



## Dark Skies

### Select Readings in Therapeutic Astrology

Brad Kochunas

(Swanage, England: The Wessex Astrologer, 2024)

---

In *Dark Skies*, Brad Kochunas has drawn together a selection of clear, well-written, interesting, and thought-provoking essays. He beautifully blends his therapeutic and astrological perspectives within a variety of themes. There are topics such as grief and parenting, presented in a straightforward manner that smacks of common sense and utility. Others, such as 'Chiron Learning to Fall' and 'Born Under a Bad Sign', are genuinely interesting and packed with astrological references and supporting facts.

At times it seemed to me that the author's views might be a kind of reality check. He reminds us that, universally, there are people looking for the quick answer, the magic spell, the easy way or the short cut to achieve a desired result. We are living in uncertain times where immediate gratification and personal comfort seem to be the order of the day, but this approach to life is leading us further away from any potential solution. When did the notions of 'responsibility' and 'resilience' become passe? The essay entitled 'In Praise of Melancholy' is nothing if not topical. I was reminded of Paulo Coelho's book, *The Alchemist*, wherein the protagonist learns that what began as a journey to find 'worldly goods' led to his discovery of the treasure found within. Something to consider.

With a different tone and texture, 'Astrology and Grief' struck a personal chord, clearly reinforcing the fact that 'grief is a deeply personal thing.' Just as no two people are the same, the astrological signifiers which reflect grief and loss vary from person to person. So too does the inner process and the overall timeline. Personally, I have learned that you never get over the grief of deep loss, but you can learn to get through it. Astrology, as Kochunas relates, is one of the tools that can help.

In point of fact, I could offer comment on every essay contained in this volume as they are all well-written. However, I would much rather encourage you to dive into the material and grab hold of what resonates with you. And truly, you will find something meaningful. The 'Letter to a Young Astrologer' was a wonderful way to wrap up the book. A trip down memory lane for me as I recounted my own experience from the time my studies began.

This is not a book about astrology. It is more of a narrative on elements of human nature and the lived experience, supported with astrological underpinnings. Overall, I don't think I can overstate the fact that Kochunas has provided something here for everyone but, even more significantly, everyone will find something of value within each individual chapter. I know I did. [JL]