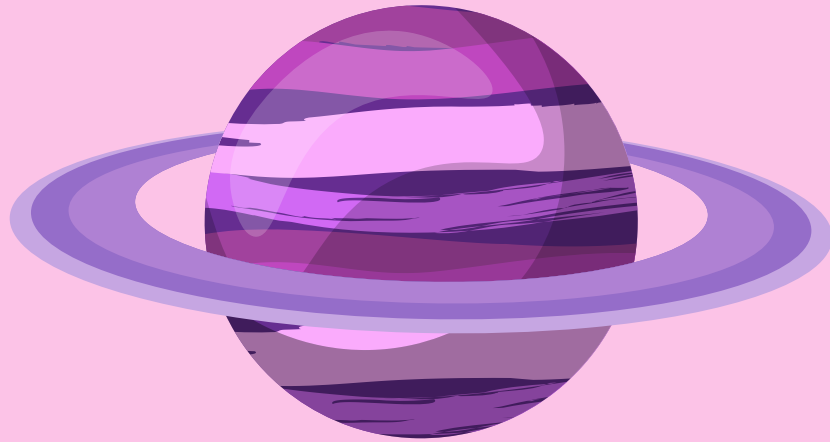


Saturn Retrograde

A GUIDE FOR SELF-REFLECTION AND PERSONAL GROWTH



This retrograde invites you to think about your dreams, spiritual beliefs, and long-term goals. I've put together astrological sign-specific mantras and reflection prompts to assist you on this journey. Use them to explore the areas of your life you would like to improve on during this magical time!

Aries



Mantra: "I am strong in my quest, yet understanding and kind with myself and others."

Journaling Prompt: Write about a time when you felt torn between going after your goals while understanding another's perspective and needs.

Taurus



Mantra: "I find peace and security in my spiritual practices."

Journaling Prompt: Reflect on the ways in which spirituality assists you in your everyday life.

Gemini



Mantra: "My words heal, actions and contributions inspire both myself and others."

Journaling Prompt: Write about on a conversation or connection that significantly impacted your spiritual journey.

Cancer



Mantra: "I fill my inner self with love, forgiveness and tender-heartedness."

Journaling Prompt: Explore how your past emotional wounds/traumas/experiences still influence your life today.

Leo



Mantra: "My creative endeavors are a reflection of my inner wisdom and brilliance."

Journaling Prompt: Write about a creative project that connects significantly to your inner self.

Virgo



Mantra: "I find peace in the balance of routine and flow."

Journaling Prompt: Plan out a daily spiritual practice that feels both organized and yet flexible.

Libra



Mantra: "I create balanced, supportive and loving connections with others."

Journaling Prompt: Reflect on how your relationships either support or get in the way of your spiritual journey.

Scorpio



Mantra: "I transform my shadows into sources of possibility, creativity and positive action."

Journaling Prompt: Explore a fear or desire or trauma that you've pushed deep down inside and bring it to the light for healing and release.

Sagittarius



Mantra: "I am open to new spiritual ways, messages and support with an open heart and mind."

Journaling Prompt: Write about a spiritual path or way of being that you'd like to learn more about.

Capricorn



Mantra: "My work is a reflection of my highest ideals and it benefits the collective."

Journaling Prompt: Reflect on how your everyday work can be a vehicle for service to others.

Aquarius



Mantra: "I honor my unique journey and life path."

Journaling Prompt: Write down a few ways that you can potentially grow spiritually going forward. What would be fun and unique.

Pisces



Mantra: "I always take a moment to protect my energy while offering love and compassion to others. I hold space for others instead of carrying their energy for them. "

Journaling Prompt: Reflect on how you can stay in your own power while maintaining healthy boundaries.