

# MA Cultural Astronomy and Astrology

Paper for the Psychology Module

12<sup>th</sup> May 2003

Student number: 028355

Essay title:

*Astrology and NLP*

~

*Working in Practice*

*“As I am a psychologist I’m chiefly interested in the particular light the horoscope sheds on certain complications in the character” – C.G.Jung<sup>1</sup>*

Ever since the early days of modern psychology when Carl Jung explored the esoteric waters of astrology and alchemy, astrology has been used in partnership with psychology in a variety of different forms.

Direct correlations between astrology and Jung’s model of psychology have been proposed by a number of renowned astrological authors and researchers. Dr Liz Greene<sup>2</sup>, Karen Hamaker-Zondag<sup>3</sup> and Angela Arnold<sup>4</sup> have all worked with the two systems of astrology and Jung’s model of psychology as a synthesis of two disciplines, creating a new frame of reference in both the fields of astrology and psychology in the later half of the twentieth century.

As Liz Greene remarks in *Relating*:

My original intent in writing *Relating* was to approach the vast and complex dilemma of human relationships through a combination of astrological symbolism and depth psychology – chiefly the psychology of C. G. Jung – because it seemed obvious to me through my experience of working both as an astrologer and a psychotherapist that what we meet in outer life ultimately reflects what lies within ourselves; and that relationships are our greatest mirrors and teachers of the stuff of which our own souls are made. This is not a new idea; it is implicit in much of Greek philosophical thought, as well

as in the Hermetic teachings of the Renaissance. But it was relatively new in the astrological literature of a decade ago (1960's), although Jung – who regularly utilized the insights of astrology – wrote extensively on the subject.”

Jung did indeed write extensively on the subject as noted in a letter to Freud dated 12 June 1911, “I make horoscopic calculations in order to find a clue to the core of psychological truth.”<sup>5</sup>

Other psychological models have also been adopted by astrologers in the search for a system that bridges the two disciplines; such as Bruno Huber's work in correlating the dynamics of Assigoli's *Psychosynthesis* with Astrology<sup>6</sup>.

## Psychology and Astrology in Partnership:

A second approach to combining Astrology with Psychology has been to use these two systems in tandem. Rather than seeking correlations between the two disciplines, the consultant seeks to work with the established models of psychology and astrology in the manner of them being rather like independent working tools. This perspective has at its core two similar systems that compliment each other, rather than seeing the various branches of Psychology and Astrology as two different expressions of the same model and seeking to reconcile them or find explicit correlations between them.

Liz Greene offers many examples of her work with analysands using astrology as a tool for insight and understanding<sup>7</sup> and in *Creative Astrology* Babs Kirby works with astrology and guided imagery:

Let me define guided imagery in the sense I am using it. Guided imagery is an imaginal journey which we, as participants, follow, where certain related symbols and symbolic scenarios are presented by the person leading the journey. It is like being in a waking dream, and in a similar way to dreams our guided imagery journeys contain simultaneously many levels of meaning. From a guided imagery journey we discover a personal set of symbols that

illuminate for us the personal meaning of the abstract astrological symbols.<sup>8</sup>

Astrology, in this context becomes a system that can be used as an accurate tool for gaining insights into the dynamics of a client's unconscious patterns and behavioural drives that works exceedingly well when coupled with a psychological methodology for growth and personal transformation.

A common metaphor in the writings of astrologers is to define astrology as providing a 'map' of the human psyche<sup>9</sup>. As Maggie Hyde writes in *Jung and Astrology*, "Psychological astrologers agree that they have a *map* of this psychic terrain and, furthermore, that this map describes the 'inner' world and the structure of the individual's perception."<sup>10</sup>

Both Rudhyar and Sasportas support this working premise:

From Sasportas we find the assertion: "A picture of the heavens as it appeared at one's place and time of birth, the chart symbolically portrays our own unique reality, innate pattern and inner design."<sup>11</sup>

While Rudhyar offers the following insight:

The birth-chart defines the structure of the individual person. It is, in this sense, the blueprint of what *may* become the finished "template" of the fully mature and perfected man. I say "may" become; for the birth-chart refers only to

potentialities. It does NOT promise *anything* in terms of concrete, definite events, any more than a gardener planting an acorn in a field can be certain that in a number of years it will have become a fully-grown, healthy oak tree. Environmental circumstances, a poor soil, bad weather, storms, interference of pests, animals or men, may blight the development of the oak; yet it will grow according to the basic structure of the oak species. It will not become an apple tree.<sup>12</sup>

It is precisely this often little understood structure of astrology that means it lends itself to being an exquisite tool of what might be termed ‘symbolic modelling’. We are reminded by Babs Kirby that, “Astrological symbols are extremely deep and complex, with many levels and layers of meaning”<sup>13</sup>. This construct lies at the core of the success consultants find when using astrology as a tool for insight and understanding of a client’s psyche. It is the very fact of the richness that the symbols portray, the depth and wealth of choices an individual has at their disposal (albeit unconsciously, and revealed in the symbolism of the astrological chart) that enable the consultant to guide a client into being able to create the circumstances, experiences and productive models they seek from within their own internal emotional and psychological resources.

Sasportas tells us the astrological chart provides us with:

Clues as to the best way to meet life in that area, but we also gain insight into the underlying archetypal expectations

operating within us. Once we become aware that we have an inborn bias to see things in a certain context, we can begin to work constructively within that framework, gradually expanding its borders to allow for other alternatives.<sup>14</sup>”. The concept of our ability to actively change the circumstances of our lives can be found in the philosophy of Vedic Astrology<sup>15</sup> and in the heart of Modern Applied Psychology models such as Neuro Linguistic Programming, Hypnotherapy, Psychobiology and Time Line Therapy<sup>16</sup>.

## Modern Applied Psychology:

### Neuro Linguistic Programming, Hypnotherapy, Psychobiology and Time Line Therapy

In all four of these forms of modern applied psychology mentioned there is a shared model for successful intervention with a client in working practice. In brief this is that<sup>17</sup>:

- ☯ The goal to be achieved is best stated in the positive, so both client and consultant have agreed upon the goal required, rather than, for example, simply identifying a problem to be avoided.
  
