

Catalogue:

The works of Jérôme Zenastral



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Introduction

As an astrologer, writer, and essayist, I have devoted nearly fifty years to exploring astrology through an innovative lens, linking this ancient discipline to mindfulness. My journey began in 1975 with training at the school of Jacques Berthon, and has been enriched over the years by in-depth study of the works of Stephen Arroyo, Liz Greene, Robert Hand, Fritz Riemann, and Alexander Ruperti. Since 1980, my research has led me to revisit astrology not as a system of influence from the stars, but as a symbolic language resonating with synchronicity and our own view of the world.

I have written several essays and around forty books on astrology, exploring various aspects of this discipline: psychological astrology, mundane astrology, the interpretation of planets and houses, astrology applied to personal development and understanding the major dynamics of life. My work is intended to be accessible to a wide audience, from beginners to experienced practitioners, by offering reading keys adapted to contemporary questions.

To make these books available to an international readership, they have been translated into English, German, and Spanish using Deepl, with some translations being proofread. This document aims to introduce you to these books, their editorial line, and their relevance in the current landscape of astrology and personal development.

I invite you to discover these titles and to share this vision of astrology, which brings meaning and opens the way to a better understanding of oneself and the world.

? Any questions?

If reading one of these books raises a question, comment or need for clarification, you can write to me at: **jerome(at)zenastral.fr**

Astrology and Mindfulness

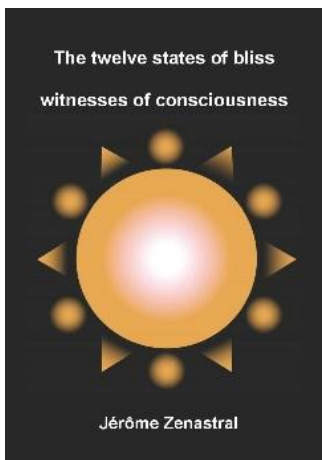


The Cartesian approach to the world is insufficient to answer our **existential questions**. **Science** cannot enlighten us on the meaning and reason for human existence . If it answers the "how", by proceeding rationally and by accounting for phenomena in terms of causes, it does not provide a satisfactory answer to the question: who am I?

This treatise on astrology invites the reader to better understand themselves and to define life projects adapted to their personality. It provides all the ingredients to interpret their sky map and reveal his character.

[Available in paper version here](#)

The twelve states of bliss



This book explores the intimate connection between mindfulness and the universal quest for happiness. Another goal of this essay is to help the reader understand how the concept of the fall as a loss of initial harmony or separation from our true nature, present in many spiritual traditions, is linked to our ceaseless quest for happiness and fulfillment. This book also refers to the 12 signs of the zodiac, suggesting a connection between these astrological signs and the "12 felicities." By exploring the astrological signs and their luminous qualities in synchronicity with the fundamental felicities, the author reveals how self-knowledge through astrology, mindfulness, and self-attention can serve as a natural corrector to overcome obstacles and return to our true essence.

[Available in paper version here](#)

The Sun in Astrology



The Sun is the living heart of your astrological chart. It represents your center, your ability to assert yourself and create your own destiny.

In this book, you will discover the detailed interpretation of the 144 combinations formed by the Sun in the 12 signs of the zodiac and the 12 astrological houses. This reading is enriched by the study of its aspects to other planets, offering a global and nuanced vision of your life force.

Following on from previous works— *Astrology and Mindfulness* , *The Nodes of the Moon* , *Aspects in Astrology* , *Mercury in Astrology* , and many others—this book takes an approach to astrology based not on the mechanical causality of the stars, but on synchronicity. Astrology is conceived here as a living mirror of your psyche: an inner map at the moment of your birth, a symbolic reflection of your potential.

Whether you are a student of astrology or an experienced practitioner, this book is intended to be a clear, inspiring and accessible guide to deepening self-knowledge through the solar light of your natal chart.

[Available in paper version here](#)

The Ascendant in Astrology: Who am I?



The Ascendant is the birthplace of our identity, the space where we manifest ourselves to the world. But how do the different planetary energies interact with this expression? This book explores in depth the aspects between the Ascendant and the ten planets, offering 120 interpretations to better understand the forces at work in our psyche. Rather than an influence exerted by the stars, astrology is based on a principle of synchronicity: aspects do not dictate our destiny; they reveal internal interferences, tensions, and harmonies between different dimensions of our being. A relaxed aspect indicates a fluid coexistence between two psychic tendencies, while a tense aspect reflects a more contrasting dynamic, highlighting a challenge to integrate. Accessible to all, whether you are an astrology enthusiast or an experienced practitioner, this book invites you to explore your own chart with discernment and curiosity. It is not about confining your experience to rigid definitions, but about offering you avenues of reflection to help you know yourself better and refine your view of astrology.

[Available in paper version here](#)

Astrology : 144 Sun Ascendant combinations

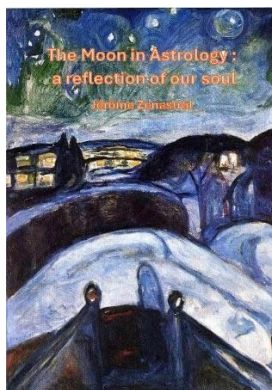


Discover the complex dynamics between the Ascendant and the Sun in this book, a companion to "Astrology and Mindfulness." Through these 144 possible combinations between these two key elements of a birth chart, anyone can deepen their understanding of themselves and their life path. This book offers a detailed exploration of how the Ascendant and the Sun can come into conflict or harmony, and how the interaction manifests in our lives. Beyond the dynamics discussed between the Sun sign and the Ascendant, it is essential to consider the tension-filled aspects associated with the Sun in sign. These dissonant aspects add subtle nuances and additional complexities to the interpretation of the Sun in sign. And for an even deeper reading, for each combination, this book also dissects the Sun's house position, thus offering a holistic and complete vision of your identity and destiny.

More than a hundred celebrities, as well as characters from novels, television series and films, have been chosen to illustrate these astral combinations.

[Available in paper version here](#)

The Moon in Astrology



The Moon is the mirror of our inner world, revealing our emotions and our relationship with security. It responds to our need for intimacy, comfort, well-being, and tranquility.

