The Astrology of Mindfulness

An introduction to the work

of Jérôme Zenastral

An exploration
of the planets,
the signs and degrees of the zodiac,
transits and aspects,
the lunar nodes and Lilith,
retrogrades and interceptions,
right through to asteroids,
centaurs,
planetoids and fixed stars.

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Foreword

This book is not like other books. It offers neither a method to apply, nor a doctrine to follow, nor a belief system to adopt. Above all, it invites us to shift our perspective.

For millennia, astrology has been used to understand human beings, shed light on their character, interpret the events of their lives or attempt to glimpse their future. Yet, behind the diversity of astrological traditions, there often lies a single implicit idea: that the stars exert an influence on who we are and what we experience.

Mindfulness astrology offers a different interpretation. It does not regard the heavens as a cause acting upon human life, but as a symbolic mirror of the psyche. The birth chart is not a mechanism of influences; it is the synchronistic reflection of a psychological structure emerging within a single fundamental reality: Consciousness.

From this perspective, the planets, signs, houses, aspects, lunar nodes, Lilith, retrogrades, interceptions, asteroids, centaurs and planetoids are not active forces. They constitute a symbolic language through which we can observe how the psyche manifests itself. They do not tell us what we are meant to become. They reveal what is already present.
This approach is also based on a fundamental insight: behind every astrological energy lies an original quality. The painful manifestations of the signs are not separate from their essence; they are distortions of it when the energy is experienced through identification with a

supposedly separate consciousness. Behind every fear, every attachment, every conflict or every quest lies a forgotten bliss. The twelve signs of the zodiac thus appear as twelve gateways back to the Self and twelve fundamental modes of human experience.

In this view, there is nothing to correct at a fundamental level. The birth chart is perfect from the outset because it reflects exactly what manifests through a given existence. The tensions, contradictions and challenges it reveals are not errors to be rectified but invitations to understanding. Astrology thus ceases to be a tool designed to improve a psychological persona and becomes a means of observing the mechanisms of identification and recognising what lies beyond them.

This book presents a body of work built around this understanding. Each volume explores a particular aspect of human experience through the language of astrology: the planets, the signs, the houses, the aspects, the transits, relationships, psychogenealogy, asteroids, centaurs and planetoids. Yet, behind this apparent diversity, a single coherence remains.
All these books point to a simple truth: what we seek to become is already present in a form deeper than the constructs of the psychological self. Astrology is thus no longer an astrology of becoming, but an astrology of recognition.

It becomes a language enabling the psyche to contemplate itself. A mirror revealing its movements, its conditioning, its aspirations and its potential for understanding. But it

also reminds us that that which observes these movements cannot be reduced to any symbol, any sign or any birth chart.

This book is therefore not merely a presentation of a work. It is an invitation to embark on a journey of understanding where the heavens, the psyche and life appear as expressions of one and the same reality. An invitation to discover, behind the astrological symbols, that which has never ceased to be present: Consciousness itself.

Introduction

This book presents the complete works of Jérôme Zenastral, built around a single vision: that of the astrology of mindfulness.

This approach is based on a number of fundamental principles. The birth chart is not regarded as a cause acting upon existence, but as a symbolic mirror of the psyche. The stars exert no influence on human beings. The heavens and the psyche appear, in synchronicity, as expressions of the same, more fundamental reality: Consciousness.
In these pages, you will discover works devoted to the various dimensions of the birth chart: the planets, the signs, the houses, the aspects, the transits, the lunar nodes, Lilith, retrogrades, interceptions, as well as asteroids, centaurs, planetoids and fixed stars. Each book explores a particular region of this vast symbolic language and develops a specific facet of human experience.

Throughout this collection, a shared understanding gradually emerges. The planets represent the major functions of the psyche. The signs reveal the fundamental modes of experience and the twelve gateways back to the Self. The houses indicate the fields of experience in which these energies manifest. The aspects show how they interact. Transits appear as synchronistic indicators of the psyche's movements over time.
This presentation offers neither a study programme nor a prescribed reading order. Each volume may be approached freely according to one's questions, areas of interest or the

resonances of the moment. All, however, share the same philosophical and symbolic coherence.

The book *The Astrology of Mindfulness: Philosophical Foundations and General Theory* forms the bedrock of this vision. It sets out the principles underpinning the entire body of work and sheds light on how astrological symbols are approached in the various books.

The following pages invite you to explore this body of work in all its diversity, whilst bearing in mind its core message: suffering stems neither from the heavens nor from astrological energies themselves, but from identification with a supposedly separate consciousness. Behind every energy in the birth chart lies an original quality that asks to be recognised. Thus, astrology ceases to be a tool designed to help us become someone else and instead becomes an invitation to recognise what is already present at the heart of our experience.

An astrology of mindfulness: the foundation of his entire body of work

An astrologer, writer and essayist, Jérôme Zenastral has devoted nearly fifty years of his research to exploring the language of astrology. Over the decades, this research has led him to develop an original approach: the astrology of mindfulness.

His journey began in 1975 at Jacques Berthon's school and was subsequently enriched through the study of the leading authors in psychological and humanistic astrology, notably Stephen Arroyo, Liz Greene, Robert Hand and Alexander Ruperti. He also deepened his thinking through psychology, particularly in the light of the work of Fritz Riemann. These influences marked important stages in his development, but his research gradually led him towards a profoundly different understanding of astrology.

From the 1980s onwards, a fundamental question arose: is the hypothesis of the influence of the stars really necessary to understand the phenomenon of astrology? This question led him to challenge one of astrology's oldest assumptions. Gradually, a different perspective took hold: the birth chart produces nothing, determines nothing and has no effect on anything. It reflects.

The birth chart thus appears as a symbolic mirror of the psyche. Between the heavens and human experience there exists a significant parallelism which Carl Jung referred to as synchronicity. The heavens do not cause the psyche, nor does the psyche cause the heavens. Both appear as

simultaneous expressions of the same, more fundamental reality.

This fundamental reality is Consciousness.
From this perspective, the planets represent the major functions of the psyche, the signs the fundamental modes of their expression, the houses the fields of experience in which they manifest, and the aspects the modes of interaction between them. The birth chart becomes a symbolic map of the psyche, but it never describes what we fundamentally are. It describes the movements of experience, not the Consciousness that illuminates them.

In the course of his research, Jérôme Zenastral was also led to another essential discovery. Behind each sign of the zodiac lies a fundamental quality of being, an original bliss. The wonder of Aries, the sensuality of Taurus, the cheerfulness of Gemini, the fulfilment of Cancer, the splendour of Leo, the purity of Virgo, the harmony of Libra, the liberation of Scorpio, the exultation of Sagittarius, the wisdom of Capricorn, the freedom of Aquarius and the ecstasy of Pisces constitute the deepest expressions of these twelve fields of energy.

This understanding leads to a radical reinterpretation of the concept of the astrological shadow. The painful expressions of the signs are not separate from their essence. They are distortions of that essence when the energies are experienced through identification with a supposedly separate consciousness. The shadow is not opposed to the light; it is the forgotten light.

Thus, mindfulness astrology does not seek to correct a personality deemed imperfect, nor to guide the individual towards an improved version of themselves. It is based on a different insight: the birth chart is perfect from the outset because it reflects exactly what manifests itself through a given existence. The tensions, contradictions and challenges it reveals are not errors to be rectified but invitations to understanding.

Astrology thus becomes a language of recognition rather than a tool for transformation. It invites us to observe the mechanisms of identification, to recognise the movements of the psyche and to discover the fundamental qualities seeking to reveal themselves behind them. It does not describe a future course of events. It points towards what is already present.

Jérôme Zenastral's entire body of work is based on this fundamental understanding. Each book explores a particular aspect of astrological language, yet all share the same philosophical coherence. Behind the diversity of the subjects covered lies the same invitation: to recognise that what is sought through human experiences has never ceased to be present.

The book *The Astrology of Mindfulness: Philosophical Foundations and General Theory* sets out the principles that form the bedrock of this vision. All the works that have followed can be understood as developments, further explorations or applications of these foundations to different areas of human experience.

A structured astrological work: each symbol as a gateway to insight

Whilst *Astrology and Mindfulness* serves as one of the entry points to this approach, Jérôme Zenastral's entire body of astrological work represents its gradual unfolding.

Each book explores a particular dimension of astrological language, but all are based on the same foundations: the absence of influence from the stars, the synchronicity between the heavens and the psyche, the birth chart as a symbolic mirror of the psyche, and Consciousness as the fundamental reality of experience.

From this perspective, astrology no longer appears as a collection of separate techniques or specialised knowledge. It becomes a coherent exploration of the various structures of the psyche and the many forms through which human experience manifests itself.

A significant part of this work is devoted to the study of the planets. These are never regarded as active forces producing events or behaviours. They represent the major functions of the psyche: the Sun as the principle of inner unity and the direction of destiny, the Moon as sensitivity, Mercury as thought, Venus as connection, Mars as action, Jupiter as expansion and Saturn as structuring.

The collective and transpersonal planets also play a significant role. Uranus reveals the dynamics of freedom, Neptune the aspirations towards unity, and Pluto the processes of profound transformation. These planets open

the psyche to dimensions that go far beyond the ordinary concerns of the psychological self.

All these works are based on the same intention: not to define individuals through their astrological symbols, but to understand the psychological forces that manifest themselves through them.

Other works are devoted to the very structure of the birth chart: the signs, houses, aspects, planetary configurations, retrogrades and intercepted signs. These elements are studied as the various components of a coherent symbolic architecture that reflects the unique way in which the psyche manifests itself in a given life.

The signs occupy a central place in this approach. They are not presented as personality categories but as twelve fundamental modalities of the psyche, twelve fields of energy through which psychological functions take shape. They are also regarded as twelve gateways back to the Self and as the symbolic guardians of twelve primordial states of bliss: wonder, delight, joy, fulfilment, splendour, purity, harmony, liberation, exultation, wisdom, freedom and ecstasy.

Astrological aspects are approached as interactions between the various forces of the psyche. Tense and relaxed aspects are not interpreted as flaws or advantages but as different modes of relationship between the energies in the birth chart. Even the most pronounced tensions contribute to the coherence of the individual's 'score'.

Another important dimension of the work concerns asteroids, centaurs and planetoids. Far from being mere technical additions, these celestial bodies enable us to explore specific nuances of the human experience. Chiron, Lilith, Juno, Vesta, Pallas, Psyche, Nessus, Pholus, Eris, Sedna, Orcus, Ixion and many others thus become symbolic mirrors revealing certain dimensions of the individual, relational, transgenerational or collective psyche.

Works devoted to astrological transits also play a key role. Transits are presented not as influences acting upon one's existence, but as synchronistic indicators enabling us to observe the temporal movements of the psyche. They shed light on the themes emerging in the present experience without ever foretelling a predetermined destiny.
Several books also explore the major dimensions of human existence: relationships, family, vocation, collective dynamics, psychogenealogy, life cycles and the various forms of interaction between people. In each of these areas, astrology remains true to its primary function: to shed light on the mechanisms of the psyche and foster their understanding.

Even world astrology is approached from this perspective. Major collective cycles, social crises and historical transformations appear as synchronistic manifestations of dynamics common to the whole of humanity. The collective thus becomes an expanded mirror of what is also at play at the individual level.

