



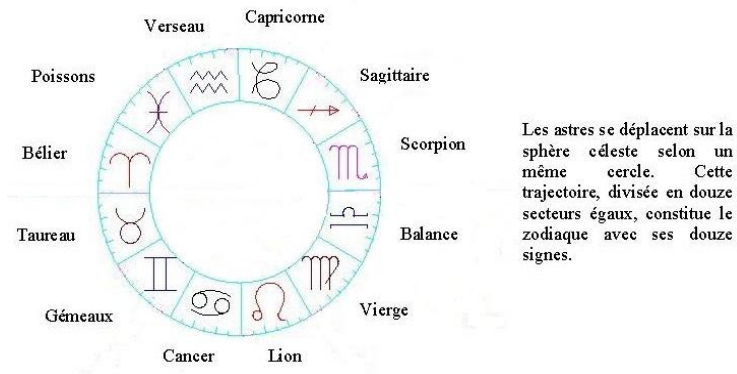
EAPC



School of Astrology and Mindfulness

Lesson 1 The signs of the zodiac, our energy fields

In astrology, the structure of the sky at the moment of birth is called the astral chart. The planets in our solar system travel across the sky along the same circular band called the zodiac. It is made up of twelve “**signs**” traversed by the planets in our solar system.



- According to the guiding principles outlined in the course ‘*General Presentation: Philosophy and Method*’, each sign symbolises a field of energy. It is associated with a state of well-being that echoes a set of psychological characteristics related to that state and generally referred to as ‘meanings’^[1]. For example, the state of well-being associated with the sign of Aries is wonder. The qualities of this sign, such as spontaneity, boldness, frankness and enthusiasm, resonate with its source, wonder.

- Each planet symbolises a dynamic force of the psyche. The force, symbolised by a planet, takes on a particular hue depending on the sign it occupies. The energy field related to this sign manifests itself through the psychological function (or force) represented by that planet. Thus, in a person's astrological chart, when a sign is crossed by a planet, it becomes significant^[2] and reveals one of the forces of their character. The astrological chart therefore reflects our personality in all its diversity:
- Aries, a fire sign, is associated with wonder, with its well-known stimulants such as spontaneity and enthusiasm.
- Taurus, an earth sign, symbolises pleasure, with sensuality and enjoyment as its guiding principles.
- Gemini, an air sign, is comparable to a playground where cheerfulness reigns, with its factors of adaptation such as flexibility and curiosity.
- Cancer, a water sign, is the crucible of our psyche where everything is gestated to fullness, with its receptors such as sensitivity and satiety.
- Leo, a fire sign, is our share of humanity in all its splendour, with its rays of sublimation such as magnanimity and generosity...
- Virgo, an earth sign, is associated with purity, with its correctors or rectifiers such as impeccability and order...

- Libra, an air sign, symbolises harmony with its balancing factors such as objectivity and thoughtfulness.
- Scorpio, a water sign, is the secret part of our psyche where alchemy towards deliverance takes place with its guardians such as letting go and self-investigation.
- Sagittarius, a fire sign, is like an archer in a celestial cathedral, directing his arrow towards exultation or jubilation with his propellants such as enthusiasm and fervour...
- Capricorn, an earth sign, is our inner temple with its pillars of wisdom and factors of stability such as impassivity, maturity and reliability...
- Aquarius, an air sign, is our aspiration for freedom, equality and fraternity, with emancipation and altruism as factors, along with autonomy, detachment, liberation, solidarity and friendship.
- Pisces, a water sign, represents our nostalgia for ecstasy, with its infinite openings to grace, such as meditation, compassion and contemplation.
- When the energy symbolised by a sign is diverted, we experience the shadow side of that energy, laden with its side effects, emotions[3], fears and conflicts. Here are some scenarios of frequent deviations:
- -In our frantic quest to discover everything (the sign of Aries), we are no longer able to channel our impulses and express our irritation through impulsiveness, impetuosity, animosity...

