

**PLUTO
TRANSITS**
SURVIVAL
GUIDE

P

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ASTROLOGY

Pluto Transits Survival Guide

Transit (moving) Pluto making a hard aspect to your natal planets (conjunctions, squares, and oppositions) can be the most troublesome aspects to experience, but they don't have to be. If you see them coming in advance, or if you know you're experiencing them currently, you can work with the difficult energy and turn things around. There is a chance to do so, and while it may be hard at first (really, really hard), at a certain point, things can start shifting, and you can see how you can take control back from Pluto. It's your life, not his - take your power back!

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Transit Pluto to the Natal Sun

The Sun is ruler of YOU, so when you experience transit Pluto conjunct, square, or opposite your natal Sun, you're the bullseye for Pluto. You can experience many power struggles and control issues, and issues you've held deep inside can come roaring out. Many people can develop quite the temper under these transits, but that's not the right way to deal with it.

How to survive:

Since the Sun does rule you, you need to focus on YOU. Meaning, you need to make a deep transformation of yourself or your life, and take control over yourself. This may be physically, and you can work on having a better lifestyle, treating your body better, being healthier, or getting serious about health issues; or this can be with issues that you have, and you can focus on the issues that have held you back and kept you from realizing your potential, and face the things you've been running from so they're no longer keeping you down; or this can be with your approach to life, and you can work on being more responsible, productive, stealth, and have a stronger will. This is one of the ultimate tests of will, and if you handle it right, you can emerge with an inner strength that will carry you through for years, or even the rest of your life.

Make sure you check the houses your natal Sun is in and rules for areas of life that can be directly impacted by this transit. These areas of life can also be areas where you focus on making transformations for the better.

Transit Pluto to the Natal Moon

The Moon is ruler of your emotions, what you need to feel emotionally safe and secure, and your internal foundation, so when you've got transit Pluto conjunct, square, or opposite your natal Moon, everything you think you need to feel safe and secure can be destroyed. This usually only happens when whatever it is isn't actually good for you, or is false in some way, but it's still a disconcerting experience, and you can be emotionally insecure and unstable. The Moon also rules your home and family, so this can be attacked by Pluto as well if you haven't created a healthy, loving, and stable home environment (or are stuck in a bad one).

How to survive:

You have to get real with yourself and ask yourself if you're depending on anything to help you feel confident, secure, and safe that isn't actually good for you, isn't healthy, isn't sustainable, is false in some way, or is holding you back. Tear it down yourself, or go with it if you're already seeing it being torn down in your life. Then work on changing things so you're focused on healthy emotional expression, and making yourself stronger internally without the need for anything external. This transit is also super important for facing your inner demons that have impacted you emotionally and work on your emotional issues. If you don't, those demons just grow and become out-of-control monsters. This can be a good transit for therapy that helps you understand yourself internally and work on the issues at your core. Don't give in to the tendency to be drawn to the dark side of life that often comes with this transit, or to escape in unhealthy ways. Pluto rules cold reality, so face the cold reality and deal with it. These transits are the ones with the highest chances of you emerging as an incredibly strong and powerful person.

Make sure you check the houses your natal Moon is in and rules for areas of life that can be directly impacted by this transit. These areas of life can also be areas where you focus on making transformations for the better.

Transit Pluto to Natal Mercury

Mercury is the planet of communication, ruling the mind, our learning, how we communicate and think, so when transit Pluto is conjunct, square, or opposite your natal Mercury, your mind can be the target. You can be more obsessive, overly pessimistic, have too serious of an attitude and approach, have little patience for superficial conversation, and can be prone to mental health issues.

How to survive:

First, distract - give your mind something to get obsessed with so you're not obsessing over life (so hobbies that stimulate your mind or try learning something new), or keep yourself physically busy so you get out of your head. Second, vent - give yourself some sort of outlet to vent your frustrations and worries. Journaling, blogging, talk therapy (if you're open to it). Somewhere you can unload without doing it on the people in your life. And third, transform - you know Pluto, he loves a good transformation. Change the way you think about certain situations, the way you communicate with certain people or in certain situations, your perception of the world or certain points of view, the way you express yourself and make yourself be heard, the way you hear others. Challenge your mind to change in some way.

Make sure you check the houses your natal Mercury is in and rules for areas of life that can be directly impacted by this transit. These areas of life can also be areas where you focus on making transformations for the better.