- ☯ The client's current position is clearly understood. In order for us to travel to our goals we are well advised to be clear about the present position we are going to travel from. Sometimes this important step requires a degree of patient eliciting, or questioning, on behalf of the consultant.
  
- ☯ The outcome is expressed by the client using all of the main sensory representational systems. In other words, to use NLP terminology,
  1. What will the client feel once the goal is achieved (Kinaesthetic: emotions and physiological sensations) ?



2. What will the client say to themselves about being the kind of person they are now that they find themselves in the future experiencing the successful completion of the requested goal as already accomplished (Audio: internal dialogue, or talking to oneself, and all external sounds) ?
  3. How will the world seem, and how will the client see themselves once the goal has been successfully and completely accomplished (Visual: internal imaginal pictures and the perspective of the external world) ?
- ☉ The client must have a clearly identified evidence procedure: How will they know when the goal has been achieved ? What is it that they will see, hear or feel that lets them know the task is complete and it's time to now move on to the next goal or task ?
  - ☉ For the client it is vital that the goal or outcome is ecologically desirable. This means the consultant will check with each level of the client's thinking to ensure that the change/s being offered are acceptable to each and every part of the client's psyche.

For example, it might be true to say that the concept of stopping smoking is perfectly acceptable to the part of a smoker's psyche that 'runs' their health or economics 'programme', but what about the client's need to be sociable with their present circle of friends? When a human being picks up or puts down a habitual drug, they also pick up or put down a accompanying culture. To stop smoking

might mean changing one's choice of local pub, which house to visit and even one's entire circle of friends.

- ② The proposed change, therapy, transformation or development must be initiated by the client and maintained by the client's internal resources. This fosters independence and further serves to ensure the change will remain with the client and simply become an updated part of their experience of reality.
- ② The behavioural change is appropriately conceptualised. In other words, the new behaviour is only evident in those specific areas in life where the change is desired.
- ② The resources required for the change/development/therapy/transformation are internally provided by the client, and are not reliant upon the presence or absence of other people or external circumstances. This ensures the changes are self-driven and self-reliant.
- ② Finally, we consider the Ecology Check: a fundamentally important part of the work carried out in Modern Applied Psychology. It usually takes the form of a series of questions offered by the consultant to determine that the changes and all the resulting consequences are explored and considered by the client to be completely acceptable. Once it is established that a proposed change is acceptable to each and every part of a client's psyche, then the 'change-works' can proceed to a successful completion.

The working premise of Modern Applied Psychology as represented in the fields of NLP, Hypnotherapy, Psychobiology and Time Line Therapy is that it is more productive to work with a client to enable to change and create transformations within their internal map, or model of the world. The map may not be the territory and yet people do create decisions based on the subjective perception of the 'reality' they are experiencing at any given time.

## Neuro Linguistic Programming:

When a person engages in the process of transforming their inner world, the relationship with the external world also changes. A key task of the consultant is to work in such a way with the client's model of reality that the resultant experience is the same as that identified by the client initially as the 'target state', or goal. In its simplest terms, we can call it 'helping the client to achieve what they want to achieve'.

The process, eloquently described by Bandler and Grinder in *The Structure of Magic vol.1*, of bringing the hidden and unconscious patterns to the surface of a client's awareness and then engaging in a process of 're-framing', or shifting perspectives, until the required change is accepted or 'installed' in the client's deep structure, offers a practical template for therapy. This methodology, modelled on the work of Virginia Satire and commonly known as the *Meta Model*, is proposed in the following way;

Individuals who find themselves in therapy and wish to have help in changing are typically there because they feel that they do not have enough choices, that they are unable to behave in ways other than they do. Furthermore, however peculiar their behaviour may appear to us, it makes sense in their model of the world.

The therapist has succeeded in involving the client in recovering the Deep Structure - the full linguistic representation. The next step is to challenge that Deep

Structure in such a way as to enrich it. The therapist has a number of choices at this point. The basic principle here is that people end up in pain, not because the world is not rich enough to allow them to satisfy their needs, but because their representation of the world is impoverished. Correspondingly, then, the strategy that we as therapists adopt is to connect the client with the world in some way which gives him a richer set of choices<sup>18</sup>.

An alternative to the *Meta Model* methodology of bringing to the surface the details of a person's deep structure, is the strategy of interacting with that person's deep structure in such a way that the required results are obtained and maintained by the person's unconscious mind very quickly, or at least, with more relative speed than other cognitive forms of therapy.

## Hypnotherapy:

Hypnosis interacts in a profound way with your unconscious and affords the consultant a set of learnable skills with an adaptable process, like a psychological 'tool-kit'. Providing direct access to the client's unconscious and, therefore, to the very programming that 'runs' the behaviour/state for which the change is desired. The frame of mind in which work of this nature is most effective for the client is the Hypnotic Trance.

It can be said that when a client undertakes an astrological consultation the client enters an altered state of consciousness. This occurs on different levels of thinking in relation to the client and the unique circumstances of the moment. Whether the client experiences a day-dream like state, or has just a slightly different mood to 'normal', the state of consciousness, having been altered, creates a 'different' sense of hearing, or paying attention, and now has an adjusted relationship to new information.

For example, if a person were to be told something 'prophetic' or 'insightful' by 'just anybody' in a public place such as a bar or a library, there is a high probability that the offered 'wisdom' would be disregarded (as the ramblings of 'some fool' no doubt).

If, however, the client meets with a particular professional person in a certain designated place, at an appointed time, and is then offered exactly the same wisdom, in the same wording, by the person who is enacting the 'ritual' of reading an astrological chart then the client will have a completely different perspective of the offered wisdom. It is almost as if

they hear through a different filter on the mind the words being offered which somehow assume more importance, or an amplified relevance, because the 'wise insights' are produced by a little understood method or 'mysterious means'.

In formal hypnosis training it can be concluded that because the client is experiencing the enchantment of an altered state of consciousness, then the very act of reading an astrological chart *is* a hypnotic trance induction, which therefore also presupposes that a client's style of listening has altered, which implies that during the reading the client is more open to suggestion than in their usual waking state. For this reason it is wise that great care be taken on behalf of the consultant in their communications as clients often listen on a deep unconscious level and the words of a consultant can have a marked impact upon the client's life.

