



WHAT IS A PROGRESSED CHART?

By Fei Cochrane

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Astrology is a vast and complex field that requires patience, dedication, and continuous study to truly understand. It is far more than learning a single technique. It involves mastering many different methods and concepts that work together to provide meaningful insight into our lives.

One of these important techniques is the **Progressed Chart**. While it may appear simple at first glance, interpreting a progressed chart requires practice, experience, and a solid understanding of astrological principles. In this article, you'll learn what a progressed chart is, how it works, and how to begin using this powerful predictive tool with greater confidence.

Note that all of these types of progressions are features included in the Sirius program.

WHAT IS A PROGRESSED CHART?

A progressed chart in Vibrational Astrology is a predictive chart that shows how your natal chart unfolds and evolves over time. While your birth chart represents your lifelong potential, your progressed chart reflects your current stage of personal growth, highlighting the energies, themes, and opportunities that are active at a particular point in your life.

Rather than indicating external events on its own, a progressed chart reveals your inner development, how your thoughts, emotions, motivations, and priorities mature as you move through different life phases. In Vibrational Astrology, these progressions are analyzed using harmonic patterns, allowing astrologers to identify periods when specific vibrational energies become stronger or more influential.

HOW IS A PROGRESSED CHART USED?

A progressed chart helps you understand the timing of important life developments and personal transformations. It can be used to:

- Identify periods of emotional, spiritual, and psychological growth.

- Reveal changing relationship dynamics and evolving personal needs.
- Highlight favorable times for career changes, creative pursuits, or major life decisions.
- Understand recurring life themes and personal milestones.
- Add deeper timing and context when combined with your natal chart and transits.

In Vibrational Astrology, progressed charts provide insight into the evolving frequencies within your chart, helping you work with life's natural cycles rather than against them. They offer a powerful tool for self-awareness, allowing you to recognize when new opportunities, challenges, or shifts in purpose are emerging.

There are several types of progressed chart methods, each with its own approach and purpose. As you explore the different techniques below, take the time to understand how each one works before deciding which is right for you.

My advice is to choose **one** progression method that feels the most intuitive, is simple for you to apply, and resonates with your approach to astrology. Trying to learn and use multiple progression methods at the same time can become overwhelming and lead to confusion.

By mastering a single technique first, you'll develop greater confidence in your interpretations and be better equipped to provide clear, accurate, and meaningful guidance to your clients.

DIFFERENT TYPES OF PROGRESSED CHART METHODS:

1. Secondary Progressions (it is also called “Day-for-a-year):

Secondary Progressions are the most widely used progression method in astrology. They are based on the principle that **one day after birth equals one year of life**. For example, the planetary positions 30 days after your birth represent your 30th year of life. Likewise, if you are 10 years old, your progressed chart is calculated using the planetary positions 10 days after your birth. If you are 10½ years old, the chart is based on the positions 10½ days after your birth. This is why secondary progressions are often referred to as the **day-for-a-year** progression method.

This technique has been used by astrologers for decades to gain insight into a person's inner growth, emotional development, and the natural unfolding of life's journey. Rather than predicting specific events, secondary progressions reveal how your personality, priorities, and life direction evolve over time.

2. Degree-for-year: The natal planets are moved 1 degree for each year of life.

The **degree-for-year** method is a simple predictive astrology technique where each planet in the natal chart is advanced by **one degree for every year of life**.

So, if you are 20 years old, each planet is moved forward 20 degrees from its original natal position. This creates a “progressed” version of your chart that shows how your life energy is symbolically evolving over time.

This method is based on the idea that life unfolds in a steady, measurable way through symbolic movement. Instead of using time in days (like secondary progressions), it uses **zodiac degrees** as the unit of growth. It assumes that as you age, your natal planetary energies “move forward” at a consistent rate, reflecting maturation and development.

This method, Degree-for-year progressions is use to:

- Track long-term psychological and personality development
- Identify gradual shifts in life direction or focus
- Observe how natal planets “activate” new zodiac signs or aspects over time
- Compare progressed planets to natal chart points for timing life themes

When a progressed planet reaches a new sign or forms an aspect to another planet, it can signal a meaningful inner shift. Such as, changes in mindset, priorities, or life direction. It’s especially useful for understanding slow, steady personal evolution rather than sudden events.

