

## WHAT AN ASTROLOGY SESSION CAN DO FOR YOU

- Will give you feedback on yourself that clarify, encourage, challenge and elevate yourself to living the best version of yourself.
- Convey to you the options for upgrading your view of any situation either in terms of increased possibility of action or for negotiating the inevitable challenges of life.
- Empower you in self-acceptance and pave the way to move you towards the people and circumstances that will nourish you.
- Can help you align your timing with that of the universe by using construction action and helpful thinking
- Can help to clarify the direction of your best external circumstances with the larger scope of your soul's evolution.
- May help to calm inner anxieties...knowing that the "storm" that you are going through will end.

My sessions are always built around who you are, how your "inner" machinery works, and what challenges you face — interpreted in light of **where you've been, where you are now, and where you're going.**

In every session, whether it is your first or your fifth, we discuss whatever is important to you at the time. The initial session will necessarily involve talking about who you are and why you're on the planet. That shared understanding is critical to everything else we might discuss, but every session goes beyond that.

Natal charts show the basic hardwiring of who you are and why you're here. Major transits reveal a perspective over years of where you've been, where you are now, and where you're headed. To those core tools, I add whatever other astrological techniques I feel that are relevant for your needs or wishes in a given session (eclipse data, daily transits, etc.).

I've learned that people are mainly interested in three topics: work, health, and relationships. "Relationships" are more than just a significant other- they include everyone in our lives and how we feel about them—intimates, friends, and family. "Health" is increasingly important to everyone as we age. I am not a doctor, and I don't make medical diagnoses in sessions. However, I can tell you how significant health and illness are on your particular life-path. "Work" obviously involves career and money, but it goes much further. Work means our lives in the real world, our responsibilities to community and society, our sense of useful contribution, and the rewards we hope to achieve beyond mere financial compensation.

I am a deeply spiritual person, but it is not divorced from real life, so my sessions can be metaphysical or practical. They could be philosophical or from the school of hard knocks. They might offer a broad perspective over your entire life or be intensely focused into the here-and-now, or perhaps what's coming just around the corner. All of that depends on you — on your particular chart and life-situation, and on what you want or need to know.

The variation in sessions is extraordinary, not only from one person to another, but from one session to the next with the same person. Life is ever-changing and every session goes with the changes.

The issues and problems that people bring to sessions include every possible circumstance and concern — career, money, intimacy, marriage, divorce, having and raising children, relocation, timing of events, health, sex, fear, hope, anxiety and new possibilities.

Very few clients request a session without some issue pushing at them. Many people are drawn to astrology in the hope of "solving" their problems. And yes, astrology can help, by providing clarification, perspective, and information about timing. It is not, however, a magic bullet. Your issues won't vanish by having a session with me or with any astrologer.

Issues and problems are an ongoing part of life. While they ebb and flow over time, they never go away entirely. Our difficulties force us to create greater spiritual awareness.

The bottom line is that a session with a good astrologer can be brilliant in helping us remember who we are and why we're here. The interaction usually confirms that our most intelligent thoughts and deepest feelings are correct, neutralizing those nagging inner doubts that make us feel crazy, confused, or just plain wrong. The relaxation that comes from this can be astonishing. We are then better able to handle our issues and move through our problems.

I feel that the best way I can be helpful to my clients is to use my knowledge of astrology and experience in counseling to describe the energy fields you're moving through now, and how those energies relate to your basic path and life-purpose. If you're on a roll, I affirm that. If you're in for a hard time, I acknowledge that, too. I want to give you an accurate reflection of where you are and where you're headed. Clients often ask me how they should use the information from our sessions. I usually tell them that I'm in no position to say, since my knowledge of their circumstances is imperfect at best and never as comprehensive as their own. No one knows your life the way you do. This is why advice is so often wrong, whether from a friend or a professional, because we cannot know as outsiders the deep and subtle matrix of factors that make up your unique life-situation.