

About Your First Saturn Return [Updated - How to Manage This and the Good News]

High Priest Hooded Cobra 666

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Since many of you are a younger generation of SS, those of you around 27-30, might experience within the next years your first Saturn Return. Effects might be already a little felt for some.

You must know that this is a violent transitory aspect, which, no matter what you have succeeded at, will come to test it all. It's not a very positive time for a person. Certain other aspects and transits can help you, but this one is still a very tough one.

One must keep in mind, that no matter what they see, they have around as much time as their first Return. This transit can make you feel as you have been useless, done nothing, or all things in your life have been mistakes, bringing with it a lot of other negative events. The house in which Saturn is seated in your Natal Chart, can be indicative on what this is going to hit mostly.

Many people due to lack of life experience, or not understanding how life works, are very quick to judge themselves harshly and negatively. You'll go through hard times in life, that is life.

There are also many people who just run from what is perceived as "negative" or "trying". This aspect will hit hardest on these people, and from there on, it depends on how these people will go about managing this.

One more category of people is those who keep trying to do the best and planning out for the future. Generally, this transit comes to make you look back and front in the same time: What you have done, what you could have done better, and what you can do better off in the future in your life.

This, again, depends strongly on the houses in which the transit is taking place into, but this can also be an overall theme in your life during this transit. The more spiritual work one has done, and the wiser one is, the more these outflows of Saturn can be mitigated to some extent.

Emotional pain, garbage, misfortune, or all sorts of other negativity might be consistent with this transit, and look like it is taking too much on you, same as external events. It's very rare that one experiences this transit without a lot of opposition, so feeling like you are being opposed by the world or very negative, is also likely to happen.

For these transits, one must definitely keep meditating. Accepting Saturn's lessons [not destruction, the LESSONS], can be crucial. For example, Saturn might make you depressed over certain things that you can fix, and you must look behind the causes of said negativity or opposition to try to address it, where this is possible. This transit needs to be made a lesson out of.

In regards to how to manage this, one should keep their soul clean [cleaning etc.], control the mind [void meditation is crucial at all points in life] and doing what is necessitated of them from their meditation program, which is in accordance to advancement. It's also always good to not allow your energies to drop [ie, to keep constant on meditation] as Saturn can have an effect of being more difficult to control when things are out of order or when you are a bit down.

Lastly, no matter what, one must know: IT WILL PASS! If you are of the category that experienced this in an easy way, that is a very good indicator you have been managing life properly, but still, this aspect will enforce re-assessments.

One must also bear closely at heart, that the Gods are going to be with you and support you, and that you are not alone in this situation. Additionally, a transit that negative won't occur for at least 7 or 14 years, and the second return will take approximately anywhere from 27 to 30 years. In other words, you have little to worry about after this first transit where Saturn is concerned, and the good times are going to be ahead after this very negative transit leaves you.

Additional information and FAQ

Blitzkreig wrote:

Would you recommend, or have tried, raising energies such as Sun energy, in the form of a Square (even a mediocre sign) or through a regular working, as a means of countering such as transit?

To me, I believe even a small amount of time, like 20 minutes, spent raising energy to directly transmute the transit, would go a long way toward reducing unnecessary stress. Beyond the time-frame of one square, I imagine someone could continue a working for even a very long time throughout this transit, or others.

My question is whether you believe this is worth it or not? I seem to believe it is, but have no direct experience. Yet, you list other activities like keeping clean and empowered, which act indirectly to Saturn, so why not direct action?

Thanks for your sermon.

Yes, you can of course do any of the following to help out the Saturn Transit manifest better: Sun Square, Jupiter Square, Cleaning or any meditation that deals with mitigating energies. This is mostly work that affects the energy. The real solution to experience this in the best way, is to actually have rectified as much as possible before this, to have cleaned the soul. And even then, workings to help around with this transit are necessary. Then, we also have the patience and necessary life assessments one might have to make for this energy to be expressed correctly.

Lydia wrote:

In addition to HP Cobra's advice, many people actually have a very positive Saturn return: getting married, finishing higher education, having their first child, buying their first home, and so on.

