



A PETA VALE INDEX FORECAST

# *The Month Ahead*

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4 – 30 May 2026



Astrology grounded in psychology. The further out a day is, the more the index may shift.

Mon · 4 May

**Cocoon**

LOW KP · LOW PRESSURE

**Soft · Inward · Reflective**

The air sits closer; the sun stays calm. The body wants closeness over action — soup over ambition, conversation over commitment.

FEELS LIKE

- Wanting one specific person, not a crowd
- The book over the screen
- A walk slower than usual
- Eating at home, not out
- Postponing without guilt

**Kp 3 · 1010 hPa · waning gibbous**

Tue · 5 May

**Cocoon**

LOW KP · LOW PRESSURE

**Soft · Inward · Reflective**

The air sits closer; the sun stays calm. The body wants closeness over action — soup over ambition, conversation over commitment.

FEELS LIKE

- Wanting one specific person, not a crowd
- The book over the screen
- A walk slower than usual
- Eating at home, not out
- Postponing without guilt

**Kp 2 · 1012 hPa · waning gibbous**

Wed · 6 May

**Cocoon**

LOW KP · LOW PRESSURE

**Soft · Inward · Reflective**

The air sits closer; the sun stays calm. The body wants closeness over action — soup over ambition, conversation over commitment.

FEELS LIKE

- Wanting one specific person, not a crowd
- The book over the screen
- A walk slower than usual
- Eating at home, not out
- Postponing without guilt

**Kp 2 · 1012 hPa · waning gibbous**

Thu · 7 May

**Cocoon**

LOW KP · LOW PRESSURE

**Soft · Inward · Reflective**

The air sits closer; the sun stays calm. The body wants closeness over action — soup over ambition, conversation over commitment.

FEELS LIKE

- Wanting one specific person, not a crowd
- The book over the screen
- A walk slower than usual
- Eating at home, not out
- Postponing without guilt

**Kp 2 · 1010 hPa · waning gibbous**

Fri · 8 May

**Overload**

HIGH KP · LOW PRESSURE

**Jittery · Frayed · Agitated**

Geomagnetic storm in light air. The nervous system is processing more than usual. Sleep may be uneven; small things become big things. A day to be gentle.

FEELS LIKE

- Everything amplified
- The small thing becomes the big thing
- Inbox feels hostile
- Cravings out of proportion
- The urge to leave a situation that is fine

**Kp 4 · 1007 hPa · waning gibbous**

Sat · 9 May

**Cocoon**

LOW KP · LOW PRESSURE

**Soft · Inward · Reflective**

The air sits closer; the sun stays calm. The body wants closeness over action — soup over ambition, conversation over commitment.

FEELS LIKE

- Wanting one specific person, not a crowd
- The book over the screen
- A walk slower than usual
- Eating at home, not out
- Postponing without guilt

**Kp 3 · 1007 hPa · last quarter**

Sun · 10 May

## *Cocoon*

LOW KP · LOW PRESSURE

**Soft · Inward · Reflective**

The air sits closer; the sun stays calm. The body wants closeness over action — soup over ambition, conversation over commitment.

FEELS LIKE

- Wanting one specific person, not a crowd
- The book over the screen
- A walk slower than usual
- Eating at home, not out
- Postponing without guilt

**Kp 2 · 1008 hPa · last quarter**

Mon · 11 May

## *Cocoon*

LOW KP · LOW PRESSURE

**Soft · Inward · Reflective**

The air sits closer; the sun stays calm. The body wants closeness over action — soup over ambition, conversation over commitment.

FEELS LIKE

- Wanting one specific person, not a crowd
- The book over the screen
- A walk slower than usual
- Eating at home, not out
- Postponing without guilt

**Kp 2 · 1007 hPa · waning crescent**

Tue · 12 May

## *Cocoon*

LOW KP · LOW PRESSURE

**Soft · Inward · Reflective**

The air sits closer; the sun stays calm. The body wants closeness over action — soup over ambition, conversation over commitment.

FEELS LIKE

- Wanting one specific person, not a crowd
- The book over the screen
- A walk slower than usual
- Eating at home, not out
- Postponing without guilt

**Kp 2 · 1008 hPa · waning crescent**

Wed · 13 May

## *Cocoon*

LOW KP · LOW PRESSURE

**Soft · Inward · Reflective**

The air sits closer; the sun stays calm. The body wants closeness over action — soup over ambition, conversation over commitment.

FEELS LIKE

- Wanting one specific person, not a crowd
- The book over the screen
- A walk slower than usual
- Eating at home, not out
- Postponing without guilt

**Kp 2 · 1011 hPa · waning crescent**

Thu · 14 May

## *Cocoon*

LOW KP · LOW PRESSURE

**Soft · Inward · Reflective**

The air sits closer; the sun stays calm. The body wants closeness over action — soup over ambition, conversation over commitment.

