

Relationships and Compatibility - How Astrology can Help



By Lorraine Haven

One of the most common questions people ask astrologers is: Are we compatible? Love and connection are central to human life, and astrology offers a fascinating lens to

explore how two people's energies interact. This branch of astrology is known as synastry.

Synastry works by comparing two birth charts. Just as your own chart is a snapshot of the heavens at the moment you were born, so too does another person's chart hold their unique cosmic pattern. When placed together, these two charts reveal points of harmony and areas of challenge. It's less about labelling couples as "meant to be" or "doomed," and more about understanding the *dynamics* that naturally arise between them. For example, Venus, the planet of love, beauty, harmony and attraction, describes how we give and receive affection. When one person's Venus aligns smoothly with another's Sun or Moon, there is often a natural warmth and appreciation - in other words, love flows easily. On the other hand, if someone's Venus uncomfortably aspects their partner's Saturn, issues of commitment, insecurity, or feeling restricted may arise. It doesn't mean the relationship can't work, but it shows how two

people can have different perspectives and where attention and care are needed. Mars is another important player. Representing passion, desire and action, Mars describes how we pursue what we want. In synastry, Mars connections can create sparks of attraction—sometimes thrilling, sometimes volatile. For instance, if one person's Mars connects with the other's Venus, there is usually strong physical chemistry. But if Mars challenges the partner's Moon, emotions may flare, with one partner feeling pushed or misunderstood. Again, the relationship can still work but with attention and understanding.

Ultimately, relationships often act as mirrors, reflecting back to us the parts of ourselves we may not always see. A partner's patience, passion, or sensitivity can illuminate our own strengths, while their triggers and frustrations reveal areas where we need to grow. In astrology, these reflections become more visible through synastry: a challenging aspect may feel uncomfortable at first, yet it points to lessons in communication, empathy and self-awareness. In this way, love is not just about connection—it is a mirror, guiding us toward deeper understanding of who we are and who we are capable of becoming. Astrology offers insight: *Where do we support one another naturally? Where might we stumble? And how can we grow together?* To find out more, please get in touch.



Astrologer • Counsellor • Celebrant
m: 07824 676049 e: lorraine.alison@gmail.com

Heart of Helios AstrologicalLife 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.

Lorraine Haven
Astrologer • Counsellor • Celebrant

m: 07824 676049
e: lorraine.alison@gmail.com

