

Astrology of September 2026

Overview of September 2026



As September begins we are just four days after the Lunar eclipse, with the Solar eclipse a fortnight before that & the massive energies of the Lion's Gate portal four days before that! And July had massive energies from a multitude of big planet connections which this month continue their second phases, as retrogrades bring pairings back into alignment.

Saturn, Neptune, Pluto & Chiron are retrograde & Uranus joins them on 10th so this will bring the peak of the outer planets retrogrades with all five retrograde by the end of the month, but Pluto is nearing the end of its cycle & goes direct next month, whilst Venus is slowing for its next retrograde starting on 3rd October. It begins its shadow on 7th Sept whilst still in Libra whilst its retrograde begins in Scorpio. And this will begin a period where we will need to get to know & embrace Scorpio energy as it will definitely be tested in October!

As Venus slows in the second half of the month, her masculine counterpart Mars gains significance firstly through Chiron retrograding back into its ruler Aries on 18th, & then Mars enters Leo on 28th. Despite, the outer planet retrogrades & the strength of the Sun waning into autumn, this is when we will feel a growing inner confidence & drive,

which is a seed at the beginning of the month which then pushes through the surface at the New Moon on 11th.

Fast-moving Mercury makes two sign changes this month, its first into Libra on 10th which it races through & it joins Venus in Scorpio on 30th & both will also retrograde in this intense deep water sign in October.

With the Nodes at 29° & Chiron at 0° until 18th, the sign changes of the faster moving planets, the Sun, Mercury & Venus connect with the Nodes at the end of a sign then the next day, with retrograde Chiron in the 'new' sign. All this is pointing to some major karmic clearing, ending very old cycles.

1st, 10th & 15th are key days with multiple planets at the same degree. On 23rd (22nd for many), we have the Equinox; Autumn in the northern hemisphere & Spring in the southern, beginning the next astrological quarter.

Neptune & Pluto provide a strong but barely perceptible undercurrent all month, building to their second sextile on 16th.

The Virgo New Moon on 11th comes after 3 major changes the day before plus the Neptune/Pluto contact is almost at its peak. Discernment & finding our inner knowing & truth are key themes.

September's Full Moon is on 26th & has extra fuel from Mars, the Nodes & Chiron meeting at 29° the next day. As Mars moves into Leo (28th) our confidence will grow & the Full Moon helps us to release old stories stopping us truly being ourselves.

See the daily astrology for more detail on all of these.

Daily astrology of September 2026

1st September is one of the busy days of the month with four planets reaching 13°. The day before, 31st August, Jupiter & Saturn made a lovely connection then on 1st, Mars & Mercury join in but with more challenging contacts, almost as if they are testing the potential balance brought the day before. Jupiter & Saturn bring opposites of expansion & contraction & whilst the ideal outcome of their contact would be a blend of their strengths, with Saturn retrograde they don't have equal input & the scales probably tipped to one side for most of us.

Jupiter's optimistic nature might fire us & fuel enthusiasm whilst its Leo position could make us over-confident or for ego to be a driver, then Mercury & Mars will come in afterwards & say –

Are you sure that's a good idea? Have you really thought this through & looked at all the options? What IS your plan, how exactly are you going to do this? I'm not so sure that you aren't getting a bit carried away here....Maybe we need to scale this back a bit, be less ambitious?

It's the inner critic & the inner saboteur at work, but also the voice of reason that is asking some valid questions & helping us to make sure we have some sort of end goal, itinerary for the journey & the means to get there before we set off. Sometimes we can go on spontaneous adventures & see where the Universe takes us & allow things to unfold. This is more one of those times where we need to blend our adventurous spirit with a degree of planning & not get carried away. At the very least, look before you leap, then decide!



The Waning Half Moon, the mid-point between the previous Full Moon & the upcoming New Moon is on 4th with the Sun in Virgo & the Moon in Gemini, both ruled by Mercury, the planet of the mind & communication. Half Moons provide a testing point for whatever intentions we have set at the last New or Full Moon & both previous Moons had potent eclipses. A lot of people felt pretty dazed after the last Lunar eclipse & hopefully by this half Moon things will be feeling more fluent, clearer & lighter.

