

ASPECT ASTROLOGY



VENUS
RETROGRADE
IN PISCES
WORKBOOK

FOR SELF-REFLECTION
AND SELF CARE CARE

Welcome!

As someone who has gained the deepest insights about myself through the lens of relationships, I see Venus retrograde as one of the most profound periods for self-exploration.

It invites us to pause, reflect, and reassess how we love, connect, and relate to others. Occurring once every two years, Venus retrograde is not simply a time when old flames might reappear—it is an opportunity to re-evaluate our relationship patterns, uncover hidden desires, and redefine our approach to love.

This year, Venus will retrograde through Aries and Pisces, two vastly different signs that hold significant lessons about beginnings and endings. Aries, the first sign of the zodiac, represents initiation, independence, and self-assertion, while Pisces, the final sign, embodies surrender, dissolution, and spiritual connection.

As Venus moves backward and forward through these two signs, we are invited to explore our relationship dynamics from both the perspective of how we start love affairs and how we let them go.

Venus retrograde is a powerful period of reflection, reassessment, and re-alignment—especially when it's happening in the tender, imaginative waters of Pisces. During this time, we're invited to revisit how we relate to love, beauty, pleasure, creativity, and our deepest values. When Venus moves retrograde in Pisces, illusions are dissolved, old romantic patterns resurface, and we're asked to slow down, go within, and listen to our heart's true desires—not our fantasies

This is a time when rose-colored glasses are removed, and we're given the opportunity to see love and relationships more clearly—without the haze of projection or idealisation. While this may be disorienting at first, it is ultimately liberating. What we thought was love may be revealed as longing, or as a story we told ourselves to avoid being alone. At the same time, buried desires and forgotten dreams can resurface, calling us back to the soul's truth.

Venus retrograde in Pisces also brings an opportunity to re-examine how we navigate endings. Are we clinging to a version of love that only ever existed in fantasy? Are we holding on when we're truly meant to let go? During this cycle, we are invited to gently unravel the ties that keep us bound to outdated illusions, to consciously close chapters that no longer serve us, and to honor the sacred truth that true love liberates rather than confines.

This is a time to review, reassess, and reevaluate your ideals, fantasies, and spiritual beliefs about love, and to find clarity around what endings are asking to be completed. This workbook is designed to guide you through that process with intention, compassion, and self-honesty.

Let this be your space to turn inward, reflect, and realign with your highest expression of love, creativity, and connection.

Diana

ABOUT ME

I am a professional astrologer based in Melbourne Australia and I've been studying and practicing astrology for thirty years. During this time it has become so obvious to me that there's so much we can learn about ourselves through the lense of relationships and especially what we might be holding onto from the past that is still dictating how we show up in the present. This workbook is designed to help you question, reflect and review these very themes during this Venus retrograde period.



WHAT VENUS RETROGRADE IN PISCES MEANS

- A period of soul-searching around love, self-worth, and relationships.
- Re-evaluating past romantic or creative decisions.
- Heightened emotional sensitivity and spiritual longing.
- Revisiting old relationships (in dreams, in memory, or in real time).
- Letting go of illusions, fantasies, or unhealthy attachments.
- Assessing how we approach endings and whether we've allowed ourselves full closure.

Themes to explore:

- Forgiveness
- Compassion
- Closure and conscious endings
- Clarity around what love truly means for you
- Rediscovering your own creative voice
- Releasing attachment to fantasy

Journal Prompt:

- What does love without illusion look like for me?

RELATIONSHIP AND HEART HEALING

This retrograde period offers a rare opportunity to confront the deeper emotional terrain of how we end relationships—or avoid doing so. Pisces is a sign that can linger in memory, dream, or longing long after something has passed. When Venus is retrograde here, it invites us to examine the endings we haven't fully processed, the fantasies we may still cling to, and the illusions we've used to soften the truth. There may be grief or heartbreak that hasn't been fully acknowledged, or hopes for love that remain tied to people or patterns that no longer align with our growth. This is your moment to lovingly ask:

What am I truly holding on to—and why? And, most importantly: What do I need to release so I can move forward lighter and clearer?

