



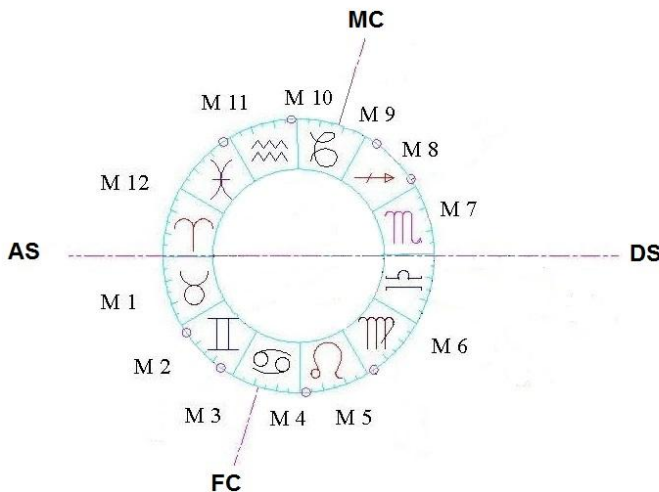
EAPC



School of Astrology and Mindfulness

Lesson 4 The 'houses', our fields of experience

The intersection of the horizontal axis passing through the ascendant and the vertical axis passing through the midheaven delimits four zones. Each zone is divided into three parts to form a set of twelve sectors. These sectors, called 'houses', overlap the zodiac. Each area of life is linked to an astrological 'house'.



In astrology, we classify human experiences into twelve essential fields of experience (or twelve houses). Each sphere of existence brings together a range of experiences that are all related to the same general idea (for example, the guiding principle of the second house is to make the most of our achievements, gifts and money). The houses that concern us are those in our astrological chart that are occupied by one or more planets.

These houses correspond to types of events that we bring about through our behaviour. Our spheres of existence are therefore a reflection of who we are^[1]. The quality of these events tells us where we are in terms of self-knowledge. When we are in tune with our strengths, there are no real challenges to be met in the areas occupied by one or more planets. The houses tell us what challenges we set ourselves to see where we are and thus refocus on who we really are.

House 1: Identification

In this house, all our efforts are aimed at defining our territory. The planets in this house show how we experience the question ‘who am I’, how we situate ourselves in the world as a unique person. What others perceive of my presence is a reflection of how I feel about my own identity.

♂ Ministry of the Interior

House 2: Fruition

In this second house, we seek to satisfy our need for material security. Creativity is present and necessary in order to give more value and meaning to the things we own. This is traditionally the house of acquisitions and money. My relationship with money reflects the forces I use to enrich myself.

♂ Ministry of Taxation and Finance.

House 3: *Communication*

This house encompasses all experiences related to communication, close friends and family (brothers, sisters, neighbours, etc.), travel and writing. We expend a great deal of energy here in order to better adapt to our environment. The quality of this adaptation reflects the strengths we use to communicate more effectively.

δ Ministry of the Environment and Telecommunications.

House 4: *Foundation*

Our childhood, our origins, our roots and our family home form the basis of who we are. All these well-assimilated experiences serve as reassuring references. In the fourth house, we seek to define our own foundations. My private life reflects the strength I use to put down roots.

δ Ministry of Family Affairs and Heritage.

House 5: *Expression*

This house refers to all areas of life that allow us to express who we are. Artistic creations, entertainment, love affairs, children, education and speculation reflect the quality of the energy we invest in promoting ourselves.

δ Ministry of Education, Leisure and Culture.

House 6: *Improvement*

In this house, we seek to bring order to our lives and fill in the gaps. Work, health, servitude and employer-employee relationships are the meanings traditionally assigned to the sixth house. My work and my relationships with my colleagues reflect the forces I use to improve myself.

♂ Ministry of Industry, Labour and Health.

House 7: *Union*

The seventh house is traditionally associated with marriage, relationships, contracts and justice. In general, it symbolises **encounters**. The quality of the relationship reflects my awareness of the other person and depends on the degree to which the forces brought into play to bring about an encounter are fulfilled.

♂ Ministry of Justice and Social Affairs.

House 8: *Transformation*

This house represents the challenge of dealing with relationship problems and managing crises. Certain behaviours must be changed in order to improve the quality of relationships with one's partner or with society. Traditionally, this house is associated with all experiences related to finances, the financial management of a couple or a company, the occult, mysteries and inheritance. Any relationship crisis or the quality of my financial

management reflects the forces used to enrich my relationship.

δ Ministry of Ecology and Sustainable Development.

House 9: Mission

This is the house in which we seek to understand human behaviour and acquire a broader sense of the laws of life. It is traditionally the house of philosophy, religion and travel. My spiritual life and my travels reflect the forces that come together to open me up to the world.

δ Ministry of Foreign Affairs and Tourism.

House 10: Contribution

The tenth house is traditionally considered the house of ambitions, honours, reputation and career. In general, it indicates what we should do to respond validly to society's expectations. The quality of this response reflects the forces mobilised to raise my social status.

δ Ministry of Social Contribution, Order and National Merit.

House 11: Solidarity

This house expresses the idea of the group into which we try to blend. Traditionally, the eleventh house encompasses projects, wishes, support, clubs and

relationships. The quality of my friendships reflects the forces I deploy to feel solidarity.

