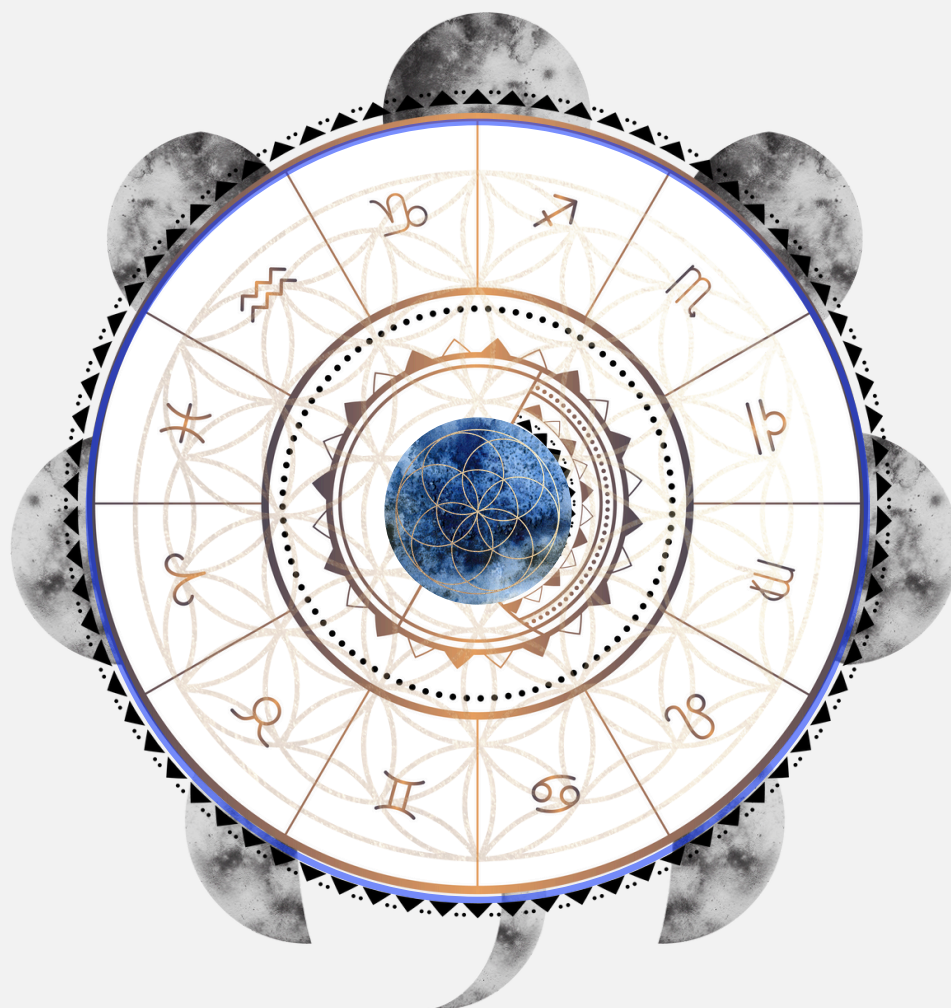




HOW TO READ A BIRTH CHART: PROFESSIONAL'S HANDBOOK

Jessica DiRuzza, MFT
& Travis DiRuzza, PhD



A Letter from Jessica 3

Part I: Before the Reading 4

How to Best Prepare for a Reading 5

Correspondence with the Client 8

In-Person Reading Email Template 9

How to Host In-Person Readings 10

Client Questionnaire Template 12

Office Policies & General Information Template 13

Part II: The Reading 14

Professional Guidelines for Effective Reading 15

Steps to the Systematic Reading Approach:

Preparation for Initial Reading with the Client 19

Different Types & Approaches to Readings 21

How to Begin a Reading 22

Questions to Ask the Client to Check-in During the Reading 23

How to End a Reading 24

Contents

Part III: After the Reading 25

Post-Reading Integration: A Guide to Reconnecting with Yourself 26

Post-Reading Email Template 29

Steps to Recording Audio & Video and Emailing them to your Client 30

Part IV: Other Topics 33

Key Phrases to Describe How Archetypes Manifest 34

Compassionate Key Phrases 35

Client Archetypes 36

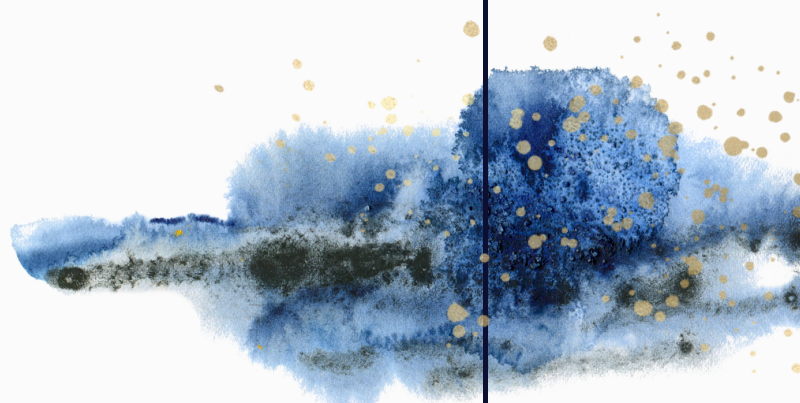
Self-Disclosure 41

Next Steps 43

Further Resources 44

Glossary of Terms 47

Appendices 52



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A Letter from Jessica

Greetings and welcome to the How to Read a Birth Chart Handbook. Over the past 15 years, I have had the privilege of working with individuals from diverse corners of the globe, spanning various backgrounds and life journeys. This invaluable experience has allowed me to delve into the intricate art of reading birth charts for a myriad of unique individuals. My journey has been shaped by the harmonious fusion of astrology and psychology, enabling me to create sacred and therapeutic environments for both my clients and students. I am eager to impart the insights that have proven to be most effective in the realms of chart interpretation, holding sacred space, and connecting with people on a profound level. This handbook is a companion to the online course and helps distill and organize the teachings found there. Thank you for joining me and I am truly grateful for the opportunity to guide you in unlocking the mysteries of birth chart analysis.

Blessings,
Jessica DiRuzza, MFT



PART I:

BEFORE THE READING



How to Best Prepare for a Reading

By properly preparing the container, you ensure both you and your client are optimally held, allowing the creation of sacred space necessary for the work.

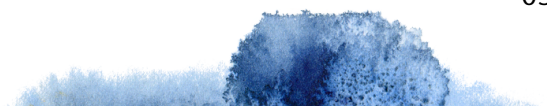
I. Prepare the Physical Space:

Clean and Organize Your Space:

- Ensure functionality, flow, and beauty in your workspace.
- Even for online sessions, create a clean, calming, and accessible environment for both you and your client.

Test Your Equipment:

- Place your computer on a stable and secure surface at eye level or slightly elevated.
- Simplify your background and remove non-essentials. Eliminate distractions and moving objects like spinning fans, blinking lights, moving pets, etc.
- **Obtain clear video:**
 - Clean your screen, especially the camera area (if your internal camera isn't HD, get an external webcam).
 - Adjust room lighting to produce a clear, well-lit image: favor front lighting, reduce backlighting.
 - Go to Zoom → File → Preferences → Video, and select "Touch up my appearance." Adjust to your satisfaction.



How to Best Prepare for a Reading

Test Your Equipment (continued):

- **Obtain clear audio and background silence:**
 - It's best to be in a private space with the door shut and no distractions.
 - Use headphones if needed and make sure your microphone does not crackle or pop.
 - Go to Zoom → File → Preferences → Audio, and select "Zoom background noise removal" and "Auto" (or try "Personalized audio isolation" if using a headset with microphone).
- **Test it: Record a 2-minute video of yourself on Zoom and evaluate visual and audio clarity:**
 - Is the image of you clear and distraction free?
 - Does your audio come through clear and distraction free?
 - Seek feedback on the recording from a trusted person according to the above criteria. Get that person on the other end of the Zoom call to evaluate.
 - Make sure your recording method is fully functional to deliver a recording to the client.



How to Best Prepare for a Reading

II. Prepare the Energetic & Psychic Space:

- Engage in grounding and centering rituals to firmly plant yourself in the space, fostering a connection to Source.
- Some examples of what I like to do:
 - Pray to the directions
 - Call in the planets, signs, and houses
 - Call in the healed-whole ancestors, my higher self, and the client's higher self
 - Shake my rattle, beat my drum, play my flute
 - Smudge the space or cleanse it in some way
 - Ask for only clear, loving kindness and to rid the space of any negative or unwanted energy
 - Ask to be opened so that the Universe may work through me for the highest good of my client.

III. Enter Sacred and Intentional Space with the Chart:

- Open the chart and approach it with a clear heart-mind and focused intention.
- Ask for guidance, messages, and insights for your client.
- Listen deeply to your intuition and any messages received, both from within and without.
- You are now in sacred and intentional space, and everything that happens carries meaning.

Correspondence with the Client

Correspondence with the client always needs to be professional and warm. Appropriate closing words include: Thank you, Warmly, Warm regards, Kindly, Kind regards.

Be as simple and concise as possible. Shorter emails are best, as not to overwhelm the person with information. Make your email signature is simple and to the point, with only pertinent information.

It is most professional to have an email address that is connected to your website domain, if you have one. For example, jessica@TrustPsyche.com is more professional than TrustPsyche@gmail.com. Use a headshot or logo as the image connected to your email.

Email template example:

Hello [name],

It is so good to hear from you. Yes, I would be honored to read your birth chart. Sessions are 90 minutes on Zoom and my fee is \$225. The session is audio and video recorded for your personal future reference. My next available session is December 10th at 12pm Eastern Time. Would you like to meet then?

Please follow [this link](#) to my form, as it has the instructions on how to prepare for the reading. Please answer the questions at least 2 days prior to the reading. Once our session time is confirmed, I will send you an invoice to be paid through PayPal. Once your invoice is paid I will send you a Zoom link for our reading.

