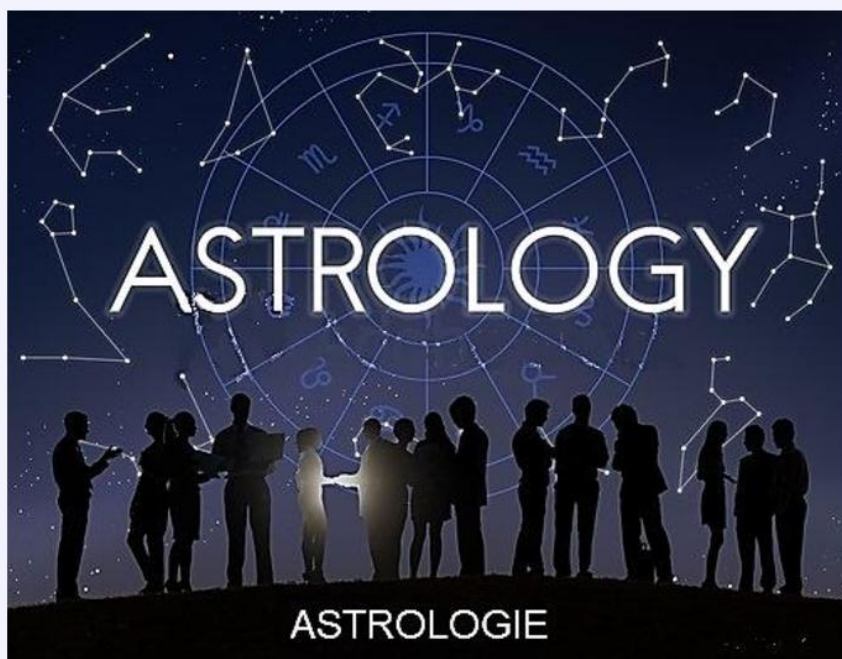




EAPC



School of Astrology
and Mindfulness

Workshop 10 The question of predictions in astrology

Delve deeper into the astrology of mindfulness through fundamental works

Since the dawn of astrology, the temptation to predict the future has always accompanied the practice. Kings, empires, generals—all have sought certainty in the stars, a way to stay ahead of events. The astrologer, a respected and sometimes feared figure, was seen as someone who could read the destiny of men in the sky. This vision, inherited from a time when the world was thought to be governed by external and implacable forces, has left a lasting mark: many people still associate astrology with mechanical prediction, as if the position of the planets inevitably dictated the course of life.

However, this way of seeing things is not only outdated, but contrary to what we know today about consciousness, time and human freedom. It is based on a dangerous illusion: the belief that our future is written somewhere in the heavens, and that we only need to learn how to decipher it. This is a trap, because it traps the individual in a state of expectation, dependence and sometimes fear. If you are told that misfortune will befall you on a certain date, the suggestion sometimes becomes stronger than reality, and the individual unconsciously prepares to accept it, unwittingly confirming the prediction.

The real error is not only methodological, it is philosophical: it assumes a linear time, where events are

already lined up, ready to unfold like train carriages. It assumes that consciousness plays no role, that it is merely a spectator to a pre-written script. However, everything in human experience contradicts this fatalism. Every moment is new, every moment opens up a field of possibilities.

Mindfulness astrology starts from another premise: there is no influence of the stars, but rather synchronicity. The birth chart is not a machine for producing events; it is a mirror, a symbolic language that reflects the forces at play in the psyche and in the world. It does not say ‘what will happen’, but expresses the inner climate in which we are called to evolve. It then becomes a tool for knowledge, not an instrument for mechanical prediction.

This is why the question of predictions must be radically rethought. It is no longer a matter of telling the person, ‘This is what awaits you,’ but of accompanying them in recognising present trends, in making themselves available to what is emerging within them and around them. Predictions are no longer verdicts, but invitations.

From this perspective, all predictive astrology in the old sense – that which asserts that a particular event will occur on a particular date – becomes a dead end. It denies the role of consciousness, it denies the creativity of the present, it denies inner freedom. Astrology, far from being the art of freezing destiny, then rediscovers its true vocation: to be a school of vigilance, lucidity and freedom.

The illusions of predictive systems other than transits

Over the centuries, astrology has developed a multitude of so-called 'predictive' techniques. Some have become essential traditions: primary directions, secondary progressions, solar arcs, solar revolutions and annual profections. All of them share the ambition of deducing life events in advance by artificially manipulating astrological time.

These systems, despite their apparent internal consistency, are based on a fragile premise: that the future is already written and can be calculated like an equation. The natal chart is artificially shifted in time to derive clues about supposed events. But what does this symbolic mechanism really tell us? In my view, it says nothing more than the astrologer's belief in a predefined destiny.

The proliferation of techniques and their contradictions

Another major problem with forecasting systems other than transits is their proliferation. If we take the trouble to seriously apply all the available methods – primary directions, symbolic directions, secondary progressions, solar arcs, solar revolutions, not to mention transits – we end up with an impressive amount of information for a single year of life.

