

# Dhaniṣṭa-Śatabhiṣa Pūrvabhadrapada Nakṣatras

## Moon in Aquarius

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'The Lord is in all beings and the entire Universe is in Him.'

- Bṛhat Parāśara Hora Śāstra

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## Universal Truth

If you look deeply, if you look beyond mundane life, beyond the day-to-day life we live... If you contemplate on a night sky... you will see that the most intimate and complete relationship man owns is the relationship to the Universe. In fact, it is man's ultimate relationship: he takes birth, lives and merges back into it. Nothing happens outside of it; even his enlightenment happens in it. Just as the child grows in his mother's womb, man evolves in the cosmic womb. He is the microcosm of a tremendous cosmic macrocosm. Therefore, all components of man, from the grossest to the subtlest, come from the universe: his body, his mind, his energy and his very consciousness are elements of the cosmos. Universe and man are indivisible. Whatever happens in the Universe resounds in the human consciousness, and whatever happens in the human consciousness resounds in the Universe. Both are a unique consciousness.

## The Great Vedic Astronomy

Man has been deeply fascinated by the Cosmos since the beginning of time. Early cultures worked on understanding the phenomena that happen in the sky; they observed them in order to understand what role the sky played in their lives. From these attempts, the science of astronomy was born.

In this field, the ancient Vedic contribution is well known. The earliest references to astronomy are found in the Ṛg Veda, which are dated 2000 BC. Around 500 BCE, Āryabhaṭa, a great astronomer, presented a system that showed the earth to spin on its axis and considered the motions of the planets with respect to the Sun. He also discovered how the lunar and solar eclipses occur and was the earliest to discover that the orbits of the planets around the Sun are ellipses, just as Copernicus and Galileo concluded a thousand years later. He even determined the diameter of the Earth to be 5,000 yojanas, approximately 36,000 km, which is very close to the actual figure.

These traditions related these objects and their movements to natural events such as rain, drought, seasons and tides; they related them to auspicious or inauspicious occurrences on planet Earth. *Jyotiṣa*, the science of Vedic astrology, took birth out of observations and perceptions based on these astronomical phenomena. The first astronomers were actually *Ṛṣis* and sages, who understood the sky was a divine happening; they identified celestial objects with energies and Gods and connected astronomy to astrology.



## Jyotiṣa Simply Put

Astrology manifested in the inner vision of the ancient sages and *Ṛṣis* of India. These *yogis* and enlightened beings were able to see beyond the realm of names and forms. They could feel and express the subtle reality that exists behind cosmic phenomena. As such, they perceived the primal powers of cosmic intelligence in the planets and stars (the macrocosm), and worshipped the cosmic powers within themselves (the microcosm) as powers of their being.

By concentrating intensely on the Sun and other planets, they understood the movement of the life force in their body, and by meditating on the life force, they also came to understand the movement of the Sun and the planets in the heavens. Through this technique called *saṁyama*, they could unravel the secrets of the universe. They brought down their understanding into a system of Vedic science, which became known as *Jyotiṣa*: the science of light.

Parāśara was one such sage. He is known for being

the father of Jyotiṣa. He wrote the magnum opus Bṛhat Parāśara Hora Śāstra, which systematically explains the theory of



predictive astrology. According to history, he is the grandson of Vaśiṣṭa and also father of Veda Vyāsa, who wrote the great epic Māhābhārata. The depth of his astrological knowledge was so great that one evening while crossing a river in a boat, he casually looked at his favorite stars in heaven and suddenly realized it was an exceptionally auspicious moment. He concluded that if a child were conceived at that moment, he would be an expert in the scriptures. So he told this to the lady rowing the boat and requested that she marry him. She agreed and the son born out of their spiritual union was Veda Vyāsa!

By observing the movements of the celestial bodies through time and space, the science of Vedic Astrology can be applied to each human incarnation to encourage the soul to develop to its fullest potential.

**In Paramahansa Nithyananda's own words:**

'The moment the consciousness enters the body, the energy level of the cosmos at the time of birth gets printed in that consciousness. Your inner space gets a print of the cosmic energy level and the position of the nine major energy centers of the solar system.

The astrological planets are not only astronomical, they are energies. A particular energy of push and pull exists between them. The different energy positions clearly decide the cosmic energy level during the time of birth. Based on that, *Jyotiṣa* will be able to predict the course of life. Understand, not exact incidences because you have freedom. You have freedom to decide whether to sit here or not, to read this or not.



The major course of life- if you will get enlightened or not can be predicted. Principles can be predicted, not policies! Having an idea about your horoscope will give you intelligence and acceptance in your life: intelligence to take decisions and the acceptance to bear the inevitable things. According to me, a seeker should have a basic knowledge about his horoscope.'

## **Jyotiṣa and Living Enlightenment**

*Jyotiṣa* can help one to read his destiny. But what is actually destiny?

There are only two types of destinies:

The first one is destiny as defined by a dictionary: destiny lived within the boundaries of the ego, with its own expectations, hopes, desires, successes and failures. It is constantly changing. Because it evolves under mind's law, it is mechanical, accidental and coincidental. This 'destiny' is lived in the dimension of the mind, so it has no existential reality in itself. It is nothing more than a reproduction of one's past in the

present, which conditions the future in a mechanical way.

The other destiny is existential and ultimate; it is the flowering of consciousness into enlightenment. Understand: the only thing predestined in the scheme of life is that man is meant to evolve to reach enlightenment. The rest is just incidental; it happens for no other reason than to teach and mold the being towards seeking enlightenment. Living enlightenment is all about making conscious choices, free from the unconscious push and pull of the *saṁskāras*.

The further you wander from your center, the more you lose yourself in your periphery, the more you are subjected to incidents and accidents. Whereas, when you live enlightenment, you are centered, you are within your boundaries, you are aware. You become predestined, because your predestination is to reach enlightenment; your destiny is to become more and more aware. Then you become the agent of your fate,

and you move beyond *grahas'* influences. This is how you come to terms with your *karmas*.