Thank you,

Jessica DiRuzza, MFT

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Astrology Courses

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In-Person Reading Email Template

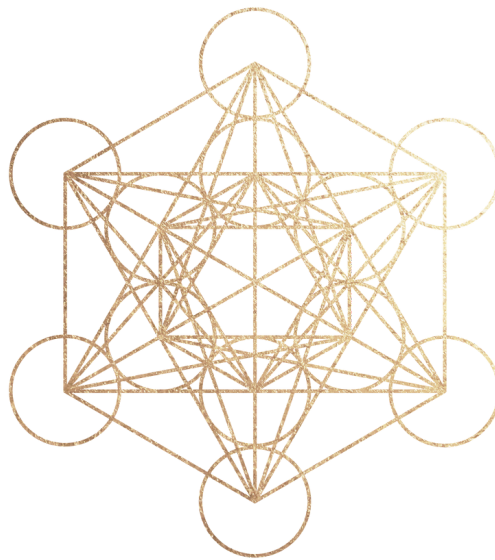
Hi [name],

I am really looking forward to our reading together this Sunday, November 12th at 12PM.

First, I would like to give you my address: 1234 Paradise Boulevard, Elysian Fields, CA 98765. Please feel free to park anywhere in the driveway. If you need anything, here is my cell phone number: 666.473.6251.

[Please fill out my form at this link at least 2 days in advance of our session.](#)

Thank you and I look forward to meeting you on Sunday,
Jessica



How to Host In-Person Readings

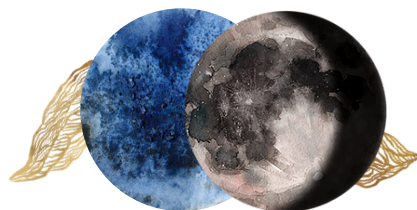
Whether or not you host in-person readings is entirely your personal preference—some of you will love the experience, others will have a hard “no.” Only do it if you love it! If so, here are some tips and considerations:

- First and foremost, any space your client will see, walk through, or be in, needs to be clean and smell good. This includes bathrooms, entryway, hallway, and the room the reading takes place in. If there is any possibility your client will see a space in your home, you need to clean, organize, and make it smell good.
- Protect your belongings and privacy. There should be nothing in your house that you're uncomfortable with your client seeing or taking when you're not looking. Think about what is in your bathroom drawers and medicine cabinet. You never know who might take a peek.
- It's preferable that no one else is in your home. If there is someone they should not be seen or heard for the entirety of your client's visit.
- Directions to the home need to be clear and concise to get them all the way to your front door. Walk-through it yourself and write it out.
- Parking needs to be accessible and clearly explained.



How to Host In-Person Readings

- Be prepared to welcome them warmly at the front door even if they arrive early. If they arrive early, you always make them feel safe and welcome and bring them into a waiting area. If you do not have a waiting area, you need to find a polite way to tell them to wait in their car.
- After you welcome them in, show them where the restroom is and let them know they can go there any time they need.
- Offer them something to drink, at least water, better is a selection of tea.
- Bring them into the reading space and make sure the reading space is comfortable for all body types. The chairs are in the right place at a comfortable distance from the table. Provide tissues in case they cry. Everything should be in place with no remaining setup.
- Once the reading is finished, offer the client the bathroom again, see them out, and give them a warm goodbye. Have appropriate boundaries and do not continue the conversation.
- Think of the in-person reading as a boutique experience and thoughtfully curate every aspect for your client. Make the experience warm, inviting, safe, and aesthetically pleasing.



Client Questionnaire Template

Thank you for your interest in an astrology reading! Please fill out the form below in advance of our session.

[Pay for your 90-minute reading \(\\$250\)](#) to reserve your time. Once you have paid for your session, I will send you a Zoom link. By paying for your session you agree to the policies listed on the next page.

Name:

Email:

Birth Date (please write out the date, e.g. June 22nd, 1982):

Birth Time (indicate AM/PM; please avoid 24-hour format):

Birth Place:

Is this your first astrology reading?

How would you characterize your level of astrological knowledge?

How did you find me?

Please share any other information that you think would be helpful for me to know for our session, including specific questions, themes, or topics you would like to discuss together.

[Pay for your 90-minute reading \(\\$250\) here](#)



Office Policies & General Information Template

Confidentiality: Our working relationship and all information that pertains to it will be kept confidential.

Recording of Session: I will audio and video record our session and email it to you for future reference. Your recordings will be available to download for 2 weeks after our session.

Payment: I prefer payment via PayPal but can accept Venmo or Zelle if needed. Payment is required at least one week in advance of our session.

Scheduling: Once I offer you a time, you have 72 hours to claim it before it is free to pass to another client.

Cancellation and Rescheduling: If you need to cancel or reschedule our time for any reason, please let me know me at least 48 hours prior to the session. The fee will be charged for missed or rescheduled sessions without notification.

Time Zone and Scheduling Sessions: I work in the Eastern Time zone of the USA. I schedule all sessions in Eastern Time. It is your responsibility to calculate the time zone difference between us. If at any point, you miscalculate our time zone difference and miss a session, you are responsible for paying for the session in full as stated above.

Preparation for Our Time Together: Please arrive in our session as grounded and centered as possible, so that we can dive right in together and get the most out of our time. I recommend you be in a private, quiet space, and come to a place of outer and inner stillness before we meet. Please come prepared to share for a few minutes at the beginning of the reading about what is happening in your life and what you would like us to cover together.





PART II: THE READING

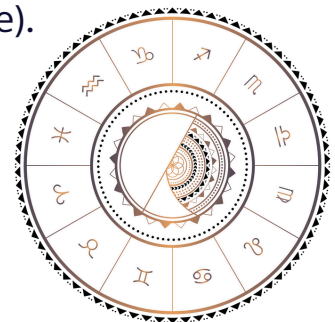
Professional Guidelines for Effective Reading

Gather the Birth Information:

- Obtain birth information from the client: Date, Time, Place (make sure there is no ambiguity as to AM/PM in the birth time).
- Enter the birth information into your software and triple check that you have done so accurately.
- If the birth time is unknown, calculate for noon that day, but remember that you will not know the placement of planets in houses, the rising sign, or any angles (ASC, DSC, MC, IC). This is where knowledge of planetary aspects becomes extremely useful. Reassure your client that they will still get a very full and helpful reading without their birth time.

Initial Observations about the Chart:

- What stands out to you initially?
 - Examples include: planetary placements, Sun, Moon, or rising sign, birthplace, birth year, having read this chart before (or a very similar one), a recurring alignment in the chart that you keep seeing in your readings, that they are in their Saturn return, that transiting Pluto is conjunct their Sun...
- Whatever you notice, write it down or make a mental note of it, as it will likely be relevant during the reading (trust yourself here).



Professional Guidelines for Effective Reading

Initial Observations about the Client and your Interactions with them:

- Take inventory of all available information you know about the person, whether a little or a lot. Note significant details that catch your attention or stand out.
- Reflect on your interactions with the client. What have they been like thus far?
 - Sometimes you will experience the person as warm, forthcoming, excited. Other times you will experience the person as distant, quiet, even withholding. All of this is communication.
- Consider your client's communication style, responsiveness, and adherence to your policies. Pay attention to some of the following items from your correspondence:
 - Did they answer your questions on time and fully?
 - Did they pay you on time and with ease?
 - How long did it take to schedule the session?
 - Are they respecting the boundaries you have put forward in your office policies and consent?



Professional Guidelines for Effective Reading

Trust the Timing:

- Trust the chosen date for the reading. There is a reason it is happening on this day and not another time, even if you have rescheduled (especially if you have!).
- Look to the personal transits of the day of the reading. This can offer helpful information about what may be discussed in the reading. For example, when the Sun or Mercury are conjunct a natal planet by transit, often that part of the chart is highlighted and discussed that day. If Pluto is in major hard aspect to a planet, you most likely will focus on this part of the chart.
 - However, note the difference between these two examples, since the Pluto transit would be operative even if the reading were scheduled a month earlier or later, while the Sun or Mercury transits are only operative within a several day window.

Trust the Connection:

- Trust your relationship and the destined meeting of your two souls.
- Study the synastry between your charts to understand the types of connections you uniquely make with one another. This can illuminate some of the potential meaning or fate of why you are reading for this person.
- Trust any synchronicities that may arise surrounding your meeting.

Professional Guidelines for Effective Reading

Cultivate Mindful Presence:

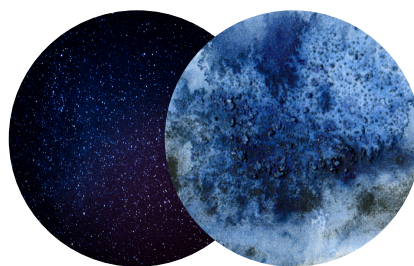
Take ample time to ground yourself in your spiritual heart, embracing the reservoir of loving kindness and mindful compassion within. This foundational step establishes a conducive inner environment for conducting readings with empathy and clarity.

Foster Openness and Curiosity:

Maintain an attitude of openness and curiosity throughout the entire reading process. Approach each session with a receptive mindset, allowing the information to unfold naturally. Embracing curiosity enhances your receptivity, enabling a deeper understanding of the messages received.

Read Within Your Expertise:

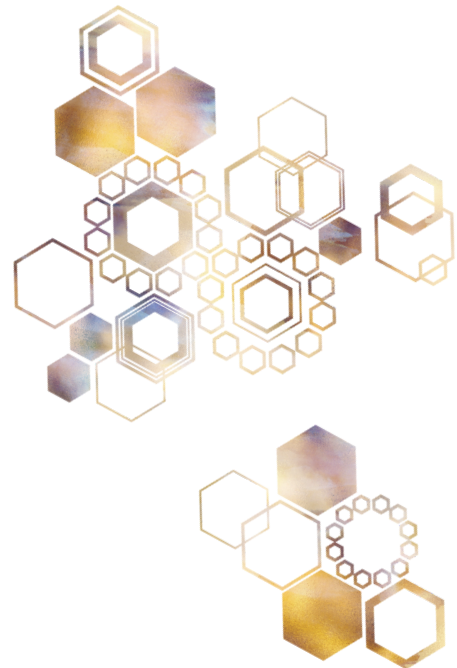
Exercise discernment and integrity in your practice. Read only within the realms of your knowledge and expertise. Avoid venturing into areas where your understanding is limited. Upholding this principle ensures the delivery of accurate and reliable guidance to those seeking your insights. You don't have to know every technique under the sun, just read what you know, it's plenty!



