



EAPC



School of Astrology and Mindfulness

Lesson 5 Aspects in astrology

The planets are spread out along the zodiac at different distances from each other. These distances are measured in angular separation. Two planets are said to be in a major aspect of mutual tension if the angle between them is close to 0 (for certain planets), 90, or 180 degrees. Two planets are said to be in a major aspect of mutual tension if the angle between them is close to 0 (for certain planets), 60 degrees or 120 degrees. Here is a list of major and minor aspects:

- Conjunction (maximum orb = 10 degrees)
- The semi-sextile (maximum orb = 2 degrees)
- The semi-square (maximum orb = 2 degrees)
- The sextile (maximum orb = 5 degrees)
- The square (maximum orb = 6 degrees)
- Trine (maximum orb = 8 degrees)
- Sesquiquadrate (maximum orb = 2 degrees)
- Quincunx (maximum orb = 2 degrees)
- Opposition (maximum orb = 10 degrees)

Two planets close to each other are said to be in conjunction. Two planets in opposite signs are said to be in opposition. Two planets at 90 degrees are said to be in square. These three aspects (conjunction, opposition and square) are called major aspects of tension.

Aspects reflect the interference between several forces or tendencies within our psyche. A relaxing aspect represents two forces or tendencies that harmonise, merge and coexist easily. A tense aspect represents two forces (or

tendencies) that counteract or oppose each other within the psyche. This discordance is due to the fact that it is difficult for the ego to see these two forces coexisting, and it tends (through ignorance, ease or lack of attention) to favour and express one at the expense of the other or one at odds with the other. By favouring one of the forces, the ego represses or inhibits the other force, and this creates stress, tension or other manifestations that the mind considers negative, such as anxiety, unease, frustration, inhibition, etc. For these negative manifestations to fade and cease, our conscious mind must become aware of the challenges created by this inner tension and our mind must find other behavioural strategies. When we have an aspect of tension between two planets in our astrological chart, we must pay attention¹ to the discordance of the forces symbolised by these planets, integrate them and experience them, without favouring one over the other. To integrate them, we must learn to accept them and recognise them as two distinct forces.

Important note:

We all have the ability to be aware of our actions and thoughts. We all have access to this faculty of being attentive, which some call ‘attention, awareness or clear and complete knowledge of what is really happening to us’. Attention teaches us to face the present and allows us to see our character as it is without judgement, as if we

¹ When the planets in the current sky (called transits) pass over the planets in the aspect, the forces at play (symbolised by the planets in the aspect) are more significant.

were discovering it for the first time. Thus, by being attentive, what happens in our psyche will have something new and valuable to reveal to us. This attitude of attention should be a constant practice, a source of knowledge and inspiration. With attention, complications and conflicts are reduced. Thanks to the power of attention, our strengths and energies blossom without distortion, without passing through the distorting filter of our ego, without generating conflicting thoughts and without inducing negative effects that could have repercussions later on. Thus, we could say that the power of attention is our sentinel, guaranteeing actions outside the realm of the law of causality.

Another remark:

-To interpret the aspects in an astrological chart, we initially only take into account the major aspects, which are the following: conjunction, sextile, square, trine and opposition.

Please note:

For a more in-depth study of aspects between planets, readers may refer to the additional works by Jérôme Zenastral. The book *Aspects in Astrology – Volume 1* discusses in detail the aspects of tension between planets, taking into account the zodiac signs occupied by the latter. The book *Aspects in Astrology – Volume 2* is devoted to the interpretation of harmonious aspects, also considered in relation to the signs concerned. These two volumes offer a more nuanced and comprehensive approach to the

dynamics between planets according to their position in the zodiac signs.

Table of forces and tendencies represented by each planet (Reminder)

Planets	Forces, tendencies
Sun	Vital force² and fulfilment: guiding, wanting, awakening, expressing, creating, regenerating, radiating, shining, magnifying, sublimating, exposing, centring, glorifying, directing...
Moon	Strength of surrender³ : memorising, fertilising, securing, protecting, interiorising, dreaming...
Mercury	Mental strength⁴ : understanding, thinking, connecting, reflecting, solving, informing, communicating, translating, diversifying...
Venus	Force of attraction⁵ : to love, attract, seduce, charm, embellish, bind...

² The vital and realising force is our inner guide, our conscious pole, our ability to create, our convictions, our decision-making.

³ This force of surrender to the current of life responds to our need for security, intimacy, comfort, well-being and tranquillity.

⁴ The mental force responds to our need to speak, write, inform ourselves and the need to think and communicate.

⁵ The force of attraction responds to our need for tenderness and love and the need to seduce in order to provoke a meeting and share the best of ourselves.

