



EAPC



School of Astrology and Mindfulness

Lesson 18 Saturn in sign, house and aspect



Saturn: our stabilising force
(maturity, stability, wisdom,
renunciation, etc.)

There is a force within us (the force of maturity or stability, symbolised by Saturn) that helps us to assess each challenge or obstacle properly and learn from it. This strength often manifests itself in silence, where reflection and introspection find their place. It allows us to know what suits our nature and tastes best, to know our limits, and to determine what we are truly capable of achieving. Part of us wants to give up and reject what has become insufficient or too restrictive.

Saturn itself asks us to keep what is most useful to us in this world. The stabilising force symbolised by Saturn responds to our need to satisfy our ambitions and evaluate situations through deep reflection, often carried out in silence. This inner silence helps us to learn from conflictual situations and take responsibility. By cultivating this silence, we gain clarity and wisdom that guide us towards choices that are more judicious and more aligned with our true nature.

Saturn in a sign shows how we want to achieve this.

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.

A practice-based approach

The astrology taught here is a practical discipline, not abstract knowledge. For each element covered (planet, sign, house, aspect, etc.), it is strongly recommended that you observe actual charts. These 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 Saturn in Aries, look for well-known people with this configuration (on sites 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.

Read again: *Lesson 7 Astrological interpretation tool sheet*

Reading: *The Silences of Saturn* by Jérôme Zenastral

In this book, each combination of Saturn in the 12 signs and 12 houses is meticulously analysed to give you a nuanced understanding of this complex planet.

? Any questions?

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