

Catalogue:

The works of Jérôme Zenastral



List of works

Introduction.....	5
Astrology and Mindfulness.....	6
The twelve states of bliss	7
The Sun in Astrology	8
The Ascendant in Astrology: Who am I?	9
The 360 Degrees of the Zodiac.....	10
Astrology : 144 Sun Ascendant combinations.....	11
The Moon in Astrology.....	12
Mercury in Astrology.....	13
Venus in Astrology	14
Mars in Astrology	15
Ceres in Astrology	16
Jupiter in Astrology.....	17
The Silences of Saturn	18
Uranus, Neptune and Pluto in Astrology	19
Uranus in Astrology.....	20
Neptune in Astrology.....	21
Pluto in Astrology	22
Aspects in Astrology Volume 1 and 2	23
Astrology: Retrograde Planets	24
Astrology and Planetary Figures.....	25
Astrology: The Intercepted Signs	26
The Nodes of the Moon in Astrology	27
Lilith in astrology.....	28
Asteroids in Astrology	29
Vesta in Astrology	30
The asteroid Psyche in astrology	31
Juno in Astrology.....	32
Pallas in Astrology.....	33
Centaur in Astrology	34
Chiron in Astrology	35
Nessus in Astrology	36
Pholus in Astrology.....	37

Chariklo in Astrology	38
Planetoids in Astrology	39
Eris in Astrology	41
Astrology and Flower Essences	42
Astrology and professions	43
Quantum astrology	44
Astrology and culture	45
Astrology: a help to better understand your child	46
What does astrology say on your pet?	47
World Astrology	48
Astrology and Celebrities	49
Astrology Manual – EAPC School Courses and Workshops	50
Astrology of Intimacy	51
The Experience of the Astral Chart	52
Astrology and Generational Trends: <i>Baby Boomers, Generation X, Millennials, Generation Z, Generation Alpha, Generation Beta</i>	53
Essay on Universal Harmony	54
The Quantum Ark	55
Teachers of Non-Duality	56
My Dating Book	57
The world is what we are	58
The happy trinity	59
For fraternity between man and animal	60
The song of the moment	61
The Return of Candide	62
The masculine-feminine duality	63
A Journey Through the Human Quest	65
Mythology and Mindfulness	66
Everything is fine: <i>Let thought believe it is alone at the helm</i>	67
Nothing to resolve: <i>When searching no longer helps</i>	68

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@zenastral.fr**

Astrology and Mindfulness

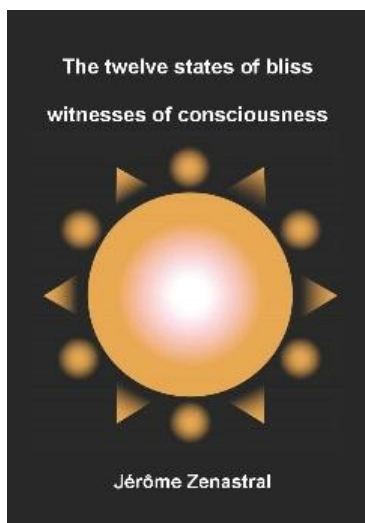


The Cartesian approach to the world is insufficient to answer our **existential questions**. **Science** cannot enlighten us on the meaning and reason for human existence . If it answers the "how", by proceeding rationally and by accounting for phenomena in terms of causes, it does not provide a satisfactory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

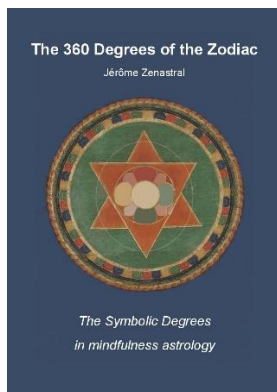


The Ascendant is the birthplace of our identity, the space where we manifest ourselves to the world. But how do the different planetary energies interact with this expression? This book explores in depth the aspects between the Ascendant and the ten planets, offering 120 interpretations to better understand 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](#)

The 360 Degrees of the Zodiac

The Symbolic Degrees in mindfulness astrology



This book offers a comprehensive exploration of the 360 degrees of the zodiac, presented as invitations to self-reflection. For each degree, the meaning is explored in relation to the planets and angles of the birth chart.

Each degree corresponds to a micro-moment in the zodiac's energy cycle: emergence, stabilisation or fulfilment. It simply suggests where to focus one's attention in order to recognise what is being experienced.

In the birth chart, the planets represent psychic forces, the signs represent fields of energy, and the houses represent fields of experience. The degree then specifies the stage of maturation of the energy through which these forces manifest.

This book offers an original approach to astrology: an astrology based on presence, observation and the recognition of experience as it appears.

As the pages unfold, the 360 degrees thus become 360 opportunities for presence, so many points of focus for recognising the living movement of existence.

[Available in paper version here](#)

Astrology : 144 Sun Ascendant combinations

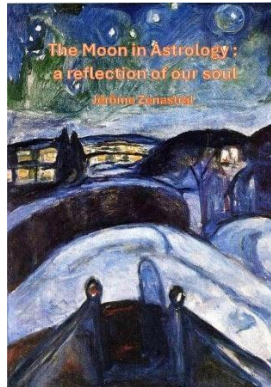


Discover the complex dynamics between the Ascendant and the Sun in this book, a companion to "Astrology and Mindfulness." Through these 144 possible combinations between these two key elements of a birth chart, anyone can deepen their understanding of themselves and their life path. This book offers 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.