For that to happen, a simple understanding of the forces at work in you can help clarity manifest in your daily routine. In addition to this, you can follow a couple of guidelines to keep your body healthy with the science of *Āyurveda* and raise your energy level with *yoga*, the use of gemstones, *rudrākṣa* beads, *mantra* chanting, and a basic knowledge of your psychological tendencies coupled with the ancient Vedic wisdom expressed by the great enlightened Masters.

All these remedies will bring lucidity about your mental set-up and support for eventually dropping your conditionings, unclutching from your mind and emotions and fostering your intelligence and energy to Live Enlightenment.



## Understanding Grahas and Nakṣatras

The *grahas* are energy centers, energy fields that planets exert in the universe. Each of the nine main *grahas* in Vedic astrology has a specific energy field that creates specific effects on our planet Earth. For example, the moon has a strong impact on the movements of the sea and on plant growth; it even influences the mind of human beings. In the same way, the major energy centers produce an effect on living beings and influence their potential at birth, their mental set-up and, therefore, the course of their destiny. In *Jyotiṣa*, *grahas* are often referred as the agents of the *karmas* for which the soul took birth. Human personality and life have their counterparts in the structure of the cosmic physiology, represented by the *grahas* and the *nakṣatras*.

There are nine *grahas* (nine influences or ‘planets’) in our solar system: the Sun (Sūrya), the Moon (Candra), Mars (Mangal), Mercury (Budha), Jupiter (Guru), Venus (Śukra), Saturn (Śani) and two nodes called Rāhu (ascending lunar node) and Ketu (descending lunar

node). These represent archetypes. Sūrya, for example, represents consciousness; Candra represents the cosmic mind; Budha represents the cosmic intellect, etc.

Most of the calendars of the world have been set by the Sun's and Moon's movements (measuring the day, month and year) and were of great importance for agriculture, because the harvest depended on planting at the correct time of the year. But the Vedic tradition uses a system of 27 *nakṣatras* to calculate months. The *nakṣatra* is the constellation in which the moon sits in the heaven at a particular time. In each month, the full moon sits in a particular constellation, and the Vedic month will have this *nakṣatra's* name.

Each *nakṣatra* falls under the rule of one, sometimes two *grahas*. Each *graha* is assigned three *nakṣatras*. For example, if the child is born when the moon sits in *Aśvini nakṣatra*, his birth star will be *Aśvini*, and his sign will be Aries (called *mesha* in Sanskrit), ruled by planet Mars (Mangala). *Bharaṇi* and *Kṛttika*, the two next *nakṣatras*, also fall under the lordship of Aries sign.

All three will therefore have similar characteristics and will influence the child's mind and consciousness at the time of birth, shaping his destiny.

# If Saturn is your Planet



*'I worship Saturn, dark blue in color, who is born before the God of death, the son of the Sun and shadow.'*

- Veda Vyāsa

**Dynamic:** How we take responsibility, how we focus and discipline our lives

**Key Words:** Focus, Longevity, control, discipline, patience, endurance, philosophical disposition, temperament, education

**Signs:** Aquarius/Capricorn

**Color:** Black, deep blue

**Gender:** Masculine

**Cakra:** Ājñā, Mūlādhāra

**Temperament:** *Tamas* (inertia)

**Governing deity:** Lord Brahma and Yama (the Lord of Death)



## Saturn in Vedic Scriptures

On the insistence of Śiva, Pārvati fasted for a year to propitiate Viṣṇu so that he would grant



her a son. Lord Viṣṇu, after the completion of the sacrifice, announced that he would incarnate himself as her son in every eon. Accordingly, Viṣṇu was born to Pārvati as a charming infant.

This event was celebrated with great enthusiasm and all the gods were invited to take a look at the baby.

However Śani (Saturn), the son of Sūrya, hesitated to look at the baby since he was cursed with the gaze of destruction.

Pārvati insisted that he look at the baby, which Śāni did.

Immediately the infant's head fell off and flew to Goloka. Seeing Śiva and Pārvati grief-stricken, Viṣṇu mounted on Garuda, his divine eagle, and rushed to the banks of the Pushpa-Bhadra River, from where he brought back the head of a young elephant.

The head of the elephant was joined with the headless body of Pārvati's son, thus reviving him. The infant was named Gaṇeśa and all the gods blessed Gaṇeśa and wished Him power and prosperity.

## **Tendencies of Saturn in Aquarius**

*'Saturn has an emaciated and long physique, tawny eyes, big teeth, and is vata in temperament. He is indolent, lame and has coarse hair.'*

- Bṛhat Parāśara Hora Śāstra

**Symbol:** The Water bearer

**Element:** Air

**Ruling Planet:** Saturn /*Śani*

**Ayurvedic constitution:** *Vata*

**Healing stone:** Amethyst

The Sanskrit name for aquarius is *Kumbha*, which means 'a pitcher'. *Kumbha* also relates to *Kumbhaja*, meaning 'born of a pitcher', a name for sage *Agastya*, one of the great Vedic seers. Its significance holds a deep spiritual meaning.

Aquarius denotes radical transformation involving the purification of the accumulated *saṁskāra*, giving a new spiritual direction to life. The impact of such an inflow of cosmic life-force can be experienced as a challenge in day-to-day life. The native strives to integrate himself, but is followed by multiple blessings, which enable him to Live Enlightenment.

Under the impact of Aquarius, the individual is subjected to fluctuating moods, which are overcome with spiritual practices.

Aquarius-born are naturally self-sacrificing. They have the capacity to surrender themselves completely to the Divine. They are eager to work for the good of a community or for the world. They can be totally devoted to a cause or in whatever they put their faith, be it a social group, spiritual group, or also a more illicit organization. For that, they have to develop discrimination and go towards what brings inner bliss, what liberates them in all senses. They can also denigrate themselves and do things which degrade their consciousness and create guilt and self-blame.

They may be artists, original thinkers, different from others, sometimes involved in different undefined activities. Their charisma radiates upon small groups. They are not upfront people, nor born leaders, but they can be excellent therapists, gifted of a rare intuition.

