

Astrology: From Ancient Skies to Modern Lives



By Lorraine Haven

Astrology has been written in the stars for millennia. Long before smartphones or calendars, ancient civilizations turned their eyes to the heavens for guidance. To the

Babylonians, Egyptians and Greeks, the stars weren't just distant lights, they were signs, signals and sacred rhythms that reflected life on Earth.

In Mesopotamia, astrology began as a tool of priests and kings, who read planetary movements to predict the rise and fall of empires. The Egyptians aligned temples to celestial events and tracked the stars to mark time and ritual. The Greeks added philosophy to the mix, with thinkers like Ptolemy formalizing the astrological system that still underpins Western astrology today. Interestingly, for centuries, astrology and astronomy were one and the same. Observing the heavens was a sacred and scientific act, blending the mystical with the mathematical. It wasn't until the scientific revolution that the two disciplines diverged. When Copernicus proposed the heliocentric model in the 16th century, placing the Sun, not Earth, at the centre, it shifted the way we saw ourselves in the cosmos. Astronomy became a science of physical forces

and observation. Astrology, while remaining symbolic and interpretive, continues to rely on precise mathematical calculations of planetary positions and celestial cycles.

And it's still going strong.

These days, astrology lives everywhere — in apps, podcasts, therapy sessions, and everyday conversations. But modern astrology is more than just daily horoscopes. It's about uncovering patterns, exploring personality, and gaining insight into relationships, timing and purpose.

Whether you're contemplating your birth chart or simply noticing that Mercury retrograde is creating communication issues, astrology offers

a profound way to reflect on life.

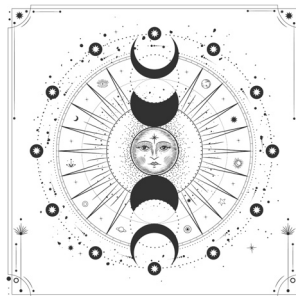
So why has astrology endured through centuries of cultural and scientific change? Maybe it's because it speaks to a timeless human desire: to feel connected - to each other, to nature, to something bigger than ourselves. The stars remind us of cycles, rhythms and stories that are older than we can imagine. In a chaotic world, that cosmic mirror can be comforting.

Astrology isn't about predicting the future. It's about understanding the present through the patterns of the skies. As above, so below. From ancient temples to modern apps, we're still reading the stars - and they're still speaking.

If you'd like to know how the stars are speaking to you, please get in touch.

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