



Julie Mae  
ASTROLOGY

# STANDING AT THE THRESHOLD

*Continuing the Journey Begun with Saturn & Neptune in  
Aries*

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*What You Carry. What You Leave Behind.*

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Sun Sign: \_\_\_\_\_ Rising Sign: \_\_\_\_\_ Moon Sign: \_\_\_\_\_

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***Spirit Led. Star Guided.***

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# Welcome to the Threshold

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This workbook is your personal companion for one of the most significant astrological transits of our time: Saturn and Neptune in Aries — meeting at 0° Aries, the very beginning of the zodiac wheel.

Wherever these two planets activate your natal chart, you are being invited to examine what you have inherited, what you have built out of survival or conditioning, and what is ready to be released — consciously, with compassion.

This is not a one-time event. The healing that Saturn and Neptune in Aries calls forward is ongoing — a journey of returning, deepening, and continuing to choose yourself. Come back to these pages as many times as you need.

## How to Use This Workbook

You do not need to complete every section. Move through it as your chart and your soul call you.

If you work with an astrologer, bring this with you. If you are working alone, take your time.

This is not a test. There are no right answers — only honest ones.

Revisit these pages. What you write today may shift as the transit deepens.

A note on the language: this workbook is written to be accessible whether you are new to astrology or have been practicing for decades. Astrological terms are briefly explained where they appear. Trust your intuition about what resonates.

# Part One: The Threshold

## Saturn & Neptune in Aries — What This Means

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The Aries Point — 0° Aries — is the threshold between what has been and what has not yet been named. When outer planets cross this point, their energies become collective — felt not only in personal charts but woven into the fabric of the world.

Saturn is the planet of structure, time, responsibility, and inherited patterns. It shows us what was built, what was demanded of us, and what we carry as duty.

Neptune is the planet of dissolution, spiritual longing, compassion, and the unconscious. It softens what Saturn hardens — not by destroying it, but by making space for what is true beneath it.

Together in Aries, they ask a singular question — one that will repeat and deepen over the course of this transit: What are you willing to carry forward — and what are you ready to put down?

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### Reflection: Where Are You in the Journey?

✿ What originally drew you to this work — this inquiry into inherited patterns and generational healing?

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✿ What has already begun to shift in you since this transit began? What feels different — even subtly?

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✿ What are you still carrying that feels ready to be examined more deeply?

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## Part Two: Healing Through the Houses

### Where Is Saturn & Neptune in Aries Activating Your Chart?

To use this section, you will need to know which house or houses Saturn and Neptune are currently transiting in your natal chart. If you are not sure, an astrologer can help you identify this — or you can use a free chart tool online and look for 0° Aries.

Even if you are new to astrology, you can work with the themes that feel most alive for you right now. Let intuition be your guide.

House	Healing Theme	Core Question
1st House	Identity & The Body	Where do you perform a role that isn't truly you? What would it feel like to simply be yourself without inherited armor?
2nd House	Worth & Resources	What beliefs about money, safety, or value did you absorb early? Which of these still serve you?
3rd House	Voice & Mind	What topics were silenced in your family? What would you say if you knew it was safe to speak?
4th House	Home & Roots	What emotional patterns trace back to your family of origin? What does 'home' mean to you now?
5th House	Joy & Creativity	Were you allowed to play without purpose? What brings you joy that has nothing to do with productivity?
6th House	Health & Routine	What does your body carry that your mind has not yet processed? Where might overwork be a form of escape?
7th House	Relationships	What relationship patterns have you inherited? Where might you be recreating what was familiar rather than what is healthy?
8th House	Shared Power & Depth	What has been kept secret — financially, emotionally, or in terms of family power? What wants to come to light?
9th House	Belief & Meaning	Which of your beliefs were inherited rather than chosen? What do you actually believe when you strip away conditioning?
10th House	Career & Public Role	Are you pursuing the life you want, or the one that was expected of you? What would success look like on your own terms?

House	Healing Theme	Core Question
11th House	Community & Belonging	Do you belong to communities that reflect who you truly are, or who you were expected to be?
12th House	The Unconscious	What grief, loss, or longing has never been fully acknowledged? What wants to rise from beneath the surface?