Finally, several works are intended for educational purposes. Textbooks, case studies, overviews and encyclopaedias enable readers to gradually deepen their understanding of astrological language whilst maintaining the philosophical coherence that underpins the entire body of work.

Thus, despite the diversity of the subjects covered, this body of work forms a deeply unified whole. Each book explores a particular aspect of a single vision: that of an astrology of mindfulness, where the birth chart becomes a mirror of the psyche, where the shadow is understood as forgotten light, and where every astrological symbol can become an invitation to recognise what remains present behind all forms of experience.

The essays: a direct exploration of consciousness

Whilst Jérôme Zenastral's astrological work constitutes an exploration of the psyche through the symbolic language of astrology, his essays take a more direct approach. They move beyond the language of the planets, signs and birth charts to directly address the great questions of existence: the nature of consciousness, identity, suffering, separation, freedom and the meaning of human experience.

Yet these are not two distinct approaches. Both his astrological works and his essays are based on the same philosophical foundation. The former use the birth chart as a symbolic mirror of the psyche; the latter directly explore that which observes the psyche. Both stem from the same fundamental question: what are we really?

Mindfulness astrology distinguishes between the psyche and Consciousness. The psyche corresponds to the totality of thoughts, emotions, memories, conditioning and mental constructs that make up individual experience. Consciousness refers to that in which this experience arises. The essays focus primarily on this second dimension.

Works such as *The World Is What We Are*, *Nothing to Resolve, Everything Is Fine: Let Thought Believe It Is Alone at the Helm* and *A Journey Through the Human Quest* thus explore the mechanisms of identification and the way in which the sense of being a separate person structures human experience. They show how suffering

arises less from the circumstances themselves than from the confusion between what we fundamentally are and the image we have of ourselves.

As in the astrology of mindfulness, it is not a question of becoming someone else or of constructing an improved version of oneself. Rather, these works invite us to recognise what remains present behind the movements of thought, emotions, beliefs and personal narratives.

Several essays also examine the major divisions that typically shape human perception. ‘The Male-Female Duality: An Illusion at the Heart of Oneness’ explores the apparent oppositions between the sexes and identities. ‘Towards a Brotherhood between Humans and Animals’ questions the established separation between human beings and the rest of the living world. In these works, boundaries usually taken for granted are re-examined in the light of an understanding based on the fundamental unity of experience.

Other essays extend this reflection to collective dimensions. In *The World Is What We Are, or An Essay on Universal Harmony*, human societies, their crises, conflicts and aspirations are viewed as manifestations of deeper psychological and collective dynamics. The external world no longer appears as a reality that is entirely independent of ourselves, but as the visible expression of what humanity experiences internally.

Some works address the question of human relationships more directly. *La rencontre ne se choisit pas* examines

contemporary conceptions of love, choice and compatibility. In this work, a relationship appears less as the result of a rational decision than as an event arising from the very flow of life itself. It becomes a mirror revealing the conditioning, expectations and projections through which we perceive the other.

Other essays revisit humanity's great symbolic narratives. *Mythology and Mindfulness* offers a fresh interpretation of myths by approaching them as representations of the dynamics of the psyche and consciousness. Quantum Astrology explores possible parallels between certain insights from contemporary physics and questions concerning the nature of reality, without seeking to conflate them or reduce one to the other.

The body of work also includes more literary forms. *The Return of Candide* revisits Voltaire's character in order to examine the contemporary world through a lens that is both critical and full of wonder. *The Quantum Ark* draws on the resources of science fiction to explore questions of identity, time, separation and the nature of reality. Although taking different forms, these works pursue the same fundamental inquiry.
Thus, despite the diversity of the themes addressed — consciousness, society, relationships, mythology, science or fiction — a common thread runs through all these essays. They do not constitute a body of work separate from the astrological books; rather, they represent their direct philosophical extension.

Mindfulness astrology uses the symbolic language of the birth chart to explore the psyche. The essays address the question of Consciousness itself directly. The paths differ, but they converge on the same question: what remains when identifications, beliefs and personal narratives momentarily cease to occupy one's full attention?

It is around this question that Jérôme Zenastral's entire body of work is organised.

A reinterpretation of the so-called ‘karmic’ areas: from evolution to recognition

In many astrological approaches, certain elements of the birth chart are associated with a karmic dimension: the Lunar Nodes, Lilith, retrograde planets, intercepted signs, as well as certain factors such as Pluto or the 8th and 12th houses. These symbols are often interpreted as traces of a past to be transcended, wounds to be healed, debts to be settled, or lessons intended to foster future growth.
Jérôme Zenastral’s work fully explores these same symbolic realms. However, it approaches them from the foundations of mindfulness astrology, which is based on a different view of the psyche, the birth chart and consciousness.

From this perspective, these symbols describe neither a karmic past to be resolved nor a spiritual future to be attained. They simply reveal certain structures of the psyche as they manifest in present-moment experience. The birth chart is not the narrative of a path of evolution; it is a mirror of what is already manifest.

The Lunar Nodes are therefore not viewed as an axis linking a past to be transcended with a future to be achieved. They represent two complementary polarities of psychological experience. The South Node reflects certain forms of experience that have already manifested, whilst the North Node points to complementary dimensions that naturally seek to express themselves. This is not a pre d programme of evolution but a dynamic of the psyche observable in the present moment.

Intercepted signs are not interpreted as blocked potentials or hindered capacities. Rather, they represent energies that express themselves in a more discreet, more inward or less immediately visible way. Their function is not to be released but to be recognised in their particular mode of manifestation.

Retrograde planets are approached in a similar way. They signal neither delay nor dysfunction. They simply indicate a more internalised, more reflective or quieter way of experiencing certain psychological functions. Nothing is defective or incomplete.

Pluto, often associated with crises, destruction or metamorphosis, retains its dimension of psychological depth. However, in mindfulness astrology, it does not signify a transformation that the individual must undergo. It reveals areas where certain identifications may be called into question, where the psyche is confronted with impermanence, and where a deeper understanding of its mechanisms may emerge.

Lilith is also re-examined. Rather than an original wound or an exclusion to be remedied, she highlights certain dimensions of experience that resist conventional constructions of identity. She reveals the tensions between what is spontaneously experienced and what the psychological self accepts or refuses to acknowledge.

More broadly, all these symbols contribute to a shared understanding. They do not describe errors to be corrected

or gaps to be filled. They reveal the various forms that identification takes within the psyche, as well as the possibilities for recognition that remain present behind these mechanisms.

This reinterpretation also leads to a new understanding of the shadow. The difficulties associated with these symbols are never separate from their essence. As with the signs of the zodiac, their painful expressions can be seen as distorted forms of the same energy when experienced through a sense of separation. Behind every tension lies a deeper quality that does not need to be created, but rather recognised.

Thus, what fundamentally distinguishes this approach lies not in the symbols studied, but in the perspective from which they are viewed.

Whereas certain interpretations emphasise:
– evolution;
– transformation;
– healing;
– liberation;
– future fulfilment;

Mindfulness astrology emphasises:

– observing the present experience;
– recognising identification mechanisms;
– understanding psychological dynamics;

– the discovery of the original qualities hidden behind the shadow;
– recognising what is already present at the heart of the experience.

Astrological symbols then cease to be stages on a journey to be completed. They become mirrors of the different ways in which the psyche manifests itself and the gateways through which the conscious presence that lies in the background of all experience can be recognised.

A body of work to explore: keys to interpretation and the structure of the works

Given the scope and diversity of this body of work, a question naturally arises: how should one approach it and how can one perceive its overall coherence?

For whilst each book can be read independently, together they form a deeply unified whole. They are not a succession of isolated works but different expressions of a single vision of astrology, the psyche and consciousness.

The book *The Astrology of Mindfulness: Philosophical Foundations and General Theory* now forms the theoretical foundation of this entire body of work. It sets out its fundamental principles:

– the absence of influence from the stars;
– the synchronicity between the heavens and the psyche;
– the birth chart as a symbolic mirror of the psyche;
– Consciousness as the fundamental reality of experience;
– the signs as twelve fundamental modalities of the psyche and twelve gateways back to the Self;
– the twelve primordial blissful states that constitute the profound essence of the zodiacal energies;
– the understanding of the shadow as forgotten light;
– freedom as the recognition of conscious presence beyond the mechanisms of the psyche.

This work thus provides the general philosophical framework within which all the other books can be understood.

The books devoted to the planets, signs, houses, aspects, transits or specific configurations then explore the implications of these foundations for astrological interpretation.

Other books delve deeper into the study of asteroids, centaurs, planetoids and fixed stars. They explore more specific dimensions of the individual, relational, transgenerational or collective psyche, whilst maintaining the same principles of interpretation.

Works devoted to synastry, composite charts, relational midpoints, psychogenealogy or the various spheres of human existence apply this perspective to specific areas of experience.

Textbooks, encyclopaedias, dictionaries and educational works, for their part, aim to provide the tools necessary for studying this astrological approach whilst preserving its philosophical coherence.

Finally, the essays occupy a special place within this body of work. They enable the direct exploration of certain fundamental questions relating to consciousness, identity, freedom, relationships, encounters and the nature of human experience.

There is no prescribed reading order. Each book can be explored freely, according to one’s interests, questions or the resonances of the moment.

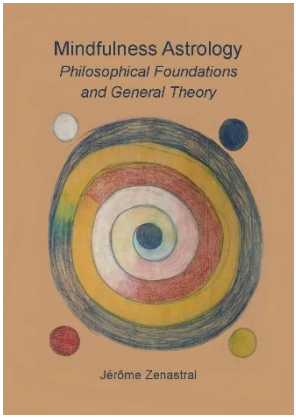
However, as one reads more and more, an overall coherence gradually emerges. Behind the diversity of the subjects covered lies a single underlying aim: to understand the birth chart as a mirror of the psyche, to recognise the mechanisms of identification, to discover the primordial joys hidden behind the painful expressions of energies, and to reveal what remains present beyond all forms of experience.
The works presented in the following pages are grouped into several main categories:

– philosophical and theoretical foundations;
– the planets and the functions of the psyche;
– the signs, houses and structures of the birth chart;
– transits and cycles;
– asteroids, centaurs, planetoids and fixed stars;
– relational astrology;
– psychogenealogy;
– educational books;
– encyclopaedias and reference works;
– essays.

This classification is not intended to impose a specific path. It simply serves as a guide to help readers discover works in which all the ideas stem from the same fundamental insight: the astral al chart is not what acts upon us; it is the symbolic mirror of what manifests within the psyche, which itself appears in Consciousness.

Astrology and Mindfulness

Philosophical Foundations and General Theory



For millennia, astrology has been interpreted as a language of destiny, a tool for self-knowledge or a path to personal development. But what if the stars exerted no influence at all? What if the birth chart were not the cause of our existence but its symbolic mirror?

In this seminal work, Jérôme Zenastral proposes an epistemological break with traditional, psychological, karmic and transpersonal conceptions of astrology. Drawing on non-duality, mindfulness and the principle of synchronicity, he develops a vision in which the heavens and the psyche appear as simultaneous expressions of the same fundamental reality: Consciousness.

