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need to come to terms with debt, obsessions, and self-destructive tendencies. Each chapter includes suggestions on how to manage these challenges, father issues, real life stories, and how to integrate the highest potentials.

**LIFE AFTER GRIEF—An Astrological Guide to Dealing with Loss** by Darrelyn Gunzburg; The Wessex Astrologer, PO Box 2751, Bournemouth, BH5 2XZ, England; 2004, paper, 332 pp. (6" x 9 1/4"), price is 17.95 pounds, ISBN 1902405145.

Professional astrologers often attract clients who in one way or another reflect the innate challenges and lessons learned in the astrologer's own life. Darrelyn Gunzburg grew up in a Jewish community where her parents participated in Chevra Kadisha, which is a voluntary organization whose sole function is to take care of the dead from the moment of their passing until their burial. Not until she was twenty-three did she consciously recognize how her own life was spent in sorrow, guilt, and remorse over the loss of her beloved grandfather when she was twelve. Now a practicing astrologer, she often counsels clients who are dealing with the loss of a loved one.

Darrelyn Gunzburg astrologically chronicles their tales of bereavement and recovery in *Life After Grief*. While many astrologers may rarely have to assist a client through the loss of a loved one, when it does happen, this book provides the essential psychological and astrological tools to facilitate the process. For those interested in the astrology of grief, or for anyone interested in becoming a professional, *Life After Grief* presents the mythological background, the best thinking from recognized counselors, and the author's own astrological expertise as guides through this critical and sacred life passage.

In the first few chapters Gunzburg describes the chaotic feelings associated with loss. She draws on the work of Elizabeth Kubler-Ross, who defined the five emotional stages an individual experiences when diagnosed with a terminal disease.

Other deep thinkers on the subject are invoked, and then the three stages of grief are listed and described. They are: (1) acute grief, the initial response; (2) disintegration and disengagement from the world; and (3) reintegration back into the community. Material on cultural beliefs about death and some helpful hints about how to process grief follow.

The first astrological explanations arrive in Chapter three and detail how individuals handle loss via the Moon's aspects to the rest of the planets. Since grief is by definition an emotional issue, the Moon will reveal how the client faces emotional challenges. Over the next few chapters, the author delves further into the relationship between the client experiencing grief and the underlying astrological patterns. These chapters show the natal conditions leading up to specific experiences, as well as how the timing of loss and the healing process unfold through major transits and progressions. Here is astrology in action.

While these chapters make great reading and study guides, what this reviewer found most fascinating came later in the book. Gunzburg's techniques, like those developed by most astrologers, are a combination of core principles plus some fringe techniques that haven't yet caught on but work for the astrologer. In the author's case, she relies on the tried-and-true and has also incorporated a couple of other tools that she describes toward the end of *Life After Grief*. The last chapter in particular is a wonderful, forty-two page treatise on the Centaurs and grief, and by the Centaurs she means Chiron (which most astrologers have assimilated), Pholus, and Nessus.

The Centaurs are a class of astronomical objects with specific characteristics. Each one has a highly elliptical orbit, a coma like a comet, and the constitution of trans-Neptunian objects from the Kuiper belt. Centaurs are known as "outer planet crossers" since their orbits take them inside Jupiter and Saturn—and outside Uranus, Neptune, and Pluto. As of August 2002, astronomers had discovered forty-two Centaurs, and so astrologers have the same task of selecting which Centaurs to

deploy in the horoscope as those who use asteroids. As is the case with the four major asteroids, which were the first four discovered, Gunzburg proposes using the first Centaurs discovered, which were Chiron, Pholus, and Nessus. These three have a logical unity since Chiron's orbit bridges Saturn and Uranus, Pholus links up Saturn with Neptune, and Nessus passes between Saturn and Pluto. Each one, then, connects Saturn with an outer planet.

How do we know what these Centaurs symbolize? After many years of intense study and investigation, astrologers have a good idea about Chiron. Much of the symbolic essence was derived by studying the myths associated with Chiron, and then transposing them into contemporary lifestyles and situations. The same process is used for understanding Pholus and Nessus. Appendix 3 is an ephemeris for these three Centaurs, and it runs from 1900 to 2050. I located my own Pholus and Nessus, and they certainly rang true in my personal history. Gunzburg's narrative explores the

Centaurs for many possible interpretations, but she is most concerned about how they play out in grief and the loss of loved ones.

Another technique used is called Firdaria, which was originally postulated back in ancient times, and re-birthed through Robert Hand's work. Firdaria is a Persian concept and divides the life into irregular periods, with each one ruled by a specific planet. Appendix 2 presents the details of this technique. Then, the author also uses the progressed lunation cycle, a technique developed and described in detail by Dane Rudhyar. The progressed Moon and Sun have a growing and ebbing relationship with each other similar to the actual lunar cycle. From one progressed New Moon to the next lasts some twenty-nine years, just as the New Moon arrives twenty-nine days after the last New Moon. In grief counseling, the most relevant phase is just before the New Moon, a period known as the Balsamic Moon. In this phase one learns to release

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and let go in preparation for new incoming energy.

*Life After Grief* is deep. It's powerful, emotional, and healing. The astrology is developed slowly, so that it's suitable for all levels, from beginners to advanced practitioners. The cover only briefly mentions the Centaurs, but for aspiring astrologers and students, this may be the most valuable section.

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