



EAPC



School of Astrology and Mindfulness

Lesson 9 The ascendant, in sign and aspect

The Ascendant is not a planet. It is the point of the zodiac that rises on the eastern horizon at the moment of birth. All theoretical explanations of the Ascendant remain fairly abstract and difficult to apply when interpreting a chart. The Ascendant corresponds to a subtle expression of the self. Interpreting and grasping its essence is complex.

We believe that the Ascendant is our ‘I’, our identity, our presence as perceived by others, our space of freedom, our territory. While the Sun essentially indicates what we are capable of achieving, at the Ascendant we mobilise enough energy to freely express our emerging identity in the face of social or community limitations and obligations. The ascendant and the first house are the place where we are born to ourselves.

At the ascendant, we therefore experience the ‘who am I?’ The ‘who am I?’ manifests itself within our psyche according to the energy of the sign occupied by the ascendant. This manifestation is that of consciousness. By manifesting itself, consciousness experiences the ‘I am’.

Reminder:

Progression method for each lesson

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 a question of acquiring encyclopaedic knowledge, but of 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 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: *The Ascendant in Astrology* by Jérôme Zenastral

This book is designed to offer an accessible approach to planetary aspects to the Ascendant, aimed at anyone who wishes to deepen their self-knowledge. The Ascendant represents our spontaneous identity, the way we present ourselves to the world and assert ourselves in the experience of existence. It is the starting point of our individual consciousness, the space where we manifest our being in the face of life's demands. The planets in aspect to the Ascendant modulate this expression, introducing

dynamics that can be fluid and harmonious or, on the contrary, marked by inner tensions and challenges.

A planetary aspect reflects the interaction between several forces or tendencies within our psyche. A harmonious aspect indicates a natural coexistence of these energies, facilitating their expression and integration. A tense aspect, on the other hand, signals a difficulty in bringing these tendencies together, creating an inner conflict that can manifest as stress, anxiety or inhibition. This conflict does not come from the planets themselves, but from the ego's difficulty in accepting and harmonising these energies within itself.

Rather than suffering these tensions, our path of evolution involves recognising and integrating these forces. It is not a question of favouring one over the other, or of opposing them, but of perceiving them as two facets of the same inner reality. By learning to accept and experience them consciously, we give ourselves the opportunity to transcend internal conflicts and evolve towards a freer and more authentic expression of our being.

This book offers an exploration of the ten planets in aspect to the Ascendant in each of the twelve signs, making a total of one hundred and twenty distinct combinations. Each interpretation aims to shed light on the dynamics at work and offer keys to understanding how to integrate these forces with greater awareness and fluidity. Far from being inevitable, aspects are opportunities for awakening, reflections of our potential and invitations to get to know ourselves better.

? Any questions?

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