Transit Pluto to Natal Venus

Venus is the ruler of your relationships, so when transit Pluto is conjunct, square, or opposite your natal Venus, you can experience power struggles and control issues with the people in your life, and your relationships can get put under the microscope. You may require more intensity and connection from the people you're close to, but you may demand too much and smother them, or feel smothered by others.

How to survive:

Since Venus does rule relationship, aim the transformation energy at the relationships in your life. You need to let go of the people who are no longer serving a positive purpose in your life, and surround yourself with people who are supportive, encouraging, positive influences, help you grow into who you should be, and you feel a strong connection to, especially emotionally. Don't try to hold on to something that isn't working, isn't going to work, and is hurting you mentally or emotionally. It can be upsetting at first, especially if you have major relationship issues you need to work on that have led to you choosing bad people, but you can emerge with relationships that will last a lifetime. If you have issues with love, face them, heal and open your heart, and allow yourself to grow with love.

Make sure you check the houses your natal Venus is in and rules for areas of life that can be directly impacted by this transit. These areas of life can also be areas where you focus on making transformations for the better.

Transit Pluto to Natal Mars

Mars is the planet of energy and drive, so when transit Pluto is conjunct, square, or opposite your natal Mars, you can be extra driven and focused, which is positive, but you can also be more ruthless, and your temper can be through the roof, especially if you're someone who bottles up their anger and has a lot of repressed rage. Watch out!

How to survive:

It's imperative that you don't hold back your anger, but you also don't want to explode every time you are mad, so the goal is to find a healthy outlet for your anger, which will probably be bubbling over quite a bit more than usual. Physical activity can be a great help, and you can channel anger, frustration, annoyance, and rage into exercise, physical hobbies like biking, hiking, or swimming, or even extreme sports and hobbies (though you do need to be careful of accidents and injuries with these aspects). You may also need to work on changing the way in which you're driven or how you use the energy you have to make things happen. These aspects provide the greatest potential to create something through sheer force of will, and if there's something formidable that you need to address, this can be the time to do it because you won't back down. You may also need to work on being more confident by addressing anything internally that has led you to feel insecure. Mars wants you to be super confident and self-assured without being cocky or arrogant, so if that needs to be transformed, now is the time to do it.

Make sure you check the houses your natal Mars is in and rules for areas of life that can be directly impacted by this transit. These areas of life can also be areas where you focus on making transformations for the better.

Transit Pluto to Natal Jupiter

Jupiter is ruler of space and freedom, as well as of your beliefs, so when transit Pluto is conjunct, square, or opposite your natal Jupiter, you may feel like you're being stifled and held back in life and do crazy things to get more freedom, or you may experience issues with your beliefs, either becoming obsessed with defending them in an unhealthy way, or losing any connection to them.

How to survive:

With Jupiter, you need to make sure you have enough freedom to live your life your own way without restrictions that make you feel like you're being held back unnaturally. But you also need to make sure you're not taking risks that put you in bad situations, so you need to strike a balance. Be smart about the risks you take, not impulsive, and do your homework and make sure you're passionate about it first. With your beliefs, it's important for you to make sure you're living your life in a way that reflects what you believe in, but you don't want to go overboard with it. If you do, you're likely overcompensating for something, which is most likely that you're subconsciously disconnected to your beliefs but don't want to consciously admit it to yourself. If you lose connection to your beliefs, this is a time to focus on what it is you do believe, and to be true to yourself.

Make sure you check the houses your natal Jupiter is in and rules for areas of life that can be directly impacted by this transit. These areas of life can also be areas where you focus on making transformations for the better.

Transit Pluto to Natal Saturn

Saturn is ruler of your goals, restrictions and limitations, so when transit Pluto is conjunct, square, or opposite your natal Saturn, you may experience power struggles and control issues with your goals and ambitions, and you can become obsessed with them to your own detriment. You can also feel held back, suffocated by life, and worried about something terrible happening, focused too much on the bad since both Saturn and Pluto rule reality, and Saturn rules depression while Pluto rules pessimism. Icky combo!

How to survive:

Don't get stuck on your goals. Take a step back and make sure you're actually seeing everything and tending to everything in your life. You can experience success because you have incredibly discipline during Saturn/Pluto transits, but it can be at a cost if you ignore the rest of your life. Remind yourself of what matters most, and make a conscious effort to tend to them regardless of what you're trying to accomplish.