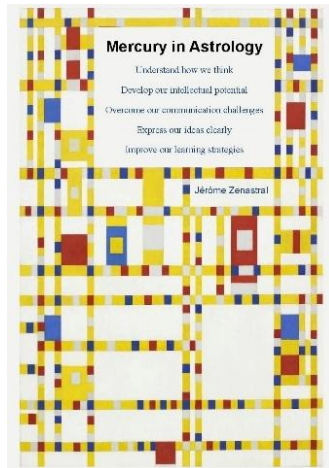
In this book, each position of the Moon is explored in detail:

- **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.

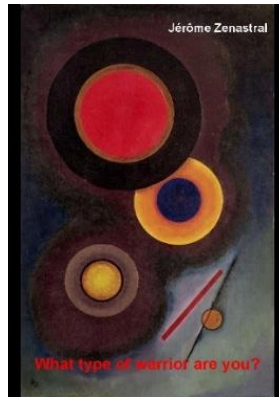
Using a synchronicity-based approach, this book offers a symbolic and psychological reading of Venus, far from any idea of direct astral influence. It invites you to know yourself better, to embrace your strengths and your shadows, and to cultivate your power of attraction with awareness and authenticity.

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.

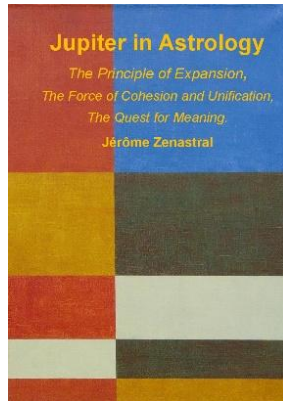
In this book, we'll explore in detail the meaning of Ceres based on its position in your astrological chart. We'll also analyze its relationships with other planets, revealing how these interactions reflect periods of profound transformation or inner peace.

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



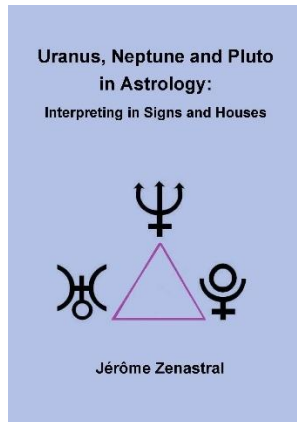
"The Silences of Saturn" explores in depth the meaning of Saturn through the signs and houses of the astrological chart, offering a unique and nuanced understanding of this planet of maturity and stability. Saturn, a symbol of reflection and introspection, encourages us to evaluate each trial wisely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



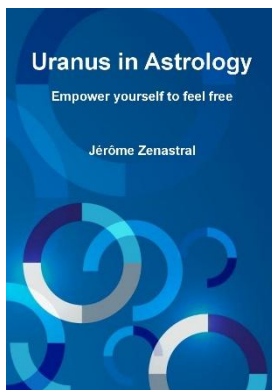
This book is an essential complement to the treatise "Astrology and Mindfulness." The author invites you to delve into a detailed exploration of the different dimensions of Uranus, Neptune, and Pluto, their significance in each zodiac sign, and their resonance in each astrological house.

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.

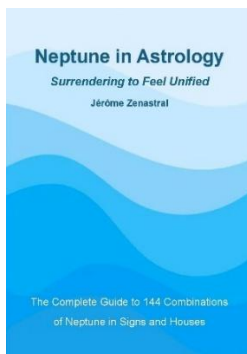
Through the 144 combinations formed by the position of Uranus in the 12 signs of the zodiac and the 12 astrological houses, he offers a nuanced and vivid vision of this force of emancipation at work in each of us. Each configuration highlights a particular way of questioning the established order, of 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.

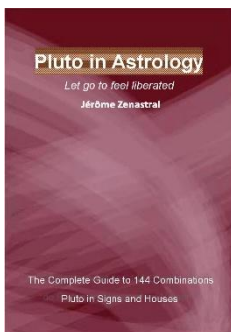
Through the 144 combinations formed by Neptune's position in the 12 signs of the zodiac and the 12 astrological houses, he offers a nuanced and vivid vision of this energy that connects us to planes larger than the ego. Each configuration highlights a singular way of perceiving the world through the 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.

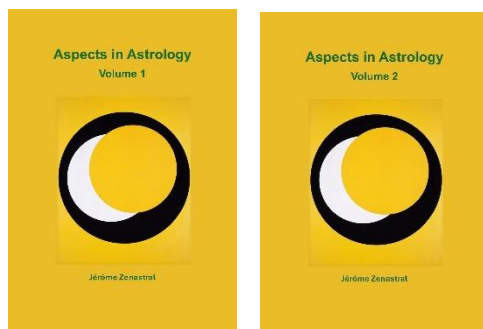
Through the 144 combinations formed by Pluto's position in the 12 signs of the zodiac and the 12 astrological houses, the author offers a nuanced and vivid vision of this inner force that pushes us to be reborn, to overcome our limitations, and to heal the hidden parts of ourselves. Each configuration 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

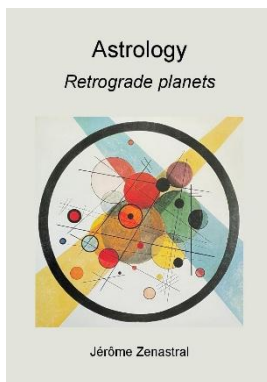


What is an aspect between two planets? A simple angular distance on the wheel of the zodiac? Or is it the reflection of a profound dialogue between two forces of our psyche? In this book, Jérôme Zenastral—astrologer, writer, and mindfulness researcher—invites us to explore planetary aspects, those invisible 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



