



**EAPC**



# School of Astrology and Mindfulness

### Lesson 3 The planets, our force fields

The planet symbolises a force. In our natal chart, each planet (force field) in a sign (energy field) tells us what type of energy (symbolised by the sign occupied by the planet) feeds a force (symbolised by a planet in a sign). The force of a planet takes on a particular hue according to the sign it occupies. The field of energy symbolised by the sign manifests itself through the psychological function represented by the planet. For example, the seductive power of Venus will be passionate in the sign of Aries but reasoned in the sign of Capricorn.



#### **Personal development :**

-To interpret a chart correctly, it is advisable to specify the channel through which certain character traits are expressed, so that the person can better identify his or her contradictions. For example, when interpreting a Venus in Aries, we would say that it indicates a spontaneous, impulsive character trait, without forgetting to mention that this only applies to sentimental matters. If the same person has Mars in Capricorn, on the other hand, we'll say that he or she is concentrated and cautious when it comes to action.

-Immerse yourself in the symbolism of each planet and each sign. Always bear in mind the type of element (fire, earth, air, water) in each sign. A planet is energised and fanned by a fire sign. Its function is slowed down in an

earth sign, sensitised by a water sign and intellectualised by an air sign.

## **Definitions of the planets or force fields of our psyche**

In addition to the Sun sign, the analysis of a natal chart takes into account all the signs occupied by one or more planets. In mindfulness astrology, each planet symbolises a force within itself. This force is expressed differently according to its position in the sky.

**Let's look at the symbolism<sup>1</sup> of each planet, starting with the Sun:**

### **The Sun: our vital force, our masculine force**



The Sun circles the zodiac in a year. It advances one degree a day and crosses a sign in a month. The sign occupied by the Sun on the day of birth is called the "solar sign".

Our vital force (symbolised by the Sun) centres our personality within itself, then illuminates the ideal we have of ourselves. A centred person radiates his or her vital

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<sup>1</sup> The symbol is a representation that carries meaning. Planetary symbolism is the correspondence between the planets and the psyche.

force, makes decisions, affirms his or her convictions, follows the path mapped out and thus fulfils his or her life.

### **The Moon: our surrender, our soul, our feminine strength**



We keep within us images of the things we have seen and touched. The passive force of our soul memorises these images. Our strength of surrender to the current of life (symbolised by the Moon) responds to our need **for** security, intimacy, comfort, well-being and tranquillity.

While our masculine force and our vital force enable us to move towards a determined goal, our force of abandonment opens us up to what is. These two forces, one of affirmation (masculinity, virility, power), the other of abandonment (femininity, receptivity, sensitivity) coexist in the psyche of both men and women.

The Moon in a sign indicates the way in which we open up to the universe. This openness to life manifests itself in very different ways from one person to another.

## **Venus: our power of seduction, our force of attraction**



Human beings are linked to the world by the attraction they exert. Our force of attraction (symbolised by Venus) is the magnetic force that brings us closer to other people according to the law of affinity. It invites us to meet, to share the best of ourselves.

Venus in a sign shows our intuitive way of charming others, our way of loving and creating bonds; our sensitivity to beauty.

## **Mercury : our mental strength**



Our mental strength (symbolised by Mercury) knows how to take an objective distance in order to understand the world and put words together to form a logical understanding of things. This assembly makes up thought. With our mental strength, we establish and exchange relationships with our environment (through breathing,

touch and the nervous system). The mental force therefore responds to our need to speak, write, obtain information and the need to think and communicate.

Mercury in a sign shows what type of energy is supposed to stimulate our mental strength.

### **Mars : our virile strength**



We need to conquer and take our place in our environment. It's our virile strength (symbolised by the planet Mars) that irresistibly pushes us to assert ourselves and take up the challenges of life and combat its impermanence. Manly strength responds to our pressing need for action and affirmation **and the need** to defend our vital space.

In one sign, Mars reveals the virtues we need to develop to allow our virile strength (or aggression) to be released in a harmonious and constructive way.

**Jupiter: our moral force of expansion and growth, the force of cohesion or the principle of social integration into the group**



Jupiter is in us what wants to connect, integrate, optimise, order in a broader sense, where other psychic functions divide, define or protect. This is what drives growth: the inner quest for a wider order, a fuller integration, at once personal, social and sometimes spiritual. It's an evolving force, but not in the sense of becoming "better", but rather in the sense of becoming part of something larger than oneself, in a world that is ordered, alive and full of laws.

Jupiter's position in a sign reveals the qualities to be cultivated, the attitudes to be strengthened, the types of energy to be invested to respond to this need for enlargement and coherence.

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



There's a force within us (the force of maturity or stability, symbolised by Saturn) that helps us to properly assess each trial or obstacle and to learn from it. It allows us to know what best suits our nature and our tastes, to know our limits, to determine what we are really capable of achieving. A part of us wants to give up and reject what has become insufficient or too restrictive. Saturn in itself asks us to keep what is most useful to us from this world. The stabilising force symbolised by Saturn responds to our need to satisfy our ambitions and to assess situations in the light of careful reflection. It also helps us to learn from conflictual situations and to take responsibility.

