

NAVIGATING PLUTO TRANSITS IN ADOLESCENCE



HARNESSING THE POWER OF THE SUBCONSCIOUS MIND

by Brandi Khan

At 17, she faced the most intense challenges in her life thus far. Everything fell apart at once; her relationships with those around her grew strained, leaving her feeling isolated and hopeless. At school, she found no acceptance among her peers. The members of her once-supportive church had turned their backs on her, and home no longer felt like a safe haven. Unable to see a path forward, she became consumed by the idea of ending her suffering.

One night, the weight of it all became too much to bear. While her parents slept, she went to the kitchen and found a bottle of pills in the cabinet. She swallowed them all, hoping to escape her pain forever.

She was unaware that she was undergoing a deep metamorphosis at that time. Pluto was transiting through her natal horoscope and forming tense aspects to one of her personal planets, settling on one of the angles of her chart.

All she could feel was the overwhelming pain, and it seemed like there was only one escape...

Pluto Transits

Pluto is known for its capacity to bring profound disruption by shaking the foundation of a person's life. These transits often feel overwhelming as they force individuals to confront subconscious beliefs that perpetuate unhealthy patterns of behavior. As Pluto shines his light on our darkness, long-buried issues rise to the surface that demand healing and integration.

However, if we fail to acknowledge our shadow, we risk projecting it onto others. Then, we could draw people into our lives who exhibit controlling, manipulative, or obsessive tendencies. Alternatively, we may find ourselves in situations where we feel stripped of our power.

The ultimate lesson of a Pluto transit is to embrace transformation and release anything that no longer serves our highest purpose.

Through this process of letting go, we emerge renewed and empowered, standing stronger in our authenticity. However, embracing our personal power during adolescence is often an incredibly challenging task.

What is it about adolescence, beyond just youthful innocence, that intensifies the challenge of the Pluto transit?

Period of Adolescence

Adolescence is the transitional stage between childhood and adulthood, characterized by profound physical, emotional, psychological, and social changes.

During this time, the body undergoes significant growth, fueled by complex hormonal and biological shifts. Adolescents begin exploring their identities and developing a sense of individuality outside their family dynamics. With a heightened sen-

sitivity to social dynamics, friendships are more important. It is during this phase that decisions related to alcohol, substance use, and sexuality frequently arise.

This period also brings rapid brain development, particularly in the prefrontal cortex. This area governs executive functioning, but does not fully mature until the early twenties. As a result, emotional outbursts, impulsivity, poor decision-making, risk-taking, and mood swings are common during adolescence.

Additionally, changes in the brain's social and emotional networks heighten adolescents' reactivity to stress. The pressures of social media and unrealistic expectations can exacerbate feelings of inadequacy and low self-esteem. Moreover, academic stress and misunderstandings from family or peers can amplify feelings of isolation.

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Mental health challenges, such as anxiety and depression, often surface during adolescence. Alarming, depression among U.S. teens is on the rise, with one in five adolescents aged 12-17 experiencing a major depressive episode in 2021 (Xiang et al., 2024).

Pluto Transits During Adolescence

The emotional impact of Pluto's transits is most pronounced during adolescence when Pluto makes aspects to the luminaries or inner planets. Additionally, Pluto's aspects to one of the four major angles can contribute to shifting power dynamics in relationships.

The more challenging aspects of these transits can manifest as power struggles with authority figures, conflicts with peers, negative thought patterns, destructive or erratic behavior, obsessive thinking, heightened anxiety or stress, and feelings of powerlessness or abandonment.

On the positive side, Pluto transits during adolescence can foster a deeper sense of personal strength, resilience, a clearer life purpose, healthier boundaries in relationships, a stronger connection to creative energy, and the emergence of inner wisdom.

Pluto and the Subconscious Mind

As the lord of the underworld, Pluto rules the depths of the subconscious mind. Deeply rooted thought patterns can emerge from this hidden realm during Pluto transits.

For true growth and transformation, it's essential to work with the subconscious, as it holds our habits, traumas, and deeply ingrained patterns.

During a Pluto transit, adolescents may have the opportunity to face one or more of these nine limiting beliefs:

- I am bad. I am wrong. I am inherently defective.
- I am unlovable and unworthy of unconditional love.
- I am not enough and undeserving of goodness and care.
- I do not belong. I have nothing special to offer. I am not important.
- I am incapable. I am helpless. I am a failure.
- I am alone. I don't make any sense.
- Life is cold and unkind.
- Feeling emotion is not safe. Intimacy is not safe. I am not safe in my body.
- I don't matter. Life is pointless.

