



EAPC



School of Astrology and Mindfulness

Leçon 6 Les transits planétaires en Astrologie

As we have seen previously, our psyche is a reflection of our birth chart. This original psyche, which appears at the moment of our birth, remains unchanged throughout our lives. However, there are periods when this psyche, while retaining its basic structure, manifests itself differently. These climates or psychic variations correlate with the planets in the sky during these periods. These planets overlap each birth chart. They are called 'planetary transits'.

As we live through the experiences signified by the houses occupied by the planets in the sky at the time of our birth, experiences signified by the houses occupied by the planets in the sky during a given period are added to this. We must take into account the interactions or aspects between the planets in the birth chart and the planets in the sky during the forecast period, which, as we have seen, are called 'transits'. Remember that an aspect of tension represents two forces (or tendencies) that counteract each other. This discordance is due to the fact that it is difficult for us to bring these two forces together, and we tend (through ignorance, convenience or lack of attention) to favour and express one at the expense of the other or one at the wrong time for the other. By favouring one of the forces, we repress the other, and this creates stress, tension or other manifestations that we consider negative, such as anxiety, unease, frustration, inhibition, etc. In order for their negative manifestations to fade and cease, we must face the challenges encountered and generated by this inner tension and then develop other ways of behaving.

Let us pay attention to this contradiction, integrate these two forces and live with them, without favouring one over the other. To integrate them, let us learn to accept and recognise them as two distinct forces. Transits are our temporary force fields. The events we encounter are barometers that tell us whether we are in tune with our original and temporary force fields.

Transits tell us when we need to focus our attention more precisely in order to be present with what is emerging within us. By doing so, we avoid obscuring it with distracting thoughts. Transits serve to predict and interpret this succession of present moments. Planetary transits are therefore a valuable aid in understanding the movements of our psyche in the moment.

Notes:

-The meaning of a transit of a planet P1 on a planet P2 in your astrological chart is identical to the meaning of the aspect Planet P1-Planet P2. For example, the meaning of the transit of Mars on your Sun is identical to that of the aspect Mars-Sun.

-To interpret transits in a birth chart, only dominant transits are taken into account, i.e. transits of slow and semi-slow planets in major aspects of tension with the transited planet, namely the following transits: those of Mars, Saturn, Uranus, Neptune and Pluto in square, opposition or conjunction^[1] with a planet in the natal chart.

Tip:

-To fully understand the meaning of planetary transits, we recommend observing those that affect your astrological chart, starting with the transits of the moon, then those of the sun, and finally those of Pluto, the planet furthest from our solar system.

Note:

We would like to digress briefly on the subject of planetary transits. The planets in the sky at a given moment reflect a temporal structure that overlaps all birth charts around the world. This temporal structure is therefore a common component that reflects a meaning common to all human beings. Each person will respond differently to this common constellation according to their basic structure. This common component explains global events and crises. Any global or social crisis is therefore a projection of who we are.

[\[1\]](#) Except for the planet Jupiter. The conjunction of Jupiter transiting a planet in the birth chart should be considered a relaxing aspect.

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

Planets	Forces, tendencies
Sun	Vital force¹ and fulfilment: guiding, wanting, awakening, expressing, creating, regenerating, radiating, shining, magnifying, sublimating, exposing, centring, glorifying, directing...
Moon	Strength of surrender² : memorising, fertilising, securing, protecting, interiorising, dreaming...
Mercury	Mental strength³ : understanding, thinking, connecting, reflecting, solving, informing, communicating, translating, diversifying...
Venus	Force of attraction⁴ : to love, attract, seduce, charm, embellish, bind...

¹ The vital and realising force is our inner guide, our conscious pole, our ability to create, our convictions, our decision-making.

² This force of surrender to the current of life responds to our need for security, intimacy, comfort, well-being and tranquillity.

³ The mental force responds to our need to speak, write, inform ourselves and the need to think and communicate.

⁴ 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 strength⁵ : conquer, act, assert, fight, defeat, defend, repel, counter...
Jupiter	Moral force of expansion and growth, force of cohesion⁶ : amplify, increase, optimise, develop, group, gather, legislate...
Saturn	Stabilising force⁷ (maturity, stability, wisdom, renunciation...): stabilise, perpetuate, soften, limit, make responsible, grow, assume, renounce...
Uranus	Emancipating force⁸ : liberating, emancipating, progressing, changing, singling out, breaking away...
Neptune	Force of immersion and self-denial⁹ : dissolve, abandon, forgive, immerse, meditate, merge...

⁵ The virile force responds to our pressing need for action and affirmation **and the need** to conquer and defend our vital space.

⁶ 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.

⁷ 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.

⁸ 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.

⁹ It is the force capable of dissolving everything in our psyche that hinders our return to consciousness.

Pluto	Investigative force¹⁰ : eliminate, investigate, question, deepen, transform, essentialise, deliver, resurrect...
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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 assessments. The approach offered 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,

¹⁰ 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.

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's transit over 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 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.

Reminder: The meaning of a transit of a P1 planet on a P2 planet in a birth chart is identical to the meaning of the Planet P1-Planet P2 aspect. For example, the meaning of Mars transiting the Sun is identical to that of the Mars-Sun aspect.

To obtain the meaning of a transit, use the book *Aspects in Astrology, Volume 1 and Volume 2* by Jérôme Zenastral.

? Any questions?

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