



EAPC



School of Astrology and Mindfulness

Workshop 7 Mundane astrology

Reading material: *Global astrology* by Jérôme Zenastral^[1]

This book, *Global astrology*, explores a bold idea: that the stars reflect the inner aspirations and needs of human beings. The movements of planets such as Uranus, Neptune and Pluto – symbols of emancipation, immersion and transformation – manifest themselves in human history as beacons guiding our societies through the storms of change. By connecting planetary cycles to historical events, we do not seek to prove any esoteric causality, but rather to demonstrate how these cycles resonate with humanity's inner impulses.

This workshop is not merely a historical or astrological reflection. It aspires to be an invitation to awareness. By examining past and present crises through the lens of planetary cycles, we hope to inspire a fresh look at our societies and the paths that lie ahead. We suggest that crises—whether personal or collective—are opportunities to return to an essential freedom, to a universal consciousness that transcends divisions and unites humanity around its core values.

The stars do not decide our lives. But they can illuminate the paths we take, reflecting the profound questions that every human being seeks to answer.

Read again: *Lesson 7 Astrological Interpretation Tool Sheet*

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. The aim is not to acquire encyclopaedic knowledge, but to allow 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 learning 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:
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