

QUICK & EASY GUIDE TO TRACKING TRANSITS



AJ Sharp
Phantom Mermaid Astrology



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BEGINNER FRIENDLY

INTRODUCTION TO PLANETARY MOVEMENTS

Astrology transits show how the current movement of planets affects your life. By understanding transits, you can anticipate opportunities, challenges, and shifts in energy. This guide will help you track transits easily so you can make the most of your cosmic timing!

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EXCLUSIVE!

PAGE 01 KEY DEFINITIONS

What is a transit?

A transit occurs when a moving planet forms a connection with the placements in your birth chart. These interactions influence different areas of your life.

Birth Chart vs. Transit Chart

- Birth Chart: A snapshot of where the planets were at the moment you were born.
- Transit Chart: The current position of the planets in the sky and how they interact with your birth chart.

Aspects

- Conjunction: When a transiting planet aligns with a natal planet, amplifying its energy.
- Opposition: A transiting planet is opposite a natal planet, creating tension or balance.
- Trine: A harmonious aspect bringing ease and flow.
- Square: A challenging aspect that pushes for growth and change.
- Sextile: A supportive aspect that encourages opportunity and collaboration



PAGE 02 KEY DEFINITIONS

How transits affect you personally:

- Your rising sign determines how transits show up in different areas of your life.
- The faster-moving planets (Sun, Moon, Mercury, Venus, Mars) bring short-term influences, while the outer planets (Jupiter, Saturn, Uranus, Neptune, Pluto) create long-term shifts.

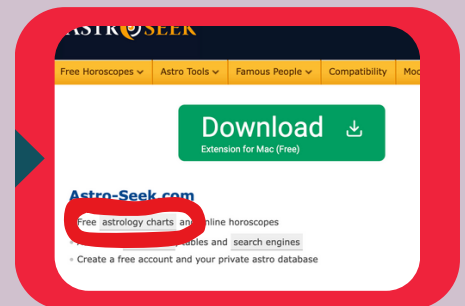


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STEP-BY-STEP

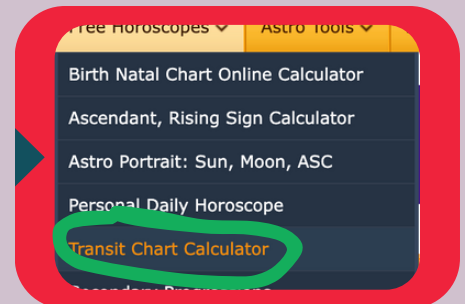
01 FIND YOUR BIRTH CHART

Use free tools like Astro.com or Astro-Seek to generate your chart.



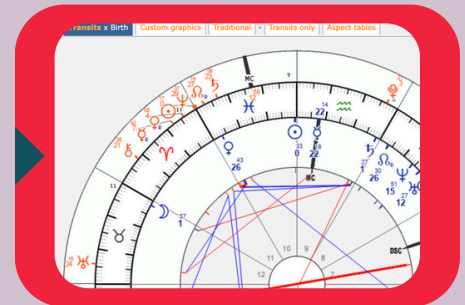
02 PULL UP TODAY'S TRANSIT CHART

Look at where the planets are right now using an astrology website or app.



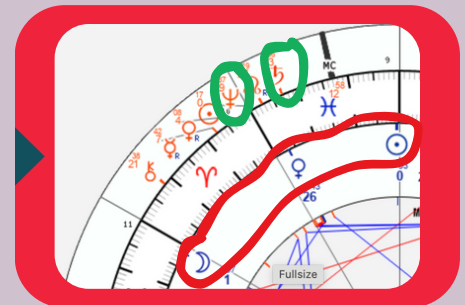
03 IDENTIFY PLANETS

Check which houses the planets are transiting through your chart and if they are near your natal planets. NOTE- Orange planets are transit planets, Blue planets are natal planets



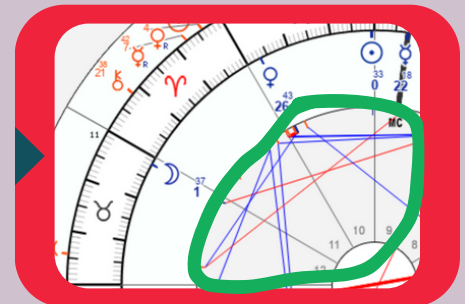
04 PERSONAL VS. OUTER PLANETS

Personal planets impact daily experiences, while outer planets indicate bigger life themes. NOTE- Red outline are personal planets, Green outline are outer.



