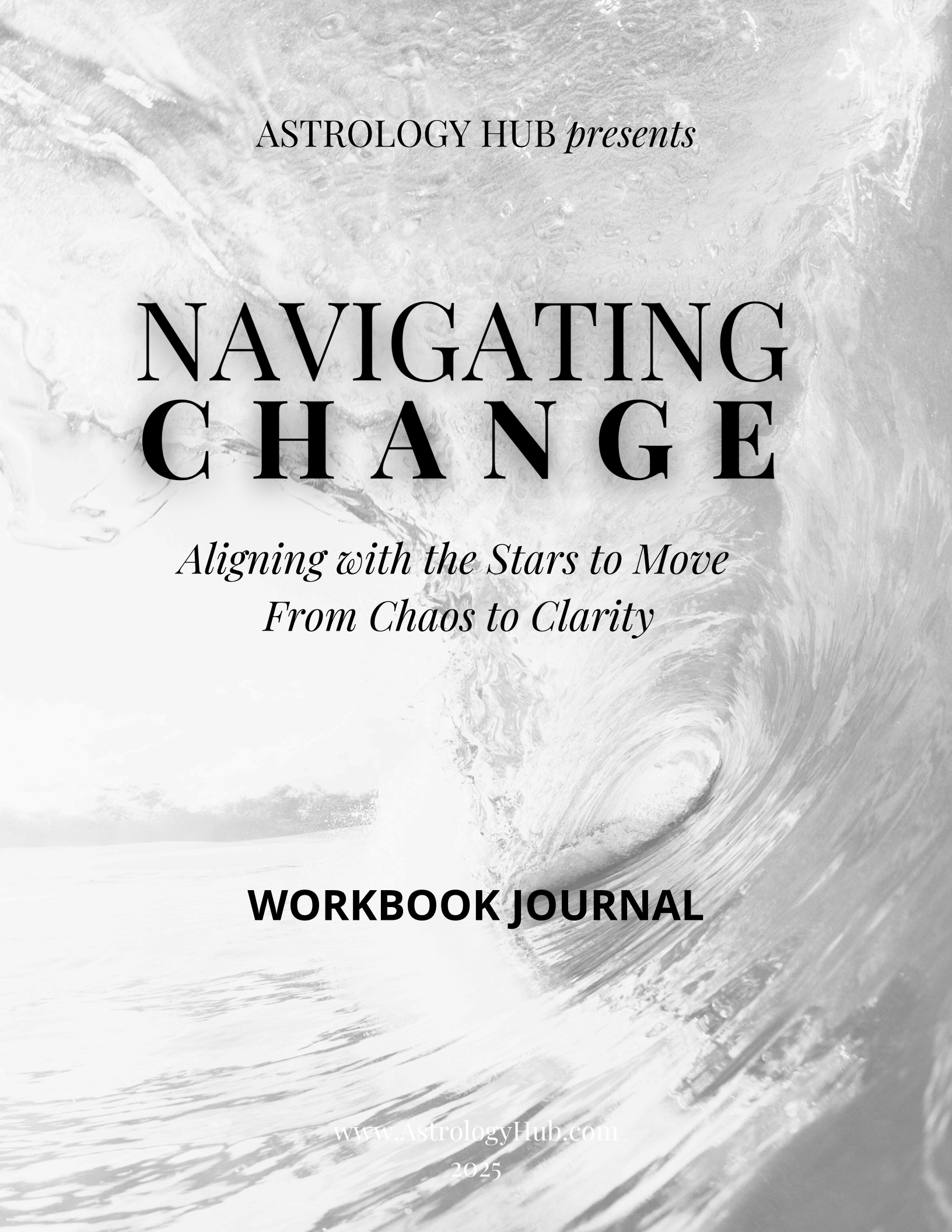


ASTROLOGY HUB *presents*

NAVIGATING CHANGE

Aligning with the Stars to Move From Chaos to Clarity

WORKBOOK JOURNAL

www.AstrologyHub.com
2025

NAVIGATING CHANGE WORKBOOK JOURNAL

We are living in a time of **profound transformation**, both personally and collectively... so I'm THRILLED you're here navigating this time with us.

As the world shifts around us, it's easy to feel uncertain, overwhelmed, or untethered.

Astrology offers a map, helping us understand the cycles of change and how to navigate them with intention, grace, and clarity.

