



EAPC



School of Astrology and Mindfulness

Lesson 34 Planetary Figures

Planetary figures: a tool to be used with discernment

In some astrology manuals, you will find ‘global figures’ (cosmic cross, kite, boomerang, etc.). They describe the distribution of the planets in the chart and seek to provide an overview.

This is a good way to get a general impression of the chart. But be careful:

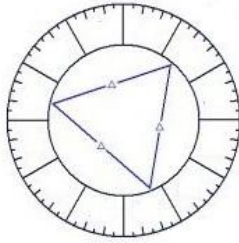
These figures do not replace the analysis of the planets in signs, houses and aspects. They provide an atmosphere, a metaphor for organisation, but they should not be used as a global diagnosis. If you make them a central key, you risk falling into contradictions: the ‘figure’ will indicate a general temperament, while the specific planets will sometimes reveal very different, even opposite, tendencies.

The correct method is therefore to:

1. Observe whether there is a figure in the chart.
2. Note it as a symbolic suggestion.
3. Then return to the detailed analysis of the planets, which remains the most accurate and precise source of information.

Here are the main planetary figures:

The grand trine (or major triangle)



The grand trine (or major triangle) reflects an inner fluidity, as if your breath were flowing effortlessly between your different psychic dimensions. You have a natural harmony that puts you easily in tune with yourself and with life, but this ease can also invite you to remain in a comfortable zone without seeking to deepen your awakening. The challenge is not to fall asleep in this ease, but to transform it into active vigilance by cultivating gratitude, nurturing your creativity, and putting this inner peace at the service of those around you.

The fire trine reflects spontaneous vitality, a surge of enthusiasm and creativity. You are invited to welcome this inner warmth as a life force, while remaining vigilant so that it does not become agitation or excess. The path consists of cultivating a conscious flame, nourished by intention and openness.

Example: Sun at 10° Aries, Moon at 10° Leo and Mars at 10° Sagittarius

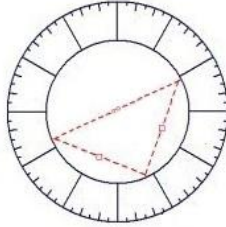
The air trine reflects mental and relational fluidity, like a natural flow of thoughts and words. You are invited to recognise the lightness of this energy and use it as a tool for understanding and sharing. The path consists of remaining vigilant so that this mobility does not become dispersion, but remains a breath of clarity and awakening. Example: Sun at 10° Gemini, Moon at 10° Libra and Mars at 10° Aquarius

The earth trine symbolises natural stability and an ability to realise your inner resources. You are invited to welcome this quiet strength as a solid foundation, while remaining vigilant so as not to become complacent in your security. Example: Sun at 10° Taurus, Moon at 10° Virgo and Mars at 10° Capricorn

The water trine reflects emotional and intuitive fluidity, like an inner current that connects you to the depths of your being. You are invited to recognise the richness of this sensitive flow, while cultivating vigilance so as not to dissolve into your feelings. The path is to welcome your emotions as gateways to awakening, rather than whirlpools that sweep you away.

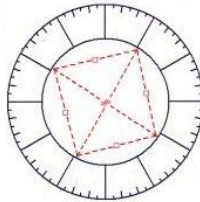
Example: Sun at 10° Cancer, Moon at 10° Scorpio and Mars at 10° Pisces

The T-square



The T-square represents an inner tension that keeps you constantly in motion, as if part of you is always seeking to surpass itself. You may experience this configuration as a constant struggle or opposition between different forces within your being, which can sometimes lead to conflict or discomfort. But it is precisely in this intensity that your path to awakening lies: it forces you to remain present, to seek a living balance and to transform adversity into creative energy. Vigilance consists of welcoming these tensions not as obstacles, but as a dynamic that pushes you to grow and find a more accurate direction.