Since it can be said that a client is already experiencing an altered state of consciousness, even if only at a very light level, during an astrological reading then introducing a formal hypnotic trance with a view to guiding the client into making internal adjustments and changes that bring out the higher, or more preferred, potentials of their astrological map, would seem to be not only a logical step, but one that is a process made easier by the fact that the state of consciousness has already been altered.

While the debate over actual existence of the hypnotic trance continues,<sup>19</sup> a growing number of sectors within our society are not so quick to dismiss a 'tool' that might contain some very useful advantages in accelerated learning, education, stress elimination and personal development. The concept of utilising hypnosis is becoming steadily more acceptable within

society and its applications are becoming more adventurous: from sports coaching to ‘stress management consultants’ to dentists and marketing agents; the practical applications for economic and political growth and expedient manipulation are only just being explored in greater detail.

In *Hidden Depths*, Robin Waterfield comments:

“If there is such a thing as the hypnotic trance, what kind of a state is it? Milton Erickson’s definition, penned for the 1954 *Encyclopaedia Britannica*, seems admirable. It is:

*“a special psychological state with certain physiological attributes resembling sleep only superficially, and characterized by a functioning of the individual at a level of awareness other than the ordinary state, a level of awareness termed, for convenience in conceptualization, unconscious or subconscious awareness.”*

The ASC (*Altered State of Consciousness*) which is the hypnotic trance is not a state that *makes* anything happen; it is a state in *which* certain things happen – chiefly absorption, dissociation and suggestibility. These phenomena allow direct access to the wisdom (as Erickson would put it) of the unconscious mind”.<sup>20</sup>



Milton H. Erickson (1901 –1980) is considered by many to be the leading practitioner of medical hypnosis. <sup>21</sup> Milton worked with his clients as if there was an invisible connection between his unconscious and the client's unconscious, and for Milton Erickson, there was never an instance where the client's unconscious would not respond to his subtle, or overt, suggestions for change. He seemed to place his trust in the power of the unconscious mind completely. Mesmer drew a similar conclusion himself, calling this 'unconscious web' to which we are all connected, 'Rapport'. As Liz Greene reports:

The rapport which is so important in hypnosis is one of the most mysterious aspects of the phenomenon. Mesmer thought that rapport was caused by blending of the universal fluids of doctor and patient. He defined rapport as an invisible substance flowing back and forth between two people, or within a larger group – rather like the Holy Ghost. Although hypnotists since Braid have claimed that suggestion, rather than transmission of some mysterious "stuff", is the trigger for hypnosis, there are dimensions of the hypnotic trance which affect the hypnotist, as though hypnotist and subject had become one entity.<sup>22</sup>

Bandler and Grinder called this sympathetic relationship 'pacing', and further described how this relationship can be deliberately created and utilised as a prelude to 'leading' a client to resolution and transformation. 'Using gentle transitional language the client's conscious mind is put in abeyance while new learning can be introduced on the unconscious level'.<sup>23</sup> Milton Erickson often described the hypnotic trance as having an inward

focus of attention and this altered state of consciousness can be created by gradually increasing the number of internally-orientated statements that amplify the client's awareness of their internal experience.<sup>24</sup> If an astrological consultation guides a client through an exploratory journey of their unique potentials and patterns of behaviour, highlighting possible unconscious causes, motives and drives then this process could be said to match the 'pace-and-lead' process of conversational informal trance induction. The implication here then, is that consultational astrology has an intrinsic therapeutic value to offer the field of complimentary medicine as a transformational psychological 'tool' in it's own right.

## Psychobiology:

Milton Erickson occasionally collaborated in his writing with Earnest Laurence Rossi and in 1986 Rossi presented the groundbreaking work, *The Psychobiology of Mind Body Healing*.<sup>25</sup>

In Psychobiology, Rossi outlined what he termed the '*Basic Accessing Formula*' for initiating inner work. In other words, rather than induce an altered state of consciousness within a client and then proceed to converse with the client to resolve the relevant issue Rossi proposed specific patterns of language that would cause the client to enter an altered state of consciousness during which their unconscious would identify the core issue, select the appropriate course of action and initiate that plan of action before the client is then aroused and returns to their normal waking state.

This can be presented in two types of procedural equation:

1. 'As soon as your inner mind knows, it can go ahead and do '*X-work*' then your inner mind will give a physical or audible agreed signal that will indicate to me that the work is now proceeding' (usually the signal is that the client's eyes will close as they begin).
2. 'As soon as your inner mind knows 'circumstance or experience *Y* has occurred then it will go ahead and complete task '*X*'.

These two distinctive approaches provide the consultant with the ability to foster an environment for change and transformation within the client's inner world that is entirely of the client's making and creation, and is, therefore, in keeping with the client's internal ecology.

The deep healing experiences that accompany psychobiology work are reported by a great number of clients, even in instances where the problem or issue was not directly health-related. The explicit language of Rossi's inductions and '*Basic Accessing Formula*' instigate an unconscious process of transformation of the emotional and psychological environment that had been supporting the issue/problem. Once the supportive environment has changed it is very difficult for the issue/problem to exist or re-appear.

## Timeline Therapy

Tad James and Wayatt Woodsmall introduced the world to Timeline Therapy in 1988. <sup>26</sup> In a journey of development the field of psychology had travelled from its inception with Freud and Jung, to the evolution of cognitive psychology into Neuro Linguistic Programming and from Medical Hypnosis into the arena of Psychobiology. Timeline Therapy introduced a new model based of the unconscious perception and internal coding of time.

All change takes only a single second, and yet there can be many years of build-up leading to that moment of change. Timeline Therapy provides a series of structured techniques and strategies for being able to bring the moment of change into a client's present moment of time, and then to progress forward in order for the moment of change to already be completed in the client's past. This ushers the client into the post problem/issue experience and the client's language will express this through the use of temporal predicates and changes in physiology.

The model of 'Meta programmes' was introduced through this work as well as techniques for enabling clients to adjust their value systems to enable them to achieve the goals they were striving for.