- -When we are driven by what we possess: pleasure, greed, attachment to an object or a person (the sign of Taurus), we lose ourselves in a maze of unfulfilled desires, dissatisfaction, greed, jealousy, etc.
- -When we scatter ourselves across multiple activities, and if nothing stable and profound takes root within us (the sign of Gemini), we become fickle, scattered, restless, impatient, feverish...
- -If our childhood was troubled (the sign of Cancer), we desperately seek to fill a void and implicitly ask those around us to mother us. Overwhelmed by insatiability, unable to fully appreciate what we already have, and launched on a quest for the impossible, we express our dissatisfaction through contrariness or pessimism and become frustrated, sad, and discontented...
- -If we make ourselves the centre of the world, if we put our ego stamp on everything (the sign of Leo), we become full of ourselves and turn to ostentation. It is the reign of excess. We identify with our profession or title and refuse to acknowledge the importance of our inner life. But beneath this mask, beneath this persona, our true nature refuses to be repressed. This conflict generates side effects such as bad moods, fears or feelings of superiority such as disdain, vanity, pride...
- -Due to a lack of self-confidence, fear of criticism, or fear of being disturbed in our inner

organisation (the sign of Virgo), we are tempted to isolate ourselves so as not to lose ourselves, to protect ourselves by adopting a distinctly introverted attitude (reserve, sobriety, caution). But the threat of the irrationality of life is there, present. Hence our anxiety and persistent feeling of insecurity. We are tempted to seek shelter by strengthening our defences: by being concerned with respectability, a sense of duty, scrupulous honesty and perfect civility. The result is a feeling of inferiority that makes us modest, shy and guilty of modesty.

- -Wanting to please everyone, we compromise ourselves (the sign of Libra). Off-centre, we weigh up the pros and cons of everything, we take one step forward and another backwards, or we give ourselves to one thing and then its opposite. Very embarrassed when faced with a choice, we oscillate between two temptations without being able to make up our minds, and we feel embarrassed, discouraged or disappointed. This problem of indecision or procrastination condemns us to a greater or lesser extent to inaction or lukewarm behaviour. Every choice has advantages and disadvantages. Hesitation sets in when these choices seem equivalent. It becomes a problem when we do not make the effort to explore the different possibilities and take responsibility for our decisions.
- Resisting change blocks our intense energy (the sign of Scorpio). This repressed energy finds an outlet through the exercise of power,

manipulation, destruction or negativity. When we are negative, we quickly become tormented. Anxiety, guilt and unhappiness are familiar states when we repress our aggressive and erotic instincts. We feel condemned and guided by a guilty conscience. We may also externalise our destructive aggression by opposing it to an environment we perceive as hostile. We rebel against the slightest pressure, we rebel against all discipline and constraints, and we cannot tolerate any authority. We need to see the absurdity of controlling what we cannot change or influence, and realise the loss of energy and well-being that perfectionism and relentlessness represent. Letting go means changing ourselves or accepting ourselves with our limitations and values, which allows us to accept others more easily. Letting go is essential to well-being, without however giving up the positive secrets that protect us, stabilise us and make us stronger.

- Our overly high standards (the sign of Sagittarius) lead us to intolerance and insensitivity towards others. If our need to feel in perfect harmony is denied, our ego becomes the seat of a process of expansion and inflation. As a result, we are carried away by egocentric exaltation, where everything is about intoxication and grandeur for ourselves, or by rebellion, which leads us to the excesses we crave. In the latter case, we rebel against the truth of our environment and openly fight against prejudices and preconceived ideas.

- We sometimes confuse self-control with repression (the sign of Capricorn). It is no longer wisdom but rigidity. Our creativity is inhibited by pessimism or an excessive concern for respectability. We overcompensate for our desire for power or our thirst for elevation with excessive humility and selflessness. We also sometimes assert our ego harshly, which leads us to experience a desire for power in a real thirst for domination. Asceticism allows us to fulfil ourselves with complete serenity.
- We believe that in order to regain freedom, we must take the path of individualism, the process of emancipation that allows each person a certain independence from social rules (the sign of Aquarius). Our thoughts believe themselves to be dependent on systems and fixate on an ideal of freedom where we accept no constraints, nothing that could tie us to an idea, a family, a place or a country. An ideal where we are free to move and act as we please.
- Our hypersensitivity makes us emotional, impressionable and vulnerable (the sign of Pisces). It is therefore natural to hesitate, to grope our way forward, to question ourselves. We try one direction and then another, surfing on an ever-elusive wave. We give the impression of revelling in the undefined and the indecisive, tormented by the impossibility of finding our true path. Confusion tells us to move forward in this fog. It echoes a consciousness greater than our individual consciousness. It is an

indescribable opportunity to reconnect with consciousness. This requires introspection, an exploration of our innermost being. In this state of meditation, we discover a space of freedom and infinite love in the background of our individual consciousness.

