



# Life Cycles

Understanding life's major transitions

Throughout life, we move through different stages that bring new experiences, responsibilities and perspectives. In Human Design, planetary cycles offer a way to explore the themes that may become especially relevant at particular times.

This reading brings together your Bodygraph and the chart for the relevant cycle, helping you understand the stage you are experiencing without fixed predictions or formulas for the future.

## Cycles we can explore

### **Saturn Return · around ages 29-30**

A period associated with maturity, responsibility and the development of a more conscious direction in life.

### **Uranus Opposition · around ages 40-42**

A shift in perspective that may bring authenticity, relationships and a new way of positioning yourself into focus.

### **Chiron Return · around ages 50-51**

A time to integrate lived experience, with greater attention to recognising your nature and how you express it.

## Understanding the present moment

Rather than predicting events, the session invites you to recognise the themes of this period and connect them with your decisions, experiences and transitions. Each reading is tailored to the cycle you are moving through.