One of the major insights of this book is that the sufferings associated with the signs of the zodiac are not opposed to

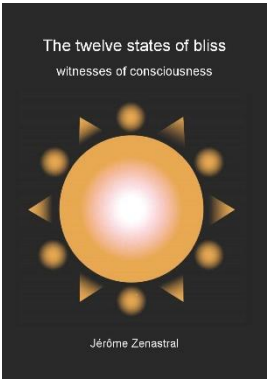
their deepest nature. They are distortions of it. Behind every fear, every attachment, every conflict and every quest lies a forgotten original bliss. The shadow is not separate from the light: it is the light when experienced through the illusion of a separate consciousness.

The signs of the zodiac thus appear as twelve fundamental modes of human experience, twelve gateways back to the Self, and twelve primordial states of bliss that existence invites us to recognise.

Available in print here

The Twelve States of Bliss

Witnesses to universal consciousness



What if the deepest states of happiness were not exceptional experiences to be attained, but the natural expressions of our true nature?

In this book, Jérôme Zenastral explores the link between mindfulness, Universal Consciousness and the twelve primordial states of bliss that manifest at the heart of human experience: wonder, delight, joy, fulfilment, splendour, purity, harmony, liberation, exultation, wisdom, freedom and ecstasy.

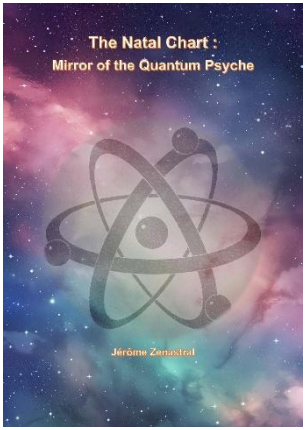
Drawing on the astrology of mindfulness, he offers an original interpretation of the twelve signs of the zodiac as twelve fundamental modes of experience and twelve gateways back to the Self. One of the central insights of this approach is that the suffering-laden expressions of the signs are not opposed to their essence: they are distortions of it that arise when consciousness identifies with a separate existence. The shadow is never separate from the light; it is the forgotten light.

At the crossroads of mindfulness, non-duality and astrological symbolism, this book invites the reader to recognise, behind the movements of the psyche, the bliss that has never ceased to be present and which silently bears witness to Universal Consciousness.

Available in print here

Quantum Astrology

The Birth Chart: Mirror of the Quantum Psyche

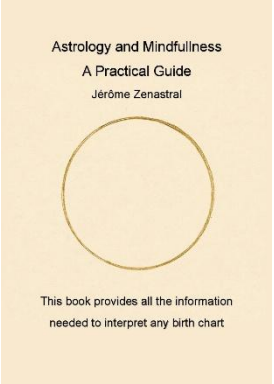


Embark on a daring journey where science meets spirituality, where the microcosm meets the macrocosm, and where quantum mechanics sheds light on the mysteries of the human psyche through the prism of mindfulness astrology.

Whether you are a passionate seeker, a curious sceptic, or simply an open-minded person in search of 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 print here

Astrology and Mindfulness : A Practical Guide



For millennia, astrology has been interpreted as a language of destiny, personality or human evolution. But what if the stars exerted no influence at all? What if the birth chart were not the cause of who we are, but rather a symbolic mirror of the psyche?

This practical handbook presents the foundations of mindfulness astrology. Based on the synchronicity between the heavens and the psyche, this approach regards the birth chart as a reflection of a psychological structure that emerges simultaneously with the structure of the heavens at the moment of birth.

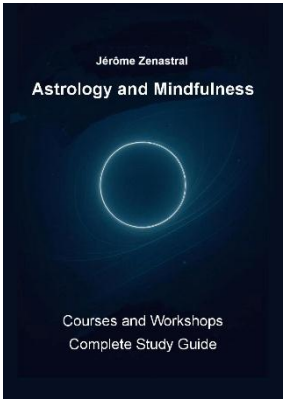
You will discover the meanings of the planets, signs, houses and aspects, as well as a comprehensive method for interpreting the birth chart. Behind each sign lies an original quality of being: wonder, pleasure, joy, fulfilment, splendour, , purity, harmony, liberation, exultation, wisdom, freedom and ecstasy. The ‘suffering’ expressions

of the signs are not their opposites, but rather distorted forms that arise when energy is experienced through the illusion of a separate consciousness.

More than just an astrology manual, this book is an invitation to explore the deep connection between the psyche, consciousness and presence, and to discover that behind the fluctuations of character there always lies a reality vaster than the birth chart itself.

Available in print here

Astrology Handbook: Courses and Workshops



This book brings together the full range of courses offered by the School of Astrology and Mindfulness (EAPC), founded by Jérôme Zenastral. It provides a comprehensive, progressive and accessible learning journey, designed for anyone wishing to learn how to interpret a birth chart with accuracy, depth and clarity.

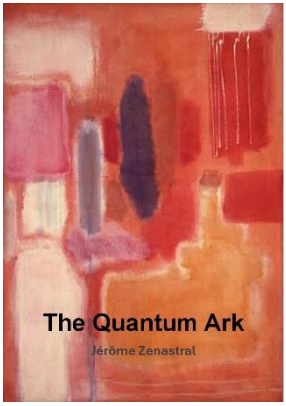
Each lesson explores a fundamental aspect of astrology: signs, planets, houses, aspects, transits, and much more besides.

This book can be studied at your own pace, independently, as a journey of learning and transformation. It is aimed at both beginners and practitioners keen to gain a fresh perspective. A progress guide, examples, workshops and a final exam are included. Upon successful completion, a personalised certificate can be obtained on request.

Available in print here

The Experience of the Birth Chart

Examples of interpretations in mindfulness astrology



Having explored, in numerous works, the significance of the planets, signs, houses and aspects, Jérôme Zenastral now presents a book devoted to the practice of interpretation. Through several comprehensive examples

of birth charts, he demonstrates how astrological symbols interplay to form a coherent, vivid reading that remains true to the dynamics of the psyche.

This book is primarily aimed at students of astrology, as well as practitioners wishing to refine their reading of charts. It does not propose a method to be applied, but demonstrates, through examples, how to recognise the salient features of a chart, grasp its overall logic, and interpret the planets in context, without judgement or projection.

Available in print here

The Sun in Astrology

Our life force, our power of fulfilment

The Sun is the living heart of your birth chart. It represents your centre, your ability to assert yourself and to create your own destiny.
In this book, you will discover a detailed interpretation of the 144 combinations formed by the Sun in the 12 signs of

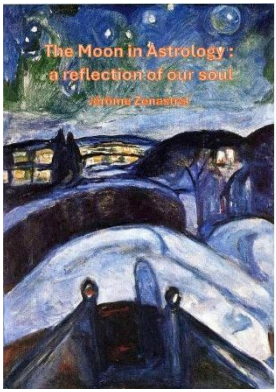
the zodiac and the 12 astrological houses. This analysis is enriched by an examination of its aspects to other planets, offering a comprehensive and nuanced view of your life force.

This book is part of an approach to astrology based not on a 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.

Available in print here

The Moon in Astrology

A Reflection of Our Soul



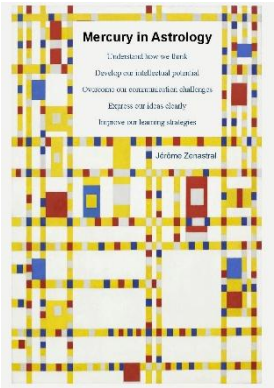
The Moon is the mirror of our inner world, revealing our emotions and our relationship with security. It responds to our need for intimacy, comfort, well-being and tranquillity.

In this book, each position of the Moon is explored in detail: the 12 signs of the zodiac, which colour our sensitivity and our spontaneous reactions; the 12 houses, which reveal the areas of life where our soul seeks to express itself and find security; and the aspects to other planets, which refine and nuance the way we experience and feel.

Available in print here

Mercury in Astrology

Mental Strength



This book offers a comprehensive exploration of the 144 possible combinations of Mercury in signs and in the astrological house , revealing the infinite nuances in the ways we think, speak and relate to the world.

Each configuration sheds light on a particular cognitive sensibility, a way of perceiving, reasoning, learning or

communicating. The analysis of Mercury's aspects enriches this interpretation, revealing the internal tensions or harmonies that influence the fluidity of exchanges, the clarity of ideas or the ability to convey messages.

Rooted in a symbolic approach based on synchronicity, this book is not based on any belief in direct astral influence. Rather, it offers a psychological and intuitive interpretation of the birth chart, in which Mercury becomes a mirror of your unique intelligence.

Available in print here

Venus in Astrology

The guide to our emotional life

Discover the mystery of Venus, the planet of love, seduction and harmony, through a comprehensive exploration of its 144 combinations across astrological signs and houses. This book guides you in understanding

how this unique energy shapes the way you love, seduce and connect with others in different areas of life.

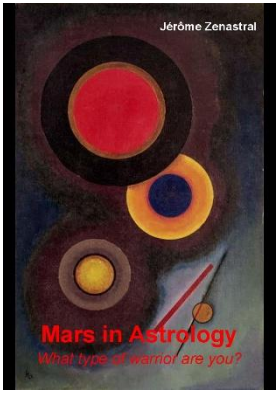
Going beyond Venus's simple position, you will learn to interpret the aspects it forms with other planets, revealing the inner dynamics that influence your emotional relationships, your desires and your quest for emotional balance.

This book offers a symbolic and psychological interpretation of Venus, far removed from any notion of direct astral influence. It invites you to embrace both your strengths and your shadows, and to cultivate your power of attraction with awareness and authenticity.

Available in print here

Mars in Astrology

What sort of warrior are you?



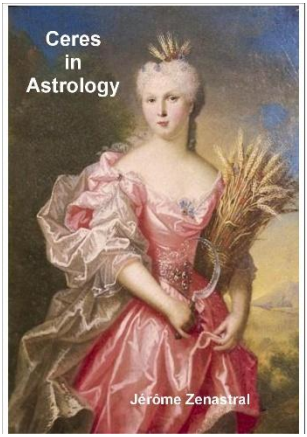
In this book, Zenastral invites you to discover your ‘inner warrior’ through astrology.

Through a detailed analysis of the 144 possible combinations of Mars by sign and house, enriched by the significance of the aspects it forms with other planets, this book reveals how our strength and assertiveness can be channelled constructively to meet life’s challenges.

Available in print here

Ceres in Astrology

The Power of Purification



In the vast universe of astrology, each celestial body offers us keys to understanding ourselves better. Among them, Ceres, the ancient goddess of agriculture, holds particular significance. Beyond the symbolism of harvests, Ceres embodies a powerful principle of purification. She invites

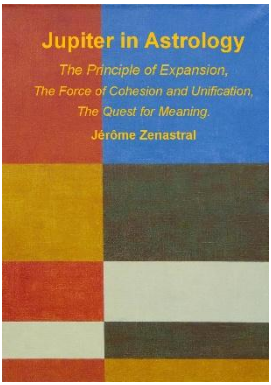
us on an inner journey. She encourages us to explore our inner depths, to identify our weaknesses and to work on ourselves with humility. This personal work is essential before we can establish harmonious relationships with others, represented by the sign of Libra.

In this book, we will explore in detail the significance of Ceres according to her position in your birth chart. We will also analyse her relationships with the other planets, revealing how these interactions reflect periods of profound transformation or inner peace.

