

astrology

READ THIS FIRST

1. Astrology is a vast and complex portrait of your soul and your experience as a unique human being.

In other words, you are more than just your Sun sign, more than one body in the sky, more than a static quality of expression, and more than a series of personality traits associated with one portion of the zodiac. When you uncover the specifics of your celestial make-up, you find that you are beautifully and uniquely composed of all of the signs, every one of the planets, and that the cycles, movements, and progressions of the cosmos also exist within, inviting various rhythms into your life, the lives of those around you, and into collective psyche shared by the whole of humanity.

2. There are many paths, systems and styles within the field of astrology.

The practice of astrology does not involve a one-shoe-fits-all method of interpretation. There are many different interpretive techniques, traditions, orientations, and calculations which astrologers use to delineate and interpret cosmic energies. Astrologers develop their own methods to read and offer insight based on their influences, personal experiences, intuitive style and method of consultation.

3. A single astrology session can be deeply revealing, supportive, and illuminating, but can only cover a fraction of all that is experienced and expressed in one person.

There is so much to who you are! When looking at the birth chart, we are observing a wide web of influences, a huge field filled with cosmic possibility, and the many movements of various cycles and timelines that run through your cosmic body. Know that whatever information is offered in a consultation, it will never be able to reveal all that you are. You are a microcosm of the entire universe and your vastness will never be fully pinned down, explained, or exhausted during one lifetime, let alone one consultation.

4. Free will plays its part.

The planets are powerful forces. Their motions are more than slightly involved with our expansions and contractions, our moods, the blessings and hardships which come our way, the development of our beliefs, our circumstances, and our relationships. Within all of this, we also have the power to choose. Our free will allows us to vibrate and express cosmic frequencies at different levels, to take ownership of our lives –or not–, to learn from challenge, to resist, to soften, and to persevere. Predictive work can provide nuanced information about likely possibilities and potentials, but it can't definitively anticipate how someone will respond to the experiences which come their way.

5. The best astrology sessions are co-created.



There's a lot of prep work that goes into an astrological consultation. Transits, timelines and the many nuances of natal energies must be calculated, tracked, and interpreted by an astrologer, but, regardless of the preparations, the final consultation has a life of its own.

What you share, what you're ready to hear, your own self-understanding, curiosity, knowledge, and interest all play a huge part in the session. It is with your inspiration and emotional input that an astrology session becomes juicy and alive, filled with your insight and felt experience of all that is presented.



6. Astrology is not a scapegoat for bad behavior.

Ideally you will use astrology to support you in becoming more conscious of your less than healthy patterns and limited perspectives, not as an excuse to cling to ego structures as fixed descriptions of who you are.

7. A good astrology session should leave you feeling seen and supported.

A fully presented astrological consultation may challenge you, it might hold a mirror up to your good, bad, and ugly parts, it could shine a light on the influences involved your struggles, but it should not make you feel doomed or irreparably discouraged about your past, present, or future! Hopefully you will walk away from an astrology session with some deep insight as to who you are, along with the experience that you've been cared for, responded to, and loved for the unique cosmic expression that you hold.



8. Astrologers are not god.

Astrologers are human beings and can make mistakes, gloss over important information, over-focus on certain areas, and are always reading through their own perspective and belief system. When receiving information about who you are and the energies of your lifetime, allow yourself space and time around the information you receive, take what resonates deeply within, sort through what may be true, and let go of what doesn't serve. Never let an astrology reading -or anything else- hold you back from believing in yourself or loving all that you are!

ready to deepen your relationship with the planets with some one-on-one work?

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TO BOOK YOUR CONSULTATION