We are working towards greater mind/heart coherence, a positive combination, a more blended partnership & this has particularly come to the fore this year & can be seen here. Virgo can show us the critical nature of the mind which, as humans, often works against us & can become a negative groove that is hard to break out of. Leo, the sign before Virgo is where we look for heart connection & we currently have the Sun & Mercury in Virgo, with Jupiter & the South Node in Leo, offering the opportunity to become aware of this connection & to bring more heart-centred awareness to our communication.

Leo can also bolster Virgo's shyness & lack of confidence with Jupiter expanding the ego, which will need to be positively employed. Think back to the eclipse & anything you wanted to release, review it & see if you need to make any adjustments.

The Sun makes a niggly connection with retrograde Saturn on 5th that could focus our attention on what isn't working well or what isn't 'right' but this is a form of that Virgo criticism & can completely blind us to what

IS 'right' & working well & our strengths, rather than our perceived weaknesses.

Virgo season is when I dust off my 'Imperfectly Perfect' memes as it is a key theme to embrace.

On 7th Venus enters its shadow, meaning that the territory it travels from now until it turns retrograde on 3rd October, is the area of the chart that it will retrograde back over. Also on that day, the Sun has a niggly connection to Jupiter as Uranus is slowing, preparing to go retrograde on 10th when both Venus & Mercury will change signs.

Venus is currently at 27° Libra, the second of its home signs & is leading the chart (Mercury & the Sun, its close companions, are behind it in Virgo). It will (appear to) change direction at 8° Scorpio, retrograding back into the last 3 degrees of Libra, contrasting its people-pleasing, diplomatic & indecisive nature with the intense, deep-water sign of Scorpio which can take us into the Plutonian depths to look at areas that we avoid but where we can find deep healing & transformation. The forward movement from Libra to Scorpio is probably the most easy to spot in the chart.

For now, take note of what happens up to 3rd Oct in your close partnerships (not just your significant other), finances, values & self-worth & in particular notice any changes from 10th. There will be some increased intensity, in some way or area that we need to ensure doesn't become all-consuming or take us down a rabbit hole.

The niggly connection between the Sun & Jupiter contrasts an outgoing, confident, egoic nature that isn't afraid to be seen & says *-Ta dah! Here I am!* with a much more modest nature that would prefer NOT to be seen & will actively step back rather than forwards, preferring to put others' needs before their own. Virgo likes to be useful, to be of service but can fall into lower service, neglecting their own needs, not being able to say 'No' & even 'helping' when it isn't needed. There can be a deeply ingrained, subconscious lack of self-worth that fuels this outward focus. Venus's upcoming retrograde (see yesterday) will be an opportunity to review this & to find a healthier balance between our own needs & those of others, learning to put healthier boundaries in place which can only stem from having a stronger core, built of our values.



10th September 2026

There is probably too much, too close together to differentiate. We could feel these changes as waves of tension building then easing, almost like contractions before giving birth!

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10th is a potent day & brings 3 changes just hours before the New Moon, really emphasising the finishing of old business, ending cycles & preparing for new, more positive cycles to begin. This is the sequence of events over a span of only 10hrs.

Venus reaches the end of Libra & makes helpful connections to the Nodes at 29°

Venus enters Scorpio

Mercury reaches the end of Virgo & makes niggly connections to the Nodes at 29°

Mercury enters Libra

Venus opposes retrograde Chiron at 0°

Uranus goes retrograde

Mercury niggles with retrograde Chiron at 0°

Mercury & Venus make a niggly connection at 0°

Just 6 hrs later we have the New Moon & it is easy to sense how there is a grand manoeuvring going on here, getting these three in position so that we can gain maximum benefit from the energies.

So we need to have Venus in Scorpio & remember that it is already in its shadow & will go retrograde on 3rd Oct.

And we need to have Mercury in Libra as Venus leaves it, & for Mercury to be building to two big connections on 12th just 40 mins apart & therefore almost indistinguishable - a very helpful trine to retrograde Pluto with a more challenging opposition to retrograde Neptune. The Sun will exactly repeat these connections on 26th just before the Full Moon, after entering Libra on 23rd at the Equinox.

Enough theory, how are we likely to experience this?

There is probably too much, too close together, to differentiate them whilst at the same time, they are quite distinct, hence listing them in order for you. Planets at 29° bring tension as does a planet stationary whilst the tension dissipates as a sign & a change of direction actually occurs, so we could experience these as waves of tension building then easing, followed by another. The analogy I have just been given is that of contractions when we are giving birth, how appropriate!

