

Waking Up To Your True Self Through Your Saturn Return

A Saturn Return is an astrological event that occurs when the planet Saturn returns to the same sign and degree that it was in at the time of your birth. This happens about every 29.5 years.

Saturn is the planet of responsibility, discipline, and hard work. It's associated with our fears and insecurities, but it also represents our strength and resilience. When Saturn returns to our birth sign, it's a time to face our shadows and to come to terms with who we truly are.

Your Saturn Return is a time of great change and growth. It's a time to assess your life and to make changes that are in alignment with your true self.



Surviving 30: Waking Up to Your True Self Through Your Saturn Return by Chris Kilham

★★★★☆ 4.4 out of 5

Language : English
File size : 593 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 90 pages
Lending : Enabled



Some of the things you may experience during your Saturn Return include:

- Feeling lost or unfulfilled
- Questioning your career or life path
- Experiencing setbacks or challenges
- Facing your fears and insecurities
- Learning to be more disciplined and responsible
- Becoming more self-aware and confident

Your Saturn Return is a challenging but ultimately rewarding time. Here are a few tips to help you make the most of it:

- **Be open to change.** Your Saturn Return is a time of great change. Be open to new experiences and don't be afraid to step outside of your comfort zone.
- **Face your fears.** Saturn is the planet of fears and insecurities. During your Saturn Return, you'll be forced to face your fears head-on. This is a difficult but necessary step in your growth.
- **Be disciplined and responsible.** Saturn is the planet of discipline and responsibility. During your Saturn Return, you'll need to be more disciplined and responsible than ever before. This will help you to achieve your goals and to create a stable foundation for your future.
- **Be patient.** Saturn is a slow-moving planet. The changes that you experience during your Saturn Return will take time. Be patient and don't give up on yourself.

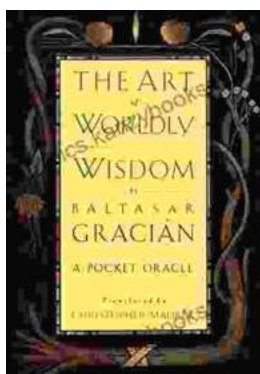
Your Saturn Return is a powerful astrological event that can help you to wake up to your true self. By understanding what to expect and by following the tips above, you can make the most of this transformative time.



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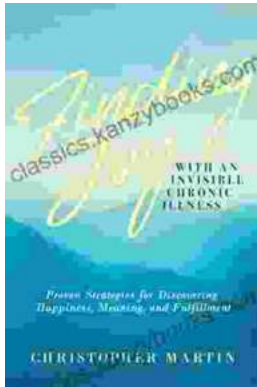
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