Available in print here

Jupiter in Astrology

The Principle of Expansion, The Force of Cohesion and Unification, The Quest for Meaning: The Complete Guide to the 144 Combinations of Jupiter in Signs and Houses

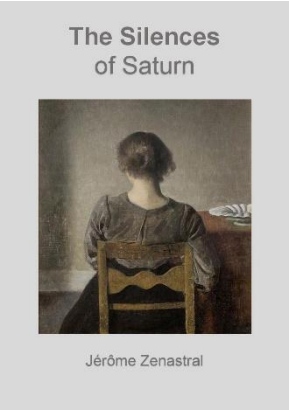


In this book, Jérôme Zenastral turns his attention to Jupiter, the planet of expansion, cohesion and the quest for meaning.

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 vivid exploration of this inner force that drives us to grow, to believe and to connect.

Available in print here

The Silences of Saturn

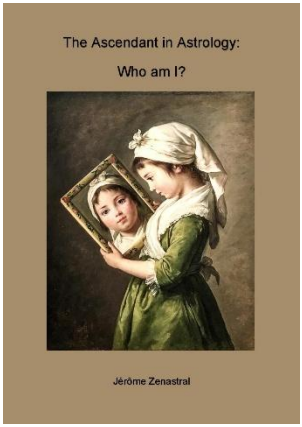


"The Silences of Saturn" explores in depth the significance of Saturn through the signs and houses of the birth chart, offering a unique and nuanced understanding of this planet of maturity and stability. Saturn urges us to assess every trial with wisdom and to draw valuable lessons from the challenges we face.

In this book, every combination of Saturn in the 12 signs and the 12 astrological houses (144 combinations in total) is meticulously analysed to reveal how this stabilising force reflects our ability to discern what best suits our nature, to recognise our limits and to determine our true capabilities.

Available in print here

The Ascendant in Astrology



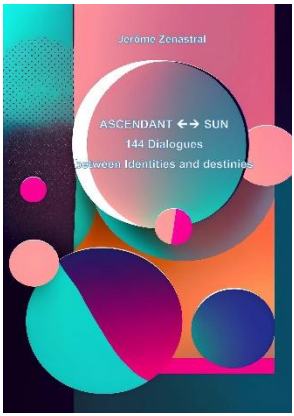
The Ascendant is the birthpoint of our identity, the space where we manifest ourselves to the world.

This book explores in depth the aspects between the Ascendant and the ten planets, offering 120 interpretations to help us better understand the forces at work within our psyche.

Accessible to all, whether you are an astrology enthusiast or an experienced practitioner, this book invites you to explore your own birth chart with discernment and curiosity. The aim is not to confine your experience to rigid definitions, but to offer you food for thought to help you get to know yourself better and refine your perspective on astrology.

Available in print here

Astrology: 144 Sun-Ascendant Dialogues



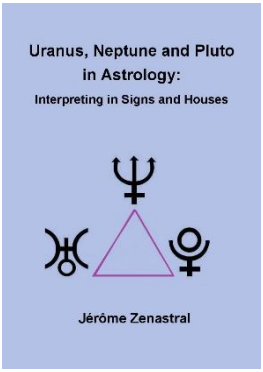
Thanks to the 144 possible combinations between the Sun and the Ascendant, anyone can deepen their understanding of themselves and their life journey. This book offers a detailed exploration of how the Ascendant and the Sun can come into conflict or harmony, and how this interaction manifests in our lives. Beyond the dynamics described between the Sun sign and the Ascendant, it is essential to take into account the aspects of tension associated with the Sun in its sign. These dissonant aspects add subtle nuances

and further complexities to the interpretation of the Sun in its sign. And for an even more in-depth analysis, for each combination, this book also examines the Sun's position in the houses, thus offering a holistic and comprehensive view of your identity and destiny.

Available in print here

The Planets of transformation

Uranus, Neptune and Pluto



This book is an essential companion 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 sign of the zodiac and their resonance in each astrological house.

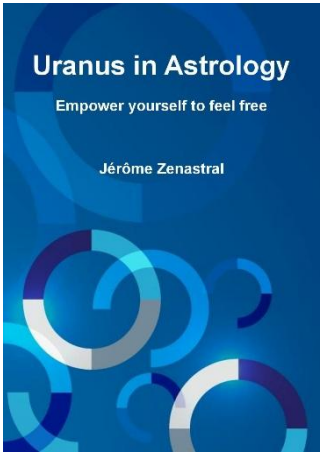
This book provides insights to help us better understand the dynamics of these three planets in our lives and gives

us tools to integrate their energy of emancipation, immersion and transformation.

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

Available in print here

Uranus in Astrology

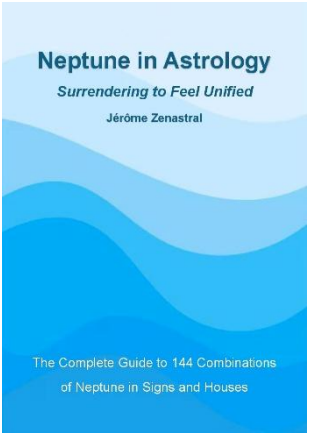


This book is an essential companion to the treatise **Astrology and Mindfulness**. The author invites you to delve into a sensitive and in-depth exploration of the many dimensions of Uranus, the planet that symbolises awakening, inner freedom and liberating breakthroughs.

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

Available in print here

Neptune in Astrology

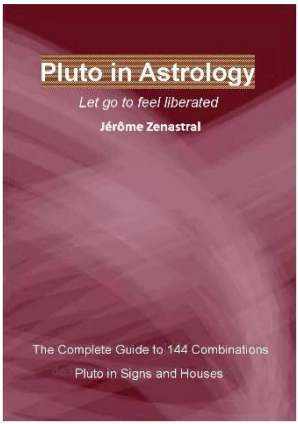


Through the 144 combinations formed by Neptune's position in the 12 signs of the zodiac and the 12 astrological houses, the author offers a nuanced and vivid perspective on this energy that connects us to realms beyond the ego. Each configuration highlights a unique way of perceiving the world through the prism of intuition, compassion or inspiration, but also the pitfalls of escapism, illusion and a blurred sense of identity.

This book offers insights into the dynamics of Neptune in your birth chart and guidance on how to integrate this energy with discernment. It is aimed at anyone who feels a calling to open themselves up to the spiritual dimension of existence, to cultivate empathy and to journey towards a deeper peace, rooted in the acceptance of what is.

Available in print here

Pluto in Astrology



This book invites you on a sensitive and profound journey into the complex world of Pluto, the planet symbolising 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 insight into this inner

force that drives us to be reborn, to transcend our limitations, and to heal the hidden parts of ourselves.

Each configuration sheds light on a specific way of embracing profound change – often difficult, yet always imbued with liberating power.

Available in print here

Aspects in Astrology, Volume 1 and Volume 2

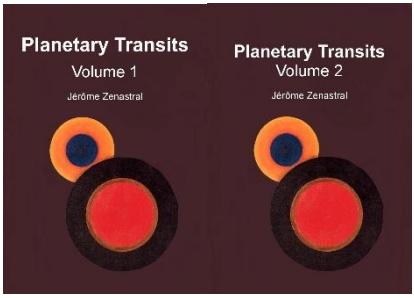
In this book, Jérôme Zenastral – astrologer, writer and mindfulness researcher – invites us to explore planetary aspects, those invisible yet powerful links that weave the fabric of our birth chart. Through a clear and vivid approach, the author distinguishes between aspects of tension (Volume 1), which reveal inner conflicts but also point to possible growth, and aspects of release (Volume 2), which bring harmony and fluidity.

Each aspect is interpreted by taking into account the sign occupied by the planets, thus offering a nuanced and personalised reading. These books stand out for their

mindful approach to astrology: tensions are not curses, but invitations to mindfulness and integration. For each aspect of tension, the author offers practical psychological solutions, designed to transform unease into understanding, and inner struggle into an opening of the heart.

Volume 1 is available in print here
Volume 2 is available in print here

Planetary Transits, Volume 1 and Volume 2



This book offers a mindfulness-based approach to astrology, in which the planets are not causes but symbols that resonate with our inner experience.

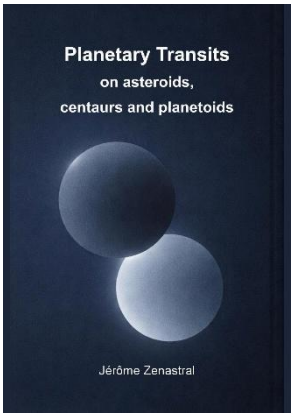
The first volume is devoted to dissonant planetary transits, that is, aspects of tension between transiting planets and those in the natal chart. These configurations highlight inner contradictions and conflicting forces that need to be recognised, understood and integrated. Far from being obstacles, they become key focal points for gaining a deeper awareness of what is at play within us.

The second volume, dedicated to harmonious planetary transits, explores aspects of relaxation – those moments

when psychological forces align more spontaneously, opening up spaces of fluidity, coherence and natural expression — to be experienced, once again, with presence and clarity.

Volume 1 is available in print here
Volume 2 is available in print here

Planetary transits over asteroids, centaurs and planetoids



At certain times in our lives, specific areas of our being become active, reveal themselves, come under strain or harmonise. These inner shifts resonate with the movements of the planets, which shed light on what, within us, seeks to be seen, understood and integrated.

This book focuses on planetary transits in relation to the asteroids, centaurs and planetoids in the natal chart. These celestial bodies, often overlooked, open doors to finer, deeper or vaster dimensions of consciousness: through the study of aspects of tension and release, this book offers a

clear and practical interpretation of the psychological processes at work when an asteroid, centaur or planetoid is activated.

Available in print here

Asteroids in Astrology

Vesta, Psyche, Juno, Pallas

Asteroids are the subtle messengers of astrology. Neither major planets nor luminaries, they nevertheless map out a precious inner landscape, revealing discreet yet decisive forces that guide our path of consciousness. In this book, Jérôme Zenastral explores four key figures:

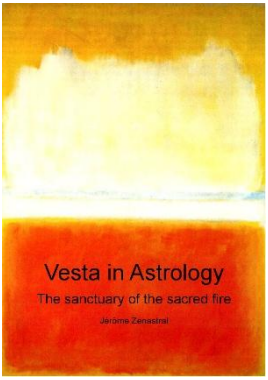
-Psyche: the art of crossing irreversible thresholds, inhabiting impermanence without losing oneself,
-Pallas: strategic insight, seeing beyond apparent obstacles,
-Juno: inner legitimacy, recognising within oneself that which demands to be honoured

-Vesta: the sanctuary of the sacred fire, keeping alive the connection with what is essential.

