



**EAPC**



# School of Astrology and Mindfulness

## **Lesson 29 Juno in sign, house and aspect**

### **Juno, the force of inner legitimacy**

Juno, from the perspective of mindfulness astrology, represents an essential inner force: the legitimacy of being. She reminds us of a simple truth that is often veiled by the ego: *nothing in us is illegitimate*. Our emotions, our impulses, our desires and our wounds all have a rightful place in our existence.

The ego, seeking above all security, shapes an image of ourselves that reassures and protects us. But in this quest, it can become a distorting prism, rejecting certain facets of our being that are deemed unacceptable, dangerous or useless. This rejection creates an artificial duality between what we show and what we repress. Juno is the clear voice that shatters this illusion and invites us to reconcile these eclipsed parts.

In mythology, Juno is often portrayed as a jealous wife, confronting Jupiter's numerous infidelities. But this superficial reading obscures a deeper meaning: her anger is not capricious but a legitimate reaction to injustice. Behind Jupiter's 'mistresses' lies a symbolism: these figures represent the tendencies or inner forces that the ego favours at the expense of others, left in the shadows. Juno's jealousy then becomes an inner warning signal: she warns us that an essential part of ourselves is being ignored.

The cuckoo, a bird associated with their mythical encounter, takes on a new meaning here. In the story,

Jupiter, transformed into a cuckoo shivering with cold, took refuge in Juno's arms to move and seduce her. Symbolically, this cuckoo is the image of an inner truth or creative impulse which, not having been openly welcomed, enters our psyche by cunning to claim its rightful place.

Juno's sceptre, topped with the cuckoo, is not an emblem of domination, but a sceptre of legitimacy. It proclaims that all our strengths, even those we have deemed inappropriate or dangerous, have a right to be integrated. Juno is not there to destroy the ego or plunge us into chaos. She is the force that drives us to unite our need for security (the ego) and our need for growth (the life force), so that our inner protection becomes a place of welcome rather than a prison. This reconciliation does not consist in erasing our wounds, but in recognising them as allies on our journey.

The book *Juno in Astrology* explores how Juno, in sign, house and aspect, illuminates our areas of legitimacy and inner conflict, and how, through her, we can transform jealousy into dignity, anger into justice and separation into inner unity.

### **Juno in a sign – General meaning**

Juno's position in a sign reveals how we seek to legitimise all facets of our being and reconcile the parts of ourselves that the ego has sometimes set against each other. It indicates the style, tone and sensitivity with which we approach this inner process.

In the sign, Juno describes:

- Our instinctive relationship with legitimacy: how we recognise (or fail to recognise) the value of our different inner tendencies.
- The language of reconciliation: how we harmonise our need for security and our drive for growth.
- The possible source of tension: the types of forces, qualities or behaviours that the ego may tend to reject or undervalue.

Juno in a sign also shows the energy through which jealousy or feelings of injustice can manifest themselves. These emotions should not be seen as weaknesses, but as valuable signals that a part of ourselves is waiting to be recognised.

From a mindfulness perspective, this position is not there to predict events or describe a fixed character, but to indicate a path of integration:

- Recognise that all the qualities of the sign – even those we have learned to hide or judge – are legitimate.
- Learn to express them harmoniously, connecting them to other facets of our personality.

Thus, Juno in a sign does not only tell us *who we are*, but how we can become whole again by uniting our visible and invisible strengths, our accepted and repressed parts, in the vibration specific to that sign.

## **Juno in a house – General meaning**

Juno's position in a house indicates the area of life where the question of inner legitimacy is most intensely played out. This is where the ego is most likely to favour certain aspects of ourselves at the expense of others, and where the work of reconciling our different tendencies becomes essential.

In this house, we may feel:

- A search for integrity: a deep need for all parts of ourselves to be recognised and accepted.
- Significant tensions or jealousies: signs that a part of us is being ignored or underestimated in this area.
- A call for inner unity: an invitation to align our needs for security and our desire for growth in order to act with consistency and truth.

Juno's house is often the one where:

- The wounds of exclusion or non-recognition are most deeply felt.
- We are led to encounter situations that reflect our own relationship with legitimacy.
- Through conscious work, we can transform duality into cooperation and perceived injustice into healthy self-assertion.

From the perspective of mindfulness, Juno in the house shows us where our life becomes a laboratory for reconciliation. It is in this area that we have the opportunity to give voice to all our facets, even those that

the ego judges uncomfortable or inappropriate, and to integrate them into a living balance.

Thus, the house occupied by Juno becomes a privileged terrain for moving from inner struggle to a deep alliance between all dimensions of our being.

### **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 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 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 Juno in Aquarius, look for well-known people with this configuration (on sites such as [astrotheme.fr](http://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-paced, you can contact me by email via the [zenastral.fr](http://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:** *Junon en Astrologie* by Jérôme Zenastral

**?** Any questions?

If this lesson raises any questions, comments or needs for clarification, you can write to me at:  
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