

PLUTO RETROGRADE

DISCOVER WHERE PLUTO IS
TRANSFORMING YOUR LIFE RIGHT NOW

*Resource created in May 2025, but this Information is relevant
for any Pluto retrograde

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HI, I AM

TIFFANY

Hello, fellow Mystic!

I hope you enjoy this astrology resource!

If you find this resource helpful and would like to learn more about your Astrology and your Natal Chart, consider exploring the **Astrology Guide** on my website.

There you will find lots of free Information that will help you start to understand your natal chart.

ASTROLOGY GUIDE

WHAT IS PLUTO RETROGRADE?

Pluto is the planet of transformation, power, rebirth, and deep inner change. It rules over things hidden beneath the surface – the subconscious, emotional wounds, generational patterns, and anything we try to control or suppress.

When Pluto goes retrograde (appears to move backward in the sky from our perspective), its energy turns inward. Instead of triggering external shifts, it asks us to go within and confront what needs to be released, transformed, or reclaimed on a soul level.

WHAT DOES IT MEAN FOR YOU?

Pluto retrograde is an invitation to...

- Reflect on where you're holding onto control, fear, or outdated beliefs
- Explore hidden emotional patterns or power struggles
- Reclaim your personal power from places where you've given it away
- Let go of what's no longer serving your growth – even if it's uncomfortable

This isn't about quick fixes. It's about slow, lasting transformation – breaking things down so they can be rebuilt stronger and more aligned with your truth.

WHY IS IT IMPORTANT?

Because Pluto moves slowly and retrogrades for about 5 months each year, it gives you a long window to do powerful inner work. **Reflecting during this time helps you...**

- Understand the deeper meaning behind challenges or emotional intensity
- Align with your authentic self instead of staying stuck in old patterns
- Heal emotional wounds that quietly shape your decisions
- Step more fully into your strength, truth, and inner power

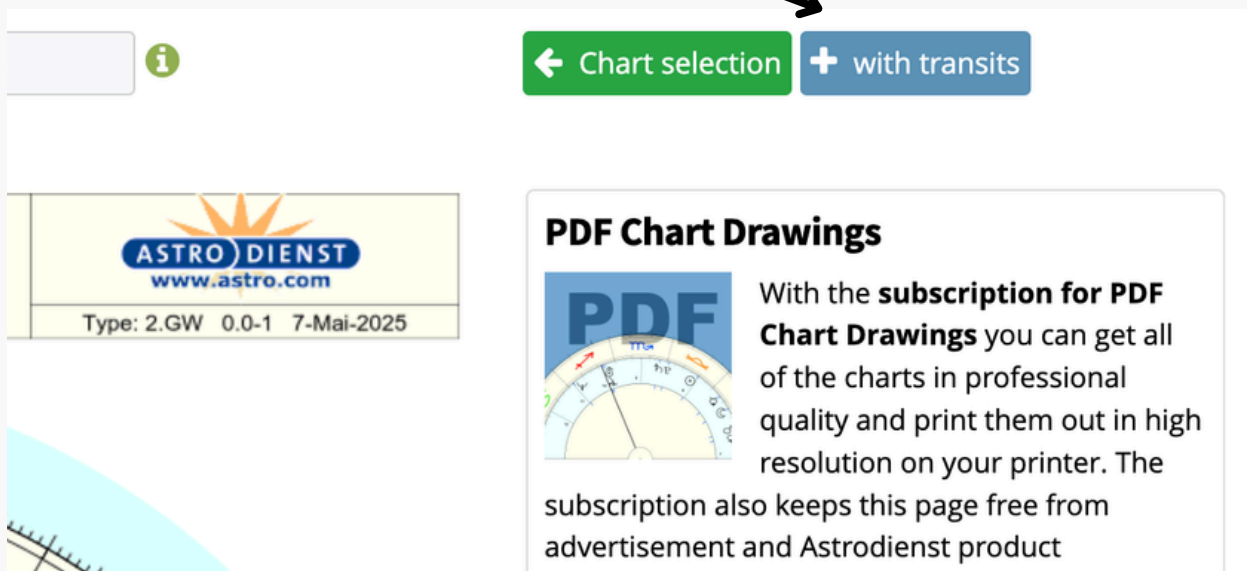
Pluto retrograde isn't something to fear – it's an opportunity to shed the old and rise renewed.

FIND WHERE PLUTO IS RETROGRADING

Step 1: Pull Your Natal Chart with Transits

To find your natal chart (using the Whole Signs system), generate a free birth chart on Astro.com.

1. [Go to Astro.com](#)
2. Click on **"Horoscopes"** at the top of the page
3. Click on **"Extended Chart Selection"** in the drop-down menu
4. Enter your birth details and then click on the **"Zodiac and Houses"** drop-down menu below and select **"Whole Signs"**
5. Click the green **"Show Your Chart"** button on the right.
6. When your natal chart is generated, in the upper right side you will see a blue button with a + sign that says **"with transits"**.
7. Click the **"with transits"** button