In short, degree-for-year progression is a symbolic way of showing how your natal chart “moves forward” as you mature through life.

3. Solar Arc Directions

This method is commonly used to identify major life events, turning points, and significant milestones.

Solar Arc Direction is a predictive astrology technique where **all planets and house cusps in the natal chart are moved forward by the same amount as the Sun has progressed in the secondary progressed chart.**

In simple terms, you first calculate how far the **progressed Sun** has moved from its original natal position. This distance is called the **solar arc**. Then, you apply that exact same distance to every planet and house cusp in the natal chart.

So the formula looks like this:

Solar Arc = Secondary Progressed Sun – Natal Sun

Then: **Each planet and house cusp = Natal position + Solar Arc**

Unlike other progression methods that show individual planetary development, Solar Arc Direction shifts the entire chart forward as a unified system. It represents the idea that as you mature, your whole life structure evolves in a coordinated way, guided by the Sun’s symbolic movement.

Solar Arc Directions is use to:

- Time major life events such as career changes, relationships, or relocations
- Identify significant turning points or external developments
- Confirm important themes seen in transits and secondary progressions
- Track slow but powerful life developments that unfold over years

When a Solar Arc planet or angle makes a tight aspect to a natal planet, it often corresponds with noticeable life changes or defining moments. Because the entire chart moves uniformly, Solar Arc Directions are especially valued for their reliability in showing **major external events that align with inner growth**.

4. Tertiary (Day-for-a-Month) Progressions

Tertiary progressions are a symbolic timing technique in astrology where **each month of life corresponds to one day after birth**.

In this method, you move the natal chart forward by one day for every month you have lived. For example, if you are **12 months old**, your progressed chart is calculated using the planetary positions **12 days after your birth**. If you are **18 months old**, you would use the positions **18 days after birth**, and so on. Because of this structure, tertiary progressions are often called the **day-for-a-month** method.

Tertiary progressions are used to reflect faster-moving inner changes than secondary progressions. While secondary progressions describe long-term psychological development, tertiary progressions highlight more immediate shifts in mood, emotional processing, and daily life rhythms.

Tertiary Progressions may be use to:

- Track short-term emotional and psychological changes
- Understand shifts in daily habits or routines
- Observe subtle inner adjustments during specific life phases
- Complement secondary progressions for a more detailed timing system

Tertiary progressions offer a finer layer of timing, showing how your inner world evolves on a more immediate, month-to-month rhythm.

5. Minor (Month-for-a-Year) Progressions

For each year of life, one month is added to the birth day. Month-for-a-year progressions are also known as minor progressions.

In this method, the natal chart is advanced forward by one month for every year you have lived. For example, if you are 20 years old, your progressed chart is calculated using the planetary positions 20 months after your birth. If you are 10 years old, you would use the positions 10 months after birth, and so on. Because of this structure, minor progressions are also known as the month-for-a-year method.

Minor progressions reflect a faster layer of inner development compared to secondary progressions. They are used to observe more subtle and shifting patterns in mood, mindset, and personal rhythm that unfold within broader life stages.

Minor Progressions is use to:

- Track subtle emotional and psychological adjustments
- Observe shifts in habits, routines, and daily orientation
- Add detail and nuance to long-term progression analysis
- Complement secondary progressions in timing interpretation

In short, minor progressions provide a more responsive, fine-tuned view of inner change, showing how your experience evolves within each year of life.

6. Ascendant Arc:

The Ascendant arc adds the difference in the positions of the progressed and natal Ascendants to natal planets. The **difference between the progressed Ascendant and the natal Ascendant** is calculated and then applied to all natal planets.

In other words, you first measure how far the Ascendant has moved in the progressed chart compared to the birth chart. This distance, called the **Ascendant arc**, is then added to the positions of all planets in the natal chart.

This method is based on the idea that as your outward expression and life approach evolve (symbolized by the Ascendant), that shift influences how all areas of your life unfold. It represents a synchronized development between your identity and your life path.

