

An Astrological Consultation – What to Expect



By Lorraine Haven

An astrological consultation is a confidential, supportive space where we explore the unique map of your birth chart together. It's not about prediction or fixed fate, but rather an

invitation to reflect, gain insight and deepen self-awareness. Your chart reveals patterns, gifts, challenges and potential across all areas of life – home, career, relationships, creativity and more. But how those energies are lived is always personal and to get the best from your session, I encourage an open, two-way conversation. Your input, reflections and life experiences bring the chart to life. So, it's not a passive reading but a shared exploration of how the planetary energies are moving through you, and how you're responding to them. Together, we can uncover what is asking to be seen, healed, or more fully expressed.

You might come with a specific question, or simply a sense that something within is shifting. But many also find that what emerges can be unexpected, offering clarity and validation around deeper themes they hadn't yet fully realised. Sometimes the initial consultation

naturally opens the door to short or longer-term astrological counselling. This is especially helpful if you're navigating a challenging path or experience, or simply wanting to understand yourself more deeply

As a qualified counsellor, I'm able to bring together the depth of therapeutic presence with the insight of astrology. This means we can gently explore not only what the chart reveals, but also how it resonates emotionally and psychologically. My training allows me to hold space for the more tender or complex aspects that may arise, helping you to feel safe, supported and truly heard as we work with the chart in a meaningful, integrated way.

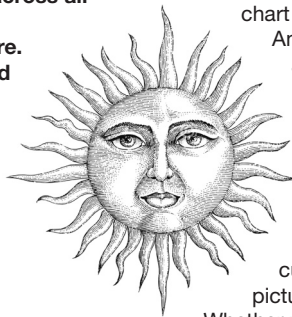
An astrology session with me is not about fixing or judging – it's about honouring your journey. We look at the deeper story of your life, including how early influences may have shaped you, and where your soul is calling for expression and integration now. With compassion and curiosity, we'll look at both the current moment and the broader picture of your life path.

Whether you're at a crossroads, feeling called to change, or simply curious about your chart, a consultation can offer a powerful mirror. It's a place to reconnect with your own knowing, to feel seen, and to begin (or continue) the lifelong unfolding of who you truly are.

If this resonates with you, please get in touch.

Astrologer • Counsellor • Celebrant

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Heart of Helios *Astrological Life Coaching*

- Self-discovery and personal growth
- Uncover your potential
- Better understand your relationships
- Live life more meaningfully

Explore how astrology can help to make sense of your life.

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