Available in print here

Vesta in Astrology

The Sanctuary of the Sacred Fire



Vesta is the silent guardian of our sacred fire. She watches over us, even when we have forgotten, even in the midst of turmoil, and reminds us that what is essential never dies out. In a society characterised by distraction and urgency, Vesta invites us to return to what truly matters, to preserve within ourselves a clear, pure, still space — an inviolable sanctuary, beyond the reach of the profane world.
In this deeply symbolic work, rooted in the astrology of mindfulness, Jérôme Zenastral explores Vesta's role as a watchful flame, an inner fixed point, and the living memory of Consciousness. Here you will discover:
- The 144 combinations of Vesta across the 12 signs of the zodiac and the 12 astrological houses,

-The interpretation of the aspects that Vesta forms with the other planets in the chart

Available in print here

Psyche in Astrology

The transformative force in the face of impermanence

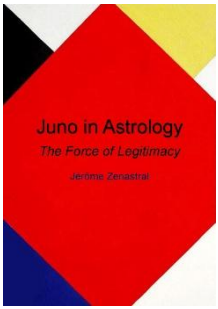
Psyche is the guardian of our irreversible transitions and of our ability to navigate life's metamorphoses without losing our inner centre. She accompanies us through change, loss and rebirth, inviting us to embrace the inevitable with wisdom, perseverance and curiosity. In a constantly changing world, Psyche reminds us that transformation is not a threat, but an opportunity for reinvention and inner openness. In this deeply symbolic work, rooted in the astrology of mindfulness, Jérôme Zenastral explores Psyche's role as a mediator of metamorphosis and a revealer of our adaptive intelligence. Here you will discover:

- The 144 combinations of Psyche across the 12 signs of the zodiac and the 12 astrological houses,
-The interpretation of the aspects that Psyche forms with the other planets in the chart.

Available in print here

Juno in astrology

The power of inner legitimacy



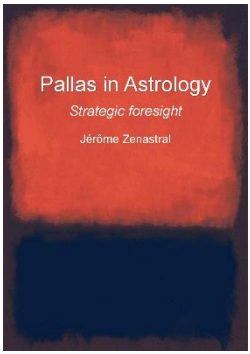
Juno is the guardian of your inner legitimacy. She watches over your right to be fully yourself, even when the ego urges you to hold yourself back, to judge yourself or to conform to external expectations. In a world where the fear of not measuring up or of not being recognised can dominate, Juno reminds you that nothing within 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 personal expansion, and a guide towards

reconciliation with your repressed or overshadowed aspects.
Here you will discover: the 144 combinations of Juno across the 12 signs of the zodiac and the 12 astrological houses, and the interpretation of the aspects that Juno forms with the other planets in the chart.

Available in print here

Pallas in astrology

The power of strategic insight



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

In this deeply symbolic work, rooted in the astrology of mindfulness, Jérôme Zenastral explores Pallas's role as an

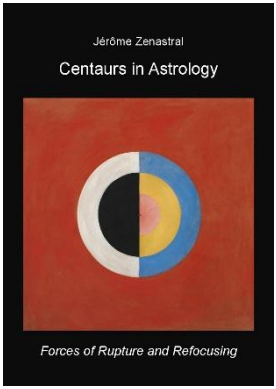
intuitive and creative intelligence, a catalyst for transformation and the guardian of the clear path at the heart of complexity.

Here you will discover: the 144 combinations of Pallas across the 12 signs of the zodiac and the 12 astrological houses, and the interpretation of the aspects Pallas forms with the other planets in the chart.

Available in print here

The Centaurs in Astrology

Vesta, Psyche, Juno, Pallas: *forces of disruption and realignment*



The Centaurs occupy a unique place in astrological terminology. Neither major planets nor mere asteroids, they act as mediators between consciousness and instinct, reason and chaos, heaven and earth. In an astrology of mindfulness, they do not represent external influences, but rather inner forces of transformation: transitional phases in

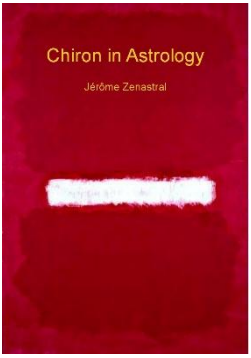
which the psyche becomes destabilised in order to realign itself.

This book explores three of these forces: Chiron, the inner breach and shared resilience; Nessus, the lucidity that frees us from conditioning; and Pholus, the guardian of sacred balance. Three forces of rupture and realignment, which reveal how any crisis can become a threshold to consciousness.

Available in print here

Chiron in Astrology

The Inner Wound, Shared Resilience



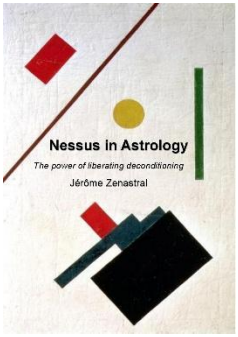
Discover the power of Chiron, symbol of the inner wound, resilience and shared wisdom, through a comprehensive exploration of its 144 combinations across astrological signs and houses. This book guides you in understanding how this subtle energy reveals your areas of vulnerability, your calls to consciousness and your potential for profound transformation.

Beyond its position in your birth chart, you will learn to interpret the aspects Chiron forms with other planets, shedding light on the psychological dynamics that mark your journey of inner healing. These interactions, whether harmonious or conflictual, reveal the tensions, openings and realisations that allow suffering to become a path to presence and compassion.
Chiron does not act upon you; it reflects a force within you — the one that turns pain into an opening to something greater than yourself, and your experience into a source of light for others.

Available in print here

Nessus in astrology

The liberating force of deconditioning



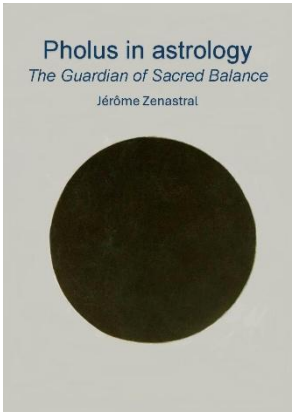
In mythology, Nessus embodies poison passed on as a gift, a false sense of security that ultimately consumes. In mindfulness astrology, he does not symbolise an external fate, but an inner revealer: wherever he is placed in the chart, he highlights inherited conditioning—family, social,

collective—which provides a sense of security on the surface but traps us in unconscious roles and loyalties. Nessus invites us to find the courage to break free from conditioning: to observe without judgement what has been passed down, to disidentify with what is not our true self, and to stop perpetuating patterns that make no one happy. This demanding transition paves the way for a new form of 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 by sign and house.

Available in print here

Pholus in Astrology

The guardian of sacred balance



Pholus, the discreet centaur, embodies in mindfulness astrology the tipping point between the profane and the sacred. His myth—that of a seemingly insignificant

gesture with far-reaching consequences—reveals the power of subtle choices and mindful attention.

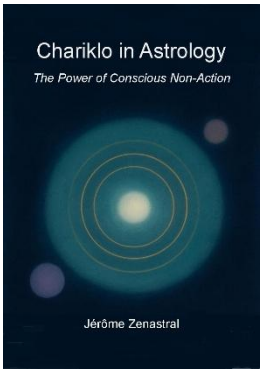
Wherever he is found in the chart, Pholus indicates the inner seat of discernment: the space where the slightest decision can lead to either a passage or a loss of focus.

This book explores his positions by sign, house and aspect, offering an initiatory interpretation of everyday life in which every moment, imbued with presence, regains its sacred dimension.

Available in print here

Chariklo in Astrology

The Power of Conscious Non-Action



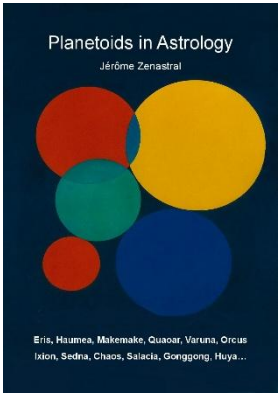
Chariklo, a discreet figure from Greek mythology, embodies the wisdom of non-action. As Chiron's companion, she does not act to heal: she creates the space where transformation can emerge of its own accord.

Through her symbolism, she invites us to rediscover an essential dimension of our being, often forgotten in a world focused on action and performance. In this book, Chariklo is explored as an inner key to mindfulness. Her position in the signs and houses, and her aspects to the planets, reveal how this silent healing power is expressed within each of us – this ability to respect the natural rhythm of life and to accompany processes without forcing them. You will discover how certain inner tensions arise from the difficulty of letting go, and how they can become gateways to a broader consciousness, capable of uniting action and presence, will and surrender.

Available in print here

Planetoids in Astrology

Eris, Haumea, Makemake, Quaoar, Varuna, Orcus, Ixion, Sedna, Chaos, Salacia, Gonggong, Huya: guardians of the threshold and the world's memories



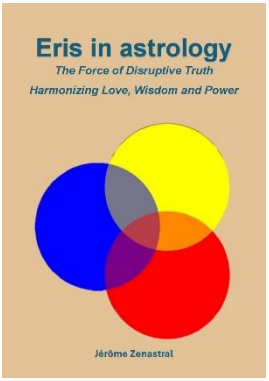
Beyond Neptune, in the icy regions of the Kuiper Belt and the outer reaches of the solar system, there are still little-known bodies orbiting: **Eris, Haumea, Makemake, Quaoar, Varuna, Orcus, Ixion, Sedna, Chaos, Salacia, Gonggong, Huya** …

Their recent discovery continues to broaden our perspective on the cosmos — and on ourselves. Unlike asteroids, which refine our understanding of individual psychological dynamics, planetoids act as collective revelations. They do not influence our lives: they resonate with them. They are mirrors of a changing world, symbols of a human consciousness in search of meaning, confronted with planetary, transgenerational and spiritual challenges.
This book offers an interpretation of these planetoids in each sign and each house, to shed light on the profound movement of consciousness.

Available in print here

The Planetoid Eris in Astrology

The power of disruptive truth



Eris is the revealer, the luminous disruptor and the confrontational force of hidden truths. She embodies within us the ability to perceive fractures, to bring invisible tensions to light and to dare to embrace what disturbs us, in order to transform discord into consciousness and inner maturity.

In a world often dominated by illusions, automatic responses or the fear of conflict, Eris invites us to cultivate discernment, responsibility and the ability to integrate tensions as drivers of growth and clarity.

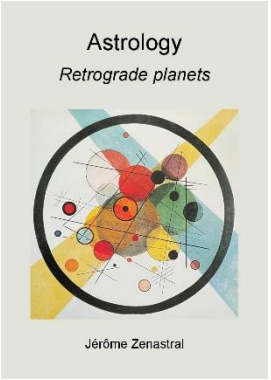
In this book, Jérôme Zenastral explores Eris's role as a revealing and initiating energy, a catalyst for transformation and the guardian of inner truth at the heart of relational and personal dynamics.

Here you will discover: the 144 combinations of Eris across the 12 signs of the zodiac and the 12 astrological houses, and the interpretation of the aspects Eris forms with the other planets in the chart.

Available in print here

Retrograde planets in astrology

Carefully re-examining our inner dynamics



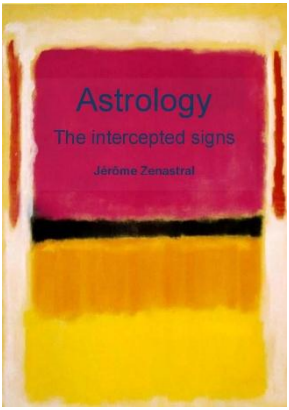
In this book, Jérôme Zenastral explores the significance of retrograde planets through 144 detailed combinations: the 12 signs of the zodiac and the 12 astrological houses. Each interpretation sheds light on a particular aspect of the inner work that retrogradation invites us to undertake: revisiting our impulses, re-examining our attitudes, and rediscovering a deeper sense of coherence with ourselves.

True to his vision of astrology based on synchronicity, Jérôme Zenastral reminds us that there is no direct influence from the stars, but rather a symbolic language that reflects our inner dynamics. Retrograde planets thus become valuable keys to introspection – not obstacles, but intimate pathways towards a broader and more authentic self-awareness.