Don't let the dark of the Moon swallow you, remember the waves & the positive changes &, whilst facing & releasing any shadows that become visible, focus on the rebirth.



NEW MOON
in Virgo
11th September 2026 04:27 BST

Information alone
does not create truth.
Truth is felt, it is an
inner knowing, lit by
the spark of the Divine
within us.

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September's New Moon is at 04:27 BST on 11th & comes hours after Uranus retrogrades, so it is virtually stationary, & both Mercury & Venus changed signs with potent connections to the Nodes at the end of their old signs, followed by contacts with retrograde Chiron at 0° of their new

signs (see yesterday). All this is pointing to some major ending of old karmic cycles ready to begin afresh.

There are no other contacts on the day but there are 2 significant ones building to be exact the next day, 12th adding potential to the New Moon as they involve Pluto & Neptune who are influencing the whole of this month as they edge closer to their second sextile on 16th. In July they were one of multiple, outer planet connections at 4° & now both retrograde, meet at 3°. It is Mercury, at 0° Libra in this chart, who connects with them on 12th, with a helpful trine to Pluto but a challenging opposition to Neptune occurring just 40mins apart.

This overlap & Neptune's nebulous nature act like an invisibility cloak, making truth difficult to ascertain, highlighting nostalgia, idealism, where we have worn rose coloured glasses or kept quiet so we don't upset the applecart. Pluto is the planet of transformation, so here it is helping to change old patterns & embrace new ones, especially around finding & speaking our own truth. The news & social media is bombarding us with opposing opinions, each 'side' believing their version, arguing their case & dismissing the other, often through hurling insults.

Mercury is the planet of the mind & communication & it rules Virgo, the Sun & Moon's home at this New Moon. One of its key themes is discernment whilst part of Neptune & Saturn's roles this year, is encouraging self-autonomy & learning to discern our own truth. This can only be done when we have a strong connection to our heart & through that, to our Soul and/or Source.

Practice discernment & find your inner truth.

Connect to your heart & listen.

Information alone does not create truth.

Truth is felt, it is an inner knowing, lit by the spark of the Divine within us.

14th has potential to be positive & helpful if we harness the tides & don't follow old pitfalls that make us withdraw to nurse a hurt. There is a strong possibility that we are being too sensitive, yes, there is such a thing, & that we are taking things personally. This isn't about negating our feelings but recognising when something deeper than the outer stimulus is being triggered. The depth of our reaction likely comes from an old wound & may even have become an emotional safety mechanism – *If I retreat I won't get hurt more, they can't hurt me* –

but often the retreat holds onto that hurt rather than letting it go.

The past needs to be released or simply viewed as just the past & no longer a lens through which the present needs to be filtered.

Something put into action might take an indirect route, don't expect a straight line, whilst any lack of clarity that was felt either side of the New Moon should now be lifting & we can gain fresh insights on situations. We may have avoided conflict or reacted defensively, even if on an unconscious level.

What were we trying to protect, why did we see this as an attack?

Again, this could well be a default pattern & one that we no longer need. If we think back to our childhood we might see early instances of it, especially in sibling relationships, where different roles are established very early on. Part of embracing our authenticity as an adult is to spot conditioning like this & to no longer feed that pattern & role.

15th is one of 3 busy days this month with 3 or more planets at the same degree, this time it is Venus who connects with retrograde Pluto & retrograde Neptune whose alignment is exact the next day & has been a potent undercurrent all month. Their first connection was back on 25th July & we are going to have to get to know their signature as they repeat this connection many times as their cycles bring them repeatedly into this sextile for at least the next 4 years! And with Pluto being the planet of transformation & Neptune being connected to our spiritual nature, this pairing are just going to keep popping up to give us a nudge in the right direction.

In amongst so many other connections in July they were hard to differentiate but when they have more isolated connections we can begin to see what they represent for us. On 12th, just after the New Moon

Mercury, who had just entered Libra, connected with them & as that would have been building in the potent energies of 10th & 11th, they would have been hard to spot. Now, on 15th, Venus squares Pluto, whilst making a niggly contact with Neptune whilst the Pluto/Neptune exact contact is a few hours later. As these are challenging connections from Venus they can help us to spot areas of its influence that are ripe for transformation. Traditionally associated with love, its wider remit is close relationships/how we relate to the outside world, finances, values & self-worth so look out for these & what you feel is challenging.