## Working With Your Activated House(s)

Identify the house or houses most relevant to you — either through your chart or through the themes that resonate most deeply. Return to this section as the transit continues — your answers may evolve.

**My Activated House(s):** \_\_\_\_\_

✿ **What pattern or story connected to this house has been the most persistent in your life?**

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✿ **Where did this pattern likely originate? (Family, early experience, culture, lineage?)**

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✿ **What has this pattern cost you? What has it protected you from?**

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✿ **If this pattern were no longer needed, what might become possible?**

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## The 4th House: A Deeper Dive into Ancestral Roots

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The 4th house holds the foundation — the family we came from, the emotional inheritance we carry, and the patterns we absorbed before we had words for them. Even if Saturn and Neptune in Aries are not transiting your 4th house natally, this transit invites all of us to examine what we carry from our lineage.

### Voices of the Old Pattern

"This is just the way it's always been."

"We don't talk about that."

"It runs in the family."

"You learn early what is expected."

### Voices of the New Pattern

"This was learned — not inevitable."

"I can respect where this came from and choose differently."

"I am allowed to redefine what feels like home."

"This stops with me."

✿ **Write one 'old voice' that has lived in your family. Whose voice is it?**

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✿ **Write a 'new voice' that feels true for who you are becoming.**

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# Part Three: Chiron & the Lunar Nodes

## Working With Your Natal Chiron Aspects

Chiron is the Wounded Healer — the place in your chart where a deep, persistent sensitivity lives. It is not a wound to be fixed, but a place to be understood. When Saturn and Neptune in Aries activate Chiron natively, the invitation to integrate rather than manage the wound becomes urgent.

Chiron Aspect	What It Means
Conjunction	The wound is impossible to bypass. Integration — not management — is the work. This placement often marks a life mission.
Square	Ongoing tension and friction around the wound. Growth happens through pressure. The discomfort is a teacher.
Opposition	The wound is triggered through relationships and external situations. Healing involves clearer boundaries and self-awareness in connection.
Trine	Less resistance around the wound — but ease can breed avoidance. The invitation is to go deeper, not skim the surface.
Sextile	Opportunity is present but not automatic. Small, consistent action is the path. The door is open; you must still walk through it.

My Natal Chiron is in: \_\_\_\_\_ in the \_\_\_\_\_ House

Chiron aspects in my chart: \_\_\_\_\_

✿ What is the core wound or sensitivity that Chiron in your chart points to? Describe it in your own words.

✿ How has this wound shaped the choices you have made — in relationships, work, identity?

✿ **Where have you seen this wound become a source of wisdom or compassion — in your own life or for others?**

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✿ **What would it look like to integrate this wound rather than simply manage it?**

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## Working With the Lunar Nodes

The Lunar Nodes mark the axis of your soul's journey — where you have come from (South Node) and where you are called to grow (North Node). When transiting planets aspect your natal nodes, the karmic momentum intensifies.

Node Aspect	What It Activates
Conjunction — North Node	Forward movement is no longer optional. You are pushed to commit to a new direction in real, tangible ways.
Conjunction — South Node	Old patterns surface clearly and begin to lose their grip. Letting go creates space — even if it feels disorienting.
Square (Skipped Step)	Progress pauses until something unresolved is addressed. Growth requires facing what has been avoided.
Trine / Sextile	Support is available — but you still have to use it. Past wisdom can be integrated without repeating old patterns.

**My North Node is in: \_\_\_\_\_ in the \_\_\_\_\_ House**

**My South Node is in: \_\_\_\_\_ in the \_\_\_\_\_ House**

✿ **What familiar comfort zone does your South Node represent? What feels 'safe' but may keep you stuck?**

✿ **What does growth toward your North Node feel like — exciting, uncomfortable, unfamiliar? Describe it.**

✿ **Where in your life right now are you being asked to take a step toward your North Node — even if it feels uncertain?**



# Part Four: Natal Aspects Activated

## Planets Touched by This Transit

Beyond the houses, Saturn and Neptune in Aries will form aspects to natal planets in your chart — and any planet you have at or near 0° of any sign will be especially activated.

