

# What Astrology Can Do for You:

## A Consumer's Guide to Astrology and Astrologers

### Astrology for Soul Evolution

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Tapping astrology's wisdom  
for personal and planetary growth

Consultations, classes, workshops, articles

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More and more people I meet these days brighten up when I mention that I'm an astrologer. They have a sense that astrology is somehow true and might help them with their lives, but upon talking with them further, I sense that they really don't know anything about astrology beyond the sun-sign columns in the newspaper.

So who are we astrologers, anyway, and what can astrology do for you? In reading my answer, please keep in mind that astrologers vary in their personal philosophies, in their styles of working with clients, and in their techniques. However, the following are some common outlooks which many modern astrologers share.

Most modern astrologers are on a spiritual path of some sort, and they look at a person's natal (birth) chart as a reflection (not a cause) of who that person was when he or she was born. While the majority of astrologers believe in reincarnation (including myself), there are those who do not. Regardless of one's position on reincarnation, the important point is that the natal chart is a picture, a blueprint, for this lifetime. It is a dynamic, complicated interaction of energies, as complicated as you are. And it is all contained within the circle. YOU are that circle, that whole.

I often compare the natal chart to a blueprint of a house. With it, one can see the general structure of the house but not the colors of the walls or the interior decorating. In other words, we choose how we play out the symbolism of the chart, and there is a huge amount of leeway in doing so. Two people born at the same moment in the same hospital will have the same charts, but one may become a drug addict while the other person becomes a saint. It's up to each person how he or she interacts with life's challenges. Free will is considered by modern astrology to be a vital factor in the character development and life experience of an individual.



The natal chart is only a snapshot, a moment frozen in time. We keep growing. Astrology excels in symbolically portraying our cycles of growth. By studying the symbolism, we can better understand the issues involved, meet the challenges more wisely, and optimize healing, resolution, and growth. Astrologers use various techniques to chart these cycles, including transits (where the planets are now) and secondary progressions and/or solar-arc directions (ways of charting cycles which are implicit in the natal chart itself). In addition to the deep self-knowledge the natal chart can provide, I believe that charting growth cycles is the most powerful and useful gift astrology has to offer.

The universe wisely helps us resolve old wounds and spiritually grow by presenting us with concrete life challenges. Issues which clients often discuss with their astrologers include interpersonal relationships, resolving difficulties with parents and siblings, issues with family and children, involvement with particular groups, identifying and maximizing the use of one's talents, vocation/profession, issues in the workplace, finances, health issues, and traveling and/or moving to particular locations. These and other life issues are brought to the fore in certain time periods by growth cycles activating specific parts of the natal chart.

Astrology is both a science and an art. To be an effective counseling astrologer, one must have both a good, solid working base of technical knowledge AND the intuitive ability to relate the symbolism to a living person. An astrologer MUST effectively relate the chart to the client's unique personhood. Which specific techniques the astrologer uses are secondary.

In my opinion, a good astrologer listens to his or her clients. True, astrologers have differing counseling styles—but how can they relate the chart to you without interacting with and listening to you? They may (or may not) have a good technical understanding, but if they can't relate that knowledge to you in a meaningful way, what good is the consultation? And some try to impress the client with astrological verbiage to cover up their incompetence. You deserve a quality consultation, in plain English, for your money—expect it and demand it if necessary.

But please don't demand that the astrologer predict specific events. Most modern astrologers in the West are oriented toward empowering you to make better decisions. It is the astrologer's responsibility to do his or her best to help you see the issues at hand—but your decisions are your responsibility.

The best consultations occur when the astrologer and client relate as coequals. A trust is built up between them, enabling both people's intuition to flow optimally. You have come seeking help from a person with certain knowledge and skill sets, but, as the astrologer Diana Stone likes to say, you are



the expert on your life, having lived it. Authoritarian astrologers should be (but aren't necessarily) a thing of the past. And gullibility on the part of the client is not a good thing, either. Ask questions. Don't take what the astrologer says blindly. Astrologers are fallible like everyone else. But, please, be polite about it. Rudeness or being overly skeptical can disrupt the astrologer's intuitive abilities and block the effectiveness of the consultation.