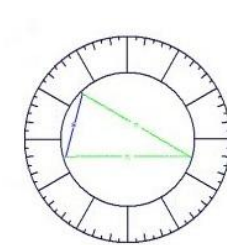
The cosmic cross, or grand square



The cosmic cross, or grand square, places you in the face of several tensions that seem to pull your being in opposite directions, as if you were torn between contradictory

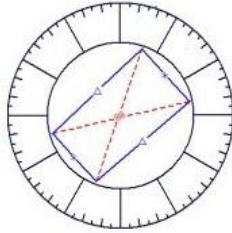
demands. This figure can sometimes make you feel like you are carrying a heavy burden, but it also contains an exceptional structuring force. Each inner confrontation then becomes an invitation to root yourself more deeply in the present moment and to find a solid centre that does not depend on opposing forces. The path consists of transforming constraint into an axis of stability, making the cross not a burden, but a point of balance where awakening is built step by step.

The Yod, or finger of God



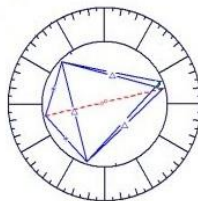
The Yod, or finger of God, places you before a particular inner orientation, as if part of your life were being guided towards a specific point that demands your full attention. This figure often manifests itself as a feeling of disconnection or subtle discomfort, as if you had to constantly adjust your inner position to find the right balance. It invites you to develop a keen awareness, to accept that some paths close in order to open others, and to recognise in these constant readjustments a call from your destiny. The path is to welcome this tension as a guide, remaining open to the subtle signs that point you towards a higher goal.

The mystical rectangle (or harmonic rectangle)



The mystical rectangle (or harmonic rectangle) offers you an inner structure made up of both tensions and harmonies, as if each difficulty naturally found a way to be resolved. This figure allows you to feel that oppositions are not necessarily fractures, but doors to a broader understanding. It teaches you to recognise that life confronts you with dualities in order to push you to seek mediation and find a living unity beyond contrasts. The path consists of cultivating the confidence that any imbalance can be integrated and transformed, drawing on your inner resources.

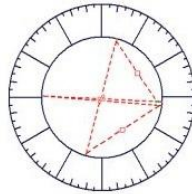
The kite



The kite represents a fundamental harmony supported by dynamic tension, as if you were carried by a fluid breath

while being stimulated by a central point that pushes you to act. This figure invites you to use your natural abilities not to remain passive, but to consciously direct your energy towards concrete achievements. It reminds you that the balance between fluidity and effort is essential: you can let your inner resources flow while putting them at the service of your deepest intentions. The path consists of remaining attentive to this point of focus, transforming ease into conscious action and channelling your potential to nourish your awakening.

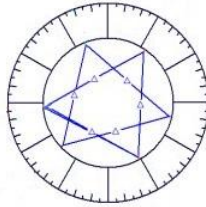
The arrow



When your chart features the figure of the arrow, it invites you to see your life as a directed movement, a dynamic that brings your different energies together in the same direction. From the perspective of mindfulness, this configuration should not be understood as a fixed destiny but as an indication of inner focus: your diverse, sometimes scattered experiences seek to come together in a point of clarity that attracts you. This arrow symbolises less an external goal than a path of presence, where each step of your journey brings you closer to the moment when energy ceases to scatter and becomes centred. It invites you to learn to welcome your contradictions and allow

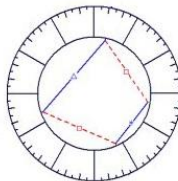
them to unify into a coherent, conscious momentum, free to unfold without tension.

The six-pointed star



The six-pointed star represents a complex and rare harmony between your inner energies, as if different flows were coming together to create a subtle and powerful balance. This figure invites you to recognise and cultivate the fluidity and integration of your talents and resources, while remaining mindful not to scatter them. It symbolises a great capacity for alignment and inner coordination, allowing experiences to be transformed into deep understanding. The path consists of welcoming this harmony as a support for your vigilance, remaining aware of every movement of your mind and using this force as a catalyst for awakening and personal fulfilment.