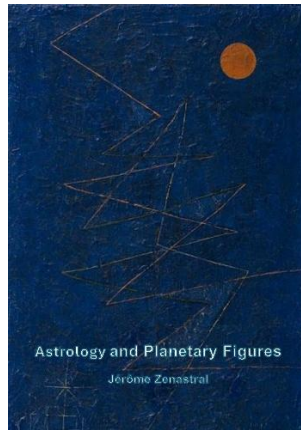
When a planet is retrograde in a birth chart, its apparent movement seems to be going backward. This phenomenon is not a defect or a blockage, but an invitation to turn one's gaze inward. Planetary energy ceases to be immediately projected into external action and becomes introspective, reviewing, questioning,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



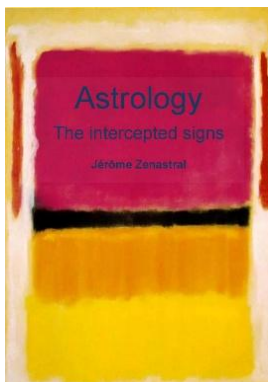
A flash of lightning crosses the sky: it lasts only a moment, but it reveals the structure of the space it illuminates. Planetary figures work in the same way. They do not define the being, they make visible, fleetingly, the dynamics at work in the astral theme.

This book offers a conscious exploration of planetary figures, not as typologies or fixed global images, but as transient forms that reveal inner organisations, tensions and movements. Each figure is approached as a living metaphor, capable of illuminating the reading of the chart without ever reducing its complexity.

Rooted in the astrology of mindfulness, this book invites an attentive and nuanced practice, where the forms of the sky are not used to define oneself, but to observe how psychic forces unfold, meet and transform. The figures then become moments of clarity, opening up understanding without ever confining it, and leaving the reader free to recognise what resonates within them.

[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.

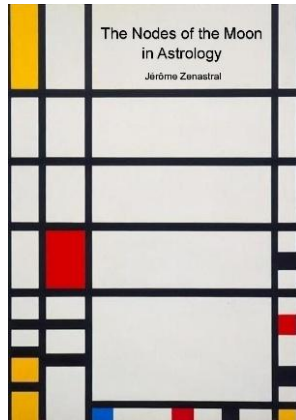
This book explores these hidden areas of consciousness in depth. Each intercepted sign is studied in relation to each planet, then broken down into all the houses of the chart, offering more than 1,400 original interpretations. Each of these combinations opens a unique path to inner liberation, revealing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



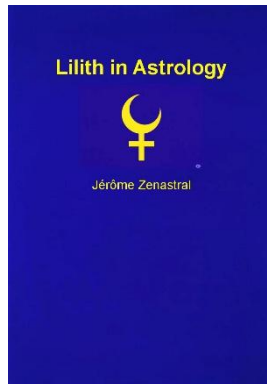
In this book, we invite you to discover the symbolic richness of the South Node and the North Node, not as esoteric concepts linked to past lives or a distant future, but as essential markers of your personal journey into the present moment and full consciousness.

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:

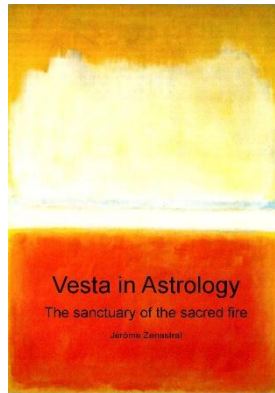
- **Psyche** : the art of crossing irreversible thresholds, inhabiting impermanence without losing oneself,
- **Pallas** : strategic foresight, seeing beyond apparent blockages,
- **Juno** : inner legitimacy, recognizing in oneself what needs to be honored
- **Vesta** : the sanctuary of sacred fire, 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](#)

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



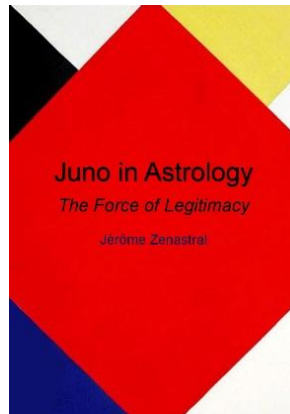
Psyche is the guardian of our irreversible passages and our ability to navigate life's metamorphoses without losing our inner focus. She accompanies us through change, loss, and rebirth, inviting us to embrace the inevitable with intelligence, perseverance, and curiosity. In a constantly changing world, 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



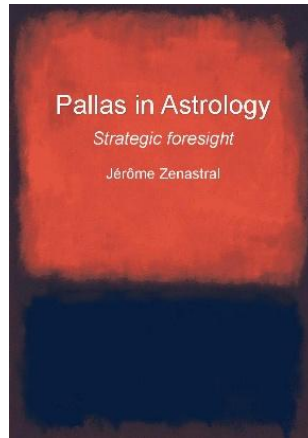
Juno is the guardian of your inner legitimacy. She protects your right to be fully yourself, even when the ego urges you to restrict, judge, or conform to external expectations. In a world where the fear of inadequacy or unrecognizance can dominate, Juno reminds you that nothing about you is illegitimate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

[Available in paper version here](#)

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.