Ascendant Arc progressions is use to:

- Track shifts in personality expression and life direction
- Identify changes in how you present yourself to the world
- Observe major life transitions tied to identity or environment
- Highlight periods where personal development affects all life areas

In essence, the Ascendant Arc shows how changes in your evolving self-image ripple through the rest of your natal chart, influencing your overall life experience.

7. Vertex

The Vertex Arc chart is based on the difference in position of the progressed Vertex and natal Vertex. The Vertex measures the **difference between the progressed Vertex and the natal Vertex**, then applies that arc to the rest of the natal chart.

In simple terms, you calculate how far the Vertex has moved in the progressed chart compared to its position at birth. That distance, called the **Vertex arc**, is then added to all natal planets and points.

The Vertex is often associated with **fated encounters, significant relationships, and turning points involving other people**. When used in arc progression, it shows how those themes evolve as your life unfolds over time.

Vertex Arc progressions is use to:

- Identify periods of significant or “fated” encounters
- Highlight major relationship developments or turning points
- Track changes in life direction influenced by others
- Observe timing of meaningful connections and life events

The Vertex Arc shows how your experience of relationships and external encounters shifts as the symbolic point of fate (the Vertex) progresses through your life.

8. Solar Declination Arc

The Solar Declination Arc adds the difference in the progressed declination and natal declination of the Sun to the natal zodiac position of the Sun.

The Solar Declination Arc uses the **difference between the Sun’s progressed declination and its natal declination**. This difference, called the **solar declination arc**, is then applied to the Sun’s natal zodiac position.

In simple terms, you measure how far the Sun has shifted north or south of the celestial equator in the progressed chart compared to birth, and that distance is added to the Sun’s original position in the natal chart.

This method focuses on the Sun’s **declination**, which describes its north-south position in the sky rather than its zodiac sign. It highlights subtle shifts in solar energy, identity, vitality, and core life direction as a person matures.

The Solar Declination Arc is use to:

- Track changes in identity, purpose, and self-expression
- Identify subtle but meaningful shifts in life direction

- Refine timing of personal development stages
- Add depth to solar-based progression analysis

The Solar Declination Arc shows how the Sun's deeper astronomical movement reflects evolving life themes, offering a more nuanced layer of progression beyond zodiac positions alone.

9. Solar RA Arc

The Solar RA Arc adds the difference in the right ascension of the progressed Sun and natal Sun to the natal longitude of the Sun.

The Solar RA (Right Ascension) uses the **difference between the progressed Sun's right ascension and the natal Sun's right ascension**. This difference is called the **solar RA arc**, and it is then applied to the natal Sun's zodiac longitude.

In simple terms, you calculate how far the Sun has moved along the celestial equator (measured in right ascension) from birth to the progressed chart, and then add that distance to the Sun's original natal position.

Unlike zodiac longitude, right ascension measures planetary position along the Earth's equatorial system. This method focuses on the Sun's true spatial movement in the sky rather than just its position in the zodiac signs, offering a more astronomical perspective on solar progression.

The Solar RA Arc is used to:

- Refine timing of solar-based progressions
- Track subtle shifts in identity and life direction
- Compare tropical zodiac movement with equatorial motion
- Add precision to other arc or direction techniques

The Solar RA Arc highlights how the Sun's movement in the sky, measured astronomically rather than symbolically. It can be used to project subtle but meaningful shifts in a person's life path and development.

10. Profecctions (1 year = 1 house)

Profecctions are a traditional timing technique where the chart is **advanced one house for each year of life**. Profecctions move the Asc to the next house cusp in 1 year and the other houses by the same distance.

In this system, the **Ascendant moves forward one whole house every year**, and all the other house cusps move along with it in the same direction and order.

Profections work on a simple cycle: each year of your life is ruled by a specific house in your natal chart. As the Ascendant moves through the houses year by year, different areas of life become more active and emphasized depending on which house is “activated.”

