

WHAT WE KNOW FROM MODERN, SCIENTIFIC RESEARCH INTO ASTROLOGY

by

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As I see it, astrology is both an art and a science, and many astrologers today are great counselors who have mastered the art of astrological interpretation. However, astrology was also once recognized as a science, and for astrology to continue to make progress in this era of Pluto in Aquarius and Uranus in Gemini, I believe that it must establish itself, once again, as a bonafide, scientific discipline. To help astrology achieve this, I and some other researchers around the world are busily engaged in developing an evidence-based version of astrology by using tools at our disposal such as mathematics, physics, statistical analysis, and extreme case sampling. It is also important to inform the rest of the astrological community on where astrology currently stands as a scientific discipline, and so that is the purpose of this brief paper, to pass on information to you regarding the current state of the evidence for what works and what doesn't work in astrology. And the list is getting longer every day.

1. Mundane Astrology Works

The late Dr. Johnson Holt showed that **there are significantly more major news events during or in the year before outer planet conjunctions and oppositions**. A follow-up study by Robert Currey showed that **there is also an orb effect**.

Holt, Johnson (2022), *Association between alignments of the outer planets and global news highlights – a study of mundane astrology 1984-2021*, Correlation 35(1)

Currey, Robert (2024), *Correlation between Outer Planet Cycles and World News Trends over 38 years*, Correlation 36(1)

2. Chart Matching Can Be Done With Help From Artificial Intelligence

Using an automated process in the program Mastro Expert that associates keywords with astrological events, **Vincent Godbout has been able to successfully match keywords associated with natal charts with keywords from biographies**, The program was given three tries to find the correct natal chart, and it was able to correctly

match charts with a significance level of $p < 0.0005$. The procedure was mostly automated and removed much human bias.

Godbout, Vincent (2020), *An Automated Matching Test: Comparing Astrological Charts with Biographies*, Correlation 32(2)

3. Gauquelin's Mars Effect is Real

Even though the effect size is very weak, numerous studies have shown that the **Mars Effect is real**, and even though the strongest level of significance was found for Mars, **Gauquelin's studies also provide some confirmation for traditional associations for other planets.**

Mars (energy & aggression) – eminent **athletes**, doctors, scientists, executives, and military personnel

Venus (art & harmony) – eminent **painters** and **musicians**

Saturn (concentration & discipline) – eminent **scientists** and **doctors**

Jupiter (expansion & other people's minds) – eminent **actors**, military personnel, executives, **politicians**, and journalists

Moon (imagination) – eminent **writers** and politicians

Ertel, Suitbert (1988), *Raising the Hurdle for the Athletes' Mars Effect: Association Co-Varies With Eminence*, Journal of Scientific Exploration. Vol. 2. No. 1

Ertel, Suitbert (1989), *Purifying Gauquelin's Grain of Gold: Planetary Effects Defy Physical Explanation*, Correlation 9(1)

Ertel, Suitbert (1992), *Update on the "Mars Effect"*, Skeptical Inquirer Vol. 16

Douglas, Graham (2021), *Replication of Ertel's result on Sudden Infant Death Syndrome and Saturn in Gauquelin Key sectors*, Correlation 33(2)

Tarvainen, Kyösti (2012), *Henning's synthesis method shows validity of astrology in the Gauquelins' data*, Correlation 28(1)

Gauquelin, Michel (1988), *Is there a Mars Effect?*,
<https://cyclesresearchinstitute.org/subjects/cycles-astrology/gauquelin/>

4. Mars and Jupiter are Extraverted and Saturn is Introverted

Using the Eysenck Personality Questionnaire, Michel Gauquelin found that ordinary **people with Mars rising or culminating were significantly more likely ($p=0.02$) to be extroverted (E+) and tough-minded (P+) while those with the Moon rising or culminating were more likely ($p=0.05$) to score high on social desirability (L+)**. Also, **Cochrane and Fink found that Mars and Jupiter are linked with extraversion and Saturn with introversion.**

