

Where intuition and Insight meet Technology: My evolving Astrology Practice



By Lorraine Haven

When I first heard about artificial intelligence being used in astrology, I wasn't at all sure it was for me. My work has always been rooted in relationship - listening deeply, tuning in

to the chart and the person, and allowing the conversation to unfold. That kind of connection can't be rushed, and it certainly can't be replaced by a machine.

But over time, I've come to see how technology can gently support my practice behind the scenes. One area it's really helped with is report writing. In the past, I often wanted to send follow-up notes or create written reflections for clients, but writing them from scratch took hours, especially when I wanted to honour the depth of each chart. So, I've taken a leap and now, with a little help from AI, I can generate a framework or first draft for these reports, based on the themes we explored together. From there, I shape and refine it, adding nuance, insight and knowledge of your unique journey. It's still me speaking to you, just with a little more ease in the process. It's quicker and less time consuming, which means I can give more of myself where it truly matters: in direct connection.

Because the real magic happens in conversation. No report, no matter how beautifully written, can replace the unfolding that happens when we sit



together. The chart may offer information about signs and planets, but it's through dialogue that I understand how it's actually playing out in your life. Are you resisting a call for change? Quietly gathering strength? Already in the midst of transformation? That's the kind of insight that only emerges in relationship.

So, while AI and other tools can help me behind the scenes - keeping things flowing and freeing up time - the soul of my work remains rooted in human connection. It's in the trust that builds over time, in the clarity that comes through presence, and in the deep honouring of your unique journey. If you're curious about how the current energies are showing up in your life, or you'd simply like to explore your chart with someone who takes the time to truly listen, I'd love to welcome you for a one-to-one session. Plus now you'll also receive a written follow-up report.

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