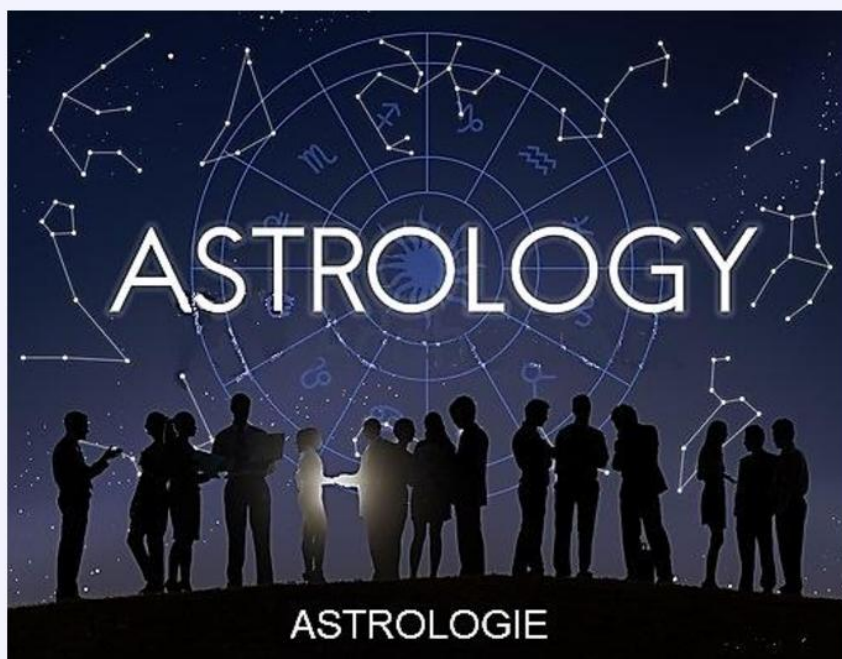




EAPC



School of Astrology
and Mindfulness

Lesson 35 Signs intercepted in astrology

From the perspective of the astrology of mindfulness that I propose, the stars do not influence us. They are not external forces that condition our lives, but mirrors, meaningful coincidences that reveal what we already carry within us. Astrology does not explain destiny: it invites us to resonate with the language of the heavens, in a dynamic of synchronicity.

Among these synchronicities, interceptions¹ occupy a special place. They do not refer to fate, but to a state of consciousness where an energy, a potential of our being, is held back in a space without opening. Interception is not a punishment, nor a lack: it invites us, here and now, to seek the key that will release what lies dormant within us. It is an experience of apparent blockage that calls for immediate transformation, a creative opening.

It is important to distinguish between interceptions and retrogrades. When a planet is retrograde, synchronicity refers us back to an inner and temporal movement: we are invited to re-examine, to revisit a way of being or expressing this function, often linked to a legacy from the past. Retrogrades confront us with a loop of time, a revision, a maturation.

Interception, on the other hand, does not look back. It is a spatial lock, a present moment where energy is locked away, silent, waiting to be discovered. It does not take us back to the past, it calls us to awakening. Where

¹ A sign is intercepted when it contains no cusp.

retrogradation asks us to revisit, interception asks us to open up.

Interceptions are therefore neither shortcomings nor fatalities: they are waiting areas, like a dormant potential that needs to be recognised. Why this waiting? Because our consciousness is not yet ready to fully embrace this energy. It is not the star that blocks, but our gaze that does not yet know how to see. Interception is not a punishment; it is a silent space that prepares for an opening.

This waiting is not passive: it is inner maturation. It is like a fruit that is still green, which, far from being useless, already carries within it the promise of its flavour. The intercepted energy remains invisible as long as we seek to grasp it with our ego or force it into a role it does not yet have to play. But as soon as we stop struggling and enter into conscious observation of what is, this energy frees itself and becomes available at the right moment — which is always the present moment.

Thus, interception is not an obstacle but an invitation to awakening. It invites us to shift our attention, to broaden our field of consciousness, and to discover that at the very heart of silence or apparent absence lies an unsuspected resource. Where retrograde motion refers to a revision of the past, interception places us before a closed door that simply awaits our presence to open.

This ‘opportune moment’ is not dictated by a date, a transit, or an external condition, but corresponds to a level of inner presence and an availability of consciousness. It

occurs when we are attentive to our immediate experience, able to observe ourselves without judgement, when we feel the spontaneous urge to explore or activate a previously unexplored part of ourselves, when we allow latent energy to emerge, and when a synchronicity, an encounter or an inner experience creates a natural opening. It is a moment of inner alignment where our attention, intuition and desire for growth converge to allow the intercepted energy to flow. In this sense, the right moment is always here and now, but only fully manifests itself when consciousness is ready to welcome the new.

Note: When a sign is intercepted in a chart, its opposite sign is always intercepted as well. An interception can therefore never be considered in isolation: it engages an entire axis of experience.

In the context of mindfulness, this means that the energy in question is not only ‘blocked’ on one facet of ourselves, but on a **polar tension**:

Axis 1-7: the balance between oneself and the other, between asserting one's identity and openness to relationships.

- Axis 2-8: material security and confidence in the face of dispossession and transformation.
- Axis 3-9: immediate curiosity and the distant horizon, here and elsewhere.
- Axis 4-10: intimate origins and social vocation, roots and momentum towards the future.

- Axis 5-11: personal expression and collective sharing, influence and belonging.
- Axis 6-12: the work of daily adjustment and letting go, perfection and dissolution.

Each interception therefore raises the question of a suspended reconciliation: the two poles of the same axis wait together to be recognised. One cannot exist without the other, and liberation can only come about by holding both ends at the same time.

Note: It is important to remember that the presence of intercepted signs depends on the house system used to calculate the houses. In some systems, such as the equal system or the whole house system, the houses are all the same size (30°), and therefore there are never any interceptions. On the other hand, in unequal systems such as Placidus or Regiomontanus, the houses can have a variable amplitude, sometimes very wide or very narrow, which makes it possible for an intercepted sign to appear.

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 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

None of the 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 oneself. 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 concrete charts. This may include:· Your own natal 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 Mercury in the intercepted sign of Sagittarius, look for well-known people with this planetary figure (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-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.

Reading: *Intercepted Signs in Astrology* by Jérôme Zenastral

This book explores these hidden areas of consciousness in depth. Each intercepted sign is studied in relation to each planet, then broken down into all the houses of the chart, offering more than 1,400 original interpretations. Each of these combinations opens a unique path to inner liberation, revealing how intercepted energy can become a source of presence, creativity, and self-expansion.

? Any questions?

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