

KITCHEN*ALCHEMY PRESS

— NEW YORK • SOUTHAMPTON —

The Jenny Lynch Pocket Guide Series

A Sampler

Three short guides to the planets that ask the most of us — Saturn, Chiron, and the Lunar Nodes. This sampler includes excerpts from each: a taste of the voice, the structure, and the questions these books are built to help you answer.

The Saturn Pocket Guide · Making Life Real

The Chiron Pocket Guide

The Lunar Nodes · A Pocket Guide

Jenny Lynch

KITCHEN*ALCHEMY PRESS

— NEW YORK • SOUTHAMPTON —

THE JENNY LYNCH POCKET GUIDE SERIES

The Saturn Pocket Guide

Making Life Real

Jenny Lynch

KITCHEN*ALCHEMY PRESS
— NEW YORK • SOUTHAMPTON —

“Saturn does not ask for your perfection. He asks for your honesty, your effort, and your willingness to stay.”

PRELUDE — LEARNING TO WELCOME SATURN

When I first started practicing astrology in New York, charts rarely lived in offices. They lived on kitchen tables and café counters — wherever a few curious people could pull up chairs and talk about fate for a couple of hours.

We loved Jupiter. We trusted Venus. We waited for Uranus to change everything. But Saturn was different. When Saturn came up in conversation, something shifted in the room. Voices dropped a little, the way they do when someone brings up difficult news. As a young astrologer, I dreaded it. Whenever Saturn moved toward something important in my chart, I felt the same reluctant anticipation I had before a dental appointment — unavoidable, probably necessary, guaranteed to interfere with my plans.

I thought Saturn ruined the fun. What I didn't understand yet was that Saturn wasn't punishing me. It was teaching me.

After living through enough Saturn transits — the setbacks, the endings, the long rebuilding — I started noticing something I hadn't expected. Every time Saturn arrived, it went straight to the place in my life that needed the most attention. Not randomly. Not cruelly — but very precisely. It was as if the planet had read the chart more carefully than I had, and knew exactly where the work remained undone.

Saturn showed me where I'd been avoiding reality, where my foundations were shaky, where I'd been putting off what couldn't be put off any longer. It didn't take joy away. It showed me what was actually worth committing to — which turned out to be the only way joy lasts.

Over time, I started approaching Saturn the way you might consult someone who always tells you the truth: not comfortable, but trustworthy. And I began to realize that being told what is real — clearly, without softening — is one of the rarest and most valuable things another person, or planet, can offer you.

The planet I once feared became the teacher I relied on most. Saturn doesn't arrive to take life away. It arrives to make life real.

PART III — SATURN IN THE SIGNS

Saturn spends about two and a half years in each sign, marking a distinct cohort with its own relationship to discipline, authority, and responsibility. The sign describes the quality of the work — the particular style of the lesson and the nature of the strength that develops through it.

“Read the sign for the texture. Read the house for the territory. Read the aspects for the degree of difficulty.”

Saturn in Aries

Fire · Cardinal · Ruled by Mars

Saturn in Aries places the planet of patience and structure in the sign of immediate, instinctive action. Aries wants to move first and think later; Saturn insists on thinking first, building a foundation, earning the right to act. The result is a complicated and often exhausting relationship to your own will — frequently rooted in early environments where self-assertion was punished or simply met with blank incomprehension.

Shadow: Impulsiveness tamed into paralysis; the pioneer who cannot start; aggression turned inward as self-doubt.

Gift: Disciplined courage; the warrior who knows when to act and when to wait. Leadership forged in genuine self-knowledge rather than bravado.

Saturn in Leo

Fire · Fixed · Ruled by The Sun

Saturn in Leo places the planet of discipline in the sign of the heart — the sign most associated with self-expression, creative joy, and the courage to be seen. The characteristic fear is creative failure in public: the specifically theatrical dread of stepping into the spotlight and being found wanting, found fraudulent.

Shadow: The performer who cannot be seen as themselves; leadership from fear rather than love; the need for recognition that can never be adequately met.