Observer les relations entre les signes à partir de leur symbolique

After reading the descriptions provided for each sign, you can take your analysis further by observing the **links and contrasts** that exist between certain signs. Here are a few tips to help you refine your astrological observation skills:

▷ **Identify the signs that are positioned at 90° to each other (in a square).**

Aries	♈	avec	Cancer	♋	ou	Capricorn	♐
Taurus	♉	avec	Leo	♌	ou	Aquarius	♒
Gemini	♊	avec	Virgo	♍	ou	Pisces	♓
Cancer	♋	avec	Libra	♎	ou	Aries	♈
Leo	♌	avec	Scorpio	♏	ou	Taurus	♉
Virgo	♍	avec	Sagittarius	♐	ou	Gemini	♊

And so on...

Based on the descriptions of these signs, can you see what makes them so different, even contradictory at times? What tensions or challenges can you guess between their ways of being?

▷ **Identify the opposite signs (180° on the zodiac wheel)**

Aries	♈	—	Libra	♎
Taurus	♉	—	Scorpio	♏
Gemini	♊	—	Sagittarius	♐
Cancer	♋	—	Capricorn	♑
Leo	♌	—	Aquarius	♒
Virgo	♍	—	Pisces	♓

As you reread the descriptions of these signs, what seems to be in opposition? Or perhaps complementary? What contrasts strike you? What balances could be created between them?

▷ **Identify the signs that form a 120° triangle (trine).**

Aries ♈ — Leo ♌ — Sagittarius ♐ (signes de feu)
 Taurus ♉ — Virgo ♍ — Capricorn ♑ (signes de terre)
 Gemini ♊ — Libra ♎ — Aquarius ♒ (signes d'air)
 Cancer ♋ — Scorpio ♏ — Pisces ♓ (signes d'eau)

When you reread the signs for the same element, do you notice any particular resonance between them? What connects them? How does each one express this 'elemental energy' in its own way?

Reminder:

Progression method for each lesson

This training is intended for independent, curious individuals who are ready to learn on their own, without homework, assigned exercises or intermediate assessments. The path proposed here is experiential: it is less about ‘learning’ than about observing, feeling, connecting and practising.

Here are a few pointers to help you progress:

No rote learning

No content needs to be memorised mechanically. It is not a question of acquiring encyclopaedic knowledge, but of allowing a living understanding of each symbol to mature within you. The lessons and associated readings are **tools for awakening**, not fixed knowledge. Let them sink in.

A practice-based approach

The astrology taught here is a path of practice, not abstract knowledge. For each element covered (planet, sign, house, aspect, etc.), it is strongly recommended that you observe actual charts. This may include:

- Your own birth chart
- Those of your loved ones (family, friends)
- Public figures (artists, writers, politicians, etc.) whose charts are available online

For example, if you are studying the sign of Capricorn, look for well-known people with this configuration (on websites such as astrotheme.fr) and observe how their behaviour, style of action and Martian energy reflect this placement. This will enrich your understanding of the symbol, going far beyond a simple definition.

Support available by email

Although the course is self-directed, you can contact me by email via the zenastral.fr website if you would like further explanation, clarification or a more in-depth discussion at any point during the course.

Reading: *The Twelve States of Bliss* by Jérôme Zenastral

? Any questions?

If this lesson raises any questions, comments or requires clarification, please feel free to contact me at: [**jerome\(at\)zenastral.fr**](mailto:jerome(at)zenastral.fr)

[\[1\]](#) See the book *The Twelve States of Bliss, Witnesses of Universal Consciousness* by Jérôme Zenastral. This book explores the intimate connection between mindfulness and the universal quest for happiness or well-being. Another objective of this essay is to help the reader understand how the concept of the fall as a loss of initial harmony or separation from our true nature, present in many spiritual traditions, is linked to our relentless quest for happiness and fulfilment. This book also refers to the 12 signs of the zodiac, suggesting a connection between these astrological signs and the ‘12 blessings’.

[2] The twelve sectors of the zodiac were called 'signs' by early astrologers because when a planet passed through a sector of the zodiac, they attributed a particular meaning to it.

[3] Depending on our character, we are more or less predisposed to feel certain types of emotions. Any deviant tendency of the psyche is reversed and seeks an outlet through emotions that our mind considers negative.