



# Saturn Karmic Cycles

Cycles Reminder of Karmic Occurrences

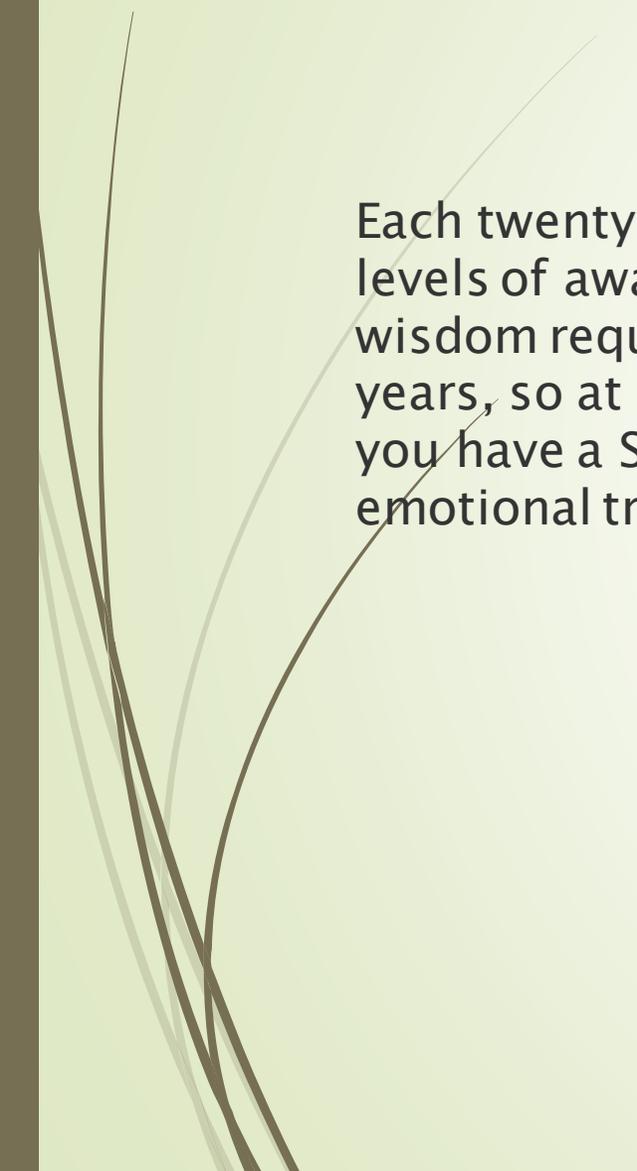


The karmic lessons we have come to experience and overcome in this lifetime are expressed by Saturn, the karmic initiator of the zodiac. These are often restriction or oppression in relationships; chronic debilitating conditions in health; old age, poverty and other difficult circumstances in material life. Saturn rules old people, restrictive situations, inflexible authority and chronic, hard-to-shift disorders.

In my view, the Saturn Return has attracted an unfairly bad reputation, commonly labeled as a difficult and challenging time. And to be honest – this is partly true. The Saturn archetype reflects the boundary between the conscious awareness of one's self and the unconscious, and this part of its cycle asks that we examine the self at a most personal level. For this reason, the way we approach this energetic cycle can make an enormous difference to our experience of it – it can be extremely challenging or an extremely rewarding time of self discovery.



Each twenty-nine years naturally presents us with the challenge to rise to new levels of awareness, or face the consequences of having failed to gain the wisdom required so to do. This critical phase only happens once every 29 years, so at around age 28–30, 57–59 and (if you live long enough) 86–88, you have a Saturn Return. It signifies a definite time of transformation, an emotional transition from one life-phase to the next.