## Aquarius Nakṣatras: Dhaniṣṭa, Śatabhiṣa, Pūrvabhadrapada

### Tendencies of a Dhaniṣṭa-born

Dhaniṣṭa is also known as ‘the Star of Symphony’. Its symbol is a drum and a *tabla* (a small drum); both instruments symbolize richness and sound. In a sense, Dhaniṣṭa deepens the impulse of *Śravaṇa*’s influence to perceive the truth, and makes it more practical. Such a person will combine the balance of the meditator and the energy of the warrior.

Many seers are born under this *nakṣatra*, and its extreme energy can bring difficulties into ordinary people’s life. Dhaniṣṭa’s life can lead to great spiritual attainment, as well as the opposite.

Born under Dhaniṣṭa, your approach to life is very practical; you are of good behavior and kind hearted. You dislike expressing your disagreement with others till the last moment. But once you are angry, you are determined to crush your opponent.

You have excellent insight; you are attentive and can perceive the truth behind names and forms. It can make you to feel close to humanity at large and be of compassionate nature. You are also adventurous, having a free spirit, and you definitely have spiritual warrior's quality.

On the other side, you may as well be overly turned towards the outer world. Your seeking for security leads you to overwork to acquire things for better comfort. This attitude may lead you to too much ambition or jealousy of others' success. You can become rude, or even revengeful and fail to value people around you.

Patience and perseverance should be maintained in all trials of life.

Historian, musicians, poets, doctors and surgeons, property management, engineers, miners, scientist, research, charitably involved people can be found under this *nakṣatra's* energy.

## Tendencies of a Śatabhiṣa-born

Śatabhiṣa is known as the ‘veiling star’. This *nakṣatra* is all about healing the human condition physically and spiritually. It is associated with the divine nectar of immortality, and gives skills for the healing arts.

Born under this star, you may have encountered a radically changing experience in your life: an experience which changed your destiny for better or worse. Such a crisis could bring you revitalization and new options in life.

You are very simple, living a straightforward life. You can possess tremendous energy and courage. But secretive in nature, you want to keep certain aspects of yourself hidden to others. More than others, you need solitude to contemplate upon your life. A need for meditation is essential here.

You have a tendency to be depressed, feel restrained and constricted in life. Many different emotions come out of this, difficult to formulate, bringing apathy or a sarcastic tone the native.

You may meet obstructions, which are nothing other than opportunities for you to expand your true nature, to seek what is your path, to discover why you came on earth.

Harsh speech, rough, and prone to chronic disease, you should really do *yoga*. You can excel in professions such as astronomy, physics, healing, writing, secretarial work, engineering and electrical engineering.

## **Tendencies of a Pūrvabhadrapada-Born**

Pūrvabhadrapada symbol is a double-faced man. This *nakṣatra* contributes to the raising of our spiritual aspiration in life. It is also a transformational energy where one can learn to give up the ego and live enlightenment.

Born under Pūrvabhadrapada, you will be intelligent, sensitive, expert in art, and inclined to take risks. Your personality is so charming that you can get out of any troublesome situation.



You are adaptable and extend your hand only once you are sure that your kindness will be appreciated and used for the purpose that you envision. For charity matters, you have a practical approach.

You have a strong practical need to fix your effort on a vision, an ideal for the future. This *nakṣatra* grants a universal stripe to a person. Your independence and self-reliance make you original in many ways: in your thoughts, in your inventions, and your skills. You are never just an ordinary person and are pretty unconventional.

But you may have unnecessary anger and anxiety. You can use harsh words at times and cynicism. You should think about starting meditating, as you need to learn to handle your response to stress. Your wavering mind needs to be calmed and brought back to constructive activities.

You may show interests in astrology, research, statistics, administration work, business planning. You may also be attracted to an ascetic and yogic style of life.

## Energy Centers and Aquarius

### Viśuddhi cakra : expressing one's uniqueness

There are seven major energy centers in our body, called *cakras* in Sanskrit. They are directly connected to our emotions and impact different aspects of our personality and the way we relate to ourselves, others, and to Existence.

Each planet resonates with a particular energy center in the body. Aquarius is connected to *viśuddhi cakra* located in the throat region. *Viśuddhi* flowers when you stop comparing yourself to others and express your own uniqueness.

We are always looking to achieve in the outer world. This is the root cause of the comparison and jealousy we feel as a consequence. People respect you only if you have achieved something tangible in the outer world. Educational degrees, beauty titles, company designations, published papers, bank balances—all are scales that society uses to grade you.

First of all, you don't need to be graded by anyone, including yourself. Place trust in your own intelligence. There is much you can achieve in the outer world.

But understand that there is much to be achieved in the inner world also. The outer world achievements are all incidental. They will get you instant name and fame and money. The real achievement is in the inner world.

Center yourself well with awareness and simply take part in outer world activities like a lotus untouched in a pond. Let the work in the periphery go on undisturbed, but center yourself in your Being. Automatically, you will stop swaying in accordance with outer world achievements and feel stability and joy in the center of your own Being. Finding your center is the only way out of this whole cycle of comparison with others that does not allow you to express your uniqueness as easily as you could.

## Aquarius and Āyurveda: Understand your Constitution

Generally, the Ayurvedic *dośa* (body constitution) related to aquarius is *vata*.

*Vata* influences the movement of thoughts, feelings, nerve impulse, and fluids in the body.

### Let's use this scale:

If you experience symptoms such as anxiety, worry, shyness, a tendency to insomnia, chronic tiredness, mental and emotional depression, physical tension, stress, a weak immune system, headaches, underweight, constipation, dryness of skin, mental confusion, inability to take decisions, fast speech, too many fantasies, then there is a good possibility you are suffering from *vata* imbalance.

If you have good mental alertness, abundant creative energy, a good elimination system of waste matters, sound sleep, strong immune system,

enthusiasm, emotional balance and stability, then the *vata* principle is balanced in your body.

Here are some of the common characteristics of people who have a predominantly *vata* body constitution:

- Quick to learn and grasp new knowledge
- Slim body
- Talk and walk quickly
- Cold hands and feet,
- Excitable, lively,
- Changeable moods
- Respond to stress with fear and worry and anxiety
- Variable appetite and digestion
- Tendency to be tired easily
- Full of enthusiasm and joy
- Impulsive

- Generally good management and leadership ability
- Dry skin, dry hair, don't perspire much
- Headache, hypertension, sore throat, anxiety, muscle spasm, irregular heartbeat, constipation, winds, diarrhea, arthritis, neurological disorder.