Gift: Creative authority earned through discipline and genuine inner work; artists and leaders of unusual authenticity and staying power.

Saturn in Scorpio

Water · Fixed · Ruled by Mars / Pluto

Saturn in Scorpio places the planet of structure in the sign most associated with the uncontrollable: death, sex, power, and the transformative forces that operate beneath the surface of ordinary life. The fear at the root is loss of control — specifically the loss that comes with genuine vulnerability.

Shadow: Control masquerading as depth; the wound that refuses to transform because transformation requires the very vulnerability it is designed to prevent.

Gift: Psychological authority of a rare kind; the healer who has descended and returned, able to sit with another person in the darkest material without flinching.

Saturn in Capricorn

Earth · Cardinal · Ruled by Saturn

Saturn in Capricorn is the planet in its own sign — the most natural and powerful expression of Saturnian energy. The bone-deep conviction that one must justify existence through achievement drives extraordinary accomplishment — and can drive a person through an entire life without arriving at the satisfaction that was supposed to make it worthwhile.

Shadow: Achievement as emotional substitute for genuine self-worth; the climb that never feels like enough.

Gift: The master builder; legacy that outlasts the individual; structures that keep serving people long after you're gone.

Saturn in the natal chart reveals the area of life where your most important lessons around discipline, responsibility, limitation, and mastery take place. It is where you often feel “not enough yet” — and where, over time, your greatest strengths are forged.

“A useful principle: wherever Saturn sits, there is a wound around permission. The work of a lifetime is answering that question in the affirmative, from the inside out.”

Saturn in the 1st House

Identity & Presence

Saturn in the first house places the planet of discipline and limitation directly in the house of self and identity. These people often feel they must earn the right to simply exist or be seen. The self is built slowly, carefully, and deliberately rather than discovered spontaneously — often producing the child who seemed older than their years, who didn’t quite know how to play.

Gift: Quiet, grounded authority that develops over time. A presence that feels genuinely solid, earned rather than performed. The first house Saturn person often grows more comfortable in their own skin with each passing decade — a rare and increasingly beautiful thing.

Saturn in the 7th House

Partnership & Commitment

Saturn in the seventh house places the planet of commitment in the house of partnerships. Relationships tend to feel serious, heavy, or karmic — there is rarely a sense of lightness in early romantic experience. Commitment may be delayed — not from lack of desire but from a deep reluctance to enter something that cannot be undone without cost.

Gift: The ability to build mature, lasting, and deeply responsible partnerships. Once the inner work is done, a quality of commitment — reliable, unflinching, long-sighted — that very few people can genuinely match.

Saturn in the 10th House

Career & Public Life

One of Saturn's most powerful placements. There is a strong inner pressure to prove one's worth through achievement and public standing — the feeling that success must be earned slowly, through serious effort. Early career progress may be slow or blocked. Recognition often arrives later than it does for peers. The arc is long.

Gift: Lasting public authority and genuine legacy; becoming a respected leader or institution in a field, with a reputation built not on image management but on actual sustained excellence.

Saturn in the 12th House

The Unconscious & Solitude

Saturn in the twelfth house places the planet of form in the house of the unconscious, solitude, and hidden realms. There is often a feeling of carrying unseen burdens — of working against forces that cannot be named or located. The most important work happens in private, behind the scenes, in silence.

Gift: Profound inner strength, spiritual discipline, and compassionate mastery. The capacity to be present to others in darkness — because they know, from the inside, what it means to carry something in the dark.

PARTS X–XII — SATURN IN TRANSIT

When Saturn transits a house in your chart, it is as if the master builder moves into that specific room of your life and says, quietly but very clearly: “We are going to renovate this area. Properly.” Saturn doesn't do quick makeovers. It takes its time — usually two to three years per house — shines an unflattering light on what is already there, removes what is structurally unsound, and helps you rebuild something far more solid and authentic.

