



# Astrology as a Therapeutic Art

## Healing Human Relationships

Greg Bogart

(Swanage UK: The Wessex Astrologer, 2024)

---

Straight up, I believe Greg Bogart's book should be on the reading list of every practicing astrologer. Not only does he expertly present the relationship between therapy and astrology, but he emphasizes an ongoing concern, expressed by many, about the study and use of astrology. That is, it's not the astrology itself, or even the *knowing* it reveals, but it's what you do with it that really matters. What I particularly like is the clear potential demonstrated by the combination of astrology and therapy. It needn't be an "either/or" scenario. And further, it underscores that in many cases neither practice on its own is 'enough'.

Bogart suggests that we are at a critical juncture in human history. The need to 'transform consciousness and behaviour in the relationship sphere', has become incredibly real. In fact, it is essential! In this regard, the *Preface* provides a cautiously optimistic view of what might be possible when using both disciplines in tandem. The first chapter elaborates on this as Bogart provides background and a firm foundation to establish the synergies between astrology and psychotherapy. Importantly, he also shares a little of his own experience stating, '*with the understanding astrology provided, I was able to cross a threshold in my life and come through it feeling whole, centered, and psychologically organized.*' A statement which deeply resonated with me, and I suspect it will with many others.

Using real client examples, Bogart weaves together key details of individual stories highlighting natal chart aspects, transits, solar arc directions, and progressions which reflect and support his consultative approach. In many cases, he goes even further to provide a summary of the outcome for the client, and the benefits ultimately experienced by the individual(s), giving a complete picture of what is possible using an astro-therapeutic process. He does all of this clearly and concisely, allowing the non-therapeutic practitioner to consider the material with the potential of relating it to examples within one's own sphere of influence and experience. In brief, astrology allows the therapist to quickly get to the heart of the matter, while counselling (or consulting) skills facilitate what might be the constructive and effective next steps.

Early in the book Bogart states his main purpose is to '*demonstrate how astrology can help us evolve a deeper understanding of our human relationships.*' To do that effectively, I believe a practitioner must deeply reflect a sense of humanity. This quality is clearly evidenced by Bogart through the description of his practice and the examples he shares. In my view, he successfully demonstrates the benefits of *Astrology as a Therapeutic Art*, in a way that both astrologers and therapists will appreciate. At the very least, he has offered a way for others to more clearly understand that '*It's within our power to make intelligent behavioural shifts*' to positively impact our lives and our evolution as Souls. Whether and how we choose to do that is completely up to us. I think this book will be broadly beneficial. [JL]