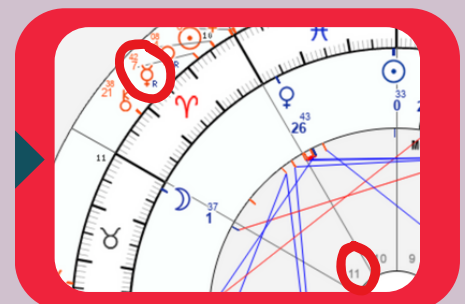
05 CHECK FOR MAJOR ASPECTS

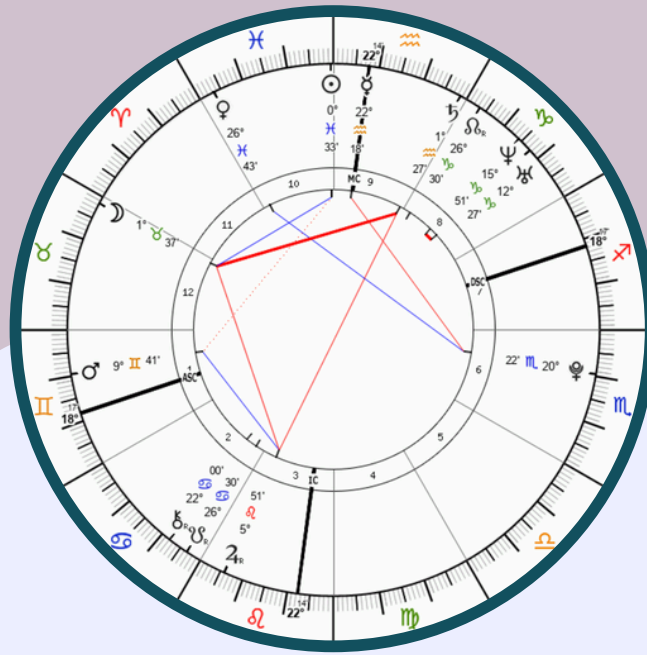
Look for conjunctions, oppositions, trines, squares, or sextiles between transit planets and your natal chart. NOTE- Red & Blue lines in the center are the aspects.



06 INTERPRET WHAT IT MEANS

Example: If Mercury is transiting your 11th house, you may have important networking conversations come up or have an opportunity to communicate with a large group of people in your field.





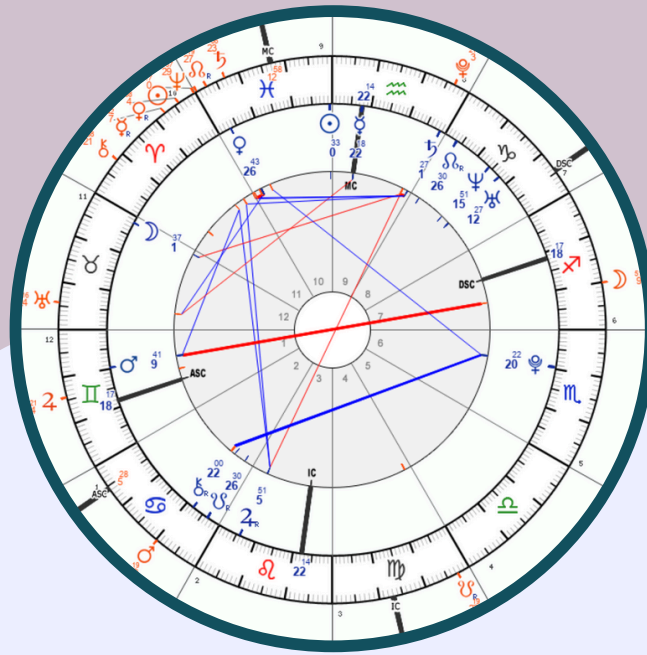
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EXAMPLE

BIRTH CHART

The image above is what my birth chart looks like. My placements are as follows:

Sun- Pisces 10th House
Moon- Taurus 12th House
Mercury- Aquarius 9th House
Venus- Pisces 10th House
Mars- Gemini 1st House
Saturn- Aquarius 9th House
Jupiter- Leo 3rd House
Uranus- Capricorn 8th House
Neptune- Capricorn 8th House
Pluto- Scorpio 6th House



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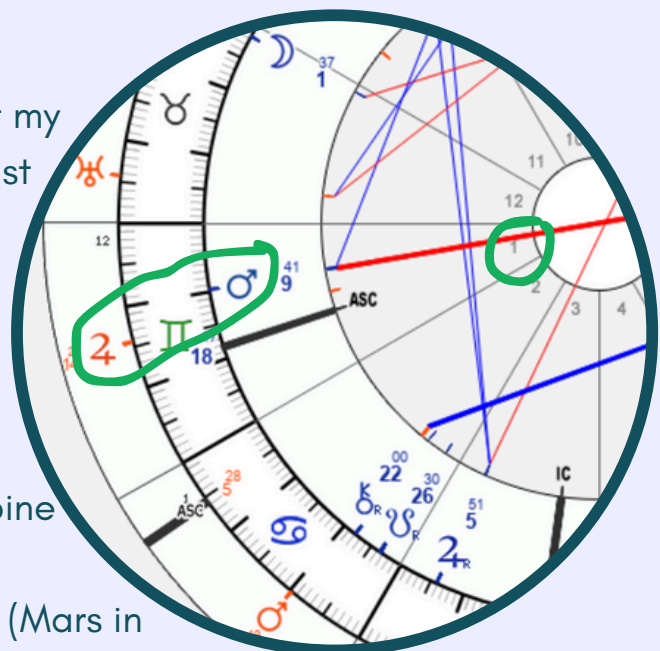
EXAMPLE

BIRTH CHART WITH TRANSITS

The image above is what my birth chart looks like with the transit chart. The transiting planets are orange and on the outer ring. The natal planets are blue and on the inner ring.

Example Interpretation:

Transiting Jupiter is conjunct my natal Mars in Gemini in the 1st House. This means that the good vibes, growth, expansion of the mind, all influencing my communication style (Jupiter in Gemini) will combine forces with my go-getter, ambitious, and curious drive (Mars in Gemini) all within my identity and how I share my perspective with others.



WHAT COMES NEXT

WANT A PERSONALIZED
TRANSIT READING?

Book a 1:1 session with me to understand how transits are shaping your life!

[Book Here](#)

Stay connected!

Follow me on [Instagram](#) (@phantommermaidastrology) and subscribe to my [Substack](#) for more insights.

Bonus Tip: Keep a journal to track how transits show up in your life and refine your understanding over time.