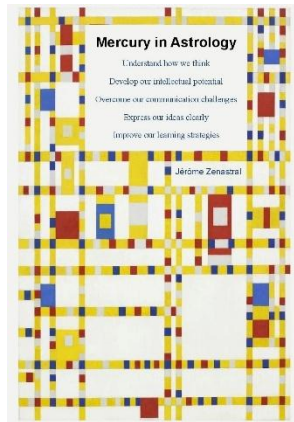
In this book, each position of the Moon is explored in detail:

- **The 12 signs** of the zodiac, which color our sensitivity and spontaneous reactions.
- **The 12 houses** , which reveal the areas of life where our soul seeks to express itself and find security.
- **Aspects to other planets** , which refine and nuance our way of experiencing and feeling.

This book offers keys to better understanding our lunar nature and living in harmony with it. Each interpretation is accompanied by avenues for reflection and psycho-solutions for fully integrating this energy into our daily lives.

[Available in paper version here](#)

Mercury in Astrology



This book offers a comprehensive exploration of the 144 possible combinations of Mercury in astrological signs and houses, revealing the infinite nuances of ways of thinking, speaking, and relating to the world.

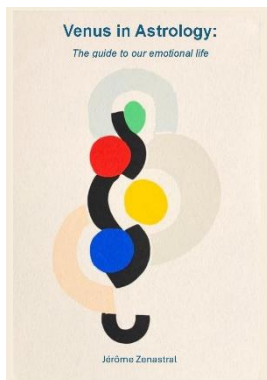
Each configuration illuminates a particular cognitive sensitivity, a way of perceiving, reasoning, learning, or transmitting. Analysis of Mercury's aspects enriches this reading by revealing the internal tensions or harmonies that influence the fluidity of exchanges, the clarity of ideas, or the ability to convey messages.

Anchored in a symbolic approach based on synchronicity, this book does not rely on any belief in direct astral influence. Rather, it offers a psychological and intuitive reading of the natal chart, in which Mercury becomes a mirror of your unique intelligence.

An essential guide for anyone interested in using astrology as a tool for self-knowledge, to develop more conscious thinking, more aligned speech, and a deeper understanding of their own mental universe.

[Available in paper version here](#)

Venus in Astrology



Discover the mystery of Venus, the planet of love, seduction, and harmony, through a comprehensive exploration of its 144 astrological sign and house combinations. This book guides you to understand how this unique energy colors the way you love, seduce, and relate to others in different areas of life.

Beyond simply Venus's position, you'll learn to decipher the aspects it forms with other planets, revealing the internal dynamics that influence your emotional relationships, your desires, and your quest for emotional balance. These planetary interferences, whether harmonious or conflicting, shed light on the riches and challenges of your way of attracting and connecting.

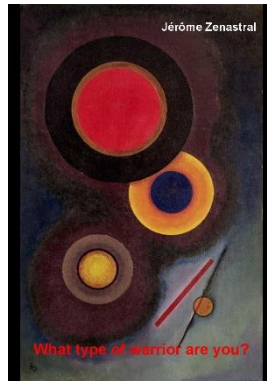
Using a synchronicity-based approach, this book offers a symbolic and psychological reading of Venus, far from any idea of direct astral influence. It invites you to know yourself better, to embrace your strengths and your shadows, and to cultivate your power of attraction with awareness and authenticity.

An essential guide for anyone wishing to deepen their understanding of the intricacies of love and human relationships through astrology.

[Available in paper version here](#)

Mars in Astrology

What Type of Warrior Are You?



In this book, Zenastral invites you to discover your "inner warrior" through astrology.

Through a detailed analysis of the 144 possible combinations of Mars in signs and houses, enriched by the significance of the aspects it forms with the other planets, this book reveals how our strength and aggressiveness can be channeled constructively to meet life's challenges.

[Available in paper version here](#)

Ceres in Astrology



In the vast universe of astrology, each star provides us with keys to better understand ourselves. Among them, Ceres, the ancient goddess of agriculture, holds particular importance. Beyond the symbolism of harvests, Ceres embodies a powerful principle of purification. She invites us on an inner journey. She encourages us to explore our depths, identify our weaknesses, and work on ourselves with humility. This personal work is essential before we can establish harmonious relationships with others, represented by the sign of Libra.

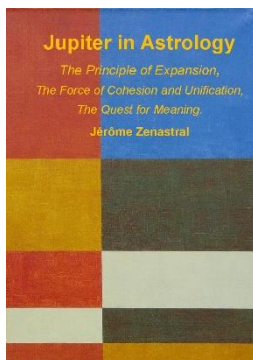
In this book, we'll explore in detail the meaning of Ceres based on its position in your astrological chart. We'll also analyze its relationships with other planets, revealing how these interactions reflect periods of profound transformation or inner peace.

Whether you are an experienced astrologer or simply curious to know yourself better, this book offers you concrete tools to integrate the purifying energy of Ceres into your daily life.

[Available in paper version here](#)

Jupiter in Astrology

The Complete Guide to the 144 Combinations of Jupiter in Signs and Houses



For nearly fifty years, Jérôme Zenastral has explored astrology as a symbolic language, a path to self-knowledge, an art of inner listening. In this new book, he devotes his attention to Jupiter, the planet of expansion, cohesion, and the quest for meaning.

Through the 144 possible combinations of Jupiter in the 12 signs of the zodiac and the 12 astrological houses, this book offers a subtle and lively reading of this inner force which pushes us to grow, to believe, to connect. But Jupiter never speaks alone: it interacts with the other planets in the birth chart. This is why a third part is devoted to aspects to Jupiter—the inner dialogues that enrich or challenge our growth drive. Harmonious trines, demanding squares, powerful conjunctions... each aspect becomes a key to better understanding our personal development dynamics.

[Available in paper version here](#)

The Silences of Saturn



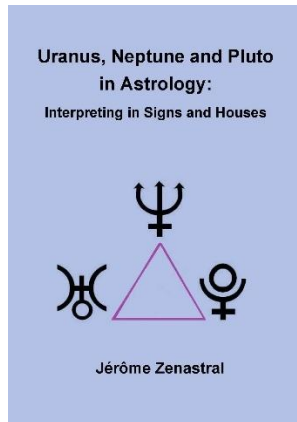
"The Silences of Saturn" explores in depth the meaning of Saturn through the signs and houses of the astrological chart, offering a unique and nuanced understanding of this planet of maturity and stability. Saturn, a symbol of reflection and introspection, encourages us to evaluate each trial wisely and learn valuable lessons from the challenges we face.