Each technique produces its own series of aspects. For directions alone, it is not uncommon to obtain five or six for the same period. Add to this the solar revolution, which

generates its own annual theme and symbolic promises, and the transits, which are always present in the background. The question then arises: will the person really experience as many events as these predictions suggest?

The answer is obvious: no. Human life is not an uninterrupted succession of spectacular events, let alone an accumulation of contradictions. Yet this is exactly what we get when we combine these methods.

Let's take a simple example: a primary direction showing Mars in trine to the Sun, synonymous with vitality, assertiveness and confidence. But at the same time, a secondary progression may indicate Mars in square to the Sun, symbolising tension, conflict and a breakdown in energy. What to do with these two contradictory indications? Astrologers, in order to get around this, sometimes talk about clusters (groups of converging factors) or a global vision, but these attempts at unification only mask the underlying difficulty: each system produces its own interpretations, which are often incompatible with each other.

This profusion becomes a trap: the more techniques are multiplied, the further we move away from clarity, and the more we trap the person in a labyrinth of assumptions. The astrologer then finds themselves 'juggling' between discordant symbols, at the risk of imposing their own projection to harmonise what, in reality, cannot be harmonised.

Conversely, transits retain their simplicity and power: they reflect the climate of the moment, a current of energy that is present, without artificially constructing an imaginary future. They do not add to each other like contradictory layers, they simply paint the colours of the moment. And it is precisely this simplicity that makes them reliable and compatible with a mindful approach.

The limits of experience

Like many astrologers, I have experimented with these methods myself. I have practised directions, progressions and solar revolutions, and I have not obtained any truly convincing results. The correspondences were sometimes approximate, sometimes non-existent, and most often depended on a forced interpretation. This vagueness led me to a clear conclusion: these techniques are not reliable because they are not based on lived synchronicity, but on a mental construct.

Transits, on the other hand, can be observed directly in the sky. When Saturn crosses a point in our chart, we feel the resonances, sometimes internal, sometimes external. There is real contact – not a causal influence, but a meaningful coincidence. The transit corresponds to an encounter in the present moment.

A contradiction with mindfulness

Furthermore, directions and other progressed systems contradict the perspective of mindfulness. To assert that an event is ‘inscribed’ in a chart on a given date is to deny

that consciousness itself is creative. It reduces the individual to an automaton, a victim of an inevitable future. Mindfulness teaches us exactly the opposite: that every moment is new, that the present is a field of freedom, that nothing is ever predetermined.

In this sense, using directions or progressions as tools for prediction is not only a technical error, it is spiritual heresy. It amounts to turning away from the essential: attention to the present.

The danger of conditioning

We must also consider the psychological danger of these practices. When we tell someone that they will experience a certain event on a certain date, we trap them in anxious anticipation. And if nothing happens, they believe they have escaped their fate; but if an event does occur, they experience it with the conviction that it was all written in the stars, losing confidence in their inner freedom. In both cases, they abdicate their power as observers.

True astrology cannot be this. It cannot reduce humans to puppets of temporal calculations. It merely reflects the climate we are going through, not the scenario that imprisons us.

In truth, there is only one predictive method that remains faithful to this vision: that of transits. For transits do not construct an imaginary future, they reflect a succession of lived present moments. They are the direct language of synchronicity.

Quantum mechanics as a metaphor for time and consciousness

For a century, quantum physics has revolutionised our understanding of the world. It has shown that reality is not made up of solid objects moving in a fixed space, but of a field of possible states, of probabilities that only take shape when an observer measures them. This discovery, which physicists themselves describe as disturbing, offers an illuminating metaphor for thinking about the relationship between astrology, time and consciousness.

The future as a field of possibilities

In quantum mechanics, a particle is not ‘here’ or “there” before it is observed. It exists in a superposition of states. It is only the act of measurement that ‘makes it be’ somewhere. In the same way, our future is not written in advance. It is not a straight line that we are condemned to follow. It is a field of possibilities, a multitude of potentialities, which only become reality when we encounter them in the present moment.

This is why it is absurd to want to predict an event with certainty. At best, we can say that a trend is likely, that a climate is emerging. But concrete realisation always depends on the observer, that is, on ourselves, our inner state and our conscious attention.

The role of the observer

In quantum experiments, the observer is not passive: they participate in the reality they observe. Similarly, in psychic life, our consciousness does not simply witness events as they unfold.

It is a co-creator. It is through our gaze, our attitude, our openness or our resistance that we determine which potentiality takes shape. Jung and the physicist Wolfgang Pauli had already sensed this connection. Together, they forged the concept of synchronicity, that meaningful coincidence where an external event corresponds to an internal state.

Astrology is based precisely on this principle. The planets do not cause anything, but their movement coincides with our inner processes. They are a mirror of the present moment, just as the quantum experience is a mirror of the observer's state.

Consciousness outside of linear time

Modern physics also invites us to question the notion of absolute time. Linear time is only a construct. Consciousness, on the other hand, does not exist within this mechanical unfolding. It lives in the moment. This is why mindfulness astrology is not interested in “tomorrow” as a foregone conclusion, but in the moment that is unfolding, in its infinite potential.