- Are there past relationships I still carry energetically?
- What old patterns in love am I ready to release?
- Have I been idealising someone or something that's not truly aligned with my soul?
- What does unconditional love mean to me—and do I give it to myself?
- Have I allowed myself to properly grieve and end past relationships—or am I still holding on in subtle ways?

SELF-WORTH & INNER VALUES

Venus retrograde in Pisces doesn't only ask us to reflect on the way we love others—it also asks us to turn inward and reassess how we love ourselves. Pisces energy can often blur the lines between our needs and the desires of those around us, making it easy to slip into people-pleasing or self-abandonment in pursuit of an idealised connection. During this time, you may begin to notice the subtle ways you've undervalued yourself, sacrificed your truth for fantasy, or believed that love must come at the cost of your wholeness. This is your opportunity to re-evaluate what you're worth, to reclaim your value, and to stop romanticising dynamics that don't honour the fullness of who you are.

- Where have I abandoned myself to please others?
- What values are becoming more important to me lately?
- Where do I need to reclaim my personal power in love or creativity?
- How have my fantasies influenced what I believe I deserve?

CREATIVITY & SPIRITUAL FLOW

Venus retrograde in Pisces opens a portal into the soul's creative and spiritual realms—often places we forget to tend to in the busyness of everyday life. This is a powerful time to reflect on where you may have silenced your inner artist, dismissed your imaginative longings, or abandoned your spiritual truths in favour of practicality or approval. Pisces energy connects us to the divine through beauty, emotion, and the unseen. As Venus retraces her steps, she may call you back to creative dreams you left behind or inspire you to let go of artistic or spiritual ideals that no longer resonate with who you've become. This is a chance to reconnect to your inner muse, rekindle your relationship with inspiration, and realign your spiritual compass.

- Where in my life have I neglected my creative expression?
- What helps me connect to flow, inspiration, and soul nourishment?
- What creative dreams am I ready to revive—or release?
- What spiritual or creative ideals need to be redefined or realigned with my present self?

LONGING VS LOVE

Venus retrograde in Pisces can cast a soft glow over our memories and longings, making it difficult to tell whether we are truly in love—or in love with the idea of love. During this time, it's important to reflect on whether our emotional attachments are rooted in genuine connection or built upon fantasy and projection. Pisces can hold on to the feeling of someone long after they've left, and Venus retrograde invites us to bring clarity and compassion to that emotional fog. This is your chance to ask if what you are longing for is truly love, or if it is comfort, closure, or a version of someone that only exists in your imagination. Releasing fantasy doesn't mean giving up hope—it means making space for something real.

- What am I truly longing for—and is it based in present reality or past fantasy?
- Have I ever mistaken intensity or chemistry for true love?
- Is there someone I still energetically hold on to, not because of who they are, but because of who I wanted them to be?
- What would it feel like to let go of the illusion and make space for a more grounded, soul-aligned connection?

RITUALS, TOOLS & HEALING PRACTICES

Dream Journaling: Pay attention to dreams—they may carry messages from the past, unhealed emotions, or higher spiritual guidance. During Venus retrograde in Pisces, our dreams often become a sacred space where unresolved relationship dynamics, inner longings, or spiritual truths can surface in symbolic form. Keep a journal by your bed and write down even the smallest fragments upon waking. Look for recurring themes, symbols, or characters that evoke strong emotions.

Ask yourself: What is my subconscious trying to show me about love, endings, or what I need to release?

Dreams during this time can serve as messengers from the soul—gentle (or not-so-gentle) nudges guiding you back to emotional truth and spiritual clarity.

