

Considerations on your Astrological Practice

A Beliefs Inventory

It is always a valuable exercise to take into account our own beliefs and considerations about the art and practice of astrology. The following questions are designed to help you reflect on your beliefs and how these beliefs might shape your astrological interpretations and understanding.

My Beliefs about my astrological practice

Of these four different types of approaches to the horoscope, which do you feel most comfortable with? Which do you feel least comfortable with? List your preferences using 1 for most comfortable and 4 for least comfortable.

- ___ a *Supportive and Descriptive* approach describing & confirming personality
- ___ a *Predictive and Prescriptive* approach that tries to look at solutions and choices for the future based on a prognosis which includes how the individual might profit from the information
- ___ an approach of *Advice and Direction* that seeks to help guide the individual to a decision based on the horoscope
- ___ a *Psychological and Growth Orientated* approach which helps the individual be more aware of their motives and more responsible for their actions, whilst also acknowledging the presence of unconscious patterns.

Which description describes your work with an astrological client?

Place a check ✓ beside your choice

- ___ an astrological reading
- ___ an astrological consultation
- ___ an astrological session
- ___ an astrological appointment

Which word do you feel best describes your work with astrology?

Place a check ✓ beside your choice

- | | |
|------------------------------------|--------------|
| ___ Profession | ___ Career |
| ___ Calling | ___ Vocation |
| ___ Trade | ___ Hobby |
| ___ Other (your description) _____ | |

When do you feel your session with the client begins?

Place a check ✓ beside your choice

- ___ upon making the appointment
- ___ at the first appointment
- ___ when a relationship is formed
- ___ when they begin to trust you and follow your recommendations

Of the following which would you prefer to be known as?

Place a check ✓ beside your choice

- | | |
|----------------|------------------|
| ___ Astrologer | ___ Facilitator |
| ___ Coach | ___ Practitioner |
| ___ Counsellor | ___ Therapist |
| ___ Educator | ___ Helper |

Do you consider the client must believe in what you are doing in order for you to be effective?

What are your feelings about the standards and regulations in the practice and profession of astrology?

Do you believe in ongoing professional development?

Considerations on Astrological Practice

The following questions are designed for reflection on your astrological consultations. In your notes write your views and considerations of these issues as if you were going to discuss these matters.

How do you begin a consultation?

What steps do you take to engage and connect with your clients?

Do you think a client's religion might have an impact on an astrological consultation?

What importance do you place on family patterns in the astrological consultation?

What importance do you place on trans-generational patterns in the astrological consultation?

What importance do you place on environment as an impact on how horoscope patterns are experienced?

What importance do you place on education levels on how horoscope patterns are experienced?

What do you think our responsibility is as counselling astrologers in a consultation?

Do you feel ongoing supervision is helpful to counselling astrologers?

What steps do you take to ensure as far as possible that a client's expectations of a consultation are compatible with the way you work?

How do you or might you react and respond to the following type of client?

- 'The agreeable client' (when everything you say is right)
- 'The hostile client' (one who is adverse and argumentative)
- 'The negative client' (nothing helps or works)
- 'The passive client' (does not respond or interact)
- 'The blameless client' (it is always someone else's fault)

How comfortable would you feel and how objective could you be when the following issues may be disclosed in the consultation? (See also Personal Neutrality list)

- | | | | |
|--|--------------------------------------|--|---------------------------------------|
| <input type="checkbox"/> Abortion | <input type="checkbox"/> Addiction | <input type="checkbox"/> Child Abuse | <input type="checkbox"/> Codependency |
| <input type="checkbox"/> Debt | <input type="checkbox"/> Depression | <input type="checkbox"/> Domestic Violence | <input type="checkbox"/> Drug Abuse |
| <input type="checkbox"/> Gender Inequality | <input type="checkbox"/> Grief | <input type="checkbox"/> Homosexuality | <input type="checkbox"/> Infidelity |
| <input type="checkbox"/> Mental illness | <input type="checkbox"/> Pornography | <input type="checkbox"/> Self - Harming | <input type="checkbox"/> Suicide |

What issues, not included above, would you feel uncomfortable with discussing in a consultation?

Under what circumstances would you feel you should refer a client to a:

- | | |
|--|---|
| <input type="checkbox"/> Financial Advisor | <input type="checkbox"/> Grief Counsellor |
| <input type="checkbox"/> Health practitioner | <input type="checkbox"/> Legal advisor |
| <input type="checkbox"/> Psychiatrist | <input type="checkbox"/> Psychologist |

How do you respond when a client reveals a deeper motivation for coming to see you at the end of the session?

How important to you is keeping to time in a consultation?

What arrangements do you make for payment for the session?

How do you respond when a client asks if you will see his/her partner?

How do you respond when a client arrives for the appointment with another person that they wish to bring to the consultation?

How do you respond when a client becomes emotional or cries in a consultation?

How do you respond when a client brings the chart of another person to the consultation and asks you to comment on it?

