



Astrology as Medicine: AN INTEGRATED WAY OF LOOKING AT LIFE

By Lorraine Haven

For many people astrology begins with personality, so star signs, characteristics and compatibility. But over time, and through my own evolving practice, I've come to experience astrology less as a system of descriptive labels and more as a language that connects many ways of healing and understanding ourselves.

Astrology speaks to the mind, the emotions, the body and even the subtle energy field of our aura. When we look at a birth chart, we're not only seeing character, but patterns of movement, stress, resilience and sensitivity. In that way, astrology naturally weaves itself into other modalities: psychology, body awareness, energy, work, colour, breath, ritual and everyday practical life.

Each zodiac sign, for example, corresponds with areas of the body and with particular emotional themes. Aries carries its energy in the head and nervous system, showing us where urgency and initiative live. Taurus connects with the throat and senses, reminding us that grounding and self-

expression are part of health. Gemini rules the lungs and breath, where anxiety and nervous energy often show themselves first. Cancer lives in the stomach and our digestive system will often reveal how safe we are feeling.

As we move through the signs, the pattern continues. Leo opens the heart and spine through creativity and warmth. Virgo works through the gut and the need to integrate life in workable ways. Libra reflects balance through the kidneys and through relationships. Scorpio holds emotional depth in the pelvis, asking us to feel rather than suppress. Active Sagittarius stretches the hips and thighs but also our sense of meaning. Capricorn shapes the bones, giving structure and highlighting our relationship to

responsibility. Aquarius flows through circulation and the nervous system, linking individuality with community. Pisces, as the last sign, moves to the feet, reminding us of our stance in life and how rest and compassion can support us.

What I find helpful is how astrology can guide us to practices that suit our nature. A birth chart might suggest where breathwork helps, where colour calms, where movement frees, where boundaries heal, or where simple daily rituals restore flow. Put simply, the chart can show how to reconnect mind, body and soul, while gently reflecting the way we are designed to live.

For an in-depth consultation, why not 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

