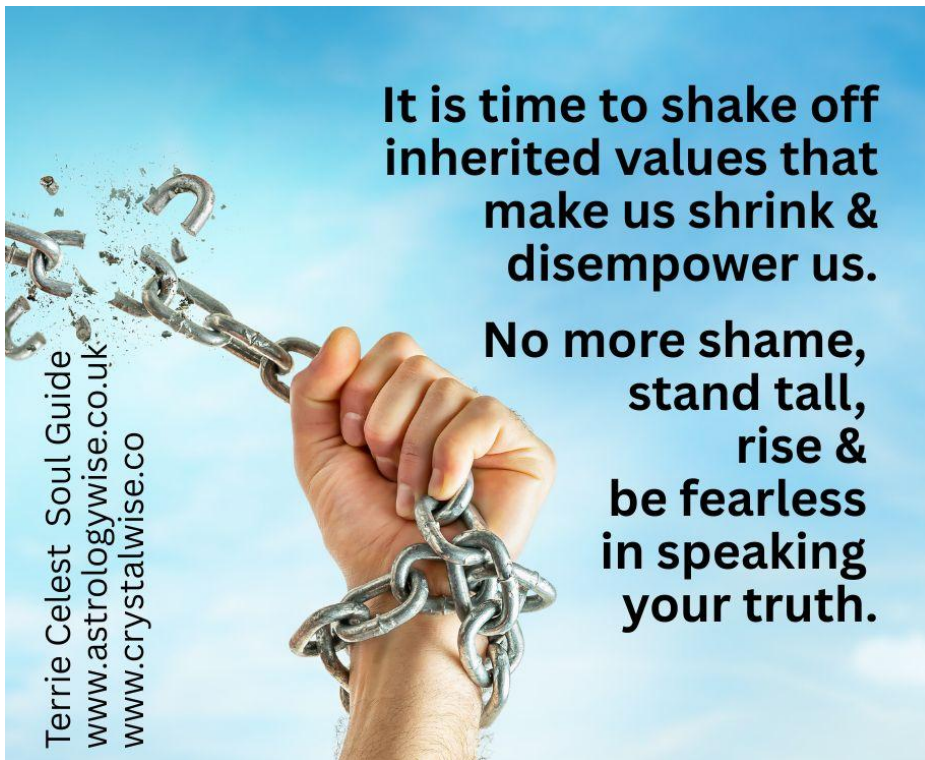
But being passive, keeping ourselves small & negating ourselves, our passions & therefore our Soul drives & purpose is mentally, emotionally & spiritually unhealthy! There may well be inner child healing needed here that can speed up the process of standing tall & positively pursuing our desires.

Pluto will be almost stationary before turning direct the next day, both increasing the intensity & the inner drive to make changes going forwards, Don't shy away from those inner nudges & drives, they are showing you what your Soul is yearning for which includes not suppressing yourself or keeping yourself small any longer.



**Pluto
goes
direct.
Have you
faced
your
shadow?**

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**It is time to shake off
inherited values that
make us shrink &
disempower us.**

**No more shame,
stand tall,
rise &
be fearless
in speaking
your truth.**

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Yesterday's astrology brought the theme of facing how we play small, supressing ourselves & our Soul purpose & today, 16th, Pluto goes direct, ending five months of its retrograde which encourages us to face our shadow. This would have been emphasised in the dark of the Moon (see 9th) as Pluto was slowing. Now we have seven months of Pluto

direct to implement new measures that empower us, regaining lost power & control from old traumas, events & memories.

This is aided on 16th by a very helpful trine between Mars & retrograde Saturn whilst Venus & Uranus, both retrograde, fuel a battle between the heart & mind as to which is going to lead the way forwards. Deep emotions might threaten to surface or dominate whilst a part of us is reluctant to look at things that we have buried & don't want to face. As I said earlier in the month, headlines in the collective that resonate with us can help us to cast off guilt & shame & to speak up, speak our truth. Sometimes this is a timing issue & many subjects that were taboo or which ancestrally brought shame, can now be openly spoken about without shame which is a powerful, collective karmic energy & this increases its power on us.

It is time to shake off these inherited values that make us shrink & disempower us.

No more shame, stand tall, rise & be fearless in speaking your truth.

The waning half Moon is on 18th, midway between the New Moon (10th) & the upcoming Full Moon on 26th offering an opportunity to check in on any plans, new routines etc, that you initiated at the New Moon.

What had you hoped to grow in these coming two weeks?

The Moon is in organised Capricorn, ruled by Saturn, so that can definitely help if you need structure or organisational skills & it might bring a reminder that the best way to cover any distance to the finishing line, is one step at a time, small measures repeated. Saturn can also remind us to take out time, not to be impatient, not to listen to our fears nor to believe our inner saboteur that might be whispering that we aren't good enough, aren't doing it 'right' or that it'll never happen.