FEELS LIKE

- Wanting one specific person, not a crowd
- The book over the screen
- A walk slower than usual
- Eating at home, not out
- Postponing without guilt

**Kp 2 · 1010 hPa · waning crescent**

Fri · 15 May

## *Overload*

HIGH KP · LOW PRESSURE

**Jittery · Frayed · Agitated**

Geomagnetic storm in light air. The nervous system is processing more than usual. Sleep may be uneven; small things become big things. A day to be gentle.

FEELS LIKE

- Everything amplified
- The small thing becomes the big thing
- Inbox feels hostile
- Cravings out of proportion
- The urge to leave a situation that is fine

**Kp 5 · 1008 hPa · waning crescent**

Sat · 16 May

**Overload**

HIGH KP · LOW PRESSURE

**Jittery · Frayed · Agitated**

Geomagnetic storm in light air. The nervous system is processing more than usual. Sleep may be uneven; small things become big things. A day to be gentle.

## FEELS LIKE

- Everything amplified
- The small thing becomes the big thing
- Inbox feels hostile
- Cravings out of proportion
- The urge to leave a situation that is fine

**Kp 5 · 1007 hPa · new moon**

Sun · 17 May

**Overload**

HIGH KP · LOW PRESSURE

**Jittery · Frayed · Agitated**

Geomagnetic storm in light air. The nervous system is processing more than usual. Sleep may be uneven; small things become big things. A day to be gentle.

## FEELS LIKE

- Everything amplified
- The small thing becomes the big thing
- Inbox feels hostile
- Cravings out of proportion
- The urge to leave a situation that is fine

**Kp 5 · 1010 hPa · new moon**

Mon · 18 May

**Overload**

HIGH KP · LOW PRESSURE

**Jittery · Frayed · Agitated**

Geomagnetic storm in light air. The nervous system is processing more than usual. Sleep may be uneven; small things become big things. A day to be gentle.

## FEELS LIKE

- Everything amplified
- The small thing becomes the big thing
- Inbox feels hostile
- Cravings out of proportion
- The urge to leave a situation that is fine

**Kp 4 · 1011 hPa · waxing crescent**

Tue · 19 May

**Cocoon**

LOW KP · LOW PRESSURE

**Soft · Inward · Reflective**

The air sits closer; the sun stays calm. The body wants closeness over action — soup over ambition, conversation over commitment.

## FEELS LIKE

- Wanting one specific person, not a crowd
- The book over the screen
- A walk slower than usual
- Eating at home, not out
- Postponing without guilt

**Kp 2 · 1009 hPa · waxing crescent**

Wed · 20 May

**Clarity**

LOW KP · HIGH PRESSURE

**Clear · Decisive · Spacious**

Quiet solar wind, settled atmosphere. Decisions feel obvious; the work you have been avoiding suddenly seems doable.

## FEELS LIKE

- The decision you have been postponing
- An hour that gets the work done in twenty minutes
- The reply you had been drafting in your head suddenly typing itself
- Coffee tastes correct
- The world is in focus

**Kp 2 · 1013 hPa · waxing crescent**

Thu · 21 May

**Clarity**

LOW KP · HIGH PRESSURE

**Clear · Decisive · Spacious**

Quiet solar wind, settled atmosphere. Decisions feel obvious; the work you have been avoiding suddenly seems doable.

## FEELS LIKE

- The decision you have been postponing
- An hour that gets the work done in twenty minutes
- The reply you had been drafting in your head suddenly typing itself
- Coffee tastes correct
- The world is in focus

**Kp 3 · 1013 hPa · waxing crescent**

Fri · 22 May

### Clarity

LOW KP · HIGH PRESSURE

Clear · Decisive · Spacious

Quiet solar wind, settled atmosphere. Decisions feel obvious; the work you have been avoiding suddenly seems doable.

FEELS LIKE

- The decision you have been postponing
- An hour that gets the work done in twenty minutes
- The reply you had been drafting in your head suddenly typing itself
- Coffee tastes correct
- The world is in focus

Kp 3 · 1013 hPa · waxing crescent

Sat · 23 May

### Pressure Cooker

HIGH KP · HIGH PRESSURE

Tense · Apprehensive · Coiled

Active solar wind in dense atmosphere. Energy with nowhere productive to go — often felt as restlessness or short patience. Watch what you say yes to.

FEELS LIKE

- Three things at once and none of them giving way
- Speaking too quickly in a meeting
- The forwarded email you wanted to ignore
- Someone driving too close behind you, mentally
- Saying yes when you meant maybe

Kp 4 · 1013 hPa · waxing crescent

Sun · 24 May

### Clarity

LOW KP · HIGH PRESSURE

Clear · Decisive · Spacious

Quiet solar wind, settled atmosphere. Decisions feel obvious; the work you have been avoiding suddenly seems doable.

