

# Astrology and NLP: Working in Practice

## Case Study One

A senior executive in the MOD aged 49.

### The presented issue/problem:

The client in this case study required assistance in dealing with a forthcoming second operation for kidney stones.

I already had an awareness of the client's history, as he had been one of my students on a Practitioner training course in modern applied psychology two years prior to this work being undertaken. I knew that he had lived a very healthy life and that only now, in his late forties, had he needed hospital treatment for the first time.

Typical of people with Scorpio rising, he is a somewhat private individual and he had chosen to only tell immediate relatives and those closest to him of his initial stay in hospital. Having discovered this some time later from a third party, I contacted him and learned that not only had the whole experience been traumatically painful for him, there was also, along with the emotional culture shock of experiencing hospital for the first time in his life, the additional anxiety of now having to return for further work.

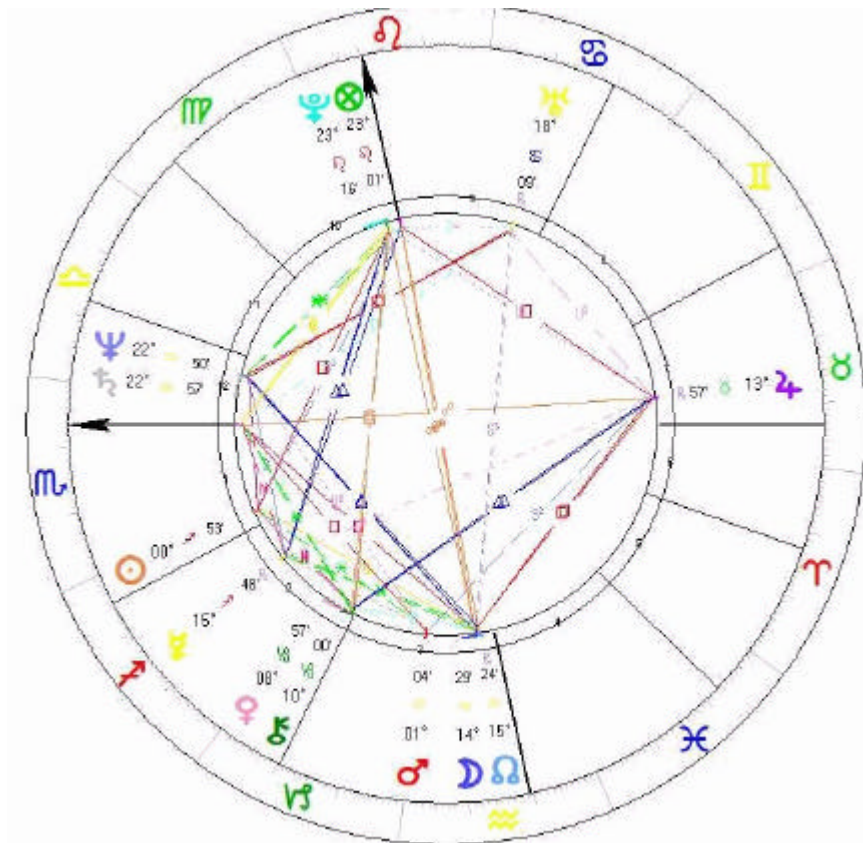
I calibrated<sup>1</sup> distress in his voice, and casually arranged to visit his home, which is close to my own village. When I arrived it transpired there were only two days until his return to hospital once more. The tension was almost palpable as he slowly began to settle, relax and relay his experience.

The hospital had made an error with their previous work and now he had been recalled for some rectification. I listened as this usually very private man spoke in intimate detail of the pain, tears and sorrow of finding himself in the situation. He recounted he discovered one night, while visiting the bathroom to pass water that, 'It was coming out of my back for God's sake, you just can't imagine what that's like. I just sat there and wept feeling completely bewildered'.

Having developed a degree of sensory acuity<sup>2</sup> through my NLP training I could in fact imagine what it was like, and I immediately took stock of the situation as I saw it:

The first thing that occurred to me was that the memory of the first visit would be state dependent<sup>3</sup>, and in this case the client's state would be acute anxiety and pain. Since studies have shown that relaxation contributes to an improved immunity system<sup>4</sup>, vital for efficient healing and well being, then applying a technique, or series of techniques that induce hypnosis and foster deepening relaxation would be the best strategy to adopt.

I recalled at that moment, his Astrological Birth Chart.



*The astrological birth chart of case study one*

I remembered that case study one was around fifty years of age and had Uranus in Cancer in the 9<sup>th</sup> House in his chart. I also recalled that his natal Uranus was Square to his Saturn-Neptune Conjunction in the 12<sup>th</sup> House.

The position of Uranus informed me that while it could be stated that circumstances in his life would frequently take him abroad and he will find himself to be a 'perpetual student' all the way through his forties and fifties he will also experience times of vulnerability during this period, and

encounter situations where he has to be dependent upon others caring for him.

One interpretation to be offered regarding the connection to Saturn and Uranus could be that he will experience altered states of consciousness easily during this time of life while also maintaining a healthy grip on practical reality. So, it could be deduced that here is a person who responds to hypnosis well and also places a value on 'authority'.

### Conclusion so far:

At this stage I had already formed a couple of conclusions as to which therapeutic approach to take.

1. I wanted to access the state dependent memory of the first hospital experience and reframe<sup>5</sup> it to something positive, beneficial and emotionally warm and rewarding.
2. I decided to set up a new anchored response to the idea of the word 'hospital', so that each time my client thought about 'hospital', or found himself inside that kind of environment, his mind and body would enter a particular state of comfort and accelerated healing.

Understanding his respect for higher authorities and his willingness to listen to voices of authority, I decided to initially recall for him some figures of authority in the world of NLP and Hypnosis that would serve to indirectly hypnotise him<sup>6</sup> and provide me with the opportunity to install some embedded commands.<sup>7</sup>

My NLP and Hypnosis Trainer, Michael Harrison (1926-), recounted an experience to me that I now pass on to every class of students I have.

## The Story - The Bandler Healing Experience:

The story of this experience illustrates the eidetic nature of hypnosis and memory. It also serves to demonstrate how the subject matter of what we think about can strongly influence our immune and central nervous systems as well as our general physiology and emotional state.

During the Practitioner stage of NLP training my predecessor, Michael Harrison, and I show a video clip of one of the originators of NLP, Dr. Richard Bandler, working with a client.

The client shown in the video clip required hypnotic assistance with an operation he was due to have the following day. Bandler has him sit on a chair in view of his class and guides him into a trance<sup>8</sup>. Once Bandler has established ideomotor finger signals,<sup>9</sup> he then paces<sup>10</sup> the client by casually talking about the functions of the unconscious and how it works with blood flow, breathing rate, heart beat, and the speed of healing. He acknowledges that, 'The remarkable thing is your unconscious has been doing this for you all along.'

The operation in question was for the client to have his nasal passages unblocked. Bandler asked his client's unconscious if it would take responsibility for ensuring he maintains a pain-free trance state during the operation and be utterly responsible for controlling blood flow, reducing swelling and accelerating recovery.

In a follow up interview the client reported there was virtually no swelling. The doctors were amazed to find no bruising a week later when they removed his dressings. He chose to undertake the operation with only local anaesthetic and reported that felt calm and at peace throughout the whole proceedings. He took a pain killer after his operation because he had a slight headache due to the doctors working on the internal areas of his nose with a chisel.

Michael Harrison recalls that in 1994 he too had to undergo a similar operation. Even though he was only required to be in hospital overnight, one of his ex-students of NLP went to visit him.

Both Harrison and his ex-student felt that on an open hospital ward it would be inappropriate to perform hypnosis in an obvious manner, so Michael's ex-student casually asked him, 'Do you recall in one of our training sessions you showed us a video of Bandler working with a man who was going to have an operation, like your operation?'

Michael Harrison replied that he did indeed remember it. The former student then proceeded to encourage him to remember it, step by step, in great detail, while asking questions such as:

‘And how would it feel to now be in that place ?’

‘If your unconscious were to assist you in this way tomorrow, in complete detail, what would the outcome be for you ?’

Michael Harrison achieved the same results as the client in the video, not by having the technique performed on him, but rather, by him being interviewed to simply recall the technique and allowing his unconscious to use the information inside his memory to then undertake the work.

This story has many of the components of my case study’s present perceptual position contained within it:

- a) Two figures of authority in the field of NLP and Hypnotherapy, in addition to myself.
- b) Hypnosis.
- c) Two examples of people responding to the hypnotic healing commands of those in authority.
- d) The nurturing of those in a vulnerable position
- e) Hypnosis being achieved surreptitiously (unconsciously) within a hospital environment.

With my client being unable to recall the story of Michael Harrison’s use of his memory of Bandler’s work on video, this afforded me the opportunity to recount the story in detail in order to have my client’s unconscious internally represent its implied possibilities. It was, however, very important that my client could remember even a very small part of the video work. He informed me that he could recall only a small part of the psychobiological video session. In a soft, yet authoritative tone, I told my client that, because he could recall a fraction of the video clip, this meant that the entire video session was installed and established securely inside his memory banks.

Being aware that my client’s Aquarian Moon indicated he felt very comfortable with spontaneous events, and that his Third House Capricornian again pointed to a tendency to follow authority and ‘that which has been proven to work’, I began to introduce a trance state, opening with a basic accessing formula style equation<sup>11</sup>: ‘As soon as your inner mind knows ... you are now ready ... to ... drift inside a deep ... healing trance ... experience ... you will find yourself ... feeling a little more comfortable ... as your eyes close to ... begin your deep inner healing ...’

My client looked me in the eye and asked if this was one of those times when he really should relax, and then closed his eyes before I had time to answer.