These four approaches form the basic 'tool-box' of Modern Applied Psychology and in working practice produce powerful and enduring changes for people.

In using Astrology as a 'map of the psyche' and then applying the tools of Modern Applied Psychology to open the doors that bring about the changes required by the client I have personally found the results to be quite remarkable. I would now like to introduce a case study. In this study I will outline the work undertaken and my reasons for choosing those directions. Comments from the client quoted directly from the testimonial which will be relayed in full in the appendix. A copy of the client's personal astrological chart will also be presented.

Case Study:

A woman aged 29, studying for her final ACCA qualifications in accountancy, based in London

The presented issue/problem:

The client in this case study requested assistance in taking her final exams in accountancy at ACCA level.

These particular exams represented the culmination of 5 years of self-study and at the beginning of my work with her, there were only six weeks to go until she was to undertake these exams and qualify. At the time of her first appointment, she had only two weeks in which to absorb the information required for a revision course run by a local college, the purpose of which was to serve as a review of work she had already studied. It transpired that not only were there eight textbooks as yet unread, there was also an entire module she had not studied at all.

Throughout the development of her accountancy skills and working to ascend to the highest professional level, she had always studied alone, working through textbooks on her own initiative without any guidance. While this determination deserved to be applauded, I was astounded at how little time there was left for me to assist her with: both in learning an entire module and in ensuring she has gained a thorough awareness of the entire spectrum of modern accounting.

Given the considerable personal and professional pressure she was experiencing it was to be expected that her physical, as well as emotional health might also be affected. Taken from her testimonial, she expressed her experience in the following way:

I was so scared at failing this sitting, because so many parts of my life were reliant on me getting through. I really felt that I had no hope at all in passing, there was no way I could study, retain and recall this amount of technical information in such a short space of time. I was also getting migraines every time I sat down to study, probably because of the pressure I was putting myself under.

After my client had relayed this to me at the onset of her consultation there were a number of pathways open for exploration. For example, I could:

1. Take a more traditional psychological route and explore the client's history with a view to bringing to the surface her 'internal saboteur' for resolution and transformation. The opinion, that the client's current situation is created by the decisions influenced by an unconscious 'internal saboteur' is, in one sense, a logical conclusion to form, taking into account the very short time-scale she had planned for



herself while being in full knowledge of her study schedule and knowing the territory of her chosen course very well.

2. Adopt a more health-orientated approach and seek to resolve the physiological symptoms that were currently being expressed as migraines, insomnia, stress and high blood pressure. A psychobiological methodology would probably produce the best results here in the fastest time frame.
3. Work from the NLP viewpoint that, 'every behaviour has, on some level of consciousness, a positive intention'.<sup>27</sup> Taking this direction would mean pacing the client's presenting problem and then leading her to a space where any deeper issues, drives and motives can be explored and resolved, while always maintaining the integrity and accessibility of the positive intention.

The NLP approach would enable the client to feel that her decisions, even if they have lead to the present discomfort, are being respected and that the integrity of her overall sense of value and worth remain unchallenged. This position would foster rapport, and also play a major role in the opening stages of creating an atmosphere and environment where change is welcomed and accepted.

A fundamental part of the remit expressed by the client is the creation of a skill in rapid learning, information retention and that of being relaxed,

healthy and 'taking it all in my stride'. Accelerated learning techniques share certain basic principles for success: relaxation at the point of receiving information and being in a relaxed state when recalling that information. A clear sense of the purpose or reason for wanting to obtain the information is important in order for the psyche to store the new learning in reference to its appropriate context. With this in mind I decided to work with the client's existing strategy and allow any of her own shortfalls to reveal themselves in her conscious awareness as we progressed forward through the therapeutic process.

Initially, I asked about her studying technique. I found she had a tried and tested routine of late at night study, between 10pm and 2am, and took a short break every 25 minutes or so to refresh her mind. I was pleased the client had instinctively created a study method along these lines for two reasons. Firstly, having created a work period of twenty minutes already meant there would be no resistance to any additional activities proposed at twenty-minute intervals. Secondly, it revealed the client had an instinctive attunement to her natural body rhythms and had the common sense to respond to these rhythms, rather than override them. This is very useful information for a consultant using hypnosis, because it demonstrates the client will respond more favourably to unconsciously driven instructions and strategies rather than attempt to override them with the transitory decisions and desires generated by the conscious mind.

On a less optimistic note I also found that the client studied with the television at all times, either with the volume set at a minimum or with the sound turned down completely. This would serve not just as a distraction, which is a large enough issue in its own right, it would also

increase the amount of general stimulation of her central nervous system. This is entirely counter-productive to mastering the art of relaxation and accelerated learning. The subsequent effects of such stimulation might well be a reduced attention span and an underlying low, yet constant level of anxiety.

The initial conclusions I formed prior to using astrology:

At this early stage of the consultation, prior to commencing work, or using her astrological birth chart as a map of the dynamics of her psyche, I formed some immediate conclusions:

To me, the client appeared to be a very bright, determined and courageous lady. She is highly competitive, independent and impatient and has little knowledge of the psychology of stress management or of accelerated learning techniques. It seemed to me on going by first impression, that she had attained her current achievements through sheer hard work and forceful willpower. To continue studying whilst experiencing a migraine, or even a mild headache, to many people would be a torturous experience. There was no doubting the courage of this determined client, which, from a consultant's perspective is excellent news, because this is the kind of person who will open the doors to new pathways of experience in order to reach their goals. It is my personal experience, that such people have little or no fear of experimentation.

The insights gained from using the client's astrological birth chart as a map of the psyche

At this moment of the consultation, I took a brief look at client's astrological birth chart and observed the following factors that seemed most relevant:

The client's Mercury Square Mars bore out my pre-supposition that a problematical issue that affects the way the client manages her thinking, learning and communications is the internal measurement and planning of time. As I rightly concluded, this issue tended to manifest as her being a fast learner who was impatient to get on with things: she could sometimes speak abruptly and skip over words in conversation and also when reading. There is also a secondary frustration within this configuration that manifests as a resultant social coolness and detachment emanating from her that serves to separate her from those slower thinking and talking people the client has spoken over or become overtly impatient with.