The Saturn Return | Ages 28–30 and 58–60

The most significant of all transits to natal Saturn — the planet returning to its own natal position. The first Saturn Return asks one question with unusual directness: are the

structures of your life genuinely your own, or are they borrowed from the parental template, the cultural default, the provisional accommodations of a self still forming? What is genuinely yours survives. What was assembled out of habit, inheritance, or fear tends to crack under the Return's clear and unsentimental light.

The second Saturn Return (ages 58–60) asks a different question: what have I built with this life? Less editorial than the first, more elegiac — a turning toward what has mattered most.

Saturn Transiting the 7th House

Relationships take center stage in the most serious way. This is often a time of “growing up” in how you relate to other people — of moving from the relational patterns of your earlier emotional life into something more honest and more genuinely committed. Saturn here teaches healthy boundaries, realistic expectations, and the specific beauty of love that has been built rather than merely felt.

Saturn Transiting the 10th House

A major career and public life transit. Many people experience peak professional responsibility during this period — the leadership role that arrives ahead of comfort, the recognition for work that has been accumulating for years. It can feel like a pressure cooker: the weight of other people's expectations, the exposure of public life, the sense of being evaluated against a standard you are simultaneously setting and meeting. This is often when the thing that lasts gets built. Not the thing that goes viral. The thing that is still standing in twenty years.

“Saturn transits are not always easy, but they are some of the most important work you will ever do. These periods teach you how to build a life that can actually hold you — room by room, foundation by foundation.”

Continue Reading

The Saturn Pocket Guide

Making Life Real

This excerpt continues in the full guide with all twelve signs, all twelve houses, natal aspects, and a complete chapter on Saturn in transit — including the Saturn Return, decoded year by year.

THE FULL GUIDE IS AVAILABLE NOW

KITCHEN+ALCHEMY PRESS
— NEW YORK • SOUTHAMPTON —
kitchenalchemypress.com

THE JENNY LYNCH POCKET GUIDE SERIES

The Chiron Pocket Guide

Jenny Lynch

KITCHEN*ALCHEMY PRESS
— NEW YORK • SOUTHAMPTON —
EXCERPT PREVIEW

WHAT'S INSIDE

- *Prelude: Chiron and the End of Innocence*
- *Part I: The Myth of Chiron*
- *Part II: Chiron in the Signs*
- *Part III: Chiron in the Houses*
- *Part IV: Chiron: Natal Aspects*
- *Part V: Chiron in Relationships*
- *Part VI: Chiron Transits Through the Houses*
- *Part VII: Transiting Chiron Aspects*
- *Part VIII: Transiting Planets to Natal Chiron*
- *Part IX: Chiron Generations*
- *Chiron Quick Guide*
- *Epilogue: The Wound That Does Not End*

EXCERPT ONE — PRELUDE

Chiron and the End of Innocence

An Astrologer's Field Notes from the Edge of an Era

I have lived in New York City's East Village for more than half a century — what artists once called the creative crescent, the place where new cultural movements are born before they are named. If astrology reflects collective shifts as well as personal ones, then this neighborhood has always functioned like a seismograph. You feel the tremors here first.

That is why I remember the arrival of Chiron not as an astronomical discovery, but as a cultural turning point. On November 1, 1977, astronomers identified a small celestial body orbiting between Saturn and Uranus. They named it Chiron, after the wounded healer of Greek myth — the centaur who could heal others but never himself. When Chiron was discovered, it was in Taurus, grounded in the realm of the body, of resources, of what we value and what sustains us.

Around that same time, I was building musical instruments and had opened a small café on Second Avenue. I didn't know it then, but Chiron was opposite Uranus when I opened those doors — a polarity between awakening and wounding, where the urge for liberation and the experience of vulnerability pulled in opposite directions.

The café soon became one of the first farm-to-table restaurants in the East Village. Madonna was a waitress around the corner. Keith Haring, Jean-Michel Basquiat, Quentin Crisp, Philip Glass were regulars. On weekends there was a long line out the door, and on Sunday mornings party people came stumbling in — clothes disheveled, glitter still in their hair — hungry after dancing all night.