### Personal Planets — Your Inner Landscape

Planet	Healing Theme When Activated
Sun	Reclaiming identity from inherited roles. Stepping into leadership that is self-defined.
Moon	Healing early emotional conditioning. Creating safety from within, not dependent on others.
Mercury	Truth-telling — naming what was once hidden, denied, or unspoken.
Venus	Releasing inherited beliefs about love, worth, and belonging. Choosing self-respect.
Mars	Transforming inherited anger or survival responses into conscious, directed will.
Jupiter	Reworking inherited belief systems and choosing what is true through lived experience.

### Outer Planets & Points — Generational & Soul Themes

Planet / Point	Healing Theme When Activated
Saturn	Restructuring inherited duty, guilt, and family rules. Becoming the pattern stopper.
Neptune	Dissolving inherited confusion, secrecy, or escape patterns. Bringing what was vague into clarity.
Uranus	Breaking free from inherited instability or nervous-system imprinting. Liberation.
Pluto	Confronting inherited power dynamics and survival patterns — turning them into conscious strength.
Chiron	Where sensitivity becomes strength through awareness and compassionate self-witness.
Nodes	Releasing karmic baggage. Stepping toward a spirit-led, soul-aligned future.

## Your Activated Planets

List any natal planets or points receiving aspects from Saturn and Neptune in Aries. Include the aspect type and house.

Planet / Point	Aspect & House

✿ Which activated planet feels most significant to you right now? Why?

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✿ What old story connected to this planet is ready to shift?

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✿ What new story is waiting to be written?

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## **Part Five: Journaling Pages**

### **Guided Reflection Journals**

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Each journal below is a standalone reflection space. You may complete them in order or return to the one that calls to you. Give yourself unhurried time with each one. Saturn and Neptune in Aries invite depth — not speed.

## Journal 1: What You Were Given

*Exploring Inheritance*

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✿ What values, beliefs, or ways of being were you handed down — explicitly or implicitly — by your family?

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✿ Which of these do you still carry? Which fit, and which feel like someone else's clothes?

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✿ If you could write a letter to the generation before you with understanding rather than judgment, what would you say?

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**Additional space for free writing:**

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## Journal 2: The Patterns That Kept You Safe

*Compassionate Examination*

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✿ Identify one pattern in your life that you recognize as a protective strategy. How did it serve you when it formed?

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✿ How does it show up now? In what ways does it still protect you, and in what ways does it limit you?

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✿ Can you hold it with compassion — as something that made sense once — rather than shame?

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**Additional space for free writing:**

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## Journal 3: The Liminal Space

*Standing at the Threshold*

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✿ What feels like it is ending in your life right now, even if nothing dramatic has happened?

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✿ What feels like it is beginning — a new orientation, a new sense of self, a new possibility?

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✿ What does standing at the threshold feel like in your body? What sensations arise?

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**Additional space for free writing:**

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## Journal 4: The Loving Legacy

*Becoming the Change*

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✿ What pain or pattern do you want to interrupt — to be the person in your lineage where a different story begins?

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✿ What gifts from your lineage do you want to carry forward — consciously and with gratitude?

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✿ Finish this sentence: 'The legacy I choose to leave is...'

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**Additional space for free writing:**

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## A Closing Reflection: A Loving Legacy

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*The line of inherited and generational pain can be interrupted.  
You can be the point where change begins.*

Saturn and Neptune in Aries will continue to unfold over time. The work you do now — the witnessing, the questioning, the gentle dismantling of what no longer serves — has ripples you cannot fully see. You are healing not only for yourself, but for those who came before and those who will come after.

Return to these pages. Add to them. Let them evolve as you do. This is ongoing work, and you do not have to do it alone.

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**✿ As you close this workbook session, what is one thing you are choosing to carry forward — consciously and with intention?**

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**✿ What is one thing you are choosing to release — not in shame, but in gratitude for the role it played?**

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**✿ Write a single sentence that captures your intention as you continue this journey.**

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*You don't have to walk this threshold alone.*

If this workbook has stirred something in you and you are ready to go deeper, a personal reading can illuminate exactly where this transit is working in your chart.

❄ **Book a Reading** ❄

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