

DOES ASTROLOGY REALLY WORK?

by Kathryn Andren

Why Would I Want to “Know” My Future?

On the island of Hawaii, my private practice is a blend of astrology consulting services and energy healing bodywork and massage. Recently, a new client asked, “What are your astrology readings about, and does astrology really work?”

I had just finished giving her a long, nurturing Hawaiian massage, so my intention was to answer briefly and clearly. I explained, “Your astrology birth chart is a map for life. Learning about your personal birth chart and the current cycles helps navigate the road ahead. Let me know if you are interested in exploring what this New Year has in store for you.”

“I don’t think I want to know my future,” she replied.

Sincerely, I was slightly shocked by her response. But I felt compelled to explain further.

I looked around the room and saw the map of Hawaii Island on the wall. “What if you were going to Volcano National Park tomorrow?” I asked her, since she was visiting the islands. “Would you ask someone what is the best route? A local could tell you the best place to stop at the beach, or eat along the way. You may even learn where to be sure to follow the speed limit signs and avoid a speeding ticket, right?”

Getting an astrology reading is like asking a local guide for directions, but for the journey of your soul.

Your astrology birth chart supports you in understanding when it’s best to steady your course in life, or when it’s best to stop and radically change direction. You learn the landmarks for transitions and what to look for along the way. You may even discover when to expect surprises, making changes easier.”

“I’ll think about it,” she said. And the subject was dropped.

Since then, I’ve had some time to further contemplate her question.

The thing is, most of us use technology and other tools to tap into our “future” on a daily basis. Do you ever check the weather app before deciding what to wear in the morning? When traveling, do you program your GPS for the quickest route? Do you ever try to time your purchase of major items like plane tickets for the optimal savings? If you have a long commute to work, do you learn alternative routes that you can take on days when traffic is particularly bad?

A look ahead with the right tool helps optimize your time, empowers choices for clear action, and may even support avoiding potential mishaps.

Astrology is one of those tools that can help us “check the weather report” or “time our purchase of plane tickets” with incredible accuracy.

What Is Astrology?

Astrology is an art and a science, a study of the movement of planet patterns in our solar system against the backdrop of stars.

Astrology gives you a compass to tap into your life purpose and direction, personally and professionally. It helps you understand the nuances of your personality – both your strengths and the areas you came here to develop and improve upon.

It can help you understand the instant attraction or repulsion you feel between yourself and others and with this information, you can become a better partner, parent, and co-creator.

Astrology on a collective level gives clues to the current trends in life on Earth. It helps us understand patterns evolving in world events and gives us a glimpse into what lessons are to be learned through these repeating patterns.

But Does Astrology Really Work?

I use astrology as a resource because it works for me, and I have seen it work in profound ways in the lives of thousands.

Just like my car gets me where I need to go, or my computer supports me in staying connected, astrology is an ancient technology that can be used as a map for life.

Astrology is not a belief system- it is a tool that you can use if you choose.

As an astrologer, I am both a navigator and a guide, who can offer new perspectives on your life intention and purpose. The gift of astrology is that it helps create context for your current experience as well as supports you in deepening compassion for yourself and others.

Does astrology work? It works for me, and it has for many for thousands of years.