I had already decided to allow the 'Rossi Pattern' trance induction (meaning, to use the language patterns of trance that can have their origination specifically attributed to the work of Earnest Laurence Rossi) to allow my client to drift inside an ASC for a short while, which would enable me to further recall the work undertaken on the video clip for him in more detail on the level of his unconscious programming.

After saying the wording Bandler used in the video clip I began to enhance the state of relaxation. The spacing represented by the three dots in this paragraph is indicative of slight pauses in speech that are used in hypnosis to create mild curiosity as to what will be said next, and also serves to enhance the impact of the meaning being delivered. In a slow, rhythmic and deliberate pace and tone I said, 'And ... because you are here ... inside your relaxing ... experience ... as you breathe ... and drift ... deeper now into comfort ... healing ... and those deepening states of hypnosis'.

I then began to mix up two words in rapid succession so that their concepts would become a little confused. Akin to performing an audio version of the Collapse Anchor technique<sup>12</sup> linguistically, I carefully calibrated my client as the word 'hospital' became connected in meaning with the word 'hospitable'.

For example: 'Each and every time you go in through en-trance ... you're going to find yourself ... inside ... a very hospitable place to be ... that's right ... how hospitable to be inside, now, those feelings of relaxing more and more deeply ... and you can always relax ... inside ... more and more completely ... each and every time you move in through en-trance ... and find yourself ... inside hospitable healing deep on the unconscious level ... as you are relaxing ... now, moving through en-trance ... that's right ...'

After about 5 minutes, I ended the hypnotic session with another Rossi pattern that time-binds the person's return to normal consciousness with the inner-mind's knowledge that the work initiated is complete in every detail: 'And, as soon as your inner mind knows, your unconscious has completed all of these instructions, in detail, then, and only then, will you find yourself slowly emerging, from the deep trance state, feeling refreshed, comfortable, alert and relaxed knowing, on a deep level inside your unconscious knows exactly how to accelerate your healing as you relax even more deeply.'

I waited for my client to open his eyes.

At this point, immediately after the work we had undertaken, and without a moment for reflection, he still seemed a little uncertain and fearful of the outcome. I assured him I would repeat the work onto a cassette tape and post it to him immediately.

Observing that he looked a little tired, I left his company with as many overt and covert words of comfort I could slip inside saying our goodbyes and casually uttering phrases like, 'It'll be easier than you think'.

Once home that afternoon, I immediately set to work on his cassette tape session. I had to hurry as that day's post was to be collected within the hour. I inserted a blank cassette into the machine, pressed record and ad-libbed a fifteen-minute hypnotic healing session, covering much of the ground we had already explored earlier that day. My intention was that this would serve to re-enforce the effect of that afternoon's work.

The timing was such that it would reach my client's doorstep on the day before he was due to be admitted to hospital.

He had agreed to listen to the tape at some point during that day, and to call me to let me know what he experienced. By 4.00pm that afternoon I had not heard from him and I rightly guessed that because of having to organise things, saying last goodbyes, and his building anxiety, his mind had been taken off the actuality of going to hospital and he had avoided thinking about it all.

My assumption that he had distracted himself from the task of playing the taped hypnotic session was born out when I called him at 6.00pm that evening. He promised to listen to the tape immediately. After 30 minutes I had not received a call and, because the cassette session was only of a 15 minute duration I assumed his state had swung into a sense of, 'Time's getting closer now' and he was busy getting ready and sorting any last minute details. I knew the fear could be building as the night drew on, and his lack of contact caused me to conclude that maybe the tape had not calmed his nerves or reduced his anxiety. I was pleased to discover I was wrong.

However, later that evening, at 8.25pm, my client phoned me and said, 'I've just come out of trance'. The cassette tape session had relaxed him deeply for two and a half hours. I had a strong feeling it would be successful.

Out of respect for his privacy, I made no attempt to contact him during his stay in hospital, and I waited until the second day after his return home. With a sense of anticipation I called him and, as I had expected, was greeted on the telephone by his partner. I tentatively asked, 'How is he', and I was amazed to discover he had gone out to socialise with some friends. Three days later he left a long 'thank you' message on my voice

mail service, attributing the difference in his two hospital experiences to the hypnotic and psychobiological work we had done. Because it had been unnecessary to discuss with my client my working strategies, he was unaware of the degree to which my chosen methods of working, and the techniques I had subsequently employed, had been selected because of the insights gained from reading his astrological birth chart from an Astrobiography perspective.

### Conclusion and commentary in the client's own words:

I had been in to hospital for an operation which had gone wrong, and I'd been in a great deal of pain, and a couple of months later I had to do some recovery work. They had to take something out, or put something in or whatever, and I was really upset at the idea of having to go back there. I remember talking to you about this and you doing some NLP on me and I was really scared about going back in and even now when I go back into hospital I remember the smell of the place and it reminds me of my stay. So what I noticed was I went into hospital in a really relaxed way, much more relaxed about it than I had ever been before, because I have been backwards and forwards a few times. Much more kind of confident, I noticed that the other people in the waiting room were in a real state about it and was really relaxed.

I knew what the procedure was going to be like, I'd been told about it. My main recollection was sitting in this waiting room full of people in a real state coming and going, for some reason I had to wait longer than others. Then, when I did go in it was excruciatingly painful, and I don't think anything can get away from that, and again it went wrong, they got things wrong and that made it even more painful. So. I don't know. if you could describe it on a scale of 1 to 10 the pain was around 10. My main thing was being very relaxed about it, calm about it. The Bandler tape described some stuff that had been going around talking to the patients, about reduced bruising, rapid healing, lower level of bleeding and things. And I think in general I was surprised at how quickly I recovered from what had been pretty traumatic, and I think it was probably more emotional recovery than physical challenge, but that's hard to say because I haven't got any bench mark to measure it against. My over whelming impression is that of sitting in the waiting room and being really calm amongst people, and I just thought, 'Ahh this is really calm', and put it down to the NLP work. A very different impression is that of where I have no reason to be calm about it because I had suffered before.(Sic).

## Findings for Case Study One:

The Astrobiographical interpretation gleaned from the Birth chart regarding the deep structures and subsequent meta programmes of my client's on-going experience was invaluable in enabling me to quickly assess the situation and then decide upon which course of action to take. Moreover, the revealed vulnerability inferred from his having Uranus in Cancer, for me, was a key issue here because my client's usual Scorpionic persona of calm quiet strength could have been misleading to me if I was to select a therapeutic intervention appropriate to the situation. That I was able to assess the situation and make my selection of methodologies so quickly was due, not to mere conjecture, but rather to the insights that an Astrobiographical approach to astrology affords.

The idea that, among the range of associations attributed to the Zodiacal sign of Cancer can be found the principles of nurturing and nursing, and also that one of the attributed associations of the 12<sup>th</sup> House, in astrological tradition, is said to relate to hospitals has more than an equivocal implication. The results of the hypnotic and psychobiological work, inspired by the Astrobiographical analysis of my client's natal chart are such that I would argue that the use of astrology as a tool of modern applied psychology now warrants further investigation and research.

## Case Study Two

A single mother of three children, concerned about the behavioural difficulties of her teenage daughter.

### The presented issue/problem:

I have chosen to call this person Samantha for this publication.

Samantha lives with her mother and younger brother and sister. Samantha's mum recently separated and initiated divorce proceedings from Samantha's step father (the Father of her brother and sister).

Samantha's mother contacted me and asked me to look to see if anything, astrologically, pointed to her daughter's increasingly difficult behaviour and any solutions astrology may offer.

Without looking at Transits or Progressions I went straight to the Natal Chart and looked at Samantha through the lens of Astrobiography.

Samantha has just turned fifteen, so it is relevant to explore the Venus life phase (seven to fifteen years of age) as well as the Mars life phase, covering the present position and her life between the ages of fifteen to twenty-one.

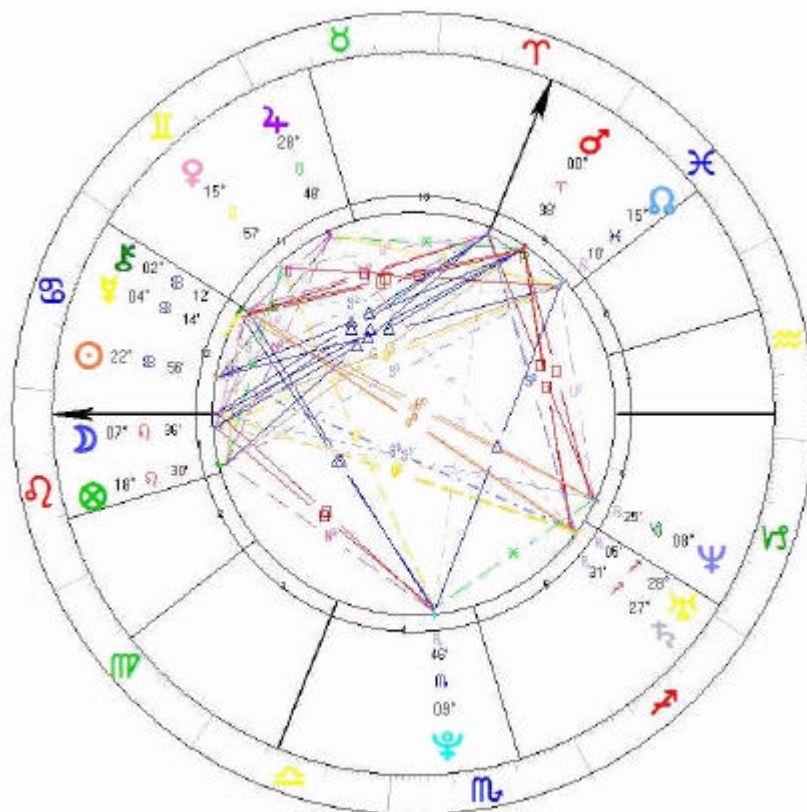
## Methodology:

With this case study I chose a different working method than with case studies One and Three of this paper. The reasons for this were two-fold:

Firstly, there was a question of logistics. When Samantha's mother requested astrological assistance it was in an atmosphere of immediate concern for Samantha's welfare. The travelling distance between our homes is quite substantial, and while a consultation could have been **arranged**, I decided to take the more immediate approach of using e-mail as a medium to deliver a written report.

