



EAPC



School of Astrology and Mindfulness

Lesson 30 Centaurs in astrology

Centaurs are neither classic asteroids, planets, nor planetoids in the strict sense:

- They are unstable bodies, often referred to as comets in the making.
- Their orbits cross those of the giant planets (Jupiter, Saturn, Uranus, Neptune), making them 'passers' between worlds.
- Their name refers directly to the mythology of the centaurs, hybrid figures, half-man, half-horse, embodying the contradictions between instinct and consciousness.

Centaurs occupy a unique place in the astrological sky. Discovered at the end of the 20th century, these celestial bodies with unstable orbits are neither simple asteroids nor true planets. Both wandering stars and comets in the making, they cross the spheres of the giant planets like messengers crossing the boundaries between worlds.

Their name links them to the centaurs of Greek mythology, half-human, half-animal creatures embodying the tension between wild instinct and the quest for consciousness. From Chiron, the wounded healer, to Pholus, the revealer of what escapes us, to Nessus, the poisoned shadow that forces change, each centaur seems to invite us to confront our own contradictions.

In mindfulness astrology, Centaurs are not stable forces like planets, nor are they inner nuances like asteroids.

They are points of passage, places of crisis and metamorphosis. They shed light on those areas of ourselves where the old world no longer works, but where the new has not yet been born.

Studying the Centaurs is therefore an exploration of the initiatory rifts that run through our lives, those moments when suffering, loss or disorientation paradoxically become thresholds to a broader consciousness.

We will explore this unique constellation of symbols, starting with Chiron, the best known and most widely studied, then we will reflect on Pholus, Nessus and other emerging figures. For as astronomy discovers new Centaurs, astrology gains new opportunities to refine its reading of the transition zones, where humans discover their fragility and yet their calling to transform themselves.

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 Chiron in Cancer, 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 needs for clarification, please write to me at: **jerome(at)zenastral.fr**