



School of Astrology and Mindfulness

Workshop 5 Synastry



Astrology excels in the art of synastry (a method of comparing two astrological charts) which studies the *potential for harmony or discord* between two people and assesses their degree of compatibility by juxtaposing their two astrological charts.

Sexual compatibility

Even if seduction or charm works, we must seek to determine whether each person's sexual energies are compatible. To do this, we examine the compatibility of the signs occupied by the planet Mars. If your Mars is in the same sign as your partner's, or if these Mars signs are in signs of the same element (fire, earth, air or water) or compatible elements (fire and air, water and earth), there is sexual compatibility. There is incompatibility if your Mars are in signs of opposing elements (fire and earth, fire and water, air and water, air and earth).

Compatibility on an emotional level

To determine whether your ways of loving are compatible, it is important to look at the signs occupied by Venus. If your Venus is in the same sign as your partner's, or if these Venuses are in signs of the same element (fire, earth, air or water) or of compatible elements (fire and air, water and earth), there is compatibility on an emotional level. There is incompatibility if your Venus signs are in signs of opposing elements (fire and earth, fire and water, air and water, air and earth).

Event compatibility

It is essential to share the same interests within a couple in order to grow closer to one another. Opposing interests can cause problems in a relationship, such as between someone with a dominant 4th house (family life) and someone with a strong 9th house. One person is more home-loving and values family life, while the other is more nomadic and values travel.

Compatibility in everyday life

When comparing two charts, we also study how each person organises their daily life (household chores, food preferences, lifestyle, etc.). Shared habits provide reassurance, security and strengthen bonds. Before deciding to move in together, it is crucial that the couple discuss how they view all the elements that make up life as a couple.

Energy compatibility

In synastry, we also study the energy exchanges between the two people in the couple. To do this, we need to examine how each planet in one person's chart interacts with those in the other's. The energy exchange is harmonious if the aspect between the two planets promotes relaxation. On the other hand, this exchange can be tense if the aspect between the two planets is marked by tension.

Here are some examples of energy exchanges:

Ø Your Sun is in a tense aspect with your partner's Moon:

Don't automatically respond to their sensitivity with an authoritarian attitude. If your partner shares information with you, it is because they are trying to express their emotions or relieve stress. At such times, they want emotional support, not advice. Just listen to them with empathy.

Ø Your Sun is in a harmonious aspect with your partner's Moon:

Your professional life is in harmony with their private life. Your success has a positive impact on their daily life. You know how to bring out their sensitivity.

Ø Your Sun is in tension with your partner's Mars:

You tend to impose a direction or course of action on them that they do not want to take or that does not suit them. As soon as they assert themselves, you thwart them with your

authority. Faced with your authority, they feel disarmed and guilty.

Ø Your Sun is in a harmonious aspect with your partner's Mars:

You know how to give their impulses a clear direction and highlight their intentions. Through contact with you, they become aware of their strength and physical abilities, and they feel strong, courageous and confident.

Ø Your Moon is in tension with your partner's Sun:

Your partner is not on the right track if they rely on your intuition. When they want to achieve their goals, don't confuse them with your mood swings. When they are in a position of authority, don't mother them, or they will feel that they are not being taken seriously.

Ø Your Moon is in tension with your partner's Mars:

Your partner does not make the right decisions if they rely on your intuition. Your irrational considerations, mood swings and anxiety quickly disrupt what they are doing. When they assert themselves, do not mother them, or they will lose all their confidence. Your sensitivity makes them feel disarmed, inhibited or hostile.

Ø Your Mercury is in tension with your partner's Mercury:

You don't really get along when you talk. You disagree on certain subjects and don't always understand what the other is trying to say. Highlight your differences of opinion. For an effective discussion, choose a time and

place where you will not be disturbed, distracted or interrupted, and allow enough time for the other person to understand or better express their ideas. Confrontation is a source of understanding when everyone is free to express themselves and makes an effort to analyse the other person's way of thinking. Listen carefully and try to understand your partner when your opinions differ. By improving your communication skills, you will enjoy talking to each other more.

Ø Your Mercury is in a harmonious aspect with your partner's Mercury:

Good intellectual understanding. Your opinions converge.

Ø Your Venus is in a tense aspect with your partner's Venus:

The emotional connection between you is not very fluid. However, this should not lead you to expect the other person to guess your feelings. It is essential that each person be able to express their emotions and show the other that they are understood and appreciated. Sharing your feelings with each other is crucial to maintaining a lasting relationship. Trust and care for each other without sparing your efforts, energy or determination.

Ø Your Venus is in a harmonious aspect with your partner's Venus:

In your relationship, there is a good balance between what each of you gives and receives. The emotional connection

between you is strong and fluid. You know how to trust and care for each other.