The great news is that limiting beliefs can always be changed. Thanks to neuroplasticity, which is the brain's ability to reorganize itself by forming new neural connections, adolescents can consciously work with the power of Pluto to replace any limiting beliefs with empowering ones, setting the stage for a powerful transition into adulthood.

While the conscious mind handles reasoning, processing, and decision-making, true transformation begins in the subconscious mind. Only about 5% of brain activity is controlled consciously, leaving approximately 95% to occur at the subconscious level. This means that most of our thoughts, choices, and actions happen without our conscious awareness. The subconscious mind is a repository for memories and beliefs, operating silently in the background to influence our conscious behaviors.

Therefore, it's crucial for adolescents to fortify their mental foundation by engaging with the subconscious mind during Pluto transits. Consciously using Pluto's energy can make the experience less arduous.

Five Principles of the Subconscious Mind

The first principle of the subconscious mind is that every word spoken and every thought created shapes the blueprint of a person's life. This blueprint dictates the people and circumstances we attract. For instance, if a young person believes that "life is hard," their experiences will reinforce this belief until they choose to release it or change it.

According to the second principle of the subconscious mind, imagination holds more power than logic. If a young person feels overwhelmed or discouraged during their Pluto transit, they can use visualization to remind themselves that they can reach their goals. Since the mind learns best through repetition, they can repeat affirmations such as, "I am resilient. I overcome challenges easily. I see difficulty as an opportunity to grow stronger," several times a day.

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The third principle is the subconscious mind cannot harbor conflicting beliefs. If a young person wishes to channel Pluto's energy to turn their average academic performance into exceptional achievement, they cannot believe they are incapable. To succeed, they must truly believe in their ability to achieve each goal they set.

The fourth principle to remember during Pluto transits is that people naturally resist the unfamiliar and gravitate toward what feels familiar. This explains why, according to the National Endowment for Financial Education, 70% of lottery winners in the U.S. go bankrupt within a few years (Powell, 2023). Without supportive beliefs around wealth, lottery winners fail to maintain the habits necessary to keep it.

Similarly, if adolescents try to distance themselves from toxic friendships during a Pluto transit, they may return to those familiar relationships. They must understand that breaking away from unhealthy patterns can be uncomfortable, but with time, they can make healthier choices that feel just as familiar and comfortable.

The last principle of the subconscious mind is that the most significant words we hear are the ones we speak to ourselves. It's crucial for adolescents to realize they have the ability to praise and validate themselves. If they give someone else the power to make them feel good, that person can also take away their positive feelings through manipulation, jealousy, or control.

How To Support Adolescents During Pluto Transits

During a Pluto transit, adolescents require all the support they can receive. Here are five steps that parents or guardians can take to guide and assist a young person through their journey of growth:

1. Practice Empathetic Listening—By being present and listening without judgment during our children's difficult times, we provide a safe environment

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for them to express their feelings. Take the opportunity to reassure them they are safe, loved, and unconditionally supported. This can help them feel more secure and understood.

2. Observe the State of the Nervous System

System—It's vital to recognize the state of the nervous system your adolescent is experiencing when they share their emotions. In the ventral vagal state, individuals feel safe and secure, which promotes better focus and communication. However, if the sympathetic nervous system triggers a "fight or flight" response or the dorsal vagal state induces a state of "freeze," a young person's ability to listen is diminished. For meaningful interaction, wait until a young person feels emotionally balanced and grounded.

3. Validate Their Emotions—Recognize and validate the intensity of their emotions without downplaying or dismissing their experience. Reassure them that what they feel is a natural part of being human. When we validate a young person, we communicate, "I hear you, I see you, and I understand. Your emotions are valid, and they matter."

4. Encourage Healthy Coping Strategies

—Encourage them to explore healthy stress management techniques, such as engaging in physical activity, practicing mindfulness, or pursuing creative hobbies. Reinforce the idea that challenges are a natural part of growth and remind them of their resilience to face and overcome obstacles.

5. Seek Professional Help If Needed—

When emotional struggles feel overwhelming or result in harmful behaviors, reaching out to a therapist or counselor can offer vital support during Pluto transits. Also, consulting an RTT (Rapid Transformational Therapy) practitioner can also be a powerful tool for transforming subconscious beliefs and fostering positive change.

Thankfully, the 17-year-old adolescent mentioned earlier navigated the painful and challenging Pluto transit to her natal horoscope successfully. She developed a passion for learning and teaching about Plutonian themes like psychology, the afterlife, and personal empowerment. As an adult, she now calls Pluto her favorite planet and embraces working with its transformative energy.

How do I know this? Because that adolescent was me. This was the story of how Pluto transformed my life during adolescence.

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