The 11th house is often associated with commitment to humanitarian causes and altruism. It represents our desire to help others and contribute to a better world, whether through volunteering, supporting charities or participating in social movements.

ð Ministry of National Solidarity

House 12: *Participation*

In this house, we address the collective level of all experience. This entails the need to work according to the expectations of our community and to sacrifice something of ourselves. My immersion in my community reflects the forces I employ to align myself with collective currents.

ð Ministry of Humanitarian Affairs

Important notes regarding the 12th house

Traditionally, the twelfth house is seen as a place of trials, exile, isolation or obstacles to be overcome. Some contemporary astrologers also see it as a house of *letting go*, where the individual is invited to connect with a collective dimension, which sometimes involves the symbolic sacrifice of a part of themselves.

A house connected to the collective unconscious

Systems, symbols, codes, norms, and ways of thinking, feeling, or acting are constructed collectively—like the zodiac itself, which is the result of a long process of shared symbolisation. These structures are often integrated unconsciously, without us questioning them. The twelfth house confronts us with this layer of collective experience, this memory that is vaster than our individual consciousness.

Solitude as a path to reconnection

When we experience a feeling of isolation or exile, it can reveal a disconnect between our perception of ourselves and the larger reality to which we belong. Loneliness, when rejected or poorly experienced, becomes suffering; but when consciously embraced, it can become a source of receptivity, inspiration, creativity and healing. It is often in solitude that the most profound works are born. It gives us access to an inner space of freedom, beyond our usual identifications.

However, this contact with a silent background — this impersonal, infinite consciousness — can destabilise the ego. If we are not ready to surrender to it, we may feel isolated, confused or even oppressed. As a reflex, we then seek to distract ourselves with action, distraction or hyperstimulation. Yet it is precisely this impulse that we need to observe, and perhaps suspend, in order to allow ourselves to dive into a broader dimension of being.

Simple practices — listening to music, walking mindfully, meditating, writing, dancing, relaxing — can help us enter this state of openness.

The ‘ghosts’ of the 12th house

The 12th house is often associated with what are known as ‘ghosts of the past’: unresolved memories, traumas, buried beliefs, inherited behaviours or invisible conditioning. These elements, buried in the unconscious, influence our current attitudes without us always being aware of them.

From the perspective of mindfulness astrology, these ghosts are also a reflection of our resistance to collective currents of dissolution, letting go or merging with a reality greater than the self. Rejecting these currents, consciously or unconsciously, can lead to inner isolation, a form of symbolic exile. But when we agree to immerse ourselves in this broader consciousness, these repressed contents can emerge, be recognised, worked through and pacified.

Meditation, therapeutic work or any process of introspection can accompany this encounter with the shadow areas. It is not a question of ‘erasing’ them, but of *including* them in a movement of transformation.

A house of integration and transmutation

The twelfth house invites us to recognise the parts of ourselves that have been rejected, ignored or denied — whether they be fears, desires or personality traits. By

encountering these repressed areas with openness, we foster profound inner evolution.

This is not about measurable progress, but about a more intimate alignment with oneself, a form of peace with what has been. The twelfth house can thus become a place of healing, reintegration and inner unity. It is often in this house that one of the most powerful processes of psychic and spiritual transmutation takes place.

The planets in the houses: our strengths for success in our chosen fields:

You are invited to harness the energy symbolised by a planet to evolve in the area of life represented by the house it occupies. For example, if Venus is in the 10th house, your interpersonal skills, your sense of harmony or beauty may be assets in your professional fulfilment. If Mars is in the 6th house, daily work can become a constructive space to channel your energy, assert your position, or develop your efficiency. In this case, it is often more fruitful to adopt a proactive attitude rather than suffering situations or remaining on the defensive.

The interpretation gains depth when the sign in which the planet is located is taken into account. The sign indicates how the force or tendency symbolised by the planet will manifest itself: it describes the tone, style and quality with which this force will express itself.

An even more accurate reading can be obtained by integrating the aspects that the planet receives. An aspect represents an interaction between two planets and reveals

how two psychic forces dialogue, complement or confront each other within us.

This will be the subject of the next lessons: studying the meaning of each planet in a sign and in a house, and understanding how an inner force (represented by the planet in its house), depending on its connections with others, can be supported, amplified, slowed down or put under tension.

In the meantime, here is a suggestion for practice:

To deepen your understanding of astrological interpretation, we invite you to study several astrological charts and observe, for example, how the planet Mars, when in the same house, expresses different nuances depending on the sign it is passing through.

For example, examine Mars in the 6th house (the house of daily work, service, health) in different people. Compare Mars in Taurus, Leo, Aquarius or Scorpio. Ask yourself:

- How do they act in the world of work?
- How do they express their combativeness, motivation, ability to cope with effort or adversity?

These differences will help you to feel concretely how the sign modulates the planet, and to no longer consider Mars in an abstract or fixed way. You will see that the same force (Mars) can manifest itself with very different tones, rhythms and strategies of action, depending on the sign.

This exploration through direct observation of real themes (your own, those of your loved ones, or public figures) allows you to integrate symbolism in a lively way, in the spirit of mindfulness astrology, based on inner experience, active curiosity and grounding in reality.

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.

Support available by email

Even though 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.

[1] ‘The world is what we are. The world is nothing but you and me. This little world of our problems, once enlarged, becomes the world with its problems,’ insisted the philosopher Krishnamurti.

? Any questions?

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