This workbook is designed to be your companion for the Navigating Change event, where we'll explore the current cosmic climate and the shifts shaping our world.

To make sense of these transitions, we've identified **7 Cosmic Keys**—essential qualities to cultivate during this time: ***Trust, Expand, Community, Sovereignty, Action, Compassion*** and ***Intention***.

Each section of this workbook will help you integrate these keys by offering an overview of why this quality is essential, the astrological transits calling you to embody it, journal prompts for reflection and personal alignment and a space for notes from the live event

By engaging with this workbook, you're doing more than just absorbing information—you're actively aligning yourself with the energy of transformation. Use it as a tool for self-inquiry, grounding, and empowerment, and return to it as you navigate the months ahead.

The world is changing. How you move through it is up to you. Let's step forward with **intention, courage**, and **trust** in the unfolding journey.

I'm so grateful you're here.

With Love,
Amanda



COSMIC KEY #1:

Trust

The astrology of the next year is calling for deep trust in the process of unraveling.

As major planetary shifts dismantle outdated perspectives, you're being asked to surrender to uncertainty, see through illusions, and find breakthroughs within breakdowns.

This is not about clinging to what's comfortable—it's about stepping into the unknown with faith, courage, and an open heart.

Every major planetary shift is asking you to release illusions, surrender control, and trust that what is unraveling is actually making space for something greater.

KEY TRANSITS THAT REQUIRE CULTIVATING TRUST:

COSMIC KEY #1:

Trust



1. The Pisces-Aries Transition: From Vision to Action

Planets like Saturn, Neptune, Venus and Mercury moving between Pisces and Aries mark a transition from the dream state (Pisces) into bold, new beginnings (Aries). This process can feel like everything dissolving before something new is born. It requires trust, as the unraveling of old identities, beliefs, and systems is necessary before clarity emerges.

DATES:

- **Mercury at 0º Aries:** March 3, 2025, March 29, 2025, April 16, 2025
- **Venus at 0º Aries**: February 4, 2025, March 27, 2025, April 30, 2025
- **Neptune at 0º Aries**: March 30, 2025, October 22, 2025, January 26, 2026
- **Saturn at 0º Aries:** May 24, 2025, September 1, 2025, February 13, 2026

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2. Pluto in Aquarius: Breaking Free from the Old World

Pluto's shift into Aquarius last year is tearing down outdated social, political, and technological structures, leading to collective and personal upheaval. People may feel disoriented as the old systems no longer provide security.

Community and collaboration will be key rather than relying on past individualistic approaches. It's time to release attachment to old paradigms and embrace what's emerging, even if we can't yet see it fully.

COSMIC KEY #1: *Trust*

What is one area of my life where I can practice trusting the process more deeply?

How do I typically respond to fear—do I resist, avoid, or lean in?

COSMIC KEY #1: *Trust*

What practices help me stay present and centered when everything feels overwhelming?

If I trusted that everything was unfolding perfectly for me, what decisions would I make today?

COSMIC KEY #1: *Trust*

This section is for notes you have from the Navigating Change Panel on Cosmic Key #1: Trust.

"We cannot become what we want by remaining what we are."
– Max DePree



“Just when the caterpillar thought the world was over, it became a butterfly.”

CHUANG TZU



COSMIC KEY #2:

Expand

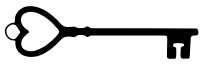
You are being called to expand your consciousness, dismantle rigid thinking, and embrace paradox. This is a time when old perspectives will no longer serve you, and you must learn to hold multiple truths rather than seeking certainty in outdated narratives.

Expansion requires letting go of limitations, opening to new ways of thinking, and allowing change to shift your understanding of reality.

By embracing expansion, you step into a more fluid, open, and dynamic version of reality—one where you can move beyond limitations and into infinite possibilities.

KEY TRANSITS THAT REQUIRE EXPANSION:

COSMIC KEY #2:
Expand



1. Uranus in Gemini: Breaking Free from Rigid Thinking & Embracing Paradox

Uranus, the planet of revolution and awakening, enters Gemini, the sign of duality and intellectual expansion. This transit challenges us to break free from black-and-white thinking and embrace multiple perspectives.

DATES:

- **Uranus at 0º Gemini:** July 7, 2025, November 7, 2025, April 25, 2026

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2. The Equinox & Aries Point Shifts: Consciousness Expansion & New Realities

The Equinox marks a portal of transformation, shifting our awareness into a new chapter of growth. The Aries Point (0° Aries) is a powerful activation point in astrology, often bringing breakthroughs in consciousness.