The Moon being placed in the sign of Gemini at the time of the client's birth signified an emotional need to learn and absorb knowledge, and also a tendency to absorb knowledge unconsciously. Over stimulation of the central nervous system would cause the client to feel emotionally vulnerable and vice versa: vulnerability would be a cause of stress and anxiety. Because the client experienced, as symbolised through her astrological Moon, her relationship with her mother as being sometimes open and expressive, and then at other times closed' and withdrawn, the astrological map revealed a pattern of vacillation and resultant restlessness that might hinder the development of relaxation skills.

The Sun in Scorpio with the Ascendant also in Scorpio and Pluto in the 10<sup>th</sup> House indicate the potential for an extraordinary inner strength and willpower, and a very powerful tenacity and potential for intense stubbornness.

Mercury conjunct Jupiter indicated a desire for knowledge and understanding that could leave the client sensing there is always more to learn, and then, based on that perspective, she might easily form the conclusion that she doesn't know enough. Drawn to a desire to learn and understand the workings and meaning of life, this particular chart placement was also acting as an educational amplifier: increasing the capacity to learn along with the awareness of how far away the client is from having read and heard enough to catch glimmers of the 'Truth'. Her tales of extensive travel bore this out, although since her studies, she had solely read only accountancy text-books, and this in itself was underpinning her internal frustration with her current situation.

Much of the pressure the that client was experiencing was mirrored in the chart by the Virgo MC and having Pluto in Virgo in the 10<sup>th</sup> House. The erroneous concept that the world and her society would expect her to be 'perfect' and work with great efficiency and accuracy at all times was also contributing to her current health problems. Her migraines and high blood pressure would stop if the client relaxed and giver herself permission to let go of the extraordinary pressure to perform at such a high level each and every day.

Finally, in such a brief overview as the space in this paper affords, the Sun Opposing Saturn in the 6<sup>th</sup> House indicated that the client identifies with

the type of success that brings social status and she is sometimes motivated by the opinions and values of the society in which she finds herself. Hard work would be an ethic she would be likely to adhere to, and there is a high potential for her primary motivations being those of guilt and obligation. This placement may also manifest behaviourally, like an emotional pendulum, swinging from light-heartedness to pessimism in a cycle that could be only minutes, or days or even months long in duration

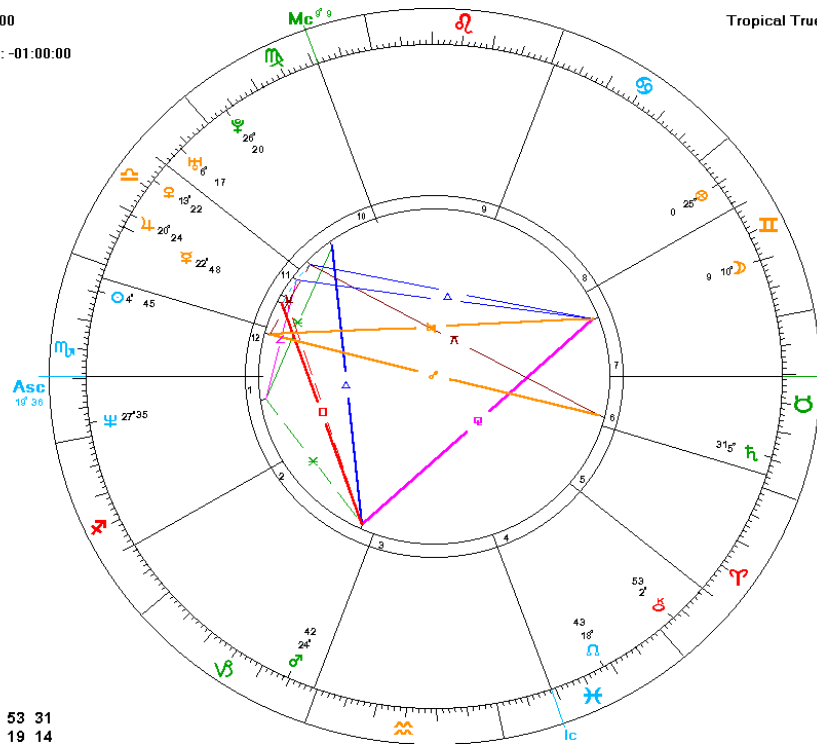
The way the client expressed herself with her choice of words, body postures and tone of voice confirmed out these conclusions. Now, primed with some deeper insight into the underlying patterns of what brought her to the consultation, the next step was to begin a process of steadily seeking to resolve and transform each of these issues into new and productive behaviours that would work towards bringing success and reward for the client.

28 October 1969 Time:09:24:00  
 Swindon  
 51:33:00 N 001:46:00 W Zone: -01:00:00

☉	4	♊	45	1
☽	10	♋	9	24
♃	22	♈	48	1
♄	13	♈	21	32
♅	24	♉	42	17
♆	20	♈	24	7
♇	5	♊	30	51r
♈	6	♈	17	17
♉	27	♊	34	37
♊	26	♊	20	18
♋	19	♊	35	35
♌	9	♋	9	3
♍	18	♋	42	32r
♎	24	♋	59	58
♏	2	♌	52	47r

Placidus

2	20	♌	0	3	11	9	♈	53	31
3	29	♋	20	10	12	2	♊	19	14



The astrological birth chart of case study one



### The working methodology:

The above conclusions came immediately to mind and I asked the client a question not often asked of her: ‘Do you like the idea of being an accountant and, also, the idea of ‘doing accounts’ every weekday for the next decade or so?’<sup>28</sup> Her head recoiled slightly back as a frown began to dominate her expression. Calibrating<sup>29</sup> her reaction was very easy as she remarked that ‘accounts’ was not a favourite pastime. It transpired she only undertook this career path as an economic safety-net, as an assurance should there ever be a time when she needed a ‘profession’ to turn to for financial support.

While the above may well be a good strategy for ensuring future security, enjoying the particular subject in question is a key feature in accelerated learning. In my experience, the resentment that can build up inside the process of forcing oneself to read a subject one dislikes, in practice, slows down the speed of learning considerably.

