Coping with Planetary Crisis
Finding Contentment at Times of Despair
Coping with Planetary Crisis

Komilla Sutton

www.Komilla.com
Om Gam Ganapataye Namah X 3
Guru - Parashara
Guru Mantra - Prayer to the teacher

*Om Gurur Brahma Gurur Vishnu*

*Gurur Devo Maheshwara*

*Guru Sakshat Param Brahman*

*Tasmaye Shri Guruve Namah*

The Guru is Brahma (The God of Creation)
The Guru is Vishnu (The God of Sustenance)
The Guru is Shiva (The God of Destruction)
Salutation to the respected Guru, who is the Supreme God
Navagraha
Prayer to Nava Grahas

Om Brahma Murari Stripurantkari
Bhanu Shashi Bhumisuto Budhasch:
Gurushch Shukra: Shani Rahu Ketava
Sarve Graha Shanti Bhavo
Om Suryaye Namah
Patanjali Yoga Sutras
Heyam Dukham Anagatam

- Avoid misery before it arises
Coping with Planetary Crisis

- Planetary crisis - all of us face it at some time or other.
- How do we find contentment at Times of Despair
- The key is to be prepared for it.
Coping with Planetary Crisis

- Best time to prepare is when there are no crisis
- Studying your birth chart or going to an astrologer to map how the quality of your chart enfolds.
- Getting a regular annual reading is best
Coping with Planetary Crisis

- Planetary crisis come in two forms.
- One comes from the natal chart
- the planets at birth and when those challenges fructify through dasha and transits
Crisis through General Transits

- The other is when the planets are in stress by transits and even when they are not reflected in our natal chart we have to live through the times.
Weakness of astrologers

- We can think because we know, we will not experience.
Natal Chart revelations

• When we get to know our natal chart and its strengths or weaknesses for the first time, either through our own study or during a consultation.

• Often we tend to focus just on weaknesses.

• But it is the strengths that give us power to cope.
Prince Harry

Prince Harry 15 September 1984, 16:20, Paddington, UK
Natal Chart – planets

- Planets – strengths and weaknesses.
- Planetary dignity is studied though the rashi position and house position.
Planetary weaknesses

• Planets in Gandanta
• Challenging conjunctions
• Position in dushtana
• Yuddha – planetary war
• Tight connection with Rahu Ketu axis
Strengths

- Strength of Lagna and its lord
- Moon
- Sun
- Jupiter’s strength and aspects
- Benefic influences
Strengths vs Weaknesses

- Judge the planets ability to cause crisis vs its ability to protect.
• Natural malefic – are very demanding.
• They demand more and more from you.
• Then tend to create dissatisfactions
• Their aspects usually cause much disturbance
Planets with ability to create crisis

- Tough lordships of
- Dushtana houses,
- Badhaka,
- 22 Drekkana
- 64 Navamsha
- Gulika/mandi
Meghan Markle – 4 August 1981, 4:46am, Canoga Park CA, USA
More shadowy disturbing factors

- Upagraha
- Close Connections with upagraha
Moon’s strength is vital

- The disturbed mind will create major problems
- Moon with challenging conjunctions or dushtana houses positions
- Aspects from malefics
Natal Chart – Houses

• There are certain houses that are affected by the planets which are in challenging positions in the chart which become problematic areas of life.
Certain charts are Challenging

- Justin Bieber
- Princess Diana
- They need/ needed special care to navigate life
Princess Diana
Experiencing Crisis

• Through dasha and transits
Experiencing Crisis - Dasha

• Planets that have challenging or destructive potential do so during their dasha

• If a planet is placed in the 8th house, then its dasha of the planet and bhukti of its ruler brings crisis.
Beyoncé

Beyoncé – 9 September 1981, 10:00am, Houston TX
Jay Z, 4 December 1969, 00:10am Brooklyn (Kings) NY, USA
Experiencing Crisis - Dasha

• In order to create crisis, a planet has to collect many negative rulerships and associations
Experiencing Crisis - Transits

- Saturn
- Rahu Ketu
- Eclipses
- Stationary planets specially Saturn over natal planets
- Lack of benefic balances
Saturn
Saturn