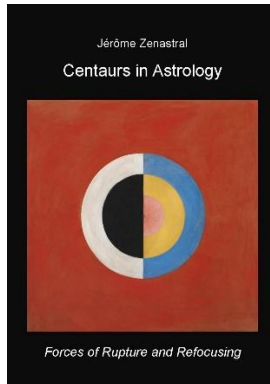
In this deeply symbolic work, rooted in the astrology of mindfulness, Jérôme Zenastral explores the role of Pallas as an intuitive and creative intelligence, a catalyst for transformation, and guardian of the clear path at the heart of complexity. Here you will discover:

- 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](#)

Centaurs in Astrology

Forces of Rupture and Refocusing



Centaurs occupy a unique place in astrological language. Neither major planets nor simple asteroids, they act as mediators between consciousness and instinct, reason and chaos, heaven and earth. In mindfulness astrology, they do not represent external influences, but internal forces of transformation: passages where the psyche destabilises in order to refocus.

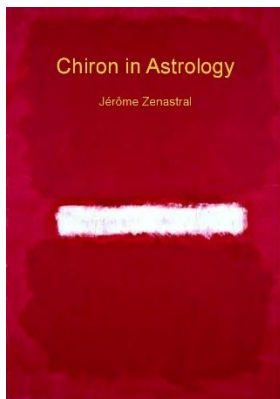
This book explores three of these forces:

- Chiron, the inner breach and shared resilience,
- Nessus, the lucidity that frees us from conditioning,
- Pholus, the guardian of sacred balance.

Three forces of rupture and refocusing, which reveal how any crisis can become a threshold to consciousness.

[Available in paper version here](#)

Chiron in Astrology



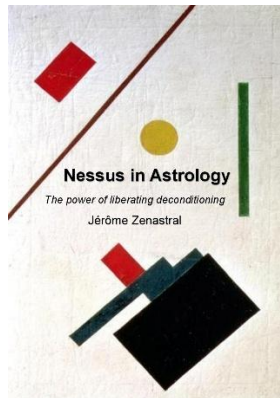
Discover the power of Chiron, a symbol of inner rift, resilience, and shared wisdom, through a comprehensive exploration of its 144 astrological sign and house combinations. This book guides you to understand how this subtle energy reveals your areas of vulnerability, your calls of conscience, and your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

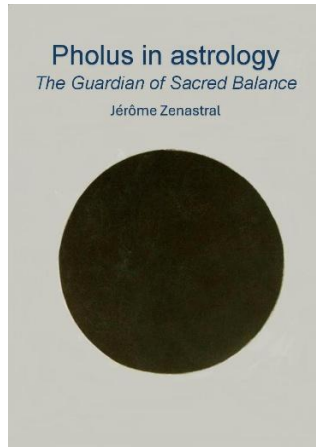
Nessus invites the courage of deconditioning: to see without judging what has been transmitted, to disidentify with what is not our being, and to stop perpetuating forms that make no one happy. This demanding passage opens the way to a new transmission: no longer the imprint of poison, but a free presence,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

Pholus in Astrology

The Guardian of Sacred Balance



Pholus, the discreet centaur, embodies the tipping point between the profane and the sacred in mindfulness astrology. His myth, that of a seemingly insignificant gesture with disproportionate consequences, reveals the power of subtle choices and conscious attention.

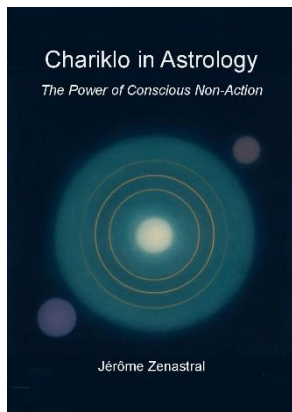
Wherever it is found in the chart, Pholus indicates the inner place of discernment: the space where the slightest decision can become a passage or a dispersion.

This book explores his positions in sign, house and aspect, offering an initiatory reading of everyday life where each moment, inhabited by presence, regains its sacred dimension.

Available in paper version [here](#)

Chariklo in Astrology

The Power of Conscious Non-Action



Chariklo is the discreet archetype of silent healing. A water nymph in Greek mythology and the wife of Chiron, she embodies a loving presence that accompanies without intervening, that supports without directing, and that allows transformation to unfold effortlessly.

Neither an external influence nor a factor of destiny, she is understood as an inner mirror revealing our relationship to care, time, and letting go. Her position in the natal chart highlights the way each individual can create within themselves a space of calm and trust, where healing becomes possible through the simple act of presence.

Through mythology, astronomical data, and an in-depth symbolic reading of signs, houses, and aspects, this book explores the wisdom of non-action. It invites the reader to recognize life's natural biorhythm and to respect inner processes.

Available in paper version [here](#)

Planetoids in Astrology



Astrology is not a fixed science. It is neither a catalogue of meanings nor a closed system of correspondences. It is a living, changing language that is slowly expanding—like the consciousness it reflects. As humanity extends its gaze to the outer reaches of the solar system, it begins to glimpse a greater part of itself. Planetoids belong to this emerging territory.

As always in the astrology of mindfulness, it is not a matter of believing that these distant bodies influence our lives. They act as revelators of synchronicity, mirrors through which the great questions of the age are reflected. Where asteroids illuminate the fine structures of the individual psyche, planetoids awaken in us a broader perception: that of a shared destiny, a collective memory, a passage of humanity.

These celestial bodies — **Eris, Haumea, Makemake, Quaoar, Varuna, Orcus, Ixion, Sedna, Chaos, Salacia, Gonggong, Huya** and so many others — do not impose themselves as "mini-planets" to be added mechanically. They do not dictate anything: they question. They appear when something at the heart of humanity demands to be seen—a flaw, a wound, a metamorphosis in the making. Their names, their orbits, their extreme distance, everything about them evokes forces that no longer play out only in the individual, but in the collective fabric.

