



NODAL SHIFT JOURNAL

pattern recognition prompts

north node aquarius • south node leo • 2026–2028

the nodes just shifted into aquarius (north) and leo (south) — the same axis that was active from dec 2007 to aug 2009. same pattern, new round. this little deck is here to help you find your own timeline inside that pattern: what repeated, what you're releasing, and proof that you are never, ever too old to start a new leg of the journey.

how to use this:

- grab a drink, get comfy, no pressure to have perfect answers.
- answer in whatever order calls to you.
- there are no right answers here, only your own pattern recognition.

PART ONE

your timeline

1. what was going on in your life between december 2007 and august 2009? (too young or not born yet? what do you know about your family during that window?)

2. what tools, apps, or platforms were you using back then that don't even exist anymore?

3. what started in that window — a habit, a relationship, a skill, a move — that's still running your life today?

4. look back at an old photo, email, or post from that era. what does it tell you about who you were becoming?

PART TWO

the tech mirror

1. where are you rolling your eyes at something new right now (ai, a platform, a trend) the same way people rolled their eyes at youtube, chrome, or twitter back in 2007?

2. what do you use every single day without a second thought that used to feel brand new and a little suspicious?

3. if a platform, job, or version of you 'died,' what did you build out of what was left?

4. what's one thing 'everyone' complains about that you've actually just... gotten used to?

fun fact: youtube launched in 2005, google bought it in 2006, and chrome didn't even exist until 2008. less than 20 years ago. keep that in mind next time you feel behind.

PART THREE

pattern recognition (the actual magic)

1. what pattern in your life just repeated itself, almost word for word?

2. the nodes talk about karma and closure through 2028 — what feels like it's finally getting resolved for you right now?

3. where have you already lived this exact moment before, just wearing a different outfit?

4. what would it look like to 'play with the energy' instead of resisting it?

PART FOUR

you are not too old

1. what would you attempt if age were never a factor?

2. who did you used to be that you have full permission to become again?

3. what's one thing you're 'old school' at that's secretly your superpower?

4. finish this: at 61 (or 71, or 91) i'm going to look back and wish i had _____ at this age.

keep exploring

astrology links from the video

jessica adams

jessicaadams.com/2026/07/25/blog/the-north-node-in-aquarius-and-you

her constellation

herconstellation.substack.com/p/the-nodal-shift-a-new-18-month-cycle

moonomens

moonomens.com/north-node-in-aquarius-south-node-in-leo

barefoot astrologer

barefootastrologer.com/north-node-in-aquarius-south-node-in-leo-the-2026-push-you-need-to-change-two-areas-of-life-what-it-means

watch the full video / watch later:

faafo.app/sisi-in-brasil/assistir-watch/

go, explore, invent, create. you are not too old.