I chose, for the first part of the work with her to anchor an up-beat and positive state into the word accounts, and into the act of ‘doing accounts’. As for which positive experience the client was to use as a resourceful memory, it wasn’t really important for this particular exercise, what memory, or experience the client chose: from eating chocolate, to watching a favourite film, riding a bicycle, anything would suffice, just so long as the memory had an overwhelming theme of fun and ‘good times’. The purpose of this part of the work was not necessarily for the client to make

accounts become fun, but rather, to neutralise her emotional response to the idea of accounts.<sup>30</sup> This worked very well with the additional application of a 'Swish Pattern'<sup>31</sup> technique. After only one application of this highly visual technique, the client could naturally see herself inside the examination experience, being relaxed with slow, steady and deep breathing.

When asked to describe her new perspective her words were optimistic, with phrases like, 'Yes, that looks good ... I can see myself relaxing', and yet, I observed her tone of voice was hesitant and her shoulders were slightly hunched forwards. This showed that further work was needed in order for the client to feel a sense of pre-determined success. To bring this improved state to the surface, I adopted the 'Visual Squash' technique because, while it utilises a visual style, it relies on the client's experience of how they feel throughout the process. This technique and also acts as a demonstration of the independent power of the unconscious as it causes the arms and hands to 'move all by themselves', and in addition this technique serves as an aid to 'proving' hypnosis has occurred. From a perspective of possibly needing to offer a placebo experience in hypnotic terms to the client, the Visual Squash<sup>32</sup> technique provides this more than adequately.

I watched very closely as my client felt the weight of 'the old self' and 'the new self' in each hand. Then, she watched, as an observer of herself, her own unconscious decide what it needed to do to get the 'old position' to naturally flow into being 'the new position'. As her unconscious did this for her, she found her hands slowly moving towards one another, while having the experience of 'not being the person that is moving them.'

I checked to ensure she could now feel herself being successful and that she was now satisfied she had experienced hypnosis.

Now that she had learned, even just at the unconscious level, to change her physiological state in order to change her emotional experience, I next decided to help her further develop the skill of relaxing deeply and quickly<sup>33</sup>. The client had already told me, a number of times during the consultation, time was very important and the pressure was very high. I knew the relaxation would enable her to re-connect with feelings of emotional stability and reduce her blood pressure, and therefore, bring almost instant relief to her headaches<sup>34</sup>.

She responded well to the slow conversational relaxation technique I used and I was struck further with an idea. I remembered Milton Erickson's ability to use the client's language as a motivational tool<sup>35</sup>, so I informed the client that she risked failing her final exams in the most embarrassing way imaginable if she continued to study with the television switched on. I recounted stories of people on television quiz shows who failed to answer the simplest question because they were tense and anxious. Because of these very public displays of memory failure the conclusion we can easily form is that relaxation is an important key to efficient memory recall<sup>36</sup>. I told her that she would receive a cassette tape, made especially for her, in the post exactly three days from the consultation. Meanwhile she was instructed to only study to the music of Mozart, playing constantly in the background.

In *The Mozart Effect*, Don Campbell recounts:

Mozart's music "may warm up the brain," suggested Gordon Shaw, a theoretical physicist and one of the researchers at the Centre for the Neurobiology of Learning and Memory in Irvine. After a set of results were announced in the early 1990's he is reported to have said, "We suspect that complex musical facilitates certain complex neuronal patterns involved in high brain activities like math and chess. By contrast, simple and repetitive music could have the opposite effect". Other researchers on the programme likened the Mozart Effect to a Rosetta Stone for the 'code' or internal language of higher brain function.

That night, after our first consultation, I wrote and created the Advanced Learning Systems: an audio coaching programme that involved two vocal tracks over the top of gentle relaxing music.

The first vocal track, talked softly, and led the way through a gentle slow relaxation over the 45 minutes of the tape. The second echoed vocal track induced memory regression to babyhood: those times when we learn to walk and speak and understand language and gradually become more aware of the world around us and our ability to manage it.

The programme ended with multiple post-hypnotic suggestions. These positive and optimistic suggestions were stacked within one another to

induce greater increased memory speed, the anchored response of her physiology being in a relaxed state when studying and recalling with suggestions for all knowledge to be thoroughly integrated and available when appropriate<sup>37</sup>.

The client was instructed to write a short piece, no more than three sentences, that defined specifically, what she wanted to learn. This was then read by the client each time, just before playing the tape. The client was then asked to keep a small journal of the changes she experienced.

The new routine of playing the Advanced Learning Systems for forty-five minutes before any study period and then listening to Mozart constantly was initiated immediately, and continued for the remaining five weeks until her exams.

The results of working with this system have been reliably good, and in this particular case study have shown themselves to be highly effective in being able to assist a student to achieve a defined leaning outcome. It is now, at this point in the paper, that I would like to introduce the results we had achieved in the client's own words:

## The results and conclusions of the client:

The results were remarkable, as the client recalls:

The week of the exams arrived and I sat in the exam hall, opened my question paper, read the questions and picked up my pen to begin writing, still feeling calm and relaxed. I remember writing clearly and methodically, I was answering questions that I could never of dreamed of answering. I have no idea how I managed to recall the information or even where the answers were coming from.

As for my results, although I've been told I'm highly intelligent, I have been lazy in the past and would study enough to get a pass mark and on some occasions have to re sit one out of four papers. When I finally got my exam marks I was astounded, I passed all the papers first time, plus got marks in the 80's/90's. The most peculiar thing is that it is in the very paper I had not given any time to study that I attained the highest mark, 94%.

To add a little more, my latest career role, in a very prestigious company, is in the same field that I had not studied, and yet was my best mark. The effects of the accelerated learning tape are still with me as I read much more quickly than I ever could before and I have a deep and urgent inner-need to read a book whenever I hear Eine Kleine Nachtmusik.