In this book, each combination of Saturn in the 12 signs and 12 astrological houses (144 combinations) is meticulously analyzed to reveal how this stabilizing force is indicative of our ability to discern what best suits our nature, to know our limits, and to determine our true capacities. By cultivating inner silence, Saturn helps us reject what has become insufficient or restrictive, and to retain what is most useful to us.

"The Silences of Saturn" helps us assess conflict situations and make wiser, more authentic decisions. By connecting with this inner wisdom, we learn to assume our responsibilities with clarity and discernment, aligning our choices with our true nature.

[Available in paper version here](#)

Uranus, Neptune and Pluto in Astrology



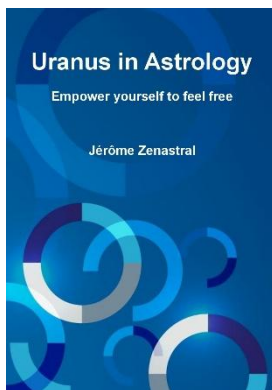
This book is an essential complement to the treatise "Astrology and Mindfulness." The author invites you to delve into a detailed exploration of the different dimensions of Uranus, Neptune, and Pluto, their significance in each zodiac sign, and their resonance in each astrological house.

This book provides keys to understanding to better grasp the dynamics of these three planets in our lives and gives us tools to integrate their energy of emancipation, immersion and transformation.

It is intended as a valuable guide for all those who yearn to feel free, unified, and liberated. Reading this book is an experience that I hope will inspire you and accompany you in your quest for truth.

[Available in paper version here](#)

Uranus in Astrology



This book is an essential complement to the treatise *Astrology and Mindfulness*. The author invites you to dive into a sensitive and in-depth exploration of the multiple dimensions of Uranus, this symbolic planet of awakening, inner freedom and liberating ruptures.

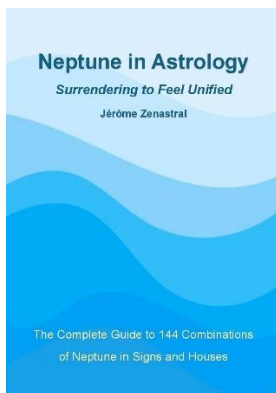
Through the 144 combinations formed by the position of Uranus in the 12 signs of the zodiac and the 12 astrological houses, he offers a nuanced and vivid vision of this force of emancipation at work in each of us. Each configuration highlights a particular way of questioning the established order, of breaking out of conditioned patterns and of following one's own path, in a constantly changing world.

This book offers keys to understanding the dynamics of Uranus in your birth chart and ways to consciously integrate its energy. It is aimed at all those who feel a call to free themselves from inner confinement, to live more authentically, to transform their relationship with the world with boldness and lucidity.

This book is intended to be both a precise interpretive tool and a companion. It accompanies astrologers, students, and truth seekers in their aspiration to better understand themselves and to honor the power of change that lies dormant within them.

[Available in paper version here](#)

Neptune in Astrology



This book is an essential complement to the treatise *Astrology and Mindfulness*. The author invites you to a subtle and profound exploration of Neptune, the planet of the invisible, of fusion and the quest for inner unity.

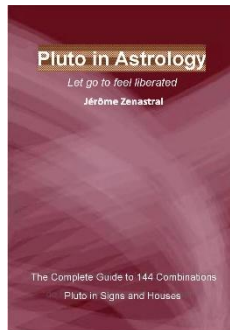
Through the 144 combinations formed by Neptune's position in the 12 signs of the zodiac and the 12 astrological houses, he offers a nuanced and vivid vision of this energy that connects us to planes larger than the ego. Each configuration highlights a singular way of perceiving the world through the prism of intuition, compassion, or inspiration, but also the pitfalls of escape, illusion, and identity blur.

This book offers keys to understanding the dynamics of Neptune in your birth chart and ways to integrate this energy with discernment. It is intended for all those who feel a call to open themselves to the spiritual dimension of existence, to cultivate empathy, and to move towards a deeper peace, rooted in the acceptance of what is.

This book is intended to be both a precise interpretive tool and an inner companion. It accompanies astrologers, students, and seekers of the absolute in their desire to fully inhabit the moment, to listen to the movements of the soul, and to weave, in consciousness, the invisible link that unites us to the whole.

[Available in paper version here](#)

Pluto in Astrology



This book enriches the treatise *Astrology and Mindfulness* by inviting you to a sensitive and deep dive into the complex universe of Pluto, the symbolic planet of radical transformation, regeneration and the encounter with the shadow.

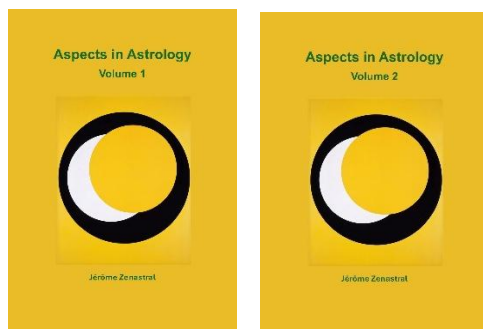
Through the 144 combinations formed by Pluto's position in the 12 signs of the zodiac and the 12 astrological houses, the author offers a nuanced and vivid vision of this inner force that pushes us to be reborn, to overcome our limitations, and to heal the hidden parts of ourselves. Each configuration illuminates a specific way of embracing profound change, often difficult, but always carrying a liberating power.

This book offers keys to understanding the Platonic dynamics in your birth chart and ways to embrace this energy with awareness and discernment. It is for anyone who feels the call to confront their inner truth, to transform authentically, and to cultivate renewed strength in their lives.

This book is both a precise interpretive guide and a companion on the path to metamorphosis. It accompanies astrologers, students, and seekers of truth in their quest for self-knowledge and in respectfully welcoming the transformative power that lies dormant within each of us.

