Ganesha Mantra

AUM Gam Ganapataye Namaha
AUM Gam Ganapataye Namaha
AUM Gam Ganapataye Namaha
Guru Mantra – Protection and Wisdom

Om Gurur Brahma Gurur Vishnu
Gurur Devo Maheshwara |
Guru Sakshat Param Brahman
Tasmaye Shri Guruve Namah ||

The Guru is Brahma (God of creation)
The Guru is Vishnu (God of sustenance)
The Guru is Shiva (God of Destruction)
Salutation to the respected Guru, who is the Supreme God
Salute to the Nine Planets

OM, Adityaye Somaye
Mangalaye Budhaye cha |

Guru Shukra Shani bhyas cha
Rahuve Ketuve namah ||
Day Lord Mantra (Saturday / Saturn)

Nilanjana Samabhasam

Ravi Putram Yamagrajam

Chaya Martanda Sambhutam

Tam Namami Shanaishcharam

Meaning: I pray to Saturn (Shani), the slow moving, born of shade and Sun, the elder brother of Yama, the offspring of Sun, he who has the appearance of black Collyrium.
Vedic Astrology Principles

- Vedic Astrology uses sidereal planetary placement
- Planets are represented with abbreviations: (Su, Mo, Ma, Me, Ju, Ve, Sa, Ra, Ke)
- Vedic Astrology does not use the outer planets (Uranus, Neptune and Pluto)
- Vedic Astrology commonly uses whole sign House system. (1 Sign = 1 House)
- The two most common chart styles are North and South.
- Signs are numbered in order:

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Crisis to Recovery

Psychological Progression

Identify crisis events and recovery pathways in the chart
  - Planets, Signs and Houses indicate Karma in our life
  - Dashas Activate our Karma
  - Transits Refine the indications of crisis and recovery

Counseling ideas for working with clients
Crisis to Recovery

**Crisis**
Event or period of intense trouble or danger
We experience physical and/or mental stress
Important decision must be made
Greek *krisis* ‘decision,’
Greek *wound*.

**Trauma**
Exceeds one’s ability to cope
Challenges one’s view of the world as a just, safe and predictable place
Stuck physically & emotionally

**Resilience**
*Ability* to adapt and change after a crisis, illness, depression, or adversity
Latin ‘*to spring back, rebound*’

**Recovery**
State of regaining a sense of balance.
The Cessation of Fight, Flight, Freeze
Finding New Normal
French ‘*regain health*’
Identifying Crisis and Trauma in the Chart
Crisis to Recovery: Astrological Factors

**CRISIS**
- 6th House
- Mars (sudden unexpected events)

**TRAUMA**
- 8th House (3rd from 6th)
- Saturn (stuck, long-term issues)

**RESILIENCE**
- Lagna Kendras
- Trines
- Sun (vitality)
- Moon (mind)
- Jupiter (protection)
- Mercury (intellect)

**RECOVERY**
- 12th House (7th from 6th)
- 2nd House (7th from 8th)
Assess Natal Chart for Crisis Potential

▪ Signs in the 6th, 8th and 12th houses
▪ Planets in the 6th, 8 and 12th houses
▪ Planetary rulers of the 6th, 8th and 12th houses
Michael Jackson, 29Aug1958 19:33 Gary Indiana
Inside Out & Outside In: Natal Ascendant and Lunar Ascendant

- Internal and external forces present challenges to the native
- 6, 8, 12 from Natal chart show external obstacles, external and Physical Health Issues
- 6, 8, 12 from Moon show internal obstacles, internal and Mental Health Issues
- Together we can begin to assess a person’s capacity for resilience and recovery.
Michael Jackson, 29Aug1958 19:33 Gary Indiana
Rose McGowan 5 Sept 1973, 23:38 Certaldo, Italy
Lunar Ascendant:
Rose McGowan 5 Sept 1973, 23:38 Certaldo, Italy
6th, 8th, 12th (Dusthana) Houses

- Lords of 6, 8, 12 are responsible for all woes in life and planets placed in 6, 8, 12 create obstacles > growth through the houses that they rule

- Kama (Desire) houses (3, 7, 11) are equally malefic by encouraging the native to indulge their desires
6\textsuperscript{th}, 8\textsuperscript{th}, 12\textsuperscript{th} (Dusthana) Houses