What are your thoughts about a client asking for an appointment for an adult child?

What do you believe are our ethical responsibilities as astrologers?

How would you describe your philosophical, moral and religious beliefs?

How do you bring the consultation to a close?

A Counselling Evaluation

The following points reflect on and evaluate our attitudes and approaches to counselling, as well as any personal needs that might come into the process. Again we need to consider our beliefs about how astrology works and be comfortable and confident about the techniques that we are using. It is important to know we have a connection to the process that we use and that it is the right one for us:

✓ Evaluate your need to be right or to seek attention through being right. Is it uncomfortable when you do not know the answer to a client's question? How important is it for you to be seen as having the right answer or to be seen as being knowledgeable. Have you formed a situation to promote your own needs?

✓ Evaluate your ability to not know, to acknowledge your own lack of knowledge or experience, to feel stuck and to be uncertain.

✓ Evaluate your need to be needed and if this in anyway might encourage a client's dependency. Do you feel the need to rescue or give answers to your clients? Are you aware of projecting any wishes or un-lived aspects of yourself onto clients? Can you differentiate between the need for a task- orientated session and a relationship-orientated session?

✓ Evaluate the level of emotional satisfaction you receive from helping others. Are your intimacy and emotional needs met in the counselling room with your clients, rather than in your own personal and private life?

✓ Evaluate your philosophy of life: are you at risk of placing your beliefs ahead of clients and their beliefs? How do you engage with their worldview?

✓ Evaluate your feelings as a helper. Do you need to be seen as helpful and positive?

✓ Evaluate how much information you give to the client. Do you feel you overload them with information? Do you feel uncomfortable not supplying information or answers?

✓ Evaluate if you relate to the chart rather than the client.

Example: Client: *'I feel trapped and unhappy in my marriage'*.

Astrologer: *'Well you have Saturn transiting your 7th house'*.

✓ Evaluate your ability to listen. How comfortable are you with silences in the session, not talking, letting the client cry or emote? Evaluate your ability to be in the moment with the client. Reflect on how much your preoccupation with the horoscope, its information and images inhibit your ability to listen to a client.

✓ Evaluate your knowledge of yourself. Are you able to discern the line between your problems and the clients'?

✓ Evaluate how you present the client with differing choices. Do these choices come from your own standards and perceptions of the horoscope and the client, or are they born out of an interchange with the client?

✓ Reflect on the way you have handled changes in vocation, relationships etc. and evaluate the extent to which this influences your counselling style.

✓ Evaluate your own experiences and assumptions in becoming an astrological counsellor. Reflect on your own personal experiences in going to a counsellor, i.e. an astrological counsellor, psychologist, careers counsellor, relationship counselling etc.

KNOW THYSELF: The Delphic Instruction

At Delphi, the site of the greatest oracle of antiquity, the words **Know Thyself** were inscribed on the temple of Apollo to remind the supplicants and seekers that to understand the meaning of the oracle it was imperative for them to first know their hearts and selves, knowing the difference between the will of the divine and the will of the individual.

Knowing the self, our talents, our limits, our fears, our hopes, our dreams, our wishes, our ideals, our ways of communicating, our biases and our levels of tolerance will assist to raising the quality of all our relationships and deepening the meaning of all our encounters. In the consulting room it will encourage a more genuine interaction with greater value.

KNOW THYSELF: Personal Neutrality

There are many issues and areas of life we may find personally difficult, even repulsive, painful or unacceptable. However, we might come across these subjects, issues or clients as we begin our astrological practice. Therefore it is wise to consider how we might respond to these issues if they present themselves; what strategies would be effective in dealing with them for yourself and your client. As part of this review you could consider recommendations and referrals for any of the issues that you feel you would not be effective dealing with or could not deal with.

Some are more specific issues than others, but imagine which ones you **A.** could work with (mark **A** beside), **B.** would have difficulty working with (mark **B** beside) and **C.** could not work with (mark **C** beside). For those marked B, research and reflect on ways to navigate these issues. For those marked C find avenues of referral.

Marriage	_____
Divorce	_____
One partner not helping at home	_____
One partner refusing to earn or share	_____
Shared finances	_____
One partner refusing to have children	_____
Domestic Violence	_____
Child abuse	_____
One partner withholding sex	_____
One parent neglectful of child/children	_____
One parent depending on a child	_____
Open Marriage	_____
Infidelity in the Marriage	_____
Controlling Partner	_____
Emotional blackmail	_____
Bullying	_____
Depression	_____
Suicide threats	_____
Identifying as a Victim	_____
Drugs	_____
Addiction	_____
A transvestite	_____
A transsexual	_____
Seductive behaviours	_____
Cultural Difference	_____
Rape in Marriage	_____
Bisexuality	_____
Physical or Emotional Abuse	_____
Abortion	_____
Promiscuity	_____
Adoption	_____

For your own reflection: What other issues that might arise in a personal consultation would be difficult for you to engage with? Reflect on what your actions and reactions.