



School of Astrology and Mindfulness

Download the progress guide

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Astrology and mindfulness

This guide takes you step by step through the exploration of astrology using a mindfulness approach.

This course favours the silence of the text over the distraction of images. It encourages contemplative, free and intuitive learning that respects each individual's pace and momentum.

A course at your own pace

This course is entirely progressive and flexible. There are no assignments or compulsory exercises. All the books, lessons and workshops are available as PDF files that you can download from your personal account.

For each lesson, you will find:

- The learning objective
- Recommended reading
- Exercises or questions for further study

Important information:

Our astrology school is an independent, free initiative. It does not award any state-recognised diplomas or official certifications. The certificates or diplomas awarded at the

end of the courses offered are purely symbolic and only attest to participation and commitment to our school.

A question along the way?

If you have any questions while reading or working through the course, please send them to me at the following address: **jerome(at)zenastral.fr**

I will be happy to answer them as best I can.

The birth chart: your working basis

The astrology I teach is based on the symbolic interpretation of the birth chart at the moment of birth. This represents the position of the planets, houses and signs of the zodiac at the precise moment of birth.

I do not teach the mathematical calculation of this chart here: there are many reliable websites for this today.

Here are a few tools I recommend:

- Astrotheme.co.uk
- Astro.com (Astrodienst)
- AstroSeek.com

Once your chart has been drawn up, the lessons will guide you step by step through its interpretation, according to the mindful astrology approach.

Tips for progress

It is recommended that you follow the lessons in the order they are presented, as they build on each other.

However, if a particular theme or planet appeals to you, you are free to explore the corresponding lesson.

Learning astrology is a living dialogue between you and the symbols.

Tip: Keep a notebook or journal in which you write down your observations of charts, current transits and discoveries that strike you. Astrology then becomes a living path, rooted in your own experience.

Download PDF books

In most courses, I recommend a book that I have written that is directly related to the lesson. This book is an integral part of the course and should be read carefully to deepen your understanding of the content studied.

All the books mentioned are available in PDF format.

You can download them from this website by clicking on the label “**Free PDF Books**” located on the homepage, or order the printed version by clicking on the label “**Printed Books**”.

To go further

Once you have laid the foundations, you can explore more specific areas covered in the workshops:

- Astrology and personal development

- Examples of astrological chart interpretations
- Synastry (comparison of two astrological charts in a relational context)
- World astrology (reading major collective dynamics)
- Astrology and careers
- Educational astrology
- Flower essences
- Ethical guidelines and a selected bibliography

Respectful and conscious astrology

Mindfulness astrology is a path to self-awareness and awareness of the world. It is based on listening, respect and humility. It does not judge, predict or manipulate. It reveals, enlightens and invites. It teaches us to welcome the forces at work, to understand both tensions and harmonies, and to grow in awareness.

Final exam: Mindfulness Astrology Diploma

At the end of the course, when you feel ready to interpret a chart in its entirety, you can move on to the exam stage.

Here's how to proceed:

1. Download the birth chart provided for the final exam (link provided on the website).

2. At your own pace, complete the full interpretation of the natal chart.

3. Send your work by email to [jerome\(at\)zenastral.fr](mailto:jerome(at)zenastral.fr), accompanied by:

- o your name or username (the one you want to appear on the diploma),

- o and, if you wish, your date, time and place of birth, so that your own chart can be included on the certificate.

You can let me know at any time if you intend to obtain the certificate.

This will allow me to follow your progress more closely if you wish. This is optional and can be done at any time by email.