How can you find the best astrologer for yourself? I agree that it's not easy. If you aren't an astrologer yourself, how can you know beforehand who's the best person to go to? I suggest that you pray before looking for an astrologer. Ask to be led to the right person. The universe has this uncanny knack of pairing us up with people who have had similar experiences and who can relate to us. I know that the people who come to me are brought because we are "wired" in a similar fashion and I have things to say which they will find valuable. Other people are not brought to me because there isn't enough common ground; there are fine astrologers out there who can relate with them better. I have come to trust this process because I have seen it work for years. It's important that there be a good "fit" between the astrologer and the client.

Having said that, I'd also like to say that one of the beauties of astrology is that each consultation is different. I enjoy having other astrologers look at my chart periodically because each person has such a fresh take on it. (It's hard to be objective about one's own chart.) And they can all be right—they just see it from different viewpoints.

After praying to be led to the right astrologer, find out who's out there. Some astrologers do consultations by phone, so you're not limited only to astrologers who live in your area. Find out from your friends which astrologers have effectively helped them (keeping in mind that a good fit for a friend may not be a good fit for you). Call up and/or e-mail astrologers, and ask them questions about their specialties, how they handle consultations, and how much they charge. (Please don't try to get free astrological advice from them.) Listen to HOW they answer you as much as to what they say. They may have satisfied clients who would be willing to talk with you. (Consultations are confidential, so astrologers must get permission from clients to use them as referrals.)

It is customary to pay for a consultation at the time of the consultation. Some astrologers require a deposit beforehand to cover their preparation time if a client cancels at the last minute. (Please don't do that—it's very inconsiderate to the astrologer.) If the consultation is to be by phone, the astrologer will probably require prepayment.



It's good, but not necessary, to bring specific questions to a consultation. An astrologer can usually tell from looking at the natal, transit, and progressed charts what the general nature of the life challenges you're currently dealing with are. But expect surprises. My experience is that once a client and I get into a consultation, we are led to the core issues behind the outer challenges, which may lead us into a discussion of some very surprising topics. One of the beauties of the natal chart is that it can show us the interconnections between problems which outwardly seem totally separate but in actuality share common core issues. At any rate, in an effective consultation, the key underlying issues for current challenges will come up for discussion.

Make sure the astrologer records the consultation so you can listen to it again later. (Most astrologers do this routinely.) During the consultation, you may be processing so deeply that you won't be able to remember a lot of the information covered. By having it recorded, you won't have to worry about remembering everything, which will free you to enter into the experience fully.

In my experience, every consultation is a unique event with special blessings for both people involved. There is something magical that happens—we separate ourselves from the world, step out of conventional time, go into a protected space, and commune about the client's life. We discover hidden treasures in the depths of both of our psyches. We share our wisdom, we both learn, and we emerge from the experience transformed. I am high for hours (even days) after a consultation.

Some astrologers encourage clients to come back for a routine update every six months. This can be very helpful—it's hard to tune into how people will interact with growth cycles too far in advance because it depends on the outcome of their growth from more near-term cycles. Many astrologers recommend a yearly update around one's birthday.

My own preference is to let the client decide when to come back in. Clients usually seek an astrologer when things are confusing and/or difficult, and they're open to change and growth at that time. The very impetus which drives a client into the astrologer's office usually carries with it the seeds of the solution to the problem. That is when a consultation will be most effective.

Some people only see their astrologer once. I like to encourage people to view their astrologer as an ongoing resource, someone who is there to help whenever they need and want it (without becoming dependent on the astrologer).



I believe we are in the midst of a major transformational era in modern history, which has at its roots the spiritual awakening of individuals around the globe. Astrology is an invaluable tool for people on a spiritual path to maximize opportunities for healing and growth. Please find out for yourself what astrology can do for you.