Steps to the Systematic Reading Approach: Preparation for Initial Reading with the Client

Birth Chart Data:

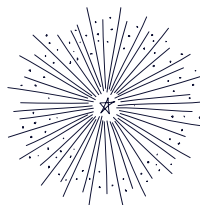
- Where were they born? Where do they live now? (is this a different country/culture than yours?)
- What year were they born? How old are they? Younger, same age, or older than you?
- Sun sign, Moon sign, Rising sign
- Major aspects to Sun
- Major aspects to Moon
- Conjunctions to 4 angles
- Stellium
- Conjunctions
- Oppositions
- Squares
- Trines
- Sextiles
- Generational aspects of outer planets
- Inners to outers
- Major aspect patterns
- Nodes
- Houses
- Number of planets in each element
- Number of planets in each modality



Steps to the Systematic Reading Approach: Preparation for Initial Reading with the Client

Personal Transits Data:

- Write out dates from Pluto in to Saturn
- Note when transit is within 5 degrees approaching to 3 degrees approaching to exact and same separating
- Phases of personal transit = open, exact, exit
 - Pluto
 - Uranus
 - Neptune
 - Saturn
 - *Sometimes you will choose to include Jupiter
- Other upcoming significant personal transits
 - Eclipses
 - Mercury Rx
 - Other inner planet Rx
- Note where the client is in universal transits
 - Pre- or post-Saturn return
 - Pre- or post-Uranus opposition
- Recent past transits to understand where they came from
- Progressions
- Solar return



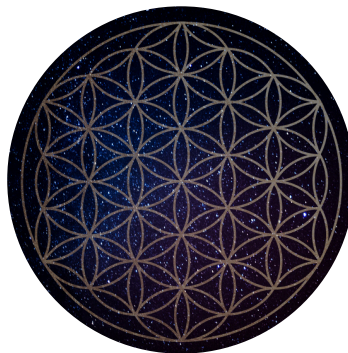
Different Types & Approaches to Readings

Two Types of Readings:

- Initial Reading/Consultation
- Return Reading

Three Approaches that can be applied to either type of reading and combined within a single reading:

- Systematic
- Therapeutic
- Divinatory



How to Begin a Reading

Hi [name]. It is so good to be here with you. How are you doing today?

It's an honor for me to read for you today. First, I want to mention that I'm recording the session for your future reference. We're going to delve into a lot of information today, so if at any point it feels that way—and most people do feel like it's a lot by the end of the 90 minutes—it's totally fine to just let it wash over you and not track or take note of every detail. I'll be emailing you the recording for you to listen back to. You'll get different things out of the reading each time you listen to it. It will change and evolve over time. A lot of folks get even more out of the session in the future, once some of the energies we will discuss have had a chance to unfold further.

I want to say that this is a confidential space and that anything you choose to share today will always stay here between us. You're welcome to bring anything you like into the conversation. This time and space are for you. It's your time to explore and discuss whatever matters most to you. I always welcome your voice and encourage you to ask any questions you might have for me.

And I really invite your dialogue. The planetary archetypes we'll be discussing in your birth chart are broad universal energies that manifest in all sorts of particular ways. You're the expert on your life, so your input will help us to identify how these universal forms show up in your unique, particular life. As we talk, I'll be looking at your birth chart. The more you're able to share about what's going on in your life, the more the chart opens up for me, allowing us to go deeper.



Are you ready to begin?



Questions to Ask the Client to Check-in During the Reading

These questions allow you to gauge the client's reactions, emotions, and specific areas of interest during the reading:

- Is this resonating for you?
- How is this landing for you?
- What does this touch on for you?
- What does this bring up for you?
- Is there anything you would like me to focus on more?
- Do you have any questions for me?
- Is there anything you would like me to explore in more detail that I already covered?



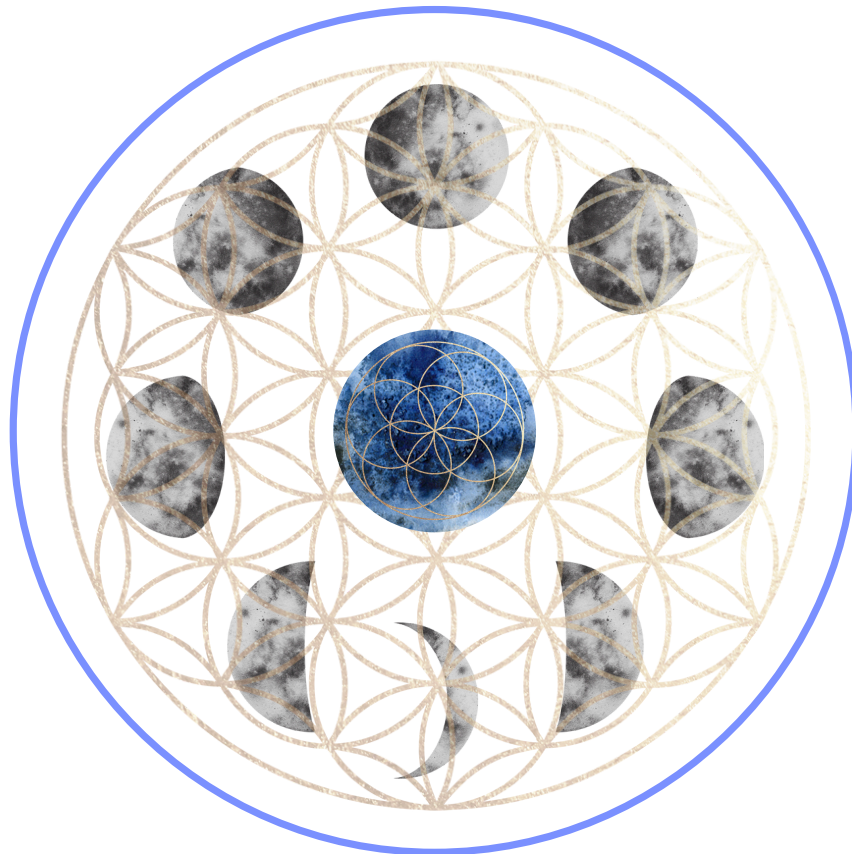
While the questions above are rather general and leave a lot of room for the client to come in however they like and relay whatever is coming up for them, these next questions are more directive and ask for more concrete details. These are helpful if you ever experience a lull or would like to draw the client out further:

- Are there any dates in your life, past or future, that you would like me to look at?
- Can you relate any specific experiences in your past or present to what we've discussed so far? (often regarding a particular astrological aspect or theme)
- How are you feeling about the information shared? Is there anything you find challenging or difficult to accept?
- Do you have any concerns or fears about the future that you would like to address during our session?
- Is there a specific area of your life where you're seeking clarity or validation?
- Is there a particular question or topic that you haven't brought up yet but feel is important for the reading?

How to End a Reading

We are coming near to the end of our time together today. Is there anything else that needs to come through before we finish? Any remaining questions or loose ends? Anything you need to feel complete?

Thank you for sharing everything with me today. It has been an honor to be here with you. Please know that I am here any time you or anyone in your life would like to meet. Feel free to reach out to me. I will send you the recording of this session shortly. Take good care.





PART III: AFTER THE READING

Post-Reading Integration: A Guide to Reconnecting with Yourself

After a reading, it is crucial to honor the energy exchange that has taken place and reintegrate with your own essence. Readings, whether they leave you feeling vitalized or depleted, demand a lot of your energy. It is entirely natural to experience heightened emotions or a sense of being drained. Acknowledging these feelings is the first step towards self-care. Here are some mindful practices to aid your post-reading integration process:

Reflective Notes:

Take time to jot down notes about the session or your client. Document any key insights, messages, or impressions that arose during the reading. Reflecting on these notes helps solidify your understanding and offers valuable reference points for future sessions. Consider creating a spreadsheet of all your clients where you can also track session dates, email addresses, payments, etc.

Journaling Your Experience:

Engage in journaling to delve deeper into your personal experience. Explore your feelings, thoughts, and any personal revelations that emerged during the session. This reflective practice enhances self-awareness and facilitates emotional processing. Often what comes through for the client also has relevance for the astrologer's personal journey in some way.

Post-Reading Integration: A Guide to Reconnecting with Yourself

Grounding Body Practices:

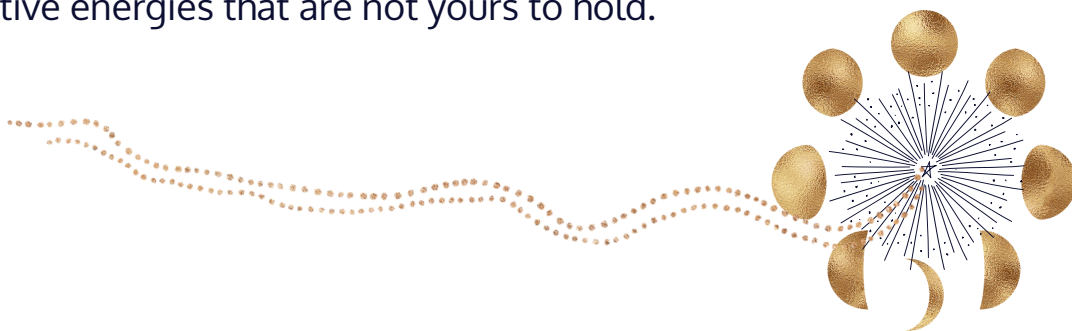
Engage in physical activities that reconnect you with your body and the present moment. Activities such as walking, stretching, or receiving physical touch from a loved one can help ground your energy and bring you back to the here and now.

Nature Connection:

Immerse yourself in nature or spend time with animals. Nature has a profound ability to rejuvenate the spirit and provide a sense of grounding. Communing with the natural world can restore balance and harmony within, enhancing your overall well-being.