One woman I knew, did 3 things within a 10 month period of her Saturn return: got married, bought her first house, had a baby.

Yes, thank you for this, I should have been more specific. In certain occasions, Saturn can come to bring things to a closure, i.e., closure of the previous aspect of life, and waking up or coming into terms with a new life with new possibilities. A change of lifepath and added responsibilities for this lifepath might as well emerge, and it might not be "negative", yet, it can all be based on a deep inner and outer change.

Demonic wrote:

Can a really strong AOP completely negate all Saturn transit and its return?

Building this up for many years, won't it completely negate saturn's effects?

It will help tremendously, but it will not negate the, let's say, "disciplinary" aspect of Saturn. You will experience way less negativity especially compared to what certain people might. The AOP is helpful against ALL negative forces, including what could be considered negative from this transit.

Sunny wrote:

Can Saturn square for spiritual purposes help with this situation?

We have had a long conversation with HPS Maxine on this. Certain people, when they do the Saturn Square, they have very good effects in their life, improved structure, and they can use this beneficially. Others however, might experience a temporary increase of negativity.

If the Square of Saturn is to be used, it's to be used with a very positive and proper affirmation, and everyone has to try it and see how it goes. We have had mixed input from users of the Saturn Square, simply because of how most people "deal" with Saturn based on their nature. In no case we had "very bad" things however, and in more cases, we had very good outcomes, mostly however, of a steady and slow manifestation such as grounding or a more concrete outlook of life.

Yagami Light wrote:

I do believe that other people have it so much worse, and I guess I was spoiled and never learned to walk on my two feet. So, an incident that may seem gigantic and torture for me, may be insignificant for others. Everyone faces their Saturn return differently.

It is true that Saturn makes a person mature into an adult. To those of us who are in denial and don't want to fight, we're just gonna have a hard time facing life.

Absolutely. This is a very correct approach with this.

Lunar Dance 666 wrote:

What is the kind of orb one should take for this transit? Close like 2-3 degrees? or wider?

2-3 degrees is the orb where this will be felt the tightest, but the large orb is 7 degrees. When above 3 degrees, the effects will be subtler.

NigredoMax wrote:

Thank you very much for the information HP!

Does someone having their natal Saturn retrograde affect that persons Saturn return in any major way? Not necessarily in a positive or negative way but for how the energies manifest themselves?

Hail Satan!

Saturn as retrograde can have a sense of inner structure or a private inner structure, that might come in clashes with the external environment during this transit. But to know exactly how this might play out, you have to watch for the patterns of your life [ie, were you about to get married or get a job abroad, for example?] and to also look at the native house of your Natal Chart and where Saturn is seated.

Wotanwarrior wrote:

I remember that I started as a Satanist just after I passed my first Saturn Return at exactly that age, it was the worst time of my life, I left the gym and started to hang out with bad people and drink alcohol, when before I always hated alcohol and the night culture of the pubs and I had never drank, I felt empty and without any goal in my life.

Larissa666 wrote:

I had one in February last year. Am I the only one here who went through their first Saturn return? I can't be...

Yes, Saturn can really have effects like this. As thus, the post for people who are about to undergo this. If it's behind you, that's very good news.

Edward Lonsa wrote:

[\[...\]](#)

The worst thing is if our illusions, for example, inadequate career expectations and blaming ourselves for not making a career, or similar inadequate expectations in other areas, resonate with the illusions of the crowd and the people with whom we are karmically bound. For example, when parents push a child (and he pushes himself, because "it's cool") in a direction that is not appropriate for him, and when the illusion is shattered by the reality that "it might be cool" but it is still not appropriate for him, the false dreams of all involved crumble with the corresponding consequences. But it rests on nothing but the cretinism of all those involved, who, without understanding the subject, have gone there and imagined things about it that are not in it.

All of your reply is really in depth and very much on the point. Yes, Saturn can come as a little "Grim Reaper" that forces assessments in life. If one for example had audacious dreams about their next years [that they never followed through with] or they never had anything, Saturn can come and put all of this to the

challenge, forcing people to finally make a proper adjustment so they can progress in life in a more "realistic" fashion.

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