

# Working with Saturn, Pluto & the Wrecking Ball

## *A Practical Guide for 2020*

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Saturn and Pluto meet up in January 2020 in Capricorn, two planets that bring their titanic energy to the sign of structure, responsibility, boundaries, and ambition. Saturn naturally wants to build while Pluto, on the other hand, destroys what's no longer working. Together, they're acting like a wrecking ball to tear down old structures so that something better can emerge.

Want to know how to work positively with Saturn and Pluto in 2020? Use this guide to read for your Sun and rising sign.

Pro Tip — If you don't know your rising sign, you'll need your exact time and place of birth to calculate what constellation of the zodiac was rising at the moment you were born. You can search "what's my rising sign" and use various free websites to help you calculate. The information for the rising sign adds another important layer of understanding what Saturn and Pluto are asking you to transform in 2020. One is not more important than the other. Both are correct.



### **Aries & Aries Rising**

Use the wrecking ball to clear through any fears or insecurities about going after your goals and ambitions. Saturn and Pluto are not only helping you to transform your career, they are raising the bar for you. If you are feeling exhausted and overwhelmed, make sure you create a plan for 2020, including personal and professional resolutions. Make sure you have accountability for these resolutions, too, someone like a trusted friend to a life coach with whom you can check in with. If you have problems with authority figures or power issues during this time, how is it a reflection where you need to step into your

own power? At the end of this phase, if you do your homework, you'll be ready to step into new positions of power, authority, and responsibility.

#### **TO-DO LIST:**

- Honor time and commitments
- Be willing to walk away from what's not working
- Set goals for the year and beyond
- Keep your eye on the bigger picture
- Resolve any issues around authority and power
- Be a positive example in your career or community



## Taurus & Taurus Rising

Use the wrecking ball to break through any negative thinking or any truths that are no longer true. You may have an outdated picture of yourself as well as the world around you. Saturn and Pluto are helping you to see things from a new perspective, which may lead you to a different philosophy on life or ways of thinking in 2020. This is ultimately a time when you need to get out of your own way and this may mean reaching out for the wisdom and counsel of others. You may even want to make a serious journey this year, especially to a distant or foreign land in search of new truths. At the end of this phase, if you do your homework, you'll see yourself as well as the world in a profoundly new light.

### TO-DO LIST:

- Be okay with being wrong
- Breakdown old patterns of self
- Reevaluate what you believe in
- Rediscover the world
- Go on a pilgrimage or a quest
- Find new truths



## Gemini & Gemini Rising

Use the wrecking ball to clear through the deepest parts of yourself, the parts that self sabotage and get in the way of forward movement. If you aren't doing so already, this is a great time to work with a guide, therapist, or counselor to help you uncover yourself. Saturn and Pluto want you to powerfully transform on an emotional and psychic level, which means that you're facing your fears, anxieties, vulnerabilities, and insecurities at this time. You could also say that you're being emotionally tested, so do

Saturn and Pluto proud and release what you've been holding onto for a long time such as past traumas. At the end of this phase, if you do your homework, you'll have a profound wisdom of self that you didn't have before.

### TO-DO LIST:

- Prioritize emotional and mental health
- Face your proverbial demons and inner saboteurs
- Let go of old traumas and secrets
- Heal your sexuality
- Rectify old debts
- Take your power back



## Cancer & Cancer Rising

Use the wrecking ball to open up to new forms of connection and partnership. As you do so, you may need to take a serious look at the people in your life, including your primary relationships. Who is a rock solid ally and who needs to go? Saturn and Pluto want only the best people to be a part of your life, which means that you need to dig deep within to reveal what these relationships reflect within you. You may also be more aware of power dynamics in your partnerships, especially if something has been out of balance. At the end of this phase, if you do your homework, your relationships will be stronger and healthier than ever.

### TO-DO LIST:

- Clear out toxic relationships and emotional attachments
- Bring balance to your life
- Rebuild old relationships that need attention
- Stand up for yourself and what you need
- Redefine what you need out of a partnership
- Face your shadow self



## Leo & Leo Rising

Use the wrecking ball to clear through any bad habits and addictions. Saturn and Pluto want you to prioritize self care, which means making sure you're eating the foods that your body needs, making exercise or physical activity a part of your day, and getting those doctor appointments scheduled. Through this you're transforming your relationship with your physical self by building new daily rituals. You're also facing old demons that have been keeping you caught in unhealthy patterns. At the end of this phase, if you do your homework, you'll be more grounded in who you are, your daily life will be more ordered, and you'll have a new appreciation for taking care of your body.

### TO-DO LIST:

- Break through old patterns and addictions
- Listen to what your body needs
- Prioritize exercise and self care
- Clean out closets, cabinets, and your fridge
- Volunteer or get involved in a new project
- Organize your life



## Virgo & Virgo Rising

Use the wrecking ball to get out of your way. Saturn and Pluto want you to prioritize yourself, which you may be resisting with all your might. Normally you put others first and downplay your talents, but what if you flipped this well worn narrative? By doing this you're breaking down any old negative patterns of self as well as any fears of being yourself. First you have to face your internal critic, the voice that tells you you're not worthy enough, good enough, or perfect enough. Leave the criticisms behind as well as this unattainable level of perfection that you hold yourself and

others to. At the end of this phase, if you do your homework, you'll be more appreciative of yourself and your talents and more confident to express who you are.