The slower an orbit, the more it seems to point to something beyond personal history:

- global crises,– systemic collapses,– civilisational rebirths,
- global awareness, such as ecology, our relationship with living things, responsibility towards time and generations.

This book does not seek to predict. It listens. It asks:

What do they awaken in us? What part of us calls us to connect with something greater than ourselves? What transition, what transformation are they seeking to bring to our consciousness?

For each planetoid, the approach follows the same thread:

- **mythology or cultural source**, because myth gives form to the invisible,
- **astronomical data**, because cosmic matter itself carries a language,
- **inner symbolic function**, because awakening always takes place within us.

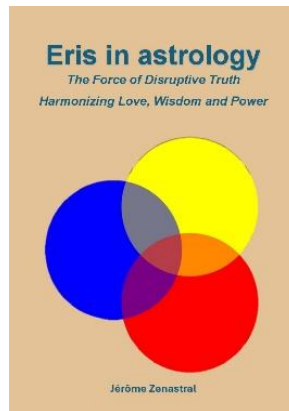
The planetoids do not speak of a future to be guessed at, but of thresholds to be crossed. They show where humanity on the move is cracking, faltering... but also where it is being reborn. They remind us that we are not isolated: each individual consciousness participates, in its own way, in a collective breath.

This book does not impose any beliefs. It invites us to feel, listen and recognise. The planetoids do not provide ready-made answers: they open doors. It is up to each of us to dare to walk through them.

This book offers their interpretation in each sign and each house, to shed light on the profound movement of consciousness.

[Available in paper version here](#)

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.

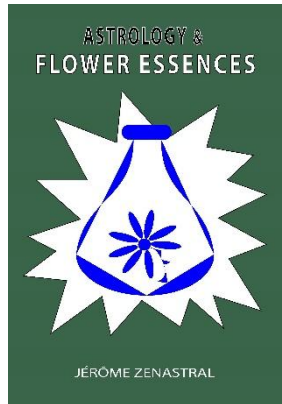
In this deeply symbolic work, rooted in the astrology of mindfulness, Jérôme Zenastral explores the role of Eris as a revealing and initiating energy, a catalyst for transformation and guardian of inner truth at the heart of relational and personal dynamics. Here you will discover:

- 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?



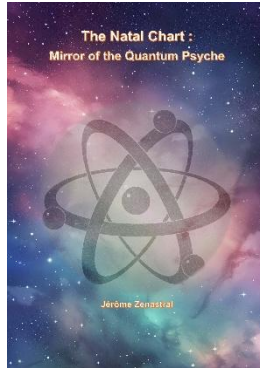
This book establishes a correlation between your birth chart and your professional profile. It represents a valuable asset to inform your career choices. It will allow you to discover a selection of professions in line with your personality and adapted to your skills .

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

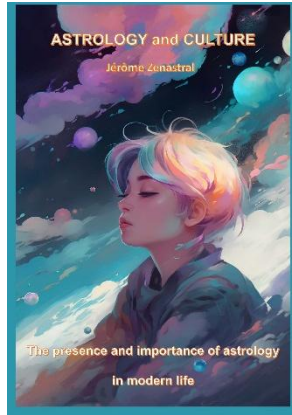


Embark on a daring journey where science meets spirituality, where the microcosm meets the macrocosm, where quantum mechanics illuminates the mysteries of the human psyche through the prism of mindfulness astrology.

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.

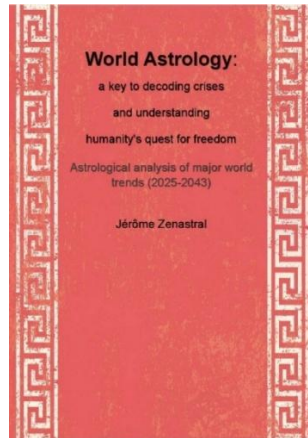
Dive into this book and learn to observe your companion from a new angle to cultivate a more harmonious, fraternal and enriching relationship.

[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?

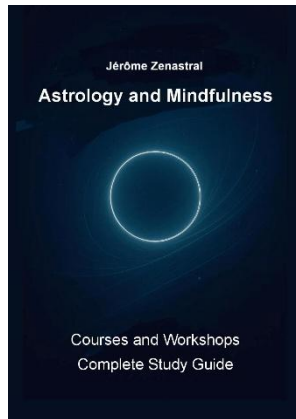
In this accessible and inspiring work, Jérôme Zenastral explores the astrological charts of a hundred famous personalities – from Victor Hugo to Lady Gaga, from Gandhi to Rihanna, from Leonardo da Vinci to Emma Watson – to concretely illustrate the multiple ways in which astral energies can be expressed.

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



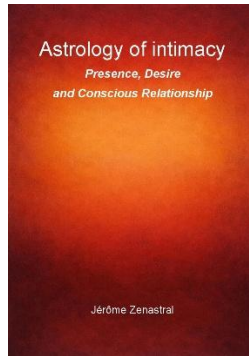
This book brings together all the courses offered by the School of Astrology and Mindfulness (EAPC), founded by Jérôme Zenastral. It constitutes a complete, progressive, and accessible course, intended for all those who wish to learn to interpret a natal chart with accuracy, depth, and clarity.

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](#)

Astrology of Intimacy



Presence, Desire and Conscious Relationship

Desire, tenderness, need for security, emotional rhythm, pleasure... In intimacy, these forces are never expressed separately. They intersect, confront each other, sometimes oppose each other — and this is often where misunderstandings arise within a couple.