[Available in paper version here](#)

Aspects in Astrology Volume 1 and 2

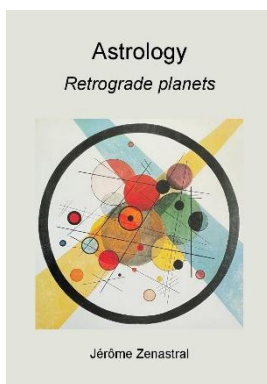


What is an aspect between two planets? A simple angular distance on the wheel of the zodiac? Or is it the reflection of a profound dialogue between two forces of our psyche? In this book, Jérôme Zenastral—astrologer, writer, and mindfulness researcher—invites us to explore planetary aspects, those invisible but powerful links that weave the fabric of our birth chart. Through a clear and lively approach, the author distinguishes between aspects of tension (Volume 1), revealing inner conflicts but also possible evolutions, and aspects of relaxation (Volume 2), bringing harmony and fluidity. Each aspect is interpreted taking into account the sign occupied by the planets, thus offering a fine-grained and personalized reading. This book is distinguished by its conscious approach to astrology: tensions are not curses, but invitations to presence and integration. For each aspect of tension, the author offers concrete psycho-solutions, designed to transform discomfort into understanding, and inner struggle into openness of heart. A valuable guide for all those who wish to go beyond fixed interpretations and discover astrology as a tool for self-knowledge and inner liberation.

[Volume 1 is available in paperback here](#)

[Volume 2 is available in paperback here](#)

Astrology: Retrograde Planets



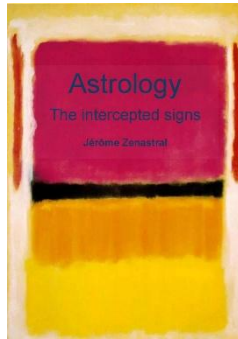
When a planet is retrograde in a birth chart, its apparent movement seems to be going backward. This phenomenon is not a defect or a blockage, but an invitation to turn one's gaze inward. Planetary energy ceases to be immediately projected into external action and becomes introspective, reviewing, questioning, and deepening.

In this book, Jérôme Zenastral explores the meaning of retrograde planets through 144 detailed combinations: the 12 signs of the zodiac and the 12 astrological houses. Each interpretation illuminates a particular dimension of the inner work that retrograde motion invites us to undertake: revisiting our impulses, reexamining our attitudes, and finding a deeper coherence with ourselves.

True to his vision of astrology based on synchronicity, Jérôme Zenastral reminds us that there is no direct influence of the stars, but a symbolic language that reflects our inner dynamics. Retrograde planets then become precious keys to introspection, not obstacles, but intimate passages towards a broader and more authentic awareness of oneself.

[Available in paper version here](#)

Astrology: The Intercepted Signs



In a birth chart, an interception does not indicate a flaw or a fatality. It is an inner space still veiled, a silent energy waiting to be awakened. Like a locked room whose key has not yet been found, the intercepted sign does not require correction, but recognition and acceptance.

This book explores these hidden areas of consciousness in depth. Each intercepted sign is studied in relation to each planet, then broken down into all the houses of the chart, offering more than 1,400 original interpretations. Each of these combinations opens a unique path to inner liberation, revealing how intercepted energy can become a source of presence, creativity, and self-expansion.

Here, astrology is not prediction but synchronicity. It does not describe a fixed destiny, but a symbolic language that reflects our inner life and invites us to awaken. Interceptions, far from being prisons, then become invitations to consciousness, mirrors that reveal unsuspected resources.

Whether you are curious, a student of astrology, or already an experienced practitioner, this book offers you an innovative approach: that of an astrology of full consciousness, where each interception transforms into an opening key and a path to inner freedom.

[Available in paper version here](#)

The Nodes of the Moon in Astrology



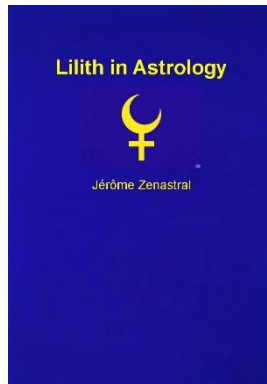
In this book, we invite you to discover the symbolic richness of the South Node and the North Node, not as esoteric concepts linked to past lives or a distant future, but as essential markers of your personal journey into the present moment and full consciousness.

The South Node, far from being a simple comfort zone or a reminder of a bygone era, is presented here as a reflection of your actions, talents, and habits accumulated over time. It testifies to what you have accomplished, the skills you have developed, and the challenges you have already overcome.

The North Node, for its part, represents the call to fully embody your qualities and live in accordance with the potential of your present. This is not a distant goal, but a clear direction for your immediate evolution, a path on which you are already committed, here and now.

[Available in paper version here](#)

Lilith in astrology



Lilith embodies the most authentic, radical, and profound part of ourselves, often hidden, rejected, or banished. Far from being a negative energy to be avoided, she is a force of sacred disobedience that invites us to recognize the original wound of separation from universal Consciousness. This book explores her 144 combinations in astrological signs and houses, revealing how Lilith acts as an inner threshold, a living memory of an inviolable absolute.

Beyond this double reading, you will also discover the interpretation of the aspects that the planets form with Lilith, true symbolic dialogues which modulate the way in which this deep part expresses itself and interacts with other dimensions of our being.

Through this exploration, Lilith becomes a guide to a naked consciousness, beyond illusions, inviting us to fully welcome this part of ourselves that is banished but essential to the integrity of being.

[Available in paper version here](#)

Asteroids in Astrology



Asteroids are subtle messengers of astrology. Neither major planets nor luminaries, they nevertheless draw a precious inner map, revealing discreet but decisive forces that guide our path of consciousness.

In this book, Jérôme Zenastral explores four essential figures:

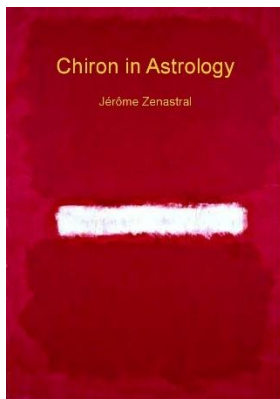
- **Psyche** : the art of crossing irreversible thresholds, inhabiting impermanence without losing oneself,
- **Pallas** : strategic foresight, seeing beyond apparent blockages,
- **Juno** : inner legitimacy, recognizing in oneself what needs to be honored
- **Vesta** : the sanctuary of sacred fire, keeping alive the connection with the essential.