Harnessing Energies:

Embrace the vibrant energy generated during the reading. Allow yourself to be inspired and open to new ideas and visions for your life and projects. This heightened state of chi can be a wellspring of creativity and innovation. On the flipside, you may also want to consciously and ritually release any negative energies that are not yours to hold.



Post-Reading Integration: A Guide to Reconnecting with Yourself

Astrological Insights:

Record any fresh astrological insights gained during the reading.

Documenting these insights not only reinforces your learning but also serves as a valuable resource for future astrological consultations.

Embracing the Mundane:

Transition from the mystical realm of the reading to the practicalities of everyday life. Engage in mundane tasks like chores, washing dishes, or folding laundry. This shift in focus helps anchor your consciousness back into the rational and quotidian world, promoting a sense of normalcy and stability.

Remember, there is no predetermined right or wrong way to navigate your post-reading state. What matters most is your intentional effort to come back to yourself. Do not underestimate the depth and power of the space you have just traversed. Be patient with the process, allowing yourself the time and space needed to fully reintegrate. Your well-being is of utmost importance, and this dedicated time to self-care is essential for maintaining your balance and vitality.



Post-Reading Email Template

Hello [name]

[I often mention something specific to the person or the reading here, e.g. how I felt about it, what I saw in them, my hopes for them moving forward, an insight I didn't get a chance to share during the session...]

Please find attached audio and video recordings of your reading, as well as a copy of your birth chart, a second chart with the current transit overlay, and a list of the transits and date ranges I mentioned.

[Trust Psyche](#) is my and my wife Jessica's business for astrology readings and [classes](#), as well as [psychotherapy](#) & [counseling](#). We would love for you to stay connected with us on [YouTube](#) and [IG](#).

Please be in touch anytime you feel called.

Warmly,

Travis

Steps for Recording Video & Audio and Emailing to your Client

Test your recording:

- Create a test recording on Zoom with someone else on the other end.
- In the playback, make sure you can see and hear both yourself and your client. Make sure you like the way you look and sound, and that you like your background.
- Typically, I record locally to my own computer. When you record locally, the recording will mimic whatever view style you have chosen. I leave Zoom in "gallery" view (this is important because, for example, if you plan to deliver a video recording to a client and you have chosen "Hide-self" view, the client will not be able to see you in the video!).
- You can also record to the cloud, which offers more options for tweaking how exactly the recordings turn out.
- Adjust your Zoom recording settings for both local and cloud recording at <https://zoom.us/profile/setting>, then select the "Recordings" tab at the top. You may wish to review the settings under the "Meetings" tab as well.
- Within the Zoom app itself, go to the "zoom.us" tab on top, then choose "Preferences." You will want to review the settings on all tabs on the left, but especially "general," "video," "audio," and "screen sharing."

Screen sharing:

- During your test recording, make sure that your screen share is also recorded if you plan to pull up the client's chart and look at it together.
- Practice the steps of moving between sharing your screen and back again so that you can do it effortlessly.
- Close all unnecessary apps, such as email, before your session so as not to inadvertently share your own or another's private information when screen sharing.



Steps for Recording Video & Audio and Emailing to your Client

Video:

- Before each and every session begins, make sure there is adequate lighting and that you like the way you look on screen (you may have done your test recording at 4PM but now you are giving a reading at 10AM and the natural light comes through the window in a different way).
- Make sure your background and frame are satisfactory.
- If you have a newer computer, the internal camera quality may be just fine. If you are concerned about your video quality, consider purchasing an external USB webcam.
- Use a microfiber cloth to clean your camera lens before every session.

Audio:

- On the lower left of the Zoom Meeting screen where it says "Mute," open the drop-down menu and make sure the appropriate microphone and speaker are selected.
- Use the "Test Speaker & Microphone" option to make sure everything is working correctly.

Other tech considerations:

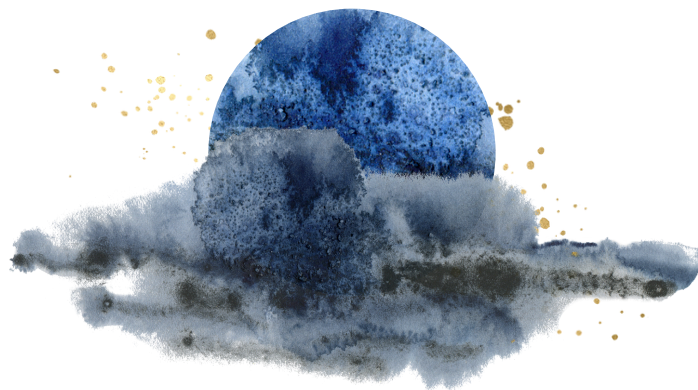
- Turn off notifications for phone and email
- If you're wireless internet is not reliable, consider plugging a hardwire ethernet cable into your computer from the router.
- When you schedule the meeting on Zoom, use the "Waiting Room" option so you can check all the above steps before you let the client into the Zoom room.
- Lastly, DON'T FORGET TO HIT RECORD! This should be your very last step before you admit the client from the waiting room. Smile and look natural as you wait for the client to appear, these are the first moments they will see when watching the recording back.

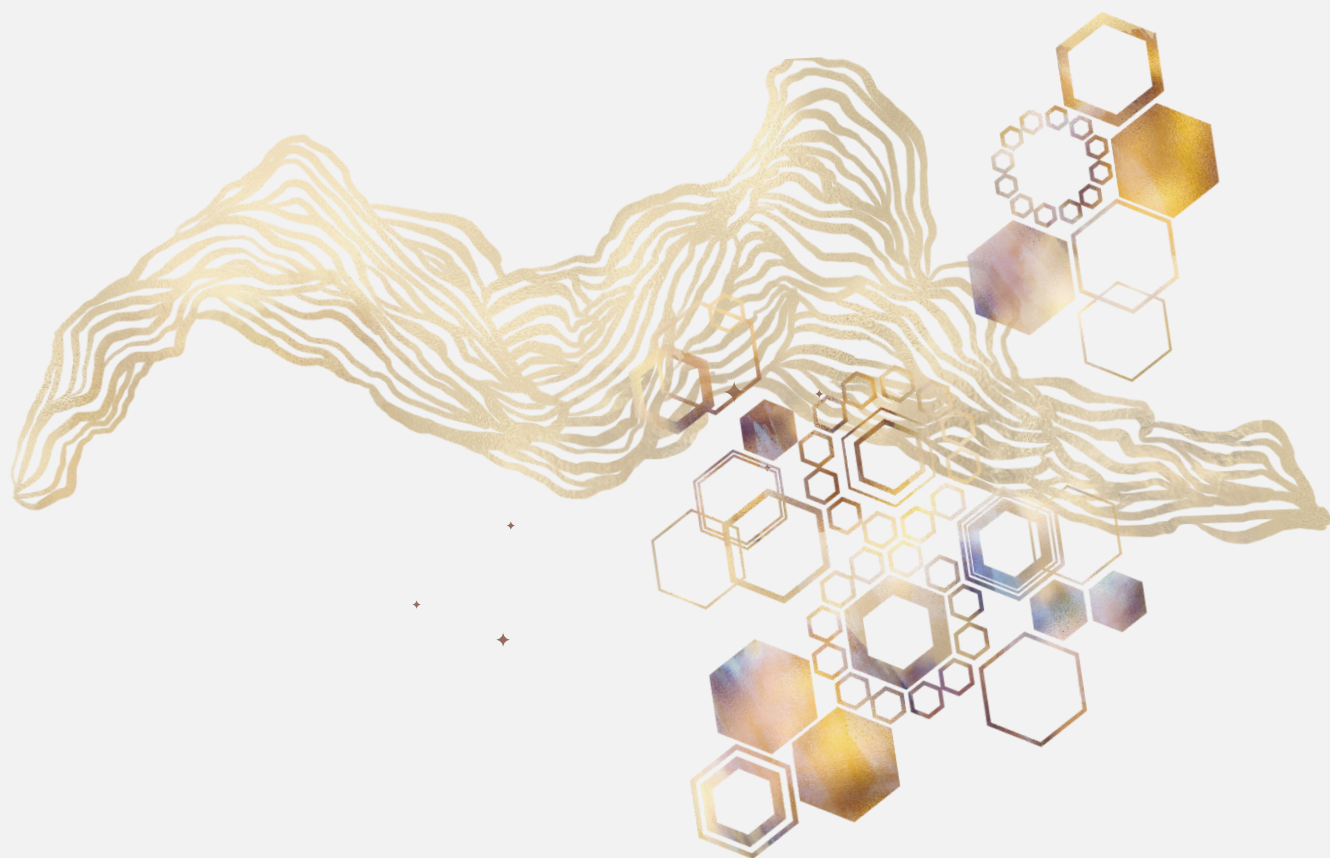


Steps for Recording Video & Audio and Emailing to your Client

After the Session:

- Once the session is over, Zoom will process the recordings. Do not shut off your computer or close your laptop during this process or you may risk losing the recording. Once the audio and video have processed, rename them something appropriate and they are ready to be sent to your client.
- Retain the recordings, on an external hard drive if necessary, to review for self-improvement, or for that moment when a client writes 6 months later asking if you still have a copy of the reading—they will be grateful that you do.
- If you use Gmail, it will automatically send the large video files with a link via Google Drive (eventually you will want to delete the files from your Google Drive to free up space). Otherwise, there are free services to send large files such as WeTransfer, Dropbox, TransferNow, and many others.