This book offers a unique perspective on sexuality and intimate relationships. Far from approaches focused on performance or norms, it invites us to understand how our inner energies interact, both within ourselves and in our encounters with others.

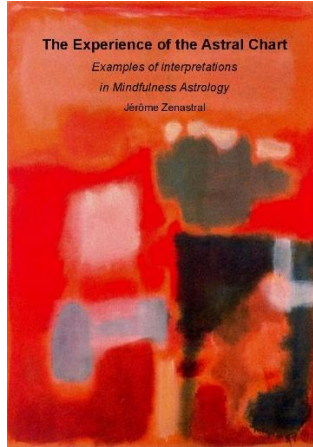
Through the astrology of mindfulness, the planets are seen as psychic forces revealing our relationship to desire, tenderness, attachment and emotional rhythm. Tensions are no longer dysfunctions to be corrected, but spaces for integration and awareness.

Aimed at those who sense that sexuality can become a path to presence, this book shows how intimacy is built not against differences, but from them, and how a living relationship arises less from compatibility than from shared awareness.

[Available in paper version here](#)

The Experience of the Astral Chart

Examples of interpretations in Mindfulness Astrology



After developing the meaning of planets, signs, houses and aspects in numerous works, Jérôme Zenastral now offers a book devoted to the practice of interpretation. Through several comprehensive examples of astrological charts, he shows how astrological symbols come together to form a coherent, lively reading that is faithful to the dynamics of the psyche.

This book is primarily intended for students of astrology, as well as practitioners wishing to refine their reading of charts. It does not propose a method to be applied, but shows, by example, how to recognise the salient elements of a chart, grasp its overall logic, and interpret the planets in context, without judgement or projection.

A work of transmission, intended to accompany the learning of a fair, rigorous and conscious interpretation of the astrological chart, in line with the author's previous works.

[Available in paper version here](#)

Astrology and Generational Trends: *Baby Boomers, Generation X, Millennials, Generation Z, Generation Alpha, Generation Beta...*



From the Baby Boomer generation to Generation Beta, this book offers a different perspective on contemporary generational tensions. It is neither a classic sociological analysis, nor an indictment, nor an attempt at classification.

It is a sensitive exploration of the collective trends that span the ages and shape, often without their knowledge, the way individuals experience and respond to each other.

Each generation is approached as an inner response to a given world. Some have built and secured. Others have doubted, questioned, sought to adapt. Still others have questioned meaning, dispelled illusions or grown up without stable reference points.

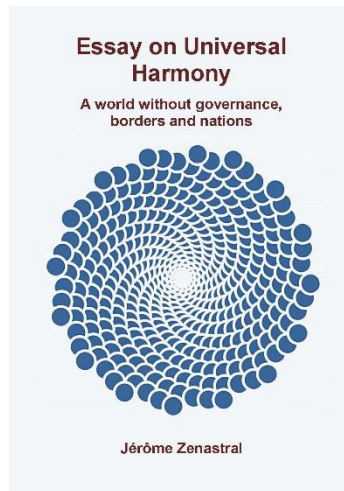
Far from caricatures and snap judgements, the book shows that intergenerational conflicts are not anomalies to be corrected, but signs of a deeper transition. What has not been integrated in one era does not disappear: it is passed on, transformed and reappears in a different form.

Astrology, understood here as a language of synchronicity, accompanies this reading as a mirror of collective currents. It does not explain history or predict it. It simply makes the climate of consciousness in which these transitions take shape legible.

[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.

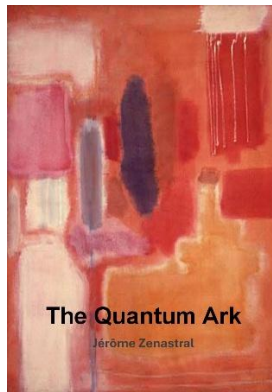
This is the world this book describes, where ecology, education, technology, culture, and many other aspects of life are rethought to serve the common good.

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?

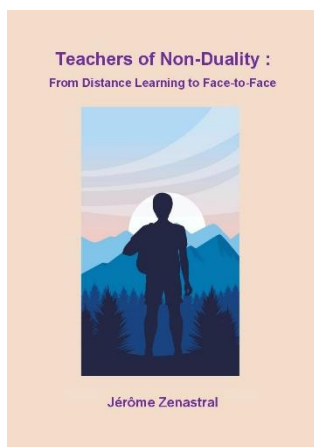
The Quantum Ark imagines a humanity in flux, called upon to let go of the known in order to open itself up to the unknown. Through sensitive and visionary writing, this novel guides the reader through the stages of a transition: one that leads from the old world, steeped in form, memory and separation,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



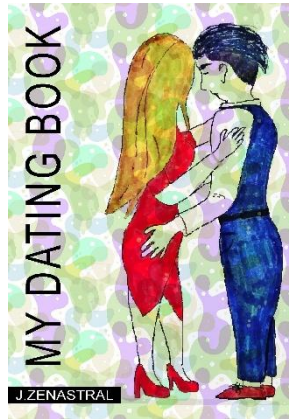
In a constantly changing world, more and more people are seeking spirituality.

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

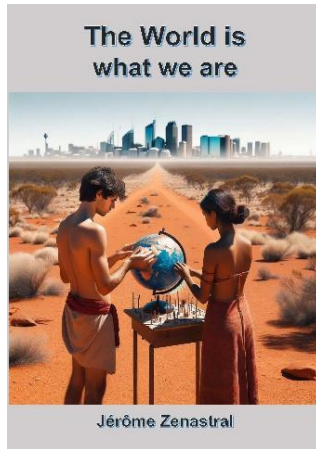


This book is a guide to encounters, a sort of travel diary, a true companion, for those who wish to record the highlights, the adjustments and the important changes in their friendly, romantic, conjugal, marital and professional lives.