While **Ceres** is sometimes associated with Virgo and considered its ruler, its status as a dwarf planet sets it apart from this group. As for **Chiron** , although he is actually a centaur, he plays such a strong symbolic role that he has a place in this journey.

Far from predictions and determinism, this book offers a sensitive and conscious approach. Each asteroid becomes an inner guide, a key to recognition, a space for transformation.

[Available in paper version here](#)

Chiron in Astrology



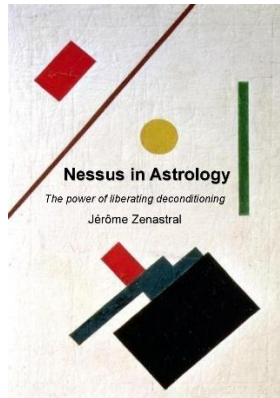
Discover the power of Chiron, a symbol of inner rift, resilience, and shared wisdom, through a comprehensive exploration of its 144 astrological sign and house combinations. This book guides you to understand how this subtle energy reveals your areas of vulnerability, your calls of conscience, and your potential for profound transformation.

Beyond its position in the chart, you will learn to interpret the aspects that Chiron forms with other planets, highlighting the psychic dynamics that mark your journey of inner healing. These interferences, whether harmonious or conflicting, reveal the tensions, openings, and awarenesses that allow suffering to become a path of presence and compassion.

Using a synchronicity-based approach, this book offers a symbolic reading of Chiron, free from any notion of astral influence. Chiron doesn't act on you; it reflects a force within you—one that makes pain an opening to something greater than yourself, and your experience a source of light for others.

[Available in paper version here](#)

Nessus in Astrology



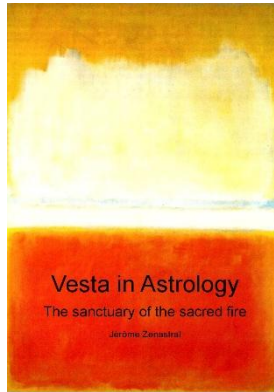
In mythology, Nessus embodies the poison transmitted as a gift, a false security that ultimately consumes. In mindfulness astrology, it does not symbolize an external fatality, but an inner revealer: where it appears in the chart, it highlights the inherited conditioning—familial, social, collective—that provides us with security on the surface but locks us into unconscious roles and loyalties.

Nessus invites the courage of deconditioning: to see without judging what has been transmitted, to disidentify with what is not our being, and to stop perpetuating forms that make no one happy. This demanding passage opens the way to a new transmission: no longer the imprint of poison, but a free presence, attuned to living consciousness.

In this book, Jérôme Zenastral explores the 144 possible combinations of Nessus in sign and house, in order to offer clear benchmarks for recognizing and overcoming illusions of security. More than a technical study, this book is an invitation to radical lucidity: letting go of the weight of conditioning to rediscover an inner freedom that no longer depends on anything.

[Available in paper version here](#)

Vesta in Astrology



Vesta is the silent guardian of our sacred fire. She watches over us, even in oblivion, even in the midst of tumult, and reminds us that what is essential never fades. In a society marked by dispersion and urgency, Vesta invites us to return to the essential, to preserve within ourselves a clear, pure, and still space—an inviolable sanctuary, beyond the reach of the profane world.

In this deeply symbolic work, rooted in an astrology of full consciousness, Jérôme Zenastral explores the function of Vesta as a waking flame, an inner fixed point, a living memory of Consciousness.

Here you will discover:

- the 144 combinations of Vesta in the 12 signs of the zodiac and the 12 astrological houses,
- the interpretation of the aspects that Vesta forms with the other planets of the chart, revealing the alliances or tensions between the sacred fire and the psychic dynamics of the individual,

a sensitive, non-deterministic approach, where astrology becomes a tool for refocusing, alignment and fidelity to being.

[Available in paper version here](#)

The asteroid Psyche in astrology



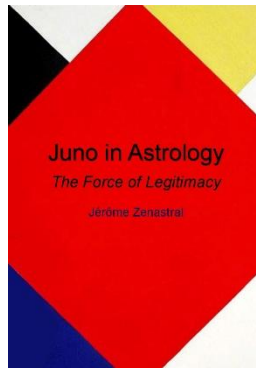
Psyche is the guardian of our irreversible passages and our ability to navigate life's metamorphoses without losing our inner focus. She accompanies us through change, loss, and rebirth, inviting us to embrace the inevitable with intelligence, perseverance, and curiosity. In a constantly changing world, Psyche reminds us that transformation is not a danger, but an opportunity for reinvention and inner openness.

In this deeply symbolic work, rooted in an astrology of mindfulness, Jérôme Zenastral explores the role of Psyche as a mediator of metamorphosis and revealer of our adaptive intelligence. Here you will discover:

- the 144 combinations of Psyche in the 12 signs of the zodiac and the 12 astrological houses,
- the interpretation of the aspects that Psyche forms with the other planets of the theme, revealing the affinities or resistances between the adaptive function and the psychic dynamics of the individual,
- a sensitive, non-deterministic approach, where astrology becomes a tool for understanding, acceptance and conscious transformation.

[Available in paper version here](#)

Juno in Astrology



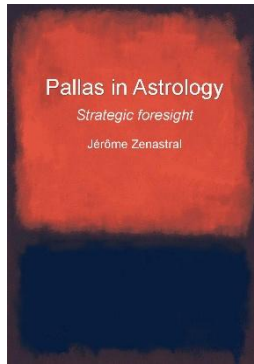
Juno is the guardian of your inner legitimacy. She protects your right to be fully yourself, even when the ego urges you to restrict, judge, or conform to external expectations. In a world where the fear of inadequacy or unrecognizance can dominate, Juno reminds you that nothing about you is illegitimate and that every facet of your being deserves to be embraced.