Secondly, I wanted to communicate directly with Samantha in order to bring about changes in the patterns of her deep structures sufficiently enough to have an observable impact on her thinking and behaviour. In my assessment of her Natal Chart, I concluded the easiest way to gain her attention would be to present any findings and subsequent advice in writing. I decided to prepare a report that would, through the use of hypnotic language, inspire her towards change and transformation.

Samantha's mother's comments appear within the text of my report, and are indented. Samantha's comments also appear within the text and are italicised, as well as being indented.



The astrological birth chart of case study two

Astrobiography report for Samantha:

Venus and Mars life phases – aged 7 to 21 years

*Venus is placed in the Sign of Gemini, in the 11<sup>th</sup> House,  
with Taurus in the 10<sup>th</sup>, and on the 11<sup>th</sup> ,  
with Libra in the 3<sup>rd</sup>, and on the 4<sup>th</sup> House IC.*

*The Aspects to Venus are:*

*Decile the Sun,  
Septile Neptune,  
Bi Quintile Pluto,  
Bi Undecile MC, Square North Node  
Sextile Part of Fortune.*

Between the ages of seven to fifteen Samantha will be highly curious and enjoy learning (*Gemini*). During this time her central nervous system will be more sensitive than usual, so she will often become affected by noises and movements in the immediate environment. It will be important for her to have periods of quiet and seclusion, otherwise she will find herself becoming fraught and agitated if she has to spend prolonged periods of time in busy populated places.

During this period of her life she has the potential to excel in academic work so long as she can resist the distractions of friends and her social circle (*11<sup>th</sup> house*). She could have an aptitude for languages, a love of literature or a strong desire to tell everyone all she knows through writing or distributing information within her social circle by gossiping or texting - a good idea to keep an eye on the household telephone bill as the pattern that is set at this time may well remain in place for many years to come (*Gemini & 11<sup>th</sup> house*).

My overall impression of the report is that it is amazingly accurate and very good. During this time of her life she was always interested in school. She often gets irritable and tired with people who are making noise around her. She sometimes snaps, 'Shut up everyone'. She often takes herself off to bed, and this was definitely more evident during this period of time.

She is good at languages, though not really interested in them. She was good at writing at school: she tended to write things that were rather adult, and she is always texting her friends on her mobile and creating a high bill for the house phone.

Her curiosity and need to be 'one of the crowd' during this time may affect her ability to remain focussed on work she is set, and even on larger, more personal goals she wants to achieve (*Taurus 10<sup>th</sup> house*). This might well manifest as a tendency to fixate on projects, ideas and ambitions and have a steely determination to see things through to the end until she becomes distracted. For a parent trying to keep up with these changes, it could be a little frustrating. On a more positive note she is establishing here a pattern of flexibility alongside a tenacity that could otherwise be outright stubbornness, so I would consider this to be very useful later in life as she will have the ability to complete tasks without becoming entrenched in ideas, emotions and concepts that no longer serve her productively.

Samantha definitely wants to be one of the crowd.

Another contribution to the creation of flexibility could well be movement in a more literal sense. During these years Samantha might find changes within the home, within the family, or just moving house to be disruptive enough that it impacts her sense of stability and security. During these years, if these are house moves or changes within the immediate environment she is well placed to learn how to adapt to changes in circumstance and manage stressful times. Alternatively, having the *Sun in Cancer*, she could interpret these changes as being too disruptive and the impact on her inner sense of safety and stability could be bruising, casting a slight shadow over her sense of identity and self-confidence (*Venus Decile the Sun*). There are a number of NLP techniques that reframe these experiences for her to find the benefits and strengths she can now draw upon as a result of these changing times.

We moved house four times during this period of her life and even Samantha has said she found it very disruptive. I believe it was very disruptive and has somewhat bruised her sense of security.

With Venus being *Decile to the Sun, Sextile to the Part of Fortune and the Septile to Neptune*, the arts will have a marked effect on Samantha

during this period, setting a tone for the rest of her life. She will find herself drawn to art, music, dance or poetry as a doorway through which to escape any disappointments and problems life holds, as well as using creativity as a form of self-expression.

Samantha was very interested in the arts. Whereas she used to play with paints at school before she was seven, along with all the other children, during this time period she began to explore art on her own motivation. She would produce cards for her friends with beautiful pictures rather than simply write a note. Samantha had some work presented as well.

Music has always been important to Samantha, and it has to be said that during this time she learned piano and did a lot of dancing.

This part of the report is also to the mark. She began smoking at thirteen and I'm sure she was drinking then as well. Oddly, chocolate was something that became a big issue then:- I even remarked to her that she was becoming addicted.

Life will seem difficult for Samantha during this time (Square North Node) and there will be times when Samantha does not like her life and the pathway she finds herself on. There is a possibility she might find other means of escapism (Septile Neptune) through alcohol or tobacco or other substances that produce altered states of consciousness (this could be cannabis or heavy doses of chocolate or coffee or other potentially addictive substances). The Bi Quintile to Pluto indicates she will experience life between seven and fifteen as if she cannot access the keys to her own personal power. It will seem to Samantha that the world, or certain people in it (God, teachers, parents, bullies, fashion designers, policemen and anyone who asserts authority) have some kind of sway or influence over her life and her circumstances. During this time, Samantha will learn how to access her ability to influence events via influencing the decisions of others – most usually by learning how to be charming and attractive and 'sweet'.

Yes, everyone says, 'She's so sweet', and then, when she gets indoors she can completely change, like Jekyll and Hyde.

In terms of school work Samantha has the potential do very well (*Bi Undecile MC and Venus in Gemini*) so long as she can resist the pull to prop up any emotional vulnerability through allowing herself to be disrupted by friends or finding unproductive methods of escaping from the hurts of life. If Samantha channels her focus of attention into creative expression in this life phase she could well achieve a great deal.

I have to say this is all so amazingly accurate. Samantha, when she read it said, *'How can he know all those things about me ?*

'How could he know me so well ?'

Life for Samantha between 15 and 21 years:

*Mars is placed in the Sign of Aries,  
in the 9<sup>th</sup> House,*

*with Aries in the 9<sup>th</sup> and on the 10<sup>th</sup>,*

*The Aspects to Mars are:*

*Trine the Sun,  
Trine the Moon, Square Mercury, Sextile  
Jupiter, Square Saturn, Square Uranus,  
Square Neptune, Trine Asc,  
Square Chiron.*

Between the ages of fifteen to twenty-one, life for Samantha will take on a different, and somewhat more challenging tone.

Her sense of identity and enduring inner-confidence will, during this time begin to ascend and make itself known, though the sense of feeling vulnerable and of being somehow 'smaller than others' will continue to be present (*Sun in Cancer*).

For Samantha life during this period will be different, to an almost startling degree. She will experience situations that demand she asserts herself and take action (*Mars in Aries*), rather than hesitate inside a shell of vulnerability (*Sun in Cancer*).

Samantha has certainly been more assertive since she was around fourteen and a half. Where before she would be a bit hesitant and shy, there seems to be no holding her back now.

Before this summer (when Samantha turned fifteen) if I said she couldn't go out she would sulk and maybe throw a tantrum, but now, she just goes out without letting me know where she is. She's just off on her own.

I'd say she has become more independent - and inconsiderate and bloody selfish quite frankly. She seems to have no conscience, as if she has no awareness of other's feelings at all.

Physiologically, Samantha will have an abundance of energy and a desire to express herself immediately. Her perception and relationship with time will change in such a way that as well as needing to act out every impulse

'right here and now', it will seem to Samantha as if time has slowed down externally, while her subjective perception of time's momentum has actually accelerated internally (*Mars in Aries*).

Internally, Samantha will experience the world around her as if someone has slowed everything down: queues seem longer, kettles take more time to boil, a month takes a decade to pass. Simultaneously, Samantha will process information more rapidly, so, to Samantha, when she has finished taking her time to listen to someone it will seem unreasonable that the other person appears to want to keep on taking for ages and ages and ages.

Ha ha, this is so right. She swears at the kettle and keeps asking, 'When's dinner ready' every two minutes, even though she's just been told the answer. The other day we were in a queue in a shop and it was just a normal queue. Samantha was pacing up and down and muttering, I thought she was going to walk out. It was only a normal shop, she's become pretty unreasonable.

Samantha will want to get to the point and move on quickly during this life phase (*Mars in Aries in the 9<sup>th</sup> house*). To some people it will seem as if Samantha has become tetchy, or even downright rude. Behaving in ways that others interpret as her being impatient, irritated or even aggressive could well initiate conflict with others during these years.

It would be wise for Samantha to channel these volatile energies and impetuous urges into productive competitive outlet like sports or a regular fitness routine. Directed through the muscles in a disciplined way Samantha will develop a healthy and vibrant relationship with life and it will seem as if she has a glow about her (*Mars in Aries in the 9<sup>th</sup> house, Trine the Sun, Trine the Moon and Trine the Ascendant*). The alternative is to allow the exuberance to find more idle hands (*Square Mercury*) and the resulting tension could manifest as stress or outbursts of temper and harsh angry words.

In terms of sports, well this side of Mars in Aries is dormant. She began horse riding recently, but that's about it as far as being active is concerned.

While her relationship with her family and parents could be on a very good footing during these years (*Trine the Sun and Trine the Moon*), with the people she meets, and any places she travels to, encouraging her to be more open minded and to take on board the view of life in a larger picture or philosophical framework (*Mars in the 9<sup>th</sup> house Sextile Jupiter*), there will be challenges of a difficult possibly very unpleasant nature.

