



School of Astrology and Mindfulness

Lesson 7 Astrological interpretation tool sheet

Synthesis of sign + house + tension aspect

Step 1 — Interpretation of planet in sign + house

Start by combining the meanings of the planet in its sign and in its house (or draw inspiration from the interpretations offered in Jérôme Zenastral's books, which explore all the planet-sign-house combinations).

Example: Mars in Libra in the 10th house = Diplomatic action in the social or professional sphere; self-assertion through the search for balance and public recognition.

Ask the question: In what area (house) and with what energy (sign) is this planet seeking to express itself?

Step 2 — Introduction of aspects: tensions or supports

Add the effects of the aspect received by the planet (drawing inspiration, if necessary, from the interpretations offered in Jérôme Zenastral's books, which cover all types of aspects).

Distinguish between:

- Tension aspects (square, opposition, conflictual conjunction, etc.): these represent obstacles, inner conflicts or challenges to be overcome.
- Harmony aspects (trine, sextile, fluid conjunction, etc.): these represent inner abilities, talents or support.

Example: *Mars square Saturn = tension between the impulse to act and the restraint of fear, doubt or duty.*

Step 3 — Educational integration formula

Use a formulation such as:

"What the planet + sign + house position allows, but only if the requirement of the aspect is recognised and integrated. "

Structure:

Your potential is... (summary of planet in sign + house)

⚠ *But this momentum can only be realised if...* (add the challenges associated with the aspect)

Thus, the aspect becomes a path to integration that pushes you to... (benefit of the aspect, once integrated)

Example: Mars in Libra in the 10th house square Saturn

Your potential is to act with elegance and strategy in your professional life, to reconcile assertiveness with the quest for social recognition.

⚠ *But this momentum can only unfold if you learn to overcome your fear of failure, your blockages related to authority or the pressure of outside judgement.*

The aspect of Saturn pushes you to build your inner authority, to act with patience, perseverance and a sense of responsibility.

Tip

Before writing the summary, meditate on this question:

‘What prevents this planet from expressing its full potential, and what liberates it?’

Summary of sign + house + aspect of relaxation

Step 1 — Interpretation of planet in sign + house

Start by combining the meanings of the planet in the corresponding sign and house (or draw inspiration from the interpretations offered in Jérôme Zenastral's books, which explore all the planet-sign-house combinations).

Example: *Venus in Pisces in the 4th house = Need for a fusional, romantic and unconditional love, linked to the intimate or family sphere.*

Ask the question: In which area (house) and with what energy (sign) is this planet seeking to express itself?

Step 2 — Introduction of the harmonious aspect

Then add the effects of the fluid aspect received by this planet (drawing inspiration, if necessary, from the

interpretations offered in Jérôme Zenastral's books, which deal with all types of aspects).

Relaxing aspects (trine, sextile, fluid conjunction) are facilitators:

- They represent natural qualities,
- Available inner resources,
- Spontaneous inner coherence,
- Ease or fluidity of expression.

Example: *Venus trine Moon = harmony between emotional needs and the ability to love; affectionate, tender and inspiring sensitivity.*

Step 3 — Educational integration formula

Use a formulation such as:

‘What the planet + sign + house position allows, and what the harmonious aspect supports or amplifies.’

Structure:

Your potential is to... (summary of planet in sign + house)

This momentum is supported by... (effect of the harmonious aspect)

The aspect reveals an ease with... (natural ability or gift to be cultivated with awareness)

Example: Venus in Pisces in the 4th house trine Moon in Cancer

Your potential is to create a tender and enveloping emotional universe, where love is experienced as a silent and benevolent presence at the heart of the home.

This momentum is supported by a deep resonance between your emotional sensitivity and your way of loving.

The Venus–Moon aspect indicates a natural ability to nurture sincere relationships, offer comfort, and create spaces of emotional security.

Tip

Before concluding your interpretation, ask yourself:

‘What is fluid, obvious or natural here? And how can this ease be used to further my awareness?’

Reminder:

Progression method for each course

This course is designed 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 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 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 websites such as astrotheme.fr) and observe how their behaviour, style of action and Martian energy reflect this placement. This will enrich your living understanding of the symbol, 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: *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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