*“People were breaking every boundary — seeking liberation through excess.
But Uranus and Chiron don't resolve easily. The more we pushed toward
freedom, the more the wounds revealed themselves.”*

Then, quietly, something shifted. Discos closed. Rehab centers filled. Therapy became a rite of passage. Oprah entered American living rooms speaking openly about trauma and recovery, and millions recognized themselves in her guests. Pain stopped being something you numbed or danced away and became something you were expected to examine.

Through all of it — Chiron's arrival, the rise of therapy culture, the medical reckoning of Pluto in Scorpio — I watched the culture pivot from escape to confrontation. That is what Chiron truly represents: not simply “the wounded healer,” but the moment humanity stopped being able to outrun its pain.

Chiron marked the morning after. Welcome to the work of Chiron.

EXCERPT TWO — PART I

The Myth of Chiron

THE SATURN-URANUS BRIDGE

In astronomical terms, Chiron follows a highly eccentric orbit that weaves between the paths of Saturn and Uranus — and this placement is the key to its astrological function.

Saturn represents boundary, structure, tradition, and the dense reality of the material world. It governs the rules we inherit, the limits we encounter, and the weight of form that gives life shape. Uranus, by contrast, represents the lightning strike of awakening — the sudden break from the past, the impulse toward liberation, and the transpersonal intelligence that seeks to free consciousness from inherited patterns.

Chiron's orbit moves between these two giants, functioning as a sacred bridge that allows the heavy matter of Saturnian experience — our bodies, our histories, our pains and limitations — to be refined into the Uranian frequency of insight and collective wisdom. Through Chiron, experience becomes intelligence.

“Saturn without Chiron becomes rigid and imprisoning. Uranus without Chiron becomes abstract and ungrounded. Chiron acts as an inner seismograph.”

FROM PAIN TO UNDERSTANDING

Most of us begin life with dreams — about love, work, family, creativity, belonging, and meaning. We carry images of how things will unfold, how effort will be rewarded, how life will meet us when we show up. And then life delivers something else.

Plans unravel. People disappoint us. Bodies change. Relationships end. Doors close. These moments are not rare; they are part of being human — the places where expectation meets reality, and where something deeper than success begins to take shape.

Chiron appears as a teacher during these times — not to remove difficulty, but to guide awareness through it. He shows us how to stay present when things do not go as planned, how to remain engaged when the story does not match the fantasy, and how to live wisely inside the gap between what we hoped for and what is.

The ultimate gift of Chiron is the capacity to live well inside reality — to carry dreams without illusion, to hold disappointment without collapse, to remain open without being naïve. To become intimate with your own experience and steady in your own authority.

Chiron in the Signs

Each sign describes the quality of your Chironic sensitivity — the style in which awareness first arrived, and the particular wisdom that emerges through it.

CHIRON IN ARIES — TENDING YOUR FIRE

Chiron in Aries touches the place where the simple right to be is first discovered — or first questioned. It often marks a life in which your fire had to learn how to stay lit in conditions that were not always warm or welcoming. You became aware of yourself very early — of how your energy affected others and whether your natural vitality was welcome.

The Turning Point

The shift often begins in quiet exhaustion. The constant management of your own aliveness — deciding how much to show, how loud to be — costs more than simply being yourself ever did. The awakening is rarely loud. It is more like setting something down and letting your first impulse be the one you follow.

The Medicine You Carry

You make the room safer to exist in. Not through wisdom dispensed from a distance, but through the quality of your presence — grounded, real, quietly saying to everyone who watches: this is allowed.

CHIRON IN TAURUS — TENDING YOUR GROUND

Chiron in Taurus touches the place where safety, worth, and belonging are first felt — or first questioned. It often marks a life in which the sense of being supported by the world, by the body, or by life itself had to be consciously cultivated rather than simply assumed.

The Turning Point

The shift often comes through loss — a job, a relationship, financial security. The very thing you were working to protect disappears anyway, and in the collapse you discover

you are still here. The awakening is the recognition that safety doesn't come from accumulation. It comes from trust.