DATES:

- **Sun at 0º Aries**: March 20, 2025
- **Mercury at 0º Aries**: March 3, 2025, March 29, 2025, April 16, 2025
- **Venus at 0º Aries**: February 4, 2025, March 27, 2025, April 30, 2025
- **Neptune at 0º Aries**: March 30, 2025, October 22, 2025, January 26, 2026
- **Saturn at 0º Aries**: May 24, 2025, September 1, 2025, February 13, 2026

COSMIC KEY #2: *Expand*

Have I ever changed my mind about something significant? What led me to expand my perspective?

Can I think of a time when two opposing things were both true at once? How did that feel?

🗝 COSMIC KEY #2: *Expand*

What would it look like to say yes to something unfamiliar, even if it challenges my worldview?

How do I define personal growth? In what ways have I expanded in the past year?

COSMIC KEY #2: *Expand*

This section is for notes you have from the Navigating Change Panel on Cosmic Key #2: Expand.

"We cannot become what we want by remaining what we are."
– Max DePree



“The mind that
opens to a new
idea never returns
to its original size.”

ALBERT EINSTEIN

COSMIC KEY #3:

Community



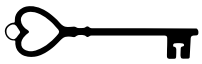
The astrology of 2025-2026 makes it clear: you are not meant to do this alone. It highlights the power of community, collaboration, and aligning with like-hearted individuals.

As old systems collapse and new paradigms emerge, no one is meant to navigate this transformation alone. The coming transits urge you to evaluate the energies you allow into your life, build networks that support your evolution, and embrace the power of unity over isolation.

By embracing this cosmic key, we step into our collective power, support each other's evolution, and co-create a future that is stronger than anything we could build alone.

KEY TRANSITS THAT REQUIRE COMMUNITY:

COSMIC KEY #3:
Community



1. Pluto in Aquarius: The Shift from Hierarchy to Collective Power

Pluto's move into Aquarius last year marks a profound transformation of societal structures. The old world, built on top-down control and centralized power, is dissolving. The future belongs to those who embrace collaboration, shared resources, and the strength of community.

TIP: Wherever Pluto is transiting your chart is where you will undergo a personal transformation in the next 20 years.

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2. The Rahu/Ketu Shift into Aquarius/Leo: Aligning with Like-Minded Individuals

In Vedic astrology, the movement of Rahu (North Node) and Ketu (South Node) into Aquarius/Leo signifies a karmic shift toward collective progress. Aquarius energy calls for collaboration, while Leo reminds us to shine in our authenticity while still being part of a greater whole.

DATES:

- **Rahu/Ketu (North & South Node) move into Aquarius/Leo (Vedic):** May 25, 2025
- They will remain in Aquarius/Leo until **November 2026**.

COSMIC KEY #3: *Community*

Who in my life makes me feel seen, supported, and valued?

What kind of energy do I bring to my relationships and communities? How can I contribute more meaningfully?

🗝 COSMIC KEY #3: *Community*

What fears or attachments keep me in relationships that no longer serve my growth?

If I could design my ideal soul-aligned community, what would it look and feel like?

COSMIC KEY #3: *Community*

This section is for notes you have from the Navigating Change Panel on Cosmic Key #3: Community.

"Alone, we can do so little; together, we can do so much." –
Helen Keller



“The greatness of a community is most accurately measured by the compassionate actions of its members.”

CORETTA SCOTT KING



COSMIC KEY #4: *Sovereignty*

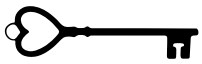
The astrology of the next year is calling for a deep reclamation of personal sovereignty—the ability to filter information, regulate emotions, and step into self-sufficiency without outsourcing power to external figures, systems, or fears.

With increased uncertainty and rapid change, it's easy to fall into overwhelm, misinformation, or reliance on external saviors. However, this is a time to develop inner discernment, regulate our nervous systems, and trust our own inner knowing.

The next year asks you to stand firm in our own inner wisdom, regulate your energy, and be selective about what we allow into our minds and hearts. Sovereignty is not isolation—it is the ability to be in the world without being consumed by it.

