



EAPC



School of Astrology and Mindfulness

Lesson 33 Retrograde planets

When a planet is retrograde, its apparent movement as seen from Earth seems to go backwards. Symbolically, this is not a ‘malfunction,’ but a change in the direction of the light of consciousness: from the outside to the inside. Instead of expressing itself immediately in the world, energy becomes introspective, reflective, meditative. It questions more than it affirms. It retraces its steps, revisits, reconsiders.

Retrogradation confronts us with the inner echo of planetary function: it is less a spontaneous act than a re-reading, less a flow towards the other than a dialogue with oneself.

When a planet is retrograde in a sign, it invites us to revisit the way we experience the energy of that sign internally. It is as if the planetary function, instead of projecting itself directly into the world, must first be experienced and understood in the intimacy of our being. The sign then becomes a field of inner experimentation, an atmosphere where awareness becomes deeper, but also slower, often requiring us to revisit familiar experiences in order to extract a more authentic lesson.

Similarly, when a retrograde planet is in a house, it illuminates the corresponding areas of life from a more internalised perspective. Situations related to that house may seem to move forward with restraint, requiring repetition or readjustment, not because of a lack of opportunities, but because they require inner maturation.

Retrogradation then transforms the house into a space for reflection and revision, where what is experienced externally finds its true meaning through intimate experience and the gradual understanding we gain from it.

Note:

When a transpersonal planet is in retrograde, it does not lose its role as a vector of individual and collective transformation. It still acts within each of us, but its dynamics invite us to look within ourselves. Uranus, Neptune and Pluto represent forces that transcend the ego and open our consciousness to broader dimensions: inner freedom, spiritual inspiration and profound regeneration. However, these forces may have been misunderstood or misused in the past, due to a lack of presence or attention. Retrogression then reminds us of the need to ‘go back to the drawing board’, to revisit our behaviours and re-examine how we have integrated these energies. It pushes us to pick up where we left off on our evolutionary path in order to experience these forces with greater accuracy, awareness and fidelity to our true nature.

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 Mars retrograde in Taurus, 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 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.

Read again: *Lesson 7 Astrological interpretation tool sheet*

Reading: *Les planètes rétrogrades* by Jérôme Zenastral

In this book, Jérôme Zenastral explores the meaning of retrograde planets through 144 detailed combinations: the 12 signs of the zodiac and the 12 astrological houses. Each interpretation sheds light on a particular dimension of the inner work that retrogradation invites us to undertake: revisiting our impulses, re-examining our attitudes, and finding a deeper coherence with ourselves.

True to his vision of astrology based on synchronicity, Jérôme Zenastral reminds us that there is no direct influence from the stars, but rather a symbolic language that reflects our inner dynamics. Retrograde planets then become valuable keys to introspection, not obstacles, but intimate passages to a broader and more authentic awareness of ourselves.

? Any questions?

If this lesson raises any questions, comments or needs for clarification, please feel free to write to me at:
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