



EAPC



School of Astrology and Mindfulness

Lesson 11 Sun-Ascendant Dialectic



While the Sun[1] essentially indicates what we are capable of achieving, at the ascendant[2] we mobilise enough energy to freely express this emerging 'I' in the face of social or community limitations and obligations.

When the Sun sign is opposite, square, quincunx or adjacent to the Ascendant, the experiences through which we discover the extent of our territory, our playing field (the Ascendant), are at odds with those encountered on the path of our destiny (the Sun). Our identity (the Ascendant) and our destiny (the Sun) are in conflict. The path we follow, what we achieve, satisfies our ambitions but does not correspond to who we are.

[1] Our life force (symbolised by the Sun) centres our personality within itself and then illuminates the ideal we have of ourselves. A centred person radiates their life force, makes decisions, asserts their convictions, follows the path they have chosen and thus fulfils their life.

[2] The ascendant is our 'I', our presence as perceived by others, our space of freedom, our territory. The ascendant and the first house are the place where we are born to ourselves.

Conversely, when the sun sign is in trine, sextile or conjunction with the ascendant sign, there is a coincidence between the way we discover our own space (the

ascendant) and the unfolding of our destiny (the sun). In this context, who I am (the ascendant) and what I achieve (the sun) coexist in peace. Our journey is then more than satisfying: it faithfully reflects our true identity.

Let's take the example of a Sun in Libra and an Ascendant in Capricorn:

The Ascendant in Capricorn represents the search for identity and symbolises a person who builds themselves up with patience and time. They may feel particularly fulfilled by taking the time to focus on their identity and take on difficult tasks that test their endurance and perseverance. They find themselves in silence, detachment and voluntary solitude, which allows them to understand who they truly are.

On the other hand, the Sun in Libra represents their ambitions and aspirations, and pushes them towards a rich and harmonious social life. She has an innate desire to avoid confrontation and is willing to make concessions to maintain balance and harmony in her relationships.

These two tendencies create tension between the need to spend time alone to build her inner temple and the allocentric desire to be part of a harmonious social network.

The key to reconciling these two aspects of her personality is to find a balance. It is important to honour both her need for solitude and inner growth, as well as her desire for social harmony and balanced relationships. She can seek

to achieve this by incorporating moments of solitude and reflection into her life, while striving to maintain harmonious relationships with others.

Reminder:

Progression method for each course

This training is designed for independent, curious individuals who are ready to learn on their own, without homework, assigned exercises or intermediate assessments. The approach offered here is experiential: it is less about ‘learning’ and more 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.

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 Sun in Libra in the 7th house and an Ascendant in Aries, 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 living understanding of the symbol, far beyond a simple definition.

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 8 The Sun in signs, houses and aspects, Lesson 9 The Ascendant, who am I?*

Reading: *Ascendant-Sun: 144 dialogues* by Jérôme Zenastral

Discover the complex dynamics between the Ascendant and the Sun in this book. Thanks to these 144 possible combinations between these two key elements of an astrological chart, anyone can deepen their understanding of themselves and their life path.

This book offers a detailed exploration of how the Ascendant and the Sun can conflict or harmonise, and how this interaction manifests itself in our lives.

For a more in-depth reading, for each combination, this book also analyses the position of the Sun in the house, offering a holistic and comprehensive view of our identity and destiny.

? Any questions?

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