Ø Your Venus is in a tense aspect with your partner's Mars:

You calm their aggression and encourage their sociability with your tenderness, but it seems that the timing and circumstances are not always right. Your tenderness could also disarm or weaken them.

Ø Your Venus is in a harmonious aspect with your partner's Mars:

You calm their aggression and encourage their sociability with your tenderness. You know how to moderate their enthusiasm. With you, they feel accepted in their assertiveness.

Ø Your Mars is in a relaxing aspect to your partner's Sun:

You know how to stimulate and encourage them to realise their ambitions, achieve the goals they have set for themselves and thus succeed in life. In your presence, they feel full of energy. Thanks to your initiatives, he is able to assert his authority.

Ø Your Mars is in tension with your partner's Sun:

You tend to push him to succeed, but sometimes you do so clumsily. Your actions could compromise the achievement

of his goals. Before intervening, ask him what his ambitions are and assess his real abilities.

Ø Your Mars is in tension with your partner's Mercury:

Your partner does not hesitate to express his opinions for fear of your reactions. Listen to him without interrupting. Give your opinion without criticising him. Show your partner that you respect his point of view. He needs to feel understood and appreciated.

Ø Your Mars is in a harmonious aspect with your partner's Mercury:

You know how to stimulate their intellectual faculties and awaken their curiosity. When you comfort them, they feel comfortable expressing their thoughts.

Ø Your Mars is in tension with your partner's Venus:

Your partner may feel cornered by your desires, which they perceive as too pressing. Don't go too fast, don't force them to say 'I love you'. Your romantic relationship can only flourish through exchanges in a relaxed atmosphere. Behave in such a way that they are naturally attracted to you.

Ø Your Mars is in a harmonious aspect with your partner's Venus:

You know how to stimulate your partner's feelings and awaken their desire. You have mastered the art of making yourself desirable.

Ø Your Mars is in tension with your partner's Mars:

There is a territorial issue between you. Each of you may feel attacked by the other or disturbed in your sexual intimacy. However, each of you can also learn to make yourself desirable. When one of you feels angry, it is important to be honest and express your grievances. You must accept that you are not fighting the same battle. Your sexual energies do not easily harmonise. Most of these disagreements can be resolved if you are both determined and willing to reach a satisfactory compromise. It is crucial to distinguish between points of agreement and points of disagreement and to identify their causes. Talk openly and without animosity about your sexual expectations and try to compromise. Also take the time to devote yourselves to each other, to create special moments that allow you to reconnect and share your intimacy more often.

Ø Your Mars is in a harmonious aspect with your partner's Mars:

There is sexual harmony between you, and you both know how to arouse each other's desire. You are in tune with each other and know how to stimulate each other's desire.

These shared pleasures contribute favourably to your mutual appreciation of life together.

Ø Your Jupiter is in tension with your partner's Sun:

Avoid proselytising with them, otherwise they could lose their objectivity and make errors of judgement. What they aspire to achieve does not necessarily correspond to your conception of life. You tend to encourage them to achieve things according to your own ideals, which are not necessarily theirs. Your enthusiasm may be disproportionate to what they envisage and are capable of achieving.

Ø Your Jupiter is in a relaxing aspect to your partner's Sun:

Your enthusiasm, ideals and moral strength help your partner achieve their goals and succeed in life. When they are with you, they feel confident, revitalised and optimistic, and their outlook on life broadens. You know how to instil meaning and conviction in what they aspire to achieve. Thanks to you, they benefit from opportunities and luck seems to smile on them.

Ø Your Jupiter is in aspect to your partner's Venus:

Your convictions bring a deep dimension to their love life. With you, the idea of marriage seems beneficial to them. You know how to make them happy and give a positive direction to their emotional life.

Ø Your Jupiter is in a harmonious aspect with your partner's Mars:

Your philosophy of life and your convictions bring a profound dimension to everything he undertakes. In your presence, his confidence and courage are strengthened and he feels capable of taking on greater challenges.

Ø Your Jupiter is in tension with your partner's Mars:

Your philosophy of life and your convictions bring a significant dimension to everything he does. However, be careful not to encourage him to take on projects that could overwhelm him. Make sure you assess his abilities carefully before offering him new challenges.

Ø Your Saturn is in tension with your partner's Sun:

Your rules and certainties inhibit their creativity and willpower and hold back their ambitions. In your presence, they lose all confidence. They feel that you are preventing them from achieving their goals. Let them make their own decisions and support them in what they want to achieve themselves. Rejoice in their successes and help them focus on their goals without forcing them.

Ø Your Saturn is in a relaxing aspect to your partner's Sun:

Your rules and certainties reassure them and stabilise their ambitions. In your presence, they are more realistic and their decisions are more thoughtful and responsible. They

know how to benefit from your experience. You are therefore a reliable source of support for their success.

