



**EAPC**



# School of Astrology and Mindfulness

## Workshop 6 Astrology and flower essences

**Support de lecture : *Astrology and flower essences*** by Jérôme Zenastral

This reading aid<sup>[1]</sup> will enable you to establish a link between a person's astrological chart and the flower essences best suited to their character. Flower essences are obtained by macerating or infusing flowers and plants. These essences are imbued with the energy of the plant. Once absorbed, they interact with our own energies. They are powerful catalysts for evolution and transformation, promoting heightened sensitivity and bringing an urgent inner need to the surface. Used wisely, these flower essences are essential allies in bringing out the qualities that lie within us and improving our relationship with the world.

This inner aspiration for affirmation, sensations, protection, understanding, improvement, sublimation, affection, transformation, expansion, stability, emancipation and compassion is in synchronicity with our astrological chart and, more precisely, with the meanings of the interplanetary aspects and those of the passages of the planets (called 'transits') on the birth chart.

Our psyche reflects our birth chart. However, at certain times, this psyche, while retaining its basic structure, manifests itself differently. These psychic variations correlate with planetary transits. Transits represent our temporary force fields. The events we encounter serve as barometers to indicate whether we are in harmony with our

force fields, both original (those of the planets in aspect in a birth chart) and temporary (those of the planets in the sky in aspect to the planets in the birth chart). Transits signal the moments when we need to focus our attention more precisely in order to be aware of what is emerging within us. They help us anticipate and interpret this succession of present moments. They are a valuable aid in immediately understanding the movements of our psyche. The use of flower essences contributes to the understanding of the conflicting movements of our psyche.

I have deciphered these links between the aspects (or planetary transits) of the astrological chart and flower essences, with the aim of offering the most appropriate essences for a specific issue (aspects of tension) or an issue that evolves over time (planetary transits). If, for example, an astrological chart shows an aspect of tension between the planet Pluto and the Moon (a Moon in the sign of Taurus), you can refer to the chapter 'Transit or aspect of Pluto on your Moon in Taurus'. If the person is identified with the psychological issues related to this aspect, this chapter will indicate the appropriate flower essences to help resolve them.

**Read again:** *Lesson 7 Astrological interpretation tool sheet, Aspects in Astrology volumes 1 and 2*

### **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 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.

### **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.

[\[1\]](#) This reading material can be downloaded in PDF format from the school's website (see progress guide).

### **? Any questions?**

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