### **How to manage *vata*?**

Factors that can balance *vata* are warm and soothing food with added oil and fat, as well as sweet tastes. Cold items should be avoided and caffeine should be stopped, as it strains *vata's* nervous system. Mental and emotional peace and lifestyle routines are important to restore and maintain balance. *vata* can be corrected by using warm sesame oil for self-massage. If you can't massage the whole body, at least apply warm oil on the feet and scalp. Maintaining a regular routine in terms of eating, sleeping and other activities will also help you to unclutch the mind.

### **Food items to balance *vata*:**

Warm and cooked food with added oil and fat is good for pacifying *vata*.

Warm milk, cream, butter, vegetable soups, hot cereals, freshly baked bread, potatoes, cheese and nourishing food are good for stabilizing *vata*.

On the other hand, food such as salads, iced drinks and ice creams, raw vegetables and greens are not very good for persons with *vata* imbalance. One should avoid drinks with high caffeine as *vata* finds it disturbing. As a snack, it is better to prefer nuts that are heavy and oily, as opposed to dry and salty.

All sweet fruits are good for *vata*. One should avoid unripe fruit that are too astringent. Cinnamon, cardamom, cumin, ginger and cloves should be favored.

## **Meditation for Aquarius Balance your Vata!**

Saturn natives can benefit from techniques that work on their body and strengthen their concentration and centeredness. Aquarius tends to live in his mind. Bringing his intellectual nature into his body boundaries and senses through physical practices (Hatha *yoga*) done slowly will be very beneficial.

### **Here is a meditation for you:**

Step 1-Duration: 10 minutes - Sit in *vajrāsana* (kneel down and sit on your heels). Place your hands on your hips. By doing this, you are establishing a connection between the upper and lower parts of your body. Chant 'hoo' for as long as possible with each exhale. Begin again with each inhale, holding the chant as long as possible as you exhale.

Step 2-Duration: 21 minutes - Continue sitting in *vajrāsana*. With the hands on the hips, bend down at the hip to touch the forehead to the ground. Continue to chant the 'hoo' sound in this position.

This meditation will make your whole body to vibrate, contributing to lowering your inner chatter.



## Nithya Dhyaan: the Universal Technique

Nithya Dhyaan is a formula and technique that works on all the components of your being. Whatever your birth sign may be, it awakens the cosmic powers within you and makes them available to your being to excel in all spheres of life.

This is a five-step technique. Allow seven minutes for each step. Keep your eyes closed throughout the meditation.

### 1- Chaotic breathing:



Sit in *vajrāsana* (kneel and sit on your heels). Place your hands on your hips and breathe chaotically, without a repetitive rhythm. Just focus on your breathing; let your entire being become the breathing.

## 2- Intense Humming:



Continue to sit in *vajrāsana*, form *cin mudra* with your fingers (with the thumb and forefinger forming a circle and other three fingers outstretched), and place your hands on your knees, palms facing upwards. In this posture, with your mouth closed, produce the sound ‘Mmmm...’ from inside your body, as loudly and lengthily as possible.

## 3- Cakra awareness:

You may continue to sit in *vajrāsana* or sit crossed legged if you wish. Keep your fingers in *cin mudra* position. Now, bring your awareness to each cakra one after the other, from *mūlādhāra cakra* (root center) to *sahasrāra cakra* (crown



center). Feel each *cakra* completely as if your whole being has become that energy center.

#### 4- Silent Meditation: Be unclutched



In this step, carry the understanding with you that your thoughts are unconnected, irrational and unclutched. Don't try to create thoughts, don't try to maintain thoughts, don't try to destroy thoughts or react to them. Just sit and watch them. Understand,

by your very nature, you are pure being and bliss.

#### 5- Guru Pūja

Now, connect, relax and rest into the universal energy. Just sit in a very deep and passive way, feeling one with the whole, God,



or your Master. Listen to the *Guru Pūja mantras* and feel their vibration in you. Express your gratitude with reverence.

You will find further details on the benefits of Nithya Dhyaan; along with the meditation instructions, in the comprehensive booklet and audio CD called  
Nithya Dhyaan- Experience bliss.

## Nithya Yoga for You

When the dynamism is low in the person, martial arts can be practiced to enhance the person's strength through the concentration this sport develops. Otherwise, gentle *yoga* postures that work on *Viśuddhi cakra*, as well as *Sūrya Namaskār* (the ancient sun salutation), can be practiced by all natives!

### Sarvāṅgāsana and Halasana



## Instructions:

- To blissfully enjoy the benefits of any *asanas*, make sure your body is warmed up, the spine worked on and stretched out before entering the postures.
- Start by lying on your back.
- Bend your knees and keep your feet on the floor.
- Place your hands at your lower back, fingers pointed toward your legs.
- Use momentum and swing your legs up over your head with your knees bent.
- With the knees still bent, bring your shoulder blades closer together and the elbows closer.
- Straighten your legs up into the air. Have the feet flexed or toes slightly pointed.
- Continue to support your back with your hands.
- Look up toward your feet and breathe here for 6 to 12 times.

## Halāsana

- on the final exhale in shoulder stand, keeping your legs straight, lower your feet to the floor behind the back of your head.
- Continue to support your lower back with your hands.
- Breathe 6 to 12 times.
- After the last Inhale, exhale and slowly roll your back onto the floor, bending the knees halfway, and allow the legs to be on the mat.

### Benefits:

This posture, when properly practiced, can help you in curing ailments related to bronchitis, asthma, and shortness in breath. Digestion is one of the major problems that many people face, due to fast food and other wrong foods they eat. *Halāsana* posture can help the digestion to settle itself. If you happen to be anemic, your condition could improve simply by doing this *asana* as well as embarking on a daily routine of dietary and exercise habits.