Available in print here

Astrology: Intercepted Signs

Our silent zones of latent potential, waiting to be discovered



In a birth chart, an interception does not signify a flaw or an inescapable fate. It is an inner space that remains veiled and un , a silent energy awaiting awakening. Like a locked room for which the key has not yet been found, the intercepted sign does not need to be corrected, but rather recognised and embraced.

This book explores these hidden realms of consciousness in depth. Each intercepted sign is examined in relation to each planet, then analysed across all the houses of the chart, offering over 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.

Available in print here

The Lunar Nodes in Astrology

A balancing act between our attachment to what we have achieved, our comfort and our conditioning (South Node) and the demands or opportunities of the present moment (North Node)

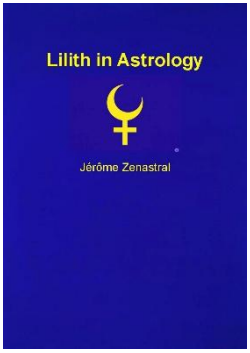
In this book, we invite you to discover the symbolic richness of the South Node and the North Node, not as esoteric concepts linked to past lives or a distant future, but as essential guideposts on your personal journey through the present moment and mindfulness.
The South Node, far from being merely a comfort zone or a reminder of a bygone past, is presented here as a reflection of your actions, your talents and the habits you have accumulated over time. It bears witness to what you have achieved, 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 to live in harmony with the

potential of your present. It is not a distant goal, but a clear direction for your immediate development, a path on which you are already travelling, here and now.

Available in print here

Lilith in astrology

The power of banished authenticity



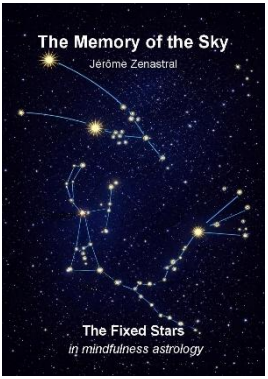
Lilith embodies the most authentic, radical and profound part of ourselves, which is often obscured, rejected or banished. Far from being a negative energy to be shunned, she is a force of sacred disobedience that invites us to recognise the primal wound of separation from Universal Consciousness.
This book explores her 144 combinations across astrological signs and houses, revealing how Lilith acts as an inner threshold, a living memory of an inviolable absolute.
Beyond this dual interpretation, you will also discover the interpretation of the aspects formed by the planets with Lilith – true symbolic dialogues that shape the way in

which this profound aspect expresses itself and interacts with other dimensions of our being.

Available in print here

The Memory of the Sky

Fixed Stars in Mindfulness Astrology



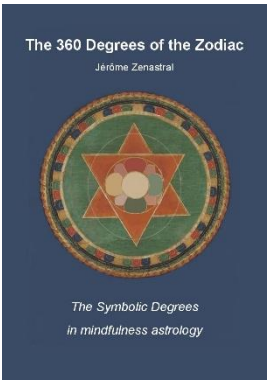
This book invites you to rediscover the fixed stars through a profoundly renewed approach. Drawing on an astrology rooted in synchronicity and mindfulness, it no longer regards them as external influences, but as archetypal landmarks and points of symbolic memory inscribed in the sky. Each star thus becomes an invitation to focus our attention on a quality of presence, an inner dynamic, a living experience.
Through the study of some fifteen major stars drawn from ancient, Arabic and medieval traditions, this book offers a clear, accessible and profoundly contemporary interpretation of their symbolism. Regulus, Spica, Antares,

Aldebaran and Algol are no longer treated as signs of fate, but as expressions of consciousness in motion.

Available in print here

The 360 Degrees of the Zodiac

The Symbolic Degrees in Mindfulness Astrology

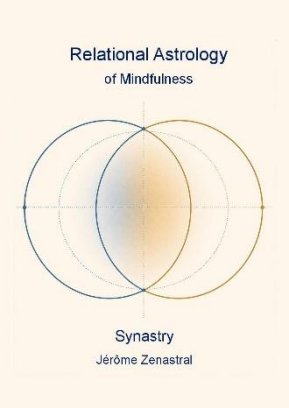


This book offers a comprehensive exploration of the 360 degrees of the zodiac, presented as invitations to inner observation. For each degree, the meaning is explained in relation to the planets and the houses of the birth chart. Each degree corresponds to a micro-moment in the zodiac's energy cycle: emergence, stabilisation or fulfilment. It simply suggests where to direct one's attention in order to recognise what is being experienced.

In a birth chart, the planets represent psychological 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.

Available in print here

Relational Astrology: Synastry

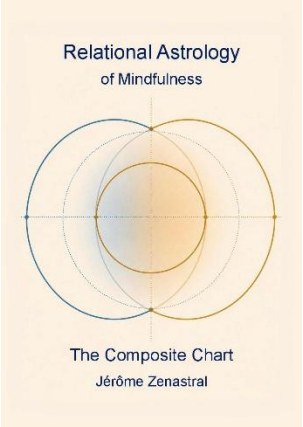


It has never been easier to connect with someone. Apps, social media and algorithms now seem to orchestrate these encounters. Yet relationships often remain fragile, fraught with misunderstandings, unmet expectations and loneliness. For a relationship cannot be reduced to mere compatibility: two people may be similar without ever truly connecting, whilst very different individuals may experience a profoundly transformative bond.

Through synastry and mindfulness astrology, Jérôme Zenastral offers an exploration of the invisible dynamics that connect two people. This approach does not seek to predict a couple's future, but rather to understand how a relationship reveals our wounds, our projections and our capacity to love with greater clarity and presence.

Available in print here

Relational Astrology: Composite Chart



Having explored synastry and the interactions between two birth charts, this second volume invites you to discover another dimension of the encounter: the relational field that emerges when two people form a connection.

The composite chart does not merely describe two individuals. It reveals the overall dynamics of the relationship, its atmosphere, its challenges, and its potential for growth and transformation. It sheds light on how the bond takes shape, evolves and acts as a revealing mirror for each partner.

In the approach of mindfulness astrology, the composite chart is neither an autonomous entity nor a fixed destiny.

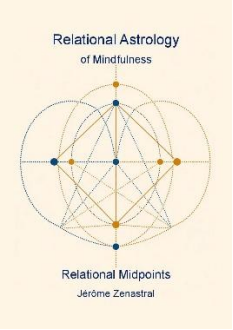
It is the emerging symbolic figure produced by the meeting of two fields of consciousness.

Through the study of the planets, houses, lunar nodes, Lilith, asteroids, centaurs and planetoids, this book offers a profound and nuanced interpretation of human relationships.

A book that offers a different way of understanding relationships: not as a merging of egos, but as a living experience of presence, self-discovery and inner transformation.

Available in print here

Relational Astrology of Mindfulness: Relational Midpoints



Why do certain encounters touch us so deeply? Why do certain people awaken emotions, desires or transformations within us that nothing seemed to foreshadow?

Having explored synastry and the composite chart, Jérôme Zenastral offers in this third volume an original approach to relational midpoints. Often regarded as an advanced astrological technique, midpoints are approached here as zones of resonance where two dimensions of being meet and become conscious through the relationship.

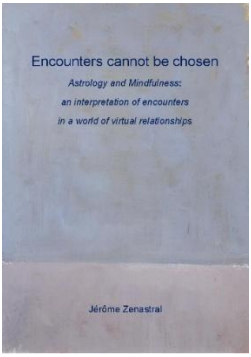
At the crossroads of relational astrology, symbolic psychology and mindfulness, this book shows how certain encounters activate invisible thresholds within our inner lives. Midpoints thus reveal subtle spaces where desire, love, vulnerability, transformation, emotional memory and the awakening of consciousness intertwine.

Far from any fatalistic view, this book invites us to consider relationships as a living field of exploration and presence. It is a journey into the heart of the subtlest resonances of human encounter, where the other person becomes the revealer of dimensions of ourselves that were silently waiting to be recognised.

Available in print here

You don’t choose who you meet

An exploration of encounters in a world of virtual relationships



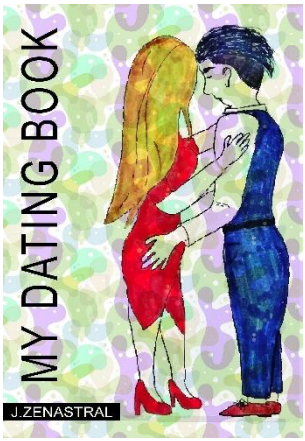
These days, everything seems to be geared towards finding love: profiles, compatibility tests, algorithms, calculated affinities. All you have to do is choose, tweak and compare. And yet, whilst it has never been easier to make contact, it has never been harder to actually meet someone.

In this book, Jérôme Zenastral offers a profoundly new perspective on relationships. At the crossroads of astrology and mindfulness, this is not about learning how to seduce or finding 'the right person', but about understanding what actually happens when we meet someone: why online relationships are disappointing, what affinities are beyond mere criteria, how mental ' ' can get in the way, and why certain encounters bring about profound transformation.

This book does not offer a method, but an experience: that of returning to the present moment, where connection becomes possible. Connection does not arise from criteria. It emerges in the present moment.

Available in print here

My Encounter Journal

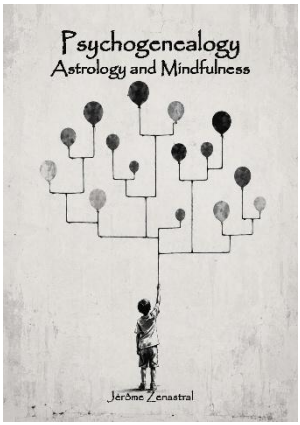


This book is a guide to encounters – a sort of travel journal, a true companion on life's journey – for those who wish to record the defining moments, realisations and significant changes in their friendships, romantic relationships, married life and careers.

The author of this book explores what 'encounter' means in its noblest and broadest sense. , he offers us a comprehensive and idealised vision of the world of human relationships. He attempts to bring some order to a subject that affects us all. He emphasises how the transition from a chance encounter to a lasting relationship takes place, as well as the aspects he considers fundamental to experiencing satisfying and fulfilling relationships.

Available in print here

Psychogenealogy, Astrology and Mindfulness



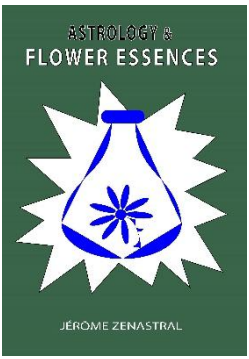
In this book, Jérôme Zenastral offers an original approach to psychogenealogy through the lens of mindfulness astrology. The stars are not viewed here as forces that influence human beings, but as symbolic mirrors that, through synchronicity, reveal the psychological structures and family memories at work in our lives.

Through the study of Saturn, Pluto, the lunar nodes, Lilith, the 4th, 8th and 12th houses, retrogrades, interceptions, as well as several centaurs, asteroids and planetoids, this book explores unconscious transmissions, inherited wounds and the mechanisms of the family clan. But far from confining human beings to their past, this exploration opens up a space of clarity where consciousness can recognise psychological legacies without being reduced to them.

Where these mechanisms become visible, old patterns gradually begin to lose their power.

Available in print here

Astrology and Flower Essences



This book, by Jérôme Zenastral, establishes a link between a person's birth chart and the flower essences best suited to their character.