In this deeply symbolic work, rooted in the astrology of mindfulness, Jérôme Zenastral explores Juno's role as a revealer of authenticity, a mediator between inner security and the expansion of one's being, and a guide to reconciliation with your repressed or eclipsed parts. Here you will discover:

- the 144 combinations of Juno in the 12 signs of the zodiac and the 12 astrological houses,
- the interpretation of the aspects that Juno forms with the other planets of the chart, highlighting the tensions and harmonies between your inner legitimacy and your psychic dynamics,
- a sensitive and non-deterministic approach, where astrology becomes a tool of awareness, reconciliation and respect for your deep integrity.

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Pallas in Astrology



Pallas is the clairvoyant, the strategist, and the weaver of solutions. She embodies within us the ability to observe without reacting, to discern the opening in the dead end, and to dare to take a new path where everything seemed blocked. In a world often dominated by haste and automatisms, Pallas invites us to cultivate lucidity, inventive creativity, and the art of the right resolution.

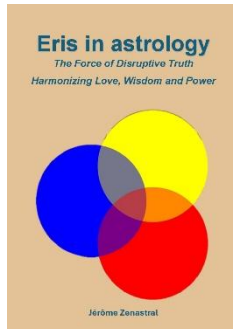
In this deeply symbolic work, rooted in the astrology of mindfulness, Jérôme Zenastral explores the role of Pallas as an intuitive and creative intelligence, a catalyst for transformation, and guardian of the clear path at the heart of complexity. Here you will discover:

- The 144 combinations of Pallas in the 12 signs of the zodiac and the 12 astrological houses.
- The interpretation of the aspects that Pallas forms with the other planets of the theme, revealing the alliances or tensions between the inner clairvoyance and the psychic dynamics of the individual,
- A sensitive, non-deterministic approach, where astrology becomes a tool for discernment, liberation and living creativity.

[Available in paper version here](#)

The Planetoids

Eris in Astrology



Eris is the revealer, the luminous disruptor, and the confronter of hidden truths. She embodies within us the ability to perceive fractures, to highlight invisible tensions, and to dare to welcome what disturbs, in order to transform discord into awareness and inner maturity. In a world often dominated by illusions, automatisms, or the fear of conflict, Eris invites us to cultivate discernment, responsibility, and the ability to integrate tensions as drivers of growth and lucidity.

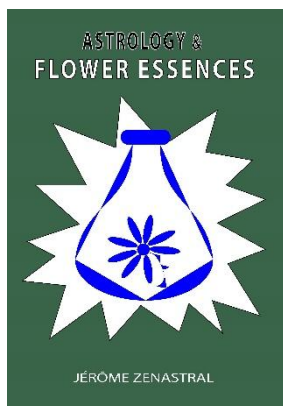
In this deeply symbolic work, rooted in the astrology of mindfulness, Jérôme Zenastral explores the role of Eris as a revealing and initiating energy, a catalyst for transformation and guardian of inner truth at the heart of relational and personal dynamics. Here you will discover:

- The 144 combinations of Eris in the 12 signs of the zodiac and the 12 astrological houses.
- The interpretation of the aspects that Eris forms with the other planets of the chart, revealing the conflicts or harmonies between the revealing force and the other psychic dimensions of the individual.

A sensitive, non-deterministic approach, where astrology becomes a tool to welcome tensions, develop self-awareness and transform crises into constructive truths.

[Available in paper version here](#)

Astrology and Flower Essences



This book, by Jérôme Zenastral, establishes a link between a person's astral theme 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 plant's energy. Once absorbed, they interact with our own strengths. They are powerful catalysts for evolution and transformation that promote the awakening of sensitivity and bring to consciousness an imperative inner demand.

Used with discernment, these flower elixirs are essential allies to bring out the qualities within us and to improve our relationship with the world.

[Available in paper version here](#)

Astrology and professions

Astrology, an answer to the question: Which jobs are right for me?



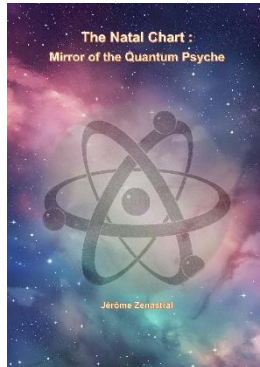
This book establishes a correlation between your birth chart and your professional profile. It represents a valuable asset to inform your career choices. It will allow you to discover a selection of professions in line with your personality and adapted to your skills .

You'll find careers you might never have considered, but that are in harmony with your character. The careers you're most inclined to pursue are those in which you'll have the greatest chance of flourishing.

[Available in paper version here](#)

Quantum astrology

The Natal Chart: Mirror of the Quantum Psyche

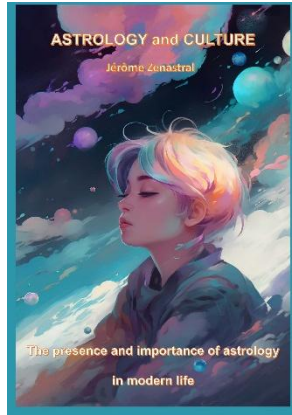


Embark on a daring journey where science meets spirituality, where the microcosm meets the macrocosm, where quantum mechanics illuminates the mysteries of the human psyche through the prism of mindfulness astrology.

Whether you are a passionate researcher, a curious skeptic, or simply an open-minded person searching for meaning, this book invites you to redefine your perceptions and embrace the magnificent dance between science and spirituality, quantum mechanics and astrology, particles and the psyche.

[Available in paper version here](#)

Astrology and culture



Astrology often evokes mystical horoscopes and a destiny written in the stars. Yet its influence extends far beyond these clichés.

In this book, discover how this ancient practice profoundly and variedly shapes our contemporary era.

From its representation in the media to its influence in the arts, literature, music, fashion, design, and even academia, this book reveals the many faces of astrology in today's society.

The author insightfully addresses the current controversies and debates surrounding astrology, and takes us on a fascinating exploration of the synchronicity of astrology in the age of quantum physics.

[Available in paper version here](#)

Astrology: a help to better understand your child



What if you could understand your child in a new light through astrology? This unique guide offers you the opportunity to discover your child's character, needs, and behaviors based on their birth chart.

Through detailed interpretations of the Sun sign, the Moon, Mercury, Venus, Mars, and even the ascendant, this book reveals how the planets reveal your child's personality.

You will also find insights into the compatibility between you and your child, taking into account your respective astral charts.

Dive into this book and learn how to educate your child from a new perspective to cultivate a more harmonious and enriching relationship.

