

Retrograde Dates 2032

Today · May 28, 2026 — Retrograde period — Stationary — Retrograde — Direct — J F M ... = months of the year

INNER PLANETS

♿ **Mercury** · Communication · Contracts · Technology 3x Rx

● Mar 7 → ● Mar 8 → ● Mar 31 → ● Apr 1 Aries

● Jul 9 → ● Jul 10 → ● Aug 3 → ● Aug 4 Leo

● Nov 1 → ● Nov 2 → ● Nov 23 → ● Nov 24 Sagittarius

Mercury Retrograde is an invitation to reconsider words, contracts, and plans. Avoid new starts in communication and technology. A good time for revision, review, and completing unfinished work.

♀ **Venus** · Love · Values · Beauty no Rx in 2032

no Rx in 2032

Venus Retrograde turns attention inward to values and relationships. Avoid new romantic commitments or major purchases. A good time to reassess what and who truly matters.

♂ **Mars** · Action · Energy · Initiative no Rx in 2032

no Rx in 2032

Mars Retrograde slows initiative and redirects energy inward. Avoid launching new projects or confrontations. A good time to review strategy and consolidate existing efforts.

OUTER & SOCIAL PLANETS

♃ **Jupiter** · Expansion · Success · Wisdom 1x Rx

● May 19 → ● May 20 → ● Sep 18 → ● Sep 19 Aquarius

Jupiter Retrograde turns expansion inward — reconsider beliefs and growth strategies. Success requires depth, not just enthusiasm. A good time for philosophical reflection.

♄ **Saturn** · Structure · Discipline · Karma 2x Rx

● Dec 22 → ● Dec 22 → ● Feb 16 → ● Feb 17 Gemini

● Oct 18 → ● Oct 19 → ● Jan 10 → ● Jan 11 Cancer

↳ D Jan 11, 2033

Saturn Retrograde surfaces unfinished tasks and structural weaknesses. A good time to review commitments, work, and long-term goals. Past obligations come to the fore.

♅ **Uranus** · Change · Freedom · Innovation 2x Rx

● Dec 22 → ● Dec 22 → ● Mar 1 → ● Mar 2 Gemini

● Oct 6 → ● Oct 7 → ● Jan 10 → ● Jan 11 Cancer

↳ D Jan 11, 2033

Uranus Retrograde slows revolution — changes become more gradual and internal. A good time to reconsider personal freedom and beliefs without external provocation.

♆ **Neptune** · Dreams · Spirituality · Illusions

1x Rx

♁ Jul 20 → ♈ Jul 21 → ♏ Dec 26 → ♐ Dec 27 **Aries**



Neptune Retrograde disperses the fog — illusions become more visible. A good time for spiritual clarity and honest self-knowledge. Avoid unrealistic projects.

♇ **Pluto** · Transformation · Power · Rebirth

1x Rx

♁ May 15 → ♈ May 16 → ♏ Oct 26 → ♐ Oct 27 **Aquarius**



Pluto Retrograde surfaces hidden dynamics and questions of power. A period of deep internal transformation, especially around control, loss, and release.

S = Stationary (planet appears to stop) · R = Retrograde begins · D = Direct motion resumes. The stationary days around S are the most intense — the planet's themes peak.