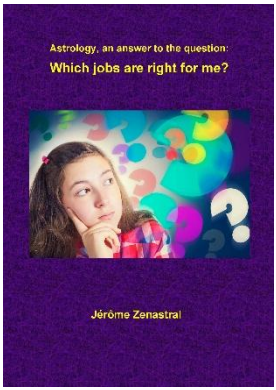
Flower essences are obtained by macerating or infusing flowers and plants. These essences are imbued with the plant's energy. Once ingested, they interact with our own inner forces. They are powerful catalysts for evolution and transformation, fostering the awakening of sensitivity and bringing an urgent inner need to the surface of our consciousness.

Used with discernment, these flower essences are essential allies in bringing out the qualities that lie within us and in improving our relationship with the world.

Available in print here

Astrology and careers

Astrology: an answer to the question: Which careers suit me?

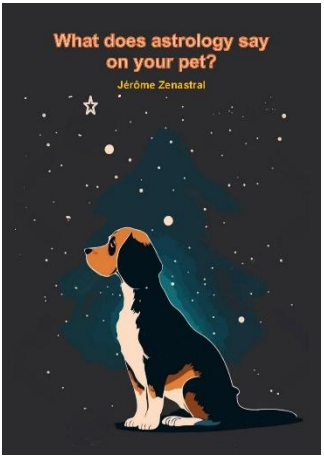


This book establishes a correlation between your birth chart and your professional profile. It is a valuable resource for guiding your career choices. It will enable you to discover a selection of careers that align with your personality and are suited to your skills.

You'll find professions you might never have considered, but which are in harmony with your character. The careers for which you are best suited are those in which you'll have the greatest chance of thriving.

Available in print here

What does astrology say about your pet?



What if you could understand your pet in a whole new light thanks to astrology?

This unique guide offers you the chance to discover your pet's character, needs and behaviours based on its birth chart.

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

You'll also find insights into your compatibility with your pet, taking into account your respective birth charts.

Available in print here

Astrology to Understand a Child

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

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

You'll also find insights into the compatibility between you and your child, taking into account your respective birth charts.

Available in print here

World Astrology

A key to deciphering crises and understanding humanity's quest for freedom.
Astrological analysis of major global trends (2025–2043)

This book offers a unique exploration, blending history, philosophy and astrology. From political revolutions to the challenges facing contemporary democracy, via the impact of planetary transits such as those of Pluto in Aquarius, it sheds light on the cycles that shape our world. At a time when populism, inequality and disinformation are undermining our democracies, astrology offers a valuable framework for understanding the challenges of our era. It invites us to look beyond immediate events to understand the deeper dynamics that underpin our individual and collective choices.

Available in print here

Astrology and culture

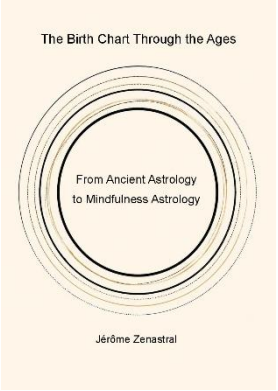
Astrology is often associated with mystical horoscopes and a destiny written in the stars. Yet its influence extends far beyond these clichés.

In this book, discover how this ancient practice shapes our contemporary era in profound and varied ways. From its portrayal in the media to its influence on the arts, literature, music, fashion, design and even the academic world, this book reveals the many faces of astrology in today's society. The author offers an insightful take on 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 print here

The Birth Chart Through the Ages

From Ancient Astrology to Mindfulness Astrology



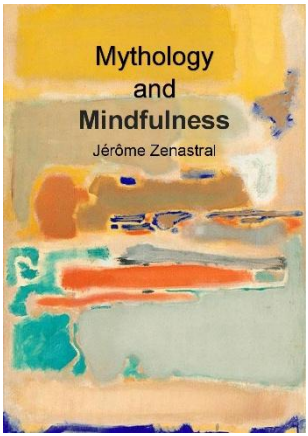
Spanning a journey of over two millennia, Jérôme Zenastral traces a single birth chart through all the major periods in the history of astrology. From collective omens to individual destiny, from the soul's journey to depth psychology, from karmic memories to mindfulness astrology, the reader discovers how each era has projected its own vision of the human being onto the heavens.

Gradually, a realisation takes shape: perhaps it is not the heavens that are changing, but the way in which we view ourselves.

Far more than a history of astrology, this book is an exploration of the history of human consciousness through the timeless mirror of the birth chart.

Available in print here

Mythology and Mindfulness



Ever since the first stories were told around the campfire, humanity has sensed that the visible world was merely a reflection of a vaster reality. Myths are not ancient fables: they are the first language of Consciousness.
Every god, every goddess, every hero embodies a living force of the psyche, a power that still flows through our emotions, our desires and our trials.

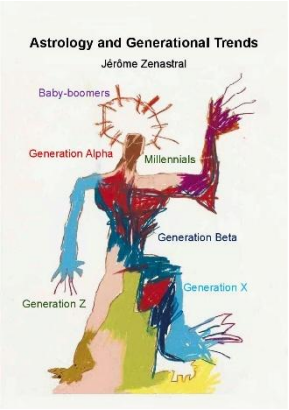
This book invites us to rediscover these foundational archetypes as inner presences. Through them, it explores the way in which life manifests itself simultaneously in the world and in the soul — what Jung called *synchronicity*. This is not a theory, but an experience: that of the resonance between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

This book 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 revealing itself through its own forms.

Available in print here

Astrology and Generations: *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.

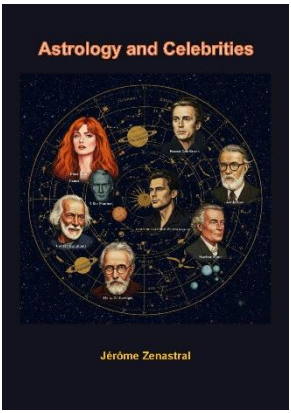
Each generation is approached as an inner response to a given world. Some have built and provided security. Others have doubted, questioned and sought to adapt. Still others have questioned meaning, dispelled illusions or grown up without stable points of reference.

Astrology, understood here as a language of synchronicity, accompanies this exploration as a mirror of collective

currents. It neither explains nor predicts history. It simply makes legible the climate of consciousness in which these transitions take shape.

Available in print here

Astrology and Celebrities



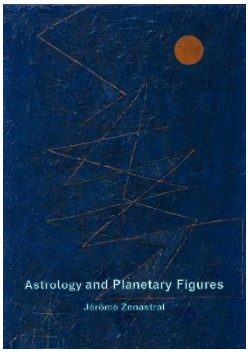
In this accessible and inspiring book, Jérôme Zenastral explores the astrological charts of around a hundred famous figures – from Victor Hugo to Lady Gaga, from Gandhi to Rihanna, from Leonardo da Vinci to Emma Watson – to illustrate in concrete terms the many ways in which astral energies can express themselves.

Each portrait offers an opportunity to observe, with kindness and clarity, the richness of a life's journey. As the pages unfold, astrology reveals itself as a symbolic language capable of reflecting the forces at work within the human psyche.

Educational, positive and respectful, this book offers insights into better understanding one's calling, the trials one has faced, and the gifts one has put at the service of the world — and, perhaps, a mirror through which to gain a deeper understanding of one's own destiny.

Available in print here

Astrology and Planetary Figures



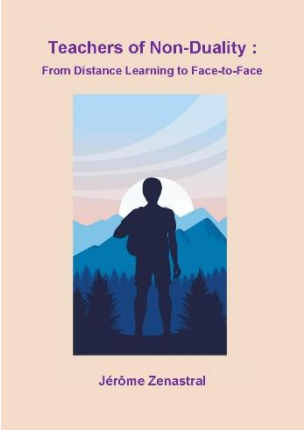
A flash of lightning streaks across the sky: it lasts but a moment, yet it reveals the structure of the space it illuminates. Planetary figures work in the same way. They do not define a person; rather, they fleetingly reveal the dynamics at work in the birth chart.

This book offers a mindful exploration of planetary figures, not as fixed typologies or overarching images, but as fleeting forms that reveal inner structures, tensions and movements. Each figure is approached as a living metaphor, capable of shedding light on the interpretation of the birth chart without ever reducing its complexity.

Available in print here

The Teachers of Non-Duality

From online to face-to-face



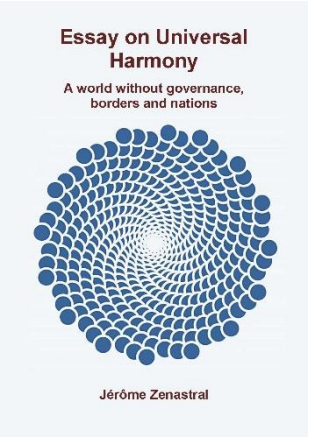
In a constantly changing world, more and more people are seeking spirituality.
This book offers an overview of the great contemporary spiritual figures, true beacons guiding our quest.

It provides detailed information about these teachers, their backgrounds, their approach to teaching, and how to contact them or attend their classes, whether through webinars, video conferences, or in-person retreats and gatherings.

Available in print here

Essay on Universal Harmony

A world without government, borders or nations



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

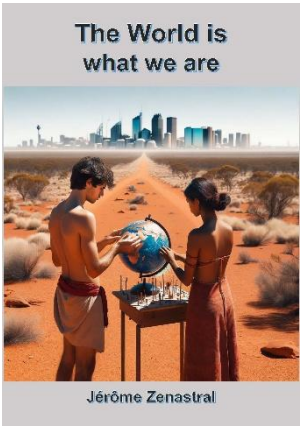
This is the world described in this book, where ecology, education, technology, culture and many other aspects of life are reimagined to serve the common good.

Through a series of chapters covering various topics, the reader is invited to discover this achievable utopia, where collective wisdom and an acceptance of impermanence lead to a healthy balance between humanity and nature.

Available in print here

The World Is What We Are

Understanding the deep roots of our current reality and contributing to a more balanced and united future



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 recognise our role in creating and maintaining social structures and to commit to building a more harmonious future. He advocates for inner transformation as the starting point for genuine societal change, emphasising the need to cultivate empathy, compassion and an understanding of our interconnectedness.

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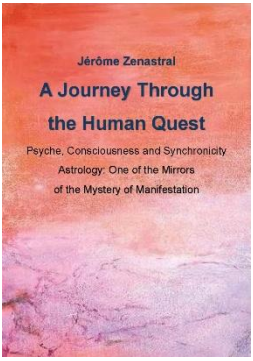
A journey through the human quest

Psyche, Consciousness and Synchronicity.
Astrology: one of the mirrors of the mystery of manifestation



Human beings are, whether they realise it or not, seekers of reality. Behind curiosity, wonder, the thirst for understanding or the desire for happiness lies a single longing: that for a state of unity, the memory of which persists within each of us.

This book explores this universal movement. From the psyche to synchronicity, from mythology to science, right through to the astrology of mindfulness, it traces the many paths through which Consciousness contemplates itself through humanity.

These languages, though seemingly so different, reveal a common thread: life discovering itself in countless forms.