Accomplishments mean nothing if your life is otherwise empty. You'll also need to work on making sure you don't get sucked into negative thinking or constant worry about what may go wrong. The more you think about it, the more obsessed you can get with it, so don't go down that rabbit hole in the first place. Work on being more mindful of your thoughts, and if you're someone who is a worry wort anyway or is prone to depression or anxiety, work on the issues that have led to this in the first place. Dig deep inside of yourself and work on transforming this tendency so you can develop better control over your own monkey mind. These transits provide great potential for developing super discipline.

Make sure you check the houses your natal Saturn is in and rules for areas of life that can be directly impacted by this transit. These areas of

life can also be areas where you focus on making transformations for the better.

Transit Pluto to Natal Uranus

Uranus is the planet of change, and Pluto is the planet of transformation, so when transit Pluto conjuncts, squares, or opposes your natal Uranus, it means the train of change is barreling down on you and your life, and this can be very unsettling. You can experience changes you don't think you're ready for and that feel like they're turning your life upside-down. And you can be extra impulsive, so you might make matters worse!

How to survive:

You can escape the change energy of these transits, so go with it. Focus on a major change (or changes) that you want to implement in your life and go with it. Be thoughtful about them though, and avoid the urge to be impulsive. Do a little homework, take a little time, go one step at a time, and have some certainty of your plans but still be flexible enough to make adjustments when required. If you need to totally change your life, these transits are great. You can create change that is deep and lasting, and you can take control of the changes when you work at it. If you experience changes that feel out of your control, then think about why these changes are being made. Is there something you haven't wanted to deal with, you've been avoiding, or you've been doing that you know has been unhealthy for you? Changes that occur now are likely changes that you NEED, and they'll happen whether you do them yourself or Pluto/Uranus has to do them for you. So do them yourself, and have a little less headaches.

Make sure you check the houses your natal Uranus is in and rules for areas of life that can be directly impacted by this transit. These areas of life can also be areas where you focus on making transformations for the better.

Transit Pluto to Natal Neptune

Neptune is ruler of your subconscious mind, your dreams, and rules vulnerability and deception, so when transit Pluto is conjunct, square, or opposite your natal Neptune, you can become more vulnerable to people who want to do you harm but are the wolf in sheep's clothing, you may question your dreams and lack a connection with them, or you may have problems with subconscious issues, motivations, or desires that can make you your own worst enemy.

How to survive:

Those subconscious issues, motivations, and desires can bite you in bad places, so work on bringing them out of your subconscious and become consciously aware of them. Once you're consciously aware, you have the chance to understand them, work them out, and move on. Don't let them remain stuck in your subconscious. It might be a good time for dream analysis, past life regression, anything that gives you a glimpse into the subconscious part of you. Be a little skeptical of anyone who comes into your life that may be too good to be true, because they likely are but you may not be fully aware. If your gut is telling you it's too good, listen to it. If you're feeling insecure with these transits, work on issues that have led you to not believe in yourself the way you need to.

Make sure you check the houses your natal Neptune is in and rules for areas of life that can be directly impacted by this transit. These areas of life can also be areas where you focus on making transformations for the better.

Transit Pluto to Natal Pluto

Your natal Pluto rules your power and control, so it can show areas where you may experience power struggles and control issues, and where you may need to make a major transformation in your life. Transit Pluto can only square your natal Pluto - until science advances considerably or vampires become reality, none of us live long enough to experience the opposition (well over 100 years, or eventually for Pluto to conjunct - you'd need to live a couple hundred years for that!).

How to survive:

Transit Pluto square your natal Pluto occurs at around the same point in life for everyone so it's considered a generational aspect, and is one of the mid-life aspects. When it occurs, you're often shifting into a new phase of adulthood, and this can be a good thing or a bad thing depending on how much you resist, don't want change, or are unhappy with the way things are. If you haven't worked on many Pluto issues to this point, you can experience a lot of them now, so you want to work on those Pluto issues. Have you found your own personal power, or do you take power from others? Do you have control over yourself, or do you control others? The goal is to create a shift into this new phase of adulthood that's more seamless and less destructive. Don't be one of those people with a mid-life crisis that everyone makes fun of. Instead, work on making changes and transformations that are productive, healthy, and help you embark on this new phase of life.

Make sure you check the houses your natal Pluto is in and rules for areas of life that can be directly impacted by this transit. These areas of life can also be areas where you focus on making transformations for the better.