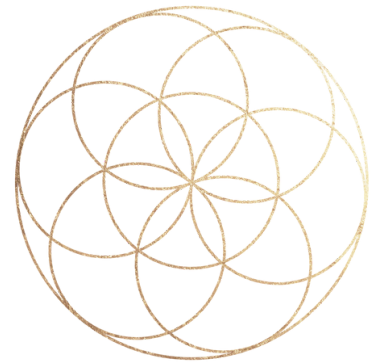




PART IV: OTHER TOPICS

Key Phrase to Describe How Archetypes Manifest

- They tend to express themselves in the following manner...
- Their impulse is to...
- Frequently, I observe this manifestation in/as...
- It is common for...
- It's natural for...
- Their expression often takes the form of...
- They manifest in the following ways...
- It's not uncommon for...
- It can manifest like this...
- One way this energy manifests is...
- There are various ways this energy can manifest in your life, such as...
- It's helpful to be aware of...
- We can support this energy by...
- We can work with this energy by...
- On the positive side, this energy presents as... whereas on the negative side, it can manifest as...
- The gift within this energy is... while the challenge is...
- Your superpower in this context is...
- Your Achilles' heel with this aspect is...
- Every individual born with this alignment is navigating...



Compassionate Key Phrases

I see you	Can we sit with this?
I feel you	Can we stay right here?
Your tender feelings are always welcome here	What happens if we stay right here
You're doing beautifully	Let's slow down here
Beautiful awareness here	It's good to go slow (dealing with big feelings, trauma)
You sound clear	That's human
You have clarity	You're human
I see you in your power	We all make mistakes, I make mistakes
This is your truth (and that's valid)	Is there judgment here?
It's perfectly ok to be right where you are at	Let's be gentle with this
You get to feel what you are feeling	Let's bring compassion here
It's ok to feel this way	Something is needing tending to
It makes sense to me this is how you feel/this is your experience	You are doing it right now (engaging in the process of healing)
That makes sense	It is so good to see you
That feels/sounds like a lot	It is an honor to hold space for you
That sounds overwhelming	I carry you in my heart
I imagine you feel lonely here	I am thinking of you
My fantasy is...	It's good to cry
I not sure why I am seeing this image right now but here it is...	That's the feeling of letting go
How does that make you feel?	I am with you
What do you notice here?	I am not going anywhere
	It's absolutely fine to not have all the answers right now (to not know)



Client Archetypes

Approaching each client archetype with kindness, empathy, and respect will create a positive and supportive environment for their astrology reading. Tailoring your approach to their unique needs and preferences ensures a meaningful and enriching session for you both.

The Seeker:

- Description: The Seeker is curious, open-minded, and eager to explore their inner self. They come to you with a genuine interest in understanding astrology and themselves better.
- Approach: Acknowledge their curiosity and encourage their exploration. Offer explanations in a simple and engaging manner, fostering a sense of wonder. Share insights freely, fostering their passion for self-discovery.

The Mystic:

- Description: The Mystic is spiritually inclined, seeking deeper meaning and cosmic connections. They approach astrology with a mystical perspective, embracing the spiritual aspects of the practice.
- Approach: Honor their spiritual journey. Discuss astrology's mystical elements, emphasizing the interconnectedness of the universe and the soul's journey. Provide guidance that resonates with their spiritual beliefs, fostering a sense of divine connection.



Client Archetypes

The Listener:

- Description: The Listener is attentive, patient, and values deep understanding. They prefer absorbing information and insights rather than actively engaging in conversation.
- Approach: Respect their need for a quiet, contemplative atmosphere. Offer insights in a calm and composed manner, allowing them space to absorb the information. Encourage questions and provide thoughtful, detailed responses.



The Talker:

- Description: The Talker is expressive, communicative, and enjoys sharing their thoughts and experiences. They appreciate engaging in meaningful conversations.
- Approach: Listen actively to their thoughts and experiences. Encourage open dialogue and validate their perspectives. Guide the conversation smoothly, ensuring it remains connected to the chart. Acknowledge their need for self-expression while providing astrological insights.

The Withholder:

- Description: The Withholder may be guarded or hesitant to share personal information. They might hold back due to privacy concerns or past experiences.
- Approach: Respect their boundaries and privacy. Create a safe, non-judgmental space where they feel comfortable. Use the astrology to gently suggest insights, allowing them to share at their own pace. Accept that you won't know what really going on for them and trust the chart.

Client Archetypes

The Tester:

- Description: The Tester is analytical and may challenge the astrological insights presented. They seek empirical validation and accuracy in the reading.
- Approach: Embrace their analytical mindset. Provide detailed explanations, citing astrological references and examples. Address their queries patiently and with confidence. Offer defined and well-supported insights to gain their trust and respect.

The Martyr:

- Description: The Martyr may have a tendency to self-sacrifice or feel victimized. They might seek validation for their struggles and challenges.
- Approach: Approach them with empathy and understanding. Use the chart to both acknowledge their challenges while empowering them with possibilities. Focus on strengths, resilience, and opportunities for growth. Offer supportive guidance and encouragement.

The One Who Wants to Be Saved:

- Description: This individual may seek external solutions to their problems, hoping astrology will provide a quick fix or salvation.
- Approach: Offer compassionate guidance while managing expectations. Encourage self-empowerment and personal responsibility. Highlight their strengths and potential, emphasizing the importance of personal growth and self-awareness.



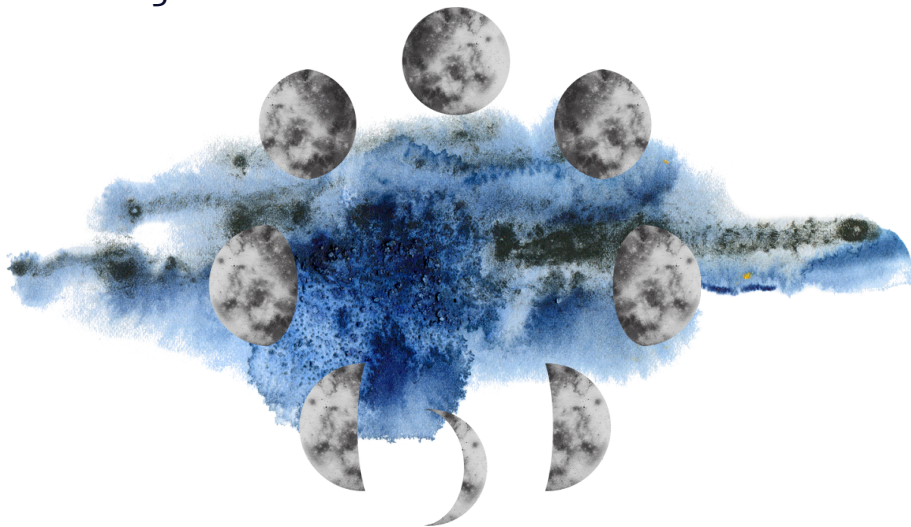
Client Archetypes

Seeking Advice:

- Description: This client seeks practical advice and guidance in various areas of life, hoping for actionable insights.
- Approach: Provide practical, actionable recommendations based on their chart. Focus on specific areas of concern, offering tangible steps and solutions. Empower them with tools to make informed decisions and navigate challenges effectively. House placements often help this type.

The Know-It-All:

- Description: The Know-It-All may have extensive knowledge about astrology or other related subjects. They may challenge your expertise or attempt to dominate the conversation.
- Approach: Acknowledge their expertise while asserting your professional authority. Respectfully share your insights and experiences. Encourage open dialogue while gently steering the conversation to maintain a balanced exchange of ideas.



Client Archetypes

The Gracious and Humble:

- **Description:** This individual approaches the reading with humility and gratitude, appreciating the guidance and insights provided.
- **Approach:** Reciprocate gratitude for their humility. Offer insights with warmth and kindness. Acknowledge their openness and encourage further exploration. Foster a positive, affirming atmosphere to enhance their experience.

The Co-Creator:

- **Description:** Co-Creator clients view the reading as a collaborative process, actively participating in shaping the session's direction. They often desire the experience of the reading to be a ritual or ceremony.
- **Approach:** Embrace their co-creative approach. Encourage them to share their intentions and expectations for the reading. Tailor the session based on their input. Acknowledge their role in shaping the experience, fostering a sense of shared responsibility and co-creation. Join them in creating ritual magic together.



Self-Disclosure

Self-disclosure in counseling refers to the therapist's decision to reveal personal information about themselves to the client during the therapeutic process. This disclosure can encompass a wide range of information, including the counselor's thoughts, feelings, experiences, or aspects of their personal life. The purpose of self-disclosure is to enhance the therapeutic relationship, promote trust, and facilitate the client's understanding and insight.

- Purpose: Therapists may choose to disclose personal information with the intention of building rapport, normalizing the client's experiences, or demonstrating empathy and understanding. It can also be used strategically to help the client feel more comfortable sharing their thoughts and feelings.
- Limits: While self-disclosure can be a valuable therapeutic tool, it is typically used judiciously and with careful consideration. Therapists are generally trained to establish and maintain appropriate boundaries to ensure that the focus of the therapy remains on the client.
- Relevance: Effective self-disclosure is typically relevant to the client's concerns and therapeutic goals. It should not be gratuitous or serve the therapist's needs but should contribute meaningfully to the therapeutic process.

Self-Disclosure

- Client-Centered: The decision to disclose personal information should prioritize the client's needs and well-being. Therapists should assess how the disclosure might impact the therapeutic relationship and whether it aligns with the client's best interests.
- Ethical Considerations: Many professional counseling organizations and licensing boards provide guidelines on ethical self-disclosure. Therapists are often encouraged to consider the potential benefits and risks before deciding to disclose personal information.

It's important to note that the degree of self-disclosure can vary among therapists and therapeutic modalities. Some therapeutic approaches, such as psychodynamic or person-centered therapy, may be more open to self-disclosure, while others, like cognitive-behavioral therapy, typically use it more sparingly. The appropriateness of self-disclosure also depends on the specific needs and preferences of the client.