### Concluding thoughts on this case study:

While the client exhibited a very strong Scorpionic and Martian style of communication, it was her Moon in Gemini that provided the astrological key as to which path of Modern Applied Psychology to take. The Advanced Learning System I produced from working with this case utilised as many techniques as I could weave together to produce a Timeline<sup>38</sup> reframing<sup>39</sup> exercise that is initiated by an adapted Basic Accessing Formula<sup>40</sup> and deepening trance and relaxation. This deeply relaxed state was then anchored into the act of reading, as well as being anchored into the knowledge that the process of undertaking exams is now happening. In other words, all of these resources would be available at the unconscious level during any learning or recall experience: this was a very successful exercise in pacing and leading<sup>41</sup> the unconscious dynamics of the astrological significance Moon in Gemini.

### Conclusion:

There are a number of systems for correlating astrology with psychology, and a number of differing ideas as to how any work would best be implemented using the two systems.

NLP, with its close relatives, Hypnotherapy, Timeline and Psychobiology create a formidable team in the field of psychological change and personal development.

Given that the interpretation gleaned from the birth chart, the psychological dynamics and the general character, can be viewed as a growing organic interpretation that is also open to change, growth and transformation means that Astrology forms a good working relationship with Modern Applied Psychology. Practitioners from either of these two disciplines who are unfamiliar with what the other system may offer may at times proclaim unfounded criticism of this working partnership. However, an examination of the results that can be obtained in terms of the tangible benefits experienced in people's lives only serve to further strengthen the case that these two systems work remarkably well in tandem.

It is my personal opinion that further study should be undertaken in this area to substantiate the methodology and verify the findings of this paper. To be able to assess the inner dynamics of a person's psyche using a map of the locations of the planets from the space and time when a person is



born, and then bring into play very powerful techniques for personal growth and change in order to tidy up any parts of the person's life, as revealed in the astrological birth chart, is a concept that I believe deserves further exploration.

Appendix i.                      Case Study Testimonial

A woman aged 29, studying for her qualifications in accountancy, based in London.

To say I was feeling extremely anxious and stressed when I asked David for his help would have been an understatement. Up to that point in time I had been studying for 5 years to gain my professional accountancy qualifications.

It was six weeks until my Finals, two weeks before my revision course and I hadn't even opened one of the eight textbooks I was supposed to study before the exams. I am self taught, I tend to study alone at home, working through text books and attend a revision course about two weeks before the exam just to see what may come up in the current sitting.

I was so scared at failing this sitting, because so many parts of my life were reliant on me getting through. I really felt that I had no hope at all in passing, there was no way I could study, retain and recall this amount of technical information in such a short space of time. I was also getting migraines every time I sat down to study, probably because of the pressure I was putting myself under.

David the using NLP, helped me get rid of the migraines. He also helped teach me how to relax when studying, mainly by playing Mozart in the background. I also listened to an Advanced learning tape every other night.

During the next six weeks I worked through my various subjects and attend the Revision course, which I used more like a learning course and just worked through as many past exam questions as I could.

The week of the exams arrived and I sat in the exam hall, opened my question paper, read the questions and picked up my pen to begin writing, still feeling calm and relaxed. I remember writing clearly and methodically, I was answering question that I could never of dreamed of answering. I have no idea how I managed to recall the information or even where the answers were coming from.

As for my results, although I've been told I'm highly intelligent, I have been lazy in the past and would study enough to get a pass mark and on some occasions have to re sit one out of four papers. I would normally start studying about four months prior to the exams and gain a mark in the early 50's. When I finally got my exam marks I was astounded, I passed all the papers first time, plus got marks in the 80's/90's The most peculiar thing is that it is in the very paper I had not given any time to study that I attained the highest mark, 94%.

To add a little more, my latest career role, in a very prestigious company, is in the same field that I had not studied, and yet was my best mark. The effects of the accelerated learning tape are still with me as I read much more quickly than I ever could before and I have a deep and urgent inner-need to read a book whenever I hear *Eine Kleine Nachtmusik*.

I truly know that none of this would have been possible without Dave's miracle help and his amazing NLP. I'm truly grateful for all his help, support and encouragement throughout that stressful time.

## Bibliography

- Andreas C. & S., *Heart of the Mind*, Real People Press, 1989
- Arnold A., *A Psychological Zodiac – The roots of the Self and Society*, Water weaver Press, 1995
- Bandler R. & Grinder J., *The Structure of Magic, volume one*, Science and Behaviour Books Inc., 1975
- Bandler R. & Grinder J., *Patterns of the Hypnotic Techniques of Milton H. Erickson, M.D., Volume One*, Grinder and Associates, 1975
- Bandler R. & Grinder J., *Frogs into Princes*, Real People Press, 1979
- Bandler R. & Grinder J., *Trance-formations*, Real People Press, 1981
- Greene L., *The Astrology of Fate*, George Allen & Unwin (Publishers) Ltd, 1984
- Greene L., *Relating*, Aquarian Press, 1977
- Greene L., *The Astrological Neptune and the Quest for Redemption*, Samuel Weiser, Inc., 2000
- Harrison M., *The Master Practitioner Suite volume Two*, Tao Te Publishing, 2001
- Huber B., *Astrological Psychosynthesis: The Integration of Personality, Love and Intelligence in the Horoscope*, Aquarian Press, 1991
- Hyde M., *Jung and Astrology*, Page 105, Aquarian Press, 1992
- James T. & Woodsmall W., *Time Line therapy and the Basis of Personality*, Meta Publications, 1988
- Kirby B. – Prudence J., *Creative Astrology – Experiential Understanding of the Horoscope*, Aquarian press, 1991
- Roderick M., *Jung on Synchronicity and the Paranormal*, (Princeton, N J Princeton University Press 1997),
- Rossi E.L., *The Psychobiology of Mind-Body Healing*, W.W.Norton & Company Inc, 1986
- Rudhyar D., *Person Centred Astrology*, Page 42, Aurora Press, 1980
- Sasportas H., *The Twelve Houses*, Page 18, Aquarian Press, 1985
- Sutton K., *The Essentials of Vedic Astrology*, Page 4, The Wessex Astrologer Ltd, 1999
- Waterfield R., *Hidden Depths – The Story of Hypnosis*, Macmillan 2002
- Zondag K H., *Psychological Astrology*, Aquarian Press, 1980