## Sūrya Namaskār

*Sūrya Namaskār* (the Sun salutation) is called the king of *asanas*. It is a sequence of 12 postures, each symbolizing a sign of the zodiac. This sequence of *asanas* has the amazing ability to activate the best characteristics of your birth chart by bringing energy to your body, a clearer thinking through emotional balancing, and a restored health, thereby enabling you to express your intelligence and uniqueness. It is a technique to experience a conflict-free life, fulfillment and eternal bliss.

Its practice awakens the body's innate intelligence to produce energy from the sun. It is designed to access the etheric energy all around you. When performed facing the East in the first rays of the morning sun, along with the appropriate breathing technique and the *mantra*, the effect on the individual mind, body and spirit is incomparable.

It is said that the daily practice of *Sūrya Namaskār*



is enough to work on the whole body organs, *cakras* and mind for the whole day.

## **Sūrya Namaskār mantras**

A *mantra* is a composition of syllables, words or sentences that, when repeated with awareness and visualization, has a powerful and penetrating influence on the mind. Before each repetition of *Sūrya Namaskār*, one chants the corresponding *mantra*, which is a glorification of the Sun. This simple method leads us to the experience that the outer Sun symbolizes the shining intelligence in our inner sky. We come to understand our connectivity to the cosmic energy that pervades all the *grahas*. The characteristics of our sign get activated to unfold its inherent potential.

- **Aum hrām mitrāya namaḥ**  
Salutations to the friend of all
- **Aum hrīm ravaye namaḥ**  
Salutations to the shining one
- **Aum hrūm sūryāya namaḥ**  
Salutations to the one who induces activity

- 
- **Aum̐ hraiṁ bhānave namaḥ**  
Salutations to the one who illumines
  - **Aum̐ hraum̐ khagāa namaḥ**  
Salutations to the one who moves swiftly
  - **Aum̐ hraḥ pūṣṇe namaḥ**  
Salutations to the giver of strength
  - **Aum̐ hrām̐ hiraṇyagarbhāya namaḥ**  
Salutations to the golden Cosmic Self
  - **Aum̐ hrīm̐ marīcaye namaḥ**  
Salutations to the Lord of dawn
  - **Aum̐ hrūṁ ādityāya namaḥ**  
Salutations to the son of Aditi, the infinite Cosmic mother
  - **Aum̐ hraiṁ savitre namaḥ**  
Salutations to the eternal benevolent mother
  - **Aum̐ hraum̐ arkāya namaḥ**  
Salutations to the one who is praiseworthy
  - **Aum̐ hraḥ bhāskarāya namaḥ**  
Salutations to the one who leads to enlightenment

## Sūrya Namaskār āsana sequence

To blissfully enjoy the benefits of any *āsana*, make sure your body is warmed up, the spine limber and stretched out before entering the postures.



- Stand with feet slightly apart. Bring hands together into prayer position in front of your chest. Keep your eyes open during the practice of the *āsanas*. Chant the corresponding *mantra* loudly.
- Inhaling, gracefully sweep the arms up over your head and gently arch the spine backwards.
- Exhaling and bending from the hips, sweep the arms forward and down so the hands touch the floor close to the feet and the forehead comes in close to the knees. Bend the knees to allow for greater ease in doing this.
- Step the right foot back as far as you can and as you inhale, lift your heart center up.
- Step the left foot back and assume the plank position with spine, neck, and head in a straight line, hands placed directly under your shoulders.
- On the exhale, lower the knees, chest and chin to the floor assuming *aṣṭāṅga namaskār*. Point the toes.

- Inhale, raise the head and chest off the floor by engaging the lower back and gently pushing with your hands. Keeping the elbows bent at a 90-degree angle, come into *bhujangāsana*.
- Exhaling, push with your hands, raise your hips into the air and back and assume the downward dog pose. Push your heels towards the floor.
- Gently look forward at your hands and step the left foot forward as far as you can, close to the hands. Inhale, lift your heart.
- Step the right foot forward to meet the right hand. Bend your knees if you need, exhale, and bring the head in close to the legs.
- On an inhale, sweep your arms up over your head and gently arch the spine, saluting the Sun.
- Exhale, bring your arms down and your hands back into prayer position in front of your chest.

*Nithya Yoga is Paramahansa Nithyananda's unique offering to the world, helping the practitioner to be in the state of yoga every moment. You will find further details on the benefits of Sūrya Namaskār in the book titled: Nithya Yoga - The Ultimate Practice for Body Mind and Being.*

## Birthstones for Aquarius

### Amethyst stones bracelet

This book comes with a unique energy bead bracelet which beautifully combines semi-precious stones with *rudrākṣa* beads, enhancing and radiating the properties of the stones. This bracelet attunes you to the Universe and contributes to destroy sufferings related to negative *karmas*. It is specially blessed by Nithyananda, the enlightened Master of our times for the fortunate ones who wish to receive the blessings of the Universe! Enlightened Masters are said to be the manifestation of the Cosmic Energy that radiates Enlightenment.

*Jyotiṣa* uses different gemstones (also called birthstones) to strengthen the planet's energies.

Gemstones are the finest and purest consolidation of minerals that exists, formed under extreme heat and pressure inside the earth. Stones are crystals of clear and purified minerals that are also found in the human body.

Because of their mineral quality, they are agents of electromagnetic energy, which influences the electromechanical nature of the human body. When a stone is in contact with the skin, it starts working on the physiology and energy level of the body, as well as the pranic layer of energy.