Next Steps

Now that you've read through the guide it is time to create your own version of the different outlines and practices we have offered you here. Sit with these. Try them on. Decide what works for you and what doesn't. What would you add and take away to synthesize your own unique approach to How to Read a Birth Chart? By creating and then inhabiting your own version of the following, you will take a great step forward in your astrological practice:

- Reading Inquiry Email Response Template
- In-Person Reading Email Template
- Client Questionnaire & Office Policies
- Preparing for a Reading Checklist
- Professional Guidelines for Effective Reading Checklist
- Opening Prayer/Invocation
- How to Begin a Reading
- Questions to Ask the Client During the Reading
- How to End a Reading
- Closing Prayer/Invocation
- Post-Reading Integration Checklist
- Post-Reading Email Template
- Steps for Recording Video & Audio Checklist

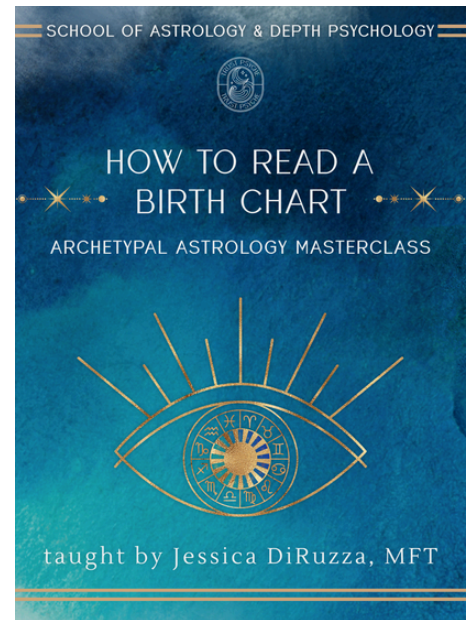


Further Resources

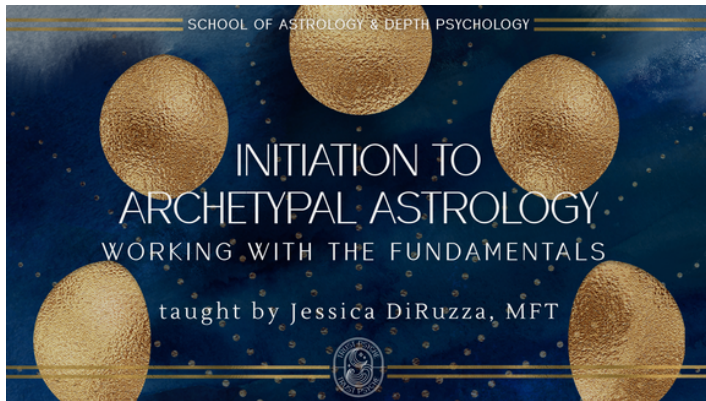
Thank you for living astrology with us! Here are some further Trust Psyche resources to support you on your unfolding journey:

- [Take the class that this guide was created for!](#)
- [TrustPsyche.com](#) - for all our offerings
- [Check out our other handbooks](#)
- [Study our entire online astrology curriculum](#)
- [Get an astrology reading](#)
- [Receive psychotherapy or professional consultation](#)
- [Watch us on YouTube](#) (Subscribe, Like, Follow!)
- [Follow us on Instagram](#)
- [Listen to the Trust Psyche Podcast](#)
- [Read our Blog](#) (subscribe straight to your inbox)

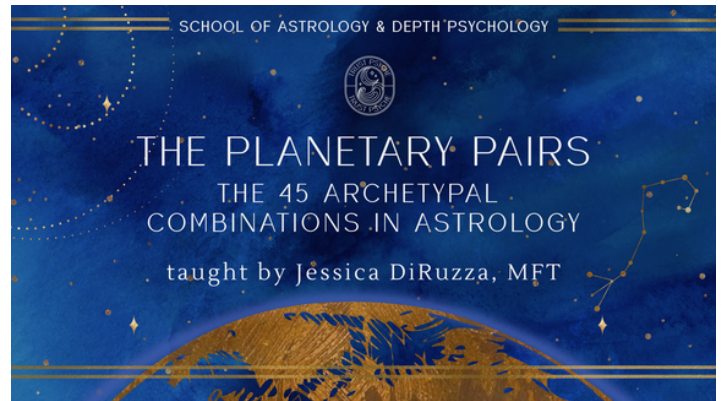
Reach out to us any time: Travis@TrustPsyche.com



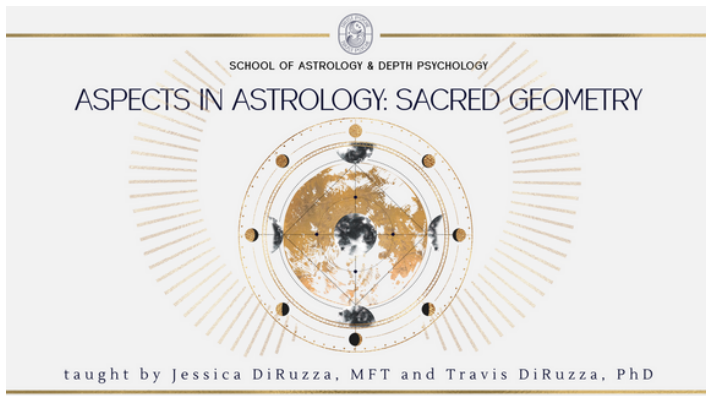
The Trust Psyche Curriculum



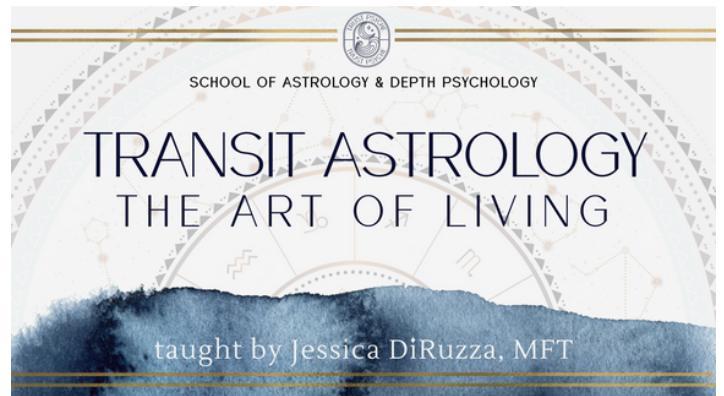
The entry point to archetypal astrology, where you learn the technical side of how to read birth charts and transits—including the aspects, planets, signs, and houses—combined with a broader understanding of the worldview of archetypal cosmology.



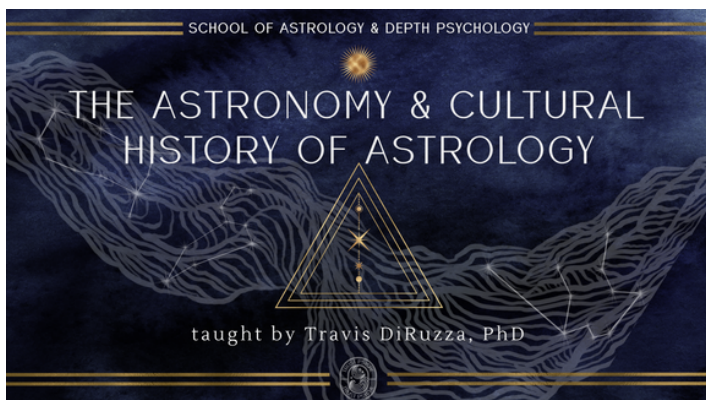
The meaning of the planets in aspect—the 45 archetypal combinations, from Sun & Moon out to Neptune & Pluto—interpreted from psychological, relational, familial, personal, conceptual, physical, emotional, and spiritual perspectives.



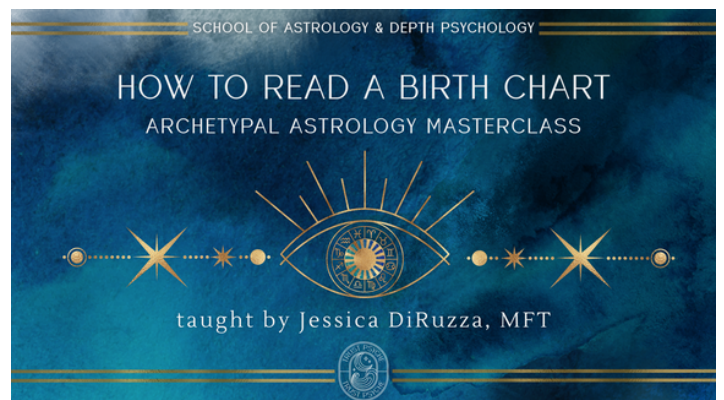
Breathing new life into a traditional topic—psychological, historical, mathematical, geometric, musical, harmonic, and archetypal approaches to each aspect.



Mapping and understanding the past, fully participating with the present, and preparing for our futures—by tracking and tending to the relationship between the world transits of the anima mundi and our own natal charts.

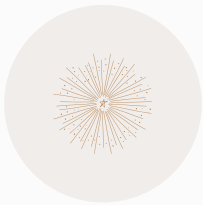


Astrology has constantly evolved alongside our understanding of astronomy and our cultural beliefs about our place in the cosmos. The story of astrology is very much the story of humanity awakening to its place in the cosmos.



Reading a birth chart is reading both a sacred text and a person's soul. Within the counseling space of astrology, it is essential that we know how to read both—the chart and the person before us.

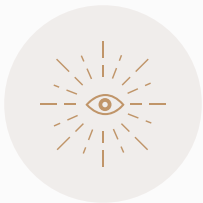
Further Resources



Free Natal Chart

To begin your astrological practice, the best place to start is with your natal chart. You will need your birth date, time, and place. You may print a free chart at astro.com or astro-seek.com. Follow the links.

[Get It Now](#)



Developing an archetypal eye

Begin with Richard Tarnas' [An Introduction to Archetypal Astrology](#). This was written as a preparatory introduction to archetypal astrology for those interested in having an astrological consultation.

[Get It Now](#)

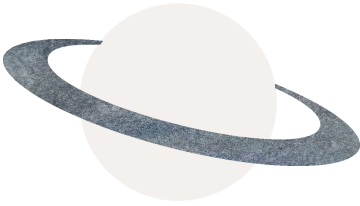


More video lectures & discussions

[Trust Psyche YouTube channel](#) has years' worth of lectures, podcast episodes, and interviews about astrology. Jessica has done many talks about questions that have come up for her students in class. There you will also find other inspiring people to read and listen to.