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



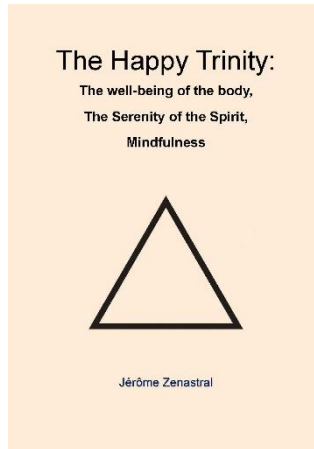
From the dawn of humanity, with its egalitarian societies living in harmony with nature, to the complexities of our modern world marked by conflict and inequality, this book reveals how human history has mirrored the collective mindsets of its time.

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.

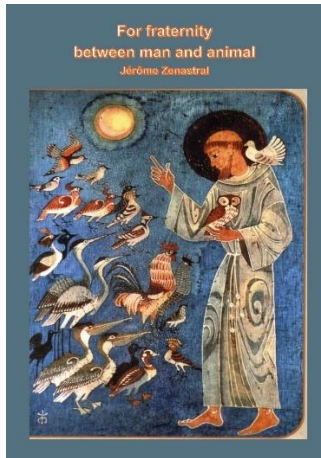


In this book, discover a holistic approach to harmonizing body, mind, and mindfulness. This guide explores methods for cultivating well-being through a balanced diet, appropriate physical exercise, meditation, and a deep connection with nature. It offers practical advice for managing stress, improving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



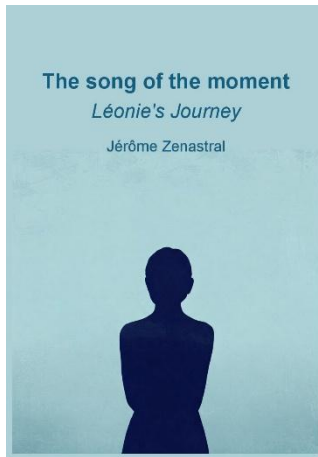
Since humanity's earliest days observing the natural world, a central question has arisen: What distinguishes us from other life forms? This book explores the often blurred boundary between humans and the rest of the living world, questioning our perceptions of intelligence, consciousness, and the power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

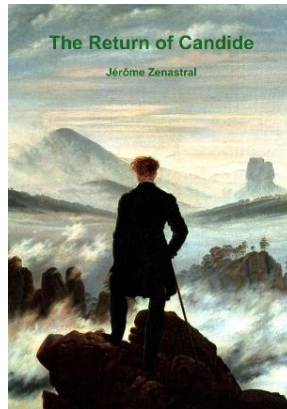
She walks the paths, but what she seeks is nowhere to be found, for everything is already there, in the thrill of the moment.

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](#)

The Return of Candide



Candide is back.

But this time, it is not the garden he cultivates, it is the heart of humanity he explores. This timeless character, born from Voltaire's pen, navigates the upheavals of the modern world with his candid and luminous gaze. Between the revolts of May 1968, the fall of the Berlin Wall, the rise of technology and climate challenges, Candide is a silent witness, a mirror reflecting the contradictions, hopes and absurdities of our time.

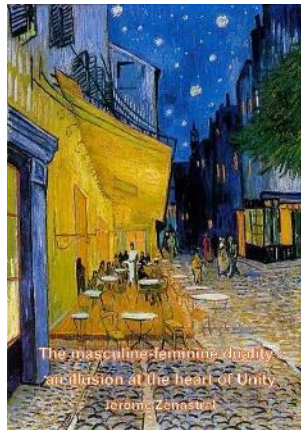
With a candour that is not a weakness but a universal wisdom, he observes without judging, questions without condemning. Through this journey, Candide invites us to revisit our own humanity and rethink our relationship with the world.

The Return of Candide is not a simple story, but a vibrant fresco in which each page illuminates the paradoxes of our human condition. Between joy and disillusionment, progress and loss, hope and disenchantment, this book calls on us to look at the world with fresh eyes and reaffirm our quest for light and harmony.

What if, through Candide, we find an echo of ourselves?

[Available in print here](#)

The masculine-feminine duality



In a rapidly changing world, the relationship between men and women is the subject of passionate and often polarising debate. Contemporary movements, such as #MeToo, have been powerful catalysts for freeing speech and exposing the dysfunctions rooted in our societies. However, these dynamics also reveal deep-seated tensions, combining demands for justice with confusion about the very foundations of gender relations. This book is an invitation to move beyond simple opposition, to go beyond divisions and explore a path of reconciliation and harmony.

The history we carry with us, marked by millennia of patriarchy and social conditioning, has forged deep-seated patterns that influence our perceptions, behaviour and mutual expectations. Understanding these historical and psychological roots is essential if we are to envisage a different future. As well as tracing this evolution, this book offers a reflection on the tools and perspectives needed to transform these relationships into a more balanced framework.