Saturn's biggest gift is wisdom harvested from our previous experiences, so if doubts are creeping in, remind yourself of all the things you HAVE accomplished over the years.

20th & 21st need to be considered together as 21st has a potent karmic opposition between the Sun & retrograde Chiron. The Libran Sun also opposed Saturn, earlier on in Aries, on 4th. Whilst the Sun is opposing

Chiron it is also making potentially helpful contacts to the Nodes which are also karmic indicators, whilst retrograde Venus has a niggly contact with retrograde Neptune & it is Venus that is active on 20th with the second of three squares to Pluto.

Their first square was on 15th September when Venus was direct & Pluto retrograde, so they have now swapped with Pluto having gone direct on 16th & this is its first contact since then. Their third square will be when Venus is moving forward again on 9th December & 6th to 9th will be significant days as Venus makes its third connections to Neptune, Uranus & Pluto, marking the end of this phase of revisiting Venus themes.

Look back at 15th September to see what area of Venus's domain arose for you, whether partnerships, finances, values, resources or self-worth. I have already also mentioned the connection with Venus in Scorpio & disempowerment of women & abuse which is heavily in the news & which can resonate within us as well as in the collective. 20th should show us the next phase, how this has evolved & 21st can help to reveal another layer of truth, give us a more detached perspective & end a cycle of old karma.

October

- 22nd Sun at last degree of Libra
- 23rd Sun enters Scorpio + Mercury in Scorpio stationing
- 24th Mercury retrogrades + Venus in Scorpio passes back over the Sun
- 25th Venus retros back into Libra
- 26th Full Moon - Scorpio Sun, Taurus Moon

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The Sun reaches the last degree of Libra on 22nd, moving into Scorpio on 23rd. At 29° Libra its energies are condensed, emphasising this sign's strengths & weaknesses - indecision, compromising to keep the peace, people-pleasing, passive aggression, diplomacy, peacemaker, feminine strength & beauty. Ruled by Venus, the strength of this last degree is not directly aggressive or forceful & so we can easily feel the contrast of the move into Scorpio's more singular intensity.

We will already have been experiencing Scorpio energy throughout October with Venus & Mercury already there & Venus retrograde since 3rd & as the Sun now joins them, Mercury is virtually stationary & goes retrograde the next day, as Venus retrogrades back over the Sun, giving us a triple whammy of this sign. So these 2 days could feel quite intense but in different ways.

Scorpio is ruled by Pluto which finished its retrograde on 16th & will be helping us to tap more into its, & Scorpio's positive natures. This deep water sign of the zodiac can feel strong emotions which can overwhelm and/or then be pushed back beneath the surface. Pluto rules the underworld & Scorpio is a time when hidden truths & buried hurts can surface, especially from the more difficult areas of life & concerned with grief, abuses & trauma. Relating to power & control, when activated by other transits, secrets hidden by authority can also surface & I note with

interest the open court case re Covid which begins in the Netherlands on 22nd (search The Narrative on Trial).

Whilst taking us into the depths, often painful, this is also where we can heal & be reborn, the phoenix rising from the ashes & whatever surfaces does need to be looked at & not pushed out of sight again. Whilst 23rd & 24th could feel intense there is some good news, as Venus goes back into Libra, its home sign, on 25th, alleviating some of the Scorpio intensity. However, we are also building to a peak at the Full Moon on 26th so expect some emotional highs & lows over these days.

On 25th Venus, which started its retrograde at 8° Scorpio on 3rd October, retrogrades back into Libra & provides some much needed relief to the Scorpionic intensity with Mercury also there all month & stationary, having retrograded the day before & the Sun having entered it the day before that (see yesterday). These 3 days could feel intense as we also reach the Full Moon peaking at 04:12 BST on 26th & this can be the most potent Full Moon of the year, with the intense Scorpio Sun & stubborn Taurus Moon.

Also on 25th, the Sun makes a niggly connection to retrograde Neptune which isn't a recipe for clarity, however Neptune's current home of Aries is helping to reveal truths & to discover our inner truth of who we are at a Soul level. So the Scorpio Sun can help us to go to those depths but we will need to have the patience to stay there & look at what lurks in the shadows. Scorpio's traditional ruler was Mars who reigns over Aries where Neptune is so these two are showing both sides of Mars's nature & the niggly nature of the contact could bring its challenging nature to the fore, possibly impatience, rashness, frustration or anger. All of these are characteristics that can also be associated with a strong Full Moon so with that only hours away, the intensity could really build.