We will now explore each of these in turn, looking first at their general significance and then focussing on the positive benefits and learnings that can be obtained from these experiences:

*Mars in Aries in the 9<sup>th</sup> House Square Saturn in Sagittarius in the 5<sup>th</sup> House:*

The Square to Saturn in the 5<sup>th</sup> House indicates a number of possible problems Samantha will have to face and resolve.

One of these is her relationship with her father, father figures, authority and even her perception of men in general. During these years (fifteen to twenty-one) Samantha's inner-Self may allow these issues to be resolved by making decisions (often unconsciously) that allow these very issues to become a focus of attention.

Samantha may, for example, have to spend time with her father in order to work through any relationship difficulties or to heal any old hurts and emotional wounds. Then again, it may be through other men her mother becomes involved with, people who take on a father figure role, that become the lens through which any unresolved issues can find equilibrium and a sense of inner peace.

Talking and appreciating the perspectives of other people (or just respecting them - even if they are totally boring) is a key to improved relations here. In displaying a respect for the opinions and rights of others then they have the space and psychological permission to respect yours. We tend to receive what we give out, so it's your call Samantha (assuming you're reading this, of course).

Alternatively, it might well be through the realm of society's authority figures that Samantha lays any old fatherly ghosts to rest. This of course implies that Samantha might experience a series of ups and downs with authority figures from school-teachers, head masters, social workers, traffic wardens, magistrates, judges or, the police.

Obviously, the watchword here is to proceed with caution and maybe adopt the viewpoint that rules are made for some reason. We may not always understand those reasons, so, in a reasonable way we can ask the appropriate people (those with the correct knowledge, or wisdom) and discover what those reasons are. In taking ourselves along the path of legal discovery, it is possible to find oneself becoming knowledgeable, and even proficient, in matters of law and a career could possibly blossom from this. People involved in criminal defence or human rights all need to work

within the law, in order for the law to become truly just. It is possible for Samantha to take part in this important unfolding social process.

When Samantha read this part of the report she said, *'That's true'*, and shyly hid herself by curling up in a ball. It's not often that soft Cancerian part of her nature reveals itself these days and yet it did here. I think you touched on a welcome nerve here.

Saturn's placement in the 5<sup>th</sup> house does carry an implication here of meeting a challenge of life through the arena of teenage pregnancy.

This is so uncanny. Samantha was fifteen in July and is about to go on the pill any week now. She's definitely been having sex since she was fifteen, over the last two months, though she says it's not often. We began talking about this a couple of months ago, yet, with all the trouble, we haven't got back to talking about it. It was the fact that you mentioned it in the report that got us talking again and now she is definitely taking a more responsible attitude.

Relationships will be important to Samantha in these years (*Mars Sextile Descendent*) and there is a high possibility she will take physical action on any strong desires she may have (*Mars in Aries*). So, expect romances to be more than merely innocent, and you will find that events will match the expectation you may have of Samantha being a young lady who, between fifteen and twenty-one, likes to get on with life in her own way ... NOW!

Oh yes, this is so right.

Advice here will, hopefully be unnecessary. If it's needed then it might go unheeded anyway, or might even be too late. That advice which must be followed is, of course, always play responsibly and take full responsibility yourself to always only have protected sex: 'no protection means nothing happens between us' - make it your golden rule!

Raising a child, for those with Saturn in the 5<sup>th</sup> House, is usually a difficult affair<sup>13</sup> and the responsibility of parenting bears heavily upon them. The best advice here is to only start a family after very careful consideration and planning and, meanwhile, to do everything in your power to avoid un-planned pregnancy.

*Mars in Aries in the 9<sup>th</sup> House Square Uranus in Sagittarius in the 5<sup>th</sup> House:*

Having Mars Square Uranus in the 5<sup>th</sup> house means that Samantha is pre-disposed to assert her own unique independence though the arena of rebelling with romantic partners. In other words, one way to court your disfavour would be to associate with, or go out with young men that you, for some reason, find unsuitable for her or even undesirable.

I don't like this part. Samantha keeps hanging out with these boys who are nineteen. It's not just their age though, I'm sure they are bringing drugs into things and she just seems to want to be rebellious in everything.

Then again, Samantha might follow exactly the same process within her own social set and link up with guys that her friends find difficult to accept, as if to announce, 'I am me, and this is my choice, and I can do what I want with my life'.

Alternatively, she might surprise herself with her own choice of romantic partners and somehow end up going out with someone who is the last person she might have thought of. She could also find herself attracted to people who are unique in character, as if they somehow act as an example of independence and originality. Some of these types of people may be so original that others consider them to be odd or strange. Romance, with the Square to Uranus, could also just be an experiment, as if to say, 'I haven't gone out with someone like that yet ... I must give them a try'.

Samantha may well find the invisible lines between friendship and romance gets blurred, so that associations that begin as friendships become romances and vice-versa. Freedom within romance will be an issue as well, and this could be the source of a number of emotional upsets and difficulties.

Mars Square Uranus is, of course, a classic placement for out and out rebellion and Samantha could find herself in hot water through having overzealously overthrown the old authority of the past, suddenly finding that the rules that it is suggested people live by, do in fact serve an essential purpose. Still, Samantha might find various causes and ideologies catch her attention during this time and a growing political

awareness could develop into the kind of humanitarianism that facilitates changes in society and promotes improvement for all.

Just remember that no matter what the cause or the passions aroused, deep breathing and allowing your hands to relax, along with honest tact and diplomacy are, as Howard Sasportas would say, universal antidotes to a bad case of Mars<sup>14</sup>

*Mars in Aries in the 9<sup>th</sup> House Square Neptune in Capricorn in the 6<sup>th</sup> House:*

Here, a softening of the harsh parts of the psyche is introduced through the suffering of disappointments and the shattering of dreams. Or, the healing of these hurts is met through the compassion, the spiritual quest, the arts and through being of service to others.

There will be times between the ages of fifteen to twenty-one when Samantha just seems to aimlessly drift without seeming to have a larger organised plan. While the Square to Saturn is demanding a plan and coherent strategy to order life with, the Square to Neptune pulls Samantha's focus into the opposite hemisphere of nebulous day dreaming and a desire to just go with whatever presents itself and comes along ... after all, isn't it all just meant to be ?

Life might be ordered by some kind of great divine plan ... and, well, maybe not. Maybe it's meant to be that I write these words now, and you are reading them later inside your now ... and as you read these words now, as you are meant to, that part of your mind, maybe conscious, or, maybe your unconscious can go ahead and begin to explore the possibilities of creating a life plan, new pathways that will develop a sense of growing confidence and of looking after yourself in all situations, of working to build a sustainable quality of life and good health and prosperity. Maybe you are meant to be inspired to acknowledge the hurts and pains you've experienced, even this far in life, and consider what you might already be able to do to assist others who have walked similar roads to you. Maybe it's meant that you think of the feelings of others, and especially those close to you, and take them into account before you speak or take action. Then again, maybe there isn't - maybe you are meant to simply drift into a crisis you can prevent ... or, maybe you just drift inside a bottle of booze - or worse. Maybe you could float into an oblivion that means you lose everything you want to hold on to, and maybe not. Since it really is your choice Samantha, begin to write down exactly what you want from life, the kind of lifestyle you really want and create a plan, with the help of others, maybe, to go for it.

There is, it has to be said, a potential here for you to experience these times between fifteen and twenty-one, as those of being fraught with a series of health issues - or just one big health problem. There is a very high chance that your health will be seriously affected by your use of alcohol or other drugs. Please take the greatest of care with both of these areas as, typically of Neptune, you will be unaware of any dangers at the time. So, the easiest way to ensure your safety is to adopt a policy of leaving these substances alone until after you are twenty-two years of age. I'd take a guess that the likelihood of you following this advice is very remote and yet, it is still possible you can surprise me - is it not ?

On a Saturday night she goes into town and drinks Vodka and smokes, sometimes grass or what ever it is. I heard once that she'd tried cocaine and I went really mad at her. She said she was too smart to take that road but she doesn't seem to realise the danger yet. These lads give the girls free smoke and then get them emotionally dependent on it. Before they know it they're having to steal to get it and then it's cocaine and lord knows what next. It scares me.

*Mars in Aries in the 9<sup>th</sup> House Square Chiron in Cancer in the 12<sup>th</sup> House:*

The final part of your four major life challenges during these years is one that could be seen to represent a summery of all we have said so far:

*Chiron square to Mars* in this place in the chart indicates you will have the opportunities to heal some very deep wounds here, and you may also have experiences that create deep emotional and psychological wounds.

I would recommend you focus on generating an atmosphere of peace and calmness around yourself, within which you can find private space and basically 'chill'.

To do this, you will need to reduce the amount of conflicts you have in life by fostering agreement and co-operation with others. Kindness, respect and consideration are all qualities that will cause others to desire your company in peace – rather than conflict.

These years could be a great healing time for you if you adopt an appropriate attitude and allow your natural sensitivity to care for others and look after their feelings. You will find that as you do this your own

self-confidence will continue to rise and life, for you, will shine (*Sun in Cancer*).

*Please feel free to contact (me) over any of these issues.*

Warmest regards,

David

### The conclusions of the client:

I can say that since reading the report, and I don't know if this is co-incident with her having got beaten up recently as well, Samantha has become more reasonable and thoughtful. It was really observable how frightened she was, and she told me she was frightened, about the part of the report that details how her health in the long term could be seriously affected by any use of drugs at this young age. It really made an impact on her and she has also begun to discriminate between friends and the unfriendly in her social world. Quite literally, she has made a note of who she feels 'right' with and who she doesn't.

In my view, her reading the report has enabled her to recognise that she has a choice in life and that she has the power to control and guide her own direction. It is quite amazing, as I've said. Since she has read it, she is more discriminating and has begun to do homework in subjects she was until recently completely ignoring.