---

## References

- <sup>1</sup> Main, Roderick, *Jung on Synchronicity and the Paranormal*, (Princeton, N J Princeton University Press 1997). P81
- <sup>2</sup> Liz Greene, *Relating*, Aquarian Press, 1977, page 27
- <sup>3</sup> Karen Hamaker Zondag, *Psychological Astrology*, Aquarian Press, 1980
- <sup>4</sup> Angela Arnold, *A Psychological Zodiac – The roots of the Self and Society*, Water weaver Press, 1995
- <sup>5</sup> Main, Roderick, *Jung on Synchronicity and the Paranormal*, (Princeton, N J Princeton University Press 1997) P79
- <sup>6</sup> Bruno Huber, *Astrological Psychosynthesis: The Integration of Personality, Love and Intelligence in the Horoscope*, Aquarian Press, 1991
- <sup>7</sup> Liz Greene, *The Astrology of Fate*, George Allen & Unwin (Publishers) Ltd, 1984, Page 82
- <sup>8</sup> Babs Kirby - Prudence Jones, *Creative Astrology – Experiential Understanding of the Horoscope*, Aquarian press, 1991, Page 19,
- <sup>9</sup> Liz Greene, *Relating*, Aquarian Press, 1977, page 27
- <sup>10</sup> Maggie Hyde, *Jung and Astrology*, Page 105, Aquarian Press, 1992
- <sup>11</sup> Howard Sasportas, *The Twelve Houses*, Page 18, Aquarian Press, 1985
- <sup>12</sup> Dane Rudhyar, *Person Centred Astrology*, Page 42, Aurora Press, 1980
- <sup>13</sup> Babs Kirby - Prudence Jones, *Creative Astrology – Experiential Understanding of the Horoscope*, Aquarian press, 1991, Page 19,
- <sup>14</sup> Howard Sasportas, *The Twelve Houses*, Page 22, Aquarian Press, 1985
- <sup>15</sup> Komilla Sutton, *The Essentials of Vedic Astrology*, Page 4, The Wessex Astrologer Ltd, 1999
- <sup>16</sup> Tad James & Wyatt Woodsmall, *Time Line therapy and the Basis of Personality*, Meta Publications, 1988,
- <sup>17</sup> Tad James & Wyatt Woodsmall, *Time Line therapy and the Basis of Personality*, Meta Publications, 1988, Pages 80-81

- 
- <sup>18</sup> Richard Bandler & John Grinder, *The Structure of Magic, volume one*, Science and Behaviour Books Inc., 1975, Page 45
- <sup>19</sup> Robin Waterfield ,Hidden Depths – The Story of Hypnosis, Macmillan 2002, Page 313
- <sup>20</sup> Robin Waterfield ,Hidden Depths – The Story of Hypnosis, Macmillan 2002, Page 329
- <sup>21</sup> Richard Bandler & John Grinder, *Patterns of the Hypnotic Techniques of Milton H. Erickson, M.D., Volume One*, Grinder and Associates, 1975, page 139
- <sup>22</sup> Liz Greene, *The Astrological Neptune and the Quest for Redemption*, Page 134, Samuel Weiser, Inc., 2000
- <sup>23</sup> John Grinder & Richard Bandler, *Trance-formations*, Real People Press, 1981  
Page 22
- <sup>24</sup> John Grinder & Richard Bandler, *Trance-formations*, Real People Press, 1981  
Page 35
- <sup>25</sup> Earnest Lawrence Rossi , *The Psychobiology of Mind-Body Healing*, W.W.Norton & Company Inc, 1986
- <sup>26</sup> Tad James & Wyatt Woodsmall, *Time Line therapy and the Basis of Personality*, Meta Publications, 1988

---

## References and Sources for Techniques and technical terms.

- <sup>27</sup> 'Positive intention' - Richard Bandler and John Grinder, *Frogs into Princes*, Real People Press, 1979, Page 137.
- <sup>28</sup> 'Meeting the client at his model' – Richard Bandler and John Grinder, *Patterns of the Hypnotic Techniques of Milton H. Erickson, M.D., Volume One*, Grinder and Associates, 1975, page139
- <sup>29</sup> Calibration - John Grinder & Richard Bandler, *Trance-formations*, Real People Press, 1981, Pages 201-212
- <sup>30</sup> Anchoring' - Richard Bandler and John Grinder, *Frogs into Princes*, Real People Press, 1979, Page 84
- <sup>31</sup> 'The Swish Pattern' - Michael Harrison, *The Master Practitioner Suite volume Two*, Tao Te Publishing, 2001, page 72
- <sup>32</sup> 'Visual Squash' - Connirae and Steve Andreas, *Heart of the Mind*, Real People Press, 1989, Pages 132-137
- <sup>33</sup> 'Pacing and leading into trance' - John Grinder & Richard Bandler, *Trance-formations*, Real People Press, 1981, Page 35
- <sup>34</sup> 'Hypnosis inn the treatment of physiological problems' - Robin Waterfield ,*Hidden Depths – The Story of Hypnosis*, Macmillan 2002, Page 337
- <sup>35</sup> Meeting the client at his model' – Richard Bandler and John Grinder, *Patterns of the Hypnotic Techniques of Milton H. Erickson, M.D., Volume One*, Grinder and Associates, 1975, page139
- <sup>36</sup> 'Building new learnings in hypnosis' - John Grinder & Richard Bandler, *Trance-formations* Real People Press, 1981, Page 22
- <sup>37</sup> Anchoring' - Richard Bandler and John Grinder, *Frogs into Princes*, Real People Press, 1979, Page 84
- <sup>38</sup> Tad James & Wyatt Woodsmall, *Time Line therapy and the Basis of Personality*, Meta Publications, 1988,
- <sup>39</sup> 'Reframing' - Richard Bandler and John Grinder, *Frogs into Princes*, Real People Press, 1979, Page 137.
- <sup>40</sup> 'The Basic Accessing formula' - Earnest Lawrence Rossi, *The Psychobiology of Mind-Body Healing*, W.W.Norton & Company Inc, 1986, page 100
- <sup>41</sup> Pacing and leading into trance' - John Grinder & Richard Bandler, *Trance-formations*, Real People Press, 1981, Page 35