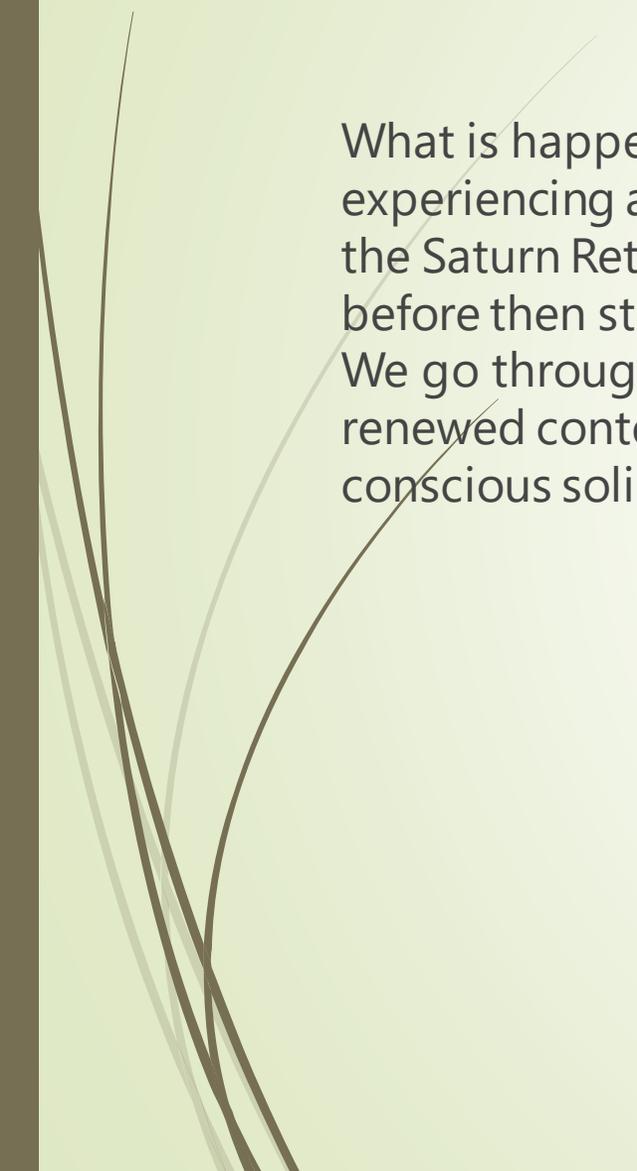
At the age of around 28 and a half, your soul 's journey has reached a point in its evolution of awareness where a process begins of taking a step back, slowing down, and then entering a stage of deep reflection on the nature of your life. Because the natural process of reflection requires the need to go within, a natural process of becoming more introverted takes place. I really want to emphasize the point that this is an intrinsic part of how consciousness works in human form.

When this period starts to take place, we can naturally start to feel very heavy within ourselves, and an overwhelming sense of melancholy can take hold. Everything during this period of time can become very taxing, and we are often faced with a huge sense of responsibility. Or at least it feels like it.

What also begins to happen is that we may feel like we are being blocked in all directions – that we can't make anything happen. In fact, a big part of your Saturn Return cycle is about being blocked. One of the main reasons again, is that this period signifies slowing down, taking a time-out and becoming more aware of the deeper self, while these blockages create the need for self-awareness, self-determination and self-sustained effort to move forward.



What is happening in a broad sense is this... Before we reach our 28th year, we spend our lives experiencing and developing our ideas about life; our identity. We can call this the ego. When the Saturn Return comes along, we slow down and reflect. Upon reflection, the ego that we had before then starts to break down and we often change our perspective on, and approach to, life. We go through a period of ego transformation and conscious reality shift. We see ourselves in a renewed context. What results sometimes entails a change in direction, and sometimes a conscious solidifying of the direction we are already on.



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- **The second Saturn return** (around age 57–59) sees the shift from the *Phase of Maturity* to the *Phase of Wisdom*. At this intensely karmic time I am once again experiencing a significant dislocation of my life, as I have split from the Firecat, my somewhat unstable partner of 25 years (who gave birth to my beautiful child), have moved house and seem to be taking on many unfamiliar responsibilities and new directions, some of which have become excessively exhausting and onerous. This experience may lead to a new career too! Or at least the exploration of new ways for life to express its energies through me.
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- **The third Saturn return**, if reached at 86–88, seems usually to mark the transition either to the next world or else back to a second childhood! My father-in-law is now undergoing his third and this has seen him developing a serious respiratory infection and the need for a major heart operation. My own father has just recovered from being hospitalised with a lung infection after a major heart operation and last week my mother has just been admitted with something similar. They too are entering the phase–shift of the third Saturn return.