Amethyst supports Saturn's energy in the natal chart. It rules over the nervous system, and fortifies it. It is beneficial for:

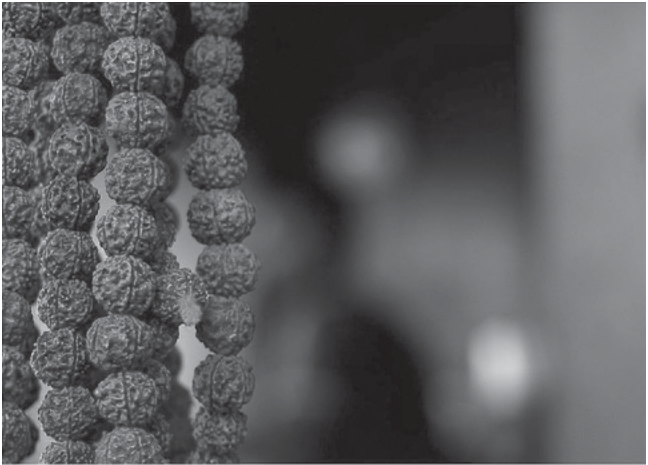
- Elevating Saturn's influence
- Faithfulness
- Clearing the mind
- Detachment
- Giving what one desires
- Fertility
- Over conservatism
- Longevity



- Discipline
- Authority
- Ambition
- Honesty
- Humility
- Discrimination
- Clarity
- Eyesight
- Immune system
- Tension and neuroses
- Headache
- Deafness
- Alcoholism
- Bone structure
- Osteoporosis

# Rudrākṣa Beads

Aquarius' Cosmic seed



Today, scientific experiments have verified the intrinsic properties of the *rudrākṣa*. These are: dynamic polarity, bioelectricity, and paramagnetic and diamagnetic properties all of which effectively control

hyperactivity, eliminate stress and bring beneficial effects on body and mind.

*Rudrākṣa* beads are emblems of Lord Śiva, who is believed to be at the very core of the centrifugal force of the universe, representing Brahman or the cosmic Sun: the aspect of creation which continually dissolves to begin a new cycle of creation, preservation, dissolution and recreation of the Universe. Therefore, wearing *rudrākṣa* attunes one with the cosmic energy that destroys karmas and confers spiritual liberation. It cannot have an adverse effect on the wearer because of its auspicious signification and can be worn by anyone, irrespective of his or her moon sign. *Rudrākṣa* beads have immense benefits:

- They protect against negative planetary positions and enforce the positive effects of the birthstone which you wear
- They keep, foster and protect one's own energy

- They can tap into energy fields to restore energy in the wearer.
- They stimulate an individual's consciousness and sub-consciousness
- They stimulate the mind, sharpens the intellect, gives power and opens the third eye
- They ensure peace of mind and harmony of relationships
- They help to cure dangerous diseases such as epilepsy, cough, and small pox and heal poisonous wounds
- They actualize Master's blessings into your life

## Navagraha Pūja

The *Navagraha pūja* is a Vedic prayer which produces tremendous positive energy, and helps everyone to gain courage to face any situation in life.

This ritual traditionally performed for the nine planets, brings solace to the person's mind, and dilutes any

negative influences which can be felt during certain period called '*Navagraha dośá*'; when the planets are not in proper alignment, influencing the person negatively. Due to these, people fall into depression



and certain low moods. This period may last for some time, depending on the power of the planet.

However this can be averted with intelligence. *Navagraha pūja* is conducted to connect oneself to the cosmic intelligence, to avert any hindrances and to bestow tremendous peace and contentment in life. This *pūja* is a collection of prayers and rituals performed to the planets in the form of deities.

With the blessing of these nine planets, the person is helped to attain good health, prosperity, knowledge and enlightenment.

## Navagraha Homa



*Homa* is a fire ritual, and an intense spiritual practice which becomes a powerful meditation technique when performed with devotion. During *homa*, one invokes the cosmic energy and visualizes it in the fire. Offerings to the planet deity through the fire are made at the same time.

Through the *mantra* chanted and the purification effect of the fire; the body, the space in which the ritual happens and the people attending the prayer are benefited, and the planetary effect decreased.

When this *homa* is done as a personal spiritual practice, the energy is brought from the nirvanic to the physical layer of the body through all subtle energy layers, healing the person and raising his level of energy-allowing him to transform his destiny.

*Navagraha pūja* and *homa* services are available in all Nithyananda Vedic Temples throughout USA, and Nithyananda Dhyanapeetam ashrams throughout India.

Find out your nearest Temple in India on **[www.nithyananda.org](http://www.nithyananda.org)** and **[www.nithyanandavedictemple.org](http://www.nithyanandavedictemple.org)** for USA, contact them to have more details if you are interested in benefiting from these services.



## Mantra for Aquarius

**Aum hrīm Nityānandāya namaḥ  
(Om Hreem Nithyanandaya Namaha)**

In this *mantra*, *Aum* is the primordial sound and is the representation of Śiva's energy, the male aspect of the universe. Actually, *Aum* is the cosmic sound that pervades the *grahas*, their movements and their effects on us.

The *Bija mantra* (seed sound), *Hrīm*, has no linguistic meaning but encloses a powerful vibration which attunes you to the primordial energy from which the *grahas* originate: the female energy, Śakti.

Nithyananda means Eternal Bliss and invokes the truth which is our true nature, and the nature of our own intelligence. It is the *pūrṇa mūla mantra* (the complete *mantra*) because it represents a straight path to both Śakti (success in this world) and to Śiva (success in the cosmic world) which is 'enlightenment'.

*Namaḥa* means 'I surrender' my ego to Existence, to the Master. Thus this sacred *mantra* awakens the completeness and fulfillment inside us and balances the male and female energies which exist inside every one of us.

The repetition of this *mantra* is a powerful technique which can be performed throughout the day as you go about your daily routine. It can also be uttered aloud 108 times every morning. The number 108, which is a multiple of 9, has been sacred since time immemorial. That is because the number 9 is the limit of all numbers: 0 to 9 is all one needs to make up an infinite amount of numbers. Therefore, 108 symbolizes and connects you to infinity.

Its beautiful sound should be pronounced clearly and as loudly as possible and from the navel region.

Eventually, this *mantra* will replace your inner chatter and create silence in your mind. Your whole being integrates itself towards enlightenment which leads you out of the dynamic of *karma* and planetary effects.

## Five Techniques for an Aquarius Mind

### Let go of ego!

You sometime feel you're going through some identity crises... You feel you are not being acknowledged by others as you'd like to be. These blockages seem out of reach. Observe. You hold yourself to *ahankār*, the identity you project to the outer world. People's not acknowledging you as you want seems like a death, a negation of your existence. Drop that! Be free. Never live on expecting others to give you substance. After all, you exist! Is anything else necessary?