Profections is use to:

- Identify the main life themes for a specific year
- Highlight which house matters are most active (career, relationships, health, etc.)
- Understand yearly cycles of opportunity and challenge
 - Combine with planetary transits to refine timing of events

Each year, a new house becomes the focus of your life, and its ruler (the planet associated with that house) becomes especially important for that year’s experiences.

In short, profections are a simple but powerful way to track your life in **12-year repeating cycles**, where each year activates a new house of your natal chart.

11. The Fractal Primary Progressed Chart:

This method calculates progressed houses using the Fractal Time method and primary directions using the Fractal method. As a result, the secondary progressed houses and the primary progressed houses are identical because they are perfectly synchronized through the same fractal time framework.

The Fractal Primary Progressed Chart presents a simple, coherent, and elegant framework for resolving one of astrology’s oldest challenges: the correct calculation of primary directions while simultaneously providing a logical and consistent method for calculating secondary progressed houses.

For all of the progressions listed above, there is also a converse version. Converse progressions move backward in time instead of forward when calculating planetary positions. In this method, time is subtracted from the birth date rather than added. For example, in converse day-for-a-year progressions, one day before birth represents one year of life.

PROGRESSED MC METHODS:

In addition to the different types of progressed charts, there are also different methods for calculating the progressed Midheaven (MC). Each type of progression can produce different chart results depending on which progressed MC method is used. For this reason, when working with others or teaching students, it is important to ensure that everyone is using the same progressed MC method so that the calculations match correctly.

The Progressed MC refers to the method used to calculate house cusps in different types of progressed charts, such as day-for-a-year, day-for-a-month, or month-for-a-year progressions. There are nine different methods for determining the progressed MC. These methods mainly differ in how the

progressed MC is calculated. Once the MC has been established, the remaining house cusps are derived from the corresponding house positions based on that MC and the latitude of the location for which the progression is calculated.

Method “Time” calculates house cusps based on the actual time of the progressed chart. In a day-for-a-year system, this produces cusps that move at roughly one degree per day.

Method “Mean Sun” advances the MC using the Sun’s average daily motion, resulting in a progression of a little less than one degree per year.

Method “Solar Arc” progresses the MC by the solar arc, which is the distance between the progressed Sun and the natal Sun.

Method “Naibod in R.A.” advances the MC using the Naibod arc in right ascension. This is slightly less than one degree per year on average, but it can vary, sometimes moving faster or slower than one degree per year.

In addition to these, there are five newer methods of calculating secondary progressed houses, introduced by western sidereal astrologers. These methods can also be applied in tropical astrology and are designed specifically for secondary progressions.

Quotidian, Bija correction is a commonly used sidereal method. It adjusts calculations to account for the difference between the sidereal and tropical year, as described in *Primer of Sidereal Astrology* by Cyril Fagan and Brigadier R. C. Firebrace.

Quotidian, No Bija is based purely on the length of the tropical year without applying the Bija correction.

Fagan–Naibod is used by western sidereal astrologers for progressed houses and is sometimes referred to as a form of “primary progressed houses,” though it is distinct from classical primary directions used in traditional astrology.

Quotidian Mean Sun uses the Sun’s average motion, with house cusps moving about 361 degrees per year of life, which is roughly equivalent to one degree per day. This approach is used in several systems, including Time, Quotidian with and without Bija correction, and PSR methods.

PSR Method is most commonly applied when progressing a solar return chart rather than a natal chart. This means a solar return chart itself can be progressed in the same way as a natal chart.

Fractal House progression is based on the idea that secondary progressions reflect a symbolic relationship where one Earth rotation corresponds to one Earth revolution around the Sun, allowing house systems to be generated through a fractal-like scaling principle.

HOW TO USE PROGRESSED CHARTS IN VIBRATIONAL ASTROLOGY:

Part 1: For a clear explanation of this method, please watch the accompanying video:

Video Link <https://youtu.be/BSLAYYSeGm4>

Part 2. It provides a step-by-step overview of the process and demonstrates how to apply the VA technique in practice:

Video Link: <https://youtu.be/SebMZTBvqAg>

I hope the information presented above has provided you with a clear understanding of how progressed charts are used in astrology.

Much love and prayers,
Fei Cochrane

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