Each transit then becomes the equivalent of a “quantum measurement”. When Jupiter or Saturn aspects a planet in our chart, it is not a decree of fate, but an indication that a particular field of possibilities is being activated. It is up to us to see, welcome and direct our consciousness into this field. This is how the event is created.

Astrology and freedom

Seen from this angle, astrology fully aligns with the quantum vision: it is not a mechanical prediction, but a language of possibilities. It does not lock us into a fixed future, but opens us up to a broader awareness of the present. This is where true freedom lies: not in the illusion of controlling everything, but in the lucidity of observing and choosing at each moment the inner attitude that transforms potentiality into reality.

Why transits are sufficient

Among all the so-called ‘predictive’ techniques, there is only one that, in my view, remains relevant: that of transits. Unlike directions or progressions, which artificially shift the natal chart into a fictitious time, transits are based on an observable reality: the movement of the planets in the sky, as it appears at the present moment.

The simplicity of reality

A transit occurs when the current position of a planet resonates with a point in the birth chart. Nothing could be

simpler or more direct. And yet, this symbolic encounter is incredibly powerful. It is not based on speculation, but on lived synchronicity. We can feel it within us, sometimes with striking intensity.

As Stephen Arroyo, one of the most respected modern astrologers, points out, ‘90% of predictive validity is based on transits’. Why? Because they speak the language of the present. They indicate the inner and outer climate that is manifesting itself here and now. They do not project an imaginary scenario, they reflect a living experience.

The climate, not the verdict

A transit never announces a specific event. It does not say, ‘You are going to lose your job’ or ‘You are going to meet such and such a person.’ It indicates a climate, an energetic tone, a psychic dynamic. For example:

- **A Saturn transit** may signal a period when rigour, responsibility or limitation are required. Depending on our inner attitude, this can translate into a constructive effort, a test of patience, or a feeling of blockage.
- **A Jupiter transit** opens up a climate of expansion, confidence, and opportunity. But again, there is no certainty: the energy can be experienced as a happy opening or as excessive dispersion.

What makes the difference is not the transit itself, but the way in which the consciousness receives it.

The present moment as the key

Transits remind us that life is a succession of present moments. Each one is coloured by a particular energy, like an inner season. But how we experience this season depends on our vigilance. If we are attentive, we can recognise what is happening within us and adjust our attitude. If we are distracted or closed off, we risk suffering the trend rather than integrating it.

This is why transits are perfectly in tune with mindfulness: they do not freeze the future, they invite attention. They tell us: "This is the current that is flowing through your life today. What will you choose to do with it?"

A sufficient method

There is therefore no need to look elsewhere. Transits are sufficient because they highlight the essential: the encounter of our being with the present moment. Any other system unnecessarily complicates the process and risks distracting us from the simplicity of consciousness. By remaining faithful to transits, astrology retains its purity: it remains a mirror of synchronicities, a symbolic language that reflects our inner climates. It ceases to be a technique of divination and returns to what it is at its core: a path to self-knowledge and liberation.

Transits and conscious attention

Transits, taken in isolation, do not mean much. They are not prophecies, but signals. Their true value is revealed

only when they are associated with **conscious attention**. It is this encounter between the climate symbolised by the transit and the inner state of the person that determines the experience.

The power of the observer

A Saturn transit, for example, can be experienced as a heavy trial, a feeling of suffocation, a burdensome loneliness. But it can also be welcomed as an opportunity for consolidation, maturation, and beneficial reorganisation. The difference is not in the transit itself – which remains the same – but in the quality of the consciousness that observes it.

This is where true free will lies. We do not have the power to change planetary cycles, any more than we can decide the seasons outside. But we do have the power to choose our inner attitude, our way of inhabiting the moment. Winter can be endured as a constraint or experienced as a period of rest and gestation. Transit is the inner season: attention determines the experience.

Attention as the key to transformation

Mindfulness teaches us that the present moment is always new. Even in the midst of a difficult transit, there is a space of freedom, that of acceptance. Observing our resistances, our fears, our tensions, without identifying with them, already transforms the way we experience them. The energy of the transit then becomes a path of evolution rather than a fatality.

Thus, instead of waiting for ‘what is going to happen’, the person learns to ask themselves:

- What is happening within me right now?
- What inner tendency does this transit shed light on?
- How can I welcome it creatively, rather than just enduring it?

These questions do not seek definitive answers, but open up a space for awareness.

Astrology as a school of awareness

Seen from this angle, astrology is no longer reduced to a calendar of supposed events. It becomes a school of inner awareness. Each transit becomes an invitation to observe: to observe our habits, our patterns, our attachments, our impulses. And through this observation, a new space of freedom opens up.

It is not the event that matters, but the consciousness that welcomes it. The same transit can translate into different experiences depending on the person, and even for the same person depending on the period of their life. What remains constant is the opportunity to learn to be present.

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.

? Any questions?

If this lesson raises any questions, comments or need for clarification, you can write to me at:
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