[Get It Now](#)

Astrology Software Recommendations



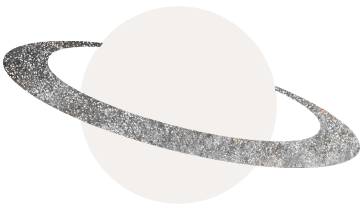
[Astro Gold](#)

The software that Jessica currently uses. It offers all the major features one needs for natal charts and transits, including bi-, tri-, and quad-wheels, as well as advanced calculations such as secondary progressions, composite charts, and solar returns. Available for Mac, iOS, and PC.



[Solar Fire](#)

The most sophisticated astrology software out there. It does everything under the sun, including astrocartography. Available only for PC.



[Time Passages](#)

[IO](#)

[Luna](#)

A subscription based cloud software available for \$5/month or \$36/year. Cancel anytime.

[Astro.com](#) & [Astro-seek.com](#)

Free online options that will perform many calculations but are often more time consuming and cumbersome than the softwares above.

You can use an ephemeris to track planets if you already use this method and enjoy it. If you need assistance in programming your astrology software, go to the website of the software where they typically have tutorials and online support. You can also watch YouTube videos where other astrologers show you how to use your software - type in the software you use and what you want to learn to program. Travis offers a short AstroGold tutorial on your course page.

Glossary of Terms

Archetype:

this is a highly complex phenomenon. As concisely as possible, it may be thought of as a universal primordial essence that informs, impels, and permeates all levels of existence. A longer definition: Archetype derives from the Greek adjective archetypos, which has two root words, arkhe (pl. archai) meaning "first" or "original" and typos, meaning "model" or "type". According to Archai, the Journal of Archetypal Cosmology, "Archai means original forms or fundamental principles in Greek and refers, as in the mythic and Platonic vision of ancient Greece, to the underlying primordial essences and forces that animate the cosmos". These primordial essences or energies are the origins of existence, the manifestation of form, they constitute the human psyche and the cosmos as a whole. Archetypes infinitely transcend and permeate both the macrocosm and microcosm of the universe. Thus, all things and all processes in the universe are a representation of an archetype or an archetypal combination. There are myriad ways in which to view and understand archetypes, but in light of simplicity, three distinct ways are as mythic gods and goddesses as in the Homeric perspective, as Ideas or Forms in the Platonic tradition, or as psychological constituents as in the Jungian understanding.

Aspect:

angular geometrical relationship between two or more planets.

Ascendant (ASC):

one of the four-quadrature angles of the chart. Also known as the rising sign, it is the sunrise or ascending position on the eastern horizon, where the zodiacal sign and degree are at the specific time and location of one's birth. If there is a planet(s) conjunct the ascendant, that planetary archetype(s) tends to be quite prominent in one's life. The ascendant is associated with how one engages the world from moment to moment. It reflects the way one initially presents him or herself to the world.

Celestial body or Planet:

includes the Sun, Moon and eight planets of the solar system (in the astrological tradition, Pluto is still considered a planet).

Cosmology:

an account or theory of the origins of the universe. It is an extension of one's worldview – the underlying beliefs and principles one holds both consciously and unconsciously about the nature of existence and reality, the human being's place in the world; why we are, where we came from, and where we are going.

Descendant (DSC):

one of the four-quadrature angles of the chart. It is the sunset position or the descending position on the western horizon, where the zodiacal sign and degree are at the specific time and place of one's birth. If there is a planet(s) conjunct the descendant that planetary archetype(s) tends to be prominent in one's life. It is the area of the chart associated with how one draws energy or people into one's life and is also associated with relationships.

Diachronic patterning:

Archetypal themes correlating to a specific planetary alignment during one period of time will resurface at the next quadrature of that planetary alignment. These are similar archetypal themes expressing themselves in subsequent periods of history, reflecting a similar zeitgeist of the collective psyche.

Element:

each sign is associated with one of the four classical elements of fire, earth, air and water. Fire and air are considered to have positive polarity and are masculine or yang oriented, earth and water are considered to have negative polarity and are feminine or yin oriented.

Forms of correspondence:

the three forms of correspondence are natal charts, world transits, and personal transits. These three forms are how astrologers track the archetypal patterns in the human psyche and world psyche. There are further forms of correspondence, such as synastry and composite charts, progressions, and solar return charts.

Grand-cross:

consists of two different oppositions that are also square to one another forming a cross or large diamond/square.

Grand-trine:

consists of three trines forming one large triangle. Typically, there is one planet for each sign of the same element. Each planet is 120° from the other two planets in either direction, thus forming one large triangle.

Hard or dynamic aspect:

includes the conjunction, opposition and square. It is a challenging aspect that requires more work and participation from the individual to integrate the archetypal energies involved. They tend to have more dynamic tension that presses us into being, but once integrated offer true gifts and wisdom in our lives.

Imum Coeli (I.C.):

one of the four-quadrature angles of the chart. Imum Coeli is a Latin word meaning "bottom of the sky". It is the mid-night position or the lowest position of the chart. If a planet(s) is conjunct the Imum Coeli, that planetary archetype(s) tends to be prominent in one's life. It is the area of the chart associated with one's roots, ancestry, past, home-life, family and foundation.

Mid-Heaven (M.C.):

one of the four-quadrature angles of the chart, also called Medium Coeli, a Latin word meaning “middle of the sky”. It is the high-noon position in the chart, marked by the intersection of the ecliptic and the local meridian (which is not the same as the point directly overhead, the local zenith). If a planet(s) is conjunct the Mid-Heaven that planetary archetype(s) tends to be prominent in one’s life. It is the area of the chart associated with career, how the public views the person over the trajectory of one’s life, as well as one’s aspirations and goals.

Modality:

a quality associated with each sign. There are three modalities, which move counterclockwise through the Zodiac beginning with the Cardinal sign of Aries. The three modalities are Cardinal, Fixed, and Mutable. The Cardinal signs represent the beginning of each season, the fixed represent the middle of the season, and the mutable represent the ending of the season, as it transitions into the following season.

Natal chart:

also referred to as birth chart or horoscope. It illustrates the placement of the planets including Sun and Moon at the time and place of one’s birth.

Orb:

range of degrees of influence between planets where the field of archetypal energy of a certain aspect is operative.

Soft aspect:

includes trine and sextile. This is a harmonious aspect where the exchange of energy between archetypes has an easier flow. They are considered to be latent potentials and gifts we are innately born with, but that may go by the wayside if one does not activate them through participation.

Stellium:

a conjunction of three or more planets. This is a major configuration within the chart where the archetypes associated with each planet are fusing together.

Synchronic patterning:

events that carry similar archetypal themes occurring throughout space in the collective psyche during the same period of time, and which correlate to the particular planetary alignment happening during that particular world transit.

T-square:

consists of at least two planets in an opposition where a third planet is at the mid-point of these two planets, thereby squaring them both and forming a "T" shape.

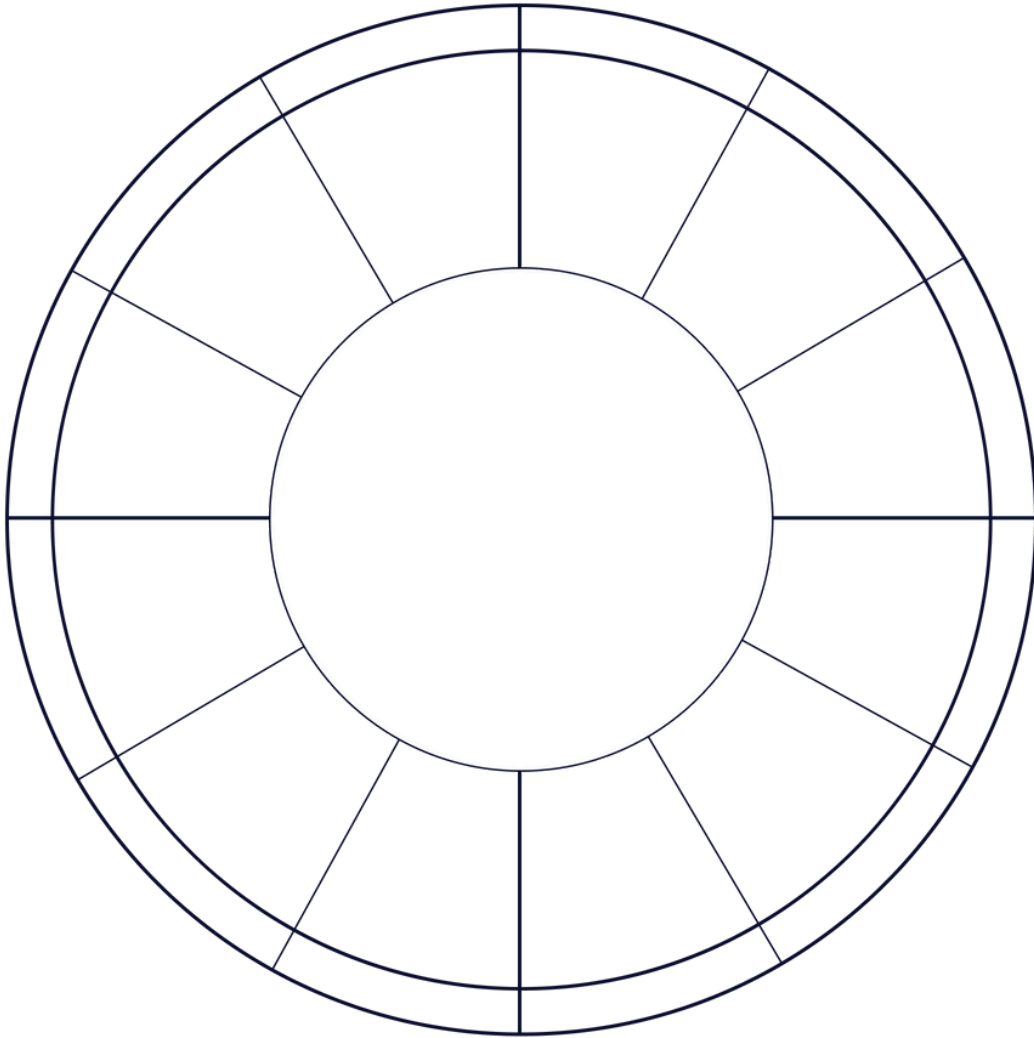
Quadrature alignments:

successive dynamic aspects which include the conjunction, waxing square, opposition, waning square, and then returning to the conjunction to begin the cycle again. Diachronic patterning is typically apparent at each of these successive quadrature alignments.

