Hello there. My name is Andrew Black and I am a retired consultant psychiatrist. I enjoy trying to keep physically fit by walking and swimming, and mentally fit by writing and by trying to solve difficult puzzles. We all find different ways of relaxing from the pressures of work and the other challenges that life throws at us, and I feel strongly that having a hobby or some other creative outlet can help to provide us with an inner source of stability when chaos threatens to supervene.

As a child I remember being fascinated by the changing appearance of the sky, and as a young teenager I taught myself astronomy and learned how to find the constellations and the visible planets in the night sky. I was quite happy spending hours watching the heavens and discovering how everything appeared to work in harmony. Looking at the sky is an excellent aid to meditation, though I was not aware of this at the time.

As a junior doctor I had little time to look at the sky, but I always found it comforting that everything was where it should be when I walked outside between the wards at night. By coincidence, I started training in psychiatry at about the same time as I became interested in astrology - in a vain attempt to confirm my prejudice that astrology was all a load of rubbish! My efforts failed, and some 40 years later I reflect that a psychological model based on my own developing understanding of astrology has helped me far more than any of the traditional models of personality or psychology.

Astronomy is a science, while astrology is an art, or so some would tell us. After working with both disciplines for so long, I find it hard to find it increasingly hard to distinguish between them, in the same way that I find it hard to know precisely what is 'out there' in the so-called real world, and what belongs to my own inner world, which certainly appears real enough to me.

One of the advantages of the age of smartphones and iPads is that we can download free apps to simulate the view of the night sky, while a different set of apps will provide you with your birth chart and a computer-generated description of your personality. Unsurprisingly, the astronomical apps are more reliable than their astrological counterparts. The movements of the stars and planets are well-modelled by scientific theory, while the number of different models used by astrologers and psychologists to explain human behaviour suggests to me that we are far from close to achieving a scientific theory of personality. And this comes as a relief to me, for my firm belief is that subjective (or, more properly, projective) factors are intrinsic to our attempts to understand anything other than pure mathematics or some branches of physics. Our own vantage point matters and we can change this if we choose to do so.

Persuading the science of astronomy and the art of astrology to join together in a cosmic dance is not the easiest of endeavours, but I find it enjoyable and rewarding. In a time of increasing specialisation and compartmentalisation, I remain in favour of trying to find links between different branches of knowledge. I find the camera helpful here, or even a smartphone. Both can now take reasonable pictures of astronomical phenomena and they can also take pictures which can help us to meditate on the meanings of various astrological placements.

So, I am wondering how best I may be able to contribute to the developing community at Crxeate.com. Some of my initial ideas include supplying simple advice for finding the planets and major constellations, possibly expanding on the links between astrology and personality and perhaps offering other odds and ends from time to time. Many thanks for reading this preamble and any feedback from you would be very welcome.

My website is at [https://antifragiledoc.wordpress.com](https://antifragiledoc.wordpress.com/)

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