With Chiron back at 0° Taurus which Venus also rules & where we would associate possessions & what makes us feel safe & secure, there might be an opportunity to review what is really of value to us. Venus is in the deep water sign of Scorpio, enhancing intenseness & a potentially unhealthy focus or holding on to something or someone. What are we afraid to let go of, what are we holding onto, waiting for something to slot into place or happen?

Letting go frees up so much energy & creates space for new to come in. Another thing to consider is how, as we evolve, our relationship to money will need to change too.

Chiron went retrograde on 3rd August, having entered Taurus back on 19th June & when it went retrograde it was still at 0° so has had quite an intense influence at this potent degree for the last 3 months. Its retrograde takes it back into Aries on 18th September for a final review of karmic wounds in this first sign of the zodiac, including loneliness, abandonment, independence wounds, anger, excess masculinity, defensiveness, rashness & impatience. It will travel back to 26° Aries & won't go direct at that degree until 6th Jan 2027, then travelling back over those last degrees of Aries until re-entering Taurus on 14th April 2027.

That gives us 7 months to investigate & clear old wounds associated with this sign & further help arrives when its ruler, Mars finally leaves Cancer & enters Leo, another Fire sign on 28th. So both of their Fiery natures will be activated, adding to a lot of Fire already in the chart. It will be vital to employ this well. Fire can warm, encourage & embolden whilst it can also scorch & burn. Positively, I see these two working together to encourage us to step into our power & to release fear of being seen. Aries is where we can embrace our I AM presence, learning who we

truly are whilst we will need to watch that ego doesn't dominate & inform our actions.

18th also brings the waxing half Moon & a challenging opposition between Mercury & retrograde Saturn which activate the Aries/Libra axis that we will see at the Full Moon on 26th & is ruled by Mars & Venus, the masculine & feminine archetypes of the chart.

Can we find the courage to speak, from the heart, with kindness where we have previously either overstepped the mark or kept quiet, to keep the peace?

We are in the last 4 days of this quarter so it is the ideal time to end cycles.

The Equinox is early on 23rd & marks the beginning of the next astrological quarter which also means that we are coming to the end of the current one. These last few days offer the opportunity to end cycles, finish old business & tidy up what we have been working on since the Solstice on 21st June.

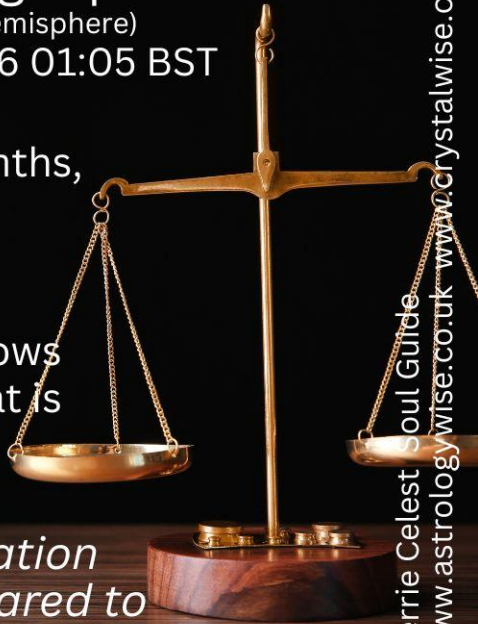
What is occurring astrologically in these last days, to support that?

On 20th Venus has a niggly connection to Uranus, on 21st Mercury has a potentially helpful contact with Jupiter then on 22nd, the last day of this quarter, the Sun, as it reaches the end of Virgo, makes connections to both the Nodes & Chiron at 29°. As these are both karmic indicators in the chart they provide the perfect opportunity to release old karma & end cycles. They will likely stir the pot, bringing things to the surface rather than providing the ladle with which to remove them but there is added potency from the last degree of both a sign & the quarter that can tip the pot up so that its contents are teetering on the edge. We can leave it alone or tip them out! Our choice, & if we aren't ready, that's OK & it's important that we don't let Virgo's critical nature berate ourselves, either way.

Look back over my earlier posts for more on Venus as it is slowing to go retrograde on 3rd October & in intense & deep-water Scorpio, it will undoubtedly focus us on something whilst the Mercury/Jupiter contact asks for diplomacy in communications that doesn't completely put our needs on the back burner. It will also be important to keep perspective,

not exaggerate or cause drama to bring attention to something, or ourselves.