Neptune's nebulous nature could help to soften Scorpio's Fixed nature whilst the potential saviour & the energy to tap into is that of Venus re-entering Libra, ruled by Mars's feminine counterpart. This is her home sign & can gift us with peace, grace, harmony, diplomacy & a gentleness to calm the waters.

Can you find her peaceful sanctuary & let the waves wash over you until after the Full Moon when things should calm down?

FULL MOON

26th October 2026 04:12 BST
Sun in Scorpio, Moon in Taurus

Times they are a changing.....

*Are we going to be part of that change,
to assist the collective by releasing our
guilt & shame
or are we going to stubbornly dig in our
heels & fear to open the door that could
lead to a powerful rebirth?*

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October's Full Moon is on 26th at 04:12 BST at 2°, with the Sun in Scorpio & the Moon in Taurus. Both Fixed signs, this can be one of the most easily & deeply felt Full Moons & Scorpio's intensity is added to by a testing square from the Sun to Pluto, Scorpio's ruler which peaks a few hours later.

If you look back over previous posts you will see that I have called October Scorpio season & the last 3 days have had added intensity as the Sun joined retrograde Venus & then Mercury also retrograded. One saving grace is that Pluto went direct on 16th so it can help us to tap into the rebirthing, renewal & phoenix rising from the ashes potential. We have to surrender to the fires of the underworld to be reborn & its depths are where we hide those parts of our past & our nature that we are feel guilty about & especially shameful, which can be a hugely debilitating energy.

Shame is often heaped onto us, consciously or unconsciously, by family, society, culture & religion who have their own spoken or unspoken rules. Pluto's association with power & control can help us to gain our power back & release shame. We may see stories relating to these subjects in the news which can echo our own experiences & when we feel that resonance it gives leverage to what we have held stuck & hidden, loosening it ready to be released.

As the Sun wanes over the next 2 weeks we have a golden opportunity to release, ready for an empowering rebirth at the New Moon on 9th November, where the regenerative energies of Scorpio will be at our disposal.

Times they are a changing, keeps ringing through my head. Are we going to be part of that change, to assist the collective by releasing our guilt & shame or are we going to stubbornly fold our arms, dig in our heels & fear to open the door that could lead to a powerful rebirth?

28th has 2 connections, a niggly one between the Sun & Uranus & a testing one between retrograde Venus & retrograde Chiron which is their second, the first having been on 10th September when Venus was direct. This also brings echoes of the Full Moon of 26th September with its Libra/Aries axis.

Chiron shows us a karmic wound, something that we have been working on in many lifetimes. In Aries this can be loneliness, abandonment, anger, selfishness, survival instincts & more generally concerned with the development of the Self & learning what I AM stands for. The Aries/Libra contrast means we have to take others into account, to balance our needs with theirs, to learn the art of diplomacy & compromise without compromising our core values, who we truly are. Whilst Aries is independent, Libra feels it needs another to balance its scales & there is a natural masculine & feminine opposition through Venus & Mars being the rulers of the signs.

Whatever our wound is, we can usually spot it through having an extra strong response to something, often surprising ourselves. Finances, another form of value, can also be involved through Venus which has a more generic association with relationships. The Sun/Uranus niggly contact could bring frustration between feeling that we need to dive deep but wanting to stay on the surface, with Chiron feeding that as a survival mechanism. We are in a powerful releasing phase after the Full Moon on 26th so let go of resistance & embrace what you instinctively know you have to do to break your karmic cycle.

Venus makes a much more helpful karmic connection on 30th which can help with this.

On 30th we have Mercury & Venus active, both retrograde with Mercury in Scorpio & Venus also having started her retrograde there, but now back in Libra. Mercury makes a testing square to Venus's masculine counterpart Mars whilst Venus makes helpful connections to the Nodes which could help release karma brought to the surface on 28th.

Whilst the Mercury/Mars square is testing it has an active quality that could help us to open up about difficult subjects, especially from our childhood. This is one of the gifts of a Mercury retrograde & its current Scorpio residency supports talking about some deep subjects, buried hurts that have been pushed out of sight but not from the body. Conversely, we will need to be careful that this dive into the depths doesn't take us down a rabbit hole in a very singular, intense manner which could develop into obsession, with the mind unable to think of anything else.

Venus & the Nodes are repeating for the second time, their connection from 10th September so it would be helpful to check our journals & what arose then to see how themes might have developed & evolved. Venus is now retrograde so we are revisiting & reworking whatever she has brought our attention to & we will have been integrating changes from that earlier date.

Definitely a day of potential intensity but light too, if we lift our heads to see it.

Dates and times based on BST up to 24th October & GMT from 25th onwards.

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