What is at stake goes far beyond social reforms or changes in the law. It touches on the very nature of our being. Lasting transformation requires going to the source: our inner conditioning. This book explores the need for a rethought education, in which schools play a central role in

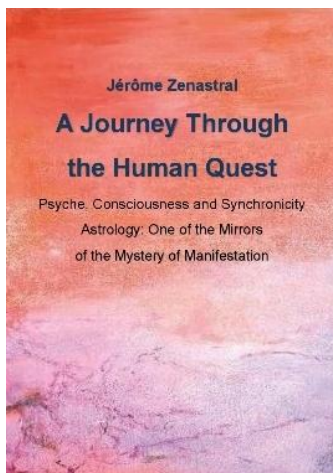
deconstructing stereotypes and fostering the emergence of freer generations. But above all, it emphasises the union of masculine and feminine principles within each of us, a path that, far from being a simple personal quest, reveals a spiritual and collective dimension.

We cannot change the world without first changing ourselves. This is the core message of this book. Any external struggle, however noble, remains incomplete if it is not accompanied by sincere introspection and work on our own inner dualities. As thinkers such as Krishnamurti and Jung have put it, it is by paying attention to ourselves and uniting our inner opposites that we can hope to see a fairer world emerge.

This book does not claim to offer definitive solutions, but rather to open up avenues for reflection. It invites each and every one of us to question ourselves, to challenge the certainties we have acquired and to envisage a vision of the future where differences are no longer sources of division, but forces for complementarity. In these times of upheaval, it is time to imagine a reconciled future, where men and women co-create a society based on understanding, mutual respect and shared fulfilment.

[Available in print here](#)

A Journey Through the Human Quest



Psyche, Consciousness and Synchronicity

Astrology: One of the Mirrors of the Mystery of Manifestation

Since humanity's earliest endeavours—cave paintings, temples, myths, observation of the stars—the same force has been quietly at work: the need for truth. Human beings, whether they know it or not, are seekers of reality. Behind curiosity, wonder, the thirst for understanding, and the desire for happiness lies a single nostalgia: that of a state of unity whose memory persists in each of us.

This book explores this universal movement. From the psyche to synchronicity, from mythology to science, to the astrology of mindfulness, it follows the multiple paths through which Consciousness contemplates itself through humans. These languages, so different in appearance, reveal the same thread: life discovering itself in countless forms.

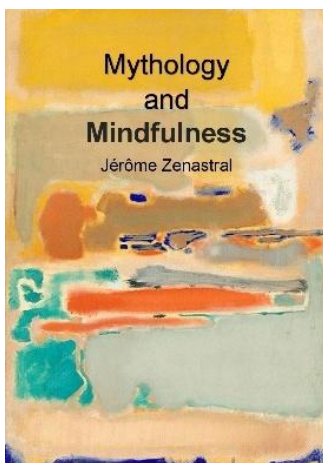
Jérôme Zenastral does not offer a method or knowledge, but a perspective. He invites the reader to recognise that the world, symbols and stars do not speak of an external reality, but of what we already are.

Consciousness is not an object to be attained or a truth to be conquered: it is the very fabric of all experience, silent, luminous, ever-present.

This book is for those who sense that they are already on the path, whether they are awake seekers or sleeping seekers. It teaches nothing: it offers a space for recognition.

[Available in print here](#)

Mythology and Mindfulness



Since the earliest stories told around the fire, humanity has sensed that the visible world is only a reflection of a greater reality. Myths are not ancient fables: they are the first language of Consciousness. Each god, each goddess, each hero embodies a living force of the psyche, a power that still permeates our emotions, desires and trials.

This book invites us to rediscover these founding archetypes as inner presences. Through them, it explores how life manifests itself simultaneously in the world and in the soul — what Jung called *synchronicity*. This is not a theory, but an experience: that of resonance between the inner and the outer, between myth, psyche and reality.

From Zeus to Pluto, from the great goddesses to the distant planetoids, each chapter connects three dimensions—the psychic force, the myth that embodies it, and the synchronicity that reveals it. It is less a treatise than a path of recognition: seeing that the gods still live, not in the heavens, but in the gestures, thoughts, and encounters of our daily lives.

This book seeks neither to explain nor to believe. It invites us to listen. For behind every symbol, every emotion and every sign in the world lies the same invitation: to remember that all that exists is Consciousness discovering itself through its own forms.

[Available in print here](#)

Everything is fine: *Let thought believe it is alone at the helm*



Many people today are not unhappy because their lives are failing, but because they feel solely responsible for everything that happens to them. They carry their thoughts, emotions, choices, failures and doubts as if there were someone at the centre of the experience in charge of managing everything. This way of living causes deep, often silent fatigue, made up of inner tension and discreet struggle.

This book offers no solutions, no methods, no path to follow. It simply names a common misunderstanding: the belief that we are separate entities in control of our lives. Without explaining, without convincing, without seeking to transform, it describes what relaxes when this belief is simply recognised.

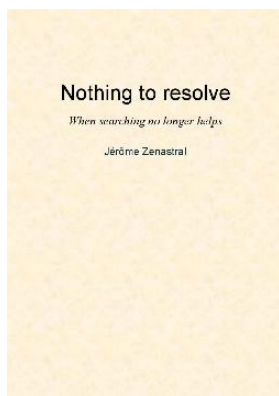
These pages can be read in one go or closed at any time.

There is nothing to be gained from them, nothing to be applied, nothing to become.

And then, life goes on.

[Available in print here](#)

Nothing to resolve: *When searching no longer helps*



Many people seek to understand, to feel better, to find meaning. And sometimes, this search itself becomes tiring.

This book offers no solution, no path, no accurate perspective. It simply describes that moment when effort no longer responds.

When searching no longer helps, something very simple may remain: what is, without having to resolve it.

[Available in print here](#)

Thank you for your attention and interest in my works!