- If 6, 8, 12 lord or occupant is seated in or rules a Desire House (3, 7, 11) the effects become more difficult

- If 6, 8, 12 lord or occupant is seated in or rules 1, 4, 10 (Kendras) or Dharma House (1, 5, 9) the effects are lessened
6th House: Crises of Past Lives

- 6th house brings the poisons of Prarabdha Karma. (Actions from past lives that have not expressed their consequences. Through experiencing these results, we learn and grow)

- These experiences are likely to awaken Jealously, Anger, Arrogance, Infatuation, Lust and Greed
6th House: Crises of Past Lives

- **Malefics** (Sun, Mars, Saturn, Rahu, Ketu) in 6th indicate aggressive measures will be used to get material goods which results in the accumulation of negative Kriyamana Karma (karma created in this life)

- **Benefics** (Moon*, Venus, Jupiter, Mercury*) in 6th indicate positive Kriyamana Karma. They soften the struggle and make life easier

- **The unconscious mind**

*Full or Waxing Moon and Mercury conjunct Benefics, otherwise malefic*
6th House: Crises of Past Lives

Specific indications (*Karakas*)

- **Ma** – combat, courage, fame, strength
- **Sa** – illness, poverty, misfortune, falsehood
- **Me** – Family Relations, mental illness, skin disease
- **Ra** – Destroyer of disease
- **Ke** – Indicates disease, servitude
Dashas Show When Crises Will Arise

- Dashas show *when* Karmas are likely to mature
- A preponderance of malefic or benefic Dasha, lords indicate significant events in the native’s life.
- The more levels which are ruled by planets seated in or ruling the 6, 8, 12 houses, the greater the likelihood that crisis will manifest
- Transits refine and modify the Dasha activated planets
- Transits are interpreted from the Moon’s location
Rosemary Kennedy Event
26 - 28 Nov 1941: Ve/Me/Ve/Me/Ve
Rosemary Kennedy Event
26 - 28 Nov 1941 : Ve/Me/Ve/Me/Ve

[Sign chart from Moon]

As 0°4'
Ma 19

Mo 1°26'
Ve 28

Su 11

Ma 25°18'
Me 27

[Sign chart from Moon]

As 0°4'
Ma 19

Ke 24°45'
Ju 24

Jp 19°12'

Sa 29°30'

Rosemary Kennedy
Fri. 9/13/1918 19:00:00
Brookline, MA

Ve 28

Ra 24°45'
Su 11

Ma 25°18'

Mo 1°26'

Ve 9°24'

Me 10°58'

Su 27°36'
8th House: Trauma (Most Difficult)

- 8th house manifests Negative Karma flowing from the past lives.
- Compulsions, addictions, and other long-term deep seated issues
- All planets placed in the 8th house lose their strength and produce difficult results. Best if untenanted.
8th House: Trauma (Most Difficult)

▪ Strong 8th house lord indicates the capacity to fight back and the will to succeed

▪ Karaka (Fixed indicator) is Saturn. All of the indications of the 8th house reside with Saturn who always expresses challenges even when ruling a positive house.

▪ The house where the 8th lord is seated is spoiled as well
8th House: Trauma (Most Difficult)

- 8th from any house/planet indicates loss of those significations
- 8th is 3rd from 6th therefore 8th can manifest 6th house issues
- Indicates subconscious mind which is that part of consciousness of which we are unaware but that influences us nonetheless
Rose McGowan Event: 1/16/1997 – 1/26/1997 (Ve, Me, Ju, Me)
Rose McGowan Event Transits:
1/16/1997 – 1/26/1997 (Ve, Me, Ju, Me)
12th House: Losses, Endings, Surrender (Least Difficult)

- House of charitable acts, losses, investment, sacrifice, detachment, isolation, spiritual inclination, sleep and meditation

- Gives the results of the other house ruled by same planet or those of the planets placed there

- Indicates **subconscious mind** which is that part of consciousness of which we are unaware but that influences us nonetheless, such as things that are heard, seen or remembered
**12th House: Losses, Endings, Surrender (Least Difficult)**

- 12th house is a blessing by which difficult Karma can be neutralized
- 12th is 7th from 6th - gives resolution of crises
- 12th is 5th from 8th – disperses difficulties of 6th and 8th
12th House: Endings (Least Malefic)

Indicators:

▪ Saturn – losses, destruction, sorrow, life after death, renunciation, infirmity, deformity in a limb if afflicted.
▪ Mars – confinement, accidents
▪ Venus – material desires and sexual pleasures
▪ Jupiter – knowledge
▪ Ra – foreign travel
▪ Ke - Moksha
Michael Jackson Event & Transits:
January 27, 1984, (Sa/Mo/Ra/Mo/Sa)
Indications of Resilience and Recovery
Crisis to Recovery: Astrological Factors

**CRISIS**
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- Mercury (intellect)

**RECOVERY**
- 12th House (7th from 6th)
  - 2nd House (7th from 8th)
Resilience and Recovery Indicators

- Strong Ascendant Lord
- Full Moon, waxing Moon and early phase of waning Moon.
- Benefics (Waxing Moon, Venus, Jupiter or Mercury with Benefics) placed in the 1st 5th or 9th house can be sources of resilience
- Benefics ruling the 1st 5th or 9th
- Benefics in the 4th 7th or 10th
- Malefics ruling the 4th 7th or 10th
- Planets placed in the 11th house
Michael Jackson Event:
January 27, 1984, (Sa/Mo/Ra/Mo/Sa)
Resilience and Recovery Indicators

- ✓ Strong Ascendant Lord
- ✓ Full Moon, waxing Moon and early phase of waning Moon.
- ✓ Benefics ruling the 5th and 9th
- ✓ Benefics in the 4th or 10th
- ✓ Malefics ruling the 4th, 7th or 10th
- ✓ Planets placed in the 11th house (Transit)
Rosemary Kennedy Event
26 - 28 Nov 1941 : Ve/Me/Ve/Me/Ve
Resilience and Recovery indicators

- Strong Ascendant Lord
- Full Moon, waxing Moon and early phase of waning Moon.
- Benefics ruling the 5th and 9th
- Benefics in the 4th or 10th
- Malefics ruling the 4th, 7th or 10th
- Planets placed in the 11th house
Rose McGowan Recovery: 10/12/2017 (Ma, Sa, Ve, Ra, Me)
Rose McGowan Recovery:
10/12/2017 (Ma, Sa, Ve, Ra, Me)
Resilience and Recovery indicators

- Strong Ascendant Lord
- ✔ Full Moon, waxing Moon and early phase of waning Moon
- Benefics ruling the 5th and 9th
- Benefics in the 4th or 10th
- ✔ Malefics ruling the 4th, 7th or 10th
- Planets placed in the 11th house
Entering the Discussion

If future event: use calming empowering terms.

▪ “This will be a challenging time. It is important to prepare by developing a healthy routine and good emotional supports.”

▪ “It is important to realize that growth often means letting go of parts of our life so that we can develop new areas of life.”

▪ Provide start and end times for challenging period

For previous events:

▪ Listen patiently and give space for client to express their thoughts and emotions.

▪ Become aware of your own breath – when you are calm it will help to calm your client.
Finding Resilience and Recovery

Emphasize the person’s strengths indicated in the chart:

- Lagna Lord and Moon’s Strength if applicable
- 9th and 5th Lords
- For 6th house issues identify the strengths of the 12th house and sign from Lagna and Moon.
- For 8th house issues identify to strengths of the 2nd house and sign from Lagna and Moon.
- “Planets are moving every day and these effects will lessen in time.”
- Study Dashas and transits for indications of when changes are likely
Healthy Daily Routine

Daily routine:

▪ Sleep – 10:00 pm rule, no screens in the bedroom

▪ Balanced Nutrition: fresh, in season foods consumed in a peaceful environment

▪ Moderate daily exercise

▪ 45 minutes of daily Mindfulness – Walking, meditation, body scan, sensory observation

▪ Conscious TV and Social Media consumption

▪ https://www.ayurveda.com/resources/articles/the-daily-routine
Know your limits and refer

- Massage
- Energy workers (Barbara Brennan Healers, Reiki, etc.)

Remember your own Self Care

- Sleep, nutrition, relaxation
- yoga, meditation, psychotherapy
- massage, energy work, music, etc.
Technique Summary

- Assess relationship of Ascendant and Moon
- Examine the 6th, 8th and 12th from Ascendant for external blocks
- Examine the 6th, 8th and 12th from Lunar Ascendant for internal blocks
- Study planets in the house
- Study placement of the house lord
- Assess Dasha Lords
- Assess transits
- Prepare to address findings with client before they arrive.