The Medicine You Carry

Sit with someone who has never felt like enough, and simply be — grounded, at rest, no longer hustling for worth. You have walked every inch of that terrain. That is everything.

The complete guide covers all 12 signs, 12 houses, natal aspects, relationships, transits, and a full Chiron Quick Reference.

Published by Kitchen Alchemy Press · New York, New York

Continue Reading

The Chiron Pocket Guide

This excerpt continues in the full guide with Chiron in all twelve signs and houses, natal aspects, relationships, transits, generational Chiron, and a complete Chiron Quick Guide.

THE FULL GUIDE IS AVAILABLE NOW

KITCHEN+ALCHEMY PRESS
— NEW YORK • SOUTHAMPTON —
kitchenalchemypress.com

THE JENNY LYNCH POCKET GUIDE SERIES

The Lunar Nodes

A Pocket Guide

Jenny Lynch

KITCHEN*ALCHEMY PRESS
— NEW YORK • SOUTHAMPTON —
SAMPLE EXCERPTS

PROLOGUE — THE ARROW

You have always had a compass. It doesn't live in your pocket or on your phone. It lives in your chart — a fixed axis, invisible and precise, that has been pointing in the same direction since the moment you were born.

The lunar nodes are that axis. Two points, opposite each other, running through every chart like a spine.

One end points back. The South Node — everything you already are. The instincts that arrive without effort, the skills that feel native, the patterns so familiar you mistake them for personality. This is where you are comfortable. It is also where you can get stuck.

The other end points forward. The North Node — the direction your life is trying to move. Less familiar. Sometimes uncomfortable. But magnetic in a way that is hard to explain and impossible to ignore.

“Move toward your North Node and something shifts. The right people start appearing. Opportunities arrive that fit the life you are becoming, not the one you’ve already lived.”

This is not coincidence. This is not luck. This is the arrow, doing what it has always done — pointing toward the people, places, and experiences that belong to your particular life.

PART ONE — THE FOUNDATION

The Dragon at the Gate

In the old myths, the dragon does not guard the cave out of malice. It guards it because that is its nature — because the treasure inside is real, and real treasure draws real guardians. The soul's past-life wealth is no different. The South Node is the hoard: genuine competence, hard-won understanding, instincts refined over many lifetimes into something that operates below the threshold of conscious thought. And at the entrance to all of it sits the dragon.

The dragon is not an obstacle placed between you and your gifts. It is the gifts themselves, in their most protective form.

This is the great paradox of the South Node: its power is real, and its pull is justified. The competence is not invented. The ease is not laziness. What the soul carries from its past has genuine value — which is precisely what makes it so difficult to move beyond.

The hero who faces the dragon in the old stories does not destroy it. That is the detail most modern retellings get wrong. The hero faces it, names it, negotiates passage — and the dragon, recognized for what it is, steps aside.

“The South Node is the treasure. The North Node is the life it was always meant to fund.”

PART TWO — THE NODAL AXIS THROUGH THE SIGNS

Quick Reference

Aries / Libra From accommodation to assertion — finding and trusting the self

Taurus / Scorpio From intensity to simplicity — inhabiting ordinary life with trust

Gemini / Sagittarius From certainty to curiosity — genuine exchange over established truth

Cancer / Capricorn From achievement to belonging — the heart’s authority over the world’s

Leo / Aquarius From collective to individual — personal creative fire over group vision

Virgo / Pisces From dissolution to discernment — embodied service over transcendence

North Node Aries / South Node Libra

From accommodation to assertion. From keeping the peace to becoming a self.

You arrive in this life with an instinctive understanding of other people. Diplomacy comes naturally to you — the ability to read a room, to sense what others need, to find the language that smooths rather than inflames. These are genuine gifts, earned across many lifetimes of navigating the space between people.

But the shadow of the South Node in Libra is equally practiced: the habit of self-erasure in service of harmony. The tendency to locate your identity in relation to others rather than within yourself. The fear — bone-deep and rarely examined — that if you assert yourself fully, something essential will break.