Mars	Virile strength⁶ : conquer, act, assert, fight, defeat, defend, repel, counter...
Jupiter	Moral force of expansion and growth, force of cohesion⁷ : amplify, increase, optimise, develop, group, gather, legislate...
Saturn	Stabilising force⁸ (maturity, stability, wisdom, renunciation...): stabilise, perpetuate, soften, limit, make responsible, grow, assume, renounce...
Uranus	Emancipating force⁹ : liberating, emancipating, progressing, changing, singling out, breaking away...
Neptune	Force of immersion and self-denial¹⁰ : dissolve, abandon, forgive, immerse, meditate, merge...

⁶ The virile force responds to our pressing need for action and affirmation **and the need** to conquer and defend our vital space.

⁷ This strength of cohesion responds to **our need to integrate into society or into a group, to** the obligation to conform to the laws and standards that regulate social life or the life of a group. It is also our moral force for expansion and growth, which introduces us to a higher dimension of existence.

⁸ The stabilising force responds to our need to satisfy our ambitions, to evaluate situations in depth and learn from them, and to the need to know our limits and take responsibility.

⁹ This force is capable of breaking any dependency that distracts us from the freedom of our original being. It responds to our imperative need for independence, change and progress.

¹⁰ It is the force capable of dissolving everything in our psyche that hinders our return to consciousness.

Pluto	Investigative force¹¹ : eliminate, investigate, question, deepen, transform, essentialise, deliver, resurrect...
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For each aspect between two planets in your astrological chart, focus your attention on what they represent or symbolise (use the table above and the notes at the end of the page for more detailed information). By paying attention, you allow their respective tendencies to flow freely, thus preventing them from interfering negatively and causing conflict.

We will describe the meaning of the aspects between two planets. But before we begin, you should know that in order to interpret an aspect more accurately and precisely, you need to take into account the sign occupied by the faster of the two planets in that aspect. This requires knowledge of the meanings of the aspects and the meanings of the planets in signs. To illustrate this recommendation, let's take the aspect between Saturn and Venus as an example. For this example, we will focus on the main symbolism of Venus, namely the emotional plane. When we talk about emotional dependence, emotional relationships based solely on possessiveness or need, this mainly concerns the presence of Venus in a water or earth sign. Added to this description is jealousy when Venus is in Taurus or Scorpio, caution and mistrust when Venus is in Virgo or Capricorn, and fear of missing

¹¹ It is the force capable of bringing to light our frustrations, past mistakes, psychological wounds, repressed secrets, resistance and all the issues of power and control in our lives.

out and giving oneself freely when Venus is in Taurus or Capricorn.

Venus in Pisces under the influence of Saturn is unable to form bonds with their community or is afraid of being excluded or distanced from it. With Venus in Virgo, reserve and shyness isolate them from others, and they are emotionally obsessed with not being perfect. Cold behaviour mainly concerns Venus in Capricorn.

People with Venus in a fire or air sign in aspect to Saturn do not take the time and distance they need before falling in love. They do not make the necessary effort to step back and calmly examine the depth of their feelings. They attract attention with their egocentric behaviour and excessive generosity. More specifically, Venus in Sagittarius is overly concerned with the well-being of others.

Venus in an air sign under the influence of Saturn has an overly intellectual or superficial view of love. Venus in Gemini has difficulty talking about its feelings, while in Libra it is focused on physical appearance and afraid of loneliness. Venus in Aquarius is afraid of being vulnerable if she gives her affection too freely. She has such an idealised view of love that nothing ever materialises.

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 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 path of practice, not abstract knowledge. For each element covered (planet, sign, house, aspect, etc.), it is strongly recommended that you observe actual 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 Saturn close to Mars, 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 feed your living understanding of the symbol, far beyond a simple definition.

Support available by email

Even though the learning process 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: *Aspects in Astrology – Volume 1 and 2* by Jérôme Zenastral

These books have two aims:

- to offer a clear and structured interpretation of the main planetary aspects of tension (the aspects of relaxation are interpreted in the book *Aspects in Astrology – Volume 2* by Jérôme Zenastral)
- to offer avenues for transformation for each aspect of tension, which I call psychosolutions. These suggestions are not ready-made recipes, but invitations to pay renewed attention to oneself.

Zenastral has taken care to incorporate, for each aspect, the nuances provided by the astrological signs occupied by the planets concerned. This is because a square between Mars

and Venus is not experienced in the same way in Taurus as in Aquarius.

? Any questions?

If this lesson raises any questions, comments or requires clarification, please feel free to contact me at:
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