[Available in paper version here](#)

What does astrology say on your pet?



What if you could understand your pet in a new light through astrology?

This unique guide offers you the opportunity to discover your companion's character, needs and behaviors based on their astral chart.

Through detailed interpretations of the Sun sign, the Moon, Mercury, Venus, Mars, and even the ascendant, this book reveals how the planets reveal your companion's personality. You'll also find insights into the compatibility between you and your pet, taking into account your respective astrological charts.

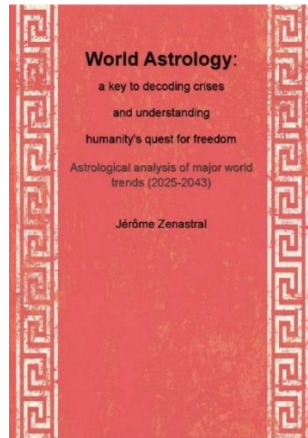
Dive into this book and learn to observe your companion from a new angle to cultivate a more harmonious, fraternal and enriching relationship.

[Available in paper version here](#)

World Astrology

A Key to Decoding Crises and Understanding Humanity's Quest for Freedom.

Astrological analysis of major global trends (2025-2043)



Throughout history, humanity has constantly sought to give substance to its ideals of liberty, equality, and fraternity. But these often celebrated principles are also tested by crises, revolutions, and technological developments. How can we understand the moments of transformation that are shaking up our societies? This book offers a unique exploration, blending history, philosophy, and astrology, to shed light on the major stages of this universal quest. From political revolutions to the challenges of contemporary democracy, including the impact of planetary transits such as those of Pluto in Aquarius, it highlights the cycles that shape our world. At a time when populism, inequality, and misinformation are weakening our democracies, astrology offers a valuable framework for deciphering the challenges of our time. It invites us to look beyond immediate events to understand the deeper dynamics underlying our individual and collective choices.

[Available in paper version here](#)

Astrology and Celebrities



How does astrology manifest itself in the lives of those who have left their mark on their time? What are the planetary configurations in figures from cinema, music, politics, literature, history, and even spirituality?

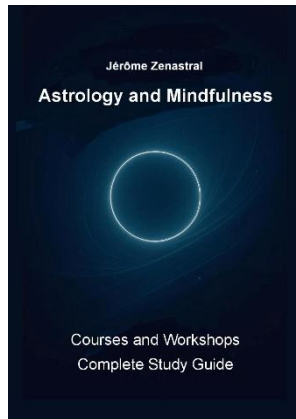
In this accessible and inspiring work, Jérôme Zenastral explores the astrological charts of a hundred famous personalities – from Victor Hugo to Lady Gaga, from Gandhi to Rihanna, from Leonardo da Vinci to Emma Watson – to concretely illustrate the multiple ways in which astral energies can be expressed.

Each portrait becomes an opportunity to observe, with kindness and lucidity, the richness of a life path. Throughout the pages, astrology reveals itself as a symbolic language capable of reflecting the forces at work in the human psyche.

Educational, positive, and respectful, this book is aimed at both the curious and the experienced. It offers keys to better understand each person's vocation, the challenges they face, the gifts they place at the service of the world—and, perhaps, a mirror to help them approach their own destiny more deeply.

[Available in paper version here](#)

Astrology Manual – EAPC School Courses and Workshops



This book brings together all the courses offered by the School of Astrology and Mindfulness (EAPC), founded by Jérôme Zenastral. It constitutes a complete, progressive, and accessible course, intended for all those who wish to learn to interpret a natal chart with accuracy, depth, and clarity.

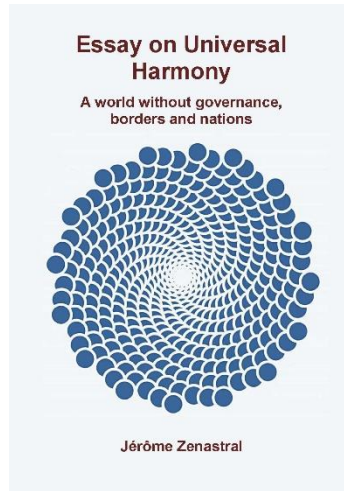
Each lesson explores a fundamental aspect of astrology: signs, planets, houses, aspects, transits, and much more. Particular attention is paid to mindfulness, vivid symbolism, and inner integration, far from any fixed formula.

This book can be followed at your own pace, independently, as a path of study and transformation. It is aimed at both beginners and practitioners wishing to renew their perspective. A progression guide, examples, workshops, and a final exam are included. If validated, a personalized diploma can be obtained upon request.

[Available in paper version here](#)

Essay on Universal Harmony

A world without governance, without borders and without nations



Imagine a world without borders or nations, where everyone's needs are met and peace, harmony, and compassion reign.

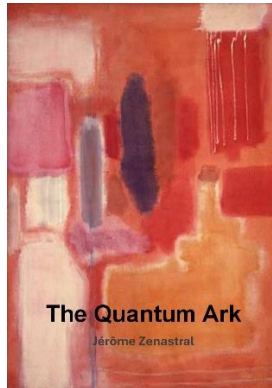
This is the world this book describes, where ecology, education, technology, culture, and many other aspects of life are rethought to serve the common good.

Through a series of chapters dealing with different subjects, the reader is invited to discover this achievable utopia, where collective wisdom and the acceptance of impermanence lead to a good balance between humans and nature.

[Available in paper version here](#)

The Quantum Ark

A metaphysical and initiatory science fiction novel



What if the world depended on a single glance? What if our reality existed only through the very act of Consciousness observing it?

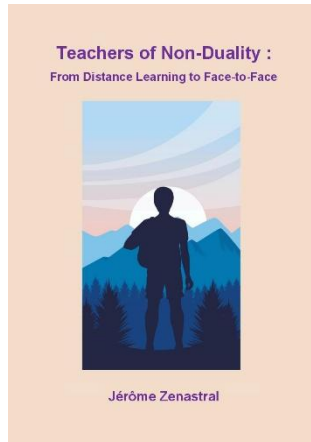
The Quantum Ark imagines a humanity in flux, called upon to let go of the known in order to open itself up to the unknown. Through sensitive and visionary writing, this novel guides the reader through the stages of a transition: one that leads from the old world, steeped in form, memory and separation, to a vibrational, unified and quantum reality.