Gauquelin, Michel (1981), *Planets, Personality, and Ordinary People*, Correlation 1(2)

Cochrane & Fink (2010), *Mars, Jupiter, and Saturn Effects on Extraversion/Introversion*, https://www.astrosoftware.com/cpnew/a_and_v/gauquelin_paper2.html

5. An angular Sun or Jupiter is linked with the extraversion dominant trait in dogs

Meticulous records are kept of pedigree dogs for the first two months of their lives. These records typically include birth time, birth order, and behavioral characteristics. This study of 500 pedigree dogs, done by two French scientists, categorized their behavioral traits using a method developed by Eysenck and found that **pedigree dogs with an angular Sun or Jupiter are far more likely to exhibit the extraversion dominant trait.**

Fuzeau-Braesch Suzel (2007), *An Empirical Study of Some Astrological Factors in Relation to Dog Behaviour Differences by Statistical Analysis and Compared with Human Characteristics*, Journal of Scientific Exploration Vol.21 No. 2

6. Orbs Work

Some studies have verified traditional sizes for orbs, that orbs for applying aspects should be larger than for separating aspects, and that more major events happen while an aspect is applying rather than separating. However, some studies suggest that tight aspects are stronger while others suggest that aspects work in a binary, on/off manner. The following table is from Tarvainen, 2021.

Table 1

Aspect orbs according to initial statistical studies. Further studies may refine these orbs.

Aspects	Planets	Orb
0°, 90°, 120°, 180°	If Sun or Moon are involved	10°
	All other Planets and Points	8°
60°	If Sun or Moon are involved	7°
	All other Planets and Points	6°

Currey, Robert (2022), *Correlation between Outer Planet Cycles and World News Trends over 38 years*, Correlation 36(1)

Tarvainen, Kyösti (2020), *Estimation of aspect orbs by the computer*, Correlation 32(2)

Tarvainen, Kyösti (2021), *Statistical studies have started to advance astrological techniques*, Correlation 33(2)

Tarvainen, Kyösti (2022), *On the strength of tight versus wide and applying versus separating aspects*, Correlation 35(1)

7. Minor Aspects Work

In a study by Dr. Kyösti Tarvainen, **minor aspects were shown to produce significant results, though not as strong as and with smaller orbs than major aspects.** The minor aspects studied were the **semisextile, decile, novile, semisquare, septile, quintile, biseptile, tridecile, sesquiquadrate, biquintile, quincunx, and the triseptile,**

Tarvainen, Kyösti (2015), *A study of minor and major aspects in theologians' charts*, Correlation 30(1)

8. Midpoints Work

Recent studies show that **midpoints work and they clarify which aspects to midpoints are strongest.**

Tarvainen, Kyösti (2021), *A study of midpoints in theologians' charts*, Correlation 33(2)

Tarvainen, Kyösti (2021), *Statistical studies have started to advance astrological techniques*, Correlation 33(2)

Godbout, Vincent (2021), *To Use or Not to Use Midpoints?*, Correlation 33(2)

9. Synastry Works

Recent studies show that **synastry works even if the effect size is very small**. Less evidence exists for the effectiveness of composite and Davison charts as a measure of relationships.

Tarvainen, Kyösti (2023), [*Signs and Houses appear to operate independently in Classical Synastry*](#), Correlation 36(1)

Tarvainen, Kyösti (2011), *Classical synastry works in the Gauquelins' data, composite and Davison don't*, The Astrological Journal, volume 53, number 1

Tarvainen, Kyösti (2016), *The Moon's Nodes in the synastry of the Gauquelins' couples*, Correlation 30(2)

Eusebi, Alejandra (2025), *Synastry – Romantic Relationships, Natal and Dynamic Activations*, Kepler Day 2025

Westran, Paul (2021), *Astrology using Progressed Synastry in 1,300 Public Cases A Validation Study*, Correlation 33(2)