So the Saturn return phase is to be taken lightly at our peril, but we need to bear in mind that eventually (within a reasonably short time in fact) the phase comes to an end and we will see that our lives have shifted to an entirely new level.



As the Saturn return phase approaches, often our lives seem to speed up, as if hurrying to clear out old baggage from the past, to lighten the load for the next stage. Important things that either finalize old issues, or prepare the ground for new developments tend to occur with increasing frequency. For those who are unprepared, this is often a time of severe suffering, as we struggle to understand the slings and arrows of outrageous fortune that seem to be aimed squarely at our hearts. Indeed, relationships and major life-decisions are all too often the focal points for this clearing out of karmic baggage.



The Saturn return is the culmination of a train of complex aspects that happen to everyone at this time of life, but if you are experiencing your Saturn return, it need not mean that you too will suffer immense dislocation, or emotional disturbance and suffering. The focus of the spirit during this period of purification must increasingly be on understanding our *needs*, as opposed to our *wants*. When we find room in our lives for fulfilling our true needs and for living with intent, our souls grow in love and understanding, as we move closer to the heart of our real reason for being here. This Way is the true Tao which cannot be told...

## Saturn and Depression

Depression has a direct association with the Saturn/Capricorn vibration. I really want to add this element into the article as I feel that it can offer a perspective on this experience.

Firstly, I want to clarify my position. The fabric of reality, in of itself, contains the human being and all its experiences on Earth. This means that the experience of soul-level depression itself is a part of the totality of creation. It is set in motion by Source itself.

Where everything gets murky and blurry is that we have external factors in our human experience which have caused this natural experience to be regarded as something far more unnatural and negative than it actually is. As a society, we therefore regard experiencing that inner darkness as something to resist, or worse, medicate. But this kind of social conditioning does not actually include any spiritual awareness on the subject, no awareness of light and dark, which leads us to experience confusion and total misalignment with the natural laws that exists for us.

With that said, there are no doubt those who genuinely suffer depression as a chemical imbalance in the brain, but both logic and science suggest they are a minority among the masses of people currently diagnosed and medicated for “depression” by our conventional medical establishments.



## **So then, what exactly is the association with Saturn and depression?**

In the natural zodiac (not pop culture astrology terminology but the natural laws that correlate to the 12 sign archetypes) Capricorn reflects gravity and time. This is the vibration of slowing down (gravity), experiencing blocks and having a limited view on things. Gravity does what? It causes the experience of being bound to something. A natural limitation. Spiritually speaking, what is actually taking place through your Saturn Return cycle is that *the soul is naturally experiencing limitation relative to its own awareness.*

A simple way to see this is that you are trying to figure out a level 5 math equation but you only hold the awareness on level 2. This limitation will naturally create a sense of futility, and feelings of being stuck. Because Capricorn makes a natural connection to Pisces, there can be a natural tendency to space out and feeling lost in the process. This is then reinforced by the social programming that teaches us that we should only seek answers outside of ourselves. Feelings of being overwhelmed are also part of the Pisces archetype, which can add to the feeling of being helpless, like there is no way out. Do these aspects sound familiar?



So here is what the *natural* state of Saturn induces. The process of Saturn reflects a total metamorphosis of the self-image. Through deep internal reflection, induced by limitations, we begin the process of looking deeply at the nature of our lives, then we begin to remove the limitations and blockages by seeing things in a new way or changing the approach to how we perceive things. The constant shifting in perception eventually leads to liberation and changes in direction. Naturally, our new directions are often quite different to the old directions that we feel we are being blocked from. Make sense?