The report itself has become an invaluable tool for our relationship. Until recently, relations between us had become increasingly strained and difficult. When you pointed out in our initial conversation that I could either represent for her the Square to Saturn and be 'an horrible' figure of authority, or, I could represent a heartfelt friend through being a representation of her Mars Trine the Moon. I felt full of hope, and yet still a bit lost as to how to bring this transition from representing cold and stern Saturn to becoming her friendly Moon.

I believe the report has facilitated this transition. You, David Rowan the astrologer, have become the voice of authority, the Saturn. This means I can now be her friendly mum girlfriend, looking with her at her personal stars, and working out how best to make the most of it.

The report has become a forum for discussion and a platform for us to build a new and stronger relationship.

I do have to say that Samantha was very touched that the astrologer even bothered to bother about her. She really took to heart that someone cared enough to do that much work for her, and that her mum cared that much because she asked for it to be done.

One final word has to be that it really struck me how frightened she was about the effects drugs could/would have on her health. She

seemed quite disturbed by this and I believe the message sank right inside her. I would say she took the warning. Thank you.

### Findings for Case Study Two:

I wanted the report to be a basic Pace and Lead exercise that would bring Samantha to a natural understanding of the larger picture of which these present times play a significant and yet constantly changing part. There were certain characteristics and probabilities that I intuited she may now be allowing to manifest or blossom to fruition, and I gathered, rightly as it transpired, that she was pleased to be able to re-access the lighter and more caring sides of her nature.

This particular configuration in her astrological birth chart carries the potentials for experiencing some of the harsher and more arduous sides of life. Since everything within astrology, at least from an Astrobiographical perception, has more than one path to follow then I knew it may be possible to inspire Samantha to decide to change course in certain areas and begin to build a life of great worth and security for herself.

From a young teenager about to fully embark on her energetic, and almost totally internally referenced, journey of life through an Aries lens I received the following accolade: *'I'm impressed by it'*.

### Postscript:

Samantha has retained steady employment in a hair salon for more than 18 months at the time of writing. She is commencing driving lessons and has been awarded the opportunity for a photo shoot for a well known

model agency; a goal she has worked steadfastly towards for more than a year. She is in a steady relationship, lives happily with her mum and has released all the harmful behaviours and people from her life.

### Case Study Three

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>15</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 led 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.

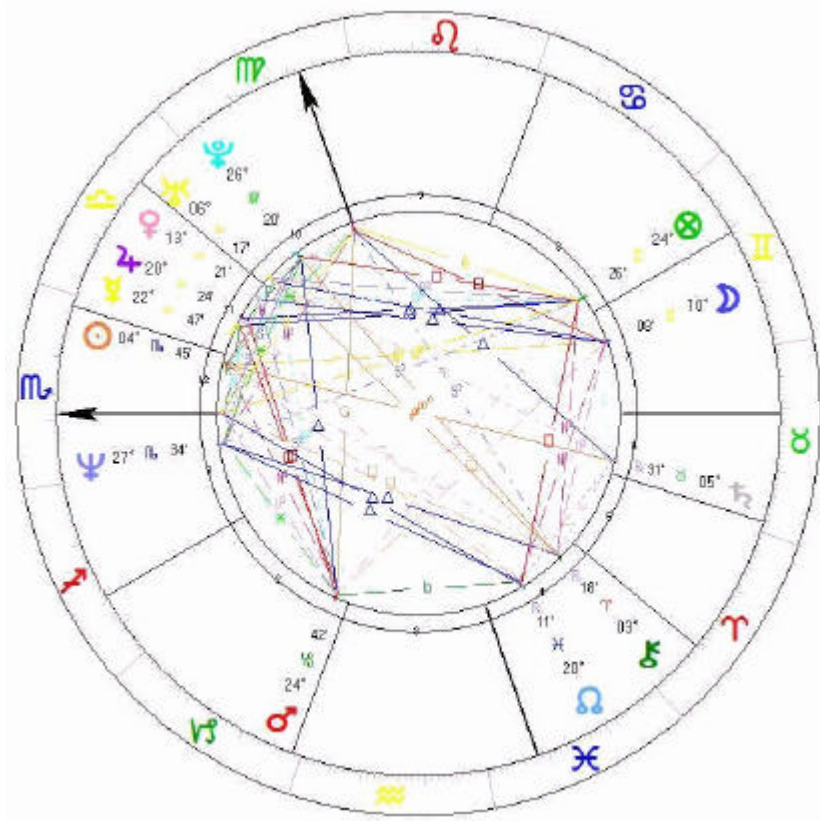
Mercury conjunct Jupiter indicated a desire for knowledge and understanding that could leave the client sensing there is always more to learn, and then, based on that perspective, she might easily form the conclusion that she doesn't know enough. Drawn to a desire to learn and understand the workings 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 bought 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.



The astrological birth chart of case study Three.

### 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>16</sup> Her head recoiled slightly back as a frown began to dominate her expression. Calibrating<sup>17</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>18</sup> This worked very well with the additional application of a 'Swish Pattern'<sup>19</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 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>20</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>21</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>22</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>23</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>24</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 Campbel recounts:

Mozart's music "may warm up the brain," suggested Gordon Shaw, a theoretical physicist and one of the researches 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 music 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>25</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 learning 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 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>26</sup> reframing<sup>27</sup> exercise that is initiated by an adapted Basic Accessing Formula<sup>28</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>29</sup> the unconscious dynamics of the astrological significance Moon in Gemini.

### Postscript:

The client of case study three is now in a senior position of a major international company.

## Case Study Four

An Asian woman in her early thirties, based in London, with a career in web-design.

The presented issue/problem:

### Consultation One

The client of Case Study Three initially approached me to assist her with a presenting problem that was quite different to the issue we finally resolved. There was, however, a powerful unconscious defence-mechanism at work, and this clearly formed connection between the two issues.

Initially, the problem was two-fold:

One part was about her career, or rather, life direction, and the second was a jumbled experience of emotionally and psychologically recoiling from being sexually harassed at work while simultaneously feeling passionately attracted to a different person at the same company, who was, nonetheless, unobtainable. He was also a very different type of person from her husband, or so she gathered from a distance because she had little actual contact with this man.

During our first consultation, I sat quietly and listened as my client spoke of her career direction for maybe three minutes before reverting, once more, to the issue of the man at work of whom her delightful dreams were now becoming consciously disruptive<sup>30</sup>.

She was brimming with questions that seemed to be born from an unquenchable epistemic hunger. No matter how many rational explanations or reframes I offered her, nor how many times we found resolutions to the myriad of problems she presented, to my client it seemed that an almost 'burning hunger' constantly drew her to being aware only of some kind of love she wasn't experiencing, and to then seek fulfilment of it, which, 'isn't mine to experience'.

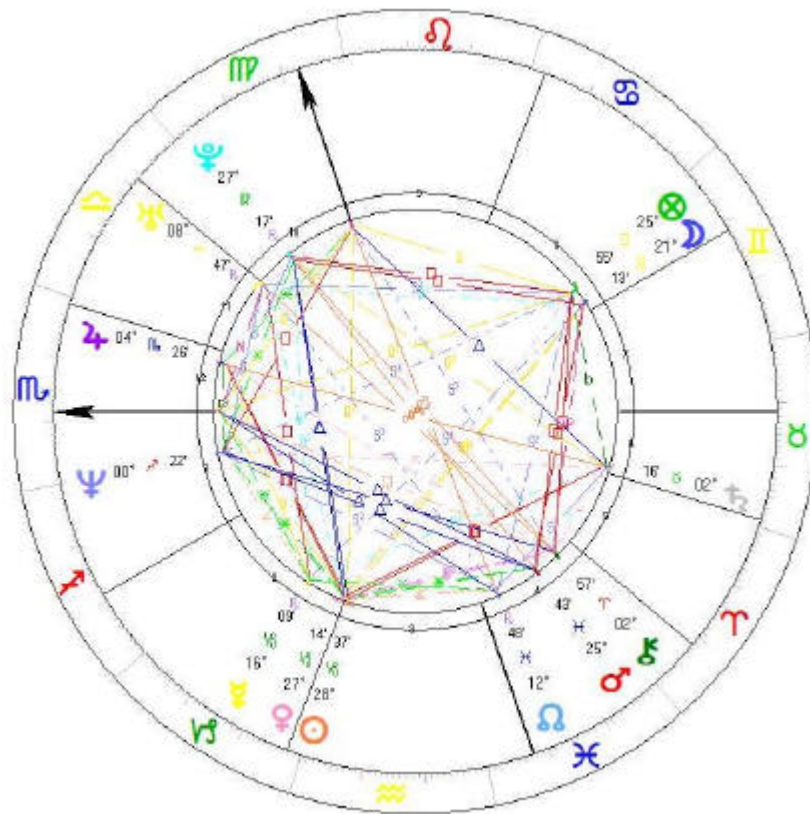
My client spoke of being ill and taking a long leave from work as a result of having experienced the harassment. She seemed not quite reluctant to talk about the harassment but her conversation kept flying off at

tangents. The ubiquitous return throughout her conversation to the man at work to whom she was attracted seemed, to me, to be not of an obsessional nature, but rather, symptomatic of a more instinctively powerful urge. The urge to avoid drawing into consciousness painful unresolved issues that, in some way, contributed to the overall sense she had of being unfulfilled. The brightness in her tone of voice would fade as she ended her sentences<sup>31</sup> and she maintained visually orientated behaviour in her eye accessing cues<sup>32</sup>, enabling her to avoid accessing her emotions, even when asked direct meta-model<sup>33</sup> questions such as, 'And how, specifically, do you feel about that ?'

Moreover, her manner of expression indicated she felt undeserving of the very thing she sought. I interpreted this style of behaviour as that of being similar to a guilt pattern that occurs commonly in people with issues of low self-esteem, akin to having a fear of poverty coupled with a sense of guilt of ownership<sup>34</sup>.