Ø Your Saturn is in tension with your partner's Moon:

Avoid criticising their way of life. An overly restrictive attitude on your part can lead to a decrease in their enthusiasm for daily tasks. They may perceive you as a hindrance to their organisation because your schedule is too restrictive for them. Let them take their time to get organised and find their rhythm.

Ø Your Saturn is in a relaxed aspect with your partner's Moon:

Your schedule and the wisdom you have acquired over time help them to organise their daily life. When you are reasonable and consistent, they feel reassured and emotionally stable. Thanks to you, they are learning to take on more responsibility, manage their household chores and solve everyday problems.

Ø Your Saturn is in tension with your partner's Mercury:

Your certainties and principles prevent them from expressing themselves freely and inhibit their intellectual faculties. In your presence, they do not dare to express their opinions. Do not force them to think like you. Learn to respect and value their ideas and opinions, even if they are different from yours.

Ø Your Saturn is in a harmonious aspect with your partner's Mercury:

Your certainties and principles reassure them and stimulate their intellectual faculties. In your presence, they are more focused and thoughtful. You help them to structure their thinking.

Ø Your Saturn is in tension with your partner's Venus:

certainties and principles inhibit their feelings and cool the emotional atmosphere. Do not impose your vision of love on them. Respect their feelings and show more tenderness and affection.

Ø Your Saturn is in a harmonious aspect with your partner's Venus:

Your certainties and principles reassure them and stabilise their feelings. Your emotional relationship is sincere and deep. They appreciate your seriousness and loyalty.

Ø Your Saturn is in tension with your partner's Mars:

Avoid judging or restricting them when they express their confidence. Do not try to control their actions. If you systematically oppose their desires with reason, this may be interpreted as a rejection of their sexuality. Take time to be available when his desires are expressed. Do not underestimate the negative repercussions of a lack of sexual activity on your mental health, emotional balance and romantic relationship. Sexuality is a natural need in a

couple's relationship. The goal is to have a good time together.

Ø Your Saturn is in a harmonious aspect with your partner's Mars:

When you show maturity and experience, he feels more comfortable with his sexuality. If you handle his desires in a positive way, he will feel more stable, calmer and reassured. With you, he is evolving slowly but surely.

Conclusion

Understanding your astrological chart is a form of self-analysis that requires patience, perseverance, sincerity and insight. This process will strengthen your strengths, highlight your potential and skills, and improve your self-confidence. You will learn to manage your emotions and calm your mind. Because a calm mind is a creative mind.

When one of your behaviours causes you problems, observe it with passive vigilance, without judging or feeling guilty.

Mindfulness meditation (or self-awareness) is a natural corrective for stressful tendencies, helping you return to a state of benevolent presence.

If you are new to astrology, we recommend that you spend your first year drawing up the birth charts of people close to you. When the parallels between the birth charts and people's characters become obvious and natural to you, move on to interpreting the birth charts of people you don't

know. Before interpreting a birth chart, make sure that the time of birth is the same as that indicated on the birth certificate.

Think of your work as an astrologer as that of a counsellor, someone who guides others so that they can see their potential more clearly and become more aware of their existence. Help them to understand their lives. To do this, familiarise yourself with the various disciplines and schools of astrology and draw up numerous charts. Do not attach excessive importance to astrological details. And remember that ‘mindful astrology places human beings, in all their dignity, at the centre of consciousness and not at the centre of the zodiac’.

Remain attentive to the person for whom you are interpreting the astrological chart. To avoid getting stuck in a routine, constantly redefine and clarify your work. Establish a genuine dialogue with the people you consult. During the first session, ask them questions about their personal experiences. In subsequent sessions, avoid giving too much advice. Instead, offer solutions in the form of suggestions. Be aware that it is presumptuous to tell someone what is good or bad for them. Offer your understanding and support instead. Help them to approach life with more serenity and efficiency. But do not try to change their destiny. All advice must be in line with their ideals and life goals.

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 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.

An experiential approach to synastry

The study of related themes — or synastry — is not limited to superimposing two charts: it requires careful, sensitive and evolving observation of the dynamics at play between two people. To keep this learning alive, it is essential to work from real relationships. This may include:

- Your own relationship (current or past)
- A parent-child or sibling relationship
- A deep or conflictual friendship

- Famous duos (e.g., public couples, artistic tandems, mentor-student relationships, etc.)

For example, if you are studying a Sun-Moon conjunction between two people, look for examples around you (or in the public sphere) that illustrate this configuration. Observe how it manifests itself: immediate affinity? Codependent relationships? Identity conflict?

Each synastry then becomes a field for exploring emotional, karmic or evolutionary dynamics, far beyond supposed compatibilities.

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.

Read again: *Lesson 7 Astrological interpretation tool sheet*

? 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)