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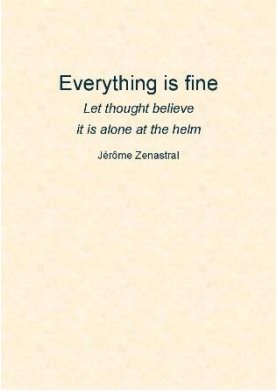
Everything is fine

Let the mind believe it is in sole control



Many people today are not struggling because their lives are failing, but because they see themselves as solely responsible for everything that happens to them. They carry their thoughts, emotions, choices, failures and doubts as if, at the centre of their experience, there were someone in charge of managing it all.

This way of seeing oneself leads to a deep, often silent exhaustion, made up of inner tension and a quiet struggle.

This book offers neither a solution, nor a method, nor a path to follow. It merely points out a common misunderstanding: the belief that one is a separate entity, in control of one's life. Without explaining, without trying

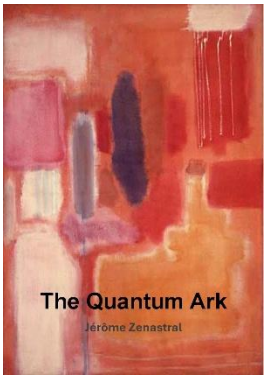
to convince, and without seeking to transform, it describes what unfolds when this belief is simply acknowledged.

These pages can be read in one go or set aside at any time. There is nothing to take away from them, nothing to apply, nothing to become. And then, life goes on.

Available in print here

The Quantum Ark

A metaphysical and initiatory science-fiction novel



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

The Quantum Ark is a coming-of-age novel, a metaphysical work of fiction that offers an inner journey. More than a story, it is an experience, a passage towards a new consciousness — a narrative in which science fiction unfolds not through technology, but through the transformations of the mind and the dissolution of old points of reference.

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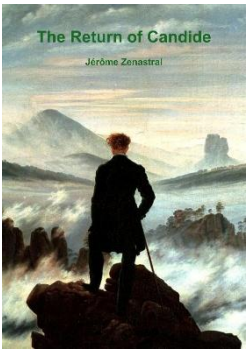
The Return of Candide

The paradoxes of our human condition



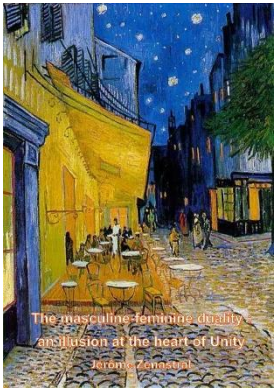
This time, Candide explores the very heart of humanity. This timeless character navigates the upheavals of the modern world with his candid and luminous gaze. Amidst the revolts of May ’68, the fall of the Berlin Wall, the rise of technology and climate challenges, Candide is a silent witness, a mirror reflecting the contradictions, hopes and absurdities of our age. With a candour that is not a weakness but a form of 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 merely a story, but a vibrant tapestry in which every page sheds light on the paradoxes of our human condition. Between joy and disillusionment, progress and loss, hope and disenchantment, this book calls on us to view the world with fresh eyes and to reaffirm our quest for light and harmony.

Available in print here

The male-female duality

An illusion at the heart of Unity



In a world seeking balance, relations between men and women are often perceived as a source of tension and conflict. This book offers a novel and profoundly transformative approach to transcending these divisions. From a historical analysis of the conditioning factors that have shaped gender inequalities to an exploration of contemporary crises, each chapter sheds light on the roots

of these conflicts and offers insights into a future where harmony is possible.
But the book does not stop at observations. It highlights an often-overlooked dimension: that of the union of masculine and feminine principles within oneself.
This inner quest, both psychological and spiritual, is presented as the true key to lasting transformation, moving beyond external struggles to embrace a profound reconciliation, both individual and collective.

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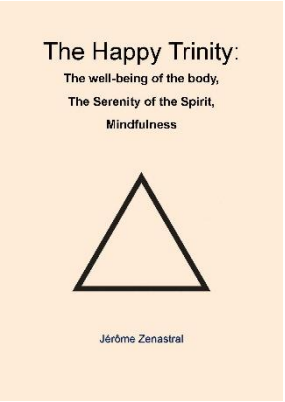
The Happy Trinity

Physical Well-being, Mental Serenity, Mindfulness



In this book, discover a holistic approach to harmonising the body, mind and mindfulness. This guide explores methods for cultivating wellbeing through a balanced diet, suitable physical exercise, meditation practises and a deep

connection with nature. It offers practical advice on managing stress, improving social relationships and finding balance in professional life.

By incorporating mindfulness into your daily life, you will learn to live a more serene and fulfilling life, whilst respecting your body and nourishing your mind. This book is a companion for anyone seeking to improve their quality of life and embrace a more mindful and joyful existence.

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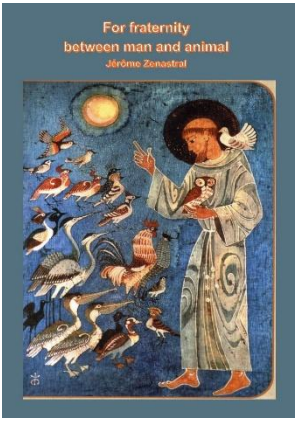
Towards a brotherhood between humans and animals



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 dynamics that unite or pit us against other beings.

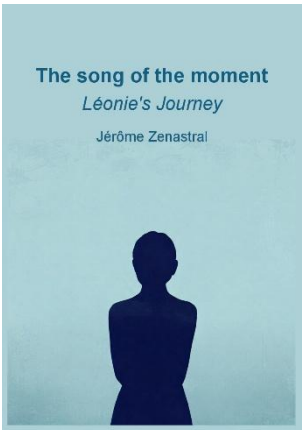
This book examines the little-known and fascinating facets of the living world. From the subtle communication of animals to the extraordinary symbiotic networks of plants, from ancestral hunting practices to the ethical challenges posed by domestication and animal shows, it takes a critical look at humanity's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

In these times marked by growing environmental and ethical concerns, this book, * *, invites the reader to rethink humanity's place in an interconnected world.

Available in print here

The Song of the Moment

Léonie's Journey



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

She travels the paths, but what she seeks is nowhere to be found, for everything is already there, in the tremor 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.

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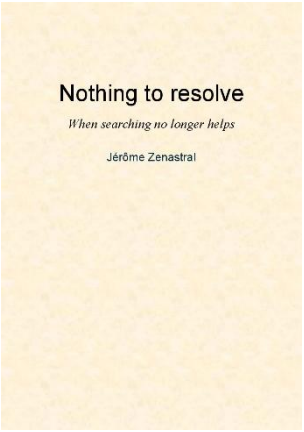
Nothing to resolve

When searching no longer helps



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

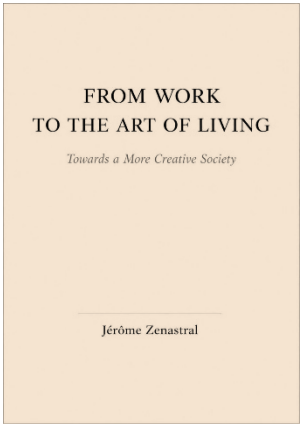
This book offers neither a solution, nor a path, nor a correct perspective. It simply describes that moment when effort no longer yields results.

When searching no longer helps, there may still be something very simple left: simply what is, without needing to resolve it.

Available in print here

From work to the art of living

Towards a more creative society



We have always contrasted work and leisure, constraint and relaxation. But this model is cracking. Work is changing, fragmenting, shifting. New forms of activity are emerging: freer, more creative, closer to life itself.

This book explores a fundamental idea: at the heart of every activity lies a source — a space of silence and presence from which the right ideas, impulses and actions emerge. Through the transformations already underway — the evolution of work, the breaking down of barriers between activities, the emergence of new forms of engagement — it sheds light on a deeper shift: that in the way we act. A world is taking shape in which activity is no longer something endured, but experienced as an expression. Where time is no longer merely occupied, but lived. Where life is no longer divided, but unified.

At the end of the book, an appendix offers concrete examples of emerging activities, revealing the directions already taking shape.

Available in print here

Conclusion

As this presentation draws to a close, an overarching coherence gradually emerges. Behind the diversity of the themes addressed, behind the hundreds of symbols studied, behind the planets, signs, houses, aspects, transits, asteroids, centaurs and planetoids, lies a single vision of astrology.

This vision finds its most comprehensive expression today in the book *Mindfulness Astrology: Philosophical Foundations and General Theory*. It forms the theoretical and philosophical foundation of this work. All the other books expand on its implications across the various fields of astrology.

The books devoted to the planets explore the major functions of the psyche. Those dealing with the signs delve deeper into the twelve fundamental modalities of the psyche, as well as the twelve original states of bliss that constitute its essence. The works devoted to houses, aspects, transits or complementary astrological objects shed light on the many forms that human experience takes as reflected in the birth chart.

Books on relationships, works on psychogenealogy, essays and educational texts all pursue the same quest: to understand how the psyche manifests itself, how mechanisms of identification take shape, and how astrological symbols can help us recognise them.

Throughout this work, astrology gradually ceases to appear as a system of influences or a technique for prediction. It becomes a symbolic language based on synchronicity, a mirror of the psyche and a tool for observing the human experience.
On an even deeper level, it invites us to recognise that the painful expressions of energies are never separate from their essence. Behind every fear, every attachment, every conflict or every quest lies an original quality seeking recognition. The shadow is nothing other than forgotten light.

These books were written to explore this intuition from multiple angles. They offer insights, methods of interpretation, philosophical reflections and avenues for observation. But their true coherence lies elsewhere: in this constant invitation to look beyond the symbols themselves.

For the birth chart describes the psyche, but it never describes what we fundamentally are.

Symbols reveal the movements of experience, but they cannot contain the conscious presence within which that experience arises.

Perhaps this is ultimately the invisible thread that ties the whole of this work together: using the language of astrology to better understand the psyche, whilst recognising that that which observes this psyche remains free from any definition.

The books presented in these pages offer so many gateways to this exploration. Each can be approached freely, according to one's interests, questions or the resonances of the moment.

And if any realisation were to emerge from this reading, it might not be that of additional knowledge, but rather that of a simple truth: behind the diversity of astrological themes, behind individual stories, behind joys and sufferings, there always remains that silent presence which has never ceased to be there.

It is towards this presence that the entire work, through the language of astrology, ultimately seeks to point.

The Astrology of Mindfulness

An introduction to the work of Jérôme Zenastral

An exploration of the planets, the signs and degrees of the zodiac, transits and aspects, the lunar nodes and Lilith, retrogrades and interceptions, right through to asteroids, centaurs, planetoids and fixed stars.

For nearly fifty years, Jérôme Zenastral has been developing a unique vision of astrology based on mindfulness, synchronicity and the absence of influence from the stars. In this approach, the birth chart is neither a tool for prediction nor a blueprint for destiny: it is the symbolic mirror of the psyche, itself a manifestation of Consciousness.

This book presents his entire body of work — some fifty books on astrology and around fifteen essays — devoted to the exploration of the planets, signs, houses, aspects, transits, the Lunar Nodes, Lilith, retrogrades, interceptions, as well as asteroids, centaurs, planetoids and fixed stars.

At the heart of this research lies a fundamental discovery: the painful expressions of the signs are not opposed to their profound nature. They are distortions of it. Behind every fear, every attachment and every conflict lies a forgotten primordial bliss. The shadow is never separate from the light; it is the light when experienced through the illusion of separation.