



EAPC



School of Astrology and Mindfulness

Workshop 1 Astrology and personal development

Reading material: *The Holy Trinity* by Jérôme Zenastral

Astrology, as taught in this course, is not just a tool for symbolic knowledge. It is part of a genuine path of inner transformation, calling on each individual to get to know themselves better in order to evolve towards greater clarity, serenity and freedom of being.

This first workshop directly links astrological study to the process of personal development. It invites students to cultivate an attitude of openness, introspection and mindful awareness. To this end, it draws on the book *The Holy Trinity*, which can be downloaded in PDF format from the school's website (see study guide).

This book serves as a guide for developing an inner posture conducive to astrological interpretation. It explores three fundamental dimensions—the body, the mind and mindfulness—as the foundation for a balanced life and an aligned astrological practice.

The suggestions and ‘psychological solutions’ offered (to overcome difficulties such as shyness, lack of self-confidence, hesitation, impatience, fears, jealousy, the need for control, etc.) are primarily designed to be shared with the people you consult, as part of a study of their natal chart. These are not medical advice, but accessible suggestions, based on conscious experience, which can

enrich dialogue and guide the person towards a finer understanding of their inner resources.

The workshop does not seek to provide ready-made solutions, but to encourage a personal commitment to listening to oneself – both for the student and for those being accompanied. *The Holy Trinity* thus offers valuable insight into integrating astrological practice into an inner lifestyle, in connection with the awakening of the Self.

Exercise – Personal reflection and practical application

After reading *The Holy Trinity*, take a moment to centre yourself and explore these questions in a journal or personal document. The goal is to develop your own posture of presence, in order to more accurately accompany those who ask you to interpret their chart.

Questions for reflection:

1. What is my personal relationship with my body, mind and consciousness today?
2. → Which pillar (body, mind, consciousness) is the most stable in me? The most vulnerable?
3. Which of the psychosolutions proposed in the book resonate most with my current challenges?
4. → Shyness, impatience, fears, jealousy, need for control, etc.
5. How could I present these solutions in a caring way to someone who comes to me for a chart reading?
6. → How can astrology become a language for awakening, rather than for explaining or convincing?

7. What inner quality do I need to develop to become a conscious guide in reading charts?
8. → Listening? Neutrality? Humility? Presence?
9. How can I concretely link a piece of advice from *The Holy Trinity* to a situation experienced in an astrological chart I am studying?
10. → Try to make a connection between a planetary configuration (e.g., Moon in Cancer square Mars) and a piece of advice from the book.

Educational objective: This exercise aims to connect astrological practice with mindfulness, preparing students to offer useful and appropriate guidance to the people they support, in a spirit of support and non-judgement.

? Any questions?

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