Westran, Paul (2024), *Mars-Venus Progressed Synastry and the end of relationships*, Syzygy 2024, Volume 11

10. Some House Systems Work Better Than Others

A few studies have been done on house systems, but most have not examined enough of the total number of house systems available. Nonetheless, **some of the evidence**

currently available favours Campanus, Koch, and Equal house systems, and Whole Sign Houses usually produces the worst results. However, no definitive study has yet been done that involves all of the various house systems, but ISAR, the Astrological Association, the Cosmobiology Institute, and the National Council for Geocosmic Research have all committed to work together to produce a definitive study within the next few years.

Tarvainen, Kyösti (2023), *Signs and Houses appear to operate independently in Classical Synastry*, Correlation 36(1)

Tarvainen, Kyösti (2011), *Classical synastry works in the Gauquelins' data, composite and Davison don't*, The Astrological Journal, volume 53, number 1

Tarvainen, Kyösti (2021), *Statistical studies have started to advance astrological techniques*, Correlation 33(2)

Benton, Christopher (2025), (in progress study of the 7 house systems available at Astrodatatabank)

House system	p-value for the Sun in the 1 st , 5 th or 7 th house of the partner
Koch	1 %
Equal	2 %
Campanus	3 %
Regiomontanus	7 %
Alcabitius	8 %
Porfyry	8 %
Placidus	10 %
Solar	35 %
Whole sign	37 %
Morinus	64 %
Meridian	67 %
Midheaven	72 %
Horizon	93 %

Tarvainen 2011

Cancer and the 8th House				
UR/NE/PL 8 House	p-value	prop1	prop2	risk ratio
Campanus	0.00000252	0.0359	0.0277	129.6%
Porphyrius	0.000326	0.0341	0.0281	121.4%
Equal	0.000459	0.0342	0.0283	120.8%
Koch	0.002260	0.0335	0.0284	118.0%
Placidus	0.0329	0.0321	0.0288	111.5%
Regiomontanus	0.0255	0.0322	0.0288	111.8%
Whole Signs	0.131	0.0312	0.0296	105.4%

Benton 2025 (unpublished)

11. Progressions Work

Some studies have shown that **secondary progressions have validity.**

Godbout, Vincent (2024), *A Predictive Model of Mortality Using Secondary Progressions*, Correlation 37(1)

Westran, Paul (2021), *Astrology using Progressed Synastry in 1,300 Public Cases A Validation Study*, Correlation 33(2)

Westran, Paul (2024), *Mars-Venus Progressed Synastry and the end of relationships*, Syzygy 2024, Volume 11

12. There is evidence that transits and solar arc progressions work

In a study by Kyösti Tarvainen, the presence of soft aspects by transit, solar arc, and secondary progressions around the time of conception were considered and **transits and solar arcs were supported with statistical significance, but secondary progressions were not**. Coupled with other evidence, this suggests that progressions work in some situations but not all.

Tarvainen, Kyösti (2015). *Do transits, solar arcs or progressions influence spouse's will to have a baby?*, NCGR Research Journal, Volume 5

13. The Tropical Zodiac Works Best With Western Astrology

The studies below suggest that **Western Astrology works best with a tropical zodiac**.

Godbout, Vincent (2020), *An Automated Matching Test Comparing astrological charts with biographies*, Correlation 32(2)

Godbout, Vincent (2024), *Validating the Tropical Zodiac?*, Correlation 37(1)

Tarvainen, Kyösti (2021), *Statistical studies have started to advance astrological techniques*, Correlation 33(2)

Currey, Robert (2018), *Can western tropical interpretations apply to the sidereal zodiac?*, Correlation 32(1)

14. Mars and Saturn are the Gods of War

Hard aspects involving Mars or Saturn are significantly more likely to correspond to the outbreak of war.