Finding my client's model of the world to be undoubtedly impoverished, I decided to turn to her astrological chart to gain an understanding of some of the deep structures and values of her model<sup>35</sup>. I knew that with this kind of insight it would be far easier to select therapeutic interventions that would bring the fulfilment she required sooner than currently possible.

Upon looking at her astrological chart I found myself drawing the following conclusions.



The astrological birth chart of case study four

The initial thing that struck me about the astrological map of my client's psyche<sup>36</sup> was the high degree of Scorpionic/Plutonic perception she is inclined to experience.

Although her Sun is placed in the sign of Capricorn, her Ascendant is in Scorpio: Pluto is placed in the 10<sup>th</sup> House, the Moon is in the 8<sup>th</sup> House along with the sign of Cancer, and Jupiter is placed in Scorpio. Pluto, while making Trine aspects to the Sun and Mercury and being Sextile to Neptune, is also Square the Moon, Opposing Jupiter and Bi Quintile Saturn.

I have found through my experience in astrological consultations that people with strongly Scorpionic/Plutonic natures can live life through the extreme ends of the spectrum of the human experience<sup>37</sup>. From achieving greatness to living in the shadow of the worst of human nature, these people learn to develop resilience and strength in great measure. 'Kill or be killed' is a paradigm that these types of people are challenged with at some point in their lives.

Astrologically, one of the polysemous associations attributed to Scorpio, and the planet associated with it, Pluto, is that of the psychological

function of repression<sup>38</sup>. In the field of NLP, Practitioners are taught to deal with repressed material by pacing the client's presenting reality and then using transformational grammar to bring about a resolution of the underlying issues<sup>39</sup>.

However, when issues are repressed, the individual concerned is often not consciously aware of the existence of the unresolved material, or that their interpretation of the world around them may be coloured or prejudiced by emotions that are bound up with the issues seeking expression<sup>40</sup>.

In *The Psychobiology of Mind Body Healing*, Rossi states:

Milton H. Erickson (1902-1980) then demonstrated how amnesias caused by psychological shocks and traumatic events are psycho-neuro-physiological dissociations that can be resolved by "inner resynthesis" in hypnotherapy (Erickson, 1984/1980). One of Erickson's early students, David Cheek, M.D., systematized an ideomotor signalling approach for investigating emotional trauma, stress, and psychosomatic symptoms. Over a 25-year period, Cheek's clinical case studies led him to formulate the theory that stress invariably causes an altered state, identifiable from spontaneous hypnosis which encodes state-bound problems of systems. He recently expressed his view as follows (Cheek, 1981, p. 88):

Hypnosis occurs spontaneously at times of stress (Cheek, 1960), suggesting that this phenomenon is a state-dependant condition mobilising information previously conditioned by earlier similar stress (Cheek, 1926b).

At such times, the individual tends to revert in memory and physiological behaviour to an earlier moment of great stress. The formal induction of hypnosis may suddenly release disturbing memories of experiences associated with spontaneous hypnoidal states.<sup>41</sup>

In addition, my client's avoidance, being perfectly understandable when seen in the light of the quantity of Scorpic and Plutonic placements in her astrological chart, reminded me of a pattern I had encountered with others who have a similar emphasis in their natal charts. There is an indication here for my client to potentially have had experiences of sexual, physical or emotional abuse.

I would like, at this moment, to draw attention to there being an empirical<sup>42</sup> history behind the thinking that formed this conclusion, for it

is not merely conjective, it is derived from many years experience of working with the Astrobiography model in the field with clients who seek practical assistance with extremely challenging and difficult circumstances.

In *The Courage to Heal*<sup>43</sup>, the authors Ellen Bass and Laura Davis discuss the abused person's tendency to dissociate from their body. My personal experience of astrology in the field of astrotherapy<sup>44</sup> has been that Scorpionic and Plutonic dynamics coincide with physical, emotional, psychological or sexual forms of abuse and imposition.

When teaching astrology and discussing with my astrological students how, or maybe if, circumstances in our lives correlate to placements in our astrological birth charts a consistent pattern has been seen to emerge:

- a) Those people with Scorpio rising experience physical, emotional, psychological or sexual forms of abuse and imposition at some point in their lives in a way that is significantly impactful.
- b) Those people with planets in Scorpio, or those that have planets making a natal aspect to Pluto, have, in the unfoldment of their lives, periods of time during which significantly impactful experiences of a physical, emotional, psychological or sexual forms of abuse and imposition are likely to occur with a high probability.

To identify during which periods of time the highest probabilities for these experiences fall the Astrobiography model of astrology holds the key.

In my client's birth chart, the quantity of periods of high probability for such experiences were more numerous than many other people's natal birth chart indications. More judiciously than cautiously, I interpreted the Astrobiographical information in the following way:

In more than ten years experience in the field of teaching Astrobiography and working with clients, I have encountered many of those with Scorpio Ascendant who have experienced some form of abuse at some point in their lives.

With Pluto Squaring the Moon, which is placed in the 8<sup>th</sup> House<sup>45</sup> (Scorpio's natural house) there is a two-fold probability that my client either experienced or witnessed some form of abuse during the first three years of her life. These memories would ordinarily be difficult for a person to consciously remember, even though the repressed memory may still present itself through unconscious behaviour patterns such as an inherent mistrust of people, an emotional need for privacy, a fear of being

dominated or told what to do. Sometimes it manifests in individuals as an unconscious need for power and they 'have to' be in control.

Jupiter is placed in Scorpio, which indicates that my client will experience circumstances during her twenties that will resonate with these earlier and forgotten abuse patterns, enabling her unconscious to bring any repressed material to the surface for conscious resolution. In other words, my client could find herself unconsciously making decisions that allow her to encounter such difficult circumstances such as these.

It is during her thirties that my client encounters opportunities to bring any emotional and psychological wounds to the surface and work with them in a creative and supportive environment. The Bi Quintile aspect from Pluto to Saturn shows that not only is it possible for her to reframe her hurts into making the transition from victim to survivor, she will also be able to use the subsequently released emotive energy as a driving force for success and personal achievement ... potentially.

The 4<sup>th</sup> House North Node and Chiron, together with Mars, pointed to a strong possibility of her having family difficulties<sup>46</sup>, and like other people with Pluto in the 10<sup>th</sup> House she showed herself to be a very private person who has a deep concern regarding the opinions others have of her<sup>47</sup>. In the NLP vernacular my client had tendencies towards being a highly self-critical externally referenced lady.

I noted that, at the moment of the consultation my client was thirty one years of age, placing her at the beginning of the Saturn phase in Astrobiographical terms. Her natal Saturn is placed in Taurus in the 6<sup>th</sup> House indicating that issues of self-worth, value judgements, self-appreciation, wealth, guilt of ownership, self criticism and being highly skilled in the workplace would all be highly focussed though this period until her forties.

I formed these conclusions as I glanced at the sheet of paper upon which her natal chart was printed. I took the decision to gently pace and lead her to feeling safe enough with my expertise that she may wish to openly discuss any issues that were unconsciously driving her current behaviours and sense of un-fulfilment.

I chose to begin by allowing her internal Scorpionic defence mechanism to become aware that I have more knowledge of her than she has consciously communicated to me. I took this approach because I knew that not only would it elevate my status with her Capricornian nature as I have offered her partial proof that I am competent in my field, it would also arouse the high degree of curiosity that comes with her natural Plutonic orientation.

As we were near the end of the first consultation, I delivered my strategy covertly under the guise of looking at what work we may be able to cover during the forthcoming second consultation.

I looked her in the eye and said, while gesturing and casting a fleeting glance at the chart<sup>48</sup>, 'We may not have fully explored what you can do to encourage this man to pay attention to you, and neither have we finished exploring all of your career options. We have though, and I'm sure you'll agree, touched on the surface of some very powerful feelings you have just below the surface there ... do you not ?'

Her eyes looked up at me from the chart with that kind of look of surprise that is pleased to find someone who can 'see' and 'know' something of our inner nature without our needing to say lots of words.

As I expected, my pacing led her slightly into an ASC<sup>49</sup> and a resultant tear began to well in the corner of one of her eyes as I continued to pace her experience, only leading now into the objective rationalisation of using the chart. I said, in a soft authoritative tone of confident knowing, a flow of sentences along the following lines:

'All of your current issues are in fact connected to a single issue that is deeper than we have time to explore here. I'd strongly recommend that for your next consultation you consider having an Astrobiographical life reading. This will enable us to explore your life fully, in a great deal of depth and you will be able to place all you are experiencing now in a wider context. The bigger picture will be a whole lot easier to manage than the disconnected parts you are experiencing now, believe me, I know because I can see it. You are on the way to now feeling more and more confident as time goes and you grow through your thirties. There are though, certain issues that really do need to be resolved and healed before you can take full advantage of a future full of more fun than you can imagine now. If you take this route we'll be able to resolve things more easily than you think, which is how come I was recommended to you I guess'.

She found herself agreeing with the last statement of referral, and was quite unaware of just how often she had nodded her head in agreement during my flow of words. This was due to my having peppered my recommendations with stacks<sup>50</sup> of embedded commands which I analogue marked with head-nods and subtle changes in tonality and tempo, to encourage her to slip a little into an ASC and drift inside the 'yes' mood.

From the above example, so typical of the hypnotic language I employ, there are embedded commands, presuppositions and hypnotic suggestions such as:

- k a single issue that is deeper
- k we have time
- k your next consultation
- k consider having an Astrobiographical life reading
- k explore your life fully
- k a great deal
- k now in a wider context
- k bigger picture
- k a whole lot easier
- k I can see it
- k now feeling more and more confident
- k time goes and you grow
- k need to be resolved and healed
- k you can take full advantage
- k future full of more fun
- k you can imagine now
- k resolve things more easily than you think
- k recommended to you

## Consultation Two

For the second consultation with my client I decided a complete Astrobiographical life-reading would be of the greatest benefit for her.