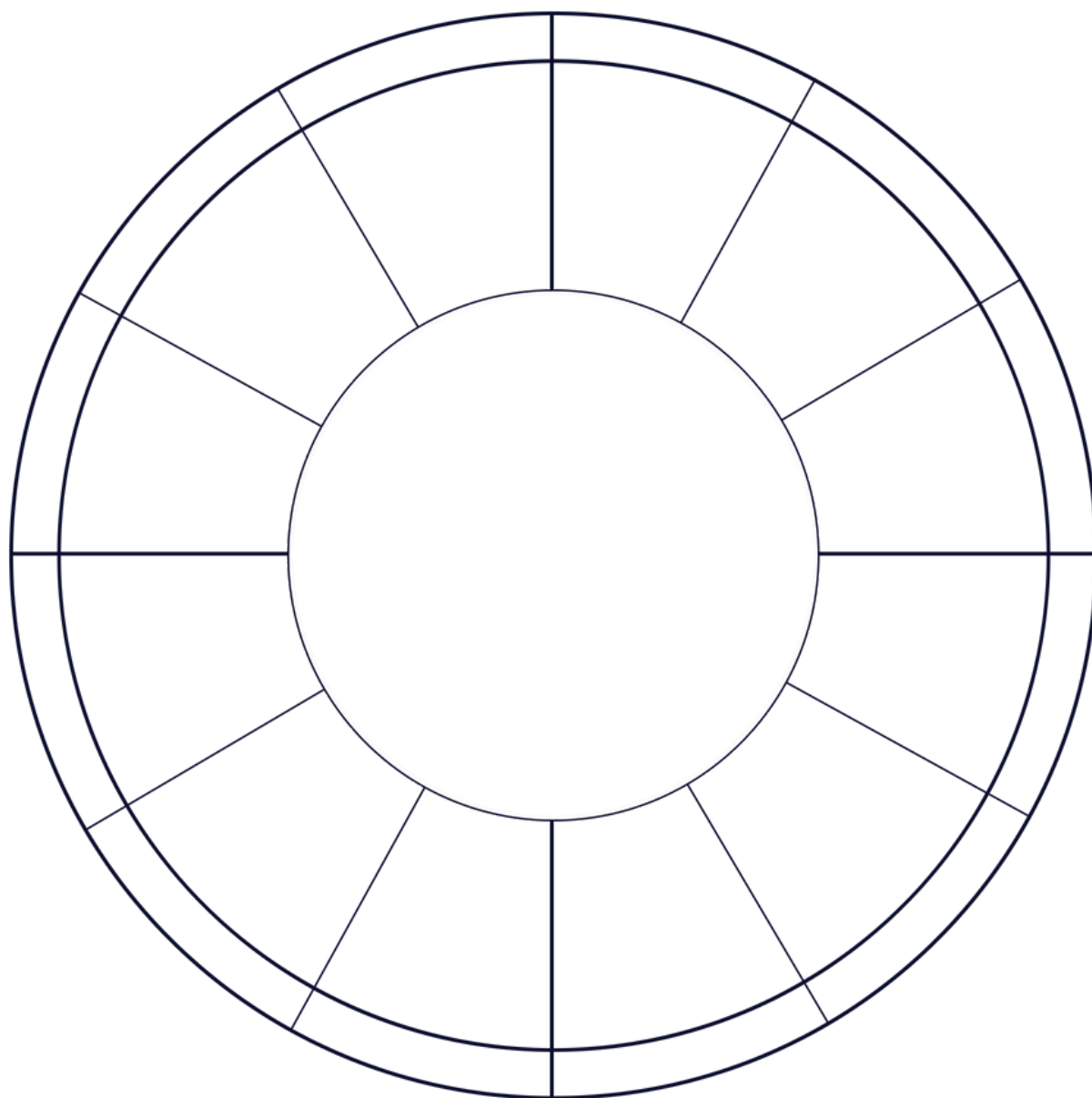
Zodiac:

Greek word literally meaning "belt of life". It is comprised of the 12 signs or constellations traditionally associated with western astrology, creating a 360° circle that lies along the ecliptic.

Draw your birth chart



1. First draw the glyphs of the 10 planets
2. Write the degree of the planets
3. Include degrees for ASC, M.C., DSC, and I.C.
4. Draw the sign that the planets, ASC, M.C. DSC and I.C. are in
5. Draw aspects between the planets on the inside of the circle



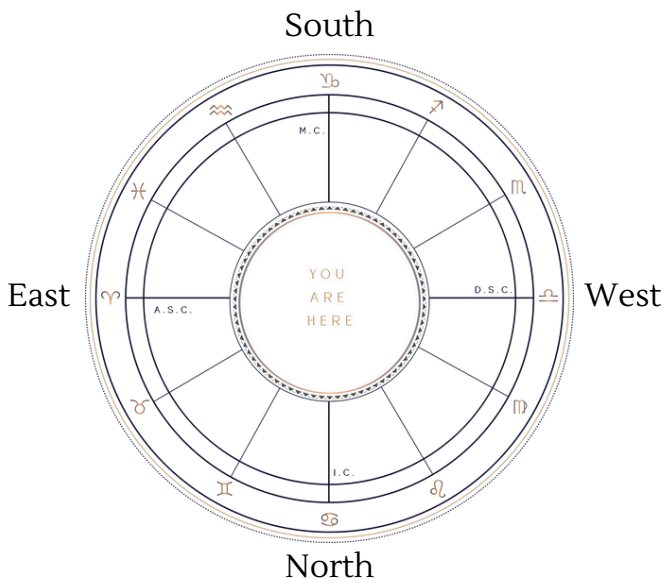
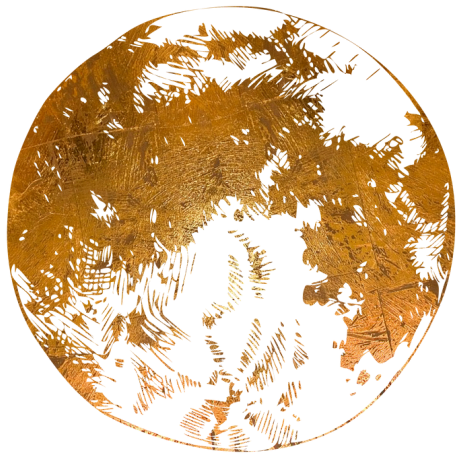
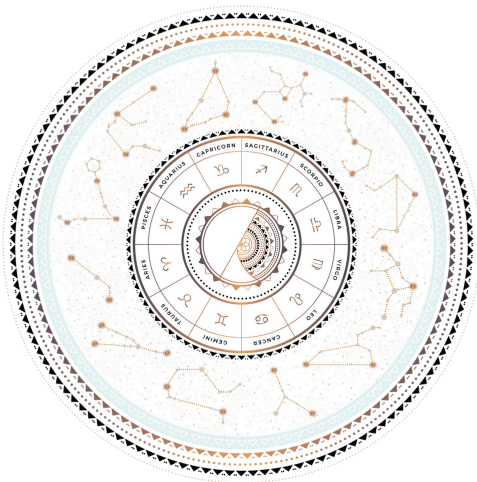
GLYPH	NAME
	M o o n
	S u n
	M e r c u r y
	V e n u s
	M a r s
	J u p i t e r
	S a t u r n
	U r a n u s
	N e p t u n e
	P l u t o











NAME	ORBIT AROUND SUN	LENGTH OF PERSONAL TRANSIT
Pluto	248 years	5-10 years (depends on where it is in orbit around Sun)
Neptune	165 years	4-6 years
Uranus	84 years	3-4 years (except Uranus aspecting itself)
Chiron	50 years	3-4 years
Saturn	29.5 years	1-2 years (except Saturn aspecting itself)
Nodes	18.6 years	6 months
Jupiter	12 years	1 month – 1 year (depends on retrograde motion)
Mars	2 years	2-3 weeks (except during retrograde: up to 6 months)
Venus	225 days	1 week (except during retrograde: up to 4 months)
Mercury	88 days	1 week (except during retrograde: up to 6 weeks)
Sun	--	A few days
Moon	--	Half day






GLYPH	NAME
♈	Aries
♉	Taurus
♊	Gemini
♋	Cancer
♌	Leo
♍	Virgo
♎	Libra
♏	Scorpio
♐	Sagittarius
♑	Capricorn
♒	Aquarius
♓	Pisces

ASC.	Ascendant
DSC.	Descendant
M.C.	Medium Coeli
I.C.	Imum Coeli








NATAL ASPECTS & ORBS OF INFLUENCE			
ASPECT	NAME	ANGLE	NATAL ORBS
	Conjunction	0°	10°-12° (up to 15°)
	Opposition	180°	10°-12° (up to 15°)
	Trine	120°	8°-10°
	Square	90°	8°-10°
	Sextile	60°	4°-6°
MINOR ASPECTS			
	Semisquare	45°	2°-3°
	Sesquiquadrate	135°	2°-3°
	Quincunx	150°	2°-3°

ASPECTS & PERSONAL TRANSITS' ORBS OF INFLUENCE

ASPECT	NAME	ANGLE	PERSONAL TRANSIT ORBS
	Conjunction	0°	3°-5°
	Opposition	180°	3°-5°
	Trine	120°	3°
	Square	90°	3°-5°
	Sextile	60°	3°

ASPECTS & WORLD TRANSITS' ORBS OF INFLUENCE

ASPECT	NAME	ANGLE	WORLD TRANSIT ORBS
	Conjunction	0°00'	15° (up to 20°)
	Opposition	180°00'	15° (up to 20°)
	Trine	120°00'	10°-12°
	Square	90°00'	10°-12°
	Sextile	60°00'	4°-6°



— SCHOOL OF ASTROLOGY & DEPTH PSYCHOLOGY —

Thank you!