KEY TRANSITS THAT REQUIRE SOVEREIGNTY:

COSMIC KEY #4:
Sovereignty



1. Neptune in Pisces Moving into Aries: Releasing Illusions & Strengthening Discernment

Neptune, the planet of illusion, spirituality, and dissolution, has been in Pisces for years, dissolving structures and blurring the lines between truth and deception. As Neptune begins its transition into Aries, a shift occurs: where we once sought external guidance, we are now asked to take action from within.

DATES:

- **Neptune at 0º Aries:** March 30, 2025, October 22, 2025, January 26, 2026

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2. Pluto in Aquarius: Reclaiming Power from External Systems

Pluto's shift into Aquarius last year signifies a collective restructuring of power, particularly around technology, authority, and information. While Aquarius energy can lead to incredible breakthroughs, it can also create chaos in the form of misinformation, manipulation, and disconnection from self-trust. Be discerning about what kinds of information you allow to influence you.

🗝 COSMIC KEY #4: *Sovereignty*

What is one practice I can implement to strengthen my discernment when consuming information?

In what areas of my life do I still look for external approval, guidance, or reassurance before trusting myself?

🗝 COSMIC KEY #4: *Sovereignty*

What steps can I take today to cultivate more self-reliance, empowerment, and trust in my own authority?

What practices help me calm my nervous system and stay grounded in the midst of external chaos?

COSMIC KEY #4: *Sovereignty*

This section is for notes you have from the Navigating Change Panel on Cosmic Key #4: Sovereignty.

"A bird sitting on a tree is never afraid of the branch breaking, because her trust is not in the branch but in her own wings."
– Charlie Wardle



“Have the courage to follow your heart and intuition. They somehow already know what you truly want to become.”

STEVE JOBS

COSMIC KEY #5:

Action



The astrology of the next year demands movement, even in the face of uncertainty.

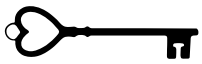
Many people believe they need absolute clarity before taking a step forward, but the cosmic shifts ahead teach us that clarity comes through action, not before it.

This is a time to trust momentum, embrace the unknown, and allow small steps to lead to transformation.

The coming transits don’t ask you to wait for the "perfect" conditions—they call you to begin now, even without knowing the full picture. Whether it’s a small decision, a bold step, or a shift in perspective, movement is what keeps you growing.

KEY TRANSITS THAT INSPIRE ACTION:

COSMIC KEY #5:
Action



1. The Mars-Pluto Evolutionary Push: Courage in the Face of Fear

Mars, the planet of action, meets Pluto, the planet of deep transformation in April, creating an intense call to evolve. This transit will surface fears, but also push us to act despite them. This transit is a deep push for confidence and courage in the face of fear. This is the third and final meeting of these two planets during this cycle. Look back to November 2024 and January 2025 for clues on the story line unfolding for you.

DATES:

- **Mars opposite Pluto:** November 3, 2024, January 3, 2025, April 26, 2025

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2. The Pisces-Aries Shift: Turning Dreams into Reality

Pisces is the realm of vision, dreams, and possibility. Aries is the realm of initiation, courage, and taking the first step. As these planets shift, what has only been imagined is ready to be acted upon.

DATES:

- **Sun at 0º Aries:** March 20, 2025
- **Mercury at 0º Aries:** March 3, 2025, March 29, 2025, April 16, 2025
- **Venus at 0º Aries:** February 4, 2025, March 27, 2025, April 30, 2025
- **Neptune at 0º Aries:** March 30, 2025, October 22, 2025, January 26, 2026
- **Saturn at 0º Aries:** May 24, 2025, September 1, 2025, February 13, 2026

🗝 COSMIC KEY #5: *Action*

What is one small step I can take today, even if I don't have all the answers?

When have I taken action despite fear in the past? What was the outcome?

🗝 COSMIC KEY #5: *Action*

What are three small, tangible steps I can take to start bringing this vision to life?

How can I release perfectionism and allow myself to take imperfect action?

