

ACVA Newsletter 2025-07 – Book Review



**By Alan Annand,
Editor-in-Chief of Publications**

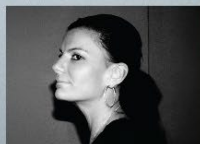
Patterns of Contrast in Vedic Astrology reexamines timeless principles of Jyotish through the lens of polarity and paradox. Beginning with philosophical foundations and moving into nuanced analysis, this book highlights the importance of recognizing inherent contrasts and the multiple implications behind any principle or astrological observation. Outcomes unfold across a spectrum, not in absolutes.

One area of life may prosper, while another demands hardship and growth. What proves beneficial in one context may be detrimental in another. Too much of a good thing can become harmful, and blessings often arrive disguised as curses.

The book explores exaggerated planetary states such as exaltation, debilitation, retrogression, combustion, and planetary war, along with yogas of reversal-Neecha Bhanga Yoga, Viparita Raja Yoga, and Shakata Yoga. It also addresses the phenomenon of posthumous fame.

With over thirty example charts and detailed case studies, from Aldo Gucci to Isabelle Eberhardt, Linda Goodman to Alexei Navalny, the study reveals how contrast lies at the heart of human experience, urging us to grow and transform. Grounded in humility, this work acknowledges that astrology is not a system of rigid certainties or fear-based predictions, but a tool for self-awareness, reflection, and growth.

Odelia Eskinazi has been studying and practicing Jyotish since 2014, with a keen interest in its psychological and medical dimensions. She has studied with Joni Patry, James Kelleher and Alan Annand, and was the editor for Annand's *Kama Yoga*. She also writes the "Who's in the News" column for Patry's *Astrology Insights*.



Widely traveled, she has a deep appreciation for foreign cultures and cross-cultural exchange. Her interest in consciousness, healing, and transformation, has led her to explore related fields, including attending several workshops with Vernon Frost. In her "real life," she works as the financial controller of a multinational company.



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Patterns of Contrast in Vedic Astrology, by Odelia Eskinazi, is a recommended addition to the library of any Vedic astrologer, no matter whether fledgling student or seasoned practitioner. The chapters on *Neechabhanga* and *Viparita* yoga are reason alone to acquire this book, even if only because so many astrologers are unfamiliar with the full protocol of analysis for these two recurring patterns.

Leading up to those chapters and another on *Shakata* yoga, Eskinazi has prepared the ground like any good teacher, with a fulsome discussion regarding the essential elements of *Jyotish*, in particular the *avasthas* (dignities) of the *grahas* (planets), and the exaggerated states in which they express themselves so forcefully.

Whereas the first half of the book provides a lucid presentation of those key patterns that can precipitate reversals in life, the second half illustrates those principles with nineteen colorful case studies that demonstrate the power of those same patterns. Bonus points: valuable astrological content aside, this book is written with clarity and style, and could stand as a model for any aspiring astrologer-author.

Available in paperback and digital formats: <https://www.amazon.com/Patterns-Contrast-Astrology-Odelia-Eskinazi/dp/1927799449/>

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