- significator of sorrow and will bring suffering, create situations to test the mettle.
- Saturn is aware of the debts owed due for previous karma.
- These are created by the individual, therefore must be repaid by them.
Saturn
Saturn Transit

- Sade Sati
- Ashtama Shani – Transit to 8th house
- Kantaka Shani – 4th from Moon
- Transit over 64 navamsha from Moon
- 22 Drekkana from Lagna
Saturn Transit

- These transits all face and we can prepare
- Crisis happens when transits, dashas with negative potential combine together.
- Sade Sati with Ashtama Shani or other complex transits
Saturn Stations

• Watch if Saturn will station over the Moon
• This can create a crisis point
• Often when Saturn remains on or near the degree of the Moon for a long time creating added restlessness and stress.
Saturn Transit

- Endless transits- if planets are placed in the natal chart in a string of houses e.g 7th, 8th, 9th, 10th – the transits seems endless.
- Tough dasha and transit combine together.
Rahu Ketu Transits

- Ketu is tougher than Rahu – although exact Rahu Transit will also increase anxiety and worry.
- Crisis happens if there is an exact opposition in chart – Both Rahu Ketu are picking up their negativities.
Eclipses

• All planets, lagna etc can experience eclipses once every 9 years or so.

• The main thing to understand is if the eclipse is exactly on our important points or connection directly on the problem areas and combine with challenging transits and dashas to create crisis.
Balancing Factors

• Is the lagna lord have a good transit.
• What is the strength and support from Jupiter.
• The role the dasha plays – good dasha bhukti will be supportive.
Building your Resistance

• We use Upaya or remedial measures to improve
Parashar’s advice

- Parashar gives great importance to remedial measures for negative dashas
Parashara’s advice

- Mantra - chanting
- Mani - gems
- Daan - donation
- Aushadhi - herbs
Jyotish Upaye

- Birth chart - the strengths and weakness.
- Past life karma that has been accumulated
- Dasha and Transits create further karma and blocks to the spiritual growth.
- Upaye is done to balance the birth chart, deal with the difficult karma, dashas and transits
Why do the Upaya?

• To make sure that the soul starts accumulating its positive energies rather than spending it.

• Avoid burdening the soul with inner debt that creates emotional and health problems.

• To stop running on empty.
Why do the Upaya?

- To follow upayes, you must believe in what you are doing.
- Just doing the upaye without faith, cannot bring results.
Doing Upaya

- Fortify the birth chart
- Fix the past life problems
- try not to create future issues now
Key rule of Upaya

• Add to your strengths
• Propitiate the weaknesses
• be careful with the present karma
Fortifying the Birth chart

- Planetary management – manage the natal planets, the dashas and the transits.
- Making the Right choices, being aware of the karma you create daily, monthly and yearly following dharma and using of the Panchanga, and Muhurta.
Fortifying the Birth chart

• Wearing the gems for your lagna lord and good planets.
• Using colour therapy positively
• Yoga
• Chanting the right mantras
• learning to control the shad ripu
Fix the problems

- Yagyas, Homa and pujas to pacify the deities
- Fasting for the weak planets- helps self control, keeping the desires in check
Fix the problems

- Donation - Giving your time, support and money.
- Path of Yoga - Mental, physical and spiritual clearing
- Seva - voluntary service
- Prayaschitta - learning to take responsibility for the karmas
Take Care of the Future

• Be aware of your Kriyamana Karma - the free will.

• Follow a dharmic path.

• Choices you make today have an effect on your future in this life and the next and the next.
Planetary Awareness

• Even when we are doing all the upaya, we should be aware how the planets, change of dasha etc have the ability to disturb our energies and therefore block the path to our good practises.
Planetary Awareness

• General trends - Being Aware of present and future transits, general difficult energies (Mars, Saturn, Rahu Ketu conjunctions, eclipses, combustion, retrogrades)
Making the Right choices

• Doing the right things at the right time is important to fortify the chart.

• Do not plan important events on difficult planetary aspects like marrying on a Mars Rahu conjunction.