The North Node in Aries calls you toward the experience of yourself as a distinct, self-defining individual — someone who acts from their own center rather than in constant response to others. This is not a call toward selfishness. It is a call toward selfhood.

IN PRACTICE

The Aries North Node soul almost always needs to practice going first — making the call, stating the preference, acting without the full committee. Start small. Order dinner without consulting the table. Choose the restaurant. Notice how the discomfort of assertion gradually becomes the confidence of a self that has been tested and found real.

PART SEVEN — THE NODAL CYCLE

The 18.6-Year Return

First Nodal Return (18–19) Soul direction felt for the first time — the life begins to choose itself

Second Opposition (28–29) Major life reckoning — often simultaneous with the first Saturn Return

Second Nodal Return (37–38) Most significant return — deliberate reorientation of life direction

Third Opposition (46–47) Midlife reckoning — the authenticity question arrives with full force

Third Nodal Return (56–57) Elder activation — North Node expressed with the full weight of experience

The Nodal Return — when the transiting North Node returns to the sign and degree of the natal North Node — occurs at approximately ages 18–19, 37–38, and 56–57. These are among the most significant timing markers in the entire chart. At each return, the soul is offered a fresh encounter with its own directional pull.

EPILOGUE — WHAT THE NODE DELIVERS

Every chart tells a different story, yet the lunar nodes ask the same quiet question of us all: Where is life trying to lead me now?

The South Node offers experience, memory, and the abilities you've already earned. It is the place that feels familiar, where your instincts are well developed and your confidence comes naturally. But life asks more of us than repeating what we already know. The North Node invites us toward new experiences, new relationships, and a larger understanding of who we are capable of becoming.

Again and again, I have watched this pattern unfold in thousands of charts. A disappointing ending becomes the beginning of a better path. An unexpected meeting changes the direction of a life. A move, a career change, or a single decision opens a door that could never have been imagined beforehand. Looking back, the timing often seems remarkably precise.

The lunar nodes remind us that growth rarely follows a straight line. We move forward, hesitate, circle back, and begin again. Yet each cycle carries us a little closer to the life we were meant to live. What once felt like loss often becomes preparation. What once felt uncertain becomes wisdom earned through experience.

The Nodes do not promise certainty, but they do offer direction. They remind us that every chapter has its season, every encounter has meaning, and every life unfolds according to its own unique rhythm.

The South Node is your inheritance.

The North Node is your invitation.

The journey between them is the story of your life.

— *The Lunar Nodes Pocket Guide*

INSIDE THIS BOOK

- *The Foundation: What the Nodes Are*
- *The Nodal Axis Through All 12 Signs*
- *The North Node & the People We Meet*
- *The Nodal Axis Through the Houses*
- *Nodal Aspects in the Natal Chart*
- *The Nodes in Relationships & Synastry*
- *The Nodal Cycle: Returns & Life Timing*
- *Eclipses: The Nodes at Full Power*
- *Astrocartography & the Lunar Nodes*
- *Working with Your Nodes: A Practice*

Kitchen Alchemy Press · New York · kitchenalchemypress.com

Continue Reading

The Lunar Nodes

A Pocket Guide

This excerpt continues in the full guide with the nodal axis through all twelve signs, the nodes through the houses, synastry, eclipses, astrocartography, and a practice for working with your own nodes.

THE FULL GUIDE IS AVAILABLE NOW

KITCHEN+ALCHEMY PRESS
— NEW YORK • SOUTHAMPTON —
kitchenalchemypress.com

The Jenny Lynch Pocket Guide Series

Saturn, Chiron, and the Lunar Nodes are three of the most demanding placements in any chart — and three of the most rewarding once understood. Each pocket guide is a companion for sitting with what they ask of you.

THE COMPLETE SERIES

The Saturn Pocket Guide · Making Life Real

The Chiron Pocket Guide

The Lunar Nodes · A Pocket Guide

Jenny Lynch

KITCHEN*ALCHEMY PRESS

— NEW YORK · SOUTHAMPTON —

Books to nourish the mind, the table, and the soul.

kitchenalchemypress.com