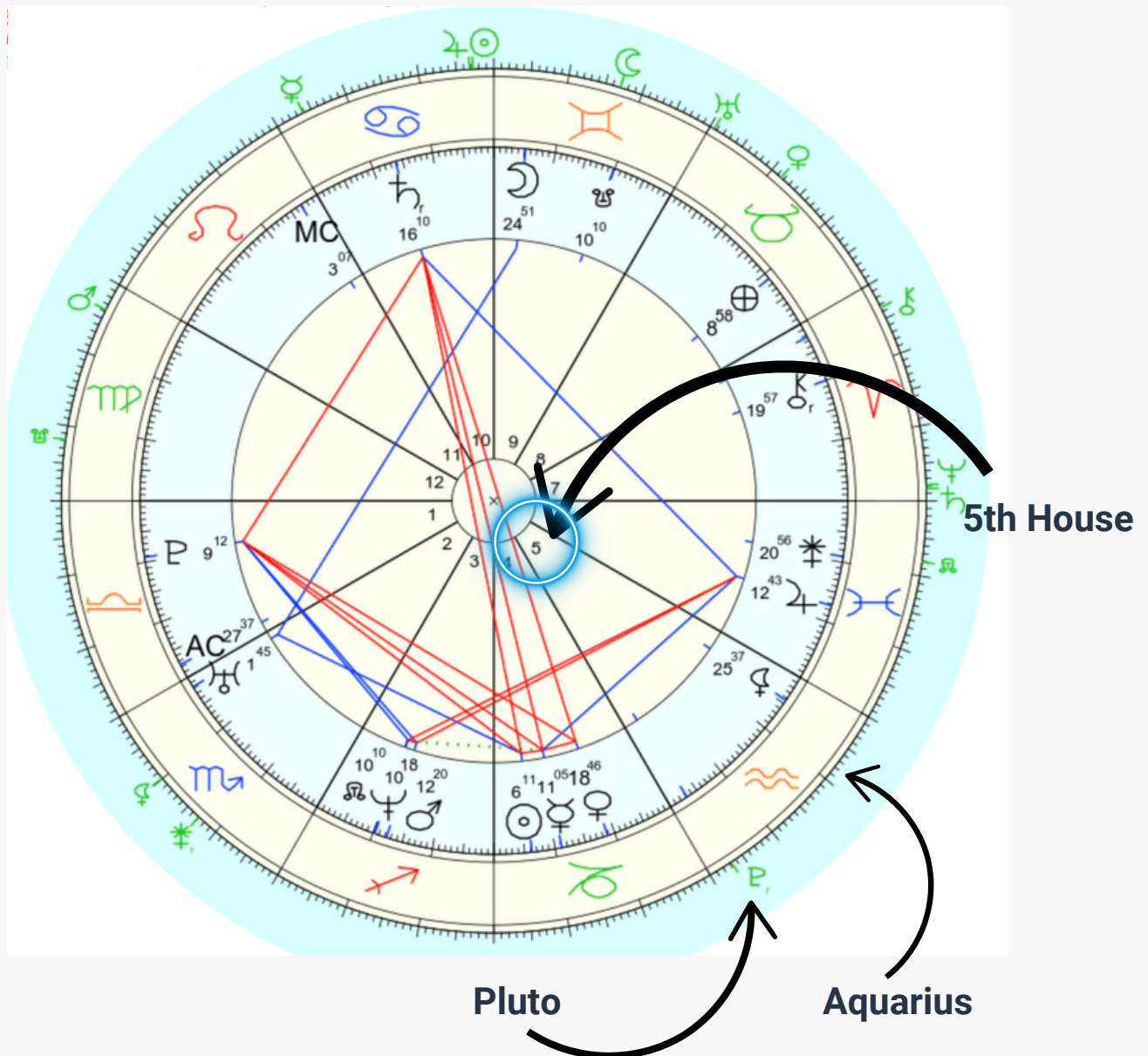
The screenshot shows the Astro.com interface. At the top right, there are two buttons: a green button with a left arrow and the text "Chart selection", and a blue button with a plus sign and the text "with transits". A black arrow points from the text in step 7 of the instructions to the "with transits" button. Below the buttons, there is a logo for "ASTRO DIENST www.astro.com" and a text box containing "Type: 2.GW 0.0-1 7-Mai-2025". To the right, there is a section titled "PDF Chart Drawings" with a small image of a chart and text describing the subscription benefits.

LOCATE THE HOUSE THROUGH WHICH PLUTO IS RETROGRADING

Step 2: Find Where Pluto Is Retrograde


Aquarius

1. Look at your chart and identify which house Aquarius is in. Here is the symbol for Aquarius (2 wavy lines).
2. Note the house number that is associated with Aquarius (see example chart below)
3. Once you find the house, you should see a green letter "P" outside the chart. This represents the Pluto transit.



WHERE IS PLUTO STIRRING THINGS UP IN YOUR LIFE?

Once you know which house Pluto is retrograding through in your birth chart, you can begin to understand what part of your life is being energetically excavated, purified, and transformed. Use the table below to match Pluto's current transit house with the life area being activated.

Write the House number where Pluto is transiting in your personal chart _____

Aquarius is in...	Life Area	Key Themes to Explore
1st House	Identity, self-image, how you show up	Reinvention, releasing old personas, stepping into personal power
2nd House	Money, values, self-worth	Power & security, transforming money stories, reclaiming self-worth
3rd House	Mindset, communication, learning	Thought detox, healing limiting beliefs, reclaiming your voice
4th House	Home, family, emotional roots	Ancestral healing, emotional security, redefining "home"
5th House	Creativity, romance, inner child	Creative rebirth, vulnerability, healing fear of being seen
6th House	Daily work, habits, health	Letting go of burnout, redefining productivity, healing the body
7th House	Relationships, partnerships, contracts	Shadow in relationships, power dynamics, deep and authentic connections
8th House	Intimacy, transformation, shared resources	Emotional depth, surrender, healing through loss or rebirth
9th House	Beliefs, travel, higher learning	Shifting worldviews, questioning "truth," spiritual evolution
10th House	Career, public image, ambition	Power in purpose, legacy work, letting go of false success
11th House	Community, friendships, goals	Collective influence, evolving social roles, visionary rebirth
12th House	Spirituality, healing, the subconscious	Deep inner work, releasing karma, spiritual awakening