Stedall, Tom (2023), *The Gods of War Investigation of planetary alignments and the onset of war*, Correlation 36(1)

15. Some But Not All Studies Have Found Differences Between Elements and/or Positive and Negative Signs

Though the results are mixed, Tarvainen has shown that **positive signs gravitate toward professions deemed as fitting for extraverts while negative signs prefer professions seen by psychologist as better suited for introverts.**

Currey, Robert (2017), *Can Extraversion [E] and Neuroticism [N] as defined by Eysenck match the Four Astrological Elements?*, Correlation 31(1)

Tarvainen, Kyösti (2018), *On the astrological polarity in extravert and introvert groups*, Correlation 32(1)

Clarke, Dave (1996), *Astrological Signs as Determinants of Extroversion and Emotionality: An Empirical Study*, The Journal of Psychology 130(2)

Mancuso, Santino (2024), *Fire-Earth-Air-Water: Are they Related to Extraversion-Introversion? (Parts 1 & 2)*, Members Only YouTube Channel

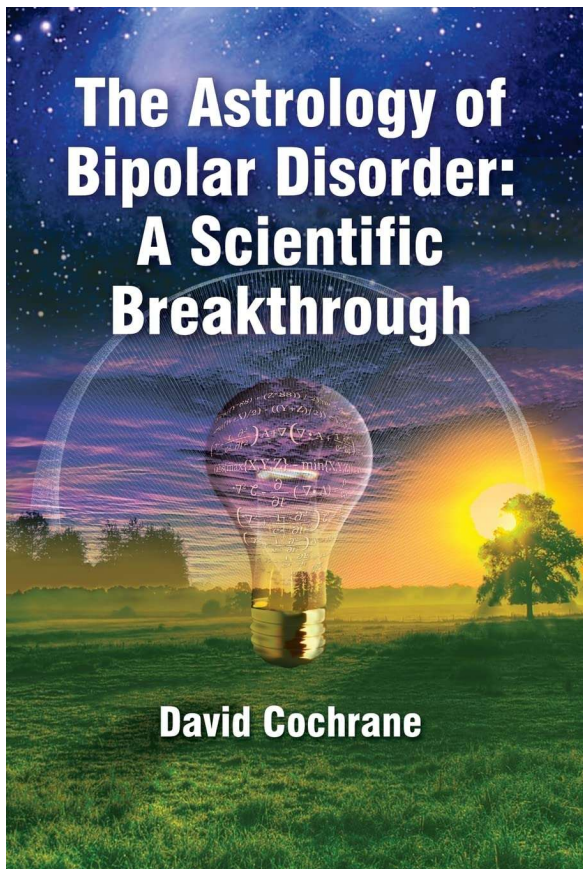
16. The Zodiac Signs Have Meanings that Differ Slightly from Tradition

Studies by Santino Mancuso (aka David Cochrane) using **extreme case sampling suggest the following updated interpretations for the zodiac signs.** (Evidence-Based Vibrational Astrology YouTube Channel)

Aries:	Self-Reliant
Taurus:	Gradual Change, Taoist Approach
Gemini:	Curiosity, Inquisitive
Cancer:	Strong Personal Feelings, Desire for a Safe Place
Leo:	Self-Expression and Developing Talents
Virgo:	Sensitive to the Natural Order
Libra:	A Need to Relate to Others as Equals
Scorpio:	Intensely Bonding with Others and Full Immersion in Interests
Sagittarius:	Adventurous
Capricorn:	Detached Reflection and Objectivity
Aquarius:	Need to be Part of a Group
Pisces:	Seeking Wholeness

17. There is an Astrological Signature for Bipolar Disorder

This study by Santino Mancuso, presented in both a Book and on the Evidence-Based Vibrational Astrology YouTube Channel, is important not only for its conclusions but also for its rigorous methodology.



18. There is an Astrological Signature for Eating Disorders

This study by Michele Love is discussed on the Evidence-Based Vibrational Astrology YouTube Channel, and it **shows that certain aspects made between Pluto or Vesta and certain other planets often correspond to 8 or 23 harmonic angles** (or certain harmonics/vibrations that are multiples of 8 or 23).