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

## **Uranus: Our force for emancipation**



Uranus is our force for emancipation, for breaking any dependency that distracts us from the freedom of our



original "beingness". It responds to our imperative need for independence, change and progress.

**Neptune: Our strength of immersion, self-sacrifice and forgiveness**



We are born with a psyche that will gradually manifest itself according to the interplay of forces symbolised by the Moon, then Mercury, Venus, Mars, Sun, Jupiter and Saturn. This process of forming the psyche needs a safeguard as a reminder of the possible return to consciousness (or the unmanifested):

This is the play of subtle force, symbolised by the planet Neptune, which will deconstruct and dissolve in our psyche anything that hinders the return to consciousness (or the unmanifested).

Neptune is our force of immersion, self-denial and forgiveness, the force capable of unifying all things, opening us up to the spiritual world, surrendering us to grace, revealing the mystery of existence and allowing us to meditate on the subtleties of this world.

Neptune represents in us the desire to weaken our personal limits, to dissolve illusions, to detach ourselves from material desires and personal ambitions in order to

develop greater empathy towards others and foster our spiritual growth.

**Pluto: Our force of investigation and transformation**



Pluto is our investigative force, capable of bringing to light our psychic residues (past frustrations and mistakes, psychological wounds, repressed secrets...), our resistance and all the issues of power and control in our lives.

## Table of forces and tendencies represented by each planet

Planets	Forces, tendencies
<b>Sun</b>	<b>Vital force<sup>2</sup> and fulfilment:</b> guiding, wanting, awakening, expressing, creating, regenerating, radiating, shining, magnifying, sublimating, exposing, centring, glorifying, directing...
<b>Moon</b>	<b>Strength of surrender<sup>3</sup></b> : memorising, fertilising, securing, protecting, interiorising, dreaming...
<b>Mercury</b>	<b>Mental strength<sup>4</sup></b> : understanding, thinking, connecting, reflecting, solving, informing, communicating, translating, diversifying...
<b>Venus</b>	<b>Force of attraction<sup>5</sup></b> : to love, attract, seduce, charm, embellish, bind...

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<sup>2</sup> The vital and realising force is our inner guide, our conscious pole, our ability to create, our convictions, our decision-making.

<sup>3</sup> This force of surrender to the current of life responds to our need for security, intimacy, comfort, well-being and tranquillity.

<sup>4</sup> The mental force responds to our need to speak, write, inform ourselves and the need to think and communicate.

<sup>5</sup> The force of attraction responds to our need for tenderness and love and the need to seduce in order to provoke a meeting and share the best of ourselves.

<b>Mars</b>	<b>Virile strength<sup>6</sup></b> : conquer, act, assert, fight, defeat, defend, repel, counter...
<b>Jupiter</b>	<b>Moral force of expansion and growth, force of cohesion<sup>7</sup></b> : amplify, increase, optimise, develop, group, gather, legislate...
<b>Saturn</b>	<b>Stabilising force<sup>8</sup></b> (maturity, stability, wisdom, renunciation...): stabilise, perpetuate, soften, limit, make responsible, grow, assume, renounce...
<b>Uranus</b>	<b>Emancipating force<sup>9</sup></b> : liberating, emancipating, progressing, changing, singling out, breaking away...
<b>Neptune</b>	<b>Force of immersion and self-denial<sup>10</sup></b> : dissolve, abandon, forgive, immerse, meditate, merge...

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<sup>6</sup> The virile force responds to our pressing need for action and affirmation **and the need** to conquer and defend our vital space.

<sup>7</sup> This strength of cohesion responds to **our need to integrate into society or into a group, to** the obligation to conform to the laws and standards that regulate social life or the life of a group. It is also our moral force for expansion and growth, which introduces us to a higher dimension of existence.

<sup>8</sup> The stabilising force responds to our need to satisfy our ambitions, to evaluate situations in depth and learn from them, and to the need to know our limits and take responsibility.

<sup>9</sup> This force is capable of breaking any dependency that distracts us from the freedom of our original being. It responds to our imperative need for independence, change and progress.

<sup>10</sup> It is the force capable of dissolving everything in our psyche that hinders our return to consciousness.

<b>Pluto</b>	<b>Investigative force<sup>11</sup></b> : eliminate, investigate, question, deepen, transform, essentialise, deliver, resurrect...
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<sup>11</sup> It is the force capable of bringing to light our frustrations, past mistakes, psychological wounds, repressed secrets, resistance and all the issues of power and control in our lives.

## **Reminder:**

### **Progression method for each course**

This training is intended 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 Mars in Libra, 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-paced, 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.

### **? Any questions?**

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