

Astropsychology

Astropsychology, also known as *evolutionary/soul astrology*, is different from *natal, horoscopic, and mundane astrology*. For centuries, natal, horoscopic, and mundane astrology has attempted to describe zodiac personality types, often in a fixed manner – as if they were set in stone, with no room for change. This general practice of astrology often makes us feel that we are at the mercy of fate and the planetary movements of the cosmos. Besides, the focus of mundane astrology was predictive of the future; and so, used as a divinatory tool to predict future global/world-events, and events occurring in personal lives of individuals. The practice of astrology, as we described above, dates back to ancient times. Even though the dates provided below are the dates on which written astrological texts of different astrological systems have appeared, the oral tradition and practice of these astrological systems are said to have originated much earlier. Egyptian astrology dates back to 4300 B.C.; Chinese system of astrology took shape around 2800 B.C.; Babylonian astrology has its beginning in 1800 B.C.; while Indian vedic astrology has its origin in 1700 B.C. However, the current practice of using planets, houses and zodiac signs in western astrology was originated by Ptolemy, a Greco-Roman mathematician, astronomer and astrologer, in his book *Tetra Biblos*, around 50 A.D.

Astropsychology/Evolutionary astrology is a branch of astrology that looks at each area of our natal chart as an opportunity for growth, based on deep self-knowledge, rather than using it as a generic tool for mundane predictions. Using psychological/counseling approach, it shows that we are not at the mercy of fate – controlled by cosmic cycles and planetary movements. Instead, using astrology as a functional tool, it attempts to understand astrological placement of planets and zodiac signs as true means to help us in our personal growth, by deepening our knowledge about ourselves. Astropsychology looks at an individual person holistically, and as an individual with a soul-path and purpose. It helps us to learn more about ourselves in the light of our natal chart; to make choices with awareness, to promote our personal growth and development; to find deep self-acceptance and personal happiness; to facilitate building better relationship with others; to assist us in achieving our goals; and to help us build right career in our life.

The forerunner of *astropsychological movement* is Dane Rudhyar, an American author, modernist composer, and a humanistic astrologer, the pioneer of modern *transpersonal astrology*. His 1936-book *Astrology of Personality*, the 39 other books, and hundreds of articles he wrote on the themes of *astrology and spirituality* gave a new impetus to the development of *Astropsychology*. His study of Swiss Psychiatrist Karl Jung and his attempt to synthesize Jung's depth psychology with astrology, particularly understanding 12 zodiac signs with the help of Jungian archetypes, brought a personal, humanistic, and psychological touch to astrology, thereby overcoming the deterministic and fatalistic approach of the traditional predictive and mundane astrology. *Astropsychology*, initiated by the work of Dane Rudhyar, further developed by Astro-psychologists, such as Liz Greene, Stephen Arroyo, Richard Tarnas, and others.

Thus, *Astropsychology* – astrology understood in terms of psychology – is a valuable therapeutic tool that helps us to make sense of shifts and changes occurring in our life, with the

realization that every change comes from within ourselves. It posits that a person is born with: 1) *a persona* – that manifests a person’s personality in the public, as distinguished from his/her inner self; 2) *an ego* – that is, the part of the person that mediates between the conscious and the unconscious; and 3) *a soul* – that is immaterial, spiritual, and immortal – which is ultimate foundation of the human person. Since a person is designed in this manner, he/she is called to fulfill an evolutionary purpose. Armed with this self-knowledge and acceptance, a person is capable of navigating personal issues and problems in alignment with how he/she works best. So, the task of a human person not to be an astrologer; but to use astrology as a psychological/therapeutic tool to help oneself and others to walk along his/her life’s path, accomplishing the God-intended purposes in life.