COSMIC KEY #5: *Action*

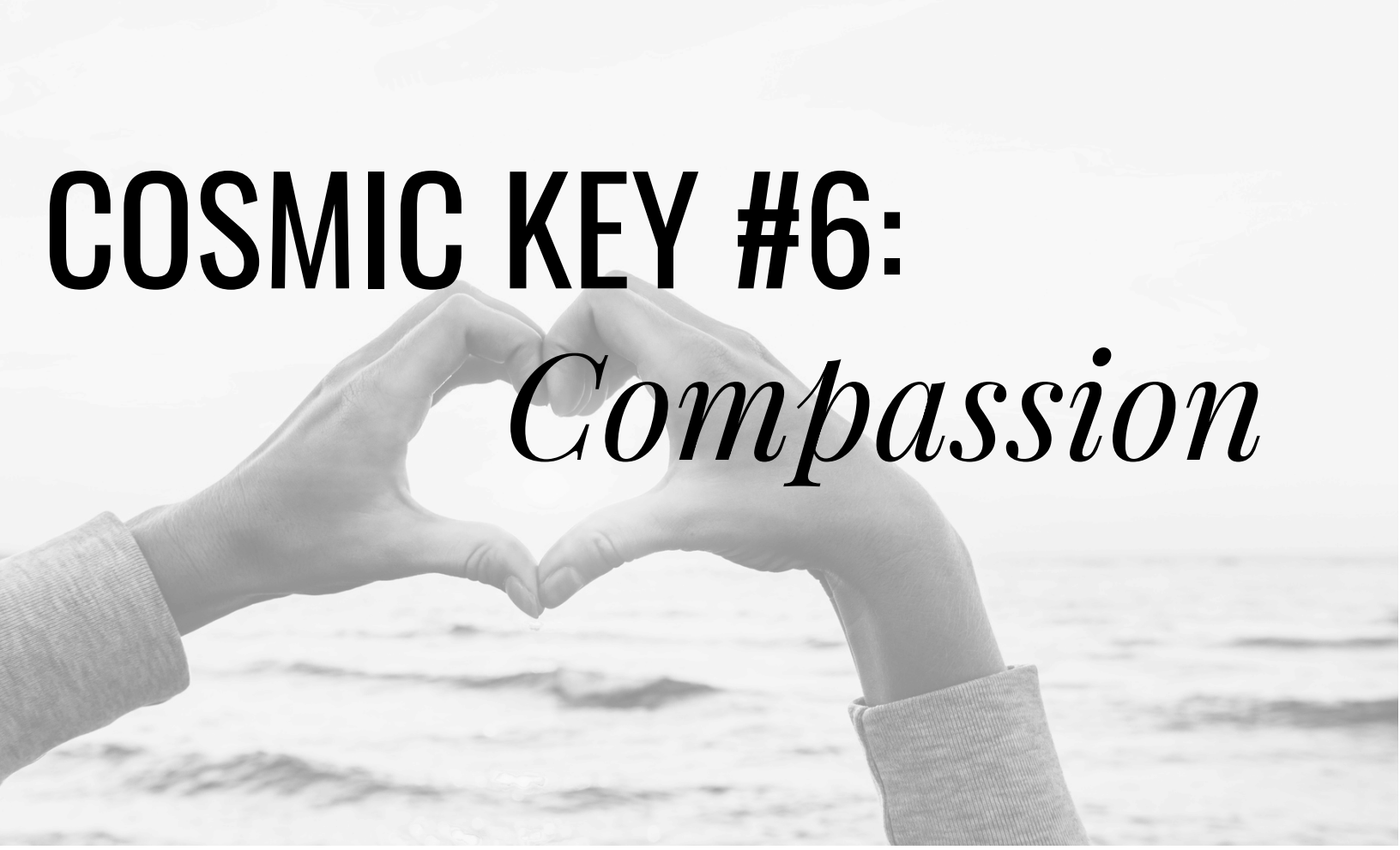
This section is for notes you have from the Navigating Change Panel on Cosmic Key #5: Action.

"Courage is not the absence of fear, but the ability to act in spite of it."– Mark Twain



“You don’t have to see the whole staircase, just take the first step.”

MARTIN LUTHER KING JR.



COSMIC KEY #6:
Compassion

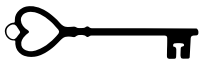
The astrology of the next year asks you to soften rather than harden, to lead with love rather than fear, and to extend compassion to yourself and others as you move through rapid transformation.

The process of seeing through illusions, releasing attachments, and embracing spiritual growth is not easy—it requires courage, humility, and the ability to hold space for both our own pain and the struggles of others.

The year ahead will challenge you to love in the face of division, to soften in the face of fear, and to extend patience in the face of struggle. Compassion is not weakness—it is the strongest force we have for personal and collective evolution.