• Use the panchanga for important occasions.
Awareness

• The awareness of the overall quality of your life
• Know all the levels of your dashas
• Major changes
• The planning for Sade Sati
• Yearly planning- to include transits of lagna lord
Planetary Management

- Personal trends - dasha bhukti, the lagna lord transits, exaltations, debilitations and combustion, retrogrades, transit yogas
Lagna and its lord

• Lagna controls this life.
• It shows the ability to deal with life’s trials and tribulations.
• Strengthening the lagna lord is essential.
• Transit of Lagna lord should be followed – crisis can happen when lagna lord is involved tough conjunctions by transits
• Moon is the mind
• And keeping it calm and focused is a daily practise.
• Moon’s transits will effect the mind
• Waxing, waining, conjunctions on a monthly basis with malefics, eclipses
Keeping the mind Calm

- Best Remedy for the Moon is mantra practice.
- *Man* means mind and *tra* is to protect.
- Having a daily mantra practice helps.
Mantras

- There are namah mantras for all planets.
- These are best to start with
- Chanting 108 times one mantra is good
- Daily practice essential
Mantras

• We need to develop the power of the mantra through daily practice.
• It becomes a protective shield and helps the mind deal with difficult and crisis situations.
Planetary Namah Mantras

• are best to practice for weak planets.
• Can be chanted collectively for seeking blessings of each planet.
Planetary Namah Mantras

- *Namah* means name and these are mantras that just honour the name of the planet.
- They can be done together for the Navagraha or separately to honour each planet.
Planetary Namah Mantras

• Nama mantras are a good way to invoke the higher powers of the planets according to their significations and ideal for students who are new to mantras.

• As Nama mantras are simple to do and master their pronunciation, they can become a powerful part of your personal spiritual practice.
Planetary Namah Mantras

- **Planet**
  - Sun: Om Suryaye Namah
  - Moon: Om Somaye Namah
  - Mars: Om Mangalaye Namah
  - Mercury: Om Budhaye Namah
  - Jupiter: Om Guruve Namah
### Planetary Namah Mantras

<table>
<thead>
<tr>
<th>Planet</th>
<th>Nama Mantra</th>
</tr>
</thead>
<tbody>
<tr>
<td>Venus</td>
<td>Om Shukraye Namah</td>
</tr>
<tr>
<td>Saturn</td>
<td>Om Shaniye Namah</td>
</tr>
<tr>
<td>Rahu</td>
<td>Om Rahuve Namah</td>
</tr>
<tr>
<td>Ketu</td>
<td>Om Ketuve Namah</td>
</tr>
</tbody>
</table>
Planetary Namah Mantras

• Each mantra can be chanted 3, 12 or 108 times. Repetition of the mantra is known as Japa.
• You can decide to do japa for each planet using nama mantras. The more mantras you chant, the greater their impact.
Planetary Namah Mantras

• To gain the power of the mantra, a long japa practice needs to be followed.
• There are preferred number of mantras for each planets.
• Usually one thousand for each year of the planets dasha
Planetary Namah Mantra Japa

- Sun: 6000 times
- Moon: 10000 times
- Mars: 7000 times
- Mercury: 17000 times
- Jupiter: 16000 times
- Venus: 20000 times
- Saturn: 19000 times
- Rahu: 18000 times
- Ketu: 7000 times
Om Namah Shivaya
Deity Mantras

- Om Gam Ganapati Namah
- Om Namah Shivaya
- On Namah Narayana
- Om Dum Durgaye Namah
Shiva
Chant the Moksha Mantra

• Moksha mantra is dedicated to Shiva
• clears the deeper blocks in the mind.
• Releases us from fears and anxieties
• creates a positive mind
Moksha Mantra

- Also known as
- Maha Mrityujaya Mantra
Maha Mrityunjaya Mantra

- Maha Mrityunjaya mantra is a Maha mantra so can be chanted by all
- It is effective mantra given by Sage Parashara for many challenging Dashas.
Maha Mrityunjaya or Moksha Mantra

Om Tryambhakam Yajamahe
Sugandhim Pushtivardhanam
Urvurukamiva Bandhanan
Mrityor Moksheya Mamratat

We worship the three eyed one (Shiva) who is fragrant and nourishes all beings. Just like a cucumber falls off its creeper and is detached from its bondage, Shiva will help us liberate the soul from death and find moksha (self-realisation) and amrita (Nectar of immortality).

Om Peace , Peace, Peace, Om
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