### Be responsible!

Maturity is to accept the responsibility to be oneself, whatever may come. It is risking everything to be fully oneself. There is no age to unfold it in you. Going beyond thoughts and feelings to become pure being is what maturity is. This maturity gives you intelligence, a very sharp intelligence that becomes an

asset for the community in which you live. To use one's experience and wisdom in a humanitarian way; to harness it to become a living example of one's master's message, is the greatest service one can perform for his *guru*.

## **Be centered**

How can you change the world? To make the whole world blissful and happy, you don't have to do anything. Just change your center. When the inner awakening happens, the higher emotions happen. It all finally boils down to your own experience of what is happening. If you want to save the world, all you need to do is save yourself! Everything is actually happening in this world: spiritual sessions where enlightenment is being shared and at the same time terrorist training camps where violence is being shared. According to what you tune into, the world that you attract and see will also appear to be. You will attract the same type of people and situations in your life.

## **Understand!**

Existence has many ways to teach us through experience. It would make you more insecure, more uncertain, because that's how life is, that's how existence is. When there is more insecurity, more danger, the only way to respond to it is with awareness. Just stand in your sincerity and authenticity. Money is not the aim of the cosmic constitution; your soul's journey is the aim! The learning that stands behind the experience is the goal. Ultimately, whatever you have now will leave you when death comes. Trust life to take care of you! Envision the problem under a bigger scope, a cosmic scope, which will give you great freedom and insight into the inner mysteries of life!

## **Kick this laziness out!**

It is time to fight your indulgence. One should better face the problem instead of running away to hide in one's room, to do useless things which will not help you to grow. Now, only intensity will help

to fight your inertia. After all, problems are not eternal. When we are depressed, we feel we will be depressed forever. No! It is not possible. You are constantly changing, people are constantly changing, and problems are also constantly changing. Nothing is fixed in Existence. What is required is a little patience to wait for things to move, and a little courage to face situations without making big problems out of them. And lo, in no time, the whole thing is forgotten!



Śani (Saturn god) as represented in Tiruvannamalai Ashram(India). Around Saturn stand the other 8 *Navagraha* deities (deities associated with the nine planets), along with their *Navagraha* trees (trees associated with the nine planets), to bless all with abundance. The circle of deities is placed around the main deities of the temple, Sri Anandeshwara and Anandeshwari; located near a powerful energy field of 1008 Śiva *lingas* radiating Śiva's cosmic energy in an extremely auspicious atmosphere.

## Glossary

**Nakṣatra:** the constellation in which the moon sits in the heaven at a particular time, commonly called as 'birth Star'

**Vedic sciences:** refer to a number of disciplines found in the Vedas, a large body of texts originating in ancient India; among the oldest sacred texts

**R̥g Veda:** an ancient Indian sacred collection of hymns, counted among the four canonical sacred texts of Hinduism known as the Vedas

**Āryabhaṭa:** one of the first astronomer and great mathematician of India, born in 476

**Copernicus:** (1473 – 1543) the first astronomer to formulate a heliocentric cosmology, which displaced the Earth from the center of the universe

**Galileo:** (1564–1642) Italian physicist, mathematician, astronomer and philosopher. His achievements include improvements to the telescope and important astronomical observations



**Yojana:** a Vedic measure of distance used in ancient India, between 6 to 15 km (4 and 9 miles)

**Rṣi:** a sage through whom the hymns flowed, a “seer” able to reach states of higher consciousness.

**Yogi:** a practitioner of various forms of spiritual discipline, as *yoga*

**Parāśara:** author of many ancient Indian texts and important astrological texts, known as a traveling Master

**Bṛhat Parāśara Hora Śāstra:** a prominent astrological scientific text, written as a recorded dialogue between *Parāśara* and his disciple Maitreya

**Vaśiṣṭa:** Rāma’s *guru*, a great *Rṣi* who had complete knowledge of the whole cosmos and the gods

**Veda Vyāsa:** a sage of ancient India, compiler of the Vedas and great epics like the *Māhābhārata*

**Māhābhārata:** one of the major Sanskrit epic of India and philosophical scripture, depicting a great war that happened in India, written in 250 000 verses

**Saṁskāra:** engraved memories stored in the subconscious part of the mind. They are continually interfering with our decision making process

**Grahas:** energy centers, energy fields that planets exert in the universe. They are generally assimilated to ‘planets’

**Karmas:** the collection of unfulfilled experiences and actions that stay in us and constantly pull us to fulfill them

**Āyurveda:** a system of traditional medicine native to the Indian Subcontinent, ayus meaning ‘life’, and veda, meaning ‘related to knowledge’ or ‘science’

**Yoga:** literally union, union of the individual self and the divine Self, often taken to mean Hatha *yoga*, which is one of the components of *yogāsana*, relating to body postures

**Rudrākṣa:** a large broad-leaved tree whose seed is traditionally revered and used for prayer beads, or mainly growing in foothills of the Himalayas up to South-East Asia

**Sanskrit:** the language of the *R̥g Veda* and of many scriptures, as well as *mantras*

**Mantra:** a sound, a formula, sometimes a word or set of words, which because of their inherent sounds, have energizing properties. They are an approach to spiritual evolution

**Unclutching:** understanding that each thought is completely independent, unconnected to the precedent; which leads to disengage oneself from the mind, resulting in experiencing the no-mind state

**Cakra:** literally a 'wheel': refers to energy centers in the mind-body system

**Ājñā:** sixth *cakra*, located between the eyebrows, known as the master *cakra*, locked by excessive seriousness

**Tamas:** the behavior of laziness or inaction

**Lord Brahma:** the creator of the trinity

**Lord Śiva:** rejuvenator in the trinity also means 'causeless auspiciousness'

**Pārvati:** consort of Lord Śiva, mother to Gaṇeśa

**Viṣṇu:** the preserver in the trinity; His incarnations include Kṛṣṇa, Rāma ect., also means ‘all encompassing’

**Gaṇeśa:** the very revered elephant god who removes obstacles

**Agastya:** a great sage who introduced and popularized Vedic tradition in South India

**Viśuddhi cakra:** the fifth *cakra*, or subtle energy center located in the throat region, locked by comparing ourselves with other