For a whole day I took her through the journey of her life using her astrological chart as the only source for my conclusions. She was pleased enough with the result to volunteer a testimonial to appear in a publicity leaflet that I use to promote my astrological works, as well as being delighted to assist in being a case study for this paper.

Her testimonial for my business publicity is worded:

I just wanted to let you know that the recent Astrobiography I had with you was absolutely mind blowing.

There were things in there that absolutely no-one knew or could know.

I would thoroughly recommend that anyone who wishes a to have a 100% accuracy life-reading should definitely have an Astrobiography, I will recommend it to family and friends who wish to know about life, love and the challenges we all face in everyday life. It has helped me to understand a great deal and change the way in which I perceive life - which makes daily living much better.

This is a once in a lifetime reading and a great opportunity with such great value.

My client was very pleased with the result of the Astrobiography reading. The above testimonial, however, pays no reference to any of the work we undertook regarding her deeper life issues.

I began the reading in my usual fashion by commencing with her general characteristics, indicated by her astrological Sun. It was when I came to the next stage of describing her birth experience and its subsequent psychological effects that she realised just how deep the waters of astrology may run.

Her Scorpio Ascendant and her eighth house Moon placement both indicated that my client may encounter the kinds of Scorpionic challenges mentioned above. In order to avoid an abreaction, I used euphemistic language, because, this would give her the opportunity to discuss any traumatic events if she wished to, and she would be able to maintain a sense of poise and simply move along in the conversation as well if she wished to.

At this stage of the reading my client chose to remain emotionally neutral and non-responsive when I offered the interpretation that, 'During the first three years of life you could have encountered the external world as a place that seems to push you around in some way. This could have been emotionally, physically, psychologically or even sexually'. I carefully calibrated her reactions, paying attention to her skin tones and breathing pattern and was pleased to note that my carefully worded statement had not induced anxious feelings or provided any repressed emotions with an opportunity for conscious and immediate expression.

It was to be much later in the reading, when the theme was to be introduced to my client once more that that the repressed emotions I had intuited made their way to the surface, and she then began her journey of deep inner healing.

My client has Jupiter placed in Scorpio in her astrological birth chart, and from a viewpoint of Astrobiography, this indicates that at some point between the ages of twenty-one to thirty, an opportunity for her to experience Scorpionic challenges may present itself once more. The probability of this occurring is, as always with this Astrobiographical model of astrology, very high.

I offered my carefully worded euphemistic statement in the same manner as in our previous discussion about her early childhood conditioning. My client suddenly had eyes full of tears and recounted the following incident, told here in her own words:

In June 1997 I was drug raped by a boyfriend at the time in a secluded car park and left there to recover. Somehow I made my way home. I was unable to remember anything at first and then from time to time flashbacks came and went and bad dreams slowly were suppressed ...

I paced her emotional expression and created an environment where she felt safe enough to simply sit and cry for however long she wished to.

At the time of the reading, which took place in the summer of 2001, my client was thirty-one years of age. This means that her Jupiter life phase would have begun in 1991 and passed over to the Saturn phase of her life in 1999/2000, at the moment of her Saturn return.<sup>51</sup>

As my client released a great deal of bottled up feelings and anxieties, I made cups of tea and encouraged her to talk more about the whole experience. By this, I mean not the fine details of the rape itself, for, to me, that is a very bruised, tender and private place that only those closest to her may visit, if ever at all. It is the entire period of recovery and post healing that for me is of the greatest interest.

- k How well does she believe she is dealing with the experience ?
- k How has it effected her private life ?
- k What effect has this had on her self-image and self-esteem ?
- k How does she feel now in the company of men ?

The last question was particularly relevant in this circumstance since my client was placing her trust in me as her astrologer and therapist.

In her testimony for this paper my client reports:

In July 1998 I got married and was happy and although we argued about tiny things, we were sexually happy.

Between June and December 1999 I was sexually harassed at work. Everything heightened after a Christmas party where my boss tried to force me to kiss him. Suddenly all the memories that were suppressed came bolting back from the past.

I stayed at home the following year: took five months off work and interacted very little with people - and during that time I was very distant from my husband and refused to make any kind of effort with him, nor myself. I had already put on weight and dressed to cover myself. This phase left and slowly I lost weight and started dressing the way I used to - feminine clothes that were flattering. However, I still was distant from my husband and refused to have sex with him unless I really had to.

I July 2002, my husband told me he wanted a divorce, I was shocked and then simultaneously not surprised, I knew it would have happened as I was always so distant from him.

At this point, I was lucky to know Dave Rowan through my best friend and my husband decided to support me through this consultation process - as a last chance.(Sic).

My client is now beginning her Saturn phase of life: Saturn being placed in Taurus in my client's sixth house indicated that her life focus was to become one of growing self-esteem and creating an enduring sense of self-worth. Building up her material security would be very important to her through her thirties, along with maintaining a high level of skill in her chosen field of work.

This sense of growing and developing implies that, as with most Astrobiographical life phases, the level of development at the beginning of this time would be lesser in comparison with the level of development she will experience by the end of this period in 2012.

I took her present position of having a potentially deeply wounded self-esteem and poor self-image into account when deciding which therapeutic path to take.

As we moved on in our exploration of her life path she informed me that one manifestation of her having Saturn in the sixth house that she was enjoying was a self-defence class called 'combat training'. Whilst not having the spiritual discipline or learning structure of a more traditional martial art, her Saturday morning combat training was providing her with an important physical outlet for her daily frustrations.

As we came to the end of our second consultation I suggested we end with some 'inner healing' works.

In the first part of our work I wanted to ignite an inner flame of growing strength and hope. My client felt psychologically and emotionally trapped by the constraints of having to deal with a husband who didn't understand her difficulties, and a family that she had communication difficulties with. These we would deal with in our next consultation. For now my client needed, and I believe the word 'needed' is appropriate here, to receive assistance and to enjoy relaxing in this time for herself.

We began the first of these two short and effective transformational techniques by re-visiting the self-relaxation technique I had taught my client in her first consultation. Using a theatre stage as a metaphorical environment I asked my client's unconscious to present onto the stage, in its own fashion, a representation of the part of her that is hurt, and scared and bruised by the shocking event of the rape.

The hurt part presented itself, and I began a process of encouraging that part of her to want to grow in size and strength and to become willing to meet the challenges of life and turn around the impact the 'nasty man' has had on her. Discovering she could still win, that she can change things within herself which means he didn't destroy the core of her being, was very illuminating and inspiring for her.

By the time we had finished this technique the part of her that used to be frightened of her past, and fearful of others rejecting her had become big and strong and was now in charge of the process of expelling the fear and pain she had stored up through her performance in combat training.

As I privately predicted, she reported after the next Saturday that the burst of energy which had poured out of her had unnerved her fellows in the room.

We finished this six-hour consultation with some time-line work<sup>52</sup> to install a sense of bright hope ahead in her future. Because, unconsciously, she now knew that all would be well, her anxiety levels would begin to reduce, giving her an immediate sense of improvement in her quality of life.

### Consultation Three:

I decided that for consultation three I would provide for my client a blend of transformational work and training in some principle skills of NLP to enable her to manage the people around her in a more appropriate and easier way. She took to this readily and began to establish a new atmosphere and environment within her home straight away. I helped her devise a 'script' that she could use to inform her sisters of what had taken place in a manner that would induce a response of compassion and care, rather than rejection and blame.

A telephone consultation took place between myself and her husband, during which I outlined for him the process of the healing journey his wife was now undertaking. He reported that he found that understanding the stages of the process, and having an approximation of how long this would naturally take, enabled him to step out of a sense of blame and begin to assist his wife in this difficult experience.

### Consultation Four:

It was a very different client that came to see me for her fourth, and last consultation. She now had the air of a person with purpose and direction. In her own words, she describes her experience in the following way:

### The conclusions of the client:

After my first two sessions with Dave I spoke about the incident to my husband in greater detail. I opened up and told both my sisters what was going on, without the difficult scenes I had anticipated as I was able to remain calm and used the 'script' that Dave had helped me with.

After my next session with Dave, I came home and threw out old photos, old memoirs of my ex-boyfriend. I cleared out my wardrobe and got rid of items that reminded me of the five months that I was at home off work.

Since that time, I have made huge efforts with myself. I bought a new wardrobe, with flattering styles and now dress the way I used to.

I have a healthy sex life with my husband and communication is no longer an issue. We are very affectionate towards each other all the time - it is lovely laughing with him again - especially after what I put him through. We now tend to argue about normal things - like putting out rubbish or hanging up washing - I even enjoy arguing about trivial things.

My sisters asked questions at the time, and now understand me better, I am happier at home, work, and, more importantly, happier with myself.

I would have not have been writing this within six months if I had not gone to Dave. He listened and understood, and being alone with a man in a room was not scary like I originally anticipated.

So much has changed, I have transformed the house and made such efforts in all areas of my life and now feel that I am finally over the man who raped me - called XXX. I pity XXX he is a sad man who just wanted to ruin my life - which he very nearly did.

Dave has taught me so much in such a short period of time, and finally I can move on with things and start living again.

#### Findings for Case Study Four:

Having the ability, though the use of astrology, to gain an immediate insight of the underlying issues behind my client's presented problems proved to be, in this instance, invaluable.

While it might be said that my client would have resolved these issues for herself in time, or, that in a therapeutic context performed without the use of astrology, the resolution she sought would have been achieved, it is, I would like to suggest, demonstrably verifiable in this case that the remarkable speed with which my client was able to make progress was due to the added assistance of having an astrological map of her psyche and the accompanying timetable of her unfoldment and development presented through the perspective of the Astrobiography model.

Moreover, it can be said that the Astrobiography model of astrology has an authentic, practical and useful part to play in the tool-box of those who work in the field of modern psychology.

