Pushing through Time
Worksheet
Synodic Phases and Events

List the Synodic Cycle(s) you are working with?
Where did that Cycle occur in the chart?
Which houses do the planets involved in the Synodic Cycle rule?
Which is the faster of the two planets?

Using the 8th Harmonic overlay:
Place the 8th harmonic overlay template on the location of the
ORIGINAL SYNODIC CONJUNCTION and note where the dates show the phase shift.

Phases:
During the NEW phase, what new insights occurred (remember to take into
consideration the houses the planets rule as well as what the Synodic Cycle suggests)?

During the CRESCENT phase, what obstacles, red tape, research and/or difficulties
had to be or are presently being overcome?

During FIRST QUARTER phase, was there clarity, a new awareness, an idea for a new
structure or how to attack a problem? Did you discover a more organized approach?

During GIBBOUS phase, what excited you, how did you declare it to the world? Were
you seen as an authority?

During FULL phase, where were you stretched, what did you see objectively? What
had to go? Was there a crisis in consciousness?

During the DISSEMINATING phase, did you find yourself in a coaching or teaching
situation, did you share information with others, did you sell your ideas, did you see
what could be used for the next phase?

During the LAST QUARTER phase, were you lost, what did you do, did you learn
something new, investigate ideas of the past, let go of?

During the BALSAMIC phase, what did you find yourself researching, thinking about,
and incubating which led to the NEW phase?
And how did you process this?

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