



EAPC



School of Astrology and Mindfulness

Lesson 8 The Sun in sign, house and aspect



The Sun completes its annual revolution in just over 365 days, advancing one degree per day and passing through each sign of the zodiac in one month. This regular movement makes the Sun a fundamental reference point in the natal chart. The sign it occupied on the day you were born is commonly referred to as your “sun sign”, although this alone does not sum up the richness of a birth chart.

In astrology, the Sun symbolises much more than just a psychological type. It is the centre around which everything revolves: our will, our identity, our self-assertion, our ability to choose, to create, to decide. It illuminates the axis of our inner life, not as an external light, but as a focus of personal consciousness. Being centred on your Sun means being in touch with the vital force that gives meaning to your actions.

The Sun is not only a principle of inner unity; in its position in each house, it is also a clear indicator of the main direction of our destiny. It shows the field of experience where our radiance is called upon to manifest itself, the symbolic place where our presence in the world becomes creative. This is where our energy, our need to understand, to act, to love and to fulfil ourselves is most intensely expressed. Depending on the house in which it is

located, this may be the professional, family, social or spiritual sphere. Each position in a house represents a challenge to be met, an essential experience to be integrated, a living axis of transformation.

Through the 144 combinations formed by the Sun in the 12 signs and the 12 houses, Jérôme Zenastral's book *Le Soleil en Astrologie* (The Sun in Astrology) offers a detailed exploration of this living centre that is the inner Sun. You will find clues to better understand how your life force expresses itself, how it harmonises or conflicts with your environment, and how it guides you towards a more coherent, freer and truer self-realisation.

But the interpretation of the Sun does not stop at its position in a sign and house. It weaves links with other planets through the aspects it forms in the chart. These aspects constitute a living dynamic between different poles of your being. A conjunction of the Sun with Saturn, a square with the Moon, a trine with Jupiter: these are all different tones that modulate the expression of your will and the direction of your destiny. These aspects do not define limits, but interactions: they speak of inner tensions, creative impulses, forces to be reconciled, challenges to be embraced.

The approach I offer, as in all my previous works, is based on synchronicity. The sky does not dictate anything. It does not command or influence. It reflects, resonates and accompanies. The astrological chart is a symbolic mirror of our psyche at the precise moment of our arrival in the world. It is an inner photograph, a language of

correspondences that speaks to those who know how to listen. In this context, the Sun is not an external object, but a living image of our psychic centre of gravity, our inner guide, our conscious pole, our power of decision.

Exercise: Understanding an interpretation of the Sun in sign and house and in aspect by analogy

In your course, you have access to the book *The Sun in Astrology* by Jérôme Zenastral. This book presents the 144 possible combinations of the Sun in a sign and in a house, in the form of sensitive, psychological and symbolic interpretations.

But how do we arrive at such an interpretation?

It is not a matter of mathematical deductions or fixed knowledge, but rather a method of analogy: we connect symbols to each other to bring out a living understanding of the inner dynamics represented by a planetary position.

► Let's take an example: Sun in Cancer in the 7th house

Here is an excerpt from the interpretation offered in the book:

"With the Sun in Cancer in the 7th house, your path to fulfilment inevitably involves meeting others. You are driven by a deep need to form a secure, enveloping, almost maternal bond. Relationships are not simply a place for exchange or contracts; they are an inner home, a place of

shared intimacy where everyone can lay down their sensitivities, wounds and impulses without fear of being judged..."

How does the author construct this meaning?

- The Sun symbolises willpower, decision-making power and personal charisma.
- Cancer is a water sign, feminine, receptive, protective, associated with family, sensitivity and the need for emotional security.
- The 7th House is the sphere of relationships with others, partnership, the couple, the mirror that others offer us to better understand ourselves.

It is by linking these three dimensions that the overall meaning emerges: here, self-realisation (Sun) comes through an intimate, protective, sensitive relationship (Cancer) within the framework of a partnership or committed union (House 7).

The author also mentions possible tensions: for example, the Sun, a masculine symbol of affirmation, may feel uncomfortable in a feminine and emotional water sign. Cancer may find it difficult to open up to the otherness of the 7th house without withdrawing or losing themselves in a fusional relationship.

Let's incorporate an aspect of tension from Saturn into an interpretation of the Sun in Cancer in the 7th house

In the previous exercise, you learned how to interpret a combination of Sun sign + house.

You saw, for example, that the Sun in Cancer in the 7th house evokes a quest for fulfilment through a deep and secure relationship, but also challenges related to sensitivity, emotional expectations, or the balance between oneself and others.

Adding a tense aspect of Saturn to this Sun

You will now add another layer of interpretation by incorporating a tense aspect of Saturn to this Sun. To do this, you can refer to the following interpretation in the book:

"This configuration may indicate tension between your desire to be pampered, to express your emotions freely and to find refuge in your family cocoon (Cancer), and the sometimes harsh realities of life that require maturity, patience and endurance (Saturn). [...] Nevertheless, this aspect pushes you to build solid foundations and develop emotional resilience... "

How can this aspect be integrated into the overall interpretation of the Sun in Cancer in the 7th house under the tension aspect of Saturn?

When interpreting the position of the Sun in a sign and house, start by identifying the potential for fulfilment that it suggests. This position reveals a natural direction for fulfilment, a dynamic that is essential for building the self.

But if a tense aspect (square, opposition, dissonant conjunction) is involved, don't cancel out this potential: use a 'but' to introduce the conditions set by the aspect.

This shows that the path remains valid, provided that the requirements and challenges revealed by the aspect are integrated.

This transforms the interpretation from a simple description into an evolving proposition: what was spontaneous becomes a conscious task, a work of maturity.

Example:



Sun in Cancer in the 7th house

Your personal fulfilment comes through a deep emotional relationship, experienced as an intimate refuge where sensitivity can be expressed without fear.



But if Saturn is in tension with this Sun:

This relational need can only flourish if you develop inner strength by integrating Saturn's requirements: responsibility, limits, lucidity. You are invited to differentiate your present impulses from old emotional wounds and to build emotional autonomy.

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.

A practice-based approach

The astrology taught here is a practical path, 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 the Sun in Sagittarius in the 3rd house, 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.

? Any questions?

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