**Dośa:** in Ayurvedic medicine, one of the three biological humors or energies (*kapha, pitta, vata*) which combine in various proportions to determine individual constitution and mental and physical disorders

**Vata:** one of the three humors (body constitution) of *Āyurveda*, related to the principle of movement in the mind and body; air element

**Vajrāsana** : common *yoga* and meditation posture, where the person sits on his heels

**Cin mudra**: palms upraised with thumb and forefinger forming a circle and other three fingers outstretched

**Guru Pūja**: form of worship offered to the master

**Asana**: body postures performed in *yoga*, literally means ‘seat’

**Aṣṭāṅga namaskār**: prostrating to a deity or master by lying on the floor with all eight limbs of the body touching the earth

**Bhujāṅgāsana**: ‘cobra posture’ in *yoga*, in which the head and chest are raised while lying down

**Pranic layer**: the second layer of energy of the body, related to *prana* or life energy

**Brahman**: the unchanging, infinite, immanent, and transcendent reality, the Divine Ground of all

matter, energy, time, space, being, and everything in this Universe

***Bija mantra:*** refers to the single syllable *mantra* used to invoke certain deities

***Pūja:*** a ritual made of different offerings related to the deity propitiated

***Navagraha dośa:*** literally means ‘planetary defects’ or inauspicious alignment of planets

***Homa:*** ancestral Vedic fire ritual

**Nirvanic layer:** seventh subtle body that we have and last layer of energy which is the space where one experiences intense bliss

**Physical layer:** the gross body made of flesh and bones

***Aum:*** the primordial cosmic sound from which the whole Universe emerged

**Hrim:** *bīja*, or seed *mantra* relating to feminine energy

**Śakti:** energy, intelligent energy, considered as the feminine aspect of Śiva

**Ahankār:** ego or excessive pride due to one's possessions, material wealth, intelligence or powers

**Jīvan Mukti:** the state of achieving liberation from the cycle of birth and death during one's lifetime

## About Paramahansa Nithyananda

Paramahansa Nithyananda is an enlightened master living amidst us today. With a worldwide movement for meditation and inner bliss, Nithyananda offers solutions for situations as practical as every day stress to the quest for something as profound as enlightenment. He left home at a young age and traveled the length and breadth of India, visiting holy shrines and associating himself with spiritual masters and mystics. He realized his intrinsic knowledge through the paths of meditation, *yoga*, *tantra*, knowledge, devotion and other Eastern metaphysical sciences. With an enlightened insight into the core of human nature, Nithyananda has defined his mission for humanity at large. Rooted in the ancient tradition of living enlightenment, and embracing all world religions as sacred and unique, Nithyananda draws people from around the globe, crossing all societal, cultural, language, age and gender barriers.



## About Nithyananda Mission

Nithyananda Mission is a worldwide movement for spreading meditation and inner bliss. The services provided by the organization include meditation, yoga, corporate leadership programs, free energy healing through the Nithya Spiritual Healing system, free education to youth, promoting art and culture *satsangs* (spiritual gatherings), free medical camps and eye surgeries, free meals at all ashrams worldwide, a holistic system of education for children through the *āśram gurukul* and a host of specially designed meditation programs.

## Programs Offered by Nithyananda Mission

### Inner Awakening

Inner Awakening is a 21-day 'master' program that is intensely transformative. It is designed to reproduce all the components of *Jīvan Mukti* or 'Living Enlightenment' in every individual and brings

about an irreversible alchemy of moving from the mundane to the Divine.

### **Life Bliss Engineering (LBE)**

LBE is a 90-day residential program to experience the intense and transformative power of being in an enlightened master's presence. Conducted at the Bengaluru ashram in India, it takes you to the depths of your being through *yoga*, meditation and a wide range of multifarious activities and helps you to awaken your innate peak potential. It is a lifetime opportunity to learn directly from a living enlightened master, to engineer your very body and mind for enlightened living.

### **Kalpataru**

A one-day meditation program that sows in you the seed of Living Enlightenment. This program empowers you with the energy to align your actions with your intentions so you move with outer world success and inner bliss.

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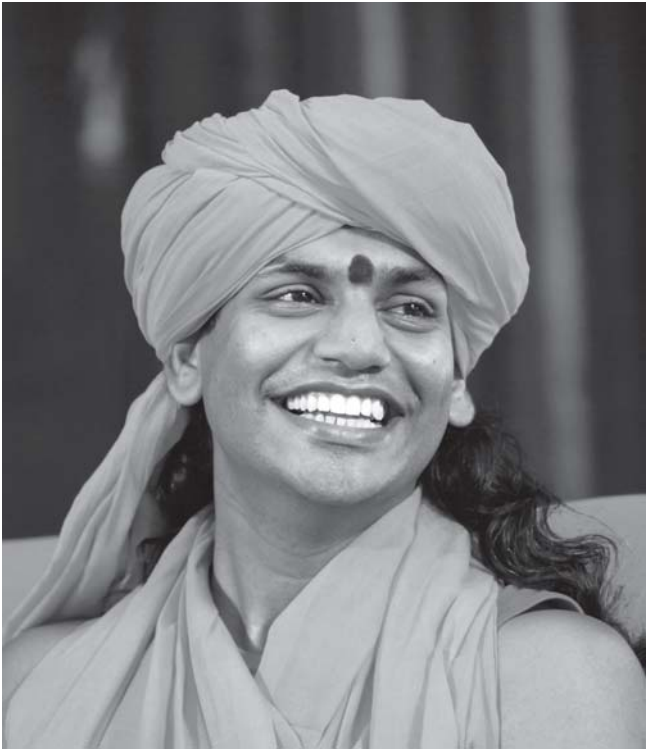
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Over 500 FREE discourses of Nithyananda available at <http://www.youtube.com/lifeblissfoundation>



***“Let you all experience and radiate  
Jīvan Mukti, Living Enlightenment”***

*- Paramahansa Nithyananda*

## NOTES



## NOTES

