



School of Astrology and Mindfulness

Workshop 9 Astrology and selected bibliography

Deepening your understanding of mindfulness astrology through fundamental works

In this workshop, we will not simply compile a reading list. We will establish a link between the major astrological and psychological works of the 20th century and our approach: that of mindfulness astrology, based on synchronicity, inner observation, and self-knowledge as a path to liberation.

The bibliography below is the result of a rigorous selection of thinkers and practitioners who, each in their own way, have contributed to making astrology a path of personal transformation, far beyond a simple predictive technique. Some are psychologists, others philosophers, therapists, or mystics. But what they all have in common is that they have grasped the symbolic and evolutionary significance of the natal chart.

Studying these works will help you to:

- clarify the humanistic and transpersonal foundations of contemporary astrology,
- distinguish psychological astrology from its deterministic uses,
- discover astrological readings focused on the inner process rather than external events,
- enrich your own interpretive approach with rigour, ethics and presence,

- nurture your awareness of what each birth chart reflects: the future of a being in relation to itself and the world.
-

Annotated bibliography

- ♦ Stephen Arroyo
 - *Practical Astrology*
 - *Astrology, Psychology and the Four Elements*
 - *Astrology, Karma and Transformation*

Arroyo offers a lively, deeply psychological astrology influenced by Jung. He emphasises the inner dynamics of the elements and the role of the planets as forces of evolution rather than external influences.

- ♦ Liz Greene and Howard Sasportas
 - *The Luminaries*
 - *The Inner Planets*
 - *The Development of Personality*
 - *Astrology: the dynamics of the unconscious*
 - *The astrological guide to human relationships*
 - *Kosmos und Seele*
 - *Saturn, a new look at an old demon*

These major authors have brilliantly linked astrology to psychoanalysis, particularly Jungian psychoanalysis. Their works shed light on psychological complexes and archetypes, highlighting the initiatory function of the trials symbolised by the planets.

◆ Dane Rudhyar

- *Astrology of Personality*
- *The Rhythm of the Zodiac*
- *The Lunar Cycle*
- *The Astrological Houses*
- *Astrological Aspects* (with Leyla Rael)
- *Astrological Triptych*

A true pillar of humanistic astrology, Rudhyar was also a visionary philosopher. He laid the foundations for a holistic and evolutionary reading of the astrological chart, focused on personal growth rather than a fixed destiny.

◆ Alexander Ruperti

- *The Wheel of Individual Experience*
- *The Cycles of Becoming*

A faithful follower of Rudhyar, Ruperti highlights the great planetary cycles as revelations of our relationship to time, transformation and our participation in the Whole.

◆ Luc Bigé

- *The Symphony of the Zodiac*

In a symbolic and poetic approach, Bigé explores the signs as living archetypes and the planets as inner myths. An inspiring read, close to contemplative astrology.

◆ Robert Hand

- *Planets in Transit*

Although more technical, this book remains an essential classic for approaching transits from an evolutionary perspective, without falling into the trap of prediction.

- ◆ Fritz Riemann
 - *Lebenshilfe Astrologie*
 - Grundformen der Angst (with Ernst Reinhardt)

Riemann subtly articulates astrology and psychopathology. He shows how each sign carries within it a specific existential anxiety, and how the birth chart can become a tool for understanding inner conflicts.

- ◆ Wilhelm Knappich
 - *Geschichte der Astrologie*

A reference work for placing astrology in its historical and cultural context and understanding its successive transformations up to the modern day.

- ◆ Carl Rogers
 - *The Development of the Person*

Although not astrological, this fundamental text for humanistic psychotherapy sheds light on our approach as astrologers: centred on listening, trust in the inner process, and non-judgement.

- ◆ Rupert Spira
 - *The Transparency of Things*

This non-dualistic book invites us to explore the nature of consciousness. It takes the approach of mindfulness astrology to a deeper level: seeing that the astrological chart is less a 'personal destiny' than a gateway to who we are beyond all forms.

Support available by email

Although 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.

? 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)**