

EAPC



School of Astrology and Mindfulness

Lesson 10 The ascendant ruler

Reminder:

The Ascendant is not a planet. It is the point of the zodiac that rises on the eastern horizon at the moment of birth. All theoretical explanations of the Ascendant remain fairly abstract and difficult to apply when interpreting a chart. The Ascendant corresponds to a subtle expression of the self. Interpreting and grasping its essence is complex.

We believe that the Ascendant is our 'I', our identity, our presence as perceived by others, our space of freedom, our territory. While the Sun essentially indicates what we are capable of achieving, in the ascendant we mobilise enough energy to freely express our emerging identity in the face of social or community limitations and obligations. The ascendant and the first house are the place where we are born to ourselves.

At the ascendant, we therefore experience the 'who am I?' question. The 'who am I?' question manifests itself within our psyche according to the energy of the sign occupied by the ascendant. This manifestation is that of consciousness. By manifesting itself, consciousness experiences the 'I am'.

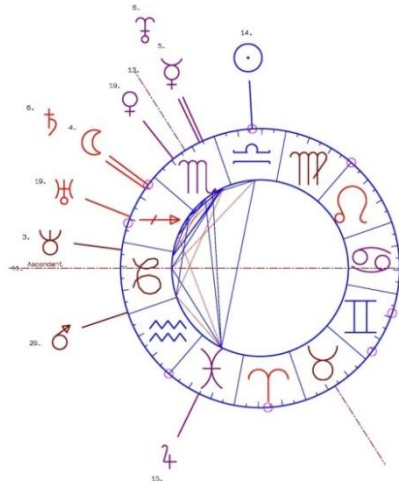
The Ascendant Ruler¹

The life experiences of the house occupied by the ascendant ruler are those in which we become most aware of who we are. The more we are in tune with these experiences and the more we take up the challenges of this area of life, the more free we feel. The question ‘who am I’ that arises in the ascendant then takes on its full meaning and finds answers in the sphere of existence (the house) where the ascendant ruler is located. The more I experience the house of the ascendant ruler, the more I will know myself.

¹ The ascendant marks the beginning of the 1st house. Each planet rules a sign. The planet that rules the ascendant sign is called the ‘ascendant ruler’:

The Sun rules the sign of Leo
 The Moon rules the sign of Cancer
 Mercury rules the sign of Gemini
 Venus rules the sign of Libra
 Mars rules the sign of Aries
 Ceres rules the sign of Virgo
 Jupiter rules the sign of Sagittarius
 Saturn rules the sign of Capricorn
 Uranus rules the sign of Aquarius
 Neptune rules the sign of Pisces
 Pluto rules the sign of Scorpio

Let's take the following astrological chart as an example of how to interpret an ascendant ruler:



The ascendant is in the sign of Capricorn. Saturn, the ruler of the ascendant, is in the sign of Sagittarius in the 11th house. Friendships and projects, symbolised by this house, are the experiences or challenges where the person becomes most aware of who they are. The question ‘who am I’ that arises and is born in the Capricorn ascendant, in a climate of solitude and asceticism, takes on its full meaning and finds answers in the house where the ascendant ruler is located, i.e. the 11th house. The more this person experiences the 11th house, the more they know themselves. This person learns something about themselves based on the moral quality and level of trust of their participation in the group or circle of friends to which they belong (Saturn in Sagittarius in the 11th house). They find answers by examining in depth the role they play in

the human community and their ability to help their friends. After this examination, they may find that some friendships do not correspond to their personal ascetic development, expectations, human ideals or way of seeing things.

Notes:

-The area of focus (the house) occupied by the Sun is just as important as the area of focus occupied by the ascendant ruler.

-Any planet close to the ascendant ruler indicates that the conjunction aspect between these two planets becomes a priority and the most remarkable among all the other aspects of the astrological chart being studied. This aspect reflects the primary concerns of the person concerned. This is the case for the astrological chart above, taken as an example:

In this example, the 11th house is dominant because it is occupied not only by Saturn, the ascendant ruler, but also by the Moon, which is very close to Saturn. The 'Who am I?' conveyed by the ascendant ruler Saturn finds answers as the ascendant ruler, but also answers through lunar symbolism: the soul, the mother, childhood, women, the need for security, the need for protection, dreams, vegetative life, the imagination, etc. Every relationship with a woman (mother, sister, friend, etc.) that makes her more confident and enthusiastic, every day spent with her in a festive atmosphere, teaches her something about herself and her identity. This process of identification,

necessary for her personal development, will cease when she discovers, in this quest for identity, her own anima, her soul, the child within her.

Her soul is confident and exalted (Moon in Sagittarius). Her Capricorn ascendant represents her responsible, mature, austere, consistent and ascetic identity. This part of her identity, reason (Saturn), has the challenge of undergoing an alchemical marriage with another part of her identity, her soul (the Moon in Sagittarius), which is lyrically candid, enthusiastic and exalted. To prevent interference between these two tendencies, certainty and pragmatism (Saturn) must not repress imagination (Moon), which travels ‘beyond the mountains’, nor inhibit fantasy. Conversely, too strong an identification with lunar principles must not distract this person from their mission of identity quest, which is to build and mature themselves.

In summary:

1. The house occupied by the Ascendant ruler indicates an area of life where the person experiences who they are directly. The more they get involved in this area, the more they learn about themselves and the more free and aligned with themselves they feel.

Exercise: *identify this house in your chart and observe how experiences in this area of your life have helped you to understand yourself better.*

2. The question ‘Who am I?’, which is specific to the Ascendant, finds some answers in this house: this is where

identity can be revealed through actions, challenges or situations experienced.

3. The sign in which the Ascendant ruler is located provides clues about the qualities to develop in order to meet these experiences. By using the resources of this sign, the person refines their understanding of themselves.

Exercise: *write down the main qualities of this sign (based on the course or readings) and see how they can help you in the house concerned.*

4. If there is a planet conjunct the Ascendant ruler, another facet of identity comes into play:

- o This planet provides a second channel of expression for the ‘Who am I?’ question.
- o Any experience related to this planet contributes to the identification process.
- o This process deepens until the person fully integrates the symbolic values of this planet.

Exercise: *identify any planet conjunct your Ascendant ruler. What are its qualities? How does it resonate with your sense of identity?*

5. The identity challenge then consists of uniting the two poles: the identity carried by the Ascendant ruler and that conveyed by the conjunct planet. For true integration to occur, neither facet should dominate or repress the other. The goal is to unite these two parts in a living, conscious balance.

Reminder:

Progression method for each course

This training is intended for independent, curious individuals who are ready to learn on their own, without homework, imposed 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 guidelines to help you progress:

No rote learning

No content needs to be memorised mechanically. It is not about acquiring encyclopaedic knowledge, but about 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.

Support available by email

Even though the learning process 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.

Read again: *Lesson 4 The 'houses' or fields of experience*, *Lesson 1 The signs of the zodiac or energy fields* and *The Ascendant in Astrology* by Jérôme Zenastral

? Any questions?

If this lesson raises any questions, comments or requires clarification, please feel free to contact me at:
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