Pluto Retrograde in Aquarius 2026

Tarot Spread, Journal Prompts & Crystal Pairings

Tarot Spread

1. Where am I giving away my power?
2. What truth am I avoiding?
3. What social dynamic needs transformation?
4. What version of myself is ready to emerge?
5. How can I embody my future vision?

Journal Prompts

• What areas of my life feel controlled by fear?

• Where do I seek validation from others?

• What communities truly support my growth?

• How has technology shaped my identity?

• What would authenticity look like in my daily life?

Crystal Pairings

Labradorite – Transformation, intuition, spiritual growth.

Black Obsidian – Shadow work, protection, hidden truths.

Smoky Quartz – Grounding and emotional processing.

Amethyst – Reflection, clarity, spiritual awareness.