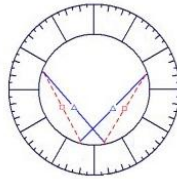
The trapeze



The trapeze represents an inner structure made up of various forces that support each other, as if your different

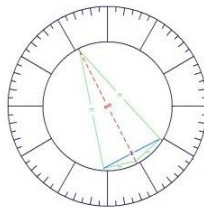
energies formed a flexible but solid balance. This figure invites you to recognise the complementarity of your talents and to observe how tensions can become supports for your growth. It symbolises the ability to transform inner diversity into coherence, while remaining mindful not to fragment your attention. The path consists of integrating these different forces with presence and harmonising your actions and choices.

The butterfly



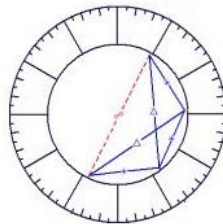
The butterfly symbolises transformation and lightness of spirit in the face of life's experiences. This figure invites you to observe your inner changes with gentleness and acceptance, as if you were following the natural movement of your metamorphoses without resistance. It represents the ability to welcome transitions and remain open to new perspectives, even when the balance seems fragile.

The Boomerang



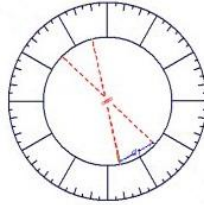
When your theme features the figure of the boomerang, it suggests that energy released outward always returns to you, not to punish or constrain you, but to allow you to know yourself better. From a mindfulness perspective, this dynamic reflects the fact that what you project, your impulses, your resistance or your struggles, ultimately becomes a mirror that reflects your own areas of light and shadow. This figure invites you to welcome life's returns with attention, even when they seem contrary to your expectations, because they carry within them the possibility of readjustment and learning. It teaches you that by cultivating presence, you can transform these responses into opportunities for integration and inner liberation, until the movement ceases to be conflictual and becomes a conscious and harmonious cycle.

The boat, the tub or the tent



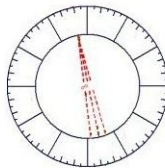
The boat, the tub or the tent represents a protective and enveloping structure, as if your energies formed a shell that supports and shelters you. This configuration invites you to recognise this inner security, but also not to shut yourself away in its comfort.

The hourglass



The hourglass symbolises a distribution of your energies between two poles connected by a narrow passage, as if your being had to constantly shift its attention from one space to another. This figure invites you to observe this movement of concentration and diffusion, to accept that each extreme needs its complement. The path consists of remaining present in this narrow passage, cultivating vigilance in these moments of transition, and transforming the alternation into a tool for inner balance.

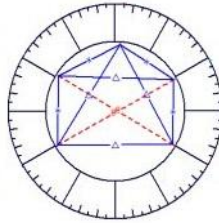
The hammer



When your chart features the hammer figure, it highlights a central tension: a cluster of planets combining their forces is confronted with opposition, creating an intense resonance between concentration and resistance. From the perspective of mindfulness, this configuration invites you to see that the energy of opposition does not contradict

your strengths, but offers them a space for testing and clarification. It teaches you that the power born of inner concentration requires dialogue with what seems external or contrary to you, so that the experience is not reduced to polarisation but broadened to a wider understanding. This hammer is then an opportunity to transform tension into conscious work, where each resistance becomes the tool that forges your inner unity and your freedom of presence.

The envelope, or open letter



The envelope, or open letter, represents a structure where your energies form a protective shape, as if they were surrounding an inner space. You are invited to recognise the value of this container, while remaining vigilant so as not to lock yourself inside it. The path consists of using this envelope as a field of presence, an invitation to inhabit yourself fully.

Reminder:

Method of progression 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 validation. The path proposed here is experiential: it is less about ‘learning’ than about observing, feeling, connecting and practising.

Here are a few pointers to help you progress:

No rote learning

No content needs to be memorised mechanically. The aim is not to acquire encyclopaedic knowledge, but to allow 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 birth 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 the kite, look for well-known people with this planetary figure (on sites such as astrotheme.co.uk), and observe how their behaviour, style of action, and Martian energy reflect this placement. This will nourish your living understanding of the symbol, far beyond a simple definition.

Support available by email

Even though the learning 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.

? Any questions?

If this lesson raises any questions, comments or needs for clarification, you can write to me at: [jerome\(at\)zenastral.fr](mailto:jerome(at)zenastral.fr)