

All About Astrology

In today's fast-paced world, many of us are caught up in the endless cycle of work and daily responsibilities, leaving little time for introspection and reflection. As a result, we often feel disconnected and unfulfilled, longing for a deeper sense of purpose and meaning in our lives. For centuries, people have turned to spirituality as a way to find answers to life's most profound questions and to connect with something greater than themselves. Here to talk about all things spirituality is Anisha Arora who is professionally not only an astrologer but also a healer. Arora claims that it is important to explore the role of spirituality in our lives and how it can help us navigate the complexities of modern life.

What is Spirituality? "Spirituality is often defined as a belief in a power greater than oneself, which guides and gives meaning to life. It can take many different forms, including religious practices, meditation, mindfulness, and yoga, among others," says Anisha. At its core, spirituality is about seeking a deeper understanding of oneself and the world around us.

Anisha talks about how one of the fundamental aspects of spirituality is the belief that we are not just physical beings but also spiritual beings. This means that there is a part of us that transcends our physical existence and connects us to something greater (Gallacher, 2016). Many spiritual traditions believe that this connection can be cultivated through various practices, such as meditation or prayer, which can help us tap into our spiritual essence. She says that sooner or later, most of her clients have seen a massive change in their lives after walking the spiritual path. For example, Anisha shared that one of my clients was suffering through anxiety and deeply entrenched trauma which directly affected her physical health and after seeking guidance and following rituals persistently, the client actually felt much better and showed positive results.

“Starting the spiritual journey not only improves mental health but also physical health,” says Arora.

In recent years, there has been a growing interest in spirituality and alternative forms of guidance and self-discovery. This is an interesting subject matter especially for GenZs and millennials as they have found themselves in their journey of healing themselves and obtaining inner peace. Arora says that the major reason why astrology is given more importance among these generations is because they are seeking deeper meaning of life. She says: “In a world where technology and materialism dominate, many people are searching for deeper meaning and connection. Astrology can offer insights into personality, relationships, and life purpose that may provide a sense of direction and understanding.” She adds that social media also plays an important role in this as it is easier to find like-minded people online globally and create a sense of community. Another reason is self-empowerment as it can be seen as a tool for personal growth. Anisha says: “By understanding their birth chart and the planetary influences in their lives, individuals may feel empowered to take control of their destiny.” Furthermore, many millennials and GenZs may not identify with organised religion and are looking for alternative forms of spirituality. She says: “Astrology can offer a personalised and flexible belief system that is not tied to any specific religion.”

Among the most popular practices are tarot card reading, astrology, and horoscopes. These practices offer individuals a way to gain insight into their lives, connect with their inner selves, and find guidance and direction (Alewell et al., 2022). There is a connection between tarot card reading, astrology, horoscopes and spirituality. Most people interested in spirituality are looking forward to healing.

Astrologer Anisha says: “Tarot card reading is an ancient practice that uses a deck of 78 cards to gain insight into an individual's life. Each card has a specific meaning and can be interpreted in a variety of ways.” Tarot cards are often used to answer specific questions or to gain a broader understanding of a situation or challenge. All in all, tarot card reading is a form of divination, which means that it is a way of connecting with something greater than oneself to gain guidance and insight. Some practitioners believe that the cards themselves hold a spiritual energy, while others believe that it is the reader's intuition and connection to spirit that guides the interpretation of the cards. Astrology is a system that uses the positions of celestial bodies to gain insight into an individual's personality, relationships, and life path. Horoscopes, which are based on astrology, provide a general overview of what may be happening in an individual's life based on their zodiac sign. The crux of it is that astrology is a way of understanding the interconnectedness of all things and how the movements of the stars and planets can impact our lives. Some practitioners believe that astrology is a way of connecting with something greater than oneself, while others view it as a tool for self-reflection and understanding (Anon, 2004; Miller, 2012).

Although, some of you may think, why is Spirituality Important? Spirituality can play a significant role in our lives, offering a sense of purpose, direction, and meaning. It can help us navigate difficult times, cope with stress, and find inner peace. When we feel connected to something greater than ourselves, we are more likely to experience a sense of joy, gratitude, and contentment in our lives.

Anisha claims: “Spirituality can also foster a sense of community and connection with others. Many spiritual traditions have a strong emphasis on community and encourage their members to support and care for one another. This sense of connection can be especially important in today's increasingly isolated and disconnected world.”

Cultivating spirituality in our lives can take many different forms, depending on our individual beliefs and preferences. Some people find solace in practicing traditional religious rituals, while others find meaning in mindfulness or meditation. Here are some practical tips for cultivating spirituality in our lives:

1. Make time for reflection and introspection. Set aside time each day for quiet reflection, whether it's through meditation, prayer, or simply sitting in silence.
2. Connect with nature. Spending time in nature can be a powerful way to connect with something greater than ourselves and to cultivate a sense of awe and wonder.
3. Practice gratitude. Focusing on the things we are grateful for can help us cultivate a sense of joy and contentment in our lives.
4. Explore different spiritual traditions. Reading about different spiritual traditions and exploring new practices can help us find the path that resonates most deeply with us.
5. Connect with others. Engaging in spiritual practices with others can be a powerful way to cultivate a sense of community and connection.

Spirituality can play a powerful role in our lives, offering a sense of purpose, direction, and connection to something greater than ourselves. Whether we practice traditional religious rituals or seek out alternative forms of spirituality, cultivating a sense of spirituality in our lives can help us navigate the complexities of modern life with greater ease and grace. By taking the time to reflect, connect with others, and explore new practices, we can deepen our spiritual connection and find greater fulfillment in our lives. Anisha says: “Don’t be afraid to start your spiritual journey right now!”

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