KEY TRANSITS THAT REQUIRE COMPASSION:

COSMIC KEY #6:
Compassion



1. Venus & the Superconductive Power of Love

Venus represents love, connection, and harmony, and its movements this year remind us that love is a superconductor for transformation. As the world shifts, fear, division, and uncertainty will rise—but those who cultivate love, joy, and coherence will be able to navigate these shifts with greater ease.

DATES:

- **Venus at 0º Aries:** March 27, 2025, April 3, 2025
- **Venus conjunct Neptune**: March 27, 2025, May 2, 2025
- **Venus conjunct Saturn:** April 7, 2025, April 25, 2025
- **Venus stations direct:** April 12, 2025

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2. Neptune & the Pain of Disillusionment: Holding Space for Ourselves & Others

As Neptune moves through Pisces and into Aries, many people will realize they have been operating under illusions—whether about relationships, beliefs, personal identity, or the world at large. This process of disillusionment is painful, requiring compassion for ourselves as we let go of what we once thought was true.

DATES:

- **Neptune at 0º Aries:** March 30, 2025, October 22, 2025, January 26, 2026
- **Saturn at 0º Aries:** May 24, 2025, September 1, 2025, February 13, 2026

🗝 COSMIC KEY #6: *Compassion*

What is one way I can show myself more self-love and patience today?

How do I usually respond when I encounter people who have different beliefs or perspectives than me?

🗝 COSMIC KEY #6: *Compassion*

What is one practice I can adopt that helps me cultivate more love and joy in my daily experience?

If I fully trusted that love is the most powerful force for transformation, how would I show up differently in my relationships and in the world?

COSMIC KEY #6: *Compassion*

This section is for notes you have from the Navigating Change Panel on Cosmic Key #6: Compassion.

"Love is the bridge between you and everything."
– Rumi



“If you want others to be happy, practice compassion. If you want to be happy, practice compassion.”

DALAI LAMA



COSMIC KEY #7: *Intention*

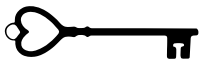
The astrology of the next year marks a series of sacred turning points, where planetary shifts act as portals into a new version of yourself. As you move through these cosmic doorways—whether it's the Equinox, Venus cycles, or major transits—you're invited to do so with deep awareness and conscious intention. What you focus on and cultivate now will shape the path ahead.

Without intention, you risk being swept up in the chaos of change rather than harnessing it as a tool for growth. The year ahead requires clarity, presence, and a willingness to actively participate in your own evolution.

The year ahead is not just about what happens—it's about how you move through it.

KEY TRANSITS THAT REQUIRE INTENTION:

COSMIC KEY #7:
Intention



1. The Equinox & Aries Point Crossings: Sacred Portals of Transformation

The Equinox and Aries Point crossings mark moments of energetic resets, where the cosmos offers an invitation to step forward with purpose. These are times when the veil between what was and what is becoming is thin, making them powerful moments for manifestation.

DATES:

- **Aries Equinox (Sun enters Aries):** March 20, 2025
- **Aries New Moon Solar Eclipse:** March 29, 2025
- **Saturn conjunct Neptune at 0º Aries:** February 20, 2026

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2. The Lunar Standstill Maximums: Staying Grounded During Energetic Shifts

Lunar standstill periods heighten emotional tides and amplify energetic shifts, making it crucial to stay centered, grounded, and intentional about how we navigate change. The 2025 Lunar Standstill is especially powerful, as it aligns with the Equinox portal, eclipses, and major planetary shifts, creating a rare window for transformation. This is a pivotal time to set intentions, embrace change, and align with your highest path—how you move through this cycle will shape the reality you step into.

DATES:

- **Moon's Most Extreme Out Of Bounds in alignment with Galactic Center:** March 21-22, 2025
- **The Next Lunar Standstill Peak:** September 2025

COSMIC KEY #7: *Intention*

As I move through this next cycle, what do I want to consciously create and call in?

Before stepping into a new chapter, what do I need to release or bring closure to?

COSMIC KEY #7: *Intention*

How can I align my daily actions and decisions with my deeper intentions?

If I fully trusted that I am stepping into a new version of myself, how would I show up differently?

COSMIC KEY #7: *Intention*

This section is for notes you have from the Navigating Change Panel on Cosmic Key #7: Intention.

"Each morning we are born again. What we do today is what matters most." – Buddha



“It is in your moments of decision that your destiny is shaped.”

TONY ROBBINS