FEELS LIKE

- The decision you have been postponing
- An hour that gets the work done in twenty minutes
- The reply you had been drafting in your head suddenly typing itself
- Coffee tastes correct
- The world is in focus

Kp 2 · 1013 hPa · first quarter

Mon · 25 May

### Clarity

LOW KP · HIGH PRESSURE

Clear · Decisive · Spacious

Quiet solar wind, settled atmosphere. Decisions feel obvious; the work you have been avoiding suddenly seems doable.

FEELS LIKE

- The decision you have been postponing
- An hour that gets the work done in twenty minutes
- The reply you had been drafting in your head suddenly typing itself
- Coffee tastes correct
- The world is in focus

Kp 2 · 1013 hPa · first quarter

Tue · 26 May

### Clarity

LOW KP · HIGH PRESSURE

Clear · Decisive · Spacious

Quiet solar wind, settled atmosphere. Decisions feel obvious; the work you have been avoiding suddenly seems doable.

FEELS LIKE

- The decision you have been postponing
- An hour that gets the work done in twenty minutes
- The reply you had been drafting in your head suddenly typing itself
- Coffee tastes correct
- The world is in focus

Kp 2 · 1013 hPa · waxing gibbous

Wed · 27 May

### Pressure Cooker

HIGH KP · HIGH PRESSURE

Tense · Apprehensive · Coiled

Active solar wind in dense atmosphere. Energy with nowhere productive to go — often felt as restlessness or short patience. Watch what you say yes to.

FEELS LIKE

- Three things at once and none of them giving way
- Speaking too quickly in a meeting
- The forwarded email you wanted to ignore
- Someone driving too close behind you, mentally
- Saying yes when you meant maybe

Kp 4 · 1013 hPa · waxing gibbous

Thu · 28 May

## Clarity

LOW KP · HIGH PRESSURE

**Clear · Decisive · Spacious**

Quiet solar wind, settled atmosphere. Decisions feel obvious; the work you have been avoiding suddenly seems doable.

FEELS LIKE

- The decision you have been postponing
- An hour that gets the work done in twenty minutes
- The reply you had been drafting in your head suddenly typing itself
- Coffee tastes correct
- The world is in focus

**Kp 3 · 1013 hPa · waxing gibbous**

Fri · 29 May

## Clarity

LOW KP · HIGH PRESSURE

**Clear · Decisive · Spacious**

Quiet solar wind, settled atmosphere. Decisions feel obvious; the work you have been avoiding suddenly seems doable.

FEELS LIKE

- The decision you have been postponing
- An hour that gets the work done in twenty minutes
- The reply you had been drafting in your head suddenly typing itself
- Coffee tastes correct
- The world is in focus

**Kp 3 · 1013 hPa · waxing gibbous**

Sat · 30 May

## Clarity

LOW KP · HIGH PRESSURE

**Clear · Decisive · Spacious**

Quiet solar wind, settled atmosphere. Decisions feel obvious; the work you have been avoiding suddenly seems doable.

FEELS LIKE

- The decision you have been postponing
- An hour that gets the work done in twenty minutes
- The reply you had been drafting in your head suddenly typing itself
- Coffee tastes correct
- The world is in focus

**Kp 3 · 1013 hPa · waxing gibbous**



A reading of the month

## *The Month Ahead*

4 – 30 May 2026

The month ahead is characterized by a prevailing sense of introspection, with eleven days marked by a cocoon state, inviting retreat and self-reflection. This is punctuated by clusters of other states, notably three Overload days clustered around the new moon on the 16th, which may bring a sense of frenetic energy and heightened stimulation. A pair of Pressure Cooker days, on the 23rd and 27th, may also intensify emotions and bring a feeling of being under strain.

As the lunar cycle progresses, the waning gibbous moon gives way to the last quarter, and then the waning crescent, marking a gradual release of tension. The new moon on the 16th brings a brief but intense period of Overload, which may feel overwhelming, but also potentially catalyzing. The subsequent waxing crescent phase ushers in a series of Clarity days, which may bring a sense of renewed purpose and mental clarity. The first quarter moon on the 24th marks a turning point, after which the Clarity days become more frequent, suggesting a growing sense of direction and focus.

To pace the month ahead, it may be helpful to prioritize self-care during the extended periods of Cocoon, and to be mindful of the potential for feeling overwhelmed during the Overload days. The Clarity days, which become more prevalent in the second half of the month, offer opportunities for reflection, planning, and decision-making. By attending to the shifting patterns of the month, and honoring the need for both introspection and clarity, it may be possible to cultivate a sense of balance and composure, even in the face of intensity and change, and to approach the challenges of the month with a sense of curiosity and openness.



*with love,*

# Peta

*A relationship with the sky is built day by day. This forecast is  
a lens, not a verdict.*



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