#### Postscript:

In the spring of 2003, two years after the consultations of case study number four, this loving couple presented their first baby to the world.

## References and Sources

---

- <sup>1</sup> Michael Harrison, *The Master Practitioner Suite Volume One*, Tao Te Publishing, 2001, p.5.
- <sup>2</sup> Michael Harrison, *The Master Practitioner Suite Volume One*, Tao Te Publishing, 2001, p.6.
- <sup>3</sup> Ernest Lawrence Rossi, *The Psychobiology of Mind-Body Healing*, Norton & Company, Inc 1993, p.47
- <sup>4</sup> Hannah Koenker, *Stress and the Immune System*, sourced September 23<sup>rd</sup> 2003, <http://www.econ.uiuc.edu/~hanko/Bio/stress.html>
- <sup>5</sup> Richard Bandler and John Grinder, *Frogs into Princes*, Real People Press, 1979, pp.137.
- <sup>6</sup> William Hudson O'Hanlon, *Taproots*, Norton 1987, pp.142.
- <sup>7</sup> William Hudson O'Hanlon, *Taproots*, Norton 1987, pp.144.
- <sup>8</sup> Robin Waterfield, *Hidden Depths – The Story of Hypnosis*, Macmillan 2002, p.313.
- <sup>9</sup> Richard Bandler and John Grinder, *Frogs into Princes*, Real People Press, 1979, pp.137.
- <sup>10</sup> John Grinder & Richard Bandler, *Trance-formations*, Real People Press, 1981 p.35.
- <sup>11</sup> Earnest Lawrence Rossi, *The Psychobiology of Mind-Body Healing*, W.W.Norton & Company Inc, 1986, p.100.
- <sup>12</sup> Richard Bandler and John Grinder, *Frogs into Princes*, Real People Press, 1979, pp.84.
- <sup>13</sup> Howard Sasportas, *The Twelve Houses*, Aquarian Press, 1985, p.251.
- <sup>14</sup> Howard Sasportas, *The Twelve Houses*, Aquarian Press, 1985, p.215.
- <sup>15</sup> 'Positive intention' - Richard Bandler and John Grinder, *Frogs into Princes*, Real People Press, 1979, Page 137.
- <sup>16</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>17</sup> Calibration - John Grinder & Richard Bandler, *Trance-formations*, Real People Press, 1981, Pages 201-212
- <sup>18</sup> Anchoring' - Richard Bandler and John Grinder, *Frogs into Princes*, Real People Press, 1979, Page 84
- <sup>19</sup> 'The Swish Pattern' - Michael Harrison, *The Master Practitioner Suite volume Two*, Tao Te Publishing, 2001, page 72
- <sup>20</sup> 'Visual Squash' - Connirae and Steve Andreas, *Heart of the Mind* Real People Press, 1989, Pages 132-137

- 
- <sup>21</sup> 'Pacing and leading into trance' - John Grinder & Richard Bandler, *Trance-formations*, Real People Press, 1981, Page 35
- <sup>22</sup> 'Hypnosis in the treatment of physiological problems' - Robin Waterfield, *Hidden Depths – The Story of Hypnosis*, Macmillan 2002, Page 337
- <sup>23</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, page 139
- <sup>24</sup> 'Building new learnings in hypnosis' - John Grinder & Richard Bandler, *Trance-formations* Real People Press, 1981, Page 22
- <sup>25</sup> 'Anchoring' - Richard Bandler and John Grinder, *Frogs into Princes*, Real People Press, 1979, Page 84
- <sup>26</sup> Tad James & Wyatt Woodsmall, *Time Line therapy and the Basis of Personality*, Meta Publications, 1988,
- <sup>27</sup> 'Reframing' - Richard Bandler and John Grinder, *Frogs into Princes*, Real People Press, 1979, Page 137.
- <sup>28</sup> 'The Basic Accessing formula' - Ernest Lawrence Rossi, *The Psychobiology of Mind-Body Healing*, W.W.Norton & Company Inc, 1986, page 100
- <sup>29</sup> 'Pacing and leading into trance' - John Grinder & Richard Bandler, *Trance-formations*, Real People Press, 1981, Page 35
- <sup>30</sup> Richard Bandler & John Grinder, *Patterns of the Hypnotic Techniques of Milton H. Erickson, M.D., Volume Two*, Grinder and Associates, 1977, p.103.
- <sup>31</sup> Michael Harrison, *The Master Practitioner Suite Volume Three*, Tao Te Publishing, 2001, p.52.
- <sup>32</sup> Steve Andreas, *Virginia Stair the Patterns of Her Magic*, Real People Press 1991, p.161.
- <sup>33</sup> Richard Bandler and John Grinder, *The Structure of Magic Volume One*, Science and Behaviour Books, inc 1975, p.24.
- <sup>34</sup> Howard Sasportas, *The Twelve Houses*, The Aquarian Press, p.244.
- <sup>35</sup> Tad James and Wyatt Woodsmall, *Time Line Therapy and the Basis of Personality*, Meta Publications 1988, pp.155.
- <sup>36</sup> David Rowan, *Astrology and NLP Working in Practise*, Paper for Psychology Module MA Cultural Astrology and Astronomy, Bath Spa University College, May 2003.
- <sup>37</sup> Howard Sasportas, *The Twelve Houses*, The Aquarian Press, p.309.
- <sup>38</sup> Howard Sasportas, *The Twelve Houses*, The Aquarian Press, p.311.
- <sup>39</sup> John Grinder and Richard Bandler, *Trance – formations*, Real People Press 1981, pp.91.
- <sup>40</sup> Liz Greene, *Barriers and Boundaries – The Horoscope and the Defences of the Personality*, Centre for Psychological Astrology Press 2002, p.75.

---

<sup>41</sup> Ernest Lawrence Rossi, *The Psychobiology of Mind-Body Healing*, Norton & Company, Inc, 1993, p.49

<sup>42</sup> Empirical is defined here as meaning, '*Guided by practical experience and not theory, especially in medicine.*', sourced in the internet 23<sup>rd</sup> September 2003, at <http://www.yourdictionary.com/ahd/e/e0117100.html>

<sup>43</sup> Ellen Bass and Laura Davis, *The courage to Heal*, Harper & Row, 1988, p.43

<sup>44</sup> A term I privately use to describe the art of using astrology as a tool of modern applied psychology in partnership with other psychological disciplines.

<sup>45</sup> Howard Sasportas, *The Twelve Houses*, Aquarian Press, 1985, p.180.

<sup>46</sup> Howard Sasportas, *The Twelve Houses*, Aquarian Press, 1985, p.54.

<sup>47</sup> Howard Sasportas, *The Twelve Houses*, Aquarian Press, 1985, p.330.

<sup>48</sup> Michael Harrison, *The Master Practitioner Suite Volume One*, Tao Te Publishing, 2001, p.139.

<sup>49</sup> Robin Waterfield, *Hidden Depths – The Story of Hypnosis*, Macmillan 2002, p.329.

<sup>50</sup> Michael Harrison, *The Master Practitioner Suite Volume One*, Tao Te Publishing, 2001, p.139.

<sup>51</sup> Karen Hamaker-Zondag, *Psychological Astrology*, Aquarian Press 1980, pp.201.

<sup>52</sup> Michael Harrison, *The Master Practitioner Suite Volume Three*, Tao Te Publishing, 2001, p.40.

---

## Bibliography

Andreas, S. (1991). *Virginia Stair the Patterns of Her Magic*, Real People Press 1991

Arnold, A. (1995). *A Psychological Zodiac – The roots of the Self and Society*, Water weaver Press.

Bandler, R. and Grinder, J. (1975). *The Structure of Magic Volume one*, Science and Behaviour Books, inc.

Bandler, R. and Grinder, J. (1977). *Patterns of the Hypnotic Techniques of Milton H. Erickson, M.D., Volume Two*, Grinder and Associates, 1977

Bandler, R. and Grinder, J. (1979). *Frogs into Princes*, Real People Press.

Bass, E. and Davis, L. (1988). *The courage to Heal*, Harper & Row.

Bateson, G. (2000) *Steps to an Ecology of Mind*, University of Chicago.

Bateson, P. and Martin, P. (1999). *Design for a Life – How Behaviour Develops*, BCA Press

Greene, L. (1977). *Relating*, Aquarian Press.

Greene, L. (1984). *The Astrology of Fate*, George Allen & Unwin (Publishers) Ltd,

Greene, L. (2002). *Barriers and Boundaries – The Horoscope and the Defences of the Personality*, Centre for Psychological Astrology Press

Grinder, J. and Bandler, B. (1981). *Trance-formations*, Real People Press.

Harrison, M. (2001). *The Master Practitioner Suite Volumes One, Two and Three*, Tao Te Publishing.

Hyde, M. (1992). *Jung and Astrology*, Aquarian Press.

James, T. and Woodsmall, W. (1988). *Time Line Therapy and the Basis of Personality*, Meta Publications.

Jones, P. (1991). *Creative Astrology – Experiential Understanding of the Horoscope*, Aquarian press.

---

Levine, R. (2003). *The Evolution of Astrology*, The Astrological Journal, Volume 45, Number 4, July/August.

O'Hanlon, W. H. (1987). *Taproots*, Norton.

Main, Roderick. (1977). *Jung on Synchronicity and the Paranormal*, (Princeton, N J Princeton University Press).

Rossi, E. L. (1993). *The Psychobiology of Mind-Body healing*, Norton & Company, Inc.

Rudhyar, D. (1980). *Person Centred Astrology*, Aurora Press.

Sasportas, H. (1985). *The Twelve Houses*, Aquarian Press.

Sutton, K. (1999). *The Essentials of Vedic Astrology*, The Wessex Astrologer Ltd.

Waterfield, R. (2002). *Hidden Depths – The Story of Hypnosis*, Macmillan.

Hamaker-Zondag, K. (1980). *Psychological Astrology*, Aquarian Press.