As the story unfolds, the notions of time, identity, life, love and even language are transformed. Humour, playfulness, the joy of being and silence become thresholds to the recognition of the one Consciousness, which has always been present but is now perceived without a screen.

The Quantum Ark is an initiatory novel, a metaphysical fiction that offers an inner journey. More than a story, it is an experience, a threshold, a breath. A science fiction novel where the unknowable becomes fertile, and where the mind frees itself from old reference points to open up to the invisible.

[Available in paper version here](#)

Teachers of Non-Duality



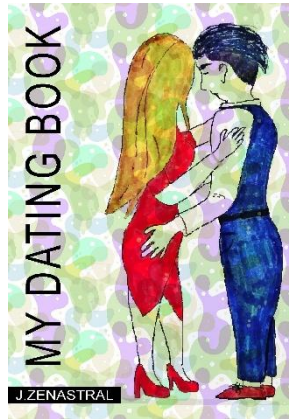
In a constantly changing world, more and more people are seeking spirituality.

This book offers an overview of the great contemporary spiritual figures, true beacons guiding our quest.

It provides detailed information about these teachers, their backgrounds, their approach to teaching, and how to contact them or follow their teachings, whether through webinars, videoconferences, or in-person retreats and meetings.

[Available in print here](#)

My Dating Book

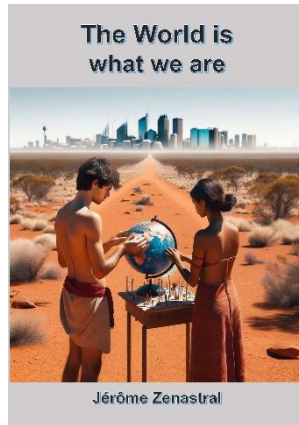


This book is a guide to encounters, a sort of travel diary, a true companion, for those who wish to record the highlights, the adjustments and the important changes in their friendly, romantic, conjugal, marital and professional lives.

The author of this book questions what encounter means in its noblest and broadest sense. He offers us a synthetic and ideal vision of the world of human relationships. He attempts to bring some order to a subject that affects us all. He emphasizes how the transition from a chance encounter to an established one takes place, as well as the dimensions that seem fundamental to him for experiencing satisfying and fulfilling encounters.

[Available in paper version here](#)

The world is what we are



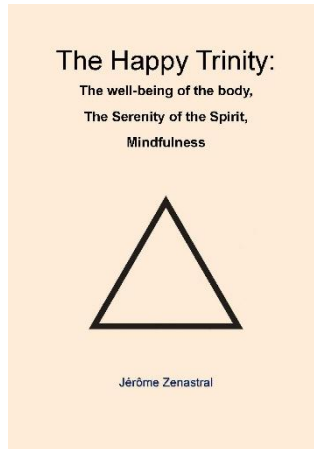
From the dawn of humanity, with its egalitarian societies living in harmony with nature, to the complexities of our modern world marked by conflict and inequality, this book reveals how human history has mirrored the collective mindsets of its time.

Zenastral encourages us to recognize our role in creating and maintaining social structures and to commit ourselves to building a more harmonious future. It advocates for inner transformation as the starting point for true societal change, emphasizing the need to cultivate empathy, compassion, and an understanding of our interconnectedness.

[Available in paper version here](#)

The happy trinity

Well-being of the Body, Serenity of the Mind, Full Consciousness.

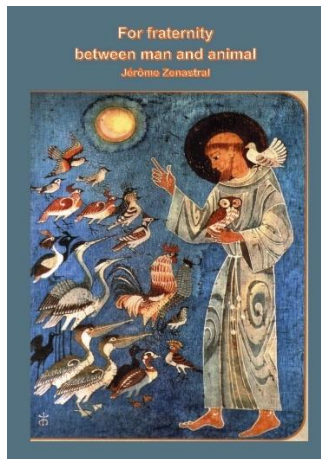


In this book, discover a holistic approach to harmonizing body, mind, and mindfulness. This guide explores methods for cultivating well-being through a balanced diet, appropriate physical exercise, meditation, and a deep connection with nature. It offers practical advice for managing stress, improving social relationships, and finding work-life balance.

By incorporating mindfulness into your daily life, you'll learn to live a more peaceful and fulfilling life, respecting your body and nourishing your mind. This book is a companion for anyone looking to improve their quality of life and embrace a more conscious and joyful existence.

[Available in paper version here](#)

For fraternity between man and animal



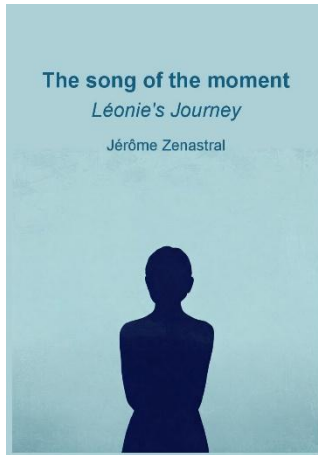
Since humanity's earliest days observing the natural world, a central question has arisen: What distinguishes us from other life forms? This book explores the often blurred boundary between humans and the rest of the living world, questioning our perceptions of intelligence, consciousness, and the power relations that unite or oppose us to other beings.

This book examines the little-known and captivating facets of the living world. From the subtle communication of animals to the extraordinary symbiotic networks of plants, from ancestral hunting practices to the ethical challenges posed by domestication and animal shows, it takes a critical look at the relationship between humans and nature.

In these times of growing environmental and ethical concerns, this book invites the reader to rethink humanity's place in an interconnected world. It asks essential questions: Are we truly superior to other life forms, or are we part of a larger, more harmonious whole? Is domination the only possible model, or is there a more respectful path, marked by empathy and coexistence?

[Available in paper version here](#)

The song of the moment



Léonie travels through places — Kashmir, Paris, the silent hermitage — encounters, glances, breaths.

She walks the paths, but what she seeks is nowhere to be found, for everything is already there, in the thrill of the moment.

The song of the moment is not a story to follow, nor a quest to complete.

It is a presence to be experienced.

[Available in print here](#)

Thank you for your attention and interest in my works!