T-value = 4.22, df = 146
The p-value is .000043 (**p<.0001**)

(Sun Moon Mars Uranus) Pluto	23 46 69 92 and 8 16 24 32
(Sun Moon Ven) Vesta	23 46 69 92 and 8 16 24 32
Sun Moon	23 46 69 92 and 8 16 24 32

Mancuso, Santino (2025), *Improved AstroSignature for Eating Disorders, Part 1*,
<https://www.youtube.com/watch?v=mQ3KDfJJpa8>

Mancuso, Santino (2025), *Improved AstroSignature for Eating Disorders, Part 2*,
<https://www.youtube.com/watch?v=yZ2xrKtrbDc>

Mancuso, Santino (2025), *Improved AstroSignature for Eating Disorders, Part 3*,
<https://www.youtube.com/watch?v=pnmoAigj6Ks>

19. The Actions of Outer Planets in Mundane Astrology have been Clarified by Qualitative Studies

Qualitative studies by Rick Tarnas and the late André Barbault have clarified the actions of outer planets in mundane astrology.

Tarnas, Rick (2006), *Cosmos and Psyche*, Viking Press

Barbault, André (2016), *Planetary Cycles Mundane Astrology*, Astrological Association

20. The Full Moon is Associated with Unrest

Results from the related scientific discipline of chronobiology show that both people and animals tend to be more agitated and that people do not sleep as well at the time of the full moon.

Calver, Leonie (2009), *The dark side of the moon*, The Medical Journal of Australia
Volum 191 Issue 11

Cajochen, Christian (2013), *Evidence that the Lunar Cycle Influences Human Sleep*,
Current Biology 23

Chaput, Jean-Philippe (2016), *Are Children Like Werewolves? Full Moon and Its Association with Sleep and Activity Behaviors in an International Sample of Children*,
Frontiers in Pediatrics Volume 4

Bhattacharjee, Chanchal (2000), *Do animals bite more during a full moon? Retrospective observational analysis*, BMJ Volume 321

21. Lunar Gravity Can Affect Individual Organisms

Over the years I have heard many physicists and astrophysicists immediately dismiss astrology on the grounds that the only force that could be involved is gravity, and the person standing next to you exerts a stronger gravitational pull on you than the Moon. However, the studies below from chronobiology shows that this type of thinking is overly simplistic.

De Mello Gallep, Cristiano (2022), *Are cyclic plant and animal behaviours driven by gravimetric mechanical forces?*, Journal of Experimental Biology Vol. 73 No. 4

De Mello Gallep, Cristiano (2018), *Peter Barlow's insights and contributions to the study of tidal gravity variations and ultra-weak light emissions in plants*, Annals of Botany 122

Barlow, Peter (2015), *Leaf movements and their relationship with the lunisolar gravitational force*, Annals of Botany 116

Wake, Ryotaro (2008), *The Gravitation of the Moon Plays Pivotal Roles in the Occurrence*

22. Patterns Related to the Fibonacci Sequence Appear in Both Astronomy and Astrology

The fact that patterns related to the Fibonacci sequence appear in both astronomy and astrology, suggests that much of the underpinnings of astrology may be due not to physics but to a mathematical procedure that creates a recursive fractal structure where terrestrial cycles mirror celestial cycles in an acausal manner.