Ocean Meditations or Baths: Connect to Pisces' water element for cleansing and emotional release. The element of water is deeply tied to Pisces, symbolising emotion, intuition, and spiritual renewal. Immersing yourself in water—whether in the ocean, a bath, or even a ritual shower—can help you energetically release emotional baggage, soothe your nervous system, and return to a state of inner fluidity. As you soak, visualise anything that no longer serves you—old relationship patterns, lingering fantasies, unresolved grief—being gently dissolved and carried away by the water. You might also incorporate sea salt, essential oils, or rose petals for added energetic cleansing. Allow the water to hold you, support you, and return you to your own emotional center. Afterward, journal any insights or feelings that came up during your ritual.

RITUALS, TOOLS & HEALING PRACTICES

Creative Expression: Allow feelings to flow through art, poetry, dance, or music. Venus in Pisces retrograde can awaken buried emotions, unspoken heartache, and forgotten dreams—all of which are too big for words alone. Creative expression becomes a sacred outlet for what the heart cannot always say. Whether through intuitive painting, stream-of-consciousness writing, movement, or sound, this is your invitation to create without needing a goal or audience. Let your art be the conversation between your soul and your subconscious. You may be surprised by what emerges when you let your hands, voice, or body speak for your inner world. What emotions need to be expressed? What stories are ready to transform through your creativity?

Forgiveness Letters (you never have to send them):

Bring closure to relationships or parts of yourself needing compassion. This practice is especially powerful during Venus retrograde in Pisces, as it allows you to process unresolved feelings and release lingering emotional attachments in a gentle, intentional way. Choose someone—past lover, friend, family member, or even a version of yourself—to write to. Pour out everything your heart still holds: pain, confusion, gratitude, unmet needs, or love that never had a place to go. You don't have to send it—this letter is for your healing. You may choose to keep it as part of your journey, or burn it as a ritual of release. Allow the act of writing to be a sacred ceremony of acknowledgment, release, and transformation.

THIS WORK NEVER ENDS....BUT

As Venus continues her journey, it's worth noting that we are also approaching a new collective chapter with Neptune preparing to shift into Aries—a once-in-a-lifetime astrological moment. Neptune, the planet of dreams, illusions, and spiritual connection, has been at home in Pisces for over a decade, amplifying themes of mysticism, compassion, and escapism. As Neptune moves into Aries in the coming years, we begin to transition from surrender into self-assertion, from dissolution into action.

This shift will gradually help us take the spiritual lessons and emotional clarity unearthed during Venus retrograde in Pisces and apply them with courage and boldness. Where Pisces may blur lines and soften edges, Aries brings decisive energy, encouraging us to own our truth, set clear boundaries, and pursue love and purpose with renewed independence. Neptune in Aries will invite us to embody our spiritual insights more actively—to live our dreams, not just imagine them.

So as Venus asks us to reflect, dissolve, and release, know that the path ahead is preparing for a new kind of awakening: one that unites the soul's longing with the heart's bold pursuit of truth.

THIS WORK NEVER ENDS....BUT

Venus retrograde in Pisces offers a sacred invitation: to release illusions, reclaim your heart, and rediscover the beauty of love that starts within. This is not a season for rushing ahead or forcing clarity—it is one of deep soul rest, where truth is found in quiet moments and subtle knowing. Let yourself revisit the stories you once told about love, beauty, and connection, not to get lost in them, but to rewrite them with new wisdom and compassion.

This retrograde may ask you to grieve what never was, to acknowledge what is now clear, and to reimagine what is still possible. It's an invitation to find softness in your strength, to give your heart permission to close old doors, and to stand at the threshold of new beginnings with trust in your spiritual truth.

Let this be your season of soul healing, inner romance, sacred endings, and deep reconnection with your truth. Allow beauty to be your guide, intuition to be your compass, and grace to be your practice.

ASPECT ASTROLOGY



WANT TO LEARN MORE?

Find out MUCH more about your relationship drivers, signatures, patterns and needs by exploring your personal astrology with me.



Lets work together to find a path to help you navigate all your relationships in the most conscious,authentic and empowering way. CLICK ON THE LINK BELOW TO SCHEDULE A READING WITH ME NOW

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