### TO-DO LIST:

- Break through old fears or patterns of being yourself
- Value your talents
- Build a new identity
- Prioritize fun
- Find peace in imperfection
- Let yourself shine



## Libra & Libra Rising

Use the wrecking ball to break through old emotional patterns and anything you inherited from family, including ancestral patterns. Saturn and Pluto want for you to create a new emotional and spiritual foundation for yourself, one that can fully support your life and allow you to thrive. In order to create new foundation, you may have to tear down the old. This may mean cutting out toxic family members or moving to a new home that symbolically represents this new time in your life. At the end of this phase, if you do your homework, you'll be more at peace because your emotional needs are being met and you are surrounded by people who feed and nurture you.

### TO-DO LIST:

- Set healthy boundaries with or cut out toxic family members
- Bring ancestral patterns to an end
- Reconcile your past
- Prioritize your emotional needs
- Create a new foundation
- Set healthy emotional boundaries



## Scorpio & Scorpio Rising

Use the wrecking ball to break through anything that prevents you from speaking up and being heard. Saturn and Pluto not only want you to transform your voice, but take its power seriously. Scorpio is a sign that normally stays quiet, preferring to observe instead. 2020 is pushing you to say something. So, time to face your fears about using your voice, which includes all forms of communication – talking, writing, and even singing. Put complete care and respect into every word you use. At the end of this phase, if you do your homework, you'll have a more commanding use of communication. Your mind will be sharper. People will finally hear the real you.

### TO-DO LIST:

- Face your fears around being heard
- Transform toxic patterns of communication
- Speak up when someone has crossed a boundary
- Take a class in public speaking
- Have a new relationship with language
- Start writing a book



## Sagittarius & Sagittarius Rising

Use the wrecking ball to bust through old fears around money, security, and value. Saturn and Pluto want you to transform your relationship with the material world, which means that you may need to change how you earn a living and what you spend your money on. This may even mean shifting what you value, especially if you've been undervaluing yourself. But, at the core of this time, is a need to break through anything that's keeping you

from creating the material life that you need. At the end of this phase, if you do your homework, you'll have a stronger, more powerful ability to earn a living and you'll know your true value.

### TO-DO LIST:

- Face fears of not having enough money
- Ask for a raise
- Spend time and money on only what you need
- Release toxic patterns around money, value, and shame
- Get very clear about what you need to earn
- Set financial goals



## Capricorn & Capricorn Rising

Use the wrecking ball to tear down the old you so you can step into the new you. Saturn and Pluto are trying to get you to evolve. Seems simple enough, but you may be fighting the process. It may even feel like you're dying. That said, be willing to toss out any old plans for your life that have stopped working because it's quite possible that the plan that you had five, ten, or even twenty years ago doesn't fit you and your life anymore. That takes real courage and we know you have it, Capricorn. At the end of this phase, if you do your homework, you'll have a new plan for the coming years that reflects the real you.

### TO-DO LIST:

- Let go of the plan
- Release responsibilities and obligations that aren't yours
- Allow yourself to grieve the past
- Set healthy boundaries
- Prioritize your health
- Create new goals



## Aquarius & Aquarius Rising

Use the wrecking ball to clear

through your psychic baggage. You know, the invisible stuff you've been carrying around for years, if not decades, the stuff that you must now deal with. Saturn and Pluto want you to evolve spirituality, which means shedding the negative ego and attachments that have been sabotaging your growth. But this work may not come so obviously. It may take meditation, quiet reflection, and dream work to discover what you've been holding onto. At the end of this phase, if you do your homework, you'll see what's been getting in your way and what baggage you refuse to bring with you into the next great chapter of your life.

### TO-DO LIST:

- Face your existential fears
- Let go of negative ego and addictions
- Go on a retreat or to rehab
- Meditate and develop a spiritual practice
- Search within for answers to deep existential questions
- Strengthen your intuition



## Pisces & Pisces Rising

Use the wrecking ball to clear through old and possibly toxic

friendships. Saturn and Pluto want you to take a serious look at who's in your social circle, which includes any groups or communities you're a part of. Is there anyone who feeds off your compassion without giving anything in return? How will you set healthy boundaries? Similarly, if you've been feeling a little socially isolated, this is a great time to face any negative beliefs or fears that keep you separated. At the end of this phase, if you do your homework, you'll have weeded out the fake friends from the rock solid ones who will support you into the future.

### TO-DO LIST:

- Defriend or let go of toxic connections
- Stop picking up strays
- Rebuild your social network
- Get involved in your community
- Strengthen friendships
- Find a cause to rally behind



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