Benton, Christopher (2025), *The Unreasonable Effectiveness of Fibonacci Numbers in Astrology and the Natural Sciences*, (in progress)

Currey, Robert (2013), *Our Solar Matrix*, Correlation 29(1), pp. 5-38

Mancuso, Santino (26 Oct 2014), *Exaltation and Joys of Planets, and Prime Numbers*, https://www.youtube.com/watch?v=_yzxiAEmuwk (YouTube video)

Mancuso, Santino (7 Nov 2014a), *Fibonacci Numbers as a Basis of Ruling Planets of Zodiac Signs*, https://www.youtube.com/watch?v=SwHRg_IUPpU (YouTube video)

Mancuso, Santino (7 Nov 2014b), *The Golden Ratio as a Basis for Exaltation Degrees and Egyptian Bounds*, <https://www.youtube.com/watch?v=cLHc75yemio> (YouTube video)

Mancuso, Santino (10 Nov 2014), *Fibonacci Numbers, Ruling Planets of Zodiac Signs, and Modern Physics*, https://www.youtube.com/watch?v=Zfm_7MQWalM (YouTube video)

Mancuso, Santino (7 Dec 2014), *Fibonacci numbers, dwadasamsa signs, the planet ladder, and the elements and modes of zodiac signs*, <https://www.youtube.com/watch?v=CbQ6lYeJrCE&t=350s> (YouTube video)

Mancuso, Santino (9 Mar 2015), *Fibonacci Numbers as a Basis of the Zodiac*, <https://www.youtube.com/watch?v=6QQU9lq91ok> (YouTube video)

Mancuso, Santino (14 Mar 2015), *Fibonacci Numbers as the Basis of the 4 Elements in*

Astrology, <https://www.youtube.com/watch?v=bO8yADlimJI> (YouTube video)

Mancuso, Santino (19 Jun 2015), *Fibonacci Numbers, the 4 Elements, Zodiac Sign Gender, and the Planet Ladder*, <https://www.youtube.com/watch?v=jZ4hmavlyDk> (YouTube video)

Mancuso, Santino (25 Jul 2019), *Why There Are Nakshatras: Sacred Geometry*, <https://www.youtube.com/watch?v=uZpjC4hdvUk> (YouTube video)

Mancuso, Santino (20 Jun 2022), *Cardinal, Fixed and Mutable Signs: Where They Come From*, https://www.youtube.com/watch?v=Qq_E_jxKl0U (YouTube video)

Mancuso, Santino (24 Jun 2022), *Zero Scorpio: the Cosmic Fusion Point*, https://www.youtube.com/watch?v=Oaow_8vOw7o (YouTube video)

23. Extreme Case Sampling, as pioneered by Santino Mancuso, is a valuable source of information for astrology

When the 20th century mathematician Ramanujan passed away, he left behind notebooks that other mathematicians have spent years studying and gleaning information from. Likewise, **Santino's YouTube channel contains hundreds of videos on astrological lore, statistical studies, and studies utilizing extreme case sampling, and the results presented on his channel can guide future studies in astrology.** In some instances, it may also be possible to verify statistically results that were first achieved using extreme case sampling.

Evidence-Based Vibrational Astrology,
<https://www.youtube.com/@CosmicCybernetics/videos>

Summary of things I have confidence in based on research:

- The basic meanings of planets
- The basic meanings of signs with modifications based on Santino's research
- The validity of mundane astrology
- Transits, progressions, and solar arc all have impacts
- Western techniques work best with a tropical zodiac
- Campanus, Koch, and Equal House may be the best house systems
- Chart matching can be successfully done
- The Mars Effect is real
- Mars & Jupiter are extraverted and Saturn is introverted
- Astrology affects other mammals, too
- Positive signs may be extraverted and negative signs introverted (mixed results)
- Both major and minor aspects work
- Midpoints work
- Synastry works
- The full moon makes people restless
- Patterns from the Fibonacci sequence appear in both astronomy and astrology

The above list summarizes an impressive amount of astrological research that has taken place over the past decade or so, and new results are appearing all the time. For example, some of my latest research shows that people born with Pluto square Uranus or Pluto square Chiron are more likely to have cancer, and men born with Chiron square or quintile Saturn are more likely to be gay and/or commit suicide. However, if you were born with any of these aspects, then keep in mind that only a small percentage of people in these groups actually develop cancer, are gay, or commit suicide. These groups are simply at greater risk for these particular outcomes.