



## Astrology and Meditation - the Fearless Contemplation of Change

By Greg Bogart

Wessex Astrologer Ltd. Paperback. Book Condition: new. BRAND NEW, Astrology and Meditation - the Fearless Contemplation of Change, Greg Bogart, Astrology and Meditation explores the idea that the most powerful astrological technique is a quiet, meditative mind. The book presents astrology as a form of active meditation where we contemplate whatever is arising with expectancy, receptivity, and conscious use of will to shape what unfolds. The author presents meditations on the spiritual lessons of the planets and zodiacal signs, and, with the plentiful use of case histories, describes the technique of symbol amplification, which enables us to unfold the deepest meanings of chart symbols. The book ends with a discussion of astrology as a spiritual practice, a training for perfection that can instill qualities such as discernment, humor, steadiness in times of suffering, and an expanded capacity to love.



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