Keep the focus on spotting things that can be brought to a close. Sometimes it can be as simple as tackling an overflowing inbox or a pile of ironing that's been annoying us every time we see it. Completing longstanding tasks is energetically very freeing & creates mental & emotional space for the beginning of the next chapter.



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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The Autumn Equinox, Spring in the southern hemisphere, occurs at 01:05 BST on 23rd September. The chart for the day gives us a flavour of what is in store, what the focus is for the coming quarter.

Saturn, Uranus, Neptune, Pluto & Chiron are all retrograde with Chiron at 29° Aries & the Nodes at 29° of Leo/Aquarius. There are two ancestral patterns in the chart, one of these has the Nodal axis as the firing & release line whilst the other has the Sun in opposition to retrograde Neptune. One thing I noticed is that Mercury, the planet of the mind & communication & Jupiter, the planet of expansion, only have contacts with one of the retrograde outer planets, Saturn. In this last quarter it was the other way around & Saturn, in the middle of the chart (numerically), wasn't involved in the multiple connections in July.

The Full Moon is in 3 days so the energies are waxing, growing. With the Sun leaving Virgo for Libra at the Equinox & Chiron retrograding from Taurus back into Aries 5 days before, we have nothing in an Earth sign & this is something we are going to have to be extra vigilant of as, other than the fast-moving Moon which traverses a sign in 2-3 days, we will have no Earth until Mars enters Virgo on 25th November! Until then we are really going to feel the emphasis on Fire & also Air which dominate this year.

These three months will really shape what we value & in doing so, help us to shed what isn't!

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

Deep transformation awaits those prepared to face their shadows.



September's Full Moon is on 26th with the Sun in Libra & the Moon in Aries. At 3°, earlier in the day, they connect with Neptune & Pluto both retrograde, whilst the Moon is sat beside Neptune in the chart.

Mars is poised at 29° Cancer & the following day connects with both the Nodes & Chiron at that potent degree & with the absence of any Earth in the chart, grounding can be difficult whilst that can help to loosen stuck

energies & give them freedom to move. 5 planets from Saturn to Chiron are retrograde.

The Sun & Moon's connections to Neptune & Pluto & the ongoing interplay between these 2 outer planets are very significant as they are going to be almost constant celestial companions over the next 4 yrs, offering multiple opportunities for transformation & spiritual growth as they connect 10 times! Their slow pace coupled with their different retrograde cycles means that they dance around each other with one leading then the other, & faster moving Neptune takes several cycles to edge past Pluto enough not to retrograde back to it.

So we had better start noticing their impact & get to know them! They create the perfect climate for spiritual growth & simultaneously, the perfect metaphor for how that growth is never a straight line but has seasons of growth, then seeming to go backwards which are seasons when we are integrating, understanding, gaining wisdom to inform our next steps. In those times we sift through what we are ready to release & find a purer connection to our Soul & a more authentic expression.

This Aries/Libra axis always has some rebalancing of masc/fem & Neptune can help us to shrug off layers of mist that have shrouded us from seeing the beauty of our Soul & proudly being able to say, from a place of confidence, without ego - *This is Who I AM*.

That confidence will grow as Mars steps into Leo (28th) with a test at the half Moon on 3rd Oct as Mars opposes Pluto, which is also a boost to bring transformation & further clearing before the Libran New Moon on 10th.

What old stories are stopping you being truly you?

It's time to erase them & stand with an unshakeable confidence that no outside opinions can shake.



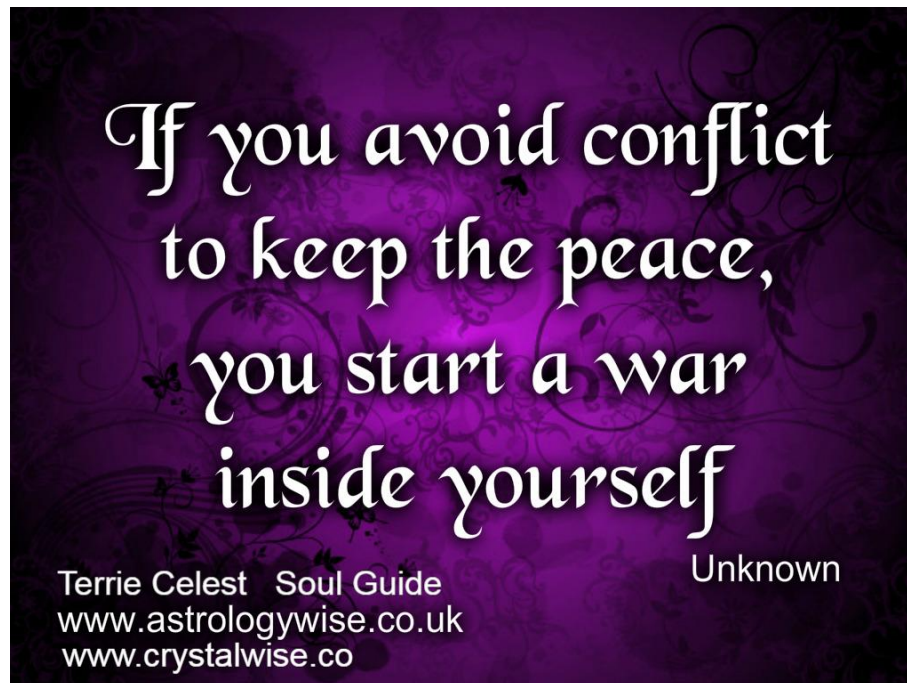
Mars has been in watery Cancer, not a natural habitat for this fiery planet, since 11th August & it moves into Leo on 28th, where it will feel much more at home. This move helps to infuse & work with Chiron who has just retrograded back into Aries, Mars's home & will also work well with Saturn & Neptune who currently reside earlier on in Aries. It will reactive energies from the 8-8-8 portal & Leo season, bringing fresh impetus & encouragement.

Mars is the planet of action, it is the masculine archetype in the chart & Leo has a natural warmth, playfulness, generosity & confidence that, in excess can stray into attention seeking, needing to be seen & noticed, arrogance, being opinionated & lording it over others. Fire energies can bring much-needed warmth but can also be destructive & we will need to guard against our actions being driven from ego or thinking that we know what others should do!

After the indirect & sensitive nature of Cancer, Mars can express itself much more directly & naturally here but must be employed well as there is currently a lot of Fire in the chart & adding this, could tip the scales a little too much.

Also on 28th the Sun has a lovely trine to retrograde Uranus contrasting Leo's Fire with Air, the other dominant element this year. If Uranus was direct we could expect a flash of inspiration, a lightning strike of something unexpected but its retrograde makes it more likely that we will

experience something internal rather than external. This could still be inspiring & show us a new direction or a new perspective. It could reveal how our silence has been counterproductive & help us to release the value in speaking up & not being afraid to share our thoughts. People-pleasing habits are ripe for archiving!



Mercury is centre stage on 29th & 30th firstly making potentially helpful connections to the Nodes but follows with a testing square to Chiron with all of these at 29°. There will be no escaping some sort of karma centred around the mind or communication but it won't all be challenging & when something is prominent enough for us to identify, it helps us to understand the old pattern & therefore work towards transforming it.

Mercury & Chiron are on the Libra/Aries axis, reactivating the energies of the Full Moon 3 days before & could bring them to a peak if something has been brewing since then. People-pleasing traits could be shown to us, as well as imbalances in masculine & feminine expression. Libra can become passive aggressive as their desperation to keep the peace & harmony means that they suppress their thoughts & feelings & can end up fighting an inner battle instead.

The Nodes will help us to see that our opinions are valid & worth being heard & if we have different ideas or opinions we can still be friends, family or lovers. Chiron will spotlight a deep wound & might reveal that beneath our fear of speaking, lies a deeper fear of abandonment.

Insights into these deeper, unconscious drivers will strengthen as Mercury enters Scorpio on 30th & it will retrograde in this sign on 24th October. Venus actually starts her retrograde, also in Scorpio on 3rd Oct as Mercury enters its shadow so with both having Scorpio retrogrades & the Sun joining them on 23rd we will be unable to escape looking at layers of Scorpionic influence next month. Now would be a good time to check if you have any planets there that are going to be activated by all this Scorpio.

Whilst its Plutonian ruler can help us to go beneath the surface & transform old energies, there is a single-mindedness to Mercury In Scorpio that can become blinkered or lose itself down a rabbit hole. Intensity is a key word, so watch that the mind doesn't become engrossed in something to the point of obsession.

Dates and times based on BST

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